

### EXTENSION ACTIVITIES – PCMS & RC

11/10/17 ONE DAY	PAP smear screening
11/10/17 ONE DAY	alcoholic prevention awareness
07/10/17 ONE DAY	Pre-menopausal women awareness
07/10/17 ONE DAY	regular health check-up awareness
27/09/17 ONE DAY	stress awareness
23/09/17 ONE DAY	postmenopausal women awareness
16/09/17 ONE DAY	family planning awareness
06/09/17 ONE DAY	contraceptives awareness
06/09/17 ONE DAY	appropriate child growth check up
26/08/17 ONE DAY	sterility awareness
19/08/17 ONE DAY	infertility awareness
05/08/17 ONE DAY	regular health check-up awareness
05/08/17 ONE DAY	routine health check-up
29/07/17 ONE DAY	sanitation awareness
22/07/17 ONE DAY	compulsory ANC visits
15/07/17 ONE DAY	ANC check-up and hospital delivery
07/07/17 ONE DAY	breast feeding awareness
01/07/17 ONE DAY	vaccination and routine health check up
28/06/17 ONE DAY	giddiness awareness
24/06/17 ONE DAY	nutrition awareness
14/06/17 ONE DAY	adolescents growth check up
10/06/17 ONE DAY	routine health check-up
03/06/17 ONE DAY	diabetes awareness
30/05/17 ONE DAY	hypertension awareness
26/05/17 ONE DAY	protein energy malnutrition awareness
25/05/17 ONE DAY	promotion for healthy lifestyle
25/05/17 ONE DAY	accidents prevention awareness
02, 03-/05/14 TWO DAYS	routine health check-up
02, 03-/05/14 TWO DAYS	routine eye check-up and awareness
31/03/17 TO 02/04/17 THREE DAYS	obesity awareness
31/03/17 TO 02/04/17 THREE DAYS	blood donation
11/03/17 ONE DAY	child health check up
11/03/17 ONE DAY	cervical cancer awareness
04/03/17 ONE DAY	child growth awareness
26/02/17 ONE DAY	blood donation
23/02/17 ONE DAY	nutrition awareness
18/02/17 ONE DAY	education for safety while driving
28/01/17 ONE DAY	breast feeding awareness
28/01/17 ONE DAY	iron and folic acid tablets imp. in ANC
27/01/17 ONE DAY	food hygiene importance
21/01/17 ONE DAY	adolescent age group health awareness
20/01/17 ONE DAY	menstrual hygiene education
19/01/17 ONE DAY	awareness regarding malnutrition

13/01/17 ONE DAY	abortion awareness
12/01/17 ONE DAY	anemia check up and awareness
07/01/17 ONE DAY	awareness for regular ANC visits
06/01/17 ONE DAY	blood donation
31/12/16 ONE DAY	females health check up
30/12/16 ONE DAY	new born health check up
29/12/16 ONE DAY	alcoholic prevention awareness
28/12/16 ONE DAY	depression awareness: lets talk
24/12/16 ONE DAY	iron and folic acid tablets imp. in ANC
23/12/16 ONE DAY	adolescent females health check up
21/12/16 ONE DAY	swine flu awareness
17/12/16 ONE DAY	seasonal diseases awareness
16/12/16 ONE DAY	accidents prevention awareness
14/12/16 ONE DAY	routine health check up
10/12/16 ONE DAY	regular health check up awareness
09/12/16 ONE DAY	awareness for elderly health check up
08/12/16 ONE DAY	ANC check up and hospital delivery
02/12/16 ONE DAY	alcoholic prevention awareness
30/11/16 ONE DAY	female education awareness
26/11/16 ONE DAY	awareness for body organ donation
23/11/16 ONE DAY	awareness for eye donation
20/11/16 ONE DAY	blood donation
18/11/16 ONE DAY	depression awareness: lets talk
16/11/16 ONE DAY	stress awareness
12/11/16 ONE DAY	promotion for healthy lifestyle
11/11/16 ONE DAY	female education awareness
11/11/16 ONE DAY	education for oral hygiene
10/11/16 ONE DAY	education regarding infertility
05/11/16 ONE DAY	awareness regarding cervical cancer
03/11/16 ONE DAY	routine eye check up and awareness
31/10/16 ONE DAY	regular health check up awareness
22/10/16 ONE DAY	anemia check up and awareness
21/10/16 ONE DAY	hypertension awareness
20/10/16 ONE DAY	regular health check up awareness
08/10/16 ONE DAY	education regarding menstrual hygiene
07/10/16 ONE DAY	education regarding several myths for health
05/10/16 ONE DAY	importance of purified water
01/10/16 ONE DAY	importance of proper sleep
01/10/16 ONE DAY	sedentary lifestyle education
29/09/16 ONE DAY	regular health check up awareness
28/09/16 ONE DAY	breast feeding awareness
24/09/16 ONE DAY	traffic rules awareness to prevent RTA
22/09/16 ONE DAY	females empowerment
21/09/16 ONE DAY	education for healthy environment

17/09/16 ONE DAY	importance of healthy diet
16/09/16 ONE DAY	promotion for healthy lifestyle
10/09/16 ONE DAY	awareness regarding sedentary life
08/09/16 ONE DAY	awareness regarding iv drug abusers
07/09/16 ONE DAY	check up for infectious diseases
03/09/16 ONE DAY	general awareness for health
01/09/16 ONE DAY	sanitation awareness
26/08/16 ONE DAY	awareness for communicable diseases
24/08/16 ONE DAY	awareness regarding skin diseases
20/08/16 ONE DAY	tuberculosis awareness
17/08/16 ONE DAY	regular health check up awareness
12/08/16 ONE DAY	awareness regarding non communicable ds
10/08/16 ONE DAY	adolescent females health check up
06/08/16 ONE DAY	hypertension awareness
03/08/16 ONE DAY	diabetes awareness
02/08/16 ONE DAY	awareness regarding depression
29/07/16 ONE DAY	awareness regarding malnutrition
28/07/16 ONE DAY	hygiene awareness
22/07/16 ONE DAY	vaccination awareness
20/07/16 ONE DAY	general awareness for health
15/07/16 ONE DAY	routine health check up
06/07/16 ONE DAY	awareness regarding breast feeding
02/07/16 ONE DAY	awareness regarding ANC visits
01/07/16 ONE DAY	females health check up
29/06/16 ONE DAY	family planning awareness
24/06/16 ONE DAY	routine health check up
23/06/16 ONE DAY	normal labour awareness
17/06/16 ONE DAY	tuberculosis awareness
15/06/16 ONE DAY	education regarding several myths for health
10/06/16 ONE DAY	adolescent females health check up
10/06/16 ONE DAY	New born health check up
9/06/16 ONE DAY	education for proper nutrition
31/05/16 ONE DAY	family planning awareness
27/05/16 ONE DAY	contraceptives awareness
19/05/16 ONE DAY	alcoholic prevention awareness
14/05/16 ONE DAY	awareness regarding ANC visits
05/05/16 ONE DAY	routine RBS check up
04/05/16 ONE DAY	education for nutrition
30/04/16 ONE DAY	females health check up
30/04/16 ONE DAY	child growth awareness
27/04/16 ONE DAY	routine health check up
23/04/16 ONE DAY	routine blood pressure survey
20/04/16 ONE DAY	females health check up
18/04/16 ONE DAY	maternal health check up

14/04/16 ONE DAY	New born health check up
09/04/16 ONE DAY	awareness regarding breast feeding
06/04/16 ONE DAY	awareness regarding ANC visits
02/04/16 ONE DAY	Iron and folic acid tablets imp. in ANC
19/01/16 ONE DAY	deaf & mute awareness for cochlear implant
14, 15, 16, 17- 10/15 FOUR DAYS	hypertension awareness
14 AND 15-/10/15 TWO DAYS	diabetes awareness
16/10/15 ONE DAY	awareness regarding ANC visits
25/07/15 ONE DAY	iron and folic acid tablets imp. in ANC
15/07/15 ONE DAY	anemia check up and awareness
26, 27, 28 /04/15 ONE DAY	regular health check up awareness
25/04/15 ONE DAY	education for addiction prevention
10, 10, 11, 13, 15 /06/14 5 DAYS	females health check up
19,20,21-02/14 THREE DAYS	ANC check up and hospital delivery
19,20,21-02/14 THREE DAYS	nutrition importance
08/06/14 ONE DAY	general awareness for health
19/05/14 ONE DAY	routine blood pressure survey
03/03/14 ONE DAY	cataract awareness
11/01/14 ONE DAY	preterm labour awareness
05-06 /03/13 SIX DAYS	adolescent females health check up
23/01/13 ONE DAY	health education
06/01/13 ONE DAY	tuberculosis awareness
03/12/12 ONE DAY	family health survey
02/12/12 ONE DAY	regular health check up awareness
25/11/12 ONE DAY	antenatal care awareness
22/11/12 ONE DAY	diabetes and hypertension awareness
18/11/12 ONE DAY	breast feeding awareness
24/09/12 TO 08/10/12 (16 DAYS)	general awareness for health
16/09/12 ONE DAY	adolescent females health check up
10/09/12 ONE DAY	health education
05/07/12 ONE DAY	maternal health check up
05/07/12 ONE DAY	hearing and speech awareness
05/07/12 ONE DAY	breast feeding and ANC check up
20/06/12 ONE DAY	health education and awareness
19/06/12 ONE DAY	breast feeding and vaccination
22/01/12 ONE DAY	maternal and child health check up
17/01/12 ONE DAY	family health check up
05,08,10-/12/12 THREE DAYS	nutrition awareness