



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Criterion IV – Infrastructure and Learning Resources

4.2 Clinical, Equipment and Laboratory Learning Resources

4.2.3 Availability of infrastructure for community-based learning

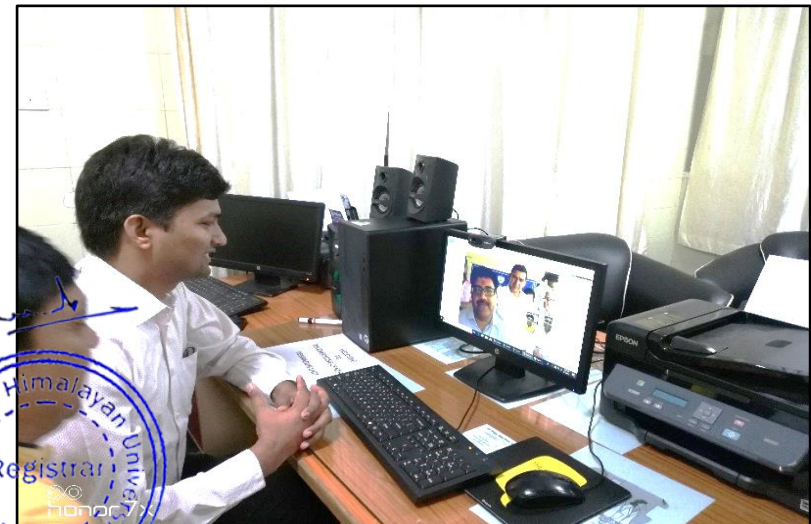
Telemedicine Centre Inauguration at Toli, Pauri Garhwal, Uttarakhand



Ribbon cutting ceremony by Hon'ble Vice Chancellor Dr Vijay Dhasmana and Deputy Manager, RDI, Dr. Bijalwan

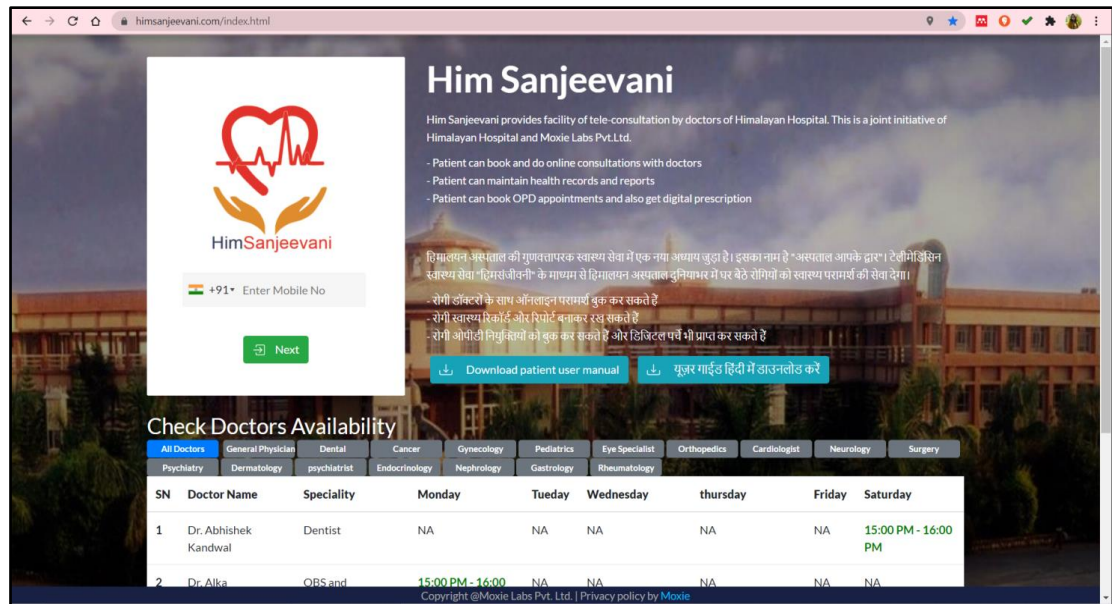


Inauguration of Telemedicine OPD services by Hon'ble Vice Chancellor Dr Vijay Dhasmana



Telemedicine OPD services at Toli

Teleconsultation Services App and Portal by Himalayan Hospital during COVID



Teleconsultation Services Portal by Himalayan Hospital



Teleconsultation Services Room at Himalayan Hospital



Specialist giving consultation in Teleconsultation Services Room

School Health Camp in Kotdwar, Uttarakhand



Consultation with Physician at School Health Camp, Kotdwar



Awareness session at School Health Camp, Kotdwar



Screening of students at School Health Camp, Kotdwar




Asha Training regarding mother and child health care

Swami Rama Himalayan University in association with District Hospital, New Tehri, conducted an Asha training at the New Tehri DH premises. Dr. Pragya Singh and Dr Rajeev Bijalwan and social health workers visited the hospital regularly over a period of six months and conducted the training. The doctors elucidated the importance of the training & the meaning of health care and how care can be taken even with minimal resources available. Workers were advised to maintain all the registers and the inventory of drugs that were made available to them. Moreover, the technique of counseling was explained to them by role-playing.



Location of ASHA training program at District Hospital, Boradi, New Tehri (Garhwal)






Training session in ASHA training program at District Hospital, Boradi, New Tehri (Garhwal)



Training session in ASHA training program at District Hospital, Boradi, New Tehri (Garhwal)



Participants in the ASHA training program at District Hospital, Boradi, New Tehri (Garhwal)

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Other Outreach Activities Including Health Day Observation in the Community

Activities (2023)

Himalayan Institute of Medical Sciences, Swami Rama Himalayan University

World Tuberculosis Day 2023 (24th March, 2023)

Health education on awareness about Tuberculosis was conducted at RHTC Gaurimaafi by Dr. Neha Sharma and health care workers amongst the attending patients. Moreover, students from the Primary School Gaurimaafi also participated in the program. The students were informed about the significance of World Tuberculosis Day, its importance, and the underlying theme, "Yes! We can end TB." Following this, an informative session was organized by Dr. Saksham Shrivastava and Dr. Divya D Sharma at UHTC Kurkawala. The session prioritized maintaining proper social distance among the students and ensuring everyone wore masks correctly. It was communicated to the participants that every year, on 24 March, the world commemorates World Tuberculosis Day. This program aims to unite people around the world to show support for individuals affected by Tuberculosis and identifying the risk factors and early symptoms associated with the disease. The participants were also encouraged to get their nearby ones diagnosed quickly when suspected and about "Nikshay Abhiyan". Malnutrition was discussed as one of the major preventable risk factors.






World Tuberculosis Day awareness session at SRHU



World Tuberculosis Day awareness session at UHTC, Kurkawala, Dehradun





World Tuberculosis Day awareness session at Government Primary School, Gohri Maafi, Dehradun



World Tuberculosis Day awareness session at Government Primary School, Gohri Maafi, Dehradun



Activities (2022)

Himalayan Institute of Medical Sciences, Swami Rama Himalayan University

World Cancer Day (4th February 2022)

An awareness session on World Cancer Day was conducted at Doiwala, Dehradun on 4th February 2022. Dr Chandra Pant (LMO), Dr Abhinav Pundir, Dr Pragya Singh delivered their talk and created awareness about prevention strategies for cancer. Towards the end of the session, the health care providers and public were motivated to discuss their concern related to cancer.

In Gohrimafi, Dr Deepshikha Chaudhary and Dr Divya Darshani Sharma discussed about the signs and symptoms of the common cancers. They also explained about the screening activities at the various health centers and activities to promote them.




Himalayan Institute of Medical Sciences, Swami Rama Himalayan University

World Health Day 2022 (7th April 2022)

World Health Day celebration based on theme “Our planet, our health” was organized by Swami Rama Himalayan University together with Mr Bhagwati Semwal erstwhile Pradhan, Gohri Maafi, Mr Vipin Dhasmana, Gram Pradhan, Toli, Pauri Garhwal and Sagar Manwal, Social worker and politician. The event saw enthusiastic participation from community members as well as Undergraduate and postgraduate students of Swami Rama Himalayan University. A lecture on “Our Planet, our Health” World Health Day was delivered by Dr. Anil Kumar Bisht. Poster competition was organized and the 1st position in the Poster competition was bagged by Neha Ali (M.Sc Nursing 1st year), Eesha Goel (MBBS IIIrd Year) came second, and third position was given to Deepshikha Chaudhary (JR-2, Community Medicine). A Speech Competition on the topic “Are Political measures able to tackle air, water and food crises in India?” was organized at Maa Anandmayee Memorial School near RHTC, Gohri. The 1st position in the Speech Competition was bagged by Kanishka Amoli, Shikha Sundriyal came second, and third position was given to Naitik Kumar. The students were awarded with certificates. Plantation of small saplings was also done at Gohri Maafi. Dr Jayanti Semwal educated the health workers and the patients about the gravity of saving our environment at the Community health Center, Doiwala.

Activities at HIMS Sanjeevani Telemedicine Center Toli

Mr Bhupender Rana, Pharmacist, and Mr Vipin Dhasmana, Gram Pradhan, Toli, Pauri Garhwal at the Toli campus spread awareness amongst the local public about the health day and the benefits of a healthy lifestyle. They also discussed about the different schemes started by the government of India to tackle food crisis.

Activities at Urban Health Training center (Kurkawala):

Health and Environment Awareness activities were planned at UHTC (Kurkawala). Dr Vidisha Vallabh, Dr. Deepshikha Choudhary and medical social worker Mrs. Farzana Ansari spread the awareness regarding the observance and the importance of the World Health Day. Saplings as a gesture of healthy future environment were planted on the center grounds.





Tree Plantation Drive by Dignitaries on World Health Day at Gohri Maafi, Dehradun



Speech competition at Maa Anandmayee Memorial School on World Health Day at Gohri Maafi, Dehradun





Awareness session on World Health Day at Telemedicine Clinic, Toli, Pauri Garhwal



World Health Day organization team at SRHU



Activities (2021)

Himalayan Institute of Medical Sciences, Swami Rama Himalayan University

World Cancer Day (4th February 2021)

Himalayan Institute of Medical Sciences, SRHU in collaboration with CHC Doiwala, conducted an awareness session regarding Cancer on World Cancer Day. The program emphasized on healthy and balanced diet, quitting smoking and alcohol, regular physical activity, regular sleep and check-ups and screening for cancer prevention. Students were motivated to spread the message of cancer prevention amongst their family and friends. Participants were encouraged to express the theme "I am and I will" by displaying it on their hands and pages. Students were also motivated to circulate these images on different social media platforms as a health promotion activity.



World Cancer Day observation at SRHU





World Tuberculosis Day awareness session at Government Primary School, Gohri Maafi, Dehradun

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**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World Health Day (7th April 2021)

The physicians and health workers from Himalayan Institute of Medical Sciences, SRHU in conjunction with Mr Sharad Aggarwal, Principal, Maa Anandmayi Memorial School, and community members of Gauhri Maafi came together on this world health day. A health check-up drive was conducted and the Secondary and senior secondary students of Maa Anandmayi Memorial School of RHTC Gauri maafi were screened for multiple health issues.



Screening & initial assessment



Students welcomed & briefed

Sharad Aggarwal





Height & weight measured



Students examined by the Doctor



Students being counselled



Students being counselled

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Pointers given on the Covid 19 safety measures



Efforts of HIMS team

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Swami Rama Himalayan University
Registrar

**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World Health Day (7th April 2021)

This year, on April 7 2021, World Health Day was observed at Swami Rama Himalayan University with the theme “*building a fairer, healthier world*” in collaboration with Mahila Nasha Mukti Samooh, Niamwala, and CMS, CHC Doiwala. The program started by a seminar in the University for the Staff followed by health education on drug addiction at CHC Doiwala, Dehradun. The session started with maintaining proper social distance and ensuring everyone to wear masks properly. Doctors explained to the present community members what exactly health is, how and why it should be maintained. In addition to these, posters were displayed with the help of which imparting the knowledge was made simple and easy. People were told all about the day, its importance and significance were explained. The slogan of the day was also explained to the people. The crowd was also made aware to spread the knowledge about the importance of wearing mask and washing hands properly.



World Health Day awareness session at SRHU CAMPUS





World Health Day awareness session at Doiwala, Dehradun for community members



World Health Day awareness session at Doiwala, Dehradun for community members

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World Health Day HEALTH CAMP at UHTC, Kurkawala, Dehradun for community members



World Health Day HEALTH CAMP at RHTC, Gohri Maafi, Dehradun for community members



**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World No Tobacco Day (31st May 2021)

Swami Rama Himalayan University strives to spread awareness about tobacco use among its community members. Health talk on World No Tobacco Day was conducted at the Himalayan Hospital, Jolly Grant, Dehradun in collaboration with Community stakeholders and oral cancer survivors. Dr (Prof) Jayanti Semwal (Prof and Head) briefed about the tobacco products and their negative effects on life and people around them. The public was also encouraged to spread the awareness about harmful impact of tobacco use and prohibit others from using tobacco products. The University also conducted a Blog competition and a Reel competition for the students of all medical colleges wherein the students were encouraged to portray the theme of the day in a creative manner.



World No Tobacco Day at SRHU premises for community members

J. Semwal



**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World Population Day (11th July 2021)

Himalayan Institute of Medical Sciences SRHU observed World Population Day in conjunction with Community Health Center, Doiwala, Dehradun and IAPSM on 10th July 2021. Dr. Jayanti Semwal informed the public that the India's population is at present around 137 crores and if we fail to control it, there will be shortage of resources and tried to explain all the cons related to population explosion. Dr A.K. Srivastava explained to the masses what exactly the day signifies and discussed the decision-making should be taken by housewives in consultation with their spouse.

Further, an interactive webinar was also conducted in the online mode on 12th July. More than 100 faculty members, senior and junior residents and interns from various medical colleges of UP and Uttarakhand attended this session. The session was chaired by Dr Jayanti Semwal, Prof and Head, who gave a brief outline of the theme of the World Population Day. The Chief guest and keynote speaker of the webinar was Dr Harivansh Chopra, President Elect National IAPSM and President IAPSM UPUK (2021-22) and also Ex Professor and Head, LLRM Medical college Meerut. He deliberated on the topic of how India can tackle the problem faced by increasing population. Dr A. K. Srivastava talked about Family Planning Program Vision – Challenges and way forward.

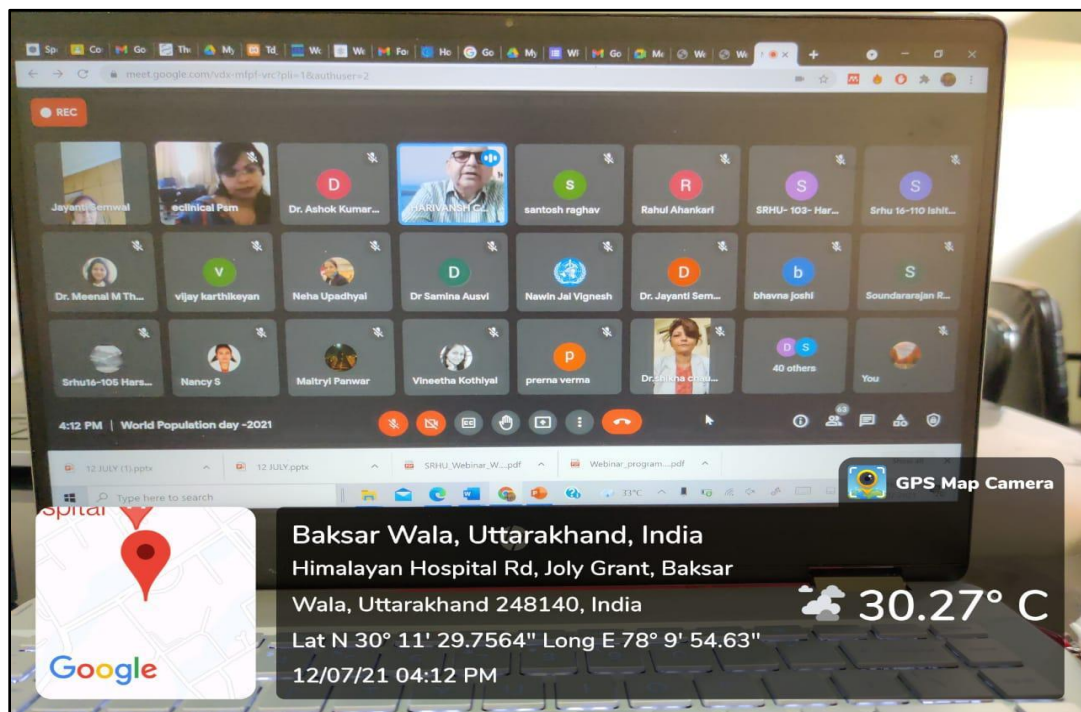


World Population Day at CHC Doiwala, Dehradun for community members





World Population Day Seminar for medical personnel at SRHU



World Population Day Seminar for medical personnel at SRHU



**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

Intensified Diarrhoea Control Fortnight (IDCF) 2021

Himalayan Institute of Medical Sciences, SRHU observed this day in collaboration with CDPO, ICDS Doiwala Block. A small group discussion was conducted among all the students and a chart was prepared for explaining the benefits of ORS. Field activity included a health talk at the Community Health Center, Doiwala, Dehradun for imparting health education and awareness on 31st July 2021. The Doctors explained that deaths due to diarrhoea can be averted by preventing and treating dehydration by the use of ORS (Oral Rehydration Solution) and administration of Zinc tablets along with adequate nutritional intake by the child. Diarrhoea can be prevented by exclusive and continued breastfeeding, timely introduction of appropriate and safe complementary feeding, use of safe drinking water, hand-washing, sanitation and immunization. Methods were explained as to how ORS can be prepared at home by maintaining proper hygiene.



Poster Creation for display in public areas by students of SRHU





Training and awareness session for community stakeholders at CHC Doiwala, Dehradun



Training and awareness session for community stakeholders at CHC Doiwala, Dehradun

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Training and awareness session for community stakeholders at CHC Doiwala, Dehradun



Training and awareness session for community stakeholders at CHC Doiwala, Dehradun

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**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World AIDS Day (1st December 2021)

The theme of World AIDS Day 2021 is “End inequalities, End AIDS”. To show support to and solidarity with the millions of people living with HIV, Swami Rama Himalayan University observed World AIDS Day in collaboration with ASHA workers of Doiwala and Mr Sagar Manwal, Local politician and social worker on December 1, 2021 by sporting red ribbons on the day. Red ribbon is the global symbol for solidarity with HIV positive & PLW HIV. The faculty members, post graduates, interns and staff members of SRHU took this opportunity to spread the message to end all inequalities and end AIDS in the community. They enunciated the causes of HIV-AIDS in the community and expressed their dismay on the taboo on discussion, despite 40 years of the disease.



Awareness session for community members at Misserwala, Dehradun

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Awareness session for community members at Misserwala, Dehradun



Awareness session for community members at CHC Doiwala, Dehradun



Awareness session for community members at CHC, Doiwala, Dehradun

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Activities In 2020

1. <u>Contact Tracing during COVID 19 Year 2020</u>				
Name of Faculty & PHC	Date	Activities	Total patients	Problems Identified/Summary
Dr. Ruchi Juyal, PHC Bhaniyawala	16/11/2020 - 30/11/2020	<p>Visits to area of PHC Bhaniyawala were made between 16th November – 30th November 2020. Meetings was conducted with MO, CHOs and ANMs of the area, along with ASHA facilitators and other staff regarding surveillance and contact tracing activities for COVID-19.</p> <p>A brief account of the planned activities was given, and further strategy was discussed. A dedicated WhatsApp group was created with MO and CHOs for timely updates and circulation of important notices along with IEC material. Information regarding ongoing activities was also collected and problem faced by the staff was discussed.</p> <p>COVID Patient details were taken from the PHC and then the patients were contacted telephonically regarding their isolation status and information was also collected about contacts and their quarantine status</p>	<p>Home isolation/ institute isolation – 2 cases</p> <p>Total number of Contacts traced – 10 cases</p> <p>Quarantine - 10 cases</p> <p>No. Of kits received- 2 kits</p>	<p>As per discussion with MO, ASHAs are finding difficulty in motivating the covid positive community members for strict home isolation and their family members for quarantine. People are abusing and threatening the workers as they belong to the same village and causing disharmony. According to the MO support from HIMS is required in the form of field workers, who can share/ augment the work of ASHA and also morally boost them, as they will be form outside the village and cannot be dominated by community members.</p> <p>MO and ASHA facilitator also shared the problems faced by ASHAs as there are no separate incentives per patient identified and successful isolation. Also, social discrimination by the village members is leading to demotivation of ASHAs and they are often refusing to participate in the covid related activities.</p>

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<p>Dr AK Srivastva & Shailli Vyas, PHC Chidderwala</p>	<p>September- December</p>	<p>From Meeting & Training activities for contact tracing was being done at PHC Gumaniwala Rishikesh to train the grass root level workers for Contact tracing, Isolation & Quarantine activities as per Govt of Uttarakhand Guidelines.</p> <p>Also visit to house of cases was made, All the houses of cases visited had stickers pasted on the gate mentioning the date of isolation of the concerned family member, & asking him to stay indoor & not meet anyone outside the house .This point was further reemphasized while calling up the cases for contact tracing .</p> <p>Further, Neighbours & nearby shops were enquired about the cases following isolation, it was seen that all were practicing isolation the report of which was also shared with Gram Pradhan/Parshad & he was requested to ask the cases & contacts to comply with the isolation/quarantine guidelines at his level.</p> <p>□</p>	<p>.</p>	<p>For contact tracing all cases & their contacts were called up & asked for testing, most of contacts had already undergone testing & were following the isolation/quarantine guidelines</p>
<p>Dr Neha Sharma, PHC Balawala</p>	<p>21/11/2020 – 21/12/2020</p>	<p>1. Discussed with the ANMs for further improvement in surveillance, isolation, quarantine, and contact tracing activities.</p> <p>2. To find out the report of the COVID-19 test, general public were made aware of site name “covid19.uk.gov.in”.</p> <p>3. Constantly in touch with pharmacist and ANM via WhatsApp for better rapport building and smooth communication.</p> <p>4. Field visit with two ANMs to enquire from neighbours & nearby shops regarding home isolation & quarantine of cases & their</p>	<p>Home isolation/ institute isolation – 31 cases</p> <p>Total Number of contact traced- 21 cases</p> <p>Quarantine – 21 cases</p> <p>No. of Kits received- 17 kits</p>	<p>1. Some of the Cases did not take up the calls in spite of calling them repeatedly.</p> <p>2. Right information regarding the contacts while contact tracing was not been given by the cases.</p> <p>3. Some of the cases switched off their mobile’s phones.</p> <p>4. Families which has been quarantined were facing issues regarding their ration & other household items.</p> <p>5. People were frustrated for not receiving corona kits.</p> <p>6. Few people were not ready to put the corona positive</p>



		<p>contacts.</p> <p>5. Clarified doubts of people regarding the test results and motivated them to put government pamphlet outside the house of positive cases.</p> <p>6. Motivated people for regular wearing of face masks and maintain social distancing.</p> <p>7. Myths regarding COVID-19 were cleared. Health promotion and awareness activities related for decreasing community transmission was done.</p> <p>8. For contact tracing all cases & their contacts were called up & asked for testing, most of contacts had already undergone testing & were following the isolation/quarantine guidelines.</p>		<p>pamphlet outside their houses due to stigmatization.</p>
<p>Dr Surbhi Mishra, PHC Raiwala</p>	<p>29/09/2020 - 05/10/2020</p>	<p>I with the support of SRHU and Dr. Amit Bahuguna (Medical Officer, PHC Raiwala) was able to organize a meeting at the PHC wherein he de-briefed us regarding the existing burden of COVID in Raiwala area.</p> <p>Till this date, total 96 COVID cases had been reported in the PHC. Among them, seven were active cases whereas remaining had recovered. Among the active cases (n=7), four were symptomatic and had been admitted to Mela Hospital, Haridwar (n1=2) and GMVH Hospital (n2=2) for further management, respectively. Remaining three cases were asymptomatic and had been kept under Home Isolation (n=3) for 28 days from their last date of exposure.</p> <p>So far, total 29 contacts had been identified as high-risk contacts (HRCs). All of them were family members to the positive cases.</p>	<p>Total COVID cases till 29/09/2020: 96</p> <p>Active cases: 07 till 29/09/2020, out of which</p> <p>Institutional Isolation: 04, and Home Quarantine: 03</p> <p>No. of kits received- 03</p>	<p>ANM, ASHA facilitator, and ASHAs shared the problems faced by ASHAs as there are no separate incentives per patient identified and successful isolation.</p>

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		<p>Being asymptomatic, all have been kept under Home Quarantine for 28 days from their last date of exposure.</p> <p>After receiving the details, I debriefed about the need of Community Contact Tracing of the identified positive cases and took inputs/feedback from the attendees for possible execution of the activity. The meeting was successfully conducted.</p> <p>Following were the healthcare personnel who attended the meeting:</p> <ol style="list-style-type: none"> Dr. Amit Bahuguna (Medical Officer, PHC Raiwala) Asha Chauhan (Lady Health Visitor) Narayani Panwar (ANM, Raiwala) Vandana Bhatt (ANM, Haripur Kala) Anita Bhatt (ASHA facilitator), and Beena [ASHA, Hosyari (Pratit Nagar)] 		
	<p>06/10/2020 - 12/10/2020</p>	<p>The following week, with the help of Medical Officer PHC Raiwala, a training session was planned and conducted on 06th October 2020 wherein all frontline health workers were trained regarding contact tracing-related field activities in the area. Till this date, total number of COVID cases rose to 105. Among them, 10 were active cases whereas remaining had recovered. Out of 10 cases, 5 belonged to Pratit Nagar, 4 in Haripur Kala, and 1 in Raiwala. Among the active cases (n=10), four were symptomatic and had been admitted to Mela Hospital, Haridwar (n1=2) and GMVH Hospital (n2=2) for further management, respectively.</p>	<p>Total COVID cases till 06/10/2020: 105</p> <p>Active cases: 10 till 06/10/2020, out of which</p> <p>Institutional Isolation: 04, and Home Quarantine: 06</p> <p>No. of kits received- 06</p>	<p>The contacts shared that they are not willing for screening test for COVID as they are afraid that if found positive, then they will have to go for isolation and their work will suffer. In addition, the family members are facing problems in getting essential commodities, if any of the family member is found tested positive</p>



		<p>Remaining six cases were asymptomatic and had been kept under Home Isolation (n=6) for 28 days from their last date of exposure.</p> <p>So far, total number contacts identified as high-risk contacts (HRCs) have risen to 32. All of them were family members to the positive cases. Being asymptomatic, all have been kept under Home Quarantine for 28 days from their last date of exposure.</p> <p>I prepared and shared the contact tracing formats in both English and local Hindi language for health workers (Copy attached) to begin contact tracing activities at the earliest.</p> <p>I also received the formats from the office that are required for data collection. I have discussed and shared these revised formats with the Medical Officer and translated them in local Hindi language.</p>		
	<p>13/10/2020 - 19/10/2020</p>	<p>03 cases were contact traced. Contact tracing was done as per the list procured from the MOPHC/ Co-ordinator from CHC. Patient details were taken from the PHC and then the patients were visited/ contacted telephonically regarding their isolation status and information was also collected about contacts and their quarantine status.</p>	<p>Total COVID cases till 13/10/2020: 108 Active cases: 3, all home quarantine No. of kits received- 03</p>	<p>All traced contacts were motivated for testing. Counselling and health education was given to all. An effort was made to trace all primary as well as secondary contacts in the area and help them for testing or any other medical requirement.</p>
	<p>20/10/2020 - 26/10/2020</p>	<p>02 additional cases were contact traced. Contact tracing was done as per the list procured from the MOPHC/ Co-ordinator from CHC. Patient details were taken from the PHC and then the patients were visited/ contacted telephonically regarding their isolation status and information was also collected about contacts and their quarantine</p>	<p>Total COVID cases till 20/10/2020: 110 Active cases: 02, all home quarantine No. of kits received- 02</p>	<p>ANM, ASHA facilitator, and ASHAs shared the problems faced by ASHAs as there are no separate incentives per patient identified and successful isolation.</p>



		status.		
	27/10/2020 - 02/11/2020	02 additional cases were contact traced. Contact tracing was done as per the list procured from the MOPHC/ Co-ordinator from CHC. Patient details were taken from the PHC and then the patients were visited/ contacted telephonically regarding their isolation status and information was also collected about contacts and their quarantine status.	Total COVID cases till 27/10/2020: 112 Active cases: 02, all home quarantine No. of kits received- 02	ANM, ASHA facilitator, and ASHAs shared the problems faced by ASHAs as there are no separate incentives per patient identified and successful isolation.
	03/11/2020 - 16/11/2020	02 additional cases were contact traced. Contact tracing was done as per the list procured from the MOPHC/ Co-ordinator from CHC. Patient details were taken from the PHC and then the patients were visited/ contacted telephonically regarding their isolation status and information was also collected about contacts and their quarantine status.	Total COVID cases till 03/11/2020: 114 Active cases: 02, all home quarantine No. of kits received- 02	ANM, ASHA facilitator, and ASHAs shared the problems faced by ASHAs as there are no separate incentives per patient identified and successful isolation.
	08/12/2020 - 21/12/2020	02 additional cases were contact traced. Contact tracing was done as per the list procured from the MOPHC/ Coordinator from CHC. Patient details were taken from the PHC and then the patients were visited/ contacted telephonically regarding their isolation status and information was also collected about contacts and their quarantine status.	Total COVID cases till 08/11/2020: 116 Active cases: 02, all home quarantine No. of kits received- 02	ANM, ASHA facilitator, and ASHAs shared the problems faced by ASHAs as there are no separate incentives per patient identified and successful isolation.

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**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World AIDS Day (1st December 2020)

The world AIDS day was organized by Himalayan Institute of Medical Sciences and Mrs Sumitra Manwal, Social worker and Politician. The awareness session was conducted in triage area of Himalayan Hospital and highlighted the worldwide current scenario of HIV-AIDS spread and how the infection can be prevented. The team described the mode of spread of HIV among different age groups and they also made people aware about the various methods of prevention of HIV in our country.



World AIDS Day observation with Community Stakeholders at SRHU premises




Activities In 2019

Himalayan Institute of Medical Sciences, Swami Rama Himalayan University

World Breastfeeding Week 2019

Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU) celebrated World Breastfeeding Week 2019 on the theme “**Empower Parents, Ensure Breastfeeding**” from 1st to 7th August 2019 in various Anganwadi centers, Rural and Urban Health and Training Centers, Community Health Centre and Outreach Centers in collaboration with Pen India Foundation and Anganwadi workers of Doiwala. World Breastfeeding Week is an annual global celebration held to spread awareness around health benefits of breastfeeding infants. An interactive session on Breastfeeding, its importance, advantages for mother and child, exclusive Breastfeeding, correct methods of Breastfeeding.



Awareness and hands on session in collaboration with Community members Anganwadi workers and PEN INDIA Foundation in Doiwala, Dehradun

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Awareness and hands on session in collaboration with Community members Anganwadi workers and PEN INDIA Foundation in Doiwala, Dehradun

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**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World Health Day (7th April 2019)

Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU) observed World Health Day 2019 on the theme “**Universal Health Coverage: Everyone, Everywhere**” in association with IAPSM and ASHA workers of Doiwala area. IAPSM World Health Day Quiz competition, 2019 was organized and was attended by the Hon’ble Pro-Vice chancellor, Dean, Medical Superintendent, faculty members, and students (undergraduates and postgraduates). Certificates and prizes were distributed to the winners. A health talk was organized by the medical interns of 2014 batch at Rural Health Training Centre and Anganwadi of Kurkawala to create awareness on the World Health Day theme in the community. Other activities including slogan and poster competition was carried out for the MBBS 2017 undergraduate students.

**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World No Tobacco Day (31st May 2019)

In a bid to stop the menace of tobacco use and raise awareness, Swami Rama Himalayan University organized a series of events in collaboration with Raju Maurya Ji, Social Worker and Politician Doiwala. An “Anti-Tobacco Train” consisting of MBBS Interns, MSc. Clinical Research & MSc. Epidemiology Students chanted slogans and providing information to people about the ill effects of smoking and contact details of Rehab Centres in the University campus. This exercise was continued at CHC, Doiwala where a group of MBBS Interns and Dr. Chandra Pant- held talks with the locals at RHTC, KURKAWALA about how harmful tobacco is and counselled them about it.





Anti-Tobacco awareness session with Community Stakeholders at RHTC Kurkawala, Dehradun



Anti-Tobacco Train making its rounds!!

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Activities In 2018

Himalayan Institute of Medical Sciences, Swami Rama Himalayan University

International Women's Day (8th March 2018)

“Nari Sashaktikaran Samman Samaroh”,

To felicitate valiant women in the field of healthcare at grass root level, Himalayan Institute of Medical Sciences organized “Nari Sashaktikaran Samman Samaroh” at CHC, Doiwala in collaboration with the ASHA workers, Anganwadi Workers and ANMs of the field practice area. The program was graced by the Chief Medical Superintendent of CHC, Doiwala, Dr. R.S. Pal and Prof and Head, Department of Community Medicine, Himalayan Institute of Medical Sciences, Dr. Rakesh Kakkar. The program was attended by various health functionaries viz. ASHA's, ANM, and AWW from block Doiwala as well as far flung areas. The awardees Mrs Jaishree Nautiyal (ANM) from Keshavpuri Basti, Mrs. Kavita (ASHA) from Keshavpuri Basti and Mrs. Nusrat Jahan (AWW) from Kurkawala shared their experiences ranging from domestic violence and gender based discrimination to role of women in health and woman empowerment. A slogan and poster competition was organized in the department with active participation from various courses on the theme: Woman Empowerment. The winners were felicitated in the department. The field veterans, health workers of the department Ms. Farzana Ansari, Reeta Bhatt and Aradhna Dudhpuri were also felicitated for their immense contribution in the public health arena.



Dignitaries and Community stakeholders at CHC Doiwala to celebrate International Women's Day





Awarding the community health functionaries on International Women's Day



**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
University**

World Health Day (7th April 2018)

Himalayan Institute of Medical Sciences observed World Health Day on this year's theme 'Universal Health coverage –Everyone Everywhere' in Collaboration with IAPSM, and Dr R.S. Pal, CMS, CHC Doiwala. A quiz competition was organized held among the 4 teams of MBBS undergraduate students in collaboration with IAPSM, which was attended by the Dean, MS, faculty members and students (UGs & PGs). The students from the winning team were Aditya Semwal, Abhishek Singh and Bhumika Mahawar, all from 2014 batch. Certificates and prizes were distributed to the students after the results were out. In addition a Street play was performed at Kurkawala and Doiwala by MBBS students of 2016 batch for creating awareness about the existing health programmes and services at health centres. Other activities included health education talks, IEC/ BCC activities Poster and slogan competition by UG students.




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World Population Day (11th July 2018)

The World Population Day 2018 was observed by Himalayan Institute of Medical Sciences in collaboration with Mr Sagar Manwal, Social Worker and Politician, Dr Pal, CMS, CHC Doiwala with the theme “Family Planning is a Human Right”. Sensitization and awareness among the population of Kurkawala & Rishikesh about the theme of the World Population Day, “Family Planning is a human right”, health education activities were undertaken at their respective Health centers.



Observation of World Population Day with Dr Chandra Pant, LMO and Community members



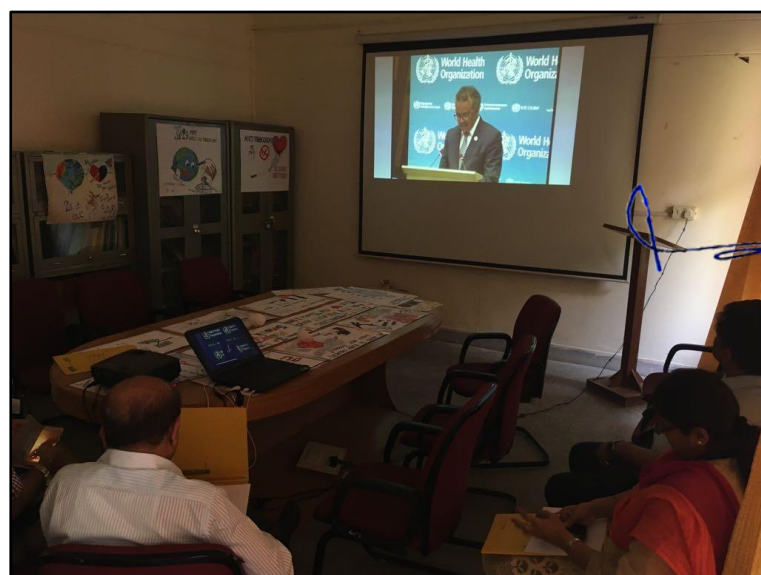
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World Tobacco Day (31st May 2018)

On the occasion of World Tobacco Day on 31st May, a seminar was presented by Dr. Shilpee for the faculty members at Himalayan Institute of Medical Sciences on the theme of this year “**Tobacco and heart disease**”. Moreover, an activity regarding the awareness generation among the patients and their attendants was organized at RHTC, Kudkawala in collaboration with stakeholders and oral cancer survivors. Prof. Ruchi Juyal, Dr. Shilpee along with interns addressed the local community and explained about the ill effects of all types of tobacco usage. Community members were also briefed about advantages of cessation of tobacco use & methods of prevention by Prof. Ruchi Juyal.



Awareness session in collaboration with Community members at RHTC, Kurkawala, Dehradun



Awareness session in collaboration with Community members and CMS, CHC Doiwala at CHC Doiwala, Dehradun

**Himalayan Institute of Medical Sciences, Swami Rama Himalayan
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World Breastfeeding Week 2018

1st August 2018 – 7th August 2018

HIMS, SRH University observed World Breast Feeding Week from 1st to 7th August. Various activities related to this year's WBFW theme "Foundation of Life" were conducted in the University in commemoration of this week. The activities were planned based on the theme by WABA to achieve sustainable development goals through protection, promotion and support of breastfeeding



Team for Breastfeeding week -2018 including faculty and students from HIMS





Awareness session at AWC in collaboration with Community members Anganwadi workers in Doiwala, Dehradun



Nukkad Natak for community members in collaboration with CMS, CHC Doiwala and Anganwadi workers in Doiwala, Dehradun

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