

# SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,  
Uttarakhand 248016

## HEALTH & WELLBEING CLUB (SDG Champions Club)

### 1. Introduction

The Health & Wellbeing Club at SRHU promotes holistic wellness through health education, skill-building, and outreach. Aligned with SDG 3, it complements existing campus wellness clubs by focusing on preventive health literacy, mental resilience, and basic life support training—fostering a compassionate and informed student community.

### 2. Objectives

The objectives of the Club are:

- Promote health literacy on preventive care, nutrition, and mental well-being
- Support life skill development through simulation-based training (e.g., first aid, CPR, BLS/ACLS)
- Collaborate with SRHU's wellness clubs and departments to build integrated wellbeing campaigns
- Facilitate outreach on public health awareness in adopted villages and neighbouring communities

### 3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Dr. Vikash Singh Jadon, Associate Professor, HSBS	Chairperson
Dr. Arvind Farswan, Assistant Professor, HSPS	Treasurer
Dr. Akhilesh Kumar, Assistant Professor, HSBS	Member Secretary
Sandhya, B.Sc. Biotechnology, HSBS	Member (student coordinator)

### Students Detail

S No.	Student Name	Registration No.	Enrollment No.	Programme Name
1.	Abhishek Kumar	DD23106301002	SRHU23000797	B.Sc. Biotechnology
2.	Abhishek Negi	DD23106301003	SRHU23000798	B.Sc. Biotechnology
3.	Aditya Jaiswal	DD23106301004	SRHU23000799	B.Sc. Biotechnology
4.	Ajeet Negi	DD23106301005	SRHU23000800	B.Sc. Biotechnology
5.	Anishka Arya	DD23106301006	SRHU23000801	B.Sc. Biotechnology
6.	Ishita Dimri	DD23106301015	SRHU23000810	B.Sc. Biotechnology
7.	Ishita Uniyal	DD23106301016	SRHU23000811	B.Sc. Biotechnology
8.	Jhanvi Singhal	DD23106301017	SRHU23000812	B.Sc. Biotechnology
9.	Sakshi Khatri	DD23106301033	SRHU23000827	B.Sc. Biotechnology

10.	Sandhya	DD23106301034	SRHU23000828	B.Sc. Biotechnology
11.	Shatakshi Dangwal	DD23106301035	SRHU23000829	B.Sc. Biotechnology
12.	Shivani Choudhary	DD23106301036	SRHU23000830	B.Sc. Biotechnology
13.	Shruti Joshi	DD23106301037	SRHU23000831	B.Sc. Biotechnology
14.	Km Shweta Gupta	DD23106301038	SRHU23000832	B.Sc. Biotechnology
15.	Sadaf Parveen	DD23106301031	SRHU23000825	B.Sc. Biotechnology

#### 4. Terms and Conditions

Sr. No.	Clause	Details
1.	<b>Quorum</b>	50% of the total members
2.	<b>Tenure of the Club</b>	Perpetual
3.	<b>Tenure of the Chairperson</b>	1 year
4.	<b>Tenure of the Members</b>	1 year
5.	<b>Frequency of Meetings</b>	At least <i>once per quarter</i> .
6.	<b>Meeting Notice and Agenda</b>	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	<b>Minutes of the Meeting</b>	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	<b>Duties and function</b>	a) Organize SDG 3 themed campaigns (e.g., World Health Day, Stress Awareness Month) b) Conduct skill sessions in collaboration with SRHU's Skill & Simulation Centre c) Coordinate with Yoga, Meditation, and Wellbeing Clubs to co-host holistic wellness festivals d) Develop health-focused outreach modules for students participating in community visits
9.	<b>Funding and Resources</b>	a. Institutional budget allocation b. Donations and sponsorships
10.	<b>Amendments</b>	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	<b>Dissolution</b>	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

#### 5. Services Offered

- Health Literacy Workshops on NCDs, lifestyle diseases, and campus nutrition

- First Aid, CPR, and BLS/ACLS training for students and faculty
- Mental Health Dialogues through peer circles and creative expression formats
- "Wellness Together" festival in collaboration with existing campus clubs
- Outreach Camps offering screening, counseling, and health education in partner villages
- Poster Exhibitions on SDG 3 topics like maternal health, student stress, and hygiene



Sign. of Chairperson

(Dr. Vikash Singh Jadon)

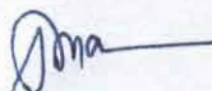
Chairperson

Health & Wellbeing Club (SDG 3)  
Swami Rama Himalayan University



Sign. of Treasurer

(Dr. Arvind Parswan)



Sign. of Member Secretary

(Dr. Akhilesh Kumar)

**NOTICE**  
**HEALTH & WELLBEING CLUB**  
**(SDG CHAMPIONS CLUB)**

**SRHU/APDC/HWBC/2024/01**

**20<sup>th</sup> August 2024**

This is to inform all students of the Himalayan Institute of Medical Sciences (HIMS) that a Health and Wellbeing Awareness Workshop will be organized on 29<sup>th</sup> August 2024. The event aims to promote physical, mental, and emotional wellbeing among students and encourage a healthy lifestyle on campus.

**Details of the Event:**

- Event : Health and Wellbeing Awareness Workshop
- Date : 14th December 2024
- Time : 9:30 AM onwards
- Venue : Rishikesh
- Organized by : Health & Wellbeing Club, SRHU
- Eligibility : All HSBS students interested in health, fitness, mental wellbeing, and wellness initiatives

Interested students are requested to register their names with the Club Coordinator or Class Representative by 13th December 2024. Active participation is highly encouraged.  
For further details and workshop schedules, please contact the Club Coordinator.

***Promote Health, Embrace Wellbeing, Inspire Wellness!***



**Chairperson**

Chairperson

Health & Wellbeing Club (SDG 3)  
Swami Rama Himalayan University

**Copy to:-**

Hon'ble President  
Hon'ble Vice Chancellor  
Director General (Academic Development)  
Pro-Vice Chancellor  
Registrar  
Deans/Heads of the Constituent Academic Departments  
Finance Officer  
Members of the club-For necessary arrangements and action

*for kind information please*

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## REPORT

**Organized by** : Health and Wellbeing Club, Swami Rama Himalayan University  
**Date** : 29<sup>th</sup> August 2024  
**Venue** : Rishikesh  
**Time** : 09:30AM onwards

The Health and Wellbeing Club of Swami Rama Himalayan University (SRHU), organized A multi-specialty **Ayushman Arogya Shivar** on 29<sup>th</sup> August 2024 at CHC Narsan, Haridwar District, by the Health and Well-being Club in collaboration with the Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU), the National Health Mission (NHM), Uttarakhand, and the Chief Medical Officer, Haridwar. The initiative was conducted in alignment with Sustainable Development Goal 3 (Good Health and Well-being), which emphasizes ensuring healthy lives and promoting well-being for all at all ages. The camp aimed to extend quality healthcare services to underserved and rural communities, focusing on preventive, promotive, and curative care.

The organizing team included Dr. Ashok Kumar Srivastava, Professor & Head and Nodal Officer; Dr. Surabhi Mishra, Assistant Professor and Camp Coordinator; Dr. Avani Gupta, Junior Resident; and MBBS interns Sagar Verma, Saksham Shrivastav, Sakshi Chaudhary, and Saloni Sharma. The camp brought together specialists from multiple departments—Community Medicine, General Medicine, Obstetrics & Gynaecology, Pediatrics, Orthopaedics, Ophthalmology, Psychiatry, and Dentistry—to provide a comprehensive range of medical consultations and services.

Over 200 beneficiaries availed the services during the camp, which included diagnostic screenings such as blood pressure monitoring, hemoglobin estimation, and blood sugar testing. A total of 177 patients received consultations across various specialties 42 in General Medicine, 12 in Community Medicine, 25 in Orthopaedics, 8 in Pediatrics, 38 in Ophthalmology, 27 in Obstetrics & Gynaecology, 15 in Psychiatry, and 10 in Dental Surgery. Alongside consultations, health education sessions were conducted to raise awareness on maternal and child health, nutrition, and mental well-being. Patients who required tertiary-level medical care were referred to Civil Hospital, Roorkee and Himalayan Hospital, SRHU for further management.

The camp proved to be an effective platform for early disease detection, timely intervention, and health education, significantly contributing to the well-being of the local population. By bringing essential healthcare services directly to the community, the initiative successfully demonstrated the university's



Dr. Vikas Singh Jadon  
Chairperson

Chairperson  
Health & Wellbeing Club (SDG 3)  
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commitment to accessible and equitable healthcare. The event also reinforced SRHU's dedication to advancing public health initiatives in alignment with SDG 3 – Good Health and Well-being.

## EVENT HIGHLIGHT



**DOCTORS ENGAGING WITH PATIENTS AT THE CONSULTATION TABLE.**

*V. Jadon*

Dr. Vikas Singh Jadon  
Chairperson

Chairperson  
Health & Wellbeing Club (SDG 3)  
Swami Rama Himalayan University

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## NOTICE

### HEALTH & WELLBEING CLUB (SDG CHAMPIONS CLUB)

SRHU/APDC/HWBC/2024/02

07<sup>th</sup> December 2024

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Chairperson

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The Health and Wellbeing Club of Swami Rama Himalayan University (SRHU), in alignment with the United Nations Sustainable Development Goal 3 (Good Health and Well-being), which focuses on ensuring access to quality healthcare for all, a Free ENT Health Camp was organized on 14th December 2024 at Shyampur, Rishikesh, District-Dehradun.

The primary objective of the camp was to provide equitable and accessible healthcare services to underserved rural populations. A team of specialized doctors and healthcare staff conducted comprehensive ear, nose, and throat (ENT) examinations for 38 beneficiaries, focusing on early detection, consultation, and referral of ENT-related ailments.

Patients requiring advanced medical or surgical interventions were referred to the HIMS base hospital for further management. Others received on-site consultations, prescribed medications, and lifestyle modification advice to support recovery and prevention of recurring issues.

This initiative played a crucial role in strengthening community healthcare outreach, promoting preventive health practices, and ensuring that essential medical services reached rural and marginalized populations thereby contributing directly to SDG 3: Good Health and Well-being.



Dr. Vikas Singh Jadon

Chairperson  
Chairperson

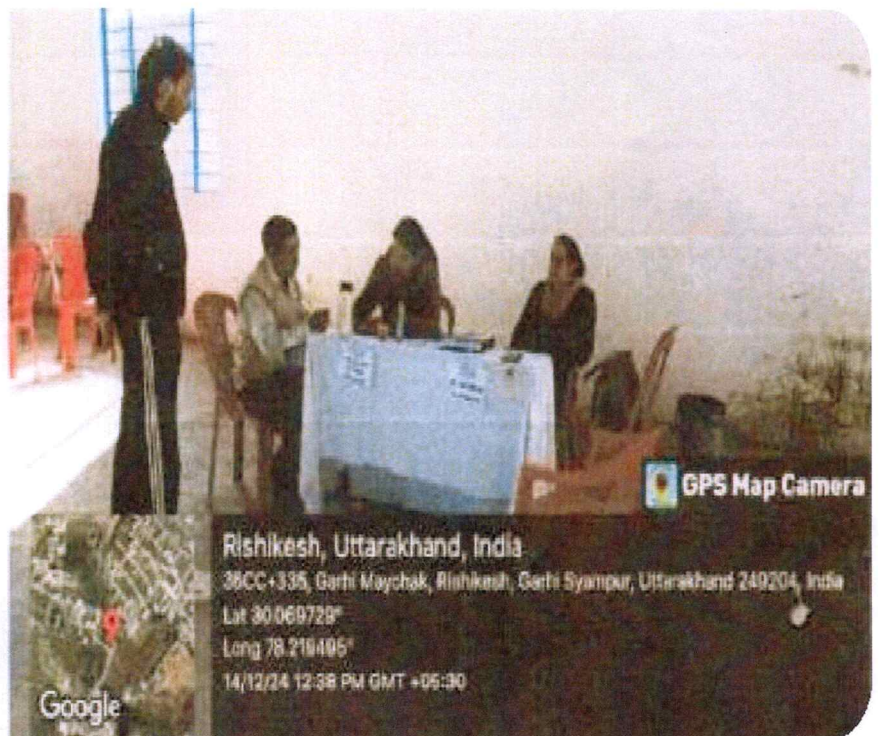
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## EVENT HIGHLIGHT

### Student Participation in Camp



*V. Jadon*

Dr. Vikas Singh Jadon  
Chairperson

Chairperson  
Health & Wellbeing Club (SDG 3)  
Swami Rama Himalayan University