

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

HEALTH EQUITY CLUB (Public Health, Social Welfare, & Community Outreach Clubs)

1. Introduction

The Health Equity Club at SRHU promotes fairness in healthcare by raising awareness, supporting inclusive practices, and engaging students in outreach activities. It focuses on reducing health gaps caused by gender, geography, income, disability, and social disadvantage—through education, advocacy, and community involvement.

2. Objectives

The objectives of the Club are:

- Raise awareness about health disparities and social determinants of health
- Promote inclusive healthcare practices across SRHU's academic and clinical settings
- Support outreach programs for underserved groups including women, children, elderly, and people with disabilities
- Encourage student-led projects and campaigns that advocate for equitable access to health services

3. Club Committee

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

Composition	Roles
Mr. Atul Kumar, Assistant Professor, HCN	Chairperson
Mrs. Shama Praveen, Assistant Professor, HCN	Treasurer
Mr Suresh Chander, Tutor, HCN	Member Secretary
Mr. Saksham Dangwal, HCN	Student Member

Students Detail

S.No.	Student Name	Registration Number	Enrollment No	Programme Name
1	Saksham Dangwal	DD2113302099	SRHU21000541	B.Sc. Nursing
2	Ashmita Joshi	DD2113302030	SRHU21000472	B.Sc. Nursing
3	Krishna Panthari	DD2113302066	SRHU21000508	B.Sc. Nursing
4	Priyanshi Nautiyal	DD2113302091	SRHU21000533	B.Sc. Nursing
5	Vaishnavi Baloni	DD2113302139	SRHU21000581	B.Sc. Nursing
6	Meenakshi	DD22113301067	SRHU22000869	B.Sc. Nursing

7	Sneha Rawat	DD22113301128	SRHU22000930	B.Sc. Nursing
8	Anushka Painuly	DD22113301020	SRHU22000822	B.Sc. Nursing
9	Rashi	DD22113301096	SRHU22000898	B.Sc. Nursing
10	Jaya	DD22113301048	SRHU22000850	B.Sc. Nursing
11	Maneesha	DD22113301062	SRHU22000864	B.Sc. Nursing
12	Ishita Krishali	DD22113301047	SRHU22000849	B.Sc. Nursing
13	Simran	DD22113301125	SRHU22000927	B.Sc. Nursing
14	Pavani Negi	DD22113301083	SRHU22000885	B.Sc. Nursing
15	Anchal Rani	DD22113301013	SRHU22000815	B.Sc. Nursing

*Note: Preferred roles in the clubs is defined by Club coordinator

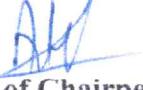
4. Terms and Conditions

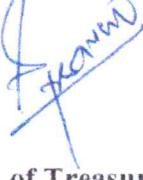
Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	Minutes of the Meeting	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.	Duties and function	<ul style="list-style-type: none"> a) Organize awareness sessions on topics like gender-based health gaps, disability inclusion, and rural health challenges b) Collaborate with SRHU's Community Medicine, Nursing, and RDI teams for field-based equity initiatives c) Document and showcase SRHU's inclusive practices and replicable models (e.g., geriatric clinics, adolescent peer models, Braille menstrual hygiene booklets) d) Facilitate student participation in national health equity campaigns and observances

9.	Funding and Resources	a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	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 Equity Poster Exhibition:** Highlight disparities and solutions across age, gender, and geography
- **Student Dialogues:** On topics like caste and gender in healthcare, rural vs. urban access, and disability rights
- **Field Visits:** To SRHU's outreach centers (RHTC, UHTC, CHC Doiwala) to observe inclusive care models
- **Collaboration Events:** With NSS, Saarthi Club, and Community Health Outreach Club for joint campaigns
- **Awareness Drives:** On maternal health, adolescent wellness, and geriatric-friendly services
- **Mini Projects:** Student-led surveys or IEC materials on health equity themes
- **Celebration of Key Days:** World Health Day, International Day of Persons with Disabilities, National Girl Child Day
- **Documentation & Replication:** Share SRHU's models like peer-led adolescent programs, inclusive clinics, and disability-friendly infrastructure


Sign. of Chairperson


Sign. of Treasurer


Sign. of Member Secretary

Chairperson
Health Equity Club
Swami Rama Himalayan University

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Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

NOTICE

HEALTH EQUITY CLUB

(Public Health, Social Welfare, & Community Outreach Clubs)

SRHU/APDC/HEC/2024/01

21st September 2024

This is to inform all students of the Himalayan Institute of Nursing (HCN) that a Health Equity Awareness Workshop will be organized on 25th September 2024. The event aims to promote awareness about health equity, public health challenges, and strategies to ensure equal access to healthcare services among students.

Details of the Event:

- Event : Health Equity Awareness Workshop
- Date : 28th September 2024
- Time : 09:30AM-01:30PM
- Venue : Government Primary School, Kothari Mohalla, Jolly Grant
- Organized by : Health Equity Club, SRHU
- Eligibility : All HCN students interested in public health, healthcare innovation, and equity in medical services

Interested students are requested to register their names with the Club Coordinator or Class Representative by 24th September 2024. Active participation is highly encouraged.

For further details and workshop schedules, please contact the Club Coordinator – HCN.

Promote Health, Ensure Equity, Empower Communities!



Chairperson

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

Chairperson
Health Equity Club
for kind information please, Rama Himalayan University

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

REPORT

Organized by	: Health Equity Club, Swami Rama Himalayan University
Date	: 28 th September 2024
Venue	: Government Primary School, Kothari Mohalla, Jolly Grant
Time	: 09:30AM-01:30PM

The Health Equity Club, Swami Rama Himalayan University, organized an awareness programme titled “*Break the Silence – Speaking Out Against Hopelessness*” to observe Suicide Prevention Month on 28th September 2024. The event was held at the Government Primary School, Kothari Mohalla, Jolly Grant, with the objective of raising awareness about mental health, reducing stigma, and encouraging open discussions on suicide prevention.

September marks *Suicide Prevention Month*, a period dedicated to promoting understanding, empathy, and hope for individuals struggling with mental health challenges. The awareness session aimed to shift public perception, spread hope, and provide access to vital information and resources that can save lives. The programme began at 9:00 AM with a role play performed by students, highlighting the warning signs and emotional struggles of individuals experiencing hopelessness. This was followed by a psychoeducation session in which students presented charts and discussions on key topics, including the importance of awareness, protective factors, early intervention, and preventive strategies. The interactive format helped both students and teachers engage in meaningful dialogue about mental health and suicide prevention.

A total of 74 beneficiaries participated in and benefited from the programme. The event was organized through the combined efforts of the Departments of Mental Health Nursing and Community Health Nursing. Faculty members, including Dr. Grace Madonna Singh (HOD, Mental Health Nursing), Ms. Nitika Bhatt, Ms. Heena Negi, Mr. Atul Bhidola, and Mr. Chandan Kumar, worked alongside students from B.Sc. Nursing VI Semester, Post Basic B.Sc. Nursing 2nd Year, and M.Sc. Nursing 1st and 2nd Year (Mental Health Nursing) to make the event a success.

The faculty of both departments provided guidance and support throughout the planning and execution of the programme. Their combined efforts ensured that the event successfully met its objective of spreading awareness and promoting compassion and understanding around mental health issues. The session concluded with a message of hope and collective responsibility to support those in distress and help build a society where seeking help is normalized and encouraged.


Dr. Atul Kumar
Chairperson
Chairperson
Health Equity Club
Swami Rama Himalayan University

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EVENT HIGHLIGHT



Pic.1 Students giving Awareness on Suicide Prevention




Dr. Atul Kumar
Chairperson

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NOTICE

HEALTH EQUITY CLUB

(Public Health, Social Welfare, & Community Outreach Clubs)

SRHU/APDC/HEC/2024/02

30th May 2024

This is to inform all students of the Himalayan Institute of Nursing (HCN) that a Health Equity Awareness Workshop will be organized on **06th June 2024**. The event aims to promote awareness about health equity, public health challenges, and strategies to ensure equal access to healthcare services among students.

Details of the Event:

- Event : Health Equity Awareness Workshop
- Date : 06th June 2024
- Time : 09:30AM-10:30AM
- Venue : Pediatric Medicine Ward of Himalayan Hospital
- Organized by : Health Equity Club, SRHU
- Eligibility : All HCN students interested in public health, healthcare innovation, and equity in medical services

Interested students are requested to register their names with the Club Coordinator or Class Representative by 5th June 2024. Active participation is highly encouraged.

For further details and workshop schedules, please contact the Club Coordinator – HCN.

Promote Health, Ensure Equity, Empower Communities!



Chairperson

Chairperson

Health Equity Club

Swami Rama Himalayan University

Copy to:-

Hon'ble President

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REPORT

Organized by	: Health Equity Club, Swami Rama Himalayan University
Date	: 06 th June 2024
Venue	: Pediatric Medicine Ward of Himalayan Hospital
Time	: 09:30AM-10:30AM

The Health Equity Club, Swami Rama Himalayan University, in collaboration with the Child Health Nursing Department of Himalayan College of Nursing, Swami Rama Himalayan University, observed “Complementary Feeding Day” on 6th June 2024 at the Pediatric Medicine Ward of Himalayan Hospital. The programme was organized with the objective of raising awareness among caregivers and mothers regarding the importance and benefits of complementary feeding for infants and young children. The event was conducted under the guidance of Dr. Sanchita Pugazhendhi and coordinated by Mrs. Sanjenbam Emon Chanu, HOD, Child Health Nursing Department.

The awareness activities included a Nukkad Natak, Role Play, and an Exhibition, all designed to effectively communicate health messages in an engaging and interactive way. The programme began with a role play performed by B.Sc. Nursing 5th semester students, illustrating the significance of timely initiation and appropriate methods of complementary feeding. The poster exhibition, prepared and presented by students, explained key nutritional aspects, hygiene practices, and the long-term health benefits of proper feeding practices.

A total of 82 nursing students participated in organizing the programme, and approximately 45 caregivers of children benefited from the awareness activities. The session successfully enhanced understanding among mothers regarding child nutrition and emphasized the importance of integrating complementary feeding with continued breastfeeding. The programme concluded with a vote of thanks delivered by the students, acknowledging the efforts of faculty and participants in making the event impactful.

The event was made successful through the collective efforts of Dr. Rajkumari Sylvia Devi, Dr. D. Y. Sorte, Dr. Vandana Chauhan, and Mrs. Namrata Pundir, Faculty of the Child Health Nursing Department, whose guidance and active involvement ensured the effective execution and positive outcome of the programme.



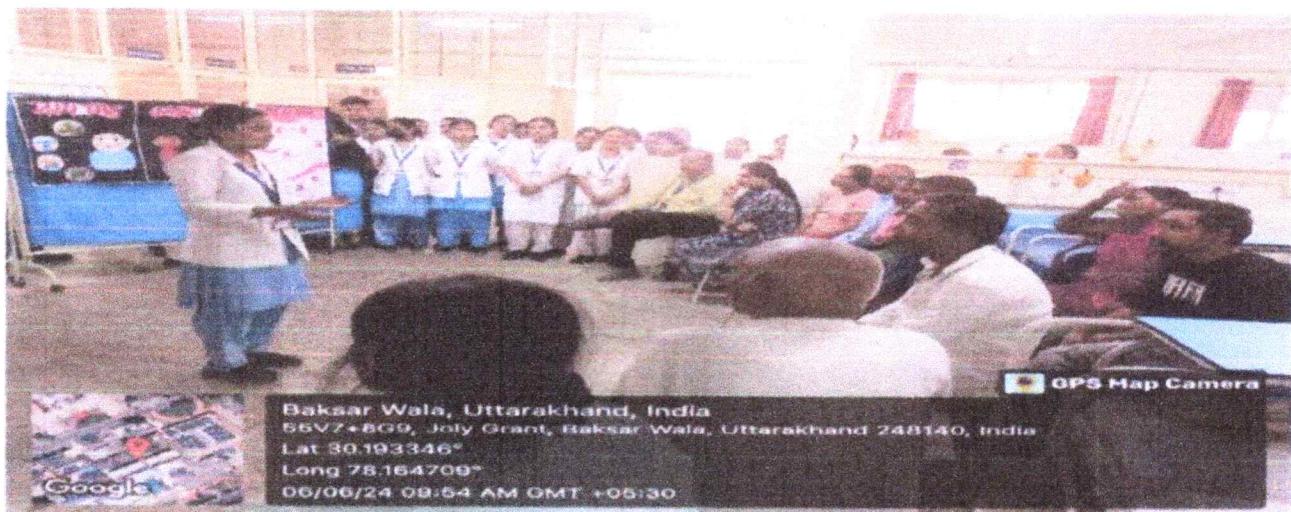
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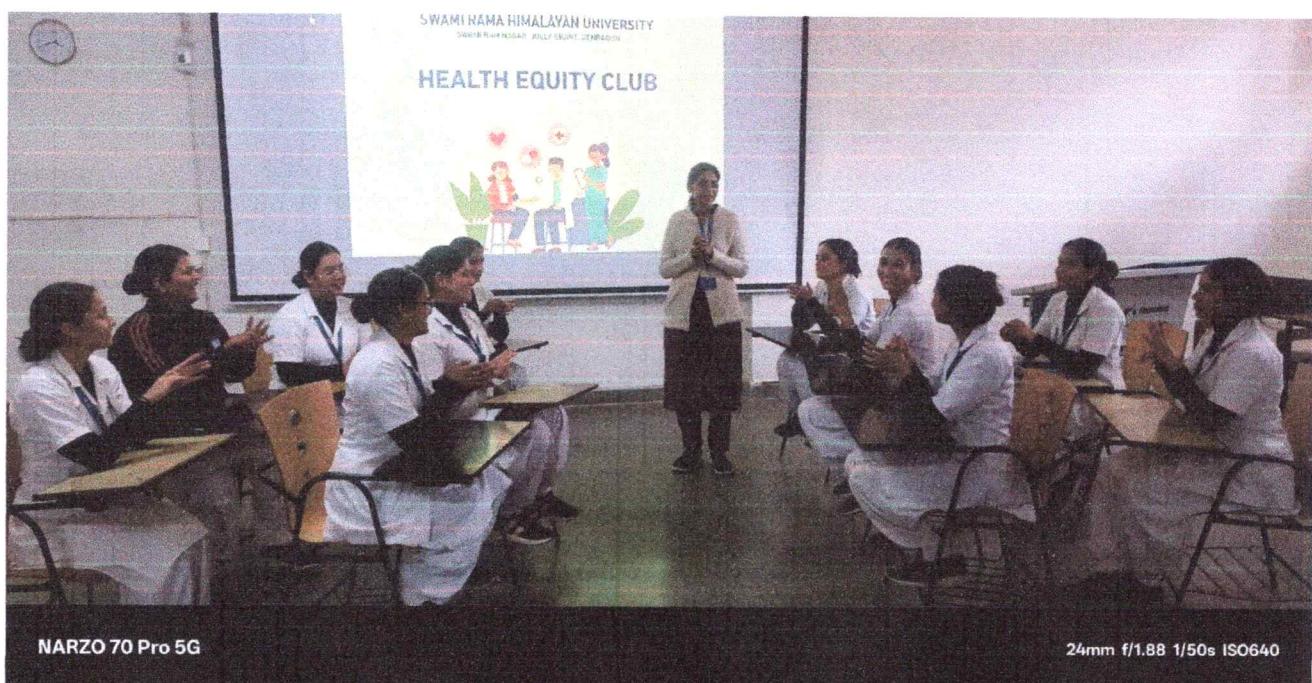
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EVENT HIGHLIGHT



Picture 1: Student Introducing the program to the audience




Dr. Atul Kumar

Chairperson
Chairperson
Health Equity Club
Swami Rama Himalayan University