

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

HOPE-N-HORIZON CLUB (Special Interest & Specialty Clubs)

1. Introduction

The Hope n Horizons Club has been established to promote awareness related to substance use and its health and social consequences across SRHU's campus. A safe, inclusive environment is to be fostered for early support-seeking, peer connection, and psychosocial wellness, aligned with institutional values and national initiatives such as *Nasha Mukh Bharat Abhiyaan*.

2. Objectives

The objectives of the Club are:

- Increase awareness regarding the physical, psychological, and legal consequences of substance use
- Establish a supportive peer network for students affected by chemical or substance dependence
- Facilitate psycho-social interventions, wellness workshops, and access to confidential counselling
- Promote a substance-free campus culture through student-led pledges, campaigns, and ongoing engagement

3. Club Committee

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

Composition	Roles
Dr. Grace Madonna Singh, Professor, HCN	One faculty - Club Coordinator* (SPOC)
Mrs. Nitika Bhatt, Assistant Professor, HCN	Treasurer
Mr. John Davidson, Assistant Professor, HCN	Member Secretary
Mr. Kshitij Nawani, HCN	Student Coordinator Member

Students Detail

S.No	Student Name	Registration No.	Enrolment No.	Programme Name
1	Kshitij Nawani	DD231103504001	SRHU17000714	MSc Nursing
2	Pooja Sijwali	DD231103504002	SRHU23000161	MSc Nursing
3	Ashutosh Gusain	DD241103504001	SRHU18000790	MSc Nursing
4	Simran Mewar	DD241103504002	SRHU18000776	MSc Nursing
5	Tanuja	DD241103504003	SRHU24001407	MSc Nursing
6	Abhyuday Singh Kalura	DD2113302005	SRHU21000447	BSc Nursing
7	Ashmita Joshi	DD2113302030	SRHU21000472	BSc Nursing
8	Ayushi Belwal	DD2113302035	SRHU21000477	BSc Nursing
9	Ayushi Kumari	DD2113302036	SRHU21000478	BSc Nursing
10	Saksham Dangwal	DD2113302099	SRHU21000541	BSc Nursing
11	Anamika Barthwal	DD22113301012	SRHU22000814	BSc Nursing

12	Avantika Tiwari	DD22113301023	SRHU22000825	BSc Nursing
13	Tulsi Bokadia	DD22113301138	SRHU22000940	BSc Nursing
14	Utkarsh Pal	DD22113301140	SRHU22000942	BSc Nursing
15	Vishal Pal	DD22113301144	SRHU22000946	BSc 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	a) Sensitization drives and wellness sessions are to be conducted periodically. b) Collaboration with campus health services is to be ensured for referral and care pathways. c) Multilingual IEC materials are to be designed and circulated to reduce stigma. d) National observances and wellness weeks are to be marked with student engagement and advocacy.
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

- Interactive sessions with mental health professionals and recovery advocates
- Pledge drives, creative exhibits, and digital campaigns on substance use prevention
- Anonymous feedback tools for early support-seeking
- Outreach visits and storytelling forums in collaboration with NSS, Health Clubs, and Red Cross Units


Sign. of Chairperson

Chairperson
Hope n Horizon Club
Swami Rama Himalayan University


Sign. of Treasurer


Sign. of Member Secretary

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NOTICE

HOPE AND HORIZON CLUB (Special Interest & Specialty Clubs)

SRHU/SISC/HHC/2024/01

10th September 2024

This is to inform all students of the **Himalayan College of Nursing (HCN)** that a **Media & Communication Orientation Session** will be organized on 17th September 2024. The session aims to enhance students' skills in journalism, digital communication, photography, and creative content development, while promoting responsible media practices.

Details of the Event:

- **Organized by** : Hope and Horizon Club, Swami Rama Himalayan University
- **Date** : 17th September 2024
- **Venue** : Himalayan College of Nursing, Swami Rama Himalayan University
- **Time** : 02:30PM - 04:30PM
- **Eligibility:** All undergraduate and postgraduate students interested in journalism, photography, videography, and digital media

Interested students are requested to register their names with the **Club Coordinator** or **Class Representative** by **09th September 2024**. All students are encouraged to participate actively in the session to strengthen their communication skills, creativity, and collaborative spirit. Attendance of registered club members is **mandatory**.

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

Create, Communicate, and Inspire Through Media!

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

Chairperson

Chairperson

Hope n Horizon Club
Swami Rama Himalayan University

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REPORT

Organized by : Hope and Horizon Club, Swami Rama Himalayan University
Date : 17th September 2024
Venue : Himalayan College of Nursing, Swami Rama Himalayan University
Time : 02:30PM - 04:30PM


Hope and Horizon Club, in collaboration with Himalayan College of Nursing, SRHU, conducted a comprehensive pledge campaign to raise awareness about the dangers of substance abuse and promote a drug-free lifestyle among future healthcare professionals. The event served as an important step towards empowering nursing students to become informed advocates of change within the healthcare system and their communities.

A total of 669 students from various academic programs including B.Sc. Nursing, Post Basic B.Sc. Nursing, M.Sc. Nursing, and Nurse Practitioner in Critical Care actively participated in the initiative by taking a formal "Say No to Drugs" pledge. The campaign aimed not only to educate students on the physical, mental, and social consequences of drug use but also to strengthen their resolve by encouraging them to lead by example.

The enthusiastic participation of students across multiple academic levels reflected a shared commitment to creating a healthier, safer, and addiction-free environment. Through this initiative, students were encouraged to stay vigilant in recognizing early signs of substance abuse and to extend support to individuals in need.

As part of the campaign, each participant received an e-certificate, symbolizing their personal commitment and serving as a motivational reminder to inspire others in choosing a drug-free lifestyle. These certificates acknowledged their contribution toward promoting the vision of a drug-free society.

This initiative highlights Himalayan College of Nursing's dedication to holistic education that emphasizes not only academic excellence but also character building and social responsibility. It aligns seamlessly with the broader mission of building a Drug-Free Dev Bhoomi and empowering the youth to act as catalysts for meaningful and sustainable change.


Dr. Grace M Singh
Chairperson

Chairperson
Hope n Horizon Club
Swami Rama Himalayan University

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EVENT HIGHLIGHT



Students taking the "Nasha Mukti Uttarakhand – Drug-Free Dev Bhoomi" pledge,
organized by Hope and Horizon Club in collaboration with Himalayan College of Nursing,
SRHU.


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Chairperson
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