

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

WOMEN'S HEALTH & REPRODUCTIVE RIGHTS CLUB (Special Interest & Specialty Clubs)

1. Introduction

Women's health and reproductive rights are vital to personal well-being. At SRHU, this club promotes open conversations about women's health, hygiene, and reproductive rights in a safe and respectful way. It helps students and staff learn about topics like periods, pregnancy, and choices around healthcare. Through medically informed education and cultural sensitivity, it builds awareness, fosters inclusion, and ensures reproductive rights are not just taught, but meaningfully upheld within everyday campus life.

2. Objectives

The objectives of the Club are:

- Promote understanding of women's health, hygiene, and reproductive rights through regular awareness efforts.
- Encourage respectful discussions about personal health and choices in a safe, stigma-free environment.
- Advocate for inclusive, gender-sensitive practices within the campus healthcare and support systems.
- Support the integration of cultural sensitivity and medical accuracy into campus learning about reproductive well-being.

3. Club Committee

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

Composition	Roles
Dr. Prof. Ruchira Nautiyal, Professor & Head, HIMS	Chairperson
Dr. Anchal Agarwal, Assistant Professor, HIMS	Treasurer
Dr. Prof. Purnima Upreti, Professor, HIMS	Member Secretary
Mr. Ashutosh Kamboj, MBBS	Member (Student Coordinator)

Students Detail:

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Preksha Jain	DD22114522009	SRHU22000153	MPT (Ortho)
2	Swapnil Tiwari	DD22114522016	SRHU17000217*	MPT (Ortho)
3	Anant Kumar	DD2114301014	SRHU21000626	MBBS
4	Ashutosh Kamboj	DD2114301032	SRHU21000644	MBBS
5	Drishti Malik	DD2114301045	SRHU21000657	MBBS
6	Janvi Khatri	DD2114301057	SRHU21000669	MBBS
7	Bhawana Arora	DD2114301037	SRHU21000649	MBBS
8	Chahat Jaggi	DD2114301039	SRHU21000651	MBBS
9	Divyaanshi Mohan	DD2114301042	SRHU21000654	MBBS
10	Gungun Goyal	DD2114301050	SRHU21000662	MBBS
11	Niyanta Kataria	DD2114301085	SRHU21000697	MBBS
12	Riya Chauhan	DD231101301109	SRHU23000731	MBBS

13	Priyanshi Melti	DD231101301102	SRHU23000724	MBBS
14	Nikita Dhanai	DD22114301101	SRHU22000626	MBBS
15	Rajat Kumar	DD2114301101	SRHU21000713	MBBS
16	Palak Bhagat	DD22114301103	SRHU22000628	MBBS
17	Riya Bhardwaj	DD2114301103	SRHU21000715	MBBS
18	Arman Ali	DD22114308004	SRHU22000257	BRT
19	Paras Maindola	DD22114307019	SRHU22000248	BRIT
20	Pragya Mishra	DD22111301056	SRHU22000389	BCA
21	Anjali Khantwal	DD2113302019	SRHU21000461	Bachelor of Science (Nursing)
22	Anu Pal	DD2113302025	SRHU21000467	Bachelor of Science (Nursing)
23	Harsimrat Kaur	DD2113302051	SRHU21000493	Bachelor of Science (Nursing)
24	Suchi	DD2113302131	SRHU21000573	Bachelor of Science (Nursing)
25	Swarnika Rana	DD2113302133	SRHU21000575	Bachelor of Science (Nursing)
26	Awantika	DD22112302006	SRHU22000097	B.Com

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 faculty and clinicians lead interactive talks on key health topics—menstrual hygiene, maternal health, reproductive rights—rotating across SRHU colleges and hospital zones. b) Organize mini-discussions led by trained volunteers in hostels, classrooms, and lounge areas to demystify health concerns and promote respectful engagement. c) Lead awareness campaigns to challenge stigma and misinformation related to menstruation, fertility, contraception, and reproductive health. d) Supports SRHU's commitment to sustainability and inclusion by linking women's health awareness to

		Sustainable Development Goals (especially SDG 3 – Good Health and Well-being, and SDG 5 – Gender Equality).
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:

- Period Positivity Week – Break stigma around menstruation through campus-wide events and education
- DIY Sanitary Kit Workshop – Teach students to craft reusable pads while promoting hygiene and sustainability
- Menstrual Tracker Journal Station – Foster self-awareness with creative journaling on menstrual cycles
- Pregnancy Poster Campaign – Use visuals to highlight trimester health tips and prenatal services
- “My Body, My Rights” Panel – Raise awareness of reproductive rights through expert-led discussions
- Rights Awareness Cards – Share pocket guides on healthcare laws and reproductive choices in India
- Scenario-Based Discussions – Encourage critical thinking through roleplay on real-life reproductive dilemmas
- Interactive Wall Quiz – Debunk myths with engaging “True/False” posters in student common areas
- Story Sharing Circles – Create safe spaces for students to share personal health and wellness journeys
- Social Media Health Reels – Use short videos to bust myths and share tips on wellness and rights
- Reproductive Wellness Podcasts – Host episodes featuring health professionals and student voices
- Info Art Poster Contest – Celebrate creativity with themed poster-making on women’s health and empowerment

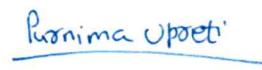


Sign. of Chairperson

Chairperson
Women's Health & Reproductive Rights Club
Swami Rama Himalayan University



Sign. of Treasurer



Sign. of Member Secretary

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

NOTICE

WOMEN'S HEALTH & REPRODUCTIVE RIGHTS CLUB (*Special Interest & Specialty Clubs*)

SRHU/SISC/ WHRRC/2024/01

24th August 2024

This is to inform all students of the **Himalayan College of Nursing (HCN)** that a **Women's Health & Reproductive Rights Awareness Session** will be organized on **31st August 2024**. The session aims to promote knowledge of reproductive health, empower students with awareness of rights, and encourage responsible, evidence-based practices in women's healthcare.

Details of the Event:

- **Organized by :** Women Health and Reproductive Rights Club, Swami Rama Himalayan University
- **Date :** 31st August 2024
- **Venue :** Himalayan Institute of Medical Sciences, Swami Rama Himalayan University
- **Time :** 02:30PM - 04:30PM
- **Eligibility:** All undergraduate and postgraduate students interested in women's health, reproductive rights, and specialty care

Interested students are requested to register their names with the **Club Coordinator** or **Class Representative** by **30th August 2024**. All students are encouraged to participate actively in the session to strengthen their understanding of women's health issues, patient advocacy, and professional responsibility. Attendance of registered club members is **mandatory**.

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

Empower, Educate, and Advocate for Women's Health!



Chairperson

Chairperson

Women's Health & Reproductive Rights Club
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

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

REPORT

Organized by	: Women Health and Reproductive Rights Club, Swami Rama Himalayan University
Date	: 31 st August 2024
Venue	: Himalayan Institute of Medical Sciences, Swami Rama Himalayan University
Time	: 02:30PM - 04:30PM

The Women's Health & Reproductive Rights Club of Swami Rama Himalayan University organized a guest lecture in the Department of Obstetrics and Gynecology to raise awareness about the importance of optimal blood use as a lifesaving measure during childbirth. Dr. Manish Raturi, Associate Professor in the Department of Immunohematology and Blood Transfusion, delivered an insightful session on the appropriate use of various blood products and emphasized the critical need to promote voluntary blood donation to support mothers facing obstetric emergencies. The lecture was attended by club members, residents, faculty, and staff nurses of the OBG department, who actively participated in the discussion and acknowledged the importance of strengthening blood availability and safe transfusion practices in maternal healthcare.

EVENT HIGHLIGHT




Dr. Ruchira Nautiyal
Chairperson

Chairperson
Women's Health & Reproductive Rights Club
Swami Rama Himalayan University

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ATTENDANCE

Attendance sheet for Guest lecture

Date :31.8.2024

Guest Speaker: Dr. Manish Raturi	Topic: Manish Raturi • 31/08/24	Role of Blood Products in Obstetrics	
Attended by:			
Name	Signature	Name	Signature
Dr. Ruchira Nautiyal	<i>Ruchira</i>	Dr. Harman Preet	<i>Harman</i>
Dr. Nidhi Chauhan		Dr. Prachi Aggarwal	<i>Prachi</i>
Dr. Purnima Upreti	<i>Purnima Upreti</i>	Dr. Simran Dhawan	<i>Simran</i>
Dr. Vandana Rajput	<i>Vandana</i> in OT	Dr. Anushka Joshi	<i>Anushka</i> A.P.
Dr. Rashmi Rajput	<i>Rashmi</i>	Dr. Tanya Malhotra	<i>Tanya</i>
Dr. Anchal Agarwal	<i>Anchal</i>	Dr. Anjali Benjwal	<i>Anjali</i> DRP
Dr. Sonal Gupta	<i>Sonal</i>	Dr. A Parv N Dogra	<i>Parv</i>
Dr. Heena Khan	<i>Heena</i>	Dr. Anjali	<i>Anjali</i>
Dr. Sumita Malhotra		Dr. Arish	<i>Arish</i>
Dr. Purva		Dr. Shabana	<i>Shabana</i>
Dr. Aesha Goel	<i>Aesha</i> in OT	Dr. Snarvia Kambra	<i>Snarvia</i>
Dr. Neha		Dr. Shayamli Sood	<i>Shayamli</i>
Dr. Dimple	<i>Dimple</i>		
Dr. Nancy	<i>Nancy</i>	Dr. Nauroz Neelofar	<i>Nauroz</i>
Dr. Swati	<i>Swati</i>	Dr. Anushka	<i>Anushka</i>
Dr. Ruchira Nautiyal (Resident IHB)	<i>Ruchira</i>	Dr. Anushka	<i>Anushka</i>

Ruchira Nautiyal
Dr. Ruchira Nautiyal
Chairperson
Chairperson

Women's Health & Reproductive Rights Club
Swami Rama Himalayan University

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NOTICE

WOMEN'S HEALTH & REPRODUCTIVE RIGHTS CLUB (*Special Interest & Specialty Clubs*)

SRHU/SISC/ WHRRC/2024/02

11th October 2024

This is to inform all students of the **Himalayan College of Nursing (HCN)** that a **Women's Health & Reproductive Rights Awareness Session** will be organized on 23rd October 2024. The session aims to promote knowledge of reproductive health, empower students with awareness of rights, and encourage responsible, evidence-based practices in women's healthcare.

Details of the Event:

- **Organized by :** Women Health and Reproductive Rights Club, Swami Rama Himalayan University
- **Date :** 23rd October 2024
- **Venue :** Himalayan Institute of Medical Sciences, Swami Rama Himalayan University
- **Time :** 02:30 PM - 04:30 PM
- **Eligibility:** All undergraduate and postgraduate students interested in women's health, reproductive rights, and specialty care

Interested students are requested to register their names with the **Club Coordinator** or **Class Representative** by **30th August 2024**. All students are encouraged to participate actively in the session to strengthen their understanding of women's health issues, patient advocacy, and professional responsibility. Attendance of registered club members is **mandatory**.

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

Empower, Educate, and Advocate for Women's Health!



Chairperson

Chairperson

Women's Health & Reproductive Rights Club
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

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for kind information please

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REPORT

Organized by	: Women Health and Reproductive Rights Club, Swami Rama Himalayan University
Date	: 23 rd October 2024
Venue	: Himalayan Institute of Medical Sciences, Swami Rama Himalayan University
Time	: 02:30PM - 04:30PM

The Women's Health & Reproductive Rights Club of Swami Rama Himalayan University organized an informative session on *Premenstrual Syndrome (PMS) and Mastalgia* for the faculty and postgraduate students of the Department of Obstetrics and Gynecology on 23rd October 2024. The session focused on common benign breast conditions, with detailed discussions on their clinical presentation, diagnosis, and evidence-based management. Additionally, the importance of regular breast cancer screening and early detection strategies was emphasized to enhance women's health outcomes. The lecture was attended by club members, residents, faculty, and staff nurses of the OBG department, all of whom actively engaged in understanding the clinical and preventive aspects of these frequently encountered conditions..

EVENT HIGHLIGHT




Dr. Ruchira Nautiyal
Chairperson

Chairperson
Women's Health & Reproductive Rights Club
Swami Rama Himalayan University

SWAMI RAMA HIMALAYAN UNIVERSITY

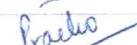
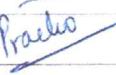
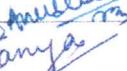
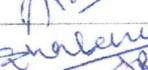
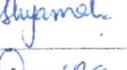
**Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016**

Attendance sheet for CME

Date :23.10.2024

Topic: Role of EPO in pre menstrual syndrome and Mastalgia

Attended by:

Name	Signature	Name	Signature
Dr. Ruchira Nautiyal		Dr. Harman Preet	
Dr. Nidhi Chauhan		Dr. Prachi Aggarwal	
Dr. Purnima Upreti		Dr. Simran Dhawan	
Dr. Vandana Rajput		Dr. Anushka Joshi	
Dr. Rashmi Rajput		Dr. Anusha Rabab	
Dr. Anchal Agarwal		Dr. Tanya Malhotra	
Dr. Sonal Gupta		Dr. Anjali Benjwal	
Dr. Heena Khan		Dr. A Parv N Dogra	
Dr. Bhanupriya SB		Dr. Anjali	
Dr. Sumita Malhotra		Dr. Arish	
Dr. Devyani		Dr. Shabana	
Dr. Aesha Goel		Dr. Snarvia Kambra	
Dr. Neha		Dr. Shayamli Sood	
Dr. Dimple		Dr. Nauroz Neelofar	
Dr. Nancy			

Dr. Ruchira Nautiyal
Chairperson

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