

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

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

1. Introduction

This club serves as a dynamic platform for students to actively engage in SRHU's community health missions. Led by the Department of Community Medicine, it bridges academic learning with clinical service through outreach camps, health screenings, and community diagnosis. Operating across RHTC Kurkawala, UHTC Rishikesh, CHC Doiwala, and village Toli, the club empowers students to make measurable health impacts in underserved regions.

2. Objectives

The objectives of the Club are:

- Promote structured health outreach through SRHU's field practice areas and public health units
- Facilitate early disease detection and referral via mobile camps and household surveys
- Support implementation of national programs (Pulse Polio, MR, POSHAN Abhiyaan, etc.)
- Integrate hands-on service into SRHU's health curricula and outreach calendar
- Strengthen inter-professional collaboration and data-driven decision-making for rural health

3. Club Committee

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

Composition	Roles
Dr. A.K. Srivastava , Professor, HIMS	Chairperson
Dr. Neha Verma, Assistant Professor HIMS	Treasurer
Dr. Vidisha Vallabh, Associate Professor, HIMS	Member Secretary
Akash Singh Jhardari, HIMS	Student Member

Students Detail

S.No.	Student Name	Registration No.	Enrolment No.	Programme Name
1	Akash Singh Jhardari	DD2114301010	SRHU21000622	MBBS
2	Aryan	DD2114301029	SRHU21000642	MBBS
3	Mannat Mehta	DD2114301070	SRHU21000682	MBBS
4	Pratham Kalra	DD2114301092	SRHU21000704	MBBS
5	SiddharthMakhloga	DD2114301124	SRHU21000736	MBBS
6	Aarnesh Punera	DD22114301001	SRHU22000526	MBBS
7	Daviz Godhara	DD22114301040	SRHU22000565	MBBS
8	Ipsit Sharma	DD22114301067	SRHU22000592	MBBS
9	Keshar Pande	DD22114301082	SRHU22000607	MBBS
10	Om Borkar	DD22114301102	SRHU22000627	MBBS

11	Avni Garg	DD231101301031	SRHU23000653	MBBS
12	Dhairya Gulati	DD231101301040	SRHU23000662	MBBS
13	Manaswi Gairi	DD231101301077	SRHU23000699	MBBS
14	Sanchit Oli	DD231101301115	SRHU23000737	MBBS
15	Swapnil Shruti	DD231101301133	SRHU23000755	MBBS

*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	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) Conduct targeted health education sessions on maternal health, NCDs, sanitation, and adolescent wellness. b) Organize diagnostic camps and community follow-up drives using portable screening tools. c) Lead student involvement in government-led campaigns and SRHU's mobile clinic efforts. d) Develop and distribute IEC materials based on local health challenges in Hindi and Garhwali.
9.	Funding and Resources	<ul style="list-style-type: none"> 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

- Run monthly mobile health camps in Gauri Maafi, Kurkawala and Shyampur, and outreach villages for screening and awareness
- Facilitate community diagnosis surveys and data reporting in collaboration with SRHUs field faculty
- Lead school health sessions during key observances (e.g., World Health Day, Breastfeeding Week etc)
- Support Sanjeevani Clinics at Toli and UHTC with student volunteers for documentation and counseling
- Conduct household visits focusing on antenatal care, lifestyle screening, and WASH interventions
- Participate in national health drives like MR campaigns, IDD week, Food Adulteration Awareness and Poshan Maah
- Develop health education reels/posters for rural digital displays and WhatsApp outreach groups

A. K. Srivastava
Sign. of Chairperson

Dr. Ashok Kr. Srivastava

Neha Verma
Sign. of Treasurer
Dr. NEHA VERMA

Vidisha Vallabh
Sign. of Member Secretary
DR VIDISHA VALLABH

**HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY**

Date: 19/04/2025

NOTICE MBBS BATCH 2024

FAMILY ADOPTION PROGRAM

Community Health Outreach Club in collaboration with Department of Community Medicine Himalayan Institute of Medical Sciences is organizing Family Adoption program on 23/04/2025 for all MBBS students of Batch 2024 from 10AM- 1 PM at Bullawala

A.K.Srivastava

Dr. Ashok Kumar Srivastava
Chairperson,
Community Health Outreach Club
HIMS, SRHU

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES

SWAMI RAM HIMALAYAN UNIVERSITY

Community Health Outreach Club Report on Family Adoption Programme Visit

Date: 23/04/2025

Batch - 2024

Visiting Team:

- Dr. Neha Verma (Assistant Professor)
- Dr. Niharika Verma (Senior Resident)
- Dr. Abhinav Semwal (Junior Resident)
- Dr. Ipsitaa Bhushan (Junior Resident)

Objective: The primary aim of the visit was to continue the Family Adoption Programme for MBBS students at HIMS, SRHU. This program serves as an opportunity for students to engage with local families, gather relevant health information, and contribute to community health.

Overview: The visit involved 146 MBBS students who participated in the Family Adoption Programme. The students were paired with families in the local community, and their task was to collect essential health-related information and fill in their logbooks.

Activities:

1. **Family Assignment:** In the preceding visits, individual students were designated to specific families within the community. On this occasion, the students revisited these assignments to gather additional information.
2. **Data Collection:** Students interacted with their respective families to gather information on health conditions, medical history, and other relevant details. The focus was on understanding the overall health status of the family members.
3. **Health Check-up:** The students conducted basic health check-ups, including measuring weight, height, and recording vital signs. This hands-on experience allowed students to apply their theoretical knowledge in a practical setting.

- **Challenges and Observations:** While the visit was successful in many aspects, some families were not available during the scheduled visit. Strategies for better coordination and communication with families need to be explored to maximize the program's impact.
- **Conclusion:** The Family Adoption Programme at HIMS, SRHU bridges medical education and community health, involving both students and faculty for a comprehensive approach.



Pic 1: Student with her Adopted Family

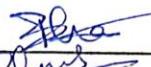
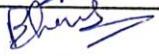
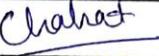
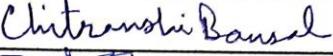
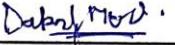
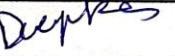
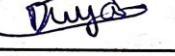
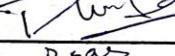
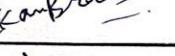
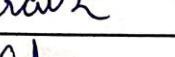
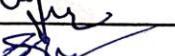
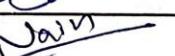
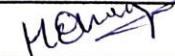
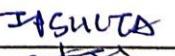
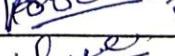
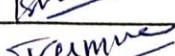
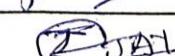
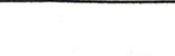


Pic 2: Students during Family Visit

ATTENDANCE

Date: 23/04/2025

S. No.	Name	Signature (Date:)
1	AADITYA SINGH KATHAIT	<i>Aditya</i>
2	AARUSHI RAI	<i>C.R.</i>
3	ABHINAV SINGH CHAUHAN	<i>Abhinav</i>
4	ABHINAV TIWARI	<i>Abhinav</i>
5	ABHISHEK SHARMA	<i>Abhishek</i>
6	ADA FATIMA	<i>Ada</i>
7	ADITI DEVRANI	<i>Aditi</i>
8	ADITI PRIYA PRASAD	<i>Aditi P.</i>
9	ADITI SHAH	<i>Aditi Shah</i>
10	ADITYA GARG	<i>Aditya Garg</i>
11	ADITYA PRASAD	<i>Aditya Prasad</i>
12	ADITYA SEHGAL	<i>Aditya</i>
13	AKSHIT KUMAR	<i>Akshit</i>
14	AMAAN ABDULLAH	<i>Aman</i>
15	AMOLIKA KATOCH	<i>Amolika</i>
16	ANANYA	<i>Ananya</i>
17	ANIRUDH VIJ	<i>Anirudh</i>
18	ANISHKA	<i>Anishka</i>
19	ANJALI BHARTI GOSWAMI	<i>Anjali Bharti Goswami</i>
20	ANSHIKA JINDAL	<i>Anshika Jindal</i>
21	ANUJ BAIRAGI	<i>Anuj</i>
22	ANUSHA JAIN	<i>Anusha</i>
23	ARYAVEER DAHIYA	<i>Aryaveer Dahiya</i>
24	AVIRAL SRIVASTAVA	<i>Aviral Srivastava</i>
25	AYUSH PATEL	<i>Ayush Patel</i>
26	AYUSH SINGH	<i>Ayush</i>

S. No.	Name	Signature (Date:)
27	BHARGAVI	
28	BHAVIKA GROVER	
29	CHAHAT	
30	CHETAN BHATT	
31	CHITRANSI BANSAL	
32	DAKSH	
33	DAKSH MODI	
34	DARSH GUPTA	
35	DEEPIKA MAHAR	
36	DHARMISHTHA MALHAN	
37	DIVYA BALIYAN	
38	DIVYANSHU GULATI	
39	DWIDEH MAHAJAN	
40	EKAM BRAR	
41	FARDEEN SIDDIQUI	
42	GAURAV PRATAP SINGH	
43	HARSHITA GUPTA	
44	HARSHITA NAIN	
45	HONEY JINDAL	
46	IPSHITA KUNWAR	
47	IPSITA NITIN RASTOGI	
48	ISHVEEN KAUR SALUJA	
49	JASMINE	
50	JAY SHILPKAR	

Signature Faculty/ SR/ Tutor: 

DEPARTMENT OF COMMUNITY MEDICINE,
MBBS BATCH-2024,

Name of Visits

ATTENDANCE

Date: 23/4/25

S. No.	Name	Signature (Date:)
51	KANISHK RAMAN	Kanishk
52	KANISHKA SINGH	Kanishka
53	KARAN SINGH	Karan
54	KARTIK SACHDEVA	Kartik
55	KARTIKEY KAMDI	Kartikey
56	KHUSHI JAIN	Khushi
57	KRISHNA CHADHA	Krishna
58	KRISHNA DIXIT	Krishna
59	KUSH AWANA	Kush
60	KUSHAGRA GAUTAM	Kushagra
61	LAKSHYA GUPTA	Lakshya
62	MALIHA	Maliha
63	MANAS PATHAK	Manas
64	MANASVI JASROTIA	Manasvi
65	MANASVI SHARMA	Manasvi
66	MANSI	Mansi
67	MAYANK CHAUHAN	Mayank
68	MOHAMMAD HARIS	Haris
69	MOHD ASHHAD ANSARI	Asaad
70	MOHD RIYAN	Riyas
71	MOHD YUSUF	Yusuf
72	MOHD ZAID	Zaid
73	MOHIT KUMAR RAVI	Mohit
74	MONISHKA SINGH	Monisha
75	MUDIT MISHRA	Mudit
76	NAINA SONI	Naina

S. No.	Name	Sirgnature (Date:)
77	NANDINI SOLANKI	Nandini
78	NANDINI VERMA	Nandini
79	NAVYA MUDGAL	Navya
80	NEERAJ	Neeraj
81	NIHARIKA	Niharika
82	NITYA GOEL	Nitya
83	NIYATI NAGYAN	Niyati
84	PALAK DHIMAN	(A) Palak
85	PARAM CHAUHAN	Param
86	PIHU SHARMA	PIHU
87	POORVA DALAL	Poorva
88	PRACHI DHINGRA	Prachi
89	PRACHI SINGH	Prachi
90	PRAGYA GOYAL	Pragya
91	PRAGYA PARIMAL	Pragya
92	PRAGYA RAWAT	(A) Pragya
93	PRAKUL	Praful
94	PRATISHTHA NEGI	Pratishtha
95	PRINCE SAINI	Prince
96	PRIYA KHICHAR	Priyakhar
97	PRIYAL GUPTA	(A) Priyal
98	PRIYANKA RAJPOOT	Priyanka
99	PRIYANSHI PAL	Priyanshi
100	PRIYANSHI SETH	Priyanshi

Signature Faculty/ SR/ Tutor:

Dr. Abhiva Sainal
JR 1

DEPARTMENT OF COMMUNITY MEDICINE,
MBBS BATCH-2024,

Name of Visit: ~~AP~~

ATTENDANCE

Date: 23/4/25

S. No.	Name	Signature (Date:)
101	RAJAN GUPTA	Rajan Gupta
102	RASHI MEHTA	Rashi
103	RAUNAK BATHLA	R. Bathla
104	REVA SINGH	Reva
105	RIDDHI JAIN	Riddhi
106	RIDDHIMA RASTOGI	Riddhima
107	RISHABH NAND AMOLI	Rishabh
108	RISHIKA JAIN	Rishiika
109	ROSHNI SACHDEV	Roshni
110	SAKSHAM AGARWAL	Saksham
111	SAMKIT JAIN	Samkit Jain
112	SAMRIDDHI CHAUHAN	Samriddhi
113	SAMRIDHI BISHT	Samridhi
114	SANJEEVANI NEGI	Sanjeevani
115	SANYAM MITTAL	Sanyam
116	SARAH AHMAD	Sarah
117	SARTHAK SAINI	Sarthak
118	SAUMYA GOYAL	Saumya
119	SHAILLEY HYANKI	Shailley
120	SHALINI RAWAT	Shalini
121	SHAURYA BHARDWAJ	Shaurya
122	SHERYL PATTNAIK	Sheryl
123	SHONAL AVANISH SINGH	Shonal
124	SHREYA PAURIYAL	Shreya
125	SHUBHANSU PATEL	Shubhansu
126	SIMRAN KALRA	Simran Kalra

S. No.	Name	Signature (Date:)
127	SNEHA	<i>Sneha</i>
128	SNEHA GUPTA	<i>Sneha</i>
129	SNEHA SINGH	<i>Sneha</i>
130	SOMYA YADAV	<i>Somya</i>
131	SPARSH PANDEY	<i>Sparsh</i>
132	SRISHTI SHARMA	<i>Srishti</i>
133	STUTI SINGHAL	<i>Stuti</i>
134	SUHAIL AHMED	<i>Suhail</i>
135	SUHANI MEHROTRA	<i>Suhani</i>
136	SUJAL RAWAT	<i>Sujal</i>
137	SWAGATA JOSHI	<i>Swagata</i>
138	TANISHKA	<i>Tanishka</i>
139	TEJASWINI BAHUKHANDI	<i>Tejaswini</i>
140	TRIPTI WADHWA	<i>Tripti</i>
141	UTKARSH SRIVASTAVA	<i>Utkarsh</i>
142	VAIBHAV BHATT	<i>VB</i>
143	VAIBHAVI ARYA	<i>Vaibhavi</i>
144	VAISHNAVI SHARMA	<i>Vaishnavi</i>
145	VANSHIKA	<i>Vanshika</i>
146	VANSHIKA ARORA	<i>Vanshika Arora</i>
147	VARNIKA SHARMA	<i>Varnika</i>
148	VARNITA SINGH	<i>Varnita</i>
149	YASH KUMAR	<i>Yash Kumar</i>
150	YASH TRIPATHI	<i>Yash</i>

Signature Faculty/ SR/ Tutor:

**HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY**

Date: 01/1/2025

NOTICE MBBS BATCH 2023

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A.K.Srivastava

Dr. Ashok Kumar Srivastava
Chairperson,
Community Health Outreach Club
HIMS, SRHU

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES SWAMI RAM HIMALAYAN UNIVERSITY

Community Health Outreach Club

Report on Family Adoption Programme Visit

Date: 04/01/2025

Batch - 2023

Visiting Team:

- Dr. Vidisha Vallabh (Associate Professor)
- Dr. Vaibhav Rana (Junior Resident)
- Dr. Avani Gupta (Junior Resident)
- Dr. Abhinav Semwal (Junior Resident)

Objective: The primary aim of the visit was to continue the Family Adoption Programme for MBBS students at HIMS, SRHU. This program serves as an opportunity for students to engage with local families, gather relevant health information, and contribute to community health.

Overview: The visit involved 99 MBBS students who participated in the Family Adoption Programme. The students were paired with families in the local community, and their task was to collect essential health-related information and fill in their logbooks.

Activities:

1. **Family Assignment:** In the preceding visits, individual students were designated to specific families within the community. On this occasion, the students revisited these assignments to gather additional information.
2. **Data Collection:** Students interacted with their respective families to gather information on health conditions, medical history, and other relevant details. The focus was on understanding the overall health status of the family members.
3. **Health Check-up:** The students conducted basic health check-ups, including measuring weight, height, and recording vital signs. This hands-on experience allowed students to apply their theoretical knowledge in a practical setting.

- **Challenges and Observations:** While the visit was successful in many aspects, some families were not available during the scheduled visit. Strategies for better coordination and communication with families need to be explored to maximize the program's impact.
- **Conclusion:** The Family Adoption Programme at HIMS, SRHU bridges medical education and community health, involving both students and faculty for a comprehensive approach.



Students of MBBS Batch 2023 under Community Medicine Department doing health checkup and gathering information

ATTENDANCE

SNo	Name	Registration No	Enrollment No	Date: 4/1/2025
1	DD231101301001	SRHU23000623	AARADHYA THUKRAL	<i>Aanya</i>
2	DD231101301002	SRHU23000624	AASTHA JUNEJA	<i>Aastha</i>
3	DD231101301003	SRHU23000625	AASTHA KUMAR	<i>(A)</i> <i>(A)</i>
4	DD231101301004	SRHU23000626	AASTHA SAHARAN	<i>(A)</i>
5	DD231101301005	SRHU23000627	ABHIGYAN SINGH	<i>(A)</i> <i>(A)</i>
6	DD231101301006	SRHU23000628	ABHINAV KATARIA	<i>Abhinav</i>
7	DD231101301007	SRHU23000629	ABHINAV SINGH	<i>(A)</i> <i>(A)</i>
8	DD231101301008	SRHU23000630	ADITI	<i>Aditi</i>
9	DD231101301009	SRHU23000631	ADITYA BHANDARI	<i>(A)</i> <i>(A)</i>
10	DD231101301010	SRHU23000632	ADITYA JOSHI	<i>(Aditya)</i>
11	DD231101301011	SRHU23000633	ADITYA KUMAR	<i>(A)</i> <i>(A)</i>
12	DD231101301012	SRHU23000634	ADITYA VARDHAN SINGH	<i>(A)</i> <i>(A)</i>
13	DD231101301013	SRHU23000635	AISHLEE GOYAL	<i>Aishlee Goyal</i>
14	DD231101301014	SRHU23000636	AKSHITA GUPTA	<i>(A)</i> <i>(A)</i>
15	DD231101301015	SRHU23000637	AMRITANSHU VARMAN	<i>(A)</i> <i>(A)</i>
16	DD231101301016	SRHU23000638	ANA PERVEEN	<i>(A)</i> <i>(A)</i>
17	DD231101301017	SRHU23000639	ANAM MALIK	<i>Anam</i>
18	DD231101301018	SRHU23000640	ANANT SINGH BISHT	<i>Anant</i>
19	DD231101301019	SRHU23000641	ANANYA SHARMA	<i>(A)</i> <i>(A)</i>
20	DD231101301020	SRHU23000642	ANANYA SHARMA	<i>Ananya</i>
21	DD231101301021	SRHU23000643	ANIKA SINGH	<i>Anika</i>
22	DD231101301022	SRHU23000644	ANIRUDH BHANDARI	<i>Anirudh</i>
23	DD231101301023	SRHU23000645	ANJALI VERMA	<i>(A)</i> <i>(A)</i>
24	DD231101301024	SRHU23000646	ANMOL JINDAL	<i>(A)</i> <i>(A)</i>
25	DD231101301025	SRHU23000647	ANSHIKA TOMAR	<i>Anshika</i>

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023,
FAMILY ADOPTION PROGRAM ATTENDANCE Date: 4/1/2025

SNo	Name	Registration No	Enrollment No	Date: 4/1/2025
26	DD231101301026	SRHU23000648	APOORVA KOTHARI A	A
27	DD231101301027	SRHU23000649	ARCHITA RAWAT	<u>Archita</u>
28	DD231101301028	SRHU23000650	ARIEKA RAINA	<u>Arieka Raina</u>
29	DD231101301029	SRHU23000651	ASHUTOSH GOLEY	<u>Ashutosh Goley</u>
30	DD231101301030	SRHU23000652	ASTHA GARG A	A
31	DD231101301031	SRHU23000653	AVNI GARG A	A
32	DD231101301032	SRHU23000654	AYUSH KONDAL	<u>Ayush</u>
33	DD231101301033	SRHU23000655	AYUSH PRATAP SINGH	<u>Ayush</u>
34	DD231101301034	SRHU23000656	CHARU BHATT	<u>Charu</u>
35	DD231101301035	SRHU23000657	CHINAR SINGLA A	<u>Chinari Singla</u>
36	DD231101301036	SRHU23000658	DEEPESH YADAV	<u>Deepesh</u>
37	DD231101301037	SRHU23000659	DESHNA JAIN	<u>Deshna</u>
38	DD231101301038	SRHU23000660	DEV YADAV	<u>Dev</u>
39	DD231101301039	SRHU23000661	DEVSHERE RASTOGI	<u>Devshere</u>
40	DD231101301040	SRHU23000662	DHAIRYA GULATI A	A
41	DD231101301041	SRHU23000663	DHRUV GARG	<u>Dhruv Garg</u>
42	DD231101301042	SRHU23000664	DRISHTI BHATT	<u>Drishti</u>
43	DD231101301043	SRHU23000665	EKTA CHANDRA	<u>Ekta Chandra</u>
44	DD231101301044	SRHU23000666	GAURI GOEL	<u>Gauri</u>
45	DD231101301045	SRHU23000667	GULMAFRUZA	<u>Gulmafruz</u>
46	DD231101301046	SRHU23000668	GUNIKA GULATI A	A
47	DD231101301047	SRHU23000669	HARI ANANT SHARMA A	A
48	DD231101301048	SRHU23000670	HARSHIKA SINGH	<u>Harshika</u>
49	DD231101301049	SRHU23000671	HARSHITA GOEL	<u>Harshita</u>
50	DD231101301050	SRHU23000672	HARSHITA MITTAL A	A

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023,
FAMILY ADOPTION PROGRAM ATTENDANCE Date: 4/1/2025

SNo	Name	Registration No	Enrollment No	Date: 4/1/2025
51	DD231101301051	SRHU23000673	HINA KAUSHAR	Hina
52	DD231101301052	SRHU23000674	ISHA PANGHAL	Isha
53	DD231101301053	SRHU23000675	ISHAN KAPIL	ishan
54	DD231101301054	SRHU23000676	ISHAN SHARMA	A
55	DD231101301055	SRHU23000677	ISHITA GARG	ishita
56	DD231101301056	SRHU23000678	JAHANVI RAJPAL	A
57	DD231101301057	SRHU23000679	JASMINE RAWAT	A
58	DD231101301058	SRHU23000680	JYOTSNA SOROUT	A
59	DD231101301059	SRHU23000681	KARTIK BANSAL	Kartik
60	DD231101301060	SRHU23000682	KARTIKEY BENIWAL	Kartikey
61	DD231101301061	SRHU23000683	KARTIKEY THAPLIYAL	Kartikey
62	DD231101301062	SRHU23000684	KAVYA CHOPRA	A
63	DD231101301063	SRHU23000685	KAVYA GUPTA	A
64	DD231101301064	SRHU23000686	KAVYA JAIN	A
65	DD231101301065	SRHU23000687	KHUSHI	Khushi
66	DD231101301066	SRHU23000688	KHUSHI AMIT SHARMA	A
67	DD231101301067	SRHU23000689	KHUSHI BHUTANI	A
68	DD231101301068	SRHU23000690	KHUSHI JUGRAN	A
69	DD231101301069	SRHU23000691	KHUSHI SHARMA	Khushi
70	DD231101301070	SRHU23000692	KOMAL	Komal
71	DD231101301071	SRHU23000693	KRITIKA SHRIDHAR	Kritika
72	DD231101301072	SRHU23000694	KSHITIJ GUWALANI	A
73	DD231101301073	SRHU23000695	LAKSH GUPTA	A
74	DD231101301074	SRHU23000696	LAVANYA PAL	A
75	DD231101301075	SRHU23000697	MAHI MALIK	mahi

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023,
FAMILY ADOPTION PROGRAM ATTENDANCE Date: 4/1/2025

SNo	Name	Registration No	Enrollment No	Date: 4/1/2025
76	DD231101301076	SRHU23000698	MANAS CHOUDHARY	Manas
77	DD231101301077	SRHU23000699	MANASWI GAIRI	Manaswi
78	DD231101301078	SRHU23000700	MANISHA AGARWAL	Manisha
79	DD231101301079	SRHU23000701	MANTIKA PANT	Mantika
80	DD231101301080	SRHU23000702	MAYANK PANDEY	Mayank
81	DD231101301081	SRHU23000703	MAYURI AGARWAL	Mayuri
82	DD231101301082	SRHU23000704	MISHA SHAH	A
83	DD231101301083	SRHU23000705	MOHAMMAD SAQIB	A
84	DD231101301084	SRHU23000706	MOHD AMAN	Aman
85	DD231101301085	SRHU23000707	MOHID ALI	Mohid
86	DD231101301086	SRHU23000708	MUSKAN	Muskan
87	DD231101301087	SRHU23000709	MUSKAN YADAV	Muskan
88	DD231101301088	SRHU23000710	NAMIT CHADHA	Namit
89	DD231101301089	SRHU23000711	NANDA SINGH	A
90	DD231101301090	SRHU23000712	NIKHIL PAL	Nikhil
91	DD231101301091	SRHU23000713	NIKITA KOHLI	Nikita
92	DD231101301092	SRHU23000714	NILANJANA SINGH	Nilanjana
93	DD231101301093	SRHU23000715	NIMISH GARG	A
94	DD231101301094	SRHU23000716	NISHTHA SINGH	Nishtha
95	DD231101301095	SRHU23000717	PALAK BAMETHA	A
96	DD231101301096	SRHU23000718	PARAM RATHI	A
97	DD231101301097	SRHU23000719	PRABAL RAJORA	A
98	DD231101301098	SRHU23000720	PRACHI SINGH	Prachi
99	DD231101301099	SRHU23000721	PRAKRITI AGRAWAL	Prajakta
100	DD231101301100	SRHU23000722	PRANAY NAUTIYAL	A

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023,
FAMILY ADOPTION PROGRAM ATTENDANCE Date: 4/1/2025

SNo	Name	Registration No	Enrollment No	Date: 4/1/2025
101	DD231101301101	SRHU23000723	PRATIGYA	A
102	DD231101301102	SRHU23000724	PRIYANSHI MELTI	M
103	DD231101301103	SRHU23000725	RACHIT RAWAT	Rachit
104	DD231101301104	SRHU23000726	RAJ ARIAN SINGH	R
105	DD231101301105	SRHU23000727	REHANSH CHAUDHARY	A
106	DD231101301106	SRHU23000728	RISHIKA TOMAR	Rishika
107	DD231101301107	SRHU23000729	RISHIT BHARDWAJ	Rishit
108	DD231101301108	SRHU23000730	RISHITA TRIPATHI	Rishita
109	DD231101301109	SRHU23000731	RIYA CHAUHAN	A
110	DD231101301110	SRHU23000732	SAHILA JAIN	Sahila
111	DD231101301111	SRHU23000733	SAI SHARNAM	A
112	DD231101301112	SRHU23000734	SAKSHI MEHTA	Sakshi
113	DD231101301113	SRHU23000735	SAKSHI MITTAL	Sakshi Mittal
114	DD231101301114	SRHU23000736	SALMA BATOOL	A
115	DD231101301115	SRHU23000737	SANCHIT OLI	Sanchit
116	DD231101301116	SRHU23000738	SARANSHI TULI	Saranshi
117	DD231101301117	SRHU23000739	SHAGUN	Shagun
118	DD231101301118	SRHU23000740	SHAHNAWAZ HUSSAIN	A
119	DD231101301119	SRHU23000741	SHATAKSHI	A
120	DD231101301120	SRHU23000742	SHAURYA MITTAL	A
121	DD231101301121	SRHU23000743	SHIRAJ ANSARI	A
122	DD231101301122	SRHU23000744	SHIVANGI BHADAURIA	Shivangi
123	DD231101301123	SRHU23000745	SHIVI SINGH	Shivi Singh
124	DD231101301124	SRHU23000746	SHRIYA SINGH	Shriya
125	DD231101301125	SRHU23000747	SHUBHAM DIMRI	Shubham

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023,
FAMILY ADOPTION PROGRAM ATTENDANCE Date: 4/1/2025

SNo	Name	Registration No	Enrollment No	Date: 4/1/2025
126	DD231101301126	SRHU23000748	SIMRAN RAWAT	<u>Simran</u>
127	DD231101301127	SRHU23000749	SOMYA SHARMA	<u>Somya</u>
128	DD231101301128	SRHU23000750	SRISHTI SINGHAL	<u>Srishti</u>
129	DD231101301129	SRHU23000751	SUDHANSU SUYAL	<u>Sudhansu</u>
130	DD231101301130	SRHU23000752	SUHANI CHANDA	<u>Suhani</u>
131	DD231101301131	SRHU23000753	SUKRITI MISHRA	<u>Sukriti</u>
132	DD231101301132	SRHU23000754	SWAMITA	<u>A</u>
133	DD231101301133	SRHU23000755	SWAPNIL SHRUTI	<u>A</u>
134	DD231101301134	SRHU23000756	SYED ZAID ALI	<u>Syed</u>
135	DD231101301135	SRHU23000757	TAMANNA MOUDGIL	<u>A</u>
136	DD231101301136	SRHU23000758	TANIEEM HUDA	<u>Shanti</u>
137	DD231101301137	SRHU23000759	TANISHK GOEL	<u>A</u>
138	DD231101301138	SRHU23000760	TANISHKA GUPTA	<u>Tanisha</u>
139	DD231101301139	SRHU23000761	TARUN KUMAR CHAUHAN	<u>Tarun</u>
140	DD231101301140	SRHU23000762	TASMIA NASEEM KHAN	<u>Tasmia</u>
141	DD231101301141	SRHU23000763	TRISHA SHARMA	<u>A</u>
142	DD231101301142	SRHU23000764	UDAY MANDER	<u>Udayander</u>
143	DD231101301143	SRHU23000765	UDAY SHARMA	<u>Uday</u>
144	DD231101301144	SRHU23000766	UJJWAL	<u>A</u>
145	DD231101301145	SRHU23000767	UPANSHU GOYAL	<u>Upanshu</u>
146	DD231101301146	SRHU23000768	URVASHI JAKHMOLA	<u>Urvashi</u>
147	DD231101301147	SRHU23000769	UVESH	<u>Uvesh</u>
148	DD231101301148	SRHU23000770	VAISHNAVI KANDARI	<u>Vaishnavi</u>
149	DD231101301149	SRHU23000771	VARTIKA SINGHANI	<u>Vartika</u>
150	DD231101301150	SRHU23000772	YUKTA DEVKA	<u>Yukta</u>

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023,
 FAMILY ADOPTION PROGRAM ATTENDANCE Date: 4/1/2025

SNo	Name	Registration No	Enrollment No	Date: 4/1/2025
151	DD22114301009		AMAN REHMAN	A
152	DD22114301034		ASMI NEGI	A
153	DD22114301057		GORESH GIRI	Present
154	DD22114301095		MOHAMMED ARSHIL QAMAR	A
155	DD22114301105		PRABAL KUMAR WALIA	Present

HIMALAYAN INSTITUTUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY

Date: 27/07/2024

BREASTFEEDING AWARENESS CAMPAIGN

Community Health Outreach Club in collaboration with Department of Community Medicine Himalayan Institute of Medical Sciences is organizing BREASTFEEDING AWARENESS CAMPAIGN between 1st -8th August 2024 at institute field practice area.

A.K. Srivastava

Dr. Ashok Kumar Srivastava

Chairperson,

Community Health Outreach Club

HIMS, SRHU

**Department of Community Medicine,
Himalayan Institute of Medical Sciences,
Swami Rama Himalayan University**

BREASTFEEDING AWARENESS CAMPAIGN

The Department of Community Medicine under the Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU) observed World Breastfeeding Week (WBW) in their field practice area, celebrated globally between 1 and 7 August 2024.

Dept. of Community Medicine under HIMS, SRHU organized health awareness sessions within their field practice area wherein pregnant women, lactating mothers, men and women belonging to reproductive age groups, and those in geriatrics were given health education through role play and health talk in small groups regarding breast milk composition and its variations during lactation, myths burst about mother's perception of 'not producing enough milk', daily frequency of breastfeeding, breastfeeding techniques, and position, signs of good attachment (latching) and effective suckling, and techniques of expressing breast milk relevant for working mothers.

In addition, the dept. also organized three competitions (making posters, role-play videos, and designing flyers) for MBBS students (excluding interns) on breastfeeding advocacy in alliance with the Indian Public Health Association- Uttarakhand (IPHA-UK). Total 15 students participated. While the results of IPHA-UK are awaited, posters were displayed at the institute level for evaluation by independent judges. Teams of Nikita Tamta, Saumya Chand, and Devyani Pande stood first; Ananya Bindlish and Aryan Bhardwaj 1st runner-up; and Anshika Rathore 2nd runner-up.

Dr. Avani Gupta, Dr. Chirag Joshi, and Dr. Vaibhav Rana (postgraduates) with Sudiksha Sharma, Srishti, Swasti Garg, Swati Bisht, Vaibhav Gupta, Vamika Sharma and Saksham Shrivastava (interns), and Mrs. Farzana (health worker) took part in the advocacy campaign.



Doiwala (The Hawk): An awareness program was organized at Himalayan Hospital Jollygrant under World Breastfeeding Week to educate mothers about breastfeeding their infants. Information was provided about the benefits of breastfeeding for both mothers and newborns.

The Department of Community Medicine at the Himalayan Institute of Medical Sciences and the Himalayan Hospital conducted a week-long awareness campaign in the rural areas around Doiwala. During this campaign, mothers of newborns were informed about the importance of breastfeeding. Department Head Dr. Ashok Kumar Srivastava stated that the first feeding session is beneficial for both the mother and the newborn born with it. The mother's first thick yellow milk is the baby's first vaccination, providing essential minerals and immunity against diseases. He mentioned that the goal of celebrating Breastfeeding Week is to make mothers aware of its benefits. Breastfeeding can reduce infant mortality rates and malnutrition by 10%. The first milk of the mother is rich in nutrients and helps in the infant's immune system and protects the baby from jaundice. Dr. Surabhi Mishra mentioned that due to lack of awareness, there is a misconception that the first milk can be harmful. To dispel this myth, this weekly campaign is being run. She informed that a mother can start breastfeeding her baby approximately half an hour after birth. In fact, a mother can breastfeed her baby even before the breastfeeding about four hours after the operation or once the effects of anesthesia wear off. Doing so keeps both the baby and mother healthy, accelerates the baby's intellectual development, and reduces the risk of cancer, diabetes, and hypertension later in life. Dr. Avni Gupta, Dr. Chirag Joshi, Dr. Sudhakshna Sharma, Swasti Garg, Swati Bhat, Vaibhav Chauhan, Vaishika Sharma, Saksham Srivastava, Vaibhav Rana, and health worker Farzana participated in the campaign.

दैनिक जागरण

एचआईएचटी ने डोइवाला क्षेत्र में चलाया जागरूकता अभियान

संवाद सहयोगी जगरण • डोइवाला : हिमालयन हास्पिटल जॉलीग्रैंट के विकासकर्त्ता ने विश्व स्तनपान सप्ताह के तहत माताओं और शिशुओं के स्तनपान कराने के ग्रन्ति जागरूक करना गया। साथ ही स्तनपान से मां व नवजात की होने वाले लाभ की जानकारी दी।

हिमालयन सोसाइटी के कामनिटी मैटिसिसल विभाग व हिमालयन हास्पिटल की ओर से डोइवाला के आसपास के ग्रामीण क्षेत्रों में स्तनपान भर लक चले जागरूकता अभियान में नवजात की माताओं को माताकारी दी गई। विभागाधारक डा. अशोक कुमार श्रीवास्तव ने कहा कि यहां स्तनपान मां और नवजात दोनों के स्वास्थ्य के लिए लाभदायक है। मां का यहां गाहा गोला दूध बच्चे का यहां टीकाकरण है, इससे बच्चे को आवश्यक श्वसन व रोटी से लड़ने की शक्ति मिलती है। कहा कि स्तनपान सप्ताह मनाने का उद्देश्य इसके प्रति जागरूक करना है। स्तनपान से 19 प्रतिशत शिशु मृत्यु दर व कृपण के कम किया जा सकता है। मां का यहां दूध विद्यमान युक्त होता है। यहां शिशुओं से हुए शिशु को मां की बाल चार घंटे बाद वह एनिसिसिना के प्रभाव से बाहर आने के बाद स्तनपान करा सकती है। येस्ट करने से शिशु त्रिमी दोनों ही स्वास्थ्य रहते हैं। साथ शिशु का बैंडिंग विकास तेजी से होता है और जीवन में कैंसर, मधुमेह उच्च रक्तचाप का खतरा कम होता है। डा. अवनि गुप्ता, डा. यिजॉनी, डा. सुरभि शर्मा, स्वर्णि गुप्ता, यामि शर्मा, स्कृष्ण श्रीवास्तव, बेमव रा. स्वास्थ्य कर्मकांती फरजाना आदि विद्यमान युक्त दोनों ही खयरे पढ़े।

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**HIMALAYAN INSTITUTUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY**

NOTICE MBBS BATCH 2022

Date: 18/07/2024

FAMILY ADOPTION PROGRAM

Community Health Outreach Club in collaboration with Department of Community Medicine Himalayan Institute of Medical Sciences is organizing Family Adoption program on 21/7/2024 for all MBBS students of Batch 2022 from 10AM- 1 PM at Prateetnagar, Raiwala.

A.K. Srivastava

Dr. Ashok Kumar Srivastava

Chairperson,

Community Health Outreach Club

HIMS, SRHU

HIMALAYAN INSTITUTUTE OF MEDICAL SCIENCES SWAMI RAM HIMALAYAN UNIVERSITY

Community Health Outreach Club

Report on Family Adoption Programme Visit

Date: 21/07/2024

Batch - 2022

Visiting Team:

- Dr. Vidisha Vallabh (Associate Professor)
- Dr. Deepshikha Chaudhary (Senior Resident)
- Dr. Chirag Joshi (Junior Resident)

Objective: The primary aim of the visit was to continue the Family Adoption Programme for MBBS students at HIMS, SRHU. This program serves as an opportunity for students to engage with local families, gather relevant health information, and contribute to community health.

Overview: The visit involved 64 MBBS students who participated in the Family Adoption Programme. The students were paired with families in the local community, and their task was to collect essential health-related information and fill in their logbooks.

Activities:

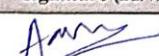
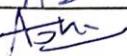
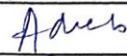
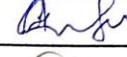
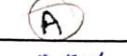
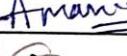
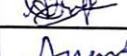
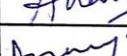
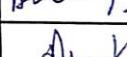
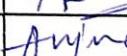
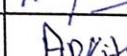
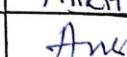
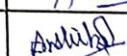
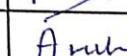
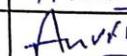
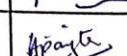
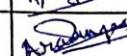
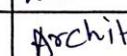
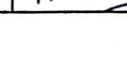
1. **Family Assignment:** In the preceding visits, individual students were designated to specific families within the community. On this occasion, the students revisited these assignments to gather additional information.
2. **Data Collection:** Students interacted with their respective families to gather information on health conditions, medical history, and other relevant details. The focus was on understanding the overall health status of the family members.
3. **Health Check-up:** The students conducted basic health check-ups, including measuring weight, height, and recording vital signs. This hands-on experience allowed students to apply their theoretical knowledge in a practical setting.

- **Challenges and Observations:** While the visit was successful in many aspects, some families were not available during the scheduled visit. Strategies for better coordination and communication with families need to be explored to maximize the program's impact.
- **Conclusion:** The Family Adoption Programme at HIMS, SRHU bridges medical education and community health, involving both students and faculty for a comprehensive approach.

ATTENDANCE

DEPARTMENT OF COMMUNITY MEDICINE
SPECIALIST HEALTH UNDER FAMILY ADOPTION PROGRAM
MBBS BATCH- 2022

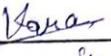
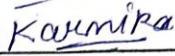
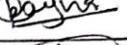
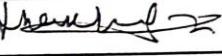
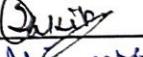
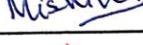
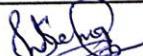
21/7/2024

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1	DD22114301001	SRHU22000526	AARNESH PUNERA	
2	DD22114301002	SRHU22000527	AASHNA	
3	DD22114301003	SRHU22000528	ADEEB KHAN	
4	DD22114301004	SRHU22000529	ADITYA GOYAL	
5	DD22114301005	SRHU22000530	ADITYA SHARMA	
6	DD22114301006	SRHU22000531	AKSHAT SINGHAL	
7	DD22114301007	SRHU22000532	AKSHAT SINGHAL	
8	DD22114301008	SRHU22000533	AMAN	
9	DD22114301009	SRHU22000534	AMAN REHMAN	
10	DD22114301010	SRHU22000535	ANANNYA TRIPATHI	
11	DD22114301011	SRHU22000536	ANANT JAIN	
12	DD22114301012	SRHU22000537	ANANYA JINDAL	
13	DD22114301013	SRHU22000538	ANANYA KANDPAL	
14	DD22114301014	SRHU22000539	ANANYA MITTAL	
15	DD22114301015	SRHU22000540	ANANYA VERMA	
16	DD22114301016	SRHU22000541	ANCHAL RAMOLA	
17	DD22114301017	SRHU22000542	ANJUL GAUTAM	
18	DD22114301018	SRHU22000543	ANKITA	
19	DD22114301019	SRHU22000544	ANSH KAPOOR	
20	DD22114301020	SRHU22000545	ANSHIKA TANDON	
21	DD22114301021	SRHU22000546	ANUBHAV BAHUGUNA	
22	DD22114301022	SRHU22000547	ANUSHKA KAUSHIK	
23	DD22114301023	SRHU22000548	APARAJITA DIMRI	
24	DD22114301024	SRHU22000549	ARADHYAA BAKSHI	
25	DD22114301025	SRHU22000550	ARCHITA	

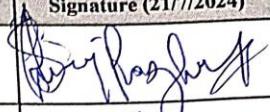
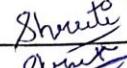
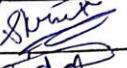
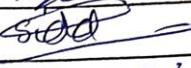
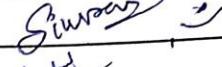
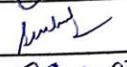
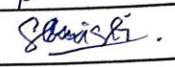
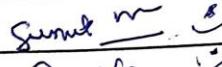
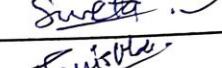
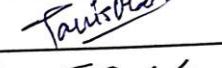
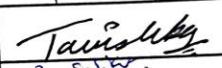
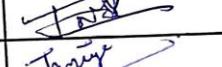
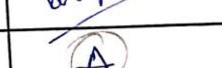
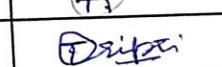
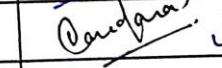
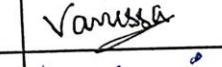
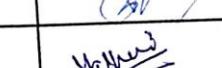
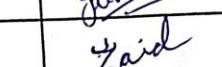
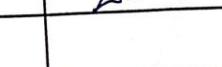
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26	DD22114301026	SRHU22000551	ARPIT YADAV	<i>Arpit Yadav</i>
27	DD22114301027	SRHU22000552	ARUNIMA SARAN	<i>Arunima</i>
28	DD22114301028	SRHU22000553	ARYA AGARWAL	<i>Arya</i>
29	DD22114301029	SRHU22000554	ARYAN ASWAL	<i>Aryan Aswal</i>
30	DD22114301030	SRHU22000555	ARYAN PRATAP SINGH	<i>Aryan</i>
31	DD22114301031	SRHU22000556	ASHIKA KASHYAP	<i>Ashika</i>
32	DD22114301032	SRHU22000557	ASHMIT VERMA	<i>Ashmit</i>
33	DD22114301033	SRHU22000558	ASHWIN SHARMA	<i>Ashwin</i>
34	DD22114301034	SRHU22000559	ASMI NEGI	<i>A</i>
35	DD22114301035	SRHU22000560	AYUSH VERMA	<i>Ayush Verma</i>
36	DD22114301036	SRHU22000561	BHUVNESH CHAUHAN	<i>Bhuvnesh</i>
37	DD22114301037	SRHU22000562	CHAITANYA SUNTA	<i>Chaitanya</i>
38	DD22114301038	SRHU22000563	CHEATNA PANDEY	<i>Cheatna</i>
39	DD22114301039	SRHU22000564	DAKSHESH VERMA	<i>DKS</i>
40	DD22114301040	SRHU22000565	DAVIZ GODARA	<i>Daviz</i>
41	DD22114301041	SRHU22000566	DEEPANKAR PANWAR	<i>Deepankar</i>
42	DD22114301042	SRHU22000567	DEEPIKA ANEJA	<i>Deepti</i>
43	DD22114301043	SRHU22000568	DEVANSHU VASISHTA	<i>Devanshu</i>
44	DD22114301044	SRHU22000569	DHANANJAY JOSHI	<i>Dhananjay</i>
45	DD22114301045	SRHU22000570	DHEERAJ PRATAP SINGH	<i>Dheeraj</i>
46	DD22114301046	SRHU22000571	DIGANTA KAPOOR	<i>Diganta</i>
47	DD22114301047	SRHU22000572	DISHA ARORA	<i>Disha Arora</i>
48	DD22114301048	SRHU22000573	DIVYAM PANWAR	<i>Divyam</i>
49	DD22114301049	SRHU22000574	DIVYANSH ARYA	<i>Divyansh</i>
50	DD22114301050	SRHU22000575	DRISHTDEUM MALIK	<i>Drishtdeum</i>

Batch- 2022 B-Batch

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature (21/7/2024)
51	DD22114301051	SRHU22000576	FABIHA KHAN	
52	DD22114301052	SRHU22000577	GAURANGI AGARWAL	<i>G Agarwal</i>
53	DD22114301053	SRHU22000578	GAURAV PAL	<i>Gaurav</i>
54	DD22114301054	SRHU22000579	GAURAV SINGH	<i>Gaurav</i>
55	DD22114301055	SRHU22000580	GAURI BHATIA	<i>Gauri Bhatia</i>
56	DD22114301056	SRHU22000581	GIRENDER CHAUDHARY	<i>Girender</i>
57	DD22114301057	SRHU22000582	GORESH GIRI	<i>A</i>
58	DD22114301058	SRHU22000583	GUNJAN	<i>Gunjan</i>
59	DD22114301059	SRHU22000584	HARDIK	<i>Hardik</i>
60	DD22114301060	SRHU22000585	HARLEEN KAUR	<i>Harleen Kaur</i>
61	DD22114301061	SRHU22000586	HARSHITA	<i>A</i>
62	DD22114301062	SRHU22000587	HARSHITA CHANDRA	<i>Harshita</i>
63	DD22114301063	SRHU22000588	HARSHITA PRAHARI	<i>Harshita</i>
64	DD22114301064	SRHU22000589	HIBA HAQUE	<i>A</i>
65	DD22114301065	SRHU22000590	HIMANI BHARDWAJ	<i>Himani</i>
66	DD22114301066	SRHU22000591	HIMANSHU RANA	<i>Himanshu</i>
67	DD22114301067	SRHU22000592	IPSIT SHARMA	<i>ipsit</i>
68	DD22114301068	SRHU22000593	IQRA ASHRAF	<i>A</i>
69	DD22114301069	SRHU22000594	ISHANK SINGH	<i>Ishank</i>
70	DD22114301070	SRHU22000595	ITHARTH KAMBOJ	<i>Itharth</i>
71	DD22114301071	SRHU22000596	JAHNVI	<i>Jahnvi</i>
72	DD22114301072	SRHU22000597	JAI CHHIMWAL	<i>Jai</i>
73	DD22114301073	SRHU22000598	JHANVI TAPARIA	<i>Jhanvi</i>
74	DD22114301074	SRHU22000599	JYOTI PANWAR	<i>Jyoti</i>
75	DD22114301075	SRHU22000600	JYOTSNA SHARMA	<i>Jyotsna</i>

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76	DD22114301076	SRHU22000601	KAIF AHMED	
77	DD22114301077	SRHU22000602	KANAK SHARMA	
78	DD22114301078	SRHU22000603	KARAN SINGH NEGI	
79	DD22114301079	SRHU22000604	KARNIKA RATHORE	
80	DD22114301080	SRHU22000605	KARTIK SACHDEVA	
81	DD22114301081	SRHU22000606	KAYNA BAJAJ	
82	DD22114301082	SRHU22000607	KESHAV PANDE	
83	DD22114301083	SRHU22000608	KHUSHI JAIN	
84	DD22114301084	SRHU22000609	KRISHNA MANI YADAV	
85	DD22114301085	SRHU22000610	KRITI GUPTA	
86	DD22114301086	SRHU22000611	LAKSHYA SINGH CHAUHAN	
87	DD22114301087	SRHU22000612	MALINI TOMAR	
88	DD22114301088	SRHU22000613	MALVIKA KALRA	
89	DD22114301089	SRHU22000614	MANAVI BAANIYA	
90	DD22114301090	SRHU22000615	MANNAT BHATT	
91	DD22114301091	SRHU22000616	MAYANK	
92	DD22114301092	SRHU22000617	MD SAKIB	
93	DD22114301093	SRHU22000618	MIMANSA MISHRA	
94	DD22114301094	SRHU22000619	MISHIKA KUKREJA	
95	DD22114301095	SRHU22000620	MOHAMMED ARSHIL QAMAR	
96	DD22114301096	SRHU22000621	MOHD SHAHE NIGAR	
97	DD22114301097	SRHU22000622	MUDIT JANGPANGI	
98	DD22114301098	SRHU22000623	NAMAN ARYA	
99	DD22114301099	SRHU22000624	NANDINI AGARWAL	
100	DD22114301100	SRHU22000625	NASEERUDDIN	

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature (21/7/2024)
101	DD22114301101	SRHU22000626	NIKITA DHANAI	Dikita
102	DD22114301102	SRHU22000627	OM BORKAR	Om Borkar
103	DD22114301103	SRHU22000628	PALAK BHAGAT	Palak
104	DD22114301104	SRHU22000629	PARINEETA TYAGI	(A)
105	DD22114301105	SRHU22000630	PRABAL KUMAR WALIA	(A)
106	DD22114301106	SRHU22000631	PRAGYA	Pragya
107	DD22114301107	SRHU22000632	PREYANSHI BISHT	A
108	DD22114301108	SRHU22000633	PRISHA NEGI	Prisha
109	DD22114301109	SRHU22000634	PRIYANSHA BASERA	Priyansha
110	DD22114301110	SRHU22000635	RADHIKA BAKSHI	Radhika
111	DD22114301111	SRHU22000636	RAJ KRISHAN GUPTA	(A)
112	DD22114301112	SRHU22000637	RAKSHIT BATRA	Rakshit
113	DD22114301113	SRHU22000638	RASHIKA BIDANI	Rashika
114	DD22114301114	SRHU22000639	RIYA ARYA	Riya
115	DD22114301115	SRHU22000640	RUHANI ARORA	Ruhani
116	DD22114301116	SRHU22000641	RUPALI NEGI	Rupali
117	DD22114301117	SRHU22000642	SAKSHI	Sakshi
118	DD22114301118	SRHU22000643	SAMARTH MEHRAN	Samarth
119	DD22114301119	SRHU22000644	SANDALI SAXENA	Sandali
120	DD22114301120	SRHU22000645	SANJANA BHARTIA	(A)
121	DD22114301121	SRHU22000646	SATYAM CHANDRA	(A)
122	DD22114301122	SRHU22000647	SAUMYA RAWAT	(A)
123	DD22114301123	SRHU22000648	SHAIFALI	(A)
124	DD22114301124	SRHU22000649	SHAILANYA DUTTA	Shailanya
125	DD22114301125	SRHU22000650	SHAMIA	Shamia

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature (21/7/2024)
126	DD22114301126	SRHU22000651	SHIVANG RAGHURAJ	
127	DD22114301127	SRHU22000652	SHRUTI	
128	DD22114301128	SRHU22000653	SHRUTI GOSWAMI	
129	DD22114301129	SRHU22000654	SIDDHARTH SINGH	
130	DD22114301130	SRHU22000655	SIMRAN SHARMA	
131	DD22114301131	SRHU22000656	SNEHAL CHAUHAN	
132	DD22114301132	SRHU22000657	SRISHTI TYAGI	
133	DD22114301133	SRHU22000658	SUMIT MISRA	
134	DD22114301134	SRHU22000659	SWETA SHARMA	
135	DD22114301135	SRHU22000660	TANISHKA CHAUDHARY	
136	DD22114301136	SRHU22000661	TANISHKA KANDWAL	
137	DD22114301137	SRHU22000662	TANISHKA SAXENA	
138	DD22114301138	SRHU22000663	TANIYA BHARDWAJ	
139	DD22114301139	SRHU22000664	TANIYA GUPTA	
140	DD22114301140	SRHU22000665	TANMAY GOYAL	
141	DD22114301141	SRHU22000666	TRIPTI KUNWAR	
142	DD22114301142	SRHU22000667	TUSHAR ARYA	
143	DD22114301143	SRHU22000668	VANDANA THAPA	
144	DD22114301144	SRHU22000669	VANESSA HARISH ARYA	
145	DD22114301145	SRHU22000670	VANSHIKA AGGARWAL	
146	DD22114301146	SRHU22000671	VEER KOHLI	
147	DD22114301147	SRHU22000672	VISHWAS CHAUHAN	
148	DD22114301148	SRHU22000673	VRINDA BEHL	
149	DD22114301149	SRHU22000674	YASHASWINI SINHA	
150	DD22114301150	SRHU22000675	ZAID ANSARI	
151				

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature (21/7/2024)
152	DP2114301003		Aashray Popli	Aashray
153	1030		Ashmiqua	Ashmiqua
154	1079		Naunet Singh	Naunet
155	1078		Narneet Saini ✓	Narneet
156	1134		Sunidhi	Sunidhi
157	1060		Jigyaasha	Jigyaasha
158	1120		Shristhi	Shristhi
159	1031		Ashmit	Ashmit
160	1018		Anish	Anish
161	1034		Ayush	Ayush
162	1084		Mishant	Mishant
163	1001		Rajat	Rajat
164	1097		Puneet	Puneet

**HIMALAYAN INSTITUTUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY**

NOTICE MBBS BATCH 2022

Date: 17/07/2024

FAMILY ADOPTION PROGRAM

Community Health Outreach Club in collaboration with Department of Community Medicine Himalayan Institute of Medical Sciences is organizing Family Adoption program on 20/07/2024 for all MBBS students of Batch 2022 from 10 AM- 1 PM at Prateetnagar, Raiwala.



Dr. Ashok Kumar Srivastava

Chairperson,

Community Health Outreach Club

HIMS, SRHU

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES SWAMI RAM HIMALAYAN UNIVERSITY

Community Health Outreach Club

Report on Family Adoption Programme Visit

Date: 20/07/2024

Batch - 2022

Visiting Team:

- Dr. Neha Sharma (Associate Professor)
- Dr. Vaibhav Rana (Junior Resident)
- Dr. Chirag Joshi (Junior Resident)

Objective: The primary aim of the visit was to continue the Family Adoption Programme for MBBS students at HIMS, SRHU. This program serves as an opportunity for students to engage with local families, gather relevant health information, and contribute to community health.

Overview: The visit involved 145 MBBS students who participated in the Family Adoption Programme. The students were paired with families in the local community, and their task was to collect essential health-related information and fill in their logbooks.

Activities:

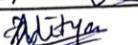
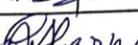
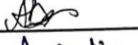
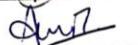
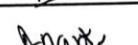
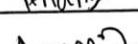
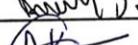
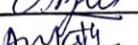
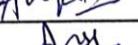
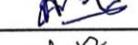
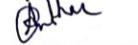
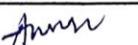
1. **Family Assignment:** In the preceding visits, individual students were designated to specific families within the community. On this occasion, the students revisited these assignments to gather additional information.
2. **Data Collection:** Students interacted with their respective families to gather information on health conditions, medical history, and other relevant details. The focus was on understanding the overall health status of the family members.
3. **Health Check-up:** The students conducted basic health check-ups, including measuring weight, height, and recording vital signs. This hands-on experience allowed students to apply their theoretical knowledge in a practical setting.

- **Challenges and Observations:** While the visit was successful in many aspects, some families were not available during the scheduled visit. Strategies for better coordination and communication with families need to be explored to maximize the program's impact.
- **Conclusion:** The Family Adoption Programme at HIMS, SRHU bridges medical education and community health, involving both students and faculty for a comprehensive approach.



Students of MBBS Batch 2022 under Community Medicine Department doing health checkup and gathering information

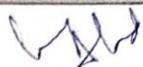
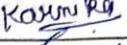
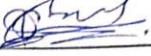
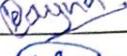
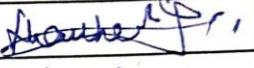
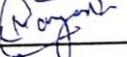
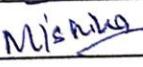
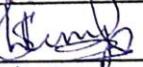
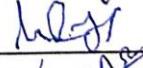
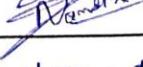
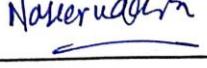
Attendance

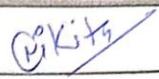
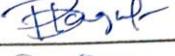
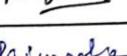
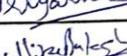
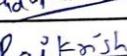
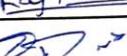
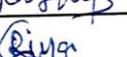
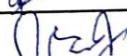
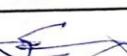
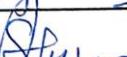
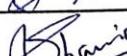
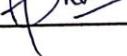
DEPARTMENT OF COMMUNITY MEDICINE ATTENDANCE OF FAMILY FOLLOW UP MONTHLY VISIT MBBS BATCH- 2022					20/7/2024
Sr. No.	Registration No.	Enrollment No.	Student Name	Signature	
1	DD22114301001	SRHU22000526	AARNESH PUNERA		
2	DD22114301002	SRHU22000527	AASHNA		
3	DD22114301003	SRHU22000528	ADEEB KHAN		
4	DD22114301004	SRHU22000529	ADITYA GOYAL		
5	DD22114301005	SRHU22000530	ADITYA SHARMA		
6	DD22114301006	SRHU22000531	AKSHAT SINGHAL		
7	DD22114301007	SRHU22000532	AKSHAT SINGHAL		
8	DD22114301008	SRHU22000533	AMAN		
9	DD22114301009	SRHU22000534	AMAN REHMAN		
10	DD22114301010	SRHU22000535	ANANNYA TRIPATHI		
11	DD22114301011	SRHU22000536	ANANT JAIN		
12	DD22114301012	SRHU22000537	ANANYA JINDAL		
13	DD22114301013	SRHU22000538	ANANYA KANDPAL		
14	DD22114301014	SRHU22000539	ANANYA MITTAL		
15	DD22114301015	SRHU22000540	ANANYA VERMA		
16	DD22114301016	SRHU22000541	ANCHAL RAMOLA		
17	DD22114301017	SRHU22000542	ANJUL GAUTAM		
18	DD22114301018	SRHU22000543	ANKITA		
19	DD22114301019	SRHU22000544	ANSH KAPOOR		
20	DD22114301020	SRHU22000545	ANSHIKA TANDON		
21	DD22114301021	SRHU22000546	ANUBHAV BAHUGUNA		
22	DD22114301022	SRHU22000547	ANUSHKA KAUSHIK		
23	DD22114301023	SRHU22000548	APARAJITA DIMRI		
24	DD22114301024	SRHU22000549	ARADHYAA BAKSHI		
25	DD22114301025	SRHU22000550	ARCHITA		

2/7

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
26	DD22114301026	SRHU22000551	ARPIT YADAV	Arpit
27	DD22114301027	SRHU22000552	ARUNIMA SARAN	Arunima
28	DD22114301028	SRHU22000553	ARYA AGARWAL	Arya
29	DD22114301029	SRHU22000554	ARYAN ASWAL	Aryan
30	DD22114301030	SRHU22000555	ARYAN PRATAP SINGH	Arjan
31	DD22114301031	SRHU22000556	ASHIKA KASHYAP	Ashika
32	DD22114301032	SRHU22000557	ASHMIT VERMA	Ashmit
33	DD22114301033	SRHU22000558	ASHWIN SHARMA	Ashwin
34	DD22114301034	SRHU22000559	ASMI NEGI	Asmi
35	DD22114301035	SRHU22000560	AYUSH VERMA	Ayush
36	DD22114301036	SRHU22000561	BHUVNESH CHAUHAN	Bhuvnesh
37	DD22114301037	SRHU22000562	CHAITANYA SUNTA	Chaitanya
38	DD22114301038	SRHU22000563	CHEATNA PANDEY	Cheatna
39	DD22114301039	SRHU22000564	DAKSHESH VERMA	Daksheesh
40	DD22114301040	SRHU22000565	DAVIZ GODARA	Daviz
41	DD22114301041	SRHU22000566	DEEPANKAR PANWAR	Deepankar
42	DD22114301042	SRHU22000567	DEEPIKA ANEJA	Deepti
43	DD22114301043	SRHU22000568	DEVANSHU VASISHTA	Devanshu
44	DD22114301044	SRHU22000569	DHANANJAY JOSHI	Dhananjay
45	DD22114301045	SRHU22000570	DHEERAJ PRATAP SINGH	Dheeraj
46	DD22114301046	SRHU22000571	DIGANTA KAPOOR	Diganta
47	DD22114301047	SRHU22000572	DISHA ARORA	Disha
48	DD22114301048	SRHU22000573	DIVYAM PANWAR	Divyam
49	DD22114301049	SRHU22000574	DIVYANSH ARYA	Divyansh
50	DD22114301050	SRHU22000575	DRISHTDEUM MALIK	Drishtdeum

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
51	DD22114301051	SRHU22000576	FABIHA KHAN	<i>Fabiha Khan</i>
52	DD22114301052	SRHU22000577	GAURANGI AGARWAL	<i>Gaurangi Agarwal</i>
53	DD22114301053	SRHU22000578	GAURAV PAL	<i>Gaurav Pal</i>
54	DD22114301054	SRHU22000579	GAURAV SINGH	<i>Gaurav Singh</i>
55	DD22114301055	SRHU22000580	GAURI BHATIA	<i>Gauri Bhatia</i>
56	DD22114301056	SRHU22000581	GIRENDER CHAUDHARY	<i>Girender Chaudhary</i>
57	DD22114301057	SRHU22000582	GORESH GIRI	<i>Goresh Giri</i>
58	DD22114301058	SRHU22000583	GUNJAN	<i>Gunjan</i>
59	DD22114301059	SRHU22000584	HARDIK	<i>Hardik</i>
60	DD22114301060	SRHU22000585	HARLEEN KAUR	<i>Harleen Kaur</i>
61	DD22114301061	SRHU22000586	HARSHITA	<i>Harshita</i>
62	DD22114301062	SRHU22000587	HARSHITA CHANDRA	<i>Harshita Chandra</i>
63	DD22114301063	SRHU22000588	HARSHITA PRAHARI	<i>Harshita Prahari</i>
64	DD22114301064	SRHU22000589	HIBA HAQUE	<i>Hiba Haque</i>
65	DD22114301065	SRHU22000590	HIMANI BHARDWAJ	<i>Himani Bhardwaj</i>
66	DD22114301066	SRHU22000591	HIMANSHU RANA	<i>Himanshu Rana</i>
67	DD22114301067	SRHU22000592	IPSIT SHARMA	<i>IPSIT Sharma</i>
68	DD22114301068	SRHU22000593	IQRA ASHRAF	<i>IQRA Ashraf</i>
69	DD22114301069	SRHU22000594	ISHANK SINGH	<i>Ishank Singh</i>
70	DD22114301070	SRHU22000595	ITHARTH KAMBOJ	<i>Iti Kambaj</i>
71	DD22114301071	SRHU22000596	JAHNVI	<i>Jahnvi</i>
72	DD22114301072	SRHU22000597	JAI CHHIMWAL	<i>Jai Chhimwal</i>
73	DD22114301073	SRHU22000598	JHANVI TAPARIA	<i>Jhanvi Taparia</i>
74	DD22114301074	SRHU22000599	JYOTI PANWAR	<i>Jyoti Panwar</i>
75	DD22114301075	SRHU22000600	JYOTSNA SHARMA	<i>Jyotsna Sharma</i>

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
76	DD22114301076	SRHU22000601	KAIF AHMED	
77	DD22114301077	SRHU22000602	KANAK SHARMA	
78	DD22114301078	SRHU22000603	KARAN SINGH NEGI	
79	DD22114301079	SRHU22000604	KARNIKA RATHORE	
80	DD22114301080	SRHU22000605	KARTIK SACHDEVA	
81	DD22114301081	SRHU22000606	KAYNA BAJAJ	
82	DD22114301082	SRHU22000607	KESHAV PANDE	
83	DD22114301083	SRHU22000608	KHUSHI JAIN	
84	DD22114301084	SRHU22000609	KRISHNA MANI YADAV	
85	DD22114301085	SRHU22000610	KRITI GUPTA	
86	DD22114301086	SRHU22000611	LAKSHYA SINGH CHAUHAN	
87	DD22114301087	SRHU22000612	MALINI TOMAR	
88	DD22114301088	SRHU22000613	MALVIKA KALRA	
89	DD22114301089	SRHU22000614	MANAVI BAANIYA	
90	DD22114301090	SRHU22000615	MANNAT BHATT	
91	DD22114301091	SRHU22000616	MAYANK	
92	DD22114301092	SRHU22000617	MD SAKIB	
93	DD22114301093	SRHU22000618	MIMANSA MISHRA	
94	DD22114301094	SRHU22000619	MISHIKA KUKREJA	
95	DD22114301095	SRHU22000620	MOHAMMED ARSHIL QAMAR	
96	DD22114301096	SRHU22000621	MOHD SHAHE NIGAR	
97	DD22114301097	SRHU22000622	MUDIT JANGPANGI	
98	DD22114301098	SRHU22000623	NAMAN ARYA	
99	DD22114301099	SRHU22000624	NANDINI AGARWAL	
100	DD22114301100	SRHU22000625	NASEERUDDIN	

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
101	DD22114301101	SRHU22000626	NIKITA DHANAI	
102	DD22114301102	SRHU22000627	OM BORKAR	
103	DD22114301103	SRHU22000628	PALAK BHAGAT	
104	DD22114301104	SRHU22000629	PARINEETA TYAGI	
105	DD22114301105	SRHU22000630	PRABAL KUMAR WALIA	
106	DD22114301106	SRHU22000631	PRAGYA	
107	DD22114301107	SRHU22000632	PREYANSHI BISHT	
108	DD22114301108	SRHU22000633	PRISHA NEGI	
109	DD22114301109	SRHU22000634	PRIYANSHA BASERA	
110	DD22114301110	SRHU22000635	RADHIKA BAKSHI	
111	DD22114301111	SRHU22000636	RAJ KRISHAN GUPTA	
112	DD22114301112	SRHU22000637	RAKSHIT BATRA	
113	DD22114301113	SRHU22000638	RASHIKA BIDANI	
114	DD22114301114	SRHU22000639	RIYA ARYA	
115	DD22114301115	SRHU22000640	RUHANI ARORA	
116	DD22114301116	SRHU22000641	RUPALI NEGI	
117	DD22114301117	SRHU22000642	SAKSHI	
118	DD22114301118	SRHU22000643	SAMARTH MEHRAN	
119	DD22114301119	SRHU22000644	SANDALI SAXENA	
120	DD22114301120	SRHU22000645	SANJANA BHARTIA	
121	DD22114301121	SRHU22000646	SATYAM CHANDRA	
122	DD22114301122	SRHU22000647	SAUMYA RAWAT	
123	DD22114301123	SRHU22000648	SHAIFALI	
124	DD22114301124	SRHU22000649	SHAILANYA DUTTA	
125	DD22114301125	SRHU22000650	SHAMIA	

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
126	DD22114301126	SRHU22000651	SHIVANG RAGHURAJ	<i>Shivang Raghuraj</i>
127	DD22114301127	SRHU22000652	SHRUTI	<i>Shruti</i>
128	DD22114301128	SRHU22000653	SHRUTI GOSWAMI	<i>A</i>
129	DD22114301129	SRHU22000654	SIDDHARTHA SINGH	<i>Siddh</i>
130	DD22114301130	SRHU22000655	SIMRAN SHARMA	<i>Simran</i>
131	DD22114301131	SRHU22000656	SNEHAL CHAUHAN	<i>Sneha</i>
132	DD22114301132	SRHU22000657	SRISHTI TYAGI	<i>Srishti</i>
133	DD22114301133	SRHU22000658	SUMIT MISRA	<i>Sumit Misra</i>
134	DD22114301134	SRHU22000659	SWETA SHARMA	<i>Sweta</i>
135	DD22114301135	SRHU22000660	TANISHKA CHAUDHARY	<i>Tanishka</i>
136	DD22114301136	SRHU22000661	TANISHKA KANDWAL	<i>Tanishka</i>
137	DD22114301137	SRHU22000662	TANISHKA SAXENA	<i>Tanishka</i>
138	DD22114301138	SRHU22000663	TANIYA BHARDWAJ	<i>Taniya</i>
139	DD22114301139	SRHU22000664	TANIYA GUPTA	<i>Taniya</i>
140	DD22114301140	SRHU22000665	TANMAY GOYAL	<i>Tanmay</i>
141	DD22114301141	SRHU22000666	TRIPTI KUNWAR	<i>Tripti</i>
142	DD22114301142	SRHU22000667	TUSHAR ARYA	<i>Tushar</i>
143	DD22114301143	SRHU22000668	VANDANA THAPA	<i>Vandana</i>
144	DD22114301144	SRHU22000669	VANESSA HARISH ARYA	<i>Vanessa</i>
145	DD22114301145	SRHU22000670	VANSHIKA AGGARWAL	<i>Vanshika</i>
146	DD22114301146	SRHU22000671	VEER KOHLI	<i>Veer</i>
147	DD22114301147	SRHU22000672	VISHWAS CHAUHAN	<i>Vishwas</i>
148	DD22114301148	SRHU22000673	VRINDA BEHL	<i>VRINDA</i>
149	DD22114301149	SRHU22000674	YASHASWINI SINHA	<i>Yashaswini</i>
150	DD22114301150	SRHU22000675	ZAID ANSARI	<i>Zaid</i>

HIMALAYAN INSTITUTUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY

Date: 7/07/2024

NOTICE

Community Health Outreach Club in collaboration with Department of Community Medicine Himalayan Institute of Medical Sciences will be organizing **FAMILY Planning Awareness Campaign under World Population day on 11.07.2024 at our health centres.**

A.K. Srivastava

Dr. Ashok Kumar Srivastava
Chairperson,
Community Health Outreach Club
HIMS, SRHU

**DEPARTMENT OF COMMUNITY MEDICINE
HIMS, SRHU, DEHRADUN**

COMMUNITY HEALTH OUTREACH CLUB

FAMILY PLANNING AWARENESS

Date: 11 -07-2024

Mediators: Faculty, Postgraduates, LMO, MSW and Intern: 09

Location: RHTC Gauhri Mafi, UHTC Kurkawala and Dept of Community Medicine, HIMS

World Population Day, celebrated annually on July 11th, is a global initiative aimed at raising awareness about population issues and their implications for sustainable development. The theme for 2024, "Leave No One Behind, Count Everyone," emphasized the importance of inclusive data collection and ensuring that all individuals, regardless of their socioeconomic background or geographic location, are accounted for in population statistics.

The program started by presenting a wonderful slide-show by Dr Anil Bisht (Post Graduate Resident) in the department where the staff of the department were made aware about the day and issues pertaining to it.

Next, to commemorate World Population Day and promote awareness about reproductive health and family planning, Dr. Avani and Dr. Anil Bisht, post graduate residents in the Department of Community Medicine, conducted health education sessions at Rural and Urban health centers.



Pic 1 Awareness on Family Planning



Pic 2: Discussion Session

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY

Date: 03/6/2024

NOTICE MBBS BATCH 2023

**“Specialist Health Camp under Family Adoption
Program and
“Awareness on World Environment Day”**

Community Health Outreach Club in collaboration with Himalayan Institute of Medical Sciences will be organizing **“Specialist Health Camp under Family Adoption Program and Awareness on World Environment Day”** on 05/6/2024 for all MBBS students of Batch 2023 from 10AM- PM at Shyampur, Rishkesh.



Dr. Ashok Kumar Srivastava
Chairperson,
Community Health Outreach Club
HIMS, SRHU

**HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY**

**“Specialist Health Camp under Family Adoption
Program and
Awareness Session on World Environment Day”**

Camp Date: 05.06.2024

M.B.B.S Batch: 2023

Time: 10:00 am to 2:00 pm

Camp Venue: Garhi Mayechak, Shyampur (through RHTC Gohrimafi, Raiwala)

Number of Beneficiaries: 92

Team:

- Dr. AK Srivastava (Professor)
- Dr. Deepshikha Chaudhary (Senior Resident)
- Dr. Vaibhav Rana (Junior Resident)
- Dr. Chirag Joshi (Junior Resident)
- Dr. Avani Gupta (Junior Resident)

Introduction: The National Medical Council (NMC) initiated the Family Adoption Programme (FAP) under the Community Medicine Department, focusing on enhancing healthcare services in rural areas. This program aligns with the new National Medical Commission (NMC) MBBS training curriculum, requiring each medical student to adopt three to five families for regular health monitoring and guidance.

Activities Conducted: Educational sessions on World Environment Day, Waste management awareness

The camp achieved its objectives by delivering essential healthcare services to the rural population, with specialists addressing a range of medical needs. The MBBS students' initiative on World Environment Day demonstrated how the Family Adoption Programme can be effectively used to promote environmental awareness and action within communities. The collaborative efforts of faculty, students, and community support resulted in a successful and impactful event. It was ensured during and after the camp that MBBS students reached the college campus safely. Patients were provided physical assistance and dropped back to their homes (if needed) in the university vehicle. The camp and World Environment Day celebration was a huge success.



Picture 1& 2: Students Along with Faculties in the Plantation Dirve

ATTENDANCE

SNo	Name	Registration No	Enrollment No	Date
1	DD231101301001	SRHU23000623	AARADHYA THUKRAL	A
2	DD231101301002	SRHU23000624	AASTHA JUNEJA	Aastha Juneja
3	DD231101301003	SRHU23000625	AASTHA KUMAR	Aastha Kumar
4	DD231101301004	SRHU23000626	AASTHA SAHARAN	Aastha
5	DD231101301005	SRHU23000627	ABHIGYAN SINGH	A
6	DD231101301006	SRHU23000628	ABHINAV KATARIA	Abhinev
7	DD231101301007	SRHU23000629	ABHINAV SINGH	A
8	DD231101301008	SRHU23000630	ADITI	A
9	DD231101301009	SRHU23000631	ADITYA BHANDARI	A
10	DD231101301010	SRHU23000632	ADITYA JOSHI	Aditya
11	DD231101301011	SRHU23000633	ADITYA KUMAR	A
12	DD231101301012	SRHU23000634	ADITYA VARDHAN SINGH	A
13	DD231101301013	SRHU23000635	AISHLEE GOYAL	Aishlee
14	DD231101301014	SRHU23000636	AKSHITA GUPTA	A
15	DD231101301015	SRHU23000637	AMRITANSHU VARMAN	A
16	DD231101301016	SRHU23000638	ANA PERVEEN	Ana.
17	DD231101301017	SRHU23000639	ANAM MALIK	Anam
18	DD231101301018	SRHU23000640	ANANT SINGH BISHT	Anant
19	DD231101301019	SRHU23000641	ANANYA SHARMA	Ananya
20	DD231101301020	SRHU23000642	ANANYA SHARMA	Ananya
21	DD231101301021	SRHU23000643	ANIIKA SINGH	Anika
22	DD231101301022	SRHU23000644	ANIRUDH BHANDARI	Anirudh
23	DD231101301023	SRHU23000645	ANJALI VERMA	P Anjali
24	DD231101301024	SRHU23000646	ANMOL JINDAL	A
25	DD231101301025	SRHU23000647	ANSHIKA TOMAR	Anshika

**DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023, FAMILY ADOPTION
PROGRAM ATTENDANCE**

SNo	Name	Registration No	Enrollment No	Date
26	DD231101301026	SRHU23000648	APOORVA KOTHARI	A
27	DD231101301027	SRHU23000649	ARCHITA RAWAT	Archita.
28	DD231101301028	SRHU23000650	ARIEKA RAINA	Arisha
29	DD231101301029	SRHU23000651	ASHUTOSH GOLEY	Ashutosh Gooley
30	DD231101301030	SRHU23000652	ASTHA GARG	A
31	DD231101301031	SRHU23000653	AVNI GARG	Avni.
32	DD231101301032	SRHU23000654	AYUSH KONDAL	AY
33	DD231101301033	SRHU23000655	AYUSH PRATAP SINGH	Ayush
34	DD231101301034	SRHU23000656	CHARU BHATT	Charu.
35	DD231101301035	SRHU23000657	CHINAR SINGLA	Chinara Singla
36	DD231101301036	SRHU23000658	DEEPESH YADAV	A
37	DD231101301037	SRHU23000659	DESHNA JAIN	A
38	DD231101301038	SRHU23000660	DEV YADAV	A
39	DD231101301039	SRHU23000661	DEVSHERE RASTOGI	Devshree
40	DD231101301040	SRHU23000662	DHAIRYA GULATI	Dhairya
41	DD231101301041	SRHU23000663	DHRUV GARG	A
42	DD231101301042	SRHU23000664	DRISHTI BHATT	Drishti
43	DD231101301043	SRHU23000665	EKTA CHANDRA	Ekta
44	DD231101301044	SRHU23000666	GAURI GOEL	A
45	DD231101301045	SRHU23000667	GULMAFRUZA	A
46	DD231101301046	SRHU23000668	GUNIKA GULATI	Guniya
47	DD231101301047	SRHU23000669	HARI ANANT SHARMA	A
48	DD231101301048	SRHU23000670	HARSHIKA SINGH	Harshika
49	DD231101301049	SRHU23000671	HARSHITA GOEL	Harshita
50	DD231101301050	SRHU23000672	HARSHITA MITTAL	A

**DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023, FAMILY ADOPTION
PROGRAM ATTENDANCE**

SNo	Name	Registration No	Enrollment No	Date
51	DD231101301051	SRHU23000673	HINA KAUSHAR	A
52	DD231101301052	SRHU23000674	ISHA PANGHAL	A
53	DD231101301053	SRHU23000675	ISHAN KAPIL	<i>ishan</i>
54	DD231101301054	SRHU23000676	ISHAN SHARMA	<i>ishan</i>
55	DD231101301055	SRHU23000677	ISHITA GARG	A
56	DD231101301056	SRHU23000678	JAHANVI RAJPAL	<i>jahanvi</i>
57	DD231101301057	SRHU23000679	JASMINE RAWAT	A
58	DD231101301058	SRHU23000680	JYOTSNA SOROUT	A
59	DD231101301059	SRHU23000681	KARTIK BANSAL	A
60	DD231101301060	SRHU23000682	KARTIKEY BENIWAL	<i>Pawan</i>
61	DD231101301061	SRHU23000683	KARTIKEY THAPLIYAL	<i>Kartik</i>
62	DD231101301062	SRHU23000684	KAVYA CHOPRA	A
63	DD231101301063	SRHU23000685	KAVYA GUPTA	<i>Kavya</i>
64	DD231101301064	SRHU23000686	KAVYA JAIN	A
65	DD231101301065	SRHU23000687	KHUSHI	<i>Khushi</i>
66	DD231101301066	SRHU23000688	KHUSHI AMIT SHARMA	A
67	DD231101301067	SRHU23000689	KHUSHI BHUTANI	<i>Khushi</i>
68	DD231101301068	SRHU23000690	KHUSHI JUGRAN	<i>Khushi</i>
69	DD231101301069	SRHU23000691	KHUSHI SHARMA	A
70	DD231101301070	SRHU23000692	KOMAL	<i>Komal</i>
71	DD231101301071	SRHU23000693	KRITIKA SHRIDHAR	A
72	DD231101301072	SRHU23000694	KSHITIJ GUWALANI	<i>Kshitij</i>
73	DD231101301073	SRHU23000695	LAKSH GUPTA	<i>Laksh</i>
74	DD231101301074	SRHU23000696	LAVANYA PAL	A
75	DD231101301075	SRHU23000697	MAHI MALIK	A

**DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023, FAMILY ADOPTION
PROGRAM ATTENDANCE**

SNo	Name	Registration No	Enrollment No	Date
76	DD231101301076	SRHU23000698	MANAS CHOUDHARY	A
77	DD231101301077	SRHU23000699	MANASWI GAIKI	A
78	DD231101301078	SRHU23000700	MANISHA AGARWAL	Manisha
79	DD231101301079	SRHU23000701	MANTIKI PANT	Mantika
80	DD231101301080	SRHU23000702	MAYANK PANDEY	Mayank
81	DD231101301081	SRHU23000703	MAYURI AGARWAL	Mayuri
82	DD231101301082	SRHU23000704	MISHA SHAH	Misha
83	DD231101301083	SRHU23000705	MOHAMMAD SAQIB	A
84	DD231101301084	SRHU23000706	MOHD AMAN	Mohd
85	DD231101301085	SRHU23000707	MOHID ALI	Moheb
86	DD231101301086	SRHU23000708	MUSKAN	Muskan
87	DD231101301087	SRHU23000709	MUSKAN YADAV	Muskan
88	DD231101301088	SRHU23000710	NAMIT CHADHA	Namit
89	DD231101301089	SRHU23000711	NANDA SINGH	A
90	DD231101301090	SRHU23000712	NIKHIL PAL	Nikhil
91	DD231101301091	SRHU23000713	NIKITA KOHLI	Nikita
92	DD231101301092	SRHU23000714	NILANJANA SINGH	Nilanjana
93	DD231101301093	SRHU23000715	NIMISH GARG	Nimish
94	DD231101301094	SRHU23000716	NISHTHA SINGH	Nishtha
95	DD231101301095	SRHU23000717	PALAK BAMETHA	A
96	DD231101301096	SRHU23000718	PARAM RATHI	A
97	DD231101301097	SRHU23000719	PRABAL RAJORA	A
98	DD231101301098	SRHU23000720	PRACHI SINGH	A
99	DD231101301099	SRHU23000721	PRAKRITI AGRAWAL	A
100	DD231101301100	SRHU23000722	PRANAY NAUTIYAL	A

FAP 05/06/24

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023, FAMILY ADOPTION
PROGRAM ATTENDANCE

SNo	Name	Registration No	Enrollment No	Date
101	DD231101301101	SRHU23000723	PRATIGYA	<i>Pratigya</i>
102	DD231101301102	SRHU23000724	PRIYANSHI MELTI	<i>A</i>
103	DD231101301103	SRHU23000725	RACHIT RAWAT	<i>A</i>
104	DD231101301104	SRHU23000726	RAJ ARIAN SINGH	<i>Raj Arian Singh</i>
105	DD231101301105	SRHU23000727	REHANSH CHAUDHARY	<i>A</i>
106	DD231101301106	SRHU23000728	RISHIKA TOMAR	<i>A</i>
107	DD231101301107	SRHU23000729	RISHIT BHARDWAJ	<i>Rishit Bhardwaj</i>
108	DD231101301108	SRHU23000730	RISHITA TRIPATHI	<i>Rishita</i>
109	DD231101301109	SRHU23000731	RIYA CHAUHAN	<i>Riya</i>
110	DD231101301110	SRHU23000732	SAHILA JAIN	<i>Sahila</i>
111	DD231101301111	SRHU23000733	SAI SHARNAM	<i>Sai</i>
112	DD231101301112	SRHU23000734	SAKSHI MEHTA	<i>Sakshi</i>
113	DD231101301113	SRHU23000735	SAKSHI MITTAL	<i>Sakshi</i>
114	DD231101301114	SRHU23000736	SALMA BATOOL	<i>A</i>
115	DD231101301115	SRHU23000737	SANCHIT OLI	<i>Sanchit</i>
116	DD231101301116	SRHU23000738	SARANSHI TULI	<i>Saranshi</i>
117	DD231101301117	SRHU23000739	SHAGUN	<i>Shagun</i>
118	DD231101301118	SRHU23000740	SHAHNAWAZ HUSSAIN	<i>Shahna</i>
119	DD231101301119	SRHU23000741	SHATAKSHI	<i>Shatakshi</i>
120	DD231101301120	SRHU23000742	SHAURYA MITTAL	<i>Shaurya</i>
121	DD231101301121	SRHU23000743	SHIRAJ ANSARI	<i>A</i>
122	DD231101301122	SRHU23000744	SHIVANGI BHADAURIA	<i>A</i>
123	DD231101301123	SRHU23000745	SHIVI SINGH	<i>Shivi Singh</i>
124	DD231101301124	SRHU23000746	SHRIYA SINGH	<i>Shriya</i>
125	DD231101301125	SRHU23000747	SHUBHAM DIMRI	<i>Shubham</i>

**DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023, FAMILY ADOPTION
PROGRAM ATTENDANCE**

SNo	Name	Registration No	Enrollment No	Date
126	DD231101301126	SRHU23000748	SIMRAN RAWAT	<i>Simran.</i>
127	DD231101301127	SRHU23000749	SOMYA SHARMA	<i>Somya</i>
128	DD231101301128	SRHU23000750	SRISHTI SINGHAL	<i>Srishti</i>
129	DD231101301129	SRHU23000751	SUDHANSU SUYAL	<i>Sudhansu</i>
130	DD231101301130	SRHU23000752	SUHANI CHANDA	<i>Suhani</i>
131	DD231101301131	SRHU23000753	SUKRITI MISHRA	<i>A</i>
132	DD231101301132	SRHU23000754	SWAMITA	<i>Swamita</i>
133	DD231101301133	SRHU23000755	SWAPNIL SHRUTI	<i>Swapnil</i>
134	DD231101301134	SRHU23000756	SYED ZAID ALI	<i>Syed</i>
135	DD231101301135	SRHU23000757	TAMANNA MOUDGIL	<i>A</i>
136	DD231101301136	SRHU23000758	TANIEEM HUDA	<i>A</i>
137	DD231101301137	SRHU23000759	TANISHK GOEL	<i>A</i>
138	DD231101301138	SRHU23000760	TANISHKA GUPTA	<i>Tanisha</i>
139	DD231101301139	SRHU23000761	TARUN KUMAR CHAUHAN	<i>Tarun</i>
140	DD231101301140	SRHU23000762	TASMIA NASEEM KHAN	<i>Tasmia</i>
141	DD231101301141	SRHU23000763	TRISHA SHARMA	<i>Trisha</i>
142	DD231101301142	SRHU23000764	UDAY MANDER	<i>Uday</i>
143	DD231101301143	SRHU23000765	UDAY SHARMA	<i>A</i>
144	DD231101301144	SRHU23000766	UJJWAL	<i>A</i>
145	DD231101301145	SRHU23000767	UPANSHU GOYAL	<i>A</i>
146	DD231101301146	SRHU23000768	URVASHI JAKHMOLA	<i>A</i>
147	DD231101301147	SRHU23000769	UVESH	<i>A</i>
148	DD231101301148	SRHU23000770	VAISHNAVI KANDARI	<i>A</i>
149	DD231101301149	SRHU23000771	VARTIKA SINGHANI	<i>Vartika</i>
150	DD231101301150	SRHU23000772	YUKTA DEVKA	<i>Yukta</i>

DEPARTMENT OF COMMUNITY MEDICINE, MBBS BATCH-2023, FAMILY ADOPTION
PROGRAM ATTENDANCE

SNo	Name	Registration No	Enrollment No	Date
151	DD22114301009	SRHU22000534	AMAN REHMAN	A
152	DD22114301034	SRHU22000559	ASMI NEGI	A
153	DD22114301057	SRHU22000582	GORESH GIRI	A
154	DD22114301095	SRHU22000620	MOHAMMED ARSHIL QAMAR	A
155	DD22114301105	SRHU22000630	PRABAL KUMAR WALIA	A

**Department of Community Medicine
Himalayan Institute of Medical Sciences
Swami Rama Himalayan University**

**HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY**

NOTICE MBBS BATCH 2022

Date: 05/06/2024

FAMILY ADOPTION PROGRAM

Community Health Outreach Club in collaboration with Department of Community Medicine Himalayan Institute of Medical Sciences is organizing Family Adoption program on 08/06/2024 for all MBBS students of Batch 2022 from 10AM- 1 PM at Prateetnagar, Raiwala.

A.K. Srivastava

Dr. Ashok Kumar Srivastava
Chairperson,
Community Health Outreach Club
HIMS, SRHU

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES SWAMI RAM HIMALAYAN UNIVERSITY

Community Health Outreach Club Report on Family Adoption Programme Visit

Date: 08/06/2024

Batch - 2022

Visiting Team:

- Dr. Surabhi Mishra (Associate Professor)
- Dr. Vaibhav Rana (Junior Resident)
- Dr. Chirag Joshi (Junior Resident)
- Dr. Avani Gupta (Junior Resident)

Objective: The primary aim of the visit was to continue the Family Adoption Programme for MBBS students at HIMS, SRHU. This program serves as an opportunity for students to engage with local families, gather relevant health information, and contribute to community health.

Overview: The visit involved 64 MBBS students who participated in the Family Adoption Programme. The students were paired with families in the local community, and their task was to collect essential health-related information and fill in their logbooks.

Activities:

1. **Family Assignment:** In the preceding visits, individual students were designated to specific families within the community. On this occasion, the students revisited these assignments to gather additional information.
2. **Data Collection:** Students interacted with their respective families to gather information on health conditions, medical history, and other relevant details. The focus was on understanding the overall health status of the family members.
3. **Health Check-up:** The students conducted basic health check-ups, including measuring weight, height, and recording vital signs. This hands-on experience allowed students to apply their theoretical knowledge in a practical setting.

- **Challenges and Observations:** While the visit was successful in many aspects, some families were not available during the scheduled visit. Strategies for better coordination and communication with families need to be explored to maximize the program's impact.
- **Conclusion:** The Family Adoption Programme at HIMS, SRHU bridges medical education and community health, involving both students and faculty for a comprehensive approach.



Raiwala, Uttarakhand, India
269H+W6J, Raiwala, Uttarakhand 249205, India
Lat 30.020496°
Long 78.228348°
06/07/24 11:32 AM GMT +05:30

GPS Map Camera



Raiwala, Uttarakhand, India
26FJ+RRX, Raiwala, Uttarakhand 249205, India
Lat 30.025418°
Long 78.232779°
06/07/24 12:03 PM GMT +05:30

GPS Map Camera

Students of MBBS Batch 2022 under Community Medicine Department doing health checkup and gathering information

ATTENDANCE

DEPARTMENT OF COMMUNITY MEDICINE ATTENDANCE OF FAMILY FOLLOW UP MONTHLY VISIT MBBS BATCH- 2022				
Sr. No.	Registration No.	Enrollment No.	Student Name	Date
1	DD22114301001	SRHU22000526	AARNESH PUNERA	<u>8/6/24</u> <u>Aarnesh</u>
2	DD22114301002	SRHU22000527	AASHNA	<u>Aashna</u>
3	DD22114301003	SRHU22000528	ADEEB KHAN	<u>Adeeb</u>
4	DD22114301004	SRHU22000529	ADITYA GOYAL	<u>Aditya</u>
5	DD22114301005	SRHU22000530	ADITYA SHARMA	<u>Aditya</u> <u>Sharma</u>
6	DD22114301006	SRHU22000531	AKSHAT SINGHAL	<u>Akshat</u>
7	DD22114301007	SRHU22000532	AKSHAT SINGHAL	<u>Akshat</u>
8	DD22114301008	SRHU22000533	AMAN	<u>Aman</u>
9	DD22114301009	SRHU22000534	AMAN REHMAN	<u>A</u>
10	DD22114301010	SRHU22000535	ANANNYA TRIPATHI	<u>Ananya</u>
11	DD22114301011	SRHU22000536	ANANT JAIN	<u>Anant</u>
12	DD22114301012	SRHU22000537	ANANYA JINDAL	<u>Ananya Jindal</u>
13	DD22114301013	SRHU22000538	ANANYA KANDPAL	<u>A</u>
14	DD22114301014	SRHU22000539	ANANYA MITTAL	<u>Ananya</u>
15	DD22114301015	SRHU22000540	ANANYA VERMA	<u>A</u>
16	DD22114301016	SRHU22000541	ANCHAL RAMOLA	<u>Ananya</u>
17	DD22114301017	SRHU22000542	ANJUL GAUTAM	<u>A</u>
18	DD22114301018	SRHU22000543	ANKITA	<u>Ankita</u>
19	DD22114301019	SRHU22000544	ANSH KAPOOR	<u>Ansh</u>
20	DD22114301020	SRHU22000545	ANSHIKA TANDON	<u>Anshika</u>
21	DD22114301021	SRHU22000546	ANUBHAV BAHUGUNA	<u>Anubhav</u>
22	DD22114301022	SRHU22000547	ANUSHKA KAUSHIK	<u>Anushka</u>
23	DD22114301023	SRHU22000548	APARAJITA DIMRI	<u>Aparajita</u>

8/6/24

DEPARTMENT OF COMMUNITY MEDICINE
ATTENDANCE OF FAMILY FOLLOW UP MONTHLY VISIT
MBBS BATCH- 2022

Sr. No.	Registration No.	Enrollment No.	Student Name	
24	DD22114301024	SRHU22000549	ARADHYAA BAKSHI	<i>Aradhyaa</i>
25	DD22114301025	SRHU22000550	ARCHITA	<i>Archita</i>
26	DD22114301026	SRHU22000551	ARPIT YADAV	<i>Arpit Yadav</i>
27	DD22114301027	SRHU22000552	ARUNIMA SARAN	<i>Arunima</i>
28	DD22114301028	SRHU22000553	ARYA AGARWAL	<i>Arya</i>
29	DD22114301029	SRHU22000554	ARYAN ASWAL	<i>Aryan Aswal</i>
30	DD22114301030	SRHU22000555	ARYAN PRATAP SINGH	<i>Aryan</i>
31	DD22114301031	SRHU22000556	ASHIKA KASHYAP	<i>A</i>
32	DD22114301032	SRHU22000557	ASHMIT VERMA	<i>A</i>
33	DD22114301033	SRHU22000558	ASHWIN SHARMA	<i>Ashwin</i>
34	DD22114301034	SRHU22000559	ASMI NEGI	<i>A</i>
35	DD22114301035	SRHU22000560	AYUSH VERMA	<i>Ayush</i>
36	DD22114301036	SRHU22000561	BHUVNESH CHAUHAN	<i>Bhuvnesh</i>
37	DD22114301037	SRHU22000562	CHAITANYA SUNTA	<i>Chaitanya</i>
38	DD22114301038	SRHU22000563	CHETNA PANDEY	<i>Chetna</i>
39	DD22114301039	SRHU22000564	DAKSHESH VERMA	<i>Dakshesh</i>
40	DD22114301040	SRHU22000565	DAVIZ GODARA	<i>A</i>
41	DD22114301041	SRHU22000566	DEEPANKAR PANWAR	<i>Deepak</i>
42	DD22114301042	SRHU22000567	DEEPIKA ANEJA	<i>Deepika</i>
43	DD22114301043	SRHU22000568	DEVANSHU VASISHTA	<i>Devansh</i>
44	DD22114301044	SRHU22000569	DHANANJAY JOSHI	<i>Dhananjay</i>
45	DD22114301045	SRHU22000570	DHEERAJ PRATAP SINGH	<i>Dheeraj</i>
46	DD22114301046	SRHU22000571	DIGANTA KAPOOR	<i>Diganta Kapoor</i>

DEPARTMENT OF COMMUNITY MEDICINE
ATTENDANCE OF FAMILY FOLLOW UP MONTHLY VISIT
MBBS BATCH- 2022

Sr. No.	Registration No.	Enrollment No.	Student Name	Date
47	DD22114301047	SRHU22000572	DISHA ARORA	8/6/24 Disha Arora
48	DD22114301048	SRHU22000573	DIVYAM PANWAR	Divyam Panwar
49	DD22114301049	SRHU22000574	DIVYANSH ARYA	Divyansh Arya
50	DD22114301050	SRHU22000575	DRISHTDEUM MALIK	Drishthdeum Malik
51	DD22114301051	SRHU22000576	FABIHA KHAN	Fabiha Khan
52	DD22114301052	SRHU22000577	GAURANGI AGARWAL	Gaurangi Agarwal
53	DD22114301053	SRHU22000578	GAURAV PAL	Gaurav Pal
54	DD22114301054	SRHU22000579	GAURAV SINGH	Gaurav Singh
55	DD22114301055	SRHU22000580	GAURI BHATIA	Gauri Bhatia
56	DD22114301056	SRHU22000581	GIRENDER CHAUDHARY	Girender Chaudhary
57	DD22114301057	SRHU22000582	GORESH GIRI	(A) Goresh Giri
58	DD22114301058	SRHU22000583	GUNJAN	Gunjan
59	DD22114301059	SRHU22000584	HARDIK	Hardik
60	DD22114301060	SRHU22000585	HARLEEN KAUR	Harleen Kaur
61	DD22114301061	SRHU22000586	HARSHITA	Harshita
62	DD22114301062	SRHU22000587	HARSHITA CHANDRA	Harshita Chandra
63	DD22114301063	SRHU22000588	HARSHITA PRAHARI	(A) Harshita Prahari
64	DD22114301064	SRHU22000589	HIBA HAQUE	Hiba Haque
65	DD22114301065	SRHU22000590	HIMANI BHARDWAJ	Himani Bhardwaj
66	DD22114301066	SRHU22000591	HIMANSHU RANA	Himanshu Rana
67	DD22114301067	SRHU22000592	IPSIT SHARMA	IPSIT Sharma
68	DD22114301068	SRHU22000593	IQRA ASHRAF	IQRA Ashraf
69	DD22114301069	SRHU22000594	ISHANK SINGH	Ishank Singh

DEPARTMENT OF COMMUNITY MEDICINE
 ATTENDANCE OF FAMILY FOLLOW UP MONTHLY VISIT
 MBBS BATCH- 2022

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
70	DD22114301070	SRHU22000595	ITHARTH KAMBOJ	2/0/24 Itharth Kamboj
71	DD22114301071	SRHU22000596	JAHNVI	A
72	DD22114301072	SRHU22000597	JAI CHHIMWAL	Jai
73	DD22114301073	SRHU22000598	JHANVI TAPARIA	Jhanvi
74	DD22114301074	SRHU22000599	JYOTI PANWAR	Jyoti
75	DD22114301075	SRHU22000600	JYOTSNA SHARMA	A

HIMALAYAN INSTITUTE OF MEDICAL SCIENCES
SWAMI RAM HIMALAYAN UNIVERSITY

Date: 09/11/2023

NOTICE ON WORLD DIABETES DAY

Community Health Outreach Club in collaboration with Department of Community Medicine, Himalayan Institute of Medical Sciences is organizing **World Diabetes Day** on 14/11/2023 from 10:30 AM to 4:00 PM at RHTC, Gauhri Mafi, Raiwala.

A.K. Srivastava
Dr. Ashok Kumar Srivastava
Chairperson,
Community Health Outreach Club
HIMS, SRHU

DEPARTMENT OF COMMUNITY MEDICINE

HIMS, SRHU, DEHRADUN

COMMUNITY HEALTH OUTREACH CLUB

REPORT ON WORLD DIABETES DAY

Date: 14 -11-2023

Time: 10:30 am to 4:00 pm

Mediators: Faculty, Residents, MSW and Interns: 11

Location: RHTC Gauhri Mafi and Dept of Community Medicine, HIMS

Community Health Outreach Club & Community Medicine Department at Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU), marked World Diabetes Day with a series of impactful activities aimed at raising awareness and promoting a healthier lifestyle among the community.

Under the able leadership and guidance of Dr. Ashok Kumar Srivastava, HoD, Community Department Medicine, the department organized an educational talk at the Rural Health & Training Centre, Gauhri Maafi targeting diverse age groups. These sessions covered topics such as diabetes prevention, early detection, and the importance of a balanced diet and regular physical activity. Interactive presentations and Q&A sessions engaged participants and fostered a deeper understanding of diabetes-related issues.

The day concluded with a culminating event in the department at the HIMS campus, featuring a presentation on World Diabetes Day by the first-year Postgraduate residents Dr. Chirag Joshi and Dr. Avani Gupta. The presentation highlighted the burden of diabetes globally and nationally, the national program NPCDCS, diabetes apps, and the latest advancements in diabetes research emphasizing the role of community awareness in curbing the growing epidemic.



हिमालयन इंस्टीट्यूट ऑफ मेडिकल साइंसेज जूलीग्रांट ने मंगलवार को विश्व मधुमेह दिवस पर जागरूकता अभियान चलाया। • हिन्दुस्तान

मधुमेह बीमारी को लेकर जागरूक किया

डॉइवाला। विश्व मधुमेह दिवस पर हिमालयन इंस्टीट्यूट ऑफ मेडिकल साइंसेज जूलीग्रांट की ओर से जागरूकता अभियान चलाया गया। इस दौरान लोगों के बीच रस्यथ जीवन शैली को बढ़ावा देने के लिए विभिन्न गतिविधियों का आयोजन किया गया। विभागाध्यक्ष डॉ. अशक्त श्रीवास्तव ने कहा कि मधुमेह एक ऐसी बीमारी है जो शरीर को खोखला बना देती है।

Pic 1. Awareness Campaign



Pic 2. Students educating about

Diabetes



Pic 3. Discussion session on Diabetes Awareness