

# 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.	<b>Quorum</b>	50% of the total members
2.	<b>Tenure of the Club</b>	Perpetual
3.	<b>Tenure of the Chairperson</b>	3 years
4.	<b>Tenure of the Members</b>	3 years
5.	<b>Frequency of Meetings</b>	<i>Preferably once per quarter.</i>
6.	<b>Meeting Notice and Agenda</b>	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	<b>Minutes of the Meeting</b>	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	<b>Duties and function</b>	<ul style="list-style-type: none"> <li>a) Conduct targeted health education sessions on maternal health, NCDs, sanitation, and adolescent wellness.</li> <li>b) Organize diagnostic camps and community follow-up drives using portable screening tools.</li> <li>c) Lead student involvement in government-led campaigns and SRHU's mobile clinic efforts.</li> <li>d) Develop and distribute IEC materials based on local health challenges in Hindi and Garhwali.</li> </ul>
9.	<b>Funding and Resources</b>	<ul style="list-style-type: none"> <li>a. Institutional budget allocation</li> <li>b. Donations and sponsorships</li> </ul>
10.	<b>Amendments</b>	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	<b>Dissolution</b>	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

### 5. Services Offered

- 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 K. Srivastava

Deena  
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



**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*



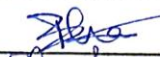
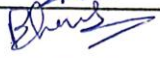
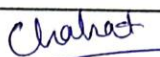

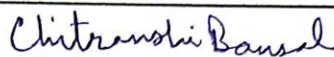
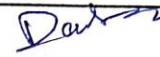
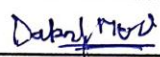

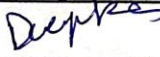
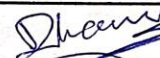

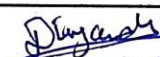

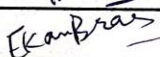
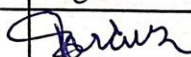
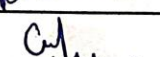

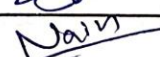
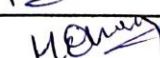
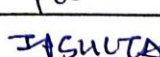


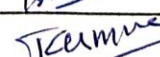

*Pic 2: Students during Family Visit*


# ATTENDANCE

Date: 23/04/2025

S. No.	Name	Sirgnature (Date: )
1	AADITYA SINGH KATHAIT	Aaditya Singh Kathait
2	AARUSHI RAI	Aarushi Rai
3	ABHINAV SINGH CHAUHAN	Abhinav Singh Chauhan
4	ABHINAV TIWARI	Abhinav Tiwari
5	ABHISHEK SHARMA	Abhishek Sharma
6	ADA FATIMA	Ada Fatima
7	ADITI DEVRANI	Aditi Devrani
8	ADITI PRIYA PRASAD	Aditi Priya Prasad
9	ADITI SHAH	Aditi Shah
10	ADITYA GARG	Aditya Garg
11	ADITYA PRASAD	Aditya Prasad
12	ADITYA SEHGAL	Aditya Sehgal
13	AKSHIT KUMAR	Akshit Kumar
14	AMAAN ABDULLAH	Amaan Abdullah
15	AMOLIKA KATOCH	Amolika Katoch
16	ANANYA	Ananya
17	ANIRUDH VIJ	Anirudh Vij
18	ANISHKA	Anishka
19	ANJALI BHARTI GOSWAMI	Anjali Bharti Goswami
20	ANSHIKA JINDAL	Anshika Jindal
21	ANUJ BAIKAGI	Anuj Baikagi
22	ANUSHA JAIN	Anusha Jain
23	ARYAVEER DAHIYA	Aryaveer Dahiya
24	AVIRAL SRIVASTAVA	Aviral Srivastava
25	AYUSH PATEL	Ayush Patel
26	AYUSH SINGH	Ayush Singh



S. No.	Name	Signature (Date: )
27	BHARGAVI	
28	BHAVIKA GROVER	
29	CHAHAT	
30	CHETAN BHATT	
31	CHITRANSHI 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:  (SR)

DEPARTMENT OF COMMUNITY MEDICINE,  
MBBS BATCH-2024,

Name of ~~Visit~~

ATTENDANCE

Date: 23/4/25

S. No.	Name	Sirgnature (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	Malika
63	MANAS PATHAK	Manas
64	MANASVI JASROTIA	Manasvi
65	MANASVI SHARMA	Manasvi
66	MANSHI	Manvi
67	MAYANK CHAUHAN	Mayank
68	MOHAMMAD HARIS	Haris
69	MOHD ASHHAD ANSARI	Ashhad
70	MOHD RIYAN	Riyan
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	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	Pragya
93	PRAKUL	Prakul
94	PRATISHTHA NEGI	Pratishtha
95	PRINCE SAINI	Prince
96	PRIYA KHICHAR	Priya
97	PRIYAL GUPTA	Priyal
98	PRIYANKA RAJPOOT	Priyanka
99	PRIYANSHI PAL	Priyanshi
100	PRIYANSHI SETH	Priyanshi
<p>Signature Faculty/ SR/ Tutor:</p> <p>Dr. Abhinav Sengupta</p> <p>JR 1</p>		



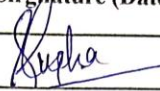

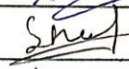

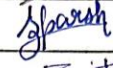
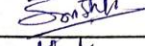

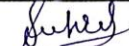



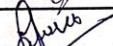
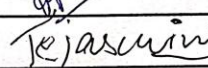





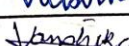
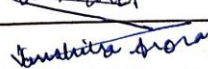
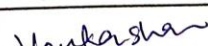
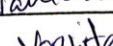
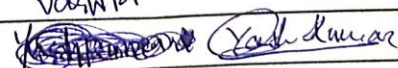
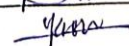
DEPARTMENT OF COMMUNITY MEDICINE,  
MBBS BATCH-2024,


Name of Visit: FAP

ATTENDANCE

Date: 23/4/25

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

S. No.	Name	Signature (Date: )
127	SNEHA	
128	SNEHA GUPTA	
129	SNEHA SINGH	
130	SOMYA YADAV	
131	SPARSH PANDEY	
132	SRISHTI SHARMA	
133	STUTI SINGHAL	
134	SUHAIL AHMED	
135	SUHANI MEHROTRA	
136	SUJAL RAWAT	
137	SWAGATA JOSHI	
138	TANISHKA	
139	TEJASWINI BAHUKHANDI	
140	TRIPTI WADHWA	
141	UTKARSH SRIVASTAVA	
142	VAIBHAV BHATT	
143	VAIBHAVI ARYA	
144	VAISHNAVI SHARMA	
145	VANSHIKA	
146	VANSHIKA ARORA	
147	VARNIKA SHARMA	
148	VARNITA SINGH	
149	YASH KUMAR	
150	YASH TRIPATHI	

  
Signature Faculty/ SR/ Tutor:

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

**Date:** 01/1/2025

**NOTICE MBBS BATCH 2023**

**FAMILY ADOPTION PROGRAM**

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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.
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- **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	<u>Aaradhy</u>
2	DD231101301002	SRHU23000624	AASTHA JUNEJA	<u>Aastha</u>
3	DD231101301003	SRHU23000625	AASTHA KUMAR (A)	(A)
4	DD231101301004	SRHU23000626	AASTHA SAHARAN	<u>Aastha</u>
5	DD231101301005	SRHU23000627	ABHIGYAN SINGH (A)	(A)
6	DD231101301006	SRHU23000628	ABHINAV KATARIA	<u>Abhinav</u>
7	DD231101301007	SRHU23000629	ABHINAV SINGH (A)	(A)
8	DD231101301008	SRHU23000630	ADITI	<u>Aditi</u>
9	DD231101301009	SRHU23000631	ADITYA BHANDARI (A)	(A)
10	DD231101301010	SRHU23000632	ADITYA JOSHI	<u>Aditya</u>
11	DD231101301011	SRHU23000633	ADITYA KUMAR (A)	(A)
12	DD231101301012	SRHU23000634	ADITYA VARDHAN SINGH (A)	(A)
13	DD231101301013	SRHU23000635	AISHLEE GOYAL	<u>Aishlee Goyal</u>
14	DD231101301014	SRHU23000636	AKSHITA GUPTA (A)	(A)
15	DD231101301015	SRHU23000637	AMRITANSHU VARMA (A)	(A)
16	DD231101301016	SRHU23000638	ANA PERVEEN (A)	(A)
17	DD231101301017	SRHU23000639	ANAM MALIK	<u>Anam</u>
18	DD231101301018	SRHU23000640	ANANT SINGH BISHT	<u>Anant</u>
19	DD231101301019	SRHU23000641	ANANYA SHARMA (A)	(A)
20	DD231101301020	SRHU23000642	ANANYA SHARMA	<u>Ananya</u>
21	DD231101301021	SRHU23000643	ANIKA SINGH	<u>Anika</u>
22	DD231101301022	SRHU23000644	ANIRUDH BHANDARI	<u>Anirudh</u>
23	DD231101301023	SRHU23000645	ANJALI VERMA (A)	(A)
24	DD231101301024	SRHU23000646	ANMOL JINDAL (A)	(A)
25	DD231101301025	SRHU23000647	ANSHIKA TOMAR	<u>Anshika</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
26	DD231101301026	SRHU23000648	APOORVA KOTHARI (A)	(A)
27	DD231101301027	SRHU23000649	ARCHITA RAWAT	archita
28	DD231101301028	SRHU23000650	ARIEKA RAINA	Arieka Raina
29	DD231101301029	SRHU23000651	ASHUTOSH GOLEY	Ashutosh Goley
30	DD231101301030	SRHU23000652	ASTHA GARG (A)	(A)
31	DD231101301031	SRHU23000653	AVNI GARG (A)	(A)
32	DD231101301032	SRHU23000654	AYUSH KONDAL	Ayush
33	DD231101301033	SRHU23000655	AYUSH PRATAP SINGH	Ayush
34	DD231101301034	SRHU23000656	CHARU BHATT	Charu
35	DD231101301035	SRHU23000657	CHINAR SINGLA (A)	Chinar Singla
36	DD231101301036	SRHU23000658	DEEPESH YADAV	Deepesh
37	DD231101301037	SRHU23000659	DESHNA JAIN	Deshna
38	DD231101301038	SRHU23000660	DEV YADAV	Dev
39	DD231101301039	SRHU23000661	DEVSHREE RASTOGI	Devshree
40	DD231101301040	SRHU23000662	DHAIRYA GULATI (A)	(A)
41	DD231101301041	SRHU23000663	DHRUV GARG	Dhruv
42	DD231101301042	SRHU23000664	DRISHTI BHATT	Drishiti
43	DD231101301043	SRHU23000665	EKTA CHANDRA	Ektachandra
44	DD231101301044	SRHU23000666	GAURI GOEL	Gauri
45	DD231101301045	SRHU23000667	GULMAFRUZA	Gulmafruz
46	DD231101301046	SRHU23000668	GUNIKA GULATI (A)	(A)
47	DD231101301047	SRHU23000669	HARI ANANT SHARMA (A)	(A)
48	DD231101301048	SRHU23000670	HARSHIKA SINGH	Harshika
49	DD231101301049	SRHU23000671	HARSHITA GOEL	Harshita
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	Ishta
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	K. Shridhar
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	<i>Manas</i>
77	DD231101301077	SRHU23000699	MANASWI GAIRI	<i>Manasi</i>
78	DD231101301078	SRHU23000700	MANISHA AGARWAL	<i>Manisha</i>
79	DD231101301079	SRHU23000701	MANTIKA PANT	<i>Mantika</i>
80	DD231101301080	SRHU23000702	MAYANK PANDEY	<i>Mayank</i>
81	DD231101301081	SRHU23000703	MAYURI AGARWAL	<i>Mayuri</i>
82	DD231101301082	SRHU23000704	MISHA SHAH	A
83	DD231101301083	SRHU23000705	MOHAMMAD SAQIB	A
84	DD231101301084	SRHU23000706	MOHD AMAN	<i>Aman</i>
85	DD231101301085	SRHU23000707	MOHID ALI	<i>Mohid</i>
86	DD231101301086	SRHU23000708	MUSKAN	<i>Muskan</i>
87	DD231101301087	SRHU23000709	MUSKAN YADAV	<i>Muskan</i>
88	DD231101301088	SRHU23000710	NAMIT CHADHA	<i>Namit</i>
89	DD231101301089	SRHU23000711	NANDA SINGH	A
90	DD231101301090	SRHU23000712	NIKHIL PAL	<i>Nikhil</i>
91	DD231101301091	SRHU23000713	NIKITA KOHLI	<i>Nikita</i>
92	DD231101301092	SRHU23000714	NILANJANA SINGH	<i>Nilanjana</i>
93	DD231101301093	SRHU23000715	NIMISH GARG	A
94	DD231101301094	SRHU23000716	NISHTHA SINGH	<i>Nishtha</i>
95	DD231101301095	SRHU23000717	PALAK BAMETHA	A
96	DD231101301096	SRHU23000718	PARAM RATHI	A
97	DD231101301097	SRHU23000719	PRABAL RAJORA	A
98	DD231101301098	SRHU23000720	PRACHI SINGH	<i>Prachi</i>
99	DD231101301099	SRHU23000721	PRAKRITI AGRAWAL	<i>Prakriti</i>
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	Raj
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	Saranishi
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	<i>Simran</i>
127	DD231101301127	SRHU23000749	SOMYA SHARMA	<i>Somya</i>
128	DD231101301128	SRHU23000750	SRISHTI SINGHAL	<i>Srishti</i>
129	DD231101301129	SRHU23000751	SUDHANSHU SUYAL	<i>Suyal</i>
130	DD231101301130	SRHU23000752	SUHANI CHANDA	<i>Suhani</i>
131	DD231101301131	SRHU23000753	SUKRITI MISHRA	<i>Sukriti</i>
132	DD231101301132	SRHU23000754	SWAMITA	A
133	DD231101301133	SRHU23000755	SWAPNIL SHRUTI	A
134	DD231101301134	SRHU23000756	SYED ZAID ALI	<i>Syed</i>
135	DD231101301135	SRHU23000757	TAMANNA MOUDGIL	A
136	DD231101301136	SRHU23000758	TANIEEM HUDA	<i>Tanieem</i>
137	DD231101301137	SRHU23000759	TANISHK GOEL	A
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	A
142	DD231101301142	SRHU23000764	UDAY MANDER	<i>Uday</i>
143	DD231101301143	SRHU23000765	UDAY SHARMA	<i>Uday</i>
144	DD231101301144	SRHU23000766	UJJWAL	A
145	DD231101301145	SRHU23000767	UPANSHU GOYAL	<i>Upanshu</i>
146	DD231101301146	SRHU23000768	URVASHI JAKHMOLA	<i>Urvashi</i>
147	DD231101301147	SRHU23000769	UVESH	<i>Uvesh</i>
148	DD231101301148	SRHU23000770	VAISHNAVI KANDARI	<i>Vaishnavi</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 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	<i>crossed</i>
154	DD22114301095		MOHAMMED ARSHIL QAMAR	A
155	DD22114301105		PRABAL KUMAR WALIA	<i>Prabal</i>



HIMALAYAN INSTITUTE 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 1<sup>st</sup> -8<sup>th</sup> August 2024 at institute field practice area.



**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.



## First Breastfeeding Beneficial For Both Mother And Newborn's Health



**Doiwala (The Hawk):** An awareness program was organized at Himalayan Hospital Jollygrah 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 breastfeeding session is beneficial for both the mother's and the newborn's health. 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 19%. The first milk of the mother is rich in vitamins, helps clean the infant's intestines, 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 the case of a caesarean delivery, the mother can start 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. Sudiksha Sharma, Swasti Garg, Swati Bisht, Vaibhav Gupta, Vamika Sharma, Saksham Srivastava, Vaibhav Rana, and health worker Farzana participated in the campaign.



## एचआइएचटी ने डोईवाला क्षेत्र में चलाया जागरूकता अभियान

संवाद सहयोगी जागरण • डोईवाला : हिमालयन हॉस्पिटल जॉलीग्राह के चिकित्सकों ने विश्व स्तनपान सप्ताह के तहत माताओं को शिशुओं को स्तनपान कराने के प्रति जागरूक किया गया। साथ ही स्तनपान से मां व नवजात को होने वाले लाभ की जानकारी दी।

हिमालयन इंस्टीट्यूट आफ मेडिकल साइंसेज के कम्युनिटी मेडिसिन विभाग व हिमालयन हॉस्पिटल की ओर से डोईवाला के आसपास के ग्रामीण क्षेत्रों में सप्ताह भर तक चले जागरूकता अभियान में नवजात शिशुओं की माताओं को स्तनपान के विषय में जानकारी दी गई। विभागाध्यक्ष डा. अशोक कुमार श्रीवास्तव ने कहा कि पहला स्तनपान मां और नवजात दोनों के स्वास्थ्य के लिए लाभदायक है। मां का पहला गाढ़ा पीला दूध बच्चे का पहला टीकाकरण है, इससे बच्चे को आवश्यक खनिज व रोगों से लड़ने की शक्ति मिलती है। कहा कि स्तनपान सप्ताह मनाने का उद्देश्य मातृशक्ति को इसके प्रति जागरूक करना है। स्तनपान से 19 प्रतिशत शिशु मृत्यु दर व कुपोषण को कम किया जा सकता है। मां का पहला दूध विटामिन युक्त होता है। यह शिशुओं



विश्व स्तनपान सप्ताह के तहत गांव में जागरूकता अभियान चलाते हिमालयन हॉस्पिटल जॉलीग्राह के डॉक्टर • जागरण

की आंती की सफाई व शिशु को पीलिया से बचाने में सहायता करता है। डा. सुरभि मिश्रा ने बताया कि जागरूकता के अभाव में लोगों में यह भांति है कि पहला दूध घातक हो सकता है। इसको दूर करने के लिए यह साप्ताहिक अभियान चलाया जा रहा है। उन्होंने बताया कि जन्म के करीब आधे घंटे बाद मां अपने शिशु को स्तनपान करा सकती है। वहीं सर्जरी से हुए शिशु को मां करीब चार घंटे बाद या एनिस्थीसिया के प्रभाव से बाहर आने के बाद स्तनपान करा

सकती है। ऐसा करने से शिशु 3 मां दोनों ही स्वस्थ रहते हैं। साथ शिशु का नैतिक विकास तेजी होता है और जीवन में कैंसर, मधुमे उच्च रक्तचाप का खतरा कम हो है। डा. अयनि गुप्ता, डा. चिरा जेशी, डा. सुदीक्षा शर्मा, स्वस्ति ग स्वाति निष्ट, वैभव गुप्ता, वामि शर्मा, सक्षम श्रीवास्तव, वैभव रा स्वास्थ्य कार्यकर्ता फरजाना आदि।

ऋषिकेश की ओर भी खबरें पढ़ें  
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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.



**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: 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.

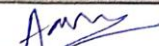
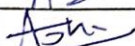

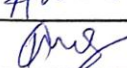


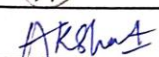
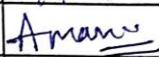


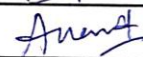
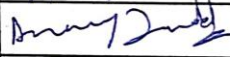
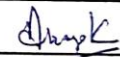



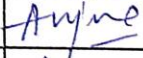
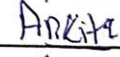
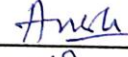

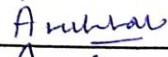


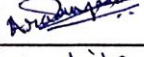
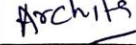
**Overview:** The visit involved 64 MBBS students who participated in the Family Adoption Programme. The students were paired with families in the local community, and their task was to collect essential health-related information and fill in their logbooks.

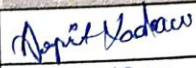






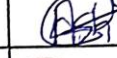

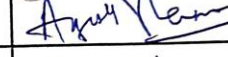
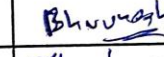
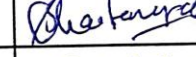



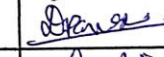
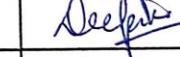







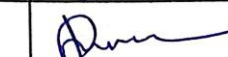
#### **Activities:**

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


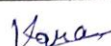
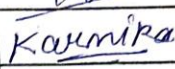
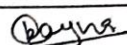
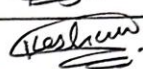


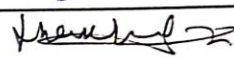


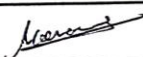
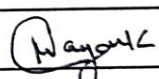

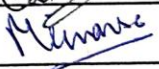
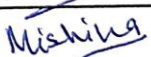
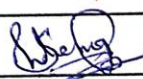



DEPARTMENT OF COMMUNITY MEDICINE SPECIALIST HEALTH UNDER FAMILY ADOPTION PROGRAM MBBS BATCH- 2022				
				21/7/2024
Sr. No.	Registration No.	Enrollment No.	Student Name	Signature (21/7/2024)
1	DD22114301001	SRHU22000526	AARNESH PUNERA	
2	DD22114301002	SRHU22000527	AASHINA	
3	DD22114301003	SRHU22000528	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	

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature (21/7/2024)
26	DD22114301026	SRHU22000551	ARPIT YADAV	
27	DD22114301027	SRHU22000552	ARUNIMA SARAN	
28	DD22114301028	SRHU22000553	ARYA AGARWAL	
29	DD22114301029	SRHU22000554	ARYAN ASWAL	
30	DD22114301030	SRHU22000555	ARYAN PRATAP SINGH	
31	DD22114301031	SRHU22000556	ASHIKA KASHYAP	
32	DD22114301032	SRHU22000557	ASHMIT VERMA	
33	DD22114301033	SRHU22000558	ASHWIN SHARMA	
34	DD22114301034	SRHU22000559	ASMI NEGI	
35	DD22114301035	SRHU22000560	AYUSH VERMA	
36	DD22114301036	SRHU22000561	BHUVNESH CHAUHAN	
37	DD22114301037	SRHU22000562	CHAITANYA SUNTA	
38	DD22114301038	SRHU22000563	CHETNA PANDEY	
39	DD22114301039	SRHU22000564	DAKSHESH VERMA	
40	DD22114301040	SRHU22000565	DAVIZ GODARA	
41	DD22114301041	SRHU22000566	DEEPANKAR PANWAR	
42	DD22114301042	SRHU22000567	DEEPIKA ANEJA	
43	DD22114301043	SRHU22000568	DEVANSHU VASISHTA	
44	DD22114301044	SRHU22000569	DHANANJAY JOSHI	
45	DD22114301045	SRHU22000570	DHEERAJ PRATAP SINGH	
46	DD22114301046	SRHU22000571	DIGANTA KAPOOR	
47	DD22114301047	SRHU22000572	DISHA ARORA	
48	DD22114301048	SRHU22000573	DIVYAM PANWAR	
49	DD22114301049	SRHU22000574	DIVYANSH ARYA	
50	DD22114301050	SRHU22000575	DRISHTDEUM MALIK	


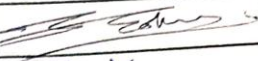
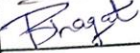


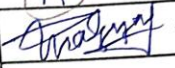

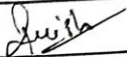
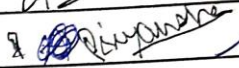
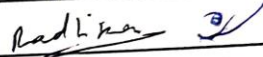

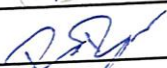
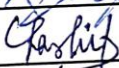
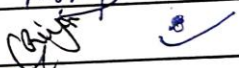


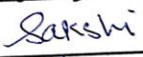
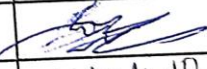
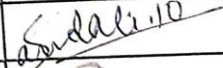




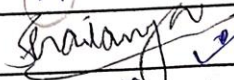



Batch- 2022 B-Batch

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 Singh</i>
55	DD22114301055	SRHU22000580	GAURI BHATIA	<i>Gauri Bhatia</i>
56	DD22114301056	SRHU22000581	GIRENDER CHAUDHARY	<i>Girender</i>
57	DD22114301057	SRHU22000582	GORESH GIRI	A
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	A
62	DD22114301062	SRHU22000587	HARSHITA CHANDRA	<i>Harshita</i>
63	DD22114301063	SRHU22000588	HARSHITA PRAHARI	<i>Harshita</i>
64	DD22114301064	SRHU22000589	HIBA HAQUE	A
65	DD22114301065	SRHU22000590	HIMANI BHARDWAJ	<i>Himani</i>
66	DD22114301066	SRHU22000591	HIMANSHU RANA	<i>H. Rana</i>
67	DD22114301067	SRHU22000592	IPSIT SHARMA	<i>Ipsit</i>
68	DD22114301068	SRHU22000593	IQRA ASHRAF	A
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>

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature (21/7/2024)
76	DD22114301076	SRHU22000601	KAIF AHMED	
77	DD22114301077	SRHU22000602	KANAK SHARMA	A
78	DD22114301078	SRHU22000603	KARAN SINGH NEGI	
79	DD22114301079	SRHU22000604	KARNIKA RATHORE	
80	DD22114301080	SRHU22000605	KARTIK SACHDEVA	A
81	DD22114301081	SRHU22000606	KAYNA BAJAJ	
82	DD22114301082	SRHU22000607	KESHAV PANDE	
83	DD22114301083	SRHU22000608	KHUSHI JAIN	
84	DD22114301084	SRHU22000609	KRISHNA MANI YADAV	A
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	A
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	A
96	DD22114301096	SRHU22000621	MOHD SHAHE NIGAR	
97	DD22114301097	SRHU22000622	MUDIT JANGPANGI	
98	DD22114301098	SRHU22000623	NAMAN ARYA	A
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	
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 (21/7/2024)
126	DD22114301126	SRHU22000651	SHIVANG RAGHURAJ	
127	DD22114301127	SRHU22000652	SHRUTI	
128	DD22114301128	SRHU22000653	SHRUTI GOSWAMI	
129	DD22114301129	SRHU22000654	SIDDHARTHA 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 Pipli	Aashray
153	1030		Ashmita	Ashmita
154	1079		Navneet Singh	Navneet
155	1078		Navneet Saini ✓	N Saini
156	1134		Sunidhi	Sunidhi
157	1060		Jigyansha	Jigyansha
158	1120		Shristi	Shristi
159	1031		Ashmit	Ashmit
160	1018		Anish o	Anish
161	1034		<del>Ayush</del> o	<del>Ayush</del> A
162	1084		✓ Mishant o	Mishant
163	1401		<del>Rajat</del> o	<del>Rajat</del> A
164	1097		✓ Puneet o	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:**


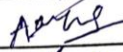
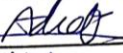

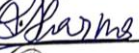


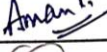









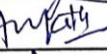
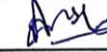




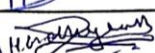
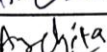
1. **Family Assignment:** In the preceding visits, individual students were designated to specific families within the community. On this occasion, the students revisited these assignments to gather additional information.
  2. **Data Collection:** Students interacted with their respective families to 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 <span style="float: right;">20/7/2024</span>				
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	

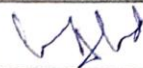

29/7

Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
26	DD22114301026	SRHU22000551	ARPIT YADAV	Arpit Yadav
27	DD22114301027	SRHU22000552	ARUNIMA SARAN	Arunima
28	DD22114301028	SRHU22000553	ARYA AGARWAL	Arya
29	DD22114301029	SRHU22000554	ARYAN ASWAL	Aryan
30	DD22114301030	SRHU22000555	ARYAN PRATAP SINGH	Aryan
31	DD22114301031	SRHU22000556	ASHIKA KASHYAP	Ashika
32	DD22114301032	SRHU22000557	ASHMIT VERMA	Ashmit
33	DD22114301033	SRHU22000558	ASHWIN SHARMA	Ashwin
34	DD22114301034	SRHU22000559	ASMI NEGI	(A)
35	DD22114301035	SRHU22000560	AYUSH VERMA	Ayush
36	DD22114301036	SRHU22000561	BHUVNESH CHAUHAN	Bhuvnesh
37	DD22114301037	SRHU22000562	CHAITANYA SUNTA	Chaitanya
38	DD22114301038	SRHU22000563	CHETNA PANDEY	Chetna
39	DD22114301039	SRHU22000564	DAKSHESH VERMA	Dakshesh
40	DD22114301040	SRHU22000565	DAVIZ GODARA	Daviz
41	DD22114301041	SRHU22000566	DEEPANKAR PANWAR	Deepankar
42	DD22114301042	SRHU22000567	DEEPIKA ANEJA	Deepika
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



29/7


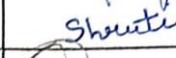


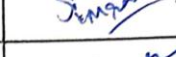
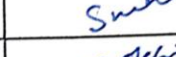
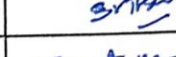
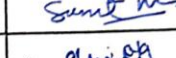
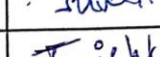
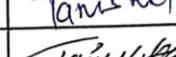
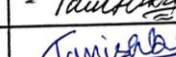
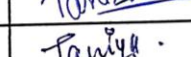
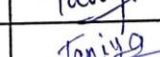
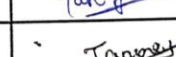
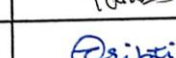


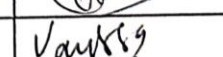
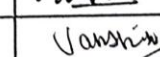
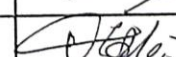
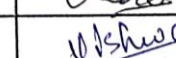

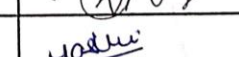

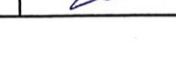
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52	DD22114301052	SRHU22000577	GAURANGI AGARWAL	<i>Gaurangi</i>
53	DD22114301053	SRHU22000578	GAURAV PAL	<i>Gaurav</i>
54	DD22114301054	SRHU22000579	GAURAV SINGH	<i>Gaurav</i>
55	DD22114301055	SRHU22000580	GAURI BHATIA	<i>Gauri</i>
56	DD22114301056	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</i>
61	DD22114301061	SRHU22000586	HARSHITA	<i>A</i>
62	DD22114301062	SRHU22000587	HARSHITA CHANDRA	<i>Harshita C</i>
63	DD22114301063	SRHU22000588	HARSHITA PRAHARI	<i>Harshita P</i>
64	DD22114301064	SRHU22000589	HIBA HAQUE	<i>Hiba</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>Iqra</i>
69	DD22114301069	SRHU22000594	ISHANK SINGH	<i>Isank</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	(A)
78	DD22114301078	SRHU22000603	KARAN SINGH NEGI	Karan
79	DD22114301079	SRHU22000604	KARNIKA RATHORE	Karnika
80	DD22114301080	SRHU22000605	KARTIK SACHDEVA	Kartik
81	DD22114301081	SRHU22000606	KAYNA BAJAJ	Kayna
82	DD22114301082	SRHU22000607	KESHAV PANDE	Keshav
83	DD22114301083	SRHU22000608	KHUSHI JAIN	
84	DD22114301084	SRHU22000609	KRISHNA MANI YADAV	(A)
85	DD22114301085	SRHU22000610	KRITI GUPTA	Kriti
86	DD22114301086	SRHU22000611	LAKSHYA SINGH CHAUHAN	Lakshya
87	DD22114301087	SRHU22000612	MALINI TOMAR	Malini
88	DD22114301088	SRHU22000613	MALVIKA KALRA	Malvika
89	DD22114301089	SRHU22000614	MANAVI BAANIYA	Manavi
90	DD22114301090	SRHU22000615	MANNAT BHATT	Mannat
91	DD22114301091	SRHU22000616	MAYANK	Mayank
92	DD22114301092	SRHU22000617	MD SAKIB	Sakib
93	DD22114301093	SRHU22000618	MIMANSA MISHRA	Mimansa
94	DD22114301094	SRHU22000619	MISHIKA KUKREJA	Mishika
95	DD22114301095	SRHU22000620	MOHAMMED ARSHIL QAMAR	(A)
96	DD22114301096	SRHU22000621	MOHD SHAHE NIGAR	Mohd Shahe Nigar
97	DD22114301097	SRHU22000622	MUDIT JANGPANGI	Mudit
98	DD22114301098	SRHU22000623	NAMAN ARYA	Naman
99	DD22114301099	SRHU22000624	NANDINI AGARWAL	Nandini
100	DD22114301100	SRHU22000625	NASEERUDDIN	Naseeruddin



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

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Sr. No.	Registration No.	Enrollment No.	Student Name	Signature
126	DD22114301126	SRHU22000651	SHIVANG RAGHURAJ	
127	DD22114301127	SRHU22000652	SHRUTI	
128	DD22114301128	SRHU22000653	SHRUTI GOSWAMI	
129	DD22114301129	SRHU22000654	SIDDHARTHA 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	



20/7

[illegible]



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.



**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 Drive



# ATTENDANCE

SNo	Name	Registration No	Enrollment No	05-06-2024
1	DD231101301001	SRHU23000623	AARADHYA THUKRAL	A
2	DD231101301002	SRHU23000624	AASTHA JUNEJA	<i>Aastha</i>
3	DD231101301003	SRHU23000625	AASTHA KUMAR	<i>Aastha Kumar</i>
4	DD231101301004	SRHU23000626	AASTHA SAHARAN	<i>Aastha</i>
5	DD231101301005	SRHU23000627	ABHIGYAN SINGH	A
6	DD231101301006	SRHU23000628	ABHINAV KATARIA	<i>Abhinav</i>
7	DD231101301007	SRHU23000629	ABHINAV SINGH	<i>Abhinav</i>
8	DD231101301008	SRHU23000630	ADITI	A
9	DD231101301009	SRHU23000631	ADITYA BHANDARI	<i>Aditya</i>
10	DD231101301010	SRHU23000632	ADITYA JOSHI	<i>Aditya</i>
11	DD231101301011	SRHU23000633	ADITYA KUMAR	A
12	DD231101301012	SRHU23000634	ADITYA VARDHAN SINGH	A
13	DD231101301013	SRHU23000635	AISHLEE GOYAL	<i>Aishlee</i>
14	DD231101301014	SRHU23000636	AKSHITA GUPTA	A
15	DD231101301015	SRHU23000637	AMRITANSHU VARMAN	A
16	DD231101301016	SRHU23000638	ANA PERVEEN	<i>Ana</i>
17	DD231101301017	SRHU23000639	ANAM MALIK	<i>Anam</i>
18	DD231101301018	SRHU23000640	ANANT SINGH BISHT	<i>Anant</i>
19	DD231101301019	SRHU23000641	ANANYA SHARMA	<i>Ananya</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>P Anju</i>
24	DD231101301024	SRHU23000646	ANMOL JINDAL	A
25	DD231101301025	SRHU23000647	ANSHIKA TOMAR	<i>Anshika</i>

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

SNo	Name	Registration No	Enrollment No	05-06-2024
26	DD231101301026	SRHU23000648	APOORVA KOTHARI	A
27	DD231101301027	SRHU23000649	ARCHITA RAWAT	Archita
28	DD231101301028	SRHU23000650	ARIEKA RAINA	Arieka Raina
29	DD231101301029	SRHU23000651	ASHUTOSH GOLEY	Ashutosh Goley
30	DD231101301030	SRHU23000652	ASTHA GARG	A
31	DD231101301031	SRHU23000653	AVNI GARG	Avni
32	DD231101301032	SRHU23000654	AYUSH KONDAL	Ayush
33	DD231101301033	SRHU23000655	AYUSH PRATAP SINGH	Ayush
34	DD231101301034	SRHU23000656	CHARU BHATT	Charu
35	DD231101301035	SRHU23000657	CHINAR SINGLA	Chinar Singla
36	DD231101301036	SRHU23000658	DEEPESH YADAV	A
37	DD231101301037	SRHU23000659	DESHNA JAIN	A
38	DD231101301038	SRHU23000660	DEV YADAV	A
39	DD231101301039	SRHU23000661	DEVSHREE RASTOGI	Devshree
40	DD231101301040	SRHU23000662	DHAIRYA GULATI	Dhairya
41	DD231101301041	SRHU23000663	DHRUV GARG	A
42	DD231101301042	SRHU23000664	DRISHTI BHATT	Drishiti
43	DD231101301043	SRHU23000665	EKTA CHANDRA	Epta
44	DD231101301044	SRHU23000666	GAURI GOEL	A
45	DD231101301045	SRHU23000667	GULMAFRUZA	A
46	DD231101301046	SRHU23000668	GUNIKA GULATI	Gunika
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	05-06-2024
51	DD231101301051	SRHU23000673	HINA KAUSHAR	A
52	DD231101301052	SRHU23000674	ISHA PANGHAL	A
53	DD231101301053	SRHU23000675	ISHAN KAPIL	<i>Ishtar</i>
54	DD231101301054	SRHU23000676	ISHAN SHARMA	<i>Ishtar</i>
55	DD231101301055	SRHU23000677	ISHITA GARG	A
56	DD231101301056	SRHU23000678	JAHANVI RAJPAL	<i>Jahani</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>Kartikey</i>
61	DD231101301061	SRHU23000683	KARTIKEY THAPLIYAL	<i>Kartikey</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	05-06-2024
76	DD231101301076	SRHU23000698	MANAS CHOUDHARY	A
77	DD231101301077	SRHU23000699	MANASWI GAIRI	A
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	Misha
83	DD231101301083	SRHU23000705	MOHAMMAD SAQIB	A
84	DD231101301084	SRHU23000706	MOHD AMAN	Mohd 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	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	05-06-2024
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</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>Saranishi</i>
117	DD231101301117	SRHU23000739	SHAGUN	<i>Shagun</i>
118	DD231101301118	SRHU23000740	SHAHNAWAZ HUSSAIN	<i>Shahnawaz</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	05-06-2024
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	SUDHANSHU SUYAL	<i>Suyal</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	05-05-2024
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.



**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.





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	8/6/24
1	DD22114301001	SRHU22000526	AARNESH PUNERA	<i>Arnesh</i>
2	DD22114301002	SRHU22000527	AASHNA	<i>Aashna</i>
3	DD22114301003	SRHU22000528	ADEEB KHAN	<i>Aadeeb</i>
4	DD22114301004	SRHU22000529	ADITYA GOYAL	<i>Aditya</i>
5	DD22114301005	SRHU22000530	ADITYA SHARMA	<i>Aditya</i>
6	DD22114301006	SRHU22000531	AKSHAT SINGHAL	<i>Akshat</i>
7	DD22114301007	SRHU22000532	AKSHAT SINGHAL	<i>Akshat</i>
8	DD22114301008	SRHU22000533	AMAN	<i>Amans</i>
9	DD22114301009	SRHU22000534	AMAN REHMAN	<i>A</i>
10	DD22114301010	SRHU22000535	ANANNYA TRIPATHI	<i>Anannya</i>
11	DD22114301011	SRHU22000536	ANANT JAIN	<i>Anant</i>
12	DD22114301012	SRHU22000537	ANANYA JINDAL	<i>Ananya Jindal</i>
13	DD22114301013	SRHU22000538	ANANYA KANDPAL	<i>A</i>
14	DD22114301014	SRHU22000539	ANANYA MITTAL	<i>Ananya</i>
15	DD22114301015	SRHU22000540	ANANYA VERMA	<i>A</i>
16	DD22114301016	SRHU22000541	ANCHAL RAMOLA	<i>Anchal</i>
17	DD22114301017	SRHU22000542	ANJUL GAUTAM	<i>A</i>
18	DD22114301018	SRHU22000543	ANKITA	<i>Ankita</i>
19	DD22114301019	SRHU22000544	ANSH KAPOOR	<i>Ansh</i>
20	DD22114301020	SRHU22000545	ANSHIKA TANDON	<i>Anshika</i>
21	DD22114301021	SRHU22000546	ANUBHAV BAHUGUNA	<i>Anubhav</i>
22	DD22114301022	SRHU22000547	ANUSHKA KAUSHIK	<i>Anushka</i>
23	DD22114301023	SRHU22000548	APARAJITA DIMRI	<i>Aparajita</i>



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DEPARTMENT OF COMMUNITY MEDICINE  
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MBBS BATCH- 2022

Sr. No.	Registration No.	Enrollment No.	Student Name	8/6/24
24	DD22114301024	SRHU22000549	ARADHYAA BAKSHI	<i>Aradhyaa Bakshi</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 Agarwal</i>
29	DD22114301029	SRHU22000554	ARYAN ASWAL	<i>Aryan Aswal</i>
30	DD22114301030	SRHU22000555	ARYAN PRATAP SINGH	<i>Aryan Singh</i>
31	DD22114301031	SRHU22000556	ASHIKA KASHYAP	A
32	DD22114301032	SRHU22000557	ASHMIT VERMA	A
33	DD22114301033	SRHU22000558	ASHWIN SHARMA	<i>Ashwin</i>
34	DD22114301034	SRHU22000559	ASMI NEGI	A
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	A
41	DD22114301041	SRHU22000566	DEEPANKAR PANWAR	<i>Deepankar</i>
42	DD22114301042	SRHU22000567	DEEPIKA ANEJA	<i>Deepika</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>D. Kapoor</i>



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

DEPARTMENT OF COMMUNITY MEDICINE  
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MBBS BATCH- 2022

Sr. No.	Registration No.	Enrollment No.	Student Name	
70	DD22114301070	SRHU22000595	ITHARTH KAMBOJ	<i>[Signature]</i>
71	DD22114301071	SRHU22000596	JAHNVI	<i>[Signature]</i>
72	DD22114301072	SRHU22000597	JAI CHHIMWAL	<i>[Signature]</i>
73	DD22114301073	SRHU22000598	JHANVI TAPARIA	<i>[Signature]</i>
74	DD22114301074	SRHU22000599	JYOTI PANWAR	<i>[Signature]</i>
75	DD22114301075	SRHU22000600	JYOTSNA SHARMA	<i>[Signature]</i>

**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.



**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 जौलीग्रॉंट ने मंगलवार को विश्व मधुमेह दिवस पर जागरूकता अभियान चलाया। • हिन्दुस्तान

### मधुमेह बीमारी को लेकर जागरूक किया

डोईवाला। विश्व मधुमेह दिवस पर हिमालयन इंस्टीट्यूट ऑफ मेडिकल साइंसेज जौलीग्रॉंट की ओर से जागरूकता अभियान चलाया गया। इस दौरान लोगों के बीच स्वस्थ जीवन शैली को बढ़ावा देने के लिए विभिन्न गतिविधियों का आयोजन किया गया। विभागाध्यक्ष डॉ. अशोक 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*