

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

GENDER EQUALITY & INCLUSION CLUB (SDG Champions Club)

1. Introduction

The Gender Equality & Inclusion Club at SRHU promotes equity, empowerment, and inclusive participation across campus life. Aligned with SDGs 5 and 10, the club addresses gender-based disparities and social inequalities through awareness, advocacy, and student-led action. With gender sensitivity embedded in SRHU's curriculum - across over 200 courses - the club complements academic learning with experiential engagement, fostering a campus culture rooted in respect, representation, and equal opportunity.

2. Objectives

The objectives of the Club are:

- Raise awareness on gender equity and social inclusion through sensitization sessions, campaigns, and peer-led discussions.
- Support SRHU's inclusive academic environment by linking club activities with gender-focused curriculum and institutional policies.
- Empower students to challenge stereotypes and promote safe spaces through dialogue, creative expression, and leadership roles.
- Facilitate outreach and engagement with marginalized communities to promote equity in education, health, and opportunity.

3. Club Committee

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

Composition	Roles
Dr Nupur Joshi, Assistant Professor, HSBS	Chairperson
Dr Ujjwal Nautiyal, Associate Professor, HSPS	Treasurer
Dr Nikku Yadav, Associate Professor, HIMS	Member Secretary
Ms Namrata Ruth, Student, HSPS	Member

Students Detail

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Nupur Kundaliya	DD231109301015	SRHU23001305	B. Pharmacy
2	Parmpra Chauhan	DD231109301016	SRHU23001306	B. Pharmacy

3	Sheetal Dubey	DD22112302035	SRHU22000126	B.Com
4	Shobhit Painuly	DD22112302036	SRHU22000127	B.Com
5	Shreya Sharma	DD22112302037	SRHU22000128	B.Com
6	Amisha	DD22114305008	SRHU22000286	B.Optom.
7	Khushboo Gupta	DD22115302007	SRHU22000481	B.Sc. (Hons) Microbiology
8	Shubham Gusain	DD22115302013	SRHU22000487	B.Sc. (Hons) Microbiology
9	Anishka	DD2113302016	SRHU21000458	B.Sc. (Nursing)
10	Ayush Thapa	DD2113302033	SRHU21000475	B.Sc. (Nursing)
11	Kumkum Dhiman	DD2113302067	SRHU21000509	B.Sc. (Nursing)
12	Lakhveer Kaur	DD2113302068	SRHU21000510	B.Sc. (Nursing)
13	Abhay Singh Gusain	DD22118301034	SRHU22000042	B.Sc. Yoga
14	Ansh Verma	DD22114302005	SRHU22000292	BASLP
15	Sneha Dobriyal	DD22112301037	SRHU22000081	BBA
16	Sumit Dokwal	DD22112301038	SRHU22000082	BBA
17	Tulika Uniyal	DD22112301040	SRHU22000084	BBA
18	Surya Pratap Chauhan	DD22111301048	SRHU22000381	BCA
19	Vidhi Sharma	DD22111301049	SRHU22000382	BCA
20	Priya Uniyal	DD22114303022	SRHU22000222	BMLT
21	Priyanshi	DD22114303023	SRHU22000223	BMLT
22	Ishika Mehrotra	DD22114306006	SRHU22000176	BPT
23	Mukul	DD22114306015	SRHU22000185	BPT
24	Nashra Shamshi	DD22114306016	SRHU22000186	BPT
25	Kiran	DD22114307013	SRHU22000242	BRIT
26	Manish Kumar	DD22114307014	SRHU22000243	BRIT
27	Sadaf Parveen	DD23106301031	SRHU23000825	BSc Biotechnology
28	Sakshi	DD23106301032	SRHU23000826	BSc Biotechnology

29	Sakshi Khatri	DD23106301033	SRHU23000827	BSc Biotechnology
30	Ritik Mamgain	DD22118501002	SRHU18000670	M.Sc. Yoga Sciences
31	Megha Rawat	DD22118501005	SRHU18000674	M.Sc. Yoga Sciences
32	Ayush Negi	DD22118501008	SRHU18000667	M.Sc. Yoga Sciences
33	Akshat Pal	DD2114301012	SRHU21000624	MBBS
34	Amisha Singh	DD2114301013	SRHU21000625	MBBS
35	Ankit Mann	DD2114301021	SRHU21000633	MBBS
36	Aruna Arora	DD2114301027	SRHU21000639	MBBS
37	Bhavit Gupta	DD2114301036	SRHU21000648	MBBS
38	Dhwani Jain	DD2114301040	SRHU21000652	MBBS
39	Ishita Kalra	DD2114301056	SRHU21000668	MBBS
40	Nishant Singh	DD2114301084	SRHU21000696	MBBS
41	Pratistha Puri	DD2114301093	SRHU21000705	MBBS
42	Akanksha Verma	DD22114522001	SRHU22000146	MPT (Ortho)
43	Ishita Jain	DD22114522002	SRHU22000147	MPT (Ortho)

4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary with prior approval of the Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to the date of the meeting.

7.	Minutes of the Meeting	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting
8.	Duties and function	<ul style="list-style-type: none"> a) Plan and manage gender sensitization programs for students and staff, aligned with SRHU's anti-discrimination policies. b) Coordinate student-led forums and campaigns on gender rights, accessibility, and inclusive practices. c) Collaborate with faculty to reinforce classroom learning through club-based activities and experiential projects. d) Support grievance redressal awareness by promoting ICC mechanisms and safe reporting channels.
9.	Funding and Resources	<ul style="list-style-type: none"> a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the club Committee
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

5. Services Offered

- Gender Sensitization Workshops for new students and staff
- Poster Campaigns on gender stereotypes and equity
- Celebration of International Women's Day & Pride Month
- Outreach to Local Schools on gender and inclusion themes
- Student-Led Research Projects on gender bias in healthcare, education, or media


Sign. of Chairperson


Sign. of Treasurer


Sign. of Member Secretary

SWAMI RAMA HIMALAYAN UNIVERSITY

NOTICE

Date: 4th March 2025

The Himalayan College of Nursing (HCN), in collaboration with the Gender Equality and Inclusion Club under the SDG Champions Club, SRHU, will celebrate International Women's Day on 8th March 2025.

Venue: Himalayan College of Nursing, SRHU

All students and faculty members are encouraged to join in celebrating the spirit of womanhood and reaffirming our commitment to gender equity.



Dr Nupur Joshi
Chairperson
Gender Equality and Inclusion Club

Theme: “*Nari Shakti Se Viksit Bharat*”

Organised by:

- Himalayan College of Nursing (HCN), SRHU
- Gender Equality and Inclusion Club, SDG Champions Club, SRHU

To celebrate the spirit of womanhood and reaffirm the commitment to gender equity, International Women's Day was observed on 8th March 2025 at the Himalayan College of Nursing (HCN) in collaboration with the Gender Equality and Inclusion Club, under the SDG Champions Club of SRHU.

A virtual telecast of the National Conference held at Vigyan Bhavan, New Delhi, was organized, bringing students and faculty together to witness a high-level national dialogue on women's empowerment. The event aligned with this year's theme—"Nari “Shakti Se Viksit Bharat”, which emphasised the transformative role of women in building a progressive nation.

Key Highlights of the Program:

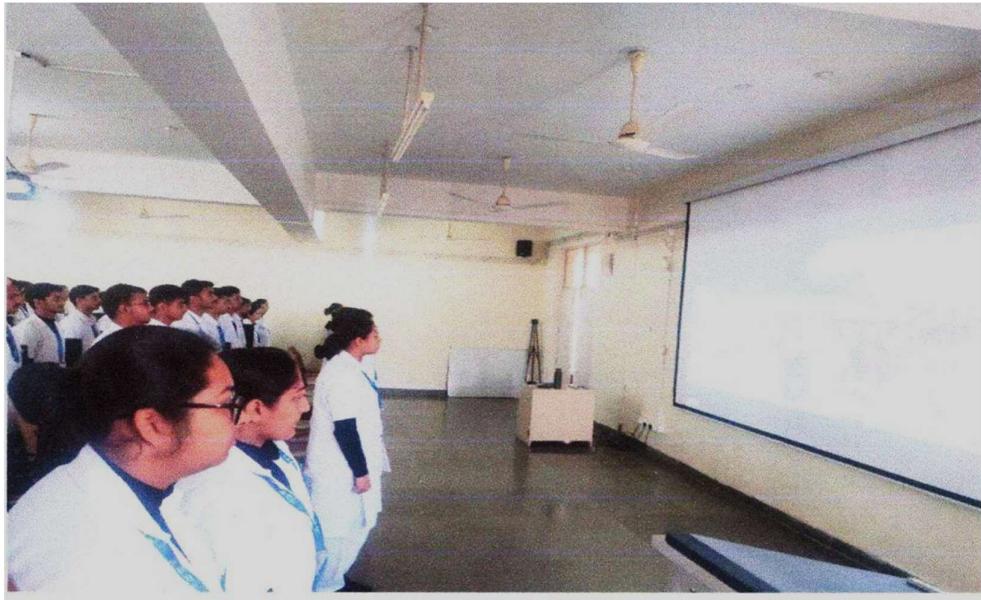
- Presidential Address:
The President of India delivered a powerful virtual address highlighting the multifaceted contributions of women across key sectors, including education, health, technology, leadership, defence, and safety.
- Screening of Short Film:
A short film was screened celebrating women's achievements and contributions towards national development, inspiring the participants with real-life success stories of resilience and leadership.

Event Details:

- Venue: Himalayan College of Nursing, SRHU
- Participants: Students and faculty of HCN

Impact:

- Total Participants: 87
- This event, supported by the Gender Equality and Inclusion Club, served as a reminder of the collective responsibility to create inclusive spaces where women's voices are heard and their leadership is nurtured—both within and beyond the University.



Telecast of National conference on the occasion of International Women's Day attended by 87 participants

Attendance

Himalayan College of Nursing

Swami Rama Himalayan University

Attendance Sheet For Women's Day

S.No.	Registration No.	Name of Student	Batch	Signature
1	DD241103301011	Aditi Kulkarni	BSC(N) 1 st Sem	<u>Aditi</u>
2	DD241103301066	Harshita	BSC(N) 1 st Sem	<u>Harshita</u>
3	DD241103301019	Anisha Bhandarkar	BSC(N) 1 st Sem	<u>Anisha</u>
4	DD241103301017	Akshita Ghosh	BSC(N) 1 st Sem	<u>Akshita</u>
5	DD241103301092	Kriti Tyagi	BSC(N) 1 st Sem	<u>Kriti</u>
6	DD241103301023	Anjali Dhasmana	BSC(N) 1 st Sem	<u>Anjali</u>
7	DD241103301089	Krish Bhatt	BSC(N) 1 st Sem	<u>Krish</u>
8	DD241103301061	Divyanshu Negi	BSC(N) 1 st Sem	<u>Divyanshu</u>
9	DD241103301048	Ayush Goyal	BSC(N) 1 st Sem	<u>Ayush</u>
10	DD241103301069	Ishika Tewari	BSC(N) 1 st Sem	<u>Ishika</u>
11	DD241103301093	Mahak	BSC(N) 1 st Sem	<u>Mahak</u>
12	DD241103301014	Aditiya Bhaiwala	BSC(N) 1 st Sem	<u>Aditiya</u>
13	DD241103301043	Ashish Naik	BSC(N) 1 st Sem	<u>Ashish</u>
14	DD241103301030	Krish Kumar	BSC(N) 1 st Sem	<u>Krish</u>
15	DD241103301047	Amarish Kumar	BSC(N) 1 st Sem	<u>Amarish</u>
16	DD241103301057	Deepika	BSC(N) 1 st Sem	<u>Deepika</u>
17	DD241103301018	Amisha Kulkarni	BSC(N) 1 st Sem	<u>Amisha</u>
18	DD241103301062	Diya Tewari	BSC(N) 1 st Sem	<u>Diya</u>
19	DD241103301060	Divyanshi Joshi	BSC(N) 1 st Sem	<u>Divyanshi</u>
20	DD241103301087	Komal Chauhan	BSC(N) 1 st Sem	<u>Komal</u>
21	DD241103301021	Anjali	BSC(N) 1 st Sem	<u>Anjali</u>
22	DD241103301034	Anusha Thapa	BSC(N) 1 st Sem	<u>Anusha Thapa</u>

S.No.	Registration No.	Name of Student	Batch	Signature
23	DD41103301035	Anushka Dhiman	BSc(N) 1 st Sem	<u>Anushka</u>
24	DD241103301077	Kanchan Panwar	BSc(N) 1 st Sem	<u>Kanchan</u>
25	DD241103301082	Khushi Manwal	BSc(N) 1 st Sem	<u>Khushi</u>
26	DD241103301005	Aanchal Negi	BSc(N) 1 st Sem.	<u>Aanchal</u>
27	DD241103301070	Ishita Joshi	BSc(N) 1 st Sem.	<u>Ishita</u>
28	DD241103301095	Manak Negi	BSc(N) 1 st Sem	<u>Manak</u>
29	DD241103301096	Mahima	BSc(N) 1 st Sem	<u>Mahima</u>
30	DD241103301081	Khushi Bhardwaj	BSc(N) 1 st Sem	<u>Khushi</u>
31	DD241103301040	Arpita Kumari	BSc(N) 1 st Sem	<u>Arpita</u>
32	DD241103301058	Diksha Rawat	BSc(N) 1 st Sem	<u>Diksha</u>
33	DD241103301027	Anshika Jethwa	BSc(N) 1 st Sem	<u>Anshika</u>
34	DD241103301079	Kanika Pal	BSc(N) 1 st Sem	<u>Kanika Pal</u>
35	DD241103301036	Anushka Negi	BSc(N) 1 st Sem	<u>Anushka</u>
36	DD241103301078	Kanika Channoli	BSc(N) 1 st Sem	<u>Kanika</u>
37	DD241103301054	Bharti Negi	BSc(N) 1 st Sem	<u>Bharti</u>
38	DD241103301015	Akhil Bisht	BSc(N) 1 st Sem	<u>Akhil</u>
39	DD241103301024	Ankit Kumar	BSc(N) 1 st Sem	<u>Ankit</u>
40	DD241103301046	Atul Rayal	BSc(N) 1 st Sem	<u>Atul</u>
41	DD241103301039	Archit Dobhal	BSc(N) 1 st Sem	<u>Archit</u>
42	DD241103301033	Anupug Sharma	BSc(N) 1 st Sem	<u>Anupug</u>
43	DD241103301049	Ayush Mittiyal	BSc(N) 1 st Sem	<u>Ayush</u>
44	DD241103301091	Kristina Patuguna	BSc(N) 1 st Sem	<u>Kristina</u>
45	DD241103301031	Anurag Bhatt	BSc(N) 1 st Sem	<u>Anurag</u>
46	DD241103301029	Anshuman Negi	BSc(N) 1 st Sem	<u>Anshuman</u>

S.No.	Registration No.	Name of Student	Batch	Signature
47	DD2113302128	Sonika Rawat	BSc(N) 7 th Sem	Sonika
48	DD2113302123	Simeran chandhary	BSc(N) 7 th Sem.	Simeran
49	DD2113302119	Sheisti Silswal	BSc (N) 7 th Sem	Sheisti
50	DD2113302130	Stuti Pandit	BSc (N) 7 th Sem	Stuti
51	DD2113302137	Tanvi Rana	BSc (N) 7 th Sem	Tanvi
52	DD2113302138	Tenzin Yentso	BSc(N) 7 th Sem	Tenzin
53	DD2113302125	Sneha Bisht	B.Sc. [N] 7 th Sem	Sneha
54	DD241103301044	Ashish Rawat	B.S.C [N] 1 st Sem	Ashish
55	DD241103301009	Abhishek Sajwan	B.S.C (N) 1 st Sem	Abhishek
56	DD241103301076	Kanchan	BSC(N) 1 st Sem	Kanchan
57	DD241103301086	Komal	BSc (N) 1 st sem	Komal
58	DD241103301004	Nanchal	B.Sc.(N) 1 st Sem.	Nanchal
59	DD241103301050	Ayushi	B.Sc.(N) 1 st Sem.	Ayushi
60	DD241103001038	Aradhana Mamgain	B.Sc (N) 1 st Sem	Aradhana
61	DD241103301012	Aditi Maindoliyan	B.Sc. (N) 1 st Sem	Aditi
62	DD241103201053	Ayushi Urviyal	B.Sc (N) 1 st sem	Ayushi
63	DD241103301056	Bhumi Negi	B.Sc (N) 1 st Sem	Bhumi Negi
64	DD241103301016	Akshita Devraani	BSc (N) 1 st Sem	Akshita
65	DD241103301055	Bhoomi Kukreti	BSC(N) 1 st sem	Bhoomi
66	DD241103301037	Anushka Sharma	BSC(N) 1 st Sem	Anushka
67	DD241103301028	Anshika Sharma	BSc (N) 1 st Sem	Anshika
68	DD241103301051	Ayushi	B.Sc (N) 1 st Sem	Ayushi
69	DD2113302122	Simeen Bisht	B.Sc(N) 7 th sem	Simeen
70	DD2113302124	Sunara Rawat	B.Sc (N) 7 th sem	Sunara

S.No.	Registration No.	Name of Student	Batch	Signature
71	DD241103301088	Komal Negi	B.Sc(N) 1 st Sem	<u>Komal Negi</u>
72	DD241103301106	Aastha Singh	B.Sc(N) 1 st sem	<u>Aastha</u>
73	DD241103301025	Ankita Rana	B.Sc(N) 1 st sem	<u>Ankita</u>
74	DD2113302126	Sneha Negi	B.Sc(N) 7 th Sem	<u>Sneha</u>
75	DD2113302132	Suman Kala	B.Sc(N) 7 th sem	<u>Suman</u>
76	DD2113302127	Sonam	B.Sc(N) 7 th sem	<u>Sonam</u>
77	DD2013302092	Suhani	B.Sc(N) 4 th year	<u>Suhani</u>
78	DD2113302114	Shalini Panwar	B.Sc(N) 7 th sem	<u>Shalini Panwar</u>
79	DD2113302115	Sheetal	B.Sc(N) 7 th sem	<u>Sheetal</u>
80	DD2113302116	Shivani	B.Sc(N) 7 th sem	<u>Shivani</u>
81	DD2113302140	Yashika Chauhan	B.Sc(N) 7 th sem	<u>Yashika Chauhan</u>
82	DD2113302149	Varsha Girotra	B.Sc(N) 7 th sem	<u>Varsha</u>
83	DD241103301008	Abhishek Naugaim	B.Sc(N) 1 st Sem	<u>Abhishek</u>
84	DD241103301064	Gagatrai Panwar	B.Sc(N) 1 st Sem	<u>Gagatrai Panwar</u>
85	DD2113302135	Tanu Verma	B.Sc(N) 7 th sem	<u>Tanu Verma</u>
86	DD241103301063	Ekta	B.Sc(N) 1 st Sem	<u>Ekta</u>
87	DD241103301030	Anubhuti Singh	B.Sc(N) 1 st Sem	<u>Anubhuti</u>
88				
89				
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SWAMI RAMA HIMALAYAN UNIVERSITY

NOTICE

Date: 30th July, 2024

The Departments of Paediatrics and Community Medicine, in collaboration with Rural Development Institute (RDI) and the Gender Equality and Inclusion Club under the SDG Champions Club, SRHU, will observe World Breastfeeding Week through counselling sessions, community awareness programs, and demonstrations promoting breastfeeding practices for mothers and families.

Date: 1st–7th August 2024

Theme: "Enable Breastfeeding—Making a Difference for Working Parents"

All are invited to participate.



Dr Nupur Joshi

Chairperson

Gender Equality and Inclusion Club

SRHU

Swami Rama Himalayan University

Uttarakhand

Report on "Enable Breastfeeding—Making a Difference for Working Parents"

Organised by:

- Department of Paediatrics, HIMS, SRHU
- Department of Community Medicine, HIMS, SRHU
- Rural Development Institute (RDI), SRHU
- Gender Equality and Inclusion Club, SDG Champions Club, SRHU

To mark World Breastfeeding Week 2024, a series of awareness and counselling sessions were organized across multiple locations from 1st to 7th August 2024. The activities were jointly led by the Departments of Paediatrics and Community Medicine along with the Gender Equality and Inclusion Club under the SDG Champions Club, reflecting SRHU's strong commitment to gender equity, maternal health, and inclusive community engagement.

Key Activities:

- Counselling Sessions in HIMS Postnatal Ward: Faculty members from the Department of Paediatrics—Dr. Anil Rawat (HoD), Dr. Kanishka, and Dr. Radhika—provided counselling and motivation to new mothers in the postnatal ward. The discussions focused on addressing common challenges in breastfeeding, reinforcing maternal confidence, and promoting early initiation and exclusive breastfeeding.
- Community Health Awareness Sessions: The Department of Community Medicine, in collaboration with the Gender Equality and Inclusion Club, conducted field-based awareness programs in Doiwala, Keshavpuri, Jhabrawala, Naghat, and Kalsi. These included:
 - Role plays and small group health talks targeting pregnant women, lactating mothers, and individuals of reproductive age.
 - Topics covered included the composition of breast milk, overcoming misconceptions like "insufficient milk," correct breastfeeding frequency and techniques, and signs of effective latching and suckling.
 - Demonstrations of expressing breast milk to support working mothers in continuing breastfeeding.
- Community Sensitisation by RDI, SRH: The Rural Development Institute also observed the week by reaching out to mothers in the community and educating them on
 - Importance of colostrum (the first milk) for newborns
 - Long-term health benefits of breastfeeding for both mothers and infants
 - Proper techniques for holding and feeding the baby

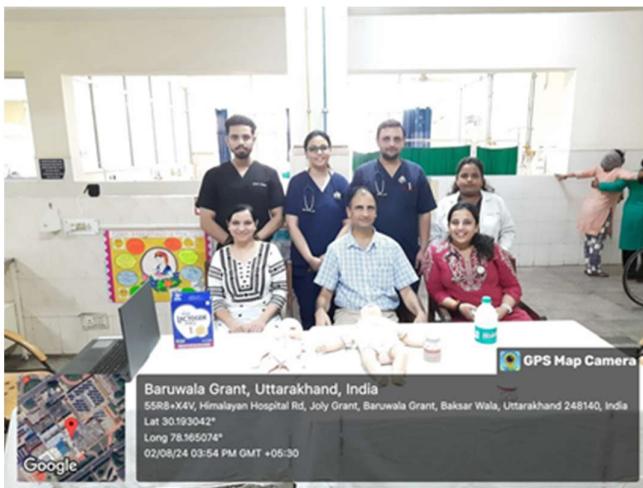
These community initiatives were further strengthened through collaboration with Community Health Officers (CHOs), ASHAs, and Anganwadi workers at PHC Kalsi, ensuring greater reach and impact.

Impact:

- Total Participants: 231
- Stakeholders Involved: Mothers, ASHAs, Anganwadi workers, CHOs, medical students, pediatric and community medicine faculty, and Gender Equality and Inclusion Club volunteers.
- The initiative helped break cultural myths, promote gender-sensitive health practices, and support inclusive maternal care through multi-sectoral collaboration.



Students and faculty members from the pediatric ward, HIMS SRHU, counselling sensitising new mothers on the importance of breastfeeding



Students and faculty members from the pediatric ward, HIMS SRHU, counselling sensitizing new mothers on the importance of breastfeeding



Participants from Nagthat Kalsi attending the oath and awareness session of the importance of breastfeeding for mothers and newborns



Breastfeeding Week was celebrated at the Department of Community Medicine, HIMS, along with awareness sessions for women on the importance of breastfeeding for the mother and newborn

Awareness Campaign conducted by Himalayan Hospital during World Breastfeeding Week

By OUR STAFF REPORTER
DEHRADUN, 7 Aug: An awareness programme was organised at Pt. Bhawan Singh Hospital, Jolly Grant, as part of World Breastfeeding Week to educate mothers about breastfeeding their infants. Information was provided about the benefits of breastfeeding for both mothers and newborns.

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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 breast-feeding her baby approximately half an hour

after birth. In the case of a caesarean delivery, the median can wait breastfeeding about four hours after the operation or once the effects of anaesthesia wear off. Doing so keeps both the baby

and mother health, accelerates the baby's intellectual development, and reduces the risk of cancer, diabetes, and hypertension later in life. Dr. Amit Gupta, Dr. Chirag Aotoli, Dr.

Sudhika Sharma, Swapnil Gangal, Neeti Bhakat, Vaishnavi Chiplakar, Vaishika Bhavna, Sudhakar Srivastava, Vaibhav Rana, and health worker Parashuram participated in the campaign.

पहला स्तनपान मां और नवजात दोनों के लिए होता है लाभदायक

■ स्तनपान सप्ताह के तहत यलाया जागरूकता अभियान

प्रथिकेश (एसएनवी) । दिमालग्न स्टेम्पिंग जैसीडॉट में पिंच स्टेम्पन स्टेम्प के तहत जारकरक चार्पेंसिंग करने वाले मालाडें जो शिखों को स्टेम्पन करने के प्रति जागरूक किया गया। स्टेम्प ही स्टेम्पन से मां व नवजात को होने वाले स्टेम्प के विषय में जानकारी दी गयी।

हिमालयन इंस्टीट्यूट और रेडिकलन संस्कृतेसे के काम्पनीज भौतिक विद्या व हिमालयन हीमोजी की ओर से डॉक्यूमेंट अवलोकन के द्वारा यह को अवलोकन में नवाजल भा तक पहुंचने जासकता अभियन में नवाजल लिंगुडों की यात्रा तो के रासनकान के विवर में जन्मायी दी गयी। विभागाधार्म डॉ. अंतर्क्रिया कुमार लिंगुडों ने कहा कि पालन नवाजल और नवाजल दोनों के स्वास्थ्य के लिया लक्ष्यानुसार है। वह का पालन नवाजल पीले दस्तवाज वाले का लालन लीकलाहा है, इससे वाले को अवधारणा द्वारा य रोगों से लड़ने की शक्ति प्राप्त है। कहा कि रासनकान स्वास्थ्य



भवित्वात्में को रक्षणात्मक तरीके उपकरणों के लिए विकसित करना।

Media coverage of awareness session organized by HIMS, SRHU, for breastfeeding mothers, highlighting the role of effects of breastfeeding on the health of the mother and newborn

SWAMI RAMA HIMALAYAN UNIVERSITY

NOTICE

Date: 7th August 2024

The Gender Equality and Inclusion Club under the SDG Champions Club, SRHU, in collaboration with the Himalayan School of Biosciences, will be organizing a Menstrual Hygiene Awareness Lecture on 10th August 2024 for newly admitted B.Sc. and M.Sc. female students.

All newly admitted undergraduate and postgraduate female students are encouraged to attend.



Dr Nupur Joshi
Chairperson
Gender Equality and Inclusion Club
SRHU

Swami Rama Himalayan University

Uttarakhand

Report on Menstrual Hygiene Awareness Lecture

Organized by:

- Himalayan School of Biosciences, SRHU
- Gender Equality and Inclusion Club, SDG Champions Club, SRHU

As part of the ongoing efforts to promote health, dignity, and gender-sensitive education, a Menstrual Hygiene Awareness Lecture was conducted on 10th August 2024 for newly admitted B.Sc. and M.Sc. female students of the Himalayan School of Biosciences, in collaboration with the Gender Equality and Inclusion Club under the SDG Champions Club, SRHU.

Key Highlights:

- Speaker:
The session was led by Ms. Shama Praveen, who delivered an engaging and informative lecture aimed at empowering young women with essential knowledge about menstrual health.
- Topics Covered:
 - Basics of the menstrual cycle and the physiology behind it
 - Safe and hygienic practices for menstrual management
 - Use and proper disposal of various menstrual hygiene products
 - Health complications arising from poor hygiene practices
 - Importance of breaking taboos and stigma surrounding menstruation
 - Encouragement to serve as peer educators and spread awareness in their communities
- Interactive Discussion: The session fostered an open and respectful environment for students to share doubts, ask questions, and receive guidance—helping build confidence and a sense of menstrual dignity.

Event Impact:

- Total Participants: 49
- Target Group: Newly admitted undergraduate and postgraduate female students
- Outcome: Participants reported increased awareness, confidence in discussing menstrual issues, and motivation to adopt healthy practices and educate others.



49 female students from BSc and MSc (Batch 2024) attending a lecture by Ms Shama Praveen on Menstrual Hygiene

Attendance

DATE: 10/08/2024.

SWAMI RAMA HIMALAYAN UNIVERSITY HIMALAYAN SCHOOL OF BIOSCIENCES

Event: Menstrual hygiene (Mr. Shamon Praveen, HLN, SEHU)

S. No.	Students Name	Course/Program	Signature
1.	Drishti Sharma	BSc Micro	Drishti Sharma
2.	Khushboo Guwain	BSc. Micro- Microbiology	Khushboo
3.	Vidhi Tyagi	BSc Biotech	Vidhi
4.	Nupur Chauhan	BSc Biotech	Nupur
5.	Anjali Payal	B.Sc. Biotech	Anjali
6.	Komal Dangal	BSc. micro	Komal
7.	Kashish Thapa	M.Sc. Biotechnology	Kashish
8.	Vandana Kandari	M.Sc. Biotech.	Vandana
9.	Shivangi Gaur	M.Sc. Micro.	Shivangi
10.	Rajivendra Gobain	B.Sc. Micro	Rajivendra
11.	Nandini Tyagi	M.Sc. Biotech.	Nandini
12.	Niharika Sat	M.Sc. Biotech.	Niharika
13.	Rishika Negi	BSc. Microbiology	Rishika Negi
14.	Preeti Duttapuri	BSc. Microbiology	Preeti Duttapuri
15.	Jhanvi Bhandari	BSc. Micro	Jhanvi
16.	Isha Panwar	BSc. Micro	Isha
17.	Bhawna Kapri	BSc. Micro.	Bhawna
18.	Monika Chautary	BSC. Micro.	Monika
19.	Sejalana Ghale	BSc. Micro.	Sejalana
20.	Afrahksha Kumar	BSc. Biotechnology	Afrahksha
21.	Khushi Rawat	BSc. Biotech	Khushi
22.	Shivani Bhandari	B.Sc. Biotech	Shivani
23.	Sreelakshmi. k	BSc. Biotech	Sreelakshmi
24.	Anshika Pandey	B.Sc. Biotech	Anshika
25.	Meenakshi Digaon	B.Sc. Biotech	Meenakshi
26.	Jyoti Duklal	B.Sc. Biotech.	Jyoti
27.	Nisha Panu	B.Sc. Microbiology	Nisha Panu



S. No.	Students Name	Course/Program	Signature
28.	Neha Nautiyal	M.Sc Biotechnology	<i>Neeru</i>
29.	Komal Saini	B.Sc Microbiology	<i>Komal Saini</i>
30.	Sheetal Mandal	B.Sc Biotech	<i>Sheetal</i>
31.	Mansi	B.Sc Micro	<i>Mansi</i>
32.	Kajal Rawat	B.Sc Biotech	<i>Kajal</i>
33.	Tanisha Thakur	B.Sc Biotech	<i>Tanisha</i>
34.	Shikha Negi	B.Sc Micro	<i>Shikha</i>
35.	Shreya Jaiswal	B.Sc Micro	<i>Shreya</i>
36.	Manisha Sharma	B.Sc Biotech	<i>Manisha</i>
37.	Vaishnavi	B.Sc Biotech	<i>Vaishnavi</i>
38.	Aditi	B.Sc Biotech	<i>Aditi</i>
39.	Anjali Goyal	B.Sc Biotech	<i>Anjali</i>
40.	Akshay	B.Sc Biotech	<i>Akshay</i>
41.	Diksha Thapliyal	B.Sc Biotech	<i>Diksha</i>
42.	Vanshika Khandan	B.Sc Biotechnology	<i>Vanshika</i>
43.	Gunjan Negi	B.Sc Microbiology	<i>Gunjan Negi</i>
44.	Madhumala	B.Sc Biotechnology	<i>Madhumala</i>
45.	Milind Kumar	B.Sc Biotechnology	<i>Milind Kumar</i>
46.	Shreyansh Manwal	B.Sc Biotechnology	<i>Shreyansh Manwal</i>
47.	Furton Mandal	B.Sc Biotechnology	<i>Furton Mandal</i>
48.	Shubham	B.Sc Microbiology	<i>Shubham</i>
49.	Uchit	B.Sc Biotech	<i>Uchit</i>

