

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

HEALTH EDUCATION & AWARENESS CLUB (Public Health, Social Welfare, & Community Outreach Clubs)

1. Introduction

The Health Education & Awareness Club aims to cultivate a culture of health literacy, proactive wellbeing, and responsible health behaviours among students and nearby communities. Through student-led outreach, integration with SRHU's curriculum, and participation in medical camps, the club becomes a bridge between academic learning and real-world health empowerment.

2. Objectives

The objectives of the Club are:

- Promote health literacy and preventive healthcare practices in SRHU and nearby communities
- Foster student responsibility and leadership in health education and awareness efforts
- Strengthen integration of academic learning with community service through outreach and media
- Support SDG-aligned institutional goals via medical camps, research, and collaborative engagement

3. Club Committee

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

Composition	Roles
Neelam Pandey (RDI)	Chairperson
Mr. Atul Kumar Chaudhary (HCN)	Treasurer
Pawan Deep Kaur (RDI)	Member Secretary
Sakshi Khatri (B.Sc. Biotechnology)	Member

Students Detail

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Sakshi Khatri	DD23106301033	SRHU23000827	B.Sc. Biotechnology (2023 Batch)
2	Gaurav Mangain	DD23106302008	SRHU23000849	B.Sc. Microbiology (2023 Batch)
3	Himanshu Tomar	DD22113301045	SRHU22000847	B.Sc. Nursing (2022 batch)
4	Suhani Pundir	DD22113301131	SRHU22000933	B.Sc. Nursing (2022 batch)
5	Pragya Kusum Badoni	DD231107301015	SRHU23000180	B.Sc. YSHH (2023 Batch)
6	Prakash Singh Negi	DD22111307002	SRHU22000318	B.Tech. (Hons.) CSE-AI&ML (2022 batch)
7	Shrey Kukreti	DD22112301034	SRHU22000078	BBA (2022 Batch)
8	Kanika Arora	DD231105301073	SRHU23000351	BBA (2023 Batch)
9	Sunidhi Adhikari	DD231104301121	SRHU23001096	BCA (2023 Batch)
10	Sameeksha Saxena	DD23106502009	SRHU23000877	M.Sc. Biotechnology (2023 Batch)
11	Aryan Rawat	DD231105501006	SRHU23000386	MBA (2023 Batch)
12	Niyati Kaushik	DD22115301019	SRHU22000461	B.Sc. Biotechnology (2022 Batch)

13	Sandhya	DD23106301034	SRHU23000828	B.Sc. Biotechnology (2023 Batch)
14	Gayatri	DD23106302009	SRHU23000850	B.Sc. Microbiology (2023 Batch)
15	Isha Chauhan	DD22113301046	SRHU22000848	B.Sc. Nursing (2022 batch)

*Note: The Club coordinator defines preferred roles in the clubs

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 before the date of the meeting.
7.	Minutes of the Meeting	The Secretary records the minutes, which are then signed by both the Chairperson and the Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	Duties and functions	<ul style="list-style-type: none"> a) Organize health education sessions on campus and in nearby rural communities b) Train and mobilize students as peer educators and health ambassadors c) Collaborate with ASHA workers, faculty, and SRHU's medical camps for outreach and experiential learning d) Create and share multilingual digital and print materials to promote health literacy
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 (Suggested Activities can add more activities)

- Organize health awareness sessions during World Health Days (e.g., Cancer, AIDS, Tobacco, Breastfeeding) in collaboration with Himalayan Hospital.
- Conduct school health check-ups in the field practice areas, focusing on nutrition, hygiene, and adolescent health.
- Participate in mass immunization drives and promote vaccine awareness among rural populations.
- Host interactive seminars and poster competitions on topics like family planning, mental health, and lifestyle diseases.
- Collaborate with NSS for Swachhata Abhiyaan and sanitation awareness in nearby villages.
- Lead Nukkad natak (street plays) and rallies on tobacco cessation, menstrual hygiene, and safe water practices.
- Support ASHA training programs by assisting in visual aids, role-play, and community counselling.
- Facilitate health camps and screening events at outreach centers like RHTC Kurkawala and UHTC Rishikesh.
- Create digital content (videos, infographics) in Hindi/Garhwali to promote health messages on SRHU platforms.
- Celebrate World Population Day and other observances with community talks and IEC material distribution.



Sign. of Chairperson



Sign. of Treasurer



Sign. of Member Secretary

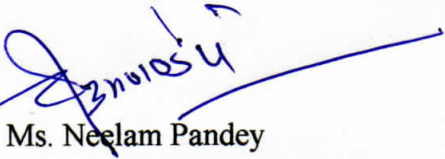
Autism Awareness Workshop (5 April 2024)

HEALTH EDUCATION & AWARENESS CLUB (Public Health, Social Welfare, & Community Outreach Clubs)

Date: 1 April 2024

NOTICE

HEALTH EDUCATION & AWARENESS CLUB (Public Health, Social Welfare, & Community Outreach Clubs) in collaboration with the Rural Development Institute Meeting Hall is observing the "Autism Awareness Workshop" on 5th April 2024 in the Rural Development Meeting Hall, Jolly Grant, Dehradun.



Ms. Neelam Pandey

Chairperson

HEALTH EDUCATION & AWARENESS CLUB

(Public Health, Social Welfare, & Community Outreach Clubs)

RDI-SRHU

SWAMI RAMA HIMALAYAN UNIVERSITY

Report on Autism Awareness Workshop

Name of Activity: Awareness Workshop on Autism for ASHA and Anganwadi Workers

Date: 5 April 2024

Facilitator: Ms. Neelam Pandey (Programme Officer)

Time: 10:00 am – 1:00 pm

Venue: Offline: Community Health Centre, Bahadrabad

No. of Student Participation: 25 students

No. of Beneficiaries: 60+ (ASHA and Anganwadi Workers)

On April 5, 2024, the HEALTH EDUCATION & AWARENESS CLUB (Public Health, Social Welfare, & Community Outreach Clubs), Rural Development Institute, Himalayan University, organized an awareness workshop on Autism at the Community Health Centre, Bahadrabad. The workshop was attended by over 60 ASHA and Anganwadi workers, aiming to enhance their understanding of autism, promote early identification, and strengthen community-based support for children with developmental challenges. During the workshop, Dr. Anil Rawat (Head, Department of Pediatrics) highlighted the need for autism awareness, explaining that it is a neurological condition affecting communication, imagination, and social interaction in children. Dr. Nirul (Pediatric Specialist) elaborated that autistic children often experience delayed speech, repeat words, and need to be integrated into social activities. Dr. Rakesh (Pediatric Specialist) explained that these children may struggle with eye contact, comprehension, and daily activities, emphasizing the crucial role of parents' involvement and care.

On this occasion, Dr. Subodh Joshi (Health Superintendent, Bahadrabad) appreciated the initiatives run by Himalayan University in the Bahadrabad area. The Awareness workshop was facilitated by Ms. Neelam Pandey (Programme Officer), who shared that the theme for Autism Awareness this year is "Empowering Autistic Individuals", aimed at providing greater support and strength to children with autism. Mr. Ravindra Verma (Co-Programme Officer) delivered the vote of thanks, highlighting the importance of maternal awareness and preventive check-ups to ensure early detection of autism. The programme concluded with an interactive session, encouraging ASHA and Anganwadi workers to spread awareness in the community, ensuring that children with autism receive timely support and opportunities for growth.



**Rural Development Institute
SWAMI RAMA HIMALAYAN UNIVERSITY
JOLLY GRANT, DEHRADUN**

Date: 20 November 2024

NOTICE

International Disability Day-2024

HEALTH EDUCATION & AWARENESS CLUB (*Public Health, Social Welfare, & Community Outreach Clubs*) in collaboration with the Rural Development Institute is observing the “**International Disability Day**” on 3 December 2024 in the Rural Development Institute, Jolly Grant, Dehradun.



Ms. Neelam Pandey

Chairperson

HEALTH EDUCATION & AWARENESS CLUB

(*Public Health, Social Welfare, & Community Outreach Clubs*)

RDI-SRHU

SWAMI RAMA HIMALAYAN UNIVERSITY

Report on International Disability Day Celebration: Envisioning an Inclusive Society for All

Name of Activity: - Awareness Programme on International Day of Persons with Disabilities with the theme
"Promoting the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future"

Date: - 3 December 2024

Facilitator: - Ms. Neelam Pandey (Club Coordinator – SPOC), Mr. Atul Kumar Chaudhary, HCN, Ms. Pawan Deep Kaur.

Time: - 10:00 am – 12.30 pm

Venue: - Offline: RDI SRHU Meeting Hall.

No of Student Participation: 28 students

No of Beneficiaries: 70

On December 3, 2024, the **HEALTH EDUCATION & AWARENESS CLUB** (*Public Health, Social Welfare, & Community Outreach Clubs*) Rural Development Institute, in collaboration with HIHT/SRHU, celebrated the International Day of Persons with Disabilities under the theme *"Promoting the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future."* The event, attended by around 70 persons with disabilities and their families, highlighted the education and awareness on their rights, leadership, and contributions to society. Distinguished guests, including Dr. Vijayendra Chauhan (Director, Himalayan Institute Academy), Dr. Jainendra Kumar and Santosh Kumar (NCSC), and Dr. Ashwin Bhatt (Neurologist, HIHT), emphasized the importance of inclusion and leadership. Student volunteered actively in celebration and communicated with beneficiaries regarding Mobility aids, such as wheelchairs, tricycles, and crutches, as well as economic support items like sewing machines and carts, were distributed, along with scholarships and disability certificates. The event symbolized not just a day of celebration but the Institute's year-round commitment to inclusive development, rehabilitation, education, skill-building, and empowerment, working toward a more equitable and sustainable future for all.

