



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Adolescent Health Program

Date - 7 August 2024

Time: 9am - 1pm

Program – Comprehensive Community Health Program

Location –RIC Rohalki, Bahadrabad Bolck, Haridwar District

Beneficiaries – 31 participants (2 Peer Educator sessions)

Supporting Agency – Wipro Cares

University Role – Staff-2 (Mrs. Pawandeep Kaur, and Ms. Seema), Students-25

Activity Detail: SHHC members (Peer Educator) took the open discussion and two-way communication with the Adolescent on the various topics of RKSK. Adolescent growth is generally discussed about the age of the adolescent (11-19 years of age). Body changes take place with age physically, mentally, socially, emotionally, and spiritually with their positive and negative effects on growth and development. On the topic of nutrition, open discussion about carbohydrates, vitamins, minerals, fat, and protein in detail. Importance of nutrition, its role and quantity in the diet for better growth of the children.




Dr. Rajeev Bijalwan
(Dy. Director-Health)

Rural Development Institute
Himachal Pradesh Institute Hospital Trust
Swami Ram Nagar, P.O. Doiwala
Dehradun-248140, Uttarakhand

Adolescent Health Program

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Location – RIC Rohalki, Bhadrabad Bolck, Haridwar District

S. No.	Registration No.	Name of Student	Signature
1.	DD2113302001	Aastha Tiwari	Aastha
2.	DD2113302002	Abha	Abha
3.	DD2113302003	Abhilasha	Abhilasha
4.	DD2113302004	Abhishek Chandra Joshi	Abhishek
5.	DD2113302005	Abhyuday Singh Kalura	Abhyuday
6.	DD2113302006	Aditya Semwal	Aditya
7.	DD2113302007	Aisha	Aisha
8.	DD2113302008	Akanksha Malasi	Akanksha
9.	DD2113302009	Akanksha Sriswal	Akanksha
10.	DD2113302010	Akash Ramola	Akash
11.	DD2113302011	Alan George Shiju	Alan
12.	DD2113302012	Aman Pal	Aman
13.	DD2113302013	Anamika Panwar	Anamika
14.	DD2113302014	Ananya Bisht	Ananya
15.	DD2113302015	Anisha Bhatt	Anisha
16.	DD2113302016	Anishka	Anishka
17.	DD2113302017	Anjali	Anjali
18.	DD2113302018	Anjali Dilwal	Anjali
19.	DD2113302019	Anjali Khantwal	Anjali
20.	DD2113302020	Anjali Mehar	Anjali
21.	DD2113302021	Anjali Panwar	Anjali
22.	DD2113302022	Anju	Anju
23.	DD2113302023	Ankit Bhidola	Ankit
24.	DD2113302024	Anshika Rayal	Anshika
25.	DD2113302025	Anu Pal	Anu

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