



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Adolescent Health Program

**Date-** 13 August 2024

**Time:** 9:00am-4:00pm

**Program** – Comprehensive Community Health Program

**Location** –RIC Aurangabad, Bahadrabad Bolck, Haridwar District

**Beneficiaries** – 72 participants (2 Peer Educator sessions)

**Supporting Agency** – Wipro Cares

**University Role** – Staff-3 (Dr. Rakesh, Dr Amandeep Kaur, and Mrs. Pawandeep Kaur), Students-7

**Activity Detail:** School Health and Hygiene Club members took the session on Menstrual Hygiene in which a detailed explanation of maintain of personal hygiene during the Menstruation, negative effects on health due to improper management of hygiene. Another session took place on Nutrition in which two-way communication on protein, vitamin, minerals, fats, and carbohydrates in details. Peer Educators also discussed Good touch and Bad touch by their family members, friends, relatives, and unknown persons.



Dr. Rajeev Bijalwan  
(Dy. Director-Health)

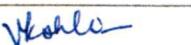
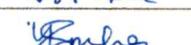
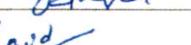
Rural Development Institute  
Swami Rama Hospital Trust  
Swami Ram Nagar, P.O. Doiwala  
Dehradun-248140, Uttarakhand

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S. No.	Registration No.	Name of Student	Signature
1.	DD22114301146	Veer Kohli	
2.	DD22114301147	Vishwas Chauhan	
3.	DD22114301148	Vrinda Behl	
4.	DD22114301149	Yashaswini Sinha	
5.	DD22114301150	Zaid Ansari	
6.	DD231101301001	Aaradhy Thukral	
7.	DD231101301002	Aastha Juneja	

  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)

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