



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)

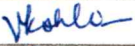
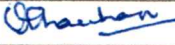


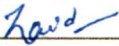
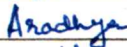

Rural Development Institute
Hansa an In-Gate Hospital Trust
Swami Ram Nagar, P.O. Doiwala
Dehradun-248140, Uttarakhand

Adolescent Health Program

Date- 13 August 2024

Program – Comprehensive Community Health Program

Location –RIC Aurangabad, Bahadrabad Bolck, Haridwar District

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	Aaradhya Thukral	
7.	DD231101301002	Aastha Juneja	


Dr. Rajeev Bijalwan
(Dy. Director-Health)

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