



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Adolescent Health Program

**Date-** 27 August 2024

**Time:** 9:00am-1:00pm

**Program** – Comprehensive Community Health Program

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

**Beneficiaries** – 89 participants (6 Peer Educator sessions)

**Supporting Agency** – Wipro Cares

**University Role** – Staff-3 (Dr Amandeep Kaur, Mrs. Pawandeep Kaur, and Ms. Neelam), Students-15

**Activity Detail:** To promote healthy life practices among adolescents, selected Peer Educators took sessions on Adolescent growth, nutrition, and sexual health. 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 adolescent. Discussion on the prevention of Anemia in detail with the adolescents. Discussion on physical, mental, social, and emotional changes during the adolescent phases with the other adolescents.



  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)

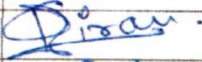




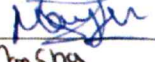


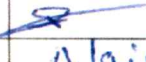






Rural Development Institute  
Himalayan In-Country Hospital Trust  
Swami Ram Nagar, P.O. Doiwala  
Dehradun-248140, Uttarakhand

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Date- 27 August 2024

Program – Comprehensive Community Health Program

Location –RIC Aurangabad, Bhadrabad Bolck, Haridwar District

S. No.	Registration No.	Name of Student	Signature
1.	DD2113302064	Kiran	
2.	DD2113302065	Kiran Nijwala	
3.	DD2113302066	Krishna Panthari	
4.	DD2113302068	Lakhveer Kaur	
5.	DD2113302069	Manisha Danosi	
6.	DD2113302070	Manju Bhatt	
7.	DD2113302071	Mansha Saini	
8.	DD2113302072	Monika Rawat	
9.	DD2113302073	Mukul Butola	
10.	DD2113302074	Naina Rawat	
11.	DD2113302075	Nandita	
12.	DD2113302076	Naveen	
13.	DD2113302077	Navneet Singh Negi	
14.	DD2113302078	Neeraj Kumar Anthwal	
15.	DD2113302079	Neha Dhasmana	

  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)

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