



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Adolescent Health Training

**Date:** 30 July, 2024

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

**Location:** Government Inter College Mundhan, Kalsi block, Dehradun.

**Participants:** 46 students

**Supporting Agency:** New Space India Limited (NSIL)

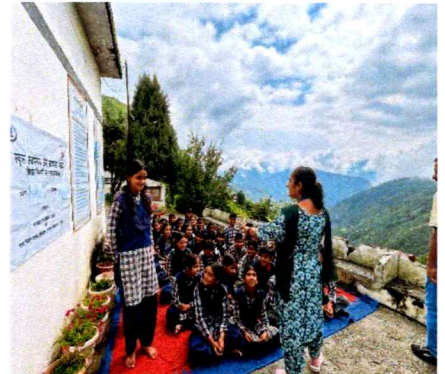
**University Role:** Staff - 02 (Dr Amandeep Kaur & Ms. Nirmala Bijalwan), Students-5

### Activity Details:

The first session was taken by Krish Chauhan (Peer Educator) on the topic of growth and development. He discussed about the growth and development of the adolescent (11-19 years of age). Body changes take place with age like physically, mentally, socially, emotionally and spiritually with their positive and negative effects on the growth and development.

The Second session taken by Arushi Chauhan and Vandana (Peer Educator) on the topic of nutrition in which discussion about carbohydrates, vitamins, minerals, fat and protein in details. Importance of nutrition, its role and quantity in the diet for better growth of the children. She also discussed about 'Good touch and Bad touch' in details for the prevention of child and adolescent abuse in their growing age group.

Counselling session and Open discussion session taken by Dr. Amandeep Kaur about Menstrual Hygiene Management and related health issues among girls and aware about the use of sanitary napkins. Later on, discussed about non-communicable disease as well as the mental health with the adolescent.



  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)



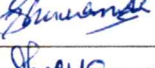

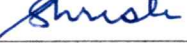
Rural Development Institute  
Haryana and In-Gate Hospital Trust  
Swami Ram Nagar, P.O. Doiwala  
Dehradun-248140, Uttarakhand

**Adolescent Health Program under NSIL Nagthat**

**Date:** 30 July, 2024

**Program** – Comprehensive Community Health Program

**Location:** Government Inter College Mundhan, Kalsi block, Dehradun.

S. No.	Registration No.	Name of Student	Signature
1.	DD231103301115	Shivangi Tariyal	
2.	DD231103301116	Shivani Das	
3.	DD231103301117	Shivank Jethuri	
4.	DD231103301118	Shreya Kunwar	
5.	DD231103301119	Shrishti Bhandari	

  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)

Rural Development Institute  
Haraman Income Hospital Trust  
Swami Ram Nagar, P.O. Dairwala  
Dehradun-248140, Uttarakhand