



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Adolescent Health Program

Date - 24 September 2024

Time - 9am – 4pm

Program – Comprehensive Community Health Program

Location –AIC Bongla, Bahadrabad Bolck, Haridwar District

Beneficiaries – 182 participants (4 Peer Educator sessions)

Supporting Agency – Wipro Cares

University Role – Staff-2 (Ms. Sheetal, and Ms. Seema), Students - 5

Activity Detail: SHHC members (Peer Educator) took the communication with the Adolescent on the various topics of RKSK like mental health, General health Awareness and nutrition. Thorough discussion on the personal hygiene during the adolescent phase, negative effects on health if personal hygiene does not maintain properly. 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)

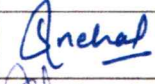

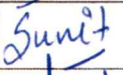
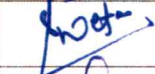
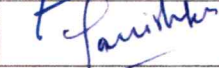
Rural Development Institute
Himalayan Institute Hospital Trust
Swami Ram Nagar, P.O. Doiwala
Dehradun-248140, Uttarakhand

Adolescent Health Program

Date - 24 September 2024

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S. No.	Registration No.	Name of Student	Signature
1.	DD22114301131	Snehal Chauhan	
2.	DD22114301132	Srishti Tyagi	
3.	DD22114301133	Sumit Misra	
4.	DD22114301134	Sweta Sharma	
5.	DD22114301135	Tanishka Chaudhary	


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