



# 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 RSK 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)

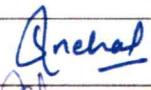
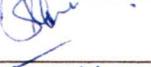
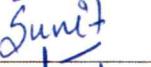
Rural Development Institute  
Swami Rama Himalayan Hospital Trust  
Swami Rama Nagar, P.O. Doiwala  
Dehradun-248140, Uttarakhand

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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	

  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)

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