



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Adolescent Health Program

Date- 25 September 2024

Time - 9am – 4pm

Program – Comprehensive Community Health Program

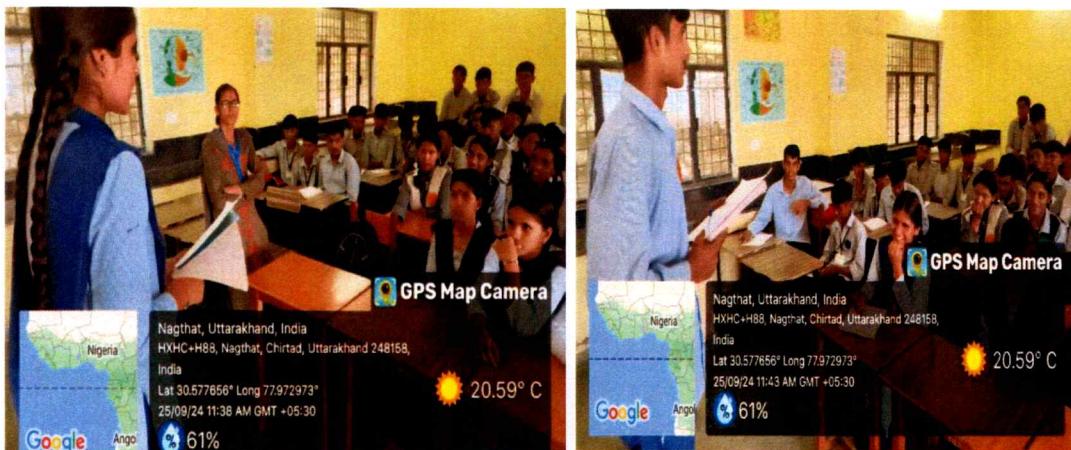
Location –GIC Kachta, Kalsi Bolck, Dehradun

Beneficiaries – 80 participants

Supporting Agency – NSIL & RDI-SRHU

University Role – Staff-2 (Mr. Sunil Khanduri & Ms. Nirmala Bijalwan), Student - 5

Activity Detail: The six components of Rashtriya Kishore Swasthya Karyakaram were included in the School Health and Hygiene Club members in their sessions. Some members discussed Nutrition in detail regarding protein, vitamins, fat, minerals, and carbohydrates. Types of fruits and vegetables are included in these categories of nutrition. Basic discussions related to adolescent health as well as detailed discussions related to menstrual health among girls like the normal menstrual cycle, maintenance of personal hygiene during menses, etc.



Dr. Rajeev Bijalwan
(Dy. Director-Health)

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

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S. No.	Registration No.	Name of Student	Signature
1.	DD22114301123	Shaifali	<i>Shaifali</i>
2.	DD22114301124	Shailanya Dutta	<i>Shailanya</i>
3.	DD22114301125	Shamia	<i>Shamia</i>
4.	DD22114301126	Shivang Raghuraj	<i>Shivang</i>
5.	DD22114301127	Shruti	<i>Shruti</i>



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