



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Adolescent Health Program

**Date-** 25 September 2024

**Time** - 9am – 4pm

**Program** – Comprehensive Community Health Program

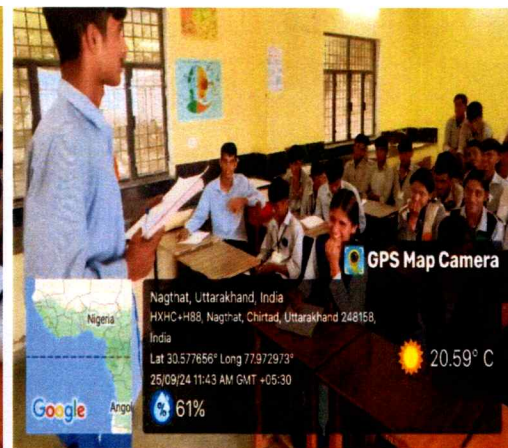
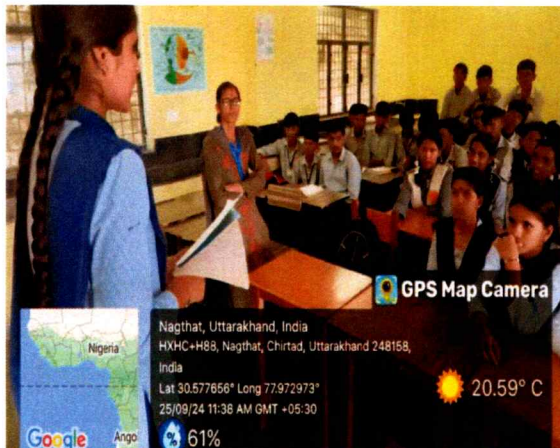
**Location** –GIC Kachta, Kalsi Bolck, Dehradun

**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)




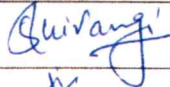

Rural Development Institute  
Himalayan Institute Hospital Trust  
Swami Rama Nagar, P.O. Doiwala  
Dehradun-248140, Uttarakhand

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

  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)

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