



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Adolescent Health Program

Date- 6 September 2024

Time - 9am – 4pm

Program – Comprehensive Community Health Program

Location – AKIC Bahadrabad, Bahadrabad Bolck, Haridwar District

Beneficiaries – 143 participants

Supporting Agency – Wipro Cares

University Role – Staff-2 (Dr. Amandeep Kaur, and Ms. Sheetal), Student - 5

Activity Detail: Adolescent growth is generally discussed about the age of the adolescent (11-19 years of age). Body changes take place with age physically, mentally, socially, emotionally, and spiritually with their positive and negative effects on growth and development. SHHC members (Peer Educator) took the open discussion and two-way communication with the Adolescent on the various topics of RKS. 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. Another topic on Non-communicable disease also discussed with adolescents regarding their cause and precaution from the prevention of NCD.




Dr. Rajeev Bijalwan
(Dy. Director-Health)

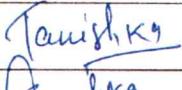
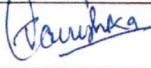
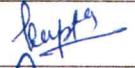
Rural Development Institute
Manager an Institute Hospital Trust
Swami Rani Nagar, P.O. Doiwala
Dehradun-248140, Uttarakhand

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Date- 6 September 2024

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S. No.	Registration No.	Name of Student	Signature
1.	DD22114301136	Tanishka Kandwal	
2.	DD22114301137	Tanishka Saxena	
3.	DD22114301138	Taniya Bhardwaj	
4.	DD22114301139	Taniya Gupta	
5.	DD22114301140	Tanmay Goyal	



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