



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Adolescent Health Program

Date- 10 September 2024

Time - 9am – 4pm

Program – Comprehensive Community Health Program

Location –RIC Aurangabad, Bahadrapur Block, Haridwar District

Beneficiaries – 143 participants

Supporting Agency – Wipro Cares

University Role – Staff-4 (Dr. Kriti, Dr. Amisha Tiwari, Ms. Bhawna, and Ms. Neelam), Student - 5

Activity Detail: SHHC members (Peer Educator) took the sessions on the various components of RKS like nutrition, Menstrual hygiene, Substance abuse, and mental health. General discussion on Anemia, its signs and symptoms, its precaution from home-based care, and diet. Another discussion on Menstrual health and hygiene, how to maintain personal hygiene during the menstrual phase, and the health issues due to improper practices. Another session was taken on Substance Abuse, types of substances, their negative effect on the health of the person, and their family members as well as their socioeconomic status due to excessive use of the drugs.




Dr. Rajeev Bijalwan
(Dy. Director-Health)

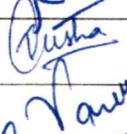
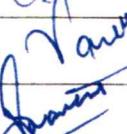
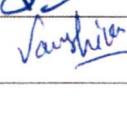
Rural Development Institute
Swami Rama Hospital Trust
Swami Rama Nagar, P.O. Doiwala
Dehradun-248140, Uttarakhand

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S. No.	Registration No.	Name of Student	Signature
1.	DD22114301141	Tripti Kunwar	
2.	DD22114301142	Tushar Arya	
3.	DD22114301143	Vandana Thapa	
4.	DD22114301144	Vanessa Harish Arya	
5.	DD22114301145	Vanshika Aggarwal	



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