



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Awareness on Road Safety and Health

**Date:** - 6/1/2025

**Time:** 9:00am-4:00pm

**Program:** - Celebration of Road Safety Week

**Location:** - PHC Kalsi

**Beneficiaries:** - 85 ASHA & 5 AF

**Supporting Agency:** - New Space India Limited (NSIL), RDI-HIHT

**University Role:** - 6 staff members, and 2 volunteers

**University Role (Staff name):** Dr. Neha Sharma, Mr. Ravindra (Deputy Manager), Mr. Sunil Khanduri (S. Coordinator), Dr. Amandeep Kaur (Coordinator), Ms. Bhawna Bisht (Office Assistant), Ms. Nirmala Bijalwan (Field Supervisor), Mr. Vikas Bora (Pharmacist), Amar Singh Negi, and Kripal Singh (Volunteer)

**Students** -5

**Government Support:** - Mr. Mahaveer Rana (Block Coordinator)

**Activity Details:** - One day workshop was organized for the ASHA and ASHA Facilitator of the Kalsi block of Dehradun. The workshop was conducted on behalf of Road Safety Week, to create awareness of the general population's Road Safety and Health. Dr Neha Sharma conducted the first session on Menstrual Hygiene Management, the myths and taboos faced during Menstruation, and various Menstrual Hygiene Products used by females, especially Sanitary Napkins, tampons, and Menstrual cups. She also discussed family planning methods with the front-line health workers. Another session conducted on Cardiopulmonary resuscitation (CPR), discussed the CPR process practically on the dummies along with ASHA. Two-way communication on the benefits of CPR and First Aid response in any emergency



  
Dr. Rajeev Bijalwan  
(Dy. Director-Health)



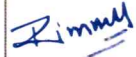
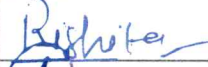

Rural Development Institute  
Hanasan, an In-Gate Hospital Trust  
Swami Ram Nagar, P.O. Doiwala  
Dehradun-248140, Uttarakhand

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S. No.	Registration No.	Name of Student	Signature
1.	DD231103301090	Renuka Yadav	
2.	DD231103301091	Riddhima Rawat	
3.	DD231103301092	Rimmy Bhandari	
4.	DD231103301093	Rishita	
5.	DD231103301094	Ritika Bisht	

  
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