

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

HEALTH EDUCATION & AWARENESS CLUB (Public Health, Social Welfare, & Community Outreach Clubs)

1. Introduction

The Health Education & Awareness Club aims to cultivate a culture of health literacy, proactive wellbeing, and responsible health behaviours among students and nearby communities. Through student-led outreach, integration with SRHU's curriculum, and participation in medical camps, the club becomes a bridge between academic learning and real-world health empowerment.

2. Objectives

The objectives of the Club are:

- Promote health literacy and preventive healthcare practices in SRHU and nearby communities
- Foster student responsibility and leadership in health education and awareness efforts
- Strengthen integration of academic learning with community service through outreach and media
- Support SDG-aligned institutional goals via medical camps, research, and collaborative engagement

3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Neelam Pandey (RDI)	Chairperson
Mr. Atul Kumar Chaudhary (HCN)	Treasurer
Pawan Deep Kaur (RDI)	Member Secretary
Sakshi Khatri (B.Sc. Biotechnology)	Member

Students Detail

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Sakshi Khatri	DD23106301033	SRHU23000827	B.Sc. Biotechnology (2023 Batch)
2	Gaurav Mangain	DD23106302008	SRHU23000849	B.Sc. Microbiology (2023 Batch)
3	Himanshu Tomar	DD22113301045	SRHU22000847	B.Sc. Nursing (2022 batch)
4	Suhani Pundir	DD22113301131	SRHU22000933	B.Sc. Nursing (2022 batch)
5	Pragya Kusum Badoni	DD231107301015	SRHU23000180	B.Sc. YSHH (2023 Batch)
6	Prakash Singh Negi	DD22111307002	SRHU22000318	B.Tech. (Hons.) CSE-AI&ML (2022 batch)
7	Shrey Kukreti	DD22112301034	SRHU22000078	BBA (2022 Batch)
8	Kanika Arora	DD231105301073	SRHU23000351	BBA (2023 Batch)
9	Sunidhi Adhikari	DD231104301121	SRHU23001096	BCA (2023 Batch)
10	Sameeksha Saxena	DD23106502009	SRHU23000877	M.Sc. Biotechnology (2023 Batch)
11	Aryan Rawat	DD231105501006	SRHU23000386	MBA (2023 Batch)
12	Niyati Kaushik	DD22115301019	SRHU22000461	B.Sc. Biotechnology (2022 Batch)

13	Sandhya	DD23106301034	SRHU23000828	B.Sc. Biotechnology (2023 Batch)
14	Gayatri	DD23106302009	SRHU23000850	B.Sc. Microbiology (2023 Batch)
15	Isha Chauhan	DD22113301046	SRHU22000848	B.Sc. Nursing (2022 batch)

*Note: The Club coordinator defines preferred roles in the clubs

4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary, with prior approval of the Chairperson, shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days before the date of the meeting.
7.	Minutes of the Meeting	The Secretary records the minutes, which are then signed by both the Chairperson and the Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	Duties and functions	<ul style="list-style-type: none"> a) Organize health education sessions on campus and in nearby rural communities b) Train and mobilize students as peer educators and health ambassadors c) Collaborate with ASHA workers, faculty, and SRHU's medical camps for outreach and experiential learning d) Create and share multilingual digital and print materials to promote health literacy
9.	Funding and Resources	<ul style="list-style-type: none"> a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.

5. Services Offered (Suggested Activities can add more activities)

- Organize health awareness sessions during World Health Days (e.g., Cancer, AIDS, Tobacco, Breastfeeding) in collaboration with Himalayan Hospital.
- Conduct school health check-ups in the field practice areas, focusing on nutrition, hygiene, and adolescent health.
- Participate in mass immunization drives and promote vaccine awareness among rural populations.
- Host interactive seminars and poster competitions on topics like family planning, mental health, and lifestyle diseases.
- Collaborate with NSS for Swachhata Abhiyaan and sanitation awareness in nearby villages.
- Lead Nukkad natak (street plays) and rallies on tobacco cessation, menstrual hygiene, and safe water practices.
- Support ASHA training programs by assisting in visual aids, role-play, and community counselling.
- Facilitate health camps and screening events at outreach centers like RHTC Kurkawala and UHTC Rishikesh.
- Create digital content (videos, infographics) in Hindi/Garhwali to promote health messages on SRHU platforms.
- Celebrate World Population Day and other observances with community talks and IEC material distribution.



Sign. of Chairperson



Sign. of Treasurer



Sign. of Member Secretary

Chairperson
Health Education & Awareness Club
Swami Rama Himalayan University

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Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

NOTICE

Health Education & Awareness Club (Public Health, Social Welfare, & Community Outreach Clubs)

SRHU/APDC/HEAC/2024/01

3rd August 2024

This is to inform all students of the Rural Development Institute (RDI) that a Health Education and Awareness Workshop will be organized on **10th August 2024**. The event aims to promote health literacy, preventive healthcare practices, and awareness about common health issues among students and the community.

Details of the Event:

- Event : Health Education and Awareness Workshop
- Date : 10th August 2024
- Time : 9:00 AM onwards
- Venue : *Rural Development Institute (RDI)*
- Organized by : Health Education & Awareness Club, SRHU
- Eligibility : All students interested in public health, health promotion, and community service

Interested students are requested to register their names with the Club Coordinator or Class Representative by 9th August 2024. Active participation is highly encouraged.
For further details and workshop schedules, please contact the Club Coordinator – RDI.

Educate, Promote, and Empower for Better Health!



Chairperson

Chairperson
Health Education & Awareness Club
Swami Rama Himalayan University

Copy to:-

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Deans/Heads of the Constituent Academic Departments

Finance Officer

Members of the club-For necessary arrangements and action

} for kind information please

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REPORT

Organized by : Health Education and Awareness Club, Swami Rama Himalayan University
Date : 10th August 2024
Venue : Rural Development Institute (RDI)
Time : 09:00AM

The Health Education & Awareness Club, Swami Rama Himalayan University, observed International Disability Day on 3rd December 2024 at the *Rural Development Institute, Jolly Grant, Dehradun*. The event aimed to promote awareness, understanding, and inclusion of persons with disabilities (PwDs) and to highlight the importance of accessibility, empowerment, and equal participation in all aspects of life.

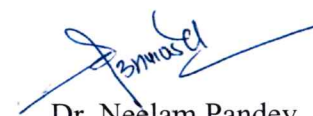
The observance began with an inaugural address by representatives from RDI, who emphasized the global theme of “United in action to rescue and achieve the SDGs for, with and by persons with disabilities”. The session shed light on the need to integrate disability-inclusive policies within education, healthcare, and community development initiatives.

An awareness talk was delivered by faculty members from the Health Education & Awareness Club, focusing on the rights of persons with disabilities, accessibility in public spaces, and government schemes supporting inclusive growth. Participants were encouraged to view disability not as a limitation, but as a facet of human diversity that enriches communities and promotes empathy and innovation.

Interactive discussions and experience-sharing sessions were held, where participants reflected on local challenges faced by persons with disabilities, such as limited access to health services, mobility barriers, and social stigmas. The discussions also emphasized how grassroots initiatives and community involvement can help create inclusive environments that enable persons with disabilities to thrive with dignity and independence.

As part of the event, students from RDI and the club volunteers conducted a health education and awareness drive focusing on preventive healthcare, mental well-being, and social inclusion of differently-abled individuals. Informational materials and leaflets highlighting the importance of early screening, rehabilitation services, and inclusive community support were distributed.

The observance concluded with a pledge for inclusion, where participants reaffirmed their commitment to promoting equality, compassion, and accessibility for all. The event successfully sensitized students



Dr. Neelam Pandey
Chairperson

Chairperson
Health Education & Awareness Club
Swami Rama Himalayan University

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and faculty toward the needs and rights of persons with disabilities and strengthened SRHU's vision of fostering an inclusive, equitable, and compassionate society.

EVENT HIGHLIGHT



Dr. Neelam Pandey
Chairperson

Chairperson
Health Education & Awareness Club
Swami Rama Himalayan University

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NOTICE

Health Education & Awareness Club

(Public Health, Social Welfare, & Community Outreach Clubs)

SRHU/APDC/HEAC/2024/02

26th November 2024

This is to inform all students of the Rural Development Institute (RDI) that a Health Education and Awareness Workshop will be organized on **03rd December 2024**. The event aims to promote health literacy, preventive healthcare practices, and awareness about common health issues among students and the community.

Details of the Event:

- Event : Health Education and Awareness Workshop
- Date : 03rd December 2024
- Time : 10:30AM-12:30PM Onward
- Venue : *Rural Development Institute (RDI)*
- Organized by : Health Education & Awareness Club, SRHU
- Eligibility : All students interested in public health, health promotion, and community service

Interested students are requested to register their names with the Club Coordinator or Class Representative by 02nd December 2024. Active participation is highly encouraged.

For further details and workshop schedules, please contact the Club Coordinator – RDI.

Educate, Promote, and Empower for Better Health!



Chairperson

Chairperson
Health Education & Awareness Club,
Swami Rama Himalayan University

Copy to:-

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

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REPORT

Organized by : Health Education and Awareness Club, Swami Rama Himalayan University
Date : 03rd December 2024
Venue : Rural Development Institute (RDI)
Time : 10:30AM-12:30PM


The Health Education & Awareness Club, Swami Rama Himalayan University, in collaboration with HIHT/SRHU, observed the International Day of Persons with Disabilities at the *RDI SRHU Meeting Hall*. The event was held under the global theme, “*Promoting the Leadership of Persons with Disabilities for an Inclusive and Sustainable Future,*” and aimed to raise awareness, foster inclusivity, and celebrate the contributions and leadership of persons with disabilities (PwDs) within the community.

The event witnessed the participation of 70 beneficiaries, including persons with disabilities and their families, along with 28 student volunteers. The programme commenced with a welcome address, followed by engaging sessions that emphasized the significance of leadership, empowerment, and inclusion in achieving a sustainable and equitable society.

Distinguished guests, including Dr. Vijendra D. Chauhan (Director, Himalayan Institute Academy), Dr. Jainendra Kumar and Mr. Santosh Kumar (National Child Science Congress), and Dr. Ashwin Bhatt (Neurologist, HIHT), graced the occasion. They shared valuable insights on disability rights, inclusive education, and the crucial role of accessible healthcare and skill-building in fostering independence and dignity for persons with disabilities.

Student volunteers from RDI and associated schools actively participated in coordinating the event, engaging with beneficiaries, and assisting in the distribution of mobility aids such as wheelchairs, tricycles, and crutches, as well as economic support materials including sewing machines and carts. Scholarships and disability certificates were also distributed to deserving individuals, reinforcing the university’s ongoing efforts toward empowerment and social inclusion.

The programme concluded with expressions of gratitude and a reaffirmation of SRHU’s commitment to inclusive development, rehabilitation, and community-based empowerment. The event served as a reminder that creating an inclusive future requires not only policy support but also empathy, awareness, and collective action. It symbolized the institution’s continuous dedication to promoting accessibility,


Dr. Neelam Pandey
Chairperson

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equality, and leadership among persons with disabilities paving the way toward a more inclusive and sustainable society for all.

EVENT HIGHLIGHT



ATTENDANCE




Dr. Neelam Pandey
Chairperson

Chairperson
Health Education & Awareness Club
Swami Rama Himalayan University