

Programs List, organised from 1st January 2022

- 1- On 14th January 2022, Virtual program on Surya Namaskar was organised in the college. On the occasion, Faculty, students and other staff performed surya Namaskar.
- 2- On 25th February 2022, Webinar on " Pharmacovigilance of ASU Drugs- Its Fundamentals And Importance" was organised by the education committee of the College . Dr Mr. Manish P. Deshmukh, Dean, School of Allied Health Sciences, Datta Meghe Institute of Medical Sciences (DU), Sawangi (Meghe), Wardha, Maharashtra was the main Speaker. Students, staff and other persons participated in the event online. Certificates were issued to all participants. The program was organised under the head of Azadi ka Amrit Mahotsav and was supervised by RSBK Department of the College,
- 3- On 12th March 2022, Webinar on " Amavata & Its Management with Panchkarma " was organised by the education committee of the College and was supervised by Panchkarma Department. Dr. Divya B., Associate Professor, Dept. of Panchkarma, Parul Institute of Ayurveda and Research, Parul University, Vadodara, Gujarat was the main Speaker. Students, staff and other persons participated in the event online. Certificates were issued to all participants. The program was organised under the head of Azadi ka Amrit Mahotsav
- 4- On 11th March 2022, Blood Donation Camp was organised by Core Committee of the College in Quadra Hospital, Roorkee, under the Head of AZADI KA AMRIT MAHOTSAV ; collaborated by Blood Bank , Civil Hospital, Roorkee and Roterate Club & Rotary Club, Roorkee. Total 54 Unit Blood was donated by the Staff, Student and other staff of the college ,Hospital and Quadra Nursing College. Certificates from Roterate Club and Blood Bank, Civil Hospital were issued to the donors.
- 5- On 22 March 2022, Awareness program on COPD was organised in Quadra Institute of Nursing, Roorkee under the head of Azadi ka Amrit Mahotsav. Dr Preeti, Assistant Prof. Prasuiti-Stri Rog Deptt, delivered lecture to the Audience .
- 6- On 24th March 2022, awareness program was organised at Quadra Institute of Nursing, Roorkee, on the Occasion OF World Tuberculosis Day. The Program was organised by Education Committee of the college under the head of Azadi Ka Amrit Mahotsav. On the Occasion, Poster Making Competition was organised.
- 7- On 25th March 2022, debate on impact of Life style, described in Ayurveda and their importance was organised. Student of Quadra Institute of Ayurveda and Nursing College, along with faculty and other staff participated.

- 8- On 28th March 2022, a rally regarding save environment was organised from Quadra Institute of medical Sciences and Village Belda. Student and staff of Quadra Institute of Ayurveda and Nursing College Participated in the event.
- 9- On 30 March 2022, Shlok Pratiyogita was organised at Quadra Institute of Ayurveda, Roorkee. The program was organised by education committee of the college.
- 10- On 30-3-2022, Tree Plantation was performed in Quadra Institute of Nursing college, Roorkee. 21 Medicinal plants were planted.
- 11- On 30 March-2022, A Lecture on Oral hygiene was delivered by Dr Rashmi Agari among the students & staff of BLA Academy . Importance of Oral Hygiene was taught to them.
- 12- - "PARIKSHA PE CHARCHA" program was visualised in Quadra Institute of Ayurveda, Roorkee on 1st April 2022. About 300 Teaching staff, student and other observed the program. The program was broadcasted by different channels. Hon'ble Prime Minister of India motivated the Nation.
- 13- On 5th April 2022, Orientation program on Hygiene was organised in Govt. Primary School, Village Salhapur .
- 14- Poster making Competition on 7th April 2022, on the occasion of World Health Day. The program, of Poster making Competition and health awareness Skits were organised in Quadra Institute of Nursing College, Roorkee.
- 15- Webinar on 11th April 2022 was organised under the head of Azadi Ka Amrit Mahotsav On " AYURVEDIC UROLOGY SPECIALITY AND ITS POTENTIAL"

Dr Shailesh Kumar R.Jaiswal , Associate prof, Deptt. of Shalya Tantra, Parul

University was the Main Speaker.

- 15 - - Medical Camp was organised in Rashtrya Inter college, Rohalki, Bahadarabad on 8th April 2022.
- 16- On 12 April 2022, Tree Plantation was performed in Rashtriya Inter College, Rohalki-Bahadarabad.
- 17 - Medical camp was organised in Samrat Prathivi Raj Chauhan Postgraduate college, Rohalki-Haridwar on 20 April 2022
- 18- - The program on GCTM was visualised online by 160 students and 27 faculty on 19th April 2022.
- 19 - The program – Inaugural function was visualised by 167 students and 24 staff online on 20 April 2022.
- 20- A lecture on Immunization and Immunity was delivered by DR Rashmi at Oxford School, Roshanabad on 27 April 2022. On the occasion, under the head of Azadi Ka Amrit Mahotasav. Principal –Mr Arvind Chauhan was the chief Guest. Total 40 Teaching ans 20 other staff participated in the program. Dr Rashmi was the resourse person .
- 21- An Awareness programm on menstrual hygiene was organised under the head of Azadi Ka Amrit Mahotasav in Oxford School, Roshanabad on 28th April 2022. On the occasion, Sanitary Pads were distributed among the girls of the school. On the occasion, awareness lecture on menstrual hygiene was also delivered by Dr rashmi Agari. Mr Arvind Chauhan (Principal) was the chief guest while 40 female staff , 20 other staff and 50 student participated in the program.

- 22- A Free medical camp on 29 April 2022 was organised at Arya Kanya Inter College, Roshanabad. Dr Rashmi Agari and Dr Saurabh Kumar were the main physician. On the occasion, Mr Rajkumar Chauhan (Adviser) was the Chief Guest while Principal Mr Krishna Devi along with total 30 staff and 15 other staff were benefitted. Dr Saurabh was the resource person.
- 23- A Lecture on Heat Stroke and its prevention was delivered by Dr rashmi Agari at Arya Kanya Inter College , Bahadarabad on 30- April 2022. On the occasion, Dr Rashmi Agari was the Recourse Person., while Mr Rajkumar (Adv.) was the Chief guest. Principal Mrs. Krishna Devi along with 30 staff and 15 other staff participated in the event.
- 24- Tree Plantation at Spring Field School, Bahadarabad was organised on 2nd May 2022. Principal Mrs Sumedha Arya was the chief Guest. On the occasion, Giloy, Neem and Peepal plants were planted and importance of these plamnts were taught to them. 32 staff and 15 other staff participated in the program.
- 25- On dated 18 April 2022, Medical camp at Adarsh Bal Sadan Inter college, Bahadarpur Jatt, Haridwar was organised. Dr Saurabh, Dr Mayank Bishnoi and Dr Rashmi participated as consultant. Principal Mr Dharmender Chauhan was the chief guest while total 18 staff and 6 other staff participated. Dr Saurabh was the resource person.
- 26- Tree Plantation iatt Adarsh Bal Sadan Inter College Bahadarpur Jatt was organised on 3 May 2022. . Principal Mr Dharmender Chauhan was the chief guest whiletotal 18 staff and 6 other staff participated. Dr Saurabh WEas the resource person.
- 27- Lecture on Dysmenorrhoea was delivered by Dr Rash mi Agari at Adarsh Bal Sadan Inter college, Bahadarpur Jatt , Haridwar. On 4th May 2022.. Principal Mr Dharmender Chauhan was the chief guest while total 18 staff and 6 other staff participated. Dr Saurabh was the resource person.
- 28- Free Health Check up camp was arranged at Adarsh Bal Sadan Inter College, Bahadarpur, on 5th May 2022. Iron And Folic acid capsules/ tablets were distributed among the anaemic females. total 18 staff and 6 other staff participated. Dr Saurabh was the resource person.
- 29- Tree Plantation at Arya Kanya Inter College, Bongla (Bahadarabad) was organised on 6th May 2022 . Principal Mrs Krishna Devi was the chief guest. Dr Mayank was the resource person. 30 staff and 15 other staff participated. Plants of Neem, Peepal, Vasa pere planted.
- 30- Free Medical Camp on 7th May 2022 was organised at Adarsh Inter college Khedli Haridwar Dr. Saurabh Kumar for the resource person and Principal Mrs. Sunita Singh was the Chief Guest Total 18 staff, for other staff and 40 students were benefitted.
- 31- Tree plantation at Arya Inter College Bongla (Bahadrabad) was organised on 07-05-2022 Principal Vinjendra Singh was the Chief Guest. Dr. Rashmi Agari was the resource person. Total 35 staff and 15 other staff and 30 students participated.
- 32- Orientation program under Azadi ka Amrit Mahotsava at Arya Inter college Bongla Bahadrabad was organised on 07-05-2022. Lecture on Grishm ritu paricharya and pathya Apathya was delivered by Dr. Mayank Bishnoi. On the Occasion Principal Mr. Bijendra Singh was the Chief Guest Dr. Mayank was the Resource person. Total 35 staff, 15 other staff and 31 students participated in the event.
- 33- A lecture on Menstrual hygiene and anemia was delivered on 09-05-2022 by Dr. Rashmi Agari at Vidhya Devi Memoriyal School Katarrpur, Haridwar. Mr. Sudesh Chauhan Chief Guest (Principal), Dr. Rashmi Agari resource person. Total 18 staff, 06 other staff and 32 Girls Students participated.
- 34- Free Medical Camp was organised on dated 9 may 2022 at Vidhya Devi Memoriyal School Katarpur, Haridwar. Dr. Maynk, Dr. Rashmi, Dr. Saurabh were the consultant. Dr. Mayank was the Resource person Mrs. Sudesh Chauhan was the Chief Guest. Total 20 Students 06 staff and 04 other staff participated.
- 35- Tree plantation at Vidhya Devi Memoriyal School Katarpur, Haridwar was organised on dated 10-05-2022 Mr. Sudesh Chauhan was the chief guest. Dr. Saurabh was the resource person. Total 06 staff and 25 students participated.

- 36- A lecture on Menstrual disorder was delivered by Dr. Rashmi Agari in Vidhya Devi Memoriyal School dated 10-05-2022 Katarpur, Haridwar. Mr. Sudesh Chauhan Was the Chief guest and Resource Person Dr. Rashmi Agari. Total 06 staff 02 other staff and 38 female students participated.
- 37- A free medical camp was arrange at Vidhya Devi Memoriyal School Katarpur, Haridwar dated 10-05-2022. Dr Rashmi was the resource person while Principal Mrs. Sharda Chauhan was the chief guest. Total 29 students 06 staff and 04 other staff participated.
- 38- A free medical camp at Intermediate college Ferupur Ram khera, Haridwar was organised on 11-05-2022. Dr Saurabh , Dr Mayank for the consultant. Total 45 students, 06 staff and 04 other staff participated. Dr. Rashmi was the resource person whiel Mr. Uttam Singh Chauhan was the Chief guest. Free Medicine were also distributed.
- 39- A free medical camp at Intermediate college Ferupur Ram khera, Haridwar was arranged on 12.05.2022 Dr. Rashmi was the resource person whiel Mr. Uttam Singh Chauhan was the Chief guest. Total staff 16 other staff 04 and 46 Girls students participated. Iron and folic acid and sanitary paid were also distributed.
- 40- Tree plantation was performed at Intermediate college Ferupur Ram khera, Haridwar was arranged on 12.05.2022 Dr saurabh was the resource Peron while Mr. Surendera kumar saini (Principal) was the Chief guest. Total 35 students 06 staff and 04 other staff participated.
- 41- Lecture was delivered by Dr. Rashmi Agari on heat stroke and Menstrual hygiene at Intermediate college Ferupur Ram khera, Haridwar. Dated 12.05.2022 Mr Surendra Saini (Principal) was the chief guest Dr. Rashmi was the resource person. Total 48 students participated in the event.
- 42- A lecture on Leucorrhoea was delivered by Dr. Rashmi at Adarsh Inter college Khedli, Haridwar on 13 05.2022. Dr Rashmi was the resource person Chief Guest Mr. Vinod Chauhan Principal and 65 students participated.
- 43- A Lecture on pure water and its importance was delivered Dr. Rashmi at Adarsh Inter college Khedli, Haridwar on 13 05.2022. Dr Rashmi was the resource person Chief Guest Mr. Vinod Chauhan Principal and 76 students participated.
- 44- A free medicine like Iron and folic acid were distributed at Adarsh Inter college Khedli, Haridwar. Lecture on anemia was also delivered. Dr. Rashmi was the resource person Chief guest was Mr. Vinod Chauhan. Total 18 staff 04 other staff and 78 female students participated. The program was arranged on 14.05.2022.
- 45- Tree plantation program was arranged at Adarsh Inter college Khedli, Haridwar on dated 14-05-2022. Chief Guest Mrs. Sunita Singh was the chief guest and Dr saurabh was the resource person. Total 06 staff 04 other staff and 20 students participated.
- 46- A free medical camp was organised at Adarsh Inter college Khedli , Haridwar on dated 15.05.2022. Chief Guest Mrs. Sunita Singh was the chief guest and Dr Saurabh was the resource person. Total 06 staff 04 other staff and 55 students participated.
- 47- On **16-05-2022**, A Lecture on **menstrual disorder** was delivered by Dr Rashmi Agari at **Adarsh Inter College Khedli Haridwar**. On the occasion, Iron and Folic Acid Tablets were also distributed. Resource person was Dr Rashmi Agari and Vinod Chauhan (principal) was the Chief guest. Principal delivered thanks to all. Total 18 Staff 04 other staff and 65 Students was present.
- 48- On **16-05-2022**, **Tree Plantation** was done by Dr Saurabh and Team at **Adarsh Inter College Khedli Haridwar**. Resource person was Dr Saurabh and Principal Sunita Singh Was the chief guest Total 18 Staff 04 other staff and 65 Students was present.
- 49- On **16-05-2022**, **Free Medical Camp** by Dr Saurabh and Team was arranged at **Adarsh Inter College Khedli Haridwar**. Resource person was Dr Saurabh and Principal Sunita Singh Was the chief guest Total 18 Staff 04 other staff and 65 Students was present.
- 50- On **12 may 2022** world nursing day was organised at **Quadra Institute of Nursing College Roorkee**. The Program was organised under Azadi ka Amrit Mahotsav. On the occasion, Dr Rakam Singh ji (Secretary) was the chief Guest. Principal Cristina Jorge



welcomed all the delegate. On the occasion, 25 faculties, 300 Students and 20 other Staff participated in the Event.

- 51- On **15 may 2022**, A lecture on **Oral hygiene and dental health** was delivered by Dr Rashmi at **Rishikul Vidhyapeeth Govt. Privet School No 26 Bahadrad** Dr Rashmi was the resource person Principal Mrs Mamta Nagpal thanks all the visitors. Total 76 Students and 5 Staff participated.
- 52- On dated **01 June 2022 Swachta Karyakaram** was performed in **Rajkiya Prathmik Vidhyalaya Tigri Haridwar** . Dr Rashmi Was the resource person and Principal Mrs Sunita singh was chief guest . Total 20 students participated.
- 53- A lecture was delivered by Dr Rashmi in **Rajkiya Prathmik Vidhyalaya Tibri Haridwar on 01 June 2022 on Pathya and Apathya Aahar.** Dr. Rashmi was the Resource Person. Principal Mrs Rama Vaish was the chief guest. Total 34 Students, 5 staff and 2 other staff participated.
- 54- A lecture on **nail hygiene, Diarrhoea and its prevention** was delivered by Dr Mayank Bishnoi at **Rajkiya Prathmik Vidhyalaya No 25 Tibri Haridwar on 16. 5. 2022** . Principal Mrs Rama Vaish was the chief guest and resource person was Dr Mayank . Total 37 Students 5 staff and 2 other staff participated in the events.
- 55- ORS and Calcium Sachets were distributed in **Rajkiya Prathmik Vidhyalaya No 25 Tibri Haridwar. on 17. 5. 2022.** Principal Mrs Rama Vaish was the chief guest and resource person was Dr Mayank . Total 37 Students 5 staff and 2 other staff participated in the events.
- 56- On **31 may 2022 free Health Check-up camp** was arranged in **Rajkiya Prathmik Vidhyalaya No 25 Tibri , Haridwar.** Dr Rashmi Was the chief Consultant and resource person while Mrs Ramsa Vaish (Principal) was the Chief Guest. Total 37 Students 5 staff and 2 other staff participated in the camp.
- 57- A lecture on **oral hygiene** was delivered by Dr Saurabh Kumar. On **28 May 2022 at Rajkiya Prathmik Vidhyalaya No 25 Tibri Haridwar.** Dr Saurabh was the resource person and Dr Rama Vaish was the Chief guest. On the occasion 37 Student 5 staff and 2 other staff were present.
- 58- On **30 may 2022** Dr Saurabh and his team **distributed Iron folic acid and calcium Sachets in Rajkiya Prathmik Vidhyalaya No 25 Tibri Haridwar.** Dr Saurabh was the resource person and Dr Rama Vaish was the Chief guest. On the occasion 35 Student 5 staff and 2 other staff were present.
- 59- ORS were distributed in **Rajkiya Ucha Prathmic Vidhyalaya Tibri District Haridwar. On 26 may 2022.** On the occasion Dr Rashmi and Her Team told the Importance the ORS and Prevention from sun stroke. Total 50 Students 8 staff and 4 other staff were. Principal Mrs. Ragini Gupta was the Chief Guest.
- 60- Dr Mayank Bishnoi and his Team Distributed Mask and Vitamin C Tablets were distributed in **Rajkiya Ucha Prathmic Vidhyalaya Tibri District Haridwar. On 26 may 2022.** On the occasion Dr Rashmi and Her Team told the Importance the ORS and Prevention from sun stroke. Total 50 Students 8 staff and 4 other staff were. Principal Mrs. Ragini Gupta was the Chief Guest.
- 61- **Free health check-up camp** was organised in **Rajkiya Ucha Prathmic Vidhyalaya Tibri District Haridwar. On dated 25 may 2022** On the occasion. Total 50 Students 8 staff and 4 other staff were. Principal Mrs. Ragini Gupta was the Chief Guest. Resource Person Dr Rashmi.
- 62- A lecture on **Heat Strok and its prevention** was delivered by Dr Rashmi in **Rajkiya Ucha Prathmik Vidhyalaya – Tibri Haridwar. On 25.05.2022.** Total 50 Students, 08 staff and 04 other staff were present. Mrs Ragini Gupta (Principal) was the Chief Guest while Dr Rashmi Agari was resources Person.
- 63- On dated 21.05.2022 Tooth Brushes were Distributed in **Rajkiya Prathmik Vidhyalaya No 28 Devpura Block Bahadrad District Haridwar.** Principal Incharge Mrs Manika Tvagi was the

- chief guest and Dr. Saurabh Kumar was the Resource person. Total 75 Students 05 staff and 04 other staff were present. On the Occasion, importance of mouth washing and regular brushing was also taught.
- 64- On dated 22.05.2022 ORS were Distributed in Rajkiya Pratmik Vidhyalaya No 28 Devpura Block Bahadrabad District Haridwar. Principal Incharge Mrs Manika Tyagi was the chief guest and Dr. Rashmi was the Resource person. Total 75 Students 05 staff and 04 other staff were present. On the Occasion, importance of water intake and ORS was also taught.
- 65- On dated 24.05.2022 Free Health Check-up camp for teachers and other staff was organised in Rajkiya Pratmik Vidhyalaya No 28 Devpura Block Bahadrabad District Haridwar. Principal Incharge Mrs Manika Tyagi was the chief guest and Dr. Saurabh Kumar was the Resource person. Total 15 staff and 04 other staff were examined.
- 66- On dated 25.05.2022 lecture on Oral hygiene was delivered by Dr Rashmi Agari in Rajkiya Pratmik Vidhyalaya No 28 Devpura Block Bahadrabad District Haridwar. Principal Incharge Mrs Manika Tyagi was the chief guest and Dr. Rashmi Agari was the Resource person. Total 72 Students 05 staff and 04 other staff were present. Importance of Herbal plants like Neem etc. was also told to them to maintain oral hygiene
- 67- On dated 21.05.2022 lecture on Oral Hygiene and dental Health was delivered by Dr. Rashmi Agari in Rishikul Vidya Peeth Govt. Primari School, No 26 Block Bahadrabad. In the program total 76 students 05 staff and 02 other staff were present. Principal Mrs. Mamta Nagpal, welcome the team. In the program chif guest was Mrs. Mamta Nagpal and recourse person was Dr. Rashmi Agari.
- 68- On 19.05.2022 tooth brushes were distributed in Govt. Primary school bahadrabad. Principal Mrs. Mamta Nagpal was the chief guest and Dr. Saurabh Kumar was the resource the person. Total 76 students 05 staff and 02 other staff were present.
- 69- On 19.05.2022 Medicinal Plants were planted in Govt. Primary school bahadrabad. Principal Mrs. Mamta Nagpal was the chief guest and Dr. Mayank Bishnoi was the resource the person. Total 76 students 05 staff and 02 other staff were present.
- 70- Medical Camp was organised in Govt. Primary school, Bahadrabad on 20.05.2022. Principal Mrs. Mamta Nagpal was the chief Guest while Dr Rashmi Agari Resource person. Total 76 students 05 staff and 02 other staff was present.
- 71- On 17.05.2022 Dr. Rashmi Agari delivered a lecture on menstrual dysfunction in rashtriya Inter College, Rohalaki Bahadrabad. Principal Mr. Ram Kumar Chauhan welcome the team and Dr. Rashmi was the resource person. In the event 56 students 21 staff and 14 other staff were participated.
- 72- On 17.05.2022 Sanitary Pad were distributed in Rashtriya Inter College Rohalaki, Bahadrabad. Principal Ram Kumar Chauhan welcome the team. Total 56 students, 31 staff and 14 other staff were present. Dr. Rashmi Agri was resource person.
- 73- On 18.05.2022 Iron Folic acid and calcium Sachats were distributed in Rashtriya Inter College Rohalaki, Bahadrabad. Principal Ram Kumar Chauhan welcome the team. Total 56 students, 31 staff and 14 other staff were present. Dr. Rashmi Agri was resource person.
- 74- A free Medical camp on 30.05.2022 was organised at Adarsh Inter College, Khedli, Haridwar. Dr. Saurabh Kumar was the resource person Principal Mrs. Sunita Singh was the chief guest. Total 18 Staff 04 other staff and 42 students were examined and free ayurved medicines were distributed. Importance of life style and yoga were also told to them.
- 75- Lecture on Grishm Ritu Charya was deliverd by Dr. Rashmi Agari in Arya Inter College, Bongla, Bahadrabad on 02.06.2022 on the occasion import of water, minerals and cleaning of our hands were also taught to them. Principal Vijendra Singh was the chief guest and Dr. Rashmi Agari resource person in the event 35 staff 15 other staff and 30 students were present.
- 76- On 11.05.2022 a lecture on Grishym Ritu Charya was delivered by Dr. Mayank Bishnoi in Rishikul Vidya Peeth Govt. Primary School, 26 Bahadrabad. On occasion importance

of Grishm Ritu Charya, use of fresh seasonal foods were also told to them. Principal Mrs. Mamta Nagpal was the Chief guest. Total 62 Students, 05 staff and 02 other staff participated.

- 77- On dated 15 June 2022, Yoga week Inauguration took place at Yoga hall, Quadra Institute of Ayurveda Roorkee. During the Yoga practice session Yogacharya Mr. Shakti Singh trained the delegates as per the protocol of Ministry of AYUSH and UAU. Total 20 beneficiaries, including 07 faculty members and 10 Students and internees were present. Chief guest Chaudhary Vijay Pal Singh explained the benefits of Yoga to the beneficiaries.
- 78- On dated 16/06/2022, 2nd day of Yoga training camp was held successfully under Yoga Week celebration. Total 23 delegates attended the programme, including 07 faculty members, 10 students/internees and 06 other staff were present. Chief guest Dr. Rakam Singh stressed upon the current theme "YOGA FOR HUMANITY" and motivated all the delegates to work upon.
- 79- On dated 17/06/2022, 3rd day of Yoga training camp was held successfully under Yoga Week celebration. Total 25 delegates attended the programme, including 07 faculty members, 12 students/internees and 06 other staff were present. Chief guest Shri Aklank Jain explained the benefits of yoga especially during the period of COVID.
- 80- On dated 18/06/2022, 4th day of Yoga training camp was held successfully under Yoga Week celebration. Total 27 delegates attended the programme, including 07 faculty members, 14 students/internees and 06 other staff were present. Chief guest Shri Manoj Goyal explained the benefits of yoga for lifestyle modification.
- 81- On dated 19/06/2022, 5th day of Yoga training camp was held successfully under Yoga Week celebration. Total 20 delegates attended the programme, including 04 faculty members, 12 students/internees and 04 other staff were present. Chief guest Shri Narendra Singh explained the benefits of yoga in daily routine.
- 82- On dated 20/06/2022, 6th day of Yoga training camp was held successfully under Yoga Week celebration. Total 25 delegates attended the programme, including 06 faculty members, 14 students/internees and 05 other staff were present. Chief guest Dr. Rishabh Jain explained the benefits of yoga for wellbeing.
- 83- On dated 21/06/2022, 7th day of Yoga training camp was held successfully under Yoga Week celebration/ international yoga day. Total 50 delegates attended the programme, including 15 faculty members, 21 students/internees and 14 other staff were present. Chief guest Dr. Rakam Singh explained the benefits of yoga for wellbeing.
- 84- On 15 August 2022, National Flag was Hoisted in the Campus and National Anthem was Sung by all the Staff and Student. After that Solo Dance and Group Dance Competition was also arranged. All the Winners of Dance competition and Previous Activities were awarded with memento, Medal and Certificate of Appreciation. Tripti Kumari BAMS 1st Year (Batch 2019) , Shreya Negi BAMS 2nd Year (Batch 2018 Batch) and Komal Chauhan , BAMS 3rd Year Batch 2017 were the class topper in the respective examinations and they were awarded with certificate of Appreciation and Medel.
- 85- From 13th August to 15th August, All student, Staff hoisted Indian flag at their home. Many flags were also hoisted in the Campus of the college and hospital by the student and staff.
- 86- Charak Jayanti was celebrated under Azadi ka Amrit Mahotsava on 03 August 2022. On the occasion orientation program for sanitization an importance of hygiene was arranged at Rajkiya Prathmik Vidhyalaya ward No 32 Bahadrabad. In the event Dr Rashmi Agari was the Resource person. Executive Principal Mr Rajesh was the Chief Guest. Total 59 Students, three faculties and three other staff were present.
- 87- Medical Camp was organised in Govt. Primary school, Bahadrabad on 20.05.2022. Principal Mrs. Mamta Nagpal was the chief Guest while Dr Rashmi Agari Resource person. Total 76 students 05 staff and 02 other staff was present.
- 88- On 18.05.2022 Iron Folic acid and calcium Sachats were distributed in Rashtriya Inter College Rohalaki, Bahadrabad. Principal Ram Kumar Chauhan welcome the team.

- Total 56 students, 31 staff and 14 other staff were present. Dr. Rashmi Agri was resource person.
- 89- A free Medical camp on 30.05.2022 was organised at Adarsh Inter College, Khedli, Haridwar. Dr. Saurabh Kumar was the resource person Principal Mrs. Sunita Singh was the chief guest. Total 18 Staff 04 other staff and 42 students were examined and free ayurved medicines were distributed. Importance of life style and yoga were also told to them.
- 90- Medical Camp was organised in Govt. Primary school, Bahadrabad on 20.05.2022. Principal Mrs. Mamta Nagpal was the chief Guest while Dr Rashmi Agari Resource person. Total 76 students 05 staff and 02 other staff was present.
- 91- Health Check up camp of Staff was organised in Diksha Public School, Roorkee on 27 July 2022. Dr Rashmi was the Resource Person. Total 16 staff and 4 other staff were examined. Principal Ram Kumar Chauhan was the chieh Guest while Dr Rashmi was the resource Person.
- 92- On 27 July 2022, ORS and Calcium sachets were distributed in Diksha Public School, Roorkee. On the occasion, Dr Saurabh was the resource person. Principal of the college Mr Ram Kumar Chauhan was the Chief guest. . Total 45 Student, other staff 04 and other person 06 participated in the event. Total 45 Student, , 16 staff and 4 other staff participated.
- 93- On 5th August 2022, Health Check-up Camp was organised in Thakur Ilam Singh Memorial School, Sec 6, Bahadarabad. Total 45 Student, 16 Staff and 4 other staff were examined. Principal Mrs vandana was the chief guest.
- 94- Free Health Camp was organised in the Village Saitpura on 13th August 2022 . Free Medicines were also distributed. Dr Yogesh Sisodiya, Dr Anurita and Dr T.R. Panwar participated in the camp along with Internee, Nusirng Staff and others. Total 80 Patients were Examined and Free Treatment/ Medicines were Provided to them.
- 95- On dated 10th August 2022, Tree Plantation was done in the campus by the student & staff. On the occasion, many medicinal plants were planted. Secretary, Dr Rakam Singh taught to them about the importance of tree Plantation.
- 96- On Dated 12th August 2022, Swacchata Abhiyan was performed in the Village BELDA. Before That, a Rally " HER GHER TIRANGA " was also organised in the same village by the STaff, Student and Management of the college. All student and Staff marched with flag in the village..
- 97- A lecture on Oral Hygiene was delivered by Dr Rashmi Agari at Diksha Public School, Dhanori, Roorkee on 28 July 2022. Principal, Ram Kumar Chauhan was the chief Guest. Total 45 Student, 16 staff and 4 other staff participated.
- 98- On 29 July 2022, a lecture was delivered by Dr Mayank Bishnoi at Diksha Public School , Dhanori, Roorkee on Typhoid and its prevention. Total 45 Student, , 16 staff and 4 other staff participated. Principal Ram Kumar Chauhan welcomed the team.
- 99- A lecture on Varsha Ritu Charya , was delivered by Dr Saurabh on 30 July 2022 in Diksha Public School, Dhanori- Roorkee . Total 45 Student, , 16 staff and 4 other staff participated. Principal Ram Kumar Chauhan welcomed the team.
- 100- Orientation program on prevention of corona Virus was arranged in Rajkiya Prathmik Vidhyalaya No. 26 Bahadrabad on 01-08-2022. On the occasion mask were also distributed. Dr. Mayank Bishnoi was the resource person. Principal Smt. Mamta Nagpal was the chief guest. Total 72 Student, 6 Staff and 2 other Staff participated in the event.
- 101- An Orientation program on prevention of water born disease in rainy season was organised at Rajkiya Prathmik Vidhyalaya, No. 20 Bahadrabad on 03-08-2022. Principal Mamta Nagpal was the Chief Guest. Total 72 Student, 6 staff and 2 other staff participated in the event.
- 102- On 03-08-2022 Orientation program on personal hygiene with ORS distribution was organised at Rajkiya Prathmik Vidhyalaya, No.--26 Bahadrabad Khand. Total 72 Students Five Staff and three other staff were present. Dr Mayank Bishnoi was the resource person . Smt Mamta Nagpal (Principal) was the chief guest.
- 103- On 5th August 2022, an orientation program on Diarrhoea and its prevention was arranged in Thakur Ilam Singh Memorial School, , sector 6, Bahadarabad . On the Occasion, Lecture was delivered By Dr Rashmi. Principal Mrs. Vandana Singh was the Chief guest. Total 45 Student, 16 Staff And 4 other staff were present