

Shri Guru Ram Rai University

Empower Her Club

Report on Club Activity on March,2026

Club Name: Empower Her Club

Date of Proposed Activity: Saturday, 7th March 2026

Activity Title: First Aid Training Camp

Objective of the Activity: To equip students with basic first aid knowledge and life-saving skills, enabling them to respond effectively during medical emergencies and promote health awareness within the community.

Aligned SDG Goal(s):

SDG 3: Good Health and Well-being

SDG 4: Quality Education

SDG 5: Gender Equality

SDG 11: Sustainable Cities and Communities

Detailed Description of the Activity: The Empower Her Club, in collaboration with SGRRIM&HS College of Nursing, organized a “First Aid Training Camp” aimed at creating awareness about emergency response and basic healthcare practices. The session focused on teaching essential first aid techniques such as CPR, wound care, and handling common medical emergencies.

The training was conducted by healthcare professionals who demonstrated practical procedures and encouraged student participation through hands-on practice as follows:

Ms. Nitasha - Fracture Management

Ms. Simran Michael : First Aid management for wound, bleeding & burns

Ms. Anugrah Robert - First Aid on Seizures

Ms. Garima Chetri - CPR

Mr. Amit Samson George - CPR Hands on Training

Students actively engaged in learning life-saving techniques, making the session interactive and informative. The activity emphasized the importance of timely intervention in emergency situations and aimed to build confidence among participants to act responsibly when needed.

The program was open to all interested students, and certificates of participation were provided to encourage involvement and acknowledge their learning.

Number of Participants: Approximately 48 students participated in the training camp. Attendance is attached here.

Outcomes & Learning: Participants gained practical knowledge of first aid techniques, improved their emergency response skills, and developed confidence in handling critical situations. The activity also enhanced awareness regarding the importance of immediate medical assistance.

Recommendations for Future Events: More such practical training sessions with extended duration and advanced emergency care modules should be organized to deepen students' understanding and preparedness.

Submitted By:

Club Coordinator: Prof. Balbir Kaur

Co-Coordinator: Ms. Pallavi Joshi



**EMPOWER
HER CLUB**

Empower Her Club

in collaboration with

SGRRIM&HS College of Nursing



ORGANISES

FIRST AID

TRAINING CAMP


Learn to respond. Learn to save lives.


 **Date: 7th March 2026**

 **Day: Saturday**

 **Time: 11:00 AM – 12:00 PM**

 **Venue: SGRRIM&HS College of Nursing**

 **Open to all interested students**

 **Certificate of Participation will be provided**

Coordinators

Ms. Pallavi Joshi

Dr. Balbir Kaur



SUSTAINABLE GOALS
DEVELOPMENT





GPS Map Camera
Dehradun, Uttarakhand, India
 822e+228, Thide Colony, Dehrakhas, Patel Nagar,
 Dehradun, Uttarakhand 248001, India
 Lat 30.302735 N Long 78.021845 E
 Plus Code : 8J2W823C+3P
 07/03/2026 12:06 PM GMT +05:30



Shri Guru Ram Rai University
EMPOWER HER CLUB
"First Aid Training Camp"
 In Collaboration with SGRIM&HS College of Nursing

Date: 07/03/2026

S. No	Participant Name	Course	School	Signature
1	Bakul Bar	Pharm.D 2 nd yr	SPS	[Signature]
2	Vahid Kamran	Pharm.D 2 nd yr	SPS	[Signature]
3	Keshav Kishore	Pharm.D 2 nd yr	SPS	[Signature]
4	Akshay	D. Pharm 2 nd yr	SPS	[Signature]
5	Prateek	"	"	[Signature]
6	Pranshu Bhatta	D. Pharm 2 nd yr	SPS	[Signature]
7	VITIN BHATTI	Pharm.D 2 nd yr	SPS	[Signature]
8	ANNA SARKAR	Pharm.D 2 nd yr	SPS	[Signature]
9	ANSARA KHAN	"	"	[Signature]
10	Khushi	Pharm.D 2 nd yr	SPS	[Signature]
11	Madhu	"	"	[Signature]
12	Aditya Anurag Kap	Pharm.D 2 nd yr	SPS	[Signature]
13	Arshdeep Singh	Pharm.D 2 nd yr	SPS	[Signature]
14	Yashraj	Pharm.D 2 nd yr	SPS	[Signature]
15	Pranshu Kishore	Pharm.D 2 nd yr	SPS	[Signature]
16	Neha	"	"	[Signature]
17	Animesh	M. Pharm (MBBS)	"	[Signature]
18	Sachin	"	"	[Signature]
19	Rishabh	Pharm.D 2 nd yr	"	[Signature]
20	Pranshu	"	"	[Signature]
21	Pranshu	"	"	[Signature]
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29	Pranshu	"	"	[Signature]
30	SHIVIKA LAHORIA	SHSS/BA 2 nd	SHSS	[Signature]

Prof. Balbir Kaur
Coordinator

Ms. Balvini Joshi
Co-Coordinator

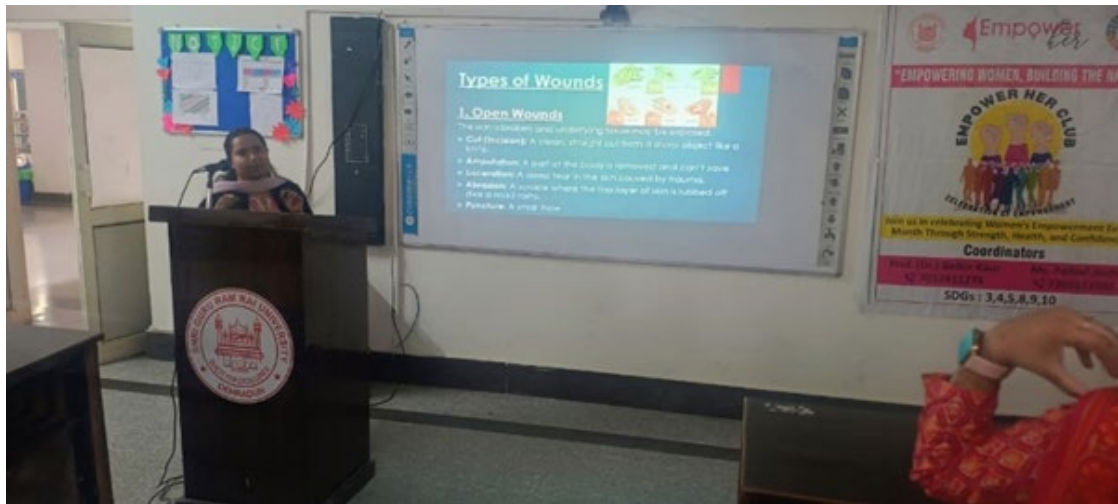
Shri Guru Ram Rai University
EMPOWER HER CLUB
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Date:

S. No	Participant Name	Course	School	Signature
31	Pranshu Dhyani	BB Eng 2 nd yr	SHSS	[Signature]
32	Neha	BA Eng 2 nd yr	SHSS	[Signature]
33	Lucky Mangani	BA Eng 2 nd yr	SHSS	[Signature]
34	Anusha	MA Eng 2 nd yr	SHSS	[Signature]
35	Pranshu	D. Pharm 2 nd yr	SPS	[Signature]
36	Pranshu	"	"	[Signature]
37	Pranshu	"	"	[Signature]
38	Pranshu	"	"	[Signature]
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Prof. Balbir Kaur
Coordinator

Ms. Balvini Joshi
Co-Coordinator





Dehradun, Uttarakhand, India 🇮🇳

Chamanpuri, Patel Nagar, Dehradun, Uttarakhand 248001, India

Lat 30.302777, Long 78.021487

Saturday, 07/03/2026 11:25 AM GMT+05:30

Note : Captured by GPS Map Camera