

RUKHSAR ALAM

OBJECTIVE

To contribute my expertise in behaviour change communication, industrial safety awareness, and field-level program implementation to support sustainable community wellbeing initiatives.

EXPERIENCE

Silver Creast Health Care (Inland Hospital)

2024 - Still

OPD Manager

- Managed OPD operations and patient services.
- Conducted awareness sessions on maternal and child health.
- Facilitated HPR, HFR registration and generated 400+ ABHA IDs.
- Supervised health staff and ensured safety standards.
- Prepared reports and schedules using MS Office.

Piramal Foundation

2022 - 2024

Gandhi Fellow

- Worked with communities on education, women's health, and immunisation.
- Conducted BCC sessions and mobilised women's groups.
- Facilitated surveys and collaborated with frontline workers.
- Maintained documentation and progress reports.
- Led awareness campaigns for factory workers and urban communities.
- Conducted behaviour change sessions on preventive health & safety.
- Created a 3 month community action plan conducted field visits and supervised outreach activities.

EDUCATION

Indra Gandhi National Open University

Appearing

MA in Population and Family Health Studies

Mahatma Gandhi Kashi Vidyapith, Varanasi

2020 to 2022

Master Of Social Work

Harishchandra PG College, Varanasi

2017 to 2020

B.Com

SOCIAL IMPACT & VOLUNTEERING INITIATIVES

CONTACT

@ rukhsaralam824@gmail.com

+91 9580964361

Chandauli 232101, Uttar Pradesh

www.linkedin.com/in/rukhsar-alam-b366

SKILLS

- Interpersonal Skills
 - . Adaptability & Resilience
 - . Behaviour Change Communication
 - . Collaboration & Teamwork
- Technical Skills
 - . MS Word, Excel, Powerpoint
 - . Documentation & Reporting
 - . Training & Capacity Building

ACHIEVEMENTS & AWARDS

Led a menstrual health awareness initiative on Menstrual Hygiene Day. Using art and visual storytelling to engage adolescent girls in a community where such topics are often taboo. Created a safe, stigma free environment through interactive presentation and creative expression enabling participants to openly discuss menstruation for the first time. The initiative empowered girls to ask questions. Support one another, and express a desire to educate their peers transforming silence into confidence and ownership.

LANGUAGES

- Hindi
- English
- Bhojpuri

● **Labour Office, Varanasi | Aug 2021 - July 2022**

Conducted awareness sessions on labour laws and worker right to promote legal empowerment among unorganized sector workers.

Facilitated registration for e-Shram cards and connected construction workers with government welfare schemes.

Identified child labour cases and supported rehabilitation efforts under the Child Labour (Prohibition and Regulation) Act.

● **Dr. Shambhunath Singh Research Foundation | Feb 2021 - Apr 2021**

*Dedicated development professional with expertise in child rights, women empowerment, and collaboration with national/international organizations.

*Facilitated education via Mohalla classes, actively contributed to CRY Projects and engaged in Nukkad Natak for awareness campaigns.



CERTIFICATION

● Effective Communication

● Project Management

● Data Analysis Using Excel



DECLARATION

● I hereby declare that all information provided is true and correct.

