



Robert Rickman
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Mountain House High School Students Recognized as Youth Future Leaders by Supervisor Rickman and the Board of Supervisors for their Activities and Founding of the Vitals First Campaign Initiative

STOCKTON – At its Board meeting on Tuesday, March 3, 2026, Supervisor Robert Rickman and the San Joaquin County Board of Supervisors recognized and heard from Mountain House High School Senior’s and Vitals First Campaign Co-Founder’s Avni Shinde, Tvisha Pandey, Thao Nguyen, Rishika Abhishetty.

The Vitals First Campaign is an initiative focused on raising awareness and informing communities how to monitor five important vital signs; heart rate, blood pressure, body temperature, oxygen saturation, and respiratory rate and the importance of doing so, as these can be crucial indicators of someone’s health. Further, the campaign has engaged residents of all ages in effort to educate the community on proper techniques for measuring vital signs, how to recognize normal and abnormal ranges, and when it may be important to seek medical attention.

Supervisor Rickman stated, “I find the energy, efforts, and focus of Avni, Tvisha, Thao, and Rishika inspiring and worthy of recognition. Their outreach through multiple media outlets and platforms, involvement and participation in community events, fundraising efforts, and collaboration with local organizations and businesses, is commendable. Through Vitals First, they provide great benefit to our residents.”

Learn more about Supervisor Rickman at <https://www.sjgov.org/department/bos/districts/district-5>.

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“I hope I shall possess firmness and virtue enough to maintain (what I consider the most enviable of all titles), the character of an honest man.”
- George Washington -