

AWARENESS & WELLNESS CAMPAIGN

@ Village Gobindpura

KEY HIGHLIGHTS



Session on Solid Waste Management

By Sqn Ldr. (Dr.) Rina Angel

Session on Health

By Dr. Harmeet Kaur Kang



Health & Eye Checkup Camp

By students of Department of Nursing & Department of Optometry



Session on Water Quality Testing

By Prof. (Dr.) Jyotsna Kaushal



2 May 2026



10:00 am Onwards



Village Gobindpura

Organised by Centre of Excellence for Sustainability
In collaboration with Centre for Women Health & Empowerment,
Department of Optometry, Centre for Water Sciences
& Office of Administration



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| Event Name | Hand-In-Hand With Society: Awareness & Wellness Campaign at Village Gobindpura |
| Date | 2 May 2026 |
| Venue | Village Gobindpura |
| Organizer | Centre of Excellence for Sustainability (CUCES) in collaboration with the Centre for Health & Wellness, Centre for Water Sciences, Chitkara School of Health Sciences, and Office of Administration |
| Resource Person | Sqn Ldr. (Dr.) Rina Angel, Prof. (Dr.) Jyotsna Kaushal, Dr. Harmeet Kaur Kang |
| Total number of Participations | 100+ |
| SDGs Covered | 3,4,6,11,12 & 17 |
| Duration | One Day |

Objective

To create awareness among rural communities regarding health, hygiene, water quality, environmental sustainability, and responsible waste management while providing essential healthcare services through wellness assessments and counselling initiatives.

Description

The Centre of Excellence for Sustainability (CUCES), in collaboration with the Centre for Health & Wellness, Centre for Water Sciences, Chitkara School of Health Sciences, and Office of Administration, successfully organized an impactful Awareness & Wellness Campaign at Village **Gobindpura** on 2nd May 2026. The initiative aimed to strengthen community well-being and promote sustainable living practices aligned with the United Nations Sustainable Development Goals.

The event commenced with a series of informative and engaging awareness sessions conducted by distinguished experts from various domains.

- **Session on Solid Waste Management**

Sqn Ldr. (Dr.) Rina Angel highlighted the importance of proper waste segregation,



The poster features the title "AWARENESS & WELLNESS CAMPAIGN" in large, bold letters, with the location "@ Village Gobindpura" below it. A "KEY HIGHLIGHTS" section lists four sessions: "Session on Solid Waste Management" by Sqn Ldr. (Dr.) Rina Angel, "Session on Health" by Dr. Harmeet Kaur Kang, "Health & Eye Checkup Camp" by students of the Department of Nursing & Department of Optometry, and "Session on Water Quality Testing" by Prof. (Dr.) Jyotsna Kaushal. At the bottom, it specifies the date "2 May 2026", time "10:00 am Onwards", and location "Village Gobindpura". Logos for the organizing departments and the United Nations Sustainable Development Goals are also present.

responsible disposal methods, and sustainable environmental practices to promote cleaner and healthier communities.

- **Session on Water Quality Testing**

Prof. (Dr.) Jyotsna Kaushal educated participants about safe water practices, methods of water quality testing, and the importance of clean drinking water in maintaining public health and preventing water-borne diseases.

- **Session on Health & Hygiene**

Dr. Harmeet Kaur Kang emphasized the significance of personal hygiene, preventive healthcare, sanitation, and wellness awareness for improving the overall quality of life in rural communities.

The healthcare activities included

- BMI Evaluation
- Blood Pressure (BP) Check-up
- Sugar Testing
- Blood Tests

A dedicated **Nutrition Counselling** Centre was also established to guide participants regarding balanced diets, healthy eating habits, and lifestyle modifications for improved health outcomes. The **Eye Check-up Camp** further supported vision health awareness and encouraged early detection of eye-related issues.

The villagers actively participated in all activities and benefited from expert guidance, healthcare consultations, and awareness sessions.

Outcomes

- Increased awareness regarding solid waste management and environmental sustainability among villagers.
- Enhanced understanding of water quality and safe water practices.
- Promotion of preventive healthcare and personal hygiene awareness within the rural community.
- Early identification of health concerns through BMI, BP, sugar, blood, and eye check-up assessments.
- Improved awareness regarding nutrition and healthy lifestyle practices.
- Strengthened community engagement and university outreach initiatives.
- Reinforced Chitkara University's commitment towards sustainable development and social responsibility.

Conclusion

The “Hand-In-Hand With Society: Awareness & Wellness Campaign” at Village Gobindpura served as a meaningful initiative to bridge community outreach with sustainable development and healthcare awareness. Through educational sessions, healthcare services, and wellness activities, the event successfully empowered villagers with knowledge and access to preventive healthcare practices. The initiative reflected Chitkara University’s continued dedication towards building healthier, informed, and sustainable communities through collaborative action and social responsibility.

Session Photograph



Health Camp



