

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness Talk on Breastfeeding
<b>Date</b>	5 <sup>th</sup> August, 2022
<b>Venue</b>	Community Health Center, Kalomajara
<b>Organizer</b>	Ms. Timsy, Ms. Gurpreet Kaur, Ms. Amanpreet Kaur (Assistant Professor) and Ms. Neha Rana (Nursing Tutor)
<b>Resource Person</b>	Dr. Maninder Kaur, SMO, CHC, Kalomajara
<b>No. of Participants</b>	20 Participants
<b>Under SDG no.</b>	3
<b>SDG Details</b>	3- Good health and wellbeing

World Breastfeeding Week aims to highlight the huge benefits that breastfeeding can bring to both the health and welfare of babies, as well as a wider push for maternal health, focusing on good nutrition, poverty reduction and food security. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized awareness talk on breastfeeding week dated 5<sup>th</sup> August, 2022 at Community Health Center, Kalo Majra. B.Sc. Nursing 4<sup>th</sup> Year students delivered the talk under the supervision of Ms. Timsy, Ms. Gurpreet Kaur, Ms. Amanpreet Kaur (Assistant Professor) and Ms. Neha Rana (Nursing Tutor). The Theme of the breast-feeding week 2022 was “Step Up for Breastfeeding: Educate and Support. The main purpose of this day was to spread awareness among community people regarding the importance of breastfeeding, principles of breastfeed, breastfeeding technique, adjusting the latch, when to feed, maintaining the milk supply, nutritional content of breast milk, ten steps to successful breastfeed, common problems which mother and child face during breastfeeding. Total 20 mothers participated in the awareness talk.



**Awareness talk on breastfeeding week, dated 5<sup>th</sup> August, 2022**



**Explaining the importance of breastfeeding on 5<sup>th</sup> August, 2022**

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<b>Event Name</b>	CSR Activity
<b>Topic</b>	National Pulse Polio Programme
<b>Date</b>	18.09.2022 to 20.09.2022
<b>Venue</b>	CHC/PHC, Kalomajra
<b>Organizer</b>	Ms. Annu Singhal (Assistant Professor)
<b>No. of Participants</b>	03
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

As a health professional it is a great opportunity to take part in National Health Programmes. B.Sc. Nursing (Post Basic) 2<sup>nd</sup> year students were a part of the National Pulse Polio Programme. The National Pulse Polio Programme was organized on 18<sup>th</sup> September 2022 to 20<sup>th</sup> September 2022. Students were given training for Pulse Polio Programme. They were divided into small groups and were assigned the polio booth on the first day followed by door-to-door immunization on the last 2 days. Students gained knowledge regarding the implementation of National Health Programmes like planning phase, action phase and recording phase. Student's work was appreciated and students were provided with certificates of participation.



GPS

Latitude	30; 31; 18.6547799696564...
Longitude	76; 40; 15.1688999688487...
Altitude	282

**Student administering polio drops to children on 18<sup>th</sup> September ,2022 at village Kalo Majra.**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	Group project on World Heart Day
<b>Topic</b>	World Heart Day
<b>Date</b>	29 <sup>th</sup> September 2022
<b>Venue</b>	Civil Hospital Phase-6 Mohali
<b>Organizer</b>	Ms. Divya Thakur (Assistant Professor), Ms. Kamlesh Thakur (Nursing Tutor), Ms. Kanika Sharma (Nursing Tutor)
<b>No. of Participants</b>	48 Participants
<b>Under SDG no.</b>	03,04
<b>SDG Details</b>	03 Good health and wellbeing 04 Quality Education

**World Heart Day** aims to bring the awareness to the community people regarding the increasing burden of the heart diseases in the community and their prevention. World Heart Day is celebrated on 29<sup>th</sup> of September of every year. The theme for this year is “Cardiovascular Health for Everyone”. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized BSc. Nursing 3<sup>rd</sup> semester organized a group project on 29<sup>th</sup> September in which they conveyed the message to the public with the help of the role play and chart explanation. The main purpose of this day was to spread the awareness regarding the importance of proper healthy diet and a healthy routine like morning walk and regular check-up. The audience was mixture of the family members of the patients and staff of civil hospital phase-6 Mohali. There was total 30 -35 people present there at the time of group project.



**Charts made by students to explain heart diseases, their risk factors, sign and symptoms and prevention, 29<sup>th</sup> September 2022**

SS



**Students playing role on heart diseases; 29<sup>th</sup> September 2022**



**The audience attending the role play and chart explanation 29<sup>th</sup> September 2022**



**Students with the slogan at the end of role play; 29<sup>th</sup> september 2022**





**Students with the Nursing Superintendent and other staffs of the Civil Hospital Phase -6 Mohali; 29<sup>th</sup> September 2022**

Faculty

Principal

Topic: world heart day

Date: 29<sup>th</sup> September, 2022

No of faculty: 03

LIST OF FACULTY MEMBER

SR. NO.	NAME OF FACULTY	Designation
1.	Ms. Divya Thakur	Assistant Professor
2.	Ms. Kamlesh Thakur	Nursing Tutor
3.	Ms. Kanika sharma	Nursing Tutor

Faculty

Principal

DEPARTMENT OF NURSING

Topic: world heart day

Date: 29<sup>th</sup> September, 2022

No of faculty: 03

**LIST OF STUDENTS**

Sr No.	Roll No	Name	Class
1.	2140991001	Abhi Raj	B.Sc. Nursing 3 <sup>rd</sup> Sem
2.	2140991002	Ajay Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
3.	2140991009	Bazila Yousuf	B.Sc. Nursing 3 <sup>rd</sup> Sem
4.	2140991010	Bhavneet Sekhon	B.Sc. Nursing 3 <sup>rd</sup> Sem
5.	2140991011	Danish Ali	B.Sc. Nursing 3 <sup>rd</sup> Sem
6.	2140991012	Deepali Thakur	B.Sc. Nursing 3 <sup>rd</sup> Sem
7.	2140991013	Gouri	B.Sc. Nursing 3 <sup>rd</sup> Sem
8.	2140991014	Guddan Kumar Singh	B.Sc. Nursing 3 <sup>rd</sup> Sem
9.	2140991016	Husne Gani Saifi	B.Sc. Nursing 3 <sup>rd</sup> Sem
10.	2140991019	Jashanpreet Singh	B.Sc. Nursing 3 <sup>rd</sup> Sem
11.	2140991020	Karanjeet Kaur	B.Sc. Nursing 3 <sup>rd</sup> Sem
12.	2140991021	Kirandeep Kaur	B.Sc. Nursing 3 <sup>rd</sup> Sem
13.	2140991022	Krishna Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
14.	2140991024	Kundan Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
15.	2140991025	Mahima	B.Sc. Nursing 3 <sup>rd</sup> Sem
16.	2140991026	Malik Aijaz Ul Jameel	B.Sc. Nursing 3 <sup>rd</sup> Sem
17.	2140991029	Mobashsir	B.Sc. Nursing 3 <sup>rd</sup> Sem
18.	2140991031	Mukesh Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
19.	2140991032	Nachiketa Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
20.	2140991033	Nirdosh Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
21.	2140991036	Priyanshu Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
22.	2140991037	Puja Kumari	B.Sc. Nursing 3 <sup>rd</sup> Sem
23.	2140991038	Rambabu Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
24.	2140991039	Ranjana Thapa	B.Sc. Nursing 3 <sup>rd</sup> Sem
25.	2140991040	Ridhima	B.Sc. Nursing 3 <sup>rd</sup> Sem
26.	2140991041	Rohit Raj	B.Sc. Nursing 3 <sup>rd</sup> Sem
27.	2140991042	Sandeep Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
28.	2140991044	Shahid Hasan	B.Sc. Nursing 3 <sup>rd</sup> Sem
29.	2140991045	Shivali Gaur	B.Sc. Nursing 3 <sup>rd</sup> Sem
30.	2140991046	Shivam Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem



31.	2140991047	Shivangi Sharma	B.Sc. Nursing 3 <sup>rd</sup> Sem
32.	2140991048	Shubham Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
33.	2140991049	Taukir Alam	B.Sc. Nursing 3 <sup>rd</sup> Sem
34.	2140991050	Umair Bashir	B.Sc. Nursing 3 <sup>rd</sup> Sem
35.	2140991051	Uroos Jan	B.Sc. Nursing 3 <sup>rd</sup> Sem
36.	2140991052	Vanshika	B.Sc. Nursing 3 <sup>rd</sup> Sem
37.	2140991053	Vikash Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
38.	2140991054	Vikash Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
39.	2140991056	Raminder Jeet Kaur	B.Sc. Nursing 3 <sup>rd</sup> Sem
40.	2140991057	Simranjit Kaur Randhawa	B.Sc. Nursing 3 <sup>rd</sup> Sem
41.	2140991058	Gagandeep Kaur	B.Sc. Nursing 3 <sup>rd</sup> Sem
42.	2140991059	Simranjeet Kaur	B.Sc. Nursing 3 <sup>rd</sup> Sem
43.	2140991060	Ashish Kumar	B.Sc. Nursing 3 <sup>rd</sup> Sem
44.	2140991061	Kajal Sethi	B.Sc. Nursing 3 <sup>rd</sup> Sem
45.	2140991062	Arushi Minhas	B.Sc. Nursing 3 <sup>rd</sup> Sem

Faculty

Principal

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Role play on “Prevention of Road Accidents”
<b>Date</b>	17th October, 2022
<b>Venue</b>	Ortho OPD of GMSH, Sector 16, Chandigarh
<b>Organizer</b>	Ms. Gurpreet Kaur, Assistant Professor and Ms. Neha Rana, Nursing Tutor
<b>Resource Person</b>	Ms. Surinder Kaur, Nursing Superintendent, GMSH, Sector 16, Chandigarh
<b>No. of Participants</b>	08 Participants
<b>Under SDG no.</b>	3
<b>SDG Details</b>	3 Good health and wellbeing

### DEPARTMENT OF NURSING

Department of Nursing, Chitkara School of Health Sciences organised a role play on “Prevention of Road Accidents” on World Trauma Day i.e. 17th October 2022 at Ortho OPD of GMSH, Sector 16, Chandigarh. This day highlights the increasing rate of accidents and injuries causing death and disability across the world and the need to prevent them.

Students from B. Sc. Nursing 4th Year participated with great zeal and enthusiasm to create awareness among the public regarding following the traffic rules and measures to be taken in road accident with the help of slogans and messages.



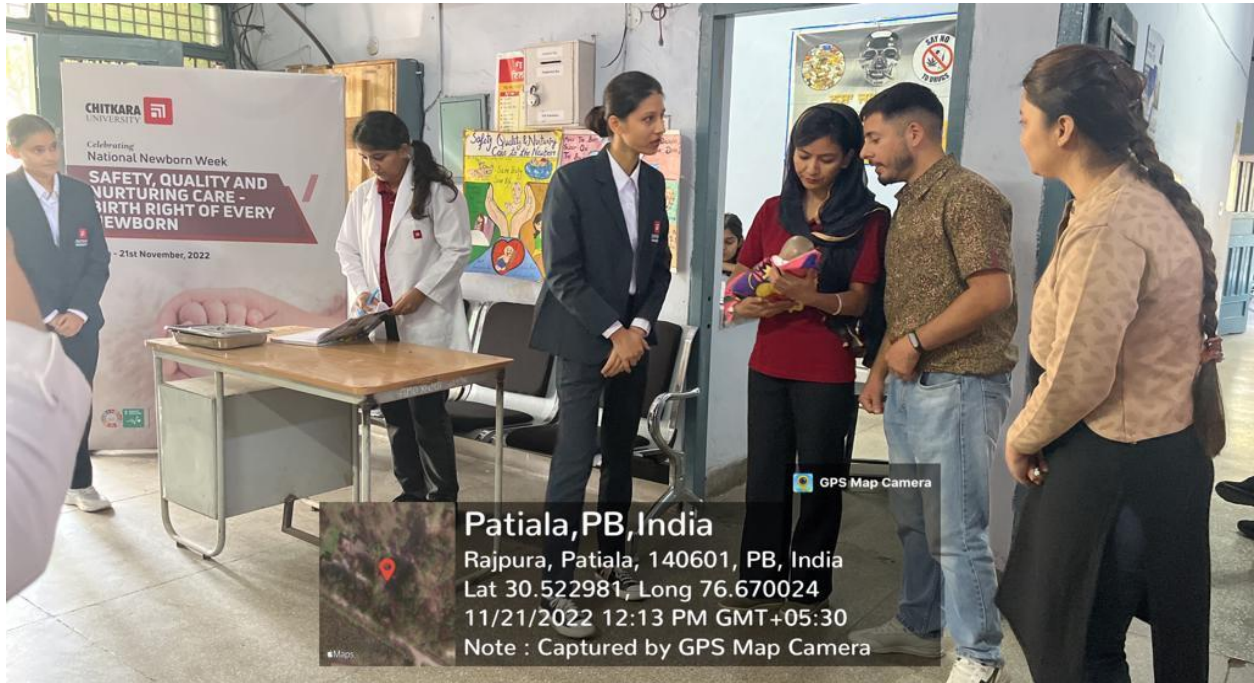
**Students performing Role Play in Ortho OPD on “Prevention of Road Accidents” dated 17<sup>th</sup> October, 2022.**

## DEPARTMENT OF NURSING

<b>Event Name</b>	Role play on National Newborn Week
<b>Topic</b>	National Newborn Week
<b>Date</b>	21/11/2022
<b>Venue</b>	Community Health Center, Kalo Majra
<b>Organizer</b>	Ms. Kanika Sharma (Nursing Tutor) and Ms. Priya Gill (Nursing Tutor)
<b>No. of Participants</b>	06
<b>Under SDG no.</b>	04
<b>SDG Details</b>	04 Quality Education

National Newborn Week aims to bring awareness to the community regarding the increasing burden of newborn illness in the community and its prevention. National Newborn Week is celebrated from 15<sup>th</sup> November to 21<sup>st</sup> November of every year. The theme of this year was “Safety, Quality and Nurturing Care-Birth Right of Every Newborn”. Department of Nursing, Chitkara School of Health Sciences, Chitkara University, M.Sc. Nursing 1st year students participated in a role play which was held on 21-11-2022 in which they conveyed the message of newborn care, false belief on the care of the newborn, its effect on the health of the newborn.

The main purpose of this day was to spread awareness regarding the importance of care of the newborn, importance of breastfeeding and avoiding the unhealthy beliefs such as application of kajal on eyes, application of cow dung on umbilical area etc. The audience was family members, antenatal mothers, postnatal mothers and staff of CHC , Kalo Majra.



GPS Map Camera  
**Patiala, PB, India**  
 Rajpura, Patiala, 140601, PB, India  
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 Note : Captured by GPS Map Camera



**Patiala, PB, India**  
 Rajpura, Patiala, 140601, PB, India  
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 11/21/2022 12:09 PM GMT+05:30  
 Note : Captured by GPS Map Camera



**SMO giving feedback after the role play**



**Students and faculty with the Staff of CHC, Kalo Majra**

**Students playing role on newborn care; 21 November 2022**



**DEPARTMENT OF NURSING**

<b>Event Name</b>	Awareness Rally on World AIDS Day
<b>Topic</b>	World AIDS Day “EQUALIZE”
<b>Date</b>	01 <sup>st</sup> December 2022
<b>Venue</b>	Community Health Centre (CHC), Kalo Majra, Punjab
<b>Organizer</b>	Mr. Gaurav Kohli (Professor), Ms. Eenu (Associate Professor), Ms. Annu (Assistant Professor) and Ms. Divya Sethi ( Nursing Tutor)
<b>No. of Participants</b>	37
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

**World AIDS Day** aims to bring awareness to the community regarding the increasing burden of AIDS in the community and its prevention. World AIDS Day is celebrated on 01<sup>st</sup> December every year. The theme for this year was “EQUALIZE”. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized an awareness rally on 1<sup>st</sup> December in which they conveyed the message to the public regarding prevention of HIV/AIDS with the help of slogans.

The main purpose of this day was to address the inequalities which are holding back progress in ending AIDS. The rally started from the Community Health Centre (CHC), Kalo Majra at 11:00 AM. B.Sc. Nursing 3<sup>rd</sup> year (31), Msc Nursing 2<sup>nd</sup> year (05) and Post Basic Bsc. Nursing 2<sup>nd</sup> year (01) students created awareness among the community people. However, it was overall a great experience with the participation of the villagers.

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**3 GOOD HEALTH  
AND WELL-BEING**



**NACO**

**National AIDS Control Organisation**

India's response to HIV & Sexually Transmitted Infections  
Ministry of Health & Family Welfare, Government of India  
www.naco.gov.in

# WORLD AIDS DAY

## THEME "EQUALIZE"

1st December, 2022



Organised by  
Community Health Nursing  
Department of Nursing  
Chitkara School of Health Sciences  
Chitkara University, Punjab





**Students and faculty gathered for starting the awareness rally on World AIDS Day: 1st December,2022.**



**Students and Faculty conducting awareness rally in CHC,Kalo Majra on 1st December,2022.**

**DEPARTMENT OF NURSING**

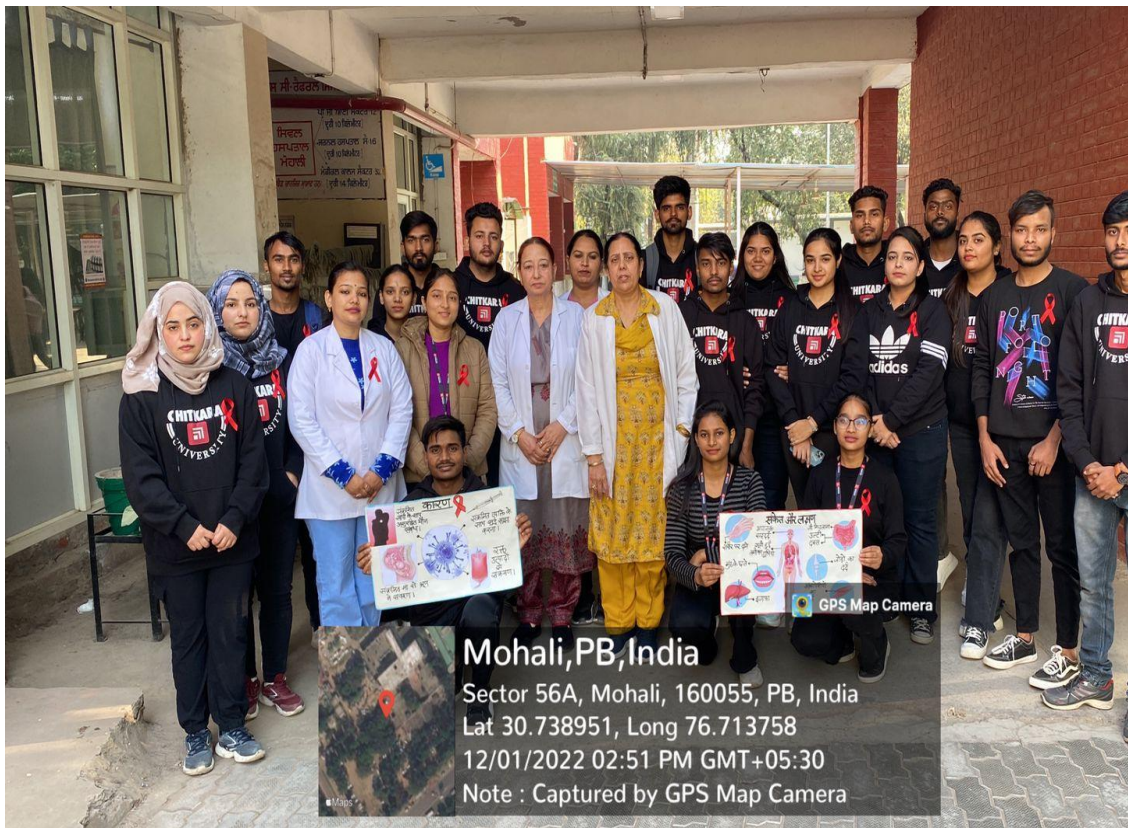
<b>Event Name</b>	Role Play on World AIDS Day
<b>Topic</b>	World AIDS Day
<b>Date</b>	1 <sup>st</sup> December 2022
<b>Venue</b>	Civil Hospital Phase-6 Mohali
<b>Organizer</b>	Ms. Kamlesh Thakur (Nursing Tutor), Ms. Seema Rani(Nursing Tutor)
<b>No. of Participants</b>	24 Participants
<b>Under SDG no.</b>	03,04
<b>SDG Details</b>	03 Good health and wellbeing 04 Quality Education

**World AIDS Day** aims to bring awareness to the community people regarding the increasing burden of the AIDS diseases in the community and their prevention. World AIDS Day is celebrated on 1<sup>st</sup> December of every year. The theme for this year is “Equalize”. Students of B.Sc. Nursing 3rd year, Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized a Role Play on 1<sup>st</sup> December in which they conveyed the message to the public about HIV/AIDS and its prevention.

The main purpose of this day was to prompt for all to work for the proven practical actions needed to address inequalities and help end AIDS. The audience was a mixture of the family members of the patients and staff of civil hospital phase-6 Mohali. There were a total 20 -25 people present there at the time of role play.



**Students performing role play:-1<sup>st</sup> December 2022**



**Students with the Nursing Superintendent and other staffs of the Civil Hospital Phase -6 Mohali; 1<sup>st</sup> December ,2022.**

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**DEPARTMENT OF NURSING**

<b>Event Name</b>	C.S.R.Activity
<b>Topic</b>	Poster Exhibition on World AIDS Day
<b>Date</b>	1 <sup>st</sup> December ,2022
<b>Venue</b>	A.P Jain Hospital Rajpura,Punjab
<b>Organizer</b>	Ms.Dimple Morrison (Nursing Tutor), Ms.Neha Thakur(Nursing Tutor)
<b>No. of Participants</b>	18 Participants
<b>Under SDG no.</b>	03,04
<b>SDG Details</b>	03 Good health and wellbeing 04 Quality Education

**World AIDS Day** aims to bring awareness to the community people regarding the increasing burden of the AIDS diseases in the community and their prevention. World AIDS Day is celebrated on 1<sup>st</sup> December of every year. The theme for this year is “Equalize”. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized BSc. Nursing 3<sup>rd</sup> semester organized a Poster Exhibition on 1<sup>st</sup> December in which they conveyed the message to the public with the help of the poster exhibition and chart explanation.

The main purpose of this day was to prompt for all to work for the proven practical actions needed to address inequalities and help end AIDS. The audience was family members of the patients and staff of A.P Jain Hospital ,Rajpura. There were total 20 -25 people present there at the time of the poster exhibition.



**Poster Exhibition On AIDS Day at A.P Jain Hospital,Rajpura on 1<sup>St</sup> December ,2022.**



**Students with the SMO and other staffs of the A.P Jain Hospital  
Rajpura,Punjab; 1<sup>St</sup> December 2022**



**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Community Awareness Programme on Constipation Awareness Month, 2022
<b>Date</b>	16 <sup>th</sup> December 2022
<b>Venue</b>	Community Health Centre (CHC), KaloMajra, Punjab
<b>Organizer</b>	Mr.Gaurav Kohli(Professor & HOD), Ms.Eenu(Associate Professor), Ms.Anu(Assistant Professor) and Ms.DivyaSethi (Nursing Tutor)
<b>No. of Participants</b>	09
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Constipation Awareness Month aims to bring awareness to the community people regarding constipation and its prevention. Constipation Awareness Month is a great opportunity to fill the lacuna by providing awareness about the condition and get the word out about this issue and also helps the individuals who suffer from it. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized Constipation Awareness Month on 16<sup>th</sup> December, 2022 in which students conveyed the message to the public with the help of health education on constipation and diet demonstration on high fiber diet (Khichdi).

This constipation awareness month, takes the initiative to educate the people about constipation symptoms, and its causes. It's important to spread the message and get it treated to prevent the risk of developing complications. The participants were Post Basic B.Sc Nursing 2<sup>nd</sup> year students (08) and M.Sc Nursing 2<sup>nd</sup> year student (01). However, it was overall a great experience with the participation of the villagers.



**Students demonstrating high fibre diet on Constipation Awareness Month on 16th December, 2022.**



**Students and Faculty conducting Community Awareness Programme on Constipation Awareness Month on 16th December, 2022.**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Health Mela on “HYPERTENSION”
<b>Date</b>	19 <sup>th</sup> January, 2023
<b>Venue</b>	Aanganwadi Centre No. 1, KaloMajra, Punjab
<b>Organizer</b>	Mr.Gaurav Kohli(Professor& HOD), Ms.Eenu(Associate Professor), Ms.Anu(Assistant Professor) and Ms.DivyaSethi (Nursing Tutor), Ms.Amandeep Kaur (Nursing Tutor) and Ms.Sonali (Nursing Tutor)
<b>No. of Participants</b>	<b>70</b>
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

**Health Mela** was organised by Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of B.Sc Nursing 4<sup>th</sup> year and Post Basic B.Sc Nursing 2<sup>nd</sup> year. The objective of conducting the health mela was to create awareness of general health among the people, provide general health care services and counselling them on basic healthcare and hygiene. It was organised on 19<sup>th</sup> January 2023. The topic for the health mela was “HYPERTENSION”.

Physical assessment including measurement of height, weight, B.P and Random blood sugar was checked during the health mela. Students also performed nukkad natak for creating awareness among the public regarding prevention of hypertension. Health education was given using AV aids to empower people. The event ended by offering healthy refreshment to the people who participated in the mela.



**Students, faculty and community people gathered for nukkad natak organised at health mela on 19th January,2023.**



**Students measuring blood pressure of community people at health mela on 19th January,2023.**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Anganwadi Camp
<b>Date</b>	25 <sup>th</sup> January, 2023
<b>Venue</b>	Anganwadi centre, Kalo Majra, Punjab
<b>Organizer</b>	Ms. Annu(Assistant Professor) and Ms. Divya Sethi ( Nursing Tutor)
<b>No. of Participants</b>	08
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Anganwadi Camp was organised by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of B.Sc. Nursing Post Basic 2<sup>nd</sup> year under the guidance of Ms. Annu and Ms. Divya. It was organised on 25<sup>th</sup> January 2023.

The following activities were conducted in the camp

- 1-Anthropometric measurement
- 2- Health education on dental hygiene, hand hygiene through puppet show
- 3- Nutritional assessment and BMI calculation
- 4- Preschool non formal education given through Flash cards.

Healthy refreshments were provided to the preschool children and all the nursing students who participated in the camp with great enthusiasm.



B.Sc Nursing Post Basic 2<sup>nd</sup> year students with faculty participated in Anganwadi camp.



Students measuring weight and height of preschool children at Anganwadi centre, Kalo Majra



Students giving education through flash cards at Anganwadi centre, Kalo Majra

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	School Health Programme on “Good Habits “
<b>Date</b>	31 <sup>st</sup> January,2023
<b>Venue</b>	Government Elementary School , KaloMajra, Punjab
<b>Organizer</b>	Ms.Eenu(Associate Professor), Ms.Annu Singhal (Assistant Professor), Ms.Divya Sethi ( Nursing Tutor), Ms. Amandeep Kaur ( Nursing Tutor), Ms. Sonali ( Nursing Tutor),
<b>No. of Participants</b>	57
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

School Health Programme was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of B.Sc. Nursing 4<sup>th</sup> year and Post Basic Bsc. Nursing 2<sup>nd</sup> year. The objective of conducting the school health programme was to create awareness regarding good habits among school children. It was organised on 31<sup>st</sup> January,2023. The topic for school health programme was “Good Habits”.

Height and weight were checked for school students. Students demonstrated handwashing and brushing techniques through a by puppet show. Health education was given using AV aids to empower the school students. The event was closed by offering refreshment to the school students. School teachers and students appreciated the programme.



**School Health Programme on “Good Habits “ on 31<sup>st</sup> January,2023**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness Talk on “ <b>Breast Cancer</b> ”
<b>Date</b>	7 <sup>th</sup> February 2023
<b>Venue</b>	Community area, Old Rajpura, Punjab
<b>Organizer</b>	Ms.Eenu (Associate Professor), Ms.Annu(Assistant Professor) and Ms.Divya Sethi ( Nursing Tutor)
<b>No. of Participants</b>	70
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

In the Indian population breast cancer is diagnosed at an advanced stage, generally in stage III or IV of the disease, thus contributing to a high mortality rate among women. Literacy and awareness of the disease, preventive measures, and screening programmes will help in early detection and treatment. This is where breast cancer awareness takes a major role. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized Awareness Talk on Breast Cancer on 7<sup>th</sup>February 2023 in which they conveyed the message to the public about three pillars toward achieving the target of lessening the incidence of breast cancer are health promotion for early detection, timely diagnosis, and comprehensive breast cancer management. The participants were students from B.Sc Nursing (Post Basic) 2<sup>nd</sup> year students (08) and B.Sc Nursing 4<sup>th</sup> year (62).The talk concluded by creating awareness about breast cancer to further live & lead a healthy life and let our health carelessness not deplete our physical and emotional well-being instead help us save this pair of divinity.





**Students giving health talk on Breast Cancer in community area, Old Rajpura**



**Students demonstrating techniques of breast self-examination in community area**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Community Sensitization programme on National Deworming Day
<b>Date</b>	8 <sup>th</sup> February 2023
<b>Venue</b>	Slum area ,Old Rajpura
<b>Organizer</b>	Ms. Eenu(Associate Professor), Ms. Annu(Assistant Professor) and Ms. Divya Sethi ( Nursing Tutor)
<b>No. of Participants</b>	70
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Community Sensitization programme on National Deworming Day was organised by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of B.Sc. Nursing 4<sup>th</sup> year and B.Sc. Nursing (Post Basic) 2<sup>nd</sup> year. The objective of conducting this Sensitization programme was to make general public aware regarding following

- Causes of worm infestation
- Sign & Symptoms of worm infestation
- Prevention and Treatment of worm infestation

It was organised on 8<sup>th</sup> February 2023.

Students gave health education through AV aids to aware the public regarding causes,sign and symptoms , prevention and management of worm infestation. Demonstration on steps of hand washing was also given to empower people.



**Students on Community Sensitization programme on National Deworming Day.**

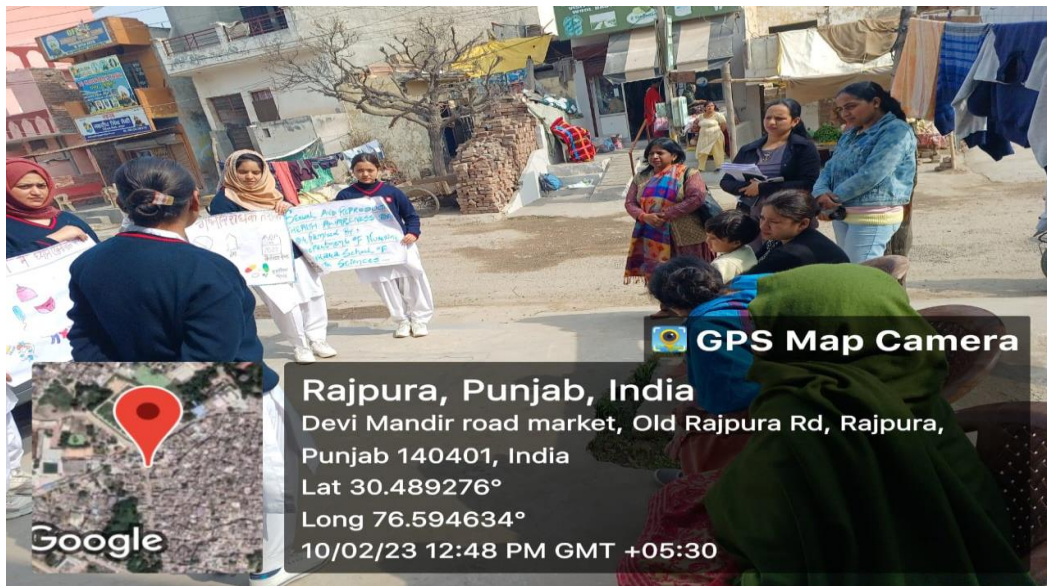


**Students giving Health Education on National Deworming Day at Slum Area, Old Rajpura.**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	“Sexual and Reproductive Health Awareness Day”
<b>Date</b>	10 <sup>th</sup> February ,2023
<b>Venue</b>	Old Rajpura
<b>Organizer</b>	Ms. Eenu (Associate Professor), Ms. Annu Singhal (Assistant Professor), Ms.Divya Sethi ( Nursing Tutor), Ms. Amandeep Kaur ( Nursing Tutor)
<b>No. of Participants</b>	59
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

“Sexual and Reproductive Health Awareness” day was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of B.Sc. Nursing 4<sup>th</sup> year and B.Sc. Nursing (Post Basic) 2<sup>nd</sup> year. The objective of conducting the awareness programme was to enhance the knowledge regarding “Sexual and Reproductive Health” among women and to improve overall sexual and reproductive health. It was organised on 10<sup>th</sup> February, 2023. Women were educated regarding prevention of STDs, menopause, puberty, family planning methods and the various types of birth control available. Information was given regarding the unsafe abortions and infertility also. Health education was given using charts.



**“Sexual and Reproductive Health Awareness Day on 10<sup>th</sup> February, 23**

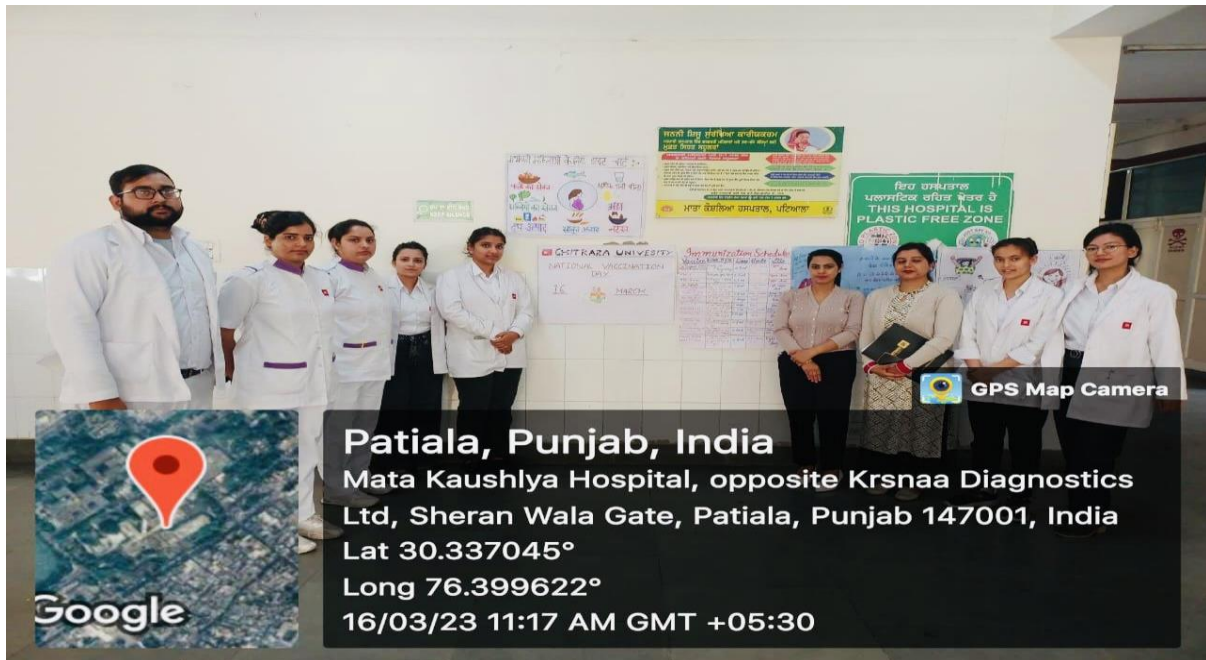
**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness Programme on National vaccination Day
<b>Date</b>	16-03-2023
<b>Venue</b>	Mata Kaushalya Hospital Patiala, Punjab
<b>Organizer</b>	Ms. Amanpreet Kaur (Assistant professor) Ms. Monika (Nursing Tutor)
<b>No. of Participants</b>	<b>09</b>
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

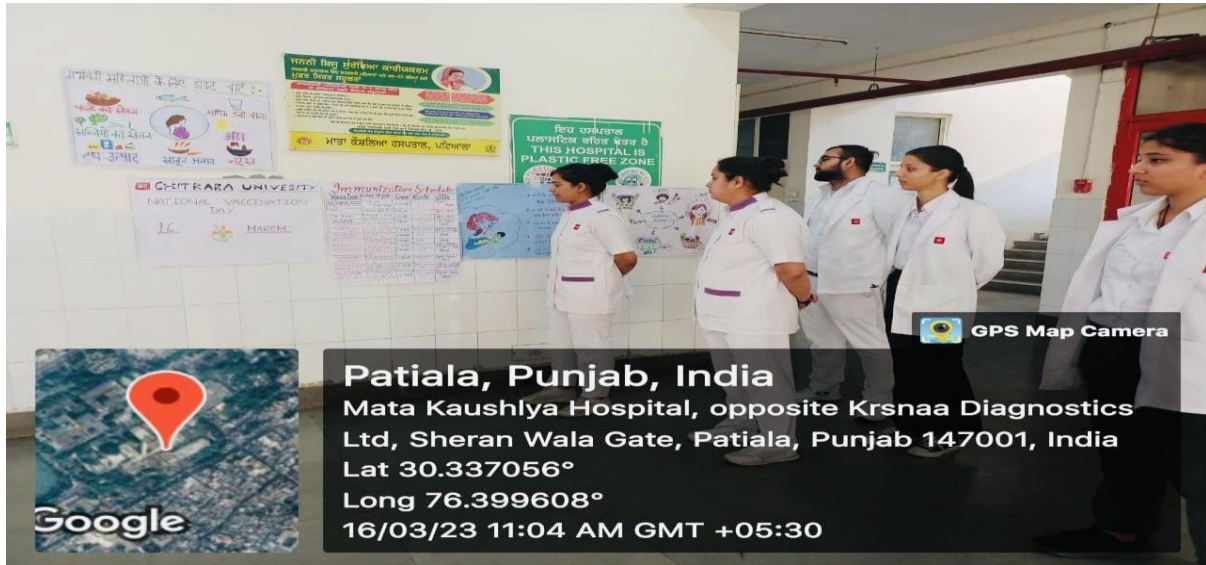
Awareness programme on National vaccination day was organised by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of M.Sc. Nursing 1<sup>st</sup> year, M.sc Nursing 2<sup>nd</sup> year and Post BasicB.sc (N) 1st year. The objective of conducting this awareness programme was to spread awareness about vaccination, its importance to fight against the fatal diseases, and to provide immunity to the body against future encounters by the same pathogens. Vaccine have reduced the prevalence of several deadly diseases like measles, chickenpox, tetanus, rubella, polio and most recently covid-19. It was organised on **16<sup>th</sup> March 2023**. Students provided health education on different types of vaccination, care of child, dietary habits and hygiene among children. Health education was given using AV aids to empower people.



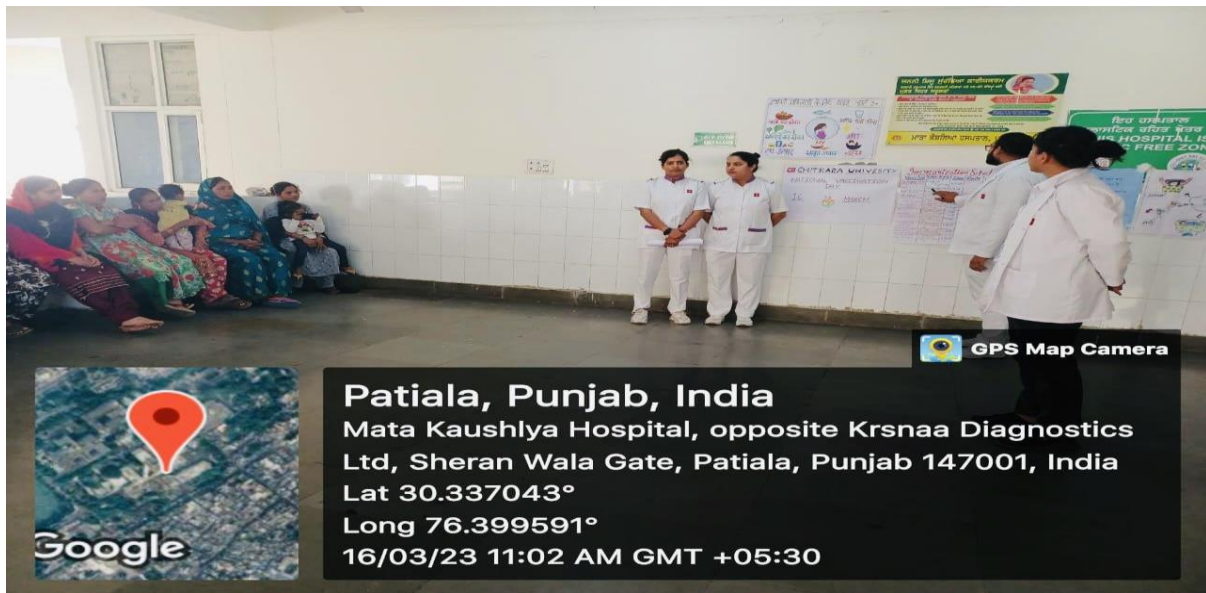
Students giving health Education on National vaccination Day on 16<sup>th</sup> March,2023



Students giving health Education on National vaccination Day on 16<sup>th</sup> March,2023



Students giving health Education on National vaccination Day on 16<sup>th</sup> March,2023



Students giving health Education on National vaccination Day on 16<sup>th</sup> March,2023

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness programme on World Tuberculosis Day
<b>Date</b>	24 <sup>th</sup> March 2023
<b>Venue</b>	Dr. BR Ambedkar State Institute of Medical Sciences,SAS Nagar (Mohali) Punjab
<b>Organizer</b>	Ms Aarti Dhiman (Nursing Tutor),Department of Nursing, CSHS Ms. Ayushi Rao(Nursing Tutor), Department of Nursing, CSHS
<b>No. of Participants</b>	<b>10</b>
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

On the occasion of World Tuberculosis Day, students of BSc Nursing 4th Year organized a Health Education Program on 24th March 2023. The objective of conducting this health education programme was to spread awareness about Tuberculosis. The education program was based on the theme '**Yes We Can End It**', and students mainly focused on the prevention aspects of Tuberculosis. Education program also emphasized on continuous treatment modalities and basic ways to prevent the spread of infection. Overall, the educational program was very helpful and effective and group also shared their queries regarding the disease.





**Students giving Health Education on Tuberculosis at Civil Hospital, phase 6 Mohali**

**Faculty**

**Principal**

DEPARTMENT OF NURSING

**Topic:** Health Education programme on World Tuberculosis Day

**Date:** 24<sup>th</sup> March 2023

**No of faculty:** 02

**LIST OF FACULTY MEMBERS**

<b>SR. NO.</b>	<b>NAME OF FACULTY</b>	<b>DESIGNATION</b>	<b>ATTENDANCE</b>
1.	Ms Aarti Dhiman	Nursing Tutor	
2.	Ms Ayushi Rao	Nursing Tutor	

**Faculty**

**Principal**

DEPARTMENT OF NURSING

**Topic:**Health Education programme on World Tuberculosis Day

**Date:** 24<sup>th</sup> March 2023

**No of Students:** 10

**LIST OF STUDENTS**

<b>Sr No</b>	<b>Roll No</b>	<b>Name</b>	<b>Class</b>	<b>Attendance</b>
1.	1940991022	Jamun Sorum	B.Sc Nursing 4 <sup>th</sup> Year	
2.	1940991027	Kelsang Choeden	B.Sc Nursing 4 <sup>th</sup> Year	
3.	1940991045	Nilo H Awomi	B.Sc Nursing 4 <sup>th</sup> Year	
4.	1940991049	Prabhjot Kaur	B.Sc Nursing 4 <sup>th</sup> Year	
5.	1940991053	Ramandeep	B.Sc Nursing 4 <sup>th</sup> Year	
6.	1940991055	Rifat Nazir	B.Sc Nursing 4 <sup>th</sup> Year	
7.	1940991059	Tarun Dutta	B.Sc Nursing 4 <sup>th</sup> Year	
8.	1940991061	Tenzin Rigzin	B.Sc Nursing 4 <sup>th</sup> Year	
9.	1940991065	Zakira Zainab	B.Sc Nursing 4 <sup>th</sup> Year	
10.	1940991066	Simranjeet	B.Sc Nursing 4 <sup>th</sup> Year	

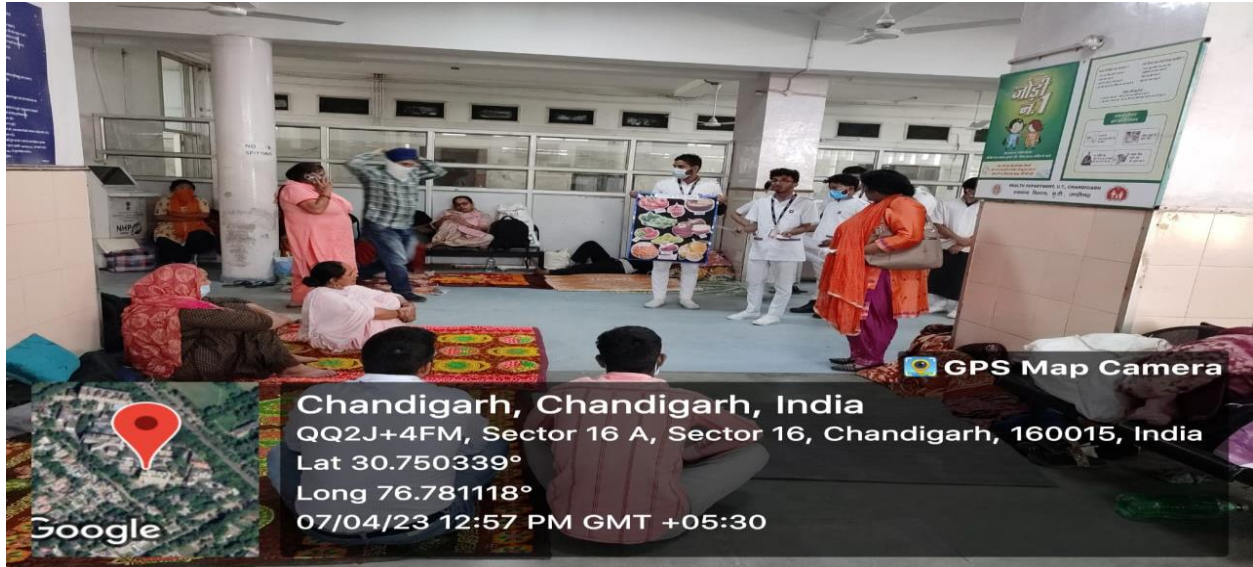
**Faculty**

**Principal**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness programme on World Health Day
<b>Date</b>	7 <sup>th</sup> April 2023
<b>Venue</b>	Govt. Medical Superspeciality Hospital, Sector 16, Chandigarh
<b>Organizer</b>	Ms. Divya Thakur (Assistant Professor), Department of Nursing, CSHS Ms.Neha Thakur(Nursing Tutor), Department of Nursing, CSHS Ms.Anjali (Nursing Tutor), Department of Nursing, CSHS Ms.Chetna(Nursing Tutor), Department of Nursing, CSHS
<b>No. of Participants</b>	45
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

World Health Day is observed every year on April 7<sup>th</sup>. This year the world health body is observing its 75th anniversary and theme for World Health Day 2023 is "**Health for All.**" The aim of the theme is to create an opportunity for the world to look back at public health successes that have helped improve the quality of life over the past 70 years. The theme also calls on the world to take required actions which can help tackle health challenges today and tomorrow. Students of B. Sc. Nursing 4th Semester of Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has celebrated this day by creating awareness among general population at Government Medical Superspeciality Hospital, Sector 16, Chandigarh. They prepared various posters, flash cards, slogans and speech on various current health issues such as Diabetes Mellitus, Hypertension, COVID-19, HIV/AIDS, STD's, Breast Cancer, Nosocomial Infection, Personal Hygiene, etc. and gave health education on their prevention and management in wards, emergency areas of the hospital. Overall, the educational program was very helpful and effective for the general population.



Students giving Health Education on World Health day at GMSH, Sector 16, Chandigarh on 7<sup>th</sup> April, 2023.

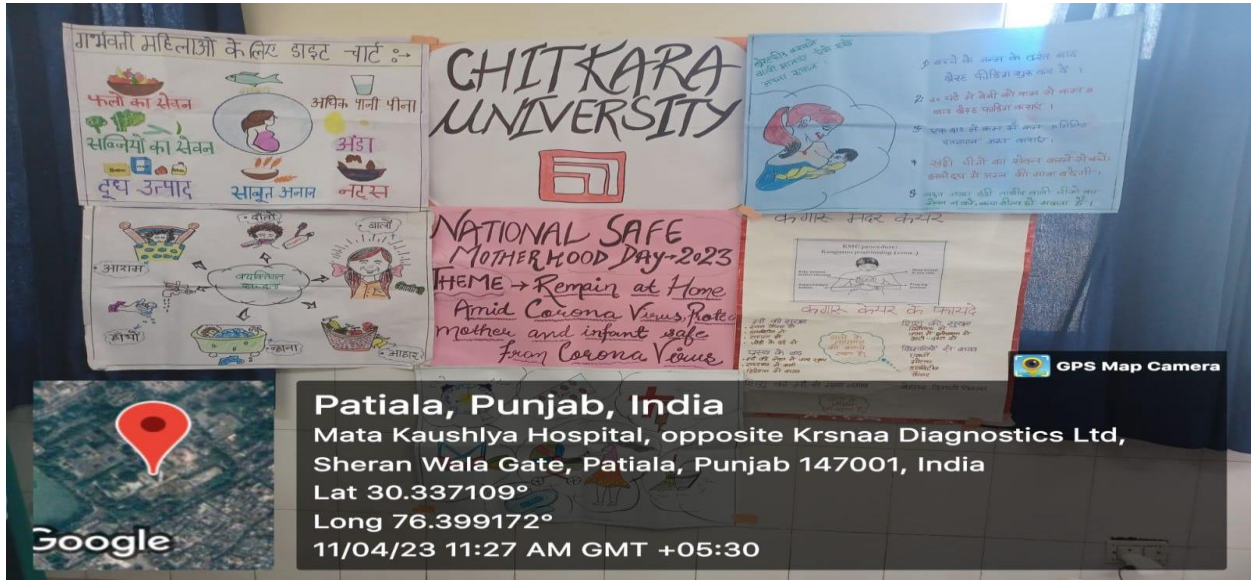


**Students with posters, slogans on World Health day at GMSH, Sector 16, Chandigarh on 7<sup>th</sup> April, 2023.**

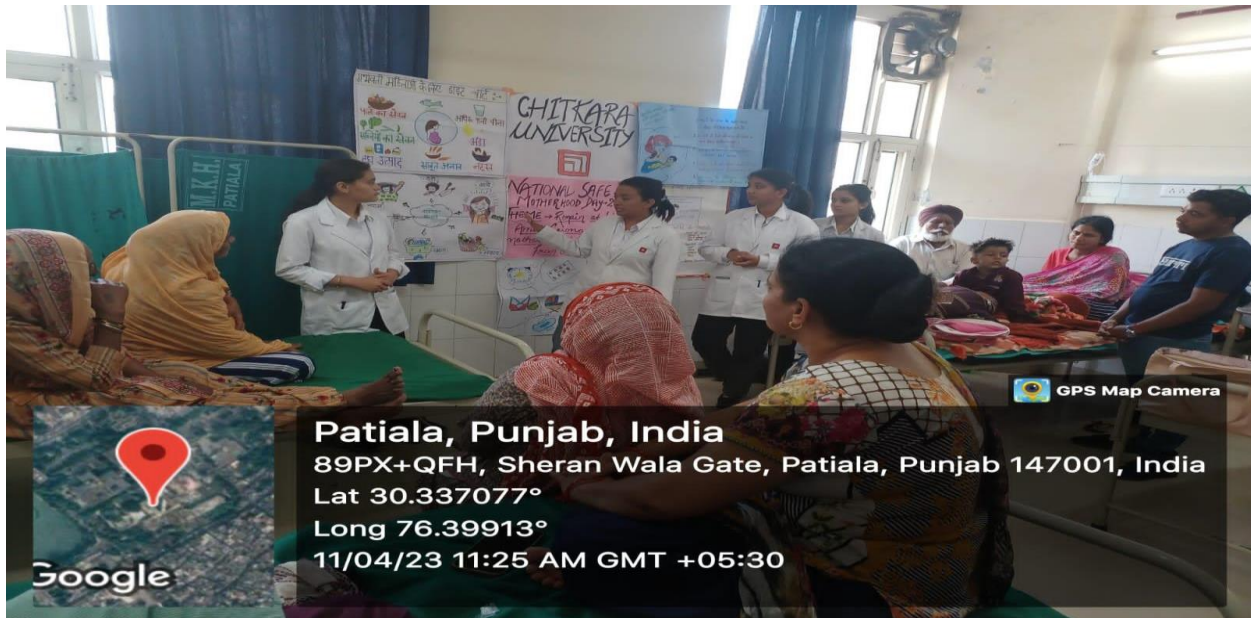
**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	National SafeMotherhood Day: Theme: “Remain at home amid Corona virus, protect mother and infant safe from Corona virus”
<b>Date</b>	11-04-2023
<b>Venue</b>	Mata Kaushalya Hospital Patiala, Punjab
<b>Organizer</b>	Ms. Amanpreet Kaur (Assistant professor) Ms. Monika (Nursing Tutor)
<b>No. of Participants</b>	<b>05</b>
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Awareness programme on National SafeMotherhood DayTheme: “Remain at home amid Corona virus, protect mother and infant safe from Corona virus” was organised by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of M.Sc.Nursing 1<sup>st</sup> year, M.sc Nursing 2<sup>nd</sup> year. The objective of conducting this awareness programme was to reduce maternal and neonatal health through preventive and promotive activities as well as avoidable factors that cause death during pregnancy,childbirth, and postpartum period. It brings attention to importance of providing access to high quality maternal healthcare services and addressing the social,economic,and cultural factors that contribute to maternal mortality. It was organised on **11<sup>th</sup>April 2023**.Students provided health education on awareness on maintaining the distance and to remain at home amid Corona virus, protect mother and infant safe from Corona virus and also provide education on how to maintain the hygiene of the mother and baby .Health education was given by using different AV aids to empower people.

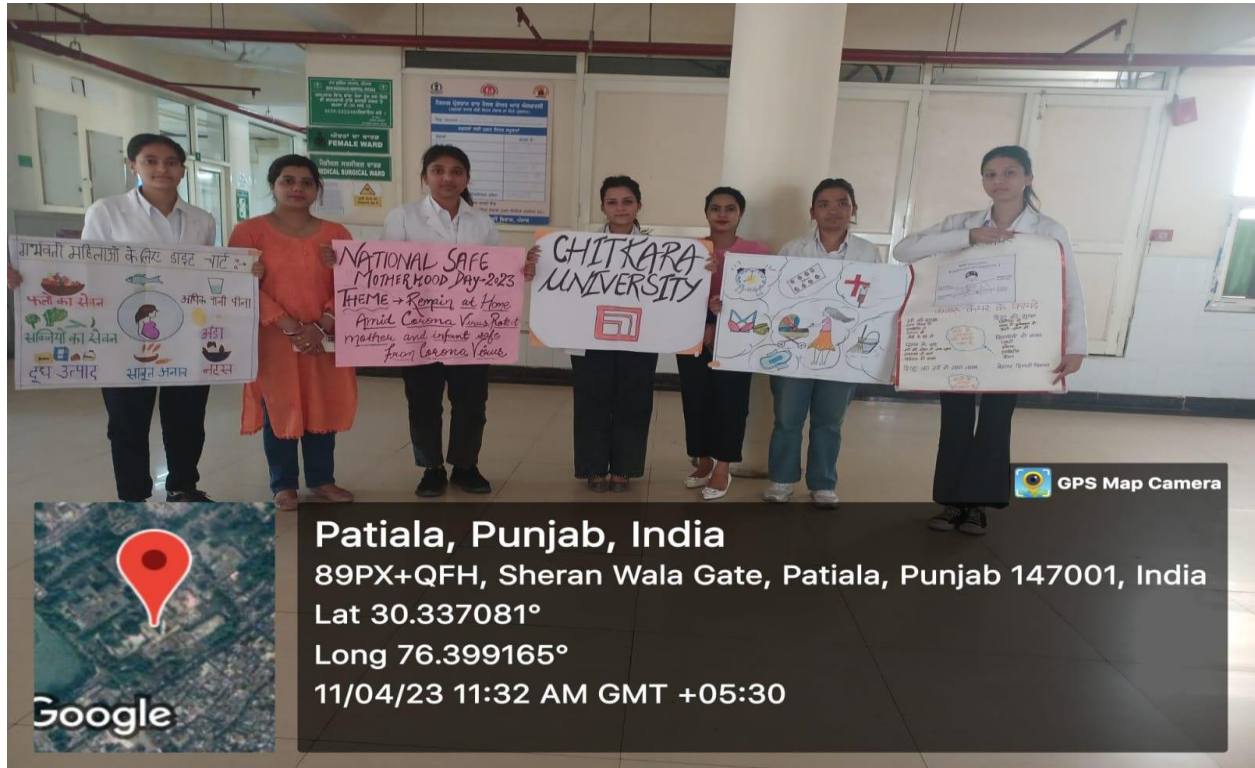


Students organizing health Education on National Safe Motherhood Day on 11<sup>th</sup>April,2023



Students providing health Education on National Safe motherhood Day on 11<sup>th</sup>April,2023





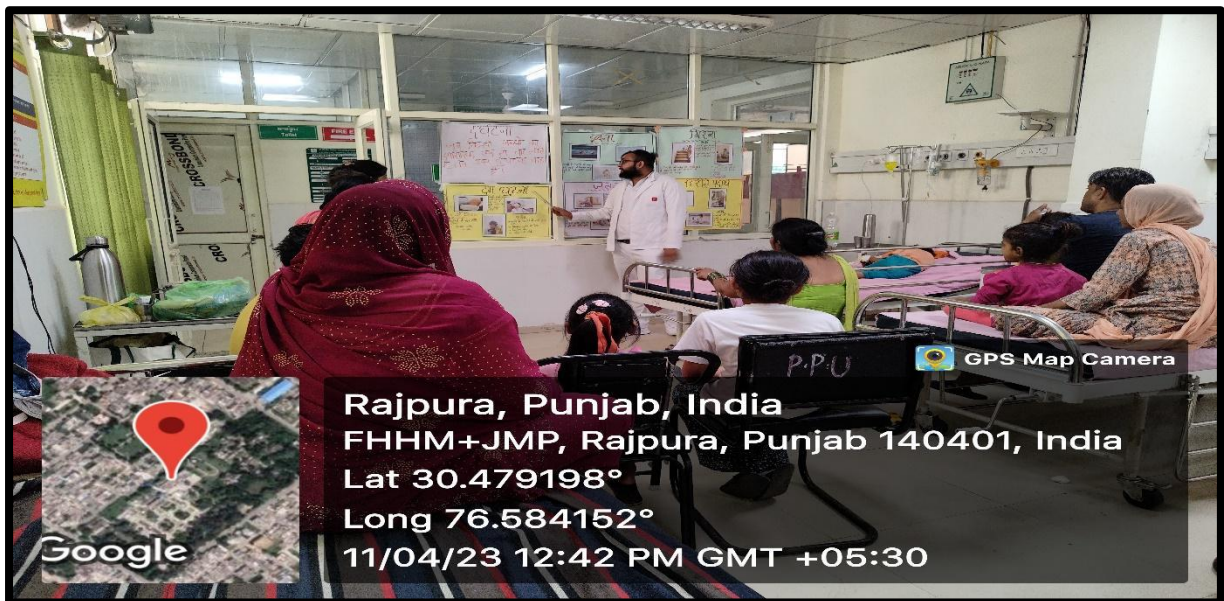
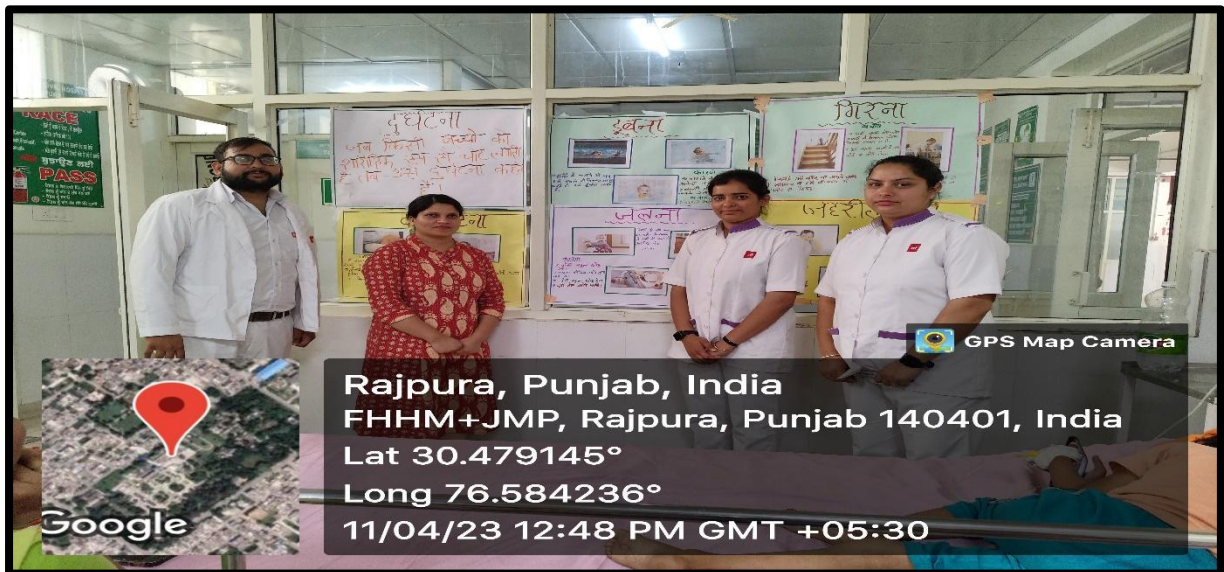
Students organized health Education on National Safe motherhood Day on 11<sup>th</sup> April, 2023

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Health education on accidents and prevention among children
<b>Date</b>	11/04/2023
<b>Venue</b>	A.P Jain Civil Hospital, Rajpura
<b>Organizing Agency</b>	Child Health Nursing Department, CSHS, Chitkara University, Punjab
<b>Facilitator</b>	Ms. Aruna Kumari (Assistant Professor)
<b>No. of Participants</b>	03
<b>Under SDG no.</b>	03,04
<b>SDG Details</b>	03 Good Health and Wellbeing 04 Quality education

Department of Nursing, Chitkara School of Health Sciences organised a Health Education on accidents and prevention among children dated 11<sup>th</sup> April 2023 at Paediatric OPD of A.P Jain Civil Hospital, Rajpura.

This health education program was conducted to raise awareness regarding home accidents as children are more prone to get accidents due to their incomplete cognitive and physical functioning. Students from B.Sc. Nursing (Post Basic) 1<sup>st</sup> Year participated and provided health education to people regarding common childhood accidents and their prevention.



**Fig.1** Students of B.Sc. Nursing (Post Basic) 1<sup>st</sup> year giving Health education on accidents and prevention among children at A.P Jain Civil Hospital, Rajpura dated 11/04/2023.



<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness programme on Anger Management & Relaxation techniques
<b>Date</b>	13 <sup>th</sup> April 2023
<b>Venue</b>	PrabhAasra, Kurali, Punjab
<b>Organizer</b>	Ms. Kanu (Assistant Professor), Ms. Jigyasha (Nursing Tutor)
<b>No. of Participants</b>	01
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Awareness programme on Anger Management and Relaxation techniques was organised by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of M.Sc. Nursing 1st year. The objective of conducting this awareness programme is to help patients understand the causes of their anger and teach them better ways to manage stressful situations with the help of relaxation techniques that can help them to cope with everyday stress and decrease the stress effects on their mind and body. It was organised on 13<sup>th</sup> April 2023. Student gave health education on Anger management and demonstrated various relaxation techniques.



**Students gave Health Education on anger management at Prabh Aasra, Kurali on 13<sup>th</sup> April 2023**



GPS Map Camera



Padiala, Punjab, India  
plot 102, Padiala, Punjab 140103, India  
Lat 30.803464°  
Long 76.596362°  
13/04/23 12:27 PM GMT +05:30

**Student of M.Sc. Nursing 1<sup>st</sup> year gave health education on Relaxation techniques at Prabh Aasra, Kurali on 13<sup>th</sup> April 2023.**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Role play regarding Myths and Misconceptions on Mental Illness
<b>Date</b>	14 <sup>th</sup> April 2023
<b>Venue</b>	PrabhAasra, Kurali, Punjab
<b>Organizer</b>	Ms. Kanu Mahajan (Assistant Professor), Ms. Jigyasha (Nursing Tutor)
<b>No. of Participants</b>	56
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Awareness programme on myths and misconceptions regarding mental illness was organised by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of M.Sc Nursing, B.Sc Nursing 3rd year and B.Sc Nursing Post Basic 2<sup>nd</sup> year. The objective of conducting this awareness programme was to spread awareness regarding Myths and Misconceptions on Mental Illnesses. It was organised on 14<sup>th</sup> April' 2023.

Students performed Role play education regarding Myths and Misconceptions on Mental Illnesses. They covered adolescent, child as well as geriatric mental illness. Students depicted the role of family, society and health professionals in improving mental health and diagnosing mental illness in the society.





Role play regarding Myths and Misconceptions on Mental Illness at PrabhAasra,Kurali.



Group photo of students participated in Role Play with the authority of Prabh Aasra, Kurali

<b>Event Details</b>	
<b>Event Name</b>	Tree Plantation Activity on World Earth Day
<b>Topic</b>	Tree Plantation Activity
<b>Date</b>	2 <sup>th</sup> April 2023
<b>Mode</b>	Offline
<b>Venue</b>	Omega Zone, Chitkara University, Punjab
<b>Organizer Name</b>	Mr. Gaurav Kohli, Professor & HOD, CSHS, Chitkara University, Punjab Ms. Eenu, Associate Professor, CSHS, Chitkara University, Punjab Ms. Anu Assistant Professor, CSHS, Chitkara University, Punjab Ms. Divya Sethi, Nursing Tutor, CSHS, Chitkara University, Punjab
<b>No. of Participants</b>	05
<b>SDG No.</b>	SDG 15: Life on land

**Report of Tree Plantation Activity on World Earth Day  
On 2<sup>nd</sup> April, 2023**

**Organized by: Department of Nursing, Chitkara School of Health Sciences, Chitkara University Punjab**

**World Earth Day** is an annual event celebrated worldwide on April 22<sup>nd</sup>, dedicated to promoting environmental awareness and protection. This year the theme is “**Invest in our Planet**”. Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized Tree Plantation Activity on this occasion. The activity was organized at Omega Zone of Chitkara University at 2:00 pm. Post Basic B.Sc. Nursing 2<sup>nd</sup> Semester (05) participated in the activity.

The day reminds us that our planet is delicate that needs our attention and care to sustain it. As climate change is one of the biggest challenges in the world, we need to talk about sustainable methods of development and ways to preserve the environment. At the end of this event, the principal ma'am addressed teachers as well as students for giving their precious time and participating in the fruitful activity. Overall the event was excellent and glorious for all.



**Department of Nursing celebrating World Earth Day by conducting Tree Plantation Activity on 2/4/2023**



**Students of Post Basic B.Sc. Nursing 2<sup>nd</sup> year actively participating in tree plantation activity on 2/4/2023**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness programme on World Malaria Day
<b>Date</b>	25 <sup>th</sup> April 2023
<b>Venue</b>	Dr. BR Ambedkar State Institute of Medical Sciences,SAS Nagar (Mohali) Punjab
<b>Organizer</b>	MsAartiDhiman(Nursing Tutor),Ms.AyushiRao(Nursing Tutor)& Ms.Seema Rani (Nursing Tutor), Department of Nursing, CSHS
<b>No. of Participants</b>	<b>57</b>
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

On the occasion of World Malaria Day, students of BSc Nursing 2<sup>nd</sup> semester conducted role play and awareness rally in collaboration with Dr. BR Ambedkar State Institute of Medical Sciences,SAS Nagar (Mohali) Punjab on 25th April 2023. The objective of conducting this programme was to spread awareness about prevention of Malaria disease. The activity was based on the theme '**Time to deliver zero malaria: invest, innovate, implement**'. Awareness program emphasized on causes, signs and symptoms and prevention of malaria disease. Overall the program was very helpful and effective and the group also shared their queries regarding the disease.



**Students performing role play on Malaria prevention at Civil Hospital, phase 6 Mohali**





**Students performing role play on Malaria prevention at Civil Hospital, phase 6 Mohali**



**Students conducting rally on Malaria prevention at Civil Hospital, phase 6 Mohali**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness programme on Stress Management and Suicide Prevention
<b>Date</b>	25 <sup>th</sup> April 2023
<b>Venue</b>	Prabh Aasra, Kurali, Punjab
<b>Organizer</b>	Ms. Jigyasha(Nursing Tutor), Ms. Sonali (Nursing Tutor)
<b>No. of Participants</b>	62
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Awareness programme on Stress Management and Suicide Prevention was organised by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of B.Sc Nursing 4<sup>th</sup> year. The objectives of conducting this awareness programme were to raise comprehension on stress management and warning signs of patient at risk of suicide. It was organised on 25<sup>th</sup> April 2023. Students gave health education on stress management & suicide prevention and performed role play to raise awareness.





**Students gave Health Education on stress management & suicide prevention at Prabh Aasra, Kurali on 25<sup>th</sup> April 2023**



**Students giving Health Education on stress management & suicide Prevention to patients and staff at Prabh Aasra, Kurali**



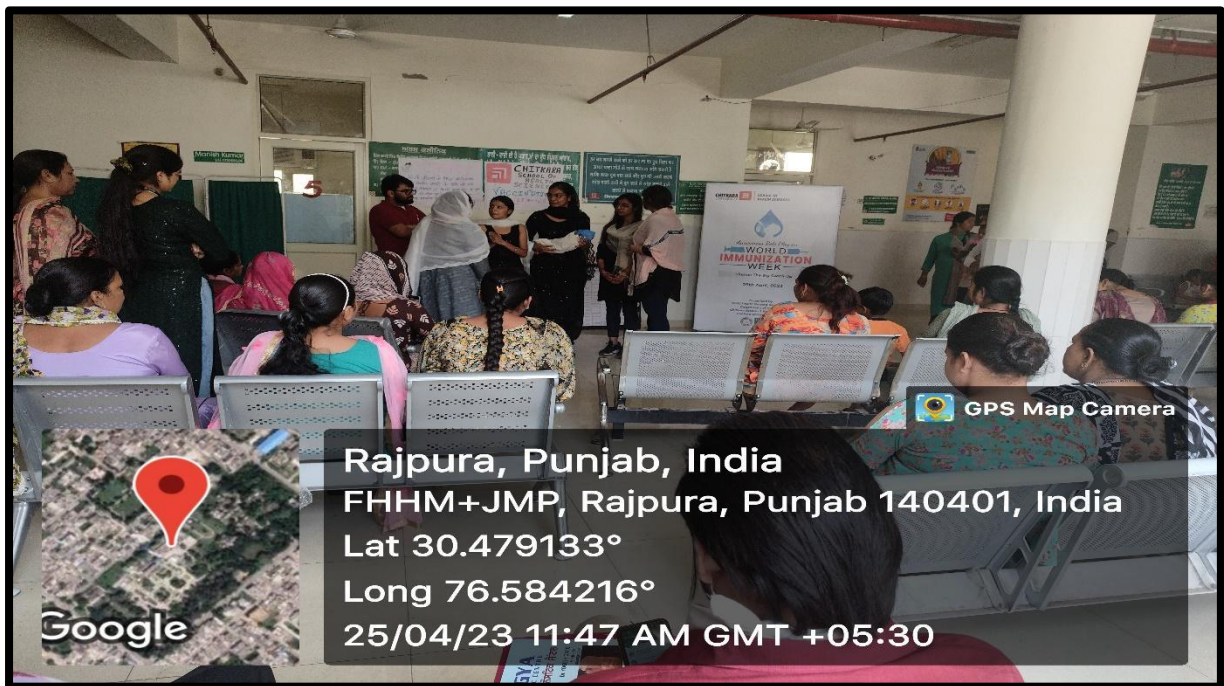
**Sahibzada Ajit Singh Nagar, Punjab, India**  
Block-A, Prabh Aasra Trust, Distt, Sahibzada Ajit Singh Nagar,  
Punjab 140103, India  
Lat 30.80388°  
Long 76.597404°  
25/04/23 12:26 PM GMT +05:30

**Students performing role play on stress management and suicide prevention at Prabh Aasra, Kurali on 25<sup>th</sup> April 2023**

<b>Event Name</b>	Role play on World immunization Week
<b>Topic</b>	World immunization Week
<b>Date</b>	25/04/2023
<b>Venue</b>	A.P Jain Civil Hospital, Rajpura
<b>Organizing Agency</b>	Child Health Nursing Department, CSHS, Chitkara University, Punjab
<b>Facilitator</b>	Ms. Aruna Kumari (Assistant Professor)
<b>No. of Participants</b>	17
<b>Under SDG no.</b>	03,04
<b>SDG Details</b>	03 Good Health and Wellbeing 04 Quality education

World Immunization Weeks aims at more children, adults and their communities to be protected from vaccine-preventable diseases, allowing them to live happier, healthier lives. World Immunization Week is celebrated from 24<sup>th</sup> April to 30 April of every year. The theme of the event was “The Big Catch- Up” which enlightened the need of progress in essential immunization Department of Nursing, Chitkara School of Health Sciences, Chitkara University Punjab, B.Sc. Nursing 3<sup>rd</sup> Year students participated in role play held on 25/04/2023 to aware people regarding the importance of immunization. The audience was a mixture of Family members, antenatal mothers, postnatal mothers. There were about 25-30 people present at the time of role play.

The main purpose of this week is to accelerate rapid progress in countries to get back on track to ensure more people, particularly children, are protected from preventable diseases.2023 is our global opportunity to catch-up on lost progress in essential immunization. We need to reach the millions of children who missed out on vaccines, restore essential immunization coverage to at least 2019 levels, strengthen primary health care to deliver immunization and build lasting protection in communities and countries.



**Fig.1** Students of B.Sc. Nursing 3rd year performing Role play on World Immunization week at A.P Jain Civil Hospital , Rajpura.

**Principal**

**DEPARTMENT OF NURSING**

<b>Event Name</b>	Sensitization Talk on Prevention of Malaria
<b>Topic</b>	National Malaria Day 2023
<b>Date</b>	25 <sup>th</sup> April, 2023
<b>Venue</b>	Urban Primary Health Centre (UPHC), Rajpura
<b>Organizing Agency</b>	Department of Nursing, Chitkara School of Health Sciences
<b>Facilitator</b>	Mr. Gaurav Kohli (Professor, Department of Nursing)
<b>No. of Participants</b>	01
<b>Under SDG no.</b>	3
<b>SDG Details</b>	Good Health and Wellbeing

Malaria is a preventable disease that continues to have a huge impact on the health of people around the world. It is estimated that 3.3 billion people are at risk of malaria globally. Malaria remains one of the major public health problems in India. Awareness of the disease will help to reduce the burden and save lives of the people.

Department of Nursing, Chitkara School of Health Sciences, Chitkara University celebrated World Malaria Day on 25th April 2023 with the theme **“Time to deliver zero malaria: invest, innovate, implement”**. A sensitization talk on prevention of malaria was delivered by a student of M.Sc. Nursing 2<sup>nd</sup> year in the UPHC, Rajpura. Session conveyed the participants about the various ways of prevention and treatment of malaria. The talk concluded by creating awareness about malaria to lead to a healthy life and addressing queries of participants.



Student during the sensitization talk on National Malaria Day in UPHC, Rajpura on 25<sup>th</sup> April,2023

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	Awareness Programme on World Asthma Day
<b>Date</b>	02-05-2023
<b>Venue</b>	CHC Kalomajra
<b>Organizer</b>	Ms. Gagandeep Kaur (Assistant Professor)
<b>No. of Participants</b>	10
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Students of M.Sc. Nursing 1<sup>st</sup> Year, Department of Nursing, Chitkara School of Health Sciences organized an awareness talk on world Asthma day at CHC Kalomajra under the supervision of Ms. Gagandeep Kaur, (Assistant Professor), Department of Nursing. The objective of this awareness programme was to educate the people about Asthma, cause of asthma, prevention and treatment of Asthma. Students gave health education by charts and flash cards which was a informative session for all.



Students of M.Sc (N) organized a awareness programme on world Asthma Day on 02/05/2023 at CHC Kalomajra



Students give health education on World Asthma Day on 02/05/2023 at CHC Kalomajra

**DEPARTMENT OF NURSING**

<b>Event Name</b>	CSR Activity
<b>Topic</b>	In service education on Anaemia
<b>Date</b>	04-05-2023
<b>Venue</b>	CHC Kalomajra
<b>Organizer</b>	Ms. Gagandeep Kaur (Assistant Professor)
<b>No. of Participants</b>	05
<b>Under SDG no.</b>	03
<b>SDG Details</b>	03 Good health and wellbeing

Students of M.Sc Nursing 1<sup>st</sup> Year (Medical Surgical Nursing), Department of Nursing, Chitkara School of Health Sciences organized In service education for Asha workers on Anaemia at CHC Kalomajra under the supervision of Ms. Gagandeep Kaur, (Assistant Professor), Department of Nursing. The objective of inservice education was to educate the Asha workers about Anaemia, cause of Anaemia, prevention and treatment of Anaemia. They told them about the anaemia in pregnancy, assessment of patients with anaemia and diet which is affordable for village people. Students give health education by charts, flash cards and powerpoint presentation.





**Students give health education to Asha workers on anaemia at CHC Kalomajra on 04/05/2023**



**Students give health education to Asha workers on anaemia at CHC Kalomajra on 04/05/2023**

**Eye screening camp  
17<sup>th</sup> March, 2022**

Event Name:-	Eye screening camp
Venue:-	Govt. senior secondary school, VPO- Nogawan, Tehsil- Rajpura, district Patiala
Date:-	17 <sup>th</sup> March, 2022
SDG Number and Name:-	3, Good Health and Well Being
Organized By:-	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	14
Duration:-	One Day

**Description of Event:**

Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Eye screening camp under Extension activities. This is the community service for underprivileged govt school student, 12 students from department of optometry visited the Govt. senior secondary school VPO- Nogawan, Tehsil- Rajpura, District- Patiala. Under the guidance of Mr. Sachitanand Singh, Assistant Professor and Mr. Krishna Kumar Gupta, Clinical Instructor.

Screening of about 160 student and 15 school staff member was done. Most of them had normal vision however about 60 students were found to have refractive error and were given eye prescription. At the end of the screening, eye health care awareness done among school student and staff



Shot on OnePlus  
Powered by Triple Camera

Refraction being done by the faculty while student observing the procedure

Latitude 30; 25; 39.9180000000050...  
Longitude 76; 38; 49.6140000000014  
Altitude 270



History taking and visual acuity test by the students

30; 25; 39.9180000000050...  
76; 38; 49.6140000000014  
270



Retinoscopic examination of the patient by the B.optom 2020 batch students

GPS  
 Latitude 30: 25: 39.9180000000050...  
 Longitude 76: 38: 49.6140000000014  
 Altitude 270



Refraction done by the students and guided by the faculties

GPS  
 Latitude 30: 25: 39.9180000000050...  
 Longitude 76: 38: 49.6140000000014  
 Altitude 270



Retinoscopic examination of pediatric student by the faculty

GPS

Latitude	30: 25: 39.91800000000050...
Longitude	76: 38: 49.61400000000014
Altitude	270

**Physiotherapy Camp**  
**21<sup>st</sup> March, 2022**

Event Name:-	Physiotherapy Camp
Venue:-	Sehyog Halfway Home, Rajpura
Date:-	21 <sup>st</sup> March, 2022
SDG Number and Name:-	3, Good Health and Well Being
Organized By:-	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	6
Duration:-	Half Day

**Description of Event:**

On the occasion of World Down Syndrome Day, Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab organized a physiotherapy camp for the special children at the Sehyog Halfway Home, Rajpura, Punjab. Six students of BPT final Semester participated in the camp and treated the Children with great enthusiasm under the supervision of Dr Gaurav and Dr Kajal. Shortwave Diathermy, IFT and Ultrasonic Massage along with various Neurophysiotherapeutic techniques were included in the services provided at the camp. Tehsildar of the Rajpura also came to encourage students to continue doing such kind act of humanity for people in need.



Students of BPT final Semester Treating a CP child at the camp

GPS

Latitude	30; 28; 44.1213600130139...
Longitude	76; 35; 36.5179198875557...
Altitude	273



Tehsildar of Rajpura with Students at the Physiotherapy camp, Sehyog Halfway home, Rajpura.

GPS

Latitude	30; 28; 44.1213600130139...
Longitude	76; 35; 36.5179198875557...
Altitude	273

**RADIO TALK ON ERGONOMICS FOR FARMERS DURING HARVESTING SEASON**  
**1<sup>st</sup> April, 2022**

Event Name:-	RADIO TALK ON ERGONOMICS FOR FARMERS DURING HARVESTING SEASON
Venue:-	Chitkara FM Radio Station
Date:-	1 <sup>st</sup> April, 2022
SDG Number and Name:-	3, Good Health and Well Being
Organized By:-	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	3
Duration:-	One Day

**Description of Event:**

Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Radio Talk on the topic "Ergonomics for Farmers during Harvesting season". As our target audience were the farmers from nearby villages therefore, preferred language was Hindi. Dr Roopika, Dr Kajal and Dr Gaurav from Department of Physiotherapy participated in this event. During the talk, Dr Kajal gave advise to farmers about the ways to prevent various types of musculoskeletal problems which can be experienced by the farmers during long hours of harvesting. Dr Gaurav explained about the ways to prevent pulmonary problems during this season. The session was concluded by Dr. Roopika who expressed her views on the current status of the problems faced by the farmers and the various treatment options which are available in physiotherapy for the treatment purpose.





**The radio talk being delivered at Chitkara FM 107.8 (1st April 2022)**

GPS	
Latitude	30; 31; 2.6975999999955369
Longitude	76; 39; 31.5324000000255467
Altitude	280



**Dr Roopika, Dr Gaurav and Dr Kajal discussing about the healthcare for the farmers during the radio talk (1st April 2022)**

GPS	
Latitude	30; 31; 2.70480000000674181
Longitude	76; 39; 31.5756002595880148
Altitude	280

## World Health Day

7<sup>th</sup> April, 2022

Event Name:-	World Health Day
Venue:-	Chitkara School of Health Sciences, Chitkara university-PB
Date:-	7 <sup>th</sup> April, 2022
SDG Number and Name:-	3, Good Health and Well Being
Organized By:-	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	150
Duration:-	One Day

### Description of the Event

To celebrate “World Health Day 2022”, Department of Allied Health Sciences, Chitkara School of Health Sciences organized an expert talk on 7th April, 2022 in Faraday Hall, Edison Block at 2:00 pm. The keynote speakers for the event were:

- Dr. Sachin Verma, MD Internal Medicine, FICM, PGDID, ICFC, Director at Holy Basil Medclinic, Mohali.
- Prof. Dr. Amandeep Singh, PhD, Principal Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab

The session began with the lecture of Prof Dr Amandeep Singh, who shared his tips and solutions, sensitizing the students with the role of Ergonomics in Daily Life. Dr Amandeep Singh also demonstrated few exercises of Physiotherapy to the students of Allied Health Sciences to incorporate in their routine, for their health and well-bring. The second keynote speaker; Dr Sachin Verma, acquainted the students with the role of digital technology in achieving a healthcare ecosystem. Further, he explained the students the effect of pandemic that has led us to think in a new dimension, where we need to achieve a healthcare ecosystem, that would prepare us to deal with the ongoing and upcoming health issues in a proactive manner. The experts shared their advice with the students from different programs of Allied Health Sciences including MRIT, DTT, OTT and MLT. Question and Answer round was also held after each talk and the speakers responded to all the queries put up by the students and faculty members. The event concluded with an informative and entertaining *Nukkad Natak* by the students of MLT 4<sup>th</sup> semester. The natak gave a very informative message on the role of planet earth in our overall health and well-being.

All the faculties who attended the event gave positive feedback for the sessions and *Nukkad Natak*. The event concluded with a vote of thanks by the Honorable Dean, Dr Sonika Bakshi.



Prof. Dr. Amandeep Singh, Principal of Department of Physiotherapy, CSHS, Chitkara University, sensitizing the students on the role of Ergonomics in health (7<sup>th</sup> April, 2022)

GPS

Latitude	30; 30; 58.8168000000004...
Longitude	76; 39; 36.1403999999747...
Altitude	282



Dr. Sachin Verma sharing his valuable insights on the topic (7<sup>th</sup> April, 2022)

GPS

Latitude	30; 30; 58.8168000000004...
Longitude	76; 39; 36.1403999999747...
Altitude	282



BSc students performing Nukkad Natak based on theme of the World Health Day 2022 “Our Planet, Our Health” (7<sup>th</sup> April, 2022)

**GPS**

Latitude	30; 30; 58.8168000000004...
Longitude	76; 39; 36.14039999999747...
Altitude	282



World Health Day 2022 “Our Planet, Our Health” (7<sup>th</sup> April, 2022)

**GPS**

Latitude	30; 30; 58.8168000000004...
Longitude	76; 39; 36.14039999999747...
Altitude	282

**HEALTH CHECK-UP CAMP****7th April, 2022**

Event Name:-	Health Check-up Camp
Venue:-	Chitkara School of Health Sciences, Chitkara university- PB
Date:-	7th April, 2022
SDG Number and Name:-	3, Good Health and Well Being
Organized By:-	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	260
Duration:-	One Day

**Description of Event:**

A Health check-up camp was organised by Chitkara School of Health Sciences, including the department of Allied Health Sciences and Optometry. The health check-up was provided to all the university bus & cab drivers and security personnel of Chitkara University, Punjab on 7th April, 2022 (Thursday). This was held in Einstein hall, Galileo block, CSHS, Chitkara University, Punjab and the peoples in this health check-up camp were provided our service of vision check-up, blood sugar, blood pressure, BMI and general health check-up. The health check-up camp was ended-up with huge success.



**Health Check-up team (28th September, 2021)**

**GPS**

Latitude	30; 30; 56.5524002704478335
Longitude	76; 39; 33.2712000000172736
Altitude	276



**Performing Eye check up (28th September, 2021)**

**GPS**

Latitude	30; 30; 56.6352000000041755
Longitude	76; 39; 32.8032000000239066
Altitude	276

**WORLD MENTAL HEALTH DAY**

**10<sup>th</sup> October, 2022**

Event Name: -	World Mental Health Day
Venue: -	GB-305, Galileo Block 3 <sup>rd</sup> Floor
Date: -	10 <sup>th</sup> October, 2022
SDG Number and Name: -	3-Good Health and Hygiene and 4- Quality education
Organized By: -	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants: -	100
Duration: -	One Day

**Description of Event:**

Chitkara School of Health Sciences celebrated World Mental Health Day on 10th October 2022, for all students of Allied Health Sciences, Physiotherapy and Optometry department. The theme of world mental health day, this year, as given by WHO was 'Make Mental Health & Well-Being for All a Global Priority'.

The event was held in online mode for 2022 batch students of allied health, optometry and physiotherapy and the resource person for online mode was Dr Anupama Srivastava, Professor and Head of Department, Chitkara School of Psychology and Counselling, Chitkara University, Punjab. She gave a great insight on the topic "Importance of Mental Health First Aid: self-care". She stressed on the importance of taking care of our mental health and how it is part of our self-care regime. She described self-care has as "a multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being." This term describes a conscious act a person takes in order to promote their own physical, mental, and emotional health. She further explained that there are many forms self-care can take e.g. ensuring you get enough sleep every night or stepping outside for a few minutes for some fresh air. She further emphasized that self-care is vital for building resilience toward those stressors in life that you can't eliminate. It is important to care for your mind and body, so that students are better equipped to live their best life. Finally, she concluded that- It is important to assess how you're caring for yourself in several different domains so you can ensure you're caring for your mind, body, and spirit.

The students of optometry and allied health sciences of 2021 batch attended the event in offline mode and the resource persons were Ms. Charanjeet Kaur, Student Counsellor, Chitkara University, Punjab. She delivered a talk on "Benefits of self-care on mental health- Choosing therapy". She advised the students to a) Get regular exercise as just 30 minutes of walking every day can help boost your mood and improve your health.

b) Eat healthy, regular meals and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day.

c) Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime. Try a relaxing activity.

d) Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.

e) Set goals and priorities. Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

f) Practice gratitude. Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.

g) Focus on positivity. Identify and challenge your negative and unhelpful thoughts.

h) Stay connected. Reach out to your friends or family members who can provide emotional support and practical help and take therapy if the need be.

Another resource person was Ms. Manu Kohli, Associate professor, Department of Nursing, Chitkara University, Punjab, being from mental health nursing background she gave a therapy session on acceptance and commitment therapy (ACT) to the students in order to relieve the mind of the negative thoughts and make oneself more mindful. The students really enjoyed the hands-on practice session in the therapy and felt more stress relieved.

To mark this event two competitions were organized for the students: 1. VIDEO ENTRY: "My technique to release my stress" and 2. RADIO JINGLE: on the "Importance of Mental Health". The winners of the competition were announced and given prizes.



Ms. Charanjeet Kaur, Student Counsellor, Chitkara University, Punjab, talking on “Benefits of self-care on mental health- Choosing therapy”

**GPS**

Latitude	30; 30; 57.2508004268893
Longitude	76; 39; 32.7887999999801139
Altitude	276





Ms. Manu Kohli, Associate professor, Department of Nursing, Chitkara University, Punjab, being from mental health nursing background she gave a therapy session on acceptance and commitment therapy (ACT) to the students.

**RADIO TALK: BAATE SEHAT KI SERIES 2022****Leave NO ONE behind****17 OCTOBER, 2022**

Event Name: -	Radio Talk Series: Baate Sehat Ki 2022 “ <b>Leave NO ONE behind</b> ”
Venue: -	Chitkara FM Radio Station (107.8)
Date: -	17 October, 2022
SDG Number and Name: -	3-Good Health and Well Being
Organized By: -	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants: -	2
Duration: -	One Day

**Description of Event:**

Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Radio Talk under the series of Baatien Sehat Ki on the theme “Leave NO ONE behind”. As our target audience were the nearby villages therefore, preferred language was Hindi. Faculty participated in the event- Dr. Smita Singh and Ms. Pallavi on behalf of faculty presented the radio talk. Dr. Smita Singh was the expert for the event. Our topic for the radio talk i.e. Leave NO ONE behind was explained by her. She talked about the significance of the theme this year that this theme recognizes the need to address the inequalities that exist within our food system and ensure that everyone has access to nutritious food. The COVID-19 pandemic has highlighted the vulnerabilities and inequalities within the global food system, including issues related to food access, supply chain disruptions, and food waste. In response, the theme for World Food Day 2022 aims to focus attention on those who are most vulnerable to food insecurity, including marginalized communities, smallholder farmers, and women and children. By ensuring that no one is left behind, we can build a more just and sustainable food system that provides nutritious food for all. World Food Day 2022 will be an opportunity to take action and make a positive difference in the lives of millions of people around the world who are facing food insecurity. Hence, at the end Dr. Smita Singh highlighted that this day gives an important opportunity to individuals, organizations, and governments to come together to raise awareness about the importance of food security and to work towards a more sustainable and equitable food system.



**The radio talk being delivered at Chitkara FM 107.8 (17 October, 2022)**

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Longitude	76; 39; 31.5468000000109...
Altitude	281



GPS	
Latitude	30; 31; 2.70840000000319...
Longitude	76; 39; 31.5468000000109...
Altitude	281

**The radio talk being delivered at Chitkara FM 107.8 (17 October, 2022)**

**Expert Talk on “Latest Trends in Diagnostic Imaging”**

**5th November 2022**

Event Name: -	Expert Talk on “Latest Trends in Diagnostic Imaging”
Venue: -	Einstein Hall, Galileo Block
Date: -	5 <sup>th</sup> November, 2022
SDG Number and Name: -	3, Good Health and Hygiene
Organized By: -	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants: -	100
Duration: -	One Day

**Description of Event:**

The Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab, organised World Radiography Day Event on the theme "Latest Trends in Diagnostic Imaging". This expert session was designed for all Allied Health Sciences students at Chitkara University in Punjab's Chitkara School of Health Sciences.

Dr. Abhishek Prasad, MD FRCR, Consultant and Head, Department of Radiology, Fortis Mohali was the special guest and keynote speaker for the occasion. Ms. Srishti Bhardwaj (Assistant Professor) and Mr. Khursheed Ahmad Ganie (Assistant Professor) were the organisers of this event, and Mr. Pankaj Singla provided administrative assistance.

The venue for this session was Einstein Hall, Galileo Block of Chitkara University. The event started with a welcome speech and the lighting of diya by our eminent guests and honoring the guests followed by a graceful dance on Ganesh Vandana performed by the students of B.Sc MRIT Batch 2021. After seeking blessings from Lord Ganesha, Dr. Abhishek was invited on the stage to deliver his expert talk on the topic “Latest Trends in Diagnostic Imaging.” Dr. Abhishek introduced the audience to the new trends in Dual Energy Computed Tomography and its growing application in the imaging. Dual-Energy Computed Tomography. Dual-energy CT is a new technique in which patients are imaged using two different x-ray energy spectra, a high-energy spectrum around 140 kV and a lower-energy spectrum at 80 or 100 kV. This technique is only possible on CT scanners constructed for this purpose, called dual-energy CT scanners. It is gaining popularity as Dual-energy computed tomography (DECT) yields precise anatomic and functional images by exploiting differences in the interactions of high- and low-energy photon spectra with different tissues' and materials' atomic components

to more precisely differentiate the chemistry of tissues and disease processes than is possible with traditional single-energy CT scan acquisitions.

Following the enlightening session, the event proceeded with the fun session full of riddles related to anatomical parts and audience had to guess the answer. Taking the audience back to the era, when W.C. Roentgen discovered the X-Rays, the students of B.Sc MRIT put a skit which showed the walk from the history of X-Rays to the present scenario, Where radiology department is the soul of the healthcare. The last part of the event was a bollywood dance which was prepared by the students followed by the words of wisdom by Respected Dean Ma'am. The event ended with the announcement of the winners of the Poster Competition and Treasure Hunt Competition.



GPS

Latitude 30, 30; 57.2508004268893  
Longitude 76, 39; 32.7887999999801139  
Altitude 276

Lamp Lightening by Respected Dean Ma'am and Keynote speaker (5<sup>th</sup> November, 2022)



GPS

Latitude 30, 30; 57.2508004268893  
Longitude 76, 39; 32.7887999999801139  
Altitude 276

The winners of Treasure Hunt organised by Chitkara School of Health Sciences.(5<sup>th</sup> November, 2022)

**Workshop on Recent Trends in Research Design**  
**9th December 2022**

Event Name: -	Workshop on Recent Trends in Research Design
Venue: -	Einstein Hall, Galileo Block
Date: -	9 <sup>th</sup> December, 2022
SDG Number and Name: -	9, Industry Innovation and Infrastructure
Organized By: -	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants: -	96
Duration: -	One Day

**Description of Event:**

Allied Health Sciences Department, CSHS organized a workshop on Recent trends in Research Design on 9<sup>th</sup> December, 2022. Dr Navita Gupta, Associate Professor, CSHS and Dr. Kajal Sharma, Assistant Professor, CSHS were the resource person. The students were explained the nature and purpose of the Project Report. The speakers also focused on developing the students' ability to manage the research project and apply appropriate research techniques for their project report. Various recent digital tools such as search engines and curator sites, different sites for managing references were also told to students which they can use during their project work or dissertation.



Dr Kajal Sharma while delivering the talk



Dr Navita Gupta discussing proper sampling technique, adequate sample size and data collection procedure



**RADIO TALK: BAATE SEHAT KI SERIES 2023 EPISODE 1 NURTURING  
MENTAL HEALTH  
23 JANUARY, 2023**

Event Name: -	Radio Talk Series: Baate Sehat Ki 2023 Episode 1 “Nurturing Mental Health”
Venue: -	Chitkara FM Radio Station (107.8)
Date: -	23 January, 2023
SDG Number and Name: -	3-Good Health and Well Being
Organized By: -	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants: -	4
Duration: -	One Day

**Description of Event:**

Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Radio Talk Episode-1 under the series of Baate Sehat Ki on the theme “Nurturing Mental health”. As our target audience were the nearby villages therefore, preferred language was Hindi. Faculty participated in the event. Ms Arbal Parvez, Mr Ubaid Sayed on behalf of faculty presented the radio talk. Dr. Gurbir Singh & Ms Charanjeet Kaur were experts for the event. Our topic for the radio talk i.e Nurturing Mental Health was explained by Ms. Arbal Parvez. She briefly explained about mental health which includes our emotional, psychological, and social well-being. The causes and symptoms related to mental health problems including childhood abuse, trauma, or neglect, social isolation or loneliness experiencing discrimination and stigma, including racism, social disadvantage, poverty or debt. bereavement (losing someone close to you) severe or long-term stress, having a long-term physical health condition which were explained by Mr. Ubaid Sayed. The session was concluded by Dr. Gurbir Singh, as an expert he expressed his vision on mental Health. The various causes associated with it and how our mental health can affect our physical health as well as importance of mental health over physical health. He also talked about some medications and techniques such as doing yoga, listening some good music, eating good food, going on your favourite place can improve mental health and Ms. Charanjeet Kaur, as an expert shared her valuable insights on mental health and its importance at every stage of life, from childhood and adolescence through adulthood.



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GPS  
Latitude 30; 31; 2.33770799156637565  
Longitude 76; 39; 31.7751119641472712  
Altitude 281

**The radio talk being delivered at Chitkara FM 107.8 (23 January 2023)**



**GPS**

Latitude	30; 31; 2.33770799156637565
Longitude	76; 39; 31.7751119641472712
Altitude	281

**Radio talk Participants, Mr. Ubaid Sayed, Ms Charanjeet Kaur, Dr. Gurbir Singh and Ms Arbal Parvez in the Mass Communication department (23 January, 2023)**

**RADIO TALK: BAATE SEHAT KI SERIES 2023 EPISODE 2**  
**IMPORTANT FACTS ABOUT DAILY CONSUMPTION OF PULSES AND SPICES**  
**14 FEBRUARY, 2023**

Event Name: -	Radio Talk Series: Baate Sehat Ki 2023 Episode 2 “Important Facts about Daily Consumption of Pulses and Spices”
Venue: -	Chitkara FM Radio Station (107.8)
Date: -	14 February, 2023
SDG Number and Name: -	3-Good Health and Well Being
Organized By: -	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants: -	5
Duration: -	One Day

**Description of Event:**

Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Radio Talk Episode-2 under the series of Baatien Sehat Ki on the theme “Important Facts about Daily Consumption of Pulses and Spices”. As our target audience were the nearby villages therefore, preferred language was Hindi. Faculty and students participated in the event- Dr. Smita Singh, Mr. Vansh, Ms. Princy, Ms. Priya and Ms. Vidhi from B.Sc Nutrition and Dietetics presented the radio talk. Dr. Smita Singh was the expert for the event. Our topic for the radio talk i.e. Important Facts about Daily Consumption of Pulses and Spices was explained in two parts. First part discussed about the anti-nutrients in pulses by Ms. Princy. She briefly explained about the presence of anti-nutritive factors in pulses, such as lathyrogens, trypsin inhibitor and saponins and the necessary processing steps (steaming, roasting, fermentation, soaking, germination; etc.) to be taken before and during their cooking in order to suppress their harmful activity for maximum utilization of the nutrients present in the pulses upon consumption. Importance of spices was explained by Ms. Vidhi and Ms. Priya. They talked about variety of spices, such as, cumin, cinnamon, asafoetida, black pepper, garlic, ginger, turmeric, ajwain, thyme and many other that are commonly used in the household in the food preparations. They explained about the components of spices responsible their phenomenal characteristics and hence, spices should be used and consumed at a certain proportion. They also highlighted that cooking of spices on high heat which leads to their burning deteriorate their functional properties. Therefore, spices must be cooked on low to medium heat. The session was concluded by Dr. Smita Singh, as an expert she expressed her vision on important constituents of pulses and spices. The various causes associated with the consumption of under processed pulses which makes their nutrients unavailable in the human body upon consumption and hence, they should be properly pre-processed prior to cooking. Also, she summarized the significance of regular consumption of spices on human health.



**The radio talk being delivered at Chitkara FM 107.8 (14 February, 2023)**

GPS  
 Latitude 30, 31: 2.70840000000319...  
 Longitude 76, 39: 31.5468000000109...  
 Altitude 281



**The radio talk being delivered at Chitkara FM 107.8 (14 February, 2023)**

GPS  
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 Longitude 76, 39: 31.5468000000109...  
 Altitude 281

**RADIO TALK SERIES: BAATE SEHAT KI 2023 EPISODE 4**  
**“BREAST CANCER”**  
**16 February, 2023**

Event Name:-	Radio Talk Series: Baate Sehat Ki 2023 Episode 4 “Breast cancer”
Venue:-	Chitkara FM Radio Station (107.8)
Date:-	16 February, 2023
SDG Number and Name:-	3, Good Health and Well Being
Organized By:-	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	7
Duration:-	One Day

**Description of Event:**

Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Radio Talk Episode-4 under the series of Baate Sehat Ki on the theme “Breast cancer”. As our target audience were the nearby villages, therefore, preferred language was Hindi. Faculty, as well as students, participated in the event. Mr. Khursheed Ahmad Ganie on behalf of the faculty presented the radio talk along with the B.Sc MRIT-4<sup>th</sup> semester students Mr Nitin Kumar, Ms. Loveleen Singla, Mansi Kapil, Pallvi Shree, Ishika Pal and Himakshi Bargat. Dr. Gurbir Singh was an expert for the event. Our topic for the radio talk i.e Breast Cancer included the history, various Symptoms, causes, stages of Breast Cancer, Diagnosis, treatment and precaution of Breast Cancer. In the radio talk we also discuss how a women can perform self-assessment of the breast cancer symptoms like blood with milk, palpable mass, pain in breast etc. The session was concluded by Dr. Gurbir Singh, as an expert, he expressed his viewpoint on the prevalence and lack of Breast Cancer awareness in the rural areas of the country.



**Radio talk Participants, Dr. Gurbir Singh, Mr Khurshheed Ahmad, Mr Nitin Kumar, Ms. Loveleen Singla, Mansi Kapil, Pallvi Shree, Ishika Pal and Himakshi Bargat in the Mass Communication department (16 February, 2023)**

**GPS**

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Latitude	30; 31; 2.70840000000319...
Longitude	76; 39; 31.54680000000109...
Altitude	281

**TREE PLANTATION DRIVE: “ENJOY THE LITTLE THINGS”**

**17<sup>th</sup> February, 2023**

Event Name: -	Tree Plantation Drive: “Enjoy the Little Things”
Venue: -	Yellow Point Farm Behind Magellan Boys Hostel, Near Scrap Yard
Date: -	17 <sup>th</sup> February 2023
SDG Number and Name: -	15, Life on Land
Organized By: -	Allied Health Sciences Department, CSHS, Chitkara University, Punjab
Number of Participants: -	59 students
Duration: -	One Day

**Description of Event:**

It is correctly said that “Enjoy the Little Things”. With our busy and concrete lifestyle, gardening or planting a tree is the only way that keeps us connected to mother nature. With our care, love, and nurture we see the plants growing and flowers blooming, this is a sight to cherish, thus we say gardening or planting a tree gives us a sense of pleasure and enjoyment. With this motto, all the faculty and students of Allied Health Sciences Department, planted trees at Yellow Point Farm behind Magellan Boys Hostel , Near Scrap Yard. Poster competition was also held on the same theme. Students participated with enthusiasm and later the posters were judged by Dr. Anita Gupta, Professor, AHS and Mr. Sanjeev Kumar, Deputy Registrar, CSHS . The winners of poster competition were:

1. Drishti ,Shifali and Ashmita (B.Sc (H) Nutrition & Dietetics 2022 batch)
2. Manvi (BMLS 2021 batch)
3. Anshika (BMLS 2021 Batch)





GPS	
Latitude	30; 31: 1.210800000000084...
Longitude	76; 39: 30.3731999999726...
Altitude	276



M.Sc MRIT students: Planting the tree (17<sup>th</sup> Feb 2023)

GPS	
Latitude	30; 31: 1.747199999998017
Longitude	76; 39: 30.1391999999759...
Altitude	278



Clinical Instructors and faculty members of AHS while planting the tree (17<sup>th</sup> Feb 2023)

GPS	
Latitude	30; 31; 1.747199999998017
Longitude	76; 39; 30.1391999999759...
Altitude	278



Prize Distribution to the winners of Poster competition by Dr. Anita Gupta, Professor, AHS (17<sup>th</sup> Feb 2023)

GPS	
Latitude	30; 30; 56.47680000000399
Longitude	76; 39; 33.37920000000246...
Altitude	275

**11<sup>th</sup> International ADT Conference on “Emerging Trends in Neuro-rehabilitation: An Allied Health care perspective”****22<sup>nd</sup> to 24<sup>th</sup> February, 2023**

Event Name:-	11 <sup>th</sup> International ADT Conference on “Emerging Trends in Neuro-rehabilitation: An Allied Health care perspective”
Venue:-	Exploretorium, Chitkara University
Date:-	22 <sup>nd</sup> to 24 <sup>th</sup> February, 2023
SDG Number and Name:	9, Industry Innovation and Infrastructure
Organized By:-	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	500
Duration:-	Three Day

**Description of Event:**

The Department of Allied Health Sciences, Chitkara School of Health Sciences, organized the 11<sup>th</sup> International ADT Conference on “Emerging Trends in Neuro-rehabilitation: An Allied Health care perspective” from 22<sup>nd</sup> to 24<sup>th</sup> February, 2023. The Conference was sponsored by the International Brain Research Organization, Paris, France and Government Rehabilitation Institute for Intellectually Disabled (GRIID) Chandigarh and Chandigarh Spinal Rehab were the event partners for the conference. The conference covered 8 major tracks focusing on various aspects of Neurorehabilitation. All the tracks were covered over a duration of three days in 5 different sessions which consisted of expert talks by eminent National and International speakers like Dr. Marc Taub, Chief Of vision therapy, Southern college of Optometry, Memphis, USA, Dr. Kriss See and Dr. Kishan Kannan from Malaysia, Oslo group; Dr. Daniella Rutner, Associate Clinical Professor, American Board of Optometry, Chief of Vision Rehabilitation New York and Dr. Priti Arun from GRIID, Chandigarh. A total of 50 abstracts were selected and presented as Oral and poster presentations in blended mode. The day three of conference concluded with two workshops for students and delegates from different domains of Allied Health Sciences which included a Hands-On workshop on Molecular Techniques in collaboration with Genexplore- Medisquare Diagnostic Center and the second workshop on Technological Advances in Prosthesis Design and Fabrication in collaboration with Composite Regional Center (CRC) for Skill Development, Rehabilitation and Empowerment of Persons with Disabilities, Sundernagar, H.P.



Release of the Conference souvenir at the inaugural ceremony of the Conference



Expert Talk on “Neurotherapeutic and Neuro-rehabilitation” by Prof. Rajat Sandhir from Department of Biochemistry, Panjab University, Chandigarh.



Expert Talk on “Neuroplasticity and Neuro-rehabilitation” by Dr. Narkeesh Arumugam  
Professor, Department of Physiotherapy, Punjabi University, Patiala



Expert Talk on “Advancements in Stroke Rehabilitation Therapy” by Dr. Abeer Goel Neurologist  
Paras hospital, Panchkula



Expert Talk on “Neuro-rehabilitation in Neurology and Neuro-ophthalmology -Why and When” Dr. Aastha Takkar, Associate Professor, Department of Neurology, PGIMER Chandigarh



Expert Talk on “Nutrition and its role in mental health and wellbeing” by Dr. Nancy Sahni Chief Dietician and Head, Department of Dietetics, PGIMER, Chandigarh



Expert Talk on “Role of ketogenic diet in Epilepsy” by Ms. Deepika, Dietician, Dept of Dietetics, PGIMER, Chandigarh



Expert Talk on “Innovation based special education techniques and approaches to improve the quality of life of children with neurodevelopmental disorders” by Dr. Priti Arun Professor & Head, Department of Psychiatry, Chairperson, Disability Board Govt Medical College and Hospital, Sector 32, Chandigarh, Joint Director, Govt Rehabilitation Institute of Intellectual Disability (GRIID)



Expert Talk on “Telehealth For Neurorehabilitation” by Dr. Sonika Bakshi Dean Chitkara School of Health Sciences, Chitkara University, Punjab



Expert Talk on “Pharmacists as Care Providers in Neuro-rehabilitation therapy” by Dr. Thakur Gurjeet Singh, Dean, Professor, Chitkara College of Pharmacy, Chitkara University, Punjab, India

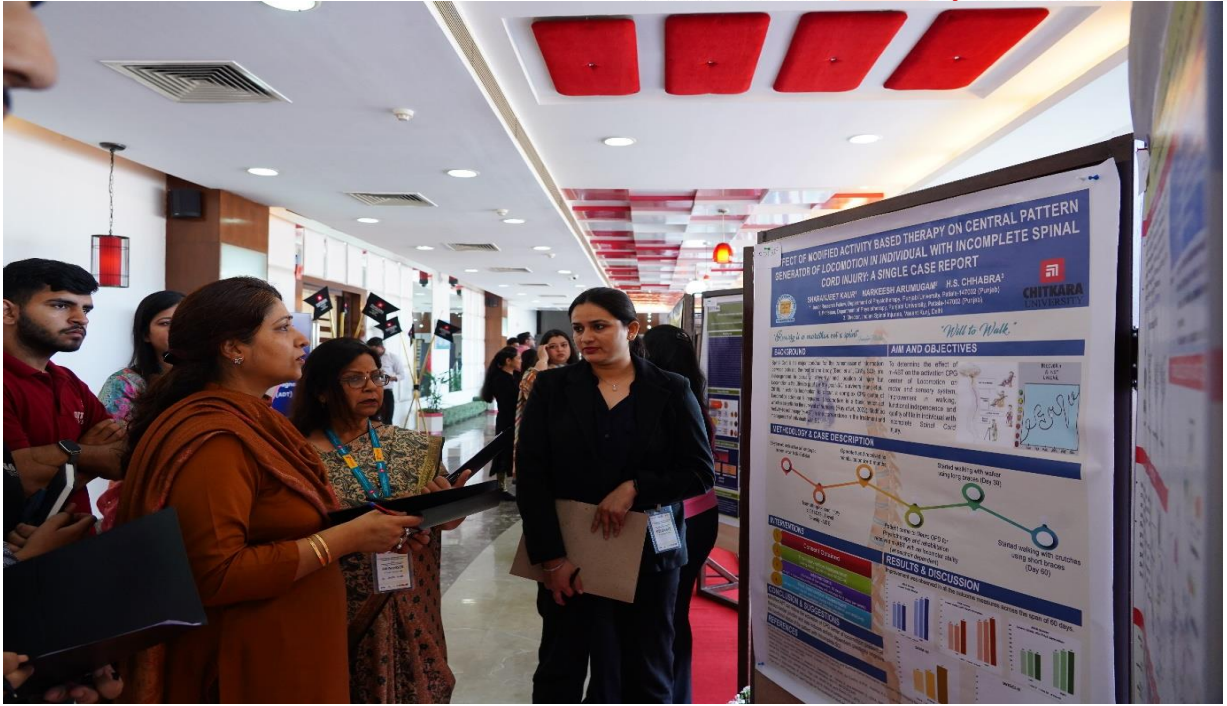




Thanks giving to Dr. Manju Dhandapani Associate Professor, National Institute of Nursing Education, PGIMER, Chandigarh for chairing oral paper presentation session



Group photograph with Prof. Vikas Saini (Professor, PGIMER), Prof. Rajat Sandhir (Professor, Panjab University), Dr. Premjit Singh, (Head Spinal Therapy Chandigarh Spinal Rehab) and Dr. Baiju Kumar (Senior Occupational Therapist, Chandigarh Spinal Rehab)



Judgement of the Poster Presentations at the Day 1 of the Conference.



Question Answer sessions after the Expert talk by students and delegates.



Prize distribution to the winners in various categories at Day 2 of the Conference.



Online Expert Talk-Neuro-Optometric Visual Rehabilitation-Practice Patterns by Dr. Daniella Rutner, Associate Clinical Professor, University Eye Center and the Chief of Vision Rehabilitation, State University of New York, New York, USA and Prof. Aditya Goyal Principal, Sankara Academy of Vision, Sankara Eye Hospital, Bangalore, India on Day 3 of Conference



Students attending hands-On workshop on Molecular Techniques in collaboration with Genexplore-Medisquare Diagnostic Center, Chandigarh



Jitender K Dev Prosthetist and Orthotist CRC Sundernagar H.P., demonstrating workshop on Technological Advances in Prosthesis Design and Fabrication in collaboration with Composite Regional Center (CRC) for Skill Development, Rehabilitation and Empowerment of Persons with Disabilities, Sundernagar, H.P.

**World Tuberculosis Day**  
**24<sup>th</sup> March 2023**

Event Name:-	<b>World Tuberculosis Day: Yes we can end TB</b> <b>Innovation in management of TB into routine practices</b>
Venue:-	Pulitzer hall, Picasso block, Chitkara University
Date:-	24 <sup>th</sup> March 2023
SDG Number and Name:	3, Good Health and Well Being, 9 Industry, Innovation and Infrastructure
Organized By:-	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	100
Duration:-	One Day

**Description of Event:**

Chitkara School of Health Sciences observed World TB Day on 24<sup>th</sup> of March 2023 timing 02:00 P.M to 04:00 P.M. This event was held in Pulitzer hall, Picasso block, Chitkara University, Punjab. The primary goal of this event was to sensitize allied health sciences students on the topic **“Innovations in Management of TB into Routine Practice in High-Burden Countries”**. Dr. Mohit Kaushal, MD, DTCD, DNB (Respiratory Disease), FIP, EDARM from Fortis Hospital Mohali, as a resource person and provide in depth introduction about TB. More than 100 students and faculty members from AHS department, CSHS attended the event. The event was ended-up with huge success.



During speech of Dr. Mohit Kaushal from Fortis Hospital Mohali as a resource person.



Memento as a token of appreciation to the resource person



Group photograph with faculty and students

**Sports Day for Faculty and Staff**  
**15th April, 2023**

Event Name:-	Sports Day for Faculty and Staff
Venue:-	Sportorium, Chitkara University
Date:-	15th April, 2023
SDG Number and Name:	3, Good Health and Well Being
Organized By:-	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants:-	25
Duration:-	One Day

**Description of Event:**

The Allied Health Sciences Department, Chitkara School of Health Sciences has organized annual sports day on 15th April 2023 for all Faculty and Staff of Allied Health Sciences, Physiotherapy and Optometry department at the university's sportorium in collaboration with Chitkara university sports board. The sports event aimed to promote physical activity and healthy competition among the Faculty and Staff. Total 25 faculty and staff participated in the different sports categories. The sports event featured three games: Badminton (Men and Women), dart, and table soccer. The faculty and staff participated actively and showed their skills in each game. The matches were intense, and the players gave their best effort to win. After several rounds of matches, the winners were announced, and they were provided with shields as a token of appreciation. The faculty and staff who came in the top positions demonstrated outstanding sportsmanship and skill. The event was a great success, and the faculty and staff had a lot of fun.

The winners of the following competitions were:

**Darts**

1st Position: Mr. Sanjeev Kumar

2nd Position: Mr. Harpreet Singh

3<sup>rd</sup> Position: Ms. Manpreet Kaur

**Soccer Table**

1st Position: Mr. Moninder Singh

2nd Position: Mr. Jai Prabhat

3<sup>rd</sup> Position: Ms. Pallavi Aggarwal

**Badminton Men**

1st Position: Mr. Khursheed Ahmed

2nd Position: Mr. Gurdeep Singh

3<sup>rd</sup> Position: Dr. Saksham Sahni (PT)

### **Badminton Women**

1st Position: Ms. Nayan Gupta

2nd Position: Ms. Ritika Rana

3<sup>rd</sup> Position: Ms. Indu Bala



Winners of female badminton, dart and table soccer competition





Participants of table soccer with organizers



Dr. Saksham (PT) during badminton male competition



Group photograph of all the participants

**Medical Laboratory Professionals Week 2023**  
**Theme: “Holistic approaches in Patient safety, Innovations, Diagnosis, and Careers in Medical Laboratory Sciences”**  
**24<sup>th</sup>-28<sup>th</sup> April 2023**

Event Name: -	Medical Laboratory Professionals Week 2023
Venue: -	Chitkara University, Punjab
Date: -	24th-28th April 2023
SDG Number and Name:	3, Good Health and Well Being
Organized By: -	Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants: -	100
Duration: -	One week

**Description of Event:**

The Department of Allied Health Sciences, Chitkara School of Health Sciences (CSHS), organized the Medical Laboratory Professionals Week (MLPW) from 24th-28th April 2023 on the theme “Holistic approaches in patient safety, innovations, diagnosis and careers in Medical Laboratory Sciences.” It was a blend of industry and academia exposure.

On all the five days of the event, medical lab sciences students were engaged in various competitions based on innovation and knowledge testing. Students from different departments of CSHS presented handmade posters on the theme “Saved by Lab” OR “Future is Lab” depicting role of labs in various walks of life, participated in quiz competition and a presentation competition on “Innovative ideas in laboratory practices.”

The MLPW 2023 also included a field visit on day 2 at the Central Analytical Facility of IISER Mohali where they visited research labs and observed the NMR and Femtolaser techniques. On Day 3 a hands-on workshop on “Biochemical estimation of enzymes and metabolites using Semi-automated analyzer” was organized in collaboration with Transasia Bio-Medicals Ltd where the students participated in Expert Talk by Mr. Rashpal Singh Rana (Sr. Regional service Manager, Transasia Biomedicals Ltd) and Mr. Siddharth Pandey (Sr. application Specialist, Transasia Biomedicals Ltd) on the use of semi-analyzer for estimation of enzymes and Biochemical analytes. The students estimated enzymes such as SGOT and SGPT, metabolites such as cholesterol, triglycerides, HDL and LDL in the Biochemistry laboratory using the semi-automated analyzer.

The week-long celebration consisted of expert talks by eminent speakers like Dr. Shweta Prabhakar, Head Quality and Patient safety, Fortis Hospital Mohali on day 1, a team of experts from Atulaya Healthcare consisting of Dr Babita Goyal (Consultant Biochemist), Dr. Snigdha Singha(Consultant Microbiologist) and Dr Puneet Walia (Chief Marketing officer) on day 4, keynote address by Dr. Vishavdeep Goyal, Zonal Director Fortis Hospital Ludhiana & Amritsar who enlightened the students about various career opportunities and challenges in Medical Laboratory Sciences and Allied Health Sciences on day 5 and a motivational address on the importance of MLPW and pursuing a holistic approach by the healthcare professionals, to bring

justice and laurels to the profession by the Dean CSHS Dr. Sonika Bakshi. The event concluded on day 5 with a valedictory ceremony and distribution of prizes to students who competed in different categories.



Inauguration of the medical laboratory professionals week on 24<sup>th</sup> April 2023 – Dr. Shweta Prabhakar Head quality and patient safety, Fortis, Mohali was the resource person and gave a talk on advancements in Healthcare and patient safety.



On day 2 of MLPW 2023 i.e. 25<sup>th</sup> April 2023 the students visited the central instrumentation facility at IISER, Mohali.



Students attending the hands on training workshop on Biochemical estimation of enzymes and metabolites sponsored by Erba on day 3 of MLPW i.e. 26<sup>th</sup> april 2023.



The day 4 of MLPW the team from Atulya Healthcare visited. The topic of their talk was recent innovations In medical laboratory technology and its role in clinical decision making



The day 5 of MLPW concluded with a talk and valedictory ceremony by Dr. Vishavdeep Goyal, Zonal Director, Fortis Ludhiana

**One day workshop on ‘Demonstration of My Pharma Rex: An innovative tool to record Pharma Activities’**

<b>Event Name</b>	One day workshop on ‘Demonstration of My Pharma Rex: An innovative tool to record Pharma Activities’.
<b>Date</b>	18 <sup>th</sup> August, 2022
<b>Venue</b>	Online
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Ms Kunjan Arora My Pharma Rex, New Delhi
<b>Number of Participants</b>	70
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	60 minutes

**About the Activity: -**

A workshop on ‘**Demonstration of My Pharma Rex: An innovative tool to record Pharma Activities**’ was conducted by **Chitkara College of Pharmacy**, Chitkara University, Punjab in collaboration with Institution’s Innovation Council, Chitkara University, Punjab and Punjab State Council for Science & Technology, Chandigarh. On 18th August, 2022, **Ms Kunjan Arora, My Pharma Rex, New Delhi** was the speaker for the session. The session was conducted for the students of Pharm D. Students were guided for the pharma rex application with all the domains while taking patient records from hospitals. The App will assist the faculty for centralised patient record data by keeping eye on student’s individual performance in hospital settings. The response by the pharma students was productive and the session was very interesting and valuable.

**Glimpses of the event:**

**Event Brochure:**



The brochure features a red and teal background with a white grid pattern. At the top, it displays logos for Chitkara University, Sustainable Development Goals, LSSDC, MyPharmaRex, a shopping cart icon, and the Institution's Innovation Council. The main title is in large yellow font, and the speaker and organizer information is in white. The date and time are highlighted in a red box at the bottom left.

**CHITKARA UNIVERSITY**  
HIMACHAL PRADESH

**SUSTAINABLE DEVELOPMENT GOALS**

**LSSDC**

**MyPharmaRex**

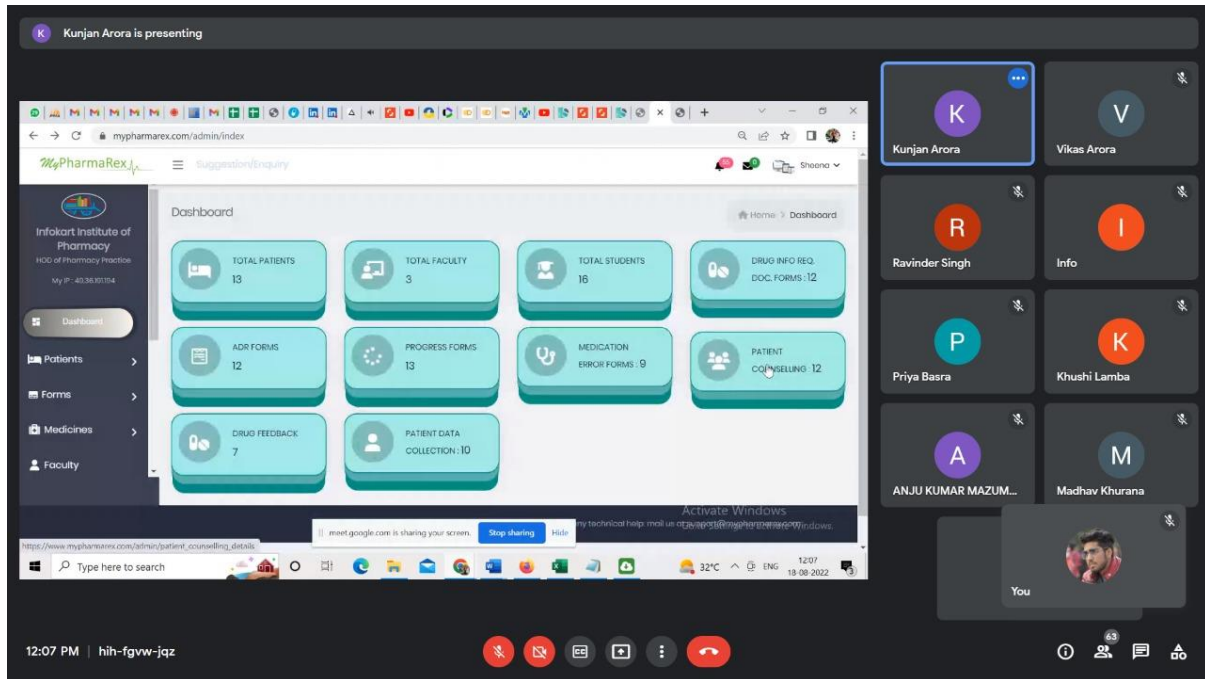
**INSTITUTION'S INNOVATION COUNCIL**  
(Ministry of HRD Initiative)

**ONE DAY WORKSHOP ON**

**Demonstration of My Pharma Rex: An innovative tool to record Pharma Activities**

*Speaker: Kunjan Arora, My Pharma Rex*  
*Organised by Chitkara College of Pharmacy*

**18th August 2022**  
**11:30am-12:30pm**



**Kunjan Arora presenting on My Pharma Rex during a zoom meeting.**



**A video conference call about Pharmacy management tool called My Pharma Rex.**



**One day International workshop on ‘Innovation of 3D Bioprinting in Life sciences**

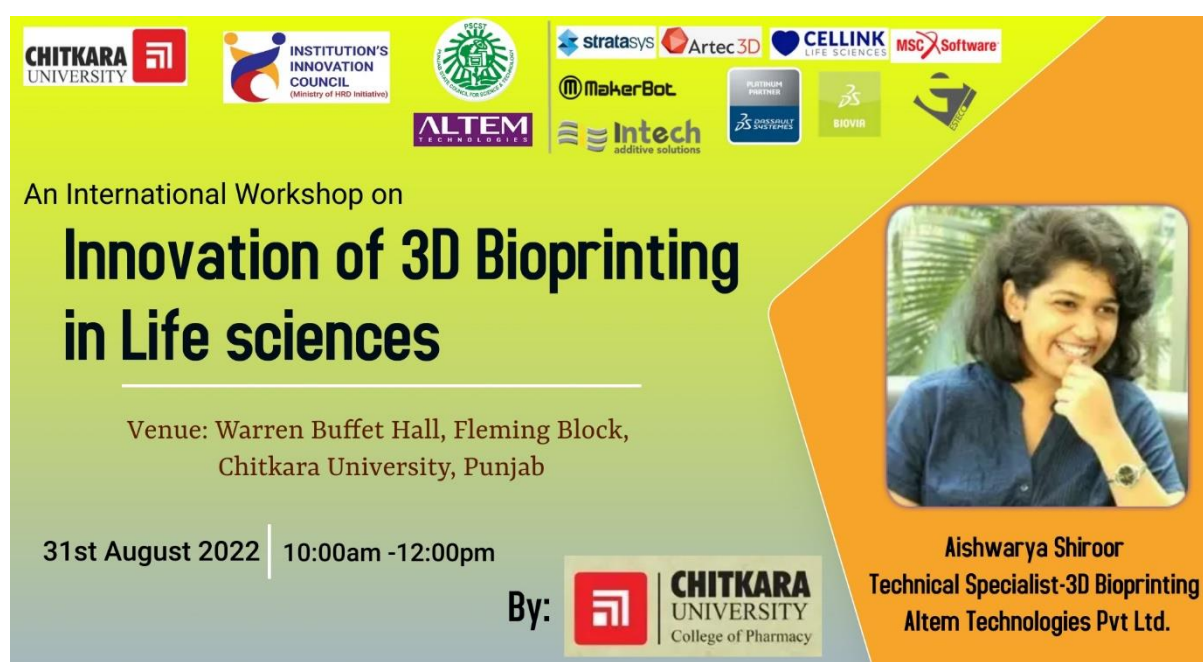
<b>Event Name</b>	One day International workshop on ‘Innovation of 3D Bioprinting in Life sciences
<b>Date</b>	31 <sup>st</sup> August, 2022
<b>Venue</b>	Online
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Ms. Aishwarya Shiroom, Medtech enthusiast, Biomedical Engineer, Bengaluru, Karnataka, India
<b>Number of Participants</b>	130
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	180 minutes

**About the Activity:**

An International workshop on ‘**Innovation of 3D Bioprinting in Life sciences**’ was conducted by **Chitkara College of Pharmacy**, Chitkara University, Punjab in collaboration with Altem Technology Pvt. Ltd and Institution’s Innovation Council, Chitkara University, Punjab on 31<sup>st</sup> August, 2022. Ms. Aishwarya Shiroom, Medtech enthusiast, Biomedical Engineer, Bengaluru, Karnataka, India was the speaker for the session. The session was conducted for the students of Pharmacy Students and faculty members. The demonstration of Bio-printers was given to students of Pharmacy, Life sciences along with their applications in Industry. The response by the pharma students was productive and the session was very interesting and valuable.

**Glimpses of Event:**

**Event Brochure**




An International Workshop on

# Innovation of 3D Bioprinting in Life sciences

Venue: Warren Buffet Hall, Fleming Block,  
Chitkara University, Punjab

31st August 2022 | 10:00am -12:00pm

By:  **CHITKARA UNIVERSITY**  
College of Pharmacy

**Aishwarya Shiroom**  
Technical Specialist-3D Bioprinting  
Altem Technologies Pvt Ltd.



**Speaker explain 3D Bioprinting**



**Speaker demonstrating working of 3D Bioprinting**

**Five Days International workshop on ‘Novel Intervention Strategies for Antibiotic Resistance: Its Implications on Global Health’**

<b>Event Name</b>	Five days International workshop on ‘Novel Intervention Strategies for Antibiotic Resistance: Its Implications on Global Health’
<b>Date</b>	29 <sup>th</sup> August – 2 <sup>nd</sup> September, 2022
<b>Venue</b>	Einstein Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Prof. Paolo Rocco, University of Milan, Italy Prof. Umberto M Musazzi, University of Milan, Italy
<b>Number of Participants</b>	120
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	5 days

The 5 Day International Workshop on ‘Novel Intervention Strategies for Antibiotic Resistance: Its Implications on Global Health’ was organized by Chitkara College of Pharmacy on 29<sup>th</sup> August 2022- 2<sup>nd</sup> September 2022 in collaboration with Erasmus+, European Union, Chitkara School of Health Sciences and CURIN, Chitkara University. The workshop included 8 technical sessions by international speakers, group discussion, faculty interaction and facility visit. The workshop included 100 participants with Pharm D and M Pharmacy background. The focus of the event remained to generate ways to decrease antibiotic resistance and to find the methods to make the community aware about the implications of indiscriminate use of the antibiotics.

**Glimpses of Event:**

**Event Brochure**





**Attendees of the event- International Workshop on ‘Novel Intervention Strategies for Antibiotic Resistance**

**Five days International Conference on ‘Advancements in Drug Regulatory Affairs: Pharmaceutical Industry-Academia Perspective (ADRA-2022)’**

<b>Event Name</b>	Five-day International Conference on ‘Advancements In Drug Regulatory Affairs: Pharmaceutical Industry-Academia Perspective (ADRA-2022)
<b>Date</b>	26 <sup>th</sup> - 30 <sup>th</sup> September, 2022
<b>Venue</b>	Pulitzer Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Prof. Bhupinder Singh Bhoop, Em. Professor and Ex-Chairperson & Dean, UIPS, Panjab University, Chandigarh Mr. Sanjeev Garg, Joint Commissioner – State Drugs Controller, FDA Punjab Sh. Raj Kumar Bhateja, MD, Biogenetic Healthcare
<b>Number of Participants</b>	270
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	5 days

**About the Activity:**

Five-day International Conference on ‘Advancements In Drug Regulatory Affairs: Pharmaceutical Industry-Academia Perspective (ADRA-2022)’ was organized by Chitkara College of Pharmacy on 26<sup>th</sup>–30<sup>th</sup> September 2022 in collaboration with ISPOR, Biogenetic healthcare. The Conference included deliberations by two international speakers, eminent stalwarts from industry and academia. The conference included around 230 student participants with B. Pharmacy and M. Pharmacy background and 40 faculty members. The focus of the event remained to make the audiences aware of the guidance related to drug regulations and their approval processes followed across the globe.

**Glimpses of Event:**

**Event Brochure**





Professor (Dr) Archana Mantri, Vice Chancellor, Chitkara University, Punjab, addressing the audience during the inauguration



Professor (Dr) Harish Dureja, MDU, Rohtak, delivering the talk to the gathering

A seminar on '**Pharmacogenetics: Opportunities and Challenges for Health Innovation**' on **31st October, 2022**

<b>Event Name</b>	A seminar on 'Pharmacogenetics: Opportunities and Challenges for Health Innovation'
<b>Date</b>	31 <sup>st</sup> October, 2022
<b>Venue</b>	Einstein Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr. Anupinder Thind Assistant Professor, Department of Physiology, Govt Medical College, Patiala
<b>Number of Participants</b>	150
<b>SDGs Covered</b>	
<b>Duration</b>	120 minutes

A seminar on 'Pharmacogenetics: Opportunities and Challenges for Health Innovation' was organized by Chitkara College of Pharmacy on 31<sup>st</sup> October, 2022. The seminar included deliberations by Dr. Anupinder Thind, Assistant Professor, Department of Physiology, GMC, Patiala. The seminar included around 140 student participants with Pharmacy background and 10 faculty members. The focus of the event remained to make the audiences aware of the Pharmacogenetics its Opportunities and Challenges for Health Innovation. Speaker also explained the importance of Pharmacogenetics in various gynaecological disorders.

**Glimpses of A seminar on ‘Pharmacogenetics: Opportunities and Challenges for Health Innovation’ on 31st October, 2022**

**Event Brochure**



The brochure features a dark blue background with a grid pattern. At the top, logos for Chitkara University, NAAC A+, Neelam Hospital, Fortis Hospital, and the Institution's Innovation Council are displayed. The main title 'SEMINAR Pharmacogenetics: Opportunities and Challenges for Health Innovation' is in large yellow and white text. Below it, the venue 'Einsein Hall, Chitkara University, Punjab' is listed. The date and time are 'Date: 31st October, 2022' and 'Time: 2pm - 4pm'. The organizer is 'CHITKARA UNIVERSITY College of Pharmacy'. A portrait of Dr. Anupinder Thind is on the right, with her name and title: 'Dr. Anupinder Thind, Assistant Professor, Department of Physiology, GMC, Patiala'.



**Welcome of Dr. Anupinder Thind, Assistant Professor, Department of Physiology, Govt Medical College, Patiala by Dr. Sarita Jangra, Associate Professor.**





**Dr. Anupinder Thind sharing her views on Pharmacogenetics: Opportunities and Challenges for Health Innovation**

**A seminar on ‘Emergence of pharmacogenetics and its impact on pharmaceutical R&D’**

<b>Event Name</b>	A seminar on ‘Emergence of pharmacogenetics and its impact on pharmaceutical R&D’
<b>Date</b>	31 <sup>st</sup> October, 2022
<b>Venue</b>	Einstein Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr. Shikha Gupta Director IVF-ICSI Centre, Neelam Hospital, Rajpura
<b>Number of Participants</b>	150
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	01 Day

**About the Activity:**

A seminar on ‘Emergence of pharmacogenetics and its impact on pharmaceutical R&D’ was organized by Chitkara College of Pharmacy on 31st October, 2022. The seminar included deliberations by Dr. Shikha Gupta, Director IVF-ICSI center, Neelam Hospital, Rajpura. The seminar included around 140 student participants with Pharmacy background and 10 faculty members. The focus of the event remained to make the audiences aware of the Emergence of pharmacogenetics and its impact on pharmaceutical R&D as well as in various types of cancers.

**Glimpses of Event:**

**Event Brochure**



A Seminar on

## Emergence of pharmacogenetics and its impact on pharmaceutical R & D

Venue: Einstein Hall,  
Chitkara University, Punjab

31st October, 2022 | 10:00am -1:00pm

By:  **CHITKARA**  
UNIVERSITY  
College of Pharmacy

  
Dr. Shikha Gupta,  
Director IVF-ICSI center  
at Neelam Hospital, Rajpura



Dr. Sarita introducing Dr. Shikha Gupta to the audience



Felictation of Dr. Shikha Gupta

**A seminar on ‘Health Technology Adoption in Liver Disease: Innovative tools for Early Disease Detection’**

<b>Event Name</b>	A seminar on ‘Health Technology Adoption in Liver Disease: Innovative tools for Early Disease Detection’
<b>Date</b>	31 <sup>st</sup> October, 2022
<b>Venue</b>	Einstein Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr Babu Lal Meena Consultant, Gastroenterology & Hepatology, Neelam Hospital Rajpura
<b>Number of Participants</b>	150
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	120 minutes

**Activity the Activity:**

A seminar on ‘Health Technology Adoption in Liver Disease: Innovative tools for Early Disease Detection’ was organized by Chitkara College of Pharmacy on 2<sup>nd</sup> November, 2022. The seminar included deliberations by Dr. Babu Lal Meena, Consultant, Gastroenterology & Hepatology, Neelam Hospital Rajpura. The seminar included around 140 student participants with Pharmacy background and 10 faculty members. The main focus of the event is to aware the pharmacy students and faculty members about the Innovative tools for Early Disease Detection of Liver Disease with advancements.

**Glimpses of Event:**



**Event Brochures**



Dr. Babu Lal Meena, delivering lecture on liver diseases.



Dr. Babu Lal Meena, delivering lecture on liver diseases.

A seminar on ‘Innovative Tools for the diagnosis of Ascites of Unknown Origin’ on  
3<sup>rd</sup> November, 2022

<b>Event Name</b>	A seminar on ‘Innovative Tools for the diagnosis of Ascites of Unknown Origin’
<b>Date</b>	3 <sup>rd</sup> November, 2022
<b>Venue</b>	Einstein Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr. Sunil Pawar Assistant Professor, Govt Medical College, Patiala
<b>Number of Participants</b>	138
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	120 minutes

**About the Activity:**

A seminar on ‘Innovative Tools for the diagnosis of Ascites of Unknown Origin’ was organized by Chitkara College of Pharmacy on 3<sup>rd</sup> November, 2022. The seminar included deliberations by Dr. Sunil Pawar, Assistant Professor, GMC Patiala. The seminar included around 128 student participants with Pharmacy background and 10 faculty members. The focus of the event remained to make the audiences aware about the Innovative tools for the diagnosis of Ascites of unknown origin. Speaker also explained the importance of some advanced techniques for proper diagnosis.

**Glimpses of Event:**

**Event Brochure**



**CHITKARA UNIVERSITY**     **NEELAM HOSPITAL**  
Superspeciality Health Care  **Fortis HOSPITAL**  
Mohali  **INSTITUTION'S INNOVATION COUNCIL**  
(Member of IIMC - 2018)

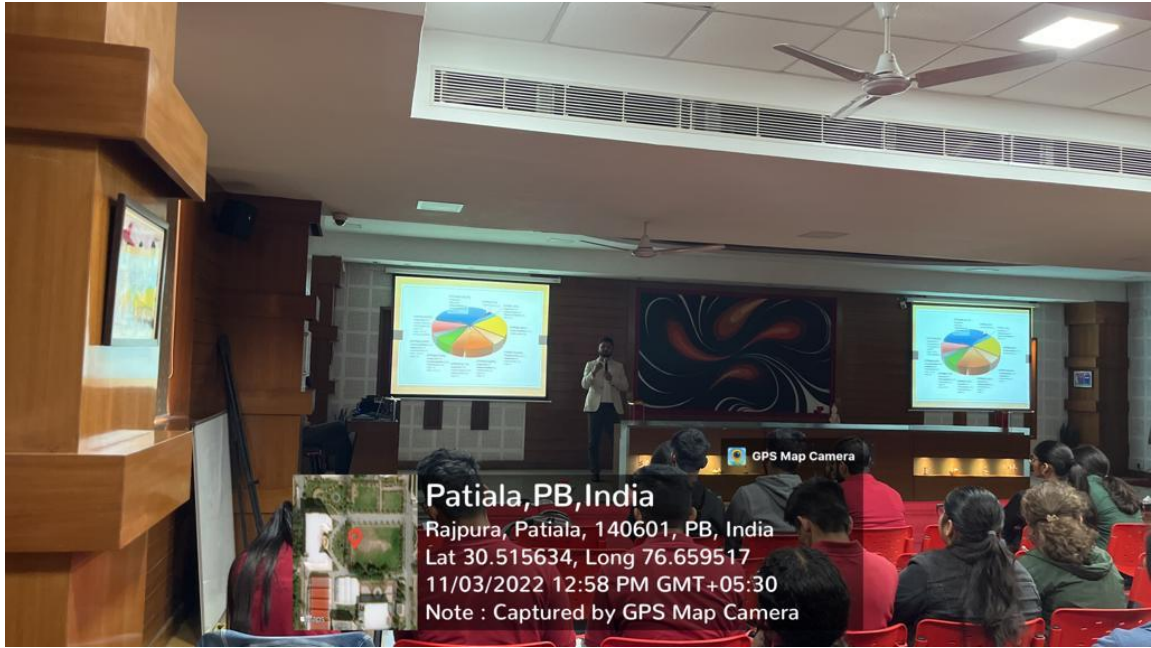
**A Seminar On**  
**Innovative Tools for the diagnosis of Ascites of Unknown Origin**

Venue: Einstein Hall, Chitkara University, Punjab

**3<sup>rd</sup> November, 2022**  
**10:00am-12:00pm**

**By: CHITKARA UNIVERSITY**   
College of Pharmacy

**Dr. Sunil Pawar**  
Assistant Professor  
GMC Patiala



Dr. Sunil Pawar, Addressing the audience



Dr. Sunil Pawar, delivering the lecture

**An International seminar on ‘Emerging Trends and innovations in Drug delivery and research’**

<b>Event Name</b>	An International seminar on ‘Emerging Trends and innovations in Drug delivery & research’
<b>Date</b>	11 <sup>th</sup> November, 2022
<b>Venue</b>	Pulitzer Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Prof. Yahya E Choonara University of Witwatersrand, South Africa
<b>Number of Participants</b>	149
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	160 minutes

**About the Activity:**

An International seminar on ‘Emerging Trends and innovations in Drug delivery & research’ on was organized by Chitkara College of Pharmacy on 11<sup>th</sup> November, 2022. The seminar included deliberations by Prof. Yahya E Choonara, University of Witwatersrand, South Africa. The seminar included around 119 student participants with Pharmacy background and 30 faculty members. The focus of the event remained to make the audiences aware about the emerging trends and innovations in drug delivery & research. Speaker also explained the importance of some advanced techniques like nanotherapeutics approaches for proper diagnosis & treatment.

**Glimpses of Event:**

**Event Brochure**



**CHITKARA UNIVERSITY**    

**An International Seminar on**  
**Emerging Trends and innovations in Drug delivery & research**

Venue: Pulitzer Hall,  
Chitkara University, Punjab

11th November, 2022  
Time: 12:00-2:00pm

By:  **CHITKARA UNIVERSITY**  
College of Pharmacy

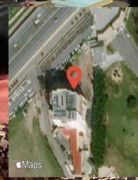
**Prof. Yahya E Choonara**  
University of Witwatersrand  
South Africa





Patiala, PB, India  
Rajpura, Patiala, 140601, PB, India  
Lat 30.517407, Long 76.658712  
11/11/2022 01:09 PM GMT+05:30  
Note : Captured by GPS Map Camera

Prof. Yahya E Choonara, addressing the audience



Patiala, PB, India  
Rajpura, Patiala, 140601, PB, India  
Lat 30.517468, Long 76.658706  
11/11/2022 01:03 PM GMT+05:30  
Note : Captured by GPS Map Camera

Prof. Yahya E Choonara, delivering lecture on **Emerging Trends and innovations**  
**in Drug delivery and research'**



**A one day workshop on ‘Role of Medical Scribe, Medical Coding and Medical Writing in Health system: Innovative strategies for data management’**

<b>Event Name</b>	A one day workshop on ‘Role of Medical Scribe, Medical Coding and Medical Writing in Health system: Innovative strategies for data management’
<b>Date</b>	23 <sup>rd</sup> January, 2023
<b>Venue</b>	Warren Buffett Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Mr. Suresh Vengodan Vice President, Human Resources, Aquty Solutions Mr. Sanjay Kumar Senior Trainer, Aquty Solutions
<b>Number of Participants</b>	123
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	1 day

**About the Activity:**

A one day workshop on ‘Role of Medical Scribe, Medical Coding and Medical Writing in Health system: Innovative strategies for data management’ was organized by Chitkara College of Pharmacy on 23<sup>rd</sup> January, 2023. The seminar included deliberations by **Mr. Suresh Vengodan**, Vice President, Human Resources, Aquty Solutions and **Mr. Sanjay Kumar**, Senior Trainer, Aquty Solutions. The workshop included around 113 student participants with Pharmacy background and 10 faculty members. The focus of the event remained to make the audiences aware about the role of medical Scribe, medical coding and medical writing in health system using various softwares for data management. Speakers also explained the job opportunities in the field of health data management in different clinical modules.

**Glimpses of Event:**



**CHITKARA UNIVERSITY**   

**A WORKSHOP**  
on  
**Role of Medical Scribe, Medical Coding and Medical Writing in Health system: Innovative strategies for data management**

Organised by: Chitkara College of Pharmacy

23<sup>rd</sup> November, 2022  
Time: 10:00 am - 3:00pm

Venue: Warren Buffet Hall

**Mr. Suresh Vengodan**  
Vice President  
Human Resources  
Aquty Solutions

**Mr. Sanjay Kumar**  
Senior Trainer  
Aquty Solutions



**Mr. Suresh Vengodan addressing the audience**



**Mr. Suresh Vengodan delivering lecture on ‘Role of Medical Scribe, Medical Coding and Medical Writing in Health system: Innovative strategies for data management’**



**A seminar on ‘Cervical Cancer: Let's beat it with Innovative Technologies’**

<b>Event Name</b>	A seminar on ‘Cervical Cancer: Let's beat it with Innovative Technologies’
<b>Date</b>	09 <sup>th</sup> February 2023
<b>Venue</b>	Warren Buffett Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr. Shikha Gupta Director IVF-ICSI Centre, Neelam Hospital, Rajpura.
<b>Number of Participants</b>	114
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	1 day


**About the Activity: -**

A seminar on ‘Cervical Cancer: Let's beat it with Innovative Technologies’ was organized by Chitkara College of Pharmacy on 9<sup>th</sup> February, 2023 at Warren Buffet Hall, Chitkara University, Punjab. The seminar included deliberations by Dr. Shikha Gupta, Director IVF-ICSI center at Neelam Hospital, Rajpura. The seminar included around 110 student participants with Pharmacy background and 10 faculty members. The focus of the event remained to make the audiences aware about the new innovative tools and technologies to diagnose and manage cervical cancer. The aim of the event was to encourage the students and make them aware about the novel treatment strategies against cancer.

**Glimpse of the Event:**

**Event Brochure**



**CHITKARA UNIVERSITY**   **NEELAM HOSPITAL**  
Superspeciality Health Care

**INSTITUTION'S INNOVATION COUNCIL**  
Ministry of Education Initiative

A Seminar on

# Cervical Cancer: Let's beat it with Innovative Technologies

Venue: Warren Buffet Hall,  
Chitkara University, Punjab

9th February 2023 | 10:00am onwards

By: Chitkara College of Pharmacy

**Dr. Shikha Gupta,**  
Director IVF-ICSI center  
at Neelam Hospital, Rajpura



Dr. Shikha Gupta with event organizer Dr. Rajwinder and NSS Volunteers

**An industrial talk on ‘Innovative aspects of pharma industry: Future and current perspectives’**

<b>Event Name</b>	An industrial talk on ‘Innovative aspects of pharma industry: Future and current perspectives’
<b>Date</b>	10 <sup>th</sup> February 2023
<b>Venue</b>	Warren Buffett Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Mr. Anish Bansal, Managing Director, Banson Pharmaceuticals Pvt Ltd, Punjab
<b>Number of Participants</b>	112
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	1 day

**About the Activity: -**

An ‘Industrial talk on ‘Innovative aspects of pharma industry: Future and current perspectives’ was organized by Chitkara College of Pharmacy on 10<sup>th</sup> February, 2023 at Warren Buffet Hall, Chitkara University, Punjab. The talk was deliberated by **Mr. Anish Bansal, Managing Director, Banson Pharmaceuticals Pvt Ltd, Punjab**. The industrial talk included around 110 student participants with Pharmacy background and 10 faculty members. The focus of the event remained to make the audiences aware about the innovative trends and innovative current and future aspects in pharmaceutical industry.

**Glimpse of the Event: -**

Event Brochure



**CHITKARA**  
UNIVERSITY

An  
**Industrial Talk**  
On

**Innovative aspects of pharma industry: Future and current perspectives**

Venue: Fleming Block, Chitkara College of Pharmacy

10th Feb. 2023  
10:00am onwards

*Mr. Anish Bansal  
Managing Director,  
Banson Pharmaceuticals, Pvt. Ltd.  
Punjab*





**Honoring Mr. Anish Bansal, Managing Director,  
Banson Pharmaceuticals Pvt Ltd, Punjab**



**Industrial talk on 'Innovative aspects of pharma industry: Future and current perspectives'**

**An industrial talk on ‘The Future of Pharma: Challenges and Opportunities of R&D, Safety, Regulatory And Compliance Functions: Trends Affecting the Pharmaceutical Industry’.**

<b>Event Name</b>	An industrial talk on ‘The Future of Pharma: Challenges and Opportunities of R&D, Safety, Regulatory And Compliance Functions: Trends Affecting the Pharmaceutical Industry’.
<b>Date</b>	13 <sup>th</sup> February, 2023
<b>Venue</b>	Warren Buffett Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Mr. Harpreet Singh Bedi, Chief Operating Officer, Novezza Pharmaceuticals Pvt. Ltd, Dera Bassi, Punjab
<b>Number of Participants</b>	120
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	1 day

**About the Activity: -**

An industrial talk on ‘**The Future of Pharma: Challenges and Opportunities of R&D, Safety, Regulatory And Compliance Functions: Trends Affecting the Pharmaceutical Industry**’ was organized by Chitkara College of Pharmacy on 13<sup>th</sup> February, 2023 at Warren Buffet Hall, Chitkara University, Punjab. The talk was deliberated by **Mr. Harpreet Singh Bedi, Chief Operating Officer, Novezza Pharmaceuticals Pvt. Ltd, Dera Bassi, Punjab**. The industrial talk included around 110 student participants with Pharmacy background and 10 faculty members. The focus of the event remained to make the audiences aware about the impact of challenges, opportunities of R&D, Safety, Regulatory and compliances for the future of Pharmaceutical Industry’

**Glimpse of the Event: -**

Event Brochure



The brochure features the logos of Chitkara University, Institution's Innovation Council (Ministry of HRD Initiative), and the Sustainable Development Goals (SDGs). The text reads: "An Industrial Talk on The Future of Pharma: Challenges and Opportunities of R&D, Safety, Regulatory, And Compliance Functions: Trends Affecting the Pharmaceutical Industry". The speaker is Mr. Harpreet Singh Bedi, Chief Operating Officer at Novezza Pharmaceuticals Pvt. Ltd, Dera Bassi, Punjab. The event is held at Warren Buffet Hall, Chitkara University, Punjab, on 13th Feb 2023, starting at 11:00 am onwards. It is organized by Chitkara College of Pharmacy.



**Welcome of Mr. Harpreet Singh Bedi, Chief Operating Officer,  
Novezza Pharmaceuticals**



**Attendees of the industrial talk on ‘The Future of Pharma: Challenges and Opportunities of R&D, Safety, Regulatory And Compliance Functions: Trends Affecting the Pharmaceutical Industry’**

## An Expert Talk on ‘How Patents Help Protect Pharmaceutical Innovation?’

<b>Event Name</b>	An Expert Talk on ‘How Patents Help Protect Pharmaceutical Innovation?’
<b>Date</b>	14 <sup>th</sup> February, 2023
<b>Venue</b>	Warren Buffett Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Mr. Sankalp Arora, Manging Director, Amree Pharmaceuticals Pvt Ltd, Dera Bassi, Punjab.
<b>Number of Participants</b>	120
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	1 day

### About the Activity: -

An Expert Talk on ‘**How Patents Help Protect Pharmaceutical Innovation?**’ was organized by Chitkara College of Pharmacy on 14<sup>th</sup> February, 2023 at Warren Buffet Hall, Chitkara University, Punjab. The talk was deliberated by **Mr. Sankalp Arora, Manging Director, Amree Pharmaceuticals Pvt Ltd, Dera Bassi, Punjab**. The expert talk included aware around 110 student participants with Pharmacy background and 10 faculty members. The expert explained how the importance of IP protection of pharmaceutical companies can rise at a rapid rate and Research-based sector can play a critical role in development and ensure future competitiveness in an ever-advancing global economy.

### Glimpse of the Event: -

Event Brochure





**Mr. Sankalp Arora, Managing Director addressing the audience**



**Mr. Sankalp Arora, Managing Director delivering the talk on How Patents Help Protect Pharmaceutical Innovation.**



**“NATIONAL PHARMA TECH & YOUTH FEST 2023”**

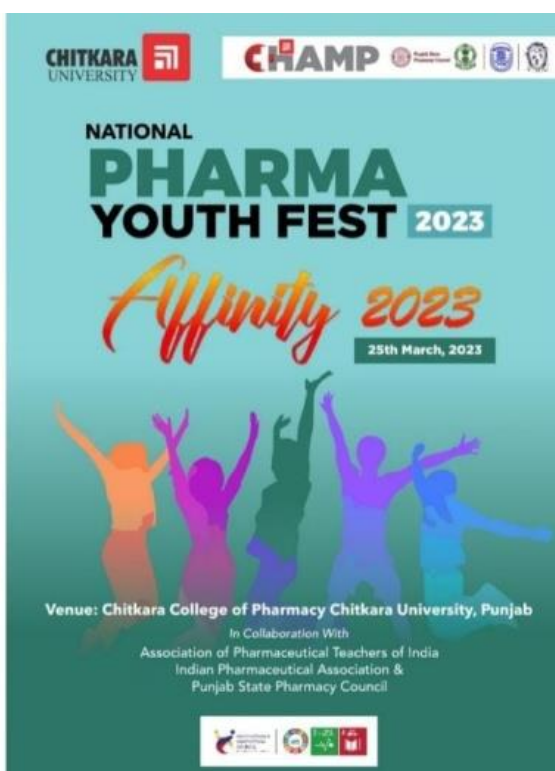
<b>Event Name</b>	“NATIONAL PHARMA TECH & YOUTH FEST 2023”
<b>Date</b>	23 <sup>rd</sup> - 25 <sup>th</sup> March 2023
<b>Venue</b>	Warren Buffett Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr. Puneet Bansal Associate Professor, Central University of Punjab, Bathinda  Ms. Jyoti Gupta Principal, IEC College of Pharmacy, Baddi
<b>Number of Participants</b>	435
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	3 days

**About the Activity: -**

Chitkara College of Pharmacy has organized a “**NATIONAL PHARMA TECH & YOUTH FEST 2023**” from 23<sup>rd</sup> March 2023 to 25<sup>th</sup> March 2023. The main theme of “**NATIONAL PHARMA TECH & YOUTH FEST 2023**” was to spirit the young budding minds under the guidance of eminent faculties of the Chitkara University to translate the basic scientific approaches into some meaningful and applicable model. The main purpose of the technical events was to celebrate science via its daily life applicability by young minds, while cultural events aimed to ignite the creative side of the students. This fest was a synergy of the youth creativity and talent quotient. The fest witnessed more than 500 participants in various events. It was a hustle bustle affair with gamut of events rolled to test talent and mental ability, logical thinking and creativity. All in all it was a fun filled event jelled with cerebral grilling and creative palette.

**Glimpse of the Event: -**

**Event Brochure**





Speakers, Faculty and Students gathered after the event for a group Photograph



Student Speaker interaction during the session





## **Audience for Pharmafest**

### An Expert Talk on ‘Insights into Innovations in Medical and Assistive Technologies

<b>Event Name</b>	An Expert Talk on ‘Insights into Innovations in Medical and Assistive Technologies
<b>Date</b>	14 <sup>th</sup> April 2023
<b>Venue</b>	Faraday Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Mr. Sagar Juneja  Assistant Dean, Chitkara University Research Innovation Network (CURIN), Chitkara University, Punjab
<b>Number of Participants</b>	70
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	1 day

#### About the Activity: -

Chitkara College of Pharmacy organized An Expert Talk on ‘Insights into Innovations in Medical and Assistive Technologies from Chitkara University on 14th April 2023. Mr. Sagar Juneja | Assistant Dean, Chitkara University Research Innovation Network (CURIN), Chitkara University, Punjab graced the session with his presence. He delivered a talk and explained about the Innovations in Medical and Assistive Technologies and its advancements. The talk reinforced the understanding of the interplay between the distinct policy domains of health, trade and intellectual property, and of how they affect medical innovation and access to medical technologies. The Resource person motivated and cleared all the doubts related to NOVATE+ 2023. He briefed in his talk that NOVATE+ is the annual flagship event of Chitkara University, where innovative project ideas are invited and shortlisted ideas receive prototype funding for their implementations. The emphasis is on funding collaborative industry-academia initiatives that address real-world challenges, projects that align with Government of India programs, and projects that address social and local issues. Over the years, NOVATE+ has given many significant technologies and products.

#### Glimpse of the Event: -

#### Event Brochure



The brochure features the Chitkara University logo and the Institution's Innovation Council logo at the top. The main title is 'An Expert Talk on Insights into Innovations in Medical and Assistive Technologies from Chitkara University'. The event details are: 14th April 2023, 10:00 onwards, Venue: Faraday Hall. The coordinators are Dr. Manjinder Singh and Dr. Sanjana. The resource person is Mr. Sagar Juneja, Assistant Dean, CURIN, Chitkara University, Punjab. The event is organized by Chitkara College of Pharmacy.



Prof. Dr. Thakur Gurjeet Singh welcoming Mr. Sagar Juneja



Mr. Sagar Juneja delivering talk on **‘Insights into Innovations in Medical and Assistive Technologies**

**International Conference on “Innovation and Advances in Drug Development & Clinical Research (IADDCR-2023)” On 24<sup>th</sup>- 25<sup>th</sup> April, 2023**

<b>Event Name</b>	International Conference on “Innovation and Advances in Drug Development & Clinical Research (IADDCR-2023)”
<b>Date</b>	24 <sup>th</sup> - 25 <sup>th</sup> April, 2023
<b>Venue</b>	Exploratorium
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Maj Gen Dr Dilawar Singh Director General, Govt of India, New Delhi Dr Montu Kumar Patel President, Pharmacy Council of India, New Delhi Prof. (Dr.) Deependra Singh Chairman, ER Committee, Pharmacy Council of India, New Delhi Prof. (Dr.) Kylie Williams Professor and Head of Department, University of Technology Sydney, School of Pharmacy, Graduate School of Health, Ultimo, Australia Prof. (Dr.) Pornsak Sriamornsak Professor in Pharmaceutics, Faculty of Pharmacy, Silpakorn University, Nakhon Pathom 73000 Thailand
<b>Number of Participants</b>	70
<b>SDGs Covered</b>	3, 4, 8, 9
<b>Duration</b>	1 day

**About the Activity: -**

The International Conference on “Innovation and Advances in Drug Development and Clinical Research (IADDCR-2023)” was held on April 24–25, 2023, at Chitkara College of Pharmacy, Chitkara University, Punjab. The conference brought together researchers, academics, industry experts, and students to discuss the latest developments in drug development and clinical research. The conference began with an opening ceremony, which was followed by a keynote address by Dr. Archana Mantri, Vice Chancellor, Chitkara University, Punjab. Dr. Mantri addressed the guests and achievements of the students and faculties of Chitkara University related to the innovation and collaboration in drug development. Guest of Eminence for the conference Major General Dr. Dilawar Singh addressed the audience and focused on the use of AI in the field to pace-up the things to meet the ongoing demand of the pharmaceuticals. Later, Chief Guest of the Conference Dr. Montu Kumar Patel, Chairman, Pharmacy Council of India has addressed the ongoing key regulatory issues related to updation of curriculum and introduction of job portals for the pharmaceutical professionals. The keynote international speakers of the conference are Prof. (Dr.) Kylie Williams, Prof. (Dr.) Brian Oliver, Prof. (Dr.) Kamal Dua, and Prof. (Dr.) Pornsak Sriamornsak. While keynote speakers from India are Prof. (Dr.) Harish Dureja, Prof. (Dr.) Indu Pal Kaur, Prof. (Dr.) Sanjay Jachak, Prof. (Dr.) Sanyog Jain, Prof. (Dr.) Geeta Aggarwal, etc.

*International Conference on*

# **"Innovation and Advances in Drug Development & Clinical Research"**

**(IADDCR-2023)**

**24<sup>th</sup> & 25<sup>th</sup> April, 2023**

**Venue: Chitkara College of Pharmacy  
Chitkara University, Punjab**

**In Collaboration with**

**Association of Pharmaceutical Teachers of India,  
Indian Pharmaceutical Association & Punjab State Pharmacy Council**



**QR Code for Registration**



**INDUSTRIAL PARTNERS:**

*Amulya Herbs, Aquity Solutions, Jubilant Chemsys, Parexel International Pvt. Ltd., Natural  
Solutions, Dr Reddy's Laboratories Ltd., Innova Captab Ltd, IQVIA Pvt Ltd.*



**Dr. Madhu Chitkara, Pro Chancellor, Chitkara University with eminent Guests all across the country**



Audience for International Conference on “Innovation and Advances in Drug Development & Clinical Research (IADDCR-2023)”

**A Workshop on ‘World Intellectual Property day’**

<b>Event Name</b>	A Workshop on ‘World Intellectual Property day’
<b>Date</b>	25 <sup>th</sup> April, 2023
<b>Venue</b>	Exploratorium
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr Geeta Aggarwal Professor, Delhi Pharmaceutical Sciences and Research University, New Delhi
<b>Number of Participants</b>	240
<b>SDGs Covered</b>	3, 4, 9
<b>Duration</b>	1 day

**About the Activity: -**

Chitkara College of Pharmacy is celebrating ‘World Intellectual Property day’ by conducting a workshop in collaboration with Punjab State Council for Science & Technology, Punjab and Institution’s Innovation Council, Chitkara University, Punjab on the theme ‘Women and IP: Accelerating Innovation and Creativity’ on 25th April 2023. Dr. Geeta Aggarwal, Professor, Delhi Pharmaceutical Sciences and Research University, New Delhi and Dr. Indu Pal Kaur, Professor, University Institute of Pharmaceutical Sciences, Panjab University, Chandigarh will take the sessions. The Resource person motivated and cleared all the doubts related to Intellectual Property Rights. She briefed in her talk about the importance of the protection of patents and intellectual property rights in pharmaceutical industry innovations and Research & Development.

**Glimpse of the Event: -**

**Event Brochure**



**CHITKARA UNIVERSITY**

**INSTITUTION'S INNOVATION COUNCIL**

**A WORKSHOP ON**

**Women and IP: Accelerating Innovation and Creativity**

On the occasion of 'World Intellectual Property day'

Organised by: Chitkara College of Pharmacy in collaboration with Punjab State Council for Science & Technology, Punjab

**25th May, 2023**  
Time: 10:00 am onwards  
Venue: Pulitzer Hall

**Dr. Geeta Aggarwal**  
Professor  
Delhi Pharmaceutical Sciences and Research University,  
New Delhi

**Dr. Indu Pal Kaur**  
Professor  
University Institute of Pharmaceutical Sciences,  
Panjab University, Chandigarh



Patiala, PB, India  
Rajpura, Patiala, 140601, PB, India  
Lat 30.515928, Long 76.657206  
04/25/2023 01:24 PM GMT+05:30  
Note : Captured by GPS Map Camera

Dr Geeta Aggarwal, Professor delivering the talk



Attendees of the event -Workshop on 'World Intellectual Property day'



**A Seminar on “Advancement in the field of clinical research and exploring viable models’**

<b>Event Name</b>	A Seminar on “Advancement in the field of clinical research and exploring viable models’
<b>Date</b>	08 <sup>th</sup> May, 2023
<b>Venue</b>	Pierre Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr. Maya Sharma Senior Director CMR, Novo Nordisk, Bengaluru, Karnataka
<b>Number of Participants</b>	87
<b>SDGs Covered</b>	
<b>Duration</b>	1 day

**About the Activity: -**

Chitkara College of Pharmacy organized a Seminar on “Advancement in the field of clinical research and exploring viable models’ to offer an appropriate platform for the students and faculty members of Chitkara college of pharmacy to gather and disseminate information about the recent advances in the field of clinical research and exploring viable models. Dr. Sharma is competent in leading, directing and coordinating the development and implementation of ethically driven medical strategies. She has proven her project management abilities with capacity to design, plan and implement ideas from conception through completion. She in her talk motivated students to develop excellent execution in medico-marketing programs. Dr. Maya Sharma is currently working as Senior Director CMR (Clinical/Medical/Regulatory), at Novo Nordisk, Bengaluru. She is a Healthcare strategic leader with 2 decades of diversified experience- clinical/ pharmaceutical/ nutrition/ devices. She brings an experience mixed of MNCs & Indian majors, start-ups and established Healthcare businesses. Dr. Sharma motivated the audience about leading, directing and coordinating in the development and implementation of ethically driven medical strategies and gave a detailed note on information about the recent advances in the field of clinical research and exploring viable models.

**Glimpse of the Event: -**



The poster features logos for Chitkara University, Institution's Innovation Council, and Chitkara College of Pharmacy. The main title is "A Seminar on Advancement in the field of clinical research and exploring viable models". The event details are: 8th May, 2023, 11:30am onwards, Venue: Pierre Hall. A portrait of Dr. Maya Sharma is shown, with her title: Senior Director CMR, Novo Nordisk, Bengaluru, Karnataka, India. The event is organized by Chitkara College of Pharmacy.



Welcome of Dr. Maya Sharma  
Senior Director CMR, Novo Nordisk



**Dr. Maya Sharma**  
Senior Director CMR, Novo Nordisk delivering talk on “Advancement in the field of clinical research and exploring viable models”



**An International Seminar on ‘Transdermal delivery using 3D-printed dissolvable microneedles**

<b>Event Name</b>	An International Seminar on ‘Transdermal delivery using 3D-printed dissolvable microneedles
<b>Date</b>	08 <sup>th</sup> May, 2023
<b>Venue</b>	Pierre Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Professor Mandip Singh Sachdeva Professor and Section leader (Pharmaceutics) College of Pharmacy at Florida A&M University (FAMU), Tallahassee, Florida, USA.
<b>Number of Participants</b>	89
<b>SDGs Covered</b>	
<b>Duration</b>	1 day

**About the Activity: -**

Chitkara College of Pharmacy organized An International Seminar on ‘Transdermal delivery using 3D-printed dissolvable microneedles’ being organized by Chitkara College of Pharmacy, Chitkara University, Punjab to offer an appropriate platform for the students and faculty members of Chitkara college of pharmacy to gather and disseminate information on Innovations in Transdermal delivery using 3D-printed dissolvable microneedles. The talk reinforces the understanding of the 3D-printed Transdermal delivery and its access to medical technologies. Professor Mandip Singh Sachdeva is currently a Professor and Section leader, Pharmaceutics at College of Pharmacy at Florida A&M University (FAMU), Tallahassee, Florida, USA graced the event with his presence. Dr. Sachdeva has been commended globally for his scientific research work and has contributed over four decades of dedicated service towards Pharmaceutical Education, Research and Industry. A widely travelled scientist, he has delivered more than 250 plenaries, keynote and invited talks in USA, Canada, India, Dubai, Brazil, Netherlands, and Belgium. His research interests include cancer drug delivery, 3D-printing of tumor cells and human cornea, topical and transdermal delivery, formulating and developing targeted nanoparticles, and inhalation delivery of pharmaceuticals. He disseminated information on Innovations in Transdermal delivery using 3D-printed dissolvable microneedles. The talk reinforces the understanding of the 3D-printed Transdermal delivery and its access to medical technologies.



Glimpse of the Event: -  
Event Brochure

**CHITKARA UNIVERSITY**

An International Seminar On

# Transdermal delivery using 3D-printed dissolvable microneedles

Venue: Warren Buffet Hall,  
Chitkara University, Punjab

8th May, 2023  
10:00am onwards

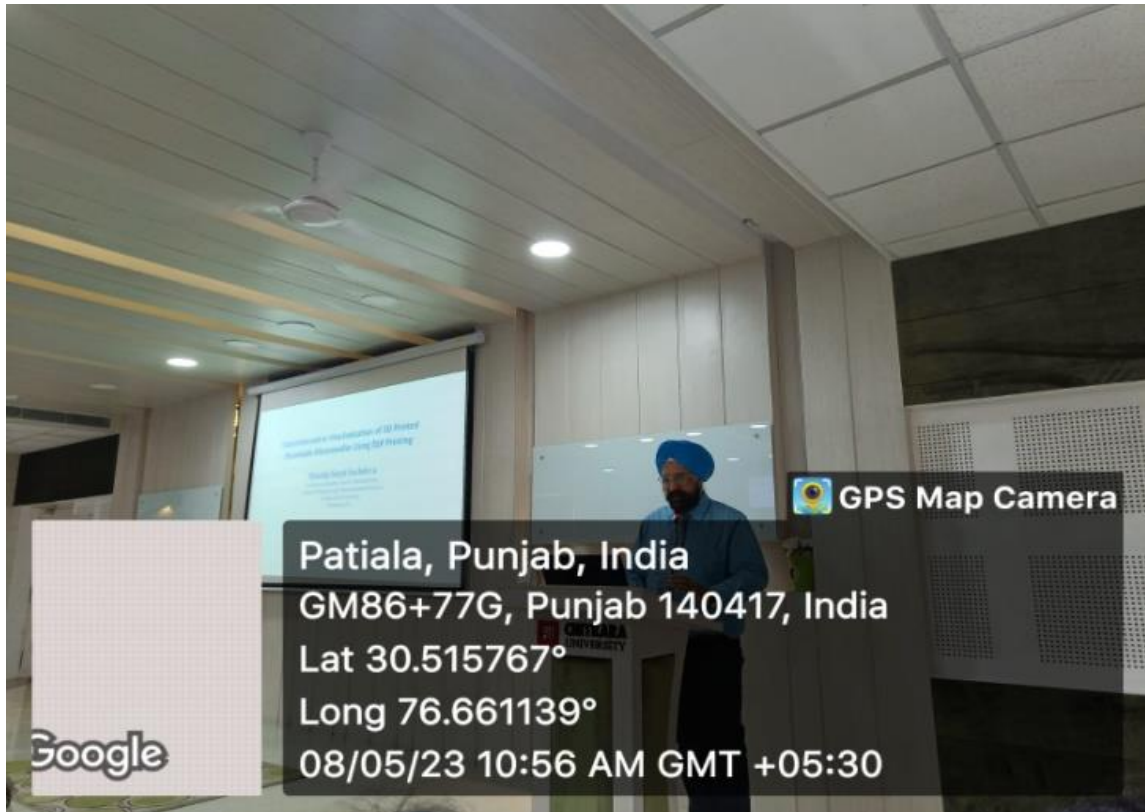
By: **CHITKARA COLLEGE OF PHARMACY**



Prof. Mandip Singh Sachdeva  
College of Pharmacy and Pharmaceutical Sciences,  
Florida A&M University,  
Tallahassee, USA



**Welcome of Professor Mandip Singh Sachdeva  
Professor and Section leader (Pharmaceutics) by Prof. Emeritus Dr. Bhupinder Singh Bhoop**

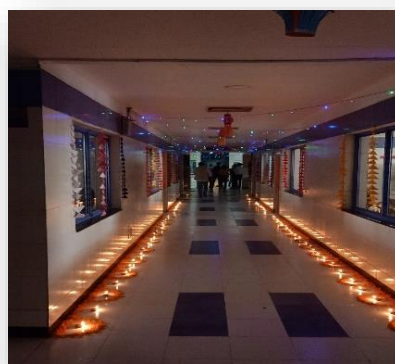
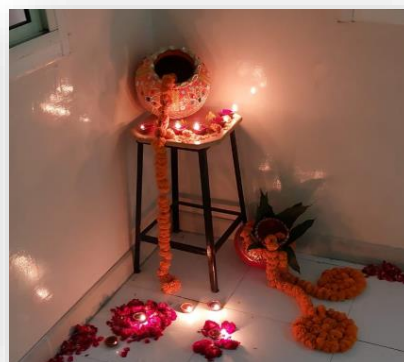
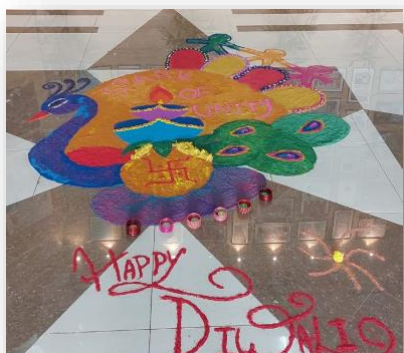


**Professor Mandip Singh Sachdeva**  
**Professor and Section leader (Pharmaceutics) sharing his views on Transdermal delivery using 3D-printed dissolvable microneedles**

**CHAMP**  
**Chitkara College Of Pharmacy**  
**Chitkara University, Punjab, India**

<b>Event Details</b>	
Event Name	Diwali celebration
Topic	Sparks of Unity, Floor-wise decoration competition
Date	19.10.2022
Mode	Offline
Venue	Chitkara College of Pharmacy, Chitkara University, Punjab
Organizer Name	CHAMP (Dr. Sonia Dhiman, Head CHAMP & Dr. Onkar Bedi Assistant Head CHAMP)
Resource Person	Dr. Archana Mantri, Vice-Chancellor, Chitkara University, Punjab Dr. Thakur Gurjeet Singh, Dean, Chitkara College of Pharmacy, Chitkara University, Punjab
No. of Participants	25
SDG No	SDG 5: Gender Equality, SDG 6: Clean water and sanitation, SDG 8: decent Work and Economic Growth, SDG 11: Sustainable cities and communities and SDG 10: reduced inequalities.

Chitkara College of Pharmacy witnessed hearty bonding by celebrating Diwali on 20th October, 2022 under the able leadership of Dr. Thakur Gurjeet Singh. The theme of the event was “Sparkle of Unity”. The day started with the excitement as a competition was organized to judge the best decorated floor of CCP. The event was judged by Honourable Vice Chancellor, Chitkara University, Punjab, Dr Archana Mantri; Dr Amit Mittal, Pro Vice Chancellor, Research; Sqn Ldr (Dr.) Rina Angel, Director of administration and Col Rakesh Sharma, Director University Affairs. Enthusiastic students under the guidance of faculty members decorated every nick and corner of the department representing the true spirit of Diwali which symbolised the triumph of good over evil, light over darkness and the new beginning. Representing the religious and spiritual aspect of Diwali, Lord Ganesha and Goddess Laxmi were worshiped in traditional way in presence of all dignitaries and guests. As the colours of rangoli on this auspicious day bring prosperity and good luck, beautiful Rangolis’ were designed by students which were treat to the eyes. The hand painted diyas and glittering lights added a spark to the event. Indoor plants were planted to spread the message of Eco-Friendly-Diwali. These plants were named such as Bullets and Sparkles. The message was - *Those crackers we burn on Diwali pollute our environment, these crackers will always make this pure and beautiful.* To add more fun to the event the selfie booth was prepared where traditionally dressed staff members and students got themselves clicked. Live music and jamming session by students created a true festive and Diwali vibe where students sang melodious songs, played guitar and clap box. The most enjoyed part of the event was the stall put up by students in which homemade, sugar free sweets, chocolates and bakery items were prepared and served by the students. First Floor of Chitkara College of Pharmacy was declared first in this competition. The day ended with everyone wishing each other healthy and prosperous Diwali.



Students of Chitkara College of Pharmacy taking part in the Diwali Celebration by decorating the all the floors of the Chitkara College of Pharmacy.

**A National Seminar on  
“Breaking barriers Empowering Regulatory Affairs through Brainstorming”**

<b>Event Name</b>	A National Seminar on “Breaking barriers Empowering Regulatory Affairs through Brainstorming”
<b>Date</b>	15 <sup>th</sup> May, 2023
<b>Venue</b>	Faraday Hall
<b>Organizer</b>	Chitkara College of Pharmacy
<b>Resource Person</b>	Dr. Geeta Aggarwal Professor, Delhi Pharmaceutical Sciences and Research University, New Delhi
<b>Number of Participants</b>	124
<b>SDGs Covered</b>	
<b>Duration</b>	1 day

**About the Activity: -**

Chitkara College of Pharmacy has organized A National Seminar in collaboration with Institution’s Innovation Council, Chitkara University, Punjab on the theme ‘on “Breaking barriers Empowering Regulatory Affairs through Brainstorming” on 15th May 2023. Dr. Geeta Aggarwal, Professor, Delhi Pharmaceutical Sciences and Research University, New Delhi will take the sessions. She delivered a talk and explained about the Innovations in Regulatory affairs and its advancements. The talk reinforced the understanding of the interplay between the distinct policy domains of health, trade and intellectual property. The Resource person motivated and cleared all the doubts related to regulatory affairs and Intellectual Property Rights. She briefed in her talk about the importance of the protection of patents and intellectual property rights in pharmaceutical industry innovations and how to empower Research & Development.

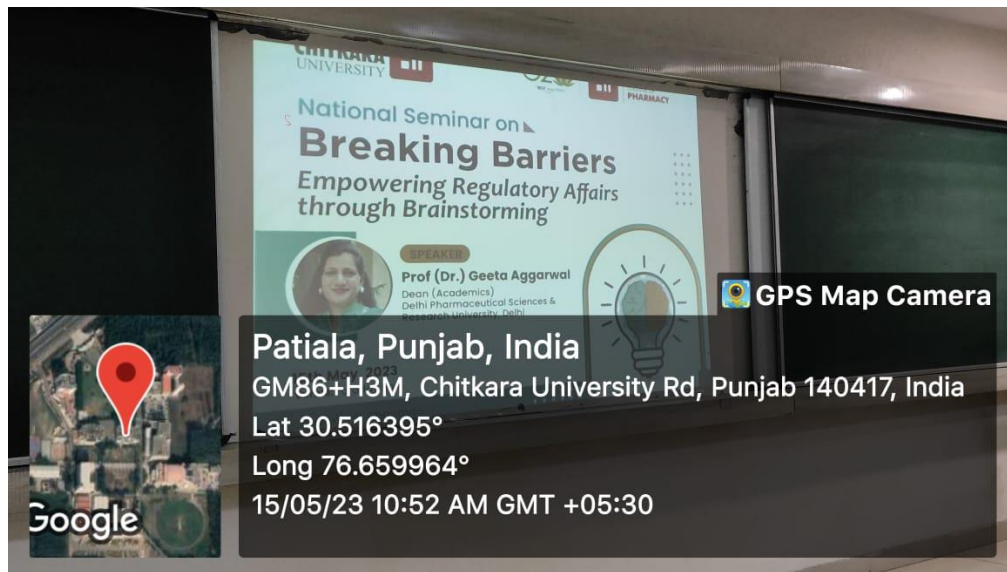
**Glimpse of the Event: -**

**Event Brochure**



The brochure features the Chitkara University and Chitkara College of Pharmacy logos at the top. The main title is "National Seminar on Breaking Barriers Empowering Regulatory Affairs through Brainstorming". A circular portrait of Dr. Geeta Aggarwal is shown next to her name and title: "SPEAKER Dr. Geeta Aggarwal, Professor & Dean (Academics) Delhi Pharmaceutical Sciences & Research University Delhi". The event details are: "15th May, 2023" and "Venue: Faraday Block, Edison Block, Chitkara University, Punjab". The convener is "Dr. Thakur Gurjeet Singh, Professor & Dean, Chitkara College of Pharmacy, Chitkara University, Punjab". At the bottom, it is organized by "Chitkara College of Pharmacy, Chitkara University, Punjab" and includes logos for the Institution's Innovation Council and the 4 SDGs.





Dr. Geeta Aggarwal  
Professor, Delhi Pharmaceutical Sciences and Research, University **interacting with audience**

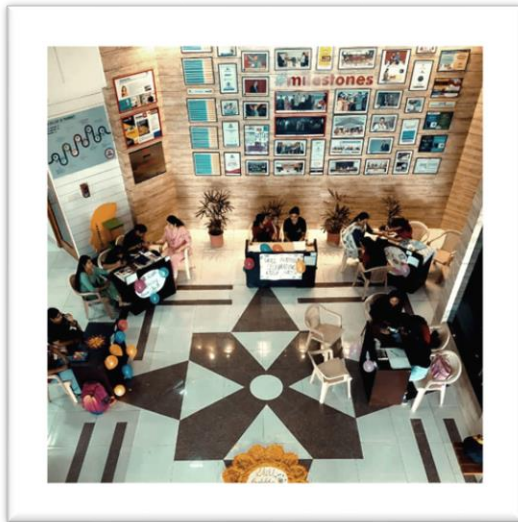
**CHAMP**  
**Chitkara College Of Pharmacy**  
**Chitkara University, Punjab, India**

<b>Event Details</b>	
Event Name	Karwa Chauth celebration
Topic	Skill Pratibha Pradarshan
Date	12.10.2022 and 13.10.2022
Mode	Offline
Venue	Chitkara College of Pharmacy, Chitkara University, Punjab
Organizer Name	CHAMP (Dr. Sonia Dhiman, Head CHAMP & Dr. Onkar Bedi Assistant Head CHAMP)
Resource Person	Dean, Chitkara College of Pharmacy, Chitkara University, Punjab
No. of Participants	200
SDG No	SDG 5: Gender Equality, SDG 8: decent Work and Economic Growth, SDG 11: Sustainable cities and communities and SDG 10: reduced inequalities.

On the pious festival of Karwa Chauth from sunrise to moonrise women's keep fast for their husband's long life, good will and prosperity, on this auspicious day CCP with his club CHAMP organised paid mehndi stalls under the theme "Skill Pratibha." Students organised 8 stalls and was open for whole university. The cost of mehndi was predecided and stall holders arranged different ways to attract customers by providing different services like Nail art, Chocolates, etc. Both customers and organisers were very happy with the after results.

Rules for Competition: -

1. Only 2 candidates were allotted per stall for mehndi application.
2. Cost for Mehndi Application was as follows:
  - A) Single Hand – Rs. 90.
  - B) Arabic – Rs. 60.
  - C) Both Hand – Rs. 160.
3. Record of each customer and generated revenue was asked from each stall to maintain the record.
4. The stall (team) generated maximum revenue was announced as winner.

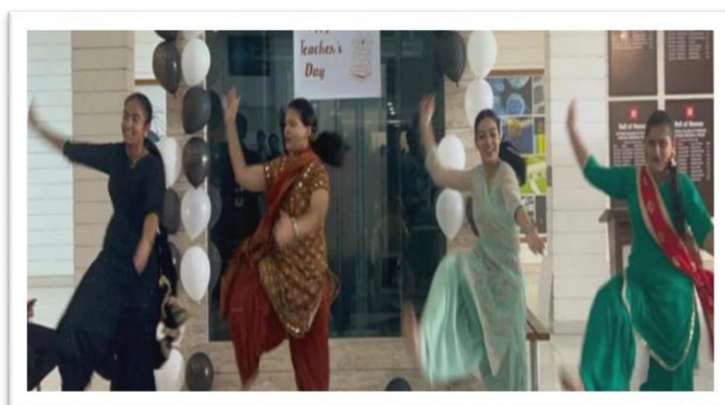


Students taking part in Mehndi Competition on the occasion of Karwa Chauth celebration

**CHAMP**  
**Chitkara College Of Pharmacy**  
**Chitkara University, Punjab, India**

<b>Event Details</b>	
Event Name	Teacher's Day celebration
Topic	Cultural events, fun games and ramp walk.
Date	05.09.2022
Mode	Offline
Venue	Chitkara College of Pharmacy, Chitkara University, Punjab
Organizer Name	CHAMP (Dr. Sonia Dhiman, Head CHAMP & Dr. Onkar Bedi Assistant Head CHAMP)
Resource Person	Dean and all faculty members of Chitkara College of Pharmacy, Chitkara University, Punjab
No. of Participants	30
SDG No	SDG 11: Sustainable cities and communities and SDG 10: reduced inequalities.

On the occasion of Teacher's Day 2022, CCP with his club CHAMP organised different kinds of activities for the teachers with the involvement of students. The teachers were invited for Talent-Cum complement game, ramp walk, Balloon game, musical-chair game with different performances from students side involving solo folk (gidda) dance, group folk(bhangra) dance, singing solo and group songs and poetry narration and thus event was lead up with cake cutting ceremony.



Chitkara College of Pharmacy faculty members taking part in Teacher Day Celebration.

**CHAMP**  
**Chitkara College Of Pharmacy**  
**Chitkara University, Punjab, India**

Event Details	
Event Name	National Youth day
Topic	Drug Abuse: Tobacco and addiction.
Date	12.01.2023
Mode	Offline
Venue	Chitkara College of Pharmacy, Chitkara University, Punjab
Organizer Name	CHAMP (Dr. Sonia Dhiman, Head CHAMP & Dr. Onkar Bedi Assistant Head CHAMP)
Resource Person	DR. Onkar Bedi, Asst. Head CHAMP, Chitkara University, Punjab.
No. of Participants	28
SDG No	SDG 8: decent Work and Economic Growth, SDG 11: Sustainable cities and communities

On the occasion of National Youth Day, 12 January 2023, Chitkara College of Pharmacy, Punjab, in collaboration with CHAMP and National Service Scheme, Chitkara University, delivered an informative session on Drug Addiction and Abuse. The session was held in two different schools in the Chitkara's adopted villages of Jhansla and Thuha: Smart Govt. Senior Sec. School, Jhansla, and Govt. High School, Thuha. The topic of the session was Drug Addiction and Abuse and it was delivered by Dr. Onkar Bedi, Asst. Professor and Asst. Head CHAMP, Chitkara College of Pharmacy. Dr. Bedi raised important points on the art of living by focusing on happiness and how to get rid of habits of drug abuse. The students who attended the session enjoyed it and found inspiration in the information provided.



Fig: Govt. School, Jhansla.(Venue of the event)



Fig: Chitkara Team at Venue.



Fig: Overview on Drug and its addiction by NSS Volunteer.



Fig: click with New India happy faces.

Fig: Awareness presentation by Dr. Onkar Bedi



Fig: Organising team with University NSS Programme Officer.