

Health Outreach Programmes

(2025-2026)

Better Access.
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EVENT DETAILS

Event Name	Community Extension and Outreach Activity
Topic	Health Awareness on Menstrual Hygiene
Date	20 th September, 2025
Time	11:00 a.m. – 11:30 A.m.
Venue	Community Health Center, Kalo Majra
Organizer	Ms. Gurpreet Kaur, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab.
No. of Participants	04
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 17 Partnership for the goal
PO	PO1, PO2, PO3 & PO8

OBJECTIVES:

- To increase knowledge about the menstrual cycle and physiological aspects of menstruation.
- To promote hygienic practices during menstruation to prevent infections.
- To educate on the correct use and safe disposal of menstrual absorbents.
- To dispel myths and cultural taboos related to menstruation.
- To encourage open dialogue and reduce social stigma surrounding menstruation.
- To highlight the importance of nutrition and hydration during menstruation.
- To empower adolescent girls and women to confidently manage their menstrual health.

DESCRIPTION:

Menstrual hygiene is a critical aspect of women's health that significantly impacts their physical, mental, and social well-being. Poor menstrual hygiene can lead to infections, absenteeism from school or work, and social stigma. Recognizing the importance of spreading awareness about menstrual hygiene practices, the M.Sc. Nursing students from the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, conducted a health awareness session on menstrual hygiene at the Community Health Center, Kalo Majra. This initiative was undertaken with the goal of educating adolescent girls, women, and community health workers about the critical aspects of menstrual health management, a subject often surrounded by misconceptions, social stigma, and lack of proper knowledge, especially in rural and semi-urban communities.

The session primarily focused on the physiological process of menstruation and the importance of maintaining proper hygiene during the menstrual period to prevent infections and promote overall health. Menstrual hygiene management remains a pressing public health issue that, if neglected, can lead to adverse health outcomes such as reproductive tract infections, urinary tract infections, and absenteeism from school or work. Recognizing these challenges, the nursing students emphasized educating participants on the correct use of sanitary products, including sanitary pads, cloths, and other menstrual absorbents, and the importance of timely changing and proper disposal methods to maintain cleanliness and environmental safety.

To ensure active participation and better understanding, the session was designed to be interactive, combining lectures with visual aids such as charts, posters, and models that clearly demonstrated hygienic practices. These myths, such as restrictions on bathing or eating certain foods during menstruation, were discussed openly to help participants challenge and overcome harmful beliefs.

The nursing students also encouraged open dialogue throughout the session, creating a safe and supportive environment where women and girls felt comfortable asking questions and sharing their experiences.

Furthermore, the session highlighted the significance of nutrition and hydration during menstruation to help manage symptoms such as cramps and fatigue. Participants were educated on maintaining a balanced diet and adequate fluid intake, which are essential for overall well-being during menstrual cycles.

As an outcome of the session, participants demonstrated improved knowledge and awareness regarding menstrual hygiene, expressed willingness to adopt hygienic practices, and showed confidence in discussing menstrual health openly without embarrassment. Community health workers who attended the session were also equipped with information and teaching materials to continue spreading awareness in the community, ensuring the message reached a wider audience.

Outcomes:

- Improved understanding of menstrual hygiene among participants.
- Increased awareness of safe and hygienic menstrual practices.
- Reduction in misconceptions and social stigma related to menstruation.
- Enhanced confidence among girls and women to discuss menstrual health openly.
- Community health workers better equipped to support menstrual hygiene education.
- Adoption of healthier menstrual habits and improved personal hygiene.
- Distribution of educational materials ensured ongoing awareness and learning.



M.Sc. Nursing 2nd year student giving demonstrating the proper use of sanitary pad dated 20th September, 2025



Students briefed the importance of maintaining proper hygiene during the menstrual period to prevent infections



M.Sc. Nursing 2nd year students explained the different types of sanitary material dated 20th September, 2025



Students spread awareness on diet and supplement they women should take during period of menstruation



M.Sc. Nursing 2nd year students explained various menstrual hygiene practices women should maintain during time of menstruation dated 20th September, 2025.



M.Sc. Nursing 2nd year students explained various menstrual hygiene practices women should maintain during time of menstruation dated 20th September, 2025.

HEALTH CHECK UP CAMP

14th November 2025

Health Check- Up Camp: The NSS camp aimed to address health issues prevalent in the rural community of Village Kalomajra. It sought to provide healthcare services and education to the villagers, particularly focusing on preventive measures. Students from Chitkara University actively participated in the camp. Additionally, villagers from all age groups attended the camp to avail of the healthcare services and participate in the educational sessions. Health check-ups were conducted by healthcare professionals like Hb estimation, RBS monitoring, BP monitoring and BMI.



Volunteers stepped into service as healthcare professionals conducted check-ups for villagers of Kalomajra (15.09.2025 – 21.09.2025)



From Hb estimation to BP monitoring, the camp brought essential health awareness directly to the community (15.09.2025 – 21.09.2025)

WORLD DIABETES DAY 14th November 2025

A Health Camp was conducted by the Department of Nursing, Chitkara School of Health Sciences, under the National Service Scheme (NSS), on **14th November 2025** at **Kalomajra, Punjab**, to mark **World Diabetes Day**. The initiative aimed to spread awareness about diabetes, promote early diagnosis, and encourage healthy lifestyle practices among the community. Free services such as **blood sugar testing, blood pressure monitoring, BMI assessment, Height and weight monitoring, HB Estimation** were provided during the camp. More than **50 participants** of local community members benefitted from these services. Those identified with elevated blood sugar or blood pressure levels received counselling on diet, physical activity, and the importance of timely medical follow-up.

The Health Camp not only educated the community but also motivated them to adopt long-term healthy habits. The enthusiastic participation of students, staff, and local residents reflected the success of the initiative. The event concluded with a message of commitment from Chitkara University and NSS to continue organizing similar community-oriented programmes aimed at promoting better health and well-being.

Overall, the Health Camp successfully achieved its objective by promoting health awareness, encouraging preventive practices, and empowering the community with essential knowledge about diabetes. The initiative reflected the strong commitment of Chitkara University and NSS toward improving community health and well-being.



Volunteers assisted community members during blood sugar and BP screenings on World Diabetes Day (14.11.2025)



The camp brought essential health check-ups and awareness directly to the people of Kalomajra (14.11.2025)



Nursing students guided participants through BMI assessment and basic health monitoring (14.11.2025)



Counselling sessions encouraged healthier lifestyle choices and timely medical follow-up (14.11.2025)



Participants and volunteers gathered, marking the successful completion of the World Diabetes Day health camp (14.11.2025)

EVENT DETAILS

Event Name	Health Camp
Topic	Health Camp On World Diabetes Day
Date	14-11-2025
Mode	Offline
Venue	Kalomajra
Organizer Name	Ms. Reepika & Ms. Preetika
No. Of Participants	7
SDGs No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 11: Sustainable Cities And Communities

OBJECTIVE:

1. To increase global awareness about diabetes, its risk factors, symptoms, and complications.
2. To promote early detection and timely diagnosis of diabetes through screening and education.
3. To educate people on prevention strategies, including healthy eating, regular physical activity, and weight management.
4. To highlight the importance of access to diabetes care, including medicines, technology, and regular monitoring.
5. To empower families and caregivers.

DESCRIPTION:

A Health Camp was conducted by the Department of Nursing, Chitkara School of Health Sciences, under the National Service Scheme (NSS), on **14th November 2025** at **Kalomajra, Punjab**, to mark **World Diabetes Day**. The initiative aimed to spread awareness about diabetes, promote early diagnosis, and encourage healthy lifestyle practices among the community. Free services such as **blood sugar testing, blood pressure monitoring, BMI assessment, Height and weight monitoring, HB Estimation** were provided during the camp. More than **50 participants** of local community members benefitted from these services. Those identified with elevated blood sugar or blood pressure levels received counselling on diet, physical activity, and the importance of timely medical follow-up. The Health Camp not only educated the community but also motivated them to adopt long-term healthy habits. The enthusiastic participation of students, staff, and local residents reflected the success of the initiative. The event concluded with a message of commitment from Chitkara University and NSS to continue organizing similar community-oriented programmes aimed at promoting better health and well-being. Overall, the Health Camp successfully achieved its objective by promoting health awareness, encouraging preventive practices, and empowering the community with essential knowledge about diabetes. The initiative reflected the strong commitment of Chitkara University and NSS toward improving community health and well-being.

OUTCOMES:

1. **Improved Awareness:** Participants gained clear knowledge about diabetes, its risk factors, symptoms, and prevention strategies.
2. **Early Identification of Risk Cases:** Individuals with high blood sugar, high blood pressure, or abnormal BMI were identified and advised for timely medical follow-up.
3. **Health Education Reinforced:** Community people understood the importance of healthy diet, regular physical activity, and reduced sugar intake in preventing diabetes.
4. **Increased Community Participation:** The camp encouraged active involvement of students, staff, and local residents, fostering a strong sense of community health responsibility.

5. **Positive Behavioural Change:** Participants were motivated to adopt healthier lifestyle habits such as daily exercise and mindful eating.



NSS volunteers Organizing Health Camp on 14th Nov 2025



NSS Volunteer performing Blood sugar Monitoring on 14th Nov 2025



NSS volunteer doing registration for health Camp on 14th Nov 2025



NSS Volunteers monitoring B.P. on 14th Nov 2025



NSS Volunteers organizing Health Camp on 14th Nov 2025



NSS Volunteers organizing Health Camp on 14th Nov 2025

EVENT DETAILS	
Event Name	National Newborn Care Week Celebration
Theme	“Safe care for every newborn and every child
Topic	Awareness talk
Date	15 th November, 2025
Mode	Offline
Venue	Mata Kaushlaya Hospital, Patiala
Organizer Name	Ms. Monika Kumari (Assistant professor), CSHS, Chitkara University, Rajpura, Punjab.
No. of Participants	04
SDG No	3,4,5,17
SDG Details	SDG 3: Good Health and Well-being SDG 4: Quality education SDG5: Gender equality and SDG 17: Partnerships for the goals
PO	PO1, PO2, PO3, PO4, PO5, PO7, PO8

Objectives:

1. To promote awareness among parents and caregivers regarding essential newborn care, including hygiene, thermal protection, and early initiation of breastfeeding.
2. To educate families on the importance of timely vaccination and immunization for preventing life-threatening neonatal infections.
3. To enhance knowledge on proper nutrition and feeding practices, ensuring healthy growth and development during the early neonatal period.
4. To provide guidance on Kangaroo Mother Care (KMC) and emphasize its role in improving survival and bonding for low-birth-weight newborns.
5. To sensitize attendees about early identification of danger signs in newborns and the importance of seeking prompt medical care.
6. To empower the community with evidence-based practices in newborn and infant care, aligning with the goals of National Newborn Care Week.

On the occasion of **National Newborn Care Week Celebration, observed from 15th to 21st November 2025**, the students of **M.Sc. Nursing 2nd year** organised an informative and interactive awareness session at **Mata Kaushlaya Hospital, Patiala**, under the guidance of the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Rajpura, Punjab. This initiative aimed to strengthen knowledge among parents, attendants, and community members about essential newborn care practices that play a crucial role in reducing neonatal morbidity and mortality. The celebration focused on this year’s theme, which emphasizes the importance of providing safe, responsive, and evidence-based care to every newborn from the moment of birth. The event included a comprehensive **awareness talk** covering key aspects such as **vaccination and immunization**, highlighting the importance of timely administration of vaccines to safeguard newborns against preventable diseases during the vulnerable early stage of life. Participants were also oriented about **newborn and infant care**, including safe handling practices, hygiene maintenance, thermal protection, and the significance of exclusive breastfeeding for the first six months. Another major component of the session was **nutrition and feeding guidance**, wherein caregivers were sensitized about appropriate feeding techniques, the benefits of colostrum, and the role of mother’s milk in immunity building and growth. A special emphasis was laid on **Kangaroo Mother Care (KMC)**, an effective method especially beneficial for preterm and low-birth-weight babies. The audience was educated about skin-to-skin contact,

its physiological benefits, and how it supports bonding and breastfeeding. The session also highlighted **danger signs in newborns**, enabling parents and caregivers to recognize early warning indicators such as poor feeding, lethargy, difficulty breathing, fever, hypothermia, or yellowish discoloration, and the importance of seeking immediate medical intervention when such signs appear. Overall, the celebration served as a meaningful platform to promote awareness, enhance knowledge, and empower the community with practical skills required for newborn survival and well-being. The proactive participation of M.Sc. Nursing 2nd year students added value to the event by creating a supportive learning environment and engaging families with demonstrations and discussions. Through such initiatives, the Department of Nursing continues to contribute to improving newborn health outcomes and strengthening community-based newborn care practices. In conclusion, the National Newborn Care Week celebration from 15th to 21st November 2025 served as a significant platform to reinforce essential newborn care practices among parents, caregivers, and the community. The awareness session organised by the M.Sc. Nursing 2nd year students, in collaboration with the Department of Nursing, successfully highlighted the importance of immunization, appropriate feeding practices, Kangaroo Mother Care, and early identification of danger signs in newborns. Through interactive discussions and practical demonstrations, the participants gained valuable insights that can contribute to improved neonatal health outcomes. This initiative not only strengthened community awareness but also encouraged proactive involvement in ensuring the safety, health, and well-being of every newborn.

OUTCOMES

1. Participants gained improved knowledge about essential newborn care practices, including hygiene, thermal protection, and safe handling.
2. Parents understood the importance of timely vaccination and immunization for preventing neonatal infections.
3. Caregivers learned correct breastfeeding and feeding techniques, promoting better nutrition for newborns.
4. Families became aware of the benefits and procedure of Kangaroo Mother Care (KMC), especially for low-birth-weight infants.
5. Attendees were able to identify danger signs in newborns and recognized the need for immediate medical attention when required.
6. The session boosted caregiver confidence in managing common newborn challenges at home responsibly.



M.Sc. Nursing Students introducing the topic with mothers of newborn on 15th November, 2025



Students providing Awareness talk related to vaccination, newborn care and feeding on 15th November, 2025



Group Photo of all participants in newborn week celebration on 15th November, 2025



Student demonstrating the KMC and engaging group in the newborn care practices on 15th November, 2025



Student engaging group in the newborn care practices on 15th November, 2025



Group Photo of Organizing member with students in newborn care week celebration on 15th November, 2025

EVENT DETAILS

Event Name	Role play
Topic	World Aids Day Theme: “Overcoming disruption, transforming the AIDS response”.
Date	26 th November, 2025
Time	11:00 am onwards
Venue	AP Jain Civil Hospital, Rajpura
Faculty Organizer	Ms. Vidhi Paul, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Priya, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Shalini, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab Ms. Anjali, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	61
SDG Details	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 5: Gender equality, SDG 10: Reduced inequalities, SDG 16: Peace, justice & strong institutions, SDG 17: Partnership for goals
PO	PO1, PO2, PO3 & PO8

OBJECTIVES:

1. To spread awareness regarding HIV/AIDS, its transmission, prevention, and available treatment options.
2. To educate the community about reducing stigma and discrimination faced by HIV-positive individuals.
3. To improve communication and health education skills among nursing students.
4. To motivate individuals to undergo regular HIV testing and seek timely care.
5. To promote safe practices and responsible health behavior among the public.

DESCRIPTION:

The Department of Nursing successfully organized a Role Play on World AIDS Day on 26th November, 2025 at AP Jain Hospital, Rajpura. The theme, ***“Overcoming Disruption, Transforming the AIDS Response,”*** focused on strengthening awareness and promoting resilience in the fight against HIV/AIDS. B.Sc. Nursing 1st Semester students presented a series of meaningful scenarios that highlighted real-life situations, including a family reacting to a member diagnosed with HIV, common misconceptions about HIV transmission through touch or shared items, and the critical importance of early HIV testing and counselling. The role play also depicted the stigma and discrimination faced by people living with HIV and emphasized the need for empathy, support, and correct preventive practices. Overall, the activity served as a powerful educational tool, reinforcing understanding, compassion, and community engagement in addressing HIV/AIDS. The students also highlighted key points regarding safe sex practices, prevention of mother-to-child transmission,

ART adherence, and debunked myths related to HIV. The act emphasized empathy, acceptance, and community support for people living with HIV.

OUTCOMES

1. Increased awareness about HIV transmission, prevention, and treatment.
2. Improved communication and teaching skills among students.
3. Reduced stigma and promoted empathy towards HIV-positive individuals.
4. Encouraged the community to undergo testing and practice safe behavior.
5. Strengthened understanding of public health responsibilities among students.



Students performing the introductory scene to spread awareness on HIV/AIDS.



Students demonstrating how stigma affects individuals living with HIV.



Students demonstrate common myths and misconceptions about HIV transmission.



Students demonstrate how stigma affects individuals living with HIV.



Audience attentively observing the role play, showing strong interest in the topic.



Group photo of B.Sc. Nursing 1st Semester students after the role play.

EVENT IMAGES

Event Name	Corporate Vision Care & Dry Eye Screening Camp
Date	21 st Nov 2025
Venue	Neelam Hospital, Rajpura, Punjab
Organizer	Department of Optometry
Event In-charge	Ms. Astha Mishra
Number of Participants	35
SDG Number	3, 4, and 17
Time	8 hours

Description Of The Event:

The Department of Optometry, Chitkara School of Health Sciences, Chitkara University, in collaboration with Neelam Hospital, Rajpura, organized a community outreach initiative titled "Corporate Vision Care & Dry Eye Screening Camp" on 21st November 2025. The camp was conducted as part of the department's ongoing efforts to enhance public eye-health awareness and provide accessible primary eye-care services to the community. The screening camp was held from 10:00 AM to 2:30 PM at Neelam Hospital, Punjab, and aimed at early detection of vision problems, with a special focus on dry eye disease, refractive errors, and general ocular health issues. The initiative encouraged preventive care by offering on-spot examinations, counselling sessions, and personalized guidance from trained optometry professionals.

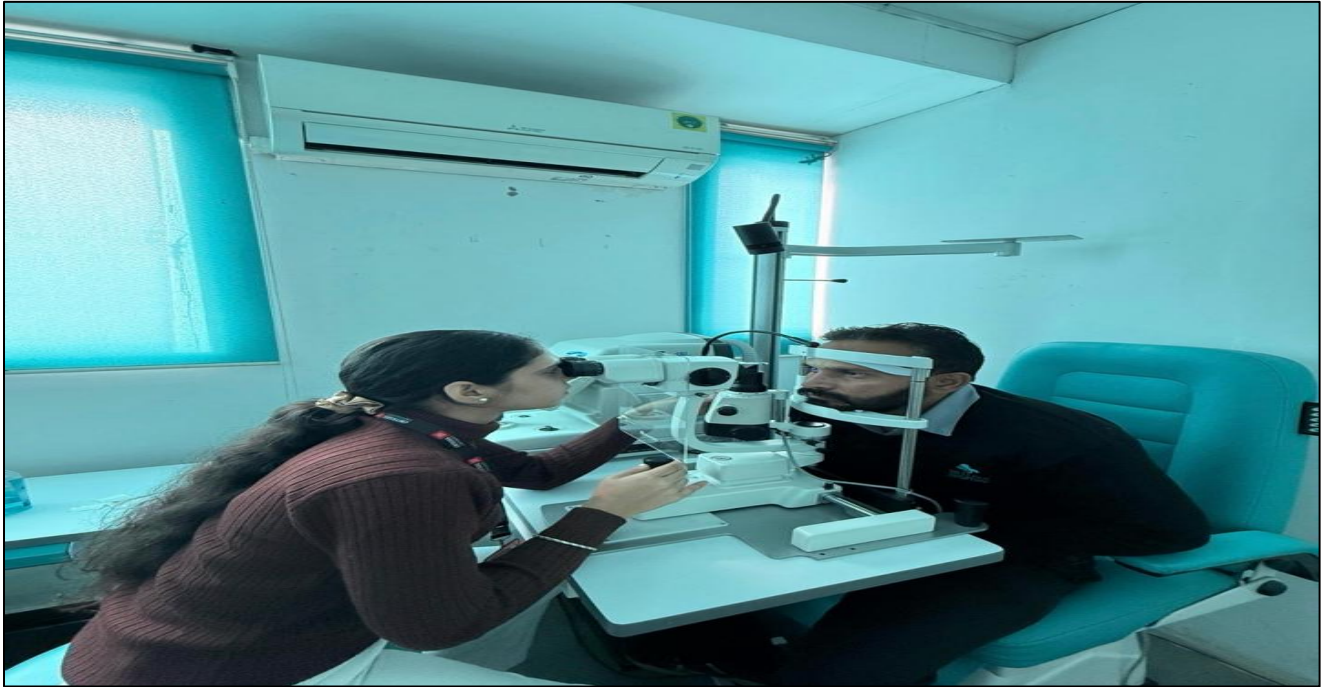
A total of **35 patients** underwent detailed examinations during the camp. The screening included vision assessment, tear film evaluation, slit-lamp examination, and counselling for eye care and lifestyle modifications. Patients were also guided regarding follow-up consultations and advanced care at Neelam Hospital when required.

Glimpse of the Event: -

Photograph 1: Flyer (21st November, 2025)



Photograph 2: Students performing Eye checkup



Photograph 3: Students performing Eye checkup



Photograph 4: Students performing Eye checkup



EVENT DETAILS

Event Name	SNA
Topic	Nukkad Natak on International Day for the Elimination of Violence Against Women
Date	25 th November, 2025
Venue	CHC, Kalomajra
Organizers	Ms. Manu Kohli, Ms. Vijyeta Bhasin
No. of Participants	08
No. of Impacted Individual	-
Under SDG no.	03, 05, 10, 16
SDG Details	03-Good health and wellbeing, 05- Gender Equality. 10- reduce inequalities among countries, 16-Peace, justice and strong institutions

OBJECTIVES

1. Educate the community about the different forms of violence that women and girls face in both domestic and public spaces.
2. To emphasize the importance of gender equality in society and challenge existing norms that perpetuate violence and discrimination against women and girls
3. Informing the public about laws and resources available for women who face violence, including helplines and shelters.
4. Inspire the community to come together and actively work towards preventing violence against women and girls.

The B.Sc. Nursing (Basic) 5th-semester students of the Department of Nursing at Chitkara University, Punjab, took a proactive step in addressing gender-based violence by organizing a Nukkad Natak (street play) on the International Day for the Elimination of Violence Against Women. This impactful initiative was conducted in the village of Kalo Majra, Rajpura, with the primary goal of raising awareness about the various forms of violence experienced by women and girls in both public and private spheres. Under the theme "Unite! Invest to Prevent Violence Against Women & Girls #No Excuse," the students used role play as a medium to highlight the urgent need for collective action in combating violence and advocating for gender equality. The play depicted real-life scenarios of domestic abuse, workplace harassment, and societal discrimination while offering practical solutions to prevent such incidents. By portraying real-life situations and their consequences, the performance urged spectators to reflect on their role in combating violence and fostering a culture of respect and equality.

Beyond raising awareness, the initiative was deeply aligned with the Sustainable Development Goals (SDGs), particularly:

- SDG 3: Good Health and Well-being – ensuring a safe and supportive environment for women and girls.
- SDG 5: Gender Equality – advocating for eliminating gender-based violence.
- SDG 10: Reduced Inequalities – striving for social and economic inclusivity.
- SDG 16: Peace, Justice, and Strong Institutions – promoting justice and strengthening institutional responses.

The street play served as an eye-opener for the local community, sparking crucial discussions and encouraging individuals to take a stand against gender-based violence. Through this initiative, the students not only spread awareness but also inspired positive action toward a more just and equitable society.

OUTCOMES:

- Raised awareness among the public regarding the prevalence of domestic and public violence against women and educated them about ways to combat these issues.
- Helped shift perspectives on gender roles and violence, promoting the message that gender equality is essential to societal progress.
- It created a mindset among people for collective efforts that challenges societal norms and leads to a stronger, more effective movement against violence towards women.
- It served as a catalyst for community dialogue on gender-based violence, urging the audience to reflect on their role in ending violence and fostering an environment of respect and equality.



Students performing Nukkad Natak on elimination of violence among women on 25th November, 2025



Students performing Nukkad Natak on elimination of violence among women on 25th November, 2025



Group photograph of students with community people on 25th November, 2025

EVENT DETAILS

Event Name	Role Play and Health Education Program
Topic	World AIDS Day
Date	1 st December, 2025
Time	10:00 A.M. – 11:00 A.M.
Venue	Fortis Hospital, Mohali
Organizer	Ms. Alka Guleria, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab.
No. of Participants	56
SDG Details	3: Good Health and Well-Being, 4: Quality Education, 17: Partnership for the goal.
PO	PO1, PO2, PO3 & PO8

OBJECTIVES

1. To create awareness among community about the transmission, prevention, and management of HIV/AIDS.
2. To develop communication skills and confidence among nursing students through interactive role play.
3. To promote positive attitudes and remove stigma associated with HIV/AIDS.
4. To educate participants on the importance of early diagnosis and adherence to antiretroviral therapy.
5. To encourage students to apply theoretical knowledge into practical community education activities.
6. To observe World AIDS Day meaningfully by spreading accurate and evidence-based health information.

DESCRIPTION

On the occasion of World AIDS Day, the Department of Nursing organized a role play and a health education program with the active participation of B.Sc. Nursing 3rd Semester students. The event aimed to raise awareness about HIV/AIDS, highlight the importance of prevention, and address the misconceptions that persist in the community. Faculty members guided the students in planning and presenting various scenarios related to HIV transmission, stigma, counselling, testing, and treatment adherence. The program began with a brief introduction on the significance of World AIDS Day and this year's theme, emphasizing global solidarity and support for people living with HIV. Students then presented a series of role plays depicting real-life situations such as family counselling, workplace discrimination, and healthcare interactions. These presentations helped simplify complex concepts and allowed the audience to understand the emotional and social dimensions of the disease. Following the role play, a structured health education session was delivered covering topics like modes of transmission, preventive measures, importance of safe practices, availability of testing facilities, and the role of antiretroviral therapy in improving quality of life. Special focus was given to myths and misconceptions, aiming to reduce stigma and encourage supportive behaviour toward individuals living with HIV/AIDS. The session was informative and interactive, with students engaging the audience through questions, demonstrations, and visual aids. The faculty appreciated the students' active involvement, teamwork, and enthusiasm toward public health awareness. The program concluded with a message of empathy, awareness, and commitment to continue spreading correct knowledge within the community.

OUTCOMES

1. Students gained improved understanding and clarity about HIV/AIDS prevention and management.
2. Participants developed confidence in delivering health education through role play.
3. Misconceptions and stigma related to HIV/AIDS were effectively addressed.
4. Students enhanced their communication, teamwork, and presentation skills.
5. Increased awareness about the significance of early diagnosis and treatment adherence.
6. The department successfully observed World AIDS Day through meaningful educational activities.



B.Sc. Nursing 3rd semester students encouraged people to adopt preventive measures related to HIV/AIDS on 1st December 2025



B.Sc. Nursing 3rd semester students spread awareness on stigma & myths related to HIV/AIDS on 1st December, 2025



B.Sc. Nursing 3rd semester students spread awareness by Role play on 1st December, 2025



B.Sc. Nursing 3rd semester students spread awareness regarding role of antiretroviral therapy on 1st December, 2025



Group Photo of Raising awareness on World AIDS Day on 1st December 2025



B.Sc. Nursing 3rd semester students spread awareness by delivering health education on 1st December, 2025

EVENT DETAILS

Event Name	NSS Activity
Topic	Awareness Talk On Maternal Health Awareness Day
Date	23-01-2026
Mode	Offline
Venue	Kalomajra
Organizer Name	Ms. Reepika & Ms. Preetika
No. Of Participants	10
SDG No.	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 11: Sustainable Cities And Communities

OBJECTIVE:

- To raise awareness about essential maternal care during pregnancy and after childbirth.
- To promote early pregnancy registration and regular antenatal check-ups.
- To educate women and families on safe pregnancy practices and danger signs.
- To emphasize the importance of proper nutrition and healthy lifestyle for expectant mothers.

DESCRIPTION:

Maternal Health Awareness Day was organized by the Department of Nursing, Chitkara School of Health Sciences, under the National Service Scheme (NSS), on **23rd January 2026**. The programme was conducted to underscore the importance of maternal well-being and to sensitize individuals to the growing significance of maternal health concerns in everyday life. The observance reinforced the understanding that maternal health is an essential pillar of overall health and must be accorded equal priority alongside physical health to ensure the well-being of mothers, families, and the community at large. The main aim of Maternal Health Awareness Day is to promote awareness about the importance of comprehensive maternal care and to encourage healthy practices among women before, during, and after pregnancy, thereby contributing to safe motherhood and improved maternal and child health outcomes. The volunteers engaged with women and community members through interactive discussions, educating them about the importance of antenatal and postnatal care, proper nutrition, and safe pregnancy practices. They also highlighted common danger signs during pregnancy and encouraged timely utilization of healthcare services. Through their dedicated efforts, the NSS volunteers helped spread awareness, addressed misconceptions related to maternal health, and promoted positive health-seeking behaviour, reflecting their commitment to community service and the promotion of maternal and child health.

OUTCOMES:

- Improved knowledge among women regarding maternal care and danger signs during pregnancy.
- Increased awareness about the importance of institutional deliveries and skilled birth attendance.
- Enhanced utilization of antenatal and postnatal health services.
- Positive attitude change toward maternal nutrition and self-care practices.
- Strengthened community involvement in supporting maternal and child health.



NSS volunteers Explaining the comprehensive care concept of Maternal health on 23.01.2026



NSS volunteers Explaining the importance of Maternal health on 23.01.2026



NSS volunteers Elaborating the preventive strategies of Maternal health on 23.01.2026



NSS volunteers addressing aspects of Maternal health on 23.01.2026



NSS volunteers Explaining promotion of early prenatal care of Maternal health on 23.01.2026



NSS volunteers addressing Disparities of Maternal health on 23.01.2026

Corporate Eye Vision Screening Camp

Event Name	Corporate Eye Vision Screening Camp
Date	29 th January To 4 th February 2026
Venue	Tennco Pvt Ltd, Patiala
Organizer	Chitkara School Of Health Sciences In Collaboration With Neelam Hospital, Punjab At Tennco Pvt. Ltd.
Resource Persons	Organizing Chairperson - Dr Sonika Bakshi – Dean, Chitkara School Of Health Sciences, Chitkara University, Punjab Faculty In Charge - Astha Mishra - Assistant Professor, Chitkara School Of Health Sciences, Chitkara University, Punjab
Number Of Participants	15 + 2 (Students and Faculty)
SDG Number	3,4,17
Duration	48 Hours

Description Of Event:

A corporate eye vision screening camp was conducted by department of Optometry Chitkara school of health science in collaboration with Neelam Hospital, at Tennco Pvt. Ltd. From 29-01-26 to 04-02-26 for employees working in the Quality Assurance department with the objective of promoting eye health and early detection of ocular conditions among employees. A total of 125 patients were examined during the camp. Among them, 8 patients were diagnosed with cataract, 53 were advised to use corrective glasses, 7 were referred for fundus examination, 15 patients were found to have red-green color vision deficiency, 3 patients had pterygium, 1 patient had blepharitis, and 1 patient was diagnosed with conjunctivitis.

All patients were thoroughly examined, and appropriate advice regarding eye hygiene, protective glasses, and other necessary precautions was provided. The patients were satisfied with the eye examination and counseling services.

During this camp, the participating students also received valuable real-world exposure. They learned patient counseling, effective communication skills, and practical eye examination techniques.

The camp was well received and contributed positively to increasing awareness about eye care, early diagnosis, and prevention of avoidable visual impairment among employees

Glimpse of the Event: -

Photograph 1: Flyer of the event – corporate eye vision screening camp (29th Jan to 4th Feb 2026)



Photograph 2: Group photograph with faculty members, and students (29th Jan 2026)



Photograph 3: Student Conducting Visual Acuity Test at Eye Camp (30th Jan 2026)



Photograph 4: Students Recording Patient Details During Eye Camp (2nd Feb 2026)



Photograph 5: Student Performing Refraction Assessment at Community Eye Camp (3rd Feb 2026)



EVENT DETAILS

Event Name	NSS Activity
Topic	Rally on World Cancer Day
Date	4 th February, 2026
Venue	Kalomajra
Organizer	Ms. Preetika, Ms. Reepika
No. of Participants	21
No of Impacted Individuals	-
Under SDG no.	3, 4
SDG Details	Good health and wellbeing, Quality Education

OBJECTIVE: -

1. To spread awareness among the community about the causes, risk factors, and early warning signs of cancer through a public rally.
2. To promote cancer prevention strategies such as healthy lifestyle practices and regular screening through visual and verbal messages.
3. To emphasize the importance of early detection and timely treatment of cancer.
4. To motivate community members to actively participate in cancer awareness, prevention, and support initiatives.
5. To dispel myths and misconceptions related to cancer and reduce stigma associated with the disease through community interaction during the rally.

DESCRIPTION: -

On 4th February 2026, a Cancer Awareness Rally was organized on the occasion of World Cancer Day at Kalomajra by the students of B.Sc. Nursing 2nd semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. The rally aimed to educate and sensitize the community about cancer prevention, early detection, and available treatment options, in alignment with the global theme of World Cancer Day. The rally began with a brief introduction highlighting the significance of World Cancer Day and the need for collective action against cancer. Nursing students actively participated by holding placards, posters and charts displaying key messages related to cancer risk factors, warning signs, preventive measures, and the importance of early diagnosis. Slogans were raised to attract public attention and reinforce awareness messages among community members. During the rally, students interacted with the public, explained common myths and misconceptions related to cancer and encouraged people to adopt healthy lifestyles and undergo regular cancer screenings. Information regarding government health schemes and cancer screening facilities available at nearby healthcare centres was also shared. Real-life examples were discussed to highlight the benefits of early diagnosis and timely medical intervention. The rally community members committed to spreading cancer awareness and supporting individuals affected by cancer. The active involvement and enthusiasm of the nursing students were highly appreciated by local residents. This rally served as an effective platform for community outreach, allowing students to gain hands-on experience in community health nursing while contributing meaningfully to public health promotion, empowerment, advocacy and sustainable awareness initiatives for long-term societal benefit.

OUTCOMES:

1. Increased community awareness regarding various types of cancer and their risk factors.
2. Improved understanding of cancer prevention, early warning signs, and screening methods.
3. Greater motivation among community members to participate in cancer screening programs and adopt healthy lifestyles.
4. Strengthened community involvement in cancer awareness and support activities.

5. Reduced misconceptions and stigma related to cancer among community members, leading to a more supportive and informed attitude toward individuals affected by the disease.



Students displaying slogans on Awareness Rally on World Cancer Day on 4-02-26



Students are raising slogans on Awareness Rally on World Cancer Day on 4-02-26



Students displaying slogans on Awareness Rally on World Cancer Day on 4-02-26



Students are raising slogans on Awareness Rally on World Cancer Day on 4-02-26



Students are raising slogans on Awareness Rally on World Cancer Day on 4-02-26



Students showing banner on Awareness Rally World Cancer

EVENT DETAILS	
Event Name	Poster Making Competition
Theme	<i>"Leprosy is Curable, the real challenge is stigma"</i>
Occasion	World Leprosy Day
Date	05 February 2026
Time	2:30 PM onwards
Venue	Galileo Block, Chitkara University, Rajpura
No. of Participants	15
Organized By	Dr. Ashok Kumar B. (Assistant Professor) Ms. Manreet Kaur (Nursing Tutor)
Department	Department of Nursing, Chitkara School of Health Sciences
SDGs Covered	SDG 3 – Good Health and Well-being SDG 4 – Quality Education SDG 10 – Reduced Inequalities
PO	PO2, PO3, PO5

OBJECTIVES

The Poster Making Competition was organized with the following objectives:

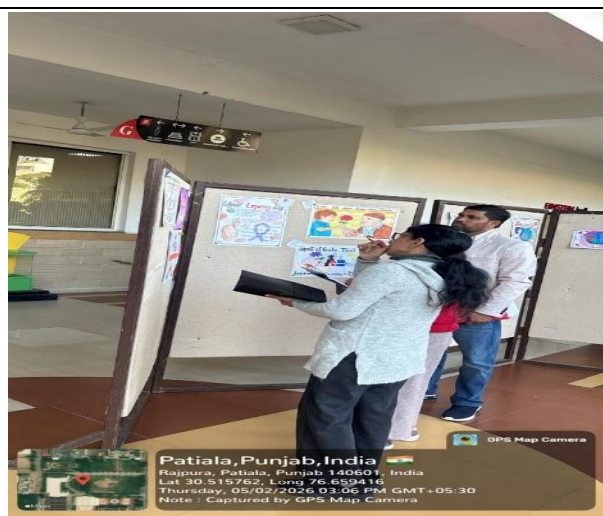
- To create awareness among students about World Leprosy Day and the global efforts to eliminate leprosy.
- To promote knowledge regarding prevention, early detection, and effective treatment of leprosy.
- To address social stigma and discrimination associated with leprosy through creative expression.
- To encourage creative and critical thinking among nursing students in communicating health messages.

DESCRIPTION

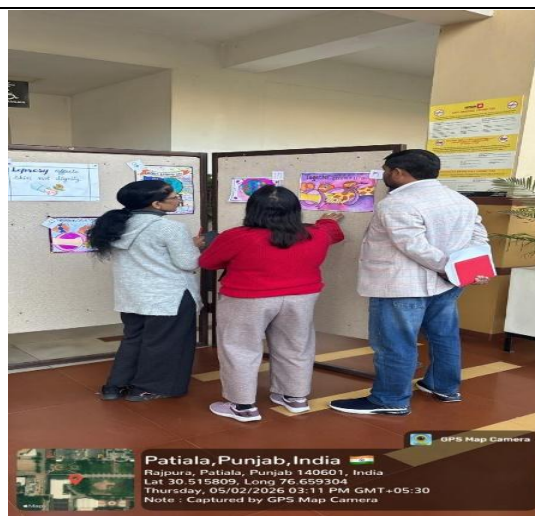
On the occasion of World Leprosy Day, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Rajpura, organized a Poster Making Competition on 05 February 2026 at Galileo Block. The theme of the event, *"Leprosy is Curable, the real challenge is stigma"*, was chosen to emphasize the need to fight social discrimination and misinformation related to leprosy. The event aimed to generate awareness about leprosy, its causes, symptoms, prevention, and availability of effective treatment. Students participated enthusiastically and displayed their creativity through well-designed and meaningful posters. The posters highlighted important messages related to early detection, treatment adherence, social inclusion, and elimination of stigma against persons affected by leprosy. The competition served as a platform for students to express their understanding of public health issues in a creative way. Through artwork and slogans, participants effectively communicated that leprosy is not only a medical condition but also a social issue that requires empathy, education, and community support. The event also reinforced the importance of Sustainable Development Goals, especially SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 10 (Reduced Inequalities) by promoting health awareness, education, and social inclusion. Overall, the Poster Making Competition was a successful initiative that enhanced students' awareness, creativity, and social responsibility towards leprosy eradication.

SPECIAL OUTCOMES

- Improved Awareness on Leprosy.
- Reduction of Stigma
- Enhanced Creative Expression
- Development of Social Responsibility
- Strengthened Health Communication Skills.



Judges evaluating creative and informative posters during the Poster Making Competition held on 5th February 2026.



Judges evaluating student's posters of poster making competition on 5/02/2026



Posters prepared by students on Leprosy day held on 5th February 2026.



A glimpse of the evaluation process during the Poster Making Competition on 05 February 2026.



Group photo with Student participants of poster making competition held on 5th February 2026.



Group photo with Student participants of poster making competition held on 5th February 2026.

EVENT DETAILS	
EVENT TYPE	SOCIAL EVENT
TOPIC	NSS CAMP DAY 5
DATE	2026-02-18 to 2026-02-18
MODE	OFFLINE
VENUE	SPOTORIUM (CHITKARA UNIVERSITY, PUNJAB CAMPUS)
ORGANIZER NAME	NSS
RESOURCE PERSON	DR. NEERAJ SINGLA, ASSOCIATE PROFESSOR, CHITKARA UNIVERSITY
NO. OF PARTICIPANTS	88
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING
PO number(s)	PO2
University Charter	Let's Educate our students for brilliant futures

OBJECTIVE:

1. To promote social responsibility and humanitarian values among volunteers through active participation in the Blood Donation Camp.
2. To encourage physical and mental well-being by beginning the day with yoga and mindfulness practices.
3. To foster unity, creativity, and cultural exchange among students through collaborative cultural activities, strengthening teamwork and national integration.

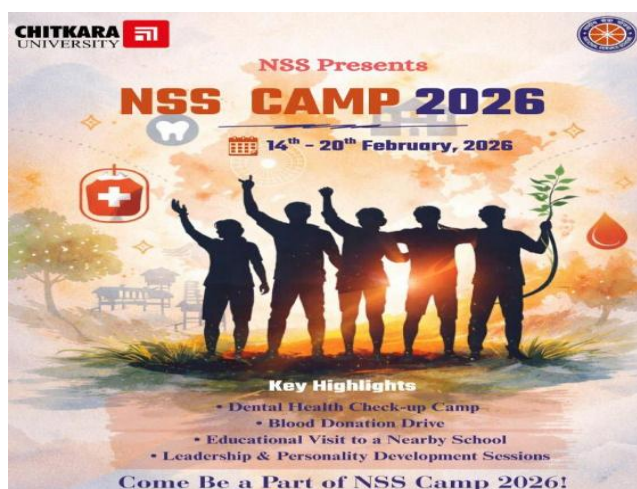
DESCRIPTION:

Following lunch, the volunteers continued their efforts at the Blood Donation Camp with unwavering enthusiasm. The extended engagement reinforced values of selflessness, teamwork, and empathy, while also helping students understand the impact of collective effort in addressing critical healthcare needs. The experience proved deeply fulfilling and instilled a sense of pride among the participants. In the evening, after refreshments at the hostel mess, the atmosphere shifted from service to celebration as volunteers gathered at Explore Stars for cultural activities. The event provided a platform for students to showcase their talents through music, dance, and performances, fostering creativity, confidence, and cultural exchange. The lively interactions and shared laughter strengthened bonds among the volunteers.

OUTCOMES:

1. Volunteers developed social responsibility and humanitarian values through participation in the Blood Donation Camp.
2. Awareness about the importance of blood donation and community service increased.
3. Yoga activities supported physical fitness and mental well-being.
4. Cultural activities strengthened teamwork, creativity, and unity among volunteers.

EVENT IMAGES





Blood group check (18.2.2026)



Check by doctors(18.2.2026)



Received feedback from students(18.2.2026)



Doctor explain to students (18.2.2026)

EVENT DETAILS	
Event Type	Others
Topic	Nss Camp - Day 5
Date	2026-02-14 To 2026-02-20
Mode	Offline
Venue	Faraday Hall (Chitkara University,Punjab)
Organizer Name	Nss
Resource Person	Dr Neeraj Singla, Assistant Professor
No. Of Participants	88
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 17: Partnership For The Goals
PO number(s)	PO1
University Charter	Let's install discipline, integrity and honesty in our students

OBJECTIVE:

- To promote social responsibility and humanitarian values among volunteers through active participation in the Blood Donation Camp.
- To encourage physical and mental well-being by beginning the day with yoga and mindfulness practices.
- To foster unity, creativity, and cultural exchange among students through collaborative cultural activities, strengthening teamwork and national integration.

DESCRIPTION:

The fifth day of the NSS Camp began with an early morning wake-up call in the hostel rooms, setting a disciplined and service-oriented tone for the day. Volunteers started their morning with a revitalizing yoga session at the Omega Zone, which helped enhance physical endurance, mental clarity, and emotional balance. The session energized the volunteers and prepared them for a day dedicated to social service and community contribution. After breakfast at the hostel mess, NSS volunteers actively participated in the Blood Donation Camp organized at the Sportorium. Demonstrating a strong sense of responsibility and compassion, students worked together to support this noble initiative. Volunteers assisted in coordination, guided donors, and raised awareness about the importance of blood donation, gaining firsthand experience

in organizing a large-scale social service activity. Following lunch, the volunteers continued their efforts at the Blood Donation Camp with unwavering enthusiasm. The extended engagement reinforced values of selflessness, teamwork, and empathy, while also helping students understand the impact of collective effort in addressing critical healthcare needs. The experience proved deeply fulfilling and instilled a sense of pride among the participants.

OUTCOMES:

- Volunteers developed social responsibility and humanitarian values through participation in the Blood Donation Camp.
- Awareness about the importance of blood donation and community service increased.
- Yoga activities supported physical fitness and mental well-being.
- Cultural activities strengthened teamwork, creativity, and unity among volunteers.

EVENT IMAGES



Students donate blood (18.02.2026)



Registrar interact with students (18.02.2026)



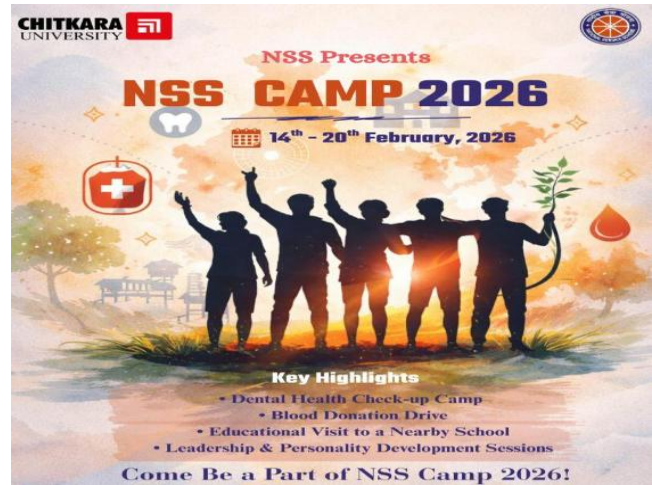
Students at registration desk (18.02.2026)



Doctor check during blood donation
(18.02.2026)



Doctor interacts with students (18.02.2026)



Poster (18.02.2026)

EVENT DETAILS

Event Name	Community Eye Screening Camp
Date	21 st February
Venue	Phera, Rajpura
Organizer	Department of Optometry, Chitkara School of Health Sciences
Resource Persons	Organizing Chairperson - Dr Sonika Bakshi – Dean, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants	5+1 (Students and Faculty)
SDG Number	3,4,17
Duration	5 hours

Description of Event:

A community eye screening camp at Phera, Rajpura organised by Department of Optometry, Chitkara School of Health Science. The objective of the camp was to provide primary eye care services, detect common ocular conditions, and create awareness about eye health among the local population.

A total of 30 individuals were screened during the camp. Comprehensive eye examinations were conducted, including visual acuity assessment and anterior segment evaluation.

Findings and Outcomes:

6 patients were referred for cataract surgery after detailed evaluation.

13 individuals were prescribed spectacles to correct refractive errors.

6 patients were found to be emmetropic (normal vision without refractive error).

7 patients were diagnosed with arcus senilis.

1 patient was diagnosed with xanthelasma.

1 patient was identified with pterygium.

All patients were provided with appropriate counseling regarding their eye condition and further management.

Those requiring surgical intervention or specialized care were referred to higher centers for further treatment. The camp was conducted successfully with active participation from faculty and students of the Department of Optometry. Such initiatives play a vital role in early detection, prevention of avoidable blindness, and promotion of eye health in rural communities.

Glimpse of the Event

Photograph 1: Flyer of the event – Community Eye Screening Camp



Photograph 2: Group photograph with faculty members, and students



Photograph 3: Student Performing Retinoscopy at Eye Camp



Photograph 4: Volunteers and medical professionals working together at a community health camp



EVENT DETAILS	
Event Name	CSR Activity
Topic	Awareness Talk on International Women's Day
Date	9 th March, 2026
Mode	Offline
Venue	CHC, Kalomajra
Organizer Name	Ms. Timsy, Associate Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Gurpreet Kaur, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	05
Number of impacted people	20
SDG No.	SDG3: Good Health and Wellbeing SDG5: Gender Equality SDG 10: Reducing inequalities

OBJECTIVES:

- To highlight the importance of equal rights and opportunities for women and men in all areas of life such as education, employment, and leadership.
- To celebrate the social, economic, cultural, and political achievements of women across the world.
- To spread awareness about issues faced by women such as discrimination, violence, unequal pay, and lack of opportunities.
- To motivate women to become confident, independent, and active participants in decision-making at family, community, and national levels.
- To encourage governments, organizations, and communities to take actions that support women's rights and gender equality.

DESCRIPTION:

An awareness talk on International Women's Day was organized on 9th March 2026 at Community Health Centre Kalomajra by the M.Sc. Nursing students as part of their community health initiative. The program aimed to spread awareness among community members, especially women, about the importance of women's health, gender equality, and empowerment. The session was conducted to highlight the significant role women play in the development of families, communities, and society as a whole. During the awareness talk, the students explained the meaning and significance of International Women's Day and emphasized the need to respect and support women in every aspect of life. They discussed important topics such as women's rights, equal opportunities in education and employment, and the importance of maintaining good physical and mental health. Special attention was given to issues related to women's health, including the importance of regular health check-ups, nutrition, personal hygiene, and early detection of diseases. The students also encouraged women to become more aware of their rights and to actively participate in decision-making.

within their families and communities. They highlighted the importance of education for girls and motivated women to support the education and empowerment of young girls. The session was interactive, and participants were encouraged to ask questions and share their experiences. Educational messages were delivered in a simple and understandable manner so that the community members could easily relate to them. The program helped in creating awareness about the importance of respecting women and promoting equality in society. Overall, the awareness talk was informative and successful in motivating the participants to adopt healthy practices and to support women's empowerment in their daily lives.

OUTCOMES:

- Increased awareness about women's rights and gender equality.
- Highlighted the achievements and contributions of women in different fields.
- Encouraged listeners to respect and support women in society.
- Motivated students and the community to promote women's empowerment.
- Helped spread the message of equal opportunities for women and girls.
- Inspired people to stand against discrimination and violence toward women



M.Sc. Nursing students delivering an awareness talk on International Women's Day educating community members about women's health on 9th March,2026.



Students using visual aids to educate the community about women's health, nutrition, and empowerment on International Women's Day on 9th March,2026.



Students of M.Sc. Nursing educating women on International Women's Day on 9th March,2026.



Students emphasizing the importance of women in society on 9th March,2026.



M.Sc. Nursing student spreading awareness about women's empowerment and gender equality on 9th March, 2026.



Audience attentively listening the students regarding importance of women on 9th March, 2026.

EVENT DETAILS	
Event Type	Expert Talk
Topic	Women's Health Check-Up & Learning Breast Self-Examination (BSE)
Date	14 March 2026
Mode	Offline
Venue	Centre for Women Health & Empowerment, Galileo Block
Organizer Name	Centre of Excellence for Sustainability in collaboration with the Department of Nursing, Chitkara University
Resource Person	Ms. Timsy, Associate Professor Ms. Gurpreet, Assistant Professor
No. Of Participants	30
SDG No	3 (Good Health and Well-Being) & 5 (Gender Equality), SDG 17 (Partnerships for the Goals)

OBJECTIVE

The objective of the **SustainaStaff Series 5** session was to promote women's health awareness and encourage preventive healthcare practices among female faculty members. The event aimed to educate participants about the importance of regular health screenings, early detection of potential health concerns, and the adoption of self-care practices. It also focused on teaching the **Breast Self-Examination (BSE)** technique to empower women to take proactive steps toward their health and well-being.

DESCRIPTION

The session began with a **general women's health screening and consultation conducted by an expert**, where participants received guidance on maintaining good health and identifying early signs of potential health issues. This was followed by a **hands-on learning session on Breast Self-Examination (BSE)**, where participants were guided through the correct techniques and the importance of performing regular self-checks for early detection of breast abnormalities.

An **interactive session with the nursing faculty** provided participants with an opportunity to ask questions, clarify doubts, and gain deeper insights into women's health concerns. The discussion emphasized the significance of **early detection, preventive care, and regular health check-ups** as essential steps toward maintaining long-term well-being.

An **interactive session with the nursing faculty** provided participants with an opportunity to ask questions, clarify doubts, and gain deeper insights into women's health concerns. The discussion emphasized the significance of **early detection, preventive care, and regular health check-ups** as essential steps toward maintaining long-term well-being.

CHITKARA UNIVERSITY

CHITKARA UNIVERSITY Centre of Excellence for Sustainability

Series SustainaStaff
CHAPTER 5

Empowering women through awareness prevention & self care

Women's Health Check-Up & Learning Breast Self-Examination (BSE) For Female Faculty Members of Chitkara University

EVENT HIGHLIGHTS

- General Women's Health Screening & Consultation by an Expert
- Hands-on Learning of Breast Self-Examination (BSE) Technique
- Early Detection & Prevention Awareness
- Interactive Session with Nursing Faculty
- Promoting a Culture of Self-Care, Safety, and Wellness

RESOURCE PERSONS

Ms. Timsy
ASSOCIATE PROFESSOR

Ms. Gurpreet
ASSISTANT PROFESSOR

14 MARCH 2026 **10:00 AM onwards** **Centre for Women Health & Empowerment, Galileo Block**

Organised by Centre of Excellence For Sustainability in collaboration with Department of Nursing

OUTCOMES

- Increased awareness among female faculty members about the importance of regular health check-ups and preventive care.
- Participants gained practical knowledge and hands-on experience in performing **Breast Self-Examination (BSE)**.
- Improved understanding of early detection and prevention of women's health issues.
- Encouraged a supportive environment that promotes **self-care, safety, and wellness** in the workplace.







EVENT DETAILS	
Event Name	CSR Activity
Topic	Health Camp on Screening of NCD'S
Date	19 th March 2026
Venue	Kalomajra
Organizer Name	Ms. Eenu (Associate Professor), Ms. Keerat (Assistant Professor), Department of Nursing, CSHS, Chitkara University, Punjab.
No. of Participants	58
SDG	3-Good health & well-being, 4-Quality education,6- clean water and sanitation,13- climate action, 11- sustainable cities and communities, 17- Partnership for Goals

OBJECTIVES:

1. To identify individuals at risk of non-communicable diseases (NCDs) such as hypertension, diabetes.
2. To conduct basic health screening including blood pressure, blood sugar, and body mass index (BMI).
3. To create awareness among the community about risk factors and prevention of NCDs.
4. To educate women about breast cancer and the importance of early detection through breast self-examination (BSE).
5. To promote healthy lifestyle practices such as balanced diet, regular exercise, and avoidance of tobacco and alcohol.
6. To enhance students' practical skills in community health nursing through screening and role play activities.

DESCRIPTION:

A health camp was organized in Village Kalomajra to promote awareness and early detection of non-communicable diseases (NCDs) such as diabetes, hypertension, and cardiovascular diseases, as well as to educate women on breast self-examination (BSE) for early detection of breast cancer. A health camp was organized in Village Kalomajra with the primary objective of promoting awareness and facilitating early detection of non-communicable diseases (NCDs), including diabetes, hypertension, and cardiovascular diseases. These conditions are increasingly prevalent, even in rural communities, and often remain undiagnosed until complications arise. The camp aimed to bridge this gap by providing on-site screening services, allowing villagers to assess their health status without the need to travel to distant healthcare facilities. In addition to general NCD screening, the camp placed special emphasis on women's health, particularly the early detection of breast cancer through breast self-examination (BSE). Many women in rural areas lack awareness of BSE and the early warning signs of breast cancer, which can delay diagnosis and treatment. Through interactive demonstrations, counselling sessions, and distribution of educational materials, women were taught the correct technique of BSE, the importance of regular monthly checks, and guidance on when to seek professional medical advice.

OUTCOMES:

1. Several participants were identified with elevated blood pressure, high blood sugar, or abnormal BMI, enabling timely referral and intervention.
2. Villagers gained knowledge about risk factors, symptoms, and preventive measures for diabetes, hypertension, and cardiovascular diseases.

3. Women learned breast self-examination techniques, which can aid in early detection of breast cancer and promote proactive healthcare behavior.
4. Participants received personalized guidance on diet, physical activity, and lifestyle modifications, encouraging long-term healthy habits.
5. The camp fostered active participation and dialogue between healthcare professionals and villagers, creating trust and promoting ongoing health initiatives.
6. Individuals identified as high-risk for NCDs or breast abnormalities were referred to nearby health facilities, ensuring continuity of care and follow-up.



Students are checking B.P and doing RBS monitoring in health camp on 19/3/2026.



Villagers attending the health camp for NCD screening and awareness on 19/3/26.



Students are empowering the community with knowledge on preventive healthcare practices by doing role play on 19/3/2026.



Students are performing demonstration of breast self-examination techniques for women's health awareness on 19/3/2026.



Students creating awareness for breast self examination on 19/3/2026.



Group Photo of students for health camp on 19/3/2026

EVENT DETAILS

Event Name	NSS Activity
Topic	Awareness Talk On World Tuberculosis Day
Date	23-03-2026
Mode	Offline
Venue	Kalomajra
Organizer Name	Ms. Reepika & Ms. Preetika
No. Of Participants	15
SDGs No.	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 11: Sustainable Cities and Communities

OBJECTIVE:

- To empower individuals with accurate knowledge about tuberculosis and its impact.
- To inspire early health-seeking behaviour through recognition of TB symptoms.
- To promote a stigma-free community by reshaping attitudes toward TB patients.
- To encourage responsible practices for preventing the spread of tuberculosis.
- To motivate commitment to complete and consistent TB treatment for cure.

DESCRIPTION:

World Tuberculosis Day was organized by the Department of Nursing, Chitkara School of Health Sciences, under the National Service Scheme (NSS), on **23rd March 2026** by the students of B.SC Nursing 2nd semester. The awareness aimed to raise community awareness on Tuberculosis, promote early detection and prevention, reduce stigma, and encourage timely treatment and adherence in alignment with the goals of World Health Organization on World Tuberculosis Day. NSS volunteers disseminated information regarding the causes, symptoms, modes of transmission, prevention, and treatment of tuberculosis. Emphasis was laid on early diagnosis and adherence to the complete course of medication to ensure effective cure. The NSS volunteers also engaged with community members through door-to-door visits, encouraging them to seek timely medical care and avoid stigma associated with TB patients. Informational pamphlets were distributed to reinforce key messages. The programme aimed to promote a healthier and more informed community by aligning with the initiatives of the World Health Organization to eliminate tuberculosis. The event witnessed enthusiastic participation and contributed significantly to spreading awareness and fostering positive health-seeking behaviour.

OUTCOMES:

- Increased community awareness about Tuberculosis, its symptoms, and prevention methods.
- Improved health-seeking behaviour with more individuals showing willingness for early screening.
- Reduction in stigma and misconceptions associated with tuberculosis patients.
- Enhanced knowledge regarding the importance of treatment adherence and completion.
- Strengthened community participation and engagement in TB control initiatives.



NSS Volunteers discuss the preventive strategies for Tuberculosis on 23.03.2026



SS Volunteers Increased community awareness about Tuberculosis, its symptoms, and prevention methods. on 23.03.2026



Group photograph on 23.03.2026



NSS Volunteers encourage responsible practices for preventing the spread of tuberculosis on 23.03.2026



NSS Volunteers empower individuals with accurate knowledge about tuberculosis and its impact. on 23.03.2026



NSS Volunteers motivate commitment to complete and consistent TB treatment for cure on 23.03.2026

WORLD HEALTH DAY 6th April 2026

On **6th April 2026**, a **Health Camp** was organized on the occasion of **World Health Day** at **Kalomajra** by the students of **B.Sc. Nursing 2nd Semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab**. The camp aimed to educate and sensitize the community about preventive healthcare, early detection of diseases, and available treatment options, in alignment with the global theme of World Health Day.

The camp began with a brief introduction highlighting the significance of World Health Day and the need for collective action to promote health and well-being. Nursing students actively participated by setting up stalls, displaying posters and charts with key messages related to nutrition, hygiene, lifestyle modification, vaccination and the importance of regular health check-ups.

A series of screening and monitoring activities were conducted during the camp, including Blood Pressure (BP) monitoring, Haemoglobin (Hb) monitoring, Random Blood Sugar (RBS) testing and Body Mass Index (BMI) calculation. These activities helped in identifying individuals at risk of hypertension, anaemia, diabetes and obesity, while also providing personalized counselling on preventive measures and healthy lifestyle practices.

During the camp, students interacted with the public, explained common myths and misconceptions about health and disease, and encouraged people to adopt healthy lifestyles and undergo routine screenings. Information regarding government health schemes and healthcare facilities available at nearby centres was also shared. Real-life examples were discussed to highlight the benefits of preventive care and timely medical intervention.

Community members expressed their commitment to spreading health awareness and supporting initiatives that promote wellness. The active involvement and enthusiasm of the nursing students were highly appreciated by local residents. This health camp served as an effective platform for community outreach, allowing students to gain hands-on experience in community health nursing while contributing meaningfully to public health promotion, empowerment, advocacy, and sustainable awareness initiatives for long-term societal benefit.





EVENT DETAILS	
Event Type	NSS Activity
Event Name	Health Camp on World Health Day
Topic/Theme	Healthy Beginnings, Hopeful Futures
Date	6 th April, 2026
Mode	Offline
Venue	Kalomajra
Organizer Name	Ms. Preetika (Nursing Tutor), Ms. Reepika (Assistant Professor)
No. of Participants	10
Number of impacted people	-
SDG No.	SDG 3: Good Health and Wellbeing, SDG 4: Quality Education
PO	PO2, PO3, PO4, PO5
University Charter	Let's Educate our students for brilliant futures, Let's empower our students with great communication skills.

Objectives:

1. To Promote awareness about global health issues and preventive care.
2. To Provide free or accessible health check-ups to the community.
3. To Educate people on healthy lifestyle practices, nutrition, and hygiene.
4. To Facilitate early detection of common diseases through screenings.
5. To Encourage community participation in health promotion activities.

On 6th April 2026, a **Health Camp** was organized on the occasion of **World Health Day** at **Kalomajra** by the students of **B.Sc. Nursing 2nd Semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab**. The camp aimed to educate and sensitize the community about preventive healthcare, early detection of diseases, and available treatment options, in alignment with the global theme of World Health Day.

The camp began with a brief introduction highlighting the significance of World Health Day and the need for collective action to promote health and well-being. Nursing students actively participated by setting up stalls, displaying posters and charts with key messages related to nutrition, hygiene, lifestyle modification, vaccination and the importance of regular health check-ups.

A series of screening and monitoring activities were conducted during the camp, including Blood Pressure (BP) monitoring, Haemoglobin (Hb) monitoring, Random Blood Sugar (RBS) testing and Body Mass Index (BMI) calculation. These activities helped in identifying individuals at risk of hypertension, anaemia, diabetes and obesity, while also providing personalized counselling on preventive measures and healthy lifestyle practices.

During the camp, students interacted with the public, explained common myths and misconceptions about health and disease, and encouraged people to adopt healthy lifestyles and undergo routine screenings. Information regarding government health schemes and healthcare facilities available at nearby centres was

also shared. Real-life examples were discussed to highlight the benefits of preventive care and timely medical intervention.

Community members expressed their commitment to spreading health awareness and supporting initiatives that promote wellness. The active involvement and enthusiasm of the nursing students were highly appreciated by local residents. This health camp served as an effective platform for community outreach, allowing students to gain hands-on experience in community health nursing while contributing meaningfully to public health promotion, empowerment, advocacy, and sustainable awareness initiatives for long-term societal benefit.

Outcomes:

1. Increased public knowledge about health and wellness practices.
2. Early identification of health risks such as hypertension, diabetes, or anaemia.
3. Improved access to basic medical services for underserved populations.
4. Strengthened community engagement in preventive health initiatives.
5. Contribution to the global theme of World Health Day by fostering local action.



NSS Volunteers monitoring Weight in Health camp held on "World Health Day" 06.04.2026



NSS Volunteers monitoring RBS in Health camp held on "World Health Day" 06.04.2026



NSS Volunteers monitoring BP in Health camp held on "World Health Day" 06.04.2026



NSS Volunteers monitoring RBS in Health camp held on "World Health Day" 06.04.2026



NSS Volunteers monitoring HB in Health camp held on "World Health Day" 06.04.2026



Group Photograph of Health camp held in "World Health Day" 06.04.2026

EVENT DETAILS

Event Name	SustainaStaff 7: Eye Check-Up Camp
Date	7 April 2026
Venue	GB 408 (Optometry Lab)
Organizer	Centre of Excellence for Sustainability in collaboration with the Office of Administration & Chitkara School of Health Sciences
Resource Person	Mr. Dev Kalicheti, Ms. Ritika Rana (Department of Optometry)
Total number of Participations	44
SDGs Covered	3,8,10 & 17
Duration	2 hours

OBJECTIVE

To provide accessible eye care services to support staff, promote awareness about eye health, and encourage early detection of vision-related issues for improved well-being and productivity.

DESCRIPTION

The “SustainaStaff Series 7: Eye Checkup Camp” was organized by the Centre of Excellence for Sustainability (CUCES) in collaboration with the Chitkara School of Health Sciences and Office of Administration. The event focused on ensuring inclusive healthcare support for university staff by offering free eye screening services.

The camp involved comprehensive eye examinations conducted by the faculty and student team from the Department of Optometry. The screening included:

- Vision testing and prescription of spectacles, if required
- Dry eye evaluation
- Colour vision testing
- Binocular vision assessment
- Cataract screening
- General counselling on eye care and hygiene
- Referral for further medical treatment, if required

Outcomes

- Early identification of vision problems among staff members
- Increased awareness about eye care and preventive practices
- Strengthened collaboration between CUCES and healthcare departments
- Enhanced sense of care and inclusivity within the university community.



- Participants got prescriptions by doctors
- 40+ Participants benefited





EVENT DETAILS	
Event Name	National Safe motherhood Day, 10 th April, 2026
Topic/Theme	Holding Ground on Maternal Health
Date	10 th April, 2026
Mode	Offline
Venue	Neelam Hospital, Rajpura
Organizer Name	Ms. Timsy (Associate Professor), Ms. Amanpreet Kaur (Assistant Professor), CSHS, Chitkara University, Punjab.
No. of Participants	09
Number of impacted people	25
SDG No	SDG 3: Good Health and Wellbeing, SDG 4: Quality Education
PO	PO2, PO3, PO4, PO5
University Charter	Let's Educate our students for brilliant futures, Let's empower our students with great communication skills

OBJECTIVES:

1. To create awareness about the importance of safe motherhood and maternal health among the community.
2. To educate participants on essential antenatal, intranatal, and postnatal care practices.
3. To highlight the common danger signs during pregnancy and the need for timely medical intervention.
4. To promote the importance of institutional deliveries and skilled birth attendance.
5. To emphasize the role of proper nutrition, hygiene, and regular health check-ups during pregnancy.

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, organized a meaningful and educational role play activity on the occasion of National Safe Motherhood Day on 10th April 2026 at Neelam Hospital. The event commenced at 10:00 A.M. onwards with the objective of raising awareness about maternal health and promoting safe motherhood practices. The theme of the role play, ***"Holding Ground on Maternal Health,"*** highlighted the importance of quality antenatal, intranatal, and postnatal care. Nursing students actively participated and portrayed real-life scenarios focusing on issues such as early registration of pregnancy, institutional delivery, nutrition during pregnancy, danger signs, and the importance of timely medical intervention. Through impactful performances, students effectively conveyed the challenges faced by pregnant women, especially in rural and underserved areas, and emphasized the crucial role of healthcare professionals in ensuring safe motherhood. The role play also shed light on government initiatives and the need for community awareness and support systems. The event was informative and engaging, encouraging both students and the audience to understand their role in reducing maternal mortality and improving maternal health outcomes. It served as a platform for experiential learning, enhancing students' communication skills, empathy, and professional responsibility.

Overall, the program was a great success and reinforced the commitment of the institution towards promoting maternal and child health in society.

Outcomes: -

1. Increased awareness among participants regarding the importance of safe motherhood and maternal health practices.
2. Improved understanding of antenatal, intranatal, and postnatal care among students and attendees.
3. Enhanced knowledge about danger signs during pregnancy and the need for timely healthcare seeking.

4. Greater awareness about the benefits of institutional delivery and skilled birth attendance.
5. Strengthened communication, teamwork, and presentation skills of nursing students.



**National Safe Motherhood Day—
promoting awareness, empathy, and safe
motherhood practices on 10.04.2026”**



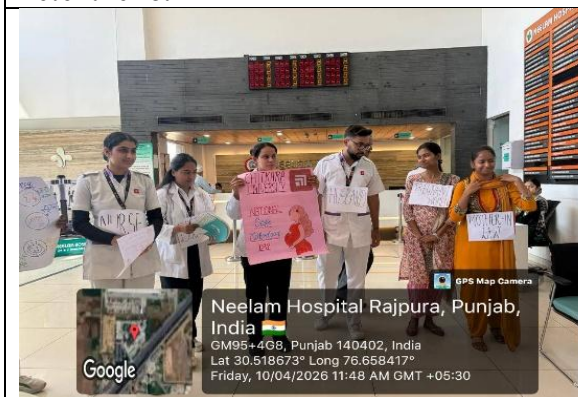
**Nursing students showcasing teamwork and
clinical learning through role play,
emphasizing the importance of maternal
care and community support at Neelam
Hospital on 10.04.2026**



**A nurse providing health education to her
mother-in-law on the importance of a
balanced diet and regular antenatal visits
on National Safe Motherhood Day on
10.04.2026.**



**Mother-in-law understood the concept of
importance of institutional delivery and
antenatal diet on National Safe Motherhood
Day on 10.04.2026.**



**Promoting awareness on antenatal care,
nutrition, and maternal well-being
through role play at Neelam Hospital on
National safe motherhood Day on
10.04.2026**



**Group photograph with the Nursing
Superintendent at Neelam Hospital on
National Safe Motherhood Day on
10.04.2026**

EVENT DETAILS

Topic	School Health Programme on Personal Hygiene
Date	16 th April, 2026
Time	10:30 a.m. – 12:00 Noon
Venue	Government Elementary School, Kalomajra
Organizer	Ms. Reepika Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Annu, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	12
SDG Details	3 Good Health and Well-Being, 4 Quality Education.
POs	PO1, PO2, PO3 & PO8

OBJECTIVES:

1. To promote awareness among students about the importance of maintaining personal cleanliness and hygiene in daily life.
2. To develop healthy habits and attitude from an early age that can be sustained throughout life.
3. To create a hygienic school environment through regular health education sessions, clean surroundings, and availability of sanitation facilities.
4. To prevent communicable diseases by encouraging good hygiene practices such as handwashing, oral care, and cleanliness of body and clothes.
5. To reduce the incidence of hygiene-related diseases such as diarrhea, skin infections, and dental caries.
6. To teach and demonstrate proper oral hygiene practices including correct brushing technique and tongue cleaning.

DESCRIPTION:

M.Sc. Nursing 1st year students, Department of Nursing, CSHS successfully organized a school health programme on Personal Hygiene on 16th April, 2026 at Government Elementary School, Kalomajra. The programme aimed to promote awareness among children about the importance of maintaining cleanliness

and developing healthy hygiene habits. The session emphasized key areas such as hand hygiene, oral care, nail and hair hygiene, cleanliness of clothes, and overall body care. In addition to the health education session, the height and weight of the students were measured to help them understand the importance of growth monitoring and maintaining a healthy body weight. The activity aimed to promote self-awareness about physical well-being and encourage the development of positive health behaviors from an early age.

The programme was made interactive and engaging through various demonstrations, role plays, charts, posters, and question-answer sessions, allowing children to participate actively and learn through fun activities. Nursing students also conducted demonstrations on correct handwashing techniques and oral hygiene practices.

Outcomes

1. Improved understanding of the importance of handwashing, oral hygiene, bathing, nail and hair care, and clean clothing.
2. Students became more aware of their growth status and the importance of balanced nutrition for maintaining good health.
3. The programme strengthened the collaboration between nursing students, teachers, and the community, contributing to a healthier and cleaner school environment.
4. Increased awareness and behavioral changes among children in maintaining cleanliness and personal grooming.
5. The interactive and demonstration-based teaching methods made learning enjoyable and helped in better retention of knowledge.



Student interacting with students providing
Knowledge on personal hygiene on 16/4/26



Student interacting with students providing
Knowledge on personal hygiene on 16/04/26



M.Sc.Nursing 1st year students checking the height and weight of the students



M.Sc. Nursing 1st year students providing health education on Nail Hygiene on 16/4/26



Group Photograph of school health programme on 16/4/26



Group Photograph of school health programme on 16/4/26

FACULTY

PRINCIPAL

EVENT DETAILS

Event Name	CSR Activity
Topic	Role play & Health Education on World Malaria Day
Date	27 th April, 2026
Venue	Fortis hospital Mohali
Organizers	Ms. Shalini, Nursing Tutor, Department of Nursing, CSHS Department of Nursing, CSHS.
No. of Participants	60
Under SDG no.	03, 04,17
SDG Details	03 Good health and wellbeing, 04 Quality education, 17. Partnership for the Goals

OBJECTIVES: -

- To spread knowledge about malaria prevention methods.
- To educate communities on the causes, symptoms, and transmission of malaria.
- To encourage communities to actively participate in malaria control efforts.
- To raising awareness about malaria prevention, diagnosis, and treatment.
- To promoting equity, innovation, and accountability in malaria prevention and control.

On April 27th, 2026, in observance of **World Malaria Day**, B.Sc. Nursing 2nd-semester students conducted a **Role play & Health Education** at Fortis hospital Mohali. The session aimed to **educate the community** about **malaria prevention and control strategies**, emphasize the significance of **early diagnosis and treatment**, and encourage **active community participation** in combating malaria to improve public health. During the talk, students explained **malaria transmission** and the role of **Anopheles mosquitoes** in spreading the disease. They highlighted that malaria is caused by the **Plasmodium parasite**, which enters the human bloodstream through mosquito bites. The community was informed about **common symptoms** such as **high fever, chills, sweating, headache, nausea, and muscle pain**. To prevent malaria, students stressed the importance of **mosquito control measures** such as **removing stagnant water**, which serves as a breeding ground for mosquitoes. They advised attendees to **regularly clean water containers, cover tanks, and dispose of waste properly** to reduce mosquito populations. Additionally, they recommended **personal protection measures**, including **using insecticide-treated bed nets, wearing full-sleeved clothing, and applying mosquito repellents** to minimize mosquito bites. A key focus of the session was the **importance of early diagnosis and timely treatment**. Students encouraged community members to **seek medical attention** at the first signs of fever to prevent severe complications such as **cerebral malaria and organ failure**. They emphasized that malaria is **preventable and treatable** with proper awareness and timely intervention. The session concluded with an interactive discussion where community members asked questions and shared their experiences. The attendees pledged to follow **preventive measures** and spread awareness among their families and neighbours. The event successfully strengthened the community's **commitment to malaria prevention**, promoting a healthier and safer environment.

OUTCOMES:

- The local community gained valuable knowledge about malaria prevention, including the use of mosquito nets and the elimination of stagnant water.
- Participants were encouraged to adopt healthier practices, such as wearing protective clothing and using mosquito repellents.

- The awareness talks motivated individuals to seek timely medical care at the first signs of malaria symptoms.
- Community members committed to actively engaging in malaria prevention efforts to reduce the spread of the disease in their area.
- Improved knowledge and practices among communities, especially in high-risk areas.



Students Giving Awareness on “World Malaria Day” on 27th April, 2026



Students playing role play act on World Malaria Day on 27th April, 2026



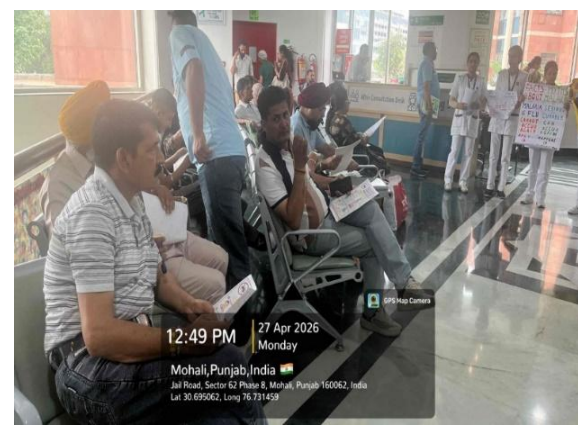
Students promote community participation in malaria eradication on world Malaria Day 2026



Student unite to fight malaria on world Malaria Day, April 27, 2026.



Students enhance understanding through interactive role play activities on World Malaria Day on 27th April, 2026



Students distributed flyers and educated to raise awareness about malaria on World Malaria Day on 27th April 2025.

EVENT DETAILS

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

OBJECTIVE

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

Description

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

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

- **Session on Solid Waste Management**

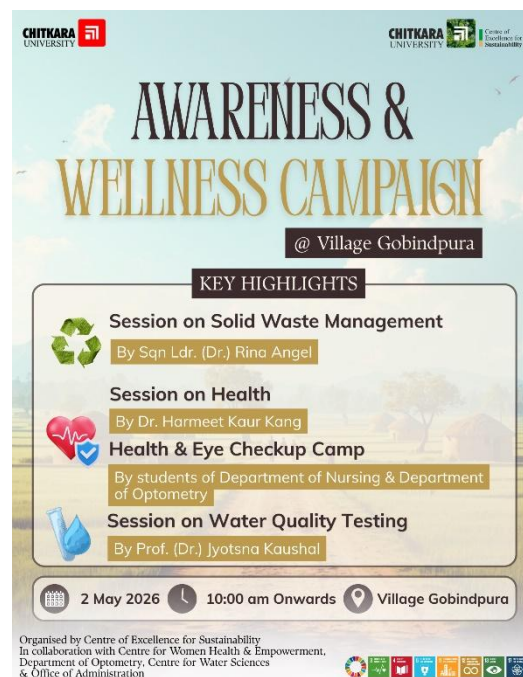
Sqn Ldr. (Dr.) Rina Angel highlighted the importance of proper waste segregation, responsible disposal methods, and sustainable environmental practices to promote cleaner and healthier communities.

- **Session on Water Quality Testing**

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

- **Session on Health & Hygiene**

Dr. Harmeet Kaur Kang emphasized the significance of personal hygiene, preventive healthcare, sanitation,



and wellness awareness for improving the overall quality of life in rural communities.

The healthcare activities included

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

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

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

OUTCOMES

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

CONCLUSION

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

SESSION PHOTOGRAPH





Health Camp





EVENT DETAILS

Event Name	Expert Health Talk and Free Consultation Camp for Women
Topic	Empowering Women through Preventive Healthcare
Date	16 th May, 2026
Venue	Centre for Health and Wellness: Centre for Women Health and Empowerment
Organizers	Department of Nursing
No. of Participants	5
No. of Impacted Individual	30
Under SDG no.	03, 17
SDG Details	SDG 3: Good health and wellbeing, SDG 17: Partnership for the goals

OBJECTIVES

1. **To enhance awareness** among women regarding preventive healthcare practices, early detection, and management of common health concerns.
2. **To provide expert guidance** through an interactive health talk delivered by a senior consultant in Obstetrics & Gynaecology, focusing on wellness and women's health issues.
3. **To offer personalized consultations** that address individual queries and health concerns, thereby empowering participants with tailored advice.
4. **To foster collaboration** between academic institutions and healthcare providers for promoting community health and wellbeing.
5. **To encourage proactive participation** of faculty, students, and staff in adopting healthy lifestyle practices and spreading awareness within their communities.

The Department of Nursing, under the Centre for Women Health and Empowerment, successfully organized an **Expert Health Talk & Free Consultation Camp for Women** in collaboration with Motherhood Hospital, Chandigarh. The initiative was designed to promote awareness, preventive care, and wellness among women, reflecting the department's commitment to community health and empowerment. The session was conducted by **Dr. Navdeep Kaur**, Senior Consultant – Obstetrics & Gynaecology, who delivered an insightful and informative talk on women's health. She emphasized the importance of preventive healthcare, early detection of common health concerns, and lifestyle modifications for overall wellbeing. Her presentation was **engaging, comprehensive, and impactful**, offering participants practical knowledge on maintaining good health. In addition to the expert lecture, Dr. Kaur provided individual consultations, addressing personal queries and guiding participants on specific health issues. This personalized interaction made the program **meaningful and supportive**, ensuring that participants felt heard and empowered to take proactive steps toward their health. The event witnessed enthusiastic participation from faculty members, students, and staff, creating a vibrant atmosphere of learning and dialogue. The program not only strengthened awareness but also fostered a culture of preventive healthcare practices among women. We extend heartfelt gratitude to the expert speaker, organizing team, and all participants for their valuable contributions in making the event a resounding success.



Dr. Navdeep Kaur, Senior Consultant – Obstetrics & Gynaecology provided free consultation to the female faculty of Chitkara University, Punjab on 16th May, 2026.



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Dr. Navdeep Kaur, Senior Consultant – Obstetrics & Gynaecology delivered an insightful and informative talk on women's health to the students of M.Sc. 1st Year students on 16th May, 2026

Ranji Trophy Match – On-Field Emergency Sports Rehabilitation

Event Name	Ranji Trophy Match – On-Field Emergency Sports Rehabilitation
Date	25 th – 28 th October, 2025
Venue	Punjab Cricket Association Stadium, Mohali
Organizer	Department of Physiotherapy, Chitkara University, Punjab
Resource Person	NA
Number of Participants	5
SDG Number	3 (Good Health and Well Being)
Duration	4 days

During the high-stakes Ranji Trophy domestic cricket tournament, the department delivered dedicated pitch-side sports physiotherapy and emergency critical care support. Stationed with rapid-response clinical units and mobile medical infrastructure, sports physiotherapists actively managed acute on-field injuries, musculoskeletal trauma, and severe muscle strain among elite players under demanding match situations. Swift triage protocols, stabilization maneuvers, and specialized sports therapeutic interventions were carried out directly at the boundary line and within the on-site ambulance unit. This clinical presence ensured prompt recovery transitions, minimized long-term player morbidity, and reinforced rigorous healthcare safety standards across premier Indian domestic cricket competitions.



Dr Brijesh with medical team treating athlete during the match

Inter-Circle Kho Kho Tournament 2025–2026, SBI Chandigarh in collaboration with Fortis Mohali

Event Name	Inter-Circle Kho Kho Tournament 2025–2026, SBI Chandigarh in collaboration with Fortis Mohali
Date	16th – 19th December, 2025
Venue	Sector 42, Sports Complex, Chandigarh
Organizer	Department of Physiotherapy, Chitkara University, Punjab in collaboration with Fortis, Mohali
Resource Person	NA
Number of Participants	3
SDG Number	3 (Good Health and Well Being)
Duration	4 days

The department partnered with Fortis Hospital, Mohali to organize a comprehensive sports physiotherapy station at the Inter-Circle Kho Kho Tournament 2025–2026, organized by the State Bank of India, Chandigarh. Kho Kho demands continuous rapid acceleration, explosive directional changes, and high joint impact, placing athletes at elevated risk of lower-limb sprains and muscle tightness. Clinical professionals provided on-site manual therapy, localized joint mobilization, trigger point release, and corrective stretching directly along the courtside sidelines. The initiative ensured immediate therapeutic pain relief, promoted active functional recovery between intense rounds, and educated participants on proper biomechanical injury prevention.



Dr Naritbir and Dr Brijesh from the Department of Physiotherapy providing treatment to players

International Day of Persons with Disabilities

Event Name	International Day of Persons with Disabilities
Date	3 rd December, 2025
Venue	SBI Head Office, Sector-17, Chandigarh
Organizer	Department of Physiotherapy, Chitkara University, Punjab
Resource Person	Dr Vivek Shrivastava, Dean, Department of Physiotherapy
Number of Participants	22 employees with disability from SBI, Chandigarh
SDG Number	3 (Good Health and Well Being)
Duration	1 day

In observance of the International Day of Persons with Disabilities, an interactive physical rehabilitation and awareness seminar was conducted at the SBI Local Head Office, Sector-17, Chandigarh, in association with Fortis Medcentre. The program centered on workplace accessibility, chronic neurological symptom relief, joint dysfunction management, and targeted postural interventions for banking personnel and corporate staff. Through live patient demonstrations, clinical experts showcased passive mobilization methods, ergonomic work-surface adjustments, and gentle corrective exercises to resolve neck and upper-body tension. The seminar raised institutional consciousness regarding occupational inclusion, functional mobility preservation, and holistic corporate spinal health.



Glimpses from the talk delivered by Dr Vivek Shrivastava, Dean, Department of Physiotherapy, Chitkara University, Punjab

Role of Muscle Health in Musculoskeletal Joint Integrity

Event Name	Role of Muscle Health in Musculoskeletal Joint Integrity
Date	12 th November, 2025
Venue	Rotary Club Mohali
Organizer	Department of Physiotherapy, Chitkara University, Punjab in collaboration with Fortis Mohali
Resource Person	Dr Vivek Shrivastava, Dean, Department of Physiotherapy
Number of Participants	20
SDG Number	3 (Good Health and Well Being)
Duration	1 day

Dr. Vivek Shrivastava delivered a specialized clinical presentation on the "Role of Muscle Health in Maintaining Musculoskeletal Joint Integrity" for the Rotary Club of Mohali Midtown, hosted at Fortis Hospital, Mohali. The expert talk examined how skeletal muscle preservation, targeted strength training, and soft-tissue flexibility directly safeguard joint kinematics and halt degenerative conditions such as frozen shoulder and osteoarthritis. Real-world clinical recovery milestones and non-surgical physical rehabilitation protocols were shared to illustrate sustainable mobility restoration. The engagement offered community leaders valuable clinical guidance on preserving structural vitality, functional independence, and overall joint health.



Glimpses of the talk delivered by Dr Vivek Shrivastava, Dean, Department of Physiotherapy in Rotary Club, Mohali

Health Oasis: Multispecialty Health Checkup Camp

Event Name	Health Oasis: Multispecialty Health Checkup Camp
Date	29 th November, 2025
Venue	Ground Floor, Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara University, Pb.
Resource Person	Dr. Manjeet Singh Trehan, Additional Director & Consultant, Internal Medicine & Gastroenterology, Fortis MEDCENTRE, Chandigarh Dr. Sunita Chandra, Consultant, Gynecology & Obstetrics, Fortis MEDCENTRE, Chandigarh Dr Akash Hora, Consultant, Orthopaedics, Fortis MEDCENTRE, Chandigarh Dr Roonal Shrivastava, Consultant – Dental Surgeon, Fortis MEDCENTRE, Chandigarh Dr Vivek Shrivastava, Dean, Department of Physiotherapy, Chitkara University & Consultant – Physiotherapy, Fortis MEDCENTRE, Chandigarh
Number of Participants	115
SDG Number	3 (Good Health and Well Being)
Duration	1 day

The Department of Physiotherapy, Chitkara University, in collaboration with Fortis MEDCENTRE, Chandigarh, successfully organised the “Health Oasis: Multispecialty Health Checkup Camp” on 29th November 2025 from 10:30 AM to 1:00 PM at the Ground Floor, Ramanujan Block, Chitkara University, Punjab. More than 115 faculty and staff members registered and availed multispecialty consultations, confirming the smooth and effective conduct of the camp.

Consultations were provided by the various specialists from Fortis MEDCENTRE, Chandigarh: The camp offered Internal Medicine & Gastroenterology consultation, Orthopaedic, Physiotherapy & Posture Screening, Gynecology & Women’s Health services, Dental Care, and Basic Vitals Screening. The camp concluded as scheduled with all planned services delivered to the registered beneficiaries.

Flyer of the Event:

CHITKARA UNIVERSITY

Fortis MEDCENTRE CHANDIGARH

HEALTH OASIS

MULTISPECIALTY HEALTH CHECKUP CAMP

DR. MANJEET SINGH TREHAN
Additional Director
Internal Medicine
Fortis MEDCENTRE, Chandigarh

DR. SUNITA CHANDRA
Consultant
Gynecology and Obstetrics
Fortis MEDCENTRE, Chandigarh

DR. ROONAL SHRIVASTAVA
Consultant
Dental Surgeon
Fortis MEDCENTRE, Chandigarh

DR. AKASH HORA
Consultant
Orthopaedics
Fortis MEDCENTRE, Chandigarh

DR. VIVEK SHRIVASTAVA
Consultant
Fortis MEDCENTRE, Chandigarh
Dean
Physiotherapy Chitkara University

29th November, 2025
10:30 AM - 01:00 PM
Ground Floor, Ramanujan Block

SERVICES OFFERED

- Internal Medicine & Gastroenterology
- Orthopaedic, Physiotherapy & Posture Screening
- Gynecology & Women's Health
- Dental Care
- Basic Vitals Screening

Faculty Incharge
Dr. Sahana A.
Associate Professor
Dr. Roopika Sabharwal
Associate Professor

Organized by Department of Physiotherapy
in collaboration with Fortis MEDCENTRE, Chandigarh
Contact us: cpd.physiotherapy@chitkara.edu.in

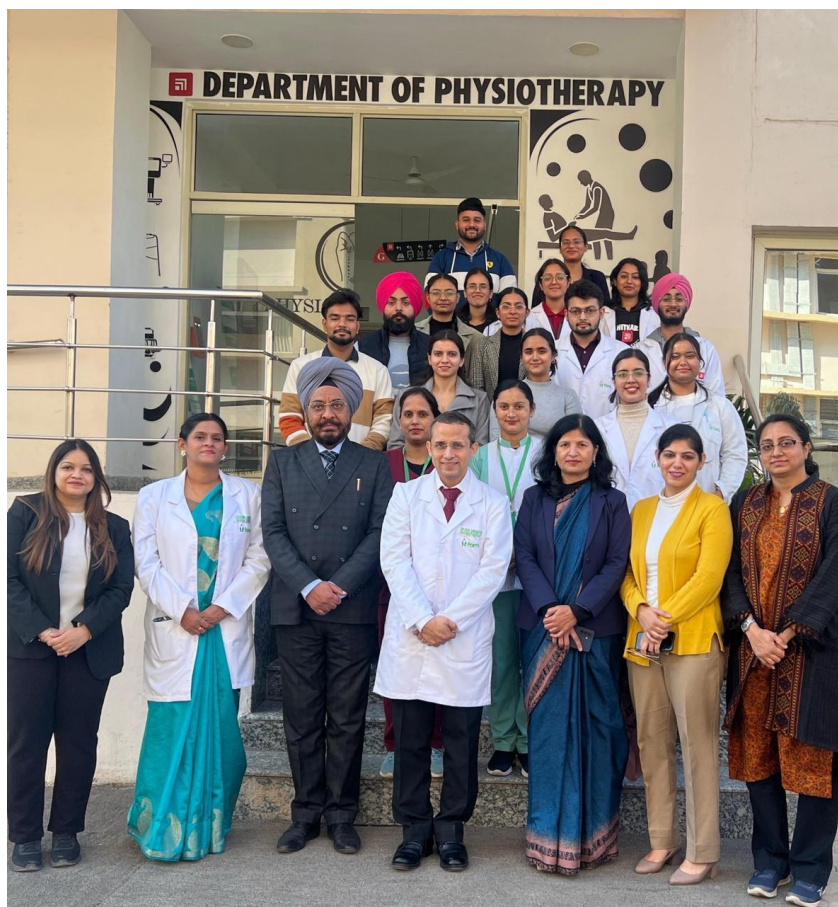
SCAN TO REGISTER

Glimpses of the Event:

Clinical evaluation and patient assessment by Dr Manjeet Singh (29.11.2025)



Group photograph of the organising team alongwith the consultants and the student volunteers (29.11.2025)



Focused consultation and patient-centered clinical assessment by Dr Akash (29.11.2025)



Oral health examination and preventive dental assessment by Dr Vivek (29.11.2025)



Focused consultation and patient-centered gynaecological assessment by Dr Sunita (29.11.2025)



Nursing staff checking the patients for basic vitals (29.11.2025)



Oral health examination and preventive dental assessment by Dr Roonal (29.11.2025)

