



HEALTHY CONTRIBUTIONS

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Health is the greatest of human blessings - Hippocrates

THE PRIMARY GOAL

The primary goal for any health care organization is to focus on the initiatives that promote health and well-being of everyone. Considering the same, **Chitkara School of Health Sciences** is also relentlessly contributing towards this goal by orchestrating various activities for the society, the students and staff on campus as well as for its most important stakeholders – the students at the healthcare school - the future healthcare professionals!!

SOCIETY

1. Awareness Sessions
2. Health Check-up Camps
3. Vaccination Drives
4. STI Hub – E OPD & Awareness Sessions

CAMPUS

1. Awareness Sessions
2. Health Check-up camps
3. Health Centre
4. OPD for Physiotherapy & Eye
5. Vaccination Drives
6. Training for Creche Staff & CPR Training for staff

FUTURE HEALTHCARE PROFESSIONALS

1. Holistic growth
2. Cocurricular Activities
3. Mentoring & Counseling
4. Exposure & Experience with Society

To facilitate our readers with an in-depth understanding of the role our School of Health Sciences and Department of Nursing play, as they contribute towards SDGs 3,4,10 and 17, we have made a humble effort to explain the array of activities undertaken.



HEALTH AWARENESS AND CHECK-UP CAMPS IN ADOPTED VILLAGES-

The University has adopted five neighboring villages. Of the many actions initiated towards the wellness of these villages, healthcare is an important activity. Be it the would-be-mothers, old generation, youth, infants



Health checkup for villagers

or the parents, everyone needs to be healthy. There are various health awareness sessions held for the villagers and various checkup campus organised at regular intervals. These include camps for lactating



Awareness Sessions & Administering Polio Drops



mothers, general health check-ups, administering polio drops, awareness sessions etc.



Nursing Students at Village Spreading Awareness



Health Education on Newborn Care in Gynae OPD





REGULAR HEALTH CHECK-UP CAMPS FOR STAFF AND STUDENTS – With an aim of twin-benefit, facility of healthcare is



provided to the staff and students of the campus by Department of Nursing. The students of the healthcare profession gain experience while the staff and other students have the advantage of a health check-up facility within campus. The awareness sessions guide students and staff to adopt better lifestyles.

AAROGYAM - Chitkara School of Health Sciences runs a series of healthcare and wellness initiatives under the banner '**Aarogyam**' with a purpose of making stakeholders of Chitkara University aware about the common challenges and conditions affecting their health and wellbeing and equipping them with the right information and techniques to combat these conditions. AAROGYAM has a holistic 4-point health objective:

- a) To counsel and educate the people regarding healthcare,



- b) To assess and diagnose the healthcare needs of staff and students of Chitkara University and provide comprehensive care,
- c) To conduct extension and outreach activities for the community,
- d) To provide qualitative, preventive, and curative health care.

Various seminars, workshops, health check-up camps, eye camps, physiotherapy camps, health awareness and fitness campaigns, e-dispensary and other extension and outreach activities are organized to enable and empower all the staff, students and the community to live healthier and happier lives.

Community Health Checkup Camps







STI HUB

The project of STI Hub is a government sponsored project where providing affordable



Providing Affordable Healthcare

healthcare is one of its various verticals. Within the realm of affordable



Providing Affordable Healthcare

healthcare, a remote diagnosis system called E-Dispensary has been created. This system links patients residing in remote areas with specialized doctors. As a

result of this initiative, 41 health-related activities were carried out, providing health benefits to over 495 beneficiaries. As a part of this project, online counselling is provided to villagers who cannot reach the hospitals for the required medical support.



PHYSIOTHERAPY CLINIC



Physiotherapy Clinic at Campus

Department of Physiotherapy at Chitkara School of Health Sciences runs a full-fledged Physiotherapy OPD on all working days of the university. The services provided by the OPD includes physiotherapy treatment for various musculoskeletal, neurological, and cardiopulmonary ailments. Apart from this, the OPD also provides postural and ergonomic advice for better work output in the office. The service is provided free of cost to all the employees and students of the university. The students are being enriched with the evidence based clinical skills by the clinical staff posted at the OPD by making them learn the assessment skills and planning the treatment accordingly. Along with, the department is also regularly sending its students under supervision of their clinical staff to hospitals as well as age care home at Rajpura. The department of Physiotherapy is also actively engaged



in organizing camps in the adopted villages as well as special rehabilitation centers.



Special Physiotherapy Camp for University Security Guards

EYE OPD Department of Optometry, Chitkara School of Health sciences conducts Eye OPD twice a week in Optometry lab, which Provide accessible, high-quality eye care services to students and faculties with various eye conditions and diseases. Conduct thorough assessments, diagnosis, and treatment planning tailored to individual patient needs. The Optometry students and faculties conduct eye camp in in 5 adopted villages surrounding Chitkara University. Extend eye care services to underserved populations through community outreach programs, mobile clinics, and eye camps. Raise awareness about eye health, preventive measures, and treatment options through health education initiatives and public campaigns. Collaborate with local



healthcare organizations, NGOs, and government agencies to address the burden of eye diseases in the community.



Eye Clinic at campus



Eye OPD for University staff and students



SESSIONS ON FIRST AID AND BLS TRAININGS FOR SUPPORT STAFF

Be it sessions on general health tips or healthy diet or against substance use or on mental health, the school of health sciences has always pro-actively initiated sessions for the support staff. While this helps us invest in a better health and awareness of the staff and contribute towards a healthier society, it also provides the students of the healthcare the knowledge on how to deal with customers, understand their problems, interact with them and give them solutions.

Knowledge is power and if we have the required knowledge on CPR we can save a life in case of an emergency. With a noble thought of equipping all our staff with the techniques of CPR, hands-on training is provided to all staff on the techniques of CPR. To spread awareness among all staff sessions are carried out in lots throughout the year. Training is provided on first aid too.



Session on CPR for staff



Session on CPR in progress

HEALTH CHECK-UP FOR WARDS AT THE CRECHE



Nursing Faculty at Creche for Health checkup of toddlers

The faculty of the Department of Nursing provide the support of regular health check-ups for our young customers at the Creche. They



provide awareness to the parents of the toddlers too, regarding their diet and general health tips.

TRAINING FOR CRECHE STAFF



Training for Creche Staff

At our campus, we have a creche where wards of faculty and staff taken care



of while the parents can work comfortably without worrying about their young ones. Department of Nursing provides training to the staff of the creche, so they understand the various aspects required to provide best attention and care to the toddlers including. hygiene,



minor ailments, feeding, play activities, prevention of accidents, behavioural disorders, toilet training etc.

AWARENESS THROUGH RADIO CHITKARA

To reach out to society and to the stakeholders, all available facilities are utilized. One of the main such facilities is Radio Chitkara FM 107.8.



Various Recordings at Radio Chitkara FM Studio

Sessions are aired as talks, plays, skits, panel discussions, etc., with topics related to health. This helps reach out to many villagers at one go. The villagers benefit with the sessions as they are made aware of various health tips for a healthy living.



HEALTHCARE & WELL BEING CENTRE

VISION

To foster a dynamic environment that promotes comprehensive health and wellness among all members of the university community, encompassing their physical, mental, and emotional well-being.

MISSION

1. Provide health services that are both accessible and comprehensive, incorporating counselling, preventative wellness programs, and medical care, in order to accommodate the varying needs of the faculty, staff, and students.
2. Utilize resources, outreach initiatives, and education to empower individuals to make well-informed decisions regarding their health by endorsing healthy lifestyles and behaviour.
3. Create a nurturing and all-encompassing atmosphere that places emphasis on the importance of resilience, emotional well-being, and mental health consciousness, thereby diminishing the social stigma and obstacles associated with seeking assistance.
4. Foster a culture of care, compassion, and community by integrating wellness into every facet of university life through collaboration with campus partners and external organisations.
5. Continually evaluate and modify services and programs in an effort to promote the health and wellness of the university community as a whole in an exemplary manner, taking into account feedback, research, and best practices.



The Centre strives to achieve the following goals:

1. To achieve an increase in utilization of health services by the students to around 90%.
2. Build and execute a peer support initiative wherein skilled student volunteers furnish their fellow peers with mental health resources and assistance.
3. In response to the evolving health demands of the community, enhance the broad spectrum of preventive health services provided through wellness workshops, health assessments, and vaccination clinics.
4. Facilitate the availability of mental health resources by raising the number of counselling appointments during periods of considerable demand and implementing teletherapy services.
5. For students experiencing financial difficulties, establish collaborative alliances with community organisations and local healthcare professionals to provide health services at a reduced cost or with financial assistance.
6. Incorporate stress-reduction initiatives that are customized to meet the specific requirements of students, faculty, and staff, such as mindfulness seminars, relaxation spaces on campus, and stress management programs.
7. Develop and execute stress management programs that are individualized to meet the specific requirements of students,



- faculty, and staff, as well as incorporate mindfulness workshops and relaxation locations onto campus.
8. Offer faculty and staff opportunities for professional growth and comprehensive training in areas including suicide prevention, mental health first aid, and fostering a supportive campus environment.
 9. Form a student advisory board with the purpose of soliciting feedback and viewpoints from the student body regarding the enhancement and progression of health and wellness initiatives on campus.





FOR THE FUTURE HEALTHCARE PROFESSIONALS

For a healthier tomorrow, Chitkara University relentlessly works towards designing future healthcare professionals. Priority is given towards fostering the holistic growth of its healthcare faculty, staff, and students, particularly regarding their mental health and general welfare. The educational approach transcends the confines of the curriculum by emphasizing the holistic welfare of all individuals — physical, emotional, and psychological.

Acknowledging the diverse array of obstacles that students might confront throughout their scholastic trajectory, including challenges related to mental health, academic and career-related matters, and adaptation concerns, the department has implemented a proactive measure to establish a comprehensive support system. University-trained counsellors are conveniently accessible to attend to the emotional requirements of students. In addition, the University has capitalized on the knowledge and proficiency of its healthcare faculty members in the domain of mental health nursing by establishing internal counselling services that furnish faculty, staff, and students with timely guidance.

Concurrent with these endeavours, a comprehensive grievance committee has been established to guarantee that any apprehensions expressed by faculty and learners are expeditiously and equitably resolved. This fosters an environment committed to equity and progress. Open channels of communication between students and



faculty through a weekly mentoring programme, supports their holistic development. Mentoring sessions provide a secure environment for students to discuss their academic advancement and personal development in a confidential manner.

A wide range of activities in collaboration with the Centre for Happiness are organized which includes stand-up comedy, competitions, and laughter yoga sessions. Various sports activities that offer a comprehensive opportunity for both physical health and mental rejuvenation are also arranged in conjunction with the Sport Board of the university, arranges.

Furthermore, a significant importance is placed on the welfare of its students and faculty, fostering an enduring culture of concern that is grounded in the mission, vision, and fundamental principles of the institution. Recreational and cultural gatherings are often coordinated with the intention of promoting the comprehensive welfare of all participants. Regularly organized stress-relieving activities are provided for the faculty, promoting a state of balance and revitalization.

The Student Nurses Association (SNA) functions as a dynamic organization that facilitates an abundance of extracurricular and co-curricular activities that benefit students' well-being. Participating in these pursuits not only provides an opportunity to escape the demands of academia but also fosters positive emotions and alleviates anxiety. Engaging in these activities provides the chance to collaborate with peers, develop personal competencies, and accomplish objectives, all



of which contribute to the enhancement of self-esteem and the acquisition of critical life skills, including effective time management.

Routine audits of the tangible learning environments, including skill laboratories and classrooms, are performed by the department. The audits serve a critical function in identifying areas that require improvement, thereby safeguarding the community's welfare. There has always been a robust commitment to aiding both faculty and staff in fostering their mental well-being and general welfare.