CHITKARA UNIVERSITY

CHITKARA UNIVERSITY Centre of Excellence for Sustainability

SUSTAIN-U Insights

VOL 5 | ISSUE 5 Jan - June 2026



Centre of Excellence for Sustainability

At the Centre of Excellence for Sustainability (CUCES), we are committed to fostering a culture of environmental responsibility, innovation, and sustainable living. Through impactful initiatives, academic integration, and community engagement, CUCES continues to drive meaningful change aligned with global sustainability goals.

JOIN US BY A SCAN
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Innovation for a Greener Tomorrow

Sustainable progress thrives on new ideas and practical solutions that address today's environmental challenges while securing the future.

Collective Action, Lasting Impact

When individuals come together with a shared vision, small efforts transform into powerful movements that drive real, lasting change.

CHITKARA UNIVERSITY

CHITKARA UNIVERSITY Centre of Excellence for Sustainability

The Centre of Excellence for Sustainability at Chitkara University is constituted for finding a balance between eco-friendly practices while maintaining efficiency and productivity, without sacrificing the performance and goal of the university.



VISION

To be a Global Leader in advancing sustainability practices, fostering interdisciplinary research, and empowering future generations to create a resilient and equitable world.



MISSION

To embed sustainability across academia, research, and operations by fostering collaboration, innovation, and community engagement—driving positive environmental, social, and economic impact while empowering individuals to lead sustainable change.



OBJECTIVE

Align university processes with the 17 UN SDGs, implement sustainability practices on and beyond campus, promote awareness to build a sustainability culture, continuously improve through stakeholder collaboration, and manage data on SDG-related initiatives at national and international levels.

SUSTAIN-U Insights

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From the desk of the Chairperson



"The environment is where we all meet; where we all have a mutual interest."
— Lady Bird Johnson



It gives me immense pride to witness the growing commitment to sustainability across the Chitkara University community. At Chitkara, sustainability is not an add-on but an integral part of our identity, reflected in our academic initiatives, campus operations, student engagement, and community outreach.

This period witnessed a diverse range of initiatives aligned with the UN Sustainable Development Goals (SDGs), including the SustainaStaff Series, GREEN BHARAT – 2 Weeks Impact Challenge, World Earth Day 2026, and World Environment Day 2026 – "Ek Ped Maa Ke Naam" Plantation Campaign.

Our community outreach initiatives, including the Awareness & Wellness Campaign at Village Gobindpura, Empowering Young Minds at the School of Eminence, Mohinderganj, Rajpura, Donate & Elevate – Donation Drive, Amrit Mitti Workshop, and the 5-Day Workshop on Empowering Communities through Education, Skills, Health, and Sustainability, further strengthened our commitment to creating meaningful impact.

I deeply appreciate the collective efforts of our students, faculty, staff, and partners in advancing this vision. Together, let us continue to turn sustainability into meaningful action and build a healthier, more inclusive, and sustainable future.

Together, let us continue to learn, innovate, and act for a healthier, more resilient, and sustainable future.

Sqn Ldr (Dr.) Rina Angel

Vice President | Infrastructure Enhancement
Chairperson | Centre of Excellence for Sustainability

Sustain-A-Staff 3 (Flavours of Excellence)

8-10 Jan 2026

Chitkara College of Hospitality Management, in collaboration with the Centre of Excellence for Sustainability, successfully organized a three-day Faculty Development Programme (FDP) titled "Flavours of Excellence" – A Hands-on Workshop for Faculty and Staff from 8th to 10th January 2026 at BTK1, Escoffier Block, Chitkara University.





Chef Manpreet Singh guiding participants about workshop and spices

OBJECTIVES

The programme aimed to:

- Enhance culinary competencies of faculty and staff
- Encourage innovation in traditional and contemporary Indian cuisine
- Integrate sustainability practices into kitchen operations
- Promote experiential, hands-on professional learning

The FDP was conducted under the expert guidance of Chef Manpreet Singh and Chef Yash Mehta, Assistant Professors, who led the sessions with a perfect blend of professional expertise and academic insight.



Day-wise Workshop Highlights Workshop Highlights

Day 1: Traditional Excellence – Rice & DessertsAdvanced culinary techniques and flavor profiling

The workshop commenced with a focus on classical Indian culinary craftsmanship. Participants prepared:

The session emphasized flavor balancing, spice layering, rice cooking techniques, dessert texture control, and presentation finesse. Sustainable ingredient usage and waste minimization techniques were also discussed during preparation.

Day 2: Tandoor & Grilled Specialties

The second day focused on marination science, grilling techniques, and protein handling. Participants prepared:

The chefs demonstrated advanced marination techniques, temperature control, and presentation aesthetics while reinforcing hygienic and sustainable kitchen practices

Day 3: Indian Street Food Artistry

The final day celebrated the vibrancy of Indian street cuisine. Participants prepared:

This session highlighted flavor contrasts, chutney preparation, crisp textures, plating innovation, and efficient batch preparation. The discussion also covered smart ingredient utilization to reduce wastage in high-volume food production.





Participants preparing food items uring workshop

The three-day FDP on "Flavours of Excellence" successfully blended culinary mastery with sustainable practices, enhancing the professional competencies of faculty and staff. The workshop concluded on a high note, leaving participants enriched with refined skills and renewed creativity.





Sustain-A-Staff 4 (Life Support (BLS) Training)

14 Feb 2026

The Centre of Excellence for Sustainability (CUCES), in collaboration with the Department of Nursing, Chitkara University, successfully organized SustainaStaff Series 4: Basic Life Support (BLS) Training Session on 14th February 2026

The session witnessed enthusiastic participation from more than 64 faculty members who registered online. The programme served as an important step towards strengthening emergency preparedness and promoting a culture of health and safety within the campus community.

OBJECTIVES

The primary objectives of the BLS Training Session were:

- To enhance awareness about emergency response in cases of cardiac arrest and other life-threatening situations.
- To equip faculty members with practical knowledge of Cardiopulmonary Resuscitation (CPR) and airway management.
- To build confidence in performing Basic Life Support procedures effectively.
- To foster a safe, prepared, and health-conscious campus environment.

- The training was conducted by esteemed resource persons Dr. Sawroop Dhillon, Associate Professor, Medical Surgical Nursing (Cardiovascular and Thoracic Nursing), and Ms. Seema Rani, Assistant Professor, Medical Surgical Nursing (Cardiovascular and Thoracic Nursing).
- Detailed explanation on recognition of cardiac arrest and immediate response techniques.
- Live demonstrations of CPR and airway management procedures.
- Hands-on practice sessions enabling participants to gain practical exposure.
- Interactive discussions addressing participant queries and real-life emergency scenarios.
- Active and engaged participation from faculty members across various departments.






CPR Demonstration

CONCLUSION

The SustainaStaff Series 4: Basic Life Support (BLS) Training Session proved to be a valuable capacity-building initiative, significantly enhancing emergency response preparedness among faculty members. The interactive format, practical demonstrations, and hands-on training contributed to building confidence and awareness within the campus community. The programme concluded with a formal vote of thanks, appreciating the contributions of the resource persons and the enthusiastic participation of all attendees. The Centre of Excellence for Sustainability looks forward to organizing more such impactful initiatives under the SustainaStaff Series to further strengthen institutional preparedness and well-being.




DID YOU KNOW

Performing CPR immediately can double or even triple a person's chance of surviving sudden cardiac arrest.

CLICK TO WATCH EVENT VIDEO

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GREEN BHARAT – 2 WEEKS IMPACT CHALLENGE

23 Feb - 14 Mar 2026

The Green Bharat 14-Day Impact Challenge engaged students in sustainability activities including plantation, waste management awareness, energy conservation, water conservation, and environmental education to promote responsible environmental behavior.

OBJECTIVES

- To create environmental awareness among students regarding sustainability and climate change.
- To promote responsible waste management practices on campus.
- To encourage water and energy conservation habits among students.
- To engage students in practical sustainability initiatives through field visits and activities.
- To promote community participation in environmental protection.
- To develop innovative ideas for sustainable campus practices.

The Green Bharat 14-Day Impact Challenge was organized at Chitkara University to encourage students to actively participate in sustainability initiatives and develop environmentally responsible behaviour.

GREEN PLEDGE

The Green Pledge initiative marked the beginning of the sustainability drive, wherein students committed to adopting eco-friendly practices in their daily lives. They pledged to reduce waste generation, conserve natural resources, and promote sustainable living. This activity instilled a strong sense of environmental responsibility and encouraged long-term behavioural transformation among students.



WASTE AUDIT

The Waste Audit activity provided students with practical exposure to waste identification and segregation. A detailed session was conducted by Dr. Pooja Mahajan, who elaborated on types of waste, segregation techniques, color-coded waste bins, and the principles of the 6Rs (Refuse, Reduce, Reuse, Recycle, Recover, Redesign). Students actively participated in analysing campus waste, which enhanced their understanding of waste management systems and promoted responsible disposal practices.





Session on Solid Waste Management

PLASTIC-FREE DAY

Plastic-Free Day was observed to emphasize the reduction of single-use plastics and promote sustainable alternatives. A special session titled "Rethink, Reduce, Recycle Plastic & Circular Economy" was conducted by experts from the Indian Plastics Institute (IPI), including Dr. Sanjeev Gupta (Honorary Secretary) and Dr. Amit Chawla (Chapter President). Their insights helped students understand the environmental impact of plastic and the importance of circular economy practices.





STP VISIT & PRACTICAL LEARNING

Students visited the Sewage Treatment Plant (STP) to observe wastewater treatment processes and understand the functioning of environmental management systems. This hands-on experience provided valuable insights into water conservation and treatment techniques.

Additionally, a session on “Catch the Rain: Rainwater Harvesting Awareness” was conducted by Dr. Jyotsna Kaushal, where students learned about groundwater recharge methods and practical techniques for constructing rainwater harvesting systems. The combined exposure strengthened their understanding of sustainable water management practices.



SUBSTATION VISIT

During the substation visit, students observed electricity distribution systems and identified areas of energy wastage. They were also introduced to solar energy solutions used on campus, enhancing their understanding of energy efficiency and conservation. The session was conducted by Mr. Kulbir Singh, Superintending Engineer.

The visit also provided practical insights into how renewable energy can be integrated into existing infrastructure. Students developed a better appreciation of real-time energy management and the importance of adopting sustainable practices. This experience encouraged them to think critically about energy use in their daily lives.



PLANTATION & BIODIVERSITY

Students actively participated in plantation drives and gained knowledge about the ecological and environmental benefits of trees and plants. They were guided on how vegetation contributes to biodiversity conservation, climate regulation, and ecological balance. This activity strengthened their connection with nature and promoted environmental stewardship.





CLEANLINESS DRIVE

The Cleanliness Drive engaged students in maintaining hygiene and cleanliness both on campus and in surrounding areas. Activities included campus cleaning and lake cleanliness drives, as well as initiatives in students' local communities. This fostered teamwork, discipline, and a shared sense of responsibility while contributing to a cleaner and healthier environment.



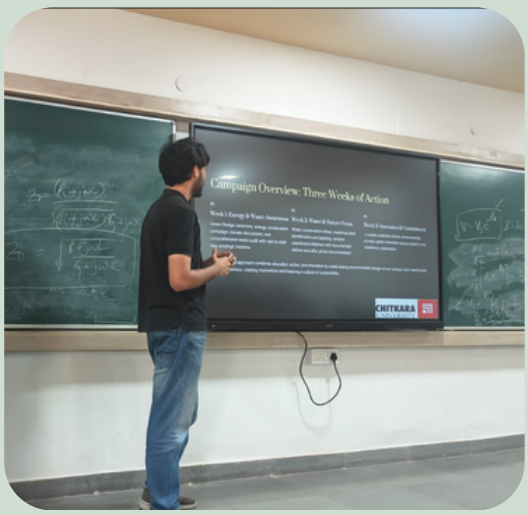
MEDICINAL PLANT IDENTIFICATION & DOCUMENTATION

Students participated in identifying medicinal plants and documenting their uses. This activity enhanced their understanding of traditional medicine and biodiversity. It also improved their research, observation, and documentation skills, encouraging a deeper appreciation for natural resources.

ENVIRONMENTAL SURVEY

Students conducted environmental surveys to identify local environmental issues and challenges. This activity enhanced their analytical and observational skills while providing practical exposure to real-world environmental concerns. It also encouraged critical thinking and problem-solving abilities.



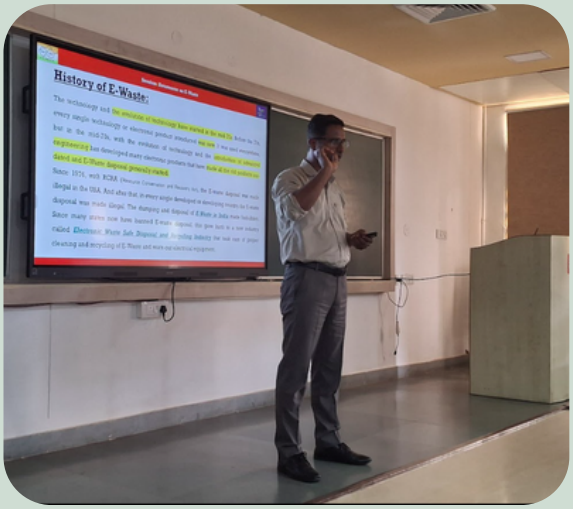


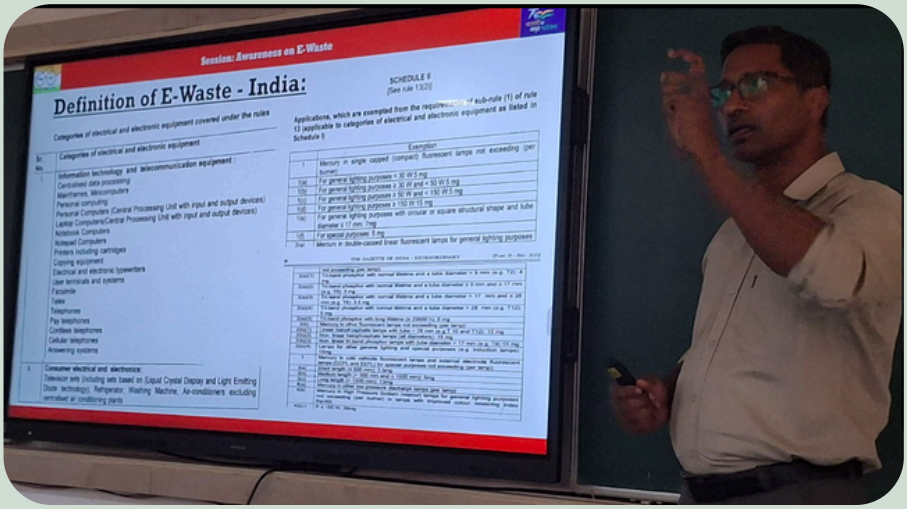


Student's Assignment Presentation

E-WASTE AWARENESS

An awareness session on electronic waste management was conducted by Mr. Pawan Kumar Gupta, who shared his expertise on the harmful effects of e-waste and proper disposal techniques. Students learned about recycling, reusing, and safe disposal of electronic waste. This activity emphasized the importance of segregating e-waste and reducing environmental pollution caused by hazardous materials.





PAPER RECYCLING PLANT VISIT

Students visited a paper recycling plant to understand the process of converting wastepaper into reusable products. Mr. Sanjeev Bhardwaj provided detailed insights into the recycling process. Students also observed various products made from recycled paper, such as notepads, file covers, and sustainable trophies. This visit reinforced the importance of recycling and resource conservation.



ORGANIC FARM VISIT

The Organic Farm Visit provided students with exposure to sustainable agricultural practices and eco-friendly food production methods. They learned about initiatives such as composting, biogas plants, and organic farming techniques, enhancing their understanding of environmental sustainability. The session was conducted by Mr. Hamid Raza, Senior Horticulturist.





AWARENESS RALLY, ONLINE QUIZ & POSTER PRESENTATION

Students actively participated in awareness rallies and poster presentations on environmental themes, helping spread awareness within the community. Additionally, an online quiz competition was conducted to assess and enhance students' knowledge of environmental issues. These activities promoted creativity, engagement, and knowledge dissemination.





CONCLUSION

The Green Bharat 14-Day Impact Challenge successfully engaged students in a wide range of practical environmental activities, fostering sustainability awareness and responsible behaviour. The program not only enhanced students' knowledge and skills but also encouraged active participation in environmental protection and the adoption of sustainable practices across the campus, contributing to long-term ecological responsibility.

It also created a deeper understanding of environmental challenges and the importance of sustainable living among students. The initiative strengthened awareness about resource conservation, waste management, and climate action, inspiring students to become proactive ambassadors of sustainability in their communities.

Sustain-A-Staff 5 : Women's Health Check-Up & Learning Breast Self Examination (BSE)

14 Mar 2026

OBJECTIVES

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.

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.







Demonstration on Breast Self Examination and consultation

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.**





CLICK TO READ EVENT REPORT

One Week Sustainability Awareness Activity

16 - 22 Mar 2026

OBJECTIVES

- To promote environmental awareness through practical daily sustainability actions.
- To encourage responsible waste management and resource conservation habits.
- To develop eco-friendly lifestyle practices among students.
- To enhance understanding of sustainability through experiential learning.
- To inspire community engagement and spread awareness on sustainable living.

The "One Week Sustainability Awareness Activity" organized by Chitkara University under the Sustainability Awareness Initiative 2026 is a thoughtfully designed experiential learning program aimed at fostering environmental responsibility among students. Conducted over seven days, from 16th March to 22nd March 2026, this individual activity encourages participants to adopt practical and impactful sustainable practices within their homes, hostels, or neighbourhoods. The initiative bridges the gap between theoretical understanding and real-life application, enabling students to become active contributors to environmental conservation. The activity is structured as a 7-day challenge, with each day focusing on a specific aspect of sustainability. It begins with a Waste Audit and Segregation exercise, helping students understand waste generation and proper disposal methods. This is followed by planting a sapling or nurturing a kitchen garden, promoting green living and responsibility towards nature. Water conservation actions on Day 3 instill the importance of preserving this vital resource, while energy-saving practices encourage students to adopt habits that reduce electricity consumption. Further, the Plastic-Free Day Challenge sensitizes participants about the harmful effects of plastic and motivates them to seek eco-friendly alternatives. The Sustainable Food Practice activity highlights mindful consumption, reduction of food waste, and preference for local and seasonal produce. On the final day, students extend their learning by creating awareness among at least three individuals, thereby multiplying the impact of the initiative. The program also emphasizes proper documentation and reflection, requiring students to submit a structured report including an introduction, daily activities with photographic or video evidence, and an overall reflection. This ensures not only participation but also critical thinking and self-evaluation. Overall, this initiative plays a significant role in shaping environmentally conscious individuals. By integrating simple yet effective sustainability practices into daily life, students develop a sense of accountability towards the environment. Such initiatives are crucial in building a sustainable future, as they empower young minds to take small steps that collectively lead to significant positive change.







1. Students adopt sustainable habits in daily life.
2. Improved awareness of waste management and resource conservation.
3. Enhanced practical understanding of environmental sustainability.
4. Increased use of eco-friendly and energy-efficient practices.
5. Positive impact created through community awareness and participation.











Swachhata Abhiyaan 2025 Award Ceremony & A Peep into Our Contribution to SDGs

1 Apr 2026

OBJECTIVES

The objective of the "Swachhata Abhiyaan 2025 Award Ceremony & A Peep into Our Contribution to SDGs" was to recognize and celebrate the collective efforts of various departments, faculty members, staff, and students towards cleanliness, sustainability, and the achievement of Sustainable Development Goals (SDGs). The programme aimed to promote environmental responsibility, institutional participation, and continuous commitment towards creating a cleaner and more sustainable campus ecosystem.

The "Swachhata Abhiyaan 2025 Award Ceremony & A Peep into Our Contribution to SDGs" commenced with the gracious arrival of esteemed guests and Hon'ble Pro Chancellor Dr. Madhu Chitkara, followed by a warm welcome address that created an inspiring and positive atmosphere for the event.

The programme continued with the presentation of the CUCES events video, which showcased the numerous sustainability initiatives, awareness campaigns, outreach programmes, and environmental activities conducted throughout the year. The audience was given a comprehensive overview of the university's ongoing commitment towards sustainability and social responsibility.





A detailed presentation highlighting SDG report contributions from various departments was also delivered during the event. The showcase reflected the active involvement and dedication of different departments in integrating Sustainable Development Goals into their academic, administrative, and community engagement activities. The collaborative efforts demonstrated the institution's strong commitment towards sustainable development and environmental stewardship.













One of the significant highlights of the programme was the inauguration of the CUCES Magazine, which documented the university's sustainability initiatives, achievements, and impactful activities undertaken during the year. The event also featured a presentation on the future roadmap, outlining upcoming sustainability goals, innovative action plans, and long-term strategies aimed at strengthening the university's contribution towards SDGs.

The ceremony further included the Swachhta Awards segment, where awards and recognitions were presented for excellence in maintaining cleanliness and hygiene across university *buildings, laboratories, faculty rooms, and libraries*. Special appreciation was extended to administrative staff members, building managers, and supervisors for their sincere dedication and continuous efforts in ensuring a clean and healthy campus environment.

In addition, awards were presented for Swachh Utsav participation and Best SPOCs 2025, *Mr. Vimal Sharma & Dr. Sanjana Mehta* were recognized as Best SPOCs acknowledging exceptional contributions and active involvement in sustainability initiatives. Judges and resource persons were also felicitated for their valuable guidance, support, and contributions towards the successful execution of various programmes and activities.

The event concluded with insightful and motivating words from Hon'ble Pro Chancellor Dr. Madhu Chitkara, followed by a formal vote of thanks and group photographs. The ceremony successfully celebrated collective efforts towards cleanliness, sustainability, and institutional commitment to achieving the Sustainable Development Goals.





- Recognized and appreciated outstanding efforts towards campus cleanliness and sustainability.
- Encouraged active participation of departments and stakeholders in SDG-related initiatives.
- Strengthened awareness regarding sustainable development and environmental responsibility.
- Promoted collaboration among academic, administrative, and support departments for sustainability goals.
- Motivated students, faculty members, and staff to contribute towards a cleaner and greener campus environment.
- Reinforced Chitkara University's commitment towards achieving Sustainable Development Goals through collective action and institutional participation.





Sustain-A-Staff 6 : Hands on Workshop in creating Bird Nests

4 Apr 2026

OBJECTIVES

To promote sustainability and environmental responsibility among staff by encouraging the reuse of scrap materials, while fostering creativity and awareness towards biodiversity conservation through the creation of bird nests.

The "SustainaStaff Series" 6: Creating Bird Nests Using Scrap Material" was organized by the Centre of Excellence for Sustainability as a 15-day hands-on workshop. The initiative aimed to engage staff members in eco-friendly practices by transforming waste materials into functional bird nests, thereby supporting urban biodiversity.

The session was guided by Dr. Kanika Bansal, who provided valuable insights into sustainable design and the importance of creating safe habitats for birds. Participants actively engaged in designing and crafting bird nests using various scrap materials such as cardboard, ropes, dried grass, and reusable household items.



Session on making of sustainable bird nests & about birds









HIGHLIGHTS

- Awareness about the importance of bird conservation in urban ecosystems
- Demonstration of techniques for creating durable and eco-friendly bird nests
- Hands-on learning experience using scrap and recyclable materials
- Encouragement of creativity and innovation in sustainable practices

CONCLUSION

In conclusion, the Bird Nest Making activity proved to be a meaningful and creative initiative that encouraged participants to utilize sustainable materials while showcasing their artistic skills and environmental awareness. The activity witnessed enthusiastic participation, with each creation reflecting innovation, effort, and dedication. All the bird nests were carefully evaluated by Dr. Kanika Bansal, who highly appreciated the creativity and commitment demonstrated by the participants. Based on the predefined judgement criteria, she thoughtfully selected the top-performing bird nests as winners. The activity not only fostered creativity but also reinforced the importance of sustainability and compassion towards nature.

OUTCOMES

- Increased awareness about waste management and sustainable living
- Enhanced creativity and practical skills among staff
- Contribution towards supporting local bird populations
- Strengthened sense of environmental responsibility
- Promotion of a culture of sustainability within the institution.





Participants showcasing their bird nests



Sustain-A-Staff 7 : Eye Check-Up Camp

7 Apr 2026

OBJECTIVES

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.

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





HIGHLIGHTS

- 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



Expert Session on Youth Health- Managing Stress & Burnout

7 Apr 2026

OBJECTIVES

- To create awareness among youth about stress, burnout, and their impact on mental and physical health .
- To help participants identify early signs and symptoms of stress and burnout.
- To understand the common causes of stress in students' academic and personal lives.
- To provide practical strategies and techniques for effective stress management.
- To promote healthy lifestyle practices including self-care, time management, and work-life balance.

On the occasion of World Health Day,2026, The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, in collaboration with the Centre of Excellence for Sustainability, organized the event. an expert session for B.Sc. Nursing 4th Semester students titled "Youth Health: Managing Stress & Burnout" on 8th April 2026. The session aimed to create awareness, provide practical coping strategies and promote overall mental well-being while addressing one of the most pressing concerns affecting today's youth,with increasing academic demands, social pressures, digital overload, and uncertainties about the future, stress and burnout have become common experiences among students. The session was delivered by Ms. Vijyeta Bhasin (Assistant Professor, Department of Nursing, Chitkara University), whose insightful and engaging approach made the session highly impactful. She highlighted the common causes of stress among youth, including academic pressure, social expectations, and the influence of digital media. She also explained the early signs of burnout, such as emotional exhaustion, lack of motivation, and decreased productivity, enabling participants to identify these issues in their own lives.









Through an interactive and informative approach, various practical coping mechanisms were discussed. Techniques such as mindfulness, relaxation exercises, prioritization of tasks, and maintaining a consistent daily routine were explained in detail. Special emphasis was placed on self-care practices, including adequate sleep, regular physical activity, and digital detox, highlighting their importance in maintaining mental balance.



Sustain-A-Staff 8: Understanding the Law on Sexual Harassment at Workplace

18 Apr 2026

OBJECTIVES

To create awareness among staff regarding workplace sexual harassment laws, promote a safe and respectful work environment, and empower individuals with knowledge of their rights and responsibilities under legal frameworks.

The "SustainaStaff Series 8: "Understanding the Law on Sexual Harassment at Workplace" was organized by the Centre of Excellence for Sustainability in collaboration with Chitkara Law School. The session aimed to sensitize staff members about the legal aspects, preventive measures, and redressal mechanisms related to workplace sexual harassment. The session was conducted by Prof. (Dr.) Sandhya Kumari Chitkara Law School, who provided in-depth insights into the provisions of the POSH (Prevention of Sexual Harassment) Act. The key highlights of the session included:

- Understanding what constitutes sexual harassment at the workplace
- Overview of the POSH Act and its legal framework
- Roles and responsibilities of employees and employers
- Importance of Internal Complaints Committee (ICC)
- Procedures for reporting and redressal of complaints
- Preventive strategies to ensure a safe work environment
- Interactive discussion and real-life case examples



The session encouraged active participation and created a safe space for discussion, allowing attendees to clarify doubts and gain practical understanding.



OUTCOMES

- Enhanced awareness about workplace rights and legal protections
- Improved understanding of prevention and reporting mechanisms
- Encouraged a culture of respect, safety, and inclusivity
- Strengthened institutional commitment to gender equality and justice
- Empowered staff to contribute towards a harassment-free workplace



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DID YOU KNOW?

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act) requires every workplace in India with 10 or more employees to establish an Internal Committee (IC) to receive and address complaints of sexual harassment.

World Heritage Day – Photography Competition

18 Apr 2026

OBJECTIVES

To celebrate World Heritage Day by encouraging students to explore, document, and appreciate cultural, natural, and architectural heritage through photography. The competition aimed to create awareness about the importance of preserving heritage as a living system connected with sustainability, culture, biodiversity, and community identity.



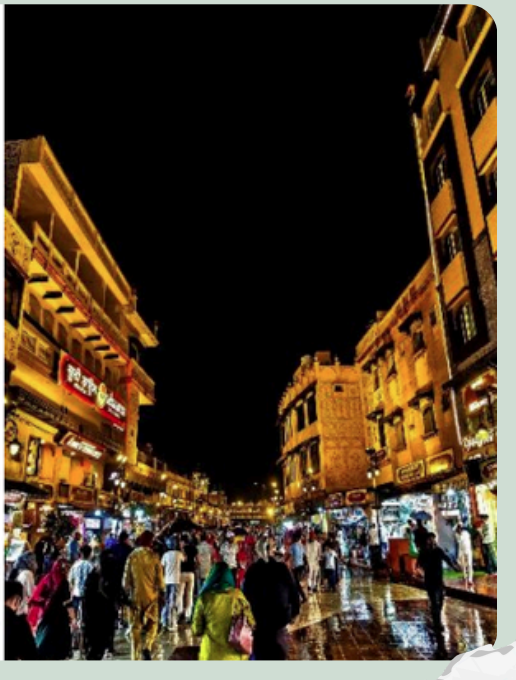
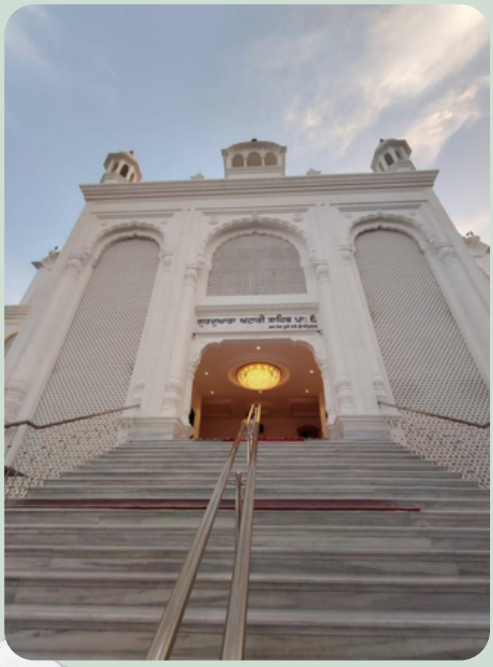
On the occasion of World Heritage Day, the Chitkara School of Planning & Architecture, in collaboration with the Centre of Excellence for Sustainability (CUCES) and, organized an Online Photography Competition based on the theme "Document Heritage as a Living System."

The competition invited participants to capture the essence of heritage through creative and meaningful photographs reflecting cultural traditions, monuments, local practices, biodiversity, architecture, folk art, and sustainable living systems. Students enthusiastically participated and submitted photographs showcasing the rich heritage and diversity of India. The event aimed to encourage participants to observe heritage not merely as historical monuments but as living ecosystems deeply connected with communities, environment, traditions, and identity.

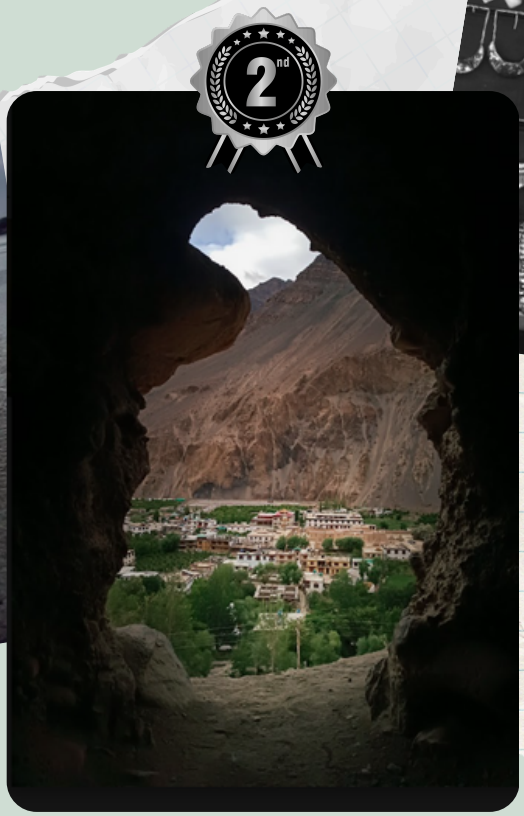


Through their lenses, participants highlighted stories of conservation, culture, traditional knowledge, and harmony between people and nature. Participants were allowed to take part in the competition both individually as well as in groups.

The photography entries demonstrated creativity, artistic expression, and awareness regarding the preservation of cultural and natural heritage. The competition also provided a platform for students to develop visual storytelling skills while promoting sustainable values and appreciation for heritage conservation. Participants submitted their entries through the registration portal before the submission deadline of 18th April 2026. The entries were evaluated on the basis of originality, relevance to the theme, composition, storytelling, and overall impact.







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World Earth Day 2026

20-24 Apr 2026

OBJECTIVES

Chitkara University, with 1200 kWp solar energy capacity and 33% of its area under green cover, stands as a strong example of environmental stewardship. Its rich ecosystem of more than 10,000 trees representing 106 species, along with over 30 vertical gardens, terrace gardens, and herbal gardens, showcases its unwavering commitment to sustainability.

On World Earth Day 2026, the Centre of Excellence for Sustainability (CUCES), in collaboration with the National EduTrust of India, The Climate Project Foundation, and various departments, schools, and colleges of Chitkara University, organized a dynamic weeklong campaign from 20th to 24th April under the global theme "Our Power, Our Planet." The celebration brought together the university community through impactful initiatives such as a Plantation Drive with an Eco-Selfie Campaign, the Clean Campus in 60 Minutes Challenge, Bring Your Own Bottle/No Plastic Day, and a Poster Making Competition, all aimed at fostering environmental awareness and responsible action.

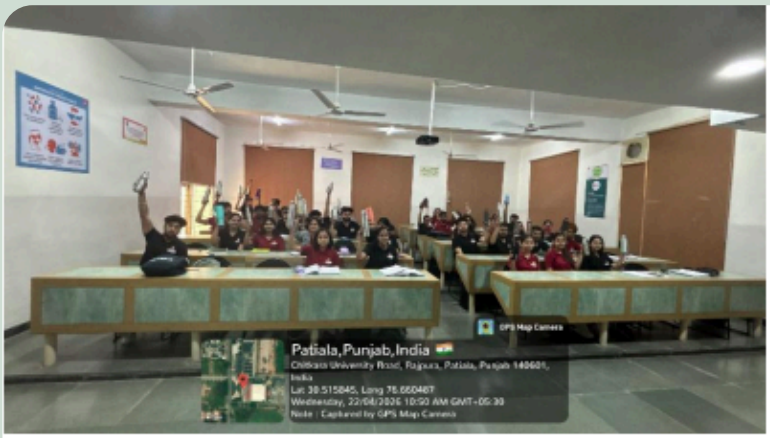






Poster presentation and plantation









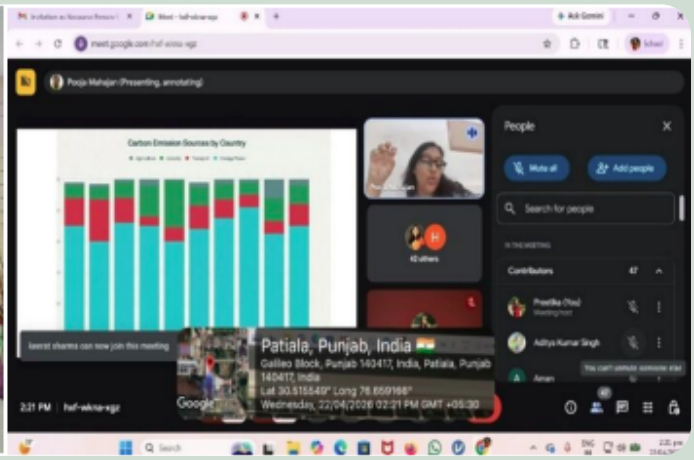




Adding depth to the celebration were enriching expert sessions, including:

- **"Planet vs Plastics" by *Dr. Amit Chawla, Chairman, Indian Plastic Institute***
- **"Net Zero, Renewable Energy and Decarbonization" by *Er. Money Khanna, Project Manager, PEDA Chandigarh***
- **"Energy for Change: Innovations to Reduce Carbon Footprints" by *Dr. Pooja Mahajan, Associate Professor, Chitkara University***









The campaign created a remarkable impact with the enthusiastic participation of 1,342 ecowarriors and eco-volunteers, 100+ faculty members, and 200+ staff members, showcasing a united commitment towards building a greener, cleaner, and more sustainable future. Notably, the highest number of eco-volunteer participants was from the College of Pharmacy.



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Donate & Elevate - Donation Drive

20-24 Apr 2026

OBJECTIVES

The objective of the “Donate & Elevate” Donation Drive was to encourage the university community to contribute towards social welfare by donating useful items for underprivileged communities. The initiative aimed to promote compassion, sustainability, responsible resource sharing, and community engagement while supporting the global vision of inclusive development and social responsibility.

The Centre of Excellence for Sustainability (CUCES), in collaboration with the Office of Administration and Umang Club under the Office of Student Life, organized the "Donate & Elevate" Donation Drive across the Chitkara University campus from 23rd April to 5th May 2026. The initiative encouraged students, faculty, and staff to donate clothes, shoes, stationery, toys, household essentials, furniture, and other reusable items for the benefit of underprivileged communities. After careful sorting and preparation by volunteers, the collected donations were handed over to Prabh Asra NGO, Mohali, supporting those in need while promoting the principles of reuse, resource conservation, and social responsibility. The drive reflected the university's commitment to sustainability, community welfare, and inclusive development through meaningful collective action.





Packing and loading of items

- **Encouraged the spirit of social responsibility and compassion among students and staff. Promoted sustainable practices through donation, reuse, and redistribution of resources.**
- **Supported underprivileged communities through the contribution of essential items.**
- **Strengthened collaboration between university departments and student organizations for community welfare initiatives.**
- **Fostered awareness regarding inclusive development and collective social action.**
- **Reinforced Chitkara University’s commitment towards sustainability and community empowerment**




ਪ੍ਰਭ ਆਸਰਾ
ਸਰਬ ਸਾਂਝਾ ਪਰਿਵਾਰ
Prabh Aasra
Unified Family








ਦਇਆ, ਸਹਾਰੇ ਅਤੇ ਆਸ ਦਾ ਸਰਬ ਸਾਂਝਾ ਘਰ
ਪ੍ਰਭ ਆਸਰਾ
ਸਰਬ ਸਾਂਝਾ ਪਰਿਵਾਰ
Prabh Aasra
Unified Family
A Holistic Place of Hope, Compassion & Healing
CHITKARA UNIVERSITY

Awareness & Wellness Campaign at Village Gobindpura

2 May 2026

OBJECTIVES

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.

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 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 (SDGs).

The event featured expert-led awareness sessions on key community issues:

- Solid Waste Management: Sqn Ldr. (Dr.) Rina Angel highlighted waste segregation, responsible disposal, and sustainable environmental practices for cleaner, healthier communities.
- Water Quality Testing: Prof. (Dr.) Jyotsna Kaushal explained safe water practices, water quality testing methods, and the importance of clean drinking water in preventing water-borne diseases.
- Health & Hygiene: Dr. Harmeet Kaur Kang emphasized personal hygiene, preventive healthcare, sanitation, and wellness awareness to improve the quality of life in rural communities.





Session on Solid Waste Management, Water Quality Check & Health & Wellness

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.





Eye checkup camp



Health consulation



SustainaStaff: Chapter- 9

2 May 2026

OBJECTIVES

The objective of SustainaStaff – Chapter 9 was to create awareness among university staff members regarding the safe management and disposal of expired medicines along with promoting understanding about medicinal plants and their healing properties. The sessions aimed to encourage responsible healthcare practices, environmental sustainability, and the use of natural resources for wellbeing.

The Centre of Excellence for Sustainability (CUCES), Chitkara University, organized "SustainaStaff – Chapter 9", an event designed for staff members to enhance awareness of sustainable healthcare practices and medicinal plants.

The first session, "Understanding Management – Expired Medicines," was delivered by Dr. Rajwinder Kaur, Professor, Chitkara College of Pharmacy. It highlighted the risks of improper disposal of expired medicines, including environmental and health hazards, and explained safe and responsible methods for managing pharmaceutical waste, unused, and expired medicines.

The second session, "Understanding Medicinal Plants Around Us," was conducted by Dr. Amit Kumar, Assistant Professor, Chitkara College of Pharmacy. It focused on commonly available medicinal plants, their therapeutic benefits, traditional applications, and the role of plant-based resources in promoting natural healing and wellness.

The sessions witnessed active staff participation and engagement through informative discussions and interactive learning, encouraging participants to adopt sustainable and health-conscious practices in their daily lives.



Outcomes & Conclusion: SustainaStaff – Chapter 9 increased awareness of the safe disposal and management of expired medicines, pharmaceutical waste, and environmental sustainability, while enhancing knowledge of medicinal plants, their healing properties, and natural healing resources. The initiative encouraged healthier, eco-friendly practices and responsible consumption, promoted healthcare sustainability, and strengthened interdisciplinary collaboration for sustainability-focused initiatives within the university. The informative sessions reflected Chitkara University's commitment to health awareness, environmental responsibility, and sustainable development among its staff community.









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ENVIROQUEST 1.0 – From Awareness to Impact

14 May 2026

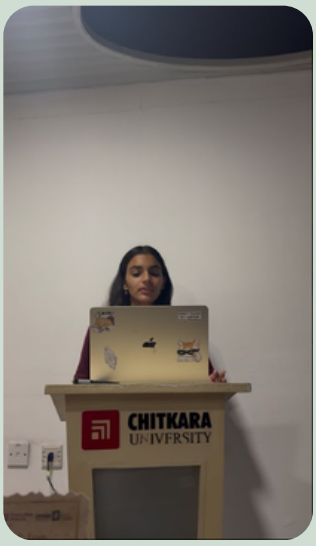
OBJECTIVES

The objective of ENVIROQUEST 1.0 – From Awareness to Impact was to promote environmental awareness among students and encourage them to develop innovative and sustainable solutions to real-world environmental challenges. The event aimed to nurture creativity, critical thinking, and teamwork while inspiring students to actively contribute towards environmental conservation andsustainable development.

The Department of Computer Science and Engineering (DCSE), Chitkara University Punjab, in collaboration with the Centre of Excellence for Sustainability (CUCES), successfully organized ENVIROQUEST 1.0 – From Awareness to Impact on 14 May 2026. The event was conducted under the guidance of Prof. (Dr.) Rishu Chhabra, Dean, DCSE, and coordinated by Dr. Pooja Mahajan and Dr. Htet Ne Oo. The initiative served as an engaging platform for students to showcase their innovative ideas, research, and practical solutions related to environmental sustainability.







The projects reflected students understanding of contemporary environmental challenges and demonstrated practical approaches to minimizing environmental impact through innovation and responsible resource utilization.





Empowering Young Minds at School of Eminence, Mohinderganj, Rajpura

16 May 2026

OBJECTIVES

The objective of the outreach visit was to spread awareness among school students and parents regarding sustainable living, environmental responsibility, health, and holistic wellbeing. The initiative aimed to inspire young minds to adopt eco-friendly habits, understand the importance of social equality, and actively contribute towards achieving the United Nations Sustainable Development Goals (SDGs).

The Centre of Excellence for Sustainability, in collaboration with the Community Resilience Resource Centre, Chitkara University, conducted an outreach visit to the School of Eminence, Mohinderganj, Rajpura, aimed at educating and empowering students through awareness on sustainability, responsible living, and social well-being. Sqn Ldr (Dr.) Rina Angel, Chairperson – Centre of Excellence for Sustainability, delivered an insightful session on Sustainable Lifestyle Practices, emphasizing responsible daily habits to protect the environment and ensure a sustainable future. The session covered waste management, carbon emission reduction, environmental conservation, gender equality, reduced inequalities, and the United Nations Sustainable Development Goals (SDGs). Students were encouraged to become responsible citizens and active contributors to environmental protection and social development, while interactive discussions highlighted how small lifestyle changes can create a significant positive impact. On the special request of the Principal, an additional awareness session was conducted for parents attending the induction programme, focusing on sustainable habits at home, environmental responsibility among children, and community participation in sustainable initiatives. The outreach successfully strengthened community engagement and awareness of sustainability, health, and social responsibility, reflecting Chitkara University's commitment to nurturing socially responsible and environmentally conscious communities.



The outreach initiative enhanced awareness among students and parents about sustainable lifestyle practices, environmental responsibility, and eco-friendly habits, while encouraging participation in sustainability initiatives. It promoted understanding of the United Nations Sustainable Development Goals (SDGs) and their relevance to daily life, along with awareness of gender equality, reduced inequalities, and social responsibility. The initiative also strengthened the university's connection with the local community through meaningful outreach and inspired young minds to become active contributors towards building a sustainable and inclusive future.





Interactive session on sustainable lifestyle







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World Environment Day 2026- Ek Ped Maa Ke Naam Plantation Campaign

3 June 2026

OBJECTIVES

The primary objective of the "Ek Ped Maa Ke Naam" Plantation Campaign was to commemorate World Environment Day 2026 by promoting environmental conservation through tree plantation. The initiative aimed to inspire students, faculty members, and staff to contribute towards a greener future by dedicating a tree to their mothers and Mother Earth. The campaign also sought to raise awareness about biodiversity conservation, climate action, and the importance of increasing green cover for sustainable development.

On World Environment Day 2026, the Chitkara University School of Maritime Studies (CUSMS), in collaboration with the Centre of Excellence for Sustainability (CUCES), organized the "Ek Ped Maa Ke Naam" Plantation Campaign at Martin Luther Extension, Chitkara University, Punjab, under the theme "Plant a Tree, Nurture Nature, Secure the Future." Participants planted and dedicated saplings to their mothers and Mother Earth, promoting gratitude, environmental responsibility, climate change mitigation, biodiversity conservation, and ecological balance. Students, faculty, and staff actively participated, supporting the university's 2,000-tree plantation mission. Awareness sessions highlighted afforestation, carbon sequestration, soil conservation, habitat restoration, individual responsibility, and healthier communities, while the initiative strengthened community engagement and environmental sustainability.



The “Ek Ped Maa Ke Naam” Plantation Campaign increased awareness about tree plantation and environmental conservation, enhanced university participation in sustainability initiatives, and contributed to green cover and biodiversity on campus. It encouraged environmentally responsible practices and strengthened the collective commitment towards climate action and sustainable development. By dedicating trees to their mothers and Mother Earth, participants expressed gratitude while contributing to ecological conservation. The initiative reinforced the importance of individual and collective action in addressing environmental challenges and reflected Chitkara University’s commitment to a greener, healthier, and more sustainable future for generations to come.









ENVIROQUEST 2.0 – From Awareness to Impact: Promoting Environmental Awareness and Sustainable Action

3 June 2026

OBJECTIVES

The objective of ENVIROQUEST 2.0 – From Awareness to Impact was to promote environmental awareness among students and encourage them to actively participate in sustainability-focused initiatives. The event aimed to enhance understanding of environmental challenges, inspire innovative thinking, and motivate students to adopt sustainable practices that contribute towards environmental protection and sustainable development.

The Department of Computer Science and Engineering (DCSE), Chitkara University Punjab, in collaboration with the Centre of Excellence for Sustainability (CUCES), organized ENVIROQUEST 2.0 – From Awareness to Impact on 22nd May 2026 at TG 101, Turing Block, under the guidance of Prof. (Dr.) Rishu Chhabra, Dean, DCSE, and coordinated by Dr. Shveta Bansal and Dr. Pooja Mahajan. The event enabled students to showcase their understanding of environmental sustainability through presentations on climate awareness, environmental responsibility, energy conservation, single-use plastics, waste management, Chitkara University's SDG journey, energy consumption, and green mobility. Students presented creative, research-driven, and solution-oriented ideas promoting sustainable lifestyles and responsible resource use. Dr. Ravi Dandotiya and Dr. Kanika evaluated the presentations and provided valuable feedback. The event fostered engagement, knowledge sharing, and meaningful discussions, reinforcing environmental stewardship and collective action towards a greener, more sustainable future.















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Workshop on Kulhad Painting
Celebrate Creativity Through Sustainable Art

3 June 2026

OBJECTIVES

The objective of Department of Nursing students to understand the importance of environmental sustainability through a handson creative activity. The workshop aimed to inspire students to reuse traditional clay pots (kulhads), promote indoor greenery, and develop a sense of environmental responsibility by combining artistic expression with sustainable living practices. The initiative also sought to highlight the therapeutic and ecological benefits of plants while fostering creativity and environmental stewardship among future healthcare professionals.

The Centre of Excellence for Sustainability (CUCES), Chitkara University, organized "Paint, Plant & Preserve – A Creative Sustainability Workshop" on 05 June 2026 for students of the Department of Nursing. Mr. Hamid Raza, Senior Horticulturist, Department of Horticulture, shared insights on indoor plants, sustainable gardening, environmental conservation, air quality, and mental well-being. The workshop featured a Kulhad Painting and Plantation Activity, where students creatively painted traditional clay kulhads and planted ornamental and indoor plants in them, turning them into eco-friendly decorative planters. The activity promoted creativity, sustainability, reuse of biodegradable materials, and alternatives to plastic planters. Students learned basic plant care and explored how greenery supports health, wellness, and sustainable lifestyles. The workshop also emphasized reusability and creative upcycling, demonstrating how everyday materials can be repurposed to reduce waste and promote responsible resource utilization.



The workshop enhanced students' awareness of environmental sustainability and eco-friendly practices, encouraged the creative reuse of traditional clay kulhads as sustainable planters, and increased knowledge of indoor plants and their environmental and health benefits. It promoted plantation and greenery as steps towards sustainable living, inspired students to adopt environmentally responsible habits in daily life, and strengthened their commitment to achieving the Sustainable Development Goals (SDGs) through practical action.











Workshop on Amrit Mitti

5 June 2026

OBJECTIVES

The objective of the Workshop on Amrit Mitti was to create awareness among nearby villagers about the significance of Amrit Mitti and Amrit Jal as sustainable approaches for improving soil fertility, conserving water resources, and promoting environmentally responsible agricultural practices. The workshop aimed to empower participants with practical knowledge that encourages the restoration of soil health, efficient utilization of natural resources, and adoption of eco-friendly farming methods for longterm environmental sustainability

The Community Resilience Resource Centre (CRRC), in collaboration with the Centre of Excellence for Sustainability (CUCES) and Office of Administration, organized a Workshop on Amrit Mitti on 05 June 2026 to raise awareness among nearby villagers about sustainable soil and water conservation. Mr. Kamaljeet Singh, Director, Kisaan Sanchar, conducted theoretical and practical sessions on Amrit Mitti and Amrit Jal, covering healthy soil ecosystems, water conservation, sustainable agriculture, soil enrichment, and responsible farming. The programme was facilitated by Dr. Shivani Malhotra, Dean, Department of ECE; Dr. Nitin Saluja, Senior Director, CURIN; and Sqn. Ldr. (Dr.) Rina Angel, Vice President Infrastructure Enhancement and Chairperson, CUCES. A practical demonstration by Dr. Anurag Tiwari, Dean, Agriculture Program, at Yellow Point Farm showcased eco-friendly soil management and soil quality improvement techniques. The workshop highlighted the role of healthy soil and efficient water management in food security, environmental conservation, biodiversity, and climate resilience, encouraging sustainable agricultural practices and responsible natural resource use for future generations.



The workshop enhanced villagers' awareness of Amrit Mitti and Amrit Jal for sustainable agriculture and improved understanding of soil conservation, water management, and eco-friendly farming practices. It encouraged sustainable techniques to improve soil fertility and environmental health, promoted responsible conservation and utilization of natural resources to strengthen climate resilience, and fostered community participation in environmental conservation and sustainable rural development. The initiative also strengthened collaborative efforts towards achieving SDGs 2, 3, 4, 11, 13, 15, and 17.





Hands on session on creating Amrit Mitti



Registration





Empowering Communities through Education, Skills, Health, and Sustainability

8-12 June 2026

OBJECTIVES

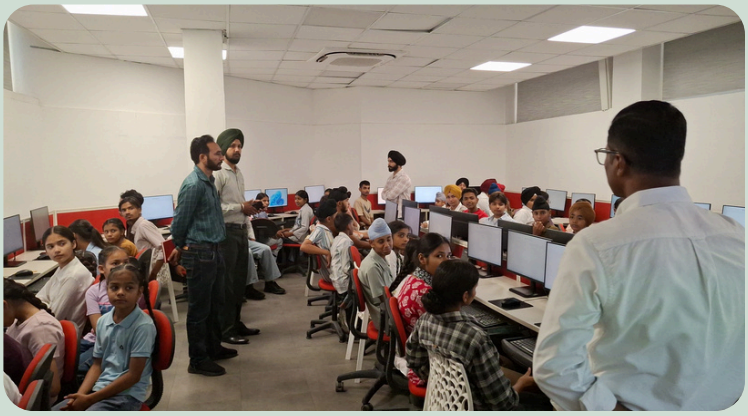
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From 8–12 June 2026, the Centre of Excellence for Sustainability (CUCES), Chitkara University, in collaboration with the Office of Administration and various academic departments, organized five Community Outreach Activities for women and children from nearby communities, focusing on practical skills, sustainable lifestyles, and community well-being. The Mending Workshop for Women, conducted with the Department of Fashion Design, Chitkara Design School, equipped 36 women with stitching, garment repair, clothing reuse, self-reliance, and livelihood skills, promoting sustainable fashion and the circular economy. Computer Classes for Children, organized with TPG and Office of Administration and led by Dr. Pawan Kumar, engaged 51 children in digital learning, building technology skills and confidence. The Young Explorers Program, in collaboration with the Office of Administration and Umang Club (OSL), engaged 45 children through games, logical reasoning, creativity, teamwork, and problem-solving, developing confidence, communication, critical thinking, and leadership. The Kulhad Painting Workshop, conducted by Mr. Hamid Raza, engaged 44 children in creative painting using eco-friendly materials while promoting reuse, sustainable alternatives to single-use plastics, and India's cultural heritage. An Awareness Talk on Menstrual Hygiene, organized with the Department of Nursing and conducted by Ms. Timsy, addressed menstrual health, hygiene management, healthy practices, myths, and physical and emotional well-being. Collectively, the initiatives empowered women, equipped children with digital and life skills, promoted creativity and eco-friendly practices, strengthened health awareness, and reflected Chitkara University's commitment to social impact and inclusive, sustainable development.



Students enjoying the fun activities

The Community Outreach Activities (8–12 June 2026) empowered women with stitching, garment repair, and sustainable livelihood skills, enhanced children's digital literacy, confidence, creativity, teamwork, communication, and problem-solving, and promoted reuse, repurpose, and eco-friendly practices. The initiatives increased awareness of menstrual hygiene, health, dignity, and informed healthcare, encouraged community participation in sustainable development and lifelong learning, and supported the national visions of Digital India, Healthy India, and Viksit Bharat. Through collaboration among CUCES, Office of Administration, and academic departments, the programmes strengthened community engagement, social responsibility, and sustainable living while contributing to multiple United Nations SDGs and reinforcing Chitkara University's commitment to meaningful social impact.



Computer Class



Mending Workshop



Kulhad Painting Workshop





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Sustainable Living Tips and Tricks

Welcome to our guide on embracing a more sustainable lifestyle! Discover simple yet impactful changes that can make a big difference for our planet.

Reduce Plastic

Use reusable bags, bottles, and containers. Avoid single-use plastics.

Conserve Energy

Switch to LED bulbs and unplug unused electronics.

Sustainable Transport

Walk, bike, or use public transport. Carpool to reduce emissions.

Eco-Friendly Eating

Choose local, organic foods and reduce meat consumption.



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SUSTAIN-U Insights

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