



**CHITKARA  
UNIVERSITY**

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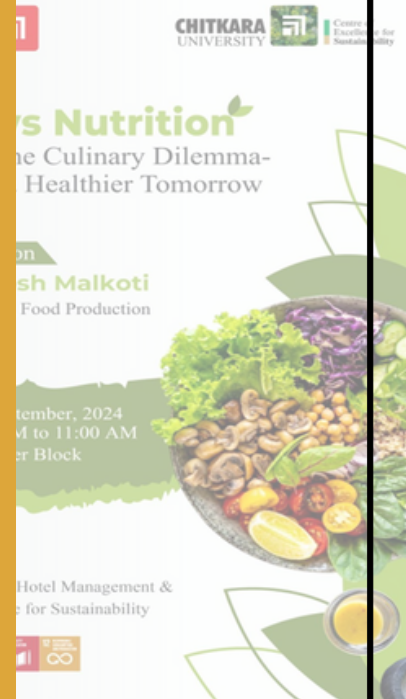


Centre of  
Excellence for  
Sustainability

**2 ZERO  
HUNGER**



Patiala,  
Rajpura, Pa  
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09/03/2024  
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**Jul 2024 - Jun 2025**



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Event Name	Workshop on Master Class on Taste of The Mediterranean
Date	2024 - 08 - 06 to 2024 - 08 - 07
Venue	Conti Kitchen, Second Floor, Escoffier Block
Organizer	Chitkara College of Hospitality Management
Resource Person	Chef Shridula Chatterjee  Head Chef
Number of Participants	06
SDGs Covered	2, 4, 12, 17
Duration	2 hr. 30 mins

### **Objective**

- The objective of this workshop is to achieve mastery in the skills of Mediterranean & Arabic cuisine.
- To gain insight into culinary techniques catering to people of all proficiency levels.
- To provide opportunities for ambitious beginners to explore the culinary field
- The diversity of this conceptual cuisine is evident in its ability to attain a delicate flavor of fresh products.
- Pronounced simple preparation and handled with expertise in terms of presentation, serving etiquette & guest handling techniques.

### **Description**

Practical Experience: Learners engage in a hand- on activity by actively participating in the process of making various Mezze, Greek Tzatziki, Palestinian Musakhan making, Greek Pita and garnishing and plating. Diverse Mediterranean Tasting: Immerse yourself in a unique tasting experience featuring an array of mezze, Greek and Arabic dips varieties from around the globe. Discover the distinct textures and flavors that make each region style a work of art on its own. Live Pita- Making Demonstrations: This opportunity allows for the budding chefs to explore the off distinctive recipes, together with the corresponding cooking techniques, flavor profiles, garnishing, and presentation styles. Students witnessed the magic unfold as our Chef Shridula Chatterjee showcases the artistry of Mediterranean cuisine. Students Gain insights into the techniques, traditions, and secrets that elevate the fresh and healthy cuisine preparation to an extraordinary level.

## Outcomes


- This workshop has inspired individuals with varying levels of culinary expertise, ranging from freshmen to individuals ready to work in a professional kitchen.
- Spark for further exploration: The workshop ignited a passion for modern mezze.
- Students get hands- on experience in Mediterranean cuisine
- It boosted professional understanding
- Explored Mediterranean trends and encouraged participants to continue learning and experimenting.





<b>Title: Financial Roadmap for Startups: Navigating the Path to Success</b>		
<b>1</b>	<b>Type of Activity</b>	Interactive knowledge Session and Interaction under CEED Smart 7 Series to empower students & young aspiring entrepreneurs by providing them with the necessary tools, knowledge and inspiration to turn their business dreams into reality by leveraging power of execution.
<b>2</b>	<b>PROGRAM THEME (KEYWORDS)</b>	Facilitate interactive knowledge session on Financial Roadmap for Startup Success
<b>3</b>	<b>Link</b>	<a href="https://www.facebook.com/share/p/xrh5buDuvcsE9wGP/?mibextid=oFDknk">https://www.facebook.com/share/p/xrh5buDuvcsE9wGP/?mibextid=oFDknk</a>
<b>4</b>	<b>Program Type</b>	Interactive Knowledge Session on Financial Roadmap for Startups: Navigating the Path to Success
	<b>Nomenclature</b>	Financial Roadmap for Startups: Navigating the Path to Success
	<b>Duration of the activity</b>	120 Minutes
<b>5</b>	<b>Description of the event not more than 100 words (Final Report)</b>	
	The session was designed to empower students & aspiring entrepreneurs by providing them with knowledge, frameworks and inspiration to turn their ideas into successful entrepreneurial ventures. Mr. Prashant Singh, Mentor of CEED, Chitkara University shared his extensive experience in the field of entrepreneurship and startup ecosystem and provided key insights on how to navigate entrepreneurial complexities and define the financial roadmap for startups. The session covered how to navigate financial mazes and build a profitable startup.	
<b>6</b>	<b>Kindly justify the activity conducted by your respective department will fit as IIC event (Point No 2 should be taken care of-Maximum 100 words).</b>	
	The session was highly engaging and provided deep and practical knowledge on defining financial terms involved in building a startup and crafting a roadmap for financial security. The session deep dived into revenue streams, costs associated and business models for better finance understanding for entrepreneurs and its elements along with decrypting the financial jargons of successful startups. It also covered how to define long term roadmap for your venture in terms of financial growth and security to get an edge on competition. The	

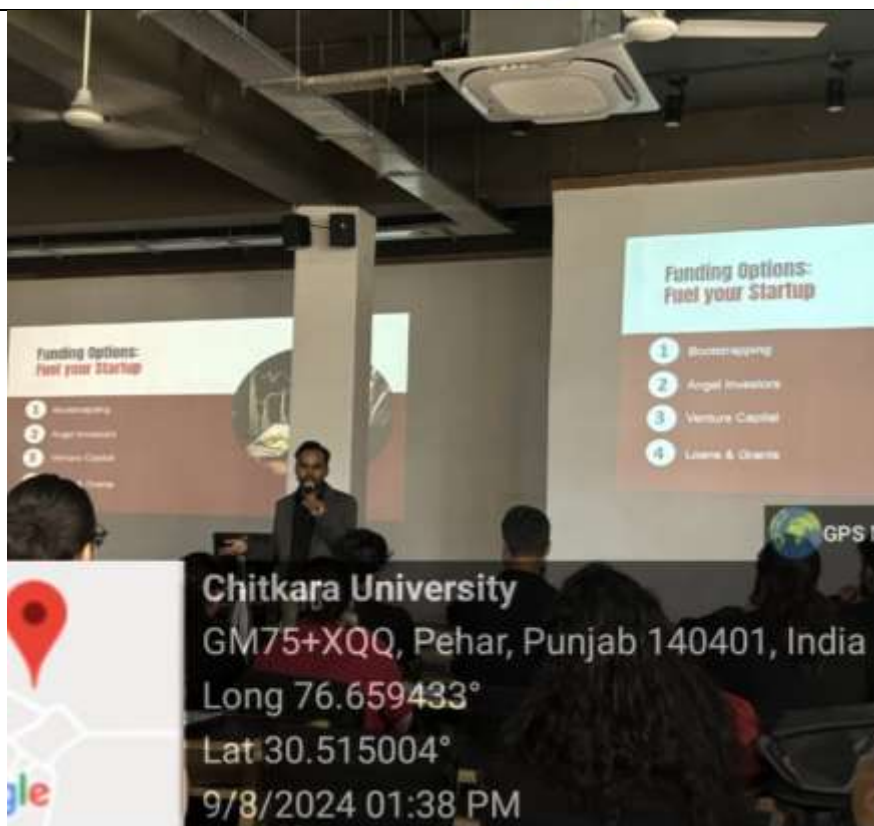


	students were highly engaged and asked many thought-provoking questions, which led to discussions on costs P& L, Statements & profitability. The event was well-organized, with a high level of participation and engagement from startups.
7	<b>Start and End date of the event:</b> 09/08/2024 to 09/08/2024
8	<b>Mention minimum number of students (Event):</b> 60
9	<b>Mention minimum number faculty (Event):</b> 1
10	<b>Objective of the event in 3 words (90 Characters) only:</b> Providing insights to build a successful venture.
11	<b>SDG Covered -SDG1, SDG12</b>
12	<b>Benefit of the activity in 5 words (120 Characters) only:</b> Deep Understanding of financial terms, Profit & Loss statements, balance Sheets etc.
13	<p><b>SPACE FOR PHOTOGRAPHS</b></p> <p><b>Before the Event: Flyer</b></p>  <p><b>During Event:</b></p>









<b>Name of Department:</b>	<b>CEED</b>
<b>Name of Organizer with Mail ID &amp; Contact Number:</b>	Yuvraj Vashisht 9815090630 <a href="mailto:yuvraj.vashisht@chitkara.edu.in">yuvraj.vashisht@chitkara.edu.in</a>
<b>Resource Person Details:</b>	
<b>Name:</b>	Mr. Prashant Singh
<b>Designation:</b>	Mentor
<b>Organization:</b>	CEED

Project Title	Examining the Role of Mental Health, Hygiene and Nutritional Literacy in Schools and Universities
Date	September 2024 – September 2025
Venue	Chitkara University and Deen Dayal Upadhyaya (DDU) Gorakhpur University
Department	DRC-CSHS, Chitkara University and Department of Psychology, DDU Gorakhpur University
Project Team	Dr. Naveen Kumar, Associate Professor, Chitkara University, Co-Principal Investigator (Co-PI). Dr. Vismita Paliwal, Associate Professor, Department of Psychology, Principal Investigator (PI)
Number of Participants	5 (Project Team)
SDGs Covered	2, 3, 4, 6, 8, 11, 12, 13, 17
Duration	1 Year

### About the Activity

Chitkara University, in collaboration with DDU Gorakhpur University, is engaged in the **ICSSR-funded research project** titled “Examining the Role of Mental Health, Hygiene, and Nutritional Literacy in Schools and Universities.”. This project is funded under the Special Call for Vision Viksit Bharat@2047 by the Indian Council of Social Science Research (ICSSR), MoE, GOI, New Delhi [F. No. 140/VVB@2047/2024-2019/ISD-A/SC)].

The project is led by Dr. Vismita Paliwal, Associate Professor, Department of Psychology, DDU, as the Principal Investigator (PI), with Dr. Naveen Kumar, Associate Professor, Chitkara University, serving as the Co-Principal Investigator (Co-PI).

This research aims to explore the impact of mental health, hygiene, and nutritional literacy on students in schools and universities, assessing their role in academic performance, well-being, and overall development.



Dr. Richa Sharma  
Deputy Director  
SCD Division (In-charge)  
Tel # 011-26742140  
Email: [specialcall@icssr.org](mailto:specialcall@icssr.org)

Indian Council of Social Science Research  
(Ministry of Education)  
JNU Institutional Area, Aruna Asaf Ali Marg  
New Delhi – 110067  
Website: [www.icssr.org](http://www.icssr.org)

#### AWARD LETTER

Dated: 20.09.2024

F.No.140/VVB@2047/2024-2019/ISD- A /SCD

To,  
The Registrar  
Deen Dayal Upadhyaya Gorakhpur University,  
Uttar Pradesh - 273009

Subject: Award of Research Project (Collaborative) titled ‘Examining the Role of Mental Health, Hygiene and Nutritional Literacy among the Youth’s in Secondary and Higher Education of Rajasthan and Uttar Pradesh’ under the special call for Vision Viksit Bharat@2047 (VVB@2047) to Dr. Vismita Paliwal, Prof. Jagdish Prasad, Dr. Naveen Kumar, Dr. Ashish Kumar Shukla, Dr. Manish Kumar Pandey.

ICSSR congratulates you on successfully obtaining the award of Research Project under Special Call for Vision Viksit Bharat@2047, under Category A, on the basis of recommendations of the Expert Committee.

1. The Indian Council of Social Science Research (ICSSR) has approved the award of ‘Research Project’ under the Special Call on Vision Viksit Bharat@2047” the Research Project submitted by Dr. Vismita Paliwal of your Institution.

The study, as proposed by the researcher, is to be located at and financially administered by your institution as per the guidelines of this award.



The study seeks to provide valuable insights to educators, policymakers, and researchers to enhance youth well-being through evidence-based interventions.

### **Project Objectives**

The project “*Examining the Role of Mental Health, Hygiene, and Nutritional Literacy in Schools and Universities*” aims to:

- **Assess the Impact:** Analyze how mental health, hygiene, and nutritional literacy influence students’ academic performance, well-being, and personal development.
- **Promote Awareness:** Enhance knowledge and awareness among students, educators, and institutions regarding the importance of these factors.
- **Develop Policy Recommendations:** Provide evidence-based insights to support the formulation of policies that integrate mental health, hygiene, and nutrition into educational frameworks.
- **Strengthen Research & Collaboration:** Facilitate interdisciplinary research and institutional partnerships to foster long-term improvements in youth well-being.
- **Align with National Goals:** Contribute to Vision Viksit Bharat@2047 by addressing key areas that support a healthier and more empowered youth population.

### **Key Highlights**

- **ICSSR-Funded Initiative:** Supported under the Special Call for Vision Viksit Bharat@2047, highlighting its national significance.
- **Collaborative Research:** A joint project between DDU Gorakhpur University and Chitkara University, led by Dr. Vismita Paliwal (PI) and Dr. Naveen Kumar (Co-PI).
- **Comprehensive Study:** Focuses on the role of **mental health, hygiene, and nutrition in shaping students' academic and personal growth.**
- **Interdisciplinary Approach:** Engages experts from psychology, education, public health, and policymaking to ensure well-rounded research.
- **Policy-Oriented Outcomes:** Aims to generate actionable insights to influence education policies and institutional practices.

## Project Outcomes

1. **Enhanced Educational Frameworks:** Recommendations for integrating mental health, hygiene, and nutrition literacy into school and university curriculums.
2. **Improved Student Well-Being:** Strategies to foster healthier lifestyles and better mental health support systems in educational institutions.
3. **Stronger Institutional Collaborations:** Establishing networks between universities, research bodies, and policymakers for future initiatives.
4. **Publication & Knowledge Dissemination:** High-quality research papers and reports that contribute to academic and policy discussions.
5. **Contribution to Vision Viksit Bharat@2047:** Aligning research findings with national development goals for a healthier and more knowledgeable youth demographic.



Event Details	
Event Name	National Nutrition Week Celebration
Topic	Healthy Cooking Competition
Date	03.09.2024
Mode	Offline
Venue	Nutrition Lab, GB105, Galileo Block
Organizer Name	Ms. Navpreet Kaur, Associate Professor, Department of Nursing, CSHS Ms. Kanika Sharma, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	16
Under SDG no.	2, 3, 17
SDG Details	SDG 2: Zero Hunger SDG 3: Good health and wellbeing SDG 17: Partnerships for Goals

## **Objectives**

- To create awareness regarding the necessity and advantages of healthy eating.
- To encourage the students to stay away from junk food.
- To provide a platform for students to showcase their talent and explore new areas of interest.
- To encourage students to learn from others and compete with their own skills and expertise.

National Nutrition Week is an important time to focus on food and health. This celebration highlights the need for good nutrition, especially in relation to Sustainable Development Goal 2 which aims to end hunger and ensure food security. Farmers play a crucial role in providing the crops that nourish our communities. By supporting agriculture, we can improve nutrition and help reduce hunger. It is essential for everyone to understand the importance of healthy food choices and the impact of farming on our diets.

On the occasion of National Nutrition week celebration, a Healthy cooking competition was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on 3<sup>rd</sup> September 2024. The theme of the Healthy cooking competition was “Nourishing the Future: Sustainable diet for All.” Students prepared yummy chaat, sandwiches, nutritious Ladoo’s, Indian puddings, soya wraps etc. and participated with full zeal and enthusiasm.



Dishes were judged on the basis of taste, presentation, creativity and unique name of the dish by esteemed judges Ms. Kanika Guleria and Ms. Kanu Mahajan, Assistant Professors, Department of Nursing. Judges were overawed by the efforts of the participants. The event not only provided a platform for the students to foster their creativity but also fostered their decision-making skills.





Students preparing their dishes in Healthy Cooking Competition on 3<sup>rd</sup> September 2024





Judges evaluating the dishes of the participants in Healthy Cooking Competition on 3rd September 2024



Group Photo of all the participants in Healthy Cooking Competition on 3rd September 2024

## **Outcome**

- The competition helped the students to explore their hidden talents and discover new areas of interest.
- The students enjoyed the day enthusiastically while taking part in this competition.



Event Details	
Event Type	Workshop
Topic	Taste Vs Nutrition Decoding the Culinary Dilemma-Eating for a Healthier Tomorrow
Date	2024-09-05 to 2024-09-05
Mode	Offline
Venue	BTK-1, Escoffier Block
Organizer Name	Chitkara College of Hospitality Management & Centre of Excellence for Sustainability
Resource Person	Chef Santosh Malkoti Head of Program, Food Production
No. of Participants	45
SDG No	SDG 2: Zero Hunger, SDG 3: Good Health and Well-being, SDG 5: Gender Equality, SDG 12: Responsible Consumption and Production

### Objective

- To emphasize the importance of nutrition for students' overall well-being.
- To educate on the components of a balanced diet.
- To provide practical meal-planning strategies for busy schedules.
- To dispel common misconceptions about healthy eating.
- To empower students to make informed dietary choices.

### Description

On September 5th, 2024, the Chitkara College of Hotel Management and the Centre of Excellence for Sustainability organized an insightful session focused on the importance of nutrition and a balanced diet.



The event took place at the Escoffier Block from 9:00 am to 11:00 am, featuring Chef Santosh Malkoti, the Head of Program (Food Production), as the resource person. Chef Santosh Malkoti shared valuable insights into the critical role of nutrition in maintaining overall health, especially for university students.

He emphasized the importance of incorporating a balanced diet that meets the body's nutritional requirements despite the challenges posed by a hectic academic life. The session highlighted the key elements of a healthy diet, including macronutrients and micronutrients, and offered practical tips on meal planning and making better food choices. Chef Malkoti also addressed common misconceptions about diet and nutrition, providing evidence-based guidance to ensure that the students effectively manage their health and well-being. The session aimed to empower students with the knowledge necessary to make informed food choices and maintain a balanced lifestyle, helping them to cope with the physical and mental demands of their academic journey. It provided actionable advice that is both accessible and applicable to daily routines.

### **Outcomes**

1. Improved understanding of nutrition and its role in health.
2. Awareness of the components of a balanced diet.
3. Enhanced ability to plan nutritious meals despite a busy schedule.
4. Clarification of myths and misconceptions about nutrition.
5. Increased confidence in making informed food choices.





Event Name	Say No to Food Waste
Date	13 to 21 Sep 2024
Mode	Online
Organizers	Centre of Excellence for Sustainability & The Office of Food & Beverages
Participants	All
Number of Participants	30
SDGs Covered	SDG-2 & SDG-12
Duration	9 Days

### About the Activity

“Say No to Food Waste”, an event was organized by the Centre of Excellence for Sustainability and the Office of Food & Beverages, which ran from 13th to 21st September 2024. It was a competition aimed at raising awareness and encouraging action to prevent food waste. The primary goal of the initiative was to align with sustainable practices and promote responsible food consumption. Several teams participated in the competition, each team comprising five **members** — **three students** and **two faculty** members. The blend of students and faculty encouraged collaboration and shared responsibility in promoting sustainability.

### Objective

The core task of the competition was for students to create **posters with impactful slogans** on the theme “Say No to Food Waste”. These posters were meant to highlight the significance of reducing food waste and demonstrate creative approaches to achieve sustainability goals.





Event Details	
Event Type	Workshop
Topic	Exploring Lost Indian Recipes
Date	2024-09-26 to 2024-09-26
Mode	Offline
Venue	Demo Kitchen, 1st Floor, Escoffier Block
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Chef Osama Jalali Celebrity Chef
No. of Participants	42
SDG No	SDG 4: Quality Education, SDG 2: Zero Hunger, SDG 12: Responsible Consumption and Production

### Objective

- Rediscover Forgotten Recipes: Introduce students to India's lost regional dishes.
- Hands-on Learning: Provide practical training in recreating traditional recipes.
- Preserve Culinary Heritage: Highlight the importance of preserving India's food traditions.
- Research Skills: Encourage students to explore and document traditional recipes.
- Blend Tradition with Innovation: Inspire creativity while respecting culinary heritage.

### Description

Exploring Lost Indian Recipes is a technical and informative workshop tailored for culinary students, aimed at rediscovering India's forgotten culinary heritage. Led by Chef Osama Jalali, a renowned expert in reviving traditional dishes, this session offers an in-depth look at regional recipes that have faded into obscurity due to lack of proper documentation. The workshop provides hands-on experience in preparing these ancient dishes using authentic techniques and ingredients. Students will learn not only to cook, but also to understand the cultural and historical significance behind each recipe.





The session emphasizes the importance of preserving India's diverse food traditions while encouraging innovation through the integration of modern culinary practices with historical methods. By the end of the workshop, students will have developed practical skills in researching, documenting, and preparing lost recipes, fostering a deep appreciation for the value of culinary heritage. Additionally, they will gain the confidence to explore and revive other undocumented cuisines, contributing to the preservation and evolution of India's rich culinary landscape. This workshop serves as a platform for students to blend tradition with creativity, ensuring that India's culinary history remains vibrant and alive for future generations. Exploring lost Indian recipes can provide valuable insights into nutrition and food security. Many traditional dishes are made from locally grown crops which can help support farmers and promote sustainable agriculture. By reviving these recipes, we can improve our diets and reduce hunger in communities. This approach aligns with Sustainable Development Goal 2 which aims to end hunger and ensure food for all. By focusing on these lost recipes, we can create a healthier future while honoring our agricultural heritage.

### **Outcomes**

- ❖ Master Traditional Techniques: Students gain practical skills in authentic Indian cooking methods.
- ❖ Recreate Lost Recipes: Successfully prepare forgotten regional dishes.
- ❖ Improve Documentation: Learn to research and preserve traditional recipes.
- ❖ Foster Culinary Innovation: Blend historical and modern cooking practices.
- ❖ Cultural Understanding: Develop a deeper appreciation for India's culinary heritage.







Event Details	
Event Type	Expert Talk
Topic	Innovative Practices for Food hygiene and Zero Food Wastage
Date	2024-10-16 to 2024-10-16
Mode	Offline
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Mr. Santosh Malkoti Assistant Professor
No. of Participants	58
SDG No	SDG 2: Zero Hunger, SDG 3: Good Health and Well-being, SDG 12: Responsible Consumption and Production, SDG 15: Life on Land, SDG 17: Partnership for the Goals

## Objective

- To educate students on the importance of food hygiene and safety.
- To promote innovative practices for maintaining food quality.
- To raise awareness about strategies to minimize food wastage.
- To encourage sustainable and mindful food consumption habits.
- To inspire students to adopt eco-friendly approaches in food handling.

## Description

Expert Talk on “Innovative Practices for Food Hygiene and Zero Food Wastage” Chitkara College of Hospitality Management, in collaboration with the National Service Scheme (NSS), Chitkara University, Punjab, organized an expert talk on “Innovative Practices for Food Hygiene and Zero Food Wastage” on October 16, 2024. The event was held at Government Elementary School, Ramnagar, Jhansla, from 9:00 AM onwards, marking the occasion of World Food Day. Chef Santosh Malkoti, Assistant Professor at Chitkara College of Hospitality Management, served as the resource person for the session. The expert talk aimed to create awareness about the importance of food safety, hygiene, and minimizing food wastage among students of hospitality and the elementary school of the





adopted village. The session emphasized innovative practices to maintain food hygiene, such as proper storage, safe cooking methods, and the use of eco-friendly materials in food handling. Chef Malkoti also discussed strategies to achieve zero food wastage, highlighting the importance of mindful consumption, portion control, and creative utilization of leftovers. The talk was interactive, with demonstrations and real-life examples to engage participants. Attendees learned practical tips to implement hygienic practices and reduce food wastage in their daily lives, fostering a sense of responsibility toward sustainable living. This initiative by Chitkara College of Hospitality Management and NSS not only educated students on essential food practices but also aligned with the global effort to address food security and sustainability. The session concluded with an engaging Q&A session and a heartfelt vote of thanks to Chef Santosh Malkoti for his valuable insights.

### **Outcomes**

1. Enhanced understanding of food hygiene and safety practices.
2. Increased awareness about innovative methods to reduce food wastage.
3. Adoption of sustainable and mindful consumption habits by participants.
4. Empowerment of students to implement eco-friendly food handling techniques.
5. Greater commitment to promoting food sustainability in personal and community settings.







Event Name	First International Conference on Smart Computing and Communication for Sustainable Convergence (ISCCSC-2024)
Date	18 October 2024
Venue	Pierre Hall, Le Corbusier Block
Department	Centre for Research Impact and Outcome (CRIO)
Resource Person	Dr. Brinda V (ISRO), Dr. Sanjeev Kumar (Principal Scientist in Biomedical Applications), Dr. Jyoteesh Malhotra (NIT Delhi), and Dr. John Jose
Number of Participants	
SDGs Covered	All SDG's
Duration	2 Hrs.(approx.)

## About the Activity

The **First International Conference on Smart Computing and Communication for Sustainable Convergence (ISCCSC-2024)** was organized to bring together researchers, academicians, and industry experts to discuss advancements in smart computing, communication, and sustainable development. The event fostered knowledge exchange, collaboration, and innovation to address global challenges in these fields.

## Workshop Objectives

- 1. Raising Awareness:** To highlight the importance of smart computing and sustainable communication technologies in addressing real-world challenges.
- 2. Knowledge Sharing:** To provide a platform for experts to share cutting-edge research, emerging trends, and technological innovations.
- 3. Industry-Academia Collaboration:** To bridge the gap between academia and industry by fostering meaningful discussions and partnerships.
- 4. Action Planning:** To develop actionable strategies that encourage innovation and research-driven solutions for sustainable convergence.
- 5. Conclusion and Q&A:** The conference concluded with a summary of key discussions, followed by an interactive Q&A session where participants engaged with experts to further enrich their understanding.





ISCCSC-2024 was a significant step toward fostering innovation in smart computing and sustainable communication. By facilitating expert discussions and collaborative engagements, the conference contributed to advancing research and industry applications in these domains. The organizers express their gratitude to all participants and look forward to continued efforts in this field.

### **Next Steps**

Participants are encouraged to remain engaged, apply their learnings, and contribute to ongoing research and development efforts. Follow-up meetings, research collaborations, and project discussions will be scheduled to ensure continued progress and knowledge exchange.

### **Key Highlights**

1. **Expert Talks:** Distinguished speakers, including Dr. Brinda V (ISRO), Dr. Sanjeev Kumar (Principal Scientist in Biomedical Applications), Dr. Jyoteesh Malhotra (NIT Delhi), and Dr. John Jose (IIT Guwahati), shared insights on the latest advancements in smart computing and communication.
2. **Networking Sessions:** The conference provided opportunities for researchers, academicians, and industry professionals to connect, fostering collaborations for future projects.
3. **Workshops and Technical Sessions:** Sessions on emerging topics, such as AI-driven communication, IoT, cybersecurity, and green computing, allowed participants to gain hands-on knowledge and insights from experts.
4. **Panel Discussions:** Experts, industry leaders, and academicians engaged in discussions on the role of sustainable technologies in shaping future innovations. Themes included policy frameworks, industry-academia partnerships, and ethical considerations in AI and communication technologies.

### **Workshop Outcomes**

1. **Increased Awareness:** The event successfully highlighted the importance of sustainable computing and communication in driving innovation and addressing global challenges.
2. **Actionable Knowledge:** Participants gained practical insights, research findings, and strategies to implement in their respective fields.
3. **Future Collaboration:** New research collaborations and academic industry partnerships were formed, laying the groundwork for future initiatives in sustainable computing and communication.







## **Hospitality stall at SUNDAY**

**Date: 24 October 2024**

**Venue: Alpha ground, Chitkara university**

**SDG: 2 and 12**

On October 24, 2024, as the celebration of United Nations Day, students organized a stall to highlight Sustainable Development Goals (SDGs) 2 (Zero Hunger) and 12 (Responsible consumption and production). The department showcased a variety of activities and displays emphasizing the value of millets as a nutritious and sustainable food source. Key features included a display of a book on millets authored by our chefs, which underscored the grain's historical and nutritional relevance. Additionally, a range of millet-based products, such as cookies and muffins, was presented, showcasing their versatility in modern diets. The stall also displayed six types of millet, including foxtail, pearl millet, sorghum, and barnyard millet, allowing visitors to learn about these nutritious grains firsthand. Unique utensils—plates, bowls, spoons, and forks—made from millet were displayed as eco-friendly, biodegradable alternatives to conventional tableware. Visitors, including students and faculty, had the opportunity to taste millet products and were provided with information about their health benefits, thus raising awareness of the advantages of millet consumption. This initiative aimed to educate the community on sustainable food practices, the role of millet in fighting hunger, and the significance of traditional grains for a balanced diet.

### **Objectives**

- ❖ To promote awareness of Sustainable Development Goals, particularly SDG 2 (Zero Hunger) and SDG 12 (Responsible consumption and production), through interactive displays and activities.
- ❖ To educate students and faculty on the nutritional benefits of millets and their role in a sustainable food system.
- ❖ Introducing eco-friendly tableware made from millet as a viable alternative to single-use plastics, thus promoting environmental sustainability.
- ❖ To encourage the inclusion of millet-based foods in daily diets, supporting both local agriculture and health.

## Learning Outcomes

- Enhanced understanding of the importance of sustainable food sources like millets in achieving zero hunger.
- Increased knowledge about the health benefits of millets, encouraging students to incorporate them into their own diets.
- Greater awareness of eco-friendly tableware options and their potential impact on reducing plastic waste.
- Improved appreciation for traditional grains and the ways they can support both personal health and environmental sustainability.



Event Name	LET'S GET SET ...GO....TO THE SUSTAINABILITY FAIR
Date	24 <sup>th</sup> October, 2024
Venue	Alpha Zone
Organizer	Centre of Excellence for Sustainability -CES, Chitkara University, Panjab
Resource Person	Academic and Non-academic Team, DoE, Chitkara University
Number of Participants	47
SDGs Covered	1 to 17
NEP 2020	11.7
Module	All Twelve Modules
Duration	One -day

### About the Activity

Centre of Excellence for Sustainability -CES, Chitkara University, Punjab hosted a fair with the theme ***“LET'S GET SET ...GO....TO THE SUSTAINABILITY FAIR”*** on 24<sup>th</sup> October 2024. The objective of the event was to highlight contributions of each department of the university towards UN SDGs.

The Department of Education, Chitkara University had the opportunity to exhibit posters and infographics on a variety of scholastic and co-scholastic activities incorporated into its curriculum to positively impact the achievement of the UN Sustainable Development Goals under the theme, ***“SDG Trailblazers: Nurturing Alpha Teachers for Global Impact”***. An infographic with four layers in the shape of a wheel displayed the twelve B.Ed. course modules in the centre, followed by circles of the UN SDGs, the Chitkara University Charter and the evidence of various activities conducted by the department in the form of QR codes formed the outer layers. A web of interrelated themes and practices eventually became self-explanatory, showing how the B.Ed. curriculum encourages activities related to the UN SDGs. To name a few, these activities include action research, the creation of comic strips for young readers, online content





development, project work, integrating these goals with lesson plans, creating picture books for the students, and using teacher Excel sheets to get involved with the cause. Moreover, the fair got its allure with games like ‘Jigsaw Puzzle’ and ‘Snakes and Ladder’.

UN Day which celebrates the United Nations and its goals, emphasizes the importance of Sustainable Development Goal 2: Zero Hunger. This goal focuses on ensuring that everyone has access to enough nutritious food. Farmers play a crucial role in achieving this aim by growing diverse and healthy crops. By using sustainable farming practices, they can produce food while protecting the environment. Supporting farmers and improving agricultural methods are essential steps in reducing hunger and ensuring good nutrition for all people.

It was all the more inspiring when **Dr Madhu Chitkara, Hon’ble Pro Chancellor, Chitkara University**, encouraged and appreciated the efforts of each member of the department. Dr Sangeeta Pant, Dean, Department of Education, Chitkara University, applauded the endeavours of the faculty and Dr Parul Sood, Assistant Dean, Department of Education, Chitkara University appreciated the team spirit of the faculty. Overall, it was a great learning experience for the faculty and the students.

### SDG Trailblazers: Nurturing Alpha Teachers for Global Impact











EVENT DETAILS	
Event Name	Sustainability Fair
Topic	Sustainability Fair
Date	24 <sup>th</sup> October, 2024
Venue	Alpha Ground Chitkara University
Organizer Name	Dr. Kanika Rai (Vice-Principal), Ms. Kanika Sharma (Assistant Professor), Ms. Alisha Roy (Nursing Tutor) Department of Nursing, CSHS
No. of Student Organizers	06
SDG NO.	2,3,4,17

### Objectives

- To Raise Awareness and Promote Action on Health, Education, and Partnerships for Sustainability.
- To demonstrate the benefits of resource-efficient products that minimize waste.
- To provide a platform to showcase eco-friendly products, which proceeds towards supporting future sustainability initiatives.

### Description

Department of Nursing (CSHS), Chitkara University, Punjab participated in the sustainability Fair as a part of the UN Day celebration on 24<sup>th</sup> October 2024. The event on four critical SDG's: **SDG 2 (Zero Hunger)**, **SDG 3 (Good Health and Well-being)**, **SDG 4 (Quality Education)**, and **SDG 17 (Partnerships for the Goals)**. The aim was to raise awareness, inspire action, and facilitate partnerships that promote sustainable growth and development in these areas. The event was filled with informative exhibits, leaving attendees with both practical knowledge and the inspiration to take meaningful action. **Students** set up two engaging stations to represent specific Sustainable Development Goals. The first station focused on SDG's 3, 4, and 17, featuring three interconnected sections: a classroom, a skills lab, and a clinical area. They demonstrated how these areas relate to each other by creatively using reusable materials, illustrating the importance of education, practical skill-building, and partnerships in promoting health and learning. At the second station, students showcased SDG 2 by preparing nutritious ladoos, highlighting the goal of zero hunger through accessible, wholesome food options. The stall attracted numerous visitors, including the esteemed Pro-Chancellor, special guests, and international faculty members attending Global Week, all of whom expressed appreciation for the initiative and creativity displayed.



Student explaining about the model Focusing SDG 2,3,4 & 17 to the visitors at Sustainability Fair on 24<sup>th</sup> October 2024



Group picture with model and chart displayed at Sustainability Fair on 24<sup>th</sup> October 2024

## OUTCOMES

The fair successfully educated attendees on SDGs 2, 3, 4, and 17, highlighting sustainable practices across health, education, and nutrition. Engaging demonstrations encouraged participants to adopt sustainable habits, such as preparing nutritious food. The creative use of reusable materials reinforced eco-friendly approaches within education and healthcare. Additionally, the event promoted partnerships and community involvement, bringing together students, faculty, and international visitors in support of sustainability goals.

Name of Activity	UN DAY 2024 CELEBRATIONS
Name of Organizing Institute	Centre of Excellence for Sustainability in collaboration with Go Global
Mode	Offline
Date	24 Oct 2024
Duration	One Day
Venue:	Alpha Zone and Exploratorium
SDG	All SDGs

United Nations Day is an **annual commemorative day** that reflects the official creation of the United Nations on October 24, 1945.

The UN DAY 2024 was celebrated at CHITKARA UNIVERSITY, Punjab, India with a lot of pomp and splendor!!

On **24th October 2024**, the Centre of Excellence for Sustainability of Chitkara University, Punjab Campus, celebrated **UN Day**. The celebrations, as designed by the Centre, under the Chairmanship of **Sqn Ldr (Dr) Rina Angel** included a **Sustainability Fair, a Fireside chat and some cultural performances** with a cross-cultural understanding, sustainability awareness, and institutional growth.

These UN Day celebrations marked yet another milestone in the university's commitment to global citizenship, cultural understanding, and sustainability.





- **Highlight the Importance of UN Day and SDGs Awareness**

Described the significance of UN Day and the university's commitment to the United Nations' Sustainable Development Goals (SDGs), underlining the necessity of educating students on global issues related to sustainability.

- **Document the Fashion Show as a Creative Expression of the SDGs**

Provided insights into the fashion show's theme centered around the 17 UN SDGs, showcasing how students used fashion as an innovative medium to raise awareness on each goal.

- **Showcase Sustainability Initiatives at the Sustainability Fair**

Summary of the Sustainability Fair, with nearly 40 stalls, presented ideas, projects, and actions related to sustainability. Detail the participation of various colleges, schools, and departments in demonstrating their commitment to environmental conservation.

- **Acknowledge the Leadership and Inauguration by Dr. Madhu Chitkara**

Emphasized the role of Dr. Madhu Chitkara, Pro Chancellor of Chitkara University, in supporting and encouraging sustainability initiatives by inaugurating the fair and engaging with participants at each stall.

- **Promote a Campus-Wide Commitment to Green Practices**

Captured the event's objective of fostering a culture of environmental consciousness across the campus, highlighting collaborative efforts by students, staff, and faculty in contributing to a greener Earth.

- **Encourage Further Engagement in Sustainability Efforts**

Inspire the campus community and external readers to engage with and support sustainability efforts, emphasizing the impact of individual and collective actions toward achieving the UN SDGs.

- **Celebrating the Event's Success and Impact on the Campus Community**

Reflect on the success of the UN Day Celebration, capturing feedback from participants, the impact of the event on attendees, and future plans to continue promoting sustainable practices across the university.



## Guidelines for Setting Up Stalls

As part of our commitment to sustainability, all stalls must focus on eco-friendly themes. Stall can include:

- Selling sustainable merchandise (eco-friendly products, upcycled items) -
- Hosting activities that promote sustainability (workshops, demonstrations)
- Offering products or services that contribute to sustainable living (e.g., zero-waste solutions, renewable energy products)

To ensure a smooth experience, we had outlined a few key guidelines for the event:

- **Booking and Payment:** Confirm availability and eligibility with the event organizer before making any payments.
- **Setup and Presentation:** Stalls should use minimal and sustainable materials for decoration.
- **Waste Management:** Stallholders are responsible for managing waste sustainably, with proper segregation.
- **Electricity Usage:** Please use electricity responsibly and avoid high-power-consuming equipment unless approved in advance.

## A VISIT TO THE SUSTAINABLE STALLS



At the Sustainability fair, with nearly forty stalls overflowing with ideas and actions undertaken on Sustainability, it was a fair that was one of its kind, where all colleges, schools and departments of the Campus showcased their contributions towards keeping the Earth Green!



Hon'ble and Revered Pro Chancellor of Chitkara University, the very elegant Dr. Madhu Chitkara, inaugurated the Fair and was at each stall to encourage the students, staff and faculty. As always, she patiently understood what each contribution was, and shared her thoughts on how they could contribute even better and other ideas that they could work on!! She encouraged each participant to continue to work as passionately as they were towards the noble cause of staying green.



Dr. Sumit Chowdhury, Founder and CEO of GreenEarthX also visited all the stalls. While he interacted with all the students as they explained their projects, he went on and tried many of the projects created by the students, appreciated research projects, happily availed some of the health checkups at the Fair, and understood the efforts of Infrastructure operations.

Students, faculty and staff from all colleges and schools visited the Fair and so did the International Faculty of Global Week. Students presented innovative projects and ideas, with startups rooted in sustainability principles joining the event. One team performed a nukkad natak, while several departments organized games to creatively promote the message of sustainability.





## **FIRESIDE CHAT**

A fireside chat featuring **Dr. Sumit Choudhary, Founder and CEO of GreenEarthX** and a serial entrepreneur in **Global Sustainability** moderated by our esteemed **Vice Chancellor, Dr. Sandhir Sharma**, delved into global trends, sustainability, and the crucial role of educational institutions in advancing the UN Sustainable Development Goals (SDGs). This insightful conversation, which was attended by our students and faculty, including the **international faculty who are on campus as part of the Global Week**, emphasized the power of education in driving transformative change.









## FASHION SHOW



The event then transitioned to an impactful fashion show themed around the 17 UN SDGs. Each ensemble illustrated the significance of these goals, while also addressing the dire consequences of neglecting them. This visual presentation, where models of Panache from the Office of Student Affairs wore costumes created from discarded clothes by the School of Fashion Design captivated the audience with its thought-provoking portrayal of environmental and social responsibility.

UN Day which celebrates the United Nations, and its goals emphasizes the importance of Sustainable Development Goal 2: Zero Hunger. This goal focuses on ensuring that everyone has access to enough nutritious food. Farmers play a crucial role in achieving this aim by growing diverse and healthy crops. By using sustainable farming practices, they can produce food while protecting the environment. Supporting farmers and improving agricultural methods are essential steps in reducing hunger and ensuring good nutrition for all people.



### A VISIT TO THE YELLOW POINT FARM



During the visit to the Yellow Point Farm by Dr. Sumit Chowdhury, the officials showcased the different sustainability ventures (more than a dozen ventures) including Miyawaki forest, biogas plant, mushroom production, organic farming, mechanised decomposer, vermicomposting pits, the STP plant, and much more.





## **INAUGURATION OF CENTRE OF EXCELLENCE FOR SUSTAINABILITY**



Dr. Sumit Chaudhary inaugurated the newly established Centre of Excellence for Sustainability, a pioneering initiative aimed at advancing research, innovation, and practical solutions in sustainable development.





Event Name	Experimental Research in Healthcare: Bridging Theory and Practice
Date	21 November 2024
Venue	Pierre Hall, Le Corbusier Block
Department	DRC—Chitkara School of Health Sciences
Resource Person	Prof. (Dr.) Harmeet Kaur Kang, Director and Principal, Department of Nursing, Chitkara School of Health Sciences
Number of Participants	55
SDGs Covered	2, 4, 9, 17
Duration	2 Hours

### **About the Activity**

Research conducted in healthcare settings plays a crucial role in understanding how innovative methods and technologies can enhance patient care. By implementing these concepts in practical environments, researchers can identify effective solutions. This methodology is vital for discovering improved treatments and services. The application of practical experiments in healthcare can significantly influence patients' lives. When researchers align theoretical frameworks with real-world applications, they can create solutions that benefit all stakeholders, including patients and healthcare providers, thereby making care more efficient and accessible.

On November 21, 2024, the Doctoral Research Centre at Chitkara School of Health Sciences hosted a seminar titled "Experimental Research in Healthcare: Bridging Theory and Practice." The purpose of the event was to shed light on the importance of randomized controlled trials (RCTs) in healthcare research and their contribution to evidence-based decision-making.

The session was conducted by Prof. (Dr.) Harmeet Kaur Kang, Director & Principal of the Department of Nursing at Chitkara School of Health Sciences. She discussed how RCTs are regarded as the gold standard in clinical research, as they minimize bias, ensure reliability, and bolster the credibility of healthcare interventions.



The seminar also highlighted the significance of interdisciplinary collaboration, the involvement of patients in research, and the incorporation of real-world data to enhance healthcare outcomes.

### Event Objectives

The seminar aimed to:

- **Enhance understanding** of experimental research methodologies, particularly RCTs, in healthcare.
- **Highlight the role of RCTs** in eliminating bias and ensuring accurate, evidence-based findings.
- **Encourage interdisciplinary collaboration** between researchers, clinicians, and healthcare professionals.
- **Promote patient-centred research**, integrating real-world data for better healthcare solutions.

### Key Highlights

- **Expert Insights:** Prof. Harmeet Kaur Kang provided an in-depth understanding of **randomized controlled trials (RCTs)** and their significance in clinical research.
- **Warm Welcome:** Dr. Pooja Dogra welcomed the speaker, setting the stage for an engaging and insightful session.
- **Interdisciplinary Approach:** Discussions emphasized the need for **collaborative research** across disciplines to enhance healthcare innovation.
- **Real-World Applications:** The seminar explored how **experimental research** can directly influence **patient care and healthcare policies**.
- **Interactive Discussions:** Scholars and faculty engaged in **meaningful exchanges** on best practices in experimental healthcare research.
- **Speaker Felicitation:** Dr. Sonika Bakshi honored Prof. Harmeet Kaur Kang at the end of the session, expressing gratitude for her valuable insights.



### Event Outcomes

1. **Improved Research Skills:** Scholars gained a deeper understanding of RCTs and their **practical applications in healthcare research**.
2. **Enhanced Collaboration:** Strengthened academic and research collaborations across disciplines for **more impactful healthcare studies**.



3. **Evidence-Based Decision Making:** Encouraged the adoption of scientifically validated healthcare interventions for better patient care.
4. **Knowledge Sharing & Networking:** Provided a platform for knowledge exchange among researchers, fostering future collaborations.

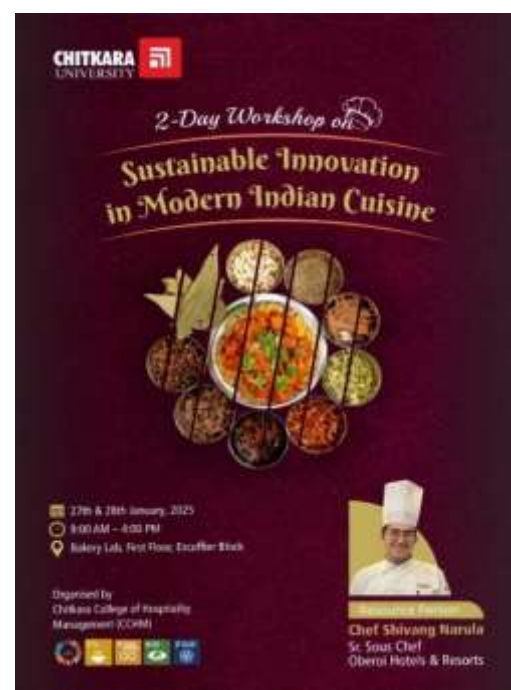
The seminar was a valuable learning experience, reinforcing Chitkara University's commitment to advancing healthcare research through high-quality education, innovation, and collaboration.



Event Details	
Event Type	Workshop
Topic	2-Day Master Class on Sustainable Innovation in Modern Indian Cuisine
Date	2025-01-27 to 2025-01-28
Mode	Offline
Venue	Bakery Lab, First Floor, Escoffier Block (Chitkara University Rajpura Punjab)
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Chef Shivang Narula Sr. Sous Chef
No. of Participants	71
SDG No	SDG 2: Zero Hunger, SDG 12: Responsible Consumption and Production, SDG 13: Climate Action, SDG 17: Partnership for the Goals

### **Objective**

- Sourcing Responsibly – Using locally grown, organic, and seasonal ingredients to reduce carbon footprint and support local farmers.
- Minimizing Food Waste – Utilizing root-to-stem and nose-to-tail cooking techniques to make the most of ingredients.
- Fusion of Tradition & Innovation – Reinventing classic Indian dishes with modern techniques (e.g., molecular gastronomy, fermentation) while maintaining authenticity.
- Eco-Friendly Cooking Practices – Using energy-efficient cooking methods, reducing water usage, and adopting biodegradable or reusable packaging.
- Health & Nutrition – Creating balanced, nutritious dishes by incorporating superfoods, plant-based proteins, and traditional Ayurvedic principles.



### **Description**

The Sustainable Innovation in Modern Indian Cuisine Masterclass is designed to blend India's rich culinary heritage with modern, eco-conscious cooking techniques. This immersive program equips chefs, food entrepreneurs, and culinary enthusiasts with the knowledge and

skills to create innovative, sustainable, and health-focused dishes while honoring traditional Indian flavors. Participants will explore responsible ingredient sourcing, zero-waste cooking, plant-forward menus, and energy-efficient kitchen practices. They will also learn how to reinvent classic Indian recipes using contemporary culinary techniques such as fermentation, molecular gastronomy, and alternative proteins. Through hands-on sessions, expert guidance, and real-world applications, this masterclass empowers individuals to drive positive environmental and economic impact in the food industry. The ultimate goal is to foster a new generation of chefs and culinary professionals who prioritize sustainability, creativity, and authenticity in modern Indian cuisine.

### **Outcomes**

1. Culinary Skill Enhancement
2. Sustainability Awareness & Application
3. Healthier & More Conscious Dining
4. Innovation & Creativity in Indian Cuisine
5. Economic & Environmental Impact











Event Name	International Conference on Mental Health, Hygiene and Nutritional Literacy among Youth
Date	8-9 February 2025
Venue	DDU Gorakhpur University
Department	DRC- Health Sciences and Department of Psychology
Project PI and Co-PI	Dr. Vismita Paliwal, Associate Professor, Department of Psychology, DDU, Principal Investigator (PI), Dr. Naveen Kumar, Associate Professor, Chitkara University, Co-Principal Investigator (Co-PI).
Number of Participants	100
SDGs Covered	SDGs covered: 2, 3, 4, 6, 8, 11, 12, 13, 17
Duration	2 days

### About the Activity

Chitkara University, in collaboration with DDU Gorakhpur University, received an ICSSR-funded project under the **Special Call for Vision Viksit Bharat@2047**. The project is led by Dr. Vismita Paliwal, Associate Professor, Department of Psychology, DDU, as the Principal Investigator (PI), with Dr. Naveen Kumar, Associate Professor, Chitkara University, serving as the Co-Principal Investigator (Co-PI).

As part of this initiative, the collaborating institutions jointly organized the **International Conference on Mental Health, Hygiene, and Nutritional Literacy Among Youths at DDU Gorakhpur University on 8-9 February 2025**. The conference served as a platform for experts, researchers, and policymakers to discuss the critical intersections of mental health, hygiene, and nutrition, emphasizing their role in youth development and national progress.

### Conference Objectives

The conference aimed to:

- **Raise Awareness:** Educate youths on the importance of mental health, hygiene, and nutritional literacy.





- **Promote Research and Collaboration:** Encourage academic discussions and research on youth well-being in alignment with **Sustainable Development Goals (SDGs)**.
- **Engage Stakeholders:** Involve educators, policymakers, and healthcare professionals to develop strategies for promoting holistic well-being.
- **Support Vision Viksit Bharat@2047:** Contribute to India's long-term development goals by fostering a healthier, more informed youth population.

### Key Highlights

- **Inaugural Session:**
  - **Hon'ble Pro Chancellor, Prof. Madhu Chitkara**, emphasized the role of youth in nation-building and the need for awareness on mental health, hygiene, and nutrition.
  - **Prof. Amit Mittal, Pro-Vice Chancellor**, delivered the keynote address, highlighting how the conference aligns with SDGs and sustainable health initiatives.
- **Expert Participation and Engagement:**
  - Dr. Naveen Kumar, Co-Principal Investigator, attended the conference in person and extended gratitude to DDU Gorakhpur University for hosting the event.
  - Prof. (Dr) Sonika Bakshi Bhandari and Dr. Pooja Dogra served as advisory board members and joined the discussion virtually, adding valuable insights on the research focus areas.
- **Collaborative Research and Knowledge Exchange:**
  - Scholars and experts from various institutions engaged in discussions, paper presentations, and panel sessions addressing mental health, hygiene, and nutritional literacy challenges among youth.



### Conference Outcomes

1. **Increased Awareness:** The event successfully disseminated crucial information on youth well-being and its impact on national development.
2. **Strengthened Academic Networks:** It fostered collaborations between institutions, policymakers, and healthcare professionals for future research initiatives.
3. **Policy Recommendations:** Key insights were shared with government bodies to enhance youth-centered health and education policies.

4. **Commitment to Holistic Development:** Chitkara University reaffirmed its dedication to impactful research, education, and community well-being, reinforcing its commitment to nation-building through youth empowerment.



## शरीर में संतुलन को बढ़ावा देने पर केंद्रित है आयुर्वेद आहार पद्धति: प्रो. गिरीश्वर

» मनोविज्ञान विभाग में अंतरराष्ट्रीय संगोष्ठी का हुआ समापन

» मानसिक विकृति से संबंधित भारतीय विधि को अधिक तार्किक बनाना जरूरी: डॉ अशोक जाह्नवी प्रसाद

स्वतंत्र वेतना गोरखपुर। दीनदयाल उपाध्याय गोरखपुर विश्वविद्यालय के मनोविज्ञान विभाग में समाजशास्त्र विभाग एवं विधि विभाग के संयुक्त तत्वाधान में आयोजित दो दिवसीय अंतरराष्ट्रीय संगोष्ठी रविवार को संपन्न हो गई। समापन सत्र के मुख्य अतिथि प्रो. गोरखपुर के स्टैंडिंग कमेटी के चेयरमैन डॉ अशोक जाह्नवी प्रसाद तथा मुख्य वक्ता के रूप में महात्मा गांधी अंतरराष्ट्रीय हिंदी विश्वविद्यालय वर्धा के पूर्व कुलपति प्रो. गिरीश्वर मिश्र एवं वित्तकारा युनिवर्सिटी के प्रो-वाइस चांसलर प्रो. अमित

पालन करके शरीर में संतुलन को बढ़ावा देने पर केंद्रित है। कहा कि आयुर्वेद में शरीर, इन्द्रिय, मन व आत्मा के संयोग से निर्मित मानव के स्वास्थ्य का व्यक्तिगत आधार पर संरक्षण एवं रोगों के उपचार पर विशेष बल दिया गया है।

मुख्य अतिथि प्रो. (डॉ) अशोक जाह्नवी प्रसाद ने पुरानी दंड संहिता में वित्त विकृति से संबंधित प्रावधान की व्याख्या की और इसके सम्बन्ध में उन्होंने अमेरिका, कनाडा, आस्ट्रेलिया और इंग्लैंड के आपराधिक कानूनों में इससे जुड़ी व्यवस्था की भारतीय व्यवस्था से किया और कहा कि मानसिक



कार्यक्रम की अध्यक्षता करते हुए मनोविज्ञान विभाग के अध्यक्ष धनंजय कुमार ने कहा कि मानव शरीर और मस्तिष्क के निर्माण में आहार की बड़ी भूमिका है। आहार की शुद्धता के आधार पर

स्वस्थ व्यक्ति ही सामाजिक प्रगति में योगदान दे सकते हैं। कार्यक्रम का संचालन डॉ आशीष शुक्ला एवं आभार ज्ञापन डॉ मनीष पांडेय ने किया। इस दौरान डीएसडब्ल्यू प्रो.

**शोध पत्र वाचन सत्र का हुआ आयोजन**

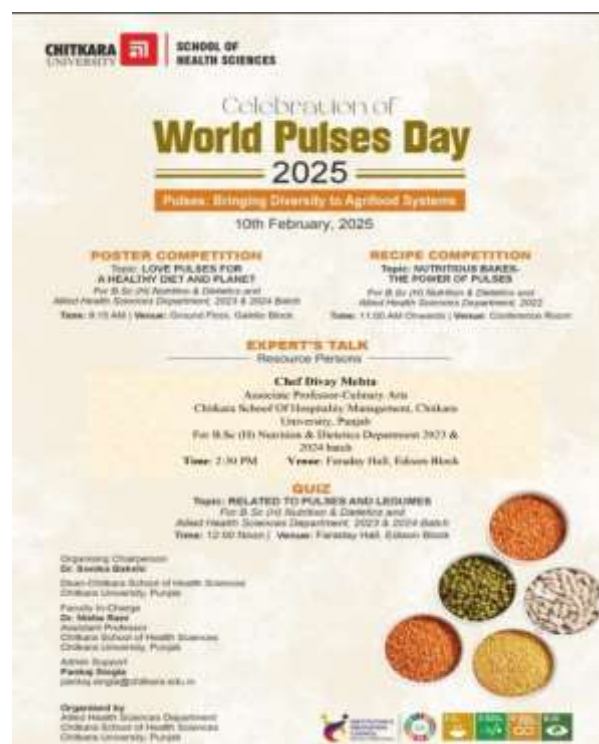
अंतरराष्ट्रीय संगोष्ठी में शोध पत्र प्रस्तुति का वैज्ञानिक सत्र आयोजित हुआ, जिसमें बतौर

Event Name	World Pulses Day, 2025
Date	10 <sup>th</sup> February 2025
Venue	Faraday Hall, Edison Block, Chitkara University, Punjab
Organizer	Nutrition and Dietetics, Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Chef Divay Mehta, Associate Professor, CSHM, Chitkara University, Punjab
Number of Participants	44
SDG Number	2 (Zero Hunger), 3 (Good Health and Well Being), 12 (Responsible consumption and production), 13 (Climate Action)
Duration	1 day

### About the Activity

On the occasion of "World Pulses Day, Chitkara School of Health Sciences organized the students activities and an expert's talk on 10th February, 2025 to raise awareness about the nutritional, environmental, and economic benefits of pulses while promoting their role in global food security and sustainable agriculture. The activities were: poster competition, recipe competition, quiz and expert talk.

In poster competition, the students showcased their creativity and knowledge to spread messages to love pulses for a healthy diet and planet. The poster competition was judged by our esteemed jury members which comprises Dr. Navita Gupta and Dr Indu Bala. After this the celebration was followed by recipe competition and the theme for the competition was Nutritious bakes- The Power of Pulses. The event witnessed the innovative approaches of the contestants to replace refined grains with nutritious pulses and make the regular diet healthy.





The competition was judged by our honorable Dean mam, Dr. Sonika Bakshi and respected Assistant Dean mam, Dr Pooja Dogra. A quiz competition was also organised to create a fun and interactive way to discuss the importance of pulses and encourage students to incorporate them into their diet. After the quiz, we were honoured to have an insightful session with Chef Divay Mehta, Associate Professor- Culinary arts, who delivered an invaluable message to highlight the significance of pulses as a rich source of plant-based protein, fiber, and essential nutrients, contributing to healthier diets, sustainable agriculture and combating malnutrition.





Event Name	Pre Conference Workshop Sustainable Food Coating and Packaging Solutions for Enhanced Food Safety
Date	03 <sup>rd</sup> April, 2025
Venue	Einstein Hall, Galileo Block, Chitkara University, Punjab
Organizer	Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr Koushik Majumder, Scientist-E, NABI, Mohali Dr Nitin Kumar Singhal, Scientist-E, NABI, Mohali
Number of Participants	57
SDG Number	2, 3, 4, 9 and 17
Duration	1 day

### About the Activity

The Pre Conference Workshop on “**Sustainable Food Coating and Packaging Solutions for Enhanced Food Safety**” was organized on 3<sup>rd</sup> April 2025 at Einstein Hall, Chitkara University, Punjab as a part of the 13th International ADT Conference on “**Navigating Healthcare Transformation through Sustainable Multidisciplinary Approaches in Diagnostics and Therapeutics**” on 4th April 2025, at Chitkara University, Punjab. The workshop comprised of two expert talks on the topic of “Valorization of Biopolymers for the Shelf-life” and “Nano-diagnostics for food safety: A sustainable and innovative approach. Both the talks were focused on the recent advances in the field of food packaging and safety.

A demonstration on sustainable food coating was conducted, to showcase the preparation and application of eco-friendly coatings for food preservation. The session focused on creating edible coatings using natural ingredients. Target audience for the workshop were students of B. Sc (H) Nutrition and Dietetics 2022/2023/2024 Batch. This workshop offered a unique hands-on learning experience to explore how eco-friendly food coatings are prepared and applied, use of biopolymers for the shelf life and nano-diagnostics for food safety.



**CHITKARA UNIVERSITY** | **SCHOOL OF HEALTH SCIENCES** | **ADVANCED INNOVATION TECHNOLOGY** | **SEFAR** | **CHITKARA UNIVERSITY** | **TEC**

**Pre Conference Workshop**  
**Sustainable Food Coating and Packaging Solutions for Enhanced Food Safety**

**Dr. Nitin Kumar Singhal**, Scientist E, National Agri Food and Biomanufacturing Institute, Mohali, India.

**Dr. Koushik Mazumder**, Scientist E, National Agri Food and Biomanufacturing Institute, Mohali, India.

Date : 3<sup>rd</sup> April, 2025  
Time : 10:00 AM Onwards  
Venue : Einstein Hall, Galileo Block  
Mode: Offline

**Organising Chairperson:**  
**Dr. Sonika Bakshi**  
Dean  
Chitkara School of Health Sciences  
Chitkara University, Punjab

**Organising Team:**  
13th International Advanced Diagnostics Techniques Conference 2025

**Organised by:**  
Allied Health Sciences Department  
Chitkara School of Health Sciences  
Chitkara University, Punjab

**Target Audience:**  
B. Sc. (H) Nutrition and Dietetics  
2022/2023/2024 Batch

**Moderator:**  
**Dr. Shweta Sharma**  
Assistant Professor  
Chitkara School of Health Sciences  
Chitkara University, Punjab

**Organising Secretaries:**  
**Dr. Abhilesha Sood**  
Associate Professor  
Chitkara School of Health Sciences  
Chitkara University, Punjab  
abhilesha.sood@chitkara.edu.in | 9988851015  
**Dr. Navita Gupta**  
Associate Professor  
Chitkara School of Health Sciences  
Chitkara University, Punjab  
navita.gupta@chitkara.edu.in | 9889495005





Event Details	
Event Name	Cooking Competition on World Food Safety Day
Topic	Healthy Bites: Safe Delights
Date	6 <sup>th</sup> June 2025
Mode	Offline
Venue	Nutrition Lab, GB105, Galileo Block, Chitkara University, Punjab
Time	10:00 AM Onwards
Organizer Name	Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS Ms. Dimple, Nursing Tutor, Department of Nursing, CSHS Ms. Shalini, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	58
Under SDG no.	2, 3

### **Objectives**

- To create awareness regarding the necessity and advantages of healthy eating.
- To encourage the students to stay away from junk food.
- To provide a platform for students to showcase their talent and explore new areas of interest.
- To encourage students to learn from others and **compete with their own skills and expertise.**

On the occasion of **World Food Safety Day**, a vibrant **cooking competition** was organized by the **Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab** on **6th June 2025**. The event aimed to raise awareness about the importance of food hygiene and safety, especially in everyday cooking practices, while also promoting healthy eating habits. The theme for the competition was “**Healthy Bites: Safe Delights**”, encouraging participants to prepare dishes that were not only nutritious but also adhered to proper food safety standards. Students from various batches enthusiastically took part in the competition, bringing with them a range of creative and delicious recipes. The energy and excitement among the participants were palpable, as they presented their carefully crafted dishes with great zeal and confidence. The dishes were evaluated based on three main criteria: **taste, presentation, and creativity**. The judging panel comprised esteemed faculty members, **Ms. Anjali** and **Ms. Manreet**, both Nursing Tutors in the Department of Nursing. The judges were thoroughly impressed by the variety of dishes, the attention to hygiene, and the innovative approaches taken by the participants. They praised the students not only for their culinary skills but also for their awareness of food safety protocols.

This event served as more than just a culinary showcase; it also provided a valuable experiential learning opportunity for the students. It encouraged them to think critically, work collaboratively, and make thoughtful decisions under time constraints—skills that are vital in both clinical and daily life settings. Overall, the cooking competition was a grand success, celebrating the spirit of World Food Safety Day while fostering creativity, awareness, and responsible cooking habits among future healthcare professionals.



Students preparing their dishes in cooking Competition on 6<sup>th</sup> June 2025



Dishes prepared by the participants in cooking Competition on 6<sup>th</sup> June 2025







Judges evaluating the dishes of the participants in Cooking Competition on 6<sup>th</sup> June 2025



"Culinary creations presented by Group 6 in the cooking competition on June 6, 2025"

## Outcome

- The competition enhanced students' awareness of food safety practices, emphasizing hygiene, safe food handling, and cleanliness during cooking.
- It promoted healthy eating habits by encouraging the preparation of nutritious, balanced, and wholesome dishes.
- Students developed critical thinking and decision-making skills through planning, time management, and adapting to challenges during the competition.
- The event fostered creativity and teamwork, allowing participants to collaborate and express their culinary ideas in an engaging environment.