CHITKARA UNIVERSITY

CHITKARA UNIVERSITY

Centre of Excellence for Sustainability

3 GOOD HEALTH AND WELL-BEING

SUSTAINABLE DEVELOPMENT GOALS

Jul 2024 - Jun 2025

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274	Happiness Centre	08-Mar-25	Organ Donation Day	770-771
275	CSHS/Allied Health Sciences	08-Mar-25	Breaking Barriers, Building Futures: Unite to Accelerate	772-774
276	CUIET(AE)	10-Mar-25	Innovate, Inspire, Lead: Celebrating the power of women in health and leadership	775-778
277	CSHS/CCN	12-Mar-25	International Women's Day "Accelerate Action"	779-782
278	CSHS/CCN	18-Mar-25	Awareness Talk on Self Control and Relapse Prevention	783-786
279	CSHS/Allied Health Sciences	19-Mar-25	World Optometry Day 2025: Eyes to the Future: Optometry Improving Global Wellness	787-789
280	ECE	19-Mar-25	Workshop on THE ARDUINO ODYSSEY: JOURNEY FROM PROJECT TO PRODUCT	790-794
281	Happiness Centre	20-Mar-25	Jashan-E-Khushi	795-796
282	Happiness Centre	20-Mar-25	Happiness Wonderland	797-798
283	Happiness Centre	20-Mar-25	The Highway to Happiness	799-800
284	Happiness Centre	21-Mar-25	The Happiness Catalyst	801-802
285	CSHS/Allied Health Sciences	21-Mar-25	World Down Syndrome Day Together We Move: Physiotherapy Camp	803-805
286	CSHS/Allied Health Sciences	21-Mar-25	World Tuberculosis Day 2025: & quot; TB Awareness: From Knowledge to Action in the Fight for Elimination	806-808
287	DOE	21-Mar-25	International Day of Happiness Caring and Sharing	809-810
288	DOE	21-Mar-25	Master classes with Hon'ble Chancellor Sir Dr. Ashok K Chitkara on Artificial Intelligence, ChatGPT, DeepSeek and Metaverse	811
289	CSPC	21-Mar-25	INTERNATIONAL DAY OF HAPPINESS - "CARING AND SHARING"	812-814
290	Applied Sciences	21-Mar-25	AQUA INSIGHTS: EXPERT DISCLOSURE ON PIONEERING INNOVATIONS IN WATER SUSTAINABILITY	815-817
291	CSHS/CCN	24-Mar-25	Role Play on "World Tuberculosis Day"	818-820

292	CBS	24-Mar-25	TWO-DAY WORKSHOP ON "EMPOWERING YOUTH WITH CONSTITUTIONAL VALUES AND CONSTITUTIONALISM	821-824
293	OSA	24-Mar-25	World Tuberculosis Day	825-828
294	ECE	26-Mar-25	Competition on BATTLE BYTES ARENA: TEST YOUR GAMING SKILLS	829-831
295	CCHM(IHM)	26-Mar-25	BLAZING INNOVATION – FIREFIGHTING SOLUTIONS	832-835
296	CCHM(IHM)	27-Mar-25	INNOVATION IN ACTION: DISCOVERING FIRE SAFETY TECHNOLOGY	836-839
297	CSHS/CCN	28-Mar-25	Workshop On Infertility Unveiled: Comprehensive Approaches to diagnosis, treatment and emotional wellness	840-842
298	CRIO/DRC	28-Mar-25	International Conference on Advanced Materials for Sustainable Future (ICAMSF-2025)	843-848
299	CCSM	29-Mar-25	INNOVATIVE PERSPECTIVE IN CUSTOMER IDENTIFICATION IN PHARMACEUTICAL BUSINESS	849-851
300	OA	31-Mar-25	Martial Arts Empowerment Session for female supporting staff	852-853
301	Happiness Centre	02-Apr-25	Happiness Workshop	854-855
302	CSHS/Physiotherapy	02-Apr-25	13 International ADT Conference theme: Navigating Healthcare transformation through sustainable multidisciplinary approaches in diagnostics and therapeutics	856-862
303	CSHS/Physiotherapy	02-Apr-25	Innovating for Inclusion: Neurodiversity and the SDG	863-865
304	Happiness Centre	03-Apr-25	CINEMASTI	866-867
305	CSHS/Physiotherapy	03-Apr-25	Pre Conference Workshop Bridging the Future of Health Monitoring and Precision Medicine: Integrating AI and Biosensor Technology for Sustainable Healthcare	868-870
306	CSHS/Physiotherapy	03-Apr-25	Pre Conference Workshop Sustainable Food Coating and Packaging Solutions for Enhanced Food Safety	871-873
307	OSA	03-Apr-25	Blood Donation Camp	874-877

308	CCP	04-Apr-25	AN EXPERT TALK ON THE TOPIC: EXPLORING THE UNTAPPED POTENTIAL OF NEGLECTED PHYSICOCHEMICAL PROPERTIES	878-881
309	CUIET(AE)	04-Apr-25	EXPERT TALK: EMBRACING QUALITY IN THE INDIA AIR FORCE	882-884
310	CCSM	07-Apr-25	MENTAL HEALTH: A NEW PERSPECTIVE TO BE EMOTIONALLY BALANCED IN PERSONAL AND PROFESSIONAL LIFE FOR SUCCESS	885-888
311	CSHS/CCN	07-Apr-25	Public Awareness Talk & Thematic Poster Exhibition on World Health Day	889-891
312	CSHS/CCN	07-Apr-25	Health Camp for Female Students and Faculty	892-894
313	OSA	07-Apr-25	Session on Drug De Addiction	895-897
314	CSHS/Physiotherapy	08-Apr-25	Industrial Eye Screening Camp	898-899
315	ECE	08-Apr-25	MEDICAL CAMP JAN SWASTHYA MISSION: HEALTH FOR ALL	900-903
316	OSA	08-Apr-25	Health Check Up Camp	904-906
317	CSHS/Physiotherapy	10-Apr-25	Vision Rehabilitation Camp: Restoring Functional Vision	907-909
318	CSHS/Physiotherapy	11-Apr-25	Blueprints for Bionic Innovations: Orthotics, Prosthetics and Robotics	910-912
319	CSHS/Physiotherapy	11-Apr-25	Parkinson's Awareness: Educating the Next Generation of Advocates	913-915
320	CSHS/CCN	11-Apr-25	Awareness Talk on National Safe motherhood Day	916-918
321	CLS	11-Apr-25	COURT CLASH - SPORTS TOURNAMENT	919-922
322	OSA	11-Apr-25	Drug De Addiction and Awareness Campaign	923-925
323	ECE	14-Apr-25	DECODING SCHNEIDER ELECTRIC: YOUR GUIDE TO PRE-PLACEMENT SUCCESS	926-928
324	OSA	14-Apr-25	B R Ambedkar Jayanti – Eye Check Up Camp	929-931
325	Happiness Centre	15-Apr-25	World Art Day	932-933
326	Happiness Centre	15-Apr-25	Workshop on Self Confidence	934-935
327	CCP	15-Apr-25	AN EXPERT TALK ON THE TOPIC EXPEDITION DRUG DISCOVERY AND DEVELOPMENT USING AI	936-938
328	CLS	16-Apr-25	INTRA-COLLEGE DEBATE COMPETITION' ON UNIFORM CIVIL CODE (UCC): A STEP TOWARDS EQUALITY OR AN INFRINGEMENT ON RELIGIOUS FREEDOM	939-942

329	Happiness Centre	17-Apr-25	Dose Workshop	943-944
330	CSHS/CCN	17-Apr-25	Awareness talks on Anger management	945-948
331	Happiness Centre	18-Apr-25	Happiness Hormones	949-950
332	OA	19-Apr-25	Creche - Training for support staff	951-953
333	CSHS/CCN	19-Apr-25	Awareness Talk on Medication Adherence in Psychiatric Illness	954-957
334	CSHS/Physiotherapy	21-Apr-25	Medical Laboratory Professional week	958-960
335	CUSMS	22-Apr-25	World Earth Day – Tree Plantation Drive	961-963
336	Happiness Centre	22-Apr-25	Science of Happiness	964-965
337	CUIET(AE)	22-Apr-25	First Aid & CPR Certification Program – Skill Enhancement Workshop	966-968
338	OSA	22-Apr-25	World Earth Day	969-970
339	CCSM	23-Apr-25	DISCOVER YOUR INNER SELF	971-973
340	Happiness Centre	23-Apr-25	World Book Day (Meri Kahani, Mera Kirdar)	974-975
341	Happiness Centre	23-Apr-25	Happiness and Science	976-977
342	CBS	24-Apr-25	SPORTSMAINA	978-980
343	CSHS/Physiotherapy	25-Apr-25	Yogic Approach to Healthcare	981-983
344	CSHS/CCN	25-Apr-25	Role plays on World Malaria Day	984-986
345	OSA	25-Apr-25	Blood Donation Camp	987-989
346	CCSM	26-Apr-25	SMART YOUTH, SMART SAVINGS: INNOVATIVE APPROACHES IN BUDGET 2025	990-993
347	Happiness Centre	26-Apr-25	Community Happiness	994-995
348	CCP	26-Apr-25	AFFINITY 3.0" THE NATIONAL PHARMA TECH FEST & NATIONAL PHARMA YOUTH FEST 2025	996-999
349	CSHS/CCN	28-Apr-25	Workshop on Personality Development module	1000-1002
350	CSPC	02-May-25	'BREAKING THE CHAINS: UNDERSTANDING AND COMBATING SUBSTANCE ABUSE IN PUNJAB'	1003-1005
351	OSA	02-May-25	Awareness Session on Drug De Addiction	1006-1007
352	OA	03-May-25	CPR training for the staff of Office of Administration	1008-1010
353	CSHS/CCN	03-May-25	Nurse's week video contest	1011-1013
354	CSHS/CCN	05-May-25	HEALTY PURSUIT CONTEST	1014-1016

355	CSHS/CCN	06-May-25	Laughter Day: Real-Life Humour Comic Contest	1017-1019
356	CSHS/CCN	06-May-25	Slogan Writing Competition on World Asthma Day	1020-1022
357	CSHS/CCN	06-May-25	Expert Talk on Happy minds, Bright Ideas: Innovation begin with laugh	1023-1025
358	CSPC	06-May-25	"UNLOCKING THE UNCONSCIOUS: THE RORSCHACH INKBLOT TEST AS A WINDOW TO THE MIND."	1026-1028
359	OSA	06-May-25	World Asthma Day	1029-1031
360	OIA	07-May-25	Science of Wellbeing for Mondragon University Spain Cohort	1032-1033
361	CSPC	07-May-25	INTERACTION WITH SH. SHALEEN MITRA	1034-1036
362	CSHS/CCN	08-May-25	Tree plantation Drive: ROOT THE FUTURE ONE TREE AT A TIME	1037-1038
363	CSHS/CCN	16-May-25	Oath taking ceremony	1039-1042
364	OA	17-May-25	Health & Hygiene session for the staff of Office of Administration	1043-1045
365	CSHS/CCN	17-May-25	Health Checkup and Awareness Talk on "World Hypertension Day"	1046-1048
366	OSA	20-May-25	Cricket match between adopted villages	1049-1052
367	OSA	21-May-25	Meditation Session	1053-1054
368	OSA	22-May-25	International Families Day	1055-1057
369	CSHS/CCN	30-May-25	Expert session on Exploring The Career Landscape of Forensic Nursing: Roles, Skills and Opportunities	1058-1060
370	OA	31-May-25	Ill effects of Substance usage	1061-1064
371	OSA	31-May-25	World No Tobacco Day	1065-1066
372	OSA	03-Jun-25	World Bicycle Day	1067-1068
373	CSHS/CCN	04-Jun-25	Check In, Stay Well – Your Monthly Health Recharge	1069-1071
374	CSHS/CCN	06-Jun-25	Rally on World Environment Day	1072-1074
375	CSHS/CCN	06-Jun-25	Cooking Competition on World Food Safety Day	1075-1077
376	Happiness Centre	07-Jun-25	ANGER MANAGEMENT SESSION	1078-1079
377	Happiness Centre	07-Jun-25	LAUGHTER KITTY	1080-1081
378	ECE	07-Jun-25	UNLOCKING ECE POTENTIAL IN THE EV INDUSTRY: A SESSION WITH EULER MOTORS	1082-1085
379	Happiness Centre	08-Jun-25	LAUGHTER SESSION	1086-1087
380	Happiness Centre	16-Jun-25	SPARK WITHIN - GUIDING HAPPINESS AND GROWTH	1088-1089

381	Happiness Centre	18-Jun-25	ROOTS OF JOY: NURTURING SELF & SUCCESS	1090-1091
382	Happiness Centre	21-Jun-25	LINKEDIN LEAP STEP INTO YOUR DREAM CAREER	1092-1093
383	Happiness Centre	21-Jun-25	INTERNATIONAL YOGA DAY	1094-1095
384	OSA	21-Jun-25	International Yoga Day	1096-1098
385	Happiness Centre	22-Jun-25	LAUGHTER AND MEDITATION	1099-1100
386	Happiness Centre	25-Jun-25	MEDITATION FOR SUCCESS	1101-1102
387	CSHS/CCN	27-Jun-25	MUSIC & POETRY COMPETITION	1103-1105
388	CCSM	27-Jun-25	Expert Talk on PHARMA BUSINESS EVOLUTION: NAVIGATING THE AI DISRUPTION"	1106-1108
389	ECE	27-Jun-25	FUN & FROLIC FRIDAY: A DAY OF JOY, ENERGY AND TOGETHERNESS	1109-1111
390	Happiness Centre	28-Jun-25	STAGE FEAR	1112-1113

Topic	Welcome Laughter Refreshers
Date	3rd July2024
Time	12:30 PM
Venue	Chitkara International School, Panchkula
Number of Attendees	96

CIS Panchkula recently organized an engaging session called "Welcome Laughter Refresher," led by the lively Mr. Manav Bansal. This event aimed to enhance well-being through laughter and was a great success, leaving participants feeling revitalized and with useful skills for everyday life. Laughter is crucial for health and can significantly help reduce heart disease risks. It triggers the release of endorphins, which lower stress levels and boost mood. This uplifting feeling can decrease blood pressure and enhance overall heart performance. The session commenced with a burst of energy as attendees engaged in a lively dance and an entertaining lemon race. These activities served as icebreakers and set an upbeat tone for the afternoon, preparing participants for the laughter-filled journey ahead. Mr. Bansal, demonstrating his expertise in the field, introduced the audience to a variety of laughter types. The participants were guided through exercises featuring Aloha Laughter, Lassi Laughter, and Handshake Laughter, among others. These diverse forms of laughter showcased the versatility of this natural stress reliever and mood enhancer. A significant portion of the session was dedicated to Laughter Yoga, a practice that combines laughter exercises with yogic breathing. Mr. Bansal led the group through these exercises, demonstrating how intentional laughter can be just as beneficial as spontaneous laughter. Participants learned techniques they could easily incorporate into their daily routines, promoting regular laughter practice. To reinforce the session's message, a motivational video titled "Helping Hand" was screened. This video effectively illustrated the far-reaching benefits of laughter, emphasizing its positive impact on mental, emotional, and physical well-being. Mr. Bansal further elaborated on these benefits, discussing how regular laughter can alleviate stress, improve mood, boost the immune system, and foster better interpersonal relationships. An innovative aspect of the session was the introduction of Mr. and Ms. Happiness. This concept highlighted the importance of not only experiencing joy personally but also spreading it to others. It encouraged participants to become ambassadors of happiness in their communities, creating a ripple effect of positivity. As the session concluded, the atmosphere was noticeably lighter. Participants left with a renewed appreciation for the power of laughter and practical strategies to infuse more joy into their lives. The "Welcome Laughter Refresher" session at CIS Panchkula proved to be more than just an entertaining afternoon; it was a valuable investment in personal and communal well-

being, equipping attendees with the tools to lead happier, healthier lives through the simple yet powerful act of laughter.

Topic	Laughter and Learning Refreshers
Date	8th July,2024
Time	1:00 PM to 2:30 pm
Venue	Chitkara International School, Chandigarh
Number of Attendees	207

Laughter and learning are essential for improving our environment, especially in relation to heart and respiratory issues. When people laugh, they not only boost their mood but also relieve stress, which can enhance heart wellness. Recently, students at Chitkara International School enjoyed a special session called "Laughter and Learning Refresher," led by Mr. Manav Bansal. This event aimed to lift spirits and create a positive environment. It kicked off with a fun karaoke activity where students excitedly displayed their singing skills, setting an energetic vibe for the day. Following the karaoke session, mindfulness games were introduced, aimed at helping students relax and sharpen their focus. These activities encouraged mindfulness and provided students with practical techniques for stress relief and mental clarity. A thought-provoking video titled "Rat Race" was screened, emphasizing the importance of finding joy in everyday life. This was a poignant moment that resonated with the students, prompting reflection on personal happiness amidst daily challenges. Mr. Bansal then highlighted the four essential elements of joy: singing, dancing, laughter, and playing. Students actively participated in understanding these elements, engaging in various types of laughter exercises and a hilarious ramp walk session that brought laughter and joy to everyone present. Adding a delightful touch to the session, Mr. and Ms. Happiness were introduced, promoting positivity and spreading smiles among the students. This interactive segment encouraged students to embrace happiness as a daily practice. The session concluded with Mr. Bansal sharing the top five happiness habits for students: reading, gratitude journaling, regular exercise, establishing sleep rituals, and reflecting on three positive aspects of their day daily. These habits were presented as practical tools for maintaining mental well-being and fostering a positive outlook. Overall, the "Laughter and Learning Refresher" session left a lasting impact on the students of Chitkara International School, leaving them feeling refreshed, rejuvenated, and equipped with valuable happiness habits to navigate their academic and personal lives with resilience and joy. The event was a testament to the school's commitment to holistic student development and well-being.

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EVENT DETAILS	
EVENT TYPE	WORKSHOP
TOPIC	5 DAYS WORKSHOP ON INTELLECTUAL PROPERTY RIGHTS, PRIOR ART SEARCH, AND PATENT FILING
DATE	2024-07-08 to 2024-07-12
MODE	OFFLINE
ORGANIZER NAME	DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. SURYA NARAYAN PANDA, PRO-VICE CHANCELLOR (RESEARCH)
NO. OF PARTICIPANTS	42
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

Understanding Intellectual Property (IP) Rights
Conducting Prior Art Searches
Navigating the Patent Filing Process
Drafting and Submitting Patent Applications
Strategic Management of IP Assets

DESCRIPTION

The workshop on "Intellectual Property Rights, Prior Art Search, and Patent Filing" is designed to empower participants with comprehensive knowledge and practical skills essential for safeguarding and leveraging intellectual assets in today's innovation-driven world. As academic institutions and research organizations increasingly emphasize innovation and entrepreneurship, understanding the nuances of intellectual property (IP) has become a critical competency for researchers, academicians, and students alike. This workshop will provide an in-depth understanding of various forms of intellectual property, including patents, copyrights, trademarks, and trade secrets, with a special focus on patent rights.

Participants will be introduced to the legal and regulatory frameworks governing IP in India and internationally, helping them grasp the importance of securing legal protections for novel ideas and inventions. A core component of the workshop will focus on prior art search techniques, which are vital for evaluating the novelty and patentability of an innovation.

Participants will gain hands-on experience with popular IP databases and search tools, learning how to identify existing literature, patents, and public disclosures that may affect their innovation's uniqueness. In addition, the workshop will offer step-by-step guidance on the patent filing process, including invention disclosure, drafting patent claims, understanding patentability criteria, and navigating the procedural requirements of national and international patent applications. Experts will provide insights into common pitfalls during the filing process and how to effectively document and present innovations to enhance the likelihood of approval. By the end of the program, attendees will not only understand the theoretical foundations of IP rights but also acquire the practical know-how to conduct IP due diligence and contribute to a robust innovation ecosystem. The workshop aims to foster a culture of IP awareness, encouraging participants to think strategically about research outcomes and their potential for societal impact and commercialization. Ask ChatGPT

OUTCOMES

Awareness of the importance of IP in research and innovation management

Competence in using IP databases and search tools

Confidence in preparing and filing patent applications

Readiness to identify and protect patentable ideas

Strengthened role in fostering an IP-driven innovation culture

EVENT DETAILS	
EVENT TYPE	SOCIAL EVENT
TOPIC	PHARMACARE + YOUR HEALTH, OUR PRIORITY
DATE	2024-07-09 to 2024-07-09
MODE	OFFLINE
ORGANIZER NAME	CHITKARA COLLEGE OF PHARMACY
RESOURCE PERSON	DR. RUCHIT UPPAL, SURGEON
NO. OF PARTICIPANTS	45
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 10: REDUCED INEQUALITIES, SDG 1: NO POVERTY

OBJECTIVE

1. Enhance patient understanding of their health conditions and treatment options through education and personalized consultations.
2. Improve medication adherence and safety by providing comprehensive medication management services.
3. Foster a patient-centered approach that prioritizes individual health needs and preferences.
4. Promote preventive health measures and wellness initiatives to improve overall community health.
5. Establish strong relationships with patients to encourage open communication and continuous support in their healthcare journey.

DESCRIPTION

The NSS unit of Chitkara College of Pharmacy organized a mega health camp, PharmaCare+ (Your Health, Our Priority), at the Gurudwara Hall in the adopted village of Thuha, Punjab.

The camp offered a range of healthcare services, including blood group analysis, blood sugar level tests, BMI calculation, and OPD services in dental, medicine, physiotherapy, and ocular care. Additionally, a free medicine distribution facility was made available to support the local community. This initiative aimed to provide accessible healthcare to the residents, ensuring their well-being and addressing their medical needs at no cost.

OUTCOMES

1. Increased patient knowledge and awareness of health conditions, leading to informed decision-making regarding their treatment.
2. Improved medication adherence rates, resulting in better health outcomes and reduced hospitalizations due to medication-related issues.
3. Enhanced patient satisfaction and trust in Pharmacare services, fostering a long-term commitment to health management.
4. Greater community engagement in preventive health practices, contributing to overall improved health metrics.
5. Stronger patient-pharmacist relationships, leading to ongoing support and follow-up care that encourages proactive health management.

PHARMACARE+
Patiala,PB,India
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Event Name	Workshop
Topic	Artificial Intelligence in Health Care- A Choice based credit system
Date	9th-11th July, 2024
Time	9:30 a.m. – 01:00 p.m.
Venue	Warren Buffett Hall, Fleming Block
Organizer	•Ms. Kanika Sharma, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab •Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
Resource Person	•Dr. Sushil Narang, Associate Professor, Dean, Department of Artificial Intelligence, Chitkara University, Punjab •Dr. Shruti Arora, Assistant Professor, Department of Artificial Intelligence, Chitkara University, Punjab
No. of Participants	44 (B.Sc. Nursing 6th semester Students)
Under SDG no.	SDG 3, SDG 4, SDG 17
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 17 Partnership for the Goals
NEP	13.1-13.7 (Motivated, Energized, and Capable Faculty)

Objectives

- To understand Health care domains of AI
- To apply the basic coding in Python and machine learning its application.
- Using AI for disease diagnosis and patient monitoring
- Natural Language processing and data analytics in health care

Descriptions

The Department of Nursing, Chitkara School of Health Sciences had organized a Workshop on Artificial Intelligence in Health Care- A Choice based credit system from 9th-11th July 2024 at Warren Buffett Hall, Fleming Block. The workshop commenced with an introductory overview of Artificial Intelligence and its various applications within the healthcare sector. The utilization of AI for disease diagnosis and patient monitoring enables healthcare systems to enhance their efficiency and accessibility, particularly in regions where

medical care is insufficient. This technology serves to bridge the gaps in healthcare service delivery. In summary, the integration of AI in healthcare holds significant potential for improving patient outcomes and bolstering health initiatives globally. The workshop included fundamental Python programming, distinctions between Generative AI and Explainable AI, the functions of AI and machine learning, their applications, as well as natural language processing and data analysis in healthcare. Participants assessed AI applications and took part in a practical session. The objective was to disseminate knowledge regarding AI in healthcare and to develop relevant skills. By the conclusion of the workshop, attendees had acquired basic Python coding skills and gained valuable insights into various dimensions of AI in the healthcare field.

Day I session of resource person on "Introduction to AI in health care" *on 9th June, 2024.*

Day II session of resource person on "Using AI for disease diagnosis and patient monitoring *"on 10th June, 2024.*

Day III session of resource person on "Evaluation of AI application and Hands-on session" *on 11th June, 2024.*

Outcome

The workshop has provided a valuable opportunity for students to understand AI and basic coding using Python, as Python has emerged as a leading programming language for developing AI applications in healthcare due to its simplicity, versatility, and robust ecosystem of libraries and frameworks.

Topic	Session on Ethical Leadership
Date	9th July2024
Time	2:00 PM to 3:00 pm
Venue	Pierre Hall, Le-Corbusier Block
Number of Attendees	101

The Chitkara Happiness Centre, along with the Chitkara School of Psychology and the Chitkara School of Hospitality, organized a valuable session on ethical leadership led by Mr. Mahesh Rawat. This session explored the links between human health, environmental issues, and diseases. It emphasized how leaders can make choices that support the well-being of both individuals and the planet. By understanding the effects of environmental factors on health and stress, leaders can shape better policies that enhance quality of life. Students and professionals attended, eager to learn about leadership from an ethical perspective. Mr. Rawat started by distinguishing ethics from skills. He described ethics as the moral standards that guide our actions and skills as the abilities that help us act effectively. Both are essential for strong leadership. Ethics allow leaders to make sound moral choices, while skills help put those choices into action. Throughout the session, Mr. Rawat shared real-life stories and examples to highlight the significance of ethics. He identified key values like integrity, accountability, patience, and emotional awareness as vital traits for leaders. He referenced inspiring figures such as Sachin Tendulkar, APJ Abdul Kalam, JRD Tata, and Satish Sharma, who all exemplified ethical leadership in their fields. Mr. Rawat pointed out that ethical leaders set a positive example, showing integrity and accountability in their actions. They focus on the greater good, build trust, and develop emotional intelligence. He noted that ethical leadership involves not only making the right choices but also inspiring others to follow. The session ended with a call to action, urging attendees to weave ethics into their daily lives. Mr. Rawat encouraged everyone to become role models, using ethical leadership to help create a better world. This session was a profound reminder of the transformative power of ethical leadership, leaving a lasting impact on all who attended.

Explore
Your
Potential
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Patiala, Punjab, India
Chitkara University Rd, Punjab 140506, India
Lat 30.517189°
Long 76.660346°
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Event Name: -	Health Check Up camp
Venue: -	Gurudwara Sahib, Village Thuha
Date: -	9th July, 2024
SDG Number, Name and NEP: -	4-Quality Education, 3-Good Health & Well Being NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Attendees: -	500
Duration: -	One Day

"The groundwork for all happiness is good health." – Leigh Hunt

On the 9th of July 2024, the National Service Scheme, Chitkara University, Punjab, teamed up with the Chitkara College of Pharmacy and Chitkara School of Health Sciences to organize a Health Check-up Camp in the heart of Thuha, Chitkara's adopted village.

Health checkup camps are essential in enhancing public health and preventing illnesses. These camps offer a convenient platform for individuals to undergo medical evaluations and screenings. For many, regular access to healthcare services is limited, making these camps critical for the early identification of health concerns. By detecting conditions such as heart disease and other cardiovascular issues at an early stage, individuals can take proactive measures to enhance their health. This initiative not only addressed immediate health needs but also emphasized the significance of preventive healthcare and overall well-being. In a healthcare landscape that often reacts to issues rather than preventing them, such camps underscore the value of proactive health measures. The camp served as a vital opportunity for community members to obtain professional health evaluations without the burden of extensive travel. From monitoring blood pressure to providing general health consultations, the services offered addressed a broad spectrum of needs, ensuring that every participant felt acknowledged and valued.

The camp, supported by dedicated volunteers and proficient medical professionals, created an atmosphere where health was prioritized above all else. Many of the volunteers, primarily students, engaged in a transformative journey, gaining insight into the significant influence that even a minor act of service can exert on a community. Concurrently, the medical professionals provided tailored advice and treatments, ensuring that the care offered extended beyond the camp's timeframe, thereby motivating residents to sustain their health in the long run.

HARMACARE

CHITKARA

PHARMACARE+
YOUR HEALTH, OUR PRIORITY
9th July , 2024
Venue: Gurudwara H
Adopted Village Thuha,
In Association
WORTH
SAITECH
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Event Name	Visit of delegates from Griffith University, Australia
Date	9th July 2024
Venue	Chitkara University, Punjab
Organizer	Office of International Affairs
Resource Person	Dr. Sohil Khan, Associate Professor and Ashini Malhotra, Regional Marketing Director (South Asia and Middle East) Griffith University, Australia.
Number of Participants	2 Guests, 230 students and 15 employees
SDGs Covered	SDG 4, SDG 5, SDG 3 and SDG 17
Duration	1 day

About the Activity

The Office of International Affairs hosted an event for Sohil Khan, Associate Professor, and Ashini Malhotra, Regional Marketing Director (South Asia and Middle East) from Griffith University, Australia. This fruitful visit laid the groundwork for a promising academic collaboration between our institutions. The delegates engaged in enriching discussions with the faculty and students of the Pharmacy department, exploring opportunities for growth and knowledge sharing, and conducted a thought-provoking session, offering valuable insights and perspectives that fostered global cooperation in education and enriched our students' understanding.

The faculty meeting included discussions on various potential research collaboration areas between the two universities.These areas present numerous opportunities for impactful research and fruitful collaboration. The identified research areas include:

Mental Health: Exploring new treatments, understanding the psychological impacts of diseases, and studying mental health outcomes in different patient populations.

Quality Use of Medicines: Investigating how medications are prescribed and used to ensure patients receive safe and effective treatments.

Evidence-Based Medicine: Enhancing clinical decision-making by integrating clinical expertise with the best available research evidence.

Patient Quality of Life: Assessing the impact of treatments or health conditions on patients' overall well-being and daily functioning.

Pharmacoeconomic Analysis: Studying the economic aspects of drug therapy, including cost-effectiveness, cost-benefit, and cost-utility analyses.

Metabolomics: Investigating metabolites and their roles in diseases to identify new biomarkers or therapeutic targets.

Pharmacovigilance: Monitoring the safety of medicines and identifying and mitigating adverse effects.

Management of Chronic Diseases: Developing new approaches to prevent, treat, and manage chronic conditions like diabetes, hypertension, and cardiovascular diseases.

CHITKARA
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Event Name	NSS Activity
Topic	Role Play & Awareness Talk on World Population Day
Date	11th July, 2024
Venue	Galileo Block, Chitkara University, Punjab
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	15
No. of Impacted Individuals	15
Under SDG no.	3, 5, 10
SDG Details	Good health and wellbeing, Gender Equality, Reduce inequalities

Objective

On July 11, 2024, a role-play and awareness talk were held in the village of Kalomajra to mark World Population Day. This day is significant for highlighting global population challenges and their effects on human health. Stress is a major issue that impacts many lives and can lead to severe health problems, including heart disease. Through role-play and discussions, we can help people recognize how their actions and lifestyle choices influence stress and heart health. NSS Volunteers from the B.Sc. (N) 2nd and 4th semesters at the Department of Nursing, CSHS Chitkara University, Punjab, took part in this event. It was organized by Ms. Preetika and Ms. Lakshita, nursing tutors in the department. The goal was to educate the community about the importance of population control its link to sustainable development. By promoting healthy habits, we can help reduce the risk of these diseases. The volunteers emphasized the need for population control, family planning, women's health, and sustainable practices. Interactive sessions encouraged community involvement and, stressing the significance of education and empowerment in managing population growth.

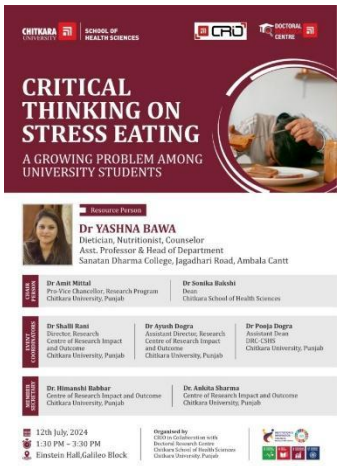
Outcomes

The role play and talk taught villagers about population control. People learned how family planning helps. Many want to improve women's health. The sessions let people ask questions. They now better understand good habits for the future.

Event Name	Critical Thinking on Stress Eating
Date	12 July 2024
Venue	Einstein hall, Galileo Block
Department	Centre of Excellence for Sustainability Centre for Research Impact and Outcome (CRIO), in collaboration with the DRC, Centre of Health Sciences (CHS)
Resource Person	Dr. Yashna Bawa
Number of Participants	60
SDGs Covered	3, 4, 8, 17
Duration	2 Hrs.

About the Activity

The event titled "Critical Thinking on Stress Eating" was designed to explore the effects of stress on dietary behaviors and general health. Its objective was to inform participants about the origins, effects, and strategies for managing stress-related eating. Understanding stress eating empowers individuals to make healthier food decisions and fosters community collaboration in promoting mental health and nutritious eating practices. By critically examining these topics, we can discover more effective methods for managing stress. This initiative was a joint effort between the Centre for Research Impact and Outcome (CRIO) and the DRC, Centre of Health Sciences (CHS).



Workshop Objectives

1. **Raising Awareness:** To highlight the critical issues related to stress eating and its impact on physical and mental health.
2. **Knowledge Sharing:** To provide expert insights on managing stress-related eating behaviors through practical strategies.
3. **Community Engagement:** To encourage discussions on stress management and healthy eating habits among students and faculty members.
4. **Action Planning:** To equip participants with actionable steps to prevent and manage stress-induced eating.
5. **Conclusion and Q&A:** The event concluded with a summary of key takeaways, an interactive Q&A session, and additional resources for further learning.

"Critical Thinking on Stress Eating" was a significant step toward promoting healthier lifestyles by addressing the psychological and physiological aspects of stress eating. The

organizers express their gratitude to all participants and look forward to continued discussions and initiatives on health and wellness.

Next Steps Participants are encouraged to implement the insights shared, practice mindful eating, and spread awareness about stress management. Follow-up discussions and wellness sessions will be planned to ensure ongoing support.

Key Highlights

1. **Expert Talk:** Dr. Yashna Bawa, a renowned dietitian and counselor, delivered an insightful session on stress eating and its management.
2. **Interactive Discussions:** Participants actively engaged in discussions about stress triggers and coping mechanisms.
3. **Engaged Participation:** Over 40 students and 20 faculty members from CRIO and CHS attended, contributing to a dynamic and enriching dialogue.
4. **Q&A Session:** The event concluded with an engaging Q&A round where students and faculty members clarified doubts and gained further insights.

Workshop Outcomes

1. **Increased Awareness:** Participants gained a deeper understanding of stress eating and its impact on health.
2. **Actionable Knowledge:** Attendees left with practical strategies to manage stress and develop healthier eating habits.
3. **Future Collaboration:** The event paved the way for further discussions and initiatives on stress management and wellness.

Details	
Date	14th July, 2024
Time	1:05 PM to 1:35 PM
Venue	Meditation Room, Chitkara Happiness Centre
No of attendees	5
Resource Person	Ms. Kiranjot Kaur

In the session, we explored the importance of mindfulness through various practical tips. It began with focusing on the respiratory system as a simple yet effective way to cultivate mindfulness, followed by awareness of body parts, like toes touching the ground. By encouraging mindfulness meditation, we can reduce stress and anxiety, leading to better overall health. Participants were encouraged to use everyday sounds like the fan, rain, or lightning as cues to stay present. The power of mindfulness was discussed, highlighting how it helps release the past and enhances focus on the current moment. We also learned how mindfulness improves daily activities like walking, along with tips for integrating mindfulness into our routines for greater well-being.

EVENT DETAILS	
EVENT TYPE	WORKSHOP
TOPIC	5-DAYS WORKSHOP ON INNOVATION, IPR, AND PRIOR ART TECHNIQUES
DATE	2024-07-15 to 2024-07-19
MODE	OFFLINE
ORGANIZER NAME	PROF. (DR.) THAKUR GURJEET SINGH, DEAN, CHITKARA COLLEGE OF PHARMACY, CHITKARA UNIVERSITY
RESOURCE PERSON	DR. SURYA NARAYAN PANDA, PRO-VICE CHANCELLOR
NO. OF PARTICIPANTS	80
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION

OBJECTIVE

To introduce participants to the fundamentals of innovation and its role in intellectual property creation

To develop a clear understanding of different forms of IPR, including patents, trademarks, and copyrights

To train participants in conducting comprehensive prior art searches to assess novelty and avoid infringement

To familiarize attendees with tools and techniques for idea validation and IP protection

To encourage innovation-led thinking and promote awareness of commercialization opportunities through IP systems

DESCRIPTION

The 5-Day Workshop on Innovation, IPR, and Prior Art Techniques is designed to provide an in-depth understanding of the innovation ecosystem and its close connection with Intellectual Property Rights (IPR). In today's knowledge-driven economy, innovation plays a pivotal role in achieving competitive advantage, and the protection of intellectual outputs is crucial for their successful commercialization. This workshop aims to equip students, researchers, faculty members, and innovators with essential tools to recognize, protect, and manage intellectual assets effectively. The workshop will begin by introducing the concept of innovation- what it means, how it evolves, and its importance in academic, industrial, and entrepreneurial settings. Participants will learn how to identify innovative ideas, understand

the innovation life cycle, and translate creative thoughts into protectable intellectual property. Real-world examples and case studies will help illustrate how successful innovations have led to technological advancements and socio-economic growth. A key focus of the program will be on Intellectual Property Rights (IPR), particularly patents, copyrights, trademarks, industrial designs, and trade secrets. The sessions will cover the scope, importance, and legal frameworks of IPR in both national and international contexts. Special emphasis will be placed on the role of IPR in safeguarding innovation, encouraging R\&D investment, and promoting entrepreneurship.

OUTCOMES

Improved understanding of the innovation process and its linkage with IPR

Ability to identify and assess the IP potential of research and creative ideas

Hands-on experience in conducting prior art searches using national and international databases

Familiarity with different forms of intellectual property and their strategic applications

Enhanced readiness to protect, manage, and commercialize innovations effectively

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Chitkara University Road, Rajpura, Patiala, 140601, PB, India
Lat 30.515711, Long 76.660553
07/16/2024 10:28 AM GMT+05:30
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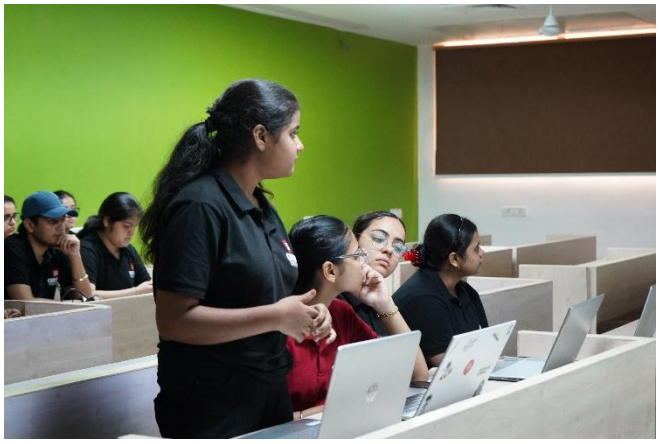


Details	
Date	17th July, 2024
Time	1:15 PM to 1:45 PM
Venue	Meditation Room, Chitkara Happiness Centre
No of attendees	6

Chitkara Happiness Centre held a gratitude meditation. Mr. Manav Bansal, a meditation expert, led it. The session eased stress and improved breathing. Meditation helps control breathing and lowers stress levels. Mr. Bansal said meditation reduces stress and boosts heart health. Focused breathing calms the mind and reduces worry. This improves heart function and prevents disease. The session built thankfulness and good feelings. Mr. Bansal guided easy meditation steps. He urged us to focus on the present and value good things. First, Mr. Bansal talked about thanks and its benefits. Next, he led a meditation with soft music. People thought about their lives and blessings. The session was a success. People felt calm, relaxed, and happy. The Centre plans more sessions. They aim to improve community well-being and focus.

Type of Activity	Expert Talk
Name of Organizing Institute	Chitkara College of Sales & Marketing
Resource Person/Facilitator	Dr. Kriti Anand, Consultant Psychiatry, Paras Group of hospitals, Panchkula
Mode	Online
Date(s)	18-Jul-2024to18-Jul-2024
Duration	2:30 hours
No. of Participants	189 |4
Venue:	Online
SDG	SDG3: Good Health and Well-being, SDG4: Quality Education

Objectives

- Find Root Cause of mental stress
- Seven important steps to check and mitigate mental stress
- How to respond to stressful conditions
- Using critical thinking tools

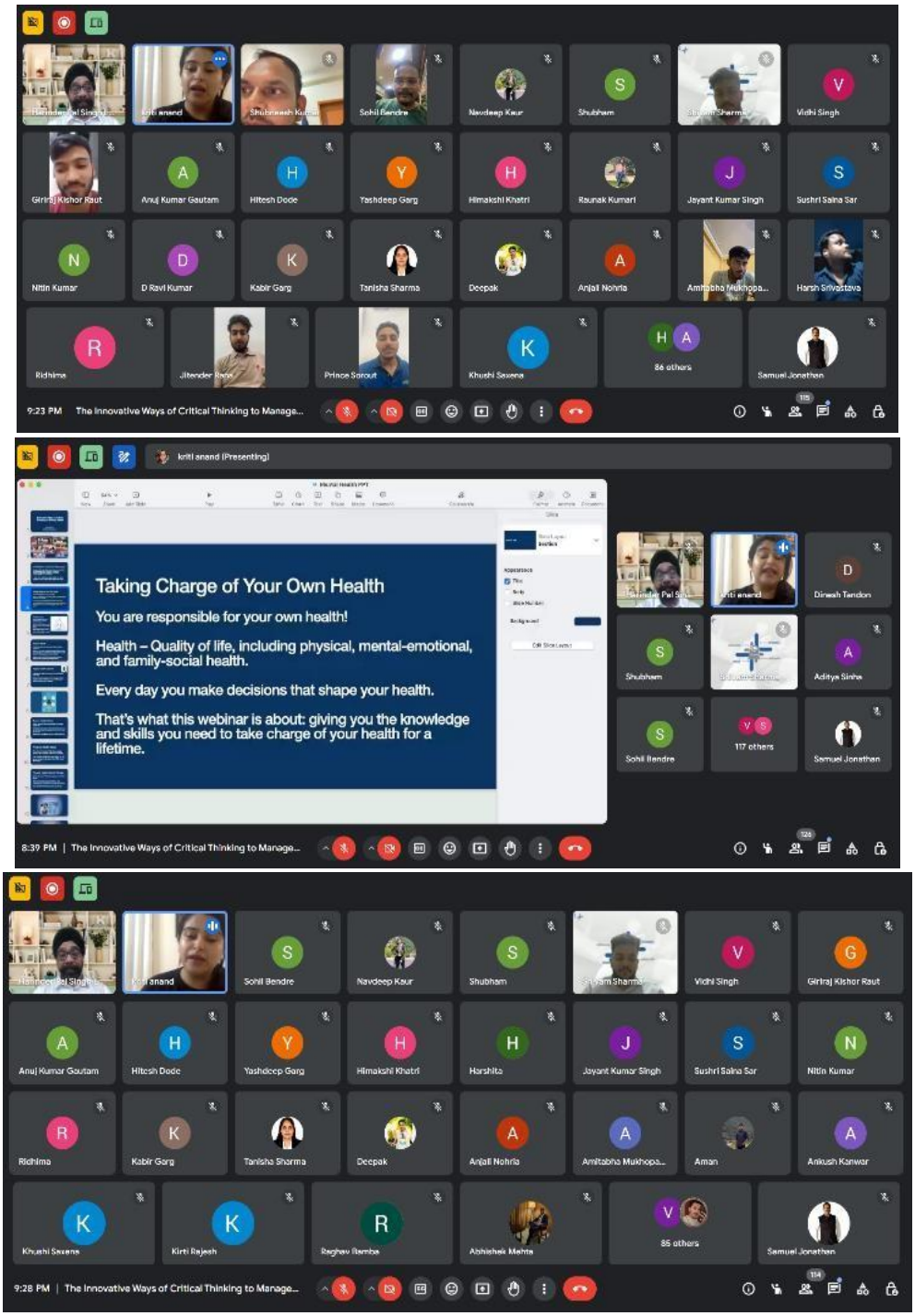
Chitkara College hosted Dr. Kriti Anand for MBA students. Dr. Anand is a psychiatrist at Paras Hospital. She spoke on innovative ways to handle stress using critical thinking. She began by explaining the scientific meaning of health.Mental and physical health matter equally, Dr. Kriti said. Mental illness rates in India are alarming and need attention. She urged students to address stress. Analyze situations to find stress triggers. Then, develop ways to cope. Stress can cause heart and breathing issues. Critical thinking helps make good lifestyle choices. Understand the root of the problem to accept it. Seek help early to prevent serious mental problems. Dr. Kriti shared seven ways to manage stress. These include self-talk and positive affirmations. Students asked questions and got helpful answers. Today's world is competitive. Deadlines, high standards, and challenges cause stress. This is especially true in sales and marketing. We can't change the business environment.

But we can train our minds to handle stress. Dr. Kriti Anand, a psychiatrist, was the perfect expert. She shared tips to handle tough situations and people. Students can use critical

thinking to solve problems. They can also deal with stress in new ways. This leads to less stress and more productivity.

Outcomes

- Develop a skill to check and mitigate mental stress
- Leading to unavoidable stressful conditions
- Manage emotions during stressful situations
- Develop a skill to use critical thinking tools to articulate stress •
- Stress-free & productive professional life



Dr. Kiriti Anand engaged with students during an online expert discussion held on July 18, 2024.

Event Name	2nd International Conference on Emerging Materials, Smart Manufacturing & Computational Intelligence
Date	18-19 July 2024
Venue	Pierre Hall, Le Corbusier Block
Department	Centre for Research Impact and Outcome
Resource Person	Day 1: Dr. Apurbba Kumar Sharma from IIT Roorkee, keynote addresses were given by Dr. Sanjeev Kumar from CSIR-CSIO, Dr. Navneet Khanna from IITRAM, and Mr. Mukesh Singh from LPS Bossard Pvt. Ltd Day 2: Ms. Priya Vyas from Springer Nature, Dr. Milos Djukic from the University of Belgrade, and Dr. Giuseppe Carbone from the University of Calabria.
Number of Participants	65
SDGs Covered	SDG 3, 4,7, 9, 12 and 13
Duration	2 days

About the Activity

The 2nd International Conference on Emerging Materials, Smart Manufacturing, and Computational Intelligence presents a valuable opportunity for researchers and industry professionals. The event centers on the potential of innovative materials and advanced technologies to enhance manufacturing processes. By facilitating discussions on groundbreaking concepts, the conference fosters collaboration among academic institutions, businesses, and investors. This synergy is crucial as it promotes partnerships that lead to the creation of new technologies, ultimately improving the efficiency and productivity of manufacturing facilities. Such advancements will contribute to the development of superior products for consumers. Furthermore, the 2nd International Conference on Emerging Materials, Smart Manufacturing & Computational Intelligence (ICEMSMCI-2024) transcended traditional academic gatherings, serving as a significant platform for experts and thought leaders to tackle pressing Sustainable Development Goals (SDGs).

The conference highlighted the interrelation of industrial innovation, responsible consumption, health improvements, clean energy initiatives, climate action, and educational advancements.

Objectives

- To provide a platform for researchers and experts to discuss advancements in emerging materials, smart manufacturing, and computational intelligence.
- To foster collaboration and knowledge exchange in sustainability, energy, and health-based technologies.
- To highlight cutting-edge research in robotics, bio-sensing, green energy, and innovative engineering solutions.

Key Highlights

- Hybrid format: Day 1 (Offline at Chitkara University), Day 2 (Online).
- Renowned keynote speakers from IIT Roorkee, CSIR-CSIO, IITRAM, Springer Nature, University of Belgrade, and University of Calabria.
- Over 200 submissions, with 65+ papers selected (30% acceptance rate).
- Five technical tracks covering sustainable materials, smart manufacturing, robotics, computational intelligence, and healthcare computing.
- Parallel sessions featuring innovative research on bio-waste, fog detection, cancer diagnosis, and energy-efficient technologies.

Outcomes

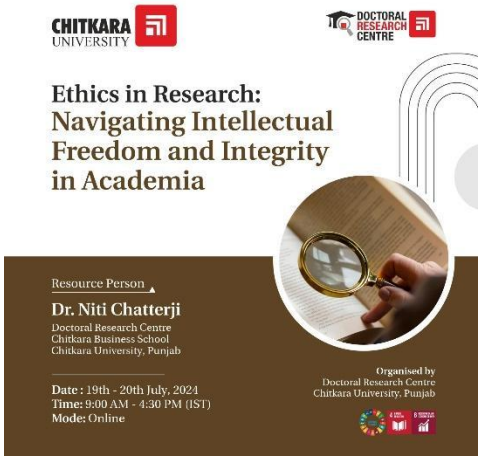
- Successful knowledge sharing and networking among global researchers and industry experts.
- Recognition of outstanding research through awards and acknowledgments.
- Strengthened focus on sustainable development and interdisciplinary innovations.
- Advancement of research in engineering, robotics, healthcare computing, and green energy technologies.

Abstract

Event Name	Ethics in Research: Navigating Intellectual Freedom and Integrity in Academia
Date	19th-20th July, 2024
Venue	Online mode
Department	Doctoral Research Centre, Chitkara Business School, Chitkara University, Punjab
Resource Person	Dr Niti Chatterjee
Number of Participants	66
SDGs Covered	SDG 3and 9
Duration	6 Hrs.

About the Activity

The Faculty Development Program (FDP) focused on enhancing the understanding of research ethics and misconduct among scholars and faculty. It introduced participants to key best practices and standards established by organizations like COPE (Committee on Publication Ethics) and WAME (World Association of Medical Editors). The program aimed to guide faculty in maintaining ethical research practices and adhering to international publication standards.



Workshop Objectives

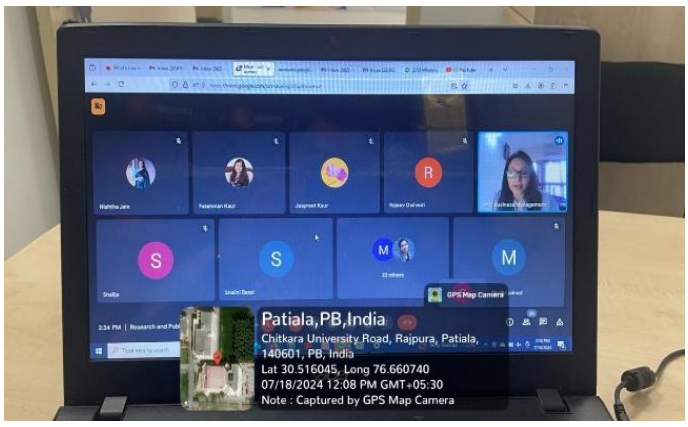
1. To ensure research processes are open and honest, with clear guidelines for data management and sharing.
2. Cultivate an environment that values intellectual property rights by enforcing proper citation practices and preventing plagiarism. Further, educate researchers on ethical authorship and resource use, balancing academic freedom with responsibility.
3. Identify and anticipate potential ethical challenges and dilemmas that may arise throughout the research and publication process.
4. Use moral frameworks and ethical principles to make ethical decisions in a responsible and efficient manner.
5. Demonstrate research integrity by conducting research with honesty, transparency, and accuracy.
6. Foster responsible authorship practices, accurately attributing credit and acknowledging contributions from all individuals involved in the research.

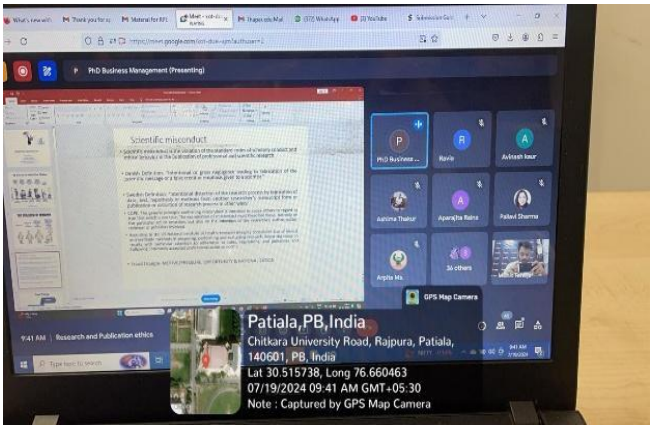
Key Highlights

1. **Focus on Research Ethics and Misconduct:** The FDP aimed to deepen understanding of research ethics and address issues related to misconduct.
2. **Best Practices Introduction:** Participants were introduced to essential research, the best practices and ethical standards.
3. **Key Ethical Organizations:** The program highlighted guidelines from COPE (Committee on Publication Ethics) and WAME (World Association of Medical Editors).
4. **Target Audience:** The event was designed for scholars and faculty members to enhance their ethical research practices.
5. **Promotion of Ethical Standards:** Emphasized adherence to global ethical standards in research and publication.

Workshop Outcomes

- **Enhanced Awareness of Research Ethics:** Participants gained a deeper understanding of ethical standards, improving overall research integrity.
- **Knowledge of Ethical Guidelines:** Exposure to guidelines set by organizations like COPE and WAME empowered faculty to adhere to global best practices.
- **Improved Research Practices:** Faculty members were better equipped to prevent research misconduct and promote ethical behavior within their academic work.
- **Strengthened Academic Community:** The program likely fostered a culture of responsibility and collaboration among scholars, ensuring higher standards of research in the academic environment.
- **Increased Trust in Research Outputs:** With better ethics awareness, the quality and credibility of research in the institution would improve, enhancing the trustworthiness of published work.





Details	
Date	28th July, 2024
Time	12:20 PM to 12:50 PM
Venue	Meditation Room, Chitkara Happiness Centre
No of attendees	9
Resource Person	Ms. Kiranjot Kaur

Vipassana Meditation is a time-honoured mindfulness practice that fosters self-awareness and tranquillity. Its primary objective is to promote healthy living and enhance the well-being of individuals. Through Vipassana, participants cultivate the ability to observe their thoughts and emotions impartially, which leads to heightened self-awareness. This enhanced awareness can alleviate stress and anxiety, thereby contributing positively to overall mental health. By encouraging mindfulness and inner serenity, Vipassana meditation aligns with the broader goal of fostering a healthier community.

The session commenced with a concise introduction to Vipassana, highlighting the importance of observing one's thoughts without attachment or emotional response. To establish a calming environment, gentle meditation music was played, aiding participants in relaxing into the practice. We initiated the session with deep breathing exercises, concentrating on inhaling positivity while exhaling negativity and stress. The guided meditation prompted participants to observe their thoughts without clinging to or reacting to them. The experience was tranquil and restorative, providing a much-needed mental respite and nurturing a deeper connection to the present moment. Participants departed feeling more grounded and at peace.

Event Name	The Future is Vocal: AI Innovations in Healthcare Speech Technologies
Date	30 July 2024
Venue	LH2 (Room 002), Fleming Extension Area 2, Ground Floor
Department	Centre for Research Impact and Outcome (CRIO)
Resource Person	Puneet Bawa
Number of Participants	40
SDGs Covered	3, 9
Duration	3 hrs.

About the Activity

The event *"The Future is Vocal: AI Innovations in Healthcare Speech Technologies"* was organized to explore the transformative role of artificial intelligence in speech tech

nology and its applications in the healthcare industry. The session aimed to provide insights into the latest advancements, challenges, and opportunities in this field.

Workshop Objectives

1. **Understanding AI in Speech Technology:** To introduce participants to AI-driven speech recognition and its impact on healthcare.
2. **Expert Insights:** To provide an in-depth understanding of the latest innovations in healthcare speech technologies.
3. **Encouraging Research & Development:** To inspire students and faculty to explore AI applications in medical speech analysis.

4. **Interactive Learning:** To facilitate engaging discussions with experts and encourage knowledge sharing.
5. **Practical Applications:** To demonstrate real-world applications of speech technology in diagnostics and patient care.

Key Takeaways

"The Future is Vocal" successfully provided attendees with knowledge on AI-driven speech technologies and their potential in transforming healthcare. The session sparked interest in research, development, and implementation of AI-powered solutions in medical speech analysis.

Next Steps

Participants are encouraged to explore AI applications in speech processing and healthcare, engage in research projects, and collaborate with experts in the field. Follow-up discussions and hands-on workshops will be scheduled for continued learning.

Key Highlights

1. **Distinguished Speakers:** Mr. Puneet Bawa, Research Scholar (CSE), along with Harsh Vardhan, Python Intern (Digimantra), shared their expertise in AI-driven speech recognition and healthcare applications.
2. **Interactive Discussions:** Participants gained insights into the latest trends in speech technology and its role in the medical field.
3. **Engaging Participation:** Over 20 students and faculty members from interdisciplinary departments actively participated in the session.
4. **Q&A & Knowledge Exchange:** A dynamic Q&A session allowed attendees to interact with the speakers and discuss future advancements in AI-driven speech technologies.

Workshop Outcomes

1. **Enhanced Awareness:** Participants gained a deeper understanding of speech technology's impact on healthcare.
2. **Actionable Knowledge:** Attendees learned strategies and tools to explore AI applications in speech processing.
3. **Future Collaboration:** The event fostered interdisciplinary discussions and paved the way for AI-based healthcare innovations.

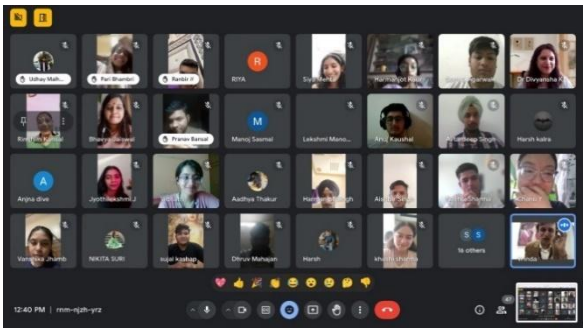
Topic	Thriving at Workplace
Date	3rd August2024
Time	3:30 pm to 5:30 pm
Venue	Spray Engineering Devices, Baddi
Number of Attendees	14
Resource Person	Mr. Manav Bansal

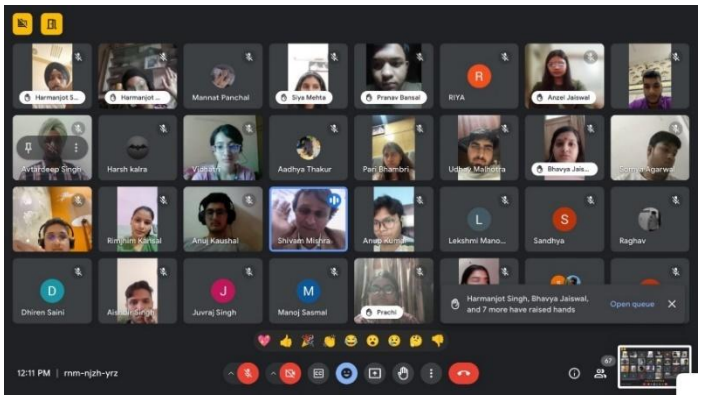
A recent session, "Thriving at the Workplace," was held for new employees at SED Baddi, featuring Mr. Manav Bansal as the facilitator. This engaging and informative event offered essential insights and practical strategies to enable newcomers to succeed in their positions and make meaningful contributions to the organization. Fostering a healthy work environment is crucial for employee well-being. A supportive atmosphere can alleviate stress and mitigate the risk of health issues, particularly those related to the heart. Employers should prioritize the promotion of healthy practices, including encouraging regular breaks, providing nutritious food options, and offering mental health resources. The session commenced with a welcoming song, setting a positive atmosphere for the day's activities. Mr. Bansal introduced the Thriving Model, which encompasses five key elements: Purpose, Relationships, Skill Building, Etiquettes, and Energy. These components were identified as crucial for achieving success and fulfillment in the workplace. To illustrate real-world applications of these principles, Mr. Bansal shared inspiring case studies of tech industry leaders Sundar Pichai and Satya Nadella. These examples offered participants valuable lessons on leadership and professional growth. Additionally, research-based insights were presented to highlight the skills and attributes necessary for thriving in today's fast-paced work environment. The session featured interactive elements designed to reinforce learning and promote engagement. A Skill Swap Activity encouraged participants to share knowledge with one another, fostering a culture of continuous learning. The Etiquette Bingo game creatively reinforced important workplace etiquettes, making the learning process both enjoyable and memorable. Throughout the day, group activities and discussions encouraged active participation and collaboration among the new Joines. The session concluded with a final group activity, leaving a lasting impression on the participants. Overall, the "Thriving at the Workplace" session successfully equipped new employees with essential knowledge and skills for their roles at SED Baddi. Mr. Bansal's expertise and engaging presentation style contributed significantly to the event's success. As the new joinees embark on their professional journeys, they are now better prepared to excel and contribute to the organization's growth. The success of this session underscores the importance of comprehensive onboarding programs and the value of collaborative learning in fostering employee engagement and development.

Topic	Self-Management and Wellness
Date	5th August,2024
Time	11:30 am to 12:30 pm
Mode	Online
Number of Attendees	84

The Chitkara Happiness Centre recently organized an online session titled "Self-Management and Wellness" for the BBA (Logistics Supply Chain Management and Aviation Management) batch of 2024-27. This initiative aimed to equip students with crucial skills for managing stress and maintaining wellness throughout their academic and professional careers. Mr. Manav Bansal, the session facilitator, began by emphasizing the significance of stress management and wellness in today's fast-paced world. The session covered a comprehensive range of stress management techniques, including adopting a healthy lifestyle, effective time management strategies, enhancing communication skills, prioritizing self-care practices, and setting clear purposes and goals. A key focus of the session was the role of perception in stress management. Students learned how altering their perspective on challenging situations can lead to more positive outcomes and reduced stress levels.

To enhance engagement and practical understanding, the session incorporated interactive activities. These exercises created a supportive learning environment where students could apply the concepts in real time. Additionally, students were introduced to the diverse courses offered through Skillverse and the basic offerings of the Happiness Centre. This information provided them with resources for continued personal and professional development beyond the session. The event was deemed a success, effectively achieving its objective of empowering students with valuable stress management and wellness skills. By equipping the future workforce with these essential tools, the initiative contributes to fostering a more balanced and thriving professional landscape.





Topic	Unboxing Happiness
Date	6th August,2024
Mode	Online
Number of Attendees	48
Resource Person	Mr. Manav Bansal

First, happiness can boost our mental health by reducing stress and anxiety. When we feel happy, our body produces chemicals that help us stay calm and focused. Additionally, happiness can strengthen our relationships with others, as we tend to be more friendly and open when we are in a good mood. Finally being happy can improve our physical health, leading to better sleep and a stronger immune system. The Chitkara Happiness Centre recently conducted an enlightening session for BBA Fintech students, led by Mr. Manav Bansal. The session was designed to introduce students to the concept of happiness, explore its significance in daily life, and equip them with research-based strategies to cultivate it. Mr. Bansal expertly guided students through the science behind happiness, emphasizing the importance of evidence-based interventions such as gratitude, mindfulness, and the pursuit of purpose and passion. The session was both informative and interactive, with Mr. Bansal fostering meaningful discussions that allowed students to delve deeper into the concepts being presented. These discussions not only enhanced their understanding but also encouraged them to reflect on how they could apply these happiness strategies in their own lives. Activities were integrated throughout the session to reinforce these concepts, making the experience dynamic and engaging.

A key highlight of the session was the heartfelt pledge taken by all participants to prioritize happiness in their lives. This collective commitment inspired a sense of unity and determination among the students, motivating them to integrate these positive practices into their daily routines. The session effectively met its objectives, leaving students with practical tools and strategies to enhance their emotional well-being and live a more fulfilling life. By the end of the session, students were empowered with a renewed enthusiasm and a strong sense of purpose. They left with a deeper understanding of the importance of happiness and well-being, equipped to spread positivity and happiness in their own lives and the lives of those around them. Mr. Manav Bansal's impactful delivery and the engaging nature of the session sparked a happiness revolution among the students, fulfilling the session's goals and leaving a lasting impression.

Gurloveleen Kaur (You, presenting)
Stop presenting
Manav Bansal
Raghav Gupta
Varundeep Singh
Shalna
Charanpreet Kaur
GURKARAN KAUR
Abneet Saini
75 others
Gurloveleen Kaur
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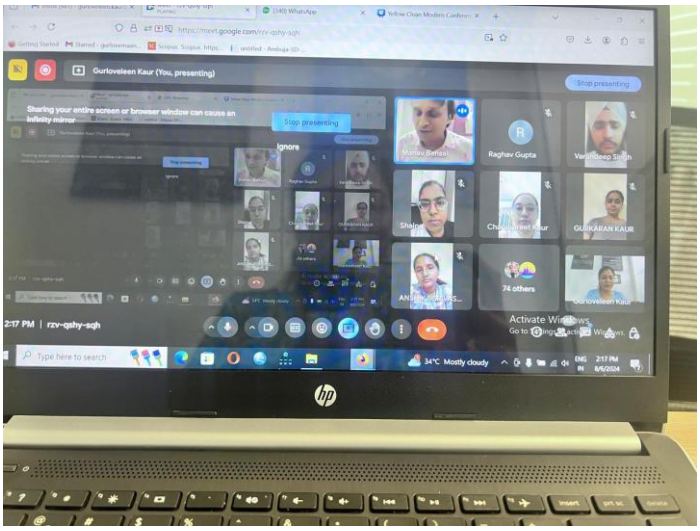
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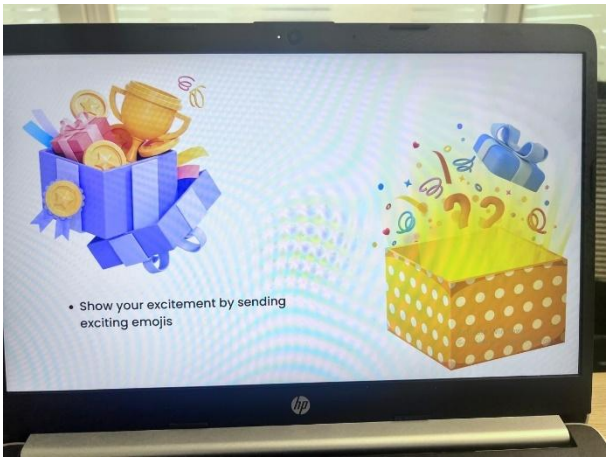
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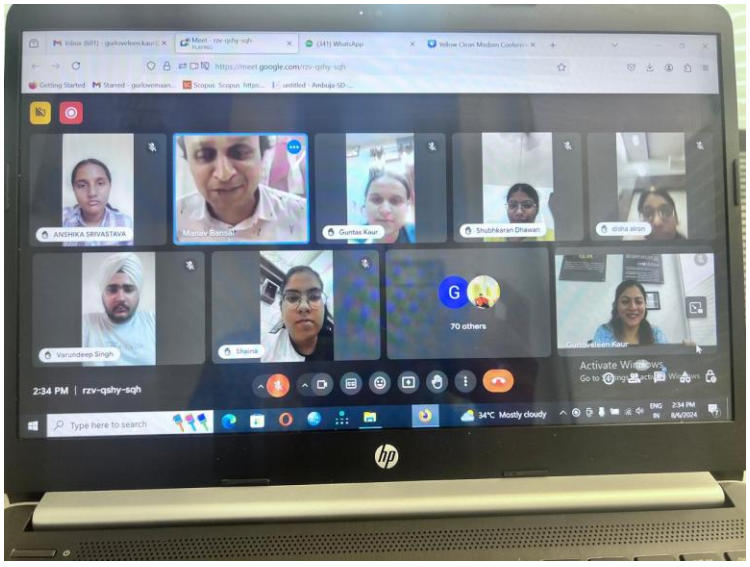
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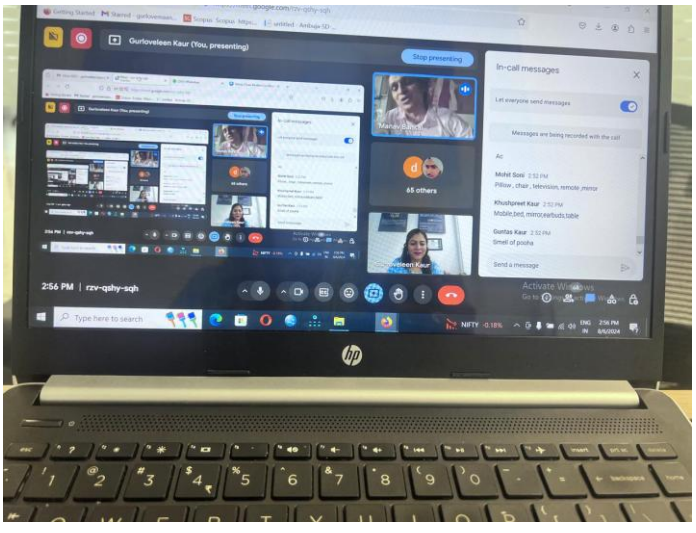
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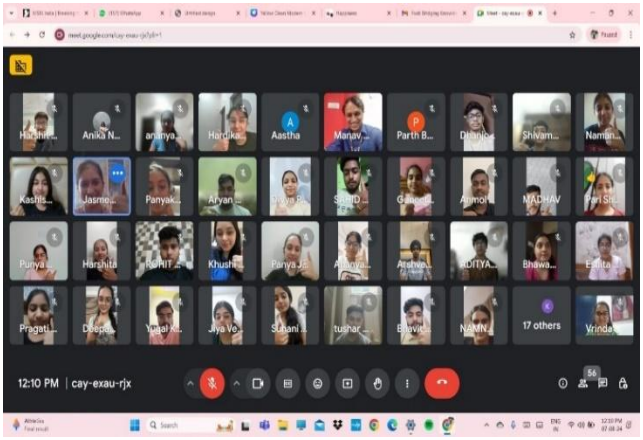
Topic	Unboxing Happiness 2.0
Date	7th August,2024
Mode	Online
Number of Attendees	30
Resource Person	Mr. Manav Bansal

Unboxing Happiness focuses on health and well-being for everyone. It shows why mental and physical health matters daily. Healthy habits boost our happiness. Exercise and good food are key. The goal is a world with healthy, fulfilling lives for all. The Chitkara Happiness Centre recently organized an enlightening session for BBA Fintech students, expertly led by Mr. Manav Bansal. This innovative initiative was designed with multiple objectives: to educate students about the scientific underpinnings of happiness, provide them with research-based interventions, encourage the prioritization of happiness in their lives, and create an engaging, dynamic learning experience. The session delved deep into the fascinating science of happiness, exploring key evidence-based interventions such as Gratitude, Mindfulness, and the pursuit of Purpose and Passion. Through a series of interactive discussions and carefully crafted activities, students were able to gain hands-on experience in applying these concepts to their daily lives. This practical approach ensured that the knowledge imparted was not merely theoretical but immediately applicable. A highlight of the event was the collective pledge taken by all participants to prioritize happiness in their lives. This symbolic act served to reinforce the importance of emotional well-being and inspired a lasting commitment among the students. The "Unboxing Happiness" session proved to be highly effective in empowering students with both knowledge and practical tools to cultivate happiness. Participants gained a deeper understanding of the scientific basis of happiness and developed a more positive mindset. They learned to recognize the crucial role that happiness plays in overall well-being and success, both personally and professionally. Moreover, students had the opportunity to learn and practice evidence-based interventions that can significantly improve emotional well-being. These skills and strategies are expected to have long-lasting benefits, potentially influencing the students' approach to challenges and opportunities throughout their lives. Overall, the "Unboxing Happiness" session was a resounding success, effectively combining scientific insights with practical applications to promote happiness and well-being among the student community at Chitkara University.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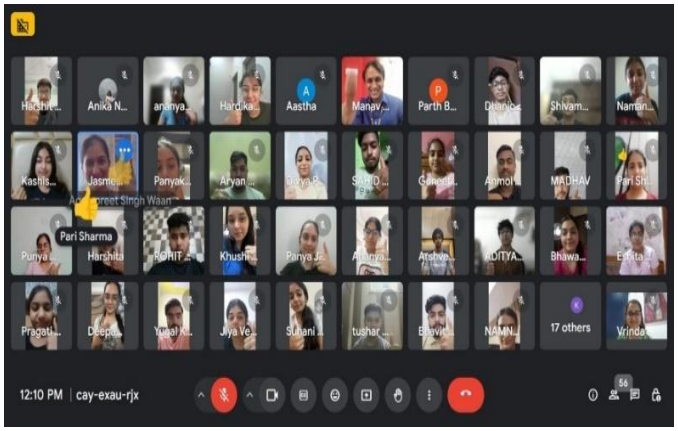
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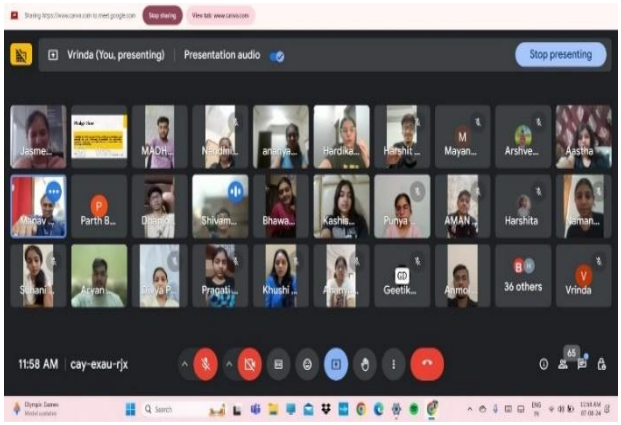
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Topic	How To Communicate Effectively
Date	7th August,2024
Time	1:30 PM to 3:30 PM
Venue	LH RB 503, 5TH floor, Rockfellor Block
Mode	Offline
Number of Attendees	47
Resource person	Vrinda Sharma

Good communication builds a healthy workplace. It also helps people handle stress. Open talks let people share feelings and worries. This lowers stress. Regular meetings and feedback build support. When people understand and work together, they feel better. This focus on health helps everyone. The Happiness Centre Hosts Impactful Session on Effective Communication for BBA Students. In a bid to empower and equip the next generation of professionals, Chitkara Happiness Centre organized a session on effective communication, delivered by the esteemed Vrinda Sharma. The session aimed to provide BBA students with essential communication skills, debunk common myths, and inspire positive change. The session commenced with a thought-provoking presentation on "Myths vs. Facts of Communication," where Vrinda Sharma skilfully clarified the misconceptions surrounding effective communication and presented the factual principles that underpin it. This set the stage for an engaging and informative exploration of the topic. Vrinda Sharma then shared the "Mantras of Communication," providing students with a comprehensive set of essential principles and phrases to improve their communication skills. This practical approach enabled the participants to immediately apply the learnings in their personal and professional interactions. The session also featured captivating case studies of famous personalities who exemplified exceptional communication skills, offering valuable lessons and insights. Inspiring stories of individuals who overcame communication challenges were shared, demonstrating the transformative power of effective communication in achieving success. To reinforce the learning, an engaging activity on communication was conducted, allowing students to practice and apply the concepts discussed. The activity encouraged participation, creativity, and teamwork, making the session an enjoyable and enriching experience.

The session concluded with an interactive Q&A session, where students had the opportunity to clarify their doubts and seek guidance on effective communication from the expert. Vrinda Sharma's expertise and interactive approach made the session informative, engaging, and memorable. The students left the session with a renewed understanding of effective communication and the tools to apply their learnings in their personal and professional lives. The collaboration between Chitkara Happiness Centre and Vrinda Sharma proved to be a

resounding success, empowering the BBA students to become confident and effective communicators.

HOW TO COMMUNICATE EFFECTIVELY

Topic	Stress Management with Activities
Date	9th August,2024
Time	1:30 PM to 3:30 PM
Mode	Online
Number of Attendees	70
Resource person	Mr. Manav Bansal

Healthy living and overall well-being are the goals of stress management. Activities like exercise, healthy food, and mindfulness can help. Exercise releases endorphins. These hormones boost your mood and lower stress. Mindfulness calms your mind. Meditation and deep breathing improve focus. Chitkara Happiness Centre, in collaboration with Chitkara Business School, recently organized a comprehensive orientation for the B. Com 2024 batch. The event focused on equipping students with essential stress management techniques and introducing resources for personal and professional growth, setting the stage for their academic and professional journeys. The orientation had three primary objectives: to provide students with effective stress management strategies, to foster a supportive learning environment, and to introduce resources for personal and professional development. The program explored various stress management techniques, including maintaining a healthy lifestyle, effective time management, enhancing communication skills, practicing self-care, and identifying purpose and goals. A significant emphasis was placed on the role of perception in stress management, highlighting how altering one's perspective can lead to more positive outcomes. The event featured interactive activities that encouraged full student participation, creating a lively and supportive atmosphere. This approach fostered open communication and collaboration among attendees, reinforcing the importance of a positive learning environment. This diverse array of resources aims to support students in their personal and professional growth throughout their academic journey. The orientation's outcomes were twofold. Firstly, students gained enhanced stress management skills, acquiring practical strategies to improve their mental and emotional well-being. Secondly, participants increased their awareness of the various resources available to them, empowering them to take charge of their personal and professional development. The enthusiasm and engagement demonstrated by the students were particularly inspiring. As they explored these vital concepts and resources, it became clear that the orientation had successfully laid the groundwork for their future success. The event aimed to equip students with essential skills to manage stress and contribute to a more balanced and thriving professional landscape. It will be exciting to see how they apply these skills in their future endeavors, both in their academic pursuits and beyond.

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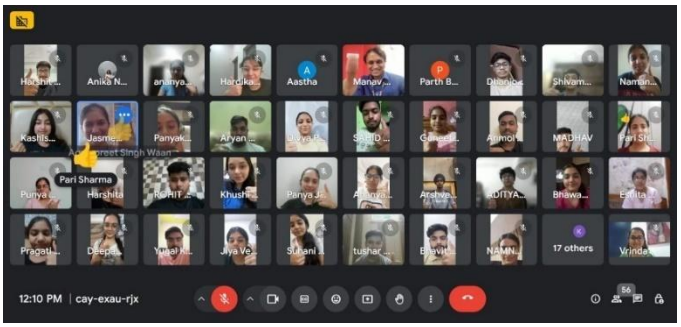
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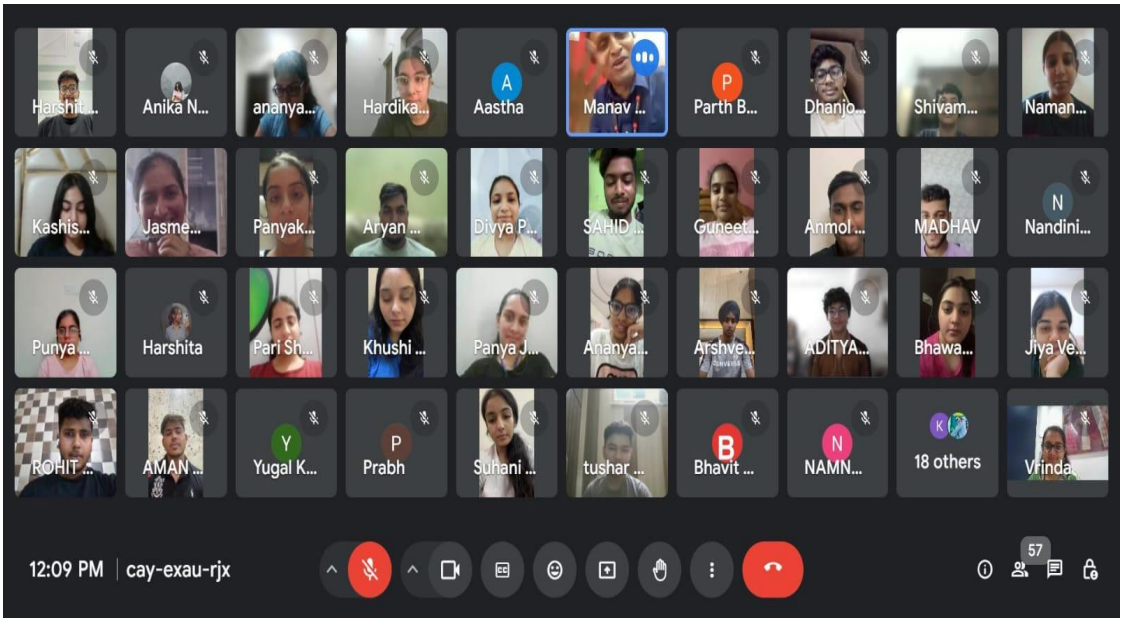
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Event Details	
Event Type	Workshop
Topic	Best Practices in food safety for mess staff
Date	2024-08-10 to 2024-08-10
Mode	Offline
Venue	Escoffier Block
Organizer Name	Chitkara College Of Hospitality Management
No. of Participants	13
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 17: Partnership for the Goals

Objective

- Education staff on the importance of food safety practices.
- To prevent foodborne illnesses through adherence to safety standards.
- To enhance hygiene practices in kitchen operations.
- To provide training on proper food handling, storage, and preparation.
- To ensure continuous monitoring and evaluation of food safety protocols.

Description

Chitkara College of Hospitality Management, in collaboration with HR Learning and Development, organized a session on **Best Practices in Food Safety** for the mess staff on August 10, 2024, at Pierre Hall, Le Corbusier Block, from 11:00 AM onwards. The session, held on August 11, 2024, aimed to enhance the knowledge and skills of the mess staff in maintaining the highest standards of food safety. Food safety is crucial as it ensures healthy lives and promotes well-being for all.

The resource persons for the session were Chef Manpreet Singh and Chef Anup Kumar, both renowned professionals in the culinary field. The session highlighted the critical importance of adhering to best practices in food safety to prevent foodborne illnesses and ensure a safe and enjoyable dining experience for all. Chef Manpreet Singh and Chef Anup Kumar emphasized that regular training and diligent hygiene practices are essential in maintaining these standards. They discussed the key components of food safety, including the proper handling, storage, and preparation of food, as well as the importance of keeping kitchen environments clean and sanitized.

The chefs also stressed the significance of thorough monitoring and frequent assessments of food safety protocols. By implementing these practices, kitchen staff can mitigate the risks of contamination and contribute to the overall health and safety of students and faculty. This session not only equipped the mess staff with the necessary tools to maintain a high level of food safety but also reinforced the commitment of Chitkara College of Hospitality Management to providing top-quality culinary services while prioritizing health and hygiene standards.

Outcomes

1. Improved food safety knowledge among mess staff.
2. Enhanced hygiene practices and standards in kitchen operations.
3. Reduced risk of foodborne illnesses in dining areas.
4. Increased adherence to food safety protocols in daily kitchen activities.
5. Strengthened overall health and safety measures in the food service environment.

CHITKARA
UNIVERSITY

Training Program: Food Hygiene and Safety

Food hygiene refers to many practices needed to safeguard the quality of food and water from production to consumption while preventing its microbial contamination. Food safety is a closely related but broader concept which means that the food is kept free from all possible contaminants and hazards. Considering their importance, everyone involved in the food industry must understand and practice food hygiene and adhere to strict food safety regulations. This is fully applicable to the catering staff of the university who shoulder a very important responsibility for catering to the large number of students in our hostels.

To sensitise the supervisors and other staff of the student messes about Food Hygiene and Safety for good health, a training session was organized by the office of Talent Management on 10 Aug 2024. The session was attended by 15 supervisors and other members working in the kitchens.

The program impact SDG—3

Event Name	Healthcare IPR Week: Understanding Intellectual Property and Patent Filing Using AI Tools
Date	12th–17th August 2024
Venue	LH 104, Ramanujan Block, First Floor, Chitkara University, Punjab
Organized by	Department of Physiotherapy, Chitkara School of Health Sciences, in collaboration with the Office of Patent Facilitation, Chitkara University, Punjab
Resource Person	Dr. Surya Narayan Panda – Pro Vice-Chancellor (Research), Chitkara University, Punjab
Organizing Chairperson	Dr. Sonika Bakshi – Dean, Chitkara School of Health Sciences
Conveners	• Dr. Amandeep Singh – Principal, Department of Physiotherapy • Dr. Roopika Sabharwal – Assistant Professor, Department of Physiotherapy • Dr. Sanjeev Verma – Assistant Professor (Research), Office of Patent Facilitation.
No. of Participants	60 Students and 10 faculty members
SDGs Covered	• SDG 3: Good Health and Well-being – Empowering future physiotherapists with knowledge and skills to innovate in healthcare, contributing to better health outcomes. • SDG 4: Quality Education – Enhancing the knowledge and skills of students in intellectual property rights (IPR) and innovation. • SDG 9: Industry, Innovation, and Infrastructure – Promoting innovation and the use of AI tools for patent filing and prior art searches. • SDG 17: Partnerships for the Goals – Encouraging collaboration between academia and industry to foster innovation and intellectual property awareness.
Duration	10:00 AM onwards

About the Event

The Healthcare IPR Week, themed "Students in, Inventors Out," was successfully held from August 12th to 17th, 2024, at Chitkara University, Punjab. Organized by the Department of Physiotherapy at Chitkara School of Health Sciences in collaboration with the Office of Patent Facilitation, the event aimed to provide BPT 2022 students with vital knowledge and skills in intellectual property rights (IPR), patent filing, and the use of AI tools for prior art searches. The program underscored the significance of protecting intellectual property and nurturing a culture of innovation among the next generation of healthcare professionals.

Workshop Objectives

1. **IPR Awareness:** To educate students on the fundamentals of intellectual property rights, including patents, trademarks, copyrights, and trade secrets.
2. **AI Integration:** To provide hands-on training on using AI tools for prior art searches and patent filing.
3. **Practical Application:** To engage students in practical exercises, case studies, and patent application drafting.
4. **Fostering Innovation:** To inspire students to transform their ideas into protected intellectual property and contribute to advancements in the healthcare sector.
5. **Aligning with SDGs**: To contribute to SDG 3(Good Health and Well-being), SDG 4 (Quality Education), SDG 9 (Industry, Innovation, and Infrastructure), and SDG 17 (Partnerships for the Goals) by promoting innovation, education, and collaboration.

Workshop Highlights

1. **Expert-Led Sessions:** Dr. Surya Narayan Panda shared invaluable insights into the fundamentals of IPR, including patents, trademarks, copyrights, and trade secrets.
2. **AI Tools for Patent Searches:** Students gained practical experience using AI tools for conducting prior art research and streamlining the patent filing process.
3. **Hands-On Exercises:** Participants engaged in practical exercises, case studies, and patent application drafting, applying their newfound knowledge in real-world scenarios.
4. **Innovation and IP Strategy:** The workshop covered strategies for developing and protecting intellectual property, inspiring students to innovate and contribute to the healthcare sector.
5. **Alignment with SDGs:** The event emphasized the role of innovation, education, and collaboration in achieving the United Nations Sustainable Development Goals, particularly SDG 3, SDG 4, SDG 9, and SDG 17.

Workshop Outcomes

- **Understanding IPR:** Students gained a comprehensive understanding of intellectual property rights and their importance in protecting innovations.
- **AI-Powered Patent Searches:** Participants learned how to use AI tools for efficient prior art searches and patent filing.
- **Practical Skills:** Hands-on exercises and case studies equipped students with practical skills in patent application drafting and IP strategy.
- **Innovation based learning:** The event inspired students to transform their ideas into protected intellectual property, fostering a culture of innovation.
- **Contribution to SDGs:** The workshop reinforced the importance of innovation, education, and partnerships in achieving sustainable development goals.

Conclusion

The **Healthcare IPR Week** was a significant step towards empowering future healthcare professionals with the knowledge and skills needed to protect their intellectual property and drive innovation in the healthcare sector. By integrating AI tools and IPR strategies, the

event contributed to the broader goals of sustainable development, particularly in the areas of quality education, industry innovation, and partnerships.

EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	INTERNATIONAL YOUTH DAY 2024
DATE	2024-08-12 to 2024-08-12
MODE	OFFLINE
ORGANIZER NAME	CHITKARA COLLEGE OF PHARMACY
NO. OF PARTICIPANTS	50
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION

OBJECTIVE

1. Raise awareness about the significance of International Youth Day and its themes.
2. Encourage youth participation in community service and social initiatives.
3. Foster discussions on issues affecting young people, including education, employment, and health.
4. Promote the importance of mental health and well-being among youth.
5. Strengthen collaboration between students and local organizations for community development.

DESCRIPTION

The NSS Unit of Chitkara College of Pharmacy celebrated International Youth Day, 2024 on 12th August 2024 by organizing a Canvas carnival: Poster Making Competition on the theme "From Clicks to Progress: Youth Digital Pathways for Sustainable Development" at Chitkara College of Pharmacy, Chitkara University, Punjab. A total of 48 students actively participated in the event, creatively expressing their ideas on how digital innovation can drive sustainable development. The competition aimed to raise awareness about the role of youth in leveraging digital platforms for progress. The event fostered creativity, teamwork, and a sense of responsibility among students toward global sustainability goals.

OUTCOMES

1. Increased awareness among students about global youth issues and challenges.
2. Enhanced participation of students in social and community service activities.
3. Development of leadership skills and a sense of responsibility among youth.
4. Improved understanding of mental health issues and available support resources.
5. Strengthened partnerships between the college and local organizations for future initiatives.

Details	
Date	14 Aug 2024
Time	1:05 PM to 1:35 PM
Venue	Meditation Room, Chitkara Happiness Centre
No of attendees	5
Resource Person	Ms. Kiranjot Kaur

In the session, we explored the importance of mindfulness through various practical tips. It began with focusing on the breath as a simple yet effective way to cultivate mindfulness, followed by awareness of body parts, like toes touching the ground. Participants were encouraged to use every day sounds like the fan, rain, or lightning as cues to stay present. The power of mindfulness was discussed, highlighting how it helps release the past and enhances focus on the current moment. We also learned how mindfulness improves daily activities like walking, along with tips for integrating mindfulness into our routines for greater well-being.

MEDITATION SESSIONS

Topic	Thriving At Workplace 2.0
Date	17th August,2024
Venue	Spray engineering devices, Mohali, Conference Hall
Mode	Offline
Number of Attendees	15
Resource person	Mr. Manav Bansal

In a recent session, Mr. Manav Bansal at the Chitkara Happiness Centre held "Thriving at the Workplace 2.0" for employees of SED Mohali. Fostering a healthy work environment is crucial for employee well-being. A supportive atmosphere can alleviate stress and mitigate the risk of health issues, particularly those related to the heart. Employers should prioritize the promotion of healthy practices, including encouraging regular breaks, providing nutritious food options, and offering mental health resources. Mr. Bansal introduced the Thriving Model, focusing on five key elements: purpose, relationships, skill building, etiquette, and energy. These components were presented as an essential factor for achieving success and fulfillment in the workplace. To illustrate the practical application of these principles, inspiring case studies of tech industry leaders Sundar Pichai and Satya Nadella were shared, offering valuable insights into their leadership styles and professional growth trajectories. The session incorporated research-based insights, providing participants with a solid understanding of the requirements for excelling in today's dynamic work environment. Interactive elements were a cornerstone of the event, with a skill swap activity encouraging peer-to-peer learning and fostering a culture of continuous improvement. The innovative Etiquette Bingo game served as an engaging method to reinforce important workplace etiquette. Throughout the day, group activities and discussions promoted active participation and engagement among attendees. These collaborative exercises allowed employees to apply the concepts learned and share their perspectives, enhancing the overall learning experience. The session concluded with a final group activity, leaving a lasting impression on the participants. The primary goal of the event was to equip SED Mohali employees with the necessary knowledge, skills, and insights to thrive in their roles and contribute effectively to the organization's growth. The employees departed with best wishes for their continued professional journey; it was evident that they were now better prepared to excel in their roles and face workplace challenges with confidence. This session exemplified the power of collaborative learning and employee engagement in fostering professional growth and organizational success.

Case
Studies

SKILL
VERSE
Gateway to Learn and Grow

Event Details	
Event Type	
Topic	Germ Free Hands (Happy Life)
Date	2024-08-19 to 2024-08-19
Mode	Offline
Venue	Escoffier Block
Organizer Name	Chitkara College of Hospitality Management
No. of Participants	20
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

1. Raise awareness about the importance of hand sanitization in hospitality.
2. Educate students on proper hand sanitization techniques and health regulations.
3. Ensure students understand the role of hygiene in guest safety and satisfaction.
4. Promote compliance with industry hygiene standards in future operations.
5. Foster a culture of cleanliness and safety within hospitality establishments.

Description

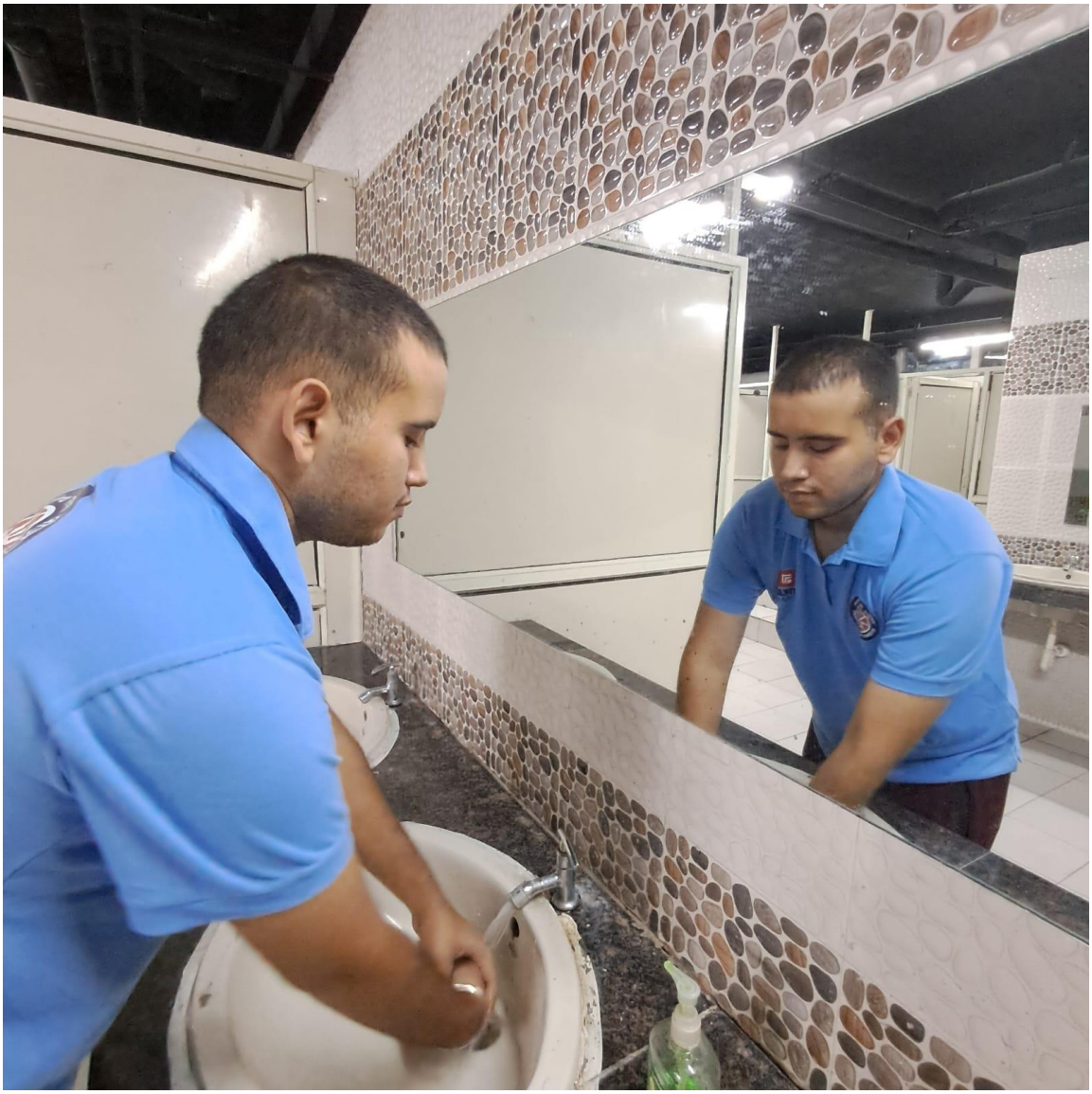
On 19th August 2024, Chitkara College of Hospitality Management, Chitkara University, organized a significant hand sanitization drive for the students of the 5th semester. The event aimed to raise awareness about the crucial role of hand sanitization in the hospitality industry, where maintaining impeccable hygiene standards are paramount. As part of their training, hospitality students were educated on the importance of hand sanitization in ensuring guest safety, compliance with health regulations, and the overall reputation of the hotel or restaurant.

Hand hygiene is a critical factor in preventing the spread of infectious diseases, especially in the hospitality sector, where guests expect a clean and safe environment. Proper hand sanitization helps mitigate the risks of cross-contamination and ensures that both employees and guests remain protected. The drive provided students with practical insights into how to effectively use hand sanitizers and implement hygiene protocols consistently. Additionally, they were trained in understanding the latest hygiene standards set by health authorities, helping them meet industry expectations. By integrating hand sanitization practices into their education, Chitkara University ensures that its students are well-equipped to manage hygiene standards in their future careers. The drive not only emphasized the importance of personal hygiene but also highlighted its direct impact on business success in the hospitality industry.

Such initiatives empower students to create a safer, healthier, and more welcoming environment for guests, fostering trust and satisfaction—key elements for success in the competitive hospitality field.

Outcomes

1. Enhanced understanding of proper hand sanitization practices among students.
2. Increased awareness of hygiene's impact on guest safety and business reputation.
3. Improved compliance with health and safety regulations in the hospitality sector.
4. Students are better equipped to maintain cleanliness standards in future careers.
5. Stronger commitment to creating a safe and welcoming environment for guests.



Students learning the technique of washing hands properly (19.08.2024)

Event Name	Healthcare IPR Week: Prior Art Search Techniques and Patent Filing Using AI Tools
Date	19th – 23rd August 2024
Venue	LH 1, Ramanujan Block, First Floor, Chitkara University, Punjab
Organized by	Department of Physiotherapy, Chitkara School of Health Sciences, in collaboration with the Office of Patent Facilitation, Chitkara University, Punjab
Resource Person(s)	Dr. Surya Narayan Panda – Pro Vice-Chancellor (Research), Chitkara University, Punjab
Organizing Chairperson	Dr. Sonika Bakshi – Dean, Chitkara School of Health Sciences
Conveners	• Dr. Amandeep Singh – Principal, Department of Physiotherapy • Dr. Roopika Sabharwal – Assistant Professor, Department of Physiotherapy • Dr. Sanjeev Verma – Assistant Professor (Research), Office of Patent Facilitation
No. of Participants	41 students and 07 faculty members
SDGs Covered	• SDG 3: Good Health and Well-being – Empowering future physiotherapists with knowledge and skills to innovate in healthcare, contributing to better health outcomes. • SDG 4: Quality Education – Enhancing the knowledge and skills of students in intellectual property rights (IPR) and innovation. • SDG 9: Industry, Innovation, and Infrastructure – Promoting innovation and the use of AI tools for patent filing and prior art searches. • SDG 17: Partnerships for the Goals – Encouraging collaboration between academia and industry to foster innovation and intellectual property awareness.
Duration	10:00 AM Onwards

About the Event

The Healthcare IPR Week, themed "Students in, Inventors Out," was successfully held from August 19th to 23rd, 2024, at Chitkara University, Punjab. Organized by the Department of Physiotherapy at Chitkara School of Health Sciences in partnership with the Office of Patent Facilitation, the event aimed to provide BPT 2023 students with critical knowledge and skills in intellectual property rights (IPR), patent filing, and the use of AI tools for prior art searches. The program highlighted the significance of protecting intellectual property and cultivating an innovative mindset among aspiring physiotherapists

Workshop Objectives

- **IPR Awareness:** To educate students on the fundamentals of intellectual property rights, including patents, trademarks, copyrights, and trade secrets.
- **AI Integration:** To provide hands-on training on using AI tools for prior art searches and patent filing.
- **Practical Application:** To engage students in practical exercises, case studies, and patent application drafting.
- **Fostering Innovation:** To inspire students to transform their ideas into protected intellectual property and contribute to advancements in the healthcare sector.
- **Aligning with SDGs**: To contribute to SDG 3(Good Health and Well-being), SDG 4 (Quality Education), SDG 9 (Industry, Innovation, and Infrastructure), and SDG 17 (Partnerships for the Goals) by promoting innovation, education, and collaboration.

Workshop Highlights

- **Expert-Led Sessions:** Dr. Surya Narayan Panda shared invaluable insights into the fundamentals of IPR, including patents, trademarks, copyrights, and trade secrets.
- **AI Tools for Patent Searches:** Students gained practical experience using AI tools for conducting prior art searches and streamlining the patent filing process.
- **Hands-On Exercises:** Participants engaged in practical exercises, case studies, and patent application drafting, applying their newfound knowledge in real-world scenarios.

- **Innovation and IP Strategy:** The workshop covered strategies for developing and protecting intellectual property, inspiring students to innovate and contribute to the healthcare sector.
- **Alignment with SDGs:** The event emphasized the role of innovation, education, and collaboration in achieving the United Nations Sustainable Development Goals, particularly SDG 3, SDG 4, SDG 9, and SDG 17.

Workshop Outcomes

- **Understanding IPR:** Students gained a comprehensive understanding of intellectual property rights and their importance in protecting innovations.
- **AI-Powered Patent Searches:** Participants learned how to use AI tools for efficient prior art searches and patent filing.
- **Practical Skills:** Hands-on exercises and case studies equipped students with practical skills in patent application drafting and IP strategy.
- **Culture of Innovation:** The event inspired students to transform their ideas into protected intellectual property, fostering a culture of innovation.
- **Contribution to SDGs:** The workshop reinforced the importance of innovation, education, and partnerships in achieving sustainable development goals.

Conclusion

The Healthcare IPR Week marked a crucial milestone in equipping aspiring physiotherapists with the expertise and tools necessary to safeguard their intellectual property and foster innovation in the healthcare field. By incorporating AI tools and IPR strategies, the event aligned with and advanced key sustainable development objectives, including quality education, industry innovation, and collaborative partnerships.

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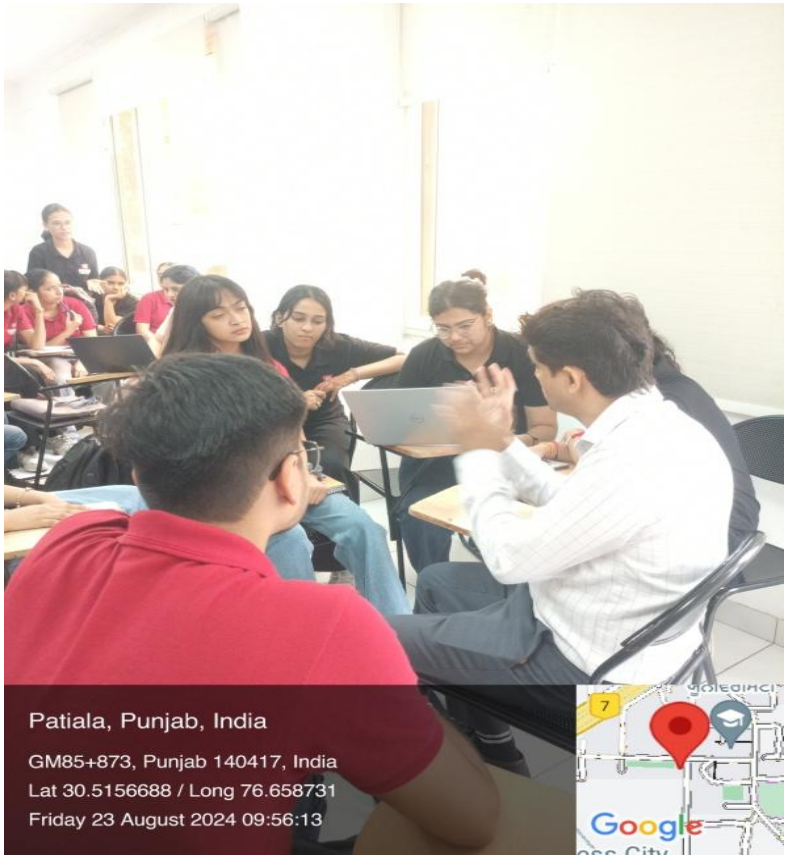
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Topic	Energize and Align - Wellness and Yoga
Date	19th August,2024 to 21st August, 2024
Venue	LH: 301, 304 Galileo Block, Ramanujan Block
Number of Attendees	156
Resource Person	Mr. Pardeep Kumar Yoga Trainer, Mr. Shivam K Mishra Executive, Ms. Vrinda Sharma

The Chitkara Happiness Centre, in collaboration with the Chitkara School of Health Sciences, organized a transformative 3-day event. This workshop aimed to empower participants to prioritize their holistic well-being and self-awareness while also educating them on the crucial role of happiness and wellness in achieving a balanced life. By participating in yoga, people can reduce stress, increase flexibility, and enhance their overall quality of life. Additionally, yoga promotes community engagement, allowing participants to connect with others who share similar health goals.

The event featured a series of engaging sessions led by students from the Allied Health Sciences, who shared their knowledge and enthusiasm with participants. Day 1 of the workshop kicked off with a session on "Happiness and Wellness," where students facilitated lively discussions, singing, and interactive activities. This session encouraged participants to reflect on the significance of happiness and wellness in their lives, fostering a deeper understanding of these concepts. On Day 2, the focus shifted to mindfulness with a session titled "Meditation from Yoga." Here, participants were guided through various meditation techniques aimed at calming the mind and promoting inner peace, helping them cultivate a sense of balance in their daily lives.

The final day featured a session on "Happiness and Success," which creatively combined singing and discussions. This session empowered participants to align their goals and aspirations with their core values and passions, providing them with practical tools to achieve success in a way that resonates with their true selves. Throughout the workshop, a supportive environment was maintained, allowing participants to explore their values, passions, and goals in a safe and nurturing space. Participants left the workshop feeling energized, inspired, and equipped with practical strategies to enhance their lives. The collaboration between the two institutions not only highlighted the students' expertise in Allied health sciences but also emphasized the importance of integrating wellness into everyday life

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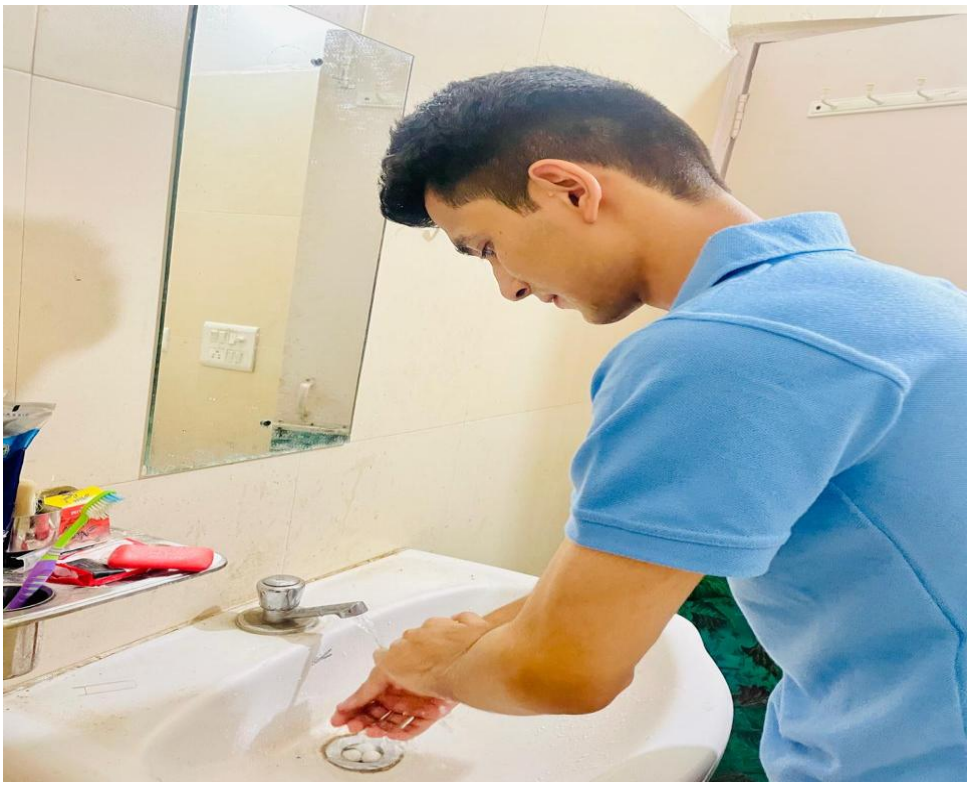
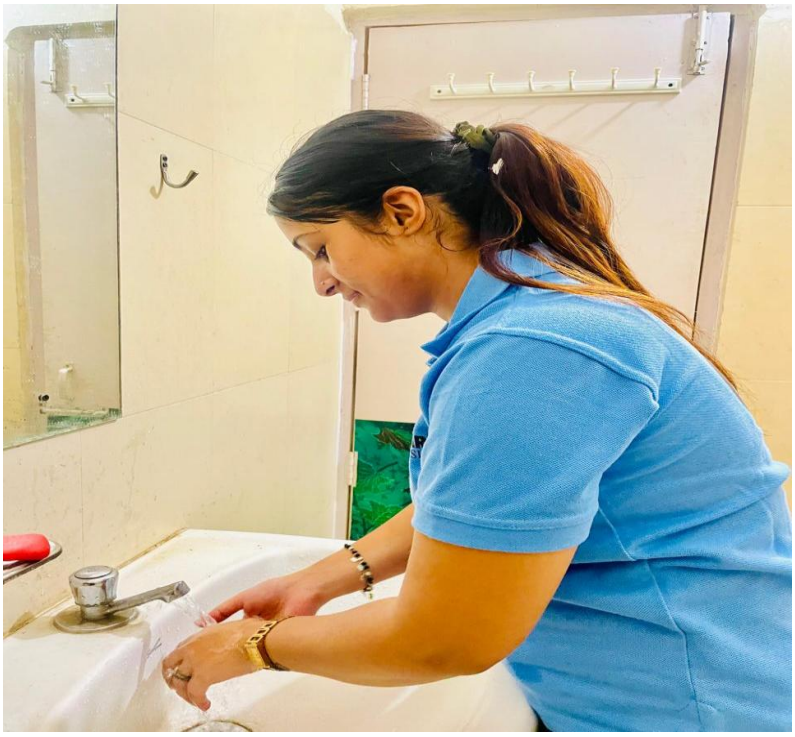
Event Name: -	Germ Free Life-Sanitization Campaign
Venue: -	Chitkara School of Hospitality, Escoffier Block
Date: -	19th August, 2024
SDG Number, Name and NEP: -	3: Good Health and Well Being, 6: Clean Water and Sanitation, NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	10
Duration: -	One Day

Hand sanitization is a fundamental aspect of hygiene in the hospitality industry. For hotel management students, mastering proper hand sanitization techniques is essential for ensuring guest safety, meeting health regulations, and maintaining the reputation of the establishment. Chitkara School of Hospitality in collaboration with the National Service Scheme, Chitkara University organized a hand sanitization drive for the students of 5th Semester B.Sc. (H & Ha) on 19th August 2024. By integrating effective hand sanitization practices into their training and future operations, students can contribute to a safer, healthier and more welcoming environment for guests.





Topic	Goal Setting & Time Management
Date	20th August,2024
Mode	Offline
Time	2:00 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	77
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre held a session for CUIT Applied Engineering students. Mr. Manav Bansal led the talk. The topic was how to set goals and manage time. These skills are key to good health. The event showed how clear goals improve well-being. Setting goals leads to better health. The primary objective was to equip students with effective strategies for setting and achieving their goals, fostering a positive mindset, and managing their time efficiently. A central focus of the session was the introduction of the SMART policy, a widely recognized framework for setting goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Mr. Bansal expertly explained how breaking down large goals into smaller, manageable tasks and creating a clear action plan can significantly enhance students' ability to succeed. The session also highlighted the importance of cultivating a positive mindset through practices such as gratitude, mindfulness, and self-reflection. These skills are essential not only for academic success but also for personal growth and well-being. The interactive nature of the session encouraged students to participate in group discussions, activities, and exercises, which helped them apply the concepts directly to their lives. Through real-life examples and actionable techniques, students learned how to create personalized action plans and manage their goals more effectively. Mr. Bansal's engaging delivery and practical insights provided students with tools to manage stress, remain focused, and approach their goals with confidence. By the end of the session, students had developed personalized SMART goals and action plans, understanding how to break down larger goals into achievable steps. Additionally, they left with a stronger appreciation of the role of a positive mindset in accomplishing their ambitions. The session was well received, and the Chitkara Happiness Centre's dedication to promoting well-being and success among students was once again demonstrated through this impactful event.

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Topic	Unboxing Happiness 3.0
Date	20th August,2024
Mode	Offline
Time	9:30 AM to 11:00 AM
Venue	Room no.321 Tesla Block
Number of Attendees	52
Resource Person	Mr. Manav Bansal

A happy person remains physically and mentally healthy as well as free from diseases. Being happy offers many benefits that can improve our lives in various ways. First, happiness can boost our mental health by reducing stress and anxiety. When we feel happy, our body produces chemicals that help us stay calm and focused. Additionally, happiness can strengthen our relationships with others, as we tend to be more friendly and open when we are in a good mood. Finally being happy can improve our physical health, leading to better sleep and a stronger immune system.

The Chitkara Happiness Centre recently organized a captivating session titled "Unboxing Happiness" for students from various departments, including Applied Engineering and Computer Science at Chitkara University Institute of Engineering and Technology (CUIET). Led by Mr. Manav Bansal, the session aimed to foster a positive mindset, promote a deeper understanding of happiness, and inspire students to prioritize well-being in their lives. The event provided students with research-based interventions to lead happier and healthier lives while spreading positivity within their communities. The session began with an engaging discussion on the importance of happiness in everyday life, followed by an exploration of the science behind happiness. Mr. Bansal introduced students to powerful evidence-based strategies such as gratitude, mindfulness, and the pursuit of purpose and passion. These concepts were not only discussed but also applied through interactive activities and group discussions, allowing students to personalize these practices and foster a positive mindset. Practical tools and strategies for cultivating happiness were also shared, with a focus on how these techniques could lead to improved emotional well-being and a more fulfilling life. A key highlight of the session was when; students collectively took a heartfelt pledge to prioritize happiness in their lives, which created a sense of unity and commitment among the group. This pledge symbolized their determination to integrate happiness and well-being into their daily routines. The session concluded with students feeling empowered and motivated, equipped with practical strategies to lead happier lives. Mr. Manav Bansal's engaging and interactive delivery made the session a resounding success, leaving a lasting impact on the students. With renewed enthusiasm and purpose, participants left ready to spread happiness and positivity, marking the beginning of a happiness revolution within their community.

UNBOXING HAPPINESS 3.0

Event Name	Power of Resilience in Overcoming Obstacles
Type of Event	Mental Health Wellness Session
Date	22 & 23 August 2024
Mode	Offline
Venue	Ramanujan block and Galileo block
Organized by	Dr. Sonika Bakshi, Dean
Department	Department of Health Science
No. of Participants	Approx. 200
SDG No.	3 Good health and well being
Resource Person	Ms Charanjeet Kaur
Hours of event	1 Hour

Description of the Event

On August 22 and 23, 2024, Senior Student Counsellor Ms. Charanjeet Kaur led a session titled **"The Power of Resilience in Overcoming Obstacles"** for students in **Health Sciences programs (BPT, OTT, Bioptome, BMLS)**. The session aimed to raise awareness about mental health issues affecting students by highlighting the critical importance of self-inquiry and introspection as powerful tools for personal growth.

She emphasized the value of cultivating a growth mindset, building genuine rapport with both oneself and others, and viewing challenges not as obstacles but as opportunities for transformation and academic advancement. Her message inspired a deeper reflection on how embracing these principles can lead to profound development, both personally and professionally.

Organized in collaboration with Dr. Sonika Bakshi, Dean of Allied Health Sciences, the event successfully attracted 200 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

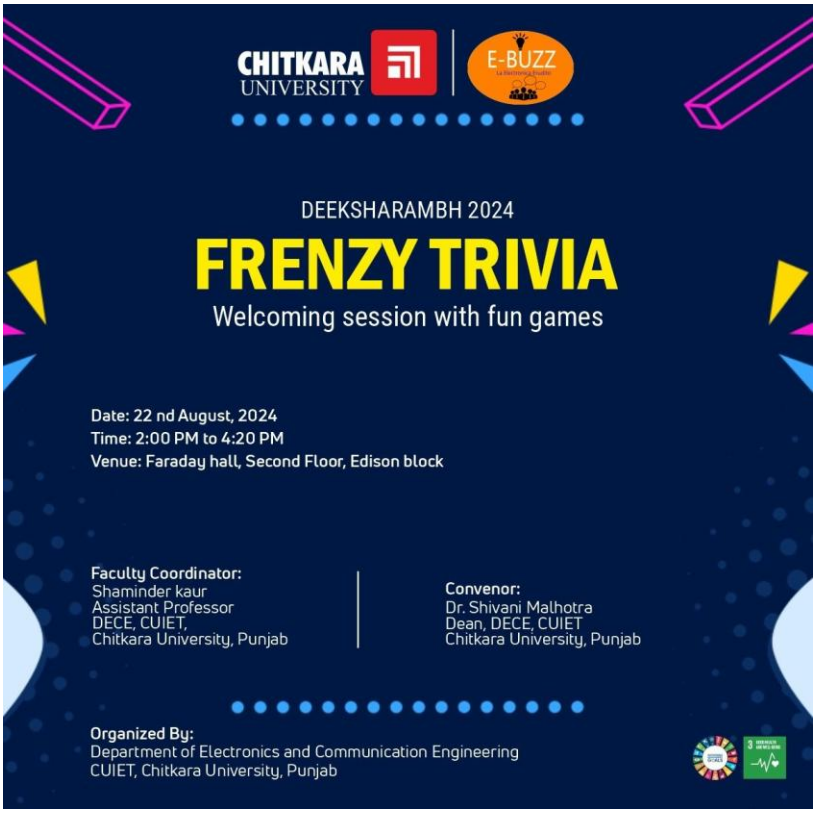
ALLIED HEALTH SCIENCES
I am proud to be the part of HEALTHCARE TEAM

THREE TYPES OF STROKES
Hemorrhagic Stroke

Event Details	
Event Type	Orientation
Topic	Deeksharambh 2024: Frenzy Trivia: Welcoming session with fun games
Date	2024-08-22 to 2024-08-22
Mode	Offline
Organizer Name	Dr. Shaminder Kaur, DECE, Chitkara University, Punjab
Resource Person	Dr Shaminder Kaur Associate Professor
No. of Participants	80
SDG No	SDG 3: Good Health and Well-being

Objective

- Welcome freshmen engineers and make them familiar with the ECE department.
- Introducing them to Ebuzz club and creating an engaging and enjoyable experience through games and activities.
- Facilitated networking provides useful information to ensure a smooth transition for new students.
- Made freshmen engineers comfortable with the new environment through fun games.



Description

The Department of Electronics and Communication Engineering organized an event, "Deeksharambh 2024: Frenzy Trivia: Welcoming session with fun games for first-year students, on 22nd August 2024 in Faraday Hall, Edison Block. Dr. Shaminder Kaur coordinated the event. An event was conducted to welcome new students to the ECE department, introduce them to our club, and create an engaging and enjoyable experience through games and activities. These activities not only broke the ice but also helped everyone understand the importance of

physical and mental health. Through laughter and friendly competition, attendees began to form connections while discussing how to improve health in their communities. Games also boost teamwork and friendship. Good social connections are key to mental health.

The goal was to facilitate networking, provide useful information, and ensure a smooth transition for new students. The event began with various games such as Tongue Twisters, The Hookstep Game, and Jumbled Dialogues. Everyone was filled with excitement and laughter as students gathered for our highly anticipated Fun and Games event. It was an afternoon filled with joy, friendly competition, and unforgettable memories! Students volunteered at the event with full enthusiasm. The highlight of the day was "The Hookstep Game," wherein the students cheered each other, celebrated their victories, and supported their friends with high-fives and cheers. The laughter in the entire hall made it clear that this event was more than just games. It was a celebration of our vibrant community. The event was coordinated by Dr. Shaminder Kaur, ECE department. The students' enthusiasm and teamwork were truly inspiring and appreciable as all gathered to make this event a success. Welcoming first-year students is an exciting opportunity to help them feel at ease, build connections, and introduce them to the campus culture. Incorporating fun games into orientation activities can break the ice, ease first-day jitters, and foster a sense of community. These games are designed to break the ice, create bonding experiences, and help first-year students feel welcome in their new environment. They promote interaction, teamwork, and lots of fun, which are keys to making the first days of college memorable and less intimidating. Engaging in activities like puzzle solving, relay racing, or sharing joyful moments allows students to forge meaningful connections and cultivate a positive experience during their first year. We eagerly await the next adventure organized by our club.

Outcomes

- Team Building and Cooperation: Fun games often require participants to work together in teams, fostering collaboration, communication, and problem-solving skills.
- Increased Engagement and Participation: Organizing fun games can lead to higher levels of engagement among participants, whether in a school, corporate, or community setting.
- Improved Morale and Motivation: Fun games can help uplift spirits, relieve stress, and create a positive atmosphere.
- Physical and Mental Health Benefits: Many fun games are active and involve physical movement, which promotes physical health and wellness.

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Event Details	
Event Name	Competition
Topic	Sport Day "Sporting Spectacles"
Date	23rd August 2024
Time	09:00 AM- 4:00PM
Mode	Offline
Venue	Sportorium
Organizer Name	Ms. Sonali Katoch, Ms. Anjali
No. of Participants	104 Students, 25 Faculty members
SDG No	SDG 3: Good Health and Well-being, SDG 17: Partnerships for the goal

Objective

- To indulge sportsmanship and team spirit among students.
- To encourage active participation in sports and promote physical health.

Description

Sports Day is a key for student's health and wellness. The main goal is healthy lives for all. Students do many sports and fun activities. These boost fitness and teach teamwork. Taking part improves health and builds community too. Sports day was organized by the Department of Nursing, CSHS, in collaboration with the University Sports Board and NSS on 23rd August 2024 at Sportorium for faculty and students. This event was organized by Ms. Sonali Katoch (Nursing Tutor) & Ms. Anjali (Nursing Tutor). The main purpose of the sports day was to indulge sportsmanship and team spirit among students. National Sports Day is observed annually on August 29th as part of the Fit India initiative. We also took some initiatives towards this; sports not only develop a sense of friendliness and team spirit but also help to develop physical toughness and mental health. A variety of indoor and outdoor games, such as cricket, arm wrestling, table soccer, badminton, and dart games, were organized for students and faculty. B.Sc. Nursing & M.Sc. Nursing Students participated in this event along with the faculty members. The day began with the indoor games. Since co-curricular activities are an integral part of the Student Nurse Association, this event was organized to foster engagement. Students from all classes took part actively and with great enthusiasm. A total of 104 students, along with all the dedicated faculty members,

participated in the games organized. The event ended up with appraising the winners with medals and certificates.

Students participating in Table Soccer and Arm-Wrestling competition (Sports Day on 23rd August 2024

Faculty and students participating in Dart Game competition (Sports Day on 23rd August 2024)

Faculty participating in Badminton competition (Sports Day on 23rd August 2024)

Awards distribution to Students Winners (Sports Day on 23rd August 2024)

Awards distribution to Faculty Winners (Sports Day on 23rd August 2024)

Group photo (Sports Day on 23rd August 2024)

Outcome

- Sports promoted physical health and fitness of participants.
- Sports taught them how to be disciplined and can play with sportsmanship and team spirit.

Event Details	
Event Type	Expert Talk
Topic	Deeksharambh 2024 NextGen Tech'2024: Your Journey Begins Here!!
Date	2024-08-23 to 2024-08-23
Mode	Offline
Venue	Faraday Hall
Organizer Name	Dr. Aarti Bansal
No. of Participants	68
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

Students should be able to:

- ❖ Recognize the role and significance of the IETE Society and its activities.
- ❖ Network effectively with peers and faculty members within the department.
- ❖ Participate confidently in interactive games, puzzles, and talent showcases.
- ❖ Demonstrate creativity and unique talents in a supportive environment.
- ❖ Adapt smoothly to the academic and cultural environment of the university.
- ❖ Build a sense of belonging and community within the department.
- ❖ Appreciate the importance of collaboration and engagement in academic and extracurricular settings.

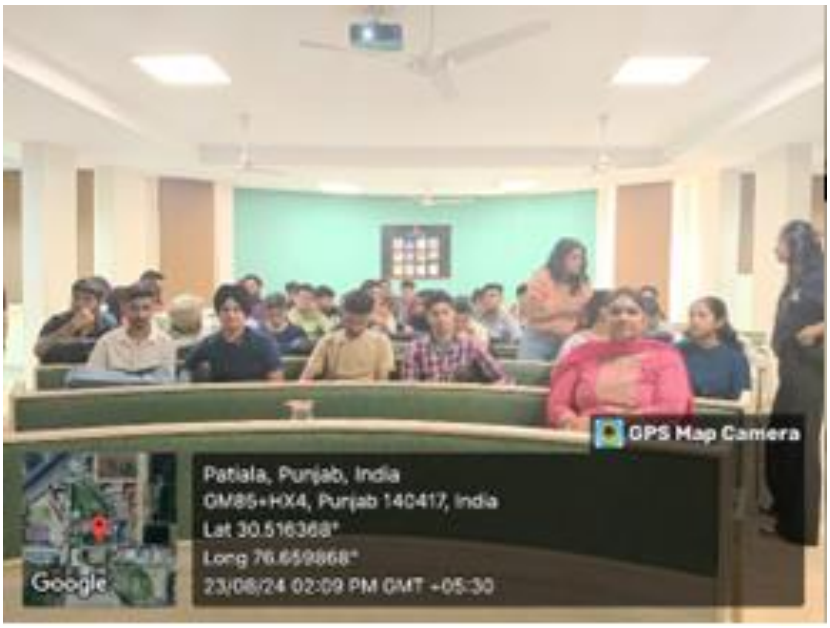
Description

The Department of Electronics and Communication Engineering (DECE) at Chitkara University, Punjab, in collaboration with the IETE Society, hosted an engaging and vibrant event under the banner of DEEKSHARAMBH 2024: NextGenTech' 2024: Your Journey Begins Here!! on 23rd August 2024. Held from 2:00 PM to 4:00 PM in Faraday Hall, Edison Block, the event was meticulously designed to warmly welcome new students to the university while introducing them to the IETE Society and its impactful initiatives. The primary objective of the event was to create a dynamic and inclusive environment where first-year students could gain insights into the purpose and activities of the IETE Society while simultaneously building connections with peers and faculty members. The event sought to ensure a smooth transition for newcomers, equipping them with valuable information about upcoming opportunities and fostering a sense of belonging within the academic community. The event commenced with a series of interactive activities, ranging from stimulating puzzles to entertaining games, which instantly captured the attention and

enthusiasm of the participants. These activities engage the mind and help reduce stress, allowing students to focus better in their studies. By incorporating fun games and challenging puzzles into their routines, students can improve their problem-solving skills while also enjoying themselves. his approach not only supports mental health but also aims to ensure healthy lives and promote well-being for all. One of the most anticipated segments of the day was the talent performance round, where students had the opportunity to showcase their unique abilities and creativity. From captivating musical performances to stunning dance routines and demonstrations of artistic flair, the talent round highlighted the diverse skills of the new students, leaving the audience thoroughly impressed and inspired. This segment not only celebrated individual talents but also emphasized the importance of nurturing creativity and self-expression within the academic setting. The event was coordinated by Dr. Aarti Bansal, Associate Professor, DECE, whose guidance and efforts ensured the seamless execution of the program. Her leadership and dedication played a pivotal role in making the event a resounding success. The faculty's support and the active participation of students further contributed to the event's memorable impact. Overall, NextGenTech' 2024: Your Journey Begins Here!! was a tremendous success, characterized by joy, friendly competition, and memorable moments. The event exemplified the university's commitment to fostering a welcoming and enriching environment for its students, blending academic orientation with lighthearted interaction. It served as a perfect platform to celebrate the spirit of innovation and creativity, leaving a lasting impression on both students and faculty alike.

Outcomes

- Students gained awareness of the IETE Society and its various activities and benefits.
- Participants built stronger connections with peers and faculty members, fostering a sense of community.
- Students demonstrated their creativity and talents through engaging performances.
- Enhanced interaction and participation helped students feel more confident and integrated into the department.
- The event successfully created a positive, vibrant, and inclusive atmosphere for new students.
- Participants experienced joy, friendly competition, and memorable moments, strengthening their bond with the department.
- The success of the event reinforced the importance of collaboration in achieving academic and extracurricular goals.



Students participating in quiz activity (23.08.2024)

Different activities conducted during the event (23.08.2024)

Event Details	
Title of the Event:	STRINGS OF STRENGTH-*Badminton Tournament*
Date of the Event:	27th August,2024
Venue	Chitkara University
SDG No.	3: Good Health and Well Being 4: Quality Education,15: Life on Land and 17: Partnership for Goals
No. of Student Enrolled and Attended	46

Objectives

- To help improve cardiovascular health, agility, and coordination.
- To provide opportunities for players to compete in a friendly setting.
- To help players improve their teamwork skills.
- Badminton tournaments can encourage participants to demonstrate good sportsmanship and proper court etiquette.

On **August 27,2024, Matrix Club** under the aegis of Department of Computer Applications and in collaboration with **Department of Interior Design,** Chitkara School of Planning and Architecture and **University Sports Board**, hosted a badminton tournament titled "Strings of Strength" to celebrate Women's Equality Day. The event took place at the Sportorium, drawing a vibrant crowd of students and faculty, all eager to witness the display of skill and sportsmanship.

The tournament was exclusively for female participants, emphasizing the empowerment of women through sports. The event was curated by Dr. (Prof.) Atul Dutta, Dean of Interior Design at CSPA, and coordinated by faculty members Mr. Angad Chauhan and Dr. Vandana.

Their dedicated efforts ensured the event ran smoothly, providing professional and encouraging environments for all players.

The tournament saw intense competition across multiple matches, with participants showcasing excellent technique, agility, and determination. The atmosphere was electric, filled with cheers and support from the audience. Each game highlighted the spirit of sportsmanship and camaraderie among the participants, reflecting the theme of equality and strength that the event aimed to promote. The event also included safety protocols to ensure the well-being of all attendees.

In conclusion, the "Strings of Strength" badminton tournament was a resounding success, fostering a spirit of unity and empowerment among the participants. The event not only celebrated Women's Equality Day but also reinforced the university's commitment to promoting gender equality and encouraging women to excel in all fields, including sports. The tournament concluded with a prize distribution ceremony, where winners were honored, further motivating all participants to continue pursuing their passion for sports.

Outcome Students were able

i) To improve balance, coordination, agility, and speed.
ii) To develop respect for teamwork and how individuals work together.
iii) To engage in a fun and competitive sporting environment.

Player playing badminton (27.08.2024)

Participants at Badminton court (27.08.2024)

Prize Distribution ceremony (27.08.2024)

Winners of Badminton Tournament (27.08.2024)

Participants and Organizing team (27.04.2024)

Event Name	Mental Wellness for Academic Success
Type of Event	Mental Health Wellness Session
Date	27 August 2024
Mode	Offline
Venue	Rockefeller Block
Organized by	Dr. Rashmi Aggarwal
Department	Chitkara Business School
No. of Participants	90
SDG No.	3 Good health and well being
Resource Person	Ms. Charanjeet Kaur
Hours of event	1 hour

Description of the Event

On 27 August 2024, Ms. Charanjeet Kaur, the Senior Student Counsellor, led an engaging session on **"Cultivating Mental Wellness for Academic Success"** for the B. Com students at **Chitkara Business School**. Mental health is an important part of overall well-being, and wellness sessions can help people improve their mental health. These sessions often provide valuable tools and strategies to manage stress, anxiety, and other challenges faced at the time of academics. Participants learn about healthy coping mechanisms, mindfulness practices, and the importance of self-care. Promoting mental health wellness aims to ensure healthy lives and promote well-being for all. The interactive nature of the session encouraged students to participate actively through questions, making it a dynamic and informative experience.

Organized in collaboration with Dr. Rashmi Aggarwal, Dean of Chitkara Business School, the event successfully engaged approximately 100 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health.

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Topic	Unboxing Happiness with Success Stories
Date	28th August,2024
Time	9:30 AM to 11:00 AM
Venue	LH 405, 4TH floor, Rockefeller Block
Mode	Offline
Number of Attendees	64
Resource person	Mr. Manav Bansal

Unboxing Happiness is an important initiative that focuses on promoting health and well-being. This goal aims to ensure that everyone has access to quality healthcare, healthy living conditions, and the necessary resources for a happy life. By addressing issues like mental health, nutrition, and disease prevention, the program seeks to improve the overall quality of life for individuals and communities.

The Chitkara Happiness Centre, in collaboration with Chitkara Business School, hosted an inspiring session featuring speaker Mr. Manav Bansal. This session, attended by students of BBA DTS, aimed to cultivate a growth mindset among participants, encouraging them to reframe challenges as opportunities and to articulate their big dreams and aspirations. Mr. Bansal captivated the audience with the remarkable success story of Srikanth Bolla, a blind entrepreneur who triumphed over incredible odds to achieve his dreams. Srikanth's journey from being born blind to becoming a successful business owner served as a powerful example of resilience, determination, and hard work. Through engaging storytelling and interactive exercises, Mr. Bansal urged students to reflect on their own goals and aspirations. He provided valuable insights on overcoming obstacles, staying motivated, and maintaining a positive mindset, drawing inspiration from Srikanth's life. The session also emphasized the importance of self-care, mindfulness, and the power of believing in oneself as essential components of achieving happiness and success. The collaboration between Chitkara Happiness Centre and Chitkara Business School created a unique opportunity for students to learn from Srikanth Bolla's experiences, as shared by Mr. Bansal, and to apply these lessons to their own lives. The session encouraged students to develop resilience and understand the value of learning from failures, empowering them with positive affirmations and self-care practices. By the end of the session, students demonstrated a noticeable shift in mindset, approaching challenges with newfound confidence and optimism. They also gained increased clarity and focus on their goals and aspirations, leaving the session inspired to unlock their potential and take actionable steps toward making their dreams a reality. The success of this

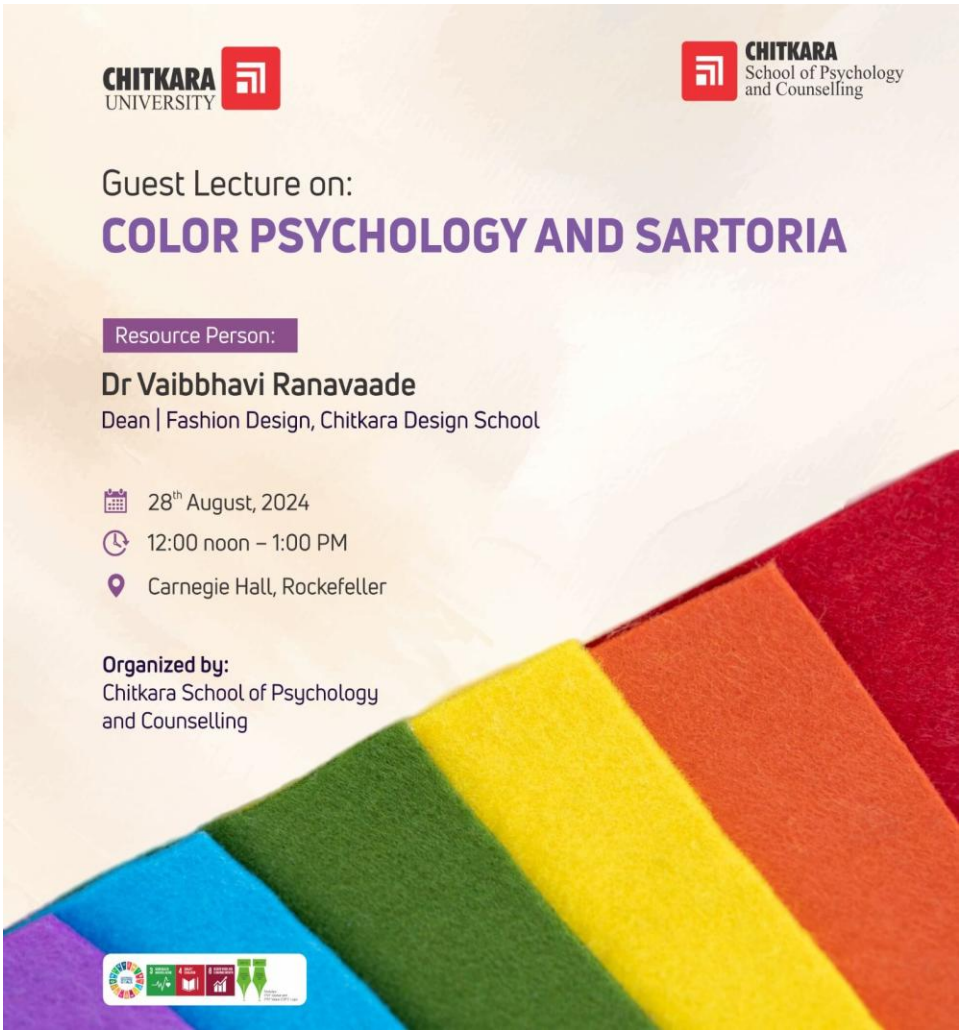
event highlighted the profound impact that sharing real-life success stories can have on fostering growth and empowerment among students.

UNBOXING HAPPINESS WITH SUCCESS STORIES

Event Details	
Event Type	
Topic	Color Psychology and Sartoria
Date	2024-08-28 to 2024-08-28
Mode	Offline
Organizer Name	Chitkara School of Psychology and Counselling
Resource Person	Dr Vaibhavi RanavaadeDean of Chitkara School of Design
No. of Participants	92
SDG No	SDG 4: Quality Education, SDG 8: Decent Work and Economic Growth, SDG 3: Good Health and Well-being

Objective

The objective of the event was to: improve mental health affect concentration and information retention



Description

Chitkara School of Psychology and Counseling hosted an insightful event on color psychology and sartoria, presented by the esteemed Dr. Vaibhavi Ranavaade, Dean of Chitkara School of Design. The session delved into the fascinating interplay between color psychology and fashion, exploring how color choices can reflect personality traits, cultural identities, and regional preferences.

Dr. Ranavaade's presentation began with a warm welcome to the distinguished guests and a gradual introduction to the concept of color psychology. She highlighted the profound impact of colors on our emotions and personalities, and how these influences are reflected in our sartorial choices. Color is important for health and well-being for everyone. She made sure to mention that detail.

The focus of the presentation was on the cultural nuances of color psychology in fashion. Dr. Ranavaade emphasized that color meanings can vary significantly across cultures, influencing sartorial decisions. For instance, while white is often associated with purity in Western cultures, it holds different connotations in Eastern cultures, where it may symbolize mourning. In the Indian context, regional preferences for color contrast are deeply rooted in cultural heritage. Rajasthan's vibrant reds, yellows, and blues in traditional attire symbolize the region's festive spirit, while Kerala's white and gold garments represent purity and simplicity. Punjab's bright pinks and greens in Phulkari embroidery reflect the state's lively culture, and Bengal's red and white sarees symbolize auspiciousness.

Outcomes

The outcomes of the event were:

- Understand branding and marketing.
- Better mood and behavior.
- Understand Product Design.

Event Name	Cultivating Resilience
Type of Event	Mental Health Wellness Session
Date	28 August 2024
Mode	Offline
Venue	Escoffier Block
Organized by	Dr. Ajay Krishna
Department	Global Course Canada
No. of Participants	5
SDG No.	3 Good health and well being
Resource person	Ms Charanjeet Kaur
Hour of event	30 Minutes

Description of the Event

On 28 August 2024, Ms. Charanjeet Kaur, Senior Student Counsellor, conducted an interactive session titled **"Cultivating Resilience"** for the students of **GBC Canada**. The session focused on key aspects of building resilience, including learning from adversity, understanding emotional intelligence, and celebrating small wins and achievements. Students were actively involved, engaging with the material through their questions. Cultivating resilience is crucial for maintaining mental health, particularly when confronted with stress. Resilience enables individuals to navigate challenges and bounce back from difficulties, which is essential for overall well-being. By enhancing coping mechanisms and fostering a positive outlook, individuals can more effectively handle life's pressures.

Organized in collaboration with Dr. Ajay Krishna, Dean of GBC Canada, the event successfully involved 5 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being. In the end, promoting resilience can result in better mental health outcomes and contribute to a more robust and healthier community.

Topic	Unboxing Happiness with Success Stories 2.0
Date	28th August,2024
Time	2:00 PM to 4:00 AM
Venue	Rockefeller Block
Mode	Offline
Number of Attendees	71
Resource person	Mr. Manav Bansal

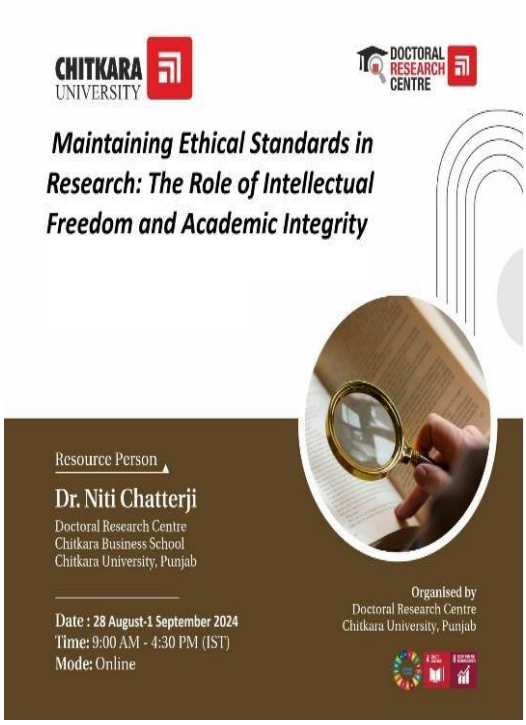
Unboxing Happiness is an important initiative that focuses on promoting health and well-being. This goal aims to ensure that everyone has access to quality healthcare, healthy living conditions, and the necessary resources for a happy life. By addressing issues like mental health, nutrition, and disease prevention, the program seeks to improve the overall quality of life for individuals and communities.

The Chitkara Happiness Centre, in collaboration with Chitkara Business School, hosted an inspiring session featuring speaker Mr. Manav Bansal. This session, attended by students of BBA RM, aimed to cultivate a growth mindset among participants, encouraging them to reframe challenges as opportunities and to articulate their big dreams and aspirations. Mr. Bansal captivated the audience with the remarkable success story of Srikanth Bolla, a blind entrepreneur who triumphed over incredible odds to achieve his dreams. Srikanth's journey from being born blind to becoming a successful business owner served as a powerful example of resilience, determination, and hard work. Through engaging storytelling and interactive exercises, Mr. Bansal urged students to reflect on their own goals and aspirations. He provided valuable insights on overcoming obstacles, staying motivated, and maintaining a positive mindset, drawing inspiration from Srikanth's life. The session also emphasized the importance of self-care, mindfulness, and the power of believing in oneself as essential components of achieving happiness and success. The collaboration between Chitkara Happiness Centre and Chitkara Business School created a unique opportunity for students to learn from Srikanth Bolla's experiences, as shared by Mr. Bansal, and to apply these lessons to their own lives. The session encouraged students to develop resilience and understand the value of learning from failures, empowering them with positive affirmations and self-care practices. By the end of the session, students demonstrated a noticeable shift in mindset, approaching challenges with newfound confidence and optimism. They also gained increased clarity and focus on their goals and aspirations, leaving the session inspired to unlock their potential and take actionable steps toward making their dreams a reality. The success of this event highlighted the profound impact that sharing real-life success stories can have on fostering growth and empowerment among students.

UNBOXING HAPPINESS WITH SUCCESS STORIES 2.0

Event Name	Maintaining Ethical Standards in Research: The Role of Intellectual Freedom and Academic
Date	28 August - 01 Sept, 2024
Venue	Online mode
Department	Doctoral Research Centre, Chitkara Business School, Chitkara University, Punjab
Resource Person	Dr Niti Chatterji
Number of Participants	17
SDGs Covered	SDG 3 and 9
Duration	6 Hrs.

About the Activity



Upholding ethical standards in research is crucial for all participants involved. Researchers must demonstrate honesty and transparency regarding their work and results. Conducting research ethically fosters trust among the public and fellow researchers, which is vital for the exchange of knowledge and the advancement of new ideas. Ethical research safeguards the rights and welfare of individuals impacted by studies and guarantees that the findings can be applied safely and effectively within society. The event titled "Maintaining Ethical Standards in Research: The Role of Intellectual Freedom and Academic" aims to redefine research methodologies to enhance academic outcomes. It seeks to familiarize researchers with innovative techniques in research design and implementation, thereby promoting higher standards of academic excellence. Furthermore, aligning research and innovation with the Sustainable Development Goals (SDG) is critical for global advancement, particularly SDG 9, which emphasizes the development of resilient infrastructure and the promotion of inclusive and sustainable industrialization.

Workshop Objectives

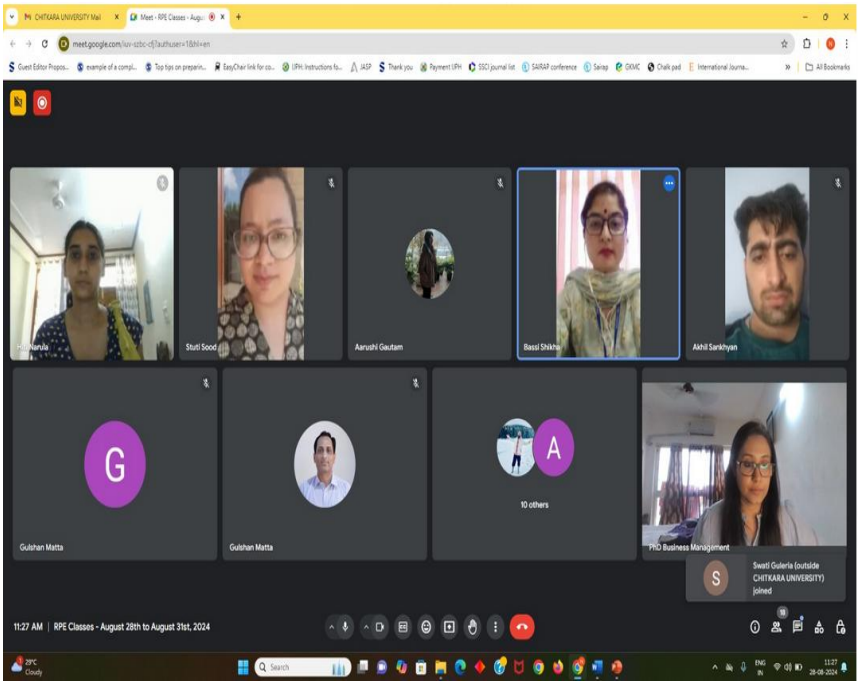
- **Deepening Understanding of Research Ethics:** Educate scholars and faculty members on fundamental research ethics principles.
- **Addressing Research Misconduct:** Provide insight into various types of research misconduct, such as plagiarism, data fabrication, and falsification.
- **Promoting Ethical Decision-Making:** Equip participants with the tools to navigate ethical dilemmas in academic research.
- **Encouraging Integrity in Research Practices:** Foster a culture of integrity, responsibility, and transparency in academic research environments.
- **Raising Awareness of Ethical Standards:** Introduce participants to global research ethics guidelines and best practices.

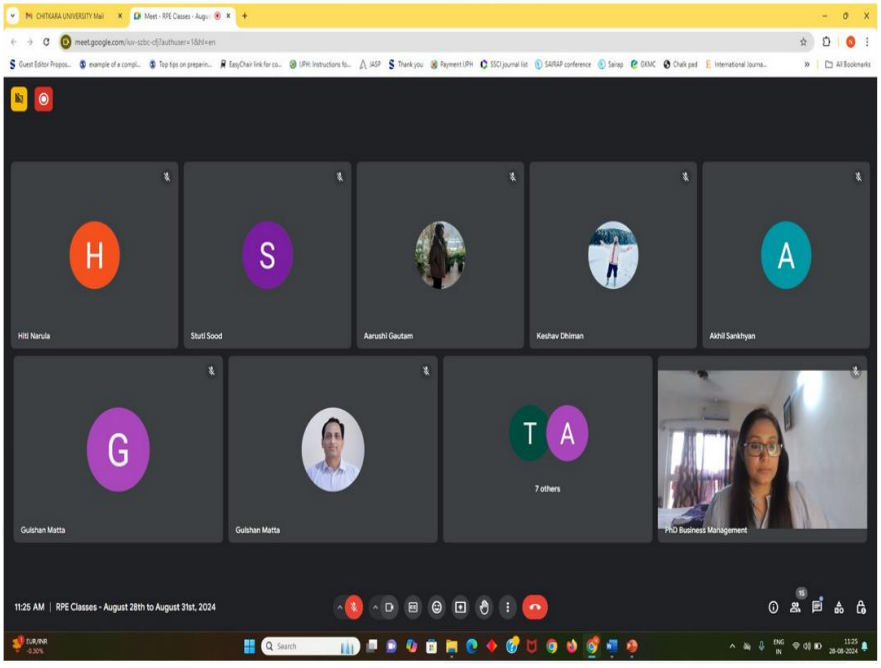
Key Highlights

- **Deepening Understanding of Research Ethics:** The FDP aimed to broaden knowledge of ethical research standards and integrity in academia.
- **Awareness of Research Misconduct:** The program highlighted various forms of misconduct, including plagiarism, data falsification, and unethical authorship practices.
- **Best Practices and Standards:** Participants were familiarized with the global standards for ethical research practices, ensuring quality and credibility in scholarly work.
- **Practical Guidelines for Ethical Research:** Emphasis was placed on providing actionable advice for maintaining integrity in research projects and publications.

Workshop Outcomes

- **Improved Research Ethics Awareness:** Faculty and scholars left with a clearer understanding of how to uphold ethical standards in their research.
- **Prevention of Misconduct:** With the knowledge gained, participants were better equipped to identify and prevent unethical practices in research.
- **Informed Decision-Making:** Scholars were empowered to make ethical decisions throughout their research processes, leading to higher-quality academic outputs.
- **Strengthened Academic Integrity:** The event contributed to reinforcing the importance of maintaining high standards of academic integrity in the scholarly community.


Sturi Sood
Aarushi Gautam
Bassi Shikha
Akhil Sankhyan
Gulshan Matta
Gulshan Matta
10 others
PhD Business Management
Swati Guleria (outside CHITKARA UNIVERSITY) joined
11:27 AM | RPE Classes - August 28th to August 31st, 2024


Hiti Narula
Sturi Sood
Aarushi Gautam
Keshav Dhiman
Akhil Sankhyan
Gulshan Matta
Gulshan Matta
7 others
PhD Business Management
11:25 AM | RPE Classes - August 28th to August 31st, 2024

Topic	Perma Model of Wellbeing
Date	29th August,2024
Time	9:30 AM to 11:00 PM
	LH 3/ Escoffier Block
Mode	Offline
Number of Attendees	5
Resource person	Mr. Manav Bansal

The Chitkara Happiness Centre organized an insightful session on the PERMA Model and Wellbeing for the Bachelor of Culinary Management students, delivered by Mr. Manav Bansal, a well-known expert in the field. This model helps individuals understand how to improve their overall health and happiness. A healthy environment plays a crucial role in this model as it can reduce stress and prevent diseases. By promoting better living conditions and access to resources, we can support the goals of healthy lives and promote well-being for all. The session aimed to familiarize students with the PERMA model—Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment—and its significance in promoting well-being. Mr. Bansal began the session with a laughter exercise, followed by guided meditation and deep breathing techniques to create a calm and engaging atmosphere. He then delved into each component of the PERMA model, offering practical insights on gratitude practices, discovering personal values, building positive relationships, and setting meaningful goals. The session also included interactive activities that fostered peer connection and allowed students to reflect on their experiences. Students were encouraged to share their thoughts, making the environment collaborative and supportive. The highlight of the session was the creation of a personalized action plan, enabling students to apply the PERMA model in their daily lives and actively work towards enhancing their well-being. The session successfully achieved its objectives, equipping students with the knowledge and skills to cultivate positive emotions, engagement, relationships, purpose, and accomplishment. Through Mr. Bansal's expertise and interactive approach, students left feeling empowered to prioritize their well-being, develop resilience, and achieve happiness and success both personally and professionally. The objective of the session was to help students understand the PERMA model and its five components: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment. The session aimed to equip students with practical strategies to cultivate well-being and resilience, encourage self-awareness, and apply the PERMA model in their daily lives. Additionally, it sought to foster peer connections and build positive relationships through interactive activities and discussions. In this way, the PERMA model connects personal well-being with broader health and environmental issues.

PERMA MODEL OF WELLBEING

Topic	Science Of Wellbeing
Date	29th August,2024
Time	11:00 AM to 12:30 PM
Venue	Room no 506, Rockefeller Block
Mode	Offline
Number of Attendees	41
Resource person	Mr. Manav Bansal

The Science of Well-Being is dedicated to promoting healthy lives and enhancing well-being for all individuals. This discipline examines the interplay between mental and physical health, happiness, and life satisfaction, and their impact on both individuals and communities. Researchers concentrate on identifying the elements that contribute to overall well-being, including social connections, access to healthcare, and a supportive environment. By fostering these elements, we can advance towards achieving the quality of life for all. Recently, the Chitkara Happiness Centre hosted a session on Science and Well-Being for students enrolled in B.A. Economics with Data Science, led by Mr. Manav Bansal, a distinguished authority in the field of happiness and well-being. The objective of the session was to deepen students' comprehension of the scientific principles underlying happiness and to provide practical strategies for enhancing well-being in both their personal and professional lives. Mr. Bansal's presentation was specifically designed to address the interests of economics students, emphasizing the connections between economics, data science, and well-being. He introduced essential concepts such as happiness, mindfulness, gratitude, and positive relationships, relating them to the students' academic endeavors. A key highlight of the session was the PERMA model of well-being, which identifies Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment as fundamental components of happiness. Additionally, Mr. Bansal presented the Savera tool, a framework aimed at helping students evaluate and improve their well-being effectively. The session also examined the application of data science in measuring and enhancing well-being, providing students with a distinctive viewpoint on how their field can contribute to happiness research. The interactive format of the session kept students actively involved through discussions, exercises, and a guided meditation experience. An inspiring video on kindness and compassion initiated a vibrant dialogue about the significance of empathy in both personal and professional contexts. The session garnered an exceptionally positive response, with students conveying their appreciation for the valuable insights and practical advice provided by Mr. Bansal. Numerous participants felt motivated to take charge of their own well-being and recognized the session's relevance to their academic pursuits. The event was a significant success, and the Chitkara Happiness Centre intends to arrange similar sessions in the future.

SCIENCE OF WELLBEING

National Sports Day
29th August 2024

The University Sports Board celebrated National Sports Day on 29th August 2024 held at Chitkara University, Punjab to commemorate the Birth Anniversary of legendary Hockey Player Major Dhyan Chand. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable development Goal 3 (SDG 3), Fit India, G20 and Ministry of Youth Affairs and Sports. Various games organized in National Sports day like Badminton (M&W), Table Tennis (M&W), Basketball 3 on 3 (M), Pool Table (M) and Soccer Table (Men Double). The results of the National Sports day is as follows:

Badminton (M)
1st: - Ansh Arora of CSE
2nd: - Sharvan Khandelwal of CSE
3rd: - Aryan Chopra of B.Arch.

Badminton (W)
1st: - Naina Trehan of MCA
2nd: - Harshita Garg of CSE
3rd: - Devika Malik of CSE-AI

Table Tennis (M)
1st: - Chitwan of BBA
2nd: - Harshit of CSE
3rd: - Divik Shukla of CSE

Table Tennis (W)
1st: - Mridul of CSE
2nd: - Priyanka of b.optometry
3rd: - Navya of CSE

Pool Table (M)
1st: - Chandan of B.Arch.
2nd: - Sawan Nagpal of CSE
3rd: - Gurkirat Singh of CSE

Soccer Table (Men Double)
1st: - Agile Defenders (Anjal/Sahil) of CSE
2nd: - Titans (Tanuj/Sokin) of CSE
3rd: - Baingan (Sarthak/Yuvraj) of Mechatronics

Basketball 3 on 3 (M)
1st: - Angloians of CSE
2nd: - White Mamba of BE MCE
3rd: - Ballers of CSE

Participants playing Soccer Table during National Sports Day – 29th August 2024

Basketball during National Sports Day – 29th August 2024

Participant of Table Tennis (Men) – 29th August 2024

Prize distribution to all the winning teams – 29th August 2024

Topic	Tokenizing Happiness
Date	29th August,2024
Time	2:00 PM to 4:00 PM
Venue	Galileo Block, Einstein Hall
Mode	Offline
Number of Attendees	40
Resource person	Mr. Manav Bansal

The concept of tokenizing happiness emphasizes the enhancement of health and well-being for every individual. Happiness is integral to overall health, as it significantly impacts both mental and physical wellness. Individuals who experience happiness are more inclined to prioritize their health and adopt beneficial behaviors. By establishing systems that acknowledge and incentivize happiness, we can motivate communities to advocate for mental health initiatives and enhance overall quality of life. This strategy not only promotes individual well-being but also fortifies social bonds and community resilience. Chitkara Happiness Centre, in collaboration with the School of Psychology and Counselling, organized a transformative session titled "Tokenizing Happiness - Relation between Happiness and Success." The session, led by Mr. Manav Bansal, aimed to deepen participants' understanding of the concept of happiness and its critical role in achieving success. Mr. Bansal, an expert in the field, offered an engaging presentation that delved into the science behind happiness, exploring its relationship with success. He introduced the 50-40-10 rule, which highlights the percentage of happiness attributed to genetic factors, intentional activities, and circumstances, underscoring the power of intentional actions in enhancing happiness. Throughout the session, participants were actively involved in discussions and exercises that helped them grasp the significance of gratitude and a positive mindset, with a particular focus on the impact of smiling. Mr. Bansal emphasized mindfulness as a vital tool for reducing stress and cultivating happiness, providing practical techniques that participants could incorporate into their daily routines. The session was well-received, with participants expressing appreciation for the practical insights and actionable strategies shared. By the end of the session, participants not only recognized the importance of happiness in achieving success but also left with a personal plan to incorporate intentional activities into their lives. These activities included practicing gratitude, smiling more often, and using mindfulness techniques to promote well-being. The session successfully achieved its objectives, leaving participants with a deeper understanding of how happiness can be cultivated and how it directly contributes to personal and professional success.

TOKENIZING HAPPINESS

Event Name	Cultivating Gratitude
Type of Event	Mental Health Wellness Session
Date	29 & 30 August 2024
Mode	Offline
Venue	Faraday Hall & Einstein Hall
Organized by	Dr. Komal Chawla
Department	CSPC
No. of Participants	130
SDG No.	3 Good health and well being
Resource person	Ms. Charanjeet Kaur
Hours of event	1 hour

Description of the Event

On 29 and 30 August 2024, Ms. Charanjeet Kaur, a Senior Student Counsellor, led an engaging interactive session on **"Cultivating Gratitude"** for the students at **Chitkara School of Psychology and Counselling**, including those in B.A., B.Sc., and M.Sc. programs. Cultivating gratitude can significantly improve our overall happiness and well-being. When we focus on what we are thankful for, we shift our attention away from stress and negative thoughts. This positive mindset can lead to better mental health and help us cope with challenges more effectively. Additionally, gratitude can encourage healthier behaviors, which contribute to physical well-being.

The session focused on practical ways to cultivate gratitude, emphasizing the importance of highlighting the positive aspects of life, reframing challenges, and sharing personal gratitude stories. Additionally, it addressed resilience and the value of mindful moments. Organized in collaboration with Dr. Komal Chawla, Dean of CSPC, the event successfully met 130 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

CHITKARA UNIVERSITY
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Topic	Unity and Wellness
Date	29th August,2024
Time	9:30 AM to 11:00 AM
Venue	Room no 301, Fleming Block
Mode	Offline
Number of Attendees	88
Resource person	Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with the School of Psychology and Counselling, organized a transformative session titled "Tokenizing Happiness - Relation between Happiness and Success." The session, led by Mr. Manav Bansal, aimed to deepen participants' understanding of the concept of happiness and its critical role in achieving success. Mr. Bansal, an expert in the field, offered an engaging presentation that delved into the science behind happiness, exploring its relationship with success. He introduced the 50-40-10 rule, which highlights the percentage of happiness attributed to genetic factors, intentional activities, and circumstances, underscoring the power of intentional actions in enhancing happiness. Throughout the session, participants were actively involved in discussions and exercises that helped them grasp the significance of gratitude and a positive mindset, with a particular focus on the impact of smiling.

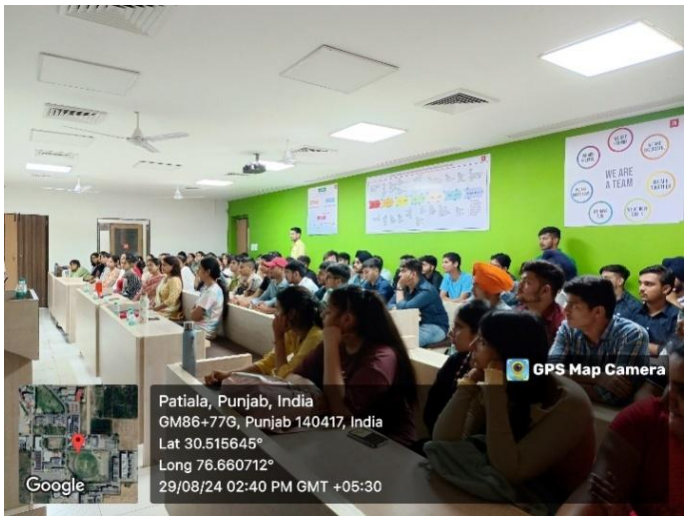
Mr. Bansal emphasized mindfulness as a vital tool for reducing stress and cultivating happiness, providing practical techniques that participants could incorporate into their daily routines. The session was well-received, with participants expressing appreciation for the practical insights and actionable strategies shared. By the end of the session, participants not only recognized the importance of happiness in achieving success but also left with a personal plan to incorporate intentional activities into their lives. These activities included practicing gratitude, smiling more often, and using mindfulness techniques to promote well-being. The session successfully achieved its objectives, leaving participants with a deeper understanding of how happiness can be cultivated and how it directly contributes to personal and professional success.

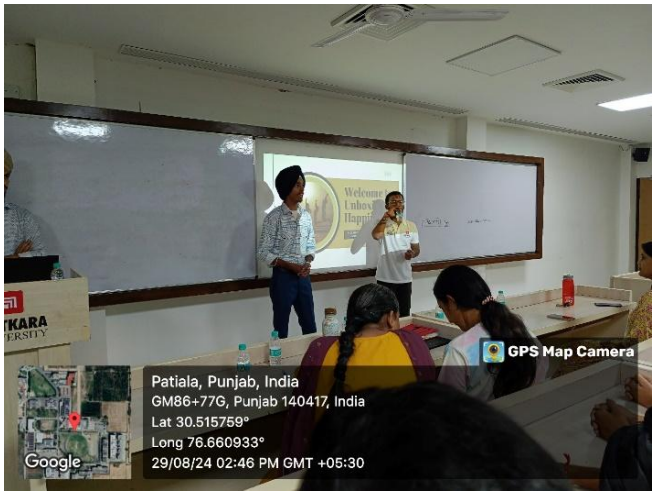
UNITY AND WELLNESS

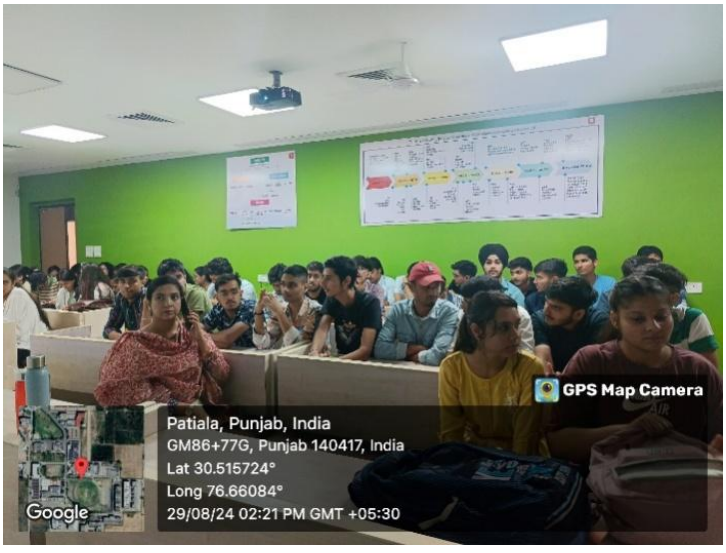
Topic	Unity and Wellness 2.0
Date	29th August,2024
Time	2:00 PM to 4:00 PM
Venue	Room no. 301, Fleming Block
Mode	Offline
Number of Attendees	67
Resource person	Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with the School of Psychology and Counselling, organized a transformative session titled "Tokenizing Happiness - Relation between Happiness and Success." The session, led by Mr. Manav Bansal, aimed to deepen participants' understanding of the concept of happiness and its critical role in achieving success. Mr. Bansal, an expert in the field, offered an engaging presentation that delved into the science behind happiness, exploring its relationship with success. He introduced the 50-40-10 rule, which highlights the percentage of happiness attributed to genetic factors, intentional activities, and circumstances, underscoring the power of intentional actions in enhancing happiness. Throughout the session, participants were actively involved in discussions and exercises that helped them grasp the significance of gratitude and a positive mindset, with a particular focus on the impact of smiling. Mr. Bansal emphasized mindfulness as a vital tool for reducing stress and cultivating happiness, providing practical techniques that participants could incorporate into their daily routines. The session was well-received, with participants expressing appreciation for the practical insights and actionable strategies shared. By the end of the session, participants not only recognized the importance of happiness in achieving success but also left with a personal plan to incorporate intentional activities into their lives. These activities included practicing gratitude, smiling more often, and using mindfulness techniques to promote well-being. The session successfully achieved its objectives, leaving participants with a deeper understanding of how happiness can be cultivated and how it directly contributes to personal and professional success.

UNITY AND WELLNESS 2.0







Event Details	
Event Type	
Topic	Fascinating Psychological Phenomena
Date	2024-08-29 to 2024-08-29
Mode	Offline
Organizer Name	CSPC
Resource Person	Dr. Pooja Singh
No. of Participants	180
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

The objective of the event was to:

- Introducing psychology to new students.
- Familiarize participants with foundational concepts.
- Explore the history of psychology.
- Highlight the relevance of psychology in various fields.

Description

Psychological phenomena significantly impact mental health, influencing how individuals think, feel, and behave. Stress is a common psychological response that can lead to serious mental health issues such as anxiety and depression. When people face overwhelming pressure, their ability to cope may decline, resulting in a deterioration of their overall well-being. Understanding these phenomena is essential for promoting mental health, which aims to ensure healthy lives and promote well-being for all.

Chitkara School of Psychology and Counselling organized an enlightening session on "Fascinating Psychological Phenomena" conducted by Dr. Pooja Singh. The session served as a warm welcome to the new batch of CSPC students, providing them with valuable insights into the field of psychology. Dr. Pooja delivered an engaging and thought-provoking presentation, emphasizing the pervasive nature of psychology in everyday life. The session focused on introducing students to foundational psychological concepts, theories, and practices. Key topics covered included various psychological perspectives, the historical development of psychology, and its relevance in diverse fields. By the conclusion of the session, participants were expected to grasp basic psychological theories and their practical

applications in professional contexts. They were also equipped to identify key figures in the history of psychology and appreciate the role of psychology in addressing contemporary societal challenges. The interactive portion of the session encouraged participants to engage in discussions about the application of psychological principles in their own professional fields. Questions regarding the distinction between different psychological approaches and their practical implications were addressed in detail by the facilitator, making the session both memorable and impactful for all participants.

Outcomes

The outcomes of the event were:

Increased understanding of psychology

Awareness of psychological history

Appreciation of psychology's relevance

Nature of the session encouraged students to think critically about psychology

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CHITKARA
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Event Details	
Event Type	
Topic	Tokenizing Happiness
Date	2024-08-29 to 2024-08-29
Mode	Offline
Organizer Name	CHITKARA SCHOOL OF PSYCHOLOGY AND COUNSELLING
Resource Person	Mr. Manav Bansal |Chief Happiness Officer
No. of Participants	80
SDG No	SDG 4: Quality Education, SDG 3: Good Health and Well-being

Objective

The objectives of the event were:

- To explore the relationship between happiness and self-care.
- To introduce the PERMA model of happiness and its components.
- To discuss the challenges of quantifying happiness and emotional well-being.
- To provide practical strategies for incorporating personal tokens of joy into daily life.

Description

The event focused on the profound connection between happiness and self-care, emphasizing the practical ways to incorporate personal tokens of joy into daily life. The resource person delved into the PERMA model of happiness, developed by Dr. Martin Seligman, which outlines the five essential elements contributing to overall well-being: Positive Emotion, Engagement, Relationships, Meaning, and Achievement. The session also explored the challenges of quantifying happiness and emotional well-being, followed by interactive exercises led by Master and Alpha counsellors. Participants were guided to design token-based reward systems tailored to promote happiness and well-being in their personal lives.

Outcomes

The outcomes of the event were:

1. Enhanced understanding of happiness and self-care
2. Familiarity with the PERMA model
3. Awareness of challenges in quantifying happiness
4. Practical strategies for promoting happiness

DEEKSHARAMBH
WELCOMING
OUR NEW
BATCH 2024

Event Details	
Event Type	
Topic	Listening with Empathy and Leading with Expertise
Date	2024-08-30 to 2024-08-30
Mode	Offline
Organizer Name	Chitkara School of Psychology and Counselling
Resource Person	Dr. Harpreet Kaur Assistant Professor
No. of Participants	50
SDG No	SDG 3: Good Health and Well-being

Objective

The objective of the event was to:
Show Understanding Non-Verbally
Empathize with Their Perspective
Avoid jumping to conclusions

Description

Chitkara School of Psychology and Counselling hosted an enlightening guest session in September 2024, featuring Dr. Harpreet Kaur. The session focused on the theme of "Listening with Empathy and Leading with Expertise," offering a deep dive into the critical roles of empathy and expertise in the field of Clinical Psychology. Dr. Harpreet Kaur began by clarifying the distinction between empathy and sympathy. She explained that while sympathy involves feeling pity for someone's situation, empathy requires a deeper level of understanding and sharing the emotional experience of others. She also highlighted that Empathy allows us to connect with people who are experiencing stress or disease, making them feel heard and supported. By actively listening, we can identify their needs and offer the right help. This approach aims to ensure healthy lives and promote well-being for everyone. This nuanced difference is crucial in clinical settings where authentic connections with clients are paramount. Alongside empathy, Dr. Kaur emphasized the indispensable role of expertise in clinical practice. Expertise allows psychologists to make informed decisions, apply appropriate interventions, and maintain credibility in their practice. Knowledge and skill ensure that empathy is effectively translated into actionable and beneficial therapeutic strategies. The session proved to be highly insightful and enriching, particularly for the new batch of students at Chitkara School of Psychology and Counselling. Dr. Kaur's perspectives offered valuable takeaways and a deeper understanding of the interplay between empathy

and expertise in clinical practice. The active participation and inquisitiveness of the audience contributed significantly to the session's success.

Outcomes

The outcomes of the event were:
Be Fully Present
Reflect on Emotions
Paraphrase and Summarize

EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	NATIONAL SEMINAR ON INDUSTRY-ACADEMIA COLLABORATION FOR WATER SECURITY
DATE	2024-08-31 to 2024-08-31
MODE	OFFLINE
ORGANIZER NAME	CHITKARA COLLEGE OF PHARMACY
NO. OF PARTICIPANTS	90
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

Promote dialogue between academia and industry to identify common goals and challenges in water security.
Share research findings and innovative practices that contribute to effective water management and conservation.
Foster partnerships that leverage academic research to address real-world water issues faced by industries and communities.
Raise awareness about the importance of interdisciplinary collaboration in developing sustainable water solutions.
Develop actionable strategies and frameworks for effective industry-academia collaboration to enhance water security.

DESCRIPTION

Industry-academia collaboration is essential for advancing 'Sustainable Development Goal 6 (SDG 6): Clean Water and Sanitation', by leveraging research and innovation to address water security challenges. Academia provides cutting-edge knowledge and research on sustainable water management, while industry brings practical solutions and scalable technologies. Together, they can develop efficient water purification systems, enhance water recycling techniques, and improve infrastructure for equitable access to clean water. This partnership fosters innovation, drives policy changes, and ensures the sustainable

management of water resources, contributing to long-term water security and the achievement of SDG 6 globally.

OUTCOMES

Strengthened partnerships between academic institutions and industry stakeholders focused on water security initiatives.
Increased knowledge sharing regarding innovative technologies and practices in water management among participants.
Enhanced understanding of the critical role of collaboration in addressing water security challenges.
Development of new research projects and initiatives aimed at solving specific water-related issues identified during the seminar.
A framework of recommendations for improving industry-academia collaboration, leading to more effective and sustainable water management solutions.

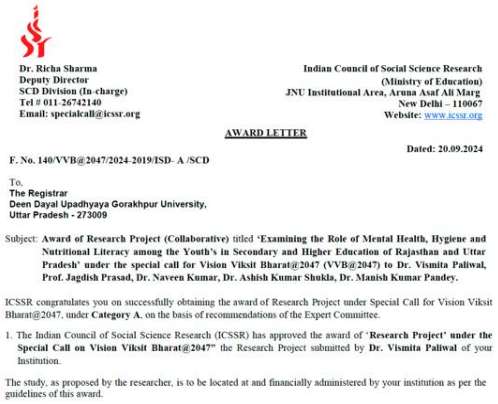
WATER SECURITY : UNDERSTANDING, CHALLENGES & MITIGATION
CHITKARA UNIVERSITY

CHITKARA UNIVERSITY

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	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)].



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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 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**.** 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

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

Event Name	Emotional Adjustment in College
Type of Event	Mental Health Wellness Session
Date	2 September 2024
Mode	Offline
Venue	Lecture hall, Tesla Block
Organized by	Ms. Gulshan
Department	Maritime
No. of Participants	50
SDG No.	3 Good health and well being
Resource person	Ms. Charanjeet Kaur
Hours of event	30 minutes

Description of the Event

Emotional adjustment in college is crucial for maintaining good mental health. Many students face stress due to academic pressure, social changes, and personal challenges. This stress can lead to mental health issues that affect their overall well-being. Colleges must provide support services such as counselling and stress management programs to help students cope. By focusing on emotional adjustment, students can develop better coping skills and improve their mental health, which aims to ensure healthy lives and promote well-being for all.

On 02 September 2024, Ms. Charanjeet Kaur, Senior Student Counsellor, conducted an interactive session on **"Emotional Adjustment in College"** for the students of **MARITIME.** The session focused on addressing common adjustment concerns that arise in college and how to effectively confront them. It included practical scenarios and demonstrated various coping strategies. Additionally, the session featured an awareness drive on available counselling services. Students actively engaged by asking questions, enhancing the overall interactivity of the event. Organized in collaboration with Capt. Prabhat Nigam, Dean of Maritime, the event successfully engaged approximately 50 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

Event Name	Workshop on Unlock your Potential: Mind, Body, Spirit awakening
Date	03rd September, 2024
Venue	Einstein Hall, GalileoBlock
Organizer	Chitkara College of Hospitality Management
Resource Person	Jas K Shan with her expert team Ranvir, Sukhmani & Vishal
Number of Participants	52
SDGs Covered	SDG-3 (Ensure healthy lives and promote well-being for all at all ages) SDG-4 (Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all) SDG-5 (Achieve gender equality and empower all women and girls)
Duration	9:30am-4:00pm

The "Unlock Your Potential: Mind, Body, and Spirit Awakening" workshop is designed as an immersive experience that encourages participants to explore and enhance their overall well-being. This workshop integrates various practices and teachings focused on the interconnectedness of the mind, body, and spirit.

Objective

- **Self-Discovery**: Facilitate introspection and self-awareness, helping participants identify their strengths, passions, and areas for growth.
- **Mindfulness Practices: Introduce techniques such as meditation, breathing, and visualization** to enhance mental clarity and emotional resilience.
- **Physical Well-Being**: Promote physical health through movement, nutrition, and holistic practices that support overall vitality.
- **Spiritual Connection**: Encourage exploration of personal beliefs and values, fostering a deeper connection to oneself and the universe.

Key Highlights

- **Holistic Framework**: Explore the interconnectedness of mind, body, and spirit, understanding how each aspect contributes to overall well-being.
- 2. **Guided Meditation Sessions**: Experience transformative meditation practices designed to enhance mindfulness, reduce stress, and improve focus.
- 3. **Physical Movement Practices**: Participate in activities such as yoga or movement exercises that promote physical health and vitality.
- 4. **Personal Reflection Exercises**: Engage in self-assessment tools and journaling activities to identify personal goals, strengths, and areas for growth.

Workshop Outcomes

- **Spiritual Connection**: Attendees will develop a greater sense of purpose and connection to their inner selves and the world, fostering a more meaningful life.
- **Practical Tools for Growth**: Participants will leave with actionable strategies and resources, including goal-setting techniques and mindfulness practices they can implement daily.
- **Stronger Community Connections**: The workshop will foster a supportive network among participants, encouraging collaboration and ongoing support in their journeys.
- **Increased Motivation and Clarity**: By setting clear, achievable goals, participants will feel motivated to pursue their dreams with renewed energy and direction.
- **Empowerment**: Overall, attendees will feel empowered to take charge of their personal development, armed with the insights and skills necessary to continue their journey.

DEEKSHARAMBH

CHITKARA
UNIVERSITY
welcomes
Jas K Shan
Wellness Coach | Motivational Speaker
Movement Expert | Entrepreneur
with her Expert Team
Ranvir, Sukhmani & Vishal

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

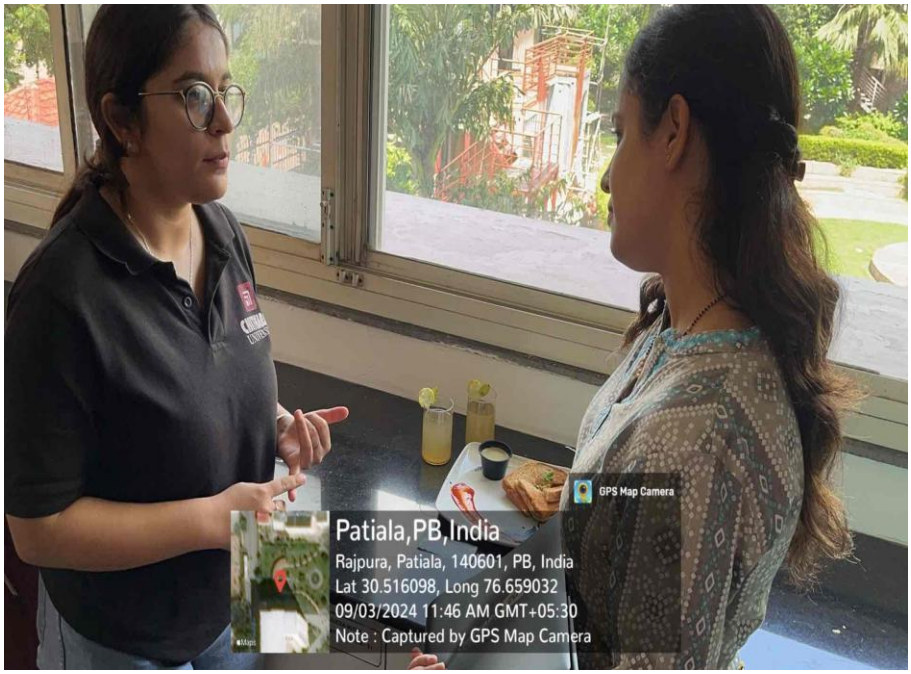
- To create awareness regarding the necessity and advantages of healthy eating.
- To encourage the students to stay away from junk food.
- To provide a platform for students to showcase their talent and explore new areas of interest.
- To encourage students to learn from others and compete on their own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

On the occasion of National Nutrition week celebration, a Healthy cooking competition was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on 3rd September 2024. The theme of Healthy cooking competition was "Nourishing the Future: Sustainable diet for All." The competition promotes healthy eating by inspiring people to cook nutritious meals. People who join can learn how to cook with fresh foods. They can also learn how to cut back on bad fats and sugars. This helps them choose better foods. It also helps them live healthy lives.

Students prepared yummy chaat, sandwiches, nutritious ladoos, 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 3rd 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	Empowering Educators: Strengthening Resilience, Building Sustainability
Date	2024-09-04 to 2024-09-04
Mode	Offline
Organizer Name	Chitkara School of Psychology and Counselling
No. of Participants	50
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

The objective of the event was to:

Recognize and Appreciate Teachers' Contributions Strengthen Teacher-Student Relationships

Promote Professional Development and Well-being

Description

Chitkara School of Psychology and Counseling organized a special Teachers' Day event under the theme "Empowering Educators: Strengthening Resilience, Building Sustainability." This theme highlighted the critical role of teachers in shaping the future and the importance of supporting their mental well-being. The event began with a self-care activity where teachers were asked questions about their self-care routines. This served as a reminder of the significance of prioritizing mental health amidst the demands of the profession. Teachers play a pivotal role in educating and nurturing students, but their mental well-being is often overlooked. Addressing the mental health of teachers is crucial for fostering a positive learning environment, enhancing teacher performance, and ultimately improving educational outcomes. The event continued with a cultural show where students performed dances, songs, and poems, showcasing their talents and expressing their gratitude to their teachers.

Outcomes

The outcomes of the event were:

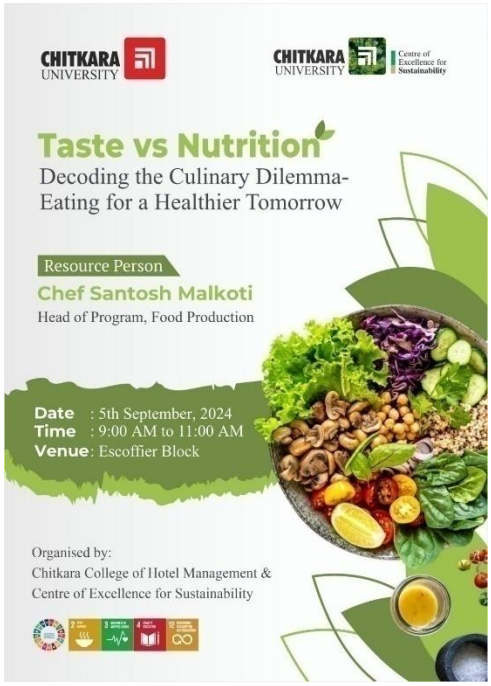
Enhanced Teacher Morale and Motivation Opportunities for Reflection and Growth

Increased Focus on Teacher Well-being

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 students can 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 Details	
Event Type	Social Event
Topic	Fresh Starts, A Happiness Kickoff
Date	2024-09-09 to 2024-09-09
Mode	Offline
Venue	Multipurpose Hall, Third Floor, Escoffier Block
Organizer Name	Chitkara College of Hospitality Management in Collaboration with National Service Scheme and Chitkara Happiness Centre
Resource Person	Mr. Manva Bansal Chief Happiness Officer
No. of Participants	55
SDG No	SDG 3: Good Health and Well-being, SDG 5: Gender Equality

Objective

- ✓ To inspire and motivate new students for a positive start to their campus life.
- ✓ To promote mental well-being and mindfulness among freshmen.
- ✓ To provide guidance on adapting to new academic and social environments.
- ✓ To introduce students to the Skill verse 5.0 programme for skill development.
- ✓ To foster a sense of happiness and self-awareness as part of their personal growth.

Description

Chitkara College of Hospitality Management, in collaboration with the National Service Scheme (NSS) and Chitkara Happiness Centre, organized a motivational session titled Fresh Starts: A Happiness Kick-off on 9th September 2024. Held for the fresher batch of the Culinary Arts Programme, the event took place from noon onwards at the Multipurpose Hall, Escoffier Block, providing a refreshing and insightful experience for the new students as they began their academic journey. The Happiness Kick-off sessions ensure healthy lives and well-being for everyone. This event brings students together to celebrate health. It promotes happiness and positive living through fun activities. Workshops teach

about mental and physical health. Group exercises get people moving. Discussions raise awareness on well-being's vital role in happiness. The event's goal is to engage people and spread the word. The session was led by Mr. Manab Bansal, Chief Happiness Officer at Chitkara University, Punjab, who served as the resource person for the event. His approach was interactive and filled with positivity, aimed at helping students transition smoothly into campus life. Mr. Bansal touched on important aspects of maintaining mental well-being, adapting to new environments, and building a strong foundation for a successful academic and personal life. The primary focus of the session was to instill a sense of confidence and joy in students, motivating them to embrace new opportunities and challenges with a positive mindset. The students thoroughly enjoyed the session, engaging actively in the discussions and activities designed to encourage self-awareness, mindfulness, and happiness. They gained valuable insights on how to balance academic responsibilities with personal growth and well-being. Mr. Bansal emphasized the importance of creating happiness from within and maintaining a positive outlook during their journey at the university. Additionally, students were introduced to the Skill verse 5.0 programs, an initiative designed to equip them with crucial skills that would not only benefit their college experience but also prepare them for future professional opportunities. The information shared about Skill verse 5.0 excited the students, as it promised to enhance their overall learning experience, offering support for both their present academic endeavours and future career paths. The session concluded on a high note, leaving students energized, motivated, and better prepared to embark on their fresh start at Chitkara University.

Outcomes

Students felt motivated and confident about starting their university journey.

- They gained insight into maintaining mental well-being and mindfulness.
- Students were equipped with strategies to adapt to the new campus environment.
- Awareness of the Skill verse 5.0 programs helped students prepare for skill development.
- The session fostered a positive outlook and boosted student morale for the upcoming academic years.

How do Psychologist define
happiness?
Positive Psychology

Detail of the Event/Session	
Date Of Birthday	09-Sep-24 (5th birthday)
Name of the Event	Birthday celebration @ Dew Drop
Organised by	Office of Administration
SDG Covered	3 (Good Health &well-being)

About the Birthday celebrations

On September 9, 2024, the Office of Administration celebrated the fifth birthday of young **Ekamjot Kaur** with great enthusiasm at **Dew Drop (Crèche)**. The event was commemorated with decorations and well wishes from the personnel. Everyone pitched in to make the day special, showering Ekamjot Kaur with heartfelt blessings and presents. The party was a pleasant experience for everyone, emphasizing the office's dedication to family values and community spirit. Mr. Gurjit Singh, the Administrative Officer, offered a gift to Ekamjot and expressed his best wishes for her health and future. The occasion closed with sincere comments from the team administration, who wished Ekamjot a bright future full of pleasure and prosperity. Small gifts were given to her, each chosen with love and care. The event not only commemorated Ekamjot's birthday but also generated a sense of community and camaraderie among the office personnel, leaving everyone with happy memories and a newfound appreciation for the simple pleasures of life.

Topic	A Happiness Kick-off
Date	9th September, 2024
Time	12:00 pm onwards
Venue	Escoffier Block, Multipurpose Hall
Resource Person	Mr. Manav Bansal
Mode	Offline
Number of Attendees	54

Chitkara Happiness Centre, in collaboration with Chitkara School of Culinary Arts, recently hosted an engaging session. The session aimed to help students understand the true definition of happiness, recognize India's global ranking in happiness, and identify key traits of happy individuals, such as gratitude, zest, and hopefulness. Led by Mr. Manav Bansal, the session explored the science behind happiness and emphasized the significance of embracing individuality and celebrating personal uniqueness. A compelling analogy—"life is a dish, and experiences are ingredients"—encouraged students to view their life journey as a unique culinary creation, filled with diverse experiences that contribute to overall well-being. One of the session's highlights was a 3-minute laughter therapy activity, which had students laughing heartily, releasing endorphins, and fostering a strong sense of community. This simple yet powerful exercise demonstrated how humor and shared joy can enhance mental and emotional well-being. By the end of the session, students felt empowered and inspired to prioritize happiness in their lives. The collaboration between Chitkara Happiness Centre and Chitkara School of Culinary Arts reflects a shared commitment to fostering a culture of well-being and positivity within the student community. The anticipated outcomes of this session include the development of a sustainable positive attitude, healthy coping mechanisms, improved academic performance, and increased empathy and compassion towards others. Ultimately, the session aims to enhance the overall quality of life for students, encouraging them to live more fulfilling and meaningful lives by embracing the traits and practices that lead to genuine happiness.

A HAPPINESS KICKOFF

Event Name	Let's Connect /Counselling Drive & talk
Type of Event	Mental Health Wellness Session
Date	9 & 10 September 2024
Mode	Offline
Venue	D Morgan Block
Organized by	Ms. Vandana
Department	Department of Computer Application
No. of Participants	160
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet Kaur & Ms. Manpreet Kaur
Hours of event	2 hours /each day

Description of the Event

On 9 & 10 September 2024, Ms. Charanjeet Kaur & Ms. Manpreet Kaur conducted an interactive session on **"Let's Connect/Counselling Drive & Talk"** for the students of Bachelor's and master's students of **Computer application**.

The "Let's Connect" counselling awareness drive aims to promote mental health awareness and reduce the stigma surrounding seeking help for psychological well-being. It seeks to create a safe and inclusive environment where individuals feel encouraged to openly discuss their mental health challenges and access professional support. Ultimately, "Let's Connect" strives to empower individuals with tools and resources to lead balanced, mentally healthy lives while building a supportive network that champions mental wellness.

Organized in collaboration with Ms. Vandana, Department of Computer Application, the event successfully engaged 160 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

CHITKARA UNIVERSITY
STUDENT COUNSELLING HANDBOOK

Event Name: -	A Happiness Session
Venue: -	Multipurpose Hall, Escoffier block
Date: -	9th September, 2024
SDG Number, Name and NEP: -	3-Good Health and Well Being, 4-Quality Education, NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Attendees: -	54
Duration: -	One Day

Chitkara College of hospitality management in collaboration with National service scheme, Chitkara University, Punjab and Chitkara Happiness Centre organized a happiness session titled: - Fresh starts: A Happiness Kick-off on 9th September 2024 for the students of fresher batch of culinary arts programme from 12 noon onwards at multipurpose hall, Escoffier block.

Mr. Manab Bansal, Chief Happiness Officer, Chitkara University, Punjab was the resource person for this session. A Happiness Session is centered on advocating for the health and well-being of all individuals. During these sessions, participants gain insights into the significance of both mental and physical health. They partake in activities designed to alleviate stress and foster positive thinking. Through discussions on enhancing health within their communities, individuals are inspired to take action and effect change.

The students thoroughly enjoyed the session and were able to gain valuable inputs about how to embark in their fresh life on campus. The students also shared information about the Skill Verse 5.0 programmes which would help the students in their college life and in their future jobs.

On a scale of
1 to 10, how happy
are you?

A HAPPINESS SESSION
FRESH STARTS
A HAPPINESS KICKOFF

CHITKARA

Event Name	Workshop
Topic	"Vedic meditation"
Date	10th September, 2024
Time	10:00 a.m. – 11:30 a.m.
Venue	Carnegie Hall, Ground floor, Rockefeller Block, Chitkara University, Punjab.
Organizer	Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Person	Dr. Rahul Thakur (Rudra Ji), Founder, Vedic Manthan, Mohali.
No. of Participants	173 (150 students+ 23 teachers)
Under SDG no.	SDG 3, SDG 4, SDG 17
SDG Details	Good Health & Wellbeing, Quality Education and Partnership for the goals.

Objectives

The primary objectives of the workshop include:

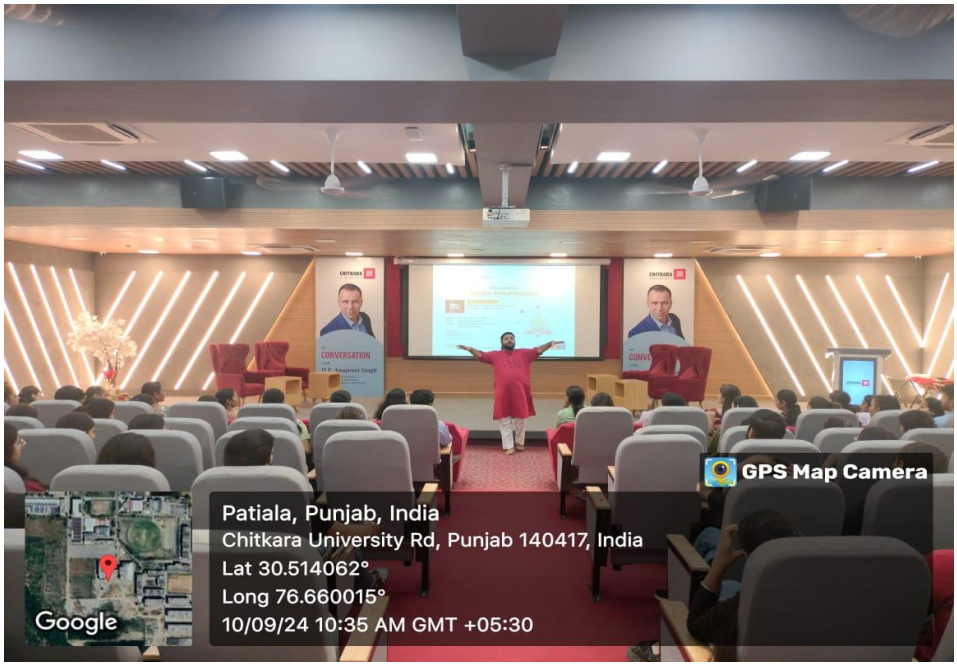
1. To provide an overview of Vedic meditation, including its history, philosophy, and principles. Explain how it differs from other meditation practices.
2. To teach the students about basic techniques of Vedic meditation, including the use of a mantra, the process of meditation, and how to maintain consistent practice.
3. To discuss the physical, mental, and emotional benefits of regular meditation, such as reduced stress, improved focus, and enhanced well-being.
4. To allow students to experience Vedic meditation through guided practice sessions, it helps them understand the practice firsthand and start building their own meditation routine.

The Department of Nursing at Chitkara School of Health Sciences organized a workshop on **"Vedic meditation"** at Chitkara University, Rajpura, Punjab. The workshop focused on mental health through Vedic techniques like *Nabho Mudra*. This technique integrates the parasympathetic nervous system, breath, *swara*, and mudra, which is designed to calm the mind and reduce anxiety.

Vedic meditation is a form of silent mantra meditation that originated in ancient India. It's practiced by sitting in a chair and repeating a mantra silently for 20 minutes, twice a day. The

mantra is chosen by a teacher based on factors like age, lifestyle, and energetic balance. The mantra is kept secret to avoid attaching any meaning to it beyond meditation. Vedic Meditation comes from the Veda, the ancient body of knowledge from India. The Veda is the source of yoga, meditation, and Ayurvedic medicine and is the basis of all Eastern philosophy. The workshop was led by Dr. Rudra Ji, PhD in Vedic Science and a yogi. The session included mantras, Nabho mudra to help the body rest deeply, mindfulness, Vedic yoga to ensure physical, mental, and emotional health, and chakra meditation for self-knowledge and liberation that involves the wheel-like energy centers in the body. The workshop encouraged youth to express their bodily emotions to family, friends, or mental health professionals and also focused on how happiness hormones can be increased through proper medication and counseling. The workshop included 150 nursing students. This workshop provided practical tools for managing stress and preventing mental health crises. The event fostered open dialogue and raised crucial awareness on mental health.

Floral welcome of the resource person in a workshop on 10/09/2024.



Session by the resource person on Vedic Meditation on 10/09/2024.

Students attending a session on Vedic Meditation on 10/09/2024.

Students attending a session on Vedic Meditation on 10/09/2024.

Outcome

The workshop has contributed to the enhancement of knowledge about Vedic meditation and a deeper understanding of mantras, meditation techniques (Nabho mudra, Naadi chakras, and spine strengthening), and the importance of Vedic meditation. The workshop ensured physical, mental, and emotional health and chakra meditation for self-knowledge and liberation that involves the wheel-like energy centers in the body. The workshop encouraged youth to express their bodily emotions to family, friends, or mental health professionals and also focused on how happiness hormones can be increased through proper medication and counseling.

Event Details	
Event Type	Competition
Topic	Stay, There's Hope
Date	2024-09-10 to 2024-09-10
Mode	Offline
Organizer Name	CSPC
No. of Participants	12
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

The objective for this event was to:
Raise awareness about suicide prevention.
Promote understanding and empathy.
Encourage creative expression.
Inspire hope and support.

Description

Chitkara School of Psychology and Counseling (CSPC) took a significant step towards promoting mental well-being and preventing suicide by organizing a poster competition titled "Stay, There's Hope" under the aegis of the National Service Scheme. The event, held in observance of Suicide Prevention Day, provided a platform for students to unleash their creativity and share impactful messages that inspire hope, support, and positive change. Participants were encouraged to delve into the profound issue of suicide prevention and explore ways in which communities can come together to foster mental well-being. The competition catalyzed students to reflect on the importance of empathy, compassion, and open communication in creating a supportive environment for individuals struggling with mental health challenges. The event culminated in a prize-giving ceremony where the three most outstanding posters were recognized and awarded tokens of appreciation. Dr. Komal Verma (Dean, CSPC), Dr. Neelam Verma (Dean, OSA), Dr. Sangeeta Pant (Dean, DOE), and Dr. Gitanjali Kalia (Associate Professor, School of Mass Communication) graced the occasion with their presence and commended the students for their exceptional work. The poster competition not only showcased the artistic talents of the students but also

demonstrated their commitment to addressing pressing social issues. By highlighting the importance of mental health and suicide prevention, the event aligned with the objective.

Outcomes

The following were outcomes of the event:

Increased awareness.

Enhanced understanding.

Development of creative skills.

Strengthened community bonds.

-Albert Bandura
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WORLD SUICIDE PREVENTION DAY
ONE HAND CAN LIFT A LIFE
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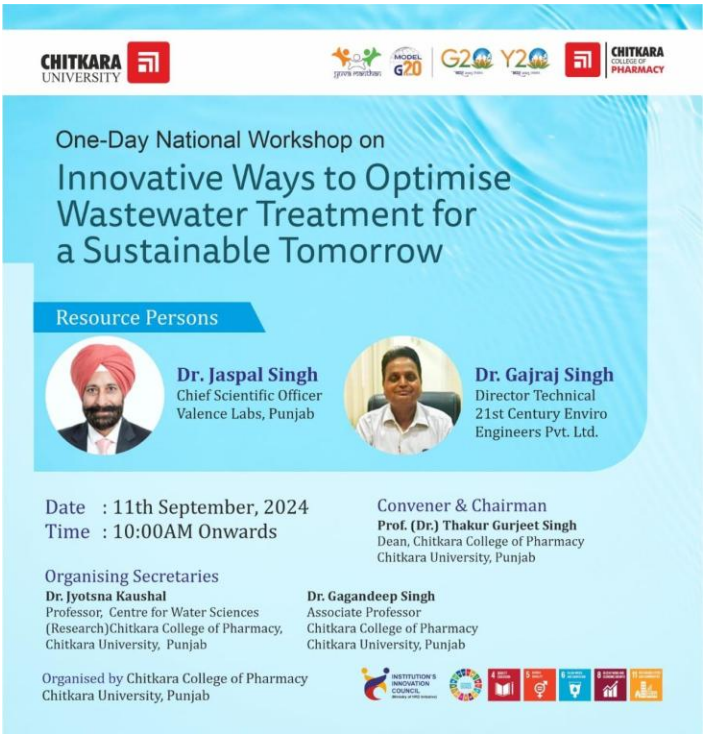
Event Name	National Workshop on Innovative Ways to Optimize Wastewater Treatment for a Sustainable Tomorrow.
Date	11.09. 2024
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Jaspal Singh, Chief Scientific Officer, VALENCE labs Punjab Dr. Gajraj Singh Director Technical Services,21st CENTURY ENVIRO ENGINEERS PVT. LTD.
Number of Participants	100
SDGs Covered	3,4,6,9
Duration	1 Day

About the Activity



On September 11, 2024, a national workshop explored better wastewater treatment for a sustainable future. Young M.Parma students learned about new ideas in this important area. Wastewater treatment poses many problems for industries today. The Center for Water Sciences at Chitkara College of Pharmacy invited industry leaders. Dr. Thakur Gurjeet Singh, Dean-CCP, spoke with experts about student visits to industry ETPs. This helps students learn about sustainable development in the drug industry's wastewater treatment. The workshop focused on improving public health by addressing wastewater issues. It seeks ways to fight diseases like the flu and cholera. These diseases can spread through dirty water. Better wastewater treatment means cleaner drinking water. This helps achieve Sustainable Development Goal 3, which promotes good health. The workshop also supports Sustainable Development Goal 6: Clean Water and Sanitation. It encourages teamwork between industry and colleges. The event promotes new wastewater treatment using research and real-world uses. Experts worked together to find affordable and effective wastewater

solutions. The workshop shared knowledge and encouraged good practices. It also made policy ideas to improve water quality. These actions conserve resources and ensure clean water for all. This contributes to a sustainable future and achieving SDG 6.

Dr. Jyotsana, Professor, Centre for Water Security, and Dr. Balraj Saini, Deputy Registrar, IQAC, Chitkara College of Pharmacy, Welcoming Dr. Jaspal Singh,

Dr. Gajraj Singh, delivering his talk on ways to optimize wastewater

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	EXPERT TALK ON "CAREER OPPORTUNITIES FOR PHARMACY GRADUATES: EXPLORATION OF NEW INNOVATIVE HORIZONS"
DATE	2024-09-12 to 2024-09-12
MODE	OFFLINE
ORGANIZER NAME	CHITKARA COLLEGE OF PHARMACY
NO. OF PARTICIPANTS	70
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

Educate pharmacy graduates about the diverse career opportunities available in the evolving pharmacy landscape.
Highlight emerging roles in various sectors, including pharmaceutical industry, clinical pharmacy, health technology, and entrepreneurship.
Encourage students to consider interdisciplinary collaboration and teamwork in their future careers.
Provide insights into the importance of internships, networking, and professional development in securing job placements.
Foster an environment for networking and mentorship between students and industry professionals.

DESCRIPTION

Chitkara College of Pharmacy organized an expert talk titled "Career Opportunities for Pharmacy Graduates: Exploration of New Innovative Horizons" on 12th September 2024. The event was held at Warren Buffet Hall, Chitkara University, Punjab. The expert talk was delivered by Dr. Ajit Singh, PhD (Cardio), Founder & CEO of CliMed Research Solutions, India. Dr. Singh provided insights into new and emerging career paths for pharmacy graduates, focusing on innovation and entrepreneurship. He emphasized the importance of

interdisciplinary skills and research opportunities that help pharmacy graduates explore innovative horizons in their careers

OUTCOMES

Increased awareness among pharmacy graduates about the wide range of career paths available to them beyond traditional roles.
Enhanced understanding of the significance of clinical pharmacy, pharmaceutical research, and innovative technologies in improving patient care.
Improved student confidence in pursuing roles in interdisciplinary teams and engaging in entrepreneurial ventures.
Strengthened connections between students and industry professionals, facilitating mentorship and internship opportunities.
Greater motivation among students to actively seek continuous learning and professional development in their pharmacy careers.

Topic	Ethical Leadership
Date	12th September, 2024
Time	3:00 pm to 4:00 pm
Venue	Faraday Hall, Edison Block ,1st Floor
Resource Person	Mr. Mahesh Rawat
Mode	Offline
Number of Attendees	117

The Chitkara Happiness Centre recently hosted a session on "Ethical Leadership" with Mr. Mahesh Rawat. The main goal was to build integrity, responsibility, and morality in leaders. Ethical leadership is key for Sustainable Development Goal 3. This goal promotes healthy lives and well-being for all people. Ethical leaders foster trust and teamwork. They also prioritize worker and community health. This creates healthier environments for everyone. They help improve healthcare access. Plus, they support mental health programs. Good leadership builds a healthier society that benefits everyone.

The session focused on developing leaders who value people, the planet, and purpose, not just profit. It boosted self-awareness, reflection, and personal growth. Mr. Rawat started with an icebreaker. It made people think about what leadership truly means. He noted the risks of valuing money, success, and power over ethics. True leadership comes from moral integrity, not wealth. Participants shared insights and experiences in lively talks. Mr. Rawat shared stories about solving ethical problems. A meditation called “What drives you?” encouraged self-examination. It helped people find the core reasons behind their leadership styles. The session ended by looking at spirituality and purpose in leadership. Mr. Rawat asked, "What are you living for?" He said, "A man without purpose is like a phone without internet."

The session had big results. Participants showed ethical leadership in their choices and problem-solving. They also gained credibility and confidence as leaders. In short, the session inspired leaders to rethink their values. They renewed their commitment to ethical work. They embraced a leadership style that is meaningful, impactful, and for the greater good.

ETHICAL LEADERSHIP

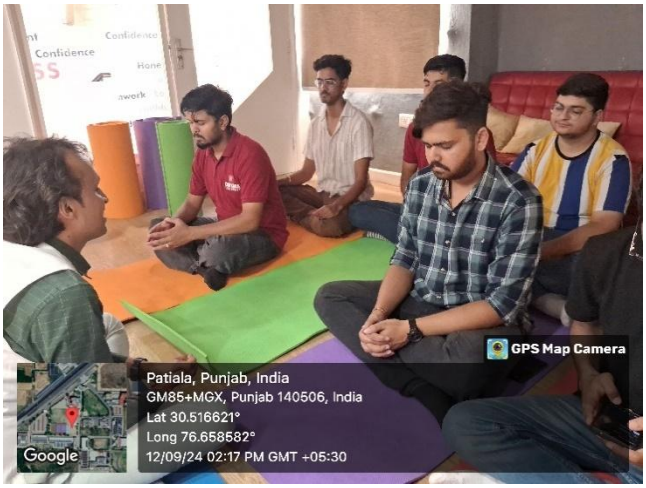
Topic	Mindfulness Day
Date	12th September, 2024
Time	10:30 am to 4:00 pm
Venue	Chitkara Happiness Centre
Resource Person	Happiness Team
Number of Attendees	56

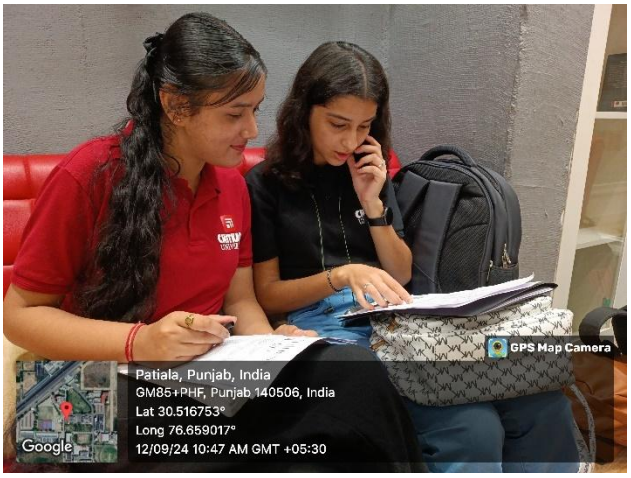
Mindfulness Day, observed in alignment with Sustainable Development Goal 3 (SDG 3), emphasizes the importance of promoting good health and well-being. This occasion encourages individuals to engage in mindfulness, which involves being fully present and aware of one's thoughts and emotions without judgment. By dedicating time to reflect and breathe, individuals can alleviate stress and enhance their mental health. Furthermore, mindfulness can cultivate a sense of community as individuals gather to share their experiences.

Recently, the Chitkara Happiness Centre hosted a highly successful Mindfulness Day celebration, which invigorated students and fostered connections among them. The event featured a variety of engaging activities, including the eagerly awaited Gratitude and Mindfulness Bingo, which took place from 10:30 am to 4 pm. Students enthusiastically participated in these activities, embodying the essence of mindfulness and gratitude as they engaged in play. Each game served as a platform for self-reflection and camaraderie, enabling students to recognize and cherish the small pleasures in life while nurturing a positive environment. In addition to the bingo, a notable highlight of the day was the mindfulness meditation session, conducted from 2 pm to 2:30 pm. This 30-minute guided meditation provided a tranquil pause amid a busy schedule, allowing students to unwind, recharge, and concentrate on their mental well-being. The peaceful atmosphere established during the meditation had a profound impact, helping students feel more grounded and serene. This session offered a much-needed respite from academic pressures, providing clarity and solace.

Overall, the event was a remarkable success, with students expressing their excitement and satisfaction throughout the day. The thoughtfully organized activities not only entertained but also enriched the students' understanding of mindfulness and gratitude, leaving them with a revitalized sense of purpose and calm. Mindfulness Day effectively achieved its objective of promoting mental well-being and nurturing a culture of mindfulness within the Chitkara community.

MINDFULNESS DAY





Event Name	Mental Health and Well-being
Type of Event	Mental Health Wellness Session
Date	13 September 2024
Mode	Offline
Venue	Classroom / Arch Block
Organized by	Mr. Jagwinder
Department	Department of Interior Design
No. of Participants	80
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet Kaur
Hours of event	1 hour

Description of the Event

On 13 September 2024, Ms. Charanjeet Kaur, a Senior Student Counsellor, conducted an interactive session on **" Mental Health and Well-being "** for the students of **Interior Design.** The session on mental health and well-being emphasizes the importance of mental health as a vital part of overall wellness. It aims to raise awareness about mental health challenges while reducing the stigma that often prevents individuals from seeking help. Participants will learn to recognize early signs of distress, both in themselves and others, and explore practical coping strategies such as mindfulness, stress management, and self-care techniques.

Organized in collaboration with Mr. Jagwinder, Department of Interior Design, the event successfully reached 80 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

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Topic	Community Happiness
Date	13th September, 2024
Time	12:00 pm to 12:40 pm
Venue	Government High School, Thua
Resource Person	Mr. Manav Bansal and Happiness Team
Number of Attendees	75

The happiness of a community is crucial to the overall well-being of its members, particularly students. When individuals feel a sense of joy and connection within their community, they tend to experience reduced stress levels and enhanced health. This feeling of belonging can contribute to better academic outcomes and personal development for students. By prioritizing community happiness, we can advance Sustainable Development Goal 3 (SDG 3), which seeks to guarantee healthy lives and promote well-being for everyone. Chitkara Happiness Centre conducted an inspiring session for the students at Government High School, Thua, led by Mr. Manav Bansal and the Happiness Team as part of the Community Happiness project. The initiative aimed to improve and motivate students of Classes 9 and 10 through interactive and engaging activities. For Class 10, the session began with Mr. Bansal narrating impactful stories from the life of Dr. APJ Abdul Kalam, emphasizing the importance of having dreams and aspirations. This sparked a wave of self-reflection among students, who eagerly shared their ambitions. The session also included a laughter therapy segment that lightened the atmosphere, followed by a discussion on the significance of gratitude in daily life. The program concluded with an awards ceremony, where students were recognized for their enthusiastic participation, leaving them feeling appreciated and motivated. For Class 9, the session started on a positive note with an uplifting shayari, setting an encouraging tone. A laughter session spread smiles, followed by a touching story on gratitude that resonated deeply with the students. The highlight of the session was the "gratitude game" (statue game), which energized the room as students danced and learned about the value of thankfulness in a fun and interactive way. Mr. Bansal then shared inspiring anecdotes from Dr. Kalam's life, urging students to dream big and strive for success. The day concluded with an awards ceremony to honor students for their active engagement. The Community Happiness project at Thuha village was a remarkable initiative, leaving students inspired, joyous, and motivated to pursue their dreams with a renewed sense of purpose and gratitude.

COMMUNITY HAPPINESS

Event Name: -	Tree Plantation Drive on World Ozone Day
Venue: -	Government High Smart School, Thuha
Date: -	16th September, 2024
SDG Number, Name and NEP: -	3-Good Health and Well Being, 4-Quality Education, 13-Climate Action and 15-Life on Land, NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Saplings: -	100
Duration: -	One Day

On World Ozone Day, a tree plantation initiative can significantly enhance both public health and environmental quality. Trees are essential for air purification as they absorb carbon dioxide and release oxygen, thereby mitigating air pollution and promoting healthy respiration. Furthermore, the act of planting trees aligns with the objectives of Sustainable Development Goal 3 (SDG 3), which seeks to ensure healthy lives and well-being for all. In celebration of Ozone Day, the National Service Scheme at Chitkara University in Punjab transformed a modest schoolyard into a flourishing green space through an inspiring Tree Plantation Drive. This event transcended mere sapling planting; it represented a profound commitment to environmental stewardship, symbolizing a pledge to care for the planet and foster a sustainable future. As students and volunteers convened at the Government High Smart School in Thuha, each sapling planted became a beacon of resilience, as if hands were intertwining the roots of a healthier future. With every shovelful of soil, the collective endeavor took form, reflecting the essence of community and environmental responsibility. The atmosphere was charged with enthusiasm and purpose as participants engaged in the act of giving back to nature, cultivating a deep-seated sense of duty toward the Earth. The event was further enriched by the establishment of a botanical garden, a refuge where students and volunteers could nurture both plants and environmental awareness. This garden serves as a testament to the collective efforts of all participants, a space where flora can thrive and inspire future generations. Each plant stands as a living reminder of the significance of biodiversity and ecological equilibrium, encouraging everyone to acknowledge their role as stewards of the environment. Alongside the planting activities, a dynamic campaign was initiated to emphasize the importance of the ozone layer and its vital contributions to life on Earth. The day unfolded as a vibrant celebration of the Earth and its dedicated stewards, facilitated by engaging sessions and enlightening exhibits. A wealth of knowledge was shared, sparking discussions that fueled fervor for environmental advocacy, thereby transforming attendees into champions for a sustainable future. As the trees were planted, so too were the aspirations for change nurtured within the hearts of those in attendance. This initiative resonated profoundly, fostering a sense of urgency to safeguard and appreciate the natural environment. Just as these trees flourish, the essence of this initiative holds the

promise of inspiring a commitment to nurturing a greener future for the generations that follow. Collectively, the participants underscored the notion that the journey toward a healthier planet commences with small, impactful actions and a shared vision for a sustainable future.

National Service Scheme
World Ozone Day
Theme: Ozone for Life
CHITKARA UNIVERSITY
National Service Scheme
NOT ME BUT YOU
Snehilprayas
HELPING HAND
FOR
Cymbopogon Citratus
(Lemon Grass)
Origanum majorana
(Marua)
Nerium Oleander
(Kanair)

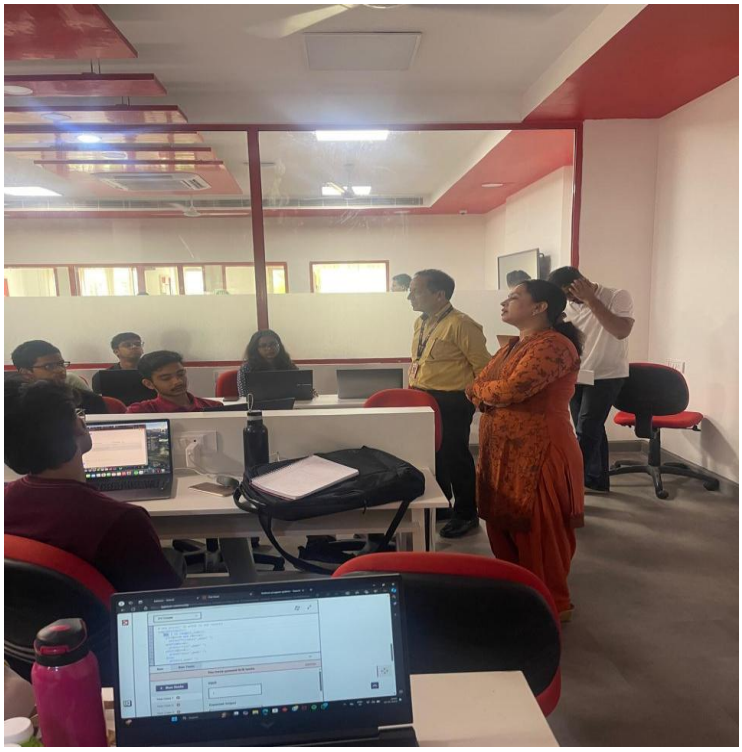
ਸਰਕਾਰੀ ਹਾਈ ਸਮਾਰਟ ਸਕੂਲ,
Shram Daan (श्रमदान)
National Service Scheme
World Ozone Day
Theme: Ozone for Life
CHITKARA UNIVERSITY

Event Name	Let's Connect /Counselling Drive & talk
Type of Event	Mental Health Wellness Session
Date	19 September 2024
Mode	Offline
Venue	Newton Block (CSE AI/AIFT/1st year)
Organized by	Wing Comm. Kumar
Department	Computer Science and Engineering
No. of Participants	280
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet kaur & Ms. Manpreet Kaur
Hours of event	1 hour

Description of the Event

On 19 September 2024, Ms. Charanjeet Kaur (Sr. Student Counsellor) and Ms. Manpreet Kaur (Student Counsellor) conducted an interactive session on **"Let's Connect/Counselling Drive & Talk"** for the students of **CSE AI/AIFT**. Let's Connect Counseling Drive and Talk is a dedicated initiative designed to foster awareness about mental health and the importance of seeking support. This session focuses on breaking the stigma around counseling by encouraging open conversations about mental well-being. It aims to equip participants with practical tools for managing stress, building emotional resilience, and recognizing early signs of mental health challenges in themselves and others.

Organized in collaboration with Wing Comm. Kumar, the event successfully engaged approximately 280 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.



Volleyball Competition for Task Force
21st September, 2024

University Sports Board organized Volleyball Competition for Task Force on 21st September 2024 held at Chitkara University, Punjab. The tournament aimed at achieving universal health coverage and to promote well-being at all ages essentially for sustainable development under SDG3 (Sustainable Development Goal 3) and through Fit India Movement and G20. The event was a great success as the participants came with great enthusiasm. It was a wonderful display of talent. The task forces took up the challenge and gave their best when it mattered the most and the crowd lit up the event with their presence. The results of this tournament are as follows:

Winners

First - Milap (Hostel Team)

Second - Amanpreet Singh (Lapino'z Pizza Team)

Volleyball Competition for Task Force – 21st September 2024

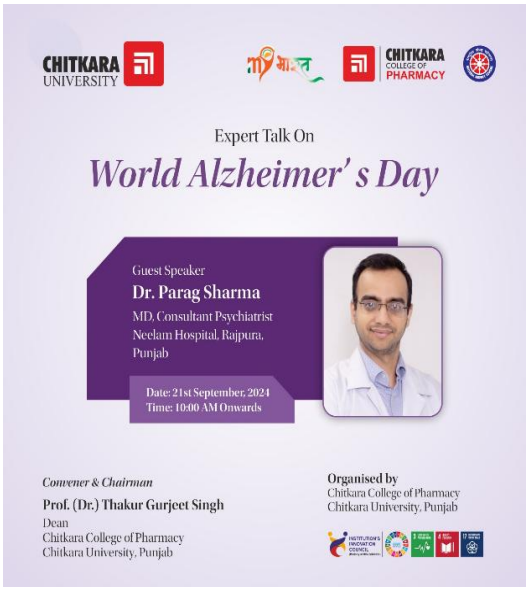
A great smash by the team member - 21st September 2024

Prize distribution during the Volleyball Competition for Task Force – 21st September 2024

Event Name	Expert Talk on World Alzheimer's Day
Date	21.09.2024
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Parag Sharma, MD, Psychiatrist, Neelam Hospital, Rajpura, Punjab
Number of Participants	55
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy organized an expert talk on "World Alzheimer's Day" on 21st September 2024. The event featured Dr. Parag Sharma, MD, Consultant Psychiatrist at Neelam Hospital, Rajpura, Punjab. Dr. Sharma discussed the symptoms, risk factors, and the latest treatment advancements for Alzheimer's disease. He emphasized the importance of early diagnosis, the role of lifestyle modifications, and support systems for managing Alzheimer's effectively. The session aimed to raise awareness among students and faculty, encouraging them to understand the challenges faced by patients and caregivers and to contribute towards advancing treatment options and compassionate care in the field. World Alzheimer's Day 2024 Celebration at Chitkara College of Pharmacy, Chitkara University, Punjab. On 21st September 2024, the NSS Unit of Chitkara College of Pharmacy proudly organized an expert talk session to mark World Alzheimer's Day.



The event featured an insightful session by Dr. Parag Sharma, MD, a psychiatrist from Neelam Hospital, Rajpura, Punjab, who shared valuable knowledge about Alzheimer's disease, its challenges, and the importance of early diagnosis and care. With the enthusiastic participation of over 70 volunteers, the event aimed to raise awareness about Alzheimer's and promote a better understanding of the condition. The session encouraged thoughtful discussions, highlighting the critical role that healthcare professionals and society play in supporting those affected by the disease.

Attendees of the event- Expert Talk on Alzheimer ’s disease

Dr. Parag delivering the talk on Alzheimer ’s disease

Event Name: -	Swachhata Pakhwada-Tree Plantation Drive
Venue: -	Civil Hospital, Rajpura
Date: -	21st September, 2024
SDG Number, Name and NEP: -	3-Good Health and Well Being, 13-Climate Action, 15-Life on land & NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Saplings: -	25
Duration: -	One Day

On September 21, 2024, the Chitkara School of Health Sciences, in partnership with Civil Hospital Rajpura and the National Service Scheme of Chitkara University Punjab, successfully conducted a Plantation Drive. This initiative is vital for enhancing environmental health, as trees are instrumental in purifying the air by absorbing carbon dioxide and releasing oxygen. Such processes are essential in mitigating the prevalence of respiratory ailments, including various lung diseases that afflict numerous individuals today. By increasing tree coverage, we can foster a healthier ecosystem and contribute to Sustainable Development Goal 3, which seeks to promote good health and well-being for all.

This event, part of the Swachhata Pakhwada initiative and themed "Nurturing Green Roots of Wellness," took place at Civil Hospital Rajpura. The Plantation Drive was designed to advocate for environmental sustainability and to raise awareness regarding the significance of cleanliness within healthcare environments. Student volunteers engaged with attendees by presenting educational posters and distributing pamphlets, thereby enhancing understanding of the necessity for maintaining hygienic conditions in hospitals.

In addition to promoting sanitation, the posters conveyed powerful messages urging participants to reject plastic usage. This aspect of the initiative aimed to underscore the harmful impacts of plastic pollution on both the environment and public health while advocating for more sustainable practices in daily life.

The event not only enhanced the aesthetic appeal of the hospital grounds but also served to educate the community on the importance of integrating health with environmental stewardship. Through tree planting and knowledge dissemination, the students showcased their dedication to both public health and ecological responsibility. Overall, the Plantation Drive represented a significant advancement toward cultivating a cleaner and greener future for the community.

Swachhata Pakhwada
Nurturing Green Roots of Wellness
PLANTATION DRIVE

Swachhata Pakhwada
Nurturing Green Roots of Wellness
PLANTATION DRIVE
ONE WHO MAINTAINS
DISEASES KEEP AWAY

Event Details	
Event Type	Expert Talk
Topic	The impact of Digital Health on Mental Wellbeing
Date	2024-09-21 to 2024-09-21
Mode	Offline
Organizer Name	Chitkara School of Psychology and Counselling
Resource Person	Dr. Ritu Vashishta
No. of Participants	13
SDG No	SDG 4: Quality Education, SDG 3: Good Health and Well-being

Objective

- The objective of this event was to:
- explore the vital role of digital technologies in promoting mental health.
- address the challenges that the digital age poses to our overall wellbeing.

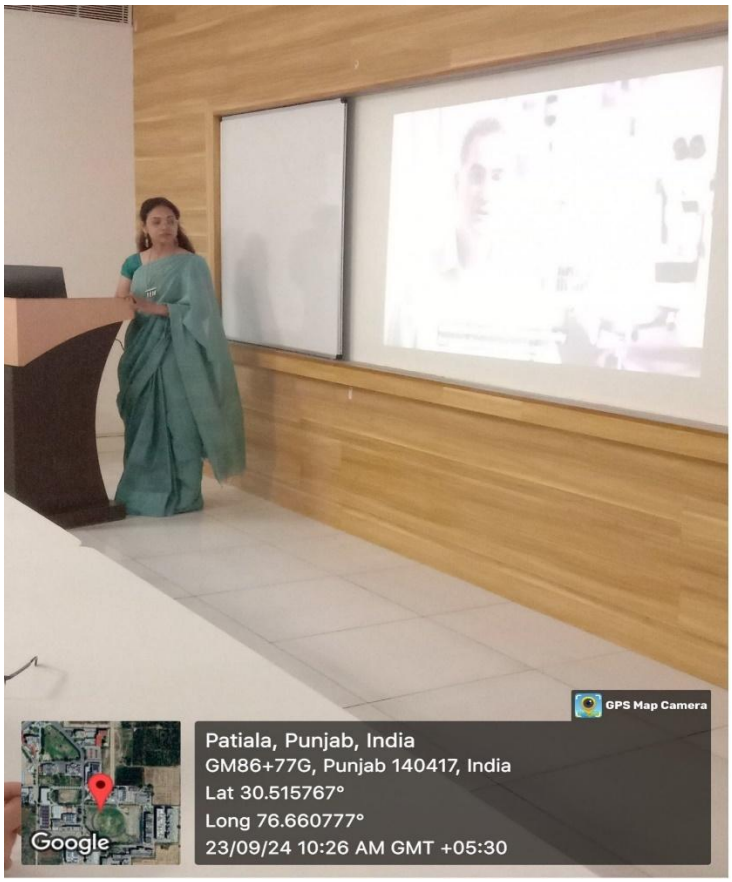
Description

Digital health greatly affects mental well-being. It supports Sustainable Development Goal 3, which promotes health for all. Apps and online sites now offer easy access to mental health help. People can find support, info, and therapy to manage their minds. Digital tools can also lessen the shame around mental illness. They help to start talks and grow awareness. Chitkara School hosted a talk on digital health's impact on mental health. Dr. Ritu Vashistha led the session. She spoke about easy access to resources. Digital health apps and sites offer therapy and support. This makes help more available, especially in needy areas. She showed videos and led an active discussion. Online groups and social media can build support. People can share stories and ways to cope. Wearable tech and apps can track moods or worry. They give quick feedback to help people manage their mental health. The speaker also talked about online therapy. This provides more access to mental health experts. Care becomes more flexible and easy. The session was interactive and full of information.

Outcomes

The outcomes of the event were:

- Enhanced knowledge of digital solutions with traditional methods and maintaining healthy online habits.
- Transforming access to mental health care and support.
- Awareness of Real-time Monitoring.
- Community Support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Event Details	
Event Type	Seminar
Topic	Healthy Heart for A Healthy Life: A new perspective to Use Heart for Action & Designing a Healthier Life
Date	2024-09-24 to 2024-09-24
Mode	Offline
Venue	Exploratorium
Organizer Name	Chitkara College of Sales and Marketing
Resource Person	Dr Pankaj Mittal Facility Director, Dr Ankur Gupta Consultant Cardiologist, Dt. Pooja Gupta Senior Dietitian
No. of Participants	263
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

- Students and Faculty awareness about Heart ailments
- Discussion on reasons for the rise in heart diseases in India
- Preventive and Treatment measures available
- Tips for moderation in lifestyle, healthy nutrition for a healthy heart

Description

Chitkara College of Sales and Marketing, in collaboration with Paras Hospital, Panchkula, organized a seminar on "Healthy Heart for A Healthy Life: A New Perspective to Use Heart for Action for Designing Healthier Life." The experts included Dr. Ankur Gupta, consultant cardiologist; Dr. Pooja Gupta, senior dietitian; and Dr. Pankaj Mittal, Facility director. Students of MBA Pharmaceutical Management hosted the seminar. The discussion on the topic was initiated by the dean of Chitkara College of Sales and Marketing, Prof. Narinder Garcha. Dr. Pankaj Mittal shared with the audience the need for addressing this

important health issue, as the disease is prevalent and is engulfing the population at a young age.

Dr. Ankur Gupta shared his views through a PowerPoint presentation about various causes for the genesis of heart diseases, such as smoking, poor eating habits including junk foods, and stressful conditions as the root causes for the disease. Dr. Ankur also shared preventive measures, including simple tips, such as good sleep and regular exercise, to avoid the disease and have a healthier life. As it is important to keep your blood pressure and diabetes under control, it is also very important to have professional education on heart disease and healthy food with essential nutrients for a healthy heart and life. Senior dietitian Dr. Pooja Gupta shares some invaluable aspects of daily diet elements. She shared some unknown but important facts about our eating habits and tips to improve our diet.

Outcomes

1. Students were aware of the necessity of a healthy heart for a healthy life.
2. Awareness about root causes of heart ailments.
3. Preventive and controllable factors to prevent cardiac ailments.
4. Healthy nutrition and food have essential vitamins, and minerals for health.

Dr. Ankur Gupta shares some important aspects of heart ailments on 24.09.2024

Dr. Pooja Gupta addressed an important query from the student on 24.09.2024

Dr. Pankaj Mittal addressing the audience on 24.09.2024

Event Name	World Pharmacists Day Pharmacists: Meeting Global Health Needs
Date	25th September, 2024
Venue	Carnegie Hall, Rockefeller Block, Chitkara University, Punjab
Organizer	Chitkara College of Pharmacy
Resource Person	Mr. Sukhbir Chand, Drug Inspector of Punjab.
Number of Participants	180
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy and the CHAMP Club marked World Pharmacists Day on September 25, 2024. The theme was "Pharmacists: Meeting Global Health Needs.". Pharmacists play a key role. They help people handle chronic diseases. They also improve people's health. The event emphasized the critical role of pharmacists in improving health and ensuring quality healthcare access. Distinguished guests, including Mr. Sukhbir Chand, Drug Inspector, Punjab Govt. and Sanjeev Garg, Drug Controller Punjab Govt. supported the initiative. The day included engaging activities, such as Med Fusion: Product Designing, where students showcased their creativity by developing innovative pharmaceutical, cosmeceutical, and herbal products, promoting forward-thinking solutions in healthcare. The "Rx Reality Check: Myth or Fact" competition and the "PharmaTech Models: Exploring Innovations" event highlighted the importance of innovation in pharmacy and healthcare. By challenging participants to debunk common myths, the competition fostered critical thinking, encouraging innovative approaches to problem-solving in medicine. Similarly, the PharmaTech event provided a platform for students to present cutting-edge models in pharmaceutical sciences, showcasing their creativity and technical skills. These events emphasized the role of innovation in advancing healthcare knowledge, while the White Coat Ceremony symbolized the students' commitment to embracing new technologies and ethical practices as they enter the profession

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#milestones
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Event Name	Let's Connect /Counselling Drive & talk
Type of Event	Mental Health Wellness Session
Date	25 September 2024
Mode	Offline
Venue	Turing Block (CSE G1/2/3/4/5)
Organized by	Wing Comm. Kumar
Department	Computer Science and Engineering
No. of Participants	350
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet kaur & Ms. Manpreet Kaur
Hours of event	1 hour

Description of the Event

On 25 September 2024, Ms. Charanjeet Kaur (Sr. Student Counsellor) and Ms. Manpreet Kaur (Student Counsellor) conducted an interactive session on **"Let's Connect/Counselling Drive & Talk"** for the students of **CSE G1/2/3/4/5.** Let's Connect Counseling Drive and Talk is a dedicated initiative designed to foster awareness about mental health and the importance of seeking support. This session focuses on breaking the stigma around counseling by encouraging open conversations about mental well-being. It aims to equip participants with practical tools for managing stress, building emotional resilience, and recognizing early signs of mental health challenges in themselves and others.

Organized in collaboration with Wing Comm. Kumar, the event was successfully attended by 350 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

Event Name	Pharmacy's Impact on Health Economics: A Global Initiative
Date	25th September, 2024
Venue	Carnegie Hall, Rockefeller Block, Chitkara University, Punjab
Organizer	Chitkara College of Pharmacy
Resource Person	Mr. Sanjeev Garg, Drug Controller of Punjab
Number of Participants	180
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy hosted a seminar. It was called "Pharmacy's Impact on Health Economics: A Global Initiative." The seminar covered pharmacy's important role in global health economics. Pharmacies help make medicine and health services more affordable. This reduces costs for people and healthcare systems. Affordable medicine means people are more likely to get care. This leads to better health. Pharmacies also make healthcare more efficient. They help prevent disease and manage long-term illnesses.

Healthcare experts spoke at the seminar. They talked about money problems and new ideas for healthcare. They stressed the pharmacist's role. Pharmacists help ensure care is cost-effective. They also manage medicine well and support healthcare that lasts. Students and professionals learned how pharmacists improve patient outcomes and economic efficiency. This helps shape the future of healthcare worldwide.

The seminar fits well as an IIC event. It focuses on new ideas and solving problems in pharmacy. The event encourages new ways to handle healthcare costs. It shows how pharmacists impact health economics. This matches IIC's goals. It promotes solutions for better health and a stronger pharmaceutical economy. The seminar also inspired students. They considered how they can help global health systems in the future.

Felicitation to Mr. Sanjeev Garg

Event Name	NSS Activity
Topic	Poster Making Competition on World Lung Day
Date	25th September, 2024
Venue	Galileo Block, Chitkara University, Punjab
Organizer	Ms. Lakshita, Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	10
No of Impacted Individuals	-
Under SDG no.	3,4
SDG Details	Good Health and Well-Being, Quality Education

Objective

Nursing students can display fresh ideas for lung cancer awareness using posters. World Lung Day happens each year on September 25. The goal is to raise awareness of lung cancer. It also encourages people to take steps to protect their lungs.

NSS Volunteers of class B.Sc. (N) 1st semester from the Department of Nursing, CSHS Chitkara University, Punjab, organized a poster-making competition on 25th September 2024, organized by Ms. Lakshita and Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS. The event aimed to unite for lung cancer awareness.

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Outcomes Participants underscores the importance of lung cancer awareness.

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	SYNERGIZE EXPERTISE: INDIA ISRAEL WATER RESEARCH INITIATIVES
DATE	2024-09-26 to 2024-09-26
MODE	OFFLINE
ORGANIZER NAME	CHITKARA COLLEGE OF PHARMACY
NO. OF PARTICIPANTS	60
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

1. Leverage the expertise of India and Israel to develop innovative solutions for water resource management.
2. Promote joint research on advanced water technologies such as desalination, wastewater treatment, and smart irrigation.
3. Facilitate the exchange of knowledge and best practices in water conservation, monitoring, and governance.
4. Encourage public-private partnerships and industry involvement in water research and technology development.
5. Address water scarcity, improve water quality, and enhance the efficiency of water usage for sustainable development.

DESCRIPTION

The 'Synergize Expertise: Indian-Israel Water Research Initiatives' event held on 26 Sept 2024 at Chitkara College of Pharmacy, Chitkara University, Punjab, was a resounding success. This hybrid event featured a distinguished panel of speakers, including Dr. Ravid Levy, an expert in water, climate, and environmental innovation from Israel. He provides consulting services on water and cleantech industries, gave online presentation and discussed digital water, implementing AI & IoT for daily recording of water meters, and various other initiatives to save water and maintain a sustainable approach. Other notable delegates included Ms. Noa Amsalem from MASHAV, Ms. Shachaf Elia, Senior Water Resources

Specialist, and Ms. Maya Shemran, innovation attaché at the Israeli Embassy in India. Their direct engagement with faculty members sparked key discussions on collaborative research and innovation in water management. The event fostered knowledge sharing and strengthened international partnerships, paving the way for future joint initiatives in water research. We eagerly anticipate continued collaboration.

OUTCOMES

1. Development of joint water management solutions that address water scarcity, improve water quality, and optimize resource usage in both countries.
2. Adoption and implementation of advanced Israeli technologies like desalination, smart irrigation, and wastewater treatment in India.
3. Strengthened partnerships between academic institutions, government bodies, and private sectors from both nations for long-term collaboration.
4. Enhanced knowledge exchange and capacity building among professionals and researchers in water conservation and management.
5. Creation of a global model for international partnerships, encouraging other nations to collaborate on sustainable water solutions.

Topic	Happiness Hacks
Date	26th September, 2024
Time	3:00 pm onwards
Venue	Lh-306, 3rd floor, Rockefeller Block
Resource Person	Mr. Manav Bansal
Number of Attendees	55

The Chitkara Happiness Centre, in collaboration with the Chitkara Business School, recently hosted an inspiring session for the students of the Integrated Programme in Management (IPM), Batch 2024. The session was led by Mr. Manav Bansal, a renowned speaker, who focused on equipping students with practical strategies to foster happiness and success in their personal and professional lives. Mr. Bansal began by underscoring the critical role of happiness in achieving career success. He introduced "Happiness Hacks," a series of simple yet effective strategies to cultivate joy and positivity in everyday life, engaging the students through interactive games and activities that vividly demonstrated these concepts. One of the key takeaways was the power of gratitude, as Mr. Bansal discussed its profound impact on mental well-being and encouraged students to incorporate gratitude into their daily routines through practical techniques.

He also explored the essential "Happiness Ingredients," such as fostering positive relationships, maintaining physical well-being, and having a sense of purpose, all of which contribute significantly to overall happiness and success. A highlight of the session was the introduction of the PERMA model—Positive Emotions, Engagement, Relationships, Meaning, and Accomplishments—through which Mr. Bansal illustrated the strong link between happiness and success. He emphasized that happiness is not merely a result of achieving success but an essential precursor to it, thereby encouraging students to prioritize their well-being as they strive for their goals. The session left a lasting impression on the attendees, equipping them with practical tools and insights to lead fulfilling and successful lives.

HAPPINESS HACKS

EVENT:	Health First: Free Check Up Camp for our Safai Mitras		
Date / Time:	27th September 2024/10:00 am Onwards	Mode:	Offline
Location / Link:	Tesla Block, Chitkara University, Punjab		
Activity In-charge:	Mr. Brij Kishore		
No. of Participants:	34		
Resource Person (if any)	---		
SDG:	3. Good Health and Well Being; 17. Partnership for the Goals		

Brief Description

On 27th September, Chitkara University School of Maritime Studies (CUSMS) organized a health camp for Safai Mitras under the government initiative "Swachhata Hi Seva Abhiyan." The event was a significant step toward promoting health and well-being for sanitation workers who play a crucial role in maintaining cleanliness and hygiene in our communities. Held in the university's state-of-the-art Navigation Lab, the camp provided free health check-ups to all Safai Mitras in attendance.

The camp commenced at 10 AM and was aimed at addressing the healthcare needs of Safai Mitras, many of whom may not have regular access to medical services due to financial constraints or demanding work schedules. The event featured a team of healthcare professionals, including doctors, nurses, and technicians, who conducted a series of essential health screenings such as blood pressure checks, blood sugar tests, eye exams, and general medical consultations. The medical staff offered personalized advice to each individual, recommending preventive measures and lifestyle changes to ensure better health outcomes.

In addition to medical check-ups, the Safai Mitras were educated about hygiene, the importance of regular health check-ups, and maintaining proper sanitation to avoid common infections and diseases. The camp also focused on raising awareness about occupational health risks associated with sanitation work, and practical tips were shared on how to protect oneself while on duty.

The event was a huge success and drew praise from both the attendees and the organizers. It reflected CUSMS's commitment to giving back to society, ensuring the health and safety of workers who contribute tirelessly to keeping our surroundings clean. This initiative aligns with the "Swachhata Hi Seva Abhiyan," reinforcing the idea that keeping communities clean is a shared responsibility, and that the well-being of those who perform this vital task must be prioritized.

Such initiatives by CUSMS foster a sense of community responsibility and serve as a model for future programs focused on health and wellness in underserved sections of society.

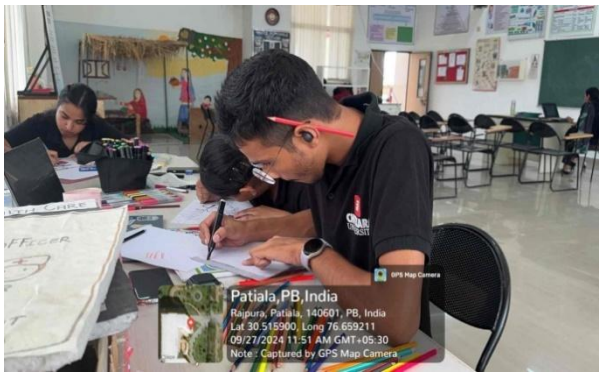
Event Name	Competition
Topic	Poster Making Competition on World Heart Day
Date	27th September, 2024
Theme	"Use Heart, Know Heart"
Venue	Ground floor, Galileo Block, Chitkara University, Punjab.
Organizer	Ms. Divya Thakur, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. Ms. Alka Guleria, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
No. of Participants	12 Students
Under SDG no.	SDG 3 and SDG 4
SDG Details	Good Health & Wellbeing and Quality Education.

Objectives

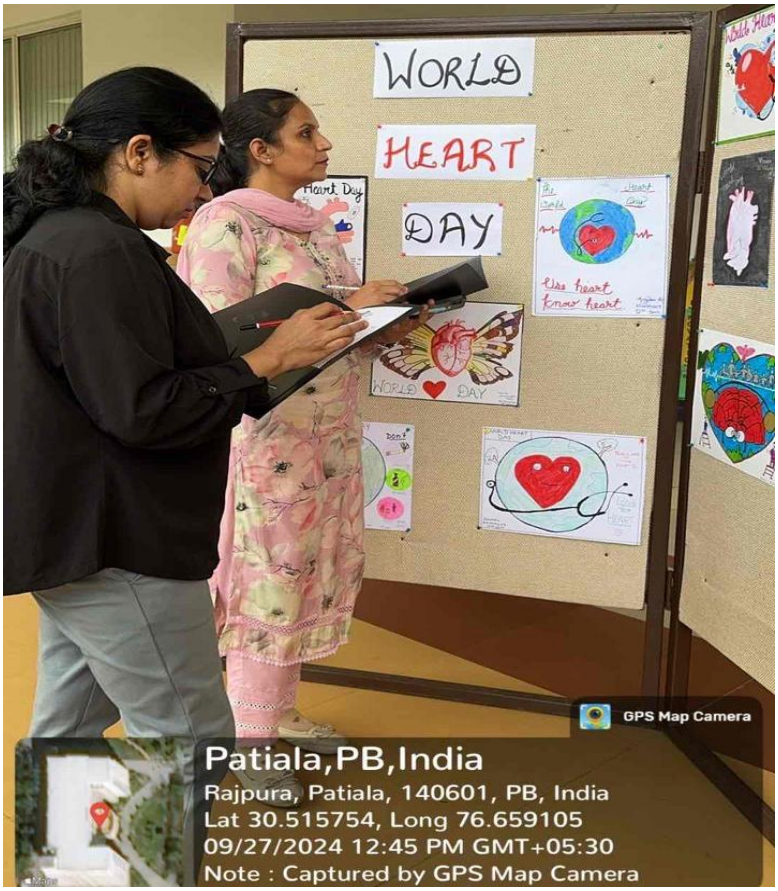
The objectives of Poster Making Competition are as follows:
1. Promotion of Awareness regarding healthy Heart.
2. Encourage creative communication.
3. Foster Teamwork and Engagement.

On the occasion of World Heart Day, a poster-making competition was organized on September 27th, 2024, by Ms. Divya Thakur, Assistant Professor, and Ms. Alka Guleria, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab. The competition aimed to raise awareness about heart health while encouraging creative expression among students. The theme for World Heart Day 2024 was **"Use Heart, Know Heart,"** focusing on promoting awareness about heart diseases and encouraging people to take steps toward healthier lifestyles. This theme aimed to underline the importance of knowing heart health, understanding risks, and taking preventive measures to live longer, healthier lives. A total of 12 nominations were received from various classes of B.Sc. Nursing. The participants were instructed to create posters that aligned with the given theme and followed the guidelines shared beforehand. The posters had to effectively convey messages on heart health, the prevention of cardiovascular diseases, and lifestyle modifications. Students were given a time frame of 1 hour and 30 minutes to complete their posters. The competition was held in the GB306 lab, where the students showcased their artistic skills and creativity.

The posters were judged by a panel comprising Ms. Manu Kohli, Associate Professor, and Ms. Parminder Kaur, Associate Professor, Department of Nursing, Chitkara University. The judging criteria included creativity, adherence to the theme, presentation, and the overall message conveyed by the posters.



Students are making posters to showcase their artistic skills and creativity on World Heart Day. 27/09/2024



Posters were judged by a panel comprising Ms. Manu Kohli and Ms. Parminder Kaur on 10/09/2024

Group Photograph on World Heart Day 27/09/2024.

Outcome

The competition witnessed excellent efforts from the students, and their posters reflected innovative ways of communicating the theme. The judges praised the students for their dedication and creativity, as well as their ability to integrate complex medical information into visually appealing and informative designs. The top three winners were announced, and certificates were awarded to recognize their efforts. This competition served as a valuable platform for students to engage in an important health issue and fostered a spirit of teamwork and awareness among participants.

Report on Water monitoring & assessment

A National Workshop titled "Ensuring Water Integrity: Quality Assessment & Monitoring" was conducted by the Centre for Water Sciences at Chitkara College of Pharmacy (CCP), Chitkara University, Punjab, on September 30, 2024. Dr. Ajit Dua, the Chief Executive Officer of the Punjab Biotechnology Incubator and Director of the Punjab State Biotech Corporation within the Department of Science, Technology & Environment, Government of Punjab, delivered a lecture to M. Pharma students at CCP, focusing on the essential parameters for assessing drinking water quality. Monitoring and evaluating water quality are vital for safeguarding human health and averting disease outbreaks, particularly in alignment with Sustainable Development Goal 3 (SDG 3), which seeks to ensure healthy lives and promote well-being for all individuals. Access to clean water is fundamental for maintaining good health, as contaminated water can result in various illnesses, including cholera and dysentery. Consistent monitoring of water quality is necessary to identify sources of pollution and facilitate prompt actions to protect public health. A thorough assessment of water-related health risks enables communities to prepare for and effectively respond to potential disease outbreaks.

Dr. Ajit Dua has diverse industrial and institutional experience of more than 24 years. Dr. Dua, who holds a doctorate in industrial microbiology, has spearheaded numerous esteemed national, international, and industry-sponsored initiatives. She has led the establishment of the Secondary Agriculture Entrepreneurial Network in Punjab—a 1st-of-its-kind initiative to bridge the gap between industry and academia. She is playing a key role in strengthening the biotech start-up ecosystem, the analytical ecosystem, skill development, and the regulatory framework as Chair and member of various committees at ISO, FSSAI, and BIS and as empaneled Lead Assessor of NABL. She has been instrumental in introducing the Nuclear Technique as a regulatory tool for food fraud detection in India, and her team is currently working with IAEA Austria on an international project with the participation of 22 countries. She has widely traveled and undertaken foreign assignments in Switzerland, Denmark,

Singapore, Sweden, Manchester, and Austria. Dr. Thakur Gurjeet Singh, Dean & Professor, facilitated Dr. Ajit Dua and acknowledged her for interacting with staff & students on the implication of quality assessment and water monitoring.

Dr Ajit, Dua, Session expert, addressing the audience during the workshop.

Dr. Thakur Gurjeet Singh, Dean, Chitkara College of Pharmacy, Chitkara University, welcomed the expert for the session.

Event Name	Pre-conference Webinar
Date	30th September 2024
Venue	G Meet
Department	Centre for research Impact and Outcome
Resource Person	Prof. Binnur Sagbas
Number of Participants	180
SDGs Covered	SDG 3, 7, 9, 12, 13
Duration	2:00 Hrs.

About the Activity

In the contemporary, rapidly evolving landscape, numerous universities are organizing pre-conference webinars to disseminate innovative concepts related to industrial research and development. These virtual gatherings provide a platform for experts to engage in discussions about emerging technologies and product advancements that can foster industry growth. By facilitating collaboration between academic institutions and businesses, these webinars promote knowledge exchange. This collaboration can enhance job prospects and contribute to sustainable employment, thereby supporting industry success and benefiting the wider community. Key discussion points encompassed the principles of additive manufacturing (AM), sustainable materials, and their relevance to the Sustainable Development Goals (SDGs). The event highlighted significant progress in AM towards achieving various SDGs, including SDG3, SDG7, SDG9, SDG12, and SDG13. Additionally, the event attracted over 90 participants from diverse countries, including Indonesia, the USA, Uzbekistan, Malaysia, and Pakistan. In India, attendees hailed from various regions, including Tamil Nadu, Kerala, West Bengal, Uttarakhand, Uttar Pradesh, Punjab, New Delhi, and Maharashtra.

Webinar Objectives

Some of the key objectives covered during this presentation are:

- Fundamentals of Additive Manufacturing.
- Materials Used in Additive Manufacturing.
- Additive Manufacturing and Sustainable Development Goals (SDGs).
- Overview of Sustainable Development Goals (SDGs)
  - AM's Contribution to SDG 3: Good Health and Well-being.
  - AM's Contribution to SDG 7: Affordable and Clean Energy.
  - AM's Contribution to SDG 9: Industry, Innovation, and Infrastructure.
  - AM's Contribution to SDG 12: Responsible Consumption and Production.
  - AM's Contribution to SDG 13: Climate Action.
- Challenges and Future Directions.

CHITKARA
UNIVERSITY

Dr. Jitendra Kumar Katiyar (Presenting)
Sustainable Development Goals (SDGs)
YTU
1 NO POVERTY
2 ZERO HUNGER
3 GOOD HEALTH AND WELL-BEING
4 QUALITY EDUCATION
5 GENDER EQUALITY
6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY
8 DECENT WORK AND ECONOMIC GROWTH
9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
10 REDUCED INEQUALITIES
11 SUSTAINABLE CITIES AND COMMUNITIES
12 RESPONSIBLE CONSUMPTION AND PRODUCTION
13 CLIMATE ACTION
14 LIFE BELOW WATER
15 LIFE ON LAND
16 PEACE, JUSTICE AND STRONG INSTITUTIONS
17 PARTNERSHIPS FOR THE GOALS
SUSTAINABLE DEVELOPMENT GOALS
Binnur sağbaş
Dr. Jitendra Kumar K...
Saswat Satpathy
seema singh
Vaani
Vinay k m
SHIV NANDAN
81 others
Heena Wadhwa

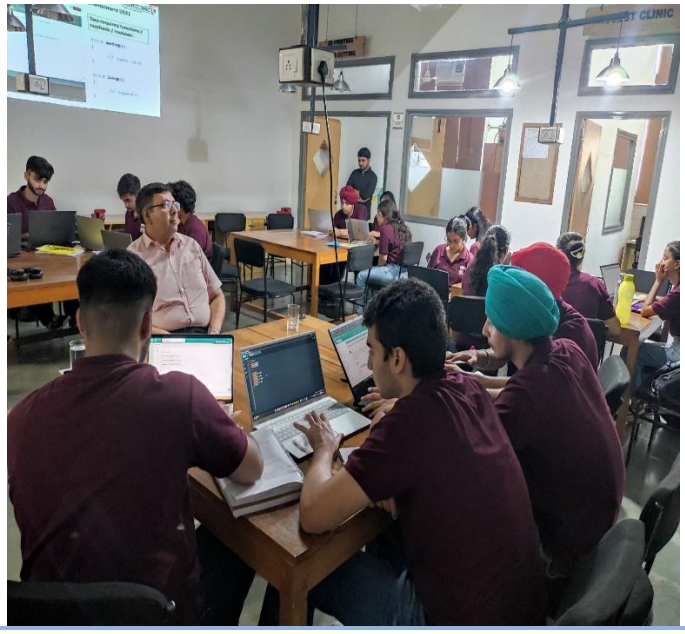
Event Details	
Title of the Event:	Innovate and create with Arduino: From concept to prototype
Date of the Event:	03, October, 2024
Venue	Chitkara International College
SDG no	3,4,7,9 and 11
Organized By:	CHITKARA INTERNATIONAL COLLEGE
No. of Student Attended	20
Resource Persons:	Prof. (Dr) Rajneesh Talwar, Dean-DICE, Chitkara University, Punjab
Department	DICE
Duration	2 Hours

Description

Chitkara International College organized an engaging session titled *"Innovate and Create with Arduino: From Concept to Prototype"* on October 3, 2024, for students of ASU. The workshop, led by Prof. (Dr.) Rajneesh Talwar, Dean of the Department of Interdisciplinary Courses in Engineering (DICE) at Chitkara University, aimed to provide hands-on experience in using Arduino for developing innovative prototypes. Dr. Talwar provided an in-depth overview of Arduino microcontroller platforms, explaining their hardware and software ecosystems. The session highlighted the versatility of Arduino in various applications, with discussions on projects like Rovers, Humanoids, and IoT-enabled Light and Fan Control systems. Real-time demonstrations of Arduino programming and circuit design helped students understand the process of transforming ideas into functional prototypes. The event also included a Q&A session where students addressed challenges in their Arduino projects and sought expert guidance for improvement. Key topics covered included the practical implementation of concepts, innovation in prototyping, and applications in fields such as robotics, IoT, and automation. Aligned with the Sustainable Development Goals (SDGs) 3 (Good Health and Well-being), 4 (Quality Education), 7 (Affordable and Clean Energy), 9 (Industry, Innovation, and Infrastructure), and 11 (Sustainable Cities and Communities), the session encouraged sustainable innovation and technological advancement)

OBJECTIVE

1. To introduce students to the fundamentals of Arduino hardware and software platforms.
2. To provide hands-on experience in developing Arduino-based prototypes.
3. To explore innovative applications of Arduino in robotics, IoT, and automation.
4. To encourage sustainable and practical implementation of engineering concepts



Topic	World Smile Day
Date	3rd October 2024
Time	11:00 am to 12:00 pm
Venue	Faraday Hall, 2nd floor, Edison Block
Number of Attendees	48
Resource Person	Ms. Vrinda Sharma

The Chitkara Happiness Centre, in partnership with the School of Mass Communication, recently organized an insightful session in celebration of Smile Day, facilitated by Ms. Vrinda Sharma. World Smile Day serves as a significant occasion that underscores the impact of a simple smile. Smiling has the potential to enhance our mood and alleviate stress, which is essential for our overall well-being. Heart disease remains a prevalent health concern affecting numerous individuals globally. By fostering happiness and nurturing positive relationships, we can bolster our mental and emotional health. The session concentrated on the importance of smiling and its beneficial effects on both physical and mental health. Ms. Sharma commenced by discussing the origins and historical context of Smile Day, elucidating its role in promoting positivity and human connection. She pointed out that a smile transcends mere facial expression; it is a universal sign of warmth and kindness that helps to bridge divides among individuals. Throughout the session, Ms. Sharma highlighted the significance of smiles in daily life, detailing the various advantages linked to this simple gesture. She referenced studies indicating that smiling can uplift mood, diminish stress, and even lower blood pressure. Smiles trigger the release of endorphins, natural chemicals that enhance mood, creating a positive ripple effect that benefits not only the individual smiling but also those in their vicinity. She articulated that smiling is a potent instrument for strengthening relationships and improving emotional health. A particularly captivating aspect of the session was the examination of the science behind smiles. Ms. Sharma elaborated on the neural pathways that connect smiling with emotional responses, illustrating how the brain links smiling to feelings of joy. Even in challenging circumstances, a smile can evoke positive emotions and shift one's perspective. Additionally, Ms. Sharma offered practical advice on how students can foster smiles and kindness in their everyday interactions. Minor actions, such as presenting a sincere smile or a thoughtful gesture, can profoundly impact an individual's day and contribute to the dissemination of positivity. The session wrapped up with an uplifting message from Ms. Sharma, who encouraged attendees

to recognize the influence of smiles and to utilize them in fostering a more empathetic and interconnected society. The event provided students with important perspectives on the transformative nature of smiling, motivating them to share smiles and kindness in their engagements.

Details	
Date	3, 8, 16, & 29 October 2024
Time	1:00 PM to 1:30 PM
Venue	Meditation Room, Chitkara Happiness Centre
No of attendees	8
Resource Person	Ms. Kiranjot Kaur

The session commenced with an introduction to the concept of gratitude, setting a positive tone for the experience. Calming meditation music played in the background, creating a serene atmosphere. Participants were guided to focus on their breathing and instructed to inhale positive energy and release stress with each exhale. The meditation progressed to visualization exercises, asking attendees to picture someone or something they're grateful for, followed by recalling a joyful experience or memory. Special emphasis was placed on expressing gratitude for our eyes, which allow us to perceive the world's beauty. Participants were encouraged to reflect on various aspects of their lives that they appreciate. The session concluded with a period of quiet contemplation, allowing everyone to bask in feelings of gratitude. Overall, the experience provided a relaxing and calming environment for cultivating a sense of appreciation and mindfulness.

Visualization meditation

The session emphasized the importance of daily meditation practice, highlighting its numerous benefits. Gentle sounds of flowing water created a natural, calming atmosphere. Participants were guided to focus on their breath sensations and then visualize moving from darkness towards light. A vivid guided imagery followed, with participants imagining a nature walk, feeling wet grass underfoot. The visualization intensified, describing a serene setting with a large rock amidst lush greenery. Attendees were encouraged to immerse themselves in the experience, listening to and feeling the imaginary water flow. The session concluded with expressions of gratitude for everyone's participation. Overall, the experience provided a soothing environment, promoting relaxation and mindfulness through sensory-rich meditation techniques.

Vipasana meditation

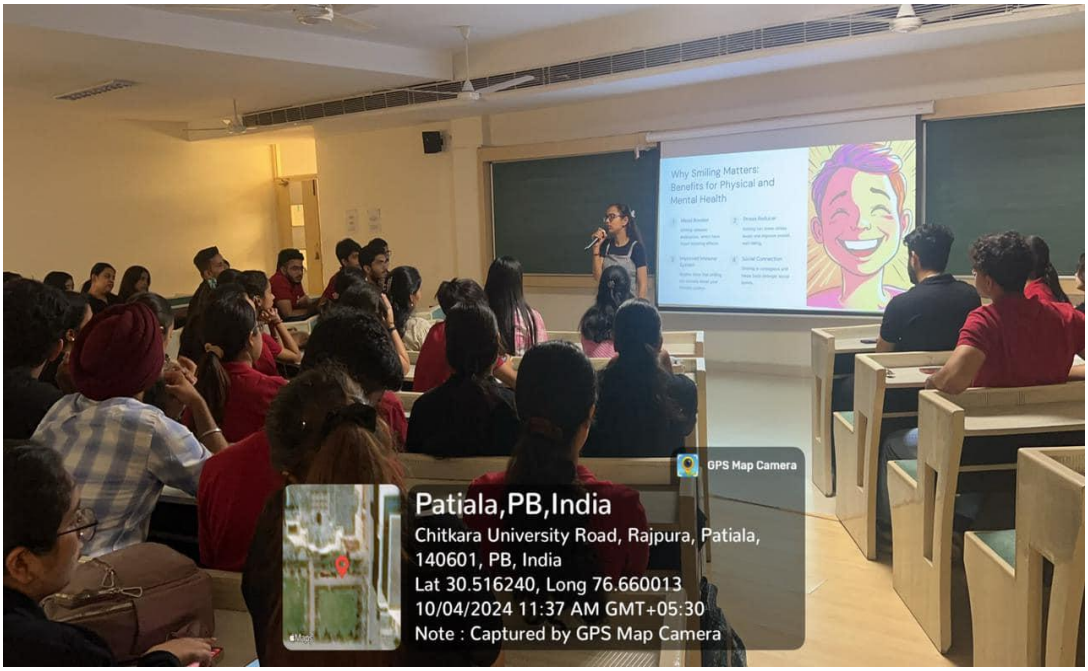
The session began with soothing Vipassana meditation music, allowing participants to settle into comfortable positions. A brief introduction to meditation principles was provided. The practice commenced with instructions to focus solely on breathing, setting aside distractions. Participants were guided to inhale positivity and exhale work-related stress. A period of silent breath observation followed, encouraging awareness of positive energy in the surroundings. After the meditation, attendees shared their experiences and feedback. The facilitator offered practical tips for maintaining regular meditation practice. The session concluded with the facilitator extending blessings to all participants. Overall, the experience created a relaxing and soothing atmosphere, promoting mindfulness and stress relief through guided Vipassana meditation techniques.

Gratitude meditation

The mindfulness session started with calming meditation music, creating a peaceful atmosphere for participants. This was followed by a gentle guide through five deep breaths, encouraging everyone to be fully present and aware. The facilitator then led participants in expressing gratitude for life's simple yet profound gifts, beginning with our breath—our constant, quiet companion. Participants reflected on the beauty of sight, made possible by our eyes, and the invaluable support of parents. A unique activity encouraged everyone to consider what truly matters in their lives, fostering a sense of appreciation for the essentials. Through a body-scanning technique, gratitude was expressed for each part, from teeth to ears, highlighting the often-overlooked gifts we possess. The facilitator shared a personal gratitude list to inspire others, emphasizing the richness and value of a healthy human body. Participants were invited to share one thing they felt deeply grateful for, creating a sense of connection and appreciation. The session concluded with warm gratitude extended to all participants for their presence, closing on a heartfelt and positive note.

Event Name: -	World Smile Day
Venue: -	Lecture Hall, CSMC
Date: -	4th October, 2024
SDG Number, Name and NEP: -	3- Good Health and Well Being, NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	78
Duration: -	One Day

World Smile Day serves as a significant occasion that emphasizes the impact of a simple smile. Smiling can enhance our mood and alleviate stress, which is essential for our overall well-being. Heart disease remains a critical health concern affecting numerous individuals globally. By fostering joy and positive relationships, we can bolster our mental and emotional health. The Chitkara School of Mass Communication, in partnership with NSS and the Chitkara Happiness Centre, commemorated World Smile Day under the theme Share a Smile, engaging students from the first and second years of the BAJMC program. This initiative aimed to bring joy to students who face daily challenges related to their studies and personal issues. The session was led by enthusiastic ambassadors of happiness who discussed the significance of Smile Day and the simplicity of maintaining personal happiness. Vrinda, one of the ambassadors, informed students about the origins of smile emojis and their creators. Participants also discovered various advantages of smiling throughout the day, including networking, relieving tension, and enhancing their appeal with just a smile. The session was designed by Dr. Gitanjali Kalia, the NSS school coordinator and a happiness ambassador. It featured interactive elements, allowing students to share their own stories of happiness with the speakers.



the young ambassador of Happiness performing for the CSMC students

Event Name	CSR Activity
Topic	Wellness Through Play Program on Mental Health Day
Date	5th October, 2024
Venue	Prabh Aasra, Kurali, Punjab
Organizer	Ms. Kanu Mahajan (Assistant Professor)
No. of Participants	04
Under SDG no.	03
SDG Details	03 Good health and wellbeing

Objectives

- Educate the community about the importance of mental health and its impact on overall well-being
- Highlight strategies for self-care and stress management to promote individual mental wellness.
- Create safe spaces for individuals to share their experiences and seek support without judgment

Write up

An awareness program on Mental Health Day was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, by students of M. Sc Nursing 2nd year students. The objective of this program was to **promote mental and emotional well-being in psychiatric patients. By incorporating play and creative expression, the activities encourage patients to reconnect with positive emotions and boost self-esteem.**

Conclusion

In conclusion, our Mental Health Day awareness program has successfully highlighted the critical importance of mental health in our lives. By fostering open dialogue, sharing valuable resources, and encouraging self-care practices, we have taken significant steps toward reducing stigma and promoting a culture of support within our community.

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Lakhnaur, Punjab, India
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Long 76.597732°
05/10/24 02:20 PM GMT +05:30
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GPS Map Camera
Padiala, Punjab, India
Block-B, Prabh Aasra Trust, Padiala, Punjab 140103, India
Lat 30.804371°
Long 76.59709°
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Google

Event Name: -	Awareness Session on HIV/AIDS
Venue: -	Carnegie Hall, Rockefeller Block
Date: -	9th October, 2024
SDG Number, Name and NEP: -	3- Good Health and Well Being, 4-Quality education, 17-Partnerships for the goals and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	42
Duration: -	One Day

"The first step toward change is awareness. The second step is acceptance."

An educational session on HIV/AIDS aims to enhance understanding of the disease and its effects on health. The primary objective is to inform individuals about the modes of transmission and prevention strategies for HIV. Participants in the session gain insights into the significance of testing and the benefits of early treatment. This information plays a crucial role in diminishing the stigma associated with HIV/AIDS and fosters open dialogue. By increasing awareness, we contribute to the realization of Sustainable Development Goal 3, which seeks to guarantee healthy lives and promote well-being for everyone.

Intensified Campaign On
HIV Awareness & Testing
2 August to 10 October
DISHA CLUSTER PATIALA
PUNJAB STATE AIDS CONTROL SOCIETY
National Service Scheme
Department of Education
AWARENESS SESSION ON
HIV/AIDS
Intensified Campaign On
HIV Awareness & Testing
12 August to 10 October
PHILADELPHIA SOCIETY, RAJPURA
DISHA CLUSTER, PATIALA
PUNJAB STATE AIDS CONTROL SOCIETY
DEPARTMENT OF HEALTH & FAMILY WELFARE, PUNJAB

Topic	Wellness Oasis
Date	10th October 2024
Time	11:00 am to 2:00 pm
Venue	Alpha Zone, Chitkara University
Resource Person	Happiness Team
Number of Attendees	717

In celebration of Mental Health Day 2024, themed "It's Time to Prioritize Your Mental Health at the Workplace," the Chitkara Happiness Centre, in partnership with the College of Education and Department of Psychology, organized a transformative Wellness Oasis. The event aimed to enhance mental well-being, create a supportive environment for students, faculty, and staff, and underscore the importance of accessible mental health resources within the workplace. At the heart of the Wellness Oasis were 11 thoughtfully curated canopies, each dedicated to different aspects of mental health and wellness. The journey began with the Mindful Harmony Hub, where participants registered and received a Wellness Pass. The Mental Health Station encouraged visitors to take a Mental Health Day pledge and utilize a Mood Meter to identify and understand their emotions. The Happiness Lab offered PERMA-based activities and happiness-inducing games, creating a space for playful self-discovery. Nature's Nest educated participants on nature's impact on mental well-being through eco-friendly activities aligned with the UN's Sustainable Development Goals (SDGs). Art Your Emotions provided a therapeutic outlet with diya decoration, wall hangings, and art therapy sessions, while Laugh and Heal encouraged joyful expression through laughter-based games. The Khel Dhamaka canopy featured engaging activities like a Happiness Maze, hoop games, and a Lemon Race, all designed to release stress. Peaceful Pedals offered a gratitude cycle, calming cycling experiences, and Bollywood-inspired quotes to foster relaxation. Melodious Moments of Mindfulness provided sound therapy and soothing music for a sensory retreat. Digital Detox encouraged participants to disconnect from their phones temporarily, promoting relaxation, while Mood Bingo engaged attendees in fun mental health awareness games. The event attracted enthusiastic participation from the university community, with students, faculty, and staff engaging in mindfulness exercises, seeking support, and accessing essential mental health resources. Through this Wellness Oasis, Chitkara University reaffirmed its commitment to fostering a supportive campus environment and prioritizing mental health in the workplace, making the event a valuable experience for all attendees.

You cant fly if your wings are holding the baggage of yesterday
LET'S GO FLY!
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Patiala, Punjab, India
GM85+VMM Alpha Zone, Chitkara University Rd, Punjab 140506, India
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KHEL DHAMAK
(Play & Conquer)
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ART YOUR EMOTION
(Swap and Sketch)
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CHITKARA UNIVERSITY
CHITKARA HAPPINESS CENTRE
You cant fly if your wings are holding the baggage of yesterday
LET'S GO FLY!
I AM THE BEST
BEST SMILE
HI HAPPINESS

Event Name	World Mental Health Day (Mindfulness Session)
Type of Event	Mental Health Wellness Session
Date	10 October 2024
Mode	Offline
Venue	Fleming Block
Organized by	Dr. Rajwinder
Department	Department of Pharmacy
No. of Participants	90
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet Kaur
Hours of event	1 hour

Description of the Event

On 10 October 2024, Ms. Charanjeet Kaur, a Senior Student Counsellor, conducted an interactive session on **"World Mental Health Day (Mindfulness Session)"** for the students of **the Department of Pharmacy**. On World Mental Health Day, a mindfulness session was organized to highlight the importance of nurturing mental well-being through simple, effective practices. The session focused on understanding mindfulness as a powerful tool for reducing stress, enhancing self-awareness, and fostering emotional stability. The session inspired participants to integrate mindfulness into their lives, encouraging a proactive approach to mental health and a more present, intentional way of living.

Organized in collaboration with Dr. Rajwinder, Department of Pharmacy, the event successfully included 90 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

moral
support
unity
personal
help
Chitkara College of Pharmacy
celebrates
World Mental Health Day 2024
Thriving, Not Just Surviving
Mental Wellness for Graduate Students

WARREN BUFFETT HALL
In The Business World,
CHITKARA UNIVERSITY

Event Name	Radio Talk (Mental health at Workplace)
Type of Event	Mental Health Wellness Session
Date	10 October 2024
Mode	Offline
Venue	Studio Picaso
Organized by	Dr. Ashutosh Mishra
No. of Participants	NA
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet Kaur & Dr. Nidhi Bharthwal
Hours of event	1 hour

Description of the Event

On 10 October 2024, Ms. Charanjeet Kaur (Senior Student Counsellor) & Dr. Nidhi Bharthwal conducted an interactive session on **"Radio Talk (Mental Health at Workplace)"**. The radio talk aims to raise awareness about the importance of mental well-being in professional settings. It highlights common stressors, such as heavy workloads and poor work-life balance, and their impact on employee health. The session encourages open discussions to reduce stigma and promote a supportive work environment.

To handle job stress and boost mental health, learn key skills. Mindfulness and time management are two helpful tools. The main aim is a workplace that values mental well-being and employees should feel supported and respected. Dr. Ashutosh Mishra helped to organize this project. It also backs Sustainable Development Goal 3. This goal aims to ensure health for all.

Event Name	CSR Activity
Topic	Awareness Talk on Dengue Prevention
Date	10th October, 2024
Venue	CHC, Kalomajra
Organizers	Mr. Gaurav Kohli, Professor, Department of Nursing, Department of Nursing, CSHS, Ms. Annu, Assistant Professor, Department of Nursing, Department of Nursing, CSHS, Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS Department of Nursing, CSHS.
No. of Participants	14
No. of Impacted Individual	10
Under SDG no.	03, 04
SDG Details	3 Good health and wellbeing, 04 Quality education

Objectives

- To educate the community on dengue causes, symptoms, and transmission.
- To promote preventive measures like eliminating stagnant water and using repellents.
- To encourage active community involvement in dengue prevention efforts.

Dengue fever is a significant health concern caused by a virus transmitted through mosquito bites. Individuals must understand preventive measures against dengue to safeguard both themselves and their communities. Conducting awareness sessions can enhance understanding of how to eliminate mosquito breeding grounds, such as by removing stagnant water near residences. Furthermore, the application of mosquito repellent and the use of protective attire can significantly diminish the likelihood of mosquito bites.

By disseminating information regarding dengue prevention, we can collectively enhance our health and well-being, thereby supporting the objectives of Sustainable Development Goal 3, which emphasizes good health and well-being for all.

On the occasion of the Awareness Talk on Dengue Prevention, students from the 7th semester of the B.Sc. nursing program held an informative session at CHC, Kalomajra, on October 10, 2024. The primary aim of this awareness initiative was to educate the local community about dengue prevention and control measures, promote early diagnosis and treatment to decrease dengue cases, and engage the community in proactive strategies to combat dengue and enhance public health. In the awareness talk, students discussed dengue transmission and the role of Aedes mosquitoes in spreading the disease.

They highlighted preventive measures, such as using insecticide-treated bed nets, applying mosquito repellents, and removing stagnant water to prevent mosquito breeding. They emphasized the importance of early diagnosis and treatment, encouraging the community to seek medical help at the first signs of fever.

Outcomes

The dengue awareness talk educated the community on transmission, prevention methods like removing stagnant water and using repellents, and stressed the importance of early diagnosis. Attendees committed to these practices to reduce mosquito breeding and seek prompt medical help at the first signs of fever.

Students Giving Awareness Talk on "Dengue Prevention" on 10th October 2024

Event Name	World Mental Health Day (Memory & Forgetting in Exam)
Type of Event	Mental Health Wellness Session
Date	11 October 2024
Mode	Offline
Venue	Galileo Block
Organized by	Dr. Kanika
Department	Department of Health Science
No. of Participants	60
SDG No.	3 Good health and well being
Resource Person	Ms. Manpreet Kaur
Hours of event	1 hour

Description of the Event

On 22 October 2024, Ms. Manpreet Kaur, Student Counsellor, conducted an interactive session on "World Mental Health Day (Memory & Forgetting in Exam)" for the students of Nursing. The session aims to explore how stress affects memory and recall during exams, offering practical strategies to improve focus and memory and manage exam anxiety. It highlights the importance of mental well-being in high-pressure academic situations and provides tools like mindfulness, study planning, and rest to enhance cognitive performance. The goal is to help students approach exams with a calmer, more focused mindset while prioritizing mental health alongside academic success.

Organized in collaboration with Dr. Kanika, Department of Health Sciences, the event successfully drew the participation of 60 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

Event Name: -	Global Hand Washing Day
Venue: -	Outside Square One Area
Date: -	15th October, 2024
SDG Number, Name and NEP: -	3-Good Health and Well Being, 4-Quality education and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	16
Duration: -	One Day

Objective

A platform was established for Nursing students to present their creative concepts aimed at enhancing awareness of handwashing through role play. Global Hand Washing Day is celebrated annually on October 15th. The theme for this year's observance is "Why are clean hands still important?" The objective is to raise awareness about the significance of handwashing and to motivate individuals to take action to safeguard against the transmission of infections. Additionally, it aims to educate the public on the proper steps involved in handwashing, emphasizing the critical nature of hand hygiene.

Description

NSS Volunteers from the 1st semester of the B.Sc. (N) program at the Department of Nursing, CSHS Chitkara University, Punjab, conducted a role play on October 15, 2024. The event was organized under the guidance of Ms. Preetika and Ms. Lakshita, Nursing tutors in the Department of Nursing. This year's theme for Global Handwashing Day is "Why Clean Hands Still Matter." The primary objective of the event was to raise awareness about the significance of handwashing, its role in preventing various infections, promoting hand hygiene, and outlining the proper steps for effective handwashing.

Outcomes

Enhanced Awareness: Both participants and the audience gain a deeper understanding of the importance of handwashing in preventing infections and promoting overall health. They recognize how hand hygiene plays a crucial role in mitigating diseases such as diarrhea, respiratory infections, and COVID-19. Behavioral Transformation: Through captivating storytelling and performance, role play can motivate individuals to incorporate effective handwashing practices into their daily routines. This encompasses washing hands at critical times, including before meals, after using the restroom, and following coughing or sneezing.

Retention of Knowledge: The implementation of role plays to illustrate the correct steps of handwashing (wet, lather, scrub, rinse, and dry) aids participants in remembering the procedure. Additionally, they are likely to retain information regarding the recommended duration for handwashing, which is at least 20 seconds.

Event Details	
Event Name	Workshop
Topic	**Wellness Wave: Innovation and Unity for NCDs Preventions**
Date of Activity	15 October 2024
Mode	Online
Organizer Name	Mr. Gaurav, Ms. Eenu, Ms. Annu, Ms. Keerat, Ms. Preetika
Resource Persons	Dr Tarundeep Singh, MBBS, MD, Additional Professor, Department of Community Medicine and School of Public Health, PGIMER, Chandigarh, Dr Reena Jairus, Professor &ex-Principal, College of Nursing, CMC, Ludhiana, Dr Sonia Puri, secretory Indian Association of Adolescent Health, Chandigarh Branch, Associate Professor, Department of Community Medicine, GMCH32, Chandigarh
No. of participants	91 (44 External & 47 Internal)
SDGs	3 (Good Health & Wellbeing) ,4(Quality education),17(Partnership for the Goals)

Objective

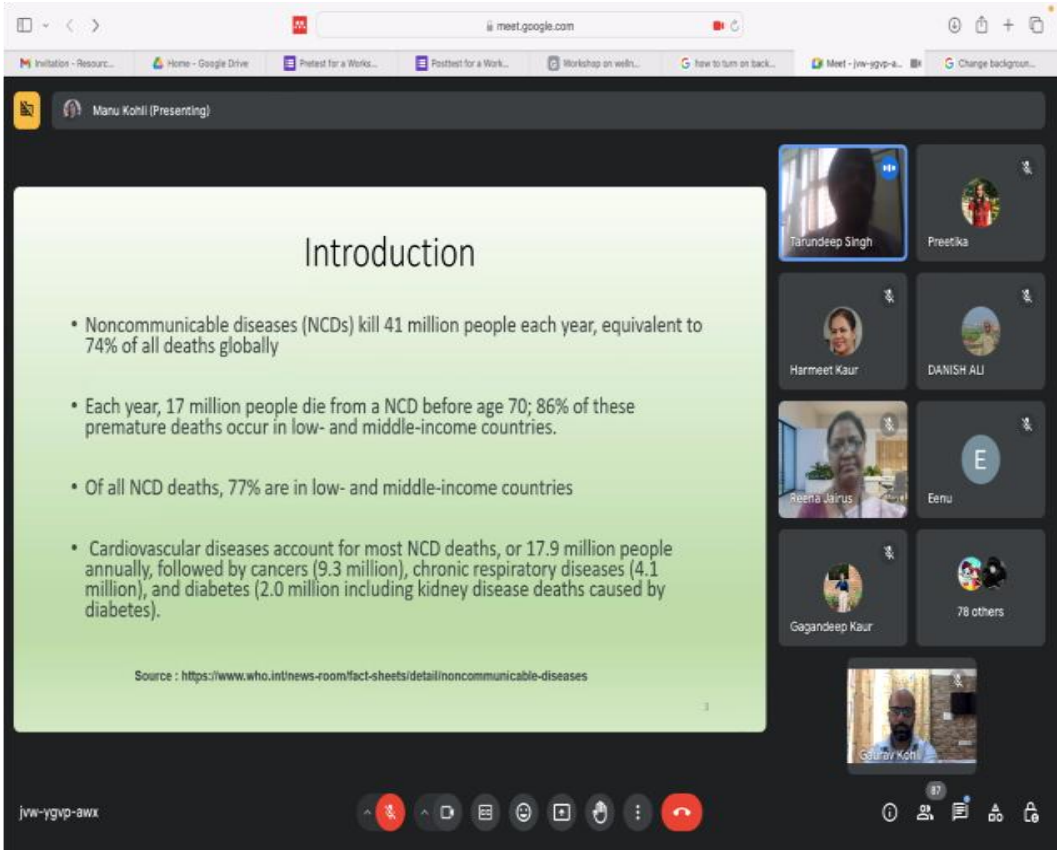
- To educate participants on the impact of NCDs, including lifestyle diseases like diabetes, cardiovascular issues, respiratory conditions, and cancers, and the need for proactive prevention measures.
- To encourage participants about innovative strategies, technology, and tools that can aid in the early detection, prevention, and management of NCDs.
- To foster collaborative innovation and unified action in the fight against non-communicable diseases (NCDs).

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a workshop on "Wellness Wave: Innovation and Unity for NCDs Prevention" on 15 October 2024 at 09:00 AM onwards, mode: online. The resource persons are Dr. Tarundeep Singh, MBBS, MD, Additional Professor, Department of Community Medicine and School of Public Health, PGIMER, CHD; Dr. Reena Jairus, Professor & ex-Principal, College of Nursing, CMC, Ludhiana; and Dr. Sonia Puri, Secretary, Indian Association of Adolescent Health, CHD Branch, Associate Professor, Department of Community Medicine, GMCH32, CHD. This workshop was a dynamic event focused on addressing the growing global challenge of non-communicable diseases (NCDs). Designed to

bring together a diverse group of healthcare professionals, policymakers, researchers, and community leaders, the workshop aimed to create innovative, sustainable solutions for NCD prevention and management. Through interactive sessions, expert-led discussions, and collaborative exercises, participants explored effective strategies to promote health and wellness across all levels of society.

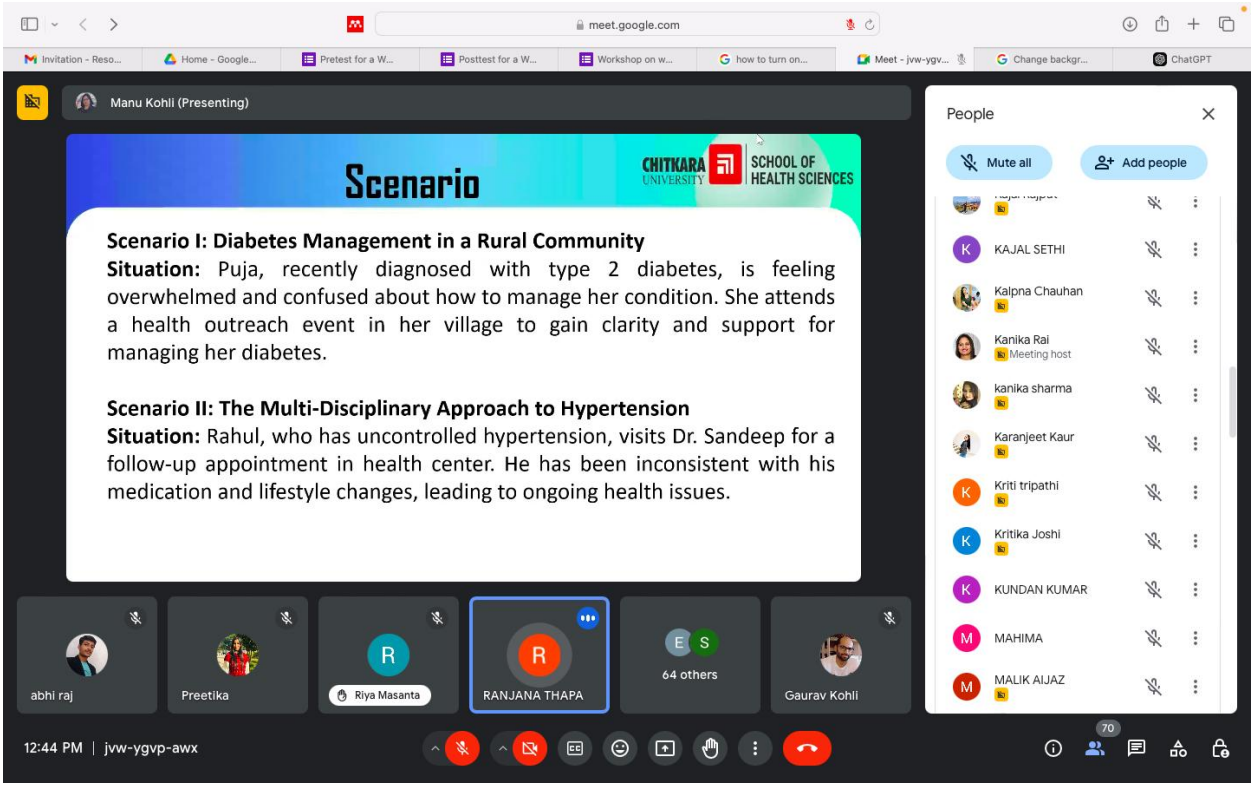
Outcomes

- Participants left with a deeper understanding of non-communicable diseases (NCDs), their risk factors, and the critical importance of prevention. They gained insights into how lifestyle choices impact health and explored innovative tools and technologies for better NCD management.
- Participants developed concrete, actionable strategies for NCD prevention at individual, community, and policy levels. These included wellness programs, community outreach initiatives, and workplace health campaigns designed to promote healthier lifestyles.



Workshop on "Wellness Wave: Innovation and Unity for NCDs Preventions" on 15 October 2024

Workshop on "Wellness Wave: Innovation and Unity for NCDs Preventions" on 15 October 2024



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

Innovative approaches to food hygiene are essential for enhancing human health and mitigating the incidence of diseases, including cancer and viral infections. By adopting improved techniques for food storage, preparation, and handling, we can significantly lower the risk of contamination. For example, the use of advanced technology such as smart refrigerators can ensure optimal temperature maintenance and monitor food freshness, thereby reducing spoilage. Furthermore, embracing sustainable practices like composting food waste and donating excess food can greatly diminish food waste. An 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 the 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. These initiatives not only align with Sustainable Development Goal 3 (SDG 3) by fostering better health outcomes but also promote a healthier environment.

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.

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Event Name	World Mental Health Day
Topic	Time to Prioritize Mental Health in the Workplace
Date	16th October, 2024
Time	02:00 pm– 04:00 p.m.
Venue	Offline
Organizer	Ms. Kanika Guleria, Assistant Professor, Department of Nursing, CSHS. Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, CSHS. Ms. Jigyasha, Assistant Professor, Department of Nursing, CSHS.
No. of Participants	19
Under SDG no.	SDG 3
SDG Details	Good Health and Well Being

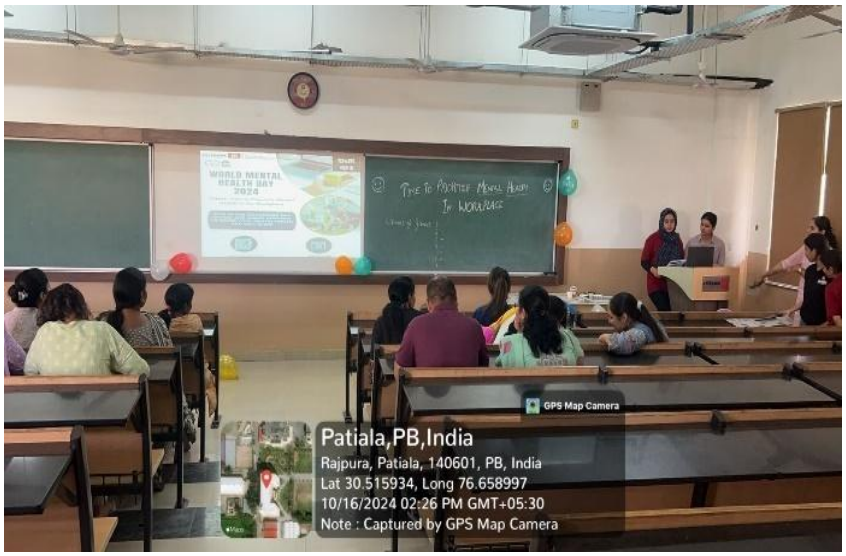
Objectives

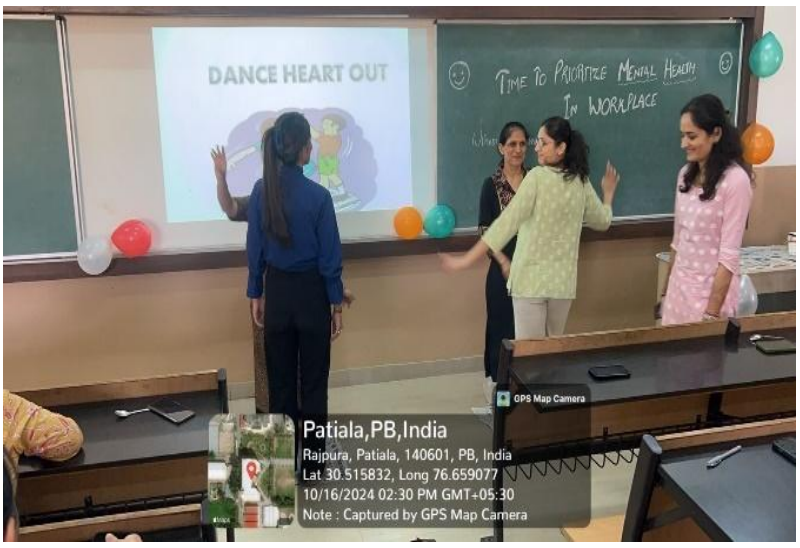
- To prioritize mental health in the workplace.
- To provide an exciting day of fun and games designed to boost mental health and well-being.
- Participants will have the opportunity to take a break from routine and relieve stress.
- The event will help strengthen connections with colleagues through engaging and uplifting activities.

Description

The Department of Nursing hosted an event for World Mental Health Day 2024 centered around the theme "Time to Prioritize Mental Health in the Workplace." Mental health plays a vital role in overall well-being, particularly within professional settings. Numerous employees experience stress, anxiety, and burnout as a result of demanding workloads and elevated expectations. Organizations need to foster a supportive atmosphere that emphasizes mental health. This may involve providing resources such as counseling services, flexible working hours, and encouraging a healthy work-life balance. By prioritizing mental health, companies can enhance employee satisfaction, boost productivity, and cultivate a positive workplace culture. The session involved faculty members participating in various activities, including paper dance, guessing childhood photographs, word enactment, a blow-and-win game, a blind smell test challenge, and a lemon-passing relay.

The event aimed to raise awareness about mental health issues and promote strategies for maintaining mental well-being among faculty members. Through a series of interactive activities, the session fostered a supportive environment that encouraged participation and camaraderie among staff. The event featured a variety of engaging activities designed to promote interaction, laughter, and team spirit among faculty members. The activities included paper dance, enacting the word, blow and win, lemon relay race, etc. The event successfully achieved its objectives, fostering a sense of community and support among faculty members. Participants reported feeling more connected to their colleagues and expressed appreciation for the emphasis on mental health.





Participants performing the fun activity during the World Mental Health Day on 16th October 2024

Outcome

- The event raised awareness about the importance of prioritizing mental health in the workplace.
- It provided an exciting day filled with activities designed to boost mental well-being.
- Participants took a break from their routines, relieved stress, and strengthened connections with colleagues.
- The event promoted mental health awareness and fostered a supportive work environment.

EVENT DETAIL	
Event Name	Competition
Topic	Karwa Chauth
Date	2024-10-18 to 2024-10-18
Mode	Offline
Venue	Plumbing Lab
Organizer Name	Civil Engineering
Resource Person	Dr. Prachi |Assistant Professor
No. of Participants	26
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 5: Gender Equality, SDG 12: Responsible Consumption and Production

Objective

1. Students will develop new skills in traditional and modern design techniques.
2. Promote gender inclusivity and raise awareness about eco-friendly and health-conscious practices.
3. Students will enhance their skills.
4. Students will have opportunities to learn, collaborate, and support local artisans

Description

Karwa Chauth is a significant festival for numerous women in India, during which they observe a fast for the welfare of their husbands. While this occasion carries deep cultural meaning, women must prioritize their health. Although fasting may result in weight loss, it can also lead to fatigue or weakness if not approached with caution. To maintain a healthy weight and overall well-being, women should concentrate on consuming balanced meals both before and after the fast. Observing this festival with joy and mindfulness can enhance personal happiness and align with the objectives of Sustainable Development Goal 3, which seeks to promote healthy lives for all.

During the Karwa Chauth fast, there were stalls of the Mehndi and Nail Art Competition, including a heightened appreciation for culture and artistic expression among participants. Students will acquire new skills in both traditional and contemporary design techniques, fostering creativity and innovation. Many women use natural ingredients like mehendi, which is safe and eco-friendly, to decorate their hands. Participants will strengthen community bonds through collaboration and shared experiences. Furthermore, the competition will support

local artisans, promote sustainable consumption, and inspire ongoing interest in Mehndi and nail art as meaningful forms of cultural and personal expression.

Outcomes

1. Students will develop new skills in traditional and modern design techniques.
2. Promote gender inclusivity and raise awareness about eco-friendly and health-conscious practices.
3. Students will enhance their skills.
4. Students will have opportunities to learn, collaborate, and support local artisans

Dean Civil Engineering addressing students inauguration (18.10.2024) students in inauguration.

Students participating in competition (18.10.2024)

Event Details	
Event Type	Social Event
Topic	Moonlit blessings: Karak Chaturthi (Karwa Chauth celebrations)
Date	2024-10-18 to 2024-10-18
Mode	Offline
Organizer Name	Dr Shaminder Kaur, DECE, Chitkara University, Punjab
Resource Person	Dr Shaminder Kaur Associate Professor
No. of Participants	30
SDG No	SDG 3: Good Health and Well-being

Objective

- Cultural Celebration: Promote and celebrate the traditions and artistry of Mehendi as a significant part of various cultural festivals.
- Artistic Expression: To provide a platform for students to showcase the skills of Mehendi and to demonstrate their talent, creativity, and innovative designs.
- Community Engagement: Foster a sense of community by bringing people together to participate in the event, encouraging social interactions and connections.
- Inculcate communication skills in students.

Description

The Department of Electronics and Communication Engineering organized an event, "Moonlit Blessings: Karak Chaturthi (Karwa Chauth Celebrations), for students on 18th October 2024 in Edison Block. Dr. Shaminder Kaur was the resource person for the event. Karwa Chauth is a significant festival for numerous women in India, during which they observe a fast for the welfare of their husbands. While this occasion carries deep cultural meaning, women must prioritize their health. Although fasting may result in weight loss, it can also lead to fatigue or weakness if not approached with caution. To maintain a healthy weight and overall well-being, women should concentrate on consuming balanced meals both before and after the fast. Observing this festival with joy and mindfulness can enhance personal happiness and align with the objectives of Sustainable Development Goal 3, which seeks to promote healthy lives for all.

A Mehendi Fest is a vibrant cultural event that celebrates the art of henna application, typically associated with joyous occasions like the Karwa Chauth festival. This event provided the students with a platform wherein the students showcased their mehendi skills and also demonstrated their talent, creativity, and innovative designs. The Karwa Chauth fest was decorated with bright colors, traditional fabrics, and artistic displays. Faculties and students from various departments participated in the event and showed their enthusiasm in the event. Students also laid their jewelry stall during the event, bringing more enthusiasm among the students. It was a memorable day filled with joy, laughter, and colors. Students were encouraged to perform better, which further improved their communication and management skills.Karwa Chauth is a traditional Hindu fasting ritual primarily observed by married women, celebrated in northern India and other regions. It is a significant cultural and religious event, and its main purpose is for wives to pray for the long life, health, and prosperity of their husbands. Karwa Chauth is also a social event, where women dress up in traditional attire, often in red or other auspicious colors.

The day is marked by vibrant celebrations, including singing traditional songs, dancing, and exchanging stories and experiences with friends and family. While Karwa Chauth is mostly celebrated in northern and western India (like Punjab, Haryana, Rajasthan, Uttar Pradesh, and Delhi), it is also observed in other parts of the country and by Hindu communities worldwide. The Karwa Chauth Celebration in College is a vibrant event where students, especially married women, come together to observe the traditional fasting ritual and celebrate the festival with their peers.

While typically a family-centric occasion, college celebrations often adapt the rituals to a more social setting. Women fast from sunrise to moonrise, and in the evening, the campus may host special events such as prayer ceremonies, storytelling sessions about Karwachauth, and cultural performances. The celebration may also include traditional dances, wearing festive attire like sarees or lehengas, and enjoying community meals after the fast is broken. It fosters a sense of community, tradition, and bonding among students.

Outcomes

- Cultural Appreciation: Increased awareness and appreciation for Mehendi as an art form and its cultural significance among participants.
- Skill Development: Students may gain new skills through learning techniques for applying henna or understanding its history and meanings.
- Encouraged participation in cultural events, leading to more frequent celebrations of traditions and heritage.
- Fostering communication skills in the students for confidence building.

HAPPY KARVA
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Event Name	CSR Activity
Topic	Awareness Talk on World Malaria Day
Date	18th October, 2024
Venue	Aam Aadmi Clinic, Rajpura
Organizers	Mr. Gaurav Kohli, Professor, Department of Nursing, Department of Nursing, CSHS, Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS Department of Nursing, CSHS.
No. of Participants	11
No. of Impacted Individual	10
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

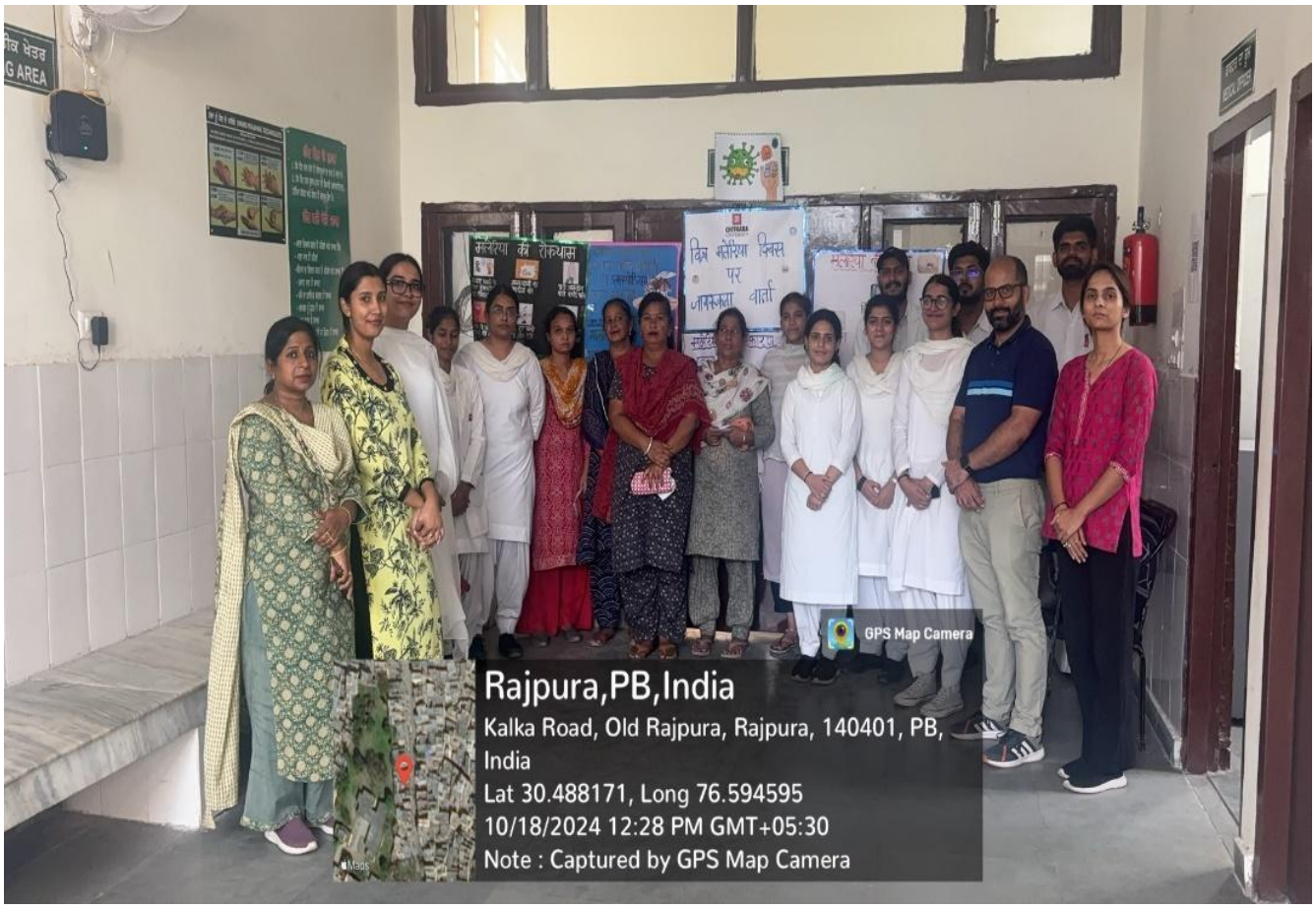
- To spread knowledge about malaria prevention methods.
- To encourage communities to actively participate in malaria control efforts.

On World Malaria Day, students of B.Sc. Nursing 7th semester conducted an Awareness Talk at Aam Aadmi Clinic, Rajpura, on 18th October 2024. The objective of conducting this Awareness Talk is to educate the local community on malaria prevention and control strategies, to encourage early diagnosis and treatment to reduce malaria cases, and to involve the community in proactive efforts to combat malaria and improve public health.

In an awareness talk, students discussed malaria transmission and the role of mosquitoes in spreading the disease, highlighted preventive measures such as using insecticide-treated bed nets and removing stagnant water to prevent mosquito breeding, and emphasised the importance of early diagnosis and treatment, encouraging the community to seek medical help at the first signs of fever.

Students Giving Awareness Talk on "World Malaria Day" on 18th October 2024

Students Giving Awareness Talk on "World Malaria Day" on 18th October 2024



Group Photograph of Awareness Talk on "World Malaria Day" on 18th October 2024

Outcomes

- From this awareness, the local community gained valuable knowledge about malaria prevention, including the use of mosquito nets and the elimination of stagnant water.
- The talk encouraged participants to adopt healthier practices, seek timely medical care, and actively engage in reducing the risk of malaria in their area.

Event Name	CSR Activity
Topic	School Health Program on importance of Personal hygiene
Date	18th October, 2024
Venue	Government Elementary School, Old Rajpura
Organizers	Mr. Gaurav Kohli, Professor, Ms. Annu, Assistant Professor, Ms. Preetika, Nursing Tutor, Ms. Sonali Katoch, Nursing Tutor,
No. of Participants	44
No. of Impacted Individual	-
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

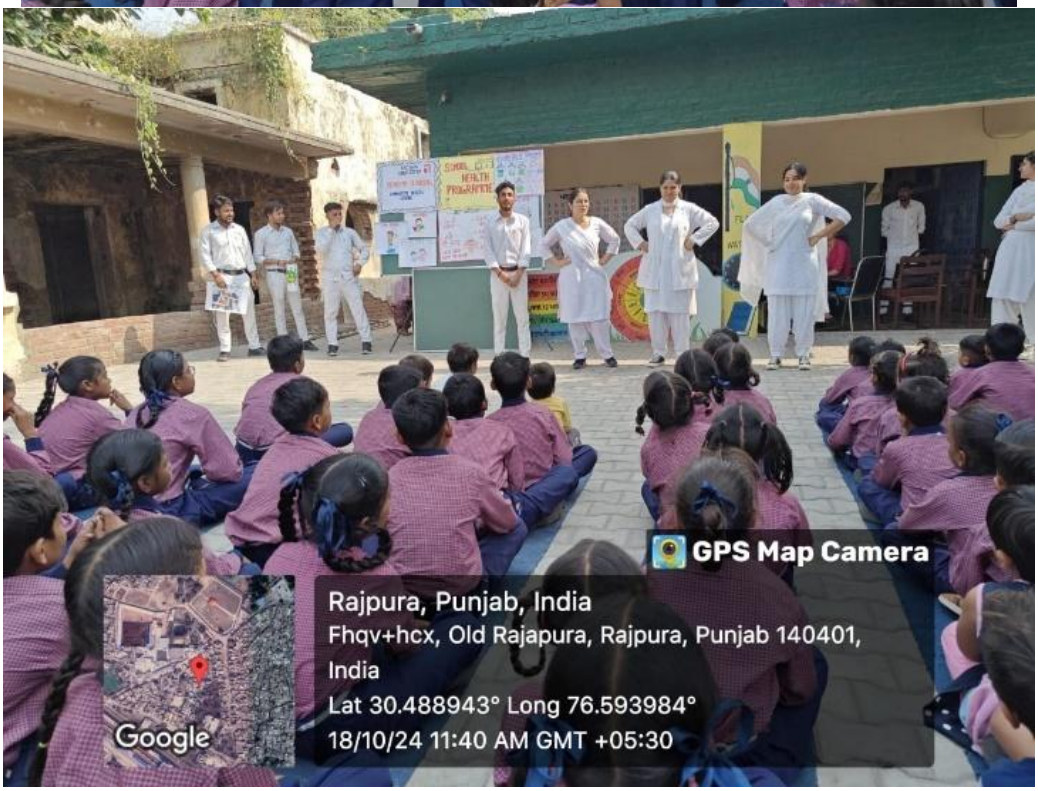
- Educate school students on the importance of personal hygiene.
- Assess the students' health through anthropometric measurements.
- Provide interactive learning experiences through role-play and other activities.

The 7th semester B.Sc. Nursing students organized a School Health Program at Government Elementary School, Old Rajpura, with the aim of promoting awareness of personal hygiene, health, and wellness among school students. A total of 44 nursing students participated in conducting the program, creating an engaging learning environment for the school children.

Nursing students assessed the physical development and nutritional status of schoolchildren by measuring their height, weight, and BMI. They also facilitated a session focused on personal hygiene, which included essential practices such as handwashing, dental care, and grooming, aimed at promoting health and preventing illness. The importance of maintaining cleanliness cannot be overstated, as it is vital in preventing diseases and infections for everyone. Simple habits like regular handwashing and daily bathing can significantly reduce the spread of germs. Good personal hygiene not only improves individual health but also contributes to the overall well-being of communities.

An interactive role-play demonstrated proper hygiene practices, motivating students to adopt these habits in their everyday lives. The schoolchildren participated with enthusiasm, engaging in discussions, posing questions, and expressing a strong interest in learning more about health and hygiene. This experience provided valuable practical training for the

nursing students while imparting essential health knowledge to the schoolchildren, thereby promoting lasting benefits in personal hygiene and wellness.



Students performing role play on importance of personal hygiene on 18th October 2024

Students Giving Awareness Talk on “dental hygiene” on 18th October 2024

Outcomes

The School Health Program has a positive impact on students' understanding and practice of personal hygiene. Students learn about the importance of personal hygiene practices like regular handwashing, oral hygiene, and bathing. Lessons on how germs spread and how cleanliness impacts health led to a better understanding of why hygiene matters.

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

- Raising Awareness: To highlight the importance of smart computing and sustainable communication technologies in addressing real-world challenges.
- Knowledge Sharing: To provide a platform for experts to share cutting-edge research, emerging trends, and technological innovations.
- Industry-Academia Collaboration: To bridge the gap between academia and industry by fostering meaningful discussions and partnerships.
- Action Planning: To develop actionable strategies that encourage innovation and research-driven solutions for sustainable convergence.
- 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

- 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.
- Networking Sessions: The conference provided opportunities for researchers, academicians, and industry professionals to connect, fostering collaborations for future projects.
- 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.
- 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.

CHITKARA UNIVERSITY
ISCCSC CRIO
1st International Conference on
Smart Computing and Communication
for Sustainable Convergence
ISCCSC 2024
18th October, 2024
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CHITKARA UNIVERSITY
ISCCSC CRIO
Smart Computing and Communication
for Sustainable Convergence
ISCCSC 2024

EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	NATIONAL PHARMACY WEEK ON "PHARMACISTS STRENGTHENING HEALTH SYSTEMS.
DATE	2024-10-21 to 2024-10-25
MODE	OFFLINE
ORGANIZER NAME	CHITKARA COLLEGE OF PHARMACY
NO. OF PARTICIPANTS	90
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

* To promote awareness about the vital role of pharmacists in healthcare delivery and public health
* To educate the community on safe and effective use of medicines
* To highlight recent advancements and innovations in the field of pharmacy
* To encourage professional development and ethical practice among pharmacy students and professionals
* To foster collaboration between pharmacists, healthcare providers, and the community for better health outcomes

DESCRIPTION

National Pharmacy Week is a significant annual celebration aimed at recognizing the invaluable contributions of pharmacists and pharmacy professionals in the healthcare system. It serves as a platform to raise public awareness about the vital role pharmacists play in ensuring the safe and effective use of medicines, promoting health and wellness, and contributing to patient care. The week-long event brings together pharmacy students, educators, practitioners, and the community through a variety of educational and outreach activities. The primary objective of National Pharmacy Week is to highlight the evolving scope of pharmacy practice in both clinical and community settings. It emphasizes the

importance of pharmacists as accessible healthcare providers who play a crucial role in medication management, patient counseling, disease prevention, and promoting rational drug use. With the rapid advancements in pharmaceutical sciences and healthcare technology, the profession has expanded beyond traditional dispensing roles to encompass clinical decision-making, public health advocacy, and personalized patient care. Throughout the week, various programs such as health camps, awareness rallies, expert talks, poster presentations, quiz competitions, and community outreach initiatives are organized. These activities are designed not only to engage pharmacy professionals but also to educate the general public on issues related to medication adherence, antimicrobial resistance, drug safety, and lifestyle-related diseases. National Pharmacy Week also inspires pharmacy students to embrace their professional responsibilities and ethical values. It fosters a sense of pride in the profession while encouraging future pharmacists to contribute actively to the healthcare system. Ultimately, it aims to bridge the gap between pharmacy practice and public health needs.

OUTCOMES

Increased public awareness about the role of pharmacists in healthcare and medication management

Enhanced understanding among students of professional ethics and responsibilities in pharmacy practice

Greater community engagement through health awareness and outreach activities

Improved knowledge of current trends, challenges, and advancements in pharmaceutical sciences

Strengthened collaboration between pharmacy professionals, healthcare providers, and the public

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Event Details	
Event Name	15th Global Week
Topic	Therapeutic Communication in Mental Health Nursing
Date	21 Oct to 25 Oct 2024
Mode	Offline
Venue	GB203, Galileo Block
Organizer Name	Chitkara University
Resource Person	Dr. Emmillie Joy Mejia Dean, School of Nursing MAPUA University, Philippines
No. of Participants	27
SDG No	SDG 3, SDG 4, SDG 5, SDG 8, SDG 17

Objectives

- To build a foundational understanding of therapeutic communication principles in mental health nursing.
- To acquire essential skills in active listening, verbal and non-verbal communication, and therapeutic responses.
- To explore the role of self-awareness and emotional intelligence in effective communication.
- To develop techniques for managing crisis situations, including de-escalation, and addressing suicidal ideation.
- To learn to adapt communication methods to diverse cultural backgrounds and sensitivities.
- To practice documentation and reflection to evaluate communication effectiveness in real-life scenarios.

The 15th Global Week event, held from October 21 to October 25, 2024, focused on "Therapeutic Communication in Mental Health Nursing" and was a valuable learning experience for students in the B.Sc. Nursing 5th Semester and M.Sc. Nursing (MHN Specialty) programs. Led by Dr. Emmillie Joy B. Mejia, an esteemed expert in mental health nursing, the sessions covered essential topics such as the foundation of therapeutic communication, the dynamics of the nurse-patient relationship, and practical skills in de-escalation and crisis management. Throughout the week, students gained insights into key elements of therapeutic communication, including active listening, self-awareness, and cultural sensitivity. They engaged in interactive activities such as role-playing, case studies,

and reflective exercises, which provided hands-on experience in applying communication techniques in real-life scenarios. Dr. Mejia's sessions emphasized the significance of self-awareness, emotional intelligence, and adaptability in fostering effective therapeutic relationships.

Ms. Kanika Guleria served as the buddy professor to Dr. Mejia, providing additional support and coordination throughout the event. The program was a comprehensive exploration of communication strategies in mental health care, equipping students with valuable skills to enhance their future nursing practice.

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<td>Group Photo of Dr. Joy with students on 23rd October 2024</td>
<td>Dr. Joy involved students in various relaxation exercises om 23rd October 2024</td>
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<td>Students performing role play on case scenarios given by Dr. Joy on 24th October 2024</td>
<td>Dr. Joy discussing phases of nurse-patient relationships with students on 22nd October 2024</td>
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Group photo of students with Dr. Joy on 22nd October 2024

Outcomes

- Participants gained a thorough understanding of therapeutic communication principles and their importance in mental health nursing.
- They developed practical skills in active listening, non-verbal communication, and therapeutic responses.
- Students enhanced their self-awareness and emotional intelligence, recognizing their impact on patient interactions.
- They acquired effective crisis management techniques, including de-escalation strategies for challenging situations.
- Participants practiced cultural sensitivity, learning to adapt communication styles to meet diverse patient needs.
- Participants practiced documentation and reflection, which allowed them to evaluate the effectiveness of their communication in real-life scenarios.

Event Details	
Event Name	15th Global Week
Topic	Enhancing Critical Competencies in Acute Care Nursing
Date	21 Oct to 25 Oct 2024
Mode	Offline
Venue	GB205, Galileo Block
Organizer Name	Chitkara University
Resource Person	Prof. Tina Varamaki, (Senior Lecturer, Metropolitan University of Applied Sciences, Finland)
No. of Participants	39
SDG No	SDG 3, SDG 4, SDG 5, SDG 8, SDG 17

Objectives

1. To access and manage patients with complex needs
2. To identify and prioritize the immediate needs of patients
3. To develop skills in managing hemodynamic instability
4. To discuss strategies for managing patients with multi organ dysfunction.

Write up

The 15th Global Week of Chitkara University took place from October 21 to October 25, 2024. Professor Tiina Varamaki, Senior Lecturer at Metropolia University of Health Sciences, Finland, delivered lectures to the B.Sc. (Nursing) 3rd Semester students of the Department of Nursing, CSHS, Chitkara University. All the sessions focused on the care to be given to acute, medically complex, and critically ill patients, which is to be based on the continuous monitoring and sustaining of the vital functions of those patients. The sessions equipped the students with the critical competencies required for managing the life-threatening conditions. Hands-on practice sessions were also taken on Basic Life Support which emphasized combining the skills, knowledge, and attitudes of participants to provide the best care. The one-week interaction provided the participants with improved abilities for better outcomes and quality of life for patients in acute care settings by promoting a global exchange of knowledge.

Students indulged with Prof. Tina Varamaki on 22nd October 2024	Prof. Tina Varamaki discussed topics on 22nd October 2024
Prof. Tina Varamaki discussed topics on 22nd October 2024	Prof. Tina Varamaki involved with the students in BCLs Session on 25th October 2024

Outcome

Participants developed a deeper understanding of the identification and management of the complex needs of critically ill patients. They also got a better understanding of implementing the theoretical knowledge in clinical practice. Overall, it was a great learning experience for all.

Event Details	
Event Name	15th Global Week
Topic	Mental Health Assessment and Competency Evaluation in Forensic Settings
Date	21st- 25th October, 2024
Mode	Offline
Venue	Einstein Hall and GB-206
Organizer Name	Chitkara University
Resource Person	Prof. Mr Kari Juhani Hyvärinen, Senior Lecturer, Metropolia UAS Helsinki, Finland
No. of Participants	51
SDG No.	3-Good Health and Well Being, 4-Quality Education, 5- Gender Equality, 8-Decent work and Economic growth, 17-Partnerships for the Goals

Objectives

The course will help the participants in:

- understand the legal standards related to mental health competency.
- apply various nursing assessment tools for evaluating mental health in forensic settings.
- encounter and provide good care to a psychiatric patient with a forensic background.
- evaluate ethical issues and challenges in forensic mental health assessments.

Description

The 15th Global Week, held at Chitkara School of Health Sciences, Chitkara University, Punjab, featured a course on forensic mental health, led by Prof. Kari Hyvärinen, MSc (Health Sciences), RN (Psychiatric), a Senior Lecturer at the university. The course aimed to provide students with a comprehensive understanding of the principles and practices of mental health work within forensic settings, focussing particularly on the role of nurses in assessing and caring for forensic patients, focussing on contemporary evaluations, legal standards, and ethical considerations. Prof. Hyvärinen picked the key topics like the role of mental health professionals in Forensic Settings, Legal Standards of Competency: Relevant laws and regulations, Definitions of competency to stand trial, and criminal responsibility for the event. His additional focus was on trauma-sensitive approaches, understanding the relationship between mental health disorders and impeachable offences, and ethical considerations in forensic practice. Simulations were also conducted on a case with psychotic illness, depression, and personality disorder. On the final day of Global Week, an assessment test was conducted for evaluation purposes.

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15th Global Week, from 21st- 25th October 2024

Outcomes

- Legal standards governing mental health competency.
- Enabling them to navigate related issues confidently
- Develop the skills to effectively apply various nursing assessment tools tailored for evaluating mental health in forensic settings, leading to more accurate assessments.
- Participants also learned the way to encounter and provide compassionate care to psychiatric patients with a forensic background, fostering better therapeutic relationships and treatment outcomes.

Event Name	Procrastination & Counselling Awareness Drive
Type of Event	Mental Health Wellness Session
Date	22 October 2024
Mode	Offline
Venue	Classroom / Arch Block
Organized by	Mr. Tarun Gupta
Department	Department of Architecture
No. of Participants	100
SDG No.	3 Good health and well being
Resource Person	Ms. Manpreet Kaur
Hours of event	1 hour

Description of the Event

On 22 October 2024, Ms. Manpreet Kaur, Student Counsellor, conducted an interactive session on **" Procrastination & Counselling Awareness Drive"** for the students of **Architecture**. Procrastination represents a common obstacle faced by many students, often leading to significant stress and health issues. As deadlines approach, those who postpone their assignments frequently find themselves feeling overwhelmed. This stress can negatively impact both their mental and physical health, impairing their ability to focus and perform at their best. To address this issue, an awareness campaign centered on counseling can help students understand the importance of effective time management. By promoting positive study habits and time management strategies, we can support students in reducing procrastination and improving their overall well-being, aligning with Sustainable Development Goal 3, which aims to foster good health and well-being.

The session intends to investigate the psychological factors contributing to procrastination, such as fear of failure and lack of motivation, while offering practical solutions for overcoming it, including goal setting, time management, and self-discipline. Additionally, it highlights the importance of counseling in assisting individuals to confront underlying challenges and cultivate healthier habits.

Organized in collaboration with Mr. Tarun Gupta, Department of Architecture, the event successfully attracted 100 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

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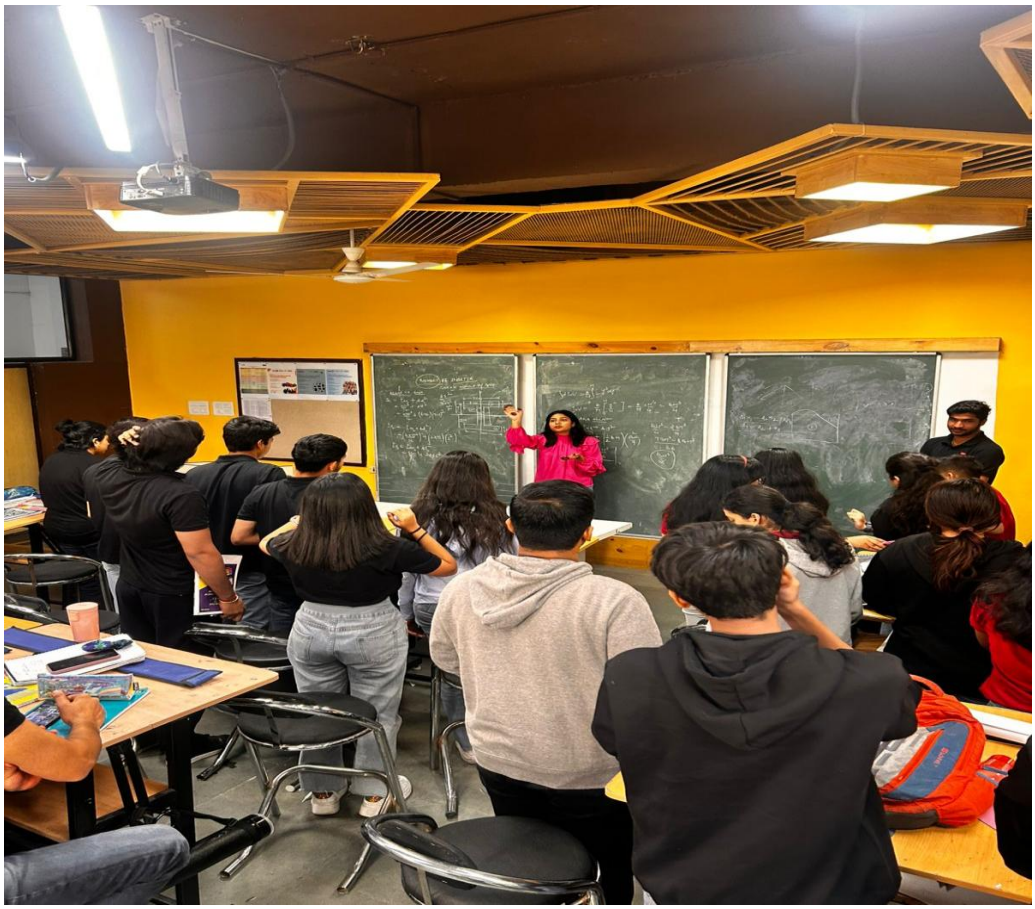


Event Name	Counselling Awareness Drive
Type of Event	Mental Health Wellness Session
Date	22 October 2024
Mode	Offline
Venue	Pythagoras Block (CSE G11/14/15/18/19/20)
Organized by	Wing Comm. Kumar
Department	Computer Science and Engineering
No. of Participants	460
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet Kaur
Hours of event	1 hour

Description of the Event

On 22 October 2024, Ms. Charanjeet Kaur, a Senior Student Counsellor, conducted an interactive session on **" Counselling Awareness Drive"** for the students of **CSE G11/14/15/18/19/20**. The session focused on addressing common adjustment concerns that arise in college and how to effectively confront them. It included practical scenarios and demonstrated various coping strategies. Additionally, the session featured an awareness drive on available counselling services. Students actively engaged by asking questions, enhancing the overall interactivity of the event.

Organized in collaboration with Wing Comm. Kumar, the event successfully involved 460 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

Topic	Stress and Time Management
Date	24th October 2024
Time	2:00 pm to 4:00 pm
Venue	Faraday Hall, 2nd floor, Edison Block
Number of Attendees	69
Resource Person	Ms. Vrinda Sharma

Stress and time management play a crucial role in fostering good health and overall happiness. By mastering effective time management skills, individuals can alleviate stress and achieve a more harmonious balance in their lives. This equilibrium enables them to concentrate on their objectives and derive enjoyment from their daily pursuits. Efficient time management allows for the prioritization of tasks, which can result in a profound sense of achievement and fulfillment. Ultimately, by adeptly managing both stress and time, individuals can enhance their overall well-being and make strides toward the objectives outlined in Sustainable Development Goal 3, which aims to ensure healthy lives and promote well-being for all.

The Chitkara Happiness Centre, in partnership with the School of Mass Communication, recently organized an insightful session on Smile Day, facilitated by Ms. Vrinda Sharma. The session centered on the importance of smiling and its beneficial effects on both physical and mental health. Ms. Sharma commenced by discussing the origins and historical context of Smile Day, underscoring its role in fostering positivity and human connection. She articulated that a smile transcends mere facial expression; it serves as a universal sign of warmth and kindness, effectively bridging divides among individuals. Throughout the session, Ms. Sharma highlighted the significance of smiles in daily life, detailing the myriad advantages linked to this simple gesture. She referenced studies indicating that smiling can enhance mood, alleviate stress, and even reduce blood pressure. Smiling triggers the release of endorphins, natural chemicals that elevate mood, creating a positive ripple effect that benefits not only the individual smiling but, also those in their vicinity. She emphasized that smiling is a potent instrument for strengthening relationships and improving emotional well-being. One of the most captivating aspects of the session was the examination of the science behind smiles. Ms. Sharma elucidated the neural pathways that connect smiling with emotional responses, illustrating how the brain links smiling to feelings of joy. Even in challenging circumstances, a smile can serve as a beacon of hope and resilience.

STRESS MANAGEMENT & WELLNESS

Event Details	
Event Type	Workshop
Topic	Workshop on stress and Time management: An Innovative approach
Date	2024-10-24 to 2024-10-24
Mode	Offline
Venue	Faraday Hall, Fleming Block
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Ms. Vrinda Sharma Happiness Coach
No. of Participants	40
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 8: Decent Work and Economic Growth

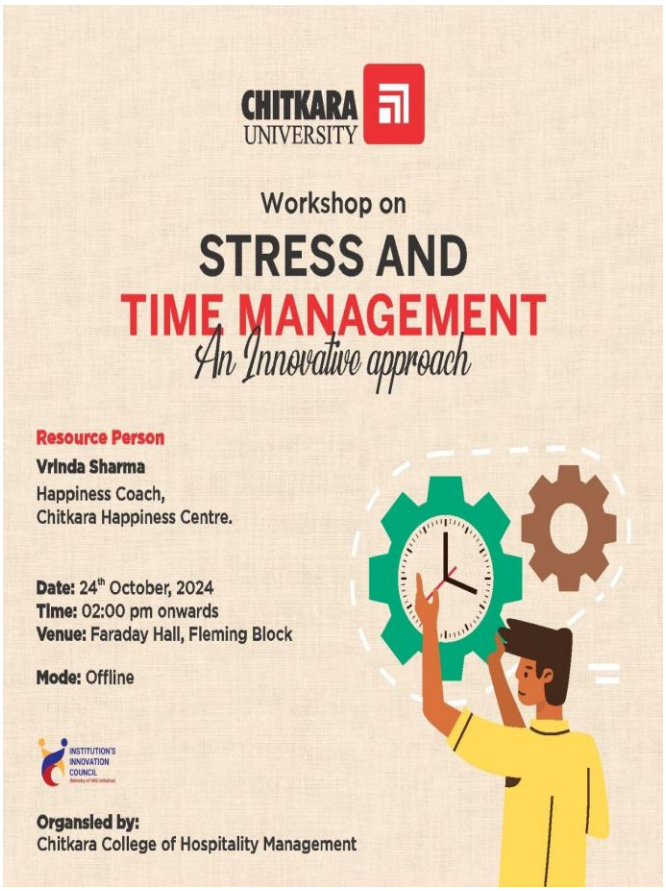
Objective

1) To equip students with effective stress management techniques.
2) To introduce innovative methods for time management.
3) To foster awareness of mindfulness and its benefits.
4) To enhance students' ability to prioritize tasks efficiently.
5) To promote a balanced and productive lifestyle among students.

Description

Workshop on Stress and Time Management – An Innovative Approach Chitkara College of Hospitality Management organized an insightful workshop titled "Stress and Time Management – An Innovative Approach" on October 24, 2024, at Faraday Hall, Fleming Block. The session began at 2 PM and was conducted in offline mode. The workshop focused on equipping students with practical strategies to reduce stress and manage their time effectively. It aimed to address common challenges faced by students in balancing academic responsibilities, extracurricular activities, and personal life, while also introducing innovative approaches to handle these issues efficiently. Ms. Vrinda Sharma, a renowned Happiness Coach from the Chitkara Happiness Centre, was the resource person for the event. She shared her expertise on managing stress through mindfulness, effective prioritization techniques, and time-blocking strategies. With her engaging and interactive style, Ms. Sharma guided participants to reflect on their current habits and adopt healthier practices for a balanced lifestyle. The workshop also emphasized the importance of integrating innovative methods such as digital tools for time management, creative visualization for goal setting, and incorporating relaxation techniques into daily routines. Attendees actively participated in discussions, exercises, and demonstrations that highlighted how small, yet significant,

changes can lead to improved productivity and mental well-being. This initiative by Chitkara College of Hospitality Management successfully raised awareness among students about managing stress and time innovatively, leaving them inspired to lead a more organized and fulfilling student life. The workshop concluded with a Q&A session, followed by a note of gratitude for the invaluable insights shared by Ms. Vrinda Sharma.



Outcomes

- Students learned practical stress-reduction strategies.
- Enhanced understanding of time-blocking and prioritization.
- Increased awareness of mindfulness practices for well-being.
- Improved capability to manage academic and personal responsibilities.
- Greater motivation to implement innovative approaches in daily life.

STRESS
MANAGEMENT &
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EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	PANEL DISCUSSION ON HEALTH ECONOMICS AND OUTCOME RESEARCH THE FUTURE OF HEALTHCARE: INNOVATIONS IN PHARMACEUTICAL SCIENCES AND PHARMACOECONOMIC
DATE	2024-10-25 to 2024-10-25
MODE	OFFLINE
ORGANIZER NAME	DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. DINESH KUMAR CHELLAPAN, DEPARTMENT OF LIFE SCIENCES | DR. FALVIA ZACCONI, DEPARTMENT OF ORGANIC CHEMISTRY
NO. OF PARTICIPANTS	45
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

- Explore innovations in pharmaceutical sciences and their impact on healthcare.
- Discuss the role of Pharmacoeconomics in resource optimization and cost-effectiveness.
- Assess emerging trends in health economics and outcome research.
- Foster interdisciplinary collaboration for integrating economic evaluations into healthcare.
- Address challenges in implementing innovative solutions in healthcare systems.

DESCRIPTION

The panel discussion, **"The Future of Healthcare: Innovations in Pharmaceutical Sciences and Pharmacoeconomics,"** aims to delve into the transformative role of health economics and outcome research (HEOR) in shaping the future of healthcare. This session will bring together experts from diverse fields, including pharmaceutical sciences, healthcare policy, and economics, to explore innovative approaches and strategies that can revolutionize patient care and healthcare delivery. Pharmaceutical advancements have been pivotal in improving health outcomes, yet their sustainability depends on cost-effective solutions that maximize resource utilization. The panel will discuss cutting-edge developments in drug discovery, personalized medicine, and biotechnology, highlighting their potential to enhance efficiency

and accessibility in healthcare systems. The session will also focus on the critical role of Pharmacoeconomics in evaluating the economic impact of medical innovations. By addressing cost-effectiveness, affordability, and value-based healthcare, the panel will provide insights into how economic considerations can guide decision-making processes in drug development and policy implementation. Moreover, the discussion will shed light on emerging trends, such as real-world evidence, data analytics, and artificial intelligence, that are reshaping HEOR. It will also address challenges like regulatory barriers, funding constraints, and disparities in healthcare access, proposing actionable solutions to bridge these gaps. By fostering interdisciplinary dialogue and collaboration, this panel seeks to inspire stakeholders to embrace innovative strategies for a sustainable and equitable future in global healthcare.

OUTCOMES

Enhanced understanding of the interplay between pharmaceutical innovations and healthcare economics.
Identification of actionable strategies to integrate pharmacoeconomic principles into healthcare decision-making.
Increased awareness of emerging trends and technologies influencing health economics and outcome research.
Recommendations for addressing implementation challenges in innovative healthcare solutions.
Promotion of collaborative approaches to improve cost-effectiveness and accessibility in global healthcare systems.

Event Name	Counselling Awareness Drive
Type of Event	Mental Health Wellness Session
Date	25 October 2024
Mode	Offline
Venue	Pythagoras Block (CSE G16/17/34)
Organized by	Wing Comm. Kumar
Department	Computer Science and Engineering
No. of Participants	480
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet Kaur
Hours of event	1 hour

Description of the Event

On 25 October 2024, Ms. Manpreet Kaur, a Senior Student Counsellor, conducted an interactive session on **" Counselling Awareness Drive"** for the students of **CSE G17/16/34.** The session focused on addressing common adjustment concerns that arise in college and how to effectively confront them. It included practical scenarios and demonstrated various coping strategies. Additionally, the session featured an awareness drive on available counselling services. Students actively engaged by asking questions, enhancing the overall interactivity of the event.

Organized in collaboration with Wing Comm. Kumar, the event successfully attracted 480 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

Event Details	
Event Type	Competition
Topic	Rangoli Competition and Diwali Celebration
Date	2024-10-25 to 2024-10-25
Mode	Offline
Organizer Name	Chitkara Law School
Resource Person	Prof. (Dr.) Ajay Ranga Professor and Dean, Dr. Jasdeep Kaur Associate Professor, Dr. Polaki Assistant Professor
No. of Participants	52
SDG No	SDG 4: Quality Education, SDG 3: Good Health and Well-being, SDG 8: Decent Work and Economic Growth, SDG 11: Sustainable Cities and Communities

Objective

1. To enhance cultural Inclusivity
2. To strengthen bonds and Community Building
3. To boost mental Well-being and reduce stress
4. To showcase skills and Talent Recognition and Development
5. To encourage Art and Culture and Creative Expression

Description

The event Celebrating Diwali was organized with the core aim of promoting cultural inclusivity, strengthening community bonds, and encouraging holistic development among students. With a series of engaging activities, such as a Rangoli competition and a talent hunt, the event provided a vibrant platform for students to express their creativity, talents, and teamwork. The celebration of Diwali not only emphasized the importance of art and culture but also offered an opportunity for students to de-stress and enjoy the festive spirit in a collaborative environment. Event Overview: The event was designed to create a lively and inclusive atmosphere, drawing students from diverse backgrounds together to celebrate the essence of Diwali. The Rangoli competition, a popular cultural activity, allowed participants to display their creativity through colorful designs, while the talent hunt offered students the chance to showcase their varied skills, including singing, dancing, and dramatic performances. These activities not only highlighted students' artistic abilities but also nurtured their teamwork and collaboration. Dr. Manish also shared the social and religious thoughts on Diwali festival. Prof. (Dr.) Ajay Ranga along with Dr, Jasdeep Kaur and Dr. Polaki felicitated the teams for their best performance in Rangoli competition and special performance in dancing and other activities. 1. Enhanced Cultural Awareness: The event contributed significantly to increasing students' understanding and appreciation of diverse cultural traditions. Students from different backgrounds engaged in conversations about

Diwali, fostering an environment of inclusivity and respect for various cultures. This led to improved relationships and a stronger sense of community within the college. 2. Boosted Mental Well-being: By engaging in creative and fun-filled activities, students experienced a positive impact on their mental health. The event served as a stress reliever, providing students with a break from academic pressures, while enhancing their mood and overall well-being. 3. Talent Identification and Development: The talent hunt allowed students to showcase their diverse skills, which helped in boosting their confidence and encouraging future participation in similar events. Many students received recognition for their talents, which helped open avenues for their growth and development. 4. Encouraged Creative Expression: The event promoted innovative thinking, as students designed intricate Rangolis and performed talents that required creative flair. This experience not only encouraged students to think outside the box but also enhanced their artistic abilities. In conclusion, Celebrating Diwali successfully met its objectives by fostering a greater sense of community, promoting cultural awareness, enhancing mental well-being, and providing a platform for creative expression. It served as a memorable and enriching experience for all participants, leaving a lasting impact on the students and the participants.

Outcomes

- The students gained enhanced cultural awareness and increased understanding and appreciation of cultural diversity among students. This Improved relationships and a stronger sense of community within the college.
- Improved and better mental health and well-being among students due to engaging in creative and enjoyable activities.
- Identification and nurturing of students' talents, boosting their confidence and future prospects.
- Enhanced creative skills and innovative thinking among students.

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Event Details	
Event Type	Social Event
Topic	SAANJ'H: Diwali Celebrations
Date	2024-10-25 to 2024-10-25
Mode	Offline
Organizer Name	Dr Shaminder Kaur, DECE, Chitkara University, Punjab
Resource Person	Dr Shaminder Kaur Associate Professor
No. of Participants	42
SDG No	SDG 3: Good Health and Well-being, SDG 13: Climate Action

Objective

- Victory of Light over Darkness: Diwali symbolizes the triumph of good over evil, represented by the return of Lord Rama to Ayodhya after defeating Ravana.
- Renewal and New Beginnings: It marks the start of the new year in many Indian cultures, signifying new beginnings and fresh starts.
- Cultural Celebration: It showcases rich cultural traditions, including fireworks, rangoli designs, and traditional sweets, fostering a sense of identity and heritage.
- Spiritual Gathering: Diwali is an occasion for spiritual reflection and renewal.

Description

The Department of Electronics and Communication Engineering, in association with the EBUZZ Club, hosted Saanjh 2024, an event that celebrated the spirit of Diwali with tradition and community on 25th October 2024 in Alpha ground. The event commenced with a ceremonial Pooja in the foyer of the Edison Block, offering an auspicious beginning to the celebrations. A diverse range of 20 stalls, including 7 sponsored by Golzza, Trendy Tees, Venky, Barista, Punjab13, and South Circle, presented Diwali-themed items, handicrafts, and refreshments, attracting a footfall of approximately 2500 attendees and creating a lively, engaging atmosphere. Saanjh, meaning "twilight" or "dusk", is an apt name for our annual Diwali celebration. It symbolizes the transition from darkness to light, mirroring the essence of Diwali where the evening is illuminated with lights and joy. This year's Saanjh promised to be a vibrant and memorable event, filled with traditional and fun activities. Diwali is a celebration of joy, hope, and spiritual growth. It brings families and communities together, promotes positive energy, and reinforces values such as love, faith, and prosperity. Through its vibrant rituals, Diwali has become a universally recognized festival that brings light to the lives of millions worldwide. Diwali, also known as Deepavali, is one of the most significant and widely celebrated festivals in India and among Hindu communities around the world. It

is a festival of lights, symbolizing the triumph of light over darkness, good over evil, and knowledge over ignorance. Diwali usually lasts for five days and typically falls between October and November, depending on the lunar calendar. Diwali, the Festival of Lights, is one of the most celebrated festivals in India, marking the triumph of light over darkness and good over evil. In college, Diwali celebrations are vibrant, joyful, and filled with cultural activities. The event typically begins with a decorating competition where students adorn classrooms and common areas with colorful rangoli, fairy lights, and diyas (oil lamps), creating a festive atmosphere. Cultural performances, such as traditional dance, music, and drama, showcase the richness of Indian heritage. Sweet exchanges, Diwali-themed games, and competitions like best-dressed contests or card games add to the fun. Students also gather for a puja (prayer ceremony), offering prayers for prosperity and well-being. The event often concludes with a feast of festive foods like sweets and snacks, and the distribution of gifts or small tokens among friends and faculty. Diwali celebrations in college bring students together, fostering unity, tradition, and a spirit of joy and camaraderie.

Outcomes

- Cultural Exchange: Diwali serves as an opportunity for people of different backgrounds to learn about and appreciate Indian culture, fostering inclusivity.
- Skill Development: Students may gain new skills through learning techniques they applied on selling products on their various stalls.
- Encouraged participation in cultural events, leading to more frequent celebrations of traditions and heritage.
- Spiritual Growth: Many engage in reflection and prayer, leading to personal growth and a strengthened connection to spiritual beliefs.

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Event Details	
Event Type	
Topic	Retail Chemist Prescription Audit (RCPA): An Innovative Approach in Pharmaceutical Marketing
Date	2024-10-29 to 2024-10-29
Mode	Offline
Organizer Name	Mr. Harinder Pal Singh, CCSM, Chitkara University, Punjab, 9041023823, harinder.lamba@chitkara.edu.in
Resource Person	Mr. Harinder Pal Singh HoD, MBA S&M, (Pharmaceutical Management), Mr. Jatinder Chopra Prof. of Practice
No. of Participants	50
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

- Effective communication with retail chemists.
- Identify market trends, competition and gaps.
- Understanding brand positioning.
- Prospecting Potential Customers.
- Innovative Strategies

Description

To have practical exposure, students of MBA Sales and Marketing (Pharmaceutical Management) interacted with the retailers to get the desired information and to apply classroom deliberations on R. C. P. A. Students visited various retail pharmacies in the markets of Tricity. Students were divided into groups and every group was assigned a segment of Brands to be surveyed e.g. Cough syrups, Pain killers, Anti-diabetics, Anti-hypertensive, etc. Even the students have given the option to extend this activity to other cities also to explore markets. Retail Chemist Prescription Audit (R. C. P. A) is an essential tool and skill to succeed in pharmaceutical selling. Pharmaceutical selling activity primarily focuses on generating prescriptions from Health Care Professionals

(HCPs). HCPs and doctors, after properly diagnosing the patients, suggest written advice to them called prescription. The prescription includes medicines, diagnostic tests, and precautionary measures to be followed by patients to mitigate health problems. Retail chemist prescription audit is a skill of gathering market information from retailers to access the flow of prescriptions of a particular pharmaceutical brand to analyze market potential and brand positioning. R. C. P. A provides vital information and data to the management of the pharmaceutical organization to devise future marketing strategies and make important business decisions. Students visited various markets of Tricity for doing RCPA.

Outcomes

- Mastering communication skills.
- Learning about competition.
- Learning Organization's brands standing vis-à-vis competition.
- Helps in prospecting, an activity for potential customers (Prescribers).
- Develop and create innovations, inventions, and strategies.
- Exposure to R C P A helps students succeed in industry placements

Details	
SDG Goals	SDG 3, (Good Health and Wellbeing)
Date	5th November, 2024
Time	1:05 PM to 1:35 PM
Venue	Meditation Room, Chitkara Happiness Centre
No of attendees	10
Resource Person	Mr. Manav Bansal

The session on Mindfulness Meditation was an enriching experience that emphasized the significance of being present and aware in our daily lives. The practice began with soothing music to create a calming atmosphere, followed by instructions to focus on body parts touching the ground, such as the toes, to cultivate a deep sense of physical awareness. Participants were guided to concentrate solely on their breath, highlighting the power of the present moment and its ability to center the mind. The session underscored that a mindful person focuses entirely on their current actions, fostering clarity and reducing distractions. Gratitude was an integral part of the practice, encouraging participants to appreciate and be mindful of their body parts and the role they play in daily life. Practical insights were shared on incorporating mindfulness into everyday activities, such as mindful walking, to enhance focus and reduce stress. Additionally, tips for sustaining mindfulness practices were provided, equipping participants with tools to integrate this transformative habit into their routines. The session beautifully illustrated how mindfulness enhances well-being, promoting a deeper connection with oneself and the present moment, leaving attendees inspired to practice mindfulness regularly for a more balanced and fulfilling life.

Event Report	
Event Name	Workshop
Topic	Trauma Informed Care: Integrating Evidence Based Practice into Mental Healthcare
Date	07-11-2024
Mode	Offline
Organizer Name	Ms. Manu Kohli, Associate Professor/ Ms. Kanika Guleria, Assistant Professor/ Ms. Vijyeta Bhasin, Assistant Professor/Ms. Kanu Mahajan, Assistant Professor/ Ms. Jigyasha, Assistant professor/ Ms. Sonali, Nursing Tutor
Name of the school/college holding the event	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Person	Dr. Sandeep Grover, Professor & HOD, Department of Psychiatry, PGIMER, Chandigarh Dr. Krishan K Sony, Associate Professor, Consultant Child and Adolescent Psychiatry, PGIMER, Chandigarh Dr. Nidhi Barthwal, Assistant Professor, Department of Psychology, Chitkara University, Punjab Dr. Jyoti Mishra, Assistant Professor, Department of Psychiatry, Govt. Medical College & Hospital Sector-32, Chandigarh
No. of Participants	102
SDG No	SDG 3: Good Health and well-being, SDG 4: Quality Education, SDG-17: Partnership for goals

Objectives

1. Build an understanding of trauma's impact and prevalence in mental health.
2. Equip participants with tools for effectively assessing trauma in patients.
3. Educate participants on self-care practices to sustain their effectiveness in trauma-informed care

Description

Department of Nursing, Chitkara School of Health Sciences, organized a workshop on "Trauma-Informed Care: Integrating Evidence-Based Practice into Mental Health Care", on November 7, 2024, with an aim to enhance the understanding of trauma's impact on mental health and equip healthcare professionals with trauma-informed skills. It began with an inaugural address by Dr. Kanika, Vice-Principal, who emphasized the need for compassionate, evidence-based approaches in trauma care. Key sessions followed, each led by distinguished experts.

Dr. Sandeep Grover, Professor & HOD, Department of Psychiatry, PGIMER, Chandigarh discussed the prevalence and profound effects of trauma on individuals' mental health, urging practitioners to adopt an empathetic approach. Dr. Krishan K Sony, Associate Professor, Clinical Psychologist Consultant Child and Adolescent Psychiatry, PGIMER, Chandigarh introduced participants to various trauma assessment tools, essential for accurate diagnosis and personalized treatment. Dr. Nidhi Bhardwaj, Assistant Professor,

Department of Psychology, Chitkara University, Punjab focused on trauma-specific interventions, offering practical, research-backed techniques to support healing in patients affected by trauma. Dr. Jyoti Mishra, Assistant Professor, Department of Psychiatry, Govt. Medical College & Hospital Sector-32, Chandigarh highlighted self-care strategies, stressing the importance of resilience and self-care to prevent burnout and maintain quality care.

The day concluded with case scenarios, allowing participants to apply concepts in practical contexts, followed by a vote of thanks. Overall, the workshop effectively conveyed the importance of trauma-informed care and provided valuable strategies for implementing it in clinical practice, contributing to a more supportive and effective mental healthcare environment.

Outcomes

- Participants had a better understanding of trauma and its impact, enabling them to provide more empathetic and effective care.
- Attendees were able to use trauma assessment tools and interventions confidently to support individuals affected by trauma.
- Participants learned self-care strategies to prevent burnout and maintain sustainable practices in trauma-informed care.

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Event Details	
Event Type	Competition
Topic	Design Tech Expo: Design Thinking Principles for Prototype Development
Date	2024-11-08 to 2024-11-08
Mode	Offline
Organizer Name	Dr Amit Kumar
Resource Person	Dr Rajvir Singh Associate Professor
No. of Participants	40
SDG No	SDG 4: Quality Education, SDG 3: Good Health and Well-being, SDG 11: Sustainable Cities and Communities, SDG 9: Industry, Innovation and Infrastructure

Objective

- To provide a platform for students to display their innovative projects, demonstrating the intersection of design, technology, and creativity.
- To encourage knowledge-sharing and collaboration among students for inspiring future advancements in the prototypes.
- To support students with the development of technical, analytical, and communication skills by encouraging them to refine their projects, articulate their concepts effectively, and integrate feedback for continuous improvement.

Description

The Center for Global Education, in collaboration with the Department of Electronic and Communication Engineering, successfully organized the Design Tech Expo: Design Thinking Principles for Prototype Development on November 8, 2024. The event served as an engaging and interactive platform for students to explore the transformative potential of design thinking in creating innovative prototypes. The primary focus of the Design Tech Expo was to showcase the outstanding work of second-year Software Engineering students. These students applied design thinking principles to develop functional prototypes that were not only creative but also demonstrated practical solutions to real-world challenges. The

projects highlighted the fusion of creativity, problem-solving skills, and technical expertise, emphasizing user-centered design approaches. Each prototype reflected the students' dedication to addressing societal needs through thoughtful and innovative engineering practices. The event featured an evaluation panel led by Dr. Rajvir Singh, Associate Professor at the Department of Electronics and Communication Engineering, CUIET. His expert insights and constructive feedback added tremendous value to the participants. Among the many remarkable prototypes presented, Mr. Tarunjeet Singh's project, VisionFit, stood out as the winner of Design Tech Expo 2024. His work demonstrated exceptional innovation and practical applicability. The First Runner-up position was awarded to Mr. Shubham Rana for his project, Papermate, a creative solution addressing eco-friendly paper reuse. The Second Runner-up position was shared by two outstanding projects: Bhoomika's Medicine Reminder and Adherence, which tackled the critical issue of medication compliance, and Mr. Shalok Sharma's Nutri Manager, a comprehensive tool aimed at promoting healthy eating habits. The winners and participants were felicitated by Dr. Shivani Malhotra, Dean of the School of Engineering, who commended their remarkable efforts and achievements. In her address, she emphasized the importance of design thinking in fostering innovation and urged students to continue exploring their potential to address complex challenges through technical and creative solutions. The Design Tech Expo 2024 proved to be a dynamic and inspiring event, encouraging students to harness the principles of design thinking and apply them in meaningful ways. It highlighted the role of interdisciplinary collaboration and user-focused development in creating impactful solutions. Events like these continue to pave the way for nurturing the next generation of innovative thinkers and problem solvers.

Outcomes

- Students presented their working prototypes, which were designed using cutting-edge technologies. This allowed them to demonstrate their technical ingenuity, creativity, and ability to apply advanced concepts to solve real-world problems.
- Students actively interacted with peers, evaluators, and faculty members during the event. These discussions provided constructive feedback and valuable insights to help refine and enhance their prototypes for future iterations and improvements.
- The event served as a platform for students to deepen their understanding of technical concepts and gain hands-on experience in implementing innovative ideas. It reinforced their knowledge and capability to work with modern tools and technologies.
- By presenting their ideas and engaging in discussions, students enhanced their interpersonal and communication skills. The experience of articulating their projects and collaborating with others was instrumental in building their confidence and professional competence.

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Event Details	
Event Type	Expert Talk
Topic	Balancing the Load: Navigating Life's Challenges with Mindfulness
Date	2024-11-08 to 2024-11-08
Mode	Offline
Venue	Faraday Hall
Organizer Name	Chitkara Business School
No. of Participants	80
SDG No	SDG 3: Good Health and Well-being, SDG 10: Reduced Inequalities

Objective

- To educate students about the importance of mental health and the impact of stress on their daily lives.
- To introduce mindfulness techniques to manage stress and enhance well-being.
- To highlight the benefits of cultivating positive thoughts and behaviors in reducing stress.
- To provide knowledge about react-response psychology and its role in managing emotions.
- To create a safe space for students to discuss mental health and seek expert guidance.
- To help students recognize how their moods and emotions influence their thoughts and decision-making processes.

Description

The Department of SCM & General Management, in collaboration with the Seagulls Club at Chitkara Business School, organized a session titled "Balancing the Load: Navigating Life's Challenges with Mindfulness" on 8th November 2024 for BBA LSCM and AVM students, marking World Mental Stress Awareness Day. Coordinated by Dr. Neeraj Anand (Dean, SCM & General Management) and Dr. Nayhel Sharma (Coordinator, Seagulls Club), the event featured expert speakers Lt. Col. (Dr.) Rakesh Sharma and Dr. Pooja Singh, who shared their insights on mental health, positive thinking, and stress management. The session aimed to address the increasing mental health challenges faced by students, especially those preparing for high-pressure careers in logistics, supply chain, and aviation management. Lt. Col. (Dr.) Rakesh Sharma began the session by discussing the connection between mood, behavior, and mental well-being, highlighting how a positive mindset can significantly impact daily decisions and interactions. He introduced the concept of react-response psychology, which differentiates between impulsive reactions and thoughtful responses. This approach helps individuals pause and reflect before reacting, thereby improving emotional

regulation and decision-making. Dr. Sharma emphasized that cultivating positive thoughts and managing reactions could lead to better stress handling, particularly in high-stakes environments like aviation and supply chain management, where quick and calm decision-making is crucial. Dr. Pooja Singh continued the session with a focus on mindfulness practices. She guided the students through exercises such as deep breathing, meditation, and muscle relaxation, explaining their benefits in reducing stress and anxiety. By teaching these techniques, she demonstrated how mindfulness could help students stay present, enhance their focus, and develop emotional resilience. Dr. Singh emphasized the scientific basis of these methods, highlighting how they can calm the nervous system, improve mood, and foster a sense of inner peace. The interactive nature of her segment allowed students to experience the immediate effects of mindfulness, leaving them feeling more relaxed and centred. A key theme of the session was building resilience. Both speakers highlighted the importance of developing the ability to bounce back from setbacks

Outcomes

- The students gained a better understanding of the importance of mental health and the impact of stress on their overall well-being.
- The students learned strategies to manage their emotions effectively, shifting from impulsive reactions to thoughtful responses.
- The session encouraged students to adopt a positive outlook, helping them reframe negative thoughts and improve their mood.
- The students were equipped with tools to build resilience, enabling them to cope better with life's challenges and setbacks.
- The session provided guidance on developing and maintaining healthy habits that contribute to long-term mental well-being.
- The students left the session feeling more confident in their ability to handle stress and navigate emotional challenges.

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Event Name	CSR Activity
Topic	Awareness Talk on Hygiene
Date	11th November, 2024
Venue	Slum Area, Old PHC, Rajpura
Organizers	Mr. Gaurav Kohli (Professor), Ms. Annu Singhal (Assistant Professor), Ms. Sonali (Nursing Tutor), Ms. Preetika (Nursing Tutor), Ms. Manreet (Nursing Tutor)
No. of Participants	58
No. of Impacted Individual	33
Under SDG no.	03, 04
SDG Details	04 Good health and wellbeing, 04 Quality education

Objectives

- To raise awareness about the importance of hygiene in preventing illnesses and staying healthy.
- To educate community people on essential hygiene practices, such as hand washing, dental care, and keeping their surroundings clean.

The Students of B.Sc. Nursing 5thsemester conducted Awareness Talk on Hygiene at Slum area, Old PHC, Rajpura on 11th November 2024. The Students of B.Sc. Nursing 5thsemester gave an informative talk on hygiene, focusing on the essential practices that help keep individuals and families healthy. The session aimed to raise awareness about the importance of personal hygiene, food hygiene and environmental hygiene and how it can prevent the spread of illnesses. The awareness talks highlighted when and how to wash hands properly, with a demonstration of the correct technique. Participants were encouraged to practice regular hand washing, especially before meals, after using the bathroom, and after touching shared surfaces. The importance of brushing teeth twice daily and the correct technique for brushing and Regular bathing, wearing clean clothes, and changing socks and underwear daily were emphasized. Community members expressed appreciation for the practical tips and demonstrated interest in implementing these hygiene practices in their daily lives.

Outcomes

- From this awareness talk local community gained valuable knowledge about the importance of personal and environmental hygiene.
- The talk encouraged participants to adopt healthier practices, regular hand washing, proper waste disposal and food safety measures.

Student demonstrated hand washing procedures to community people on 11th Nov 2024

Students Giving Awareness Talk on "Hygiene" to community people on 11th November 2024

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ZINDAGI NA MILEGI DOBARA
Date	12th November 2024
Time	11:00 am onwards
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	245
Resource Person	Mr. Sumeer Walia

The Chitkara Happiness Centre organized an inspiring session titled **"Zindagi Naa Milegi Dobara"**, delivered by Mr. Sumeer Walia, Vice President of the Office of University Communication, Chitkara University. This impactful talk encouraged students to embrace life with renewed vigor and highlighted the importance of adapting to its uncertainties. Mr. Walia shared valuable life lessons, motivating students to take chances, persevere through challenges, and never settle for less. He emphasized the significance of hard work, loyalty, discipline, and professionalism in achieving success. Drawing attention to the unpredictable nature of life, he urged attendees to seize good opportunities, nurture lasting friendships, and seek inspiration from role models. He further highlighted the importance of cherishing family as an unwavering pillar of support and guidance. The session also encouraged students to reevaluate their perspectives on life, promoting the idea of accepting surprises and embracing change as stepping stones to personal growth. Through his anecdotes and insights, Mr. Walia instilled a sense of optimism and determination among the participants, inspiring them to overcome obstacles and pursue their aspirations with confidence.

The interactive and motivational nature of the session left a lasting impression on the attendees. Students expressed gratitude for the opportunity to learn from such an accomplished and insightful speaker. The initiative by the Chitkara Happiness Centre reflects its dedication to fostering holistic well-being and empowering students to make positive transformations in their lives. Mr. Walia's words continue to resonate, inspiring students to embrace life's journey with a renewed sense of purpose and determination. This session is a testament to the Centre's commitment to nurturing not only academic growth but also emotional resilience and personal development among the students.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LEVEL UP
Date	12th November 2024
Time	2:00 PM TO 4:00 PM
Venue	Exploratorium
Number of Attendees	214
Resource Person	Dr. Mona Chopra

The Chitkara Happiness Centre recently organized an enlightening session titled **"Level Up!"**, led by Dr. Mona Chopra, focusing on the benefits of meditation and Inner Engineering for mental well-being. The session began with a guided breathing practice designed to help participants relax and focus their minds. This was followed by a meditation exercise aimed at quieting the mind and fostering inner peace. Dr. Chopra further introduced the principles of Inner Engineering, a program crafted to help individuals achieve a harmonious state of inner peace and happiness. She elaborated on how Inner Engineering principles could be seamlessly integrated into daily life and their profound impact on altering brain wave patterns. Through a detailed exploration of its effects on mental states, she demonstrated how these practices could lead to a more focused and relaxed mind. The session successfully provided participants with a comprehensive understanding of how meditation and Inner Engineering contribute to enhanced mental well-being. Attendees gained valuable insights into cultivating inner peace, happiness, and relaxation through practical techniques and tools. The outcomes were remarkable, with participants reporting reduced stress and anxiety levels, increased mindfulness, and a renewed commitment to prioritizing their mental health. Moreover, the session highlighted the transformative potential of meditation and Inner Engineering in promoting emotional resilience and overall happiness. The Chitkara Happiness Centre, through this initiative, reaffirmed its commitment to fostering holistic well-being and empowering individuals with skills to enhance their quality of life. By integrating traditional wisdom with practical applications, the "Level Up!" session left a lasting impact, encouraging participants to incorporate these practices into their daily routines for sustainable happiness and mental health.

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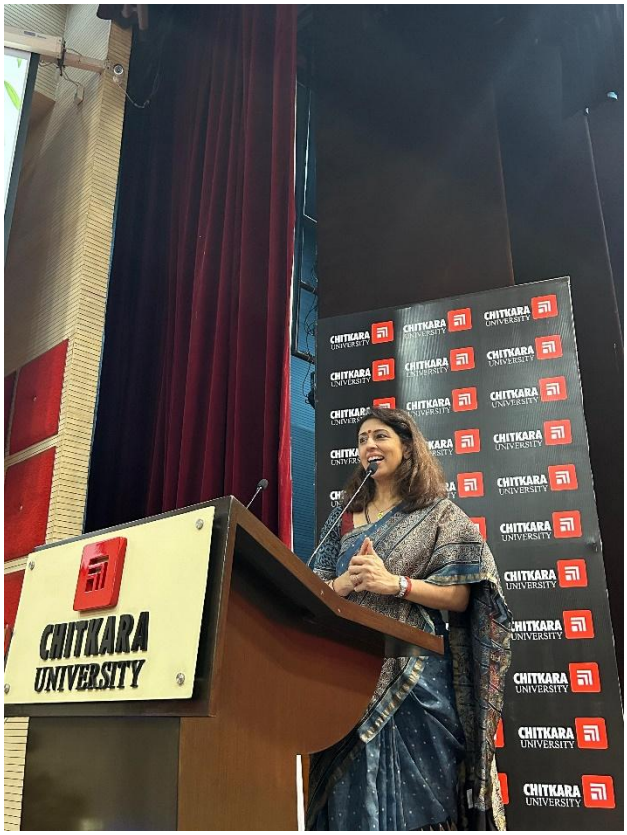
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Event Name	CSR Activity
Topic	Health Mela on Diabetes
Date	12th November, 2024
Venue	Market Area, Old PHC, Rajpura
Organizers	Mr. Gaurav Kohli (Professor), Ms. Annu Singhal (Assistant Professor), Ms. Sonali (Nursing Tutor), Ms. Preetika (Nursing Tutor), Ms. Manreet (Nursing Tutor)
No. of Participants	58
No. of Impacted Individual	43
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

- To create awareness regarding Diabetes Mellitus.
- To perform basic assessments on the diabetic patients.
- To educate the public about the complications and dietary management of Diabetes Mellitus.

Health Mela on Diabetes Mellitus was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, on 1**2-11-2024**. The students of B.Sc. Nursing (Basic) 5th Semester participated in the event. The objective of the Health Mela was to conduct basic assessment as well as create awareness through street play about diabetes mellitus and its complications. In the health mela, the students assessed the patients for BMI, Vital Signs, and Random Blood Sugar. They also provided dietary guidelines to the patients with diabetes. The students prepared various AV Aids to deliver the health talk in the form of a street play.

The students provide awareness to the general public about the causes, types, sign and symptoms, complications, and the management of Diabetes Mellitus.

Outcomes

- The Health Mela was effective in providing basic health care and awareness required for the patients suffering from Diabetes Mellitus.

- The community people gained awareness regarding the management of Diabetes and dietary modifications required to make treatment more effective.

Students measuring Blood Pressure and Blood Sugar of community people in Health Mela on 12thNovember, 2024

Students creating awareness regarding Diabetes to community people in Health Mela on 12th November 2024

Students measuring Height of community people in Health Mela on 12thNovember, 2024

Event Name	Self-Awareness and Empowerment via Story Telling
Type of Event	Mental Health Wellness Session
Date	13 November 2024
Mode	Offline
Venue	Fleming Extension Block
Organized by	Dr. Ajay Ranga
Department	Chitkara Law School
No. of Participants	45
SDG No.	3 Good health and well being
Resource Person	Ms. Charnjeet Kaur
Hours of event	1 hour

Description of the Event

On 13 November 2024, Ms. Charanjeet Kaur & Ms. Manpreet Kaur conducted an interactive session on **" Self-Awareness and Empowerment via Story Telling "** for the **students of law.** The session focuses on empowerment, self-awareness, mindfulness, inner peace, and overall wholeness, illustrated through the story of King Kaushika and Rishi Vasishta. Their journey highlights the importance of these qualities in achieving personal growth and balance. Ms. Charanjeet Kaur's presentation emphasized the importance of self-inquiry and introspection, developing a growth mindset, establishing rapport with oneself and others, and embracing challenges as opportunities for personal and academic growth.

Organized in collaboration with Dr. Ajay Ranga, Dean of Law School, the event successfully engaged 45 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

NEW YORK

Event Name	Counselling Awareness Drive
Type of Event	Mental Health Wellness Session
Date	13 November 2024
Mode	Offline
Venue	Edisson Block
Organized by	Ms. Ishaa Gupta
Department	Department of ECE
No. of Participants	80
SDG No.	3 Good health and well being
Resource Person	Ms. Manpreet Kaur
Hours of event	1 hour

Description of the Event

On 13 November 2024, Ms. Manpreet Kaur, Student Counsellor, conducted an interactive session on **" Counselling Awareness Drive "** for the students of **ECE.** The session explores the psychological reasons behind procrastination and the stress caused by unresolved personal or interpersonal conflicts. It offers practical strategies for overcoming these challenges and emphasizes the role of counseling in managing stress, improving self-awareness, and developing healthier coping skills. Ultimately, the session encourages students to seek support, helping them improve their mental well-being, boost academic performance, and build stronger relationships.

Organized in collaboration with Ms. Ishaa Gupta, Department of ECE, the event successfully engaged 80 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

Event Name	Visit of Jen Dollin, Western Sydney University, Australia
Date	13th November 2024
Venue	Chitkara University, Punjab
Organizer	Office of International Affairs
Resource Person	Dr. Jen Dollin, Director, Sustainability Education and Partnerships, Western Sydney University, Australia,
Number of Participants	1 Guest and 40 employees
SDGs Covered	SDG 4, SDG 5, SDG 3 and SDG 17
Duration	1 day

About the Activity

On November 13, 2024, Chitkara University, Punjab, warmly welcomed Jen Dollin from Western Sydney University (WSU), Australia. A distinguished advocate for sustainability, Ms. Dollin inaugurated the university's extended organic mushroom production unit, a forward-thinking initiative to promote sustainable agriculture on campus. In her expert talk," Integrating Sustainable Practices into University Ecosystem," Ms. Dollin engaged Chitkara's faculty and shared actionable insights on embedding sustainability within academic and operational frameworks. Her emphasis on collaborative efforts to address global challenges inspired attendees to rethink conventional practices and embrace environmentally responsible strategies. This special occasion, aligned with the ethos of kindness and sustainability, reinforced Chitkara University's commitment to fostering sustainable development.

The visit marked a significant step in strengthening international academic ties and promoting meaningful practices that contribute to a greener, more compassionate world. This was organized by the Office of International Affairs, Chitkara University

Expert Talk interaction session by Jen Dollin taken on 13/11/2024

ENGAGE WITH CHITKARA UNIVERSITY
IMAGINE WITH CHITKARA UNIVERSITY
DISCUSSION ON EFFORTS TOWARDS SUSTAINABILITY

CHITKARA UNIVERSITY
SUSTAINABLE MUSHROOM PRODUCTION
YELLOW POINT FARM

CHITKARA UNIVERSITY
CHITKARA UNIVERSITY
EXTENDED SUSTAINABLE MUSHROOM PRODUCTION UNIT
Inaugurated by
Jen Dollin
Director, Sustainability Education and Partnership
Western Sydney University ,Australia
on
Wednesday, 13th November, 2024

Event Details	
Event Name	Expert talk
Topic	World Alzheimer's Day 2024
Date	13-11-2024
Mode	Online
Organizer Name	Kanika Guleria (Assistant Professor), Kanu Mahajan (Assistant Professor)
Resource Person	Dr. Krishan K Sony, Associate Professor, Clinical Psychologist, Child & Adolescent Psychiatry, PGIMER Chandigarh
No. of participants	80
SDG No.	SDG 3: Good Health and Well-being

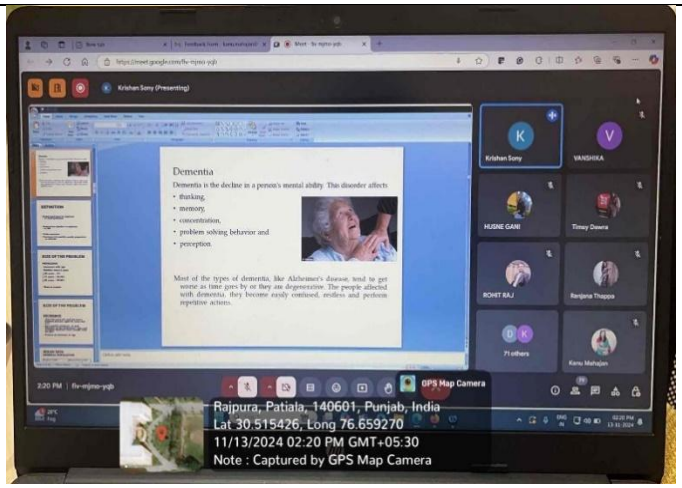
Objective

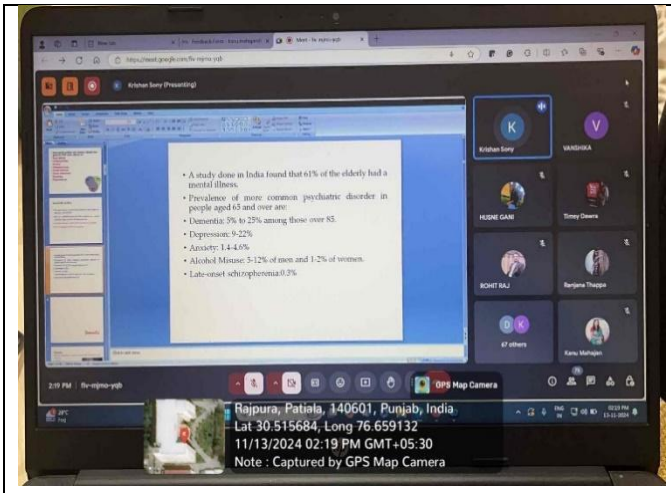
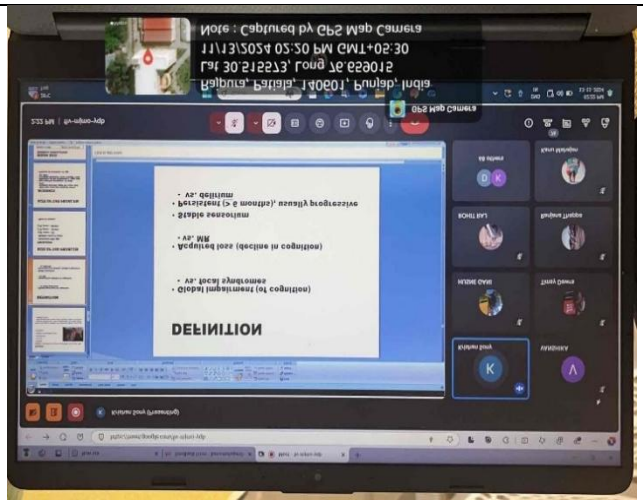
1. The event will aim to raise awareness among healthcare professionals, students, and the public about the importance of early detection and intervention in dementia and Alzheimer's disease.
2. The session will focus on educating participants about preventive strategies to reduce the risk of dementia and promote brain health through lifestyle changes and mental wellness practices.
3. The event will encourage attendees to explore and support research and innovation in the field of Alzheimer's care, aiming to inspire future healthcare professionals to contribute to advancements in treatment and care.
4. It will work towards fostering support networks for caregivers and families, providing resources and guidance to help them manage the challenges of caring for individuals with dementia and Alzheimer's.

Description

On November 13, 2024, Chitkara School of Health Sciences at Chitkara University organized an online expert talk in observance of World Alzheimer's Day, focusing on the theme "Time to Act on Dementia, Time to Act on Alzheimer's." This event aimed to raise awareness about dementia and Alzheimer's disease, highlight preventive strategies, and support caregivers. Led by Dr. Krishan K Sony, an Associate Professor and Clinical Psychologist specializing in Child & Adolescent Psychiatry from PGIMER Chandigarh, the session provided a platform for healthcare students, professionals, and the public to deepen their understanding of Alzheimer's and learn practical approaches to managing it. Dr. Sony's

presentation emphasized the importance of early detection in improving the quality of life for Alzheimer's patients. He explained that recognizing early signs, such as memory loss, confusion, and behavioral changes, allows for timely intervention, which can significantly slow the progression of the disease. Moreover, Dr. Sony highlighted preventive strategies, including regular physical activity, mental engagement, and a balanced diet. He encouraged attendees to adopt healthy lifestyle practices as a proactive approach to reducing the risk of dementia. In addition to medical insights, Dr. Sony addressed the challenges faced by caregivers, acknowledging their vital role in supporting individuals with Alzheimer's. He discussed the emotional and physical demands of caregiving, stressing the need for accessible support networks and resources for families affected by dementia. The event's objectives were not only to educate but also to provide guidance and foster a supportive community for those impacted by this condition. Participants appreciated Dr. Sony's depth of knowledge and the practical advice he shared. Many expressed that the session helped them better understand Alzheimer's and the ways they could contribute to its prevention and management. The event concluded with a renewed sense of urgency for early action and community support, aligning with the theme of "Time to Act."

	
Ms. Kanu Mahajan hosted the session on World Alzheimer's Day on 13th November 2024.	Dr. Krishan K Sony discussing dementia on 13th November 2024.

	
Dr. Krishan K Sony discussed the prevalence of various mental illnesses among the elderly on 13th November 2024.	Dr. Krishan K Sony explained differences between global and focal cognitive syndromes on 13th November 2024.

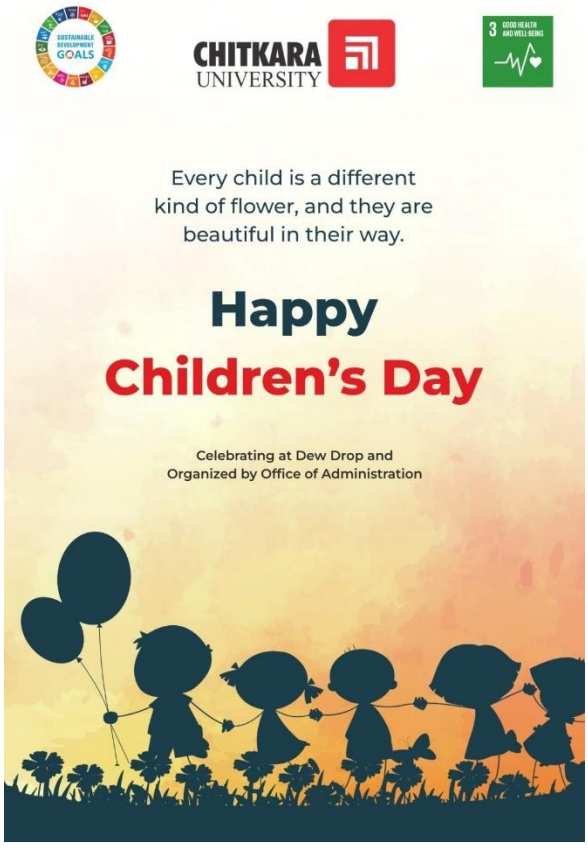
Outcomes

- ✓ Participants gained a deeper understanding of Alzheimer's disease and dementia, including the importance of early detection and intervention.
- ✓ Attendees learned about lifestyle changes, such as physical activity and mental engagement, that can help reduce the risk of developing dementia.
- ✓ The session provided valuable resources and support tips for caregivers, helping them feel more prepared and supported in their roles.
- ✓ The event brought together students, healthcare professionals, and the public, fostering a sense of community and shared responsibility in addressing Alzheimer's and supporting those affected.

Detail of the Event/Session	
Date of the Event/Session	14th November 2024
Name of the Event/Session	Children's day Celebration at Dew Drop (Creche).
Organized By	Office of Administration
Trainee Team/Count	20
SDG Covered	03

Children's day celebration

On 14th November 2024 the Office of Administration organized a Children's Day celebration event at Dew Drop (Creche). The event aimed to honor the spirit of childhood and create a day filled with fun, learning, and cultural engagement. The theme for this year's celebration was **"For every child, every right"** and it was attended by children, parents, teachers, and staff.



The Dew Drop Hall was beautifully decorated by the administration dept. with balloons, decorative garlands, artificial flowers, and other embellishments.

The celebration began with music, and the children showcased their talents through captivating dance performances, reflecting their abilities. They displayed their skills with innocent and charming smiles, adding to the event's delightful atmosphere.

The prize distribution ceremony was the highlight of the event. Prizes and chocolates were handed out to the children, adding to their excitement and joy.

Happy
Children's Day

Happy

Happy
Children's Day

CHITKARA UNIVERSITY
Every child is a different kind of flower, and they are beautiful in their way.
Happy
Children's Day
Celebrating at Dew Drop
Organized by Office of Administration
CHITKARA UNIVERSITY
CHITKARA UNIVERSITY

Event Name	NSS Activity
Topic	Health Camp on World Diabetes Day
Date	14th November, 2024
Venue	CHC, Kalomajra
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	10
No of Impacted Individuals	30
Under SDG no.	3, 4
SDG Details	Good health and wellbeing, Quality Education

Objective

- To provide a platform for Nursing students to engage in diabetes awareness and prevention.
- To create awareness about diabetes prevention and management, improve understanding of the condition, and support those living with diabetes to lead healthier lives.

Health Camp was organized on World Diabetes Day, observed on 14th November 2024 at CHC, Kalomajra. NSS Volunteers from the B.Sc. Nursing 5th Semester in the Department of Nursing, CSHS, Chitkara University, Punjab, actively participated in the camp, organized by Ms. Lakshita and Ms. Preetika, Nursing Tutors in the Department of Nursing, CSHS. Students performed health screenings including blood pressure (BP) monitoring, random blood sugar (RBS) testing, and Body Mass Index (BMI) assessments, providing valuable insights into diabetes management and empowering individuals to take proactive steps in their health journeys.

Outcomes

- The diabetes health camp raised community awareness about diabetes prevention and supported early detection through health screenings.
- It provided hands-on experience for B.Sc. Nursing 5th-semester students, enhancing their clinical skills and confidence.

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Health Camp on
WORLD DIABETES DAY
14th November, 2024
CHITKARA SCHOOL OF HEALTH SCIENCES
DEPARTMENT OF NURSING
HEALTH CAMP ON DIABETES MELLITUS
VISHNU CHC KALOMAJRA
DATE-14 NOVEMBER 2024
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ਮੁੱਢਲਾ ਸਿਹਤ ਕੇਂਦਰ, ਕਾਲੋਮਾਜਰਾ
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Event Name	World Diabetes Day
Topic	World Diabetes Day: Diabetes: Insights & Indulgence
Date	14th November, 2024
Venue	Fortis Hospital, Mohali
Organizers	Ms. Gagandeep Kaur (Assistant Professor), Ms. Divya Thakur (Assistant Professor)
No. of Participants	31
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

- To enhance awareness
- To promote health literacy
- To encourage healthy eating habits.

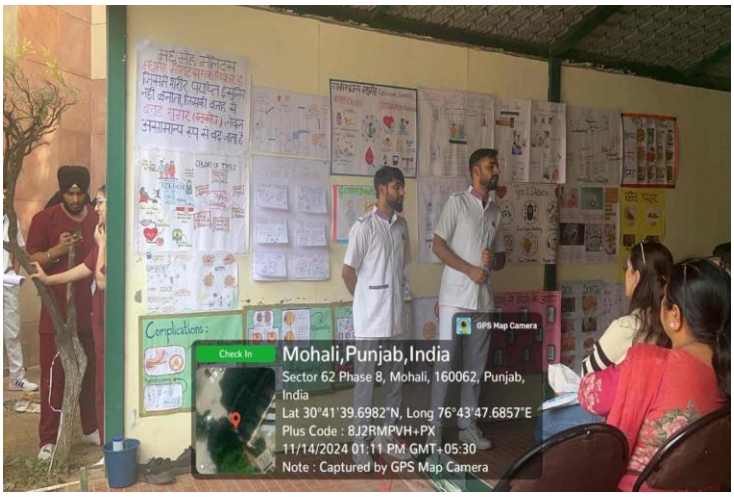
On the occasion of World Diabetes Day, an awareness event was organized on November 14th, 2024, by Ms. Gagandeep Kaur, Assistant Professor and Ms. Divya Thakur, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Students of **B.Sc. Nursing (3rd Semester)** and **M.Sc. Nursing** organized an impactful awareness event titled *"Diabetes: Insights & Indulgence (Health Literacy & Dietary Plan)"*. The event was conducted under the **Student Nurses' Association (SNA)** activities at **Fortis Hospital, Mohali**.

This initiative aimed to educate the general public about diabetes, emphasizing its prevention and management. Through interactive presentations and engaging activities, students provided in-depth knowledge on various aspects of diabetes, including its causes, types, clinical manifestations, and complications.

A significant highlight of the event was the focus on dietary management, where participants were introduced to healthy eating plans tailored to diabetic and pre-diabetic individuals. The students shared practical tips on meal planning, the importance of portion control, and the benefits of incorporating balanced diets into daily routines. The event was well-received by attendees, who appreciated the clarity and relevance of the information shared. By promoting health literacy and advocating for proactive lifestyle changes, this initiative underscored the vital role of nurses in community health promotion. The collective efforts of the B.Sc. and M.Sc. Nursing students reflected their commitment to making a positive impact on society through education and care.

Outcomes

- Participants gained a deeper understanding of diabetes, its risk factors, and preventive measures.
- Attendees learned to make healthier food choices and manage diabetes through practical meal planning.
- Community Engagement
- Many participants expressed intent to implement healthier lifestyle practices, including diet and exercise, to prevent or manage diabetes effectively.



Students of B. Sc. Nursing 3rd semester presenting about Diabetes and explaining the types and causes of Diabetes to the group

Group picture of students after the event

Event Name	CSR Activity
Topic	Awareness Talk on Post operative exercises
Date	18th November, 2024
Venue	Fortis Hospital, Mohali
Organizers	Ms. Anjali (Nursing Tutor), Ms. Alka Guleria (Nursing Tutor)
No. of Participants	57
No. of Impacted Individual	20
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

1. To create awareness regarding exercises after cardiac surgery
2. To create awareness regarding the exercises after breast surgery
3. To create awareness regarding the exercises after musculoskeletal surgery
4. To illustrate the benefits of doing these exercises.

Students of B.Sc. Nursing 3rd semester of Department of Nursing, CSHS, Chitkara University have conducted an awareness talk on "Post Operative Exercises" at Fortis Hospital, Mohali on 18th November 2024. The students demonstrated various exercises which can be done by the patients who have undergone breast surgery, lung surgery, cardiac surgery, musculoskeletal surgery etc. The students performed the exercises in front of the family members of patients and also highlighted the importance of doing each exercise. The focus was to improve the mobility of organs, enhance its functioning and prevent any kind of complications like rigidity or decreased compliance. The family members of the patients observed the exercises very attentively and also interacted with students to clarify their doubts regarding when to start doing the exercises and their duration. Overall, it was a good learning experience for all.

3rd semester students giving awareness talk on post operative exercises on 18th November 2024

Students educating the family members about the benefits of doing exercises on 18th November 2024

Students clarifying the myths of public regarding not doing the exercises post operatively on 18th November 2024

Outcomes

- Patients and family members became aware of various types of exercises that can be done post operatively.
- Myths regarding not doing the exercises were clarified.
- The public gained insight into the benefits of these exercises.

Title: Recharge Your Soul: Self Care Strategies for Startup Leaders		
1	**Type of Activity**	Level 1 Activity
2	**PROGRAM THEME (KEYWORDS)**	**Recharge Your Soul: Self Care Strategies for Startup Leaders**
3	**LINK (Pre Link)**	https://www.facebook.com/share/17kQMxKV1f/
	LINK (Post Link)	
4	**Program Type**	Knowledge Session
	Nomenclature	Expert Talk
	Duration of the activity	**120 Minutes**
5	**Description of the event not more than 100 words (Final Report)**	
	The transformative session equipped aspiring entrepreneurs with essential strategies to balance personal wellbeing while building successful ventures. Through practical frameworks and real-world insights, the guest speaker illuminated the journey from idea validation to business scaling, while emphasizing the critical aspect of self-care for startup leaders. The session was delivered by Muskan Chawla, a healthcare startup founder. Participants learned how to shift their mindset from jobseekers to job-creators, understanding that sustainable entrepreneurship requires both business acumen and personal resilience. The session provided actionable self-care techniques to help founders maintain their energy and focus while driving economic impact through their ventures.	
6	**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).**	
	The session delivered powerful insights into maintaining entrepreneurial wellness while building innovative startups. Students engaged deeply in discussions about balancing personal wellbeing with business growth, learning strategies to prevent burnout while solving real-world problems. The speaker shared practical self-care techniques integrated with startup leadership, sparking thought-provoking questions about sustainable success. Through interactive discussions, participants explored how effective self-care directly impacts leadership quality, team building, and innovation capabilities. The high-energy	

	session emphasized that entrepreneur's mental and physical wellbeing is as crucial as business strategies for long-term success.	
7	**Start and End date of the event:** 18/11/2024 to 18/11/2024	
8	**Mention minimum number of students (Event):** 53	
9	**Mention minimum number faculty (Event):** 1	
10	**Objective of the event in 3 words (90 Characters) only:** **Understanding the mental health challenges for entrepreneurs**	
11	**Benefit of the activity in 5 words (120 Characters) only:** Deep Understanding of anxiety, stress, strategies to improve mental well-being for entrepreneurs.	
12	**Video URL**	**https://drive.google.com/file/d/1OnqE9gKq4wtJjZ5jN8AHxooiHTBktAgz/view?usp=sharing**
13	**SDG Covered – SDG 3, SDG 8**	

Flyer Photograph (<2MB)

Photographs with Speaker/Students (<2MB)

Photographs with Speaker/Students (<2MB	Photographs with Speaker/Students (<2MB

Note	
Name of Department:	**CEED**
Name of Organiser with Mail ID & Contact Number:	Prashant Singh & 7060740487 prashant.s@chitkara.edu.in
Resource Person Details:	
Name:	**Muskan Chawla**
Designation:	**Founder**
Organization:	**Reliver**
Mail ID:	**N/A**
Contact No.	**N/A**

Event Name	Counselling Awareness Drive
Type of Event	Orientation
Date	19 November 2024
Mode	Offline
Venue	Rockefeller Block
Organized by	Mr. Sanjay Jangid
Department	Department of Design
No. of Participants	200
SDG No.	3 Good health and well being
Resource Person	Ms. Manpreet Kaur
Hours of event	1 hour

Description of the event

On 19 November 2024, Ms. Manpreet Kaur, Student Counsellor, conducted an interactive session on **" Counselling Awareness Drive "** for the students of Design. The session explores the psychological reasons behind procrastination and the stress caused by unresolved personal or interpersonal conflicts. It offers practical strategies for overcoming these challenges and emphasizes the role of counseling in managing stress, improving self-awareness, and developing healthier coping skills. Ultimately, the session encourages students to seek support, helping them improve their mental well-being, boost academic performance, and build stronger relationships.

Organized in collaboration with Mr. Sanjay Jangid, Department of Design, the event successfully engaged 200 students. This initiative supports Sustainable Development Goal (SDG) 3, which focuses on ensuring health and well-being.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	RULES OF SUCCESS AND HAPPINESS
Date	19th November 2024
Time	11:10 AM TO 1:00 PM
Venue	LH-02, Chitkara Law School
Number of Attendees	36
Resource Person	Mr. Manav Bansal

Chitkara Happiness Center, in collaboration with Chitkara Law School recently hosted an inspiring session on the **Rules of Happiness and Success**, which left students energized and motivated. This engaging and interactive session combined fun activities, games, and research-based insights to emphasize the critical role of happiness in achieving success. Creative use of videos effectively conveyed powerful messages about gratitude and positivity, while hands-on exercises and relatable examples made the session practical and impactful. Students participated enthusiastically, exploring actionable techniques for integrating joy into their lives and understanding how emotional well-being can drive academic and personal success. The session aimed to empower students by highlighting the connection between happiness and success, providing strategies to enhance academic performance through fulfillment, and encouraging gratitude as a daily practice. Participants gained valuable tools to cultivate positivity, unlocking their potential to lead meaningful and purposeful lives. The introduction of platforms like Skill verse and the Happiness Community further inspired students to continue their journey of growth and well-being. Students responded with enthusiasm, expressing interest in joining the Happiness Community and applying the gratitude techniques they had learned. Many participants reported feeling newfound confidence and a positive mindset, motivated to align happiness with their goals and aspirations. The session left a lasting impact by equipping attendees with practical methods to integrate happiness into academic and personal growth. By combining fun, learning, and inspiration, the session successfully demonstrated how joy and gratitude are essential drivers of success. It reinforced the importance of emotional well-being and provided students with tools to navigate their journey with a positive outlook. The event was a testament to the Law School's commitment to fostering holistic development and empowering students to lead fulfilling lives while achieving their aspirations.

Unlocking the rules of Happiness & Success
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Event Name	CSR Activity
Topic	Group Activity/ Role Play on "World COPD Day"
Date	20th November, 2024
Venue	Fortis Hospital, Mohali
Organizers	Ms. Parminder Kaur (Associate Professor), Ms. Divya Thakur (Assistant Professor)
No. of Participants	57
No. of Impacted Individual	25
Under SDG no.	03, 04, 17
SDG Details	03 Good health and wellbeing, 04 Quality education, 17 Partnership for the Goals

Objectives

- To create awareness among the general public about causes of COPD
- To illustrate the sign and symptoms of COPD
- To raise awareness regarding the prevention of COPD through role play.

As a part of global initiative, students of B.Sc. (N) 3rd semester of Department of Nursing, Chitkara University, Pb. in collaboration with Fortis Hospital, Mohali and Centre of Excellence for Sustainability, observed World COPD Day-2024 at Fortis Hospital, Mohali under the theme "Know your lung function". Students carried out various activities like role play, demonstrated post operative exercises and delivered health talks which were dedicated to raise awareness among general public that highlighted the importance of measuring lung function, encouraging healthy lifestyle choices and facilitating quality care for those living with COPD. Students took this opportunity to educate the public about the risk factors, causes, clinical manifestations and various approaches of managing and preventing COPD through various lifestyle modifications.

3rd semester students explaining the causes of COPD on 20th November 2024

Students educating the public regarding COPD through a role play on 20th November 2024

Students performing role play on prevention of COPD on 18th November 2024

Students explaining the sign and symptoms of COPD on 20th November 2024

Outcomes

- Created awareness regarding the causes and sign and symptoms of COPD
- Highlighted the importance of timely hospital visit after having such symptoms
- Public gained insight regarding the various measures in prevention of COPD.

Event Details	
Event Name	Awareness Talk
Topic Date Mode	National Newborn Week 21st November 2024 Offline
Venue	Pediatric Ward at GMSH Sector-16, Chandigarh
Organizer Name	Ms. Kanika Sharma, Assistant Professor and Ms. Indu Bala, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	03
Number of impacted individuals	30
SDG No	SDG 3: Good Health and Well-being, 4: Quality Education, 17: Partnership for goal

Objectives

- To raise public awareness about essential newborn care.
- To promote Kangaroo Mother Care (KMC).
- To educate the community on preventing unhygienic practices that could harm newborns.
- To equip parents, caregivers, and healthcare professionals with knowledge and skills to ensure the health and well-being of newborns.

Description

The Department of Nursing, Chitkara School of Health Sciences had organised Awareness Talk on National Newborn Week on 21st November 2024 at Government Multi-Specialty Hospital (GMSH), Sector 16, Chandigarh. It featured an informative awareness talk focused on:

Newborn Care: The students emphasized essential practices such as early initiation of breastfeeding, maintaining warmth, proper hygiene, and immunization schedules.

Kangaroo Mother Care (KMC): Detailed guidance was provided on the benefits of skin-to-skin contact and exclusive breastfeeding for low-birth-weight babies. Practical demonstrations were conducted to help participants understand the correct methods of implementing KMC.

Prevention of Unhygienic Practices: The talk highlighted common unhygienic practices, such as delayed umbilical cord care and improper handling of newborns and provided actionable tips to avoid them.

The students used posters and interactive sessions to engage the audience. Caregivers and families were encouraged to ask questions and share their experiences. Informational pamphlets on newborn care were also distributed by the end of the awareness talk.

Outcomes

1. The audience gained valuable insights into the importance of early and effective newborn care practices.
2. Caregivers expressed a willingness to adopt KMC and improved hygiene practices to ensure better health outcomes for their babies.
3. The event fostered a sense of community involvement and encouraged collaboration among healthcare providers, students, and families.
4. Participants appreciated the efforts of the nursing students and acknowledged the significance of such initiatives in promoting neonatal health.

Students demonstrate different aspects of newborn care to groups in Pediatric Ward at GMSH, Sector 16, Chandigarh on 21-11-2024.

Students educating the group in Pediatric Ward at GMSH, Sector 16, Chandigarh on 21-11-2024

Group Picture after awareness talk in Pediatric Ward at GMSH, Sector 16, Chandigarh on 21-11-2024

Event Details	
Event Name	Newborn's Week Celebration
Topic	College Making Competition
Date	22nd November 2024
Mode	Offline
Venue	Ground floor, Galileo Block
Organizer Name	Ms. Monika Kumari (Assistant professor), Ms. Indu Bala (Nursing Tutor) and Ms. Manreet Kaur (Nursing Tutor), CSHS, Chitkara University, Punjab.
No. of Participants	12
SDG No	3,4,5
SDG Details	SDG 3: Good Health and Well-being SDG 4: Quality education SDG 5: Gender Equality

Objectives

1. To display artistic or creative skills and express a message through visual design.
2. To encourage the students to gauge their knowledge and awareness of various trends and concepts.
3. To provide a platform for students to showcase their talent and explore new areas of interest.
4. To encourage students to learn from others and compete with their own skills and expertise.

On the occasion of Newborn's Week celebration Collage Making Competition was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on 22nd November 2024. The theme of Poster competition was "Safety, Quality and Nurturing care – birth right of every newborn". Students prepared appealing colleges showed

their creativity, artistic skills and participated with full zeal and enthusiasm. Posters were judged on the basis of presentation, creativity and originality by esteemed judges Ms. Kanu Mahajan (Assistant professor) and Ms. Jigyasha Sharma (Assistant professor). 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. Competition encourages individuals to create visual representations (collages) that highlight the vital aspects of newborn care, such as safe delivery practices, breastfeeding, immunizations, and immediate post-natal care.

Outcomes

- 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	Colloquium
Topic	Global HR Conclave- Reimagining Global HR in the BANI World
Date	2024-11-22 to 2024-11-22
Mode	Offline
Venue	Sun hall & Exploratorium
Organizer Name	MBA- HR Department
Resource Person	Javeed Ashraf Khan Director of Talent Acquisition and Global Mobility, Kunal Wadhwani Chief Human Resources Officer, Capt. (Dr) Pranav Prasoon Chief People Officer, Monica Divik Agarwal Head of People & Talent , Sunita Bhuyan
No. of Participants	74
SDG No	3, 4, 8, 9, 11, 13, 16, & 17

Objective

- ✓ To Explore the characteristics of a Brittle, Anxious, Nonlinear, and Incomprehensible (BANI) world and its implications for global business and HR practices.
- ✓ Identify innovative approaches to workforce management, recruitment, and retention that align with the dynamics of the BANI environment.
- ✓ Adapt HR strategies to address unpredictability, complexity, and rapid change in global markets.
- ✓ Discuss the importance of building a resilient and agile workforce to navigate disruptions effectively.
- ✓ Explore holistic approaches to mental health, work-life balance, and emotional resilience.
- ✓ Encourage cross-industry collaboration to co-create innovative HR practices.

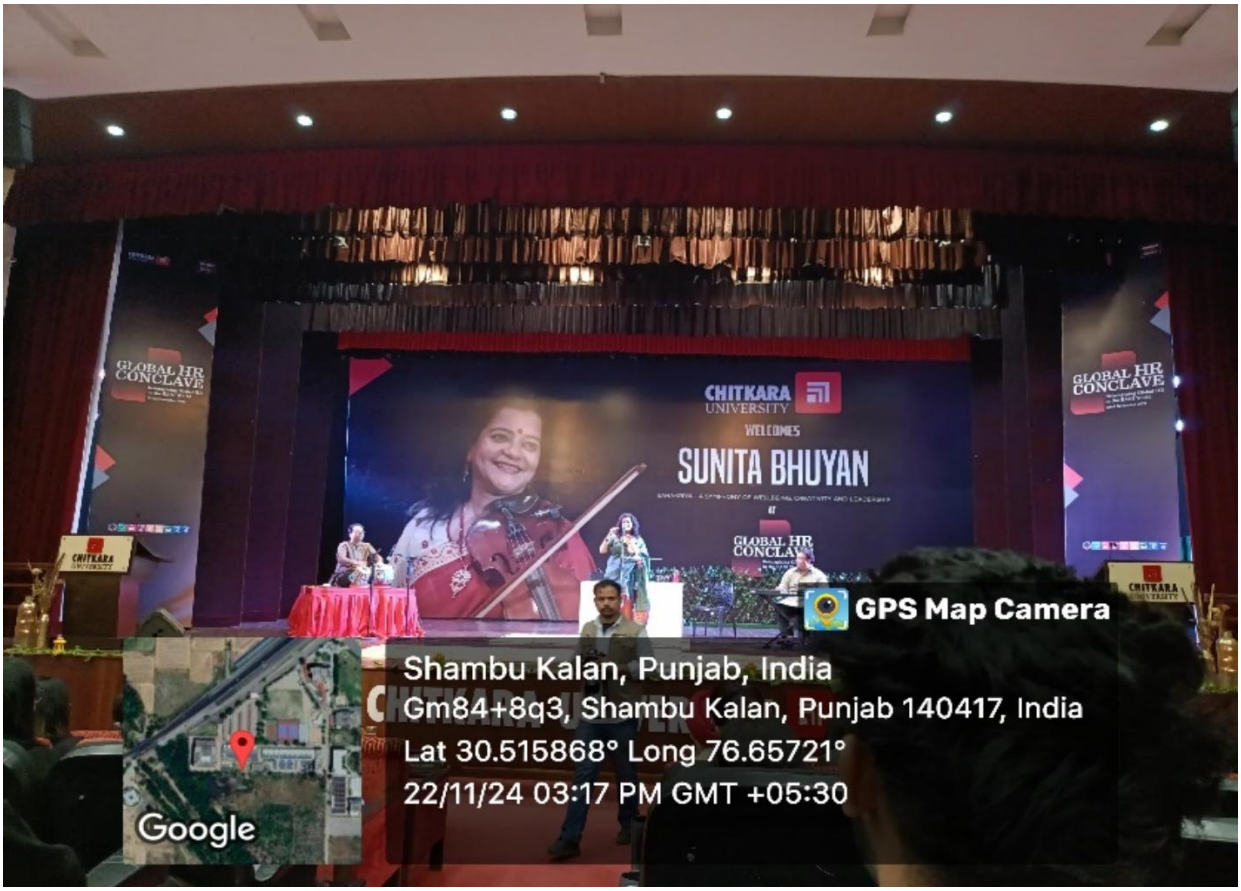
Description

The HR Conclave 2024 focuses on navigating the challenges of a BANI world—one that is Brittle, Anxious, Nonlinear, and Incomprehensible. Through insightful discussions, interactive sessions, and expert panels, the conclave will explore how organizations can foster resilience, embrace technological advancements, enhance employee well-being, and build inclusive, future-ready workforces. The topics highlighted by the speakers were as follows: Javeed Khan (Director of Talent Acquisition and Global Mobility, KPMG Middle East) spoke on the topic of "Preparing for the road ahead in the BANI World". Kunal Wadhwani- (Chief Human Resources Officer Choithrams (Dubai UAE) highlighted the need of "Leading with the mindset in the BANI World". (Capt.) Dr. Pranav Prasoon- (Chief

People Officer, TRUKKER (Dubai) addressed to the topic of "BANI World and New Age Companies, new workplaces, new future". Monica Divik Agarwal- (Head of People & Talent - Money Hero Group, Singapore) shared insights on "Reimagining Employee Experience in the BANI World". The session was made more enriching by Ms. Sunita Bhuyan who conducted a session on Sahakriya - Wellbeing, Creativity and Leadership through MUSIC for all the participants and delegates.

Outcomes

- ✓ Enhanced Understanding of the BANI Framework.
- ✓ Focus on Employee Well-being.
- ✓ The conclave provided a platform for peer learning and collaboration, fostering new partnerships and exchanges of innovative ideas among HR professionals globally.
- ✓ Attendees explored future-oriented topics, including hybrid work models, upskilling, and the evolving gig economy, enabling them to stay ahead in talent management



LEADERSHIP WITH
MINDSET IN A
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CHITKARA
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Event Name	CSR
Topic	Nukkad Natak on International Day for the Elimination of Violence Against Women
Date	25th November, 2024
Venue	CHC, Kalomajra
Organizers	Ms. Manu Kohli, Dr. Sawroop Dhillon, Ms. Alisha Roy
No. of Participants	15
No. of Impacted Individual	-
Under SDG no.	03, 05, 10, 16
SDG Details	03-Good health and wellbeing, 05- Gender Equality. 10- reduce inequalities among countries, 16-Peace, justice and strong institutions

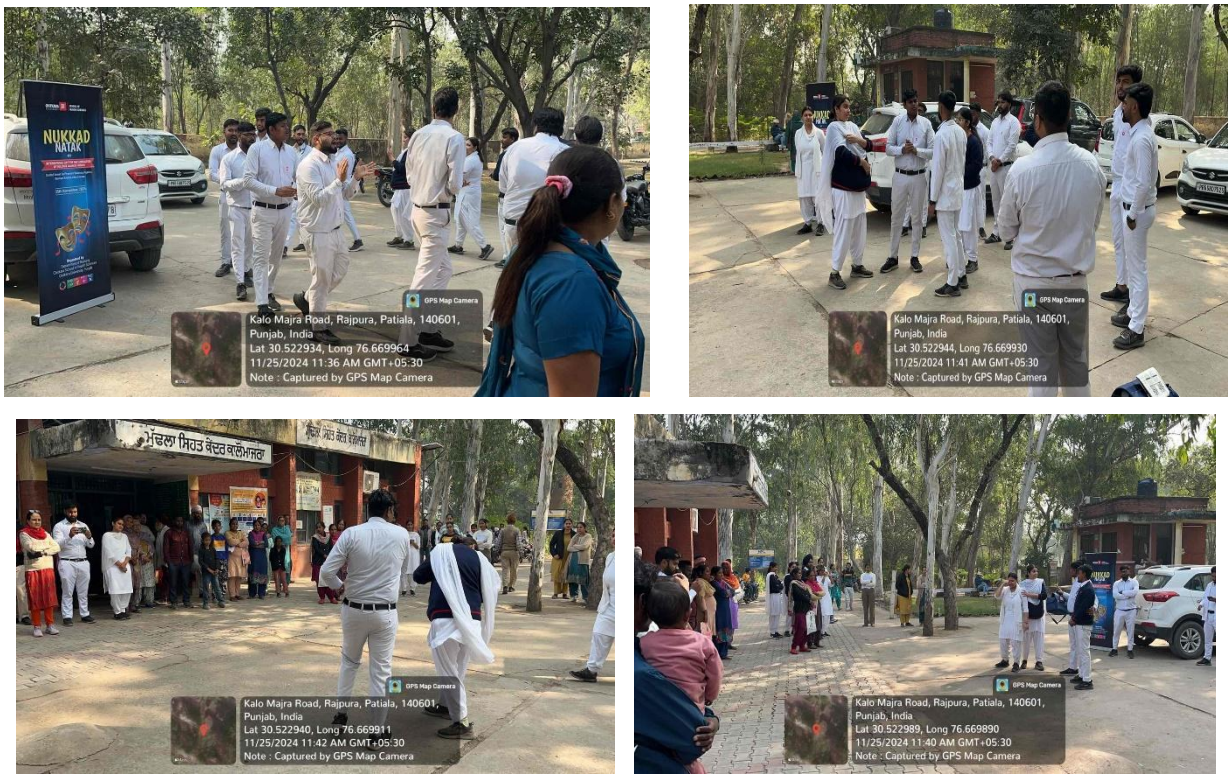
Objectives

- Educate the community about the different forms of violence that women and girls face in both domestic and public spaces.
- To emphasize the importance of gender equality in society and challenge existing norms that perpetuate violence and discrimination against women and girls
- Inspire the community to come together and actively work towards preventing violence against women and girls.

The B.Sc. (N) 5th semester students of the Department of Nursing at Chitkara University, Punjab, participated in a Nukkad Natak (street play) on the International Day for the Elimination of Violence Against Women. This initiative, held in the village of Kalo Majra, Rajpura, aimed to raise awareness about the domestic and public violence faced by women and girls in society. Under the theme *"Unite! Invest to Prevent Violence Against Women & Girls #No Excuse,"* the students highlighted the importance of unity and collective action in preventing such violence.

Through their performance, the students educated the public on various methods to stop violence and emphasized the importance of gender equality and social justice. This street play directly supported several Sustainable Development Goals (SDGs), namely: SDG 3: Good Health and Well-being – promoting a healthy and safe environment for women and

girls, SDG 5: Gender Equality – advocating for the elimination of violence and discrimination against women and girls, SDG 10: Reduced Inequalities – striving for equal opportunities and reducing inequalities in society, SDG 16: Peace, Justice, and Strong Institutions – fostering peaceful societies with justice and effective institutions. This event was an impactful way of engaging the community in the fight against violence and promoting positive change for women and girls.



Students performing Nukkad Natak on elimination of violence among women on 25th November 2024

Outcomes

1. The nukkad natak successfully raised awareness among the public regarding the prevalence of domestic and public violence against women and educated them about ways to combat these issues.
2. It helped shift perspectives on gender roles and violence, promoting the message that gender equality is essential to societal progress.
3. It served as a catalyst for community dialogue on gender-based violence, urging the audience to reflect on their role in ending violence and fostering an environment of respect and equality.

Event Name	Pre-conference Webinar on Manufacturing Wonders of Biomaterials
Date	25th November 2024
Venue	GMeet
Department	Centre for Research Impact and Outcome
Resource Person	Prof. Balasubramanian Kandasubramanian, Senior Professor, Dean (Academics), and Head of Department (Metallurgical & Materials Engineering), Defence Institute of Advanced Technology (DU), Pune, Ministry of Defence, India
Number of Participants	80
SDGs Covered	SDG 3, 9
Duration	2:00 Hrs.

About the Activity

The pre-conference webinar will delve into the fascinating realm of biomaterials, which are unique substances derived from natural sources and utilized across various industries. Researchers and developers are diligently working to advance technologies that enable the efficient and sustainable production of these materials. This webinar aims to unite experts who will share their insights and innovations, with the goal of motivating companies and academic institutions to invest in the development of these environmentally friendly solutions.

Since their inception over a century ago, the field of biomaterials—initiated by physicians, embraced by engineers, and solidified by the molecular biology revolution—has experienced significant growth, leading to innovative concepts and diverse applications. Biomaterials include a wide array of substances, such as polymers, metals, ceramics, and their composites, sourced from both synthetic and natural origins, including plants and animals.

The present work will cover all aspects of the biomaterials field through comprehensive lens, addressing the synthesis, processing, and testing of biomaterials in biomedical applications, additive manufacturing, and environmental engineering.

In the biomedical sector, biomaterials are widely employed in medical devices, implants, biosensors, tissue engineering scaffolds, antibacterial materials, and drug delivery systems. Notable innovations from our team include the Pavitrapati face mask and Aushada Tara PPE suits, developed to mitigate the spread of COVID-19. Additionally, we have introduced groundbreaking products such as the Healthy Air-Room Freshener and Brahma Graha: A Divine Essence of Dermal Health. Recently, the use of advanced additive manufacturing techniques—such as direct ink writing, inkjet printing, and bio-printing—for processing biomaterials has garnered considerable interest in a variety of biomedical applications.

Beyond the previously mentioned uses, these materials are widely employed in environmental engineering due to their affordability, effectiveness, and suitability for bio separation processes. In this regard, our team has conducted comprehensive research and development on a range of biomaterials, including 2D MXenes, graphene oxide, electrospun polymer composite nano fibers, silk fibroin, and biochar, aimed at efficiently removing emerging contaminants such as heavy metal ions and dyes, as well as addressing oil spills in wastewater.

Webinar Objectives

- Elements of the biomaterial's domain.
- Processing of biomaterials.
- Additive manufacturing techniques.
- Nanofillers Addition.
- Characterization of Biomaterial.

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	EXPERT TALK ON PATIENT-CENTRIC TRANSLATIONAL DRUG DELIVERY- INNOVATIVE SOLUTIONS TO UNMET CLINICAL NEEDS
DATE	2024-11-26 to 2024-11-26
MODE	OFFLINE
VENUE	PICASSO BUILDING (PULITZER HALL,)
ORGANIZER NAME	DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. SANJAY GARG, DIRECTOR OF THE CENTRE FOR PHARMACEUTICAL INNOVATION
NO. OF PARTICIPANTS	90
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

Explore patient-centric approaches in translational drug delivery to address clinical challenges.
Highlight innovative drug delivery systems tailored to unmet clinical needs.
Discuss the integration of patient feedback in designing effective delivery solutions.
Analyze advancements in technology for improving drug delivery efficiency and compliance.
Foster collaboration between researchers and clinicians to accelerate patient-focused innovations.

DESCRIPTION

The expert talk on **"Patient-Centric Translational Drug Delivery: Innovative Solutions to Unmet Clinical Needs"** aims to shed light on the transformative potential of patient-centred approaches in drug delivery systems. This session will focus on addressing the growing demand for innovative solutions that cater to specific clinical challenges while prioritizing the needs and preferences of patients. Translational drug delivery serves as a bridge between groundbreaking research and practical applications in clinical settings. The talk will emphasize the significance of designing delivery systems that enhance patient

compliance, minimize side effects, and improve therapeutic outcomes. By incorporating patient feedback and real-world insights into the development process, researchers and clinicians can create solutions that are both effective and user-friendly. The session will also explore advancements in drug delivery technologies, such as nanotechnology, targeted delivery systems, and smart devices, which have revolutionized the way medications are administered. These innovations aim to overcome barriers like poor bioavailability, non-compliance, and complex administration protocols, ultimately leading to better patient outcomes. Additionally, the talk will highlight the importance of interdisciplinary collaboration among scientists, healthcare providers, and industry stakeholders to accelerate the development and adoption of these novel approaches. It will also address challenges, such as regulatory hurdles and cost implications, offering insights into strategies for successful implementation. This expert discussion aspires to inspire participants to embrace patient-centric innovation, fostering a future where drug delivery solutions are not only advanced but also aligned with the real-world needs of patients.

OUTCOMES

- Deeper understanding of patient-centric approaches in translational drug delivery.
- Insights into innovative technologies addressing unmet clinical needs.
- Strategies for integrating patient feedback into drug delivery design.
- Awareness of interdisciplinary collaboration opportunities for advancing drug delivery systems.
- Practical knowledge of overcoming challenges in implementing novel drug delivery solutions.

Event Name	Expert Talk
Theme	Patient-Centric Translational Drug Delivery- Innovative Solutions to Unmet Clinical Needs
Date	26.11.2024
Mode	Offline
Venue	Pulitzer Hall, Picasso Block
Organizer	Office of International affairs & Chitkara College of Pharmacy
Resource Person	Prof. (Dr.) Sanjay Garg, Director of the Centre for Pharmaceutical Innovation, University of South Australia
SDG No.	SDG 3: Good Health and Well-being SDG 4: Quality Education SDG 17: Partnership for the Goals

Chitkara College of Pharmacy in association with the Office of International Affairs organized an expert talk on "Patient-Centric Translational Drug Delivery: Innovative Solutions to Unmet Clinical Needs" on 26th November 2024 at Pulitzer Hall, Picasso Block.

Dr. Sanjay Garg, Director of the Centre for Pharmaceutical Innovation at the University of South Australia, was the guest speaker. Renowned for his extensive contributions to pharmaceutical sciences, Dr. Garg has over 100 patents, 270 publications, and collaborations worldwide. His work has driven advancements in areas such as anticancer treatments, novel antimicrobial solutions, and non-hormonal contraceptives. Among his notable achievements is the FDA-approved product, Phexxi, a revolutionary non-hormonal contraceptive exemplifying patient-centered healthcare innovation.

The event commenced with a warm welcome extended to Dr. Garg by Ms. Hazel Siromoni, Pro Vice- Chancellor, Office of International Affairs. During a discussion with the Office of International Affairs, Dr. Garg shared updates about the merger of three universities—University of South Australia, Flinders University, and the University of Adelaide, signaling new opportunities for collaborative growth.

Two actionable points emerged from the discussion:

Dr. Garg will take the initiative to apply to bring students to Chitkara campuses under the New Colombo Plan. An annual calendar will be developed to plan joint webinars for students on curriculum-relevant topics and faculty development programs (FDPs). In his expert talk, Dr. Garg presented a comprehensive lecture focusing on innovative drug delivery systems aimed at addressing global health inequities and unmet clinical needs. He showcased four impactful case studies highlighting breakthrough research that enhanced therapeutic outcomes for patients.

His insights inspired the audience, particularly aspiring pharmacists and researchers, to explore patient-centric approaches in their work.

The event concluded with a heartfelt note of gratitude to Dr. Garg for his enriching session and dedication to advancing healthcare. The expert talks reaffirmed Chitkara University's commitment to fostering excellence in education and research while aligning global goals for good health, quality education, and impactful partnerships.

EMINENT SPEAKER

Event Name	CSR Activity
Topic	School Health Programme on physical activity and exercise
Date	26th November, 2024
Venue	Government Elementary School, Kalomajra
Organizers	Mr. Gaurav Kohli (Professor), Ms. Annu Singhal (Assistant Professor), Ms. Sonali (Nursing Tutor), Ms. Preetika (Nursing Tutor), Ms. Manreet (Nursing Tutor)
No. of Participants	58
No. of Impacted Individual	36
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

- Encourage Healthy Habits
- To Improve Physical Fitness.
- To Prevent Lifestyle Diseases.
- To Enhance Mental Health.

Students of B.Sc. Nursing 5th Semester, Department of nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has organized a School Health Programme "physical activity and exercise" in Government Elementary School, Kalomajra, Punjab. They organized a series of activities focusing on physical fitness and exercise to promote the importance of an active lifestyle among students. The event, held on 26th November, aimed to instill lifelong healthy habits and emphasize the role of regular physical activity in overall well-being. Students participated in stretching exercises, aerobics, and basic yoga to start the day on a refreshing note. Height and weight were checked for school students. Health education was given using puppet show to empower the school students. The event was

closed by offering refreshment to the school students. School teachers and students appreciated the programme.

Students assessing personal hygiene of the Students in Government Elementary Smart School, Kalomajra, Punjab on 26/11/2024

Students performing puppet show regarding physical fitness and exercise in school health programme on 26th November 2024

Group photo of School teachers, School Students, Supervisors and Students of B. Sc Nursing 5th Semester

Students participating in stretching exercises in school health programme on 26th November 2024

Outcomes

- Students gained a better understanding of the importance of regular exercise for maintaining physical and mental health.
- Awareness about the link between fitness, academic performance, and overall well-being was significantly enhanced.
- Many students expressed a commitment to incorporating daily exercise into their routines.

Event Name	Workshop
Topic	Two-Day Workshop on CONSERVING BUILT HERITAGE: ROLE OF CULTURAL VALUES AND SIGNIFICANCE
Date	26-27 Nov 2024
Venue	Capitol Complex, CSPA, Chitkara University, Punjab
Organizer	Chikara School of Planning and Architecture, Chitkara University
Resource Persons	Dr. Parul Munjal- Director, INTACH Heritage Academy Ms. Annabel Lopez-Independent Architecture Conservation Professional, Dr. Harveen Bhandari- Principal, Chitkara School of Planning and Architecture, Dr. Kanika Bansal- Dean (Academic Affairs), Chitkara School of Planning and Architecture
No. of Participants	17
SDG No.	SDG- 3,4,11,17

The workshop "Conserving Built Heritage: Role of Cultural Values and Significance" provided participants with a rich understanding of heritage conservation processes, emphasizing the importance of cultural values and significance in preserving built heritage. Expert-led sessions explored Chandigarh's history, architecture, and global relevance, including comparative analyses and frameworks for assessing Outstanding Universal Value (OUV). A site visit to the Capitol Complex, a UNESCO World Heritage Site, offered practical insights into conservation challenges and management strategies. The program successfully equipped participants to identify, assess, and conserve heritage, fostering a deeper appreciation for preserving built heritage as a vital cultural legacy. CSPA organized a two-day Workshop on 'Conserving Built Heritage: Role of Cultural Values and Significance on 26-27 November 2024 for faculty and staff. The workshop received an overwhelming response, and 35 registrations were received from various departments of Chitkara University and colleges from outside the state. The workshop comprised five lectures' sessions and two working sessions on

- Heritage and Values
- History and Planning of Chandigarh
- Comparing the Imageability of Chandigarh and Brasilia
-Assessing Significance and OUVs- Local to World Heritage
- Conservation Management Plan process

This initiative aligns with several Sustainable Development Goals (SDGs), notably **SDG 11: Sustainable Cities and Communities**, which focuses on protecting cultural and natural heritage. The program also supports **SDG 4: Quality Education** by enhancing knowledge in the field of heritage conservation through expert-led sessions and practical site visits, such as to the Capitol Complex, a UNESCO World Heritage Site. Additionally, it contributes to **SDG 3: Good Health and Well-being** by fostering social cohesion and community identity through cultural appreciation. The workshop encourages collaboration among participants from various departments and institutions, reflecting **SDG 17: Partnerships for the Goals**, as it promotes shared learning and resource mobilization for sustainable heritage practices. Overall, the event successfully equipped attendees to identify and conserve heritage, reinforcing the significance of built heritage as a vital cultural legacy.

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Event Name	CSR Activity
Topic	Awareness Talk on Postnatal Care and Counselling
Date	27th November, 2024
Venue	Gynae-OPD, GMSH-16, Chandigarh
Organizers	Ms. Timsy (Associate Professor), Ms. Lakshita (Nursing Tutor), Ms. Kritika Joshi (Nursing Tutor), Ms. Priyanka Thakur (Nursing Tutor)
No. of Participants	21
No. of Impacted Individual	40
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

- Understanding the importance of postnatal care for the health and well-being of both mother and newborn.
- Informing about the timing and components of postnatal visits (usually within 24 hours, 3-7 days, and 6 weeks after birth).
- Providing knowledge on the physical, emotional, and mental changes a mother may experience postpartum.
- Educating common postpartum complications, such as infections, hemorrhage, and high blood pressure.
- Highlighting the importance of breastfeeding and its role in both maternal and infant health.
- Teaching nutrition and self-care for the mother to support her recovery.

B.Sc. Nursing 7th Semester gave Awareness talk on postnatal care and counselling at Gynae-OPD GMSH-16 on 27th November 2024. Students emphasize the importance of Postnatal care, diet, care of new-born, Postnatal exercises, postnatal diet, exercises, postnatal depression weaning and danger signs of new-born. This is a critical area of maternal and child health, and it's essential for new mothers to receive the information and support they need during the significant period.

7th semester students giving awareness talk on postnatal care 27th November 2024

Group Photograph of Awareness Talk on "Postnatal Care and Counselling" to postnatal mother's on 27th November 2024

Outcomes

- Lower rates of maternal and infant morbidity as mothers are more proactive in seeking care and adopting recommended health practices.
- Decreased infant mortality rates due to better care practices, vaccination adherence, and early detection of health concerns.
- Increased community awareness of the importance of postnatal care, creating a supportive environment for mothers and families.
- Improved public health outcomes as more women participate in postnatal care programs and counseling sessions.

Event Details	
Event Type	Social Event
Topic	Christmas Fruit Mixing Ceremony
Date	2024-11-28 to 2024-11-28
Mode	Offline
Venue	Bakery Kitchen Culinary Arts, First Floor
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Chef Bonus Sahoo Asst. Professor
No. of Participants	65
SDG No	SDG 3: Good Health and Well-being, SDG 12: Responsible Consumption and Production

Objective

- Celebrate tradition by reviving and honoring the age-old Christmas ritual of fruit mixing.
- Encourage teamwork and foster collaboration among students.
- Enhance culinary skills through hands-on experience in ingredient preparation and mixing.
- Promote sustainability by using locally sourced ingredients aligned with SDG 12.
- Build festive spirits and create a joyful environment to celebrate the season.

Description

The Chitkara College of Hospitality Management (CCHM) successfully organized the Christmas Fruit Mixing Ceremony on 28th November 2024 at the Bakery Kitchen, Escoffier Block, Chitkara University. The event was graced by the Chief Guest, Dr. Madhu Chitkara, Pro-Chancellor of Chitkara University, Punjab & Himachal Pradesh, who inspired and motivated the students with her presence. The ceremony began at 11:00 AM and witnessed enthusiastic participation from students and faculty members. The event was rooted in the traditional Christmas ritual of fruit mixing, symbolizing prosperity, happiness, and harmony. A variety of dried fruits, nuts, and spices were mixed with spirits and syrups, filling the room with festive aromas. The

students actively took part in the meticulous preparation and mixing process, showcasing teamwork and culinary precision. The ceremony also emphasized the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-Being) and SDG 12 (Responsible Consumption and Production). Locally sourced ingredients were utilized to reinforce sustainability and reduce environmental impact. This interactive and engaging event highlighted the importance of tradition in the culinary arts while fostering a sense of community. The ceremony concluded with a vote of thanks, expressing gratitude to the Chief Guest, faculty, and students for their contributions. The Christmas Fruit Mixing Ceremony successfully blended cultural heritage with sustainability, enhancing the students' practical skills, creativity, and understanding of responsible practices.

Outcomes

- Students gained a deeper understanding and appreciation of the traditional Christmas fruit mixing ritual.
- Teamwork and collaboration among participants were strengthened through collective efforts.
- Practical culinary skills, including ingredient handling and preparation, were enhanced.
- Awareness of sustainable practices and responsible consumption, aligned with SDG 12, was reinforced.
- The event fostered creativity and a festive spirit, contributing to students' personal and professional growth.

Seasons greetings Mr. Mark Smith

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Event Name	Slogan Writing Competition
Topic	World AIDS Day
Date	29th November, 2024
Time	2:30 PM to 4:00 PM
Venue	CHN Lab GB 306, Galileo Block
Organizers	Mr. Gaurav Kohli (Associate Professor), Ms. Annu Singhal (Assistant Professor), Department of Nursing, Chitkara University, Punjab.
No. of Participants	12
SDG No.	SDG 3 (Good Health and Wellbeing) and 4 (Quality Education)

Objectives

1. To create awareness about AIDS.
2. To bring out the talent and creativity of students.

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab have organised a Slogan Writing Competition on the occasion of **"World AIDS Day"**. The theme of the event was **"Collective Action: Sustain and Accelerate HIV Progress".** The motive of the event was to create awareness about AIDS and bring out the talent and creativity of students. The event covered goal number 3 (Good Health and Wellbeing) and 4 (Quality Education) of United Nations Sustainable Developmental Goals. The Slogan Writing Competition, a showcase of artistic prowess, saw Sumedha, a student from B.Sc. Nursing 5th Semester secured the first position, followed by Anshu and Nikita respectively claiming the second and third positions. Ms. Jigyasha (Assistant Professor) and Ms. Sonali (Nursing Tutor) were designated as the judges of the event. A lot of enthusiasm was seen in the students and the event was conducted successfully with wholehearted participation

Students of B.Sc. Nursing 5th Semester are participating in Slogan Writing competition on World AIDS Day on 29/11/2024

Outcomes

- Competition was an amazing experience and a great way to develop imagination and sparkle creativity.

Event Name	NSS Activity
Topic	Rally on World AIDS Day
Date	30th November, 2024
Venue	Kalomajra
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	48
No of Impacted Individuals	-
Under SDG no.	3, 4, 5
SDG Details	Good health and wellbeing, Quality Education, Gender Equality

Objective

On 30th November 2024, the NSS Volunteers of the B.Sc. Nursing 5th Semester from the Department of Nursing, CSHS, Chitkara University, Punjab, organized a rally at Kalomajra to mark World AIDS Day.

The rally aimed to raise awareness about HIV/AIDS, focusing on prevention, early diagnosis, and available treatments. It educated the residents about safe practices, such as the use of condoms and the importance of regular testing. A key goal was to dispel myths and misconceptions surrounding HIV, reducing stigma and discrimination against individuals living with the condition. The event emphasized building a compassionate and informed community while inspiring youth participation and promoting health-seeking behaviour within the village.

Banners, slogans, and educational pamphlets were used to effectively communicate key messages. The rally successfully engaged the community and reinforced the importance of solidarity in the fight against HIV/AIDS.

Outcomes

The rally is expected to increase awareness about HIV/AIDS among the residents of Kalomajra, improving their understanding of prevention, testing, and treatment. It will encourage safer health practices, such as regular HIV testing and the use of condoms, fostering behavioural change. The initiative aims to reduce stigma and discrimination towards people living with HIV/AIDS, promoting inclusivity and empathy. It will empower individuals, especially youth, with accurate information to make informed health decisions.

RALLY ON WORLD AIDS DAY
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Event Details	
Event Type	
Topic	World Aids Day
Date	2024-12-02 to 2024-12-02
Mode	Offline
Organizer Name	Chitkara School of Psychology and Counselling
Resource Person	Dr Anita Sharma Director, Lab Medicine
No. of Participants	154
SDG No	SDG 3: Good Health and Well-being, SDG 17: Partnership for the Goals

Objective

1. Educating people about HIV/AIDS to reduce stigma and discrimination.
2. Spreading knowledge about prevention, testing, and treatment options.
3. Honoring those who have lost their lives to AIDS-related illnesses.
4. Acknowledging the challenges faced by people living with HIV.
5. Promoting Action and Solidarity.

Description

Chitkara School of Psychology and Counselling in collaboration with Department of Education and National Service scheme organized a seminar on World Aids Day "Take the rights path, My health My right!" for Alpha Master Counsellors and faculty. This seminar aimed to shed light on HIV and AIDS and empower those affected by these conditions to live vibrant and fulfilling lives. Dr. Anita Sharma, director Lab Medicine, Fortis hospital, Mohali addressed the students about HIV and AIDS and explained the difference which further helped them gain a better perspective. Alpha counsellors were also educated about signs and symptoms of AIDS and global disparities in healthcare access and HIV treatment were also highlighted. The seminar was an opportunity for the students to focus on breaking down barriers that hinder access to HIV prevention, treatment, and care and witness the impact of inclusivity and promote education on Aids.

Outcomes

1. Prevention empowers and protects
2. Empowering individuals with access to HIV prevention tools
3. Equal access to prevention is key to stopping new infections.
4. Advance towards an AIDS-free future

Transmission of HIV Virus : High risk behaviour, Occupational risk in HCW
HIV CAN BE TRANSMITTED THROUGH...
Sexual Contact
Pregnancy, Childbirth & Breast Feeding
Injection Drug Use
Occupational Exposure
Blood Transfusion/Organ Transplant
Blood & Blood contaminated fluids
Genital secretions –Semen/ preseminal , Vaginal secretions,
Rectal fluid
Breast milk
Fortis
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Event Name	CSR Activity
Topic	Awareness Talk and Role Play On "Essential Antenatal Advice and Care"
Date	4th December, 2024
Venue	Gynae-OPD, GMSH-16, Chandigarh
Organizers	Ms. Timsy (Associate Professor), Ms. Lakshita (Nursing Tutor), Ms. Kritika Joshi (Nursing Tutor), Ms. Priyanka Thakur (Nursing Tutor)
No. of Participants	22
No. of Impacted Individual	40
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

- Understanding the importance of postnatal care for the health and well-being of both mother and new-born.

- Informing about the timing and components of postnatal visits (usually within 24 hours, 3-7 days, and 6 weeks after birth).
- Providing knowledge on the physical, emotional, and mental changes a mother may experience postpartum.
- Educating on common postpartum complications, such as infections, haemorrhage, and high blood pressure.
- Highlighting the importance of breastfeeding and its role in both maternal and infant health.
- Teaching about nutrition and self-care for the mother to support her recovery.

B.Sc. Nursing 7th Semester gave Awareness talk on postnatal care and counselling at Gynae-OPD GMSH-16 on 27th November 2024. Students emphasize the importance of Postnatal care, diet, care of new-born, Postnatal exercises, postnatal diet, exercises, postnatal depression weaning and danger signs of new-born. This is a critical area of maternal and child health, and it's essential for new mothers to receive the information and support they need during the significant period.

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Chandigarh, चंडीगढ़, India
Ortho Opd, Government Multi Specialty Hospital, Sector 16 A, Sector 16, Chandigarh, चंडीगढ़ 160015, India
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GPS Map Camera
Chandigarh, चंडीगढ़, India
Ortho Opd, Government Multi Specialty Hospital, Sector 16 A, Sector 16, Chandigarh, चंडीगढ़ 160015, India
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Outcomes

- Mothers will gain knowledge about what antenatal care is and why it is important.
- They will learn about healthy eating, exercise, and lifestyle habits that support pregnancy.
- Mothers will be educated about warning signs and symptoms that require immediate medical attention, such as excessive bleeding, headaches, or swelling.
- They will understand the importance of regular check-ups, screenings, and tests during pregnancy.
- Mothers will be informed about safe exercises that can aid in a smooth pregnancy and reduce the risks of complications like preeclampsia or back pain.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	TALENT SHOW
Date	5 December 2024
Time	2:30 pm to 4:30 pm
Venue	Pierre Hall, Le-Corbusier Block
Number of Attendees	30

As part of the Self-Confidence Week celebrations, Chitkara Happiness Centre hosted a spectacular Talent Show under its flagship project, Happiness Champions. The event provided a dynamic platform for students to showcase their unique abilities in a variety of art forms, including singing, shayari, poetry, dancing, and more. The Talent Show was a vibrant and colorful affair, marked by enthusiastic participation and an electrifying atmosphere. Students took the stage with confidence and pride, celebrating their creative expressions and diverse talents. The event not only highlighted their exceptional abilities but also encouraged participants to step out of their comfort zones, fostering a deeper sense of self-belief. Each performance was met with applause and appreciation, reflecting the support and encouragement from peers and mentors alike. The impact of the event went beyond entertainment, as it embodied the essence of the week dedicated to self-confidence and self-expression. Students embraced the opportunity to shine and communicate their individuality, creating a sense of empowerment and accomplishment. The Talent Show also served as a reminder of the importance of creativity and self-expression in building resilience and confidence among young individuals. As the event drew to a close, the energy and excitement in the air were undeniable, leaving a lasting impression on both participants and the audience. The Talent Show was a testament to Chitkara Happiness Centre's dedication to fostering personal growth and happiness among students. Through initiatives like this, the Centre continues to create meaningful opportunities for students to discover their potential, build self-confidence, and celebrate the joy of self-expression, making it a memorable experience for everyone involved.

Event Name	Health Check-up camp and Expert Talk On Common Gynecological Disorders and Breast Cancer Awareness
Date	6th December 2024
Venue	Einstein Hall Galileo Block, Ground floor
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Gursimran Kaur, Senior Consultant Obs. Gynae, Fortis Hospital, Ludhiana
Number of Participants	60
SDG Number	3,4,17
Duration	1 hour talk and 1 hour health check-up

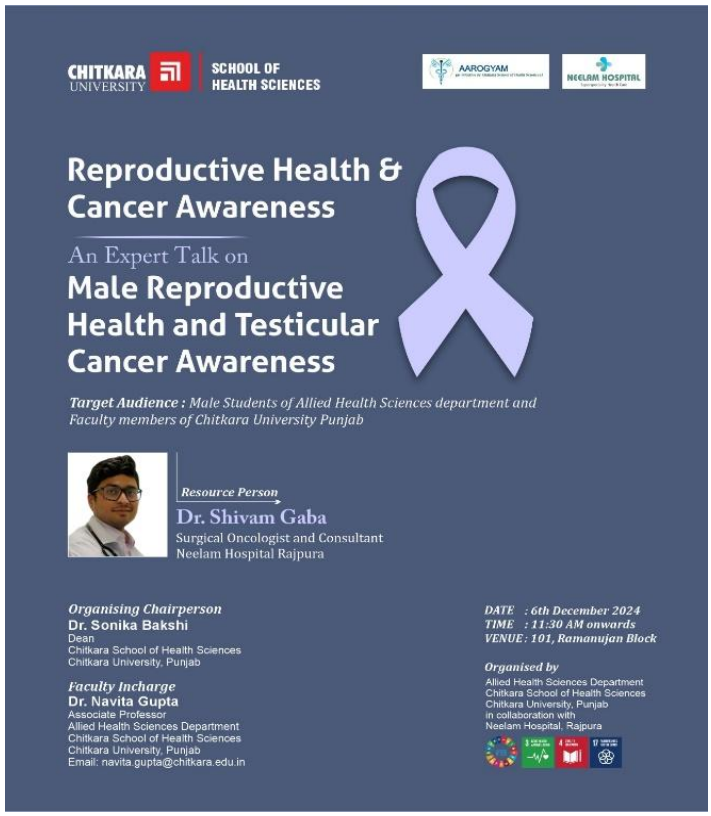
Description of Event

Allied Health Sciences Department, Chitkara School of Health Sciences organized an event on Reproductive Health and Cancer Awareness on 6th December 2024. In this, an expert talk was conducted on the topic "Common Gynaecological Disorders and Breast Cancer Awareness" in collaboration with Fortis Hospital, Ludhiana for the female students and faculty members of Chitkara University, Punjab. The Resource person for the event was Dr. Gursimran Kaur, Senior Gynaecologist, Fortis Hospital, Ludhiana. Dr Gursimran highlighted that breast cancer is a major public health concern worldwide and gynecological and breast cancers represent the leading cause of cancer-related morbidity and mortality. Women's health providers must understand how to guide survivors in contraceptive counseling, the safety of future pregnancy, menopause management, and sexual dysfunction. This talk was followed by a Health Check-up and gynae consultation for female faculty members of Chitkara University Punjab by Fortis Hospital, Ludhiana.

HOW ARE FIBROIDS TREATED?
WHO IS AFFECTED?
Fibroids can cause pelvic pain or pressure
CHITKARA UNIVERSITY

Event Name	Expert talk on Male Reproductive Health and Testicular Cancer Awareness
Date	6th December 2024
Venue	Einstein Hall Galileo Block, Ground floor
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Gursimran Kaur, Senior Consultant Obs. Gynae, Fortis Hospital, Ludhiana
Number of Participants	30
SDG Number	3,4,17
Duration	1 hour talk and 1 hour health check-up

Description of Event



Chitkara School of Health Sciences organized an event on Reproductive Health and Cancer Awareness on 6th December 2024 for male students and faculty members of Chitkara University, Punjab. In this, an expert talk was conducted on the topic " Male Reproductive Health and Testicular Cancer Awareness" in collaboration with Neelam Hospital, Rajpura. The Resource person for the event was Dr. Shivam Gaba, Surgical Oncologist, and consultant, at Neelam Hospital, Rajpura. Dr Shivam highlighted that testicular cancer is the most common malignancy in young males and carries a 1 in 250-lifetime risk and that the peak age of presentation is 25–29 years, a period which directly coincides with the prime age for men interested in conceiving children. This talk was followed by an interactive session with the students regarding their concerns on reproductive Health.

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Event Name	International day for people with Disability Autism aur Dyslexia: Har Mnnsikta hai Khas, Samjhe aur Apnaye
Date	8th December 2024
Venue	Picasso Block, Chitkara University Punjab
Organizer	Department of Optometry
Resource Person	-
Number of Participants	3
SDG Number	3,4
Duration	30 minutes

Description of Event

On the International Day for Persons with Disabilities, the Department of Optometry organized an insightful radio talk titled "Autism aur Dyslexia: Har Mansikta Hai Khas, Samjhe Aur Apnaye" on December 18, 2024, for the students of the department. The objective of the event was to educate people about the growing challenges posed by Autism and Dyslexia and to empower them to understand and support individuals affected by these disorders. Mr. Animesh Mondal emphasized key aspects of autism spectrum disorder, shedding light on the experiences of individuals with autism and offering ways to support them in improving their lives. Mr. Amarbir Singh differentiated between Dyslexia and Autism, highlighting the unique traits of individuals with these conditions and discussing effective approaches for interacting with them. He also addressed how society can better accommodate and support these individuals. Speaker Tannu Thakran delved deeper into these disorders, making the complexities easier to understand and encouraging a shift in perception to recognize that those with these conditions are not disabled, but rather differently abled. The talk aimed to foster empathy and awareness, urging everyone to play a role in making a positive difference in the lives of those affected.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	CBSE REGIONAL ADOLESCENT SUMMIT 2024
Date	9th, 10th December,2024
Time	9:00 am to 4:00 pm
Venue	Chitkara International School
Number of Attendees	30

Chitkara Happiness Centre proudly participated in the CBSE Regional Adolescent Summit 2024, hosted by Chitkara International School. The event was a remarkable success, highlighted by an inspiring session led by Mr. Manav Bansal, Chief Happiness Officer of Chitkara University. His session introduced the innovative concept of a "Magic Remote" featuring three symbolic buttons: Pause, Rewind, and Fast Forward. The Pause button emphasized mindfulness and living in the moment, Rewind focused on cherishing memories and learning from the past, and Fast Forward encouraged goal visualization and future aspirations. This thought-provoking approach resonated deeply with students, faculty, and principals. Adding to the engaging experience, participants immersed themselves in the "4 Elements of Joy": Singing, Dancing, Laughing, and Playing. Activities like laughter yoga, interactive sessions, and an atmosphere buzzing with music and dance created a vibrant and uplifting environment. The event also featured unique and exciting canopies such as the Mindful Run, Blissful Blow, and Collect Your Happiness, which further enriched the participants' journey of self-discovery and joy. Heartwarming stories and a calming mindfulness meditation provided deeper insights into the importance of self-reflection and cultivating inner happiness. These moments inspired participants to connect with their emotions and embrace a positive outlook on life. The session concluded with a profound sense of rejuvenation and purpose, equipping attendees with tools to practice mindfulness, foster happiness, and pursue meaningful goals. The CBSE Regional Adolescent Summit 2024 was a memorable celebration of well-being, mindfulness, and personal growth. Chitkara Happiness Centre was honoured to contribute to this transformative experience, reinforcing its commitment to spreading joy and promoting holistic development.

MISS COOL
I LOVE AND ACCEPT MYSELF
I AM ACTIVE AND FULL OF ENERGY

Event Name	Research workshop on Mastering Academic Integrity for Effective Research Communication
Date	09th December 2024
Venue	Einstein Hall Galileo Block, Ground floor
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Mr. Jaswinder Pal Singh, Librarian, Chitkara University, Punjab 2. Dr. Naveen Kumar, Associate Professor, DRC-Health Sciences, Chitkara University, Punjab
Number of Participants	158
SDG Number	3,4,17
Duration	3 hours in Hybrid mode

Description of Event

A Workshop on Research Methodology titled " Mastering Academic Integrity for Effective Research Communication" was held in Einstein Hall in hybrid mode. Resource persons for the event were: Dr. Naveen Kumar, Associate Professor, DRC-Health Sciences, Chitkara University, Punjab who talked about "Mastering Report Writing: Essential skills for clear, concise, and Impactful Communication" and Mr. Jaswinder Pal Singh, Librarian, Chitkara University, Punjab who talked about "Academic Integrity in the Age of Generative Artificial Intelligence." Dr. Naveen highlighted that Academic writing is a unique form of writing that requires a set of skills and abilities that not every writer possesses. From research and critical thinking to writing, editing, and communication, a researcher must be proficient in various areas to produce quality academic work. Research skills are equally crucial in academic writing. They enable an academic writer to gather and analyze information from various sources, making the writing comprehensive and evidence based. To be an excellent academic writer, it is essential to develop and hone intellectual curiosity and research skills continually. Mr. Jaswinder emphasized that Generative AI has undeniably made a significant impact in the classroom,

ushering in both opportunities and challenges. On the positive side, generative AI-driven tools offer innovative approaches to curriculum development and instructional design that can foster a dynamic learning environment. However, the integration of generative AI in the classroom has brought academic integrity into sharper focus. The ease with which AI-generated content can be produced has heightened the risk of plagiarism and unauthorized assistance. Maintaining academic honesty in the face of this technological advancement is paramount. Faculty should take proactive measures to educate students about responsible AI use, emphasizing proper citation and the importance of original work. The impact of generative AI on academic integrity underscores the need for a balanced approach that harnesses the benefits of AI while safeguarding the principles of fair and honest scholarship. Both the resource people highlighted the impact of effective communication and ethical ways of achieving it for research.

Event Details	
Event Name	CSR Activity
Topic	Healthy lifestyle for mental wellness
Date	11th December, 2024
Mode	Offline
Venue	Prabh Aasra, Kurali
Organizer Name	Ms. Kanika Guleria (Assistant Professor), CSHS, Chitkara University, Punjab Ms. Jigyasha Sharma (Assistant Professor), CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	60
No. of Impacted people	30
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objectives

- To educate Patients on Healthy Lifestyle choices.
- To teach the patients the strategies to manage their reactions to stressors effectively.
- To improve sleep hygiene.

Ms. Kanika Guleria (Assistant Professor) and Ms. Jigyasha Sharma (Assistant Professor) Department of nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has organized a, educational session and role play on "Healthy Lifestyle for Mental Wellness" for patients at Prabh Aasra, Kurali Punjab on 11th December 2024. Students of M.Sc. Nursing 1st Year. B.Sc. Nursing 5th semester and B.Sc. Nursing (Post Basic) 2nd Year actively participated in this awareness program. Awareness program aimed to equip the patients with effective strategies to manage stress, enhance their coping mechanisms, and improve their mental and physical health outcomes. Students engaged the patients in physical activities like Dance and Yoga to reduce physical tension and improve mental health. Patients received education on the impact of healthy lifestyle on body and mind Students also taught them various techniques like deep breathing exercises, talk to others, spend time with those you love, how to say no to requests that would create excessive stress in life and do not rely on alcohol, drugs to reduce stress.

Students giving education to patients about the strategies to manage stress effectively at Prabh Aasra, Kurali on 11th December 2024

Outcomes

- Patients learned strategies to better understand how a balanced diet and regular physical activity can positively affect their mental health.
- Patients felt calmer after completing deep breathing exercises.
- Patients learned skills for efficiently managing their reactions to stimuli.

Event Name	Clinical Training Workshop Internship Ready: Enhancing Clinical Skills in MRIT
Date	11th -13th December 2024
Venue	Einstein Hall Galileo Block, Ground floor
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr Sonika Bakshi, Dean Chitkara School of Health Sciences, Dr Pooja Dogra, Assistant Dean DRC Health Sciences, Dr S. C. Bansal, Former Assistant Professor PGI, Mr. Sushil Kashyap, Teaching Faculty, PGI, Mr. Aditya Nagrath, President ISRT Chandigarh Chapter and Dr Sandeep Moudgil, Interventional Radiologist, Max Super Specialty Hospital, Mohali.
Number of Participants	70
SDG Number	3,4,17
Duration	Four – Six hours each day

Description of Event

A Clinical Training Workshop on 'Internship Ready: Enhancing Clinical Skills in MRIT' was organized by the Department of Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University from 11th to 13th Dec, 2024 as a part of 5-day Pre-Internship Training Module from 9th to 13th December 2024 on the theme 'Enhancing Critical Thinking and Skill Development to Empower Students for Clinical and Technical Excellence' which familiarized students with workplace protocols, ethics, and expectations and enhanced their practical skills, patient care approaches, and imaging techniques. The expert session was given by Dr Sonika Bakshi, Dean Chitkara School of Health Sciences, Dr Pooja Dogra, Assistant Dean DRC Health Sciences, Dr S. C. Bansal, Former Assistant Professor PGI, Mr. Sushil Kashyap, Teaching Faculty, PGI and Mr. Aditya Nagrath, President ISRT Chandigarh Chapter.

The workshop concluded with the case scenario discussions by Dr Sandeep Moudgil, Interventional Radiologist from Max Super Specialty Hospital, Mohali. The training module was designed to bridge the gap between academic learning and real-world application, ensuring that the students are internship-ready and confident in their abilities to prepare for the challenges and expectations of the professional journey. As students prepare to step into the professional world, this module equipped them with the tools necessary to navigate real-world challenges with confidence and competence.

CHITKARA UNIVERSITY
PRE-INTERNSHIP TRAINING MODULE

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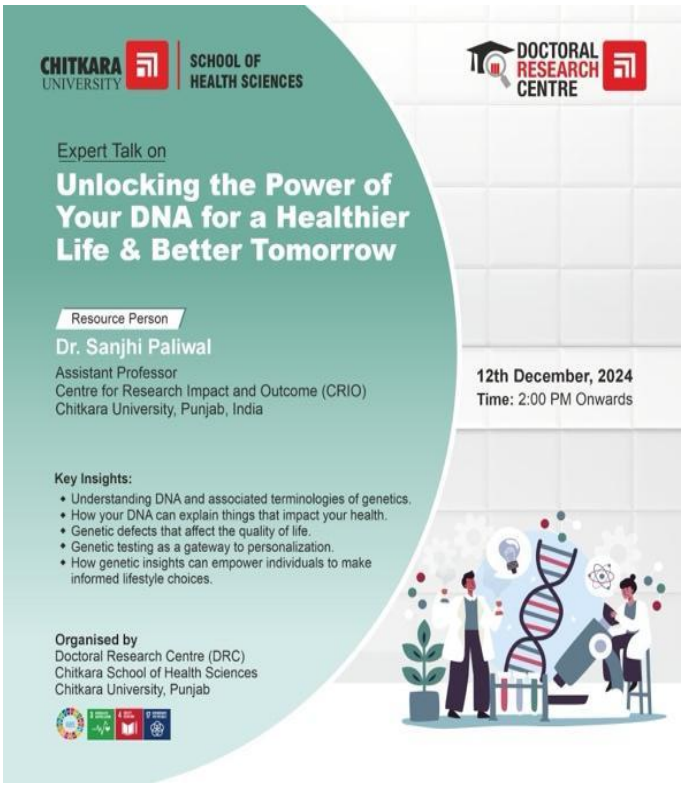
PRE-INTERNSHIP TRAINING MODULE

Event Name	Unlocking the Power of Your DNA for A Healthier Life and Better Tomorrow
Date	12 December 2024
Venue	Darwin Block
Department	DRC—Chitkara School of Health Sciences
Resource Person	Dr. Sanjhi Paliwal, Assistant Professor, Centre for Research Impact and Outcome (CRIO), Chitkara University, Punjab, India
Number of Participants	48
SDGs Covered	SDGs covered: 3, 4, 17
Duration	2 Hours

About the Activity



The Doctoral Research Centre (DRC) at Chitkara School of Health Sciences organized an enlightening session on "Unlocking the Power of Your DNA for a Healthier Life and Better Tomorrow", delivered by Dr. Sanjhi Paliwal, Assistant Professor. The session was attended by research scholars and teachers, providing a platform for in-depth discussions on the impact of genetics on health and well-being.

Dr. Paliwal highlighted how understanding DNA and genetic insights can empower individuals to make informed lifestyle choices, prevent diseases, and personalize healthcare strategies. The session covered essential concepts of genetics, genetic testing, and their applications in improving quality of life.

Event Objectives

The session aimed at:

- Enhance Understanding of Genetics: Introduce fundamental DNA concepts and genetic terminologies to participants.
- Explain the Role of DNA in Health & Disease: Discuss how genetic factors influence health, disease risks, and overall well-being.
- Raise Awareness on Genetic Defects & Their Impact: Explore hereditary disorders and mutations affecting quality of life.
- Promote Genetic Testing & Personalization: Highlight the benefits of genetic screening for disease prevention and tailored healthcare solutions.

Key Highlights

- Expert Insights: Dr. Sanjhi Paliwal explained how genetics plays a crucial role in shaping health outcomes.
- Real-World Applications: Practical examples demonstrated how genetic testing aids in disease prevention and treatment personalization.
- Interactive Engagement: The session encouraged thought-provoking discussions, allowing participants to explore genetic advancements and their impact.
- Empowering Individuals: Emphasis on how DNA-based knowledge enables people to make healthier, data-driven lifestyle choices.

Event Outcomes

- Enhanced Awareness: Participants gained a deeper knowledge of genetics and its influence on health.
- Personalized Healthcare Approach: The talk encouraged the adoption of DNA-based preventive and personalized healthcare strategies.
- Informed Decision-Making: Attendees learned how genetic insights can help make better lifestyle and medical choices.
- Future Research & Exploration: The session sparked interest in genetics, precision medicine, and cutting-edge healthcare innovations.

Dr. Sanjhi Paliwal's talk was an engaging and informative session, reinforcing the importance of genetic awareness for a healthier and more informed future.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	13December 2024
Time	11:30 am to 12:30 pm
Venue	Sai Vridh Ashram, Patiala
Number of Attendees	30
Resource Person	Mr. Manav Bansal

As part of its Community Happiness Project, the Chitkara Happiness Centre organized a visit to Sai Vridh Ashram in Patiala, aiming to bring joy and happiness to the residents of the old age home. The visit was a heartfelt initiative to spread smiles and create memorable moments with the elderly. The day began with a rejuvenating session of Laughter Therapy, which immediately uplifted the spirits of the residents. The therapeutic exercise not only relaxed their minds but also set a positive tone for the rest of the day. Following this, the team organized a Singing and Dancing activity, where the residents enthusiastically joined in, singing their favorite songs and dancing to lively tunes. This activity filled the atmosphere with energy and enthusiasm. To evoke childhood nostalgia, the team engaged the residents in fun-filled games, which they participated in wholeheartedly, reliving cherished moments from their past. Another highlight of the day was the Story Sharing session. The residents shared their life experiences, wisdom, and inspiring stories, leaving everyone in awe of their resilience and insights. This activity fostered a sense of connection and mutual respect between the volunteers and the residents. The most touching moment came when the volunteers distributed smiles by offering tokens of love and spent time taking blessings from the residents. This selfless act of kindness created an atmosphere of love, compassion, and gratitude, deeply moving everyone involved. The visit was a testament to the power of human connection and the importance of bringing joy to others. It was a day filled with laughter, music, and heartfelt interactions, leaving both the residents and volunteers with lasting memories. This initiative by the Chitkara Happiness Centre beautifully embodied the spirit of spreading happiness and fostering community bonds.

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	EXPERT LECTURE ON ADVANCING PHARMACEUTICAL RESEARCH THROUGH THERMAL ANALYTICAL TECHNIQUES: APPLICATIONS AND INSIGHTS
DATE	2024-12-14 to 2024-12-14
MODE	ONLINE
ORGANIZER NAME	DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. KAMAL SHAH, PROFESSOR, INSTITUTE OF PHARMACEUTICAL RESEARCH
NO. OF PARTICIPANTS	80
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

To introduce the fundamental principles of thermal analysis techniques such as TGA (Thermogravimetric Analysis), DSC (Differential Scanning Calorimetry), and DTA (Differential Thermal Analysis).

To highlight the applications of thermal analysis in drug development, including polymorphism studies, compatibility screening, stability assessment, and formulation optimization.

To demonstrate how thermal analytical data can support regulatory submissions and enhance quality control in the pharmaceutical industry.

To provide insights into interpreting thermal analysis curves and integrating findings with other analytical techniques like spectroscopy and chromatography.

To promote research-oriented thinking among students and scholars by showcasing case studies and real-world applications in pharmaceutical research and development.

DESCRIPTION

The Expert Lecture on "Advancing Pharmaceutical Research Through Thermal Analytical Techniques: Applications and Insights" was organized to deepen participants' understanding of the critical role thermal analysis plays in modern pharmaceutical development and quality control. The session provided an in-depth exploration of techniques such as Thermogravimetric Analysis (TGA), Differential Scanning Calorimetry (DSC), and Differential Thermal Analysis (DTA), emphasizing their applications in evaluating the physical and chemical stability of pharmaceutical substances. The resource person, a distinguished expert in pharmaceutical analysis, illustrated how thermal methods are utilized for polymorphic identification, drug-excipient compatibility studies, stability testing, and formulation optimization. Real-world case studies were shared to demonstrate how thermal analysis contributes to regulatory compliance, particularly in accordance with ICH and USFDA guidelines. The lecture also addressed integration of thermal data with other analytical tools, offering a holistic approach to formulation and product development. Hands-on interpretation of thermograms and discussion of key thermal events—such as melting points, degradation temperatures, and enthalpic changes—allowed attendees to grasp practical aspects of the subject. Emphasis was placed on how small thermal shifts can have significant implications on bioavailability, shelf life, and therapeutic efficacy of pharmaceutical products. The session was highly beneficial for postgraduate students, research scholars, and faculty members, enhancing their analytical skillset and promoting research-driven learning. It successfully bridged theoretical principles with practical applications, fostering a stronger foundation for innovation and excellence in pharmaceutical research.

OUTCOMES

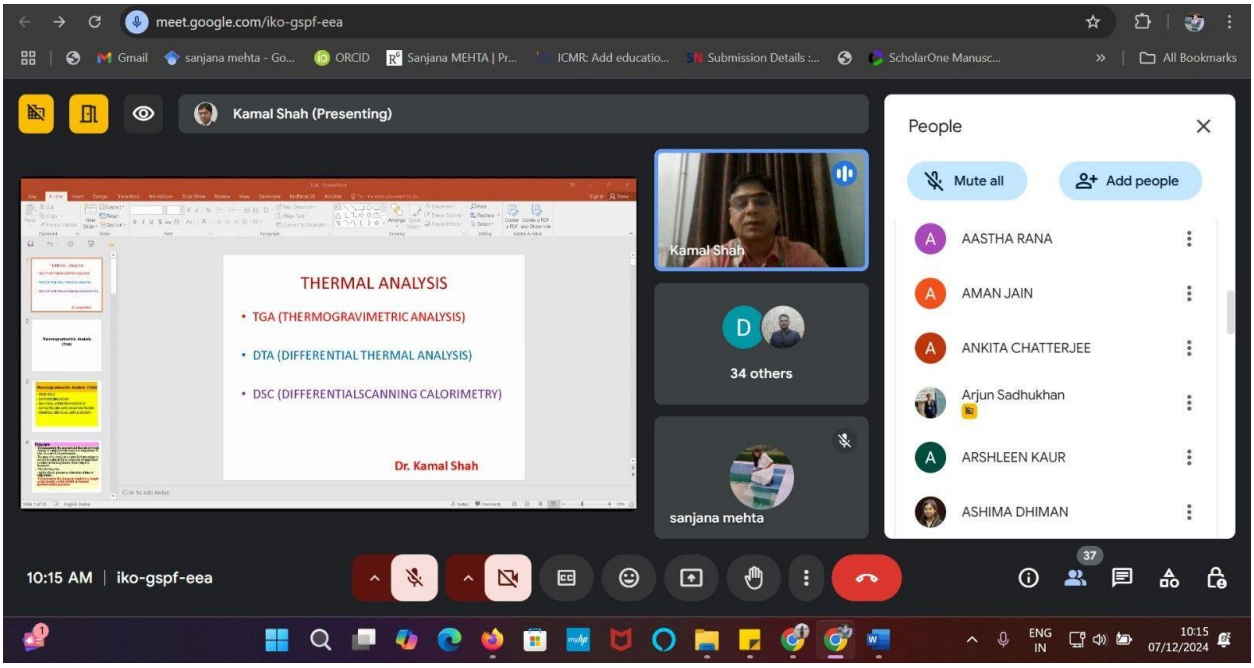
Participants gained a clear understanding of various thermal analysis techniques and their relevance in pharmaceutical research and quality assessment.

Enhanced ability to interpret thermal analysis data such as thermograms, endothermic/exothermic transitions, and degradation patterns.

Improved knowledge of the role of thermal techniques in studying drug-excipient compatibility, stability profiling, and polymorphic transitions.

Increased awareness of regulatory expectations and documentation involving thermal data in formulation development and quality control dossiers.

Strengthened research competencies among students and faculty through exposure to advanced analytical methods and case-based insights.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Kamal Shah (Presenting)
THERMAL ANALYSIS
• TGA (THERMOGRAVIMETRIC ANALYSIS)
• DTA (DIFFERENTIAL THERMAL ANALYSIS)
• DSC (DIFFERENTIALSCANNING CALORIMETRY)
Dr. Kamal Shah
Kamal Shah
34 others
sanjana mehta
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AMAN JAIN
ANKITA CHATTERJEE
Arjun Sadhukhan
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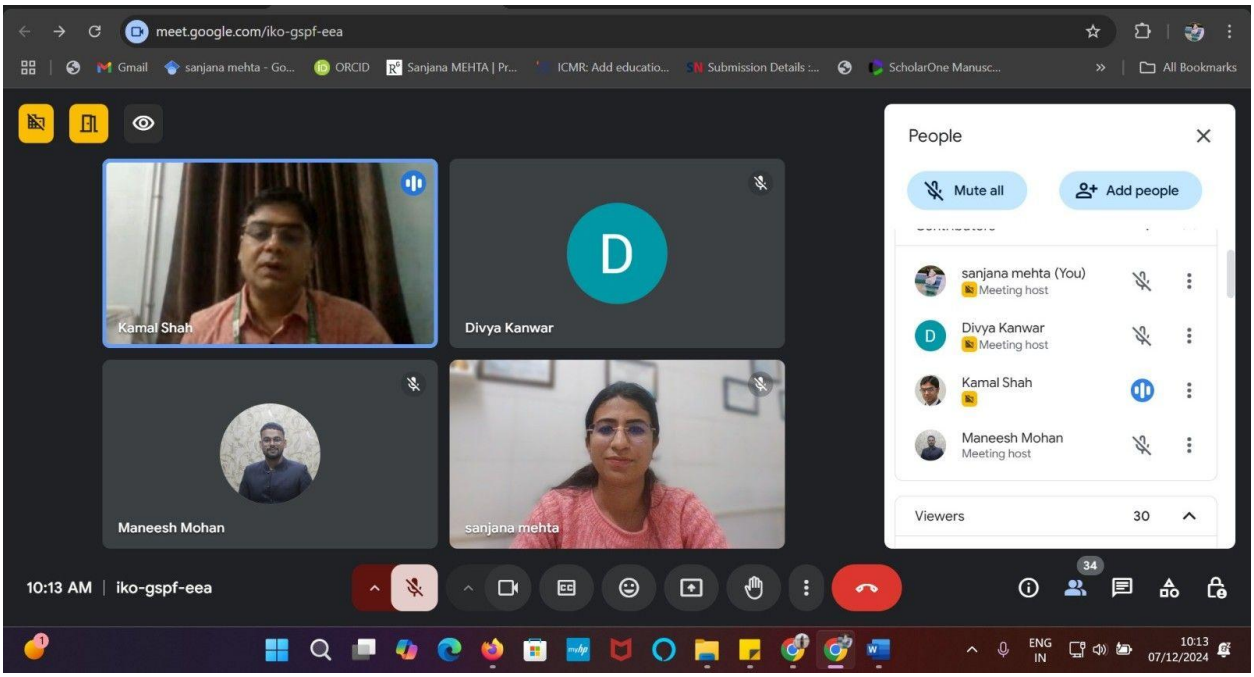
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	RULES OF SUCCESS AND HAPPINESS STRATEGIES TO ACHIEVE PERSONAL AND PROFESSIONAL FULFILMENT
Date	18th December,2024
Time	9:00 am to 11:00 am
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	153

The Chitkara Happiness Centre, in collaboration with the Institutions Innovations Council, organized an inspiring session titled *"Rules of Success and Happiness: Unlocking the Secrets to Achieving Personal and Professional Fulfilment"* for Computer Science Engineering students. Led by Mr. Manav Bansal and Ms. Vrinda, the session explored diverse topics, blending life lessons, practical insights, and interactive activities to foster personal and professional growth. Highlights included learnings from popular movies, such as the mantra "All is Well" from *3 Idiots* and the discipline epitomized by Akshay Kumar. The session also delved into Swami Vivekananda's profound teachings and the transformative power of Mind Lake visualization, offering students a roadmap to inner peace and clarity. Drawing inspiration from *The Secret Shifter*, students discovered the incredible potential of the mind in shaping success and happiness. Adding an element of fun and engagement, the session featured a 3-step laughter therapy, mindfulness exercises, and dynamic dance and music activities, creating a vibrant and uplifting atmosphere. This holistic approach underscored the connection between happiness and success, leaving participants motivated, energized, and equipped with valuable strategies for fulfilment. The event was a joyous blend of learning and entertainment, reflecting the Chitkara Happiness Centre's commitment to nurturing well-rounded, resilient individuals ready to excel in life.

REPORT ON MEDITATION WITH SCHOOL GIRLS

MEDITATION is highly recommended nowadays for youngsters to reduce the stress level. It also enhances the focus of the students who regularly do meditation for 15-20 minutes. That's why united nation declared December 20 as the WORLD MEDITATION DAY. DR JYOTSNA KAUSHAL, professor at CHITKARA UNIVERSITY & also teacher of ART OF LIVING conducted meditation session with the girl students at GOVT. SENIOR SECONDARY SCHOOL OF GHALOTI VILLAGE on December 19, 2024. The students enjoyed the session, and the principal kept meditating as regular activity in school in the next session.

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The Eye Check Up Camp

The eye check-up camp was organized by Dr. Renu Thakur Professor Centre for Research Impact and Outcome, Chitkara University, Punjab, India on 19th December 2024, to provide comprehensive vision screening and eye care services to the students at the Lions School for Deaf & Dumb, Sector 18, Chandigarh. The initiative aimed to ensure early detection of visual impairments and provide recommendations for corrective measures or further treatment. The eye check-up camp successfully identified and addressed various vision-related issues among the students. Timely interventions were recommended to ensure the well-being and academic performance of the children. Continued collaboration between Chitkara University and the school is essential to support the students' overall health.

A special awareness session on the importance of eye care for students with hearing impairments was organized at the Lions School for Deaf & Dumb, Sector 18, Chandigarh. The session aimed to equip special educators and Lions Club members with critical knowledge to address the unique visual health needs of deaf students effectively. The session, led by Dr. Renu Thakur, a renowned Optometrist, covered various aspects of eye care, including common vision problems in children with disabilities, early signs of eye-related issues, and strategies to promote better eye health. Dr. Renu Thakur highlighted the increased dependency of deaf students on visual cues and the importance of maintaining optimal vision to support their communication and learning.

MUDRA AI app was developed by Ms. Savarni Pant MA psychology; for deaf students, it was shown to all students and special educators the key features was real time gesture recognition and learning sign language; An AI-powered platform for real-time sign language recognition supporting ASL and ISL, with applications in education, healthcare, and workplace.

दैनिक भास्कर चंडीगढ़ भास्कर 20-12-2024

मूक-बधिर बच्चों के लिए नेत्र जांच शिविर लगाया

चंडीगढ़। लायंस क्लब चंडीगढ़ (होस्ट) ने लायंस क्लब, सेक्टर-18 में मूक-बधिर बच्चों के लिए निःशुल्क नेत्र जांच का आयोजन किया। यह जांच डॉ. रेनू ठाकुर, प्रोफेसर, सीआरआईओ, चितकारा विश्वविद्यालय व उनकी टीम द्वारा की गई। क्लब ने बच्चों को जूते भी डोनेट किए और उन्हें दोपहर का भोजन भी दिया। बच्चों के लिए एक पेंटिंग प्रतियोगिता का भी आयोजन किया गया। इस अवसर पर एमजेएफ लायन आनंद साहनी (पीडीजी), लायन वीके गुप्ता, उपाध्यक्ष लायन जगदीश कुमार, सचिव अनुराधा भल्ला और क्लब के अन्य सदस्य उपस्थित थे। लायन साहनी ने कहा कि क्लब निरंतर आधार पर समाज और जरूरतमंदों के लिए विभिन्न परियोजनाओं के आयोजन से जुड़ा हुआ है।

Annual sports meet organised in The Vibgyor School

Not only the farmer, but the entire

Lions Club Chandigarh organises free eye check up for deaf & mute children

CHANDIGARH, DEC 19

Sehaj Group Kharar bereaved

SHASHI PAL JAIN
KHARAR, DEC 19

Hawks Rupnagar get great win

YSP Sports Awards ceremony: Hussanpreet Kaur honoured

"It is not necessary that everyone underst

ZORA
ZORA

Event Name	Workshop
Topic	Elevated Innings, Cricket match tournament
Date	19-20 Dec 2024
Venue	Cricket Ground, Chitkara University, Punjab
Organizer	Chikara School of Planning and Architecture, Chitkara University
Resource Person	Ar. Manmohit
No. of Participants	18
SDG No.	SDG- 3,4, 17

The "Elevated Innings" inter-house cricket match held on December 19 and 20, 2024, not only showcased thrilling competition but also highlighted the sport's potential to contribute to several Sustainable Development Goals (SDGs). Specifically, cricket promotes SDG 3: Good Health and Well-being by encouraging physical activity and community engagement, while also contributing to SDG 4: Quality Education through outreach programs that teach valuable life skills. Lastly, the collaboration between cricket boards and environmental organizations exemplifies SDG 17: Partnerships for the Goals, reinforcing the importance of collective action for sustainability in sports. This integration of sustainability into cricket reflects a commitment to not only entertain but also foster positive environmental and social change.

दैनिक सवेरा

16/20

चितकारा यूनिवर्सिटी में क्रिकेट टूर्नामैंट आयोजित

सर्वश्रेष्ठ खिलाड़ी के तौर पर संचित गुप्ता को सम्मानित करते सदस्य।

सवेरा न्यूज/ उज्जवल डेराबस्सी : निकटवर्ती चितकारा यूनिवर्सिटी में छात्रों के लिए क्रिकेट टूर्नामैंट का आयोजन किया गया। चार टीमों के बीच हुए इस टूर्नामैंट में आर्किटैक्ट विभाग के छात्र संचित गुप्ता ने अपने शानदार प्रदर्शन से सभी का ध्यान आकर्षित किया और टूर्नामैंट के हीरो बनकर उभरे। संचित गुप्ता ने टूर्नामैंट के दौरान न केवल अपनी टीम को कई बार मुश्किल परिस्थितियों से निकाला, बल्कि अपनी दमदार बल्लेबाजी और घातक गेंदबाजी से टूर्नामैंट में सर्वश्रेष्ठ प्रदर्शन किया। इस शानदार प्रदर्शन के लिए उन्हें बेस्ट बैट्समैन, बेस्ट बॉलर, और बेस्ट परफॉर्मर ऑफ द टूर्नामैंट जैसे तीन बड़े खिताब दिए गए। टूर्नामैंट के समापन पर एक पुरस्कार वितरण समारोह आयोजित किया गया। डीन हरवीन भंडारी और कनिका बंसल ने विजेता टीम को ट्रॉफी और व्यक्तिगत पुरस्कार प्रदान किए।

Guru Dakshta Program

Guru Dakshta II & III (Sessions 7 and 3) :21 Dec 2024

Topic: Personal Emotional Development and Counselling

Resource Persons: Dr. Monika Shrivastava, Dean CSPC, Dr. Meenu Sharma and Dr. Shweta Narayan

University Grants Commission (UGC) has mandated the higher education institutes (HEIs) to conduct a faculty induction program named 'GURU DAKSHTA' for the newly inducted faculties to prepare them for their impending role as teachers. The content of the ten modules of the program is multi-faceted which includes familiarizing them with the techniques of teaching, curriculum design, NEP-2020, Academic Affairs, research, skill development, mentoring and use of ICT etc. All the modules directly/indirectly relate to the achievement of SDGs. The details of the sessions conducted under this program in the period of review which have a direct bearing on the achievement of SDGs are given below in Table 1.

Table 1: Details of the Faculty Induction Program Guru-Dakshta Conducted in the University and their bearing on the Achievement on SDGS

Session / Module	Session 6/ Module 7 for GD II **and Session 2 for GD III**	Session 7/ Module 5 for GD II **and Session 3 for GD III**	Session 8/ Module 10 for GD II **and Session 4 for GD III**	Session 9/ Module 6 for GD II **and Session 5for GD III**	Session 10/ Module 8 for GD II **and Session 6 for GD III**
Date	23 Nov 2024	21 Dec 2024	18 Jan 2025	01 Feb 2025	29 Mar 2025
Name of the Module	Environmental Consciousness, sustainability and SDGs	Personal Emotional Development and Counselling	Need for and Importance of Skill Development and Skill Based Education in India	a) Strengthening Research and Its Contribution b) Assessment of Research Potential, Preparing Proposal, Quality Parameters of Research and	a) Strategic Planning and Management b) Innovation and Intellectual Property Protection

				Academic Integrity	
Venue	Faraday Hall	Faraday Hall	Pierre Hall	Pierre Hall	Pulitzer Hall
Resource Person	Dr. (Sqn Ldr) Rinal Angel	Dr. Monika Srivastava, Dr. Meenu Sharma and Dr. Shweta Narayan	Dr. Adarsh Aggarwal, VP, CIIF and Mr. Piyush Garg, VP, CEED	Dr. Amit Mittal, Pro VC, Research Programs	Dr. Sandhir Sharma, Hon'ble Vice Chancellor Dr. SN Panda, Pro VC, Research
Participants	91	101	111	86	102
SDGs Covered	SDG 7,6,11,13,15, 4	SDG 3, 4,	SDGs 8, 9	SDGs 4, 9	SDG 4
Duration	Four hours each session				
Photographs	Photographs are attached as Appendix				

GPS Map Camera
Patiala, Punjab, India
Gm85+hx4, Punjab 140417, India
Lat 30.516412° Long 76.659922°
21/12/24 12:18 PM GMT +05:30
Google

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JASHN-e-KHUSHI
Date	21st December,2024
Time	2:00 pm to 3:00 pm
Venue	Exploratorium
Number of Attendees	158

The Chitkara Happiness Centre, in collaboration with the Admin Department, organized a vibrant and rejuvenating session titled *"Jashn-e-Khushi,"* led by the dynamic and inspiring Mr. Manav Bansal. The session was designed to promote happiness, well-being, and positivity among employees, fostering a supportive and joyful work environment. The event commenced with a heartwarming welcome song performed by Ashta, which set the tone for an engaging and lively gathering. Mr. Bansal then led the participants through a series of laughter yoga exercises, emphasizing the transformative power of laughter in alleviating stress and boosting happiness levels. This interactive activity filled the room with infectious energy, leaving participants feeling light-hearted and refreshed. The session also featured impactful lessons on life, gratitude, and the significance of embracing and loving one's work. Drawing from real-life examples and practical insights, Mr. Bansal shared valuable tips on cultivating a positive mindset, overcoming challenges, and finding joy in everyday tasks. His words resonated deeply, encouraging attendees to approach their personal and professional lives with renewed enthusiasm. A standout moment of the event was the spectacular showcase of employee talents, as they took centre stage with vibrant dance and singing performances. These acts not only highlighted the diverse talents within the team but also fostered a sense of camaraderie and celebration among colleagues. The session concluded with a calming meditation exercise, guiding participants to connect with their inner selves and embrace their work with a sense of purpose and fulfilment. The *"Jashn-e-Khushi"* session was a resounding success, leaving employees feeling energized, inspired, and motivated. Initiatives like these reflect the Chitkara Happiness Centre's commitment to enhancing employee well-being and fostering a culture of positivity, ensuring a harmonious and thriving workplace environment.

Event Name	Reward and Recognition
Date	24th December 2024
Venue	Room No.711, Picasso Block
Organizer	Chitkara International College
Resource Person	Dr. Rishu Chhabra
Number of Participants	19
SDGs Covered	SDG-3 Good Health and Well-being, SDG- 4 - Quality Education, SDG-5 Gender Equality, SDG-17 Partnerships for the Goals
Duration	2 hours

About the Activity

"Reward and Recognition" Ceremony is to celebrate the achievements of B.E. Computer Science and Technology students from the ASU Cohort batch. This Reward and Recognition Ceremony celebrated the accomplishments of students during their first semester, spanning from August to December 2024. The event honored students across various categories, including **Attendance Champion – "Perfect Presence"** for maintaining impeccable attendance, **Commitment – "Persistent Pursuit"** for demonstrating unwavering dedication, **Coursera Star – "Academic Excellence"** for excelling in online learning platforms, **Co-curricular Excellence – "Active**

Engagement" for active participation in extracurricular and co-curricular activities, and the **Red Elegance Award** for the best-dressed student in red.

This celebration highlighted the students' hard work, creativity, and commitment to excellence, fostering a culture of holistic development and recognition. Such recognition will serve as a source of motivation and encouragement for the students to continue striving for success in the upcoming semesters.

Objectives

- To celebrate the achievements and hard work of B.E. Computer Science and Technology students from the ASU Cohort batch during their first semester (August–December 2024).
- To foster a culture of appreciation and motivation among students by recognizing their dedication, excellence, and participation in various academic and non-academic domains.
- To encourage students to pursue holistic development by balancing academics, co-curricular activities, and personal growth.
- To inspire students to sustain their efforts and aim for continued success in the upcoming semesters.

Key Highlights

Recognition Categories, Celebration of Achievements, Community and Festive Atmosphere

Outcomes

- Students felt valued and inspired to maintain their efforts, with the recognition serving as a driving force for peers to excel in academics, attendance, and co-curricular activities.
- The event highlighted the importance of balancing academic excellence with personal growth, encouraging active participation in diverse developmental areas.
- A culture of recognition was established, motivating students to strive for greater achievements in the semesters ahead.

Name of Organizing Institute	Chitkara College of Sales & Marketing
Event Activities	13
Type	MDP & Industry Led Master Classes
Mode	Offline (9) | Online (4)
Period	1 January – March 2025
SDG	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 8: Decent Work and Economic Growth, SDG 9: Industry, Innovation and Infrastructure, SDG 17: Partnerships for the Goals

Chitkara College of Sales and Marketing under Chitkara University, successfully organized/conducted 13 event activities during 3rd quarter (January – March 2025) of academic year 2024-2025. 9 were management development training programs for employees of associated clients and 4 were industry led classes organized for students of MBA Sales and Marketing.

Management Development Programs: CCSM conducted 9 professional training programs as consultancy project for Chitkara University, Punjab. Professional Training services were extended to 5 distinct clients

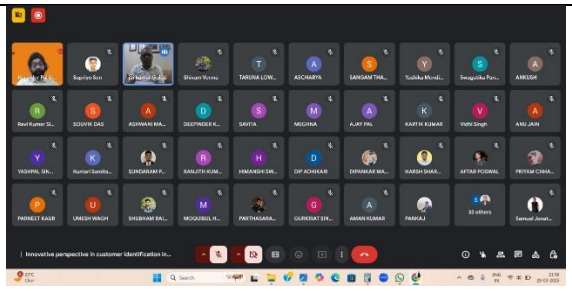
- Asia Cranes Pvt. Ltd.,
- Tynor Orthotics Pvt Ltd,
- Psychocare Health Private Limited,
- Kangaro Industries Ltd, and
- LPG - Hindustan Petroleum Corp. Ltd.,

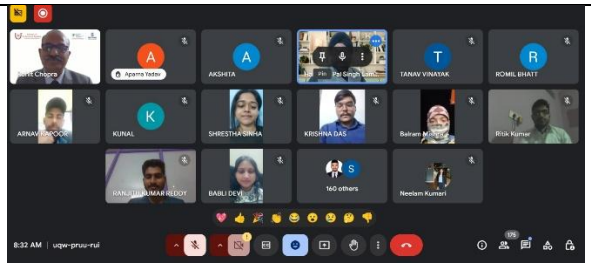
out of which 3 were new organizations that given the opportunity to collaborate with them for conducting training programs for their employees.

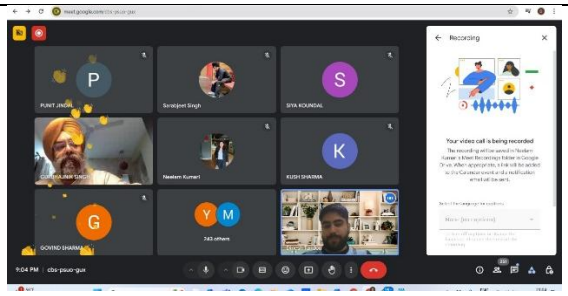
A total of 2 resource persons Mr. Narinder Garcha and Mr. Jatinder Chopra were involved across these professional training programs.

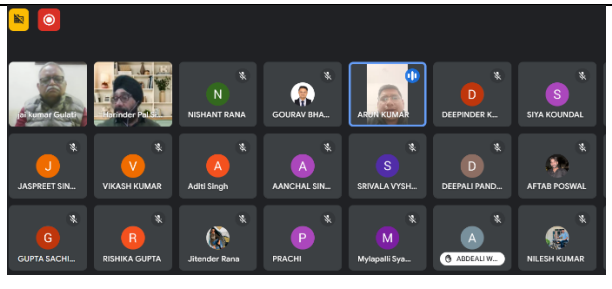
The trainings were focuses on Sales Excellence, Leadership, Customer & Service Excellence, Time Management, Communication, Personal Effectiveness, Focus Driven Mindset and creating a Brand.

3 GOOD HEALTH AND WELL-BEING 4 QUALITY EDUCATION 8 DECENT WORK AND ECONOMIC GROWTH 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE 5 GENDER EQUALITY	**Industry Led Master Classes:** CCSM organized 4 Industry Led Master Classes for the students of MBA Sales and Marketing. Industry-led master classes are immersive learning experiences led by seasoned professionals from the industry who bring real-world insights, expertise, and Knowledge Sharing & Best-Practices directly to participants. These sessions bridge the gap between academic knowledge and practical applications, enabling attendees to understand the latest industry trends, challenges, and strategies which make them ready for a quality job and develop professional skills and lifelong learning for economic growth and productivity and foster a sustainable career growth.









CORPORATE - ACADEMIA
CSR PROJECT
Phase I Report

PUNJAB CHEMICALS AND CROP PROTECTION LTD.
ISO 9001:2015, ISO 14001:2015 & ISO 45001:2018 Certified Company

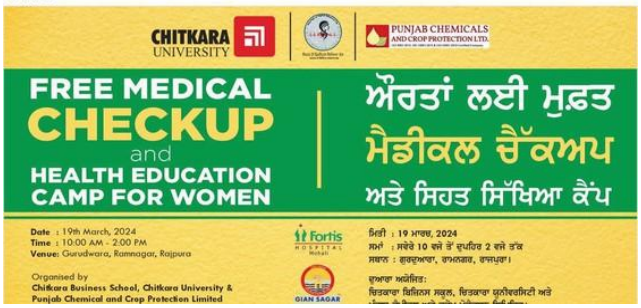
FOREWORD

Dr. Prachi Gupta

Director
Centre for Digital Marketing,
Strategy & Analytics

With higher education undergoing major transformation, integrating technologies and communities, an ecosystem is getting created, which can impart education to youth in a way which builds them into professional corporates and responsible citizens. Today government, industry, community have joined hands with educational institutes in creating that ecosystem. The National Education Policy, 2020 (NEP) envisions a value-based, equitable, and high-quality education system. Successful implementation of the same calls for concerted efforts from all stakeholders. Chitkara University which has always been committed towards making a positive impact on the students and communities around has implemented NEP 2020 in full spirit. Since inception, the University has been at the forefront of social welfare initiatives and its commitment to social responsibility is an important part of its mission. Aligning with the philosophy of Chitkara University and NEP 2020, a project 'Swasthya se Digital Saksharta tak', focusing on health and digital literacy of rural women was conceptualised, in collaboration with a corporate, Punjab Chemicals and Crop Protection Ltd. (PCCPL), which shares similar ethos to that of Chitkara University. PCCPL works on the philosophy of "Let us grow together". I believe that good intentions and noble objectives get a boost when multiple hands join in, each adding its share of capability, helping move ahead strongly, to leave an impact. This CSR project 'Swasthya se Digital Saksharta tak', funded by corporate and executed by academia, is a long journey towards positively impacting rural women, but the first step taken in this direction gives us a sense of accomplishment and satisfaction.

Project Phase 1 Free Medical checkup, Health education & Data collection through 3 health camps



Introduction

'Swasthya se Digital Saksharta tak', is a noble project initiated by Chitkara Business School in collaboration with Punjab Chemicals and Crop Protection Ltd. This initiative aims to empower rural women through creating awareness regarding health by incorporating digital technology in it. Focusing on the dual challenges of health and digital inequities prevalent in rural areas, an intensive program was run to solve the problems of health, specially focusing on the women of rural area. Three health check-up camps were organized for the rural women of the adopted villages of Chitkara University. Out of these three camps, two of them were conducted in the targeted villages while one camp was conducted at the Chitkara University campus, for the female housekeeping staff, who also come from the nearby villages of the University. These camps focused on addressing key health concerns relating to oral care, nutrition, menstruation, menopause, and post pregnancy health related issues. This initiative also gave exposure to the MBA and BBA students of the University to interact with the rural women and empathize with their health concerns. Therefore, these camps provided students with an opportunity to gain valuable insights into the health conditions and digital challenges faced by rural populations. This also helped the students in creating a sense of sensitivity and social responsibility towards upliftment of the society.

The project has successfully achieved its aim to identify knowledge gaps in the field of health, which will help in the second phase of the project to address these issues through videos using digital platforms. The initiative focuses on promoting digital literacy and health education amongst the rural women. By analyzing the project's impact, recommendations for future initiatives has been suggested for sustained improvements in women's psychological, social, and physical well-being, thereby leading to their holistic development. Enhancement of the quality of life for rural women is the ultimate goal of this project.

‘Swasthya se Digital

Saksharta tak’

Corporate funded CSR

Project

Chitkara Business School, Chitkara University & Punjab Chemicals and Crop Protection Ltd. signed an MOU for conducting a collaborative CSR Project ‘Swasthya se Digital Saksharta tak’. Both parties teamed up for designing, developing and executing Social welfare program especially women centric for increasing awareness of rural women towards their health and hygiene and empower them by means of digitalization. It also involves engagement of young college students in understanding rural/ village development related challenges

The first phase of the project 'Swasthya se Digital Saksharta tak' was conducted in village Bijanpur, Derabassi on 16th March, 2024 and in village Ramnagar on 19th March 2024 and on 4th April 2024 in Chitkara University Punjab campus for housekeeping female staff. The main objective of organising this health check-up camp for the females was to create awareness among women and ensure stronger, healthier and empowered women amongst rural community. The main activities undertaken during these health check-up camps included free medical check-up by a team of doctors from Fortis, Indus and Gyan Sagar hospitals who conducted general health, dental, gynaecology check ups and distributed free medicines. During the camps MBA students of public health department imparted some crucial information and easy tips on basic hygiene & nutrition to these women and our tech-savvy BBA Digital Marketing students showed the ladies the ropes to enter exciting digital world. It was a great learning event for all the females who participated in the camps and it helped them to get a health & tech boost, which brought smiles on their faces.

Team of faculties, students from Digital Marketing, Health Management program and Admin of the Chitkara Business School, enthusiastically contributed in providing their services towards smooth conduction of the camps. The CSR project partnered with Punjab Chemicals and Crop Protection Ltd and added value to students who got exposed to the challenges of rural life and gained important lessons on social responsibility.

Objectives

The primary objectives of the 'Swasthya se Digital Saksharta tak' project were:

- To identify the awareness level of rural women towards healthy living and challenges faced by them.
- Spread awareness, impart education, develop digital skills which promote health among rural women & empower them.
- Provide assistance and enable accessibility by providing offline and online learning resources.
- To assess the impact of health education and digitalization.
- To recommend new project measures to the Corporate to enhance the health eco-system on the basis of impact assessment, outcomes & findings from the current project.
- To engage young college students in understanding rural development challenges and fostering a sense of social responsibility.

Research Methodology

The study was designed to assess health and digital literacy among rural women of Bijanpur and Ramnagar villages, as well as housekeeping staff at Chitkara University Punjab Campus. Data collection utilized structured questionnaires to gather information on dental hygiene, nutrition, menstruation, menopause, pregnancy, post-pregnancy issues and digital literacy alongside clinical examinations conducted during health check-up camps. The collected quantitative data was analyzed using descriptive statistics with SPSS, Stata, Excel, and EViews to identify key health concerns and gaps in digital literacy. These insights guided the creation of targeted intervention strategies, which will be used to make videos. Then these videos will be uploaded on the tablets, which will be distributed among the rural females. While collecting the responses, ethical measures were included, such as informed consent and maintaining confidentiality. The results provide valuable information for developing effective health and digital literacy improvement strategies for Phase 2 of the project.

Findings from the health survey of the rural females

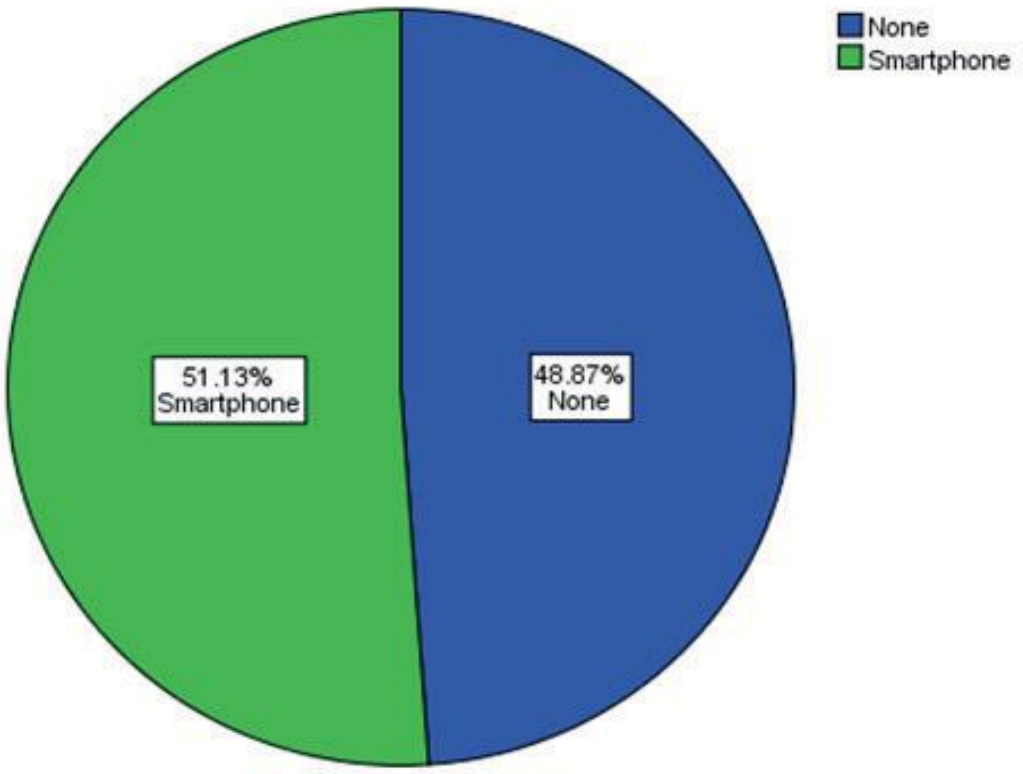
1. To find out the digital literacy awareness of the rural females in terms of the usage of internet for obtaining health related information, digital health tools used by them and their willingness to use health technologies and innovations.

- Out of the total 221 respondents 51% use smartphones, while the rest of them don't use any digital platform to access internet. 64% and 54% of the respondents falling in age group of 18-35 years and 36-54 years, respectively use more digital platforms for accessing information than other age groups.

Table No.1: Devices regularly used to access the internet

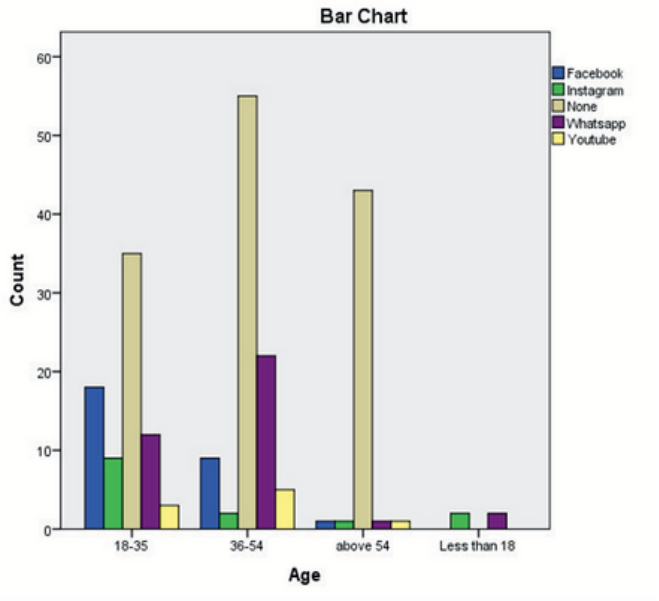
		Frequency	Percent
Valid	None	108	48.9
	Smartphone	113	51.1
	Total	221	100.0

Figure No.1: The percentage of respondents who use smartphone as device to access internet



Those who use online services for obtaining any health-related problems, 16.7% of the respondents use WhatsApp and 12.7% of them use Facebook as their digital platforms.

Figure No.2: The percentage of respondents using different platforms for obtaining heath related problems



- 88.2% of the respondents don't use any digital health tools. Only 11.8% of them use digital health tools at home for their own use. Among these respondents, most of them use digital thermometers only for their use.
- 96.4% respondents don't use any online medical consultation services for their health-related problems.
- Out of the total respondents, 76% are the respondents that are not willing at all to try any digital platforms for obtaining any health-related information. However, rest of the 24% respondents are willing to try new digital platforms and technologies, if made available to them.

Looking up from the perspective of housekeeping staff working in the Chitkara University Punjab campus and females of Ramnagar and Bijanpur 86.4% of the housekeeping staff working in the Chitkara are not willing to try new digital platforms. Whereas, 13.6% of them are willing for it. On the other hand, 66% of females of Ramnagar and Bijanpur did not show their willingness to new digital technologies and platforms. Still, 34% of them are willing to try them.

Table No. 2: Willingness of the respondents to try new digital health technologies

		Frequency	Percent
Valid	Not willing at all	168	76.0
	Very willing	53	24.0
	Total	221	100.0

- 88.2% of the respondents don't use any digital health tools. Only 11.8% of them use digital health tools at home for their own use. Among these respondents, most of them use digital thermometers only for their use.
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Figure No.3: The percentage of the respondents willing to try new digital health technologies

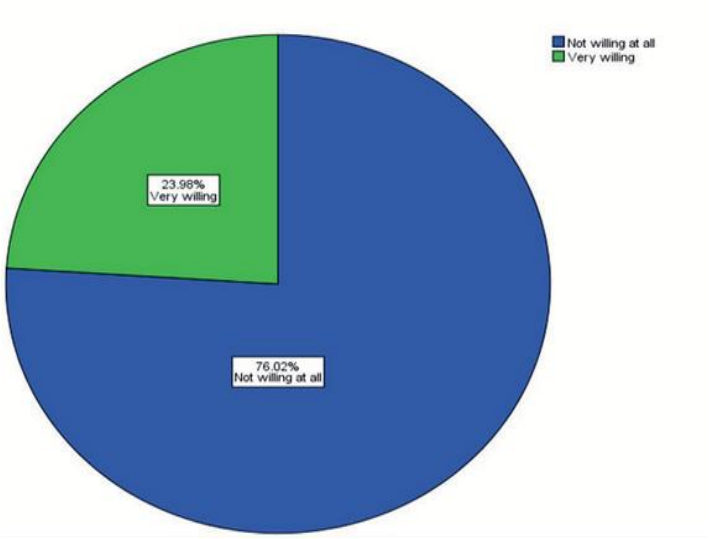
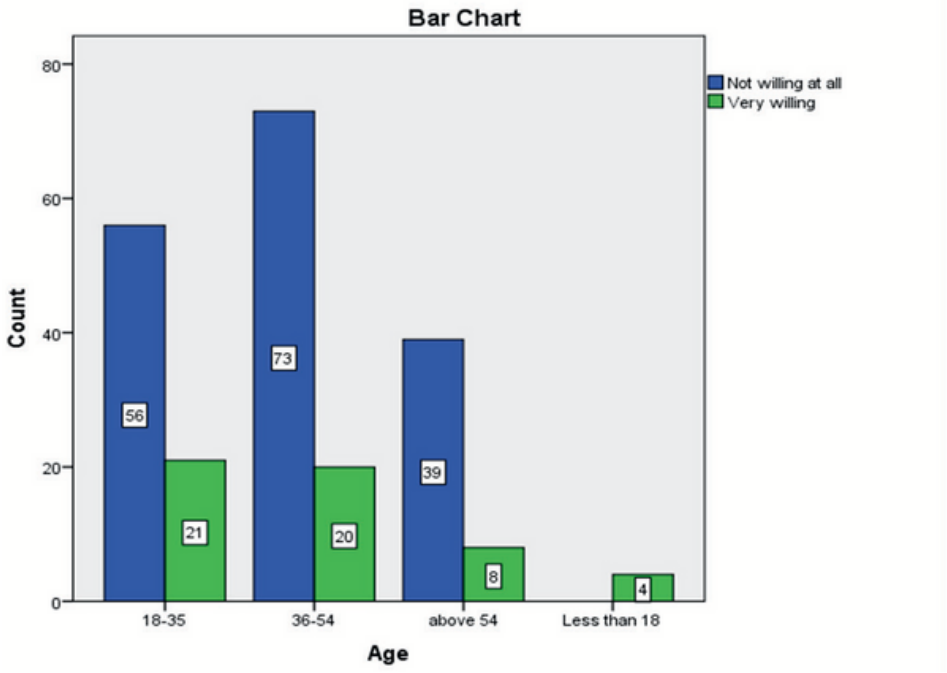


Table No.3: Willingness of the respondents to try new digital health technologies (Age-wise)

		How willing are the respondents to try new digital health technologies? (Age wise)		Total
		Not willing at all	Very willing	
Age	18-35	56	21	77
	36-54	73	20	93
	above 54	39	8	47
	Less than 18	0	4	4
Total		168	53	221

Figure No.4: Number of respondents that are willing to try new digital health technologies (Age-wise)



Key points to be addressed towards the awareness of using digital platforms for health education.

- Females should be made aware that they can use different social media platforms for obtaining health related information.
- They should be encouraged to use online medical consultation for managing their health.
- They should be educated towards the significance of using different digital platforms and digital technologies for obtaining health related information through seminars and workshops.
-

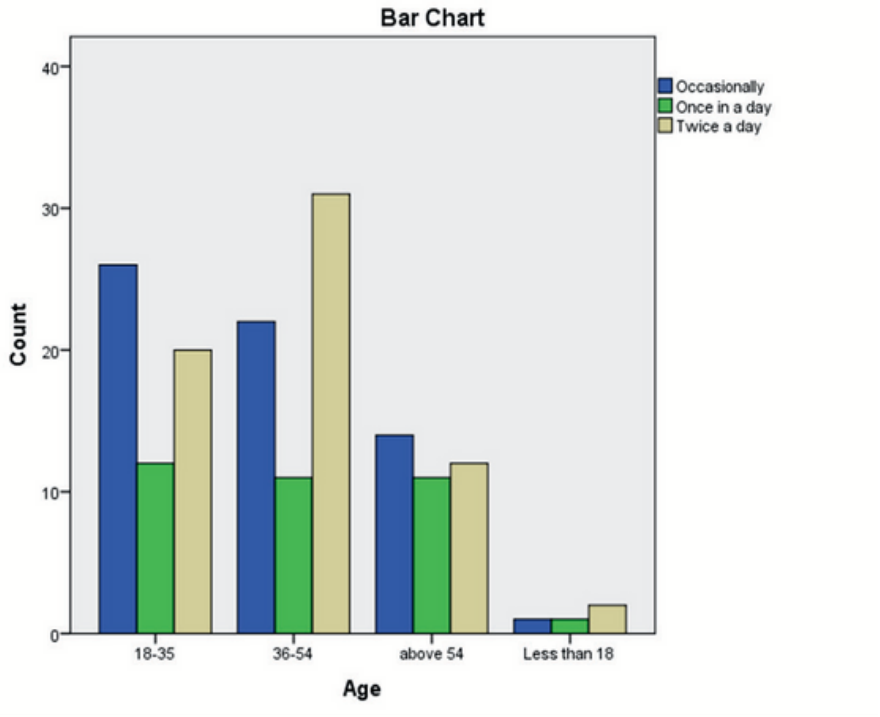
1. To find out the awareness level of rural females towards dental health and hygiene.

- Out of total 163 respondents, 60% of the females did not experience any tooth related discomforts in the past 6 months.
- 94.5% of the total respondents use brush and paste for maintaining their dental hygiene. Daatan, mouthwash and tongue scrapper were other sources which are used for maintaining the dental care.
- 64.4% of females were unable to notice any changes in the appearance and texture of their teeth and gums over the period of time whereas remaining 35.6% could notice any such change.
- Out of total respondents, 63 females which constitutes 38.7% brush their teeth occasionally while 21.5% (35 respondents) brush their teeth once in a day and 65 respondents (39.9%) brush their teeth twice a day. In the age group 18-35 years out of 58 females 26 females brush their teeth occasionally whereas if we see in age group 36-54 years out of 64 females 22 females brush their teeth occasionally and in the age group 54 and above 14 females have agreed to brush their teeth occasionally.

Table No.4: Frequency of Respondents' Daily Teeth Brushing (Age-wise)

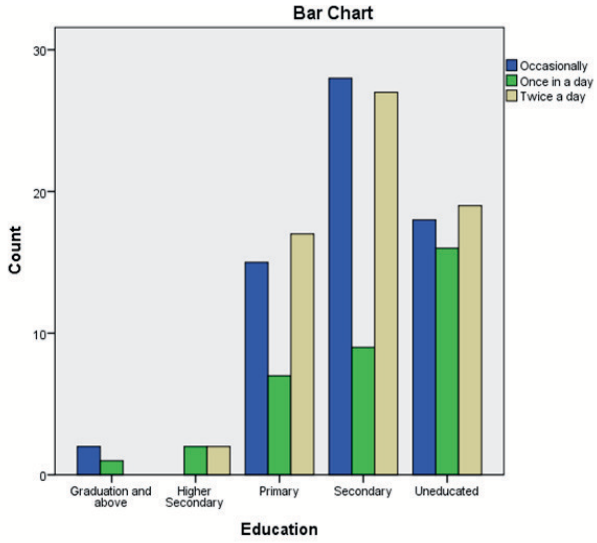
		How frequently do you Brush your teeth each day?			Total
		Occasionally	Once in a day	Twice a day	
Age	18-35	26	12	20	58
	36-54	22	11	31	64
	above 54	14	11	12	37
	Less than 18	1	1	2	4
Total		63	35	65	163

Figure No.5: Frequency of Respondents' Daily Teeth Brushing (Age-wise)



If we check the frequency of brushing from the prospective of educational background the results shows that 38.5% of the females with primary education, 43.8% of the females with secondary education and 34% females who are uneducated do brushing of their teeth occasionally.

Figure No.6: Frequency of Respondents' Daily Teeth Brushing (education-wise)



Out of 163 respondents, 91 females which is 56% were diagnosed with dental cavities and other dental problems. However, 44% females (72) were not diagnosed with dental problems. 50% of the respondent's experience sensitivity towards hot and cold drinks. 32.5% females have experienced bleeding and swelling of their gums

Table No.5: Dental Problems among respondents

Dental Problems	**Do you experience following dental problems?**	
	Yes	No
Dental Cavities	91	72
Bleeding of Gums	53	110
Sensitivity of teeth	80	83

- 63.2% females (103) are not aware of the importance of regular dental checkups and cleanings whereas only 36.8% females (60) females were aware of importance of maintaining dental health.
- When the respondents were asked about their satisfaction level regarding the conditions of their teeth and gums, 48.5% females had a neutral opinion.
- They were neither satisfied and nor dissatisfied while 30.7% females were satisfied and 13.5% were dissatisfied with their dental conditions.
- 52% of the respondents have agreed to the fact that they have concerns regarding their health and would like to discuss their issues with dentists in health checkup camps.

Key points to be addressed towards the health education related to Dental care.

- Females should be encouraged to brush their teeth twice a day for better oral health.
- They should be educated towards regular dental checkup for good oral health.
- They should be made aware with different dental problems and suggestions should me made how to manage those dental health issues.

2. To find out the awareness of the rural females towards nutrition for better health.

- Out of 153 respondents, 49% respondents are not aware of the potential health risk associated with poor diet. Especially in age group of above 54 years 83.3% females are not aware of the health risks. 86.8% of uneducated females are unaware of the health risks, while 81% of primary educated females are aware of the health-related risk linked with poor diet.
- 88.4% of housekeeping staff working in Chitkara University Punjab campus are aware ofth the risks, while 79.8% of the female respondents from the rural areas of Ramnagar and Bijanpur are unaware of the health risk involved with poor diet consumption.
- The findings depict that 48% of females don't pay attention to their sugar intake. Out of these 73 females, 49 (58.3%) are the rural females of Ramnagar and Bijanpur village and 23 females (34.8%) are housekeeping staff working in Chitkara University, Punjab Campus who don't pay attention to their daily sugar intake levels. Also, 60% of uneducated females don't pay attention to their sugar intake.

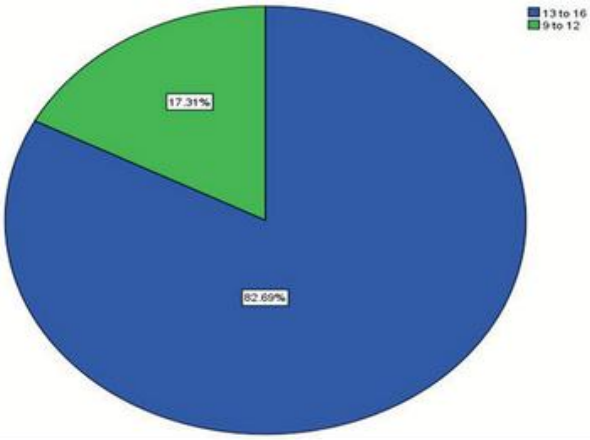
- Out of 153 female respondents, 96 of them (62.7%) are not aware of their daily recommended fibre intake. In age groups, 36-54 years and above 54 years, 61% and 89% females respectively are unaware of their daily fibre intake. Also, 77.4% of the females from the rural village of Ramnagar and Bijanpur are unaware of their daily fibre intake, while; 55% of housekeeping employees of Chitkara University, Punjab Campus are aware of it. The findings also show that females who are uneducated are not aware about the recommended daily intake of fibre for a woman.

- 77% of the total respondents agreed to the fact that they don't follow any specific dietary plan. Though, 86% of them are aware of 3 meals in a day concept.
- The results also depict that 55% of the respondents do consume fruits and vegetables in their daily diet. While 45% of them rarely consume them.
- 64% of the respondents, i.e. 98 respondents, rarely engage in any physical activity or exercise to stay fit.
- Out of 153 females, 120 females (78.4%) are not taking any supplements in their daily life to remain fit.
- 81 respondents (53%) drink less water than daily recommended water intake in a day.

3. To find out the awareness level of rural females towards mensuration and how they are managing the menstrual hygiene and mensuration health issues.

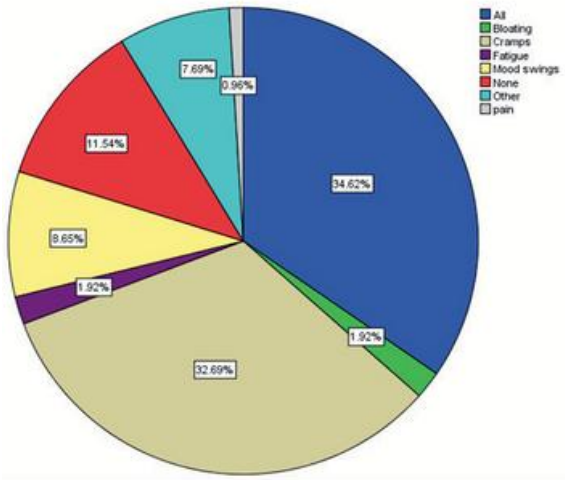
- Out of total 104 respondents, 82.7% females got knowledge about menstruation in the age of 13-16 years, while only 17.3% females got information about it in the age of 9- 12 years. 82% of females got information regarding menstruation from their families and the rest of them got to know about the same from school.

Figure No.7: Age at which respondents received information about Menstruation



- Findings shows that 81% of the females feel comfortable while discussing about menstruation with others and 98% believed that menstruation is a normal process. Looking at the symptoms, around 33% of the females experienced cramps as discomfort during periods.
- Bloating, Mood swings, fatigue were the other discomforts experienced by the females during menstruation. Very few females confirmed that they felt swelling in legs, low bleeding and knee pain during periods. These discomforts were managed by the respondents with the help of rest, hot water bottle and by pain killers.

Figure No.8: Symptoms of Menstruation experienced by the respondents



Categories	**How many respondents follow following things in their daily life?**	
	Yes	No
Follow dietary plan	35	118
Exercise Regularly	55	98
Consume fruits and Vegetables	84	69
Aware of 3 times a meal	131	22
Take Supplements	33	120
Adequate Water Intake	72	81

Table No.6: Adherence of respondents to Daily life practices

Key points to be addressed for imparting knowledge of nutritious diet for good health

Females should be educated towards the relevance of a balanced diet and different risks associated with not following of a balanced diet on regular basis. They should be made aware with the limit of daily sugar intake, fibre requirement of our body and consumption of fruits and vegetables for a healthy body. They should be encouraged to increase their daily water intake to stay hydrated. They should be encouraged to take health supplements if required and engage themselves in various physical activities for staying healthy.

4. To find out the awareness level of rural females towards mensuration and how they are managing the menstrual hygiene and mensuration health issues.

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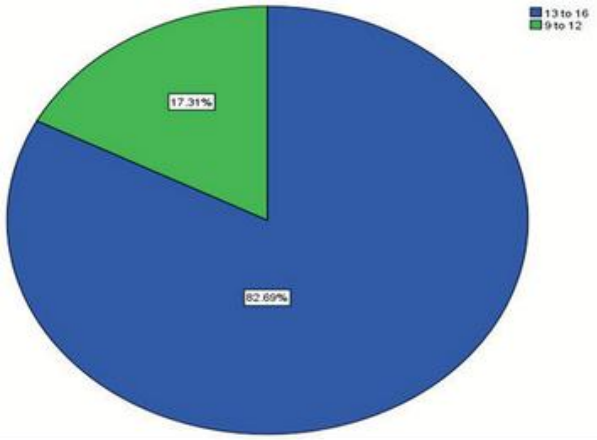

- Findings shows that 81% of the females feel comfortable while discussing about menstruation with others and 98% believed that menstruation is a normal process. Looking at the symptoms, around 33% of the females experienced cramps as discomfort during periods.
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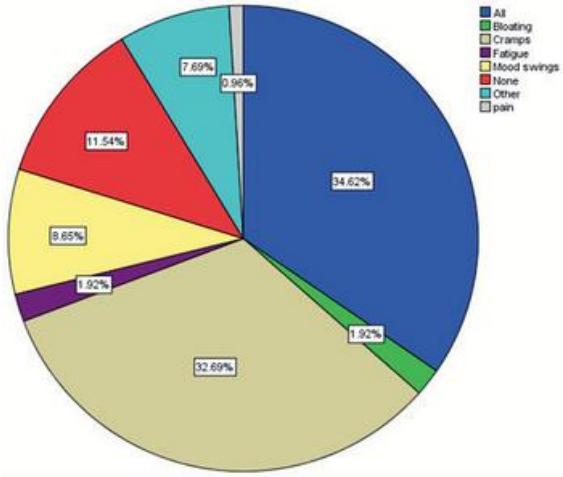
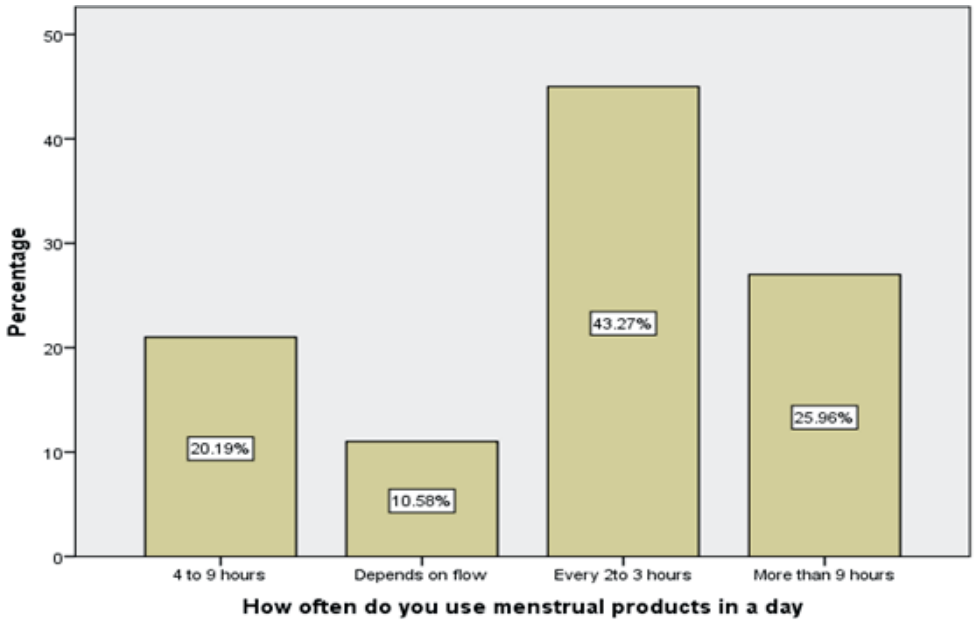


- Findings show that 84% females use sanitary napkins. However, 16% females still use cloth pads during periods. They were still not aware of tampons, menstrual cups and period panties for using in menstruation. 43% of females change their sanitary napkins in every 2 hours. However, 21% of the females use pads for 4-9 hours in a day. Still, 21% of them use sanitary napkins for more than 9 hours a day.

Table No.7: Frequency of Menstrual product usage per day

		Frequency	Percent
Valid	4 to 9 hours	21	20.2
	Depends on flow	11	10.6
	Every 2 to 3 hours	45	43.3
	More than 9 hours	27	26.0
	Total	104	100.0

Figure No.9: Frequency of Menstrual product usage



93.3% females use trash bins to dispose off their used menstrual products. However, 6.7% females used other options for disposing off the used menstrual products, which included dumping of pads in forest or burning of pads, etc. The results shows that 82% of the females feel that menstruation doesn't affect their daily life style and 85% of the total respondents further agreed that they have never skipped or missed their school or workplace because of menstruation. 90% of the females feel satisfied and don't experience any challenges in accessing menstrual products that are to be used during periods. It was found that 78.8% of the females don't feel any social stigma attached with the menstruation. However, 73% females agreed to the fact that they have faced some kind of discrimination due to menstruation, especially while visiting to temples or while doing Pooja and other household chores at their home.

Key points to be addressed towards menstrual health awareness:

- Females should be educated towards different menstrual products available to them for better comfort and convenience.
- They should be discouraged from using cloth pads as it is not good for hygiene and may lead to infections.
- They should also be made aware about the changing of sanitary napkins during regular intervals for better hygiene.

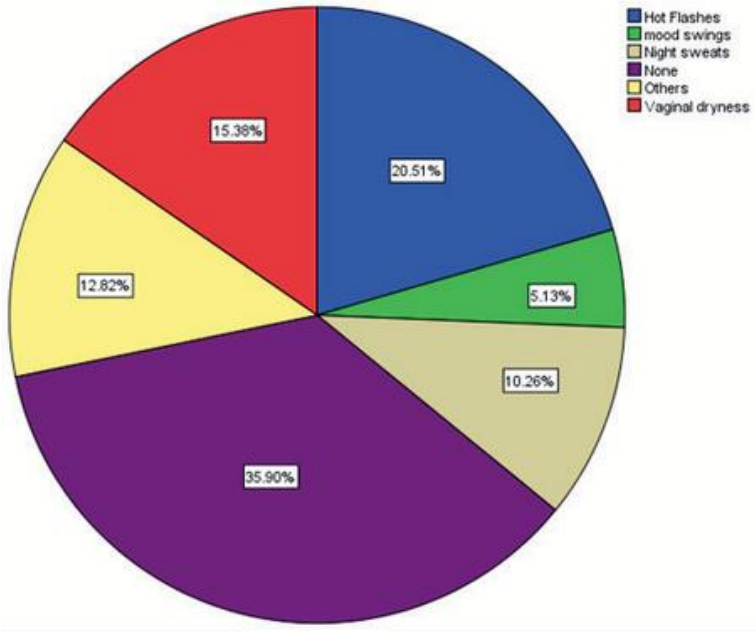
5. To find out the awareness level of rural females towards managing their post menopause issues and the support they are getting for managing those issues.

- Out of total 39 respondents, around 36% of the females do not experience any symptoms related to menopause. However, 20.5% females experience hot flashes followed by vaginal dryness which constitutes 15.4% and night sweats (10.3%) and only 5% females experienced mood swings.

Table No.8: Symptoms Experienced Associated with Menopause

		Frequency	Percent
Valid	Hot Flashes	8	20.5
	Mood swings	2	5.1
	Night sweats	4	10.3
	None	14	35.9
	Others	5	12.8
	Vaginal dryness	6	15.4
	Total	39	100.0

Figure No.10: Symptoms Experienced Associated with Menopause



- 36% of the total females feel that they get affected by these symptoms in their daily life and remaining don't feel that there is any effect of such symptoms. The findings further suggests that 50% of employed females felt more hindrance whereas
- 70% of unemployed females agreed that there is no impact of the menopause symptoms in their daily routine.
- 69.2% of the females have shown ignorance to these symptoms and have not sought any medical treatment for managing their post menopause health issues whereas 31% of females have consulted with healthcare providers and taken medical help for managing such issues.
- 82% females felt that with the growing age it becomes more challenging for them to manage their health. The results further indicates that
- 77.5% of the total respondents still have hesitation while discussing menopause issues and its impact on their health with their health care providers
- 66.7% of the respondents have shown dissatisfaction with the support and resources provided to them for managing menopause related health issues.
- 89.7% of the respondents don't feel any societal stigma around menopause and 10.3% of the females feels embarrassed while discussing the same with others.

Key points to be addressed towards the health education related to menopause Females should be made aware of the impact of the post menopause symptoms on their health. They should be educated in different ways by which they can manage the adverse effect of such issues. They should encourage to freely discuss any health-related issue with their health care providers for better guidance and resolving their queries.

1. To find out the level of awareness in pregnant females of the rural areas and what are the health issues faced by them during pregnancy and how they are managing those issues.

The findings show the main source of getting pregnancy related information for them is their friends and family members. The overall experience of the females during their of the pregnancy was satisfactory in terms of physical and emotional well-being. The main pregnancy related discomforts faced by them were headaches, vomiting, lost appetite, uneasiness, dizziness and weakness. These discomforts were managed by taking medical consultation from doctors and taking required medications. The main lifestyle changes made by the females in their pregnancy are they have changed their dietary habits by avoiding junk food and increased more fruits and vegetable intake. Some of them have also stopped consuming ghee and non veg food items because of high blood pressure and weight gain issues. It was also found that the females were not aware with the dietary

guidelines during pregnancy as they lack knowledge regarding proper nutritional requirement during pregnancy.

Key points to be addressed for imparting knowledge of good health during pregnancy:

- Females should be educated towards healthy and balanced eating during pregnancy for good health.
  - They should be encouraged to have regular health check-ups during pregnancy and discuss all their concerns with their healthcare providers and should be made aware about the signs of pregnancy complications.

6. To find out the awareness level of females for maintaining good health post pregnancy.

The findings suggests that majority of the females don't discuss their post pregnancy care with their healthcare providers. It was also found that most of the females don't practice any post pregnancy exercises or physical activity. Females were not aware about any information related to postpartum depression and its symptoms. Around 50 percent of the females agreed to the fact that they are not adequately prepared for any physical changes that may happen post pregnancy.

Key points to be addressed for imparting knowledge of post pregnancy health of females

Females should be made aware regarding the post pregnancy diet, physical exercises and any post pregnancy complications. They should be encouraged to discuss their post pregnancy health issues with healthcare providers frequently. Counselling sessions and awareness seminars should be organised to educate them for issues like postpartum depression and physical changes that may occur post pregnancy.

Key areas to be focussed in videos and awareness programs for rural females
Digital Literacy • Significance of usage of digital platforms for obtaining health related information • Use of online medical consultation for managing their health.
Dental Health • Relevance of maintaining Dental health and brushing daily. • Suggestions should me made how to manage dental health issues like cavities and sensitivity.
Nutrition • Awareness towards limit of daily sugar intake, fibre requirement of our body and consumption of fruits and vegetables for a healthy body. • Focused should be towards the relevance of a balanced diet and different risks associated with not following of a balanced diet on regular basis. • Awareness towards increasing their daily water intake for staying hydrated. • Guidance towards relevance of taking health supplements and engaging themselves in various physical activities for staying healthy.
Menstruation • Education towards avoiding cloth pads in menstruation as it is not good for hygiene and may lead to infections. • Awareness about the changing of sanitary napkins during regular intervals for better hygiene.
Menopause • Education towards focussing on how to manage post menopause symptoms • Encourage them to freely discuss any health-related issue with their health care providers for better guidance and resolving of their queries.
Pregnancy health • Females should be educated towards healthy and balanced eating during pregnancy for good health. • Guiding the females to have regular health check-ups during pregnancy and discuss all their concerns with their healthcare providers • Awareness about the signs of pregnancy complications.
Post -pregnancy health • Education on the issues like postpartum depression and physical changes that may occur post pregnancy. • Significance of the post pregnancy diet, physical exercises and managing of post pregnancy complications.

Future Scope

Future research could delve deeper into many other key areas of interest, such as examining how digital technology and AI could be incorporated to impact health, further culturally adaptive digital tools can be developed keeping in mind the rural workforce of the nation and future projects can be taken up keeping the long-term effectiveness of

digital literacy programs in mind. Additionally, replicating the study in different rural regions could reveal regional variations and help formulate more effective strategies for enhancing women's quality of life. Expanding this project and incorporating more villages of different parts of the country, can potentially lead to the significant improvement of the quality of life of rural women from diverse regions of the country by empowering and advancing each one of them with the digital technology.

The Team

Designed by : Anant Prakash

(BBA Digital Marketing 2021)

Event Details	
Event Type	Faculty Development Program
Topic	5 Day FDP on Reimagining Indian Sweets
Date	2025-01-06 to 2025-01-10
Mode	Offline
Venue	Indian Cuisine Kitchen, Escoffier Block (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Mr. Divay Mehta|Assistant Professor, Mr. Lalit Kumar|Assistant Professor
No. of Participants	20
SDG No	SDG 3: Good Health and Well-being, SDG 8: Decent Work and Economic Growth, SDG 11: Sustainable Cities and Communities, SDG 12: Responsible Consumption and Production

Objective

- To introduce participants to innovative techniques and modern approaches to traditional Indian sweets.
- To enhance participants' skills in flavor profiling, texture modification, and presentation of Indian sweets.
- To encourage the use of fresh and high-quality ingredients in the preparation of reimagined Indian desserts.
- To provide hands-on training and guidance from industry experts, Chef Divay Mehta and Chef Lalit Kumar.
- To inspire creativity and experimentation in preserving the cultural significance of traditional Indian sweets.

Description

Chitkara College of Hospitality Management organized a five-day Faculty Development Program (FDP) on "Reimagining Indian Sweets" from January 6th to 10th, 2024. The program, held at the Indian Cuisine Kitchen in the Escoffier Block, aimed to provide participants with innovative approaches to traditional Indian sweets. Led by Chef Divay Mehta and Chef Lalit Kumar, the FDP focused on exploring new techniques, flavors, and presentations for classic Indian sweets. Participants had the opportunity to learn from these experts and gain hands-on experience in creating reimagined versions of popular sweets. The program emphasized the use of fresh, high-quality ingredients and encouraged experimentation with different flavor profiles and textures. This allowed participants to discover new ways to elevate traditional sweets while preserving their cultural significance. The FDP was well-received by attendees, who appreciated the opportunity to learn from industry experts and expand their culinary skills. The program's success highlights the growing interest in reimagining traditional Indian cuisine and the important role that educational institutions play in fostering culinary innovation.

Outcomes

- Participants gained advanced knowledge and skills in creating innovative versions of traditional Indian sweets.
- Attendees developed a deeper understanding of the importance of ingredient quality in enhancing the taste and appeal of desserts.
- The program fostered creativity and encouraged participants to experiment with new flavors, techniques, and textures.
- Participants were empowered to preserve and reinterpret Indian culinary traditions for modern audiences.
- The success of the FDP underscored the role of academic institutions in promoting culinary innovation and professional development.

GPS Map Camera
Patiala, Punjab, India
Gm76+v2f, Chitkara University Rd, Punjab 140417, India
Lat 30.514573° Long 76.659918°
09/01/25 12:19 PM GMT +05:30
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GPS Map Camera
Patiala, Punjab, India
Gm76+v2j, Punjab 140417, India
Lat 30.514752° Long 76.659977°
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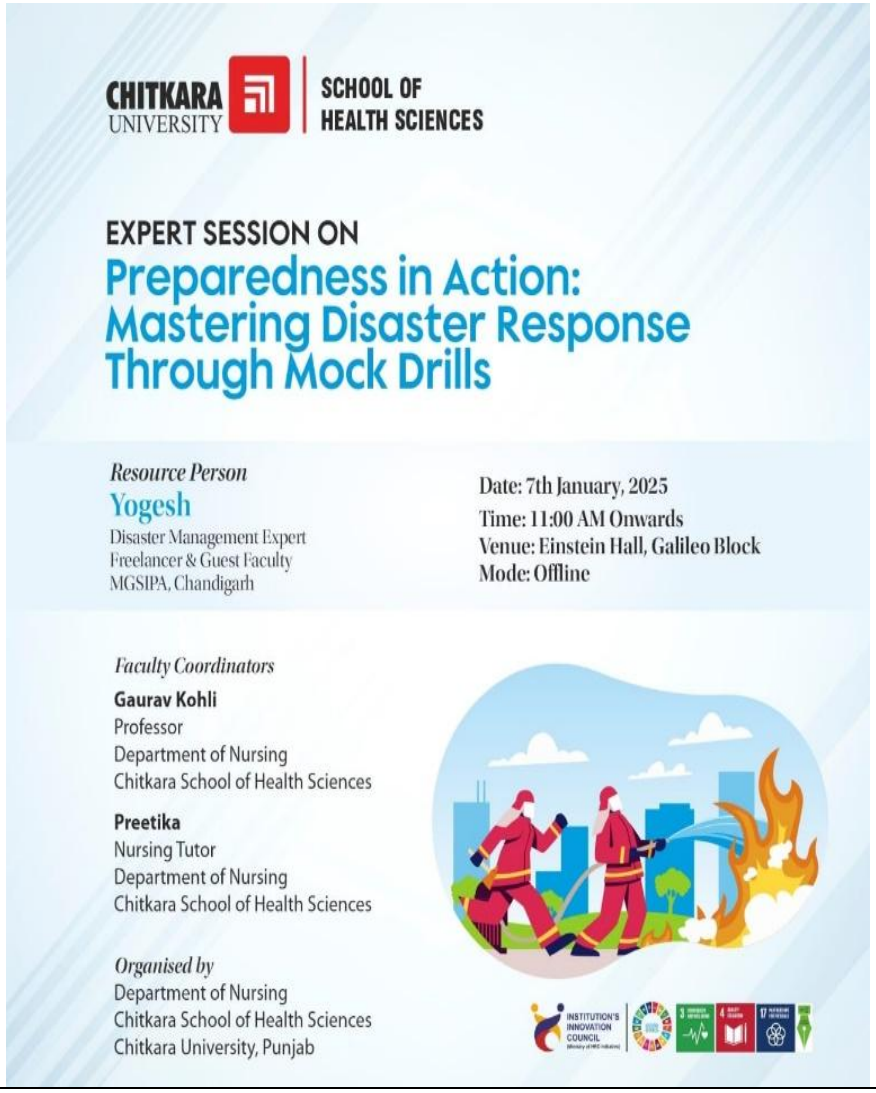
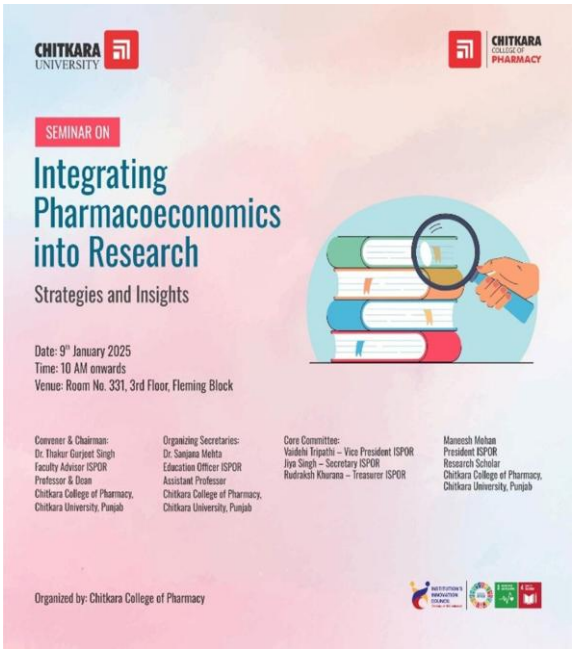
Title: Preparedness in Action: Mastering Response Through Mock Drills		
1	**TYPE OF ACTIVITY**	Talk
2	**PROGRAM THEME**	R&D and Innovation
3	**LINK (Pre-Link)**	https://www.facebook.com/share/p/14Z7vuSMBs/
	LINK (Post Link)	
4	**Program Type**	Level 1
	Nomenclature	Expert Session
	Duration of the activity	4 hours
5	**Description of the event:**	
	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab was organized Expert Session on "Preparedness in Action: Mastering Disaster Response Through Mock Drills" on 7th January, 2025 at 11:00 AM onwards, Venue was Einstein Hall, Galileo Block, Chitkara University, Punjab in offline mode. The Resource persons of the session was Mr. Yogesh Disaster Management Expert (Freelancer) & Guest Faculty, MGSIPA, Chandigarh. Sir has shared his extensive expertise and experience in disaster management to the session, offering valuable insights to enhance participants knowledge and skills in disaster preparedness and response.	
6	**Kindly justify the activity conducted by your respective department will fit as IIC event**	
	The session emphasizes the critical role of mock drills in building resilience, improving coordination and ensuring efficient crisis management. Through this session, participants will gain practical strategies and actionable techniques to effectively handle real-life emergency situations.	
7	**Start and end date of the event:** 07/01/2025 to 07/01/2025	
8	**Minimum number of students:** 48	

9	**Minimum number of faculty:** 02
10	**Objective of the event:** Preparedness, Response, Management.
11	**Benefits of the activity:** Preparedness, Coordination, Resilience, Efficiency, Awareness.
12	**Video URL – https://drive.google.com/file/d/14YGuDigP2HlC4at0iZ2InFBekVbz4LTQ/view?usp=drive_link**
13	**SPACE FOR PHOTOGRAPHS** 

Name of the Department	Department of Nursing, CSHS
Name of Organisers with Mail ID & Contact Number:	**Mr. Gaurav Kohli** Professor gaurav.kohli@chitkara.edu.in), 9878521745 **Ms. Preetika**, Nursing Tutor Preetika@chitkara.edu.in 9877483166
Name of Resource Persons with Mail ID & Contact Number:	**Mr. Yogesh** Disaster Management Expert, Freelancer & Guest Faculty MGSIPA, Chandigarh mryogesh012@gmail.com 8950960566

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	A SEMINAR ON INTEGRATING PHARMACOECONOMICS INTO RESEARCH: STRATEGIES AND INSIGHTS
DATE	2025-01-09 to 2025-01-09
MODE	ONLINE
ORGANIZER NAME	DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. VANDITA KAKKAR, ASSISTANT PROFESSOR
NO. OF PARTICIPANTS	40
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE



- To introduce the core principles and methodologies of Pharmacoeconomics in the context of healthcare research.
- To highlight the role of pharmacoeconomic evaluations in optimizing resource allocation and healthcare decision-making.
- To equip researchers with practical strategies for incorporating cost-effectiveness, cost-utility, and budget impact analysis into clinical and public health studies.
- To discuss real-world case studies demonstrating successful integration of Pharmacoeconomics in drug development and policymaking.
- To foster interdisciplinary collaboration by bridging the gap between Pharmacoeconomics, clinical practice, and health policy research.

DESCRIPTION

The seminar on **“Integrating Pharmacoeconomics into Research: Strategies and Insights” ** was organized to strengthen the understanding of pharmacoeconomic principles among students, faculty, and researchers in the field of healthcare and pharmaceutical sciences. The session focused on how economic evaluation tools can be effectively incorporated into research design to enhance the relevance, impact, and decision-making value of scientific studies. Key topics included cost-minimization, cost-effectiveness, cost-utility, and cost-benefit analyses, with special emphasis on the use of models such as decision trees and Markov models. Participants were introduced to important pharmacoeconomic outcomes like Quality-Adjusted Life Years (QALYs) and Incremental Cost-Effectiveness Ratios (ICERs), which play a vital role in evaluating the value of medical interventions and informing healthcare policy. The resource person shared real-world examples demonstrating how Pharmacoeconomics is applied in clinical trials, public health programs, and drug development strategies. The session encouraged participants to consider economic endpoints and resource utilization when designing their own research. Interactive discussions and a dedicated Q\&A session provided valuable opportunities for clarifying concepts and exploring future research directions. The seminar successfully bridged the gap between theoretical knowledge and practical application, promoting the importance of value-based, evidence-driven healthcare research.

OUTCOMES

- Participants gained a clear understanding of core pharmacoeconomic principles and their relevance in healthcare research.
- Attendees learned to incorporate cost-effectiveness and budget impact analyses into clinical and public health study designs.
- The seminar enhanced awareness about the role of pharmacoeconomics in drug development, reimbursement decisions, and health policy.
- Researchers and students were exposed to real-world case studies, improving their ability to apply economic evaluation tools like QALYs and ICERs
- The session fostered critical thinking and interdisciplinary collaboration, encouraging integration of economic perspectives into future research projects.

#milestones

Event Name	Beyond the Desk: Faculty Sports Meet
Date	10th January 2025
Venue	Sportorium, Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Mr.Mohit Sharma, Assistant Professor, Allied Health Sciences, Chitkara University, Punjab
Number of Participants	29
SDG Number	3,17
Duration	3 hours in Offline mode

Description of Event

The Allied Health Sciences Department, Chitkara School of Health Sciences has organized Sports Day (Theme: Beyond the Desk Faculty Sports Meet) on 10th January 2025 for faculty and staff at the university's sportorium in collaboration with Chitkara university sports board, Chitkara University-Punjab. The sports event aimed to promote physical activity and healthy competition among the faculties and staff. Total 29 faculty and staff participated in the different sports categories. The sports event featured five games: Carrom Board, dart, and table soccer, Arm Wrestling Men and Arm Wrestling women. The faculty and staff participated actively and showed their skills in each game. The matches were intense, and the faculty and staff gave their best effort to win. After several rounds of matches, the winners were announced, and they were provided with shields as a token of appreciation. The faculty and staff who came in the top positions demonstrated outstanding sportsmanship and skill. The event was a great success, and the faculty and staff had a lot of fun.

The winners of the following competitions were:

Darts

1st Position: Mr. Gurvinder Singh

2nd Position: Mr. Gurpreet Singh

3rd Position: Mr. Harpreet Singh

Soccer Table

1st Position: Mr. Dharam Singh

2nd Position: Mr. Mohit Sharma

3rd Position: Mr.Moninder Singh

Carrom Board

1st Position: Mr. Sanjeev Kumar

2nd Position: Mr. Sourabh

3rd Position: Dr.Kiranjeet Kaur

Arm Wrestling Men

1st Position: Mr. Pankaj Singla

2nd Position: Mr. Khursheed Ahmed

3rd Position: Mr. Raman Kumar

Arm Wrestling Women

1st Position: Ms. Naritbir Bajwa

2nd Position: Ms. Abhilasha Sood

3rd Position: Ms. Manpreet Kaur

Glimpse of the Event: -

Photograph 1: Flyer of the event (10th January 2025)

Photograph 3: Mr. Raman Kumar and Dr. Arpit showcasing precision during a darts competition at the sports meet. (10th January, 2025)

: Men Arm Wrestling Winners take the podium! Faculty members proudly displaying their awards at the Chitkara University Sports Board's sports meet (10th January, 2025).

Photograph 5: Celebrating teamwork and determination! Female faculty members awarded for their exceptional performance Women Arm Wrestling Game. (10th January, 2025)

Winners of Carrom Board in event titled "Beyond the Desk: Faculty Sports Meet" standing proudly on the podium with their awards, surrounded by the organizing team and fellow faculty members. (10th January, 2025)

Photograph 7: A group photo of the Chitkara University faculty and staff celebrating their achievements during the "Beyond the Desk: Faculty Sports Meet," hosted by the Chitkara University Sports Board. (10th January, 2025)

Event Name	CSR Activity
Topic	Awareness Talk on Malnutrition and its impact on children
Date	10th January, 2024
Venue	Pediatric ward, GMSH-16, Chandigarh
Organizers	Ms. Monika (Assistant Professor), Ms. Kanika Sharma (Assistant Professor), Ms. Indu Bala (Nursing Tutor)
No. of Participants	27
No. of Impacted Individual	18
Under SDG no.	03, 04
SDG Details	3. Good health and wellbeing, 04 Quality education

Objectives

- To Understanding the importance of malnutrition and its impact on child health or normal growth and development.
- To ensure for the health and well-being of both mother and newborn/children.
- To ensure children receive adequate nutrients, including calories, proteins, vitamins, and minerals essential for growth and development.
- To p**romote Optimal Growth and Development**: Prevent stunted growth, underweight, and wasting by providing balanced diets.
- To strengthen children's immune systems to reduce susceptibility to infections and diseases.
- To **Reduce Mortality Rates**: Decrease deaths associated with severe malnutrition, particularly in children under five.
- Highlighting the points on balanced diet therapy and its role on children's health.

B.Sc. Nursing 5th Semester gave Awareness talk on malnutrition and its impact at Pediatric unit GMSH-16 on 10th January 2025. Students emphasize malnutrition and its impact on children health, causes, types, danger signs, management and prevention from malnutrition. This is a

critical area of child health, and it's essential for new mothers to receive the information and support they need during this significant period.

Outcomes

- Increase awareness and knowledge of Parents, caregivers, and community members gain a better understanding of the causes, signs, and symptoms of malnutrition in children.
- Participants learn about the short- and long-term effects of malnutrition on physical and cognitive development, including stunted growth, learning difficulties, and weakened immune systems.
- Awareness about the different types of malnutrition (e.g., under nutrition, micronutrient deficiencies, and over nutrition) is raised.
- Improved public health outcomes as more parents participated in this awareness talk /session.

5th semester student giving awareness talk on Malnutrition and its impact on 10th January 2025.

5th semester students educating the parents regarding malnutrition and its impact on 10th January 2025.

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	AN EXPERT TALK ON "INNOVATION THROUGH SYNTHESIS: CRAFTING THE FUTURE OF SCIENCE"
DATE	2025-01-13 to 2025-01-13
MODE	OFFLINE
ORGANIZER NAME	DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. ROHIT BHATIA, ACQUISITION EDITOR
NO. OF PARTICIPANTS	60
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

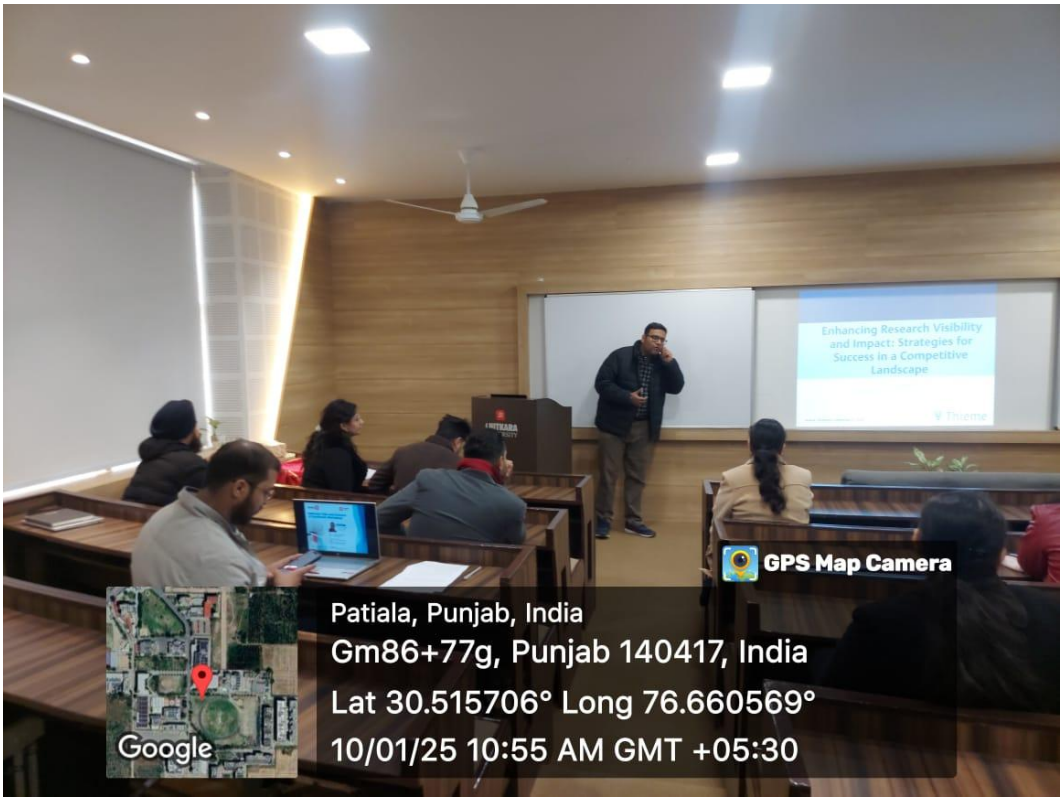
- Explore the role of synthetic chemistry in driving scientific innovation and its contribution to the development of new materials, drugs, and technologies.
- Demonstrate the interdisciplinary potential of synthesis by highlighting its applications across fields such as medicine, biotechnology, nanotechnology, and environmental science.
- Discuss novel approaches and techniques in synthetic methodology, focusing on how these innovations are enhancing efficiency, sustainability, and precision in scientific research.
- Examine the future of synthetic chemistry in addressing global challenges, such as drug resistance, climate change, and sustainable energy solutions.
- Encourage collaboration between academia and industry, fostering partnerships that drive the translation of innovative synthetic methods into real-world applications.

DESCRIPTION

The expert talk, "Innovation Through Synthesis: Crafting the Future of Science," will explore the transformative role of synthetic chemistry in shaping the future of science and technology. As a cornerstone of modern research, synthesis enables the creation of new materials, drugs, and compounds, facilitating breakthroughs across a range of scientific fields. This talk will highlight how the discipline of synthetic chemistry has driven significant innovations in medicine, biotechnology, nanotechnology, and environmental science. The session will cover the latest advancements in synthetic techniques, demonstrating how these innovations are making processes more efficient, sustainable, and precise. From green chemistry practices to novel catalysts and reaction mechanisms, attendees will gain insight into how modern synthetic methodologies are addressing both scientific challenges and global issues, such as climate change, drug resistance, and the need for sustainable energy solutions. The talk will also emphasize the interdisciplinary nature of synthesis, showcasing how collaborations between chemists, biologists, engineers, and industry leaders can accelerate the translation of synthetic innovations into practical applications. By exploring these cutting-edge developments, the session aims to inspire researchers to push the boundaries of what is possible in synthetic chemistry.

OUTCOMES

- Enhanced understanding of the pivotal role of synthetic chemistry in advancing scientific progress across multiple disciplines.
- Increased awareness of cutting-edge synthetic techniques and methodologies, and their potential to address current global challenges.
- Encouraged interdisciplinary collaborations between researchers, chemists, and industries to foster innovation and the application of synthetic chemistry in real-world scenarios.
- Promoted the development of sustainable and efficient synthetic methods, leading to more environmentally friendly and cost-effective solutions.
- Inspiration for future research and innovation, motivating participants to explore new frontiers in synthetic chemistry and its applications in medicine, materials science, and beyond.


Enhancing Research Visibility and Impact: Strategies for Success in a Competitive Landscape
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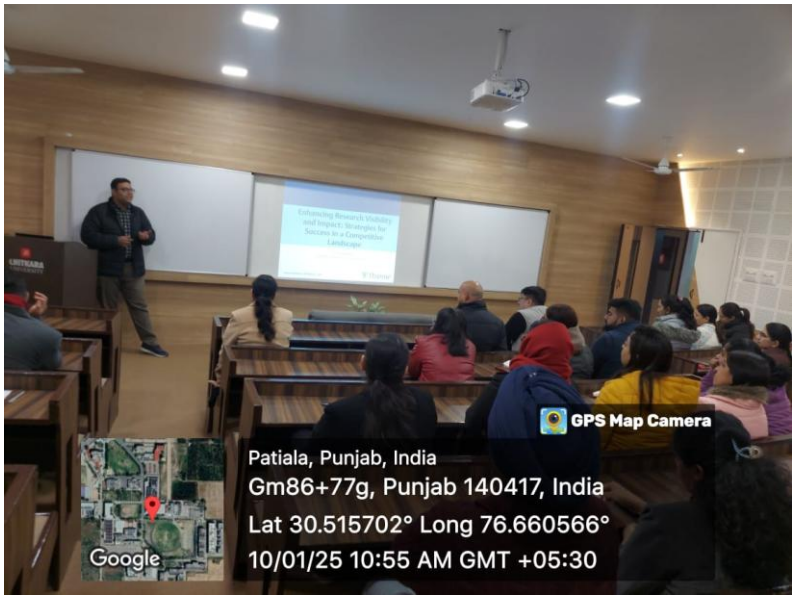
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#milestones

Event Name: -	Blood Donation Camp
Venue: -	Explore Star Hall
Date: -	16th January, 2025
SDG Number, Name and NEP: -	3-Good Health and Well Being, 17-Partnerships for the goals and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of donors: -	61
Duration: -	One Day

Objectives

- To commemorate the value of selflessness and humanitarianism in the university community.
- To mobilize the students, faculty, and staff in meaningful service, aiding those in need.
- To inspire future generations of Chitkara University students to engage in life-saving acts of kindness.

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."

On the **16th of January 2025**, **Chitkara University, Punjab,** witnessed a remarkable convergence of purpose and spirit. As the crisp winter air hummed with anticipation, the **National Service Scheme**, in association with **Rajindra Hospital, Patiala**, once again stood as a beacon of selflessness. Through the ***Veins2Village*** program, the university organized a **blood donation camp** that transcended the ordinary, turning a simple act of giving into an extraordinary expression of unity and compassion. The **University Readiness Academy**, a collection of eager and committed young hearts, embodied the essence of selfless service. Students poured in with energy fueled by a collective understanding of the power within them. It was not just blood that flowed through the tubes, but a deep-seated desire to make a difference, to be a part of something larger than themselves. What began as a quiet offering became a harmonious symphony of giving, a melody that echoed beyond the boundaries of the university and reached into the lives of those who needed it most. In that sacred space, a miracle of sorts occurred, not a dramatic, visible one, but the quiet kind that ripples through the soul. Each drop donated was a seed of kindness, casting roots that would grow into something far greater than the sum of its parts. In that moment, each participant became part of a larger tree, whose

branches stretched out far beyond the campus walls, touching lives and making a difference where it mattered most.

This blood donation drive was a living testament to the power of collective action, showing that through simple gestures of kindness, we create ripples that extend far into the future. The heartbeat of this initiative did not fade away, it became a part of the very fabric of those who gave and those who will live because of their generosity.

Outcomes

- Hundreds of lives impacted through blood donated, directly aiding those in critical need.
- Strengthened sense of community and shared responsibility within Chitkara University.
- Positive, long-lasting partnerships forged between the university and healthcare organizations.
- A deepening of compassion and humanity in every participant's heart.

3 idiots
"HUM ANGREZON KE ZAMAANE KE JAILOR HAI"
BOYFRIEND BOLE TOH?
TUMHARA NAAM KYA HAI BASANTI
MOTHER INDIA

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BABU MOSHAYE"
"TU MUJHE NAHIN MAAR
SAKTI, TU MERI MAA HAI"
SHOLAY
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LIGHTS CAMERA Action

LIGHTS CAMERA Action
BLOOD
DONATION CAMP

CHITKARA UNIVERSITY
"HUM ANGREZON KE ZAMAANE KE JAILOR HAI"
"JALI KO AAG KEHTE HAIN, BHUJI KO RAAKH KHETE HAIN"
"ITNA SANNATA KYUN HAI BHAI"
BOYFRIEND BOLE TOH?
LAGAAN
CHANDNI

LAGAAN
Once upon a time in India
Dilwale Dulhania Le Jayenge
PHIR HERA PHERI

RAHI HAI LEKIN INSAAF NAHIN MILTA
"TENSION LENE KA NAHIN, SIRF DENE KA
"SATTAR MINUTE. SATTAR MINUTE
HAI TUMHARE PAAS... SHAYAD
TUMHARI ZINDAGI KE SABSE KHAAS
SATTAR MINUTE...
CHITKARA UNIVERSITY
National Service Scheme
Organizes
BLOOD
DONATION CAMP
16th January 2025
In Collaboration with
University Readiness Academy
In association with
Rajindra Hospital, Patiala
Held at
Chitkara University, Punjab
#DonateYourBlood

"TAAREEKH PE TAAREEKH MILTI
RAHI HAI LEKIN INSAAF NAHIN
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"TENSION LENE KA NAHIN, SIRF DENE KA
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TUMHARI ZINDAGI KE SABSE KHAAS
National Service Scheme
Organizes
BLOOD
DONATION CAMP
16th January 2025
In Collaboration with
University Readiness Academy
In association with
Rajindra Hospital, Patiala
Held at
Chitkara University, Punjab
#DonateYourBlood
CHITKARA UNIVERSITY

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Joy in the journey – Thriving not Surviving
Date	17 January 2025
Time	11:00 am to 2:00 pm
Venue	Explotorium
Number of Attendees	457
Resource Person	Mr. Hitesh Gulati

The Chitkara Happiness Centre organized an inspiring session titled *"Joy in the Journey – Thriving, Not Just Surviving,"* featuring renowned motivational speaker Mr. Hitesh Kumar Gulati. The session aimed to install positivity, self-awareness, and a growth-oriented mindset among students, equipping them with valuable insights for personal and academic success. Mr. Gulati engaged the audience with his thought-provoking ideas and practical wisdom. He emphasized the importance of mindfulness and living in the present moment, urging students to focus on the *"now"* instead of dwelling on the past or worrying about the future. His words resonated deeply, inspiring students to cultivate a more positive and fulfilling approach to life. A key takeaway from the session was his discussion on stepping out of one's comfort zone to unlock true potential. He introduced a transformative model for adapting to change, highlighting four crucial stages: denial, resistance, exploration, and commitment. This structured framework helped students understand how to navigate challenges, adapt to new experiences, and embrace opportunities with confidence. Adding an element of fun and creativity, a fashion show activity was conducted, where students were divided into teams and encouraged to present themselves in unique and innovative ways. This engaging exercise fostered teamwork, self-expression, and confidence, making the session even more interactive and memorable. The session left a lasting impact on students, who appreciated its engaging format and relatable lessons. It reinforced the significance of embracing change, maintaining mindfulness, and finding joy in life's journey. The Chitkara Happiness Centre is proud to have hosted such a transformative event and remains committed to organizing more initiatives that inspire growth, happiness, and well-being among students.

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EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	STRIVE AND THRIVE
DATE	2025-01-18 to 2025-01-18
MODE	OFFLINE
VENUE	INDOOR AND OUTDOOR (OMEGA ZONE AND SPORTORIUM)
ORGANIZER NAME	DR. SWATI ARORA
RESOURCE PERSON	DR. SWATI ARORA, ASSISTANT PROFESSOR
NO. OF PARTICIPANTS	85
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 5: GENDER EQUALITY

OBJECTIVE

- Teamwork
- Sportsmanship
- Stress relief
- Unity

DESCRIPTION

The Elecrama Club of the Electrical Department organized a vibrant event, Strive and Thrive, on 18th January 2025. The event aimed to foster camaraderie, healthy competition, and engagement between faculty and students. It included three exciting games: Foosball, Darts, and Masters of the Pitch (Cricket Match). Event Details: 1. Foosball - Venue: Sportorium - Format: Individual participation - Both faculty and students showcased their skills and agility in a competitive yet fun-filled environment. Winners: Faculty: Vishal Sir and Gaurav Kalia Sir Students: Partiyush and Gursimrat Singh 2. Darts - Venue: Sportorium - Format: Individual participation - Precision and focus were the highlights of this activity, with participants aiming for the bullseye to secure victory. Winners: Faculty: Dr. Arrik Khanna Student: Sidarth Sood 3. Masters of the Pitch (Cricket Match) - Venue: Omega Zone - Format: Team-based participation - The cricket match saw three student teams representing the Electrical, Mechanical, and Mechatronics Departments. Additionally, two faculty teams faced off against each other, showcasing exceptional teamwork and sportsmanship. Winners: Students:

Electrical Department The event was conducted by Dr. Swati Arora, Faculty Coordinator of the Elecrama Club. This event was conducted in collaboration with University Sports Board.

OUTCOMES

- Teamwork
- Sportsmanship
- Stress relief
- Unity

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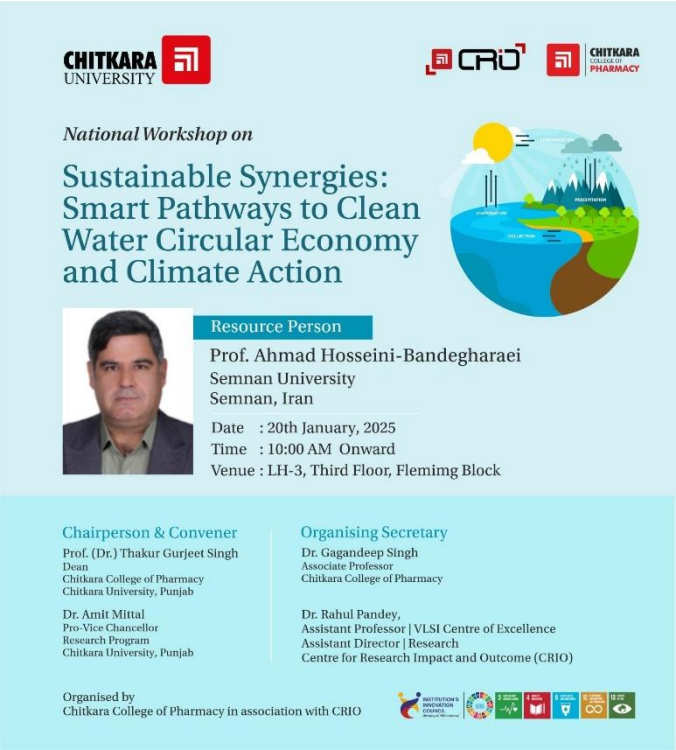
EVENT DETAILS	
EVENT TYPE	WORKSHOP
TOPIC	NATIONAL WORKSHOP ON " SUSTAINABLE SYNERGIES: SMART PATHWAYS TO CLEAN WATER CIRCULAR ECONOMY AND CLIMATE ACTION"
DATE	2025-01-20 to 2025-01-20
MODE	OFFLINE
ORGANIZER NAME	PROF. DR. THAKUR GURJEET SINGH
RESOURCE PERSON	PROF. AHMAD HOSSEINI- BANDEGHARAEI, PROFESSOR
NO. OF PARTICIPANTS	48
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 6: CLEAN WATER AND SANITATION

OBJECTIVE

- To promote awareness and understanding of integrated approaches to water conservation, climate resilience, and sustainable resource management.
- To explore innovative technologies and smart solutions that support clean water access, wastewater recycling, and circular economy practices.
- To foster multidisciplinary collaboration among academia, industry, policymakers, and community stakeholders for environmental sustainability.
- To equip participants with actionable strategies for implementing climate-smart water management and sustainable development goals (SDGs).
- To inspire research, innovation, and entrepreneurial thinking in areas related to environmental protection and climate action.



DESCRIPTION

A National Workshop on "Sustainable Synergies: Smart Pathways to Clean Water Circular Economy and Climate Action" was organized by Chitkara College of Pharmacy in association with CRIO on 20th January 2025 at LH-3, Third Floor, Flemming Block, Chitkara University, Punjab. The expert session was delivered by Prof. Ahmad Hosseini-Bandegharaei from Semnan University, Iran, a renowned academician and researcher in environmental sustainability. Prof. Hosseini-Bandegharaei shared deep insights into sustainable water management practices, emphasizing the integration of clean water technologies, circular economy principles, and climate resilience strategies. He highlighted real-world case studies showcasing the impact of eco-innovations and international collaborations in addressing water scarcity and environmental challenges. The session aligned with Sustainable Development Goals (SDGs), especially SDG 6 (Clean Water and Sanitation) and SDG 13 (Climate Action). The workshop provided an excellent platform for students, researchers, and faculty to engage in knowledge exchange and explore interdisciplinary approaches for a sustainable future.

OUTCOMES

- Enhanced participant knowledge of sustainable water management practices and climate-resilient infrastructure.
- Increased awareness of circular economy principles and their application in water reuse, waste minimization, and resource efficiency.
- Development of collaborative networks among academia, industry, and government for future sustainability initiatives.
- Identification of innovative and scalable solutions for local and national environmental challenges.
- Empowerment of students and professionals to contribute actively toward achieving SDG 6 (Clean Water and Sanitation) and SDG 13 (Climate Action).

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EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	CREAD MANIA 2025: UNLEASH CREATIVITY IN AD-MAKING
DATE	2025-01-21 to 2025-01-21
MODE	OFFLINE
ORGANIZER NAME	DR. GARIMA CHOPRA (ASSISTANT PROFESSOR, DECE, CUIET, CHITKARA UNIVERSITY, PUNJAB)
RESOURCE PERSON	DR. GARIMA CHOPRA, ASSISTANT PROFESSOR
NO. OF PARTICIPANTS	20
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 8: DECENT WORK AND ECONOMIC GROWTH

OBJECTIVE

- To provide a platform for participants to express their innovative ideas and vision through the art of advertising.
- To foster collaboration and teamwork among participants as they brainstorm and create compelling advertisements.
- To engage participants with fun-filled activities such as guessing the song using props and identifying brands from their taglines, ensuring an entertaining and interactive experience.
- To help participants develop their skills in conceptualizing and presenting effective advertisements.

- To create awareness about the significance of advertising in modern communication through hands-on activities and competition.

DESCRIPTION

The Department of Electronics and Communication Engineering, in collaboration with the Ebuzz Club, organized "CreAd Mania 2025: Unleash Creativity in Ad-Making," an innovative

and entertaining event designed to inspire and showcase students' creative potential. This event offers participants a platform to delve into the art of advertising while enjoying a series of engaging activities. The event is divided into two segments, where each crafted to highlight the participants' creativity, teamwork, and spontaneity. In Segment 1, the participating students will register in teams of at least two and no more than five members. Each team will be assigned a unique theme and an object, which they must use to craft a creative advertisement. The preparation period allows participants to brainstorm, plan, and rehearse their advertisement before presenting it. Teams will be evaluated on their ability to integrate originality, ingenuity, and presentation skills into their ads. Whether humorous, thought-provoking, or informative, each ad will reflect the team's ability to communicate ideas effectively within the constraints of the given theme and object. The judgment for this segment is based on a structured evaluation process aligned with pre-defined criteria. The criteria may include factors such as creativity, relevance to the theme, use of the provided object, clarity of message, and overall presentation. This ensures that all teams are assessed fairly and consistently. The segment 2 consists of fun games that add excitement to the event. It features a series of fun-filled games to enhance the participants' overall enjoyment. Activities such as "Guess the Song Using Props" and "Identify the Brand from Its Tagline" promise to entertain and engage all attendees. While this segment does not influence the primary judgment, it introduces an element of fun competition. Teams that excel in these games earn bonus points, which will only be considered in the case of a tie in the main segment. This ensures a fair resolution while maintaining the integrity of the Creative Ad-Making Game as the core component of the event. "CreAd Mania 2025" promises a vibrant and collaborative environment where students can unleash their creativity, develop teamwork, and hone their communication skills. The competitive yet enjoyable atmosphere encourages participants to think outside the box and explore innovative approaches to advertising. This event also emphasizes the importance of advertising in modern communication by allowing participants to engage in hands-on activities that mimic real-world challenges in the industry. Beyond competition, the fun games allow students to bond with peers, fostering friendship and creating lasting memories. It is not just a competition but a celebration of creativity, teamwork, and innovation.

OUTCOMES

- Enhanced creativity and innovative thinking among participants by challenging them to develop unique advertisements within given constraints.
- Improved teamwork and collaboration skills through group-based activities requiring coordination and shared effort.
- Practical understanding of advertising principles and their application in crafting compelling messages and presentations.
- Strengthened bonds and camaraderie among students, fostering a sense of community through engaging and enjoyable activities.

CreAd Mania 2025:
Unleash Creativity
in Ad-Making
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Event Name	Career Opportunities in Rehabilitation and Sports Medicine
Date	22nd January 2025
Venue	LH-104, First Floor, Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr Navnita Gautam, Athletic Therapist, Corporate Ergonomic Consultant, IPL, FIFA, FIBA
Number of Participants	61
SDG Number	3, 4, 9
Duration	1 day

About the Activity

Department of Physiotherapy, Chitkara School of Health Sciences, successfully hosted a talk on "Career Opportunities in Rehabilitation and Sports Medicine" on 22nd January 2025. The session was led by Dr. Navnita Gautam, an esteemed Athletic Therapist and Corporate Ergonomic Consultant with experience across international platforms such as IPL, FIFA, FIBA, European Tour, Cricket Netherlands, and A M Badminton Academy in Canada and India. Dr. Navnita Gautam shared valuable insights into the evolving landscape of rehabilitation and sports medicine, emphasizing career pathways, global opportunities, and the critical role of physiotherapists in sports and ergonomic sectors. The session was highly engaging, with interactive discussions that inspired both students and faculty members. The positive feedback from participants highlighted the relevance and impact of the session in shaping their professional aspirations.

Dr Navnita discussing the scope of rehabilitation in sports injuries (22nd January 2025)

Navnita along with Dr Amandeep Singh, Principal, Department of Physiotherapy, CSHS (22nd January 2025)

Photograph 4 : Group Photograph of participants with Dr Navnita (22nd January 2025)

Event Name	FDP on Empowering nursing educators: Innovative simulation-based learning
Date	23rd-24th January,2025
Venue	Warren Buffet Hall, GB102 and GB 201
Organizer	Dr Kanika, Ms. Manu Kohli
Resource Person	Dr. Murgesh Suthar, Ms. Priyanka Pandey, Mr. Rahul Bisht
Number of Participants	28
SDGs Covered	SDG 3: Good Health and wellbeing, SDG 4: Quality Education, SDG 17-Parternship for Goals
Duration	9 AM- 4 PM

About the Activity

Simulation-based learning (SBL) is a pedagogical approach that allows learners to experience real clinical situations without putting patients at risk. It is adaptable to cases involving a wide variety of clinical Content. SBL is a technique, not merely a technology, that employs innovative methods to teach and engage students through hands-on experiences across diverse clinical scenarios.

This two-day FDP program was designed to enhance the competencies of nursing educators in simulation-based education (SBE) by integrating innovative teaching methodologies to foster student engagement and improve learning outcomes.

Description

The Faculty Development Program (FDP) on "Empowering Nursing Educators: Innovative Simulation-Based Learning" was successfully organized by the Department of Nursing, Chitkara School of Health Sciences, in collaboration with Delta Healthcare on January 23-24, 2025, at Chitkara University, Punjab. The two-day offline program aimed to enhance nursing educators' skills and knowledge in simulation-based education (SBE), equipping them with innovative teaching techniques to improve student engagement and learning outcomes.

The sessions were led by prominent resource people, including Dr. Murgesh Suthar, Ms. Priyanka Pandey, and Mr. Rahul Bisht, who provided both theoretical and practical training on key aspects of SBE, such as INACSL standards, adult learning principles, effective debriefing techniques, and simulation scenario development.

Participants were engaged in hands-on sessions exploring both high-resource and low-resource simulation settings, fostering their ability to set up and manage simulation labs efficiently. Group activities and collaborative simulation exercises further emphasized teamwork and practical application in clinical education.

The FDP concluded with a feedback session leaving attendees equipped with the skills and insights to enhance the quality of nursing education and prepare future-ready healthcare professionals. This initiative exemplified Chitkara University's commitment to excellence in education and Delta Healthcare's expertise in advancing simulation-based learning, making it a significant step toward improving clinical education and patient care outcomes.

Objectives

- Provide hands-on training on simulation-based education (SBE) to enhance the faculty's knowledge and skills in SBE.
- Provide practical experience in both low-resource and high-resource simulation settings.

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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Inner Engineering Session for Support and Worker Staff
Date	23 January 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	55
Resource Person	Mr. Saurav Thakur

The Inner Engineering session, organized by the Chitkara Happiness Center and conducted by volunteers from the Isha Foundation, was a transformative event aimed at enhancing mindfulness, well-being, and energy levels for the support and worker staff. The session focused on providing practical tools and techniques to help participants manage stress, increase focus, and improve overall health, leaving them feeling rejuvenated and balanced. The session began with interactive mindfulness games designed to bring participants into the present moment. These activities encouraged focus, awareness, and teamwork in a relaxed setting, helping to promote a sense of camaraderie among the participants. Following this, a guided Nadi Shuddhi (alternate nostril breathing) practice was introduced to cleanse the energy channels, calm the mind, and bring about mental clarity. Participants were able to experience the soothing and refreshing effects of this ancient technique firsthand. Energy balancing practices were also incorporated into the session, teaching simple but effective exercises to maintain vitality and prevent burnout. These techniques proved to be valuable for daily life, enabling participants to manage their energy levels more effectively. Additionally, the power of sound was explored through chanting the AUM mantra and practicing Naad Yoga. This practice helped participants feel centered and energized by connecting with the vibrations of sound. By the end of the session, participants reported feeling lighter, more balanced, and recharged. The techniques shared were easy to follow and applicable to their daily routines, and many staff members expressed their appreciation for the enriching experience. The session proved to be a meaningful step towards fostering a healthier and more mindful workplace environment, allowing staff to feel empowered and better equipped to manage the demands of their roles.

Event Name	NSS Activity
Topic	Poster Making Competition on Maternal Health Awareness Day
Date	23rd January, 2025
Venue	Galileo Block, Chitkara University, Punjab
Organizer	Ms. Lakshita, Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	10
No of Impacted Individuals	-
Under SDG no.	3, 5, 10

Objective

To provide a platform for Nursing students to showcase their innovative ideas in raising Maternal Health Awareness through poster making. Maternal Health Awareness Day is observed every year on 23rd January. To create awareness about maternal health and inspire antenatal mother's regarding maternal health.

NSS Volunteers of class B.Sc. (N) 1st semester from Department of Nursing, CSHS Chitkara University, Punjab organized Poster making Competition on 23rd January 2025 organized by Ms. Lakshita and Ms. Preetika Nursing Tutor, Department of Nursing, CSHS. The aim behind the event was to encourage better practices, policies, and initiatives that ensure all women, regardless of their background or location, have access to safe and effective maternal healthcare. It also serves to educate the public and policymakers on the importance of prioritizing maternal health as part of overall healthcare improvements. The day serves to highlight the global challenges that still exist in maternal healthcare, including issues such as access to proper medical care, maternal mortality, and the health disparities that exist, especially in low-income and marginalized communities.

MATERNAL HEALTH AWARENESS
"Every Mother Counts, Every Life Matters"
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Rajpura, Patiala, 140601, Punjab, India
Lat 30.515706, Long 76.659252
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Outcomes

1. **Raising Awareness**: The posters created through the competition can help spread key messages about maternal health, such as the need for prenatal care, the importance of nutrition during pregnancy, and the role of healthcare providers in ensuring safe childbirth experiences.
2. **Inspiring Action**: The visually impactful designs can inspire viewers to take action—whether it's supporting maternal health programs, educating others, or advocating for policy changes to improve maternal health systems.
3. **Engagement and Education**: Competitions like these are a great way to educate participants and the broader community about the ongoing challenges related to maternal health, such as access to medical care, maternal mortality, and health inequities.
4. **Community Involvement**: Through the competition, communities can come together to discuss and learn about the importance of maternal health, building solidarity and a shared commitment to addressing these issues.
5. **Talent Showcasing**: It provides an opportunity for local artists or students to showcase their creativity while supporting a meaningful cause, helping to generate interest and potentially fostering a sense of pride and purpose within the community.
6. **Resource for Advocacy**: The winning posters can be used in various campaigns, events, and social media platforms to further promote the message of maternal health awareness, helping to reach a wider audience.

Event Report	
Event Name	Faculty Development Program
Topic	Empowering nursing educators: Innovative simulation-based learning
Date	23rd-24th January, 2025
Mode	Offline
Organizer Name	Dr. Kanika (Vice Principal) Ms. Manu Kohli (Associate Professor)
Name of the school/college/research lab/ centre holding the event	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Person	Dr. Murgesh Suthar, Ms. Priyanka Pandey, Mr. Rahul Bisht
No. of Participants	28
SDG No	SDG 3: Good Health and wellbeing, SDG 4: Quality Education, SDG 17-Parternship for Goals

Objectives

1. Provide hands-on training on simulation-based education (SBE) to enhance the faculty's knowledge and skills in SBE
2. Provide practical experience in both low-resource and high-resource simulation settings.

Description

The Faculty Development Program (FDP) on "Empowering Nursing Educators: Innovative Simulation-Based Learning" was successfully conducted by the Department of Nursing, Chitkara School of Health Sciences, in collaboration with Delta Healthcare on January 23-24, 2025, at Chitkara University, Punjab. This two-day program was designed to enhance the competencies of nursing educators in simulation-based education (SBE) by integrating innovative teaching methodologies to foster student engagement and improve learning outcomes. The FDP featured renowned experts in the field, including Dr. Murgesh Suthar, Ms. Priyanka Pandey, and Mr. Rahul Bisht, who provided comprehensive theoretical insights and hands-on training on critical aspects of SBE. The sessions covered INACSL (International Nursing Association for Clinical Simulation and Learning) standards, adult learning principles, scenario development, and effective debriefing techniques, enabling participants to implement evidence-based teaching strategies in nursing education.

A key highlight of the program was the interactive practical sessions, where educators explored both high-resource and low-resource simulation settings to develop the skills required for setting up and managing simulation labs. Through collaborative simulation exercises and group activities, participants gained firsthand experience in executing real-world clinical scenarios, reinforcing their ability to facilitate engaging and impactful learning experiences for students. Beyond technical expertise, the FDP also emphasized the importance of teamwork and critical thinking in clinical education. Attendees actively participated in discussions on the integration of simulation pedagogy into the nursing curriculum, ensuring a more holistic and immersive learning environment. The structured debriefing sessions allowed participants to reflect on their learning, share experiences, and discuss strategies for overcoming challenges in implementing simulation-based education. The program concluded with a feedback session, where participants expressed appreciation for the enriching experience and valuable insights gained. This initiative underscored Chitkara University's commitment to academic excellence and Delta Healthcare's expertise in advancing simulation-based

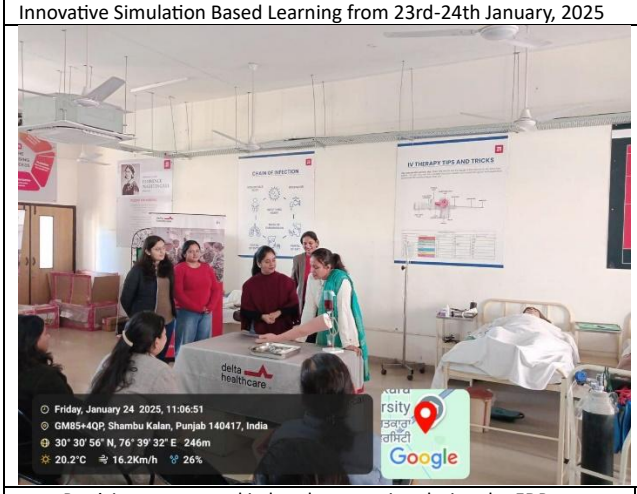
learning. By empowering nursing educators with cutting-edge simulation techniques, the FDP marked a significant step towards improving the quality of nursing education, clinical training, and ultimately, patient care outcomes. This event not only strengthened the professional capabilities of nursing educators but also contributed to the broader goal of preparing future-ready healthcare professionals capable of delivering high-quality patient care in an evolving healthcare landscape.

Outcomes

- Gain hands-on experience in both low-resource and high-resource simulation settings, while learning how to set up and manage a simulation lab effectively.
- Understand and practice adult learning principles, facilitation theory and effective debriefing techniques to enhance educational outcomes.
- Develop teamwork skills through collaborative simulation exercises and explore the scope and potential of simulation in nursing education and practice.

Participants during the FDP on Empowering Nursing Educators: Innovative Simulation Based Learning from 23rd-24th January, 2025

Participants engaged in hands on session during the FDP on Empowering Nursing Educators: Innovative Simulation Based Learning from 23rd-24th January, 2025



Participants engaged in hands on session during the FDP on Empowering Nursing Educators: Innovative Simulation Based Learning from 23rd-24th January, 2025

Group photograph of participants at FDP on Empowering Nursing Educators: Innovative Simulation Based Learning from 23rd-24th January, 2025

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Community Happiness
Date	23 January 2025
Time	10:30 AM to 12:30 AM
Venue	Kartar Asra Sc-1, Near Rock Garden, Chandigarh
Number of Attendees	21
Resource Person	Mr. Manav Bansal

As part of the Community Happiness Project Workshop, the Chitkara Happiness Centre organized a visit to Kartar Asra Ashram in Chandigarh, an old age home filled with kind and inspiring individuals. This visit was a heartwarming experience that allowed us to connect with the elderly, listen to their life stories, and share moments of joy and companionship. It was a day filled with emotions, smiles, and unforgettable memories. Throughout the day, we engaged in various activities to bring happiness and warmth to the elderly residents. We played games, danced, sang songs, and had heartfelt conversations with them. Their stories of resilience, love, and wisdom left a deep impact on all of us. Many of them shared experiences from their past, offering valuable life lessons and insights that inspired us. Seeing the joy on their faces as they interacted with us was truly priceless and fulfilling. Beyond just an event, this visit was a lesson in compassion and human connection. We realized that happiness is often found in the simplest of moments—a shared laugh, a warm hug, or an engaging conversation. It reinforced the importance of caring for the elderly and making them feel loved, valued, and appreciated. This workshop was not just about spreading happiness—it was about discovering it in unexpected places. The experience strengthened our commitment to bringing joy and positivity to the lives of those in need. The Chitkara Happiness Centre remains dedicated to organizing such meaningful initiatives, ensuring that love, kindness, and connection continue to bring hope and happiness to every corner of our community.

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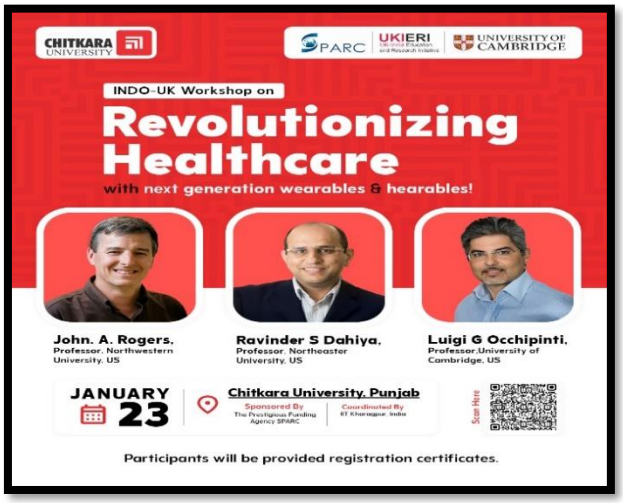
Event Name	Revolutionizing healthcare with next generation wearables and hearables
Date	23rd January 2025
Venue	Carnegie Hall, Rockfeller Block
Department	CURIN Applied Research
Resource Person	Prof. Luigi G Occhipinti, University of Cambridge UK. Prof. R.S.Dahiya, Northeastern University, MA, USA. Prof. J. A. Rogers, Northwestern University IL, USA. (Virtual) Dr. Ravi Kapoor, GMCH, Chandigarh, India. Prof. Dinesh Kalyanasundaram, IIT Delhi, India. (Virtual) Prof. Amitabha Bandyopadhyay, IIT Kanpur, India. (Virtual) Dr. Sanjeev Virdi, CSIR-CSIO, Chandigarh, India. Dr. Sunita Mishra, CSIR-CSIO, Chandigarh, India.
Number of Participants	110
SDGs Covered	3,4,9,11 and 17
Duration	6 Hrs

About the Activity

This event "**Revolutionizing healthcare with next generation wearables and hearables"** was organized as a part of Indo-UK project (with Dr. Sunita Mehta as PI and Dr. Nitin Saluja ad Co-PI) in collaboration with University of Cambridge UK (with Prof. Luigi G Occhipinti as PI and Prof. Jong Min Kim as Co-PI) sponsored by prestigious Funding agency SPARC coordinated by IIT Kharagpur. in profound association with UKIERI, British Council UK.



Workshop Objectives

The main objective of this workshop was to provide a potential platform for academic professionals, industry professionals as well as researchers to leverage the knowledge exchange in the field of advanced materials, low power electronics and artificial intelligence for healthcare.

Key Highlights

The event comprised of the distinguished talks from eminent speakers worldwide, the details for which are provided below-

9) "Soft, skin-interfaced electronic and microfluidic systems for health monitoring."- Prof. John A Rogers, **Northwestern University IL, USA.** (Virtual)
10) "Smart wearables and AI for healthcare."- Prof. Luigi G Occhipinti, **University of Cambridge UK**.
11) "Flexible printed electronics for robotics and interactive systems."- Prof. R.S.Dahiya, **Northeastern University, MA, USA.**
12) "Potential of hearables in healthcare." - Dr. Ravi Kapoor, **GMCH, Chandigarh, India**.
13) "Hearing: Current scenario, challenges and evalution of hearing of individuals." Prof. Dinesh Kalyanasundaram, **IIT Delhi, India.** (Virtual)
14) "Creating a pipeline for HealthTech in an academic institution."- Prof. Amitabha Bandyopadhyay, **IIT Kanpur, India.** (Virtual)
15) "Bio-signal processing for medical devices." - Dr. Sanjeev Virdi, **CSIR-CSIO, Chandigarh, India.**
16) "Advances in Healthcare Materials."- Dr. Sunita Mishra, **CSIR-CSIO, Chandigarh, India.**

Workshop Outcomes

The event provided ample opportunities for networking and knowledge sharing among the participants paving the way for fruitful collaborations in the future.

Event Name: -	Maternal Health Awareness Day
Venue: -	Galileo Block
Date: -	23rd January, 2025
SDG Number, Name and NEP: -	3-Good Health and Well Being and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	10
Duration: -	One Day

To provide a platform for Nursing students to showcase their innovative ideas in raising Maternal Health Awareness through poster making. Maternal Health Awareness Day is observed every year on 23rd January. To create awareness about maternal health and inspire antenatal mother's regarding maternal health.

NSS Volunteers of class B.Sc. (N) 1st semester from Department of Nursing, CSHS Chitkara University, Punjab organized Poster making Competition on 23rd January 2025 organized by Ms. Lakshita and Ms. Preetika Nursing Tutor, Department of Nursing, CSHS. The aim behind the event was to encourage better practices, policies, and initiatives that ensure all women, regardless of their background or location, have access to safe and effective maternal healthcare. It also serves to educate the public and policymakers on the importance of prioritizing maternal health as part of overall healthcare improvements. The day serves to highlight the global challenges that still exist in maternal healthcare, including issues such as access to proper medical care, maternal mortality, and the health disparities that exist, especially in low-income and marginalized communities.

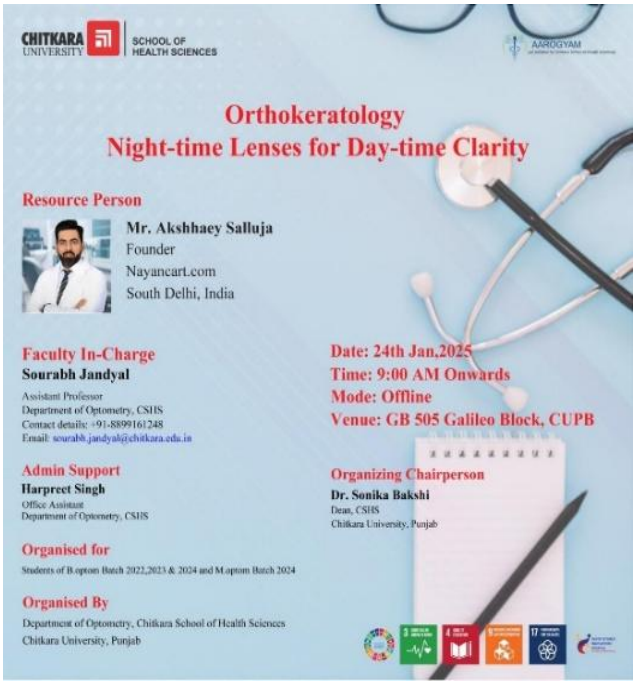
Outcomes

- **Raising Awareness**: The posters created through the competition can help spread key messages about maternal health, such as the need for prenatal care, the importance of nutrition during pregnancy, and the role of healthcare providers in ensuring safe childbirth experiences.
- **Inspiring Action**: The visually impactful designs can inspire viewers to act—whether it's supporting maternal health programs, educating others, or advocating for policy changes to improve maternal health systems.

- **Engagement and Education**: Competitions like these are a great way to educate participants and the broader community about the ongoing challenges related to maternal health, such as access to medical care, maternal mortality, and health inequities.
- **Community Involvement**: Through the competition, communities can come together to discuss and learn about the importance of maternal health, building solidarity and a shared commitment to addressing these issues.
- **Talent Showcasing**: It provides an opportunity for local artists or students to showcase their creativity while supporting a meaningful cause, helping to generate interest and potentially fostering a sense of pride and purpose within the community.
- **Resource for Advocacy**: The winning posters can be used in various campaigns, events, and social media platforms to further promote the message of maternal health awareness, helping to reach a wider audience.

Event Name	Orthokeratology Night-time Lenses for Day-time Clarity
Date	24th January 2025
Venue	Galileo Block, Chitkara University, Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Mr. Akshhaey Salluja, Founder, nayancart.com
Number of Participants	59
SDG Number	3,4,9,17
Duration	2 hours

Description of Event



Orthokeratology lenses are a new trend in myopia management strategies. With improving advancements, these lenses are known for their accuracy in delivering desired results. An increasing efficiency and promising results have developed an awareness and a new interest among patients as well as practitioners for these specialty lenses. Keeping the latest trends in mind, Department of Optometry, CSHS, Chitkara University organized a session on Orthokeratology lenses. This session was delivered by Mr. Akshhaey Salluja, founder of nayancart.com who with his enormous experience of over 15 years was able to make the complexities of the topic a simple yet enriching experience. This session not only introduced the new advancements in the diagnostics of cornea but also brought into the picture the benefits with these advancements. This session highlighted the need for knowing the theoretical as well as the practical aspects of the orthokeratology lenses. This session also in-depth covered the major points to be taken care of while choosing the right parameters of initial trial lens. The overall fitting and different patterns of fitness were also discussed in this session.

The students learned about the possible set of ocular conditions where these specialty contact lenses can change the quality of life among patients. They also learnt about the different parameters to be considered before prescribing these contact lenses. They learnt about the primary factors to be considered specifically about the indications and contraindications of this contact lenses as well. The students were able to correlate various grades and severity levels of refractive errors where this contact lenses can be prescribed. They also learned about how these contact lenses can play very vital role in controlling the myopia progression

Event Name	Introduction to AI and Its Application in Healthcare
Date	24 January 2025
Venue	Darwin Block (Online Event)
Department	DRC—Chitkara School of Health Sciences
Resource Person	Dr. Varun P. Gopi, Associate Professor, Department of ECE, NIT Trichy
Number of Participants	48
SDGs Covered	SDGs covered: 3, 4, 9, 17
Duration	2.30 Hours

About the Activity

On January 24, 2025, the Doctoral Research Centre (DRC) at Chitkara School of Health Sciences organized an engaging session on "Introduction to AI and Applications in Healthcare." The event brought together research scholars, faculty members, and students to explore the transformative role of Artificial Intelligence (AI) in healthcare.

The session was led by Dr. Varun P. Gopi, Associate Professor, Department of ECE, NIT Trichy, who delivered an insightful introduction to AI and its categorization, differentiating between conventional AI, deep learning, and generative AI technologies. Through real-world examples, he demonstrated how AI is reshaping healthcare, from diagnostics and personalized medicine to predictive analytics and patient care.

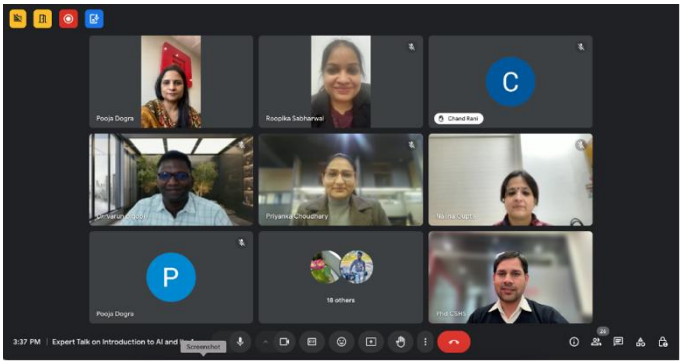
Event Objectives

The session aimed to:

- Introduce AI Fundamentals: Provide a clear understanding of AI, its evolution, and key technological advancements.
- Explain AI's Role in Healthcare: Highlight AI's impact on diagnostics, treatment, predictive analytics, and patient management.
- Differentiate AI Categories: Discuss traditional AI, deep learning, and generative AI to showcase their unique contributions.
- Encourage Research & Innovation: Inspire scholars and faculty to explore AI-driven solutions in healthcare.

Key Highlights

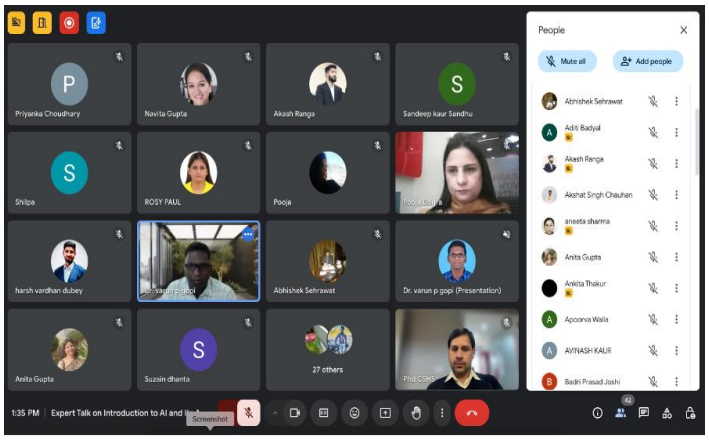
- Expert Insights: Dr. Varun P. Gopi provided an engaging overview of AI's evolution and breakthroughs in healthcare.
- Real-World Applications: Discussions covered AI-driven diagnostics, treatment personalization, and predictive analytics.
- AI Categorization: A clear differentiation between conventional AI, deep learning, and generative AI was presented.
- Interactive Q&A: Participants actively engaged in insightful discussions and thought-provoking questions.



- Closing Remarks: The session concluded with a vote of thanks by Dr Pooja dogra, appreciating Dr. Gopi's expertise and participant engagement.

Event Outcomes

- Enhanced AI Awareness: Attendees gained a solid understanding of AI's role in healthcare and medical research.
- Research & Innovation Drive: The session encouraged scholars to explore AI applications in their respective fields.
- Collaborative Learning: Strengthened knowledge-sharing among students, faculty, and AI experts.
- Practical AI Integration: Participants discovered how to leverage AI tools for healthcare advancements. The session was an eye-opener for many, inspiring further exploration into AI-driven healthcare solutions and reinforcing Chitkara University's commitment to cutting-edge research and technological innovation.



Event Details	
Event Type	Expert Talk
Topic	Strategizing Innovative Techniques for a Sustainable Business in the Healthcare Industry
Date	2025-01-25 to 2025-01-25
Mode	Online
Organizer Name	Harinder Pal Singh, HoD - Pharma, CCSM, Chitkara University, Punjab
Resource Person	Mr. Jai Kumar Gulati Ex GM Sales & Marketing Unimarck Pharma with 40 years of experience
No. of Participants	210
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure

Objective

- Gain insights into innovative strategies for pharmaceutical sales and marketing success.
- Understand the critical role of prescription generation in pharma revenue models.
- Explore Retail Chemist Prescription Audit (RCPA) for market analysis and planning.
- Learn the "Work Your Plan, Plan Your Work" technique for effectiveness.
- Develop strategic communication skills for engaging with physicians effectively.

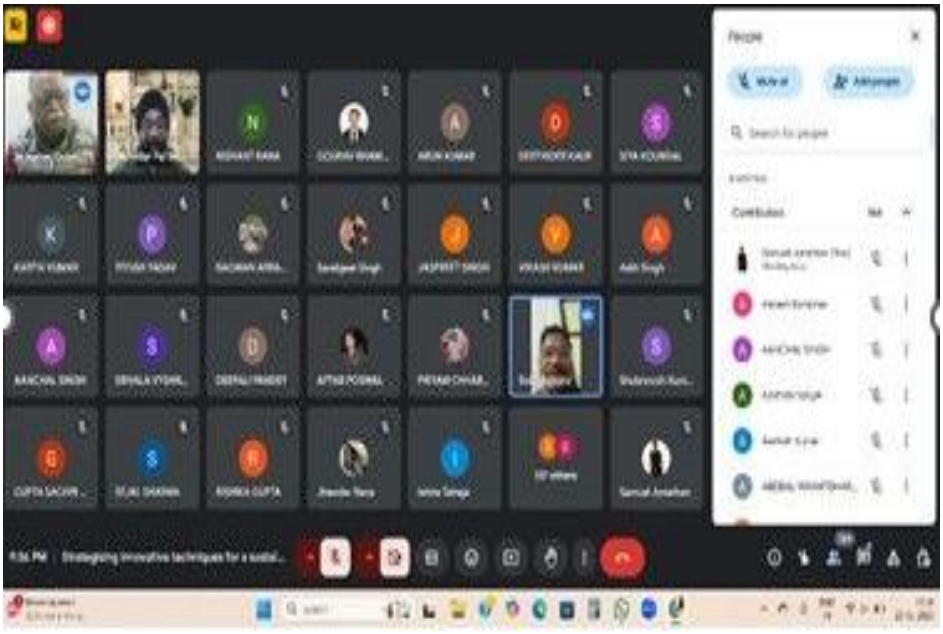
Description

Chitkara College of Sales and Marketing organized an expert talk for MBA Sales and Marketing (Pharmaceutical Management) students on 25th January,2025. The resource person was Mr. J K Gulati, who had more than 40 years of experience of sales and marketing in the pharmaceutical industry. Mr. Gulati interacted with students and shared his expertise in strategically innovative techniques for better customer engagements and successful business

outcome in the context of extracting prescriptions, the very mode of generating revenue in the pharma industry. Mr. Gulati shared two valuable techniques, such as Retail Chemist Prescription Audit (R C P A) and innovative method of Work Your Plan, Plan Your Work, to be having successful and sustainable business and career in recession free pharma industry. Students had their queries answered in the manner of satisfaction to the students. MBA sales and marketing with specialization in Pharmaceutical Management provides platform to the students to be industry ready for a sustainable, growth-oriented career in pharma and health industry. In order to make students industry ready in the domain of sales and marketing, it's essential and required for students to learn and master the art of generating prescription base through physician-sales executive communication engagement, the very fulcrum of pharma business. In the same context, an expert from the industry, Mr. Jai Kumar Gulati was engaged to deliver, interact and share his expertise and experience with students, the innovative strategies, techniques and methods to be successful in generating pharma business and have meaningful career in future ahead. His expertise and techniques would surely benefit the students, who are seeking a career in the sunshine industry and help in academic performance.

Outcomes

1. Students will acquire practical knowledge of sustainable business techniques in pharma.
2. Enhanced ability to analyze market trends using RCPA methodology.
3. Improved understanding of strategic planning for consistent career growth.
4. Greater confidence in applying innovative methods for customer engagement.
5. Strengthened career readiness for success in the pharmaceutical industry.



SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Empower Exam Preparation through Joy and Peace
Date	25 January 2025
Time	9:30 am to 10:30 am and 12:00 pm to 1:00 pm
Venue	Explotorium – Chitkara International School, Chandigarh, Panchkula
Number of Attendees	55
Resource Person	Mr. Atheer Al-Sarayfi

The Chitkara Happiness Centre organized an insightful workshop titled "Empower Exam Preparation Through Joy & Peace" at Chitkara International School, Panchkula, and Chandigarh. The session was led by Isha volunteer Atheer Al-Sarayfi and aimed to help students reduce exam stress and improve focus through mindfulness techniques. The workshop emphasized the importance of inner well-being for academic success. Atheer encouraged students to prioritize their mental and emotional health, explaining how a calm mind enhances performance under pressure. He highlighted that true success comes not just from hard work but also from maintaining a peaceful and balanced mindset. A key highlight of the session was the introduction of the Nadi Shuddhi technique, an ancient yogic breathing practice that helps calm the mind and improve focus. Atheer guided students through a step-by-step process, allowing them to experience its immediate benefits in reducing anxiety and improving clarity. Many students found this technique helpful in managing their exam-related stress. Another powerful practice discussed was the AUM chanting technique. This method promotes inner harmony, emotional stability, and relaxation. Students actively participated in chanting AUM and felt its grounding and soothing effects. Atheer explained how this simple practice can be used daily to reduce stress and enhance concentration. The session provided students with practical techniques to manage stress, improve focus, and cultivate peace and joy in their daily lives. The interactive and engaging format helped students understand how mindfulness can positively impact their academic journey. This empowering session was a valuable step toward promoting holistic well-being, ensuring students approach their exams with confidence, positivity, and a calm mind. The Chitkara Happiness Centre looks forward to organizing more such sessions for student growth and happiness.

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Pickleball Tournament
26th January, 2025

University Sports Board organized Pickleball Tournament on 26th January 2025 held at Chitkara University, Punjab. The tournament aimed at achieving universal health coverage and to promote well-being at all ages essentially for sustainable development under SDG3 (Sustainable Development Goal 3) and through Fit India Movement. The bright and sunny Republic Day on campus was a special one for University Sports Board as Dr. Madhu Chitkara, H'ble Pro Chancellor Ma'am, inauguration the Pickle-ball Court. The inaugural shot by Mam set momentum for the day. The very first matches of Pickleball Tournament witnessed amazing enthusiasm. Marking Republic Day on January 26th, a lively pickleball tournament took place alongside the grand inauguration of a brand-new pickleball court! The day buzzed with excitement as players competed in the tournament and celebrated the opening of the new facility, promising many more thrilling matches to come.

Winners

Pickleball Men Double

1st - Somil and Soham

2nd - Nikhal and Aditya Bakshi

3rd - Yugen and Saksham

Pickle ball Women Double

1st - Meenal and Muskan kumari

2nd - Amisha and Priyanka

3rd - Urvi and Rashi

Pickleball Faculty Men Double

1st- Abhimanyu Gulati and Gurjinder

2nd- Harinder Pal Singh and Barbreek Gulati

3rd- Dr Nitish and Dr Mohit

Inauguration of the Pickleball Court – 26th January 2025

H'ble Pro Chancellor Mam - 26th January 2025

Participants playing pickleball during tournament – 26th January 2025

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Landscaping and Gardening
Date	27 January 2025
Time	12:00 PM to 1:00 PM
Venue	LH-2, Le-Corbusier Block
Number of Attendees	64
Resource Person	Ms. Seema Sharma

The Chitkara Happiness Centre organized an informative session on landscaping and gardening, conducted by Ms. Seema Sharma. The session aimed to educate participants on the fundamentals of landscaping, the benefits of gardening, and practical techniques for plant care. Ms. Sharma shared her valuable experiences and insights into the landscaping market, inspiring participants with her journey in this field. She began the session by discussing how she started her career in landscaping and gardening, highlighting the challenges she faced and the lessons she learned. Participants gained a deeper understanding of the numerous benefits of gardening, such as environmental conservation, stress reduction, and enhancing the beauty of surroundings. Her inspiring story encouraged many to consider landscaping not just as a hobby but as a potential career path. One of the key topics covered was the impact of El Niño and La Niña on gardening. Ms. Sharma explained how these climate changes affect weather patterns and, in turn, plant growth. She provided practical tips on selecting plants based on seasonal changes, ensuring that participants could apply this knowledge effectively. The session also featured Ms. Sharma's well-known landscaping projects, showcasing different techniques and approaches in garden design. She emphasized the importance of environmentally friendly methods in landscaping and linked her discussion to global sustainability goals. By focusing on eco-friendly practices, she encouraged participants to adopt sustainable gardening methods. Through her engaging and insightful presentation, Ms. Sharma not only educated but also motivated attendees to explore landscaping and gardening as a rewarding activity. The Chitkara Happiness Centre looks forward to organizing more such sessions to promote green practices, environmental awareness, and personal well-being among students and the community.

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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Happiness Blueprint
Date	27 January 2025
Time	2:00 PM to 5:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	55
Resource Person	Mr. Manav Bansal

The Chitkara Happiness Centre, in collaboration with Chitkara Design School, organized an inspiring session titled "Happiness Blueprint," conducted by Mr. Manav Bansal. The session aimed to introduce students to key principles of happiness and motivate them to apply these ideas in their daily lives. The event combined engaging discussions and interactive activities, leaving students energized and inspired. Mr. Bansal shared the five important aspects of happiness, which included positive emotions, engagement, relationships, meaning, and accomplishments. He explained how making conscious choices can lead to happiness, how mindfulness helps in turning obstacles into strengths, and how a simple smile can help build strong relationships. He also highlighted the importance of finding purpose through self-reflection and taking bold steps to create a meaningful life. One of the most exciting moments of the session was "The Happiness Fashion Show," where students were divided into four teams and challenged to create costumes using newspapers. They then showcased their designs in a lively ramp walk, which encouraged teamwork, creativity, and self-expression. The activity was not only fun but also reinforced the session's key message of joy and confidence. Throughout the session, students actively participated, sharing smiles, laughter, and enthusiasm. The positive energy in the room was proof of how much they enjoyed and benefited from the experience. The Chitkara Happiness Centre continues its mission to spread happiness through such meaningful initiatives. The session provided valuable life lessons and created an environment where students could truly embrace and celebrate happiness. Events like these inspire young minds to approach life with optimism and purpose, every day making a step towards personal growth and fulfillment. The success of this session has encouraged the centre to plan more activities that promote well-being and happiness among students.

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EVENT DETAILS	
EVENT TYPE	WORKSHOP
TOPIC	NATIONAL WORKSHOP ON "DRINKING WATER QUALITY PARAMETERS AND MEASUREMENT METHODS
DATE	2025-01-27 to 2025-01-27
MODE	OFFLINE
ORGANIZER NAME	DR. THAKUR GURJEET SINGH
RESOURCE PERSON	PROF.(DR.) MANMOHAN CHHIBBER, PROFESSOR IN CHARGE
NO. OF PARTICIPANTS	45
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION

OBJECTIVE

- To familiarize participants with key physicochemical and microbiological parameters that determine drinking water quality.
- To provide hands-on training in standard water testing techniques using modern analytical tools and field-based kits.
- To enhance understanding of national and international water quality standards, including BIS, WHO, and CPCB guidelines.
- To promote awareness about the public health implications of contaminated drinking water and the importance of regular monitoring.
- To encourage interdisciplinary research and collaboration in the field of water quality assessment and management.

DESCRIPTION

The National Workshop on "Drinking Water Quality Parameters and Measurement Methods" was organized to address one of the most pressing public health concerns—access to clean and safe drinking water. With increasing urbanization, industrialization, and environmental challenges, monitoring water quality has become more critical than ever. This workshop served as a comprehensive platform for students, researchers, academicians, and professionals to gain in-depth knowledge of drinking water quality parameters and their scientific evaluation. The workshop focused on educating participants about key physicochemical and microbiological

parameters that define the safety of drinking water, including pH, turbidity, total dissolved solids (TDS), hardness, fluoride, nitrate, and bacterial contamination. Emphasis was placed on national and international guidelines like BIS, WHO, and CPCB standards to help participants understand acceptable limits and their health implications. Hands-on training sessions were conducted using advanced laboratory instruments and field testing kits, offering experiential learning in sample collection, testing protocols, and interpretation of results. Experts from academia, water testing laboratories, and public health departments delivered technical sessions and case studies, enriching the participants' practical understanding. The workshop also highlighted emerging trends in water purification, community surveillance systems, and decentralized water quality monitoring techniques. Participants were encouraged to engage in interactive discussions, troubleshooting exercises, and collaborative networking to foster interdisciplinary solutions for clean water access.

OUTCOMES

- Improved technical skills in testing and interpreting key drinking water quality parameters such as pH, TDS, hardness, turbidity, and microbial load.
- Enhanced understanding of water quality standards and compliance requirements under BIS and WHO guidelines.
- Practical experience in using laboratory and field-based water testing methods, including spectrophotometry, titration, and microbiological assays.
- Increased awareness of the health risks associated with poor water quality and the role of regular monitoring in disease prevention.
- Capacity building of students and professionals for roles in environmental monitoring, public health, and water management sectors.

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Event Name	Vision screening Camp: Envisioning Tomorrow with Healthier Eyes
Date	28th January,2025
Venue	Chamaheri Dharamshala, Rajpura
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	-
Number of Participants	40 patients, 1RA, 1Faculty, 5 Students
SDG Number	3,4
Duration	3 hours

Description of Event

The Department of Optometry at Chitkara School of Health Sciences organized a community eye camp in Chamarheri on January 28, 2025, aiming to provide essential eye care services to the local population. A total of 40 patients attended the camp, benefiting from comprehensive eye examinations conducted by a team of optometrists and healthcare professionals. Among the attendees, 22 patients were diagnosed with refractive errors and were prescribed glasses for distance and near vision, significantly improving their visual acuity and daily functioning. Additionally, 8 patients were identified with cataract-related issues and were referred to a specialized cataract clinic for further evaluation and potential surgical intervention. Two patients were found to have retinal concerns requiring advanced diagnosis and treatment, and they were referred to a retina clinic for specialized care. The remaining 8 patients were found to have normal vision and required no further intervention. The eye camp aimed to enhance awareness regarding eye health and early detection of visual impairments. By offering vision screenings, optical prescriptions, and necessary referrals, the camp successfully addressed a range of ocular conditions within the

community. Patients also received guidance on eye care, preventive measures, and the importance of regular eye check-ups. The event underscored the commitment of the Department of Optometry at Chitkara School of Health Sciences to promoting eye health and ensuring accessible vision care services. Such initiatives play a crucial role in preventing avoidable blindness and improving the overall quality of life for individuals in underserved areas. The successful execution of this eye camp highlights the importance of community outreach programs in delivering essential healthcare services and fostering better eye health awareness.

: Counselling the patient (28th January,2025)

Photograph 4: Group photograph (28th January,2025)

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	YOGA FOR JOY AND INNERPIECE WITH CBS
Date	28 January 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	57
Resource Person	Mr. Atheer Al-Sarayfi

The Chitkara Happiness Centre recently organized an insightful Inner Engineering session for business school students, led by a volunteer from the Isha Foundation. The session aimed to introduce participants to practical tools for inner well-being, helping them cultivate peace, clarity, and balance in their daily lives. It began with an introduction to the Isha Foundation, a non-profit organization founded by Sadhguru, highlighting its global initiatives in personal growth, environmental conservation, and social welfare. Students learned about the transformative practices offered by the foundation that aid in inner transformation. A key part of the session featured a video by Sadhguru, where he shared a compelling story illustrating the power of inner peace and stillness. He explained how achieving a state of calmness can help individuals navigate life's challenges with clarity and resilience. The session also introduced students to the Naadi Shuddhi technique, a simple yogic breathing practice designed to cleanse the energy channels and promote mental and physical balance. Students actively participated in this exercise, experiencing its immediate calming effects. Another significant aspect of the session was the practice of AUM chanting, which was demonstrated as a method for relaxation and inner harmony. Participants engaged in the activity and reported feeling a sense of tranquility and balance afterward. The session also included a discussion on the Inner Engineering program, where Sadhguru explained how true joy and fulfillment come from mastering one's inner self rather than external comforts. He emphasized that by practicing self-awareness and balance, individuals can lead more meaningful and purposeful lives. The session concluded with an invitation for students to explore the Inner Engineering program further for a deeper understanding of inner well-being and self-mastery. It left students inspired and motivated to incorporate these techniques into their daily routines, fostering a sense of peace and clarity in their personal and professional journeys.

Event Details	
Event Type	Workshop
Topic	Innovation in Mixed Drinks: Refining the Palate of Modern Taste
Date	2025-01-28 to 2025-01-28
Mode	Offline
Venue	Pulitzer Hall, Picasso Block (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Mr. Keshwar Rawat Senior executive
No. of Participants	94
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 8: Decent Work and Economic Growth, SDG 9: Industry, Innovation and Infrastructure, SDG 12: Responsible Consumption and Production, SDG 17: Partnership for the Goals

Objective

- Introduce students to innovative trends and technologies in housekeeping.
- Highlight the importance of sustainability in modern housekeeping practices.
- Equip students with insights on managing teams and operational efficiency.
- Bridge theoretical knowledge with real-world applications through expert insights.
- Inspire students to explore dynamic career opportunities in housekeeping.

Description

Chitkara College of Hospitality Management, in collaboration with Monin, organized an insightful session on "Innovation in Mixed Drinks: Redefining the Palate for Modern Tastes" on 28th January 2025 at Pulitzer Hall. The event was hosted by Chitkara College of Hospitality Management and featured Mr. Keshwar Rawat, Senior Executive at Monin, as the resource person. The session aimed to educate students and hospitality professionals about the evolving trends in mixology, emphasizing innovative flavors, sustainability, and modern consumer preferences. Mr. Rawat provided valuable insights

into flavor profiling, creative drink presentations, and the use of Monin products to craft unique beverages. Participants were introduced to techniques that enhance the taste and visual appeal of mixed drinks, catering to contemporary market demands. The workshop was conducted in an offline mode and was categorized as a Level 1 Activity, ensuring a hands-on and engaging learning experience. The interactive session allowed students to explore new drink recipes, understand ingredient pairings, and learn about industry trends in mixology and beverage innovation. A key highlight of the event was the live demonstration of signature drinks, where Mr. Rawat showcased various modern and classic beverage styles using Monin syrups and ingredients. The session concluded with an engaging Q&A round, where students and faculty members actively participated in discussions about emerging opportunities in the beverage industry. The event was a great success, equipping attendees with practical knowledge, industry exposure, and a deeper understanding of beverage innovation. It reinforced the importance of creativity, sustainability, and customer preferences in the ever-evolving world of hospitality.

Outcomes

- Gained knowledge about innovative practices and technologies in housekeeping.
- Understood the role of sustainability in modern housekeeping operations.
- Learned strategies for effective team management and operational excellence.
- Connected theoretical concepts with practical industry applications.
- Developed interest and awareness of career prospects in the housekeeping domain.

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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Inner Engineering Session with Health Sciences
Date	29 January 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	88
Resource Person	Mr. Atheer Al-Sarayfi

The Chitkara Happiness Centre recently organized an insightful Inner Engineering session for students of the Health Sciences department. Delivered by a dedicated volunteer from the Isha Foundation, the session introduced participants to simple, yet profound tools aimed at enhancing inner well-being, mental clarity, and balance. The session began with an engaging introduction to the Isha Foundation, a global non-profit organization founded by Sadhguru, which focuses on personal growth, environmental conservation, and social welfare. Students were introduced to the foundation's transformative practices, designed to help individuals achieve inner peace and self-mastery. A key highlight of the session was a video featuring Sadhguru, where he explained the essence of inner peace and calmness. Through an inspiring story, Sadhguru demonstrated how mastering inner stillness can empower individuals to face life's uncertainties and challenges with greater ease and resilience. Students were also introduced to the Naadi Shuddhi technique, an ancient yogic breathing practice aimed at cleansing the nadis (energy channels) and promoting mental and physical balance. This simple yet effective technique provided participants with immediate benefits, helping them feel more grounded and relaxed. In addition, the practice of chanting the AUM sound was explored as a tool for relaxation and inner harmony. Students participated in this exercise and reported feeling a sense of peace and balance afterward. Sadhguru’s video explained that true joy and fulfillment come from engineering one's inner self, rather than seeking comfort and convenience from the external world. The Inner Engineering program offers practical tools to enhance clarity, balance, and overall well-being, enabling individuals to lead more purposeful and joyful lives. The session concluded with an invitation for students to explore the Inner Engineering program further, encouraging them to embark on a deeper journey of self-mastery and inner well-being.

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Event Name	29th International Public Health Management Development Program on Leveraging Digital Health and AI in Health Care & Best Practices Demonstration in Nursing
Date	30th January 2025
Venue	Pierre Hall, Le Corbusier Block, Chitkara University, Punjab
Organized by	Department of Community Medicine and School of Public Health, PGIMER, Chandigarh
Resource Person(s)	Prof (Dr.) Sonu Goel, Department of Community Medicine and School of Public Health PGIMER, Chandigarh
Organizing	Dr. Sandhir Sharma, Vice-Chancellor, Chitkara University, Punjab
Conveners	Dr. Surya Narayan Panda – Pro Vice-Chancellor (Research), Chitkara University, Punjab
Coordinator	Dr. Sanjeev Verma – Assistant Professor (Research), Chitkara University, Punjab
No. of Participants	27 Nursing Staff members and 20 faculty members
SDGs Covered	3, 4, 9 & 17
Duration	9:30 AM Onwards

About the Event

The 29th International Public Health Management Development Program on "Leveraging Digital Health and AI in Health Care & Best Practices Demonstration in Nursing" was held on January 30, 2025, at Chitkara University, Punjab. Jointly organized by the Department of Community Medicine and School of Public Health, PGIMER, Chandigarh, and Chitkara University, the event aimed to highlight transformative innovations in digital health and artificial intelligence (AI) with a specific focus on nursing practice and healthcare delivery. The program served as a platform for knowledge exchange and collaboration among global experts and healthcare professionals.

Workshop Objectives

•To explore the transformative role of AI and digital tools in nursing practice.

•To introduce participants to the core concepts of digital health and artificial intelligence.

•To showcase national and international best practices in the integration of digital health technologies.

•To foster collaboration and knowledge-sharing among global experts, practitioners, and institutions in the field of digital health and nursing innovation.

Workshop Highlights

•Expert Sessions: Renowned speakers and Prof. (Dr.) Sonu Goel, Dr. Surya Narayan Panda delivered engaging sessions on the fundamentals and applications of digital health and AI.

•Lecture on IoT in Healthcare: Dr. Rajesh Kumar Kaushal presented an engaging session on IoT-based healthcare devices, discussing their practical applications, benefits in remote monitoring, and potential for improving patient outcomes.

•Thematic Coverage: Sessions focused on digital transformation in nursing, innovations in public health, and real-world applications of AI in healthcare delivery.

•Interactive Learning: Participants engaged with contemporary case studies, best practices, and real-life examples of AI integration in healthcare.

•Knowledge Exchange: The event provided a platform for meaningful discussions with healthcare professionals from various institutions.

Workshop Outcomes

•Gained understanding of digital health and AI fundamentals, including applications in nursing and public health.
•Evaluated the role of digital technologies in improving healthcare quality, accessibility, and efficiency.
•Assessed ethical, legal, and policy implications of deploying AI in health systems.
•Developed insights into successful national and international digital health initiatives and best practices.

Conclusion

The 29th International Public Health Management Development Program successfully demonstrated the critical role of digital health and artificial intelligence in revolutionizing healthcare practices. By emphasizing collaborative learning and innovation in nursing and public health, the event contributed significantly to the global discourse on sustainable, tech-enabled healthcare. It also furthered progress toward key SDGs, including SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 9 (Industry, Innovation, and Infrastructure), and SDG 17 (Partnerships for the Goals).

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Event Name	Illuminate Glaucoma Awareness Leaflets Exhibition & Quiz Competition with theme: “Protect Your Sight
Date	30th Jan 2025 to 31st Jan 2025
Venue	Galileo Block, Ground floor
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	-
Number of Participants	50
SDG Number	3, 4, 9
Duration	18 Hours

Description of Event

In alignment with the 2025 glaucoma awareness theme, "Protect Your Sight," the Department of Optometry at Chitkara School of Health Sciences, Chitkara University, Punjab, organized an engaging and informative exhibition and quiz competition. This event aimed to raise awareness about glaucoma among students and faculty, with a special emphasis on non-optometry participants. By fostering knowledge-sharing and interactive learning, the event successfully highlighted the importance of early glaucoma detection and prevention. Glaucoma, often referred to as the "silent thief of sight," is a group of eye diseases that cause progressive damage to the optic nerve, leading to irreversible blindness if left untreated. Due to its asymptomatic nature in the early stages, raising awareness about glaucoma is crucial to ensure timely diagnosis and management.

With this objective, the exhibition was meticulously designed and executed by optometry students, who played a pivotal role in educating their peers and faculty members about the risk factors, symptoms, and preventive measures associated with glaucoma. The exhibition featured informative posters, engaging presentations, and interactive demonstrations to make the learning experience immersive and impactful. Over 100 non-optometry students and faculty members attended the exhibition, actively engaging with the optometry students to deepen their understanding of the condition. The exhibits showcased the anatomy of the eye, the mechanism of glaucoma progression, and various diagnostic tools used for early detection, such as intraocular pressure measurement and optic nerve imaging. In addition to the exhibition, a quiz competition was conducted to assess participants' understanding of glaucoma and its preventive measures. The quiz served as an exciting and educational platform that encouraged participants to apply their newly acquired knowledge. Through thought-provoking questions, the competition reinforced key takeaways from the exhibition, ensuring that attendees grasped the significance of proactive eye care. Winners were recognized and awarded, further motivating the participants to spread awareness within their circles. This initiative by the optometry students proved to be highly effective in disseminating essential knowledge about glaucoma. By making the event inclusive for non-optometry students and faculty, the awareness campaign reached a broader audience, instilling a sense of responsibility towards eye health. The success of this event underscores the importance of collaborative efforts in tackling preventable blindness through education and advocacy.

Overall, the Glaucoma Awareness Exhibition and Quiz Competition successfully achieved its goal of promoting awareness and empowering the community to take proactive steps in safeguarding the vision. By enlightening individuals about early detection and preventive measures, the event contributed significantly to the ongoing global effort to combat glaucoma and protect the gift of sight.

CHITKARA UNIVERSITY
Types of Glaucoma
OPEN-ANGLE GLAUCOMA

CHITKARA UNIVERSITY
CHITKARA SCHOOL

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Communication skills with Col Rakesh Sharma
Date	31 January 2025
Time	11:00 AM to 1:00 PM
Venue	Conference Room, Fleming Block
Number of Attendees	16
Resource Person	Col Rakesh Sharma

As part of our ongoing mission to spread happiness within the community, Chitkara Happiness Centre collaborated with Ananta Group, a rapidly growing real estate and construction company. This collaboration aims to enhance communication, professional development, and overall well-being. Today, we had the privilege of hosting the Ananta Group team on our campus, where they actively engaged with our faculty and students, fostering a culture of learning and collaboration A key highlight of the visit was an inspiring session on **Communication Skills** delivered by **Col. Rakesh Sharma**. His insightful address emphasized the importance of effective communication in both personal and professional spheres. He shared valuable strategies to enhance interpersonal skills, confidence, and clarity in communication, which left a lasting impact on the attendees. The session proved to be an enriching experience, equipping students with practical tools to improve their communication abilities and navigate professional interactions successfully. Following the session, the Ananta Group team explored our **Civil Engineering Department**, engaging in meaningful discussions about potential internship opportunities for students. They expressed keen interest in fostering knowledge-sharing programs that could bridge the gap between academic learning and industry practices. This interaction provided students with valuable exposure to industry trends, enhancing their readiness for real-world challenges. Moreover, the team reflected on the impact of our **Happiness Programs**, which we previously conducted at their premises. They acknowledged the positive influence of these initiatives in promoting employee well-being and motivation, reinforcing the significance of happiness in the workplace. Their encouraging feedback strengthened our commitment to spreading happiness and creating a positive work environment through structured interventions. This collaboration with Ananta Group marks a significant step in our efforts to integrate professional development with happiness initiatives, ensuring a holistic approach to learning and well-being. We look forward to continuing this partnership and creating meaningful opportunities for students and professionals alike.

Event Name	Eye Camp: Optimal Vision: Eye Health Screening
Date	31st January 2025
Venue	Aanganwadi Centre, Jansua
Organizer	Ms. NehaMohanty, Assistant Professor, Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	NA
Number of Participants	53
SDG Number	3,4
Duration	3 Hours

Description of Event

The Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab organized an eye camp at Anganwadi community Centre, Jansua on 31st January 2025, with a total of 53 patients attending. The aim of the camp was to do vision Screening among community people. We conducted Vision screening, refraction and color vision evaluation. Out of these, 13 were prescribed glasses for distance and near vision. Additionally, 3 have pterygium, 9 patients were referred to a cataract clinic, 11to a retina clinic, 1 patient were referred to cornea. 1 patient refers to hospital for PCO and 3 for dilated examination. This camp successfully provided vital eye care services to the community.

Eye Screening Camp

ਕੋਰੋਨਾ ਤੋਂ ਬਚੋ
Eye Screening Camp

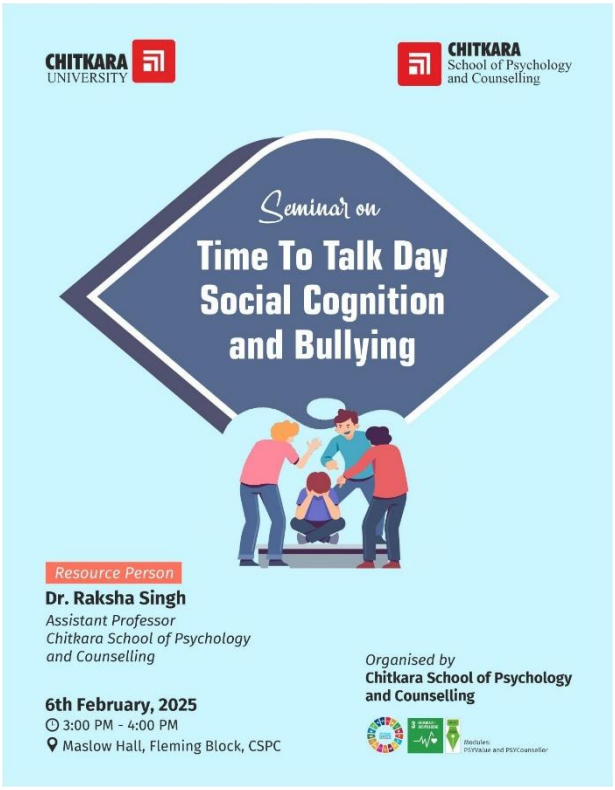
Eye Screening Camp

Event Details	
Event Type	
Topic	Wellness and Expressive Arts through Mandala Art
Date	2025-01-31 to 2025-01-31
Mode	Offline
Organizer Name	CSPC
Resource Person	Dr. Jyoti Sharma Assistant Professor, Chitkara School of Psychology and Counselling
No. of Participants	37
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objective

Objectives of the Event:

- Foster Self-Expression: To provide a creative outlet for students to express themselves and explore their inner thoughts and feelings.
- Develop Artistic Skills: To teach students the basic geometric principles and techniques involved in mandala construction.
- Encourage Mindfulness: To encourage students to engage in mindful creative practices and cultivate a sense of presence.
- Enhance Self-Discovery: To facilitate self-discovery and personal growth through the process of creating mandalas.



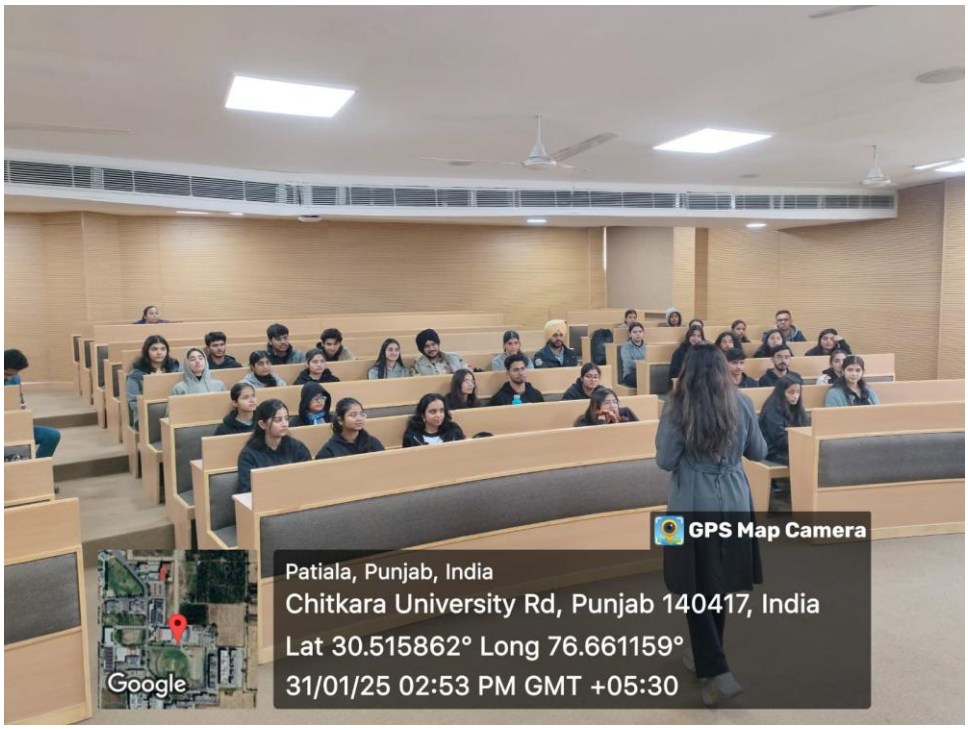
Description

Mind Craft, a student-led initiative of the Chitkara School of Psychology and Counselling, hosted a wellness and expressive art event centered around the creation of mandala art, guided by Dr. Jyoti Sharma. This event provided students with a unique opportunity to explore the therapeutic and meditative aspects of art while learning a new creative skill. The session began with an introduction to mandala art, its history, and its symbolic significance. Dr. Sharma explained the origins of mandalas, their use in various cultures as tools for meditation and self-expression, and the inherent connection between the circular form and the concept of wholeness. The atmosphere was calm and supportive, allowing students to feel comfortable experimenting and

expressing themselves without judgment. As the session progressed, participants became engrossed in their creations, finding a sense of peace and focus in the repetitive patterns and vibrant colors. The event provided a valuable outlet for stress relief and self-expression, demonstrating the power of art as a tool for wellness. By the end of the session, each student had created their own unique mandala, not only learning a new artistic skill but also gaining a deeper understanding of the therapeutic benefits of art and creative expression. The event served as a reminder of the importance of incorporating wellness practices into daily life and the power of art to promote mental and emotional well-being.

Outcomes

- Increased Knowledge: Students gained knowledge about the history, symbolism, and cultural significance of mandala art.
- Improved Well-being: Participants experienced a sense of relaxation, stress reduction, and improved mental well-being through the meditative process of mandala creation.
- Enhanced Self-Expression: Students were able to express themselves creatively and explore their emotions through their mandala designs.
- Developed Artistic Skills: Participants learned the fundamental techniques of mandala construction, including geometric principles, pattern creation, and color selection.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Event Name	NSS Activity
Topic	Awareness Talk on World Cancer Day
Date	4th February, 2025
Venue	Kalomajra
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	12
No of Impacted Individuals	-
Under SDG no.	3, 4
SDG Details	Good health and wellbeing, Quality Education

Objective

- To educate participants about the causes, risk factors, and early signs of cancer.
- To promote cancer prevention strategies, including lifestyle modifications and regular screenings.
- To raise awareness about the importance of early detection and timely treatment.
- To encourage community participation in cancer awareness and support initiatives.

Description

On 4th February 2025, the awareness talk on World Cancer Day was conducted at CHC Kalomajra by the students of B.Sc. Nursing 2nd semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. This initiative aimed to educate the community about cancer prevention, early detection, and treatment options, aligning with the global theme of World Cancer Day. The event commenced with an introduction to World Cancer Day, emphasizing the significance of raising awareness and taking collective action against cancer. The nursing students delivered an informative talk on various aspects of cancer, including its causes, risk factors, common symptoms, and available treatment modalities. Special emphasis was given to the importance of early detection through regular screenings and adopting a healthy lifestyle to reduce the risk of cancer. To enhance community engagement, interactive discussions were held where participants asked questions and clarified their doubts. The audience was also informed about government initiatives and healthcare services available for cancer prevention and treatment. Educational materials, including handouts and charts, were displayed to reinforce key messages. Additionally, real-life case scenarios were shared to highlight the importance of early diagnosis and timely medical intervention. The event also included a pledge-taking ceremony where attendees committed to spreading cancer awareness and supporting those affected by the disease. Community members were encouraged to take advantage of free or subsidized cancer screening programs available at local healthcare centers.

The nursing students actively engaged with the audience, dispelling myths and misconceptions about cancer, fostering a supportive environment for open discussions. The event successfully empowered attendees with valuable knowledge, encouraging them to take proactive steps toward cancer prevention. The dedication of the B.Sc. Nursing students was highly appreciated by the CHC staff and the local community. Through this awareness talk, the students not only contributed to public health education but also gained practical experience in community health nursing, reinforcing their commitment to making a positive impact in society. Their efforts helped bridge the gap between healthcare professionals and the community, ensuring that crucial cancer awareness messages reached those who needed them the most.

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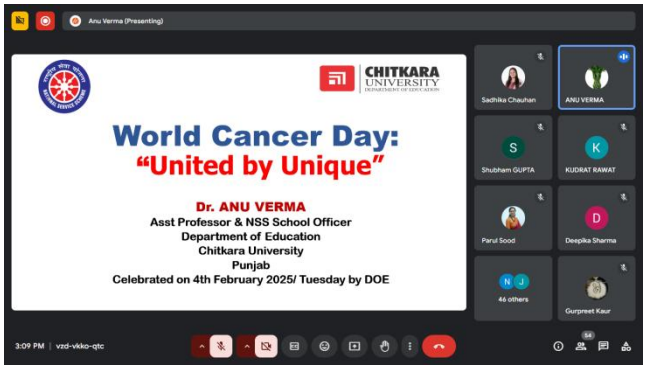
Outcomes

- Increase awareness and knowledge about different types of cancer and their risk factors.
- Improved understanding of preventive measures and early detection methods.
- Enhanced participation in cancer screening programs and healthy lifestyle adoption.
- Strengthened community engagement in cancer awareness and support programs.

Event Name	World Cancer Day: United by Unique
Date	04th February 2025
Venue	Google Meet
Organizer	Department of Education
Resource Person	Dr Anu Verma, Assistant Professor, DOE
Number of Participants	65
SDGs Covered	3, 4
Duration	1 hour

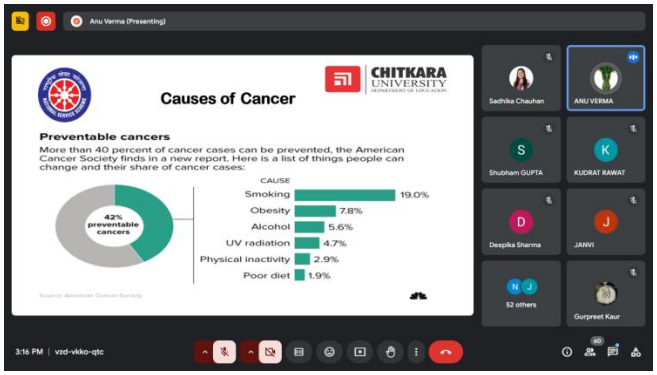
About the Activity

World Cancer Day observed on 4th February 2025 under the theme "United by Unique," the Department of Education under the ages of the National Service Scheme hosted a virtual event to raise cancer awareness among the prospective teachers and celebrated resilience. Dr. Anu Verma, Assistant Professor and NSS Officer Incharge, delivered the keynote address, emphasizing the significance of cancer awareness, prevention, early detection, and treatment. She also sensitized the students about different types of cancer and the ribbon colours associated with the cancer type. The event featured engaging activities, including "Insightful Interchange," where students "Illuminating Impact Posters" showcased creative visuals promoting knowledge, strength, and support in fighting cancer. The event successfully educated and inspired students, reinforcing a shared commitment, leaving a lasting impact, and reinforcing the collective commitment to the fight against cancer.

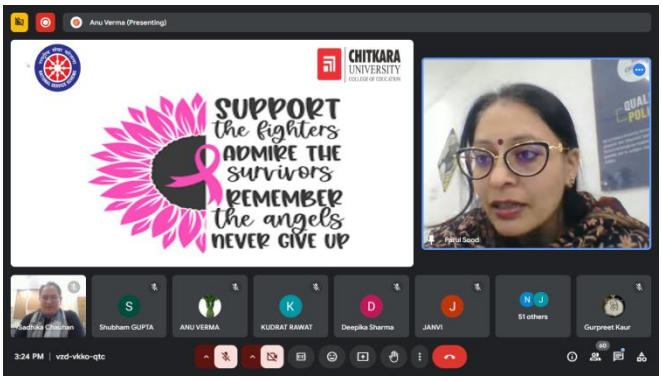


Resource person Dr Anu Verma explaining on World Cancer Day

Resource person talking about the Ranking of Cancer in the world



Dr Anu Verma explaining the causes of Cancer



Dr Parul Sood sharing her thoughts on World Cancer Day

Event Name	NSS Activity
Topic	Awareness Talk on World Cancer Day
Date	4th February, 2025
Venue	Kalomajra
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	12
No of Impacted Individuals	-
Under SDG no.	3, 4
SDG Details	Good health and wellbeing, Quality Education

Objective

- To educate participants about the causes, risk factors, and early signs of cancer.
- To promote cancer prevention strategies, including lifestyle modifications and regular screenings.
- To raise awareness about the importance of early detection and timely treatment.
- To encourage community participation in cancer awareness and support initiatives.

Description

On 4th February 2025, the awareness talk on World Cancer Day was conducted at CHC Kalomajra by the students of B.Sc. Nursing 2nd semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. This initiative aimed to educate the community about cancer prevention, early detection, and treatment options, aligning with the global theme of World Cancer Day. The event commenced with an introduction to World Cancer Day, emphasizing the significance of raising awareness and taking collective action against cancer. The nursing students delivered an informative talk on various aspects of cancer, including its causes, risk factors, common symptoms, and available treatment modalities. Special emphasis was given to the importance of early detection through regular screenings and adopting a healthy lifestyle to reduce the risk of cancer. To enhance community engagement, interactive discussions were held where participants asked questions and clarified their doubts. The audience was also informed about government initiatives and healthcare services available for cancer prevention and treatment. Educational materials, including handouts and charts, were displayed to reinforce key messages. Additionally, real-life case scenarios were shared to highlight the importance of early diagnosis and timely medical intervention. The event also included a pledge-taking ceremony where attendees committed to spreading cancer awareness and supporting those affected by the disease. Community

members were encouraged to take advantage of free or subsidized cancer screening programs available at local healthcare centers. The nursing students actively engaged with the audience, dispelling myths and misconceptions about cancer, fostering a supportive environment for open discussions. The event successfully empowered attendees with valuable knowledge, encouraging them to take proactive steps toward cancer prevention. The dedication of the B.Sc. Nursing students was highly appreciated by the CHC staff and the local community. Through this awareness talk, the students not only contributed to public health education but also gained practical experience in community health nursing, reinforcing their commitment to making a positive impact in society. Their efforts helped bridge the gap between healthcare professionals and the community, ensuring that crucial cancer awareness messages reached those who needed them the most.

Outcomes

- Increase awareness and knowledge about different types of cancer and their risk factors.
- Improved understanding of preventive measures and early detection methods.
- Enhanced participation in cancer screening programs and healthy lifestyle adoption.
- Strengthened community engagement in cancer awareness and support programs.

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Event Name	Pioneering Innovative Approaches in Chronic Ankle Instability Treatment
Date	4th February 2025
Venue	Faraday Hall, Edison Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Chandan Narang, Ankle Foot Surgeon, Fortis Hospital Mohali & Svasthya Clinic Chandigarh
Number of Participants	65
SDG Number	3 (Good Health and Well Being), 4 (Quality education), 9 (Industry, Innovation and Infrastructure)
Duration	1 day

About the Activity

Department of Physiotherapy, Chitkara School of Health Sciences has organized an event for BPT & MPT students on "Pioneering Innovative Approaches in Chronic Ankle Instability Treatment". The key speaker of the event was Dr. Chandan Narang, Ankle Foot Surgeon from Fortis Hospital Mohali & Svasthya Clinic Chandigarh, who shed light on the causes of chronic ankle instability (CAI), including recurrent sprains, ligament damage, and improper rehabilitation, along with its prevalence in athletes and its impact on quality of life. The session ended with a vote of thanks and felicitation to the resource person from Dr. Amandeep Singh Principal, Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab. The expert talk provided an in-depth understanding of chronic ankle instability (CAI), highlighting its underlying causes such as recurrent, ligament damage, and improper treatment. The session facilitated interactive discussions, enhancing participant's clinical skills and knowledge of evidence-based approaches to assess and manage chronic ankle instability. The event was a resounding success, fostering learning and engagement among the students.

Dr Chandan Narang alongwith Dr Amandeep Singh, Principal, Department of Physiotherapy, CSHS (04.02.2025)

Event Name	Stride Forward: Advanced Approaches in Ankle and Foot Rehabilitation
Date	4th February 2025
Venue	Faraday Hall, Edison Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Simarjeet Sharma, HOD, Department of Physiotherapy, Amar Hospital, Patiala
Number of Participants	57
SDG Number	3 (Good Health and Well Being), 4 (Quality education) , 9 (Industry, Innovation and Infrastructure)
Duration	1 day

About the Activity

Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a session titled "Stride Forward: Advanced Approaches in Ankle and Foot Rehabilitation" for the students of BPT 2021 and MPT 2024. This session was designed to introduce advanced techniques and innovative approaches in ankle and foot rehabilitation, targeting students who are at critical stages of their undergraduate and postgraduate physiotherapy training. The objective was to bridge the gap between theoretical knowledge and practical application while fostering critical thinking and problem-solving skills in clinical practice. Participants gained in-depth knowledge of evidence-based interventions, improve their understanding of patient-centered care, and develop advanced clinical expertise. The session helped the students to address complex cases, apply innovative techniques effectively, and inspire them to explore further advancements in physiotherapy practices. Various advanced techniques like taping, dry needling, etc were discussed.

Rehabilitation Protocol
Dr. Simerjeet Sharma
HOD Physiotherapy Dept
Amar Hospital, Patiala

Event Name: -	World Cancer Day
Venue: -	Martin Luther – Hall, Martin Luther Block
Date: -	4th February, 2025
SDG Number, Name and NEP: -	3-Good Health and Well Being, 4-Quality Education and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Resource Person: -	Dr. Shubh Mahindru, Director – Cancer Surgeon MBBS, DNB, FMAS, FAIS, FALS, MNAMS, Livasa Hospital Mohali
Number of Participants: -	227
Duration: -	One Day

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Event name	Expert Session
Topic	"Shine a Light on Cancer Awareness, Action, Advocacy"- World Cancer Day
Date	04/02/2025
Mode	Offline
Venue	Martin Luther Hall, Chitkara University, Punjab
Organizer Name	Department of interior Design
Resource Person	Dr. Shubh Mahindru
No. Participant	62
SDG no.	SDG 3-Good Health and Well-Being SDG 4-Quality Education

Objectives

. Raise awareness about cancer and the importance of early detection.

. Educate students on the role of lifestyle and health choices in cancer prevention.

. Highlight the need for action and advocacy in the fight against cancer

. Promote empathy and social responsibility among future design professionals.

Description

On February 4th, 2025, the Department of Interior Design, Chitkara School of Planning and Architecture, Chitkara University, organized an expert talk titled "Shine a Light on Cancer Awareness, Action, Advocacy" to mark World Cancer Day. The session took place at Martin Luther Hall and witnessed enthusiastic participation from students and faculty members.

The session was graced by Dr. Shubh Mahindru, Director and Cancer Surgeon at Livasa Hospital, Mohali, who served as the resource person. Dr. Mahindru delivered an insightful and inspiring talk that emphasized the importance of early detection, timely treatment, and the role of advocacy in combating cancer. He shared real-life case studies, shedding light on how awareness and proactive health practices can significantly reduce cancer risks.

Dr. Mahindru also highlighted the psychological and emotional aspects associated with cancer diagnosis and treatment, urging students to support cancer awareness campaigns within their communities. His presentation was enriched with statistics, preventive measures, and the latest advancements in cancer treatment.

For the students of Interior Design, the session was particularly meaningful. Dr. Mahindru discussed how interior environments, including hospitals and healthcare centers, play a crucial

role in patient recovery and mental well-being. He encouraged future designers to consider aspects like healing architecture and patient-friendly spaces in their projects.

The event concluded with a Q&A session, where students actively interacted with Dr. Mahindru, seeking guidance on how their skills could contribute to cancer care environments. Overall, the session was highly informative and motivating, leaving a lasting impact on all attendees.

The Department of Interior Design successfully delivered not just an academic experience but also a humanitarian message, encouraging students to become advocates for health and well-being through their professional work.

Outcomes

. Students gained valuable knowledge about cancer prevention and care.

. The session increased awareness about the importance of health check-ups.

. The talk inspired students to use design for social good and well-being.

. The event motivated participants to become advocates for health awareness in their communities.

Dr. Shubh Mahindru sharing powerful insights on the fight against cancer (04.02.2025)

Design students embracing the message of health, healing, and humanity (04.02.2025)

Group photo with Resource Person Dr. Shubh Mahindru, students, and teachers (04.02.2025)

Event Details	
Event Type	Competition
Topic	United by Unique - Poster Making Competition for World Cancer Day
Date	2025-02-04 to 2025-02-04
Mode	Offline
Organizer Name	CSPC
No. of Participants	18
SDG No	3, 4

Objective

- To increase awareness among students and the community about cancer prevention, early detection, and available support resources.
- To foster a deeper understanding of the diverse challenges faced by individuals affected by cancer and the importance of empathy and support.
- To provide a platform for students to express their understanding of cancer-related issues through visual art.
- To encourage students to apply design thinking principles to create impactful and informative posters.

Description

The Chitkara School of Psychology and Counselling, in collaboration with the National Service Scheme (NSS), commemorated World Cancer Day with a powerful Poster Making Competition centered around the theme "United by Unique." This event provided a platform for students to express their creativity and raise awareness about cancer prevention, support, and the importance of unity in the fight against this disease. Students translated their understanding of cancer-related issues into visually compelling posters, conveying messages of hope, resilience, and the unique challenges faced by individuals affected by cancer. The competition fostered design thinking by challenging students to communicate complex information through impactful visuals. It also encouraged critical thinking and facilitated meaningful discourse on cancer prevention, early detection, and the importance of compassionate care. The event aligned with the National Education Policy (NEP) 2020 (Section 11.4), promoting holistic education, critical thinking, and a sense of social responsibility among students. By engaging with this critical health issue, students contributed to the advancement of Sustainable Development Goals (SDG) 3 (Good Health and Well-being)

and SDG 4 (Quality Education), enhancing their knowledge and advocacy for a healthier and more informed society. The competition was judged by esteemed guests Dr. Sangeeta Pant (Dean, Chitkara School of Education) and Dr. Saksham Sahni (Assistant Director, Office of Student Affairs), whose expertise and insights enriched the event and provided valuable feedback to the participants.

Outcomes

- Participants and attendees gained a better understanding of cancer-related issues and the importance of early detection and prevention.
- Students developed a deeper understanding of the multifaceted challenges faced by cancer patients and their families.
- Students effectively conveyed their messages about cancer through creative and visually compelling posters.

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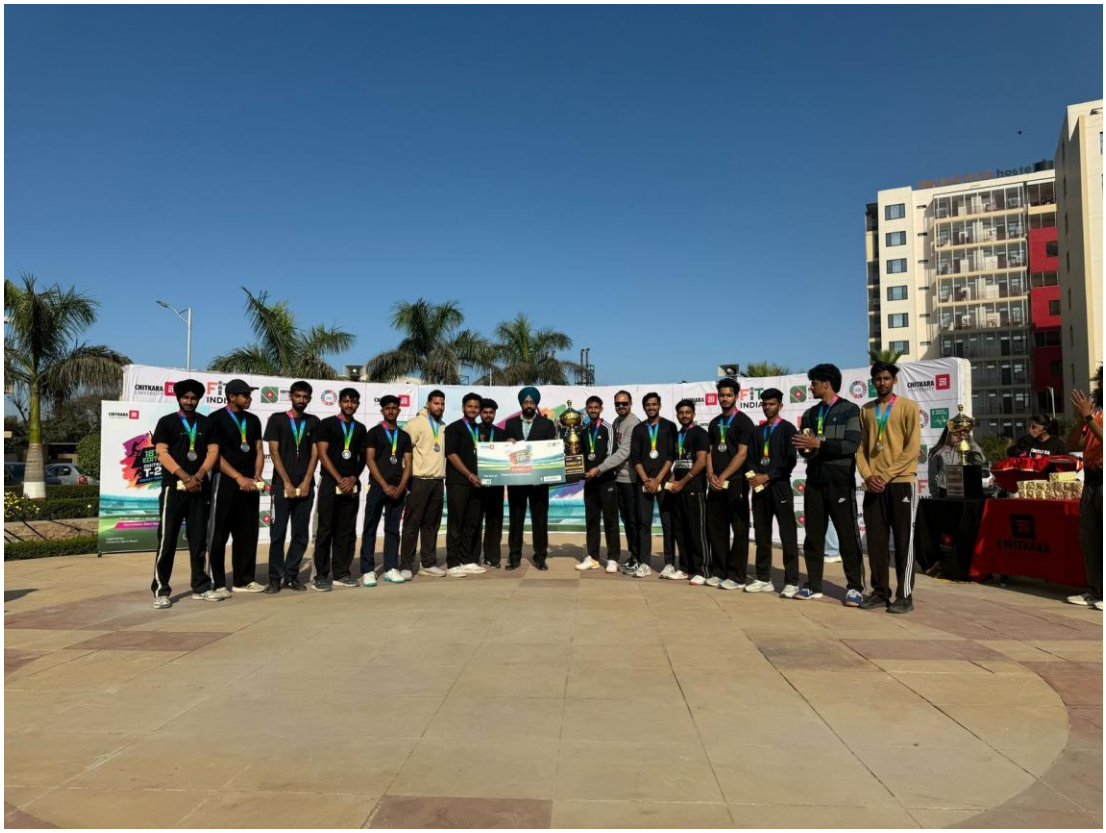
18th Edition Chitkara T-20 Cricket Tournament
05th February to 06th March 2025

University Sports Board organized 18th Edition of the Chitkara T-20 Cricket Tournament on 05th February to 06th March 2025, held at Chitkara University, Punjab. The tournament aimed at achieving universal health coverage and to promote well-being at all ages essentially for sustainable development under SDG3 (Sustainable Development Goal 3) and through Fit India Movement. The event provided a platform for talented university athletes to showcase their cricketing prowess and fostered a spirit of healthy competition and camaraderie among the participating institutions.

Winners Team - Hawkeyes
Runners-up Team - CSE Dominator
Man of the Match: Anant
Best Batsman: Tushar Sharma
Best Bowler: Anshuman
Man of the series: Anirudh Jindal

VASCO DA GAMA hostel
CHITKARA
UNIVERSITY



EVENT DETAILS	
EVENT TYPE	CAREER COUNSELING
TOPIC	BOOSTING YOUR CAREER: MASTERING QUANTITATIVE APTITUDE
DATE	2025-02-05 to 2025-02-05
MODE	OFFLINE
ORGANIZER NAME	DR PREETI SHARMA
RESOURCE PERSON	RAJ SINGH, APTITUDE TRAINER
NO. OF PARTICIPANTS	36
SDG NO	3, 4, 9

OBJECTIVE

- Recognize the importance of quantitative aptitude across various career fields and its impact on career growth.
- Identify and strengthen key areas of quantitative aptitude such as arithmetic, algebra, and data interpretation.
- Apply effective problem-solving strategies, shortcuts, and time management techniques for competitive exams.
- Utilize recommended resources and tools to build and practice quantitative skills independently.
- Explore career paths that value quantitative skills and understand how to prepare for them effectively.

DESCRIPTION

The session provided a comprehensive and engaging overview of quantitative aptitude, starting with a quick but solid recap of essential mathematical fundamentals such as arithmetic, algebra, percentages, ratios, averages, and data interpretation. The expert speaker, Mr. Raj, an experienced quantitative aptitude trainer, emphasized the importance of building a strong foundation in these core areas as a steppingstone for mastering more advanced concepts. Mr. Raj expertly demystified the subject, addressing common anxieties and misconceptions that often make students hesitant about quantitative topics. He explained how quant skills are not just for math-heavy careers, but are critical in fields like finance, technology, business analytics, management consulting, marketing, data science, and even roles in the public sector,

media, and entrepreneurship. His use of real-world examples and stories of professionals who successfully leveraged quant skills in diverse roles made the session relatable and inspiring. The session also focused heavily on exam strategies and test-taking techniques, offering participants an in-depth look at how to handle different question types in competitive exams like CAT, GRE, GMAT, SSC, and banking exams. Mr. Raj shared a range of shortcuts, mental math techniques, and time-saving tricks to improve speed and accuracy—crucial for success in timed environments. He guided students through the process of diagnosing weak areas, building structured study plans, and effectively allocating time during preparation and exams. Additionally, participants were introduced to a variety of learning resources, including books, websites, mobile apps, and online courses, and were encouraged to adopt daily practice routines with an emphasis on consistency and gradual progress. Mr. Raj also touched on the long-term value of quantitative aptitude in career development, explaining how strong analytical and numerical reasoning skills not only open doors to better job opportunities but also help professionals climb the career ladder faster, negotiate better salaries, and transition into leadership roles. The session concluded with an interactive Q&A segment where students had the opportunity to seek personalized advice on career planning, skill development, and overcoming specific challenges in mastering quantitative concepts.

OUTCOMES

- Participants gained a clearer perspective on the **practical importance and versatility** of quantitative aptitude, both in academia and the workplace.
- The expert's real-life examples and encouraging tone **inspired many attendees to change their mindset**, replacing fear with curiosity and motivation.
- Students were equipped with **concrete strategies** to tackle quantitative problems more effectively, including **tips on speed enhancement, error reduction, and time management**.
- Through interactive discussions and the Q&A session, students had the chance to **connect with peers, ask questions, and seek individualized advice**, creating a sense of community and shared goals.
- This session served as a catalyst for developing a growth mindset, potentially leading students to adopt better study habits, pursue quantitative skill-building with more focus, and achieve greater academic and professional success in the long run.

Resource Person interacting with the students (5.2.2025)

Mr Raj explaining the concept to the students (5.2.2025)

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EVENT DETAILS	
EVENT TYPE	STUSTAINABLE DEVELOPMENT GOALS
TOPIC	DEXTEIN
DATE	2025-02-05 to 2025-02-07
MODE	OFFLINE
ORGANIZER NAME	AMANDEEP SING, DR TALVINDER SINGH
NO. OF PARTICIPANTS	180
SDG NO	3, 10, 5

OBJECTIVE

- Group Quiz & social interaction among the students.
- Promoting healthy, and active lifestyle.
- Boosting inter-department student engagement.

DESCRIPTION

DEXTEIN, A collaboration of Mechstein Club and DGITs hosted their 2 day sports event. On behalf of Mechstein Club, it gives us an immense pleasure to share with everyone that the organizing team in the club constitutes of students from all graduate branches, this gives them a time out of their academic schedules to experience interdepartmental engagement, a medium for social interaction, inculcate team management, team building, leadership qualities, to understand the importance of hierarchical responsibilities among students. This event comprised of 2 outdoor games Football & Volleyball, 2 indoor games Pool & Weightlifting and a sports quiz. It was conducted to fulfil SDG goals Good Health & Well Being, Reduce Inequalities and for Gender Equality. DEXTEIN, A collaoration of Mechstein Club and DGITs hosted their 2-day sports event. On behalf of Mechstein Club, it gives us an immense pleasure to share with everyone that the organizing team in the club constitutes of students from all graduate branches, this gives them a time out of their academic schedules to experience interdepartmental engagement, a medium for social interaction, inculcate team management, team building, leadership qualities, to understand the importance of hierarchical responsibilities among students. This event comprised of 2 outdoor games Football & Volleyball, 2 indoor games Pool & Weightlifting and a sports quiz. It was conducted to fulfil SDG goals Good Health & Well Being, Reduce Inequalities and for Gender Equality.

OUTCOMES

- Team management & leadership among organizing students.
- Interpersonal and team building skills.

ENGAGING
CHITKARA UNIVERSITY SPORTS BOARD

Chitkara University
CHITKARA UNIVERSITY SPORTS BOARD
DEXTEIN
Sports Event Exhibiting

Event Details	
Event Type	Seminar
Topic	Social Cognition and Bullying
Date	2025-02-06 to 2025-02-06
Mode	Offline
Organizer Name	CSPC
Resource Person	Dr. Raksha Singh Assistant Professor
No. of Participants	42
SDG No	4, 3

Objective

1. Increase understanding of social cognition and its role in bullying.
2. Encourage participants to consider the perspectives of both bullies and victims.
3. Create a safe space for participants to share their experiences and ask questions.
4. Equip participants with strategies to prevent and respond to bullying.

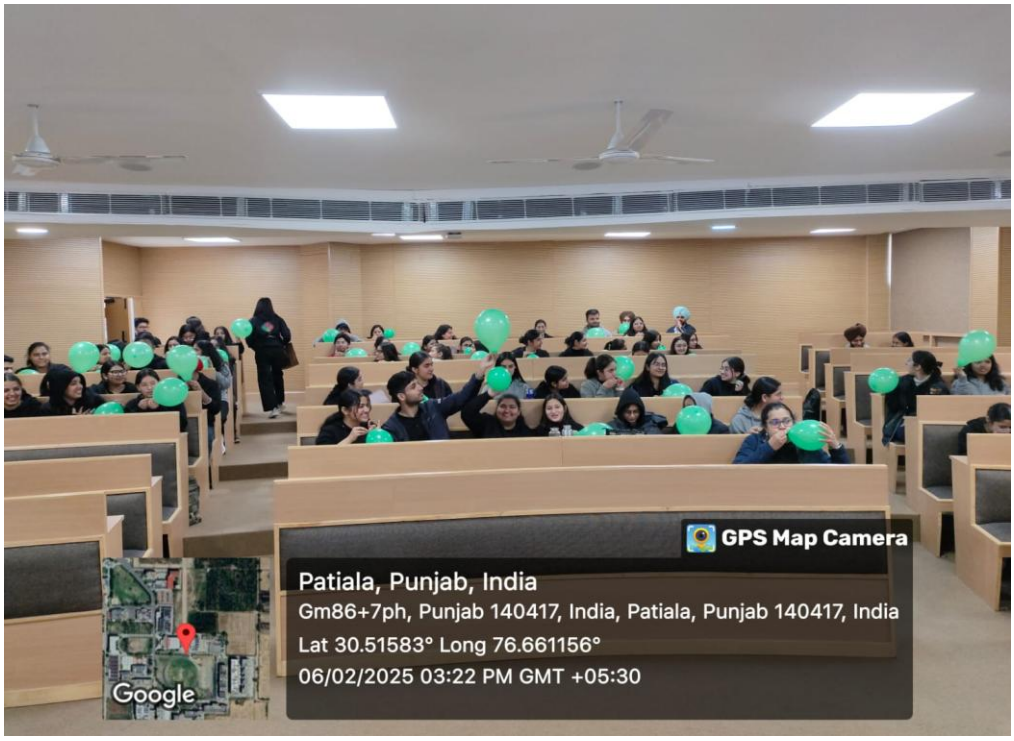
Description

Chitkara School of Psychology and Counselling marked Time to Talk Day on February 6th, 2025, with a timely seminar on "Social Cognition and Bullying." Held at Maslow Hall, Chitkara University, Punjab, the event was led by Dr. Raksha Singh, Assistant Professor at the School. The seminar provided a crucial platform for exploring the psychological underpinnings of bullying, focusing specifically on the role of social cognition. Dr. Singh expertly guided attendees through the complex mechanisms that drive bullying behavior, highlighting how individuals' perceptions, interpretations, and reactions within social contexts contribute to both the initiation and continuation of bullying. The session emphasized how social cognition influences not only the bully's actions but also the responses of victims and bystanders. Students actively participated in thought-provoking discussions, delving into the pervasive impact of bullying on individuals and communities. A key focus was the cultivation of empathy and perspective-taking as essential tools for fostering inclusive environments. Dr. Singh emphasized how understanding others' experiences and emotions can be a powerful deterrent against bullying and a catalyst for positive social change. The seminar's significance extended beyond the immediate discussion, aligning with broader societal goals.

It directly connected with Sustainable Development Goal 3 (Good Health & Well-Being), underscoring the critical link between mental health and overall well-being. Furthermore, the event resonated with the National Education Policy (NEP) 2020's emphasis on mental health awareness in education (specifically point 11.3), reinforcing the importance of creating supportive learning environments. The "Social Cognition and Bullying" seminar proved to be a resounding success, fostering meaningful dialogue and promoting a deeper understanding of this critical issue. By engaging students in insightful discussions and highlighting the importance of social cognition, the event served as a valuable contribution to the ongoing conversation about bullying prevention and mental well-being within the educational landscape.

Outcomes

1. Participants will have a better understanding of social cognition and its connection to bullying.
2. Participants will feel more comfortable talking about mental health and bullying.
3. Participants will be more likely to consider the perspectives of others.
4. Participants will be more likely to take action to prevent or respond to bullying.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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

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

» मनोविज्ञान विभाग में अंतरराष्ट्रीय संगोष्ठी का हुआ समापन

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

स्वतंत्र चेतना

गोरखपुर। दीनदयाल उपाध्याय गोरखपुर विश्वविद्यालय के मनोविज्ञान विभाग में समाजशास्त्र विभाग एवं विधि विभाग के संयुक्त तत्वावधान में आयोजित दो दिवसीय अंतर्राष्ट्रीय संगोष्ठी रविवार को संपन्न हो गई। समापन सत्र के मुख्य अतिथि एम्स 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 चितकारा यूनिवर्सिटी 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 चित्त 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 डीएसडब्लू प्रो.

शोध पत्र वाचन सत्र का हुआ आयोजन

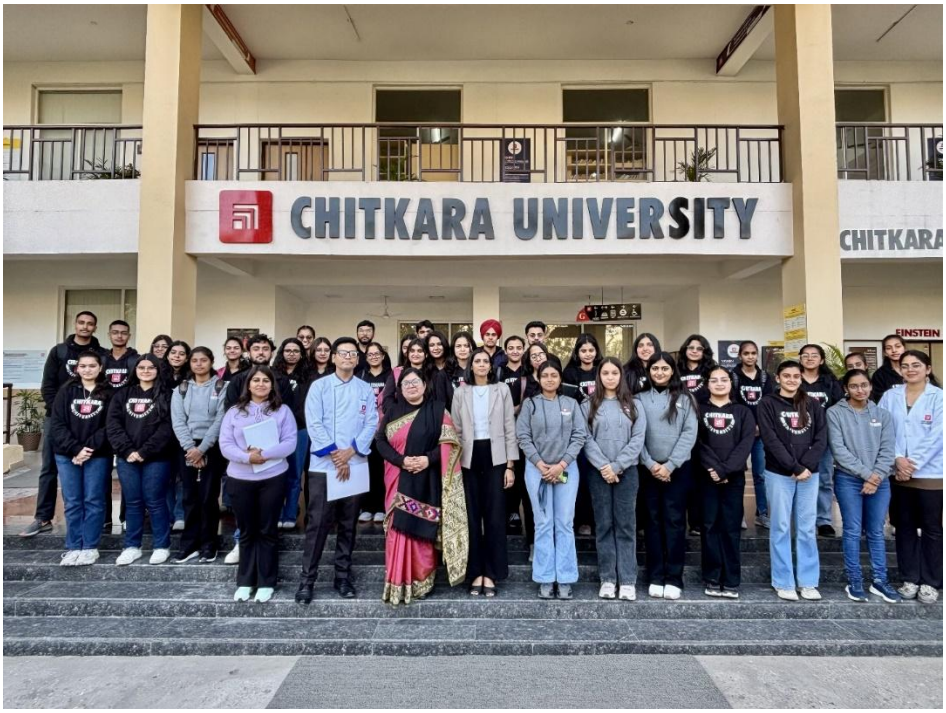
अंतर्राष्ट्रीय संगोष्ठी में शोध पत्र प्रस्तुति का वैज्ञानिक सत्र आयोजित हुआ, जिसमें बतौर

Event Name	World Pulses Day, 2025
Date	10th 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.


CHITKARA UNIVERSITY
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Event Details	
Event Name	Expert talk
Topic	World Cancer Day, 2025
Date	11-2-2025
Mode	Offline
Organizer Name	Anjali (Nursing Tutor), Ms. Shalini (Nursing Tutor)
Name of the School/college/research lab/Centre holding the event	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Gunjan Baijal, Consultant and Assistant Professor, Department of Radiation Oncology, Homibabha Cancer Hospital and Research Centre, Punjab
No. of participants	69
SDG No.	SDG 3: Good Health and Well-Being, 4: Quality Education, 17: Partnership for the Goals

Objective

- The event will aim to raise awareness about advancing cancer care with innovative treatments and screening.
- The session will focus on educating participants about mobilizing efforts to provide all cancer patients with a timely and effective diagnosis, treatment and palliative care.
- The event will encourage attendees to learn about the importance of early detection, prevention and control.
- It will work towards focusing on promoting awareness, people centered care and equality in cancer care, while also advancing research and innovation in the field.

Description

On February 11, 2025, Department of Nursing, Chitkara School of Health Sciences at Chitkara University organized an expert talk in occasion of World Cancer Day focusing on the theme" United by Unique". This event aimed to raise awareness about advancing cancer care with innovative treatments and screening Led by Dr. Gunjan Baijal, Consultant and Assistant Professor, Department of Radiation Oncology, Homibabha Cancer Hospital and Research Centre, Punjab. The session provided a platform for nursing students and professionals to deepen their understanding of cancer and promoting awareness, people centered care and

equality in cancer care, while also advancing research and innovation in the field. Dr. Gunjan Baijal session emphasized the importance of early detection, screening in improving the quality of life for cancer patients. He explained that recognizing early signs, such as unusual weight changes, unusual anemia, unusual lump formation allows for early intervention, which can significantly slow the progression of the disease. Moreover, Dr. Gunjan Baijal highlighted preventive strategies, including regular physical activity, dietary modification, reducing alcohol consumption, obesity, regular exercise. He encouraged attendees to adopt healthy lifestyle practices as a proactive approach to reducing the risk of developing cancer. In addition to medical insights, Dr. Gunjan Baijal addressed the challenges faced by caregivers, acknowledging their vital role in supporting individuals with cancer. He discussed the emotional and physical demands of caregiving, stressing the need for accessible support networks and resources for families affected by cancer. The event's objectives were not only to educate but also to provide guidance and foster a supportive community for those impacted by this condition. Participants appreciated Dr. Gunjan Baijal depth of knowledge and the practical advice he shared. Many expressed that the session helped them better understand cancer and the ways they could contribute to its prevention and management.

Dr. Gunjan Baijal discussing the stages of cancer on World Cancer Day on 11th February 2025.

Dr. Gunjan Baijal discussing about the cancer on World Cancer Day on 11th February 2025.

Dr. Gunjan Baijal discussing the causes of cancer on World Cancer Day on 11th February 2025.

Group photo of participants on Expert talk on World Cancer Day on 11th February 2025.

Outcomes

- Participants gained a deeper understanding of cancer including the importance of early detection, screening and treatment.
- Attendees learned about lifestyle changes, such as physical activity dietary modification, reducing alcohol consumption, obesity, regular exercise
- The session provided valuable resources and support tips for caregivers, helping them feel more prepared and supported in their roles.
- The event brought together students, healthcare professionals fostering a sense of community and shared responsibility in addressing cancer and supporting those affected.

Event name	SPORTS DAY
Topic	BULL'S EYE CHAMPIONSHIP 2.0
Date	12th February 2025
Mode	Offline
Venue	Sportorium, Chitkara University, Punjab
Organizer Name	Department of Interior Design, Chitkara School of Planning & Architecture (CSPA), Chitkara University, Punjab
Resource Person	Surjeet Singh, Harbans Singh and Sunil Kumar
No. Participant	72
SDG no.	3

Objectives

- To promote sports activities among students
- To keep students engaged in physical activities
- To improve physical health
- To learn new skills and explore various opportunities

Description

Department of Interior Design, Chitkara School of Planning and Architecture has successfully organised the Sports Day: Bull's Eye Championship 2.0 in collaboration with the Sports Department, Chitkara University, Punjab, at Sportorium on 12th February 2025.

The department has a distinct vision for extracurricular activities and hence holds such activities from time to time. A student's life is no less than a rollercoaster. In addition to learning new skills and exploring various opportunities, a student has a lot to deal with in terms of assignments, practicals, exams, internships, workshops, lectures, and much more, which are essential to ensure optimum academic development. Amidst the busy schedule, it is very important to take a break to refresh oneself. This is where extracurricular activities play a vital role. These activities, during college life, keep students positive, fresh, and energetic and go a long way in making them more productive. Not only do they lighten the mood, but they also help in shaping overall personality and interpersonal skills through participation.

Outcomes

- Improved ability in terms of dealing with assignments, practical, and exams
- Provision of a strategic break to refresh students amidst the busy schedule
- Shaping overall personality and interpersonal skills through participation
- Ensured essential optimum academic development through participation

Carrom competition

Chess board competition

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Happiness Pill Prescription for Well-Being
Date	13th February, 2025
Time	11:00 am to 12:30 pm
Venue	Martin Luther Block, Hall
Number of Attendees	105
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, in collaboration with the Pharmacy Department, successfully organized an insightful and interactive session titled “Happiness Pill: A Prescription for Well-Being.” This unique session was designed to promote mental well-being, gratitude, and mindfulness, leaving participants energized, joyful, and inspired. The event featured a series of engaging activities that combined science, creativity, and fun, making it an enriching experience for all. The session began with the Mindfulness Capsule, where participants took a moment of calm and awareness, allowing them to reconnect with the present. This was followed by a Booster Dose of Gratitude, encouraging students to cultivate appreciation in their daily lives, reinforcing the power of gratitude in achieving long-term happiness. A key highlight was The Happiness Dose, where students explored the role of the four happiness hormones—Dopamine, Oxytocin, Serotonin, and Endorphin—in enhancing emotional well-being. Adding a creative twist, the Happiness Pill Pitch activity had students form groups and design their own "happiness pills," presenting innovative and fun concepts on how to spread joy. This interactive session sparked creativity and teamwork, making it a memorable experience. To conclude the event on a high note, Dance & Music Meditation combined movement and mindfulness, allowing participants to express themselves freely while immersing in a state of joy and relaxation. The session was truly a blend of learning, engagement, and positivity, leaving everyone with smiles and a refreshed mindset. The Chitkara Happiness Centre and Pharmacy Department successfully created an atmosphere of happiness, self-awareness, and connection, making the event a resounding success. The participants left feeling uplifted, motivated, and ready to embrace happiness in their everyday lives.

Event Name	Pioneering AI integration in Teleoptometry: Fostering Innovation and Critical Thinking
Date	14th February, 2025
Venue	GB 505, CSHS
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Mr. Suneel Kr. Dixit
Number of Participants	56
SDG Number	3,4,9
Duration	2 hours

Description of Event

The department of optometry, CSHS, Chitkara University, Punjab Organized an expert talk for the students on "Pioneering AI integration in Teleoptometry: Fostering Innovation and Critical Thinking". Mr. Suneel Kr dixit was invited as the guest speaker for sharing his knowledge and expertise on the subject. This was a very interactive session for the students. They got the opportunity to learn about the various aspects of Teleoptometry; it's budget, scope and implementation along with various case studies. This event aimed at enhancing the professional, clinical and ethical practices of the students which would definitely help them in their future prospects.

The session covered various aspects of Tele Optometry, recent advances, integration of AI and innovative technologies to enhance the patient care. Tele Optometry is a type of eye care that uses technology to connect patients with optometrists remotely. It can be used to diagnose and treat a variety of eye conditions, and to provide general information about eye health. This enhances the community reach and benefits, specifically the people in underserved areas.

This event provided an excellent Opportunity for students to gain insights into the field of Tele Optometry, Fostering their critical thinking about the integration of AI for enhancing the patient's accessibility, effectiveness and reliability. The participants not only enhanced their theoretical knowledge but also build a strong foundation and understanding for better clinical practice.

PIONEERING AI INTEGRATION
IN TELE-OPTOMETRY:
FOSTERING INNOVATION
AND CRITICAL THINKING

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Love Fest
Date	14th February, 2025
Time	10:00 am to 1:00 pm
Venue	Beta Zone
Number of Attendees	217
Resource Person	Team Happiness

Chitkara Happiness Centre organized a heartwarming celebration of self-love and gratitude at Love Fest, themed "Love Your Happiness." The event was designed to inspire students to embrace self-care, express gratitude, and celebrate meaningful connections. Through a variety of engaging activities, the atmosphere was filled with laughter, joy, and positivity. A key attraction was the Love & Gratitude Tree, where students expressed their emotions by writing love letters, heartfelt messages, and gratitude notes. This beautiful gesture allowed participants to reflect on their relationships, personal growth, and appreciation for the people in their lives. Adding to the excitement, balloon games and fun activities brought friends and couples together, fostering a sense of connection and happiness. The "Love You Zindagi" segment was a powerful reminder of the importance of self-love, encouraging students to value themselves and their unique journeys. A special audio message further deepened the emotional impact, urging students to appreciate their parents, life, and passions. This touching moment left many feeling inspired and grateful. Students also participated in Heartfelt Creations, where they poured their emotions into meaningful and personalized expressions through artwork, poetry, and other creative outlets. This segment provided a platform for self-expression and allowed students to share their love and gratitude in a tangible form. Overall, Love Your Happiness was a resounding success, spreading warmth, gratitude, and a deeper sense of self-worth among students. The event served as a beautiful reminder that love begins with self-care, appreciation, and the joy of sharing happiness with others.

Event Name	One Day Workshop
Topic	"From Newborn to Child: Essential NRP & PALS Skills"
Date	15-02-2025
Mode	Offline
Organizer Name	Monika Kumari (Assistant Professor), Kanika Sharma (Assistant Professor)
Resource Person	Ms. Navpreet Kaur, Ms. Monika, Ms. Kanika, Ms. Manreet & Ms. Indu
No. of participants	40
SDG No.	SDG 3: Good Health and Well-being

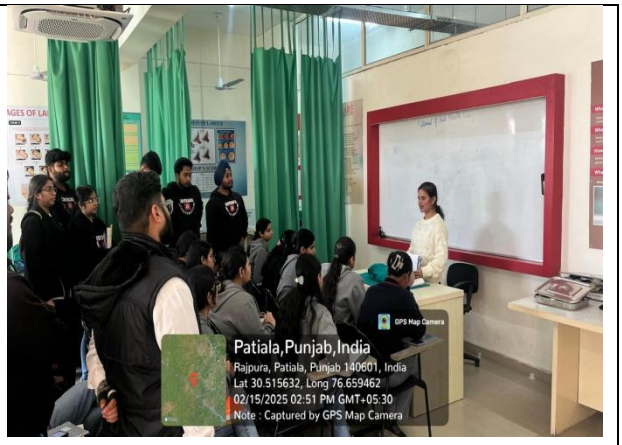
Objective

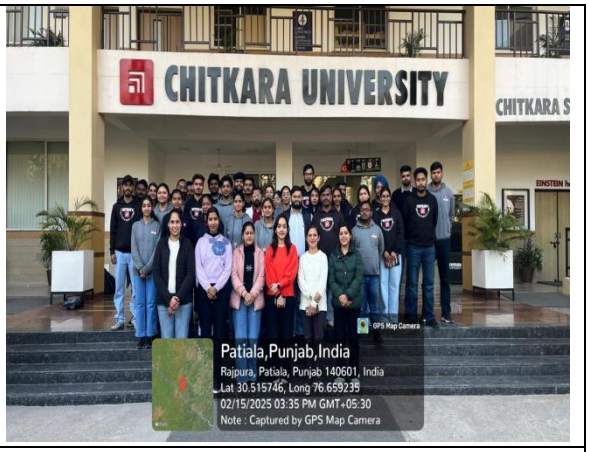
- This workshop will aim to develop a comprehensive understanding of neonatal and pediatric resuscitation principles.
- Recognize the importance of early identification and timely intervention in neonatal and pediatric emergencies.
- Acquire hands-on experience in performing life-saving interventions, including airway management, chest compressions, and medication administration.
- Learn the correct application of Neonatal Resuscitation Program (NRP) and Pediatric Advanced Life Support (PALS) guidelines

Description

On February 15, 2025, Chitkara School of Health Sciences at Chitkara University organized offline one day workshop, focusing on the theme "From Newborn to Child: Essential NRP & PALS Skills." This event aimed to Understanding Neonatal and Pediatric Resuscitation Principles and develop Mastery of Neonatal Resuscitation Program (NRP) Skills. Led by Ms. Navpreet Kaur, an Associate Professor, Ms. Monika, Assistant Professor, Ms. Kanika, an Assistant Professor, Ms. Indu, Nursing Tutor and Ms. Manreet, Nursing Tutor from Child Health Nursing speciality, the session provided a platform for healthcare students, to deepen their understanding of NRP & PALS and learn practical approaches to gain mastery on these skills. Ms. Manreet's presentation emphasized the introduction and preparation for delivery and care at birth. Ms. Monika's presentation emphasized on Positive Pressure Ventilation (PPV) and Coordinated chest compression (CCC). She explained that Positive pressure ventilation (PPV) is a critical intervention used to assist or replace spontaneous breathing in neonates and children experiencing respiratory distress or failure. In neonatal resuscitation, effective ventilation is the most important step in reversing asphyxia and preventing further

complications. Moreover, Ms. Kanika and Ms. Indu highlighted Paediatric Advanced Life Support (PALS) that is an evidence-based training program designed to equip healthcare providers with the knowledge and skills necessary to recognize and manage life-threatening paediatric emergencies, including respiratory failure, shock, and cardiac arrest. Ms. Navpreet Kaur emphasized on demonstrations and hand on practice skills on NRP and PALS. It follows guidelines set by the American Heart Association (AHA) and emphasizes early recognition, high-quality CPR, and effective team dynamics to improve survival outcomes in critically ill or injured children. The **Essential NRP & PALS Skills Workshop** has provided participants with a comprehensive understanding of neonatal and paediatric resuscitation, equipping them with the knowledge and hands-on experience needed to respond effectively to life-threatening emergencies. The workshop concluded with through interactive sessions, and team-based exercises and hands on practice session attendees have: Enhanced their ability to recognize and manage neonatal and paediatric respiratory failure, shock, and cardiac arrest. Gained proficiency in **positive pressure ventilation (PPV), chest compressions, airway management, and medication administration** following NRP and PALS guidelines.

	
Ms. Monika discussing about Positive pressure ventilation and Coordinated chest compression on dated 15.02.2025	Ms. Navpreet Kaur providing demonstrations to students regarding NRP and PALS on dated 15.02.2025

	
The students performing Hands on practices on NRP and PALS on dated 15.02.2025	**Group photograph after completion of workshop**

Outcomes

1. Participants develop hands-on expertise in positive pressure ventilation (PPV), bag-mask ventilation (BMV), and advanced airway management techniques.
2. Participants able to perform effective neonatal and paediatric CPR, including proper chest compression depth, rate, and ratio according to age group.
3. Increased Confidence among students participants to handle Emergency Situations; Build confidence in rapid decision-making and clinical interventions during neonatal and paediatric emergencies.
4. The event brought together students to Strengthened Teamwork and Communication and also Develop effective teamwork skills in a resuscitation setting through role assignments and clear communication.

Event Details	
Event Type	Faculty Development Program
Topic	Innovative Food for Healthy Eating Practices
Date	2025-02-15 to 2025-02-15
Mode	Offline
Venue	Bakery Kitchen, 1st Floor, Escoffier Block (Chitkara University Punjab)
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Hardik Sharma Assistant Professor, Manjot Singh Bhullar Teaching Assistant
No. of Participants	18
SDG No	SDG 3: Good Health and Well-being, SDG 12: Responsible Consumption and Production

Objective

- Explore nutritious ingredients
- Learn sustainable cooking methods
- Enhance culinary creativity
- Stay updated on food trends
- Empower health-conscious choices

Description

1-Day Session on "Innovative Food for Healthy Eating Practices" Chitkara College of Hospitality Management is hosting a specialized 1-day session on "Innovative Food for Healthy Eating Practices", aimed at providing team members with valuable insights into modern food innovations that promote health and well-being. This session will explore the use of nutritious ingredients, sustainable cooking methods, and creative approaches to healthy eating, empowering participants with knowledge of contemporary culinary trends. Experts from the field will share their expertise on how to incorporate wholesome, nutrient-dense foods into daily meals while maintaining flavor and appeal. Attendees will gain hands-on knowledge about eco-friendly culinary techniques, the latest advancements in functional foods, and the role of plant-based alternatives in fostering a balanced diet. The session will also highlight innovative methods to reduce food waste and enhance the sustainability of cooking practices. By participating, team members will stay updated on evolving food trends, enabling them to make health-conscious choices in both professional and personal settings. Whether you are a

chef, food enthusiast, or hospitality professional, this session will provide you with practical skills and inspirational ideas to transform healthy eating into a creative and enjoyable experience. Join us for this engaging and informative session to redefine the way we approach food and nutrition in the modern culinary landscape!

Outcomes

- Enhanced knowledge of healthy ingredients
- Mastery of sustainable cooking techniques
- Improved culinary creativity
- Ability to adapt to modern food trends

GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
Lat 30.514193, Long 76.660290
15/02/25 GMT+05:30
Note : Captured by GPS Map Camera

SEVEN DAYS NSS SPECIAL CAMP

15th to 21st February 2025

Objectives

- Foster teamwork and enhance self-confidence among participants.
- Break initial barriers and promote cultural exchange.
- Equip participants with skills for effective communication, leadership, and proactive growth.
- Encourage collaboration and collective learning through interactive activities.

The 1st day of NSS Camp kicked off with an Oath-Taking Ceremony, instilling a sense of commitment and responsibility among the participants. This was followed by an engaging Ice-Breaking Session and the registration process for the My Bharat Portal. Laughter and introductions filled the air as children warmed up to each other, while the registration ensured seamless communication and resource sharing throughout the camp. A session on General Instructions and Diary Writing set the tone for the camp, clarifying schedules, expectations, and responsibilities. Participants were encouraged to maintain personal diaries to document their experiences, fostering self-discipline and introspection. The highlight of the day was an inspiring session by Dr. Loveleena on self-confidence and resilience. Through storytelling and interactive discussions, she emphasized that confidence is built, not inherited, and shared practical ways to tackle self-doubt. Her words encouraged children to embrace challenges as opportunities for growth. Later, committee assignments gave participants a chance to take on leadership roles, fostering teamwork and collaboration. Tasks were delegated based on interests and strengths, ensuring active engagement in the camp's functioning The day wrapped up with a lively Cultural Evening, where students prepared for their upcoming skits, dance and much more. The day concluded with a strong sense of accomplishment, teamwork, and anticipation for the events ahead.

Outcomes

- Increased self-awareness, helping participants recognize their strengths and areas for improvement.
- Refined communication skills, promoting assertive and effective self-expression.
- Enhanced resilience, enabling attendees to overcome self-doubt and approach challenges with confidence.

NATIONAL SERVICE
SCHEME
Not Me But You

NATIONAL SERVICE
SCHEME
Not Me But You

The second day of NSS Camp 2025 started with a **yoga session**, helping participants refresh their minds and bodies while promoting mindfulness and relaxation. Following this, a **sports activity** was conducted at Zero Ground, encouraging teamwork, physical fitness, and a spirit of friendly competition among students. The **best-out-of-waste competition** at Explore Stars Hall allowed students to showcase their creativity by turning discarded materials into useful

and artistic items. It promoted sustainability and encouraged innovative thinking about reusing everyday waste. In the **poster-making competition**, participants conveyed their ideas on the theme **"Save Earth"** through impactful visuals. Their posters addressed key environmental issues like pollution, deforestation, and climate change, aiming to spread awareness and promote eco-friendly practices. As the evening approached, students assembled at Zero Ground for **cultural practice sessions**, preparing for upcoming performances including skits, dances, and musical acts. Additionally, many students participated in **diary writing, poetry recitation**, creatively sharing their thoughts and experiences from the camp. The day concluded with a strong sense of accomplishment, teamwork, and anticipation for the events ahead. The blend of creativity, collaboration, and self-expression made Day 2 a truly enriching and memorable experience for all.

On the third day of the 7 Days NSS Special Camp, organized by the Department of Computer Science and Engineering in collaboration with the National Service Scheme (NSS) at Chitkara University, participants started their day with a rejuvenating yoga session. The serene morning practice helped them relax their minds and energize their bodies, preparing them for an eventful day ahead. After yoga, the students embarked on an enriching visit to **Sukhna Wildlife Sanctuary**, a haven for diverse flora and fauna. Walking through the scenic trails surrounded by lush greenery, they had the opportunity to observe various species of birds, plants, and animals in their natural habitat. The tranquil environment and the immersive experience deepened their appreciation for nature and reinforced the importance of conservation. As they explored the sanctuary, they also learned about the ecological significance of the region and the need to protect such biodiverse areas for future generations. Following their exploration of the sanctuary, the participants proceeded to **Sukhna Lake**, a well-known landmark and a serene retreat in Chandigarh. The picturesque view of the shimmering waters, with the backdrop of the Shivalik Hills, provided a peaceful setting for relaxation and reflection. Students spent time enjoying the scenic beauty, engaging in lighthearted conversations, and capturing memorable moments by the lakeside. As the day came to an end, the students returned to the university, carrying with them fond memories of their visit to the sanctuary and the lake. In the evening, they actively participated in **cultural activities**, showcasing their creativity and talent through music, dance, and performances. The cultural session fostered a sense of unity and enthusiasm among the participants, making the evening lively and enjoyable. This blend of nature, exploration, and celebration made the day

truly memorable, leaving everyone motivated and excited for the upcoming activities of the NSS camp.

On Day 4 of NSS Camp 2025, the volunteers began the day with a revitalizing Yoga Session, creating a positive and energized atmosphere for the main event, the Blood Donation Camp. This session not only prepared participants physically and mentally for the day ahead but also

emphasized the importance of health and well-being, setting the tone for selfless service to follow. The Blood Donation Camp, organized by the Department of Computer Science and Engineering and the National Service Scheme (NSS) at Chitkara University, was a significant initiative aimed at increasing blood availability for healthcare institutions. The camp was conducted at two locations: Sportorium, in collaboration with Rajendra Hospital, and Explore Stars Hall, in collaboration with PGIMER. Volunteers played a crucial role in ensuring the smooth execution of the event, assisting with registrations, organizing donors, and coordinating with medical professionals. The enthusiastic participation of eligible donors, fully aware of the life-saving impact of their contributions, reflected a strong commitment to community service and responsibility. Notably, the camp witnessed an overwhelming response, with over 400 donors stepping forward to contribute further strengthening the cause of voluntary blood donation. Throughout the day, students were encouraged to maintain personal diaries to reflect on their experiences, motivations, and emotions surrounding the blood donation process. The initiative also highlighted the importance of partnerships in achieving broader community goals, fostering collaboration between volunteers and healthcare professionals.

EXPLORE STARS
CHITKARA UNIVERSITY
BLOOD DONATION CAMP
CHITKARA UNIVERSITY
BLOOD DONATION CAM

National Service Scheme
in collaboration with
Organises
BLOOD
DONATION
CAMP
Once A Blood Donor, Always A Lifesaver
18th February, 2025
University, Punjab

CHITKARA UNIVERSITY
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18th February, 2025
Chitkara University, Punjab

ENGAGING

On Day 5, the day started with an energizing session of yoga, which helped students begin the day with a calm and focused mind. This sets a positive tone for the rest of the activities. The first expert session, titled "Heart to Health" conducted by Dr. Deepak Puri, focused on heart health and its prevention. Dr. Puri highlighted not only the importance of maintaining a healthy lifestyle but also emphasized that small, joyful things, like singing, laughter, and connecting with others, can significantly improve our overall well-being.

He shared that even simple practices, such as singing songs and engaging in positive, uplifting activities, can lower stress levels and boost heart health. His session was interactive and

enlightening, making students realize that taking care of your heart isn't just about exercise and diet, but also about nurturing emotional and mental health.

The Nursing Teachers Session in the afternoon provided an in-depth exploration of the nursing profession, covering patient care, healthcare ethics, and the importance of empathy and communication. Students learned about nursing specialties such as pediatric, geriatric, and emergency care, gaining insight into the challenges of nursing, including long working hours and emotional resilience. The session inspired many students to consider nursing as a career, highlighting its impact on patient well-being and healthcare delivery.

In the afternoon, the Cyber Security Session, led by Pawan Kumar, focused on online security threats like phishing, malware, and data breaches. Students learned about encryption, secure online practices, and how to protect their digital assets. Real-life examples of cyber-attacks helped students understand the consequences and the importance of strong passwords, multi-factor authentication, and staying vigilant in an increasingly connected world.

The day ended with cultural activity rehearsals, where students bonded, expressed their creativity, and prepared for performances. These activities fostered teamwork and cultural appreciation, bringing a sense of joy and unity, while reinforcing the importance of taking breaks and enjoying the little moments in life. The day's balance of health education, fun, and creative expression made it both educational and enjoyable, leaving students with a sense of fulfillment and inspiration.

On Day 6 of the NSS Camp, the atmosphere buzzed with excitement and energy as the students kicked off another day of learning, exploration, and self-growth. The morning began with a

refreshing yoga session in a peaceful, open space. As they stretched and breathed in unison, the students felt a sense of calm and clarity wash over them, an ideal way to prepare for the day ahead.

Following the session, a health checkup ensured that everyone was feeling their best. With pharmacy and physiotherapy services readily available, students had the opportunity to address any concerns, reinforcing the importance of both physical and mental well-being. These wellness activities served as a reminder that taking care of oneself is just as essential as contributing to the community.

The day's learning continued with an insightful session led by the Traffic Police. Students listened attentively as officers spoke about road safety, traffic rules, and responsible behavior on the streets. The engaging discussion not only educated them about crucial safety measures but also inspired them to be more mindful and responsible citizens.

After a hearty lunch, the afternoon brought an inspiring session with Dr. Charanjeet Kaur Ma'am who is a counsellor at Chitkara University. With a warm and motivating presence, she shared invaluable insights on leadership, responsibility, and community engagement. Her words resonated with the students, encouraging them to take initiative in their personal and academic lives, step into leadership roles, and make a meaningful impact in their surroundings.

As the sun dipped lower, the students gathered at Zero Ground, brimming with enthusiasm for their upcoming performances. The space came alive with the sounds of music, rhythmic dance steps, and the expressive energy of drama rehearsals. Laughter, teamwork, and creative expression filled the air as students collaborated, refined their acts, and supported one another. The evening was not just about practice, it was about self-expression, bonding, and celebrating the diverse talents within the group.

CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES

CHITKARA
UNIVERSITY

The final day of the NSS Special Camp was filled with enthusiasm and emotions as participants came together to celebrate the journey of the past week. The day began with a refreshing yoga session, ensuring mental and physical well-being. The main event took place in Pulitzer Hall, where students showcased the cultural performances, they had been preparing throughout the camp. Skits, theme-based dance performances, and poetry recitations highlighted themes of unity, diversity, and social responsibility, reflecting the spirit of the camp. Additionally, some students read excerpts from their diaries, sharing heartfelt reflections on their camp experiences, reinforcing the values of teamwork and service.

As the day progressed, trophies and certificates were distributed to the winners of the poster-making competition and the best-out-of-waste contest, recognizing their creativity and dedication. Students who demonstrated exceptional effort and commitment throughout the camp were also appreciated for their hard work. The day concluded with a final dance celebration, where participants came together to enjoy their last moments in the camp. A group photograph session marked the conclusion of the event, symbolizing the bonds formed and the memories created. The NSS Special Camp ended on a high note, leaving participants with a strong sense of self-confidence, teamwork, and community spirit.

CHITKARA UNIVERSITY
Department of Computer Science and Engineering
Presents
NSS CAMP
2025
Key Highlights
Awareness Sessions
Blood Donation Camp
Outdoor Visits
Donation Drives
Organised by

2nd Edition Chitkara Football Tournament for Men
17th February to 05th March 2025

University Sports Board organized 02nd Edition Chitkara Football Tournament for Men on 17th February to 05th March 2025, held at Chitkara University, Punjab, showcasing thrilling matches and spirited competition amongst university teams. The tournament aimed at achieving universal health coverage and to promote well-being at all ages essentially for sustainable development under SDG3 (Sustainable Development Goal 3) and through Fit India Movement.

Winner: Team Terminators

Runner's Up: Team Blue Lock

Best Goalkeeper of the Tournament: Agastya Kapoor

Highest Goal Scorer: Kartikayan Pant

Best Player of the Tournament: Arpan Rawat

2ND EDITION
CHITKARA
FOOTBALL
TOURNAMENT FOR MEN

2ND EDITION
CHITKARA
FOOTBALL
TOURNAMENT FOR MEN

Event Name	FDP
Topic	Workshop on Unlocking Biostatistics: Hands-on Training
Date	17/02/2025 to 21/02/2025
Mode	Offline
Organizer Name	Mr. Gaurav Kohli, Professor, Department of Nursing, CSHS Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, CSHS
Name of the school/college/research lab/ centre holding the event	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Person	• Mr. Gaurav Kohli, Professor, Department of Nursing, CSHS, Chitkara University, Punjab. • Ms. Manu Kohli, Associate Professor, Department of Nursing, CSHS, Chitkara University, Punjab. • Dr. Jatesh Kumar, Assistant Professor, GGDSD College, Chandigarh. • Dr. Tejinderpal Sigh, Professor, University Business School, Panjab University Chandigarh.
No. of Participants	34 (15 students+ 19 faculty)
SDG No	SDG 3: Good health and well-being, SDG 4: Quality Education, SDG 17: Partnership for Goals

Objectives behind conduction of the event

- To understand Bio-statistical concepts define key biostatistics terms and their role in medical and public health research, differentiate between descriptive and inferential statistics and recognize appropriate statistical tests for different types of data.
- To navigate and use SPSS effectively- understand the SPSS interface, menus, and data entry process, Import, clean, and manage datasets efficiently.
- To perform basic and advanced statistical analyses in SPSS and apply biostatistics in research, epidemiology, and clinical practice.

Department of Nursing, Chitkara School of Health Sciences, organized a workshop on "Unlocking Biostatistics: Hands-on SPS training" from 17th February to 21st February 2025 with an aim to provide participants with practical skills in biostatistics through hands-on exercises using real-world data.It began with a welcome address by Ms. Vijyeta Bhasin, Assistant professor, Department of Nursing, CSHS, Chitkara University Punjab. Key sessions followed, each led by distinguished experts. On day 1, Mr. Gaurav Kohli, Professor, Department of Nursing, CSHS, Chitkara University Punjab discussed the Overview of descriptive data analysis and assessing data distribution: testing for normality. Ms. Manu Kohli, Associate Professor, Department of Nursing, CSHS, Chitkara University Punjab discussed Fundamental of hypotheses testing and Introduction to parametric and non-parametric methods.

Dr. Jatesh Kumar, Assistant Professor, GGDSD College Chandigarh focused on paired and unpaired T-tests: applications and analysis, analysis of variance (ANOVA) and post hoc analysis for ANOVA, correlation Analysis: understanding relationships on day 2 and Mann-Whitney U test, Kruskal-Wallis test, Chi-square test, Correlation analysis on day 3.

Dr. Tejinderpal Singh, Professor, University Business School, Panjab University, Chandigarh highlighted overview of SPSS, data coding techniques, SPSS commands and practical exercise: Parametric Tests. The workshop day concluded with non-parametric testing methods, correlation analysis techniques and linear regression analysis, followed by a vote of thanks.

Overall, the workshop effectively conveyed the importance of SPSS in Biostatistics and provided valuable strategies for implementing it. Through keynote presentations and interactive sessions, participants gained insights into biostatistics and collaborate on research problem solutions to current challenges in nursing. The event served as a platform to empower nurses at all levels to become researchers who can influence the future of healthcare.

Outcomes

- Participants gained a solid foundation in key bio-statistical concepts, including descriptive and inferential statistics.
- Enhanced knowledge of hypothesis testing, correlation, regression, and data interpretation in biomedical research.
- Hands-on experience in data entry, manipulation, and analysis using SPSS and learn how to navigate the SPSS interface, manage datasets, and perform statistical tests efficiently.
- Understanding how to interpret and present statistical findings effectively.
- Working with real-life datasets relevant to healthcare and biomedical research.
- Encouraging critical thinking and decision-making based on statistical evidence.

Mr. Gaurav Kohli discussing 'descriptive data analysis and assessing data distribution: testing for normality on 17/2/2025

Ms. Manu Kohli discussing Fundamental of hypotheses testing and introduction to para metric & nonparametric methods on 17/2/2025

Dr. Jatesh Kumar discussing Parametric and non parametric tests on 19/2/2025

Dr. Tejinderpal Singh involving the students in hands-on training of SPSS on 21/2/2025

Felicitation of Dr. Tejinderpal Singh at workshop on Biostatistics: Hands on training on 21/2/2025

Group photo of participants, organizers and resource persons of workshop on Unlocking Biostatistics: hands-on training on 19/2/2025

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Inner Engineering
Date	17 January 2025 to 5 February 2025
Time	11:15 AM to 12:45 PM and 5:15 PM to 6:45 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	100
Resource Person	Team Isha Foundation

Chitkara Happiness Centre successfully hosted the transformative "Inner Engineering" program, an enriching 13-day, 30-hour journey designed for students and faculty. Conducted by a dedicated team from Isha Foundation, Coimbatore, India, the program aimed to enhance self-awareness and inner well-being. A significant highlight was the final weekend, where Saturday served as the preparation day for Shambhavi Kriya, followed by a 12-hour full-day session on Sunday, during which participants received the powerful practice. Throughout the program, participants engaged in deep discussions on fundamental aspects of life, including Responsibility Vs Ability, Understanding Karma and Desire, and the realization that one is neither the body nor the mind. These thought-provoking sessions encouraged profound self-reflection and understanding, helping participants embrace life's inevitabilities with a new perspective. Students and faculty were deeply involved throughout the 13 days, reflecting on these concepts and integrating them into their daily lives. The final weekend served as the culmination of this immersive experience, reinforcing the learnings in an enlightening manner. To maintain a high level of engagement, interactive games were incorporated, allowing participants to stay present in the moment. This was followed by the practice of Shambhavi Kriya, a powerful yogic technique that left everyone feeling energized, refreshed, and joyful. The program received immense appreciation from all participants, who found it to be a truly transformational and life-changing experience. The Chitkara Happiness Centre extends heartfelt gratitude to the entire Isha Foundation team for their dedication and efforts in delivering such an inspiring program.

Please Close Your Eyes

Inner Engineering

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Random Act of Kindness Day
Date	17th February, 2025
Time	9:00 am to 2:00 pm
Venue	Chitkara Happiness Centre, Bloom Block
Number of Attendees	60
Resource Person	Team Happiness

Chitkara Happiness Centre joyfully celebrated Random Act of Kindness Day, a special occasion dedicated to spreading joy, positivity, and selfless acts of goodwill. Inspired by Aesop's timeless wisdom, *"No act of kindness, no matter how small, is ever wasted,"* the event aimed to foster a spirit of compassion and warmth among students and faculty. The day was filled with meaningful activities designed to uplift spirits and create a ripple effect of positivity throughout the campus. One of the key activities involved passing positive quotes to others, encouraging participants to share words of encouragement and motivation with their peers. This simple yet powerful gesture helped brighten people's days and reinforced the impact of kind words. Another engaging activity was the Thumbprint Tree, where participants colored their thumbs and stamped them onto a symbolic tree, signifying their commitment to kindness and unity. This collective effort not only created a beautiful visual representation of togetherness but also reminded everyone that each small act of kindness contributes to a greater purpose. These activities successfully fostered an environment filled with happiness, encouragement, and warmth, leaving participants with smiles on their faces and a renewed sense of positivity. The event truly embodied the essence of Random Act of Kindness Day, reminding everyone that kindness is contagious and has the power to create lasting change. The Chitkara Happiness Centre takes pride in organizing such uplifting events that nurture emotional well-being and strengthen community bonds. The celebration was a resounding success, leaving everyone inspired to continue practicing and spreading kindness every day.

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Chitkara University Road, Rajpura, Patiala,
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SkILLverse 6.0
Gateway to Learn and Grow
Random Kindness DAY
Kindness TREE

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	The Money-Making Workshop
Date	18th February, 2025
Time	2:30 pm to 4:00 pm
Venue	The Art Gallery
Number of Attendees	99
Resource Person	CA Dr. Aman Chugh

Chitkara Happiness Centre successfully organized an insightful and engaging session on Money Making for students of the Design Department, led by the esteemed Dr. CA Aman Chugh. The session aimed to equip students with valuable financial strategies to help them make informed decisions about investments, money management, and financial stability. Through an interactive approach, students explored practical methods to manage their finances wisely, gaining confidence in their ability to handle money effectively. The session was highly engaging, incorporating fun activities and thought-provoking discussions that made the topic of financial literacy both enjoyable and easy to understand. Students actively participated, asking questions and sharing their perspectives on financial planning, making the learning experience even more enriching. The session not only emphasized the importance of financial discipline and smart investment choices but also encouraged students to develop a mindset of long-term wealth creation. Towards the end, the Happiness Team addressed the students with uplifting words of encouragement and motivation, reinforcing the idea that financial success is closely linked to happiness and well-being. To make the event even more special, students were rewarded with goodies and gifts, which added to their enthusiasm and made the experience even more memorable. The Money Making Show was a power-packed and enlightening experience, leaving students with practical financial knowledge that they can apply in both their personal and professional lives. It not only provided valuable insights into money management but also empowered students to take control of their financial future with confidence.

Event Name: -	Blood Donation Camp
Venue: -	Indoor, Sportorium Block and Explore Star Hall
Date: -	18th February, 2025
SDG Number, Name and NEP: -	3-Good Health and Well Being, 17 – Partnerships for goals and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Donors: -	410
Duration: -	One Day

Objectives

- To unite multiple departments and organizations in a collective service effort.
- To foster a culture of giving and humanitarianism within the Chitkara University community.
- To raise awareness about the significance of blood donation and its role in saving lives.
- To engage students in meaningful actions that have a lasting impact on society.

"One drop may seem small, but its ripple can stir the oceans of change."

On the **18th of February 2025**, a resolute yet profound gathering took place at **Chitkara University, Punjab**. The **National Service Scheme**, through the powerful ***Veins2Village*** initiative, brought together the university's diverse community for a single, purposeful cause, a blood donation camp that was more than a mere event. It was a manifestation of the collective human spirit, where every drop shared became an emblem of compassion and unity.

The day was marked by collaboration, as the **Department of Computer Science Engineering** and **Rajindra Hospital, Patiala** joined forces to organize this event. As the day unfolded, the ripple of this effort spread, encompassing various departments, including **Mechanical Engineering, Electronics and Communication Engineering, and Computer Applications.** From every corner of the university, **1500 students emerged**, registering to participate in an initiative far beyond themselves. This wasn't just about the act of giving; it was about connecting with something greater, a reminder of the power each individual holds to contribute to the well-being of others. The presence of **Hon'ble Dr. Madhu Chitkara, Pro-Chancellor of Chitkara University,** was the heartbeat of this gathering. Her words, rich with wisdom and

purpose, reminded all present that giving surpasses being an act; it is a manifestation of the very best in us. With her blessing, the spark was ignited.

The day unfolded with a shared sense of purpose as students, faculty, and staff stood side by side, knowing that in this act, both the giver and the receiver would be enriched in ways unseen.

By the close of the day, **over 410 units of blood** had been donated to each unit, a promise, a second chance, a heartbeat sustained. It was not just blood that flowed, but a river of collective hope, binding the community together, nurturing it, and making the world, in its small yet profound way, a little better.

Outcomes:

- Over 1500 students registered, showcasing widespread support and participation.
- 410 units of blood were donated, directly aiding those in need of life-saving resources.
- Stronger connections were forged between various departments, institutions, and healthcare organizations.

Chitkara University

Chitkara University
Office of Student Affairs

ENGAGING
CHITKARA UNIVERSITY SPORTS BOARD

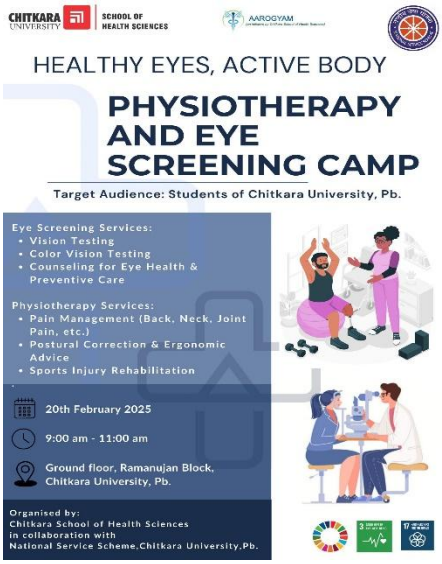
"KAISE SIGN KARON YAAR..
MERI PEN TOH TU LE GAYI"
AYE MAMU... JADOO KI JHAPPI
DE DAAL AUR BAAT KHATAM
BLOOD DONATION CAMP

BLOOD DONATION CAMP
A Bottle of Blood Saved My Life. Was It Yours?
18th February, 2025
"BADE BADE DESHO MEIN AISI CHHOTI CHHOTI BAATEIN HOTI REHTI HAI"
"JAHAPANAH TUSSI GREAT HO TOFU KABOOL KARO"
"POLICE WAALON KI NA DOST NA DUSHMANI"

CHITKARA UNIVERSITY
National Service Scheme
in collaboration with
Organises
CAMP
Once A Blood Donor, Always A Lifesaver
18th February, 2025

Event Name	Healthy Eyes, Active Body - Physiotherapy and Eye Screening Camp
Date	20th February 2025
Venue	Ground Floor, Ramanujan Block, Chitkara University, Punjab
Organizer	Chitkara School of Health Sciences in collaboration with the National Service Scheme (NSS), Chitkara University, Punjab
Resource Person	NA
Number of Participants	25 student volunteers 2 faculty members 72 beneficiaries
SDG Number	3 (Good Health and Well Being), 17 (Partnerships for the goals)
Duration	1 day

About the Activity



Chitkara School of Health Sciences (CSHS) in collaboration with the National Service Scheme (NSS), successfully conducted the Physiotherapy and Eye Screening Camp on 20th February 2025 at the Ground Floor, Ramanujan Block, Chitkara University, Punjab under the aegis of Aarogyam, a healthcare and wellness initiative by CSHS. Themed "Healthy Eyes, Active Body," the camp aimed to promote holistic well-being among students through comprehensive eye screening and physiotherapy services. The eye screening services included vision testing, color vision testing, and counselling for eye health and preventive care. The physiotherapy services covered pain management for back, neck, and joint pain, postural correction, ergonomic guidance, and sports injury rehabilitation. Additionally, balance testing, BMI assessment, and fitness testing were conducted to evaluate students' overall physical health and provide personalized recommendations. The camp witnessed an enthusiastic response, with over 70 students participating and availing the services. Expert faculty and student volunteers from the Department of Physiotherapy and Optometry played a

vital role in providing personalized assessments and guidance. This initiative successfully reinforced the university's commitment to health promotion and preventive care, empowering students with essential healthcare support for a healthier and more active lifestyle.

CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
Eye Screening Camp
FREE

Event Details	
Event Type	
Topic	Experience the Flavours of East
Date	2025-02-20 to 2025-02-20
Mode	Offline
Venue	Square One Open Area (Chitkara University Punjab)
Organizer Name	Chitkara College of Hospitality Management
Resource Person	Hardik Sharma Assistant Professor, Kavesh Attary Associate Professor, Manjot Bhullar Teaching Assistant
No. of Participants	60
SDG No	SDG 3: Good Health and Well-being, SDG 8: Decent Work and Economic Growth, SDG 11: Sustainable Cities and Communities, SDG 12: Responsible Consumption and Production

Objective

- Explore Eastern Flavors – Introduce participants to the rich and diverse culinary traditions of East.
- Promote Innovation – Encourage creative and modern approaches to traditional cooking techniques.
- Emphasize Sustainability – Highlight the importance of sustainable practices in the culinary
- Hands-on Experience – Allow participants to taste and experience food prepared by culinary students.

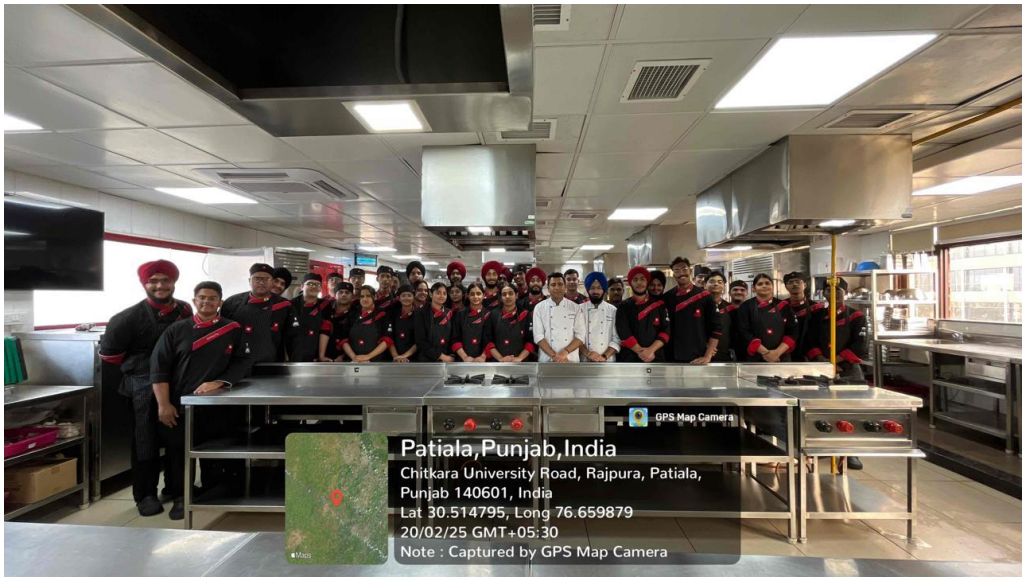
Description

Chitkara College of Hospitality Management is delighted to organize a one-day workshop that celebrates the rich and diverse culinary heritage of the East. This event aims to provide participants with an immersive experience in traditional Eastern flavors while incorporating modern innovations and sustainable culinary practices. The workshop will feature interactive sessions led by culinary experts, highlighting unique cooking techniques, the use of indigenous ingredients, and eco-friendly approaches to food preparation. Attendees will gain insights into how innovation can enhance traditional recipes while maintaining authenticity and sustainability. A key highlight of the event is a special tasting session where participants will get the opportunity to experience a variety of dishes prepared by our talented culinary students. This will not only provide a practical understanding of the concepts discussed but also showcase the skills and creativity of the students. Through this workshop, we aim to promote sustainable food practices, encourage culinary innovation, and deepen appreciation for the

flavors of the East. It will be an excellent learning opportunity for students and faculty members to expand their knowledge and skills in the field of hospitality and gastronomy. We invite all students and faculty to join us for this enriching experience. Workshop Details: Date: 20th February 2025 Venue: Square One Open Area Time: 11:00 AM onwards Mode: Offline Join us for a journey of flavors, creativity, and sustainability!

Outcomes

- Enhanced Culinary Knowledge – Participants will gain a deeper understanding of Eastern flavors, traditional ingredients, and unique cooking techniques.
- Innovation in Cooking – Students will learn how to blend traditional recipes with modern culinary innovations to create unique and sustainable dishes.
- Awareness of Sustainable Practices – The workshop will highlight eco-friendly cooking methods, waste reduction, and the importance of using locally sourced ingredients.
- Practical Hands-on Experience – Attendees will have the opportunity to taste and evaluate dishes prepared by culinary students, reinforcing their learning through real-world application.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Date:	27th February 2025
Platform:	Offline
Time:	10:00 AM onwards
Venue:	Ground floor, Galileo Block
Organizers:	Ms. Gagandeep Kaur (Assistant Professor) and Ms. Alka Guleria (Nursing Tutor)
Number of participants:	19
SDG No.:	3 (Good Health and Well-Being) and 4 (Quality Education)

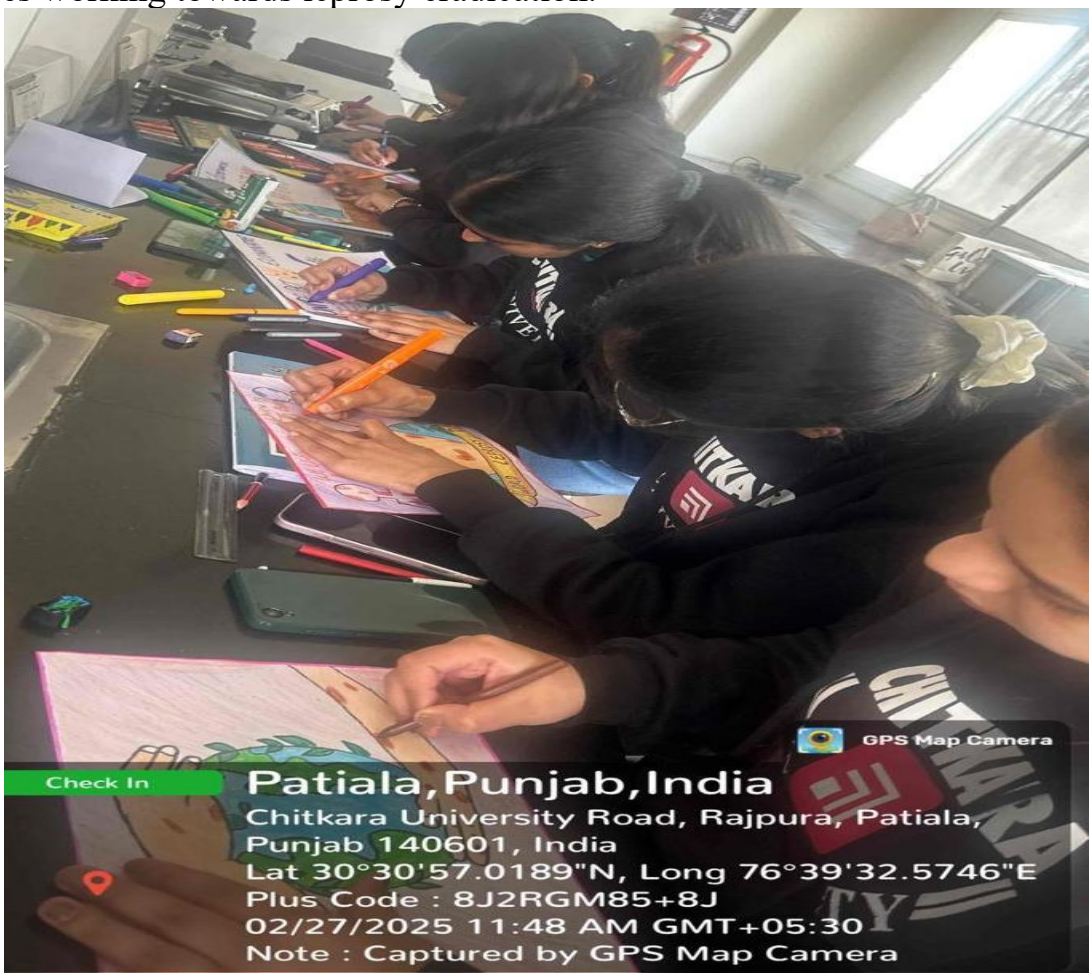
Objectives

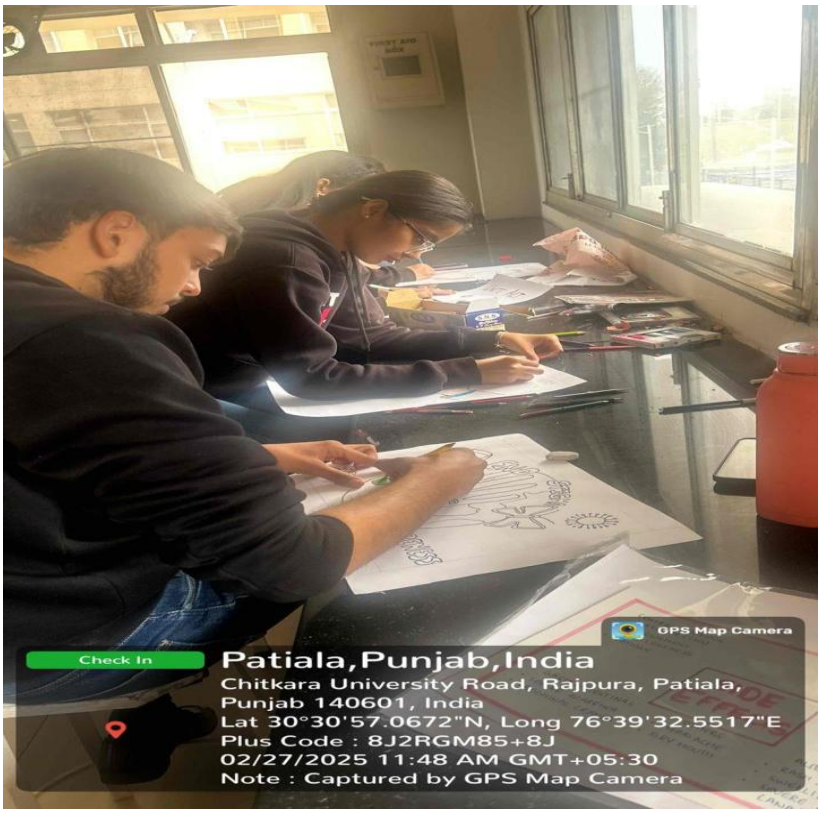
- To raise awareness about the leprosy.
- To inspire collaboration to end leprosy.
- To aware the students about elimination of leprosy
- To rovide a platform for participants to use art to spread important health messages.
- To encourage empathy and eliminate misconceptions about people affected by leprosy.

Ms. Gagandeep Kaur (Assistant Professor) and Ms. Alka Guleria (Nursing Tutor), Medical Surgical Nursing, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab have organized a Poster Competition on the occasion of 'World Leprosy Day' to create awareness about leprosy and brought out the talent and creativity of students. Leprosy, also known as Hansen disease, is a chronic infectious disease caused mainly by a type of bacteria called *Mycobacterium leprae*. The disease is believed to be transmitted through inhalation of droplets from the nose and mouth of an untreated case of leprosy, containing the causative agent, following prolonged, close contact. The disease affects the skin, the peripheral nerves, the mucosa of the upper respiratory tract and the eyes. Theme of the day was "Unite, Act, Eliminate". This theme encourages participants to use their creativity to spread awareness about leprosy, highlight the importance of early treatment, and advocate for the inclusion of individuals affected by the disease. Through this competition, we aim to educate communities, dispel myths, and foster a more compassionate and informed society. By participating in this competition, participants can play an active role in changing perceptions and promoting a world where no one is discriminated against because of leprosy. The event covered goal number 3 (Good Health and Well-Being) and 4 (Quality Education) of United Nations Sustainable Developmental Goals. Students from B.Sc. Nursing 2nd & 4th Semester participated in the event out of which Ms. Supreet Kaur (B.Sc. Nursing 4th Semester) stood First, Ms. Parneet (B.Sc. Nursing 2nd Semester) stood Second and Ms. Alisha (B.Sc. Nursing 4th Semester) stood third. Ms. Jigyasha Sharma, Assistant Professor and Ms. Kanika Sharma, Assistant Professor, were designated as the judge of the event.

Outcome

- Poster making competition on world leprosy day contributed to the enhancement of the knowledge of the students regarding elimination of leprosy.
- It inspired collaboration among the students to end leprosy
- Students gained a deeper understanding of leprosy, including its causes, symptoms, treatment, and the importance of early detection.
- Presenting their work in a competition boosted students' confidence and provided them with recognition for their creativity and efforts.
- Through participation, students understood the role of healthcare organizations and initiatives working towards leprosy eradication.

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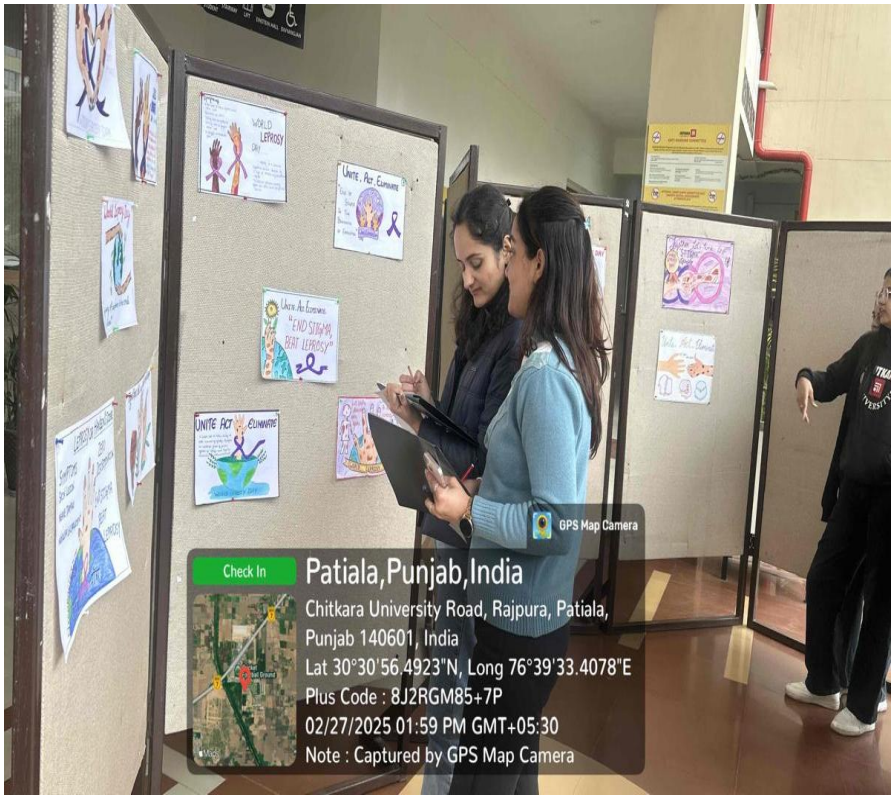
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EVENT DETAILS	
EVENT TYPE	ENTERPRENEURSHIP
TOPIC	IDEA IMMERSION - IDEATHON
DATE	2025-02-27 to 2025-02-28
MODE	OFFLINE
ORGANIZER NAME	DR AMIT KUMAR, ASSISTANT PROFESSOR DECE, DR GAURAV SHARMA, ASSOCIATE PROFESSOR DECE
RESOURCE PERSON	DR ADARSH AGGARWAL, VICE PRESIDENT, CIIF | DR AMIT KUMAR, ASSISTANT PROFESSOR, DECE
NO. OF PARTICIPANTS	36
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 6: CLEAN WATER AND SANITATION, SDG 7: AFFORDABLE AND CLEAN ENERGY, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE, SDG 13: CLIMATE ACTION

OBJECTIVE

- To encourage students to think creatively and develop innovative solutions to real-world problems in electronics and communication engineering.
- To provide a platform for participants to apply technical knowledge and critical thinking to address contemporary challenges.
- To facilitate teamwork and interdisciplinary collaboration among students to develop well-rounded solutions.
- To help participants refine their idea pitching and presentation skills through the 120-second spotlight challenge.

DESCRIPTION

The Electronique Design Centre of the Department of Electronics and Communication Engineering at Chitkara University, Punjab, successfully hosted "Idea Immersion - Ideathon", a dynamic two-day event on 27-28 February 2025. Designed to spark innovation and cultivate problem-solving skills among students, the ideathon provided a platform for budding engineers to explore cutting-edge ideas in electronics and communication technologies. The first day began with an engaging Masterclass on Idea

Immersion by Dr Adarsh Aggarwal, who shared invaluable insights on transforming abstract concepts into viable solutions. Participants learned essential techniques for brainstorming, refining ideas, and presenting them effectively, with a strong emphasis on creativity, critical thinking, and persuasive communication. The session set the stage for students to develop well-structured proposals, equipping them with the tools needed to excel in the competitive pitching round. Day two elevated the excitement with the 120-second Spotlight, the event's flagship segment. Here, teams delivered concise yet impactful pitches, presenting their innovative solutions to a distinguished panel of judges. The fast-paced format tested participants' ability to communicate complex technical ideas clearly and compellingly within a tight timeframe. The competition highlighted exceptional talent, with students demonstrating not only technical expertise but also ingenuity in addressing real-world challenges. The ideathon culminated in a celebratory awards ceremony, where the top performers were recognized for their outstanding contributions. Piyush Verma (Team Lead, Future Forge) emerged as the winner, impressing the jury with a groundbreaking concept. The first runner-up position was secured by Team Triple A— Arnav Sharma, Abhayraj Singh, and Aditya Sood —while Team M2.5, comprising Kavin Thakur and Hardik Thapar, earned the second runner-up** title. Beyond competition, the event fostered collaboration, critical thinking, and hands-on learning, reinforcing Chitkara University's commitment to nurturing future-ready engineers. By bridging classroom knowledge with real-world problem-solving, the Idea Immersion - Ideathon left participants inspired, equipped with new skills, and motivated to drive technological advancements in their field.

OUTCOMES

- Participants generated a variety of creative and technically sound ideas, showcasing their potential to drive technological advancements.
- Students gained hands-on experience in idea generation, problem-solving, and effective communication through workshops and pitching sessions.
- Winners and participants received recognition for their efforts, boosting their confidence and motivation to pursue innovative projects.
- The event provided a platform for students to interact with industry experts, faculty, and peers, fostering a culture of knowledge-sharing and collaboration.

WHY YOU
SHOULD BE AN
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Target Audience: Broad Reach
Speech Therapists
Empowering better, faster diagnoses.
ENT Specialists
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EVENT DETAILS	
EVENT TYPE	PRE-PLACEMENT TALKS
TOPIC	FUTURE OF ECE OPPORTUNITIES AT INFOSYS
DATE	2025-02-27 to 2025-02-27
MODE	OFFLINE
ORGANIZER NAME	DR PREETI SHARMA, ASSOCIATE PROFESSOR(DECE)
RESOURCE PERSON	MS PRIYAKSHI SAIKIA, SENIOR HR
NO. OF PARTICIPANTS	37
SDG NO	3, 4, 9

OBJECTIVE

- Broaden Career Horizon Beyond Traditional ECE Roles and realize how their core ECE subjects are directly applicable and highly valued in a major IT services company like Infosys.
- Understand the importance of interdisciplinary skills, combining their hardware knowledge with software development, data analytics, and cloud computing
- Understand how to articulate their unique value as ECE graduates to a company that thrives on integrated technology solutions
- Understand the potential for working on diverse projects across different industries, gaining exposure to various client challenges and solutions.

DESCRIPTION

The Department of Electronics and Communication Engineering organized a pre-placement talk, titled "Future of ECE Opportunities at Infosys," tailored specifically for their undergraduate students of batch 2022.

Infosys, a global leader in next-generation digital services and consulting, aims to challenge the traditional perception that it primarily recruits from Computer Science disciplines. The session delved into the expansive and evolving landscape of opportunities available for ECE graduates within Infosys. It highlighted how core ECE skills—ranging from embedded systems, IoT development, and telecommunications to digital signal processing and VLSI design—are crucial to Infosys's cutting-edge projects in areas like smart infrastructure, AI hardware, and advanced communication networks.

Attendees learnt about roles that required a strong understanding of both hardware and software integration, enabling seamless digital transformation for clients worldwide. Furthermore, the talk shed light on Infosys's commitment to continuous learning and upskilling through platforms like Infosys Springboard, demonstrating how ECE professionals can evolve with emerging technologies such as AI and Cloud. This session served as a vital guide for students, providing insights into the specific technical and interdisciplinary skills Infosys values, demystifying the recruitment process, and outlining clear career paths in a dynamic global organization. It was an essential opportunity to understand how ECE expertise is shaping the future of technology at Infosys.

OUTCOMES

- Students broadened their understanding of career possibilities and realized that Infosys offers significant opportunities not just in pure hardware or core electronics companies, but also in software-defined hardware, embedded systems, IoT development, network engineering.
- Highlighted the importance of interdisciplinary skills, showing students that while their core ECE knowledge is foundational, proficiency in programming languages, data analytics, and understanding of software development methodologies were increasingly crucial for ECE roles at Infosys.
- Students gained actionable insights into Infosys's specific hiring process, including the types of aptitude tests and technical interview questions.
- Motivation for Continuous Learning and Adaptability

CHITKARA UNIVERSITY
WELCOMES
Infosys
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CHITKARA UNIVERSITY
WELCOMES
Infosys

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Community Happiness
Date	28th February, 2025
Time	3:00 PM to 4:00 PM
Venue	Neelam Hospital, Seminar Hall
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre recently organized a transformative Stress Management Session for the dedicated employees of Neelam Hospitals as part of our ongoing Happiness Community Project. This session was designed to equip individuals with practical strategies to manage stress effectively by addressing both mental and physical well-being. By integrating techniques for stress-free mind and fostering a healthier body, the session aimed to create a balanced and fulfilling work-life experience for all participants. The session emphasized key strategies for nurturing a healthy mind. Mindfulness was highlighted as a crucial practice, encouraging individuals to stay present in the moment and reduce anxiety caused by past regrets or future worries. The concept of Contribution vs. Results was introduced to shift the focus from performance pressure to a sense of purpose, helping employees find fulfillment in their work. Additionally, the power of Gratitude and Appreciation was explored, reinforcing the importance of cultivating a positive mindset to enhance overall well-being. Equally important was the focus on maintaining a healthy body, as physical health significantly impacts stress levels. Participants were educated on the importance of proper Nutrition and how fueling the body with the right food contributes to sustained energy and mental clarity. Hydration was emphasized as a fundamental factor in maintaining cognitive function and overall health. The role of Sunlight and Sleep in regulating mental well-being was discussed, highlighting their influence on mood and productivity. Furthermore, the necessity of Movement and Exercise was stressed as an effective means of reducing stress and enhancing overall vitality. The session also featured the inspiring story of the 99 Club, sparking deep reflection among participants. A meaningful video message reinforced the core idea that happiness is a journey, not a destination. To make the session interactive and engaging, elements of music were incorporated, adding joy and energy to the experience. The event successfully empowered employees with valuable stress management techniques, fostering a happier and healthier workplace environment.

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Healing Hands
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Event Details	
Event Type	Seminar
Topic	Importance of Nutrition for Mental Health
Date	2025-02-28 to 2025-02-28
Mode	Offline
Organizer Name	Chitkara School of Psychology and Counselling
Resource Person	Dr. Shweta Narayan Assistant Professor
No. of Participants	24
SDG No	3, 4, 17

Objective

- To educate participants on the scientific connection between nutrition and mental well-being.
- To raise awareness about the impact of dietary choices on psychological health.
- To equip participants with practical strategies for incorporating nutrient-rich foods into their daily lives.
- To emphasize the importance of an integrated approach to mental healthcare, including nutritional considerations.

Description

Chitkara School of Psychology and Counselling (CSPC), in collaboration with the Chitkara School of Health Sciences (CSHS), successfully conducted a seminar on "The Importance of Nutrition for Mental Health" at Maslow Hall, Fleming Block, CSPC on February 28th, 2025, The session featured insightful discussions led by Dr. Shweta Narayan (Assistant Professor, CSPC) and Dr. Shweta Sharma (Assistant Professor, CSHS), who highlighted the scientific connection between diet and mental well-being. Aligned with SDG 4 (Quality Education) and SDG 17 (Partnerships for the Goals), as well as NEP 12.3, the event aimed to raise awareness about how dietary choices can influence psychological health. Attendees gained valuable knowledge on the link between nutrition and mental well-being, empowering them to make informed food choices that support cognitive and emotional resilience. The seminar was a resounding success, sparking meaningful discussions on holistic mental health approaches and equipping participants with practical tools to enhance their well-being through nutrition.

Outcomes

- Participants demonstrated increased knowledge of the nutrition-mental health connection.
- Participants reported positive changes in their dietary habits.
- Community awareness of nutrition's role in mental health expanded.
- Participants showed improved mental health literacy regarding nutrition.

Importance of
NUTRITION
for MENTAL HEALTH
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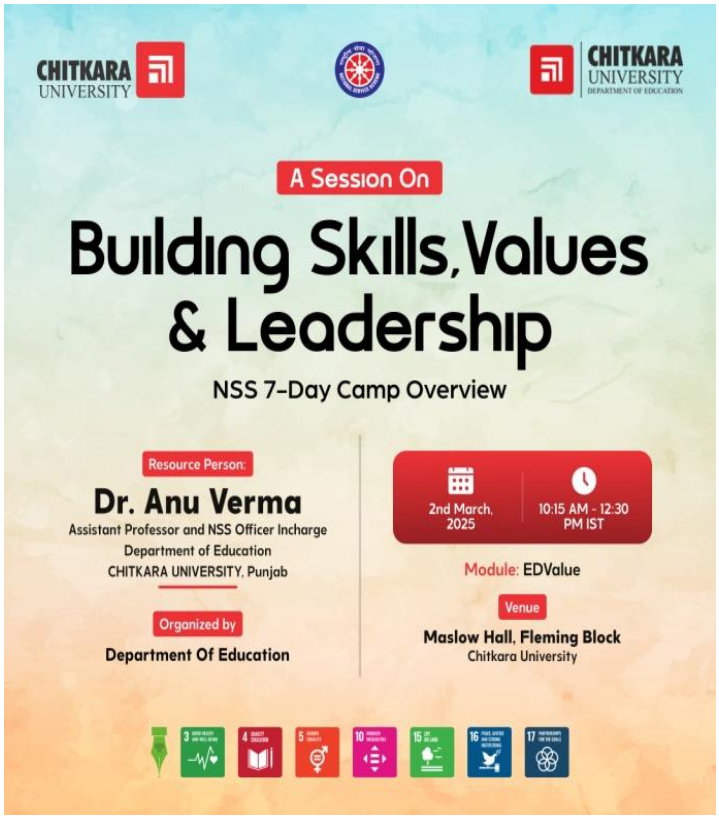
Event Name	Building Skills Values & Leadership
Date	02nd March 2025
Venue	Maslow Hall, CSPC, Fleming Block, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Dr. Anu Verma, Assistant Professor, Department of Education,
Number of Participants	67
SDGs Covered	3, 4 5, 10, 15, 16, 17
Duration	Half n Hour

About the Activity



The Department of Education at Chitkara University, Punjab, proudly commenced the NSS. Special Camp on 2nd March 2025. This week-long initiative, running from 2nd to 8th March, aimed to empower students with a sense of social responsibility, leadership skills, and community engagement. The inaugural day was a showcase of the spirit and objectives of the National Service Scheme (NSS), providing a platform for learning, interaction, and awareness.

A special session by Dr. Anu Verma, Assistant Professor and NSS Officer Incharge, Department of Education dedicated to the NSS Formation Day was conducted, highlighting the historical context, objectives, and impact of the NSS. The Alpha teachers were briefed on the program's importance in fostering volunteerism and active citizenship among young individuals. The session sparked a sense of pride and motivation among the attendees.

Event Name	An Overview of NSS Department and Its Working at Chitkara University
Date	03rd March 2025
Venue	An Overview of NSS Department and Its Working at Chitkara University
Organizer	Department of Education
Resource Person	Dr. Neelam Verma, Dean of Student Affairs and Programme Coordinator for NSS
Number of Participants	67
SDGs Covered	3,4 5, 10, 15, 16, 17
Duration	One Hour

About the Activity

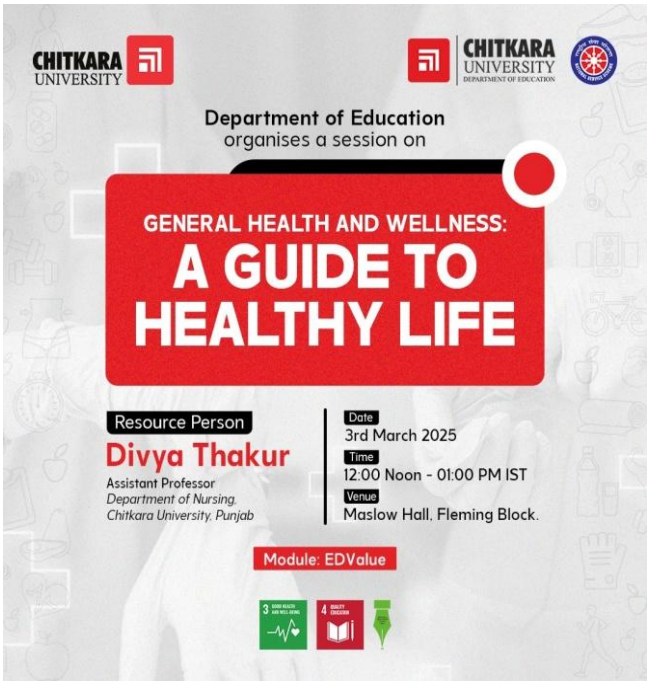
The second day of the NSS Special Camp began with an inspiring session by Dr. Neelam Verma, Dean of Student Affairs and Programme Coordinator for NSS, titled *"An Overview of NSS Department and Its Working at Chitkara University."*

Dr. Verma highlighted the history, principles, and objectives of the NSS at Chitkara University, emphasizing its role in fostering volunteerism, leadership, and social responsibility among students. She detailed the structure and unique initiatives of the NSS at Chitkara University, Punjab showcasing impactful projects that have benefited both the campus and surrounding communities.

Through personal anecdotes and real-life examples, she motivated participants to actively engage in future NSS activities. Dr. Verma encouraged students to uphold the NSS motto, *"Not Me, But You,"* inspiring them to contribute meaningfully to society. The session was both informative and motivational, setting the tone for the day and leaving students inspired

Event Name	A Guide to Healthy Life Brain Health, Wellness & Aging
Date	03rd March 2025
Venue	Maslow Hall, CSPC, Fleming Block, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Ms. Divya Thakur, Assistant Professor, Department of Nursing, Chitkara University, Punjab
Number of Participants	67
SDGs Covered	3, 4
Duration	One Hour

About the Activity

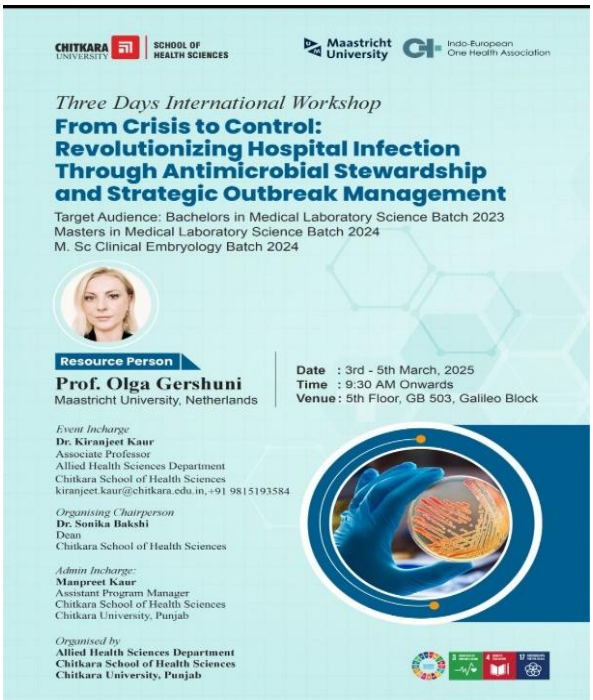


The session, titled *"General Health and Wellness: A Guide to a Healthy Life"*, was led by Ms. Divya Thakur, Assistant Professor, Department of Nursing, Chitkara University. Her insights highlighted health as a holistic concept, encompassing physical, mental, and social well-being.

Quoting the World Health Organization (WHO), Ms. Thakur explained the three pillars of health and advocated regular exercise, hydration, balanced diets, and adequate sleep for physical well-being. On mental health, she stressed the importance of time management, positive social connections, and stress-relief techniques like mindfulness. Social health was also a focus, as she emphasized inclusivity and community participation. Her practical demonstration of first aid techniques.

Event Name	From Crisis to Control: Revolutionizing Hospital Infection Through Antimicrobial Stewardship & Strategic Outbreak Management
Date	3rd to 5th March 2025
Venue	5th floor, GB-503, Galileo Block, Chitkara University, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Prof. Olga Gershuni, Maastricht University, Netherlands
Number of Participants	38
SDG Number	3 (Good Health and Well Being), 4 (Quality education), 17 (Partnerships for the goals)
Duration	3 days

About the Activity



We are thrilled to announce the successful conclusion of Three-Day International Workshop on **"From Crisis to Control: Revolutionizing Hospital Infection Through Antimicrobial Stewardship & Strategic Outbreak Management'** organized by Chitkara School of Health Sciences in collaboration with Maastricht University, Netherlands and Indo-European One Health Association. The event took place from 3rd - 5th March 2025 at Chitkara University, Punjab. A huge thank you to our esteemed resource person, Prof. Olga Gershuni (Maastricht University, Netherlands), for sharing invaluable insights on infection control, outbreak management strategies and antimicrobial stewardship. Kudos to all the participants (38) from Medical Laboratory Science. Medical Radiology & Imaging Technology and Clinical Embryology for their enthusiastic engagement and commitment to improving global healthcare standards. We truly hope that this event has encouraged the aspiring scholars/ students and enabled them to deliver their best in the healthcare field.

Prof. Olga discussing the various approaches of infection prevention in hospital set ups (03.03.2025)

Students actively participating in the group activity given by resource person (Prof. Olga) (04.03.2025)

5th March 2025
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CERTIFICATE
CHITKARA UNIVERSITY

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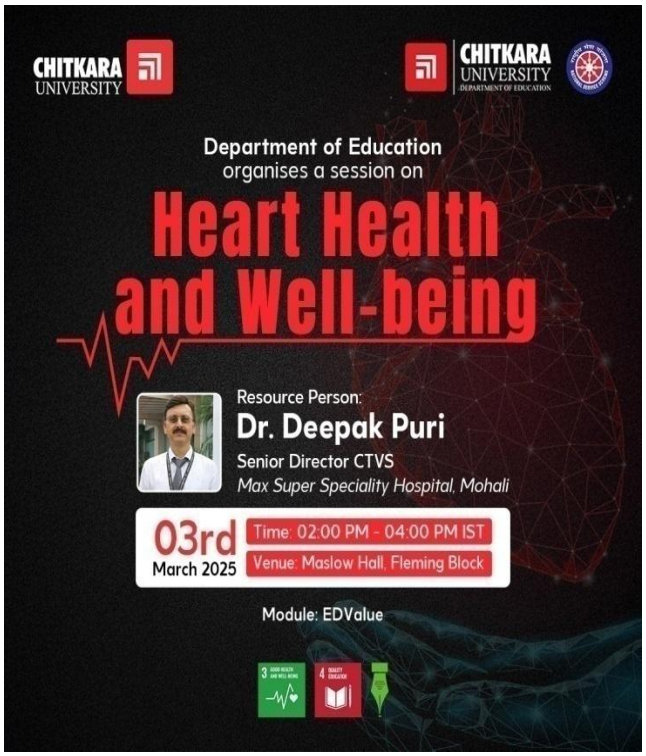
Event Name	Heart Health and Well-being
Date	03rd March 2025
Venue	Maslow Hall, CSPC, Fleming Block, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Dr. Deepak Puri, Senior Director of CTVS at Max Super Speciality Hospital, Mohali
Number of Participants	67
SDGs Covered	3, 4
Duration	Two Hour

About the Activity



The session, conducted by Dr. Deepak Puri, Senior Director of CTVS at Max Super Speciality Hospital, Mohali, left the audience captivated. Introduced by Ms. Sadhika Chauhan, Program Manager, Dr. Puri's remarkable achievements, including his titles as Himot Karsh Himachal Shri and Most Trusted Heart Surgeon in Asia, set the stage for an engaging talk.

Dr. Puri shared his international experiences and recounted a life-saving incident aboard a Tokyo-Delhi flight, which inspired him to host free workshops on handling medical emergencies. He addressed lifestyle diseases, their impact on India's youth, and preventive measures, focusing on stress management and healthy habits. He introduced his Cardiommersion Program with the motto "Save Your Heart, Save Your Mind, Be Healthy," a global initiative advocating heart health.

He delved into key health concerns like cardiovascular diseases, their causes, and links to poor lifestyle choices. Practical advice included the importance of exercise, balanced diets, and mindfulness. Concluding the session, Dr. Puri's musical interlude fostered camaraderie, making it a memorable and enriching experience.

Dr Puri taking the session

Group photo of the event

Title: Marketing Conclave Using AI Intelligently in Marketing		
1	**Type of Activity**	Talk
2	**PROGRAM THEME (KEYWORDS)**	Design Thinking & Critical Thinking
3	**LINK (Pre Link)**	Pre Link
	LINK (Post Link)	Post Link
4	**Program Type**	Level 1
	Nomenclature	Using AI Intelligently in Marketing
5	Description	
	The Marketing Conclave 2025, themed "Using AI Intelligently in Marketing," brought together industry experts, academicians, and students to explore the transformative role of artificial intelligence in modern marketing strategies. Hosted at Chitkara University, the event featured insightful discussions on AI-driven consumer insights, predictive analytics, personalized marketing, and ethical considerations in AI usage. Keynote speakers from leading organizations shared their experiences on leveraging AI tools to enhance customer engagement, optimize campaigns, and drive business growth while maintaining transparency and trust.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	
	Experts, Mr Vinay Subramanyam, Senior Director - Marketing, Kellanova (a global food company formerly known as the Kellogg Company). Mr V R Rajesh who is the Group CEO of	

	Ogilvy India –one of the most well-respected creative agencies globally as well as in India, and Mr Atul Sharma, who is the CEO of Ruder Finn India, a well-known American communication agency emphasized the importance of responsible AI usage, ensuring data privacy, and avoiding algorithmic biases. Live demonstrations of AI-powered marketing tools and real- world case studies provided attendees with a hands-on understanding of AI's potential in reshaping the industry. The conclave successfully bridged the gap between technology and marketing, equipping future professionals with insights into harnessing AI intelligently for sustainable and effective marketing strategies.	
7	Start and End date of the event: 03/03/2025 to 04/03/2025	
8	Mention minimum number of students (Event): 110	
9	Mention minimum number faculty (Event): 6	
10	Objective of the event in 3 words (90 Characters) only:	
	1.Explore AI in Marketing: Understand the impact and potential of AI in modern marketing strategies. 2.Knowledge Sharing: Facilitate insights from industry experts and thought leaders on AI-driven marketing innovations. 3.Practical Applications: Discuss real-world examples and case studies of AI implementation in marketing. 4.Enhance Skills: Equip participants with practical knowledge and skills to use AI tools effectively in marketing. 5.Foster Networking: Provide a platform for professionals and students to connect and collaborate on AI-related marketing initiatives. 6.Future Trends: Explore emerging AI trends that will shape the future of marketing.	
11	Benefit of the activity in 5 words (120 Characters) only:	
	Enhanced AI marketing insights, industry exposure, strategic skills development.	
12	**Video URL**	

13	PHOTOGRAPHS

Name of Department:	PG Programs
Name of Organiser with Mail ID & Contact Number:	Dr Amandeep Singh
Resource Person Details:	
Name:	Mr. Vinay Subramanyam

Designation:	Senior Director - Marketing,
Organization:	Kellanova
Mail ID:	Vinay.Subramanyam@kellanova.com
Name:	Mr. V. R. Rajesh
Designation:	Group CEO
Organization:	Ogilvy India
Mail ID:	vr.rajesh@ogilvy.com
Name:	Mr. Atul Sharma
Designation:	CEO, India and Head – Middle East
Organization:	Ruderfinn
Mail ID:	Atul.Sharma@ruderfinn.com
Name:	Mr. Amit Bapna
Designation:	Business Journalist
Organization:	(APAC), The Drum
Mail ID:	amitbapna@gmail.com

Topic	Design League: Unleash the Sport Streak!
Date	03.03.2025 to 04.03.2025
Venue	Sportorium, Chitkara University, Punjab
Organizer	Dept. of Communication Design, Chitkara Design School, Chitkara University
Resource Person	Leeza, Assistant Professor, Department of Communication Design, Chitkara Design School
Total no. of students	80
No. of Participants attended	75
Mode:	Offline
SDG No.	3, 4, 5, 10, 17

About

Design League: Unleash the Sport Streak!' organized by the Department of Communication Design in collaboration with the Chitkara University Sports Board. 2 days indoor and outdoor sports championship held on 3rd & 4th March 2025 which brought together students of Communication Design for exciting sports competitions. Students played Volleyball, Tug of War, Dart, Chess, Table Tennis, and Foosball which challenged the students' focus, strategy, reflexes and emphasized teamwork, coordination, and endurance—essential in design and industry. The event concluded with the prize distribution ceremony. Prizes were awarded to the winners by Harinder Pal Singh, Director - University Sports Board and Manpal Setia, Dean - CDS.

Objectives

- To encourage teamwork and collaboration among students.
- To promote physical and mental well-being through sports.
- To enhance strategic thinking and problem-solving skills.
- To foster a sense of sportsmanship and fair play.
- To provide a fun and engaging break from academic routines.

Brief

Design League: Unleash the Sport Streak! was a high-energy, fun-filled sports event organized by the Department of Communication Design, aimed at fostering community spirit, teamwork, and holistic development among students. Held over two action-packed days, this initiative brought together students from batches CD2022 and CD2023, providing them with a refreshing break from their creative routines and immersing them in the exciting world of sports and friendly competition. With an engaging mix of indoor and outdoor games, the event successfully merged the spirit of athleticism with the collaborative and strategic mindset required in design education. The event kicked off on Day 1, 3rd March 2025, with an impressive lineup of indoor games including Dart, Chess, Table Tennis, and Foosball. These games were chosen not just for entertainment, but for their ability to test and sharpen critical thinking, precision, focus, and reflexes—qualities that are equally important in the world of design. Students participated enthusiastically, showcasing their skills in both strategy-based and reflex-driven games. The Dart competition was filled with precision and focus, while the Chess matches were intellectually intense, encouraging students to think several steps ahead—similar to how they approach complex design problems. Table Tennis and Foosball brought out bursts of energy and competitive spirit, infusing the space with cheer and excitement. These games served as a reminder that engaging the mind and body through such activities can stimulate creativity and improve problem-solving abilities. Day 2 brought a thrilling shift to outdoor sports, with Volleyball and the ever-popular Tug of War. The focus of these games was teamwork, coordination, and physical stamina. Volleyball matches were intense and spirited, requiring participants to communicate effectively, adapt quickly, and work cohesively—a reflection of real-world design team dynamics. The Tug of War events ignited tremendous enthusiasm among the students, as teams pulled together, literally and figuratively, to claim victory. These outdoor games served as powerful metaphors for the collaborative nature of design work, where success often depends on trust, shared effort, and a unified goal. Throughout the event, students not only got a chance to display their athletic abilities but also formed stronger bonds with their peers. The healthy competition, lively atmosphere, and supportive cheers from classmates created a space where everyone felt included and motivated. Faculty members and student coordinators played a key role in organizing and facilitating the events, ensuring smooth execution and fair play. Design League: Unleash the Sport Streak! was more than just a sports fest—it was an embodiment of balance between mind and body, creativity and action. It reinforced the importance of physical well-being and mental alertness in the field of communication design. By encouraging students to step outside their comfort zones, compete with integrity, and collaborate with enthusiasm, the event nurtured not only athletic spirit but also personal growth and community building.

It ended on a high note, leaving everyone inspired, energized, and more connected—ready to channel their renewed energy into their design pursuits.

Outcomes

- Improved teamwork and leadership skills.
- Enhanced decision-making and strategic planning abilities.
- Strengthened peer connections and camaraderie.
- Increased participation in extracurricular activities.
- Recognition and rewarding of talent through prizes and certificates.

Students Aiming for the Dart game (03.04.2025)

Design students engaging in chess with deep concentration (03.03.2025)

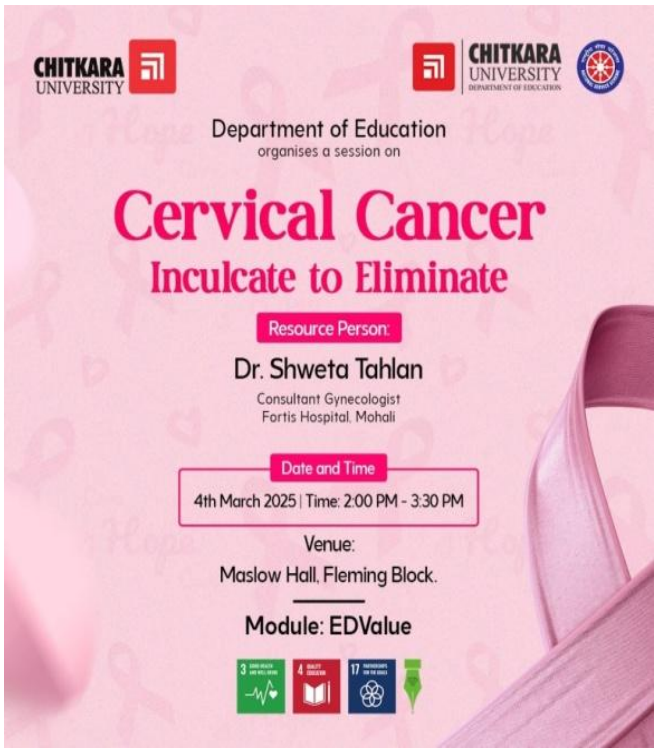
Students Enjoying Foosball and Table Tennis (03.03.2025)

Tough Tug of War Competition given by different students' teams (04.03.2025)

Students playing volleyball energetically (04.03.2025)

Event Name	Cervical Cancer Inculcate to Eliminate
Date	04th March 2025
Venue	Maslow Hall, CSPC, Fleming Block, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Dr. Shweta Tahlan, Consultant Gynaecologist, Fortis Hospital, Mohali
Number of Participants	67
SDGs Covered	3, 4,17
Duration	One n Half Hour

About the Activity



Dr. Shweta Tahlan presented an impactful session focused on cervical cancer, emphasizing that this preventable disease remains a major concern in India. With her detailed insights into HPV vaccination, regular screenings, and lifestyle modifications, she inspired participants to play an active role in the fight against cervical and other cancers.

Addressing risk factors such as smoking, alcohol consumption, and obesity, Dr. Tahlan called upon participants to educate their communities and promote healthier choices. Her empowering message, "Well informed is well armed," underscored the importance of proactive awareness in achieving a cancer-free future.

Dr. Shweta Tahlan presented an impactful session focused on cervical cancer

Event Name	Denim Day for Dementia Brain Health, Wellness & Aging
Date	05th March 2025
Venue	Martin Luthur Hall, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Prof. V.K. Kool, Emeritus Professor, SUNY Polytechnic Institute
Number of Participants	67
SDGs Covered	3, 4,17
Duration	Two Hour

About the Activity

The Department of Education, in partnership with Chitkara School of Psychology and Counselling and Chitkara Business School, recently hosted the seminar titled "Being a Body Versus Having a Body: Human Wisdom at Crossroads." This event was part of the "Brain Health, Wellness, and Aging" series, held in honor of Denim Day for Dementia. Prof. V.K. Kool, an Emeritus Professor from SUNY Polytechnic Institute, delivered an insightful lecture that delved into the philosophical and psychological dimensions of the body's role in human existence.

He illuminated the vital distinction between viewing the body as a separate entity and embracing it as a fundamental aspect of one's identity, linking these ideas to the broader challenges of human wisdom in today's technologically advanced world. Prof. Kool also addressed the ongoing interplay between biology and technology and the apparent shortage of philosophical insight. Highlighting the importance of psychological wisdom, he reflected on its significance in navigating modern realities, particularly through the lens of "homo prospectus."

The seminar also explored the emergence of humanoids, inspiring attendees to ponder the defining aspects of "being" a body versus merely "having" one, within the context of wise cognition. This intellectually stimulating event created an exceptional space for engaging with intricate theoretical ideas, offering fresh perspectives on the human condition and underscoring the relevance of philosophical and psychological thought in shaping contemporary society.

Prof. V.K. Kool explaining the students on the philosophical and psychological dimensions of the body's role in human existence.

Event Name	Denim Day for Dementia Brain Health, Wellness & Aging
Date	05th March 2025
Venue	Martin Luthur Hall, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Dr. Jayashree Dasgupta, Atlantic Fellow for Brain Health, Global Brain Health Institute, Trinity College Dublin
Number of Participants	67
SDGs Covered	3, 4,17
Duration	Two Hour

About the Activity

The Department of Education in collaboration with Chitkara Business School and Chitkara School of Psychology and Counselling, convened a seminar entitled "Brain Health, Wellness and Aging," commemorating Denim Day for Dementia. The event featured a keynote presentation by the honorable Dr. Jayashree Dasgupta, Atlantic Fellow for Brain Health at the Global Brain Health Institute, Trinity College Dublin. Dr. Dasgupta's discourse, "Brain Health, Dementia Care and Society: Emerging Trends," addressed critical aspects of cognitive preservation, including the role of education in maintaining cognitive reserves, the significance of environmental stimulation, the symptomatology and risk factors associated with dementia, and evidence-based strategies for risk reduction. This seminar, aligned with Sustainable Development Goal 3 (Good Health and Well-being) and Goal 4 (Quality Education), aimed to elevate public awareness regarding brain health and dementia, particularly within the context of an aging population. The event facilitated substantive dialogue and provided attendees with expert insights into contemporary research and practical approaches to cognitive wellness, thereby enhancing participant knowledge and promoting proactive brain health management.

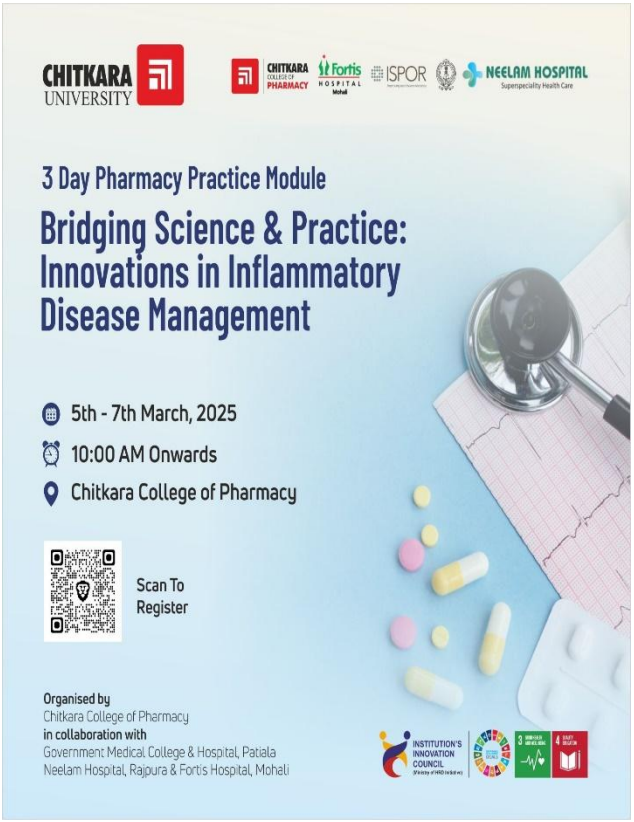
Dr. Dasgupta addressed critical aspects of cognitive preservation

Alpha Teachers enjoy playing knowledge and promoting proactive brain health management.

EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	A 3 DAY PHARMACY PRACTICE MODULE ON "BRIDGING SCIENCE AND PRACTICE: INNOVATIONS IN INFLAMMATORY DISEASE MANAGEMENT
DATE	2025-03-05 to 2025-03-07
MODE	OFFLINE
ORGANIZER NAME	PROF. DR. THAKUR GURJEET SINGH
NO. OF PARTICIPANTS	150
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION

OBJECTIVE

- To bridge the gap between scientific research and clinical pharmacy practice in the management of inflammatory diseases.
- To enhance pharmacists' understanding of emerging therapies, biologics, and precision medicine approaches in conditions like rheumatoid arthritis, psoriasis, and inflammatory bowel disease.
- To develop practical skills in patient-centered care, therapeutic decision-making, and evidence-based pharmacotherapy.
- To foster interprofessional learning and collaboration through case-based discussions and expert-led workshops.
- To encourage critical thinking and innovation in managing treatment-resistant and chronic inflammatory disorders.



DESCRIPTION

Chitkara College of Pharmacy successfully conducted a 3-Day Pharmacy Practice Module titled "Bridging Scientific & Practice: Innovations in Inflammatory Disease Management", aimed at empowering pharmacy students and practitioners with cutting-edge knowledge and practical skills in managing chronic inflammatory conditions. This intensive module focused on bridging the gap between emerging scientific research and clinical pharmacy practice, fostering a holistic understanding of complex diseases such as rheumatoid arthritis, psoriasis, inflammatory bowel disease, and systemic lupus erythematosus. The program featured expert-led sessions by clinicians, academicians, and pharmaceutical scientists, covering the latest therapeutic advancements including biologics, biosimilars, small-molecule inhibitors, and personalized medicine approaches. Participants engaged in interactive case-based discussions, clinical simulations, and evidence-based pharmacotherapy workshops designed to develop critical thinking and patient-centered care skills. Key topics included the role of cytokine-targeting therapies, updates on disease-modifying antirheumatic drugs (DMARDs), pharmacogenomics in inflammatory diseases, and challenges in treatment adherence and monitoring. Practical demonstrations on patient counseling, pharmacovigilance, and therapeutic drug monitoring further enriched the learning experience. The module encouraged interdisciplinary learning and collaboration, highlighting the pharmacist's evolving role in multidisciplinary healthcare teams. It successfully cultivated awareness about current clinical challenges and innovations, empowering participants to contribute meaningfully to inflammatory disease management in diverse healthcare settings. This initiative was aligned with the institution's vision of producing future-ready pharmacy professionals equipped with both scientific expertise and compassionate care approaches. The module concluded with positive feedback from attendees, who reported increased confidence in applying clinical knowledge to real-world scenarios.

OUTCOMES

- Enhanced clinical competence in diagnosing and managing inflammatory diseases using updated pharmacological and non-pharmacological strategies.
- Improved understanding of novel therapeutics such as monoclonal antibodies, immunomodulators, and biosimilars.
- Strengthened ability to apply evidence-based practices in real-world patient care scenarios.
- Increased pharmacist engagement in collaborative care models, improving interdisciplinary communication and decision-making.
- Greater awareness of current research trends and translational innovations in inflammatory disease management.

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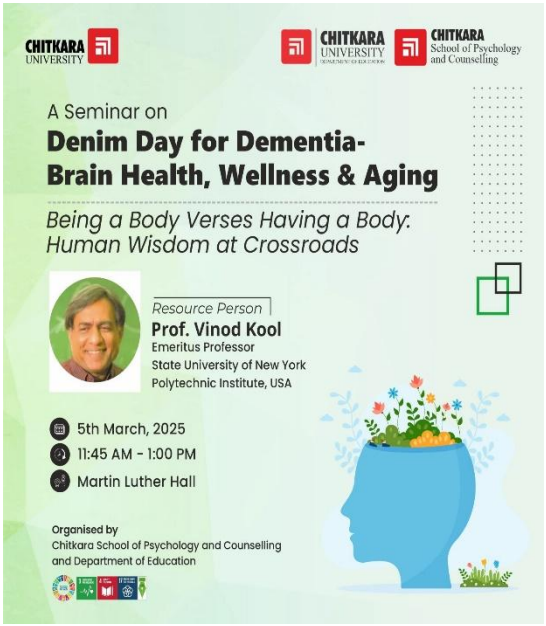
CHITKARA COLLEGE OF PHARMACY

EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	BRAIN HEALTH, WELLNESS AND AGING - "BEING A BODY VERSES HAVING A BODY: HUMAN WISDOM AT CROSSROADS"
DATE	2025-03-05 to 2025-03-05
MODE	OFFLINE
ORGANIZER NAME	CSPC
RESOURCE PERSON	PROF. VINOD KOOL, PROFESSOR EMERITUS
NO. OF PARTICIPANTS	120
SDG NO	3, 4, 17

OBJECTIVE

- Explore the Philosophical and Psychological Implications of the Body
- Address the Challenges of Human Wisdom in a Technological Age
- Reflect on the Nature of Humanoids and Wise Cognition
- Connect Philosophical and Psychological Perspectives of the Brain to Modern Challenges



DESCRIPTION

The Chitkara School of Psychology and Counselling, in collaboration with the Department of Education, successfully presented the seminar "Being a Body Versus Having a Body: Human Wisdom at Crossroads," as part of the "Brain Health, Wellness and Aging" event, commemorating Denim Day for Dementia. Prof. V.K. Kool, Emeritus Professor at SUNY Polytechnic Institute, delivered a compelling discourse on the profound philosophical and psychological implications of the body's role in human experience.

He explored the crucial distinction between perceiving the body as an external entity and understanding it as an integral part of one's being, connecting this concept to the challenges of human wisdom in a modern, technologically driven world. Professor Kool further addressed the ongoing tension between biology, technology, and the current deficit of philosophical wisdom. He emphasized the necessity of psychological wisdom to navigate this era, particularly concerning the concept of "homo prospectus." The discussion extended to the reality of humanoids, prompting attendees to reflect on the defining difference between "having" a body and "being" a body of "wise cognition." The seminar successfully provided a unique platform for engaging with complex theoretical concepts, fostering deeper insights into the human condition and the critical role of philosophical and psychological perspectives in our evolving society.

OUTCOMES

- Increased Understanding of the Body-Mind Connection
- Enhanced Awareness of the Challenges of Modern Wisdom

A Seminar on
Denim Day for Dementia-
Brain Health, Wellness & Aging
Being a Body Verses Having a Body:
Human Wisdom at Crossroads

EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	BRAIN HEALTH, WELLNESS AND AGING - "CARING FOR THE ELDERLY WITH DEMENTIA"
DATE	2025-03-05 to 2025-03-05
MODE	OFFLINE
ORGANIZER NAME	CSPC
RESOURCE PERSON	DR. NASHEEDA AISHATH, HEAD OF SCHOOL OF PSYCHOLOGY
NO. OF PARTICIPANTS	79
SDG NO	3, 4, 17

OBJECTIVE

- To provide participants with a comprehensive understanding of the challenges and complexities associated with caring for elderly individuals with dementia.
- To educate participants o
- n the importance of person-centered care in dementia management.
- To equip caregivers and professionals with practical strategies and techniques for providing effective and compassionate care to individuals with dementia.
- To highlight both medical and non-medical treatment methods for improving the quality of life of elderly individuals with dementia.
- To foster a deeper sense of empathy and compassion among attendees towards individuals living with dementia and their caregivers.
- To raise awareness about the impact of dementia on individuals and families.

DESCRIPTION

The Chitkara School of Psychology and Counselling, in collaboration with the Office of International Affairs and the Department of Education, successfully hosted a seminar on "Caring for Elderly with Dementia," as part of the "Brain Health, Wellness and Aging" event, commemorating Denim Day for Dementia. Dr. Aishath Nasheeda, Assistant Professor and Head of School, School of Psychology, Villa College, Maldives, provided invaluable insights and practical guidance on essential aspects of dementia care. Her presentation emphasized

person-centered care, focusing on understanding the individual's unique situation and implementing both medical and non-medical treatment methods to ensure quality of life for elderly individuals with dementia. Dr. Nasheeda's session successfully evoked a profound sense of empathy among attendees. She addressed crucial strategies and considerations for caregivers and professionals, offering a nuanced understanding of the challenges and best practices in dementia care. The seminar provided a vital opportunity to gain expertise and enhance understanding of the practical and compassionate aspects of supporting those living with dementia, leaving attendees with actionable knowledge and a renewed sense of compassion.

OUTCOMES

- Participants gained a deeper understanding of the various aspects of dementia care, including person-centered care, medical and non-medical treatment methods.
- Attendees demonstrated improved comprehension of the challenges faced by individuals with dementia and their caregivers.
- Attendees exhibited a heightened sense of empathy and compassion towards individuals with dementia and their families.
- The seminar fostered a supportive and understanding environment.
- Participants left the seminar with actionable knowledge and a renewed sense of compassion, enabling them to apply the learned strategies in their respective roles.

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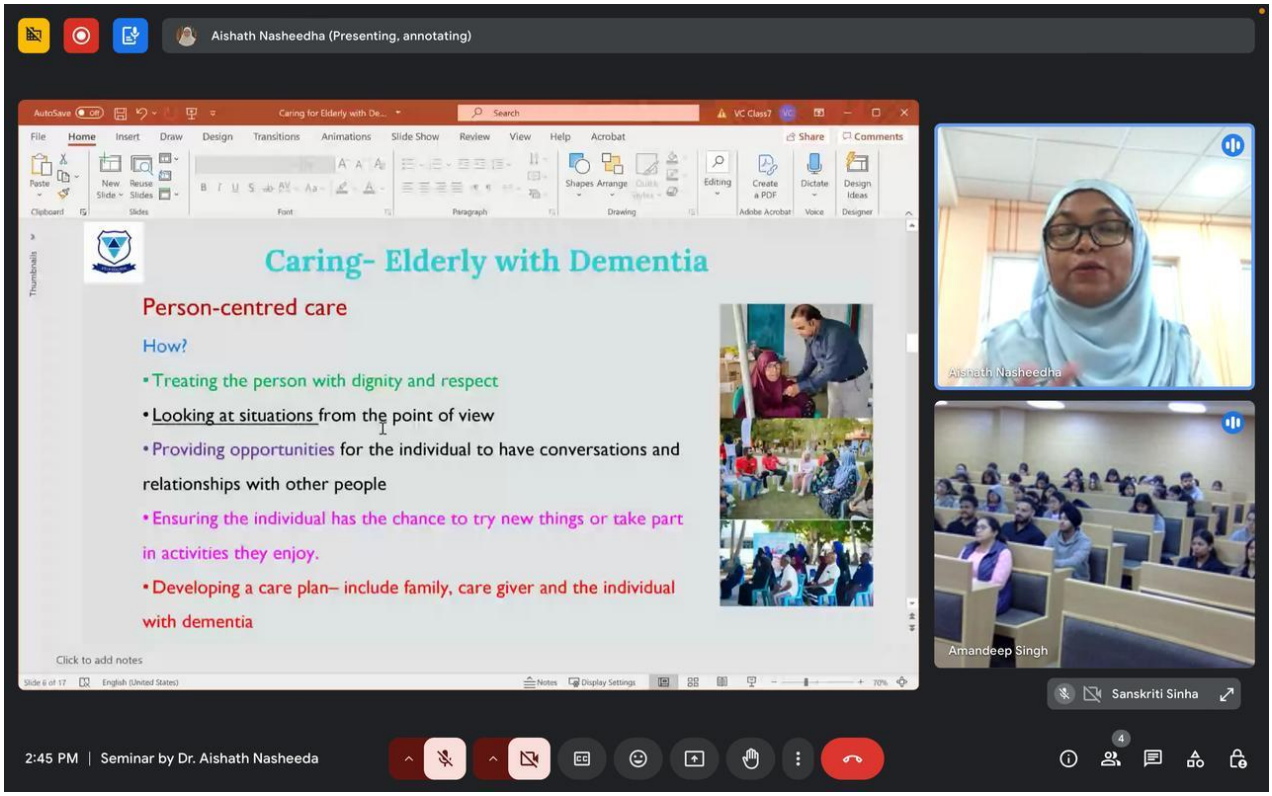
Aishath Nasheedha (Presenting, annotating)
Caring- Elderly with Dementia
Person-centred care
How?
• Treating the person with dignity and respect
• Looking at situations from the point of view
• Providing opportunities for the individual to have conversations and relationships with other people
• Ensuring the individual has the chance to try new things or take part in activities they enjoy.
• Developing a care plan– include family, care giver and the individual with dementia
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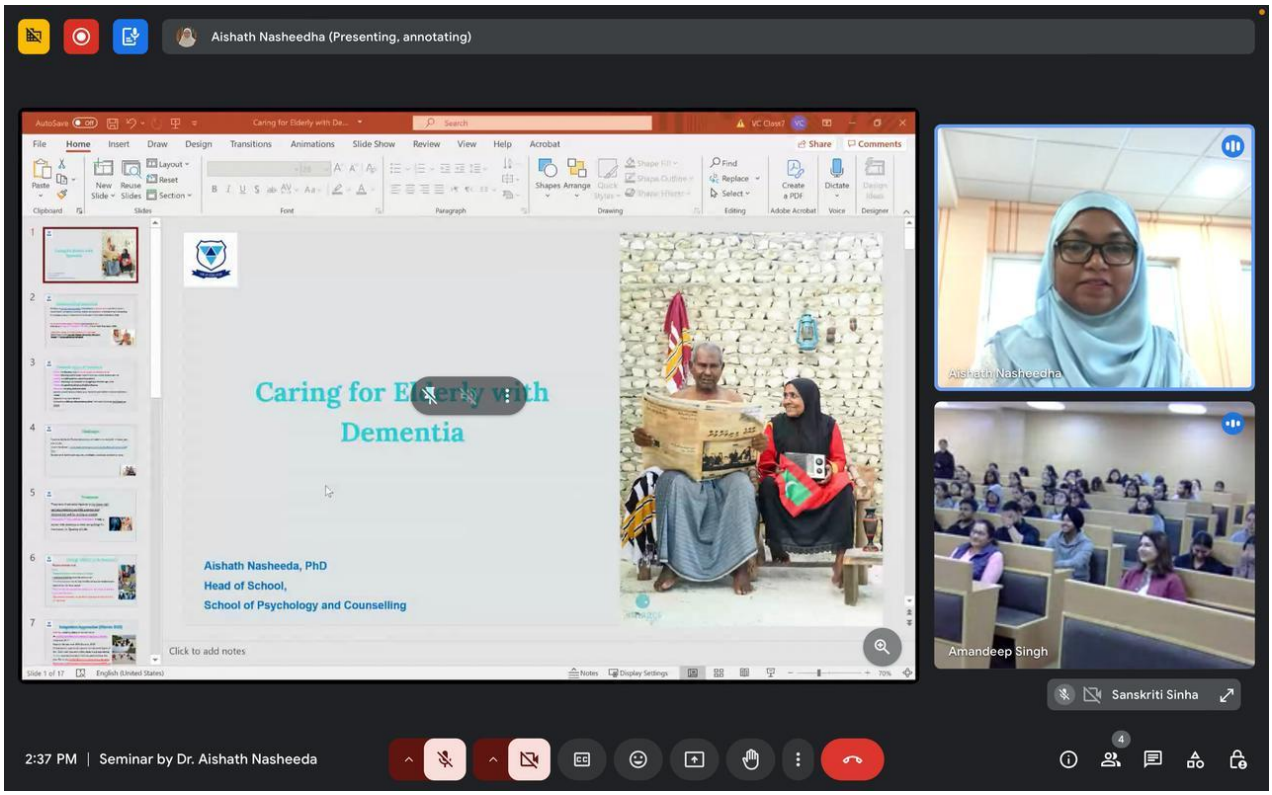
Aishath Nasheedha
Amandeep Singh
Sanskriti Sinha
2:45 PM | Seminar by Dr. Aishath Nasheeda


Aishath Nasheedha (Presenting, annotating)
Caring for Elderly with Dementia
Aishath Nasheeda, PhD
Head of School,
School of Psychology and Counselling
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Aishath Nasheedha
Amandeep Singh
Sanskriti Sinha
2:37 PM | Seminar by Dr. Aishath Nasheeda

EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	BRAIN HEALTH, WELLNESS, AND AGING - "BRAIN HEALTH, DEMENTIA CARE & SOCIETY: EMERGING TRENDS"
DATE	2025-03-05 to 2025-03-05
MODE	OFFLINE
ORGANIZER NAME	CSPC
RESOURCE PERSON	DR. JAYASHREE DASGUPTA, ADJUNCT PROFESSOR OF HEALTHCARE MANAGEMENT
NO. OF PARTICIPANTS	100
SDG NO	3, 4, 17

OBJECTIVE

- To increase student and faculty understanding of brain health, dementia, and the impact of an aging population on cognitive wellness.
- To provide attendees with expert insights into contemporary research and emerging trends in brain health and dementia care.
- To address critical aspects of cognitive preservation, including the role of education, environmental stimulation, and risk reduction strategies.
- To inform participants about the symptomatology and risk factors associated with dementia.
- To encourage attendees to adopt proactive approaches to brain health management.
- To emphasize the significance of maintaining cognitive reserves.

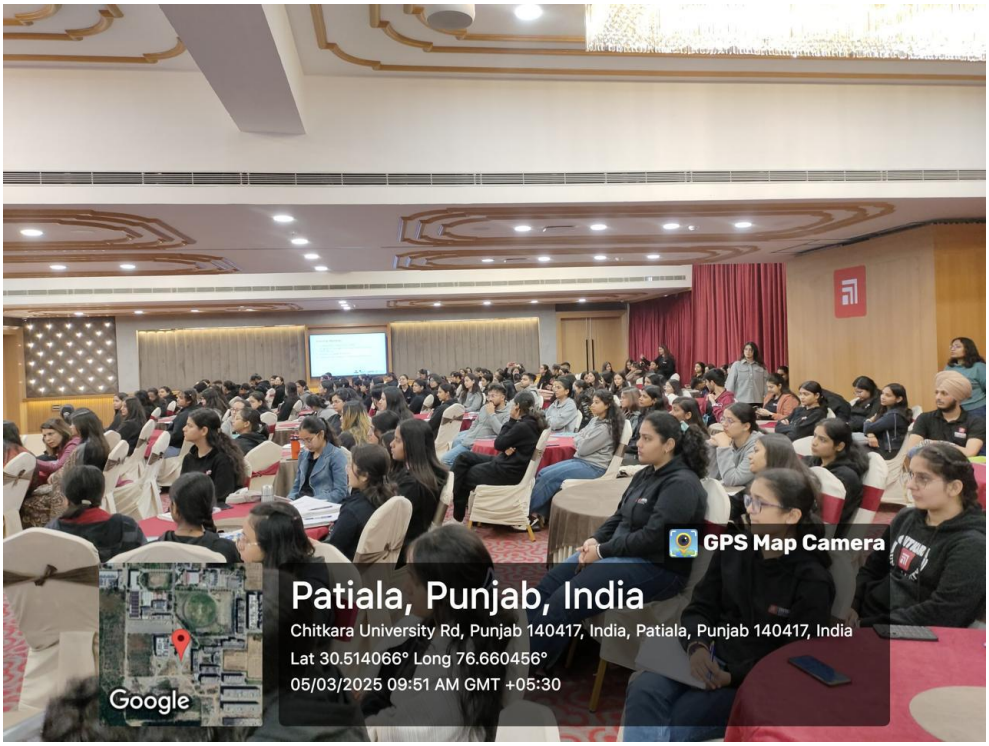
DESCRIPTION

The Chitkara School of Psychology and Counselling (CSPC), in conjunction with the Chitkara Business School and the Department of Education, convened a seminar entitled “Brain Health, Wellness and Aging,” commemorating Denim Day for Dementia. The event featured a keynote presentation by the honorable Dr. Jayashree Dasgupta, Atlantic Fellow for Brain Health at the Global Brain Health Institute, Trinity College Dublin. Dr. Dasgupta’s discourse, “Brain Health, Dementia Care and Society: Emerging Trends,” addressed critical aspects of cognitive preservation, including the role of education in maintaining cognitive reserves, the significance of environmental stimulation, the symptomatology and risk factors associated with dementia, and evidence-based strategies for risk reduction. This seminar, aligned with Sustainable

Development Goal 3 (Good Health and Well-being) and Goal 4 (Quality Education), aimed to elevate public awareness regarding brain health and dementia, particularly within the context of an aging population. The event facilitated substantive dialogue and provided attendees with expert insights into contemporary research and practical approaches to cognitive wellness, thereby enhancing participant knowledge and promoting proactive brain health management.

OUTCOMES

- Increased Knowledge of Brain Health and Dementia for faculty and students.
- Improved Understanding of Cognitive Preservation Strategies for faculty and students.
- Enhanced Awareness of Dementia's societal impact of dementia and the importance of proactive management.
- Promotion of proactive brain health management behaviors.
- Facilitation of meaningful dialogue and knowledge exchange among attendees.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Brain Health, Dementia Care & Society: Emerging Trends
Dr Jayashree Dasgupta, MPhil, PhD (NIMHANS)
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Chitkara Kabaddi Cup 2025
06th March 2025

University Sports Board organized Chitkara Kabaddi Cup 2025 on 06th March 2025, held at Chitkara University, Punjab, showcasing thrilling matches and spirited competition amongst university teams. The tournament aimed at achieving universal health coverage and to promote well-being at all ages essentially for sustainable development under SDG3 (Sustainable Development Goal 3) and through Fit India Movement.

Winner: Team Rana

Runner's Up: Team Panther

KABADDI
CUP 2025

Event Name	2 days' workshop CRITICARE-2025: Evolving Dimensions of Critical Care Nursing Practice
Date	6th-7th March, 2025
Venue	Pierre Hall (6th March 2025) and Martin Luther Hall (7th March 2025)
Organizer	Department of Nursing, Chitkara School of Health Sciences, Chitkara University
Resource Person	Dr. Jai Kishan Karahyla, Dr. Harmeet Kaur Kang, Dr. Kanika, Dr. Ruchi Saini, Ms. Jaspreet Kaur Sodhi
Number of Participants	114
SDGs Covered	SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 17 (Partnerships for the goals)
Duration	2 days (9:00 am to 4:00 pm)

About the Activity

Regardless of the critical care environment, management of the airway and the respiratory system always remains a priority. Assessment and airway management is vital a component. Completion of a comprehensive respiratory assessment is an important aspect of caring for a patient in any critical/acute care setting. The workshop focused discussions on respiratory assessment, care for patients with specific respiratory conditions, and interpreting arterial blood gases. It also highlighted various methods of supporting the airway and various ventilator modes and settings.

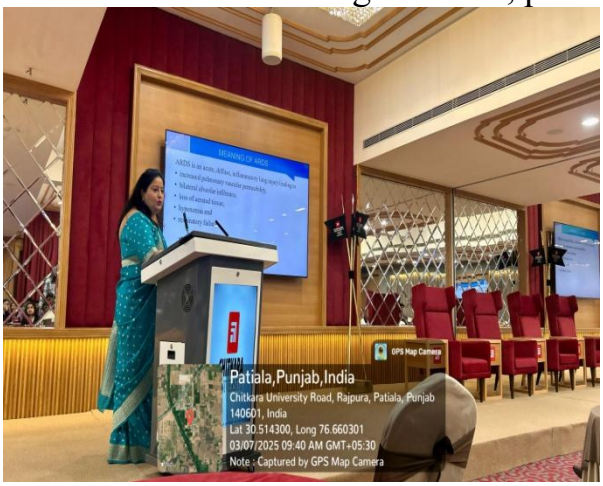
Description

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized 2 days workshop CRITICARE-2025: Evolving Dimensions of Critical Care Nursing Practice on 6th-7th March, 2025 with the objective of providing a platform for nursing professionals to enhance their knowledge and skills in critical care nursing, with a focus on respiratory care. Eminent speaker, Dr. Jai Kishan Karahyla, Professor Emeritus Pulmonary Medicine talked about Overview of Respiratory Emergencies. Dr. Kanika, Vice Principal, Department of Nursing, CSHS, Chitkara University, discussed the Assessment and Monitoring in Respiratory Conditions.

The session on ventilator management in respiratory failure was taken by Dr. Harmeet Kaur Kang, Principal and Director, Department of Nursing, CSHS, Chitkara University. Dr. Ruchi Saini, Tutor, NINE, PGIMER, Chandigarh discussed the management of Acute Asthma and COPD Exacerbations and Management of ARDS was discussed by Ms. Jaspreet Kaur Sodhi, Associate Professor, Government College of Nursing, Rajindra Hospital, Patiala. Major highlights of the workshop were the interactive sessions with renowned experts in critical care nursing, hands on practice sessions for auscultating the normal and abnormal lung sounds and airway management, case scenario-based discussions on various respiratory topics, quiz competition for delegates to test their knowledge and opportunities for networking and collaboration among nursing professionals. The CRITICARE-2025 workshop was a resounding success, providing valuable learning experience for nursing professionals in critical care nursing. The expert sessions, interactive discussions, and quiz competition all contributed to a comprehensive and engaging program. We look forward to future events that promote excellence in nursing practice.

Objectives

- To enhance understanding of participants by providing in-depth knowledge about critical care nursing concepts related to respiratory illnesses.
- To develop and refine the critical care nursing skills necessary for managing complex respiratory conditions, including advanced assessment techniques and specialized interventions.
- To offer practical, hands-on training or simulation exercises to allow participants to practice critical care skills in a controlled, low-risk environment.
- To encourage continuous professional development, including the importance of staying informed about current guidelines, protocols, and innovations in critical care.



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Title	Symposium on Electric and Autonomous Vehicles (SEAV) 2025
Date	6th-7th March, 2025
Venue	Chitkara University
Time:	09:00 am to 04:30 pm
Organizer	: CUIET, Applied Engineering
Mode:	In-person

Objectives

- To disseminate the latest research findings and technological advancements in electric and autonomous vehicle technologies.
- To foster interdisciplinary collaboration and knowledge exchange among researchers, engineers, policymakers, and industry professionals.
- To explore emerging trends and future directions in the development and deployment of electric and autonomous vehicles.
- To critically evaluate the current state of technology and identify key challenges and opportunities for innovation in electric and autonomous vehicles.
- To provide a platform for the presentation and discussion of cutting-edge research papers and case studies.

Report

The Symposium on Electric and Autonomous Vehicles (SEAV-2025) at Chitkara University brought together experts, researchers, and students to discuss the latest advancements in electric and autonomous vehicle technologies. The day was filled with insightful keynote sessions, technical talks, and hands-on demonstrations, fostering knowledge exchange and innovation. The key topics which were finalized and discussed by the experts during the event are summarized below:

Table 1: Details of the resource persons and their respective topic delivered during the symposium

S. No.	Title	Resource persons (Day 1 and 2)	Mapped SDGs
Day 1			
1.	Testing of ADAS & Autonomous Vehicles	Shri S. Ramanathan, MD, ATS, New Delhi	3, 9, 11
2.	Smart Charging Platform for Electric Vehicles	Prof. (Dr.) C.C. Reddy, and Dr. Ashwini Sharma, Electric Engineering Department, IIT Ropar	7, 9, 11, 13
3.	The Role of Modelling and Simulation in Electric Vehicle Design	Dr. Dhruv Chandel, Manager, MathWorks, New Delhi	7, 9, 11, 12
4.	Hands-on workshop: 'Introduction to ROS'	Mr. Gurpreet Singh and Dr. Archana Kanwar, Mechatronics Engineering Department, CUIET-AE, Chitkara University Punjab	4, 9
5.	Hands-on workshop : 'Autonomous Drones'	Dr. Gurdyal Singh, Mechatronics Engineering Department, CUIET-AE, Chitkara University Punjab	4, 9
6.	Poster Presentation on electrical vehicles	Coordinated by Dr. Rajneesh Kumar, Mechatronics Engineering Department, CUIET-AE, Chitkara University Punjab	7, 9, 11, 13
Day 2			
1.	Technological Trends in ADAS/Autonomous Vehicles	Mr. Shantanu Sonar, Daimler Truck Innovation Center India.	3, 9, 11, 13
2.	Advancing Autonomous Electric Mobility Through Cutting-Edge Automotive Simulations	Dr. Anudeep Bellary, Altair Engineering India.	7, 9, 11, 13

3.	How ADAS Saves Lives	Mr. Gurkaran Singh Cheema, ICAT, New Delhi.	3, 9, 11, 13
4.	India-Specific Synchronous Dataset Generation for ADAS & Autonomous Vehicles	Mr. Ninad, Automotive Research Association of India (ARAI), Pune, India.	3, 9, 11, 13
5.	Current Legislation and Regulations Relevant to Autonomous Vehicles in the UK/EU	Ms. Jerein Jeyachandran, University of Warwick, UK	3, 9, 11

Inaugural Session was hosted by Dr. Atipriya Sharma and Dr. Abhishek Kumar, Assistant Professors, Mechatronics Engineering Department. The event started with the 'lamp lighting ceremony, it was an auspicious ritual that signifies positivity, purity, and the beginning of a good endeavor. It was followed by Dr. K.C. Vora's, (Professor of Practice, CUIET-Applied Engineering) overview of electric and autonomous vehicles, discussing the latest developments, challenges, and opportunities in the field.

Details about the technical sessions

The symposium was organized in such a way that it consisted of technical sessions before lunch, and post lunch hands-on practice sessions on ROS and Autonomous.

I. Technical sessions:

The talks on the electrical and autonomous vehicles were delivered by various renowned resource persons, who worked in this field. The key highlights of all the resource persons is briefly provided below:

1. Shri S. Ramanathan (MD, ATS, New Delhi), who spoke about 'Testing of ADAS & Autonomous Vehicles' and highlighted the importance of Advanced Driver Assistance Systems (ADAS) in modern vehicles and challenges in ensuring safety and regulatory compliance for autonomous systems. The testing includes evaluating various ADAS functions, such as lane departure warning, forward collision warning, and automatic emergency braking. The live demonstration of an ADAS-equipped vehicle, showcasing real-time safety features and automation capabilities.
2. Dr. C.C. Reddy, Professor and Head, Electric Engineering Department and Dr. Ashwini Sharma from IIT Ropar talked about 'Smart Charging Platform for Electric Vehicles' and

discussed smart charging infrastructure for electric vehicles, research advancements in battery management, fast-charging solutions and EV integration with smart grids. The use of wireless charging stations are the most convenient way of changing electrical vehicles in comparison to the conventional wired charging stations.

3. Dr. Dhruv Chandel (Manager, MathWorks, New Delhi) discussed 'The Role of Modelling and Simulation in Electric Vehicle Design' and highlighted the importance of simulation-driven vehicle design and role of MATLAB and Simulink in EV development. The necessity for accurate component modeling (battery, motor, controller) to ensure reliable performance predictions of the EVs and the use of simulation to test and refine control systems, enhancing vehicle drivability and responsiveness.

4. Mr. Shantanu Sonar (Daimler Truck Innovation Center India) discussed "Technological Trends in ADAS/Autonomous Vehicles," shedding light on the evolution of Advanced Driver Assistance Systems (ADAS) and their role in enhancing road safety and vehicle automation. Discussions on technological trends in ADAS/Autonomous Vehicles consistently highlight the convergence of several key areas. Sensor fusion, combining data from cameras, LiDAR, radar, and ultrasonic sensors, is crucial for accurate environmental perception. Advanced AI and machine learning algorithms are essential for processing this data, enabling decision-making and predictive capabilities. Furthermore, there is a strong focus on the development of robust software, and the need for standardized regulations and ethical considerations, to ensure the safe and reliable deployment of these technologies. Finally, the importance of driver monitoring systems, and the public acceptance of this technology, are also key points of discussion

5. Dr. Anudeep Bellary (Altair Engineering India) delivered a session on "Advancing Autonomous Electric Mobility Through Cutting-Edge Automotive Simulations," emphasizing the role of simulation in vehicle design and validation. Discussions on advancing autonomous electric mobility through cutting-edge automotive simulations likely centered on several key, often unspoken, points. These include the crucial role of simulation in drastically reducing development time and costs compared to real-world testing, particularly for complex scenarios. Emphasis would be placed on the need for highly accurate and validated simulation models that can replicate real-world conditions, including diverse weather, traffic patterns, and sensor behaviors. The underlying assumption is that robust simulation environments are essential for safe and efficient training AI algorithms for autonomous driving, and for validating the performance and safety of electric vehicle powertrains and control systems before deployment. Furthermore, there's an implicit understanding that collaboration between industry, academia, and regulatory bodies is vital to establish standardized simulation methodologies and ensure the reliability and acceptance of simulation-driven development.

6. Mr. Gurkaran Singh Cheema (ICAT) presented "How ADAS Saves Lives," illustrating real-world applications and the impact of ADAS in accident prevention. Discussions on how ADAS (Advanced Driver Assistance Systems) saves lives consistently highlight its proactive nature, addressing human error and enhancing situational awareness. ADAS technologies, utilizing sensors, cameras, and radar, prevent accidents by providing real-time warnings and automated interventions like automatic emergency braking and lane-keeping assist. These systems compensate for driver limitations, such as fatigue or distraction, and improve visibility, especially in challenging conditions like nighttime driving. By minimizing decision latency and providing a comprehensive view of the vehicle's surroundings, ADAS significantly reduces the risk of collisions, ultimately contributing to safer roads.

7. Mr. Ninad (ARAI) led a discussion on "India-Specific Synchronous Dataset Generation for ADAS & Autonomous Vehicles," addressing the importance of localized datasets for the development of AI-driven mobility solutions. Discussions on India-specific synchronous dataset generation for ADAS and autonomous vehicles emphasize the unique challenges posed by India's diverse and chaotic traffic environment. Key silent points include the necessity for datasets that accurately reflect unstructured traffic patterns, including heterogeneous vehicle types (from bullock carts to modern cars), unpredictable pedestrian behavior, and varying road infrastructure. Furthermore, the importance of capturing data under diverse weather and lighting conditions prevalent in India, such as heavy monsoon rains and dense fog, is crucial. The need for cost-effective and scalable data collection methods tailored to the Indian context, as well as the ethical considerations surrounding data privacy and safety in a densely populated environment, are also implicitly understood.

8. The morning session concluded with an online lecture by Ms. Jerein Jeyachandran (University of Warwick, UK) on "Current Legislation and Regulations Relevant to Autonomous Vehicles in the UK/EU." She provided valuable insights into the evolving regulatory framework for autonomous vehicle deployment in Europe, highlighting safety standards, testing protocols, and compliance challenges. The discussion on current legislation and regulations for autonomous vehicles in the UK/EU highlights a complex and evolving landscape. Key points include the UK's Automated Vehicles Act 2024, which establishes a framework for safe AV deployment, defining concepts like "authorized self-driving entities" and "user-in-charge," and emphasizing rigorous safety testing. In the EU, regulations are spread across various acts, including the General Safety Regulation and the AI Act, focusing on safety standards, AI risk assessment, and data governance. There is also a divergence in approaches between the UK and the EU, with the UK taking a more context specific approach, and the EU taking a more risk-based approach. Both regions are working to address liability, safety, and data handling, with a focus on creating clear frameworks for the responsible introduction of autonomous vehicle technology.

II. Hands-on sessions

Different hands-on sessions were conducted on 'Introduction of ROS', 'Advanced ROS', and 'Autonomous Drones' and lunch in the SEAV 2025. The silent features of all these hand-on sessions are discussed below:

1. Salient features of the hands-on workshop on 'Introduction of ROS'

- Understanding ROS Archit
- Practical ROS Development
- Modular Robotics Development
- Community and Ecosystem Awareness.

2. Salient features of the hands-on workshop on 'Advanced ROS (URDF, Rviz, Gazebo, Simulation)'

- Advanced ROS Concepts
- Real-World Robotics Scenarios
- ROS Tools and debugging.
- Machine Learning Integration

3. Salient features of the hands-on workshop on 'Autonomous Drones'

- Navigation & Path Planning
- Sensor-Driven Autonomy
- Data Acquisition & Processing
- Operational Autonomy

III. Poster presentation

The student poster presentation session at the Symposium on Electrical and Autonomous Vehicles showcased a diverse range of research and design projects, reflecting the students' awareness in the field. Participants presented their work through visually compelling posters, covering topics such as advanced battery management systems, innovative electric motor designs, sensor fusion for autonomous navigation, and intelligent traffic management algorithms. Each poster detailed the project's objectives, methodologies, results, and potential impact, providing a clear overview of the students' contributions. A panel of industry and academic experts meticulously evaluated the posters, assessing the students' technical understanding, research rigor, and presentation skills.

The evaluation focused on the clarity of the presented information, the innovativeness of the proposed solutions, and the students' ability to articulate their work during the Q&A sessions, ultimately recognizing the most impactful and insightful projects.

The validatory ceremony of the SEAV 2025 was organized during the second day of the event. The ceremony was hosted by Dr. Abhineet Saini, Associate Dean, Mechatronics Engineering Department, CUIET-AE, Chitkara University and he expressed the 'vote of thanks' to the esteemed experts. At the same time, the students were also awarded with the trophies who had secured the positions in the poster presentation competition. However, the participants were facilitated with the participation certificates.

Outcomes

- The symposium provides a platform for academics to network and establish collaborations with researchers from other institutions and industry.
- Exposure to cutting-edge research and emerging technologies can inspire academics to pursue new research avenues within electric and autonomous vehicle domains.
- Opportunities to present posters, sharing findings with a wider academic audience.
- Gaining insights into the latest technological advancements, research trends, and industry developments in the field of electrical and autonomous vehicles.
- Building connections with leading researchers, industry professionals, and potential collaborators.

Event Name	2 days' workshop
Topic	CRITICARE-2025: Evolving Dimensions of Critical Care Nursing Practice
Date	6th-7th March, 2025
Time	9:00 am – 4:00 pm
Venue	Pierre Hall and Martin Luther Hall
Organizer	Department of Nursing, Chitkara School of health Sciences, Chitkara University
Resource Persons	1. Dr. Jai Kishan Karahyla, Professor Pulmonary Medicine, MMIMSR, MM University, Mullana, Haryana 2. Dr. Harmeet Kaur Kang, Principal & Director, Department of Nursing, CSHS, Chitkara University 3. Dr. Kanika, Vice Principal, Department of Nursing, CSHS, Chitkara University 4. Dr. Ruchi Saini, Nursing Tutor, NINE, PGIMER, Chandigarh 5. Ms. Jaspreet Kaur Sodhi, Associate Professor, Government College of Nursing, Rajindra Hospital, Patiala
No. of Participants	113 (55-external, 58-internal)
Under SDG no.	SDG 3 (Good Health and Well Being), SDG 4 (Quality Education), SDG 17 (Partnerships for the goals)

Objectives

- To enhance understanding of participants by providing in-depth knowledge about critical care nursing concepts related to respiratory illnesses.
- To develop and refine the critical care nursing skills necessary for managing complex respiratory conditions, including advanced assessment techniques and specialized interventions.
- To offer practical, hands-on training or simulation exercises to allow participants to practice critical care skills in a controlled, low-risk environment.

- To encourage continuous professional development, including the importance of staying informed about current guidelines, protocols, and innovations in critical care.

Description

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized 2 days workshop CRITICARE-2025: Evolving Dimensions of Critical Care Nursing Practice on 6th-7th March, 2025 with the objective of providing a platform for nursing professionals to enhance their knowledge and skills in critical care nursing, with a focus on respiratory care. Regardless of the critical care environment, management of the airway and the respiratory system always remains a priority. Assessment and airway management is vital a component. Completion of a comprehensive respiratory assessment is an important aspect of caring for a patient in any critical/acute care setting. The workshop focused discussions on respiratory assessment, care for patients with specific respiratory conditions, and interpreting arterial blood gases. It also highlighted various methods of supporting the airway and various ventilator modes and settings. Eminent speaker, Dr. Jai Kishan Karahyla, Professor Emeritus Pulmonary Medicine talked about Overview of Respiratory Emergencies. Dr. Kanika, Vice Principal, Department of Nursing, CSHS, Chitkara University, discussed the Assessment and Monitoring in Respiratory Conditions. The session on ventilator management in respiratory failure was taken by Dr. Harmeet Kaur Kang, Principal and Director, Department of Nursing, CSHS, Chitkara University. Dr. Ruchi Saini, Tutor, NINE, PGIMER, Chandigarh discussed the management of Acute Asthma and COPD Exacerbations and Management of ARDS was discussed by Ms. Jaspreet Kaur Sodhi, Associate Professor, Government College of Nursing, Rajindra Hospital, Patiala. Major highlights of the workshop were the interactive sessions with renowned experts in critical care nursing, hands on practice sessions for auscultating the normal and abnormal lung sounds and airway management, case scenario-based discussions on various respiratory topics, quiz competition for delegates to test their knowledge and opportunities for networking and collaboration among nursing professionals. The CRITICARE-2025 workshop was a resounding success, providing a valuable learning experience for nursing professionals in critical care nursing. The expert sessions, interactive discussions, and quiz competition all contributed to a comprehensive and engaging program. We look forward to future events that promote excellence in nursing practice. There were 113 participants in the workshop. 55 were external and 58 were internal participants (48-students, 10-faculty members)

Outcomes

- The workshop provided in-depth knowledge and insight about the respiratory critical care nursing concepts.
- It equipped the delegates with critical care nursing skills which are necessary for managing complex respiratory conditions by providing hands on training session.
- It helped the participants to demonstrate their skills on simulators/dummies which enhanced their confidence to deal with such patients.
- It provided enriched experience about the latest guidelines, protocols, and innovations in respiratory critical care illnesses.

Ms. Jaspreet Kaur Sodhi taking session on "Management of ARDS" on 7th March 2025

Delegates during the case scenario-based discussion session on 7th March 2025

Delegates attending the hands-on practice session on airway management on 6th March 2025

Group photo of resource persons and delegates of CRITICARE-2025 on 6th March 2025

Event Name	CSR Activity
Topic	School Health Programme on Good Habits
Date	7th March, 2025
Venue	Government Elementary School, Kalomajra
Organizers	Ms. Annu Singhal (Assistant Professor)
No. of Participants	2
No. of Impacted Individual	26
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

- Promote personal hgiene
- To Improve Physical Fitness.
- To Educate students about the importance of healthy eating habits
- To Prevent Lifestyle Diseases.
- To Enhance Mental Health.

Students of M.Sc. Nursing 1st year, Department of nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has organized a School Health Programme "Good Habits" in Government Elementary School, Kalomajra, Punjab. They organized a series of activities focusing on Good Habits to promote the importance of a healthy lifestyle among students. The event held on 7th March 2025, aimed to educate students about the importance of a balanced diet, drinking clean water, avoiding junk food, and developing healthy eating habits and also encouraged students to maintain personal cleanliness, such as regular hand washing, bathing, brushing teeth, and wearing clean clothes. Height and weight was checked for school students. Health education was given using different posters to empower the school students and aware the school children about the importance of balanced meals and healthy snacks.The event was closed by offering refreshment to the school students. School teachers and students appreciated the programme.

Outcomes

- Students gained a better understanding of the importance of Good Habits for maintaining physical and mental health.
- Students gained a better understanding of the importance of balanced meals and healthy snacks.
- Awareness about the link between physical fitness, healthy food, academic performance, and overall well-being was significantly enhanced.
- Many students expressed a commitment to incorporating healthy habits into their routines.

Students assessing personal hygiene of the Students in Government Elementary Smart School, Kalomajra Punjab on 0703/2025

Students Measuring Weight and Height of the Students in Government Elementary Smart School, Kalomajra, Punjab on 07/03/2025

Students participating in stretching exercises in school health programme on 7th March 2025

Group photo of schoolteachers, school students, supervisors and students of M. Sc Nursing 1st Year

Event Name	From Words to Action: An Open Mic Event
Date	07th March, 2025
Venue	Einstein Hall, Galileo Block, Chitkara University, Punjab
Organizer	Chitkara School of Health Sciences, Chitkara University, Punjab
Judges for the Event	Dr. Sovia RJ Singh, Dean, Chitkara University Language Centre Dr. Rashmi Aggarwal, Dean, Commerce and Finance Chitkara Business School
Number of Participants	120
SDG Number	3 (Good Health and Well Being), 4 (Quality education) and 5 (Gender Equality)
Duration	1 day

About the Activity

The Chitkara School of Health Sciences successfully hosted "From Words to Action: An Open Mic Event" on 7th March 2025 at Einstein Hall, Galileo Block, on the occasion of International Women's Day 2025 celebration leaving the audience inspired and entertained. The event provided a vibrant platform for students to showcase their talents in music, poetry, and dance performances. We were honoured to have Dr. Sovia RJ Singh, Dean, Chitkara University Language Centre and Dr. Rashmi Aggarwal, Dean, Commerce and Finance Chitkara Business School as our esteemed judges. Their invaluable feedback and appreciation added prestige to the event, encouraging students to continue exploring their artistic expression.

The event was organized under the leadership of Dr. Sonika Bakshi, Dean, Chitkara School of Health Sciences. along with faculty members Nidhi Goswami, Naritbir Bajwa, and Astha Mishra. Their efforts ensured a seamless and engaging experience for all attendees. The Open Mic Event showcased incredible performances and a sense of community, creativity, and self-expression. There were 21 participants for three categories Shyeri, Singing and Dance. Three best performances from each category were given prizes by the esteemed judges.

Dr Sovia and Dr Rashmi giving certificates to winner (07.03.2025)

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ORGAN DONATION DAY
Date	8th March, 2025
Time	12:00 PM t0 3:00 PM
Venue	Conference Room, Neelam Hospital
Number of Attendees	72
Resource Person	Happiness Team

Chitkara Happiness Centre, in collaboration with Neelam Hospital, organized a meaningful celebration of Organ Donation Day to raise awareness about the significance of organ donation. The event aimed to educate individuals on the life-saving impact of organ donation and encourage them to pledge their organs to help those in need. Through a series of engaging activities, the event successfully conveyed the importance of this noble cause. One of the most impactful moments of the event was a thought-provoking skit that depicted the emotional journey of a donor's family and the transformation of a recipient's life after receiving an organ. The performance deeply resonated with the audience, illustrating the profound impact of selfless giving. The heartfelt storytelling not only created awareness but also inspired many attendees to consider organ donation as a means of leaving a lasting legacy. In addition to the skit, an interactive session was conducted where medical experts addressed various questions and concerns regarding organ donation. Participants gained valuable insights into the medical, ethical, and legal aspects of the donation process. To further facilitate the cause, information pamphlets and registration forms were distributed, making it easier for individuals to take the pledge. The event successfully reinforced Chitkara Happiness Centre's commitment to promoting social causes and fostering a culture of kindness and awareness. The enthusiasm and participation of attendees reflected the growing acceptance and understanding of organ donation. By celebrating Organ Donation Day, the Centre took a significant step toward inspiring positive changes and saving lives through increased awareness and pledges. The event left a lasting impression on all those who attended, highlighting the power of generosity and the incredible difference an individual can make in another's life.

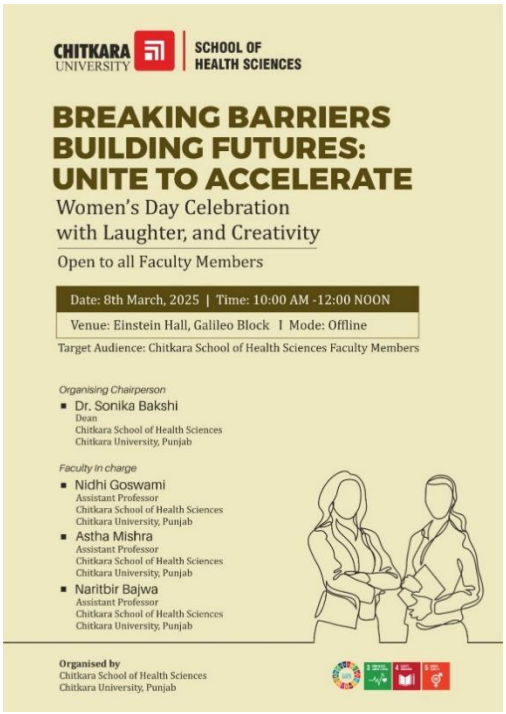
Caring Heart

Caring Heart

Caring Heart

Event Name	Breaking Barriers, Building Futures: Unite to Accelerate
Date	08th March, 2025
Venue	Einstein Hall, Galileo Block, Chitkara University, Punjab
Organizer	Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	NA
Number of Participants	50
SDG Number	3 (Good Health and Well Being), 4 (Quality education) and 5 (Gender Equality)
Duration	1 day

About the Activity



The Chitkara School of Health Sciences, Chitkara University, Punjab, hosted a vibrant and inspiring Women's Day Celebration themed *"Breaking Barriers, Building Futures: Unite to Accelerate."* This engaging event, designed to honor the strength, resilience, and creativity of women in academia took place on 8th March 2025, at Einstein Hall, Galileo Block in an offline mode. The event promised to be a lively blend of laughter and creativity, encouraging joyful collaboration and recognition among faculty members. Open to all faculty of the School of Health Sciences, the celebration aimed to foster a sense of unity and appreciation, empowering women through interactive and expressive activities. The event was organized under the guidance of Dr. Sonika Bakshi, Dean, Chitkara School of Health Sciences. The faculty team in charge included Ms. Nidhi Goswami, Ms. Astha Mishra, and Ms. Naritbir Bajwa, all Assistant Professors dedicated to promoting inclusivity and empowerment within the academic community. This celebration also aligned with the global Sustainable Development Goals (SDGs), especially Gender Equality (SDG 5), Good Health and Well-being (SDG 3), and Quality Education (SDG 4)—reaffirming the university's commitment to inclusive growth and transformation. A special highlight of the event was the cake-cutting

ceremony, symbolizing the celebration of achievements and collective progress of women in academia and beyond.

CHITKARA UNIVERSITY
CHITKARA SC
EINSTEIN hall

Title: Innovate, Inspire, Lead: Celebrating the power of women in health and leadership		
1	**Type of Activity**	Talk
2	**PROGRAM THEME (KEYWORDS)**	Design Thinking & Critical Thinking
3	**LINK (Pre Link)**	Pre Link
	LINK (Post Link)	Post Link
4	**Program Type**	Level 1
	Nomenclature	Innovate, Inspire & Lead: Celebrating the Power of Women in Health & Leadership
5	Description	
	This event aims to highlight womens achievements and promote gender equality through two engaging sessions. The first session, The Importance of Womens Health, will delve into the critical aspects of women;s well-being, focusing on physical, mental, and spiritual health challenges and strategies for maintaining a healthy work-life balance. The second session, From Vision to Victory: Women in Leadership, will celebrate the journey of women leaders who have transformed with their vision and resilience, highlighting the importance of mentorship, education, and breaking stereotypes in achieving success.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	

	This event aims to highlight womens achievements and promote gender equality through two engaging sessions. The first session, The Importance of Womens Health, will delve into the critical aspects of women;s well-being, focusing on physical, mental, and spiritual health challenges and strategies for maintaining a healthy work-life balance. The second session, From Vision to Victory: Women in Leadership, will celebrate the journey of women leaders who have transformed with their vision and resilience, highlighting the importance of mentorship, education, and breaking stereotypes in achieving success.
7	Start and End date of the event: 10/03/2025 to 10/03/2025
8	Mention minimum number of students (Event): 40
9	Mention minimum number faculty (Event): 2
10	Objective of the event in 3 words (90 Characters) only:
	Promote gender equality and empowerment. Raise awareness on women;s health. Inspire women in leadership roles. Encourage innovation and creativity. Build a supportive community network. Empowered women with health knowledge. Inspired leadership and career growth. Fostered a supportive community.
11	Benefit of the activity in 5 words (120 Characters) only:
	This event aims to highlight womens achievements and promote gender equality through two engaging sessions. The critical aspects of women's well-being, focusing on physical, mental, and spiritual health challenges and strategies for maintaining a healthy work-life balance were discussed

	and imparted. It also highlighted the importance of mentorship, education, and breaking stereotypes in achieving success.	
12	**Video URL**	
13	PHOTOGRAPHS	

Name of Department:	Department of Civil Engineering
Name of Organizer with Mail ID & Contact Number:	Dr. Shristi Kanoungo, Niharika Gupta
Resource Person Details:	
Name:	Ms Timsy
Designation:	Associate Professor
Organization:	Department of Nursing, Chitkara university
Mail ID:	
Name:	Sqn ldr (Dr.) Rina Angel
Designation:	Vice President
Organization:	Infrastructure Enhancement, Chitkara University
Mail ID:	

Event Details	
Event Name	Expert talk
Topic	International Women's Day "Accelerate Action"
Date	12th March, 2025
Mode	Offline
Venue	Einstein Hall, Galileo Block
Organizer Name	Ms. Timsy Associate Professor, Department of Nursing, CSHS, Chitkara University Punjab Ms. Amanpreet Kaur Assistant Professor, Department of Nursing, CSHS, Chitkara University Punjab Ms. Priyanka Thakur, Nursing Tutor, Department of Nursing, CSHS, Chitkara University Punjab
Resource Persons	Dr. Bandana Bisht Psychotherapist/Relationship Counselor/Parenting Coach/Mental Health Counselor and Speaker/Author/Digital Creator.
No. of Participants	72 (56 Students + 16 Faculty)
SDG No	3-Good Health and Well Being, 5- Gender Equality, 17-Partnerships for the Goals

Objectives

- The primary goal was to move from awareness to concrete change.
- The event will aim to raise awareness about advancing Women's and Girls' Rights, promoting gender equality, and fostering empowerment.
- The session will focus on educating attendees regarding urging individuals, communities, and nations to intensify their efforts in achieving gender equality and empowering women worldwide.
- The event will encourage attendees to protests and gatherings worldwide have called for equal rights and an end to discrimination.

Department of Nursing, (CSHS) organized an Expert talk on "**International Women's Day** with Theme **"Accelerate Action"** on 12th March 2025. This event aimed to raise awareness for women's equality and women empowerment. It calls for action to ensure faster progress toward achieving gender parity in all areas of life, from the workplace to education, leadership, and social spheres. The theme highlights the importance of taking swift and decisive action to break down barriers that hold women back, address systemic inequalities, and create opportunities for women to thrive. It emphasizes not just recognizing women's rights but

actively pushing for meaningful, immediate change, and progress towards a more equal and inclusive world. It accelerate efforts for equality and to challenge societal norms, legal frameworks, and structural barriers that disproportionately impact women and marginalized genders. It's a global tribute to women's achievement and a call for gender equality and women empowerment. It mainly gives focus to issues such as reproductive rights, violence and abuse against women. The event featured a distinguished speaker, Dr. Bandana Bisht brought valuable insights to the students. She began the session with an insightful overview of their experience and expertise in the field. Their credentials and achievements set the stage for a meaningful discussion. The student responded positively to the expert talk, expressing appreciation for the depth of knowledge shared. The expert talk on International Women's Day proved to be a resounding success, contributing significantly to the overarching goal of raising awareness for publicly recognize and promote the women who have a real and inspirational impact in their communities and workplaces. The event underscored the importance of International Women's Day and provided a platform for fruitful discussions.

Dr. Bandana Bisht discussed regarding International Women's Day on 12th March 2025

Dr. Bandana Bisht Felicitated by Dr. Harmeet Kaur Kang and Dr. Kanika on International Women's Day on 12th March 2025

Dr. Bandana Bisht discussing about the gender equality on International Women's Day on 12th March 2025

Dr. Bandana Bisht discussing about International Women's Day on 12th March 2025

Dr. Bandana Bisht actively engaging the participants in discussion related to International Women's Day on 12th March 2025

Outcomes

- Participants gained deeper understanding of commitment to comprehensive patient care and offers student nurses insights into addressing diverse health needs.
- Attendees learned about the possibilities for advanced education and leadership roles.
- The session provided valuable resources and support tips for student nurses on the intersections of gender, health, and professional growth.
- The session will help students to reinforce their role in promoting women's health and pursuing leadership within the nursing profession.

Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on Self Control and Relapse Prevention
Date	18.03.2025
Mode	Offline
Venue	District De-addiction & Rehabilitation Centre, Sector 66, Mohali, Punjab
Organizer Name	Ms. Vijayeta Bhasin, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	03
Number of impacted people	06
SDG No.	SDG3: Good Health and Wellbeing SDG10: Reducing Inequalities SDG 17: Partnerships for the Goals

Objectives

- To educate participants about the importance of self-control in decision-making, emotional regulation, and overcoming temptations.
- To help participants recognize psychological, social, and environmental triggers that can lead to relapse.
- To teach practical techniques such as mindfulness, stress management, and habit formation to strengthen self-discipline.
- Provide actionable steps to handle high-risk situations, seek support, and stay committed to long-term behavioral change.

Description

Self-control is the ability to regulate emotions, thoughts, and behaviors, especially in challenging situations. It plays a crucial role in overcoming habits like substance abuse, emotional outbursts, or unhealthy lifestyle choices. To empower individuals to manage impulses, resist temptations, and maintain progress toward their goals, awareness talk was

organized on "Self-control and relapse prevention" by Department of Nursing, CSHS, Chitkara University, Punjab.

This awareness talk ultimately aims to educate and motivate individuals to take control of their actions, make informed choices, and sustain long-term behavioral change. With the right mindset and tools, anyone can strengthen self-control and prevent relapse effectively.

Students of M.Sc. Nursing 2nd year provided awareness talk to create an insight among the patients admitted in Rehabilitation ward of district de addiction center, Mohali.

The talk highlights key strategies such as mindfulness, stress management, and goal-setting to strengthen self-control. It also emphasizes identifying triggers—situations, emotions, or people that may lead to relapse. By recognizing these triggers early, individuals can develop coping mechanisms such as deep breathing, distraction techniques, or seeking support from trusted individuals.

Relapse prevention strategies involve building resilience, maintaining a strong support system, and adopting healthy habits. The discussion includes practical tips like maintaining a structured routine, engaging in physical activity, and practicing self-reflection. Encouraging self-compassion is also essential, as occasional setbacks should be seen as learning opportunities rather than failures.

Overall the participants gained knowledge about how they can maintain self-control and relapse prevention by themselves. It will help them to live a healthy life in future.

Students of M.Sc. Nursing 2nd year providing awareness talk on "Self-control and Relapse prevention" on 18.03.2025

Ms. Sadia discussing about self control with patients admitted in de addiction ward on 18.03.2025

Patients asking doubts from students of M.Sc Nursing on 18.03.2025

Patients listening awareness talk about self control & relapse prevention on 18.03.2025

Outcomes

- The Participants gained a better understanding of their triggers, impulses, and behaviors, helping them make more mindful decisions.
- The participants learned effective techniques to manage stress, cravings, and emotional challenges, reducing the likelihood of relapses.
- The participants developed motivation and confidence to maintain self-discipline and work towards long-term behavioral improvements.
- The participants recognized the importance of seeking help from family, friends, or support groups, fostering a more supportive environment for personal growth.

Event Name	World Optometry Day 2025: Eyes to the Future: Optometry Improving Global Wellness
Date	19th, 21st, and 24th March 2025
Venue	University Radio Station, Picasso Block, Sportorium and Chitkara University Punjab campus
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	NA
Number of Participants	60 Students and No. of Faculty: 5
SDG Number	3 ,4
Duration	3 days

About the Activity

Chitkara School of Health Sciences celebrated **World Optometry Day 2025** with great enthusiasm and purpose under the global theme **"Eyes to the Future: Optometry Improving Global Wellness"** through a three-day lineup of impactful events held on **19th, 21st, and 24th March 2025.** The celebration commenced on **19th March** with a **Radio Talk** on **"Promoting Eye Safety in Daily Life"** at the **University Radio Station, Picasso Block**. The session featured engaging conversations by optometry faculty and students who highlighted common vision hazards in daily activities—such as prolonged digital screen use, UV exposure, and improper eyewear habits—along with practical eye care tips. The talk reached a wide audience across campus and aimed to spread the message of preventive eye health in a relatable and accessible format. On **21st March**, the spirit of awareness took to the streets with the **Optometry Walkathon: Advocating for Eye Health Awareness**. Students, faculty, and staff participated in a vibrant walk across the Chitkara University campus, holding eye care awareness placards and interacting with passersby. Informative pamphlets and on-spot vision screening booths added value to the walk, encouraging everyone to prioritize regular eye check-ups and protective visual habits.

The final event, held on **24th March**, was the **Sports & Vision Games: Enhancing Performance Through Visual Skills**, organized in collaboration with the Sports Department at the **Sportorium**. This unique initiative combined vision science with athletic engagement. Participants from various disciplines tested their reaction time, depth perception, eye-hand coordination, and peripheral vision through fun and interactive sports vision challenges. Optometry students conducted quick visual screenings and educated peers on the vital role of vision in enhancing sports performance.

Together, these three events successfully showcased the multifaceted role of optometry in everyday wellness, from safety and prevention to athletic performance. The celebration not only raised awareness but also reinforced the idea that **strong vision is the foundation of a healthier, more productive future**—truly echoing the theme, "Eyes to the Future."

Sports & Vision Games: Enhancing Performance Through Visual Skills (19th, 21st, and 24th March 2025)

Radio Talk on "Promoting Eye Safety in Daily Life" (19th, 21st, and 24th March 2025)

EVENT DETAILS	
EVENT TYPE	WORKSHOP
TOPIC	THE ARDUINO ODYSSEY: JOURNEY FROM PROJECT TO PRODUCT
DATE	2025-03-19 to 2025-03-19
MODE	OFFLINE
ORGANIZER NAME	DR AMIT KUMAR, ASSISTANT PROFESSOR AND DR GAURAV SHARMA, ASSOCIATE PROFESSOR, DECE, CUIET
RESOURCE PERSON	DR AMIT KUMAR, ASSISTANT PROFESSOR, HEAD OF IOT | DR RAJVIR SINGH, ASSOCIATE PROFESSOR | DR GURJINDER SINGH, ASSOCIATE PROFESSOR | DR VIKAS MALHOTRA, ASSISTANT PROFESSOR | DR GAURAV SHARMA, ASSOCIATE PROFESSOR
NO. OF PARTICIPANTS	46
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

- To celebrate the commemoration of 20 years of Arduino by highlighting its evolution from a prototyping tool to a global platform for innovation in electronics and open-source hardware.
- To provide a platform for students and faculty members to exchange insights on Arduino's applications in IoT, embedded systems, and education.
- To equip participants with practical skills through interactive workshops, enabling them to build and program Arduino-based projects.
- To motivate attendees to explore new possibilities in electronics and embedded systems by showcasing real-world applications and emerging trends.

DESCRIPTION

The Electronique Design Centre of the Department of Electronics and Communication Engineering at Chitkara University, Punjab, marked a historic milestone by celebrating the 20th anniversary of Arduino with a dynamic and engaging event titled "The Arduino Odyssey: Journey from Project to Product." This event was a grand tribute to Arduino's remarkable evolution—from its humble beginnings as an accessible prototyping tool to its current status as a cornerstone of global electronics innovation. The celebration brought together a diverse audience, including students, faculty, industry professionals, and tech enthusiasts, all united by a shared passion for open-source hardware and creative problem-solving. The event commenced with an inspiring keynote session, featuring renowned experts who reflected on Arduino's transformative impact over the past two decades. They highlighted how Arduino democratized electronics, making embedded systems and IoT development accessible to hobbyists, educators, and engineers alike. The speakers also discussed Arduino's role in shaping modern education, DIY culture, and Industry 4.0, emphasizing its contributions to robotics, smart agriculture, and wearable technology. Following the keynote, a series of technical sessions delved into cutting-edge applications, including AI integration with Arduino, IoT-based automation, and advancements in open-source hardware. Experts demonstrated how Arduino continues to push the boundaries of innovation, enabling rapid prototyping and scalable product development. One of the highlights of the event was the interactive hands-on workshops, where participants rolled up their sleeves to build and program Arduino-based projects. From smart home systems to sensor-driven automation, attendees transformed theoretical concepts into functional prototypes, gaining invaluable practical experience. The workshops fostered a spirit of collaboration and experimentation, encouraging participants to explore new ideas and refine their technical skills. Additionally, an exhibition showcased innovative Arduino projects developed by students and startups, demonstrating the platform's versatility in solving real-world challenges. The event concluded on an enthusiastic note, with participants expressing how The Arduino Odyssey had reignited their passion for electronics and innovation. By celebrating Arduino's legacy, the event not only honored its past achievements but also set the stage for the next wave of technological breakthroughs. As we look forward to the next 20 years of Arduino, the event served as a powerful reminder that innovation thrives when creativity, education, and technology converge. Here's to a future where Arduino continues to inspire the next generation of engineers, makers, and visionaries!

OUTCOMES

- After the session, the students gained deeper insights into Arduino's impact on technology, education, and industry through expert-led keynote and technical sessions.
- The students successfully designed and implemented Arduino projects during hands-on workshops, strengthening their prototyping and coding abilities.
- The students and faculty connected with industry professionals, fostering potential collaborations on Arduino-based research and product development.
- The event ignited creativity and enthusiasm among participants, encouraging them to pursue advanced projects and contribute to open-source hardware advancements.

Students doing hands-on activity during workshop (19.03.2025)

Students doing hands-on activity during workshop (19.03.2025)

Dr Rajvir Singh, delivering expert session during workshop Students doing hands-on activity during workshop (19.03.2025)

Dr Gaurav Sharma demonstrating use of Arduino for real-time applications Students doing hands-on activity during workshop (19.03.2025)

Group picture of all participants & resource persons Students doing hands-on activity during workshop (19.03.2025)

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Jashan-E-Khushi
Date	20th March, 2025
Time	11:00 AM t0 1:00 PM
Venue	Explotorium
Number of Attendees	700
Resource Person	Dr. Madan Kataria

On March 20, 2025, Chitkara University resonated with joy and enthusiasm as the Chitkara Happiness Centre, in collaboration with the Office of Student Affairs and the Office of University Communication, hosted a grand celebration of International Happiness Day. The event was made even more special with the presence of Dr. Madan Kataria, the founder of Laughter Yoga and widely recognized as the World Laughter Guru. His presence infused the event with wisdom, humor, and an in-depth understanding of the power of laughter in promoting well-being. The highlight of the celebration was a captivating session on Laughter Yoga conducted by Dr. Kataria at the Exploretorium. The session provided research-backed insights into the numerous benefits of laughter, including strengthening the immune system, enhancing confidence and leadership skills, improving public speaking abilities, and fostering overall mental well-being. His expertise and engaging delivery created an atmosphere of positivity and liveliness. The event was highly interactive, with students enthusiastically participating in various laughter exercises. Dr. Kataria introduced innovative techniques such as Bollywood laughter and different laughter yoga methods, making the session not only educational but also immensely enjoyable. The air was filled with laughter, breaking barriers and creating a shared sense of happiness among the participants. The celebration successfully reinforced the importance of happiness and mental wellness among students and faculty. It served as a reminder that laughter is a universal language that brings people together and enhances overall well-being. The event left a lasting impact, inspiring students to incorporate laughter and positivity into their daily lives, making this International Happiness Day a truly memorable experience at Chitkara University.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS WONDERLAND
Date	20th March, 2025
Time	11:00 AM t0 2:00 PM
Venue	Alpha Zone
Number of Attendees	562
Resource Person	Happiness Team

Chitkara Happiness Centre, in collaboration with the Office of Student Affairs and the Office of University Communication, hosted a grand celebration of International Happiness Day. This year's event was particularly special as the university had the honor of welcoming Dr. Madan Kataria, the founder of Laughter Yoga and the World Laughter Guru. His inspiring session on Laughter Yoga at the Exploretorium provided valuable insights into the power of laughter in boosting the immune system, enhancing confidence and leadership skills, improving public speaking, and promoting overall mental well-being. Students actively participated in various laughter exercises, including Bollywood laughter and other interactive techniques, creating an atmosphere of infectious joy. Following this enlightening session, Alpha Zone transformed into a vibrant Happiness Wonderland, offering a series of engaging activities designed to help students explore and express joy in creative ways. The "Draw Your Happiness" activity encouraged students to visually represent what happiness meant to them, fostering self-reflection and artistic expression. The "Happiness Interventions" segment provided insights into practices from the world's happiest countries, inspiring students to incorporate these approaches into their lives. The Singing Zone became a hub of musical joy, where students sang together, spreading positivity through melodies. The "Gratitude Walk" encouraged participants to reflect on and appreciate the good in their lives, enhancing mindfulness and appreciation. Additionally, "Peaceful Paradise" provided a serene space for mindfulness and relaxation, allowing students to unwind and embrace inner peace. The highlight of the Wonderland was the impactful "Nukkad Natak," a powerful street play performed by students that creatively emphasized the importance of happiness in daily life. The combination of laughter, music, art, and mindfulness made the International Happiness Day celebration a truly unforgettable experience. The vibrant atmosphere and high-energy participation reflected the university's commitment to fostering happiness and well-being. This event not only spread joy but also inspired students to embrace happiness as a way of life.

Laughter Yoga

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE HIGHWAY TO HAPPINESS
Date	20th March, 2025
Time	5:00 PM t0 6:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	137
Resource Person	Dr. Madan Kataria

Chitkara Happiness Centre, in collaboration with the Office of Student Affairs and the Office of University Communication, hosted a grand celebration of International Happiness Day. The event was marked by a series of engaging activities designed to promote well-being, positivity, and mindfulness. A special highlight of the day was the presence of Dr. Madan Kataria, the founder of Laughter Yoga and the World Laughter Guru. His interactive session on Laughter Yoga provided students with profound insights into the benefits of laughter, including its impact on mental health, confidence, and overall well-being. Through fun and engaging exercises like Bollywood laughter and various laughter yoga techniques, students experienced firsthand how laughter can be a powerful tool for stress relief and happiness. As the evening unfolded, the celebration continued with an exciting event titled Highway to Happiness – Live & Laugh. Hostellers enthusiastically participated in another Laughter Yoga session, where they discovered how laughter could serve as an enjoyable and effective exercise for both the mind and body. This session encouraged students to engage in different forms of laughter and movement, fostering a space of mindfulness, positivity, and pure joy. The activity strengthened the sense of community among students, making them feel more connected and uplifted. The entire day was a testament to the spirit of happiness, togetherness, and shared laughter. The energy in the university was truly infectious, with endless smiles and a vibrant atmosphere that reflected the core values of the celebration. Everyone who participated left with a renewed sense of joy, feeling lighter, more positive, and motivated to carry this spirit forward in their daily lives. The International Happiness Day celebration at Chitkara University successfully reinforced the importance of spreading happiness and maintaining a positive outlook, making it an unforgettable experience for all.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE HAPPINESS CATALYST
Date	21ST March, 2025
Time	11:00 AM t0 1:00 PM
Venue	Martin Luthur Block, Hall
Number of Attendees	44
Resource Person	Dr. Madan Kataria

Chitkara Happiness Centre recently organized an inspiring Laughter Yoga Trainer Workshop, conducted by the esteemed Dr. Madan Kataria, the founder of Laughter Yoga. The workshop aimed to introduce participants to the power of laughter as a therapeutic and wellness tool, emphasizing its benefits in reducing stress, improving mood, and fostering social connections. Throughout the session, Dr. Kataria demonstrated various types of laughter, each designed to target specific emotions and situations. Participants engaged in different laughter exercises such as Argument Laughter, Gratitude Laughter, Silent Laughter, and Heartfelt Laughter, among many others. Each type of laughter had a unique purpose, helping individuals cultivate joy, positivity, and emotional resilience. The interactive and engaging nature of the training made it an enriching experience for all attendees. Dr. Kataria emphasized that laughter is not only an expression of happiness but also a powerful tool for mental and physical well-being. The session combined clapping, breathing exercises, and playful laughter techniques, ensuring that participants experienced firsthand the profound impact of voluntary laughter on their overall mood and energy levels. The atmosphere was filled with joy and enthusiasm as attendees wholeheartedly participated in the exercises. As the workshop concluded, Dr. Kataria, fondly known as the ‘Laughter Guru’, distributed certificates to all trainees, acknowledging their participation and commitment to spreading happiness through Laughter Yoga. The session left a lasting impression on the attendees, equipping them with techniques to incorporate laughter into their daily lives and share its benefits with others.

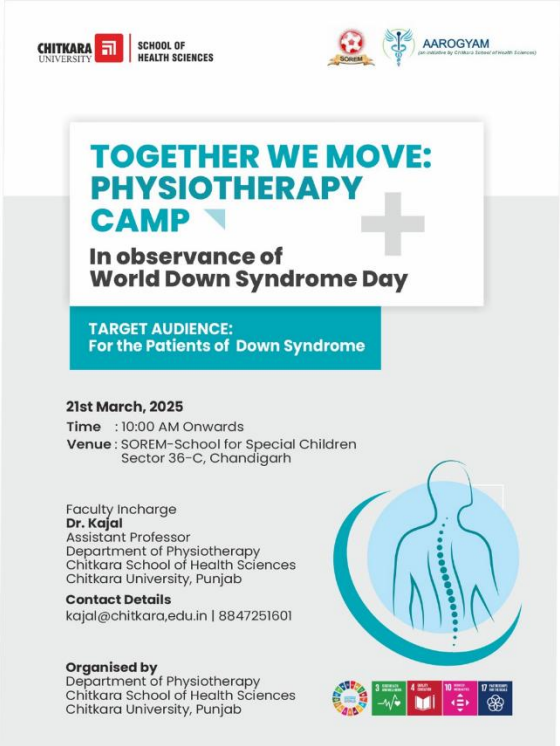
GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
Lat 30.514339, Long 76.660285
03/21/2025 10:29 AM GMT+05:30
Note : Captured by GPS Map Camera

GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
Lat 30.514338, Long 76.660285
03/21/2025 10:29 AM GMT+05:30
Note : Captured by GPS Map Camera

Event Name	World Down Syndrome Day Together We Move: Physiotherapy Camp
Date	21 March, 2025
Venue	SOREM – School for Special Children, Sector-36, Chandigarh.
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	NA
Number of Participants	11
SDG Number	3, 4, 10, 11, 17
Duration	One day

About the Activity

The Department of Physiotherapy, Chitkara School of Health Sciences, organized the "Together We Move: Physiotherapy Camp" on 21st March 2025 at SOREM – School for Special Children, Chandigarh, to commemorate World Down Syndrome Day. This initiative aimed to provide physiotherapy assessment and interventions to children with Down Syndrome, enhancing their mobility, motor skills, and overall well-being.



The event witnessed active participation from students of the BPT 2022 batch and the MPT program, who conducted thorough physiotherapy assessments and tailored interventions for the children. This hands-on experience not only enriched their clinical skills but also deepened their understanding of the specific needs and challenges faced by individuals with Down Syndrome.

The camp was graced by the presence of Dr. Vivek Shrivastava, Dean, Department of Physiotherapy, Chitkara School of Health Sciences, whose encouragement and guidance inspired the students. His insights on the role of physiotherapy in managing developmental disorders provided a broader perspective on community-based rehabilitation.

The camp proved to be an invaluable platform for students to develop professional expertise, empathy, and a sense of social responsibility. It also strengthened the collaboration between academia and community organizations, ensuring a holistic approach to healthcare for children with special needs.

The success of "Together We Move: Physiotherapy Camp" reaffirmed the Department of Physiotherapy's commitment to community engagement, student learning, and inclusive healthcare. This initiative marks another milestone in fostering a compassionate and skilled generation of physiotherapists dedicated to improving lives through movement and therapy.

Event Name	World Tuberculosis Day 2025: "TB Awareness: From Knowledge to Action in the Fight for Elimination"
Date	21 March 2025
Venue	Einstein Hall, Galileo Block
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Pooja Kapoor, State WHO Consultant, Punjab & Chandigarh Mr. Niraj Kumar Sinha, State Lead, TB-Alert India
Number of Participants	78
SDG Number	3, 4,17
Duration	One day

About the Activity

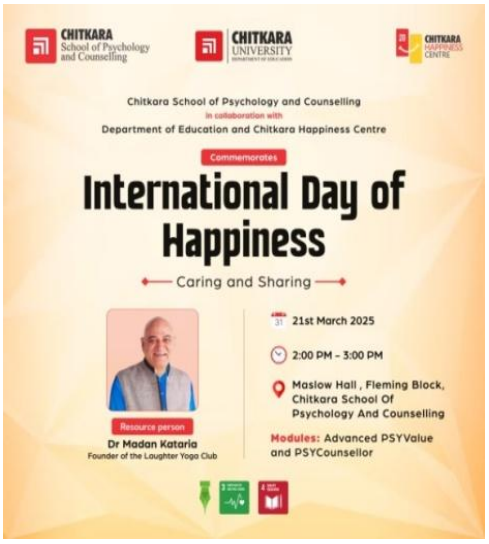
On the occasion of **World Tuberculosis Day 2025**, **Chitkara School of Health Sciences** organized an insightful expert talk titled **"TB Awareness: From Knowledge to Action in the Fight for Elimination"** on **21st March 2025** at **Einstein Hall**. The event brought together healthcare professionals, students, and community members dedicated to combating tuberculosis. The primary objective of the session was to enhance awareness about tuberculosis and empower individuals and stakeholders with the knowledge and strategies required to work towards its elimination. The event was graced by the presence of two distinguished speakers: **Dr. Pooja Kapoor**, **State WHO Consultant, Punjab & Chandigarh, and Mr. Niraj Kumar Sinha, State Lead, TB-Alert India**. The session covered a wide range of topics essential for understanding and combatting TB, including the latest epidemiology and transmission patterns, breaking down barriers to TB knowledge, and the importance of early recognition and prompt medical intervention. The experts stressed the need to transition from mere awareness to active testing and diagnosis to ensure effective management, while also emphasizing the significance of transforming individual efforts into collective policy actions

to strengthen TB control initiatives. A visionary roadmap for TB awareness through 2030 was shared, guiding sustained awareness efforts and community engagement in the fight against TB. The session concluded with an interactive Q&A session, where the resource persons addressed queries and shared practical insights, marking a significant step forward in the collective effort towards TB elimination.

CHITKARA
UNIVERSITY

Event Name	International Day of Happiness Caring and Sharing
Date	21st March 2025
Venue	Maslow Hall, CSPC, Fleming Block, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Dr. Madan Kataria, the World Laughter Guru, Founder of the Laughter Yoga Club
Number of Participants	38
SDGs Covered	3,4, 17
Duration	One Hour

About the Activity



On the special occasion of International Happiness Day, Chitkara University had the honor of celebrating this remarkable day with none other than Dr. Madan Kataria, the World Laughter Guru. Chitkara Happiness Centre has organized a special training session for our happiness ambassadors. The event was filled with energy, mindfulness, and laughter, marking a day of joy and learning. Dr. Kataria introduced various laughter exercises, including Laughter Meditation, Silence Laughter, Lassi Laughter, and Credit Card Laughter, which aimed to enhance participants' well-being and promote happiness.

The session also focused on how to become a Laughter Ambassador at Chitkara University, offering practical tools for spreading positivity and joy across the campus. Participants engaged in laughter, dance, and singing, combining the three elements to create an atmosphere of celebration and unity. Dr. Kataria personally awarded certificates to all participants, recognizing their dedication to spreading happiness.

In addition, Dr. Kataria introduced the "One-Minute Laughter Challenge" for 40 days, encouraging participants to continue their laughter practice and share the joy. This event served as a reminder of the power of laughter in creating a positive and mindful environment, leaving everyone with a renewed sense of happiness and a deeper connection to the joy within.

Dr. Kataria enhances participants' well-being and promotes happiness.

Dr. Kataria taught about Laughter Meditation, Silence Laughter, Lassi Laughter, and Credit Card Laughter

Event Name	Master classes with Hon'ble Chancellor Sir Dr. Ashok K Chitkara on Artificial Intelligence, ChatGPT, Deepseek and Metaverse
Date	21st to 25th March 2025
Venue	Maslow Hall, CSPC, Fleming Block, Chitkara University, Punjab
Organizer	Department of Education
Resource Person	Dr. Madan Kataria, the World Laughter Guru, Founder of the Laughter Yoga Club
Number of Participants	
SDGs Covered	3,4, 17
Duration	One Hour

About the Activity

Respected Chancellor, Dr Ashok K Chitkara taught the above-mentioned module to the First Year and Second Year students of Hospitality, BEd, Psychology, Applied Engineering and Electronics and Communication Engineering at Punjab campus on March 21, 22 and 24. During this module, around 1200 students were covered and they were taught all the important aspects of AI. The students were very happy as they got to learn such important insights of this very important and relevant topic. And of course, learning from Sir what could be better than that. They were also rewarded for their academic performances and at the end, they expressed their gratitude to Sir by presenting beautiful cards to him.

EVENT DETAILS	
EVENT TYPE	WORKSHOP
TOPIC	INTERNATIONAL DAY OF HAPPINESS - “CARING AND SHARING"
DATE	2025-03-21 to 2025-03-21
MODE	OFFLINE
ORGANIZER NAME	CHITKARA SCHOOL OF PSYCHOLOGY AND COUNSELLING
RESOURCE PERSON	R. MADAN KATARIA, FOUNDER
NO. OF PARTICIPANTS	95
SDG NO	3, 4, 17

OBJECTIVE

- Promote Awareness of Happiness and Well-being
- Introducing Laughter Yoga Techniques
- Promote Mental Health Awareness
- Educating Students on the Scientific Benefits of Laughter

DESCRIPTION

On March 21st, 2025, Chitkara University resonated with joy as the Chitkara School of Psychology and Counselling (CSPC), in partnership with the Department of Education and the Chitkara Happiness Centre, celebrated International Day of Happiness. Embracing the UN theme, “Caring and Sharing,” the event aimed to illuminate the profound connection between happiness and holistic well-being. The commemoration commenced with an invigorating introduction, featuring communal warm-up exercises like rhythmic clapping and chanting, setting a vibrant and inclusive atmosphere. The highlight of the session was the presence of Dr. Madan Kataria, the visionary founder of the Laughter Yoga Club, who led an electrifying laughter yoga session. Participants were introduced to playful laughter techniques, including intentional and gradient laughter, fostering a sense of uninhibited joy. Beyond mere amusement, Dr. Kataria emphasized the scientific underpinnings of laughter, elucidating its role in stress reduction, improved oxygen circulation, and mood elevation. This educational component aimed to equip attendees with practical tools for enhancing their mental and physical health. The session served as a powerful reminder of the importance of prioritizing mental health, offering tangible techniques for cultivating well-being. The event’s impact was

palpable, leaving faculty and students with a memorable experience. The collective laughter and shared joy underscored the significance of unconditional laughter as a potent instrument for promoting well-being. Ultimately, the commemoration reinforced the importance of "Caring and Sharing" within the community, fostering a culture of happiness and mutual support.

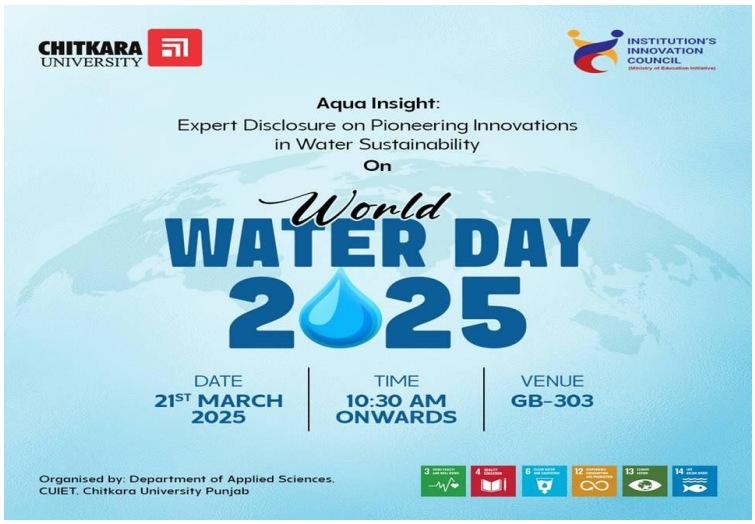
OUTCOMES

- Increased Understanding of Happiness and Well-being
- Enhanced Knowledge of Laughter's Scientific Benefits
- Improved Mood and Stress Reduction
- Promotion of Mental and Physical Well-being

International Day of Happiness
Caring and Sharing

Event Name	AQUA INSIGHTS: EXPERT DISCLOSURE ON PIONEERING INNOVATIONS IN WATER SUSTAINABILITY
Date	2025-03-21 to 2025-03-21
Venue	GALILEO BLOCK, GB-304 (CHITKARA UNIVERSITY PUNJAB)
Organizer	DR. RIDHIMA GAHROTRA
Resource Person	DR. POOJA MAHAJAN, ASSOCIATE PROFESSOR, DEPARTMENT OF APPLIED SCIENCES, CHITKARA UNIVERSITY, PUNJAB
Number of Participants	52
SDGs Covered	4, 6, 3, 12, 13, 14
Duration	1 day

About the Activity



The Department of Applied Sciences at Chitkara University, Punjab, organized an insightful and visionary expert lecture titled "Aqua Insights: Expert Disclosure on Pioneering Innovations in Water Sustainability" on the occasion of World Water Day 2025. The event was conducted on March 21, 2025, at 10:30 AM, in Room GB-303, Galileo Block, and witnessed enthusiastic participation from students and faculty members alike. The keynote speaker for the session was Dr. Pooja Mahajan, Associate Professor, Department of Applied Sciences, CUIET, Chitkara University, Punjab. With her expertise in the field of environmental sustainability and water resource management, Dr. Mahajan delivered an impactful session focusing on the urgent need to address global water challenges and the role of innovative technologies in creating sustainable water solutions. The session began with an overview of the global water crisis, including the alarming statistics about water scarcity, pollution, and over-extraction of freshwater resources. Dr. Mahajan emphasized the importance of wastewater recycling, rainwater harvesting, and community-level water conservation initiatives.

She illustrated how simple practices, when scaled, can lead to substantial environmental benefits and reduce water stress across regions. The discussion also included real-world case studies and examples of successful water management models from various parts of the world. Dr. Mahajan urged students to become active contributors to a water-secure future by engaging in eco-conscious behavior and adopting transformative practices in daily life. The event served as an ideal platform to celebrate World Water Day and reinforce the message of "Water for All", as envisioned by the United Nations Sustainable Development Goal 6 (Clean Water and Sanitation). It also promoted environmental literacy by equipping students with knowledge about sustainable technologies and the socio-economic implications of water conservation. The session was successfully coordinated and organized by Dr. Ridhima Gahrotra, Assistant Professor, Department of Applied Sciences, Chitkara University, Punjab. Her meticulous planning ensured the smooth execution of the event and meaningful engagement of all participants. In conclusion, the expert lecture was a highly enriching and impactful experience that not only broadened the participants' understanding of current water issues but also inspired them to think critically and innovatively about sustainable water practices. Events like these play a vital role in fostering a culture of sustainability, research, and innovation within the academic community.

Objectives of the event

- To educate health science students on the critical role of water sustainability in public health and environmental well-being.
- Introducing pioneering innovations in water purification, conservation, and management relevant to healthcare settings.
- To encourage interdisciplinary discussions on the impact of water quality on disease prevention and healthcare outcomes.
- To equip students with knowledge to advocate for sustainable water practices within their professional fields.
- To inspire future research and innovation in water sustainability aligned with healthcare advancements.

Outcome or Key take away from the event

- Increased awareness among health science students about water-related health risks and solutions.
- Strengthened understanding of how sustainable water practices contribute to global health improvement.
- Greater engagement in collaborative efforts to integrate water sustainability into healthcare policies and practices.

- Enhanced capacity to implement responsible water management strategies in medical and research settings.
- Motivated student-led initiatives and research projects focusing on water sustainability in healthcare.

Event Name	Role Play on "World Tuberculosis Day"
Date	24th March, 2025
Venue	Fortis Hospital, Mohali
Organizers	Ms. Alisha (Nursing Tutor), Ms. Anjali (Nursing Tutor)
No. of Participants	22
No. of Impacted Individual	-
Under SDG no.	03, 04, 17
SDG Details	3, 4, 17

Objectives

- To create awareness among the general public about the transmission, symptoms and causes of tuberculosis.
- To address misconceptions and stigma associated with TB, encouraging a supportive environment for those affected.
- To highlight the importance of early diagnosis and preventive measures such as vaccination, proper hygiene, and avoiding close contact with TB patients.
- To encourage community participation in TB control efforts through responsible behavior and health-seeking practices.

On the occasion of **World Tuberculosis Day**, the **Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab**, organized a special awareness event at **Fortis Hospital, Mohali**. The event was conducted under this year's global theme, **"Yes! We Can End TB: Commit, Invest, Deliver,"** which serves as a bold call for hope, urgency, and accountability in the fight against tuberculosis (TB). The event aimed to educate and sensitize the general public about TB, a serious infectious disease that continues to be a significant public health concern. The students of **B.Sc. Nursing 2nd Semester** took the lead in organizing and participating in role play designed to raise awareness and disseminate crucial information regarding **TB transmission, symptoms, causes, prevention, and treatment**. Through this interactive and engaging performance, they depicted real-life scenarios to showcase how TB spreads, the challenges faced by patients, and the importance of early diagnosis and treatment adherence. The role plays effectively captured the audience's attention

and helped in simplifying complex medical concepts in an easy-to-understand manner. In addition to the role play, the students also **delivered informative health talks** to educate visitors. These talks focused on dispelling myths and misconceptions about TB, emphasizing the significance of **hygiene, vaccination, early medical intervention, and government initiatives** in controlling the disease. Many attendees were encouraged to undergo screening if they expedience **persistent cough, weight loss, night sweats, or fatigue**, which are common symptoms of TB. This proactive approach can lead to early diagnosis, preventing complications and further transmission. The audience was encouraged to seek timely medical help and complete their treatment regimens to prevent drug resistance. The event witnessed enthusiastic participation from hospital visitors, patients, and health-care professionals. The interactive nature of the activities fostered meaningful discussions and encouraged people to take preventive measures against TB by engaging with the public through creative and informative activities. In conclusion, the event was a resounding success, leaving a lasting impact on both participants and general public. The Department of Nursing, **Chitkara University** reaffirmed its commitment to community health and disease prevention.

Students giving introduction of Tuberculosis on 24.03.2025

Students performing role play on causes of TB on 24.03.2025

Students performing role play on symptoms of TB on 24.03.2025	Students explaining the prevention of TB on 24.03.2025

Outcomes

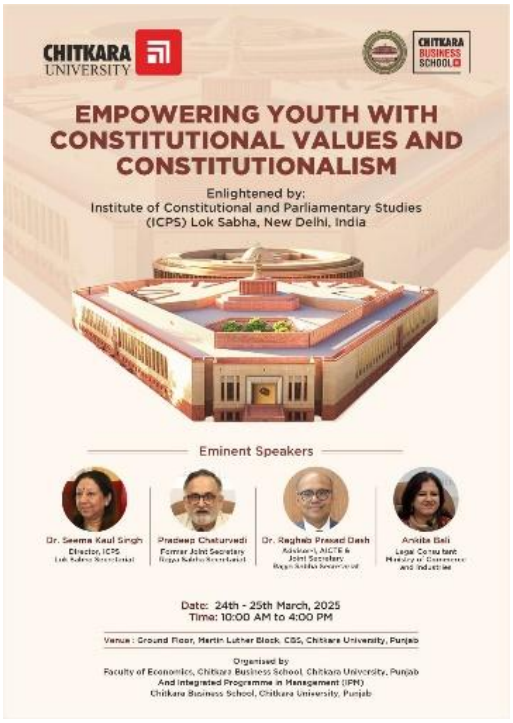
- The event effectively raised awareness about **TB transmission, symptoms, causes, prevention, and treatment**.
- The event helped correct these misconceptions by providing **scientifically accurate information** and emphasizing that TB is a **preventable and treatable disease**. This contributed to reducing the stigma associated with TB, encouraging patients to seek medical help without fear of discrimination.
- Public gained insight regarding the **importance of early detection and timely medical intervention**.
- Many attendees were encouraged to undergo screening if they experienced **persistent cough, weight loss, night sweats, or fatigue**, which are common symptoms of TB. This proactive approach can lead to early diagnosis, preventing complications and further transmission.
- Also informed the public about various **government initiatives and free health-care programs for TB prevention and treatment.**

TOPIC	TWO-DAY WORKSHOP ON "EMPOWERING YOUTH WITH CONSTITUTIONAL VALUES AND CONSTITUTIONALISM"
DATE	2025-03-24 to 2025-03-25
MODE	OFFLINE
VENUE	MARTIN HALL, GROUND FLOOR, CHITKARA BUSINESS SCHOOL, CHITKARA UNIVERSITY, PUNJAB (MARTIN HALL, GROUND FLOOR, CHITKARA BUSINESS SCHOOL, CHITKARA UNIVERSITY, PUNJAB)
ORGANIZER NAME	THE FACULTY OF ECONOMICS AND THE INTEGRATED PROGRAMME OF MANAGEMENT (IPM) AT CHITKARA BUSINESS SCHOOL, CHITKARA UNIVERSITY, PUNJAB
RESOURCE PERSON	DR. SEEMA KAUL SINGH, DIRECTOR, ICPS, LOK SABHA SECRETARIAT | PRADEEP CHATURVEDI, FORMER JOINT SECRETARY, RAJYA SABHA SECRETARIAT | DR. RAGHAV PRASAD DASH, ADVISOR-I, AICTE & JOINT SECRETARY, RAJYA SABHA SECRETARIAT | ANKITA BALI, LEGAL CONSULTANT, MINISTRY OF COMMERCE AND INDUSTRIES | SHRI SUNIL KUMAR SHARMA, JOINT DIRECTOR, ICPS, LOK SABHA SECRETARIAT
NO. OF PARTICIPANTS	210
SDG NO	4, 3, 16, 8

OBJECTIVE

- To sensitize students about the core principles and values enshrined in the Indian Constitution and their relevance in everyday civic and professional life.
- To foster a deeper understanding of legislative and governance processes through interactive sessions with experts from Lok Sabha, Rajya Sabha, and the legal fraternity.
- To promote active citizenship and constitutional literacy among youth by encouraging critical thinking and participatory dialogue.
- To facilitate interdisciplinary learning and collaboration among students from Economics, Management, and Law streams on constitutional and policy matters.
- To instill a sense of responsibility towards sustainable development and institutional values, demonstrated through initiatives like the plantation drive.

DESCRIPTION



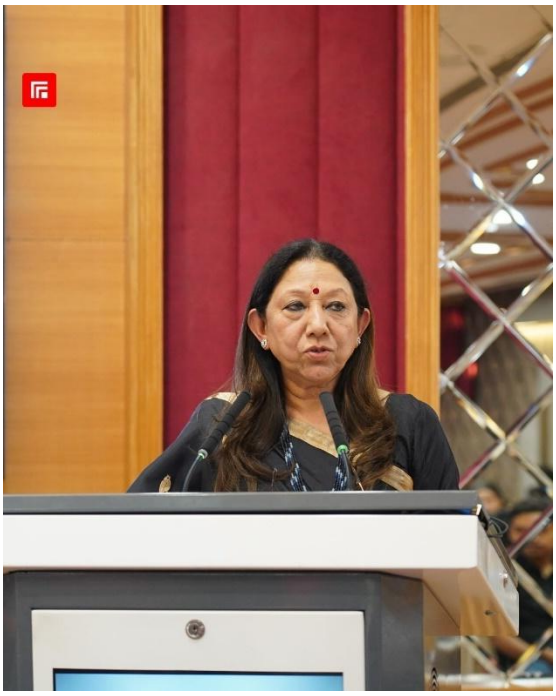
The Two-Day Workshop on "Empowering Youth with Constitutional Values and Constitutionalism", jointly organized by the Faculty of Economics and the Integrated Programme in Management (IPM) at Chitkara Business School, in collaboration with the Institute of Constitutional and Parliamentary Studies (ICPS), Lok Sabha, New Delhi, aimed to foster constitutional literacy and civic engagement among university students. The event successfully brought together over 210 students from BA (H) Economics with Data Science & AI, IPM, and Chitkara Law School. The workshop was graced by distinguished speakers from the Lok Sabha and Rajya Sabha Secretariats, the Ministry of Commerce and Industries, and legal experts, who shared deep insights on key themes such as constitutional values, the legislative process, budgetary procedures, and the investment framework in India. Eminent scholars like Dr. Seema Kaul Singh, Ms. Ankita Bali, and Dr. Raghab Prasad Dash led high-impact sessions that encouraged students to reflect on their roles in upholding constitutional principles in a democratic society. In addition to academic enrichment, the event featured a plantation drive promoting environmental responsibility, and it marked a significant collaborative initiative between two departments—an innovative model of interdisciplinary learning. The sessions were well-received, marked by engaging discussions and professional execution. With effective branding, smooth logistics, and disciplined student conduct, the workshop not only achieved its learning objectives but also contributed to strengthening the university's profile in academic and policy circles. The event concluded with a strong call for sustained youth engagement with constitutionalism, democratic values, and responsible citizenship.

OUTCOMES

- Enhanced Understanding of Constitutional Values: Participants will develop a deeper comprehension of the core constitutional values such as justice, equality, liberty, and fraternity, and relevance in contemporary governance and society.
- Familiarization with Legislative and Budgetary Processes: Students will gain practical insights into the legislative process and budgetary mechanisms of the Indian Parliament, enabling them to understand how policies and fiscal decisions are formulated and implemented.

- Awareness of Parliamentary Practices and Privileges: The workshop will impart knowledge about key parliamentary privileges, practices, and procedures, fostering respect for democratic institutions and constitutional functioning.
- Empowerment Through Knowledge of Fundamental Duties: Participants will be sensitized about their fundamental duties as citizens, encouraging responsible participation in democratic governance and civic life.
- Investment Framework: Enhanced understanding of India's investment policies and economic growth opportunities.

Formal felicitation of the eminent speaker during the Two-Day Workshop on "Empowering Youth with Constitutional Values and Constitutionalism," held on 24th March 2025, in the esteemed presence of respected Deans, Directors, and Faculty Members at Chitkara University.



Ms. Seema Kaul, Director, ICPS, New Delhi delivering the welcome address during the Two-Day Workshop on "Empowering Youth with Constitutional Values and Constitutionalism" at Martin Luther Hall, Chitkara University, on 24th March 2025.

Participants attentively engaging in the session during the Two-Day Workshop on "Empowering Youth with Constitutional Values and Constitutionalism" held at Martin Luther Hall, Chitkara University, on 24th March 2025.

Event Name: -	World Tuberculosis Day
Venue: -	CHC, Kalomajra
Date: -	24th March, 2025
SDG Number, Name and NEP: -	3- Good health and wellbeing, 11 – Sustainable Cities and communities and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	46
Duration: -	One Day

Objective

- To educate the public about tuberculosis, its symptoms, causes, and treatment options.
- To break the stigma associated with TB and encourage people to seek diagnosis and treatment early.
- To share information about the global prevalence of TB, including the number of cases and deaths caused by it.
- To emphasize the need for better healthcare infrastructure and access to treatment, particularly in low- and middle-income countries.

Description

On 24th March 2025, the awareness talk on World Tuberculosis Day was conducted at CHC Kalomajra by the students of B.Sc. Nursing 4th semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. The rally began with a brief introduction about TB, its symptoms, causes, and treatment options, led by the students. Participants, including healthcare professionals, residents, and fellow students, marched through the streets of Kalomajra, holding banners and placards with impactful messages such as "TB is Treatable, Don't Ignore It" and "Get Tested, Save Lives." The march was aimed at educating the public, encouraging people to seek timely medical help, and reducing misconceptions about TB. The rally's objective was to stress the importance of early detection and adherence to treatment. Students distributed educational pamphlets and brochures that provided information on TB prevention and the available resources for diagnosis and treatment at the CHC. They also addressed common myths and misconceptions that often prevent individuals from getting tested or treated. One of the key messages emphasized during the event was the need to **break the stigma** associated with TB. The 4th-semester students actively

engaged with the community, encouraging open dialogue and making people aware that TB is a treatable disease when caught early. By the end of the rally, the students were able to create a sense of urgency regarding TB awareness and generate a commitment among the community to fight against this deadly disease. The event concluded with a pledge by the participants to take collective action toward TB elimination, reinforcing the global vision of a **TB-free world by 2030**.

This rally was an excellent platform for the students to showcase their commitment to public health and contribute to the global movement against tuberculosis. The event was a success in spreading critical information and inspiring the community of Kalomajra to play an active role in the fight against TB.

Outcomes

- The rally helps to inform the public about the signs, symptoms, and treatment options for TB, leading to a better understanding of the disease and its impact. This increased awareness encourages individuals to seek testing and treatment if they show symptoms of TB.
- By promoting education and open discussion about TB, the rally can help reduce the stigma associated with the disease. This encourages individuals affected by TB to seek help and engage in treatment without fear of being marginalized.
- With more people aware of TB's symptoms and the importance of early detection, the rally can lead to an increase in the number of individuals seeking testing. The rally advocates for increased funding and resources for TB programs, which can help improve the accessibility and availability of TB testing, treatment, and prevention efforts. It can also push governments and organizations to prioritize TB in health agendas.
- This partnership can lead to better planning, more comprehensive healthcare responses, and shared knowledge to combat TB on a global scale.

Chitkara University
RALLY ON
NSS
WORLD
TUBERCULOSIS
DAY
ORGANISED by: Department of Nursing with NSS

WORLD
TUBERCULOSIS
DAY

EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	BATTLE BYTES ARENA: TEST YOUR GAMING SKILLS
DATE	2025-03-26 to 2025-03-27
MODE	OFFLINE
ORGANIZER NAME	DR. GARIMA CHOPRA (ASSISTANT PROFESSOR, DECE, CUIET, PUNJAB)
RESOURCE PERSON	DR. GARIMA CHOPRA, ASSISTANT PROFESSOR
NO. OF PARTICIPANTS	120
SDG NO	3

OBJECTIVE

- To promote and encourage interest in exports and competitive gaming among students.
- To provide a platform for students to showcase their gaming skills, teamwork, and strategic thinking.
- To foster a spirit of healthy competition and collaboration within the university gaming community.
- To enhance student engagement through a fun, skill-based, and interactive event.
- To highlight the potential of gaming as a serious and evolving field within the digital and tech landscape.

DESCRIPTION

Battle Bytes Arena: Test Your Gaming Skills, organized by the Ebuzz Club in collaboration with the Department of Electronics & Communication at Chitkara University, Punjab, was held on March 26th and 27th. The event brought together 30 enthusiastic teams to compete in Battlegrounds Mobile India (BGMI) for an exciting prize pool. The event was structured to ensure fair and competitive gameplay. Based on total registrations, teams were divided into two slots i.e. morning and evening—on the first day. In each slot, the top 50% of teams were

shortlisted based on their performance, with a similar selection process applied for the afternoon session. These shortlisted teams moved on to compete in the final round on the second day. The judging criteria focused on a combination of placement points and finish points. Placement points were awarded based on a team's final standing in a match, while finish points were earned through eliminations. Additionally, survivability, or the duration a player or team remained alive in the game, was considered a key indicator of skill and consistency. The competition was intense and thrilling, with players showcasing remarkable strategy, coordination, and reflexes. In the end, the top three teams and the Most Valuable Player (MVP) were recognized and awarded with prize cheques. The event not only celebrated the rising trend of esports but also provided a dynamic platform for students to engage in competitive gaming and develop digital and team-based skills.

OUTCOMES

- The event raised enthusiasm for esports and digital gaming among students across various departments.
- Participants gained hands-on experience in competitive gaming, enhancing their strategic thinking and teamwork skills.
- The event encouraged healthy competition and built a strong sense of community among student gamers.
- It provided a platform for identifying and rewarding talent through structured evaluation and recognition.
- The event's success demonstrated the potential for organizing more tech-driven, student-centric activities in the future.

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Patiala,Punjab,India
Rajpura, Patiala, Punjab 140601, India
Lat 30.516186, Long 76.659225
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Engineer Your Dreams
CHITKARA UNIVERSITY

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	BLAZING INNOVATION – FIREFIGHTING SOLUTIONS
DATE	2025-03-26 to 2025-03-26
MODE	OFFLINE
VENUE	LH-3, ESCOFFIER BLOCK (CHITKARA UNIVERSITY, RAJPURA, PUNJAB)
ORGANIZER NAME	CHITKARA COLLEGE OF HOSPITALITY MANAGEMENT
RESOURCE PERSON	MR. SANJEEV BHARADWAJ, ASSOCIATE DIRECTOR, OFFICE OF INFRASTRUCTURE DEVELOPMENT
NO. OF PARTICIPANTS	42
SDG NO	3, 4, 9, 11, 13

OBJECTIVE

- To introduce students to modern firefighting systems and technologies.
- To enhance understanding of fire classifications and appropriate extinguishing methods.
- To promote awareness about fire safety and emergency response protocols.
- To bridge the gap between theoretical knowledge and practical application.
- To encourage innovation and safety awareness in infrastructure management.

DESCRIPTION

Chitkara College of Hospitality Management, in collaboration with the Fire & Security Association of India (FSAI), organized an insightful and impactful Level 1 activity titled "Blazing Innovation – Firefighting Solutions" on 26th March 2025. The session was conducted from 2:00 PM to 4:00 PM at LH-3, 2nd Floor, Escoffier Block, Chitkara University, Rajpura Campus. The event was coordinated under the joint supervision of the Office of Infrastructure Development and the Chitkara College of Hospitality Management.

The resource person for the session was Mr. Sanjeev Bhardwaj, Associate Director, Office of Infrastructure Development, Chitkara University. With his expertise in infrastructure and safety protocols, Mr. Bhardwaj delivered a comprehensive session on cutting-edge firefighting solutions and innovations in the field of fire safety. The key objective of the event was to familiarize students and faculty with modern firefighting methods, systems, and equipment that are revolutionizing emergency response mechanisms in public and private infrastructures. The session began with an engaging presentation on fire classifications, causes, and the corresponding types of extinguishing agents. It was followed by an in-depth discussion on innovative firefighting systems, including automated suppression systems, fire detection technologies, and smart safety alarms integrated with building management systems. Students were also introduced to the practical application of firefighting equipment and the importance of rapid response during fire emergencies. The demonstration included videos, model equipment displays, and interactive question-answer sessions, which helped bridge the gap between theoretical learning and real-world application. The session was well-received and proved to be highly beneficial in promoting awareness of occupational safety and emergency preparedness. It aligned with the vision of the Institution's Innovation Council (IIC) to encourage innovation and proactive thinking in areas critical to societal well-being. Overall, "Blazing Innovation – Firefighting Solutions" provided participants with valuable insights into the evolving landscape of fire safety technology and strengthened Chitkara University's commitment to holistic, experience-based education.

OUTCOMES

- Students gained practical knowledge of advanced firefighting equipment.
- Participants understood the types and causes of fire incidents.
- Attendees learned about automated and smart fire safety systems.
- The session improved awareness of emergency response strategies
- The event fostered interest in safety innovation and infrastructure planning.

GPS Map Camera
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Punjab 140601, India
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GPS Map Camera
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Punjab 140601, India
Lat 30.514724, Long 76.659418
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Faulty Electrical Equipment
Electric Short Circuit
Overloading
Loose Elect Connections
Damaged Installations
Aged Wiring and Installation
Unattended Elect Appliances
Loose Gas Connection
Improper Storage of Materials
Flammable liquids
Fire Crackers..... etc
Human Error and Negligence
GPS Map Camera
Patiala,Punjab,India
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Punjab 140601, India
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EVENT DETAILS	
EVENT TYPE	EXPOSURE VISIT
TOPIC	INNOVATION IN ACTION: DISCOVERING FIRE SAFETY TECHNOLOGY
DATE	2025-03-27 to 2025-03-27
MODE	OFFLINE
VENUE	FIRE STATION (FIRE STATION, RAJPURA, PATIALA)
ORGANIZER NAME	CHITKARA COLLEGE OF HOSPITALITY MANAGEMENT
RESOURCE PERSON	MR. SANJEEV BHARADWAJ, ASSOCIATE DIRECTOR, OFFICE OF INFRASTRUCTURE DEVELOPMENT
NO. OF PARTICIPANTS	42
SDG NO	3, 4, 9, 11, 13, 17

OBJECTIVE

- To create awareness about modern fire safety technologies.
- To provide hands-on exposure to firefighting equipment and procedures.
- To enhance knowledge of emergency response and preparedness.
- To promote safety consciousness among students and faculty.
- To align with IIC goals by integrating innovation in infrastructure safety.

DESCRIPTION:

Chitkara College of Hospitality Management, in collaboration with the Fire & Security Association of India (FSAI), successfully organized a Level 1 activity titled "Innovation in Action: Discovering Fire Safety Technology" on 27th March 2025. The event was held at the Fire Station, Rajpura, Punjab, from 10:00 am to 1:00 pm, and witnessed active participation from students and faculty members.

The session was spearheaded by Mr. Sanjeev Bhardwaj, Associate Director, Office of Infrastructure Development, Chitkara University, who served as the resource person. The initiative was organized under the joint efforts of the Office of Infrastructure Development, FSAI, and the Chitkara College of Hospitality Management, Rajpura. The activity aimed to raise awareness and provide hands-on exposure to modern fire safety technologies and emergency response systems. Participants were introduced to various fire safety tools, equipment, and protocols essential in dealing with fire emergencies. The live demonstration of firefighting techniques by trained personnel gave students a practical understanding of real-time response strategies. This experiential learning event helped attendees recognize the critical importance of fire safety in infrastructure planning and emergency preparedness. The session was also aligned with the objectives of the Institution's Innovation Council (IIC), encouraging innovation and awareness in critical infrastructural safety domains. Overall, the event proved to be highly informative, interactive, and impactful, emphasizing the relevance of modern safety technologies in both professional and everyday environments. It also reinforced the commitment of Chitkara University to impart practical knowledge and safety consciousness among its students.

OUTCOMES

- Participants gained practical knowledge of fire safety tools and techniques.
- Students understood real-time emergency response protocols.
- Awareness of infrastructure-related safety measures was enhanced.
- The session fostered interest in safety and risk management.
- The event reinforced the importance of innovation in fire safety systems.

GPS Map Camera
Rajpura,Punjab,India
Shiva Ji Park Road, Teacher Colony, Rajpura, Punjab 140401, India
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GPS Map Camera
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GPS Map Camera
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Event Name	Workshop On Infertility Unveiled: Comprehensive Approaches to diagnosis, treatment and emotional wellness
Date	28th March,2025
Venue	Einstein Hall, Galileo Block
Organizer	Ms. Gurpreet Kaur, Ms. Lakshita
Resource Person	Dr. Nayana Pathak, Prof. Shivani Sharma, Dr. Kshwelati Patil, Ms. Charanjeet Kaur
Number of Participants	88
SDGs Covered	3, 4, 5, 10, 17
Duration	9 AM- 4 PM

About the Activity

The "Workshop on Infertility Unveiled: Comprehensive Approaches to Diagnosis, Treatment, and Emotional Wellness" is an insightful and empowering event designed to address the multi-faceted challenges faced by individuals and couples experiencing infertility. The workshop brings together medical professionals, fertility experts, and mental health counselors to provide a holistic approach to infertility, focusing on diagnosis, treatment options, and emotional support. Additionally, the workshop will focus on the emotional and mental health aspects of infertility, equipping participants with practical tools and resources for navigating the challenges associated with infertility.

Description

The **"Workshop on Infertility Unveiled: Comprehensive Approaches to Diagnosis, Treatment, and Emotional Wellness"** will take place on **28th March 2025**. This event is designed to provide individuals and couples facing infertility with crucial information and support, covering medical diagnoses, treatment options, and emotional wellness strategies. Experts in the fields of fertility, medicine, and mental health will guide participants through the complexities of infertility, offering insights into both physical and emotional aspects of the

journey. It's an opportunity for learning, support, and empowerment for those navigating infertility challenges. The **"Workshop on Infertility Unveiled: Comprehensive Approaches to Diagnosis, Treatment, and Emotional Wellness"** on **28th March 2025** will feature an esteemed panel of resource persons, each bringing valuable expertise to the event:

Dr. Nayana Pathak will focus on infertility diagnoses and treatment advancements, offering insights into medical options available for individuals and couples.

Prof. Shivani Sharma will cover the scientific and clinical aspects of infertility, including the latest diagnostic tools and innovative approaches in reproductive health.

Dr. Kshwelati Patil will present on **Cryopreservation and Sperm Banking**, explaining the significance of these procedures in preserving fertility. She will provide a thorough understanding of sperm banking as a vital option for individuals facing infertility, including the process of cryopreserving sperm for future use, particularly in cases of male infertility or those undergoing medical treatments like chemotherapy.

Ms. Charanjeet Kaur will focus on the emotional aspects of infertility, offering guidance on coping strategies and the mental health support available for individuals navigating their fertility journey.

Participants will learn about the latest diagnostic methods used to identify infertility issues and explore treatment options ranging from medications to advanced technologies such as IVF and egg freezing. A key focus of the workshop is on emotional wellness, acknowledging the psychological toll infertility can take on individuals and couples. Mental health professionals share strategies for coping with emotional challenges, providing tools for resilience, emotional support, and mental well-being.

Objectives

1 To educate participants on the causes, diagnosis, and treatment options available for infertility, ensuring a comprehensive understanding of both male and female fertility issues.

2. To introduce attendees to the latest advancements in fertility treatments, including IVF, egg freezing, sperm banking, and other emerging technologies.

CHITKARA UNIVERSITY

Event Name	International Conference on Advanced Materials for Sustainable Future (ICAMSF-2025)
Date	28th - 29th March 2025
Venue	Pulitzer Hall, Picasso Block (28th March 2025) & Pierre Hall, Le Corbusier Block (29th March 2025)
Department	Centre for Research Impact and Outcome
Resource Person	Annexure 1
Number of Participants	373
SDGs Covered	SDG 3, SDG 4, SDG 7, SDG 9, SDG 12, SDG 13 & SDG 14
Duration	2 Days

About the Conference

The International Conference on Advanced Materials for Sustainable Future (ICAMSF- 2025), themed "Energy, Efficiency, Economy for Sustainability," promises to be a landmark event for researchers, industry leaders, and policymakers dedicated to advancing sustainable materials. Hosted by the Centre for Research Impact and Outcome at Chitkara University from March 28th to 29th, 2025, this conference will focus on the crucial role of advanced materials in shaping a more sustainable world. Attendees will engage in discussions on the current practices and challenges associated with sustainable materials for extreme environments while exploring advanced methodologies that improve efficiency and enhance the longevity of materials and machining components. ICAMSF-2025 will provide a platform to showcase cutting-edge innovations in materials science, processes, and manufacturing, with a strong emphasis on sustainability. Additionally, manufacturers will have the opportunity to present their latest products and services, highlighting industry advancements.

The conference will also delve into the profound influence of sustainability in material science, examining its impact on daily life and the economic growth of nations.

Conference Objectives

- The participants will have the opportunity to explore groundbreaking technologies, novel tools, and proactive strategies to elevate their sustainability initiatives.
- The numerous societies and research labs focusing on sustainable development are encouraged to actively participate in the event.
- Explores advanced practices as a tool for improved efficiency and enhanced life of the materials and machining components.
- Explores the impact of materials in our daily lives and the economic growth of the county.

Key Highlights: Tracks

Theme: Energy, Efficiency, Economy for Sustainability

Track 1: Material Synthesis for Environmental Remediation, Energy Storage and Conversion

Track 2: Materials for Extreme Functionalities

Track 3: Advanced Manufacturing in Industry 4.0/5.0

Track 4 – Engineering Tribology

Academic Partners

International Institutions	National Institutions
Bournemouth University, United Kingdom	Visvesvaraya National Institute of Technology Nagpur, Maharashtra
Yonsei University, Seoul, South Korea	National Institute of Technology Nagaland
Luleå University of Technology, Sweden	Defence Institute of Advanced Technology Pune
University of Ljubljana, Slovenia	Punjab Engineering College Chandigarh
University of Naples, Italy	Shri Mata Vaishno Devi University, J&K
Asian Institute of Technology Thailand	

Grants/Sponsorship

S. No.	Funding Organization	Amount (INR)
1	Anusadhan National Research Foundation (ANRF)	**350000**
2	Defence Research and Development Organisation (DRDO)	**100000**
3	Council of Scientific and Industrial Research (CSIR)	**50000**
4	SKUEM Water Projects Pvt. Ltd	**50000**

Publication Partners

Publication Partners								
Proceedings of IMechE	International Journal of Ceramic Technology	Materials Science Engineering Technology	Proceedings of IMechE	Industrial Lubrications and Tribology	Nanotechnology, BJnano	Water Emerging Contaminate and Nanoplastic	Environmental Science and Pollution Research, Springer	Lecture note series, Springer

Participation

S. No	Participation in the event	Nos.
I.	Chief Guest, Guest of Honor & Plenary Speakers	6
II.	Senior Scientist (Keynote Speakers)	15
III.	Young Scientist (Invited Speakers)	6
IV.	Postgraduate Students /Faculty (Presenters)	338
V.	Undergraduate Students (Presenters)	5
VI.	Industry people (Keynote & Invited Speakers)	1
VII.	Another category (Attendee)	4

Conference Outcomes

- Demonstrated how truly interdisciplinary leadership influenced the most important driver in moving toward adopting new technologies, cultures, and processes for sustainable growth.
- Examined key trends in materials for energy and efficiency and disruptors that are happening around the globe.
- Learning and knowledge are exchanged among conference participants through extensive discussions.
- This conference covered various SDGs such as 3, 4, 7, 9 12, 13, and 14.

S. No.	SDGs	Nos.
1	3	30
2	4	343
3	7	96
4	9	200
5	12	150
6	13	82
7	14	10

CHITKARA UNIVERSITY
ICAMSF-2025
Abstract Book Proceeding
Advanced Materials for Sustainable Future
(ICAMSF-2025)
28th-29th March, 2025
Venue: Chitkara University, Rajpura, Punjab, India

CHITKARA UNIVERSITY

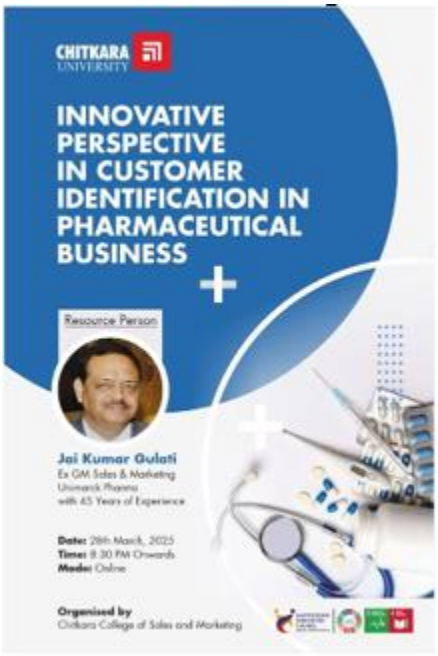
Annexure 1

Prof. Dineshsingh Thakur	DIAT (DU), DRDO, Girinagar, Pune, Maharashtra
Prof. Harish Hirani	Indian Institute of Technology Delhi
Dr. SAJITH V	National Institute of Technology Calicut
Dr Pooja Devi Prof. Sushil Kumar Kansal	CSIR-Central Scientific Instruments Organisation, Chandigarh Panjab University, Chandigarh
Prof. M Ravisankar	Indian Institute of Technology Tirupati
Prof. Vikas Kumar Sangal	Malaviya National Institute of Technology Jaipur
Dr. TVK Gupta	Visvesvaraya National Institute of Technology Nagpur
Dr. Harish Kumar	National Institute of Technology Delhi
Prof TVVLN Rao	Assam downtown University, Guwahati
Dr. Arun Singh	Visvesvaraya National Institute of Technology Nagpur
Dr. Ranjeet Kumar Sahu	National Institute of Technology Karnataka (NITK) Surathkal
Dr. Avinash Kumar	Indian Institute of Information Technology Design and Manufacturing Kancheepuram, Chennai
Dr. Jimmy Karloopia	Punjab Engineering College (Deemed to be University), Chandigarh
Dr. Jadab Sharma	Punjab University, Chandigarh
Dr Srihari Dodla	Indian Institute of Technology BHU, Varanasi, UP

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	INNOVATIVE PERSPECTIVE IN CUSTOMER IDENTIFICATION IN PHARMACEUTICAL BUSINESS".
DATE	2025-03-29 to 2025-03-29
MODE	ONLINE
ORGANIZER NAME	HARINDER PAL SINGH LAMBA
RESOURCE PERSON	MR. JAI KUMAR GULATI, EX GM SALES AND MARKETING, UNIMARCK PHARMA
NO. OF PARTICIPANTS	150
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION

OBJECTIVE

- Provide students with insights into the pharmaceutical sales and marketing landscape.
- Educate students on innovative customer engagement and prescription extraction strategies.
- Enhance physician-sales executive communication for better prescription generation.
- Explore sales strategies for hospitals, institutions, and retail trade.
- Develop the ability to address real-world sales challenges



DESCRIPTION

CCSM organized an expert talk for MBA Sales & Marketing (Pharmaceutical-Management) students on 29th March,2025. The resource person was Mr. J K Gulati, who had more than 45 years of experience of sales and marketing in pharmaceutical industry. Mr. Gulati interacted with students and shared his expertise about strategically innovative techniques for better customer engagements and successful business outcome in the context of extracting prescriptions, the very mode of generating revenue in the pharma industry. Mr. Gulati shared techniques for customer identification and handling different customers (Health Care Professionals/ Doctors/ Physicians) with different techniques such as trade and institutions/ hospitals based, to be

having successful and sustainable business and career in recession free pharma industry. Mr. Gulati answered various inquisitive queries of the students to their satisfaction. Overall, it was an interactive session. MBA sales and marketing with specialization in Pharmaceutical Management provides platform to the students to be industry ready for a sustainable, growth-oriented career in pharma and health industry. In order to make students industry ready in the domain of sales and marketing, it's essential and required for students to learn and master the art of generating prescription base through physician-sales executive communication engagement, the very fulcrum of pharma business. In the same context, an expert from the industry, Mr. Jai Kumar Gulati was engaged to deliver, interact and share his expertise and experience with students, the innovative strategies, techniques and methods to be successful in generating pharma business and have meaningful career in future ahead. His expertise and techniques would surely benefit the students, who are seeking a career in the sunshine industry and help in academic performance.

OUTCOMES

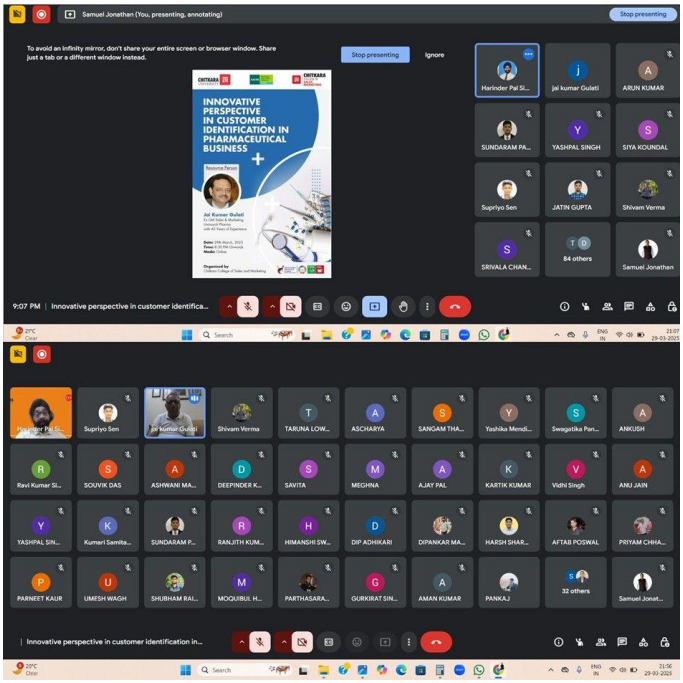
Students gained practical knowledge of pharma sales and marketing strategies.

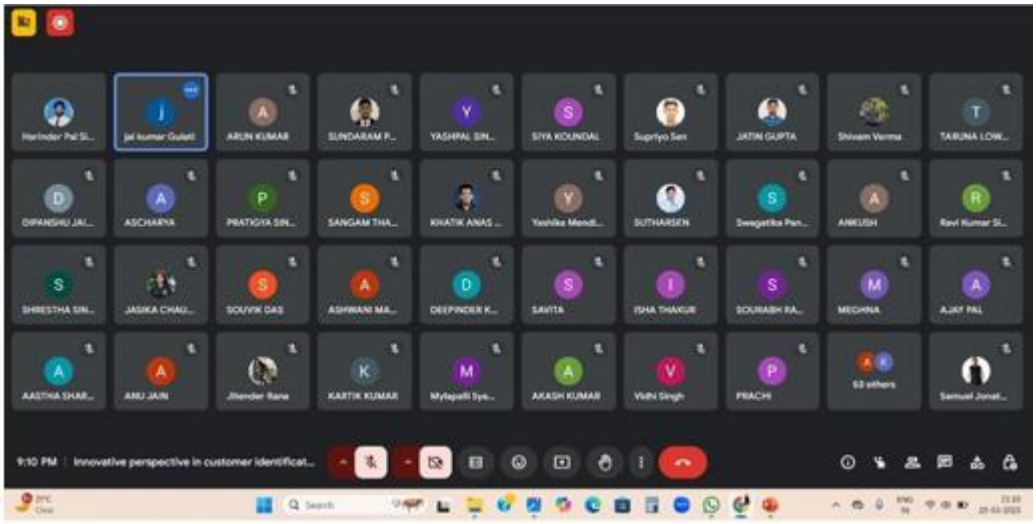
Developed skills to engage doctors, physicians, and healthcare professionals.

Learned how to adapt to different market conditions and customer needs

Gained clarity on growth-oriented career opportunities in pharma sales

Increased confidence in handling sales conversations and business negotiations.




9:10 PM | Innovative perspective in customer identificat...

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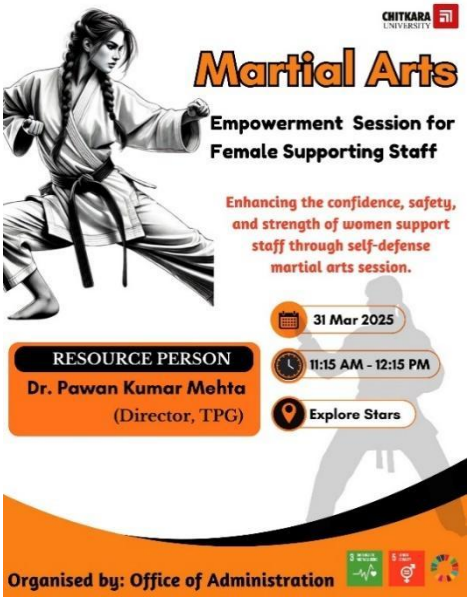
Detail of the Event/Session	
Date of the Event/Session	31st March 2025
Name of the Event/Session	Martial Arts Empowerment Session for female supporting staff
Resource Person	Dr. Pawan Kumar (Director, TPG)
Organized By	Office of Administration (Explore stars)
Trainee Team/Count	Female Supporting staff/ Female Supervisors/25
SDG Covered	3,5

Objective

The Office of Administration at Chitkara University organized a **Martial Arts Empowerment Session** for female supporting staff on 31st March 2025. The session aimed to enhance participants' confidence, personal safety, and physical strength through practical self-defence training. Conducted by **Dr. Pawan Kumar Mehta**, Director (TPG) and
a certified black belt holder, the workshop focused on equipping women with essential skills to protect themselves in challenging situations.



Key Focus Areas

- **Self-Defence Techniques:**
  - **Blocking Techniques:** Defence against physical attacks.
  - **Striking Techniques:** Effective use of punches, kicks, and palm strikes.
  - **Escaping from Holds:** Methods to break free from grabs and restraints.
  - **Improvised Defence:** Utilizing everyday objects (e.g., bags, keys) for protection.
- **Confidence & Mental Resilience:**
  - Developing situational awareness.
  - Maintaining composure and making quick decisions under pressure.
  - Fostering self-belief in physical and mental strength.

❖ Impact on Participants

- Heightened awareness of personal safety measures.
- Increased self-assurance in handling potential threats.
- Practical skills for real-world self-defense scenarios.

❖ Essential Safety Tips Shared

- **Stay Alert:** Vigilance is the first line of defense.
- **Pepper Spray:** A deterrent to create escape opportunities.
- **Personal Alarm:** Draw attention to deter attackers.
- **Keys as Tools:** Use strategically for protection.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS WORKSHOP
Date	2 April 2025
Time	11:30 PM to 12:30 PM
Venue	Pierre Hall, Le-Corbusier Block
Number of Attendees	29
Resource Person	Mr. Manav Bansal

The Chitkara Happiness Centre proudly hosted a dynamic and engaging Happiness Workshop as part of the "Sustainable Eco-Harvest – Agro Expo for a Greener Future," organized by the Chitkara University Research and Innovation Network (CURIN) in collaboration with the Punjab State Council for Science and Technology. The event was further supported by the Ministry of Environment, Forest and Climate Change (MoEFCC), Government of India, emphasizing the connection between environmental sustainability and emotional well-being. The workshop aimed to uplift the participants' mood and energy by introducing them to the science of happiness, centered around the four key happiness hormones – Dopamine, Oxytocin, Serotonin, and Endorphins, collectively known as DOSE. Through a series of interactive activities, lively games, and thought-provoking discussions, students discovered how these hormones influence their emotions and how they can consciously boost them in daily life. The creative approach and warm facilitation made the session both informative and enjoyable, fostering a deeper understanding of mental wellness in the context of sustainable living. The students engaged wholeheartedly, displaying immense enthusiasm and curiosity throughout the session. Laughter echoed through the hall, as participants bonded over shared experiences and newfound knowledge. The workshop didn't just educate—it inspired a ripple of positivity that resonated well beyond the confines of the event, reinforcing the idea that emotional health is a vital aspect of a sustainable future. Overall, the Happiness Workshop served as a refreshing break from academic rigor, enriching the Agro Expo with a meaningful focus on mental and emotional well-being. The success of the session was reflected in the glowing smiles and spirited energy of the participants, making it a memorable and impactful part of the larger initiative for environmental awareness and holistic development.

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Event Name	13th International ADT Conference theme: Navigating Healthcare transformation through sustainable multidisciplinary approaches in diagnostics and therapeutics
Date	2nd to 4th April, 2025
Venue	Exploretorium, Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr. J.S. Thakur Professor of Community Medicine, School of Public Health & President World NCD Federation (WNF), PGIMER, Chandigarh, India Dr. Ronika Paika Technical Coordinator World NCD Federation (WNF), PGIMER, Chandigarh, India Dr. Tausif Thangalvadi Vice President of Operations Medical director Red Health, Hyderabad, IndiaDr. Kamaljeet Singh Randhawa MD, DNB Consultant radiologist Fortis Hospital, Mohali Dr. Carlos Consultant Internal Medicine Institute of Health Sciences Catholic University of Portugal Lisboa, Portugal Lobby Exploretorium Dr. Parmjit Singh Mann Medical Superintendent-Head Operations Alchemist Group of Hospitals, Panchkula, India Dr. Ashok Rattan Chairman Medical Committee and Quality Redcliffe Labs, Delhi Neeraj Tandon Chief Engineer

	Fortis Hospital Mohali-Punjab, India Rasik Sawant Application Manager – Medical Sefar India Private Limited Mumbai, India Dr. Sonu Goel Convenor SSG Professor, DCM & SPH, Director, e-RCTC PGIMER Chandigarh, India Dr. Mukesh Sharma GM- Quality & ESG Coordinator Livasa Hospitals, Mohali Punjab, India Dr. Monica Agarwal MD (Obstetrics and Gynaecology) Senior Consultant Cloud Nine Hospital Chandigarh, India Vikas Sharma Chief sales and marketing officer, Atulaya Health Care Private Limited, Mohali, India Dr. Sonika Bakshi Dean, Chitkara School of Health Sciences Chitkara University Punjab, India Dr. Nitin Kumar Singhal Scientist-E National Agri-Food and Biomanufacturing Institute Mohali-Punjab, India

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

Prof. Luigi G. Occhipinti
Electrical Engineering Division,
Department of Engineering
9 J J Thomson Avenue
Cambridge CB3 0FA, UK

Dr. Sunita Mehta
Assistant Professor
Advanced CURIN
Chitkara University, Punjab

Suparno Gupta
Product & Application
Sales Specialist
North & East (India)
Ziess

Dr. Sanjeev Kumar
Senior Principal Scientist
CSIR-Central Scientific Instruments Organisation
Chandigarh, India

Dr. Olga V. Gershuni
Lecturer and Researcher,
Fontys University of Applied Sciences
Founder, Indo European One Health Association, Netherlands

Dr. Satesh Bidaisee
Associate Dean, School of Graduate Studies
Chair, Large Animal Medicine and Surgery
Professor, Public Health and Preventive Medicine
St. George's University, Grenada

Number of Participants	421
SDG Number	3,4,9,17
Duration	72 hrs. in Hybrid mode

Description of Event

The 13th International ADT Conference, on the theme "Navigating Healthcare Transformation through Sustainable Multidisciplinary Approaches in Diagnostics and Therapeutics." This conference brought together distinguished experts from various fields to discuss sustainability, interdisciplinary collaboration, and technological innovation in healthcare. The conference was sponsored by Sefar India Pvt Ltd and CU-TEC Chitkara university, Punjab. WNF Red health and Zeiss India served as the knowledge partners. Expert Speakers for the event were: Dr. J.S. Thakur, President, World NCD Federation (WNF) & Professor at PGIMER, Chandigarh, India, Dr. Ronika Paika, Technical Coordinator, WNF, PGIMER, Chandigarh, who discussed Transforming Healthcare through Sustainable Innovation in NCD Prevention and Control.Dr. Tausif Thangalvadi, Vice President of Operations & Medical Director, Red Health, Hyderabad, talked about Building a Sustainable Healthcare System Through Early Warning and Risk Mitigation, Dr. Carlos, Consultant, Institute of Health Sciences, Catholic University of Portugal, Lisbon, will speak on Sustainability in Infection Prevention and Biomedical Waste Management, Dr. Parmjit Singh Mann, Medical Superintendent-Head of Operations, Alchemist Group of Hospitals, Panchkula, highlighted Patient-First Approach and Collaborative Interdisciplinary Teams. Mr. Neeraj Tandon, Chief Engineer, Fortis Hospital, Mohali, discussed Optimizing Energy Use in Healthcare for Sustainability. Mr. Rasik Sawant, Application Manager, Sefar India Private Limited, Mumbai, present his ideas on Revolutionizing Diagnostics with Innovative Medical Devices. Mr. Rajesh Gupta, MD, Sefar India Pvt. Ltd also joined the event and addressed the delegates. The conference concluded with a Panel Discussion: "Health as a Catalyst for Sustainable Development (Focus on SDG3)".The panel features leading healthcare experts: Dr. Sonu Goel, Professor, PGIMER, Chandigarh & Director, e-RCTC, Dr. Mukesh Sharma, GM-Quality & ESG Coordinator, Livasa Hospitals, Mohali, Dr. Monica Agarwal, Senior Consultant (Obstetrics & Gynaecology), Cloud Nine Hospital, Chandigarh and Dr. Sonika Bakshi, Dean, Chitkara

School of Health Sciences, Chitkara University. The conference concluded with a valedictory ceremony in which winners of Ideathon competition, EcoArt competition and scientific oral and poster presentations were awarded

ADT1 Judgement of Poster presentation by Dr. Monica Agarwal and Dr. Mukesh Sharma on 4th April 2025

Expert Talk being delivered by Mr. Neeraj Tandon, Chief Engineer Fortis Hospital Mohali

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CHITKARA
UNIVERSITY
13th INTERNATIONAL ADT CONFERENCE
Navigating Healthcare Transformation through Sustainable
Multidisciplinary Approaches in Diagnostics and Therapeutics
4th April, 2025
Sponsors
Knowledge Partners
Organised by:
Department of Allied Health Sciences

Event Name	Innovating for Inclusion: Neurodiversity and the SDG
Date	2nd April 2025
Venue	Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants	32
SDG Number	3 (Good Health and Well Being), 4 (Quality education) , 8(Decent Work and Economic Growth), 9 (Industry, Innovation and Infrastructure), 10 (Reduced Inequalities)
Duration	1 day

About the Activity

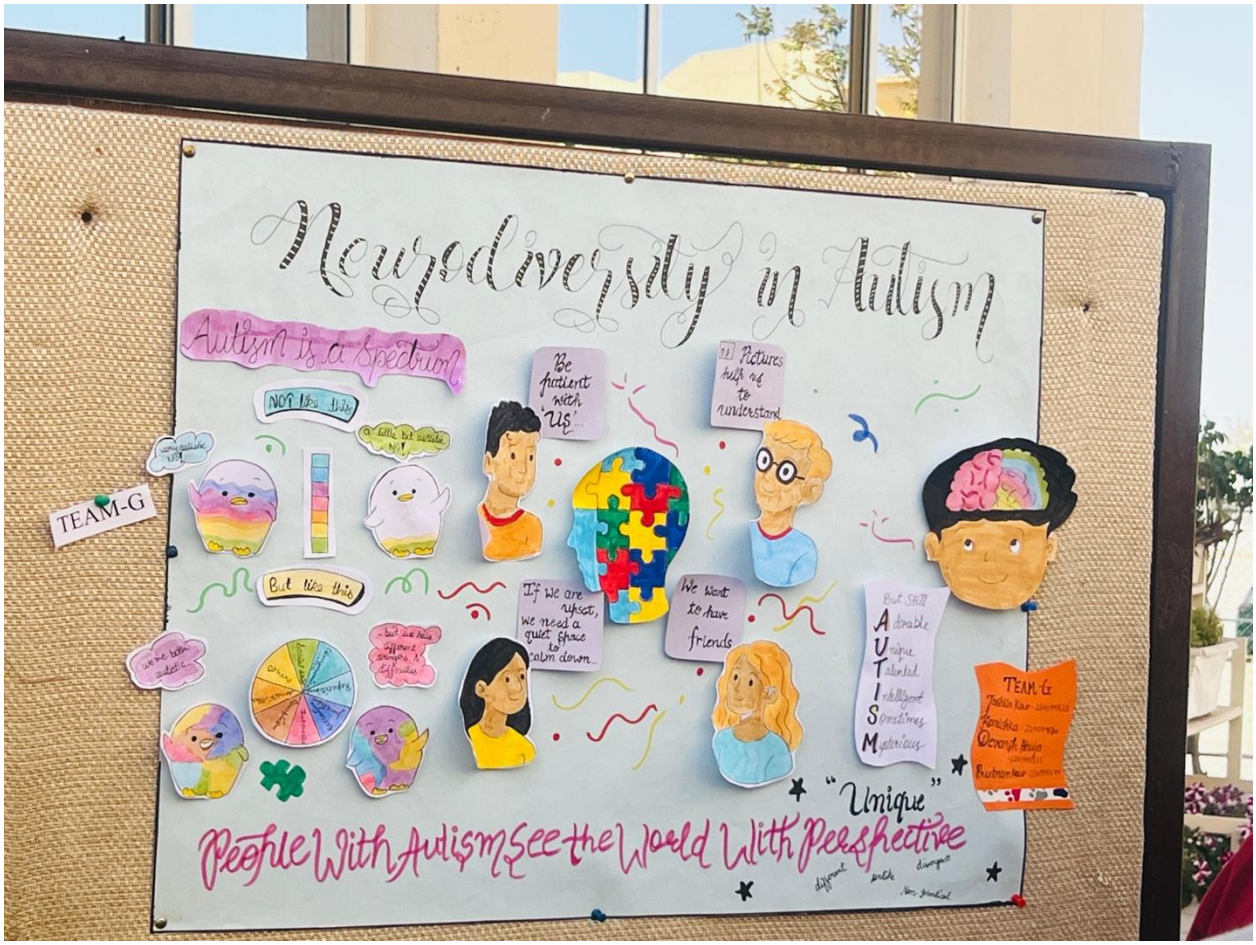
The Department of Physiotherapy, Chitkara School of Health Sciences, organized an event titled "Innovating for Inclusion: Neurodiversity and the SDG" on the occasion of World Autism Awareness Day on 2nd April 2025. The initiative focused on raising awareness about Autism Spectrum Disorder (ASD) in adapted villages through a radio talk and a poster-making activity for the physiotherapy students under the theme "Innovating Physiotherapy for Inclusive Neurodiversity." A special awareness talk was broadcasted for the community on the Chitkara Radio FM 107.8 to sensitise the rural population about autism spectrum disorder and neurodiversity. The session was hosted by Dr. Amandeep Singh, Research Assistant, Department of Physiotherapy, and featured expert panelists: Dr. Deepanshi Sharma, Assistant Professor (MPT Pediatrics), Mr. Kuljeet Singh, BPT Student, and Dr. Birinder Kaur, Research Assistant. The discussion addressed early signs of autism, physiotherapy interventions to improve motor and sensory integration, and the importance of inclusive, interdisciplinary care involving therapists, educators, and families. It also linked the initiative to the UN Sustainable Development Goals related to health, education, and equality.

In parallel, a poster-making competition was conducted for BPT and MPT students at the

Ramanujan Block, Chitkara University, Punjab. The students showcased powerful visuals addressing conditions like autism, ADHD, dyslexia, intellectual disabilities, and more — reinforcing the message of inclusion and empathy. The competition was judged by Dr. Sonika Bakshi, Dean, Chitkara School of Health Sciences, and Dr. Vivek Shrivastava, Dean, Department of Physiotherapy.

The event successfully combined education, creativity, and outreach, reinforcing the department's commitment to inclusive healthcare, early intervention, and community empowerment for individuals with autism.

YOURSELF
UNDERSTANDING & GROWTH
UNLOCK POTENTIAL
INNOVATING
WE ALL
THINK DIFFERENT
Motor skills development
Balance and posture improvement
Enhanced Muscle strength
Coordination & Body Awareness
Physical activity for children
Dyslexia
Tic Disorders
CONTRIBUTOR
People With Autism See the World With Peerspective
"Unique"


Neurodiversity in Autism
Autism is a Spectrum
TEAM-G
Be patient with 'Us'
Pictures help us to understand
If we are upset, we need a quiet space to calm down
We want to have friends
But SKILL
Adorable
Unique
Talented
Intelligent
Sometimes
Mysterious
"Unique"
People With Autism See the World With Peerspective

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	CINEMASTI
Date	3rd April 2025
Time	10:00 AM to 1:00 PM
Venue	Carneige Hall, Rockefeller Block
Number of Attendees	150
Resource Person	Happiness Team

The Chitkara Happiness Centre, in collaboration with the Institution of Engineers (India) Club (I.E.I) and the Office of Student Affairs, successfully organized the vibrant and memorable "Cinemine Show"—an event dedicated to celebrating talent, creativity, and self-expression among students. The event began with an enchanting ramp walk, where students walked with grace and confidence, showcasing their unique style and personality. This was followed by a diverse and energetic talent round that became the heart of the event. Participants captivated the audience with stunning dance performances, soulful singing, expressive poetry, and heartfelt shayari. The event offered students a valuable platform to uncover and exhibit their hidden talents, boost their confidence, and engage meaningfully with their peers. The show witnessed an enthusiastic turnout, with a packed audience comprising students, faculty members, and guests who brought the venue alive with their cheers and support. A panel of distinguished judges graced the occasion, including Dr. Neelam Verma, Dean, Office of Student Affairs; Mr. Manav Bansal, Chief Happiness Officer; and Dr. Priyanka from the IEI Club. Their insightful feedback and appreciation motivated all participants, and winners were honored with prizes and certificates of appreciation for their outstanding performances. The "Cinemine Show" was not just an event but a celebration of student spirit and community, reinforcing the core values of the Chitkara Happiness Centre—fostering well-being, personal growth, and a sense of belonging. By encouraging students to step out of their comfort zones and express themselves creatively, the Centre continues its mission to nurture a holistic, supportive, and joyful campus environment where every individual is inspired to shine.

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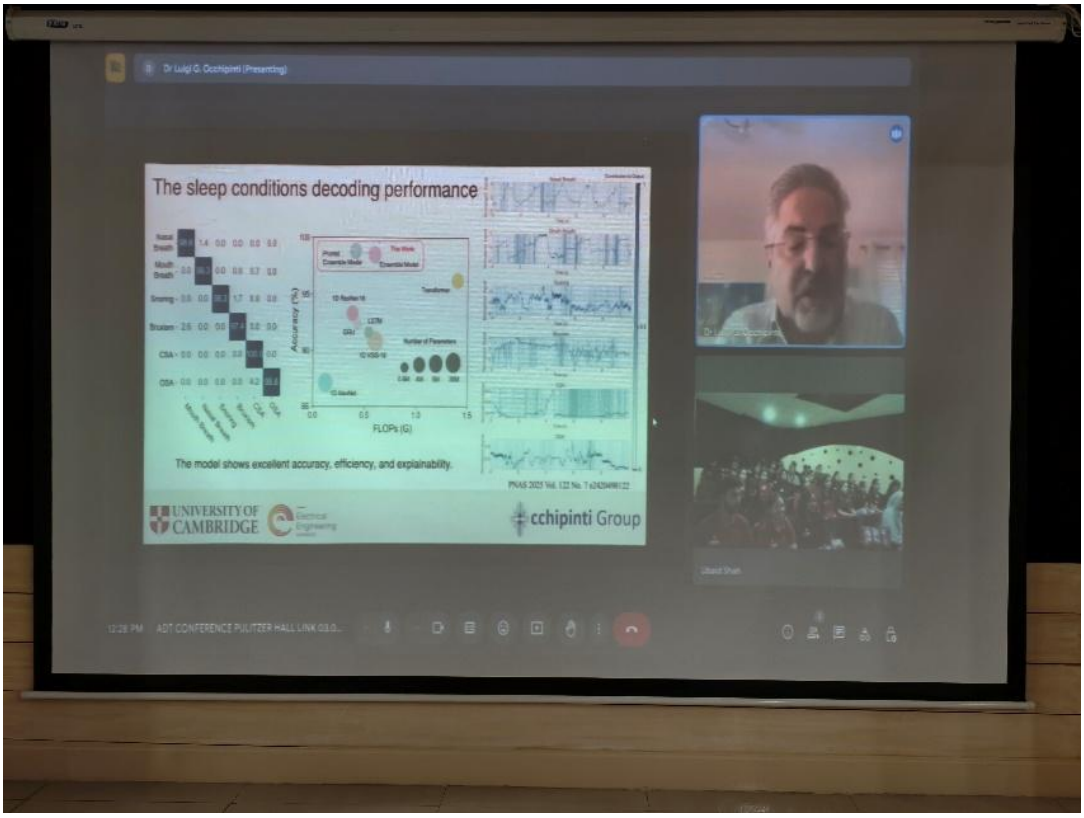
Event Name	Pre Conference Workshop Bridging the Future of Health Monitoring and Precision Medicine: Integrating AI and Biosensor Technology for Sustainable Healthcare
Date	03rd April, 2025
Venue	Plutizer Hall, Picasso Block, Chitkara University, Punjab
Organizer	Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Prof. Luigi G. Occhipinti, University of Cambridge, United Kingdom, Dr. Sanjeev Kumar, Principal Scientist, CSIR-CSIO Chandigarh, India and Dr. Sunita Mehta, Assistant Professor, Chitkara University, Punjab
Number of Participants	150
SDG Number	3, 4, 9 17
Duration	1 day

About the Activity

The Pre Conference Workshop on "**Bridging the Future of Health Monitoring and Precision Medicine: Integrating AI and Biosensor Technology for Sustainable Healthcare"** was organized 0n 3rd April 2025 at Pulitzer 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 session was conducted by Prof. Luigi G. Occhipinti, University of Cambridge, United Kingdom, Dr. Sanjeev Kumar, Principal Scientist, CSIR-CSIO Chandigarh, India and Dr. Sunita Mehta, Assistant Professor, Chitkara University, Punjab in hybrid mode. The interactive session led by Dr. Sanjeev Kumar encouraged active audience participation through live Q&A, use-case discussions, and collaborative problem-solving exercises.

Participants had the opportunity to interact with actual biosensor devices and learn about data collection and analysis. Target audience for the workshop were students of B. Sc Allied Health Sciences 2021/2022/2023 Batch and M. Sc MRIT 2024 batch. This workshop offered a unique hands-on learning experience to explore how biosensor technology works, how AI can optimize healthcare applications, and how these technologies are being integrated into healthcare systems.

Prof. Luigi G. Occhipinti addressing the students in online mode (03.04.2025)


The sleep conditions decoding performance
The model shows excellent accuracy, efficiency, and explainability.
UNIVERSITY OF CAMBRIDGE
cchipinti Group

Hey, hey!

Event Name	Pre Conference Workshop Sustainable Food Coating and Packaging Solutions for Enhanced Food Safety
Date	03rd 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	3, 2, 4, 9 & 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 3rd 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.

Event Name: -	Blood Donation Camp
Venue: -	Explore Star Hall
Date: -	3rd April, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 17-Partnerships for the goals, and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Donors: -	30
Duration: -	One Day

Objectives

- To foster a culture of empathy and community service among students.
- To facilitate the collection of life-saving blood units through active student participation.
- To highlight the importance of giving as a strength beyond professional skills and training.

"We make a living by what we get, but we make a life by what we give."

These words found quiet resonance on **3rd April 2025** at **Chitkara University, Punjab**, where the atmosphere brimmed with a sense of purpose. The **National Service Scheme**, **Chitkara University School of Maritime Studies**, and **Neelam Hospital, Rajpura** came together to host a blood donation camp, an event rooted in compassion and quiet resolve.

Students from the maritime school stepped in with crisp white uniforms, the kind that speaks of clarity, discipline, and hands ready to serve. The room carried a stillness, not of silence, but of intention. One by one, students offered their time and their blood, fifty units in all. Each pouch marked a lifeline extended, a future kept intact, a story still unfolding somewhere else.

Their training prepares them for the unpredictable sea, for navigation across vast and wild horizons. But on this day, their direction pointed inward, to empathy, to steady giving, to the kind of strength that's calm and unshaken. They didn't need waves beneath their feet to create impact. They stood grounded and still managed to stir something deeply human.

The act didn't carry fanfare. No cameras flashing, no grand declarations. Just a stretch of hours shaped by generosity. A student sits, a needle pierces the skin, and with it flows more than blood; hope, trust, and the willingness to share what one has for someone unknown. There's a tenderness in that choice, a maturity that doesn't chase recognition.

By sunset, the camp wound down, but the meaning lingered. A quiet legacy had been set in motion, fifty acts of kindness, steady as anchors. The sea may call them soon, with its tides and tempests, but this day will remain etched differently. A day where courage wore no medals and giving looked simple, sincere, and deeply enough.

Outcomes

- Fifty units of blood were donated, each representing a vital contribution to saving lives.
- Students experienced firsthand the impact of selfless giving, deepening their sense of social responsibility.
- The event created a lasting impression of quiet courage and generosity, enriching campus values beyond academics.

"KAISE SIGN KARON YAAR..
MERI PEN TOH TU LE GAYI"
AYE MAMU... JADOO KI JHAPPI
DE DAAL AUR BAAT KHATAM.
"YEH BABURAO KA STYLE HAI"

CHITKARA UNIVERSITY
"HUM ANGREZON KE
ZAMAANE KE JAILOR HAI"
BOYFRIEND BOLE TOH
TUMHARA NAAM KYA HAI
BASANTI
LAGAN
PHIR HERA PHERI

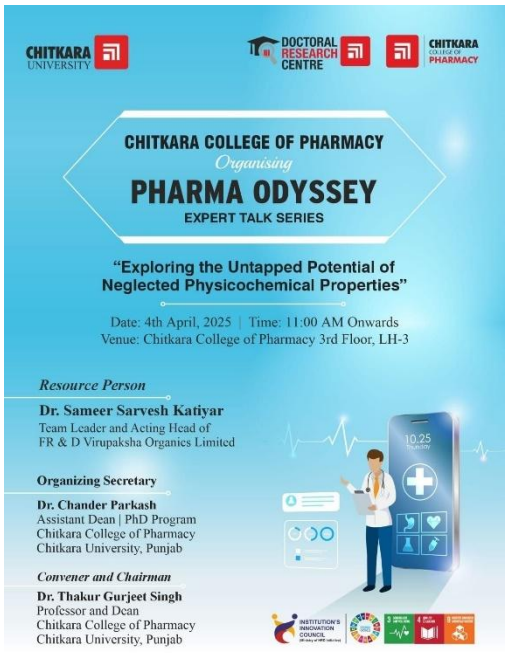
"KAISE SIGN KARON YAAR...
MERI PEN TOH TU LE GAYI"
"YEH BABURAO KA STYLE HAI"
CHITKARA
UNIVERSITY

"KAISE SIGN KARON YAAR...
MERI PEN TOH TU LE GAYI"

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	AN EXPERT TALK ON THE TOPIC: EXPLORING THE UNTAPPED POTENTIAL OF NEGLECTED PHYSICOCHEMICAL PROPERTIES
DATE	2025-04-04 to 2025-04-04
MODE	OFFLINE
ORGANIZER NAME	PROF. DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. SAMEER SARVESH KATIYAR, TEAM LEADER AND ACTING HEAD OF FR & D
NO. OF PARTICIPANTS	55
SDG NO	3 & 4

OBJECTIVE

- Highlight the importance of physicochemical properties in drug design and development, focusing on overlooked aspects that influence bioavailability, stability, and efficacy.
- Examine the role of solubility, permeability, and lipophilicity in the success or failure of pharmaceutical formulations and their impact on drug absorption and therapeutic outcomes.
- Discuss novel approaches for optimizing neglected physicochemical factors, such as polymorphism and crystallinity, to improve drug performance.
- Explore the potential of alternative physicochemical properties like particle size, surface area, and drug release profiles to enhance formulation strategies.



- Encourage interdisciplinary research to integrate physicochemical data with modern pharmacokinetics and pharmacodynamics, paving the way for next-generation therapeutics.

DESCRIPTION

This expert talk, "Exploring the Untapped Potential of Neglected Physicochemical Properties," aims to shed light on the crucial but often overlooked factors that influence the success of pharmaceutical drug development. Physicochemical properties such as solubility, permeability, lipophilicity, polymorphism, crystallinity, and particle size play a vital role in determining the bioavailability, stability, and therapeutic efficacy of drugs. However, these properties are frequently underutilized in drug formulation strategies, leading to suboptimal outcomes in both preclinical and clinical stages. The talk will explore how optimizing these neglected physicochemical factors can significantly enhance drug performance. Special emphasis will be placed on understanding the impact of solubility and permeability on drug absorption, as well as the potential of novel approaches to improve drug stability and release profiles. The role of alternative properties, such as polymorphism and particle size, in drug formulation will also be discussed, highlighting how these factors can influence the development of more effective and patient-friendly formulations. Furthermore, the session will encourage participants to think beyond conventional drug design principles and consider how interdisciplinary collaboration between chemists, pharmacologists, and formulators can unlock new opportunities for drug delivery systems. By incorporating a more holistic understanding of physicochemical properties, the pharmaceutical industry can pave the way for next-generation therapeutics that offer enhanced efficacy, reduced side effects, and improved patient compliance.

OUTCOMES

- Increased awareness among participants about the critical role of neglected physicochemical properties in drug development and therapeutic success.
- Enhanced understanding of how optimizing physicochemical factors can lead to improved drug formulations with better bioavailability and efficacy.
- Identification of potential research opportunities for developing new drug delivery systems by focusing on underexplored physicochemical properties.
- Strengthened interdisciplinary collaboration between chemists, pharmacologists, and formulators to address challenges in drug development and enhance therapeutic outcomes.
- Promotion of innovative thinking in the pharmaceutical industry to integrate novel physicochemical properties into the design of more effective and patient-friendly drug formulations.

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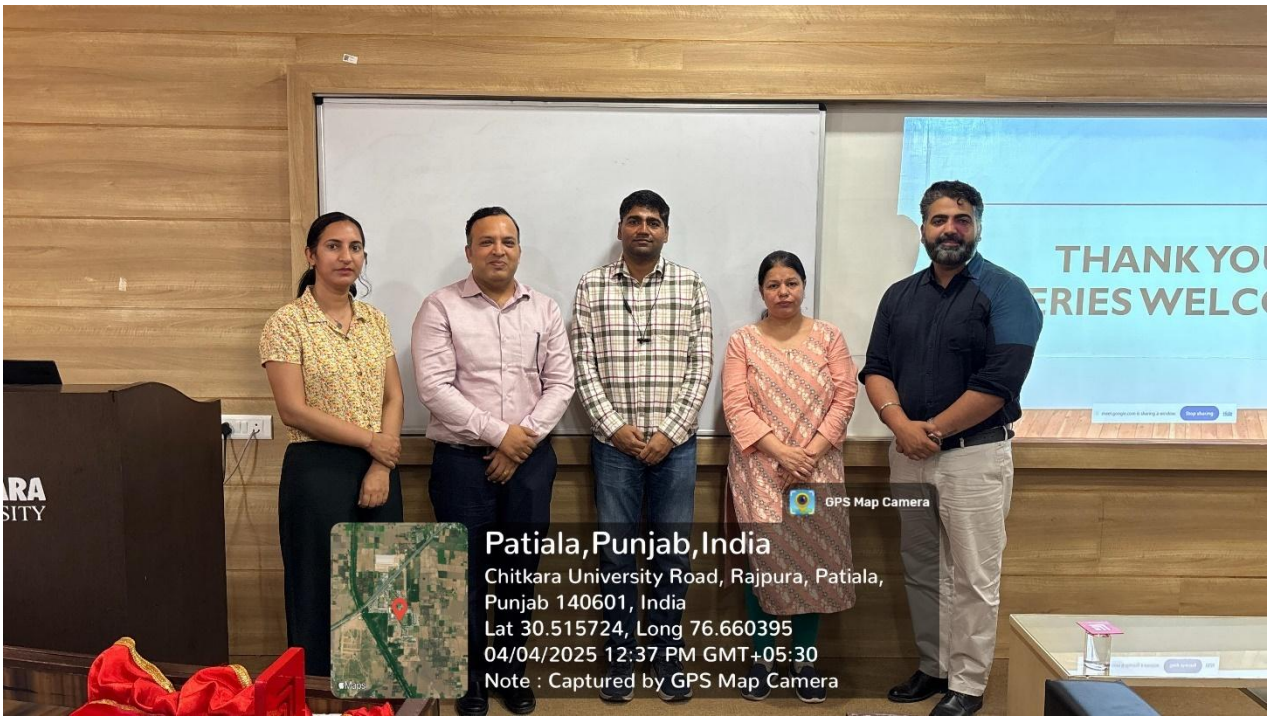
THANK YOU
QUERIES WELCOME!..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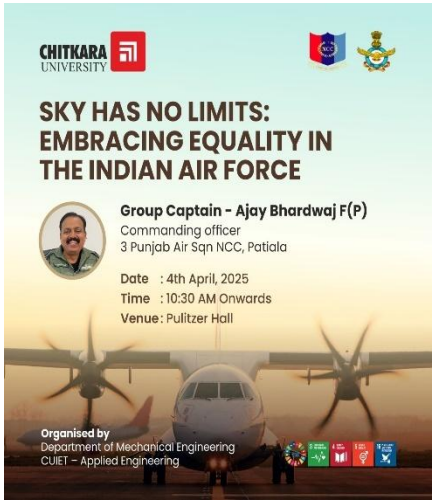
EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	EXPERT TALK: EMBRACING QUALITY IN THE INDIA AIR FORCE
DATE	2025-04-04 to 2025-04-04
MODE	OFFLINE
ORGANIZER NAME	DR MOHIT RANA
RESOURCE PERSON	AJAY BHARDWAJ, GROUP CAPTAIN
NO. OF PARTICIPANTS	164
SDG NO	3, 4, 5, 16

OBJECTIVE

- To provide students with insights into various career opportunities in the Indian Air Force.
- To explain the eligibility criteria, selection process, and required skills for different roles.
- To inspire students by sharing real-life experiences of IAF officers.
- To provide guidance on preparation strategies for joining the Indian Air Force.



DESCRIPTION

A Day of Pride and Inspiration at Chitkara University!" The Department of Mechanical Engineering, CUIET- AE proudly hosted a remarkable event on 04 April 2025 featuring an expert talk by Group Captain Ajay Bharadwaj, Commanding Officer of 3 PB Air Sqn NCC, Patiala. A distinguished Indian Air Force officer with 5500+ flying hours, he holds a Guinness World Record for landings in Siachen. A true hero of missions like Op Vijay and Op Rahat, he has also served in the United Nations and the Ministry of Defence. Currently leading 3 PB Air NCC Sqn, his journey exemplifies courage, leadership, and dedication.

The event inaugurated with soulful Saraswati Vandana by the cadets, setting a graceful tone and a respectful felicitation ceremony by Deans of CUIET- AE and an engaging quiz on current affairs, where winners were awarded for their knowledge and enthusiasm. Group Captain Ajay Bharadwaj then delivered an insightful 2-hour session on the Indian Defence Services, igniting passion and patriotism in every heart. He provided invaluable guidance on joining the Indian Air Force, covering both technical and flying branches. His words left a lasting impact, inspiring many to consider a career in the armed forces. An unforgettable day celebrating knowledge, discipline, and national pride!

OUTCOMES

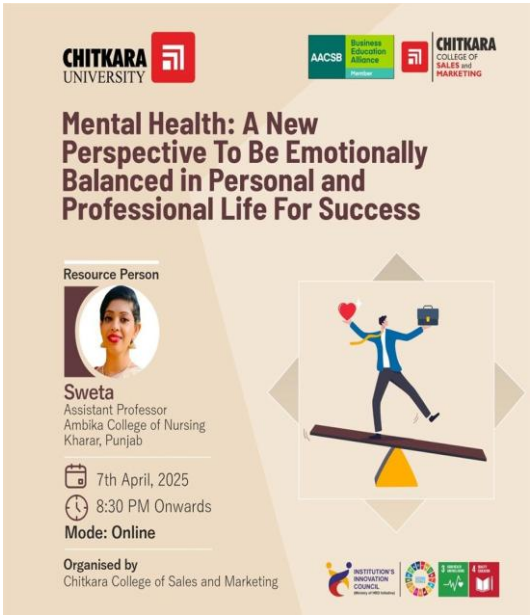
- Increased awareness of career prospects in the Indian Air Force among students.
- Clear understanding of the selection process and necessary qualifications.
- Motivation and encouragement for students to pursue a defense career.
- Practical guidance to help aspirants effectively prepare for IAF recruitment.

CHITKARA
UNIVERSITY

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	MENTAL HEALTH: A NEW PERSPECTIVE TO BE EMOTIONALLY BALANCED IN PERSONAL AND PROFESSIONAL LIFE FOR SUCCESS
DATE	2025-04-07 to 2025-04-07
MODE	ONLINE
ORGANIZER NAME	PROF-HARINDER PAL SINGH LAMBA
RESOURCE PERSON	SWETA, ASSISTANT PROFESSOR
NO. OF PARTICIPANTS	251
SDG NO	3 & 4

OBJECTIVE

- Create awareness about emotional balance and mental health importance.
- Dispel myths and present realities of mental well-being.
- Encourage open discussions on emotional challenges and mental fitness.
- Promote timely recognition and intervention of mental health issues.



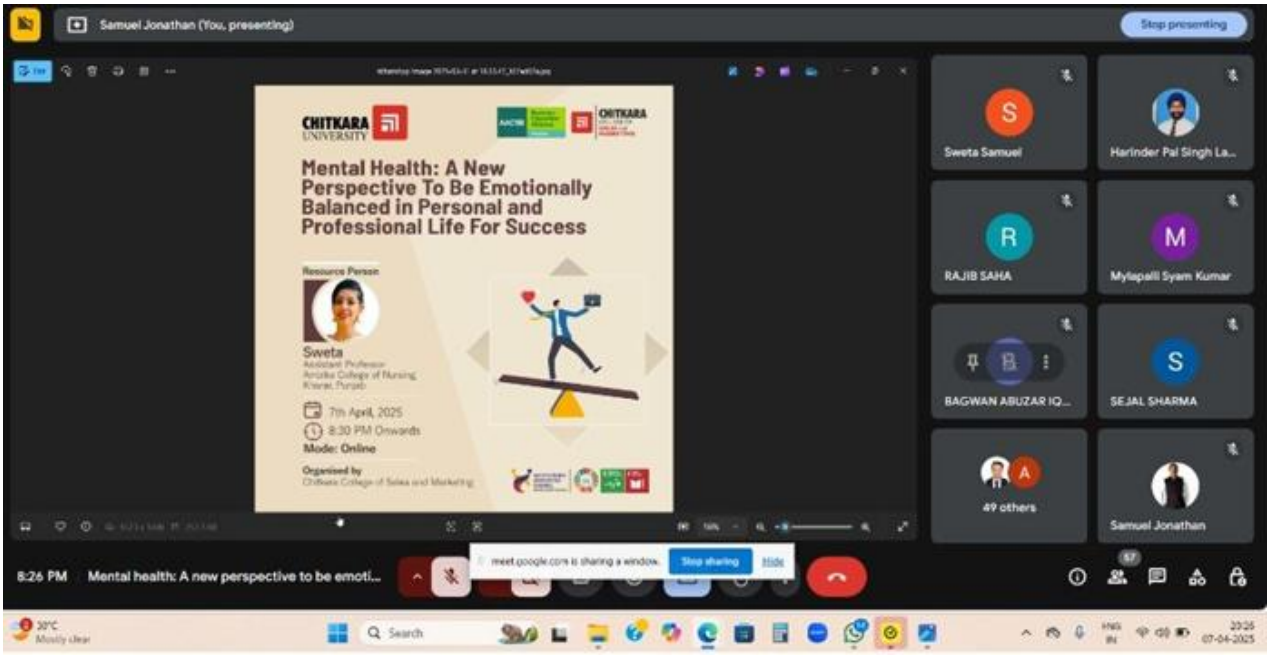
DESCRIPTION

Chitkara College of Sales & Marketing organized an expert talk on the occasion of World Health Day, 7th April,2025. The topic chosen was about new perspectives for being emotionally balanced to be successful in professional and personal life. The resource person was Ms. Sweta, assistant professor at Ambika nursing college, Mohali. Ms. Sweta started her deliberations with definition of mental health and made students and faculty aware about myths and realities of mental health. The resource person comprehensively described mental health issues, their ill effect on one's health. Ms. Sweta also elaborated on recognizing mental ailments and seek appropriate remedies at appropriate time. Students asked

various queries, such as overthinking, handling emotions such as anger, etc. The resource person gave meaningful suggestions as tips to participants to remain completely healthy and successful. World Health Organization observes 7th April as World Health Day, the date on which WHO (World Health Organization) came into existence in 1948. This year's theme is "Healthy Beginnings, Hopeful Futures". In current times of competitiveness, performance expectations, and an unending race to move ahead, health seems to be not on priority list, especially mental health, which otherwise is the genesis of various ailments, both physically, psychologically, and prevent us to be effective and successful, in our professional, personal and social lives. Therefore, on the occasion of World Health Day, an expert talk from an experienced Psychologist, Ms. Sweta was organized to be aware, recognize and learn to be mentally healthy in order to deal with current and future challenges by being emotionally balanced and how mental health help in academic performance. The session carries importance for students and faculty, especially learning to deal with daily challenges effectively.

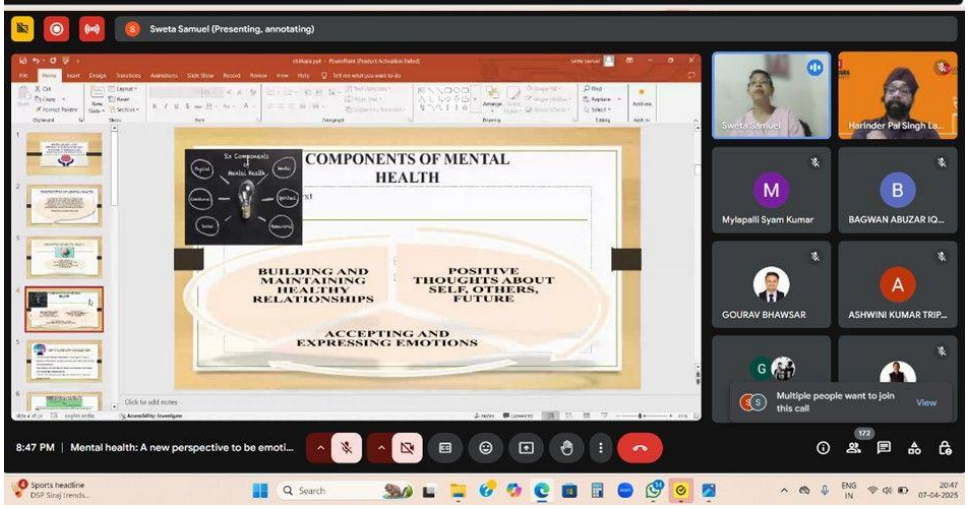
OUTCOMES

- Students understood emotional balance's impact on success and wellness.
- Participants learned to differentiate mental health myths from facts.
- Gained strategies to manage overthinking and emotional triggers.
- Received practical tips for maintaining mental and emotional well-being.



Sweta Samuel
Harinder Pal Singh I...
RAJIB SAHA
Mylapalli Syam Kum...
BAGWAN ABUZAR I...
GOURAV BHAWSAR
ASHWINI KUMAR TR...
GURPREET SINGH
Mrinal Joshi
BAGWAN ARBAZ SH...
SHUBHAM VILAS
UMESH WAGH
NILESH KUMAR
JATIN KUMAR CHIR...
AMAN KUMAR
Sushri Saina Sar
ISHA THAKUR
Tinkal Rajput
Harsh Srivastava
SAVITA
ASHWANI MALVIYA
ADITYA SINGH
RUSHABH DAMMANI
ASTHA KAUSHIK
Kumari Samita Sethi
AMAN KUMAR
Shivansh Kush
YASHPAL SINGH
35 others
Samuel Jonathan
8:27 PM | Mental health: A new perspective to be emoti...

Sweta Samuel (Presenting, annotating)
DEFINITION OF MENTAL HEALTH
"THE NORMAL FUNCTIONING OF THE MIND IN THE APPROPRIATE SOCIAL CONTEXT".
Harinder Pal Singh La...
GOURAV BHAWSAR
ASHWINI KUMAR TRIP...
Mylapalli Syam Kumar
BAGWAN ABUZAR IQ...
Someone wants to join this call
Sagar Tushir
Admit
View
160 others
8:43 PM | Mental health: A new perspective to be emoti...


Sweta Samuel (Presenting, annotating)
COMPONENTS OF MENTAL HEALTH
BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS
POSITIVE THOUGHTS ABOUT SELF, OTHERS, FUTURE
ACCEPTING AND EXPRESSING EMOTIONS
Harinder Pal Singh La...
Mylapalli Syam Kumar
BAGWAN ABUZAR IQ...
GOURAV BHAWSAR
ASHWINI KUMAR TRIP...
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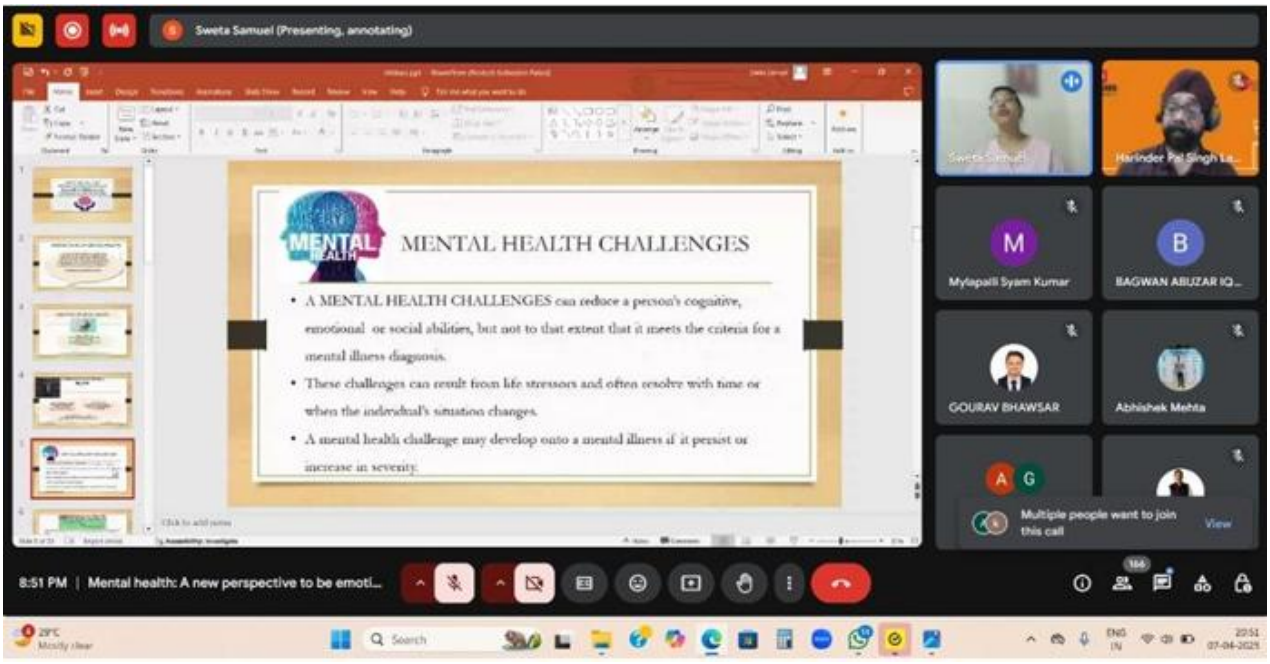
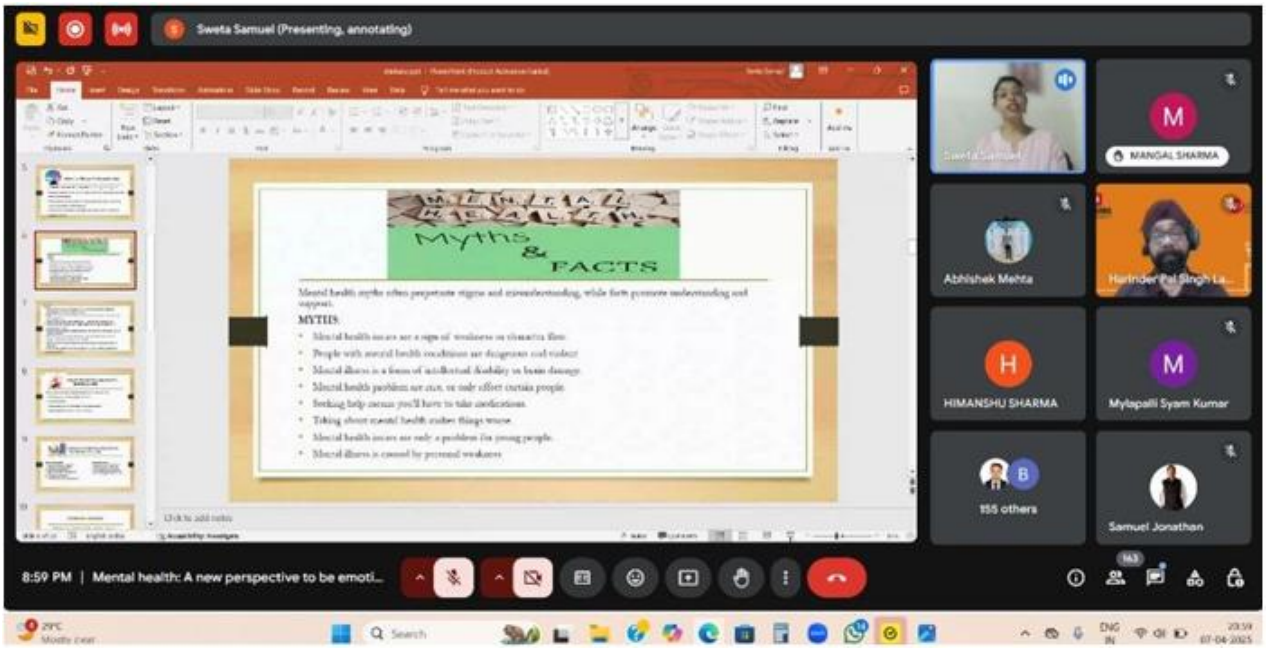
8:47 PM | Mental health: A new perspective to be emoti...


Sweta Samuel (Presenting, annotating)
MENTAL HEALTH CHALLENGES
• A MENTAL HEALTH CHALLENGES can reduce a person's cognitive, emotional or social abilities, but not to that extent that it meets the criteria for a mental illness diagnosis.
• These challenges can result from life stressors and often resolve with time or when the individual's situation changes.
• A mental health challenge may develop onto a mental illness if it persist or increase in severity.
Mylapalli Syam Kumar
BAGWAN ABUZAR IQ...
GOURAV BHAWSAR
Abhishek Mehta
Multiple people want to join this call
View
8:51 PM | Mental health: A new perspective to be emoti...


Sweta Samuel (Presenting, annotating)
Myths & FACTS
MYTHS
MANGAL SHARMA
Abhishek Mehta
HIMANSHU SHARMA
Mylapalli Syam Kumar
155 others
Samuel Jonathan
8:59 PM | Mental health: A new perspective to be emoti...

Event Name	Extension And Outreach Programs
Topic	Public Awareness Talk & Thematic Poster Exhibition on World Health Day
Date	07.04.2025
Venue	Fortis Hospital, Mohali (Fortis Hospital, Mohali)
Organizer	Ms. Seema Rani & Ms. Shalini (Nursing Tutor)
No. of Participants	56
SDG No.	3, 4, 17

Objectives

- To raise awareness about health-related issues such as mental health, nutrition, physical activity, and disease prevention.
- To encourage healthy lifestyle habits among the public.
- To provide a platform for creative expression through thematic poster display.
- To engage students & the public in health promotion activities.

Write up

Department of Nursing, CSHS, Chitkara University, Punjab has organized a Public Awareness Talk and Thematic Poster Exhibition on 7th April 2025 at Fortis Hospital, Mohali to promote health consciousness and encourage proactive wellness practices among the community. The event was attended by students, faculty members, patients and their relatives visiting the hospital. The program began with the poster exhibition highlighting the World Health Day 2025 theme: "Healthy Beginning & Hopeful Future". In this event, students talked about topics such as preventive healthcare, mental well-being, nutrition, hygiene, and the importance of universal health coverage.

The talks stressed the role of awareness in combating lifestyle diseases and fostering healthier living habits. Parallel to the awareness sessions, a Thematic Poster Exhibition was held, featuring creative and informative posters designed by students. The posters effectively illustrated key health messages, including vaccination awareness, sanitation practices, and the significance of mental health. Participants were encouraged to explain their posters, sparking meaningful dialogue and community engagement.

The event witnessed enthusiastic participation and was met with positive feedback. Attendees appreciated the informative and visually engaging format, which made complex health issues accessible and easy to understand. Educational pamphlets and wellness kits were also distributed. In conclusion, the World Health Day event raised awareness about individual and collective health responsibilities, reinforcing that good health is a fundamental right and a shared community goal.

Outcome

- To spread awareness and inspire action in line with the World Health Day theme.
- To engage the public in active participation for health promotion activities such as yoga practices.
- To gain valuable insight into preventive health care measures and the importance of early diagnosis and regular checkups.

B. Sc (N) 2nd Sem students giving public awareness talk through poster exhibition on 7th April 2025.

B. Sc (N) 2nd Sem students giving public awareness talk on global health issues on 7th April 2025.

B. Sc (N) 2nd Sem students performing yoga activity to promote health & disease prevention on 7th April 2025.

B. Sc (N) 2nd Sem students giving public awareness talk through poster exhibition on 7th April 2025.

B. Sc (N) 2nd Sem students giving public awareness talk on nurturing healthy dietary habits on 7th April 2025.

Group photograph of B. Sc (N) 2nd Sem students with faculty on World Health Day, 7th April 2025

Event Name	Extension And Outreach Programs
Topic	Health Camp for Female Students and Faculty
Date	07.04.2025
Venue	OBG Lab. (Gb102) And Nursing Foundation Lab. (Gb103) (Chitkara University)
Organizer	Ms. Parminder Kaur, Ms. Timsy, Ms. Jigyasha Sharma
Resource Person	Dr. Shikha Gupta, Director & Gynaecologist | Dr. Meghna Sharma, Dermatologist
No. of Participants	26
SDG No.	3, 17

Objectives

1. To raise awareness about health-related issues such as mental health, nutrition, physical activity, and disease prevention.
2. To encourage healthy lifestyle habits among the public.
3. To provide a platform for creative expression through thematic poster display.
4. To engage students & public in health promotion activities.

Write up

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The posters effectively illustrated key health messages, including vaccination awareness, sanitation practices, and the significance of mental health. Participants were encouraged to explain their posters, sparking meaningful dialogue and community engagement. The event witnessed enthusiastic participation and was met with positive feedback. Attendees appreciated the informative and visually engaging format, which made complex health issues accessible and easy to understand. Educational pamphlets and wellness kits were also distributed. In conclusion, the World Health Day event raised awareness about individual and collective health responsibilities, reinforcing that good health is a fundamental right and a shared community goal.

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B.Sc (N) 2nd Sem students giving public awareness talk through poster exhibition on 7th April 2025.

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B.Sc (N) 2nd Sem students giving public awareness talk on nurturing healthy dietary habits on 7th April 2025.

Group photograph of B. Sc (N) 2nd Sem students with faculty on World Health Day, 7th April 2025

Event Name: -	Session on Drug De Addiction
Venue: -	Pulitzer Hall, Picasso Block
Date: -	7th April, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4-Quality Education, and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	177
Duration: -	One Day

Objectives

1. To raise awareness about the gradual development of harmful habits and addiction.
2. To provide students with clear, empathetic information on recognizing early signs of dependency.
3. To encourage reflection and informed decision-making regarding personal choices and habits.

"The chains of habit are too weak to be felt until they are too strong to be broken."

On **7th April 2025, Chitkara University, Punjab,** hosted a **drug de-addiction awareness session** that called attention to a challenge often hidden in silence and stigma. The event, organised by the **National Service Scheme**, invited students to face this reality with openness and understanding.

Dr. Mamta Sharma, Coordinator of NSS, Punjabi University, Patiala and **Nodal Officer, Drug De-Addiction Cell**, spoke with steady clarity. Her voice carried the weight of experience, shaped by countless stories she has witnessed. She explained how habits begin quietly, unnoticed in daily routine, growing slowly until they take hold. Her words described the subtle path from curiosity to dependency, revealing patterns that tighten grip on the mind and body.

The students listened with deep focus. The room held a calm energy as Dr. Sharma laid out facts and signs that often go unnoticed. She spoke plainly about the risks and the fragile moments when intervention can change a course. No judgments or harsh warnings filled the

space, only careful truths delivered with empathy. She invited reflection and awareness, encouraging each listener to consider choices carefully.

The session revealed what habit means beyond the surface. It painted a clear picture of the forces that shape behavior, making the invisible visible through stories and real-life examples. Each student was left with a clearer understanding of how habits develop and the importance of early attention.

As the session came to an end, the mood remained thoughtful. No grand conclusions or dramatic moments marked the close, only a steady sense that something important had been shared. A quiet seed had been planted. It waits now for moments when clarity and strength may be needed. This session offered knowledge and a chance for awareness to grow, tools to face challenges before they become unbreakable chains.

Outcomes

1. Students gained a deeper understanding of how habits form and escalate into addiction.
2. The session fostered a non-judgmental space for open discussion and self-awareness.
3. A foundation was laid for future vigilance and early intervention against harmful habits.

"TOGETHER FOR CHANGE
DRUG-FREE INDIA"
CHITKARA
UNIVERSITY

Event Name	Industrial Eye Screening Camp
Date	8th to 11th April 2025
Venue	Patiala Tennco Industries
Organizer	Ms. Astha Mishra
Resource Person	
Number of Participants	15
SDG Number	3
Duration	4 Days

About the Activity

The Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab, in collaboration with Neelam Hospital, successfully organized an industrial eye screening camp at Patiala Tennco Industries from the 8th to the 11th of April 2025. This four-day initiative aimed to promote ocular health awareness and early detection of vision-related issues among industrial workers, a segment often at risk due to prolonged screen exposure, mechanical work, and limited access to preventive healthcare. 140 corporate employees underwent comprehensive eye examinations conducted by a team of trained optometrists and healthcare professionals. The screenings covered a range of common and potentially debilitating ocular conditions including myopia, presbyopia, cataract, retinal tears, and colour vision deficiencies. The camp provided an opportunity for early diagnosis, which is crucial in preventing long-term visual impairment and maintaining workplace efficiency. In cases where more advanced or specialized treatment was required, such as cataracts or suspected retinal complications, referrals were promptly made for further ophthalmological evaluation and management.

The camp also included personalized consultations and counselling to help participants better understand their eye health status and adopt preventive measures. This community outreach program underscores the Department of Optometry's ongoing commitment to enhancing eye care services beyond clinical and academic settings. By bringing vision care directly to the workplace, the department strives to ensure that ocular health is not overlooked in fast-paced corporate environments. This initiative not only aids in the early detection of visual impairments but also contributes significantly to improving the workforce's overall productivity, safety, and well-being.

Such collaborative efforts reflect a broader mission of public health advocacy, reinforcing the importance of regular eye check-ups and fostering a culture of proactive health management in industrial and occupational settings.

EVENT DETAILS	
EVENT TYPE	MEDICAL CAMP
TOPIC	MEDICAL CAMP JAN SWASTHYA MISSION: HEALTH FOR ALL
DATE	2025-04-08 to 2025-04-08
MODE	OFFLINE
ORGANIZER NAME	LOVISH MATTA (SENIOR RESEARCH FELLOW, DECE, CUIET) AND DR. RAJWINDER KAUR (ASSISTANT DEAN, CCP, CHITKARA UNIVERSITY)
NO. OF PARTICIPANTS	165
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 10: REDUCED INEQUALITIES, SDG 17: PARTNERSHIP FOR THE GOALS

OBJECTIVE

• To promote preventive healthcare awareness among university students and staff.
• To provide on-campus access to essential health check-ups and consultations.
• To offer free prescribed medicines to support immediate health needs.
• To strengthen collaboration between the university and local healthcare providers for future health initiatives.

DESCRIPTION

A free medical camp was successfully organized on the university campus, exclusively for students and staff, with the aim of promoting preventive healthcare and making essential medical services easily accessible within the academic environment. The initiative was conducted in collaboration with Park Healing Touch Hospital, which provided a team of experienced medical professionals, including MD physicians, specialists, and technicians. The camp offered a wide range of health check-ups such as blood pressure and blood sugar testing, weight monitoring, eye and dental examinations, orthopaedic consultations, and general health consultations. Attendees were also given free prescribed medicines based on their individual diagnoses, ensuring timely medical support.

The event saw enthusiastic participation from both students and staff, reflecting a growing awareness about the importance of regular health check-ups and proactive healthcare. It served not only as a medical support system but also as an educational opportunity to raise awareness about lifestyle-related diseases and the benefits of early detection. A key highlight of the camp was the active involvement of NSS volunteers, who played a vital role in the overall management of the event. From handling registration desks to guiding participants, coordinating with doctors, and ensuring the smooth flow of activities throughout the day, their contribution was commendable. Their discipline, teamwork, and dedication to service helped in the successful execution of the camp. Overall, the medical camp proved to be a well-coordinated and impactful initiative that combined healthcare delivery with community engagement. It underscored the importance of regular health monitoring and student-led service, setting a strong example of institutional commitment to well-being on campus.

OUTCOMES

• Increased health awareness among university students and staff, encouraging them to prioritize regular check-ups and preventive care.
• Early detection of common health issues such as high blood pressure, high blood sugar, vision problems, and dental concerns, enabling timely intervention.
• Distribution of free prescribed medicines, providing immediate medical support and reducing the financial burden on attendees.
• Enhanced student engagement and leadership through active participation of NSS volunteers in organizing and managing the event.
• Strengthened collaboration between the university and Park Healing Touch Hospital, paving the way for future health initiatives and camps.

GPS Map Camera
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Event Name: -	Health Check Up Camp
Venue: -	Chitkara College of Pharmacy, Fleming Block
Date: -	8th April, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4-Quality Education, and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	25
Duration: -	One Day

A one-day **Free Medical Camp** was successfully conducted on **April 8th, 2025**, at **Chitkara University**, **Punjab** held at the **Fleming Block**. The event was a collaborative initiative by the **Department of Electronics and Communication Engineering** and **Chitkara College of Pharmacy**, in association with the **National Service Scheme (NSS)** and **Park Healing Touch Hospital, Ambala**.

Organised exclusively for **university students and staff**, the camp aimed to promote preventive healthcare awareness and provide essential medical services within the campus. A dedicated medical team from Park Healing Touch Hospital offered various health check-ups, including **blood pressure and sugar testing, weight monitoring, eye and dental examinations, orthopedic consultations**, and **general health consultations by MD physicians**. Free medicines were provided to attendees as prescribed. The camp was efficiently managed by the **NSS in-charge and volunteers**, who played a key role in handling registration, guiding participants, coordinating with medical staff, and ensuring the smooth execution of the day's activities. Their discipline, enthusiasm, and commitment to service were commendable throughout the event.

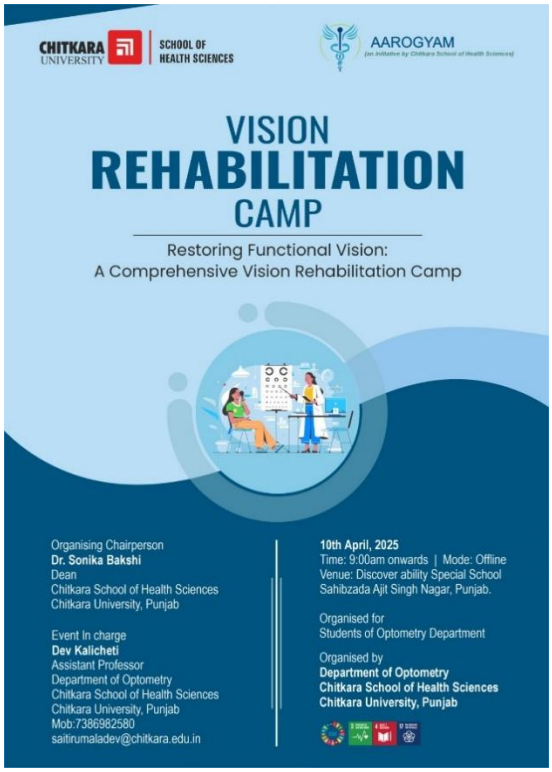
CHITKARA UNIVERSITY
EXPLORE WITH CHITKARA UNIVERSITY
DISCOVER WITH CHITKARA UNIVERSITY
PIONEER WITH CHITKARA UNIVERSITY
CELEBRATE WITH CHITKARA UNIVERSITY
CONNECT WITH CHITKARA UNIVERSITY
CREATE WITH CHITKARA UNIVERSITY
ENGAGE WITH CHITKARA UNIVERSITY
IMAGINE WITH CHITKARA UNIVERSITY
INSPIRE WITH CHITKARA UNIVERSITY

PIONEER WITH CHITKARA UNIVERSITY
CREATE WITH CHITKARA UNIVERSITY
INSPIRE WITH CHITKARA UNIVERSITY

ONLY FOR MEDICAL
CAMP - 6-5-24

Event Name	Vision Rehabilitation Camp: Restoring Functional Vision
Date	10 April, 2025
Venue	Discover Ability Special School Sahibzada Ajit Singh Nagar, Punjab.
Organizer	Department Of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	N/A
Number of Participants	2 Faculty, 4 students
SDG Number	3,4,17
Duration	1 Day

About the Activity



The Department of Optometry, Chitkara University, conducted a Vision Rehabilitation Camp at Discover Ability Special School, Sahibzada Ajit Singh Nagar, as part of its community engagement initiative focused on inclusive eye care. The primary objective of the camp was to assess and support the visual needs of children with developmental and intellectual disabilities.

A total of 20 students were examined, including individuals diagnosed with Down syndrome, Angelman syndrome, autism spectrum disorder, and other intellectual disabilities. These conditions often involve visual challenges that can significantly affect a child's learning and quality of life. The camp aimed to identify functional vision issues and provide individualized management strategies.

Comprehensive assessments were led by Mr. Dev Kalicheti, Assistant Professor, and Mr. Nikit Kundra, Research Assistant, with the assistance of 4 B. Optometry students. Functional vision evaluations included testing visual acuity, contrast sensitivity, ocular motility, visual attention, and spatial awareness. Each child received a personalized care plan, which included treatment recommendations, rehabilitation techniques, and referrals to specialists where required.

Additionally, caregivers and educators were provided with practical guidance to help them better understand and support the visual needs of the children in their daily environments. The camp environment was designed to be child-friendly and interactive, making the process comfortable and engaging for the participants.

The initiative was well received by the school staff, parents, and caregivers. It not only addressed the immediate visual health needs of the children but also raised awareness about the importance of regular vision assessments in special populations. The Department of Optometry remains committed to promoting accessible and inclusive eye care through such impactful community-based programs.

CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
AAROGYAM
Eye Screening Camp
POLO
RALPH LAUREN

Event Name	Blueprints for Bionic Innovations: Orthotics, Prosthetics and Robotics
Date	11th April 2025
Venue	Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr Amit Soni, Senior Physiotherapist, Medanta Hospital, Gurugram
Number of Participants	53
SDG Number	3, 4, 9, 10
Duration	1 day

About the Activity

Department of Physiotherapy, Chitkara School of Health Sciences, organized an expert talk and patent sprint on the theme "Blueprints for Bionic Innovations: Orthotics, Prosthetics, and Robotics" on 11th April 2025 at Ramanujan Block, Chitkara University, Punjab. The event aimed to foster innovation, creativity, and research thinking among budding physiotherapists. The expert talk titled "Redesigning Mobility: When Science Meets Humanity" focused on the emerging field of robotic rehabilitation, highlighting how advancements in technology are transforming mobility and functional recovery in physiotherapy. Dr Amit Soni, Senior Physiotherapist, Medanta Hospital, Gurugram were the resources for the expert talk. The talk was held in hybrid mode. Following the expert session, the Patent Sprint titled "The Innovation Clash: Patent Your Vision for a Bionic Tomorrow" provided a platform for students to present innovative, patentable ideas in the field of orthotics and prosthetics. Students were provided with PIE forms where they documented their concepts and attached handmade sketches to visually represent their innovations. This encouraged them to translate their clinical understanding and creativity into structured patentable ideas.

The competition witnessed enthusiastic participation with diverse, thoughtful designs aimed at solving real-world mobility challenges. Dr Meesala Krishnamurthy, Assistant Professor, Department of Allied Health Sciences and Dr Deepanshi, Assistant Professor, Department of Physiotherapy served as the esteemed judges for this competition. The event concluded with a valedictory ceremony, where the winners were felicitated for their outstanding contributions. Overall, the event successfully ignited scientific curiosity, critical thinking, and entrepreneurial spirit among the participants, marking a significant step in nurturing future-ready healthcare innovators.

THREE TYPES OF STROKES

Event Name	Parkinson's Awareness: Educating the Next Generation of Advocates
Date	11th April 2025
Venue	Faraday Hall (Edison Block), Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	• Dr. Mandeep Singh Kataria, Neurosurgeon, Department of Neurosciences, Neelam Hospital, Rajpura, Punjab • Dr. Arpit Mehrotra, Associate Professor, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants	55
SDG Number	3,17
Duration	3 hours in Offline mode

Description of the event

The Department of Allied Health Sciences, Chitkara School of Health Sciences, CU-PB celebrated World Parkinson's Day on April 11, 2025. The event featured expert talks on the theme "Parkinson's Awareness: Educating Next Generation of Advocates." The event aimed to raise awareness about Parkinson's disease and educate students on its significance and the importance of advocacy in addressing the needs of patients and their families. The event was marked by insightful and engaging talks from distinguished experts, Dr. Mandeep Singh Kataria, Neurosurgeon, Department of Neurosciences, Neelam Hospital Rajpura and Dr. Arpit Mehrotra, Associate Professor, Chitkara School of Health Sciences. Both speakers provided valuable perspectives on Parkinson's disease, including its symptoms, diagnosis, treatment options, and the vital role of advocacy in supporting those affected by the condition. The sessions highlighted the growing need for the younger generation to be educated and empowered for better treatment and care of Parkinson's patients.

Dr. Kataria focused on the medical aspects of Parkinson's disease, discussing the latest advancements in treatment and care. While Dr. Mehrotra emphasized the importance of preclinical studies and their importance in the development and progression of therapeutics and diagnostics of Parkinsons disease. Both the talks aimed at raising the awareness against Parkinson's disease and engaging the next generation in advocacy efforts to improve the quality of life for patients. The event also included an interactive Q&A session. Students showed keen interest in the topics presented and demonstrated a desire to learn more about Parkinson's disease and its implications.

Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on National Safemotherhood Day
Date	11.04.2025
Mode	OFFLINE
Venue	AP Jain Civil Hospital,Rajpura
Organizer Name	MS. TIMSY (ASSOCIATE PROFESSOR)
No. of Participants	06
Under SDG no.	3,4,5,17
SDG Details	SDG 3: GOOD HEALTH AND WELL BEING SDG 4: QUALITY EDUCATION SDG 5: GENDER EQUALITY SDG 17: PARTNERSHIP FOR THE GOALS

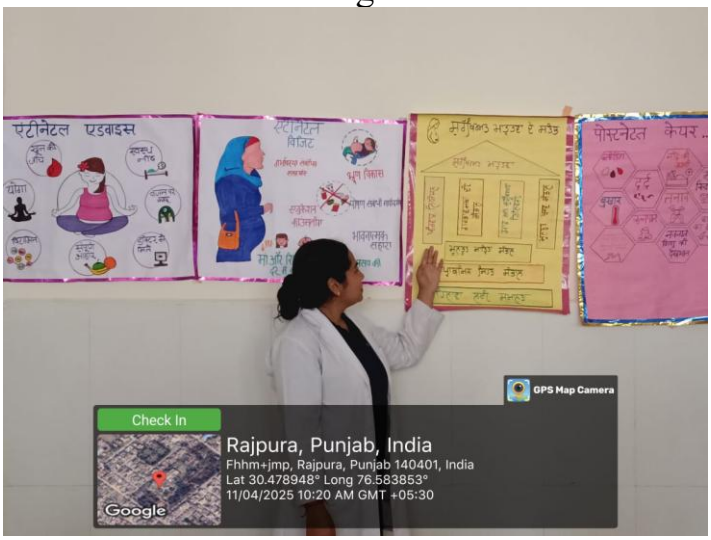
Objectives

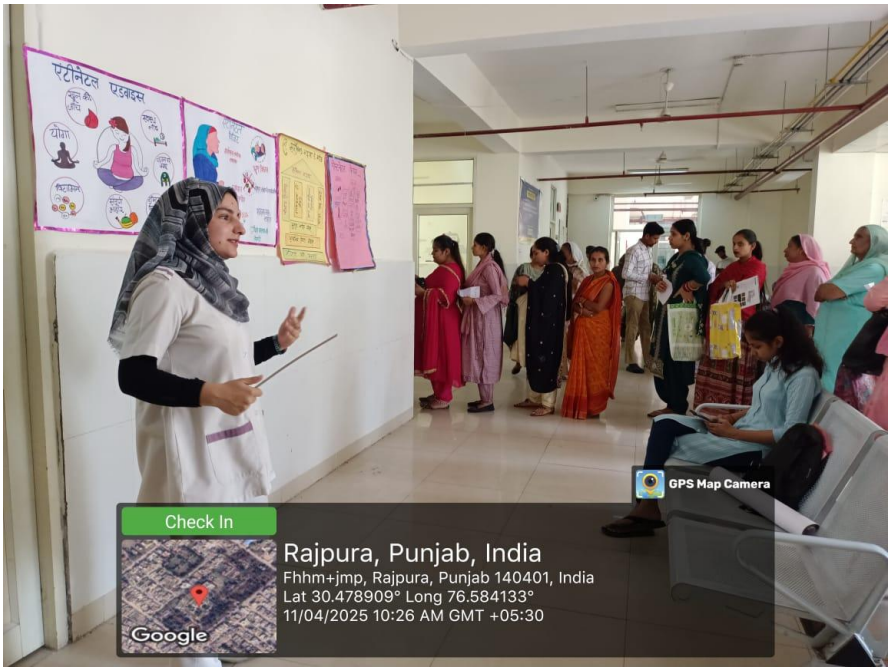
- To educate the community—especially women, families, and healthcare workers—about the importance of maternal health and the need for safe pregnancy, childbirth, and postnatal care.
- Encourage expecting mothers to choose institutional deliveries under trained medical professionals instead of home births, to reduce maternal and neonatal mortality.
- Equip women with knowledge about their reproductive rights, family planning options, and how to access healthcare services
- Encourage expecting mothers to choose institutional deliveries under trained medical professionals instead of home births, to reduce maternal and neonatal mortality.
- Stress the need for regular check-ups, proper nutrition, iron & folic acid supplements, and vaccinations during and after pregnancy.
- Motivate community leaders, local health workers (like ASHAs and ANMs), and NGOs to spread awareness and support safe motherhood initiatives.

DESCRIPTION

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized an Awareness Talk on the occasion of National Safe Motherhood Day on 11th April 2025 at 10:00 AM onwards at AP Jain Civil Hospital, Rajpura. The event aimed to raise awareness about the importance of safe motherhood and improve maternal health outcomes through education, empowerment, and community engagement.

Students delivered a comprehensive talk on safe pregnancy, emphasizing antenatal care, proper nutrition, danger signs during pregnancy, institutional deliveries, and postnatal care. The audience, which included hospital staff, expectant mothers, and local residents, actively participated in the session. Information about various government schemes such as Janani Suraksha Yojana and Pradhan Mantri Matru Vandana Yojana was shared to encourage the utilization of available maternal health benefits. An interactive session allowed the attendees to ask questions and clear doubts, particularly surrounding common myths related to pregnancy and childbirth. The event succeeded in spreading crucial messages about maternal health, encouraging institutional deliveries, and promoting a healthier and safer motherhood journey for women in the community. Overall, the talk was a valuable initiative that reinforced the commitment of Chitkara University's Department of Nursing towards community welfare and improving maternal health outcomes through education and collaboration.

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EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	COURT CLASH - SPORTS TOURNAMENT
DATE	2025-04-11 to 2025-04-11
MODE	OFFLINE
ORGANIZER NAME	CHITKARA LAW SCHOOL IN COLLABORATION WITH CHITKARA UNIVERSITY SPORTS BOARD
RESOURCE PERSON	PROF. (DR.) AJAY RANGA, PROFESSOR AND DEAN | DR. AVNISH KUMAR SINGH, ASSISTANT PROFESSOR | DR. POLAKI, ASSISTANT PROFESSOR
NO. OF PARTICIPANTS	46
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 5: GENDER EQUALITY, SDG 10: REDUCED INEQUALITIES, SDG 17: PARTNERSHIP FOR THE GOALS

OBJECTIVE

• To promote Physical Health and Fitness in order to foster a culture of regular exercise and active lifestyle.
• To Enhance Social Interaction and Team Building
• To promote mental health awareness and the importance of a balanced lifestyle.
• To ensure Inclusivity and Gender Equality, participation from all students and faculty is encouraged, regardless of gender.
• To instill a sense of sportsmanship and fair play.

DESCRIPTION

The Court Clash sports tournament, held at Chitkara University's Sportorium on 11th April 2025, was a resounding celebration of sportsmanship and student engagement. Kicking off at 10:00 AM, students gathered for attendance, ready to embark on a day filled with lively competitions and enriching experiences. The opening ceremony commenced at 10:30 AM with a warm welcome by the host, who set the tone for the day by introducing the significance of the event. Prof. (Dr.) Ajay Ranga, Dean of Chitkara Law School, delivered an inspiring address that underscored the university's commitment to fostering holistic development through sports. His words encouraged participants to showcase their best and enjoy the spirit of healthy competition. The matches began at 10:45 AM, spanning diverse sports that catered to varied interests and skills. Badminton matches, featuring singles competitions for both male and

female participants, brought high-paced action and strategic gameplay to the fore. The darts event highlighted precision and focus, while chess games exemplified tactical brilliance and intellectual vigor. On the other hand, carrom board matches showcased participants' dexterity and finesse, as they maneuvered pieces with calculated moves. Fussball provided an immersive experience of tabletop soccer, combining teamwork and quick reflexes. Meanwhile, arm wrestling drew enthusiastic cheers from the audience, as participants displayed their strength and determination. Each sport saw incredible performances, making the tournament a visual treat and a platform for students to hone their skills in a competitive environment. At 2:15 PM, the event transitioned to the award ceremony, where the winners were celebrated for their remarkable achievements. Prof. (Dr.) Ajay Ranga, Sh. V.N. Mohan and Mr. Abhimanyu Gulati (Assistant Director, Sports Board) presented Medals, trophies, and certificates to the deserving participants, applauding their dedication and prowess. The ceremony reflected the university's recognition of talent and its encouragement of sports as a vital aspect of student life. The day concluded with a heartfelt vote of thanks by Director Mr. V.N. Mohan, who expressed gratitude to the organizers, participants, and audience for their contributions to the tournament's success. His words resonated with the spirit of unity and enthusiasm that defined the event. Court Clash encapsulated the essence of sportsmanship and provided a platform for students to shine beyond academics. With its meticulous organization, diverse activities, and an ambiance of encouragement, the tournament stood as a testament to Chitkara University's dedication to nurturing all-around development among its students. The event left a lasting impression, inspiring many to actively partake in future endeavors.

OUTCOMES

• The students developed an understanding of the physical benefits of regular exercise, which led to improved fitness levels and awareness of reducing lifestyle-related health risks.
• The students enhanced their ability to interact socially and built stronger relationships with peers and faculty members, contributing to a more cohesive and supportive community within the college.

• The students gained insights into managing stress effectively and maintaining a positive mood, while increasing their awareness of the importance of mental health and self-care practices.
• The students recognized the significance of gender equality and inclusivity in sports, developing a deeper appreciation for providing equal opportunities and recognition to all athletes, regardless of gender.

• The students demonstrated improved teamwork, cooperation, and mutual respect, fostering an appreciation for fair play and ethical behavior in competitive environments.

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Chitkara University
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Chitkara University
CHITKARA UNIVERSITY SPORTS BOARD
Office of Student Affairs

Event Name: -	Drug De Addiction and Awareness Campaign
Venue: -	Carnegie Hall and Explore Stars Hall, Rockefeller Block
Date: -	11th April, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4-Quality Education, and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	279
Duration: -	One Day

Objectives

1. To integrate drug de-addiction awareness into campus life through creative expression.
2. To foster personal reflection and collective commitment among students toward making informed choices.
3. To encourage students to pledge a clear and courageous stand against addiction.

"When awareness becomes louder than temptation, freedom finds its voice."

On **11th April 2025, Chitkara University, Punjab** became a canvas for a powerful message. The **National Service Scheme** organized a campaign that brought drug de-addiction and awareness into the daily lives of students through thoughtful expression.

NSS volunteers crafted posters that filled the campus walls. Each poster spoke quietly but firmly, reflecting stories, struggles, and hope. These artworks captured moments of pain and paths to recovery, showing determination in colour and form. The display stood as a tribute to the strength it takes to confront addiction and the clarity needed to make choices that lead to freedom. The campaign did not rely on slogans shouted from a stage. Instead, it created a living gallery that invited every passerby to pause and reflect. The posters became conversations without words, asking the campus to witness a shared commitment. This was a collective act, a stand taken not in anger or alarm, but through steady resolve. The day's events culminated in a ceremony that carried its own quiet power. Students gathered to take an oath, committing themselves to a path of awareness and choice. With hands raised and voices steady, they made promises that reached beyond the moment. These were pledges toward clarity and courage, values that would guide them in times of challenge. This campaign did more than raise awareness. It built a space where choice took shape, where freedom found its voice through understanding. The campus, alive with intention and creativity, reminded everyone present that change begins with decisions made in quiet moments of reflection. Each person carries the power to stand firm, to say no, and to embrace a future shaped by clear resolve. In the calm that followed, the campus settled into a new rhythm. A rhythm shaped by hope, strength, and

unwavering commitment. The day left behind more than images on walls; it left a lasting impression on hearts and minds. It was a reminder that awareness, once loud enough, can overcome temptation—and with it, freedom finds its true voice.

Outcomes

The campaign transformed the campus into an engaging space for thoughtful dialogue on addiction.

Students participated actively in a meaningful oath ceremony, reinforcing their commitment to awareness and choice.

The event inspired lasting reflection and empowered individuals to resist temptation with clarity and strength.

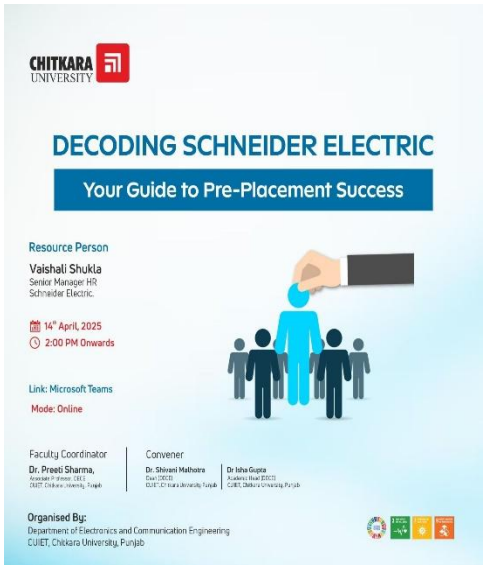
National Service Scheme
Organises
DRUG DE-ADDICTION AND AWARENESS CAMPAIGN
WAR AGAINST DRUGS

CHITKARA UNIVERSITY
EXPLORE STARS
EXPLORE STARS
JATIN DAS
National Service Scheme
Organises
DRUG DE-ADDICTION AND AWARENESS CAMPAIGN
WAR AGAINST DRUGS

EVENT DETAILS	
EVENT TYPE	PRE-PLACEMENT TALKS
TOPIC	DECODING SCHNEIDER ELECTRIC: YOUR GUIDE TO PRE-PLACEMENT SUCCESS
DATE	2025-04-14 to 2025-04-14
MODE	OFFLINE
ORGANIZER NAME	DR PREETI SHARMA, ASSOCIATE PROFESSOR(DECE)
RESOURCE PERSON	MS VAISHALI SHUKLA, SENIOR MANAGER(HR)
NO. OF PARTICIPANTS	30
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 7: AFFORDABLE AND CLEAN ENERGY, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

Students will be able to
• Gain Comprehensive Company and Industry Insight into specific technologies and innovations of Schneider Electric
• To explore potential career paths within the company, from entry-level positions to specialized and leadership roles, helping them envision their professional growth.
• To understand the core technical subjects, programming languages, and problem-solving skills they should focus on to improve their chances of success into the selection process.



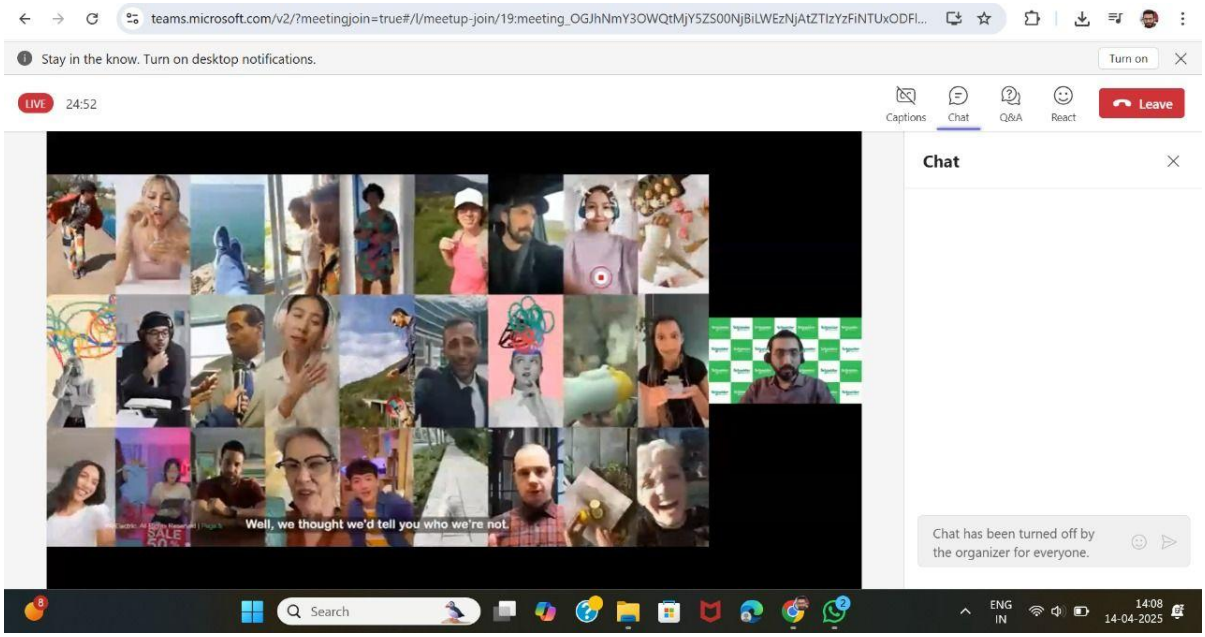
DESCRIPTION

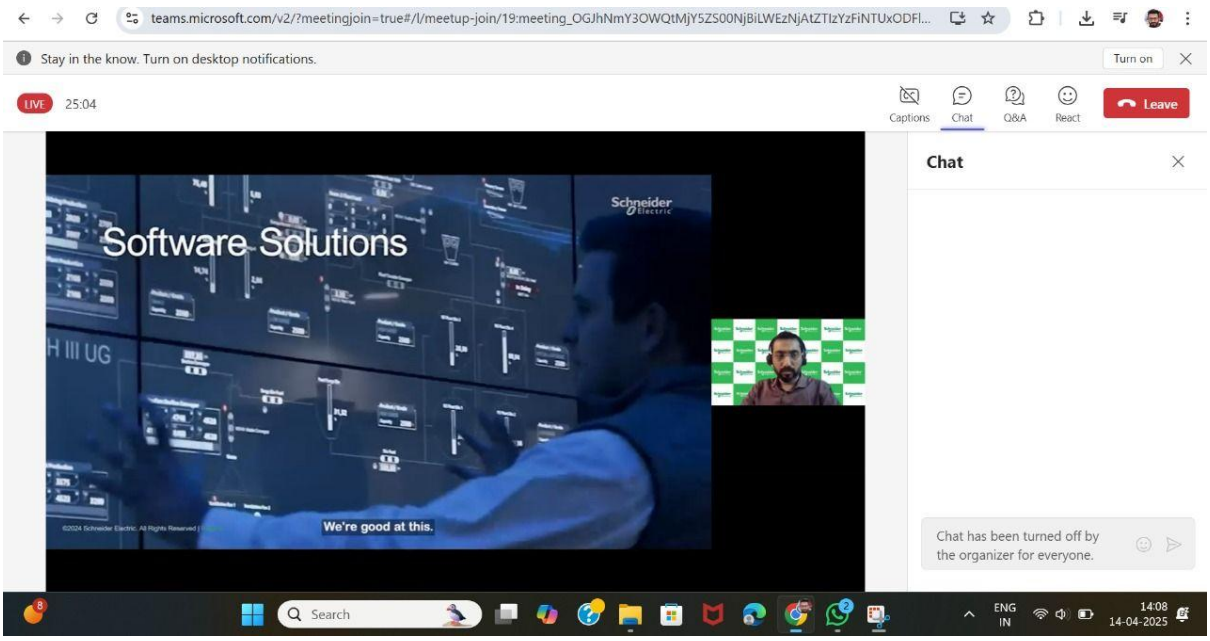
The DECE organized a session by Ms Vaishali Shukla, Senior Manager (HR), Schneider Electric for ECE students on 18 April 2025. She offered valuable insights into the company's vision, culture, and career opportunities within the dynamic fields of energy management and industrial automation. Ms Vaishali began by introducing Schneider Electric as a global specialist committed to sustainability and efficiency, emphasizing its role in digital transformation. For ECE students, the talk highlighted the company's focus on cutting-edge technologies like AI, ML, IoT, and cybersecurity, and how these are integrated into their products and solutions. The key aspects of the talk typically

included the technological innovations related to developing smart grids, automation systems, digital buildings, and other IoT-enabled solutions. During this session, Ms Shukla specifically highlighted the immense opportunities for ECE graduates in areas such as embedded systems design, power electronics, industrial control systems, IoT integration, and firmware development, all integral to Schneider Electric's innovative solutions. The HR lead also elaborated the culture of inclusion, mastery, purpose, action, curiosity, and teamwork in the company. The session concluded with the discussion of various roles available in Schneider Electric, such as R&D engineers, software developers (especially for embedded systems), test engineers, automation specialists, and roles in digital transformation. Practical insights into the unique assessment tests (including gamified elements), interview strategies, and resume-building tips were also provided. This comprehensive session aimed to equip students with the knowledge and confidence to excel in their pre-placement journey and secure a rewarding career at a company at the forefront of the energy transition.

OUTCOMES

• Students gained a crystal-Clear Understanding of Schneider Electric's ECE-Relevant Domains (e.g., Power Systems, Industrial Automation, Secure Power) & Roles (e.g., R&D, Hardware Design, Embedded Firmware, Control Systems, IoT Development)
• Students understood the unique aspects of their assessment tests (e.g., gamified assessments), knowing what technical concepts to revise for interviews, and gained tips on showcasing their skills effectively
• Identification of Skill & Knowledge Gaps for Targeted Preparation by students
• Informed Career Decision-Making & Enhanced Motivation in students.

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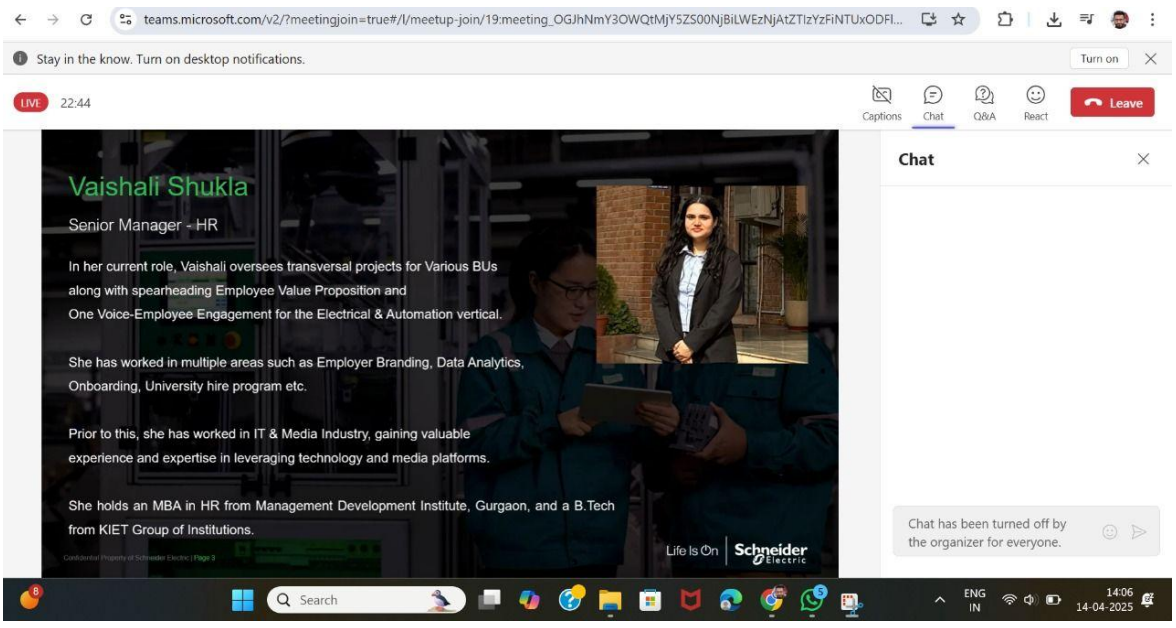
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Vaishali Shukla
Senior Manager - HR
In her current role, Vaishali oversees transversal projects for Various BUs along with spearheading Employee Value Proposition and One Voice-Employee Engagement for the Electrical & Automation vertical.
She has worked in multiple areas such as Employer Branding, Data Analytics, Onboarding, University hire program etc.
Prior to this, she has worked in IT & Media Industry, gaining valuable experience and expertise in leveraging technology and media platforms.
She holds an MBA in HR from Management Development Institute, Gurgaon, and a B.Tech from KIET Group of Institutions.
Life Is On Schneider Electric
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Event Name: -	B R Ambedkar Jayanti – Eye Check Up Camp
Venue: -	Govt Elementary School, Ramnagar
Date: -	14th April, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4-Quality Education, 17-Partnerships for the goals and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	30
Duration: -	One Day

"Alone we can do so little; together we can do so much."

On 19th April 2025, in a bid to brighten young horizons, the National Service Scheme, in collaboration with Chitkara School of Health Sciences, Chitkara University, Punjab, organized an eye checkup and screening camp at Government Elementary School, Ram Nagar, Rajpura.

Laughter echoed through the halls as curious little eyes met caring hands and expert lenses. What began as routine screening became a day of clarity, both visual and emotional.

With each child tested, the camp brought vision, not just in sight, but in purpose. This thoughtful outreach stitched healthcare with hope, reminding us how service can sharpen the view of a better tomorrow.

ਲੁਧਿਆਣਾ
ਮੋਗਾ
ਸੰਗਰੂਰ
ਪਟਿਆਲਾ

CHITKARA UNIVERSITY
National Service Scheme
Organises

National Service Scheme
Organises
EYE CHECK-UP
CAMP
Adopted Village - Ramnagar
and
Govt Elementary School
Ramnagar
on the occasion of
B. R. Ambedkar Jayanti
in collaboration with
Department of Optometry
Chitkara School of Health Sciences
on
14th April 2025
VEGETABLES

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	WORLD ART DAY
Date	15th April 2025
Time	10:00 AM to 1:00 PM
Venue	Outer front area of Picasso Building
Number of Attendees	42
Resource Person	Happiness Team

To mark the celebration of World Art Day, Chitkara Happiness Centre organized a vibrant and inspiring art competition that served as a celebration of creativity, innovation, and self-expression. The event welcomed enthusiastic student participation across multiple categories, including painting, sketching, and best out of waste, providing a diverse platform for young artists to showcase their talents. Each artwork reflected the individuality and imagination of its creator, making the competition a colorful tapestry of ideas and emotions. A distinguished panel of judges, Dr. Sangeeta Pant and Dr. Vani Parwez from the College of Education, along with Mr. Manav Bansal, Chief Happiness Officer—graced the occasion and undertook the difficult task of evaluating the thoughtful and artistic submissions. After a thorough assessment based on creativity, execution, and originality, three exceptional students—Kanchan, Annya, and Disha—were declared the winners. Their outstanding pieces stood out and earned them well-deserved recognition in the form of prizes that acknowledged their artistic skill and effort. More than just a contest, the art competition created a lively, inclusive space for students to explore their artistic potential, communicate personal stories through visual mediums, and interact with like-minded peers. The event not only motivated participants to think creatively but also encouraged them to embrace sustainable practices, particularly in the "best out of waste" category, where innovation met environmental consciousness. The vibrant atmosphere, the exchange of creative ideas, and the appreciation of art in all its forms made the event a memorable success.

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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	WORKSHOP ON SELF-CONFIDENCE
Date	15th – 17th April 2025
Time	5:00 PM to 6:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	94
Resource Person	Lt. Col. Rakesh Sharma

The Chitkara Happiness Centre successfully conducted a transformative three-day workshop on Self-Confidence, aimed at empowering students with essential life skills to thrive personally and professionally. The workshop was led by the esteemed Col. Dr. Rakesh Sharma, Registrar of Chitkara University, whose dynamic and engaging sessions left a profound impact on all participants. Throughout the workshop, Dr. Sharma focused on the fundamental importance of cultivating a positive attitude, conquering the fear of failure, and stepping beyond one's comfort zone—elements crucial for self-growth and long-term success. He emphasized that true confidence stems from a combination of desire, consistency, and self-discipline, and urged students to harness these qualities to achieve their goals. Through personal anecdotes, practical advice, and interactive discussions, he inspired students to develop self-love and self-appreciation, reinforcing the belief that every individual has unique strengths worth celebrating. The sessions encouraged participants to identify their passions, select their area of expertise, and pursue it with unwavering dedication and discipline. Dr. Sharma's words instilled a powerful sense of motivation, urging students to never give up, regardless of the challenges faced. The interactive nature of the workshop allowed students to actively engage, reflect on their personal experiences, and gain clarity on their journey towards self-confidence. The atmosphere was filled with positivity, encouragement, and genuine inspiration, leaving students energized and more aware of their potential. The workshop was widely appreciated and well-received by attendees, who praised its relevance and effectiveness in helping them build inner strength and a confident mindset.

CHITKARA
UNIVERSITY

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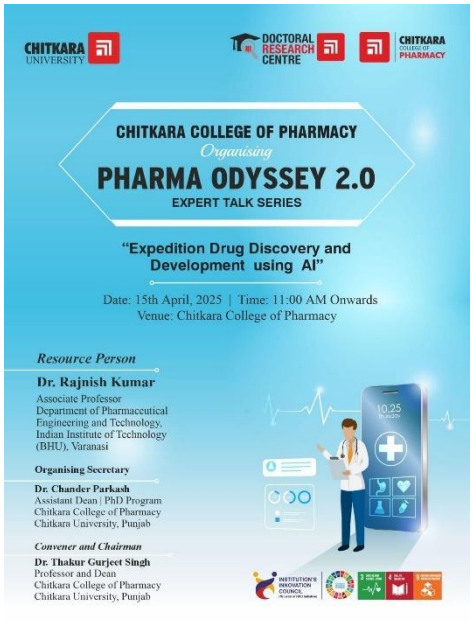
EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	AN EXPERT TALK ON THE TOPIC EXPEDITION DRUG DISCOVERY AND DEVELOPMENT USING AI
DATE	2025-04-15 to 2025-04-15
MODE	OFFLINE
ORGANIZER NAME	PROF. DR. THAKUR GURJEET SINGH
RESOURCE PERSON	DR. RAJNISH KUMAR, ASSOCIATE PROFESSOR
NO. OF PARTICIPANTS	45
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION

OBJECTIVE

- To introduce the fundamentals of Artificial Intelligence (AI) and Machine Learning (ML) in the context of pharmaceutical sciences.
- To explore the application of AI in various stages of drug discovery and development, including target identification, lead optimization, and preclinical modeling.
- To highlight real-world case studies and success stories where AI has accelerated the drug development process.
- To familiarize students and researchers with AI tools and platforms commonly used in computational drug discovery and predictive analytics.
- To encourage interdisciplinary learning by integrating AI concepts with pharmacology, medicinal chemistry, and clinical research.



DESCRIPTION

The expert talk on "Expedition Drug Discovery and Development Using AI" was a dynamic and enlightening session aimed at bridging the gap between pharmaceutical research and advanced digital technologies. With Artificial Intelligence (AI) emerging as a game-changer in healthcare and drug development, the session provided a comprehensive overview of how

AI and Machine Learning (ML) are revolutionizing every stage of the drug discovery pipeline—from target identification and compound screening to clinical trial optimization and post-marketing surveillance. The expert speaker, a renowned figure in computational drug discovery, highlighted the evolution of AI tools such as Deep Learning, Neural Networks, and Natural Language Processing (NLP), which are now being used to decode biological data, design new drug molecules, predict drug-target interactions, and reduce attrition rates in drug development. Real-world examples, including the use of AlphaFold for protein structure prediction and AI-driven platforms for virtual screening, were presented to illustrate the speed and precision AI brings to pharmaceutical innovation. Participants explored how AI not only reduces time and cost but also enhances decision-making by analyzing vast datasets generated from omics, electronic health records, and clinical trials. The session was interactive, with live demonstrations of AI software and opportunities to discuss ethical considerations and regulatory implications. The talk was particularly beneficial for pharmacy students, researchers, and faculty aiming to integrate AI into their research or academic pursuits. It fostered a forward-looking mindset, encouraging attendees to embrace AI-driven approaches as part of the future landscape of drug discovery and development.

OUTCOMES

- Participants gained foundational knowledge of AI/ML algorithms and their relevance to modern drug discovery workflows.
- Enhanced understanding of how AI accelerates target identification, hit-to-lead development, and predictive modeling in pharmacological research.
- Exposure to real-time applications and platforms (e.g., DeepMind, AlphaFold, IBM Watson) used in pharmaceutical R&D.
- Improved capacity to interpret AI-generated data and its translational value in clinical trials and regulatory submissions.
- Stimulated interest in interdisciplinary research, encouraging participants to explore AI-driven innovations in pharmaceutical sciences.

Chemistry42
TEAMWORK
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TRAINING SKILLS
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TEAM LEADERSHIP
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EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	INTRA-COLLEGE DEBATE COMPETITION' ON UNIFORM CIVIL CODE (UCC): A STEP TOWARDS EQUALITY OR AN INFRINGEMENT ON RELIGIOUS FREEDOM
DATE	2025-04-16 to 2025-04-16
MODE	OFFLINE
ORGANIZER NAME	CHITKARA LAW SCHOOL
RESOURCE PERSON	PROF. (DR.) AJAY RANGA, PROFESSOR AND DEAN | DR. JASDEEP KAUR, ASSOCIATE PROFESSOR | DR. ANKITA CHAKRABORTY, ASSISTANT PROFESSOR | DR. AKSHIPTIKA RATTAN, ASSISTANT PROFESSOR | DR.ANU VERMA, ASSISTANT PROFESSOR
NO. OF PARTICIPANTS	40
SDG NO	SDG 1: NO POVERTY, SDG 3: GOOD HEALTH AND WELL-BEING, SDG 8: DECENT WORK AND ECONOMIC GROWTH, SDG 10: REDUCED INEQUALITIES, SDG 16: PEACE, JUSTICE AND STRONG INSTITUTIONS

OBJECTIVE

- To promote analytical and logical thinking among students.
- To encourage research-based argumentation on legal and political issues.
- To enhance public speaking, persuasion, and rebuttal skills.
- To create awareness about contemporary socio-political and legal matters.
- To provide a competitive yet healthy platform for student interaction.

DESCRIPTION

Chitkara Law School successfully organized its much-anticipated Intra-College Debate Competition, an intellectually stimulating event designed to nurture critical thinking, public speaking skills, and informed discourse among students. What set the competition apart was its inclusive nature, welcoming participants not only from the Law School but also from the Departments of Economics, Business, and Computer Science Engineering. This interdisciplinary participation underscored a shared passion for debating current legal and political issues in India. A total of ten teams, labeled Team A to Team J, competed in the event.

The proceedings began with an inspiring inaugural address by Prof. (Dr.) Ajay Ranga, Dean of Chitkara Law School. Dr. Ranga motivated students to explore diverse viewpoints and emphasized debate as a tool to craft structured, rational arguments. His words energized the participants and established an intellectual ambiance for the event. The preliminary round commenced with the drawing of chits to assign teams their position—either for or against the motion—and to determine their opponents. Each team was given a total of 10 minutes, split equally between two speakers, along with 4 minutes for rebuttals. This structure enabled teams to clearly articulate their arguments while showcasing their ability to respond quickly and effectively to opposing views. The panel of judges comprised three esteemed faculty members: Dr. Aksiptika Rattan and Dr. Jasdeep Kaur from the Law Department, and Dr. Anu Verma from the Education Department. The judges assessed the performances based on several criteria, including content, clarity, delivery, rebuttal quality, and overall persuasiveness. They also shared motivational insights with the students, highlighting debate as a crucial skill in developing leadership and communication capabilities. Throughout the preliminary rounds, the competition was dynamic and engaging. Students displayed passion and sharpness in argumentation, contributing to a charged atmosphere of intellectual rigor and mutual respect. After a short refreshment break, scores were tallied, and the two highest-scoring teams advanced to the final round. In the final round, chits were again drawn to assign stances. Each team received 20 minutes—10 minutes per speaker—along with 6 minutes for rebuttals. The final debate was intense and thought-provoking, with both teams demonstrating articulate delivery, solid research, and remarkable composure. The judges faced a tough decision in choosing the winners. The event concluded with a prize distribution ceremony. Trophies and certificates were awarded to the winning and runner-up teams, and the Best Speaker title was conferred upon one outstanding participant. All participants received certificates of participation. The event achieved its goal of promoting analytical thinking, confidence, and respectful dialogue, and will remain a standout in Chitkara Law School's academic calendar.

OUTCOMES

- Enhanced Critical Thinking: Students learned to analyze complex issues logically and present well-structured arguments.
- Improved Communication Skills: The event boosted students' public speaking, persuasion, and active listening abilities.
- Exposure to Diverse Perspectives: Interdisciplinary participation encouraged understanding of different viewpoints and fostered open-mindedness.
- Teamwork and Rebuttal Skills: Students practiced effective collaboration, time management, and spontaneous thinking during rebuttals.

Team D

Dr. JASBEER KAUR
DR. ANU VERMA

Dr. JASDEEP KAUR

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	DOSE WORKSHOP
Date	17th April 2025
Time	3:00 PM – 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	130
Resource Person	Mr. Manav Bansal, Dr. Lekha Rani, Ms. Vrinda Sharma

The Chitkara Happiness Centre successfully conducted a transformative three-day workshop on The Chitkara Happiness Centre recently conducted a dynamic and enriching DOSE Workshop for the students of the Computer Science and Engineering (CSE) Department, aimed at promoting emotional well-being and a deeper understanding of happiness as a learnable life skill. The session was led by an enthusiastic and passionate team consisting of Mr. Manav Bansal (Chief Happiness Officer), Dr. Lekha, and Ms. Vrinda, whose vibrant energy and insightful approach created an inspiring atmosphere. At the heart of the workshop was a compelling message: "Happiness is a skill—and like any other skill, it can be learned, practiced, and mastered." Students were introduced to the scientifically grounded DOSE framework, which highlights the four key "happy hormones": Dopamine, Oxytocin, Serotonin, and Endorphins. Through a fun-filled and interactive session that included laughter, games, and dance, students not only enjoyed themselves but also learned practical and accessible techniques to naturally boost these hormones in their daily lives. The facilitators offered simple yet impactful strategies to help students build lasting positivity, emotional resilience, and self-awareness. A major highlight of the workshop was the administration of the PERMA Test, based on Dr. Martin Seligman's well-being model, which allowed students to evaluate their personal happiness levels across five essential pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. This personalized assessment gave students meaningful insights into their current state of well-being and actionable steps for improvement. The workshop successfully blended science with joy, ensuring that participants left with more than just happy memories—they gained lifelong tools for nurturing their mental and emotional health. Widely appreciated for its relevance, warmth, and interactive format.

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Event Name	CSR Activity
Topic	Awareness talks on Anger management
Date	17.04.2025
Venue	OPD area at IMH, Amritsar.
Organizer	Ms. Kanu Mahajan (Assistant Professor)
No. of Participants	04
Under SDG no.	03,04
SDG Details	03 Good health and wellbeing

Objectives

1. To increase awareness about the causes and consequences of unmanaged anger.
2. To help participants identify their own anger triggers.
3. To educate attendees on the distinction between constructive and destructive anger.
4. To provide effective strategies for managing and expressing anger healthily.
5. To promote emotional intelligence and self-regulation techniques.
6. To reduce stigma around seeking help for emotional and mental health issues.

Write up

An Awareness Talk on Anger Management was organized on 17th April'2025 at OPD area of IHM, Amritsar with the aim of educating participants on recognizing, understanding, and managing anger effectively. The session was conducted by students of B.Sc Nursing 6th semester. The talk witnessed active participation from students, faculty, and staff, indicating a growing need to address emotional regulation in today's fast-paced and stressful environment. The session began with a brief introduction to anger as a natural emotion and its potential impact on physical and mental health when not properly addressed. The speaker explained the difference between healthy and unhealthy expressions of anger, the biological and psychological triggers of anger, and the ways in which unregulated anger can harm personal relationships and professional life. The speaker emphasized that while anger is a normal human emotion, the key lies in how one responds to it. Ignoring or suppressing anger can be just as harmful as explosive outbursts. Hence, participants were encouraged to acknowledge their emotions without judgment and to adopt proactive coping mechanisms. Techniques such as deep breathing, counting to ten, physical exercise, and time-outs were discussed as immediate responses to anger-inducing situations. Furthermore, the role of communication in anger management was highlighted. The audience learned about the importance of assertiveness—

expressing one's needs and feelings honestly without being aggressive. Several role-play exercises helped illustrate the difference between passive, aggressive, and assertive communication styles. The session also touched upon long-term strategies for managing anger, such as therapy, journaling, meditation, and maintaining a healthy lifestyle through diet, sleep, and regular physical activity. Participants were urged to recognize the signs of chronic anger and to seek professional help when needed Interactive segments such as real-life case studies, self-assessment exercises, and group discussions helped participants connect the content with their own experiences. Various anger management techniques were also shared, including mindfulness, relaxation exercises, cognitive restructuring, assertive communication, and journaling.

Conclusion

The awareness talk on anger management was highly informative and impactful. It not only enlightened the participants about the significance of understanding and channeling anger but also empowered them with tools to handle emotions in a balanced and healthy manner. Such initiatives are essential in promoting mental well-being and creating a positive community environment.

Outcome

1. Participants gained a clear understanding of their anger triggers and reactions.
2. There was increased awareness about the importance of emotional regulation.
3. Attendees reported feeling more confident in managing stressful situations calmly.
4. Many expressed interests in further workshops or one-on-one counselling.
5. The session created an open environment for discussing mental health.
6. Practical anger management tools were learned and practiced by participants.

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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS HORMONES
Date	18th April, 2025
Time	2:00 PM to 3:00 PM
Venue	Turing Block Lh-103, Lh-112
Number of Attendees	117
Resource Person	Ms. Vrinda Sharma, Dr. Lekha Rani

The Chitkara Happiness Centre recently organized a highly engaging and impactful DOSE Workshop for the students of the Computer Science and Engineering (CSE) Department, designed to promote emotional well-being, positivity, and self-awareness. Led by an enthusiastic and compassionate team comprising Mr. Manav Bansal, Dr. Lekha, and Ms. Vrinda, the workshop emphasized the empowering idea that "Happiness is a skill that can be learned, practiced, and mastered." Centered around the DOSE framework—which represents the four key happiness hormones: Dopamine, Oxytocin, Serotonin, and Endorphins—the session introduced students to the science behind happiness and provided practical, easy-to-apply techniques to boost these hormones in daily life. The workshop created a vibrant and joyful environment through a creative mix of laughter, games, and dance, making learning fun, interactive, and memorable. A significant highlight of the session was the PERMA Test, based on Dr. Martin Seligman's model of well-being, which allowed students to assess their personal levels of happiness across five crucial pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. The personalized results offered students valuable insights into their emotional landscape and actionable steps for personal growth and greater well-being. The workshop had a deep and lasting impact, encouraging students to embrace a positive mindset, build emotional resilience, and take charge of their own happiness journey. It successfully merged scientific knowledge with joyful activities, empowering students with tools and strategies to navigate life with more confidence and optimism. Overall, the DOSE Workshop was a resounding success, widely appreciated for its relevance, warmth, and effectiveness.

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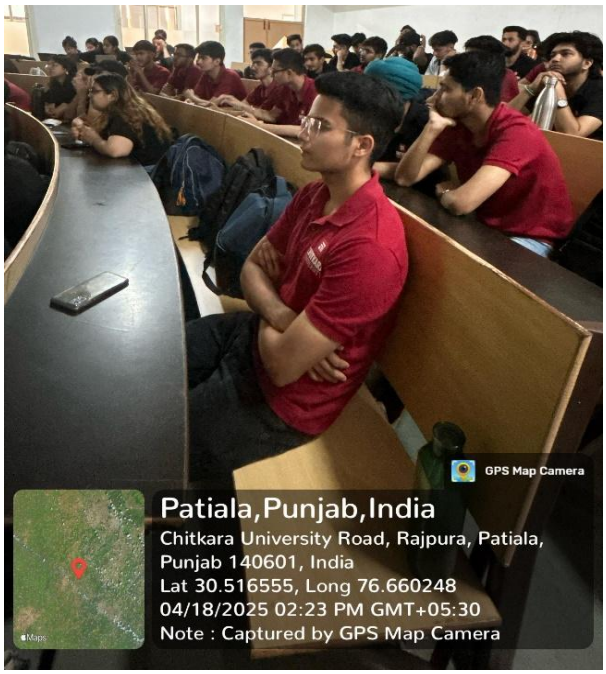
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DOPAMINE

Detail of the Event/Session	
Date of the Event/Session	19th April 2025
Name of the Event/Session	Creche - Training for support staff
Resource Person	Ms. Kanika Sharma & Ms. Monika Kumari
Organized By	Office of Administration
Trainee Team/Count	5
SDG Covered	3,8,17

Objective

The Office of Administration organized a training session for the support staff of *Dew Drops Creche* to enhance the quality of childcare and strengthen their professional skills. The session aimed to provide essential knowledge and hands-on experience to improve the staff's ability to care for children effectively.

Role of Creche Support Staff:

The support staff at *Dew Drops Creche* play a vital role in ensuring the well-being and development of the children. Their daily responsibilities include:

- Providing attentive and patient care to the children.
- Maintaining cleanliness and upholding high hygiene standards to ensure a safe environment.
- Supervising children to promote their security and comfort.

Beyond basic care, the staff actively engage children in various educational and recreational activities. These initiatives support the children's physical, emotional, and social development while keeping them engaged and happy throughout the day.

Impact of the Training Session:

The training equipped the staff with practical skills and updated best practices in childcare.

By reinforcing key concepts in hygiene, safety, and child development, the session enhanced their ability to create a nurturing and stimulating environment.

Conclusion

The dedication and hard work of the *Dew Drops Creche* support staff have been instrumental in fostering a safe, welcoming, and growth-oriented space for the children. Their efforts in maintaining cleanliness, ensuring safety, and facilitating developmental activities contribute significantly to the smooth functioning of the creche. This training session further empowered them with the necessary skills to deliver high-quality care in their daily responsibilities.

CRECHE TRAINING
FOR SUPPORT STAFF

Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on Medication Adherence in Psychiatric Illness
Date	19.04.2025
Mode	Offline
Venue	OPD, Institute of Mental Health (Government Mental Hospital), Amritsar, Punjab
Organizer Name	Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	07
Number of impacted people	16
SDG No.	SDG3: Good Health and Wellbeing SDG 4: Quality Education SDG10: Reducing Inequalities

Objectives

1. To increase Understanding of Psychiatric Illnesses and their treatment
2. To highlight the consequences of non-adherence
3. To address stigma and misconceptions about Psychiatric medication
4. To challenge myths and reduce stigma surrounding mental health treatment and medication, encouraging open discussion and acceptance.

Description

Medication adherence is a critical component in the successful management of psychiatric illnesses. This awareness talk aims to educate participants about the importance of taking psychiatric medications as prescribed, the risks associated with non-adherence, and strategies to overcome common challenges. Psychiatric disorders such as depression, schizophrenia, bipolar disorder, and anxiety often require long-term medication to maintain stability and prevent relapse. However, due to stigma, side effects, and lack of awareness, many patients struggle with adherence, leading to worsening symptoms and frequent hospitalizations.

To empower patients and caregivers for medication adherence awareness talk was organized on "Medication adherence in psychiatric illness" by Department of Nursing, CSHS, Chitkara University, Punjab. Students of B.Sc. Nursing 6th semester provided awareness talk with help of role play and psychoeducation to create an insight among the patients came in OPD of Institute of Mental Health (Government Mental Hospital), Amritsar, Punjab. This talk is designed for patients, caregivers, and community members who play a vital role in promoting mental health and well-being. Together, we can bridge the gap between treatment and recovery through better understanding and consistent medication adherence.

Through this session, participants gained a clear understanding of how psychiatric medications work and why consistent use is essential for recovery and quality of life. The talk also addressed myths and misconceptions that contribute to stigma, fostering a more supportive environment for those affected. Practical strategies, including setting reminders, simplifying medication routines, and enhancing communication with healthcare providers, were discussed to empower patients and caregivers. By the end of the session, participants have improved knowledge about psychiatric illnesses and treatments, reduced stigma surrounding psychiatric medication, increased motivation to adhere to prescribed regimens, and the ability to implement practical tools to support adherence.

Students of B.Sc. Nursing 6th sem. providing awareness talk on "Medication Adherence in Psychiatric illness" on 19.04.2025

Patients and their caregivers listening to the awareness talk on "Medication Adherence in Psychiatric illness" on 19.04.2025

Students of B.Sc. Nursing 6th sem.providing awareness talk in OPD of IMH, Amritsar on 19.04.2025

Patients and their caregivers listening to the awareness talk in OPD of IMH, Amritsar on on 19.04.2025

Outcomes

- The Participants will demonstrate a better understanding of psychiatric illnesses, the role of medications, and the importance of adhering to prescribed treatments.
- The Participants will show more positive attitudes toward psychiatric medications and feel more comfortable discussing mental health treatment openly.
- The Patients and caregivers will express greater willingness and commitment to follow medication regimens consistently to support recovery.
- The Participants will be able to identify and implement specific strategies (like using medication reminders or scheduling follow-ups) to improve medication-taking behavior.

Event Name	Medical Laboratory Professional week
Date	21st –26th April 2025
Venue	Pierre Hall, Le Corbusier block, Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Dr. Deepy Zohmangaihi, Additional Professor, PGIMER, Chandigarh 2. Dr. Manish Rai, Director, Blood Bank Center, Chandigarh. 3. Dr. Aashish Kumar, Nanotechnology laboratory, Chitkara School of Pharmacy, Chitkara University, Punjab 4. Dr. Sagar Juneja, Associate Director, CURIN Department, Chitkara University, Punjab
Number of Participants	60
SDG Number	3,4,6,17
Duration	18 hours in Offline mode

Description of the event

The Department of Allied Health Sciences, Chitkara School of Health Sciences, celebrated Medical Laboratory Professionals Week (MLPW) 2025 at Chitkara University from April 21–26 with the theme "Mystery Machine of Diagnostics: Another Case Solved by the Lab." The week spotlighted the critical role of laboratory professionals and the advanced tools they use to decode medical mysteries. The event featured interactive sessions with experts from prestigious institutions like PGIMER and Blood Centre Society. Students participated in prototype demonstrations, field visits to animal houses, nanotechnology and water testing labs, and a "Diagnostic Hunt" that simulated real-life case solving. Talks from distinguished speakers such as Dr. Sagar Juneja, Dr. Deepy Zohmangaihi,

and Dr. Manish Rai offered insight into how automation, artificial intelligence, and advanced machines are shaping the future of diagnostics.

The involvement of industry experts and field visits bridged academic learning with real-world applications, inspiring students to think creatively and adopt innovative approaches in healthcare.

Event Name	World Earth Day – Tree Plantation Drive
Date	22 April, 2025
Venue	Rockefeller Block, Chitkara University, Punjab
Department	Chitkara University School of Maritime Studies
Number of Participants	20
SDGs Covered	3, 13
Duration	1 hour

About the Activity

A Tree Plantation Drive was conducted on April 22, 2024, to commemorate World Earth Day at Chitkara University School of Maritime Studies. The event was organized as part of the Earth Day celebrations, emphasizing the importance of afforestation and ecological balance. Cadets actively participated in planting trees around the campus premises, contributing to a greener and healthier environment. The initiative aimed to instill environmental responsibility and promote sustainable practices among future maritime professionals.

Objectives

- **Promoting Green Practices**: To encourage students to adopt environmentally responsible behaviours through hands-on action.
- **Ecological Restoration**: To contribute to ecological well-being by increasing green cover.
- **Environmental Education**: To raise awareness among cadets about the long-term benefits of tree plantation and its role in climate resilience.
- **Earth Day Celebration**: To celebrate Earth Day with a practical, impactful activity aligned with environmental conservation.
- **Community Involvement**: To foster teamwork and shared responsibility for protecting natural resources.

Key Highlights

- **Active Participation**: Cadets of the School of Maritime Studies participated enthusiastically, showing commitment to the cause.
- **Hands-on Learning**: The activity provided practical learning experience on planting techniques and tree care.
- **Environmental Message**: The drive served as a symbolic and practical message of the importance of nature conservation.

Conclusion

- **Sustainability Promoted**: The tree plantation drive contributed to environmental restoration and promoted sustainable practices on campus.
- **Student Engagement**: Cadets were engaged in meaningful action that fostered a deeper connection with nature.
- **Long-Term Impact**: The initiative is expected to have lasting ecological benefits and serve as a reminder of the collective responsibility toward Earth.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	SCIENCE OF HAPPINESS
Date	22nd April 2025
Time	2:00 PM to 4:00 PM
Venue	Turing Hall, Lh-212
Number of Attendees	132
Resource Person	Dr. Lekha Rani, Ms. Vrinda Sharma

The Chitkara Happiness Centre recently hosted an enlightening and interactive "Science of Happiness" workshop for students of the Computer Science and Engineering (CSE) Department. Led by - Dr. Lekha Rani, and Ms. Vrinda Sharma—the session delved into the scientific foundations of well-being, emphasizing that happiness is not merely a fleeting emotion but a skill that can be learned, practiced, and mastered. At the heart of the workshop was the DOSE framework, representing the four major "happy hormones": Dopamine, Oxytocin, Serotonin, and Endorphins. Through engaging activities like laughter exercises, energizing games, and expressive dance, students learned how these hormones influence mood and how to naturally boost them in daily life. The facilitators shared practical, research-backed strategies to help students take control of their mental and emotional well-being, reinforcing the idea that happiness stems from intentional choices and habits. A standout element of the workshop was the administration of the PERMA Test, grounded in Dr. Martin Seligman's positive psychology model, which allowed participants to assess their well-being across five key pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. This personalized evaluation provided students with clear insights and actionable steps to enhance their quality of life. The overall ambiance of the workshop was both joyful and reflective, successfully blending science with experience. Students left the session feeling not only uplifted but also equipped with a deeper understanding of what truly drives lasting happiness. The Science of Happiness workshop was a powerful initiative in nurturing emotional resilience and positive mental health within the academic environment, leaving a lasting impact on every participant.

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Title: First Aid & CPR Certification Program – Skill Enhancement Workshop		
1	**Type of Activity**	Workshop
2	**PROGRAM THEME (KEYWORDS)**	R&D and Innovation
3	**LINK (Pre Link)**	Pre Link
	LINK (Post Link)	Post Link
4	**Program Type**	level 3
	Nomenclature	Workshop
5	Description	
	The First Aid & CPR Certification Program – Skill Enhancement Workshop was organized with the objective of equipping participants with essential life-saving skills and enhancing their readiness to respond effectively during emergencies. The workshop focused on practical training and real-life applications of First Aid and CPR techniques. Participants were trained in a variety of emergency response procedures, including Cardiopulmonary Resuscitation (CPR), choking management, handling fractures, burns, bleeding, strokes, snake bites, and other critical situations.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	
	The First Aid & CPR Certification Program aligns with the objectives of the Institution's Innovation Council (IIC) by fostering skill development and enhancing emergency preparedness, crucial for student welfare and community safety. The workshop promotes practical learning, which is a key component of IIC's vision to bridge the gap between theoretical knowledge and real-world applications. By equipping participants with life-saving skills like CPR, choking management, and handling critical medical situations, the program emphasizes innovation in learning methodologies, including scenario-based simulations and hands-on training. This initiative not only strengthens technical and practical competencies but also contributes to social responsibility and community well-being.	
7	Start and End date of the event: 22/04/2025 to 25/04/2025	
8	Mention minimum number of students (Event): 106	
9	Mention minimum number faculty (Event): 13	

10	Objective of the event in 3 words (90 Characters) only:	
	• To equip participants with essential First Aid and CPR skills for responding to medical emergencies effectively. • To develop hands-on competence in handling fractures, burns, strokes, snake bites, and other critical situations. • To build confidence through role plays, expert demonstrations, and real-life emergency simulations. • To promote quick decision-making and teamwork in crisis situations. • To certify participants as competent first responders capable of saving lives during emergencies.	
11	Benefit of the activity in 5 words (120 Characters) only:	
	• Participants successfully acquired essential First Aid and CPR skills through hands-on training and simulations. • Attendees demonstrated confidence in managing fractures, burns, strokes, choking, and snake bites during practice sessions. • Participants developed critical decision-making and teamwork abilities for real-life emergency situations.	
12	**Video URL**	
13	PHOTOGRAPHS	

Name of Department:	Department of Civil Engineering
Name of Organiser with Mail ID & Contact Number:	Dr. Akhilesh Kumar & Mr. Akhil Shetty
Resource Person Details:	
Name:	
Designation:	
Organization:	
Mail ID:	

Event Name: -	World Earth Day
Venue: -	T20 Cricket Ground
Date: -	22nd April, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 13-Climate Action, 15-Life on Land and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Saplings: -	78
Duration: -	One Day

“When roots touch the earth, hope grows green."

On 22nd April, 2025, as the sun rose over Chitkara University, Punjab, the National Service Scheme led an uprising in green. Marking World Earth Day under the theme “Our Power, Our Planet,” a Tree Plantation Drive unfolded like a quiet anthem for the Earth.

Col. (Dr.) Rakesh Sharma, Registrar; Dr. KK Mishra, Pro Vice Chancellor, IQAC and Dr. Jaiteg Singh, Pro Vice Chancellor, CUIET stood together, rooted in vision.

Deans, directors, and faculty members joined the green chorus, their hands echoing a promise the planet has long waited to hear. These weren’t just trees taking root. They were silent declarations, written in the language of leaves and light, of a tomorrow fiercely protected.

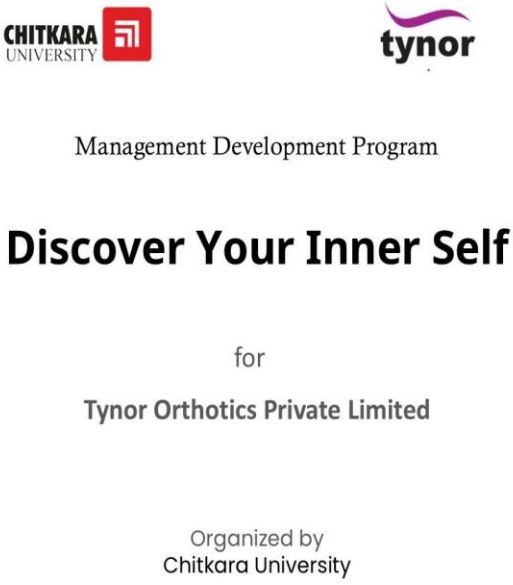
CHITKARA UNIVERSITY
National Service Scheme
Organises
Tree Plantation Drive
On
World Earth Day
"Our Power, Our Planet"
22nd April 2025

CHITKARA UNIVERSITY
National Service Scheme
Organises
Tree Plantation Drive
On
World Earth Day
"Our Power, Our Planet"
22nd April 2025

EVENT DETAILS	
EVENT TYPE	CORPORATE TRAINING
TOPIC	DISCOVER YOUR INNER SELF
DATE	2025-04-23 to 2025-04-23
MODE	OFFLINE
VENUE	CONFERENCE HALL (TYNOR ORTHOTICS PVT. LTD., SECTOR 82, MOHALI, PUNJAB)
ORGANIZER NAME	VIMAL SHARMA, CHITKARA UNIVERSITY, PUNJAB
RESOURCE PERSON	MR. NARINDER GARCHA, DEAN
NO. OF PARTICIPANTS	8
SDG NO	3, 4, 8

OBJECTIVE

- Inspire participants to reflect deeply on their personal strengths and areas for growth.
- Enhance emotional intelligence for better personal and professional decision-making.
- Cultivate mindfulness practices to manage stress and improve overall well-being.
- Empower individuals to align their inner values with career and life goals.
- Encourage self-leadership through clarity, confidence, and conscious action.



DESCRIPTION

Discover Your Inner Self professional training program was conducted by Chitkara University on April 23, 2025, at Conference Hall, Tynor, Mohali. The session was facilitated by Mr. Narinder Garcha. Discover Your Inner Self is a transformative journey designed to help participants reconnect with their beliefs and develop greater emotional clarity while keeping self-awareness in sharp focus.

Through guided reflection and interactive exercises, this program fosters personal growth and inner alignment. To have a better understanding of one's own real self this program was curated by hashtag # Chitkara university for one of the leading orthotic care organisations Tynor. The training highlighted key points such as understanding the layers of identity, personal SWOT analysis managing internal conflicts, building resilience, and strengthening personal values alignment. Participants benefited by gaining clarity about their core motivations, recognizing limiting beliefs, and learning practical strategies to stay cantered amidst external pressures. The focus on inner discovery not only addresses personal growth but also sets the foundation for greater organizational contribution, adaptability to change, and proactive problem-solving. By promoting emotional intelligence, mental well-being, and self-leadership, the program supports holistic health and lifelong learning. Encourages participants to focus on mental wellness and fosters skill development and self-awareness and innovation through idea exchange and knowledge sharing.

OUTCOMES

- Improved self-awareness and emotional resilience.
- Enhanced ability to manage stress and internal conflicts.
- Greater alignment between personal values and career goals.
- Strengthening leadership skills through conscious self-leadership.
- Increased confidence and clarity in decision-making processes.

CERTIFICATE
OF PARTICIPATION

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	WORLD BOOK DAY (Meri Kahani, Mera Kirdar)
Date	23rd April 2025
Time	10:00 AM to 1:00 PM
Venue	Martin Luthur Hall
Number of Attendees	112
Resource Person	Dr. Sangeeta Pant, Happiness Team

The Chitkara Happiness Centre celebrated World Book Day with great enthusiasm and purpose, highlighting the transformative power of books in shaping young minds and promoting lifelong learning. The celebration featured an inspiring session by Dr. Sangeeta Pant titled "Your Way to Read, Lead, and Represent," where she emphasized the profound impact of reading on personal growth, knowledge enhancement, and creativity. Dr. Pant shared insightful and practical tips on cultivating a consistent reading habit, such as dedicating regular time to reading and exploring various genres to broaden one's perspective. She also underlined the role of reading in improving vocabulary, critical thinking, and communication skills, which are essential tools for both academic and personal success. Additionally, she touched upon the importance of staying informed through newspapers, particularly in relation to books, authors, and literary events, fostering a deeper engagement with the literary world. A powerful highlight of her session was the story of Malala Yousafzai, illustrating how books and education played a pivotal role in her courageous journey and advocacy for girls' education. To further ignite students' imagination and expressive abilities, the Centre organized a storytelling competition titled "Meri Kahani Mera Kirdaar", which offered students a platform to showcase their creativity, confidence, and unique storytelling abilities. The competition was judged by a distinguished panel comprising Mr. Manav Bansal (Chief Happiness Officer), Mr. Kautaq Cheema (Office of University Communication), and Dr. Sangeeta Pant (College of Education), who evaluated the stories based on creativity, expression, and impact. The event not only celebrated literature but also encouraged students to embrace reading as a gateway to leadership and self-expression.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS AND SCIENCE
Date	23rd April 2025
Time	2:00 PM to 4:00 PM
Venue	Turing Hall, Lh-102
Number of Attendees	138
Resource Person	Ms. Lekha, Ms. Vrinda Sharma

The Chitkara Happiness Centre recently conducted a highly impactful Happiness and Science workshop for the students of the Computer Science and Engineering (CSE) Department, offering a vibrant and insightful experience centered around the scientific understanding of happiness. The session, skillfully led by Dr. Lekha and Ms. Vrinda, was designed to help students realize that happiness is not just a fleeting emotion, but a learnable and developable life skill. Emphasizing the relevance of emotional well-being in both academic and personal spheres, the workshop introduced students to the neurochemical basis of happiness through the DOSE framework—representing Dopamine, Oxytocin, Serotonin, and Endorphins. These four "happy hormones" are responsible for motivation, connection, mood stability, and stress relief, and were explained in an engaging, easy-to-grasp manner. To help students understand and apply this knowledge practically, the session included interactive activities such as laughter exercises, joyful games, and energetic dance movements. These elements not only brought a sense of fun to the workshop but also demonstrated how simple, daily actions can naturally trigger these happiness hormones. A major highlight of the event was the PERMA Test, based on Dr. Martin Seligman's positive psychology model, which enabled students to assess their individual well-being across five foundational pillars: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. The test provided personalized insights and actionable feedback, empowering students to make conscious efforts towards enhancing their overall happiness. The Happiness and Science workshop successfully blended scientific knowledge with real-world application, leaving students with a deeper awareness of their mental and emotional health. By the end of the session, participants felt uplifted, informed, and inspired to incorporate intentional practices into their daily lives to nurture sustained happiness and personal growth.

GAME

EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	SPORTSMAINA
DATE	2025-04-24 to 2025-04-24
MODE	OFFLINE
VENUE	CHITKARA UNIVERSITY, RAJPURA(INDIA) (SPORTORIUM, CHITKARA BUSINESS SCHOOL)
ORGANIZER NAME	INTEGRATED PROGRAMME IN MANAGEMENT
NO. OF PARTICIPANTS	82
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 5: GENDER EQUALITY, SDG 10: REDUCED INEQUALITIES

OBJECTIVE

1.) Promote Physical Activity
2.) Foster Teamwork and Sportsmanship
3.) Enhance Social Interaction
4.) Showcase Talent and Skills
5.) Promote Well-being and Stress Relief

DESCRIPTION

Sports mania is an exhilarating sports event that brings together the passion, spirit, and talent of budding athletes from across institutions. Designed to ignite competitive zeal and promote sportsmanship, this dynamic event features a wide range of games. With each match, participants demonstrate teamwork, strategy, and resilience, while spectators witness the thrilling energy of high-stakes competition. Sportsmania isn't just about winning—it's a celebration of discipline, determination, and healthy rivalry. The event also fosters camaraderie among students and encourages a balanced lifestyle through physical activity. From intense finals to moments of shared victory, Sportsmania creates memories that last a lifetime. Whether you're a player, cheerleader, or organizer, every role contributes to the electrifying atmosphere of this grand sporting festival. Join us at Sports mania and experience the spirit of sports like never before!

OUTCOMES

1.) Increased Participation in Physical Activities
2.) Improved Teamwork and Sportsmanship
3.) Enhanced Social Connectivity
4.) Recognition of Talent and Skills
5.) Positive Impact on Well-being

GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.515572, Long 76.657912
04/24/2025 10:27 GMT+05:30
Note : Captured by GPS Map Camera

Chitkara University
CHITKARA UNIVERSITY SPORTS BOARD

Event Name	Yogic Approach to Healthcare
Date	25th April 2025
Venue	Pierre Hall, Le Corbusier Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Mr. Pradeep Kumar (Yoga Professional) Mr. Mohit Sharma, Assistant Professor, Allied Health Sciences, Chitkara University, Punjab
Number of Participants	106
SDG Number	3,4
Duration	2 hours in Offline mode

Description of Event

The Department of Allied Health Sciences at Chitkara School of Health Sciences, Chitkara University, Punjab, successfully hosted a session titled "Yogic Approach to Healthcare" on 25th April 2025. The session was led by esteemed Yoga professional Pradeep Kumar and focused on the integration of yogic practices into modern healthcare, emphasizing the importance of holistic well-being, mental clarity, and preventive health. Organized in collaboration with the Chitkara Happiness Centre, the initiative aimed to raise awareness about sustainable health practices and aligned with global objectives promoting good health and quality education.

Participants from various healthcare disciplines engaged in practical demonstrations and insightful discussions, exploring how yoga can support lifestyle modifications, stress management, and disease prevention.

The event encouraged attendees to embrace the transformative potential of yoga as a complementary approach to conventional medicine. This session marked an important step towards integrating ancient wellness techniques with scientific healthcare, reflecting Chitkara University's commitment to innovative learning and overall well-being. The positive energy and interactive spirit of the session left participants inspired to adopt yoga as part of a healthier and more harmonious lifestyle, both personally and professionally.

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Explore
Your
Potential

Event Name	SNA Activity
Topic	Role plays on World Malaria Day
Date	25th April, 2025
Venue	CHC Kalomajra, Rajpura
Organizers	Ms. Anu, Associate Professor, Department of Nursing, Department of Nursing, CSHS, Ms. Shalini, Nursing Tutor, Department of Nursing, CSHS Department of Nursing, CSHS.
No. of Participants	06
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objectives

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

On **April 25th, 2025**, in observance of **World Malaria Day**, **B.Sc. Nursing 8th-semester students** conducted a **Role play** at **CHC Kalomajra, Rajpura**. The session aimed to **educate the local community** about **malaria prevention and control strategies**, emphasize the significance of **early diagnosis and treatment**, and encourage **active community participation** in combating malaria to improve public health.

During the talk, students explained **malaria transmission** and the role of **Anopheles mosquitoes** in spreading the disease. They highlighted that malaria is caused by the **Plasmodium parasite**, which enters the human bloodstream through mosquito bites. The community was informed about **common symptoms** such as **high fever, chills, sweating, headache, nausea, and muscle pain**.

To prevent malaria, students stressed the importance of **mosquito control measures** such as **removing stagnant water**, which serves as a breeding ground for mosquitoes. They advised attendees to **regularly clean water containers, cover tanks, and dispose of waste properly** to reduce mosquito populations. Additionally, they recommended **personal protection measures**, including **using insecticide-treated bed nets, wearing full-sleeved clothing, and applying mosquito repellents** to minimize mosquito bites.

A key focus of the session was the **importance of early diagnosis and timely treatment**. Students encouraged community members to **seek medical attention** at the first signs of fever to prevent severe complications such as **cerebral malaria and organ failure**. They emphasized that malaria is **preventable and treatable** with proper awareness and timely intervention.

The session concluded with an interactive discussion where community members asked questions and shared their experiences. The attendees pledged to follow **preventive measures** and spread awareness among their families and neighbours. The event successfully strengthened the community's **commitment to malaria prevention**, promoting a healthier and safer environment.

Students playing role play act on "World Malaria Day" on 25th April, 2025

Students Giving Awareness on World Malaria Day on 25th April, 2025

Malaria prevention takes center stage as students perform role-play on world Malaria Day 2025

Student unite to fight malaria on world Malaria Day, April 25, 2025.

Group Photograph of Students act out Malaria awareness on World Malaria Day on 25th April, 2025

Group Photograph of Students act out Malaria awareness on World Malaria Day on 25th April, 2025- prevention is Key.

Outcomes

- The local community gained valuable knowledge about malaria prevention, including the use of mosquito nets and the elimination of stagnant water.
- Participants were encouraged to adopt healthier practices, such as wearing protective clothing and using mosquito repellents.
- The awareness talks motivated individuals to seek timely medical care at the first signs of malaria symptoms.
- Community members committed to actively engaging in malaria prevention efforts to reduce the spread of disease in their area.
- Improved knowledge and practices among communities, especially in high-risk areas.

Event Name: -	Blood Donation Camp
Venue: -	Explore Stars Hall
Date: -	25th April, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 17-Partnerships for the goals and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Donors: -	54
Duration: -	One Day

"Every drop of blood is a pulse of humanity."

On **25 April 2025**, under the organization of the **National Service Scheme**, a **Blood Donation Camp** was held at **Chitkara University, Punjab**, in association with **Rajindra Hospital, Patiala**. The initiative was supported by the collective efforts of the **Chitkara College of Pharmacy**, **Chitkara School of Planning and Architecture (Interior Design)**, and **Chitkara School of Mass Communication**.

The day began with preparation. Registration desks, medical stations, and volunteer lines were arranged with precision. As morning settled into its rhythm, the space filled with steady movement, students arrived, faculty stepped forward, and support staff joined in without hesitation.

Each donor moved through the process with calm focus. The atmosphere remained organized and attentive throughout. From form filling to medical screening and the final donation, every stage was handled with care. Medical personnel from Rajindra Hospital managed procedures with professional consistency, while student volunteers ensured smooth coordination on ground. There were no speeches, no elaborate gestures. Instead, the act of giving stood on its own, direct, composed, and dignified. Donors came with intention and left with a sense of quiet fulfillment. The event did not require excess language; the presence of people was statement enough. In its structure and spirit, the camp reflected the values that underlie public health initiatives: voluntary action, ethical commitment, and mutual support. The contribution of each individual added to a shared effort that reached beyond campus walls.

Beyond its immediate outcome, the camp acted as a live learning space. It called on academic departments to collaborate across roles, encouraged volunteers to hold responsibility, and

allowed each participant to engage with service beyond theory. It made room for a different kind of education: one shaped by action, timing, and trust.

Events like this reflect the character of Chitkara University. The institution continues to build an environment where civic responsibility is not treated as an addition to academics, but as part of its rhythm. Here, compassion is not occasional, it is practiced, organized, and sustained.

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National Service Scheme
in collaboration with
Chitkara College of Pharmacy
Chitkara School of Planning
& Architecture (Interior Design)
and
Chitkara School of Mass Communication
Organises
BLOOD
AMP

Shree420
"AKELI LADKI KHULI
TIJORI KE JAISI HOTI
HA"
" TU MUJHE NAHIN MAAR
KTI, TU MERI MAA HAI"
TO KUCH HAI...VERNA

EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	SMART YOUTH, SMART SAVINGS: INNOVATIVE APPROACHES IN BUDGET 2025
DATE	2025-04-26 to 2025-04-26
MODE	ONLINE
ORGANIZER NAME	DR. DINESH TANDON
RESOURCE PERSON	BHAWNA ARORA, CHARTED ACCOUNTANT
NO. OF PARTICIPANTS	252
SDG NO	SDG 4: QUALITY EDUCATION, SDG 3: GOOD HEALTH AND WELL-BEING

OBJECTIVE

- Understand key highlights from Budget 2025 related to youth financial empowerment.
- Explore innovative saving and investment strategies.
- Analyze government schemes and incentives for smart financial planning.
- Develop practical training skills for budgeting and wealth creation.
- Promote a culture of financial literacy among young individuals.

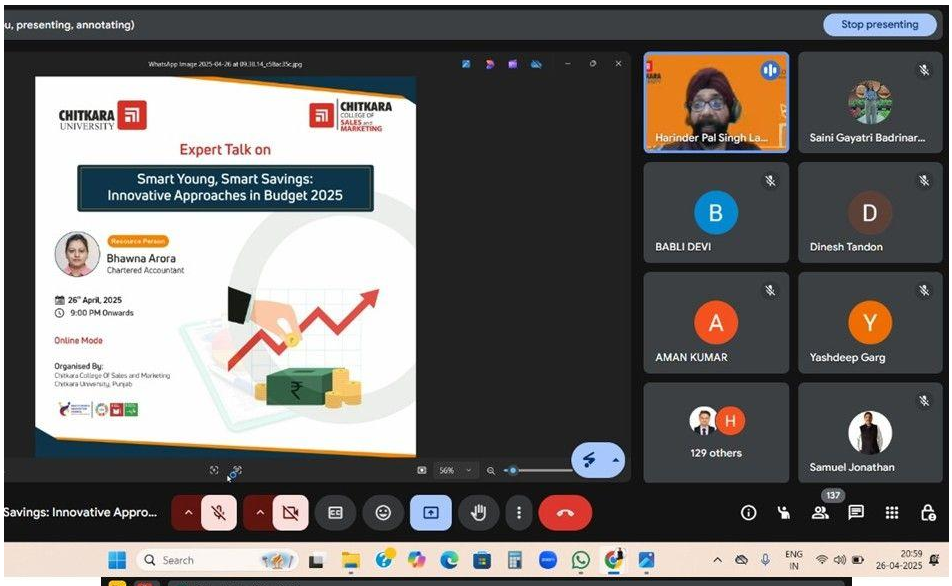
DESCRIPTION

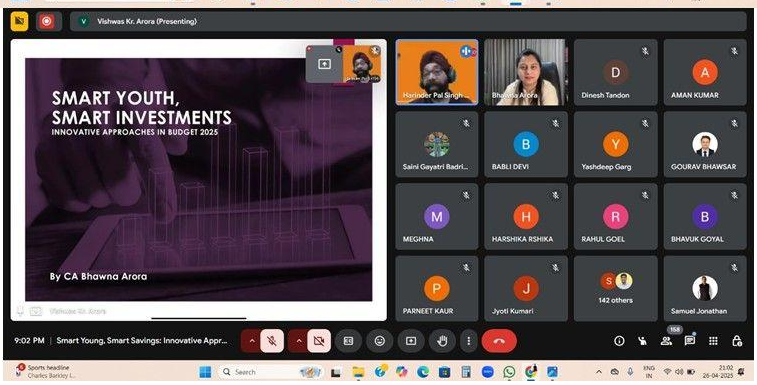
The expert talk on "Smart Youth, Smart Savings: Innovative Approaches in Budget 2025" was a highly engaging session led by CA Bhawna Arora, a seasoned financial expert. The session provided an in-depth understanding of how the latest Union Budget 2025 impacts youth and their financial planning choices. CA Arora began by outlining key highlights from the budget, emphasizing measures aimed at fostering savings, investments, and entrepreneurship among young citizens.

She discussed innovative schemes such as enhanced tax deductions for first-time investors, startup funding support, and incentivized savings plans like updated Sukanya Samriddhi and Public Provident Fund modifications. A major focus of the session was on integrating innovative savings techniques, such as micro-investments through fintech platforms, goal-based financial planning, and budgeting with the aid of digital tools. CA Arora also illustrated the power of compounding and early investments with practical examples to inspire attendees to start financial planning at a young age. Interactive discussions and Q&A sessions allowed participants to voice their queries regarding practical aspects of saving, investing, and tax optimization. CA Arora also highlighted the importance of cultivating financial discipline and using technology wisely to track expenses, set savings goals, and automate investments. The session concluded by encouraging attendees to embrace a future-ready mindset, utilizing government initiatives and smart tools to achieve financial independence. Practical takeaways included steps for budgeting effectively, choosing the right saving instruments, and understanding tax advantages to maximize personal wealth.

OUTCOMES

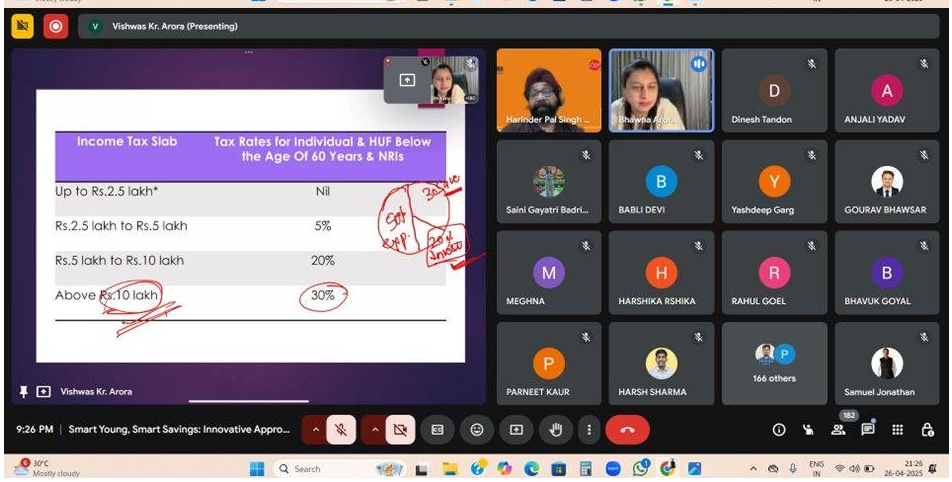
- Enhanced financial literacy among youth promoting informed saving and spending decisions for future stability.
- Awareness of Budget 2025's encouraging proactive financial planning and goal setting.
- Encourage adoption of financial literacy practices to foster informed youth communities
- Demonstrate budgeting techniques and wealth creation skills through practical application.


Stop presenting
CHITKARA UNIVERSITY
CHITKARA COLLEGE OF SALES and MARKETING
Expert Talk on
Smart Young, Smart Savings: Innovative Approaches in Budget 2025
Resource Person
Bhawna Arora
Chartered Accountant
26th April, 2025
9:00 PM Onwards
Online Mode
Organised By:
Chitkara College Of Sales and Marketing
Chitkara University, Punjab
Harinder Pal Singh La...
Saini Gayatri Badrinar...
BABLI DEVI
Dinesh Tandon
AMAN KUMAR
Yashdeep Garg
129 others
Samuel Jonathan
Savings: Innovative Appro...


Vishwas Kr. Arora (Presenting)
SMART YOUTH, SMART INVESTMENTS
INNOVATIVE APPROACHES IN BUDGET 2025
By CA Bhawna Arora
Harinder Pal Singh...
Bhawna Arora
Dinesh Tandon
AMAN KUMAR
Saini Gayatri Badri...
BABLI DEVI
Yashdeep Garg
GOURAV BHAWSAR
MEGHNA
HARSHIKA RSHIKA
RAHUL GOEL
BHAVUK GOYAL
PARNEET KAUR
Jyoti Kumari
142 others
Samuel Jonathan
9:02 PM | Smart Young, Smart Savings: Innovative Appr...

WHAT DO YOU DO WITH YOUR MONEY
INCOME

Vishwas Kr. Arora (Presenting)
Key Highlights of Union Budget 2025
- New Income Tax Bill replacing 1961 Act (simplified by 60%)
- New tax slab rates starting at ₹4,00,000
- Rebate u/s 87A up to ₹12,00,000 income
- Rationalised TDS/TCS for ease
- Updated ITR-U time limit: 4 years
- Corporate tax: Amendments in capital gains, transfer pricing, international taxation
Harinder Pal Singh ...
Bhawna Arora
Dinesh Tandon
AMAN KUMAR
Saini Gayatri Badri...
BABLI DEVI
Yashdeep Garg
GOURAV BHAWSAR
MEGHNA
HARSHIKA RSHIKA
RAHUL GOEL
BHAVUK GOYAL
PARNEET KAUR
HARSH SHARMA
165 others
Samuel Jonathan
9:12 PM | Smart Young, Smart Savings: Innovative Appro...


Vishwas Kr. Arora (Presenting)
Income Tax Slab
Tax Rates for Individual & HUF Below the Age Of 60 Years & NRIs
Up to Rs.2.5 lakh*
Nil
Rs.2.5 lakh to Rs.5 lakh
5%
Rs.5 lakh to Rs.10 lakh
20%
Above Rs.10 lakh
30%
Vishwas Kr. Arora
Harinder Pal Singh ...
Bhawna Arora
Dinesh Tandon
ANJALI YADAV
Saini Gayatri Badri...
BABLI DEVI
Yashdeep Garg
GOURAV BHAWSAR
MEGHNA
HARSHIKA RSHIKA
RAHUL GOEL
BHAVUK GOYAL
PARNEET KAUR
HARSH SHARMA
166 others
Samuel Jonathan
9:26 PM | Smart Young, Smart Savings: Innovative Appro...

Support for First-Time Entrepreneurs
- SCHEME FOR 5 LAKH WOMEN SC/ST ENTREPRENEURS
- TERM LOANS UP TO ₹2 CR FOR NEXT 5 YEARS
9:21 PM | Smart Young, Smart Savings: Innovative Appro...

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	26th April 2025
Time	1:00 PM to 2:00 PM
Venue	PKR Jain Vatika School Nasirpur, Hisar Road, Ambala, Haryana 134003
Number of Attendees	114
Resource Person	Mr. Manav Bansal

As part of its mission to spread joy and emotional well-being beyond the campus, the Chitkara Happiness Centre conducted a heartwarming and impactful outreach session titled “DOSE of Happiness” at P.K.R. Jain Senior Secondary School for the enthusiastic students of Class 9. This special initiative aimed to instill awareness about mental and emotional wellness through the science of happiness, introducing the students to the concept of DOSE—an acronym representing the four key happiness hormones: Dopamine, Oxytocin, Serotonin, and Endorphins. The session began with an engaging icebreaker activity that simplified the science behind these hormones in a fun, relatable, and memorable way, setting a vibrant tone for the rest of the workshop. Through a rich blend of storytelling, gratitude exercises, dance, karaoke, and shared laughter, the session brought the essence of happiness to life, encouraging students to recognize and embrace the power of positivity in their everyday lives. Each activity was thoughtfully designed to promote emotional connection, self-expression, and joy, leaving a lasting impact on the young participants. The highlight of the session was the enthusiastic participation and cheerful spirit of the students, who not only embraced the activities with open hearts but also radiated a contagious wave of happiness throughout the room. The session successfully created a safe and joyful space where students could express themselves freely, learn valuable life skills, and understand the importance of emotional health in a holistic and enjoyable manner. This outreach effort stands as a testament to the Chitkara Happiness Centre’s commitment to nurturing emotional well-being, not just within the university but in the wider community as well. The “DOSE of Happiness” session was a delightful and transformative experience, fostering connection, gratitude, and joy among the students, and encouraging them to carry forward the spirit of happiness in their daily lives.

DOSE OF HAPPINESS
DOPAMINE
OXYTOCIN
ENDORPHIN

SEROTONIN

EVENT DETAILS	
EVENT TYPE	HACKATHON
TOPIC	AFFINITY 3.0" THE NATIONAL PHARMA TECH FEST & NATIONAL PHARMA YOUTH FEST 2025
DATE	2025-04-26 to 2025-04-29
MODE	OFFLINE
ORGANIZER NAME	PROF. DR. THAKUR GURJEET SINGH
NO. OF PARTICIPANTS	500
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION

OBJECTIVE

- To foster innovation and creativity among pharmacy students and young researchers through competitive events and exhibitions.
- To provide a national platform for showcasing groundbreaking research, start-ups, and product prototypes in pharmaceutical sciences and healthcare technology.
- To encourage interdisciplinary collaboration between academia, industry, and regulatory bodies for real-world problem-solving in healthcare.
- To enhance the professional skills of participants through expert talks, workshops, and hands-on training sessions.
- To recognize and reward excellence in research, innovation, and entrepreneurship among emerging leaders in the pharmaceutical sector.

DESCRIPTION

Chitkara College of Pharmacy, in association with APTI, IPA, and the Punjab State Pharmacy Council, hosted Affinity 3.0: National Pharma Tech & Youth Fest 2025 from April 26–29, under the visionary theme "Pharmavolution: Bridging Innovation, Youth, and Healthcare." The fest served as a national platform for over 500 participants, including students, researchers, and professionals from across India, blending academic rigor, research, innovation, cultural expression, and sports. Highlights included RRR – Read, Research, Resolve, an oral/e-poster session, and Innovator's Arena, which encouraged patentable ideas. Creative events like Frames in Motion, Dye-namic Designs, and Swaad Ka Formula showcased student ingenuity.

Clinical and analytical skills were tested in events such as Ace the Case and Kaun Banega Pharmacist. The fest also featured health camps, sports events (Sport-ify), and cultural showcases like Feel the Beat and The Vocal Arena. Eminent guests including Dr. Gulshan Bansal and Dr. Indu Pal Kaur inspired attendees with insights into pharmacy's evolving landscape. Spearheaded by Dr. Thakur Gurjeet Singh and coordinated by enthusiastic faculty and student teams, Affinity 3.0 fostered interdisciplinary learning, innovation, and leadership. It embodied the mission of Chitkara College of Pharmacy to create future-ready professionals, leaving a lasting impact on all participants.

OUTCOMES

- Enhanced student engagement in research, innovation, and entrepreneurship, leading to a surge in idea submissions with patent potential.
- Improved awareness of industry trends and regulatory frameworks through interaction with experts from academia, industry, and government bodies.
- Skill development in clinical reasoning, scientific communication, and creative expression, as reflected in participation across technical, cultural, and sporting events.
- Increased inter-institutional collaboration, fostering a network of students, researchers, and faculty across India's leading pharmacy colleges.
- Motivation among students to explore non-traditional career paths in pharma startups, public health, and digital healthcare solutions.

Chitkara University
GPS Map Camera
Patiala, Punjab, India
Gm85+873, Punjab 140417, India
Lat 30.515869° Long 76.65806°
26/04/25 10:35 AM GMT +05:30
Google

#milestones
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Dappar, Punjab, India
Gm86+x88, Dappar, Punjab 140506, India
Lat 30.517743° Long 76.660944°
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Google

CHAMP
AFFINITY 3.0
NATIONAL PHARMA TECH FEST AND YOUTH FEST 2025
Pharmavolution: Bridging Innova
Youth and Healthcare
WORTH

NATIONAL PHARMA TECH FEST AND YOUTH FEST 2025
CHITKARA UNIVERSITY

Event detail	
Event Name	Workshop on Personality Development module
Topic	"Essence of a Nurse: Personality with purpose"
Date	28th April-30th April, 2025
Mode	Offline
Venue	GB 303, Galileo block, Chitkara University, Punjab
Organizer Name	Ms. Annu Singhal, Assistant Professor, Ms. Monika Kumari, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab
Resource Persons	Ms. Manu Kohli, Associate Professor, Department of Nursing, CSHS, Chitkara University, Punjab Ms. Kanu Mahajan, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab Ms. Kanika Guleria, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	58
SDG	3-Good health & wellbeing, 4-Quality education,17-Partnership for the goals.

Objectives

1. **Enhance Self-Awareness:** Enable students to understand their strengths, weaknesses, values, and emotions. Promote self-assessment and reflection to guide personal growth.

2. **Develop Communication Skills:** Improve verbal and non-verbal communication. Enhance active listening, empathy, and assertiveness, crucial for patient care.

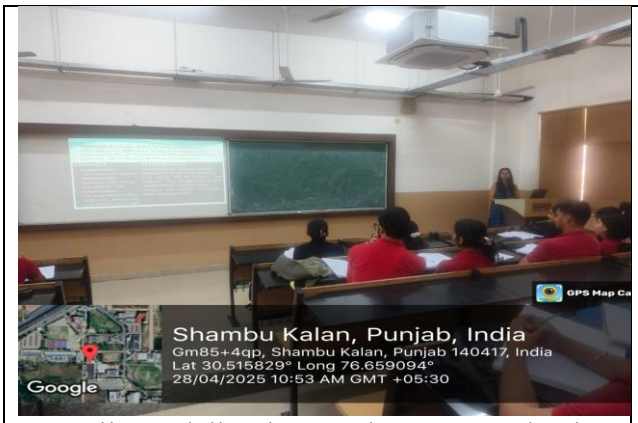
3. **Build Confidence and Positive Self-Image:** Foster self-confidence in academic, clinical, and social settings. Encourage a professional and positive self-presentation.

4. **Improve Interpersonal Skills:** Train students in teamwork, collaboration, and conflict resolution. Prepare students to work effectively in diverse healthcare teams.

5. **Strengthen Leadership and Decision-Making:** Encourage initiative, problem-solving, and ethical decision-making. Cultivate leadership qualities for managing patient care and leading teams.

Description

The workshop on the Personality Development Module for B.Sc. nursing 6th semester students was designed with the primary aim of enhancing the personal and professional competencies essential in the healthcare environment. One of the key objectives was to promote self-awareness among students by encouraging them to explore their strengths, weaknesses, values, and emotional responses. This self-understanding is fundamental in fostering a confident and compassionate nursing practice. The workshop also focused on the development of effective communication skills, both verbal and non-verbal, which are crucial in-patient care, teamwork, and professional interactions. Emphasis was placed on improving interpersonal skills such as active listening, empathy, assertiveness, and collaboration, enabling students to function effectively within multidisciplinary healthcare teams. Additionally, the module aimed to build confidence and a positive self-image, preparing students to face clinical challenges with professionalism and resilience. Leadership and decision-making skills were also addressed, helping students take initiative, solve problems efficiently, and make ethical choices in complex situations. Stress management and time management techniques were introduced to help students cope with academic and clinical pressures, improving their overall efficiency and well-being. Furthermore, the workshop highlighted the importance of professionalism, including values such as punctuality, responsibility, and respect for others, reinforcing the ethical foundation of nursing practice. Lastly, students were guided in setting realistic academic and career goals and were motivated to pursue continuous self-improvement and personal growth. Additionally, the workshop aimed to build **self-confidence and a positive self-image** in students. Confidence plays a crucial role in clinical decision-making and handling challenging situations, and the workshop provided practical strategies to enhance self-esteem and overcome fear or hesitation. The importance of **interpersonal skills** was also underscored, with activities designed to improve collaboration, conflict resolution, and teamwork. Overall, the workshop aimed to prepare nursing students not only as skilled healthcare providers but also as well-rounded, confident, and compassionate individuals.



Ms. Vijyeta delivering session on Introduction to personality development during the "workshop on Personality development module" on 28th April 2025.

Ms. Kanu Mahajan delivered session on Stages and theory of personality development during the "workshop on Personality development module" on 28th April 2025.

Ms. Sonali Katoch delivered session on Stages and theory of personality development during the "workshop on Personality development module" on 28th April 2025.

Ms. Manu Kohli delivering session on personality and career success during the "workshop on Personality development module" on 29th April 2025.

Ms. Nidhi Barthwal delivered session on Assessment of personality development during the "workshop on Personality development module" on 30thApril, 2025

Ms. Nidhi Barthwal delivering session on Assessment of personality development during the "workshop on Personality development module" on 30thApril, 2025

EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	'BREAKING THE CHAINS: UNDERSTANDING AND COMBATING SUBSTANCE ABUSE IN PUNJAB'
DATE	2025-05-02 to 2025-05-02
MODE	OFFLINE
ORGANIZER NAME	CSPC
RESOURCE PERSON	ANUPAM ROHIT, FOUNDER
NO. OF PARTICIPANTS	100
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 17: PARTNERSHIP FOR THE GOALS

OBJECTIVE

Event Objectives:

1. Raise Awareness
2. Educate Participants
3. Explore Interventions
4. Foster Compassionate Approaches
5. Promote Community Engagement

DESCRIPTION

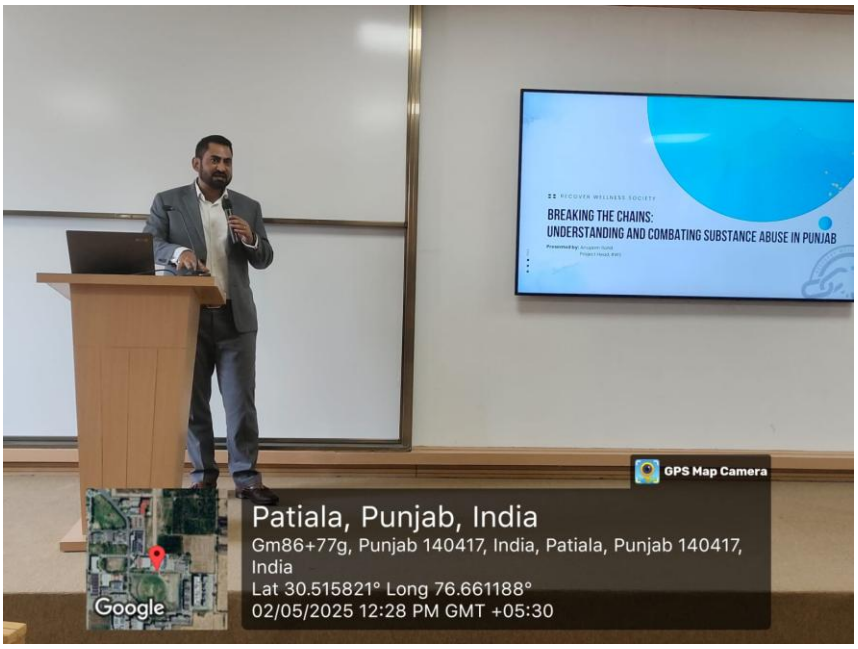
The Chitkara School of Psychology and Counselling, in collaboration with NSS, hosted a crucial seminar titled 'Breaking the Chains: Understanding and Combating Substance Abuse in Punjab'. This insightful session aimed to address the growing concern of substance abuse in Punjab, shedding light on its psychological, social, and environmental causes. The seminar provided attendees with a deeper understanding of the signs, symptoms, and far-reaching consequences of addiction. Experts emphasized how substance abuse impacts not only individuals but also families and communities. They also explored evidence-based interventions and strategies for tackling this complex issue. Students learned about the psychological factors driving addiction, the devastating toll it takes on society, and the importance of compassionate, therapeutic approaches to recovery.

The seminar further emphasized the role of social and environmental influences in perpetuating substance abuse and the necessity for a holistic, empathetic response. Ultimately, the seminar underscored that substance abuse should be viewed not just as a legal issue, but as a disease requiring care, empathy, and sustained intervention. This event concluded successfully, fostering important discussions on how to combat substance abuse in Punjab and promoting awareness of the need for long-term solutions.

OUTCOMES

Event Outcomes:

1. Increased Understanding
2. Enhanced Knowledge of Interventions
3. Shift in Attitude
4. Informed Advocacy
5. Community Mobilization



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Event Name: -	Awareness Session on Drug De Addiction
Venue: -	Maslow Hall, Fleming Block
Date: -	2nd May, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4-Quality Education and NEP: - 1
Resource Person: -	Mr. Anupam Rohit, Founder and President of Recovery Wellness Society
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	130
Duration: -	One Day

"The only person you are destined to become is the person you decide to be."

On **2 May 2025**, the **National Service Scheme** of **Chitkara University, Punjab**, in collaboration with the **Chitkara School of Psychology and Counselling**, held a **Drug De-addiction and Awareness Session** for students. The session addressed a subject often spoken of in fragments—yet lived in full by many.

Mr. Anupam Rohit, Founder and President of **Recovery Wellness Society**, led the session with a presence shaped by lived experience and consistent work in the field of recovery. Having supported over **5,000 individuals** on their path toward healing, his approach was clear, grounded, and free of dramatics. He spoke of substance use not as a distant crisis but as a human reality—one that calls for understanding, responsibility, and structure.

The conversation did not follow a fixed pattern. It moved with the room. Students asked questions without hesitation. They listened with intent. Some brought personal curiosity, others brought concern for peers, but all arrived with the willingness to engage. The room, for that hour, held attention without effort.

There were no statistics projected; no fear-driven messages delivered. Instead, the discussion centered on recognition, self-awareness, and the strength of early response. Mr. Rohit laid out the ecosystem of recovery, peer support, family involvement, professional guidance, and community acceptance. His language was simple, but the weight of his work shaped every word.

This session was not designed as a standalone event. At Chitkara University, it formed part of a long-term framework that encourages students to observe more carefully, speak more openly, and act with informed intent. Awareness here is not limited to information. It is expected to grow into decisions, behaviours, and habits that extend beyond the university years.

Through such spaces, Chitkara continues to foster a campus climate where mental health, recovery, and resilience are treated with care, and where students are encouraged to shape lives with clarity and resolve.

Detail of the Event/Session	
Date of the Event/Session	3rd May 2025
Name of the Event/Session	CPR training for the staff of the Office of Administration
Resource Person	Ms. Anjali & Ms. Seema (Nursing)
Organized By	Office of Administration
Trainee Team/Count	Supporting staff/ Supervisors/74
SDG Covered	3,4

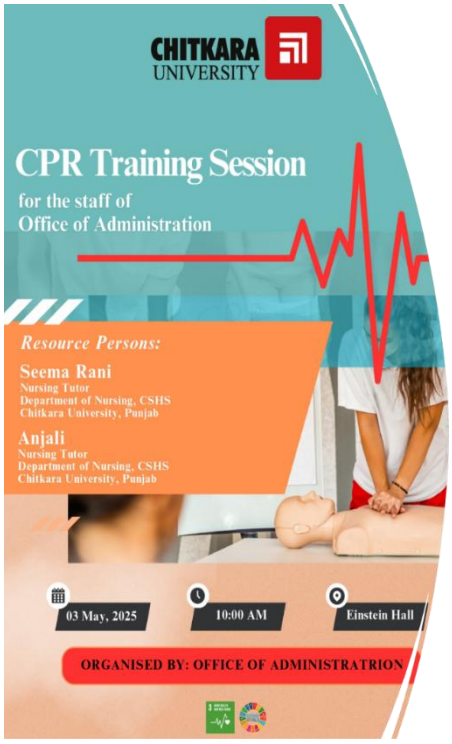
Training Session: Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR)

Objective

A comprehensive training session on Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR) was conducted to equip staff with the necessary knowledge and skills to respond effectively to emergencies involving unconscious individuals.

Key Objectives

- To provide theoretical knowledge and practical skills for handling emergency situations requiring immediate life support
- To train supporting staff in performing effective CPR in accordance with established medical guidelines



Session Overview

The session focused on critical emergency response protocols for unconscious and unresponsive individuals. Key procedures emphasized included:

1. Situation assessment and responsiveness check
2. Immediate call for assistance (alerting nearby personnel or summoning emergency medical services)
3. Initiation of CPR when absence of pulse or breathing is detected

Training Methodology

- **Instructional Video:** Participants viewed a demonstration of proper CPR techniques and protocols
- **Practical Application:** Hands-on training using medical mannequins to practice chest compressions and rescue breathing
- **Knowledge Assessment:** A brief questionnaire administered to evaluate participants' comprehension of BLS principles
- **Supervised Practice:** Active participation by all supporting staff members (both male and female) in performing CPR techniques under professional guidance

Outcome

The session successfully:

- Enhanced participants' awareness of emergency response protocols
- Developed practical competence in life-saving techniques
- Reinforced the importance of prompt and appropriate action during medical crises

Conclusion

This training significantly improved staff preparedness for medical emergencies, ensuring the ability to provide immediate and effective life support when required. Such initiatives are essential for maintaining a safe environment and potentially saving lives in critical situations.

•Cardiac arrest
•BLS
•Algorithms
•AED
•Complications of

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CHITKARA SCHOO

Event Details	
Event Name	Nurse's week video contest
Topic	Empowering Nurses, Strengthening Economy
Date	3rd May, 2025
Mode	Offline
Venue	Galileo Block, Chitkara University, Punjab
Organizer Name	Ms. Shalini, Ms. Priyanka Thakur
No. of Participants	10
Under SDG no.	3,4,
SDG Details	3-Good Health and Well-being 4-Quality Education

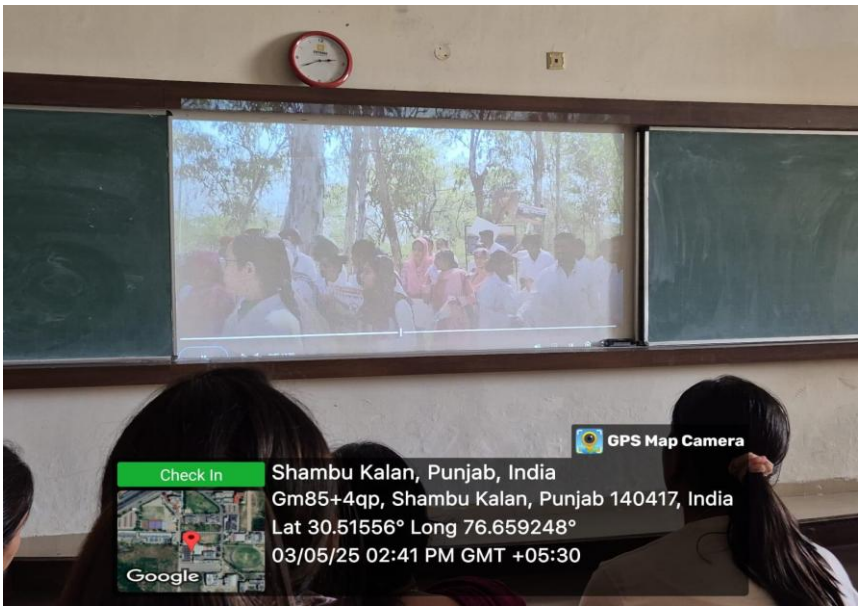
Objective: To highlight the essential role nurse's play in healthcare and national development.

1. To enhance the professional development, leadership, and working conditions of nurses.
2. To recognize their pivotal role in improving healthcare outcomes.
3. Contributing to economic growth and resilience.

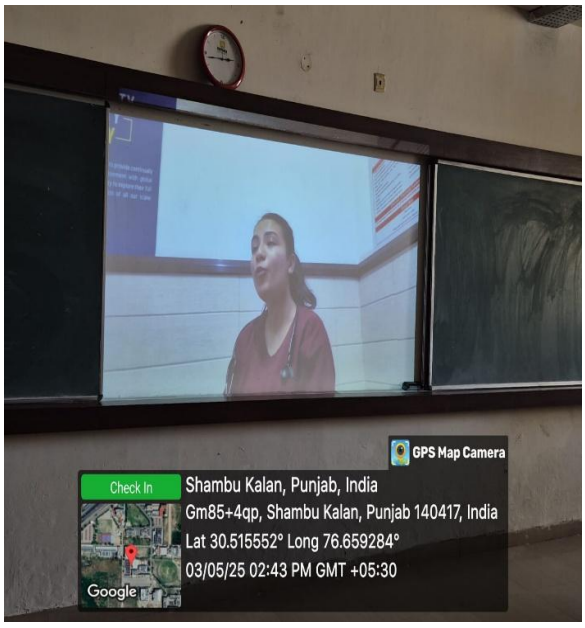
On the occasion of Nurse's week 2025, a video contest was organized on 3rd May 2025, by Ms. Shalini, Ms. Priyanka Thakur, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab. The Video contest aim was to raise awareness about Nurses well-being, impact on healthcare systems, personal stories, community engagement etc. The theme for "Nurse's week 2025" was **"Our Nurses. Our Future. Caring for nurses strengthens economies"**. focusing on Showcasing initiatives that promote mental and physical health among nurses. Highlighting how supporting nurses leads to better patient outcomes and stronger health systems.Featuring narratives from nurses about their experiences and the importance of self-care and support. Demonstrating how communities can support and appreciate the nursing profession. The primary objectives of this video contest was to enhance the professional development, leadership, and working conditions of nurses and to recognize their pivotal role in improving healthcare outcomes.

A total 10 students of various classes i.e. B.Sc. Nursing 2nd,4th,6th,8th, semester were participated. The participants were instructed to make videos that aligned with the given theme and followed the guidelines shared beforehand. The video had to effectively convey messages

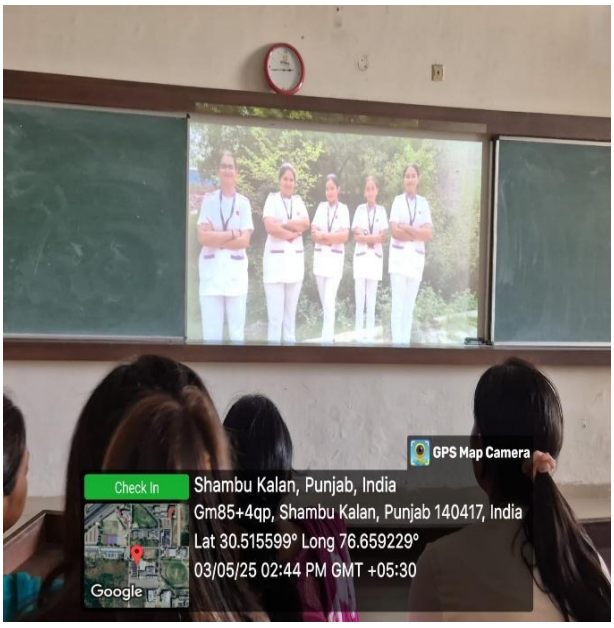
related to nursing week theme. Students were given a time frame of 10 minutes to complete their video presentation. The video contest was held in the Galileo Block, Chitkara University, Punjab where the students showcased their Videos.



"Nurse's week video making contest" on 3rd May 2025

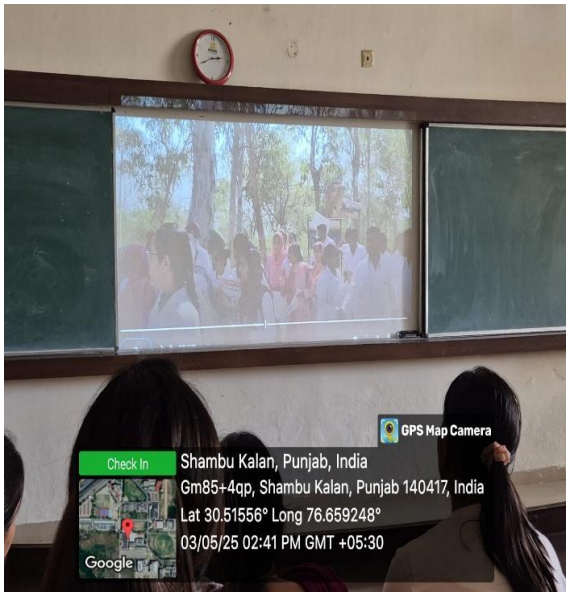


"Nurse's week video making contest" on 3rd May 2025



"Nurse's week video making contest" on 3rd May 2025

"Nurse's week video making contest" on 3rd May 2025



"Nurse's week video making contest" on 3rd May 2025

Outcome

1. The video contest helped the students to explore their hidden talents and discover new areas of interest.
2. The students enjoyed the day enthusiastically while taking part in this video contest.
3. Participants and viewers gained knowledge about highlights of the critical role of nurses in healthcare.
4. The video contest inspired individuals regarding the need for systemic support to ensure a resilient and effective nursing workforce.

Date: 5th May, 2025
Platform: Offline
Time: 2:00 pm-3:30 pm
Venue: Nutrition Lab., GB105, Galileo Block, Chitkara university, Punjab
Organizers: Ms. Annu Singhal (Assistant Professor), Ms. Gagandeep Kaur (Assistant Professor)
Number of participants: 17
SDG No.:3 (Good Health and Well-Being), 4 (Quality Education)

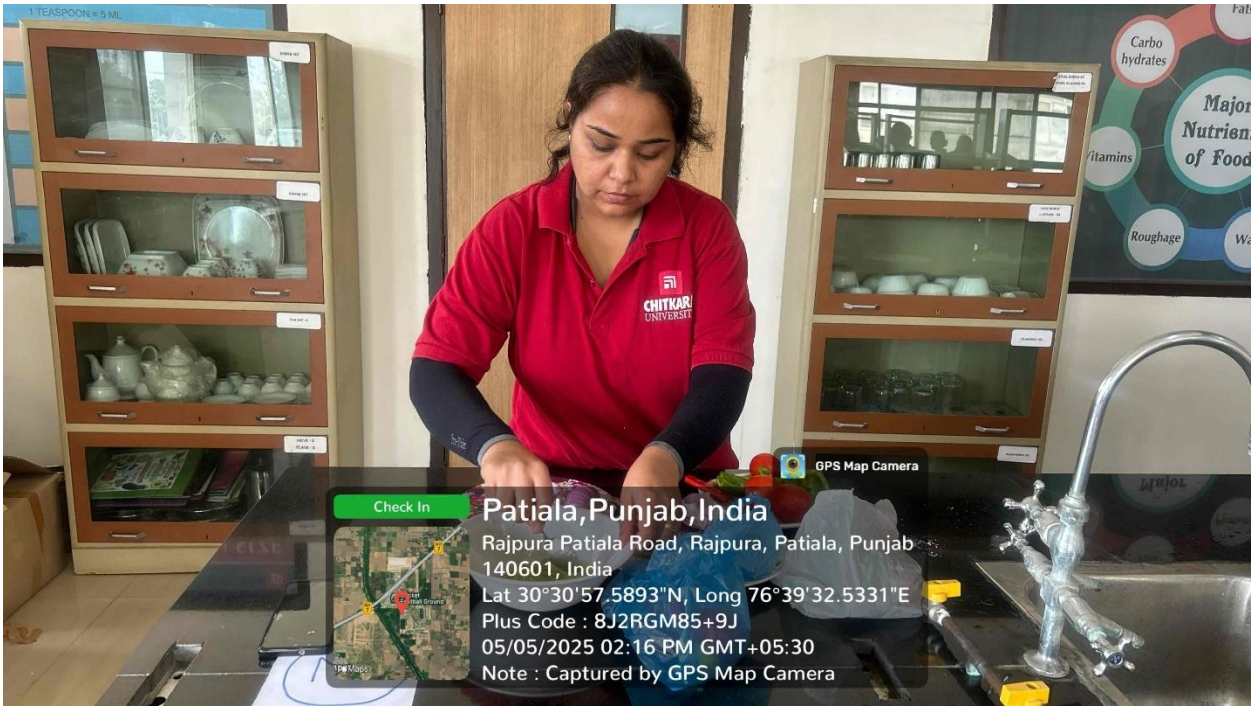
Objectives

1. To raise awareness about the healthy diet.
2. To Promote Physical and Mental Well-being.
3. To Encourage Consistent Healthy Habits.
4. To provide a platform that inspires long-term dietary and lifestyle improvements
5. To Motivate individuals to make healthier food choices on a daily basis.

Ms. Annu Singhal (Assistant Professor) and Ms. Gagandeep Kaur (Assistant Professor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab have organized a Healthy Pursuit contest on 'International Nurses Day' to create awareness about healthy diet. As part of our ongoing commitment to promote healthy living and nutrition awareness **Contest** was organized under the creative and practical theme: **"No Heat, Healthy Treat."** This theme encouraged participants to explore nutritious, delicious, and easy to make food options that require no cooking ideal for busy lifestyles and warm weather. The event covered goal number 3 (Good Health and Well-Being) and 4 (Quality Education) of United Nations Sustainable Developmental Goals. Students from M.Sc. Nursing, B.Sc. Nursing (Basic) and B.Sc. Nursing (Post Basic) participated in the event out of which Ms. Sandeep Kaur and Ms. Gurjot Kaur (M.Sc. Nursing 1st Year) stood First, Ms. Mahima and Mr. Nirdosh Kumar (B.Sc. Nursing 8th Semester) stood Second and Ms. Simranjeet Kaur and Ms. Amandeep Kaur (M.Sc. Nursing 1st Year) stood third. Ms. Divya Thakur, Assistant Professor, and Ms. Vijyeta Bhasin, AssistantProfessor,r were designated as the judge of the event.

Outcome

1. It Increased awareness of healthy eating alternatives
2. It Showcased how simple ingredients can be transformed into nutritious meals
3. It Fostered a sense of fun, innovation and health consciousness within the students.
4. It enhances the nutritional knowledge of the students.
5. It also enhances the Positive Health Improvements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Event Details	
Event Name	Laughter Day Celebration on Nurses Week
Topic	Laughter Day: Real-Life Humour Comic Contest
Date	06-05-2025
Time	11Am onwards
Mode	Offline
Venue	Martin Luther Block, Chitkara University
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor, Department of Nursing, CSHS Ms. Jigyasha Sharma, Assistant Professor, Department of Nursing, CSHS Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	5
Under SDG no.	3,10,17
SDG Details	SDG 3: Good Health and Well-Being, SDG 10: Reduced Inequalities, SDG 17: Partnerships for the Goals

Objectives

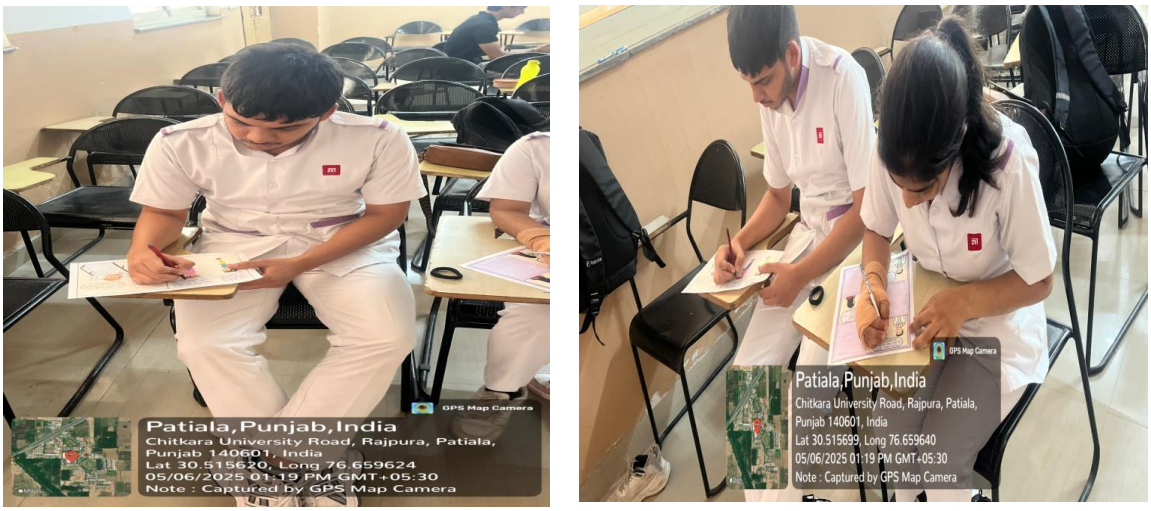
1. To celebrate Nurses Week 2025 by highlighting the importance of humor and joy in nursing.
2. To foster creativity among nursing students through comic storytelling.
3. To provide a stress-relieving platform for nursing students to share and laugh about their real-life experiences.
4. To improve communication and expression through visual storytelling.

The Department of Nursing organized the "Laughter Day: Real-Life Humour Comic Contest" in celebration of Nurses Week 2025. Scheduled for 6th May 2025, this event is designed to infuse humor and joy into the lives of nursing students while simultaneously recognizing their hard work, dedication, and the challenges they face in their daily training. The central theme of the contest is to highlight real-life, humorous situations that nursing students encounter during their training or while interacting with patients and healthcare staff. Students are encouraged to submit comic strips or illustrations that showcase their creativity, wit, and the resilience nurses display in handling various situations. The comic entries should capture the lighter side of nursing, using humor to reflect the ups and downs of the profession, while also maintaining respect for the work and the people involved. The contest also aims to build a sense of community among nursing students. Through the shared experience of humor, students can bond over common challenges and triumphs, strengthening their connections with each other.

It's a great way to bring together the nursing student body and celebrate Nurses Week in a unique and engaging way. In addition to fostering creativity and relieving stress, the "Laughter Day: Real-Life Humour Comic Contest" is a celebration of the nursing profession and the vital role nurses play in healthcare, with a focus on making this Nurses Week both fun and memorable. A total of 05 B.Sc. Nursing students participated in the event, with Ms. Mahima securing the 1st position, Ms. Mehak in 2nd, and Ms. Shivangi in 3rd place.

Outcomes

1. Increased student engagement in Nurses Week activities through participation in the comic contest.
2. Enhanced creativity and artistic expression among nursing students.
3. Stress reduction as students shares and laugh about the humorous aspects of their experiences.
4. Recognition of the importance of humor as a tool for coping with the emotional and physical challenges of the nursing profession.



Sudents making comics for "Laughter Day: Real-Life Humour Comic Contest" on 6th May 2025

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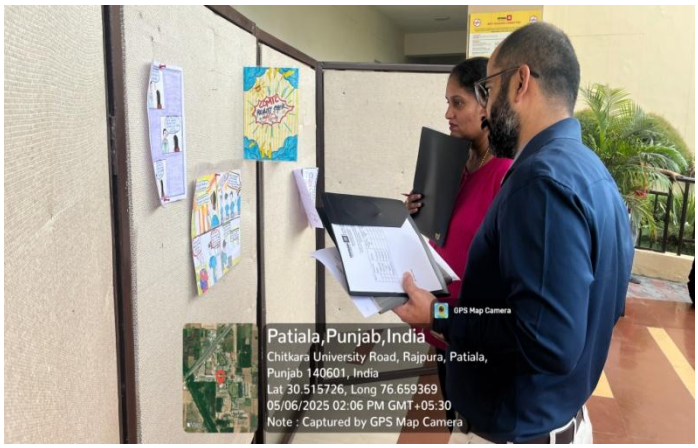
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Event Name	NSS Activity
Topic	Slogan Writing Competition on World Asthma Day
Date	6th May, 2025
Venue	Galileo Block, Chitkara University, Punjab
Organizer	Ms. Preetika & Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	12
No of Impacted Individuals	-
Under SDG no.	3, 4
SDG Details	Good health and wellbeing, Quality Education

Objective

1. To raise awareness among students and the community about asthma, its triggers, and preventive measures.
2. To encourage creativity in expressing health messages through concise and impactful slogans.
3. To engage students in health promotion activities, enhancing their understanding of respiratory health.
4. To foster participation in World Asthma Day initiatives through interactive and educational means.
5. To promote advocacy for better asthma care and management through youth-led communication.

Description

World Asthma Day, celebrated annually on **6th May**, was marked by the NSS Volunteers of B.Sc. Nursing 2nd Semester from the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab through the organization of a Slogan Writing Competition. The event served as a dynamic platform for nursing students to express their creativity and innovation in promoting asthma awareness. The key objective was to encourage students to develop impactful and memorable slogans that effectively communicate vital information about asthma- its causes, common triggers, signs and symptoms, as well as approaches for effective prevention and management.

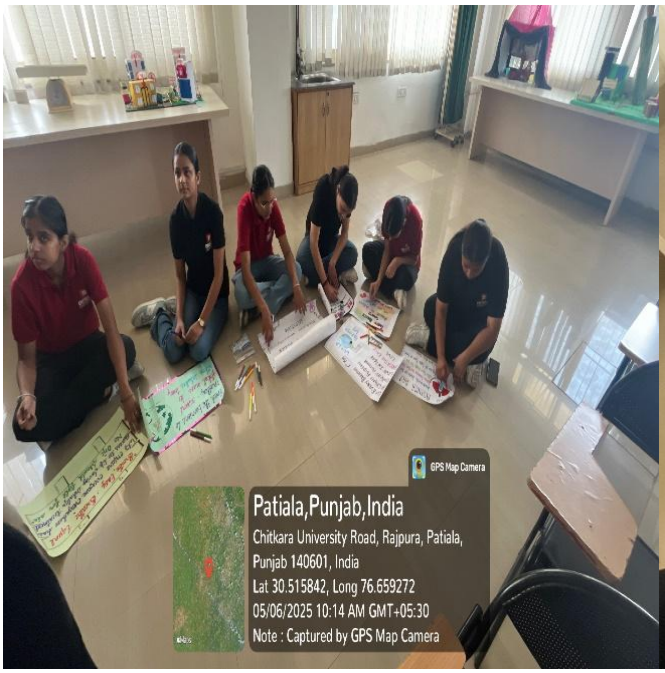
World Asthma Day serves as a global initiative to raise awareness about this chronic respiratory disease that affects millions worldwide. The theme of the event focused on creating awareness about the prevention and management of asthma, improving public understanding of the condition, and promoting support for individuals living with it to lead healthier and more fulfilling lives.

Through this initiative, students were encouraged to reflect on the importance of early diagnosis, medication adherence, lifestyle modifications, and the role of community education in managing asthma. The competition saw enthusiastic participation, with students presenting original slogans that were creative, informative, and impactful.

The activity not only strengthened the students' understanding of asthma but also enhanced their communication and health promotion skills. Events like these reinforce the role of future nurses as health advocates and community educators, bridging the gap between knowledge and awareness in society. Such student-led initiatives are vital in creating a more informed and empathetic community, especially in tackling chronic conditions like asthma.

Outcomes

1. Enhanced knowledge among participants and audience about asthma and its management.
2. Creative dissemination of health messages that can be used in awareness campaigns.
3. Increased student engagement in public health and wellness activities.
4. Development of communication skills in students through health-themed creative writing.
5. Promotion of a supportive environment for people living with asthma through awareness and empathy.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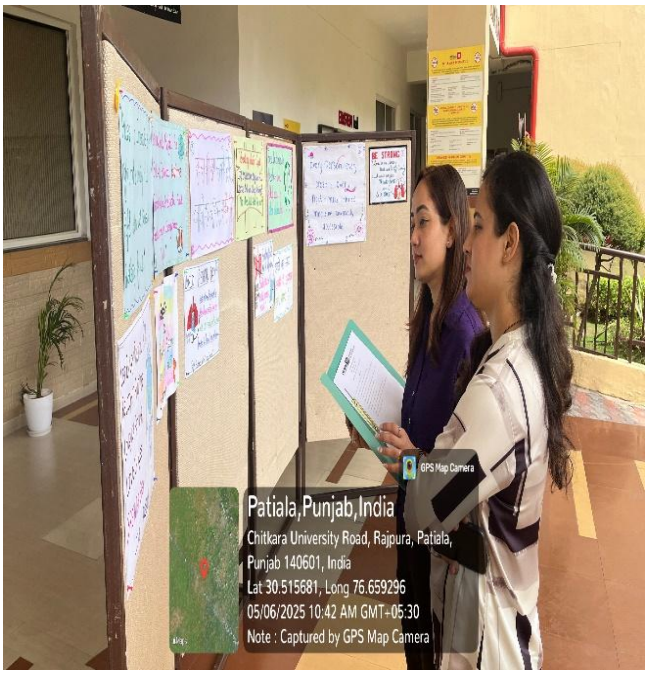
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Title: Expert Talk on Happy minds, Bright Ideas: Innovation begin with laugh		
1	**Type of Activity**	Expert Talk
2	**Program Theme**	Happy minds, Bright Ideas: Innovation begin with laugh
3	**Link (Pre Link)**	https://www.facebook.com/share/p/18jRiPQ3RA/
	Link (Post Link)	
4	**Program Type**	Level 1
	Nomenclature	Expert Talk
	Duration of the activity	2 hours
5	**Description of the event:**	
	The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, was organized an Expert Talk titled *"Happy Minds, Bright Ideas: Innovation Begins with Laugh"* on 6th May 2025, at 11:00 A.M. onwards in Martin Luther Hall. Ms. Jigyasha and Ms. Vijyeta, both Assistant Professors from the Department of Nursing, are esteemed resource people. This engaging session aims to explore the dynamic relationship between a positive mindset and innovative thinking. Grounded in the belief that laughter and joy can fuel creativity, the talk will delve into how humour and a cheerful outlook can lead to fresh perspectives, enhance collaborative energy, and spark imaginative solutions. Rather than focusing solely on traditional methods of idea generation, the event seeks to foster an environment where innovation flows naturally through happiness, emotional openness and human connection. By emphasizing the emotional and psychological aspects of creative thinking, participants will be encouraged to tap into their inner joy as a source of inspiration.	
6	**Kindly justify the activity conducted by your respective department will fit as IIC event:**	
	The expert talk aligns with IIC objectives by fostering a culture of innovation through emotional well-being and creative thinking. By highlighting the role of positivity and laughter in idea generation, it encourages unconventional approaches to problem-solving. This initiative promotes a holistic mind-set essential for nurturing future innovators.	

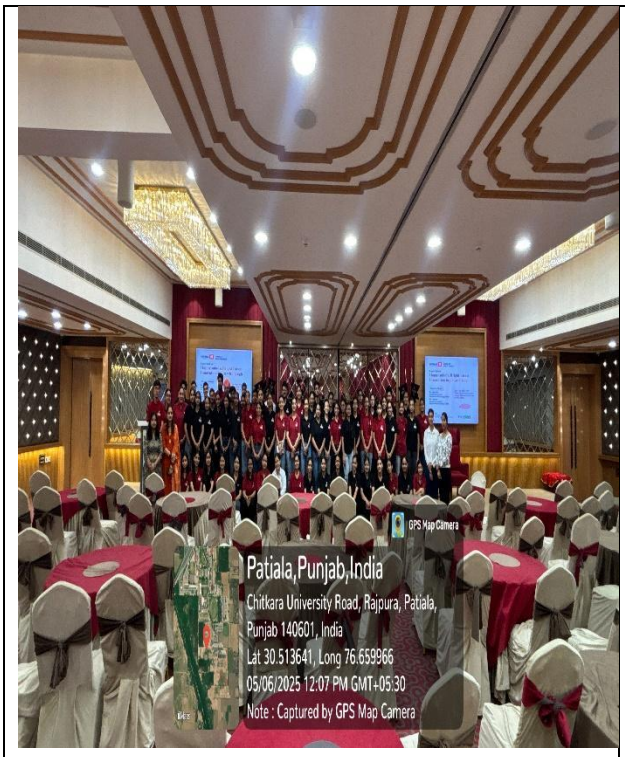
7	**Start and End date of the event:** 6th May, 2025	
8	**Minimum number of students:** 70	
9	**Minimum number faculty:** 04	
10	**Objective of the event:** Foster creativity through a positive mind-set.	
11	**Benefits of the activity:** Inspiration, Innovation, Well-being	
12	**Video URL**	https://drive.google.com/file/d/1HIsIwEVnZxWm9wZWYwd1AMNU-Zil4P_Z/view?usp=drive_link
13	**SPACE FOR PHOTOGRAPHS**	

Flyer Photograph

Photographs with Speaker/Students

Photographs with Speaker/Students

Photographs with Speaker/Students

	
Name of Department:	Department of Nursing
Name of Organiser **Mail ID** **Contact Number:**	**Ms. Preetika** Nursing Tutor preetika@chikara.edu.in 9877483166 **Ms. Lakshita** Nursing Tutor Lakshita@chitkara.edu.in 8988152275
Name of Resource Person: **Mail ID:** **Contact Number:**	**Ms. Jigyasha** Assistant Professor Department of Nursing jigyasha.sharma@chitkara.edu.in 8448426169 **Ms.Vijyeta** Assistant Professor Department of Nursing vijyeta.bhasin@chitkara.edu.in 7988029499

EVENT DETAILS	
EVENT TYPE	SEMINAR
TOPIC	"UNLOCKING THE UNCONSCIOUS: THE RORSCHACH INKBLOT TEST AS A WINDOW TO THE MIND."
DATE	2025-05-06 to 2025-05-06
MODE	OFFLINE
ORGANIZER NAME	CSPC
RESOURCE PERSON	NIKHIL KUMAR DAS, ASSOCIATE PROFESSOR
NO. OF PARTICIPANTS	75
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 17: PARTNERSHIP FOR THE GOALS

OBJECTIVE

1.To introduce the theoretical foundations and history of the Rorschach Inkblot Test.
2.To understand the psychodynamic approach to personality assessment.
3. To explore the test's role in revealing unconscious thoughts and emotions.
4. To familiarize participants with the administration and scoring procedures of the test.
5. To provide a platform for participants to engage in discussions and resolve queries.

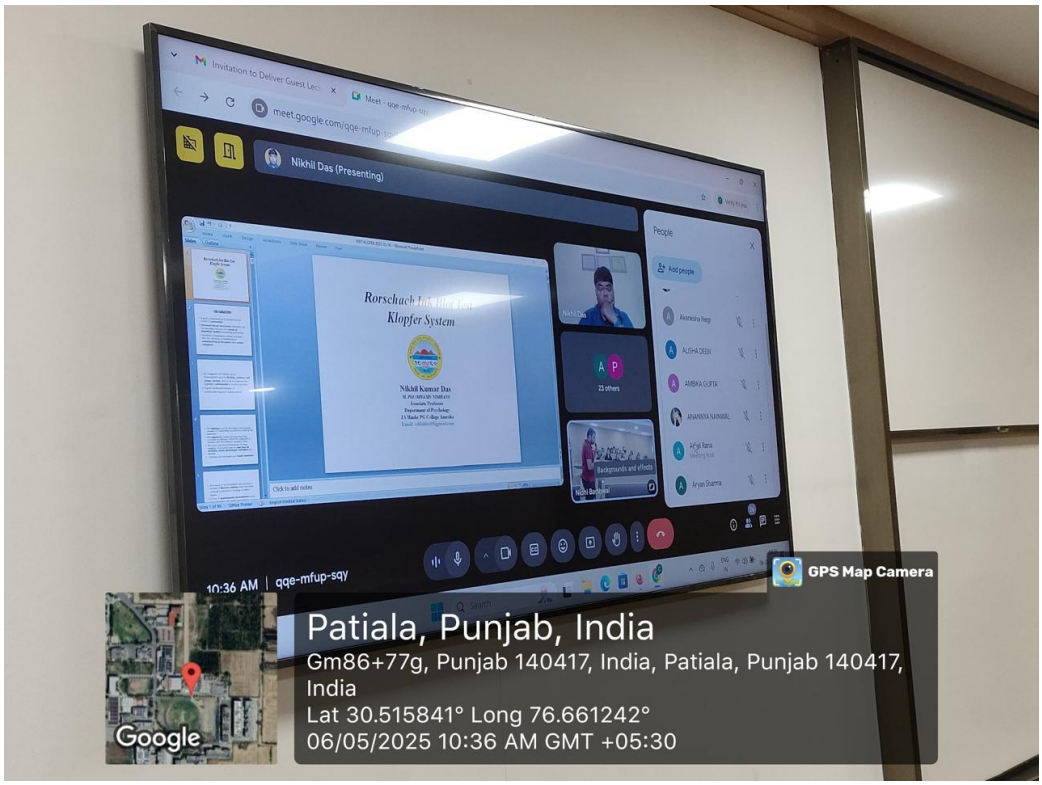
DESCRIPTION

On May 6, 2025, Chitkara School of Psychology and Counselling hosted an enriching online workshop titled "Unlocking the Unconscious: The Rorschach Inkblot Test as a Window to the Mind." The event featured Mr. Nikhil Das, Associate Professor in the Department of Psychology at J.S. Hindu PG College, Amroha, as the guest speaker. The session provided an in-depth exploration of the psychodynamic approach to personality assessment, with a particular emphasis on the Rorschach Inkblot Test, one of the most recognized projective psychological tools. Mr. Das meticulously outlined the historical development of the test, its theoretical foundations, and its practical applications in clinical and research settings. He elaborated on how the Rorschach test helps to uncover unconscious thoughts, emotions, and

conflicts by analysing how individuals perceive abstract inkblots. The workshop covered crucial aspects such as test administration, scoring methods, and interpretive techniques, ensuring a comprehensive understanding for the participants. The session concluded with an interactive Q&A, allowing attendees to clarify their doubts and enhance their understanding of the subject matter. This workshop provided valuable insights into the complex processes of psychological assessment and the role of projective tests in revealing the hidden aspects of the human mind. It offered a unique opportunity for students and professionals to deepen their knowledge and appreciation of one of psychology's most intriguing tools.

OUTCOMES

- Participants gained a deeper understanding of the Rorschach Inkblot Test and its applications in psychology.
- Attendees enhanced their knowledge of psychodynamic personality assessment techniques.
- Participants developed skills in administering and interpreting the Rorschach test.
- The session fostered greater confidence in using projective techniques for clinical and research purposes.
- Attendees left with a comprehensive understanding of how unconscious material can be uncovered through the Rorschach method.



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Event Name: -	World Asthma Day
Venue: -	Galileo Block, Chitkara University, Punjab
Date: -	6th May, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4- Quality Education and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	12
Duration: -	One Day

Objective

- To raise awareness among students and the community about asthma, its triggers, and preventive measures.
- To encourage creativity in expressing health messages through concise and impactful slogans.
- To engage students in health promotion activities, enhancing their understanding of respiratory health.
- To foster participation in World Asthma Day initiatives through interactive and educational means.
- To promote advocacy for better asthma care and management through youth-led communication.

Description

World Asthma Day, celebrated annually on **6th May**, was marked by the NSS Volunteers of B.Sc. Nursing 2nd Semester from the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab through the organization of a Slogan Writing Competition. The event served as a dynamic platform for nursing students to express their creativity and innovation in promoting asthma awareness. The key objective was to encourage students to develop impactful and memorable slogans that effectively communicate vital information about asthma- its causes, common triggers, signs and symptoms, as well as approaches for effective prevention and management.

World Asthma Day serves as a global initiative to raise awareness about this chronic respiratory disease that affects millions worldwide. The theme of the event focused on creating

awareness about the prevention and management of asthma, improving public understanding of the condition, and promoting support for individuals living with it to lead healthier and more fulfilling lives. Through this initiative, students were encouraged to reflect on the importance of early diagnosis, medication adherence, lifestyle modifications, and the role of community education in managing asthma. The competition saw enthusiastic participation, with students presenting original slogans that were creative, informative, and impactful. The activity not only strengthened the students' understanding of asthma but also enhanced their communication and health promotion skills. Events like these reinforce the role of future nurses as health advocates and community educators, bridging the gap between knowledge and awareness in society. Such student-led initiatives are vital in creating a more informed and empathetic community, especially in tackling chronic conditions like asthma.

Outcomes

- Enhanced knowledge among participants and audience about asthma and its management.
- Creative dissemination of health messages that can be used in awareness campaigns.
- Increased student engagement in public health and wellness activities.
- Development of communication skills in students through health-themed creative writing.
- Promotion of a supportive environment for people living with asthma through awareness and empathy.

BE STRONG

BE STRONG
VISION

EVENT DETAILS	
EVENT TYPE	MIND MANAGEMENT
TOPIC	"SCIENCE OF WELL-BEING" FOR MONDRAGON UNIVERSITY SPAIN COHORT
DATE	2025-05-07 to 2025-05-07
MODE	OFFLINE
ORGANIZER NAME	CHITKARA HAPPINESS CENTRE, IN COLLABORATION WITH THE OFFICE OF INTERNATIONAL AFFAIRS
RESOURCE PERSON	MANAV BANSAL , CHIEF HAPPINESS OFFICER
NO. OF PARTICIPANTS	40
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 12: RESPONSIBLE CONSUMPTION AND PRODUCTION, SDG 16: PEACE, JUSTICE AND STRONG INSTITUTIONS, SDG 17: PARTNERSHIP FOR THE GOALS

OBJECTIVE:

1. Find What You Are Passionate About
2. Take Care of Yourself Every Day
3. Be Social and Take Time Off
4. Leave Your Comfort Zone

DESCRIPTION:

Chitkara Happiness Centre, in collaboration with the Office of International Affairs, hosted a vibrant and interactive session on the "Science of Well-being" for 36 students and 1 faculty member from Mondragon University, Spain, as part of the Student Exchange Program. The session kicked off with an energetic *Laugh & Dance Party*, instantly setting a joyful tone and building a strong sense of connection among participants. Led by Mr. Manav Bansal, Chief Happiness Officer at Chitkara University, the session centered around the *"DOSE of Happiness"*—the four key happiness hormones: *Dopamine, Oxytocin, Serotonin, and Endorphins*. Through thoughtfully curated activities, students explored how to naturally boost these hormones: * *Laughter Yoga and Dance* to elevate Endorphins and Dopamine, * *Gratitude Activity* to nurture Serotonin and foster a sense of positivity, * *Group Hugging and Teamwork Exercises* to release Oxytocin and build trust, * *The Musical Cup Game* to promote coordination, teamwork, and joy. The session was a beautiful blend of science, movement, emotion, and connection—making learning not just informative but also unforgettable. By the end, the room was filled with smiling faces and uplifted spirits. The students expressed immense joy and gratitude, sharing how deeply the experience touched and energized them. It was truly a celebration of happiness, learning, and global togetherness—reflecting Chitkara University's dedication to holistic education and student well-being.

OUTCOMES:

1. Students will be able to develop the practice of mindfulness
2. Students will be able to develop self-awareness
3. Students will be able to develop skills for self-regulation
4. Students will be able to understand their expectations in relationships and ensure healthy relationships with family, peers, and teachers
5. Students will be able to learn the skills of critical thinking & inquiry towards effective decision making

At the a vibrant and interactive session on the "Science of Well-being" on 8/05/2025

At the a vibrant and interactive session on the "Science of Well-being" on 8/05/2025

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At the a vibrant and interactive session on the "Science of Well-being" on 8/05/2025

EVENT DETAILS	
EVENT TYPE	EXTENSION AND OUTREACH PROGRAMS
TOPIC	INTERACTION WITH SH. SHALEEN MITRA
DATE	2025-05-07 to 2025-05-07
MODE	OFFLINE
ORGANIZER NAME	CSPC
RESOURCE PERSON	SH. SHALEEN MITRA, OSD TO HEALTH MINISTER
NO. OF PARTICIPANTS	100
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 5: GENDER EQUALITY, SDG 8: DECENT WORK AND ECONOMIC GROWTH, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE, SDG 16: PEACE, JUSTICE AND STRONG INSTITUTIONS, SDG 17: PARTNERSHIP FOR THE GOALS

OBJECTIVE

- To inform students and faculty about the current state of drug abuse and the "War against Drugs" programme in Punjab, utilizing relevant data.
- To explore potential collaborations between Chitkara School of Psychology and Counselling and the Health Department's anti-drug initiatives.
- To discuss the feasibility of implementing community psychology outreach programmes to address drug addiction at the grassroots level.
- To assess the possibility of introducing a drug de-addiction capsule programme within universities in Punjab.
- To identify opportunities for developing a leadership course in mental health and establishing district-level technical resource centers.

DESCRIPTION

Sh. Shaleen Mitra, OSD to the Hon'ble Health Minister, and his team visited Chitkara School of Psychology and Counselling on May 7, 2025, to engage academia and youth in the "War against Drugs" (Yudh Nashiyan Virudh) programme. Mr. Mitra presented alarming data on drug usage in Punjab, highlighting the significant shortage of mental health professionals in both government and private sectors, despite 7.2 lakh individuals receiving care at OOAT

centers. He stressed the urgency of bolstering community psychology outreach and proposed launching a drug de-addiction capsule programme in Punjab universities. The pervasive threat of Narco Terrorism was also underscored. Discussions with faculty focused on forging linkages, initiating a leadership course in mental health, and establishing district-level technical resource centers to reach affected communities. The visit aimed to foster academic involvement in addressing this critical public health issue.

OUTCOMES

- Increased awareness among students and faculty regarding the prevalence and impact of drug abuse in Punjab.
- Identification of potential avenues for academic contribution to the "War against Drugs" programme.
- Development of preliminary plans for community psychology initiatives targeting drug addiction.
- Exploration of a framework for a drug de-addiction capsule programme suitable for university settings.
- Initiation of discussions and planning for a leadership course in mental health and the establishment of district-level technical resource centers.

Event Name	Tree plantation Drive: ROOT THE FUTURE ONE TREE AT A TIME
Date	8 /05/2025
Venue	Omega Zone, Chitkara University, Punjab
Organizer	Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	NA
Number of Participants	50 participants 11 faculty
SDG Number	3 (Good Health and Well Being), 17 (Partnerships for the goals)
Duration	1 hour

Description of Event

The "ROOT THE FUTURE, ONE TREE AT A TIME" Tree Plantation Drive, held on 08/05/2025, was an impactful environmental initiative organized by the Department of Optometry at Chitkara School of Health Sciences, Chitkara University, Punjab. The event aimed to raise awareness about the importance of environmental conservation and sustainability through active participation in tree planting. Dr. Sonika Bakshi Dean of Chitkara School of Health Sciences, led the drive, guiding and inspiring all participants. The faculty members of the Department of Optometry played an integral role, both by participating in the planting process and by sharing valuable insights on the ecological significance of trees. Their involvement highlighted the importance of education and leadership in fostering a sense of environmental responsibility.

Students from the Department of Optometry eagerly joined the initiative, planting trees around the campus with great enthusiasm. As they carefully dug holes, placed saplings, and watered them, they understood the long-term benefits of their actions in combating climate change, improving air quality, and contributing to biodiversity. This hands-on experience not only taught them about the environmental impact of tree planting but also instilled a sense of

responsibility toward protecting the planet. The event, under the theme "ROOT THE FUTURE, ONE TREE AT A TIME," was more than just a plantation drive; it was a celebration of collective action towards a greener, healthier future. By coming together, faculty and students at Chitkara University exemplified the power of unity in addressing global environmental challenges and demonstrated that every small effort counts in the larger fight against climate change.

Event Details	
Event Name	Nurse's Day Celebration
Topic	Oath taking ceremony
Date	16th May, 2025
Mode	Offline
Venue	Exploretorium, Chitkara University, Punjab
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor, CSHS, Chitkara University, Punjab Ms. Kanika Sharma, Assistant Professor CSHS, Chitkara University, Punjab
No. of Participants	57
SDG No.	3,4,16,17

Objectives

- International Nurses Day aims to highlight the importance of nurses in the healthcare sector. It also acts as an opportunity to thank nurses for their efforts and for taking care of patients around the clock.
- To formally induct the 12th Batch of B.Sc. Nursing students into the nursing profession through the Oath Taking Ceremony.
- To encapsulate the invaluable contribution of nurses to the healthcare ecosystem and underscores their pivotal role in shaping the future of healthcare.
- To commemorate the birth anniversary of Florence Nightingale, the pioneer of modern nursing, by reflecting on her values and legacy through creative student expressions
- It promotes the importance of nursing ethics and professionalism through the oath taking ceremony
- To reinforce the pivotal role of nurses in shaping the future of global healthcare with a focus on this year's theme: *"Our Nurses. Our Future. Caring for Nurses strenghtens ."*
- To inspire students by facilitating interaction with experienced nursing professionals and dignitaries from the healthcare industry
- To celebrate the achievements of nursing students in both academic and extracurricular domains

On International Nurses Day 2025, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a vibrant and solemn Oath Taking Ceremony for the 13th Batch of B.Sc. Nursing students. The celebration paid tribute to Florence

Nightingale, famously known as *"**The Lady with the Lamp**,"* in whose honour Nurses Day is observed globally.

The ceremony commenced with the traditional lamp lighting, a symbolic gesture signifying knowledge, compassion, and service. The lamp was lit by Dr. Madhu Chitkara Pro chancellor of Chitkara University, Punjab, along with Dr. Harmeet Kaur Kang, Principal & Director, and other esteemed dignitaries. This act marked the official beginning of the day's events.A powerful and emotive pantomime performance based on the autobiography of Florence Nightingale was presented by the students of B.Sc. Nursing (2nd semester), offering deep insights into her struggles, vision, and impact on modern nursing.

The Theme for this year, "Our Nurses. Our Future. Caring for nurses strengthens economies," was officially unveiled. The theme resonated deeply with the mission of the event and highlighted the evolving role of nurses not only as caregivers but as key contributors to the economic and functional sustainability of healthcare systems worldwide. Following the oath-taking, the atmosphere transitioned into a celebration of cultural diversity and student talent. An array of cultural performances such as a Fashion Show, Back-to-Back Dance, Regional and Bollywood Dances, and an energetic Punjabi Fusion captivated the audience and brought joy to the event. The event concluded with a Prize Distribution Ceremony, where students were recognized for their excellence in academics and co-curricular activities. These accolades served not only as appreciation for individual achievements but also as motivation for continued dedication and growth. Total 57 student have attended the ceremony.

Lamp Lighting by dignitaries on Oath Taking Ceremony: 16th May, 2025

Theme Unfurling by dignitaries on Oath Taking Ceremony: 16th May 2025

Outcomes

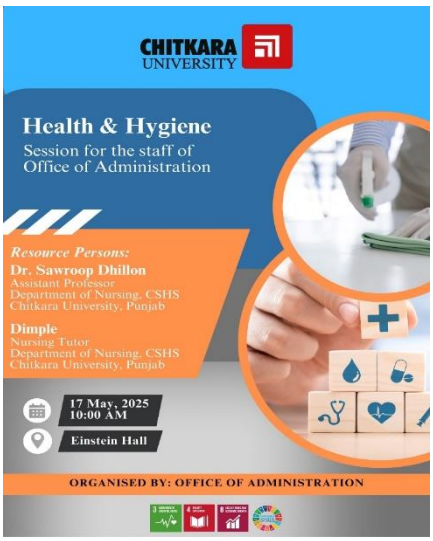
The student's participation must bring together nursing students to share the insights, exchange experience and explore the latest advancements in the field so that the nursing students can enhance the knowledge, expand the network, and contribute to the nursing communities and plays the essential role in promoting wellbeing and improving health outcomes for individuals and communities

Detail of the Event/Session	
Date of the Event/Session	17th May 2025
Name of the Event/Session	Health & Hygiene session for the staff of the Office of Administration
Resource Person	Dr. Sawroop Dhillon & Ms. Dimple
Organized By	Office of Administration (Einstein Hall)
Trainee Team/Count	Supporting staff/84
SDG Covered	3.4,8

Introduction

On May 17, 2025, a Health & Hygiene awareness session was conducted for the staff of the Office of Administration at Chitkara University, Punjab. The session, organized by the Office of Administration, aimed to educate the participants on maintaining health and hygiene standards in the workplace to promote a healthier work environment.

Health & Hygiene



Maintaining personal hygiene is essential for overall health and productivity. Regular handwashing, proper grooming, and clean clothing reduce the risk of infections. Effective workplace sanitation, including regular cleaning and waste management, creates a safer work environment.

Managing stress is equally important, as it impacts both mental and physical health. Techniques like deep breathing, mindfulness, and regular breaks can help. Additionally, routine medical check-ups are crucial for early detection of health issues, ensuring timely intervention and better outcomes. Together, these practices promote a healthier, more productive work culture. Some steps for balancing mental health are as follows:

- Balance diet.
- Meditation.
- Sleep enough.
- Sharing your thoughts with your loving one.
- Exercise.

Environmental Health

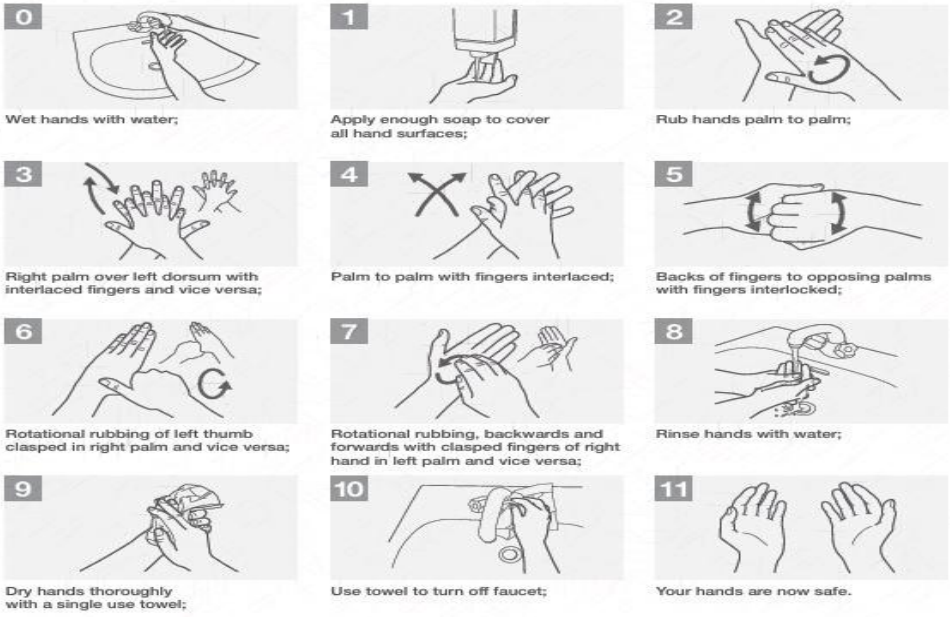
Environmental health focuses on the relationship between people and their surroundings. It involves maintaining clean air, water, and soil, reducing pollution, and promoting sustainable practices to prevent diseases and improve overall well-being. Protecting natural resources and reducing waste are essential for a healthier future. Some initiative for environment health:

- More plantation of your surroundings.
- Use ecofriendly products.
- Use electric vehicles.
- Installation of solar panels.
- Segregation of waste.

Disease prevention:

Personal Hygiene - Regular hand washing, daily bathing, and keeping nails and clothes clean.
Vaccination - Stay updated with immunization to prevent infections.
Balanced Diet - Consume fruits, vegetables, and nutritious foods to boost immunity.
Regular Exercise - Stay active to improve overall health.
Adequate Sleep - Ensure proper rest for a strong, healthy body.
Clean Water - Use safe drinking water to prevent waterborne diseases.
Clean Surroundings - Proper waste disposal and sanitation reduce infection risks.
Avoid Sick Contacts - Limit exposure to contagious illnesses.
Insect Protection - Use mosquito nets and repellents to prevent vector-borne diseases.
Regular Check-ups - Early detection supports better treatment and prevention.

Hand wash process



HOW TO MAINTAIN ENVIRONMENTAL HEALTH

THANK YOU!
THANK YOU!

THANK YOU!
THANK YOU!

Event Detail	
Event Name	Health Checkup and Awareness Talk on "World Hypertension Day"
Date	17th May, 2025
Venue	Fortis Hosptial, Mohali
Organizers	Ms. Parminder Kaur (Associate Professor), Ms. Anjali (Nursing Tutor)
No. of Participants	56
No. of Impacted Individual	-
Under SDG no.	03, 04, 17
SDG Details	03: Good health and well-being, 04: Quality education, 17: Partnership for the Goals

Objectives

- To create awareness among the general public on the prevalence, risks, and complications of hypertension.
- To Provide guidance on lifestyle changes, such as reducing salt intake, engaging in regular physical activity, managing stress, and avoiding tobacco and excessive alcohol, to prevent and control high blood pressure.
- To teach proper techniques for measuring blood pressure to ensure accurate readings, highlighting the importance of regular monitoring.

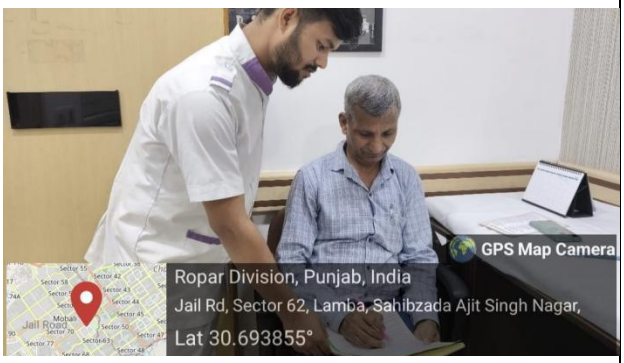
- To highlight the benefits of early diagnosis in preventing severe health outcomes like heart disease, stroke, and kidney failure, and discuss the role of community initiatives in promoting early detection.

On the occasion of **World Hypertension Day**, the **Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab**, organized a special awareness event at **Fortis Hospital, Mohali**. The event was conducted under this year's global theme, "Measure your Blood Pressure Accurately, Control it, Live Longer".This initiative aimed to raise awareness about hypertension, often referred to as the "silent killer" due to its asymptomatic nature, and to emphasize the importance of regular monitoring and management and the theme highlight the critical need for accurate blood pressure measurement.
The primary objective of the event was to raise awareness about hypertension, a condition often referred to as the "silent killer" because it typically shows no symptoms until serious

complications arise. The initiative aimed to educate the public about the causes, symptoms, prevention, and management of hypertension. It also stressed the importance of regular health checkups and lifestyle modifications as preventive measures.

Students from the B.Sc. Nursing 4th Semester played a central role in the event. They took the lead in organizing and facilitating various activities, including health checkups and awareness talks.Blood pressure screenings were provided to visitors, along with one-on-one health counseling and questioner. Informative pamphlets and brochures were distributed to further educate attendees on maintaining healthy blood pressure levels and recognizing early warning signs. The awareness talks covered essential topics such as the importance of regular monitoring, dietary and lifestyle changes, stress management, and the necessity of medical follow-up in managing hypertension effectively. Through direct interaction with the public, the students were able to engage meaningfully and offer practical advice tailored to individual needs. This event not only benefited the community by providing free health services and valuable information but also offered nursing students a platform to enhance their communication and organizational skills. It bridged the gap between theoretical learning and practical application, reinforcing the role of nurses in public health promotion.

World Hypertension Day event organized by Chitkara University's Department of Nursing was a successful initiative in raising awareness about a major public health concern. It showcased the commitment of the institution and its students toward improving community health and promoting preventive health-care practices.



Students checking blood pressure and asking question related to hypertension on 17.05.2025

Students performing role play on causes of Hypertension on 17.05.2025

Students checking blood pressure and asking question related to hypertension on 17.05.2025	Students performing role play on symptoms of Hypertension on 17.05.2025
Student giving awareness talk on prevention and treatment of Hypertension on 17.05.2025	Group photo of Students after role play on 17.05.2025 world Hypertension Day

Outcomes

- The event effectively disseminated information about hypertension, emphasizing its asymptomatic nature and the importance of regular monitoring.
- Through interactive sessions and distribution of informational materials, attendees gained a deeper understanding of hypertension, its risks, and preventive measures.
- The public gained insight regarding the **importance of early detection and timely medical intervention**.
- Participants were educated on the role of nutrition in controlling blood pressure, highlighting foods that can help manage hypertension.

Event Name: -	Cricket match between adopted villages
Venue: -	T-20 Cricket Ground
Date: -	20th May, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 17- Partnerships for the goals and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	25
Duration: -	One Day

"A community that plays together, stays together."

On 20th May 2025, the National Service Scheme, in collaboration with the University Sports Board, Chitkara University, Punjab, brought the Omega Zone alive with cheers and energy.

A spirited cricket match between Chitkara's adopted villages, Jhansla and Ramnagar brought more than just competition to the field, it sparked connection. As an initiative rooted in community engagement, the day celebrated the enduring bond between villages and the university through the unifying spirit of sport.

The sarpanches of Jhansla, Kallo Majra, Ramnagar, and Fatehpur Garhi were graciously honoured. With laughter, applause, and shared goals, the event was a heartwarming pitch of togetherness.

CHITKARA UNIVERSITY
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CRICKET MATCH

Event Name: -	Meditation Session
Venue: -	Einstein Hall, Galileo Block
Date: -	21st May, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4- Quality Education and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	92
Duration: -	One Day

"Quiet the mind and the soul will speak."

On 21st May 2025, the National Service Scheme in collaboration with Chitkara Happiness Centre, Chitkara University, Punjab, hosted a restorative meditation session exclusively for our faculty members as a quiet pause in the rhythm of academic life. Led by Mr. Pradeep Kumar, a Mindfulness Coach the session invited presence and gentle reflection. As the hum of responsibilities softened, the faculty turned inward, guided by breath and awareness. The experience served as a reminder that even in the busiest of lives, there is always space to reconnect, restore, and renew.

Event Name: -	International Families Day
Venue: -	Online
Date: -	22nd May, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4- Quality Education, 5 – Gender Equality and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	83
Duration: -	One Day

"Oft have I wandered, but ne'er did find a grace so still, so deep, as love that dwell in kindred hearts."

On **15 May 2025**, the **Office of Student Affairs**, **Chitkara University, Punjab**, observed **International Family Day** with a gesture that needed no ceremony, only sincerity. The occasion called for no stage, no microphone, just a quiet offering of moments that speak on their own. **Faculty members** were invited to share photographs that held pieces of their personal world; frames filled with laughter, care, shared meals, early mornings, evening walks, hands held, festivals remembered, and the everyday grace of being seen. Some images came from homes away from campus, others were taken within the rhythms of university life itself, among colleagues who had grown into constants. These photographs did not serve as display. They stood as acknowledgments. In each frame lived the effort and affection that often remain in the background, the emotional scaffolding that allows people to teach, guide, work, and lead. The stillness of a photograph sometimes reveals what long explanations cannot. There was no template for what counted as "family." What emerged was a celebration of connection, shaped by time and trust. For some, it was a household. For others, it was a lifelong friendship, a shared workspace, a child's drawing pinned to a wall, a parent's smile during a video call. The variety did not require categorization; it was enough that it mattered to the one who shared it.

This small act of observance aligned closely with the values Chitkara continues to cultivate, not through declarations, but through consistency. Family, in this context, was not defined. It was witnessed.

By inviting this moment of reflection, Chitkara affirmed what often goes unseen: that institutions are not made up of systems alone, they are held together by people who care, who remember, and who show up for one another with full hearts.

NEVER
TIRED!

skateboarding

bounce

Event Name	Expert Talk/Expert Session
Topic	Exploring The Career Landscape of Forensic Nursing: Roles, Skills and Opportunities
Date	30th May, 2025
Time	03:00 PM-04:00 PM
Mode	Virtual (Zoom- link https://us04web.zoom.us/j/9388054982?pwd=dfoicjvVYihaELXRJBvOl1Z2apQYV0.1&omn=78977311368)
Venue	Chitkara University
Organizer Name	Department of Nursing, Chitkara School of Health Science, Chitkara University
Resource Person	Ms. Kashish Malhotra, Poison Information Officer, Baba Farid University of Health Sciences, Faridkot, Punjab
No. of Participants	175
SDG No.	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 16: Peace, Justice and Strong Institutions, SDG 17: Partnership for the Goals

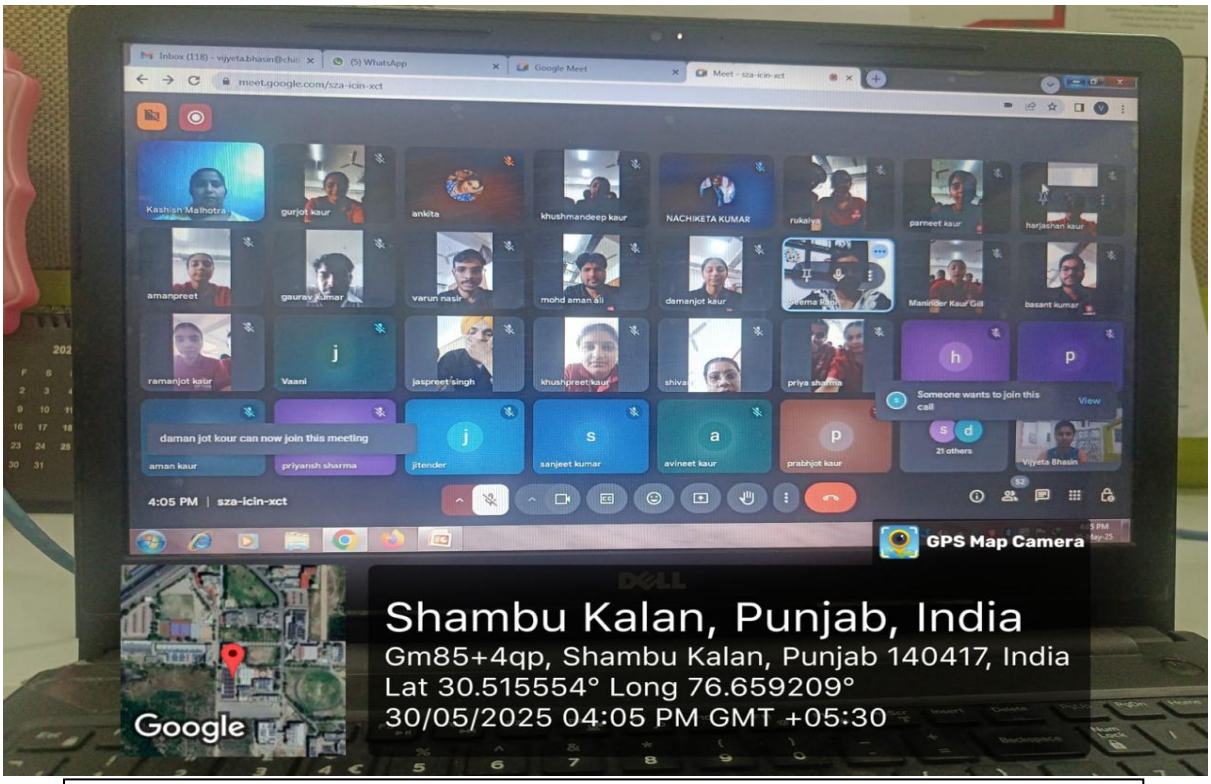
Objectives

- Introduce the concept and scope of forensic nursing as a specialized field within nursing practice.
- Familiarize students with various roles of a forensic nurse including sexual assault nurse examiner, legal nurse consultant, and correctional nurse.
- Highlight the essential skills required such as evidence collection, communication with legal authorities, and trauma-informed care.
- Explore career opportunities in hospitals, law enforcement agencies, courts, and forensic labs.
- Provide insight into educational and certification pathways for becoming a forensic nurse.
- Encourage critical thinking and ethical understanding when dealing with victims, offenders, and legal systems.

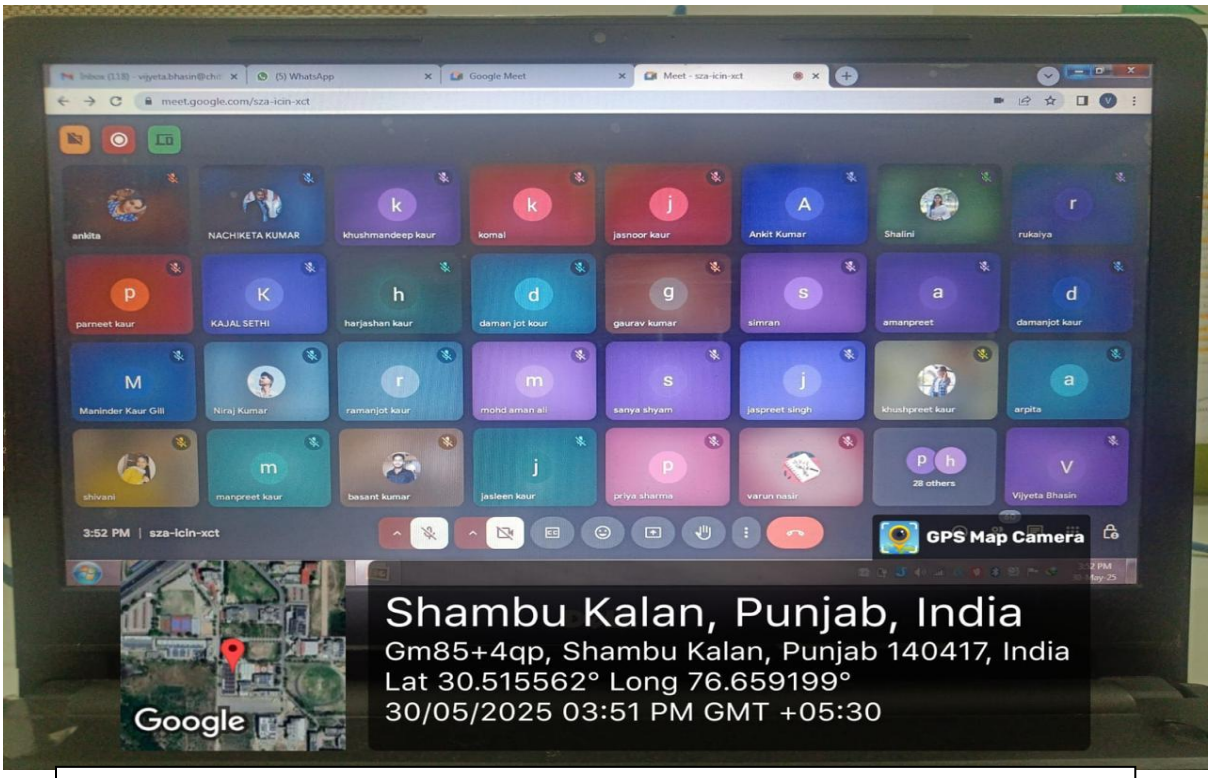
Description

An expert session on Exploring the Career Landscape of Forensic Nursing: Roles, Skills, and Opportunities dated 30th May, 2025 was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University. The session aimed to introduce students to the dynamic and evolving field of forensic nursing, which integrates the principles of healthcare

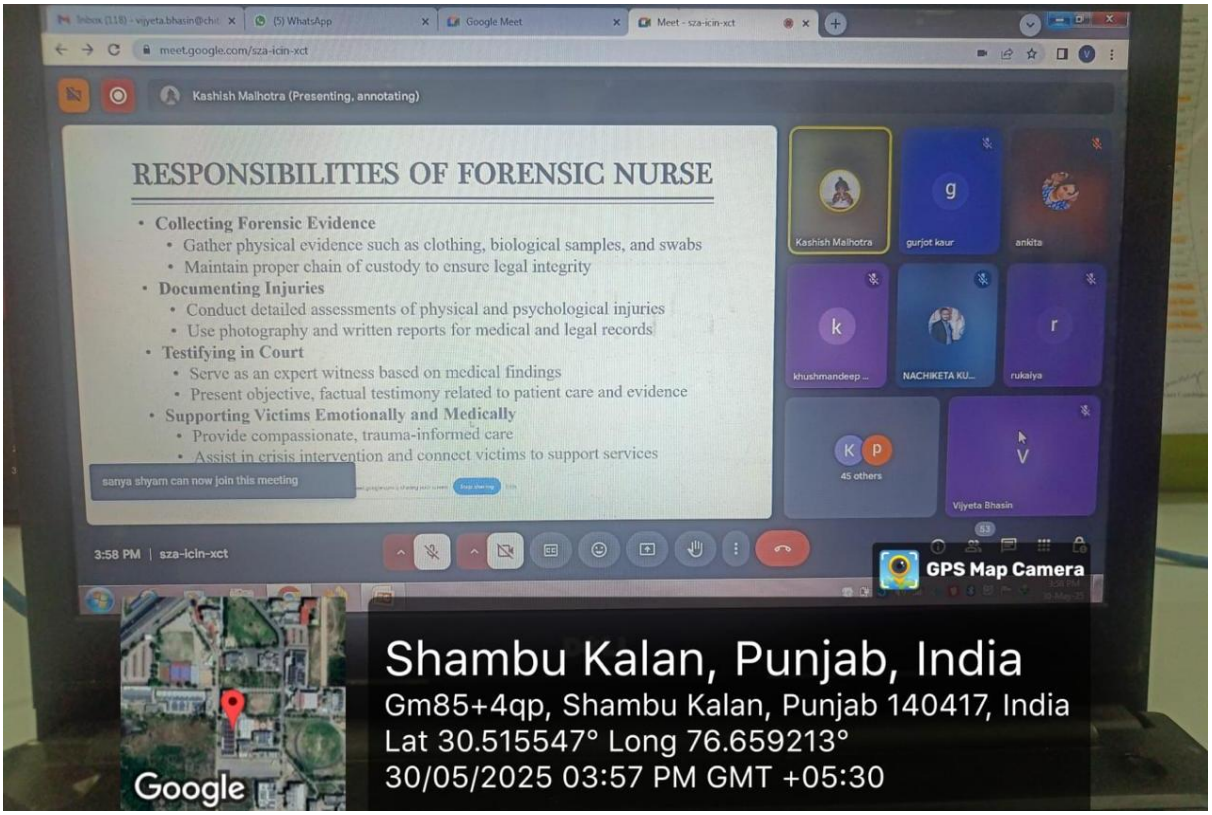
and law. The session was conducted by an eminent expert in forensic healthcare, who provided in-depth insights into the various roles forensic nurses play in legal and medical settings. The speaker elaborated on key forensic nursing roles such as Sexual Assault Nurse Examiners (SANE), legal nurse consultants, death investigators, and correctional facility nurses. The session also highlighted the essential skills required for forensic nursing practice, including thorough documentation, evidence preservation, trauma-informed care, critical thinking, and effective communication with legal authorities. Participants were guided on educational pathways, certifications, and the professional competencies needed to build a successful career in this domain. The session emphasized the relevance of forensic nurses in bridging the gap between medicine and the judicial system, particularly in cases involving violence, abuse, and trauma. Students gained awareness about diverse employment opportunities in hospitals, forensic labs, law enforcement agencies, and legal departments. Real-life case examples and role-specific scenarios helped participants understand the challenges and rewards of working in this niche field. The session was highly interactive and encouraged students to explore forensic nursing as a specialized and meaningful career path, ultimately preparing them for a vital role in justice and healthcare. It was knowledgeable and fruitful session.



Introducing the Resource Person



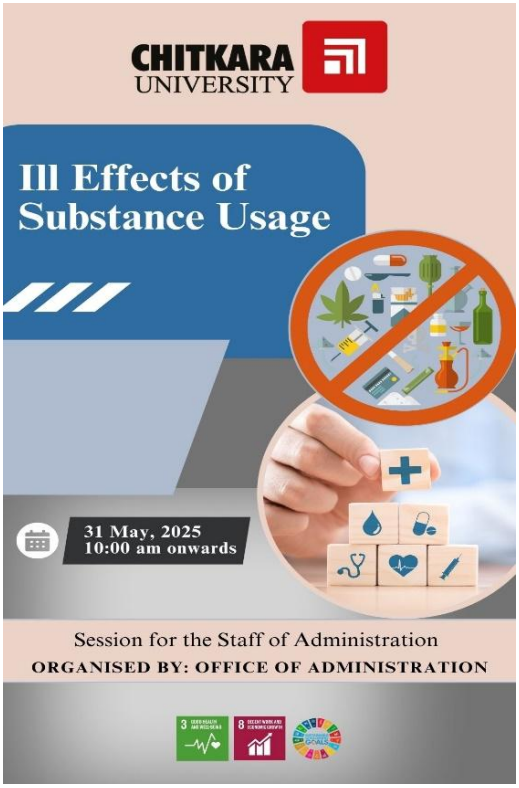
Introducing the participants



Detail of the Event/Session	
Date of the Event/Session	31st May 2025
Name of the Event/Session	Ill effects of Substance usage
Resource Person	Ms. Vijyeta Bhasin & Ms. Sonali Katoch
Organized By	Office of Administration (Explore stars)
Trainee Team/Count	Supporting staff/Supervisors/ 58
SDG Covered	3,8

Overview

The Office of Administration conducted an educational session titled *"Ill Effects of Substance Usage"* for university support staff. This critical awareness program addressed the multifaceted impacts of substance abuse on individuals' health, professional lives, and social well-being. The session provided comprehensive insights into substance types, warning signs, and preventive strategies.



Key Discussion Points

1. Consequences of Substance Abuse

Substance misuse adversely affects:

- **Physical Health:** Damage to vital organs (brain, liver, heart)
- **Mental Well-being:** Increased risk of anxiety, depression, and psychosis
- **Social Stability:** Strained relationships, job loss, legal complications, and social isolation

2. Common Substances & Their Risks

The facilitators detailed various substances, their consumption methods, and associated dangers:

Substance	Key Risks
Alcohol	Liver cirrhosis, cognitive decline, dependency
Nicotine	Cardiovascular disease, respiratory disorders, high addiction potential
Cannabis	Impaired memory/judgment, motor skill deterioration
Opioids	High overdose risk, severe addiction (e.g., heroin, prescription painkillers)

. Identifying Substance Abuse

Participants learned to recognize warning signs across four domains:

- **Physical Indicators:** Sudden weight changes, poor hygiene, erratic sleep patterns
- **Behavioral Shifts:** Increased secrecy, absenteeism, risk-taking behaviors
- **Psychological Signs:** Unexplained mood swings, irritability, lack of motivation
- **Social Red Flags:** Withdrawal from family/friends, altered social circles

4. Prevention & Support Mechanisms

The session emphasized proactive measures:

- **Early Detection:** Monitoring for signs in oneself or colleagues
- **Intervention Approaches:** Guidelines for constructive conversations with affected individuals
- **Support Resources:**
  - Counseling services and employee assistance programs
  - National helplines and de-addiction centers
  - Community-based recovery groups (e.g., Alcoholics Anonymous)
- **Treatment Options:** Medication-assisted therapy combined with psychosocial support

Session Outcomes

Participants gained:

✓ **Awareness** of substance abuse's short- and long-term effects

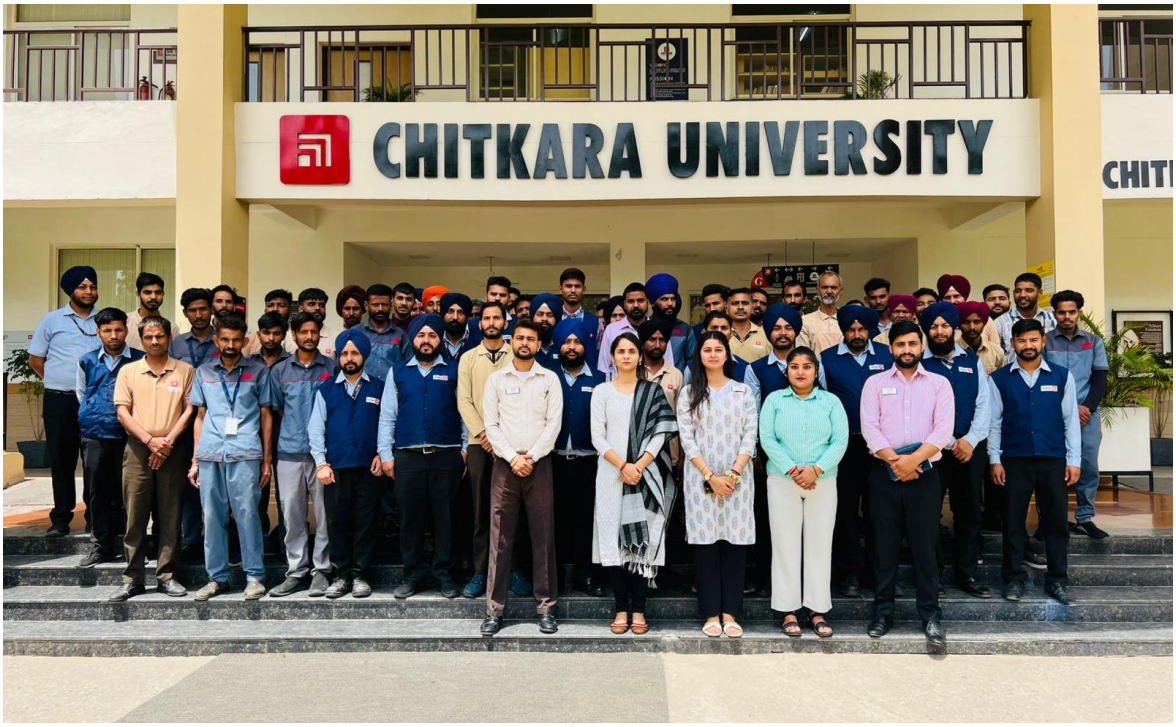
✓ **Practical tools** to identify at-risk behaviors

✓ **Actionable strategies** to seek help or support others confidentially

Conclusion

This initiative underscores Chitkara University's commitment to fostering a **safe, healthy, and productive work environment**. By equipping staff with knowledge to combat substance abuse, the program aligns with the institution's broader goals of **employee well-being and**

community resilience. The Office of Administration plans to conduct follow-up sessions to reinforce these critical messages.


CHITKARA UNIVERSITY

Event Name: -	World No Tobacco Day
Venue: -	Radio 107.8 FM, Picasso block
Date: -	31st May, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4-Quality Education, 13-Climate Action, and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	4
Duration: -	One Day

Not every fire warms you—some burn you from within.

On 31st May 2025, Chitkara University, Punjab observed World No Tobacco Day through a thought-provoking radio talk titled "Smoking is Not Cool."
Organised by the Office of Student Affairs and hosted by Mr. Aadarsh Kumar, the discussion featured an esteemed panel:

Dr. Rajwinder Kaur (Professor & NSS School Officer, Chitkara College of Pharmacy), Dr. Saksham Sahni (Assistant Director, Office of Student Affairs), and Dr. Roopika Sabharwal (Assistant Professor, Department of Physiotherapy & NSS School Officer, Chitkara School of Health Sciences).

Together, they unpacked the real reasons why youth fall into the trap of smoking—from peer pressure to misplaced ideas of "coolness"—and spoke candidly about the long-term physical and emotional toll it takes. The conversation also addressed how movies and music normalize harmful habits, and why unlearning those perceptions is key.

The session reminded us of that awareness alone isn't enough—what we need is courage, clarity, and honest dialogue.

CHITKARA
UNIVERSITY

Event Name: -	World Bicycle Day
Venue: -	Outside Exploretorium
Date: -	3rd June, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	95
Duration: -	One Day

"Life is like riding a bicycle. To keep your balance, you must keep moving."

On 3rd June 2025, the National Service Scheme, Chitkara University, Punjab in collaboration with the University Sports Board, marked World Bicycle Day with an engaging campus-wide ride. Faculty members led the way, cycling through the university lanes with energy and purpose. The event promoted the message of choosing sustainable transport, staying active, and reconnecting with the joy of simple movement. As the bicycles rolled on, so did the message: a healthier body and a cleaner planet can begin with just two wheels and a willing heart.

exploretorium
CHITKARA UNIVERSITY
National Service Scheme
In collaboration with
University Sports Board
Celebrates
WORLD
Bicycle
DAY
3rd June, 2025

Event Details	
Event Name	Health camp for all
Topic	Check In, Stay Well – Your Monthly Health Recharge
Date	4th June 2025
Mode	Offline
Venue	GB002 (Galileo Block), Centre for Health and Wellness/ Centre for Women Health & Empowerment
Time	10:00 AM – 1:00 PM
Organizer Name	Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS Ms. Shalini, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	40
Under SDG no.	3,5, & 17
SDG Details	SDG 3: Good health and wellbeing SDG 5: Gender Equality SDG 17: Partnerships for the Goals

Objectives

- To promote health and wellbeing among participants.
- To empower women through health education and awareness.
- To foster partnerships between healthcare professionals and the community.
- To provide a platform for health check-ups and consultations.

The **Health Camp for All**, themed "**Check In, Stay Well – Your Monthly Health Recharge**," was successfully conducted on June 4, 2025, at GB002 (Galileo Block), Health and Wellness/Women Health & Empowerment Centre. Organized by Ms. Sonali Katoch and Ms. Shalini, Nursing Tutors from the Department of Nursing, CSHS, the event aimed to promote health and wellbeing, empower women, and foster partnerships.

The event saw the participation of **40 individuals** who benefited from health check-ups, consultations, and health education sessions. The organizers and healthcare professionals provided valuable insights on maintaining **good health, Vision, Nutritional counselling, Blood Glucose & Haemoglobin Check-up, Vital sign check-up, and BMI Checks**, empowering participants to take charge of their wellbeing.

This initiative brought together healthcare professionals and, promoting a sense of collaboration and social responsibility. By providing health check-ups and education, the event contributed to improving the overall health and wellbeing of the participants. Participants learned about preventive measures for common health issues and received guidance on healthy lifestyle choices. The health check-ups and consultations enabled early detection and

prevention of potential health problems, empowering participants to take charge of their wellbeing.

The event's success demonstrates the importance of health initiatives and the positive impact that can be achieved through collaboration between healthcare professionals and participants. By providing health education and check-ups, the event contributed to improving the overall health and wellbeing of the participants. The outcomes highlight the potential for similar initiatives to make a meaningful difference in the lives of individuals.

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<td>A haemoglobin check-up was conducted on June 4, 2025.</td>
<td>A Nutritional Counselling was conducted on June 4, 2025.</td>
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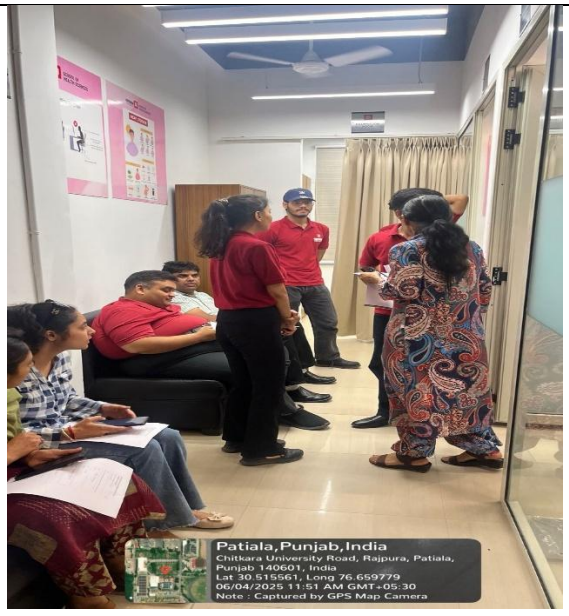
<td> 
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<td>"Registrations were successfully conducted for the Health Camp, held on June 4, 2025."</td>
<td>"Participants patiently waited in the designated waiting area for their turn during the Health Camp, held on June 4, 2025."</td>
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</table>

Dr. Nisha giving nutrition counselling to participants during the Health Camp on June 4, 2025."	Random Blood Sugar (RBS) checks were conducted for participants during the Health Camp on June 4, 2025."

Outcomes

- **Improved Health Awareness:** Participants gained knowledge on maintaining good health and wellbeing.
- **Empowerment through Education:** Women participants were empowered with health education and awareness.
- **Partnerships Strengthened:** Healthcare professionals and participants collaborated to promote health and wellbeing.
- **Health Check-ups:** Participants received health check-ups and consultations, promoting early detection and prevention.

Event Name	NSS Activity
Topic	Rally on World Environment Day
Date	6th June, 2025
Venue	CHC, Kalomajra
Organizer	Ms. Lakshita, Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	29
No of Impacted Individuals	-
Under SDG no.	3, 11, 13
SDG Details	Good health and wellbeing, Sustainable Cities and communities, Climate Action

Objective

- To raise awareness about environmental issues and the importance of sustainable living
- To Encourage community participation in eco-friendly initiatives
- To Promote the reduction of plastic use and waste management practices
- To Educate participants on climate change and its impacts
- To Inspire action towards conservation of natural resources
- To Highlight the role of individuals in protecting the environment

Description

On 6th June 2025, the rally on World Environment Day was conducted at CHC Kalomajra by the students of B.Sc. Nursing 2nd semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. Participants included students, local residents, volunteers, and members of various community organizations. The rally began with an opening speech emphasizing the importance of environmental protection and this year's global theme. Carrying banners and placards with slogans promoting clean energy, waste reduction, tree plantation, and the importance of biodiversity, the participants marched through the main streets of the community. Throughout the rally, short skits, chants, and interactive sessions were held to engage the public and spread key messages.

The event concluded with a pledge to adopt eco-friendly habits and contribute actively to building a cleaner and greener neighbourhood. The rally not only created awareness but also strengthened community bonds and collective commitment toward environmental conservation. The World Environment Day rally in the community area was a vibrant and

impactful event that brought people of all ages together for a common cause — protecting our planet. Organized by local authorities in collaboration with schools, environmental clubs, and NGOs, the rally aimed to educate and inspire action among residents. The event began early in the morning with participants gathering at the community centre. Everyone received eco-friendly items such as paper caps, cloth bags, and seed packets to reinforce the message of sustainability. The rally route was planned to cover major streets, markets, and residential areas to ensure maximum visibility and public engagement. As the march progressed, participants chanted slogans like "Save Earth, Save Life," "Go Green, Breathe Clean," and "Plant Trees, Save Future." Children held colorful posters and banners they had prepared in school, while volunteers distributed pamphlets with tips on reducing carbon footprints, recycling, and conserving water and energy. In several spots along the route, brief stops were made for activities such as street plays, poetry recitations, and awareness talks led by environmental activists and students. These interactive moments helped convey the importance of individual responsibility in tackling issues like pollution, deforestation, and climate change. The rally concluded at the local park, where a short closing ceremony was held. Trees were planted by participants as a symbolic gesture, and a few speakers shared personal stories about their environmental efforts. Refreshments were served in reusable containers to minimize waste.

Overall, the rally created a strong sense of environmental consciousness among community members and encouraged everyone to adopt greener habits in their daily lives. It served as a reminder that meaningful change begins with small, collective steps.

Outcomes

- Community members became more aware of environmental issues and their impact on daily life
- Many participants pledged to adopt eco-friendly habits, such as reducing plastic use and saving water
- Trees were planted in public areas, enhancing the green cover and beautifying the surroundings
- Educational materials were distributed, helping people understand practical ways to protect the environment
- The event inspired students and youth to take a more active role in environmental conservation
- Stronger partnerships were formed between schools, NGOs, and local authorities for future green projects
- The rally encouraged discussions within households about sustainable living and environmental responsibility

Event Details	
Event Name	Cooking Competition on World Food Safety Day
Topic	Healthy Bites: Safe Delights
Date	6th 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
SDG Details	SDG 2: Zero hunger SDG 3: Good health and wellbeing

Objectives

- To create awareness regarding the necessity and advantages of healthy eating.
- To encourage the students to stay away from the 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 on 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.

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<td>Students preparing their dishes in cooking Competition on 6th June 2025</td>
<td>Dishes prepared by the participants in cooking Competition on 6th June 2025</td>
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<td>" Culinary creations presented by participants in the cooking competition on June 6, 2025."</td>
<td>"On June 6, 2025, Dr. Kanika Rai Vice Principal evaluate the dishes prepared by participants in the cooking competition."</td>
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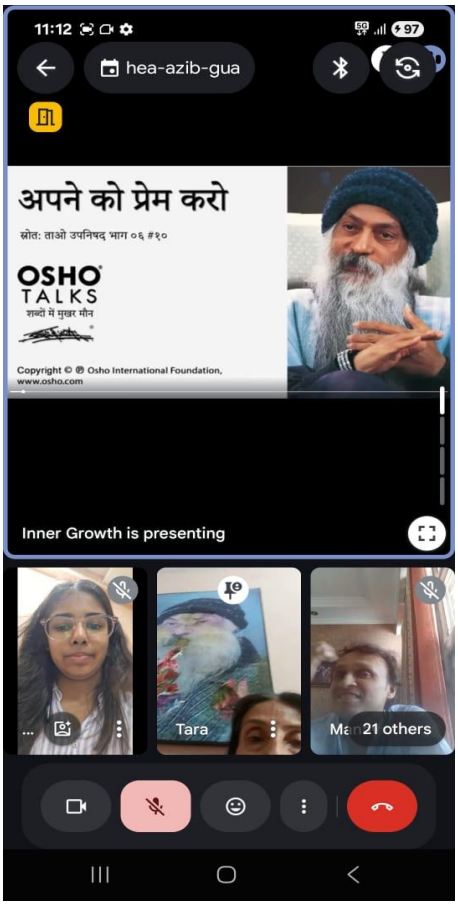
Judges evaluating the dishes of the participants in Cooking Competition on 6th June 2025	"Culinary creations presented by Group 6 in the cooking competition on June 6, 2025"

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.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ANGER MANAGEMENT SESSION
Date	7th June 2025
Time	11:00 AM onwards
Mode	Online
Number of Attendees	34
Resource Person	Mr. Manav Bansal

Chitkara Happinenss Center organized Anger Management Session which commenced with a lively and cheerful icebreaker that immediately set a warm and inclusive tone, encouraging openness and connection among the participants. Led by Mr. Manav Bansal, the session offered a refreshing and insightful perspective on the emotion of anger, encouraging students to view it not as an enemy but as a valuable and meaningful emotion that signals deeper needs or concerns. The discussion was enriched through engaging activities that helped students identify their personal anger triggers and recognize early warning signs. One of the highlights was a creative task involving storytelling and roleplay, which provided a safe and imaginative space for students to explore and reframe their emotional reactions. Adding depth to the learning, Mr. Bansal introduced mindfulness techniques such as the "5-4-3-2-1 grounding" exercise and deep breathing practices, which helped instill a sense of calm and emotional regulation among participants. The session's atmosphere remained vibrant and relatable, thanks to real-life anecdotes, shared laughter, and an interactive Q&A that encouraged student participation and reflection. These elements ensured that the concepts discussed were not just theoretical but also practical and actionable. By the end of the session, students walked away equipped with simple yet powerful tools to manage anger mindfully, demonstrating a clear understanding that anger, when acknowledged with awareness, becomes a message rather than a monster. The session left a lasting impact, inspiring students to embrace emotional intelligence in their daily lives and respond to anger with compassion, clarity, and control.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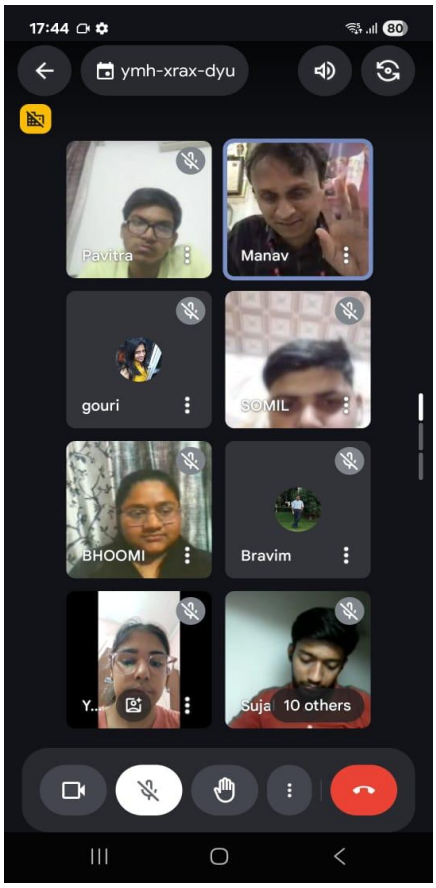
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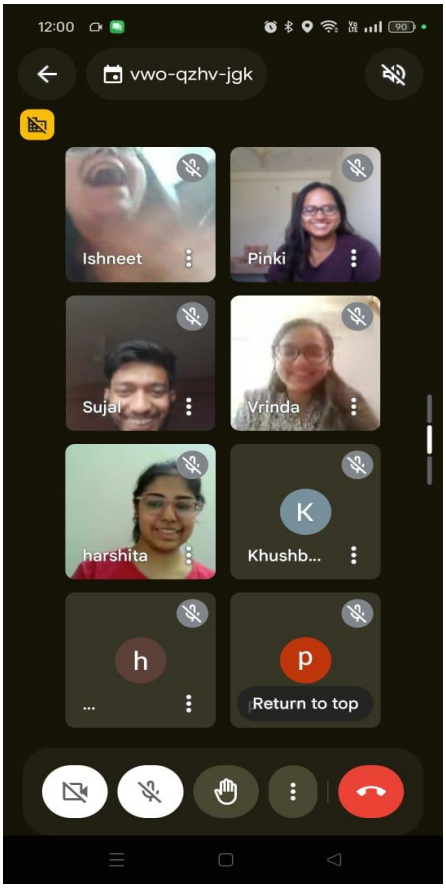
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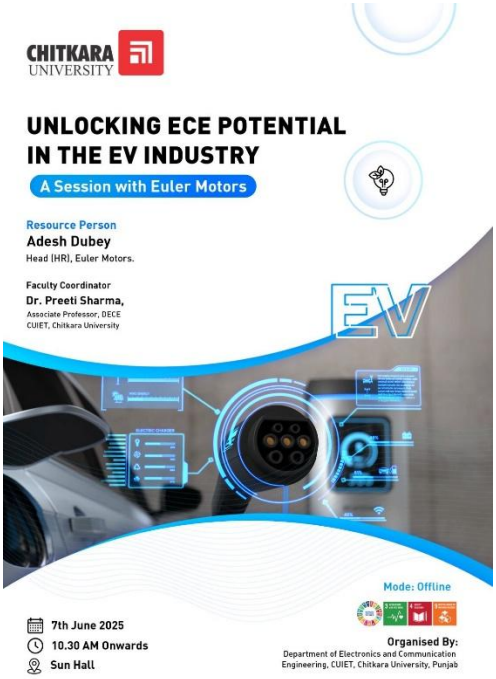
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER KITTY
Date	7th June 2025
Time	3:00 PM to 3:45 PM
Venue	Einstein Hall, Galilio Block
Number of Attendees	47
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre successfully hosted “Laughter Kitty” a vibrant and uplifting event dedicated to promoting emotional well-being, relaxation, and joyful expression. Led by the dynamic duo Mr. Manav Bansal and Lt Sqn Dr. Rina Angel, the event offered a lively blend of laughter therapy, interactive games, soulful music, singing, meditation, and dance. Designed to help participants unwind and connect, the session began with contagious laughter exercises that immediately energized the atmosphere and encouraged spontaneous joy. The guided laughter not only sparked laughter but also served as a powerful stress reliever and mood booster. Following the laughter therapy, participants enthusiastically engaged in a series of *fun-filled games* that fostered teamwork, creativity, and social bonding. The energy flowed effortlessly into the music and singing segment, where everyone joined in with melodious tunes, creating a sense of shared happiness and rhythm. The event also offered a calm and reflective moment through *guided meditation*, allowing attendees to pause, breathe, and reconnect with themselves amidst the liveliness. To conclude on a high note, *energetic dance performances* brought the group together in a spirit of movement and celebration. “Laughter Kitty” was not just an event — it was a beautiful experience that blended mindfulness with playfulness, helping participants release tension, express themselves freely, and build deeper social connections. The response was overwhelmingly positive, with attendees expressing their appreciation for such a refreshing and meaningful initiative. Many highlighted how the event allowed them to step away from their daily stresses, embrace the moment, and rediscover their inner joy.

EVENT DETAILS	
EVENT TYPE	PRE-PLACEMENT TALKS
TOPIC	UNLOCKING ECE POTENTIAL IN THE EV INDUSTRY: A SESSION WITH EULER MOTORS
DATE	2025-06-07 to 2025-06-07
MODE	OFFLINE
ORGANIZER NAME	DR PREETI SHARMA
RESOURCE PERSON	ADITYA DUBEY, HR(HEAD)
NO. OF PARTICIPANTS	25
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 4: QUALITY EDUCATION, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

- Students will be able to,
- Understand the practical applications of their ECE coursework in a rapidly evolving and impactful sector like EVs.
- Identify the diverse career roles available for ECE graduates within the EV industry and specifically at Euler Motors.
- Learn about specific technologies (e.g., BMS, power electronics, embedded systems) that they should focus on to prepare for a career in EV engineering.
- Understand the expectations for entry-level roles and how to best prepare for future internships or job applications.



DESCRIPTION

The session with Euler Motors was conducted by the Department of Electronics and Communication Engineering for their undergraduate students of Batch 2022. A pre-placement session by Mr Adesh Dubey, Head (HR) of Euler Motors for ECE students provided an insightful glimpse into the company's ambitious journey in the electric vehicle (EV) sector, particularly focusing on commercial electric mobility in India. The HR Head likely commenced by introducing Euler Motors as a pioneering force in the Indian EV market, emphasizing their commitment to accelerating the transition to sustainable mobility. The key takeaways from the session typically included Euler Motors' mission to create powerful, "Made for India" EVs, especially for last-mile logistics. Mr Dubey also emphasized the environmental impact and the company's role in reducing carbon emissions through its growing fleet of electric wheelers with battery management Systems, Motor and Vehicle Control Units. He outlined diverse roles for ECE students as Embedded Software, Hardware Design, Validation and Testing Engineers. He also touched upon the aspects like continuous learning, opportunities for hands-on experience, and career progression within a rapidly expanding industry. The session illustrated the direct application of ECE skills—from embedded systems and power electronics to telematics and battery management—within the EV domain. Students gained valuable insights into Euler Motors' innovative work, its contribution to sustainable mobility in India, and the diverse career opportunities available. In essence, the session from Mr Adesh, served as a compelling invitation for ECE students to contribute their technical expertise to a company that is not just building electric vehicles, but also shaping the future of sustainable commercial transportation in India. The talk served as a crucial guide for undergraduates, helping them understand industry demands, identify key skills to develop, and envision a promising future in the rapidly expanding EV landscape.

OUTCOMES

• Students gained a much clearer understanding of how their Electronics and Communication Engineering skills directly translate into real-world applications within the Electric Vehicle industry.
• Identification of specific technical skills (e.g., Python/C++ for embedded systems, Simulink for modeling, specific hardware platforms) and soft skills (e.g., problem-solving, teamwork in a fast-paced environment) for empowering students to proactively focus on acquiring or strengthening their skills.
• Talk inspired and motivated students by showcasing the dynamic nature, growth potential, and positive environmental impact of the EV industry.
• Students attained a realistic understanding of the expectations of an EV company, the work culture, and the kind of challenges they might face to align with their long-term professional goals and interests.

Company Profile
EULER
CHITKARA UNIVERSITY

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER SESSION
Date	8th June 2025
Time	12:00 PM to 12:45 PM
Mode	Online
Number of Attendees	52
Resource Person	Mr. Manav Bansal

Chitkara Happiness Center organized Laughter session which was a vibrant celebration of joy, thoughtfully crafted through four powerful elements Dancing, Singing, Playing, and Laughing each designed to elevate energy, happiness, and connection among participants. The session began with an energizing round of laughter exercises that instantly uplifted the mood and helped release stress. Participants joyfully engaged in various laughter techniques, including Mind Floss Laughter to mentally refresh, Namaste Laughter to spread cheerful greetings, Problem Juice Laughter to dissolve worries with humor, Connection Laughter to deepen bonds, and Deep Breathing with Laughter to cultivate inner calm. The contagious laughter set a spirited tone, seamlessly transitioning into the musical segment of the session. The group came together in unison to sing a variety of songs, transforming the space into a joyful chorus of voices that echoed unity and shared joy. This musical harmony was followed by the lively game "Fire on the Mountain," which added an exciting burst of movement, spontaneity, and collective laughter. Participants enthusiastically took part, sharpening their alertness and enjoying playful interactions. The session culminated with an uplifting dance to the soulful tunes of Krishna Bhajans. The combination of graceful movements and devotional rhythm created a serene yet joyful ambiance, allowing everyone to fully express themselves in the moment. The dance floor became a space of shared bliss, where devotion met celebration. Through this beautiful sequence of expressive activities, the session served as a powerful reminder that true joy is not something we search for externally — it is something we create through mindful presence, connection, and wholehearted participation. Participants left with glowing smiles and uplifted spirits, carrying with them the essence of togetherness, expression, and inner joy that marked this truly unforgettable experience.

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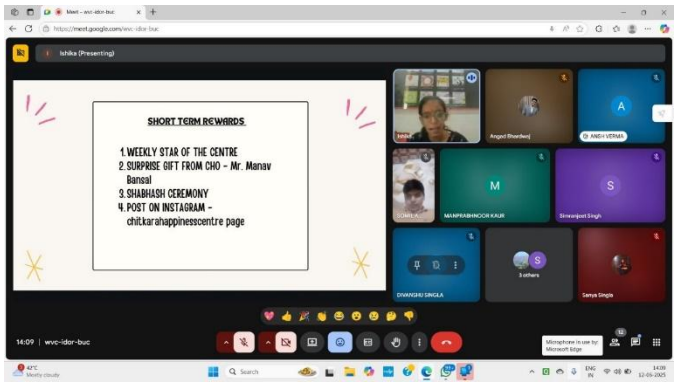
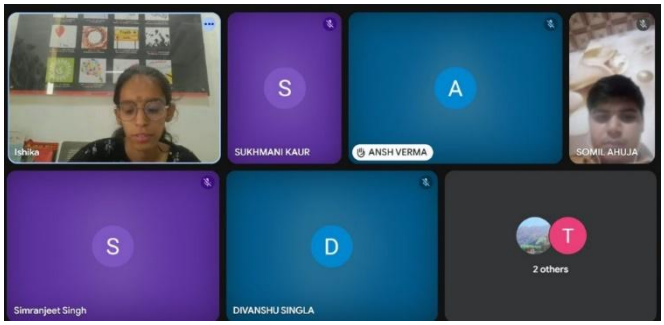
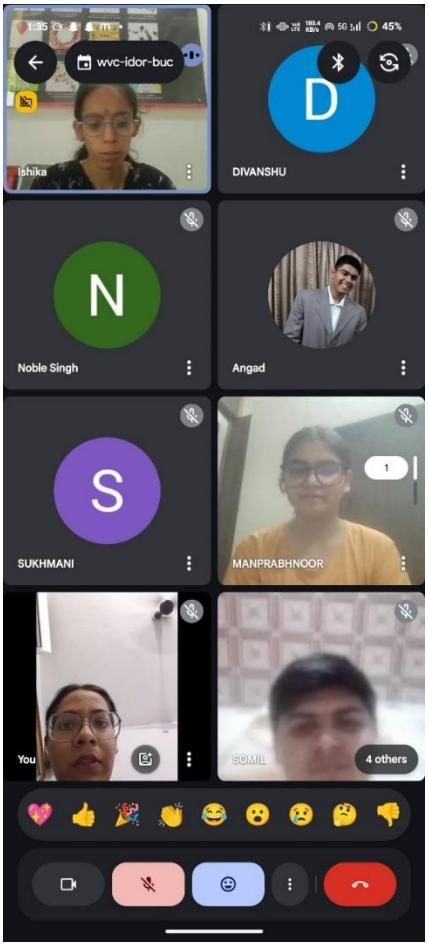
12:07 | smq-okoq-cqx

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	SPARK WITHIN - GUIDING HAPPINESS AND GROWTH
Date	12th June 2025
Time	1:30 PM onwards
Mode	Online
Number of Attendees	11
Resource Person	Ms. Ishika

Chitkara Happiness Centre organized an exclusive *online session* titled *"Spark Within – Guiding Happiness and Growth"* led by the enthusiastic and inspiring *Ms. Ishika*. The session began with a fun and engaging ice-breaking activity, where each participant introduced themselves using an adjective that started with the first letter of their name and shared one thing they appreciate about the Chitkara Happiness Centre. This light-hearted start created an atmosphere of connection and positivity. The session was thoughtfully divided into three insightful segments. The first part focused on three simple yet powerful tips to enhance happiness in daily life — smiling when meeting others, practicing gratitude (which included a live gratitude activity), and understanding that happiness is not a destination but a journey. This idea was beautifully reinforced through a motivational video featuring *Hrithik Roshan*, leaving participants inspired. The second segment provided clarity on the criteria for staying in the Super 30 group. Students were guided through five key expectations: actively following the PERMA and SAVERS models, completing tasks on time, maintaining at least 80% participation, ensuring consistency, and making daily visits to the Happiness Centre. Ms. Ishika also explained the *1 to 5 rating map* in detail, helping students understand how their efforts and engagement would be evaluated. The final part of the session focused on *reward and recognition*, outlining both short-term and long-term incentives for students who consistently maintain a rating between 3 and 5. This segment added a layer of excitement and motivation, encouraging all participants to stay dedicated to their growth journey. Overall, the session was not only informative but deeply inspiring — a perfect blend of joy, reflection, and goal-setting that left students energized and aligned with their personal development goals.


SHORT TERM REWARDS
1. WEEKLY STAR OF THE CENTRE
2. SURPRISE GIFT FROM CHO – Mr. Manav Bansal
3. SHABHASH CEREMONY
4. POST ON INSTAGRAM – chitkarahappinesscentre page


SUKHMANI KAUR
ANSH VERMA
SOMIL AHUJA
Simranjeet Singh
DIVANSHU SINGLA
2 others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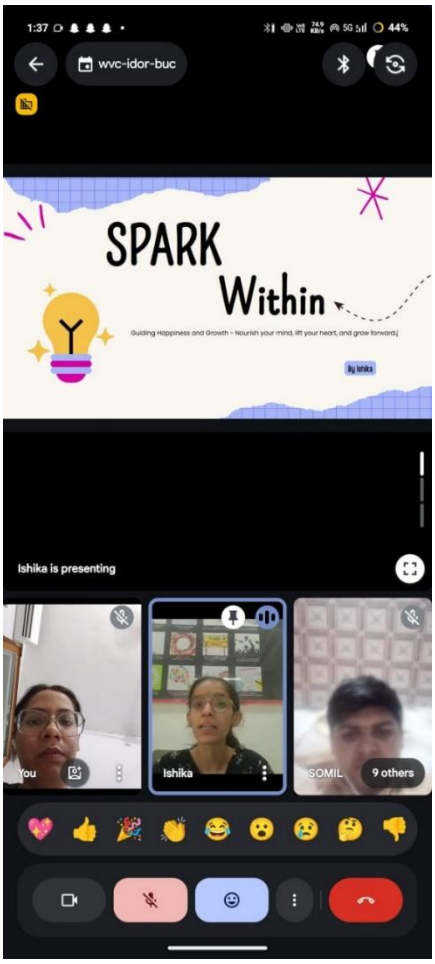
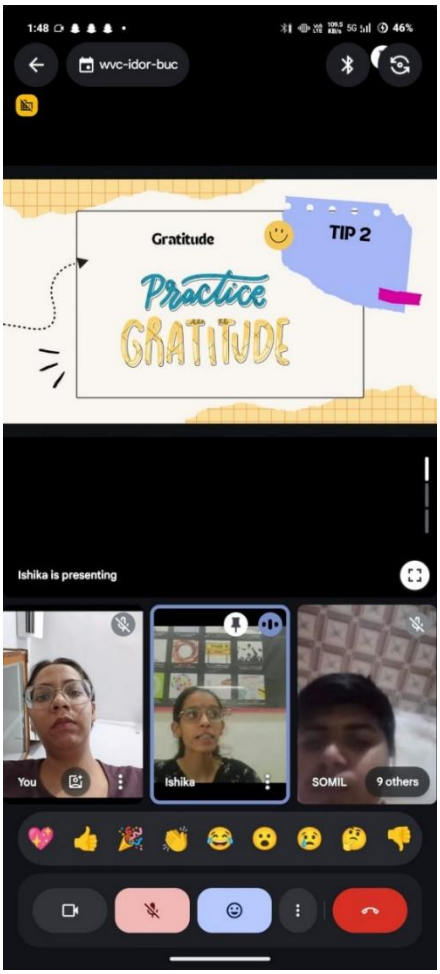
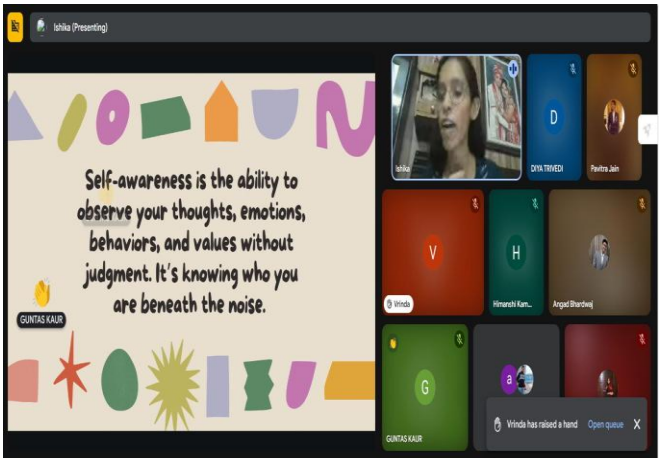
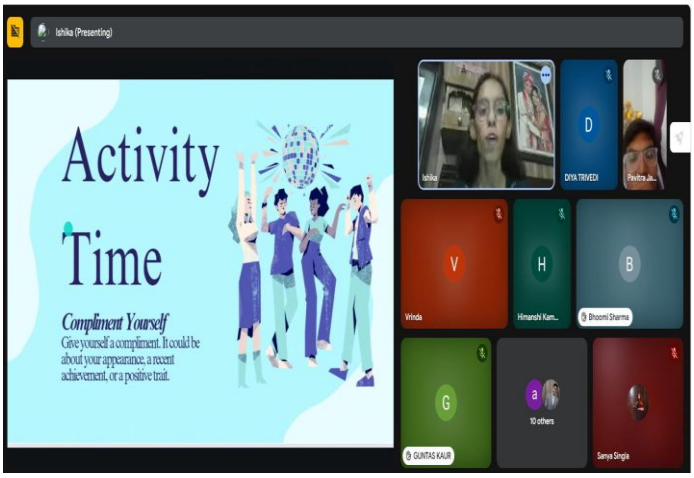

wvc-idor-buc
SPARK Within
Guiding Happiness and Growth – Nourish your mind, lift your heart, and grow forward.
By Ishika
Ishika is presenting
You
Ishika
SOMIL
9 others

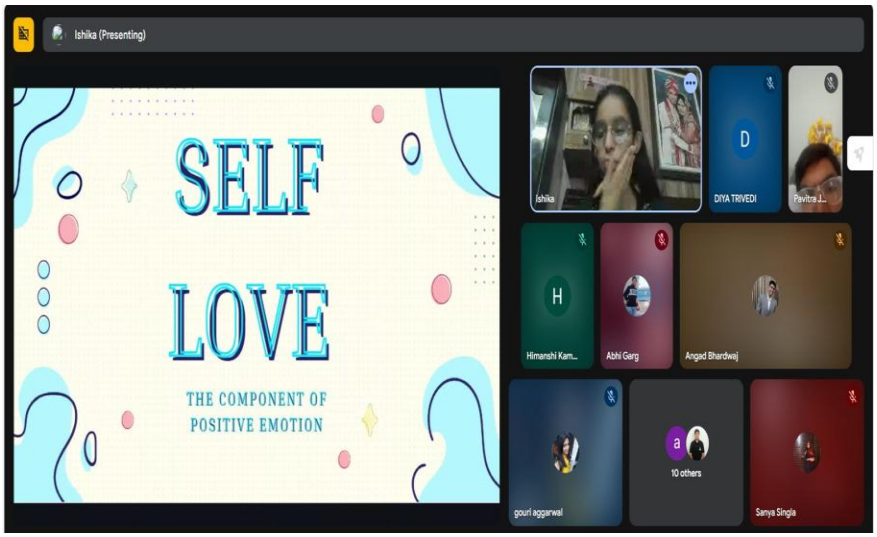

wvc-idor-buc
Gratitude
TIP 2
Practice GRATITUDE
Ishika is presenting
You
Ishika
SOMIL
9 others

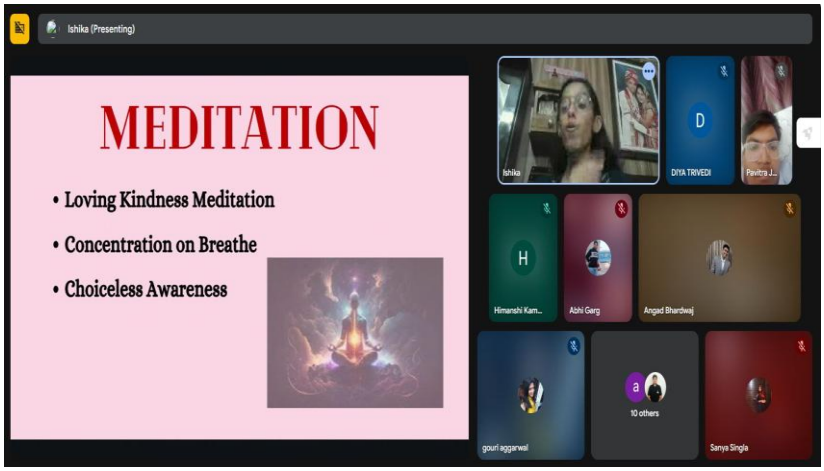
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ROOTS OF JOY: NURTURING SELF & SUCCESS
Date	16th June 2025
Time	12:30 PM onwards
Mode	Online
Number of Attendees	20
Resource Person	Ms. Ishika

Chitkara Happiness Centre organised an insightful online session titled *"Roots of Joy: Nurturing Self and Success"*, thoughtfully led by *Ms. Ishika*. The session opened with two engaging ice-breaker activities that set a warm and interactive tone. Participants first rated their current happiness level on a scale of 1 to 10, encouraging self-reflection, and then took part in a lively round of *Human Bingo*, fostering fun and connection among the group. The session's core content was structured around three essential pillars of happiness. The first focus was on incorporating *GEMS — Gratitude, Exercise, Meditation,* and *Sharing* — into daily life, while also consciously avoiding the 3Cs: *Complaining, Criticising,* and *Comparing*. This segment included a powerful gratitude video, a heartwarming activity of writing gratitude letters, and a thoughtful discussion on the concept of mind wandering and how to regain focus through meditation. The second focus shifted to the importance of *self-love*, where Ms. Ishika shared five effective techniques to nurture a positive relationship with oneself. Participants also engaged in a reflective activity, where they were encouraged to compliment themselves — a simple yet impactful practice for boosting self-esteem. The final part of the session highlighted *self-awareness*, introducing its meaning and importance in daily life. A self-awareness matrix was shared to help participants evaluate their actions and emotions more clearly, fostering personal growth. Each part of the session was designed to be both experiential and practical, leaving participants with not just insights but actionable tools to implement in their lives. The session beautifully emphasized that joy and success begin with nurturing oneself from within. With warmth, reflection, and interactive learning, this session left a lasting impact, inspiring everyone to build a more conscious and joyful life.


Ishika (Presenting)
Self-awareness is the ability to observe your thoughts, emotions, behaviors, and values without judgment. It's knowing who you are beneath the noise.
GUNTAS KAUR
Vrinda has raised a hand
Open queue

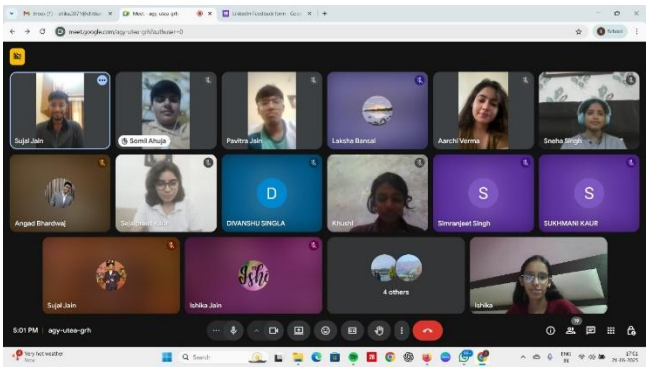

Ishika (Presenting)
Activity Time
Compliment Yourself
Give yourself a compliment. It could be about your appearance, a recent achievement, or a positive trait.
10 others

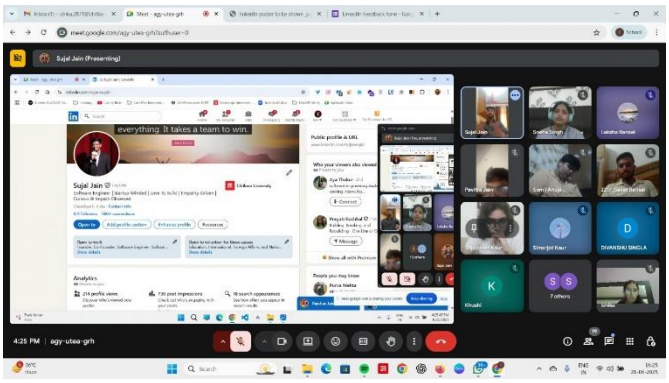

Ishika (Presenting)
SELF LOVE
THE COMPONENT OF POSITIVE EMOTION
10 others

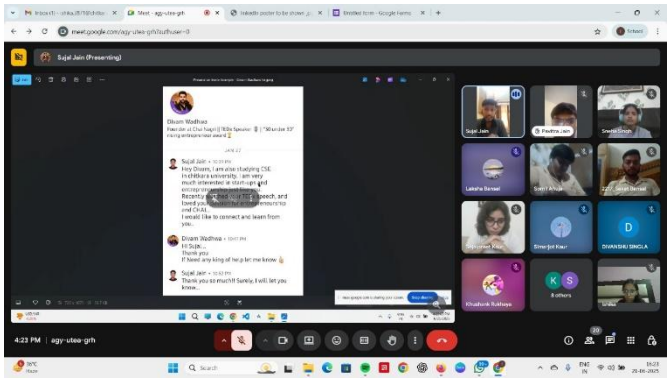

Ishika (Presenting)
MEDITATION
• Loving Kindness Meditation
• Concentration on Breathe
• Choiceless Awareness
10 others

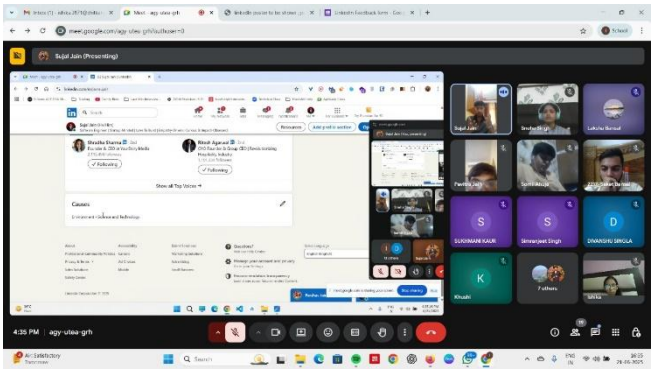
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LINKEDIN LEAP STEP INTO YOUR DREAM CAREER
Date	21st June 2025
Time	4:00 PM onwards
Mode	Online
Number of Attendees	24
Resource Person	Mr. Sujal Jain

Chitkara Happiness Centre organized an enlightening online session titled "LinkedIn Leap: Step to Your Dream Career" led by Mr. Sujal Jain, a 4th-year CSE student at Chitkara University, known for his impactful presence on LinkedIn with over 500+ connections and 800+ followers. With his practical experience and relatable journey, Mr. Sujal effectively connected with the audience, making the session both informative and inspiring. The session highlighted the growing importance of LinkedIn as a professional networking platform and its significant role in today's career landscape. Mr. Sujal began by explaining how LinkedIn is rapidly becoming a central tool in recruitment, backed by hiring statistics that emphasize its influence. He elaborated on how regular posting, meaningful engagement, and consistency help in building a visible and credible professional identity. A clear distinction was drawn between connections and followers, helping students understand how each plays a role in professional reach. Mr. Sujal also shared tips on how to send personalized connection requests to expand one's network effectively. One of the most valuable parts of the session was the detailed, step-by-step profile optimization walkthrough — covering everything from profile photos, headlines, and cover images to key sections like About, Experience, and Skills. The session concluded with strategies for content creation and an exploration of the LinkedIn Jobs section, encouraging participants to actively seek internships and job opportunities. Overall, the session was highly appreciated by all attendees, who found it not only informative but also action oriented. It empowered participants with clear, practical strategies to build a compelling LinkedIn presence and take confident steps toward their dream careers. The session was a perfect blend of guidance, motivation, and digital professionalism.


Sujal Jain
Somil Ahuja
Pavitra Jain
Laksha Bansal
Aarchi Verma
Sneha Singh
Angad Bhardwaj
DIVANSHU SINGLA
Khushi
Simranjeet Singh
SUKHMANI KAUR
Sujal Jain
Ishika Jain
4 others
Ishika
5:01 PM | agy-utea-grh


Sujal Jain (Presenting)
everything it takes a team to win.
4:25 PM | agy-utea-grh


Sujal Jain (Presenting)
4:23 PM | agy-utea-grh


Sujal Jain (Presenting)
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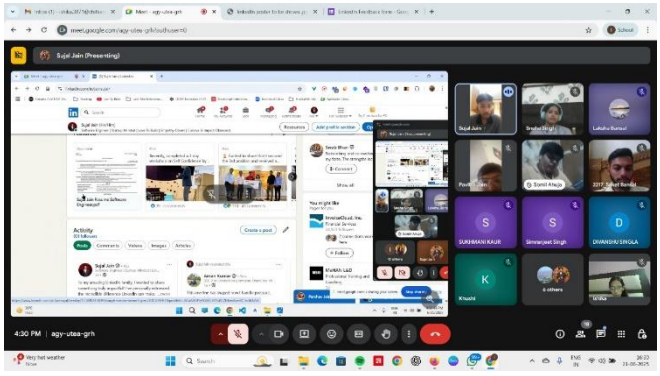
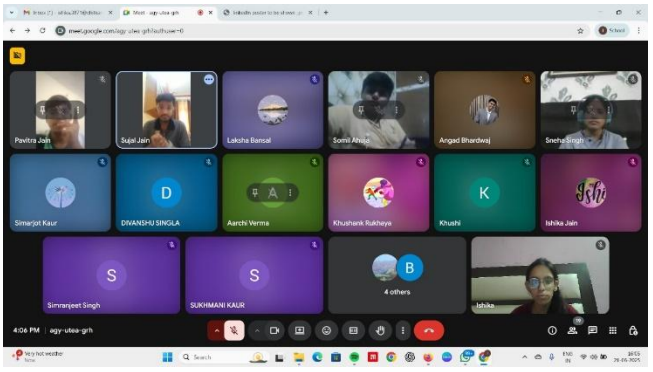

Sujal Jain (Presenting)
4:30 PM | agy-utea-grh


Pavitra Jain
Sujal Jain
Laksha Bansal
Somil Ahuja
Angad Bhardwaj
Sneha Singh
Simranjeet Kaur
DIVANSHU SINGLA
Aarchi Verma
Khushank Rukheya
Khushi
Ishika Jain
Simranjeet Singh
SUKHMANI KAUR
4 others
Ishika
4:06 PM | agy-utea-grh

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	INTERNATIONAL YOGA DAY
Date	21st June 2025
Time	7:30 AM onwards
Mode	Online
Number of Attendees	19
Resource Person	Ms. Tara Verma

Chitkara Happiness Center organized a beautiful and uplifting celebration on the occasion of International Yoga Day, bringing together students, faculty, and mentors for a meaningful session of connection, movement, and mindfulness. Practicing alongside Ma, Mam, and friends made the experience even more special and memorable. The session began with energizing warm-up exercises that awakened the body and set a positive tone for the rest of the practice. This was followed by a joyful round of laughter yoga, which filled the space with contagious laughter, light-heartedness, and a strong sense of togetherness. Every moment felt refreshing — from laughing freely to moving mindfully — allowing participants to let go of daily distractions and become fully present in the moment. Through conscious breathing and gentle postures, a deep sense of calm and inner awareness emerged, creating a space for healing and reflection. What made the session even more impactful was the emotional presence of familiar faces — turning every stretch and smile into a shared expression of gratitude and harmony. It was a reminder that yoga is not just a physical practice, but a deeper journey of self-awareness, inner peace, and personal growth. The ambiance was filled with warmth, joy, and a collective spirit of celebration. As the session concluded, participants felt lighter, more centered, and connected — not just to themselves but to each other. This celebration of Yoga Day beautifully reflected the core essence of Chitkara Happiness Center's mission: to cultivate wellness, awareness, and a joyful way of living. It was more than just a session; it was an experience of unity, presence, and the transformative power of yoga — reminding us that true happiness begins within.

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8:43 AM | oni-ehzh-qtr

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4 others
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8:00 AM | oni-ehzh-qtr

Inner Growth (You, presenting)
Presentation audio
Stop presenting
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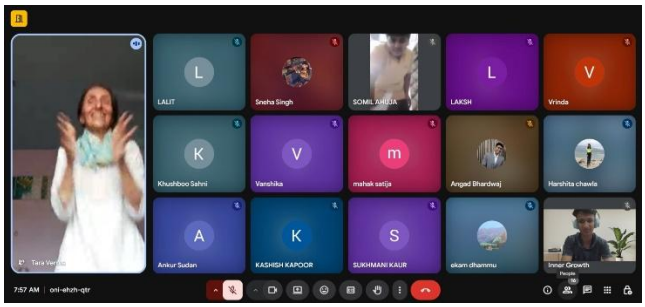
10 others
8:10 AM | oni-ehzh-qtr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Inner Growth
7:57 AM | oni-ehzh-qtr

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Ankur Sudan
Inner Growth
7:52 AM | oni-ehzh-qtr

Event Name: -	International Yoga Day
Venue: -	Indoor, Sportorium Block
Date: -	21st June, 2025
SDG Number, Name and NEP: -	3- Good health and Wellbeing, 4-Quality Education and NEP: - 1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Participants: -	375
Duration: -	One Day

"It is in holding still that we learn how to move through life."

The National Service Scheme, Chitkara University, Punjab, organized a soulful celebration on World Yoga Day, an hour that brought breath, stillness, and energy into perfect rhythm.

The session welcomed Lt. Col. Dr. Rakesh Sharma, Registrar, and young participants from Chitkara International School, as students and faculty, moved through postures with mindful intent. Faculty members who had previously attended yoga workshops were warmly felicitated with goodies and certificates, honouring their role in spreading wellness. The event reflected Chitkara University's deep-rooted belief in holistic growth, where health, harmony, and learning go hand in hand, both on and beyond the mat.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	LAUGHTER AND MEDITATION
Date	22nd June 2025
Time	12:00 PM to 12:45 PM
Mode	Online
Number of Attendees	32
Resource Person	Swami Bodhi Vartman (Dr. Manoj Rangarh)

Chitkara Happiness Center organized a truly transformative and joy-filled session led by the inspiring Swami Bodhi Vartman (Dr. Manoj Rangarh), which turned out to be a powerful journey of emotional release, mindfulness, and inner peace. The session radiated positivity from the very beginning, starting with an impactful introduction that set the tone for what followed — a vibrant sequence of 20 to 30 laughter exercises. As the participants joined in with open hearts, the virtual space was soon filled with genuine smiles, contagious laughter, and an uplifting energy that made it easy to forget the stresses of everyday life. Each laughter activity served as a gentle yet effective tool to release emotional blockages and elevate mental well-being, reminding us of the healing power of simple joy. Following this energetic and freeing experience, the session gracefully transitioned into a guided silent meditation. In this peaceful space, participants focused on their breath, turned inward, and connected with a deep sense of calm and stillness. The harmonious balance between high-spirited laughter and serene meditation created a unique atmosphere of wholeness and clarity. Swami Bodhi Vartman's presence was a beautiful blend of light-heartedness and spiritual depth, making it easy for every individual — regardless of experience — to feel included and engaged. His words and guidance resonated with all, fostering both joy and reflection. This session was not just an event; it was a soulful experience that left a lasting imprint on everyone's heart. It reminded us that laughter and silence, though opposite in nature, can together unlock profound levels of awareness, healing, and happiness. Chitkara Happiness Center's thoughtful initiative once again proved how meaningful moments of connection and mindfulness can nourish the mind, body, and soul.

Pooja Luthra
Chiranjit Ganguly
Simran Rana
Khushi
Tara Verma
Shenaj Singh
H
Himanshi Kamboj
Aastha Luthra
13:01 | wqs-vrum-pqr

Manoj Rangarh
Simran Rana
ARUN LUTHRA
Tara Verma
Sandeep Awasthi
11 others

Manoj Rangarh
Simran Rana
ARUN LUTH...
Saksham ...
Pooja Luthra
T
Tara Verma
Sandeep Awasthi
13 others
Aastha Luthra
12:33 | wqs-vrum-pqr

Manoj Rangarh
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ARUN LUTHRA
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Pooja Luthra
Tara Verma
Sandeep Awasthi
13 others
Aastha Luthra
12:17 | wqs-vrum-pqr

Manoj Rangarh
Simran Rana
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Sandeep Awasthi
Pooja Luthra
Tara Verma
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12 others
Aastha Luthra
12:47 | wqs-vrum-pqr

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	MEDITATION FOR SUCCESS
Date	25th June 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galilio Block
Number of Attendees	43
Resource Person	Mr. Atheer Al Safyari

Chitkara Happiness Centre, in collaboration with the Office of Talent Management, organized a rejuvenating and deeply enriching session titled "Meditation for Success", exclusively designed for faculty members. The session was facilitated by renowned Isha Foundation trainer, Mr. Atheer Al Safyari, and aimed to empower educators with practical tools to incorporate meditation, relaxation, and mindfulness into their daily routines for enhanced inner peace and professional effectiveness. The session began by exploring the *importance of meditation*, where Mr. Atheer emphasized how regular practice helps in significantly reducing stress, improving concentration, and enhancing emotional resilience. He explained the scientific and spiritual benefits of meditation in simple, relatable terms, making it accessible even for first-time practitioners. One of the key highlights was the *Neck Practice* — a series of guided physical movements aimed at releasing tension and promoting overall physical well-being. Faculty members actively participated and experienced immediate relief from the accumulated stress of their busy schedules. The session smoothly transitioned into techniques that foster *relaxation and peace*, introducing ways to quiet the mind and enter deeper states of stillness. A major takeaway from the session was the *7-minute guided meditation*, during which participants were gently led through a calming process of conscious breathing and inner awareness. This brief yet impactful experience allowed attendees to recharge mentally and emotionally while experiencing the serenity that meditation brings. The entire session cultivated a peaceful and engaging environment, offering faculty members not only a moment of pause but also valuable insights to integrate mindfulness into both their personal and professional lives. *"Meditation for Success"* proved to be an inspiring initiative, reinforcing Chitkara University's commitment to holistic well-being and continuous growth for its educators.

EVENT DETAILS	
EVENT TYPE	COMPETITION
TOPIC	MUSIC & POETRY COMPETITION
DATE	2025-06-27 to 2025-06-27
MODE	OFFLINE
VENUE	EINSTEIN HALL, GALILEO BLOCK, CHITKARA UNIVERSITY (EINSTEIN HALL, GALILEO BLOCK, CHITKARA UNIVERSITY)
ORGANIZER NAME	MS. KANU MAHAJAN, MS. GURPREET KAUR
NO. OF PARTICIPANTS	8
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING

OBJECTIVE

- To encourage nursing students to express their creativity and emotions through music and poetry.
- To promote holistic development by integrating artistic expression with nursing education.
- To nurture empathy, compassion, and emotional intelligence among students through creative arts.
- To provide a supportive platform for students to showcase their musical and poetic talents.
- To build confidence and communication skills in participants through public performances.
- To celebrate the human spirit and the compassionate side of nursing beyond clinical skills.
- To foster camaraderie and enthusiasm among students, enhancing their overall educational experience.

DESCRIPTION

The Department of Nursing successfully organized a vibrant and soulful Music and Poetry Competition, bringing together creativity, passion, and heartfelt expression from our talented students. Music and poetry have long been recognized as powerful forms of artistic expression that connect deeply with human emotions, promote self-reflection, and foster empathy. These art forms provide a unique avenue for individuals to communicate their thoughts and feelings, nurturing emotional intelligence and mental well-being—qualities essential in the nursing profession. The event was an incredible celebration of art, emotion, and the human spirit—highlighting the importance of holistic development in nursing education. From powerful

performances to touching verses, the atmosphere was filled with enthusiasm and inspiration, showcasing the compassionate and artistic side of nursing. Our students impressed the audience with their musical talents and poetic flair, leaving a lasting impact on everyone present. We are proud to announce the winners of the competition: in the Singing category, First Prize was awarded to Ms. Prachi, M.Sc. Nursing (1st Year), and Second Prize went to Ms. Harwinder Kaur, B.Sc. Nursing (2nd Semester). In the Poetry category, Ms. Shiva, M.Sc. Nursing (2nd Year), secured First Prize, while Mr. Karan, B.Sc. Nursing (4th Semester), was awarded Second Prize. Congratulations to all the winners and participants for making this event a memorable and inspiring experience. Events like these remind us that nursing is not just about clinical skills, but also about nurturing empathy, creativity, and emotional intelligence through expressive art. Total eight students participated in the competition.

OUTCOMES

- Enhanced creative expression and emotional articulation among nursing students.
- Increased awareness of the importance of empathy and emotional intelligence in nursing practice.
- Improved confidence and public speaking skills of participants through performance opportunities.
- Strengthened sense of community and teamwork among students across different nursing programs.
- Recognition and encouragement of students' artistic talents alongside their academic achievements.
- Reinforcement of holistic education by integrating arts and humanities into the nursing curriculum.

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Latitude: 30.515951961994453
Longitude: 76.65886823855253
27/06/2025 - 11:25:53

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EVENT DETAILS	
EVENT TYPE	EXPERT TALK
TOPIC	"PHARMA BUSINESS EVOLUTION: NAVIGATING THE AI DISRUPTION"
DATE	2025-06-27 to 2025-06-27
MODE	ONLINE
ORGANIZER NAME	JATINDER CHOPRA
RESOURCE PERSON	ANSHU NARULA, EX GSK - SENIOR COMMERCIAL LEADER
NO. OF PARTICIPANTS	127
SDG NO	SDG 4: QUALITY EDUCATION, SDG 3: GOOD HEALTH AND WELL-BEING, SDG 9: INDUSTRY, INNOVATION AND INFRASTRUCTURE

OBJECTIVE

Understand the evolution of the pharmaceutical industry and key technological milestones. Explore the role of Artificial Intelligence across the pharmaceutical value chain. Analyze the strategic impact of AI on operations, compliance, marketing, health, and patient engagement. Develop practical insights through case studies and expert-led discussions.

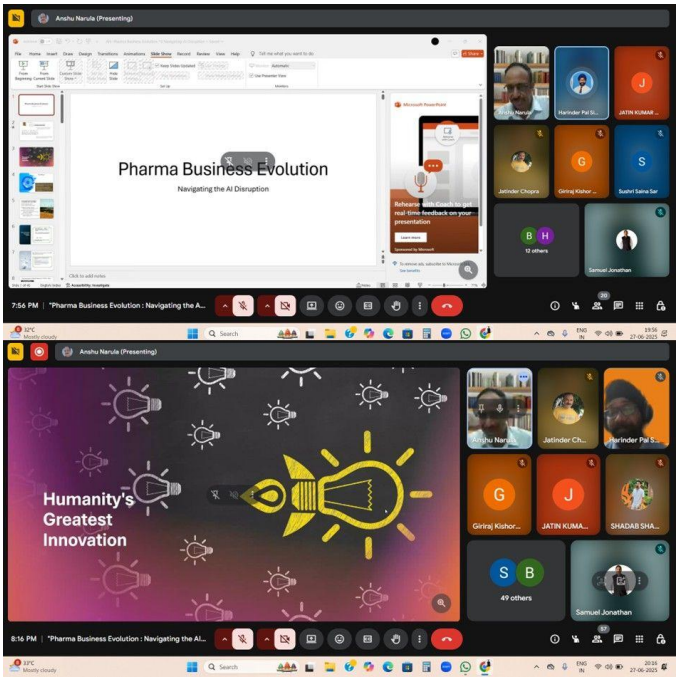
DESCRIPTION

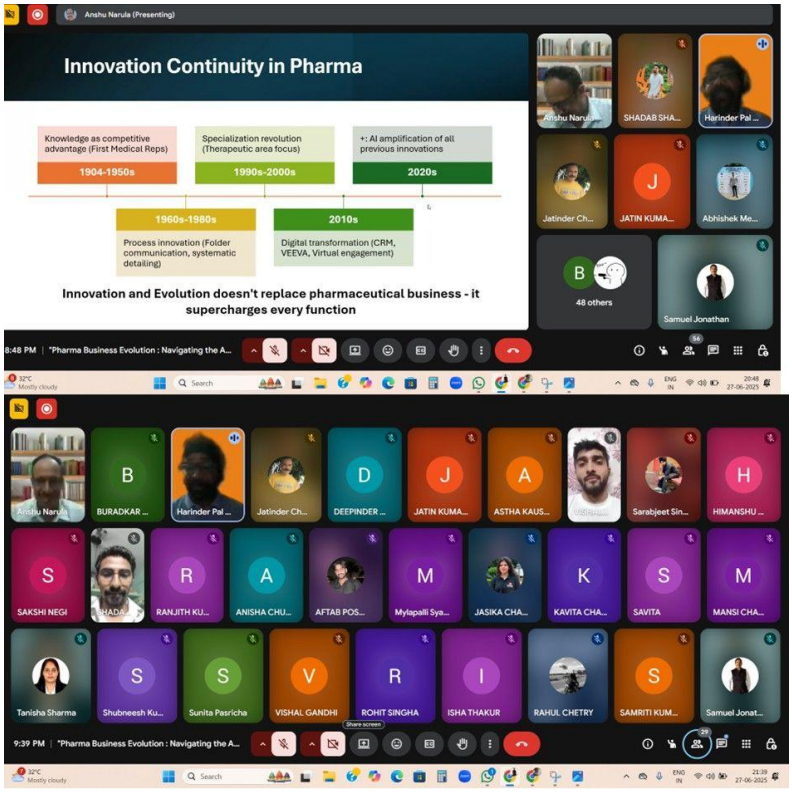
Chitkara College of Sales and Marketing organized an Exclusive Interactive session on "Pharma Business Evolution : Navigating the AI Disruption" on 27th June, 2025 (Friday), in online mode. Resource person for the session was Mr.Anshu Narula Ex GSK - Senior Commercial Leader. The pharmaceutical industry is undergoing a seismic shift driven by the rapid advancement and integration of Artificial Intelligence (AI). From drug discovery and clinical trials to marketing, supply chain optimization, and personalized medicine — AI is reshaping how pharmaceutical businesses operate, innovate, and compete.

This session explores the evolution of the pharmaceutical business over the past few decades, highlighting key inflection points and technological milestones. It then focuses on the emerging AI disruption, unpacking its transformative impact across the value chain. Participants will gain insights into how AI is: Accelerating drug development timelines through predictive modeling and data analytics Enhancing real-world evidence generation and patient insights Optimizing sales and marketing strategies using machine learning and CRM intelligence Improving compliance, pharma co-vigilance, and operational efficiency Through case studies, expert perspectives, and interactive discussions, this session aims to equip students with the strategic foresight and practical understanding required to navigate, adapt, and lead in an AI-driven pharma ecosystem.

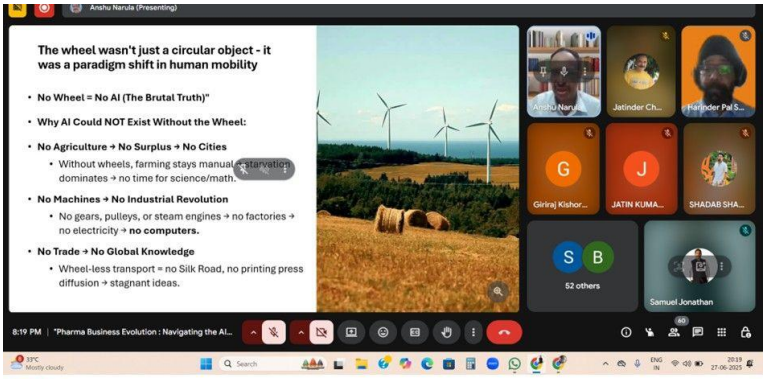
OUTCOMES

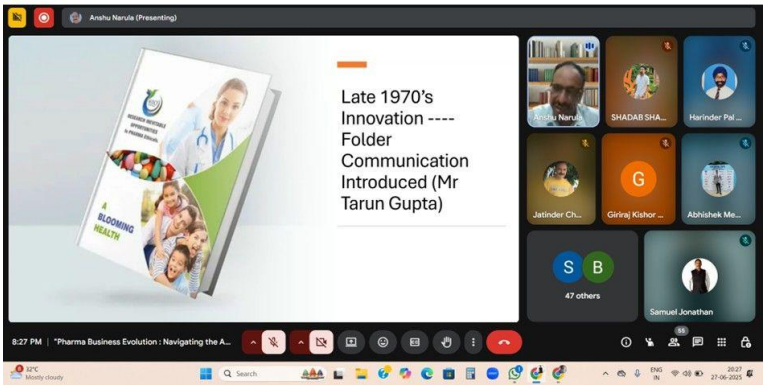
Students will be able to describe the historical transformation and innovation phases in the pharma sector.
Students will identify and explain how AI technologies are integrated into drug discovery, clinical trials, and personalized medicine.
Students will critically assess the influence of AI on marketing strategies, operational efficiency, and regulatory compliance.
Students will apply insights from real-world examples to suggest AI-led strategies for future pharmaceutical challenges.




Anshu Narula (Presenting)
Innovation Continuity in Pharma
Knowledge as competitive advantage (First Medical Reps)
1904-1950s
Specialization revolution (Therapeutic area focus)
1990s-2000s
+: AI amplification of all previous innovations
2020s
1960s-1980s
Process innovation (Folder communication, systematic detailing)
2010s
Digital transformation (CRM, VEEVA, Virtual engagement)
Innovation and Evolution doesn't replace pharmaceutical business - it supercharges every function
48 others
Samuel Jonathan
"Pharma Business Evolution : Navigating the A...

BURADKAR ...
Harinder Pal ...
Jatinder Ch...
DEEPINDER ...
JATIN KUMA...
ASTHA KAUS...
Sarabjeet Sin...
HIMANSHU ...
SAKSHI NEGI
RANJITH KU...
ANISHA CHU...
AFTAB POS...
Mylapalli Sya...
JASIKA CHA...
KAVITA CHA...
SAVITA
MANSI CHA...
Tanisha Sharma
Shubneesh Ku...
Sunita Pasricha
VISHAL GANDHI
ROHIT SINGHA
ISHA THAKUR
RAHUL CHETRY
SAMRITI KUM...
Samuel Jonat...
"Pharma Business Evolution : Navigating the A...


Anshu Narula (Presenting)
The wheel wasn't just a circular object - it was a paradigm shift in human mobility
No Wheel = No AI (The Brutal Truth)"
Why AI Could NOT Exist Without the Wheel:
No Agriculture → No Surplus → No Cities
Without wheels, farming stays manual → starvation dominates → no time for science/math.
No Machines → No Industrial Revolution
No gears, pulleys, or steam engines → no factories → no electricity → no computers.
No Trade → No Global Knowledge
Wheel-less transport = no Silk Road, no printing press diffusion → stagnant ideas.
52 others
Samuel Jonathan
"Pharma Business Evolution : Navigating the AI...


Anshu Narula (Presenting)
Late 1970's Innovation ---- Folder Communication Introduced (Mr Tarun Gupta)
47 others
Samuel Jonathan
"Pharma Business Evolution : Navigating the A...

EVENT DETAILS	
EVENT TYPE	MIND MANAGEMEMT
TOPIC	FUN & FROLIC FRIDAY: A DAY OF JOY, ENERGY AND TOGETHERNESS
DATE	2025-06-27 to 2025-06-27
MODE	OFFLINE
ORGANIZER NAME	DR PRIYANKA MALHOTRA (ASSOCIATE PROFESSOR, DECE), DR DEEPTI PRIT KAUR (PROFESSOR, DECE), DR MEENU GARG (ASSOCIATE PROFESSOR, DECE), DR SUNIL DHAWAN (ASSISTANT PROFESSOR, DECE)
NO. OF PARTICIPANTS	30
SDG NO	SDG 3: GOOD HEALTH AND WELL-BEING, SDG 5: GENDER EQUALITY

O BJECTIVE

- Promote wellness and physical activity among faculty through engaging exercises like Zumba-based stretching.
- Foster team bonding and enhance interpersonal relationships through interactive and fun games.
- Provide a refreshing break from routine academic work to boost morale and reduce stress.
- Encourage active participation and create a lively, positive atmosphere within the department community.

DESCRIPTION

The Department of Electronics and Communication Engineering at Chitkara University, Punjab, successfully organized an exciting event titled “Fun & Frolic Friday” on 27th June 2025 at the Eureka Lab, Edison Block. This event was thoughtfully designed to provide faculty members with a joyful and refreshing break from their routine academic activities, focusing on wellness, fun, and team bonding. The event featured a lively lineup of activities that encouraged both physical movement and mental engagement. To kick off the day, participants took part in Zumba-based stretching exercises, which not only energized them but also promoted physical wellness. Following the warm-up, the event moved into engaging games such as “Count Swap: English to Hindi,” which challenged participants’ language skills and quick thinking, and “Tongue Twisters,” which brought plenty of laughter and lighthearted competition. The highlight of the day was the “Books-on-Head Race,” a fun and entertaining

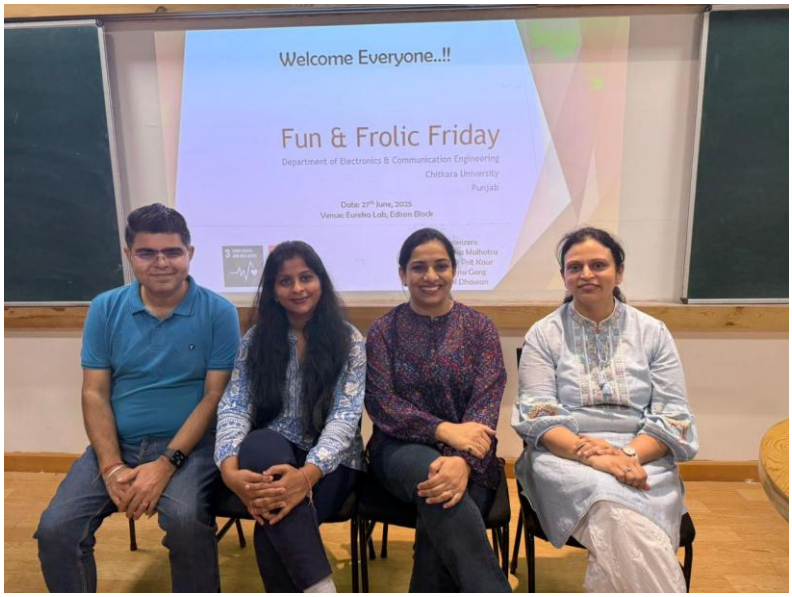
activity that tested balance and concentration, further strengthening camaraderie among the faculty. The event was meticulously organized by Dr. Priyanka Malhotra, Dr. Deeptiprit Kaur, Dr. Meenu Garg, and Dr. Sunil Dhawan, with valuable support from the FBuzz Club. Their efforts ensured smooth coordination and a vibrant atmosphere throughout the event. To add to the cheer, refreshments were served by the FBuzz team, providing a perfect opportunity for informal interaction and bonding over snacks. Special thanks were extended to Dr. Shivani Malhotra, Dean of the Department of Electronics and Communication Engineering, whose constant encouragement and support played a crucial role in making the event a grand success. Overall, "Fun & Frolic Friday" was an enjoyable and rejuvenating experience that promoted wellness, teamwork, and a positive work environment among the faculty members.

OUTCOMES

- Improved the physical and mental well-being of faculty members by promoting active participation in health-focused activities like Zumba-based stretching, contributing to SDG 3's aim of ensuring healthy lives and promoting well-being for all ages.
- Enhanced stress relief and emotional wellness through fun and social activities, supporting mental health awareness and overall well-being.
- Promotion of an inclusive environment encouraging equal participation from all faculty members regardless of gender, fostering gender equality and empowerment aligned with SDG 5.
- Strengthened collaboration and mutual respect among diverse faculty groups, helping to break down gender barriers and promote equitable opportunities for involvement and leadership in departmental activities.
- Increased awareness and encouragement of balanced work-life dynamics, supporting both physical health and equal participation, thus contributing positively towards creating a supportive and gender-sensitive workplace culture.

Welcome Everyone..!!
Fun & Frolic Friday
Department of Electronics & Communication Engineering
Chitkara University
Punjab
Date: 27th June, 2025
Venue: Eureka Lab, Edison Block
GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.516386, Long 76.660013
06/27/2025 12:09 PM GMT+05:30
Note : Captured by GPS Map Camera

GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.516368, Long 76.659703
06/27/2025 12:17 PM GMT+05:30
Note : Captured by GPS Map Camera


Welcome Everyone..!!
Fun & Frolic Friday
Department of Electronics & Communication Engineering
Chitkara University
Punjab
Date: 27th June, 2025
Venue: Eureka Lab, Edison Block

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	STAGE FEAR
Date	28th June 2025
Time	11:00 AM onwards
Mode	Online
Number of Attendees	32
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Center organized an insightful and empowering session that focused on addressing and overcoming stage fear — a common yet deeply rooted challenge faced by many individuals. Led by the dynamic and empathetic Ms. Vrinda, the session explored the true causes behind stage fright, going beyond the surface to reveal its emotional core. She explained that stage fear is not merely about public speaking but stems from deeper fears such as the pressure to be perfect, the fear of judgment, overthinking, and the shadows of past failures. Through her warm and engaging approach, Ms. Vrinda gently guided participants toward self-awareness and offered a list of practical techniques to tackle these fears head-on. The session introduced mindful breathing exercises to calm anxiety, positive visualization practices to instill inner confidence, and the power of confident body language to project assurance. One particularly impactful practice shared was "mirror talk," a simple yet transformative daily habit to reinforce self-belief and silence the inner critic. Participants resonated deeply with the reminder to release the burden of "what will people think" — a mindset that often stands between them and their true potential. The session created a safe and supportive environment for reflection, growth, and empowerment, encouraging everyone to take the first step toward expressing themselves more freely and fearlessly. With relatable examples and interactive discussions, Ms. Vrinda made each concept accessible and actionable. This thoughtful initiative by Chitkara Happiness Center not only helped participants recognize the root of their fears but also left them equipped with tools and strategies to move forward with courage and authenticity. It was a meaningful reminder that confidence is not something we're born with — it is something we can build, one mindful step at a time.