CHITKARA UNIVERSITY

CHITKARA UNIVERSITY
Centre of Excellence for Sustainability

3 GOOD HEALTH AND WELL-BEING



SUSTAINABLE DEVELOPMENT GOALS

July 2025 - June 2026

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298	04-Feb-26	CSHS	Rally On World Cancer Day United By Unique	826-827
299	06-Feb-26	OSL	Communication: Your Real-Life Superpower	828-829
300	06-Feb-26	OA	Donation Drive At Prabh Asra, Village Patiala, Mohali	830-831
301	06-Feb-26	CCP	Tech Startup Connect & Grow Workshop	832-835
302	07-Feb-26	OSL	Unveiling The Magic Of Gratitude	836-837
303	07-Feb-26	OSL	Turn The Page, Take The Mic	838-839
304	07-Feb-26	OSL	Mind Clash Level 1	840-841
305	07-Feb-26	OSL	Run And Rave	842-843
306	07-Feb-26	OA	Eye Check-Up Camp On The Occasion Of World Health Day	844-846
307	08-Feb-26	OSL	Mind Clash Level 1	847-848
308	09-Feb-26	CSHS	World Pulses Day 2026	849-850
309	09-Feb-26	CSHS	Communication And Its Implications In Nursing	851-853
310	10-Feb-26	CSHS	Radio Talk On “Combinations Of Pulses For Maximum Nutritional Benefits”	854-855
311	11-Feb-26	OSL	Mind Clash Level 1	856-857
312	11-Feb-26	OSL	Mind Clash Level 1	858-859
313	11-Feb-26	OSL	LinkedIn Experience Zone Inauguration	860-861
314	11-Feb-26	CSHS	“Leprosy Is Curable, The Real Challenge Is Stigma”	862-864

315	12-Feb-26	OSL	Zumba Workshop	865
316	12-Feb-26	CURIN	32nd International Public Health Management Development Program (IPHMDP)	866-871
317	13-Feb-26	OSL	Bachata Workshop	872-874
318	13-Feb-26	OSL	One Colour Challenge	875-876
319	13-Feb-26	CCP	Expert Talk on Pharmacovigilance: Bridging Industry Experience and Academic Learning	877-879
320	14-Feb-26	OSL	Love Fest	880-881
321	14-Feb-26	OSL	3.2.1 Happiness Challenge	882
322	14-Feb-26	OTM	FIP – Guru Dakshta Emotional Development and Counselling Skills	883-884
323	16-Feb-26	OSL	Mind Clash Level 1 - Ipm Department	886-887
324	17-Feb-26	OSL	Mind Clash Level 1 - Architecture Department	888-889
325	18-Feb-26	CSHS	Innovative Research Methodologies & Design Thinking In Healthcare	890-891
326	18-Feb-26	OSA	Blood Donation Camp	892-893
327	19-Feb-26	OSL	Nazariya Inauguration	894-895
328	19-Feb-26	OSL	LinkedIn Experience Zone	896-897
329	19-Feb-26	CCHM	Fire Training & Drill	898-900
330	19-Feb-26	CA	Blood Donation Camp	901-902
331	20-Feb-26	OSL	Special Zumba Workshop	903-904
332	20-Feb-26	CCP	Health Checkup Camp: Extending Care Beyond Clinics	905-907
333	21-Feb-26	CSHS	Community Eye Screening Camp	908-909
334	21-Feb-26	CSHS	Workshop On “Code Blue To Pink Golden Tiny Hearts: Innovation In PALS’’	910-912
335	21-Feb-26	OA	Samvedna: Workplace Mental Health Awareness & Support Programme	913-914
336	21-Feb-26	OTM	FIP : Guru Dakshta A) Higher Education And Development Of Its Ecosystem In India B) Early Identification Of Mental Health Concerns In Children And Adolescents: A Parent Focused Program For The Faculty And Staff	915-916
337	22-Feb-26	OSL	DJ Class	917-918
338	22-Feb-26	OSL	Sunday Dhamaka	919-920
339	22-Feb-26	OSL	Yoga Workshop	921-922
340	22-Feb-26	OSL	Art Trip	923-924
341	22-Feb-26	OSL	Mini Fun Quiz	925-926
342	23-Feb-26	CSHS	Invisible Struggle: The Psychology Behind Eating Disorders	927-928
343	25-Feb-26	Dept. of Applied Sciences	National Science Day-Converge To Emerge 2026-Where AI Meets Science &Amp; Engineering	929-931
344	26-Feb-26	OSL	Bollywood Night	932-933

345	26-Feb-26	CSPA	Shape 2026 – International Conference	934-935
346	27-Feb-26	OSL	World Science Day	936-937
347	27-Feb-26	CA	Expert Session On Innovative Insights Into The Psychology Of Eating Disorders	938-940
348	27-Feb-26	CCP	Expert Talk On Regulatory Affairs 2026: Skills, Strategy, Survival	941-943
349	01-Mar-26	OSL	Money Personality Test	944-945
350	01-Mar-26	OSL	7 Day Page Turners Online Activity	945-948
351	01-Mar-26	OSL	7 Day Online Voice Vibes Activity	945-948
352	06-Mar-26	OSL	Self - Love	949-950
353	09-Mar-26	OSL	Awareness Talk On International Women's Day	951-953
354	11-Mar-26	OSL	Photography Workshop	954-955
355	11-Mar-26	OSL	LinkedIn Experience Zone	956-957
356	13-Mar-26	OSL	Research Club Onboarding	958-959
357	13-Mar-26	OSL	Invest Punjab Summit 2026	960-961
358	13-Mar-26	CLS	International Women's Day: Book Reading And Discussion	962-965
359	14-Mar-26	CES	Sustain staff 5 Women's Health Check-Up & Learning Breast Self-Examination (BSE)	966-969
360	15-Mar-26	OSL	Dj Session	969
361	15-Mar-26	OSL	Watercolour Workshop	970-971
362	15-Mar-26	OSL	Red Tape Marathon	972-973
363	15-Mar-26	OSL	Yoga Workshop	974-975
364	18-Mar-26	CCHM	Greener Kitchen Better Future - Carbon Footprint Awareness in Culinary Kitchens	976-978
365	18-Mar-26	OSL	Finspark Event	979-980
366	18-Mar-26	OSL	Mun Club Inauguration	981-982
367	18-Mar-26	OSL	Mind Clash Level - 2	983-984
368	19-Mar-26	CSHS	Health Camp On Screening of NCD'S	985-987
369	19-Mar-26	OSL	Thursday Diary	988-989
370	20-Mar-26	OSL	Happiness Reunion	990-991
371	20-Mar-26	CSHS	Endometriosis: Listening To Women's Pain, Advancing Early Diagnosis	992-993
372	20-Mar-26	CCP	World Oral Health Day 2026	994-995
373	20-Mar-26	CSHS	World Tuberculosis Day	996-997
374	21-Mar-26	OSL	Mind Clash Level - 2	998-999
375	21-Mar-26	OSL	Radiance 2026	1000-1001
376	21-Mar-26	OA	Khushiyan De Khede: Responsibility, Motivation & Workplace Positivity for Supporting Staff	1002-1004
377	21-Mar-26	CSHS	USB Day – "Arena of Champions"	1005-1007
378	22-Mar-26	OSL	Umang Drive	1008-1009
379	22-Mar-26	OSL	Doublethon Marathon	1010-1011
380	22-Mar-26	OSL	Chess Tournament	1012

381	22-Mar-26	OSL	Yoga Workshop	1013-1014
382	22-Mar-26	OSL	Photo walk	1015-1016
383	23-Mar-26	OSL	Awareness Talk On World Tuberculosis Day	1017-1019
384	23-Mar-26	OSL	Hostel Series	1020-1021
385	23-Mar-26	Dept. Of Physiotherapy	Protective Women's Future	1022-1023
386	23-Mar-26	CSHS	Role Of Optometrists In Infectious Keratitis: Case-Based Insights, Levels Of Management, Recent Advancements, And Future Research Directions	1024-1026
387	24-Mar-26	CSHS	Slogan Writing On World Tuberculosis Day	1027-1029
388	24-Mar-26	CCP	Quiz Competition (World Tuberculosis Day 2026)	1030-1031
389	24-Mar-26	CCP	World Tuberculosis Day Radio Talk 2026	1032-1033
390	24-Mar-26	CSHS	The Hip Joint: From Biomechanics To Robotic Precision	1034-1035
391	25-Mar-26	OSL	Unfiltered Ventures Club Topic Unfiltered Ventures Canopy	1036-1037
392	25-Mar-26	OSL	Chitkara Research Show	1038-1039
393	25-Mar-26	OSL	Hostel Ambassador Session	1040-1041
394	27-Mar-26	OSL	The Wallstreet	1042-1043
395	27-Mar-26	OSL	Yoga Workshop	1044
396	27-Mar-26	OSL	Garba Night	1045-1046
397	27-Mar-26	OA	Health Checkup For Children At Dew Drops	1047-1048
398	27-Mar-26	CSHS	Innovation In Life-Saving Technologies: Advanced Airway Management, Rapid Response And Resuscitation Protocols	1049-1050
399	28-Mar-26	USB	2nd Edition Chitkara Badminton Tournament	1051-1052
400	28-Mar-26	OSL	Awaken Your Inner Power	1053-1054
401	28-Mar-26	OSL	Chess Practice Session	1055-1056
402	28-Mar-26	OSL	Beat The Lab	1057-1058
403	28-Mar-26	OSL	Umang Event	1059-1060
404	28-Mar-26	OSL	Where Thoughts Find Their Voice	1061
405	29-Mar-26	OSL	Pages By Lake	1062-1063
406	29-Mar-26	OSL	Colour Canvas Visit	1064-1065
407	30-Mar-26	CCSM	Pharma Leaders' Ai Toolkit: Navigating Disruption and Driving Growth.	1066-1067
408	30-Mar-26	OSL	Drishya Club Inauguration	1069
409	30-Mar-26	OSL	Inner Engineering Inauguration	1070-1071
410	31-Mar-26	CCSM	Beyond Specialities: The Power Of Collaborative Care	1072-1073
411	01-Apr-26	USB	Title: An Expert Talk On Regulatory Transformation	1074-1076
412	01-Apr-26	CA	Title: Report On National Service Scheme (NSS) 7-Day	1077-1081
413	01-Apr-26	OSA	Seven Days NSS Special Camp	1077-1081
414	01-Apr-26	CCP	An Expert Talk On Regulatory Transformation	1082-1084
415	02-Apr-26	CCP	Clin X Innovate Hackathon 2026	1085-1087

416	02-Apr-26	OSA	World Autism Awareness Day	1088-1089
417	02-Apr-26	CSHS	Step Into Understanding: Autism Awareness Day	1090-1091
418	03-Apr-26	CCP	Title: Pharma Start-Up Essentials: Legal And Ethical Foundations	1092-1094
419	03-Apr-26	CCP	Pharma Start-Up Essentials: Legal And Ethical Foundations	1095-1097
420	04-Apr-26	USB	2nd Edition Chitkara Pickleball Tournament	1098-1099
421	04-Apr-26	USB	Chitkara Table Tennis Club Tournament	1100-1101
422	06-Apr-26	CSHS	Healthy Beginnings, Hopeful Futures	1102-1104
423	06-Apr-26	CA	The Paradox Ground	1105-1106
424	06-Apr-26	OSA	World Health Day	1107-1109
425	07-Apr-26	CCSM	Mental Health: A New Perspective To Be Emotionally Balanced In Personal And Professional Life For Success	1110-1111
426	07-Apr-26	CES	Sustain staff 7: Eye Check-Up Camp	1112-1113
427	07-Apr-26	CCP	Quiz Competition On World Health Day 2026	1114-1115
428	07-Apr-26	CSHS	World Health Day	1116-1117
429	08-Apr-26	CSHS	Expert Session On Youth Health- Managing Stress & Burnout	1118-1120
430	08-Apr-26	CCSM	Innovation And New Treatment Regimen In Fatty Liver Disease Management	1121-1123
431	09-Apr-26	CSHS	From Concept To Validation: Questionnaire Development And Pilot Testing In Research	1124-1125
432	09-Apr-26	CSHS	Innovative Insights Into Neurotransmitter Imbalance In Amblyopia: Beyond Traditional Visual Pathways	1126-1127
433	08-Apr-26	CES	Expert Session On Youth Health- Managing Stress & Burnout	1128-1130
434	10-Apr-26	OA	Donation Of Furniture To Government School Of Eminence	1131-1132
435	11-Apr-26	USB	Chitkara Pickleball Club Tournament	1133-1134
436	13-Apr-26	CSHS	Stress, Stressors And Your Environment: Navigating University Life	1135-1137
437	13-Apr-26	CSE	Safe Ride Initiative - Emergency Response Training For College Bus Situations	1138-1139
438	15-Apr-26	OSA	Blood Donation Camp	1140-1142
439	16-Apr-26	CSHS	Awareness Talk On Relapse Prevention And Its Strategies	1143-1145
440	17-Apr-26	Dept. of Applied Sciences	Idea Ignite — The Ideation Challenge.	1146-1148
441	18-Apr-26	OA	Awareness Session On Liver Health Under The “Survey Of Liver” Campaign for Support Staff	1149-1151
442	18-Apr-26	OSA	World Health Day	1152-1153
443	20-Apr-26	CSPA(ID)	World Earth Day Week Celebrations, Activities, And Competition 2026	1154-1156

444	20-Apr-26	CSHS	Application Of Statistics in Healthcare Research: Innovations And Advancements	1157-1158
445	20-Apr-26	CSHS	Medical Laboratory Professional Week (Mlpw2026)	1159-1161
446	22-Apr-26	CSHS	Energy For Change: Innovates To Reduce Carbon Footprints	1162-1164
447	24-Apr-26	CSHS	World Immunization Week	1165-1167
448	24-Apr-26	CCP	World Malaria Day 2026	1168-1169
449	24-Apr-26	CSHS	Panel Discussion On “Future-Ready Allied Health Careers: Innovation, Regulation, And Expanding Professional Frontiers”	1170-1171
450	25-Apr-26	USB	Basketball Club Tournament 3v3 Mixed Team	1172-1173
451	25-Apr-26	USB	2nd Edition Chitkara Futsal Tournament	1174-1175
452	27-Apr-26	CSHS	Role Play &Amp; Health Education On World Malaria Day	1176-1177
453	28-Apr-26	CSHS	Axis Of Spinal Integrity: From Prevention To Modern Surgical Repair and Recovery Mandates	1178-1179
454	01-May-26	OA	Donation Of Furniture to Government High School, Vill. Hulka	1180-1181
455	01-May-26	CCP	World Asthma Day 2026	1182-1183
456	01-May-26	CSHS	Innovation In Personalized Nutrition: From One-Size-Fits All Diets to Precision Health	1184-1185
457	02-May-26	OA	Awareness &Amp; Wellness Campaign At Village Gobindpura	1186-1188
458	02-May-26	CES	Hand-In-Hand with Society: Awareness & Wellness Campaign at Village Gobind pura	1189-1191
459	02-May-26	CSHS	Joke Telling Session	1192-1193
460	02-May-26	USB	Pool Tournament for Men	1194
461	02-May-26	USB	Chitkara Football Club Tournament	1195-1197
462	02-May-26	USB	Chitkara Volleyball Club Tournament	1198
463	03-May-26	USB	Cricket Club Tournament	1999
464	04-May-26	CSHS	Heart Beat Dance Fiesta on National Nurses Week 2026	1200-1201
465	04-May-26	CSHS	Healing Hands, Artful Hearts	1202-1204
466	06-May-26	CSHS	Nutritious Nosh Competition	1205-1208
467	06-May-26	CSHS	Quiz Competition	1209-1211
468	07-May-26	CRIO/DRC	AI And Bio signal Integration for Healthcare Empowerment	1212-1213
469	07-May-26	CRIO/DRC	Robotics And AI In Healthcare	1214-1216
470	08-May-26	CSHS	Skit Competition on International Nurses Week 2026	1217-1219
471	08-May-26	CSHS	Glamour Beats Competition	1220-1222
472	09-May-26	CES	Sustain staff 9: Understanding Management – Expired Medicines, Medicinal Plants Around	1223-1225
473	12-May-26	CSHS	Nurse’s Day Celebration	1226-1228
474	12-May-26	CSHS	Physiolaunchpad: Pre-Internship Training Module	1229-1230

475	16-May-26	CES	Empowering Young Minds Through Sustainability Awareness Session	1231-1233
476	16-May-26	CSHS	Empowering Women Through Preventive Healthcare	1234-1235
477	18-May-26	CSHS	World Hypertension Day 18 Th May, 2026	1236-1238
478	21-May-26	CLS	Job Shadowing Program Grade 12th Chitkara International School	1239-1244
479	22-May-26	OSA	International Day of Biological Diversity	1245-1246
480	25-May-26	CSHS	Expert Session	1247-1249
481	25-May-26	DICE	Dice Tech innovate 4.0	1250-1252
482	29-May-26	OSA	World No Tobacco Day	1253-1254
483	01-Jun-26	CSHS	“Unmasking The Appeal – Countering Nicotine and Tobacco Addiction.”	1255-1257
484	01-Jun-26	OSA	Yoga Workshop	1258-1259
485	01-Jun-26	OA	The Office Ambassadors: Enhancing Professionalism &Amp; Hospitality Skills Among Support Staff	1260-1262
486	02-Jun-26	OSA	Cervical Cancer Vaccination Drive	1263-1264
487	03-Jun-26	OSA	World Bicycle Day	1265-1267
488	04-Jun-26	CSHS	World Food Safety Day: Nutri Safe Menu Fiesta	1268-1269
489	05-Jun-26	OA	Health Checkup for Children at Dew Drops	1270-1272
490	05-Jun-26	CES	Paint For the Planet: Transforming Creativity into Sustainability	1273-1275
491	05-Jun-26	CES	Workshop On Amrit Miti: Promoting Sustainable Soil and Water Conservation	1276-1279
492	05-Jun-26	OSA	World Environment Day	1280-1282
493	08-Jun-26	CES	Empowering Communities Through Education, Skills, Health, And Sustainability	1283-1293
494	10-Jun-26	CCSM	Data Management and Analytics	1294-1296
495	21-Jun-26	OSA	International Yoga Day	1297-1299

Event Name	Education, Human Values and Global Health Inequalities.
Date	03.07.2025
Venue	Pierre Hall, Le Corbusier Block
Organizer	Sri Guru Nanak Dev Ji Chair
Resource Person	Dr. Opinderjit Kaur Takhar
Number of Participants	120
SDGs Covered	SDG- 3, 5, 16 and 17.
Duration	1 Day

Dr. Opinderjit Kaur Takhar, Associate Dean for Research and Knowledge Exchange, Faculty of Education, Health and Wellbeing, University of Wolverhampton, UK, delivered a thought-provoking address to the students of the Chitkara College of Pharmacy and Health Sciences.

The Special Talk, organised under the auspices of the Sri Guru Nanak Dev Ji Chair for Human Values and Professional Ethics, focused on critical themes around Education, Human Values, and Global Health Inequalities.

Dr. Takhar's deeply engaging and interactive session resonated with students, especially Gen Z, as she unpacked complex issues such as health-related stigmas, the role of cultural mindsets, and the impact of ethnicity on mental health and wellbeing across the globe.

Dr. Takhar is also a Visiting Professor at the National University of Singapore.

In 2023, Hon'ble Dr. Madhu Chitkara, Pro-Chancellor, Chitkara University, was recognised among 75 accomplished women leaders by the Deputy High Commission of the UK, marking 75 years of Indian Independence. Dr. Opinderjit Kaur Takhar and Prof. Harkiran Kaur, Pro Vice-Chancellor, Chitkara Alumni Association Network, were also among the distinguished honorees.

Such recognition not only celebrates the global impact of Indian women in education and leadership but also serves as an inspiration for young minds to pursue excellence, equity, and ethics in all spheres of life.






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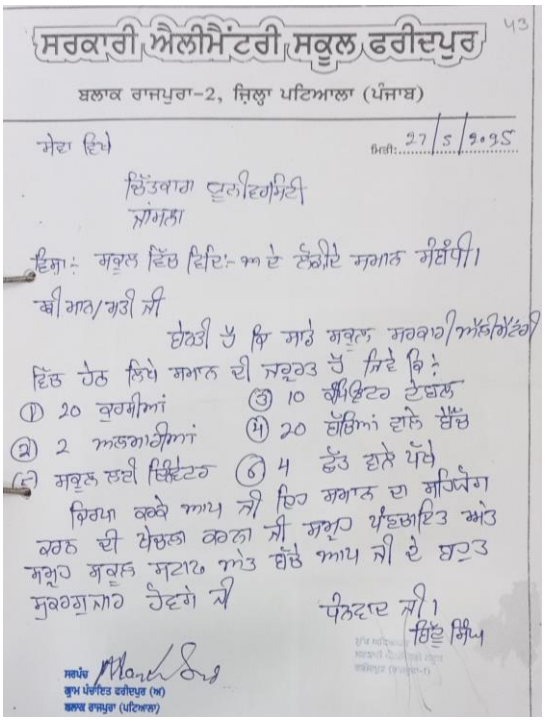
Detail of the Event/Session	
Date of the Event/Session	03 July 2025
Name of the Event/Session	Donated furniture to Faridpur School
Organized By	Office of Administration
Trainee Team/Count	5
SDG Covered	1,3,17


ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ ਫਰੀਦਪੁਰ

ਬਲਾਕ ਰਾਜਪੁਰਾ-2, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ (ਪੰਜਾਬ)

ਮੇਰਾ ਵਿਖੇ

ਮਿਤੀ: 27/5/2025

ਚਿੱਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ
ਜ਼ਾਂਸਲਾ

ਵਿਸ਼ਾ: ਸਕੂਲ ਵਿੱਚ ਵਿਦਿ:- ਦੇ ਲੋਕੀਏ ਸਮਾਨ ਸੰਬੰਧੀ।

ਬੀ ਮਾਨ/ਮਤੀ ਜੀ

ਬੇਨਤੀ ਹੈ ਕਿ ਸਾਡੇ ਸਕੂਲ ਸਰਕਾਰੀ/ਐਲੀਮੈਂਟਰੀ ਵਿੱਚ ਹੇਠ ਲਿਖੇ ਸਮਾਨ ਦੀ ਜਰੂਰਤ ਹੈ ਜਿਵੇ ਕਿ:

(1) 20 ਕੁਰਸੀਆਂ
(2) 2 ਅਲਮਾਰੀਆਂ
(3) 10 ਕੰਪਿਊਟਰ ਟੇਬਲ
(4) 20 ਬੱਚਿਆਂ ਵਾਲੇ ਬੈੱਚ
(5) ਸਕੂਲ ਲਈ ਚਿੱਵੇਟਰ
(6) 4 ਛੱਤ ਵਾਲੇ ਪੱਖੇ

ਕਿਰਪਾ ਕਰਕੇ ਆਪ ਜੀ ਇਹ ਸਮਾਨ ਦਾ ਸਹਿਯੋਗ ਕਰਨ ਦੀ ਖੇਚਲਾ ਕਰਨਾ ਜੀ ਸਮੂਹ ਪੰਚਾਇਤ ਅੰਤ ਸਮੂਹ ਸਕੂਲ ਸਟਾਫ ਅੰਤ ਬੱਚੇ ਆਪ ਜੀ ਦੇ ਬਹੁਤ ਸੁਕਰਗੁਜਾਰ ਹੋਵਗੇ ਜੀ

ਧੰਨਵਾਦ ਜੀ।
ਇੱਟੂ ਸਿੰਘ

ਸਰਪੰਚ
ਕੁਮ ਪੰਚਾਇਤ ਫਰੀਦਪੁਰ (ਅ)
ਬਲਾਕ ਰਾਜਪੁਰਾ (ਪਟਿਆਲਾ)

In line with its ongoing efforts to support community development and promote education in rural regions, the Office of Administration, Chitkara University, generously donated essential furniture to the government school in **Faridpur Village**. This initiative was undertaken in response to a formal appeal made by the school authorities, who required assistance to improve their classroom and office facilities.

Recognizing the importance of a well-equipped learning environment, the University provided the following items:

- 20 Single Student Tables with Attached Settees
- 4 Workstations with Storage
- 6 Additional Workstations with Storage
- 2 Almirahs
- 10 Computer Chairs

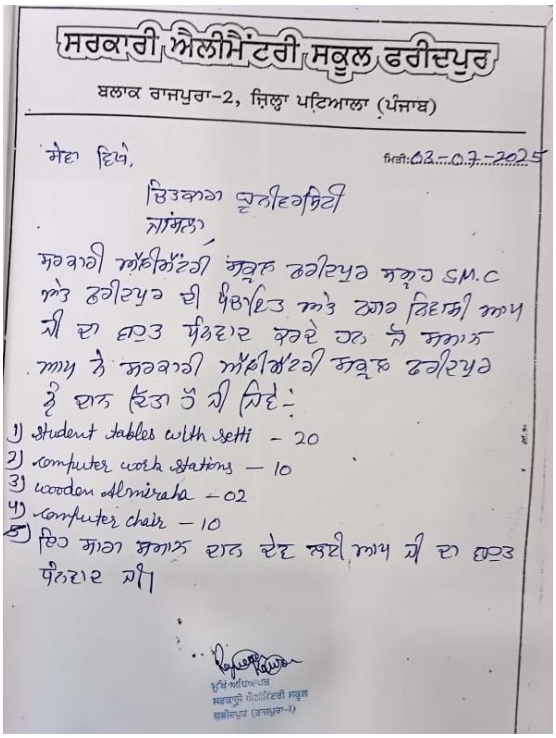
These items were donated to improve the overall academic atmosphere and address the shortage of functional furniture. The **student tables with settees** ensure proper seating arrangements for individual learners, enhancing their focus and comfort. The **workstations with storage** will be used by the faculty and administrative staff for better organization and efficiency in managing academic materials.

The **computer chairs** will enhance the school's computer lab, allowing students to work more comfortably during their IT sessions. The **almirahs** will help securely store documents, records, and other educational resources in a systematic manner.

The school authorities expressed their gratitude to Chitkara University for the timely and thoughtful support. They acknowledged that this donation would positively impact both the students and faculty by creating a more comfortable and motivating environment.

Chitkara University continues to demonstrate its commitment to social responsibility by extending its support to neighboring communities. The Office of Administration remains proactive in identifying the needs of nearby schools and institutions, contributing toward building a stronger, education-focused society through infrastructure support and outreach initiatives.







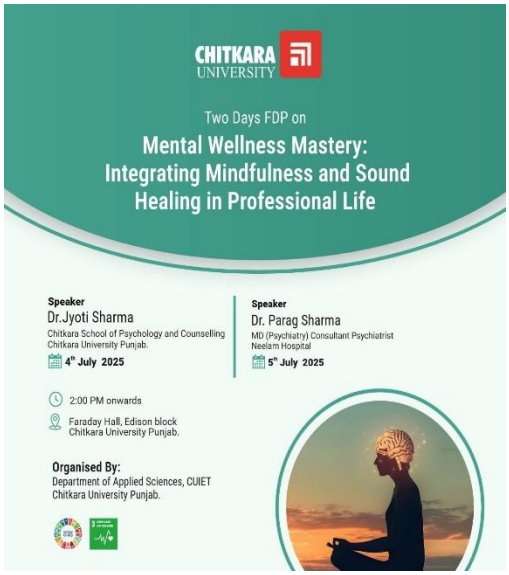




Event Details	
Event Type	Mind Management
Topic	Two Days FDP On Mental Wellness Mastery: Integrating Mindfulness and Sound Healing in Professional Life
Date	2025-07-04 To 2025-07-05
Mode	Offline
Venue	Faraday Hall, Edison Block (Chitkara University, Punjab)
Organizer Name	Dr Inderpreet Kaur, Dr. Shivani Punj
Resource Person	Dr Jyoti Sharma, Assistant Professor, Chitkara School Of Pschycology and Counselling, Chitkara University, Punjab | Dr Parag Sharma, Md, (Psychiatry), Consultant Psychiatrist, Neelam Hospital, Rajpura
No. Of Participants	29
SDG NO	SDG 3: Good Health and Well-Being

OBJECTIVE

- To promote mental wellness among faculty through mindfulness and sound healing techniques.
- To explore the influence of nutrition and lifestyle choices on psychological health.
- To understand the practical application of mindfulness in managing stress and enhancing focus.
- To educate participants about the gut-brain connection and the role of nutrition in emotional regulation.
- To provide hands-on training and scientific insights for integrating wellness practices into daily professional life.



DESCRIPTION

The Department of Applied Sciences, Chitkara University Institute of Engineering & Technology (CUIET), Chitkara University, Punjab successfully organized a "Two Days FDP on Mental Wellness Mastery: Integrating Mindfulness and Sound Healing in

Professional Life" on July 4th - 5th 2025. The FDP aimed to create awareness and equip faculty members with practical tools to enhance their mental and emotional well-being by integrating psychological techniques, alternative healing practices, and nutritional strategies into daily professional life. 1st day featured a comprehensive and experiential session conducted by Dr. Jyoti Sharma, Assistant Professor at the Chitkara School of Psychology and Counselling, Chitkara University, Punjab. She emphasized the importance of mindfulness for professionals where faculty members often face cognitive overload and emotional fatigue. She introduced instruments like Tibetan singing bowls and tuning forks, explaining how sound frequencies interact with the body's energy fields to induce a state of harmony and healing. The hands-on sound healing demonstration was not only relaxing but also deeply engaging, allowing participants to feel the calming effects of the instruments first hand. The immersive nature of the session helped faculty members experience a sense of inner balance and self-awareness-critical components of mental wellness. 2nd day session, titled "Food and Mood – Nutritional Psychiatry," was delivered by Dr. Parag Sharma, MD (Psychiatry), a Consultant Psychiatrist at Neelam Hospital, Rajpura, Punjab. He explored the intricate connection between what we eat and how we feel. A central theme of his session was the gut-brain axis, a complex communication network between the gastrointestinal tract and the brain. The session concluded with an engaging question-and-answer round, where participants asked about common dietary mistakes, mental fatigue, and food cravings, and received evidence-based responses. Participants left the FDP with a deeper understanding of how mental wellness is multi-dimensional and must be nurtured through a combination of practices.

OUTCOMES

- Faculty gained practical knowledge and hands-on experience in mindfulness and sound healing techniques.
- Participants developed an understanding of the gut-brain axis and its relevance to emotional regulation.
- Increased awareness about the impact of nutrition on mental health and strategies to manage mood disorders through diet.
- Improved ability to integrate holistic wellness practices into teaching, research, and administrative roles.
- Enhanced faculty to prioritize self-care and mental wellness in their personal and professional lives.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Laughter Kitty
Date	5th July 2025
Time	3:00 PM to 4:00 PM
Venue	Explore Stars
Number of Attendees	45
Resource Person	Mr. Manav Bansal

The Chitkara Happiness Centre recently hosted the vibrant and much-anticipated *Laughter Kitty Series 3*, an evening dedicated to spreading joy, laughter, and community bonding. The event served as a celebration of positivity, with a lineup of engaging activities designed to uplift spirits and foster connections among participants. The festivities began with an energetic *Laughter Dance* session curated by Dr. Madan Kataria, encouraging everyone to release stress and embrace happiness through expressive movement. This was followed by an engaging *Singing* segment, highlighted by a soulful performance of "Pal Pal Dil Ke Paas" that captivated the audience. The excitement continued with a *Ball Game*, sparking healthy competition and hearty laughter, as participants enthusiastically embraced their playful sides. Another heartwarming component of the evening was the *Sharing Happy Thoughts* segment, where attendees expressed gratitude and shared positive reflections, creating a ripple of warmth and connection throughout the space. The grand finale featured a *Free Style Dance* session, where participants shed all inhibitions and celebrated the moment with carefree joy and self-expression. Adding to the delight, an award ceremony was held to recognize standout participants, with titles such as *Ms. Punctual*, *Ms. Best Attire*, *Ms. Most Involved*, and *Mr. Melodious Voice* awarded for exceptional participation and enthusiasm. The atmosphere remained electric throughout the event, with continuous laughter, smiling faces, and a contagious sense of happiness filling the room. The event concluded on a high note, leaving attendees with joyful memories, renewed energy, and a sense of togetherness. *Laughter Kitty Series 3* was not just a celebration, but a testament to Chitkara Happiness Centre's ongoing commitment to nurturing mental well-being, building community, and showcasing the transformative power of laughter. Its success has firmly established it as a cherished and eagerly awaited event in the university's calendar.



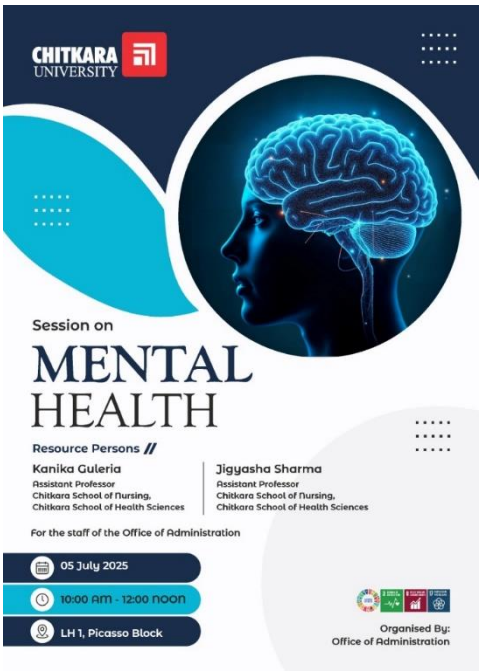






Detail of the Event/Session	
Date of the Event/Session	5th July 2025
Name of the Event/Session	Cultivating mental well being
Resource Person	Ms. Kanika Guleria & Ms. Jigyasha
Organized By	Office of Administration
Trainee Team/Count	Supervisor's/Managers/ 26
SDG Covered	3,8,17

Introduction



A session was held on mental health for the non-teaching staff of the Office of Administration today. The session was organized by the Office of Administration. The resource persons were Ms. Kanika Guleria & Ms. Jigyasha from the Department of Nursing, CSHS. In the routine activities of everyday, one tends to forget that it's necessary to prioritize peace and happiness over materialistic matters. A session filled with activities that conveyed secrets of keeping mental pressures at bay and staying joyful and peaceful…. There were a lot of take aways for the participants.

1. Understanding Mental Health

The session began with a comprehensive overview of what mental health truly means — not just the absence of illness but a state of well-being in which individuals realize their abilities, cope with normal life stresses, and contribute to their community. The resource persons broke down common myths and misconceptions related to mental health.

2. Stress Identification & Management

Staff were guided on how to identify early signs of stress such as fatigue, irritability, sleep

disturbances, and lack of motivation. The speakers discussed practical coping mechanisms like time management, taking breaks, and adopting calming techniques to handle pressure effectively.

Importance of Work-Life Balance

The session highlighted how constantly prioritizing work over personal time can lead to burnout. Staff were encouraged to draw boundaries between work and home life, and to make time for hobbies, family, and rest to improve their mental health.

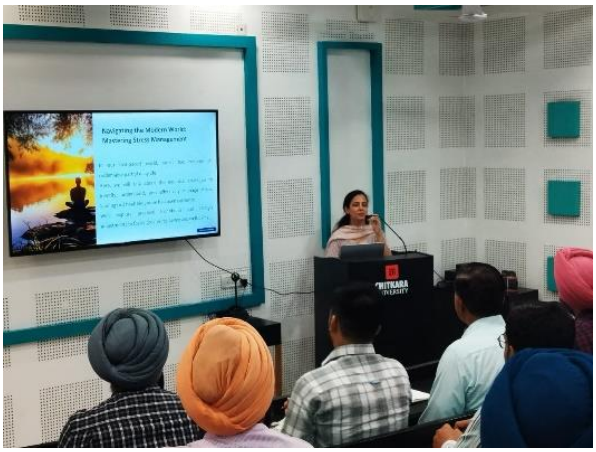
4. Interactive Activities

To make the session engaging, simple breathing exercises and mindfulness practices were demonstrated. Staff participated enthusiastically and were shown how just two minutes of deep breathing or silent sitting can reduce anxiety and improve focus. Some other activities were:

1. Breathing exercise activity
2. Let's Dance
3. Stress ball toss
4. Laughter therapy

5. Conclusion

The mental health session proved to be a meaningful and thoughtful initiative by the Office of Administration. It highlighted the importance of prioritizing inner peace and emotional well-being amidst daily responsibilities. Such sessions play a crucial role in fostering a compassionate and mentally strong workplace culture.











Event Details	
Event Type	Commemorative Day
Topic	Global Forgiveness Day: Forgiveness And Meditation
Date	2025-07-07 To 2025-07-07
Mode	Offline
Organizer Name	CSPC
Resource Person	Mr. Varun Upadhyay, Regional Director
NO. OF PARTICIPANTS	75
SDG NO	3, 4, 16, 17

OBJECTIVE

1. Promote Emotional Well-being
2. Introduce Practical Forgiveness Techniques
3. Encourage Self-Reflection
4. Foster a Positive Campus Environment
5. Raise Awareness for Global Forgiveness Day

DESCRIPTION

On Global Forgiveness Day, the Chitkara School of Psychology and Counselling, in collaboration with the Department of Education, the Office of Student Affairs, and the National Service Scheme, had the honor of hosting Mr. Varun Upadhyay, Regional Director of The Art of Living Institution Programs. Mr. Upadhyay conducted a transformative session on 'Forgiveness and Meditation'. With his soft guidance and quiet conviction, Mr. Upadhyay skillfully led the audience through the powerful concept that forgiveness isn't a favor we extend to others, but rather a profound gift we offer ourselves. He eloquently spoke not just about the act of letting go, but about the transformative process of letting in — peace, clarity, and the essential space needed to heal. The session served as a gentle yet profound reminder that to forgive is to truly breathe, transforming the gathering of students and faculty into a space of deep reflection.

OUTCOMES

1. Enhanced Emotional Well-being
2. Increased Adoption of Mindfulness Practices
3. Improved Interpersonal Understanding

4. Heightened Awareness of Self-Care and Mental Health
5. Meaningful Observance of Global Forgiveness Day









SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Communication Toolkit - Mastering The Art Of Communication
Date	9th July 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	74
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Centre organized an impactful and highly relevant session titled "Communication Toolkit: Mastering the Art of Communication". The workshop focused on enhancing one of the most essential skills in today's world—effective communication. It began with a powerful insight that engineers who communicate well are four times more likely to lead projects, while a staggering 72% of technical projects fail due to communication gaps. This highlighted the critical importance of developing strong interpersonal and communication skills. During the session, students were introduced to the Mehrabian Formula, which illustrates that only 7% of communication is verbal, while 38% is conveyed through tone and 55% through body language. The session explored essential areas such as verbal and non-verbal communication, the 3 C's—Content, Clarity, and Confidence—along with voice modulation, effective body language, active listening, and assertive yet empathetic expression. Students were also encouraged to develop their own unique and authentic communication styles. A compelling story about a highly skilled yet under-communicating engineer was shared to underscore the message that technical expertise alone is not sufficient; the ability to communicate ideas clearly and confidently is what truly drives success. The session went beyond theoretical understanding and equipped students with practical tools and strategies to express themselves confidently and purposefully in both personal and professional settings. It was a well-rounded learning experience that not only raised awareness about the nuances of effective communication but also motivated participants to actively work on their communication abilities. The workshop was a valuable step toward empowering students to become more expressive, impactful, and emotionally intelligent communicators. Chitkara Happiness Centre continues to play a vital role in nurturing life skills that complement academic excellence and contribute to overall personal and professional growth.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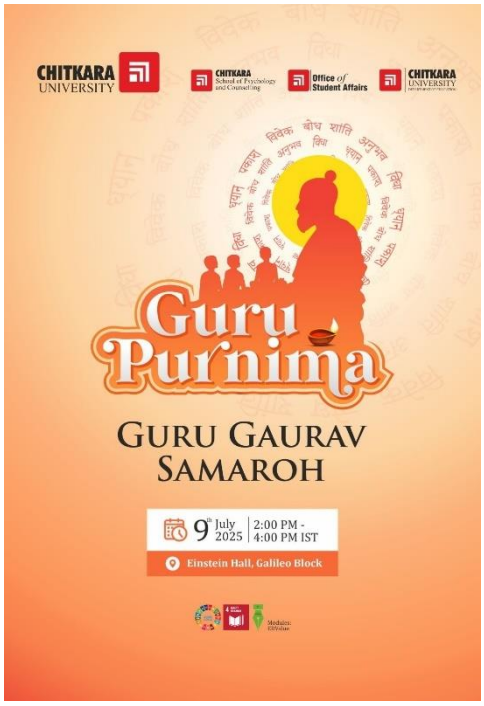
Event Details	
Event Type	Commemorative Day
Topic	Guru Gaurav Samaroh - Gurupurnima Celebration
Date	2025-07-09 To 2025-07-09
Mode	Offline
Organizer Name	CSPC
No. Of Participants	110
SDG no	3, 4, 16

OBJECTIVE

1. Students will be able to articulate the historical and cultural significance of Guru Purnima and its connection to the Guru-Shishya tradition.
2. Participants will be able to identify at least three ways in which the Guru-Shishya tradition continues to be relevant in modern educational and personal development contexts.
3. Students involved in cultural performances will be able to demonstrate improved skills in their respective art forms (dance, singing, monologue delivery) through preparation and execution for a public audience.
4. Attendees will be able to recognize the diversity of artistic talent within the Chitkara community.
5. Faculty and staff involved will be able to apply principles of collaborative event management for future inter-departmental initiatives.



DESCRIPTION

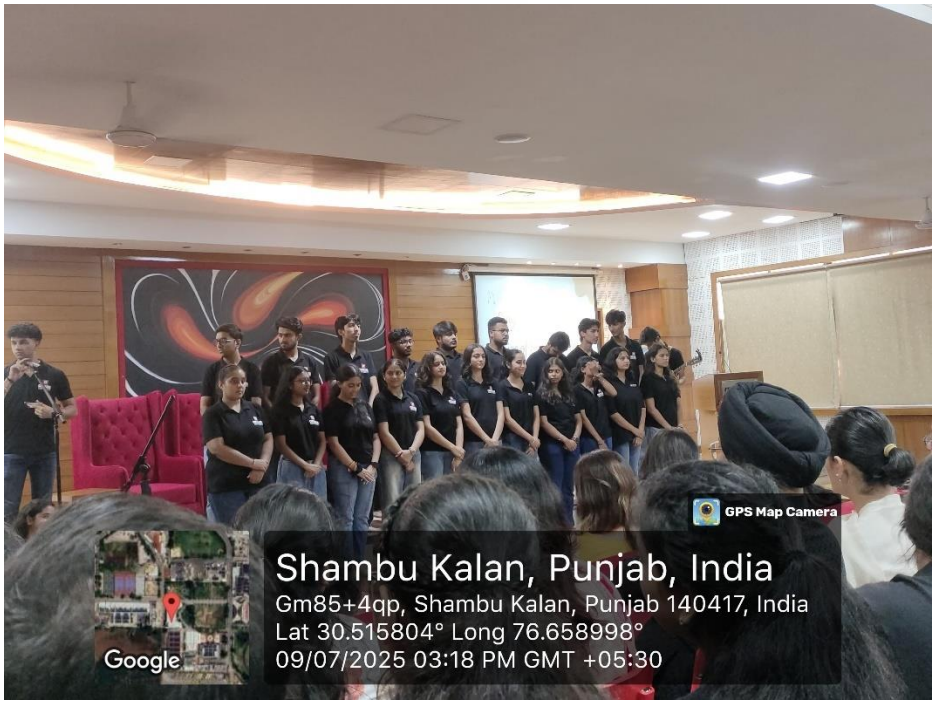
The Chitkara School of Psychology and Counselling (CSPC), in collaboration with the Department of Education and the Office of Student Affairs, hosted "Guru Gaurav Samaroh," a special event dedicated to celebrating Guru Purnima. This heartfelt tribute underscored the profound historic value of Guru Purnima, a sacred day honoring the enduring गुरु-शिष्य (teacher-student) tradition. The program unfolded with an array of colorful cultural performances. The stage came alive with energetic dance performances, captivating the audience with their passion and precision. This was followed by a series of melodious

singing performances, where diverse voices filled the air, ranging from classical renditions to contemporary tunes, leaving the audience spellbound. A Mahabharata themed song performance combined with the emotive delivery of a similarly themed monologue, created a truly unforgettable experience that resonated deeply with everyone present, highlighting the artistic depth within the Chitkara community. The event culminated with an inspiring address by Dr. Monika Srivastava, Dean of CSPC.

OUTCOMES

1. Enhanced Appreciation for the Teacher-Student Tradition
2. Strengthened Community Bonds
3. Showcasing Student Talent
4. Increased Awareness of Cultural Heritage
5. Positive University Image

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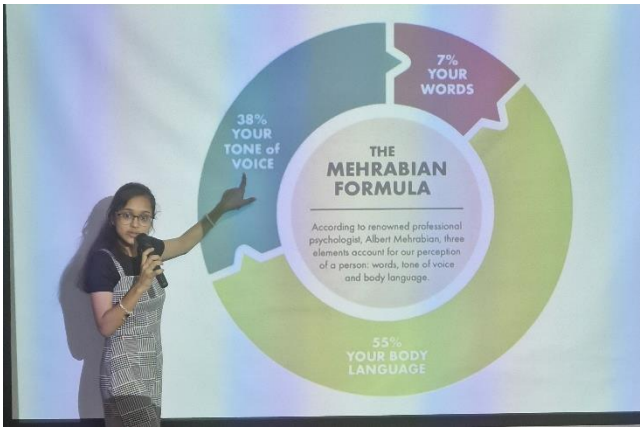
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Decode The Communication Skills
Date	10th July 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	99
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Centre organized an engaging and impactful workshop titled "Decode the Communication Skills" attended by enthusiastic students eager to sharpen one of the most vital skills of the 21st century—effective communication. The session began with a powerful insight that engineers with strong communication abilities are four times more likely to lead successful projects, while a surprising 72% of technical projects fail not due to technical flaws but because of communication breakdowns. This set the tone for a deep dive into the science and art of impactful communication. Students were introduced to the Mehrabian Model, which highlighted that only 7% of communication is verbal, while 38% relies on tone and 55% on body language, thus emphasizing the significance of how a message is delivered rather than just what is said. The workshop explored core communication skills such as content, clarity, and confidence—encouraging students to choose the right words, structure thoughts clearly, and speak with a strong presence. Practical activities allowed participants to engage in hands-on learning involving voice modulation, tone control, interpreting body language, practicing empathetic listening, expressing assertiveness respectfully, and embracing authenticity in conversations. A compelling story about a technically brilliant yet underperforming engineer served as a reminder that success is not just about technical know-how but also about the ability to connect and communicate effectively. The workshop left students inspired and better equipped with practical strategies for becoming confident and compassionate communicators. It was not merely a lesson in speaking but a session about learning to connect, lead, and inspire through communication.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According to renowned professional psychologist, Albert Mehrabian, three elements account for our perception of a person: words, tone of voice and body language.
55%
YOUR BODY
LANGUAGE







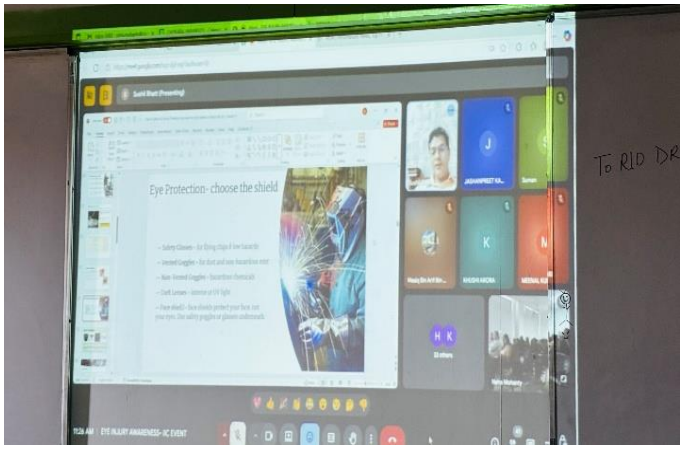
Event Name	See It Safe: A Critical Thinking Approach to Eye Safety in Daily Life
Date	11th July, 2025
Venue	GB-505, Galileo Block, Chitkara University Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Mr. Sushil Bhatt
Number of Participants	52
SDG Number	3,4, 9
Duration	2 hours (120 minutes)

Description of Event



The Department of Optometry, CSHS, organized an engaging event titled "See It Safe: A Critical Thinking Approach to Eye Safety in Daily Life" on 11th July 2025. The students of B. optom 2023, B. optom 2024 and M. optom 2024 batch participated in this event. The highlight of the event was an expert talk delivered by Mr. Sushil Bhatt, Optometrist, Educator, and PhD Research Scholar at the Advanced Eye Centre, PGIMER. The session was highly interactive and intellectually stimulating, with students participating in brainstorming activities and interpreting real-life cases related to eye safety. As part of the initiative, B. Oom students actively conducted an Eye Safety Awareness Week, during which they visited various departments—including chemical, mechanical, electrical, and sports—to educate individuals on basic precautionary measures and the importance of eye protection in different environments. This event falls under the SDG 3,4 and 9.




Eye Protection- choose the shield



SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Code To Connect
Date	11th July 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	142
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Centre organized an enriching and thought-provoking session titled "Code to Connect". The session focused not on refining programming skills, but on strengthening the human connection that supports successful teamwork and leadership in the tech-driven world. It began with a compelling message: technical knowledge builds platforms, but communication builds people. This idea led to a deeper exploration of the startling fact that 72% of technical project failures are due not to coding errors or system flaws, but to communication breakdowns. The session highlighted the importance of mastering communication as a core professional skill. Participants were introduced to the Mehrabian Model, which breaks down message interpretation into 55% body language, 38% tone of voice, and only 7% actual words. This shifted the students' perception of communication, emphasizing the importance of expression over content alone. Through interactive activities and reflective discussions, students were guided through the three essential pillars of effective communication—content, clarity, and confidence. They learned to speak with intention, interpret non-verbal cues such as gestures and silence, and use pauses and tone to enhance delivery. The session encouraged active listening infused with empathy and emphasized the importance of authentic self-expression. A real-world case study about a technically skilled individual who struggled due to poor communication drove home the importance of interpersonal skills in real-life scenarios. The key takeaway was that the ability to influence, inspire, and lead is what transforms a coder into a communicator. "Code to Connect" left a lasting impact, reminding students that while machines may be programmed with precision, it is communication that builds trust, fosters collaboration, and enables leadership. Chitkara University, through the Chitkara Happiness Centre, continues to cultivate not only sharp thinkers but also wise communicators prepared for the demands of the real world.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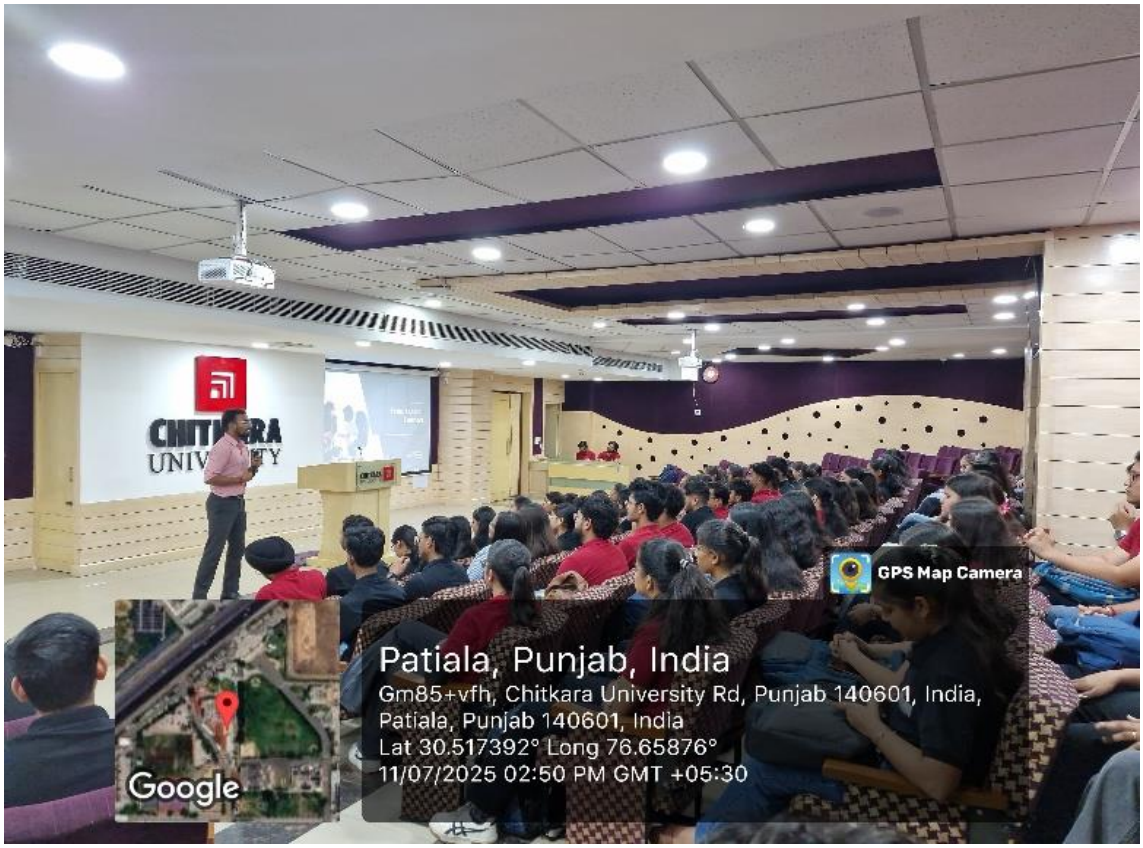
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Event Name	Joy in Wellness
Date	11 July 2025
Venue	Darwin Block (Online Event)
Department	Centre for Research Impact & Outcome (CRIO), Chitkara University, Punjab
Resource Person	Dr. Shalli Rani, Professor & Director – Research (CRIO)
Number of Participants	41
SDGs Covered	SDG 3 (Good Health and Well-Being)
Duration	1.30 Hours

About the Activity

The session "Joy in Wellness" emphasized the importance of wellness practices in balancing mental, emotional, and physical health. Dr. Shalli Rani highlighted mindfulness, meditation, and holistic lifestyle approaches as pathways to achieving sustainable well-being. The talk provided participants with practical strategies to integrate wellness into their daily routines.



Event Objective

The session aimed to:

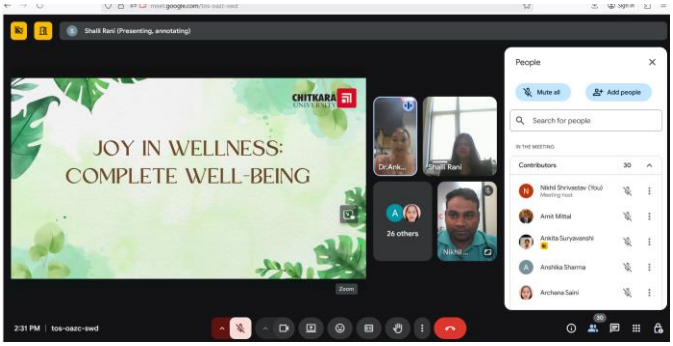
- Promoting awareness of the role of wellness in enhancing productivity and quality of life.
- Sharing tools and practices for stress management and healthy living.
- Encouraging participants to adopt wellness practices for long-term benefits.

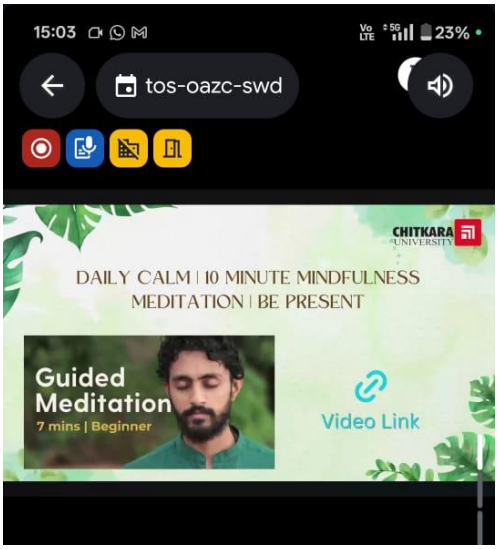
Key Highlights

- Stress-relief techniques shared by the resource person.
- Interactive discussion on mindfulness practices.
- Encouragement towards integrating wellness in academic and professional life.

Event Outcomes

- Increased awareness of wellness practices among participants.
- Practical tips on balancing work and life effectively.
- Motivation to prioritize mental health alongside professional goals.







Event Name	NSS Activity
Topic	Slogan Writing Competition on World Population Day
Date	11th July, 2025
Venue	Galileo Block, Chitkara University, Punjab
Organizer	Ms. Lakshita, Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	09
No of Impacted Individuals	-
Under SDG no.	3,4
SDG Details	Good Health and Well-Being, Quality education

Objective

- To raise awareness about the impacts of rapid population growth on society and the environment.
- To encourage creative expression among students on population-related issues.
- To promote responsible thinking around family planning and resource management.
- To engage youth in global conversations on sustainability and public health.
- To inspire action through impactful and thought-provoking slogans.

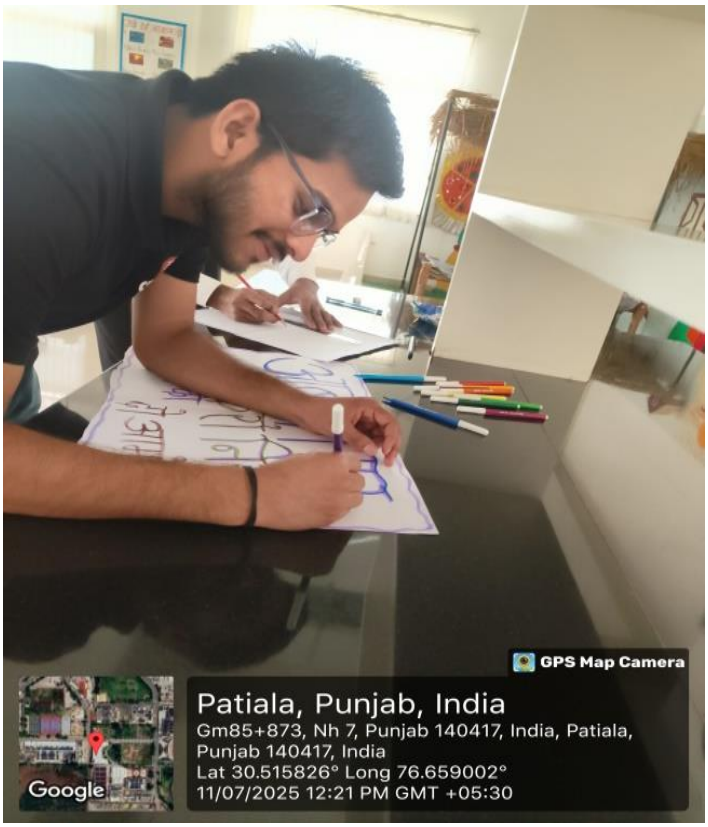
Description

NSS Volunteers of class B.Sc. (N) 2nd semester from Department of Nursing, CSHS Chitkara University, Punjab organized Slogan writing Competition on 5th June, 2024 organized by Ms. Lakshita and Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS. The aim to raise awareness among individuals—especially youth—about the challenges of overpopulation, promote responsible choices, and encourage creative expression in advocating for sustainable population growth and a healthier planet. The primary objective of this competition is to **encourage creative thinking and responsible expression** on key themes such as population growth, family planning, sustainable development, environmental conservation, and the importance of health and education. Through thought-provoking slogans, participants are given the opportunity to voice their perspectives and contribute to spreading awareness in a concise and powerful manner. By involving youth and other members of society, the competition fosters a **sense of responsibility and consciousness** regarding how population trends affect natural resources, public health, urban development, and future generations. It also aims to highlight the importance of making informed choices, promoting gender equality, and ensuring that everyone has access to education and reproductive healthcare.

In summary, the competition is not just about creativity—it's about empowering voices to inspire change. Through this initiative, we hope to spark dialogue, spread knowledge, and encourage actions that lead to a balanced relationship between people and the planet.

Outcomes

- Increased awareness among participants about the challenges of overpopulation and its effects on the environment and society.
- Enhanced creative and critical thinking skills as participants craft meaningful, impactful slogans.
- Greater engagement of youth and community members in discussions about sustainable population growth and family planning.
- Spread of powerful messages that encourage responsible behaviour and informed choices regarding population control.
- Motivation for participants and the audience to become advocates for population-related issues and contribute to positive change.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Event Name	World Population Day
Venue	Chitkara FM Radio 107.8
Date	11th July, 2025
SDG Number, Name and NEP	3- Good Health and Well Being 4-Quality Education, 5-Gender Equality, 13- Climate Action 17-Partnerships for the goals, NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Attendee	3
Resource Person	Jashandeep Singh (Associate Professor, Business School), Dr. Rashmi Arora (Assistant Professor, College of Pharmacy), and Jagwinder Singh (Assistant Professor, Interior Design, School of Planning and Architecture)
Duration	One Day

Objective

1. To foster awareness of the social and infrastructural impact of population growth.
2. To discuss population-related challenges across diverse sectors like healthcare, education, and design.
3. To promote responsible planning and inclusive development through interdisciplinary dialogue.

4. "The strength of a nation lies not in its numbers, but in how it nurtures them."

On World Population Day, 11th July 2025, the conversation didn't echo in grand auditoriums or flash across crowded halls; it travelled quietly through the airwaves. A thoughtful radio talk hosted by Chitkara University, Punjab, offered a moment of reflection, not noise. It featured voices that have both seen and shaped young minds: Jashandeep Singh (Associate Professor, Business School), Dr. Rashmi Arora (Assistant Professor, College of Pharmacy), and Jagwinder Singh (Assistant Professor, Interior Design, School of Planning and Architecture), all serving as NSS School Officers and guides beyond the classroom. They didn't speak in abstract theories or distant concerns; they spoke as citizens grounded in their fields, connected to the pulse of everyday life. Together, they painted a picture of a growing population not as a statistic, but as a living challenge, one that touches how we build our cities, how we distribute healthcare, and how we educate generations who will shape the future.

The conversation moved across sectors and sensitivities. They questioned whether our infrastructure is ready to hold the weight of rising numbers. They reflected on the link between education and empowerment, particularly for women. They acknowledged the beauty of diversity within a populous nation, while gently drawing attention to the silent cracks that widen when growth goes unchecked. It was a talk rooted in realism, but not without hope. And perhaps that was the core of their message: that numbers alone do not define us. What matters is how we prepare, how we plan, and how we care. A nation's future is not a product of its population size, but of the intention and effort it puts into nurturing every life within it. As the session ended and the final words faded out, what lingered was not worry, but awareness. The kind that stirs slowly and stays. Because it's not about how many we are, it's about how deeply we understand what that means, and how wisely we choose to grow.

Outcomes

1. Attendees gained holistic insight into population dynamics and national readiness.
2. The talk emphasized women's empowerment and education as key levers of population control.
3. The discussion sparked awareness rooted in practical, sector-specific perspectives.




National Service Scheme
WORLD POPULATION DAY
11th July, 2025
CHITKARA UNIVERSITY


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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	SELF LOVE 2.0
Date	12th July 2025
Time	11:00 AM onwards
Mode	Online
Number of Attendees	19
Resource Person	Ms. Tara Verma

Chitkara Happiness Centre, through its Inner Growth Hub, proudly organized an enriching online session titled **"Self-Love 2.0"**, featuring the graceful and deeply insightful **Ms. Tara Verma**. This initiative was part of the Centre's continuous efforts to promote emotional well-being, mindfulness, and personal transformation among students. The session took participants on a powerful journey to understand the deeper essence of self-love—not just as a feel-good concept, but as a foundational necessity in today's fast-paced, tech-driven lives. Ms. Tara emphasized that self-love involves accepting both our flaws and strengths with compassion and grace. Her calm presence and empathetic words resonated deeply with students, creating a safe and uplifting digital space. The session was filled with practical takeaways, as Ms. Tara introduced easy and effective self-love practices such as gratitude journaling, mirror talk, mindful breathing, and emotional pauses. A particularly impactful segment was the guided meditation, which allowed students to pause, centre themselves, and reconnect with inner peace. This was followed by a lively and healing laughter therapy session, which brought joyful smiles across the virtual room and created a shared sense of warmth. Students expressed how the session felt like "a warm hug," and many committed to continuing these practices in their daily lives. "Self-Love 2.0" stood as a beautiful reminder that even online, spaces can become sacred when the intention is healing, reflection, and growth. The Inner Growth Hub remains committed to curating such meaningful experiences, affirming that self-love is the first step to true happiness—and that journey always begins from within.







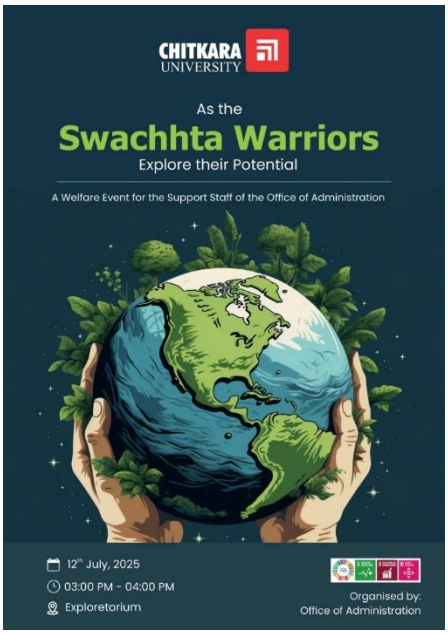




SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 25 – JUNE 26

Detail of the Event/Session	
Date of the Event/Session	12th July 2025
Name of the Event/Session	Swachhta Warriors / Welfare Event
Resource Person	Sqn. Ldr. (Dr.) Rina Angel
Organized By	Office of Administration
Trainee Team/Count	Supporting staff/Supervisors/Managers/
SDG Covered	3,8,10

Overview



The Office of Administration organized an event titled **"As the Swachhta Warriors Explore Their Potential"** for the supporting staff. As the title suggests, the event celebrated the "Swachhta Warriors," where the best-performing staff members from each building, nominated on a quarterly basis, were appreciated with prize money and certificates.

The program featured vibrant performances by the supporting staff, including group dances, solo songs, solo dances, and musical acts. The event began with a welcome speech delivered by Mr. Rattan Deep Singh, followed by a series of dance performances. A great deal of behind-the-scenes support was provided by Ms. Virpal, Ms. Sapna, Mr. Jarnail Singh, and Mr. Mandeep Singh, who assisted the participants during their preparations.

Despite limited time for rehearsals, the organizing team put in commendable efforts to make the event successful. Notably, some solo songs performed during the event were original compositions written by the staff themselves. Following the cultural performances, the appreciation ceremony for the Swachhta Warriors took place. A total of 20 staff members were recognized for their outstanding work across all academic buildings over the last two quarters. They were felicitated with certificates and monetary rewards. In addition, prizes were distributed to those who participated in the performances.

After the felicitation ceremony, a group photograph was taken, and Dr. Rina Angel Ma'am addressed the gathering with a motivating speech, uplifting the spirit of the entire support team. To conclude the event, refreshments were served, including samosas, gulab jamuns, and tea. The staff collected their snacks with cheerful smiles and exited the Expoloretorium joyfully.













SDG Goals	SDG 3, (Good Health and Wellbeing)

Topic	Connection Code
Date	14th July 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	165
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Centre organized a powerful and insightful session titled “Connection Code”. This session focused on one of the most often overlooked yet essential aspects of communication—the ability to form meaningful and genuine connections. It began with the impactful idea that communication is not just about speaking the right words, but about being felt in the right way. The session guided students beyond surface-level interactions into the deeper dimensions of presence, emotional resonance, and authenticity. Participants explored key areas such as emotional connection and the importance of non-verbal cues, including facial expressions and body language. They learned how empathy plays a vital role in creating trust, how energy is exchanged during every conversation, and how listening to understand—rather than to respond—can deepen relationships. Students were also encouraged to bring presence and intention into all interactions, recognizing that real connection is built more on focused attention than mere expression. Through thoughtful discussions and experiential learning, the session helped students realize that genuine connection can transform both personal and professional outcomes. It reinforced the idea that being truly present with someone, even in silence, can be more powerful than words alone. “Connection Code” left students with tools and insights to improve how they relate to others in everyday life. Chitkara University, through the Chitkara Happiness Centre, remains committed to nurturing emotionally intelligent individuals who lead with compassion, presence, and purpose, building stronger, more connected communities.






Harvard Career
Center



Event Details	
Event Type	Workshop
Topic	Pre-Conference Workshop' International Conference On Collaborative Healthcare Innovations' (Icchi-2025)
Date	2025-07-14 To 2025-07-14
Mode	Hybrid
Organizer Name	CSPC
Resource Person	Dr. Rajneesh Talwar, Dean
No. Of Participants	68
SDG NO	4, 3, 16, 17

OBJECTIVE

Learning Objectives:

1. To enhance research methodology knowledge
2. To master data analysis techniques
3. To develop proposal writing skills
4. To learn techniques of research conduction and dissemination
5. To foster a collaborative research mindset

DESCRIPTION

Chitkara School of Psychology and Counselling (CSPC), in collaboration with the Centre for Research Impact and Outcomes (CRIO) and DRC Health Sciences, successfully organized a highly engaging Pre-Conference Workshop today, laying crucial groundwork for the upcoming International Conference on Collaborative Healthcare Innovations (ICCHI-2025) scheduled for September. The workshop, expertly led by Dr. Rajneesh Talwar, Dean, DICE (Division of Innovation, Creativity and Entrepreneurship), Chitkara University, provided invaluable insights, particularly focusing on the art of writing a compelling research abstract. The session kicked off with an insightful discussion on the landscape of national and international research competitions, motivating participants to aim for broader recognition. Dr. Talwar then delved into the fundamental purpose of research, emphasizing the critical importance of meticulous data collection. Key questions such as "Why do we do research?", "What do we do with data?", and "How do we collect it?" were thoroughly addressed, providing a robust conceptual framework for aspiring researchers. A significant portion of the workshop was dedicated to demystifying the abstract—its concept and the step-by-step process of crafting one effectively. Participants also learned about various government-level research competitions, highlighting significant opportunities for showcasing their work. The workshop stood out for its interactive and discussion-based format, fostering active student participation

and encouraging a lively exchange of questions and ideas. This hands-on approach ensured that attendees left with practical knowledge and a clearer understanding of how to articulate their research effectively. The success of this preparatory workshop sets a promising tone for the ICCHI-2025, promising a conference rich in innovative discussions and collaborative advancements in healthcare.

OUTCOMES

Learning Outcomes:

1. Students demonstrated improved research competence.
2. Students developed advanced analytical proficiency.
3. Students increased their publication potential.
4. Students strengthened their research networks.

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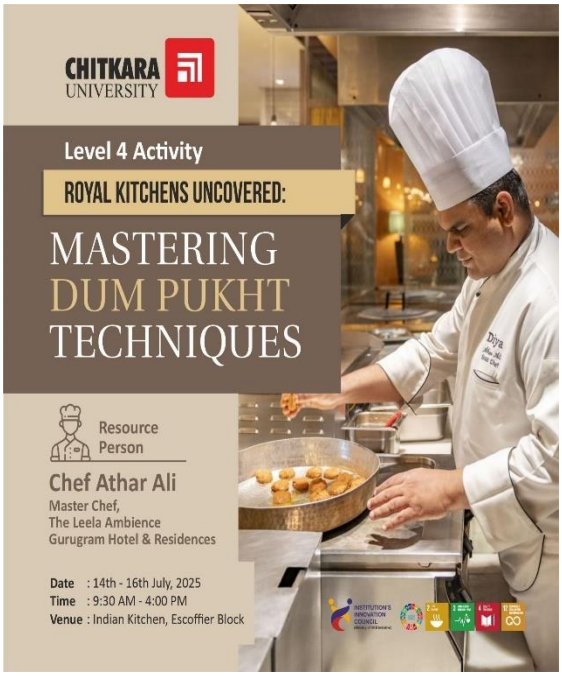
Event Details	
Event Type	
Topic	Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine
Date	2025-07-14 To 2025-07-16
Mode	Offline
Venue	Indian Kitchen - 1st Floor Escoffier Block (Chitkara University, Chandigarh-Patiala National Highway (Nh-64), Chandigarh, Punjab 140401)
Organizer Name	Chef Divay Mehta
Resource Person	Chef Athar Ali, Master Chef
No. Of Participants	41
SDG NO	2, 3, 4, 12

OBJECTIVE

1. Learn Dum Pukht cooking technique
2. Practice hands-on culinary skills
3. Promote use of local and seasonal ingredients
4. Understand the cultural roots of royal cuisine
5. Enhance food presentation and serving techniques



DESCRIPTION

Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine Discover the Secrets of Royal Indian Cooking Join us for a unique culinary event, “Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine,” where tradition meets flavor. This workshop will take you back in time to the royal kitchens of India, where the Dum Pukht cooking style was born. Dum Pukht is a special slow-cooking method where food is sealed in a pot and cooked on low heat. This helps the ingredients cook in their own juices, making the food rich, flavorful, and healthy. In this event, you will learn how to prepare delicious royal dishes using this ancient technique. This hands-on session is perfect for culinary students, chefs, and anyone who loves cooking. You will get to work with seasonal and local ingredients while learning how to reduce food waste and cook with care. The dishes you make will include traditional biryanis, kebabs, and stews that were once served in royal courts. You will also learn about the history and culture behind this cooking style, how meals were served in royal

households, and why Dum Pukht cooking is still loved today. This event is a great chance to improve your cooking skills, explore India's rich food heritage, and enjoy a fun, informative experience with like-minded people. Whether you are new to cooking or already experienced, this workshop will leave you inspired and hungry for more!

OUTCOMES

- Mastery of Dum Pukht technique.
- Improved culinary creativity and skills Enhanced.
- Deeper appreciation for Indian food heritage.
- Awareness of sustainable cooking practices.
- Better presentation and plating skills Ability to present dishes with elegance, inspired by royal dining styles.



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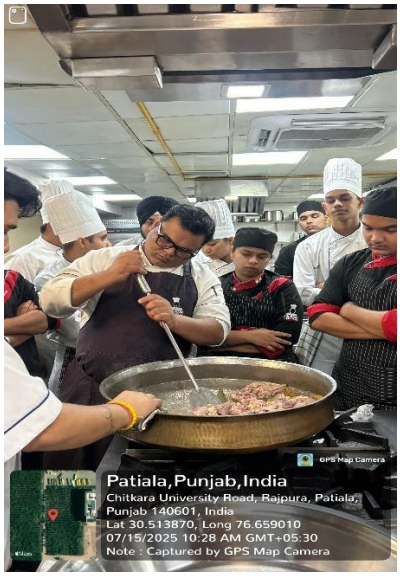
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Event Details	
Event Type	Workshop
Topic	See The Unseen: Exploring Nanoparticle Characterization Through Dls And Nta
Date	2025-07-15 To 2025-07-15
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Manjeet Singh, Assistant General Manager | Mr. Amit Bhatia, Product Specialist | Mr. Rajeev Kumar, Deputy Business Manager | Dr. Dipanjan Giri, Application Specialist
No. Of Participants	55
SDG NO	3, 4, 9, 17

OBJECTIVE

1. To understand the principles of Dynamic Light Scattering (DLS) and Nanoparticle Tracking Analysis (NTA).
2. To analyze particle size, distribution, and concentration using DLS and NTA.
3. To determine hydrodynamic diameter and polydispersity index (PDI) via DLS
4. To assess real-time particle movement and size distribution through NTA
5. To compare the sensitivity and resolution of DLS vs. NTA

DESCRIPTION

The session titled "See the Unseen: Exploring Nanoparticle Characterization through DLS and NTA" was successfully conducted to provide an insightful exploration into two pivotal techniques widely used in the field of nanoscience and pharmaceutical research. The session focused on Dynamic Light Scattering (DLS) and Nanoparticle Tracking Analysis (NTA)—two complementary methods for the accurate characterization of nanoparticles in terms of their size, distribution, and concentration. Participants gained a clear understanding of the working principles and practical applications of both techniques. DLS was discussed as a rapid and non-invasive method to measure hydrodynamic diameter, polydispersity index (PDI), and assess the colloidal stability of nanoparticles. In contrast, NTA was presented as a technique capable of tracking individual particles based on Brownian motion, offering additional insights into particle size distribution and concentration in real time. The session featured live demonstrations and case-based discussions, allowing attendees to witness the real-time measurement and analysis of nanoparticle samples using both DLS and NTA

instruments. Data interpretation, comparison of results, and troubleshooting of common technical issues were also covered in detail. Participants appreciated the opportunity to analyze practical datasets and understand how experimental parameters influence measurement accuracy. Through this session, attendees developed the skills necessary to critically evaluate nanoparticle-based formulations, choose suitable characterization techniques depending on sample complexity, and apply this knowledge in areas such as drug delivery systems, nanoformulation stability, and biomedical research. The event proved to be especially valuable for postgraduate students, research scholars, and early-career scientists from pharmaceutical, biotechnology, and material science backgrounds. It enhanced their technical competency and analytical mindset, enabling them to better understand the significance of nanoparticle characterization in ensuring product safety, efficacy, and innovation. Overall, the session contributed meaningfully to building practical expertise and fostering interdisciplinary knowledge in the rapidly advancing domain of nanotechnology.

OUTCOMES

1. Gained in-depth knowledge of DLS and NTA techniques for nanoparticle characterization.
2. Acquired practical skills to measure particle size, distribution, and concentration.
3. Developed ability to interpret and analyze data from DLS and NTA instruments.
4. Understood the comparative advantages and limitations of DLS and NTA methods.
5. Applied characterization outcomes to evaluate nanoparticle stability and formulation quality.




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HPLC
HPLC is currently one of the primary tools used in a wide variety of fields including pharmaceuticals, food products, general chemistry, and environmental analysis.
The increasing demand for even higher throughput analysis is emerging due to the strong influence of the pharmaceutical industry, which has be stimulated by new drug discovery strategies designed to promote more efficient product development and globalization.
The environments that chromatographs are used in are changing greatly, as there is a constant demand for improved compliance to legal regulations represented in Good Laboratory Practice (GLP) and Good Manufacturing Practice (GMP) guidelines, and new compliance issues raised by the Food and Drug Administration [FDA].
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Event Name	Youth Skill Mela 2025 (Empowering Youth Through Skills)
Date	15 July 2025
Venue	Foyer Area, Rockefeller Block
Organizer	Chitkara University Centre of Excellence for Sustainability
Resource Person	Dr. Kanika & Dr. Ravi Dandotiya
Total no of students	90
SDGs Covered	2,3,9,11 & 12

Objective

To empower youth by enhancing their practical skills and creativity through hands-on learning and project showcasing, fostering innovation and sustainability in various fields.



Description

The Youth Skill Mela 2025, organized by the *Centre of Excellence for Sustainability* at **Chitkara University**, is designed to celebrate and nurture youth talent under the theme *"Empowering Youth Through Skills."* The event features five thematic zones that reflect the core values of sustainability, creativity, and innovation.

Held on **15th July 2025**, the Youth Skill Mela serves as a collaborative platform for students to demonstrate their skills, exchange ideas, and learn from one another — fostering a culture of innovation, inclusivity, and sustainability.

The event features **five thematic zones** focused on sustainability and innovation:

Technology Zone

This zone highlights the transformative power of digital innovation. Students will showcase projects in coding, robotics, artificial intelligence, and mobile app development that address real-world challenges. Interactive demonstrations will allow visitors to experience how technology can be leveraged to create smarter, more sustainable communities. The zone encourages participants to think critically, innovate responsibly, and embrace technology as a tool for social good.

Healthcare Zone

Focusing on well-being and community health, this zone provides hands-on demonstrations of basic first aid, CPR techniques, and emergency response practices. Participants will gain practical knowledge about saving lives, managing minor injuries, and promoting hygiene and preventive care. By blending medical awareness with practical training, the zone aims to cultivate a generation that values health literacy and compassion in service to others.

Arts & Craft Zone

Creativity meets sustainability in this vibrant zone where students display handmade crafts, recycled art, and eco-friendly décor. Workshops on DIY art, upcycling, and sustainable design will inspire visitors to express themselves artistically while being mindful of the environment. This space celebrates cultural heritage, innovation, and the role of creativity in driving sustainable lifestyles.

Entrepreneur Zone

This zone celebrates the spirit of innovation and entrepreneurship among youth. Budding entrepreneurs will present their startups, prototypes, and business ideas that offer sustainable and market-ready solutions. Through interactive sessions and networking opportunities, participants will learn about idea incubation, business ethics, and leadership. The zone aims to foster an entrepreneurial mindset that combines creativity with social responsibility.

Sustainable Living Zone

Dedicated to promoting green habits and conscious consumerism, this zone showcases eco-friendly products, organic food stalls, and sustainable living practices. From waste segregation and composting to renewable energy and sustainable diets, participants will explore practical ways to reduce their ecological footprint. The zone reinforces the importance of individual actions in building a more sustainable future.

Outcomes

- Enhanced skill development and innovation among youth in diverse disciplines.
- Increased awareness of sustainability and eco-conscious practices.
- Encouragement for entrepreneurship and creative problem-solving.
- Strengthened collaboration and knowledge exchange among students.

Conclusion

The *Youth Skill Mela 2025* successfully provided a vibrant platform for young innovators to exhibit their talents, creativity, and sustainable ideas. By integrating technology, health, arts, entrepreneurship, and sustainable living, the event reinforced Chitkara University's commitment to fostering skill-based education and empowering youth as agents of sustainable change.




PROJECT DISPLAY







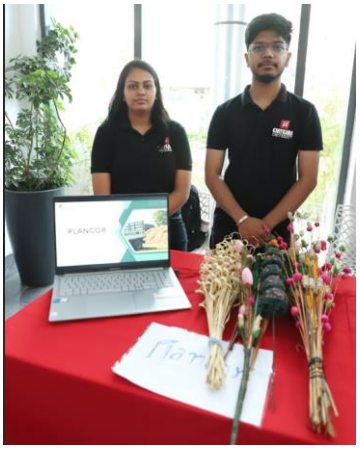

SUSTAIN
TO SAVE
CPR


RAKSHA BANDHAN SPECIAL


ROCKEFELLER
DR. GERVAN


BAKERY KINGS


civil
squad!



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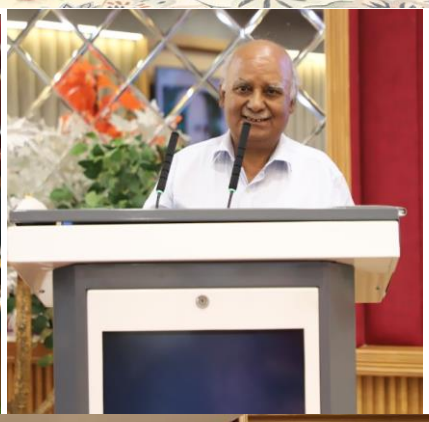


SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	The Communication Catalyst
Date	15th July 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	130
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Centre organized a thought-provoking and transformative session titled "The Communication Catalyst", which witnessed the enthusiastic participation of students. The session aimed to help students discover the power of impactful dialogue and intentional presence, moving beyond traditional notions of communication as merely speaking well. It began by challenging a widely held belief, stating that communication is not just a soft skill but a superpower that amplifies every other skill. This idea laid the foundation for a session focused on clarity, connection, and confidence. Students explored how subtle changes in tone, body language, and listening behaviour can significantly influence the way messages are received and interpreted. Emphasizing that communication is not just about speaking, the session highlighted how it serves as a bridge for igniting understanding and building trust. Practical strategies were introduced, including mastering tone, pitch, and pace to maintain listener engagement, reading and responding to body language with intuition, and leading conversations through active and deep listening. The session also emphasized the importance of practicing empathy while ensuring clarity and encouraged students to embrace authenticity as a powerful communication strength. Through reflective exercises and interactive discussions, students gained both confidence and insight into the real-world impact of their words and presence. They left the session not only with refined communication techniques but with a renewed appreciation for the influence they hold in every conversation. Chitkara University, through the consistent efforts of the Chitkara Happiness Centre, continues to equip students with the essential life skills needed to connect, lead, and inspire in both personal and professional spheres.


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Event Details	
Event Type	Soft Skills
Topic	World Youth Skill Day 2025- Youth Empowerment Through Ai and Digital Skills
Date	2025-07-15 To 2025-07-15
Mode	Offline
Organizer Name	Prof. (Dr.) Thakur Gurjeet Singh
No. Of Participants	3
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education
Po Number(S)	Po1
University Charter	Let's Empower Our Students with Great Communication Skills

OBJECTIVE

1. To create awareness among youth about the importance of skill development for employability and self-reliance.
2. To highlight the role of World Youth Skills Day in empowering young people with technical and vocational skills.
3. To provide guidance on emerging skills, career opportunities, and government skill-development initiatives.
4. To encourage students to identify and develop their personal and professional skills.
5. To promote active participation of NSS volunteers in community-oriented awareness programmes through mass media.

DESCRIPTION

The NSS unit organized a radio talk programme to observe World Youth Skills Day with the aim of creating awareness about the importance of skill development among youth. The programme highlighted the need for vocational, technical, digital, and soft skills to enhance employability and self-reliance in today's competitive world. Resource persons shared insights on career opportunities, government skill development initiatives, and the value of continuous learning. Through this radio talk, the message reached a wider audience, motivating young people to identify, develop, and upgrade their skills for personal growth and national development.

OUTCOMES

1. Increased awareness among youth about the importance of skill development and lifelong learning.
2. Enhanced knowledge of career-oriented and vocational skill opportunities.
3. Improved communication and leadership skills among NSS volunteers.
4. Encouragement for youth to enroll in skill development and training programmes.
5. Strengthened community engagement through effective use of mass media.







Event Name	8th International Multi-Track Conference on Sciences, Engineering, Management and Technical Innovation.
Date	16th July, 2025
Venue	CT Institute IMSEMTI Conference, Malaysia
Department	Chitkara School of Planning and Architecture, Chitkara University, Punjab
Resource Person	Assoc. Prof. Jasmeet Kaur
Number of Participants	International Delegates
SDGs Covered	3, 4, 11
Duration	1 day

About the Activity



Faculty member Assoc. Prof. Jasmeet Kaur presented her research titled ***"Enhancing*** Workplace Manageability: The Role of Salutogenic Design in University Settings for Healthy Built Environments*"* at an international forum promoting innovation in architecture, engineering, and management.

Workshop Objective

1. To disseminate institutional research at an international platform.
2. To engage in global academic discourse on healthy and sustainable workplace environments.
3. To explore emerging frameworks for designing well-being-centered educational spaces.
4. To strengthen international academic collaborations.

Key Highlights

1. Presentation delivered before a global audience of academicians and practitioners.
2. Received *Certificate of Appreciation* from conference organizers.
3. Exposure to multidisciplinary research themes and networking opportunities.
4. Media coverage highlighting faculty achievement.

Workshop Outcomes

1. Strengthened CSPA's research visibility at international level.
2. Fostered new knowledge on salutogenic design strategies.
3. Enhanced faculty credibility and institutional reputation.
4. Encouraged future research collaborations and academic engagements.





CT Group Organizes the 8th International Multi-Track Conference on Sciences, Engineering, Management and Technical Innovation (IMSEMTI 2025) in Kuala Lumpur, Malaysia



SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Expression Equation
Date	16th July 2025
Time	2:30 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	119
Resource Person	Ms. Vrinda Sharma

Chitkara Happiness Centre organized an engaging and enriching session titled "The Expression Equation". The session focused on helping students unlock the deeper layers of communication, emphasizing that meaningful expression is not only about what we say but also about how we make others feel through our tone, gestures, and presence. The session opened with the thought that better communication does not just lead to more expression, but to deeper connection. It highlighted the importance of complementing technical knowledge with strong interpersonal skills to truly leave a positive and lasting impact. Students explored the essential role of both verbal and non-verbal elements in shaping how a message is perceived. Key areas of learning included mastering tone, posture, and facial expressions to support clarity and engagement, as well as the value of active listening as a foundation for mutual understanding. The session also emphasized the importance of blending assertiveness with empathy to maintain respectful and effective conversations. Through reflective exercises, storytelling, and real-life scenarios, students were encouraged to build an authentic and confident communication style rooted in purpose and presence. By combining theoretical understanding with practical strategies, the session enabled students to better express their ideas while fostering stronger connections with others. It inspired participants to view communication as a powerful tool not just for speaking but for building relationships, trust, and influence. Chitkara University, through the efforts of the Chitkara Happiness Centre, continues to empower students with essential life skills that prepare them for meaningful engagement in both personal and professional environments.




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Event Details	
Title of the Event	Pull to Victory – Deadlift Competition
Date of the Event	16th July 2025
Venue	Gym, Sportorium, Chitkara University
SDG no	3,4,17
No. of Student participated	55

Objective

- To promote physical fitness and strength training among students.
- To encourage healthy competition and sportsmanship in a co-educational setup.
- To provide a platform for students to showcase their strength and endurance.
- To align with the United Nations' Sustainable Development Goal 3: Good Health and Well-being.



On the 16th of July 2025, the Matrix Club, under the aegis of the Department of Computer Applications, in collaboration with the University Sports Board, USB, Chitkara University Punjab, successfully organized a high-energy Deadlift Competition titled "Pull to Victory" at the Gym, Sporetorium.

The competition was open to both boys and girls and drew enthusiastic participation from fitness enthusiasts across the university. With the aim of promoting strength, discipline, and wellness, the event served as a platform to recognize and reward athletic talent. The atmosphere was electric as participants showcased their lifting power in front of a cheering audience. The event featured organized rounds of competition based on weight categories. Certified gym trainers supervised the lifts for fairness and safety. Winners were awarded trophies and certificates, celebrating not just physical strength, but also commitment and perseverance.

Outcome of the Event

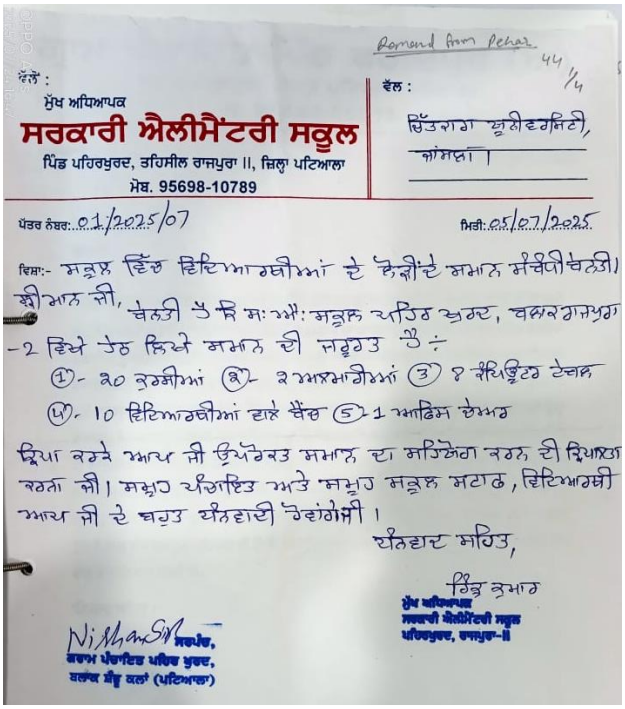
Students were able:
i) To enhance their understanding of body mechanics, strength training, sports ethics, and competition spirit in them for future events.
ii) To boost self-confidence and resilience through healthy physical challenges.

iii) To foster teamwork, encouragement, and mutual respect in a competitive setting.
iv) To understand the role of fitness in maintaining mental and physical well-being.





Detail of the Event/Session	
Date of the Event/Session	16th July 2025
Name of the Event/Session	Donation of furniture at Pehar Khurd School
Organized By	Office of Administration
Trainee Team/Count	5
SDG Covered	1,3,17


Remark from Pehar

ਵੱਲ :
ਚਿੱਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ,
ਕਾਮਲਾ।

ਮੁੱਖ ਅਧਿਆਪਕ
ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ
ਪਿੰਡ ਪਹਿਰਖੁਰਦ, ਤਹਿਸੀਲ ਰਾਜਪੁਰਾ ।।, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ
ਮੋਬ. 95698-10789

ਪੱਤਰ ਨੰਬਰ: 01/2025/07 ਮਿਤੀ: 05/07/2025

ਵਿਸ਼ਾ:- ਸਕੂਲ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਬੈਠਣ ਲਈ ਸਮਾਨ ਮੰਗਵਾਉਣ ਬਾਰੇ।

ਸ਼ੀਮਾਨ ਜੀ, ਬੇਨਤੀ ਹੈ ਕਿ ਸ: ਮਾ: ਸਕੂਲ ਪਹਿਰ ਖੁਰਦ, ਬਲਾਕ ਰਾਜਪੁਰਾ -2 ਵਿਖੇ ਹੇਠ ਲਿਖੇ ਸਮਾਨ ਦੀ ਜ਼ਰੂਰਤ ਹੈ :-

(1)- ੩੦ ਕੁਰਸੀਆਂ (2)- ੨ ਅਲਮਾਰੀਆਂ (3) ੧ ਕੰਪਿਊਟਰ ਟੇਬਲ
(4)- 10 ਵਿਦਿਆਰਥੀਆਂ ਵਾਲੇ ਬੈਂਚ (5) 1 ਆਫਿਸ ਚੇਅਰ

ਕ੍ਰਿਪਾ ਕਰਕੇ ਆਪ ਜੀ ਉਪਰੋਕਤ ਸਮਾਨ ਦਾ ਸਹਿਯੋਗ ਕਰਨ ਦੀ ਕ੍ਰਿਪਾਲਤਾ ਕਰਨੀ ਜੀ। ਸਮੂਹ ਪੰਚਾਇਤ ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਸਟਾਫ, ਵਿਦਿਆਰਥੀ ਆਪ ਜੀ ਦੇ ਬਹੁਤ ਧੰਨਵਾਦੀ ਹੋਵਾਂਗੇਜੀ।

ਧੰਨਵਾਦ ਸਹਿਤ,
ਹਰਿੰਦਰ ਕੁਮਾਰ
ਮੁੱਖ ਅਧਿਆਪਕ
ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ
ਪਹਿਰਖੁਰਦ, ਰਾਜਪੁਰਾ-II

ਸਰਪੰਚ,
ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਪਹਿਰ ਖੁਰਦ,
ਬਲਾਕ ਸੰਮਤੀ ਰਾਜਪੁਰਾ (ਪਟਿਆਲਾ)

In alignment with Chitkara University's commitment to social responsibility and community development, the Office of Administration organized a donation drive at Phar Village school. This thoughtful initiative aimed to support and enhance the infrastructure of the local institutions in the village by providing essential furniture and equipment.

During the drive, the university donated the following items to the school:

- **36 Computer Chairs**
- **12 Computer Tables**
- **1 Wooden Almirah**
- **1 Faculty Chair**

The municipal corporation and the local school reached out to Chitkara University with a request for support in furnishing their premises with essential furniture. Recognizing the importance of creating a conducive learning and working environment, Chitkara University responded positively to the appeal. After reviewing the requirements shared by the school, the university took prompt action to arrange and provide the necessary furniture items. This timely support not only fulfilled the immediate needs of the institution but also reflected Chitkara University's continued dedication to community development and educational upliftment through meaningful contributions and partnerships with local organizations and civic bodies.

The computer chairs and tables will be instrumental in setting up or upgrading computer labs and learning spaces, thereby contributing to a more comfortable and structured learning environment for the youth of the village. The wooden almirah will help with safe storage of materials and records, and the faculty chair is provided for use by teaching or administrative personnel.

This initiative was carried out with the active involvement of the administrative staff from Chitkara University, who ensured smooth transportation and handover of the items. The representatives from Phar Village warmly welcomed the gesture and expressed heartfelt gratitude towards the university for their continued efforts to uplift nearby rural areas. Such donation drives reflect Chitkara University's dedication not only to academic excellence but also to social empowerment and community outreach. The Office of Administration remains committed to identifying and addressing local needs through meaningful contributions and collaborative efforts.









ਵੱਲੋਂ :
ਮੁੱਖ ਅਧਿਆਪਕ
ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ
ਪਿੰਡ ਪਹਿਰਖੁਰਦ, ਤਹਿਸੀਲ ਰਾਜਪੁਰਾ II, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ
ਮੋਬ. 95698-10789

ਵੱਲ : ਚਿੱਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ,

ਪੱਤਰ ਨੰਬਰ:.....
ਮਿਤੀ: 19/07/2025

ਵਿਸ਼ਾ:- ਧੰਨਵਾਦੀ ਪੱਤਰ।

ਸ਼ਰੀਮਾਨ ਜੀ,

ਅਸੀਂ ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ ਪਹਿਰ ਖੁਰਦ ਦੇ ਸਮੂਹ ਸਟਾਫ਼ ਵੱਲੋਂ ਆਪਜੀ ਦੀ ਚਿੱਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ ਦਾ ਤਹਿ ਦਿਲ ਤੋਂ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ ਜਿਨ੍ਹਾਂ ਨੇ ਸਕੂਲ ਨੂੰ 1 ਅਲਮਾਰੀ, 4 ਸੈਨੀਟਾਇਜ਼ਰ ਟੇਬਲ, 36 ਕੁਰਸੀਆਂ ਦੇਣ ਦੀ ਦ੍ਰਿਆਲਤਾ ਕੀਤੀ ਜੀ। ਅਸੀਂ ਆਸ ਕਰਦੇ ਹਾਂ ਕਿ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਆਪ ਜੀ ਸਕੂਲ ਅਨੁਸਾਰ ਮਦਦ ਕਰਦੇ ਰਹੋਗੇ ਜੀ। ਧੰਨਵਾਦ ਜੀ।

ਆਪਜੀ ਦੇ ਧੰਨਵਾਦੀ,
ਸਮੂਹ ਸਟਾਫ਼,
ਸ: ਐ: ਸ: ਪਹਿਰ ਖੁਰਦ।

ਸਰਪੰਚ, ਗਰਾਮ ਪੰਚਾਇਤ ਪਹਿਰ ਖੁਰਦ, ਬਲਾਕ ਸੰਮਤੀ ਰਾਜਪੁਰਾ (ਪਟਿਆਲਾ)

ਰਿੰਕੂ ਕੁਮਾਰ
ਮੁੱਖ ਅਧਿਆਪਕ
ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ
ਪਹਿਰਖੁਰਦ, ਰਾਜਪੁਰਾ-II



Event Details	
Topic	Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine
Date	2025-07-14 To 2025-07-16
Mode	Offline
Venue	Indian Kitchen - 1st Floor Escoffier Block (Chitkara University, Chandigarh-Patiala National Highway (Nh-64), Chandigarh, Punjab 140401)
Organizer Name	Chef Divay Mehta
Resource Person	Chef Athar Ali, Master Chef
No. Of Participants	41
SDG NO	2, 3, 4, 12

OBJECTIVE

1. Learn Dum Pukht cooking technique
2. Practice hands-on culinary skills
3. Promote use of local and seasonal ingredients
4. Understand the cultural roots of royal cuisine
5. Enhance food presentation and serving techniques



DESCRIPTION

Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine Discover the Secrets of Royal Indian Cooking Join us for a unique culinary event, "Royal Kitchen Uncovered: Mastering Dum Pukht Cuisine," where tradition meets flavor. This workshop will take you back in time to the royal kitchens of India, where the Dum Pukht cooking style was born. Dum Pukht is a special slow-cooking method where food is sealed in a pot and cooked on low heat. This helps the ingredients cook in their own juices, making the food rich, flavorful, and healthy. In this event, you will learn how to prepare delicious royal dishes using this ancient technique. This hands-on session is perfect for culinary students, chefs, and anyone who loves cooking. You will get to work with seasonal and local ingredients while learning how to reduce food waste and cook with care. The dishes you make will include traditional biryanis, kebabs, and stews that were once served in royal courts. You will also learn about the history and culture behind this cooking style, how meals were served in royal households, and why Dum Pukht cooking is still loved today. This event is a great chance to improve your cooking skills, explore India's rich food heritage,

and enjoy a fun, informative experience with like-minded people. Whether you are new to cooking or already experienced, this workshop will leave you inspired and hungry for more!

OUTCOMES

- Mastery of Dum Pukht technique.
- Improved culinary creativity and skills Enhanced.
- Deeper appreciation for Indian food heritage.
- Awareness of sustainable cooking practices.
- Better presentation and plating skills
- Ability to present dishes with elegance, inspired by royal dining styles.






GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
Lat 30.513996, Long 76.660097
07/16/2025 01:52 PM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
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Event Name	Udaan: Soaring into Heights
Date	18th July 2025
Venue	Einstein Hall, Galileo Block, Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Mr. Gourav Mahajan, Director of the Chitkara Enterprise Lab, Chitkara University, Punjab
Number of Participants	84
SDG Number	3,4
Duration	1.30 hours in offline mode

Description of Event



Chitkara School of Health Sciences, under the banner of the SOPANA Club (Student Startup Club at CSHS), proudly hosted Udaan: Soaring into Heights — an engaging and thought-provoking event held on 18th July 2025 at Einstein Hall, Galileo Block from 11:00 AM onwards. This specially curated session targeted the BMLS, and B.Sc. MRIT (Batch 2024) students witnessed enthusiastic participation from approximately 84 students. The event aimed to foster an entrepreneurial mindset among healthcare students and to introduce them to the world of startups, innovation, and enterprise development. It featured a captivating talk by Mr. Gourav Mahajan, Director of the Chitkara Enterprise Lab, Chitkara University, Punjab. Known for his deep expertise in nurturing startup ecosystems and guiding young innovators, Mr. Mahajan shared valuable insights drawn from his rich professional journey. During the session, Mr. Mahajan spoke about the fundamentals of entrepreneurship, highlighting the importance of identifying real-world problems and transforming them into viable business solutions. He discussed various innovation models, idea validation techniques, and key steps involved in launching a successful startup.

The session emphasized how healthcare professionals can become changemakers through innovative thinking and problem-solving approaches tailored to the sector's needs. What made the session truly impactful was its interactive nature. Students were encouraged to engage with the speaker, ask questions, and share their perspectives. Mr. Mahajan's approachable demeanour and practical examples helped in breaking down complex entrepreneurial concepts, making them relatable and easy to grasp for the students. To make the event more engaging, a fun quiz round was organized, testing students' understanding of entrepreneurship and innovation. The competitive yet light-hearted segment added an element of excitement and teamwork to the session, ensuring active participation and reinforcing learning in a playful manner. The event concluded with a motivating message to the budding healthcare professionals — to believe in their ideas, explore opportunities fearlessly, and become problem- solvers for society. Udaan: Soaring into Heights succeeded in its objective to inspire students to explore the entrepreneurial path and contributed significantly towards building an innovative-driven culture at the Chitkara School of Health Sciences. With events like these, SOPANA Club continues to pave the way for a new generation of health professionals equipped not only with clinical skills but also with the vision and confidence to innovate.






CHITKARA UNIVERSITY
CHITKARA SCH
EINSTEIN hall

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY JUNCTION
Date	18th July 2025
Time	5:00 PM to 6:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	37
Resource Person	Happiness Team

Chitkara Happiness Centre proudly unveiled *Joy Junction*, a vibrant new initiative aimed at enhancing the happiness and well-being of hostel students. Inaugurated by Dr. Col. Rakesh Sharma, Registrar of Chitkara University, the event marked the beginning of a bi-monthly celebration, scheduled for the first and third Friday of every month. Designed as a space where students can unwind, express themselves, and foster meaningful connections, Joy Junction revolves around four core elements—*Laughing, Singing, Dancing,* and *Playing*. The inaugural session brought these elements to life in the most energetic and heartfelt way possible. Students gathered with enthusiasm, filling the space with unfiltered laughter, soulful singing, joyful dancing, and spirited games. The musical moments, spontaneous dance-offs, and laughter-filled games sparked a sense of nostalgia and genuine connection, creating a joyful escape from the academic hustle. The evening was more than just entertainment; it served as a much-needed emotional reset and a celebration of community spirit. The warm and inclusive environment allowed students to shed their inhibitions and embrace joy in its purest form. Joy Junction is not just an event—it is a thoughtfully curated experience aimed at nurturing mental well-being, promoting emotional expression, and strengthening peer bonds beyond the classroom walls. The energy, smiles, and camaraderie witnessed during the launch underscored the significance of such initiatives in student life. As Joy Junction promises to return every first and third Friday, it is set to become a cornerstone of campus culture—an eagerly awaited outlet for stress relief, happiness, and human connection. With its blend of fun and mindfulness, the initiative beautifully reflects the Chitkara Happiness Centre's ongoing commitment to embedding joy and positivity into everyday student life. At Chitkara, happiness isn't occasional—it's a way of life.


JOY
JUNCTION
18th July, 2025
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GPS Map Camera

Event Details	
Event Type	Competition
Topic	Khel Utsav Faculty Sports Meet
Date	2025-07-19 To 2025-07-19
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh, Mr. Harinder Pal Singh
No. Of Participants	57
SDG No	SDG 3: Good Health And Well-Being

OBJECTIVE

1. Promote health and wellness
2. Encourage physical activity
3. Foster team spirit and collaboration
4. Enhance workplace morale
5. Encourage work-life balance
6. Build interdepartmental relationships

DESCRIPTION

Chitkara College of Pharmacy organized the Khelanand Mela- Sports Event showcasing thrilling performances in various indoor and outdoor games, including Carrom, Chess, Darts,and Badminton. The event attracted an enthusiastic crowd of Chitkara College of Pharmacy, who were treated to a day filled with excitement and competition. On 19th July 2025, the Chitkara College of Pharmacy organized a much-awaited Faculty Sports Day on campus, bringing together faculty members from various departments in a spirit of health, recreation, and camaraderie. The event was conducted under the guidance and supervision of Mr. Nasim Sahin, the dedicated Sports Officer of the college, whose tireless efforts and attention to detail ensured the success and smooth execution of the entire day. The event began in the morning with a cheerful and relaxed gathering of faculty members at the indoor games arena. After a short welcome address by Mr. Nasim Sahin, who emphasized the importance of physical and mental refreshment amidst demanding academic duties, the games were officially declared open. His words set the tone for a day that would be filled not only with healthy competition but also with joy, laughter, and togetherness. Unlike traditional sports days, this event focused exclusively on indoor sports, allowing participants of all fitness levels to engage in meaningful and enjoyable competition. The Khel Uthsav was a remarkable success, celebrating not only individual achievements but also the spirit of teamwork.

Participants exhibited remarkable skill across various sports, and the event encouraged a sense of unity among athletes and spectators alike.

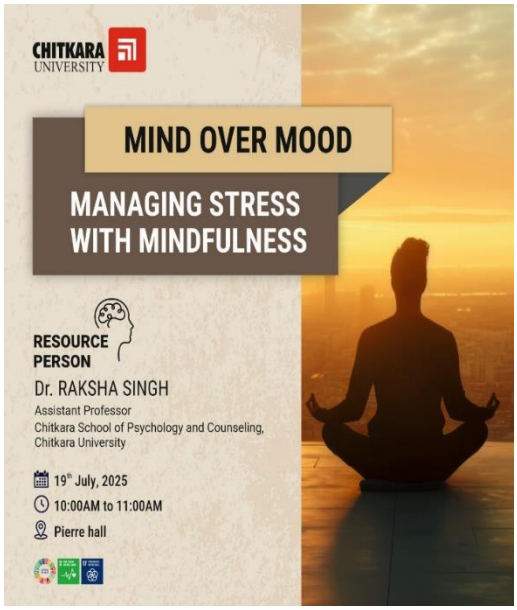
OUTCOMES

Faculty members experience better overall well-being due to increased physical activity and reduced stress.
Enhanced cooperation and communication among staff, which can positively influence academic and administrative work.
Increased motivation and job satisfaction through fun, inclusive, and energizing experiences outside the classroom or office.
Promotion of a vibrant and dynamic culture within the institution, making it more attractive to both staff and students.





Detail of the Event/Session	
Date of the Event/Session	19th July 2025
Name of the Event/Session	Mind over mood – Managing stress with mindfulness
Resource Person	Dr. Raksha Singh
Organized By	Office of Administration
Trainee Team/Count	Supervisors'/Managers/ 25
SDG Covered	3,17



The Office of Administration hosted an engaging and insightful session exclusively for its team members, aiming to inspire, empower, and enhance workplace well-being. The session titled **"Mind Over Mood – Managing Stress with Mindfulness"** was an insightful and interactive program conducted by **Dr. Raksha Singh** from the **Chitkara School of Psychology and Counselling**. It focused on understanding the nature of stress and learning practical, mindfulness-based techniques to manage it effectively in daily life.

The session opened with a light stretching activity that helped participants release physical tension, relax their bodies, and sharpen their focus. This mindful beginning set a calm and reflective tone, preparing attendees for deeper participation and engagement. Dr. Singh skilfully blended psychological concepts with real-life strategies, creating a meaningful experience that promoted mental clarity and emotional resilience.

Overall, the session encouraged a mindful approach to managing stress, emphasizing the power of present-moment awareness and self-care.

Understanding Stress: Stress was described as both a mental and physical reaction to challenging situations. While it is a natural part of life, it can have adverse effects if not properly managed.

Different Forms of Stress:

Eustress: A beneficial form of stress that encourages motivation and improves performance.

Distress: A harmful type of stress that can feel overwhelming and may result in anxiety or burnout.

Interactive Activity: The Stress Iceberg

Participants were guided to visually express their personal stress experiences by drawing **"The Iceberg of Stress."**

The visible tip of the iceberg represented obvious stress triggers.

Beneath the surface, participants identified deeper, hidden emotional stressors.

Dr. Singh skillfully explained how subconscious factors influence mental health and shared strategies for managing both visible and invisible stress.



Balloon Activity – Letting Go of Stress:

In a creative and hands-on activity, participants blew air into balloons to symbolize their built-up stress. When the balloons were popped, it served as a powerful metaphor for releasing pressure. The exercise highlighted that actively addressing stress is far more effective than ignoring it.

Vote of thanks

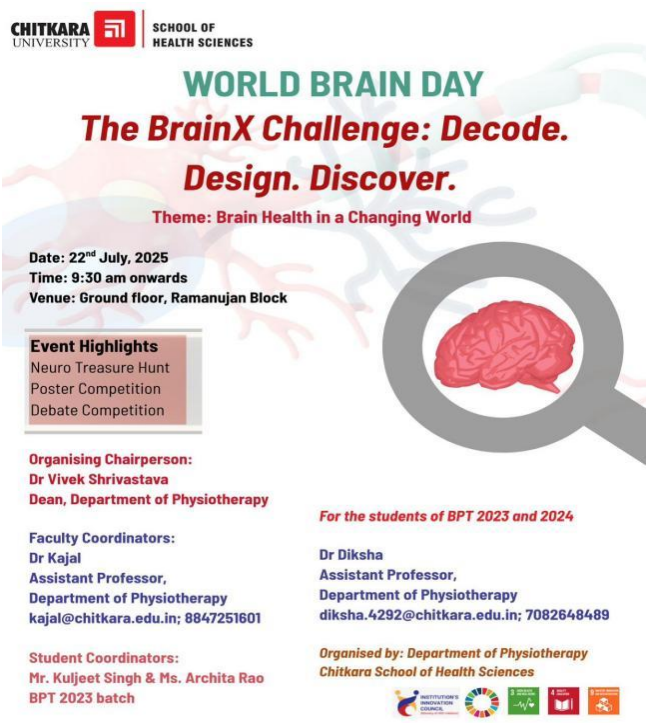
The session concluded with a warm vote of thanks extended by **Capt. Ravinder Singh**, who praised Dr. Raksha Singh for her enlightening presentation and the practical insights shared.





Event Name	The Brain X Challenge: Decode Design Discover
Date	22nd July, 2025
Venue	Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person/Judges	Dr Vivek Shrivastava, Dean, Department of Physiotherapy Dr Pooja Dogra, Associate Dean, DRC-CSHS
Number of Participants	100
SDG Number	3, 4, 9
Duration	1 day

About the Activity



The Department of Physiotherapy at Chitkara University celebrated World Brain Day 2025 with The BrainX Challenge: Decode. Design. Discover. based on the theme "Brain Health in a Changing World." The event featured a Neuro Treasure Hunt, Poster Competition, and Debate Competition, promoting creativity, critical thinking, and awareness of neurological health. Students explored brain functions, designed impactful messages, and shared diverse perspectives. The event was graced by esteemed judges Dr. Vivek Shrivastava (Dean) and Dr. Pooja Dogra (Associate Dean, DRC, CSHS), whose insights enriched the experience. It was a vibrant celebration of innovation, learning, and collaborative spirit.




CEREBRAL PALSY
THREE TYPES OF
Hemorrhagic Stroke

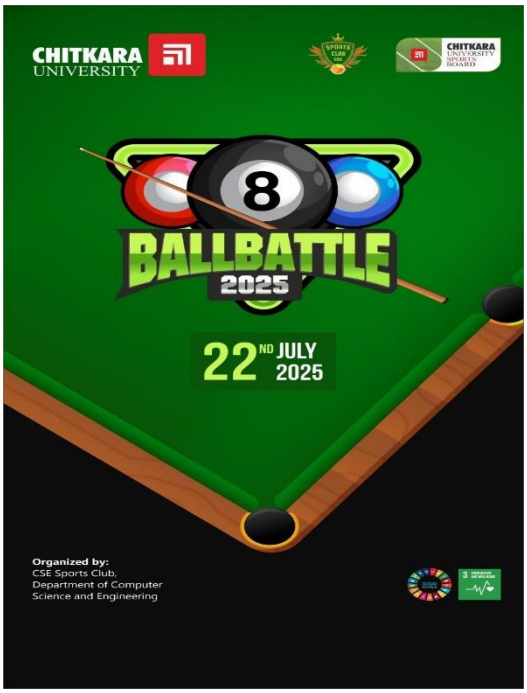




Event Details	
Event Type	Stustainable Development Goals
Topic	8 Ballbattle Tournament
Date	2025-07-22 To 2025-07-22
Mode	Offline
Organizer Name	CSE Sports Club
Resource Person	Dr. Vikas Lamba, Professor, Cuiet, Chitkara University
No. Of Participants	96
SDG No	SDG 3: Good Health And Well-Being

OBJECTIVE

1. Encourage Student Engagement and Participation:
   Provide students with a platform to engage in campus life outside academics. Promote involvement from diverse student groups.
2. Promote Healthy Competition and Skill Development
   Offer a friendly yet competitive environment to improve strategic thinking, focus, and coordination.
3. Foster Social Interaction and Community Building:
   Create an informal setting for students to meet, network, and build friendships.
4. Provide Recreation and Stress Relief
   Help students unwind and de-stress from academic pressures through a fun and relaxed activity.
5. Identify and Reward Talent:
   Recognize skilled players who may represent the university in inter-university or club-level tournaments.



DESCRIPTION

The CSE Sports Club, in collaboration with the University Sports Department, successfully organized an exciting 8 Ball Pool Event on 22nd July 2025. The event witnessed tremendous enthusiasm and sportsmanship among the participants. Following a knockout format, the competition was fierce and fast-paced. With around 109 participants, the matches were both engaging and competitive, showcasing remarkable cue control and tactical game play. After several intense rounds, the event concluded with the following results: Winner : Gurkirat Singh Runner-up: Shubham Bansal The CSE Sports Club extends heartfelt congratulations to the winners and gratitude to all participants for making the event a resounding success.

OUTCOMES

- Increased Student Participation in Extracurricular Activities: A noticeable rise in student engagement beyond academics.
- More students express interest in future recreational or sports events.
- Enhanced Social Interaction and Networking: Students from different departments or year levels form new connections.
- Improved Skills Among Participants: Players gain experience in cue sports, including accuracy, strategy, and focus.
- Stress Relief and Improved Mental Well-being: Students report feeling relaxed and refreshed after participating.
- The event contributes to overall campus wellness and work-life balance.
- Discovery of Talented Players: High-performing individuals may be identified for university-level or intercollegiate tournaments.






Chitkara University
Chitkara University
BALLBATTLE
2025
22 JULY 2025
CHITKARA UNIVERSITY




Chitkara University
BALLBATTLE
2025
22 JULY 2025
CHITKARA UNIVERSITY

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Unveiling The Magic Of Mindfulness In Daily Life
Date	23rd July 2025
Time	11:00 AM to 1:00 PM
Venue	Maslow Hall, Fleming Block
Number of Attendees	63
Resource Person	Dr. Nayamika Singh

Chitkara Happiness Centre, in collaboration with the Chitkara School of Psychology and Counselling, organized an insightful and experiential session titled *"Unveiling the Magic of Mindfulness in Daily Life."* The session was facilitated by Dr. Nanayanika Singh, former Assistant Professor of Psychology at MGSIPA, Chandigarh, Government of Punjab. Dr. Singh began by introducing the foundational principles of mindfulness, including patience, beginner's mind, acceptance, gratitude, and non-judgement. She emphasized how integrating these values into daily life can significantly enhance emotional balance, focus, and inner peace. The session offered participants a hands-on experience through four distinct mindfulness practices—breathing mindfulness, drawing mindfulness, listening mindfulness, and forgiveness mindfulness. These activities helped attendees anchor themselves in the present moment, promoting greater self-awareness and clarity. Both students and faculty members participated with enthusiasm and openness, engaging deeply in the reflective exercises. The energy in the room reflected a shared commitment to learning and personal growth. A special highlight of the session was the recognition of three students as *Mindful Stars*, acknowledging their exceptional attentiveness and mindful presence throughout the event. This thoughtful gesture encouraged the spirit of mindfulness and inspired others to cultivate the same in their lives. The session not only offered practical tools for managing stress and emotional challenges but also reaffirmed the growing importance of mindfulness in contemporary education and personal development. By the end of the session, participants left with a deeper appreciation for the power of present-moment awareness and a renewed motivation to embrace mindfulness in everyday living. The event was a resounding success, leaving a lasting impact on everyone who attended and further strengthening Chitkara University's commitment to holistic well-being and mental health awareness.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UNVIELING THE MAGIC OF MINDFULNESS IN DAILY LIFE
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Event Name	Innovative Ideas in Amblyopia Management
Date	24th July 2025
Venue	Pierre Hall, Le Corbusier, Chitkara University Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr. Digvijay Singh
Number of Participants	45
SDG Number	3,4 and 9
Duration	240 Minutes in Offline mode

Description of Event



The Department of Optometry, Chitkara School of Health Sciences, Chitkara University, under the aegis of its Institution's Innovation Council (IIC), organized an event titled "Innovative Ideas on Amblyopia Management." The session aimed to foster innovative thinking among students and introduce them to emerging technologies in eye care, particularly in the management of amblyopia common but often challenging visual disorder in children. The event featured an expert lecture by Dr. Digvijay Singh, a renowned paediatric ophthalmologist, who shared valuable insights into modern approaches for amblyopia treatment. He highlighted the limitations of traditional methods like patching and discussed advanced strategies such as binocular therapy, which focuses on training both eyes simultaneously to improve visual coordination and acuity. Dr. Singh also spoke about the use of Virtual Reality (VR)-based vision stimulation, explaining how VR technology is being harnessed to make vision therapy more interactive and engaging for patients.

He further emphasized the significance of neuroplasticity, detailing how structured visual exercises can rewire neural pathways to achieve better visual outcomes, even in older patients. An interactive panel discussion followed, where faculty members and students deliberated on real-world challenges and the scope for innovation in amblyopia care. The event also included a student idea presentation segment, where participants showcased creative concepts for new treatment modalities, receiving valuable feedback from experts. Overall, the event successfully encouraged students to adopt innovative, technology-driven approaches in eye care, blending clinical knowledge with practical, research-based solutions.




CHITKARA
Explore Your Potential


R block
CHITKARA

Event Name	World IVF Day - Honoring the Miracle of Life
Date	25th July 2025
Venue	Seminar Room, Neelam hospital, Rajpura, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab and Neelam hospital, Rajpura, Punjab
Resource Persons	1. Dr. Sanjeev Maheshwari, IVF Lab Director at Jindal IVF, Chandigarh 2. Dr. Simmi Maheshwari, Chief Embryologist at Jindal IVF, Chandigarh
Number of Participants	10
SDG Number	3,4,17
Duration	3 hours in Offline mode

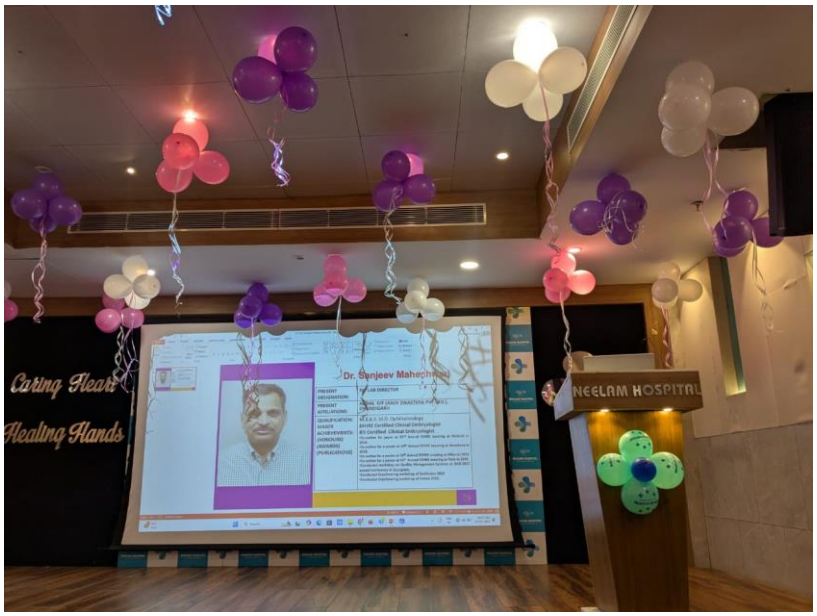
Description of Event

Chitkara School of Health Sciences, in collaboration with Neelam Hospital, Rajpura, proudly celebrated World IVF Day on 25th July 2025 with the theme "Honouring the Miracle of Life." This special day aimed to raise awareness about the advancements and importance of In Vitro Fertilization (IVF). The session featured insightful talks by renowned experts in the field: Dr. Sanjeev Maheshwari, IVF Lab Director at Jindal IVF, Chandigarh, delivered a session on Behind the Lab Coat: The Life of an Embryologist Dr. Simmi Maheshwari, Chief Embryologist at Jindal IVF, addressed Semen Handling and Preparation Procedures. It served as a platform to appreciate the efforts of embryologists and IVF specialists and helped students to gain valuable insights into clinical practices.




Caring Heart
Healing Hands




Caring Heart
Healing Hands
NEELAM HOSPITAL





Event Name	Vision Screening Camp
Date	25th July 2025
Venue	GGGS School, Jhansla
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	NA
Number of Participants	68
SDG Number	3,4
Duration	One day

Description of Event



The Department of Optometry conducted a School Eye Screening Camp at GGGS School, Jhansla, on 25th July 2025. The initiative was part of an ongoing commitment to community outreach and preventive eye care, focusing on the well-being of school-aged children. The camp involved comprehensive visual assessments conducted by trained professionals. Students underwent eye examinations aimed at identifying any potential vision-related issues and promoting awareness of eye health among children, teachers, and parents. Those who required further attention were provided with guidance for appropriate follow-up care and management. This activity served as a valuable platform for reinforcing the importance of regular eye check- ups, particularly in school settings where early detection can significantly impact academic performance and quality of life. The camp concluded successfully, reflecting the department's dedication to enhancing community eye health through proactive and educational initiatives.

The primary objectives of the camp were to:

- Facilitate early identification of refractive and ocular issues
- Enhance awareness regarding eye health and hygiene
- Provide appropriate referrals and guidance for necessary follow-up care






CANADA
U S A
RUSSIA
CHINA

Event Details	
Event Type	Competition
Topic	World Hepatitis Day- Poster Making Competition
Date	2025-07-28 To 2025-07-28
Mode	Offline
Organizer Name	Prof. (Dr.) Thakur Gurjeet Singh
No. Of Participants	30
SDG No	3, 4
Po Number(S)	Po1
University Charter	Let's Encourage Our Students To Think Out Of The Box

OBJECTIVE

-Raise awareness about viral hepatitis (A–E) by translating key facts on transmission, vaccination, testing, and treatment into clear, audience-friendly posters.
-Combat stigma and misinformation with person-first, empathetic messaging that encourages timely screening and care-seeking.
-Build student skills in health communication, visual design, and evidence-based advocacy through guided research and mentorship.
-Connect participants with local resources by integrating QR codes, helpline details, and directions to vaccination/testing services into posters.
-Create reusable communication assets for clinics, campuses, and community spaces to sustain outreach beyond the event

DESCRIPTION

The World Hepatitis Day poster-making competition will transform public health knowledge into accessible, action-oriented visuals that speak to diverse audiences. Participants will begin with a brief research sprint, using credible sources to define core messages: what hepatitis is, how different types spread, who should get vaccinated, and why early testing and treatment matter. Mentors will facilitate short clinics on visual hierarchy, typography, color contrast, and inclusive imagery so each poster communicates clearly from a distance and up close. Teams will craft concise headlines, supportive icons, and plain-language callouts, then embed practical next steps—QR codes to screening information, helplines for guidance, and prompts to check vaccination status. A review panel will evaluate entries on accuracy, clarity, cultural sensitivity, and utility for real-world settings such as campus boards, clinics, and community centers. Finalists will be printed for a corridor gallery, while all qualifying designs will be compiled into a downloadable toolkit

for ongoing outreach. Alongside the showcase, a micro-workshop will guide organizers on using the posters in targeted campaigns (hostels, marketplaces, health camps) and tracking engagement through scans and feedback forms. By day's end, the competition will produce more than art: it will deliver a ready-to-use library of materials, skilled student communicators, and a practical plan for extending hepatitis awareness beyond the event—helping more people access vaccination, testing, and timely care.

OUTCOMES

-Accurate, impactful poster sets ready for display and digital sharing, each with actionable next steps (scan codes, contacts, screening prompts).
-Improved participant confidence in distilling complex health information into concise, culturally sensitive visuals.
-Increased community intent to pursue vaccination, testing (especially for B and C), and follow-up care where indicated.
-A documented pipeline for continued use: rotating exhibits, social media campaigns, and downloadable poster bundles.
-Strengthened partnerships with health units and NGOs for content validation, display venues, and periodic awareness drives






WE ARE HELPFUL
WE ARE COURTEOUS
WE HAVE FUN
Hepatitis Day

Event Details	
Event Type	Environment Or Green Initiative
Topic	Nature Conversation Day- Tree Plantation Drive
Date	2025-07-28 To 2025-07-28
Mode	Offline
Organizer Name	Prof. (Dr.) Thakur Gurjeet Singh
No. Of Participants	10
SDG No	3, 4, 11
PO Number(S)	PO1
University Charter	Let's inculcate team spirit and camaraderie among our students

OBJECTIVE

1. Raise environmental awareness and stewardship by engaging participants in planting and nurturing native, climate-resilient saplings.
2. Translate intent into sustained action through training on proper planting, mulching, watering schedules, and protection methods.
3. Build student leadership and teamwork via structured roles for logistics, geotagging, documentation, and aftercare monitoring.
4. Strengthen partnerships with local bodies, eco-clubs, and communities for sapling sourcing, site selection, and long-term maintenance.
5. Establish measurable impact using survival-rate tracking, periodic growth audits, and transparent reporting

DESCRIPTION

The tree plantation drive will move beyond symbolic planting to deliver durable ecological gains through careful species selection, precise techniques, and committed aftercare. Volunteers will prepare sites with soil loosening, organic compost, and appropriate spacing to reduce competition and support healthy root spread. Priority will be given to native, drought-tolerant species suitable for local soil and rainfall patterns, with saplings staked, mulched, and guarded against grazing and heat stress. A brief hands-on module will cover correct planting depth, initial watering volumes, and a simple maintenance plan: weekly watering in the first month, tapering to season-appropriate schedules, mulching refresh every quarter, and periodic pruning for structure. Teams will geotag plantings, capture before–after photos, and log quick measurements (height and stem diameter) at set intervals to track growth and survival. Roles will be clearly assigned—pit preparation, planting, watering logistics, materials management, documentation, and safety—so operations remain smooth and inclusive. Local partners will support with saplings, compost, and

technical advice, while a follow-up calendar will schedule checks before and after monsoon and peak summer. Communication volunteers will share progress dashboards and short stories of "sapling caretakers," building a sense of shared ownership. By aligning thoughtful execution with transparent monitoring, the drive will cool microclimates, enhance biodiversity, improve soil moisture retention, and nurture a community ethic of stewardship—proving that real impact begins after the last sapling is planted, and grows with every return visit to tend the trees.

OUTCOMES

1. Increased green cover with documented sapling survival over 12–24 months, not just one-day planting counts.
2. Higher participant adoption of eco-habits, including composting, water-wise practices, and continued tree care.
3. A reliable maintenance network (student rosters, community volunteers)ensuring regular watering, pruning, and protection.
4. Data-backed insights through geotagged records, photo logs, and simple metrics (survival %, height/diameter gains).
5. Replicable model and calendar for seasonal drives, enabling scale-up and continuous improvement.

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TREE
PLANTATION
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Punjab 140601, India
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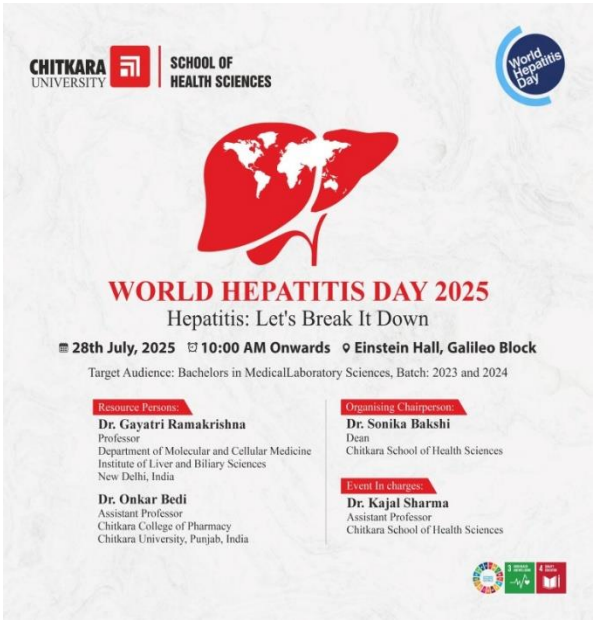
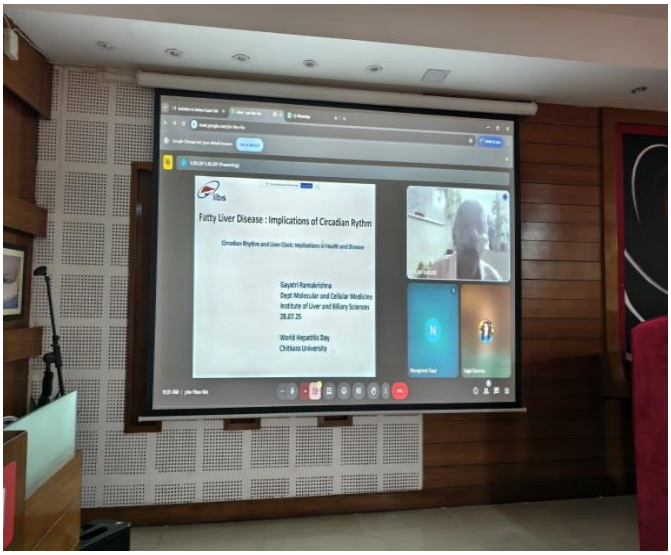
Event Name	World Hepatitis Day
Date	28th July, 2025
Venue	Einstein Hall, Galileo block, Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Dr Gayatri Ramakrishnan Professor ILBS, New Delhi 2. Dr Onkar Bedi Assistant Professor Chitkara College of Pharmacy, Chitkara University Punjab
Number of Participants	56
SDG Number	3,4,6,17
Duration	3.30 hrs.

Description of the event



To mark World Hepatitis Day 2025, Chitkara University organized an awareness event on 28th July 2025 focused on the theme "Hepatitis: Let's Break It Down." The event featured expert talks by Dr. Gayatri Ramakrishnan from ILBS, New Delhi, and Dr. Onkar Bedi from Chitkara College of Pharmacy. Their sessions provided valuable insights into liver health, circadian rhythms, and the challenges of managing hepatitis with coexisting diseases. To encourage student engagement, an Animated Video Competition was conducted, where students showcased creative approaches to hepatitis awareness. The event aimed to educate, inspire, and support global efforts toward the elimination of hepatitis through informed discussions and active participation.


Fatty Liver Disease : Implications of Circadian Rythm
Gayatri Ramakrishna
Dept Molecular and Cellular Medicine
Institute of Liver and Biliary Sciences
28.07.25
World Hepatitis Day
Chitkara University



Event Name	Enhancing Clinical Readiness: A Structured Pre-Internship Module
Date	29th July 2025
Venue	Einstein Hall Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Dr. Sonika Bakshi, Dean, CSHS, Chitkara University, Punjab 2. Dr. Charu Singh, Associate Professor E & Officer In-Charge, Department of Microbiology, HBCHRC & HBCH, Punjab. 3. Dr. Pooja Dogra, Associate Dean (DRC), AHS, CSHS, CU-PB 4. Dr. Navita Gupta, Assistant Dean -Learning and Development, AHS, CSHS, Chitkara University, Punjab 5. Dr. Indu Sharma, Assistant Dean -Academic Affairs, AHS, CSHS, Chitkara University, Punjab
Number of Participants	24
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 **"Enhancing Clinical Readiness: A Structured Pre-Internship Module"** for all the **bachelor's in medical laboratory science students** on 29th July 2025. The session was led by Dr. Sonika Bakshi, Dean, CSHS, Chitkara University, Punjab and focused on Work Ethics, Attitude, and Professional Conduct in the Healthcare Environment. Followed by Dr. Charu Singh, Associate Professor E & Officer In-Charge, Department of Microbiology, HBCHRC & HBCH, Punjab and talked on Essentials of Pre-Analytical, Analytical & Post-Analytical Phases in Laboratory Testing. Dr. Pooja Dogra Associate Dean, DRC-Health Sciences, Chitkara University, Punjab focused on patient-centred care: Patient safety, Clinical Responsiveness, and ethical practices in a hospital.

Dr. Navita Gupta, Assistant Dean - Learning and Development AHS, CSHS, Chitkara University, Punjab give expert talk on Importance of Pre-internship readiness and finally Dr. Indu Sharma, Assistant Dean -Academic Affairs AHS, CSHS, Chitkara University, Punjab focused on Transitioning from Student to Intern: Highlights of the internship policy. This initiative aimed to bridging the gap between academic learning and practical application, this module fosters the development of essential technical skills, professional behaviour, and critical thinking abilities necessary for effective performance in real-world clinical settings. It ensures that students enter their internship phase with greater confidence, competence, and a deeper understanding of laboratory protocols, safety standards, and ethical practices. Ultimately, this initiative not only improves the quality of clinical training but also contributes to producing skilled and responsible laboratory professionals who are well-prepared to support diagnostic healthcare services.






Ethics in Healthcare: Indian Context
India's healthcare industry is a complex ecosystem regulated through a plethora of laws at various stages by the authorities/regulators.
Ethical lapses and non-compliances exacerbate the challenges faced, leading to a potential decline in the quality of healthcare services and unequal access to care.


CHITKARA UNIVERSITY
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Event Details	
Event Type	Competition
Topic	Badminton Blitz 2025
Date	2025-07-29 To 2025-07-29
Mode	Offline
Organizer Name	Dr. Garima Chopra (Assistant Professor, Dece, Chitkara University, Punjab)
Resource Person	Dr. Garima Chopra, Assistant Professor
No. Of Participants	67
SDG No	SDG 3: Good Health And Well-Being
PO number(s)	PO1
University Charter	Let's install discipline, integrity and honesty in our students

OBJECTIVE

- To encourage participants to stay active and healthy through regular sports involvement.
- To motivate students/players of all levels to take part, ensuring inclusivity.
- To build cooperation and coordination, especially through doubles and team matches.
- To offer participants a refreshing break from routine academic/work schedules.
- To highlight the institution's commitment to overall development through sports.



DESCRIPTION

The Badminton Blitz, held on 29th July 2025, was jointly organized by the eBuzz Club and the Chitkara University Sports Board. The tournament proved to be a resounding success, characterized by enthusiastic participation, spirited competition, and commendable performances from the student community. It was an event that not only highlighted the sporting talent of the participants but also reflected the University's dedication to encouraging extracurricular engagement alongside academic excellence. The central objective of the tournament was to promote physical fitness, teamwork, and the spirit of healthy competition among students.

By providing an organized platform for players to compete, the event aimed to cultivate discipline, perseverance, and sportsmanship—qualities that extend beyond the court and play an essential role in holistic student development. The tournament featured singles matches in both the boys' and girls' categories, which allowed participants to display their skills, agility, precision, and determination. Each rally witnessed impressive performances, keeping the audience engaged and the atmosphere vibrant throughout the day. From the outset, the event generated significant interest across the campus. Students turned up not only as participants but also as spectators, cheering for their peers and creating an energetic environment. The matches were conducted with fairness and professionalism, ensuring that every participant had an equal opportunity to showcase their talent. The involvement of faculty mentors from the Sports Board added immense value to the proceedings. Their support and guidance ensured smooth coordination of the matches and efficient time management, while their encouraging presence boosted the morale of the players. The tournament concluded with the much-awaited announcement of winners. In the girls' category, Piyanshi secured the first position, followed by Shivika in second place. In the boys' category, Ansh Arora claimed the top position, with Aryan Chopra finishing as runner-up. These winners were commended for their exceptional performances and unwavering focus. However, it was not just the victors who received appreciation every participant was recognized for their effort, enthusiasm, and contribution to the success of the tournament. In conclusion, the Badminton Blitz 2025 emerged as more than just a sports event; it was a celebration of youthful energy, resilience, and teamwork. The event not only provided a healthy recreational break from academic routines but also encouraged students to develop important life skills such as discipline, cooperation, and fair play. By combining competition with camaraderie, the tournament reinforced the University's vision of nurturing well-rounded individuals capable of excelling both in academics and extracurricular pursuits.

OUTCOMES

- Enhanced student participation and engagement in sports.
- Promotion of sportsmanship, discipline, and fair play.
- Improvement of badminton skills and match experience among players.
- Strengthening of community spirit, teamwork, and camaraderie.
- Identification and recognition of talented players for future opportunities.


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BLITZ 2025

Event Details	
Event Type	Expert Talk
Topic	Designing And Mastering Your Inner Game: Elevating Mental And Emotional Energy For Success
Date	2025-07-30 To 2025-07-30
Mode	Online
Organizer Name	Mr. Jatinder Chopra
Resource Person	Dr. Deepali Mathur, Medical Officer
No. Of Participants	201
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation And Infrastructure

OBJECTIVE

1. Equip students with holistic mental health tools for professional resilience.
2. Enhance self-awareness to manage academic and industry-related pressures effectively.
3. Introduce practical stress management strategies tailored to pharma management careers.
4. Foster a positive mindset using mind reset and healing techniques.
5. Prepare students for sustainable, growth-oriented careers in pharma and health industry.



DESCRIPTION

CCSM organized an expert talk for MBA Sales & Marketing (Pharmaceutical-Management) students on 30th July,2025. The resource person was Dr Deepali Mathur. She is a medical officer, working on a central govt project for Women & Child Health. She is a life coach with expertise in Mind reset & Stress theory, Stress & De stress, Law of attraction, Pranic healer & Reiki healer. The primary objective of this session was to equip our students with essential mental health tools and a holistic mindset for navigating the unique pressures of their academic and future professional lives. The session aimed to: Enhance Mental Health Literacy, Cultivate Self Awareness, Provide Practical Stress Management Techniques. Students learned & practiced: Improved Stress Resilience, Proactive Goal Setting, Enhanced Self Awareness, A Supportive Peer Culture etc. Over all the session was very engaging in terms of its content & delivery. Students asked multiple questions & these were appropriately answered by Dr Deepali 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. The current landscape of business is complex & the organizations look for diverse capabilities in a candidate. The high expectation & low lag time for expected outcomes, put immense pressure on new employees plus they have to face stiff competition during their academic journey as well. So to keep our students fit, resilient & to equip them with the skills to handle pressure & in order to make students industry ready, the SMEs expertise and techniques would surely benefit the them, who are seeking a career in the industry and help in academic performance.

OUTCOMES

1. Improved ability to handle academic stress and workplace challenges confidently.
2. Enhanced self-awareness for better decision-making and personal growth.
3. Developed resilience to thrive in competitive professional environments.
4. Gained practical techniques for stress reduction and emotional well-being.
5. Strengthened supportive peer culture encouraging mental and professional growth.




RAISE YOUR VIBRATION
Dr Deepali is presenting, annotating
You
Dr Deepa
127 others


Dr Deepali (Presenting, annotating)
AWARENESS EXERCISE
Brown colour exercise
ENERGY FLOWS WHERE YOUR ATTENTION GOES-
AND THAT THING GROWS.....
JASIKA CH...
Beena Rishi
Sohil Bendre
78 others
Samuel Jonathan
9:25 PM | Designing and Mastering Your Inner Game: Ele...

Topic: "Prioritize Breastfeeding: Create Sustainable Support Systems"

Date: 01–07 August 2025

Number of Participants: 04

Name of Faculty: Ms. Vidhi Paul & Ms. Lakshita Sharma

SDGs: 2, 3, 5

POs: PO2, PO3, PO8, PO10

Objective

1. To raise awareness about the importance of exclusive breastfeeding for maternal and child health.
2. To highlight the role of families, communities, and healthcare systems in supporting breastfeeding mothers.
3. To provide practical guidance to new mothers on positioning, latching, and overcoming common breastfeeding challenges.
4. To dispel the myths and misconceptions related to breastfeeding.
5. To promote breastfeeding as a sustainable, cost-effective, and life-saving practice.

Description

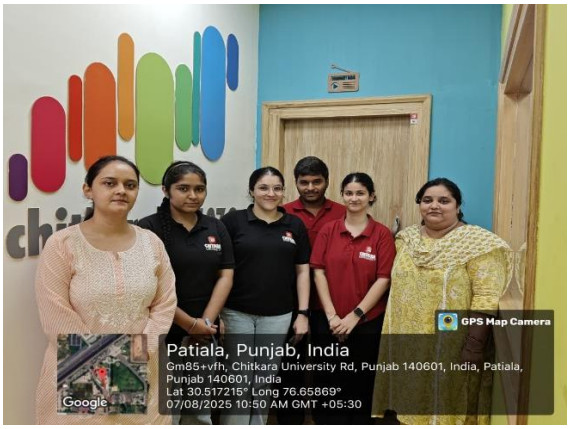
World Breastfeeding Week 2025 was celebrated through a special **Radio Talk on Chitkara** Radio 107.8 FM**, conducted from** 01–07 August 2025 **at the** Picasso Block**. The theme of the program was *"Prioritise Breastfeeding: Create Sustainable Support Systems."* The session was jointly organized by** Ms. Vidhi Paul (Assistant Professor) **and** Ms. Lakshita Sharma (Nursing Tutor)**, along with** B.Sc. Nursing 5th Semester students – Ms. Kanwalpreet Kaur, Ms. Kiranpreet Kaur, Ms. Gursimrat Kaur, and Mr. Shubham Sharma **from the** Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab**.**
The purpose of the talk was to spread awareness in the community about the vital role of breastfeeding, its benefits for both mother and child, and the necessity of building strong support systems to encourage and sustain this practice.
Participants discussed how exclusive breastfeeding for the first six months provides essential nutrients, strengthens immunity, and enhances cognitive development in infants. The maternal benefits, including reduced risks of breast and ovarian cancer, faster

postpartum recovery, and emotional bonding, were emphasized. Practical aspects were also shared, such as proper positioning, ensuring correct latching, and managing common issues like sore nipples, engorgement, and insufficient milk supply. The conversation also highlighted the need for supportive workplaces, family involvement, and healthcare initiatives to ensure mothers can successfully continue breastfeeding. Several myths—such as "breast milk is insufficient for the first six months" and "formula feeding is equivalent to breast milk"—were clarified with scientific evidence. Participants further encouraged adopting community-based support programs to normalize and promote breastfeeding practices. The talk concluded by reinforcing breastfeeding as a sustainable and natural practice that not only improves child survival rates but also reduces healthcare costs and supports environmental sustainability.

Outcomes

1. Enhanced awareness among listeners about the significance of exclusive breastfeeding.
2. Myths and misconceptions regarding breastfeeding were effectively addressed and clarified.
3. Mothers received practical tips on adopting correct breastfeeding techniques.
4. The importance of family, workplace, and community support in sustaining breastfeeding practices was emphasized.
5. The event contributed to the global initiative of promoting maternal and child health through breastfeeding.









Students highlighting the importance of Exclusive Breast Feeding





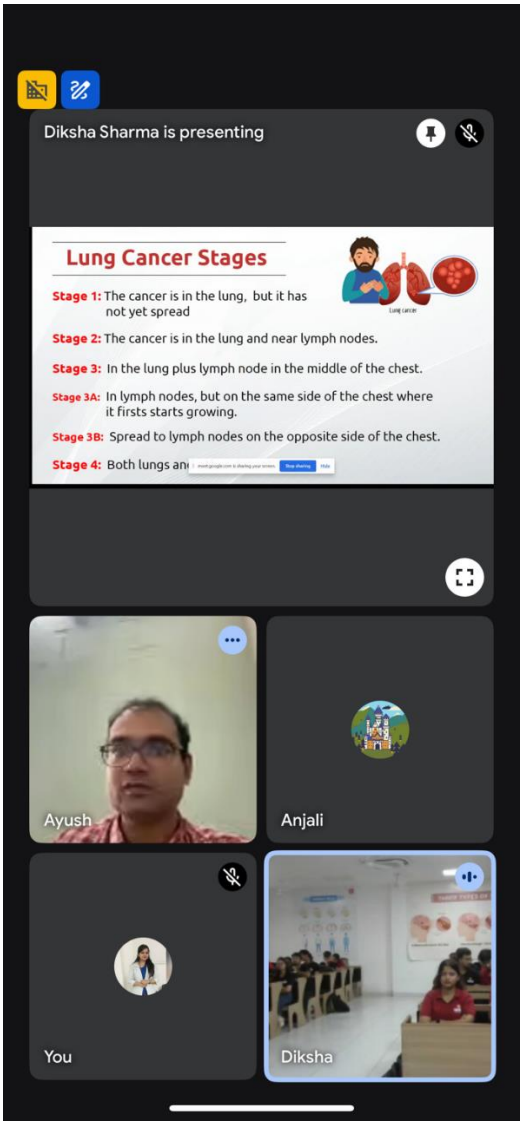
Event Name	World Lung Cancer Day: Clinical Insights to Inspire Innovation in Care
Date	1st August 2025
Venue	Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Anchit Bhatnagar, Associate Professor and HOD, Department of Pulmonary Medicine, Terna Medical College and Super specialty Hospital, Mumbai
Number of Participants	52
SDG Number	3, 4, 9
Duration	1 day

About the Activity



Department of Physiotherapy, Chitkara University, Punjab, organized an Expert Session on "World Lung Cancer Day: Clinical Insights to Inspire Innovation in Care" on 1st August 2025. **The session was delivered by** Dr. Anchit Bhatnagar, Associate Professor and Head of the Department of Pulmonary Medicine at Terna Medical College and Super specialty Hospital, Mumbai. His lecture provided physiotherapy students with a clear clinical understanding of lung cancer, covering current advancements in diagnosis, management, and interdisciplinary care. He also highlighted how innovation and translational knowledge can significantly improve patient outcomes and contribute to the future of healthcare. The session successfully strengthened students' clinical reasoning and encouraged an innovation-driven mindset among emerging healthcare professionals.




Diksha Sharma is presenting
Lung Cancer Stages
Stage 1: The cancer is in the lung, but it has not yet spread
Stage 2: The cancer is in the lung and near lymph nodes.
Stage 3: In the lung plus lymph node in the middle of the chest.
Stage 3A: In lymph nodes, but on the same side of the chest where it firsts starts growing.
Stage 3B: Spread to lymph nodes on the opposite side of the chest.
Stage 4: Both lungs an
Ayush
Anjali
You
Diksha



Event Name	Sessions on Water Quality and Solid Waste Management
Date	1st-August-2025
Venue	Village Nadiali
Organizers	Office of Administration in collaboration with the Centre of Excellence for Sustainability
Resource Person	Mr Balwinder Singh (Asst. Director), Mr. Ravinder Singh (Manager)
Event Co-ordinators	Mr. Mohit Kumar
Number of Participants	100 Families
SDGs Covered	3,4,6,12,17

About the Session



As part of Chitkara University's continuous commitment to sustainability and community welfare the **Office of** Administration, in collaboration with the Centre of Excellence for Sustainability and the Centre for Water Sciences, organized an Awareness Session on Water Quality and Solid Waste Management at Village Nadiali. This session was conducted in response to a formal request from the village, recognizing the need for guidance on safe water practices and proper waste disposal. The initiative aimed to educate participants about clean drinking water, proper waste segregation, and basic habits for a healthier community.

The event featured two expert sessions led by esteemed leaders:

Sqn. Ldr. (Dr.) Rina Angel, Vice President (Infrastructure Enhancement) and Chairperson, Centre of Excellence for Sustainability, addressed the gathering on Solid Waste Management. She highlighted the importance of waste segregation at source, recycling, and reduction of single-use plastics, emphasizing how every individual's effort contributes to a cleaner, healthier village environment.

Prof. (Dr.) Jyotsna Kaushal, **Centre for Water Sciences**, who conducted an insightful **Session on Water Quality Management**. She discussed the significance of clean and safe drinking water, methods to prevent contamination, and simple household practices to ensure water purity. Her session also included demonstrations on water filtration and testing, helping participants understand real-life applications.

Both sessions encouraged **active interaction**, with villagers and students asking practical questions and sharing local challenges, which were addressed with simple and implementable solutions.









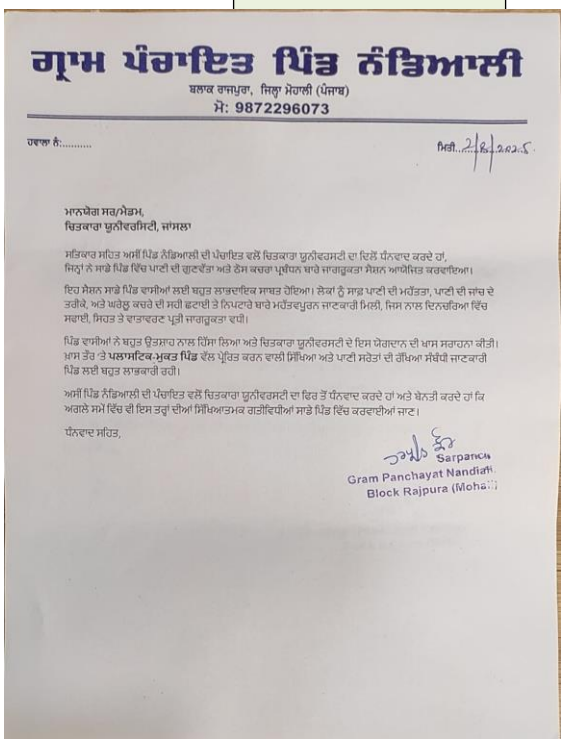


Community Engagement and Impact

The session was **well-received by villagers and school students**, who had requested it and **expressed gratitude to the university** for addressing their local needs.

It helped them understand how simple habits like **waste segregation**, **composting**, and **protecting water sources** can bring positive change. The initiative also encouraged the community to adopt eco-friendly practices and support the **Plastic-Free Village** vision of Nadiali.

Thanks Letter



ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਪਿੰਡ ਨੰਡਿਆਲੀ
ਬਲਾਕ ਰਾਜਪੁਰਾ, ਜਿਲ੍ਹਾ ਮੋਹਾਲੀ (ਪੰਜਾਬ)
ਮੋ: 9872296073

ਹਵਾਲਾ ਨੰ:.....
ਮਿਤੀ...2/8/2025

ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ,
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ

ਸਤਿਕਾਰ ਸਹਿਤ ਅਸੀਂ ਪਿੰਡ ਨੰਡਿਆਲੀ ਦੀ ਪੰਚਾਇਤ ਵਲੋਂ ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ ਦਾ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ, ਜਿਨ੍ਹਾਂ ਨੇ ਸਾਡੇ ਪਿੰਡ ਵਿੱਚ ਪਾਣੀ ਦੀ ਗੁਣਵੱਤਾ ਅਤੇ ਠੋਸ ਕਚਰਾ ਪ੍ਰਬੰਧਨ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਸੈਸ਼ਨ ਆਯੋਜਿਤ ਕਰਵਾਇਆ।

ਇਹ ਸੈਸ਼ਨ ਸਾਡੇ ਪਿੰਡ ਵਾਸੀਆਂ ਲਈ ਬਹੁਤ ਲਾਭਦਾਇਕ ਸਾਬਤ ਹੋਇਆ। ਲੋਕਾਂ ਨੂੰ ਸਾਫ਼ ਪਾਣੀ ਦੀ ਮਹੱਤਤਾ, ਪਾਣੀ ਦੀ ਜਾਂਚ ਦੇ ਤਰੀਕੇ, ਅਤੇ ਘਰੇਲੂ ਕਚਰੇ ਦੀ ਸਹੀ ਛਟਾਈ ਤੇ ਨਿਪਟਾਰੇ ਬਾਰੇ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਮਿਲੀ, ਜਿਸ ਨਾਲ ਦਿਨਚਰਿਆ ਵਿੱਚ ਸਫਾਈ, ਸਿਹਤ ਤੇ ਵਾਤਾਵਰਣ ਪ੍ਰਤੀ ਜਾਗਰੂਕਤਾ ਵਧੀ।

ਪਿੰਡ ਵਾਸੀਆਂ ਨੇ ਬਹੁਤ ਉਤਸ਼ਾਹ ਨਾਲ ਹਿੱਸਾ ਲਿਆ ਅਤੇ ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਇਸ ਯੋਗਦਾਨ ਦੀ ਖ਼ਾਸ ਸਰਾਹਨਾ ਕੀਤੀ। ਖ਼ਾਸ ਤੌਰ 'ਤੇ **ਪਲਾਸਟਿਕ-ਮੁਕਤ ਪਿੰਡ** ਵੱਲ ਪ੍ਰੇਰਿਤ ਕਰਨ ਵਾਲੀ ਸਿੱਖਿਆ ਅਤੇ ਪਾਣੀ ਸਰੋਤਾਂ ਦੀ ਰੱਖਿਆ ਸੰਬੰਧੀ ਜਾਣਕਾਰੀ ਪਿੰਡ ਲਈ ਬਹੁਤ ਲਾਭਕਾਰੀ ਰਹੀ।

ਅਸੀਂ ਪਿੰਡ ਨੰਡਿਆਲੀ ਦੀ ਪੰਚਾਇਤ ਵਲੋਂ ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ ਦਾ ਫਿਰ ਤੋਂ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ ਅਤੇ ਬੇਨਤੀ ਕਰਦੇ ਹਾਂ ਕਿ ਅਗਲੇ ਸਮੇਂ ਵਿੱਚ ਵੀ ਇਸ ਤਰ੍ਹਾਂ ਦੀਆਂ ਸਿੱਖਿਆਤਮਕ ਗਤੀਵਿਧੀਆਂ ਸਾਡੇ ਪਿੰਡ ਵਿੱਚ ਕਰਵਾਈਆਂ ਜਾਣ।

ਧੰਨਵਾਦ ਸਹਿਤ,

Sarpanch
Gram Panchayat Nandiali
Block Rajpura (Moha...)

Conclusion

The awareness sessions served as an important step toward **community education** and **empowerment**, bridging the gap between knowledge and practice. By connecting with the local population and instilling sustainable habits, Chitkara University continues to uphold its mission of **driving positive change beyond the campus boundaries** nurturing both people and the planet.



SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Laughter Kitty
Date	2nd August 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall
Number of Attendees	50
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre organised Laughter Kitty Edition 5, a fun-filled and engaging event designed to spread joy, positivity, and togetherness among students. The event featured a variety of interactive activities conducted by Team Happiness, each aimed at creating moments of laughter, entertainment, and connection. One of the highlights was the song activity *Karaoke Kissi Ki Muskrahat*, which encouraged participants to sing and share smiles through music, filling the atmosphere with warmth and cheer. Another exciting activity was the Balloon Game, which promoted teamwork, cooperation, and bonding as participants worked together in a playful and lighthearted manner. The event also included a lively dance segment that brought everyone to the floor, engaging them in energetic moves and leaving them refreshed and full of enthusiasm. Adding immense value to the event, Dr. Madhu Chitkara, Pro Vice Chancellor of Chitkara University, addressed the participants with her inspiring words on the importance of happiness and self-care. She emphasized that in order to truly be happy, one must first take care of themselves, highlighting self-care as the foundation of lasting joy and well-being. Her message resonated deeply with the audience, reminding students of the significance of nurturing their physical, emotional, and mental health in order to spread happiness to others. The combination of fun activities, laughter, music, and motivational insights created a vibrant and uplifting atmosphere that left participants with cherished memories and renewed positivity. Overall, *Laughter Kitty Edition 5* was a resounding success, reflecting the commitment of Chitkara Happiness Centre to fostering joy, mindfulness, and a strong sense of community among students. The event not only entertained but also reinforced valuable lessons on self-care, happiness, and the power of togetherness, inspiring students to carry these positive practices into their everyday lives.











Event Details	
Event Type	Orientation
Topic	Deek sharambh/ Student Induction Program
Date	2025-08-04 To 2025-08-08
Mode	Offline
Venue	Gb203/ Exploratorium (Einstein Hall, Gallelio Block, Chitkara University, Rajpura)
Organizer Name	Ms. Anjali, Ms. Vidhi, Ms. Dimple, Ms. Shalini, Ms. Kanika Guleria, Ms. Timsy
No. Of Participants	79
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 5: Gender Equality, SDG 11: Sustainable Cities And Communities, SDG 17: Partnership For The Goals
University Charter	Let's Educate our students for brilliant futures, Let's empower our students with great communication skills

OBJECTIVE

1. To orient students to the academic curriculum and faculty expectations.
   To promote holistic growth by introducing wellness, sustainability, and community engagement activities.
2. To familiarize students with campus facilities, clinical areas, and support services.
3. To encourage student participation in associations, committees, and extracurricular forums.
4. To foster bonding, teamwork, and a sense of belonging through cultural and recreational activities.

DESCRIPTION

The Department of Nursing successfully conducted DEEKSHARAMBH – Student Induction Program from 4th to 8th August 2025 to welcome the new batches of B.Sc. Nursing (Basic), B.Sc. Nursing (Post Basic), and M.Sc. Nursing students. This week-long orientation was carefully planned to familiarize students with the academic framework, professional values, and campus culture while nurturing peer bonding and a sense of belonging to the Chitkara community. The program commenced on 4th August with an Academic Orientation Conclave, where students were introduced to the nursing curriculum, faculty, evaluation methods, and pathways to academic excellence.

Faculty members shared insights on teaching-learning strategies and highlighted the importance of discipline and commitment in achieving success. On 5th August, Gyan & Gateway sessions provided an enriching platform to inspire holistic growth. Students were engaged in discussions on the Happiness Club, Sustainability initiatives, and the National Service Scheme, motivating them to integrate personal well-being with social responsibility. The 6th August schedule, titled Campus Compass, included a guided tour of classrooms, simulation laboratories, library, clinical areas, and recreational spaces.

This provided students with a comprehensive understanding of the university's resources and instilled confidence in navigating the campus. On 7th August, students were introduced to the Student Nurses Association and the university's Anti-Ragging and Discipline Committees. These sessions emphasized active student participation, leadership development, and the creation of a safe, supportive environment. The program concluded on 8th August with Fun Zone, a vibrant day filled with cultural performances, recreational activities, and team-building games. This finale helped students showcase their talents, strengthen friendships, and build a sense of unity. Overall, the induction program laid a strong foundation for the students' academic and professional journey, equipping them with confidence, clarity, and enthusiasm as they embark on nursing education at Chitkara University.

OUTCOMES

1. Enhanced academic readiness and clarity of curriculum.
2. Promotion of holistic development and social responsibility.
3. Improved familiarity with campus resources and facilities.
4. Encouraged active engagement in student associations and committees.
5. Strengthened peer bonding, teamwork, and sense of belonging.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Information, Interaction And Activity
Date	4th August 2025
Time	2:00 PM to 4:00 PM
Venue	LH-204, Martin Luthar Block
Number of Attendees	38
Resource Person	Mr. Manav Bansal, Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with the Department of Economics, successfully organized an engaging and interactive session that beautifully blended learning, laughter, and togetherness. The event commenced with a light yet thought-provoking icebreaker centered on the question, *"Can happiness be taught?"*, which not only sparked curiosity but also set the perfect tone for meaningful reflections throughout the day. Students actively participated in open discussions, exploring what happiness personally meant to them, thereby creating a space for self-expression and collective learning. The session unfolded into a vibrant mix of meditation, fun games, and interactive conversations, each activity carefully designed to help students connect with themselves while also fostering bonds with their peers. A key highlight of the day was the joyous laughter and dance party, where students embraced the spirit of happiness in its purest form by dancing, laughing, and celebrating the moment together. These shared experiences not only brought smiles but also created lasting memories that extended far beyond the classroom walls. Adding to the excitement, the event also marked the introduction of **Skillverse 7.0**, an initiative offering students fresh opportunities to discover and nurture new skills and passions, thereby contributing to their holistic development. Overall, the session was a perfect blend of mindfulness and merriment, leaving participants with a renewed sense of positivity, deeper connections, and enthusiasm for both personal and collective growth.








SKILL
VERSE 7.0



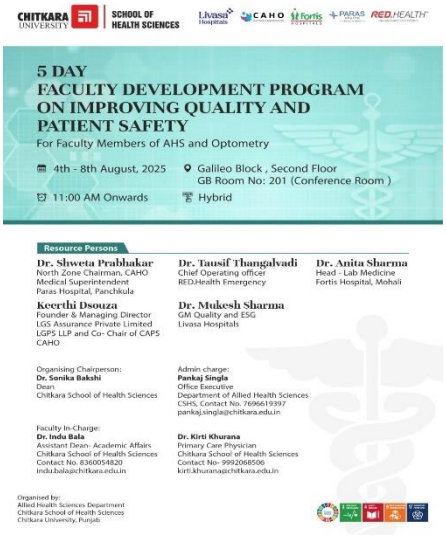
Event Name	Faculty Development Program on Improving Quality and Patient Safety
Date	04 August to 08 August, 2025
Venue	GB201- Conference room, 2nd floor, Galileo block, Chitkara university, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	-Dr Shweta Prabhakar, North Zone Chairman, CAHO Medical Superintendent, Paras, Hospital, Panchkula -Keerthi D'souza, Founder and Managing Director, LGS Assurance Private Limited, LGPS LLP, Co- Chair of CAPS, CAHO -Dr Tausif Thangalvadi, Chief Operating officer, RED.Health Emergency -Dr Mukesh Sharma, GM Quality and ESG, Livasa Hospitals -Dr Anita Sharma - Head, Lab Medicine, Fortis Hospital, Mohali
Number of Participants	28
SDG Number	3,4,9,17
Duration	5 Days

Description of Event

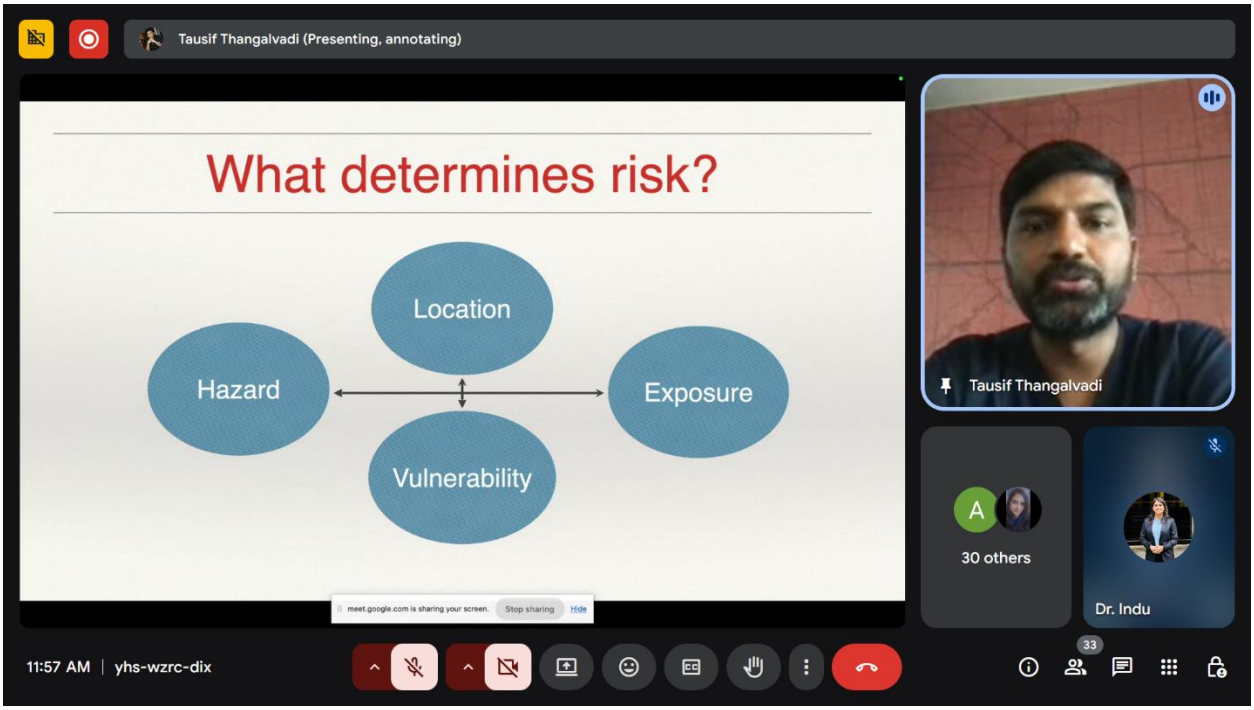
The 5-Day Faculty Development Program on "Improving Quality and Patient Safety" was conducted from 4th to 8th August 2025, organized for the Faculty of Allied Health Sciences and Optometry department. The program aimed to empower faculty members with knowledge, skills, and strategies to champion quality and safety in healthcare education and practice.

Each day focused on a specific thematic area:

-Day 1: Introduction to IQPS and Quality Improvement Tools by Dr. Shweta Prabhakar provided foundational concepts, global perspectives, and practical tools like PDSA cycles, fishbone diagrams, and other tools of health care quality assurance.



-Day 2: Risk Management and Human Factors by Ms. Keerthi Dsouza emphasized safety culture, error reporting, and proactive risk mitigation strategies including FMEA and risk registers.
-Day 3: Emergency Preparedness and Disaster Management by Dr. Tausif Thangalvadi explored disaster readiness, code protocols, and the disaster management cycle.
-Day 4: Biomedical Waste Management and Environmental Safety by Dr. Mukesh Sharma addressed BMW Protocols, regulatory compliance, occupational safety, and eco-conscious healthcare practices.
Day 5: Infection Prevention, Control Practices, and Antimicrobial Stewardship by Dr. Anita Sharma covered AMR/ABR challenges, HAIs, stewardship programs, and interdisciplinary infection control approaches.
The sessions included interactive discussions, case studies, and knowledge-sharing, fostering faculty engagement and collaborative learning. The FDP successfully reinforced the role of faculty in embedding patient safety and quality standards in academic curricula and institutional practice.




PARETO CHARTS
CHITKARA UNIVERSITY



SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Excellence By Design – Define Your Own Leadership Journey
Date	5th August 2025
Time	9:00 AM onwards
Venue	LH-204, Martin Luthar Block
Number of Attendees	20
Resource Person	Mr. Manav Bansal, Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with Chitkara University, successfully conducted a powerful Management Development Program (MDP) for the leaders of Spray Engineering Devices Limited, focusing on redefining leadership in today's dynamic and ever-changing workplace. Designed as a one-day, high-impact workshop, the program provided participants with a blend of real-life insights, interactive models, and reflective activities that inspired them to lead with empathy, adaptability, and purpose. The session began with the transformational Funeral Activity, a deeply introspective exercise encouraging leaders to reflect on their legacy, their true purpose, and the kind of impact they aspire to create within their organizations and in society at large. Building on this reflective start, the workshop introduced the powerful Commitment-Capability Matrix, where leaders mapped their team members' capabilities and commitment levels, enabling them to develop personalized action strategies and reinforcing the message that leadership is not a one-size-fits-all concept but a contextual journey requiring adaptability and awareness. Participants also explored situational and empathetic leadership models, learning how to adapt their styles to bring out the best in their people while recognizing individual differences and motivations. The program placed strong emphasis on motivational drivers, helping leaders identify what truly inspires their team members and how to activate those drivers for optimal performance and engagement. A significant highlight of the day was the Appreciation Circle, where participants experienced the transformative power of genuine acknowledgment, gratitude, and heartfelt connection, reinforcing the importance of creating value through leadership rather than exercising control. By the end of the program, every participant left inspired to embrace leadership not merely as a title but as a legacy of impact, built on empathy, human connection, and adaptability. The session thus reflected the core philosophy of Chitkara Happiness Centre—to empower individuals and organizations with tools that foster growth, purpose, and lasting happiness.




CHITKARA UNIVERSITY





Event Details	
Event Type	Orientation
Topic	"Why We Move" By Ms. Nikita Charan
Date	2025-08-05 To 2025-08-05
Mode	Offline
Organizer Name	CSPC
Resource Person	Ms. Nikita Charan, Founder
No. Of Participants	450
SDG No	3, 4, 16, 17
PO Number(S)	PO7, PO9
University Charter	Let's Educate our students for brilliant futures, Let's inculcate team spirit and camaraderie among our students

OBJECTIVE

1. To introduce students to the diverse and practical applications of psychology beyond traditional classroom learning.
2. To help new students understand and identify their personal coping mechanisms.
3. To provide students with a deeper understanding of therapeutic modalities like art therapy and psychotherapy.
4. To empower students to embrace and enhance their unique coping strategies for personal well-being.
5. To formally acclimate new students to the academic and cultural environment of the Chitkara School of Psychology and Counselling.

DESCRIPTION

The Chitkara School of Psychology and Counselling is delighted to host Ms. Nikita Charan, Founder and Lead Psychologist at "Hear to Help," for the 'Deeksharambh' New Student Induction Programme. The programme is designed to formally introduce new students to the academic and cultural environment of college life, helping them acclimate to the institution's ethos and build meaningful connections. A distinguished mental health professional, Ms. Charan brings extensive experience in art therapy, counseling psychology, psychoanalysis, and psychotherapy. Her holistic approach to healing encourages self-discovery through diverse therapeutic modalities. Her session will provide students with a deeper understanding of practical applications in psychology, focusing on how individuals

can identify, embrace, and enhance their unique coping mechanisms. Her expertise will be invaluable to new students as they begin their journey into the world of psychology.

OUTCOMES

1. Students will gain an initial exposure to the practical, real-world applications of psychological principles.
2. New students will be able to recognize and articulate their individual methods of dealing with stress and challenges.
3. Students will develop a foundational understanding of various therapeutic modalities, including art therapy.
4. The session will inspire students to actively cultivate and improve their personal coping mechanisms.
5. The event will successfully integrate new students into the college's environment and a network of peers and professionals.




WELCOMING
OUR NEW
BATCH 2025
WEEK
Does this image accurately depict reality?
GPS Map Camera
Shambu Kalan, Punjab, India
Gm84+8q3, Shambu Kalan, Punjab 140417, India
Lat 30.515845° Long 76.657151°
05/08/2025 02:49 PM GMT +05:30
Google


WEEK
GPS Map Camera
Shambu Kalan, Punjab, India
Gm84+8q3, Shambu Kalan, Punjab 140417, India
Lat 30.515869° Long 76.657213°
05/08/2025 02:49 PM GMT +05:30
Google

Event Details	
Event Type	Orientation
Topic	Deeksharambh - Student Induction Program 2025
Date	2025-08-05 To 2025-08-08
Mode	Offline
Organizer Name	CSPC
Resource Person	Ms. Pooja Bedi, Founder | Ms. Nikita Charan, Somatic Dance Therapist
No. Of Participants	215
SDG NO	3, 4, 9, 16, 17
PO number(s)	PO1, PO3, PO2, PO4, PO5, PO6, PO7, PO8, PO9, PO10, PO11, PO12
University Charter	Let's Educate our students for brilliant futures, Let's inculcate team spirit and camaraderie among our students , Let's stimulate scholarly energy and diligence in our students , Let's encourage our students to think out of the box , Let's install discipline, integrity and honesty in our students

OBJECTIVE

1. To provide a broad and engaging overview of the diverse sub-fields and applications within collegiate psychology.
2. To introduce students to various theoretical perspectives and research methodologies commonly employed in psychological studies.
3. To equip students with fundamental psychological concepts and practical tools for academic success and personal well-being.
4. To foster critical thinking, self-awareness, and an interdisciplinary approach to understanding human behavior and mental processes.
5. To inspire curiosity and passion for the study of psychology, laying a strong foundation for their academic career at Chitkara.

DESCRIPTION

From August 2nd to August 8th, 2025, the Chitkara School of Psychology and Counselling successfully hosted its "Deeksharambh" Student Induction Programme to welcome the incoming Class of 2025. The week-long event was designed to ease new students into their academic environment, fostering a sense of community and belonging from day one. The program kicked off with a warm welcome for both day scholars and resident students, followed by a detailed institutional orientation that introduced them to the university's core values and vision. Over the next several days, students engaged in a series of thoughtfully

curated sessions. "Psychology in Motion" provided a dynamic exploration of the field, while "Beyond Books" highlighted the practical and real-world applications of their studies. The "Identity in Progress" sessions encouraged students to reflect on their personal and professional growth. Through these interactive sessions, the new batch not only gained a deeper understanding of psychology but also had the opportunity to build strong connections with their peers and faculty. The success of the induction program sets a positive tone for the Class of 2025's academic journey at the Chitkara School of Psychology and Counselling.

OUTCOMES

1. Students gained a comprehensive preliminary understanding of the scope and relevance of psychology as an academic discipline.
2. Students felt more confident and prepared to engage with the curriculum by understanding foundational concepts and methodologies.
3. Students acquired practical strategies for effective learning, self-regulation, and mental well-being to thrive in their university environment.
4. Students developed a greater sense of self-awareness and an appreciation for diverse perspectives on the human mind.
5. Students were highly motivated and enthusiastic to pursue their psychology degree, recognizing its potential for both personal and professional growth.




PsychPreneurs
GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
Lat 30.515734, Long 76.661024
08/06/2025 10:48 GMT+05:30
Note : Captured by GPS Map Camera


CHITKARA UNIVERSITY
WELCOMING
OUR NEW
BATCH 2025
WEEK

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Echoes Of Happiness
Date	6th August 2025
Time	10:00 AM to 12:00 PM
Venue	Rockefeller Block LH 301
Number of Attendees	126
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre recently organized an interactive Happiness Session for the students of BBA–DTS, Chitkara Business School, bringing smiles, energy, and valuable life lessons to the participants. The session began with an engaging icebreaker on the thought-provoking question, "Can happiness be taught?" which sparked curiosity and meaningful discussions among the students. This was followed by a heartfelt Gratitude activity, where students expressed thankfulness and shared personal stories, creating an atmosphere filled with warmth, positivity, and deeper connections. The session also highlighted the significance of Emotional Intelligence, emphasizing its role in building strong relationships, managing emotions, and achieving success in both personal and professional life. Students were introduced to the science of happiness through the four happiness hormones—Dopamine, Oxytocin, Serotonin, and Endorphins—along with simple and practical ways to boost them in daily routines. To make the experience more enriching, the session included meditation practices, engaging games, and open discussions that encouraged participation and reflection while keeping the energy levels high. One of the most memorable highlights was the laughter and dance party, where students came together to celebrate joy, unity, and the collective spirit of happiness. The vibrant energy of the activity created an unforgettable sense of togetherness and positivity. The session concluded with the introduction of *Skillverse 7.0*, a unique initiative aimed at inspiring students to explore new skills and interests beyond academics, encouraging holistic growth and personal development. Overall, the Happiness Session was a day filled with smiles, connection, and self-discovery, leaving students feeling lighter, brighter, and motivated to embrace positivity in their everyday lives. It not only provided valuable insights but also reinforced the power of gratitude, emotional intelligence, and shared joy in creating a meaningful and fulfilling college experience.


ECHOES OF HAPPINESS:


WHAT DETERMINES HAPPINESS?




ECHOES OF HAPPINESS:

Event Details	
Event Type	Expert Talk
Topic	From Classrooms To Industry: Building A Career In Pharmaceutics
Date	2025-08-07 To 2025-08-07
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Sanjay Rai, Vice President
No. Of Participants	134
SDG NO	3, 4, 9, 17

OBJECTIVE

1. To bridge the gap between academic learning and real-world industrial practices in pharmaceutics.
2. To provide insights into emerging trends, technologies, and regulatory requirements in the pharmaceutical sector.
3. To guide students on essential skills, competencies, and mindset for a successful transition from academia to industry.
4. To share practical strategies for career planning, networking, and professional growth in pharmaceutics.
5. To inspire and motivate participants through industry experiences, case studies, and success stories.

DESCRIPTION

The pharmaceutical industry is one of the most dynamic and impactful sectors, offering vast opportunities for innovation, growth, and contribution to global healthcare. However, the journey from academic learning to a thriving professional career often requires more than technical knowledge—it demands industry awareness, skill adaptation, and a strategic mindset. This expert session on "From Classrooms to Industry: Building a Career in Pharmaceutics" is designed to help students understand the transition from theoretical foundations gained during their academic journey to the practical demands of the pharmaceutical industry. The session will highlight the diverse career pathways available in pharmaceutics, including research and development, formulation design, quality assurance, regulatory affairs, production, clinical research, and technology transfer. Participants will gain valuable exposure to the latest industry trends, technological advancements, and global standards that are shaping the future of pharmaceutical manufacturing and product development. The talk will also address the critical skills required for success—ranging from problem-solving and analytical thinking to teamwork, leadership, and effective communication. Real-life industry experiences, case studies, and success stories will serve

as inspiration, illustrating how dedication, continuous learning, and adaptability can pave the way for a rewarding career. Emphasis will be placed on the importance of internships, networking, certifications, and professional organizations in building credibility and expanding opportunities. By the end of the session, attendees will be equipped with a clearer understanding of how to align their academic expertise with industry expectations, identify the right career trajectory, and develop a personalized action plan for professional growth. This initiative ultimately aims to empower aspiring pharmaceutical professionals to contribute meaningfully to the advancement of healthcare, ensuring that the innovations of tomorrow begin in the classrooms of today.

OUTCOMES

1. Enhanced understanding of the pharmaceutical industry's structure, career
2. to pursue targeted career goals through networking, internships, and pathways, and growth opportunities in pharmaceutics.
3. Improved awareness of the skills, qualifications, and certifications valued by employers in the sector.
4. Ability to align academic knowledge with industry expectations for a smoother career transition.
5. Increased motivation and confidence professional development.
6. Practical insights from real-world case studies and industry experiences to guide future career decisions.

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Building a Career in
Pharmaceutics

Event Details	
Event Type	Expert Talk
Topic	Design Thinking, Mindset And Innovation For The Campus Journey
Date	2025-08-07 To 2025-08-07
Mode	Offline
Venue	Eienstein Hall (Galileo Block)
Organizer Name	Dr. Garima, Ccsm
Resource Person	Ms. Birharparkash Kaur, Wellness Coach
No. Of Participants	80
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation And Infrastructure

OBJECTIVE

1. To introduce students to the principles of design thinking and their application in academic and personal growth.
2. To encourage innovative problem-solving approaches beyond traditional learning methods.
3. To help students develop a growth mindset for navigating their campus journey effectively.
4. To integrate wellness and creativity as essential aspects of learning and decision-making.
5. To prepare students for real-world challenges by fostering collaboration, adaptability, and innovative thinking.



DESCRIPTION

The expert talk on "Beyond Books: Design Thinking Mindset & Innovation for the Campus Journey" was conducted on 7th August 2025 at Chitkara University, organised by the Chitkara College of Sales & Marketing. The session was led by Ms. Birharprakash Kaur, a renowned Wellness Coach, who brought her expertise and engaging style to guide students on the importance of cultivating design thinking as an integral part of their academic and personal journey. The day-long session began with an introduction to the core principles of design thinking, including empathy, ideation, prototyping, and testing. Ms. Kaur

emphasized that the approach is not limited to product design but extends to everyday decision-making, leadership, and personal growth. She stressed the need for students to think beyond conventional classroom learning and actively seek solutions to challenges with creativity and collaboration. One of the highlights of the session was the integration of mental health, wellness with innovation. Ms. Kaur illustrated how a balanced mind and body are crucial to unlocking creative potential. She engaged students in interactive exercises that helped them reflect on their thought processes and identify areas where they could apply innovative solutions in their campus life. Throughout the talk, real-life examples, case studies, and interactive discussions kept the students deeply involved. The emphasis on empathy as the starting point of design thinking resonated strongly with participants, as they realized the importance of understanding diverse perspectives before devising solutions. The workshop concluded with a reflection session, where students shared their key takeaways and how they planned to implement design thinking in their academic projects, group activities, and personal goals. The expert talk not only enriched the participants' understanding of innovation but also motivated them to embrace adaptability, resilience, and a forward-thinking approach in their campus journey. This session was a valuable platform for students to align creativity with practical problem-solving, bridging the gap between theoretical learning and real-world application.

OUTCOMES

1. Students gained an understanding of design thinking as a problem-solving framework applicable beyond academics.
2. Participants learned how to combine innovation with personal wellness for holistic growth.
3. The session enhanced collaborative and empathetic thinking among students.
4. Learners developed awareness of how to apply creativity in academic and campus-related challenges.
5. Students left with actionable strategies to integrate design thinking into their future careers and personal journeys.







Event Details

Event Type	Workshop
Topic	Leveraging Life Skills For An Innovative Approach Toward Career Building
Date	2025-08-07 To 2025-08-07
Mode	Offline
Venue	Lecture Hall 407 (Le Corbusier Block)
Organizer Name	Mr. Harinder Pal Singh, Ccsm
Resource Person	Ms. Ishleen Kaur, Leadership Coach, Sales Coach, And Corporate Trainer
No. Of Participants	211
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

OBJECTIVE

1. Foster critical thinking and adaptability for modern workplace challenges.
2. Develop emotional intelligence and interpersonal skills for team collaboration.
3. Encourage innovative problem-solving using real-life scenarios and reflections.
4. Build resilience and self-awareness for confident career decision-making.
5. Empower students to align personal values with professional goals and growth.

DESCRIPTION

Chitkara College of Sales and Marketing organized a workshop on soft skills for our new batch of 2025 students of MBA Sales and Marketing in Pharmaceutical Management. The resource person was Ms. Ishleen Kaur, an experienced leadership coach, Sales coach, and corporate trainer. Ms. Ishleen shared about 21st century skills, such as communication, emotional intelligence, time management, adaptability, etc.; Ms. Kaur emphasized on importance of learning these skills to stay marketable and leveraging for a sustainable career ahead and career-readiness skills for holistic development.

Students were asked to participate in learning activities. The expert gave valuable tips to students about time management techniques to prioritize tasks based on Urgent and Important tasks, good mental health and wellbeing. The queries of the students were answered to the satisfaction of students. Current times we are living in VUCA world, where volatility, uncertainty, complexity and ambiguity are pertinent. In such a scenario, it becomes essential for students to understand and adapt to skills in the beginning of their

journey for future, to learn soft skills such as communication, time management, adaptability, EQ, Critical thinking, etc.

Learning soft skills will make students more adaptable and competent to get prepared for change. The soft skills also may help students to have sustainable, satisfactory and meaningful career in healthcare industry by having a competitive edge. We are confident, this session will help students in building a successful career.

OUTCOMES

1. Improved communication and collaboration across diverse career roles.
2. Enhanced adaptability in dynamic job markets and business environments.
3. Greater self-confidence in presenting ideas and managing change.
4. Stronger sense of responsibility in personal and professional domains.
5. Demonstrated innovative thinking applied to career-building projects or tasks.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	The Art Of Happiness: Living With Positivity
Date	7th August 2025
Time	10:00 AM to 12:00 PM
Venue	Maslow Hall
Number of Attendees	107
Resource Person	Mr. Manav Bansal, Ms. Ishika

Chitkara Happiness Centre organized *"*The Art of Happiness: Living with Positivity*"*, a vibrant Happiness Session for the students of the Psychology Department that was filled with energy, laughter, and meaningful moments. The session aimed to create a joyful environment where students could experience the true essence of happiness through interactive activities, fun-filled games, and opportunities to connect with one another. The day began with Ishika's lively Adjective Game, followed by the engaging Dudki Game, both of which set a cheerful tone and encouraged students to participate wholeheartedly while breaking the ice with their peers. The excitement continued with an interactive Bingo Game led by Mr. Manav Bansal, where students moved around to find classmates who matched unique and playful traits such as "someone who can laugh a lot" or "someone curious," sparking conversations and building connections in a lighthearted way. One of the most memorable highlights of the session was the three-step laughter activity, which filled the room with contagious joy and reached its peak during the laughter and dance party, when students let go of inhibitions and celebrated the moment with smiles and energy. Adding further value, the session also introduced students to **Skillverse 7.0**, an initiative designed to encourage them to explore skills beyond academics, fostering holistic growth and personal development. By the end of the session, students were left with not just happy memories but also a renewed sense of positivity and enthusiasm to spread happiness in their own lives and among others. The event beautifully captured the essence of Chitkara Happiness Centre's mission—creating experiences that nurture well-being, joy, and togetherness, while empowering students to embrace positivity as a way of life.










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Event Details	
Event Type	Orientation
Topic	Connect & Protect: Consent, Boundaries And Mental Wellness
Date	2025-08-07 To 2025-08-07
Mode	Offline
Organizer Name	CSPC
Resource Person	Sanskriti Sinha, Teaching And Research Assistant
No. Of Participants	165
SDG No	SDG 4: Quality Education, SDG 16: Peace, Justice And Strong Institutions, SDG 17: Partnership For The Goals, SDG 3: Good Health And Well-Being
PO number(s)	PO2, PO3
University Charter	Let's Educate our students for brilliant futures

OBJECTIVE

1. To define and understand the principles of consent in social, academic, and personal interactions.
2. To learn the importance and practical application of setting and respecting personal boundaries.
3. To identify early signs of mental health challenges and understand available support systems.
4. To develop strategies for self-care, stress management, and maintaining positive mental well-being during university life.
5. To foster a culture of respect, empathy, and mutual support within the student community.

DESCRIPTION

As part of the DEEKSHARAMBH - Student Induction Program 2025, the Chitkara School of Psychology and Counselling organized an insightful workshop, "Connect & Protect: Consent, Boundaries, and Mental Wellness," on Thursday, August 7th. Led by faculty member Sanskriti Sinha, the session focused on empowering new students with the tools to build healthy relationships and maintain their mental wellness. Students learned about the significance of consent and personal boundaries, helping them to cultivate a respectful and supportive atmosphere as they begin their time at the university.

OUTCOMES

1. Students were able to clearly articulate what constitutes consent and non-consent in various scenarios.
2. Students felt more confident in setting and communicating their personal boundaries effectively.
3. Students were aware of the university's resources for mental health support and counseling.
4. Students acquired practical techniques for managing stress and prioritizing their emotional health.
5. Students contributed to creating a safer and more inclusive campus environment by understanding and practicing respectful interactions.




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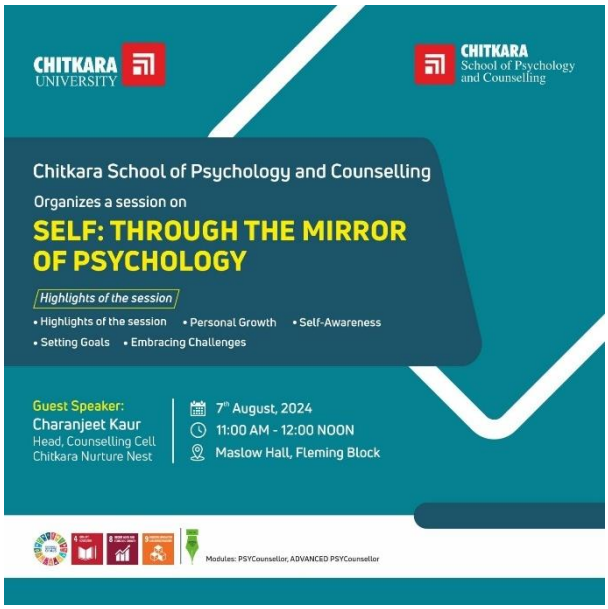
Event Details	
Event Type	Orientation
Topic	Self Through The Mirror Of Psychology
Date	2025-08-07 To 2025-08-07
Mode	Offline
Organizer Name	CSPC
Resource Person	Ms. Charanjeet Kaur, Head Counsellor
No. Of Participants	140
SDG No	3, 4, 16, 17
PO number(s)	PO10, PO11
University Charter	Let's Educate our students for brilliant futures

OBJECTIVE

1. To introduce students to various psychological theories and perspectives related to the concept of 'self' (e.g., identity, personality, self-esteem).
2. To encourage introspection and self-reflection using psychological frameworks.
3. To understand how psychological principles can provide insights into personal motivations, emotions, and behaviors.
4. To highlight the relevance of studying psychology for personal growth and understanding human nature.
5. To inspire a journey of self-discovery through the lens of psychological inquiry.



DESCRIPTION

The Chitkara School of Psychology and Counselling recently hosted an insightful session for new students during the Student Induction Program 2025 on August 7th, titled "Self: Through the Mirror of Psychology." The session featured Charanjeet Kaur, Head of the Counselling Cell at Chitkara Nurture Nest, as the guest speaker. The event invited students to explore the complex concept of "self" from various psychological perspectives. Through engaging discussions, attendees learned how psychology can help them better understand their identity, motivations, emotions, and behaviors. The session provided a unique

opportunity for students to gain profound self-awareness and reflect on how psychological principles can guide their personal growth, goal setting, and how they interact with the world. The session also highlighted the importance of embracing challenges as a crucial part of personal development.

OUTCOMES

1. Students gained a foundational understanding of how psychology defines and explores the 'self'.
2. Students were able to reflect on their own experiences and traits through a psychological lens.
3. Students developed a heightened sense of self-awareness and insight into their internal workings.



Event Details	
Event Type	
Topic	The Art Of Happiness: Living With Positivity
Date	2025-08-07 To 2025-08-07
Mode	Offline
Organizer Name	CSPC
Resource Person	Mr. Manav Bansal, Chief Happiness Officer
No. Of Participants	168
SDG NO	4, 3, 16, 17
PO number(s)	PO9, PO10
University Charter	Let's Educate our students for brilliant futures, Let's inculcate team spirit and camaraderie among our students

OBJECTIVE

1. To introduce students to the core concepts of positive psychology and the psychology of happiness.
2. To equip participants with practical, actionable strategies for cultivating positivity in their daily routines.
3. To enhance understanding of the link between mindset, emotions, and overall well-being.
4. To explore techniques such as gratitude, mindfulness, and resilience-building for a more fulfilling life.
5. To inspire students to proactively manage their emotional health and cultivate a joyful academic experience.

DESCRIPTION

The Chitkara School of Psychology and Counselling recently hosted a successful session on August 8th, "The Art of Happiness: Living with Positivity" as part of the Student Induction Program 2025. The event was led by Mr. Manav Bansal, Chitkara University's Chief Happiness Officer. Drawing on the principles of positive psychology, Mr. Bansal engaged new students with a deep dive into the science and practice of well-being. The session provided valuable, evidence-based strategies to cultivate a more optimistic mindset, build emotional resilience, and incorporate gratitude and mindfulness into daily routines. Students were equipped with practical tools to help them navigate their academic journey and future lives with a greater sense of joy and contentment. The overwhelming positive feedback from

attendees highlights the session's success and its significant impact on the university's newest members.

OUTCOMES

1. Students gained a foundational understanding of what contributes to happiness and well-being from a psychological perspective.
2. Students were able to identify and apply at least three practical techniques for fostering positivity (e.g., gratitude journaling, mindful breathing, reframing negative thoughts).
3. Students felt more empowered to address stress and challenges with an optimistic and resilient approach.
4. Students initiated a personal practice aimed at enhancing their emotional well-being and life satisfaction.
5. Students recognized the importance of mental health and positivity as integral parts of their holistic development at Chitkara University.

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Event Details	
Event Type	Expert Talk
Topic	From Classrooms To Industry: Navigating Careers In The Pharma
Date	2025-08-08 To 2025-08-08
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr Rajiv Maini, Co-Founder And Executive Director
No. Of Participants	155
SDG NO	3, 4, 17, 9

OBJECTIVE

1. To familiarize students with diverse career pathways available in the pharmaceutical industry.
2. To bridge the gap between academic learning and industry expectations through practical insights.
3. To guide students on essential skills, certifications, and competencies required for professional success.
4. To inspire students to align their academic projects, internships, and research with industry trends.
5. To motivate participants by sharing real-world experiences and success stories from industry professionals.

DESCRIPTION

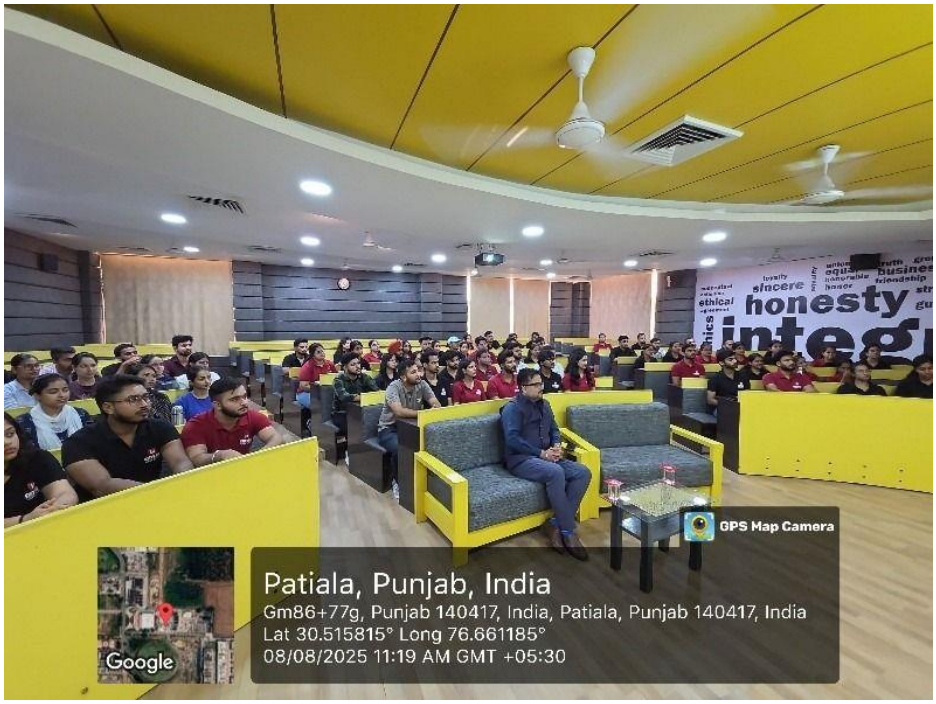
The expert talk on "From Classrooms to Industry: Navigating Careers in Pharma" is designed to equip pharmacy students with the knowledge, skills, and confidence required to transition smoothly from academic life into the dynamic world of the pharmaceutical industry. The session aims to bridge the gap between theoretical learning and practical application by providing actionable insights from an experienced industry professional. The pharmaceutical sector offers a wide range of career opportunities spanning research and development, quality control, manufacturing, regulatory affairs, marketing, clinical trials, pharmacovigilance, and medical writing, among others. However, the transition from academia to the workplace often presents challenges such as adapting to a fast-paced environment, meeting regulatory requirements, and acquiring job-specific competencies.



This talk will address these challenges while outlining strategies for building a strong career foundation. Through this session, students will gain a deeper understanding of industry expectations, essential technical and soft skills, and the role of continuous learning in career advancement. Emphasis will be placed on aligning academic projects, internships, and extracurricular activities with current industry trends to enhance employability. The speaker will also highlight emerging opportunities in cutting-edge fields such as biotechnology, precision medicine, artificial intelligence in drug discovery, and digital health solutions, preparing students to adapt to the evolving pharmaceutical landscape. In addition to technical expertise, the talk will underscore the importance of interpersonal skills, teamwork, professional ethics, and adaptability. Students will learn how to leverage networking opportunities, professional organizations, and mentorship to accelerate their growth. Real-world case studies and personal experiences shared by the speaker will provide valuable context and inspiration for aspiring pharma professionals. By the end of the session, participants will be better equipped to make informed career decisions, prepare for industry-specific interviews, and develop a personal roadmap for professional success. The ultimate goal of this expert talk is to transform academic knowledge into industry-ready competence, empowering the next generation of pharmacists to contribute meaningfully to healthcare innovation and patient well-being.

OUTCOMES

1. Improved understanding of diverse career opportunities within the pharmaceutical sector.
2. Enhanced awareness of industry expectations, required competencies, and skill development pathways.
3. Ability to align academic learning, projects, and internships with real-world industry needs.
4. Increased confidence in preparing for interviews, networking, and professional growth.
5. Motivation to pursue continuous learning and adapt to emerging trends in the pharma industry.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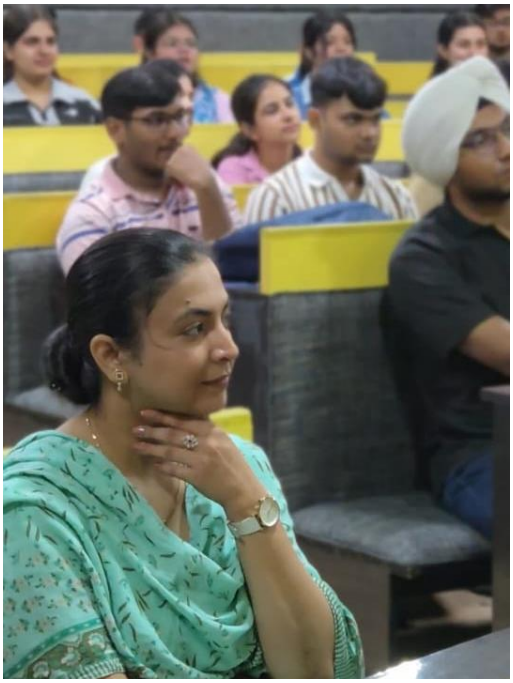
In The Business World,
NAVIGATING CAREERS IN THE PHARMA
CHITKARA UNIVERSITY

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	JOY ROOM WITH HAPPINESS
Date	8th August 2025
Time	10:00 AM to 12:00 PM
Venue	Warren Buffet Hall
Number of Attendees	79
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

Chitkara Happiness Centre, in collaboration with the Department of Pharmacy, organized a special happiness session titled *Joy Room with Happiness* under the orientation program *Deeksharambh* for the students of B. Pharma and M. Pharmacy. The session was conducted by Mr. Suraj Kumwar, Program Manager, Mr. Shivam K. Mishra, Executive, and Ms. Vrinda, Happiness Coach, who guided the students through an inspiring and interactive experience. The session aimed to help students explore their true potential and warmly welcomed them to the new phase of their academic journey at Chitkara University. To ease the transition into college life, a mindfulness activity was conducted that encouraged students to relax, focus on the present moment, and release any initial nervousness. In addition to this, scientific insights related to happiness and overall well-being were shared, helping students understand the importance of positivity and balance in life. The session also featured engaging elements such as fun games, storytelling activities, and a gratitude exercise, all of which created an energetic and uplifting atmosphere. These activities not only entertained the students but also helped them bond, reflect, and appreciate the value of thankfulness and mindfulness in everyday living. As part of the session, the students were also introduced to *Skillverse 7.0*, a unique initiative of the university designed to enhance skills, happiness, and holistic growth. The combination of science-based learning, playful activities, and motivational interactions left the students feeling inspired, motivated, and excited to embrace the opportunities and challenges of college life. Overall, the *Joy Room with Happiness* session was a resounding success, setting a positive tone for the students' academic journey and highlighting the commitment of Chitkara Happiness Centre towards fostering emotional well-being, personal growth, and happiness among students.









Event Details	
Event Type	Expert Talk
Topic	Expert Talk On Accelerators/Incubation -Opportunities For Students & Faculties – Early- Stage Entrepreneurs
Date	2025-08-11 To 2025-08-11
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Supreet Singh, Founder And Ceo
No. Of Participants	87
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation And Infrastructure

OBJECTIVE

1. To create awareness among students and faculty about the role of accelerators and incubators in fostering innovation and entrepreneurship.
2. To highlight available opportunities, resources, and support systems for early-stage entrepreneurs in academia.
3. To guide participants on how to transform innovative ideas into viable business models through structured incubation programs.
4. To encourage collaborative ventures between students, faculty, and industry partners for successful start-up development.
5. To inspire participants with real-world examples of entrepreneurial success achieved through accelerator and incubation support.

DESCRIPTION

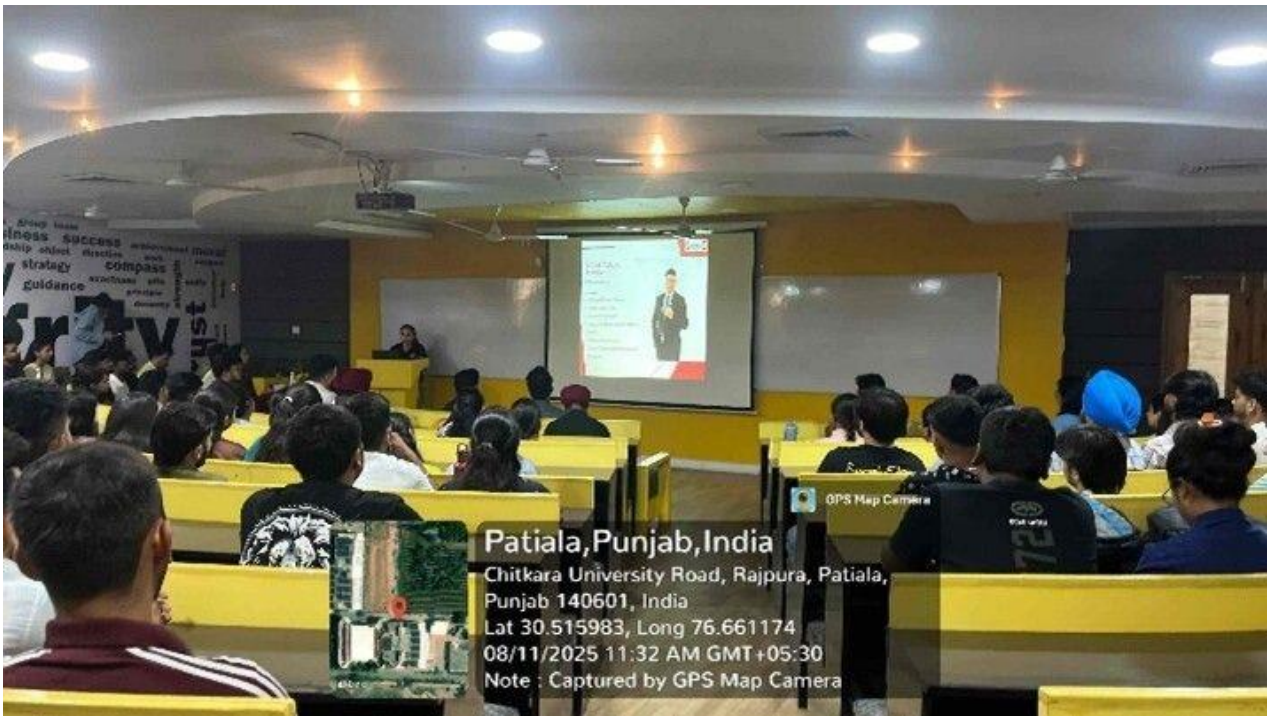
The expert talk on "Accelerators/Incubation – Opportunities for Students & Faculties – Early-Stage Entrepreneurs" aims to provide a comprehensive understanding of how accelerators and incubators serve as catalysts for transforming innovative ideas into successful ventures. Designed for aspiring student innovators, faculty researchers, and budding entrepreneurs, the session will focus on bridging the gap between ideation and market readiness through structured support systems. Accelerators and incubators are essential platforms that offer mentorship, funding access, networking opportunities, and infrastructure to early-stage entrepreneurs. By leveraging these resources, innovators can refine their concepts, validate business models, and gain a competitive edge in their respective industries. This talk will help participants explore the step-by-step process of enrolling in such programs, from developing a proof of concept to launching a market-ready product or service. The session will also highlight the significant role of academic institutions in promoting entrepreneurship through incubation centers and industry

collaborations. Faculty members will learn how to translate their research into commercially viable solutions, while students will discover pathways to convert their creative ideas into impactful start-ups. The discussion will emphasize the importance of interdisciplinary teamwork, intellectual property protection, and sustainable business practices for long-term growth. Real-world case studies of successful start-ups nurtured under accelerator and incubation programs will be shared to inspire and motivate participants. In addition, the expert will address common challenges faced by early-stage entrepreneurs—such as securing funding, managing resources, and scaling operations—and provide practical strategies to overcome them. Ultimately, this expert talk seeks to instill an entrepreneurial mindset, encouraging both students and faculty to actively engage with incubation and accelerator opportunities. By the end of the session, participants will have a clear understanding of how to utilize these platforms to transform their ideas into innovations that create economic, social, and technological impact.

OUTCOMES

1. Enhanced understanding of the structure, benefits, and functioning of accelerator and incubation programs.
2. Increased awareness among students and faculty about available institutional, national, and international entrepreneurial support opportunities.
3. Improved ability to develop, refine, and present innovative ideas for potential incubation or acceleration.
4. Strengthened entrepreneurial mindset, encouraging proactive participation in start-up and innovation initiatives.
5. Establishment of potential collaborations between academia, industry, and incubation networks for future ventures.

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In The Business World,
SESSION ON ACCELERATORS/INCUBATION
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Event Name	Deeksharambh 2025 – Skill-based orientation Program
Date	11–22 August 2025
Venue	Chitkara School of Planning and Architecture
Department	Chitkara School of Planning and Architecture, Chitkara University, Punjab
Resource Person	Dr. Shubham Jain, Assistant Professor
Number of Participants	110
SDGs Covered	3, 8, 9,10,16
Duration	10 days

About the Activity



The Deeksharambh 2025 Skill-Based Induction Program at Chitkara School of Planning and Architecture (CSPA) is thoughtfully designed to welcome the new batch of students into the dynamic world of architecture. Unlike conventional induction programs, this two-week schedule blends orientation, creativity, exploration, and interaction, ensuring that students gradually adapt to the academic culture while nurturing their curiosity and confidence. Beginning with central and departmental orientations, students are introduced to the ethos, values, and legacy of CSPA, along with the faculty, curriculum, and student clubs. A series of engaging activities such as team-building exercises, newspaper and Jenga tower challenges, paper-folding explorations, cube and shadow compositions, and visual arts workshops with natural pigments allow students to experience the joy of learning by doing.

Event Objectives

1. To ease students' transition into architectural education.
2. To promote creativity, teamwork, and foundational understanding of design.
3. Introducing students to university values, clubs, and opportunities.

4. To build a sense of community, confidence, and belonging.
5. To familiarize students with academic resources including the library.
6. To enhance communication, observational, and creative thinking skills.

Key Highlights:

1. Central University Orientation at Exploretorium.
2. Creative sketching, doodling, model-making, and storytelling activities.
3. Tall Tower challenges promoting teamwork and structural understanding.
4. Superhero & City painting activity combining pop culture with architecture.
5. Shadow play experiment exploring light–form relationships.
6. Architectural skills workshop by Ar. Deepika Gandhi.
7. Library orientation & Mentor Connect session to conclude the program.

Event Outcomes

1. Improved peer bonding and collaborative skills among new students.
2. Enhanced creativity, confidence, and basic architectural literacy.
3. Students gained clarity about academic expectations and support systems.
4. Stronger emotional readiness to begin rigorous architecture coursework.









Event Details	
Event Type	Competition
Topic	International Youth Day 2025- Elocution Competition
Date	2025-08-12 To 2025-08-12
Mode	Offline
Venue	Fleming Block (Fleming Block)
Organizer Name	Prof. (Dr.) Thakur Gurjeet Singh
No. Of Participants	11
SDG NO	3, 4
PO number(s)	PO11
University Charter	Let's Educate our students for brilliant futures, Let's empower our students with great communication skills

OBJECTIVE

1. Empower youth with skills and platforms to design and lead sustainability projects aligned with local community needs and global goals.
2. Amplify youth voices through showcases, dialogues, and mentorship that translate ideas into actionable roadmaps and partnerships.
3. Build practical competencies in project management, ethical tech use, climate literacy, and social innovation.
4. Foster inclusive participation by engaging diverse student groups and ensuring equitable access to resources and representation.
5. Create continuity mechanisms—micro-grants, incubator tracks, and peer networks—to sustain youth-led initiatives beyond the event

DESCRIPTION

International Youth Day will be observed as a forward-looking celebration of agency, ideas, and impact under the theme "Youth Empowerment for a Sustainable Future." The program will invite young changemakers to present solutions spanning climate resilience, circular economy, public health, digital responsibility, and inclusive education. Guided by mentors, participants will refine problem statements, map stakeholders, and build lean implementation plans with milestones, budgets, and simple impact metrics. A showcase segment will feature rapid pitches and poster walk-throughs, while dialogue circles will connect teams with experts for targeted feedback on feasibility and scaling. Practical workshops will cover essential skills—grant writing, data storytelling, low-cost prototyping, and partnership building—ensuring that inspiration converts into credible action. Accessibility measures and inclusive facilitation will ensure broad participation across disciplines and backgrounds. The event will close with a commitment session where teams formalize next steps: pilot sites, mentorship pairings, application windows for micro-grants,

and a shared calendar for check-ins. Documentation crews will compile a digital portfolio of projects, contacts, and resource links so initiatives retain momentum beyond the day. By centering youth leadership and pragmatic pathways, the observance will function as more than a commemoration—it will become a launchpad for sustained, youth-driven solutions that strengthen communities and advance a sustainable, equitable future

OUTCOMES

1. Clear project charters and timelines for youth-led sustainability initiatives ready for pilot or scale-up.
2. Stronger collaboration among students, faculty, civil society, and industry through mentorship and resource-matching.
3. Improved confidence and capability among participants in pitching ideas, measuring impact, and communicating with stakeholders.
4. Documented commitments (pledges, MOUs, next-step checklists) that ensure follow-through after the celebration.
5. A shared repository of toolkits, contacts, and funding leads to support year-round youth action.







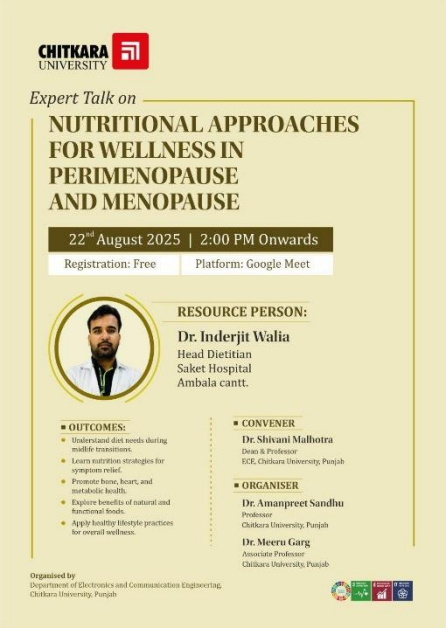


Event Details

Event Type	Expert Talk
Topic	Nutritional Approaches For Wellness In Perimenopause And Menopause
Date	2025-08-22 To 2025-08-22
Mode	Online
Organizer Name	Dr. Amanpreet Sandhu (Professor, Dece, Cuiet), Dr. Meenu Garg (Associate Professor, Dece, Cuiet)
Resource Person	Dr. Inderjit Walia, Head Dietitian, Saket Hospital, Ambala Cantt.
No. Of Participants	19
SDG NO	3, 8, 17
PO number(s)	PO6
University Charter	Let's foster civic engagement in our students

OBJECTIVE

- To create awareness about the importance of nutrition during perimenopause and menopause.
- To highlight dietary strategies that can help manage common symptoms of midlife transitions.
- To discuss the role of functional and natural foods in promoting women's health.
- To encourage the adoption of healthy lifestyle practices for long-term wellness.
- To provide expert guidance on balancing diet for bone, heart, and metabolic health



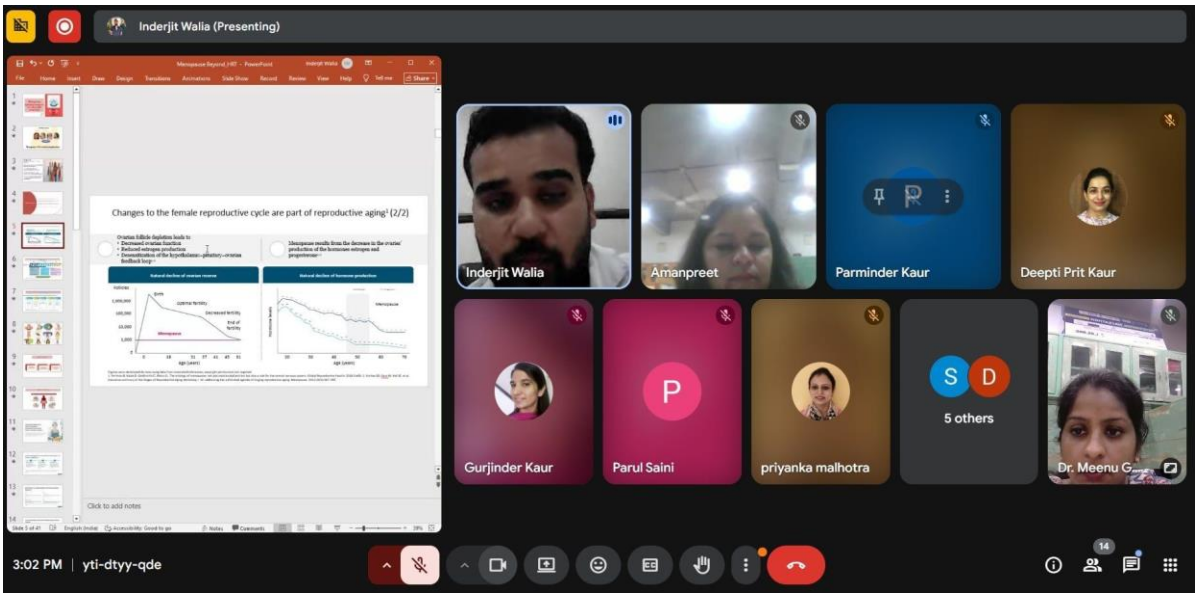
DESCRIPTION

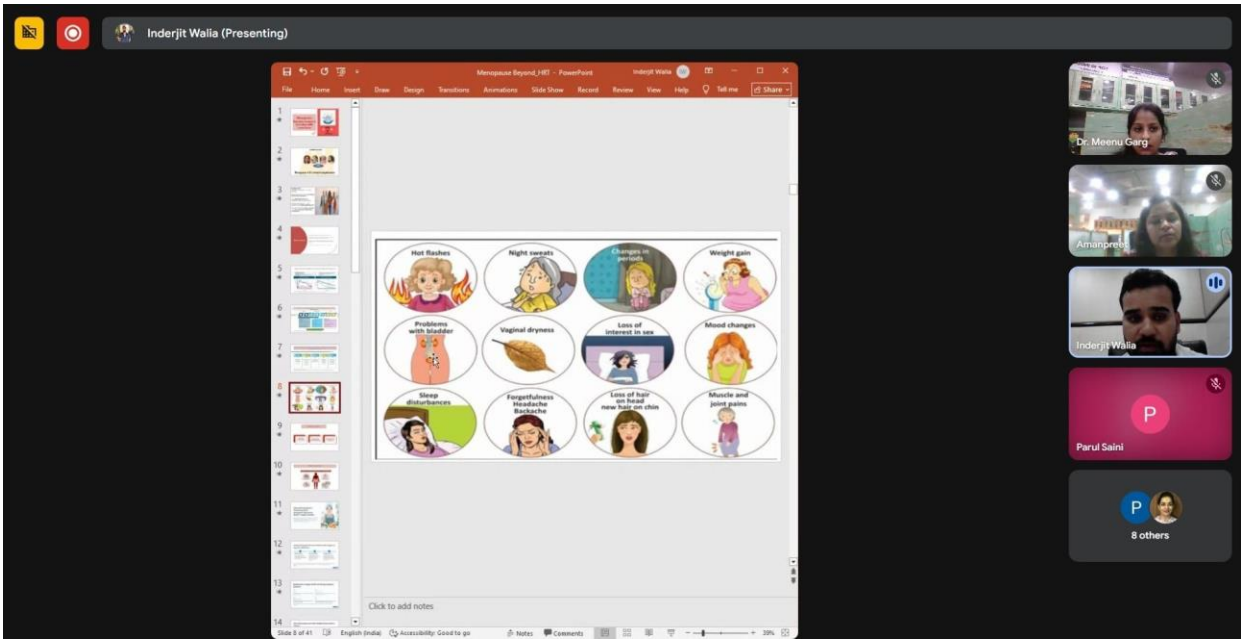
The Department of Electronics and Communication Engineering, Chitkara University, Punjab, organized an Expert Talk on "Nutritional Approaches for Wellness in Perimenopause and Menopause" on 22nd August 2025 at 2:00 PM via Google Meet. The event was designed to raise awareness about the significance of nutrition in addressing midlife transitions and ensuring the overall well-being of women. The session was delivered by Dr. Inderjit Walia, Head Dietitian at Saket Hospital, Ambala Cantt., who shared his

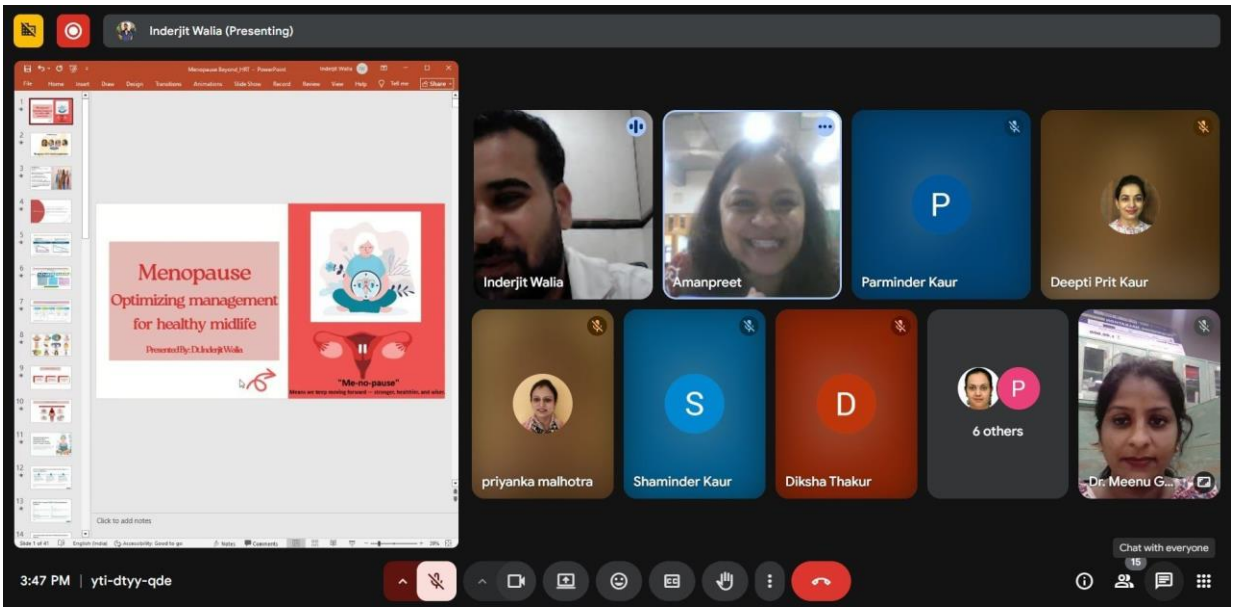
expertise on the nutritional challenges commonly experienced during perimenopause and menopause. He explained how hormonal changes during this stage of life often lead to health issues such as bone density loss, cardiovascular risks, and metabolic imbalances, and emphasized that nutrition can serve as a powerful tool to manage these challenges. Dr. Walia highlighted the importance of dietary modifications, the inclusion of natural and functional foods, and the adoption of holistic lifestyle practices for symptom relief and long-term health maintenance. Throughout the session, participants gained valuable insights into diet planning, symptom management, and strategies to improve overall physical and emotional wellness. The talk was highly interactive, with attendees actively engaging in discussions and seeking practical advice on implementing nutritional approaches in their daily lives. The event successfully created a platform for knowledge sharing and empowered the participants with evidence-based guidance, inspiring them to adopt healthier dietary and lifestyle practices to ensure wellness during perimenopause and menopause.

OUTCOMES

- Participants understood the specific dietary needs during perimenopause and menopause.
- They gained practical knowledge of nutrition strategies for symptom relief.
- They learned how nutrition impacts bone, cardiovascular, and metabolic health.
- They explored evidence-based benefits of functional foods in daily life.
- They were motivated to apply holistic lifestyle and dietary practices for overall wellness.




Inderjit Walia (Presenting)
Hot flashes
Night sweats
Changes in periods
Weight gain
Problems with bladder
Vaginal dryness
Loss of interest in sex
Mood changes
Sleep disturbances
Forgetfulness Headache Backache
Loss of hair on head new hair on chin
Muscle and joint pains
Click to add notes
Dr. Meenu Garg
Amanpreet
Inderjit Walia
Parul Saini
8 others


Inderjit Walia (Presenting)
Menopause
Optimizing management for healthy midlife
"Me-no-pause"
Inderjit Walia
Amanpreet
Parminder Kaur
Deepti Prit Kaur
priyanka malhotra
Shaminder Kaur
Diksha Thakur
6 others
Dr. Meenu G...
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Event Details	
Event Type	Expert Talk
Topic	Awareness Talk On World Organ Donation Day
Date	2025-08-13 To 2025-08-13
Mode	Offline
Venue	Chc, Kalomajra (Kalomajra Village)
Organizer Name	Ms. Preetika & Ms. Reepika
No. Of Participants	12
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education

OBJECTIVE

1. To make people aware about organ donation.
2. To encourage people to pledge their organs.
3. To clear common myths about organ donation.
4. To inspire kindness and social responsibility.
5. To share basic rules and facts about organ donation.

DESCRIPTION

The Awareness Talk on World Organ Donation Day was organized by the Department of Nursing, Chitkara School of Health Sciences, under NSS, on 13th August 2025 at CHC, Kalomajra, Punjab. The main aim was to tell people about the importance of organ donation and how it can save lives. Organ donation is a kind and noble act that can give new life to people who are very sick. In this talk, participants learned that one person's decision to donate can help many others.

The theme of the event was "Be the Reason for Someone's Smile Today", which encouraged everyone to think about pledging their organs. The session covered what organ donation is, how it works, and why it is needed in India. Common myths and fears about organ donation were discussed and cleared. Participants were also told about the basic rules and laws related to organ donation. The talk was interactive, with questions, answers, and real-life stories that inspired the audience. At the end, everyone was encouraged to spread awareness and support this noble cause. This event helped students and community members understand the value of organ donation, inspired kindness, and promoted social responsibility.

OUTCOMES

1. People learned the importance of organ donation.
2. Myths and doubts about organ donation were cleared.
3. Some participants showed interest in pledging their organs.
4. Audience felt inspired to help others.
5. Basic rules of organ donation were shared.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	DESIGN YOUR HAPPINESS
Date	13th August 2025
Time	2:00 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	75
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

Chitkara Happiness Centre organized a special event titled “Design Your Happiness” for the students of the Design Department, aiming to help them understand the science of happiness and learn practical ways to cultivate it in daily life. The session was conducted by Mr. Shivam K. Mishra, Executive, and Ms. Vrinda, Management Trainee, who guided students through an engaging and interactive program. During the event, students explored the role of the four happiness hormones—Dopamine, Oxytocin, Serotonin, and Endorphins—through lively discussions and fun activities, gaining insights into how these chemicals influence mood, motivation, and overall well-being. In addition, scientific facts about happiness were shared, providing students with new perspectives on nurturing their mental, emotional, and social health. The session began with a warm welcome for all students, encouraging them to explore their potential and make the most of their college journey with positivity and enthusiasm. A group gratitude activity was also conducted, allowing students to reflect on the power of thankfulness and appreciation, which helped foster a sense of connection and community among participants. The event was filled with laughter, energy, and inspiration, creating an atmosphere where students could freely express themselves and experience joy. Throughout the session, students actively participated, sharing their thoughts, engaging in exercises, and embracing the concepts of happiness and well-being. Many students expressed that the event left them feeling motivated, cheerful, and excited to approach college life with a positive mindset and purpose. Overall, the “Design Your Happiness” event successfully provided students with valuable tools, knowledge, and experiences to enhance their emotional well-being, mindfulness, and personal growth. It highlighted the importance of happiness as an integral part of life and encouraged students to consciously cultivate joy, gratitude, and positivity in their everyday experiences, setting the stage for a fulfilling and inspiring college journey.






THE PARADISE
OF HAPPINESS





Event Name	Awareness talk on World Organ Donation Day
Venue	Community Health Centre, Kalomajra Village
Date	13th August, 2025
SDG Number, Name and NEP	4-Quality Education, 3- Good Health and Well Being & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Attendees	12
Duration	One Day

Objective

1. To make people aware about organ donation.
2. To encourage people to pledge their organs.
3. To clear common myths about organ donation.
4. To inspire kindness and social responsibility.
5. To share basic rules and facts about organ donation.

Description

The Awareness Talk on *World Organ Donation Day* was organized by the Department of Nursing, Chitkara School of Health Sciences, under NSS, on 13th August 2025 at CHC, Kalomajra, Punjab. The main aim of this event was to make people understand the importance of organ donation and how it can save many lives.

Organ donation is a generous and noble act that can give a second chance at life to patients suffering from organ failure. During the talk, participants learned that one person's decision to donate can help several people by providing them with healthy organs and tissues. The theme of the event, *"Be the Reason for Someone's Smile Today"*, inspired the audience to think seriously about pledging their organs for the benefit of others. The session included clear explanations about what organ donation is, how the donation process works, and the urgent need for donors in India. The speaker also addressed common myths, fears, and doubts related to organ donation, helping participants gain accurate information. Important details about the legal and ethical aspects of organ donation in India were shared so that people would feel more confident about making this decision.

The talk was kept interactive, with time given for questions and answers. Real-life stories of organ donors and recipients were shared, making the discussion emotional and impactful. These examples showed how a single act of kindness could completely change someone's life.

By the end of the session, many participants expressed interest in learning more about how to pledge their organs. The event not only spread knowledge but also encouraged kindness, compassion, and a sense of social responsibility. Overall, it motivated students and

community members to take part in this noble cause and to become advocates for organ donation in their own circles.

Outcomes

1. People learned the importance of organ donation.
2. Myths and doubts about organ donation were cleared.
3. Some participants showed interest in pledging their organs.
4. Audience felt inspired to help others.
5. Basic rules of organ donation were shared.







Event Details	
Event Type	Expert Talk
Topic	Awareness Talk On World Organ Donation Day
Date	2025-08-13 To 2025-08-13
Mode	Offline
Venue	Chc, Kalomajra (Kalomajra Village)
Organizer Name	Ms. Preetika & Ms. Reepika
No. Of Participants	12
SDG NO	3, 4

OBJECTIVE

1. To make people aware about organ donation.
2. To encourage people to pledge their organs.
3. To clear common myths about organ donation.
4. To inspire kindness and social responsibility.
5. To share basic rules and facts about organ donation.

DESCRIPTION

The Awareness Talk on World Organ Donation Day was organized by the Department of Nursing, Chitkara School of Health Sciences, under NSS, on 13th August 2025 at CHC, Kalomajra, Punjab. The main aim was to tell people about the importance of organ donation and how it can save lives. Organ donation is a kind and noble act that can give new life to people who are very sick. In this talk, participants learned that one person's decision to donate can help many others. The theme of the event was "Be the Reason for Someone's Smile Today", which encouraged everyone to think about pledging their organs. The session covered what organ donation is, how it works, and why it is needed in India. Common myths and fears about organ donation were discussed and cleared. Participants were also told about the basic rules and laws related to organ donation. The talk was interactive, with questions, answers, and real-life stories that inspired the audience. At the end, everyone was encouraged to spread awareness and support this noble cause. This event helped students and community members understand the value of organ donation, inspired kindness, and promoted social responsibility.

OUTCOMES

1. People learned the importance of organ donation.
2. Myths and doubts about organ donation were cleared.
3. Some participants showed interest in pledging their organs.
4. Audience felt inspired to help others.
5. Basic rules of organ donation were shared.






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WORLD
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Event Details	
Event Name	SNA event
Topic	Marathon on World Organ Donation Day
Date	13th August, 2025
Mode	Offline
Venue	Chitkara University, Punjab
Organizer	Ms. Gagandeep Kaur and Dr. Sawroop Dhillon
No. of Participants	56
SDG No.	3-Good Health and Well Being, 17-Partnership for the goals
POs	PO3. Provide promotive, preventive and restorative health services in line with national health policies and programs, PO7. Utilize the latest knowledge and skills related to information and technology to enhance patient outcomes.

Objective

The marathon was done to:

1. raise awareness among students and faculty about the importance of organ donation.
2. encourage pledge registrations for organ donation through on-site campaigns.
3. foster a culture of compassion and community service within the university.
4. engage youth as advocates for spreading information on organ donation in society.
5. promote healthy living while linking physical fitness with the noble cause of saving lives.

Description

On the occasion of *World Organ Donation Day*, the B.Sc. (N) 5th semester students of the Department of Nursing at Chitkara University organized a marathon to spread awareness about the significance of organ donation and the life-saving impact it can have. The event aimed to break myths, encourage pledge registrations, and inspire the community to become part of this noble cause. The marathon began 9:30am in the morning, flagged off by the respected faculty members, with an enthusiastic crowd of students and faculty. Participants ran a pre-determined route within and around the university campus, holding charts displaying messages such as *"Be a Hero – Donate Organs"* and *"Your Decision Can Save Many Lives."* In addition to the run, the students also provided information on organ donation system in India, the procedure to pledge organs, and the importance of discussing this decision with family members. The event blended physical fitness with social responsibility, giving nursing students an opportunity to advocate for public health and lead by example. This effort not only promoted physical fitness but also served as a platform for nursing students to practice advocacy, leadership, and community engagement through public speaking. The marathon stood as a testament to the commitment of Chitkara

University's nursing students toward creating a healthier, more informed society, demonstrating that small actions can inspire big changes. Thus, this marathon created awareness among other students and faculty about the importance of organ donation. Participants and attendees showed interest in taking pledge for organ donation. It remained a successful event.

Outcomes

1. Increased awareness among students, faculty, and community members about the importance of organ donation.
2. Participants and attendees showed interest in taking pledge for organ donation.
3. Enhanced advocacy and leadership skills among nursing students through public engagement.
4. Improved public understanding by dispelling myths and providing accurate information on organ donation.
5. Strengthened the culture of compassion, health promotion, and social responsibility within the university campus.



Students showing charts on organ donation



Students preparing for marathon



Students cheering each other for marathon


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EVENT DETAILS	
Event Type	Expert Talk
Topic	Pharma Excellence Through Compliance: Ensuring Safety From Development To Market
Date	2025-08-14 To 2025-08-14
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Isha Talwar, Assistant Manager
No. Of Participants	107
SDG No	3
PO number(s)	PO3, PO4, PO5, PO8, PO11
University Charter	Let's Educate our students for brilliant futures, Let's infuse leadership skills in our students, Let's empower our students with great communication skills

OBJECTIVE

1. To highlight the importance of regulatory compliance and quality assurance in ensuring patient safety throughout the drug lifecycle.
2. To provide insights into global regulatory frameworks (WHO, USFDA, MHRA, etc.) and their role in drug development and market approval.
3. To enhance participants' understanding of ethical, legal, and professional responsibilities in pharmaceutical practice.
4. To bridge the gap between academic knowledge and industry expectations in compliance, safety, and market readiness.
5. To encourage students to develop entrepreneurship and regulatory competence for future roles in the pharmaceutical sector.

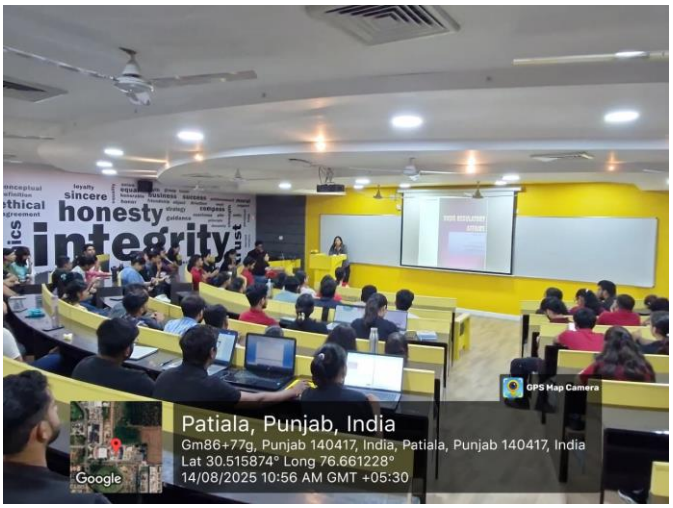
DESCRIPTION

The Expert Session on "Pharma Excellence through Compliance: Ensuring Safety from Development to Market" was organized with the aim of sensitizing pharmacy students and young professionals about the critical role of compliance and regulatory frameworks in ensuring patient safety and therapeutic efficacy. In the rapidly evolving pharmaceutical landscape, adherence to regulatory guidelines is not only a legal obligation but also a cornerstone of ethical practice and industrial excellence. The session highlighted the significance of pharmaceutical compliance at every stage of the product lifecycle—from pre-clinical research, drug development, formulation, and quality assurance to large-scale

manufacturing, distribution, and post-marketing surveillance. Through this interactive talk, students were exposed to the standards set by international regulatory authorities such as WHO, USFDA, and MHRA, as well as the role of national frameworks in aligning pharmaceutical practices with global benchmarks. The speaker emphasized the importance of quality assurance and ethical responsibility in safeguarding patient health. Case studies and real-world industry practices were shared to illustrate how compliance-driven approaches can prevent adverse outcomes, product recalls, and regulatory penalties. Students also learned how compliance acts as a strategic tool for industrial competitiveness, enhancing the credibility of pharmaceutical companies in both domestic and international markets. Another key focus of the event was the integration of compliance with innovation and entrepreneurship. Participants gained insights into how regulatory competence is a valuable asset not only for working in established pharmaceutical industries but also for aspiring entrepreneurs seeking to establish their own ventures. This perspective bridged the academic understanding of pharmacy with the practical expectations of industry and regulatory bodies, equipping students with the right mindset for future roles in the profession. By the end of the session, students were able to appreciate the multi-dimensional impact of compliance—as a safeguard for patient safety, a driver of pharmaceutical quality, an enabler of market access, and a foundation for professional ethics. The event successfully reinforced the vision of preparing competent, ethically responsible, and industry-ready pharmacy graduates, capable of contributing to the healthcare sector through compliance, innovation, and excellence.

OUTCOMES

1. Students gained a comprehensive understanding of the role of regulatory compliance in ensuring safety, quality, and efficacy of pharmaceutical products.
2. Participants became familiar with global and national regulatory frameworks (WHO, USFDA, MHRA, PCI, etc.) and their applications in drug development and marketing.
3. The session enhanced awareness of ethical responsibilities and professional standards in pharmaceutical practice.
4. Students developed an appreciation for the integration of compliance with innovation and entrepreneurship, preparing them for industry as well as start-up ventures.
5. The event strengthened the industry–academia linkage, bridging theoretical learning with practical regulatory and quality assurance practices.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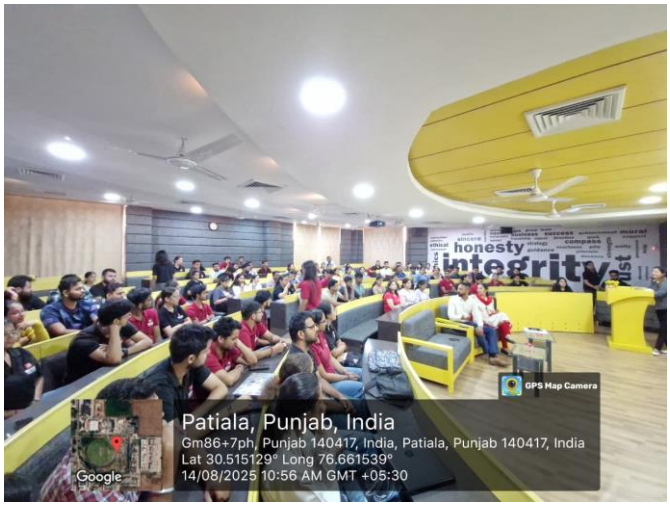
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In The Business World,
Ensuring Safety from Development to Market
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Event Details	
Event Type	Expert Talk
Topic	Quality By Design (Qbd): Driving Industrial Excellence And Regulatory Compliance
Date	2025-08-18 To 2025-08-18
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Sachin Kumar Singh, Professor
No. Of Participants	47
SDG No	3, 4, 9
PO number(s)	PO3, PO4, PO8, PO9, PO6, PO11
University Charter	Let's Educate our students for brilliant futures, Let's stimulate scholarly energy and diligence in our students, Let's install discipline, integrity and honesty in our students, Let's encourage our students to think out of the box, Let's ingrain spirit of entrepreneurship among our students

OBJECTIVE

1. To ensure robust product and process development by identifying and controlling critical quality attributes (CQAs) and critical process parameters (CPPs).
2. To achieve consistent product quality through risk assessment, scientific rationale, and data-driven decision-making.
3. To enhance regulatory compliance and flexibility, aligning with ICH guidelines and facilitating faster approvals.
4. To drive industrial excellence by improving process efficiency, reducing variability, and minimizing costs of quality failures.
5. To promote a culture of continuous improvement and innovation, ensuring sustainability and competitiveness in pharmaceutical manufacturing.

DESCRIPTION

Quality by Design (QbD) is a systematic, science-based, and proactive approach to pharmaceutical development and manufacturing that emphasizes building quality into the product from the very beginning, rather than relying solely on end-product testing. Rooted in the principles outlined by the International Conference on Harmonisation (ICH) guidelines—particularly ICH Q8 (Pharmaceutical Development), Q9 (Quality Risk Management), and Q10 (Pharmaceutical Quality System)—QbD has become a cornerstone

for modern pharmaceutical innovation, industrial excellence, and global regulatory compliance. The primary objective of QbD is to ensure that the final product consistently meets its predefined quality attributes by thoroughly understanding the relationships between materials, processes, and product performance. This involves identifying Critical Quality Attributes (CQAs) that impact safety and efficacy, determining Critical Process Parameters (CPPs) that influence those attributes, and establishing a robust design space that allows flexibility in operations while ensuring quality. By integrating tools such as risk assessment, Design of Experiments (DoE), and process analytical technology (PAT), QbD provides a scientific foundation for making informed decisions throughout the product lifecycle. From an industrial perspective, QbD drives excellence by enhancing process efficiency, reducing variability, and minimizing batch failures. It encourages a shift from reactive troubleshooting to proactive risk mitigation, thereby saving time, cost, and resources. This ultimately translates into improved manufacturing productivity, reduced rework, and lower regulatory scrutiny. Moreover, the knowledge-driven approach fosters innovation, enabling companies to introduce high-quality medicines faster and more reliably to the market. Regulatory agencies across the globe, including the US FDA and EMA, strongly endorse QbD as it improves transparency, scientific justification, and predictability in regulatory submissions. Implementing QbD not only facilitates faster approvals but also provides manufacturers with greater operational flexibility through the concept of "design space"—changes within this space do not require additional regulatory approval, provided quality is assured. This alignment with regulatory expectations strengthens compliance, reduces inspection-related risks, and enhances patient trust.

OUTCOMES

Consistent product quality with reliable batch-to-batch performance

Regulatory flexibility through faster approvals and design space utilization

Enhanced operational efficiency with reduced variability and lower costs

Proactive risk mitigation by controlling critical attributes and parameters

Continuous improvement with innovation and data-driven optimization


QUALITY BY DESIGN (QBD): DRIVING INDUSTRIAL EXCELLENCE & REGULATORY COMPLIANCE
TEAMWORK
SKILLS
TRAINING
TEAM
LEADERSHIP
DIRECTING
PHILOSOPHY
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conceptual
definition
agreement
loyalty
honorable
honor
friendship
object
group
team
truth

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	THE SCIENCE & ART OF LASTING HAPPINESS
Date	18th – 20th August 2025
Time	9:30 AM to 3:30 PM
Venue	LH 303, Rockefeller Block
Number of Attendees	56
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, in collaboration with Chitkara Business School, organized a three-day workshop on happiness for students of the Integrated Programme in Management (IPM) and BBA (H) Liberal Education from 18th to 20th August 2025. The workshop was led by Mr. Manav Bansal, Chief Happiness Officer, Mr. Shivam K. Mishra, Executive, and Ms. Vrinda, Management Trainee, who guided students through a series of interactive and insightful sessions. The program introduced participants to the PERMA Model of Happiness, helping them understand the key elements that contribute to well-being and a fulfilling life. Various activities were conducted to engage students actively, including fun games, storytelling sessions, and a debate on the theme "Happiness versus Success," which encouraged critical thinking and reflection. Students were also divided into teams to present their perspectives on happiness, sharing practical strategies and approaches to cultivating joy in daily life. The workshop emphasized the importance of balancing happiness with personal, academic, and professional growth, allowing students to explore ways to integrate positive practices into their routines. Throughout the three days, students participated enthusiastically, demonstrating curiosity, creativity, and openness to learning. The sessions were not only informative but also highly motivating, providing students with tools and insights to enhance their emotional well-being and overall life satisfaction. Overall, the three-day workshop proved to be inspiring, interactive, and enriching, leaving a lasting impression on the participants. It successfully highlighted the significance of happiness as an essential aspect of personal and professional development, encouraging students to embrace positivity, mindfulness, and resilience as they move forward in their academic and future careers.











SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Know Your Happy Power
Date	19th August 2025
Time	12:30 PM to 1:30 PM
Venue	Martin Luthur Block, Hall
Number of Attendees	153
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre organized a vibrant and engaging introductory session for the students of CUIET–Applied Engineering, aimed at welcoming them to the college in a cheerful and positive environment. The session created an atmosphere full of energy and excitement as students stepped into the centre, ready to begin their academic journey on a joyful note. Throughout the event, students actively participated in activities that encouraged laughter, dance, and a sense of togetherness. A special gratitude activity was conducted, allowing students to reflect on and appreciate the small blessings in their lives, fostering a sense of mindfulness and inner contentment. The session also included an informative discussion on the four happiness hormones—dopamine, oxytocin, serotonin, and endorphins—which helped students understand the scientific aspects of happiness and how these chemicals influence mood and well-being. To make the experience livelier and more interactive, various fun mindfulness games were played, leaving students both entertained and inspired to carry positivity, awareness, and presence into their new academic chapter. The energy, enthusiasm, and laughter displayed by the students during the session created a memorable and motivating start to their college life. Overall, the day successfully emphasized the importance of happiness, mindfulness, gratitude, and positive relationships, encouraging students to embrace joy, friendships, and personal growth as they move forward in their educational journey. The session not only provided an enjoyable experience but also instilled a sense of optimism and motivation, setting a strong foundation for a happy and fulfilling college life a head.










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Event Details	
Event Type	Orientation
Topic	Deeksharambh 2025
Date	2025-08-18 To 2025-08-18
Mode	Offline
Organizer Name	Dr. Garima Chopra, Dr. Parminder Kaur, And Dr. Diksha Thakur (Assistant Professor, Dece, Cuiet, Chitkara University, Punjab)
No. Of Participants	87
SDG No	3, 4
PO number(s)	PO9, PO8, PO7, PO1, PO2, PO6
University Charter	Let's Educate our students for brilliant futures , Let's encourage our students to think out of the box

OBJECTIVE

- To welcome students into the Department of Electronics & Communication Engineering.
- To inspire students through motivational guidance from academic leaders and experts
- To introduce faculty members, their expertise, and research domains for better student–mentor bonding.
- To encourage interaction, teamwork, and collaboration among students through engaging activities.
- To familiarize students with departmental facilities, laboratories, and resources that support their academic journey.



DESCRIPTION

The Department of Electronics and Communication Engineering (ECE) at Chitkara University proudly hosted Deeksharambh 2025 on 18th August at the Einstein Hall, Galileo Block. The event marked the beginning of a new academic journey for the students, filled with energy, inspiration, and a sense of belonging. It was designed to welcome young learners into the ECE family and set the stage for their transformative years ahead. The program commenced with a warm and motivating address by Dr. Shivani Malhotra, Dean of ECE. Her words were a perfect blend of encouragement and guidance, urging students to dream big, embrace challenges, and actively participate in building a culture of innovation. She emphasized the importance of discipline, creativity, and curiosity in shaping not only successful engineers but also responsible individuals who can contribute meaningfully to

society. Her address set a positive tone, reminding students that this new beginning was not just about academics but also about self-growth and exploration. Following the inaugural session, the audience witnessed a comprehensive departmental presentation that introduced the vibrant ECE faculty. Students got the opportunity to learn about the diverse expertise, research domains, and academic strengths of their professors. From advanced communication systems to VLSI design, from signal processing to emerging areas like IoT and artificial intelligence, the presentation offered a detailed glimpse into the wide horizon of learning opportunities available within the department. This segment played a crucial role in bridging the gap between students and mentors, helping them feel comfortable and confident in approaching their faculty for guidance throughout their academic journey. The highlight of the day was the series of engaging, fun activities organized by Ebuzz Club, IE(I) Student Chapter, and IETE Society. These activities were thoughtfully curated to not only break the ice among students but also to encourage teamwork, creativity, and communication skills. Laughter, energy, and excitement filled the hall as participants collaborated, competed, and celebrated together. Such activities ensured that students did not just walk away with knowledge but also with fond memories, new friendships, and a sense of community spirit. The overall atmosphere of Deeksharambh 2025 was one of warmth, enthusiasm, and positivity. It beautifully captured the essence of what student life at Chitkara University promises: a balance of academic rigor, innovative thinking, and joyful experiences. For many students, the event served as their first glimpse of the supportive and collaborative environment they would be part of in the coming years. As the event concluded, students left with a renewed sense of motivation, clarity about their academic pathway, and a stronger bond with their peers and faculty. Deeksharambh 2025 successfully achieved its goal of being more than just an orientation; it was a celebration of beginnings, aspirations, and possibilities. With teamwork, learning, and enthusiasm as its guiding pillars, the program laid a strong foundation for an exciting journey ahead for every ECE student at Chitkara University.

OUTCOMES

- Students gained clarity about departmental resources, faculty expertise, and research opportunities
- Enhanced motivation and confidence among students to pursue academic and professional goals.
- Stronger student–faculty connections were established, promoting a culture of mentorship.
- Improved peer bonding and teamwork skills through fun activities and society-led interactions.
- Increased awareness of career pathways and opportunities in the field of Electronics & Communication Engineering.


WELCOMING
OUR NEW
WEEK



Event Name	4th Annual Conference on Revamping Nursing Science, Practice and Research Theme "Revolutionizing Healthcare: A Blueprint for Transformation"
Date	19th – 20th August,2025
Venue	Einstien Hall, Pierre Hall, Exploretorium
Organizer	Dr. Harmeet Kaur Kang, Dr. Kanika
Resource Person	Mr. Rahul Bisht, Dr. Murali G, Dr. Monika Dutta, Dr. Bimla Kapoor, Capt. Sandhya Shankar, Dr. Lekha Viswanath, Dr. Harmeet Kaur Kang, Dr. Bharat Parekh, Dr. Anita Kansal, Dr. Raminder Kalra, Col. Binu Sharma and Dr. Jasbir Kaur
Number of Participants	133
SDGs Covered	SDG 3: Good Health and wellbeing, SDG 4: Quality Education, SDG 9- Industry, Innovation and Infrastructure, SDG 17- Parternship for Goals
Duration	9 AM- 4 PM

About the Activity



The Department of Nursing, Chitkara University, Punjab, successfully organized the 4th Annual Conference on Revamping Nursing Science, Practice and Research on 19th–20th August 2025 under the theme "Revolutionizing Healthcare: A Blueprint for Transformation." The two-day event brought together renowned experts, academicians, practitioners, and students to explore innovative approaches in nursing science, practice, and research.

Description

The conference commenced on 19th August 2025 with pre-conference workshops. The first, "Simulation-Based Learning for Clinical Skill Development," conducted by Mr. Rahul Bisht, Chief Simulation Educator, Delta Healthcare, New Delhi, and coordinated by Ms. Gagandeep Kaur and Ms. Seema Rani, focused on enhancing clinical competencies and patient safety through simulation-based training. The second, "Trailblazing Forensic Nursing: From Innovation to Impact," led by Dr. Murali G and Dr. Monika Dutta from PGIMER Chandigarh, and coordinated by Ms. Jigyasha Sharma and Ms. Kanika Sharma, highlighted the growing role of forensic nursing in medico-legal practice.

On 20th August 2025, the formal inauguration began with a welcome dance, lamp lighting, and addresses by dignitaries. Dr. Harmeet Kaur Kang delivered the welcome address, followed by Dr. Sandhir Sharma, Vice Chancellor, as Co-Patron. The keynote address by Dr. Bimla Kapoor (Guest of Honour) emphasized leveraging technology for improved healthcare delivery.

The academic programme included plenary talks, panel discussions, and scientific sessions addressing key issues such as preparing the healthcare workforce for the VUCA world, innovations in sustainable healthcare systems, and bridging gaps from bench to bedside. Eminent speakers enriched the deliberations, while young researchers presented their work through paper and poster presentations.

The valedictory session marked the formal conclusion of the conference. It included the distribution of prizes and certificates to the winners of the best paper and poster presentations, acknowledging the outstanding contributions of researchers and students. Participants also shared their feedback, highlighting the enriching academic discussions, interactive workshops, and opportunities for networking that the conference provided. The session concluded with an inspiring valedictory address by Dr. Amit Mittal, Pro-VC, Research Programs, who emphasized the importance of innovation, collaboration, and evidence-based practice in shaping the future of nursing science, education, and healthcare delivery.

Objectives of the Conference

1. To strengthen knowledge and competencies in nursing through workshops and academic deliberations.
2. To explore innovative strategies for sustainable and transformative healthcare delivery.
3. To prepare the nursing workforce for challenges in the dynamic VUCA world.
4. To provide a platform for young researchers to present and discuss their scientific contributions.
5. To foster collaboration among academicians, practitioners, and students for advancing nursing science, practice, and research.










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SCHOOL OF HEALTH SCIENCES
4th Annual Conference on
REVAMPING NURSING SCIENCE PRACTICE AND RESEARCH




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Revolutionizing Healthcare: A Blueprint for Transformation


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Revolutionizing Healthcare: A Blueprint for Transformation


CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
4th Annual Conference


CHITKARA UNIVERSITY

Event Name	Pre-Conference Workshop
Topic	Simulation-Based Learning for Clinical Skill Development
Date	19th August 2025
Time	9 AM- 4 PM
Venue	Exploratorium, Chitkara University, Punjab
Convenor	Ms. Gagandeep Kaur Assistant Professor, Ms. Seema Rani, Nursing Tutor
Resource Person	Mr. Rahul Bisht, Chief Simulation Educator, Delta Healthcare, New Delhi
No. of Participants	63 (07 External + 56 Internal)
Under SDG no.	SDG 3, SDG 4, SDG 9, SDG 17
SDG Details	3, 4, 9, 17
NEP	13.1-13.7 (Motivated, Energized, and Capable Faculty)

Objective

1. To introduce participants to the concept and significance of simulation-based education (SBE) in nursing.
2. To provide a safe, controlled environment for learners to practice and refine clinical skills.
3. To enhance both technical skills (such as patient assessment, intervention, and management) and non-technical skills (like communication, teamwork, leadership, and decision-making).
4. To bridge the gap between theoretical knowledge and practical application through realistic clinical scenarios.
5. To promote innovation in nursing education, aligned with the Sustainable Development Goals (SDGs) of health, education, and partnership.

Description

The Department of Nursing, Chitkara University, Punjab, organized a Pre-Conference Workshop on Simulation-Based Learning for Clinical Skill Development on 19th August 2025 at Einstein Hall, Galileo Block. It was conducted by Mr. Rahul Bisht, Chief Simulation Educator, Delta Healthcare, New Delhi. Coordinated by Ms. Gagandeep Kaur Assistant Professor, and Ms. Seema Rani, Nursing Tutor. It focused on improving clinical competencies and patient safety through advanced simulation techniques, using **hands-on-practices**. The workshop aimed to highlight the significance of simulation-based education

(SBE) in enhancing nursing practice by providing students with opportunities to develop clinical competencies in a safe, controlled, and risk-free environment. The event commenced at 9:00 AM onwards. The distinguished resource person, Mr. Rahul Bisht, Chief Simulation Educator, Delta Healthcare, New Delhi, conducted hands-on sessions. Participants engaged in realistic clinical scenarios designed to replicate healthcare situations, allowing them to practice critical decision-making, teamwork, and patient-centred care. The workshop not only strengthened technical skills such as patient assessment and management but also emphasized non-technical competencies, including communication, collaboration, and leadership in clinical practice. Through this innovative approach, learners gained confidence to handle real-world situations more effectively. Aligned with the Sustainable Development Goals (SDGs), the workshop supported SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 9: Industry, Innovation, and Infrastructure, and SDG 17: Partnership for the Goals. The initiative marked a significant step toward advancing nursing education through innovation, bridging the gap between theory and practice, and preparing future nurses for quality healthcare delivery.

Outcome

1. Participants gained hands-on experience in managing simulated clinical cases, boosting their competence and confidence.
2. Learners developed improved critical thinking and problem-solving abilities for real-world healthcare challenges.
3. The workshop fostered collaborative learning, enhancing teamwork and communication among nursing students and faculty.
4. Students became better prepared for patient-centered care, minimizing risks in actual practice.
6. The session strengthened the integration of innovative teaching methods into the nursing curriculum, contributing to long-term improvements in nursing education and healthcare delivery.


delta healthcare
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Event Name	Pre-Conference Workshop
Topic	Trailblazing Forensic Nursing: From Innovation to Impact
Date	19th August 2025
Time	9 AM onwards
Venue	Pierre Hall, Le Corbusier Block, Chitkara University, Punjab
Convenor	Ms. Jigyasha Sharma and Ms. Kanika Sharma, Assistant Professors
Resource Person	Dr. Murali G, Assistant Professor, Department of Forensic Medicine, PGIMER Chandigarh, Dr. Monika Dutta, Associate Professor, NINE, PGIMER Chandigarh.
No. of Participants	07 External+ 55 Internal
Under SDG no.	SDG 3, SDG 4, SDG 9, SDG 17
NEP	13.1-13.7 (Motivated, Energized, and Capable Faculty)

Objective

- To provide basic knowledge of forensic medicine, nursing, and medico-legal aspects.
- To understand the nurse's role in assessment, evidence handling, and legal collaboration.
- To build skills for managing victims of violence with ethical and psychological care.
- To learn best practices in documentation, chain of custody, and evidence preservation.
- To apply forensic nursing concepts through interactive role play and exercises.

Description

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, successfully organized the pre-conference workshop on *"Trailblazing Forensic Nursing: From Innovation to Impact"* was held on **19th August 2025** at **Chitkara University, Punjab**, as a part of the **4th Annual Conference on Revamping Nursing Science, Practice and Research**. The workshop aimed to bridge the gap between healthcare and law by strengthening the role of nurses in forensic practice.

The day began with an insightful session by **Dr. Murali G, Assistant Professor, Department of Forensic Medicine, PGIMER Chandigarh**. He introduced the fundamentals of forensic medicine and nursing, highlighting the medico-legal aspects in healthcare practice. The session emphasized the importance of proper documentation in medico-legal cases and outlined the legal responsibilities of healthcare professionals in evidence preservation. Participants were also made aware of the crucial interface between law enforcement agencies and the healthcare system.

Following this, **Dr. Monika Dutta, Associate Professor, NINE, PGIMER Chandigarh**, delivered an engaging session on the roles, responsibilities, and documentation practices in forensic nursing. She elaborated on the nurse's role in the assessment and care of victims of violence and trauma. The importance of proper evidence collection, maintaining the chain of custody, and accurate documentation was emphasized. Ethical concerns, psychological sensitivity, and interdisciplinary collaboration with psychologists, psychiatrists, and legal authorities were also highlighted, making the session highly interactive and practice oriented. In the afternoon, the focus shifted to experiential learning through **role play and practical exercises**, facilitated by **Dr. Monika Dutta**, along with **Ms. Jigyasha Sharma and Ms. Kanika Sharma, Assistant Professors and students of 5th semester**. Participants actively took part in simulated medico-legal scenarios, which provided them with hands-on experience in handling sensitive cases. The exercises reinforced concepts such as injury documentation, evidence preservation, and compassionate victim care. Overall, the workshop provided a strong foundation in forensic nursing, combining theory with practice, and equipping participants with skills essential for advancing innovation and impact in this emerging specialty.

Outcomes

- To provide basic knowledge of forensic medicine, nursing, and medico-legal aspects.
- To understand the nurse's role in assessment, evidence handling, and legal collaboration.
- To build skills for managing victims of violence with ethical and psychological care.
- To learn best practices in documentation, chain of custody, and evidence preservation.
- To apply forensic nursing concepts through interactive role, play and exercises.


Introduction
Increasing crime and violence rate
Rigid and ever-changing demands of crime victims
Compliance with confusing system of laws
Nurses are in the forefront while caring for crime victims
Unique and privileged position to encourage and implement collection, preservation and documentation of medical-legal evidence
Collaboration among professionals has the potential to avert unnecessary loss or destruction of evidence
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Explore Your Potential
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Event Details	
Event Type	Expert Talk
Topic	Expert Talk On Analytical Techniques: Bridging Lab And Industry
Date	2025-08-20 To 2025-08-20
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Rajat Tyagi, Sr. Product Specialist | Mr. Navdeep Sharma, Technical Support Specialist Ii
No. Of Participants	47
SDG NO	3, 4, 9, 17
PO number(s)	PO2, PO3, PO4, PO6, PO9
University Charter	Let's Educate our students for brilliant futures, Let's educate our students to become globally competitive, Let's infuse leadership skills in our students, Let's ingrain spirit of entrepreneurship among our students

OBJECTIVE

To provide participants with a comprehensive understanding of advanced analytical techniques used in pharmaceutical and biomedical sciences.
To bridge the gap between laboratory-based research methods and their industrial applications in quality control, product development, and regulatory compliance.
To enhance knowledge on validation, standardization, and reliability of analytical methods in line with industrial standards and global guidelines.
To equip participants with problem-solving skills for real-world industrial challenges through case studies and practical insights.
To foster innovation by highlighting the role of analytical techniques in improving product safety, efficacy, and market readiness.

DESCRIPTION

The expert talk on "Analytical Techniques: Bridging Lab and Industry" served as a vital platform to connect academic knowledge with real-world industrial practices. Analytical techniques form the backbone of pharmaceutical research, development, and manufacturing, ensuring that products meet stringent quality, safety, and regulatory standards. While laboratory investigations focus on discovery, characterization, and method development,

industrial applications demand robust, validated, and scalable techniques that can guarantee product consistency and compliance with international guidelines. The session highlighted the transformative role of analytical tools such as spectroscopy, chromatography, electrophoresis, and hyphenated techniques in modern drug development and quality assurance. Participants were introduced to how these methodologies evolve from academic research to industrial deployment—covering aspects of method validation, reproducibility, sensitivity, and data integrity. The importance of adhering to ICH, USFDA, and EMA guidelines in method development and validation was also emphasized, reinforcing the critical link between analytical rigor and regulatory acceptance. A major focus of the discussion was on problem-solving and innovation. Case studies from the pharmaceutical and biotechnology sectors illustrated how advanced analytical techniques are leveraged for impurity profiling, stability studies, bioequivalence testing, and pharmacokinetic evaluations. These examples provided participants with a clear understanding of how theoretical principles are applied in real-world industrial settings. Furthermore, the session underscored the role of analytical scientists as key contributors to industrial excellence. Their expertise ensures that products not only meet safety and efficacy benchmarks but also gain market readiness efficiently. By bridging the gap between academic learning and industrial requirements, the session motivated students and researchers to align their skillsets with industry expectations, making them more competent for future professional roles. Overall, this expert talk created a strong foundation for fostering an innovation-driven mindset among participants. It demonstrated how analytical sciences act as a bridge between research laboratories and large-scale pharmaceutical industries, ultimately ensuring that patients receive safe, effective, and high-quality therapeutic products.

OUTCOMES

Participants gained a deeper understanding of advanced analytical techniques and their critical role in pharmaceutical research, development, and manufacturing.

The session enhanced awareness of global regulatory requirements (ICH, USFDA, EMA) and the importance of validated, reliable, and reproducible analytical methods.

Attendees developed insights into the translation of laboratory-based analytical methods into industrial applications such as quality control, impurity profiling, and stability testing.

The program fostered problem-solving and innovation-driven thinking by exposing participants to real-world industrial case studies and challenges.

Students and researchers were better equipped to align their academic knowledge with industry expectations, enhancing their readiness for future professional roles.




honesty
integrity

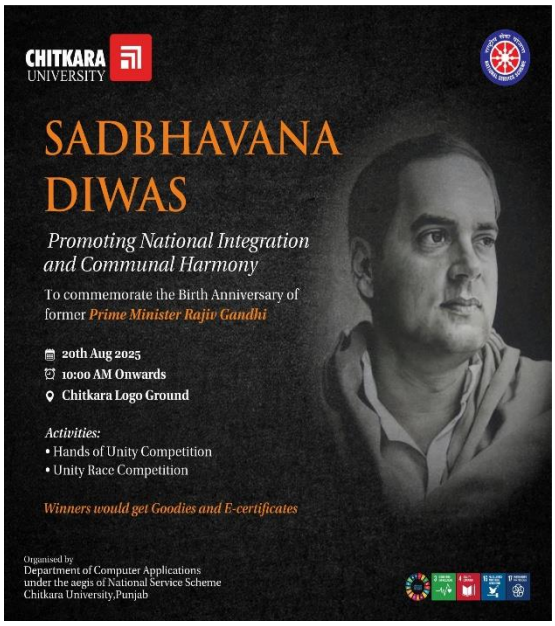

honesty
integrity


honesty
integrity

Event Details	
Title of the Even	Sadbhavana Diwas
Date of the Event	20th August 2025
Venue	Chitkara Logo Ground
SDG no	3,4,17
No. of Student Attended	172

Objective

i) To commemorate the birth anniversary of former Prime Minister Rajiv Gandhi.
ii) To promote national integration, peace, and communal harmony among students.
iii) To encourage unity, cooperation, and team spirit through interactive activities.



On **20th August 2025**, the Department of Computer Applications under the aegis of the National Service Scheme (NSS), Chitkara University, Punjab, organized **"Sadbhavana Diwas"** at the Chitkara Logo Ground.

The event was held to honor the legacy **of Shri Rajiv Gandhi**, the former Prime Minister of India, whose vision was rooted in harmony, unity, and progressive development. The theme of the event was "Promoting National Integration and Communal Harmony".

The celebration began with a brief introduction about the significance of Sadbhavana Diwas, followed by engaging activities like the **Hands of Unity Competition** and the **Unity Race Competition.**

The **Hands of Unity wall** became the highlight of the event, where students left colourful handprints on a wall, symbolizing solidarity and togetherness. Beneath every handprint, participants also wrote **quotes on kindness, unity, and peace**, turning the wall into a beautiful canvas of harmony and positive messages.

Students also took part in the **Unity Race Competition**, which emphasized teamwork, coordination, and mutual trust. The vibrant participation and enthusiasm reflected the true spirit of the occasion.

These activities highlighted teamwork, collaboration, and the spirit of togetherness. Students enthusiastically participated, showcasing their energy and commitment to the values of unity and peace.

To encourage participation, winners were awarded with goodies and e-certificates. The event successfully spread awareness about the importance of peace and harmony in building a stronger nation.

Outcome of the Event

i) Students gained awareness about the vision of Rajiv Gandhi and the significance of Sadbhavana Diwas.
ii) The activities strengthened unity, mutual respect, and team spirit among participants.
iii) The event fostered the values of national integration and communal harmony on campus.








Hands
In
Unity


Hands
In
Unity

Event Details	
Event Type	Expert Talk
Topic	Nutritional Approaches For Wellness In Perimenopause And Menopause
Date	2025-08-22 To 2025-08-22
Mode	Online
Organizer Name	Dr. Amanpreet Sandhu (Professor, Dece, Cuiet), Dr. Meenu Garg (Associate Professor, Dece, Cuiet)
Resource Person	Dr. Inderjit Walia, Head Dietitian, Saket Hospital, Ambala Cantt.
No. Of Participants	19
SDG NO	3, 8, 17
PO number(s)	PO6
University Charter	Let's foster civic engagement in our students

OBJECTIVE

• To create awareness about the importance of nutrition during perimenopause and menopause.
• To highlight dietary strategies that can help manage common symptoms of midlife transitions.
• To discuss the role of functional and natural foods in promoting women's health.
• To encourage the adoption of healthy lifestyle practices for long-term wellness.
• To provide expert guidance on balancing diet for bone, heart, and metabolic health.

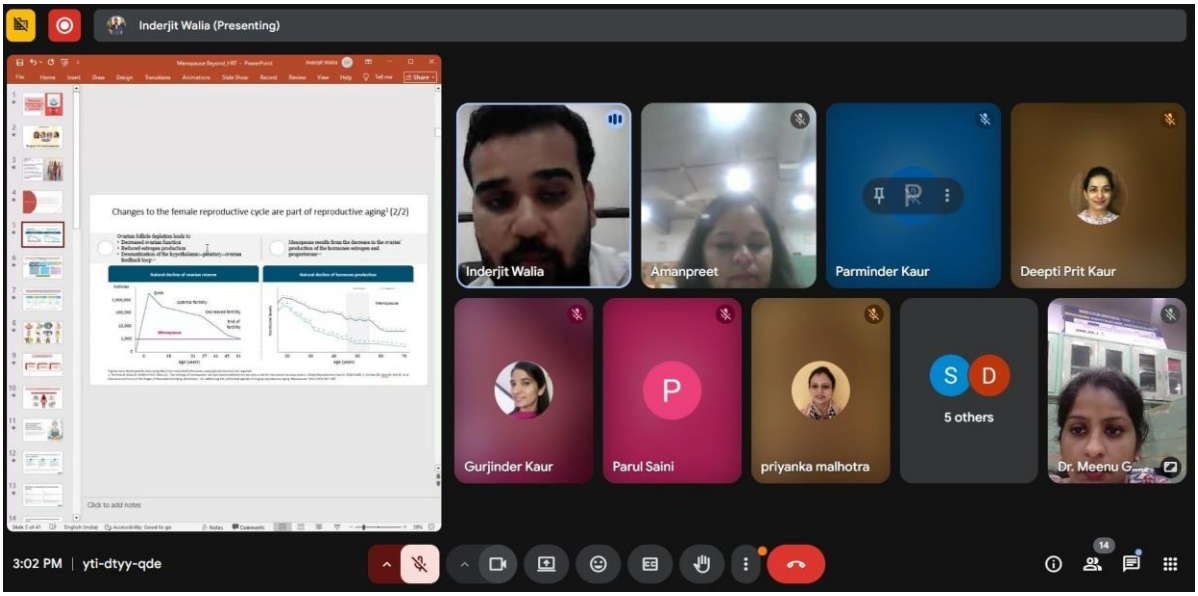
DESCRIPTION

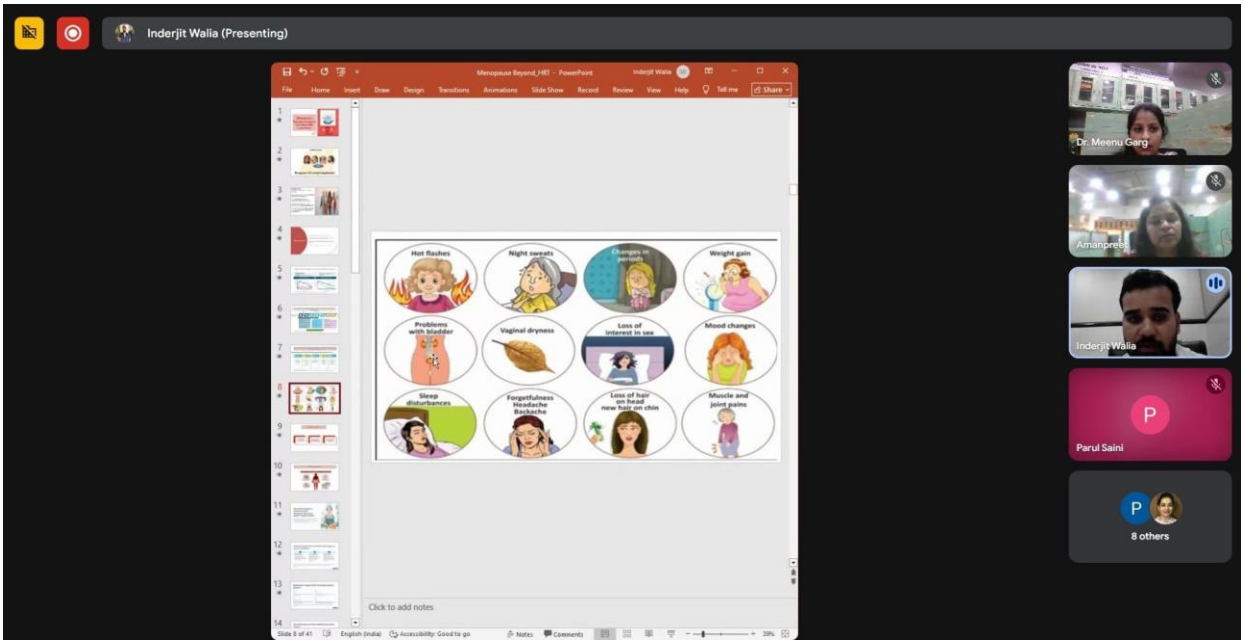
The Department of Electronics and Communication Engineering, Chitkara University, Punjab, organized an Expert Talk on "Nutritional Approaches for Wellness in Perimenopause and Menopause" on 22nd August 2025 at 2:00 PM via Google Meet. The event was designed to raise awareness about the significance of nutrition in addressing midlife transitions and ensuring the overall well-being of women. The session was delivered by Dr. Inderjit Walia, Head Dietitian at Saket Hospital, Ambala Cantt., who shared his expertise on the nutritional challenges commonly experienced during perimenopause and menopause. He explained how hormonal changes during this stage of life often lead to health issues such as bone density loss, cardiovascular risks, and metabolic imbalances, and emphasized that nutrition can serve as a powerful tool to manage these challenges. Dr. Walia

highlighted the importance of dietary modifications, the inclusion of natural and functional foods, and the adoption of holistic lifestyle practices for symptom relief and long-term health maintenance. Throughout the session, participants gained valuable insights into diet planning, symptom management, and strategies to improve overall physical and emotional wellness. The talk was highly interactive, with attendees actively engaging in discussions and seeking practical advice on implementing nutritional approaches in their daily lives. The event successfully created a platform for knowledge sharing and empowered the participants with evidence-based guidance, inspiring them to adopt healthier dietary and lifestyle practices to ensure wellness during perimenopause and menopause.

OUTCOMES

- Participants understood the specific dietary needs during perimenopause and menopause.
- They gained practical knowledge of nutrition strategies for symptom relief.
- They learned how nutrition impacts bone, cardiovascular, and metabolic health.
- They explored evidence-based benefits of functional foods in daily life.
- They were motivated to apply holistic lifestyle and dietary practices for overall wellness.




Inderjit Walia (Presenting)
Hot flashes
Night sweats
Changes in periods
Weight gain
Problems with bladder
Vaginal dryness
Loss of interest in sex
Mood changes
Sleep disturbances
Forgetfulness Headache Backache
Loss of hair on head new hair on chin
Muscle and joint pains
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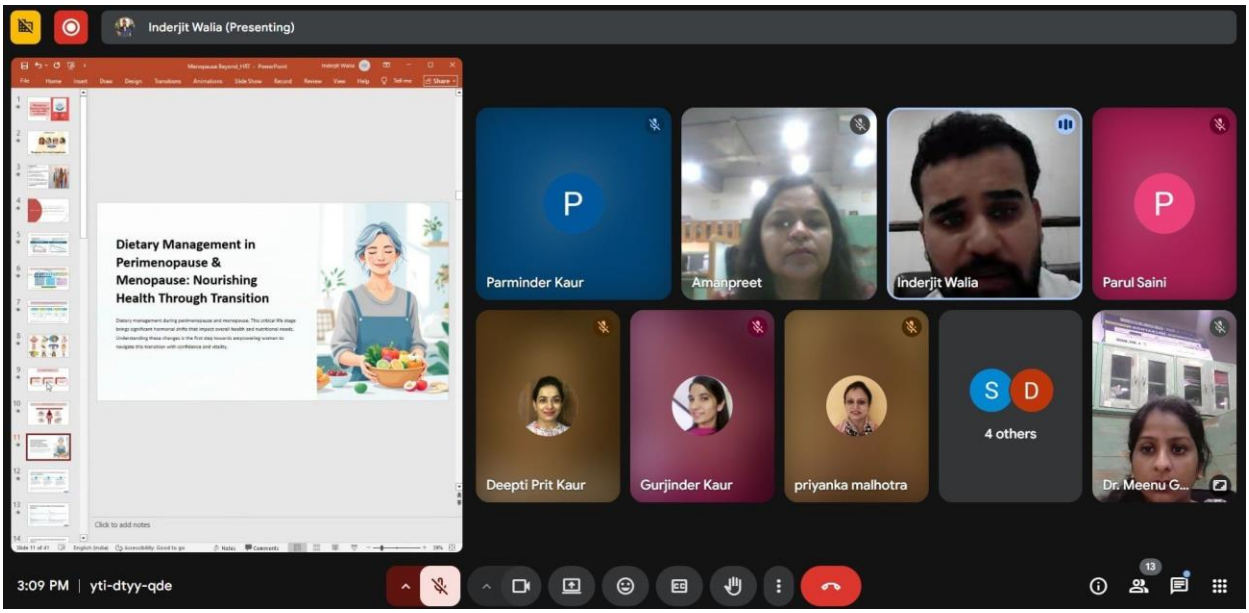
Dr. Meenu Garg
Amanpreet
Inderjit Walia
Parul Saini
8 others


Inderjit Walia (Presenting)
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Amanpreet
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Happy Health With Health Science
Date	22nd August 2025
Time	10:30 PM to 12:00 PM
Venue	Warren Buffet Hall
Number of Attendees	132
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, under the guidance of Mr. Manav Bansal, Chief Happiness Officer, recently conducted an engaging and impactful session for the students of the Healthcare and Health Science department, aiming to welcome and energize them as they embark on their academic journey at Chitkara University. The session began with a powerful gratitude meditation, where students reflected on life's simple blessings, such as the gift of sight, which created a deep sense of appreciation and mindfulness. This was followed by the highlight of the event—a lively laughter and dance party that filled the room with energy and joy. Through this interactive segment, students not only experienced fun and togetherness but also learned about the many benefits of laughter and its positive influence on mental well-being, encouraging them to integrate such joyful practices into daily life. The session also introduced the science behind happiness, highlighting that life circumstances contribute only 10%, genetics account for 50%, while intentional activities make up 40% of overall happiness. Students were motivated to engage more in intentional activities such as singing, dancing, and pursuing hobbies to enhance their emotional well-being. An open discussion towards the end provided a platform for students to share their personal thoughts and perspectives on happiness, creating an environment of connection, empathy, and shared learning. The session was expertly facilitated by Mr. Manav Bansal and his dedicated team, whose enthusiasm and guidance made the entire experience both informative and enjoyable. Overall, the session left a lasting impression on the students, inspiring them to prioritize gratitude, positivity, and intentional living. Chitkara Happiness Centre continues to play a pivotal role in nurturing student well-being, and this session stood as a testament to its commitment to fostering a supportive, positive, and enriching environment at Chitkara University.






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Courses Available


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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Healthy And Happy Vibes with Health Science
Date	22nd August 2025
Time	3:00 PM to 4:00 PM
Venue	Room 301, Galielio Block
Number of Attendees	47
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

Chitkara Happiness Centre hosted an engaging and inspiring session for the students of Healthcare and Health Sciences, designed to ignite positivity, enthusiasm, and a deeper understanding of happiness as they begin their academic journey. The session was facilitated by Mr. Shivam K. Mishra, Executive at Chitkara Happiness Centre, and Ms. Vrinda Sharma, Happiness Coach, who guided the students through a series of meaningful activities and discussions. The program began with a focus on cultivating gratitude through a guided meditation that encouraged participants to reflect on life's simple joys and develop a habit of thankfulness, fostering inner peace and well-being. Moving forward, students explored ways of unlocking positivity through interactive activities that highlighted the benefits of laughter and positive expression, helping them learn how to bring joy into their daily lives. The session also introduced students to the science of happiness, breaking down its dynamics into three key components: intentional activities, which account for 40% and involve consciously engaging in fulfilling practices; genetics, which play a 50% role in influencing happiness; and life circumstances, contributing 10% through external factors. This scientific perspective gave students valuable insights into how much control they hold over their own happiness by choosing intentional, joyful activities. A lively group discussion followed, where students openly shared their perspectives on happiness, leading to a strong sense of connection, community, and mutual understanding among peers. The session was filled with energy, reflection, and interaction, leaving the students not only informed but also inspired to prioritize their emotional well-being alongside academics. Overall, the event proved to be a memorable and motivating experience, reinforcing the commitment of Chitkara Happiness Centre to nurture the well-being of students and empower them to thrive in a positive, supportive, and growth-oriented environment. It served as a reminder that happiness is both a science and a practice, and students walked away motivated to embrace it in their everyday lives.



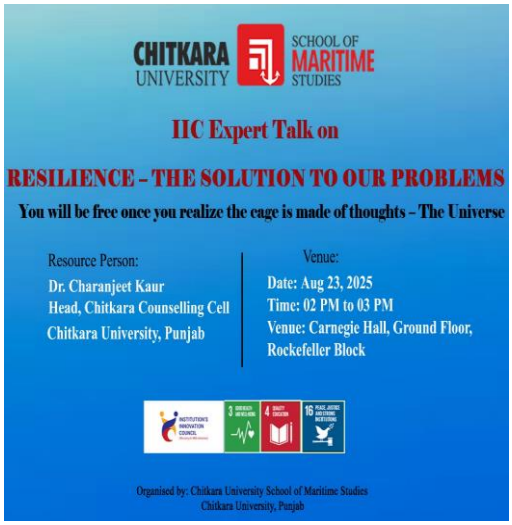






Event	Expert Talk "Resilience – The Solution to Our Problems"		
Date/Time	23rd August 2025/1400hrs onwards	Mode:	Offline
Location/Link	Offline		
Activity In-charge	Ms. Reetika Sharma		
No. of Participants	84 Cadets & 15 Faculty		
SDG:	3, 4, 16		

BRIEF DESCRIPTION



The Chitkara University School of Maritime Studies successfully organized an insightful Expert Talk titled **"Resilience – The Solution to Our Problems"** on **23rd August 2025** as part of its IIC knowledge-building initiatives. Delivered by **Ms. Charanjeet Kaur**, Head of the Counselling Cell, the session focused on developing psychological strength and emotional stability among cadets to help them succeed in both academic and professional environments. Ms. Kaur explained the core components of resilience, including adaptability, emotional regulation, positivity, and problem-solving under pressure. She emphasized the importance of mutual support, collaboration, and maintaining an optimistic outlook—qualities that empower students to navigate academic challenges, isolation, stress, and high-stakes decision-making. Her talk encouraged cadets to build inner strength, stay motivated, and cultivate a growth mindset essential for the demanding maritime profession.

The session was interactive, with cadets reflecting on real-life situations where resilience plays a crucial role in overcoming obstacles. Ms. Kaur highlighted how resilience not only enhances academic performance but also serves as a foundation for leadership, innovation, and mental well-being. The atmosphere during the expert talk remained highly engaging, as students connected with the themes and actively participated in discussions.

Towards the end of the session, **Principal Capt. Prabhat Nigam** addressed the audience, summarizing the key messages shared by the resource person. He encouraged cadets to apply resilience in their training, daily routines, and future maritime careers. Capt. Nigam offered motivating insights and interpreted resilience from a maritime perspective, helping

cadets understand its relevance both onboard and ashore. His concluding remarks inspired students to strengthen their endurance, maintain discipline, and pursue excellence with renewed confidence.

Overall, the event was well-received and played a significant role in equipping cadets with essential life skills. It aligned strongly with IIC objectives by nurturing adaptability, innovation, leadership, and the ability to handle challenges with a constructive mindset. The talk fostered a sense of emotional strength and personal responsibility among cadets, contributing to their holistic development as future maritime professionals.







Event Details	
Event Type	Workshop
Topic	A Workshop On "Foundations In Non-Directive Therapeutic Practices"
Date	2025-08-25 To 2025-08-25
Mode	Offline
Organizer Name	CSPC
Resource Person	Dr. Sakshi Mehrotra, Founder | Mr. Vineet Tripathi, Therapist
No. Of Participants	90
SDG NO	3, 4, 17, 8
PO number(s)	PO2, PO3, PO4, PO5
University Charter	Let's prepare our students for Industry

OBJECTIVE

1. Introduce foundational theories from Existential-Humanistic and Psychodynamic approaches.
2. Build core micro-counselling skills including active listening and empathy.
3. Strengthen verbal and non-verbal communication techniques in therapy.
4. Explore the role of silence and self-awareness in the therapeutic process.
5. Apply learning through supervised peer practice and experiential role plays



DESCRIPTION

The workshop, led by Dr. Sakshi Mehrotra and Mr. Vineet Tripathi introduced participants to the psychodynamic foundations of non-directive therapeutic practices. The sessions highlighted the central role of unconscious processes, early relational patterns, and transference in shaping human behaviour and therapeutic encounters. Dr. Mehrotra emphasized the therapist's role as a non-directive, reflective mirror, creating a safe and neutral space for clients to explore unresolved conflicts. Mr. Tripathi discussed how maintaining therapeutic neutrality allows clients to uncover deeper insights into their internal world. Participants actively engaged in case-based discussions and experiential exercises, which deepened their understanding of psychodynamic principles. Through these activities, they practiced techniques such as free association and reflected on the value of therapist neutrality in facilitating client growth. The workshop concluded with participants sharing their takeaways on the relevance of psychodynamic principles in today's counselling practice and expressing eagerness to explore further dimensions in the subsequent session.

OUTCOMES

1. Students learned key concepts from Existential-Humanistic and Psychodynamic therapeutic approaches.
2. Students learned to apply micro-counselling skills such as active listening and empathy in practice.
3. Students learned to use verbal and non-verbal communication effectively to build client rapport.
4. Students learned the therapeutic value of silence and how to apply it in client interactions.
5. Students learned to implement counselling techniques through supervised peer practice and role plays.


Schools of Thought in Therapy
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Event Details	
Event Type	Competition
Topic	National Sports Week
Date	2025-08-25 To 2025-08-29
Mode	Offline
Organizer Name	University Sprots Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	467
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's install discipline, integrity and honesty in our students

OBJECTIVE

Promote physical fitness and a healthy lifestyle.
Discover and nurture sports talent at the grassroots level.
Foster national unity and team spirit through sports.
Raise awareness about sports careers and opportunities.
Encourage participation in lesser-known and indigenous sports.

DESCRIPTION

Chitkara University Sports Board successfully organized Sports Week 2025 from 25th to 29th August 2025 to celebrate National Sports Day under the banner of Nasha Mukt Bharat Abhiyan, Fit India and SDG3. The week-long event aimed at promoting fitness, sportsmanship, and the spirit of a drug-free lifestyle among students. The inauguration was marked by enthusiastic participation, followed by multiple competitions across various indoor and outdoor sports. Students also took the National Sports Day pledge on 29th August 2025, reaffirming their commitment towards sports and a healthy lifestyle. A total of 467 students participated across different sports including Pickleball, Table Tennis, Badminton, Powerlifting (Deadlift), Pool, Volleyball, and Basketball. The event witnessed thrilling matches and great enthusiasm from both participants and spectators.

OUTCOMES

Increased student participation in sports activities.
Identification of potential athletes for future training.
Improved usage of local sports infrastructure.

Strengthened community bonds and sportsmanship.
Insights for better sports policy and funding decisions.












National
SPORTS
Week


Office of Student Affairs
National
SPORTS
Week
CHITKARA UNIVERSITY


National
SPORTS
Week
TABLE No.
STAG




Chitkara University
Office of Student Affai



Event Name	Let's Connect-Counselling Awareness session
Venue	De morgan's Block
Date	25th August, 2025
SDG Number, Name and NE	4-Quality Education, 3 – Good Health and Well Being, 17 – Partnerships for the goals & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Attendees	263
Duration	One Day

Objective

i) To spread awareness among students about the importance of counselling and mental well-being.
ii) To guide students on managing academic, personal, and social challenges effectively.
iii) To provide professional counselling support and encourage open communication between students and counsellors.
iv) To create a supportive environment where students feel heard, connected, and empowered.

On 25th August 2025, the Department of Computer Applications, under the aegis of the National Service Scheme (NSS), organized a Counselling Awareness Drive titled "Let's Connect" at Demorgan's Block, Chitkara University, Punjab.

The expert of the session, Ms. Charanjeet Kaur, Senior Student Counsellor, along with the team members interacted with the students of **BCA 2025 batch** and highlighted the significance of counselling in student life. She shared valuable insights on how counselling can help overcome academic stress, peer pressure, time management issues, and emotional well-being challenges.
The interactive session encouraged students to express their thoughts, ask questions, and learn coping strategies for maintaining a healthy balance between academics and personal growth. The session also emphasized the importance of seeking help without hesitation and normalizing the culture of counselling **Outcome of the Event:** As a result of the drive, students were able:
i) To understand the role of counselling in maintaining mental and emotional health.
ii) To gain awareness about how professional guidance can positively impact academic performance and personal growth.
iii) To build trust in student support systems available at the university.
iv) To take a proactive step towards prioritizing mental well-being.




CHITKARA NURTURE NEST
COUNSELLING HANDBOOK
CHITKARA
NURTURE NEST

Event Details	
Event Type	Workshop
Topic	A Workshop On "Existential-Humanistic And Psychodynamic Schools Of Practice"
Date	2025-08-26 To 2025-08-26
Mode	Offline
Organizer Name	CSPC
Resource Person	Dr. Sakshi Mehrotra, Founder | Mr. Vineet Tripathi, Therapist
No. Of Participants	170
SDG NO	4, 3, 8, 16, 17
PO number(s)	PO2, PO4, PO5, PO6
University Charter	Let's Educate our students for brilliant futures

OBJECTIVE

1. To understand the Existential-Humanistic and Psychodynamic counselling theories, including their core principles and therapeutic goals.
2. To explore the role of self-awareness in establishing therapeutic presence and building authentic client relationships.
3. To gain insight into the 'use of self' as a central tool in facilitating client healing and transformation.
4. To practice and reflect on essential counselling skills such as empathy, congruence, and emotional containment.
5. To begin engaging in reflective practices that support both personal insight and professional development.

DESCRIPTION

On August 26, 2025, the Chitkara School of Psychology and Counselling hosted an insightful orientation workshop for the new Batch of 2025. The session, titled "Existential-Humanistic and Psychodynamic Schools of Practice," was designed to introduce students to the core principles and therapeutic approaches of these foundational schools of counseling. The workshop was expertly led by Dr. Sakshi Mehrotra, Director of Mindlogs Psychological Services , and Mr. Vineet Tripathi, a Certified Existential-Humanistic Therapist and Consultant at Mindlogs. The event focused on developing essential counseling skills such as empathy, active listening, and emotional attunement. Students were encouraged to reflect on their own self-awareness and its crucial role in therapeutic relationships. Through a series

of experiential activities, guided reflections, and group discussions, the workshop fostered an understanding of the "self as therapist" and the importance of inner work for ethical and effective practice. During the session, Dr. Mehrotra and Mr. Tripathi guided students through the historical rise of psychodynamism, behaviorism, humanism, and existentialism. The participants engaged in structured role-plays and vignettes, applying key concepts to address basic issues like grief and interpersonal conflicts through both directive and non-directive therapy roles. The workshop created a supportive and reflective environment, allowing students to begin their journey into the practical application of psychological concepts.

OUTCOMES

1. Students were able to describe key similarities and differences between Existential-Humanistic and Psychodynamic counseling approaches.
2. Students were able to apply basic therapeutic skills consistent with these models in simulated or observed settings.
3. Students were able to reflect critically on their personal values, emotional responses, and potential biases to enhance self-awareness.
4. Students were able to understand the value of ongoing self-reflection, supervision, and personal development in the journey toward becoming an effective counselor.
5. Students were able to demonstrate readiness and motivation to continue skills training and deepen personal growth in their counseling practice.




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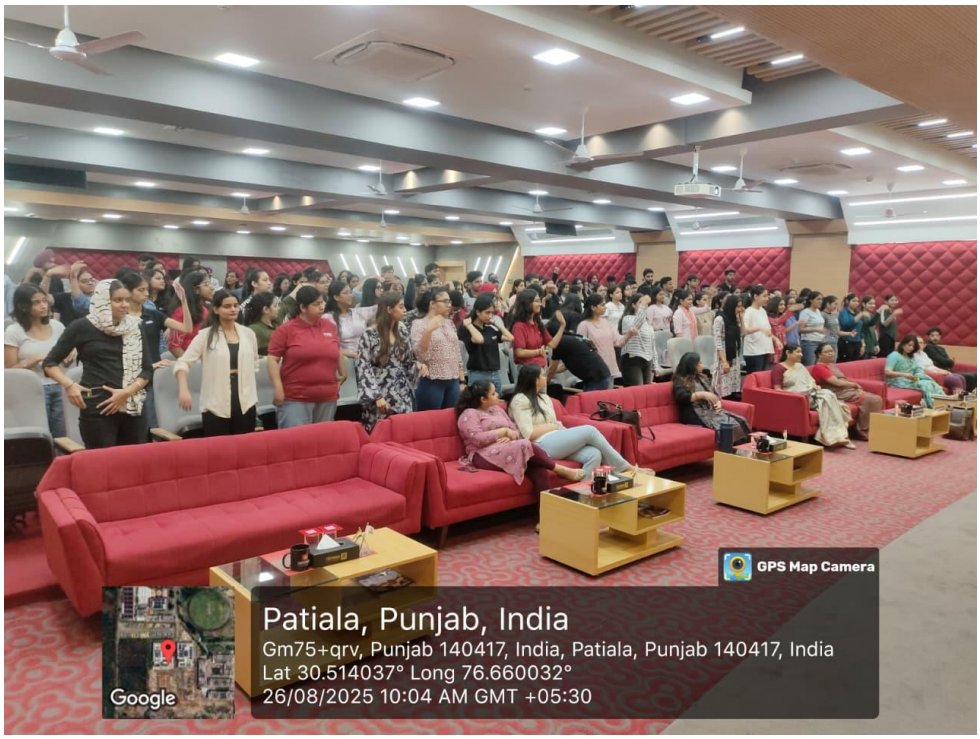
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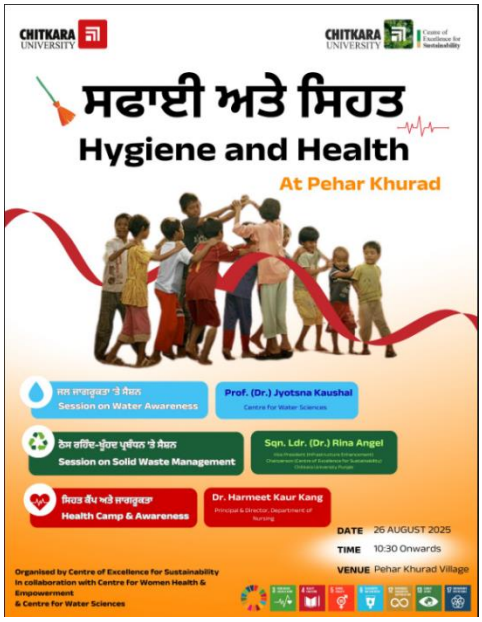
Event Name	Hygiene and Health at Pehar Khurad
Date	26 August 2024
Venue	Pehar Khurad Village
Organizer	Centre of Excellence for Sustainability in collaboration with Centre for Women Health & Empowerment and Centre for Water Sciences.
Resource Persons	Sqn. Ldr. (Dr.) Rina Angel Prof. (Dr.) Jyotsna Kaushal Dr. Harmeet Kaur Kang
Total number of members	100 families
SDGs Covered	3, 4, 5, 6, 12, 13 & 17
Time	10.30 Onwards

Objective

To raise awareness about hygiene, health, and sustainable waste and water management practices among the residents of Pehar Khurad Village, promoting a cleaner and healthier community environment.



Description

The event "Hygiene and Health at Pehar Khurad" was organized by the Centre of Excellence for Sustainability, Chitkara University, in collaboration with the Centre for Women Health & Empowerment and the Centre for Water Sciences.

The program featured multiple informative and interactive sessions:

- Session on Solid Waste Management by *Sqn. Ldr. (Dr.) Rina Angel*, Centre of Excellence for Sustainability
- Session on Water Awareness by *Prof. (Dr.) Jyotsna Kaushal*, Centre for Water Sciences

- Health Camp & Awareness by *Dr. Harmeet Kaur Kang*, Department of Nursing

The Solid Waste Management session focused on waste segregation at source, recycling practices, and composting methods to reduce the burden on landfills and promote a cleaner environment. Participants were encouraged to minimize single-use plastics and embrace sustainable disposal methods.

The Water Awareness session emphasized the importance of water conservation, efficient usage, and protection of water resources from contamination. The discussion highlighted simple, community-driven approaches to saving water and maintaining the health of local water bodies.

The Health Camp & Awareness activity provided free basic health check-ups, health education, and guidance on personal hygiene, nutrition, and disease prevention. It aimed to promote wellness and empower community members, especially women, to take proactive steps toward better health.

The initiative aimed to engage the local community in adopting healthy, hygienic, and environmentally responsible practices that contribute to long-term sustainability.

Outcomes

- Improved understanding of personal and community hygiene practices.
- Greater awareness about the importance of clean water and sustainable waste management.
- Encouragement of proactive health practices through medical awareness and check-ups.
- Strengthened collaboration between the university and the local community in promoting sustainable living.

Conclusion

The *Hygiene and Health* initiative successfully fostered community engagement and awareness on crucial aspects of health, hygiene, and environmental sustainability. Through collaborative efforts and expert-led sessions, the program empowered participants to make informed choices, reinforcing Chitkara University's commitment to building healthier, cleaner, and more sustainable communities.















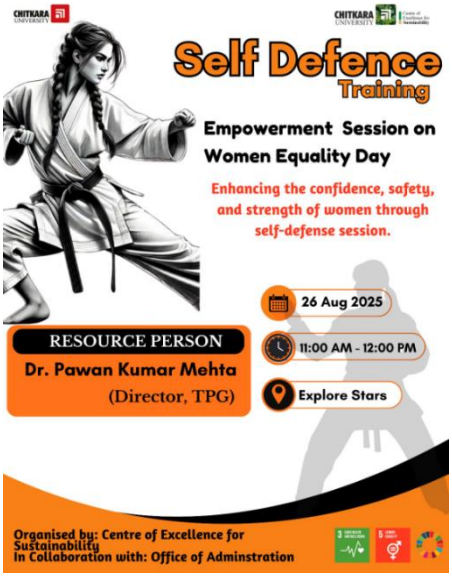




Event Name	Self Defence Training
Date	26 August 2024
Venue	Explore Stars
Organizer	Centre of Excellence for Sustainability in collaboration with the Office of Administration.
Resource Person	Dr. Pawan Kumar Mehta, (Director, TPG)
Total number of students attended	29
SDGs Covered	3 & 5
Duration	2 hours

Objective

To empower women by enhancing their confidence, safety, and physical strength through self-defence training, promoting equality and personal security on the occasion of Women Equality Day.



Description

The Self-Defence Training session was organized by the Centre of Excellence for Sustainability, Chitkara University, in collaboration with the Office of Administration. Conducted by **Dr. Pawan Kumar Mehta (Director, TPG),** this empowerment session aimed to provide supporting staff women of Chitkara University with essential self-defence skills to help them protect themselves in challenging situations. The training focused on practical techniques, awareness, and strategies for self-protection, emphasizing the importance of mental and physical preparedness as a step toward gender equality and safety.

Self-defence is not only about physical strength but also about developing confidence, presence of mind, and the ability to stay calm under pressure. It empowers individuals to recognize and avoid potential threats while promoting a sense of independence and self-assurance.

By learning how to defend themselves, participants also contribute to building a safer and more supportive community where respect and equality thrive.

Outcomes

- Increased confidence and self-assurance among women participants.
- Improved awareness of safety and self-defence techniques.
- Promotion of gender equality and empowerment through skill-based learning.

Conclusion

The Self-Defence Training session successfully empowered women by equipping them with essential self-defence skills and confidence. The event not only enhanced participants' sense of security but also reinforced Chitkara University's commitment to promoting gender equality and personal empowerment through capacity-building initiatives.



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CHITKARA
UNIVERSITY

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	HAPPINESS WELCOME FEST
Date	26th August 2025
Time	10:00 AM to 4:00 PM
Venue	Square 1
Number of Attendees	302
Resource Person	Happiness Team

Chitkara Happiness Centre organized a vibrant and engaging Happiness Welcome Fest for freshers. The event was designed to provide new students with a warm and memorable introduction to college life, successfully creating an atmosphere full of energy, excitement, and positivity. The Welcome Fest featured a variety of thematic canopies, each offering unique experiences and activities to engage students in meaningful ways. The "Inner Shift" canopy introduced students to the upcoming program "Inner Engineering" and provided a dedicated space for mindfulness meditation, promoting self-awareness and mental well-being. The "Happiness and Success Blueprint" canopy featured a selfie booth and a Gratitude Tree, where students could write notes of appreciation and tie them to the tree, encouraging reflection and gratitude. The "Confidence Hub" allowed students to participate in a fun game based on expressing movie dialogues using emojis, fostering creativity and self-expression. Other canopies, including "Rise and Lead," "Turn and Twist," and "Bachata and Yoga Glow," offered a mix of activities such as yoga poses and dance moves, helping students experience physical wellness, rhythm, and coordination. Additionally, the "Next Generation Marketing" canopy provided insights into innovative marketing strategies, adding an educational component to the event. The Welcome Fest also featured two special performances—a Bachata dance show and a Zumba session—which were highly appreciated by the students and added an extra layer of excitement to the day. Overall, the Happiness Welcome Fest was a resounding success, creating an inclusive, lively, and motivational environment for the freshers. The efforts of the Chitkara Happiness Centre in organizing such a thoughtfully planned event not only helped students feel welcomed but also encouraged them to embrace happiness, confidence, creativity, and personal growth as they embarked on their new academic journey.








AND TWIST WITH BACHATA AND ENERGY ZONE (BACHATA AND ZUMBA)

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ELEMENTS OF WELLBEING
Date	26th August 2025
Time	1:30 PM to 4:00 PM
Venue	Explore Stars
Number of Attendees	17
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre recently organized a unique and engaging event for ASU batch students, focusing on nurturing four essential elements of well-being: Gratitude, Joy, Peace, and Curiosity. The session was designed to help students understand these important aspects of life and explore practical ways to incorporate them into their daily routines. During the Gratitude activity, students reflected on the things they are thankful for, fostering a sense of appreciation and positivity. The Joy segment encouraged playfulness and happiness, helping students experience moments of lightheartedness and enthusiasm. The Peace component promoted inner calm and emotional balance, while the Curiosity activity inspired students to explore new ideas, perspectives, and possibilities, nurturing a mindset of continuous learning and discovery. The event featured a variety of interactive and enjoyable activities that enhanced participation and engagement, including a serene nature walk, eye meditation exercises, Laughter Yoga Therapy, and a fun Musical Chair game. These activities not only provided relaxation and entertainment but also encouraged students to bond and connect with one another, creating a sense of community, friendship, and mutual support. The combination of mindfulness exercises, playful games, and reflective practices made the experience holistic, allowing students to develop emotional awareness, stress management skills, and a positive outlook. Overall, the event was a remarkable success, leaving students motivated, happy, and equipped with valuable insights and tools to enhance their well-being, emotional resilience, and positivity. The initiative demonstrated the Chitkara Happiness Centre's commitment to fostering a supportive and joyful learning environment, emphasizing the importance of mental and emotional health alongside academic growth. Events like these not only promote individual well-being but also strengthen community spirit, encouraging students to carry forward the lessons learned into their daily lives. The Centre continues to inspire and engage students through innovative programs aimed at creating a happier, healthier, and more mindful student community.


EXPLORE STARS


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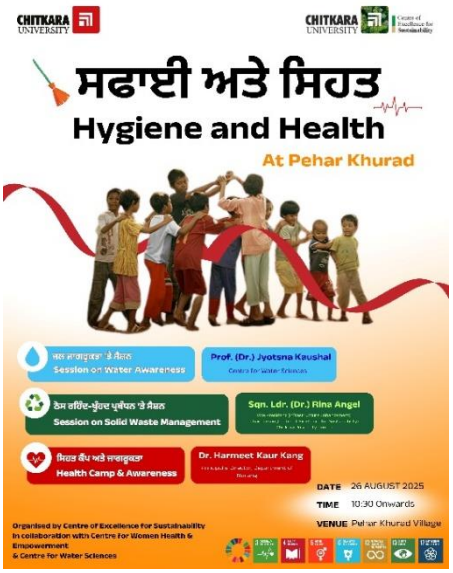
THE PARADISE


Welcome to
THE PARADISE

Event Name	Hygiene and Health Camp at Pehar Khurad
Date	26-August-2025
Venue	Pehar Khurad Village
Organizers	Office of Administration in collaboration with the Centre of Excellence for Sustainability
Resource Person	Mr. Balwinder Singh (Asst. Director), Mr. Ravinder Singh (Manager)
Event Co-ordinators	Mr. Mohit Kumar
Number of Participants	150 Families
SDGs Covered	3,4,5,6,12,13,17

About the Session



Continuing our commitment to community health and sustainable living, the Office of Administration, in collaboration with the Centre of Excellence for Sustainability, Centre for Water Sciences and the Centre for Women Health & Empowerment organized a Hygiene and Health Awareness Camp at Village Pehar Khurd. The initiative aimed to educate local villagers on essential aspects of health, hygiene, water quality, and waste management, while also providing basic medical screening services to promote preventive healthcare in rural areas.

- **Sqn. Ldr. (Dr.) Rina Angel**, **Vice President (Infrastructure Enhancement)** and **Chairperson**, **Centre of Excellence for Sustainability**, delivered an impactful **session on Solid Waste Management**, emphasizing the importance of segregating dry and wet waste, reducing plastic usage, and maintaining a clean village environment.
- **Dr. Harmeet Kaur Kang**, **Principal & Director**, **Department of Nursing**, led an engaging **session on personal hygiene and health awareness**, educating villagers to maintain hygiene, nutrition, and early identification of health issues through regular checkups.
- **Prof. (Dr.) Jyotsna Kaushal**, **Centre for Water Sciences**, conducted an interactive **session on Water Quality and Safe Drinking Practices**, highlighting methods to prevent contamination, simple purification techniques, and the importance of clean water in disease prevention.



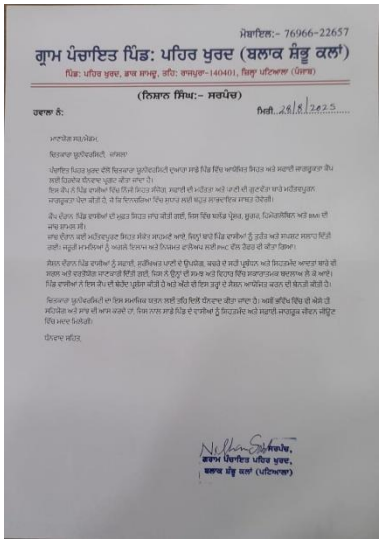



Health Screening Activities

As part of the initiative, the **villagers** underwent free screening for **BP, blood sugar, haemoglobin levels, and BMI**.



Each participant received personalized health counselling, and those requiring medical attention were referred to the local PHC for further evaluation, management, and follow-up. These findings helped the community better understand their health status and highlighted the importance of early detection and preventive habits.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ਪਿੰਡ: ਪਹਿਰ ਖੁਰਦ, ਡਾਕ ਸ਼ਾਮਪੁ, ਤਹਿ: ਰਾਜਪੁਰਾ-140401, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ (ਪੰਜਾਬ)

(ਨਿਸ਼ਾਨ ਸਿੰਘ:- ਸਰਪੰਚ)

ਹਵਾਲਾ ਨੰ: ਮਿਤੀ...28/8/2025

ਸਰਪੰਚ,
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ਬਲਾਕ ਸ਼ੰਭੂ ਕਲਾਂ (ਪਟਿਆਲਾ)

<u>Community Response and Impact</u>

The camp saw active participation from villagers of all age groups, who had requested the session and later thanked the university for bringing expert health guidance to their doorstep. The interactive discussions helped them gain practical tips on improving hygiene and sanitation at home. The initiative reinforced that **clean surroundings and good health go hand in hand**, reflecting Chitkara University's continued commitment to uplifting rural communities through health awareness and sustainability outreach.

<u>Conclusion</u> The **Hygiene and Health Camp at Pehar Khurd** successfully combined healthcare, environmental awareness, and sustainable practices under one platform. With the guidance of **Sqn. Ldr. (Dr.) Rina Angel**, **Dr. Harmeet Kaur Kang** and **Prof. (Dr.) Jyotsna Kaushal** the initiative empowered villagers with essential knowledge and access to health services, paving the way for a **healthier and more sustainable community**.



SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	YOGA WORKSHOP
Date	27th August 2025
Time	3:00 PM to 4:00 PM
Venue	Explore Stars
Number of Attendees	18
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Centre organised a Yoga Workshop conducted by Mr. Pradeep Kumar Yogi, with the aim of promoting physical well-being, mental focus, and overall health among students. During the workshop, Mr. Yogi guided the students through the practice of Surya Namaskar, or Sun Salutation, which they performed ten times with attention to proper breathing techniques and correct postures. The session included a complete sequence of asanas, beginning with Pranamasana (Prayer Pose), followed by Hasta Uttanasana (Raised Arms Pose), Padahastasana (Hand to Foot Pose), Ashwa Sanchalanasana (Equestrian Pose), Dandasana (Stick Pose), Ashtanga Namaskar (Salute with Eight Parts), Bhujangasana (Cobra Pose), and Adho Mukha Svanasana (Downward-Facing Dog Pose). Each pose was carefully explained and demonstrated, ensuring that students could understand the correct alignment, breathing, and rhythm for maximum benefit. The workshop emphasized not only the physical aspects of yoga but also the importance of mental focus, mindfulness, and regular practice for maintaining overall health. Students actively participated in the session, experiencing improvements in flexibility, balance, and body awareness while also gaining knowledge about the long-term benefits of incorporating yoga into their daily routine. The interactive and hands-on approach of the workshop helped create a positive and calming environment, encouraging students to continue practicing yoga beyond the session. Overall, the Yoga Workshop at Chitkara Happiness Centre provided a valuable opportunity for students to connect with their bodies and minds, enhance concentration, reduce stress, and cultivate a sense of well-being. The event successfully highlighted the significance of a healthy lifestyle, demonstrating how regular yoga practice can contribute to physical fitness, mental clarity, and emotional balance, leaving students motivated to embrace yoga as a part of their daily lives.


GPS Map Camera
Patiala, Punjab, India
Gm85+hhq, Chitkara University Rd, Punjab 140402, India, Patiala, Punjab 140402, India
Lat 30.516497° Long 76.658981°
27/08/2025 03:31 PM GMT +05:30
Google









SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	ZUMBA WORKSHOP
Date	27th August 2025
Time	9:30 PM to 10:30 PM
Venue	Explore Stars
Number of Attendees	65
Resource Person	Mr. Manav, Mr. Kundan

Chitkara Happiness Centre recently hosted an electrifying Zumba Workshop exclusively for hostel students under the Skillverse program, aiming to promote fitness, fun, and social bonding among participants. The evening turned into a vibrant celebration of music, dance, and energy, as students enthusiastically joined in, grooving, laughing, and enjoying every beat to the fullest. The session was led by the dynamic trainers, Mr. Manav and Mr. Kundan from the Office of Student Affairs, who are the head choreographers of Chitkara University. Their infectious energy and expert guidance ensured that every student, regardless of prior experience, could participate actively and feel included in the high-spirited environment. The workshop combined lively music with coordinated Zumba moves, creating a perfect blend of exercise and entertainment that energized both the body and mind. Students not only experienced a significant fitness boost but also enjoyed moments of camaraderie, teamwork, and shared joy, fostering stronger connections among hostel mates. The session encouraged students to embrace physical activity as a fun and enjoyable way to stay healthy, while also relieving stress and enhancing overall well-being. The interactive nature of the workshop allowed students to gain confidence in dancing, express themselves freely, and create lasting memories in a supportive an d energetic setting. The event successfully demonstrated how physical activity, when combined with music and group participation, can uplift mood, improve coordination, and strengthen social bonds. Overall, the Zumba Workshop at Chitkara Happiness Centre was a highly engaging and memorable experience that left students motivated, happy, and more connected with their peers. It not only emphasized the importance of fitness and wellness but also celebrated joy, enthusiasm, and community spirit, leaving an everlasting impression on all who participated.











Event Details	
Event Type	Competition
Topic	Design-O-Tech 4.0: Code The Future, Style The Web With Innovation
Date	2025-08-27 To 2025-08-27
Mode	Offline
Organizer Name	Chitkara Acm Student Chapter
No. Of Participants	59
SDG NO	3, 7, 9, 13
PO number(s)	PO3
University Charter	Let's prepare our students for Industry

OBJECTIVE



To provide students with a platform to showcase their creativity and technical skills.
To encourage participants to design and develop innovative websites based on real-world ideas.
To promote teamwork and collaboration by allowing students to work in groups.
To build confidence in presenting ideas and handling Q&A sessions with judges.
To prepare students for real-world scenarios where creativity, technical skills, and communication go hand-in-hand.

DESCRIPTION

Chitkara ACM Student Chapter, in collaboration with the Department of Computer Science and Engineering, recently held an exciting and innovative event, Design-O-Tech 4.0. It was an exciting and creative event organized to provide students with a platform to showcase their technical skills, creativity, and presentation abilities. The event mainly focused on website development and PowerPoint presentations, giving participants an opportunity to think outside the box and present their innovative ideas.

The goal of the event was to encourage students to learn, explore, and apply their knowledge in a fun and competitive way. It allowed participants to work as a team, improve their problem-solving skills, and enhance their confidence while presenting their work in front of judges.

The competition consisted of two rounds: Round 1 – Online Screening Participants were required to design a website and prepare a PowerPoint presentation where all submissions were evaluated by the judging panel based on creativity, functionality, design, and overall presentation quality. Teams that performed exceptionally well in this round were shortlisted for the next stage. Round 2 – Offline Evaluation The shortlisted teams were invited to the offline round, where they had to showcase their website and present their work in front of the judges. Each team delivered a detailed presentation explaining their concept and implementation strategy. The teams were asked questions to test their understanding. Based on the website quality, presentation clarity, innovation, and responses to questions, teams were scored and ranked.

OUTCOMES

1. Enhanced Technical and Creative Skills – Students gained hands-on experience in website development and presentation design, improving their creativity, functionality-focused thinking, and technical knowledge.
2. Improved Teamwork and Problem-Solving Abilities – By working collaboratively, participants developed stronger teamwork, communication, and problem-solving skills, essential for real-world projects.
3. Boosted Confidence in Public Speaking – Presenting their work in front of judges helped students build confidence, refine their presentation abilities, and learn how to handle questions effectively.
4. Recognition and Motivation – The competition rewarded innovation and effort, motivating students to explore new technologies, enhance their skills, and pursue excellence in future technical events.

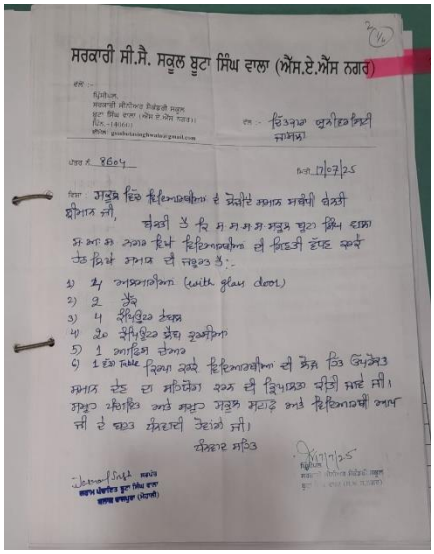



DESIGN
TECH 4.0
CHITKARA
UNIVERSITY


DESIGN
TECH 4.0

Event/Session Name	Donation of Furniture to School
Event/Session Date	27-August-2025
Venue	Govt. Senior Secondary School, Buta Singh Wala
Organizers	Office of Administration
Resource Person	Capt. Ravinder Singh, (Asst. Director) Mr. Ravinder Singh, (Manager)
SDGs Covered	1,3,17

Overview


ਸਰਕਾਰੀ ਸੀ.ਸੈ. ਸਕੂਲ ਬੂਟਾ ਸਿੰਘ ਵਾਲਾ (ਐੱਸ.ਏ.ਐੱਸ ਨਗਰ)

As part of its ongoing outreach initiatives, the **Office of Administration**, **Chitkara University**, undertook a furniture donation drive at the **Govt. Senior Secondary School, Village Buta Singh Wala** to support improved learning conditions and create a more functional educational environment for students. The initiative aimed to utilize reusable institutional resources effectively while contributing to the betterment of local community infrastructure.

About The Donation

The donated items included:

- Work Stations – 4 units
- Iron Almirahs – 4 units
- Computer Chairs – 20 units
- Wooden Racks – 2 units
- Revolving Chair – 1 unit

The furniture was carefully refurbished and handed over to the school administration to enhance classroom and office utility.

Implementation and Setup

Before the donation, school rooms were cleaned and cleared to prepare space for the newly delivered furniture. The **Office of Administration** team personally supervised the setup, ensuring that each piece was arranged thoughtfully to optimize comfort and usability for staff and students. The transformation was visible from empty, disorganized rooms to **well-equipped and structured spaces** that now provide a conducive environment for teaching and learning.





Empowering Classrooms, Enriching Lives



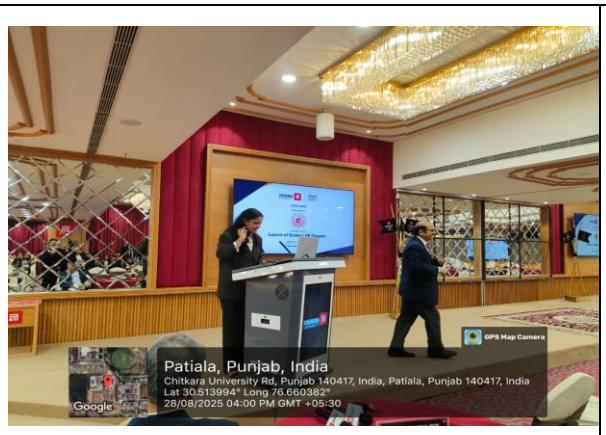
The donation was warmly welcomed by the school staff and students, who expressed their gratitude for Chitkara University's thoughtful contribution. This initiative not only strengthened ties between the university and the local community but also reinforced the institution's values of **resourcefulness**, **social responsibility**, and **sustainable** giving ensuring that surplus materials find meaningful purpose in supporting education.

Conclusion

The Furniture Donation Drive at Government School, Buta Singh Wala stands as a testament to the Office of Administration's commitment to community development and educational upliftment. By repurposing quality institutional resources for public good, the department continues to set an example of sustainability in action and compassion in practice.

Title: Future of Work: Human Centric Innovation and AGILE Mental Models for the AI Era		
1	Type of Activity	Talk
2	Program Theme (Keywords)	R&D and Innovation
3	Link (Pre Link)	Pre Link
	Link (Post Link)	Post Link
4	Program Type	level 2
	Nomenclature	workshop
5	Description	
	The Department of MBA (HR), CBS, in collaboration with NIPM, is organizing an IIC Session on "Future of Work: Human-Centric Innovation and AGILE Mental Models for the AI Era" on 28th August 2025 at Martin Luther Hall. Led by Mr. Varinder Kumar Verma, Mentor & Coach – PEPALVERSE, the session will explore how AI is transforming workplaces and why human-centric, agile approaches are critical. Students will gain insights into innovative thinking, adaptability, and leadership skills required for the evolving business environment. Attendance is mandatory, and participation certificates will be awarded.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	
	he IIC Session on "Future of Work: Human-Centric Innovation and AGILE Mental Models for the AI Era" is a strategically designed academic-industry interface that prepares students for the realities of the evolving workplace. With Artificial	

	Intelligence redefining business functions, it is imperative that future managers develop agility, adaptability, and innovation-driven thinking. This activity aligns directly with our Program Outcomes (POs), as it enables students to connect theoretical concepts with real-world applications (PO-01), enhances analytical and critical thinking in assessing AI-driven challenges (PO-02), and nurtures entrepreneurial as well as creative approaches to problem-solving (PO-07). By engaging with an industry mentor, students gain practical insights into leadership, communication, and the application of technology (PO-04 & PO-08). The session emphasizes the balance between technological advancement and human-centric innovation, preparing students to lead responsibly and effectively in dynamic global contexts. Mandatory participation ensures inclusive learning, while certificates add value to their academic and professional portfolio. In essence, the activity strengthens students' future-readiness, bridges the academia-industry gap, and contributes to holistic learning outcomes aligned with the MBA program's vision.	
7	Start and End date of the event: 28/08/2025 to 28/08/2025	
8	Mention minimum number of students (Event): 65	
9	Mention minimum number faculty (Event): 1	
10	Objective of the event in 3 words (90 Characters) only:	
	Equip students with human-centric innovation & agile skills for the AI era	
11	Benefit of the activity in 5 words (120 Characters) only:	
	Enhances innovation, agility, leadership, and AI-ready skills for future workplaces	
12	Video URL	
13	Photographs	

Name Of Department	PG Programs
Name Of Organizer with Mail ID & Contact Number	MBA-HR
Resource Person Details	
Name	Varinder Kumar Verma
Designation	Mentor & Coach
Organization	Pepalverse

Event Details	
Title of the Event:	Exploring Innovation and Hackathons With DICE
Date of the Event:	29 August 2025
Venue	Tesla Block (TB 102)
SDG no	3,4,7,8,9, 11,15and 17
Department	DICE
Organized By	Dr. Rajneesh Talwar, Dean DICE
No. of Student Attended	40
Resource Persons:	Dr. Rajneesh Talwar, Dean DICE
Duration	1 day

Description



Dr. Rajneesh Talwar led an engaging session titled "Exploring Hackathons and Projects with DICE" for first-year students of Computer Science Engineering (CSE), Artificial Intelligence (AI), and Future Technology. The session emphasized the power of innovation, highlighting how technology and creativity can come together to drive meaningful societal impact. Dr. Talwar encouraged students to cultivate an innovative mindset early in their academic journey. Smart India Hackathon (SIH) 2025: Dr. Talwar provided detailed insights into SIH 2025, a national-level platform that enables students to develop innovative solutions to real-world challenges through teamwork. The hackathon covers various themes, including: - Smart Automation, Smart Resource Conservation Smart Education, Disaster Management Blockchain & Cybersecurity, Renewable / Sustainable Energy Travel & Tourism, Clean & Green Technology Robotics and Drones, Transportation & Logistics, Smart Vehicles Agriculture, FoodTec & Rural Development, MedTech / BioTech / HealthTech Heritage & Culture, Fitness & Sports Toys & Games, Space Technology Dr.

Talwar shared tips on analyzing problem statements, aligning solutions with industry and societal needs, and building effective multidisciplinary teams. The session inspired students to utilize DICE as a hub for innovation and experimentation, preparing them for SIH 2025 and other hackathons, entrepreneurial ventures, and future-ready projects

OBJECTIVE

1.To introduce students to the concept of hackathons and project-based learning.
2.To create awareness about opportunities available through DICE.
3.To inspire students from multiple disciplines (CSE, AI, Future Tech) to collaborate.
4.To set the stage for innovation-driven learning from the first year.





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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	30th Aug 2025
Time	11:00 AM to 1:00 PM
Venue	Government School, Jhansla
Number of Attendees	123
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre, under its Community Happiness Project, visited the Government Senior Secondary School, Jhansla, to spread positivity and share practical ways of leading a happier life. The session was led by Mr. Manav Bansal, Chief Happiness Officer, who engaged the students through interactive games, gratitude tools, and meaningful discussions on mental health and overall well-being. The session emphasized the importance of cultivating resilience through a "Never Giving Up Attitude," encouraging students to stay strong and persevere through challenges. Students also learned about creating a "Positive Aura," which highlighted how maintaining a positive mindset can influence both their personal growth and their environment. Adding to the inspiration, a motivational story was shared that instilled hope and determination in the young learners. One of the unique highlights of the session was the teaching of the "3 Steps of Laughter," a simple yet powerful exercise demonstrated by Mr. Manav Bansal to help students experience the joy and health benefits of laughter in daily life. These engaging activities not only made learning about happiness enjoyable but also instilled essential life skills like emotional management, gratitude practice, and building resilience. By introducing such initiatives in government schools, the Chitkara Happiness Centre is fostering strong community connections and ensuring that the principles of joy, gratitude, and positivity reach students from diverse backgrounds. The visit to Government Senior Secondary School, Jhansla, became a memorable experience for the students, leaving them inspired, motivated, and equipped with tools to lead a balanced and joyful life. Such efforts reflect the Centre's commitment to holistic development and its vision of spreading happiness beyond the university to the larger community.













Event Name	National Nutrition Week
Date	1st Sept to 11th Sept 2025
Venue	Pierre Hall, Le Corbusier Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Dr Abha Sandhu, Dietician, AIMS Mohali, Punjab 2. Ms Diksha, Dietician, Neelam Hospital, Rajpura, Punjab
Number of Participants	98
SDG Number	2,3,4,5,17
Duration	5 days

Description of Event



The Department of Nutrition and Dietetics, Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Punjab, celebrated National Nutrition Week 2025 with great enthusiasm and active participation from students and faculty. The week-long event aimed to promote awareness about nutrition across all age groups and to encourage innovative approaches for achieving optimal health through balanced diets. The celebrations commenced on 1st September 2025 with an expert talk by Dr. Abha, Dietitian, AIMS, Mohali, on *"Impact of Prenatal Nutrition on Neurodevelopment and Cognitive Outcomes."* The session was followed by a quiz competition on *"Nutrition for Prenatal and Postnatal Care, Infancy, and Childhood,"* engaging students from multiple batches.

On 2nd September, creative events such as a Leaflet Design Competition on "Role of Nutrition in Adolescents" and a 2-Minute Video Challenge – NutriFlicks: Fueling Future Champions* encouraged students to spread nutrition awareness through visual and digital media. A field visit to PGI was organized on 9th September, giving students practical exposure to clinical nutrition practices. The highlight of Day 4 (10th September) was an insightful expert talk by Dietitian Diksha Sharma from Neelam Hospital on "Thriving Through Change: Nutritional Care in Peri & Post Menopause", followed by a nutritional counselling session on "Holistic Health for Women." The week concluded with a Cafeteria event and a special session "Meet the Innovator" in collaboration with Herbal Confexion, showcasing healthy food innovations. Overall, National Nutrition Week 2025 successfully fostered awareness, creativity, and collaboration, motivating students to apply their knowledge towards improving community health and promoting nutritious food for all age groups.






NEHRU HOSPITAL
POSTGRADUATE INSTITUTE OF MEDICAL EDUCATION AND RESEARCH CHANDIGARH

Event/Session Name	Birthday Celebrations at Dew Drops
Event/Session Date	September–December 2025
Venue	Dew Drops Creche, Chitkara University
Organizers	Office of Administration
Resource Person	Capt. Ravinder Singh, Asst. Director Mr. Gurjeet Singh, Manager Mr. Mandeep Singh, Asst. Manager
SDGs Covered	2,3,8

Overview

Continuing its tradition of celebrating childhood milestones, the Office of Administration organized birthday celebrations at Dew Drops for children between September and December 2025. The initiative aimed to create joyful experiences for the children while fostering a nurturing environment rooted in care, warmth, and a strong sense of community.



Celebration Highlights

Each celebration was conducted in a cheerful and welcoming setting, with parents actively participating alongside the Dew Drops team. Children were presented with **goodies such as chocolates and return gifts**, making the occasion memorable and exciting for them.

The presence and support of the building administration, including **Mr. Gurjeet Singh, Manager**, further highlighted the collaborative and caring spirit surrounding Dew Drops.

Birthdays Celebrated

The following children celebrated their birthdays in a joyful and nurturing environment at Dew Drops:

Conclusion

These celebrations reflected Dew Drops' commitment to emotional well-being and holistic childhood development. By celebrating milestones together with families, the initiative fostered joy, belonging, and lasting memories for both children and parents.


Explore
Your
Potential


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Your
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Event	Fresher's Day Celebration–Cultural Programme		
Date/Time	05th Sep 2025/09300 hrs. Onwards	Mode:	Offline
Location/Link	Pulitzer Hall, Picasso Block, Chitkara University		
Activity In-charge	Mr. Brij Kishore		
No. of Participants	86 cadets + 12 Faculty		
Resource Person (if any)			
SDG	3-Good Health and well-Being, 17 – Partnership for the Goal		

BRIEF DESCRIPTION

The Chitkara University School of Maritime Studies (CUSMS) celebrated Fresher's Day on 05 September 2025 with great enthusiasm, joy, and a spirit of unity, creating an environment where both cadets and faculty could relax, interact, and celebrate together. Held in the beautifully arranged Pulitzer Hall, the event began with a warm welcome to Principal Capt. Prabhat Nigam and all faculty members, who were greeted with applause, respect, and handmade appreciation badges thoughtfully prepared by the cadets. This gesture set a positive tone for the celebration, highlighting the gratitude cadets hold for their mentors. As the programme progressed, the hall was filled with energy and excitement through a variety of engaging performances. Cadets presented well-planned skits, humorous acts, and creative short performances that kept the audience entertained throughout. One of the most delightful moments of the day was a playful act by a cadet who appeared in a uniquely crafted costume made from a black plastic sheet, which instantly brought laughter and set a cheerful mood for the rest of the programme. In addition to solo performances, several group dances and coordinated acts showcased the cadets' teamwork, confidence, and enthusiasm, demonstrating the lively spirit and creativity that define the CUSMS student community.

The faculty, too, thoroughly enjoyed these performances, applauding the cadets' efforts and sharing moments of laughter and appreciation, which strengthened the bond between students and teachers. The atmosphere remained vibrant, interactive, and full of positive energy, as everyone participated wholeheartedly in the celebration. The event not only allowed cadets to showcase their talents but also offered a platform for them to connect with their faculty outside the classroom, fostering a sense of belonging, respect, and mutual understanding.

By the end of the celebration, there was a visible sense of satisfaction and togetherness, as both faculty and cadets expressed how enjoyable and memorable the day had been. Overall, Fresher's Day at CUSMS stood as a heartfelt tribute to the dedicated faculty who guide and mentor the cadets, while also strengthening the camaraderie among students. Under the inspiring leadership of Principal Capt. Prabhat Nigam, the event reinforced the institution's commitment to maintaining a positive, supportive, and enriching environment for holistic maritime education and cadet development.





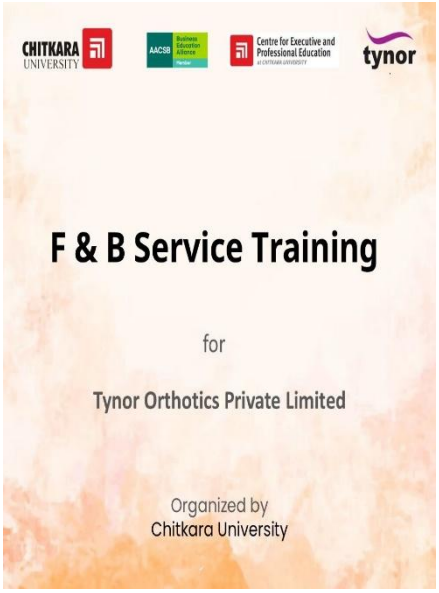




Event Details	
Event Type	Corporate Training
Topic	F & B Service Training
Date	2025-09-06 To 2025-09-06
Mode	Offline
Organizer Name	Mr. Narinder Garcha
Resource Person	Mr. Shubham Sharma, Asst. Professor | Cchm
No. Of Participants	11
SDG No	3, 4, 5, 8
University Charter	Let's Educate Our Students for Brilliant Futures

OBJECTIVE

1) To enhance participants' knowledge of dining etiquettes and professional F&B service standards.
2) To instill awareness of basic hygiene, grooming, and workplace cleanliness in service operations.
3) To provide practical exposure to formal service techniques, including boardroom, table setups, tea/coffee, and pre-plated service.
4) To develop skills in buffet layout, display, and guest flow management for corporate and hospitality settings.



DESCRIPTION

The Food & Beverage Service Training was conducted to equip hospitality professionals with essential skills to deliver outstanding guest experiences. The training emphasized professional service etiquette, operational efficiency, teamwork, and customer-centric approaches. Participants were introduced to international service standards, menu knowledge, hygiene protocols, and techniques for handling guest complaints effectively. The program aimed to bridge the gap between technical service skills and interpersonal competencies. By focusing on both operational excellence and guest satisfaction, the training ensured participants could create memorable dining experiences, enhance organizational reputation, and contribute to sustainable and efficient service practices. This training also encouraged continuous learning and collaboration, fostering a work environment where innovation, accountability, and quality service are prioritized. Participants learned how high standards of food safety, service etiquette,

and menu knowledge not only improve guest satisfaction but also support long-term operational growth.

OUTCOMES

1.Participants delivered professional, efficient, and courteous service consistently.
2. Demonstrated improved guest engagement and personalized service techniques.
3. Maintained high standards of hygiene, safety, and quality management.
4. Showed effective teamwork and communication across service operations.
5. Handled guest complaints confidently using problem-solving and empathetic approaches.








Walk to the Guest
Right while
Escorting the Guest




Ladies
are
Seated
First
tynor


Do not over commit
any internal or
external customer


tynor

Event	Volleyball Match		
Date / Time	08th Sep 2025/ 1600 Hrs onwards	Mode:	Offline
Location / Link	Volleyball Court, Chitkara University, Punjab		
Activity In-charge	Mr. Manohar Lal		
No. of Participants	16 Player		
Resource Person (if any)	-----		
SDG	3: Good Health and Well-being, 10: Reduced Inequalities.		

Games And Sports Are Really Important To Maintain The Body Physique And Fitness Of Ones Body. And When It Comes To A Profession Of Sailing Fitness Plays A Really Important Role For Us As Mariner.

Event Report: Volleyball Match

Introduction

The Chitkara University School of Maritime Studies (CUSMS) Sports Committee, in collaboration with the Chitkara University Sports Board, successfully organized an exhilarating inter-house Volleyball Match on Sep 08, 2025. The best or three volleyball match was played between two spirited teams - representing Port House and Starboard House. This high-energy event not only showcased the athletic prowess and sportsmanship of the cadets but also promoted unity and a healthy competitive spirit.

Event Details

The tournament commenced at 1600 hrs with the toss and the kind permission of the Honourable Vice President/Principal, Capt. Prabhat Nigam. The energy and enthusiasm from both players and spectators were evident from the very beginning.

A total of 16 players formed the two participating teams, engaging in a best of thrilling three competitive matches according to the official. The playing sets in the match are as follows:

- **Set 1:**– Single of 25 points.

Result: Port won with a score of 25–22.

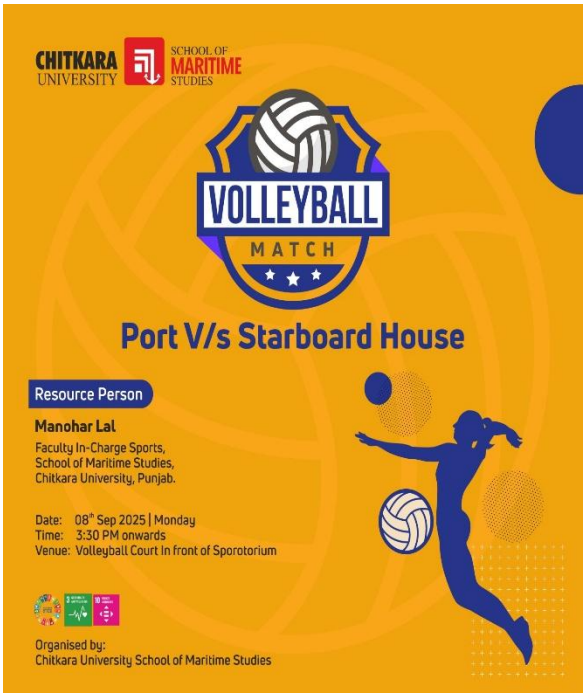
- **Set 2:** Single of 25 points.

Result: Starboard emerged victorious with a score of 25–19.

- **Set 3:** Single of 15 points.

Result: Port secured scores of 15–12.

As a result, **Port House** was declared the overall winner and proudly lifted the **Rollover Trophy**.



Support and Execution

The seamless execution of the event was made possible with support from:

- **Referee** 1. **Ronit,** 2. **Arpan Rao,** 3. Score keeper **Shivam** and Technical Experts **Dinesh Assistant Professor** provided by the Chitkara University Sports Board, who ensured fair play and adherence to rules. They conducted a pre-match briefing covering rules, regulations, and match conduct.
- **Discipline and Safety Committee Members** who maintained vigilance throughout, ensuring decorum and safety standards were upheld.

Highlights and Impact

The tournament witnessed intense yet respectful competition, with cadets demonstrating high levels of dedication, teamwork, and sportsmanship. The event was not only a celebration of physical fitness and competitive spirit but also a catalyst for fostering camaraderie and inter-house bonding among students.

Conclusion

The CUSMS Inter-House Volleyball Match was a resounding success. The event provided a dynamic platform for cadets to display their athletic talent and team collaboration. It significantly contributed to the promotion of discipline, fitness, and unity—marking a commendable highlight in the CUSMS sports calendar.

List of Players

Starboard: Ubaid Ayoub Dar (Captain), Shivansh Patiyal, Deepanshu Choudhary, Lipundas Das, Ansh Dhiman, Tanvir Chauhan & Tanish Thakur

Port: Manas Dumka (Captain), Aryan Thakur, Ayush Singh Chauhan, Aatif Sheikh, Swarnjeet Singh Walia, Bhavy Bhatia, Aryan Katoch & Sangam Guleria

Result

Winner: **Port**

Runner up: **Starboard**









Event Details	
Event Type	Expert Talk
Topic	Drug Safety, Risk Management, And Research: An Integrated Perspective
Date	2025-09-08 To 2025-09-08
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Himanshu Aggarwal, Manager
No. Of Participants	157
SDG No	SDG 4: Quality Education, SDG 3: Good Health and Well-Being, SDG 9: Industry, Innovation and Infrastructure
Po Number(S)	Po3, Po1, Po5, Po9, Po11
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Empower Our Students with Great Communication Skills, Let's Encourage Our Students to Think Out of The Box, Let's Infuse Leadership Skills in Our Students, Let's Ingrain Spirit of Entrepreneurship Among Our Students

OBJECTIVE

To provide an integrated understanding of drug safety, pharmacovigilance, and risk management across the medicine lifecycle.

To highlight the role of clinical and post-marketing research in identifying, assessing, and minimizing medication-related risks.

To familiarize participants with risk management plans (RMPs), signal detection, and regulatory expectations for patient safety.

To demonstrate how evidence-based research supports regulatory decision-making and safety interventions.

To strengthen awareness of interdisciplinary collaboration among clinical research, regulatory affairs, and pharmacovigilance functions.

DESCRIPTION

Drug Safety, Risk Management, and Research: An Integrated Perspective is an expert-focused academic session designed to provide a comprehensive understanding of how drug safety systems, structured risk management, and clinical research function collectively to protect patient health. In an era of complex therapies and expanding global markets, ensuring medicine safety requires an integrated, evidence-driven approach that spans the entire product lifecycle. The session emphasizes the foundational role of drug safety and pharmacovigilance in identifying, assessing, and preventing adverse drug reactions. Participants are introduced to core safety activities such as case processing, signal detection, benefit–risk evaluation, and regulatory safety reporting. By situating these activities within both pre-approval and post-marketing phases, the session highlights the continuous nature of safety surveillance. A key focus of the discussion is risk management and its structured application through tools such as Risk Management Plans (RMPs) and risk minimization measures. Experts explain how identified and potential risks are proactively managed using targeted strategies, educational interventions, and monitoring mechanisms. The session also addresses regulatory expectations for risk management, demonstrating how safety planning is embedded into regulatory submissions and lifecycle management. The research component of the session underscores the importance of clinical trials, post-marketing studies, and real-world evidence in strengthening drug safety decisions. Participants gain insight into how research data informs signal validation, benefit–risk assessments, and regulatory actions. The integration of research methodologies with pharmacovigilance systems is highlighted as a critical factor in generating robust safety evidence.

OUTCOMES

Improved understanding of drug safety and pharmacovigilance principles across the product lifecycle.

Enhanced awareness of risk management strategies, including Risk Management Plans and risk minimization measures.

Clear insight into the role of clinical and post-marketing research in supporting safety and benefit–risk decisions.

Better comprehension of regulatory expectations and evidence-based safety management.

Strengthened appreciation of interdisciplinary collaboration among pharmacovigilance, clinical research, and regulatory functions.



Event Details	
Event Type	Competition
Topic	World Suicide Prevention Day
Date	2025-09-10 To 2025-09-10
Mode	Offline
Organizer Name	Ms. Jigyasha Sharma, Ms. Kanu Mahajan
No. Of Participants	12
SDG No	3, 4, 10, 17
PO Number(S)	PO3, PO9, PO12
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

1. To raise awareness about suicide as a preventable public health issue.
2. To promote positive narratives around mental health and resilience.
3. To engage students and the community in meaningful dialogue through digital platforms.
4. To reduce stigma associated with suicide and mental illness.
5. To align university initiatives with the Sustainable Development Goals (SDGs), particularly Goals 3, 4, 10, and 17.

DESCRIPTION

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, observed World Suicide Prevention Day 2025 with a special initiative to raise awareness on suicide prevention and mental health promotion. The event was held on 10th September 2025 under the global theme "Change the Narrative". This year's focus emphasized the importance of altering perspectives around suicide by promoting dialogue, breaking stigma, and fostering hope. As part of the observance, a Social Media Campaign was organized to spread the message widely and encourage community participation. The campaign revolved around the topic "Change the Narrative. Choose Hope." This initiative aimed to engage students, faculty, and the broader community in meaningful conversations about suicide prevention, resilience, and mental well-being. By using digital platforms, the campaign ensured outreach to a larger audience, thus strengthening awareness and collective responsibility.

The campaign was convened by Ms. Jigyasha Sharma and Ms. Kanu Mahajan, both Assistant Professors at the Department of Nursing, CSHS, Chitkara University, Punjab. Their leadership and commitment contributed significantly to planning and executing the awareness drive effectively. The campaign remains active w.e.f. 10th September 2025 to 15th September 2025. The judgement took place on 16th September 2025 the event highlighted the urgent need to address suicide as a public health concern. Globally, suicide continues to be one of the leading causes of death, particularly among young people. Initiatives like these play a crucial role in promoting early intervention, encouraging open conversations, and providing support to those in distress. The symbolic imagery used in the campaign—such as the red hand within the noose—served as a powerful reminder of the collective responsibility to replace despair with hope and solidarity. In conclusion, the observance of World Suicide Prevention Day 2025 by Chitkara University successfully fostered awareness, compassion, and hope. Through its theme and outreach, the campaign encouraged the community to stand together against stigma and work collectively toward preventing suicide.

OUTCOMES

1. Increased awareness among students and faculty regarding suicide prevention strategies.
2. Enhanced engagement of the university community in conversations around mental health.
3. Wider outreach achieved through digital platforms, extending beyond the campus.
4. Encouragement for individuals to seek help and support in times of distress.
5. Contribution toward global mental health advocacy by aligning with SDGs.

Event Details	
Event Type	Skill Development Program
Topic	"Inside Out: Pain To Paint" - A Facepainting Competition
Date	2025-09-11 To 2025-09-11
Mode	Offline
Organizer Name	CSPC
No. Of Participants	27
SDG No	SDG 4: Quality Education, SDG 3: Good Health and Well-Being, SDG 17: Partnership For The Goals
University Charter	Let's Educate Our Students for Brilliant Futures

OBJECTIVE

Broad Creative Participation: Attracting a diverse and representative group of students to creatively share their internal journeys through the face painting medium.

Documented Experience: Collecting powerful written or video testimonials that capture the therapeutic and expressive value participants gained from the artistic process.

Maximized Exhibition Reach: Ensuring the final art exhibition is widely attended and highly visible to the entire campus, maximizing the impact of the visual stories.



Digital Storytelling: Prominently showcasing a selection of the most impactful art pieces across official university media channels to amplify the message of resilience.

Positive Feedback: Receiving overwhelmingly positive feedback that affirms the event's success in providing a constructive and positive space for deep emotional self-expression.

DESCRIPTION

On September 11, 2025, the Chitkara School of Psychology and Counselling hosted "Inside Out: From Pain to Paint," a unique face painting competition designed to commemorate Suicide Prevention Month. The event empowered students to transform their inner emotional and psychological states into public works of art, using their faces as a canvas for non-verbal storytelling. Participants showcased incredible courage and creativity, externalizing complex emotions and personal journeys with every brushstroke. The event provided a powerful and safe space for students to express struggles and resilience, highlighting that art can be a profound tool for communication and healing. The resulting portraits were not just beautiful; they were powerful statements that helped to de-stigmatize complex emotions and normalize the act of asking for help.

OUTCOMES

Non-Verbal Healing: Providing a safe, cathartic, and non-verbal channel for students to process and express deep internal struggles, validating the complexity of their emotional experiences.
De-Isolation: Making invisible emotional pain visible and shareable, which profoundly reduces the isolating effects of internal struggles.
Visual Advocacy: Generating a visually striking and poignant display that naturally captivates the community and compels them to engage in mental health conversations.
Empathy Creation: Fostering a deeper sense of empathy and mutual understanding among participants and viewers through the shared experience of seeing vulnerability expressed as art.
Emotional Translation: Facilitating a shift from abstract suffering to a concrete, external representation,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Event Details	
Event Type	Skill Development Program
Topic	"Starting The Conversation" - A Suicide Prevention Month Initiative 2025
Date	2025-09-11 To 2025-09-22
Mode	Offline
Organizer Name	CSPC
No. Of Participants	100
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 17: Partnership For The Goals
University Charter	Let's Empower Our Students With Great Communication Skills, Let's Educate Our Students For Brilliant Futures

OBJECTIVE

Service Utilization Rate: Increase the monthly utilization rate of the university's counseling services by 25% in the month immediately following the initiative (October 2025) compared to the preceding month (August 2025).
Confidence in Intervention: Achieve a 30% increase in participant self-reported confidence in initiating a difficult conversation about mental health, as measured by a pre- and post-initiative survey distributed to event attendees.
Content Generation: Generate over 750 pieces of student-created content (including face paints, Instagram reels, and research posters) focused on mental health, resilience, and hope across all creative events.
Awareness Reach: Achieve an estimated social media reach of over 50,000 views/impressions across all digital components of the initiative (Instagram reels, promotional materials, etc.).
Sustained Engagement: Successfully register and maintain a list of 100+ students who commit to serving as ongoing peer mental health allies for the 2025-2026 academic year.

DESCRIPTION

"Throughout September 2025, the Chitkara School of Psychology and Counselling dedicated an entire month to Suicide Prevention with our ""Start the Conversation"" initiative. This series of events was designed to break down the stigma surrounding mental health and create a supportive, open community. We were incredibly moved by the participation and powerful messages shared. The month kicked off with our ""Inside Out: Pain to Paint"" face painting competition. Participants used this creative outlet to visually represent their internal struggles

and journeys toward healing. The canvases became powerful stories of resilience and hope, proving that art can be a meaningful way to express what words often cannot. Following this, the ""Changing the Narrative"" Instagram reel challenge inspired individuals to share personal stories of overcoming adversity, creating a viral wave of positive and empowering content. The collective voice of our community online was a testament to the power of shared experience. To equip everyone with practical skills, the ""R U Okay?"" workshop provided valuable guidance on how to approach difficult conversations about mental health with empathy and confidence. This was a crucial step in empowering our community members to become active allies. The month also featured the ""Semicolon Research Project"" poster competition, where students presented insightful research on suicide prevention and mental health. This event highlighted the importance of evidence-based approaches and academic rigor in our mission. The initiative concluded with the ""Out of the Darkness"" march. Uniting as a community, we walked in solidarity, showing our collective support for those who have struggled and remembering those we have lost. It was a powerful and emotional end to a month of dedicated effort. Each event played a vital role in our journey to build a more compassionate and understanding community. We believe that by creating diverse opportunities for engagement, we've taken crucial steps toward reminding everyone that their stories are not over. We are incredibly grateful for everyone who participated and helped make this initiative a success."

OUTCOMES

Sustained Stigma Reduction: A demonstrably more open and non-judgmental campus environment where discussing mental health struggles is normalized, leading to greater psychological safety.

Increased Help-Seeking Behavior: A measurable increase in the overall willingness of students and staff to seek formal counseling services and informal peer support when in distress.

Community-Wide Resilience: The creation of an enduring culture of empathy and active listening, equipping the community to collectively handle future adversity and mental health challenges.

Integration of Mental Wellness: The permanent integration of mental wellness and suicide prevention concepts into the School of Psychology's curriculum and extracurricular activities beyond the initiative month.

Empowered Allies: A significant and lasting increase in the number of community members who feel personally responsible and confident


High-Stakes Exams in India: Mental Health Risks and the Promise of AI in Suicide Prevention
The question isn't whether students are prepared for exams, but whether exams are prepared to care for students and can AI make that possible?
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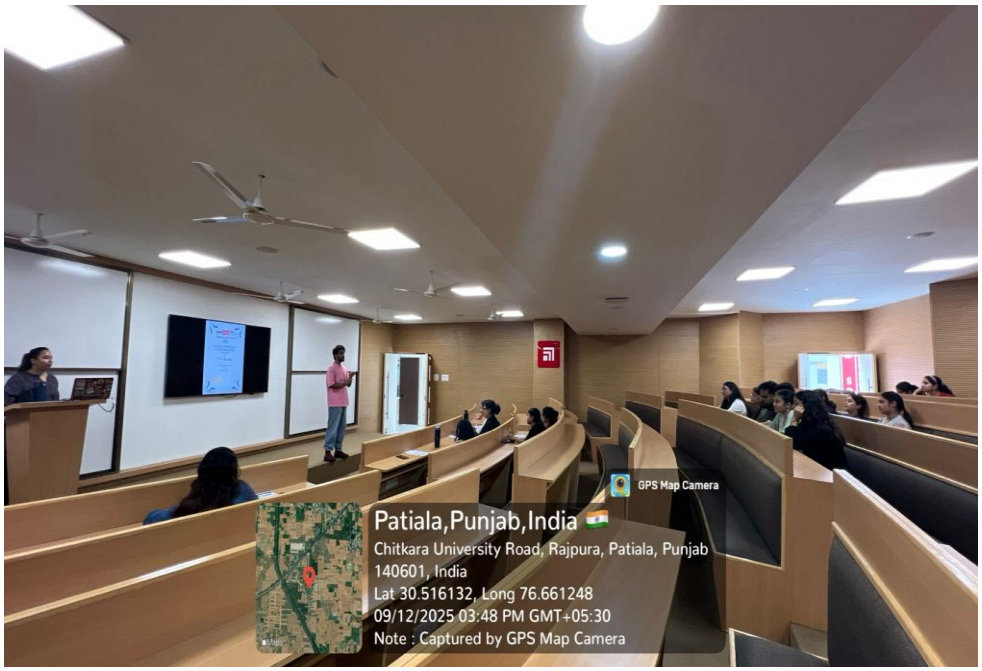
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#Projects
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Event Details	
Event Type	Skill Development Program
Topic	R U Okay? A Workshop On Difficult Conversations On R U Okay Day
Date	2025-09-12 To 2025-09-12
Mode	Offline
Organizer Name	CSPC
Resource Person	Ms. Sanskriti Sinha, Tra | Mr. Divyanshu Sharma, Ap
No. Of Participants	12
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 17: Partnership For The Goals
University Charter	Let's Educate our students for brilliant futures

OBJECTIVE

Widespread Skill Dissemination: Successfully training a substantial portion of the community (including students, staff, and faculty) in basic mental health first aid/conversational skills. High Confidence Gain: Documenting an overwhelmingly positive increase in attendee self-reported confidence regarding their ability to support a struggling peer. Skill Retention Validation: Verifying attendees' ability to correctly recall and apply the appropriate steps for referral and intervention through post-workshop activities. Targeted Outreach: Successfully executing dedicated workshop sessions for specific groups (e.g., student leaders, residential staff) to strategically place trained allies across the campus. Resource Clarity: Ensuring that every single attendee leaves the workshop with immediate access to a clear, concise list of key mental health support resources.

DESCRIPTION

"On September 12, 2025, Chitkara University's School of Psychology and Counselling hosted a crucial workshop on ""Having Difficult Conversations"" as part of our ""Start the Conversation"" Suicide Prevention Month initiative. The event, held on R U Okay? Day, equipped attendees with the essential tools to have supportive and life-changing conversations. The workshop focused on the four key steps of an R U OK? conversation: Ask R U OK?: We emphasized the importance of asking this simple but powerful question genuinely and with care. Listen: Participants learned to listen without judgment, allowing the person to feel heard and understood. Encourage Action: We discussed how to guide individuals toward professional help or other support systems, empowering them to take a positive next step. Check In: The final step focused on the importance of following up to show continued care and support, reinforcing that they are not alone. The session was an important reminder that a conversation can change a life.

By providing these practical tools, we aim to empower our community to become a network of support, ready to ""start the conversation"" whenever it's needed."

OUTCOMES

Practical Competence: Ensuring every attendee gains tangible, actionable skills for safely and empathetically initiating difficult conversations about mental health.
Confidence to Act: Removing the common fear of "saying the wrong thing," thereby empowering participants with the courage and confidence to move from concern to proactive intervention.
Empathy and Referral Mastery: Instilling a deep appreciation for the power of non-judgmental listening and effective, safe referral as the two pillars of support.
A Stronger Safety Net: Significantly expanding the number of competent, trained informal first responders within the campus, creating a denser and more reliable support structure.
Resource Connection: Ensuring community members have immediate and clear knowledge of available resources and how to seamlessly connect a peer in need with professional help.





Event Details	
Event Type	Skill Development Program
Topic	"Out Of The Darkness" - A Suicide Prevention Rally
Date	2025-09-14 To 2025-09-15
Mode	Offline
Organizer Name	CSPC
No. Of Participants	25
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 17: Partnership For The Goals
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

Profound Solidarity: Creating a powerful, visible, and deeply moving collective action that significantly reduces feelings of isolation for those struggling. Honoring Lives: Providing a public, respectful, and emotional space for the community to remember and honor the lives lost to suicide. Institutional Commitment: Serving as a clear, visible affirmation of the university's unwavering commitment to the mental health and well-being of every person on campus. Collective Hope: Offering participants a healthy, public opportunity for emotional catharsis and the building of collective hope, aiding in personal and communal healing. Community-Wide Outreach: Significantly amplifying the visibility of the "Start the Conversation" message by taking it off-campus and engaging the wider local community.

DESCRIPTION

The Chitkara School of Psychology and Counselling is hosting "Out of the Darkness," a powerful rally to raise awareness for suicide prevention on September 15, 2025, to commemorate Suicide Prevention Month. This event is a symbol of our collective solidarity and support for those who have been impacted by mental health struggles. The rally offers a meaningful opportunity for students, faculty, and the community to unite and walk together in a show of strength and hope. By stepping out of the darkness and into the light, we'll send a clear message that no one is alone and that help is always available.

OUTCOMES

High Mobilization: Successfully mobilizing a vast and diverse representation of the entire campus community (students, faculty, staff) for the walk.
External Recognition: Securing prominent coverage in local media and university publications to document the powerful display of support and advocacy.
External Resource Sharing: Effectively distributing clear information on the university's mental health resources to the surrounding community who witness the march.
Immediate Support: Ensuring counseling staff and trained peer allies are visibly and actively present throughout the march to provide immediate emotional support as needed.
Emotional Affirmation: Achieving an overwhelmingly high rate of participants reporting that the march left them feeling connected, supported, and hopeful about the future.




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Event Name	Role play
Topic	First Aid Day
Date	15th September, 2025
Time	11:00 a.m. – 11:30 A.m.
Venue	Square One, Chitkara University
Organizer	Ms. Anjali, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Shalini, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	16
SDG Details	3, 4, 17
PO	PO1, PO2, PO3 & PO8

Objectives

1. To Raise Awareness on First Aid Importance: Educate participants about first aid's life-saving potential in emergencies.

2. To demonstrate Basic First Aid Techniques: Showcase practical skills like CPR, bleeding control, choking relief, and wound management.

3. To promote Community Preparedness: Encourage individuals to learn first aid for personal and community safety.

4. To link First Aid with Climate Change Emergencies: Discuss how climate change increases emergencies needing prompt first aid responses

Description

The Department of Nursing at CSHS successfully organized a Role play on First Aid Day on 15th September, 2025 at Square One, Chitkara University. The theme for 2025 is "First Aid and Climate Change", highlighting the critical role of first aid in responding to climate-related emergencies like heatwaves, floods, and wildfires. On World First Aid Day B.Sc. Nursing 3rd Semester students enacting scenarios like managing a heatstroke victim during a heatwave, controlling bleeding from a cut, and performing CPR on someone who's collapsed. Facilitators

emphasized the ABCs of first aid (Airway, Breathing, Circulation) and demonstrated techniques using mannequins for CPR practice.

Scenarios highlighted how immediate first aid can be lifesaving, bridging the gap until professional medical help arrives - the concept of the "golden hour". Participants learned about recognizing emergencies like strokes, heart attacks, and managing injuries like burns and fractures. The role plays underscored that first aid isn't just for medical professionals; it's a vital skill for everyone. It includes Basic First Aid Steps: Ensuring safety, checking airway, breathing, circulation (ABCs), controlling bleeding. Climate Change Connection: Addressing emergencies like heatwaves, floods needing first aid. Empowerment: Ordinary people can be first responders with basic training. First Aid Kit Essentials: Bandages, antiseptics, gloves for immediate care.

Outcomes

1. Increased Awareness: Participants gained understanding of first aid's role in emergency management.
2. Practical Skill Acquisition: Learners picked up basic first aid techniques like CPR and bleeding control.
3. Community Engagement: Encouraged individuals to become "first responders" in their communities.
4. Climate Change Linkage: Highlighted first aid's importance in climate-related disasters, promoting preparedness.



B.Sc. Nursing 3rd semester students Spreading First Aid Awareness.



B.Sc. Nursing 3rd semester students Act Fast Against Heat Stroke



B.Sc. Nursing 3rd semester students mastering first aid effectively



B.Sc. Nursing 3rd semester students spread awareness on managing dog bite.





Event Details	
Event Name	Nutritional Week Celebration
Topic	Poster Making Competition
Date	15th September, 2025
Mode	Offline
Venue	Ground floor, Galileo Block
Organizer Name	Ms. Deeksha Sharma (Assistant professor), Ms. Kanika Sharma, CSHS, Chitkara University, Punjab.
No. of Participants	13
SDG No	3,4,
PO	PO1, PO2, PO3, PO5, PO6, PO7

Objective

1. Promoting meals rich in whole grains, seasonal fruits, vegetables, lean proteins, and healthy fats.
2. Encouraging portion control, reduced intake of processed foods, and awareness of nutritional labels.
3. Highlighting the value of indigenous foods like millets, pulses, and fermented items in maintaining gut health.
4. Addressing malnutrition, obesity, anemia, and lifestyle diseases through dietary interventions.
5. To enhance critical thinking and awareness by encouraging students to explore various trends, concepts, and social issues through creative expression.

On the occasion of Nutritional Week Celebration, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a Poster Making Competition on 15th September,2025. The event aimed to encourage students to explore their creative potential while raising awareness about nutrition.

The theme of the competition was **"Eat Right for a Better Life."** This theme emphasized the significance of emphasizing the transformative power of mindful eating. The theme encourages individuals and communities to adopt **balanced, wholesome diets** that support long-term physical and mental well-being.

Students enthusiastically participated, prepared posters that showcased their creativity, artistic abilities, and understanding of the theme. Posters reflected topics such as balanced diets,

micronutrient deficiencies, WHO dietary recommendations, and community nutrition strategies. Faculty members were invited to view and support the initiative.

The competition provided a unique platform for students to express their thoughts through art, enabling them to translate critical healthcare concepts into engaging and informative posters. Each participant brought their own perspective to the theme, illustrating the importance of balanced diet, Nutrition, hygiene practices, and the role of healthcare professionals in nutrition. Their efforts reflected a deep understanding of the subject while demonstrating remarkable artistic skills. To evaluate the colleges, a panel of esteemed judges was invited, including Ms. Kanu Mahajan (Assistant Professor) and Ms. Vidhi Paul (Assistant Professor). The judging criteria were based on presentation, creativity, and originality. The judges were highly impressed by the efforts, dedication, and talent displayed by the students. The competition was a testament to the students' ability to blend healthcare knowledge with artistic expression, making complex medical concepts more accessible and visually compelling. Throughout the event, students exhibited enthusiasm, passion, and a keen interest in healthy diet & nutrition, making the competition not only a creative endeavour but also a learning experience. It also provided an opportunity for students to engage in peer learning, as they observed and appreciated different perspectives presented through the posters.

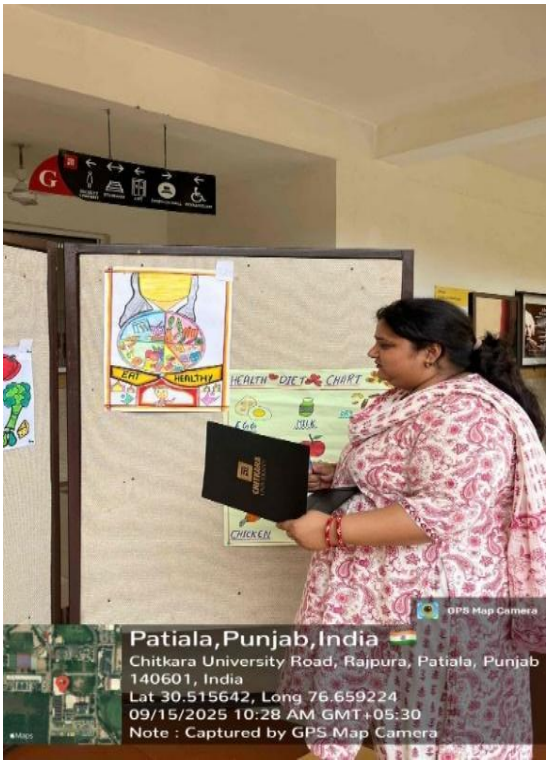
One of the key highlights of the competition was how it fostered important skills beyond artistic creativity. Furthermore, by participating in this initiative, students developed a greater sense of responsibility towards balanced diet and nutritional health. The Poster Making Competition successfully combined education, creativity, and awareness, reinforcing the idea that every individual deserves balanced, high-quality, and quantity of nutrition. By visually representing these essential concepts, the students played a small but significant role in spreading awareness about nutrition. In conclusion, the event was a resounding success, leaving a lasting impact on both participants and spectators. The poster-making competition successfully fostered student creativity, reinforced nutritional knowledge, and promoted community health awareness. It aligned with the academic goals of the nursing curriculum and contributed to holistic learning through experiential engagement. The Department of Nursing at Chitkara School of Health Sciences looks forward to organizing more such engaging and educational competitions in the future, continuing its commitment to promoting health awareness and skill development among students.

Outcomes

- Encouraged Creative Expression – The competition provided students with a platform to showcase their creativity, artistic skills, and innovative thinking through posters.
- Enhanced Awareness of Nutrition & Balanced diet – Participants gained deeper knowledge about nutrition, micronutrients deficiencies, WHO dietary recommendations including safety, quality, and nurturing care, reinforcing their understanding of nutritional health.
- Fostered Confidence and Teamwork – By participating in the event, students-built self-confidence and developed teamwork skills as they collaborated, shared ideas, and learned from one another.
- Developed Decision-Making and Presentation Skills – The process of conceptualizing and making posters helped students refine their decision-making, problem-solving, and presentation abilities, which are essential in nursing and healthcare communication.
- Inspired Future Participation in Competitions – The success of the competition motivated students to take part in similar activities, encouraging them to continue exploring their talents and interests in creative and academic fields.



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Choice is yours!
You don't have to eat less,
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Event Name	NSS Activity
Topic	7-Days Special NSS Camp
Date	15/09/25 -21/09/25
Venue	Chitkara University, Punjab
Organizer	Ms. Preetika, Ms. Reepika
No. of Participants	79
Under SDG no.	3,4,11

Objective

NSS (National Service Scheme) camp activities are designed to achieve several objectives, including:

1. Community Service: Engaging in activities that benefit the local community, such as environmental conservation, health awareness campaigns, literacy programs, and sanitation drives.
2. Personal Development: Providing opportunities for volunteers to develop leadership skills, teamwork, communication skills, and a sense of social responsibility through hands-on experiences.
3. Awareness Campaigns: Conducting sessions and workshops on various social issues such as gender equality, hygiene, education, health, and sustainable development to raise awareness among both volunteers and community members.
4. Skill Development: Offering training sessions and workshops to enhance volunteers' skills in areas like first aid, disaster management, vocational skills, and community organizing.
5. Cultural Exchange: Promoting cultural diversity and understanding through cultural activities, traditional performances, and intercultural dialogue among volunteers from diverse backgrounds.
6. Environmental Conservation: Undertaking activities like tree planting, waste management, and eco-friendly initiatives to promote environmental sustainability and consciousness.
7. Health and Wellness: Organizing health camps, yoga sessions, and fitness activities to promote physical and mental well-being among volunteers and the community.
8. Empowerment: Providing opportunities for marginalized groups within the community to voice their concerns, access resources, and participate in decision-making processes.
9. Networking: Facilitating networking opportunities for volunteers to connect with local organizations, government agencies, and other stakeholders to foster collaboration and long-term community development.

Overall, NSS camp activities aim to instill a sense of civic engagement, social responsibility, and leadership among volunteers while addressing the needs and challenges of the community they serve.

DAY 1

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.




Inaugural Ceremony: The NSS camp culminated with an inspiring inaugural ceremony where participants showcased their achievements and shared memorable experiences from their community service endeavours. Dignitaries and local authorities graced the occasion, applauding the students' efforts in fostering positive change and promoting social welfare.

Oath Taking Ceremony: Following the yoga session, an oath-taking ceremony was conducted where participants pledged their commitment towards serving the community and nation selflessly. The solemn ceremony instilled a sense of responsibility and dedication among the students towards their NSS duties.




Committee Distribution: To streamline the camp activities effectively, various committees were formed comprising enthusiastic students. Committees were allocated responsibilities such as logistics, event management, sanitation, and cultural activities to ensure smooth functioning of the camp.

General Instructions for Camp and Diary Writing: Students were provided with comprehensive guidelines outlining camp rules, safety measures, and expectations. Additionally, they were instructed to maintain daily diaries to record their experiences, reflections, and insights gained during the camp. Diary writing aimed at fostering introspection and documenting personal growth throughout the duration of the camp.

Cleanliness Drive in the campus area: A cleanliness drive was organized in the campus area of Chitkara University to promote hygiene and environmental awareness. NSS Students actively participated in cleaning the surroundings and spreading the message of a clean and green campus.





Essay Writing Competition: An essay writing competition was organized during the NSS Special Camp on the theme **"Youth for Social Transformation."** The activity aimed to inspire students to reflect on the vital role of youth in bringing positive social change. Participants expressed their ideas on issues like education, gender equality, environmental conservation, and community development. The competition encouraged critical thinking, creativity and a sense of responsibility among the students towards building a better society.




Expert Session on Introduction to NSS: An expert session on "Introduction to NSS" was conducted by **Dr. Neelam Verma, NSS Programme Coordinator & Dean, Office of Student Affairs, Chitkara University, Punjab** to familiarize students with the vision, objectives, and functioning of the National Service Scheme. She emphasized the role of NSS in nurturing social responsibility, leadership qualities, and community engagement among youth. The session encouraged students to actively participate in NSS activities and contribute towards societal development. The session motivated students to actively participate in various NSS initiatives and contribute towards social welfare.

Expert Session on Stress and Sanity: Strategies for Self-Care: During the NSS Special Camp, **Dr. Pooja Singh, Assistant Professor, Department of Education, Chitkara University, Punjab** conducted an insightful session on **"Stress and Sanity: Strategies for Self-Care."** She highlighted practical ways to manage stress, maintain mental well-being, and cultivate self-care habits in everyday life. Through interactive discussions and hands-on tips, students learned how to build emotional resilience, stay balanced, and nurture a healthy mindset, making the session both enlightening and highly motivating.




Preparation for Rally and Other Activities at Adopted Villages: As part of community engagement, students actively participated in organizing rallies, awareness campaigns, and skill-building workshops in adopted villages. Prior preparations including route planning, poster making, and resource allocation were meticulously carried out to ensure impactful outreach and meaningful interaction with the local communities.

DAY 2:

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.




Visit to Old Age Home: A visit to the Old Age Home in Rajpura, Punjab was organized to sensitize NSS students towards the elderly and promote values of compassion and respect. During the visit, students interacted with the residents, listened to their life experiences, and engaged them in recreational activities. The visit created awareness about the emotional and social needs of senior citizens and encouraged students to contribute positively to their well-being.





Expert Session on Overview of Communicable Diseases: An expert session on **"Overview of Communicable Diseases"** was conducted by **Ms. Annu, Assistant Professor, Department of Nursing, Chitkara University, Punjab** during the NSS Special Camp. She provided valuable insights into the causes, modes of transmission, prevention, and control measures of various communicable diseases. The session enhanced students' knowledge about public health, personal hygiene, and the importance of community awareness in preventing disease outbreaks.





Slogan Writing Competition: As part of the NSS Special Camp, a slogan writing activity on **World Suicide Prevention** was organized to raise awareness about mental health and emotional well-being. The Judges of the event were **Ms. Seema and Ms. Priyanka, Nursing Tutors, Department of Nursing, Chitkara University, Punjab** Students enthusiastically participated by creating impactful slogans emphasizing the importance of seeking help, spreading positivity, and supporting those in need. The activity aimed to foster empathy, awareness, and a caring attitude among the youth.





Preparation for Rally and Other Activities at Adopted Villages: As part of community engagement, students actively participated in organizing rallies, awareness campaigns, and skill-building workshops in adopted villages. Prior preparations including route planning, poster making, and resource allocation were meticulously carried out to ensure impactful outreach and meaningful interaction with the local communities.

DAY 3:

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.





Expert Session on Mindfullness: An expert session on **"Mindfulness"** was conducted by **Ms. Jigyasha, Assistant Professor, Department of Nursing, Chitkara University, Punjab** during the NSS Special Camp. She highlighted the importance of mindfulness practices in reducing stress, improving concentration, and enhancing emotional well-being. The session included simple mindfulness exercises and interactive discussions, helping students understand how to

incorporate mindfulness into their daily lives for better mental health and overall personal growth.





Rally on World Suicide Prevention Month: The rally commenced from the NSS campsite and proceeded through the villages of Jhansla. Participants carried banners, posters, and pamphlets advocating for World Suicide Prevention Month. Volunteers engaged with villagers, educating them about suicide, its preventive measures, and the importance of regular health check-ups.





Expert Session on Basic Life Support: An expert session on **"Basic Life Support (BLS)"** was organized during the NSS Special Camp, conducted by **Ms. Alka Guleria, Nursing Tutor, Department of Nursing, Chitkara University, Punjab**. The session focused on imparting essential knowledge and hands-on training related to emergency first aid, including CPR, choking management, and care for unconscious individuals. It aimed to equip students with vital life-saving skills and enhance their confidence to respond effectively in medical emergencies.





Practice Time for Cultural Activities: During the NSS Special Camp, students actively participated in practice sessions for various cultural activities, including skits, songs, dances, and motivational performances. These sessions helped enhance their teamwork, creativity, and confidence while preparing to deliver meaningful messages on social issues during the camp's cultural events.

DAY 4:

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.

Expert Session on Acute Respiratory Distress Syndrome: Ms. Deeksha, **Assistant Professor, Department of Nursing, Chitkara University, Punjab** conducted an expert session on **"acute respiratory distress syndrome (ARDS)."** She discussed the causes, symptoms, complications, and treatment approaches, highlighting the importance of early detection and timely medical intervention. The session helped students gain a better understanding of critical respiratory conditions and the role of prompt care in improving patient outcomes.

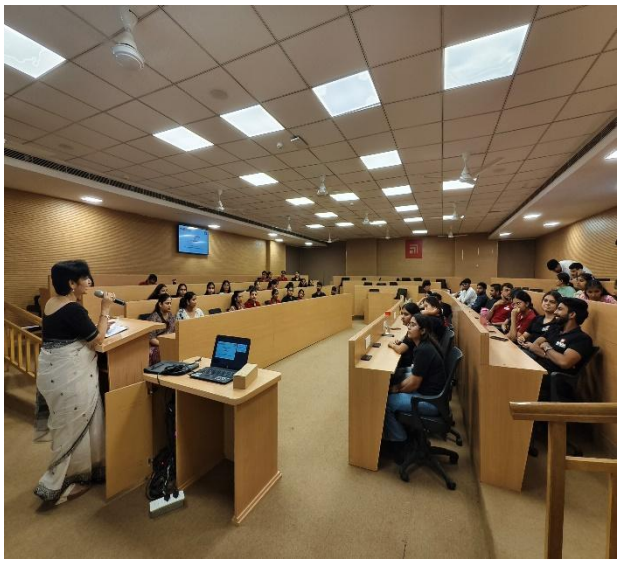



Expert Session on Counselling: Skills &Techniques for Practice: An expert session on **"Counselling: Skills & Techniques for Practice"** was taken by **Ms. Priya, Assistant Professor, Department of Nursing, Chitkara University, Punjab** during the NSS Special Camp. She elaborated on essential counselling skills, effective communication techniques, and practical strategies for guiding individuals in need. The session provided students with a clear understanding of professional counselling practices, enhancing their ability to offer support, empathy, and meaningful guidance in real-life situations.




Expert Session on Life Skills: An expert session on **"Life Skills"** was conducted by **Ms. Sangeeta Pant, Professor, Department of Education, Chitkara University, Punjab** during the NSS Special Camp. She emphasized the importance of essential life skills such as effective communication, decision-making, problem-solving, time management, and interpersonal relationships. The session encouraged students to develop these skills to enhance personal growth, confidence, and the ability to face real-life challenges successfully.





Poster Making competition: One of the highlights of the NSS camp was the poster-making competition, where students unleashed their creativity and artistic skills on canvas. The Judges of the event were **Ms. Seema and Ms. Priyanka, Nursing Tutors, Department of Nursing, Chitkara University, Punjab** Participants designed thought-provoking posters highlighting issues like education, gender equality, environmental protection, and community service. The activity aimed to inspire awareness, creativity, and a sense of responsibility among the youth towards building a progressive society.





Practice time for Cultural Activities: During the NSS Special Camp, students actively participated in practice sessions for various cultural activities, including skits, songs, dances, and motivational performances. These sessions helped enhance their teamwork, creativity, and confidence while preparing to deliver meaningful messages on social issues during the camp's cultural events.

DAY 5:

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.





Sports Activities: The NSS camp provided students with ample opportunities for physical recreation and sportsmanship. Various indoor games such as carrom and chess were organized, allowing participants to showcase their strategic thinking and competitive spirit. Additionally, badminton tournaments were held, attracting enthusiastic participants who displayed remarkable agility and sportsmanship on the court. These sports activities not only promoted physical well-being but also encouraged teamwork and camaraderie among the participants.





Expert Session on Emerging Treatment Modalities for Pain Management: An expert session on **"Emerging Treatment Modalities for Pain Management"** was taken by **Ms. Seema Nursing Tutor, Department of Nursing, Chitkara University, Punjab** during the NSS Special Camp. She discussed various modern approaches and techniques for managing acute and chronic pain, including both medical and non-medical interventions. The session enhanced students' knowledge about innovative pain relief strategies and emphasized the importance of effective pain management in improving patients' quality of life.




Visit to Paper Recycle Plant and Vermi Compost Plant: On September 19th, 2025, students from Chitkara University participated in a National Service Scheme (NSS) camp visit to a paper recycle plant and vermi compost plant Led by **Sanjeev Kumar Bhardwaj, the Project Manager**, the excursion aimed to educate students about sustainable practices in paper production and recycling. At the paper recycling plant, they observed the process of converting waste paper into reusable products, while at the vermi compost plant, they learned how organic waste is transformed into nutrient-rich compost using earthworms. The visit promoted awareness of environmental conservation, sustainability, and the importance of responsible waste management among students. The visit provided insights into the processes involved in recycling paper and highlighted the importance of environmental conservation. Students actively engaged in discussions and hands-on activities, fostering a deeper understanding of the impact of their consumption habits on the environment. The trip served as a catalyst for promoting eco-consciousness among the youth, inspiring them to adopt more sustainable practices in their daily lives.








Practice time for Cultural Activities: During the NSS Special Camp, students actively participated in practice sessions for various cultural activities, including skits, songs, dances, and motivational performances. These sessions helped enhance their teamwork, creativity, and confidence while preparing to deliver meaningful messages on social issues during the camp's cultural events.

DAY 6:

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.





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

conducted by healthcare professionals like Hb estimation, RBS monitoring, BP monitoring and BMI.





Practice time for Cultural Activities: During the NSS Special Camp, students actively participated in practice sessions for various cultural activities, including skits, songs, dances, and motivational performances. These sessions helped enhance their teamwork, creativity, and confidence while preparing to deliver meaningful messages on social issues during the camp's cultural events.

DAY 7:

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.





Tree Plantation: The NSS camp at Chitkara University commenced with a fervent tree plantation drive in the hostel area, reflecting the commitment of students towards environmental conservation. Under the guidance of NSS volunteers, students actively participated in planting a variety of saplings, fostering a greener and healthier campus environment.

Diary Reading by NSS Volunteer: In a reflective segment, NSS volunteers engaged in diary reading sessions, where they shared personal experiences, challenges overcome, and lessons learned during the camp. These sessions not only fostered introspection but also promoted a sense of camaraderie and mutual support among the volunteers.

Cultural Performances: NSS students showcased their cultural talents through captivating performances. The cultural extravaganza included vibrant dances, melodious songs, and engaging skits, highlighting the rich cultural diversity and talents within the NSS community.









Certificate Distribution and Valedictory Session: The highlight of the camp was the certification distribution and valedictory session held in the prestigious LH 104, Martin Luther Block at Chitkara University. Distinguished guests, faculty members, and participants gathered to acknowledge the dedication and efforts of NSS volunteers. Certificates were awarded to recognize their invaluable contribution to various activities conducted during the camp.



The closing ceremony served as a fitting finale to the NSS camp, encapsulating the spirit of service, unity, and empowerment. Inspirational speeches were delivered, reflecting on the impact of community service and the importance of continued engagement in social initiatives. The ceremony concluded with heartfelt expressions of gratitude and a resolve to carry forward the values imbibed during the camp into their daily lives.

Event Name	NSS Activity
Topic	7-Days Special NSS Camp
Date	15/09/25 -21/09/25
Venue	Chitkara University, Punjab
Organizer	Ms. Preetika, Ms. Reepika
No. of Participants	79
Under SDG no.	3,4,11

Objective

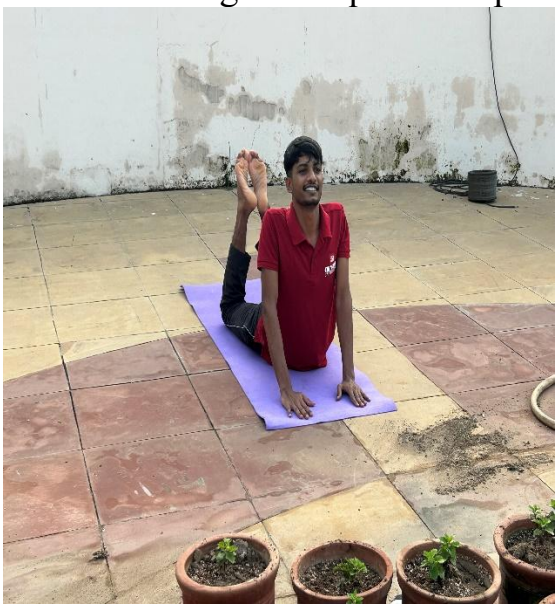
NSS (National Service Scheme) camp activities are designed to achieve several objectives, including:

1. Community Service: Engaging in activities that benefit the local community, such as environmental conservation, health awareness campaigns, literacy programs, and sanitation drives.
2. Personal Development: Providing opportunities for volunteers to develop leadership skills, teamwork, communication skills, and a sense of social responsibility through hands-on experiences.

3. Awareness Campaigns: Conducting sessions and workshops on various social issues such as gender equality, hygiene, education, health, and sustainable development to raise awareness among both volunteers and community members.
4. Skill Development: Offering training sessions and workshops to enhance volunteers' skills in areas like first aid, disaster management, vocational skills, and community organizing.
5. Cultural Exchange: Promoting cultural diversity and understanding through cultural activities, traditional performances, and intercultural dialogue among volunteers from diverse backgrounds.
6. Environmental Conservation: Undertaking activities like tree planting, waste management, and eco-friendly initiatives to promote environmental sustainability and consciousness.
7. Health and Wellness: Organizing health camps, yoga sessions, and fitness activities to promote physical and mental well-being among volunteers and the community.
8. Empowerment: Providing opportunities for marginalized groups within the community to voice their concerns, access resources, and participate in decision-making processes.
9. Networking: Facilitating networking opportunities for volunteers to connect with local organizations, government agencies, and other stakeholders to foster collaboration and long-term community development.
Overall, NSS camp activities aim to instill a sense of civic engagement, social responsibility, and leadership among volunteers while addressing the needs and challenges of the community they serve.

DAY 1

Yoga Session: The NSS camp commenced with a rejuvenating yoga session aimed at enhancing physical and mental well-being. Led by experienced instructors, students learned various yoga asanas and breathing techniques to improve concentration and promote overall health.

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University, Punjab conducted an insightful session on **"Stress and Sanity: Strategies for Self-Care."** She highlighted practical ways to manage stress, maintain mental well-being, and cultivate self-care habits in everyday life. Through interactive discussions and hands-on tips, students learned how to build emotional resilience, stay balanced, and nurture a healthy mindset, making the session both enlightening and highly motivating.

Event Details	
Event Type	Exposure Visit
Topic	World Alzheimer's Day- Visit To Old Age Home
Date	2025-09-16 To 2025-09-16
Mode	Offline
Organizer Name	Ms. Kanika Guleria, Ms. Sonali Katoch
No. Of Participants	81
SDG No	3, 4, 17
PO Number(S)	PO5, PO8
University Charter	Let's Empower Our Students With Great Communication Skills, Let's Foster Civic Engagement In Our Students

OBJECTIVE

1. To observe and interact with elderly residents, fostering empathy and awareness about Alzheimer's disease.
2. To sensitize nursing students about age-related health challenges, particularly dementia and cognitive decline.
3. To promote community engagement and social responsibility through experiential learning.
4. To enhance student competencies in geriatric care and psychosocial support.

DESCRIPTION

On the occasion of World Alzheimer's Day, the Department of Nursing, Chitkara School of Health Sciences, organized a community outreach visit to Swargdham and Old Age Home, Anand Nagar, Rajpura on 16th September 2025. The visit was planned as part of the university's ongoing initiatives to combine classroom learning with real-world exposure, with a special focus on geriatric health and dementia awareness. The event aimed to raise awareness about Alzheimer's disease while sensitizing students to the importance of holistic elderly care. The program commenced at 10:00 AM with a warm welcome to the students and faculty by the Old Age Home staff, followed by an introduction about the functioning of the institution and the challenges faced in elderly care. Faculty organizers, Ms. Kanika Guleria and Ms. Sonali Katoch,

highlighted the significance of World Alzheimer's Day and briefed the participants about Alzheimer's disease as a progressive neurodegenerative disorder that affects memory, cognition, and overall quality of life. During the interaction sessions, students engaged in meaningful conversations with the elderly residents, listening to their life stories, personal struggles, and health-related experiences. This exercise not only deepened student understanding of psychosocial needs but also created a sense of belonging for the residents. Nursing students shared health promotion tips focusing on mental stimulation, adequate sleep, physical activity, balanced diet, and regular medical checkups. A key highlight of the visit was a role play performed by students, which provided awareness about maintaining a healthy lifestyle, preventing memory decline, and practicing positive daily routines such as yoga, reading, and social engagement. The role play simplified health messages into practical steps that could be easily adopted by elderly individuals as well as caregivers. The residents responded with enthusiasm and appreciation, making the activity lively and interactive. The visit also gave students a first-hand opportunity to observe age-related conditions, including mobility issues, memory lapses, and emotional needs. Through guided reflection sessions, they were encouraged to connect these experiences with theoretical knowledge gained during their coursework. Overall, the visit served as a meaningful platform for empathy-building, professional skill enhancement, and mutual learning, benefiting both the students and the elderly community. It not only reinforced the importance of compassionate caregiving but also highlighted the role of young healthcare professionals in addressing the growing challenge of Alzheimer's disease in society.

OUTCOMES

1. Enhanced student understanding of Alzheimer's disease and geriatric health challenges.
2. Development of empathetic and compassionate approaches in patient care.
3. Strengthened collaboration between Chitkara University and the local community.
4. Positive impact on the wellbeing of elderly residents through engagement and interaction.






GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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Note : Captured by GPS Map Camera


GPS Map Camera
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Event Details	
Event Type	Workshop
Topic	Mediterranean Classics Reimagined: Innovation And Sustainability On A Plate
Date	2025-09-17 To 2025-09-18
Mode	Offline
Venue	International Cuisine Kitchen, 2nd Floor, Escoffier Block (Chitkara University, Punjab)
Organizer Name	Chitkara College Of Hospitality Management
Resource Person	Chef Shridula Chatterjee, Head Chef
No. Of Participants	31
SDG No	2, 3, 4, 12
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Educate Our Students To Become Globally Competitive, Let's Encourage Our Students To Think Out Of The Box, Let's Infuse Leadership Skills In Our Students, Let's Ingrain Spirit Of Entrepreneurship Among Our Students

OBJECTIVE

-Explore Mediterranean and Moroccan cuisine.
-Reimagine traditional recipes innovatively.
-Promote sustainable ingredient use.
-Enhance practical cooking and presentation skills.



DESCRIPTION

The workshop "Mediterranean Classics Reimagined: Innovation and Sustainability on a Plate" offers participants an immersive experience into the rich culinary heritage of the Mediterranean region, reinterpreted through modern techniques and sustainable practices. Mediterranean cuisine, known for its vibrant flavors, fresh ingredients, and balanced nutrition, provides an ideal foundation for exploring how traditional recipes can be adapted to contemporary dining trends. Throughout the session, participants will engage with a variety of classic dishes, learning how to preserve authenticity while introducing innovative elements, such as creative flavor pairings, alternative cooking methods, and modern plating techniques.

Emphasis will also be placed on sustainability—selecting seasonal and locally sourced ingredients, minimizing food waste, and making eco-conscious choices in the kitchen. Practical demonstrations will guide participants through the preparation of dishes including Mediterranean vegetarian stews, seafood tagines, and reimagined meat recipes, highlighting both flavor development and presentation. Additionally, the workshop will discuss nutritional considerations, ingredient versatility, and ways to incorporate these principles into everyday cooking or professional culinary practice. By the end of the workshop, participants will have gained a deeper understanding of Mediterranean culinary traditions, enhanced their skills in innovative cooking techniques, and learned how to approach recipe development with both creativity and sustainability in mind. This session is designed for culinary students, professional chefs, and food enthusiasts seeking inspiration to elevate classic dishes while embracing responsible and modern culinary practices.

OUTCOMES

-Gain practical skills in preparing Mediterranean and Moroccan dishes.
-Learn to innovate traditional recipes with modern techniques.
-Understand sustainable ingredient selection and eco-friendly cooking practices.
-Enhance presentation and plating skills for contemporary cuisine.


GPS Map Camera
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Event Details	
Title of the Event:	Blood Donation Camp
Date of the Event:	17th September 2025
Venue	Sportorium, Chitkara University
SDG no	3,17
No. of Student Attended	120

Objective



i)To encourage students and faculty to contribute towards saving lives through voluntary blood donation.

ii) To raise awareness about the importance of regular blood donation and its impact on society.

iii) To foster a spirit of social responsibility and compassion among participants.

The National Service Scheme (NSS) unit of Chitkara University, Punjab, in collaboration with Chitkara Business School, Department of Computer Applications, and Department of Electronics & Communication Engineering, successfully organized a Blood Donation Camp under the banner of "Raktadan Amrit Mahotsav 2.0" on 17th September 2025. The event was conducted in association with Rajindra Hospital, Patiala, at Chitkara University, Punjab.

The primary aim of the camp was to spread awareness regarding the significance of blood donation and to inspire individuals to participate in this noble cause. A team of medical professionals from **Rajindra Hospital** supervised the entire process, ensuring that all safety and hygiene protocols were strictly followed.

The camp received an overwhelming response from students, faculty members, and staff who came forward enthusiastically to donate blood. Prior to donation, each participant underwent a medical screening to ensure their eligibility. Donors were provided with refreshments and certificates of appreciation for their contribution.

The initiative served as a platform to highlight the university's commitment to community service and social responsibility. Through this event, the NSS team successfully reinforced the message that "**A single drop of blood can make a world of difference**."

Outcome of the Event

i) Active participation from students, faculty, and staff.

ii) Successful collection of a significant number of blood units to aid hospitals and emergency needs.

iii) Enhanced awareness about the importance of voluntary blood donation.

iv) Strengthened the spirit of compassion, unity, and service among the Chitkara community.

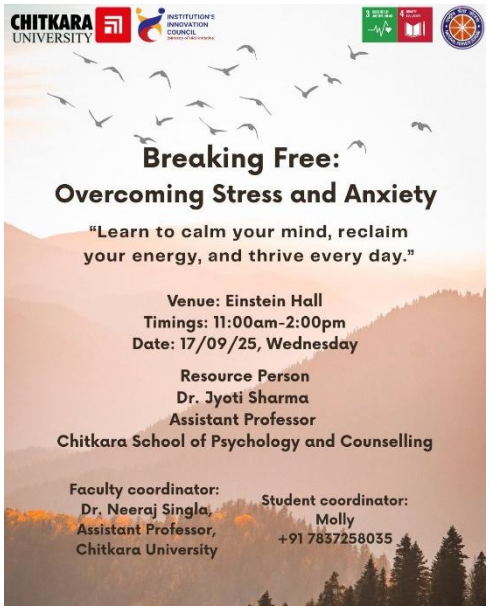




Event Details	
Event Type	Expert Talk
Topic	Breaking Free: Overcoming Stress And Anxiety
Date	2025-09-17 To 2025-09-17
Mode	Online
Organizer Name	NSS
Resource Person	Dr Jyoti Sharma, Assistant Professor, Chitkara University
No. Of Participants	76
SDG No	3, 4
PO Number(S)	PO1
University Charter	Let's Install Discipline, Integrity And Honesty In Our Students

OBJECTIVE

- Promote mental well-being and awareness among students.
- Educate participants about stress and anxiety and their impact on health.
- Introduce mindfulness, coping strategies, and emotional resilience techniques.
- Equip students with practical tools to manage stress effectively.
- Encourage adoption of habits that enhance focus, clarity, and overall wellness.



DESCRIPTION

The Department of CSE, through its National Service Scheme (NSS) unit, organized a workshop titled "Breaking Free: Overcoming Stress and Anxiety" on 17th September 2025. The workshop was designed to help students recognize stressors, manage anxiety, and cultivate a positive mindset. The session began with a welcome address emphasizing the significance of mental well-being alongside academic performance.

Participants were introduced to the concepts of stress and anxiety, their physiological and psychological effects, and the importance of self-care. The keynote was delivered by Dr. Jyoti

Sharma who shared insights on stress awareness, anxiety patterns, and mindfulness techniques. The session included experiential activities such as guided meditation, breathing exercises, and visualization practices to help students manage stress in real time.

OUTCOMES

- Increased self-awareness regarding personal stress triggers.
- Improved emotional resilience and coping skills.
- Motivation to prioritize mental health alongside academic goals.
- Enhanced understanding of practical strategies for managing anxiety.
- Positive mindset and readiness to implement mental wellness practices daily.








CHITKARA UNIVERSITY

Event Name	Poster & Rangoli Competition
Venue	CSH, Escoffier Block
Date	17th September, 2025
SDG Number, Name and NE	3 – Good Health and Wellbeing, 4 – Quality Education & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Participants	24
Duration	One Day

Chikara School of Hospitality in collaboration with National Service Scheme, Chitkara University, Punjab organised a Poster making and Rangoli competition on 18th September 2025. The aim for this competition was to Encourage Creativity and Promote Social Awareness. The Judges for the competition were Ms Ankita Kaushal. Department of Mass Communication and Dr Amanjeet Bhalla, Chitkara School of Hospitality.







EVENT DETAILS	
Event Type	Expert Talk
Topic	Navigating The Pharma Landscape: Career Pathways and Opportunities in Pharmacovigilance and Beyond
Date	2025-09-19 To 2025-09-19
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Prasant Prasad, Assistant Manager
No. Of Participants	132
SDGs No	SDG 3: Good Health and Well-Being, SDG 9: Industry, Innovation and Infrastructure, SDG17: Partnership for the Goals
PO Number(S)	PO3, PO7, PO5
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Empower Our Students with Great Communication Skills, Let's Ingrain Spirit of Entrepreneurship Among Our Students

OBJECTIVE

1. To provide a comprehensive overview of career opportunities in pharmacovigilance and related domains within the pharmaceutical industry.

2. To familiarize participants with the scope, responsibilities, and regulatory importance of pharmacovigilance across the product lifecycle.

3. To highlight adjacent and emerging career pathways beyond pharmacovigilance, including regulatory affairs, clinical research, and medical writing.

4. To bridge academic training with industry expectations, required competencies, and employability skills.

5. To enable informed career planning by discussing future trends, global opportunities, and professional growth pathways in the pharmaceutical sector.

DESCRIPTION

Navigating the Pharma Landscape: Career Pathways and Opportunities in Pharmacovigilance and Beyond is a career-oriented expert session designed to equip students and early-career professionals with a clear, practical understanding of evolving roles within the pharmaceutical industry. As the sector continues to expand beyond

traditional functions, the session aims to demystify pharmacovigilance while placing it within the broader context of drug development, regulation, and patient safety. The session begins by establishing a strong foundation in pharmacovigilance, emphasizing its critical role in monitoring, assessing, and preventing adverse drug reactions throughout the product lifecycle. Participants gain insight into key activities such as case processing, signal detection, risk management, and regulatory reporting, along with the ethical and regulatory responsibilities associated with patient safety. This helps attendees understand why pharmacovigilance has become a cornerstone of modern healthcare systems and a high-demand career domain. Moving beyond pharmacovigilance, the session explores adjacent and complementary career pathways across the pharmaceutical value chain. These include regulatory affairs, clinical research, medical writing, quality assurance, and real-world evidence generation. By highlighting how these functions intersect and collaborate, the talk enables participants to visualize multiple entry points and transition opportunities within the industry. A key focus of the session is aligning academic preparation with industry expectations. Experts discuss essential technical skills, regulatory knowledge, certifications, and soft skills such as communication, analytical thinking, and adaptability. Practical guidance is provided on building employability, understanding global opportunities, and planning long-term career growth in a competitive and dynamic pharma landscape.

OUTCOMES

1. Enhanced understanding of pharmacovigilance roles, responsibilities, and regulatory significance within the pharmaceutical industry.

2. Increased awareness of diverse career pathways beyond pharmacovigilance, including regulatory affairs, clinical research, and medical writing.

3. Improved clarity on industry expectations, required competencies, and employability skills for pharma careers.

4. Better alignment of academic learning with real-world pharmaceutical practices and global opportunities.

5. Strengthened confidence to pursue informed, strategic, and future-ready career planning in the pharma sector.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Rajpura, Patiala, Punjab 140601, India
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Who should report Safety data ?
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Seriousness Criteria
Death
Life threatening
Hospitalization
Significant disability
Congenital anomaly / Birth defect
Other medically significant event
GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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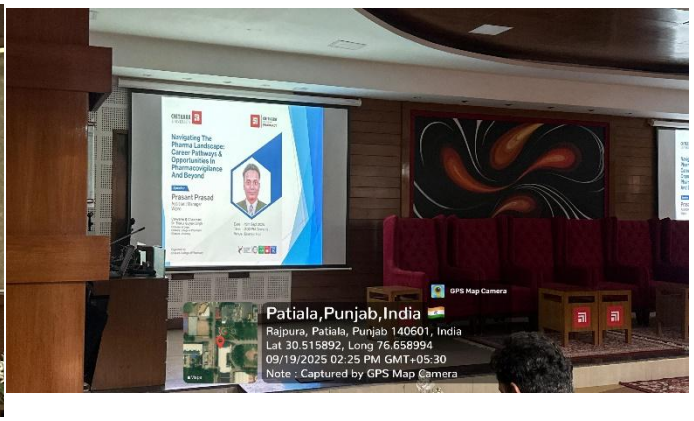
Navigating The Pharma Landscape: Career Pathways & Opportunities in Pharmacovigilance And Beyond
Prasant Prasad
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Rajpura, Patiala, Punjab 140601, India
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Event Name	Community Extension and Outreach Activity
Topic	Health Awareness on Menstrual Hygiene
Date	20th September, 2025
Time	11:00 a.m. – 11:30 A.m.
Venue	Community Health Center, Kalo Majra
Organizer	Ms. Gurpreet Kaur, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab.
No. of Participants	04
SDG Details	3, 4, 17
PO	PO1, PO2, PO3 & PO8

Objective

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

Description

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

The session primarily focused on the physiological process of menstruation and the importance of maintaining proper hygiene during the menstrual period to prevent infections and promote overall health.

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

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

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

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

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

Outcomes

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



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



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



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



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



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



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

Event/Session Name	Health Checkup for Children at Dew Drops
Event/Session Date	20-September-2025
Venue	Dew Drops Creche, Chitkara University
Organizers	Office of Administration in collaboration with Chitkara School of Nursing
Resource Person	Capt. Ravinder Singh, Asst. Director Mr. Gurjeet Singh, Manager
SDGs Covered	3

Overview

Promoting the health and happiness of its youngest community members, the Office of Administration, in collaboration with the Chitkara School of Nursing, organized a Health Checkup at Dew Drops on 20th September 2025. The initiative was designed to ensure the overall well-being and early health assessment of children, while also encouraging parents and caregivers to adopt proactive health and hygiene practices.

About the Health Initiative

A dedicated team of nursing professionals from the Chitkara School of Nursing conducted a series of general health screenings, which included height and weight measurement, vision and dental checks, and overall physical fitness evaluation. Each child received individual attention in a warm and caring environment, helping them feel at ease throughout the process. Nurses used playful and interactive conversation and games to make the experience fun and educational, turning what could have been a routine checkup into a delightful and confidence building activity.







Health and Hygiene Awareness

In addition to medical examinations, the children were taught basic hygiene habits through simple and enjoyable demonstrations. Topics such as handwashing, oral care, and cleanliness were explained in a way that was easy for them to understand and remember. Parents and caregivers were also sensitized on the importance of balanced nutrition, regular health monitoring, and early medical consultation, reinforcing the value of preventive healthcare.





Impact

The collaborative spirit between the Office of Administration and the Chitkara School of Nursing, both working together to foster a culture of care within the university community. The initiative not only addressed health needs but also built a stronger bond of trust between caregivers, children, and the healthcare team.

Conclusion

The Health Check-up at Dew Drops was a thoughtful step towards ensuring early health awareness and preventive care among young children. By combining expertise with empathy, the initiative reaffirmed Chitkara University's commitment to nurturing wellness, compassion, and a healthy start for the future generation.

Event Name	Quiz Competition
Topic	World Patient Safety Day
Date	22nd September,2025
Time	11:00 AM -12:00 PM
Venue	Einstein Hall, Galileo Block
Organizers	Ms. Parminder Kaur (Associate Professor) Medical Surgical Nursing Ms. Alisha (Nursing Tutor) Medical Surgical Nursing
No. of Participants	16
SDG No.	3 and 4
PO	PO1, PO2, PO4, PO12

Objective

1. To test the knowledge of students regarding fundamental safety practices, such as proper hand hygiene, fall risk assessment, and patient identification procedures.
2. To gauge the students' competence in safe medication administration, including correct labelling, dosage calculations, and medication storage for children.
3. To verify the understanding regarding infection prevention measures, such as proper glove use and hand washing techniques, crucial in a paediatric setting.
4. To encourage ongoing professional development by providing immediate feedback and explanations to help participants grasp core concepts and identify areas for improvement.
5. To align university activities with the Sustainable Development Goals (SDGs), particularly Goals 3 (Good Health and Well-being), 4 (Quality Education).

Description

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, commemorated World Patient Safety Day 2025 by organizing an inter-student Quiz Competition aimed at fostering awareness of patient safety and quality healthcare practices. The event was held on 22nd September 2025, in alignment with the global theme "Safe Care for Every Newborn and Every Child." Participants included students from B.Sc. Nursing (Basic) 3rd Semester and B.Sc. Nursing (Post Basic) 1st Year, reflecting the department's commitment to strengthening professional competencies in the early stages of nursing education.

The competition was structured into three intellectually stimulating rounds:

- **Round 1** featured general awareness questions on pediatric patient safety.

- **Round 2** included abbreviations, true/false statements, and image-based questions.

- **Round 3** presented a case scenario–based questions designed to simulate real clinical situations.

A total of **four teams**, each with four participants, competed with enthusiasm and team spirit. The quiz design was based on the **"testing effect" approach**, an evidence-based learning strategy proven to improve long-term memory retention compared to passive study. This method was especially relevant for patient safety, where nursing professionals are required to recall protocols accurately and act promptly in clinical practice.

The **case-based questions** added great value, enabling students to bridge theoretical learning with real-world application. By analyzing pediatric safety scenarios, participants practiced clinical reasoning and decision-making, thereby enhancing their ability to deliver safe, effective, and compassionate care for newborns and children.

The competition was both engaging and educative, offering a blend of knowledge, teamwork, and professional development. After a keenly contested event, **Team C emerged as the winner**, securing the first position. Overall, the celebration of World Patient Safety Day through this quiz proved to be a meaningful experience that combined learning with enjoyment, reinforcing the vital role of nursing in ensuring safe healthcare for the most vulnerable patients.




Score Board
Team A
Team B
Team C
Team D
R1 2 0 1 5
R2 0 0 2 0
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Outcomes

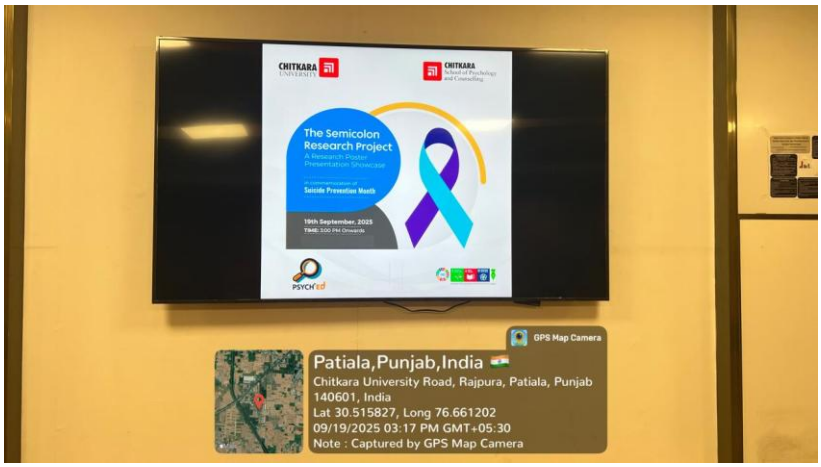
- Increased awareness among students and faculty regarding the principles and practices of patient safety.
- Enhanced engagement of the university community in interactive and knowledge-based activities.
- Strengthened understanding of global patient safety goals and their application in real-world scenarios.
- Encouragement for proactive reporting and preventive action to minimize healthcare errors.
- Contribution to global health advocacy by aligning the initiative with relevant SDGs.

Event Details	
Event Type	Skill Development Program
Topic	"The Semicolon Research Project" - A Research Poster Presentation Showcase
Date	2025-09-22 To 2025-09-22
Mode	Offline
Organizer Name	CSPC
No. Of Participants	7
SDG No	3, 4, 17
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

Robust Academic Submissions: Receiving a large quantity of intellectually rigorous research posters covering a diverse range of current topics in suicide prevention. Broad Scholarly Audience: Attracting a significant and engaged audience of non-participating students and faculty to view the posters and interact with the student researchers. Expert Review: Securing the participation of distinguished external academics or experts to judge the competition, lending prestige and objectivity to the findings. Ongoing Visibility: Ensuring the top-tier research findings are permanently displayed in a high-traffic area of the university for maximum, long-term educational impact.

Constructive Feedback Loop: Ensuring every participating student receives high-quality, constructive feedback on their research from the judging panel to foster academic growth.



DESCRIPTION

On September 22, 2025, Chitkara School of Psychology and Counselling hosted "The Semicolon Research Project" in honor of Suicide Prevention Month. The event served as a powerful platform for students to present their research posters, underscoring the vital role of academic inquiry in the fight against suicide. Students presented a wide array of research, covering everything from effective mental health interventions and identifying risk factors to evaluating the impact of support systems. Their findings offered valuable insights and demonstrated a deep commitment to advancing the field of suicide prevention. The event successfully highlighted how dedicated research can contribute to writing a new, more positive narrative for those struggling with mental health challenges.

OUTCOMES

Elevated Discourse: Promoting a culture of academic excellence and evidence-based decision-making in how the community addresses mental health challenges. Research Translation: Providing students with a vital platform to effectively translate complex psychological research into accessible, actionable information for the public. Informed Stigma Reduction: Highlighting the importance of data, statistics, and research findings as the strongest tools to combat mental health myths and stigma. Curricular Relevance: Demonstrating the direct and profound link between academic study and real-world community well-being, deepening student engagement. Knowledge Dissemination: Ensuring the highest quality, peer-reviewed research findings are effectively disseminated to the student body, countering misinformation about treatment and recovery.

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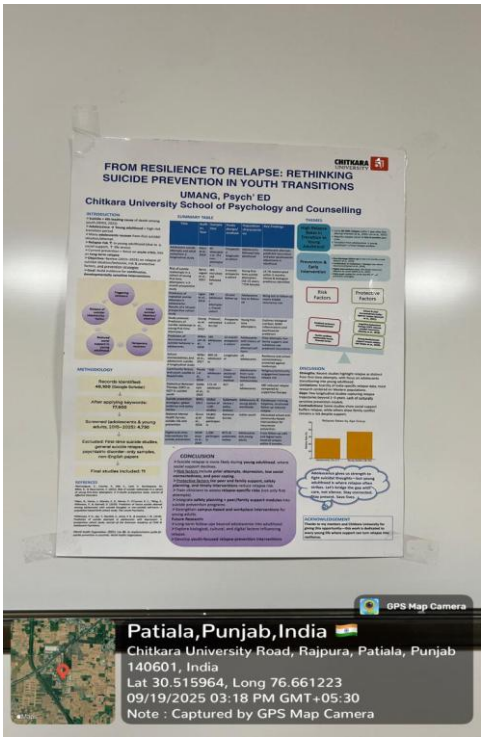
FROM RESILIENCE TO RELAPSE: RETHINKING SUICIDE PREVENTION IN YOUTH TRANSITIONS
UMANG, Psych' ED
Chitkara University School of Psychology and Counselling
GPS Map Camera
Patiala,Punjab,India
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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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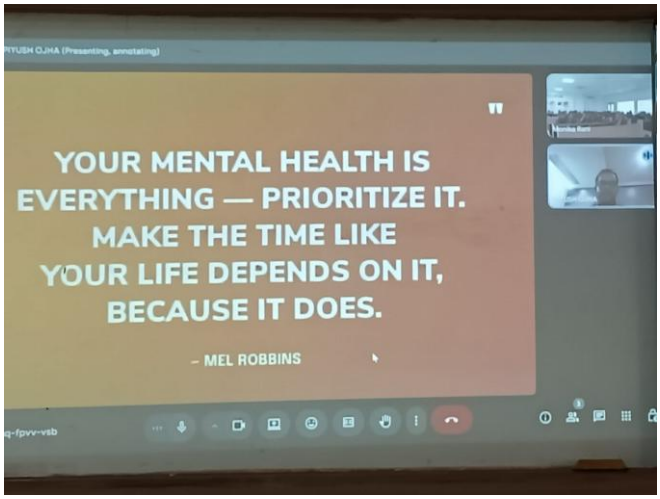
Note : Captured by GPS Map Camera

Event Name	World Alzheimer's Day: Brain Health and Preventive care
Date	22nd September, 2025
Venue	Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Piyush Ojha, Clinical Director – Neurology & Head – Neurointervention, Marengo Asia Hospitals. Gurugram
Number of Participants	72
SDG Number	3, 4, 9, 17
Duration	1 day

About the Activity

The Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab, successfully conducted an awareness session on World Alzheimer's Day on 22nd September 2025 in LH104, Ramanujan Block. **The session was delivered by** Dr. Piyush Ojha, Clinical Director – Neurology and Head – Neurointerventional, Marengo Asia International Institute of Neuro & Spine (MAIINS), Marengo Asia Hospitals, Gurugram. His talk on "Brain Health and Preventive Care" provided students with valuable insights into Alzheimer's disease, its early warning signs, and the importance of timely interventions. Dr. Ojha emphasized evidence-based preventive strategies to maintain cognitive health and highlighted the crucial role of lifestyle modifications and awareness in reducing the burden of neurodegenerative disorders. The session greatly enhanced students' understanding of brain health and encouraged them to promote preventive neurological care within the community.




YOUR MENTAL HEALTH IS EVERYTHING — PRIORITIZE IT. MAKE THE TIME LIKE YOUR LIFE DEPENDS ON IT, BECAUSE IT DOES.
– MEL ROBBINS

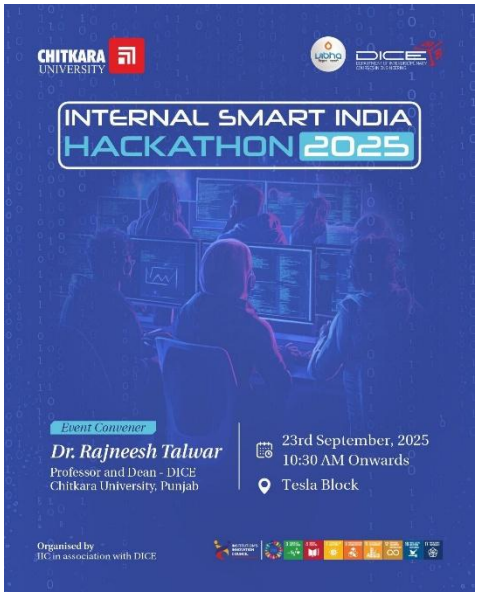

GETTING YOUR SWEAT ON CAN...


CEREBRAL PALSY

Event Details	
Topic	Internal Smart India Hackathon
Date	2025-09-23 To 2025-09-26
Organizer Name	Dr. Rajneesh Talwar
Resource Person	Dr. Rajneesh Talwar, Dean DICE
No. Of Participants	1800
Duration	3 Days
SDG No.	3, 4, 7, 9, 16, 11, 12 17

OBJECTIVE

1. To provide a platform for students to showcase innovative ideas in software and hardware.
2. To encourage interdisciplinary collaboration among students from diverse fields.
3. To identify and select the best teams for the upcoming Smart India Hackathon.
4. To foster problem-solving, creativity, and entrepreneurship among participants.



DESCRIPTION

The Department of Interdisciplinary Courses in Engineering (DICE) organized an Internal Hackathon from 23rd to 25th September 2025 to identify and select the best teams for upcoming SMART INDIA HACKATHON. The event witnessed an overwhelming participation of more than 1800 Students, showcasing their innovative ideas in both software and hardware categories. Students from diverse disciplines including CSE (Core), CSE (AI), CSE (AIML), ECE, Electrical, BBA, and BCA, Design Department actively participated, reflecting the true spirit of interdisciplinary collaboration. Projects were evaluated by a panel of expert judges, who assessed the teams on parameters such as innovation, technical feasibility, problem-solving approach, and implementation potential. The Hackathon served as a platform for students to demonstrate creativity, teamwork, and practical application of knowledge, while fostering a culture of innovation and entrepreneurship at the university.


SMART INDIA HACKATHON 2025
Basic Details About Team and Problem Statement


Patiala, Punjab, India
Tesla Block, Chitkara University, Gm84+8hh, Punjab 140417, India, Patiala, Punjab 140417, India
Lat 30.516078° Long 76.656456°
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Event Name	International Conference on Collaborative Healthcare Innovations – ICCHI 2025
Date	23-24 September 2025
Venue	Chitkara University, Punjab, India (hybrid)
Department	Centre for Research Impact and Outcome and DRC Health Science
Resource Person	Ms. Reena, Mr. Deepak & Mrs. Sangeetha
Number of Participants	200
SDGs Covered	3,4,9
Duration	2 days

About the Activity

The International Conference on Collaborative Healthcare Innovations (ICCHI) brought together a diverse and distinguished gathering of healthcare professionals, researchers, academicians, policy experts, innovators, and students to deliberate on the future of interdisciplinary healthcare. The conference witnessed the participation of over 181 delegates representing universities, research institutions, hospitals, industry partners, NGOs, and healthcare startups from India and abroad, creating a truly global platform for collaborative learning.

The technical program was designed to ensure depth, diversity, and meaningful engagement. It featured more than 8 eminent speakers, including international experts renowned for their contributions in vision science, public health, healthcare management, biomedical engineering, digital health, and clinical innovations. Keynote addresses explored emerging topics such as artificial intelligence in clinical practice, sustainable healthcare ecosystems, personalized medicine, digital diagnostics, and interdisciplinary skill development for future healthcare professionals.

Workshop Objective

- Establish a global forum for knowledge exchange on interdisciplinary healthcare advancements
- Promote collaboration among clinicians, researchers, industry innovators, and policymakers
- Explore emerging healthcare technologies, including AI-driven clinical applications and digital diagnostics
- Encourage innovation in personalized medicine, clinical care models, and sustainable healthcare systems
- Support skill development for future healthcare professionals through interdisciplinary engagement
- Facilitate networking opportunities with hospitals, research institutions, NGOs, and health-tech startups

- Highlight scalable solutions for inclusive, efficient, and resilient healthcare ecosystems
- Strengthen academic–industry partnerships for translational research and clinical innovation

Key Highlights

- Participation of 181+ delegates from India and international institutions, ensuring global representation
- Technical sessions led by 8+ eminent speakers specializing in vision science, public health, biomedical engineering, healthcare management, and digital health
- Keynote discussions on emerging domains such as AI in clinical practice, personalized medicine, digital diagnostics, and sustainable healthcare ecosystems
- Diverse attendance from universities, hospitals, research organizations, NGOs, healthcare startups, and industry partners
- Platform enabled interdisciplinary knowledge exchange and collaborative learning
- Opportunities for networking and partnership development between academia, industry, and clinical professionals
- Focus on future-ready interdisciplinary skill development for healthcare professionals and students
- Insightful deliberations on digital transformation and innovative clinical care frameworks
- Engagement-driven technical program ensuring depth, diversity, and strategic discussion.
- Establishment of a collaborative roadmap for resilient, inclusive, and sustainable healthcare innovation

Workshop Outcomes

- Strengthened international and interdisciplinary collaboration between academia, industry, and clinical professionals
- Enhanced awareness and understanding of emerging healthcare technologies, particularly AI in clinical applications and digital diagnostics
- Identification of innovative and scalable solutions for personalized, resilient, and sustainable healthcare models
- Development of potential academic–industry partnerships for future translational research and healthcare innovation
- Improved insight into sustainable healthcare ecosystems and digital transformation in clinical practice
- Encouraged interdisciplinary skill development aligned with future healthcare demands
- Expanded professional network involving hospitals, research institutions, NGOs, and health-tech startups.

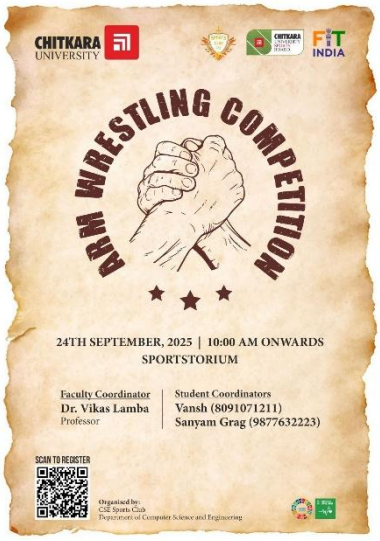



SCIENCES
CHITKARA UNIVERSITY
CRIO
DOCTORAL RESEARCH CENTRE
International Conference on
Collaborative Healthcare Innovations
ICCHI 2025
23rd - 24th September 2025
Chitkara University, Punjab, India
Publication Partner
Indexed in Scopus
Scopus
Associated with

Event Details	
Event Type	Human Values And Ethics
Topic	Arm Wrestling Competition
Date	2025-09-24 To 2025-09-24
Mode	Offline
Organizer Name	CSE Sports Club
Resource Person	Dr. Vikas Lamba, Professor, Chitkara University
No. Of Participants	118
SDG No	3
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

1. Promote physical strength and endurance by encouraging participants to demonstrate upper-body power.
2. Foster sportsmanship and fair play in a competitive yet respectful environment.
3. Encourage community engagement by bringing together participants and spectators for a fun athletic event. Provide a platform for skill development in grip strength, technique, and competitive arm wrestling strategies.



DESCRIPTION

The Arm Wrestling Competition brings participants head-to-head in a thrilling test of power and technique. Competitors will battle it out at the table, using skill, grip strength, and mental focus to outmatch their opponents. This event welcomes athletes of all levels—whether you're a seasoned arm wrestler or simply eager to challenge yourself in a fun and energetic atmosphere. Spectators can look forward to gripping match-ups, lively cheers, and an exciting showcase of athletic spirit.

OUTCOMES

1. Participants demonstrate improved physical strength and awareness of proper arm-wrestling techniques.
2. Increased engagement and camaraderie among participants and spectators through shared competitive activities.
3. Enhanced confidence and motivation as participants test their abilities in a supportive environment.
4. Recognition of top performers through awards, rankings, or certificates.







Event Details	
Event Type	Competition
Topic	NSS Day 2025-Quiz
Date	2025-09-24 To 2025-09-24
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	25
SDG No	3, 4
PO Number(S)	PO1
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Stimulate Scholarly Energy And Diligence In Our Students

OBJECTIVE

To educate students about the history, mission, and impact of the National Service Scheme (NSS).
To promote awareness of social responsibility and community service among youth.
To encourage active participation in NSS activities and volunteerism.
To inspire students to contribute meaningfully to societal development

DESCRIPTION

On 24th September, Chitkara College of Pharmacy celebrated NSS Day with an engaging NSS Day Quiz aimed at raising awareness about the National Service Scheme's mission, values, and contributions to society. The quiz tested participants' knowledge on the history, objectives, and key activities of NSS, fostering a deeper understanding of social service and community development. The event saw enthusiastic participation from students eager to learn about the role NSS plays in nation-building through volunteerism and social responsibility. The quiz format encouraged friendly competition while promoting awareness about civic duties and the importance of youth involvement in social causes. Faculty members guided the session, creating an interactive environment for learning and discussion. The quiz concluded with recognition and awards for the top scorers, inspiring participants to continue engaging in community service with renewed passion and commitment.

OUTCOMES

Increased knowledge of NSS and its role in social service among participants.
Enhanced awareness of civic duties and community involvement.
Motivated students to take active roles in NSS initiatives.
Fostered a spirit of volunteerism and social responsibility within the college community.
Recognized and encouraged student enthusiasm through quiz competition



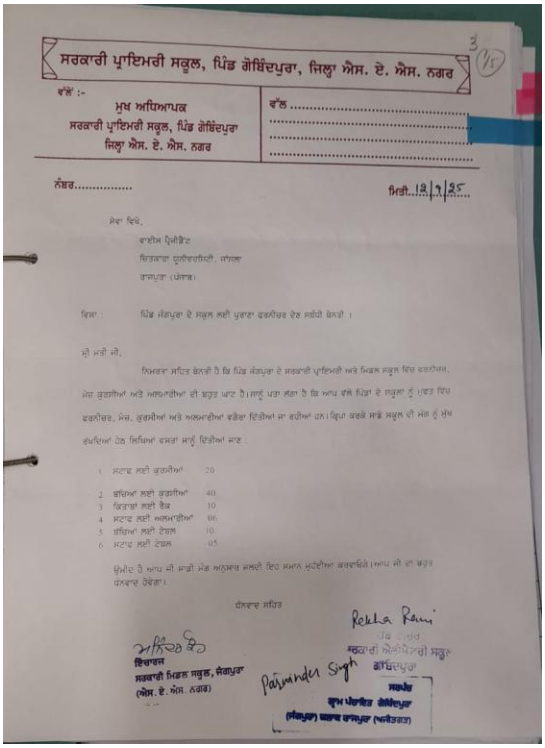




Event/Session Name	Donation of Furniture to Govt. Elementary School
Event/Session Date	24-September-2025
Venue	Govt. Elementary School, Gobindpura, Banur, Mohali
Organizers	Office of Administration
Resource Person	Capt. Ravinder Singh, (Asst. Director) Mr. Ravinder Singh, (Manager)
SDGs Covered	1,3,17

Overview

Reinforcing its ongoing commitment to community development and educational support, the **Office of** Administration, Chitkara University, organized a Furniture Donation Drive at the Government Elementary School, Gobindpura, Banur, Mohali. The initiative aimed to upgrade the school's infrastructure and provide a comfortable, organized, and motivating environment for both students and teachers.


ਸਰਕਾਰੀ ਪ੍ਰਾਇਮਰੀ ਸਕੂਲ, ਪਿੰਡ ਗੋਬਿੰਦਪੁਰਾ, ਜਿਲ੍ਹਾ ਐਸ. ਏ. ਐਸ. ਨਗਰ

ਵੱਲੋਂ :-
ਮੁਖ ਅਧਿਆਪਕ
ਸਰਕਾਰੀ ਪ੍ਰਾਇਮਰੀ ਸਕੂਲ, ਪਿੰਡ ਗੋਬਿੰਦਪੁਰਾ
ਜਿਲ੍ਹਾ ਐਸ. ਏ. ਐਸ. ਨਗਰ

ਵੱਲ .....

ਨੰਬਰ.....

ਮਿਤੀ 12/7/25

ਸੇਵਾ ਵਿਖੇ,

ਵਾਈਸ ਪ੍ਰੈਜੀਡੈਂਟ
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ
ਰਾਜਪੁਰਾ (ਪੰਜਾਬ)

ਵਿਸ਼ਾ : ਪਿੰਡ ਜੰਗਪੁਰਾ ਦੇ ਸਕੂਲ ਲਈ ਪੁਰਾਣਾ ਫਰਨੀਚਰ ਦੇਣ ਸਬੰਧੀ ਬੇਨਤੀ ।

ਸ੍ਰੀ ਮਤੀ ਜੀ,

ਨਿਮਰਤਾ ਸਹਿਤ ਬੇਨਤੀ ਹੈ ਕਿ ਪਿੰਡ ਜੰਗਪੁਰਾ ਦੇ ਸਰਕਾਰੀ ਪ੍ਰਾਇਮਰੀ ਅਤੇ ਮਿਡਲ ਸਕੂਲ ਵਿਚ ਫਰਨੀਚਰ, ਮੇਜ਼ ਕੁਰਸੀਆਂ ਅਤੇ ਅਲਮਾਰੀਆਂ ਦੀ ਬਹੁਤ ਘਾਟ ਹੈ। ਜਾਨੂੰ ਪਤਾ ਲੱਗਾ ਹੈ ਕਿ ਆਪ ਵੱਲੇ ਪਿੰਡਾ ਦੇ ਸਕੂਲਾਂ ਨੂੰ ਪੁਰਾਣ ਵਿਚ ਫਰਨੀਚਰ, ਮੇਜ਼, ਕੁਰਸੀਆਂ ਅਤੇ ਅਲਮਾਰੀਆਂ ਵਗੈਰਾ ਦਿੱਤੀਆਂ ਜਾ ਰਹੀਆਂ ਹਨ। ਕ੍ਰਿਪਾ ਕਰਕੇ ਸਾਡੇ ਸਕੂਲ ਦੀ ਮੰਗ ਨੂੰ ਮੁੱਖ ਰੱਖਦਿਆਂ ਹੇਠ ਲਿਖਿਆਂ ਵਸਤਾਂ ਜਾਨੂੰ ਦਿੱਤੀਆਂ ਜਾਣ :

1 ਸਟਾਫ ਲਈ ਕੁਰਸੀਆਂ 20
2 ਬੱਚਿਆਂ ਲਈ ਕੁਰਸੀਆਂ 40
3 ਕਿਤਾਬਾਂ ਲਈ ਰੈਕ 10
4 ਸਟਾਫ ਲਈ ਅਲਮਾਰੀਆਂ 06
5 ਬੱਚਿਆਂ ਲਈ ਟੇਬਲ 10
6 ਸਟਾਫ ਲਈ ਟੇਬਲ 05

ਉਮੀਦ ਹੈ ਆਪ ਜੀ ਸਾਡੀ ਮੰਗ ਅਨੁਸਾਰ ਜਲਦੀ ਇਹ ਸਮਾਨ ਮੁਹੱਈਆ ਕਰਵਾਓਗੇ। ਆਪ ਜੀ ਦਾ ਬਹੁਤ ਧੰਨਵਾਦ ਹੋਵੇਗਾ।

ਧੰਨਵਾਦ ਸਹਿਤ

Rekha Rani
ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ
ਗੋਬਿੰਦਪੁਰਾ

ਇੰਚਾਰਜ
ਸਰਕਾਰੀ ਮਿਡਲ ਸਕੂਲ, ਜੰਗਪੁਰਾ
(ਐਸ. ਏ. ਐਸ. ਨਗਰ)

Parvinder Singh
ਸਰਪੰਚ
ਕ੍ਰਾਮ ਪੰਚਾਇਤ ਗੋਬਿੰਦਪੁਰਾ
(ਜੰਗਪੁਰਾ) ਬਲਾਕ ਰਾਜਪੁਰਾ (ਪਾਰੋਤਗਤ)

About The Donation

The donated items included:

- Computer Chairs – 40 units
- Revolving Chairs – 20 units
- Wooden Racks – 10 units
- Student Tables – 5 units

The furniture was carefully inspected and delivered to ensure safety, functionality, and suitability for classroom and office use. The donation was coordinated directly with the school authorities for smooth installation and setup.

Execution and Arrangement

The administrative team supervised the **delivery and placement** of all furniture items, ensuring that each space from classrooms to staff rooms was utilized efficiently. The newly arranged rooms provided a refreshed and organized look, creating a **positive and productive learning atmosphere** for the students. Before-and-after arrangements reflected a visible improvement, transforming under-furnished areas into well-equipped and student-friendly learning spaces.

Empowering Learning Spaces

The school administration and faculty expressed heartfelt appreciation for the thoughtful contribution, highlighting how the new furniture would **enhance teaching comfort** and student engagement. This act of giving demonstrated **Chitkara University's ongoing effort** to extend its **values of social responsibility**, **sustainability**, and **community care** beyond the campus. By repurposing and donating usable institutional furniture, the Office of Administration ensured that every resource found renewed purpose in supporting education where it's needed most.

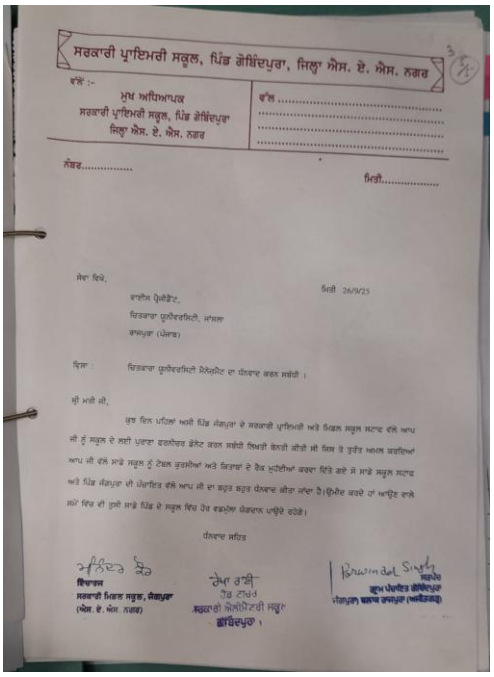
Conclusion

The **Furniture Donation Drive at Government Elementary School**, **Gobindpura** stands as a meaningful example of how small actions can create lasting impact. Through such initiatives, the **Office of Administration** continues to uphold Chitkara University's vision of **serving society through compassion**, **sustainability**, and **shared progress** nurturing learning environments that truly make a difference.









ਸਰਕਾਰੀ ਪ੍ਰਾਇਮਰੀ ਸਕੂਲ, ਪਿੰਡ ਗੋਬਿੰਦਪੁਰਾ, ਜਿਲ੍ਹਾ ਐਸ. ਏ. ਐਸ. ਨਗਰ

ਵਾਲੇ :-
ਮੁਖ ਅਧਿਆਪਕ
ਸਰਕਾਰੀ ਪ੍ਰਾਇਮਰੀ ਸਕੂਲ, ਪਿੰਡ ਗੋਬਿੰਦਪੁਰਾ
ਜਿਲ੍ਹਾ ਐਸ. ਏ. ਐਸ. ਨਗਰ

ਵੱਲ .....

ਨੰਬਰ.....

ਮਿਤੀ.....

ਸੇਵਾ ਵਿਖੇ,

ਵਾਲੰਟੀਅਰ,
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਰਾਜਪੁਰਾ
ਰਾਜਪੁਰਾ (ਪੰਜਾਬ)

ਮਿਤੀ 26/9/25

ਵਿਸ਼ਾ : ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ ਮੈਮੋਰੰਡਮ ਦਾ ਧੰਨਵਾਦ ਕਰਨ ਸਬੰਧੀ ।

ਸ੍ਰੀ ਮਤੀ ਜੀ,

ਕੁਝ ਦਿਨ ਪਹਿਲਾਂ ਅਸੀ ਪਿੰਡ ਜੰਡਪੁਰਾ ਦੇ ਸਰਕਾਰੀ ਪ੍ਰਾਇਮਰੀ ਅਤੇ ਮਿਡਲ ਸਕੂਲ ਸਟਾਫ ਵੱਲੋ ਆਪ ਜੀ ਨੂੰ ਸਕੂਲ ਦੇ ਲਈ ਪੁਰਾਣਾ ਫਰਨੀਚਰ ਡੰਨੇਟ ਕਰਨ ਸਬੰਧੀ ਲਿਖਤੀ ਬੇਨਤੀ ਕੀਤੀ ਸੀ ਜਿਸ ਤੇ ਤੁਰੰਤ ਅਮਲ ਕਰਦਿਆਂ ਆਪ ਜੀ ਵੱਲੋ ਸਾਡੇ ਸਕੂਲ ਨੂੰ ਟੇਬਲ ਕੁਰਸੀਆਂ ਅਤੇ ਤਿਰਪਾਲਾਂ ਦੇ ਰੋਲ ਮਹੱਈਆਂ ਕਰਵਾ ਦਿੱਤੇ ਗਏ ਸੀ ਸਾਡੇ ਸਕੂਲ ਸਟਾਫ ਅਤੇ ਪਿੰਡ ਜੰਡਪੁਰਾ ਦੀ ਪੰਚਾਇਤ ਵੱਲੋ ਆਪ ਜੀ ਦਾ ਬਹੁਤ ਬਹੁਤ ਧੰਨਵਾਦ ਕੀਤਾ ਜਾਂਦਾ ਹੈ।ਉਮੀਦ ਕਰਦੇ ਹਾਂ ਆਉਣ ਵਾਲੇ ਸਮੇਂ ਵਿਚ ਵੀ ਤੁਸੀ ਸਾਡੇ ਪਿੰਡ ਦੇ ਸਕੂਲ ਵਿਚ ਹੋਰ ਵਰਤੋਂਯੋਗ ਚੀਜ਼ਾਂਦਾਨ ਪਾਉਂਦੇ ਰਹੋਗੇ।

ਧੰਨਵਾਦ ਸਹਿਤ

ਵਿਦਿਆਰਥ
ਸਰਕਾਰੀ ਮਿਡਲ ਸਕੂਲ, ਜੰਡਪੁਰਾ
(ਐਸ. ਏ. ਐਸ. ਨਗਰ)

ਹੈਡ ਟੀਚਰ
ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ
ਗੋਬਿੰਦਪੁਰਾ ।

ਮੁਖ ਪੰਚਾਇਤ ਗੋਬਿੰਦਪੁਰਾ
ਜਿਲ੍ਹਾ ਐਸ.ਏ.ਐਸ.ਨਗਰ (ਮਨੋਹਰਗੜ੍ਹ)



Event Name	NSS Day
Venue	Old Age Home, Rajpura
Date	24th September, 2025
SDG Number, Name and NEP	3 – Good Health and Wellbeing, 10 – Reduced Inequalities, 11 – Sustainable cities and communities, 16- Peace, Justice and strong institution & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Participants	25
Duration	One Day

"At times, the most precious gift we can offer is simply being there and truly listening."

On NSS Day, the NSS team of Chitkara Business School visited the Old Age Home in Rajpura with the aim of spreading warmth, happiness, and companionship among the elderly. Students spent heartfelt moments with the residents, listening attentively to their life stories and sharing smiles, laughter, and conversations filled with empathy. Engaging activities were conducted to bring joy and make the day lively and more memorable for them.

To add to the cheer, the team distributed goodies, lighting up the faces of the elderly with happiness and gratitude. This meaningful visit left a deep impact on both the students and the residents, reinforcing the true spirit of community service, empathy, and human connection.






Dilmah
Finest Ceylon Tea
Taste the difference


IN THE MEMORY OF
SH. SATGURU JAGJIT SINGH
OLD AGE HOME
SWARG DHAM COMMITTEE
NSS DAY

Event Details	
Event Type	Seminar
Topic	Fragile Minds In The Digital Age - An International Masterclass
Date	2025-09-25 To 2025-09-25
Mode	Offline
Organizer Name	CSPC
Resource Person	Dr. Lisa Henderson, Professor & Head Of Department, Department Of Psychology
No. Of Participants	121
SDG No	3, 17
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

• To create awareness about the psychological impact of social media and digital technology on mental health, sleep, and cognitive functioning.
• To provide evidence-based insights from international research and case studies that highlight both risks and coping strategies in the digital era.
• To encourage critical reflection among participants on their own digital habits and foster discussions on healthy technology use.
• To equip participants with practical strategies for balanced digital practices to enhance mental well-being.

DESCRIPTION

The International Masterclass on Fragile Minds in the Digital Age was organized as part of the Chitkara University's 16th Global Week. The session was organized by Chitkara School of Psychology and Counselling in collaboration with Office of International Affairs. Dr. Lisa Henderson, Head and Professor, Department of Psychology, University of York, England was the resource person. She is renowned expert in the field of memory and sleep research. The session was highly engaging, blending research-based evidence with practical illustrations. The resource person highlighted the psychological consequences of excessive social media use, including anxiety, stress, and reduced self-esteem, while also underscoring the growing concerns related to digital addiction. A particular emphasis was placed on the relationship between screen exposure, disrupted sleep cycles, and impaired memory functions, with participants gaining insights into how lack of sleep adversely affects cognitive performance and

overall well-being. The use of video documentaries, real-world case studies, and interactive discussions added depth to the session, making complex concepts accessible and relatable.

OUTCOMES

• Participants developed a deeper understanding of how social media and excessive digital exposure affect mental health, memory, and sleep.

• The session fostered interactive discussions, with participants reflecting on their personal experiences and sharing perspectives.

• Students got knowledge about actionable tools such as sleep hygiene techniques, digital detox methods, and strategies for healthier online behavior.

• The session inspired participants to adopt more mindful and sustainable digital practices, contributing to improved psychological resilience.




GPS Map Camera
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Lat 30.51575° Long 76.661155°
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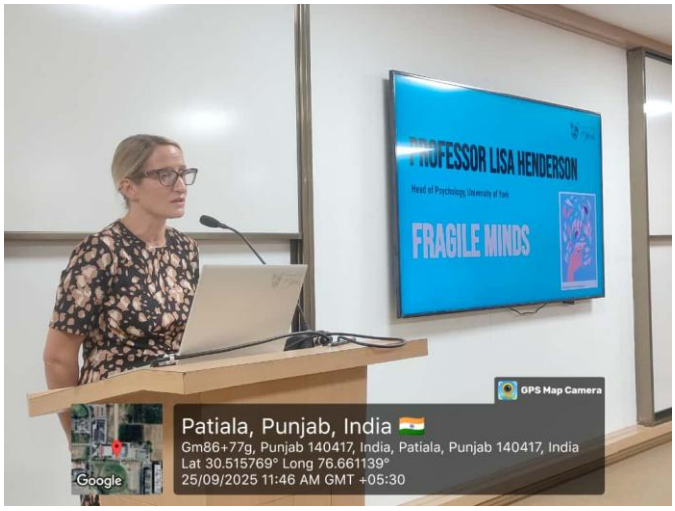
PROFESSOR LISA HENDERSON
FRAGILE MINDS
GPS Map Camera
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Event Details	
Event Type	Expert Talk
Topic	World Pharmacist's Day: Think Health, Think Pharmacist
Date	2025-09-25 To 2025-09-25
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Kamal Dua, Professor
No. Of Participants	112
SDG No	SDG 3: Good Health and Well-Being, SDG 17: Partnership for The Goals
Po Number(S)	Po3, Po2, Po10, Po7, Po5
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Empower Our Students with Great Communication Skills , Let's Educate Our Students To Become Globally Competitive

OBJECTIVE

To highlight the evolving and expanding role of pharmacists in patient care, public health, and healthcare systems.

To create awareness about the professional responsibilities of pharmacists in medication safety, counseling, and health promotion.

To reinforce the contribution of pharmacists in preventive healthcare, chronic disease management, and rational use of medicines.

To inspire students to embrace professional ethics, leadership, and lifelong learning within the pharmacy profession.

To promote recognition of pharmacists as accessible and trusted healthcare professionals supporting community health and well-being.

DESCRIPTION

World Pharmacist's Day: "Think Health, Think Pharmacist" was observed to celebrate and recognize the vital role pharmacists play in strengthening healthcare systems and improving patient outcomes. The observance aimed to highlight pharmacists as integral healthcare professionals whose responsibilities extend far beyond dispensing medicines to encompass patient counseling, medication safety, disease prevention, and public health advocacy. The program emphasized the evolving scope of pharmacy practice in response to changing healthcare needs. Discussions and activities focused on how pharmacists contribute to rational use of medicines, medication therapy management, and patient education, particularly in

chronic diseases and lifestyle-related conditions. By reinforcing the theme "Think Health, Think Pharmacist," the observance underscored the pharmacist's role as a first point of contact in healthcare and a trusted source of reliable health information. Special attention was given to the role of pharmacists in preventive healthcare and public health initiatives. Participants were sensitized to the pharmacist's involvement in vaccination support, health screening, infection prevention, and promotion of healthy lifestyles. The observance encouraged students to recognize their future responsibilities in community engagement and health awareness, aligning professional practice with societal needs. The program also served as a platform to inspire pharmacy students by emphasizing professional ethics, accountability, and continuous professional development. Through discussions on leadership, innovation, and interdisciplinary collaboration, students were motivated to adopt a proactive and patient-centered approach to their professional journey. The importance of adaptability and lifelong learning in an evolving healthcare landscape was strongly reinforced.

OUTCOMES

Enhanced awareness of the expanded and evolving role of pharmacists in patient care and public health.

Improved understanding of professional responsibilities, including medication safety, counseling, and rational use of medicines.

Increased appreciation of pharmacists' contribution to preventive healthcare, chronic disease management, and health promotion.

Strengthened sense of professional identity, ethics, and leadership among pharmacy students.

Greater motivation to pursue patient-centered practice and continuous professional development within the pharmacy profession.





Event Details	
Event Type	Competition
Topic	Server Of The Year 2025
Date	2025-09-26 To 2025-09-26
Mode	Offline
Venue	BTR, Escoffier Block (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College Of Hospitality Manager
No. Of Participants	9
SDG No	3, 4, 8, 9, 10, 12, 16, 13
PO Number(S)	PO1, PO2, PO3, PO4, PO5
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Prepare Our Students For Industry, Let's Empower Our Students With Great Communication Skills, Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

1. Set Standards: To establish competitive benchmarks for professional F&B service skills.
2. Identify Talent: To recognize and celebrate the most proficient student as 'Server of the Year 2025'.
3. Align Training: To bridge academic learning with current hospitality industry practices.
4. Boost Confidence: To enhance participant assurance in formal service execution.
5. Promote Engagement: To increase visibility and active membership for the SERVICE SAVVIES club.



DESCRIPTION

Chitkara University's Chitkara College of Hospitality Management, under the banner of its Yuva Tourism Club, SERVICE SAVVIES, successfully hosted the highly anticipated STAR AWARDS, focused on recognizing the 'Server of the Year 2025.' The prestigious event took place on 26th September 2025, from 9:00 AM to 12:30 PM, in the BTR, Escoffier Block.

The competition's primary objective was to scout, celebrate, and promote the highest standards of professional excellence in food and beverage service among the students. The event saw enthusiastic participation, with numerous talented students showcasing their refined skills. Contestants were evaluated across multiple critical parameters essential for world-class hospitality, including professional grooming, table setup and mise-en-place, formal service techniques (like silver service and wine presentation), communication skills, and the ability to handle demanding guest scenarios with grace and efficiency. An esteemed panel of internal faculty and external industry experts served as judges, scrutinizing every detail from posture and timing to clarity of explanation. The intense competition underscored the institution's commitment to practical, industry-relevant training. The Server of the Year award is more than just a title; it represents the culmination of dedication and mastery in a core hospitality domain. The atmosphere was charged with excitement as the top performers were felicitated. Dr. [Insert Dean/Director Name, if known, otherwise use "the leadership"] addressed the gathering, emphasizing the role of such awards in fostering a competitive spirit and bridging the gap between academic learning and industry demands. The event concluded with a vote of thanks, acknowledging the tireless efforts of the SERVICE SAVVIES members and the dedication of all participants. The STAR AWARDS affirmed Chitkara University's role as a torchbearer for excellence in hospitality education.

OUTCOMES

1. Established competitive benchmarks for professional F&B service skills.
2. Successfully identified the most proficient student ('Server of the Year').
3. Aligned academic training with current industry practices.
4. Enhanced participant confidence

in formal service execution.

5. Increased visibility and active membership for the SERVICE SAVVIES club.




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Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
Lat 30.515537, Long 76.659606
09/26/2025 12:41 PM GMT+05:30
Note : Captured by GPS Map Camera


1



Event Details	
Event Type	Competition
Topic	Baker Of The Year 2025
Date	2025-09-26 To 2025-09-26
Mode	Offline
Venue	Bakery Lab, Escoffier Block (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College Of Hospitality Manager
No. Of Participants	6
SDG No	2, 3, 12, 13
Po Number(S)	Po1, Po2, Po6, Po7, Po8, Po10, Po12
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students, Let's Infuse Leadership Skills In Our Students, Let's Educate Our Students For Brilliant Futures, Let's Prepare Our Students For Industry

OBJECTIVE

1. To honor baking excellence via the "Baker of the Year 2025" award.
2. To promote collaboration and leadership among the three organizing student clubs.
3. To reinforce the importance of sustainable development goals in hospitality.
4. To provide students with crucial event management operational experience.
5. To inspire and celebrate student culinary talent and dedication.



DESCRIPTION

Chitkara College of Hospitality Management successfully hosted the highly anticipated "Star Awards 2025" on September 26, 2025. The event, organized collaboratively by the Flavour Fusion Club, The Rising Chefs Club, and Yuva Tourism Club, was a vibrant celebration of culinary talent and dedication within the university. The ceremony took place from 9:00 AM to 12:30 PM in the state-of-the-art Bakery on the 2nd Floor of the Escoffier Block. The atmosphere was charged with excitement as students and faculty gathered to honour excellence in the baking industry.

The main highlight of the day was the prestigious "Baker of the Year 2025" award, which recognized a student who demonstrated exceptional skill, creativity, and knowledge in the art

of baking. This year's awards underscored the college's commitment to the UN Sustainable Development Goals (SDGs), with visible alignment to goals like Good Health and Well-being (SDG 3), Responsible Consumption and Production (SDG 12), and Climate Action (SDG 13), reinforcing the importance of sustainable practices in the hospitality sector. The event served as an inspirational platform, encouraging students to pursue mastery in their chosen field. The organising clubs received widespread praise for their flawless execution of the awards, highlighting strong student leadership and collaboration. The Star Awards 2025 was a resounding success, solidifying its place as a cornerstone event for the Chitkara College of Hospitality Management.

OUTCOMES

1. Successful students were recognized, elevating their professional profile and motivating peers.
2. Practical skills in event management and logistics were successfully demonstrated by student clubs.
3. Cross-club collaboration enhanced student teamwork and leadership abilities.
4. Awareness of sustainable practices within the bakery domain was reinforced.
5. The college's reputation for fostering culinary excellence and industry readiness was strengthened.








GPS Map Camera
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Chitkara University Road, Rajpura, Patiala,
Punjab 140601, India
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Note : Captured by GPS Map Camera



EVENT DETAILS	
Event Type	Competition
Topic	Virasat-E-Zaika- Legacy Of Flavours, Chef Of The Year 2025
Date	2025-09-26 To 2025-09-26
Mode	Offline
Venue	Btk, Escoffier Block (Btk, Escoffier Block, Chitkara University)
Organizer Name	Flavour Fusion Club, CCHM
No. Of Participants	5
SDG No	2, 3, 12, 13
PO Number(S)	PO1, PO2, PO5, PO6, PO7, PO8, PO9
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Prepare Our Students For Industry, Let's Encourage Our Students To Think Out Of The Box, Let's Educate Our Students To Become Globally Competitive

OBJECTIVE



1. Preserve Heritage: To celebrate and preserve the rich culinary heritage of India.
2. Recognize Talent: To identify and recognize exceptional student talent with the "Chef of the Year 2025" title.
3. Drive Innovation: To challenge students to blend traditional recipes with contemporary, innovative techniques.
4. Develop Expertise: To provide a competitive platform to demonstrate expertise in operational efficiency, presentation, and hygiene.
5. Prepare for Industry: To stimulate scholarly energy and professionalism, preparing students for the competitive food sector.

DESCRIPTION

The Chitkara College of Hospitality Management (CCHM) successfully hosted its prestigious culinary event, the "STAR AWARDS: Virasat-E- Zaika - Legacy of Flavors," on September 26, 2025. Organized jointly by the Flavour Fusion Club, The Rising Chefs Club, and the Yuva Tourism Club, the event aimed to celebrate and preserve the rich culinary heritage of India while recognizing exceptional talent among the student body. The competition, which ran from 9:00 AM to 12:30 PM, was held in the state-of-the-art BTK, Escoffier Block.

OUTCOMES

1. Students successfully demonstrated high-level culinary expertise in flavor balancing and presentation under a competitive setting.
2. The event facilitated the application of operational efficiency and planning required for professional kitchen environments.
3. Participants successfully blended traditional heritage recipes with contemporary, innovative techniques.
4. The competition instilled a deeper sense of pride in Indian culinary heritage and stimulated scholarly energy and diligence.
5. Students received valuable performance evaluation and feedback from a panel of distinguished industry experts and faculty.




GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.514980, Long 76.659505
09/26/2025 09:58 AM GMT+05:30
Note : Captured by GPS Map Camera




ARE YOU A
FOOD HANDLER?

Event Details	
Event Type	Competition
Topic	Budding Server Of The Year 2025
Date	2025-09-26 To 2025-09-26
Mode	Offline
Venue	Spice Route, Escoffier Block (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College Of Hospitality Manager
No. Of Participants	22
SDG No	3, 4, 8, 9, 10, 12, 13, 16
PO Number(S)	PO1, PO4, PO7, PO8, PO10
University Charter	Let's Educate our students for brilliant futures, Let's prepare our students for Industry, Let's empower our students with great communication skills, Let's install discipline, integrity and honesty in our students, Let's educate our students to become globally competitive

OBJECTIVE

1. Evaluate practical service skills (table setup, order-taking).
2. Foster professional etiquette and dedication in hospitality students.
3. Recognize and reward exceptional talent (Budding Server).
4. Bridge academic learning with industry standards.
5. Promote a spirit of healthy competition and skill development.



DESCRIPTION

On September 26, 2025, Chitkara University's Chitkara College of Hospitality Management successfully hosted the highly anticipated STAR AWARDS: Budding Server of the Year 2025. Organized by the dedicated students of SERVICE SAVVIES, the Yuva Tourism Club, the event aimed to identify, celebrate, and promote technical excellence in food and beverage service among the university's aspiring hospitality professionals. Held from 9:00 AM to 12:30 PM at the BTR, Escoffier Block, the competition provided a crucial platform for students to test their practical skills. The contest was designed as a rigorous, real-world scenario, challenging participants across multiple critical service dimensions. Competitors were meticulously evaluated on their speed and precision in table setting (mise en place), professionalism in order-taking, flawless

service execution, and adherence to international standards of hygiene and etiquette. A distinguished panel of faculty and industry experts oversaw the rounds, providing constructive feedback that transformed the contest into an invaluable learning experience for every student involved. The atmosphere was charged with competitive energy, successfully demonstrating the participants' dedication to mastering the intricate art of guest satisfaction. The event culminated in an inspiring award ceremony where the hard work and dedication of the participants were recognized. The judges praised the high caliber of talent, noting the commitment to detail exhibited by all contestants. The coveted title of Budding Server of the Year 2025 was ultimately awarded to [Insert Student Name], whose exceptional poise, precision, and comprehensive skill set truly set them apart. The STAR AWARDS underscore the university's commitment to practical, hands-on learning, ensuring that students are not only academically sound but are also industry-ready to lead in the global hospitality sector. The SERVICE SAVVIES club concluded the day by reaffirming its mission to champion skill-based development within the college.

OUTCOMES

1. Students demonstrated improved F&B service techniques.
2. One student was recognized as the "Budding Server of the Year."
3. Industry standards were successfully integrated and assessed.
4. Participant's confidence in practical skills increased.
5. Club visibility and engagement doubled post-event.




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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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Event Details	
Event Type	Competition
Topic	Virasat-E-Zaika- Legacy Of Flavors, Budding Chef Of The Year
Date	2025-09-26 To 2025-09-26
Mode	Offline
Venue	BTK, Escoffier Block (Chitkara University, Rajpura University)
Organizer Name	Flavor Fusion Club, CCHM
No. Of Participants	39
SDG No	2, 3, 12, 13
PO Number(S)	PO1, PO2, PO5, PO6, PO7, PO8, PO9
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Prepare Our Students For Industry, Let's Encourage Our Students To Think Out Of The Box, Let's Educate Our Students To Become Globally Competitive, Let's Ingrain Spirit Of Entrepreneurship Among Our Students

OBJECTIVE

1. Nurture Early Talent by providing competitive exposure.
2. Preserve Heritage through reinterpreting traditional Indian recipes.
3. Foster Innovation by applying modern techniques and presentations.
4. Instill Discipline in operational hygiene and meticulous planning.
5. Prepare Graduates for industry standards and competitive culinary roles.



DESCRIPTION

The Chitkara College of Hospitality Management (CCHM) successfully hosted its prestigious culinary talent hunt, the "STAR AWARDS: Virast-E- Zaika - Legacy of Flavors," on September 26, 2025.

Organized by the Flavour Fusion Club, The Rising Chefs Club, and the Yuva Tourism Club, this Level 1 Activity was specifically aimed at spotting and nurturing early-stage talent among students through the highly contested title of "Budding Chef of the Year 2025." The event, running from 9:00 AM to 12:30 PM, was held in the dedicated culinary space of the BTK, Escoffier Block

OUTCOMES

1. Students gained initial exposure to professional kitchen pressures.
2. Participants successfully reinterpreted traditional Indian recipes with modern flair.
3. The competition instilled a high standard of operational hygiene and planning.
4. Young talent was spotted and celebrated with the "Budding Chef" title.
5. Students reinforced their entrepreneurial and innovative thinking skills.






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GPS Map Camera
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Punjab 140601, India
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Event Details	
Event Name	World Environment Health Day
Topic	Poster Making competition
Date Mode	26th September, 2025 Offline
Venue Organizer Name	Ground floor, Galileo Block Ms. Deeksha Sharma (Assistant professor), Ms. Monika, CSHS, Chitkara University, Punjab.
No. of Participants	13
SDG No	3,6,7,11,12,13
SDG Details	3, 6, 7, 11, 12, 13
PO	PO1, PO2, PO3, PO4, PO5

Objective

1. Demonstrate awareness of environmental health issues, especially air pollution and its impact on human health.
2. Apply WHO guidelines and evidence-based practices to promote clean air initiatives.
3. Collaborate in organizing educational activities that foster community engagement and health advocacy.
4. Integrate interdisciplinary knowledge from nursing, psychology, and public health to address environmental challenges.
5. Reflect on the role of healthcare professionals in promoting sustainable and healthy environments.
6. To enhance critical thinking and awareness by encouraging students to explore various trends, concepts, and social issues through creative expression.

At the Nutritional Week Celebration, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a Poster Making Competition on 26th

September,2025. The event aimed to encourage students to explore their creative potential while raising awareness about environmental health.

The theme of the competition was “Clean Air, Healthy People,” emphasizes the urgent need to address air pollution and its impact on respiratory health, cardiovascular diseases, and overall well-being. Air pollution is a silent killer—affecting lungs, hearts, and minds. This year’s theme emphasizes the urgent need for clean air to protect public health and ensure sustainable living for all. The event was organized to educate, engage, and empower students and the community in promoting sustainable practices and environmental responsibility.

Students enthusiastically participated, prepared posters that showcased their creativity, artistic abilities, and understanding of the theme. Posters reflected topics such as air pollution, climate change, WHO guidelines for environmental health, and community participation for promoting environment health. Faculty members were invited to view and support the initiative.

The competition provided a unique platform for students to express their thoughts through art, essay writing enabling them to translate critical healthcare concepts into engaging and informative posters. Each participant brought their own perspective to the theme, illustrating the importance of clean air, climate change, Environment responsibility, hygiene practices, and the role of healthcare professionals in environment health. Their efforts reflected a deep understanding of the subject while demonstrating remarkable artistic skills.

To evaluate the colleges, a panel of esteemed judges was invited, including Dr. Sawroop (Assistant Professor) and Dr. Ashok (Assistant Professor). The judging criteria were based on presentation, creativity, and originality. The judges were highly impressed by the efforts, dedication, and talent displayed by the students. The competition was a testament to the students' ability to blend healthcare knowledge with artistic expression, making complex medical concepts more accessible and visually compelling. Throughout the event, students exhibited enthusiasm, passion, and a keen interest in healthy diet & nutrition, making the competition not only a creative endeavour but also a learning experience. It also provided an opportunity for students to engage in peer learning, as they observed and appreciated different perspectives presented through the posters.

One of the key highlights of the competition was how it fostered important skills beyond artistic creativity. Furthermore, by participating in this initiative, students developed a greater sense of responsibility towards environmental health and explored the impact of air pollution

on public health and propose sustainable solutions. The Poster Making Competition successfully combined education, creativity, and awareness, reinforcing the idea that every individual deserves balance, high-quality, and quantity of nutrition. The activity aimed to enhance students' written communication skills, foster environmental responsibility, and inspire future health leaders to engage in public health advocacy.

In conclusion, the event was a resounding success, leaving a lasting impact on both participants and spectators. The celebration of World Environmental Health Day 2025 was a resounding success, reinforcing the importance of clean air and sustainable living in healthcare. Through creative engagement and academic reflection, students embraced their role as future health advocates committed to environmental responsibility and public well-being.

The Department of Nursing at Chitkara School of Health Sciences looks forward to organizing more such engaging and educational competitions in the future, continuing its commitment to promoting health awareness and skill development among students.









Outcomes

- Encouraged Creative Expression – The competition provided students with a platform to showcase their creativity, artistic skills, and innovative thinking through posters.

- Enhanced Awareness of Nutrition & Balanced diet – Participants gained deeper knowledge about nutrition, micronutrients deficiencies, WHO dietary recommendations including safety, quality, and nurturing care, reinforcing their understanding of nutritional health.
- Fostered Confidence and Teamwork – By participating in the event, students-built self-confidence and developed teamwork skills as they collaborated, shared ideas, and learned from one another.
- Developed Decision-Making and Presentation Skills – The process of conceptualizing and making posters helped students refine their decision-making, problem-solving, and presentation abilities, which are essential in nursing and healthcare communication.
- Inspired Future Participation in Competitions – The success of the competition motivated students to take part in similar activities, encouraging them to continue exploring their talents and interests in creative and academic fields.

Event Details	
Event Type	Exposure Visit
Topic	"The Continuum Of Care" - An Experiential Educational Visit To Sorem, Chandigarh
Date	2025-09-29 To 2025-10-01
Mode	Offline
Organizer Name	CSPC
No. Of Participants	45
SDG No	3, 4, 8, 12, 17
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

• To provide B.Sc. Psychology students (Section A) with practical exposure to rehabilitation practices for individuals with intellectual disabilities.
• To help students understand the structure, pedagogy, and vocational training methods used at SOREM.
• To sensitize students towards inclusive education and non-verbal communication strategies.
• To link classroom-based theoretical knowledge with real-world interventions and practices.
• To encourage empathy, awareness, and professional interest in working with special populations.

DESCRIPTION

"Fostering Inclusion and Rehabilitation: B.Sc. Psychology Students at SOREM On 29 September and 1 October 2025, students of the B.Sc Psychology program from Chitkara School of Psychology and Counselling made an educational visit to SOREM (Society for Rehabilitation of Mentally Challenged), located in Sector-36, Chandigarh. SOREM is a center dedicated to therapeutic services and rehabilitation for individuals with Autism, Cerebral Palsy, and Intellectual Disabilities. Currently, SOREM serves 188 people aged between 12 and 50 years, who have been referred to as echelons (based on their level of disability). The visit was structured in batches, and students were guided through different areas of the facility: • In the playroom, participants observed how children are first groomed socially and emotionally through play before progressing to more formal learning environments.

• In the activity room, hands-on tasks helped reinforce motor skills, cognitive engagement, and practical problem-solving. • Classrooms focused on academic instruction in Mathematics and Languages, but adapted according to mental age, using visual aids and alternative communication methods to support learning. The institution also operates a vocational training unit, where learners are engaged in making jute products such as mats, bags, and coasters. With the festival season approaching, they are also producing items like candles, diyas, and chana dal sweets. Students and faculty joined in by purchasing these handmade items, thereby supporting SOREM's efforts. This visit gave students direct insight into inclusive practices, rehabilitation techniques, and vocational skill development, bridging the gap between theoretical knowledge and real-world application. The experience was capped off with an encouraging address by Dr. Sangeeta, Principal of SOREM, who urged the students to move beyond viewing cases as mere diagnoses and instead focus on proactive rehabilitation to effect meaningful change in the lives of those they serve."

OUTCOMES

•Students gained practical exposure to special education methods.
• They observed vocational training activities that enhance independence among differently abled individuals.
• The visit fostered empathy and sensitivity towards challenges and abilities of persons with intellectual disabilities.
• Students could link classroom knowledge with real-world practices in rehabilitation.
• Strengthened understanding of how multidisciplinary interventions (education, vocational training, physical activity) support holistic development.


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Chandigarh, Chandigarh, India
Sorem School, 36c, Sector 36, Chandigarh, Chandigarh 160036, India
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Google


GPS Map Camera
Chandigarh, Chandigarh, India
Sorem School, 36c, Sector 36, Chandigarh, Chandigarh 160036, India
Lat 30.730308° Long 76.755804°
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"SOREM"
Rehabilitation & Therapeutic Center For People with Autism, C.P & I.D
FACILITIES:- SPORTS ACADEMIC VOCATIONAL TRAINING
PT OT SPEECH THERAPIES INTERNSHIPS
GPS Map Camera
Chandigarh, Chandigarh, India
Sorem School, 36c, Sector 36, Chandigarh, Chandigarh 160036, India
Lat 30.730189° Long 76.75604°
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Google

Event Name	World Heart Day
Date	29th September, 2025
Venue	Carnegie Hall, Rockefeller Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr Arun Kochar, Cardiologist, Fortis Hospital, Mohali
Number of Participants	25
SDG Number	3, 4, 9, 17
Duration	1 day



The Department of Physiotherapy at Chitkara School of Health Sciences, in collaboration with the National Service Scheme, successfully organized World Heart Day 2025 on Monday, September 29, 2025, at Carnegie Hall, Rockefeller Block, commencing at 1:00 PM. The event was chaired by Dr. Vivek Shrivastava, Dean, and coordinated by Dr. Deepanshi Sharma, Assistant Professor, reflecting the institution's commitment to integrated health education and community service. The collaborative partnership between the Department of Physiotherapy and NSS created a powerful synergy that combined specialized clinical expertise with established community outreach mechanisms, ensuring comprehensive coverage of cardiovascular health awareness objectives.

The event featured a highly engaging Scientific Poster Making Competition that challenged students to creatively present complex cardiovascular concepts through visually compelling and scientifically accurate posters. The competition topics ranged from innovative cardiac rehabilitation techniques and exercise physiology applications to community-based prevention strategies and technological innovations in cardiac care. Students demonstrated remarkable creativity and scientific understanding through their presentations, covering diverse aspects of heart health including disease mechanisms, prevention strategies, and the role of physiotherapy in cardiac rehabilitation. This activity fostered scientific creativity while reinforcing key learning objectives related to cardiac health, encouraging students to think critically about cardiovascular wellness and therapeutic interventions. The poster presentation sessions

provided participants with invaluable opportunities to present their work to distinguished judges including Dr. Arun Kochar, Cardiologist, Fortis Hospital, Mohali and Dr. Pooja Dogra, Associate Dean, DRC, Health Sciences. Students showcased their understanding of cardiovascular health concepts and their practical applications in clinical and community settings, receiving expert feedback that enhanced their learning experience.







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Event Details	
Event Name	Value Added Course
Topic	Training for Nurses on Tuberculosis Care and Control in India
Date	30th September– 6th October 2025
Mode	Offline
Venue	GB 206, 2nf floor, Galileo Block
Organizer Name	Ms. Gagandeep Kaur, Assistant Professor, Chitkara School of Health Sciences
Resource Persons	Ms. Lakshita, Nursing Tutor, Ms. Eenu, Associate Professor, Ms. Sonali, Nursing Tutor, Ms. Gagandeep Kaur, Assistant Professor, Ms. Kanu Mahajan, Assistant Professor, Ms. Deeksha, Assistant Professor, Ms. Keerat, Assistant Professor, Ms. Priyanka Thakur, Nursing Tutor, Ms. Preetika, Nursing Tutor, Ms. Reepika, Assistant Professor, Department of Nursing, Chitkara School of Health Science
No. of Participants	75
SDGs	3,4
POs	PO3, PO12

Objective

- To provide up-to-date information on TB epidemiology, pathophysiology, and the latest treatment guidelines.
- To educate about early identification of TB suspects through proper screening, sputum collection, and referral procedures.
- To educate regarding the importance of directly observed treatment (DOT) and strategies to support patients in adhering to their treatment regimens.
- To provide knowledge regarding infection prevention and control practices specific to TB.
- To promote understanding of drug-sensitive TB, drug-resistant TB (MDR/XDR-TB), and management protocols as per national guidelines.
- To build capacity for community engagement and health education activities for TB awareness, stigma reduction, and treatment adherence.

The National Tuberculosis Elimination Program (NTEP) is the Public Health initiative of the Government of India that organizes its anti-Tuberculosis efforts. It functions as a flagship component of the National Health Mission (NHM) and provides technical and managerial leadership to anti-tuberculosis activities in the country.

As per the National Strategic Plan 2017-25, the program has a vision of achieving a "TB free India", with a strategy under the broad themes of "Prevent, Detect, Treat and Build pillars for universal coverage and social protection". TB continues to be the top infectious killer worldwide, claiming over 4,500 lives a day. Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a five-days value added course on "Training of Nurses on Tuberculosis Care and Control in India" from 30th September–6th October 2025. 75 students participated in this. This value added course was organized by Ms. Gagandeep Kaur, Assistant Professor, Chitkara School of Health Sciences, Chitkara University, Punjab. In this sessions were taken on epidemiology, pathophysiology, clinical features, diagnosis, preventive aspects and management of Tuberculosis, RNTCP and PMDT in both Adult and Pediatrics. Importance regarding Counselling of patients for TB Treatment Adherence was also discussed using role plays and case scenario discussions. Participants visited to A.P Jain Civil Hospital DOTS, Centre Rajpura where the staff discussed about the diagnosis and management of TB cases and the daily challenges faced in providing care to them. Participants were given opportunity to ask questions and share their experience of providing care to Tuberculosis patients.

Outcomes

1. Increased knowledge and awareness about Tuberculosis (TB), its causes, symptoms, prevention, and treatment.
2. Improved understanding of National TB Elimination Programme (NTEP) strategies and guidelines.
3. Enhanced skills in identifying, referring, and supporting suspected TB cases in the community.
4. Strengthened ability to deliver effective health education and TB awareness sessions.
5. Improved competency in infection prevention and control measures related to TB.



Students attending the session during the Training of Nurses on Tuberculosis Care and Control in India from 30/09/25 to 06/10/25



Students attending the session during the Training of Nurses on Tuberculosis Care and Control in India from 30/09/25 to 06/10/25



Students attending the session during the Training of Nurses on Tuberculosis Care and Control in India from 30/09/25 to 06/10/25



Group photo of Value-Added Course on Training of Nurses on Tuberculosis Care & Control in India from 30/09/25 to 06/10/25



Field visit to DOTS centre, AP Jain Hospital Rajpura during the Training of Nurses on Tuberculosis Care and Control in India from 30/09/25 to 06/10/25



Field visit to DOTS centre, AP Jain Hospital Rajpura during the Training of Nurses on Tuberculosis Care and Control in India from 30/09/25 to 06/10/25

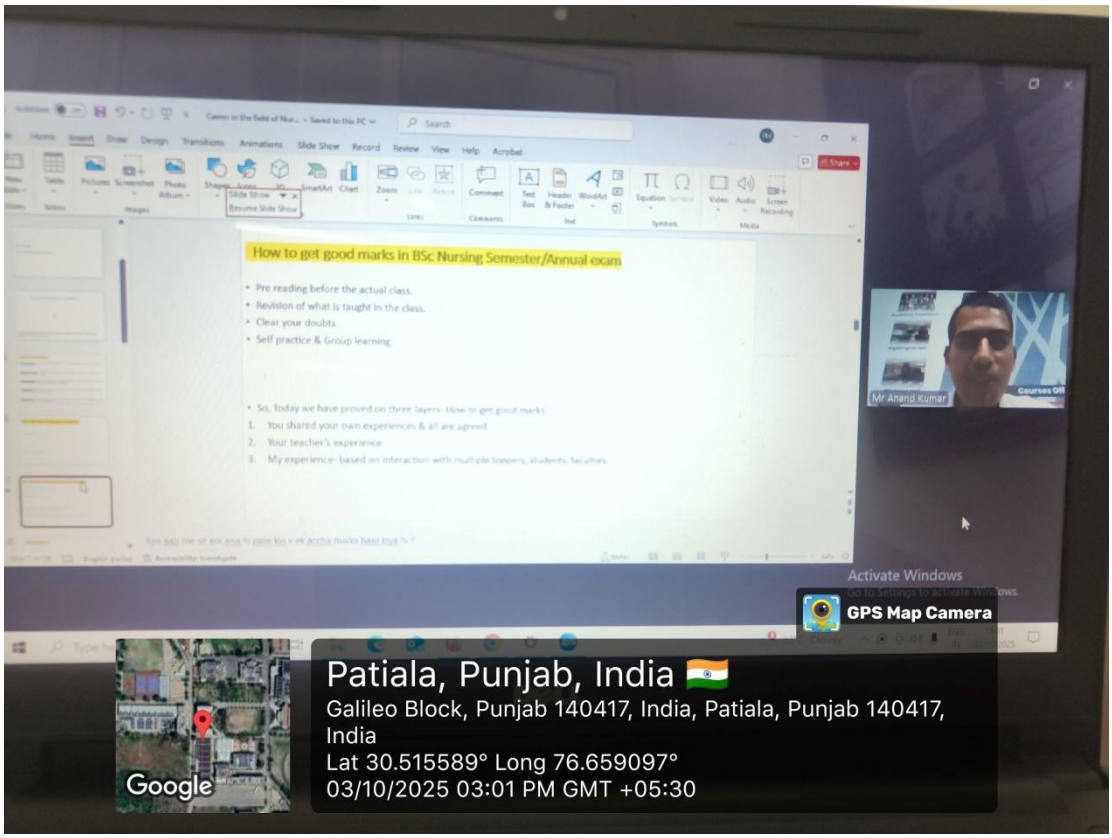
Event Details	
Event Name	Career Counselling
Topic	Career Counselling by Nursing Next Live One
Date	03.10.2025
Time	2:30 pm – 3:30 pm
Mode	Online
Venue	Zoom App
Organizer Name	Ms. Keerat (Assistant Professor) & Ms. Lakshita (Nursing Tutor)
Number of participants	56
SDG No.	3, 4, &17

Objective

1. Help participants understand the diverse specializations and roles within nursing, such as clinical nursing, nurse education, administration, research, and advanced practice.
2. Guide attendees to assess their skills, interests, and values to align their career choices with their strengths and passion areas in nursing.
3. Provide clear information on the necessary qualifications, certifications, and continuing education needed for various nursing career options.
4. Assist participants in creating actionable short-term and long-term career plans, including strategies for professional growth and advancement.
5. Equip nursing students or professionals with effective resume writing, job search techniques, and interview preparation to improve their chances of securing desired nursing roles.

The Nursing next Live one in collaboration with Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized an event titled Career Counseling for the students of B.Sc. Nursing7th semester, B.Sc. Nursing (Post Basic) 2nd Year and M.Sc. Nursing 2nd year on 3rd October 2025. The aim of this session is to empower nursing students and professionals with knowledge, skills, and resources to make informed career choices, develop personalized career plans, and improve job readiness to succeed and grow within the nursing profession. The upcoming Nursing Career Counselling session is designed to provide nursing students and professionals with valuable insights into the vast array of career opportunities available within the nursing field. This interactive session will guide participants through diverse specializations, such as clinical practice, nursing education, administration, research, and advanced practice nursing.

Attendees will have the opportunity to explore their personal strengths, interests, and values, helping them make informed decisions about their future career paths. The session will also offer detailed information about the educational qualifications, certifications, and continuing professional development necessary for different nursing roles. Participants will learn practical strategies for setting achievable career goals and developing clear action plans to advance their professional journeys. Additionally, the event will cover essential skills for successful job searching, including resume building and interview preparation, aimed at enhancing employability in a competitive healthcare environment. This career counselling session is ideal for nursing students at any stage of their education, as well as practicing nurses seeking to expand or shift their career trajectory. Through expert guidance and peer interaction, attendees will leave empowered to take confident steps toward fulfilling and rewarding nursing careers.





Outcomes

- Participants will demonstrate improved understanding of various nursing career pathways and specializations by identifying at least three potential roles they are interested in pursuing.
- Attendees will be able to assess and articulate their own strengths, interests, and values related to nursing careers through guided self-reflection exercises.
- Participants will gain knowledge about the educational and certification requirements needed for their chosen nursing specialties.
- Each participant will develop a personalized career action plan with short-term and long-term goals for professional development.
- Attendees will improve their job search skills, including resume writing and interview techniques, and be able to apply these skills effectively in seeking nursing employment.

Event	Football Match		
Date / Time	04-10-2025 / 1530 Hrs	Mode:	Offline
Location / Link	Chitkara University "Zero Football Ground"		
Activity In-charge	Mr. Manohar Lal, Sports Officer		
No. of Participants	22		
Resource Person (if any)	---		
SDG	3 & 10		

Games And Sports Are Really Important To Maintain The Body Physique And Fitness Of Ones Body. And When It Comes To A Profession Of Sailing Fitness Plays A Really Important Role For Us As Mariner.

EVENT REPORT: INTER-HOUSE FOOTBALL MATCH

1. Introduction

The CUSMS Sports Committee organized a Football Match on 04 October 2025 at 1550 hrs in the lush green *Zero Football Ground* of Chitkara University. The event featured an electrifying contest between the Port House and Starboard House teams. Each team consists of 11 players, including 2 substitutes.

The match was hosted by **Mr. Nasim Sahin**, Football Coach from the **Chitkara University Sports Board**, who served as the **Referee**, and **Mr. Manohar Lal** acted as the **Assistant Referee** to ensure the smooth conduct of the game.

The much-anticipated encounter was set to determine the superior house in this spirited competition. Under clear skies and amid an atmosphere filled with excitement and camaraderie, both houses clashed in a **50-minute match**, divided into **two halves of 25 minutes each**.

2. Event Details



At about **1535 hrs**, the **toss** was formalized by **Hon'ble Pro Vice Chancellor Captain Prabhat Nigam** between the two team captains. **Starboard House** won the toss and chose their preferred playing side. The match commenced with both teams displaying remarkable energy, enthusiasm, and determination. **Port House** took an early lead in the first half through a **well-coordinated attack**, scoring a superb goal that left the opposition stunned. Despite continuous efforts and several close attempts, **Starboard House** could not find an equalizer during the second half. Both teams showcased commendable teamwork, stamina, and sportsmanship throughout the game.

The thrilling match concluded with **Port House emerging victorious with a 1–0 scoreline**.

All faculty members and staff of **CUSMS** thoroughly enjoyed the final match, cheering for both sides with great enthusiasm. The **Sports Committee Coordinators** displayed excellent teamwork and coordination, ensuring the smooth and successful execution of the event.

3. Highlights The match witnessed exceptional performances from both teams, marked by impressive speed, endurance, and teamwork. The cheering crowd further fueled the competitive spirit, creating an electrifying atmosphere. True sportsmanship was evident as players from both sides congratulated each other at the end of the game.

4. Conclusion The football match concluded on a highly positive and vibrant note. The event not only provided an excellent platform for cadets to demonstrate their sporting skills and team spirit but also strengthened the bond between houses. It was a memorable and well-organized sporting event that reflected the true essence of sportsmanship and unity at CUSMS.

5. Team List

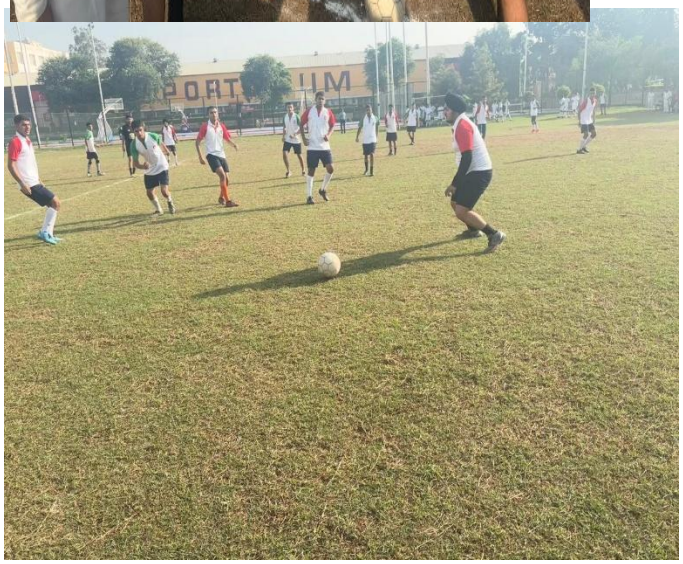
- **Port House** – Abdus Samad (Captain), Ayush Singh Chauhan, Tejasvir Singh Khera, Aman Singh, Priyanshu, Ayush Paliwal, Bhavy Bhatia, Gursimran Preet Singh, Daksh Salaria, Parth Agnihotri & Shubhdeep Jana

➢ **Starboard House** – Aryan Sharma (Captain), Lipun Das, Ubaid Ayoub Dar, Sabuj Mishra, Shivansh Patyal, Arman Katoch, Prince Sharma, Tanish Thakur, Nitin Kumar, Rahul & Sunil

6. <u>Result</u> "Port House declared winner" by 1/0.









Event Name	Community Extension and Outreach Activity
Topic	School Health Programmer on Personal Hygiene
Date	6th October, 2025
Time	10:30 a.m. – 12:00 Noon
Venue	Government Elementary School, Kalomajra
Organizer	Ms. Eenu, Associate Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Annu, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab Ms. Keerat, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	2
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 17 Partnership for the goal.
POs	PO1, PO2, PO3 & PO8

Objective

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

Description

M.Sc. Nursing 2nd year students, Department of Nursing, CSHS successfully organized a school health programme on Personal Hygiene on 6th October 2025 at Government Elementary School, Kalomajra. The programme aimed to promote awareness among children about the importance of maintaining cleanliness and developing healthy hygiene habits.

The session emphasized key areas such as hand hygiene, oral care, nail and hair hygiene, cleanliness of clothes, and overall body care. In addition to the health education session, the height and weight of the students were measured to help them understand the importance of growth monitoring and maintaining a healthy body weight. The activity aimed to promote self-awareness about physical well-being and encourage the development of positive health behaviors from an early age. The programme was made interactive and engaging through various demonstrations, role plays, charts, posters, and question–answer sessions, allowing children to participate actively and learn through fun activities. Nursing students also conducted demonstrations on correct handwashing techniques and oral hygiene practices.

Outcomes

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



Group Photograph of school health programme on 6/10/25



M.Sc. Nursing 2nd year students doing interaction with school students on 6/10/25.



M.Sc. Nursing 2nd year students providing health education on Nail Hygiene on 06/10/25



Student providing Demonstration on oral Care on 06/10/25



Students providing health education on personal hygiene on 06/10/25



Student interacting with students providing

Knowledge on personal hygiene on 06/10/25

Event Details	
Event Name	Career Counselling
Topic	Career Counselling by Border Line Plus
Date	06.10.2025
Time	2:30 pm – 3:30 pm
Mode	Online
Venue	Zoom App
Organizer Name	Ms. Kanu Mahajan (Assistant Professor) & Ms. Manu Kohli (Professor)
Number of participants	69
SDG Details	SDG 3- Good Health and Well-Being, SDG 4 – Quality Education, SDG 17- Partnership for the goals

Objective

1. Help participants understand the diverse specializations and roles within nursing, such as clinical nursing, nurse education, administration, research, and advanced practice.
2. Guide attendees to assess their skills, interests, and values to align their career choices with their strengths and passion areas in nursing.
3. Provide clear information on the necessary qualifications, certifications, and continuing education needed for various nursing career options.
4. Assist participants in creating actionable short-term and long-term career plans, including strategies for professional growth and advancement.
5. Equip nursing students or professionals with effective resume writing, job search techniques, and interview preparation to improve their chances of securing desired nursing roles.

The Border Line Plus, in collaboration with the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized an enlightening event titled **"Career Counselling Session"** on **6th October 2025**. The session was specially conducted for students of B.Sc. Nursing 7th Semester, B.Sc. Nursing (Post Basic) 2nd Year, and M.Sc. Nursing 2nd Year. The primary objective of this session was to empower nursing students and professionals by equipping them with comprehensive knowledge, essential skills, and relevant resources to make well-informed decisions regarding their future career paths. The event aimed to assist participants in developing individualized career plans, enhancing their job readiness, and fostering the confidence needed to excel and progress within the dynamic nursing profession.

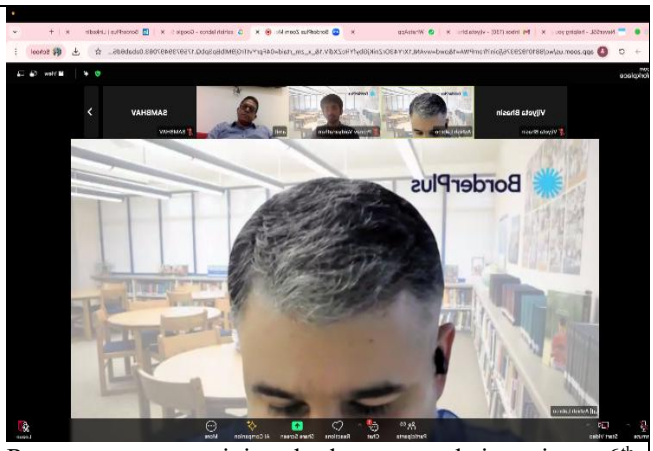
The program was thoughtfully designed to expose students to the wide spectrum of career avenues available in nursing, ranging from clinical practice, teaching, and administration to research and advanced nursing practice. It encouraged participants to evaluate their strengths, interests, and professional aspirations, thereby enabling them to align their career choices with their personal and professional goals. Throughout the session, students received valuable insights into the educational qualifications, specialized certifications, and continuous professional development opportunities required for different nursing roles. They were also guided in setting realistic career objectives and creating structured action plans to achieve them effectively. Furthermore, the event incorporated practical guidance on resume writing, interview preparation, and job search strategies, aiming to strengthen the participants' employability in today's competitive healthcare industry. These activities were intended to build confidence and prepare students to face real-world professional challenges successfully. Overall, the session served as an excellent platform for knowledge exchange, mentorship, and networking, benefiting not only students at various stages of their nursing education but also practicing nurses seeking career advancement or transition. By the end of the program, participants felt motivated, informed, and better prepared to take meaningful steps toward building rewarding, goal-oriented, and sustainable careers in the nursing field.

Outcomes

- Participants will demonstrate improved understanding of various nursing career pathways and specializations by identifying at least three potential roles they are interested in pursuing.
- Attendees will be able to assess and articulate their own strengths, interests, and values related to nursing careers through guided self-reflection exercises.
- Participants will gain knowledge about the educational and certification requirements needed for their chosen nursing specialties.
- Each participant will develop a personalized career action plan with short-term and long-term goals for professional development.
- Attendees will improve their job search skills, including resume writing and interview techniques, and be able to apply these skills effectively in seeking nursing employment.



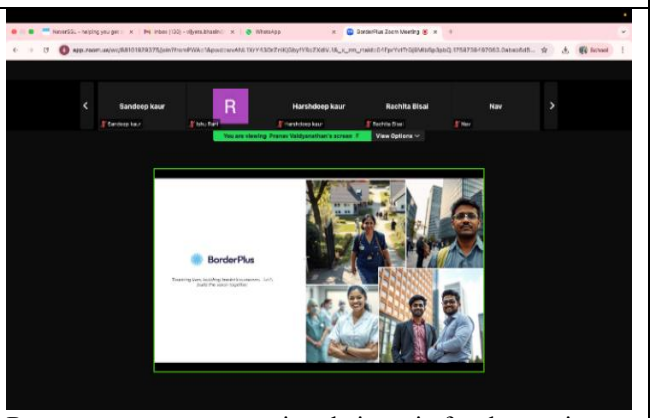
B.Sc. Nursing 7th Semester students attended session on 6th October,2025



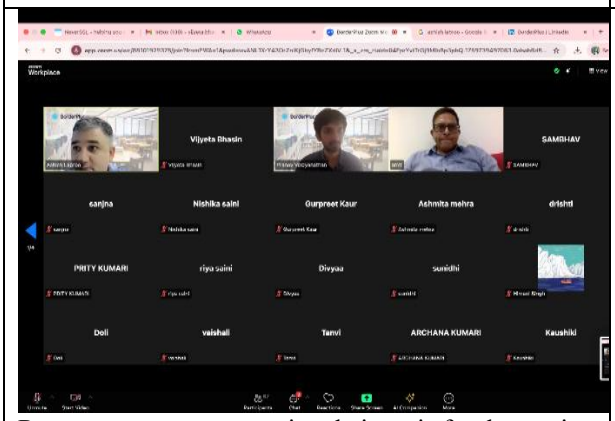
Resource persone giving the lecture on their topic on 6th October,2025



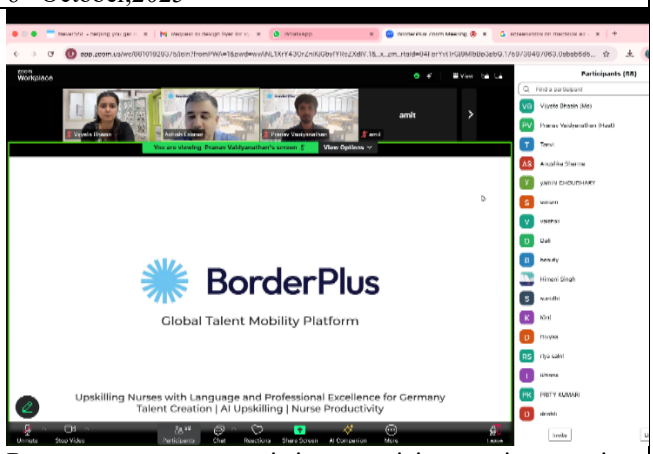
Students attending the online session on 6th October,2025



Resource persone presenting their topic for the session on 6th October,2025



Resource persons presenting their topic for the session on 6th October,2025



Resource persons assisting participants in creating actionable short-term and long-term career plans on 6th October, 2025

Event Details	
Event Type	Competition
Topic	1st Edition Chitkara Badminton Tournament
Date	2025-10-07 To 2025-10-07
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Lt. Col. (Dr.) Rakesh Sharma (Retd.), Registrar
No. Of Participants	87
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

Promote fitness under SDG-3 & Fit India.
Encourage student & staff participation in sports.
Provide a platform to showcase badminton skills.
Build teamwork, discipline & sportsmanship.

DESCRIPTION

The University Sports Board organize the 1st Edition of the Chitkara Badminton Tournament on 07 October 2025 at Chitkara University, Punjab. The tournament aims to promote a healthy and active lifestyle among students and staff, aligning with the principles of SDG-3 (Good Health & Well-Being) and the Fit India initiative. This edition of the tournament will feature the categories: Men's Singles, Women's Singles, Staff Men's Doubles. The event is being conducted to encourage greater participation in sports, enhance physical fitness, and foster a spirit of sportsmanship within the university community. Through this tournament, the Sports Board seeks to create an atmosphere of positivity, wellness, and competitive enthusiasm among all participants. The University invites students and staff members to actively participate and make this inaugural tournament a grand success.

OUTCOMES

Improved awareness of healthy lifestyle habits.
Increased interest in sports activities.
Identification of emerging badminton talent.
Better teamwork, bonding & confidence among participants.

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OUTCOMES

Improved awareness of healthy lifestyle habits.
Increased interest in sports activities.
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Better teamwork, bonding & confidence among participants.

Event Name	AI in Research: From Smarter Searches to Real-World Innovation
Date	7th Oct 2025
Venue	Henry Ford Hall, Martin Luther Block, Chitkara University, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Persons	1. Dr. Arun Upmanyu, Professor, DRC, Chitkara University, Punjab. 2. Dr. Adarsh Aggarwal, Vice President, CIIF, Chitkara University, Punjab.
Number of Participants	178 students and 7 faculty members
SDG Number	3,4
Duration	2 hours in Offline mode

Description of Event



The AHS department, CSHS, Chitkara University, organized an interactive and contemporary workshop on 7th October 2025, for students of the AHS department to explore the integration of artificial intelligence in research and innovation. The workshop featured two expert sessions. 1. "AI-Powered Literature Search: Tools, Techniques, and Practice" was conducted by Dr. Arun Upmanyu, Professor, DRC, Chitkara University, Punjab. This session offered a hands-on experience with AI-based literature search engines, guiding participants on how to efficiently locate, evaluate, and organize research evidence. 2. "Research-Innovation Nexus: Transforming Discoveries into Real-World Change" was led by Dr. Adarsh Aggarwal, Vice President, CIIF, Chitkara University, Punjab. This insightful talk emphasized the importance of innovation-driven research, demonstrating how scientific discoveries can be translated into practical, impactful solutions. Both sessions inspired participants to integrate AI tools and innovative thinking into their academic and professional research pursuits.

The event was organized under the leadership of Dr. Sonika Bakshi, Dean, CSHS, with Dr. Navita Gupta, Assistant Dean, Learning & Development, serving as the Faculty In-Charge.

Supported by the Institutions Innovation Council (IIC), the workshop highlighted the university's commitment to fostering a culture of innovation and research excellence among students. The session concluded with an engaging Q&A and reflection segment, leaving participants inspired to integrate AI tools and innovative thinking into their academic and professional research pursuits.









SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Take A Pause And Relax
Date	8th October 2025
Time	3:00 PM to 4:00 PM
Venue	Rockefeller Classroom
Number of Attendees	29
Resource Person	Mr. Manav Bansal

Chitkara Happiness Centre organised an engaging and interactive session titled “Take a Pause and Relax: Happiness Blueprint” for B.Ed students at Chitkara University. The session aimed to help students understand the true essence of happiness and how it can be nurtured in daily life. Participants discussed what happiness means to them, leading to an insightful exchange of thoughts and personal experiences. The session introduced the Happiness Blueprint with special emphasis on the PERMA model, which focuses on Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment as key components of overall well-being. Students were encouraged to reflect on how these elements shape their emotional and mental health. A major highlight of the session was the Gratitude Activity, where students formed a circle and expressed appreciation for their peers, acknowledging the kindness, support, and positive impact of one another. This simple yet powerful activity strengthened bonds, created a warm and supportive environment, and encouraged a culture of thankfulness. The session concluded with a lively Laugh and Dance Party that infused the atmosphere with joy, relaxation, and togetherness. The unique hybrid mode of the session, with participants joining both from the Chitkara University campus and Dubai, allowed students to connect beyond physical boundaries and share happiness collectively. Overall, the session served as a meaningful step toward enhancing emotional awareness, fostering connection, and promoting a joyful state of mind among students. The Chitkara Happiness Centre continues to remain dedicated to nurturing well-being and spreading smiles through its thoughtful and impactful initiatives.






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Event Name	Community Extension and Outreach Activity
Topic	Health Awareness of Stress Management
Date	8th October, 2025
Time	11:00 a.m. – 11:45a.m.
Venue	Prabh Aasra, Kurali
Organizer	Ms. Kanu Mahajan, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab.
No. of Participants	01
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 17 Partnership for the goal
PO	PO1, PO2, PO3 & PO8

Objective

- To create awareness among patients about the importance of mental health and stress management.
- To educate the patients regarding various stress-relieving techniques that can be practiced in daily life.
- To demonstrate and train the patients in performing relaxation techniques such as deep breathing and Jacobson's Progressive Muscle Relaxation (JPMR).
- To promote emotional well-being and reduce anxiety among the patients through participatory learning.
- To evaluate the effectiveness of the session through patient feedback and behavioural responses.

Description

On the occasion of **World Mental Health Day**, Ms. Gauri Thakur, a student of **M.Sc. Nursing 2nd Year**, conducted a **health talk on "Stress Management"** for the patients admitted in the female ward. The session aimed to raise awareness about the importance of managing stress effectively and to provide practical strategies for relaxation and emotional well-being. The session began with an introduction to the concept of stress, its causes, and its impact on both physical and mental health. Ms. Thakur explained how unmanaged stress can lead to various psychosomatic problems such as hypertension, anxiety, and sleep disturbances. She emphasized the need for incorporating relaxation practices into daily routines for better mental health. During the interactive session, she introduced several **stress-relieving techniques** such as **deep breathing exercises**, **relaxation exercises**, and **Jacobson's Progressive Muscle Relaxation (JPMR)**. The patients were encouraged to participate in a **hands-on practice session** of JPMR, where they actively engaged in the exercises under her guidance. The

demonstration was simple, easy to follow, and adapted to the patients' physical conditions. At the end of the session, patients shared their experiences and provided positive feedback. Many participants reported feeling relaxed, calm, and refreshed after performing the exercises. The activity helped promote awareness and motivated the patients to adopt healthy coping mechanisms for stress management.

Outcomes

- Patients gained awareness about the importance of mental health and stress reduction.
- Participants learned and practiced effective stress management techniques.
- Improved patient engagement and participation were observed during the session.
- Patients reported a sense of relaxation and emotional relief after performing JPMR.
- The session fostered a positive therapeutic environment in the ward and encouraged mental well-being.







Patients performing deep breathing exercise.



Students explain about steps of JPMR





Event Details	
Event Type	Competition
Topic	1st Edition Chitkara Futsal Tournament
Date	2025-10-08 To 2025-10-08
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	97
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

Promote fitness under SDG-3 & Fit India.
Encourage maximum student participation.
Provide a platform to display futsal skills.
Build teamwork, discipline & sportsmanship.

DESCRIPTION

The University Sports Board is organizing the 1st Edition Chitkara Futsal Tournament on 08 October 2025 to promote fitness, teamwork, and active participation in sports. The event supports SDG-3 (Good Health & Well-Being) and the Fit India Movement, providing students a dynamic platform to showcase their futsal skills in a competitive environment.

OUTCOMES

increased awareness of healthy and active living.
Greater interest and involvement in sports.
Identification of emerging futsal talent.
Enhanced teamwork, bonding & confidence among participants.

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OUTCOMES

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Identification of emerging futsal talent.
Enhanced teamwork, bonding & confidence among participants.

Event Name	World Sight Day 2025 "Love Your Eyes: Prioritizing Eye Health
Date	8th Oct- 9th Oct, 2025
Venue	CSHS, Chitkara University, Punjab & Gian Sagar Medical College & Hospital, Jhansla, Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr Nimisha Nagpal, Ophthalmologist and Assistant Professor, Gian Sagar Medical College & Hospital, Jhansla
Number of Participants	450
SDG Number	3,4,9,17
Duration	600 minutes

Description of Event

The Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab, successfully organized a two-day celebration on the occasion of World Sight Day 2025, focusing on the theme "Love Your Eyes: Prioritizing Eye Health."

On October 08, 2025, an Exhibition featuring posters, pamphlets, and rangoli displays was conducted at Chitkara University. The exhibits showcased innovative and creative awareness messages on preventive eye care and visual health. The event was judged by Dr. Nimisha Nagpal (Ophthalmologist and Assistant Professor, Gian Sagar Medical College & Hospital, Jhansla), Dr. Sonika Bakshi (Dean, CSHS, Chitkara University), and Dr. Anita Gupta (Professor, AHS, CSHS, Chitkara University), who appreciated the students' creativity, presentation, and understanding of eye health concepts.

On October 09, 2025, students performed a Nukkad Natak (street play) at Gyan Sagar Hospital, Jhansla, highlighting the importance of regular eye check-ups and preventive vision care. The performance received enthusiastic response from the audience, with over 450 participants attending the event. The day concluded with a Walkathon promoting the theme "Love Your Eyes," spreading awareness about the significance of early detection and lifestyle practices for healthy vision.

The celebration successfully integrated creativity, education, and community service—reflecting the department's commitment to promoting eye health and fostering social responsibility among optometry students.

The primary objectives of the event were to:
• To promote awareness about eye health and preventive eyecare.
• To encourage student participation in community outreach and social responsibility.
• To strengthen collaboration between academia and healthcare institutions.
• To engage the public in activities supporting the global theme "Love Your Eyes."







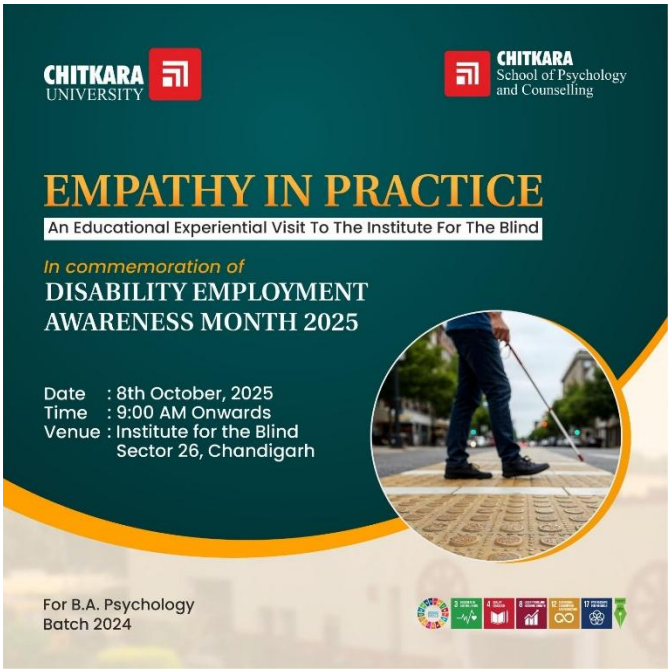

NO PARKING
WORLD SIGHT DAY 2025


CHITKARA UNIVERSITY

Event Details	
Event Type	Exposure Visit
Topic	"Empathy In Practice" - An Educational Experiential Visit To The Institute For The Blind
Date	2025-10-08 To 2025-10-08
Mode	Offline
Organizer Name	Chitkara School Of Psychology And Counselling
No. Of Participants	45
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
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Stimulate Scholarly Energy And Diligence In Our Students

OBJECTIVE

- Understand Inclusive Education Principles
- Observe Specialized Learning Tools
- Challenge Misconceptions
- Grasp Adaptive Psychology
- Translate Empathy into Practice



DESCRIPTION

Students from the Chitkara School of Psychology and Counselling embarked on a transformative educational experiential visit to the Institute for the Blind in Sector 26, Chandigarh. Themed ""Empathy in Practice,"" the visit provided a powerful, firsthand experience in inclusive education. Organized in commemoration of Disability Employment Awareness Month 2025, the B.A. Psychology (Batch 2024) students, on Wednesday, October 8, 2025, witnessed innovative and inclusive learning in action. Students were given a demonstration of how their peers utilize Braille and tactile learning tools to conquer challenging subjects like mathematics and science.

It was an eye-opening display of ingenuity, showing how the sense of touch is leveraged to build complex foundational knowledge and shatter common misconceptions about life with a visual impairment. The heart of the visit was the candid interaction with the students themselves. They spoke openly and confidently about navigating daily life, embracing technology, and pursuing their dreams for the future. Their conversation was filled with confidence, vibrant personalities, and infectious humour, effectively challenging common, outdated misconceptions about disability and dependence. This immersive field visit offered the B.A. Psychology students invaluable insight into the psychology of adaptation, resilience, and inclusive societal frameworks, moving empathy from theory into powerful, practical understanding."

OUTCOMES

- Analyze Inclusive Teaching Strategies
- Articulate Psychological Resilience
- Communicate Empowered Perspectives
- Apply Societal Frameworks
- Integrate Practical Empathy

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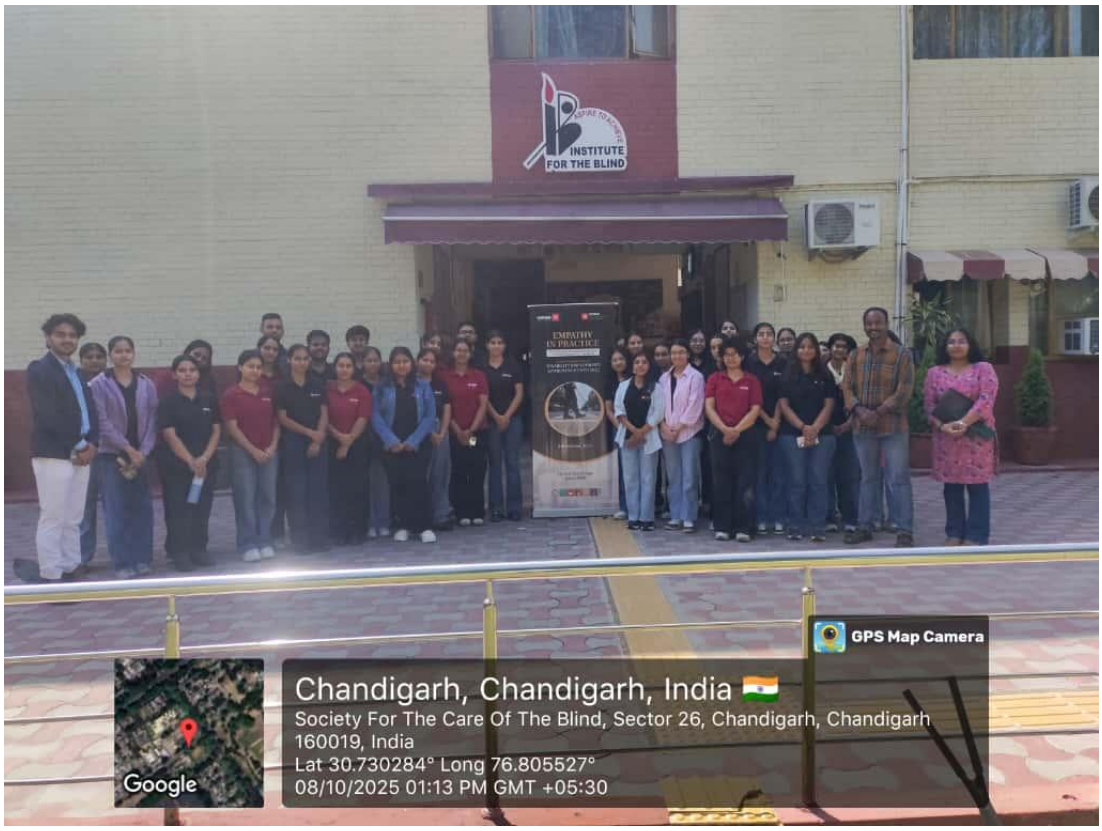
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Event Details	
Event Type	Competition
Topic	No Fire Cooking Competition By Psy grow
Date	2025-10-08 To 2025-10-08
Mode	Offline
Organizer Name	Chitkara School Of Psychology And Counselling
No. Of Participants	14
SDG No	SDG 2: Zero Hunger, SDG 3: Good Health And Well-Being, SDG 12: Responsible Consumption And Production, SDG 17: Partnership For The Goals
University Charter	Let's Encourage Our Students To Think Out Of The Box

OBJECTIVE

Promote Healthy Eating: Encourage participants to develop quick, healthy, and nutritious recipes suitable for busy schedules.
Foster Creativity & Culture: Stimulate creative food preparation using non-fire methods while incorporating cultural or personal food narratives.
Develop Nutritional Awareness: Practice identifying and presenting the nutritional value and ingredients of prepared dishes.

DESCRIPTION

On October 8, 2025, the PsyGrow Club at Chitkara School of Psychology and Counselling hosted an exciting No-Fire Cooking Competition for both students and faculty. The unique challenge focused on creating quick, healthy recipes that fit into busy lives, encouraging participants to add a dash of their culture, state, or personal comfort food experience. The competition theme was: ""Every dish tells a story... because good food is healthy food!"" Participants showcased ingenuity in crafting appetizing items without fire, adhering to the instruction of displaying ingredients and their nutritional value. The event successfully promoted healthy eating habits, creativity, and the importance of nutritional awareness."

OUTCOMES

Recipe Development: Students and faculty successfully created and presented original, healthy, no-fire recipes.
Applied Nutrition: Participants effectively analyzed and communicated the nutritional benefits of their chosen ingredients and dishes.

Cultural Integration: The event showcased ingenuity and cultural diversity through varied food preparations and personalized food stories.






WANTED




No Fire Cooking

Event Details	
Event Type	Competition
Topic	1st Edition Chitkara Pickleball Tournament
Date	2025-10-09 To 2025-10-09
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Lt. Col. (Dr.) Rakesh Sharma (Retd.), Director
No. Of Participants	150
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

Promote fitness under SDG-3 & Fit India.
Encourage student engagement in emerging sports.
Provide a platform to showcase pickleball skills.
Build teamwork, discipline & sportsmanship.

DESCRIPTION

The University Sports Board is organized the 1st Edition Chitkara Pickleball Tournament on 09 October 2025 to promote fitness, agility, and active participation in sports. The event aligns with SDG-3 (Good Health & Well-Being) and the Fit India Movement, offering students an exciting platform to experience and showcase their skills in the rapidly growing sport of pickleball.

OUTCOMES

Increased awareness of active and healthy lifestyles.
Enhanced interest in new and inclusive sports.
Identification of upcoming pickleball talent.
Improved teamwork, confidence & social bonding among participants.

Event Details	
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Topic	1st Edition Chitkara Pickleball Tournament
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Event Details	
Event Type	Soft Skills
Topic	World Mental Health Day 2025
Date	2025-10-10 To 2025-10-10
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	3
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education
PO Number(S)	PO1
University Charter	Let's Empower Our Students With Great Communication Skills, Let's Educate Our Students For Brilliant Futures

OBJECTIVE

To increase awareness about mental health and its importance in overall well-being.
To educate students and faculty on common mental health challenges and signs.
To promote strategies for managing stress, anxiety, and other mental health issues.
To reduce stigma and encourage open conversations around mental health.
To provide information about available mental health resources and support.

DESCRIPTION

On 10th October, Chitkara College of Pharmacy organized a special event to observe World Mental Health Day aimed at raising awareness about mental health issues and promoting mental well-being among students and faculty. The event featured interactive sessions highlighting the importance of mental health, common challenges faced by youth, and effective strategies to maintain psychological well-being. Experts shared insights on recognizing symptoms of stress, anxiety, and depression, while emphasizing the value of seeking timely help and reducing stigma associated with mental health conditions. Participants engaged in mindfulness exercises and group discussions designed to encourage openness and peer support. The event fostered a supportive environment where attendees could freely discuss mental health concerns and learn coping mechanisms. The session concluded with resources for ongoing mental health support and encouraged students to prioritize their mental wellness alongside academic and personal goals.

OUTCOMES

Enhanced understanding of mental health issues and their impact among participants.
Increased willingness to discuss mental health openly and seek help when needed.
Improved knowledge of stress management and coping techniques.

Creation of a more supportive and empathetic campus environment. Raised awareness of mental health resources accessible to students and staff.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	WELLNESS CARNIVAL
Date	10th October 2025
Time	9:00 AM to 2:00 PM
Venue	Newton Front Area
Number of Attendees	920
Resource Person	Happiness Team

Chitkara Happiness Centre organised a meaningful celebration of World Mental Health Day in collaboration with the Department of Education and Chitkara School of Psychology to spread awareness about the importance of mental well-being. The event featured a series of thoughtfully curated canopies and activity zones aimed at encouraging relaxation, self-reflection, emotional expression, and joy. The Games Zone set a lively tone with activities like Go with the Flow and Emotional Adventure, offering students fun ways to de-stress while understanding their emotions. The Gratitude Oasis created a warm and reflective atmosphere through the Wishing Well and Thank You Giving Letter, allowing participants to express appreciation and convey heartfelt thoughts. Patel's Zone of Self Love encouraged students to embrace self-worth through creative activities like Bandhanvaar Making, Face Painting, the Self Love Studio, and the Self Love Corner, each designed to promote confidence and individuality. Mindful Heaven offered a calming experience with its Mindful Tunnel and surroundings inspired by nature and meditation, helping students relax and reconnect with themselves. Adding excitement and awareness, the Joy Vibes Only Zone hosted a Run for Awareness, spreading the message of prioritizing mental well-being in a fun and energetic way. The event also included impactful activities like taking a pledge to care for one's mental health and the Kalpvarksha Thumb Paint Activity, symbolizing hope, growth, and positivity. The presence of the chief guest, Smt. Kamal Sisodiya, SSP, CRPF, added great value as she emphasized the significance of acknowledging and addressing mental health concerns. The celebration successfully fostered a supportive, joyful, and empathetic environment, encouraging students to nurture their mental health and spread positivity within their community.


CHITKARA UNIVERSITY
Emotional Artistry Corner
CHITKARA School of Psychology and Counselling
THERAPY
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Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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Event Details	
Event Type	Extension And Outreach Programs
Topic	'Wellness Carnival' - World Mental Health Day
Date	2025-10-10 To 2025-10-10
Mode	Offline
Organizer Name	CSPC
No. Of Participants	500
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 17: Partnership For The Goals
University Charter	Let's Prepare Our Students For Industry, Let's Inculcate Team Spirit And Camaraderie Among Our Students, Let's Stimulate Scholarly Energy And Diligence In Our Students

OBJECTIVE

Stigma Reduction: To actively work toward reducing the prevailing social stigma associated with seeking support for mental health challenges within the student community. Joy and Engagement Promotion: To create an interactive, festive, and fun environment that successfully promotes joy, positive affect, and high participation among students, faculty, and staff.

Awareness of Resources: To increase student awareness of accessible mental health and wellness resources available on campus, including the Chitkara Happiness Centre and CSPC professional support.

Practical Skill Development: To provide students with practical, on-the-spot tools and psychoeducational content for managing common issues like stress and anxiety (e.g., in the "Serenity Stream").

Interdisciplinary Collaboration: To successfully execute a large-scale event through effective, collaborative planning between the Chitkara School of Psychology and Counselling, the Chitkara Happiness Centre, and the Department of Education.

DESCRIPTION

The Wellness Carnival 2025, held on October 10 at the Chitkara University Alpha Zone in commemoration of World Mental Health Day, was a successful collaboration between the Chitkara School of Psychology and Counselling, the Chitkara Happiness Centre, and the Department of Education. The event's core goal was successfully met: to reduce the stigma

surrounding mental health and actively promote joy, awareness, and positive habits in a fun, festive setting for all students. By transforming the Alpha Zone into an interactive wellness space, the event effectively delivered on its promise of prioritizing the mind, body, and spirit. Key areas of high engagement included the ""Serenity Stream,"" which provided students with practical, on-the-spot tools for stress management, and the high-energy ""Artistry Corner,"" which served as a creative and anonymous outlet for expression. Furthermore, the collaborative approach ensured a holistic program, offering everything from physical fitness challenges to accessible professional resources."

OUTCOMES

Goal Achievement: The core goal of reducing stigma and actively promoting joy and positive habits was successfully met through the event's interactive and festive setting.
High Engagement and Participation: The event successfully transformed the Alpha Zone into an interactive wellness space, delivering high student engagement, particularly in the "Serenity Stream" and the "Artistry Corner."
Creative Expression Channel: The "Artistry Corner" effectively served its purpose by offering students a viable, anonymous, and creative outlet for emotional expression.
Holistic Program Delivery: The collaborative approach between the departments resulted in a holistic and comprehensive program that successfully delivered a wide range of activities, from stress management and creative expression to physical fitness challenges.
Positive Habit Encouragement: Through practical activities like the Serenity Stream and fitness challenges, the carnival successfully delivered practical, positive habit-forming strategies related to prioritizing the mind, body, and spirit.


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Relaxation Playlist
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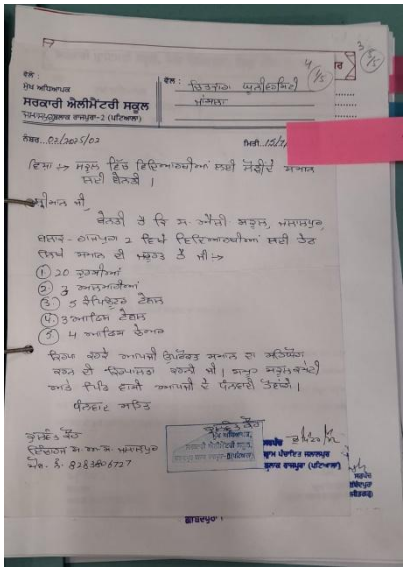
Event/Session Name	Donation of Furniture to Govt. Elementary School
Event/Session Date	10-October-2025
Venue	Govt. Elementary School, Jalalpur, Rajpura, Dist. Patiala
Organizers	Office of Administration
Resource Person	Capt. Ravinder Singh, (Asst. Director) Mr. Ravinder Singh, (Manager)
SDGs Covered	1,3,17

Overview

As part of its continuous efforts to support community development and uplift educational spaces, the **Office of Administration**, **Chitkara University**, organized a **Furniture Donation Drive** at the **Government Elementary School**, **Village Jalalpur**, **Rajpura (District Patiala)**. The initiative was carried out as per the request submitted by the school, with the aim of strengthening their infrastructure and providing essential furniture to create a more organized, comfortable, and student friendly learning environment.



About The Donation

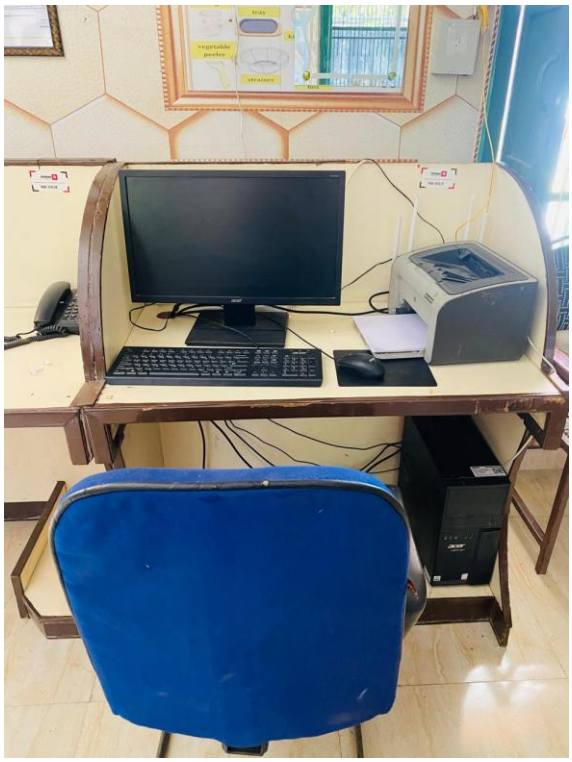
The donated items included:

- Computer Chairs – 25 units
- Revolving Chairs – 5 units
- Wooden Workstations – 5 units
- Wooden Racks – 4 units

Each item was carefully inspected, refurbished, and arranged at the school to ensure maximum utility and comfort for everyday use. The setup was planned to improve classroom efficiency and provide teachers with a more functional workspace.

Implementation and Setup

The **Office of Administration team** coordinated the transportation and installation of the furniture at the school premises. Classrooms and staff areas were reorganized to accommodate the new furnishings, bringing a visible transformation to the learning environment. The once modest rooms were rejuvenated into **clean, well-equipped, and conducive spaces**, motivating both students and teachers alike.




ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ ਜਲਾਲਪੁਰ


ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ ਜਲਾਲਪੁਰ
ਬਲਾਕ-ਰਾਜਪੁਰਾ-2 ਜਿਲ੍ਹਾ-ਪਟਿਆਲਾ

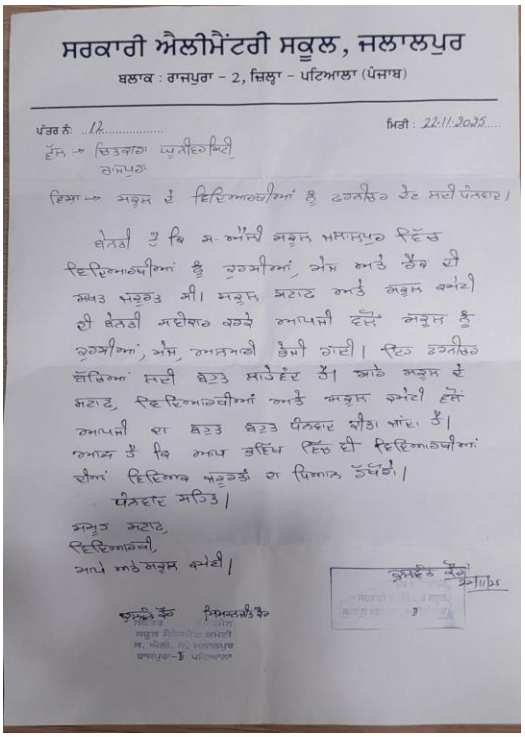

ਸਰਕਾਰੀ ਐਲੀਮੈਂਟਰੀ ਸਕੂਲ ਜਲਾਲਪੁਰ
ਬਲਾਕ-ਰਾਜਪੁਰਾ-2 ਜਿਲ੍ਹਾ-ਪਟਿਆਲਾ

Empowering Education through Giving



The school staff and students expressed their heartfelt gratitude for the university's thoughtful initiative. The donation not only addressed their immediate needs but also reflected **Chitkara University's commitment to resource optimization and social responsibility**. By extending usable institutional furniture to rural schools, the **Office of Administration** continues to bridge gaps in infrastructure while fostering an environment where education can thrive with dignity and comfort.

Conclusion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ਬਲਾਕ : ਰਾਜਪੁਰਾ - 2, ਜ਼ਿਲ੍ਹਾ - ਪਟਿਆਲਾ (ਪੰਜਾਬ)

ਪੱਤਰ ਨੰ: 12 ਮਿਤੀ: 22.11.2025

ਵੱਲ → ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ
ਰਾਜਪੁਰਾ

ਵਿਸ਼ਾ → ਸਕੂਲ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਫਰਨੀਚਰ ਦੇਣ ਲਈ ਧੰਨਵਾਦ।

ਬੇਨਤੀ ਹੈ ਕਿ ਸ. ਐਲੀ ਸਕੂਲ ਜਲਾਲਪੁਰ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਕੁਰਸੀਆਂ, ਮੇਜ਼ ਅਤੇ ਹੈਕ ਦੀ ਸਖਤ ਜਰੂਰਤ ਸੀ। ਸਕੂਲ ਸਟਾਫ ਅਤੇ ਸਕੂਲ ਕਮੇਟੀ ਦੀ ਬੇਨਤੀ ਸਵੀਕਾਰ ਕਰਕੇ ਆਪਜੀ ਵਲੋਂ ਸਕੂਲ ਨੂੰ ਕੁਰਸੀਆਂ, ਮੇਜ਼, ਅਲਮਾਰੀ ਭੇਜੀ ਗਈ। ਇਹ ਫਰਨੀਚਰ ਬੱਚਿਆਂ ਲਈ ਬਹੁਤ ਸਾਹੇਵੰਦ ਹੈ। ਸਾਰੇ ਸਕੂਲ ਦੇ ਸਟਾਫ, ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਸਕੂਲ ਕਮੇਟੀ ਵਲੋਂ ਆਪਜੀ ਦਾ ਬਹੁਤ ਬਹੁਤ ਧੰਨਵਾਦ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਆਸ ਹੈ ਕਿ ਆਪ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਵਿਦਿਆਰਥੀਆਂ ਦੀਆਂ ਵਿਦਿਆਕ ਜਰੂਰਤਾਂ ਦਾ ਧਿਆਨ ਰੱਖੋਗੇ।

ਧੰਨਵਾਦ ਸਹਿਤ।

ਸਮੂਹ ਸਟਾਫ,
ਵਿਦਿਆਰਥੀ,
ਮਾਪੇ ਅਤੇ ਸਕੂਲ ਕਮੇਟੀ।

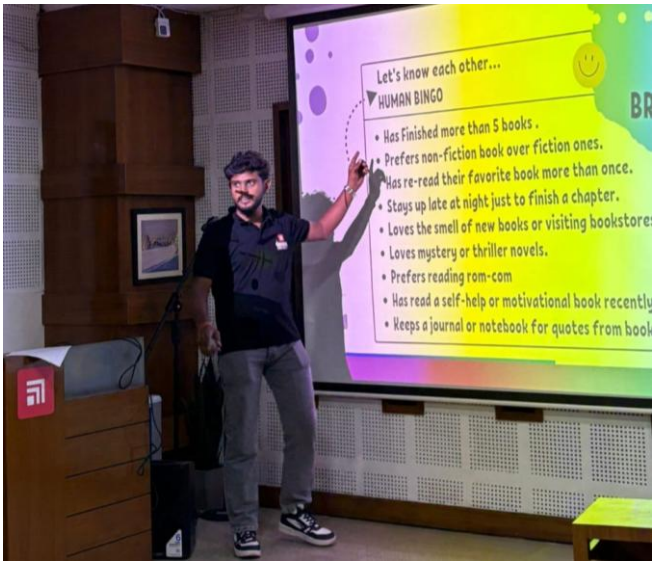
ਕੁਲਵੰਤ ਕੌਰ
ਸਮਾਲਜੀਤ ਕੌਰ
ਸਕੂਲ ਮੈਨਜਮੈਂਟ ਕਮੇਟੀ
ਸ. ਐਲੀ. ਸ. ਜਲਾਲਪੁਰ
ਰਾਜਪੁਰਾ-2 ਪਟਿਆਲਾ

The **Furniture Donation Drive at Government Elementary School, Jalalpur** stands as a meaningful act of community outreach and sustainable practice. Through such initiatives, the **Office of Administration** upholds **Chitkara University's** mission of **creating impact beyond the campus** where care, collaboration, and compassion transform lives and learning spaces.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	PAGE TURNERS FIESTA
Date	11th October 2025
Time	10:00 AM to 1:00 PM
Venue	Einstein Hall
Number of Attendees	32
Resource Person	Happiness Team

Chitkara Happiness Centre organised Page Turners Fiesta to celebrate the joy of reading and togetherness among students. The event began with an energetic ice-breaker activity, "Sit, Stand, Jump, Clap", which filled the atmosphere with laughter and enthusiasm, helping participants feel comfortable and connected. Students then shared heartfelt reviews of their favourite books, speaking about the emotions, lessons, and inspirations they drew from their reading experiences. To further strengthen bonds, a Human Bingo activity was conducted, encouraging students to interact, discover shared interests, and form new friendships within the reading community. A short yet powerful story was narrated, reminding everyone that success often comes when we learn to ignore unnecessary criticism and believe in ourselves. This message encouraged self-confidence and resilience among the participants. The Book Bond activity followed, where students were grouped into teams and each group presented thoughtful insights from a book of their choice. The discussions reflected teamwork, creativity, and meaningful engagement with literature. The event concluded with a cheerful celebration as Miss Reader – Himanshi and Mr Reader – Manraj were announced for their expressive participation and evident love for books. The Page Turners Fiesta offered a warm and inspiring environment, where students experienced the joy of sharing stories, appreciating literature, and building connections. It was a soulful morning that highlighted the beauty of reading as a way to learn, grow, and come together as a community.




Let's know each other...
HUMAN BINGO
• Has Finished more than 5 books .
• Prefers non-fiction book over fiction ones.
• Has re-read their favorite book more than once.
• Stays up late at night just to finish a chapter.
• Loves the smell of new books or visiting bookstore
• Loves mystery or thriller novels.
• Prefers reading rom-com
• Has read a self-help or motivational book recently
• Keeps a journal or notebook for quotes from book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Event Details	
Event Type	Social Event
Topic	Heath Checkup Camp (Empowering Health Through Pharmacy)
Date	2025-10-13 To 2025-10-13
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	25
SDG No	SDG 3: Good Health And Well-Being
PO Number(S)	PO1
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Empower Our Students With Great Communication Skills, Let's Foster Civic Engagement In Our Students, Let's Install Discipline, Integrity And Honesty In Our Students

OBJECTIVE

- Promote preventive healthcare through free screenings and consultations.
- Strengthen community engagement by providing accessible medical services.
- Offer pharmacy students practical exposure to public health initiatives.
  Raise awareness about hygiene, lifestyle diseases, and wellness practices.
- Encourage volunteerism and social responsibility among students.

DESCRIPTION

On 13th October 2025, Chitkara College of Pharmacy, in collaboration with the National Service Scheme (NSS) and the Indian Pharmaceutical Association (IPA), organized a health camp dedicated to promoting public health awareness and providing essential medical services to the community. The event was held on the college campus and attracted a large number of participants, including students, faculty, and local residents. The health camp aimed to deliver free health check-ups such as blood pressure monitoring, blood sugar testing, and BMI analysis. These services were conducted by a team of qualified doctors, pharmacists, and trained student volunteers who ensured that each individual received personalized care and guidance. The initiative was particularly beneficial for individuals who lacked access to routine medical services. In addition to clinical assessments, the camp featured educational sessions on hygiene, nutrition, and the prevention of lifestyle diseases like diabetes and hypertension. Informative brochures and wellness kits were distributed to reinforce the importance of healthy living and regular health monitoring. For pharmacy students, the camp served as a valuable experiential learning opportunity. It allowed them to engage directly with patients, practice health counseling, and understand the importance of community outreach in healthcare. This

hands-on exposure helped bridge the gap between academic knowledge and real-world application. The event was a testament to Chitkara College of Pharmacy's commitment to social responsibility and holistic education. By partnering with NSS and IPA, the college demonstrated the power of collaborative efforts in addressing public health challenges. The camp was well-received by the community and highlighted the importance of preventive healthcare and student-led initiatives in fostering a healthier society. Overall, the health camp was a successful endeavor that combined service, education, and awareness to make a meaningful impact on community well-being.

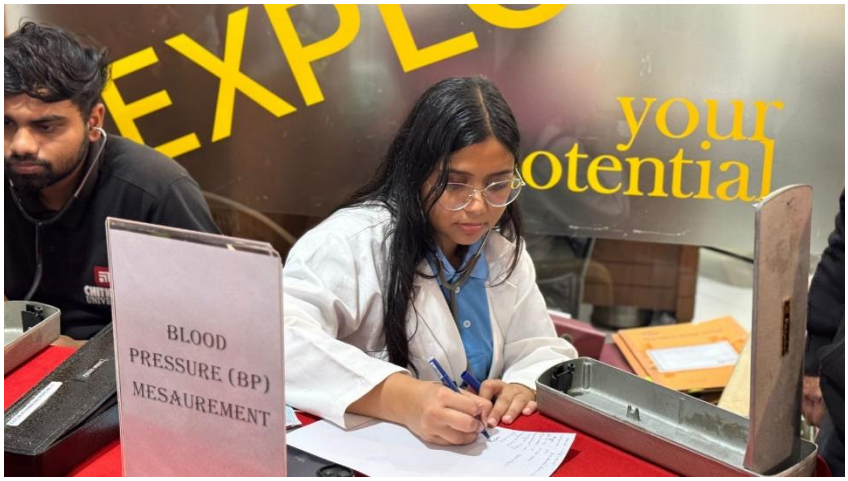
OUTCOMES

- Improved health awareness among local residents through free screenings and educational sessions.
- Early detection of common health issues such as hypertension, diabetes, and obesity.
- Enhanced practical skills and community engagement experience for pharmacy students.
- Strengthened collaboration between academic institutions and public health organizations.
- Positive community feedback and increased trust in student-led healthcare initiatives.





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Event Name	Workshop on Innovative Strategies to save lives: BCLS training for students
Venue	GB-205, GB-103 & GB-106, Galileo Block
Date	13th & 14th October, 2025
Organised by	Department of Nursing, CSHS, Chitkara University, Punjab
Resource persons	Ms. Alka Guleria, Ms. Seema Rani, Ms. Alisha Roy
Faculty Coordinator	Ms. Alka Guleria, Nursing Tutor, Department of Nursing, CSHS
No. of Students	56
SDG	3- Good Health & Well Being, 4- Quality Education

Objective

The objective of the workshop *"Innovative Strategies to Save Lives: BCLS Training for Students"* is to equip nursing students with essential knowledge and practical skills in Basic Cardiac Life Support (BCLS). The workshop will be able to enhance their competence in recognizing cardiac emergencies, performing effective cardiopulmonary resuscitation (CPR), using automated external defibrillators (AED), and managing post-resuscitation care with confidence and accuracy.

Day 1 (13th October 2025)

The first day of the workshop began with an **introductory session** and a **pretest** conducted by *Ms. Alka Guleria*, which set the tone for the training. Following this, *Ms. Alka Guleria* delivered a detailed session on **Cardiac Arrest**, explaining its causes, pathophysiology, signs and symptoms, recognition, and management. *Ms. Seema Rani* then conducted a session on **CPR-BLS**, where she emphasized the importance of early CPR, the chain of survival, and adult CPR techniques. Later, *Ms. Alisha Roy* facilitated a session on the **Use of Automated External Defibrillator (AED)**, describing the importance of early defibrillation, steps of AED use, safety precautions, and post-resuscitation care. The day concluded with a demonstration by *Ms. Alka Guleria* on **Rescue Breathing and Ventilation Techniques**, where she explained mouth-to-mask ventilation, bag-mask ventilation, and oxygen supplementation methods.

Day 2 (14th October 2025)

The second day of the workshop was devoted to **hands-on practice sessions**, during which students were divided into groups and practiced BCLS techniques under the supervision of *Ms. Alka Guleria*, *Ms. Seema Rani*, *Ms. Alisha Roy*, and *Ms. Priya* in different venues. Each group received individual attention and guidance to strengthen their practical skills. After the practice sessions and lunch break, students appeared for the **OSCE and post-test**, which were conducted to assess their knowledge and proficiency. The workshop concluded with a **vote of**

thanks and certificate distribution led by *Ms. Alka Guleria*, marking the successful completion of the two-day BCLS training program.

Outcomes

The workshop successfully enhanced students' knowledge and skills in Basic Cardiac Life Support, enabling them to respond effectively to cardiac emergencies. It fostered confidence, competence, and preparedness among participants to act promptly in life-threatening situations.






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Event Details	
Event Type	Social Event
Topic	SDGs Challenge - A Global Perspective
Date	2025-10-13 To 2025-10-14
Mode	Offline
Organizer Name	Chitkara School Of Psychology And Counselling
No. Of Participants	125
SDG No	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Empower Our Students With Great Communication Skills

OBJECTIVE

Understand the SDGs: Gain a deep understanding of the United Nations' Sustainable Development Goals (SDGs), including their targets and critical role. Research and Analyze Implementation: Research and analyze the implementation strategies and progress of the SDGs by the Government of India and the UN. Develop Communication Skills: Practice communicating complex information clearly through high-quality visual aids (PowerPoint presentations and posters).

DESCRIPTION

"In commemoration of World Sustainability Day and Campus Sustainability Month, the Chitkara School of Psychology and Counselling, in collaboration with the Chitkara College of Pharmacy, successfully organized the two-day ""SDGs Challenge - A Global Perspective"" event series on 13th and 14th October 2025. This enlightening event fostered a deeper understanding and appreciation of the United Nations' Sustainable Development Goals (SDGs) and their critical role in shaping a sustainable future. Students showcased their dedication by presenting in-depth research through engaging PowerPoint presentations and informative posters. Their work meticulously detailed the goals, targets, and the implementation steps taken by both the Government of India and the UN."

OUTCOMES

SDG Knowledge: Students can identify, explain, and appreciate the significance of the 17 SDGs.

Contextual Application: Participants can detail and compare the implementation steps taken

by national (India) and global (UN) bodies toward achieving the SDGs. Presentation & Design: Students successfully created and delivered in-depth research using effective presentation and poster design skills.






CAUSES OF POVERTY
Unemployment and Underemployment
Climate changes and disasters
Lack of education and skills
Inequality and discrimination
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Event Details	
Event Type	Social Event
Topic	Heath Checkup Camp(Empowering Health Through Pharmacy)
Date	2025-10-13 To 2025-10-13
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	25
SDG No	SDG 3: Good Health And Well-Being
Po Number(S)	Po1
University Charter	Let's Educate Our Students For Brilliant Futures , Let's Empower Our Students With Great Communication Skills , Let's Foster Civic Engagement In Our Students , Let's Install Discipline, Integrity And Honesty In Our Students

OBJECTIVE

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- Offer pharmacy students practical exposure to public health initiatives.
- Raise awareness about hygiene, lifestyle diseases, and wellness practices.
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DESCRIPTION

On 13th October 2025, Chitkara College of Pharmacy, in collaboration with the National Service Scheme (NSS) and the Indian Pharmaceutical Association (IPA), organized a health camp dedicated to promoting public health awareness and providing essential medical services to the community. The event was held on the college campus and attracted a large number of participants, including students, faculty, and local residents. The health camp aimed to deliver free health check-ups such as blood pressure monitoring, blood sugar testing, and BMI analysis. These services were conducted by a team of qualified doctors, pharmacists, and trained student volunteers who ensured that each individual received personalized care and guidance. The initiative was particularly beneficial for individuals who lacked access to routine medical services. In addition to clinical assessments, the camp featured educational sessions on hygiene, nutrition, and the prevention of lifestyle diseases like diabetes and hypertension. Informative brochures and wellness kits were distributed to reinforce the importance of healthy living and regular health monitoring. For pharmacy students, the camp served as a valuable experiential learning opportunity. It allowed them to engage directly with patients, practice

health counseling, and understand the importance of community outreach in healthcare. This hands-on exposure helped bridge the gap between academic knowledge and real-world application. The event was a testament to Chitkara College of Pharmacy's commitment to social responsibility and holistic education. By partnering with NSS and IPA, the college demonstrated the power of collaborative efforts in addressing public health challenges. The camp was well-received by the community and highlighted the importance of preventive healthcare and student-led initiatives in fostering a healthier society. Overall, the health camp was a successful endeavor that combined service, education, and awareness to make a meaningful impact on community well-being.

OUTCOMES

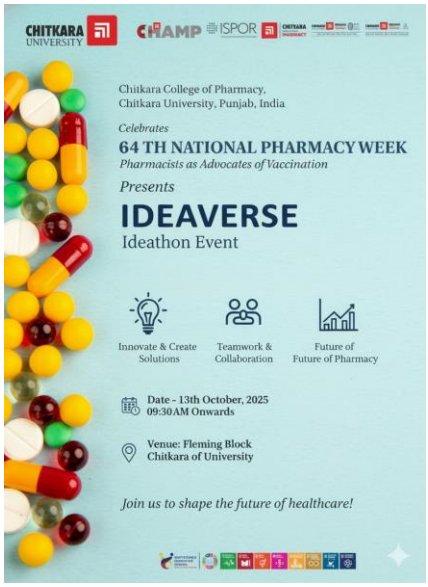
- Improved health awareness among local residents through free screenings and educational sessions.
- Early detection of common health issues such as hypertension, diabetes, and obesity.
- Enhanced practical skills and community engagement experience for pharmacy students.
- Strengthened collaboration between academic institutions and public health organizations.
- Positive community feedback and increased trust in student-led healthcare initiatives.





Event Details	
Event Type	Competition
Topic	Ideaverse
Date	2025-10-13 To 2025-10-14
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	40
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 10: Reduced Inequalities, SDG 9: Industry, Innovation and Infrastructure, SDG 11: Sustainable Cities and Communities, SDG 12: Responsible Consumption and Production, SDG 16: Peace, Justice and Strong Institutions, SDG 17: Partnership for The Goals
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Inculcate Team Spirit and Camaraderie Among Our Students, Let's Install Discipline, Integrity and Honesty in Our Students

OBJECTIVE



To foster a culture of innovation, creativity, and problem-solving among students through idea generation and conceptual thinking.

To provide a platform for interdisciplinary ideation, encouraging students to address real-world challenges with feasible solutions.

To nurture entrepreneurial mindset and innovation-driven thinking, aligned with startup and incubation ecosystems.

To enhance critical thinking, communication, and pitching skills by enabling participants to articulate and defend their ideas effectively.

To identify and support promising ideas with potential for research, innovation, or commercialization through mentorship and guidance.

DESCRIPTION

Ideaverse is an innovation-centric initiative designed to cultivate creative thinking, problem-solving abilities, and an entrepreneurial mindset among students. The program serves as a structured platform where ideas are not only generated but also critically evaluated, refined, and aligned with real-world needs. By encouraging students to think beyond conventional academic boundaries, Ideaverse aims to transform curiosity and creativity into meaningful, solution-oriented concepts. The event emphasizes interdisciplinary ideation, enabling participants to draw knowledge from diverse domains such as healthcare, technology, sustainability, and social innovation. Students are encouraged to identify existing gaps, challenges, or unmet needs and propose innovative yet feasible solutions. This approach helps participants understand the relevance of innovation in addressing practical problems and contributing to societal and economic development. A key component of Ideaverse is the focus on structured ideation and communication. Participants are guided to develop clear problem statements, articulate the novelty and impact of their ideas, and present them in a concise and convincing manner. Through presentations and discussions, students enhance their critical thinking, analytical reasoning, and pitching skills—competencies essential for innovation-driven careers and entrepreneurship. The initiative also introduces students to the broader innovation and startup ecosystem. By emphasizing concepts such as feasibility, scalability, and impact, Ideaverse aligns student thinking with research translation, product development, and commercialization pathways. Mentorship and constructive feedback play a crucial role in helping participants refine their ideas and understand the steps required to move from concept to implementation.

OUTCOMES

Enhanced creative thinking and problem-solving skills through structured ideation activities.
Improved ability to develop innovative, feasible, and impact-oriented ideas addressing real-world challenges.
Strengthened communication and pitching skills, enabling clear articulation of ideas and concepts.
Increased exposure to innovation, research, and entrepreneurial pathways, including scalability and commercialization perspectives.

Identification and encouragement of promising ideas for further mentorship, research, or incubation support.


GPS Map Camera
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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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Tuesday, 14/10/2025 10:24 AM GMT+05:30
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PROBLEM


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Note : Captured by GPS Map Camera

Event Name	Role Play
Topic	World Diabetes Day
Date	14th October, 2025
Time	10:00 am onwards
Venue	Kalomajra
Organizer	Ms. Gagandeep Kaur, Associate Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Alisha, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	09
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 11 Sustainable cities & communities
PO	PO1, PO2, PO3 & PO8

Objective

1. To demonstrate healthy lifestyle practices such as balanced diet, physical activity, and weight control.
2. To promote understanding about complications of uncontrolled diabetes and ways to prevent them.
3. To motivate community members to participate in regular screening and health check-ups.
4. To encourage adoption of preventive behaviours to reduce the risk of developing diabetes.
5. To highlight the role of family support in the care and management of diabetic individuals.

Description

The Department of Nursing at CSHS successfully organized a Role play on World Diabetes Day on 14th October, 2025 at Square One, Chitkara University. The theme for 2025 is "First Aid and Climate Change", highlighting the critical role of first aid in responding to climate-related emergencies like heatwaves, floods, and wildfires. On World First Aid Day B.Sc. Nursing 3rd Semester students enacting scenarios like managing a heatstroke victim during a heatwave, controlling bleeding from a cut, and performing CPR on someone who's collapsed. Facilitators emphasized the ABCs of first aid (Airway, Breathing, Circulation) and demonstrated techniques using mannequins for CPR practice. Scenarios highlighted how immediate first aid can be lifesaving, bridging the gap until professional medical help arrives - the concept of the "golden hour".

Participants learned about recognizing emergencies like strokes, heart attacks, and managing injuries like burns and fractures. The role plays underscored that first aid isn't just for medical professionals; it's a vital skill for everyone. It includes Basic First Aid Steps: Ensuring safety, checking airway, breathing, circulation (ABCs), controlling bleeding. Climate Change Connection: Addressing emergencies like heatwaves, floods needing first aid. Empowerment: Ordinary people can be first responders with basic training. First Aid Kit Essentials: Bandages, antiseptics, gloves for immediate care.

Outcomes

1. Increased Awareness: Participants gained understanding of first aid's role in emergency management.
2. Practical Skill Acquisition: Learners picked up basic first aid techniques like CPR and bleeding control.
3. Community Engagement: Encouraged individuals to become "first responders" in their communities.
4. Climate Change Linkage: Highlighted first aid's importance in climate-related disasters, promoting preparedness.



B.Sc. Nursing 3rd semester students Spreading First Aid Awareness.



B.Sc. Nursing 3rd semester students Act Fast Against Heat Stroke

	
B.Sc. Nursing 3rd semester students mastering first aid effectively	B.Sc. Nursing 3rd semester students spread awareness on managing dog bite.



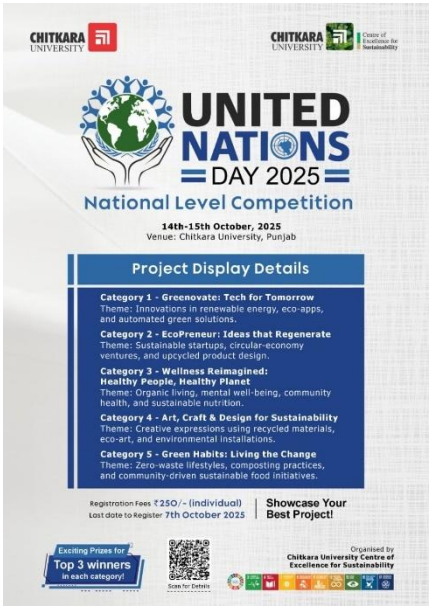
B.Sc. Nursing 3rd semester students tackle fractures with first aid expertise.



The first aid team stands prepared for emergencies.

Event Name	United Nations Day 2025
Date	14 & 15 October 2025
Venue	Chitkara University, Punjab
Organizer	Chitkara University Centre of Excellence for Sustainability (CUCES)
Number of Teams	130
Number of Participants	500+
SDGs Covered	3, 4,7, 9, 11, 12, 13, 16, & 17

About the Activity



To commemorate United Nations Day 2025, the Chitkara University Centre of Excellence for Sustainability **(CUCES)** organized a National-Level Celebration and Project Display Competition on 14 October 2025 at Chitkara University, Punjab. The event aimed to highlight the importance of the United Nations Sustainable Development Goals **(SDGs)** and encourage students, faculty, and innovators across India to contribute towards a sustainable future through creativity, innovation, and community engagement.

The day-long celebration brought together universities, colleges, and start-ups, fostering collaboration and knowledge exchange on sustainability-driven ideas and solutions. The event included a Project Display Competition, Sustainability Fair (Diwali Dhamal), panel discussions, cultural performances, a fashion show, and an award ceremony.

Day - 1

Key Points of the event

1. Project Display Competition -

The highlight of the event was the **National-Level Project Display Competition** based on five sustainability-focused themes:

1. **Greenovate: Tech for Tomorrow –** Innovations in renewable energy, eco-apps, and green automation.
2. **EcoPreneur: Ideas that Regenerate –** Circular economy ventures and upcycled product design.

3. Wellness Reimagined: Healthy People, Healthy Planet – Mental well-being, nutrition, and holistic living.

4. **Art, Craft & Design for Sustainability –** Creative expressions using recycled and eco-friendly materials.
5. **Green Habits:** Living the Change – Zero-waste lifestyles and sustainable community practices.

Each theme saw enthusiastic participation from individuals and teams (2–4 members), presenting innovative solutions through **models, live demos, and interactive exhibits.** The competition served as a platform for showcasing talent, ideas, and entrepreneurial potential aligned with global sustainability goals.

- **Registration Fee:** ₹250 per individual
- **Prizes:** ₹7500 (1st), ₹5000 (2nd), ₹2500 (3rd)
- **Certificates:** Awarded to all participants

The display and judging took place at **Alpha Ground**, where vibrant stalls and interactive demonstrations engaged visitors, faculty, and judges. Judges from reputed institutions and industries evaluated the projects based on **innovation, sustainability impact, feasibility, and presentation**.

Judging Panel:

- **Greenovate:** Dr. Sanjeev Kumar (Professor, PEC) and Er. R.K. Chaudhary (Guest Faculty, CUIET)
- **EcoPreneur:** Mr. Satyendra Singh (CEO, TBI, IISER Mohali) and Mr. Harjit Singh (Founder, Green Innovotech)
- **Wellness Reimagined:** Dr. Sukhpal (Principal, NINE PGIMER) and Dr. Mohit Kumar (Scientist C, NABI, Mohali)
- **Art, Craft & Design:** Prof. D.S. Kapoor (Ex-Principal, Arts College Chandigarh) and Ms. Soumi Das (Photographer, UNICEF & UNDP)
- **Green Habits:** Dr. Balkar (Professor of Practice, Office of Infrastructure Development) and Mrs. Anupama Raj (Managing Partner, D2O)

2. Diwali Dhamal – Sustainability Fair & Market

Alongside the competition, **Diwali Dhamal,** a **Sustainability Fair and Market,** was organized at **Alpha Ground** from 9:00 AM to 4:20 PM.
This vibrant fair featured canopies and stalls where students, employees, and external vendors showcased and sold **eco-friendly Diwali products** and **sustainable lifestyle items.**



The **Afternoon Session** at the **Exploretorium** celebrated the spirit of the **United Nations** with cultural and intellectual engagement.

A panel discussion titled **"Future Generations Contributing Towards the Sustainable Development Goals (SDGs)"** featured distinguished experts, including **Dr. Sonali** (MS, Homi Bhabha Cancer Hospital) focusing on **SDG 3**, **Dr. Monika Garg** (Scientist F, NABI Mohali) addressing **SDGs 2, 3, and 12**, and **Dr. Keya Dharamvir** (Punjab University) highlighting **SDG 4**. The program also included a cultural group dance performance themed **"Harmony with Nature"** by students of **CAAN and OSA**, as well as a **fashion show by students of CDS**, followed by an **award ceremony recognizing the top three performing teams across all five project themes**.

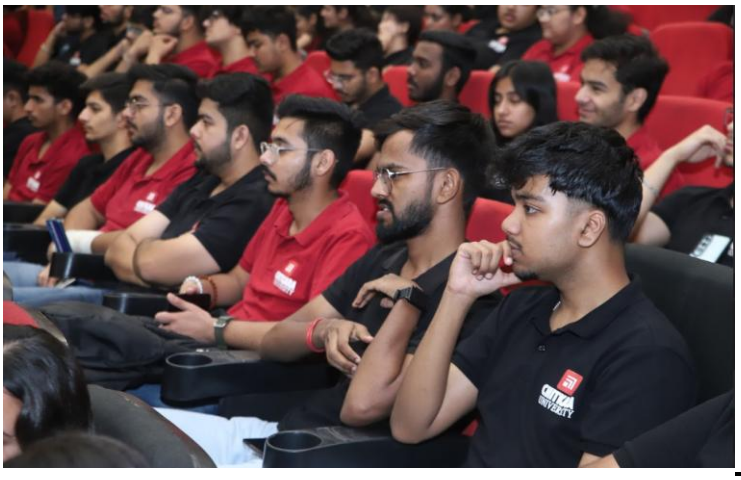
Event Insights

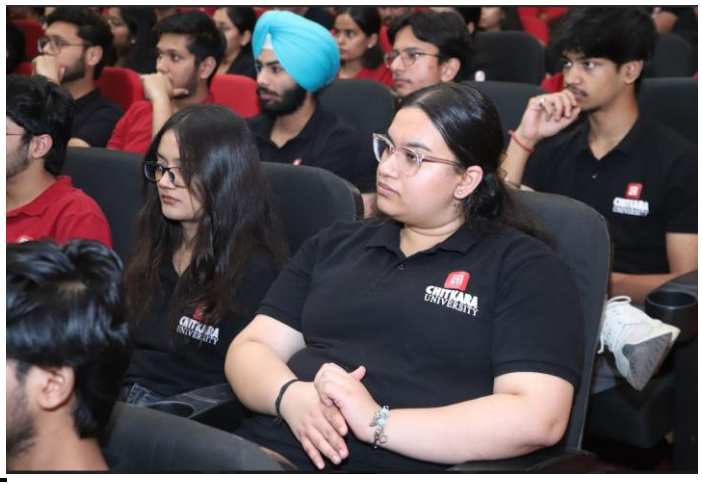
The **United Nations Day 2025 celebration** was a resounding success, blending **innovation, creativity, and sustainability** in an inspiring showcase of youth-driven change. The event not only celebrated sustainable ideas but also demonstrated how collective efforts can align with the **UN SDGs** for a better tomorrow. Both the **Project Display** and **Diwali Dhamal Fair** reflected the essence of environmental consciousness, entrepreneurship, and cultural harmony. Through interactive displays, meaningful discussions, and artistic performances, participants were encouraged to think globally and act locally.












UN DAY 2025
SUSTAINABLE DEVELOPMENT GOALS
CHITKARA UNIVERSITY


UN DAY 2025




DR. SONALI SHAMDASANI
DR MONIKA GARG
PROF (DR) KEYA DHARAMVIR


UN DAY 2025
SUSTAINABLE DEVELOPMENT GOALS


UN DAY 2025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SUSTAINABLE DEVELOPMENT GOALS
CHITKARA UNIVERSITY


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SUSTAINABLE DEVELOPMENT GOALS


UN DAY 2025










H14


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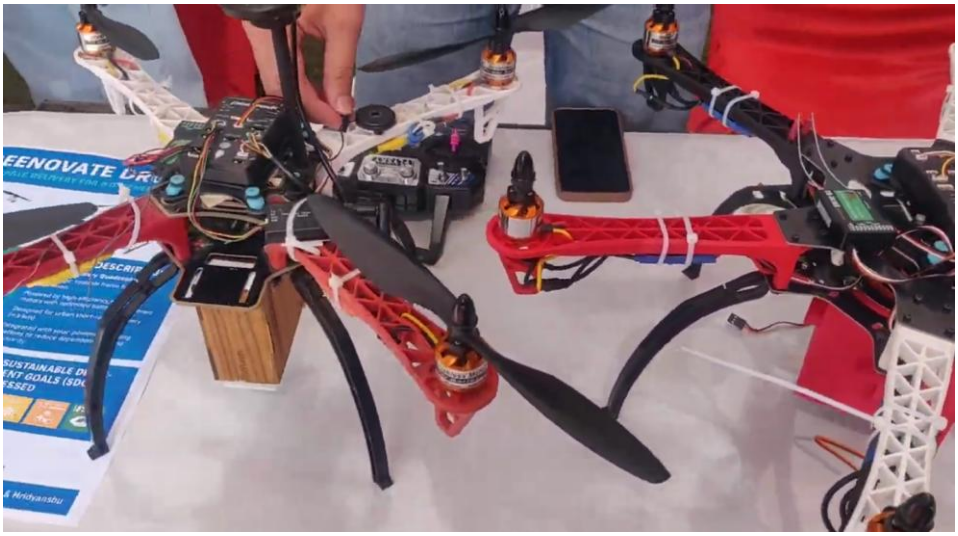
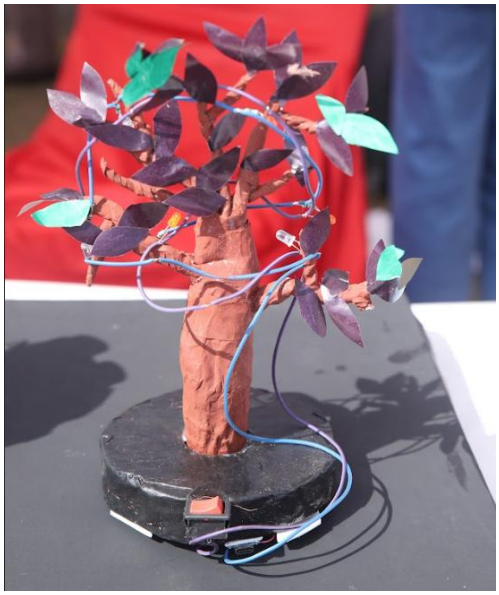



ECO-YOGA HUB


X-Ray Room


SDG6
SCHOOL
SDG11
SDG5


SDG10
SDG3
HOSPITAL




HARMONY BETWEEN
WASTE AND TECHNOLOGY






PLANT SOURCE
ANIMAL SOURCE


W9


HEAL THRIVE
ECO FRIENDLY
SUSTAINABLE PHYSIOTHERAPY


Health
HAPPINESS


UN DAY 2025
SUSTAINABLE DEVELOPMENT GOALS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UNITED NATIONS DAY2025


UN DAY 2025






UN DAY 2025
CHITKARA UNIVERSITY

Day – 2

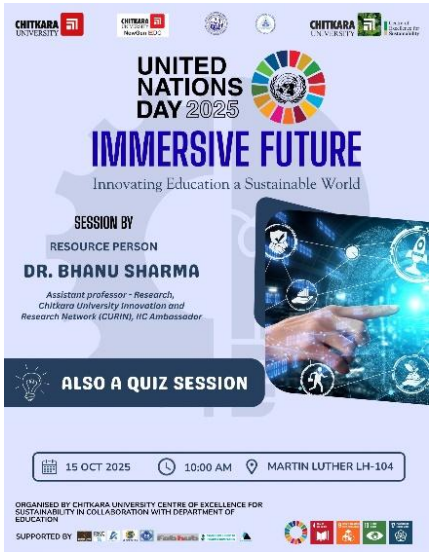


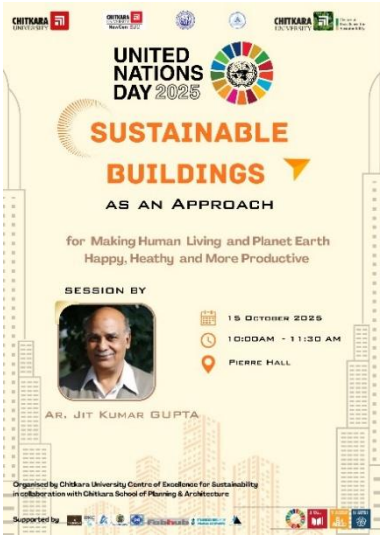
The second day of the **United Nations Day 2025** celebration focused on advancing dialogue and learning around sustainability, innovation, and education for the future. The day commenced with two engaging expert sessions:

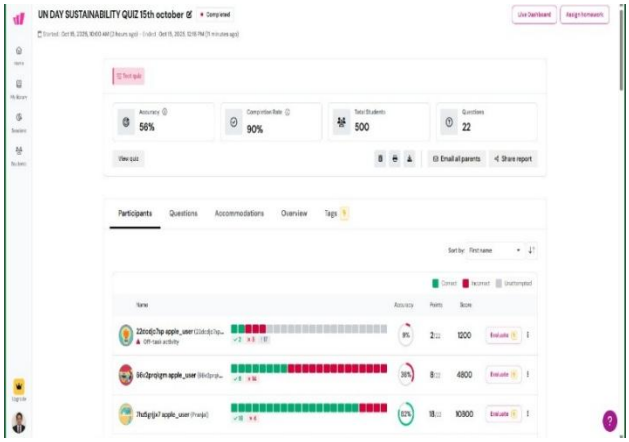
1. **"Immersive Futures: Innovating Education for a Sustainable World"** *Speaker:* Dr. Bhanu Sharma, Assistant Professor – Research, Chitkara University Innovation and Research Network (CURIN), and IIC Ambassador. Dr. Sharma's session highlighted the transformative role of immersive technologies and innovative pedagogies in preparing learners to address global sustainability challenges. Participants explored how education systems can evolve to empower responsible global citizens.

2. **"Sustainable Buildings as an Approach for Making Human Living and Planet Earth Happy, Healthy, and More Productive"** *Speaker:* Ar. Jit Kumar Gupta This insightful session focused on the importance of sustainable architecture and eco-friendly infrastructure as catalysts for well-being and environmental harmony.

An **Online Sustainability Quiz Competition** titled **Econnect** was also conducted, witnessing enthusiastic participation from over **500 students and faculty members**. The quiz tested participants' knowledge of the United Nations Sustainable Development Goals (SDGs), sustainable practices, and global sustainability efforts.






UN DAY SUSTAINABILITY QUIZ 15th october
Live Dashboard
Assign homework
Accuracy
56%
Completion Rate
90%
Total Students
500
Questions
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View quiz
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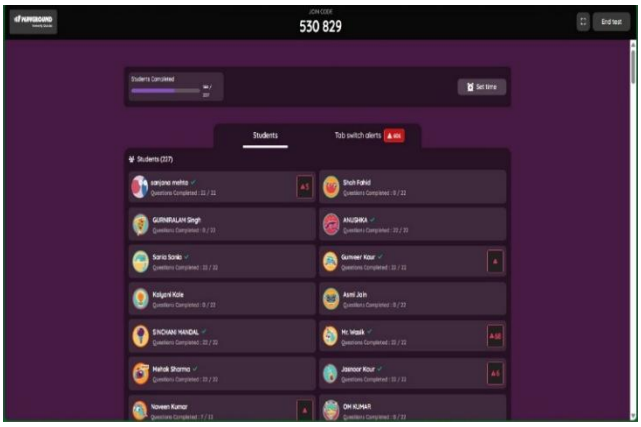
Overview
Tags
Sort by: First name
Correct
Incorrect
Unattempted
Name
Accuracy
Points
Score
Evaluate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End test
Students Completed
Set time
Students
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Students (217)


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CHITKARA
Your

Conclusion

The **United Nations Day 2025** celebration at **Chitkara University** stood as a vibrant example of academic excellence meeting global responsibility. From project innovations to cultural expressions, every segment emphasized the shared vision of a greener, healthier planet.

The event successfully promoted awareness of the **Sustainable Development Goals,** recognized young changemakers, and reinforced the university's dedication to fostering sustainability through education, creativity, and collaboration.







Event Details	
Event Type	Social Event
Topic	World Students' Day
Date	2025-10-15 To 2025-10-15
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	He,
No. Of Participants	13
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education
PO Number(S)	PO1
University Charter	Let's Educate our students for brilliant futures, Let's enthuse patriotic fervor & pride for our heritage in our students, Let's foster civic engagement in our students, Let's install discipline, integrity and honesty in our students, Let's infuse leadership skills in our students

OBJECTIVE

- Educate children on the importance of hand hygiene in preventing infections and promoting overall health.
- Demonstrate the correct technique of handwashing using soap and water through interactive sessions.
- Instill lifelong hygiene habits among young students in a fun and engaging manner.
- Raise awareness about the role of clean hands in reducing the spread of communicable diseases.
- Encourage students to practice and promote hand hygiene within their families and communities.

DESCRIPTION

On 15th October 2025, the NSS Unit of Chitkara College of Pharmacy organized a vibrant and educational event to mark Global Handwashing Day. The initiative was specifically designed for primary school students, aiming to instil the importance of hand hygiene from an early age. Recognizing that proper handwashing is one of the most effective ways to prevent the spread of infections, the event focused on teaching children the correct technique and timing for washing hands. The session began with a brief introduction to the significance of Global Handwashing Day and how clean hands contribute to better health and well-being. Volunteers from the NSS Unit conducted interactive demonstrations, showing the seven steps of effective

handwashing using soap and water. These demonstrations were made engaging through the use of colourful visuals, songs, and role-play activities that captured the attention of young learners. Students were encouraged to participate actively, practicing the handwashing steps themselves under supervision. The hands-on approach helped reinforce the learning and made the experience enjoyable and memorable. Informative posters and leaflets were also distributed to further emphasize the importance of hygiene in daily life. The event not only educated children but also empowered them to become ambassadors of hygiene in their homes and communities. By targeting primary school students, the NSS Unit aimed to build a foundation of healthy habits that would last a lifetime. Faculty members and student volunteers from Chitkara College of Pharmacy played a crucial role in organizing and executing the event smoothly. Their dedication and enthusiasm ensured that the message of hand hygiene was effectively communicated. Overall, the Global Handwashing Day celebration was a successful blend of education, engagement, and social responsibility. It highlighted the college's commitment to public health and its proactive role in shaping a healthier future through community outreach.

OUTCOMES

Increased awareness among primary school students about the importance of hand hygiene.

Improved understanding and practice of proper handwashing techniques.

Encouragement of healthy habits that can reduce the spread of infections.

Strengthened community outreach and engagement by pharmacy students.

Positive behavioral change observed in children, promoting hygiene within their homes and schools.






WORLD
Students' Day



Event Details	
Event Type	Social Event
Topic	Global Hand Washing Day
Date	2025-10-15 To 2025-10-15
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	He,
No. Of Participants	13
SDG No	SDG 3: Good Health And Well-Being, SDG 6: Clean Water And Sanitation, SDG 14: Life Below Water
PO number(s)	PO1
University Charter	Let's Educate our students for brilliant futures, Let's enthuse patriotic fervor & pride for our heritage in our students, Let's foster civic engagement in our students, Let's install discipline, integrity and honesty in our students, Let's infuse leadership skills in our students

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OUTCOMES

- Increased awareness among primary school students about the importance of hand hygiene.
- Improved understanding and practice of proper handwashing techniques.
- Encouragement of healthy habits that can reduce the spread of infections.
- Strengthened community outreach and engagement by pharmacy students.
- Positive behavioral change observed in children, promoting hygiene within their homes and schools.






Global
HAND
WASHING DAY





Event Details	
Event Type	Expert Talk
Topic	Expert Talk On Careers And Competencies Across The Drug Development Cycle
Date	2025-10-15 To 2025-10-15
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Ashish Vishwakarma,
No. Of Participants	100
SDG no	3, 4, 5, 10, 11
PO number(s)	PO3, PO6, PO11
University Charter	Let's empower our students with great communication skills, Let's foster civic engagement in our students, Let's infuse leadership skills in our students

OBJECTIVE

To provide a comprehensive overview of the drug development lifecycle, from discovery and preclinical research to clinical trials, regulatory approval, and post-marketing surveillance.
To familiarize participants with diverse career roles and functional domains across the drug development continuum.
To identify the core technical, regulatory, and professional competencies required at each stage of drug development.
To bridge academic training with industry expectations and real-world skill requirements.
To support informed career planning by highlighting emerging roles, interdisciplinary skills, and future trends in the pharmaceutical and clinical research sectors.

DESCRIPTION

The Expert Talk on Careers and Competencies across the Drug Development Cycle was organized to provide participants with a structured and industry-relevant understanding of how pharmaceutical products progress from initial discovery to patient use, and the diverse career opportunities associated with each stage of this journey. As drug development is a multidisciplinary and highly regulated process, the session aimed to help students and early-career professionals appreciate the interconnected roles that collectively ensure the safety, efficacy, and quality of medicines.

The session began with an overview of the drug development lifecycle, covering key phases such as target identification, preclinical research, clinical development, regulatory review, manufacturing, and post-marketing surveillance. Experts explained how scientific innovation,

regulatory oversight, and patient safety considerations are integrated throughout the lifecycle, emphasizing the importance of collaboration across functional teams. A major focus of the talk was on career pathways across the drug development continuum. Participants were introduced to a wide range of roles, including research scientists, clinical research associates, regulatory affairs professionals, pharmacovigilance experts, quality assurance specialists, medical writers, and market access professionals. The session clarified how responsibilities, skill requirements, and career progression vary across these domains, enabling participants to identify areas aligned with their interests and strengths. The talk also highlighted the core competencies required at different stages of drug development. These included scientific and technical expertise, understanding of regulatory guidelines, data interpretation skills, ethical decision-making, and effective communication. Emphasis was placed on the growing importance of transferable skills such as project management, cross-functional collaboration, and adaptability in a rapidly evolving pharmaceutical environment.

OUTCOMES

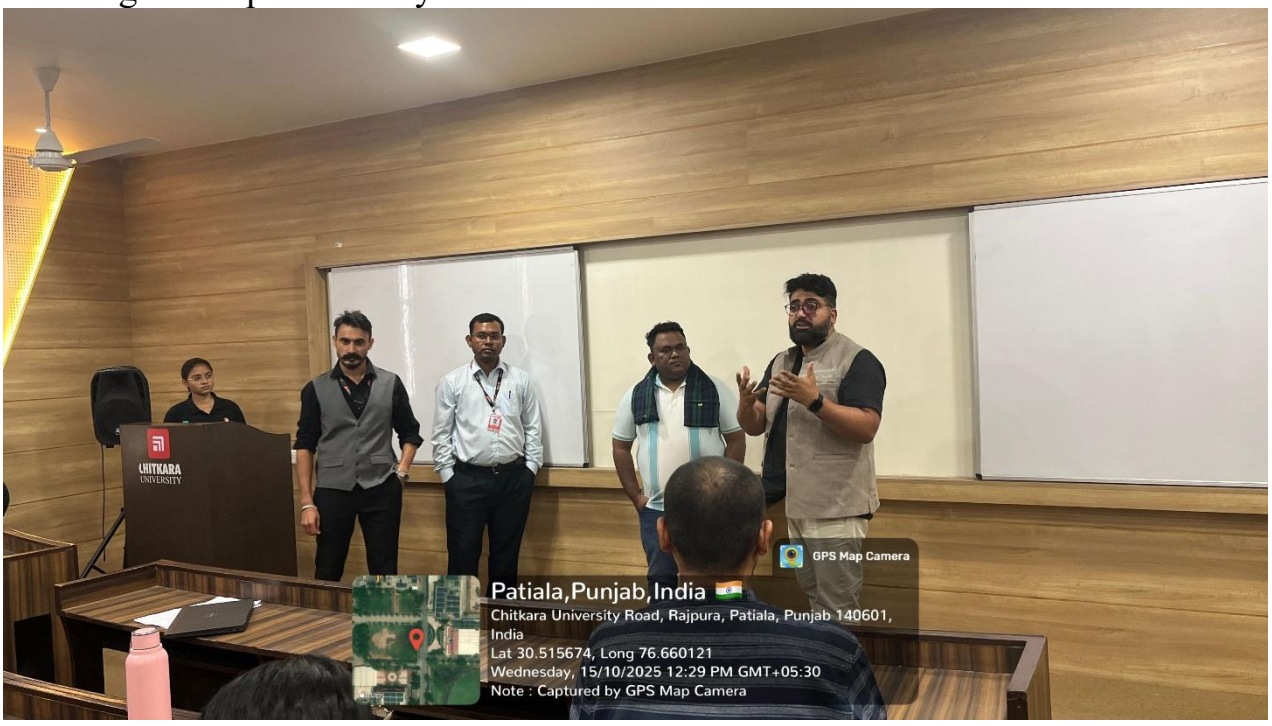
Improved understanding of the end-to-end drug development lifecycle and the interlinkage of activities across different phases.

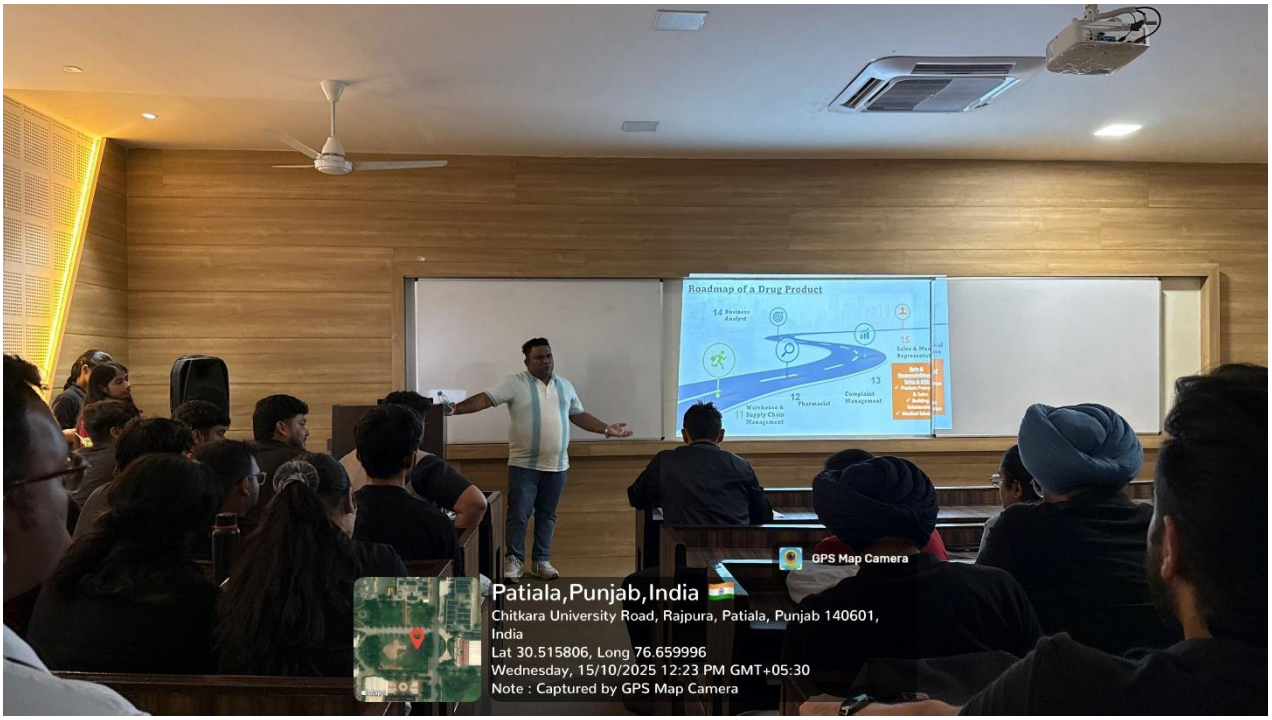
Enhanced awareness of diverse career opportunities and functional roles within pharmaceutical research, development, and post-marketing domains.

Clear identification of stage-specific competencies and skill requirements essential for professional growth in the pharmaceutical sector.

Better alignment of academic learning with industry expectations and real-world practices.

Increased confidence among participants to pursue informed and strategic career planning within the drug development ecosystem.




Roadmap of a Drug Product
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Event Name	Global Handwashing Day
Topic	Demonstration & Role Play on Global Hand-washing Day
Date	15th October, 2025
Venue	Nursing Foundation Lab (GB103), Square one, Chitkara University, Punjab
Organizer	Ms. Priya Thakur (Assistant Professor) Ms. Dimple, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	16
No of Impacted Individuals	-
Under SDG no.	3,4
SDG Details	Good Health and Well-Being, Quality Education

Objective

1. To educate students and staff on the critical role of handwashing in disease prevention.
2. To promote the practice of regular and proper handwashing techniques.
3. To highlight the global impact of hand hygiene on reducing infections and improving health outcomes.
4. To encourage the adoption of handwashing as a daily routine in both personal and professional life.

Description

On 15th October 2025, the Department of Nursing celebrated Global Handwashing Day with great enthusiasm and active participation from faculty and students. The role-play was organized in Square One, and demonstration of hand washing was given in Nursing Foundation lab (GB103) Galileo block, Chitkara University, Punjab by nursing tutors Ms. Priya and Ms. Dimple. The highlight of the event was an educational and engaging role play performed by B.Sc. Nursing 1st Semester students under the guidance of Ms. Priya and Ms. Dimple. The role play focused on the importance of proper handwashing techniques, the prevention of infections, and how hand hygiene can significantly reduce the spread of diseases. Through the performance, the students demonstrated the correct steps of handwashing and emphasized its importance in both healthcare settings and daily life. The audience, which included both students and faculty members, appreciated the performance as it conveyed essential health information in an interactive and entertaining manner. The role play emphasized the six steps of hand hygiene and showcased scenarios in which neglecting handwashing can lead to serious health consequences. The students performed role play as well as a dance on the correct steps of hand washing.

The demonstration of hand washing also given to B.Sc. Nursing 1st Semester students. The demonstration began with a brief introduction explaining the history and importance of Global Hand washing Day following the steps of Hand washing. This demonstration was organized to educate participants on the correct technique of handwashing and to encourage regular practice. Global Handwashing Day successfully raised awareness about hand hygiene and taught proper techniques to participants.

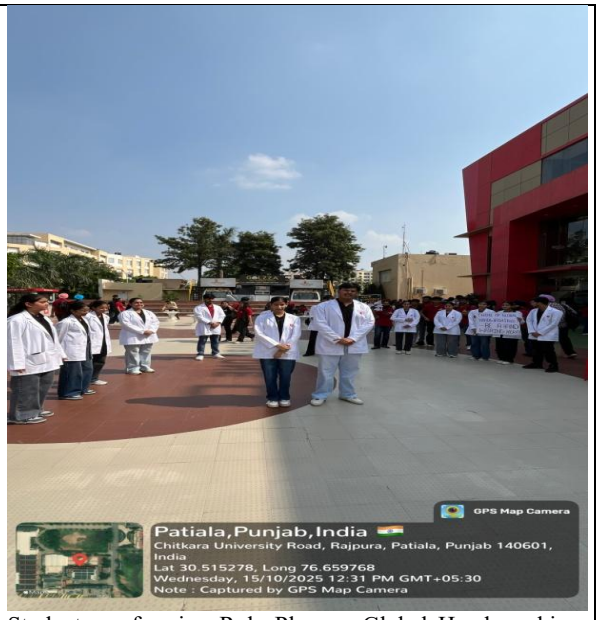
Outcomes

The role plays enhanced awareness about the importance of hand hygiene in preventing infections.

- Students demonstrated the correct handwashing technique through engaging and educational performance.
- The dance on handwashing steps reinforced the proper sequence of actions in a visually memorable way.
- Both activities encouraged active participation and helped solidify hand hygiene knowledge among the audience.
- The event promoted the adoption of proper handwashing practices in daily life and healthcare settings.



Students performing Role Play on Global Hand washing Day



Students performing Role Play on Global Hand washing Day



Demonstration of Hand washing on Global Hand washing day



Demonstration of Hand washing on Global Hand washing day



Group Photograph of students on Global Hand Washing Day



Group Photograph of students on Global Hand Washing Day

Event Name	From Idea to Invention: Understanding Innovation in Healthcare
Date	15th October, 2025
Venue	GB-505, Galileo Block, Chitkara University Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr. Surya Narayan N. Panda, Professor, Centre for Research Impact and Outcome, Chitkara University
Number of Participants	47
SDG Number	3,4
Duration	2 hours (120 minutes)

Description of Event



The Department of Optometry, Chitkara School of Health Sciences, successfully organised an expert talk on "From Idea to Invention: Understanding Innovation and Intellectual Property in Healthcare" under the broader theme "Innovation to Intellectual Property Rights (IPR)" on 15th October 2025 9:00am onwards, at Galileo Block, Chitkara School of Health Sciences. The enriching session was delivered by Dr. Surya Narayan N. Panda, Professor, Centre for Research Impact and Outcome, Chitkara University, who shared valuable insights on the journey of transforming ideas into inventions, patent filing processes, and the protection of intellectual property in healthcare. The interactive talk provided students and faculty with a deeper understanding of patentability criteria, the role of innovation in research and entrepreneurship, and the importance of safeguarding intellectual assets. The session was highly engaging and inspired participants to think creatively, innovate responsibly, and contribute meaningfully to the advancement of healthcare through informed intellectual property practices. This event falls under the SDG 3,4 and 9.





Event Details	
Event Type	
Topic	Heritage On A Plate: Innovation With Tribal Cuisine
Date	2025-10-15 To 2025-10-16
Mode	Offline
Venue	Btk, Fourth Floor, Escoffier Block (Citkara University, Rajpura, Punjab)
Organizer Name	Chitkara College Of Hospitality Management
No. Of Participants	56
SDG No	2, 3, 11, 12
PO Number(S)	PO1, PO4, PO5, PO9, PO10
University Charter	Let's Prepare Our Students For Industry, Let's Enthuse Patriotic Fervor & Pride For Our Heritage In Our Students, Let's Educate Our Students To Become Globally Competitive, Let's Encourage Our Students To Think Out Of The Box, Let's Stimulate Scholarly Energy And Diligence In Our Students

OBJECTIVE

1. To introduce students to the rich culinary heritage and traditions of tribal communities in India.
2. To develop hands-on skills in preparing innovative dishes using indigenous and sustainable ingredients.
3. To encourage creative adaptation of traditional tribal recipes for modern hospitality requirements.
4. To enhance understanding of eco-friendly cooking practices aligned with sustainable gastronomy.
5. To promote cultural appreciation and respect for regional diversity within Indian cuisine.

DESCRIPTION

Chitkara College of Hospitality Management successfully organized a Level 4 Activity titled "Heritage on a Plate: Innovation with Tribal Cuisine" on 15th and 16th October 2025 at the Basic Training Kitchen, Escoffier Block.



The session was conducted under the expert guidance of Chef Aditya Saksena, Assistant Professor, Chitkara College of Hospitality Management, and coordinated by Chef Manpreet Singh, Assistant Professor. The primary objective of this event was to explore India's rich tribal food traditions and bring forth innovation in presenting indigenous culinary heritage in a contemporary manner. Tribes across India have preserved ancient cooking practices, sustainable food sourcing techniques, and natural ingredient usage. This workshop enabled students to discover these unique aspects while understanding the cultural stories and regional diversity associated with tribal cuisine. During the two-day workshop, students were introduced to lesser-known tribal ingredients, preparation methods, and authentic cooking tools traditionally used by tribal communities. Chef Aditya demonstrated various tribal dishes that incorporate forest produce, millet-based preparations, fermentation techniques, and slow-cooking processes. Participants gained knowledge on how traditional tribal recipes can be modernized to meet the expectations of present-day hospitality industries while retaining authenticity and nutritional value. The event also emphasized sustainability in gastronomy through mindful ingredient utilization and eco-friendly culinary practices — aligning strongly with the United Nations Sustainable Development Goals (SDGs), particularly related to responsible consumption and preserving cultural heritage. Students actively participated in hands-on activities, showcasing creativity and teamwork while preparing innovative tribal delicacies. The workshop proved to be highly insightful and enriching, enhancing culinary skills, cultural appreciation, and understanding of rural food ecosystems. Overall, "Heritage on a Plate: Innovation with Tribal Cuisine" was a remarkable experiential learning initiative that successfully fostered respect for traditional food wisdom and inspired students to integrate sustainable and indigenous cuisines into modern hospitality trends.

OUTCOMES

1. Students gained hands-on expertise in preparing authentic and innovative tribal dishes.
2. Participants developed awareness of indigenous ingredients and sustainable cooking methods.
3. The event enhanced cultural sensitivity and appreciation for tribal culinary heritage.
4. Students improved their creativity and adaptability in recipe development.
5. The workshop strengthened practical culinary skills required for the modern food and beverage industry.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Event Nam	Global Handwashing Day
Venue	Govt Elementary School, Kalomajra
Date	15th October, 2025
SDG Number, Name and NEP	3 – Good Health and Wellbeing, 4 – Quality Education & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Participants	15
Duration	One Day

OBJECTIVE

1. Raise Awareness
2. Promote Healthy Practices
3. Prevent Diseases
4. Educate and Engage Communities
5. Support Sustainable Hygiene Systems

DESCRIPTION

The Role Play on *Global Hand-Washing Day* was organized by the Department of Nursing, Chitkara School of Health Sciences, under NSS, on 15th October 2025 at Elementary School, Kalomajra, Punjab. The main aim of this event was to make students understand the importance of hand hygiene.

The main objective of the event was to create awareness about the importance of washing hands with soap and water to prevent the spread of infections and maintain good health, especially among children**.**

NSS volunteers conducted interactive sessions, demonstrations, and fun activities to educate the students about the correct steps of handwashing. Volunteers also performed a short skit highlighting how proper hand hygiene can prevent common infections like diarrhea, cold, and flu. The school children enthusiastically participated in the practical demonstration, learning the seven steps of handwashing. Soap and hand towels were distributed to reinforce the message of maintaining personal hygiene. Teachers and NSS volunteers together motivated the children to make handwashing a daily habit before eating and after using the toilet**.**

The event concluded with a pledge by all students to follow and spread the message of hand hygiene in their homes and community. The celebration successfully achieved its objective of instilling the value of cleanliness and health consciousness among young learners, reflecting the true spirit of the **National Service Scheme**.

OUTCOMES

- Increased awareness about the importance of hand hygiene in disease prevention.
- Improved handwashing practices among students and community members.

- Enhanced availability and use of handwashing facilities with soap and water.
- Strengthened collaboration between schools, healthcare institutions, and communities for hygiene promotion.
- Positive behavioral change leading to a healthier and cleaner environment




Global
HAND
WASHING DAY


ਸਮਾਰਟ ਰੂਮ
Global
HAND

Event Details	
Event Type	Competition
Topic	64th National Pharmacy Week- The Raw Feast – Fireless Cooking Competition
Date	2025-10-16 To 2025-10-16
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	40
SDG No	3, 7, 12, 13
PO Number(S)	PO3, PO7
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Inculcate Team Spirit And Camaraderie Among Our Students, Let's Infuse Leadership Skills In Our Students, Let's Ingrain Spirit Of Entrepreneurship Among Our Students

OBJECTIVE

To promote awareness of nutrition, healthy eating habits, and lifestyle modification through creative fireless cooking practices.
To encourage students to apply scientific understanding of food, nutrients, and health in a practical and engaging manner.
To foster creativity, innovation, and teamwork among participants through preparation of nutritious, fireless recipes.
To highlight the role of pharmacists in preventive healthcare and wellness promotion, beyond conventional medication-based care.
To inculcate consciousness toward sustainable, safe, and energy-efficient food practices, aligning with public health and environmental responsibility.

DESCRIPTION

As part of the 64th National Pharmacy Week, The Raw Feast – Fireless Cooking Competition was organized to promote the integration of nutrition, health awareness, and creativity among pharmacy students. The event was designed to highlight the evolving role of pharmacists as healthcare professionals who not only dispense medicines but also actively contribute to preventive healthcare, lifestyle management, and patient education.

The competition encouraged participants to prepare innovative, nutritious, and visually appealing dishes without the use of fire, thereby emphasizing the importance of raw and

minimally processed foods. Students applied their understanding of nutrients, functional foods, and health benefits while designing recipes that align with principles of balanced nutrition. This hands-on activity enabled participants to translate theoretical knowledge of health and wellness into practical, real-world applications. A key objective of The Raw Feast was to raise awareness about healthy dietary choices and lifestyle modification as essential components of disease prevention and health promotion. Through this activity, students explored alternatives to conventional cooking methods, focusing on food safety, nutrient preservation, and energy-efficient practices. The event also reinforced the relevance of diet in the management and prevention of lifestyle-related disorders, an area where pharmacists increasingly play an advisory role. The competition fostered teamwork, creativity, and communication skills as participants collaborated to conceptualize, prepare, and present their dishes. Each team was encouraged to justify the nutritional value and health benefits of their preparation, thereby strengthening their ability to communicate scientific and health-related information effectively—an essential competency for future pharmacists.

OUTCOMES

Enhanced awareness of nutrition, healthy eating habits, and lifestyle modification among pharmacy students.

Improved ability to apply theoretical knowledge of nutrients and health benefits to practical, real-life situations.

Development of creativity, teamwork, and communication skills through collaborative participation and presentation.

Increased understanding of the role of pharmacists in preventive healthcare and wellness promotion.

Encouragement of sustainable, safe, and energy-efficient food practices aligned with public health objectives.










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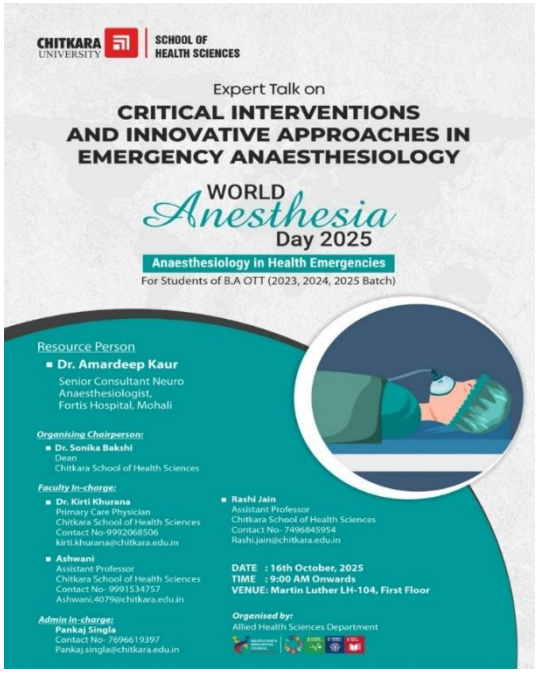
Event Name	World Anesthesia Day 2025
Date	16th October 2025
Venue	LH104, 1st floor, Martin Luther block, Chitkara University, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr Amardeep Kaur, Senior Consultant Neuro-Anesthesiologist, Fortis Hospital, Mohali
Number of Participants	70
SDG Number	3,4,17
Duration	2 hours in Offline mode

Description of Event



Department of Allied Health Science, CSHS celebrated *World Anesthesia Day 2025* on **16th October 2025** with an expert talk on the theme *"Anesthesiology in Health Emergencies."* The session titled *"Critical Interventions and Innovative Approaches in Emergency Anesthesiology"* was delivered by **Dr. Amardeep Kaur**, Senior Consultant Neuro-anesthesiologist, Fortis Hospital, Mohali. The event, organized for the **B.A OTT students (2023, 2024, and 2025 batches)**.

The program aimed to enhance students' understanding of their critical role in anesthesia-related emergencies and to introduce them to modern innovations and technologies shaping emergency anesthesiology. Dr. Kaur shared valuable insights on rapid response mechanisms, teamwork dynamics, infection control, and patient safety in high-pressure situations.

The event successfully fostered professional growth and awareness among OTAT students, inspiring them to pursue excellence, innovation, and continuous learning in anesthesia technology.

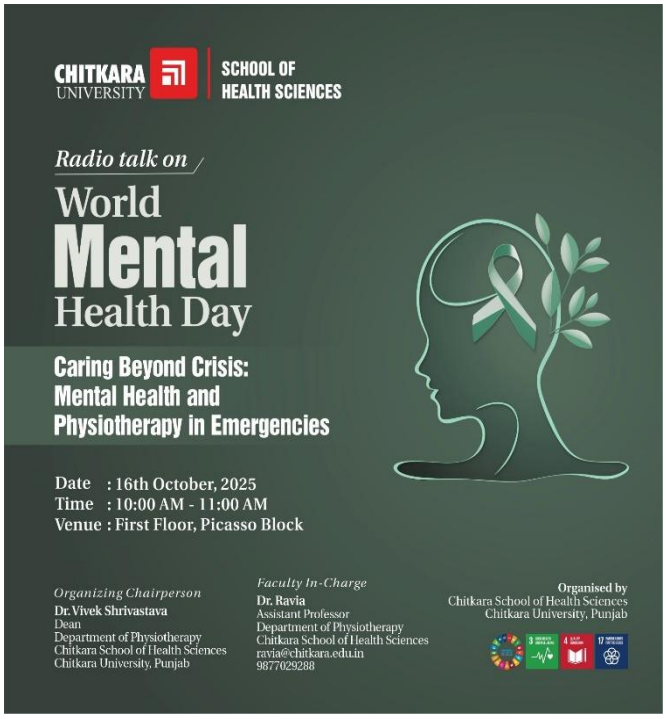

Outside hospital scenarios


VISION
OUR CHARTER



Event Name	Caring Beyond Crisis: Mental Health and Physiotherapy in Emergencies
Date	16th October, 2025
Venue	First Floor, Picasso Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr Vivek Shrivastava, Dean, Department of Physiotherapy, Chitkara University, Pb.
Number of Participants	3
SDG Number	3 (Good Health and Well Being), 4 (Quality education)
Duration	1 day

On October 16th, 2025, the Department of Physiotherapy, Chitkara School of Health Sciences organized a Radio Talk on the occasion of World Mental Health Day 2025. The session featured Dr. Vivek Srivastava, Dean, Department of Physiotherapy, as the distinguished speaker, and Dr. Deepanshi as the moderator. Focusing on the theme "Caring Beyond Crisis: Mental Health and Physiotherapy in Emergencies" Dr. Srivastava emphasized the strong link between physical activity and mental well-being, highlighting the role of physiotherapy in managing stress and promoting holistic health. Dr. Deepanshi guided the discussion with engaging questions and reflections, making the session both interactive and impactful. The talk concluded with a powerful message encouraging everyone to give equal importance to mental and physical health. The event successfully spread awareness on how physiotherapists can play a crucial role in fostering overall wellness.

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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	COMMUNITY HAPPINESS
Date	17th October 2025
Time	4:00 PM to 5:00 PM
Venue	Prabh Asara Home for Homeless Kharar
Number of Attendees	70
Resource Person	Happiness Team

Chitkara Happiness Centre under the Community Happiness Project organised a community session outreach visit to Prabh Aasra, Kharar with the purpose of spreading happiness and bringing smiles to the faces of children. Gifts for the visit were lovingly arranged from the contributions of Laughter Kitty members, reflecting a spirit of care, togetherness, and compassion. During the visit, the Happiness Team distributed these thoughtfully prepared gift packs, which were received with great excitement and joy by the children. Their happy expressions and warm responses created a heart-touching atmosphere. To make the day even more memorable, the team conducted a series of fun-filled activities, including singing, dancing, and interactive games, encouraging the children to participate freely and enjoy themselves. The centre ensured that every child felt valued, loved, and included, turning the space into a lively celebration of joy and connection. The event concluded with the announcement of the Super Boy and Super Girl of the show, where two children were appreciated for their wonderful energy, enthusiasm, and active involvement throughout the activities. This small gesture added a special moment of pride and confidence to their day. The initiative was made possible by the generous contributions of Laughter Kitty members, whose kindness played a vital role in bringing happiness to the children. We extend heartfelt gratitude to each member for supporting this act of giving and helping create a positive difference. The visit truly reflected the essence of spreading joy and highlighted the meaningful impact of community care.


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Event Details	
Event Type	Charity Event
Topic	Sahyog Se Seva- Donation Drive
Date	2025-10-18 To 2025-10-18
Mode	Offline
Venue	Library, Escoffier Block (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College Of Hospitality Management
No. Of Participants	31
SDG No	1, 3, 10
PO Number(S)	PO4, PO6, PO7, PO9, PO11, PO12
University Charter	Let's Infuse Leadership Skills In Our Students, Let's Prepare Our Students For Industry, Let's Inculcate Team Spirit And Camaraderie Among Our Students, Let's Foster Civic Engagement In Our Students, Let's Install Discipline, Integrity And Honesty In Our Students, Let's Stimulate Scholarly Energy And Diligence In Our Students

OBJECTIVE

1. To encourage students to participate in social service and contribute towards community welfare.
2. To promote the spirit of sharing and compassion among the youth.
3. To collect and donate essential items to support underprivileged individuals.
4. To create awareness about the importance of sustainability through reuse of resources.
5. To strengthen students' civic engagement and social responsibility skills.

DESCRIPTION

Chitkara College of Hospitality Management in collaboration with the National Service Scheme (NSS), Chitkara University, Punjab, organized a welfare initiative titled "Sahyog Se Seva: Donation Drive" on 18th October 2025 at the Library, 1st Floor, Escoffier Block, from 9:00 AM to 4:00 PM. The initiative aimed at encouraging students and staff to come forward and contribute essential items for those in need, fostering a culture of empathy, kindness, and social responsibility among the youth. The donation drive focused on collecting clothes, stationery, books, reusable household items, and other basic necessities. Students voluntarily participated in large numbers, showcasing their commitment to making a positive difference



in society. The contributions were carefully received, sorted, and packed by the organizing team to ensure smooth further distribution to underprivileged communities. The event highlighted the value of community service and strengthened the belief that small acts of giving can create significant social impact. It also promoted sustainable practices by encouraging the reuse of items, thus reducing waste and extending the life cycle of useful resources. Through this activity, participants experienced the joy of sharing and understood the importance of inclusivity and compassion as integral values in hospitality education. Event Coordinator Mr. Sushil Kumar Sharma, Librarian, Hospitality Department, efficiently managed the drive and motivated students to actively engage in charitable actions. Faculty members and volunteers from NSS extended full support to ensure successful execution of the initiative. Overall, "Sahyog Se Seva" proved to be a meaningful and insightful event that helped students develop civic sense, social awareness, and ethical responsibility. It reflected the university's holistic vision of nurturing responsible citizens who contribute positively to society. The event concluded with gratitude towards all contributors whose generosity helped spread hope and support to those who need it most.

OUTCOMES

1. Students actively contributed essential items, supporting the needs of underprivileged communities.
2. Enhanced awareness and sensitivity among students towards social issues and community welfare.
3. Strengthened teamwork, collaboration, and volunteerism among participants.
4. Promoted sustainability by encouraging the reuse and responsible donation of resources.
5. Developed a sense of civic responsibility and empathy, motivating students for future social initiatives.


Skyline
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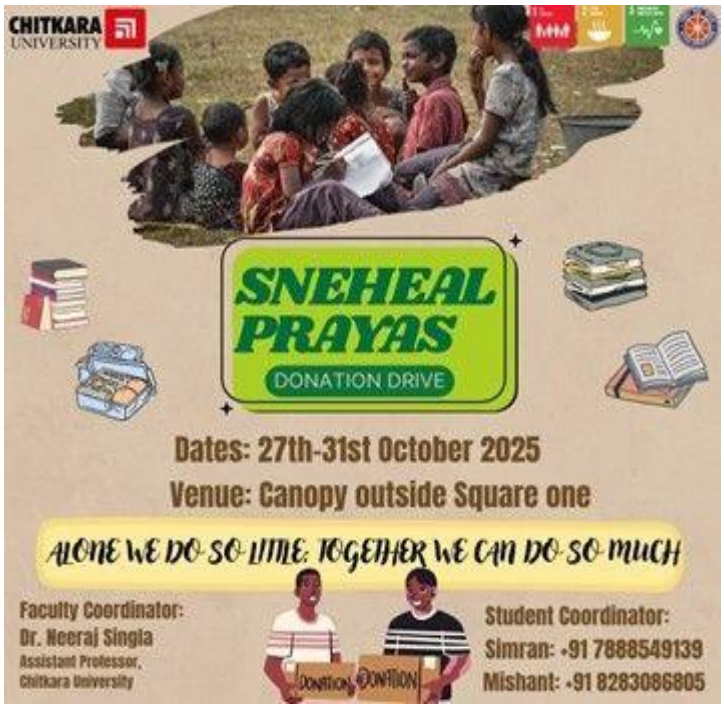
Event Details	
Event Type	Social Event
Topic	Sneheal Prayas: Donation Drive
Date	2025-10-27 To 2025-10-31
Mode	Offline
Venue	Outside Square One (Chitkara University, Punjab Campus)
Organizer Name	Nss
Resource Person	Dr Neeraj Singla, Assistant Professor, Chitkara University
No. Of Participants	21
SDG No	SDG 1: No Poverty, SDG 2: Zero Hunger, SDG 3: Good Health And Well-Being
PO number(s)	PO2, PO3
University Charter	Let's install discipline, integrity and honesty in our students

OBJECTIVE



•To support underprivileged communities by collecting and distributing essential items such as food, clothing, and monetary donations.
•To instill a sense of social responsibility, compassion, and active citizenship among students and faculty members.
•To encourage community engagement within the university by promoting collective participation in humanitarian causes.
•To raise awareness about poverty, hunger, and inequality, emphasizing the importance of consistent social contribution and empathy-driven action.
•To foster a culture of giving and mutual care, aligning with the institution's values of inclusivity and societal development.

DESCRIPTION

The drive not only served as a channel for material aid but also created an environment of empathy and collaboration across the campus. Many participants shared personal reflections and encouraged peers to take part, reinforcing the spirit of community welfare. Overall, Sneheal Prayas stood as a meaningful reminder of how small contributions can collectively create a lasting social impact, strengthening the sense of humanity and solidarity within the university community.

OUTCOMES

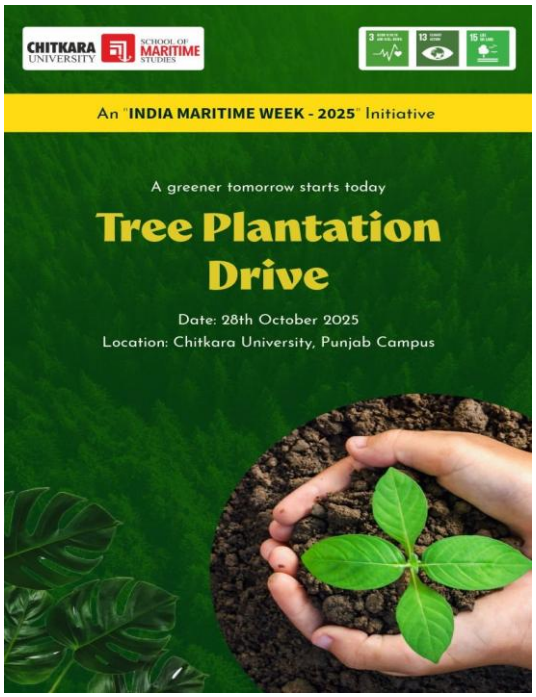
●Increased Social Awareness: Students and faculty developed a stronger understanding of social issues such as poverty and hunger, recognizing their role in addressing them.
●Enhanced Student Participation: The event witnessed enthusiastic participation across departments, encouraging teamwork and volunteerism.
●Tangible Community Support: Large quantities of food, clothing, and essentials were distributed, directly benefiting underprivileged families and individuals.
●Strengthened Institutional Values: The initiative reinforced the university's commitment to social responsibility, empathy, and inclusive growth.
●Sustained Engagement: The success of the drive motivated participants to continue supporting similar community-centered activities in the future.





Event	Indian Maritime Week-Tree Plantation Drive		
Date/Time	28th Oct 2025/1530 pm Onwards	Mode:	Offline
Location/Link	Martin Luther Block, Chitkara University, Punjab		
Activity In-charge	Mr. Brij Kishore		
No. of Participants	40 cadets		
Resource Person	Mr. Hamid Raza		
SDG	3-Good Health and well-Being, 13-ClimateAction, 15-Life on Land		

Brief Description



On the afternoon of **October 28, 2025**, beginning at **15:30 hours**, the cadets of the Chitkara University School of Maritime Studies (CUSMS) organized an extensive and impactful **tree plantation drive** on the Chitkara University campus in Punjab, as a significant activity under the observance of **Indian Maritime Week 2025**. The event commenced with an insightful briefing by the Event In-Charge, **Mr. Brij Kishore**, who addressed the cadets on the growing urgency of environmental conservation in today's world. He highlighted how rapid industrialization and urban expansion have led to increased carbon emissions, deteriorating air quality, rising global temperatures, and the loss of biodiversity. He emphasized that planting trees is one of the most effective and accessible ways to restore ecological balance, as trees play a vital role in absorbing carbon dioxide, releasing oxygen, regulating microclimates, preventing soil erosion, and sustaining stable habitats for birds, insects, and other species. Furthermore, he carefully demonstrated the correct methods of planting, watering, and supporting young saplings, underscoring the importance of continuous care and responsibility to ensure that the planted trees survive and mature.

Following the briefing, cadets proceeded to the designated plantation site near the **Martin Luther Block**, where a well-structured planting plan was carried out.

The cadets were organized into coordinated groups, each entrusted with planting a specific number of saplings in assigned locations. This systematic approach ensured that the plantation was carried out efficiently, with adequate spacing, soil conditioning, and protective support for each sapling. The teamwork displayed during this activity not only strengthened the camaraderie among cadets but also instilled a lasting appreciation for conservation efforts and the physical labor involved in nurturing the environment. Faculty members also participated, guiding and motivating students, which created a strong atmosphere of shared purpose and collective responsibility.

The plantation drive became more than just a scheduled activity; it evolved into a meaningful learning experience. Cadets experienced firsthand the importance of contributing to environmental preservation and witnessed how small, consistent efforts can lead to significant long-term impact. The sense of pride and fulfillment among participants was evident as they worked with dedication and enthusiasm. The event concluded with all cadets and faculty members gathering together to take a **pledge of environmental stewardship**, promising to protect the planted saplings, participate in future sustainability initiatives, and promote environmental awareness among their peers and community.

In essence, this plantation drive symbolized the commitment of the cadets of CUSMS to building a **cleaner, greener, and more sustainable India**. It reinforced the values of ecological responsibility, teamwork, and service to society—values that lie at the core of maritime discipline and global citizenship. The initiative not only enhanced the natural beauty of the campus but also left a lasting impact on the minds of the participants, inspiring a continued dedication to environmental conservation beyond the campus boundaries.








GPS Map Camera
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Lat 30.514248, Long 76.660533
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Event Details	
Event Name	Symposium
Topic	Mental Health in Emergencies: Catalyzing Access and Building Resilience
Date	29.10.2025
Time	09:15 am – 03:15 am
Mode	Offline
Venue	Einstein Hall, Galileo Block, Chitkara University
Resource Persons	• Dr. Jyoti Mishra, Associate Professor, Department of Psychiatry, GMCH, sector 32, Chandigarh • Dr. Nitasha Sharma, Nursing Tutor, NINE PGIMER, Chandigarh • Dr. Shikha Tyagi, Assistant Professor, Department of Psychiatry, General Secretary, Parivartan NGO GMCH, sector 32, Chandigarh • Dr. Harpreet Kaur, Officiating Principal, Maharishi Markandeshwar College of Nursing, Solan, Himachal Pradesh
Organizer Name	• Dr. Manu Kohli, Associate Professor, Department of Nursing • Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing
Number of participants	78 (26 External + 52 Internal)
SDG No.	3,4,17
SDG Details	3 (Good Health and Wellbeing), 4 (Quality Education), 17 (Partnership for the Goals)

Objective

1. Increase awareness among healthcare professionals, academicians and students about the significance of mental health during emergencies and disasters.
2. Strengthen participants' knowledge of mental-health preparedness, response, and resilience strategies in crisis contexts.
3. Promote interprofessional collaboration and community-based initiatives to build robust mental-health infrastructure for emergency situations.
4. To empower nursing professionals to develop competencies in early recognition of mental-health issues in emergencies, provide psychological first-aid, de-escalation, referral, and continuous monitoring of affected individuals and communities.

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, organized a one-day symposium on "Mental Health in Emergencies: Catalyzing Access and Building Resilience" on 29th October 2025.

The symposium aimed to promote awareness, strengthen knowledge, and encourage dialogue on the significance of mental health preparedness and response during emergencies and disasters. The day witnessed very insightful deliberations by the eminent speakers Dr. Jyoti Mishra, Dr. Shikha Tyagi from Government Medical College, Sec-32, Chandigarh, Dr. Harpreet Kaur from Maharishi Markandeshwar University, Solan, H.P., and Dr. Nitasha Sharma from NINE PGIMER, Chandigarh. The resource persons shared their expertise on diverse aspects of mental health in crisis contexts. The discussions centred around the importance of developing a robust mental health infrastructure, fostering community-based initiatives, and promoting interprofessional collaboration for effective emergency response. The speakers underlined that mental health care should not be limited to clinical interventions alone but should extend to preventive, promotive, and rehabilitative approaches. Participants actively engaged in the interactive discussions, raising thought-provoking questions and sharing experiences from their respective fields. The symposium provided a valuable platform for the healthcare professionals, academicians, and students to exchange ideas and explore innovative ways of strengthening resilience in individuals and organizations facing crises. The symposium concluded with a vote of thanks, acknowledging the contributions of the speakers, organizing team, and participants. Overall, the event was a resounding success, providing an enriching learning experience and reinforcing Chitkara University's commitment to promoting mental health literacy, preparedness, and resilience in healthcare and community settings.

Outcomes

- Enhanced awareness and understanding among participants of the role of mental-health preparedness and response in emergency and disaster contexts.
- Attendees engaged in interactive discussions and shared real-world experiences, increasing peer learning.
- Strengthened capacity of nurses, to adopt preventive, promotive and rehabilitative mental-health approaches.
- Enhanced competence and confidence among nursing professionals to lead and integrate mental-health care in emergency settings.



Lamp lighting ceremony by dignitaries in Symposium on Mental Health in Emergencies: Catalyzing Access and Building Resilience on 29.10.2025



Floral welcome of Dr. Nitasha Sharma by organizing committee in symposium on Mental Health in Emergencies: Catalyzing Access and Building Resilience on 29.10.2025



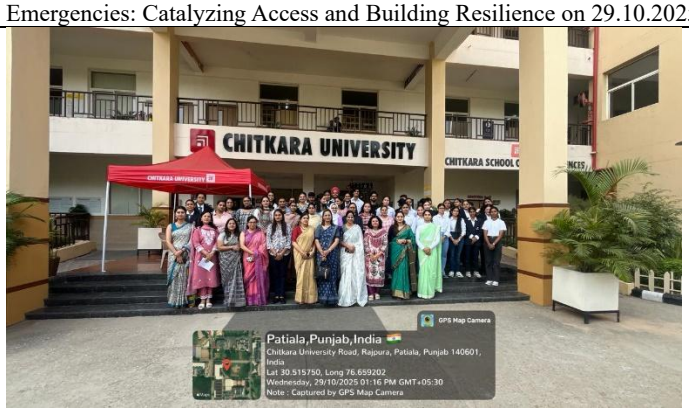
Floral welcome of Dr. Jyoti Mishra by organizing committee in symposium on Mental Health in Emergencies: Catalyzing Access and Building Resilience on 29.10.2025



Dr. Jyoti Mishra discussing about Strengthening Mental Health Infrastructure in Crisis Situations in symposium on Mental Health in Emergencies: Catalyzing Access and Building Resilience on 29.10.2025



Dr. Nitasha Sharma discussing about Transitioning from Crisis Response to Everyday Resilience in symposium on Mental Health in Emergencies: Catalyzing Access and Building Resilience on 29.10.2025



Group Photograph of Resource persons, organizers and participants in Symposium on Mental Health in Emergencies: Catalyzing Access and Building Resilience on 29.10.2025

Event	Indian Maritime Week - Session on Sustainable Garbage Management & Clean Ship Activity.		
Date/Time	29th Oct 2025/0630 am Onwards	Mode:	Offline
Location/Link	Chitkara University Campus, Punjab		
Activity In-charge	Mr. Brij Kishore		
No. of Participants	60 cadets + 02 Faculty		
Resource Person	----------		
SDG	3-Good Health and well-Being, 13-Climate Action, 15-Life on Land		

BRIEF DESCRIPTION

Indian Maritime Week, celebrated every year in October, stands as an important initiative to raise global awareness about maritime heritage, environmental protection, and sustainable development. At Chitkara University, the campaign was undertaken with the central theme of promoting ecosystem restoration and encouraging sustainable living practices within the campus community. The initiative aimed to sensitize students about the urgent environmental challenges being faced worldwide, such as pollution, deforestation, biodiversity loss, and climate change, and to inspire them to take meaningful actions in their daily lives. By involving cadets, faculty, and community members, the campaign sought to cultivate a sense of shared responsibility towards safeguarding natural resources and preserving the environment for future generations.

The event activities were conducted under the able supervision of **Mr. Brij Kishore**, Environmental Committee Faculty In-Charge, along with **Mr. Nahar Singh**, whose guidance and leadership played a crucial role in ensuring the successful execution of the campaign. A major highlight of the week was the cleanliness drive carried out across various areas of the Chitkara University campus. Students and faculty actively participated in removing litter, segregating waste, and spreading awareness about maintaining cleanliness and reducing environmental pollution. The drive not only improved the physical cleanliness of the surroundings but also reinforced the importance of community involvement and teamwork in environmental conservation. Through interactive discussions, awareness dialogues, and hands-on participation, the campaign encouraged students to adopt a more mindful and responsible approach to consumption and waste management. The impact of the campaign was both visible and profound. There was a noticeable increase in environmental consciousness among the students, who began practicing waste segregation, minimizing the use of single-use plastic, and promoting sustainable alternatives in their daily routines.

The campaign fostered a stronger sense of belonging and responsibility towards nature, motivating participants to actively engage in initiatives that support ecological balance. Furthermore, the involvement of faculty and staff helped create a culture of collective accountability and continuous improvement in environmental practices across the campus.









Event Name	Act Fast: Empowering Lives Through Early Stroke Recognition and Prevention
Date	29th October, 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 Oshin Mantro, Consultant Neurologist, Fortis Medcentre, Chandigarh
Number of Participants	67
SDG Number	3 (Good Health and Well Being), 4 (Quality education)
Duration	1 day



On World Stroke Day, the Department of Physiotherapy organized an expert talk on the topic "Act F.A.S.T: Empowering Lives Through Early Stroke Recognition and Prevention" on 29th October 2025. The session aimed to enhance awareness about the early signs of stroke and emphasize the importance of timely intervention in saving lives.

The resource person for the session was Dr. Oshin Mantro, Consultant Neurologist, Fortis MedCentre, Chandigarh. Dr. Mantro delivered an insightful and interactive session, highlighting the pathophysiology of stroke, early recognition through the F.A.S.T. approach, and preventive measures for at-risk populations.

The event witnessed enthusiastic participation from students of Bachelor of Physiotherapy (BPT), who actively interacted and gained valuable clinical and preventive insights. The session concluded with an engaging discussion and a vote of thanks expressing gratitude to Dr. Oshin for sharing her expertise.

Overall, the expert talk was highly informative and helped students better understand their role in community awareness and early stroke management.


What is stroke ?????.....


CEREBRAL PALSY
THREE TYPES OF STROKES
Atherosclerosis Stroke
Hemorrhagic Stroke

Event Details	
Event Type	Workshop
Topic	Innovation In A Glass- Monin Mocktail Masterclass
Date	2025-10-29 To 2025-10-29
Mode	Offline
Venue	Pulitzer Hall, Picasso Block (Chitkara University, Rajpura, Punjab)
Organizer Name	Chitkara College Of Hospitality Management
No. Of Participants	121
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
PO Number(S)	PO1, PO5, PO9, PO10
University Charter	Let's prepare our students for Industry, Let's educate our students to become globally competitive, Let's ingrain spirit of entrepreneurship among our students, Let's stimulate scholarly energy and diligence in our students, Let's encourage our students to think out of the box

OBJECTIVE

1. To introduce students to innovative mocktail-making techniques using MONIN products.
2. To enhance practical skills in flavor balancing, presentation, and beverage creativity.
3. To expose students to current trends and opportunities in the beverage and mixology industry.
4. To promote hands-on learning through live demonstrations by industry experts.
5. To strengthen industry–academia collaboration for improved professional competency.

DESCRIPTION

The Service Savvies Club and Yuva Tourism Club of Chitkara College of Hospitality Management successfully organized an engaging and skill-enriching MONIN Mocktail Masterclass on 29th October 2025 at Pulitzer Hall, Picasso Block.



The event was designed to introduce students to contemporary beverage trends, flavor innovation, and professional mocktail-crafting techniques, aligning with the institution's commitment to experiential learning. The session was conducted by expert resource persons from MONIN—Mr. Harsh Rai (Business Development Executive, Upper North), Mr. Yoginder Singh (Business Innovation Executive, Upper North), and Mr. Jatin Aggarwa (Assistant Studio Manager, MONIN Delhi). Their combined expertise provided students with valuable industry insights, hands-on demonstrations, and practical knowledge about the art and science of beverage innovation. The workshop began with an introduction to the MONIN brand, followed by an exploration of various syrups, purees, and flavour profiles. Students observed live demonstrations of signature mocktails and learned about balancing acidity, sweetness, aroma, and presentation. The resource persons also discussed emerging trends in the beverage industry, sustainable practices, and the role of creativity in elevating guest experiences. An interactive segment allowed students to engage with the experts, clarify doubts, and discuss career prospects in the beverage domain. Participants expressed enthusiasm and appreciated the opportunity to work closely with professionals from a globally recognized brand. Overall, the masterclass was a highly enriching experience, enhancing students' practical skills, creativity, and understanding of innovative beverage preparation. The event successfully met its objective of fostering industry-academia collaboration and equipping students with contemporary competencies essential for the hospitality sector.

OUTCOMES

- Students gained hands-on experience in preparing innovative and visually appealing mocktails.
- Participants understood the principles of flavour pairing, balance, and beverage presentation.
- Learners developed better awareness of current industry trends in mixology and beverage innovation.
- The session boosted students' confidence in using professional MONIN syrups and products.
- The event enhanced student engagement with industry experts, improving their career readiness.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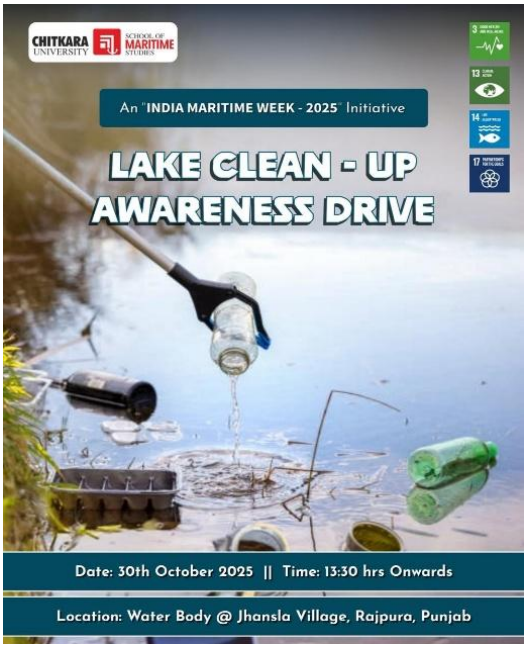
Event	Indian Maritime Week – Lake Clean-up awareness drive		
Date/Time	30th Oct 2025/1330 hrs Onwards	Mode:	Offline
Location/Link	Water Body, Jhansla Village, Rajpura		
Activity In-charge	Mr. Manohar Lal Bhardwaj		
No. of Participants	14 cadets + 03 Faculty		
Resource Person	----------		
SDG	3-Good Health and well-Being, 13-Climate Action, 14-Life below water,17 – Partnership for the Goal		

BRIEF DESCRIPTION



On 30th October 2025, at 1330 hrs, a Lake Clean-Up Awareness Drive was conducted at the water body in Jhansla Village, Rajpura, as an important activity under **Indian Maritime Week 2025**. The drive was organized by the Chitkara University School of Maritime Studies (CUSMS), with **14 cadets of Batch Year 2023** participating under the guidance of **Mr. Manohar Lal Bhardwaj**, the Activity In-Charge.

The lake at Jhansla is a key natural resource for the local community, but gradual waste accumulation had affected its cleanliness and environmental balance. Understanding their role as future maritime professionals, the cadets undertook the initiative to support environmental care and community responsibility, continuing the spirit of a previous clean-up held at the same site on 28th September 2024.

During the drive, the cadets collected plastic waste, bottles, wrappers, and other non-biodegradable materials from the lake and its surroundings. Their teamwork and coordinated efforts helped restore the lake's cleanliness and natural appearance. Alongside the cleaning, the cadets also interacted with villagers to **raise awareness** about the importance of proper waste disposal and maintaining shared natural spaces.

This activity reflects the commitment of CUSMS to instill values of discipline, civic responsibility, and environmental stewardship in its cadets. The drive concluded successfully, making a positive impact on both the environment and the local community, while promoting the message of sustainability during **Indian Maritime Week 2025**.









Event Name	Motion Mania: Student Sports Fest 2025
Date	30th October, 2025
Venue	Sportorium, Chitkara University, Punjab
Organizer	Department of Physiotherapy, Chitkara School of Health Sciences, Chitkara University, Punjab in collaboration with University Sports Board, Chitkara University, Pb.
Resource Person	NA
Number of Participants	150
SDG Number	3 (Good Health and Well Being), 4 (Quality education), 17 (Partnership for the goals)
Duration	1 day

Motion Mania" - Students Sports Fest 2025, held on 30 October at Sportorium, Chitkara University, Punjab was a vibrant and energetic event, bringing together around 150 students from Physiotherapy Department for a day filled with sportsmanship and competition. Organized by the Department of Physiotherapy, Chitkara School of Health Sciences in collaboration with the University Sports Board, the event showcased students' enthusiasm for physical activities and teamwork.



The fest featured four exciting games: Dart (Gold Medal-Prachi, Silver Medal- Jasmeen Kaur, Bronze Medal- Jiya), Carrom Board(Gold Medal-Navpreet Kaur, Silver Medal-Agam, Bronze Medal- Chahat), Boys Arm Wrestling(Gold Medal-Shakir, Silver Medal- Aumsatya, Bronze Medal- Hardik), Girls Arm Wrestling (Gold Medal-Sargundeep, Silver Medal-Kritika Puri, 3rd- Ravleen), Table Soccer(Gold Medal-Saksham, Silver Medal-Sargam, Bronze Medal- Priyanshu), Pickle ball (Gold Medal- Jeshna, Silver Medal- Himanshi Arora, Bronze Medal- Harshita Minhas), Tug of War (Gold Medal- Team Armaan, Silver Medal- Team Kanika, Bronze Medal- Team Tanish), Boys Badminton (Gold Medal-Aayan, Silver Medal-Harmeet, Bronze Medal- Krishna), Girls Badminton- Gold Medal- Suhani, Silver Medal-Shivasmi, Bronze Medal- Harshika) and Volleyball (Gold Medal- Team Aadit, Silver Medal- Team Amandeep Singh Bedi, Bronze Medal- Team Anirudh).

Each event witnessed impressive participation, with Dart, Tug of War and Arm Wrestling attracting the most attention due to the intense competition and skill displayed by the students. The atmosphere was electric as students cheered for their peers.

The fest not only promoted physical fitness but also helped strengthen peer connections and foster team spirit. It aligned with the university's goal of encouraging holistic student development while contributing to the Sustainable Development Goals (SDG 4: Quality Education and SDG 17: Partnerships for the Goals).











Event	Basketball Match		
Date / Time	31-10-2025 / 1530 Hrs	Mode:	Offline
Location / Link	Chitkara University "Basketball Court"		
Activity In-charge	Mr. Manohar Lal, Sports Officer		
No. of Participants	14		
Resource Person	---		
SDG	3: Good Health and Well-being. 10: Reduced Inequalities. 17: Partnership for the goal		

Games And Sports Are Really Important To Maintain The Body Physique And Fitness Of Ones Body. And When It Comes To A Profession Of Sailing Fitness Plays A Really Important Role For Us As Mariner.

Event Report: Basketball Match

1. Introduction

The **Chitkara University School of Maritime Studies (CUSMS) Sports Committee**, in collaboration with the **Chitkara University Sports Board**, organized a **Basketball Match** on **31st October 2025** from **1550 hrs onwards** at the **Basketball Court of Chitkara University**. The event featured an electrifying contest between **Port House** and **Starboard House** teams. Each team comprised **seven players**, including **two substitutes**.

The match was officiated by **Asst. Prof. Surjeet Singh**, Basketball Coach from the Chitkara University Sports Board, assisted by **Mr. Gaurav (BCA)** and **Mr. Prathamjosh (SE-G)**, who performed excellent refereeing throughout the match.

Under clear skies and amid an atmosphere filled with excitement and camaraderie, both houses clashed in a **40-minute match**, divided into **four quarters of 7 minutes each**, with a **3-minute break between quarters** and a **5-minute halftime break**.

2. Event Details

At about **1535 hrs**, the formal match commencement procedure was conducted by **Hon'ble Pro Vice Chancellor Captain Prabhat Nigam** between the two team captains. Following the ceremonial toss-up, **Starboard House Captain** secured the first possession.

The match began with both teams exhibiting remarkable **energy, enthusiasm, and determination**. Starboard House took an early lead in the **first quarter**, scoring **11–3** through a well-coordinated attack.

In the **second quarter**, **Port House** regrouped and managed to close the gap, steadily improving their performance. By **half-time**, Port House had minimized the deficit.



Continuing their momentum into the **third quarter**, they overtook Starboard House with a narrow **three-point lead**.

Despite determined efforts, **Starboard House** was unable to regain control, ultimately conceding defeat. The thrilling encounter concluded with **Port House emerging victorious**, with a **final score of 27–23**.

Students, faculty members, and staff of **CUSMS** enthusiastically supported both teams, creating a lively and encouraging atmosphere. The **Sports Committee Coordinators** displayed excellent teamwork and organization, ensuring the smooth and successful execution of the event.

3. Highlights

The match witnessed **outstanding performances** from both sides, marked by **speed, agility, endurance, and teamwork**. The vibrant cheering from the audience heightened the excitement, contributing to an electrifying atmosphere. True **sportsmanship and camaraderie** were evident as players from both houses congratulated each other at the end of the match.

4. Conclusion

The basketball match concluded on a **highly positive and spirited note**. The event not only provided an excellent platform for cadets to demonstrate their **sporting skills, discipline, and team spirit**, but also strengthened the **bond between the houses**.

It was a **memorable and well-organized sporting event**, reflecting the **true essence of sportsmanship, unity, and enthusiasm** at **Chitkara University School of Maritime Studies (CUSMS)**.

5. Team List

- **Port House** – Aryan Thakur (Captain), Tejasvir Singh Khera, Aryan Katoch, Priyanshu, Atif Seikh, Manas Dumka and Abdus Samad

- **Starboard House – Mohit** (Captain), Nishchay Bhatt, Arman Katoch, Abhishek Chauhan, Prince Sharma, Harsh Kumar, & Sunil

6. Result

"Port House declared winner" by 27/23.

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Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.516246, Long 76.658107
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GPS Map Camera
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Event Name	CSR Activity
Topic	Dry Day Survey for Dengue Prevention and Control
Date	31 October, 2025
Venue	Rajpura Town
Organizers	Ms. Keerat (Assistant Professor), Ms. Sonali (Nursing Tutor), Ms. Preetika (Nursing Tutor)
No. of Participants	58
No. of Impacted Individual	100
Under SDG no.	03, 04
SDG Details	SDG 3: Good health and wellbeing, SDG 4: Quality education

Objective

1. To identify potential breeding grounds for mosquitoes and high-risk problem areas within the community.
2. To raise awareness about the "Dry Day" concept and its importance in breaking the mosquito life cycle.
3. To educate the general population on Dengue prevention measures, specifically targeting stagnant water sources.
4. To motivate community members to take personal responsibility for environmental hygiene and vector control.

The Department of Nursing, in collaboration with the Community Health Centre (CHC) Kalomajra, organized a “Dry Day Survey for Dengue Prevention and Control” as part of its community health initiative. The event was conducted under the supervision of faculty in-charges Ms. Keerat (Assistant Professor), Ms. Sonali (Nursing Tutor), and Ms. Preetika (Nursing Tutor), with active participation from the B.Sc. Nursing 7th Semester students. The primary objective of the program was to identify potential mosquito breeding sites and raise awareness about preventive measures against Dengue. Students carried out a systematic survey across households and public areas, inspecting coolers, flowerpots, discarded containers, and other places where stagnant water could accumulate. These inspections were coupled with direct interaction with local residents, where students explained the risks associated with stagnant water and the importance of maintaining hygienic surroundings. A key highlight of the campaign was the emphasis on the **“Dry Day” concept**, which encourages households to empty and dry water containers once a week to disrupt mosquito breeding cycles. Through demonstrations and discussions, students motivated community members to adopt this simple yet effective practice.

The initiative also included an awareness talk that addressed broader aspects of community health, such as waste management, safe water storage, and the importance of clean surroundings. The response from the community was overwhelmingly positive. Residents appreciated the practical tips shared by the students and expressed their willingness to implement these measures in their daily routines. The event not only educated the public but also fostered a sense of shared responsibility in combating Dengue through environmental hygiene.

Conclusion: The "Dry Day Survey" proved to be a successful initiative in bridging the gap between academic learning and community service. By combining practical fieldwork with health education, the students of B.Sc. Nursing 7th Semester effectively contributed to Dengue prevention effort**s.** The collaboration between the Department of Nursing and CHC Kalomajra highlighted the importance of collective action in public health. Such initiatives not only empower communities with knowledge but also instill in students a sense of social responsibility, ensuring that preventive healthcare becomes a shared priority for all.

Outcomes

1. The local community gained awareness regarding the identification of Dengue risk factors and high-risk breeding areas.
2. The survey facilitated the immediate identification and reduction of stagnant water sources in the target area.
3. Participants and residents were motivated to adopt the "Dry Day" practice regularly to prevent vector-borne diseases.
4. The event strengthened the collaboration between the nursing department and local health services (CHC Kalomajra).



The Students of B.Sc. Nursing 7th Semester inspecting the water storage on 31st October, 2025



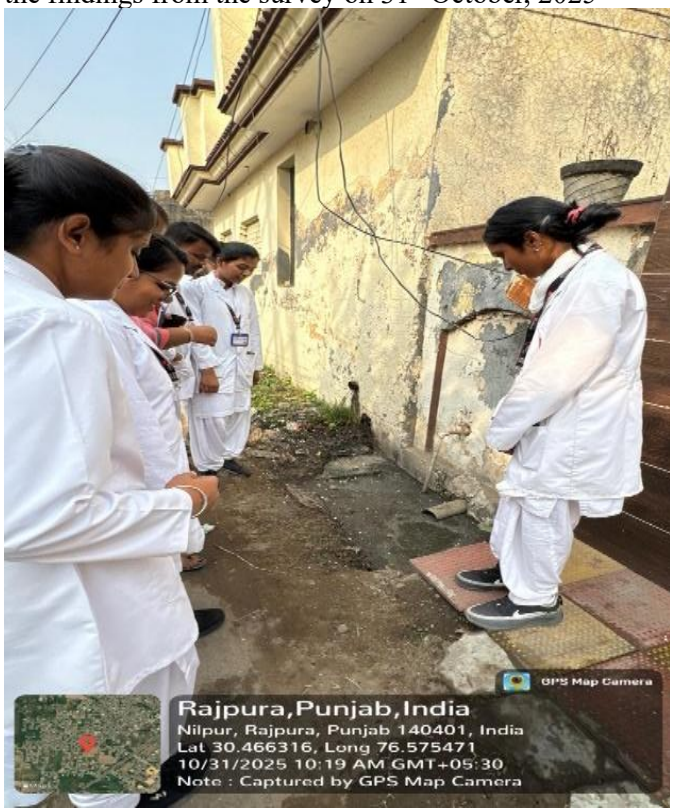
The Students of B.Sc. Nursing 7th Semester identifying the presence of mosquito larvae on 31st October, 2025



The Students of B.Sc. Nursing 7th Semester recording the findings from the survey on 31st October, 2025



The Students of B.Sc. Nursing 7th Semester identifying the presence of mosquito larvae in the house on 31st October, 2025



The Students of B.Sc. Nursing 7th Semester inspecting the area for sanitation on 31st October, 2025



The Students of B.Sc. Nursing 7th Semester accompanying the Female Health Worker of CHC Kalomajra on 31st October, 2025

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Laughter Kitty
Date	1st November 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	72
Resource Person	Happiness Team

Chitkara Happiness Center organised the delightful Laughter Kitty, a vibrant celebration of joy, creativity, and togetherness. The event brought an atmosphere filled with cheer as participants actively engaged in a variety of thoughtfully curated activities. The day began with the Happiness Race, a playful and nostalgic game that rekindled the carefree spirit of childhood and witnessed enthusiastic participation from everyone present. Adding charm to the event was the Queen of Kitty segment, where participants responded to fun and engaging questions posed by our Honourable Pro Chancellor, making the session both lively and memorable. The energy further elevated with Creative Singing combined with a Quiz, an innovative blend that tested knowledge while offering a melodious experience. The dance sessions kept the momentum high as attendees grooved joyfully, creating an environment of true celebration. One of the most impactful highlights of the event was Laughter Therapy, which spread positivity and reinforced the power of collective laughter in reducing stress and uplifting emotions. The event concluded on an exciting note with the announcement of special titles such as Samay ka Badshah, Shehanshah Laughter, and Mr. and Ms. Dhamaka. These recognitions added an element of thrill and appreciation, leaving participants with beaming smiles and cherished memories. Overall, Laughter Kitty Edition 5 proved to be a wholesome and refreshing experience, successfully fulfilling the mission of Chitkara Happiness Center to promote well-being, connection, and joy among the community.











Event Name	FIP – Guru Dakshta Emotional Development and Counselling
Date	01 Nov 2025
Venue	Pulitzer Hall (Picasso Block)
Department	Office of Talent Management
Resource Person	Dr. Monika Srivastava, Dean, CSPC, Dr. Meenu Sharma and Dr. Raksha Singh
Number of Participants	41
SDGs Covered	SDG 3, 4

About the Activity

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 topic of this session was Personal Emotional Development and Counselling'

Objectives of the Session

To enable participants to attain basic skills in personal – emotional development and counselling.



Learning Outcomes

At the end of the course the participants (New Faculty) will be able to:

1. Understand and deal effectively with different types of personalities
2. Act in consonance with the diverse world of learners
3. Learn to deal with and manage stress among the learners
4. Counsel the learners effectively

Areas/themes

- Human personality
- Emotional Development
- Stress
- Counselling

Key Highlights

1. **Participation**: 41 participants attended the session.
2. **Exceptional Content:** The module provided an in depth knowledge of the topic.
3. **Organizing Team:** The event was successfully coordinated by the office of Talent Management, and a team of experts from the Department of Psychology i.e. Dr. Monika Srivastava, Dr. Meenu Sharma, and Dr. Raksha Singh





SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Yoga For Wellness Part 1
Date	3rd, 4th, 6th November 2025
Time	5:00 PM to 6:00 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	121
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Center organised a successful three-day Yoga Workshop in collaboration with the Office of Residential Services, creating an enriching and refreshing experience for the students. Held in front of Columbus Hostel, the workshop offered participants a chance to practice yoga in a serene natural environment, enhancing both their physical and mental well-being. Under the guidance of the experienced trainer, Mr. Pradeep Yogi, students engaged in a variety of yoga asanas, including Surya Namaskar, along with basic meditation techniques that helped them relax, focus, and develop mindfulness. The peaceful surroundings of the hostel area added greatly to the calming atmosphere, making each session a meaningful and rejuvenating experience. Throughout the three days, students participated with enthusiasm and showed genuine interest in learning and understanding the essence of yoga. Their positive response and encouraging feedback highlighted the impact of the workshop and its role in promoting healthy habits. Motivated by the success of this event, Chitkara Happiness Center, along with the Office of Residential Services, plans to introduce regular yoga sessions in the hostel premises to make wellness an integral part of students' daily lives. This initiative aims to nurture their holistic development by supporting both emotional balance and physical fitness. The Center extends heartfelt gratitude to Mr. Pradeep Yogi for his valuable guidance and to all the students for their active involvement, which contributed significantly to the success of the workshop. Chitkara Happiness Center remains dedicated to fostering a culture of well-being, mindfulness, and positive living among students, ensuring that such initiatives continue to enrich their overall campus experience.




COLUMBUS hostel





Event Details	
Title of the Event:	Push to Victory – Bench Press Competition
Date of the Event:	4th November 2025
Venue	Gym, Sportorium
SDG no	3,4,17
No. of Student participated	53

Objective

i) To promote physical fitness and strength training among students.
ii) To encourage both boys and girls to participate in sports and develop a healthy lifestyle.
iii) To enhance sportsmanship, confidence, and discipline through competitive participation.
iv) To strengthen the spirit of teamwork, motivation, and endurance.



Event Description

The Push to Victory – Bench Press Competition witnessed an enthusiastic participation of students from various departments. The event was filled with energy, motivation, and a strong sense of competition. Participants showcased their strength and stamina by attempting maximum bench press repetitions under professional supervision.

The event included separate categories for boys and girls to ensure fair participation. Faculty coordinators and gym trainers ensured that all safety measures were properly followed. The cheering crowd further boosted the morale of participants, creating an inspiring atmosphere.

Winners were awarded **medals, certificates, and refreshments** as a token of appreciation for their efforts and achievements. The event concluded with words of encouragement from the coordinators, highlighting the significance of sports in maintaining a balanced and disciplined lifestyle

Outcomes

i) Students gained awareness about the value of fitness and consistency.
ii) The event promoted inclusivity by involving both male and female participants.
iii) Participants learned to challenge their limits while maintaining safety and discipline.





Event Details	
Event Type	Workshop
Topic	Workshop On Ectd Filing Demonstration Using Software
Date	2025-11-04 To 2025-11-04
Mode	Hybrid
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Pranitha Anathula, Support Manager, Regulatory Services
No. Of Participants	100
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 12: Responsible Consumption And Production
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Empower Our Students With Great Communication Skills, Let's Educate Our Students To Become Globally Competitive

OBJECTIVE

To provide hands-on understanding of the electronic Common Technical Document (eCTD) framework, its lifecycle management, and regulatory significance.

To demonstrate the practical use of eCTD software tools for dossier compilation, publishing, validation, and submission readiness.

To familiarize participants with module-wise document placement, metadata creation, and sequence management in eCTD submissions.

To explain validation checks, error resolution, and quality control processes to ensure regulatory-compliant eCTD filings.

To bridge theoretical regulatory knowledge with practical, industry-relevant eCTD filing skills, enhancing employability in regulatory affairs and clinical documentation roles.

DESCRIPTION

The Workshop on eCTD Filing Demonstration Using Software is a hands-on, skill-oriented training program designed to translate regulatory theory into practical competence in electronic submissions.

With regulatory authorities increasingly mandating electronic formats for dossier submissions, proficiency in the electronic Common Technical Document (eCTD) has become a core requirement for professionals in regulatory affairs, clinical research, and pharmaceutical

documentation. This workshop aims to equip participants with applied knowledge of eCTD structure, lifecycle management, and software-based submission processes. The workshop begins with a concise overview of the eCTD framework, emphasizing its evolution from paper and CTD submissions to fully electronic, lifecycle-managed dossiers. Participants are introduced to the five-module structure of eCTD and the regulatory expectations associated with electronic submissions, including version control, traceability, and document integrity. This foundational understanding sets the stage for effective hands-on learning. A major component of the workshop is the live demonstration of eCTD filing using industry-relevant software. Participants will observe and understand the step-by-step process of dossier compilation, including document authoring readiness, module-wise document placement, hyperlinking, bookmarking, and metadata creation. The session will also cover sequence creation, lifecycle operations such as new, replace, and delete, and the importance of maintaining consistency across submission sequences. Special emphasis is placed on validation and quality checks, where participants learn to identify and resolve common technical and regulatory errors flagged by eCTD validators. The workshop highlights best practices for ensuring submission readiness, minimizing deficiency letters, and maintaining compliance with regulatory guidelines. Participants will also gain exposure to submission packaging and an overview of how eCTD files are prepared for regulatory portals.

OUTCOMES

Practical understanding of the eCTD structure, lifecycle management, and regulatory significance of electronic submissions.

Hands-on exposure to eCTD software usage, including dossier compilation, sequence creation, and submission preparation.

Improved ability to perform module-wise document placement, metadata creation, and lifecycle operations accurately.

Enhanced awareness of validation checks, common errors, and quality control measures to ensure compliant eCTD filings.

Increased readiness for industry roles in regulatory affairs, clinical documentation, and pharmaceutical compliance through applied eCTD skills.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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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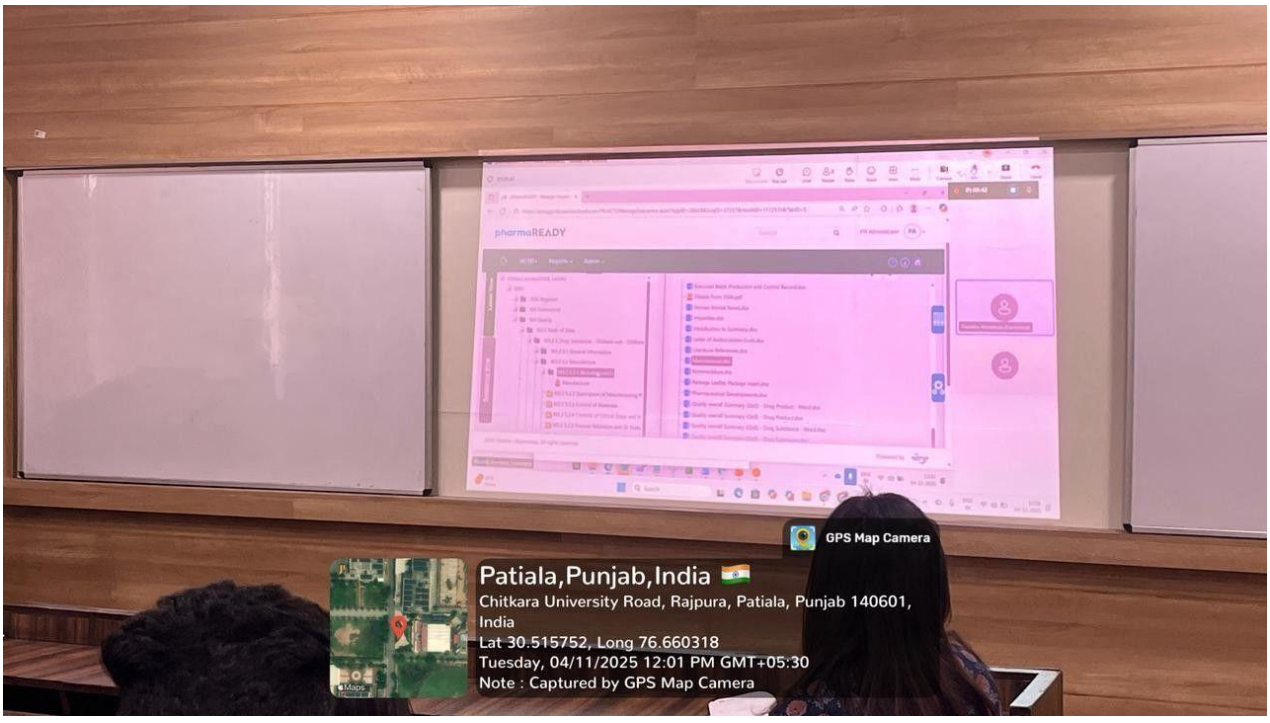
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Event Details	
Topic	Pre-Launch Of Proto Vision 2026: Celebrating National Technology Day
Date	5/11/2026
Venue	Omicron Hub Rear
Organizer Name	Dr. Rajneesh Talwar
No. of Participants	162
SDG No	3, 4, 7, 8, 9, 11, 12, 13

OBJECTIVE

1.To promote innovation, interdisciplinary collaboration, and entrepreneurial thinking among students and researchers.
2.To provide a platform for showcasing prototypes, research-driven solutions, and market-ready products addressing societal and industrial challenges.
3.To encourage research commercialization, startup development, and technology-driven problem-solving.
4.To strengthen industry-oriented learning and experiential education through interaction with academicians, innovators, and experts.

DESCRIPTION

The Department of Interdisciplinary Courses in Engineering (DICE) at Chitkara University, in association with CURIN, CRIO and CCP organized the pre-launch event of PROTO VISION 2026 on 11 May 2026 in celebration of National Technology Day. The event served as a vibrant platform for innovation, interdisciplinary collaboration, entrepreneurship, and technological advancement. Students, innovators, researchers, and startup teams showcased their prototypes, innovative ideas, research-driven solutions, and market-ready products addressing real-world societal and industrial challenges. The event commenced with a warm welcome address by Dr. Rajneesh Talwar, Professor and Dean DICE, who highlighted the importance of innovation-driven education and encouraged students to transform ideas into impactful solutions for society and industry. Distinguished dignitaries including Dr. Col Rakesh, Dr. Amit Mittal, and Dr. Surya Narayan Panda, Dr. Nitin Saluja along with their teams, visited the exhibition area and interacted extensively with the innovators. They appreciated the creativity, technical competence, and entrepreneurial spirit demonstrated by the participants and provided valuable guidance regarding research commercialization, prototype development. Pre-launch of

PROTO VISION 2026 further strengthened the university's innovation ecosystem by promoting research culture, startup development, and industry-oriented learning.

The event enhanced collaboration among various departments and research canters, showcasing Chitkara University's commitment toward experiential learning, technology-driven solutions, and societal impact. The event covered SDGs- SDG 3, SDG 4, SDG 7,SDG 8,SDG 9,SDG 11, SDG 12,SDG 13





SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Joy Junction
Date	7th November 2025
Time	5:00 PM to 6:30 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	65
Resource Person	Ms. Vrinda Sharma, Mr. Shivam K Mishra

Chitkara Happiness Center organised a new weekly initiative in collaboration with Residential Services, aimed at promoting the physical, mental, and social well-being of hostel residents. Over the past two weeks, the program has provided students with an engaging and joyful platform to unwind, connect, and rejuvenate in a lively and supportive environment. Held every Friday under the banner of Joy Junction, the initiative celebrates the four essential elements of joy — singing, dancing, laughing, and playing. Students enthusiastically participated in singing sessions, where they could express themselves and uplift their spirits, while dance activities encouraged them to move to the rhythm, experience freedom of expression, and enjoy the physical benefits of movement. Laughter was a central feature of the program, with interactive games designed to spark joy, reduce stress, and foster camaraderie among participants. Additionally, playful competitions such as tug-of-war, mindfulness games, and the Happiness Race added an element of fun, teamwork, and friendly challenge, further enhancing the overall experience. The vibrant energy and enthusiasm in the hostel courtyard reflected the positive impact of the initiative, as students connected with each other, shared moments of joy, and embraced opportunities for both relaxation and active participation. By offering a structured yet flexible setting for social interaction, creative expression, and physical activity, Joy Junction has successfully encouraged students to prioritize their well-being while building a sense of community within the hostel. Chitkara Happiness Center remains committed to continuing this initiative every week, providing a consistent space where students can experience happiness, engage in meaningful activities, and take steps toward a healthier, balanced, and more joyful campus life.










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Jansla, Rajpura, Punjab 140417, India
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Friday, 07/11/2025 05:23 PM GMT +05:30
Google

Event Name	Chitkara Radiography Conclave IDOR 2025
Date	7th November 2025
Venue	Einstein Hall Galileo Block, Ground floor
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Dr Sandeep Moudgil, Senior Consultant Neuro Interventional Radiology, Max Super Specialty Hospital, Mohali. 2. Dr Arvinder Kaur Heer, Consultant Obstetrics and Gynecology, Shalby Multi-Specialty Hospital, Mohali. 3. Dr S. C. Bansal, Former Assistant Professor, Department of Radiodiagnosis, PGIMER, Chandigarh. 4. Mr. Aditya Nagrath, President, Indian Society of Radiological Technologist (ISRT) Chandigarh Chapter. 5. Debendra Prasad Gupta, Senior CT Product Manager for South Asia, GE Healthcare
Number of Participants	140
SDG Number	3,4,17
Duration	Five hours in a day

Description of Event

The Chitkara Radiography Conclave @ IDoR 2025 was successfully organized on 7th November 2025 at Einstein Hall, Galileo Block, under the theme "Enhancing Critical Thinking and Empowering Healthcare through Imaging Excellence" by the Allied Health Sciences Department, Chitkara School of Health Sciences (CSHS), Chitkara University, Punjab, aligning with the objectives of the Institution's Innovation Council (IIC) and the United Nations Sustainable Development Goals (SDG 3, 4, and 17) — promoting good health, quality education, and global partnerships celebrating the International Day of Radiology 2025.The conclave commenced with an inauguration ceremony, followed by two impactful expert talks. The first one by Dr. Sandeep Moudgil, Senior Consultant Neuro Interventional Radiology , Max Super Specialty Hospital, Mohali, on "Radiology in Stroke Care: Imaging Pathways for Timely Diagnosis and Intervention," emphasizing imaging's pivotal role in early stroke management.



Then Dr. Arvinder Kaur Heer, Consultant Obstetrics and Gynecology, Shalby Multi-Specialty Hospital, Mohali, presented on "Radiology in Gynaecologic Practice: Promoting Awareness through Cervical Imaging," highlighting radiologic techniques in women's health and cancer awareness. A thought-provoking panel discussion followed on "NCAHP Act 2021: Shaping Professional Standards, Entrepreneurship, and Industry Opportunities in Healthcare." The distinguished panel included Dr. S. C. Bansal, Former Assistant Professor, Department of Radiodiagnosis, PGIMER, Chandigarh; Mr. Aditya Nagrath, President, Indian Society of Radiological Technologists (ISRT), Chandigarh Chapter; and Mr. Debendra Prasad Gupta, Senior CT Product Manager for South Asia, GE Healthcare. The discussion focused on the regulatory, entrepreneurial, and industry dimensions of the NCAHP Act and its implications for allied health professionals especially radiography. Organized under the leadership of Dr. Sonika Bakshi, Dean, CSHS, and coordinated by Ms. Nidhi Goswami, Assistant Professor (MRIT), the conclave fostered academic enrichment, professional networking, and industry-academia collaboration. The event concluded with a valedictory session and vote of thanks, reaffirming Chitkara University's commitment to healthcare innovation, education, and sustainable development through radiologic excellence.








CHITKARA UNIVERSITY


CHITKARA UNIVERSITY
CHITKARA SCH
EINSTEIN hall

Event Name	Chitkara University Doctoral Consortium, track 08- Architecture and Built Environment.
Date	10th – 11th November 2025
Venue	Online Mode
Department	Chitkara School of Planning and Architecture, Chitkara University, Punjab
Resource Person	Prof. (Dr.) Harveen Bhandari – Track Coordinator Dr. Amit Mittal – Director, CUDC Session Chairs: Dr. Kavita Murugkar, Dr. Gauri Kotnis Shiurkar, Dr. Farheen Bano, Dr. Shilpa Madan Gopal, Dr. Navneet Munoth Co-Chairs: Dr. Parminder Kaur, Dr. Prof. Kanika Bansal, Dr. Prateek Dhasmana, Mr. Mahinder Bawaria, Dr. Niva Turna
Number of Participants	600+
SDGs Covered	3,4,9,17
Duration	2 Days

About the Activity

Track-08 of CUDC-2025 provided a dynamic platform for Ph.D. scholars and researchers to present emerging work in architecture, cultural landscapes, pedagogy, and urban sustainability. Over two days, the event fostered vibrant academic dialogue, expert insights, and interdisciplinary exchange, highlighting research that rethinks design, culture, and the future of the built environment. Guided by distinguished chairs and coordinated seamlessly by the faculty team, the sessions encouraged knowledge sharing, critical reflection, and scholarly mentorship.

Event Objective

1. To provide a national platform for presenting doctoral research in architecture and the built environment.
2. To enhance scholarly discourse through expert guidance and constructive feedback.
3. To promote interdisciplinary understanding of design, culture, urbanism, and sustainability.
4. To strengthen research competencies, methodological clarity, and academic collaboration.
5. To encourage emerging scholars to engage with contemporary architectural and urban challenges.

Key Highlights



1. Opening address by Prof. (Dr.) Harveen Bhandari, setting an inspiring academic tone.
2. Welcome address by Ar. Shaffali Joshi, highlighting CSPA's research-driven ecosystem.
3. Presentations across themes: pedagogy, cultural landscapes, design thinking, interior environments, urban morphology, policy, sustainability, and resilient design.
4. Expert session by Prof. Surya Narayan Murthy on Heritage Conservation and Cultural Landscapes.
5. Engaging Q&A sessions, interactive discussions, and insightful feedback from esteemed chairs and co-chairs.
6. Smooth coordination and technical execution by the Track-08 faculty team.
7. Concluding reflections and Vote of Thanks emphasizing research excellence and collaboration.

Event Outcomes

1. Strengthened research quality through rigorous scholarly feedback.
2. Enhanced methodological understanding and interdisciplinary thinking among participants.
3. Expanded national network of researchers working on future-ready architectural and urban themes.
4. Encouraged scholars to pursue deeper inquiry in sustainability, heritage, design innovation, and urban resilience.
5. Reinforced CUDC's role as a catalyst for advancing research culture and collaboration within the architecture domain.






Doctoral Consortium CUDC-2025

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Gratitude Gala
Date	10th November 2025
Time	11:00 AM to 5:00 PM
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	104
Resource Person	Happiness Team

Chitkara Happiness Center organised a heartwarming happiness initiative titled "The Gratitude Gala," led by the enthusiastic students of the Happiness Code course, and the event emerged as a wonderful celebration of gratitude, joy, and meaningful connections. Designed as part of their happiness project, the initiative beautifully captured the essence of thankfulness and the power of positive reflection. One of the most engaging highlights of the event was the vibrant Gratitude Wall, where participants shared three things they were grateful for, filling the space with heartfelt messages that radiated positivity. The students had set a target of engaging 100 participants, and they proudly surpassed this goal by connecting with 104 students, reflecting their dedication and the growing culture of gratitude within the campus. Adding a charming element to the celebration was the Wishing Well, where students dropped coins along with personal wishes, symbolizing hope, happiness, and appreciation for life's simple joys. The entire experience reinforced the belief that gratitude is a powerful tool for emotional well-being and community bonding. The event truly embodied the message that "Gratitude is the Best Attitude," encouraging everyone to pause, reflect, and acknowledge the small yet meaningful moments that enrich life. Chitkara Happiness Center extends heartfelt congratulations to the students and the entire Happiness Code team for their creativity, passion, and teamwork in bringing this thoughtful initiative to life. Their efforts have not only made the event a success but have also inspired many to embrace gratitude as a daily practice.


STEP 01
THE Gratitude Gate Wall
STEP 05
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THE Gratitude Gate Wall
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STEP 01
STEP 05
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THE Gratitude Gate Wall

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Yoga For Wellness Part 2
Date	10th – 13th November 2025
Time	5:00 PM to 6:00 PM
Venue	Outer Area of Columbus Area
Number of Attendees	86
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Center organised a meaningful "Self-Reflection" session in collaboration with Residential Services, offering students a peaceful and inspiring space to reconnect with themselves. The session began with a light warm-up to ease the body, after which students were guided into a reflective exercise with their eyes closed. They were introduced to the visualisation of a radiant power ball held in their hands, symbolising their inner strength and the potential for positive transformation. This imagery helped participants focus on their abilities and the changes they wish to bring into their lives. The exercise smoothly transitioned into a calming meditation that encouraged students to turn their reflections into purposeful actions in their daily routines. To deepen the sense of relaxation and mental clarity, the session continued with Shavasana, allowing both body and mind to absorb the experience and find complete stillness. Throughout the session, practical insights were shared on how regular self-reflection can bring greater clarity, emotional balance, and beauty into life. Students were encouraged to cultivate a consistent meditation practice to support long-term well-being. The peaceful atmosphere and thoughtful guidance helped participants feel refreshed, motivated, and more connected to their inner selves. The session concluded with a sense of renewed energy and emotional grounding among the students. This initiative once again highlighted Chitkara Happiness Centre's commitment to nurturing holistic growth and mental wellness within the campus community, ensuring that students continue to receive opportunities that support their personal development and emotional health.


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GPS Map Camera
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Happiness Intervention's Part 1
Date	11th - 13th November 2025
Time	9:00 AM to 4:30 PM
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	220
Resource Person	Happiness Team

Chitkara Happiness Center organised a vibrant and engaging week of Happiness Interventions, designed to promote student well-being, gratitude, and joy through creative and meaningful activities. The week brought together over 40 enthusiastic students each day, who participated in three specially curated experiences — Appreciation Day, Retro Rumble, and Smile Station — each aimed at fostering reflection, playfulness, and positive connections. The first day, Appreciation Day, provided a space for students to express gratitude and celebrate the people who make their lives special. Activities included the Appreciation Wall, Kindness Corner, handwritten appreciation notes for peers and mentors, and the Smile Spreader activity, all of which encouraged students to pause, reflect, and acknowledge everyday moments of care and support. The second day, Retro Rumble, transported students back to their childhood with nostalgic games, fun challenges, and retro-themed activities. Highlights such as Tic Tac Toe face-offs, Connect the Dots, and Guess the Childhood Games and Foods allowed students to relive joyful memories, bond with friends, and experience the carefree spirit of their early years. The final day, Smile Station, created a cheerful environment for students to unwind and spread happiness. With activities like the Joy Wall, Joy Challenge, and Secret Joy Notes, participants shared their happiest moments, engaged in small acts of kindness, and left the space feeling lighter and more connected. Across all three days, the Happiness Interventions facilitated reflection, emotional expression, stress relief, and community bonding, while also fostering a positive and uplifting campus culture. The week was filled with laughter, warmth, and creativity, leaving participants inspired and rejuvenated.


Guess the Food
WELCOME


Station
STEP


STEP 01
Appreciation Day
STEP 05
Relation


STEP 05
Meaning
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Village Jansla, Rajpura, Punjab 140417, India
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Event Name	CSR Activity
Topic	Awareness Talk on infertility
Date	11th November, 2025
Venue	Gynae-OPD, Mata Kaushalya Hospital, Patiala
Organizers	Ms. Lakshita (Nursing Tutor), Ms. Priyanka Thakur (Nursing Tutor)
No. of Participants	61
No. of Impacted Individual	50
SDG Details	3, 4, 5, 17

Objective

1. To educate participants about what infertility is, including its types and early signs that may indicate a fertility problem.
2. To provide information on the major causes and risk factors of infertility in both men and women.
3. To encourage early medical consultation by explaining available diagnostic tests and treatment options.
4. To create awareness about the emotional and social impacts of infertility and help reduce stigma.
5. To motivate individuals to adopt healthy lifestyle practices that support reproductive health.

On 11th November, the B.Sc. Nursing 7th semester students conducted an awareness talk on infertility at the Gynaecology OPD of Mata Kaushalya Hospital, Patiala. The session aimed to educate women and families attending the outpatient department about the growing concerns related to infertility, its causes, prevention, and available treatment options. The students introduced the topic by explaining the medical definition of infertility and clarified common myths and misconceptions that often lead to stigma and emotional distress. They discussed in simple language the various factors that can contribute to infertility in both men and women, including hormonal imbalances, lifestyle habits, age-related changes, infections, and underlying medical conditions. The importance of early diagnosis through timely medical consultation and appropriate investigations was strongly emphasized. These included hormonal imbalances, irregular ovulation cycles, and age — since egg quality and quantity tend to decline with advancing age. They also noted that lifestyle habits such as poor diet, obesity or being significantly underweight, lack of physical activity, smoking, excessive alcohol use, exposure to environmental toxins or pollutants, and stress can negatively affect fertility for both partners. In addition, the students pointed out that infections such as untreated reproductive tract infections, structural issues like blockage or damage of fallopian tubes, uterine or cervical

problems and other underlying medical conditions may play a significant role. Importantly, the nurses emphasised the need for **early diagnosis and timely medical consultation**. Infertility is often treatable — depending on its cause — but delayed medical attention, late detection, or reliance on myths can worsen outcomes. They encouraged those facing difficulty conceiving to seek appropriate investigations, hormonal tests, and medical advice, instead of delaying or resorting to unverified remedies.

Outcomes

1. Participants gained a clearer understanding of infertility, its causes, and early signs.
2. Attendees became more aware of the importance of early medical consultation and diagnostic testing.
3. Misconceptions and stigma related to infertility were reduced through open discussion.
4. Individuals learned about healthy lifestyle practices that support reproductive health.
5. Patients expressed increased confidence in seeking timely treatment and guidance from healthcare professionals.






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GPS Map Camera
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Event Name	Sustain X Tech: Industry Leadership Forum on Integrated Waste Management Solutions
Date	11th Nov., 2025
Venue	Hyatt Centric, Sector -17 Chandigarh
Department	CURIN
Resource Person	Industry Leaders | Chief Guest: Er. Pritpal Singh Executive Director unjab State Council for Science & Technology (PSCST), Chandīgarh
Number of Participants	75
SDGs Covered	1,2,3,6,7,8,9,11,13,14,15,16,17
Duration	One Day Event

Objective of the Event

Sustain Tech event aims to target the industry leaders to enable creativity in the products and target the niche marketplace. The event will bring together ISARG Partners (Industry, Service Providers, Aggregators, Researchers and Government Representatives). This event was being organised under the Centre of Excellence on Full Cycle Processing of Agriculture Waste to Wealth (PAWW) and hosted by CURIN, Chitkara University, Punjab.

Key Highlights of the Event "SustainX Tech: Industry Leadership Forum on Integrated Waste Management Solutions"

SustainX Tech 2025 is a Unique platform from Chitkara University Research and Innovation Network (CURIN) where the ISARG (Industries, Service-providers, Aggregators, Researchers and Government-officials) brought together under one roof.

The event was hosted by Chitkara University, Punjab in partnership with NDRI Karnal, PAU Ludhiana, PSCST Chandigarh, and PRSC, Punjab was organised under CoE on Agriculture Residue Management. The industry academia networking event was held at Hyatt Centric Chandigarh on 11th November 2025 which witnessed 32 Industry Leaders, 14 Senior Government Officials and Policy Makers, 2 NGOs, 26 Researchers and with a total of 74 participants.

The event featured thought-provoking discussions, industry presentations, recognition of sustainability champions, and demonstrations of cutting-edge facilities. The event was graced by Hon'ble Pro-Chancellor Dr. Madhu Chitkara, who inspired everyone with her vision for sustainability and innovation.

Event Outcomes

SustainX Tech has truly strengthened the bridge between researchers, industries and Government to co-create impactful, technology-driven waste management solutions. SustainX sparked new ideas and plenty of appreciation for impactful collaboration.








CHITKARA
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inX Tech
Forum on Integrated
ment Solutions


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Event Details	
Event Type	Sports Event
Topic	Sports Week 2.0
Date	2025-11-11 To 2025-11-13
Mode	Offline
Organizer Name	Faculty Of Economics
Resource Person	Mr. Harinder Lehri, Director, University Sports Board
No. Of Participants	132
SDG No	SDG 3: Good Health And Well-Being
PO Number(S)	PO4, PO5, PO6
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students, Let's Stimulate Scholarly Energy And Diligence In Our Students

OBJECTIVE

• To strengthen teamwork, leadership, and sportsmanship among students through participation in various games and activities.
• To provide a platform for students to showcase their athletic talents and develop competitive spirit in a positive environment.
• To encourage fair play and ethical behaviour both on and off the field.
• To strengthen the relationship between faculty and students through collaborative sports activities.
• To reduce academic stress among students.

DESCRIPTION

Sports Week 2.0 was organized at Chitkara University, Punjab from 11th November to 13th November 2025. The event aimed to promote physical fitness, teamwork, and a sense of healthy competition among students. Over the span of three days, students enthusiastically participated in a range of outdoor and indoor sports activities including cricket, volleyball, basketball, pickleball, arm wrestling, table tennis, and badminton. The event was led by the Faculty of Economics, Chitkara Business School, under the leadership of Prof. Dhiresh Kulshrestha, Dean, and was professionally supported by the Chitkara University Sports Board. Sports Week 2.0 brought together students from multiple departments, encouraging campus involvement, athletic development, and a spirit of unity.

OUTCOMES

• Students engaged in multiple sports activities, promoting health, stamina, and overall physical well-being.
• The event strengthened collaboration, leadership, and fair-play values among participants.
• The week provided a refreshing break from academics, contributing to students' mental well-being and balanced growth.
• Students, faculty, and sports coordinators came together, fostering unity and positive campus culture.











Event Details	
Event Type	Expert Talk
Topic	Expert Talk On Regulatory Dossier Preparation And Submission Process In India
Date	2025-11-12 To 2025-11-12
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Ankur Bansal, Vaayath Consulting Services, Pvt.Lts.
No. Of Participants	50
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 8: Decent Work And Economic Growth, SDG 10: Reduced Inequalities
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Empower Our Students With Great Communication Skills, Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

To provide a clear understanding of the regulatory framework governing drug approval in India, with emphasis on CDSCO requirements and applicable rules.

To familiarize participants with the structure and components of regulatory dossiers, including CTD/eCTD modules for various categories of pharmaceutical products.

To explain the step-by-step process of dossier preparation, compilation, and submission, highlighting common deficiencies and best practices.

To enhance awareness of regulatory timelines, review pathways, and post-submission interactions with regulatory authorities in India.

To bridge academic concepts with practical regulatory affairs skills, preparing participants for industry-oriented roles in dossier management and regulatory compliance.

DESCRIPTION

The Expert Talk on Regulatory Dossier Preparation and Submission Process in India is designed to provide participants with a comprehensive and practice-oriented understanding of regulatory affairs, with specific focus on the Indian drug approval landscape.

As regulatory compliance forms the backbone of pharmaceutical product development and commercialization, this session aims to equip students and early-career professionals with the knowledge and skills required to navigate regulatory submissions effectively. The talk focuses on the regulatory framework governing pharmaceuticals in India, with detailed discussion on the role of the Central Drugs Standard Control Organization and the applicable provisions under the Drugs and Cosmetics Act and Rules. Experts will outline the regulatory pathways for different product categories, including new drugs, generics, fixed-dose combinations, and biologics, enabling participants to understand how regulatory strategy varies across product types. A core component of the session is an in-depth explanation of regulatory dossier preparation. Participants will be introduced to the Common Technical Document (CTD) and electronic CTD (eCTD) formats, with clear guidance on the structure, content, and purpose of each module. Emphasis will be placed on quality, non-clinical, and clinical sections of the dossier, along with critical documentation requirements such as stability data, bioequivalence studies, and clinical trial information. The session will also address common deficiencies observed during regulatory review and strategies to avoid delays or rejections. The submission process will be explained step by step, covering pre-submission planning, online and offline submission procedures, review timelines, deficiency responses, and post-approval commitments. Practical insights into regulatory queries, communication with authorities, and lifecycle management of regulatory dossiers will help participants understand the real-world responsibilities of regulatory affairs professionals.

OUTCOMES

Clear understanding of the Indian drug regulatory framework and the role of CDSCO in pharmaceutical product approvals.

Enhanced knowledge of CTD/eCTD dossier structure and documentation requirements for different categories of drugs.

Improved ability to comprehend the end-to-end dossier preparation and submission workflow, including review timelines and deficiency management.

Increased awareness of common regulatory challenges and best practices to ensure compliant and high-quality submissions.

Strengthened readiness for industry-oriented roles in regulatory affairs, dossier management, and compliance functions.


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Jansla, Rajpura, Punjab 140417, India
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Unlock Your Magnetic Persona
Date	12th & 14th November 2025
Time	2:15 PM to 4:10 PM
Venue	Hipocrates Hall, 3rd floor, Fleming Block
Number of Attendees	61
Resource Person	Happiness Team

Chitkara Happiness Center organised an enriching two-day workshop titled "Unlock Your Magnetic Persona" for the M.Pharm students of the Pharmacy Department, focusing on developing the qualities that contribute to a charismatic, confident, and influential personality. The workshop aimed to help students understand the deeper aspects of presence, communication, and emotional intelligence, enabling them to enhance both their personal and professional interactions. On the first day, students were introduced to the core idea that charisma is a combination of presence, power, and warmth, where presence is cultivated through mindfulness and conscious awareness, power is built through self-confidence, passion, self-love, and effective communication, and warmth is expressed through empathy, kindness, and humility. The session included engaging mindfulness practices designed to help students ground themselves, sharpen their focus, and build greater self-awareness. On the second day, the workshop explored the guiding principles of becoming a truly magnetic personality, drawing inspiration from Dale Carnegie's timeless book "How to Win Friends and Influence People." Through interactive discussions, students learned valuable techniques for building meaningful connections, improving influence, and strengthening interpersonal relationships. The session also introduced the concept of the three ego states — Child Ego, Adult Ego, and Parent Ego — helping students understand how balancing these states can improve emotional regulation, communication, and relationship-building. Both days were filled with reflective tasks, mindfulness activities, and open discussions that encouraged students to explore their inner strengths and identify areas for growth. Participants expressed that the workshop helped them gain clarity about their own personality traits and motivated them to bring positive changes into their everyday interactions.


CHARISMA







Event Details	
Event Type	Expert Talk
Topic	Expert Talk On Career Pathways In Clinical Research: A Session With Cliantha Research
Date	2025-11-13 To 2025-11-13
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Si=Ingh
Resource Person	Hardik Panchal, Head Of Training Department | Dhiren Mirchandani, Hr Leader Talent Acquisition & Hr Operations | Jay Soni, Business Developer & Trainer
No. Of Participants	97
SDG No	3, 4, 8, 16
University Charter	Let's Prepare Our Students For Industry, Let's Educate Our Students For Brilliant Futures

OBJECTIVE



To provide comprehensive insight into career opportunities and role diversification within the clinical research industry, spanning clinical operations, data management, pharmacovigilance, and regulatory affairs.

To familiarize students with the clinical research ecosystem, including the functioning of Contract Research Organizations (CROs), sponsors, and investigator sites.

To bridge the gap between academic learning and industry expectations by outlining essential skills, competencies, and certifications required for employability.

To highlight current trends and future directions in clinical research, including digitalization, decentralized trials, and global regulatory considerations.

To enable informed career decision-making through practical guidance, real-world experiences, and professional insights shared by industry experts from Cliantha Research.

DESCRIPTION

The Expert Talk on Career Pathways in Clinical Research: A Session with Cliantha Research is structured to provide students and early-career professionals with a clear, practical, and

industry-aligned understanding of career opportunities within the rapidly expanding clinical research domain. As clinical research continues to play a pivotal role in evidence-based medicine, drug development, and regulatory decision-making, this session aims to demystify the field and guide participants toward informed and strategic career choices. The session offers a comprehensive overview of the clinical research ecosystem, highlighting the roles and responsibilities across key functional areas such as clinical operations, site management, data management, biostatistics, pharmacovigilance, quality assurance, and regulatory affairs. Experts from Cliantha Research will share real-world perspectives on how Contract Research Organizations (CROs) operate, collaborate with sponsors and investigators, and contribute to the successful execution of clinical trials across different phases. A key focus of the talk is bridging the gap between academic knowledge and industry expectations. Speakers will discuss the essential technical skills, soft skills, certifications, and professional competencies required to enter and grow within the clinical research industry. Emphasis will be placed on practical aspects such as understanding Good Clinical Practice (GCP), documentation standards, ethical conduct of trials, and compliance with regulatory requirements—areas often underemphasized in traditional curricula. The session also addresses emerging trends shaping the future of clinical research, including digitalization, decentralized and hybrid trials, patient-centric approaches, and the increasing importance of data integrity and real-world evidence. By highlighting these trends, the talk prepares participants to anticipate future skill demands and adapt to a continuously evolving professional landscape.

OUTCOMES

Improved clarity on diverse career roles and progression pathways within the clinical research and CRO ecosystem.

Enhanced understanding of industry expectations, essential competencies, and certifications required for entry and growth in clinical research careers.

Increased awareness of practical aspects of clinical trials, including GCP compliance, documentation, ethics, and regulatory coordination.

Better preparedness to align academic learning with real-world clinical research practices and emerging industry trends.

Strengthened confidence among students to make informed career decisions and pursue structured professional development in clinical research.


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GPS Map Camera
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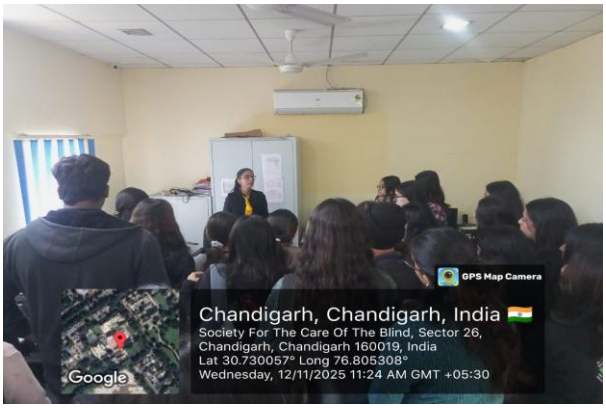
Title: "The World Through Different Senses": An Educational Field Visit To The School For The Visually Impaired		
1	Type Of Activity	Field Visit
2	Program Theme (Keywords)	Design Thinking & Critical Thinking
3	Link (Pre Link)	Pre Link
	Link (Post Link)	Post Link
4	Program Type	Level 1
	Nomenclature	Level 1
5	Description	
	The Chitkara School Of Psychology And Counselling Is Organizing "The World Through Different Senses," An Educational Visit To The Institute Of The Blind, Chandigarh, For Batch 2022 And 2023 Students On November 12th, 2025. This Hands-On Outing Provides An Invaluable Opportunity To Directly Observe The Educational Environment And Innovative Learning Methodologies Employed For The Visually Impaired. Students Will Interact With Residents, Staff, And Educators To Gain Firsthand Insight Into Their Lived Experiences, Fostering Greater Social Awareness, Practical Observation Skills, And A Commitment To Inclusive Practices Within The Field Of Psychology.	
6	Kindly Justify The Activity Conducted By Your Respective Department Will Fit As IIC Event	
	This Field Visit, "The World Through Different Senses," Directly Supports The Institution's Innovation Council (IIC) Mandate For Experiential Learning And Social Innovation. By Exposing Psychology Students To The Real-World Environment And	

	Challenges Of Visually Impaired Individuals, The Visit Transitions Learning From Theoretical To Practical. It Fosters Empathy-Driven Problem-Solving, Encouraging Participants To Identify Gaps In Existing Support And Ideate New, Low-Cost Assistive Technologies, Educational Tools, Or Unique Counseling Service Models. This Exposure Is Vital For Cultivating A Mindset Focused On Inclusive, Community-Centric Innovation.	
7	Start And End Date Of The Event: 12/11/2025 To 12/11/2025	
8	Mention Minimum Number Of Students (Event): 28	
9	Mention Minimum Number Faculty (Event): 2	
10	Objective Of The Event In 3 Words (90 Characters) Only:	
	To Provide Psychology Students With An Essential Experiential Learning Opportunity To Observe And Interact With Visually Impaired Individuals At The Institute Of The Blind. The Visit Aims To Deepen Understanding Of The Psychological, Educational, And Social Challenges Faced By This Community. It Seeks To Foster Empathy, Enhance Practical Knowledge Of Specialized Methodologies (E.G., Tactile Learning, Counselling Techniques), And Inspire Students To Conceive Innovative, Inclusive Solutions And Assistive Technologies.	
11	Benefit Of The Activity In 5 Words (120 Characters) Only:	
	Fosters Empathy; Provides Hands-On Observation Of Specialized Methodologies; Inspires Social Innovation In Psychology And Assistive Tech.	
12	Video URL	
13	Photographs	

	
	
Name of Department:	Chitkara School of Psychology and Counselling
Name of Organiser with Mail ID & Contact Number:	Chitkara School of Psychology and Counselling

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Mindset Mastery And Stress Reset
Date	13th November 2025
Time	11:00 AM to 1:00 PM
Venue	LH 101, Rockefeller Block
Number of Attendees	105
Resource Person	Dr. Monika Bammi

Chitkara Happiness Center organised a deeply insightful and empowering session titled “Mind Mastery & Stress Reset” in collaboration with Chitkara College of Pharmacy, further strengthening its commitment to promoting emotional well-being and mindful growth among students. The session was conducted by Ms. Monika Bammi, a Mind and Body Transformation Coach and International NLP Trainer, who guided participants through a series of reflective, experiential, and practical activities designed to help them reconnect with themselves and build emotional resilience. Students engaged in meaningful discussions and guided techniques that allowed them to understand their thought patterns more clearly and explore healthier ways to manage stress. One of the key takeaways was “The Brain Hack,” which encouraged a shift in perspective from avoiding tasks to understanding why they are necessary, helping students break procrastination cycles. The “Wolf Reflection” metaphor highlighted the importance of choosing which inner voice to nurture — the one filled with fear or the one rooted in gratitude, courage, and hope. Another impactful tool shared was the Stress Reset PCP Technique, which stands for Pause, Compose, and Propose, offering a simple and effective method to regain balance during stressful moments. Students also learned the Art of Letting Go, focusing on releasing emotional burdens and mental clutter before sleep to improve rest and clarity. Pre- and post-evaluation sheets helped participants observe real-time shifts in their emotional states, making the experience more meaningful and personally relevant. The session left students feeling grounded, refreshed, and more equipped to handle emotional challenges with awareness and strength.


Everything Is Connected
Self-Worth → how you value yourself
Mindset → how you talk to yourself

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Event Name	Community Extension and Outreach Activity
Topic	Health Mela on World Diabetes Day
Date	13th November, 2025
Time	10:00 am onwards
Venue	Market Area, UPHC, Rajpura
Organizer	Ms. Annu Singhal, Associate Professor, Ms. Reepika, Assistant Professor, Ms. Preetika, Nursing Tutor and Ms. Manreet, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	58
SDG Details	3 Good Health and Well-Being, 4 Quality Education
PO	PO1, PO2, PO3 & PO8

Objective

- To empower community members to take charge of their own health through awareness, screening, and guidance.
- To raise awareness about early signs of diabetes and encourage timely health check-ups.
- To prevent diabetes and its complications through education, early detection, and lifestyle modification.
- To motivate community members to adopt positive health behaviors to reduce the risk of diabetes.
- To enhance students' skills in community health education and diabetes awareness activities.
- To strengthen community involvement in diabetes prevention initiatives.

Description

The Department of Nursing at CSHS successfully organized a Health Mela on 13th November 2025 at Market Area, UPHC, Rajpura on the occasion of **World Diabetes Day**. The theme for 2025 is "Diabetes across life stages". The event aimed to create awareness among the community about diabetes, its risk factors, prevention, and management. Various informative and interactive activities were conducted, including health education sessions, screening for blood sugar levels, BMI assessment, dietary counselling, and distribution of educational pamphlets. Students actively engaged with the public, clarified doubts, and motivated community members to adopt healthy lifestyle practices. A role play was also performed by the students to demonstrate the early signs of diabetes, the importance of lifestyle modification, and the need for timely treatment.

The role play helped convey key health messages in an engaging and easy-to-understand manner. Along with this, interactive question–answer sessions were held where community members openly discussed their doubts regarding diet, medication adherence, physical activity, and myths related to diabetes. Students also demonstrated healthy plate models, foot care practices for diabetics, and provided guidance on regular monitoring and follow-up care. The mela received an excellent response from the local residents. Many people appreciated the efforts of the students and faculty for bringing essential health services to their doorstep. The program provided a valuable learning experience for the students while contributing significantly to community health promotion. Overall, the Health Mela played a significant role in improving public awareness about diabetes and promoting preventive health behaviours. It successfully emphasized the message of early detection, timely intervention, and healthy living towards achieving a diabetes-free future.

Outcomes

- Increased awareness among community members about diabetes, its signs, symptoms, and preventive measures.
- Early identification of individuals with elevated blood sugar levels through on-spot screening.
- Improved understanding of healthy diet, physical activity, and lifestyle modifications for diabetes prevention.
- Enhanced community participation in health-related activities through interactive sessions and role play.
- Strengthened communication and health education skills of nursing students through field experience.
- Positive feedback received from residents, indicating acceptance and appreciation of the services provided.



Blood sugar screening by nursing students during the health mela at Market area, UPHC, Rajpura on 13th November,2025



Height & Weight monitoring by nursing students during the health mela at Market area, UPHC, Rajpura on 13th November,2025.



Hb estimation is done by nursing students during the health mela at Market area, UPHC, Rajpura on 13th November,2025.



Blood Pressure monitoring by nursing students during the health mela at Market area, UPHC, Rajpura on 13th November,2025.



Role play conducted by nursing students during the health mela at Market area, UPHC, Rajpura on 13th November,2025.

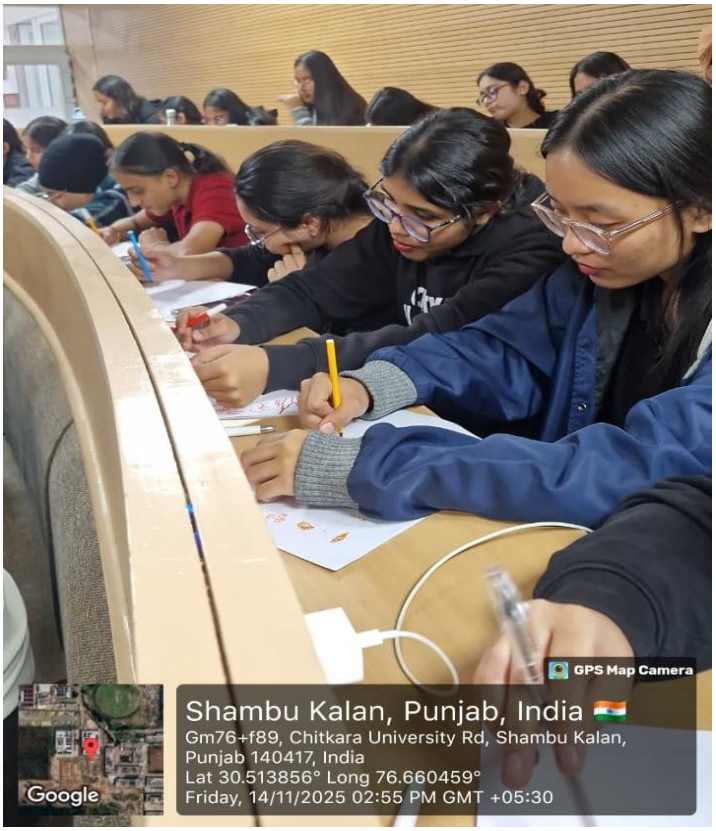


Group photo of faculty and nursing students in the health mela at Market area, UPHC, Rajpura on 13th November,2025.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	The Canvas Of Emotions
Date	14th November 2025
Time	2:00 PM to 4:00 PM
Venue	Lh 103 martin Luther Block
Number of Attendees	79
Resource Person	Dr. Nayanika Singh

Chitkara Happiness Center organised "The Canvas of Emotions" on 14 November 2025 to celebrate Children's Day, in collaboration with the Department of Allied Health Sciences and Chitkara Law School. Led by Dr. Nayanika Singh, a certified art and mindfulness practitioner, the event created a warm, reflective, and creatively enriching space for students to reconnect with their childhood emotions and inner child. The session began with a Childhood Memory Visualisation activity, accompanied by the nostalgic song "Woh Din Bhi Kya Din The," allowing students to recall and relive their happiest early memories. This emotional journey smoothly transitioned into the Childhood Memory Drawing, where students closed their eyes, revisited those cherished moments, and illustrated them on paper. The River of Life or Tree of Life activity encouraged participants to identify and draw the strengths, qualities, and experiences that have shaped their life journey. This was followed by the Childhood Collage activity, where students creatively arranged memories into visual collages, with the best three being recognised as the "Stars of the Show." Another engaging segment, Scribble Your Sorrows Away, helped students express emotions freely through spontaneous scribbling, after which Dr. Nayanika offered meaningful insights into personality traits based on their expressions. An Online IQ Test further supported students in understanding their cognitive patterns and personal traits. The event concluded with the announcement of the three collage winners, who received prizes for their creativity and expression. Through its thoughtful blend of art, emotion, reflection, and fun, The Canvas of Emotions offered students a heartfelt Children's Day celebration, helping them reconnect with their memories, emotions, and the child within themselves.


SELF-REFLECTION THROUGH ART THERAPY:
Draw your Tree of Life indicating your life's journey & discuss.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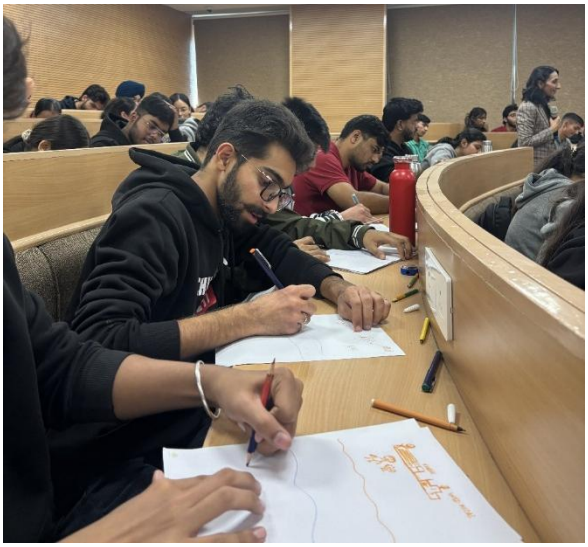



SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Joy Junction
Date	14th November 2025
Time	5:00 PM to 6:30 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	51
Resource Person	Ms. Vrinda Sharma, Mr. Shivam K Mishra

Chitkara Happiness Center organised a special edition of its weekly initiative in collaboration with Residential Services, aimed at promoting the physical, mental, and social well-being of hostel residents. On Friday, November 14th, the event, titled Joy Junction: A Night of Nostalgia, was offering students an evening filled with laughter, play, music, and dance. The program began with icebreaker activities under the theme of Laughing and Playing, including fun and engaging games such as Mindful Games and Freeze and Dance, which encouraged students to relax, share laughter, and bond with one another. The energy continued to build with Classic Games like Kho Kho and Dog in the Pond, evoking cherished schoolyard memories and fostering friendly competition and teamwork. The evening further elevated with a lively Jam Session, where students sang and danced together, creating a vibrant and energetic atmosphere that strengthened connections and enhanced the sense of community among participants. To conclude the night, students engaged in a spontaneous Fun Free Style Dance, celebrating joy and creativity in a carefree and playful manner. The most spirited participants were recognized and crowned Mr. Joy and Miss Joy, adding an element of celebration and encouragement. This special edition of Joy Junction reflected the success of the weekly initiative in providing hostel residents with opportunities for enjoyment, reflection, and social interaction. By combining nostalgic games, interactive activities, and music, the event created a memorable and uplifting experience for all attendees.




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

OBJECTIVE

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

DESCRIPTION

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

OUTCOMES

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



NSS volunteers Organizing Health Camp on 14th Nov 2025



NSS Volunteer performing Blood sugar Monitoring on 14th Nov 2025



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



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



NSS Volunteers organizing Health Camp on 14th Nov 2025



NSS Volunteers organizing Health Camp on 14th Nov 2025

Event Details	
Event Name	Children's Day
Topic	Nutritional Assessment
Date	14th November, 2025
Mode	Offline
Venue	Crutch, Block
Organizer Name	Ms. Deeksha Sharma (Assistant professor), Ms. Manreet Kaur (Nursing Tutor), CSHS, Chitkara University, Punjab.
No. of Participants	5
SDG No	2,3,4
PO	PO2, PO3, PO4, PO5

Objective

1. To assess nutritional status (Height, weight, MUAC, Dietary intake of all children.
2. To promote optimal growth and prevent nutrition related morbidities through periodic health checkups.
3. To assess hygiene practices & access to safe drinking water at creche level & implement WASH education to prevent infection – related malnutrition.
4. To ensure equal health nutrition assessment, care, & feeding opportunities for both girls and boys.

On Children's Day, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a nutritional assessment on 14th November,2025. The event aimed to encourage students to explore their creative potential, skills by demonstration. Children's Day celebrates the importance of children as the foundation of a healthy and progressive nation. This Nutritional assessment emphasized to promote awareness regarding balanced diet and hygiene practices among parents and caregivers. Students enthusiastically participated and demonstrated the skills to carried out systematically anthropometric measurements in order to objectively assess the growth and nutrition status of each child. The children were assessed in a friendly and playful manner to ensure cooperation and comfort throughout the process. The Nutritional assessment activity helped the students to gain practical experience in growth monitoring, interpretation of data and preventive paediatric care. The care givers were informed about the child's growth results. Their efforts reflected a deep understanding of the subject while demonstrating remarkable skills.

One of the key highlights of the nutritional assessment was how it fostered important skills beyond artistic creativity. Furthermore, by participating in this initiative, students developed a greater sense of responsibility towards the nutritional health. The Nutrition assessment successfully combined education, creativity, and awareness, reinforcing the idea that every child deserves balanced, high-quality, and quantity of nutrition. The students demonstrated excellent teamwork and communication skills while engaging with the children's. In conclusion, the event was a resounding success, leaving a lasting impact on both participants and spectators. Overall, the nutritional assessment served as a vital screening tool and contribute to the early identification of children at nutritional risk. It aligned with the academic goals of the nursing curriculum and contributed to holistic learning through experiential engagement. The Department of Nursing at Chitkara School of Health Sciences looks forward to organizing more such engaging and educational competitions in the future, continuing its commitment to promoting health awareness and skill development among students.

Outcomes

- Encouraged Creative Expression – The competition provided students with a platform to showcase their creativity, artistic skills, and innovative thinking through posters.
- Enhanced Awareness of Nutrition & Balanced diet – Participants gained deeper knowledge about nutrition, micronutrients deficiencies, WHO dietary recommendations including safety, quality, and nurturing care, reinforcing their understanding of nutritional health.
- Fostered Confidence and Teamwork – By participating in the event, students-built self-confidence and developed teamwork skills as they collaborated, shared ideas, and learned from one another.
- Developed Decision-Making and Presentation Skills – The process of conceptualizing and making posters helped students refine their decision-making, problem-solving, and presentation abilities, which are essential in nursing and healthcare communication.
- Inspired Future Participation in Competitions – The success of the competition motivated students to take part in similar activities, encouraging them to continue exploring their talents and interests in creative and academic fields.



Students Participated in Nutritional Assessment on 14th November2025



Group photo of all the participants in creche on 14th November, 2025



Group Photo of all participants with faculty in Nutritional Assessment on 14th November, 2025



Participants conducting nutritional assessment at creche on 14th November, 2025



Participants conducting nutritional assessment at creche on 14th November, 2025



Measuring weight at creche on 14th November, 2025

Event Name	Children's Day
Topic	Heath awareness talk
Date	14th November, 2025
Time	10:00 am onwards
Venue	Mata Kausalya hospital, Patiala
Organizer	Ms. Amanpreet Kaur, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Monika, Assistant Professor Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	05
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 5 Gender Equality
PO	PO1, PO2, PO3

Objective

1. To celebrate Children's Day by spreading joy and positivity among children.
2. To create awareness about child health, hygiene, and proper nutrition.
3. To educate parents about positive parenting practices.
4. To highlight the importance of children's rights — health, care, protection, and development.
5. To encourage healthy eating habits through fruit distribution**.**

Description

Children's Day was celebrated on **14th November 2025** at **Mata Kausalya Hospital, Punjab** with great enthusiasm and a sense of responsibility towards the holistic development of children. The celebration was organized with the primary aim of promoting child health, overall well-being, and awareness about children's rights, especially among parents and caregivers visiting the hospital. The programme highlighted the importance of creating a safe, healthy, and nurturing environment where every child can grow with dignity, confidence, and care. The event focused on health awareness, positive parenting, and spreading happiness among children in a meaningful and compassionate manner. A health awareness session was conducted to educate both children and parents on basic hygiene practices, balanced nutrition, and the importance of regular health check-ups for proper physical and mental development.

Special emphasis was laid on preventive healthcare and adopting healthy lifestyle habits from an early age. In addition, a session on **positive parenting** was organized to guide parents on supportive and empathetic child-rearing practices. Parents were encouraged to communicate openly with their children, understand their emotional needs, and provide love, respect, and encouragement to build their self-esteem and emotional well-being.

Outcomes

1. Children gained basic knowledge about healthy habits and nutrition.
2. Parents became more aware of positive parenting techniques and the importance of emotional bonding with children.
3. The programme reinforced awareness about children's rights, especially the right to health, care, and protection.
4. The fruit distribution encouraged children to choose healthier food options.
5. The celebration brought smiles and happiness to children and strengthened trust between healthcare staff, parents, and the community.



M.Sc. Nursing 2nd year students Spreading health awareness talk on 14th November, 2025



M.Sc. Nursing 2nd Year students giving talk on positive parenting on 14th November, 2025.



M.Sc. Nursing 2nd year students mastering handwashing steps on 14th November, 2025.



M.Sc. Nursing 2nd year group photograph on 14th November, 2025.



M.Sc. Nursing 2nd year distributing fruits on 14th November, 2025.



M.Sc. Nursing 2nd year talking about health Hygiene on 14th November, 2025.

Event Name	Diabetes: Past, Present & Future
Date	14th November, 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. Sachin Mittal, Consultant Endocrinologist at Fortis Hospital, Mohali, and Founder Director of Care Plus Clinic and VCare at Home Health Services
Number of Participants	72
SDG Number	3 (Good Health and Well Being), 4 (Quality education)
Duration	1 day

Department of Physiotherapy at Chitkara University, Punjab, observed World Diabetes Day on November 14th, 2025, with an enlightening session titled "Diabetes: Past, Present & Future" for the Bachelor of Physiotherapy students. The session was delivered by Dr. Sachin Mittal, Consultant Endocrinologist at Fortis Hospital, Mohali, and Founder Director of Care Plus Clinic and VC are at Home Health Services. Dr. Mittal went beyond the scheduled topic by providing a comprehensive discussion on the early symptoms of diabetes, emphasizing the importance of recognizing warning signs to facilitate timely medical intervention. He elaborated on various diagnostic approaches, providing students with valuable insight into both conventional and newer methods for accurate detection of diabetes.

During his address, Dr. Mittal highlighted the intricate relationship between diabetes and various endocrinal disorders, detailing how hormonal imbalances can both contribute to and complicate diabetes management. He shared recent data on the prevalence of diabetes both globally and in the Indian context, underscoring the pressing public health concerns posed by rising incidence rates. In addition, Dr. Mittal discussed a spectrum of possible treatment modalities, ranging from lifestyle modification and pharmacological interventions to integrated approaches involving physiotherapy and patient education. The session proved to be an excellent learning opportunity, enhancing awareness and understanding of diabetes among physiotherapy students and equipping them with practical knowledge for future clinical practice.


Diabetes: Past, Present & Future
Fortis




WORLD DIABETES DAY
DIABETES: PAST, PRESENT & FUTURE
Fortis

Event/Session Name	Children's Day Celebrations at Dew Drops
Event/Session Date	14-November-2025
Venue	Dew Drops Creche, Chitkara University
Organizers	Office of Administration in collaboration with Chitkara School of Nursing
Resource Person	Capt. Ravinder Singh, Asst. Director Mr. Gurjeet Singh, Manager
SDGs Covered	3,8,10

Overview



To celebrate the innocence, joy, and lively spirit of childhood, the **Office of Administration** organized a delightful **Children's Day Celebration at Dew Drops, Chitkara University**. The event focused on creating a warm, cheerful atmosphere for the little ones and making the day special with thoughtful gestures and engaging moments.

Creating Joyful Childhood Moments

The celebration reflected the Office of Administration's commitment to nurturing a **supportive and caring environment** for the children at Dew Drops. Simple acts of love and thoughtfully curated gifts made the day meaningful, helping build joyful memories and positive emotional experiences for the little ones. The day included fun interactions, music, laughter, and free play, ensuring the children felt happy, comfortable, and celebrated. The entire environment was filled with warmth and affection, making the event memorable for every child.

Gift Hampers for Children

Each child received a **Children's Day Gift Hamper**, packed with age-appropriate goodies and surprises. The moment of receiving their hampers brought excitement, big smiles, and pure joy to the little ones. To encourage creativity and early learning, children were gifted **colourful painting books**. These books were chosen to help them explore imagination, improve hand eye coordination, and enjoy playful learning at home and in creche.

Conclusion

The **Children's Day Celebration at Dew Drops** beautifully captured the essence of childhood happiness, curiosity, and warmth.Through thoughtful planning and heartfelt gestures, the Office of Administration once again reinforced its dedication to the well-being, joy, and growth of the children in its care.







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

Objective

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

Description

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

promoting health awareness, encouraging preventive practices, and empowering the community with essential knowledge about diabetes. The initiative reflected the strong commitment of Chitkara University and NSS toward improving community health and well-being.

Outcomes

- **Improved Awareness:** Participants gained clear knowledge about diabetes, its risk factors, symptoms, and prevention strategies.
- **Early Identification of Risk Cases:** Individuals with high blood sugar, high blood pressure, or abnormal BMI were identified and advised for timely medical follow-up.
- **Health Education Reinforced:** Community people understood the importance of healthy diet, regular physical activity, and reduced sugar intake in preventing diabetes.
- **Increased Community Participation:** The camp encouraged active involvement of students, staff, and residents, fostering a strong sense of community health responsibility.
- **Positive Behavioral Change:** Participants were motivated to adopt healthier lifestyle habits such as daily exercise and mindful eating.



NSS volunteers Organizing Health Camp on 14th Nov 2025



NSS Volunteer performing Blood sugar Monitoring on 14th Nov 2025



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



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



NSS Volunteers organizing Health Camp on 14th Nov 2025



NSS Volunteers organizing Health Camp on 14th Nov 2025

Event Name	Sight for Safety: Drive Safe Vision Screening Camp
Date	15th November 2025
Venue	GB 408, Galileo Block
Organizer	Department of Optometry
Resource Person	-
Number of Participants	55
SDG Number	3,4
Duration	8 hours

Description of Event



The Department of Optometry, Chitkara School of Health Sciences, organized the "Sight for Safety: Drive Safe Vision Screening Camp" on 15th November 2025 from 9:30 AM to 2:30 PM at the Optometry Lab, Galileo Block. The camp was conducted for the drivers of Chitkara University by the B. Optom 2023 and 2024 batch students, along with the M. Optom 2024 Research Assistants, under the supervision of the Optometry faculty. The initiative aimed to raise awareness about the importance of regular eye check-ups for safe driving and to provide comprehensive vision screening to detect refractive errors and other ocular conditions that may affect driving performance. During the camp, drivers who required near-vision correction were provided free near-vision correction supported by contributions received from the community. This camp not only benefited the drivers but also provided an excellent hands-on learning experience for both B.Optom and M.Optom students, helping them enhance their clinical skills, patient interaction abilities, and understanding of community eye-care services. Overall, the Drive Safe Vision Screening Camp successfully promoted the message of "safe vision for safe driving" while contributing to the professional growth of the students involved.


THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS
- Eleanor Roosevelt


Cataract


SLIT-LAMP EXAMINATION
REFRACTION
CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
AAROGYAM
Eye Screening Camp


SLIT-LAMP EXAMINATION
REFRACTION
CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
AAROGYAM
Screening
NO JALJE
NO JALJE DISCUSSION ROOM

Event Details	
Event Name	National Newborn Care Week Celebration
Theme	"Safe care for every newborn and every child
Topic	Awareness talk
Date	15th November, 2025
Mode	Offline
Venue	Mata Kaushlaya Hospital, Patiala
Organizer Name	Ms. Monika Kumari (Assistant professor), CSHS, Chitkara University, Rajpura, Punjab.
No. of Participants	04
SDG No	3,4,5,17
PO	PO1, PO2, PO3, PO4, PO5, PO7, PO8

Objective

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

On National Newborn Care Week Celebration, observed from 15th to 21st November 2025**, the students of** M.Sc. Nursing 2nd year **organised an informative and interactive awareness session at** Mata Kaushlaya Hospital, Patiala**, under the** guidance of the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Rajpura, Punjab. This initiative aimed to strengthen knowledge among parents, attendants, and community members about essential newborn care practices that play a crucial role in reducing neonatal morbidity and mortality. The celebration focused on this year's theme, which emphasizes the importance of providing safe, responsive, and evidence-based care to every newborn from the moment of birth. The event included a comprehensive **awareness talk** covering key aspects such as **vaccination and immunization**, highlighting the importance of

timely administration of vaccines to safeguard newborns against preventable diseases during the vulnerable early stage of life. Participants were also oriented about **newborn and infant care**, including safe handling practices, hygiene maintenance, thermal protection, and the significance of exclusive breastfeeding for the first six months. Another major component of the session was **nutrition and feeding guidance**, wherein caregivers were sensitized about appropriate feeding techniques, the benefits of colostrum, and the role of mother's milk in immunity building and growth. A special emphasis was laid on **Kangaroo Mother Care (KMC)**, an effective method especially beneficial for preterm and low-birth-weight babies. The audience was educated about skin-to-skin contact, its physiological benefits, and how it supports bonding and breastfeeding. The session also highlighted **danger signs in newborns**, enabling parents and caregivers to recognize early warning indicators such as poor feeding, lethargy, difficulty breathing, fever, hypothermia, or yellowish discoloration, and the importance of seeking immediate medical intervention when such signs appear. Overall, the celebration served as a meaningful platform to promote awareness, enhance knowledge, and empower the community with practical skills required for newborn survival and well-being. The proactive participation of M.Sc. Nursing 2nd year students added value to the event by creating a supportive learning environment and engaging families with demonstrations and discussions. Through such initiatives, the Department of Nursing continues to contribute to improving newborn health outcomes and strengthening community- based newborn care practices. In conclusion, the National Newborn Care Week celebration from 15th to 21st November 2025 served as a significant platform to reinforce essential newborn care practices among parents, caregivers, and the community. The awareness session organised by the M.Sc. Nursing 2nd year students, in collaboration with the Department of Nursing, successfully highlighted the importance of immunization, appropriate feeding practices, Kangaroo Mother Care, and early identification of danger signs in newborns. Through interactive discussions and practical demonstrations, the participants gained valuable insights that can contribute to improved neonatal health outcomes. This initiative not only strengthened community awareness but also encouraged proactive involvement in ensuring the safety, health, and well-being of every newborn.

Outcomes

1. Participants gained improved knowledge about essential newborn care practices, including hygiene, thermal protection, and safe handling.
2. Parents understood the importance of **timely vaccination and immunization** for preventing neonatal infections.
3. Caregivers learned correct **breastfeeding and feeding techniques**, promoting better nutrition for newborns.
4. Families became aware of the benefits and procedure of **Kangaroo Mother Care (KMC)**, especially for low-birth-weight infants.

5. Attendees were able to identify **danger signs in newborns** and recognized the need for immediate medical attention when required.
6. The session boosted caregiver confidence in managing common newborn challenges at home responsibly.

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Sc. Nursing Students introducing the topic with mothers ewborn on 15th November,2025</td>
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dents providing Awareness talk related to vaccination, newborn and feeding on 15th November,2025</td>
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Group Photo of all participants in newborn week celebration on 15th November,2025</td>
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Student demonstrating the KMC and engaging group in the newborn care practices on 15th November,2025</td>
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Student engaging group in the newborn care practices on 15th November,2025</td>
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Group Photo of Organizing member with students in newborn care week celebration on 15th November,2025</td>
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Event Details	
Event Type	Summit
Topic	Expert Session On Pharma Future: Vigilance, Regulatory And Clinical Research Summit
Date	2025-11-17 To 2025-11-17
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Abhineet Chawla, Director-Global Health Economics & Value Outcomes | Harish Barve, Lead | Dr. Kiran Kandula, Senior Director & Head, Pharmacovigilance Operations (India) | Dr. Tejpavan Pula, Lead – Data & Artificial Intelligence Risk Management | Dr. Vivek Gupta, Associate Director – R&D Procurement & Vendor Management
No. Of Participants	187
SDG No	3, 4, 8, 16
PO Number(S)	PO3
University Charter	Let's Prepare Our Students For Industry, Let's Empower Our Students With Great Communication Skills, Let's Install Discipline, Integrity and Honesty In Our Students

OBJECTIVE

To enhance understanding of evolving pharmacovigilance frameworks, regulatory expectations, and their critical role in ensuring patient safety across the product lifecycle.
To provide insights into current and emerging regulatory pathways, compliance requirements, and global harmonization trends impacting pharmaceutical development.
To bridge academia, industry, and research by highlighting best practices and career opportunities in clinical research, including trial design, ethics, and data integrity.
To discuss future-ready competencies, digital innovations, and real-world evidence in strengthening vigilance systems and regulatory decision-making.
To foster informed dialogue on translational research and policy-driven innovation, preparing students and professionals for dynamic roles in the pharmaceutical sector.

DESCRIPTION

The Expert Session on Pharma Future: Vigilance, Regulatory and Clinical Research Summit is designed as a forward-looking academic–industry interface that addresses the rapidly evolving landscape of the pharmaceutical sector. With increasing complexity in drug development, post-marketing surveillance, and global regulatory oversight, the summit aims

to equip participants with a holistic understanding of how vigilance, regulation, and clinical research collectively shape safe, effective, and compliant healthcare solutions. The session focuses on the critical role of pharmacovigilance in safeguarding patient safety throughout the product life cycle—from early clinical development to post-marketing surveillance. Experts will deliberate on contemporary challenges in adverse event reporting, signal detection, risk management plans, and the growing importance of real-world evidence in regulatory decision-making. Emphasis will be placed on aligning vigilance systems with global regulatory expectations to ensure timely identification and mitigation of safety concerns. In parallel, the summit explores the dynamic regulatory environment governing pharmaceuticals, biologics, and medical products. Discussions will cover evolving national and international regulatory frameworks, compliance strategies, and the impact of harmonization initiatives on drug approval processes. Participants will gain clarity on regulatory documentation, audits, inspections, and the role of regulatory affairs professionals in bridging scientific innovation with policy requirements. A significant component of the session is dedicated to clinical research, highlighting best practices in clinical trial design, ethical conduct, data integrity, and patient-centric approaches. Experts will share insights into emerging trends such as decentralized trials, digital health tools, and data-driven research methodologies that are redefining the conduct of clinical studies. The session also aims to familiarize students and early-career professionals with diverse career pathways in clinical research, pharmacovigilance, and regulatory affairs.

OUTCOMES

Enhanced understanding of pharmacovigilance systems, adverse event management, and their impact on patient safety and regulatory compliance.

Improved awareness of current regulatory frameworks and approval processes, enabling participants to align scientific activities with national and global regulatory expectations.

Strengthened knowledge of clinical research methodologies, ethical considerations, and emerging trends such as digital and patient-centric trials.

Increased clarity on career pathways and skill requirements in pharmacovigilance, regulatory affairs, and clinical research domains.

Development of a future-ready perspective, integrating vigilance, regulation, and research to support safe, effective, and compliant pharmaceutical innovation.


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GPS Map Camera
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Yoga For Wellness Part 3
Date	17th – 20th November 2025
Time	5:00 PM to 6:00 PM
Venue	Outer Area of Columbus Area
Number of Attendees	62
Resource Person	Mr. Pradeep Yogi

Chitkara Happiness Center organised the event "Monday Magic of Well-Being" in collaboration with Residential Services, creating a refreshing and energising experience for the hostellers. The session was conducted by certified yoga instructor Mr. Pradeep Yogi, who led the students through a well-structured and mindful practice. The programme began with a gentle warm-up that prepared the body for deeper movement, followed by a series of loosening exercises aimed at releasing stiffness and increasing mobility. Participants then practiced the traditional Surya Namaskar, which helped them build focus and balance. The flow gradually progressed to Vinyasa A, Vinyasa B, and a dedicated Vinyasa jump sequence designed to enhance strength, coordination, and fluidity. Each segment was guided with care, allowing students to understand the importance of breath and movement connection. After the physical practice, Mr. Yogi shared an inspiring reflection on the significance of surrender and the role of a guru in personal development, encouraging students to embrace humility and openness in their journey of growth. The session concluded with a collective prayer offered for the well-being of the campus community, the larger society, and the world, creating a sense of unity and positivity. Participants expressed high levels of satisfaction, noting improved energy levels, increased clarity, and a deeper sense of inner connection. The event's success was made possible through the continuous support of the Residential Services team and the enthusiastic involvement of all attendees. Chitkara Happiness Center remains dedicated to promoting holistic well-being and mindful living among students, ensuring that such engaging initiatives continue to enrich the campus atmosphere.


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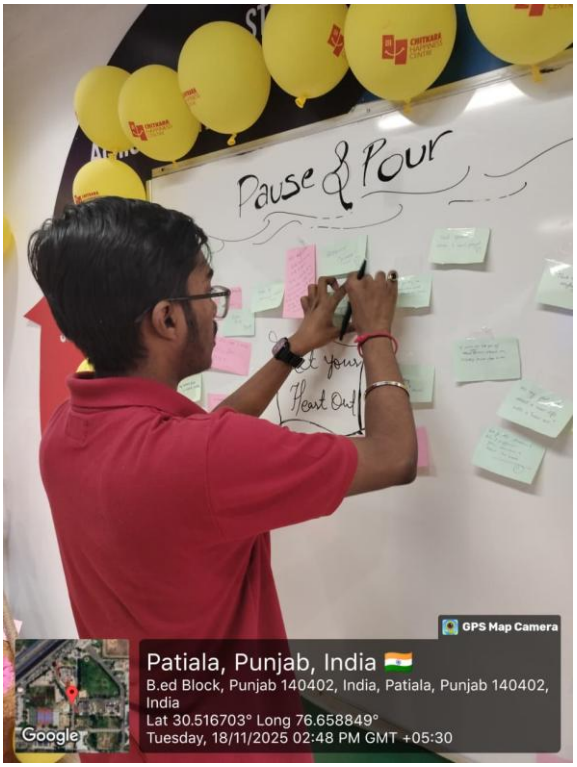
SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Happiness Interventions Part 2
Date	17th – 21st November 2025
Time	9:00 AM to 4:30 PM
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	238
Resource Person	Happiness Team

Chitkara Happiness Center organised a meaningful and engaging week of Happiness Interventions, designed to help students unwind, express themselves, and reconnect with their inner joy and creativity. Over five days, more than 40 students participated daily in diverse activities that combined fun, reflection, learning, play, and creative expression. The week began with Movie Mania, where students enjoyed games, music, and film-themed challenges, including Guess the Movie — Emoji Edition and Music Vibes, creating a lively and nostalgic start. Day two, Pause & Pour Day, offered a slower, reflective experience with self-help videos and heartfelt Letter to Your Own Self activities, allowing students to pause, process emotions, and feel lighter. On the third day, Reader's Retreat transformed the space into a calm, book-filled haven, encouraging mindful reading, book sharing, and quiet reflection, providing a sense of peace amid busy schedules. Day four, Happy Hustle, brought back energy and excitement through mini dares, quick games, and playful surprises, offering students opportunities to challenge themselves, laugh, and feel refreshed. The week concluded with Craft Corner, a creative and therapeutic activity where students designed bookmarks using paints, stickers, and paper, expressing their personal styles and enjoying the joy of art. Across all five days, the interventions provided a balanced mix of excitement, emotional reflection, playful engagement, and creative exploration, helping students feel more connected, centred, and joyful. Participants expressed appreciation for the thoughtful design of each day, highlighting how the activities supported the ir emotional well-being, mindfulness, and sense of community.


Discover
P+E+R+M
QUALITY POLICY
VISION
MISSION
Positive Emotions
STEP 01


Pause & Pour
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Skill verse Rewind 7.0
Date	18th November 2025
Time	11:00 AM to 1:00 PM
Venue	Faraday Hall, Edison Block
Number of Attendees	97
Resource Person	Mr. Suraj Kanwar Singh

Chitkara Happiness Center organised the vibrant and impactful event "Skillverse Rewind," which brought enthusiastic learners together in a celebration of growth, creativity, and collaborative learning. Designed and led by the Program Head of Skillverse, the event reflected a strong blend of student-driven passion and structured learning experiences that encouraged participants to explore their potential beyond the classroom. The atmosphere was filled with positive energy as learners showcased remarkable confidence, communication abilities, and leadership skills, demonstrating the true essence of Skillverse. The presence of Sanjay Khurana Sir, Vice President – Operations, along with his team, added great value to the occasion, making the event even more memorable. Deep appreciation was also expressed towards Manav Bansal Sir, Chief Happiness Officer, for his continuous guidance and unwavering support, which consistently strengthens Skillverse every season. The event stood as a testament to Chitkara University's commitment to fostering innovative, student-centric learning platforms that prepare learners for real-world challenges. A major highlight of the event was the visible improvement in collaboration, community bonding, and the development of a positive learning culture among participants. Skillverse Rewind successfully reinforced the bridge between academic knowledge and essential life skills, equipping students with the readiness required for future-oriented careers. The success of the event has further encouraged openness towards more collaborations with different departments and partners in the upcoming season, ensuring that Skillverse continues to evolve as a strong platform for holistic development and meaningful skill enhancement.


NOISE
CLAPBOX


SKILL VERSE


GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.516313, Long 76.659861
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Note : Captured by GPS Map Camera



Event Name	Three Days SDP on Holistic Development of Young Minds: Bridging Inner Balance with Social Confidence
Date	18-11-2025 to 20-11-2025
Venue	LH-04, Turing Extension, Chitkara University, Punjab
Organizer	Dr. Neeru Bala, Dr. Shivani Punj
Resource Person	Dr. Pooja Singh,Assistant Professor, Department of Education, Chitkara University, Punjab Dr. Jyoti Sharma, Assistant Professor, Chitkara School of Psychology and Counselling, Chitkara University, Punjab Dr. Parul Sood, Professorand Associate Dean, Deputy Registrar (IQAC), Department of Education, Chitkara University, Punjab
Number of Participants	70
SDGs Covered	SDG 4: Quality Education, SDG 3: Good Health & Well-Being
Duration	3 Days

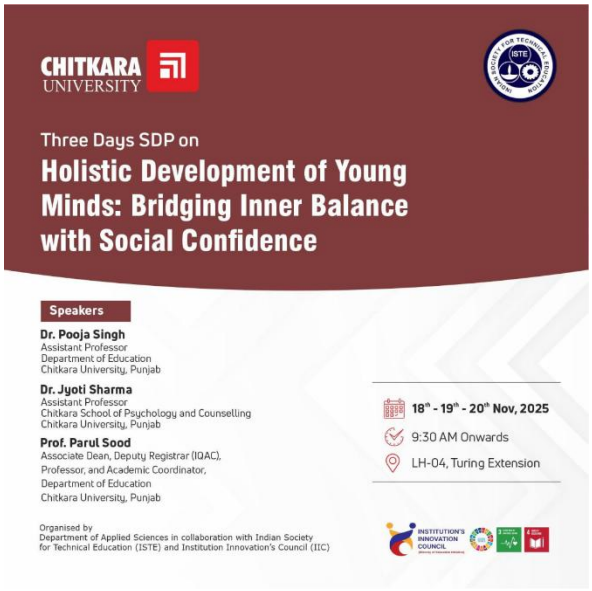
About the Activity

The Department of Applied Sciences organised a Three Days SDP on Holistic Development of Young Minds: Bridging Inner Balance with Social Confidence,18–20 November 2025, in collaboration with ISTE and IIC. Approximately seventy students participated in the programme with commendable engagement. The first day featured a session by Dr. Pooja Singh, Assistant Professor, Department of Education, Chitkara University, Punjab, focusing on self-awareness and personal narratives. On the second day, Dr. Jyoti Sharma, Assistant Professor, Chitkara School of Psychology and Counselling, Chitkara University, Punjab.addressed emotional intelligence. The third day was led by Dr. Parul Sood, ProfessorAssociate Dean, Deputy Registrar (IQAC), Department of Education, Chitkara University, Punjabwho discussed authentic social confidence. Dean Dr. Mohit Kumar Kakkar, Department of Applied Sciences, Chitkara University, Punjab, expressed his gratitude to all the resource persons for their valuable contributions to the programme.

Objectives of the event

- To promote inner balance, self-awareness, and emotional stability
- To develop emotional intelligence and mindful presence among students.

- To enhance social confidence, communication skills, and interpersonal behaviour.
- To guide students in understanding their personal narratives and emotional patterns.
- To support holistic development through integrated mental, emotional, and social well-being.



Outcome

- Students demonstrated improved inner balance, deeper self-awareness, and strengthened emotional stability.
- Participants gained a clearer understanding of emotional intelligence and practiced mindful, composed responses.
- Students showed enhanced social confidence, better communication skills, and more aware interpersonal behavior.
- Learners developed greater clarity about their personal narratives and recognized emotional patterns more effectively.
- The programmed contributed to holistic student development, fostering mental, emotional, and social well-being.









Event Name	Radio talk on “Rational Use of Antibiotics”
Date	18th November 2025
Venue	Chitkara 107.8 FM Radio Station, Picasso Block, Chitkara University, Pb.
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants	One faculty and four students
SDG Number	3,4,17
Duration	1 hours in Offline mode

Description of Event

A radio talk was conducted on the channel of Chitkara 107.8 FM by the faculty and BMLS students. The talk was entitled “Rational Use of Antibiotics”. The overuse of antibiotics as well as the development of resistance in microbes is a global phenomenon. It concerns both the World Health Organization (WHO) and individual countries. There are documented studies that support, beyond doubt, that restricting the misuse of antibiotics reduces resistance. It is concluded that only by proper educational intervention for both doctors and patients by the right people with the right tools, can improve the problem of abuse of antibiotics sufficiently and to eliminate the risk of antimicrobial resistance gradually which insidiously results in major medical and social problems. Yet, times have changed and we now need to retrain patients and physicians about the proper use of antibiotics for the health of their children and their own. It created awareness about the initiative of the government. The talk was conducted in local languages i.e. Punjabi and Hindi. This talk was conducted by-

1. Dr. Kanishka Hrishi Das- Assistant professor, AHS, CSHS, CU-PB (Organizer)
2. Mr. Akash- 5th semester BMLS student
3. Mr. Arpit- 5th semester BMLS student

4. Mr. Kartik- 5th semester BMLS student

5. Ms. Shreya- 5th semester BMLS student





Event Name	Bengaluru Tech Summit 2025
Date	18–20 November 2025
Venue	Bangalore International Exhibition Centre (BIEC), Bengaluru
Department	Curin
Resource Person/ Presenter	Resource persons: Dr. Nitin Saluja, Dr. Gurjinder Singh and Mr. Shivam Sharma Presenter: Mr. Shivam Sharma
Number of Participants	5000+
SDGs Covered	SDG 3, SDG 4, SDG 9, SDG 10, SDG 17
Duration	3 days

About the Activity

The team from Chitkara University actively participated in the Bengaluru Tech Summit 2025, held from 18–20 November 2025 at the Bangalore International Exhibition Centre (BIEC), Bengaluru, Karnataka. During the summit, the team engaged with India's leading technology ecosystem and explored innovations across emerging domains. They pitched their projects at the Product Launchpad, gaining valuable industry feedback and visibility, and also showcased their Virtual Reality and mental-therapy projects at a dedicated stall, attracting interest from delegates, experts, and stakeholders. The visit facilitated meaningful interactions with startups, policymakers, and industry leaders, strengthening the team's understanding of the national innovation landscape and opening avenues for future collaboration.

Key Highlights

- Actively participated in one of India's flagship technology events organized by the Government of Karnataka, engaging with a diverse innovation ecosystem.
- Pitched our projects at the Product Launchpad and showcased our Virtual Reality and mental-therapy solutions at the exhibition stall.
- Interacted with startups, policymakers, industry leaders, and global delegates to explore collaboration opportunities.
- Attended expert-led sessions and discussions on AI, XR, deep tech, digital health, and emerging technologies.
- Gained valuable insights, visibility, and feedback that will support future research, development, and real-world deployment of our solutions.

Outcome

The participation at the Bengaluru Tech Summit 2025 provided strong visibility for the team's Virtual Reality and mental-therapy projects through pitching and live demonstrations. The team received valuable feedback, explored collaboration opportunities, and gained insights into emerging technology trends, strengthening the future direction of their research and innovation efforts.







Event Details	
Title of the Event:	Echoes After Halloween – The Treasure Hunt
Date of the Event:	19th November 2025
Venue	Chitkara University
SDG no	3,4,17
No. of Student participated	180

Objective

i) To develop problem-solving, teamwork, and leadership skills among students.
ii) To provide an engaging and thrilling experience through clues, tasks, and collaborative challenges.
iii) To promote creative thinking, quick decision-making, and campus exploration in a fun Halloween-themed environment.
iv) To strengthen team bonding and encourage active participation in co-curricular activities.



On 19th November 2025, the Matrix Club, under the aegis of the Department of Computer Applications, Chitkara University, Punjab, organized an exciting Halloween-themed event titled "Echoes After Halloween – The Treasure Hunt" at the Alpha Zone. The event commenced at 9:00 AM onwards, gathering enthusiastic student teams ready to decode clues and race towards the final treasure.

The event consisted of multiple rounds, each filled with intriguing hints, spooky twists, and cleverly designed location-based puzzles that took participants across key spots of the campus. Teams collaborated, strategized, and demonstrated strong coordination as they solved riddles and uncovered hidden clues. The Halloween theme added an element of mystery and excitement, enhancing the overall experience. Organizers ensured smooth flow, fair play, and real-time monitoring throughout the activity.

The winning team successfully cracked all clues, reached the final treasure first, and was rewarded with **exciting goodies** for their exceptional performance and teamwork.

Outcomes

- Students enhanced logical reasoning, teamwork, and communication skills.
- The activity promoted physical engagement and campus familiarity in an enjoyable way.
- The Treasure Hunt nurtured leadership qualities and creative thinking.
- Participants experienced a sense of collaboration, enthusiasm, and healthy competition.
- The event enriched student interaction and strengthened the cultural spirit of the Matrix Club.





Event Details	
Event Name	SNA event - Expert Talk
Topic	National Newborn Week
Date	20thNovember, 2025
Mode	Offline
Venue	Chitkara University, Punjab
Organizer	Dr. Ashok Bairwa and Ms. Timsy
No. of Participants	71
Resource Person	Dr. Vikram Bedi, Pediatrician & Neonatologist
SDG No.	3-Good Health and Well Being, 4- Quality education and 17-Partnership for the goals
PO	PO2, PO3

Objective

- Promote awareness about the importance of newborn health and survival.
- Highlight essential newborn care practices to reduce morbidity and mortality.
- Strengthening knowledge among healthcare providers regarding evidence-based newborn care.
- Advocate for early identification and referral of newborn complications.
- Support initiatives that ensure safety, nurturing, and quality care for every newborn.

Description

On "**National Newborn week "**Department of Nursing, Chitkara University organized an Expert talk with the theme focused on promoting newborn safety and quality care. As part of this event **Dr. Vikram Bedi,** Paediatrician & Neonatologist delivered talk on topic **"Issues in Preterm"** to enhance awareness among nursing students regarding the challenges faced by preterm infants and the essential interventions required for their survival and well-being. The session highlighted common complications in preterm babies such as respiratory distress, hypothermia, feeding difficulties, infection risks, and developmental concerns. The resource person emphasized evidence-based practices including Kangaroo Mother Care, thermal regulation, infection prevention, and early identification of danger signs. Students gained valuable insights into the role of nurses in providing specialised care, counselling parents, and ensuring follow-up for long-term outcomes. The event effectively contributed to improving the knowledge and competencies of future nurses in caring for vulnerable newborns.

He also emphasized the critical role of nurses in early detection and timely management of these complications. The importance of parental involvement, psychological support, and effective counselling for mothers of preterm babies was strongly stressed, especially regarding home care practices, breastfeeding support, and follow-up requirements. The interactive nature of the session allowed students to clarify doubts and gain clarity on advanced neonatal care concepts. The talk also encouraged students to understand the need for improved neonatal services, NICU preparedness, and multidisciplinary approaches to reduce preterm complications. Overall, the event was highly informative and contributed significantly to enhancing students' knowledge, skills, and confidence in managing preterm newborns.

Outcomes

- Apply basic nursing skills required in the care and monitoring of preterm infants.
- Recognize the importance of parental counselling and support for families of preterm babies.
- Understand the need for follow-up care and long-term monitoring of preterm infants for growth and developmental milestones.
- Identify common issues in preterm infants, including respiratory distress, hypothermia, feeding difficulties, infection risks, and developmental concerns.
- Identify common issues in preterm infants, including respiratory distress, hypothermia, feeding difficulties, infection risks, and developmental concerns.






GREETINGS
FROM
BEDI HOSPITAL...!!
Patiala,Punjab,India
Rajpura, Patiala, Punjab 140601, India
Lat 30.515817, Long 76.659057
11/20/2025 02:51 PM GMT+05:30
Note : Captured by GPS Map Camera


Patiala,Punjab,India
Rajpura, Patiala, Punjab 140601, India
Lat 30.515830, Long 76.659042
11/20/2025 02:51 PM GMT+05:30
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CHITKARA UNIVERSITY
Patiala,Punjab,India
Rajpura, Patiala, Punjab 140601, India
Lat 30.515673, Long 76.659274
11/20/2025 04:00 PM GMT+05:30
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Event Name	Community Extension and Outreach Activity
Topic	School Health Programmer on Importance of Play
Date	20th November, 2025
Time	10:00 am onwards
Venue	Government Elementary Smart School, Kalo majra
Organizer	Ms. Annu Singhal, Associate Professor, Ms. Reepika, Assistant Professor, Ms. Preetika, Nursing Tutor and Ms. Manreet, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	58
SDG Details	3 Good Health and Well-Being, 4 Quality Education
PO	PO1, PO2, PO3 & PO8

Objective

1. 1. To spread awareness about the importance of play.
2. To check students' height, weight, BMI, and personal hygiene.
3. To promote participation in indoor and outdoor play activities.
4. To encourage good hygiene habits among students.
5. To build teamwork and confidence through play.
6. To motivate students by giving prizes to winners.
7. To improve interaction through health education sessions.

Description

The students of B.Sc. Nursing 5th Semester and Post Basic B.Sc. Nursing 2nd Year, Department of Nursing, CSHS, Chitkara University, Punjab successfully organized a School Health Programme on Importance of Play on 20th November 2025 at Government Elementary Smart School, Kalomajra. The main theme of the programme was the "Importance of Play" in the physical, mental, emotional, and social development of school children. The programme included interactive health education, emphasizing how regular play enhances physical fitness, concentration, creativity, and social skills. In addition to health education, a comprehensive health check-up was conducted for all students, which included: Height and Weight Measurement – to monitor growth. Body Mass Index (BMI) Assessment– to evaluate nutritional status.

Personal Hygiene Check-up – including hair, nails, dental hygiene, and general cleanliness. To actively engage the students, play activities were organized: Outdoor Play Activities: Running races, relay games, and group ball games to promote teamwork, coordination, and physical fitness. Indoor Play Activities: Puzzle games, memory games, and drawing competitions to enhance mental skills, creativity, and problem-solving abilities. At the end of the activities, prizes were distributed to the winners of both outdoor and indoor play competitions. This motivated the students to participate enthusiastically and reinforced the importance of healthy competition and active participation. The programme concluded with a question-answer session, where students expressed their queries and shared experiences. The school authorities appreciated the efforts of the nursing students in promoting health awareness, personal hygiene, and the importance of play in an interactive and meaningful manner. Overall, the School Health Programme was informative, practical, and successful, fostering healthy habits and encouraging active participation among school children.

Outcomes

1. Students understood the importance of daily play for good health.
2. Children learned about their height, weight, BMI, and hygiene status.
3. Students actively participated in indoor and outdoor activities.
4. Personal hygiene awareness among students improved.
5. Teamwork, confidence, and social interaction increased.
6. Prize distribution encouraged students to take part enthusiastically.
7. Nursing students successfully delivered health education in an engaging way.





Monitoring children's weight for better health awareness during school health programme on 20th November,2025.



Monitoring personal hygiene of children to promote healthy growth during school health programme on 20th November,2025.



Educating children on importance of play in child development during school health programme on 20th November,2025.



Engaging children in fun indoor activities during school health programme on 20th November,2025.



Engaging children in outdoor activities during school health programme on 20th November,2025.



Prize distribution to winners of play activity during school health programme on 20th November,2025.

Event Details	
Event Type	Workshop
Topic	Workshop Titled "Upgrade 360: Design, Digital and Demeanor"
Date	2025-11-20 To 2025-11-27
Mode	Offline
Venue	Lh-305 (Lh-305, Rockefeller Block, Cbs)
Organizer Name	Chitkara Business School
Resource Person	Mr. Amit Vashisht, Dean, Chitkara School Of Hospitality | Dr. Ashutosh Mishra, Dean, Chitkara School Of Mass Communication | Dr. Manpal Setia, Dean, Chitkara Design School
No. Of Participants	32
SDG No	3, 4, 5, 8, 9, 11, 17
PO Number(S)	PO3, PO4, PO6, PO7
University Charter	Let's Prepare Our Students For Industry, Let's Empower Our Students with Great Communication Skills, Let's Encourage Our Students To Think Out Of The Box, Let's Ingrain Spirit Of Entrepreneurship Among Our Students, Let's Infuse Leadership Skills In Our Students

OBJECTIVE

- To enhance students' dining etiquette and personal grooming skills for professional and social settings.
- To develop strong visual storytelling capabilities for effective communication in academic and corporate environments.
- To foster creative problem-solving through design thinking frameworks and practical application.
- To improve students' confidence, presentation, and interpersonal skills for better professional demeanor.
- To provide interdisciplinary exposure by integrating hospitality, media communication, and design principles into holistic personality development.

DESCRIPTION

The Upgrade 360° – Design, Digital, and Demeanor Week was organized with the objective of nurturing holistic professional readiness among students by strengthening essential workplace competencies. This week-long initiative brought together three key dimensions of personality and professional development—Dining Etiquette & Personal Grooming, Visual Storytelling Skills, and Design Thinking Skills. The event featured highly engaging sessions delivered by distinguished resource persons: Mr. Amit Vashisht (Dean, Chitkara School of Hospitality), Dr. Ashutosh Mishra (Dean, Mass Communication), and Dr. Manpal Setia (Dean, Chitkara Design School), each of whom contributed deep domain expertise and real-world insights. The program commenced with a session on Dining Etiquette and Personal Grooming, conducted by Mr. Amit Vashisht. Students were introduced to the protocols of fine dining, international table manners, corporate dining behavior, personal hygiene, and professional attire. Through demonstrations and interactive activities, participants gained clarity on how grooming and etiquette contribute to first impressions and leadership presence in professional environments. The second component of the programme, driven by Dr. Ashutosh Mishra, focused on Visual Storytelling Skills. This session equipped participants with the ability to communicate compelling ideas through visuals, structure narratives with clarity, and integrate creativity into presentations and media content. Students learned how visuals drive engagement, influence audiences, and support persuasive communication in academic and corporate contexts. The final segment of the week was conducted by Dr. Manpal Setia on Design Thinking Skills, in which students explored human-centric problem-solving tools to address real-world challenges. Through a blend of activities, case studies, and brainstorming exercises, learners practiced empathy mapping, idea generation, prototyping, and solution evaluation. This facilitated an innovation-driven mindset and helped students understand the applicability of design thinking across disciplines. Across the six days, the event provided an immersive learning experience that balanced theory with hands-on activities, reflection, and skill-building practice. Students walked away with improved professionalism, better communication skills, enhanced creativity, and structured problem-solving abilities. The programme successfully advanced its mission of preparing students for diverse professional environments by integrating hospitality, media communication, and design into one unified developmental framework.

OUTCOMES

1. Enhanced professional etiquette and personal grooming.
2. Improved visual communication and storytelling abilities.
3. Strengthened creative and critical thinking through design thinking approaches.

4. Increased adaptability for multidisciplinary professional environments.
5. Boosted confidence and overall workplace preparedness.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Joy Junction
Date	21st November 2025
Time	5:00 PM to 6:30 PM
Venue	Outer Area of Columbus Hostel
Number of Attendees	40
Resource Person	Ms. Vrinda Sharma, Mr. Shivam K Mishra

Chitkara Happiness Center organised the latest edition of its weekly initiative in collaboration with the Office of Residential Services, aimed at promoting the physical, mental, and social well-being of hostel residents. On Friday, November 21st, the event, titled Joy Junction: Game On, Tune In!, was held, providing students with an evening full of laughter, play, music, and dance. The program began with Laughing and Playing through Mindful Games, including a concentration-based Cup Game that challenged students' focus while creating moments of fun and shared laughter. The Playing segment introduced a fresh variation of a classic game, similar to Kho Kho but adapted to be played in circles, encouraging teamwork, strategic movement, and friendly competition. Students also enjoyed the Singing activity with "Guess the Song from the Word," a challenging and entertaining round that allowed them to test their musical knowledge and express themselves vocally. The excitement peaked with the Dancing element, featuring a Flash Mob Dance Competition between the boys and girls, where participants displayed rhythm, coordination, and creativity, energizing the entire courtyard. The evening concluded with a spontaneous Fun Free Style Dance, giving everyone an opportunity to let loose and celebrate joy collectively. To recognize enthusiasm and spirited participation, the most energetic students were crowned Mr. Joy and Miss Joy, adding a celebratory and motivating touch to the program. This edition of Joy Junction successfully combined mindful engagement, playful challenges, creative expression, and social interaction, leaving students feeling refreshed, connected, and uplifted.


COLUMBUS hostel


GPS Map Camera
Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64 Village
Jansla, Rajpura, Punjab 140417, India
Lat 30.51416° Long 76.661228°
Friday, 21/11/2025 05:23 PM GMT +05:30
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GPS Map Camera
Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64 Village
Jansla, Rajpura, Punjab 140417, India
Lat 30.514125° Long 76.661239°
Friday, 21/11/2025 05:38 PM GMT +05:30
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Event Name	Corporate Vision Care & Dry Eye Screening Camp
Date	21st Nov 2025
Venue	Neelam Hospital, Rajpura, Punjab
Organizer	Department of Optometry
Resource Person	-
Number of Participants	35
SDG Number	3, 4, and 17
Time	8 hours

Description of Event



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

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





Event Details	
Event Type	Mind Management
Topic	The Economist's Toolkit: 5 Days To Self-Mastery & Peak Performance
Date	2025-11-24 To 2025-11-28
Mode	Offline
Organizer Name	Faculty Of Economics
Resource Person	Dr. Nandan Thakur, Associate Professor And Head | Dr. Raksha Singh, Assistant Professor | Mr. Divyanshu Sharma, Assistant Professor | Ms. Sanskriti, Teaching Assistant | Mr. Raunak, Teaching Assistant | Dr. Jotika Judge, Assistant Professor | Dr. Nidhi Barthwal, Assistant Professor | Dr. Shweta Narayan, Assistant Professor | Dr. Jyoti Sharma, Assistant Professor | Dr. Akanksha Singh, Assistant Professor | Dr. Puneet Sandhu, Assistant Professor
No. Of Participants	70
SDG No	3, 4
PO Number(S)	PO8, PO6
University Charter	Let's Stimulate Scholarly Energy And Diligence In Our Students, Let's Empower Our Students With Great Communication Skills

OBJECTIVE

To enhance students' stress-management skills by introducing evidence-based psychological techniques such as mindfulness, emotional regulation, and cognitive restructuring. To strengthen emotional resilience and self-awareness, enabling students to understand their mental patterns, handle academic pressure, and develop adaptive coping strategies. To improve focus, productivity, and decision-making abilities by equipping students with practical tools for mental clarity, balanced routines, and personal well-being. To promote holistic development and peak performance by integrating wellness practices, reflective exercises, and behavioral strategies that support long-term academic success and personal growth.

DESCRIPTION

Faculty of Economics, Chitkara Business School in association with Chitkara School of Psychology and Counselling, Chitkara University, Punjab successfully conducted a transformative Five-Day Self-Management Workshop from 24th to 28th November 2025. The

workshop was designed to strengthen emotional well-being, resilience, mindfulness, and personal effectiveness, brought together experts from the Chitkara School of Psychology & Counselling who guided our students through powerful sessions on self-awareness, emotional regulation, resilience building, and growth-oriented daily routines. Over five days, students were engaged in - Mindfulness and music-based self-management Psychological unburdening and cognitive clarity Emotion regulation and positive coping Resilience-building tools for academic and personal challenges Recharge rituals for energy, balance, and long-term growth

OUTCOMES:

Students gained the ability to manage stress, regulate emotions, and maintain mental balance using scientifically backed psychological tools.
Participants developed better concentration, clarity of thought, and productivity—leading to more effective learning and improved academic outcomes.
Students learned how to cope with challenges, bounce back from setbacks, and adopt a growth-oriented mindset essential for personal and professional success.
Learners created personalized routines and wellness strategies to sustain long-term physical, mental, and emotional wellness beyond the workshop.




GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.513340, Long 76.660445
Thursday, 27/11/2025 09:54 AM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
Patiala,Punjab,India
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Monday, 24/11/2025 10:51 AM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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Monday, 24/11/2025 10:41 AM GMT+05:30
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GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.513370, Long 76.660430
Friday, 28/11/2025 02:25 PM GMT+05:30
Note : Captured by GPS Map Camera

Event Name	SNA
Topic	Nukkad Natak on International Day for the Elimination of Violence Against Women
Date	25th November, 2025
Venue	CHC, Kalomajra
Organizers	Ms. Manu Kohli, Ms. Vijyeta Bhasin
No. of Participants	08
No. of Impacted Individual	-
Under SDG no.	03, 05, 10, 16

Objective

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

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

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

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

Outcomes

1. 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. Helped shift perspectives on gender roles and violence, promoting the message that gender equality is essential to societal progress.
3. It created a mindset among people for collective efforts that challenges societal norms and leads to a stronger, more effective movement against violence towards women.
4. 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.




GPS Map Camera
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Thuha Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.521030, Long 76.670281
11/25/2025 10:32 AM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
Patiala,Punjab,India
Thuha Road, Rajpura, Patiala, Punjab 140601, India
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Nukkad Natak
GPS Map Camera
Patiala,Punjab,India
Thuha Road, Rajpura, Patiala, Punjab 140601, India
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11/25/2025 10:30 AM GMT+05:30
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GPS Map Camera
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Thuha Road, Rajpura, Patiala, Punjab 140601, India
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Note : Captured by GPS Map Camera

SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Voice Vibes 2025
Date	26th November 2025
Time	11:00 AM to 1:00 PM
Venue	Pierre Hall, Le-Corbusier Block
Number of Attendees	57
Resource Person	Happiness Team

Chitkara Happiness Center organised Voice Vibes 2025, a dynamic public speaking event with the aim of nurturing confident expression, mindful communication, and holistic student development across the campus. The event brought together enthusiastic participants who engaged in two thoughtfully structured rounds designed to enhance clarity of thought, spontaneity, and stage presence. In the first round, the Free Flow Round titled "Your Voice, Your Choice," students presented self-selected topics and spoke for 1 to 1.5 minutes, showcasing their preparation and personal insights. Shortlisted participants then entered Round 2, the Impromptu Spotlight, where they were given topics on the spot and challenged to speak instantly for the same duration, demonstrating composure, quick thinking, and the ability to organize ideas under pressure. The event was further enriched by an esteemed panel of judges including Mr. Uday Pratap Singh, Director Discipline; Ms. Savita Srivastava, Chief Warden; Ms. Vikki Chauhan, Warden IBN-C; and Mr. Manav Bansal, Chief Happiness Officer, whose experience added depth and thoughtful evaluation to the competition. After an engaging and well-contested set of performances, Saksham Thatai (First Year, BBA FinTech & AI) was declared the winner, followed by Rumani Singh (Second Year, CSE AI) as the first runner-up and Lucky Arora (Second Year, CSE) as the second runner-up. Two consolation awards were also presented to Rasam (First Year, CSE) and Vanshika Bhatia (First Year, Health Sciences) for their commendable efforts. The event concluded with heartfelt appreciation for the judges, participants, and performers whose energy and enthusiasm made Voice Vibes 2025 both meaningful and memorable.


Register Here!


ES 2025
Register Here!
GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.517050, Long 76.660412
Wednesday, 26/11/2025 11:29 AM GMT+05:30
Note : Captured by GPS Map Camera


Register Here!


CHITKARA UNIVERSITY
Explore Your Potential

Event Name	Workshop on “Sehat Aur Suraksha: Empowering Communities Through Technology”
Date	26th November, 2025
Venue	Einstein Hall, Galileo Block, Chitkara University
Organizer	Ms. Annu Singhal, Ms. Preetika
Resource Person	Dr Abdul Basith KM (MBBS, MD, DNB in Community Medicine), PGIMER Chandigarh, Dr Kavita, Associate Professor, NINE, PGIMER, Chandigarh, Dr Sushma Saini, Associate Professor, NINE, PGIMER, Chandigarh
Number of Participants	111
SDGs Covered	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 17: Partnership for Goals
Duration	9:00 AM Onwards

About the Activity

The workshop on Sehat Aur Suraksha: Empowering Communities Through Technology brought together health experts and community leaders to explore how digital innovation can enhance public well-being. Through engaging sessions, participants learned about mobile health apps, telemedicine platforms, and AI-driven tools that improve healthcare access and safety. The event emphasised the importance of technology in reaching underserved populations, especially in rural areas. Collaborative discussions led to the development of inclusive strategies for emergency response and disease prevention. By showcasing real-world applications and success stories, the workshop inspired participants to embrace digital empowerment. Overall, it highlighted the transformative potential of technology in building healthier, safer societies.



Description

The Department of Nursing at Chitkara School of Health Sciences, Chitkara University, Punjab, hosted a workshop titled "Sehat Aur Suraksha: Empowering Communities Through Technology" on 26th November 2025. Held at Einstein Hall in the Galileo Block, the event commenced at 9:00 AM and brought together healthcare professionals, educators, and students to explore innovative approaches to community health and safety through the lens of technology.

The workshop featured three distinguished resource persons: Dr Abdul Basith KM (MBBS, MD, DNB in Community Medicine from PGIMER Chandigarh), Dr. Kavita, and Dr. Sushma Saini (both Associate Professors at the National Institute of Nursing Education, PGIMER Chandigarh). Dr. Basith emphasised the role of mobile health (mHealth), telemedicine, and data analytics in strengthening public health systems, especially in underserved communities. His session highlighted how digital platforms can support early diagnosis, treatment adherence, and health surveillance. Dr. Kavita focused on the role of nursing professionals in promoting digital health literacy and using technology to enhance patient engagement. She stressed the importance of culturally sensitive communication and community-based approaches. Dr. Sushma Saini discussed the integration of wearable technologies, health apps, and digital safety tools in nursing practice, sharing real-life examples of how these innovations have empowered individuals and improved health outcomes.

Participants engaged in hands-on activities, including role plays, app demonstrations and group discussions on digital health. The workshop encouraged interdisciplinary collaboration and inspired attendees to become proactive health advocates in their communities. The event reflected commitment to innovation, education and social responsibility, aligning with national efforts to digitize healthcare delivery and promote community resilience. By the end of the session, participants gained not only technical competencies but also a deeper understanding of how technology can be a catalyst for equitable and sustainable health solutions.

Objective

- Introduce participants to simple, accessible digital tools for promoting health and safety.
- Build awareness about the role of technology in strengthening community resilience.
- Provide hands-on training in using apps and platforms for health education and monitoring.
- Encourage collaboration between community members, educators, and health workers through tech solutions.
- Foster confidence in adopting technology for everyday health practices and emergency preparedness.








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

Objective

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

Description

The Department of Nursing successfully organized a Role Play on World AIDS Day on 26th November, 2025 at AP Jain Hospital, Rajpura.

The theme, "Overcoming Disruption, Transforming the AIDS Response," focused on strengthening awareness and promoting resilience in the fight against HIV/AIDS. B.Sc. Nursing 1st Semester students presented a series of meaningful scenarios that highlighted real-life situations, including a family reacting to a member diagnosed with HIV, common misconceptions about HIV transmission through touch or shared items, and the critical importance of early HIV testing and counselling. The role play also depicted the stigma and discrimination faced by people living with HIV and emphasized the need for empathy, support, and correct preventive practices. Overall, the activity served as a powerful educational tool, reinforcing understanding, compassion, and community engagement in addressing HIV/AIDS. The students also highlighted key points regarding safe sex practices, prevention of mother-to-child transmission, ART adherence, and debunked myths related to HIV. The act emphasized empathy, acceptance, and community support for people living with HIV.

Outcomes

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



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



Students demonstrating how stigma affects individuals living with HIV.



Students demonstrate common myths and misconceptions about HIV transmission.



Students demonstrate how stigma affects individuals living with HIV.



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



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

Event Name	Healthy Horizons – Free Health Check-Up Camp
Date	27th November, 2025
Venue	Ground Floor, Ramanujan Block, Chitkara University, Punjab
Organizer	Department of Physiotherapy in collaboration with Department of CSE and National Service Scheme, Chitkara University, Pb.
Resource Person	Dr Vivek Shrivastava, Dean, Department of Physiotherapy, Chitkara University & Consultant – Physiotherapy, Fortis MEDCENTRE, Chandigarh Dr Roonal Shrivastava, Consultant – Dental Surgeon, Fortis MEDCENTRE, Chandigarh
Number of Participants	32
SDG Number	3 (Good Health and Well Being)
Duration	1 day



The Healthy Horizons – Free Health Check-Up Camp was conducted on 27th November 2025 at the Chitkara University, Pb for the NSS volunteers of CUIET, jointly organized by the Department of Physiotherapy and CSE. The camp offered dedicated dental and physiotherapy services. Dr. Roonal Shrivastava, Dental Surgeon, Fortis MEDCENTRE, Chandigarh, conducted detailed dental examinations and provided personalised oral hygiene counselling and preventive advice. Dr. Vivek Shrivastava, Consultant Physiotherapist, Fortis MEDCENTRE & Dean, Department of Physiotherapy, Chitkara University, Punjab, led the physiotherapy consultations, which included postural screening, fitness assessment, and tailored treatment recommendations for musculoskeletal concerns.

NSS volunteers benefitted from focused clinical guidance, early screening, and practical health education aimed at improving both oral and physical wellbeing. The camp successfully delivered meaningful health awareness and structured clinical evaluation to all participants.






DEPARTMENT OF PHYSIOTHERAPY

Event Name	NSS Activity
Topic	Rally on World AIDS Day
Date	29th November, 2025
Venue	Kalo majra
Organizer	Ms. Preetika (Nursing Tutor)
No. of Participants	31
No of Impacted Individuals	-
Under SDG no.	3, 4, 5, 10

Objective

- To raise awareness about HIV/AIDS among the residents of Kalo majra.
- To educate people on prevention methods, early testing, and available treatments.
- To dispel myths and reduce stigma around HIV/AIDS.
- To promote empathy, inclusivity, and community support for affected individuals.
- To inspire youth participation and encourage healthy, informed behaviors.

Description

On 29th November 2025, the NSS Volunteers of the B.Sc. Nursing 5th Semester from the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a community rally at Kalomajra village to mark the upcoming **World AIDS Day**. The initiative was designed to raise awareness about HIV/AIDS, with a strong focus on prevention, early diagnosis, and the availability of effective treatments. The rally highlighted the importance of adopting safe practices, such as consistent condom use, avoiding unsafe injections, and undergoing regular HIV testing. Volunteers emphasized that early detection not only improves treatment outcomes but also helps prevent further transmission. A major objective was to dispel myths and misconceptions surrounding HIV, which often fuel stigma and discrimination against individuals living with the condition. By addressing these issues directly, the event sought to foster a more compassionate, informed, and supportive community. To ensure maximum engagement, the volunteers used banners, placards, slogans, and educational pamphlets carrying simple, clear messages. These tools helped communicate complex health information in a way that was accessible to all age groups.

The rally also encouraged youth participation, inspiring students and young villagers to take active roles in promoting health-seeking behaviors. The event underscored the idea that fighting HIV/AIDS requires solidarity and collective responsibility. By involving the local population, the rally reinforced the importance of empathy, inclusivity, and awareness in public health. The enthusiastic response from the residents demonstrated that such grassroots initiatives can play a vital role in bridging knowledge gaps and reducing fear. Overall, the rally was a successful effort in community mobilization, combining education with advocacy, and reminding everyone that the battle against HIV/AIDS is not only medical but also social.

Outcomes

- The rally helped people understand HIV/AIDS, its prevention, testing, and treatment.
- It encouraged safer habits like using condoms and going for regular HIV tests.
- It worked to reduce stigma and discrimination against those living with HIV/AIDS.
- It promoted kindness, empathy, and inclusivity in the community.
- It gave youth correct information so they can make better health choices.





Students actively participated in the Rally on Worlds AIDS Day at Kalomajra on 29th November 2025



Students delivering impactful slogans during the rally on Worlds AIDS Day at Kalomajra on 29th November, 2025



Group Photograph of Rally on Worlds AIDS Day at Kalomajra on 29th November, 2025

Event Name	Community Extension and Outreach Activities
Topic	Community Awareness Rally for an "Aids-Free Future"
Date	29th November, 2025
Venue	Jhansla Village, Rajpura
Organizers	Ms. Annu Singhal (Associate Professor), and Ms. Keerat (Assistant Professor)
No. of Participants	58
No. of Impacted Individual	100
Under SDG no.	03, 04
SDG Details	03 Good health and wellbeing, 04 Quality education

Objective

1. To raise awareness among community members about HIV/AIDS, its modes of transmission, and preventive measures.
2. To reduce stigma and misconceptions surrounding people living with HIV/AIDS by promoting empathy and inclusivity.
3. To educate the public on the importance of early testing, safe practices, and timely treatment for HIV/AIDS.
4. To encourage community participation in health promotion activities and foster collective responsibility for an AIDS-free future.
5. To empower nursing students with practical experience in health advocacy, communication, and public engagement.
6. To commemorate World AIDS Day by aligning local efforts with global initiatives aimed at eliminating HIV/AIDS.

On 29th November 2025**, the Department of Nursing organized a** Community Awareness Rally for an AIDS-Free Future **to mark** World AIDS Day**. The rally was spearheaded by the** B.Sc. Nursing 5th Semester students **along with the** Post Basic B.Sc. Nursing 2nd Year students, under the guidance of faculty members. The event aimed to sensitize the community about HIV/AIDS, its prevention, and the importance of collective responsibility in achieving an AIDS-free society. The rally commenced with an inaugural address highlighting the global significance of World AIDS Day and the urgent need to eliminate stigma and misconceptions surrounding HIV/AIDS. Students carried placards, banners, and posters with impactful slogans

such as *"Know AIDS – No AIDS"* and *"Stop Stigma, Spread Awareness."* These visual messages were designed to capture attention and encourage dialogue among community members. As the rally progressed through the main streets and public areas, students actively engaged with residents, distributing pamphlets and sharing vital information about safe practices, early testing, and the availability of treatment facilities. Special emphasis was placed on preventive measures, including safe blood transfusion, use of protective methods, and the importance of voluntary testing. The rally also highlighted the role of education in reducing discrimination against people living with HIV/AIDS. Community members responded positively, expressing appreciation for the initiative and showing interest in adopting preventive practices. The event not only spread awareness but also instilled confidence in the students, reinforcing their role as future healthcare professionals committed to public health advocacy.

In conclusion, the **Community Awareness Rally for an AIDS-Free Future** was a resounding success, combining education, advocacy, and community participation. By marking World AIDS Day with such an impactful initiative, the students demonstrated their dedication to promoting health and social responsibility. The rally served as a reminder that achieving an AIDS-free future requires collective effort, compassion, and sustained awareness. This event strengthened the bond between the nursing students and the community, paving the way for continued collaboration in public health initiatives.

Outcomes

1. Enhanced community knowledge about HIV/AIDS prevention, testing, and treatment options.
2. Positive behavioural change, with residents showing interest in adopting safe practices and preventive measures.
3. Reduction in stigma, as the rally promoted acceptance and compassion toward individuals living with HIV/AIDS.
4. Strengthened collaboration between nursing students, faculty, and the community in addressing public health challenges.
5. Skill development for students, who gained confidence in organizing, leading, and communicating health messages effectively.
6. Successful observance of World AIDS Day, reinforcing the importance of awareness campaigns in achieving an AIDS-free future.



B.Sc. Nursing 5th Semester and B.Sc. Nursing (Post Basic) 2nd Year rallying towards the Jhansla Village on 29th November, 2025



B.Sc. Nursing 5th Semester and B.Sc. Nursing (Post Basic) 2nd Year educating the community on HIV/AIDS on 29th November, 2025



B.Sc. Nursing 5th Semester and B.Sc. Nursing (Post Basic) 2nd Year with faculty on 29th November, 2025



B.Sc. Nursing 5th Semester and B.Sc. Nursing (Post Basic) 2nd Year saying slogans to aware the community about HIV/AIDS on 29th November, 2025



B.Sc. Nursing 5th Semester and B.Sc. Nursing (Post Basic) 2nd Year rallying towards the gram panchayat to aware the community about HIV/AIDS on 29th November, 2025



Students of B.Sc. Nursing 5th Semester and B.Sc. Nursing (Post Basic) 2nd Year rallying towards the main market to aware the community about HIV/AIDS on 29th November, 2025

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



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

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



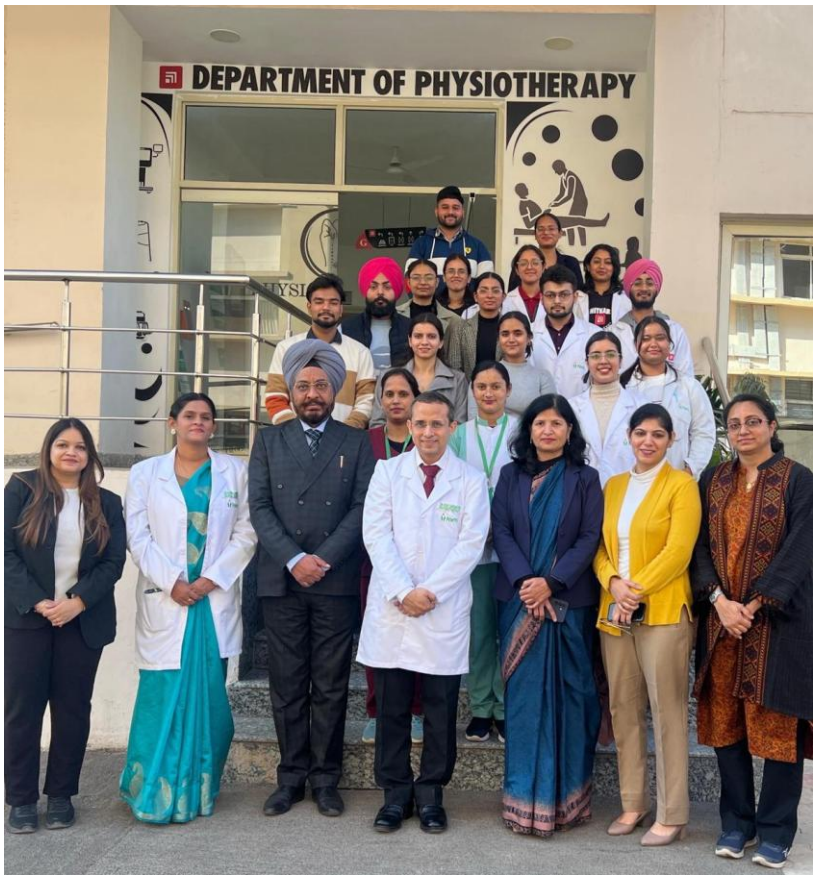

SUSTAINABLE DEVELOPMENT GOALS
Never put off until tomorrow what you can do today.










DEPARTMENT OF PHYSIOTHERAPY

Event Name	World AIDS Day
Venu	Village Kalomajra
Date	29th November, 2025
SDG Number, Name and NEP	3 – Good Health and well Being, 4 – Quality Education, 5 – Gender Equality, 10 – Reducing Inequalities & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Participants	31
Duration	One Day

Objective

- To raise awareness about HIV/AIDS among the residents of Kalomajra.
- To educate people on prevention methods, early testing, and available treatments.
- To dispel myths and reduce stigma around HIV/AIDS.
- To promote empathy, inclusivity, and community support for affected individuals.
- To inspire youth participation and encourage healthy, informed behaviors.

Description

On **29th November 2025**, the NSS Volunteers of the **B.Sc. Nursing 5th Semester** from the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a **community rally at Kalomajra village** to mark the upcoming **World AIDS Day**. The initiative was designed to raise awareness about HIV/AIDS, with a strong focus on prevention, early diagnosis, and the availability of effective treatments.

The rally highlighted the importance of adopting safe practices, such as consistent condom use, avoiding unsafe injections, and undergoing regular HIV testing. Volunteers emphasized that early detection not only improves treatment outcomes but also helps prevent further transmission. A major objective was to dispel myths and misconceptions surrounding HIV, which often fuel stigma and discrimination against individuals living with the condition. By addressing these issues directly, the event sought to foster a more compassionate, informed, and supportive community. To ensure maximum engagement, the volunteers used banners, placards, slogans, and educational pamphlets carrying simple, clear messages. These tools helped communicate complex health information in a way that was accessible to all age groups. The rally also encouraged youth participation, inspiring students and young villagers to take active roles in promoting health-seeking behaviours.

The event underscored the idea that fighting HIV/AIDS requires solidarity and collective responsibility. By involving the local population, the rally reinforced the importance of empathy, inclusivity, and awareness in public health. The enthusiastic response from the residents demonstrated that such grassroots initiatives can play a vital role in bridging knowledge gaps and reducing fear. Overall, the rally was a successful effort in community mobilization, combining education with advocacy, and reminding everyone that the battle against HIV/AIDS is not only medical but also social.

Outcomes

- The rally helped people understand HIV/AIDS, its prevention, testing, and treatment.
- It encouraged safer habits like using condoms and going for regular HIV tests.
- It worked to reduce stigma and discrimination against those living with HIV/AIDS.
- It promoted kindness, empathy, and inclusivity in the community.

To ensure maximum engagement, the volunteers used banners, placards, slogans, and educational pamphlets carrying simple, clear messages. These tools helped communicate complex health information in a way that was accessible to all age groups. The rally also encouraged youth participation, inspiring students and young villagers to take active roles in promoting health-seeking behaviours. The event underscored the idea that fighting HIV/AIDS requires solidarity and collective responsibility. By involving the local population, the rally reinforced the importance of empathy, inclusivity, and awareness in public health. The enthusiastic response from the residents demonstrated that such grassroots initiatives can play a vital role in bridging knowledge gaps and reducing fear. Overall, the rally was a successful effort in community mobilization, combining education with advocacy, and reminding everyone that the battle against HIV/AIDS is not only medical but also social.

Outcomes

- The rally helped people understand HIV/AIDS, its prevention, testing, and treatment.
- It encouraged safer habits like using condoms and going for regular HIV tests.
- It worked to reduce stigma and discrimination against those living with HIV/AIDS.
- It promoted kindness, empathy, and inclusivity in the community.


RALLY on WORLD AIDS DAY
29th November 2025




RALLY on WORLD AIDS DAY
29th November, 2025

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

Objective

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

Description

On World AIDS Day, the Department of Nursing organized a role play and a health education program with the active participation of B.Sc. Nursing 3rd Semester students. The event aimed to raise awareness about HIV/AIDS, highlighted the importance of prevention, and addressed the misconceptions that persist in the community. Faculty members guided the students in planning and presenting various scenarios related to HIV transmission, stigma, counselling, testing, and treatment adherence. The program began with a brief introduction on the significance of World AIDS Day and this year's theme, emphasizing global solidarity and support for people living with HIV. Students then presented a series of role plays depicting real-life situations such as family counselling, workplace discrimination, and healthcare

interactions. These presentations helped simplify complex concepts and allowed the audience to understand the emotional and social dimensions of the disease. Following the role play, a structured health education session was delivered covering topics like modes of transmission, preventive measures, importance of safe practices, availability of testing facilities, and the role of antiretroviral therapy in improving quality of life. Special focus was given to myths and misconceptions, aiming to reduce stigma and encourage supportive behavior toward individuals living with HIV/AIDS. The session was informative and interactive, with students engaging the audience through questions, demonstrations, and visual aids. The faculty appreciated the students' active involvement, teamwork, and enthusiasm toward public health awareness. The program concluded with a message of empathy, awareness, and commitment to continue spreading correct knowledge within the community.

Outcomes

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



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



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



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



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



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



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

Event Details	
Event Name	World Soil Day
Venue	Govt. Senior Secondary School, Mohi Khurd
Date	5th December, 2025
SDG Number, Name and NEP	3 – Good Health and well Being, 4 – Quality Education, 5 – Gender Equality, 10 – Reducing Inequalities & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Participants	87
Duration	One Day

Objective

1. Build student understanding of soil health as a foundation for sustainable urban living.
2. Translate environmental science into practical awareness through school-based community engagement.
3. Encourage responsibility toward land stewardship through experiential learning and action.

"The greatest forests once began with a single handful of soil."

On 5th December 2025, World Soil Day was observed under the theme Healthy Soil for Healthy Cities through an initiative led by the National Service Scheme of Chitkara University, Punjab at Government Senior Secondary School, Mohi Khurd. The programmer unfolded with attentiveness and care, drawing focus to the ground that sustains daily life yet often escapes notice.

World Soil Day carries global significance, recognizing soil as a living system rather than an inert surface. It speaks of nourishment, balance, and continuity, of cities and civilizations rising only as strong as the earth beneath them. At Mohi Khurd, this understanding took a tangible form, translated into learning that met students at eye level and moved downward into the soil itself. The session was guided by Dr. Anurag Tiwari, Dean, Agricultural Programs, Chitkara University, Punjab, along with Mr. Sube Singh, who led students through the unseen life beneath their feet. Together, they opened a world often overlooked, one of microorganisms, nutrients, and cycles that quietly support every harvest and habitat. Concepts of natural fertilizers and sustainable practices were discussed with clarity, connecting scientific understanding to everyday choices. The day found its culmination in a **tree** plantation drive, where 50 saplings were planted with intention and care. Hands pressed soil firmly around young roots, each act carrying a sense of continuity. The saplings stood as living

commitments, growing alongside the awareness planted earlier in the day. They represented patience, responsibility, and faith in gradual change.

Through this observance, Chitkara University extended learning beyond classrooms, rooting it in land and action. The programmer affirmed that environmental responsibility begins with understanding, and understanding finds its strength in care. What was planted that day went beyond trees, it settled into thought, shaping how the next generation will tend the earth that sustains them.

Outcomes

- Students gained applied insight into soil ecosystems and sustainable agricultural practices.
- Tree plantation reinforced learning through direct environmental responsibility and participation.
- Institutional outreach strengthened environmental awareness beyond campus boundaries.






CHITKARA UNIVERSITY
WORLD SOIL DAY
Healthy Soils For Healthy Cities
5th December 2025
ਸੋਹੀ ਖੁਰਦ


CHITKARA UNIVERSITY
WORLD SOIL DAY
Healthy Soils For Healthy Cities
ਸਰਕਾਰੀ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ
ਸੋਹੀ ਖੁਰਦ


ਸਰਕਾਰੀ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਸਕੂਲ
ਸੋਹੀ ਖੁਰਦ

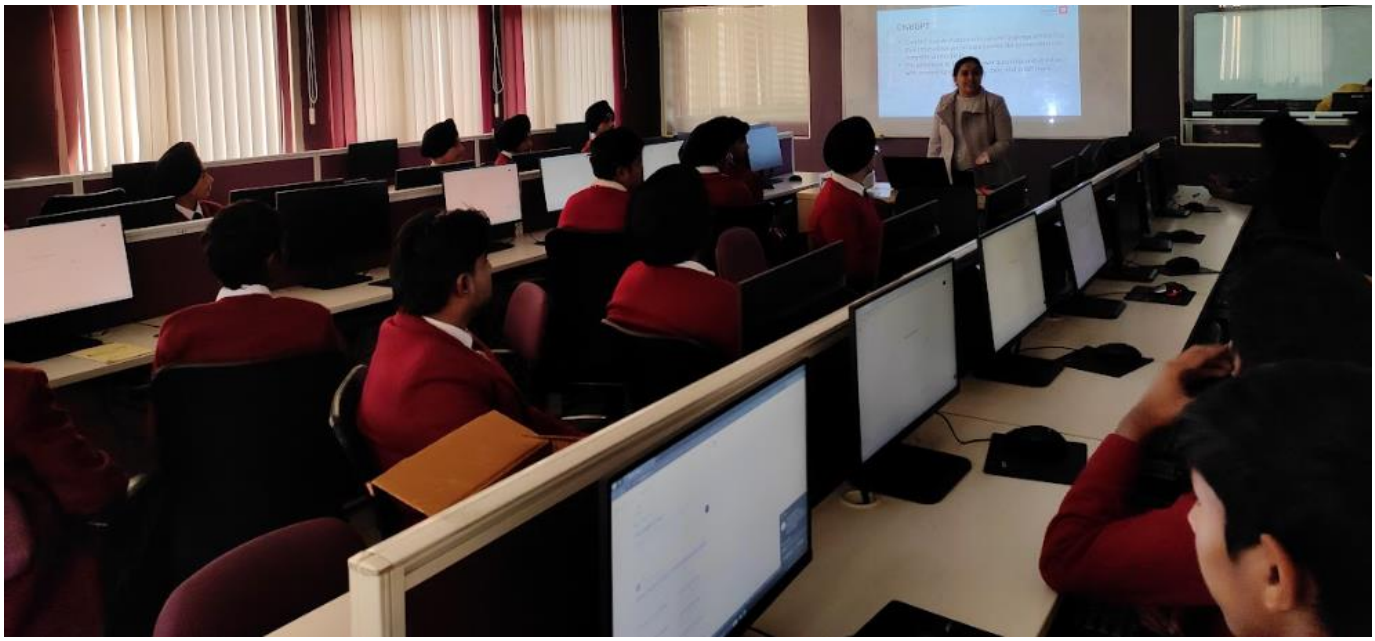
The Community Resilience Resource Centre (CRRC) – Skill Rise Initiative, under the DST (Govt. of India) Project 2024–25, marked a powerful milestone on 6 December 2025 with the celebration of the Award for Extraordinary Contribution. With the visionary leadership of Principal Investigator (PI) Dr. Shivani Malhotra and Co-PIs Dr. Nitin Saluja, Dr. Sonika Bakhshi, and Dr. Gurjinder Singh, the project delivered a transformative skilling experience for the youth of Patiala district. Three high-energy, future-ready workshops Bakery, Computer Literacy, and Sales & Marketing engaged and empowered more than 100 students of School of Eminence, Mohinder Ganj, Rajpura, igniting their confidence and opening doors to new career opportunities.

Each workshop created a dynamic, hands-on learning environment that connected students with real-world skills. The Bakery workshop sparked entrepreneurial thinking by helping students master practical baking techniques and understand micro-enterprise opportunities.



Bakery Classes

The Computer Literacy workshop strengthened digital readiness, enabling students to navigate essential technologies that define today's academic and professional landscape.



Computer Literacy Classes

Meanwhile, the Sales & Marketing workshop enriched participants with communication, customer engagement, and business fundamentals building the foundation for careers in retail, business development, and service sectors. Together, these workshops served as a powerful steppingstone for students to discover their strengths and confidently shape their career pathways.



Sales and Marketing Classes

The Valedictory Ceremony added grandeur to the occasion, graced by Mrs. Poonam Kumari, Principal, School of Eminence Mohinderganj, Rajpura, and Dr. Neeraj Sharma, Lecturer Mathematics & Vice Principal, along with the distinguished faculty team.



The presence of Chitkara University dignitaries Dr. Rina Angel, Dr. Rakesh Sharma, Dr. Naveen Babu, and Dr. Amit Vashisht further elevated the event's significance.

Resource persons Dr. Harsimran Jit Kaur, Dr. Deepti Prit Kaur, Mr. Sunil Dhawan, Mr. Harinder Singh Lamba, and Mr. Anup Singh were honored for their dedicated contribution, while top-performing students from each workshop were celebrated for their excellence.

The event stood as a shining testimony to Chitkara University's unwavering commitment to community upliftment, skill enhancement, and youth empowerment.











SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	Laughter Kitty
Date	6th December 2025
Time	3:00 PM to 4:00 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	73
Resource Person	Happiness Team

Chitkara Happiness Center organised the sixth edition of Laughter Kitty, a joyful and heartwarming event that beautifully highlighted the power of laughter in transforming ordinary moments into magical memories. The program concluded on a cheerful and festive note, with participants dressed in red and white, perfectly complementing the Christmas theme that filled the room with warmth, positivity, and togetherness. What once began as a vision a few months ago has now become a consistent and meaningful reality, reflecting the dedication and collective efforts behind the initiative. One of the most engaging highlights of the evening was the fun-filled singing activity, where participants listened to English translations of popular Bollywood songs, guessed the original tracks, and enthusiastically sang the choruses together, creating an atmosphere of shared excitement and nostalgia. This was followed by an energetic dance segment that encouraged everyone to move freely, smile wholeheartedly, and enjoy the present moment without hesitation. The laughter exercises added another layer of joy, echoing happiness throughout the space and strengthening bonds among participants. Interactive games such as the "Tree Pyramid" challenge and the Christmas-character bucket toss promoted teamwork, friendly competition, and plenty of cheerful noise. Adding a personal and emotional touch to the celebration, the Secret Santa exchange brought smiles and heartfelt connections among everyone involved. To further appreciate the enthusiasm and festive spirit of the participants, exciting titles like Mr. Jingle and Ms. Jingle were awarded. Special recognition was also given to the consistent group Panchatantra for being part of every edition and continuously spreading positivity.











Event Details	
Event Name	ACM Compute 2025
Date	8 Dec 2025
Venue	IIT Ropar
Department	CURIN
Resource Person/ Presenter	Presenter: Dr. Gurjinder Singh and Mr. Shivam Sharma
Number of Participants	50
SDGs Covered	SDG 3, SDG 4, SDG 9, SDG 10, SDG 17
Duration	1 day

About the Activity

The team from Chitkara University attended the ACM Compute Conference held at IIT Ropar on 8 December 2025, where Dhwani VR, a Virtual Reality-based hearing screening and rehabilitation system developed at Chitkara University, was demonstrated to conference participants. The live demonstration showcased the use of immersive virtual environments and spatial audio for conducting engaging and non-invasive hearing assessments, particularly for elderly users. Researchers, academicians, students, and industry professionals interacted with the system and discussed its technical design, clinical relevance, and potential for real-world deployment. The demonstration received positive feedback and generated meaningful discussions on the role of extended reality (XR) technologies in assistive healthcare. Participation in the conference also facilitated knowledge exchange and networking with experts working in computing, immersive technologies, and digital health applications.

Key Highlights

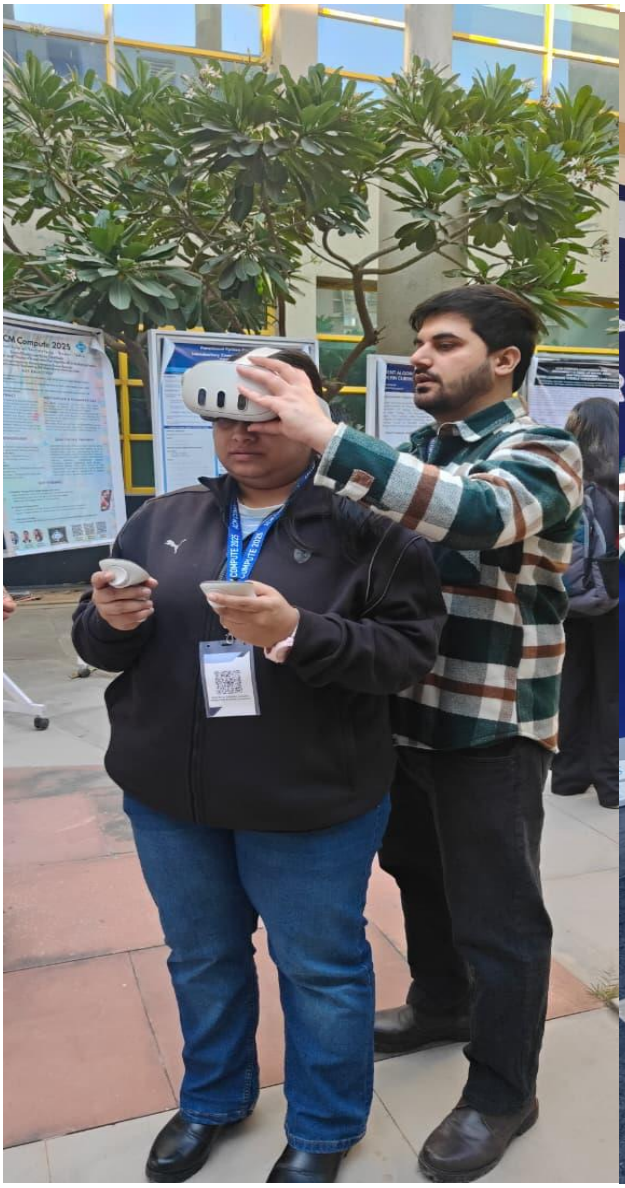
- Demonstrated Dhwani VR, a VR-based hearing screening and rehabilitation system, to a diverse audience of researchers, academicians, students, and industry professionals.
- Showcased the use of immersive virtual environments and spatial audio for non-invasive and engaging hearing assessments, particularly for elderly users.
- Engaged in technical and clinical discussions on system design, healthcare relevance, and real-world deployment.
- Received positive feedback and interest regarding the application of XR technologies in assistive and digital healthcare.

Outcomes

The demonstration of Dhwani VR at ACM COMPUTE received positive feedback and generated interest in its use for assistive healthcare. The team gained valuable insights and established meaningful connections with experts in XR and digital health.








ACM
COMPUTE
2025
7-9 December 2025
IIT Ropar, Punjab, India
SIGCSE
annam.ai
GitHub
Persistent
neysa
Google
Infosys
NPTEL
IBM

Event Details	
Event Name	Community extension programmer
Topic	Awareness Programmed on Promoting Good Mental Health
Date	8th December 2025
Mode	Offline
Venue	Prabh Aasra, Kurali, Mohali
Organizer Name	Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Jigyasha Sharma, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	28
Number of impacted people	15
SDG No.	3 & 17
PO's	PO3

Objective

- To raise awareness about the importance of good mental health and its impact on overall well-being.
- To educate participants about common mental health challenges such as stress, anxiety, and emotional imbalance.
- To promote healthy coping strategies and practical techniques for maintaining positive mental health.
- To encourage the adoption of mindfulness, relaxation, and self-care practices in daily life.
- To foster awareness, empathy, and community support in addressing mental health concerns.

Description

Mental health is a fundamental component of overall health, encompassing emotional, psychological, and social well-being. It significantly influences how individuals think, feel, act, cope with stress, relate to others, and make decisions in daily life. Promoting good mental health enables individuals to manage life's challenges effectively, maintain healthy interpersonal relationships, work productively, and contribute positively to society. A focus on mental well-being emphasizes prevention, resilience, and positive coping rather than merely the absence of mental illness. With this understanding, an Awareness Programmed on

Promoting Good Mental Health was organized on 8th December 2025 at Prabh Aasra, Kurali, Mohali. The programmed aimed to sensitize participants about the importance of mental well-being, effective stress management, and healthy emotional regulation. Special emphasis was placed on mental health promotion, encouraging positive attitudes, self-care practices, and preventive approaches to maintain psychological balance. The programmer was organized by Sonali Katoch and Jigyasha Sharma and conducted by students of the 5th semester. The student organizers actively engaged participants through interactive discussions and informative sessions. The sessions focused on key areas such as stress management, emotional well-being, anger control, and the early identification of mental health concerns including depression and suicidal tendencies. Participants were encouraged to share their experiences and clarify doubts in a supportive environment. Participants were educated about simple yet effective strategies to promote good mental health, including relaxation techniques, mindfulness practices, positive thinking, time management skills, and the importance of seeking social and professional support when required. The open dialogue during the programmed helped reduce stigma related to mental health and encouraged help-seeking behavior. Overall, the programmed provided valuable learning opportunities for both participants and students. It enhanced students' communication, leadership, and community engagement skills while reinforcing the crucial role of nurses in mental health promotion, prevention, and community-based care.

Outcomes

- Participants gained an improved understanding of mental health and its significance in daily life.
- Attendees became aware of the effects of stress and negative emotions on mental and physical health.
- Participants learned practical techniques such as mindfulness, deep breathing, relaxation, and healthy coping strategies.
- The programmed encouraged open discussions on mental health, fostering a supportive and empathetic environment.
- Participants expressed motivation to adopt healthier lifestyles and positive practices to promote good mental well-being.



Students providing awareness talk on Promoting Good Mental Health on 8th December 2025 at Prabh Aasra, Kurali, Mohali.



Students providing awareness talk on Promoting Good Mental Health on 8th December 2025 at Prabh Aasra, Kurali, Mohali.



Students actively engaged in a mental health awareness programme at Prabh Aasra, Kurali, Mohali.



Students actively engaged in a mental health awareness programme at Prabh Aasra, Kurali, Mohali.





Event Details	
Event Name	CSR Activity
Topic	Educational Program on Anger Management
Date	8th December, 2025
Mode	Offline
Venue	Prabh Aasra
Organizer Name	Ms. Jigyasha Sharma, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	20
Number of impacted people	26
SDG No.	3, 4, 17

Objective

- To create awareness about anger as a normal emotion and its impact on mental and physical health.
- To educate participants about healthy and effective anger management techniques.
- To help individuals recognize triggers and early warning signs of anger.
- To promote emotional regulation and positive coping strategies.
- To encourage collaboration and partnerships in addressing mental health and behavioral challenges

Description

Anger is a natural and universal human emotion that can arise in response to frustration, injustice, fear, or perceived threats. While anger itself is not harmful, frequent or uncontrolled anger can adversely affect an individual's mental health, physical well-being, interpersonal relationships, and social functioning. Persistent anger may lead to stress-related disorders, hypertension, anxiety, depression, and conflicts within families and communities. Keeping this in view, an awareness programme on "Anger Management" was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, at Prabh Aasra. The primary objective of the program was to sensitize participants to the causes, signs, and consequences of unmanaged anger and to equip them with practical strategies for controlling anger in a healthy and constructive manner. The session was conducted by students of B.Sc.

Nursing 5th Semester, who actively interacted with the participants through simple explanations, examples from daily life, and question–answer discussions. The students explained common anger triggers, physical and emotional warning signs, and the difference between healthy expression of anger and aggressive behavior. Various anger management techniques were discussed during the session, including deep breathing exercises, relaxation techniques, counting methods, positive self-talk, effective communication skills, and problem-solving approaches. Participants were encouraged to pause before reacting, express their feelings calmly, and adopt healthier coping mechanisms. The importance of seeking professional help and social support in cases of severe anger-related issues was also emphasized. Overall, the awareness talk aimed to promote emotional stability, self-control, empathy, and improved interpersonal relationships. The activity also helped nursing students enhance their communication skills, confidence, and understanding of mental health promotion at the community level.

Outcomes

- Participants developed a better understanding of anger, its causes, and its effects on health and behavior.
- Participants learned practical and effective techniques to manage anger in daily life.
- The session promoted emotional awareness, self-control, and positive coping strategies.
- Increased awareness regarding the importance of mental well-being and seeking help when required.



dents of B.Sc. Nursing 5th Semester providing Play therap long with educational talk on anger Management on 9th December 2025 at Prabh Aasra.



dents of B.Sc. Nursing 5th Semester educational talk o ger Management on 9th December 2025 at Prabh Aasra



Students of B.Sc. Nursing 5th Semester providing choeducation on various techniques for anger Manageme on 9th December, 2025 at Prabh Aasra.



Students of B.Sc. Nursing 5th Semester providing choeducation on anger Management on 9th Decembe 2025 at Prabh Aasra.



Students of B.Sc. Nursing 5th Semester providing hoeducation on anger Management on 9th December, 20 at Prabh Aasra.



ents of B.Sc. Nursing 5th Semester providing Play thera ng with educational talk on anger Management on 9t December 2025 at Prabh Aasra.

North Zone Inter-University Table Tennis Tournament (Men) - 12th to 16th December 2025

The University Sports Board successfully hosted the North Zone Inter-University Table Tennis Tournament (Men) from 12th to 16th December 2025. The tournament was organized to promote physical fitness, agility, sportsmanship, and active participation among university students.

The championship witnessed participation from various universities across the North Zone, with an approximate total strength of 280 players and team officials. The event was conducted in a well-organized and professional manner, ensuring fair play and smooth coordination throughout the tournament.

Qualified officials and referees supervised the matches, and all fixtures were executed as per the prescribed norms. The successful hosting of the event reflected the University Sports Board's commitment to fostering a strong inter-university sporting culture and encouraging students to adopt an active and healthy lifestyle.

In the final standings, Lovely Professional University (LPU) secured the First position, followed by Chitkara University in Second place, while Chandigarh University claimed the Third position.



Lt Col Dr. Rakesh Sharma, Registrar, Chitkara University; Dr. Prof. Sandeep Bhalla, AIU Observer; Mr. V.K. Gulati (Ex-Chief Coach, Sports Authority of India) – Chief Referee; and Mr. Harinder Pal Singh, Director Sports, during the inauguration of the North Zone Inter-University Table Tennis Tournament (Men) – (12.12.2025 to 16.12.2025)



Players in action during the North Zone Inter-University Table Tennis Tournament (Men) - (12.12.2025 to 16.12.2025)



Match action from the North Zone Inter-University Table Tennis Tournament (Men) - (12.12.2025 to 16.12.2025)



Match in progress between Chitkara University and Chandigarh University, Mohali during the North Zone Inter-University Table Tennis Tournament (Men) - (12.12.2025 to 16.12.2025)



Dr. Madhu Chitkara, Hon'ble Pro Chancellor of Chitkara University, graced the Valedictory Ceremony as the Guest of Honour and felicitated the winning teams for their outstanding performances. - (12.12.2025 to 16.12.2025)

Event Details	
Event/Session Name	Cricket Match - 7th Edition Chitkara T20 Cricket Tournament
Event/Session Date	13-December-2025
Venue	T20 Ground, Chitkara University
Organizers	University Sports Board in participation with Office of Administration
Resource Person	Mr. Harinder Lehri, Mr. Gurjinder Singh
No. of Participants	15
SDGs Covered	3,8,17

Overview

The 7th Edition of the Chitkara T20 Cricket Tournament was organized on 13th December 2025 at the T20 Ground by the University Sports Board, with active participation from the Office of Administration. The tournament brought together teams from various university departments, fostering sportsmanship, teamwork, and inter-departmental camaraderie.



Participation and Team Representation

The Office of Administration Team participated enthusiastically alongside teams from other departments across the university. The tournament provided a competitive yet friendly platform for staff members to engage in physical activity and collaborative sports.

The following officials and staff members from the Office of Administration actively participated in the cricket match, proudly representing the department and demonstrating excellent team spirit, sportsmanship, and enthusiasm throughout the event.

Tournament Format Teams participating in the tournament were divided into two pools, with multiple matches scheduled in a league format. Each team competed within its respective pool to secure a position in the standings.

The Office of Administration team played a total of three matches, securing one victory during the league stage. Based on overall performance, the OA team achieved 3rd position in its pool.



Achievement

A notable highlight of the tournament was the exceptional performance of Mr. Mohit Kumar, Sustainability Manager, Centre of Excellence for Sustainability, who represented the OA team. His outstanding contribution earned him the "Man of the Match" award, recognizing his skill, commitment, and sportsmanship on the field.

Collaborative Spirit and Impact

The tournament reflected strong inter-departmental collaboration and encouraged a culture of health, fitness, and positive engagement among staff members. Participation from the Office of Administration reaffirmed its support for employee well-being and its commitment to fostering a vibrant campus life beyond routine administrative functions.

Conclusion

The 7th Edition of the Chitkara T20 Cricket Tournament was a successful sporting event that promoted unity, healthy competition, and team spirit across departments. The active participation and commendable performance of the Office of Administration team added value to the event and reinforced the importance of sports as a tool for holistic development within the university community.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Topic	CAMPUS TO CORPORATE
Date	17th December 2025
Time	2:00 PM to 4:00 PM
Venue	Pierre Hall, Le Corbusier block
Number of Attendees	68
Resource Person	Mr. Suraj Kanwar Singh

Chitkara Happiness Center organised the Campus to Corporate World session with the aim of preparing students for a confident and smooth transition from academic life to the professional corporate environment. The session was thoughtfully designed to bridge the gap between classroom learning and real-world workplace expectations, helping students understand the skills and mindset required to succeed in today's competitive corporate world. The program covered several important aspects of professional development, including professional grooming and workplace etiquette, which emphasized the importance of first impressions, discipline, and professional conduct in an organizational setting. Students were guided on how to build impactful resumes and create strong LinkedIn profiles that effectively highlight their skills, achievements, and career aspirations. Another key focus area was effective communication, where students learned the significance of clear verbal and non-verbal communication during interviews, presentations, and teamwork scenarios. Practical email writing skills commonly used in corporate settings were also discussed, enabling students to understand the tone, structure, and clarity required for professional communication. The session was highly interactive, featuring real-life examples, open discussions, and engaging activities that encouraged active student participation and made the learning experience relatable and meaningful. Students showed keen interest, asked thoughtful questions, and gained valuable insights into corporate culture and expectations. The overall atmosphere of the session was engaging and informative, helping students build confidence, self-awareness, and clarity about their career readiness.

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Wednesday, 17/12/2025 03:20 PM GMT+05:30
Note : Captured by GPS Map Camera

Event Details	
Event/Session Name	Health Checkup for Children at Dew Drops
Event/Session Date	18-December-2025
Venue	Dew Drops Creche, Chitkara University
Organizers	Office of Administration in collaboration with Chitkara School of Nursing
Resource Person	Capt. Ravinder Singh, Asst. Director Mr. Gurjeet Singh, Manager
SDGs Covered	3

Overview

With a continued focus on nurturing the health and well-being of its youngest members, the Office of Administration, in collaboration with the Chitkara School of Nursing, organized a Health Check-up Camp at Dew Drops on 18 December 2025. The initiative aimed to monitor early health indicators among children of different age groups while promoting awareness of healthy habits among caregivers.





Scope of the Health Check-up

A trained team of nursing faculty and students from the Chitkara School of Nursing carried out comprehensive health assessments for the children. The check-up included height and weight measurements, vision screening, basic dental examination, and overall physical fitness evaluation. Each child was attended to individually in a calm, friendly, and supportive environment to ensure comfort and cooperation.

Child-Friendly Assessment Approach

Special care was taken to make the health check-up a positive experience for the children. The nursing team engaged them through gentle interaction, playful communication, and reassuring gestures, helping reduce anxiety and build trust. This approach transformed the check-up into an engaging and confidence-building activity rather than a clinical routine.

Health Awareness and Preventive Care

Alongside the assessments, emphasis was placed on instilling basic health and hygiene awareness. Simple messages related to cleanliness, personal care, and healthy habits were conveyed in an age-appropriate manner. Parents and caregivers were also guided on the importance of balanced nutrition, regular health monitoring, and early identification of potential health concerns.



Conclusion

The Health Check-up Camp at Dew Drops served as a meaningful step toward promoting preventive healthcare and early health awareness among young children. Through professional expertise, compassion, and coordinated efforts, the initiative reaffirmed Chitkara University's commitment to fostering a safe, healthy, and nurturing environment for the next generation.









Event Details	
Event Name	Role Play
Topic	Exclusive Breast Feeding
Date	18th December, 2025
Mode	Offline
Venue	Mata Kaushalya Hospital
Organizer Name	Ms. Deeksha Sharma (Assistant professor), Dr. Ashok (Assistant Professor, CSHS, Chitkara University, Punjab.
No. of Participants	28
SDG No	2,3,4
SDG Details	SDG 2: Zero hunger SDG 3: Good Health and Well-being SDG 4: Quality education
PO	PO2, PO3, PO4, PO5

Objective

- Educate mothers, families, and communities about the importance of exclusive breastfeeding for the first six months.
- Highlight benefits such as improved immunity, reduced infant morbidity/mortality, and optimal growth.
- Train healthcare providers (nurses, students, and staff) in effective counselling techniques through simulated scenarios.
- Build confidence in addressing common challenges like cultural barriers, misconceptions, and formula marketing influences.
- Encourage mothers to adopt and sustain exclusive breastfeeding practices.
- Demonstrate practical solutions for common issues (e.g., latching difficulties)

During the clinical posting of 5th semester at Mata Kaushalya Hospital for the subject child Health Nursing-I, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a Role Play on Exclusive Breast Feeding on 18th December,2025. The event aimed to encourage students to Educate mothers, families, and communities about the importance of exclusive breastfeeding for the first six months. Highlight benefits such as improved immunity, reduced infant morbidity/mortality and exploring their creative potential, skills by demonstration. Breast milk contains the perfect balance of proteins, fats, carbohydrates, vitamins, and minerals needed for the baby's growth and development in the first six months. No additional food or water is required. Rich in antibodies that protect infants against infections like diarrhea, pneumonia, and respiratory

illnesses. Reduces infant mortality and hospital admissions. Always clean, safe, and available, especially important in areas with poor sanitation or unsafe water supplies. The role plays successfully combined education, creativity, and awareness, reinforcing the idea that every child deserves balanced nutrition through exclusive breastfeeding. It served as a vital educational tool, contributing to early identification of breastfeeding challenges and promoting preventive pediatric care. Students showcased excellent teamwork and creativity in designing realistic scenarios. Their efforts reflected a deep understanding of the subject while demonstrating remarkable counselling skills. The role plays fostered essential skills beyond academic knowledge. Students demonstrated effective communication, empathy, and problem-solving while addressing common breastfeeding challenges such as latching difficulties and misconceptions about milk insufficiency. By involving caregivers and family members in role play, the activity reinforced the supportive role of families in sustaining exclusive breastfeeding. The dramatization helped dispel myths and encouraged positive behavioral change. The event was a resounding success, leaving a lasting impact on both participants and spectators. It aligned with the academic goals of the nursing curriculum and contributed to holistic learning through experiential engagement. The Department of Nursing at Mata Kaushalya Hospital looks forward to organizing more such engaging and educational role plays in the future, continuing its commitment to promoting maternal-child health awareness and skill development among students.

Outcomes

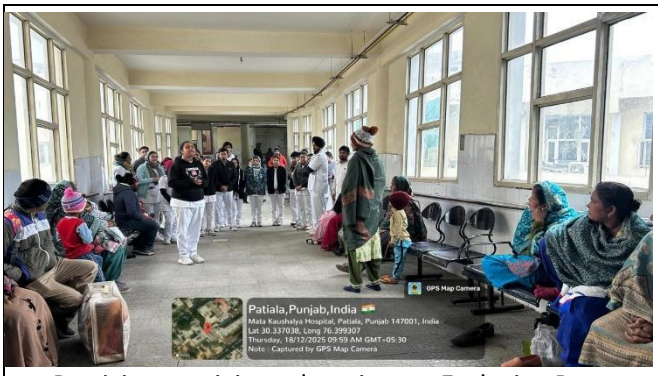
1. Encouraged Creative Expression
2. Enhanced Awareness of Exclusive Breastfeeding
3. Fostered Confidence and Teamwork
4. Developed Decision-Making and Communication Skills
5. Inspired Future Participation in Health Education Activities



Students giving education on Exclusive Breast Feeding by Role Play on 18th December, 2025



Students highlighting the benefits of Exclusive Breast Feeding by Role Play on 18th December, 2025

 Participants giving education on Exclusive Breast Feeding by Role Play on 18th December, 2025	 Students giving awareness on Exclusive Breast Feeding by Role Play on 18th December, 2025
 Students giving education on Exclusive Breast Feeding by Role Play on 18th December, 2025	 Group photo with participants of role play on 18/12/2025 at Mata Kaushalya hospital Patiala

Event Details	
Event Name	Nukkad Natak Awareness
Topic	Complementary Feeding
Date	18th December, 2025
Mode	Offline
Venue	Mata Kaushalya Hospital
Organizer Name	Dr. Ashok Bairwa (Assistant professor), Ms. Deeksha Sharma (Assistant professor), CSHS, Chitkara University, Punjab.
No. of Participants	28
SDG No	2,3,4
SDG Details	SDG 2: Zero hunger SDG 3: Good Health and Well-being SDG 4: Quality education
PO	PO2, PO3, PO4, PO5

Objective

o Raise awareness about the importance of introducing safe, age-appropriate complementary foods after six months, while continuing breastfeeding.
o Emphasize improved immunity, reduced risk of malnutrition, and optimal growth when complementary feeding is practiced correctly
o Enable nurses, students, and staff to practice effective counselling techniques through dramatized scenarios, focusing on complementary feeding challenges.
o Equip learners to handle cultural barriers, misconceptions (e.g., giving water or junk food too early), and marketing influences of processed foods.
o Motivate mothers to sustain breastfeeding while introducing nutrient-rich complementary foods like cereals, pulses, fruits, and vegetables.
o Use dramatization to dispel myths such as "only milk is enough after six months" or "packaged foods are better."

During the clinical posting of 5th semester at Mata Kaushalya Hospital for the subject child Health Nursing-I, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a Nukad Natak on Complementary Feeding on 18th December,2025. The event aimed to encourage students to Educate mothers, families, and communities about the importance of complementary feeding. Highlight benefits such as improved immunity, reduced infant morbidity/mortality, and optimal growth. Complementary feeding is important as by 6 months, breast milk alone cannot provide enough energy, protein, iron, zinc, and vitamins for rapid growth.

Complementary foods bridge this nutritional gap and prevent deficiencies. Supporting Growth and Development The period from 6–23 months is a window of opportunity for physical and cognitive development. Proper complementary feeding reduces risks of stunting, wasting, and undernutrition. Nutritious complementary foods enhance immunity, reducing vulnerability to diarrhea, pneumonia, and anemia. Safe food preparation and hygiene practices lower infection risks. Introducing a variety of family foods (cereals, pulses, fruits, vegetables, eggs, dairy) ensure balanced nutrition. Early exposure to diverse tastes helps establish healthy eating habits. Proper complementary feeding leads to: Better school performance and productivity in adulthood. Lower risk of chronic diseases later in life. Improved overall health and well-being. Students enacted realistic scenarios depicting common challenges: Misconceptions like "breast milk alone is enough after 6 months." Cultural myths discouraging certain foods. Practical issues such as refusal to eat or improper consistency of food. The key highlight of Nukad Natak was the start of complementary feeding at 6 months while continuing breastfeeding. Introduce soft, mashed, and nutrient-rich foods (cereals, pulses, fruits, vegetables). Ensure hygiene and safe preparation of food to prevent infections. Avoid delayed initiation or reliance on packaged/junk foods. Highlight the role of family support in sustaining healthy feeding practices. The event was a resounding success, leaving a lasting impact on both participants and spectators. It aligned with the academic goals of the nursing curriculum and contributed to holistic learning through experiential engagement. The Department of Nursing at Mata Kaushalya Hospital looks forward to organizing more such engaging and educational Nukkad Natak in the future, continuing its commitment to promoting maternal-child health awareness and skill development among students.

Outcomes

- Encouraged Creative Expression
- Enhanced Awareness of Complementary Feeding
- Fostered Confidence and Teamwork
- Developed Decision-Making and Communication Skills
- Inspired Future Participation in Health Education Activities



Participants are conducting Nukkad Natak for general awareness about weaning on 18-12-2025



Participants are conducting Nukkad Natak for general awareness about weaning on 18-12-2025



Participants are conducting Nukkad Natak for general awareness about weaning on 18-12-2025



Participants are conducting Nukkad Natak for general awareness about weaning on 18-12-2025



Participants are conducting Nukkad Natak for general awareness about weaning on 18-12-2025



Group photo of participants conducted Nukkad Natak on 18/12/2025 at Mata Kaushalya Hospital, Patiala

Event Details	
Event Name	4th Optometry and Vision Science Symposium (OVS–2025)
Date	19th–20th December 2025
Venue	Einstein Hall, Galileo Chitkara University Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Prof. Dr. Aditya Goyal – President, ASCO India & Principal, Sankara Vision Academy Dr.Krupa Philip – Project Manager, The George Institute for Global Health, Sydney Dr.Kalpa Negiloni – Deputy Head, Clinical Research, Remidio, Bengaluru Dr.Mahendra Singh – Founder & Consultant Optometrist, Mahendra Eye Plus Mr.Govind Tripathi – Professional Services, Bausch & Lomb Dr.Damanjot Singh – Founder & Consultant Optometrist Ms. Evangeline Rajathi – Training Program Lead, Carl Zeiss Vision Care Mr.Sushil Bhatt – Senior Optometrist, PGIMER, Chandigarh Dr.Sushil Narang – Dean, Department of Artificial Intelligence, Chitkara University Ms.Jaya Singh – Manager, VisionSpring Foundation Mr. Madan Kumar – Founder & CEO, Neurapy
Number of Participants	112 (Students and Faculty)
SDG Number	3,4, 9,17
Duration	840 minutes

Description

The Department of Optometry, Chitkara School of Health Sciences, successfully organized the 4th Optometry and Vision Science Symposium (OVS–2025) **on** 19th and 20th December 2025 at Chitkara University.



The symposium brought together students, academicians, clinicians, researchers, and industry experts to foster academic excellence and clinical innovation in the field of optometry and vision science. The first day of the symposium featured pre-symposium workshops, poster exhibitions, and an optometry quiz. Participants actively engaged in hands-on learning sessions focusing on **low** vision practice and smart dispensing**,** along with interactive academic activities designed to promote critical thinking and practical clinical application. The second day commenced with ceremonial lamp lighting, followed by keynote lectures on specialty optometry**,** public health optometry**,** AI-powered ocular imaging, and the role of artificial intelligence in transforming optometry practice. Industry sessions highlighted recent innovations in optical solutions and vision therapy, strengthening academia–industry collaboration. A panel discussion on the future of Indian optometry and a research blitz session further enriched the academic discourse. Overall, OVS–2025 served as a dynamic platform for knowledge exchange, professional networking, and the advancement of optometry education and clinical practice.

The event encouraged research orientation, critical thinking, and industry interaction, thereby supporting innovation, entrepreneurship, and evidence-based clinical practice among students and faculty.






CHITKARA UNIVERSITY

Event Details	
Event Name	Community Extension And Outreach Activity
Topic	Screening And Awareness Talk On Ncds
Date	19-12-2025
Mode	Offline
Venue	Uphc, Rajpura
Organizer Name	Ms. Reepika
No. Of Participants	3
SDG No.	SDG 3: Good Health And Well-Being, SDG 4: Quality Education SDG 11: Sustainable Cities and Communities
Po	Po1, Po2, Po3

OBJECTIVE

1. To conduct integrated community-based screening for major non-communicable diseases (NCDs) among the urban population.
2. To create awareness regarding prevention, early detection, and control of NCDs such as diabetes, hypertension, respiratory diseases, oral health problems, and lifestyle-related disorders.
3. To promote healthy lifestyle practices including balanced diet, physical activity, and avoidance of tobacco and alcohol.
4. To provide hands-on community exposure to nursing students in screening and health education activities.
5. To strengthen community participation in NCD prevention and health-seeking behavior.

DESCRIPTION

An Integrated Community-Based Screening and Awareness Initiative for Non-Communicable Diseases (NCDs) was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, on 19th December 2025, from 10:00 a.m. onwards at UPHC, Rajpura, Punjab. The programme aimed to address the growing burden of NCDs through early screening and health awareness at the community level.The initiative included screening for blood pressure, blood glucose levels, respiratory health assessment, oral health screening, and identification of lifestyle risk factors, screening for breast and cervical cancer. Health education sessions were conducted focusing on healthy diet, regular physical activity, stress management, and avoidance of harmful habits such as smoking and alcohol consumption. Nursing students actively participated in screening procedures under supervision, while also educating community members using simple and culturally appropriate

communication. The programme emphasized preventive healthcare and early referral for identified risk cases. Interactive counselling sessions helped community members understand their screening results and the need for follow-up care. Individuals identified with abnormal findings were counselled and referred to appropriate healthcare services for further evaluation and management.The programme emphasized preventive healthcare, early diagnosis, and empowerment of the community to take responsibility for their own health. The initiative also strengthened the practical competencies of nursing students in community health assessment, communication, teamwork, and ethical practice.

Outcomes

1. A significant number of community members were screened for common non-communicable diseases, enabling early identification of health risks.
2. Awareness regarding lifestyle modification and preventive measures for NCDs was enhanced among the community.
3. Nursing students gained practical exposure to community-based screening, patient interaction, and health education.
4. The programme strengthened collaboration between academic institutions and public health facilities.
5. Community members were motivated to adopt healthier lifestyles and seek timely medical consultation.





Students assisting staff for cervical cancer at UPHC, Rajpura on 19/12/2025





Student giving awareness talk on NCD to Community on 19/12/2025





Students screening individuals for B.P. Monitoring, Glucose Monitoring, Hb Estimation on 19/12/2025

Event Details	
Event Name	Value added course
Topic	"HIV/AIDS & ART Training for Nurses"
Date	22nd December-29th December, 2025
Mode	Offline
Venue	GB 206, Galileo block, Chitkara University, Punjab
Organizer Name	Ms. Gagandeep Kaur, Associate Professor, Department of Nursing, CSHS, Chitkara University, Punjab
Resource Persons	Dr. Manu Kohli, Professor, Department of Nursing, CSHS Dr. Sawroop Dhillon, Associate Professor, Department of Nursing, CSHS Ms. Eenu, Associate Professor, Department of Nursing, CSHS Ms. Timsy, Associate Professor, Department of Nursing, CSHS Ms. Annu, Associate Professor, Department of Nursing, CSHS Ms. Kanu Mahajan, Assistant Professor, Department of Nursing, CSHS Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, CSHS Ms. Kanika Sharma, Assistant Professor, Department of Nursing, CSHS Ms. Jigyasha Sharma, Assistant Professor, Department of Nursing, CSHS Ms. Priya Thakur, Assistant Professor, Department of Nursing, CSHS Ms. Keerat Kaundal, Assistant Professor, Department of Nursing, CSHS Ms. Kritika Joshi, Nursing Tutor, Department of Nursing, CSHS Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS Ms. Priyanka Thakur, Nursing Tutor, Department of Nursing, CSHS Ms. Preetika, Nursing Tutor, Department of Nursing, CSHS Ms. Anjali, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	60
SDGs	3, 4, 17

Objective

- To provide up-to-date information on HIV/AIDS epidemiology, diagnosis & disease progression.
- To educate regarding the stigma, discrimination and prevention of HIV/AIDS.
- To provide the knowledge regarding parents to child transmission of AIDS.
- To educate about symptomatic management of opportunistic infections.
- To make participants aware regarding ART therapy & palliative care for HIV/AIDS patients.

Education always plays a vital role in the management of HIV/ AIDS. So, to provide education, support and strengthen the National Health System to eradicate AIDS, Department of Nursing, Chitkara School of Health Sciences organized a 6 days Value added course on "HIV/ AIDS & ART Training for Nurses" from 22nd December-29th December 2025, 60 students participated in this course. This Value added course was organized by Ms. Lakshita Nursing Tutor Chitkara School of Health Sciences, Ms. Keerat Assistant Professor Chitkara School of Health Sciences, Ms. Gagandeep Kaur, Associate Professor Chitkara School of Health Sciences. The workshop highlighted the magnitude, epidemiology, preventive aspects, management, ART and ICTC in both Adult and Pediatric HIV. Participants also shared their experience of providing care to these patients. To further strengthen the knowledge gained in course, an educational visit to ICTC in Civil Hospital, Rajpura that inculcated the practical aspects of ART and counseling sessions being planned for the patients. The course in all enhanced the capacity among the future Nurses in building need-based assessment and management of people living with HIV (PLHIV)

Outcomes

1. The Value added course provided comprehensive information on diagnosis and management of HIV/AIDS so Participants improved their ability to deliver quality care to HIV/AIDS patients.
2. The Value added course provided knowledge about prevention of HIV/AIDS so the nurses can educate the patients about HIV prevention strategies.
3. Trained nurses can help the patient to reduce stigma associated with HIV/AIDS by improving understanding about disease.
4. Trained nurses can help the patient for identification of signs & symptoms and encourage the patient for regular testing.



Students attending the session during the "Training of Nurses on HIV/ AIDS & ART" on 22nd December, 2025



Students attending the session during the "Training of Nurses on HIV/ AIDS & ART" on 22nd December, 2025



Students went for visit at AP Jain Hospital for "Training of Nurses on HIV/ AIDS & ART" on 24th December, 2025



Students went for visit at AP Jain Hospital for "Training of Nurses on HIV/ AIDS & ART" on 24th December, 2025



Group photo after the completion of workshop on "Training of Nurses on HIV/ AIDS & ART"



Students attending the session during the "Training of Nurses on HIV/ AIDS & ART" on 23rd December, 2025

Event Details	
Event Name	CSR Activity
Topic	Mindfulness meditation
Date	23.12.2025
Mode	Offline
Venue	District deaddiction & Rehabilitation Centre, Mohali, Punjab
Organizer Name	Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Kanika Guleria, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	05
Number of impacted people	15
SDG No.	SDG 3: Good Health and Wellbeing SDG10: Reducing Inequalities SDG 17: Partnerships for the goals

Objective

1. To help patients observe cravings, thoughts, and emotional triggers without reacting automatically, reducing impulsive substance use.
2. To teach patients to manage difficult emotions (stress, anger, guilt, anxiety, depression) in a healthy way instead of using substances to cope.
3. To lower physiological stress responses and promote calmness, improving overall mental and physical well-being.
4. To strengthen the ability to pause, reflect, and make conscious choices, supporting long-term recovery and preventing relapses.

Description

On World Meditation Day, a Mindfulness Based Meditation program was organized on December 23, 2025, at the District De-addiction and Rehabilitation Centre, Phase 66, Mohali. The event was conducted by the Department of Nursing, Chitkara University, Punjab, with the aim of promoting mental well-being and supporting recovery among in-patients undergoing treatment for substance dependence. The program began with a brief introduction highlighting the importance of meditation in managing stress, emotional instability, and cravings—common challenges faced during the recovery process. The facilitators explained the concept of mindfulness as the practice of being fully present in the moment without judgment. Patients were encouraged to observe their thoughts and feelings calmly rather than reacting impulsively. A guided mindfulness meditation session was conducted, focusing on deep

breathing, body awareness, and grounding techniques. Participants were gently led to concentrate on their breath, bodily sensations, and surrounding sounds, helping them cultivate awareness and inner calm. The session created a peaceful and supportive environment within the centre, allowing patients to experience relaxation and mental clarity. The program also included an interactive discussion where patients shared their experiences and reflections. Many participants expressed feelings of reduced anxiety, improved concentration, and a sense of emotional balance after the session. The facilitators emphasized how regular mindfulness practice can enhance self-control, reduce cravings, and strengthen relapse prevention skills. Overall, the event was successful in spreading awareness about the benefits of meditation in addiction recovery. It reinforced the importance of holistic care approaches in rehabilitation settings, contributing positively to the patients' journey toward sustained recovery and improved quality of life.

Outcomes

- Patients develop better awareness of their thoughts, cravings, and emotional triggers without immediately reacting to them.
- Patients show improved ability to manage stress, anxiety, anger, and other difficult emotions in healthy ways.
- Patients experience reduced intensity and frequency of cravings for substances.
- Patients demonstrate improved self-control and decision-making skills, leading to reduced risk of relapse.





Students of M.Sc Nursing 1st year Performing Mindfulness Meditation at District deaddiction & Rehabilitation Centre on 23/12/2025





Patients Performing Mindfulness Meditation at District deaddiction & Rehabilitation Centre on 23/12/2025





Patients wrote gratitude notes and group photograph with staff of District deaddiction & Rehabilitation Centre on 23/12/2025

Event Details	
Event Name	"Bridging Knowledge to Practice: Internship Orientation for Nutrition & Dietetics Students"
Date	24th December 2025
Venue	Online
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Dr. Sonika Bakshi, Dean, CSHS 2. Dr. Nancy Sahni, Chief Dietitian and Head, Department of Dietetics, PGIMER, Chandigarh 3. Mr. BN Behra, Senior Dietitian, Department of Dietetics, PGIMER, Chandigarh 4. Dr. Kamna Bhati, Dietician, Department of Dietetics, All India Institute of Medical Sciences (AIIMS), Bathinda 5. Dr. Navita Gupta, Assistant Dean, Learning & Development, CSHS
Number of Participants	21
SDG Number	3,4
Duration	3 hours

Description of Event

The pre-internship online orientation titled "Bridging Knowledge to Practice: Internship Orientation for Nutrition & Dietetics Students" was conducted on 24th December 2025 to equip students with the knowledge, skills, and professional readiness required for internship training. The program began with a welcome note by Dr. Smita Singh, Assistant Professor, CSHS, followed by an overview of the internship orientation module delivered by Dr. Sonika Bakshi, Dean, CSHS, who outlined the objectives, structure, and expected outcomes of the program.

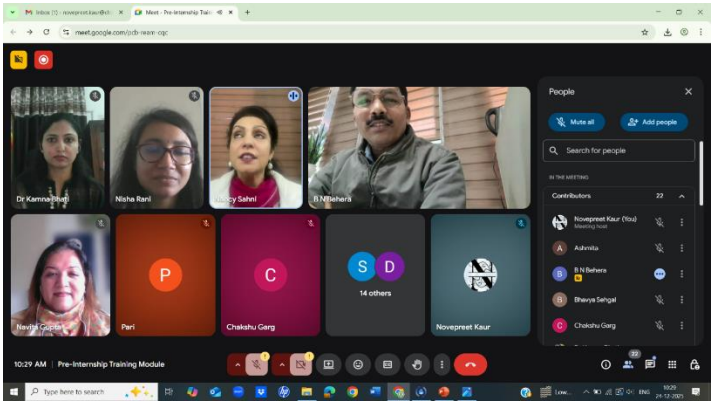
A series of expert sessions enriched the orientation. Dr. Nancy Sahni, Chief Dietitian and Head, Department of Dietetics, PGIMER, Chandigarh, addressed professional ethics, hospital protocols, patient rights, confidentiality, and teamwork in healthcare settings. Mr. B. N. Behra,

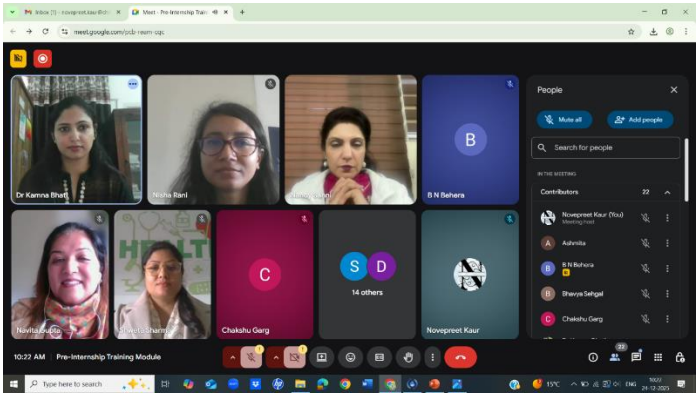
Senior Dietitian, PGIMER, Chandigarh, guided students on diet planning for common clinical conditions, documentation practices, and logbook writing.

Dr. Kamna Bhati, Dietician, AIIMS, Bathinda, delivered an interactive session on nutritional assessment tools, anthropometry, biochemical parameters, dietary assessment methods, and effective counseling techniques.



The orientation concluded with a session on understanding the internship policy document by Dr. Navita Gupta, Assistant Dean, Learning & Development, CSHS, clarifying roles, responsibilities, and evaluation criteria, followed by a vote of thanks by Dr. Shweta Sharma, Assistant Professor, CSHS. The event effectively bridged academic learning with professional practice and enhanced students' internship preparedness.





Event Details	
Event/Session Name	Session on Disaster Management by Er. Nitika Singla
Event/Session Date	27-December-2025
Venue	Exploratorium, Chitkara University
Organizers	Office of Administration
Resource Person	Er. Nitika Singla, Disaster Management Professional, Centre for Disaster Management (CDM) MGSIPA, Govt. of Punjab Chandigarh
No. of Participants	440 (Team Administration and Supporting Staff)
SDGs Covered	3,9,11,13

Overview

In line with its proactive approach toward campus safety, preparedness, and staff welfare, the Office of Administration, Chitkara University, organized an Emergency Disaster Management Awareness and Training Session for the administration team. The session witnessed active participation from Administrative Managers, Building Supervisors, and Supporting Staff, reinforcing the administration's commitment to building a resilient, well-informed, and responsive workforce. The session was attended and supported by Sqn. Ldr. (Dr.) Rina Angel, Vice President – Infrastructure Enhancement & Chairperson, Centre of Excellence for Sustainability, whose presence further emphasized the importance of disaster readiness as an integral part of institutional governance.

Expert Session on Disaster Preparedness

The session was conducted by Er. Nitika Singla, a Disaster Management Professional, known for her extensive work in disaster risk reduction, emergency preparedness, and community resilience. Drawing from her professional experience and real-life incidents,





she delivered an engaging and highly impactful session focusing on earthquake and fire disaster preparedness. She clearly explained the difference between a hazard and a disaster, emphasizing that while hazards may be natural or accidental, disasters occur due to lack of preparedness and response. Through animated visual aids and scenario-based demonstrations, participants were trained on how to respond calmly, evacuate safely, and assist others during emergencies.

Practical Training & Safety Techniques

A major highlight of the session was the hands-on demonstration of the internationally recommended "Drop, Cover, and Hold On" technique, conducted live in the auditorium. Participants were trained on correct posture, positioning, and response timing during earthquake situations.

For fire emergencies, the expert stressed the importance of moving towards open spaces, avoiding panic, and immediately calling for help, while maintaining awareness of exit routes.

Learning Beyond Protocols

Beyond technical safety measures, Er. Nitika Singla emphasized the dangers of partial knowledge, sharing a compelling analogy on responsible





She also shared a personal experience from Bangkok, where she successfully applied disaster response principles during an earthquake while attending an international event to receive the Women Leaders Award South Asia – UGC NET Disaster Management (2024).
This real-world example strongly reinforced the relevance of preparedness training.
The session further highlighted regional risk insights, noting that Punjab and Chandigarh fall under high seismic sensitivity zones, ranking among areas with increased earthquake vulnerability in the coming yearsmaking such preparedness initiatives timely and essential.

Impact and Key Takeaways

- Enhanced awareness among administrative teams on disaster preparedness and evacuation protocols
- Improved confidence in handling earthquake and fire emergencies
- Reinforced importance of team coordination, calm response, and correct information
- Strengthened the Office of Administration's leadership role in campus safety planning
- Participants actively engaged throughout the session, reflecting strong institutional readiness to adopt safety practices across buildings and workspaces.

Conclusion

The session marked a significant step in strengthening Chitkara University's emergency preparedness framework, driven by the Office of Administration's foresight and leadership. By equipping administrative teams with practical skills, expert insights, and real-life learnings, the initiative reinforced a culture of safety, responsibility, and preparedness.



Event Details	
Event/Session Name	Appreciation Awards for Support Staff
Event/Session Date	30-December-2025
Venue	Exploratorium, Chitkara University
Organizers	Office of Administration
Resource Person	Sqn. LDR. (Dr.) Rina Angel, Vice President – Infrastructure Enhancement and Chairperson, Centre of Excellence for Sustainability
No. of Participants	113 (Team Administration, Supporting Staff & ICS Support Staff)
SDGs Covered	3,8,11

Overview



The Office of Administration organized the Swachhta Warriors Appreciation Awards Ceremony on 30 December 2025 at the Exploretorium to recognize the dedication and consistent efforts of supporting staff who contribute tirelessly to maintaining a clean, safe, and healthy campus environment. This event served as the formal recognition platform for the **Swachhta Warriors initiative conducted on 12 July 2025**, marking the culmination of the efforts undertaken during the cleanliness and hygiene drive across the campus. The event provided an opportunity to formally acknowledge the sustained dedication and discipline demonstrated by supporting staff members over the subsequent months. By institutionalizing this recognition through quarterly appreciation, the **Office of Administration** reinforced the importance of consistency, accountability, and pride in maintaining a clean and healthy campus environment.





Recognition Period

Appreciation certificates were awarded to supporting staff members nominated for their exemplary performance during two evaluation cycles:

- **Quarter I:** July – September
- **Quarter II:** October – December

The quarterly recognition approach reinforced sustained commitment to cleanliness, discipline, and service excellence across campus facilities.

Ceremony Highlights

The awards ceremony was held in a dignified and celebratory setting at the Exploretorium. Certificates of appreciation were presented to deserving staff members in acknowledgment of their dedication, punctuality, teamwork, and adherence to Swachhta standards. The event highlighted the invaluable role of supporting staff as the backbone of campus operations.



Refreshments & Informal Interaction

To conclude the ceremony on a warm and inclusive note, refreshments were arranged for all awardees and attendees. This informal interaction fostered a sense of belonging and collective pride, allowing staff members to engage, celebrate their achievements, and share moments of camaraderie in a relaxed setting. The gesture further reflected the **Office of Administration's** people-centric approach and commitment to employee welfare.

Conclusion

The Swachhta Warriors Appreciation Awards Ceremony stood as a meaningful extension of the Clean and Green Campus Initiative, celebrating everyday excellence and reinforcing the university's commitment to sustainability, well-being, and collective responsibility. Through such initiatives, the Office of Administration continues to lead by example in building a motivated and service-driven workforce.







Event Details	
Event Name	Career Counselling
Topic	Expert session on international opportunities for nurses
Date	30th December, 2025
Venue	Einstein Hall, Galileo Block, Chitkara University, Punjab
Organizers	Ms. Vijyeta Bhasin
No. of Participants	40
Under SDG no.	03, 17
SDG Details	03-Good health and wellbeing, 17 (Partnership for the goals)

Objective

1. To provide an overview of international career options, demand regions, and healthcare systems for nurses.
2. Explain key requirements such as qualifications, language tests, licensing exams, and credential verification.
3. To Discuss professional development, salary prospects, work culture, and long-term career growth abroad.
4. Share practical steps, timelines, and expert tips for successful overseas placement and transition.

An expert session on International Opportunities for Nurses was organized by Department of Nursing on 30th December 2025 in collaboration with Highskilled Global and Loveleen Gill, Immigration Canada for students**.** The session aimed to create awareness about global career pathways and equip nursing students with essential knowledge to pursue international careers. The experts provided detailed insights into the growing global demand for nurses, highlighting key destination countries such as Canada, the UK, Australia, New Zealand, and the Middle East. Students were guided through eligibility criteria, required qualifications, language proficiency tests (IELTS/OET), licensing processes, and credential assessment procedures. Special emphasis was placed on Canadian nursing pathways, immigration programs, and permanent residency options. The session also addressed important aspects such as salary structures, work environments, cultural adaptation, ethical practices, and long-term career growth abroad. Real-life examples and professional experiences shared by the experts helped students gain a practical understanding of challenges and opportunities in international nursing careers. Additionally, the experts outlined step-by-step guidance on application procedures, documentation, timelines, and common mistakes to avoid. Students actively participated in the interactive discussion and clarified their doubts regarding exams, visa processes, and overseas placements. Overall, the session was highly informative and motivating.

It empowered students with clarity, confidence, and direction to plan their international nursing careers strategically, making it a valuable learning experience aligned with their professional aspirations.

Outcomes

1. Participants gained a clear understanding of global career opportunities and high-demand countries for nurses.
2. They understood eligibility criteria, licensing processes, and key requirements for working abroad.
3. They were able to evaluate career benefits, challenges, and professional growth prospects internationally.
4. They were prepared with practical steps and strategies to pursue international nursing opportunities confidently.





Ms. Loveleen Gill discussing with students about global career pathways in Expert Session on 30th December 2025





Students attending Expert Session- International opportunities for nurses on 30th December, 2025





Event Details			
Event	Blanket Distribution Drive		
Date/Time	14th-Jan-2026/1400 Hrs onwards	Mode:	Offline
Location	Chitkara Laundry (Behind Hostels), CUPB		
Activity In-Charge	Er. Jasjeet Suri		
No. of Participants:	25 Cadets + 10 Faculty Members		
Resource Person (if any)	----------		
SDG	1 – No Poverty, 3 – Good Health & Well Being		

Report on Blanket Distribution Drive



The Chitkara University School of Maritime Studies (CUSMS) organized a Blanket Distribution Drive on 14 January 2026 at Chitkara Laundry (Behind Hostels), CUPB, as part of its ongoing commitment to social responsibility, community engagement, and humanitarian service. The initiative was actively supported and carried out by faculty members with enthusiastic participation from the cadets of CUSMS. During the winter season, the region experiences extremely cold weather conditions, which become particularly harsh for economically weaker sections of society. Many labourers working in agricultural fields, daily wage workers, security personnel, and poor farm labourers remain exposed too cold for long hours and often lack adequate clothing or resources to protect themselves. Recognizing this pressing social concern, the CUSMS fraternity identified the need for immediate assistance and decided to organize a blanket distribution drive to provide warmth and relief to the affected individuals. The drive was carefully planned in advance through the collective efforts of faculty members and cadets. Funds and resources were mobilized internally, reflecting a strong sense of unity and shared responsibility within the CUSMS family. Cadets played a significant role in planning logistics, identifying beneficiaries, coordinating with local workers, and ensuring that the distribution process was smooth, dignified, and well organized. The blanket distribution activity commenced at 1400 hrs onwards at the designated location, with faculty members supervising the activity and cadets actively assisting in organizing and distributing the blankets. Approximately 150–200 blankets were distributed to laborers working in nearby fields and surrounding areas in a

disciplined and orderly manner, ensuring fair access and respectful interaction with the beneficiaries. The recipients expressed gratitude and appreciation for the timely assistance provided during the peak winter season.

Throughout the activity, the cadets demonstrated exceptional enthusiasm, leadership, teamwork, and empathy. Their involvement in planning, organizing, and execution helped them understand the importance of social service beyond academic learning.

The drive had a meaningful and positive impact on the local community by providing immediate relief from the cold and strengthening the bond between the university and the surrounding community. For the cadets, the initiative served as a practical lesson in compassion, civic duty, and ethical responsibility. Overall, the Blanket Distribution Drive was successfully conducted and met its intended objectives, highlighting the institute's dedication to community welfare and reinforcing the values of service, empathy, and social responsibility among cadets, while contributing to their holistic development.



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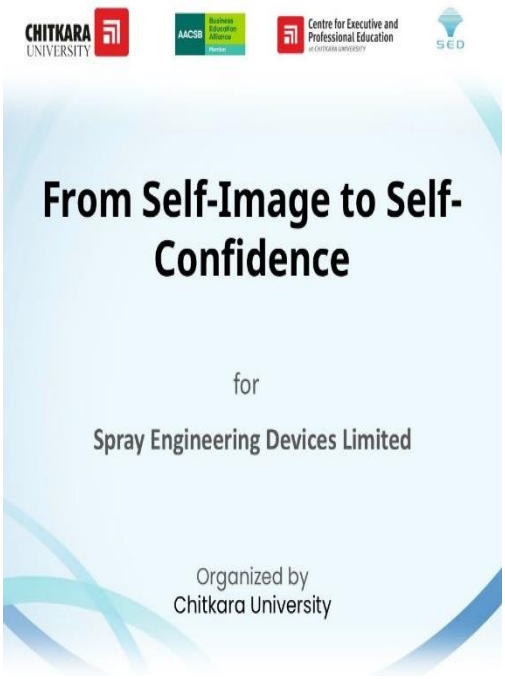
Event Details	
Event Type	Corporate Training
Topic	Self-Image To Self-Confidence
Date	2025-12-13 To 2025-12-13
Mode	Offline
Organizer Name	Mr. Manav Bansal
Resource Person	Mr. Manav Bansal, Chief Happiness Officer
No. Of Participants	15
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 8: Decent Work And Economic Growth
University Charter	Let's Educate Our Students for Brilliant Futures

Objective

1. To help participants understand the deep connection between self-image and self-confidence.
2. To introduce the four key pillars of inner growth: Self-Efficacy, Self-Worth, Self-Respect, and Self-Expectations.
3. To provide practical reflections and tools to strengthen belief systems and personal effectiveness.
4. To motivate participants to overcome self-doubt and develop a positive personality.



Description

The professional training program on From Self-Image to Self-Confidence was conducted for the staff and workers at Spray Engineering Devices, Baddi campus. The workshop focused on helping participants recognize how their internal perception shapes their confidence, behavior, mental health and overall performance. Through storytelling, relatable workplace examples, reflective exercises, and interactive engagement, the session emphasized that confidence is not something we wear externally —

it is built internally through awareness, belief, and self-valuation. Participants were encouraged to examine their inner dialogue and understand how self-image acts as the foundation upon which confidence is built. • Self-Efficacy: Participants explored the importance of believing in their capability to execute tasks and handle challenges. The discussion highlighted how consistent effort and small achievements strengthen confidence over time. • Self-Worth: The session emphasized understanding one's inherent value beyond performance or external validation. Participants reflected on how recognizing their worth enhances stability and resilience for productivity. • Self-Respect: Focus was placed on honoring personal boundaries, maintaining dignity in actions, and aligning behavior with values. The conversation encouraged treating oneself with fairness and compassion. • Self-Expectations: Participants examined how unrealistic or unclear expectations can affect performance and mindset. Practical guidance was provided on setting healthy, growth-oriented expectations. • Interactive Reflection: Open discussions and short reflective activities created an engaging and introspective learning environment. • Energizing Closure: The session concluded with a collective reinforcement of the core message — when self-image improves, confidence naturally strengthens.

Outcomes

1. Participants gained clarity on how internal perception influences workplace performance and personal growth.
2. Many shared insights about improving their self-talk and strengthening belief in their abilities.
3. Practical takeaways were provided to build self-efficacy and maintain healthy self-worth.
4. The overall atmosphere reflected enthusiasm, awareness, and a willingness to implement the learnings.






SELF WORTH


SELF WORTH

All India Inter-University Table Tennis Tournament (Men) – 02nd to 05th

January 2026

The AIU All India Inter-University Men's Table Tennis Tournament 2025–26 was successfully hosted at Chitkara University, witnessing high-octane matches, exemplary sportsmanship, and outstanding performances by university teams from across India.

The tournament commenced on 2nd January 2026 with a formal inaugural ceremony. The prestigious event was inaugurated by Lt Col Dr. Rakesh Sharma, Registrar, Chitkara University, and Dr. Prof. Sandeep Bhalla, AIU Observer, who encouraged the participants and highlighted the importance of sports in holistic student development.

Over the course of the championship, players showcased remarkable skill, discipline, and competitive spirit, making the tournament a true celebration of excellence in university-level table tennis. The event provided a valuable platform for young talent to compete at the national level and fostered camaraderie among participating institutions.

Final Standings

🥇 **First Place:** Chandigarh University

🥈 **Second Place:** Jain University

🥉 **Third Place:** Chitkara University

The successful conclusion of the tournament reinforced the commitment of Chitkara University towards promoting sports culture and providing quality platforms for competitive sports at the inter-university level.



Lt Col Dr. Rakesh Sharma, Registrar, Chitkara University; Dr. Prof. Sandeep Bhalla, AIU Observer; and Mr. Abhimanyu Gulati, Assistant Director Sports, during the inauguration of the All India Inter-University Table Tennis Tournament (Men) – (02.01.2026 to 05.01.2026)



Match action from the All India Inter-University Table Tennis Tournament (Men) - (02.01.2026 to 05.01.2026)



Match in progress during the All India Inter-University Table Tennis Tournament (Men) - (02.01.2026 to 05.01.2026)



Chitkara University player Payas Jain in action during the All India Inter-University Table Tennis Tournament (Men) - (02.01.2026 to 05.01.2026)



SDG Goals	SDG 3, (Good Health and Wellbeing)

Club Name	Happiness Club
Topic	Session On Happiness and Wellbeing
Date	19th January 2026
Time	2:00 PM To 4:00 PM
Venue	4th Floor, Escoffier Block
Number Of Attendees	66
Resource Person	Mr. Manav Bansal

Office of Student Life (OSL), Chitkara University organized an enriching and interactive session on Happiness and Well-being for the students of the Centre of Global Education, grounded in the globally recognized PERMA well-being model. The session thoughtfully explored the five core pillars—Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment—through reflective discussions and hands-on activities designed to promote holistic development. Students were actively engaged in understanding how positive emotions can enhance daily life, while meaningful engagement helps build focus and purpose. A lively segment on the Four Elements of Joy—singing, dancing, laughing, and playing created an atmosphere of enthusiasm and openness, encouraging students to step beyond their comfort zones and embrace challenges as opportunities for personal growth and happiness. Under the Relationships pillar, a gratitude activity allowed students to express heartfelt appreciation by calling or messaging their loved ones, reinforcing emotional bonds and fostering a sense of connection. The session also emphasized the importance of meaning and contribution, encouraging students to reflect on how small acts of service and kindness can create a lasting impact on their own well-being and that of others. Discussions on recent personal achievements helped students recognize their accomplishments and build self-confidence, while mindful practices introduced techniques to remain present and balanced in everyday life.





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Event Details			
Event	Blanket Distribution Drive		
Date/Time	14th-Jan-2026/1400 Hrs onwards	Mode:	Offline
Location	Chitkara Laundry (Behind Hostels), CUPB		
Activity In-Charge	Er. Jasjeet Suri		
No. of Participants:	25 Cadets + 10 Faculty Members		
Resource Person (if any)			
SDG	1 – No Poverty, 3 – Good Health & Well Being		

Report on Blanket Distribution Drive



The Chitkara University School of Maritime Studies (CUSMS) organized a Blanket Distribution Drive on 14 January 2026 at Chitkara Laundry (Behind Hostels), CUPB, as part of its ongoing commitment to social responsibility, community engagement, and humanitarian service. The initiative was actively supported and carried out by faculty members with enthusiastic participation from the cadets of CUSMS. During the winter season, the region experiences extremely cold weather conditions, which become particularly harsh for economically weaker sections of society. Many labourers working in agricultural fields, daily wage workers, security personnel, and poor farm labourers remain exposed too cold for long hours and often lack adequate clothing or resources to protect themselves. Recognizing this pressing social concern, the CUSMS fraternity identified the need for immediate assistance and decided to organize a blanket distribution drive to provide warmth and relief to the affected individuals.

The drive was carefully planned in advance through the collective efforts of faculty members and cadets. Funds and resources were mobilized internally, reflecting a strong sense of unity and shared responsibility within the CUSMS family. Cadets played a significant role in planning logistics, identifying beneficiaries, coordinating with local workers, and ensuring that the distribution process was smooth, dignified, and well organized.

The blanket distribution activity commenced at 1400 hrs onwards at the designated location, with faculty members supervising the activity and cadets actively assisting in organizing and distributing the blankets.

Approximately 150–200 blankets were distributed to laborers working in nearby fields and surrounding areas in a disciplined and orderly manner, ensuring fair access and respectful interaction with the beneficiaries. The recipients expressed gratitude and appreciation for the timely assistance provided during the peak winter season.

Throughout the activity, the cadets demonstrated exceptional enthusiasm, leadership, teamwork, and empathy. Their involvement in planning, organizing, and execution helped them understand the importance of social service beyond academic learning.

The drive had a meaningful and positive impact on the local community by providing immediate relief from the cold and strengthening the bond between the university and the surrounding community. For the cadets, the initiative served as a practical lesson in compassion, civic duty, and ethical responsibility. Overall, the Blanket Distribution Drive was successfully conducted and met its intended objectives, highlighting the institute's dedication to community welfare and reinforcing the values of service, empathy, and social responsibility among cadets, while contributing to their holistic development.






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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Voice Vibes
Topic	PUBLIC SPEAKING PROFILE
Date	19th 20th, 27th, 28th 29th January 2026
Time	11:00 am – 5:00 pm
Venue	Conference Room, Chitkara Happiness Centre
Number of Attendees	88
Resource Person	Ms. Ishika

Office of Student Life organised the first introductory activity session of its student-led club, VoiceVibe, with the aim of creating a supportive and encouraging platform for students to begin their public speaking journey. The session was designed to promote initial engagement and help participants take their first confident steps toward effective communication. During the activity, students filled out a structured form and introduced themselves in front of the group, sharing details such as their name, achievements, hobbies, interests, and personal aspirations. This exercise allowed students to express themselves openly while fostering familiarity and connection among peers. Presenting in a small and comfortable setting of approximately seven to eight participants helped reduce hesitation and anxiety, enabling students to speak more freely and confidently. A key aspect of the session was the emphasis on constructive peer feedback, where participants were encouraged to share supportive observations and suggestions. This process helped students understand the importance of clarity, body language, voice modulation, and overall presence while speaking in front of an audience. The interactive nature of the session created a positive learning environment, where students felt safe to experiment, make mistakes, and learn from one another. The activity also highlighted the value of active listening and mutual respect, strengthening peer bonds and encouraging collaborative growth. Overall, the session marked a meaningful and promising beginning for VoiceVibe, reflecting the club's commitment to nurturing communication skills, leadership qualities, and personal development among students.




Discover Your
P+E+R+M+A = Happiness
Positive Emotions
Relationship
STEP 01
STEP 02
STEP 03
STEP 04
Engagement


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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Self-Awareness And Independent Decision-Making: Defining Freedom Beyond Social Expectations
Date	21st January 2026
Time	1:20 PM to 3:00 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	230
Resource Person	Ms. Anand Darshana

Office of Student Life organised an insightful and reflective session titled “Self Awareness and Independent Decision Making: Defining Freedom Beyond Social Expectations” for the students, with the objective of nurturing self-awareness, emotional clarity, and conscious decision-making skills. The session was facilitated by Ms. Anand Darshana, an Inner Freedom Coach and a guide in mindfulness and inner awareness, whose calm presence and thoughtful approach created a safe and engaging learning environment. She introduced the concept of inner freedom as the ability to live with clarity, courage, and self-trust, encouraging students to move beyond societal expectations and external validation. Throughout the session, Ms. Darshana shared practical techniques to help students release the fear of failure, fear of judgment, and internal conflicts that often influence decision-making. She emphasized the importance of observing both bodily sensations and mental patterns while making choices, enabling students to align their decisions with inner awareness rather than external pressure. One of the key highlights of the session was a deeply relaxing mind–body meditation that gently guided students into a state of calmness and presence. This meditation allowed participants to experience inner stillness, emotional balance, and mental clarity, setting a positive tone for the day. Ms. Darshana also introduced a simple yet powerful decision-making technique that helps individuals assess whether a decision is right by mindfully observing bodily responses and mental reactions. The interactive nature of the session encouraged students to ask questions, which were addressed with patience and clarity, further deepening their understanding.


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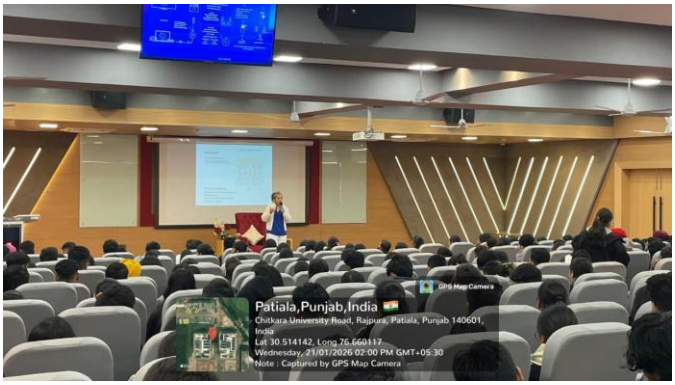
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Event Details	
Event Type	Expert Talk
Topic	Gender Sensitivity & Healthy Inter Gender Behaviour
Date	2026-01-21 To 2026-01-21
Mode	Offline
Venue	Lh-11 (Chitkara University Rajpura Punjab)
Organizer Name	Chitkara College Of Hospitality Management
Resource Person	Dr. Charanjeet Kaur, Hod
No. Of Participants	68
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 5: Gender Equality, SDG 10: Reduced Inequalities, SDG 16: Peace, Justice And Strong Institutions
PO Number(S)	PO2, PO6, PO7, PO9, PO12
University Charter	Let's Educate Our Students For Brilliant Futures, Let's Prepare Our Students For Industry, Let's Empower Our Students With Great Communication Skills, Let's Foster Civic Engagement In Our Students, Let's Install Discipline, Integrity And Honesty In Our Students

OBJECTIVE

1. To create awareness about gender sensitivity and respectful inter-gender behavior among students.
2. To promote understanding of gender equality and challenge existing stereotypes.
3. To encourage healthy communication, mutual respect, and emotional intelligence in social and professional interactions.
4. To sensitize students towards boundaries, consent, and appropriate conduct on campus.
5. To foster an inclusive, safe, and supportive learning environment within the university.

DESCRIPTION

Chitkara college of hospitality management successfully organized an awareness session titled Gender Sensitivity & Healthy Inter-Gender Behaviour" on 21st January 2026, from 3:00 PM to 4:00 PM, at LH-11, Escoffier Block. The session was conducted under the guidance of Dr. Charanjeet Kaur, Head of Department, Chitkara Nurture Nest, with valuable support from the Student Counsellors, Ms. Shaina Teje and Ms. Harmanpreet Kaur. The event was organized by the Chitkara College of Hospitality Management as part of its continuous efforts to promote a safe, inclusive, and respectful campus environment. The primary objective of the session was to sensitize students towards issues related to gender equality, mutual respect, and appropriate

inter-gender conduct in academic, professional, and social settings. Dr. Charanjeet Kaur emphasized the importance of understanding gender roles, challenging stereotypes, and fostering empathy in daily interactions. The discussion highlighted how gender sensitivity contributes to healthy relationships, effective communication, and a positive workplace culture, especially in the hospitality and service industries. The student counsellors addressed key concerns related to boundaries, consent, emotional intelligence, and respectful behaviour, while also encouraging students to speak openly about their experiences and doubts. Interactive discussions and real-life examples helped students relate theoretical concepts to practical situations, making the session engaging and impactful. The event witnessed active participation from students, who appreciated the open and supportive environment created during the session. Overall, the programme proved to be highly informative and thought-provoking, reinforcing the university's commitment to holistic student development and gender-inclusive education. The session concluded with a strong message advocating respect, equality, and responsible behaviour among all genders.

OUTCOMES

1. Students developed a clearer understanding of gender sensitivity and respectful inter-gender behavior.
2. Participants became more aware of the importance of equality, consent, and personal boundaries.
3. The session encouraged positive attitudes and responsible conduct in academic and social spaces.
4. Students gained practical insights into maintaining healthy interpersonal relationships.
5. The programmer contributed to creating a more inclusive, safe, and empathetic campus environment.





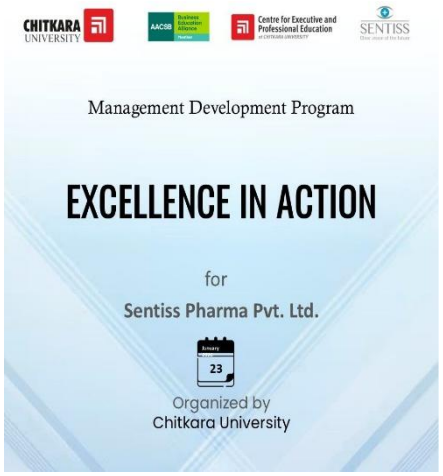



GPS Map Camera
Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64
Village Jansla, Rajpura, Punjab 140417, India
Lat 30.514939° Long 76.659727°
Wednesday, 21/01/2026 04:08 PM GMT +05:30
Google

Event Details	
Event Type	Corporate Training
Topic	Excellence In Action
Date	2026-01-23 To 2026-01-23
Mode	Offline
Venue	Training Hall (Sentiss Pharma, Baddi)
Organizer Name	Mr. Narinder Singh Garcha
Resource Person	Mr. Narinder Singh Garcha, Narinder.Garcha@Chitkara.Edu.In
No. Of Participants	21
SDG No	3, 8, 9, 17
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

1. Connect shop floor actions with product quality, safety, and excellence
2. Strengthen ownership mindset among QA & QC professionals
3. Enhance judgment and decision-making in real shop floor scenarios
4. Build people-centric quality practices beyond SOP compliance



DESCRIPTION

Centre for Executive and Professional Education curated and delivered "Excellence in Action," a thoughtfully designed training program for quality assurance & quality control professionals at Sentiss Pharma. The Program went beyond processes and SOPs to focus on people—helping shop floor professionals connect their daily actions with product quality, patient safety, and organizational excellence. Through practical discussions, real-life shop floor scenarios and reflective learning, participants were encouraged to take ownership, sharpen their judgment, and build a culture where excellence is not an occasional achievement but a daily habit. The program strongly aligns with Good Health & Well-being by reinforcing patient safety and product quality.

It contributes to Decent Work through skill enhancement and professional accountability and focus on continuous improvement and quality culture.

OUTCOMES

1. Demonstrate accountability in daily quality-related decisions and actions
2. Apply reflective thinking to improve quality and patient safety outcomes
3. Integrate excellence as a consistent habit in operational practices
4. Align individual roles with organizational quality and compliance goals







Event Name	1st International Article Writing Competition (IAWC) Awards Announcement Ceremony
Date	22nd January 2026
Venue	Online
Department	CRIO
Resource Person	NA
Number of Participants	20
SDGs Covered	SDG 4,8,7 and 17
Duration	45 minutes

About the Activity

The 1st International Article Writing Competition (IAWC) – Awards Announcement Ceremony was successfully organized to recognize and celebrate academic excellence, research creativity, and scholarly writing skills among participants from diverse academic and professional backgrounds. The competition aimed to promote high-quality research writing and provide a global platform for researchers, academicians, and students to showcase their analytical and scientific communication abilities. The event concluded with the announcement of 11 outstanding winners, who were selected based on originality, technical quality, research depth, and clarity of presentation. The winning articles were recognized across four prestigious Chitkara University journals, namely the Journal of Pharmaceutical Technology, Research and Management (JPTRM), Journal of Multidisciplinary Research in Healthcare (JMRH), Journal of Innovation and Engineering (JIE), and Journal of Technology Management for Growing Economies (JTMGE).

The ceremony highlighted the importance of research dissemination and encouraged participants to contribute towards knowledge advancement through impactful scientific writing. The event also served as a motivation for budding researchers to engage in scholarly activities and uphold high standards of academic integrity and innovation.

Objectives

- To encourage high-quality academic and research-oriented article writing among students, researchers, and academicians at an international level.
- To provide a global platform for showcasing original research, innovative ideas, and scholarly excellence across multidisciplinary domains.

- To promote awareness and engagement with reputed Chitkara University journals, including JPTRM, JMRH, JIE, and JTMGE.
- To recognize and reward outstanding contributions in research writing through a transparent and merit-based evaluation process.
- To foster a culture of academic integrity, critical thinking, and effective scientific communication.
- To motivate early-career researchers and students to actively participate in scholarly publishing and research dissemination.

Glimpse of the Event





Event Details

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

OBJECTIVE

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

DESCRIPTION

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

OUTCOMES

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



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



NSS volunteers Explaining the importance of Maternal health on 23.01.2026



NSS volunteers Elaborating the preventive strategies of Maternal health on 23.01.2026



NSS volunteers addressing aspects of Maternal health on 23.01.2026





Event Details

Event Name	Awareness talks on Maternal Health Awareness Day
Venue	Community Health Centre, Kalomajra
Date	23rd January, 2026
SDG Number, Name and NEP	3 – Good Health and Well Being, 4 – Quality Education, 11 – Sustainable Cities and Communities & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Saplings	10
Duration	One Day

OBJECTIVE

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

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- Strengthened community involvement in supporting maternal and child health.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	SUNDAY SPECIAL FUFU RUN
Date	25th January, 2026
Time	6:00 AM to 10:00 AM
Venue	Sector 17 running track, Chandigarh
Number of Attendees	15
Resource Person	Running club team

Office of Student Life organised a vibrant and health-focused initiative through the Running Club at Chitkara University, reaffirming its commitment to promoting physical fitness, discipline, and a balanced lifestyle among students. As part of this student-driven initiative, 39 enthusiastic runners from Chitkara University participated in an early-morning group run at the Sector 17 running track, Chandigarh, demonstrating strong dedication toward prioritizing health and overall well-being. The early start not only reflected the participants' commitment but also encouraged the development of discipline, consistency, and a positive daily routine. The Running Club serves as a platform that actively engages students in structured physical activities, helping them maintain physical fitness while effectively balancing academic responsibilities. Regular running sessions, conducted both on and off campus, are designed to improve cardiovascular endurance, stamina, and physical strength, while also contributing significantly to mental clarity, emotional resilience, and improved focus. Beyond physical benefits, the initiative plays a crucial role in instilling essential life skills such as time management, self-discipline, perseverance, and goal setting. Running together as a group also fosters a sense of community, teamwork, and mutual motivation, allowing students to support and inspire one another in their fitness journeys. The off-campus run at a public track provided students with exposure to a professional running environment, further enhancing their enthusiasm and commitment toward maintaining an active lifestyle. Such initiatives by the Office of Student Life encourage students to adopt healthy habits that extend beyond university life, emphasizing the importance of long-term well-being.










GPS Map Camera
Chandigarh, Chandigarh, India
Sector 17E, Sector 17E, Chandigarh, Chandigarh 160017, India
Lat 30.740996, Long 76.779415
Sunday, 25/01/2026 09:07 AM GMT+05:30
Note : Captured by GPS Map Camera

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Reading club
Topic	CHANDIGARH BOOK FAIR
Date	25th January, 2026
Time	10:00 AM to 3:00 PM
Venue	Sector 17 running track, Chandigarh
Number of Attendees	51
Resource Person	Reading club team

Office of Student Life organised a meaningful literary initiative through the Chitkara Reading Club with a visit to the Chandigarh Book Fair, marking an important step toward strengthening the reading culture on campus. The visit offered students a valuable opportunity to explore a wide and diverse range of books across genres, encouraging them to engage deeply with literature beyond academic texts. Students immersed themselves in thoughtful browsing, reading, and discussions, making the experience both intellectually enriching and personally rewarding. The response from participants was highly encouraging, with many students expressing that the Reading Club has grown into a close-knit and inspiring community where they feel intellectually stimulated, connected, and motivated to read regularly. Throughout the visit, students displayed great enthusiasm by actively purchasing books, exchanging recommendations, and sharing reflections on their reading preferences and interests. These interactions fostered peer learning and meaningful conversations, allowing students to broaden their perspectives and develop a deeper appreciation for literature. The visit also encouraged students to invest time in mindful reading, helping them slow down, reflect, and engage with ideas in a thoughtful manner. By creating such experiences, the Reading Club provides a platform that nurtures curiosity, critical thinking, and creativity among students. The initiative reinforced the importance of reading as a lifelong habit that contributes to personal growth, emotional intelligence, and informed thinking.


Sunday, January 25 2026, 12:59:16
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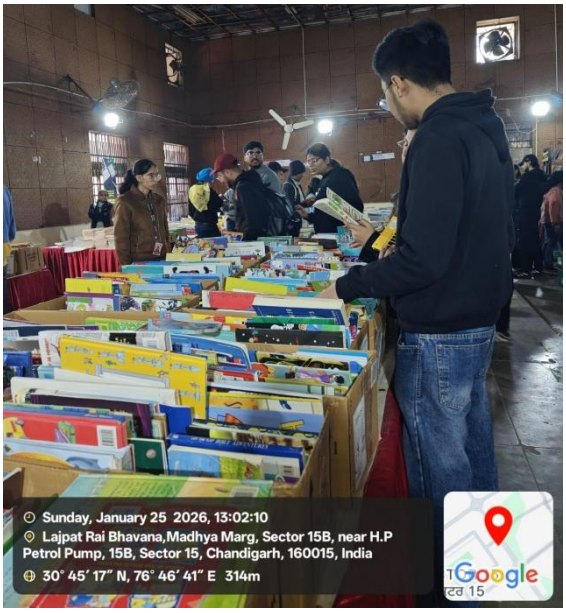
30° 45′ 17″ N, 76° 46′ 42″ E 314m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Sunday, January 25 2026, 13:53:35
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Event Details	
Event Name	Tree Plantation Drive on Republic Day
Venue	Zero Ground
Date	26th January, 2026
SDG Number, Name and NEP	3 – Good Health and Well Being, 15 – Life on Land & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Saplings	N/A
Duration	One Day

Objectives

- To encourage students and participants to understand the importance of protecting the environment and maintaining ecological balance.
- To inspire individuals to take active steps in conserving natural resources as a part of their duty towards the nation.
- To mark the national occasion not only through ceremonial activities but through constructive initiatives that contribute to nation-building.
- To motivate the community to adopt eco-friendly habits and support long-term environmental sustainability.

Description

On **26th January 2026**, the **National Service Scheme (NSS), Chitkara University, Punjab** commemorated **Republic Day** not only as a celebration of the Constitution of India but as a reaffirmation of responsibility towards the nation and its future. The day was marked through a meaningful tree plantation drive, symbolizing growth, sustainability, and collective duty.

The ceremony was graced by the esteemed presence of **Dr. Madhu Chitkara**, Hon'ble Pro-Chancellor, along with other respected dignitaries, faculty members, and NSS volunteers. In an atmosphere filled with patriotism and purpose, young saplings were gently placed into the soil, each representing hope, resilience, and the promise of a greener tomorrow.

Republic Day stands as a reminder of the values enshrined in our Constitution—justice, liberty, equality, and fraternity. Aligning with these ideals, the tree plantation drive reflected the belief that true patriotism extends beyond ceremonial observances. It lies in conscious actions that safeguard the environment, nurture life, and contribute to sustainable development. By planting trees, the NSS unit emphasized that nation-building also involves protecting natural resources and fostering ecological balance.

The dignitaries addressed the gathering, highlighting the importance of environmental stewardship and encouraging students to adopt sustainable practices in their daily lives. NSS volunteers actively participated with enthusiasm, demonstrating that even small initiatives, when undertaken with sincerity, can create lasting impact. The act of planting saplings became a powerful metaphor—just as trees require care and patience to flourish, so does a nation thrive through consistent, responsible efforts.

The celebration concluded with a collective pledge to continue serving society with dedication and integrity. The Republic Day observance at Chitkara University was not merely an event but a reflection of mindful citizenship—where pride in the nation is expressed through actions that preserve and strengthen it for generations to come.

Outcomes

- The plantation of saplings contributes directly to increasing greenery and improving air quality in the surrounding area.
- Participants develop a deeper understanding of environmental protection and climate responsibility.
- The drive fosters teamwork and collaboration among students, faculty, and dignitaries.
- The activity inspires continued efforts in environmental conservation beyond the Republic Day celebration.




CHITKARA UNIVERSITY
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Tree Planta Drive
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CHITKARA UNIVERSITY
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Happiness And Well-Being Series
Date	28th January 2026
Time	2:00 PM to 4:00 PM
Venue	Pulitzer Hall, Picasso Block
Number of Attendees	26
Resource Person	Mr. Manav Bansal

Office of Student Life organised another enriching session under the Happiness and Well-Being Series at Chitkara University with the objective of fostering emotional balance, inner joy, and a positive mindset among students. The session highlighted the importance of maintaining a cheerful and mindful state of mind, emphasizing how positivity can make learning experiences lighter, more engaging, and meaningful while enhancing overall well-being. Students were introduced to the idea that happiness is not just an outcome but a practice that can be consciously cultivated in daily life. One of the key activities conducted during the session was a gratitude practice, where students shared messages of appreciation, encouraging mindfulness, thankfulness, and stronger emotional connections. A laughter activity was also conducted, allowing participants to experience laughter as a conscious tool to release stress, uplift mood, and cultivate inner joy. Interactive discussions helped students understand the role of happiness in improving life satisfaction, productivity, focus, and emotional resilience. The session further explored the elements of happiness through engaging activities such as games, singing, dancing, and other fun exercises, enabling students to experience joy in a natural, playful, and inclusive environment. These activities helped break monotony, encouraged self-expression, and strengthened peer bonding. Additionally, students were guided on emotional regulation, where they learned simple yet effective ways to observe, understand, and manage their emotions from within, promoting self-awareness and inner stability. The session concluded on a positive and energetic note, leaving students feeling refreshed, motivated, and emotionally balanced.


Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64
Village Jansla, Rajpura, Punjab 140417, India
Lat 30.517187° Long 76.658683°
Wednesday, 28/01/2026 02:00 PM GMT +05:30
Google


Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64
Village Jansla, Rajpura, Punjab 140417, India
Lat 30.517335° Long 76.658662°
Wednesday, 28/01/2026 02:36 PM GMT +05:30
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Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64 Village Jansla,
Rajpura, Punjab 140417, India
Lat 30.517343° Long 76.658645°
Wednesday, 28/01/2026 01:55 PM GMT +05:30


Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64
Village Jansla, Rajpura, Punjab 140417, India
Lat 30.517304° Long 76.658761°
Wednesday, 28/01/2026 02:04 PM GMT +05:30
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Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64
Village Jansla, Rajpura, Punjab 140417, India
Lat 30.517338° Long 76.65865°
Wednesday, 28/01/2026 02:53 PM GMT +05:30
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Event Details	
Event Name	Environment related Activities
Venue	Chitkara University, Punjab
Date	28th, 29th January, and 2nd February 2026
SDG Number, Name and NEP	3 – Good Health and Well Being, 4- Quality Education, 15 – Life on Land, 17 – Partnerships for the goals & NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Participants	198
Duration	Three Days

Objective

- To raise awareness among students and the community about environmental protection and sustainable living practices under the vision of Mission LiFE.
- To encourage participation in eco-friendly activities such as tree plantation, poster-making, and innovative ideas like the Green Grid environment app.
- To promote responsible habits and inspire young individuals to contribute towards building a greener and healthier environment.

Description

On 28 January 2026, the National Service Scheme (NSS), Chitkara University, Punjab organized the "Save Environment, Save Earth" programmer under EIACP, supported by the Ministry of Environment, Forest and Climate Change (MoEF&CC) and inspired by Mission Life, which highlights how small and mindful daily choices can contribute to protecting the environment.

On this occasion, Dr. Pooja Mahajan, Assistant Professor, Department of Applied Sciences, delivered an insightful talk on "Carbon to Net Zero." She explained the concept of sustainability in simple and practical terms and encouraged students to adopt environmentally responsible habits in their everyday lives. Participants received eco-kits, took the Mission Life pledge, and shared their thoughts through short, meaningful slogans connected to campus life.

As a part of the initiative, a Tree Plantation Drive was conducted within the university campus, where NSS volunteers and students planted saplings to promote greenery and reinforce the importance of protecting nature. The activity symbolized the university's commitment to creating a greener and healthier environment while encouraging students to take responsibility for nurturing the planet.

The programmer continued 29 January 2026 at Government Senior Secondary School, Mohi khurd, where the NSS team extended environmental awareness to the local community. Dr.

Anurag Tiwari, Dean, Agricultural Programmes, delivered an engaging lecture on sustainable farming practices, highlighting the importance of organic soil enrichment for producing healthier food and reducing the risks associated with excessive chemical use. Nearly 200 students participated enthusiastically in the session.

Students were provided with eco-kits and Mission Life pamphlets in Hindi, Punjabi, and English to spread awareness effectively. A poster-making competition witnessed impressive creativity, with students presenting vibrant and thoughtful ideas on environmental protection. Another engaging activity was a competition based on the idea of "Green Grid," an environment-focused mobile application, where students shared innovative concepts on how technology could encourage sustainable habits, track eco-friendly actions, and create a community committed to environmental responsibility.

The programme concluded with a valedictory ceremony, where the winners of the competitions were honoured with certificates, goodies, and cash prizes in appreciation of their creativity and commitment. The initiative beautifully conveyed the message that true environmental change begins with small actions taken every day.

Outcomes

- Students gained practical understanding of sustainability, carbon reduction, and the importance of adopting eco-friendly practices in daily life.
- The tree plantation drive and awareness activities motivated participants to take active responsibility for protecting and preserving the environment.
- Creative activities and competitions encouraged students to think innovatively about environmental solutions and strengthened their commitment towards sustainable living


Save Environment Save Earth
Environment Related Activities
Competition on the idea of Green Grid an Environment App
Explore Your Potential
CHITKARA UNIVERSITY




CHITKARA UNIVERSITY


Explore
Your
Potential


CHITKARA
UNIVERSITY


LiFE
CHITKARA
UNIVERSITY
Tree Plantation
Drive
28th January, 2026


Drive

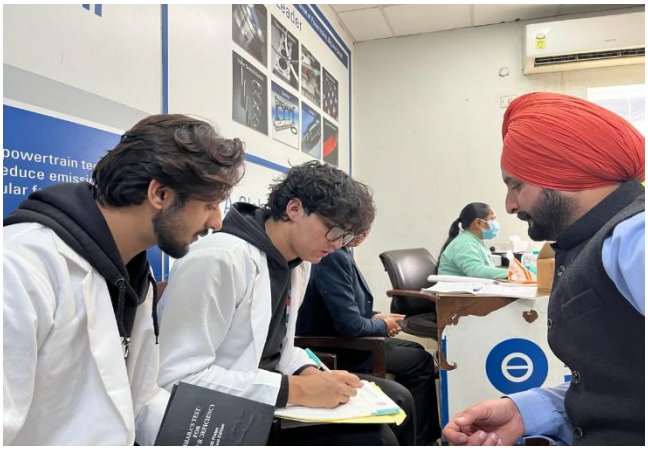
Event Details	
Event name	Corporate eye vision screening camp
Date	29th January to 4th February 2026
Venue	Tennco Pvt Ltd, Patiala
Organizer	Astha Mishra - Assistant Professor, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	NA
Number of Participants	15 Students and 2 Faculty
SDG Number	3,4,17
Duration	48 hours

Description of Event



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

All patients were thoroughly examined, and appropriate advice regarding eye hygiene, protective glasses, and other necessary precautions was provided. The patients were satisfied with the eye examination and counselling services. During this camp, the participating students also received valuable real-world exposure. They learned patient counselling, effective communication skills, and practical eye examination techniques. The camp was well received and contributed positively to increasing awareness about eye care, early diagnosis, and prevention of avoidable visual impairment among employees.



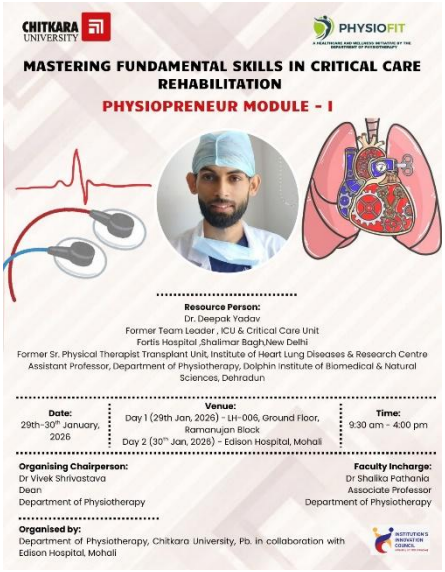





CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
AAROGYAM
Eye Screening Camp

Event Name	Mastering Fundamental Skills in Critical Care Rehabilitation (Physiopreneur Module I)
Date	29th to 30th January, 2026
Venue	Edison Hospital, Mohali
Organizer	Department of Physiotherapy, Chitkara University, Punjab in collaboration with Edison Hospital, Mohali
Resource Person	Dr. Deepak Yadav Assistant Professor, Department of Physiotherapy, Dolphin Institute of Biomedical & Natural Sciences, Dehradun.
Number of Participants	44
SDG Number	3 (Good Health and Well Being), 4 (Quality education), 9 (Industry, Innovation and Infrastructure), 17 (Partnership for the Goals)
Duration	2 days

About the Activity



The Department of Physiotherapy, Chitkara University, Pb organized a specialized two-day workshop titled "Mastering Fundamental Skills in Critical Care Rehabilitation" (Physiopreneur Module-I) from January 29th to 30th, 2026. This initiative was designed to provide students with a seamless transition from theoretical knowledge to high-level clinical application in intensive care settings.

The program commenced at Chitkara University, where Dr. Deepak Yadav delivered an insightful lecture series. The morning sessions focused on the complexities of critical care, specifically the physiological foundations and the clinical decision-making required for successful extubation. The afternoon transitioned into rigorous practical training, where students practiced advanced postural drainage techniques. Participants perfected the positioning required to facilitate secretion clearance from specific lung segments, such as the middle and lower lobes, while honing their manual skills in percussion and vibration.

On the second day, the learning environment shifted to Edison Hospital, Mohali, for comprehensive clinical immersion. This session allowed students to observe rehabilitation protocols within a live ICU setting. Dr. Yadav demonstrated the management of mechanical ventilation, focusing on minute ventilation and respiratory adjustments tailored to patient needs. Furthermore, students gained essential exposure to a variety of ICU-specific devices, including suction tubes and monitoring equipment, bridging the gap between classroom instruction and bedside reality.

At the conclusion of the module, formal feedback was collected from all participants to evaluate the effectiveness of the training. The students provided overwhelmingly positive responses, highlighting the value of the hands-on hospital exposure and the clarity of the clinical demonstrations. Many noted that the transition from university lectures to the ICU environment significantly boosted their confidence in handling complex respiratory cases, marking the module as a resounding success in their professional development.










Edison Hospital
HEALTHCARE AT ITS FINEST

Event Details	
Event Type	Conference
Topic	International Conference on Innovations in Drug Discovery & Translational Pharmaceutical Sciences 2026
Date	2026-01-30 To 2026-01-31
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Tewin Tencomnao, Dean & Assistant Professor | Dr. Keshav Raj Paudel, Lecturer | Dr. Kamal Dua, Associate Professor | Dr. Dinesh Kumar Chellappan, Associate Professor | Dr. Brian Oliver, Professor and Discipline Leader | Dr. Ivy Chung, Professor of Pharmacology | Dr. M-Ali Shahbazi, Assistant Professor | Dr. Khaw Kooi Yeong, Lecturer | Dr. Flavia Zacconi, Associate Professor | Dr. Vandana B Patravale, Professor | Dr. Harish Dureja, Head, Department of Pharmaceutical Sciences and Director
No. Of Participants	539
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure, SDG 17: Partnership for the Goals
Po Number(S)	Po2, Po3, Po9, Po11
University Charter	Let's Prepare Our Students for Industry, Let's Educate Our Students for Brilliant Futures, Let's Install Discipline, Integrity and Honesty in Our Students, Let's Infuse Leadership Skills in Our Students, Let's Encourage Our Students to Think Out of The Box

OBJECTIVE

• To provide a platform for researchers, academicians, and industry professionals to discuss recent advances in drug discovery and translational pharmaceutical sciences.
• To promote interdisciplinary collaboration between academia, healthcare institutions, and the pharmaceutical industry.
• To showcase innovative research, emerging technologies, and novel therapeutic approaches in pharmaceutical sciences.
• To facilitate knowledge exchange on translational research bridging laboratory discoveries to clinical applications.

• To encourage young researchers and students to present their scientific work and engage with global experts in the field.

DESCRIPTION

The International Conference on Innovations in Drug Discovery & Translational Pharmaceutical Sciences 2026 was organized to bring together leading researchers, academicians, healthcare professionals, and industry experts from across the globe to discuss the latest developments and emerging trends in pharmaceutical sciences. With the rapid evolution of biomedical research and technological advancements, the field of drug discovery has been undergoing transformative changes that require collaborative and interdisciplinary approaches. The conference served as a dynamic platform to explore innovative strategies that bridge the gap between basic research and clinical application, thereby accelerating the translation of scientific discoveries into effective therapeutic solutions. The conference focused on key areas including novel drug discovery approaches, translational medicine, advanced drug delivery systems, pharmacogenomics, precision medicine, artificial intelligence in pharmaceutical research, and innovations in pharmaceutical biotechnology. By addressing these topics, the conference highlighted cutting-edge research and fostered discussions that could contribute to the development of safer, more effective, and personalized therapies for a wide range of diseases. The event featured keynote lectures, invited talks, technical sessions, panel discussions, and poster presentations delivered by eminent scientists and experts from prestigious institutions and industries worldwide. These sessions provided participants with valuable insights into contemporary research methodologies, regulatory perspectives, and future directions in pharmaceutical sciences. In addition to scientific knowledge exchange, the conference also served as a platform for networking and collaboration among researchers, clinicians, pharmaceutical professionals, and students. Such interactions promoted interdisciplinary partnerships and inspired innovative ideas that could lead to impactful research outcomes.

OUTCOMES

• Participants gained insights into the latest advancements and emerging trends in drug discovery and translational pharmaceutical sciences.
• The conference facilitated meaningful interactions and collaborations among researchers, academicians, clinicians, and industry professionals.
• Young researchers and students were provided an opportunity to present their research work and receive feedback from international experts.
• Discussions during the technical sessions highlighted innovative approaches and future directions in pharmaceutical research and healthcare solutions.
• The event strengthened academic–industry partnerships and encouraged interdisciplinary research aimed at improving therapeutic development and patient care.












#Rankings

Event Details	
Event Type	Soft Skills
Topic	World Leprosy Day 2026
Date	2026-01-30 To 2026-01-30
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	2
SDG No	SDG 3: Good Health And Well-Being
Po Number(S)	Po1, Po2
University Charter	Let's Foster Civic Engagement In Our Students

OBJECTIVE

1.To spread awareness about leprosy, its symptoms, prevention, and treatment among the public.
2.To remove social stigma and discrimination associated with people affected by leprosy.
3.To educate listeners about the importance of early diagnosis and timely medical care.
4.To encourage community participation in promoting health, hygiene, and compassion towards patients.
5.To develop social responsibility and communication skills among NSS volunteers and students through public awareness activities

DESCRIPTION

A radio talk on World Leprosy Day 2026 was organized by the NSS unit of Chitkara University to spread awareness about leprosy and remove the social stigma associated with the disease. The programme highlighted the 2026 theme, "Leprosy is curable, the real challenge is stigma," and emphasized the importance of early diagnosis, proper treatment, and community support for affected individuals. Students actively participated in the radio discussion by sharing information about symptoms, prevention, and misconceptions related to leprosy. The event aimed to educate listeners, especially rural communities, and encourage society to treat patients with dignity and compassion. The talk successfully promoted health awareness and social responsibility among students and the public

OUTCOMES

1.Increased awareness among listeners regarding leprosy, its causes, symptoms, and available treatment.
2.Reduction in misconceptions and social stigma related to leprosy within the community.

3.Enhanced understanding of the importance of early diagnosis and regular medical treatment.
4.Improved communication and teamwork skills among NSS volunteers and participating students.
5.Strengthened sense of social responsibility and empathy towards individuals affected by leprosy





Event Name	World Wetlands Day
Mode	Offline
Date	02-02-2026
SDG Number, Name and NEP	3 – Good Health and Well Being, 4- Quality Education, 15 – Life on Land, 17 – Partnerships for the goals & NEP-1
Organiser Name	Dr. Neelam Verma
Number of Participants	45
Duration	Three Days

Objective

- To raise awareness among students about the ecological importance of wetlands and their role in maintaining biodiversity and environmental balance.
- To highlight the significance of traditional knowledge and cultural practices in conserving wetlands and natural ecosystems.
- To encourage students to connect with nature and develop a sense of responsibility towards protecting natural resources.

Description

Tiny actions today bloom into a greener tomorrow"

On **2nd February 2026**, coinciding with **World Wetlands Day**, the **National Service Scheme (NSS), Chitkara University, Punjab** organised a special awareness outing under **EIACP**, supported by the **Ministry of Environment, Forest and Climate Change (MoEF&CC)** and inspired by **Mission LiFE**. The theme for the day, **"Wetlands and Traditional Knowledge: Celebrating Cultural Heritage,"** highlighted the crucial role wetlands play in maintaining ecological balance, supporting biodiversity, and preserving the cultural traditions of communities that have long depended on them. As part of the initiative, around **45 enthusiastic NSS volunteers from the Department of Psychology** visited **Siswan Dam, Chandigarh**, to experience and understand the beauty and ecological importance of wetland ecosystems. Blessed with pleasant sunny weather, the day began with a refreshing walk along the dam area, allowing volunteers to observe the natural surroundings and appreciate the peaceful environment created by the vast water body and surrounding greenery. The volunteers then embarked on a scenic **nature trail leading uphill**, which provided an opportunity to explore the landscape more closely and connect with nature in a meaningful way. As they reached the highest point of the trail, the group was greeted with a breathtaking view of the **shimmering reservoir below**, surrounded by lush hills and open skies.

The moment became even more special as everyone gathered to capture **memorable group photographs**, celebrating the spirit of togetherness and environmental awareness against the stunning natural backdrop. During the visit, volunteers also reflected on the **importance of wetlands in sustaining biodiversity, maintaining water balance, and supporting local livelihoods**. Discussions among students and coordinators highlighted how **traditional knowledge and community practices have historically played an important role in protecting and conserving wetlands**. The outing encouraged participants to think about how modern lifestyles can learn from these age-old practices to protect natural ecosystems.

The experience not only offered a refreshing break from routine but also served as a **hands-on learning opportunity**, helping volunteers understand the environmental significance of wetlands beyond textbooks. By observing nature up close, students developed a deeper appreciation for the delicate balance that sustains these ecosystems and the need to protect them through responsible behaviour and sustainable choices.

After completing the trail, the volunteers gathered near the bus where they were served **light refreshments**, giving them time to relax, share their experiences, and reflect on the day's learnings. The outing concluded with the group returning to campus with **renewed energy, stronger bonds, and a deeper respect for our natural heritage**.

The visit beautifully reinforced the message of **World Wetlands Day**—that protecting wetlands is not only an environmental responsibility but also a way of preserving cultural wisdom and ensuring a sustainable future. The activity reminded students that **small everyday actions, when guided by awareness and respect for nature, can contribute significantly towards protecting our planet.**

Outcomes

- Students developed a better understanding of wetland ecosystems and their role in sustaining life and environmental stability.
- The nature visit fostered appreciation for natural landscapes and strengthened students' commitment to environmental conservation.
- Participants became more aware of how small, responsible actions can contribute to the protection and preservation of wetlands and other natural resources


SISWAN COMMUNITY


WETLANDS


WORLD
WETLANDS
Day
Wetlands and traditional knowledge
Celebrating cultural heritage
2nd February, 2026



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

Objective

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

Description

On 4th February 2026, a Cancer Awareness Rally was organized on the occasion of World Cancer Day at Kalomajra by the students of B.Sc. Nursing 2nd semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. The rally aimed to educate and sensitize the community about cancer prevention, early detection, and available treatment options, in alignment with the global theme of World Cancer Day. The rally began with a brief introduction highlighting the significance of World Cancer Day and the need for collective action against cancer. Nursing students actively participated by holding placards, posters and charts displaying key messages related to cancer risk factors, warning signs, preventive measures, and the importance of early diagnosis. Slogans were raised to attract public attention and reinforce awareness messages among community members. During the rally, students interacted with the public, explained common myths and misconceptions related to cancer and encouraged people to adopt healthy lifestyles and undergo regular cancer screenings. Information regarding government health schemes and cancer screening facilities available at nearby healthcare centres was also shared. Real-life examples were The rally community members committed to spreading cancer awareness and supporting individuals affected by cancer. The active involvement and enthusiasm of the

nursing students were highly appreciated by local residents. This rally served as an effective platform for community outreach, allowing students to gain hands-on experience in community health nursing while contributing meaningfully to public health promotion, empowerment, advocacy and sustainable awareness initiatives for long-term societal benefit.

Outcomes

1. Increased community awareness regarding various types of cancer and their risk factors.
2. Improved understanding of cancer prevention, early warning signs, and screening methods.
3. Greater motivation among community members to participate in cancer screening programs and adopt healthy lifestyles.
4. Strengthened community involvement in cancer awareness and support activities.
5. Reduced misconceptions and stigma related to cancer among community members, leading to a more supportive and informed attitude toward individuals affected by the disease.







Students showing banner on Awareness Rally on World Cancer Day on 4-02-26

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH INAUGRATION
Date	4th February 2026
Time	1:30 PM to 4:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	155
Resource Person	Mind Clash Team

Office of Student Life organized the Mind Clash Inauguration on 4th February 2026 at Carnegie Hall, Rockefeller Block, marking the official launch of the Mind Clash Quiz Competition. The event was conducted in an engaging and intellectually stimulating environment, setting the tone for the upcoming quiz sessions.

The inauguration featured expert sessions by Dr. Anuj Gupta, Dean - QAC, Chitkara University and Founder of Mockopedia, and Dr. Sandhaya Kumari, Professor (Law), Chitkara Law School. Their insightful talks motivated students, encouraged critical thinking, and highlighted the importance of quizzes in enhancing knowledge, analytical abilities, and confidence.

The smooth and successful conduct of the inauguration ceremony contributed significantly to the overall success of the event, effectively initiating Mind Clash 2026 and inspiring enthusiastic participation among students.






Rajpura, Punjab, India
Gm75+jx3, Rajpura, Punjab 140417, India
Lat 30.514072° Long 76.660062°
Wednesday, 04/02/2026 02:18 PM GMT +05:30
Google

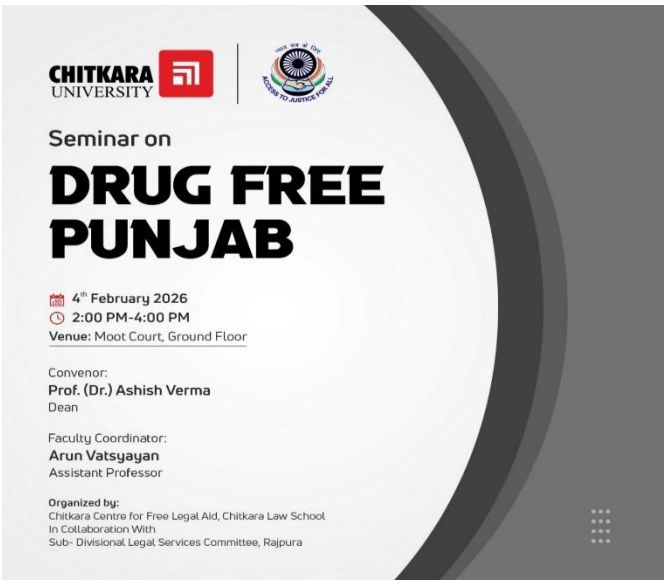

Rajpura, Punjab, India
Gm75+jx3, Rajpura, Punjab 140417, India
Lat 30.514081° Long 76.660069°
Wednesday, 04/02/2026 02:28 PM GMT +05:30
Google


MIND CLASH
INAUGURATION
WHERE CURIOSITY MEETS COMPETITION!

Event Details	
Name of the School/Department	Chitkara Law School
Date of Event	04th February, 2026
Title of the Event	Seminar on Drug Free Punjab
Mode	Offline
Type of participation	Organized/Attended
Number of Guests (Judges and Advocates)	03
Number of Faculty participation	20
Number of Student participation	60
SDG's associated with Event	3,4,8,12,15,16,17

Report on Seminar on Drug Free Punjab

Venue: Moot Court Hall, Chitkara Law School, Chitkara University Punjab
Date: 04th February 2026
Time: 02:00 P.M. onwards



About the Event

The Government of Punjab has launched a comprehensive mission against drug abuse to combat the growing menace of substance addiction in the State. The mission aims to protect the youth of Punjab from falling prey to narcotic drugs and psychotropic substances. It adopts a multi-pronged strategy involving prevention, enforcement, treatment, and rehabilitation. Special emphasis is laid on awareness campaigns in educational institutions and rural areas. Strict action is taken against drug traffickers and illegal supply chains under relevant laws. De-addiction and rehabilitation centers are being strengthened across the State. Community participation and stakeholder coordination form the backbone of this initiative. The mission also focuses on counselling, skill development, and social reintegration of recovered addicts. Collaboration with health professionals, NGOs, and law enforcement agencies is actively encouraged. Overall, the mission reflects the Government's commitment to building a healthy, drug-free, and progressive Punjab. The event was an extension of the MISSION- DRUG FREE PUNJAB in the Chitkara Law School under the guidance of Dean, CLS, Prof. (Dr.) Ashish Verma. Chitkara Centre for

Legal Aid, Chitkara Law School, coordinated and organised the event in collaboration with the Sub-Divisional Legal Services Committee, Rajpura.

Objective

1. To prevent drug abuse through sustained awareness and education campaigns, especially among youth.
2. To eliminate drug trafficking networks through awareness of strict enforcement of narcotic laws.
3. To spread awareness about accessible treatment, de-addiction, and rehabilitation facilities to affected individuals.
4. To promote social reintegration and livelihood opportunities for recovered drug dependents.
5. To foster community participation and inter-departmental coordination for long-term impact.

Description

This Event was presided over by Prof. (Dr.) Ashish Verma, Dean, Chitkara Law School. Sh. Manmohan Bhatti, PCS, Sub Divisional Judicial Magistrate cum Chairman, Sub Divisional Legal Services Committee, Rajpura provided resource persons for the event. Sh. Umesh Kumar Pandey and Ms. Gurvinder Kaur Kamboj, both Legal Aid Panel Advocates from Rajpura, were the resource persons.

The Welcome address was given by Mr. Arun Vatsyayan, Faculty Coordinator, for the event. He highlighted the reason behind conducting the event and introduced the resource persons to the participants. Resource Person Sh. Umesh Kumar Pandey familiarized the participants with the Legal Services Authorities Act, 1987 and the free legal aid schemes thereunder. He also apprised the students of various internship opportunities with the Distirct Legal Aid Services Committee (DLSA) and procedure for making applications for the internship with the DLSA. He also talked about the areas of exposure that students can expect while pursuing their internship with the DLSA.

Resource Person Ms. Gurvinder Kaur Kamboj, while highlighting the ill effects of drug abuse, emphasized the need for keeping away from any kind of drugs and addictive substances. She threw light on the rich history and cultural heritage of Punjab and brave personalities emerged from Punjab, including the freedom fighters, such as Shri Guru Govind Singh Ji, Bhagat Singh ji, Lala Laj Patrai and the like. She laid special emphasis on the student stress due to peer pressure and career challenges ahead due to which some students start taking drugs, which is a ruining point of their lives.

The Vote of Thanks was given by Prof. (Dr.) Ashish Verma, Dean, Chitkara Law School. Prof. Verma, while giving his vote of thanks to the resource persons, also delivered a very motivating address to the students. He extended sincere gratitude to the conveners and esteemed resource persons for sharing their valuable insights, expertise, and experiences, which greatly enriched the discussion and made the session impactful. He also extended heartfelt thanks to the organizers whose dedication and meticulous efforts ensured the smooth conduct of the event. He applauded the enthusiastic participation of the students, faculty members, and staff of Chitkara Law School, whose active involvement and support were central to the success of this initiative. Last, but certainly not the least, he expressed his sincere thanks to the University's IT, Administration, and Communication Departments for their invaluable support and coordination, which played a crucial role in making this event a success.

Learning Outcomes

1. The seminar served as an important platform to raise awareness, encourage dialogue, and reaffirm collective commitment toward building a drug-free and socially responsible Punjab through legal awareness and community engagement.
2. Such collaborative efforts strengthen our resolve to contribute meaningfully to society through education, awareness, and action.
3. A step towards achieving sustainable development goals (SDGs) no. 3,4,8,12,15,16,17 prescribed by the United Nations.








TORCH BEARERS OF INDIAN JUSTICE SYSTEM

Event Name	World Cancer Day
Venue	Village Kalomajra
Date	4th February 2026
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 Participants	21
Duration	One Day

Objective

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

Description

On 4th February 2026, a Cancer Awareness Rally was organized on World Cancer Day at Kalomajra by the students of B.Sc. Nursing 2nd semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. The rally aimed to educate and sensitize the community about cancer prevention, early detection, and available treatment options, in alignment with the global theme of World Cancer Day.

The rally began with a brief introduction highlighting the significance of World Cancer Day and the need for collective action against cancer. Nursing students actively participated by holding placards, posters and charts displaying key messages related to cancer risk factors, warning signs, preventive measures, and the importance of early diagnosis. Slogans were raised to attract public attention and reinforce awareness messages among community members.

During the rally, students interacted with the public, explained common myths and misconceptions related to cancer and encouraged people to adopt healthy lifestyles and undergo regular cancer screenings. Information regarding government health schemes and

cancer screening facilities available at nearby healthcare centres was also shared. Real-life examples were discussed to highlight the benefits of early diagnosis and timely medical intervention.

The rally community members committed to spreading cancer awareness and supporting individuals affected by cancer. The active involvement and enthusiasm of the nursing students were highly appreciated by residents. This rally served as an effective platform for community outreach, allowing students to gain hands-on experience in community health nursing while contributing meaningfully to public health promotion, empowerment, advocacy and sustainable awareness initiatives for long-term societal benefit.

Outcomes

1. Increased community awareness regarding various types of cancer and their risk factors.
2. Improved understanding of cancer prevention, early warning signs, and screening methods.
3. Greater motivation among community members to participate in cancer screening programs and adopt healthy lifestyles.
4. Strengthened community involvement in cancer awareness and support activities.
5. Reduced misconceptions and stigma related to cancer among community members, leading to a more supportive and informed attitude toward individuals affected by the disease






CHITKARA UNIVERSITY
Rally on
WORLD
CANCER DAY
United by Unique
4th February, 2026


Rally on
WORLD
CANCER DAY

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

Objective

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

Description

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by local residents. This rally served as an effective platform for community outreach, allowing students to gain hands-on experience in community health nursing while contributing meaningfully to public health promotion, empowerment, advocacy and sustainable awareness initiatives for long-term societal benefit.

Outcomes

- Increased community awareness regarding various types of cancer and their risk factors.
- Improved understanding of cancer prevention, early warning signs, and screening methods.
- Greater motivation among community members to participate in cancer screening programs and adopt healthy lifestyles.
- Strengthened community involvement in cancer awareness and support activities.
- Reduced misconceptions and stigma related to cancer among community members, leading to a more supportive and informed attitude toward individuals affected by the disease.






Patiala,Punjab,India
Kalo Majra Road, Rajpura, Patiala, Punjab
140601, India
Lat 30.522151, Long 76.671701
02/04/2026 11:57 AM GMT-05:30
Note : Captured by GPS Map Camera


Patiala,Punjab,India
Kalo Majra Road, Rajpura, Patiala, Punjab
140601, India
Lat 30.522136, Long 76.672870
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Note : Captured by GPS Map Camera


Patiala,Punjab,India
Kalo Majra Road, Rajpura, Patiala, Punjab
140601, India
Lat 30.521677, Long 76.673094
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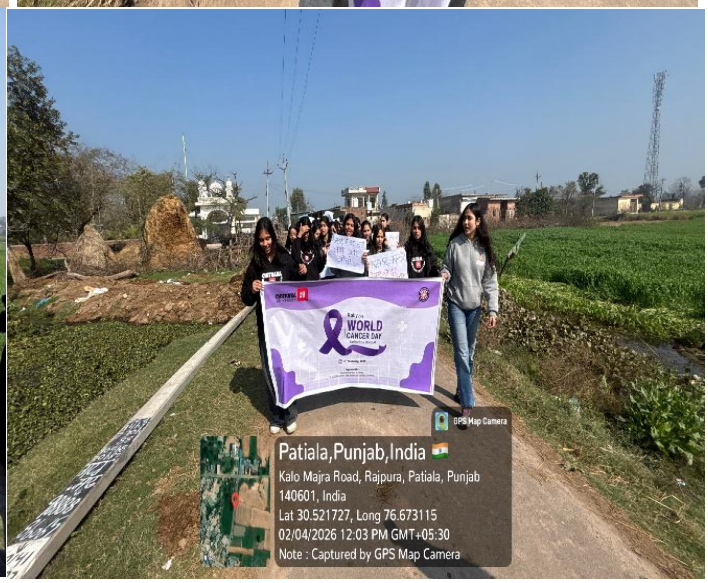
Note : Captured by GPS Map Camera


WORLD CANCER DAY
Patiala,Punjab,India
Kalo Majra Road, Rajpura, Patiala, Punjab
140601, India
Lat 30.521727, Long 76.673115
02/04/2026 12:03 PM GMT+05:30
Note : Captured by GPS Map Camera

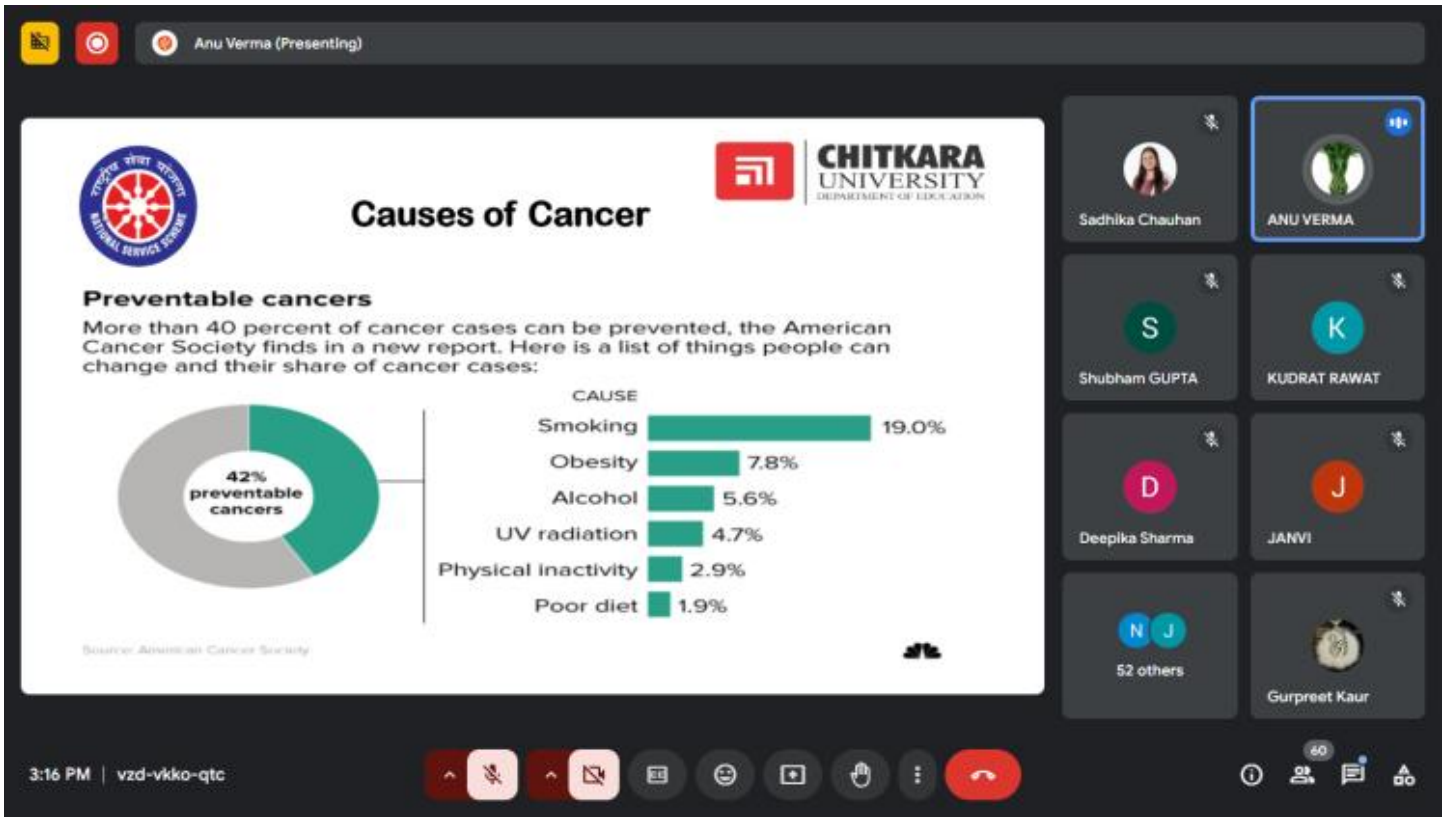
Event Name	World Cancer Day: United by Unique
Date	04th February 2025
Venue	Google Meet
Organizer	Department of Education
Resource Person	Dr Anu Verma, Assistant Professor, DOE
Number of Participants	65
SDGs Covered	3, 4
Duration	1 hour

About the Activity



World Cancer Day observed on 4th February 2025 under the theme "United by Unique," the Department of Education under the aegis 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.


Anu Verma (Presenting)
CHITKARA UNIVERSITY
DEPARTMENT OF EDUCATION
Causes of Cancer
Preventable cancers
More than 40 percent of cancer cases can be prevented, the American Cancer Society finds in a new report. Here is a list of things people can change and their share of cancer cases:
42% preventable cancers
CAUSE
Smoking 19.0%
Obesity 7.8%
Alcohol 5.6%
UV radiation 4.7%
Physical inactivity 2.9%
Poor diet 1.9%
Source: American Cancer Society
Sadhika Chauhan
ANU VERMA
Shubham GUPTA
KUDRAT RAWAT
Deepika Sharma
JANVI
52 others
Gurpreet Kaur
3:16 PM | vzd-vkko-qtc


Anu Verma (Presenting)
CHITKARA UNIVERSITY
COLLEGE OF EDUCATION
SUPPORT
the fighters
ADMIRE THE
survivors
REMEMBER
the angels
NEVER GIVE UP
Parul Sood
Sadhika Chauhan
Shubham GUPTA
ANU VERMA
KUDRAT RAWAT
Deepika Sharma
JANVI
51 others
Gurpreet Kaur
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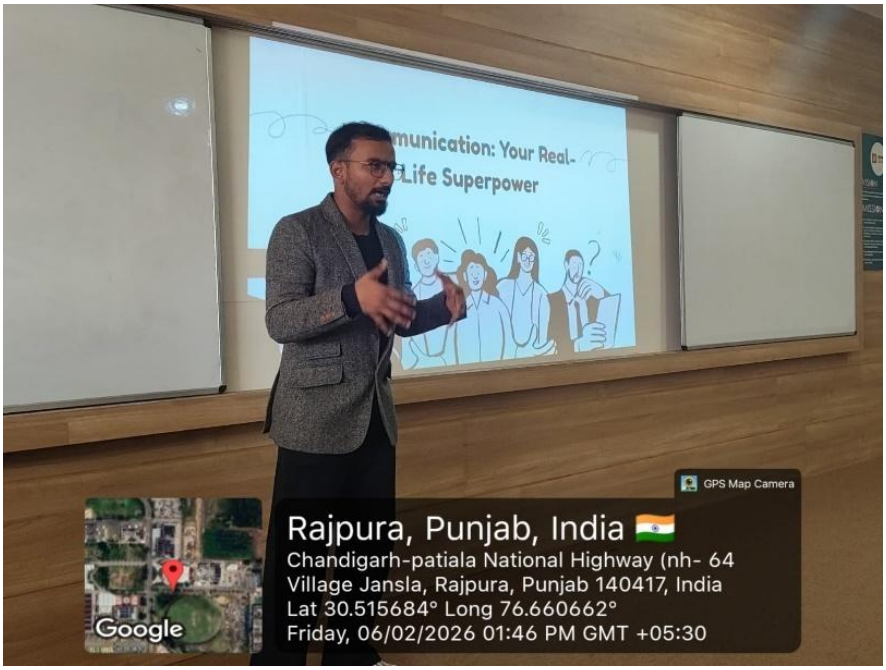
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	COMMUNICATION: YOUR REAL-LIFE SUPERPOWER
Date	6th February 2026
Time	1:10 PM to 2:50 PM
Venue	Hippocrates Hall, Fleming Block
Number of Attendees	75
Resource Person	Mr. Shivam K Mishra, Ms. Vrinda Sharma

The Chitkara Happiness Centre successfully organized an engaging and insightful session titled: Communication: Your Real-Life Superpower. The session was specially conducted for the students of Pharmacy, focusing on the critical role communication plays in their academic journey and future professional practice. Through interactive discussions, practical insights, and real-life examples, students explored how effective communication enhances both personal growth and professional excellence. The session emphasized how strong communication skills help Pharmacy students:

- Boost self-confidence in presentations, viva, and patient interactions
- Improve professional relationships with peers, faculty, doctors, and patients
- Express themselves clearly and fearlessly in clinical and academic settings
- Stand out in college and healthcare careers through impactful and ethical communication

Students actively participated and reflected on how communication is not merely a soft skill, but a core professional competency in the healthcare field. The session concluded with the powerful message that communication is a real-life superpower - one that builds trust, strengthens credibility, and shapes successful careers.




munication: Your Real-
Life Superpower
GPS Map Camera
Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64
Village Jansla, Rajpura, Punjab 140417, India
Lat 30.515684° Long 76.660662°
Friday, 06/02/2026 01:46 PM GMT +05:30
Google


GPS Map Camera
Rajpura, Punjab, India
Chandigarh-patiala National Highway (nh- 64
Village Jansla, Rajpura, Punjab 140417, India
Lat 30.515738° Long 76.660639°
Friday, 06/02/2026 01:51 PM GMT +05:30
Google

Event/Session Name	Donation Drive at Prabh Asra, Village Padiala, Mohali
Event/Session Date	06-February-2026
Organizers	Office of Administration
SDGs Covered	1,3,17

About

Prabh Aasra is a prominent 21-year-old non-profit organization located near Chandigarh (Kurali, Punjab), dedicated to rescuing, treating, and rehabilitating abandoned individuals, particularly those with mental or physical disabilities. Founded in 2003, it operates as a home and care center providing shelter, food, medical assistance, and vocational training. The organization plays a vital role in offering dignity, care, and a renewed sense of belonging to individuals who are often neglected by society.

Overview

The **Office of Administration** carried out a donation initiative at **Prabh Asra**, reinforcing its commitment towards social responsibility and community welfare. The activity focused on extending support to underprivileged individuals while promoting sustainable practices through mindful giving.

Objective

The primary objective of the initiative was to contribute to the well-being of the community by donating essential items and encouraging the reuse of materials. The drive also aimed to instill a sense of empathy and social responsibility among staff while supporting sustainability through the donation of reusable goods.

Activity Details

As part of the donation drive, **clothes** and **reusable carry bags** were contributed to Prabh Asra. The collected items were carefully sorted and handed over to support individuals in need. The initiative emphasized the importance of sharing resources responsibly and reducing waste through reuse.

Impact

The donation drive created a meaningful impact by directly supporting an organization that works tirelessly for the care and rehabilitation of abandoned and differently-abled individuals. By contributing essential items, the initiative helped strengthen the daily living conditions and care services provided at **Prabh Aasra.** Aligned with the organization's mission of rehabilitation and dignity, the activity extended beyond material support by fostering empathy, awareness, and social responsibility among participants.

Conclusion

The activity reflected the **Office of Administration**'s continued dedication to creating a positive social impact. Such initiatives highlight the importance of collective efforts in building a more inclusive and sustainable society.











Event Details	
Event Type	Expert Talk
Topic	Tech Startup Connect & Grow Workshop
Date	2026-02-06 To 2026-02-06
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Dapinder Kaur Bakshi, Joint Director & Head | Mr. Satyendra Singh Choudhary, Ceo | Ms. Ritika Singh, Content, Digital & Brand Strategist | Ms. Rupali Vadhera, Co-Founder & Vice President | Ms. Gagandeep Kaur, Senior Consultant & Director | Dr. Jaspreet Garg, Founder & Director
No. Of Participants	120
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 17: Partnership for the Goals
Po Number(S)	Po3, Po4, Po7, Po12
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Empower Our Students with Great Communication Skills, Let's Inculcate Team Spirit and Camaraderie Among Our Students, Let's Ingrain Spirit of Entrepreneurship Among Our Students

OBJECTIVE

To introduce students to the startup ecosystem and emerging opportunities in technology driven entrepreneurship.
To provide insights into startup funding, incubation support, and innovation pathways.
To enhance understanding of branding strategies, regulatory considerations, and scaling technology ventures.
To encourage entrepreneurial thinking and innovation among students and young researchers.
To facilitate interaction between students, industry experts, and startup mentors for practical learning and career guidance.

DESCRIPTION

The Tech Startup Connect & Grow Workshop was organized by Chitkara University under the aegis of the Punjab State Council for Science and Technology (PSCST) on 6th February 2026. The workshop was designed to introduce students to the dynamic startup ecosystem and

provide them with valuable insights into innovation, entrepreneurship, and technology-driven business development. The event aimed to create awareness about the opportunities and support systems available for aspiring entrepreneurs and innovators. The workshop brought together experts and professionals from diverse sectors including government support agencies, incubation centers, branding and marketing firms, pharmaceutical consulting organizations, and nutraceutical entrepreneurship. Through their presentations and discussions, the speakers shared practical experiences and insights into key aspects of building and scaling startups. During the session, the experts discussed important topics such as startup funding opportunities, incubation support mechanisms, branding strategies, regulatory requirements, and business growth strategies for technology ventures. They highlighted how early-stage innovators can leverage government schemes, incubators, and mentorship programs to transform innovative ideas into sustainable businesses. Special emphasis was placed on the importance of strategic planning, market positioning, regulatory awareness, and effective networking in the startup journey. The speakers also shared real-world examples and case studies illustrating the challenges and opportunities faced by startups in the evolving innovation ecosystem. These discussions helped students understand the practical aspects of launching and managing technology-based ventures. The session emphasized the importance of interdisciplinary skills, creativity, resilience, and adaptability for aspiring entrepreneurs. An interactive discussion segment allowed students to engage directly with the experts, ask questions, and seek guidance regarding startup ideation, funding pathways, and career opportunities in entrepreneurship. The interaction encouraged participants to think beyond traditional career options and explore innovation-driven ventures.

OUTCOMES

Students gained awareness of the startup ecosystem, innovation pathways, and opportunities in technology-driven entrepreneurship.
Participants developed understanding of startup funding mechanisms, incubation support, and government initiatives for innovators.
The workshop enhanced students' knowledge of branding strategies, regulatory requirements, and business development for startups.
Students were encouraged to explore entrepreneurial careers and develop innovative ideas for technology ventures.
Interaction with experts helped participants understand practical challenges and success strategies in building and scaling startups.





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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Unveiling The Magic Of Gratitude
Date	7th February 2026
Time	2:00 PM to 4:00 PM
Venue	Pierre Hall, Architecture Block
Number of Attendees	51
Resource Person	Dr. Nayanika Singh

The Happiness Club, a student-led initiative under the Office of Student Life, is officially inaugurated to promote emotional well-being, positivity, and inner growth among students. The inauguration is led by Dr. Nayanika Singh, renowned psychologist and behavioral trainer, along with the Chief Warden, Ms. Savita Srivastava.

The club's first initiative, "Unveiling the Magic of Gratitude in Daily Lives" engages students in reflective and experiential activities such as Gratitude Affirmation Cards and the Gratitude Tree, encouraging them to recognize and express appreciation meaningfully. The session concludes with a thought-provoking gratitude video, leaving the hall filled with warmth and reflection. With the enthusiastic participation of 50 students, the event marks a meaningful beginning for the Happiness Club's journey toward nurturing emotional growth alongside academic excellence.




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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners & Voice Vibes
Topic	TURN THE PAGE, TAKE THE MIC
Date	7th February 2026
Time	1:30 PM to 4:30 PM
Venue	Einstein Hall, Galileo Block
Number of Attendees	38
Resource Person	Ms. Ishika

Office of Student Life's student-led clubs Voice Vibes and Page Turners collaborated to organized Turn the Page, Take the Mic on 7th February from 1:30 pm to 4:30 pm. The event created a heartfelt platform for students to celebrate stories, confidence, and the power of expression. The session began with an ice-breaker, "Passing the Ball," where music, dance, and excitement filled the room. When the music stopped, the participant holding the ball came on stage to share a book or movie that had inspired them. Laughter followed with the "Wrong Answers Only" game, bringing energy and spontaneity to the audience. In a reflective activity, students received a one-word personality description based on their conversations with ChatGPT and habits give as prompt. They wrote these on sticky notes and placed them onto a book prepared by the volunteers, symbolizing how every individual adds a page to a larger story. The tongue-twister challenge further tested confidence, and winners shared their personality traits on stage. Towards the end, participants created impromptu stories from random words, realizing that creativity comes from within and that speaking with courage makes every narrative powerful. In the final activity, students titled the current phase of their life as a chapter of a book, and many bravely shared their thoughts with the audience. The event concluded with gifts for the winners and special recognition for Yash and Aishwarya as Mr. Great and Miss Great. The afternoon stood as a beautiful reminder that everyone has a voice, and every page of life deserves to be spoken aloud.






WELCOME TO OUR EVENT
Turn the Page, Take the Mic


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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1
Date	7th February 2026
Time	1:30 PM to 3:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	57
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on 7th February 2026 at Carnegie Hall, Rockefeller Block. The event provided an engaging platform for students to challenge their knowledge and logical thinking skills in a competitive environment.

The quiz witnessed active participation from over 50 students, who competed enthusiastically in the opening round. The questions were designed to test analytical ability, quick thinking, and general awareness, encouraging students to think critically under time constraints. The successful conduct of the event marked a strong beginning for Mind Clash 2026, fostering a spirit of healthy competition and intellectual engagement among the participants.




HEALTHCARE CONCLAVE
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	RUN AND RAVE
Date	7th February 2026
Time	5:00 PM to 10:00 PM
Venue	HLP Galleria Mall, Mohali
Number of Attendees	24
Resource Person	Running Team

Today, chitkara Running Club successfully organized the Run and Rave program in collaboration with Fufu, creating a memorable and energetic experience for all participants. The event began with a three-kilometer race, where students enthusiastically showcased their endurance, teamwork, and sporting spirit. Following the run, a series of engaging fitness activities were conducted, promoting physical well-being and active lifestyles among students. The participants displayed great excitement and involvement throughout the session. The program concluded on a high note with a vibrant DJ party, adding fun and celebration to the day. Overall, the event was extremely well-received, and the students thoroughly enjoyed every moment. Organizing this program was a truly rewarding experience and a great success for the club.






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Event/Session Name	Eye Check-up Camp on World Health Day
Event/Session Date	7-April, 2026
Venue	Optometry Room (4th Floor), Galileo Block, Chitkara University
Organizers	Centre of Excellence for Sustainability in collaboration with the Office of Administration and Chitkara School of Health Sciences (CSHS)
Resource Person	Mr. Dev Kalicheti, Assistant Professor Ms. Ritika Rana, Assistant Professor (Department of Optometry)
No. of Participants	44 (Supporting Staff)
SDGs Covered	3,8,10,17

Overview

The **Office of Administration** collaboratively participated in an **Eye Check-up Camp** organized by the **Centre of Excellence for Sustainability**, in association with the **Chitkara School of Health Sciences (CSHS)**, on the occasion of **World Health Day**. The initiative was conducted for the support staff of **Chitkara University** with the aim of promoting eye health awareness and improving their overall quality of life through timely diagnosis and expert guidance.

Health Check-up Activities

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

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

Operational Setup

The check-ups were conducted in the Optometry Lab with a well-organized setup. A team of 9 student staff assisted in the process under expert supervision. Four separate cabins were arranged to ensure smooth flow and privacy, where each support staff member was attended by two students. This structured approach ensured efficient and personalized examination for all participants.

Participant Engagement

The camp witnessed active participation from support staff, with a significant number of individuals benefitting from the initiative. The friendly and supportive environment encouraged participants to openly discuss their concerns and seek guidance regarding their eye health.

Outcome

The Eye Check-up Camp successfully facilitated early detection of vision-related issues and provided timely guidance for corrective measures. It enhanced awareness about eye health and encouraged staff to adopt preventive care practices, contributing to their overall well-being and productivity.

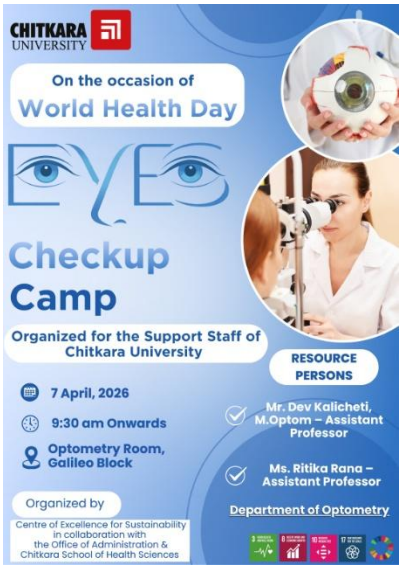
Remarks

During the screening, **Mr. Ajaib Singh (Senior Support Staff)** was identified with severe **cataract-related vision impairment**. He has been recommended for cataract surgery, which can be availed free of cost, ensuring timely medical intervention and improved quality of life.

Conclusion

The initiative marked a significant step towards prioritizing preventive healthcare and staff welfare. By combining professional expertise with organized execution, the camp reinforced the institution's commitment to creating a healthy and supportive work environment.















SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1
Date	8th February 2026
Time	10:30 AM to 3:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	113
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on *8th February 2026 from 10:30 AM to 3:30 PM at Carnegie Hall, Rockefeller Block. The event continued to provide an intellectually stimulating platform for students to showcase their knowledge and analytical skills.

The quiz session witnessed the participation of 113 students, who actively engaged in the competitive rounds. The questions challenged their logical reasoning, quick decision-making, and subject awareness, fostering an environment of healthy competition and learning.

The successful execution of the session further strengthened the momentum of Mind Clash 2026, reinforcing its aim to promote curiosity, confidence, and critical thinking among students.

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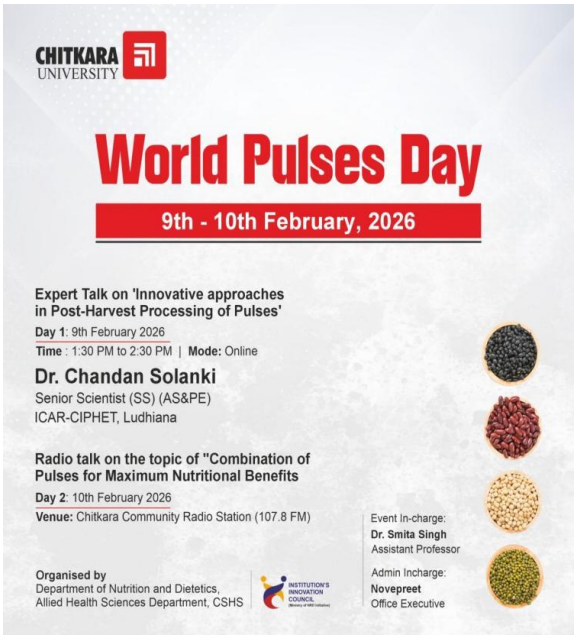
Event Name	World Pulses Day 2026
Date	09th February 2026
Venue	GB 304, Galileo Block, Chitkara University, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Chandan Solanki, Senior Scientist, ICAR-CIPHET, Ludhiana
Number of Participants	80
SDG Number	2,3,4
Duration	2 hours in Online mode

Description of Event:



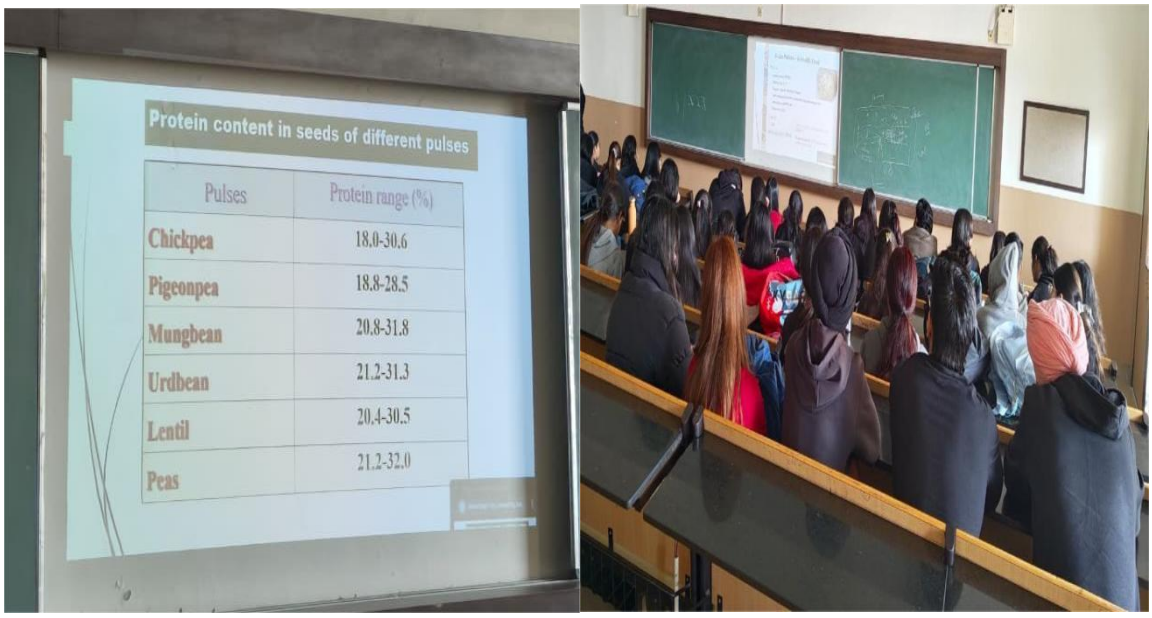
Nutrition and Dietetics, Allied Health Science Department, CSHS celebrated World Pulses Day 2026 on 9th February 2026 with an expert talk on the topic "Innovative Approaches in the Post-Harvest Processing of Pulses." The session was delivered by Dr. Chandan Solanki, Senior Scientist, ICAR-CIPHET, Ludhiana. The event, organized for the B.Sc (H) students (2023, 2024, and 2025 batches).

The primary objective of the program was to deepen students' understanding of modern post-harvest processing techniques and their significance in improving the quality, safety, and nutritional value of pulses. Dr. Solanki elaborated on various aspects of pulse processing, including milling technologies, grading, dehusking, and storage practices. He also discussed the impact of processing methods on the physical and nutritional characteristics of pulses, enabling students to appreciate the science behind commonly consumed pulse products.

A key highlight of the session was the comparison between traditional processing methods and advanced machinery used in pre- and post-harvest stages. Dr. Solanki introduced innovative

technologies, particularly emphasizing the role of microwave processing and other emerging techniques that enhance efficiency, reduce losses, and improve product quality.

The interactive session provided students with valuable exposure to current industry practices and research advancements. Overall, the event proved to be highly informative and inspiring, fostering professional growth, critical thinking, and a spirit of innovation among Nutrition and Dietetics students. It encouraged them to explore emerging opportunities and strive for excellence in the field of food processing and technology.





Event Details	
Event Name	Value Added Course
Topic	Communication and its Implications in Nursing
Date	9th – 12th February, 2026
Mode	Offline
Venue	GB 203, 2nd Floor, Galileo Block, Chitkara University
Organizer Name	Ms. Gagandeep Kaur, Associate Professor, Chitkara School of Health Sciences
Resource Persons	Ms. Gagandeep Kaur, Associate Professor, Chitkara School of Health Sciences Ms. Kanika Guleria, Assistant Professor, Chitkara School of Health Sciences Ms. Deeksha Sharma, Assistant Professor, Chitkara School of Health Sciences Ms. Vijyeta Bhasin, Assistant Professor, Chitkara School of Health Sciences Ms. Seema Rani, Assistant Professor, Chitkara School of Health Sciences Ms. Vidhi Paul, Nursing Tutor, Chitkara School of Health Sciences Ms. Shalini, Nursing Tutor, Chitkara School of Health Sciences Ms. Manreet Kaur, Nursing Tutor, Chitkara School of Health Sciences
No. of Participants	61
SDGs	3 (Good health & well being), 4 (Quality education)
POs	PO1, PO4, PO5, PO7, PO8, PO12

Objective

- To develop interpersonal communications skills.
- To learn and apply therapeutic communication strategies to support patient care and improve emotional well-being.
- To gain skills to handle difficult conversations during challenging situations.
- To strengthen teamwork and collaboration with healthcare professionals to improve patient outcomes.
- To learn effective communication practices that can lead to significant reduction in medical errors and improve overall patient safety.

- To foster continuous professional growth by developing advanced communication skills essential for career advancement in nursing.

The value-added course on 'Communication and its Implications in Nursing' was organized by Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab from 9th - 12th February, 2026. It was an enlightening and transformative program designed to enhance the communication skills of nursing students. This course aimed to equip future nurses with the essential communication tools necessary for effective patient care and professional interactions within healthcare settings. **Day 1:** The first day commenced with an overview of the fundamental principles of communication within the nursing profession. Emphasis was placed on the importance of clear and empathetic communication in fostering therapeutic nurse-patient relationships. The session explored various communication models, highlighting the role of active listening, non-verbal cues, and emotional intelligence in understanding and responding to patient needs. Through interactive lectures and role-playing activities, students learned to identify and overcome common communication barriers, such as cultural differences and language discrepancies, which can impede effective care delivery. **On the second day,** the focus shifted to specific communication techniques and strategies that can be utilized in different clinical scenarios. Students participated in case scenarios and role plays, where they practiced these techniques under the guidance of experienced instructors. This hands-on approach not only enhanced their practical skills but also boosted their confidence in handling real-life situations. **The third day** was dedicated to understanding therapeutic impasses and effective management strategies. Students were taught various strategies to manage and overcome these barriers, including techniques for re-establishing rapport, addressing emotional resistance, and navigating difficult conversations. Practical exercises and case studies were utilized to simulate scenarios where therapeutic impasses might arise, providing students with the opportunity to practice and refine their skills in a controlled environment. **On the fourth day,** assertiveness training was provided to the nursing students with practical tools and strategies to enhance their communication skills. It will help them to express their thoughts and needs clearly and respectfully, handle challenging interactions with patients, colleagues, and supervisors more effectively. These skills are vital for their professional development and will contribute to more effective and empathetic patient care.



Students attending session on Therapeutic communication in value added course from 9th-12th February, 2026



Students attending session on Dynamics of therapeutic nurse patient relationship in value added course from 9th-12th February, 2026



Students attending session on Dynamics of therapeutic nurse patient relationship in value added course from 9th-12th February, 2026



Students attending session on Therapeutic communication techniques in value added course from 9th-12th February, 2026



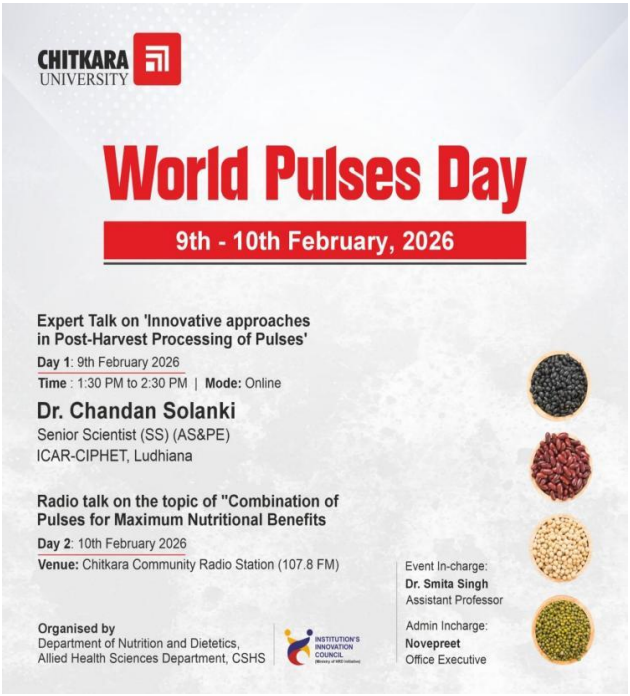
Students attending session on in value added course from 9th-12th February, 2026



Students attending session on Therapeutic obstacles and its management in value added course from 9th-12th February, 2026

Event Name	Radio talk on "Combinations of Pulses for maximum Nutritional Benefits"
Date	10th February 2026
Venue	Chitkara Radio Station 107.8 FM
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants	4
SDG Number	2,3,4
Duration	1 hour

Description of Event



Nutrition and Dietetics, Allied Health Science Department, CSHS celebrated *World Pulses Day 2026* on 10th February 2026 with a radio talk on the topic *"Combinations of Pulses for maximum Nutritional Benefits"* and actively involved B.Sc. (H) Nutrition and Dietetics students, providing them with a practical platform to enhance their communication and subject knowledge. The radio talk was hosted by students from the 2023 batch-Jeeya, Dhriti, Chanchal, Vrinda, and Vinal who effectively presented valuable insights into the nutritional importance of pulses. They discussed various types of pulses, highlighting their rich nutrient profiles, including proteins, dietary fiber, vitamins, and minerals. The speakers emphasized how combining different pulses can improve the overall quality of protein intake by ensuring a better balance of essential amino acids. In addition, the students elaborated on the role of pre-processing techniques such as soaking, sprouting, and fermentation in enhancing the bioavailability and digestibility of nutrients.

They also brought attention to various government initiatives and policies that promote pulse consumption as a sustainable and economical means of meeting daily protein requirements, especially in the Indian context.

The session concluded with an emphasis on incorporating appropriate pulse combinations into daily diets to achieve balanced nutrition. Overall, the radio talk was informative and impactful, successfully raising awareness about the nutritional significance of pulses while fostering confidence, teamwork, and public speaking skills among the students.



SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	Mind Clash Level 1
Date	11th February 2026
Time	1:30 PM to 3:30 PM
Venue	Moot Room, Flemming Block
Number of Attendees	112
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash – University Level Quiz Competition on 11th February 2026 from 1:30 PM to 3:30 PM at Moot room Flemming Block. The session continued to engage students in a stimulating and competitive quiz environment.

A total of 112 students participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement.



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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL 1
Date	11th February 2026
Time	1:30 PM to 3:30 PM
Venue	Carnegie Hall, Rockefeller Block
Number of Attendees	169
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on 11th February 2026 from 1:30 PM to 3:30 PM at Carnegie Hall, Rockefeller Block. The session continued to engage students in a stimulating and competitive quiz environment.

A total of 169 student participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement.




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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	Linkedin Experience Zone Inauguration
Date	11th February 2026
Time	10:00 AM to 4:00 PM
Venue	Exploratorium and Sportorium
Number of Attendees	453
Resource Person	LinkedIn Team

Office of Student Life, in collaboration with the LinkedIn Team, successfully organized the LinkedIn Experience Zone Inauguration & Career Enablement Session on 11th February 2026 at Explotoreium and Sportorium. The event aimed to empower students with industry-relevant skills and insights to enhance their career readiness using the LinkedIn platform.

The session witnessed enthusiastic participation from 453 students, where the LinkedIn team conducted an engaging and insightful workshop on leveraging LinkedIn for job opportunities, using AI-based roleplay for interview and professional skill training, and maximizing the benefits of the LinkedIn Learning platform. The interactive format encouraged students to actively participate, ask questions, and gain hands-on exposure to career-building tools.

As part of the event, the LinkedIn Experience Zone was formally inaugurated, providing students and faculty with an innovative space to explore LinkedIn tools, participate in guided activities, and experience real-time learning. Additionally, LinkedIn Ambassadors from Chitkara University were felicitated and rewarded for their exceptional contributions in promoting digital networking and professional growth on campus.

The successful execution of the event marked a significant step towards fostering career awareness, digital professionalism, and industry engagement, leaving a lasting impact on students and faculty alike.




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Event Name	Poster Making Competition
Theme	"Leprosy is Curable, the real challenge is stigma"
Occasion	World Leprosy Day
Date	11 February 2026
Time	2:30 PM onwards
Venue	Galileo Block, Chitkara University, Rajpura
No. of Participants	15
Organized By	Dr. Ashok Kumar B. (Assistant Professor) Ms. Manreet Kaur (Nursing Tutor)
Department	Department of Nursing, Chitkara School of Health Sciences
SDGs Covered	SDG 3 – Good Health and Well-being SDG 4 – Quality Education SDG 10 – Reduced Inequalities
PO	PO2, PO3, PO5

Objective

The Poster Making Competition was organized with the following objectives:

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

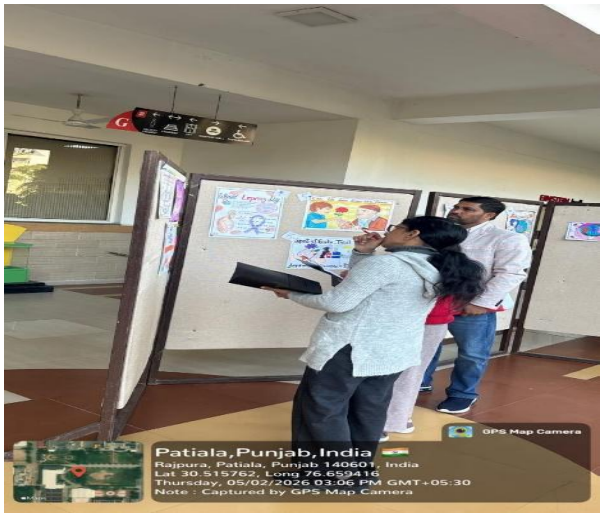
On the occasion of World Leprosy Day, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Rajpura, organized a Poster Making Competition on 05 February 2026 at Galileo Block. The theme of the event, *"Leprosy is Curable, the real challenge is stigma"*, was chosen to emphasize the need to fight social discrimination and misinformation related to leprosy. The event aimed to generate awareness about leprosy, its causes, symptoms, prevention, and availability of effective treatment. Students participated enthusiastically and displayed their creativity through well-designed and meaningful posters. The posters highlighted important messages related to early detection, treatment adherence,

social inclusion, and elimination of stigma against persons affected by leprosy. The competition served as a platform for students to express their understanding of public health issues in a creative way. Through artwork and slogans, participants effectively communicated that leprosy is not only a medical condition but also a social issue that requires empathy, education, and community support. The event also reinforced the importance of Sustainable Development Goals, especially SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 10 (Reduced Inequalities) by promoting health awareness, education, and social inclusion. Overall, the Poster Making Competition was a successful initiative that enhanced students' awareness, creativity, and social responsibility towards leprosy eradication.

Special Outcomes

- Improved Awareness on Leprosy.
- Reduction of Stigma
- Enhanced Creative Expression
- Development of Social Responsibility

Strengthened Health Communication Skills



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



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



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



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



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



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

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Skillverse
Topic	Zumba Workshop
Date	12th February 2026
Time	10:30 PM to 11:30 PM
Venue	Zumba Room, Sportorium
Number of Attendees	38
Resource Person	Ms. Ishika

Office of Student Life successfully organized a Zumba Workshop on 12th February 2026 at the Zumba Room, creating an energetic and refreshing experience for the participants. The workshop witnessed enthusiastic participation from 38 students, who actively engaged in the high-energy session. The students thoroughly enjoyed grooving to vibrant Punjabi beats and lively Zumba melodies, making the session both fun-filled and rejuvenating. The interactive workout not only boosted energy levels but also promoted physical fitness, mental well-being, and stress relief among the participants.

The workshop also served as a platform to promote the Zumba Fitness Course under Skillverse 8.0, encouraging students to explore structured fitness training and adopt a healthy lifestyle. The event concluded on a high note, leaving participants refreshed, motivated, and eager for more such wellness-driven initiatives.



Event Name	32nd International Public Health Management Development Program (IPHMDP)
Date	12th February 2026
Venue	Chitkara University, Punjab
Organized by	Department of Community Medicine and School of Public Health, PGIMER, Chandigarh, in collaboration with Chitkara University, Punjab
Resource Person(s)	Prof (Dr.) Sonu Goel, Department of Community Medicine and School of Public Health PGIMER, Chandigarh
Organizing Chairperson	Dr. Sandhir Sharma, Vice-Chancellor, Chitkara University, Punjab
Conveners	Dr. Sonu Goel, Professor, Health Management, Department of Community Medicine and School of Public Health, PGIMER, Chandigarh Dr. Surya Narayan Panda – Pro Vice-Chancellor (Research), Chitkara University, Punjab
Coordinator	Dr. Sanjeev Verma – Assistant Professor (Research), Chitkara University, Punjab
No. of Participants	50 Senior Doctors and Healthcare Professionals from 29 Countries

SDGs Covered	• SDG 3: Good Health and Well-being –The program focused on strengthening healthcare systems, enhancing public health management, and improving healthcare delivery through effective leadership and innovative healthcare practices. • SDG 4: Quality Education –The program promoted professional learning, skill development, and knowledge exchange among healthcare professionals through expert lectures, workshops, and collaborative activities. • SDG 9: Industry, Innovation, and Infrastructure – The initiative highlighted innovative healthcare models, digital health technologies, and modern public health management practices for strengthening healthcare infrastructure. • SDG 17: Partnerships for the Goals – By bringing together healthcare professionals from 29 countries, the program encouraged global collaboration, international cooperation, and exchange of best practices in public health.
Duration	9:30 AM Onwards

About the Event

The 32nd International Public Health Management Development Program (IPHMDP), a flagship initiative supported by the Ministry of External Affairs under the Indian Technical and Economic Cooperation (ITEC) Programme Scheme, was successfully conducted on February 12, 2026, at Chitkara University, Punjab. The program witnessed the participation of 50 senior doctors and healthcare professionals representing 29 countries across the globe.



The event was organized with the objective of strengthening global public health systems through capacity building, collaborative learning, and international knowledge exchange. The program served as a significant platform for healthcare professionals to enhance their managerial, leadership, and technical competencies

in planning, implementing, and evaluating public health programs in their respective countries.

The sessions provided participants with valuable insights into India's healthcare system, preventive healthcare strategies, community health initiatives, and emerging innovations in healthcare delivery. Participants actively engaged in expert lectures, interactive workshops, and discussions focusing on healthcare governance, disease control, epidemiological analysis, and digital integration in public health systems.

Workshop Objectives

To strengthen managerial and leadership capabilities among healthcare professionals in the field of public health.

To provide advanced knowledge and practical understanding of healthcare policies, governance, and public health management systems.

To promote international collaboration and exchange of best healthcare practices among participating countries.

To enhance participants' skills in epidemiological analysis, data-driven decision-making, and healthcare planning.

To provide exposure to innovative healthcare delivery models and preventive healthcare strategies implemented in India.

Workshop Highlights

Expert Sessions: Eminent healthcare experts and public health professionals delivered insightful sessions on healthcare management, disease prevention strategies, and leadership in public health systems.

Interactive Workshops: Participants engaged in collaborative learning activities and discussions addressing emerging healthcare challenges and solutions.

Exposure to Indian Healthcare Practices: The program showcased India's healthcare delivery systems, community health initiatives, and digital health integration practices.

Global Networking Opportunity: Healthcare professionals from 29 countries exchanged ideas, experiences, and best practices, strengthening international professional networks.

Capacity Building Activities: Sessions focused on enhancing technical, managerial, and decision-making skills required for effective public health administration.

Workshop Outcomes

Participants gained enhanced knowledge and practical skills in managing public health systems and healthcare programs.

Improved understanding of healthcare policies, epidemiological analysis, and data-driven healthcare planning.

Strengthened international collaboration and professional networking among healthcare professionals from different countries.

Exposure to innovative and sustainable healthcare models that can be adapted in participants' respective healthcare systems.

Enhanced leadership and strategic decision-making abilities among participants for addressing global healthcare challenges.

Conclusion

The 32nd International Public Health Management Development Program (IPHMDP) successfully reinforced the importance of global cooperation and collaborative learning in strengthening public health systems worldwide. By bringing together healthcare professionals from diverse countries and backgrounds, the program promoted meaningful knowledge exchange, leadership development, and the sharing of innovative healthcare practices.

The initiative significantly contributed toward achieving Sustainable Development Goals, particularly SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), SDG 9 (Industry, Innovation and Infrastructure), and SDG 17 (Partnerships for the Goals). The program further highlighted India's commitment to global health cooperation and sustainable healthcare development.











SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 25 – JUNE 26


Explore
Your
Potential



SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Skillverse
Topic	Bachata Workshop
Date	13th February 2026
Time	1:30 PM to 3:00 PM
Venue	Zumba Room, Sportorium
Number of Attendees	15
Resource Person	Gurdeep Singh

Office of Student Life successfully organized a Bachata Dance Workshop on 13th February 2026 at the Zumba Room, creating a vibrant, rhythmic, and engaging experience for the participants. The workshop witnessed enthusiastic participation from 15 students, who actively immersed themselves in learning the elegant and expressive moves of Bachata.

The students thoroughly enjoyed dancing to soulful Latin beats and smooth Bachata rhythms, making the session both enjoyable and energizing. The interactive dance workshop not only enhanced coordination and rhythm but also promoted physical fitness, confidence, and emotional well-being among the participants.

The workshop also served as a platform to promote the Bachata Dance Course under Skillverse 8.0, motivating students to explore structured dance training and embrace creative expression through movement. The event concluded on a high note, leaving participants inspired, refreshed, and eager to be part of more such dynamic cultural initiatives.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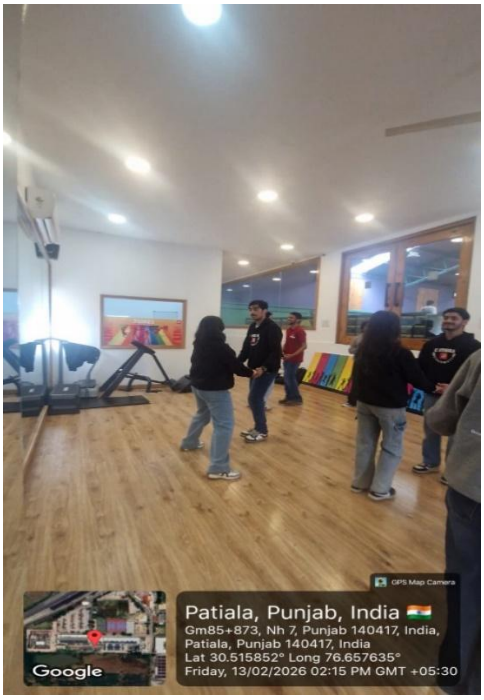
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas
Topic	ONE COLOUR CHALLENGE
Date	13th February 2026
Time	10:00 PM to 12:00 PM
Venue	Conference Hall, Chitkara Happiness Centre
Number of Attendees	12
Resource Person	Color Canvas Team

Office of Student Life presents the Colour Canvas Club. As this new journey begins, the start was marked not by grandeur, but by purpose small yet deeply engaging activities where creativity spoke louder than words.

With Mahashivratri as the inspiring theme, students expressed their imagination through heartfelt artworks submitted by 13th February, each piece reflecting devotion and originality.

Adding to the excitement was a delightful "One Colour Challenge," where a single shade became the foundation for limitless creativity.

The results were announced by the Chief Happiness Officer, Mr. Manav Bansal, and the First, Second, and Third prizes were awarded to honour exceptional artistic expression.

A simple yet soulful start painted with passion, joy, and the promise of many vibrant moments ahead.




STEP 01
Achievement
Art Wall
STEP 01
Art Wall
STEP 0


Discover Your
P+E+R+M+A
Relation
STEP 03
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Event Details	
Event Type	Expert Talk
Topic	Expert Talk on Pharmacovigilance: Bridging Industry Experience and Academic Learning
Date	2026-02-13 To 2026-02-13
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Ms. Priyanka Chaddha, Senior Product Manager
No. Of Participants	115
SDG No	SDG 3: Good Health and Well-Being, SDG 9: Industry, Innovation and Infrastructure, SDG 4: Quality Education
Po Number(S)	Po3, Po6, Po11
University Charter	Let's Prepare Our Students for Industry, Let's Educate Our Students to Become Globally Competitive, Let's Infuse Leadership Skills in Our Students, Let's Ingrain Spirit of Entrepreneurship Among Our Students

OBJECTIVE

• To provide students with an understanding of the fundamental concepts and importance of pharmacovigilance in drug safety monitoring.
• To bridge the gap between academic learning and real-world industry practices in pharmacovigilance.
• To create awareness about adverse drug reaction (ADR) reporting, regulatory requirements, and global drug safety frameworks.
• To highlight emerging trends, technologies, and career opportunities in the pharmacovigilance domain.
• To encourage interaction between students and industry experts for better understanding of pharmacovigilance workflows and professional expectations.

DESCRIPTION

The session titled "Pharmacovigilance: Bridging Industry Experience and Academic Learning" was organized with the objective of enhancing students' understanding of pharmacovigilance and its critical role in ensuring drug safety. Pharmacovigilance plays a vital role in monitoring adverse drug reactions (ADRs), evaluating the safety profile of

pharmaceutical products, and ensuring compliance with regulatory requirements. With the growing complexity of healthcare systems and the increasing number of pharmaceutical products entering the market, the importance of efficient pharmacovigilance practices has become increasingly significant. The session was delivered by Ms. Priyanka Chaddha, Senior Product Manager, RXLogix Corporation, who shared valuable industry insights and practical perspectives on pharmacovigilance practices. The resource person discussed key topics including adverse drug reaction reporting, signal detection, regulatory compliance, case processing workflows, and the global drug safety frameworks followed by pharmaceutical companies and regulatory authorities. The talk also highlighted the real-world applications of pharmacovigilance in the pharmaceutical industry and emphasized the growing role of technology in drug safety monitoring systems. Students were introduced to modern pharmacovigilance tools, databases, and regulatory guidelines that guide the safe use of medicines worldwide. The session helped participants understand how pharmacovigilance supports patient safety, regulatory decision-making, and risk management throughout the lifecycle of a drug. In addition, the session provided students with insights into career opportunities in pharmacovigilance, the essential competencies required for working in the field, and the expectations of the pharmaceutical industry from pharmacy graduates. Such interactions helped students connect their theoretical knowledge with practical industry requirements.

OUTCOMES

- Participants gained a clear understanding of the principles and importance of pharmacovigilance in ensuring drug safety.
- Students developed awareness about adverse drug reaction (ADR) reporting, regulatory requirements, and global drug safety frameworks.
- The session enhanced students' knowledge of pharmacovigilance workflows, signal

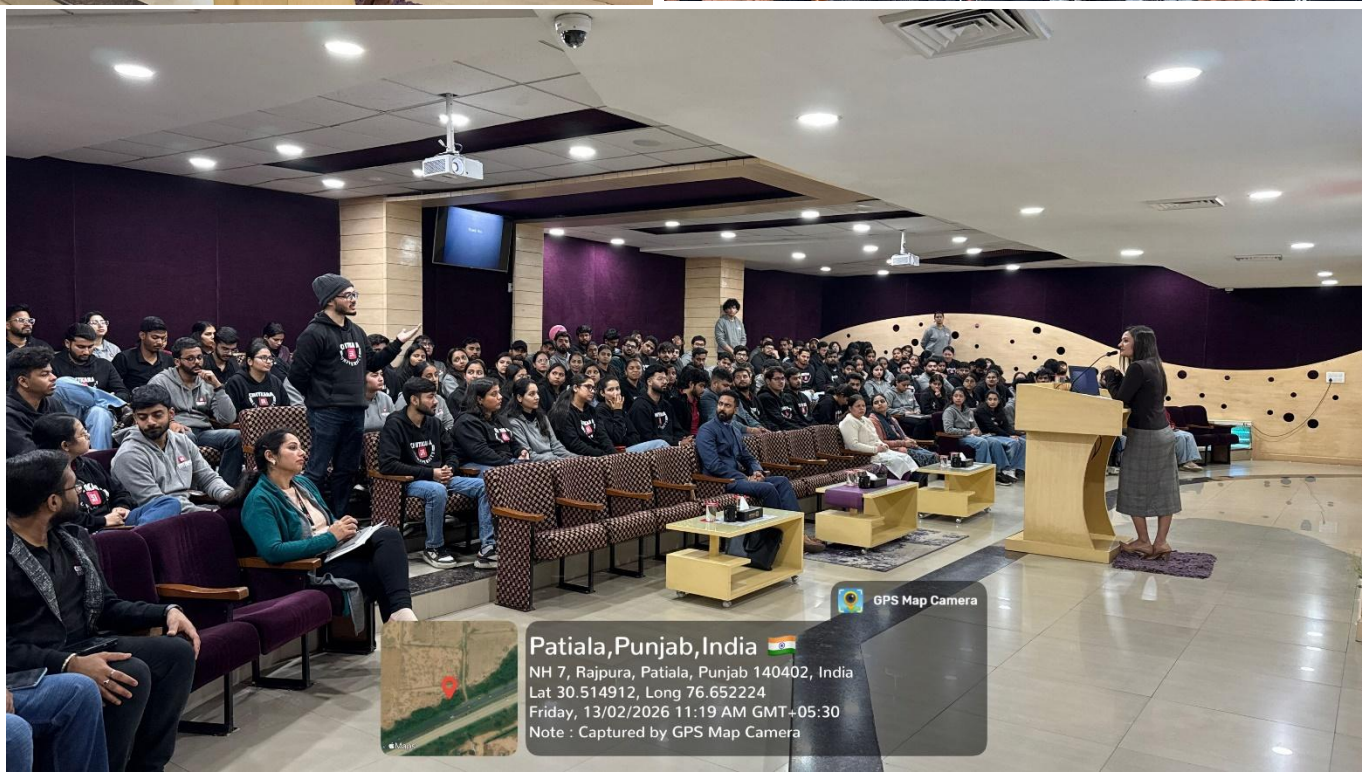
detection, and case processing in the pharmaceutical industry.











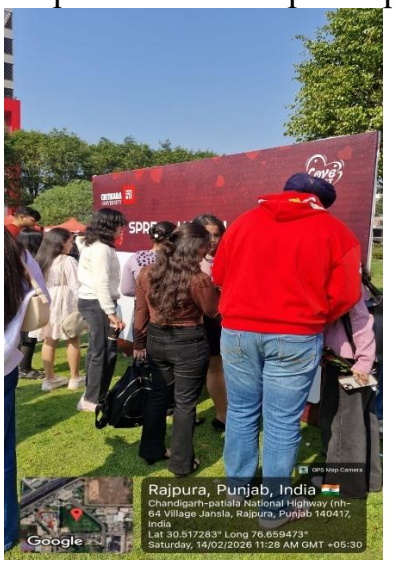
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	LOVE FEST
Date	14th February 2026
Time	10:00 AM to 4:00 PM
Venue	Alpha Zone
Number of Attendees	146
Resource Person	Office of Student Life Team

Office of Student Life (OSL) successfully organized Love Fest Canopies on 14th February 2025 at the Alpha Zone, creating a vibrant and joyful atmosphere for students to celebrate connection, friendship, and togetherness. The event witnessed enthusiastic participation from 146 students, who actively engaged in a series of fun-filled and interactive activities.

The canopies featured a diverse range of engaging activities designed to promote bonding, creativity, teamwork, and gratitude. One of the key attractions was "How Much Do You Know Each Other", where partners and best friends answered a set of common questions, strengthening their understanding and connection. Another popular activity was Thumb Printing and Doodle Art, conducted by the Color Canvas Team, allowing students to express their creativity through colorful impressions and artistic doodles.

Adding excitement and energy to the event, students enthusiastically participated in the 3-Leg Race, fostering teamwork, coordination, and a spirit of healthy competition. Additionally, the Gratitude Chit Activity encouraged students to pick a thoughtful message and share it with their loved ones, spreading positivity, appreciation, and warmth across the campus. The Love Fest Canopies successfully created an environment of joy, celebration, creativity, and emotional connection, making the event a memorable experience for all participants.



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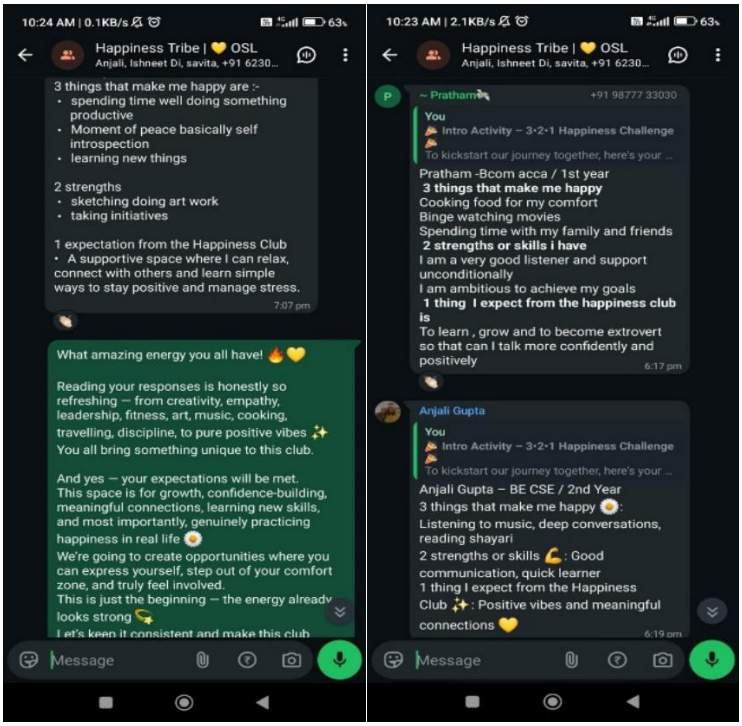
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	3.2.1 Happiness Challenge
Date	14th February 2026
Time	Full Day
Venue	Online, WhatsApp
Number of Attendees	26
Resource Person	Happiness Team

The Happiness Club recently conducted an online engagement activity titled "3.2.1 Happiness Challenge" to welcome and interact with new members of the Happiness Tribe.
The activity encouraged participants to share three things that make them happy, two strengths or skills they possess, and one expectation from the club. This interactive format helped create a positive and comfortable space for self-expression and connection.
Around 26 students actively participated in the activity, making it a vibrant and energetic start to the journey. The session successfully fostered engagement, meaningful conversations, and a strong sense of community among members.
The initiative marked a promising beginning toward building a more connected and happiness-driven campus culture.



Event Name	FIP – Guru Dakshta Emotional Development and Counselling Skills
Date	14 Feb 2026
Venue	Pierre Hall (Le Corbusier Block)
Department	Office of Talent Management
Resource Person	Dr. Vani Parwez, Dr. Meenu Sharma, Dr. Raksha Singh and Dr. Shweta Narayan
Number of Participants	61
SDGs Covered	SDG 3, 4,
Duration	4.0 Hrs.

About the Activity

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 topic of this session was Personal Emotional Development and Counselling'

Objectives of the Session

To enable participants to attain basic skills in personal – emotional development and counselling.

Learning Outcomes

At the end of the course the participants (New Faculty) will be able to:

1. Understand and deal effectively with different types of personalities
2. Act in consonance with the diverse world of learners
3. Learn to deal with and manage stress among the learners
4. Counsel the learners effectively

Areas/themes

1. Human personality
2. Emotional Development
3. Stress
4. Counselling

Key Highlights

1.Participation: 61 participants attended the session.
2. Exceptional Content: The module provided an in-depth knowledge of the topic.
Organizing Team: The event was successfully coordinated by the office of Talent Management, and a team of experts from the Department of Psychology i.e. Dr. Vani Parwez, Dr. Meenu Sharma, Dr. Raksha Singh and Dr. Shweta Narayan

1. Understand and deal effectively with different types of personalities
2. Act in consonance with the diverse world of learners
3. Learn to deal with and manage stress among the learners
4. Counsel the learners effectively

Areas/themes

5.Human personality
6.Emotional Development
7.Stress
8.Counselling

Key Highlights

1.Participation: 61 participants attended the session.
2. Exceptional Content: The module provided an in-depth knowledge of the topic.
Organizing Team: The event was successfully coordinated by the office of Talent Management, and a team of experts from the Department of Psychology i.e. Dr. Vani Parwez, Dr. Meenu Sharma, Dr. Raksha Singh and Dr. Shweta Narayan






Faculty Induction Programme
(Guru-Dakshta) : Module 5

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	Mind Clash Level 1 - Ipm Department
Date	16th February 2026
Time	1:30 PM to 3:30 PM
Venue	LH 303, Rockefeller Block
Number of Attendees	63
Resource Person	Mind Clash Team

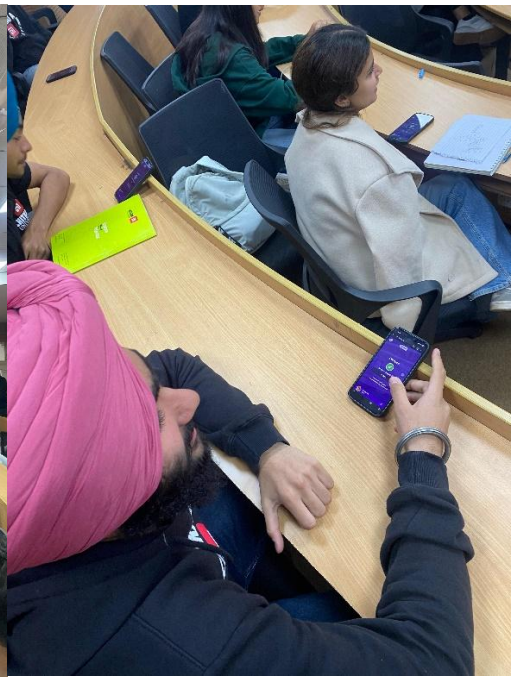
Office of Student Life organized Mind Clash - University Level Quiz Competition on 16th February 2026 from 1:30 PM to 3:30 PM at LH 303 , Rockefeller Block. The session continued to engage students in a stimulating and competitive quiz environment.

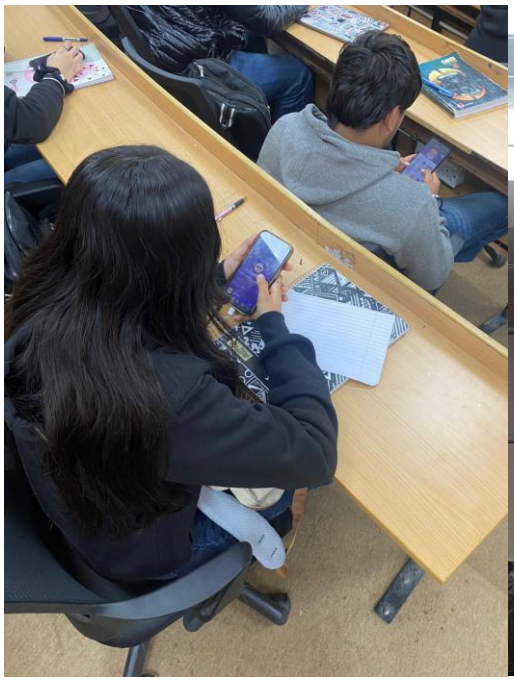
A total of 63 students participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

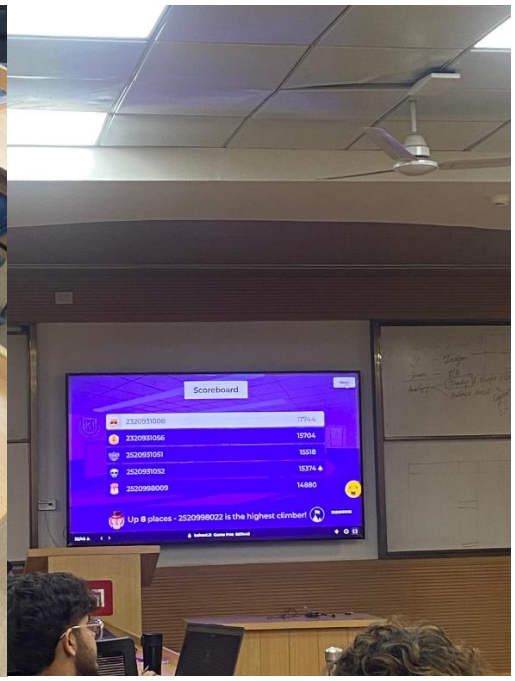
The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement.







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Up 8 places - 2520998022 is the highest climber!

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	Mind Clash Level 1 - Architecture Department
Date	17th February 2026
Time	11:45 AM to 12:45 PM
Venue	LH 2, Architecture Block
Number of Attendees	61
Resource Person	Mind Clash Team

Office of Student Life organized Mind Clash - University Level Quiz Competition on 17th February 2026 from 11:45 AM to 12:4 PM at LH 2 , Architecture Block. The session continued to engage students in a stimulating and competitive quiz environment.

A total of 61 students participated in the quiz, actively taking part in the rounds designed to test their knowledge, logical reasoning, and quick thinking. The event encouraged intellectual curiosity and fostered a spirit of healthy competition among the participants.

The smooth and successful conduct of the session further contributed to the overall success of Mind Clash 2026, reinforcing its objective of promoting analytical skills and academic engagement




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Event Name	Innovative Research Methodologies & Design Thinking in Healthcare
Date	18th February 2026
Venue	GB506, 5th Floor, Galileo Block, Chitkara University, Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences
Resource Person	Dr. Naveen Kumar, Associate Professor, DRC-CSHS
Number of Participants	40 (Students)
SDG Number	3,4,17
Duration	2 hours

Description of Event



A workshop was organized by the Department of Optometry, featuring Dr. Naveen Kumar. The session comprehensively covered the journey "From Research Idea to Published Paper," providing valuable insights for students and faculty involved in academic research.

The workshop began with an introduction to the fundamentals of scientific research and the significance of effective scientific communication. Dr. Kumar emphasized that high-quality research not only builds credibility but also ensures reproducibility and contributes to evidence-based practice and policymaking.

A major focus of the session was on the structure of a research paper using the IMRAD format—Introduction, Materials and Methods, Results, and Discussion. Each section was explained in detail with practical examples. The Introduction was described as the foundation of the paper, where the research problem is clearly defined and supported by relevant literature. The Materials and Methods section highlighted the importance of clarity and reproducibility, ensuring that the study can be replicated by other researchers. In the Results section, participants were guided on presenting data effectively using tables, graphs, and appropriate statistical interpretation. The Discussion section was explained as a critical part where findings are interpreted, compared with existing literature, and their implications are discussed.

Dr. Kumar also elaborated on the publication process, guiding participants on how to select appropriate target journals based on scope, impact, indexing, and audience reach. He stressed the importance of evaluating journal credibility and strongly cautioned against predatory journals. Practical tips were provided on manuscript submission, formatting, and adhering to journal guidelines.

Another important segment of the workshop focused on navigating the peer review process. Dr. Kumar shared strategies for responding to reviewer comments constructively, maintaining professionalism, and effectively revising manuscripts to improve their chances of acceptance.

The session was highly interactive, with participants actively engaging in discussions and clarifying their queries related to research writing and publication. The workshop concluded with an engaging question-and-answer session, followed by a group photograph with the attendees and faculty members, marking a successful and informative academic event.





Event Name	Blood Donation Camp
Venue	Indoor, Sportorium Block
Date	18th February 2026
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 Donors	263
Duration	One Day

“The smallest act of kindness is worth more than the grandest intention.”
The Blood Donation Camp organized by the National Service Scheme (NSS) Unit at Chitkara University, Punjab, on 18th February 2026, truly lived this beautiful sentiment through selfless contributions from the campus community.
The camp was held under the Veins to Village initiative by the National Service Scheme, Chitkara University, in collaboration with the Department of Computer Science & Engineering and Departments of Applied Engineering. It was conducted in strong association with Rajindra Hospital, Patiala, with a professional medical team ensuring safe, smooth, and hygienic donation processes.
The event was graced by the esteemed presence of dignitaries:
- Lt. Col. (Dr.) Rakesh Sharma, Registrar, Chitkara University
- Dr. Jaiteg Singh, Pro Vice Chancellor, CUIET
Their encouraging words and active participation inspired everyone present.
Students, faculty and staff responded enthusiastically, donating generously throughout the day. Aproximately 300 units of blood were collected.
Every donor received refreshments, a donor card, and a certificate of appreciation. The camp not only met an immediate need but also reinforced values of empathy, selflessness, and social responsibility across the university.
Heartfelt thanks to all donors, collaborating departments, Rajindra Hospital staff, and the dignitaries for their invaluable support.








CHITKARA UNIVERSITY
Blood Donation Camp



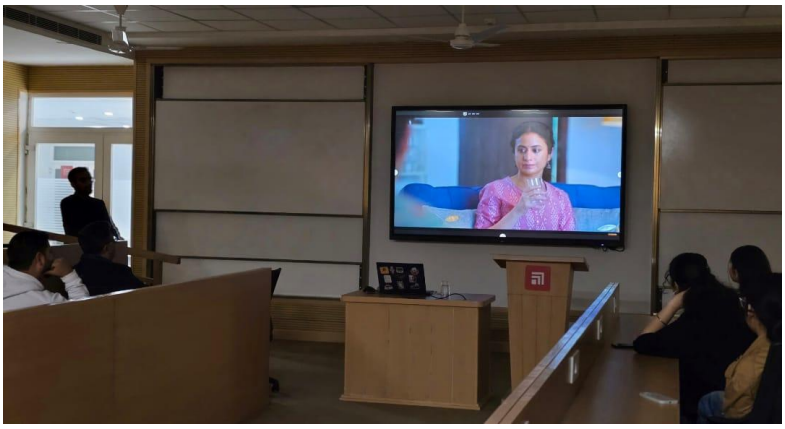
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya - Film Making Clubn
Topic	NAZARIYA INAUGURATION
Date	19th February 2026
Time	1:30 PM to 3:30 PM
Venue	LH 105, Martin Luther Block
Number of Attendees	40
Resource Person	Mr. Sumeer Walia

The Office of Student Life organized the Nazariya Inauguration on 19th February 2026 from 1:30 PM to 3:30 PM at LH 105, Martin Luther Block. The event marked the official launch of Nazariya, creating an enthusiastic and inspiring atmosphere among students.

A total of 40 attendees participated in the session, engaging actively in the inaugural activities and discussions. The program introduced the vision, objectives, and future plans of Nazariya, encouraging creativity, collaboration, and student involvement.

The event was conducted smoothly and successfully, contributing to a strong and impactful beginning for Nazariya. It effectively set the foundation for fostering artistic expression, innovation, and a vibrant creative community within the university.






Kahoot!
NAZARIYA'S QUIZ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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	Linkedin Experience Zone
Date	19th, 20th, 23rd, 24th, 25th, 26th & 27th February 2026
Time	11:00 PM to 1:30 PM
Venue	Basement, Edison Block
Number of Attendees	175
Resource Person	LinkedIn Team

The LinkedIn Club under the Office of Student Life successfully organized daily visits to the LinkedIn Experience Zone from 19th to 27th February 2026 (on 19th, 20th, 23rd, 24th, 25th, 26th and 27th) at the basement of Edison Block, from 11:00 AM to 1:30 PM. The initiative witnessed active participation from students of various departments, creating a dynamic and engaging professional learning environment. During the sessions, students explored a wide range of interactive activities including AI roleplay, LinkedIn Learning modules, and the engaging "Spin the Wheel" challenge, which encouraged participants to complete tasks and create short professional videos for posting on LinkedIn. Additionally, students had the opportunity to get their professional photographs clicked, helping them enhance their LinkedIn profiles and personal branding.

The LinkedIn Experience Zone served as an innovative platform to promote digital professionalism, career readiness, and confidence among students. The daily visits enabled students to gain practical exposure, improve their online presence, and develop essential employability skills. The successful execution of this initiative reflected the club's commitment towards empowering students with industry-relevant tools and knowledge.




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LinkedIn Experience Zone

Event Details	
Event Type	Workshop
Topic	Fire Training & Drill
Date	2026-02-19 To 2026-02-19
Mode	Offline
Venue	Lh-11 (Chitkara University, Rajpura)
Organizer Name	Chitkara College Of Hospitality Management
Resource Person	Satnam Singh, Fire Officer
No. Of Participants	51
SDG No	3, 4, 8, 9, 11
PO Number(S)	PO1, PO2, PO4, PO6, PO7, PO8, PO9, PO11, PO12
University Charter	Let's Educate Our Students For Brilliant Futures , Let's Prepare Our Students For Industry , Let's Inculcate Team Spirit And Camaraderie Among Our Students , Let's Foster Civic Engagement In Our Students , Let's Install Discipline, Integrity And Honesty In Our Students , Let's Infuse Leadership Skills In Our Students , Let's Educate Our Students To Become Globally Competitive , Let's Encourage Our Students To Think Out Of The Box , Let's Empower Our Students With Great Communication Skills , Let's Stimulate Scholarly Energy And Diligence In Our Students

OBJECTIVE

1.) To create awareness among students about fire hazards and emergency preparedness in institutional and hospitality environments.
2.) To familiarize participants with different types of fires and the correct use of fire extinguishers.
3.) To provide hands-on training through a live fire drill for effective emergency response.
4.) To develop quick decision-making and safe evacuation skills during fire-related emergencies.
5.) To promote a culture of safety, responsibility, and compliance with fire safety norms on campus.

DESCRIPTION

Chitkara College of Hospitality Management successfully organized a Fire Training & Drill on 19th February 2026 from 02:00 PM to 04:00 PM at LH-11, Escoffier Block, Chitkara

University. The session was conducted to enhance awareness and preparedness among students and staff regarding fire safety and emergency response procedures within the campus. The training was led by Mr. Satnam Singh, Fire Officer, Chitkara Fire Department & Infrastructure, who brought extensive practical experience and technical knowledge to the session. The program began with an informative briefing on fire hazards commonly encountered in institutional and hospitality environments, including electrical fires, kitchen-related incidents, and emergency evacuation challenges. Mr. Singh explained the classification of fires and the appropriate use of fire extinguishers for each type. He demonstrated correct handling techniques and emphasized the importance of quick decision-making during emergencies. The session also covered evacuation protocols, alarm systems, assembly points, and the role of first responders in minimizing risk and ensuring safety. A live drill was conducted to provide hands-on experience to the participants. Students actively engaged in the drill by practicing extinguisher usage and following evacuation procedures under supervision. This practical exposure helped reinforce theoretical concepts and boosted participants' confidence in managing real-life emergency situations. The training proved to be highly interactive and educational, encouraging students to ask questions and clarify doubts related to fire safety norms and infrastructure. The session concluded with key takeaways on prevention, preparedness, and responsibility, highlighting the critical role of safety awareness in the hospitality industry. Overall, the Fire Training & Drill was a valuable initiative that contributed significantly to building a safety-conscious campus environment and equipping students with essential life-saving skills relevant to their professional careers.



OUTCOMES

1.) Participants gained practical knowledge of fire safety procedures and emergency response protocols.
2.) Students demonstrated correct handling and usage of fire extinguishers during the drill.
3.) Improved awareness was observed regarding fire hazard identification and prevention measures.
4.) Participants developed confidence in executing safe evacuation procedures during emergencies.
5.) The event contributed to fostering a safety-conscious mindset relevant to hospitality operations.


BASICS OF FIRE SAFETY
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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.514696, Long 76.660289
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Note : Captured by GPS Map Camera


TYPES OF FIRE
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FIRE
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Event Details	
Title of the Event:	Blood Donation Camp
Date of the Event:	19th February 2026
Venue	Sportorium, Chitkara University
SDG no	3,4,17
No. of Student Attended	90

Objective

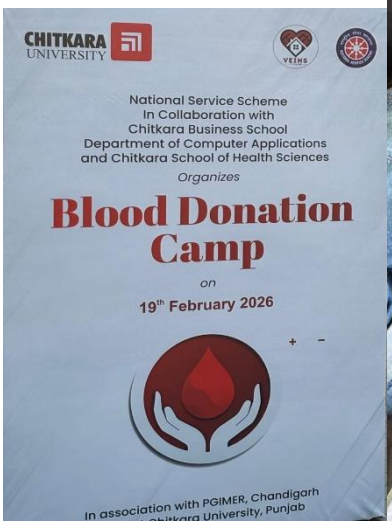
i)To encourage students and faculty to contribute towards saving lives through voluntary blood donation.
ii) To raise awareness about the importance of regular blood donation and its impact on society.
iii) To foster a spirit of social responsibility and compassion among participants.

On 19th February 2026, Department of Computer Applications in collaboration with other departments under the aegis of NSS, Chitkara University organized a Blood Donation Drive 2026 at the Sportorium, Chitkara University, under the spirit of service and community welfare. The initiative was conducted with the message "Save Lives", emphasizing the vital role blood donation plays in emergency healthcare.
The drive witnessed enthusiastic participation from students, faculty members, and staff who voluntarily stepped forward to donate blood. Medical professionals were present to conduct health screenings, ensure proper hygiene, and guide donors throughout the process. All necessary safety protocols and medical standards were strictly followed to provide a safe and comfortable experience for donors.
The event aimed to spread awareness that every two seconds, someone requires blood, and even a single donation can make a significant difference. Volunteers assisted in registration, coordination, refreshment distribution, and maintaining discipline during the camp. The systematic arrangement ensured smooth functioning and efficient management throughout the event.
Participants expressed a deep sense of fulfillment and pride in contributing to a life-saving cause. The event successfully reinforced the value of compassion, empathy, and collective responsibility.

Outcome of the Event

i) Active participation from students, faculty, and staff.
ii) Successful collection of a significant number of blood units to aid hospitals and emergency needs.

iii) Enhanced awareness about the importance of voluntary blood donation.
iv) Strengthened the spirit of compassion, unity, and service among the Chitkara community.









SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Skillverse
Topic	Special Zumba Workshop
Date	20th February 2026
Time	10:30 PM to 11:30 PM
Venue	Explore Stars
Number of Attendees	46
Resource Person	Mr. Kundan

Office of Student Life successfully organized a Special Zumba Workshop on 20th February 2026 at Explore Stars, led by Mr. Kundan, Head Choreographer, Office of Student Affairs. The session was designed to energize, refresh, and uplift students through an engaging fitness experience.

The workshop witnessed enthusiastic participation, where students grooved to high-energy Zumba beats, enjoyed dynamic dance routines, and actively took part in the vibrant session. With his infectious energy and motivating style, Mr. Kundan ensured that every participant stayed engaged, energized, and thoroughly enjoyed the workout.

The session created an atmosphere filled with positivity, enthusiasm, and fitness motivation, leaving students refreshed and invigorated. The successful conduct of the workshop reinforced the importance of physical fitness, mental well-being, and an active lifestyle among the university community.




KITNEY AADMI THEY....?
MOGAMBO KHUSH HUA...


KITNEY AADMI THEY....?
MOGAMBO KHUSH HUA...
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Village Jansla, Rajpura, Punjab 140417, India
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Event Details	
Event Type	Social Event
Topic	Health Checkup Camp: Extending Care Beyond Clinics
Date	2026-02-20 To 2026-02-20
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Vipin, Senior Resident Medicine | Dr. Kriti, Senior Resident Ent | Dr. Akashdeep Singh, Assoc. Prof Ortho | Dr. Avni, Junior Resident Gynae
No. Of Participants	127
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 10: Reduced Inequalities, SDG 17: Partnership for the Goals
Po Number(S)	Po5, Po12
University Charter	Let's Prepare Our Students for Industry, Let's Empower Our Students with Great Communication Skills, Let's Inculcate Team Spirit and Camaraderie Among Our Students, Let's Educate Our Students to Become Globally Competitive

OBJECTIVE

To promote preventive healthcare awareness and encourage early detection of common health conditions among the community.

To provide basic health screening services including vital parameter monitoring and preliminary clinical assessment.

To enhance community engagement and social responsibility by extending healthcare services beyond traditional clinical settings.

To create awareness about lifestyle-related disorders and guide individuals toward healthier living practices.

To offer health education and counselling on disease prevention, medication use, and overall well-being.

DESCRIPTION

The Health Checkup Camp: "Extending Care Beyond Clinics" is an initiative organized by Chitkara College of Pharmacy, Chitkara University, aimed at promoting preventive healthcare and community well-being. The program is designed to extend essential health services beyond conventional clinical settings and bring healthcare awareness and screening facilities closer to the community. By organizing such outreach activities, the institution continues to strengthen its commitment toward social responsibility, public health awareness, and community

engagement. The camp will provide an opportunity for individuals to undergo basic health assessments and screenings, enabling early identification of potential health concerns. Participants will have access to preliminary evaluations of key health parameters such as blood pressure, blood glucose levels, body mass index (BMI), and other routine indicators that help in assessing overall health status. These screenings play a crucial role in identifying risk factors associated with lifestyle-related disorders including hypertension, diabetes, and metabolic conditions. In addition to health screening, the camp will focus on health education and patient counselling. Healthcare professionals and academic experts will guide participants on disease prevention, rational use of medicines, lifestyle modifications, and the importance of regular health monitoring. This interactive approach aims to empower individuals with knowledge that can help them make informed decisions regarding their health and well-being. The event will also serve as an important experiential learning platform for pharmacy students, allowing them to actively participate in community health initiatives. Under the supervision of faculty members and healthcare professionals, students will gain practical exposure to patient interaction, health assessment procedures, and public health outreach. Such experiences are essential in nurturing compassionate healthcare professionals who understand the importance of community-based healthcare delivery.

OUTCOMES

Early identification of potential health risks among participants through basic health screenings and clinical assessments.

Increased awareness of preventive healthcare practices and lifestyle modifications to reduce the risk of chronic diseases.

Enhanced community engagement by strengthening the connection between healthcare professionals, academic institutions, and the public.

Improved health literacy among participants through counselling on medication use, nutrition, and disease prevention.

Practical exposure for pharmacy students in community health services, patient interaction, and public health initiatives.













Event Name	Community Eye Screening Camp
Date	21st February 2026
Venue	Phera, Rajpura
Organizer	Department of Optometry, Chitkara School of Health Sciences
Resource Persons	NA
Number of Participants	5 Students and 1Faculty
SDG Number	3,4,17
Duration	5 hours

Description of Event

The Department of Optometry organized a community eye screening camp at Phera, Rajpura. The objective of the camp was to provide primary eye care services, detect common ocular conditions, and create awareness about eye health among the local population.

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

Findings and Outcomes

6 patients were referred for cataract surgery after detailed evaluation.
13 individuals were prescribed spectacles to correct refractive errors.
6 patients were found to be emmetropic (normal vision without refractive error).
7 patients were diagnosed with arcus senilis.
1 patient was diagnosed with xanthelasma.
1 patient was identified with pterygium.

All patients were provided with appropriate counselling regarding their eye conditions and further management. Those requiring surgical intervention or specialized care were referred to higher centres for further treatment.

The camp was conducted successfully with active participation from faculty and students of the Department of Optometry. Such initiatives played a vital role in early detection, prevention of avoidable blindness, and promotion of eye health in rural communities.


CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
AAROGYAM
Eye Screening Camp
Organized by
Department of Optometry
Chitkara School of Health Sciences




CHITKARA UNIVERSITY
SCHOOL OF HEALTH SCIENCES
Eye Screening Camp

Event Type	Workshop
Topic	Workshop on "Code Blue to Pink Golden Tiny Hearts: Innovation in PALS"
Date	21st February, 2026
Venue	Einstein Hall, Galileo Block
Organizer	Ms. Monika, Ms. Kanika
Resource Person	Dr. Ruchi, Tutor, PGIMER Chandigarh. Ms. Poonam Verma, Tutor, College of Nursing, GMCH-32 Chandigarh. Ms. Pooja, Nursing Officer, National Institute of Nursing Education (NINE), PGIMER Chandigarh.
No. of Participants	57
No of Impacted Individuals	-
Under SDG no.	3, 4,17
SDG Details	Good health and wellbeing, Quality Education, Partnership for the Goals
PO	1,2,3,4,7,10

OBJECTIVE

1. Strengthen participants' ability to recognize early warning signs in children and respond effectively during critical situations
2. Introduce and demonstrate advanced tools such as the *Golden Minute*, *Golden Pulse Guardian*, and *Golden Breath Guardian* to improve outcomes in pediatric emergencies.
3. Provide hands-on training in airway management, shock recognition, and circulation support to build confidence in life-saving interventions.
4. Highlight innovative approaches in PALS to transform *Code Blue* scenarios into successful resuscitation outcomes, ensuring timely and effective care for tiny hearts.
5. Foster teamwork among healthcare professionals through simulations, and group discussions, promoting holistic and coordinated pediatric emergency care.

DESCRIPTION

The Department of Nursing at Chitkara School of Health Sciences, Chitkara University, Punjab, organized a workshop titled *"Code Blue to Pink Golden Tiny Hearts: Innovation in PALS"* on 21st February 2026. The event, held at Einstein Hall in the Galileo Block, commenced at 9:00 AM and brought together nursing professionals, educators, and students to explore innovative strategies in Pediatric Advanced Life Support (PALS) with a focus on community empowerment and clinical excellence. The workshop featured three distinguished speakers: **Dr. Ruchi**, Tutor, PGIMER Chandigarh, **Ms. Poonam Verma**, Tutor, College of

Nursing, GMCH-32 Chandigarh and **Ms. Pooja**, Nursing Officer, National Institute of Nursing Education (NINE), PGIMER Chandigarh. **Ms. Pooja** emphasized pediatric assessment, early recognition, and airway management. She also led the *Golden Minute* mega simulation discussion along with hands-on training. **Dr. Ruchi Saini** presented innovations in pediatric resuscitation and conducted discussions and hands-on training on the *Golden Pulse Guardian* focusing on cardiac arrest and circulation. **Ms. Poonam Verma** delivered a session on circulatory and shock management, accompanied by a hands-on training session on the *Golden Breath Guardian* for airway management. Participants actively engaged in hands-on activities, including demonstrations, and group discussions. The workshop fostered interdisciplinary collaboration and inspired attendees to become proactive health advocates within their communities. The event highlighted a strong commitment to innovation, education, and social responsibility, aligning with national initiatives to digitize healthcare delivery and strengthen community resilience. By the conclusion of the session emphasized the importance of timely pediatric advanced life support (PALS), showcasing innovative approaches to resuscitation. Participants explored strategies to transform critical *Code Blue* scenarios into positive outcomes, reinforcing the role of technology and teamwork in safeguarding young lives.

OUTCOMES

1. Improved understanding of Pediatric Advanced Life Support (PALS), Code Blue and Code Pink protocols among nursing students and faculty.
2. Development of practical skilss in pediatric resuscitation, airway management, CPR, & circulation support through hands-on training.
3. Strengthened clinical decision-making and critical thinking during emergency scenarios.
4. Exposure to innovative approaches and latest guidelines in pediatric emergency care.



Resource Persons taking the session in the workshop on 21.02.26



Resource Persons taking the session in the workshop on 21.02.26



Participants attending the Workshop on "Code Blue to Pink Golden Tiny Hearts: Innovation in PALS" 21.02.26



Participants doing hands on practice in the Workshop on "Code Blue to Pink Golden Tiny Hearts: Innovation in PALS" 21.02.26



Discussion on Case Scenario with Participants in the workshop on 21.02.26



Group Photograph of the session in the workshop on 21.02.26

Event/Session Name	SAMVEDNA: Workplace Mental Health Awareness & Support Programme
Event/Session Date	21-February-2026
Venue	Maslow Hall, Chitkara University
Organizers	Chitkara School of Psychology and Counselling (CSPC) in collaboration with the Office of Administration
Resource Person	Dr. Nandan Thakur, Associate Professor Chitkara School of Psychology and Counselling (CSPC)
No. of Participants	50 (Supporting Staff)
SDGs Covered	3,8,16

Overview

The **Office of Administration** deputed support staff to attend the session titled **"SAMVEDNA: Workplace Mental Health Awareness & Support Programme"** organised by the **Chitkara School of Psychology and Counselling (CSPC)**, **Chitkara University**. The session, conducted by **Dr. Nandan Thakur**, **Associate Professor**, focused on spreading awareness about workplace mental health, emotional well-being, and the importance of empathy in daily professional life.

He introduced the framework "SAMVEDNA," highlighting:

- **S** – See the signs
- **A** – Approach with empathy
- **M** – Motivate to seek help
- **V** – Validate feelings
- **E** – Encourage support
- **D** – Do follow up
- **N** – Normalise conversations
- **A** – Adjust workplace support

Key Insights from the Session

He also discussed the social stigma surrounding mental health and clarified that mental illness should not be seen as a weakness but as an important health concern. He also explained the **WHO definition of health**, emphasising that true health includes physical, mental, and social well-being. Through examples and discussions on well-known personalities, he encouraged openness and awareness regarding mental health challenges.

Signs, Symptoms and Self-Care Awareness

The session covered common signs and symptoms of mental stress such as anxiety, emotional exhaustion, and lack of concentration. Practical guidance was shared on self-care, maintaining work-life balance, seeking help when required, and supporting colleagues with empathy and understanding.

Conclusion

The session was informative and sensitising for the support staff deputed by the **Office of Administration**. It enhanced awareness about mental health, encouraged empathetic communication, and promoted a supportive and positive workplace environment.

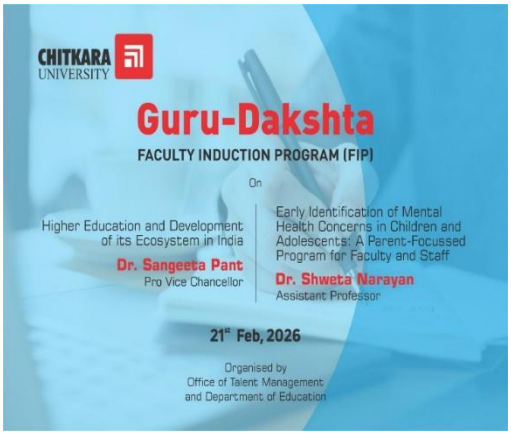




Event Name	FIP: Guru Dakshta a) Higher Education and Development of its Ecosystem in India b) Early Identification of Mental Health Concerns in Children and Adolescents: A Parent Focused Program for the Faculty and Staff
Date	21 Feb 2026
Venue	Pierre Hall, Le Corbusier Block (GF)
Department	Office of Talent Management
Resource Person	Dr. Sangeeta Pant, Pro VC, Education and Psy Programs & Dr. Shweta Narayan, CSPC
Number of Participants	42
SDGs Covered	SDGs 4,3
Duration	4.0 Hrs.

About the Activity

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.



Objectives of the Session:

Higher Education and Development of its Ecosystem in India followed by another session on Early Identification of Mental Health Concerns in Children and Adolescents: A Parent Focused Program for the Faculty and Staff

Objectives

To provide a comprehensive overview of Indian Higher education system and its development and the Mental Health concerns in the Children and Adolescents.

Learning Outcomes. At the end of the course the participants will be able to:

1. Capture the trends & practices in higher education across the globe
2. Understand the problems in Indian higher education system as well as challenges and opportunities in addressing these problems

3. Understand the history of development of higher education and evaluate the contribution of respective universities in its development and NEP 2020.
4. Be able to identify the Mental Health Concerns and take remedial actions at their own level as faculty members and mentors.

Areas/themes

1. Education in Vedic, and subsequent eras.
2. Commissions and Committees appointed after Independence
Development of the modern ecosystem after NEP 2020.
3, Mental Health and Concerns in Children and Adolescents.

Key Highlights

1.Participation: 42 participants attended the session.
2.Exceptional Content: The resource person i.e. Dr. Sangeeta Pant, Pro VC Psychology and Education Programs and Dr. Shweta Narayan are experienced educators and explained the content in great details.
3.Organizing Team: The session was conducted by OTM, Dr. Sangeeta Pant, Pro VC and Dr. Shweta Narayan of CSPC.







SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	Dj Class
Date	22nd February, 2026
Time	2:00 PM to 3:00 PM
Venue	LH 303, Rockefeller Block
Number of Attendees	15
Resource Person	Dev

The DJ Club under the Office of Student Life (OSL) successfully conducted its first introductory session on 22nd February 2026, witnessing enthusiastic participation from around 15 students. The session marked an energetic and promising beginning for the DJ Club on campus.

The class commenced with a basic introduction to DJing, familiarizing students with core concepts, terminology, and essential equipment used in the field. This was followed by an engaging introductory activity on frequency matching, enabling participants to understand sound balance, beat alignment, and rhythm coordination.

The interactive and hands-on nature of the session created a lively learning environment, motivating students to explore the art of DJing. The successful conduct of the first class laid a strong foundation for future sessions, fostering creativity, technical skills, and musical expression among the participants.





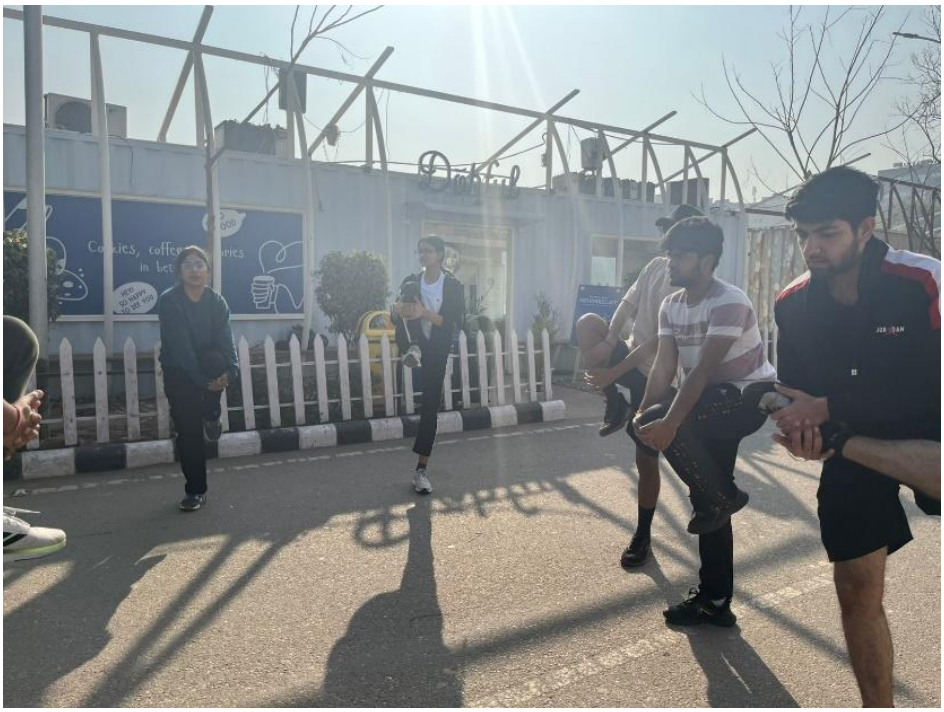




SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Sunday Dhamaka
Date	22nd February 2026
Time	9:00 AM to 10:30 AM
Venue	Chitkara University
Number of Attendees	11
Resource Person	Running Team

Sunday Dhamaka Run - Powered by Chitkara Running Club. Today, we successfully conducted the Sunday Dhamaka Run with the Chitkara Running Club, and it was filled with energy, enthusiasm, and excitement. We encouraged students to complete a 3 kilometer non-stop run, pushing their limits and building endurance. To track performance accurately, we used the Strava app to record each participant's running data, including time and distance. A healthy competition was organized where participants raced to complete the 3 km distance in the shortest time. The fastest runners won exciting prizes, which added extra motivation and thrill to the event. The session began with warm-up exercises and engaging activities to prepare everyone physically and mentally. The energy throughout the event was incredible, and the enthusiasm of the students made the run even more special. It was not just about competition - it was about fitness, fun, teamwork, and self-improvement. Everyone loved the experience, and we look forward to many more powerful runs together.



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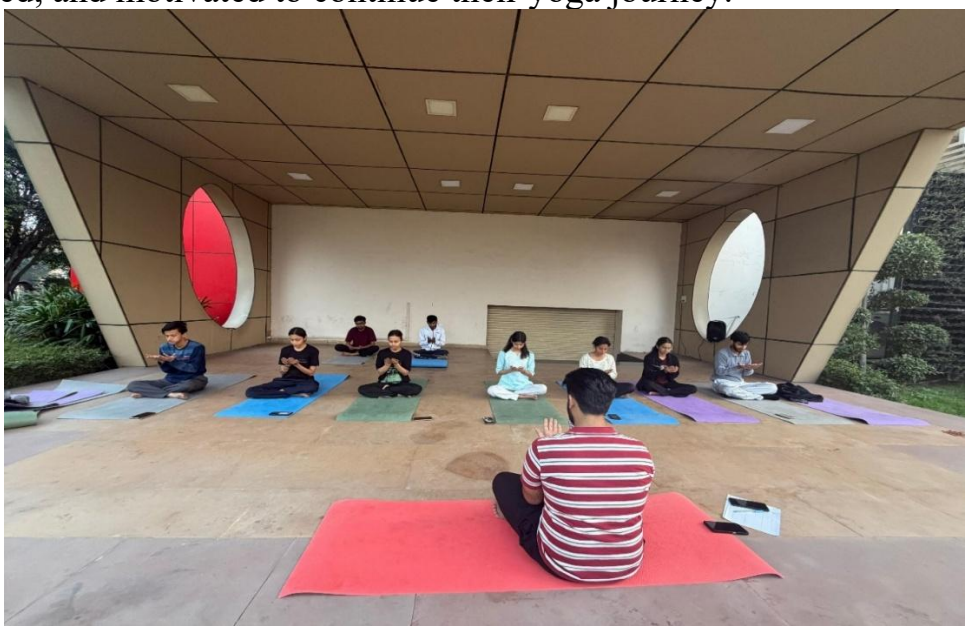
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Yoga Club
Topic	YOGA WORKSHOP
Date	22nd February 2026
Time	5:00 PM to 6:00 PM
Venue	Stage of Picasso Block
Number of Attendees	12
Resource Person	Yoga Team

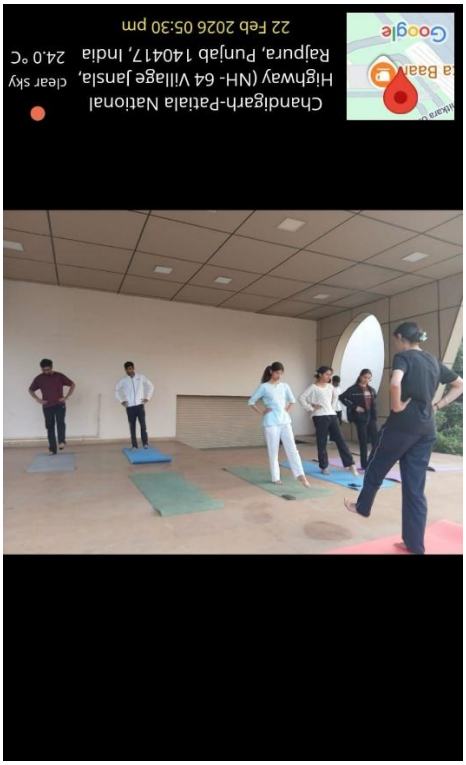
The Yoga Club under the Office of Student Life successfully conducted a refreshing and peaceful yoga session on 22nd February 2026 at the Picasso Stage. The session focused on meditation, yoga asanas, and stretching exercises, creating a calm and rejuvenating experience for the participants.

The session began with gentle warm-up stretches to relax the muscles and prepare the body, followed by guided meditation and a series of yoga postures aimed at enhancing flexibility, balance, and inner calm. The mindful flow of activities helped participants relieve stress, improve focus, and promote overall physical and mental well-being.

The tranquil atmosphere and structured practice encouraged students to embrace a healthier and more balanced lifestyle. The successful conduct of the session left participants feeling relaxed, refreshed, and motivated to continue their yoga journey.



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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Colour Canvas
Topic	ART TRIP
Date	22nd February, 2026
Time	9:00 AM to 3:00 PM
Venue	Museum Art Gallery, Sector 10, Chandigarh
Number of Attendees	18
Resource Person	Color Canvas Team

Office of Student Life presents Colour Canvas Club - Art Trip. The Colour Canvas Club recently organized an enriching art visit for students to the Govt. Museum Art Gallery, where 20 students participated in a Printmaking Workshop on 22nd Feb 2026. This hands-on session provided them with a unique opportunity to learn and experience the intricate process of printmaking, allowing them to explore a new dimension of artistic expression. Their enthusiasm and active engagement reflected their deep interest in learning and creating. Students also visited the art exhibition "Impression to Expression" where they witnessed remarkable artworks by renowned painters. Observing these diverse styles and visual narratives helped students understand how ideas evolve into meaningful artistic expressions. Earlier in the day, students also explored the Rose Festival, where they enjoyed a vibrant fair and appreciated various art forms, making the overall experience both joyful and inspiring. The visit proved to be a meaningful learning experience, nurturing creativity, artistic appreciation, and exposure beyond the classroom. Students returned with new skills, inspiration, and memorable experiences.




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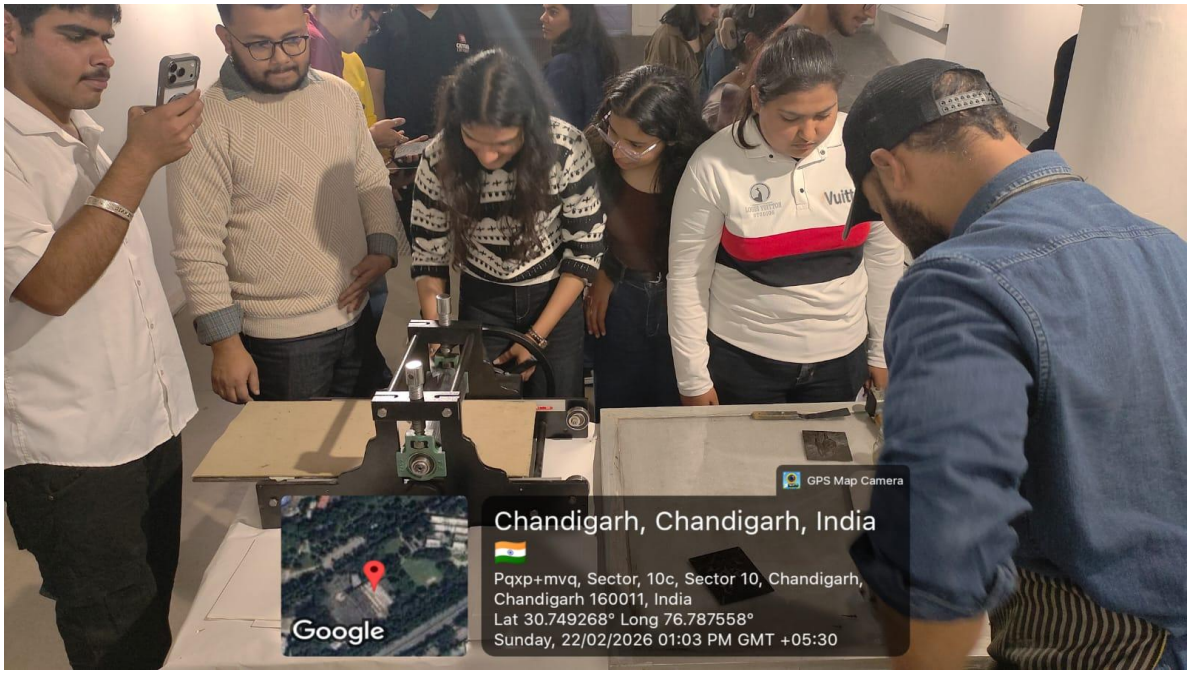
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	MINI FUN QUIZ
Date	22nd February, 2026
Time	5:45 PM to 6:15 PM
Venue	Google Meet
Number of Attendees	15
Resource Person	Happiness Team

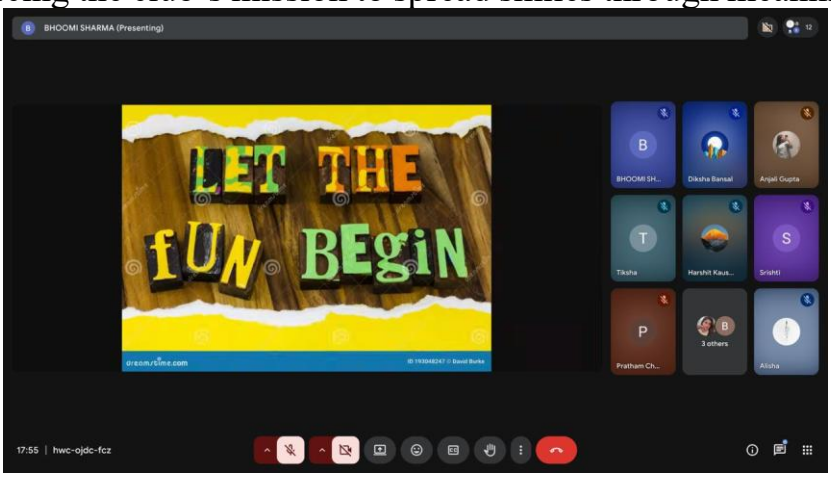
The Happiness Club recently conducted an engaging and energetic activity titled "Mini Fun Quiz" for members of the Happiness Tribe. The quiz was designed to create a lively atmosphere while encouraging quick thinking, creativity, and healthy competition among participants. The session featured a series of fun, brain-storming questions that challenged students to think smartly and respond swiftly. The interactive format kept the energy high and ensured active participation throughout the activity. Around 15 students enthusiastically participated, making it an exciting and competitive experience. The event not only entertained the participants but also strengthened bonding, boosted engagement, and added a spark of joy to the community. We are delighted to congratulate our winners:

🥇 Diksha - 1st Position

🥈 Madhur Jain - 2nd Position

🥉 Yashika - 3rd Position

Their quick thinking and enthusiasm truly stood out during the session. The initiative successfully contributed to fostering a positive, connected, and happiness-driven campus environment, reinforcing the club's mission to spread smiles through meaningful engagement.




BHOOMI SHARMA (Presenting, annotating)
join my quiz.com
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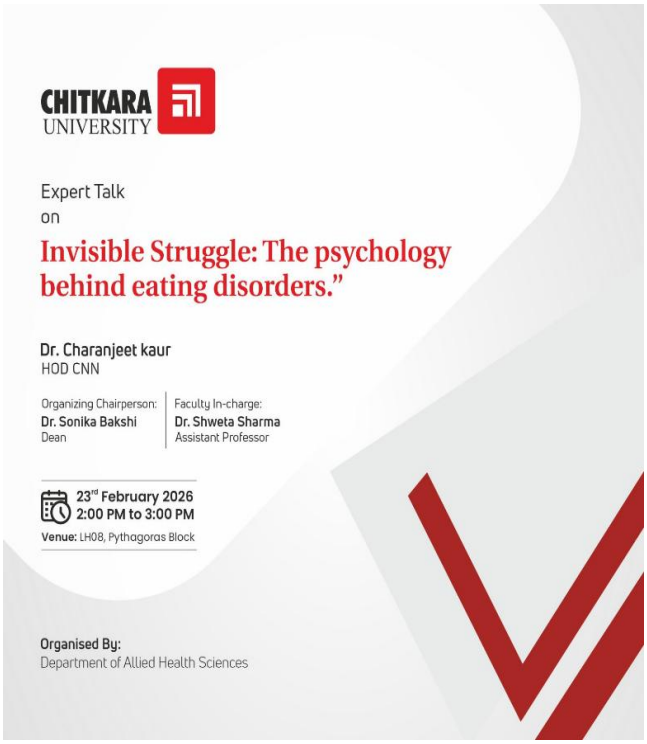
START
Auto start your quiz
17:56 | hwc-ojdc-fcz


8 participants
Show only top 5
Rank
Name
Score
1 Tiksha 1910
2 PRATHAM 1800
3 Yashika 1730
4 Madhur jain 820
5 Harshit 800
6 Alisha 740
7 bhumika goyal 0
8 Diksha 0


WAYGROUND
Happiness Fun Quiz
Madhur Jain
Diksha*
Yashika
2nd
1st
3rd

Event Name	Invisible Struggle: The Psychology Behind Eating Disorders
Date	23rd February 2026
Venue	LH08, Pythagoras Block, Chitkara University, Punjab
Organizer	Nutrition & Dietetics, Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr. Charanjeet Kaur, HOD, CNN
Number of Participants	44
SDG Number	3,4
Duration	1 Hours

Description of Event



The Department of Allied Health Sciences, Chitkara University, Punjab, organized an Expert Talk on "Invisible Struggle: The Psychology Behind Eating Disorders" on 23rd February 2026 from 2:00 PM to 3:00 PM at LH08, Pythagoras Block.

The session was delivered by Dr. Charanjeet Kaur, HOD, CNN, who shared valuable insights into the psychological aspects of eating disorders, highlighting the emotional, behavioral, and mental health challenges associated with conditions such as anorexia nervosa, bulimia nervosa, and binge eating disorder. The expert talk aimed to create awareness among students regarding the hidden struggles faced by individuals with eating disorders and emphasized the importance of early identification, empathy, counselling, and multidisciplinary intervention.

The event was organized under the guidance of Dr. Sonika Bakshi, Dean, who served as the Organizing Chairperson, and was coordinated by Dr. Shweta Sharma, Assistant Professor, as

the Faculty In-charge. The session provided a meaningful platform for students to understand the significance of mental health in nutrition and healthcare practice, while encouraging sensitivity and informed approaches toward individuals affected by eating disorders.

The expert talk was highly informative and interactive, enhancing students' knowledge about the psychological dimensions of disordered eating and reinforcing the importance of mental well-being in overall health. The event aligned with Sustainable Development Goal (SDG) 3: Good Health and Well-being and SDG 4: Quality Education by promoting awareness, health education, and holistic learning.

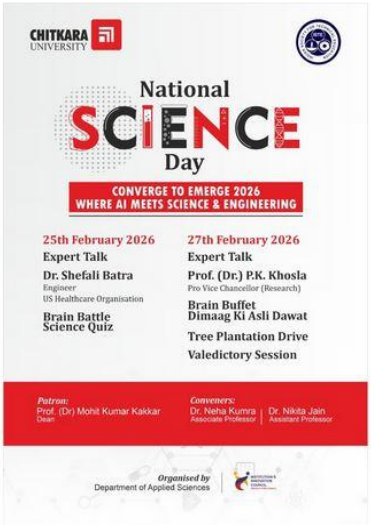






Event Name	National Science Day-Converge to Emerge 2026- Where AI meets Science & Engineering
Date	25-02-2026 & 27-02-2026
Venue	Einstein hall, Alpha Zone
Organizer	Dr. Neha Kumra, Dr. Nikita Jain
Resource Person	1. Dr. Shefali Batra, Engineer, US Healthcare Organisation 2. Prof. (Dr.) P.K. Khosla, Pro- Vice Chancellor (Research), Chitkara University Centre for Cyber security Research and Education, Chitkara University, Punjab
Number of Participants	261
SDGs Covered	SDG 3: Good Health and Well Being, SDG 4: Quality Education, SDG 9: Industry innovation and Infrastructure, SDG13: Climate Action
Duration	Full Day

About the Activity



Department of Applied Sciences, in collaboration with the Centre of Excellence & Sustainability, Institution's Innovation Council (IIC), and ISTE, celebrated National Science Day 2026 with great enthusiasm and active participation on 25 and 27 February 2026.The first phase of the celebration was held on 25 February 2026, beginning with an online Expert Talk titled "From Data to Life-Saving Decisions." The session highlighted the crucial role of data science, artificial intelligence, and analytics in healthcare and critical decision-making processes. Following the expert talk, the department organized "Brain Battle – The Science Quiz," which was one of the major highlights of the event. The quiz competition witnessed enthusiastic participation from 20 teams representing different disciplines, promoting scientific awareness, analytical thinking, and healthy academic competition among students. The second phase of the celebration took place on 27 February

2026, featuring another insightful Expert Talk titled "Reimagining the AI-Driven Future." The session focused on the transformative potential of Artificial Intelligence in shaping future technologies, industries, and societal development. To make the celebration more engaging and interactive, a unique activity titled "Brain Buffet – Dimaag ki Asli Daawat" was organized, where students participated in a variety of science-based games and fun learning activities that demonstrated scientific concepts in an enjoyable manner. In addition, a Tree Plantation Drive was conducted on the campus to promote environmental awareness and sustainability, where students and faculty members actively planted saplings. The celebration concluded with a Valedictory Session, during which the winners of the Brain Battle – Science Quiz and other activities were felicitated, and certificates of participation were distributed to all contributors and volunteers. The event successfully promoted the spirit of scientific curiosity, innovation, and sustainability among the participants.

Objectives of the event

1.To provide insights into emerging technologies like Artificial Intelligence and data-driven innovations.

2.To enhance students' scientific knowledge, analytical thinking, and competitive spirit.

3.To promote experiential learning through engaging science-based games and activities.

4.To encourage environmental awareness and promote sustainability among students.

Outcome or Key take away from the event

1.Participants gained awareness of emerging technologies such as Artificial Intelligence and data-driven decision-making and their applications in real-world problems.

2.Students improved their scientific knowledge, critical thinking, and teamwork through competitive quiz rounds.

3.Students experienced hands-on learning of scientific concepts through interactive games and fun activities.

4.Participants developed a sense of environmental responsibility and awareness about sustainability and ecological conservation.










NATIONAL SCIENCE DAY
Tree Plantation Drive



SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	BOLLYWOOD NIGHT
Date	26th February, 2026
Time	9:30 PM to 10:30 PM
Venue	Backside NGH B
Number of Attendees	82
Resource Person	Girls Hostel Ambassador Team

The Bollywood Night, powered by the Office of Student Life (OSL) in collaboration with Project Hostel Ambassadors and the Office of Residential Services, was a vibrant and engaging event that brought together over 80+ enthusiastic girls from the hostels. The evening was filled with energy, excitement, and meaningful interaction, creating a lively atmosphere that celebrated both entertainment and community spirit. The primary objective of the event was not only to provide a fun recreational platform but also to introduce students to the vision and mission of OSL. During the program, the team interacted closely with participants and shared how the Office of Student Life is committed to enhancing student engagement, fostering inclusivity, and enriching campus life through various initiatives and activities. The night featured a series of Bollywood-themed games, creative activities, and interactive sessions that encouraged participation and strengthened bonds among students. Laughter, music, and teamwork defined the spirit of the evening. Overall, the event successfully combined fun with purpose. It reinforced OSL's dedication to student happiness and engagement while creating memorable experiences that contributed positively to hostel life and campus culture.




Instagram
Show time
Event: BOLLYWOOD NIGHT
GIRL GANG




GPS Map Camera
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.514543, Long 76.662965
Thursday, 26/02/2026 09:32 PM GMT+05:30
Note : Captured by GPS Map Camera

Event Name	SHAPE 2026 – International Conference
Date	26-28th February, 2026
Venue	Chitkara University, Rajpura, Punjab
Department	Chitkara School of Planning and Architecture, Chitkara University, Punjab
Event Curators	Council of Architecture, in collaboration with Chitkara School of Planning and Architecture
Event Coordinator	CSPA Team
Number of Participants	150+ National and International Delegates
SDGs Covered	3, 4, 6,7,9,10,11,12,13,15,17
Duration	3 days

About the Activity



SHAPE 2026 was a three-day international conference centered on the theme of Sustainable Habitats and Architecture for People and the Earth, aligning closely with the United Nations Sustainable Development Goals. The conference brought together global experts, academicians, researchers, and students to deliberate on contemporary challenges in architecture and urban development. It featured keynote lectures, plenary sessions, panel discussions, and thematic paper presentations addressing sustainability, climate resilience, and inclusive urbanism. The event also included pre-conference workshops and experiential learning activities to enhance student engagement. Participants gained insights into interdisciplinary approaches to design, policy, and environmental stewardship. The conference served as a vibrant platform for knowledge exchange, innovation, and collaboration.

Event Objectives

1.To promote sustainable architectural and urban practices
2.To facilitate global knowledge exchange.
3.To address climate and environmental challenges.

Key Highlights

1.International keynote lectures.
2.SDG-focused research presentations.
3.Panel discussions on sustainability.

Event Outcomes

1.Strengthening global collaboration.
2.Enhanced knowledge on sustainability.
3.Encouraged interdisciplinary research.









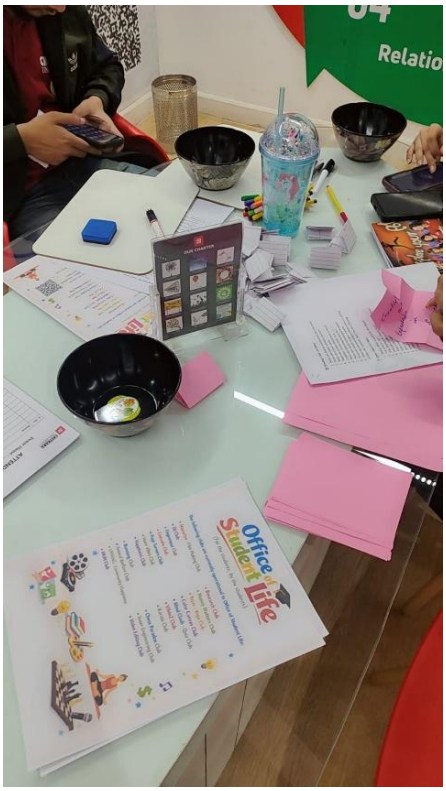


SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	WORLD SCIENCE DAY
Date	27th February, 2026
Time	12:00 PM to 3:30 PM
Venue	Alpha Zone
Number of Attendees	140
Resource Person	Office of Student Life Team

Office of Student Life successfully organized an interactive activity canopy on the occasion of World Science Day on 27th February 2026 at the Alpha Zone. The initiative was designed to engage students through fun, learning-based, and experiential activities, creating an exciting and educational environment. The canopy featured a unique concept of three distinguished zones, where students picked chits and participated in activities based on the category they received. The three zones included: (1) Knowledge, Awareness, and Positivity through Science, where students took part in a quiz to test and enhance their scientific knowledge. (2) Creativity and Expression in Science, where students either showcased their artistic skills through drawings or shared their thoughts by speaking on the topics mentioned in the chits. (3) Science in Body and Mind, where participants performed engaging physical tasks, emphasizing the connection between science, fitness, and mental well-being. The interactive format encouraged active participation, curiosity, and creativity among students. The successful execution of the canopy made the celebration of World Science Day both impactful and memorable, fostering scientific awareness, innovation, and holistic development among the participants.



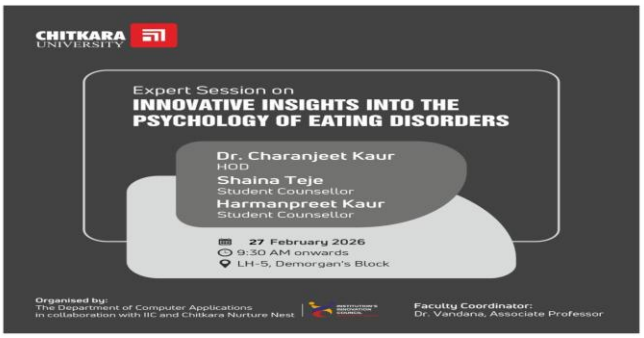



Office of Student Life


CHITKARA UNIVERSITY
CHITKARA UNIVERSITY
Office of Student Life
Promotion Desk
CHITKARA UNIVERSITY

Title: Expert Session On Innovative Insights Into The Psychology Of Eating Disorders		
1	Type Of Activity	Talk
2	Program Theme (Keywords)	R&D And Innovation
3	Link (Pre Link)	Pre Link
	Link (Post Link)	Post Link
4	Program Type	Level 2
	Nomenclature	Expert Talk
5	Description	
	The Experts Discussed Various Types Of Eating Disorders, Emphasizing The Importance Of Early Identification And Intervention. They Highlighted How Stress, Body Image Concerns, Peer Influence, And Societal Expectations Can Impact Mental And Physical Health. Practical Coping Strategies And Healthy Lifestyle Practices Were Also Shared With Students. The Session Encouraged Interactive Participation, Where Students Asked Questions And Engaged In Meaningful Discussions. The Speakers Created A Safe And Supportive Environment, Allowing Students To Openly Talk About Mental Health Concerns. The Event Proved To Be Highly Informative And Awareness-Oriented, Promoting Mental Health Literacy Among Students.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	
	The Session Was Delivered By Esteemed Resource Persons Dr. Charanjeet Kaur (HOD), Along With Student Counsellors Ms. Shaina Teje And Ms. Harmanpreet Kaur. The Speakers Provided Valuable Insights Into The Psychological Aspects Of Eating Disorders, Including Causes, Behavioral Patterns, Emotional Triggers, And The Social Pressures That Contribute To Such Conditions.	
7	Start And End Date Of The Event: 27/02/2026 To 27/02/2026	
8	Mention Minimum Number Of Students (Event): 65	

9	Mention Minimum Number Faculty (Event): 7	
10	Objective Of The Event In 3 Words (90 Characters) Only:	
	• To Create Awareness About Eating Disorders And Their Psychological Impact. • To Help Students Understand Early Signs And Symptoms Of Eating Disorders. • To Promote Mental Well-Being And Healthy Lifestyle Habits Among Students. • To Encourage Open Discussions About Mental Health Challenges. • To Provide Guidance On Seeking Professional Help And Support Systems	
11	Benefit Of The Activity In 5 Words (120 Characters) Only:	
	I) To Understand The Psychological Factors Associated With Eating Disorders. Ii) To Identify Early Warning Signs And Seek Timely Help. Iii) To Develop Awareness About Mental Health And Emotional Well-Being. Iv) To Reduce Stigma Associated With Discussing Mental Health Issues. V) To Adopt Healthier Coping Mechanisms And Lifestyle Practices.	
12	Video URL	
13	Photographs	





	
Name Of Department	Computer Application Programs
Name Of Organizer with Mail ID & Contact Number	Chitkara University, Punjab
Resource Person Details	
Name	Puninder Kaur
Organization	Chitkara University, Punjab

Event Details	
Event Type	Expert Talk
Topic	Expert Talk on Regulatory Affairs 2026: Skills, Strategy, Survival
Date	2026-02-27 To 2026-02-27
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Sandeep Pawar, Regulatory Intelligence Manager | Dr. Priya Chatterjee, Head Regulatory Affairs | Priya Arage, Project Manager | Dr. Vikas Kumar Dhiman, Vice President – Regulatory Affairs
No. Of Participants	103
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure
Po Number(S)	Po4, Po3, Po9, Po11
University Charter	Let's Prepare Our Students for Industry, Let's Educate Our Students to Become Globally Competitive, Let's Infuse Leadership Skills in Our Students

OBJECTIVE

To provide students with insights into emerging trends in regulatory affairs and global pharmaceutical compliance.
To enhance understanding of regulatory intelligence, strategic compliance, and global submission pathways.
To familiarize participants with evolving regulatory frameworks and industry expectations.
To encourage strategic thinking and skill development required for careers in regulatory affairs.
To create a platform for interaction between students and industry experts for career guidance and professional exposure.

DESCRIPTION

The expert session titled "Regulatory Affairs 2026: Skills, Strategy, Survival" was organized by the Chitkara College of Pharmacy, Chitkara University, with the objective of exposing students to the rapidly evolving landscape of regulatory science and global pharmaceutical compliance. The session aimed to bridge the gap between academic learning and industry expectations by providing practical insights from experienced professionals working in the

regulatory domain. The session featured distinguished industry experts including Dr. Sandeep Pawar (RegDesk), Dr. Priya Chatterjee (Bayer Pharmaceuticals), Ms. Priya Arage (Sandoz), and Dr. Vikas Kumar Dhiman (Syngene International). Each expert shared valuable perspectives on different aspects of regulatory affairs, including regulatory intelligence, global submission strategies, evolving compliance frameworks, and the growing importance of strategic regulatory planning in pharmaceutical development. During the session, the speakers highlighted how regulatory affairs has become a critical component in ensuring that pharmaceutical products meet the required standards of safety, quality, and efficacy across global markets. They emphasized the increasing demand for professionals who possess not only strong scientific knowledge but also the ability to understand regulatory guidelines, manage documentation, and navigate complex international regulatory pathways. The experts also discussed emerging trends such as digitalization in regulatory processes, the role of regulatory intelligence in decision-making, and the importance of risk assessment and compliance management in modern pharmaceutical industries. They encouraged students to develop interdisciplinary skills, including analytical thinking, regulatory writing, and strategic planning, which are essential for building successful careers in regulatory affairs. A highly engaging interactive discussion session allowed students to ask questions related to career opportunities, skill requirements, and industry expectations in regulatory roles. The interaction provided students with a clearer understanding of the professional pathways available in regulatory affairs and the competencies required to succeed in this dynamic field.

OUTCOMES

Students gained enhanced understanding of regulatory affairs, regulatory intelligence, and global pharmaceutical compliance frameworks.

Participants developed awareness of career opportunities and required competencies in the regulatory affairs domain.

The session strengthened students' knowledge of global submission pathways and strategic regulatory planning.

Students understood the importance of risk assessment, documentation, and compliance in pharmaceutical development.

Interaction with industry experts helped bridge the gap between academic learning and real-world regulatory practices.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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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Patiala,Punjab,India


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Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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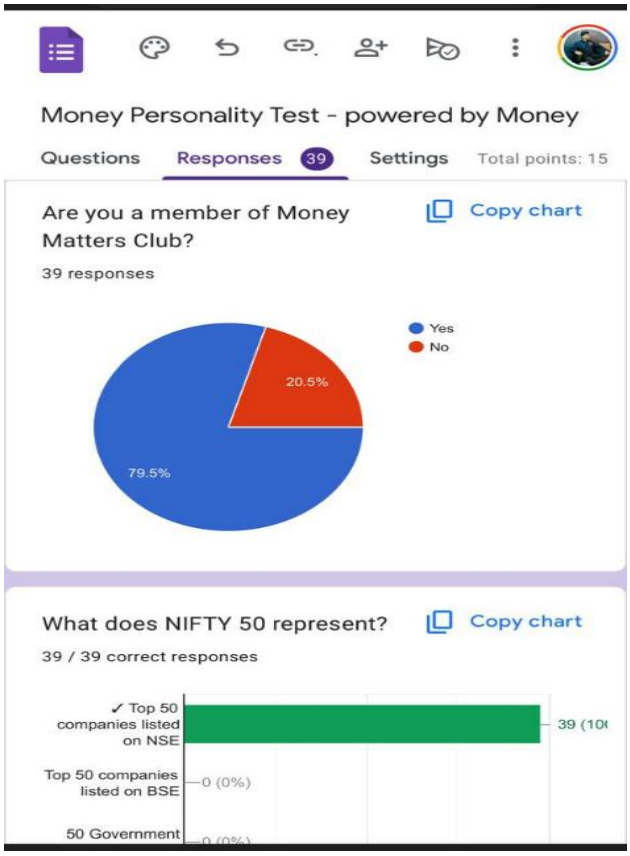
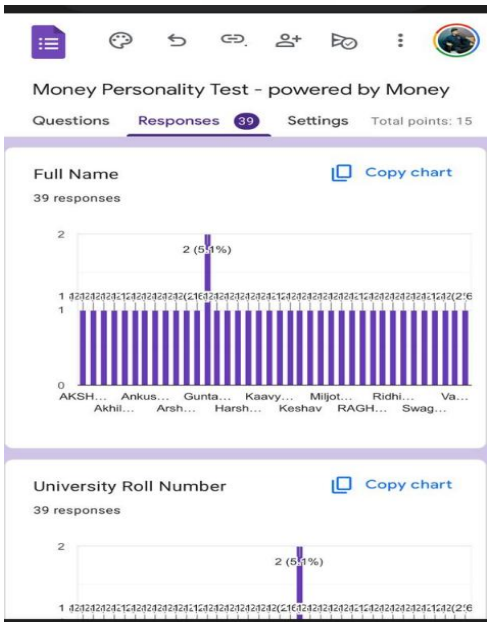
Patiala,Punjab,India

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters
Topic	Money Personality Test
Date	1st March, 2026
Time	5:30 pm – 6:00 pm
Mode	Online
Number of Attendees	40
Resource Person	Money Matters Team

Office of Student Life's Club Money Matters organized a Money Personality Test on 1st March 2026. The event was thoughtfully planned and executed with great attention to detail. A structured Google Form was used for smooth registration and coordination. This made the entire process simple and convenient for participants. The form was easy to access and quick to fill out. It helped in managing participant data efficiently. The organizers ensured that everything was handled in a systematic manner. The event reflected strong planning and professionalism. Participants experienced a seamless and hassle-free process. The coordination throughout the event was smooth and well-managed. Overall, it provided an accessible and enjoyable experience for everyone involved.

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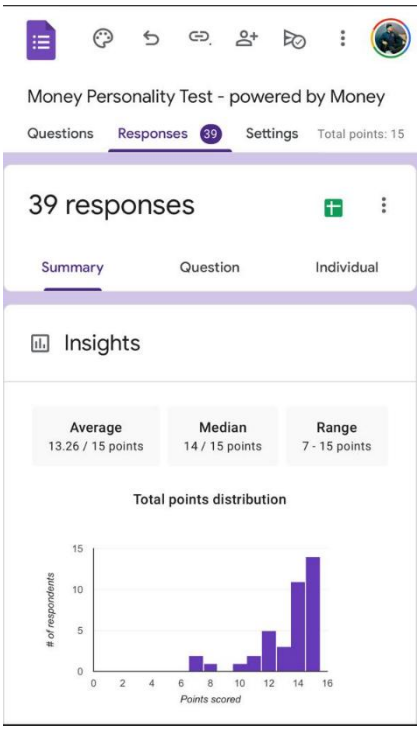
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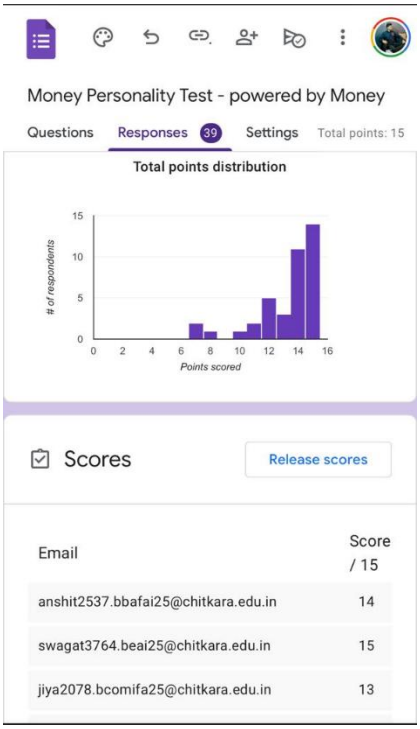
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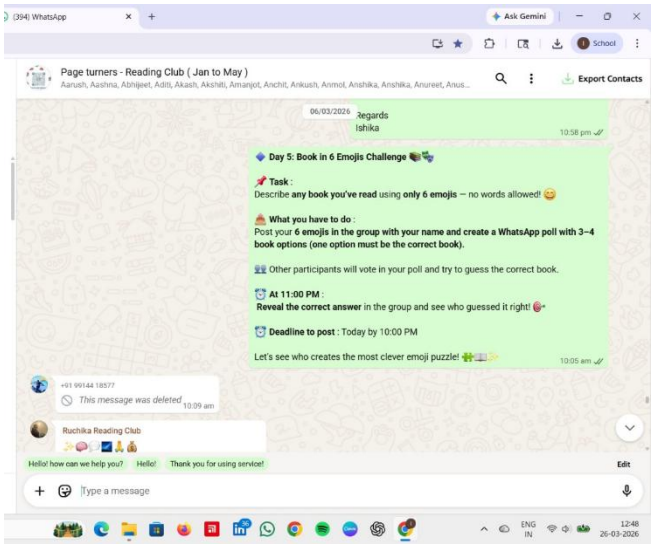
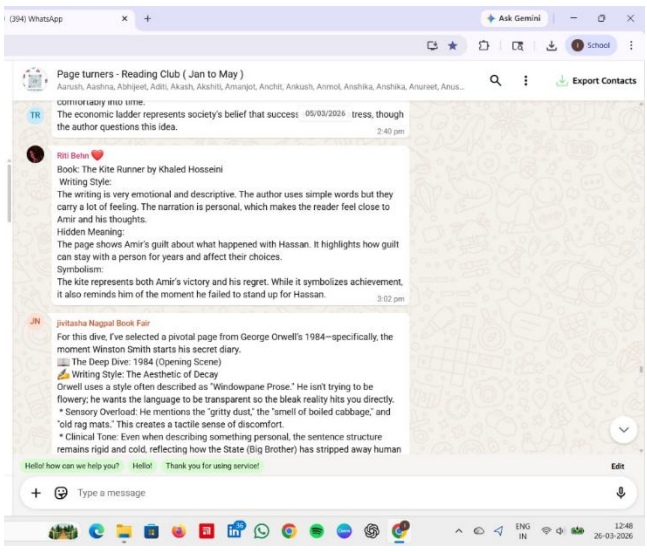
jiya2078.bcomifa25@chitkara.edu.in
13

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners
Topic	7 Day Page Turners Online Activity
Date	1st – 7th March 2026
Time	10:00 am – 8:00 pm
Mode	Online
Number of Attendees	45
Resource Person	Ms. Ishika

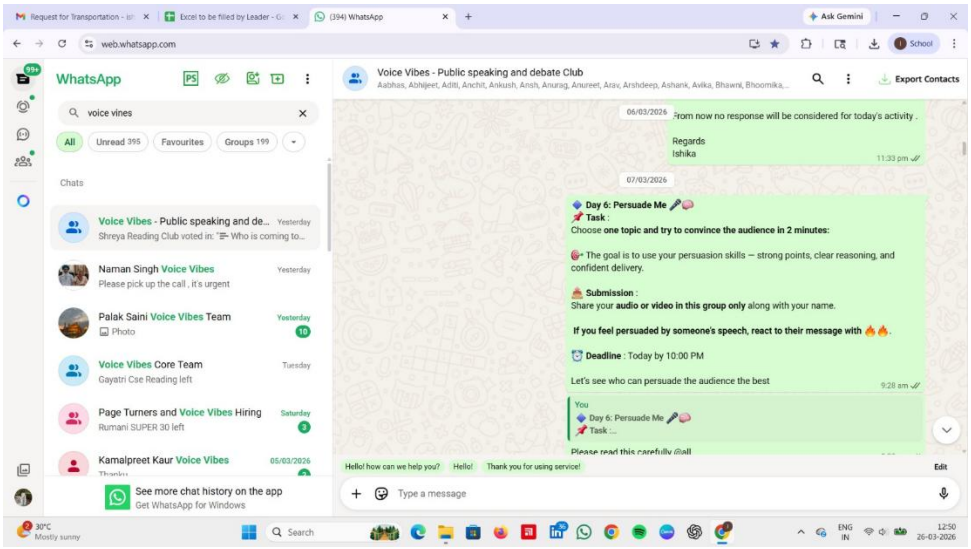
Office of Student Life's Club Page Turners organized a 7-day online Page Turners literary challenge from 1st March to 7th March 2026. The event was designed to deepen students' engagement with reading and enhance their creative thinking. Each day featured a unique activity such as rewriting book endings, creating book-based playlists, character investigation, deep-diving into a single page, emoji storytelling, and writing concise book reviews. These activities encouraged participants to think beyond the text and explore different perspectives. Students were able to express their ideas creatively and analytically. A total of 45 students actively participated in the challenge. They shared thoughtful and imaginative responses throughout the week. The event provided an interactive and meaningful platform for readers. It helped participants connect with literature in a refreshing way. The initiative successfully promoted creativity and critical thinking. Overall, it reflected the true essence of Page Turners by encouraging thoughtful reading and a deeper appreciation for literature.

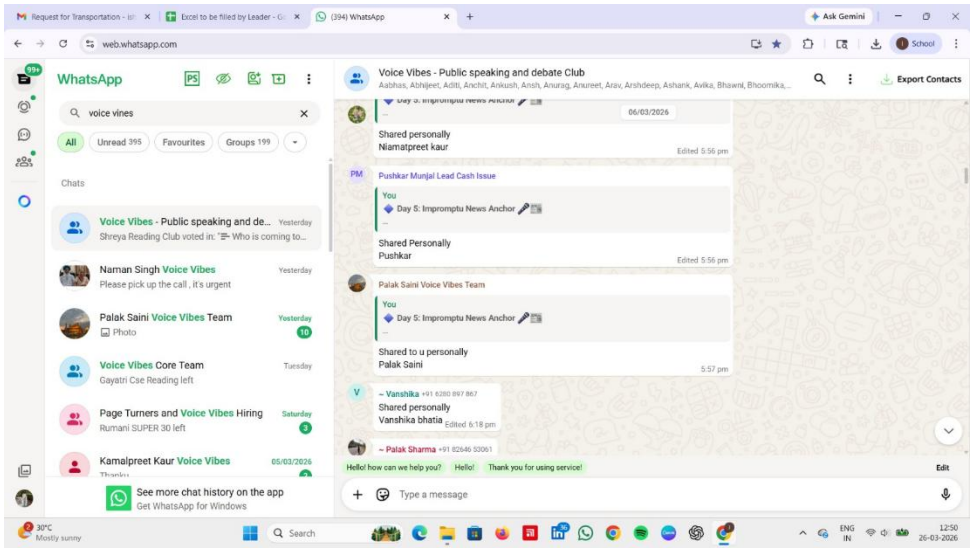




SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Voice Vibes
Topic	7 Day Online Voice Vibes Activity
Date	1st – 7th March, 2026
Time	10:00 am – 8:00 pm
Mode	Online
Number of Attendees	30
Resource Person	Ms. Ishika

Office of Student Life's Club Voice Vibes organized a 7-day speaking challenge from 1st March to 7th March 2026. The event aimed to strengthen students' communication skills, confidence, and spontaneity. Each day included engaging activities such as eliminating filler words, reverse debating, impromptu storytelling, persuasive speaking, news anchoring, and expressing the same message in different styles. These tasks encouraged participants to step out of their comfort zones. They also helped students explore various aspects of public speaking. A total of 30 students actively participated in the challenge. Participants shared audio and video submissions showcasing creativity and clarity. The challenge promoted confidence and effective expression. It also encouraged peer interaction and real-time feedback. The event created a supportive and interactive environment for learning. Overall, it helped students find their voice and communicate with greater impact, reflecting the true vision of Voice Vibes.

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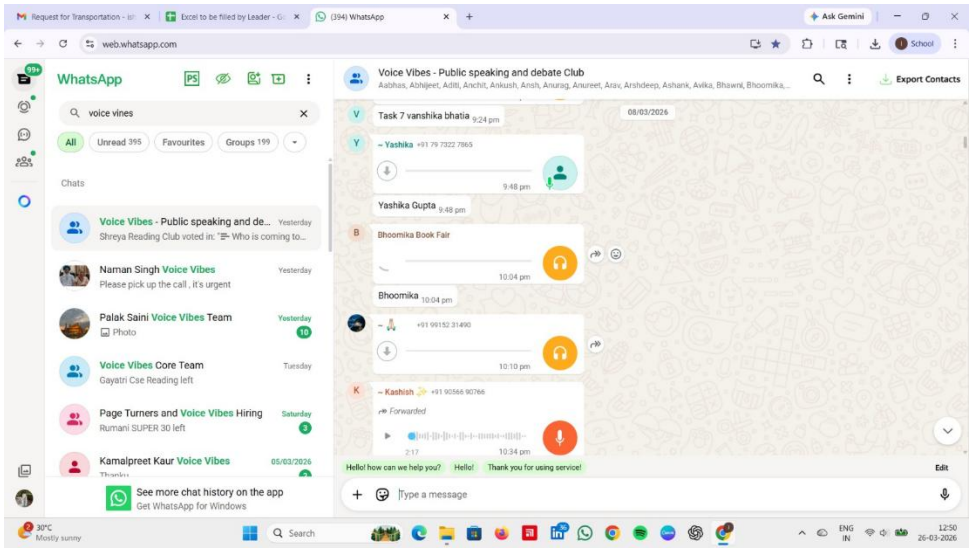
Get WhatsApp for Windows
Type a message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Kamalpreet Kaur Voice Vibes
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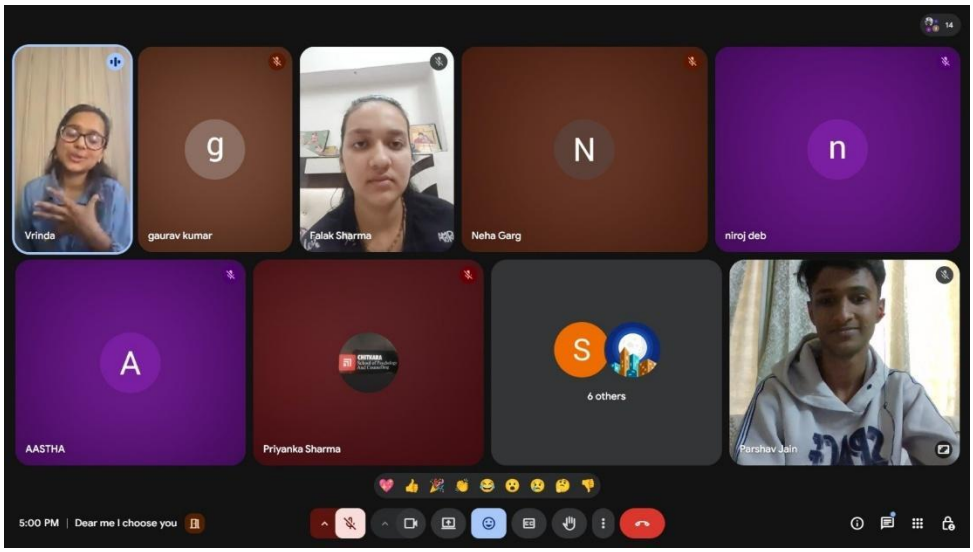
Get WhatsApp for Windows
Type a message

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Self-Love
Date	6th March, 2026
Time	4:00 pm – 4:45 pm
Mode	Online
Number of Attendees	17
Resource Person	Ms. Vrinda Sharma

Office of Student Life's Club Happiness Club organised a Self-Love & Inner Awareness Session on 6th March 2026 from 4:00 PM to 4:45 PM in online mode. The session was conducted by Ms. Vrinda Sharma, who guided participants towards self-reflection and inner clarity. It focused on the idea of self-acceptance, self-worth, and understanding one's true self beyond societal expectations.

Participants were encouraged to pause, reflect, and reconnect with themselves in a meaningful way. The session created a calm and supportive environment for introspection. Students actively engaged and gained valuable insights into personal growth and emotional well-being. It reminded everyone that they are enough just as they are. Overall, the session was peaceful, impactful, and inspiring, promoting the importance of self-love and inner awareness.




Dear me I choose you
Vrinda
gaurav kumar
Falak Sharma
Sujal Jain
Neha Garg
niroj deb
Vanshika Sammi
Parshav Jain
9 others
4:46 PM | Dear me I choose you


To exit full screen, press and hold Esc
Vrinda
gaurav kumar
Neha Garg
AASTHA
Falak Sharma
Sujal Jain
niroj deb
Parshav Jain
9 others
4:44 PM | Dear me I choose you


Vrinda
gaurav kumar
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AASTHA
Priyanka Sharma
6 others
Parshav Jain
5:00 PM | Dear me I choose you


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Priyadharsini B
Vrinda
7 others
Parshav Jain
4:53 PM | Dear me I choose you

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

Objective

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

Description

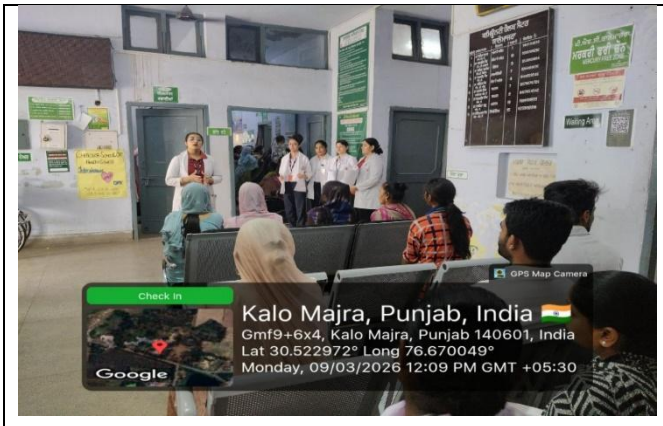
An awareness talk on International Women's Day was organized on 9th March 2026 at Community Health Centre Kalomajra by the M.Sc. Nursing students as part of their community health initiative. The program aimed to spread awareness among community members, especially women, about the importance of women's health, gender equality, and empowerment. The session was conducted to highlight the significant role women play in the development of families, communities, and society as a whole. During the awareness talk, the

students explained the meaning and significance of International Women's Day and emphasized the need to respect and support women in every aspect of life. They discussed important topics such as women's rights, equal opportunities in education and employment, and the importance of maintaining good physical and mental health. Special attention was given to issues related to women's health, including the importance of regular health check-ups, nutrition, personal hygiene, and early detection of diseases. The students also encouraged women to become more aware of their rights and to actively participate in decision-making within their families and communities. They highlighted the importance of education for girls and motivated women to support the education and empowerment of young girls. The session was interactive, and participants were encouraged to ask questions and share their experiences. Educational messages were delivered in a simple and understandable manner so that the community members could easily relate to them. The program helped in creating awareness about the importance of respecting women and promoting equality in society.

Overall, the awareness talk was informative and successful in motivating the participants to adopt healthy practices and to support women's empowerment in their daily lives.

Outcomes

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



M.Sc. Nursing students delivering an awareness talk on International Women's Day educating



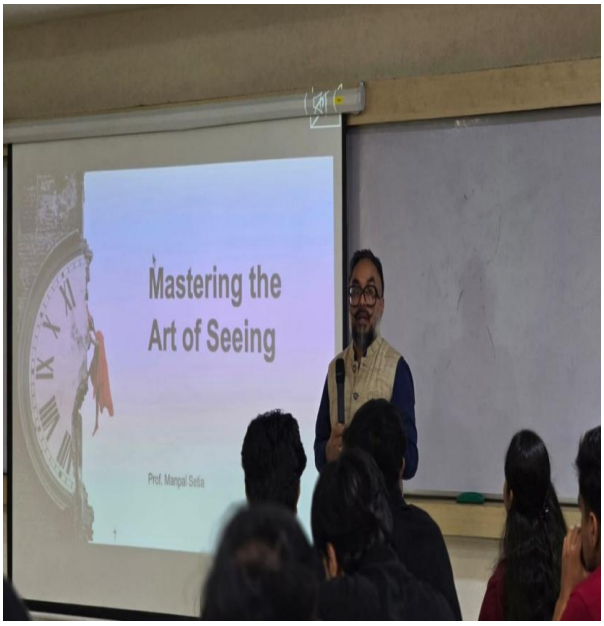
Students using visual aids to educate the community about women's health, nutrition, and

community members about women's health on 9th March,2026.	empowerment on International Women's Day on 9th March,2026.
	
Students of M.Sc. Nursing educating women on International Women's Day on 9th March,2026.	Students emphasizing the importance of women in society on 9th March,2026.
	
M.Sc. Nursing student spreading awareness about women's empowerment and gender equality on 9th March,2026.	Audience attentively listening the students regarding importance of women on 9th March,2026.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The FilmMaking Club
Topic	Photography Workshop
Date	11th March, 2026
Time	1:30 PM to 3:00 PM
Venue	Faraday Hall
Number of Attendees	78
Resource Person	Dr. Manpal Setia

Office of Student Life's Club Nazariya: The Film Making Club organized a photography session on 11th March 2026. The event took place at Faraday Hall, Edison Block from 1:30 PM to 3:00 PM. The session was conducted by Dr. Manpal Setia, who shared valuable insights on photography techniques and creative expression. The workshop focused on enhancing visual storytelling skills. Participants learned about composition, lighting, and creativity in photography. A total of 78 students attended the session. They actively engaged and showed great interest throughout the workshop. The session was interactive and informative. It encouraged students to explore their creative potential. The event was well-organized and smoothly conducted. Overall, it concluded successfully, inspiring students to develop their skills in photography.




Mastering the
Art of Seeing
Prof. Manpal Setia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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	LinkedIn Club
Topic	LinkedIn Experience Zone
Date	11th March 2026
Time	9:00 am – 4:00 pm
Venue	Edison Block Basement
Number of Attendees	66
Resource Person	LinkedIn Team

Office of Student Life's Club LinkedIn Club organised a LinkedIn Experience Zone on 11th March 2026 from 9:00 AM to 4:00 PM. The initiative witnessed active participation from students of various departments, creating a dynamic and engaging professional learning environment. During the sessions, students explored a wide range of interactive activities including AI roleplay, LinkedIn Learning modules, and the engaging "Spin the Wheel" challenge, which encouraged participants to complete tasks and create short professional videos for posting on LinkedIn. Additionally, students had the opportunity to get their professional photographs clicked, helping them enhance their LinkedIn profiles and personal branding. The LinkedIn Experience Zone served as an innovative platform to promote digital professionalism, career readiness, and confidence among students. The event enabled students to gain practical exposure, improve their online presence, and develop essential employability skills. Overall, the successful execution of this initiative reflected the club's commitment towards empowering students with industry-relevant tools and knowledge.










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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara Research Club
Topic	Research Club Onboarding
Date	13th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Einstein Hall
Number of Attendees	57
Resource Person	P.K. Khosla Sir



Office of Student Life's Club Chitkara Research Club organised an Onboarding Research Club event on 13th March 2026. The inauguration began with a visionary formal session graced by Chief Happiness Officer Manav Bansal and PK Khosla Sir. A major highlight was the skit titled *The Court of Knowledge*, a courtroom drama that explored India's deep roots in research by contrasting a traditional Sanskrit-speaking historian with a modern Gen Z researcher. The performance beautifully conveyed that true innovation requires both the accuracy of the past and the speed of the present.

Following the formal session, the event transitioned into an engaging informal mixer aimed at building connections among members. Participants enjoyed music jamming sessions and interactive games like *Never Have I Ever* and *Clap and Grab Your Fortune*. These activities helped break the ice and created a lively and comfortable environment. The energy peaked with the flagship "10 Min Research Lab" activity, where participants collaboratively analyzed a complex image and mapped their observations onto a shared canvas. This activity tested their analytical and teamwork skills effectively. Overall, the event was dynamic and successful, marking a strong and engaging launch of the Chitkara Research Club.


CHITKARA UNIVERSITY





SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters
Topic	Invest Punjab Summit 2026
Date	13th – 14th March, 2026
Time	9:00 am – 4:00 pm
Venue	Plaksha University
Number of Attendees	68
Resource Person	Money Matters Team

Office of Student Life's Club Money Matters visited Plaksha University from 13th to 14th March 2026. On Day 1, members explored the exhibition area at the Invest Punjab Summit, where they observed various startups, companies, and innovative business ideas. Students actively participated in networking sessions and interacted with professionals and entrepreneurs, gaining valuable insights into investment and business opportunities. During the networking lunch, members connected with like-minded individuals, making the experience highly enriching and exposure-driven.

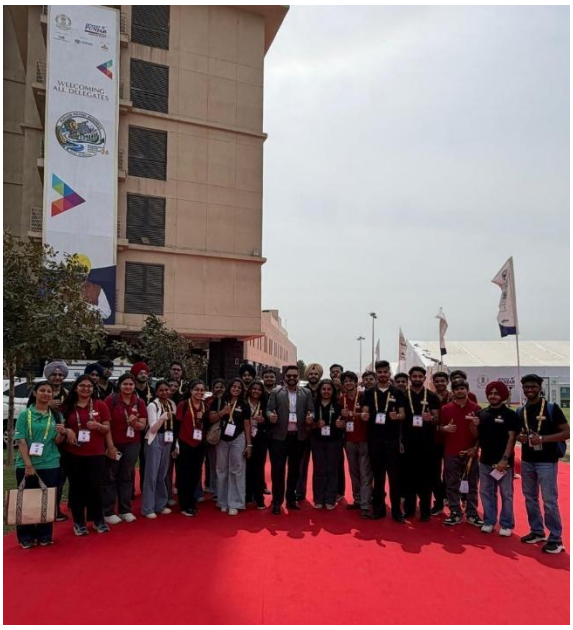


On Day 2, members attended multiple industry-focused sessions across Bharti and Havells Buildings. These sessions covered diverse domains such as Startups, Renewable Energy, EV & Auto Components, Academia & Research, Pharmaceuticals & Biotechnology, and Artificial Intelligence. Students also continued exploring the exhibition area, engaging with industry experts and startups while building meaningful professional connections. The visit provided practical exposure to real-world business ecosystems, entrepreneurship opportunities, and emerging market trends. Overall, the two-day experience was highly informative and beneficial, enhancing students' understanding of finance, innovation, and investment landscapes.




RATION


PUNJAB MEANS BUSINESS



Event details	
Name of the School/Department	Chitkara Law School
Date of Event	13th March, 2026
Title of the Event	International Women's Day: Book Reading and Discussion
Mode	Offline
Type of participation	Organized/Attended/participated
Number of Guests	02
Number of Faculty participation	14
Number of Student participation	110 (18 from law School)
SDGs associated with Event	3,4,9,12,16,17

Report on International Women's Day: Book Reading and Discussion, 2026

Venue	Moot Court Hall, Chitkara Law School, Chitkara University Punjab
Date	13th March 2026
Time	12.00 PM to 01.00 PM

Minute To Minute Programme

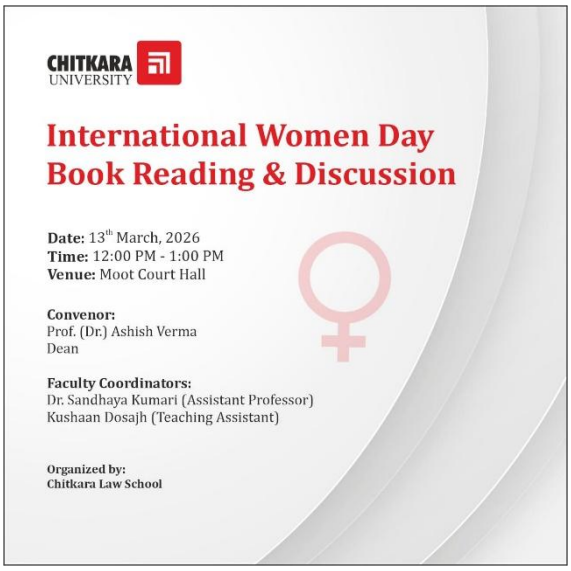
12:30 p.m.	Arrival of the faculty
12:30 p.m. to 12:55 p.m.	All participants were seated according to the instructions of the organising committee.
12:55 p.m.	Welcome Address by Dean Prof. (Dr.) Ashish Verma
01:00 p.m.	Short introduction to the importance and need of Book Reading and Discussion in the context of International Women's Day
01: p.m.-02:00 p.m.	Duration of the event
02:10 p.m.	Vote of thanks by Prof. (Dr.) Sandhya Kumari

About the Event

Observed annually on March 8, **International Women's Day (IWD)** is a global celebration of the social, economic, and political achievements of women. It serves as both a day of recognition for how far we have come and a call to action for the work that remains in achieving true gender equality.

Today, it is recognized by the United Nations and celebrated worldwide—

This year's focus shifts from awareness to accountability, urging world leaders to dismantle structural barriers and ensure equal access to justice. Complementing this is the **"Give to Gain"** campaign, which emphasizes that investing in women's growth through mentorship and resources creates a ripple effect of prosperity for entire communities.



Understanding the spirit behind this occasion, the Chitkara Law School organized a Book Reading and Discussion under the overarching theme of "The Role of Women in Our Lives".

Students were allowed to give a liberal interpretation to practical examples along with acknowledging existing societal inequalities and the road still to be travelled. Within this ideological space students were encouraged to look for the positive role of law in our personal spaces as well.

The event was organized in such a manner to ensure interaction between students and faculty members over the theme, based on reference to books and other literary devices. This would allow for students to appreciate and critically think over issues using text as well as various textual interpretations.

Objective

1. To encourage a constant, critical and legal dialogue amongst students in relation to the position women and the society.
2. To encourage students to develop a socio legal understanding of the Indian society.
3. To encourage students to inculcate a reading habit and provide them with a space to question and improve upon their beliefs.
4. To help students understand the vision behind the Constitution of India in relation to right to equality.

Description

The event began with a welcome address with students from the third Year, Chahat and Manika who formally introduced the event, its participants, the theme and the spirit behind the event. They underscored the importance of such events such as allowing for creation of a space for constant dialogue between and amongst the faculty and the students.

In doing such as an event, the Dean of the Chitkara Law School, Prof (Dr) Ashish Verma set the stage by discussing with the students how the Constitution of India was to be viewed as a documents of social upliftment, social transformation and ensuring substantive equality. It was within such transformative principles that a student of law was to view society as a whole.

The Book Reading and Discussion was conducted in a round table format symbolizing equality and the need to listen to opinions of others. Each of the participants discussed about their personal experiences and the role any woman has ever played in their lives. Furthermore, they talked about various books, short stories or even newspaper articles which gave them a sense how much the society has progressed in terms of gender equality along with the persistent societal shortcomings which still exist.

Along with the students, several faculty members shared their opinions and thoughts on the theme as well. From talking about their experiences to and discussion on various philosophies, the faculty members allowed for the discussion to have a practical cum philosophical mixture as well, thereby allowing students to question their own beliefs based on the experiences shared. Usage of various literary tools from poetry to prose were employed by the faculty and student participants to showcase the power of literature.

Prof (Dr) Sandhya Kumari, the Faculty Convener of the event, intellectually stimulated all by drawing parallels between her various life experiences and the various teachings through various books which subsequently allowed for her to challenge herself intellectually and find abstract and practical solutions to gender-based problems being faced in the Indian society. She emphasized the importance of reading diligently and honestly as the best way for students to develop their own ideas which were both humanistic as well as legally enterprising.

At the conclusion of the event, the Dean of the Law School again expressed his hope in the students of Chitkara Law School as ones who would help in giving an improved meaning to law as a tool for social change and social justice. This could include a focus on gender justice through practical and legal means such as acknowledging the role of women in the care economy to the inalienable truth that a society which invests in women is the society which develops holistically the most.

The Vote of Thanks by the Faculty Convener acknowledged the cooperation and zeal of the participants and the assisting faculty along with the organizing team. She once again expressed her hope and belief in the students of Chitkara Law School to augment their reading skills by understanding, utilizing and embedding the values of the Indian Constitution within themselves.

Learning Outcomes

1. The event served as a important tool for encouraging students to understand the value of reading and discussing
2. The Event allowed for the participants to engage with themselves and others in an informal manner about important social issues, thereby allowing for them to think critically on such issues.
3. The event lastly helped students to envisage the importance of the Constitution by identifying and utilizing principles in the books they read as well. This event served as an important effort towards achieving the SDGs 3,4,5,8,9,12,16,17.







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

Objective

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



Description

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

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

Outcomes

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

















SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	DJ Session
Date	15th March, 2026
Time	2:00 pm – 3:00 pm
Venue	LH 303, Rockefeller Block
Number of Attendees	14
Resource Person	DJ Team



Office of Student Life's Club DJ Club organized a DJ session on 15th March 2026. The event created an engaging and energetic atmosphere, providing a vibrant and memorable experience for participants. It reflected creativity, passion, and the growing interest of students in the art of DJing. During the session, students were introduced to the fundamentals of DJing, including live mixing, beat matching, and understanding BPM (beats per minute). Participants also gained hands-on experience with professional DJ software like Rekordbox, exploring real-time mixing techniques.

The session witnessed enthusiastic participation, with students actively engaging in learning and experimenting with music transitions and sound control. The interactive environment encouraged creativity and boosted confidence among beginners as well as aspiring DJs. Overall, the event was highly successful, offering both practical learning and an enjoyable musical experience for everyone involved.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas
Topic	Water color Workshop
Date	15th March, 2026
Time	10:00 am – 12:00 pm
Venue	Explore Stars
Number of Attendees	18
Resource Person	Color Canvas Team



Office of Student Life's Club Color Canvas Club organized a Watercolor Workshop on 15th March 2026 at Explore Star from 10:00 AM to 12:00 PM. The session witnessed the enthusiastic participation of 18 students, creating a vibrant and creative atmosphere. During the workshop, students explored new mediums and techniques of water colour painting. They learned about colour blending, brush techniques, and artistic expression on canvas.

The session encouraged participants to experiment freely and enhance their creativity. Students actively engaged in the activities and showcased their artistic skills. The environment was interactive, enjoyable, and learning-focused. Participants not only improved their painting abilities but also gained confidence in expressing their ideas through art. Overall, the workshop was a fulfilling and enriching experience for all attendees.









SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Red Tape Marathon
Date	15th March, 2026
Time	4:30 am – 9:00 am
Venue	Chandigarh
Number of Attendees	21
Resource Person	Running Team



Office of Student Life's Club Running Club participated in the Red Tape Official Marathon on 15th March 2026. The event marked a proud and memorable moment for Chitkara University, with a team of 21 enthusiastic runners representing the university with great energy, determination, and team spirit. The runners showcased incredible discipline and dedication, achieving an outstanding total of 21 medals. This included 6 Gold Medals in the 10 km run and 15 Silver Medals in the 5 km run, along with a prestigious shield for the university.

In the marathon, 6 students successfully completed the challenging 10-kilometer run, demonstrating exceptional endurance and strength. The remaining 15 students participated in the 5-kilometer category, completing the race with remarkable enthusiasm and commitment. This achievement reflects the passion, consistency, and teamwork of the Running Club members. Overall, it was an inspiring and memorable event, with the team bringing pride to the university and returning with remarkable achievements and unforgettable experiences.


10653


REDTAPE
RUN FOR CLEAN AIR

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Workshop
Date	15th March, 2026
Time	5:00 pm – 6:00 pm
Venue	Explore Stars
Number of Attendees	6
Resource Person	Yoga Team

Office of Student Life's Club Tejas Yoga Club organized a Yoga Session on 15th March 2026 from 5:00 PM to 6:00 PM at Explore Stars. The session focused on promoting physical health, mental relaxation, and overall well-being among participants. During the session, students practiced various yoga asanas that helped improve flexibility, balance, and body strength. The activities were conducted in a calm and positive environment, encouraging participants to stay focused and active.

The session also included a guided meditation practice, allowing participants to relax their minds and reduce stress. Students experienced a sense of calmness and mental clarity through the exercises. The event saw active participation and enthusiasm from attendees. It provided a refreshing break from daily routines while promoting a healthy lifestyle. Overall, the session was peaceful, engaging, and beneficial for both physical and mental wellness.








"BABU MOSHAYE AREY OH BABU MOSHAYE"
"TU MUJHE NAHIN MAAR SAKTI, TU MERI MAA HAI"
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Event Details	
Event Type	Expert Talk
Topic	Greener Kitchen Better Future - Carbon Footprint Awareness In Culinary Kitchens
Date	2026-03-18 To 2026-03-18
Mode	Offline
Venue	Lh-11 (Chitkara University, Rajpura)
Organizer Name	Chitakara College Of Hospitality Management
Resource Person	Dr. Pooja Mahajan, Associate Professor
No. Of Participants	52
SDG No	SDG 1: No Poverty, SDG 2: Zero Hunger, SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 5: Gender Equality, SDG 7: Affordable And Clean Energy, SDG 8: Decent Work And Economic Growth, SDG 9: Industry, Innovation And Infrastructure, SDG 11: Sustainable Cities And Communities, SDG 12: Responsible Consumption And Production
PO Number(S)	PO1, PO2, PO3, PO4, PO5, PO8, PO9, PO11, PO12
University Charter	Let's Prepare Our Students For Industry , Let's Foster Civic Engagement In Our Students , Let's Educate Our Students To Become Globally Competitive , Let's Encourage Our Students To Think Out Of The Box , Let's Infuse Leadership Skills In Our Students

OBJECTIVE

1. To create awareness about carbon footprint in culinary kitchens and its environmental impact.
2. To introduce students to sustainable and eco-friendly kitchen practices.
3. To enhance knowledge of energy efficiency, waste management, and resource conservation.
4. To encourage innovative thinking for implementing green practices in hospitality operations.
5. To prepare students for industry expectations related to sustainability and responsible kitchen management.

DESCRIPTION



The event titled "Greener Kitchen, Better Future: Carbon Footprint Awareness in Culinary Kitchens" was successfully organized by the Chitkara College of Hospitality Management under the aegis of the Institution's Innovation Council. The session was conducted on 18th March 2026 from 2:30 PM to 4:00 PM at LH-11, Escoffier Block. The resource person for the event was Dr. Pooja Mahajan, Associate Professor, who shared her expertise on sustainable practices in culinary operations. The primary objective of the session was to create awareness among students about the environmental impact of kitchen operations and the importance of reducing carbon footprints in the hospitality industry. Dr. Mahajan elaborated on how energy consumption, food wastage, water usage, and sourcing practices contribute significantly to environmental degradation. She emphasized the need for adopting eco-friendly techniques such as efficient energy use, waste segregation, sustainable sourcing, and minimizing food wastage. The session was highly interactive, encouraging students to reflect on their daily culinary practices and explore innovative solutions to make kitchens more sustainable. Practical examples and case studies were discussed, enabling students to understand real-world applications of green kitchen concepts. The speaker also highlighted global trends and industry expectations, preparing students for responsible professional practices. Overall, the event proved to be insightful and impactful, enhancing students' understanding of sustainability in culinary arts. It motivated participants to adopt environmentally conscious practices in their future careers and contribute positively towards building a greener hospitality industry.

OUTCOMES

1. Developed awareness of carbon footprint and sustainability in culinary operations.
2. Gained knowledge of eco-friendly kitchen practices and waste reduction techniques.
3. Improved ability to apply sustainable solutions in real-world hospitality scenarios.
4. Understood global trends and industry expectations in sustainable hospitality.
5. Adopted a responsible and ethical approach towards environmental conservation in kitchens.


Greener Kitchen, Better Future:
Carbon Footprint Awareness in Culinary Kitchens
Dr. Pooja Mahajan
Associate Professor
Department of Applied Sciences, Chitkara University, Punjab.
(18.03.2026)
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Finpreneurs Club
Topic	Finspark Event
Date	18th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Einstein Hall
Number of Attendees	90
Resource Person	Dr. Sarabjeet Singh, Dr. Satinder Singh

Office of Student Life's Club Finpreneurs Club organized a Fin Spark Event (Inaugural Ceremony) on 18th March 2026. The event marked a successful launch, engaging over 90 students in a dynamic mix of formal sessions and interactive activities. It highlighted the club's vision of fostering excellence in finance, Excel, and entrepreneurship. The ceremony was graced by distinguished guests Dr. Sarabjeet Singh, Dr. Satinder Singh, and Mr. Bansal, who delivered insightful addresses and set an inspiring tone.

The event featured a competitive quiz with live leaderboards and exciting prizes, along with energetic dance performances. Participants also experienced hands-on trading simulations and gained a comprehensive understanding of the club's operations and future initiatives. The interactive nature of the session encouraged active participation and enthusiasm among students. It provided a platform for learning, networking, and innovation. Overall, the event was vibrant and impactful, establishing Finpreneurs Club as a promising space for aspiring finance professionals and future business leaders.






OSL Presents
SPARK
-By Finpreneurs
THE WEALTH PARADOX!
MASTER YOUR CAPITAL
18TH MARCH
2026



SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara MUN Society
Topic	MUN Club Inauguration
Date	18th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Pierre Hall
Number of Attendees	39
Resource Person	Mr. Rithvik Mehta

Office of Student Life's Club Chitkara MUN Society organized a MUN Club Inauguration and Orientation Session on 18th March 2026. The event witnessed enthusiastic participation from around 50 students, creating an engaging and lively atmosphere. It was grabbed by the esteemed guest speaker Mr. Ritwik Mehta, Director of Nititantra and a renowned MUN personality. The session began with a ceremonial lamp lighting by the guest speaker along with Manav Bansal Sir, Shivam Mishra Sir, and Ishika Ma'am, marking an auspicious start.
The event included insightful discussions where students were introduced to key aspects of Model United Nations, such as policy making and effective speech writing. The session was highly interactive and informative, encouraging active participation. Students felt motivated and gained valuable knowledge and confidence throughout. The event concluded on a vibrant note with a melodious singing performance by Chaitanya Puri, adding a special charm to the occasion. Overall, the inauguration was memorable and successful, setting a strong foundation for the activities of the Chitkara MUN Society.

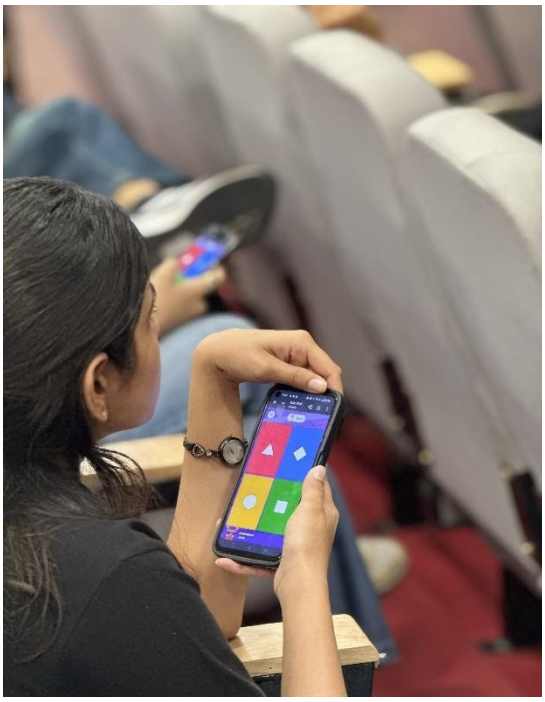





HOW GOVERNMENTS MAKE POLICIES AND CONNECTION OF POLICY AND POLITICS IN INDIA
CHITKARA UNIVERSITY

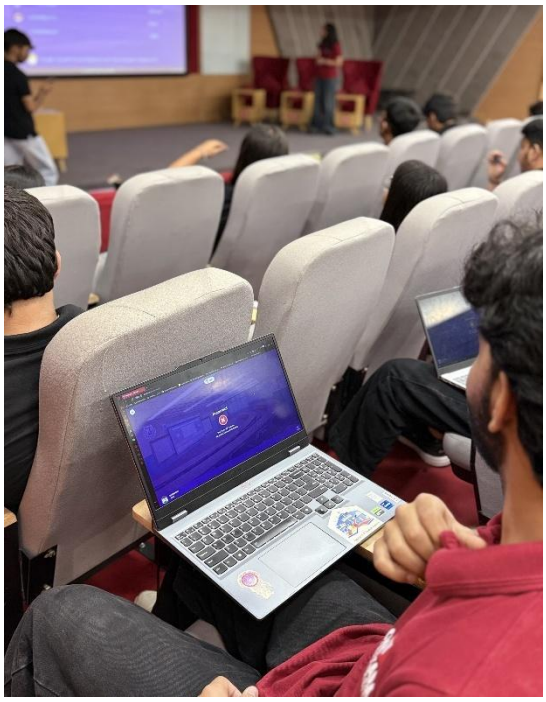


SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	Mind Clash Level - 2
Date	18th March 2026
Time	1:30 pm – 3:00 pm
Venue	Carnegie Hall
Number of Attendees	91
Resource Person	Mind Clash Team



Office of Student Life's Club Mind Clash (Quiz Club) organised Mind clash Quiz Championship – Level 2 (Slot 1) on 18th March 2026. The round was successfully conducted with enthusiastic participation from 90+ qualified contestants who advanced from Level 1. It brought together some of the brightest minds, making the competition more challenging and engaging. Participants showcased their knowledge, quick thinking, and analytical skills in a highly competitive yet spirited environment.

The atmosphere throughout the session was filled with excitement, focus, and determination as each participant aimed to secure their place in the next stage. The quiz was conducted smoothly, ensuring a seamless and well-organized experience for all. Participants remained actively engaged and demonstrated strong competitive spirit. The event highlighted the importance of knowledge, speed, and accuracy in decision-making. With Slot 1 of Level 2 successfully concluded, participants now eagerly await their results. Overall, the session was dynamic and impactful, setting the stage for the upcoming Slot 2 with the same energy and enthusiasm.



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

Objective

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

Description

A health camp was organized in Village Kalomajra to promote awareness and early detection of non-communicable diseases (NCDs) such as diabetes, hypertension, and cardiovascular diseases, as well as to educate women on breast self-examination (BSE) for early detection of breast cancer. A health camp was organized in Village Kalomajra with the primary objective of promoting awareness and facilitating early detection of non-communicable diseases (NCDs), including diabetes, hypertension, and cardiovascular diseases.

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

Outcomes

1 Several participants were identified with elevated blood pressure, high blood sugar, or abnormal BMI, enabling timely referral and intervention.

2. Villagers gained knowledge about risk factors, symptoms, and preventive measures for diabetes, hypertension, and cardiovascular diseases.

3. Women learned breast self-examination techniques, which can aid in early detection of breast cancer and promote proactive healthcare behavior.

4. Participants received personalized guidance on diet, physical activity, and lifestyle modifications, encouraging long-term healthy habits.

5. The camp fostered active participation and dialogue between healthcare professionals and villagers, creating trust and promoting ongoing health initiatives.

6. Individuals identified as high-risk for NCDs or breast abnormalities were referred to nearby health facilities, ensuring continuity of care and follow-up.



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



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



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



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



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



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

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The Filmmaking Club
Topic	Thursday Diary
Date	19th March 2026
Time	10:30 pm – 12:30 am
Venue	Happiness Lounge
Number of Attendees	26
Resource Person	Nazariya Team

Office of Student Life's Club Nazariya: The Film Making Club organised Thursday Diary on 19th March 2026 from 10:30 PM to 12:30 AM at the Happiness Lounge. The session witnessed the participation of 26 students and focused on creative expression through writing, storytelling, and script presentation. It aimed to provide a platform for students to showcase their original ideas while building confidence and enhancing literary creativity.

During the session, students actively shared their scripts and participated in storytelling activities, presenting their ideas in front of the audience. The event created a highly interactive environment where participants listened, appreciated, and exchanged thoughts on different writing styles and perspectives. It also served as a space for showcasing individual creativity through narration, dialogue, and original concepts.

The session proved to be enriching and engaging for all participants. It encouraged creative thinking, boosted confidence, and allowed students to learn from one another. Overall, Thursday Diary was a meaningful and inspiring initiative that nurtured storytelling and script-writing talent among students.









SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Happiness Reunion
Date	20th March, 2026
Time	5:00 pm – 6:30 pm
Venue	Pulitzer Hall
Number of Attendees	160
Resource Person	Mr. Manav Bansal

Office of Student Life's Club Happiness Club organised a Happiness Reunion on 20th March 2026. The event was conducted to celebrate the spirit of International Happiness Day, bringing together students from diverse clubs in a vibrant and positive environment. It witnessed enthusiastic participation from student leaders, members, and Ambassadors of Happiness, making the session engaging and impactful. The presence of esteemed dignitaries Dr. Madhu Chitkara Ma'am, Dr. K.K. Mishra, Lt. Col. Rakesh, and Mr. Sumeet Walia added great value to the event through their inspiring words and presence.



The event included a variety of meaningful and interactive activities such as gratitude writing ("A Letter to Home"), laughter therapy, exploring emotions of happiness, karaoke sessions, motivational videos, group singing, a magic show, and storytelling on a positive mindset. One of the most memorable moments was when Dr. Madhu Chitkara Ma'am encouraged students to experience the soulful song *"*Main Zindagi Ka Saath Nibhata Chala Gaya*"*, adding a heartfelt touch to the celebration. The event successfully promoted emotional well-being, positivity, and stronger connections among students. Overall, Happiness Reunion reflected the true vision of the club by fostering a joyful, supportive, and emotionally aware campus community.


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Event Details	
Event Name	Expert Talk
Topic	Endometriosis: Listening to Women's Pain, Advancing Early Diagnosis
Date	20th March, 2026
Mode	Offline
Venue	GB-303, Galileo Block
Organizer Name	Ms. Lakshita, Assistant Professor Ms. Kritika Joshi, Nursing Tutor Department of Nursing, CSHS, Chitkara University Punjab
Resource Persons	Dr. Lavleen Kaur Sodhi, Director cum Chief Consultant MBBS, MD (Obstetrics & Gynaecology), PGI Chandigarh, DNBE, Mult speciality Hospital & IVF Centre, Mohali, Punjab
No. of Participants	50
SDG No	3-Good Health and Well Being, 5- Gender Equality, 17-Partnerships for the Goals
POs	PO1, PO5, PO7

Objective

- To raise awareness about Endometriosis as a major but often neglected women's health issue.
- To highlight the importance of listening to women's pain and promoting early diagnosis.
- To educate students about signs, symptoms, complications, and management of Endometriosis.
- To emphasize holistic care including physical, emotional, and psychological support.
- To empower nursing students to advocate for women's health and gender-sensitive care.

Department of Nursing (CSHS), in collaboration with the Centre for Health & Wellness and Centre for Women Health and Empowerment, organized an Expert Talk on **"Endometriosis: Listening to Women's Pain, Advancing Early Diagnosis"** on 20th March 2026 at GB-303, Galileo Block. The session aimed to spread awareness about Endometriosis, a chronic gynaecological condition where endometrial-like tissue grows outside the uterus, causing severe pain, menstrual irregularities, and infertility. The theme emphasized the importance of acknowledging women's pain and addressing delays in diagnosis. The expert speaker, **Dr. Lavleen Kaur Sodhi**, shared her vast clinical experience and provided deep insights into early identification, diagnostic challenges, and management strategies of Endometriosis. She highlighted common symptoms such as dysmenorrhea, chronic pelvic pain, dyspareunia, and infertility, and stressed that early intervention can significantly improve quality of life. The

session also focused on treatment approaches including medical management, surgical options, and lifestyle modifications. Special emphasis was given to the psychological impact of chronic pain and the need for compassionate, patient-centered care. Students actively engaged in the session and appreciated the valuable knowledge shared. The expert talk successfully enhanced awareness and strengthened the role of nursing students in promoting early diagnosis and supporting women suffering from Endometriosis.

Outcomes

- Participants gained comprehensive knowledge about Endometriosis and its clinical implications.
- Students understood the importance of early diagnosis and timely management.
- Attendees learned about holistic and multidisciplinary care approaches.
- The session enhanced sensitivity towards women's pain and gender-related health issues.

Students were motivated to take active roles in patient education, advocacy, and women's health promotion.



Dr. Lavleen Kaur discussing with the students about the Endometriosis on 20th March 2026



Dr. Sodhi, sharing her vast clinical experience and provided deep insights on 20th March 2026





Event Details	
Event Type	Exposure Visit
Topic	World Oral Health Day 2026
Date	2026-03-20 To 2026-03-20
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	10
SDG No	SDG 3: Good Health And Well-Being
Po Number(S)	Po1, Po2
University Charter	Let's Foster Civic Engagement In Our Students , Let's Educate Our Students To Become Globally Competitive

OBJECTIVE

1.To spread awareness among school students about the importance of oral hygiene and dental care.
2.To educate children about proper brushing techniques and healthy food habits for maintaining strong teeth and gums.
3.To encourage students to adopt regular oral care practices and prevent common dental diseases.
4.To highlight the significance of through an awareness camp conducted in a government school.

DESCRIPTION

An awareness camp on World Oral Health Day was organized by the NSS unit of Chitkara College of Pharmacy in a government school to promote the importance of oral hygiene and healthy dental habits among students. The camp included interactive sessions on proper brushing techniques, the importance of regular dental check-ups, and the role of nutritious food in maintaining strong teeth and gums. Students enthusiastically participated in demonstrations and awareness activities conducted by the volunteers. The session also highlighted the prevention of common dental problems such as tooth decay and gum diseases. The camp successfully created awareness among school children and motivated them to adopt better oral care practices in their daily lives.

OUTCOMES

1.The awareness camp successfully increased knowledge among students regarding oral hygiene and dental health.

2.School children gained understanding about proper brushing methods and the importance of healthy eating habits.

3.The session encouraged students to follow regular oral care practices to prevent dental problems.

4.The program created awareness among children about maintaining healthy teeth and gums for overall well-being.





Event Name	World Tuberculosis Day
Date	20th March 2026
Venue	LH-10 Pythagoras Block, Chitkara University Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	1. Niraj Kumar Sinha, Project Director & State Lead, TB Alert India Program, IMPACT INDIA, Punjab 2. Dr. Prabhjeet Kaur Samra, GOI WHO Consultant, National Tuberculosis Elimination Programme, Punjab
Number of Participants	37
SDG Number	3,4,17
Duration	2.30 Hrs.

Description of the event



The Department of Allied Health Sciences, Chitkara School of Health Sciences successfully conducted an Expert Session on World Tuberculosis Day on 20th March 2026 at Lecture Hall 10, Pythagoras Block, Chitkara University, Punjab. We were honored to host Mr. Niraj Kumar Sinha (Project Director & State Lead, TB Alert India Program, IMPACT INDIA, Punjab) and Dr. Prabhjeet Kaur Samra (GOI WHO Consultant, National Tuberculosis Elimination Programme, Punjab). The session provided valuable insights into the challenges and advancements in TB control, strengthened students' understanding of diagnostic and laboratory practices, and inspired future healthcare professionals to actively contribute to national and global TB eradication efforts.








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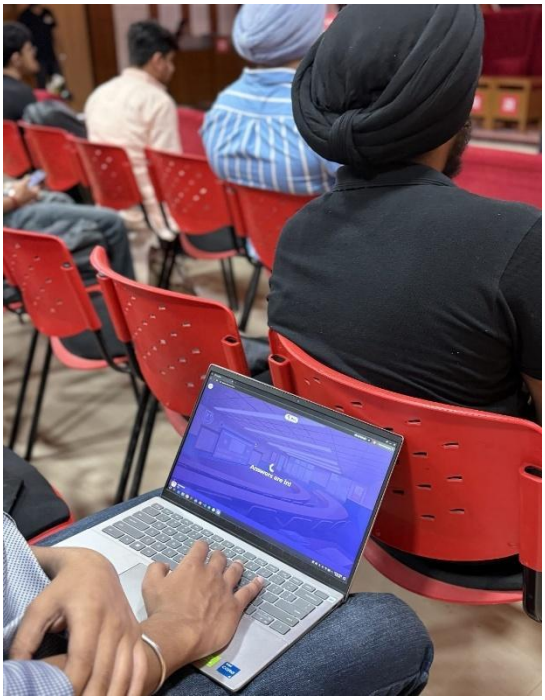
SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Mind Clash
Topic	MIND CLASH LEVEL - 2
Date	21st March, 2026
Time	10:30 am – 12:00 pm
Venue	Einstein Hall
Number of Attendees	63
Resource Person	Mind Clash Team

Office of Student Life's Club Mind Clash (Quiz Club) organised Mindclash Quiz Championship – Level 2 (Slot 2) on 21st March 2026. Following the success of Slot 1, this round witnessed enthusiastic participation from talented qualifiers, making the competition more intense and engaging. It brought together some of the sharpest minds from Level 1, further raising the level of difficulty and challenge. Participants demonstrated exceptional knowledge, quick reflexes, and strong analytical abilities throughout the session.

The atmosphere remained vibrant and full of excitement as contestants aimed to secure their place in the next stage of the championship. The quiz was conducted smoothly, ensuring a seamless and well-managed experience for all participants. Students actively engaged and showcased a strong competitive spirit. The event highlighted critical thinking, speed, and accuracy. Overall, the session was dynamic and successful, continuing the momentum of the Mindclash Quiz Championship with great energy and enthusiasm.





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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Office of Student Life
Topic	Radiance 2026
Date	21st March 2026
Time	3:00 pm – 7:00 pm
Venue	Edison – Newton Outer Space
Number of Attendees	500
Resource Person	OSL Team

Office of Student Life's Club Happiness Club, in collaboration with Office of Student Life, organized Radiance 2026 – World Happiness Day Celebration on 21st March 2026. The event was designed to create a vibrant and joyful atmosphere, bringing together students through creativity, engagement, and shared happiness. Multiple clubs participated by setting up their own canopies, each offering unique and interactive activities aligned with their themes.



The venue came alive with energetic student performances, creating a lively and festive environment throughout. Around 500 students participated, making the event dynamic and memorable. The celebration encouraged connection, positivity, and active engagement among students. It concluded with freestyle dancing, ending the day on a high note and leaving everyone energized and happy. Overall, the event successfully fostered a positive and connected campus environment, truly reflecting the spirit of "Small Moments, Big Happiness."


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NO NEED TO GO CLASS EVERYDAY !!
FRIENDSHIP IS SCARY !
Be Humble !!




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Overview

Event Details	
Event/Session Name	Khushiyan De Khede: Responsibility, Motivation & Workplace Positivity for Supporting Staff
Event/Session Date	21-March & 4-April 2026
Venue	Faraday Hall, Edison Block 2nd Floor, Chitkara University
Organizers	Office of Administration
Resource Person	Dr. Charanjeet Kaur, Head, Counselling Cell, Chitkara Nurture Nest (CNN)
No. of Participants	293 (Supporting Staff)
SDGs Covered	3,17

With an aim to promote emotional well-being and workplace po sitivity, the **Office of Administration**, in collaboration with the **Centre of Excellence for Sustainability**, organized a counselling session titled **"Khushiyan Dey Khede"** for supporting staff. The session was conducted in two phases on **21 March & 04 April 2026**, ensuring wider participation across different groups of staff. The initiative focused on enhancing mental health awareness, building a positive mindset, and encouraging a responsible and balanced approach towards workplace responsibilities.

Session Highlights

The session was conducted by **Dr. Charanjeet Kaur**, who delivered an engaging and relatable talk covering important aspects of daily life and workplace behavior. Key discussions included:



- **Understanding Happiness & Emotions:** Participants were guided on how happiness is a choice and how to manage negative emotions such as stress, irritation, and bad mood in a healthy manner.
- **Handling Workplace Situations:** The resource person explained that receiving work or instructions from seniors should not be perceived as pressure or punishment, but as a sign of trust and responsibility. It reflects confidence in one's ability to perform and grow.
- **Importance of Positive Thinking:** Emphasis was laid on maintaining a calm and positive attitude, even in challenging situations, to improve both personal well-being and work efficiency.

- **Work as Worship:** The session reinforced the idea that work should be respected and performed with dedication, sincerity, and pride, as it contributes to personal growth and organizational success.
- **Motivation & Self-Improvement:** Staff were encouraged to stay motivated, avoid unnecessary stress, and focus on continuous self-improvement.

Session Highlights

Both sessions witnessed active participation from supporting staff across different groups. The two-phase approach ensured better involvement and interaction, allowing participants to engage comfortably in smaller groups. Staff members actively shared their experiences, concerns, and perspectives during the discussions. The interactive and approachable style of the session created a supportive environment, encouraging open communication and meaningful engagement in both sessions.

Outcome

The session had a positive impact on the participants by helping them understand the importance of emotional balance, patience, and a constructive mindset. It encouraged staff to view responsibilities positively, reduce workplace stress, and adopt a more motivated and respectful approach towards their duties.

Conclusion

"Khushiyan Dey Khede" proved to be a meaningful initiative that not only addressed mental well-being but also strengthened the values of responsibility, positivity, and dedication among supporting staff. The session successfully inspired participants to embrace their work with a renewed perspective and a more positive outlook.


जब कुछ सेकंड की
मुस्कुराहट से तस्वीर
अच्छी आ सकती है,
तो हमेशा मुस्कुरा कर
जीने से जिन्दगी अच्छी
क्यों नहीं हो सकती...







Event Details	
Event Name	Sports Day – "Arena of Champions"
Date	21st March, 2026
Time	10:00 AM onwards
Mode	Offline
Venue	Chitkara University, Punjab
Organizer Name	Ms. Sonali Katoch, Ms. Anjali, Ms. Kritika
No. of Participants	78 Students, 23 Faculty members
SDG No	SDG 3: Good Health and Well-being, SDG 17: Partnerships for the goal
PO's	PO1, PO3

Objective

1. To indulge sportsmanship and team spirit among students.
2. To encourage active participation in sports and promote physical health.
3. To recognize personal achievements and team efforts, creating a sense of pride and accomplishment.
4. Allow participants to take on leadership roles or help organize events, which can aid in developing important life skills.

Description

The Department of Nursing, Chitkara School of Health Sciences (CSHS), in collaboration with the University Sports Board, organized an energetic Sports Day – **"Arena of Champions"** on 21st March 2026 at Chitkara University, Punjab. The event was meticulously coordinated by Ms. Sonali Katoch and Ms. Anjali, Nursing Tutors at CSHS, and witnessed enthusiastic participation from both students and faculty members. The day featured a variety of indoor and outdoor sports activities aimed at fostering teamwork, sportsmanship, and unity. For students, indoor events included Dart Game, Table Soccer, and Arm Wrestling, while outdoor events comprised Pickle-ball and Volleyball. Faculty members also actively participated in Chess, Dart, and Badminton, making the event inclusive and engaging for all. The event reflected the institution's commitment to the Fit India Movement and the United Nations Sustainable Development Goals — SDG 3 (Good Health & Well-being) and SDG 17 (Partnerships for the Goals). It promoted collaboration, partnership, and community engagement toward shared health and wellness goals. Participants competed with great enthusiasm in friendly yet competitive matches. The vibrant atmosphere was filled with cheers as players showcased their skills, while spectators added to the excitement by supporting their teams.

The event successfully blended fun with fitness, emphasizing the importance of an active lifestyle alongside academic responsibilities. It also nurtured emotional well-being, discipline, teamwork, and cooperation. The participation of faculty alongside students fostered inclusivity and mutual respect within the academic community. The event concluded with a prize distribution ceremony, where medals were awarded to the winners for their outstanding performance and sportsmanship. Overall, the Sports Day was a refreshing and inspiring experience, reinforcing the importance of sports in holistic development and collective well-being.

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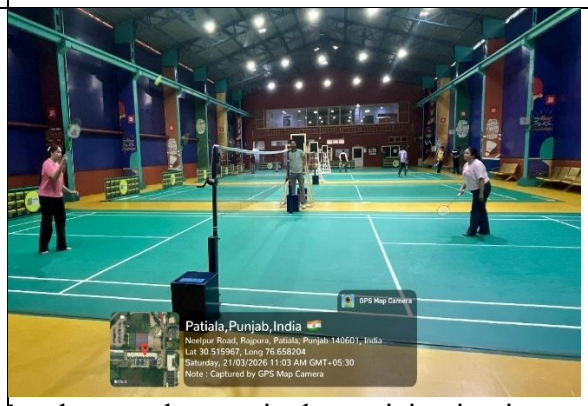
Students participating in an intense Volleyball match, hlighting teamwork and enthusiasm during Sports Day 21st March 2026.



aculty members engaged in a strategic game of Chess, owcasing intellect and concentration during Sports Da "Arena of Champions" on 21st March 2026.



ulty participants demonstrating precision and focus in t Dart Game at the Sports Day held on 21st March 2026.



aculty members actively participating in an energetic lminton match, reflecting enthusiasm and sportsmansh on 21st March 2026.

Outcomes

1. Sports promoted physical health and fitness of participants.
2. Sports taught them how to be disciplined and can play with sportsmanship and team spirit.
3. Help participants to improve their ability to work with others and communicate effectively during team activities.
4. The event created lasting memories for participants, with many recalling it as a highlight of their year.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Umang Club
Topic	Umang Drive
Date	22nd March, 2026
Time	10:00 am – 4:00 pm
Venue	Panchkula
Number of Attendees	36
Resource Person	Umang Team



Office of Student Life's Club Umang Club visited Panchkula on 22nd March 2026 for their first drive, which turned out to be a deeply emotional and unforgettable experience. What started as a simple initiative soon became a heartfelt journey that reminded everyone of the true purpose behind Umang. As the club continues to grow under OSL, this drive marked the beginning of something truly meaningful. The team spent their day with children whose smiles reflected strength, whose laughter felt like sunshine, and whose energy filled the space with pure joy. While the members initially thought they were going to give, they soon realized they were receiving much more in return. They shared stationery kits and refreshments—small gestures that brought priceless happiness to the children. The day was filled with dancing, singing, and laughter, where everyone came together like one big family. The drive was full of emotions, warmth, and beautiful memories that will stay forever. The club expressed heartfelt gratitude to all members who contributed to making this initiative successful. A special thanks was extended to Manav Sir for his constant guidance and support. Overall, the experience marked a powerful beginning, inspiring the team to continue spreading kindness, touching more lives, and building a growing chain of compassion and joy.







SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Running Club
Topic	Doublethon Marathon
Date	22nd March, 2026
Time	3:30 am – 9:30 am
Venue	Sukhna Lake
Number of Attendees	370
Resource Person	Running Club Team

Office of Student Life's Club Running Club participated in the Doublethon Marathon on 22nd March 2026 at Sukhna Lake. The event witnessed an inspiring participation of approximately 370 students, showcasing energy, enthusiasm, and commitment towards fitness. It began early in the morning from 3:30 AM to 9:30 AM, setting a refreshing and health-focused tone for the day.

Students actively took part in the 5 km run, pushing their limits while embracing the spirit of perseverance and discipline. Alongside the marathon, participants also engaged in an exciting push-ups challenge, adding an element of strength and endurance. The serene surroundings of Sukhna Lake combined with the vibrant participation created a highly motivating and positive atmosphere.

More than just a run, the event became a celebration of healthy living, teamwork, and self-discipline. Students not only enjoyed the experience but also took a meaningful step towards building a fitter lifestyle. Overall, the Doublethon Marathon reflected the true spirit of the Running Club and the Office of Student Life by promoting holistic well-being and encouraging students to stay active and healthy.

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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Tournament
Date	22nd March, 2026
Time	5:00 pm – 6:30 pm
Mode	Online
Number of Attendees	17
Resource Person	Chess Team

Office of Student Life's Club Chess Paradox Club organized an Online Chess Tournament (Blitz Format) on 22nd March 2026. The event was conducted in an online mode, providing participants with a fast-paced and competitive platform to test their strategic thinking and quick decision-making skills. The tournament followed a 3+2 blitz format and consisted of 5 rounds, ensuring fair competition and continuous engagement among players.

The event witnessed enthusiastic participation from chess players who competed with great energy and sportsmanship. It was efficiently managed with smooth pairing, timely rounds, and adherence to fair play standards. Each round was conducted systematically, allowing balanced and exciting matchups based on player performance.

The winners of the tournament were Knightingale_14 securing 1st place with 4.5/5, GRAGHAV_05 achieving 2nd place with 3.5/5, and Chessloard1 securing 3rd place with 3/5. The tournament highlighted competitive gameplay, strong participation, and effective time management. Overall, the event was a great success, promoting interest in chess while enhancing analytical thinking and decision-making skills among participants.



SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Workshop
Date	22nd March, 2026
Time	5:00 – 6:00 pm
Venue	Alpha Zone
Number of Attendees	9
Resource Person	Tejas Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Yoga Workshop on 22nd March 2026 from 5:00 PM to 6:00 PM at Alpha Zone. The session included a variety of activities such as warm-up exercises, different yoga asanas, stretching techniques, and a guided meditation aimed at promoting relaxation and mindfulness.

Students felt highly engaged and refreshed throughout the session. The activities helped them relax their minds, improve focus, and enhance overall physical and mental well-being. The calm and positive environment encouraged participants to stay active and mindful. Overall, the workshop was a rejuvenating and beneficial experience, promoting a healthy and balanced lifestyle among students.











SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Nazariya: The Filmmaking Club
Topic	Photowalk
Date	22nd March, 2026
Time	4:30 am – 12:00 pm
Venue	Chandigarh
Number of Attendees	32
Resource Person	Nazariya Team

Office of Student Life's Club Nazariya: The Film Making Club organised a Photo Walk on 22nd March 2026 from early morning till 12:00 noon. The activity took 32 students outside the campus to Sukhna Lake and Rock Garden, Chandigarh for an outdoor photography experience. The event aimed to provide practical exposure by allowing students to explore different compositions, lighting conditions, and creative perspectives in real environments.

During the visit, students actively captured photographs using various techniques and experimented with different styles of composition. They observed changing natural light from early morning, including sunrise conditions, reflections, landscapes, human subjects, and textures. Both locations offered diverse visual elements, helping participants understand framing, angles, balance, and storytelling through images.

The activity proved to be an enriching and hands-on learning experience. It enhanced students' observation skills and helped them understand how different environments influence creativity. The interactive outdoor setting kept participants highly engaged throughout. Overall, the photo walk was a valuable and memorable experience, strengthening students' practical knowledge and appreciation for photography.







Event Details	
Event Name	Awareness Talk on World Tuberculosis Day
Venue	Village Kalomajra
Date	23rd March 2026
SDG Number, Name and NEP	3 – Good Health and Well Being, 4- Quality Education, 11- Sustainable Cities and Communities and NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Donors	15
Duration	One Day

Objective

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

Description

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

Outcomes

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




AWARENESS TALK
on
WORLD TUBERCULOSIS DAY
Yes ! We Can End TB
23rd March, 2026
टीबी के प्रकार


AWARENESS TALK
on
WORLD TUBERCULOSIS DAY
Yes!We Can End TB
24 March, 2026

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Girls Hostel Engagement Club
Topic	Hostel Series
Date	23rd MARCH, 2026
Time	10:30 PM – 11:30 PM
Venue	Happiness Lounge
Number of Attendees	25
Resource Person	Ms. Aastha Luthra

Office of Student Life's Club Girls Hostel Engagement Club organised a Hostel Series on 23rd March 2026. The initiative invited residents from Hostel Columbus and Hostel Vasco for a warm and interactive get-together, with around 20–25 girls participating. The session was designed to create a comfortable space for open conversations and meaningful connections among students.

The event included fun games, engaging icebreaker rounds, and thoughtful gratitude activities that encouraged participants to express themselves freely and bond with one another. It turned out to be an enriching one-to-one interaction session, allowing the team to connect with new students on a personal level.

Through this initiative, the club also promoted the Office of Student Life by understanding students' interests, passions, and preferences. Based on their responses, participants were guided toward suitable clubs, helping them find their place within the campus community. Overall, the Hostel Series proved to be a successful step toward building stronger connections and spreading awareness about OSL in a personalized and impactful manner.




MICKEY MOUSE
H&M

Event Name	Protective Women's Future
Date	23rd March, 2026
Venue	Ramanujan Block, Chitkara University, Pb
Organizer	Department of Physiotherapy, Chitkara University, Punjab in collaboration with Fortis Hospital, Mohali
Resource Person	Dr. Shweta Tahlan, Senior Consultant, Oncology, Obstetrics, and Gynaecology, Fortis Hospital, Mohali
Number of Participants	230
SDG Number	3 (Good Health and Well Being), 4 (Quality Education), 5 (Gender Equ ality), 17 (Partnership for the Goals)
Duration	1 day

About the Activity



The Department of Physiotherapy, Chitkara University, Punjab, organized an awareness talk on "Protective Women's Future" for all the students of the Physiotherapy department on 23rd March 2026. This informative session was led by the distinguished Dr. Shweta Tahlan, a Senior Consultant in Oncology, Obstetrics, and Gynaecology from Fortis Hospital, Mohali, who brought her profound clinical expertise to the forefront of the conversation. With an eloquence that captivated the room, Dr. Shweta delivered a masterclass on the life-saving potential of the HPV vaccine, breaking barriers by emphasizing its critical importance for both men and women as a primary shield against cancer.

Throughout the session, she provided deep insights into the types of cancers prevalent today, illuminating the path from risk to resilience through rigorous prevention and early intervention strategies. It was a powerful reminder that knowledge is the ultimate medicine; by decoding the complexities of oncological health, Dr. Shweta empowered

the next generation of physiotherapists to look beyond rehabilitation and embrace their roles as guardians of public wellness.









Event Name	Role of Optometrists in Infectious Keratitis: Case-Based Insights, Levels of Management, Recent Advancements, and Future Research Directions
Date	23rd and 24th March 2026
Venue	GB-505, Galileo Block, Chitkara University Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr. Vikash Mittal and Bausch & Lomb
Number of Participants	6 Faculty members and 70 students
SDG Number	3,4
Duration	2 hours (120 minutes)

Description of Event





The Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab, successfully organized insightful academic events on the occasion of World Optometry Day on 23rd and 24th March 2026. These events witnessed enthusiastic participation from optometry students and faculty members, aiming to enhance clinical knowledge and practical skills in contemporary optometric practice.

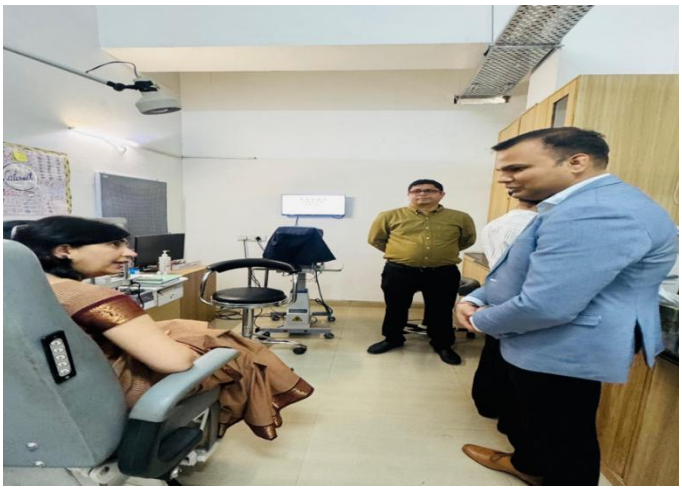
The first event, Contact Lens Awareness Programme, was conducted on 23rd March 2026 at 9:00 AM and was led by Mr. Govind Tripathi. The session focused on essential aspects of contact lens practice, including fitting techniques, evaluation procedures, and post-fitting precautions. As a part of practical exposure **trial multifocal (bifocal) contact lenses** were provided to presbyopic faculty members, allowing them to experience the benefits of advanced contact lens technology firsthand and students gained valuable hands-on experience, which helped improve their clinical competence and understanding of patient safety measures in contact lens management.

The second event, an Expert Talk titled "Role of Optometrists in Infectious Keratitis: Case-Based Insights, Levels of Management, Recent Advancements, and Future Research Directions," was conducted by Dr. Vikash Mittal. The session provided in-depth insights into real-life case studies, diagnostic approaches, management strategies, and recent advancements in infectious keratitis. The discussion also highlighted the expanding role of optometrists in early detection and management of ocular infections.

In addition to the expert session, a Vision Screening Camp was also organized on the same day. Students actively participated in conducting comprehensive vision assessments, providing preliminary eye examinations, and promoting awareness regarding early detection of ocular conditions. The camp offered students valuable clinical exposure and hands-on experience in community-based eye care services.

Both events were highly interactive and academically enriching, significantly contributing to the professional development of participants. These initiatives served as an important platform to strengthen clinical expertise, promote evidence-based practice, and prepare students for evolving challenges in optometric healthcare.






HEALTHCARE

Event Details	
Event Name	Slogan Writing on World Tuberculosis Day
Topi/Theme	Yes! We can end TB: Led by countries, powered by people.
Date	24th March, 2026
Mode	Offline
Venue	Galileo Block, Ground Floor
Organizer Name	Ms. Diksha Sharma (Assistant professor), Ms. Priya (Assistant professor), CSHS, Chitkara University, Punjab.
No. of Participants	20
Number of impacted people	24
SDG No	SDG 3: Good Health and Wellbeing, SDG 4: Quality Education
PO	PO2, PO3, PO4, PO5
University Charter	Let's Educate our students for brilliant futures, Let's empower our students with great communication skills

Objective

1. To raise global awareness about the devastating health, social, and economic consequences of tuberculosis.
2. To transform complex medical facts into relatable, actionable messages that resonate with the youth and the community
3. To eliminate the social stigma that often prevents people from seeking testing and treatment.
4. To promote early detection and prompt treatment universal access to quality care.

On World Tuberculosis Day 2026, with theme "**Yes! We can end TB: Led by countries, powered by people**"- the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a Slogan Writing Competition on 24th March,2026. This activity aimed to engage the nursing students in creative advocacy, helping them internalize key messages about TB prevention and treatment. Tuberculosis (TB) remains one of the world's deadliest infectious killers. Despite being preventable and curable. Tuberculosis (TB) awareness is vital because the disease remains one of the world's deadliest infectious killers, despite being both **preventable and curable**. Increased awareness helps reduce social stigma, encourages early diagnosis, and ensures patients complete their full treatment to prevent drug resistance. The highlight of the day was a creative slogan-writing initiative where students transformed the gathering into a sea of advocacy. Participants designed posters and banners featuring impactful messages such as **"Every Breath Counts;**

Stop TB Now," These slogans served as powerful conversation starters, simplifying complex medical information into memorable catchphrases that resonated with the audience. During the presentation of these slogans, student volunteers shared vital information regarding the symptoms of TB such as a persistent cough for over two weeks—and the critical importance of completing the full course of medication to prevent drug resistance. About a quarter of the global population is estimated to have been infected with TB bacteria, but most people will not go on to develop TB disease, and some will clear the infection. Those who are infected but not ill with the disease cannot transmit it. People infected with TB bacteria have a 5–10% lifetime risk of falling ill with TB. Those with compromised immune systems, such as people living with HIV, malnutrition or diabetes, or people who use tobacco, have a higher risk of falling ill. Ending TB is a collective responsibility. By ensuring good ventilation in homes, covering coughs, and supporting those in treatment, we can break the chain of transmission. They emphasized that while TB remains a leading infectious killer, it is entirely treatable with modern medicine and community support. The judges for the slogan writing competition were: Our esteemed judges, **Dr. Kanika Rai (Vice Principal and Professor) and Ms. Gagandeep Kaur (Associate Professor)** brought an air of grace to the evaluation process. They carefully weighed each slogan against the event's theme to determine the top three standout performers." The program concluded with the announcement of the slogan writing results: **Gagandeep Kaur** took first place followed by **Gunjan** in second from B.Sc. Nursing 2nd semester and **Gaurav** in third from B.Sc. Nursing 4th semester. By using their creativity to bridge the gap between medical facts and public understanding, the students successfully turned a global health observance into a meaningful local action, reinforcing the 2026 mission to end TB through collective willpower and early detection.

Outcomes

1. Students gained a clear understanding of TB as a curable disease, learning to identify key symptoms like a persistent cough and the importance of medical intervention.
2. Through creative expression, participants successfully challenged social myths, fostering an environment of empathy rather than isolation for those affected.
3. The event effectively communicated the critical need for treatment adherence, highlighting that completing the full medicinal course is essential to prevent drug resistance.
4. The display of posters in public areas sparked vital conversations among visitors and staff, successfully spreading the message beyond the classroom.
5. The competition proved that artistic initiatives are an effective tool for simplifying complex public health goals and making them relatable to the youth.



The panel of judges visualizing the Slogan Writing Competition held on“World Tuberculosis Day 24.03.2026”



The panel of judges gracefully evaluating the World Tuberculosis Day on 24.03.2026” slogans based on their thematic impact.



Original posters created by participants in Slogan Writing Competition on “World TB Day 24.03.2026”



The judges gracefully assessing the students' creativity on “World TB Day 24.03.2026”



The judges are assessing the slogan-writing entries based on how effectively they simplify information on “World TB Day 24.03.2026



Active Participation of students in Slogan Writing Competition on “World Tuberculosis Day 24.03.2026”

Event Details	
Event Type	Mind Management
Topic	Quiz Competition (World Tuberculosis Day 2026)
Date	2026-03-24 To 2026-03-24
Mode	Offline
Venue	Hippocrates Hall (Fleming Block)
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	67
SDG No	SDG 4: Quality Education, SDG 3: Good Health and Well-Being
Po Number(S)	Po1, Po2
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Install Discipline, Integrity and Honesty in Our Students, Let's Stimulate Scholarly Energy and Diligence in Our Students

OBJECTIVE

1.To spread awareness among students about tuberculosis, its symptoms, prevention, and treatment methods.

2. To educate participants about the importance of early diagnosis and proper medication adherence for controlling TB.

3. To encourage active learning, teamwork, and participation through an interactive quiz competition.

4. To highlight the significance of through a quiz competition organized by the NSS unit of Chitkara College of Pharmacy.

DESCRIPTION

A quiz competition was organized by the NSS unit to spread awareness about tuberculosis among students. The event aimed to enhance participants' knowledge regarding the causes, symptoms, prevention, diagnosis, and treatment of TB through an interactive and educational activity. Students enthusiastically participated in multiple quiz rounds and demonstrated their understanding of tuberculosis awareness and public health measures. The competition also encouraged teamwork, critical thinking, and active learning among participants. The program successfully created awareness about the importance of early diagnosis and proper treatment in controlling tuberculosis and promoting a healthier society.

OUTCOMES

1. The quiz competition successfully increased awareness and knowledge among students regarding tuberculosis and its prevention.
2. Participants gained better understanding about the causes, symptoms, diagnosis, and treatment of TB.
3. The event encouraged teamwork, critical thinking, and active participation among students.
4. The program effectively promoted awareness about the importance of early detection and treatment of tuberculosis for building a healthier society.









Event Details	
Event Type	Soft Skills
Topic	World Tuberculosis Day Radio Talk 2026
Date	2026-03-24 To 2026-03-24
Mode	Offline
Venue	Chitkara Fm 107.8 (Chitkara Radio Station)
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	3
SDG No	SDG 3: Good Health And Well-Being
Po Number(S)	Po1, Po3, Po2, Po5, Po4, Po6
University Charter	Let's Empower Our Students With Great Communication Skills , Let's Foster Civic Engagement In Our Students

OBJECTIVE

1. To spread awareness among students and listeners about tuberculosis, its symptoms, prevention, and treatment.
2. To educate the audience about the importance of early diagnosis and proper treatment adherence for controlling TB.
3. To encourage healthy hygiene practices and promote awareness regarding the prevention of tuberculosis.
4. To highlight the significance through a radio talk organized by the NSS unit of Chitkara College of Pharmacy.

DESCRIPTION

A radio talk was organized by the NSS unit to spread awareness about tuberculosis among students and listeners. The session focused on educating the audience about the causes, symptoms, prevention, diagnosis, and treatment of TB. Students actively participated in the discussion and highlighted the importance of early detection, proper medication adherence, and maintaining hygiene to control the spread of tuberculosis. The radio talk also encouraged people to support the mission of a TB-free society through awareness and responsible health practices. The program successfully informed and engaged the audience through meaningful health discussions.

OUTCOMES

1. The radio talk successfully increased awareness among students and listeners regarding tuberculosis and its prevention.
2. Participants gained better understanding about the causes, symptoms, diagnosis, and treatment of TB.
3. The session encouraged the audience to adopt healthy hygiene practices and support early detection of tuberculosis.
4. The program effectively promoted awareness about building a TB-free society through education and responsible health practices





Event Name	The Hip Joint: From Biomechanics to Robotic Precision
Date	24th March, 2026
Venue	Carnegie Hall, Rockefeller Block, Chitkara University, Pb
Organizer	Department of Physiotherapy, Chitkara University, Punjab in collaboration with Fortis Hospital, Mohali
Resource Person	Dr Zubin Mehta, Associate Consultant-Orthopedics, Fortis Hospital, Mohali
Number of Participants	247
SDG Number	3 (Good Health and Well Being), 4 (Quality Education), 9 (Industry, Innovation & Infrastructure), 17 (Partnership for the Goals)
Duration	1 day

About the Activity

An expert talk on the topic "The Hip Joint: From Biomechanics to Robotic Precision" was organized by the Department of Physiotherapy on 24th March 2026. This session aimed to enhance the students' academic and clinical understanding of advanced musculoskeletal concepts and modern surgical interventions.



The session was delivered by Dr. Zubin Mehta, Consultant - Orthopaedics, Fortis Hospital Mohali. Dr. Mehta began the session with a detailed explanation of the biomechanics of the hip joint, emphasizing its structure, stability, and functional movements. He elaborated on the role of muscles, ligaments, and joint alignment in maintaining optimal mobility and preventing injuries. The discussion also highlighted common hip pathologies and their physiotherapeutic management.

A significant portion of the talk focused on the transition from traditional treatment approaches to robotic-assisted precision techniques in orthopedic surgeries. Dr. Mehta explained how advancements in robotic technology have improved surgical accuracy, reduced recovery time, and enhanced patient outcomes, particularly in hip replacement procedures. The session was further enriched by Dr Vivek Shrivastava, Dean, Department of Physiotherapy, who addressed the students and emphasized the importance of integrating theoretical knowledge with modern technological

advancements in clinical practice. He encouraged students to stay updated with emerging trends in physiotherapy and rehabilitation sciences.







SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Unfiltered Ventures Club
Topic	Unfiltered Ventures Canopy
Date	25th March, 2026
Time	9:00 am – 4:30 pm
Venue	Square One
Number of Attendees	150
Resource Person	Unfiltered Ventures Team

Office of Student Life's Club Unfiltered Ventures Club organised University Entrepreneurship Fair on 23rd March 2026. The event was designed to push students beyond their comfort zones through a high-energy, hands-on experiential format that replaced traditional learning with real-world challenges. It created an interactive arena where aspiring entrepreneurs could test their street smarts and business acumen.

The session featured engaging activities like "Chit Se Startup," where participants had just 60 seconds to pitch a business idea from a random prompt, followed by the "Negotiation Hunt," a live challenge requiring students to borrow items from strangers using persuasion and confidence. Participants who completed these challenges unlocked the Secret Sticker Hunt, adding excitement with surprise rewards.

Students felt highly engaged and exhilarated by the dynamic and unpredictable nature of the event. The experience helped them overcome hesitation, build confidence, and develop strong communication and negotiation skills. Overall, the event was impactful and energetic, giving participants a practical understanding of entrepreneurship, adaptability, and real-world problem-solving.






CHITKARA UNIVERSITY

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chitkara Research Club
Topic	Chitkara Research Show
Date	25th March, 2026
Time	1:00 pm – 4:00 pm
Venue	Einstein Hall
Number of Attendees	60
Resource Person	Research Club Team

Office of Student Life's Club Chitkara Research Club organised a Chitkara Research Show on 25th March 2026. The session aimed to demystify the world of academia and create a collaborative space for aspiring innovators to explore research methodologies and ideas. It was highly informative, covering the fundamental basics of research and simplifying complex processes into easy and accessible steps for beginners.

A key highlight of the event was an in-depth segment on the Google Student Researcher Program, where students learned about the required skills and application process to gain valuable industry experience. Participants felt highly engaged and motivated throughout the session, finding the content both practical and inspiring. The interactive environment encouraged collaboration and meaningful discussions among research enthusiasts. Overall, the session successfully equipped students with foundational knowledge and confidence to begin their academic and professional research journeys.











SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Boys Hostel Engagement Club
Topic	Hostel Ambassador Session
Date	26th March, 2026
Time	10:00 pm – 12:00 am
Venue	Happiness Lounge / Chitkara Woods
Number of Attendees	30
Resource Person	Mr. Lucky Arora

Office of Student Life's Club Boys Hostel Engagement Club organised a Hostel Ambassador Session on 26th March 2026 from 10:00 PM to 12:00 AM at Happiness Lounge / Chitkara Woods. The session was attended by 30 students and was conducted by Lucky Arora, Head of the Boys Hostel Engagement Club. It focused on strengthening hostel engagement by encouraging interaction, leadership, and active student participation in hostel activities.

Participants discussed ideas for upcoming hostel events and explored ways to improve coordination among residents. They also shared valuable suggestions to create a more active and inclusive hostel environment. The session encouraged open communication and collaborative thinking among students.

Overall, the session served as a productive platform for building teamwork, leadership, and community spirit. It reinforced the important role of hostel ambassadors in enhancing hostel life and student engagement.




CENTRE OF EXCELLENCE FOR SUSTAINABILITY

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Money Matters Club
Topic	The Wallstreet
Date	27th March, 2026
Time	12:00 pm – 4:00 pm
Venue	Square One
Number of Attendees	330
Resource Person	Money Matters Team

Office of Student Life's Club Money Matters organised The Wallstreet Event on 27th March 2026. The event aimed to promote financial awareness among students in an engaging and interactive manner. It featured multiple activities set up across four canopies—Shark Tank Chitkara, FinQuest, Money Grab, and Vault Breaker, each offering unique games and challenges to simplify financial concepts.

A total of 330 students actively participated in the event, showing great enthusiasm and interest. The gamified approach made learning about finance fun, practical, and easy to understand. Participants remained highly engaged throughout the event, gaining confidence in financial concepts. The lively environment encouraged interaction and active learning. Overall, the event was a great success, effectively spreading financial awareness while creating an enjoyable and impactful experience for students.








RA UNIVERSITY



SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Tejas Yoga Club
Topic	Yoga Workshop
Date	27th March, 2026
Time	6:30 am – 7:30 am
Venue	Alpha Zone
Number of Attendees	14
Resource Person	Tejas Yoga Team

Office of Student Life's Club Tejas Yoga Club organised a Yoga Session on 27th March 2026 from 6:00 AM to 7:30 AM at Alpha Zone. The early morning setting created a calm and peaceful atmosphere, making it an ideal start to the day. The session began with a short meditation that helped participants clear their minds and focus inward. This was followed by a series of yoga asanas and stretching exercises aimed at improving flexibility, posture, and overall physical fitness.

Along with the structured activities, fun and interactive exercises were also included, adding energy and enthusiasm to the session. Participants actively engaged in all activities and showed great interest throughout. By the end of the session, everyone felt relaxed, refreshed, and more focused. The session successfully highlighted the importance of maintaining both physical and mental well-being. Overall, it was a rejuvenating and impactful experience for all participants.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Girls Hostel Engagement Club
Topic	Garba Night
Date	27th March, 2026
Time	10:00 pm – 12:00 am
Venue	Girls Hostel Area
Number of Attendees	51
Resource Person	Girls Hostel Ambassador Team

Office of Student Life's Club Girls Hostel Engagement Club organised a Garba Night on 27th March 2026 in collaboration with the Residential Department for hostel girl students. The event aimed to create a friendly and inclusive environment where students could connect, interact, and build a sense of community. It also served as a platform to spread awareness about the Office of Student Life and its initiatives.

The evening was filled with energy, colors, and joy, making it a lively and impactful experience. A total of 51 participants enthusiastically took part in the event. Highlights included a vibrant ramp walk, fun games like *"Guess the OSL Club,"* an exciting photo booth, and other interactive activities. Participants actively engaged and enjoyed every moment of the celebration.

The event not only entertained but also strengthened bonds among students, creating meaningful connections. Overall, it was a memorable and successful celebration that brought students together in a joyful and engaging way.







Event Details	
Event/Session Name	Health Checkup for Children at Dew Drops
Event/Session Date	27-March-2026
Venue	Dew Drops Creche, Chitkara University
Organizers	Office of Administration in collaboration with the Department of Nursing
Resource Person	Ms. Vidhi (Assistant Professor) Ms. Manpreet Kaur (Tutor)
SDGs Covered	3

Overview

Continuing its commitment to child health and well-being, the Office of Administration, in collaboration with the Department of Nursing, organized a Health Check-up Camp at Dew Drops. The initiative aimed to ensure the overall health monitoring of children and promote awareness about basic healthcare practices from an early age.

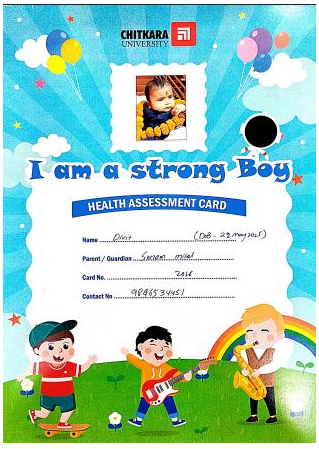


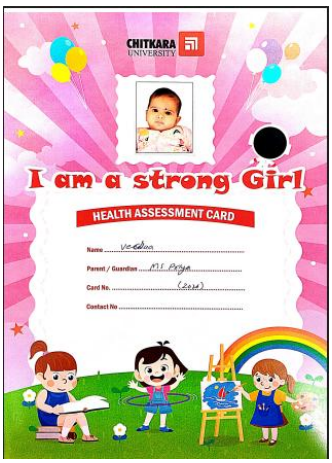
Health Check-up Activities

The health check-up was conducted by experienced nursing faculty, where a total of 8 children present at the creche were examined. The check-up included:

- Measurement of height and weight
- Vision screening
- Basic dental examination
- General physical health assessment

Each child was examined carefully to identify any early signs of health concerns and to ensure their proper growth and development.





Child-Friendly Environment

The resource persons ensured that the children felt comfortable and safe during the check-up. Friendly interaction, patience, and a gentle approach helped reduce fear among the children, making the session smooth and engaging.

Awareness and Guidance

Along with the check-up, simple guidance related to personal hygiene, cleanliness, and healthy habits was shared. Caregivers were also advised on maintaining proper nutrition and regular health monitoring for children.

Conclusion

The Health Check-up Camp at Dew Drops was a successful initiative that highlighted the importance of preventive healthcare and early diagnosis. The session contributed to creating awareness and ensuring a healthy environment for children, reflecting the institution's dedication towards community well-being.





Event Name	Innovation in Life-Saving Technologies: Advanced Airway Management, Rapid Response and Resuscitation Protocols
Date	27 March 2026
Venue	LH-09, Pythagoras Block, Chitkara University, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr Hersimran Kaur, Anesthesiologist and Assistant Professor, MMU, Sadopur, Ambala
Number of Participants	75
SDG Number	3,4,17
Duration	2 hours in Offline mode

Description of Event

The **"Life Saving Innovations"** expert talk on *"Innovation in Life-Saving Technologies: Advanced Airway Management, Rapid Response and Resuscitation Protocols"* was successfully conducted on 27th March 2026 for BSc OTT 2023, BSc OT/AT 2024 and B. AOTT 2025 students. The session was delivered by Dr. Hersimran Kaur, Assistant Professor, MMU, Sadopur, Ambala, who shared valuable insights into modern emergency care practices and technological advancements.



The event provided an engaging and informative platform for students to enhance their understanding of critical aspects of airway management and resuscitation. Dr. Kaur elaborated on the fundamentals of airway management and introduced advanced airway devices such as video laryngoscopes, supraglottic airway devices, and fiberoptic intubation techniques. The discussion emphasized how these innovations improve accuracy, efficiency, and patient safety in emergency and perioperative settings.

A significant portion of the session focused on rapid response systems in hospitals, including the structure and functioning of Rapid Response Teams (RRT) and the use of early warning scoring systems. Students gained a clearer understanding of their roles as OT and anaesthesia technologists during emergency situations, particularly in assisting healthcare teams and ensuring readiness of life-saving equipment.

The expert also highlighted updated cardiopulmonary resuscitation (CPR) guidelines and Advanced Cardiac Life Support (ACLS) protocols, stressing the importance of teamwork, timely intervention, and effective communication during resuscitation. The role of modern technologies such as capnography and automated external defibrillators (AEDs), along with simulation-based training, was discussed in detail, helping students connect theoretical concepts with practical applications.

The session concluded with an interactive discussion on emerging innovations and opportunities in medical technology, encouraging students to develop critical thinking and explore research and innovation in healthcare. Overall, the event was highly informative and impactful, enhancing students' knowledge, skills, and confidence in managing life-threatening situations and contributing effectively to patient care.





Event Details	
Event Type	Competition
Topic	2nd Edition Chitkara Badminton Tournament
Date	2026-03-28 To 2026-03-28
Mode	Offline
Organizer Name	University Sprots Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	32
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

Promote physical fitness and active lifestyle among participants.

Encourage sportsmanship and fair play.

Provide a platform to showcase badminton skills.

Enhance teamwork and competitive spirit.

DESCRIPTION

The Chitkara University Sports Board successfully organized the 2nd Edition of the Chitkara Badminton Tournament on 28th March 2026, reaffirming its commitment to promoting sports culture and encouraging healthy competition among students and staff. The tournament witnessed enthusiastic participation and showcased exceptional talent across categories. The event was marked by high energy, competitive matches, and commendable sportsmanship displayed by all participants. Players demonstrated excellent skills, determination, and teamwork, making the tournament both thrilling and memorable.

All winners and runners-up were honoured with medals and cash prizes as a token of appreciation for their outstanding performances and dedication. Conclusion: The tournament concluded successfully with a prize distribution ceremony, celebrating the achievements of all winners and participants. The event not only provided a competitive platform but also strengthened camaraderie, sportsmanship, and enthusiasm for badminton within the university community.

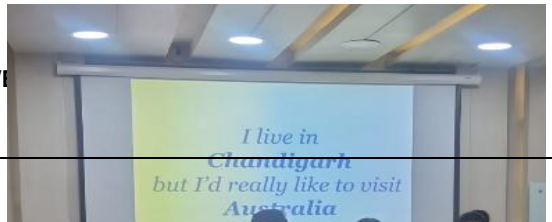
OUTCOMES

Improved fitness and on-court performance of players.
Better understanding of rules and game strategies.
Increased participation and interest in badminton.
Development of discipline, teamwork, and confidence.

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Happiness Club
Topic	Awaken Your Inner Power
Date	28th March, 2026
Time	10:00 am – 12:00 pm
Venue	Pierre Hall
Number of Attendees	50
Resource Person	Mr. Dheeraj Datta

Office of Student Life's Club Happiness Club organised a motivational session titled "Awaken Your Inner Power: Passion, Purpose, and the Science of Manifestation" on 28th March 2026. The session featured Dheeraj Datta, whose powerful words and genuine energy inspired students to look within, rediscover their purpose, and believe in their limitless potential. The presence of Major General Uday Pratap Singh added immense value, as his journey reflected discipline, resilience, and a strong sense of purpose. The session went beyond just learning—it created an emotional and meaningful experience for everyone present. Students actively connected, reflected, and felt inspired throughout. They walked away with renewed clarity, confidence, and a positive mindset. The session encouraged them to overcome self-doubt and embrace personal growth. There was a strong sense of energy and positivity in the room, motivating students to become better and more aware versions of themselves. Overall, the session was deeply impactful, truly reflecting the vision of the Happiness Club that growth begins from within.






I live in
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CHITKARA UNIVERSITY
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Chess Paradox Club
Topic	Chess Practice Session
Date	28th March 2026
Time	10:00 am – 1:00 pm
Venue	Edison Basement
Number of Attendees	10
Resource Person	Chess Paradox Team

Office of Student Life's Club Chess Paradox Club organised a Chess Practice Session on 28th March 2026 from 10:00 AM to 1:00 PM. The event aimed to introduce students to the club, promote strategic thinking, and encourage participation among both beginners and experienced chess players.

The session provided a platform for students to learn, practice, and enhance their gameplay skills in a supportive environment. Participants actively engaged in matches and discussions, improving their analytical thinking and decision-making abilities. The event created an interactive and focused atmosphere where students could explore different strategies and techniques. Overall, the session was informative, engaging, and beneficial for all participants, strengthening interest in chess within the campus community.








Supreme

SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	DJ Club
Topic	Beat The Lab
Date	28th March, 2026
Time	2:00 pm – 4:30 pm
Venue	Faraday Hall
Number of Attendees	26
Resource Person	DJ Club Team

Office of Student Life's Club DJ Club organised a Beat the Lab Session on 28th March 2026. The session turned out to be an incredibly exciting and memorable experience for everyone involved. From the beginning, the atmosphere was vibrant and engaging, creating the perfect environment for both learning and enjoyment.

The session was highly interactive, allowing students to explore their creativity and gain hands-on experience with DJing techniques. Participants actively engaged in live mixing and experimented with different sounds, making the experience both fun and educational. The blend of music, practical exposure, and performance created a unique and dynamic learning space.

Students showed great enthusiasm throughout the session and enjoyed every moment. They were able to understand the basics of DJing while also experiencing the thrill of performing. The positive energy and response reflected the success of the event. Overall, it was a well-conducted and impactful session, leaving participants with great memories and enhanced skills.




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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Umang Club
Topic	Umang Event
Date	28th March 2026
Time	11:00 am – 3:00 pm
Venue	Chitkara University
Number of Attendees	58
Resource Person	Umang Team

Office of Student Life's Club Umang Club organised Drive 2 – Gratitude Initiative on 28th March 2026. The drive was conducted within the campus to appreciate the hardworking staff members who contribute every day to keeping the college running smoothly. It was not just an initiative, but a heartfelt expression of gratitude and kindness.

The team distributed small tokens of appreciation including chocolates, happiness balls, and handwritten notes to the workers. Though the gestures were simple, they brought genuine smiles and happiness to the recipients. In return, the members experienced a deeper sense of joy and fulfillment. The drive highlighted the importance of acknowledging and valuing those who often go unnoticed.

Participants felt emotionally connected and realized that even the smallest acts of kindness can make a big difference. The experience encouraged everyone to practice gratitude in everyday life. Overall, the drive was meaningful and impactful, spreading positivity and reinforcing the value of appreciation and human connection.







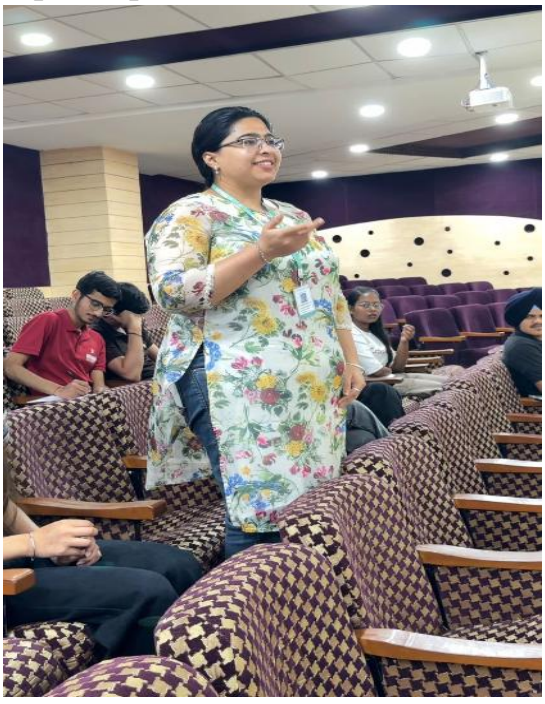




SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Voice Vibes
Topic	Where Thoughts Find Their Voice
Date	28th March, 2026
Time	10:00 am – 12:00 pm
Venue	Pulitzer Hall
Number of Attendees	15
Resource Person	Voice Vibes Team

Office of Student Life's Club Voice Vibes organised "Where Thoughts Find Their Voice" – Debate Competition and Fun Games Event on 28th March 2026. The event featured a debate competition where participants were divided into two teams to discuss the topic *"Should* uniform be mandatory in college or not?" The debate encouraged students to express their opinions, think critically, and communicate effectively. Following the debate, the event included fun and engaging games such as *"Guess the Movie by Emoji"* and *"Learn 10 Image Names in 10 Seconds,"* which tested participants' cognitive memory and added an element of excitement. Students actively participated and enjoyed the lively and interactive environment. The event concluded with the distribution of goodies to the winners and an introduction to the club's future and ideology. Overall, it was a fun-filled and engaging session that promoted communication skills, critical thinking, and active participation.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Page Turners
Topic	Pages By Lake
Date	29th March, 2026
Time	4:00 am – 10:00 am
Venue	Sukhna Lake
Number of Attendees	14
Resource Person	Page Turners Team

Office of Student Life's Club Page Turners Reading Club organised a Reading and Community Outing on 29th March 2026 at Sukhna Lake. The event aimed to promote reading culture and strengthen bonding among students in a peaceful and engaging environment. It included activities such as quiet reading sessions by the lakeside, group discussions on books and current topics, interactive games, and informal idea sharing.

The serene surroundings of the lake enhanced the overall experience, making it both relaxing and intellectually stimulating. Students felt highly engaged and rejuvenated throughout the event. They appreciated the blend of nature, meaningful conversations, and creative interaction. Many participants expressed that the outing helped them connect better with fellow readers and develop a deeper interest in reading. Overall, the event was refreshing, impactful, and successful in fostering a strong reading community.








NO SMOKING


SBI
SELF SERVICE



SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Color Canvas
Topic	Color Canvas Visit
Date	29th March 2026
Time	10:00 am – 4:00 pm
Venue	Japanese Park, Chandigarh
Number of Attendees	29
Resource Person	Color Canvas Team

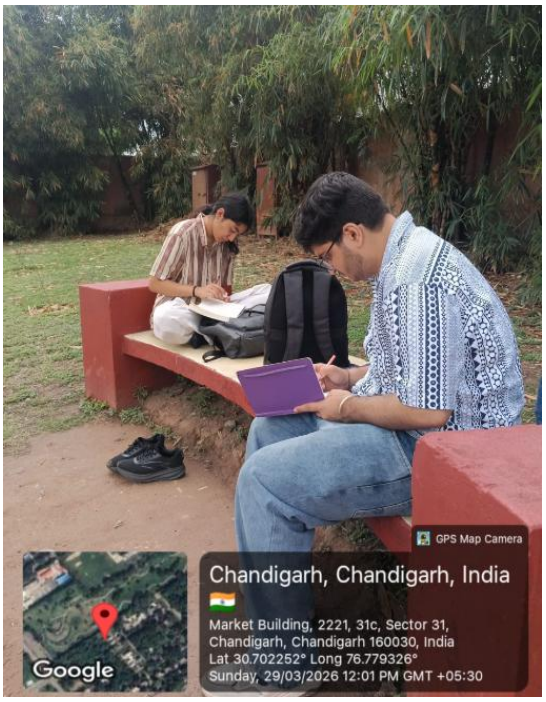
Office of Student Life's Club Color Canvas Club organized an Educational Art Trip to Japanese Garden on 29th March 2026. The trip witnessed the participation of 30 enthusiastic students and was designed to provide experiential learning beyond the classroom. It offered students an opportunity to immerse themselves in a serene natural environment that inspires artistic expression. During the visit, students actively engaged in live sketching, capturing the intricate details of the landscape, including its harmonious design, lush greenery, and tranquil water features. This hands-on experience enhanced their observational and creative skills while encouraging them to explore new artistic techniques and perspectives. The peaceful atmosphere of the garden contributed to a focused and inspiring learning environment. Students felt motivated and creatively engaged throughout the trip. Overall, the visit was a valuable and memorable experience, promoting creativity, artistic growth, and appreciation for nature.







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Event Details	
Event Type	Expert Talk
Topic	Pharma Leaders' Ai Toolkit: Navigating Disruption And Driving Growth.
Date	2026-03-30 To 2026-03-30
Mode	Online
Organizer Name	Mr. Jatinder Chopra, Chitkara University, Punjab
Resource Person	Mr. Anshu Narula, Ex. Senior Regional Business Manager
No. Of Participants	185
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
University Charter	Let's Infuse Leadership Skills In Our Students

OBJECTIVE

1. To understand AI-driven disruptions across pharmaceutical business functions and leadership roles.
2. To bridge academic learning with real-world pharmaceutical industry practices and insights.
3. To develop awareness of digital transformation trends shaping future pharma careers.
4. To enhance strategic thinking for leveraging AI as a competitive leadership tool.
5. To encourage proactive learning towards emerging technologies in pharmaceutical management domain.



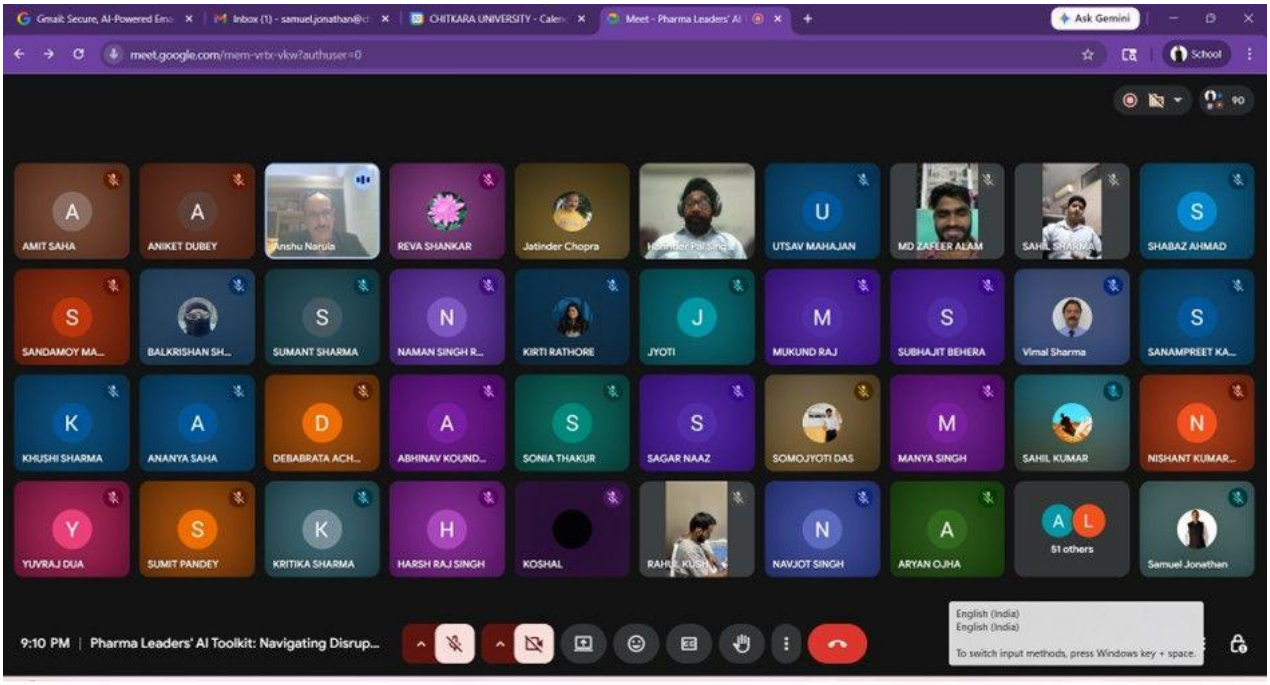
DESCRIPTION

CCSM organized an expert talk for MBA Sales & Marketing (Pharmaceutical-Management) students on 30th March,2026. The resource person was Mr Anshu Narula, has more than 30 years of experience in pharmaceutical industry & 3 years into academics, he is a rare blend of both industry & academia exposure. He has worked with GlaxoSmithKline Pharmaceuticals Ltd. as a senior regional business manager. The topic for the session was very relevant to the

students, looking into the disruptions & ambiguity caused by AI. AI is rapidly transforming drug discovery, supply chains, sales forecasting, patient engagement, and regulatory processes. Future pharma leaders must understand how to manage this disruption, make data-driven decisions, and lead digital transformation rather than react to it. Such sessions bridge the gap between traditional pharma management and emerging AI-driven business models. The students participated attentively during the session & even asked many questions & Mr Anshu very patiently replied to all the questions. 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, it's essential for students to be aware & understand the most recent developments in the industry. So that they are proactive to plan. One key benefit for students: They develop strategic thinking on how to use AI as a leadership tool—not just a technology—giving them a competitive advantage in pharma careers where AI-enabled decision-making is becoming a core leadership skill. Enhances Learning opportunities and employability skills with focus on AI-driven competencies. Prepares students for sustainable, growth-oriented careers in pharma industry. Builds future-ready workforce aligned with digital transformation. Highlights AI-driven innovation in drug discovery, supply chains, and analytics. Encourages adoption of emerging technologies in pharma business models. AI enhances patient engagement, treatment outcomes, and healthcare accessibility. Supports efficient healthcare delivery through data-driven decisions

OUTCOMES

1. Students gained clarity on AI applications in pharma operations and decision-making.
2. Improved understanding of industry expectations from future pharma sales and marketing professionals.
3. Enhanced ability to connect academic concepts with real-time pharmaceutical business challenges.
4. Developed curiosity and confidence to engage with AI-driven tools and innovations.
5. Strengthened strategic mindset for adopting AI in leadership and career growth.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AMIT SAHA
ANIKET DUBEY
Anshu Narula
REVA SHANKAR
Jatinder Chopra
UTSAV MAHAJAN
MD ZAFEER ALAM
SHABAZ AHMAD
SANDAMOY MA...
BALKRISHAN SH...
SUMANT SHARMA
NAMAN SINGH R...
KIRTI RATHORE
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MUKUND RAJ
SUBHAJIT BEHERA
Vimal Sharma
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Anshu Narula (Presenting, annotating)
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Polls
Poll 1 of 5
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Out of Those who used AI tools like ChatGPT or similar platforms during your job Interview preparation...
How many felt it actually helped you?
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SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Drishya: The Video Editing Club
Topic	Drishya Club Inauguration
Date	30th March, 2026
Time	1:30 pm – 3:00 pm
Venue	LH – 104, Martin Luther
Number of Attendees	68
Resource Person	Drishya Team

Office of Student Life's Club Drishya Photo and Video Editing Club organised an Inauguration Event on 30th March 2026. The event featured a variety of engaging activities, including a *"*Guess the Editing Version*"* activity, where students explored different editing styles and techniques. The club also showcased campus projects and edited videos, giving participants insight into creative work and digital editing skills.

A special session by Harjeet Sir added value to the event, providing guidance and knowledge about photo and video editing. Students felt highly engaged and actively participated in the activities, making the session lively and interactive. The event also included gift distribution for winners of the previous Rangreel Showdown event, adding excitement and appreciation. Overall, the inauguration was successful and enjoyable, marking a strong and creative beginning for the club.





SDG Goals	SDG 3, (Good Health and Wellbeing)
Club Name	Inner Engineering
Topic	Inner Engineering Club Inauguration
Date	30th March, 2026
Time	1:30 pm – 3:00 pm
Venue	Pierre Hall
Number of Attendees	50
Resource Person	Inner Engineering Team

Office of Student Life's Club Inner Engineering Club organized an Inauguration Event on 30th March 2026. The event was vibrant and uplifting, filled with enthusiasm and positivity. It began with ceremonial lamp lighting, symbolizing the dispelling of darkness and the awakening of inner wisdom. Participants actively engaged in fun activities and interactive games that fostered connection and joy.

A key highlight of the session was the Miracle of Mind meditation, where students learned a powerful technique for self-empowerment and well-being. The atmosphere was both lively and serene, creating a perfect balance of energy and calmness. Students felt inspired, relaxed, and motivated throughout the session. Overall, the event was a grand success, marking a promising and meaningful beginning for the Inner Engineering Club.




Miracle of MIND
SADHGURU




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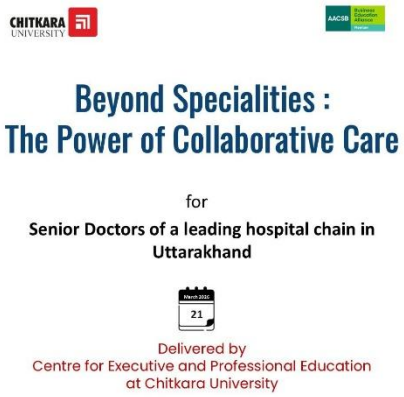
Miracle of MIND

Event Details	
Event Type	Corporate Training
Topic	Beyond Specialities: The Power of Collaborative Care
Date	2026-03-21 To 2026-03-21
Mode	Offline
Organizer Name	Mr. Narinder Singh Garcha, Chitkara University, Punjab
Resource Person	Mr. Narinder Garcha, Dean, CCSM
No. Of Participants	15
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 17: Partnership for The Goals
University Charter	Let's Infuse Leadership Skills in Our Students

OBJECTIVE

1. Promote collaborative care mindset among senior doctors across medical specialities.
2. Strengthen interdepartmental communication for improved patient-centered healthcare delivery.
3. Develop trust-based teamwork culture within hospital clinical leadership.
4. Encourage shared decision-making for complex and multidisciplinary patient cases.
5. Enhance understanding of collaborative models for institutional excellence in healthcare.



DESCRIPTION

The Centre for Executive and Professional Education at hashtag#Chitkarauniversity successfully conducted a high-impact training workshop titled "Beyond Specialities: The Power of Collaborative Care" for senior doctors of a leading hospital chain in Uttarakhand. The session focused on breaking silos and fostering a culture of trust, communication, and shared decision-making among medical professionals. Through engaging discussions and real-world insights, participants explored how collaborative care not only enhances clinical outcomes but also strengthens patient experience and institutional excellence. The workshop served as a powerful reminder that the future of healthcare lies not just in individual expertise, but in collective brilliance. Promoting collaborative care improves quality of healthcare, patient safety, and clinical outcomes through integrated and coordinated medical

practices,continuous professional development, knowledge sharing, and experiential learning among senior healthcare professionals. Encouraged teamwork, cross-speciality collaboration, and institutional partnerships to strengthen healthcare systems and deliver better patient care. Collaborative healthcare practices promote innovative treatment approaches and efficient hospital systems through integrated clinical expertise.

OUTCOMES

1. Participants demonstrated improved understanding of collaborative care principles in practice.
2. Strengthened coordination between specialities for better clinical and patient outcomes.
3. Increased awareness about importance of trust, communication, and teamwork in hospitals.
4. Doctors identified practical strategies for implementing shared decision-making approaches.
5. Participants recognized collaborative care as key to future healthcare excellence.








Title: An Expert Talk on Regulatory Transformation		
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 2
	Nomenclature	Expert Talk
5	Description	
	Dr. Amal Kumar, a Drug Inspector and Medical Device Officer in Bihar, provided a comprehensive overview of India's regulatory landscape. He clarified the functional and legal distinctions between drugs, medical devices, cosmetics, and nutraceuticals, emphasizing their unique compliance pathways. A significant portion of the session focused on safety monitoring through Pharmacovigilance, Cosmetovigilance, and Hemovigilance, highlighting their roles in post-marketing surveillance and public health protection. By sharing his professional journey and addressing real-world challenges, Dr. Kumar offered students practical insights and career guidance, bridging the gap between theoretical knowledge and the complexities of regulatory affairs and government service.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	
	Its primary objective is to foster a "compliance-first" mindset, ensuring that campus-led innovations meet CDSCO and MP (Materi vigilance Programmed of India) standards before reaching the market. In the current real-time scenario, the medical device industry has shifted toward strict risk-based classification (Class A to D) and Digital Vigilance. With the rise of AI-driven diagnostics (SaMD), the vigilance system now demands real-time tracking of adverse events through the SUGAM portal, making regulatory literacy essential for any modern innovator.	
7	Start and End date of the event: 01/04/2026 to 01/04/2026	
8	Mention minimum number of students (Event): 40	

9	Mention minimum number faculty (Event): 5	
10	Objective of the event in 3 words (90 Characters) only:	
	Regulatory framework, Regulatory transformation, Knowledge	
11	Benefit of the activity in 5 words (120 Characters) only:	
	Enhances Regulatory knowledge, Pharma Vigilance Program Knowledge, Medical Device Regulation	
12	Video URL	
13	Photographs	









Name of Department	Chitkara College of Pharmacy
Name of Organizer with Mail ID & Contact Number	Dr. Thakur Gurjeet Singh
Resource Person Details	
Name	Dr. Amal Kumar
Designation	Inspector of Drugs-cum-Medical Device Officer
Organization	Drugs Control Administration, Bihar
Mail ID	

Title: Report on National Service Scheme (NSS) 7-Day

Date:1st April 2026 – 7th April 2026

Introduction

The National Service Scheme (NSS) camp is hosted by Chitkara University, where each day a new chapter of discovery, service, and camaraderie unfolds. Over the span of seven days, participants embarked on a journey of self-exploration and community engagement, guided by a diverse array of activities and experiences. From the tranquil mornings of yoga to the bustling afternoons of cultural exchange, the NSS camp offered a tapestry of moments that shaped minds, forged bonds, and inspired change. Join us as we delve into the heartwarming anecdotes and transformative encounters that defined this unforgettable week of the NSS camp.

Day 1

The day began with an early wake-up call, stirring participants from their rest in the hostel rooms and setting a disciplined tone for the camp. This was followed by a rejuvenating yoga session at Explore Stars Hall, where participants engaged in stretching exercises and mindfulness practices, helping them feel refreshed and mentally prepared for the day ahead. A nutritious breakfast was served at the hostel mess, fuelling everyone with energy for the upcoming activities. The morning proceeded with the oath-taking ceremony at the OAT, marking the formal beginning of the NSS camp. Following this, participants moved to the Sportorium for indoor games, where they actively engaged in various activities that promoted teamwork, coordination, and interaction. The afternoon featured a campus marathon, where volunteers participated with great enthusiasm and determination. The marathon encouraged physical fitness, endurance, and team spirit, making it one of the most energetic highlights of the day. The evening was dedicated to fun activities conducted across the campus, where participants enjoyed group games and interactive sessions in a relaxed and cheerful atmosphere. The day concluded with a wholesome dinner at the hostel mess, where participants reflected on their experiences and shared moments from the day.















Students participating in Marathon on 1st day of camp (1.04.26 to 7.04.26)

Day 2

The second day of the NSS camp began with a wake-up call followed by a refreshing yoga session at Explore Stars Hall, helping participants feel energized and focused. After some personal time, a healthy breakfast was served at the hostel mess. The morning continued with physical activities at the sports arena, where volunteers actively participated in exercises that promoted fitness and teamwork. Later, participants visited the Yellow Point Farm in the green belt, gaining insights into sustainable practices and connecting with nature. After lunch, a skit activity was conducted at Le Corbusier, where participants creatively presented social themes, enhancing their confidence and communication skills. In the evening, snacks were served, followed by singing and instrumental music sessions at Explore Stars, allowing participants to showcase their talents and relax. The day concluded with dinner and lights off, marking another productive and engaging day of the camp.





Day 3

The third day of the NSS camp began with the usual wake-up call followed by a refreshing yoga session at Explore Stars Hall, helping participants maintain their physical and mental well-being. After some personal time, breakfast was served at the hostel mess, energizing everyone for the day ahead. The morning session started with a warm-up session at the Omega Zone, where participants engaged in exercises that promoted discipline and readiness. This was followed by a counselling session meet at Le Corbusier, providing guidance, support, and an opportunity for participants to openly interact and share their thoughts. After lunch, cultural activities were organized at Explore Stars, allowing participants to showcase their talents through dance, music, and performances. In the evening, snacks were served, followed by poster making and college making activities at Le Corbusier. These activities encouraged creativity and expression on various social themes. The day concluded with dinner and lights off, marking a creative and meaningful day for all participants.

Day 4

The fourth day of the NSS camp began with the regular wake-up call followed by a refreshing yoga session at Explore Stars Hall, helping participants stay active and focused. After some personal time, breakfast was served at the hostel mess. The morning continued with the departure for the tree plantation drive from Gate No. 4. Participants actively took part in planting saplings, contributing towards environmental conservation and spreading awareness about the importance of a greener future. The activity instilled a sense of responsibility and teamwork among the volunteers. After returning, lunch was served at the hostel mess, providing time to relax. In the afternoon, participants visited the paper recycle plant near Fleming's backside, where they learned about recycling processes and sustainable waste management practices. In the evening, snacks were served, followed by a self-defense and martial arts workshop at Explore Stars. This session helped participants learn basic safety techniques and boosted their confidence. The day concluded with dinner and lights off, marking another impactful day of the camp.

Day 5

The fifth day of the NSS camp began with the usual wake-up call followed by a refreshing yoga session at Explore Stars Hall, helping participants stay energized and focused. After some personal time, breakfast was served at the hostel mess. The morning continued with the departure for an NGO visit from Gate No. 4. During the visit, participants interacted with members of the organization and gained valuable insights into community service and social responsibility. The experience helped volunteers understand real-life challenges and the importance of contributing towards society. After returning, lunch was served at the hostel mess, followed by a period of rest to help participants relax after the visit. In the evening, snacks were provided, and fun activities were organized at the Omega Zone. These activities created a lively atmosphere and strengthened bonding among participants.The day concluded with dinner and lights off, marking a meaningful and engaging day focused on service and interaction.

Day 6

The sixth day of the NSS camp began with the usual wake-up call followed by a refreshing yoga session at Explore Stars Hall, helping participants stay active and focused. After some personal time, breakfast was served at the hostel mess, preparing everyone for the day ahead. The morning continued with participants gathering at Gate No. 4 for departure to a heritage visit - Fatehgarh Sahib Gurudwara. The visit provided an enriching experience as participants explored a place of historical and cultural significance, gaining knowledge about heritage, traditions, and values. It was an insightful opportunity that broadened their perspectives beyond the campus environment. Participants spent the day exploring the site and engaging with its cultural

importance. By evening, they departed from the location and returned to Chitkara University. After arrival, dinner was served at the hostel mess, allowing everyone to relax after a long and informative day. The day concluded with lights off, marking the end of a memorable and educational experience.









Event Details	
Event Type	Expert Talk
Topic	An Expert Talk on Regulatory Transformation
Date	2026-04-01 To 2026-04-01
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Dr. Amal Kumar, Inspector of Drugs-Cum-Medical Device Officer
No. Of Participants	40
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure, SDG 17: Partnership for the Goals
Po Number(S)	Po3, Po5, Po8, Po11, Po1
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Prepare Our Students for Industry, Let's Infuse Leadership Skills in Our Students

OBJECTIVE

To understand the regulatory framework governing drugs, medical devices, cosmetics, and nutraceuticals in India.
To differentiate between various product categories based on legal and functional criteria.
To explore the principles and importance of pharmacovigilance, cosmetovigilance, and haemovigilance in ensuring patient safety.
To gain insights into compliance requirements and regulatory responsibilities of pharmaceutical professionals.
To enhance awareness regarding post-marketing surveillance systems and their role in public health protection.

DESCRIPTION

The expert session delivered by Dr. Amal Kumar, Drug Inspector and Medical Device Officer, provided an in-depth understanding of the regulatory landscape governing pharmaceuticals and allied products in India. The session was designed to bridge the gap between theoretical knowledge and practical regulatory implementation, offering valuable insights for pharmacy students and professionals. Dr. Kumar elaborated on the classification and regulatory distinctions between drugs, medical devices, cosmetics, and nutraceuticals, emphasizing their unique approval pathways, governing authorities, and compliance requirements. He

highlighted the importance of adhering to the provisions of the Drugs and Cosmetics Act and Rules, along with the evolving regulatory framework for medical devices in India. The discussion also addressed the roles and responsibilities of regulatory authorities in ensuring the safety, efficacy, and quality of marketed products. A key focus of the session was on pharmacovigilance, cosmetovigilance, and haemovigilance systems. Dr. Kumar explained their significance in monitoring adverse events and ensuring post-marketing safety of drugs, cosmetics, and blood-related products. He provided practical examples and case-based discussions to illustrate how these vigilance systems contribute to early detection of risks and safeguard public health. The session further emphasized the importance of compliance, documentation, and ethical practices in regulatory affairs. Dr. Kumar shared real-world experiences from his professional practice, offering insights into inspections, licensing procedures, and enforcement actions. This practical perspective enabled participants to understand the challenges and responsibilities associated with regulatory roles.

OUTCOMES

Participants will be able to differentiate between drugs, medical devices, cosmetics, and nutraceuticals based on regulatory and functional criteria.
Participants will gain an understanding of the Indian regulatory framework and compliance requirements for pharmaceutical products.
Participants will be able to explain the role and significance of pharmacovigilance, cosmetovigilance, and haemovigilance systems in ensuring patient safety.
Participants will develop insights into regulatory processes such as licensing, inspection, and enforcement mechanisms.
Participants will be better prepared to apply regulatory knowledge in professional roles within pharmaceutical and healthcare sectors.


Regulatory Transformation
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Title: Clin X Innovate Hackathon 2026		
1	Type Of Activity	Contest
2	Program Theme (Keywords)	Startup
3	Link (Pre Link)	Pre Link
	Link (Post Link)	Post Link
4	Program Type	Level 3
	Nomenclature	Hackathon
5	Description	
	The Clin X Innovate Hackathon 2026 was organized by Chitkara College of Pharmacy in collaboration with Cliantha Academy to foster innovation, problem-solving, and entrepreneurial thinking among students. Conducted over two days, the hackathon provided a platform for participants to ideate and develop innovative solutions addressing challenges in the pharmaceutical and healthcare sectors. Students worked in teams, presented their ideas, and engaged in discussions with mentors and experts. The event encouraged creativity, critical thinking, and collaborative learning, helping participants enhance their confidence, knowledge, and innovation skills.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	
	The hackathon aligns with the Institution's Innovation Council (IIC) objectives by promoting innovation-driven learning and entrepreneurship among students. It encouraged participants to identify real-world healthcare challenges and develop feasible solutions through teamwork and creative thinking. The event strengthened industry-academia collaboration and fostered a start-up mindset among students. It also enhanced problem-solving skills, technical knowledge, and confidence, thereby contributing to innovation, research orientation, and entrepreneurial development in the pharmaceutical domain.	
7	Start and End date of the event: 02/04/2026 to 03/04/2026	
8	Mentioning minimum number of students (Event): 100	

9	Mention minimum number faculty (Event): 10	
10	Objective of the event in 3 words (90 Characters) only:	
	Innovation and Collaboration	
11	Benefit of the activity in 5 words (120 Characters) only:	
	Creativity, teamwork, innovation, confidence, skills	
12	Video URL	
13	Photographs	





	

Name of Department	Chitkara College of Pharmacy
Name of Organizer with Mail ID & Contact Number	Dr. Thakur Gurjeet Singh
Mail ID	

Event Name	World Autism Awareness Day
Venue	Sorem School, Chandigarh
Date	2nd April 2026
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	8
Duration	One Day

On **2nd April 2026**, the National Service Scheme (NSS) unit of **Chitkara University** came together in the spirit of compassion and inclusion to observe **World Autism Awareness Day** — a day that reminds the world that every individual, regardless of their neurological makeup, carries within them an irreplaceable worth.

This year's theme, "Autism and Humanity – Every Life Has Value," wasn't just a tagline — it was a call to action. In a world that often measures people by the narrow yardstick of conformity, the event urged students, faculty, and the broader community to pause, reflect, and truly see the human beings behind the diagnosis.

The event was held in collaboration with **SOREM School** and the **Global Autism Project, New York, USA** — bringing an international dimension to what was deeply personal for many. This partnership served as a powerful reminder that the fight for autism acceptance is not confined to any one country or classroom; it is a shared human responsibility that crosses borders.

NSS volunteers took the lead in spreading awareness through meaningful activities and discussions that shed light on the everyday realities of autistic individuals and their families. The iconic **puzzle-piece ribbon** — a symbol of the diversity, complexity, and beauty of the autism spectrum — was at the heart of the event's messaging, reminding everyone present that people with autism are not puzzles to be solved, but human beings to be understood, embraced, and celebrated.

The event reinforced Chitkara University's commitment to building a campus culture rooted in empathy, equity, and inclusion — where no student is left behind, and no voice goes unheard.

As the day ended, the message lingered: **awareness is only the first step. Acceptance is where humanity truly begins.**













Event Name	Step into Understanding: Autism Awareness Day
Date	2nd April, 2026
Venue	Ground Floor, Ramanujan Block, Chitkara University, Pb
Organizer	Department of Physiotherapy, Chitkara University, Punjab
Resource Person	Dr Zubin Mehta, Associate Consultant-Orthopaedics, Fortis Hospital, Mohali
Number of Participants	33
SDG Number	3 (Good Health and Well Being), 4 (Quality Education), 9 (Industry, Innovation & Infrastructure)
Duration	1 day

About the Activity



In commemoration of World Autism Awareness Day, the Student Council of the Department of Physiotherapy, Chitkara University, Punjab orchestrated a distinguished interhouse event dedicated to fostering deep-seated awareness, empathy, and inclusivity for the neurodiverse community. This noble initiative served as a vibrant platform for students to advocate for a more compassionate society, encouraging meaningful dialogue through the lens of creative expression.

The celebration featured two primary competitions: a compelling Autism Awareness Walkthrough and a dynamic Reel/Video Making Competition. The event saw a remarkable turnout, with 23 teams participating in each category, representing the competitive and collaborative spirit of Drona House, Dhruva House, and Arjuna House. These contributions were meticulously evaluated by a prestigious panel of judges, including Ms. Hazel Siromoni, Pro Vice Chancellor, and Dr. Kanika, Vice-Principal of the Department of Nursing. Driven by a spirit of purpose, students of the Bachelor of Physiotherapy (BPT) program participated with immense enthusiasm, transforming the event into a profoundly engaging and transformative

experience that reinforced the university's commitment to social advocacy and inclusive excellence.







Title: Pharma Start-Up Essentials: Legal and Ethical Foundations		
1	Type Of Activity	Talk
2	Program Theme (Keywords)	Startup
3	Link (Pre Link)	Pre Link
	Link (Post Link)	Post Link
4	Program Type	Level 1
	Nomenclature	Expert Talk
5	Description	
	The expert session titled "Pharma Start-up Essentials: Legal and Ethical Foundations" was organized by the Chitkara College of Pharmacy to provide students with insights into the legal and ethical frameworks essential for establishing pharmaceutical start-ups. Industry experts Mr. Jay Soni (Sr. Executive, Cliantha Academy) and Mr. Hardik Panchal (Head, Cliantha Academy) shared valuable perspectives on regulatory requirements, ethical considerations, compliance standards, and start-up strategies in the pharmaceutical sector. The session highlighted the importance of legal awareness, ethical responsibility, and innovation in building sustainable pharmaceutical enterprises.	
6	Kindly justify the activity conducted by your respective department will fit as IIC event	
	The session aligns with the Institution's Innovation Council (IIC) objectives by promoting entrepreneurial thinking and awareness of legal and ethical practices in pharmaceutical start-ups. It provided students with industry-oriented knowledge on regulatory compliance, intellectual property, and ethical decision-making. The program encouraged innovation, start-up culture, and industry-academia collaboration. It also enhanced students' understanding of responsible business practices and compliance requirements, thereby fostering entrepreneurship, professional ethics, and innovation in the pharmaceutical domain.	
7	Start and End date of the event: 03/04/2026 to 03/04/2026	
8	Mention minimum number of students (Event): 77	
9	Mention minimum number faculty (Event): 5	
10	Objective of the event in 3 words (90 Characters) only:	

	Start-up Legal Awareness	
11	Benefit of the activity in 5 words (120 Characters) only:	
	Legal knowledge, ethics, entrepreneurial readiness	
12	Video URL	
13	Photographs	









Name of Department	Chitkara College of Pharmacy
Name of Organizer with Mail ID & Contact Number	Dr. Thakur Gurjeet Singh
Resource Person Details	
Name	Mr. Jay Soni
Designation	Sr. Executive Regulatory Intelligence Manager
Organization	Cliantha Academy
Mail ID	
Name	Mr. Hardik Panchal
Designation	Head
Organization	Cliantha Academy
Mail ID	

Event Details	
Event Type	Expert Talk
Topic	Pharma Start-Up Essentials: Legal And Ethical Foundations
Date	2026-04-03 To 2026-04-03
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
Resource Person	Mr. Jay Soni, Sr. Executive Regulatory Intelligence Manager | Mr. Hardik Panchal, Head
No. Of Participants	77
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure
Po Number(S)	Po2, Po5, Po8, Po10, Po1
University Charter	Let's Prepare Our Students for Industry, Let's Empower Our Students with Great Communication Skills, Let's Infuse Leadership Skills in Our Students, Let's Inculcate Team Spirit and Camaraderie Among Our Students

OBJECTIVE

To provide insights into the legal frameworks governing pharmaceutical start-ups
To enhance understanding of ethical considerations in the pharmaceutical sector
To familiarize students with regulatory requirements and compliance standards
To explore key strategies for establishing and sustaining pharma start-ups
To promote innovation and responsible entrepreneurship in pharmaceutical practice

DESCRIPTION

The expert session titled **"Pharma Start-up Essentials: Legal and Ethical Foundations" ** was organized by the Chitkara College of Pharmacy with the objective of equipping students with comprehensive knowledge of the legal, regulatory, and ethical dimensions involved in establishing pharmaceutical start-ups. The session served as a valuable platform to bridge the gap between academic learning and real-world industry practices, particularly in the rapidly evolving pharmaceutical and healthcare entrepreneurship landscape. The session was delivered by distinguished industry experts, Mr. Jay Soni, Senior Executive at Cliantha Academy, and Mr. Hardik Panchal, Head of Cliantha Academy. Drawing from their extensive professional experience, the speakers provided practical insights into the regulatory frameworks governing pharmaceutical businesses, including licensing procedures, compliance requirements, and quality assurance standards. Emphasis was also placed on ethical considerations such as patient safety, data integrity,

clinical research ethics, and adherence to Good Clinical Practice (GCP) guidelines. Furthermore, the experts discussed strategic aspects of launching and scaling pharmaceutical start-ups, highlighting key challenges, risk mitigation approaches, and the importance of innovation and evidence-based decision-making. The session also explored emerging opportunities within the pharmaceutical sector, encouraging students to think entrepreneurially while maintaining professional and ethical accountability. An interactive component was incorporated to engage students in meaningful discussions, allowing them to clarify doubts, share perspectives, and gain deeper understanding of the subject matter. Overall, the session aimed to foster a strong foundation in legal awareness, ethical responsibility, and entrepreneurial thinking, thereby preparing future pharmacists to contribute effectively to the development of sustainable and compliant pharmaceutical enterprises.

OUTCOMES

Gained enhanced understanding of legal and regulatory frameworks for pharmaceutical start-ups

Developed awareness of ethical responsibilities in pharmaceutical practice and research

Strengthened knowledge of compliance standards, including licensing and quality assurance

Acquired insights into start-up strategies, risk management, and innovation in the pharma sector

Improved entrepreneurial mindset with a focus on sustainable and ethical business practices


GPS Map Camera
Patiala,Punjab,India
Rajpura, Patiala, Punjab 140601, India
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Friday, 03/04/2026 11:04 AM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
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Rajpura, Patiala, Punjab 140601, India
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Event Details	
Event Type	Competition
Topic	2nd Edition Chitkara Pickleball Tournament
Date	2026-04-04 To 2026-04-04
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	68
SDG No	SDG 3: Good Health and Well-Being
University Charter	Let's Inculcate Team Spirit and Camaraderie Among Our Students

OBJECTIVE

- To promote pickleball as an emerging sport among students and staff.
- To encourage fitness, teamwork, and active participation in sports activities.
- To provide a competitive platform for showcasing skills and talent.
- To strengthen sports culture and engagement within the university campus.

DESCRIPTION

Building on the success of its debut edition, the Chitkara University Sports Board successfully organized the 2nd Edition of the Chitkara Pickleball Tournament on 4th April 2026. The event witnessed enthusiastic participation from students and staff, making it a vibrant and competitive sporting occasion. The tournament featured exciting matches across multiple categories, including Women's Doubles, Men's Doubles, and Men's Staff Doubles. Players showcased impressive skills, strategic gameplay, and strong teamwork throughout the matches, resulting in thrilling rallies and closely contested games. The event not only highlighted the growing popularity of pickleball on campus but also provided a platform for participants to demonstrate their talent and sportsmanship. The presence of both students and staff added to the inclusivity and spirit of the competition. The tournament concluded with a prize distribution ceremony, where winners and runners-up were felicitated for their outstanding performances. Overall, the event was a grand success and further strengthened the university's commitment to promoting sports and healthy competition.

OUTCOMES

Increased awareness and interest in pickleball across campus.

Participation from both students and staff, promoting inclusivity.

Identification of talented players for future tournaments.
Enhanced sportsmanship, coordination, and competitive spirit among participants.

Event Details	
Event Type	Competition
Topic	Chitkara Table Tennis Club Tournament
Date	2026-04-04 To 2026-04-04
Mode	Offline
Organizer Name	University Sprots Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	13
SDG No	SDG 3: Good Health and Well-Being
University Charter	Let's Inculcate Team Spirit and Camaraderie Among Our Students

OBJECTIVE

- To promote table tennis as a recreational and competitive sport among students.
- To encourage active participation and physical fitness within the campus.
- To provide a platform for students to showcase their talent and skills.
- To foster healthy competition and sportsmanship among participants.

DESCRIPTION

With electrifying rallies and a vibrant competitive spirit, the Chitkara University Sports Board successfully organized a Table Tennis Club Tournament for both men and women on 4th April 2026. The tournament witnessed enthusiastic participation from students, creating an energetic and competitive atmosphere throughout the day. Players displayed excellent reflexes, precision, and strategic gameplay, leading to several thrilling matches across both categories. In the Women's category, participants showcased remarkable talent and determination, while the Men's category featured intense matchups and high-level competition. The event served as a great platform for students to demonstrate their skills and passion for the sport. The tournament concluded with a prize distribution ceremony, where winners and runners-up were felicitated for their outstanding performances. Overall, the event was a great success, contributing to the promotion of sports culture and active participation on campus.

OUTCOMES

Increased student engagement and interest in table tennis activities.
Discovery of skilled players for future competitions and representation.
Strengthened competitive spirit and discipline among participants.
Encouraged a healthy and active lifestyle within the university community.

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

Objective

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

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

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

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

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

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

Outcomes

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



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



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



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



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



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



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

Event Details	
Title of the Event:	The Paradox Ground
Date of the Event:	06.04.2026 - 08.04.2026
Venue	Omega ground
SDG No.	3,4,15
No. of Student Participated	179

Learning Objective

- To enhance problem-solving abilities through interactive and quick-response games.
- To improve interpersonal and communication skills in group settings.
- To develop leadership and team management qualities.
- To encourage adaptability and strategic thinking during competitions.
- To instill discipline, cooperation, and fair-play values among students.



Event Report

"The Paradox Ground – Fun Games" was conducted over three days with a wide range of engaging and interactive activities. The event witnessed enthusiastic participation from students belonging to different academic batches.

Various games were organized to test the participants' agility, creativity, coordination, and teamwork. Students took part in both individual and team-based competitions, which allowed them to showcase their talents and build stronger peer connections.

The event was systematically organized, with proper scheduling and management to ensure smooth execution. The organizing team-maintained discipline and fairness throughout all activities. The lively atmosphere, active participation, and continuous engagement contributed to the overall success of the event.

Participants not only enjoyed the activities but also developed essential skills such as cooperation, quick decision-making, and effective communication. The event served as a perfect blend of entertainment and experiential learning.

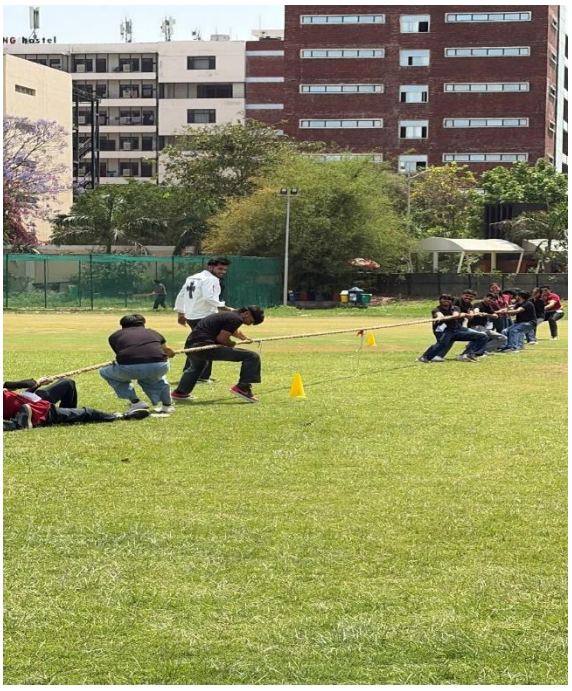
Outcomes of the Event

- Students demonstrated improved teamwork and coordination skills.
- Enhanced communication and interpersonal interaction among participants.
- Development of leadership qualities and decision-making abilities.

- Increased student engagement and participation in co-curricular activities.
- Strengthened peer bonding and a positive campus environment.







Event Name	World Health Day
Venue	Village Kalomajra
Date	6th April 2026
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	10
Duration	One Day

Objectives

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

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

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

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

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and undergo routine screenings. Information regarding government health schemes and healthcare facilities available at nearby centres was also shared. Real-life examples were discussed to highlight the benefits of preventive care and timely medical intervention.

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

Outcomes

6. Increased public knowledge about health and wellness practices.
7. Early identification of health risks such as hypertension, diabetes, or anemia.
8. Improved access to basic medical services for underserved populations.
9. Strengthened community engagement in preventive health initiatives.
10. Contribution to the global theme of World Health Day by fostering local action.






WORLD HEALTH


ALTH
CAMP


CHITKARA UNIVERSITY
Health Camp
HEALTH
CAMP

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	SDG 3: Good Health and Well-Being, SDG 4: Quality Education

OBJECTIVE

1. Create awareness about emotional balance and mental health importance.
2. Dispel myths and present realities of mental well-being.
3. Encourage open discussions on emotional challenges and mental fitness.
4. Promote timely recognition and intervention of mental health issues.



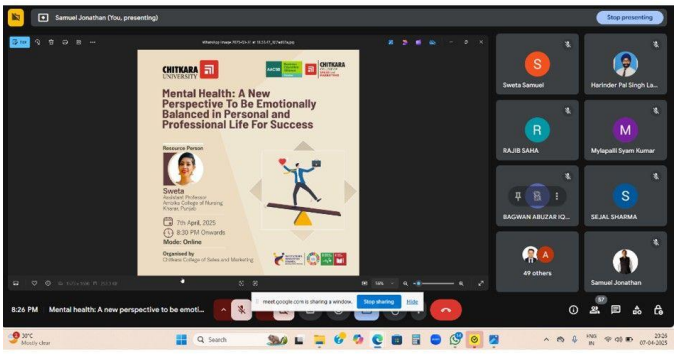
DESCRIPTION

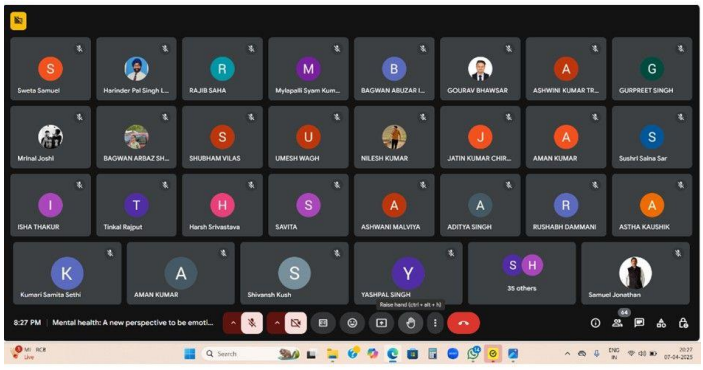
Chitkara College of Sales & Marketing organized an expert talk on World Health Day, 7th April,2025. The topic chosen was about new perspectives for being emotionally balanced to be successful in professional and personal life. The resource person was Ms. Sweta, assistant professor at Ambika nursing college, 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 World Health Day, an expert talk from an experienced Psychologist, Ms. Sweta was organized to be aware, recognize and learn to be mentally healthy 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

1. Students understood emotional balance's impact on success and wellness.
2. Participants learned to differentiate mental health myths from facts.
3. Gained strategies to manage overthinking and emotional triggers.
4. Received practical tips for maintaining mental and emotional well-being.





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

Objective

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



Description

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

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

- Vision testing and prescription of spectacles, if required
- Dry eye evaluation
- Color vision testing
- Binocular vision assessment
- Cataract screening
- General counselling on eye care and hygiene

- Referral for further medical treatment, if required

Outcomes

- Early identification of vision problems among staff members
- Increased awareness about eye care and preventive practices
- Strengthened collaboration between CUCES and healthcare departments
- Enhanced sense of care and inclusivity within the university community.
- Participants got prescriptions by doctors
- 40+ Participants benefited







Event Details	
Event Type	Competition
Topic	Quiz Competition on World Health Day 2026
Date	2026-04-07 To 2026-04-07
Mode	Offline
Venue	Einstein Hall (Galileo Block)
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	20
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education
Po Number(S)	Po1, Po2
University Charter	Let's Educate Our Students for Brilliant Futures, Let's Stimulate Scholarly Energy and Diligence in Our Students

OBJECTIVE

- To enhance awareness about cardiovascular health and the importance of heart care.
-To encourage students to develop interest in clinical and medical knowledge.
-To promote critical thinking and quick decision-making skills through a quiz format.
-To provide a platform for academic interaction among students and faculty.
-To commemorate World Heart Day by spreading health-related knowledge

DESCRIPTION

The Quiz Competition organized on World Heart Day 2026 at Chitkara University, Punjab, was a well-coordinated academic event aimed at promoting awareness about cardiovascular health and encouraging intellectual engagement among students. The event was conducted on 7th April 2026 at Einstein Hall, Galileo Block, and witnessed enthusiastic participation from students of various academic backgrounds, particularly from healthcare and pharmacy disciplines. The program commenced with a formal introduction highlighting the significance of World Heart Day and the growing need to address cardiovascular diseases through awareness and education. Participants were grouped into teams, and the quiz was conducted in multiple rounds, including general knowledge, clinical scenarios, rapid-fire questions, and visual identification. The questions were carefully designed to test participants' knowledge, analytical thinking, and presence of mind. The event was conducted under the guidance of esteemed faculty members, ensuring smooth coordination and fair evaluation. The organizing team maintained a professional and engaging environment throughout the competition, encouraging healthy competition among participants. The audience was also actively involved through interactive segments, making the event more dynamic and inclusive

OUTCOMES

-Participants demonstrated improved knowledge of cardiovascular health and related topics.
-The event enhanced students' confidence, teamwork, and communication skills.
-It promoted awareness about the prevention and management of heart diseases.
-Students developed better analytical and problem-solving abilities.
-The competition fostered a spirit of healthy academic competition and collaboration.









Event Name	World Health Day
Date	07th April 2026
Venue	Govt High School Bathonia, Rajpura and Galileo Block, Chitkara University
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	-
Number of Participants	37
SDG Number	3,4, 17
Duration	4 hours in Offline mode

Description of Event



The Department of Allied Health Sciences at Chitkara School of Health Sciences, Chitkara University, Punjab, successfully organized simultaneous, impactful events: a Health Check-up and Awareness camp, a Rangoli competition, and a Poster competition on 7th April 2026. The health checkup and awareness camp was organized at Govt High School Bathonia, Rajpura. A comprehensive health checkup of 48 students of class 9th and 10th were conducted, which included screenings of BMI, Blood Pressure, and Hemoglobin, followed by nutritional counselling. The eye screening team also performed eye exams to identify refractive errors in young students. Aligned with the theme of "Healthy Planet, Healthy People, A One Health Approach", students of B. AOTT and BND batch 2025 engaged younger classes (6th–8th) on One Health, hygiene, and the dangers of AMR. Concurrently, a vibrant Poster and Rangoli competition was held at Galileo Block, Chitkara University for BND, BAOTT, and B.Optom students, fostering creative advocacy on the World Health Day theme. The event concluded successfully, celebrating both community service and student excellence.


THOMAS EDISON
DR. APJ ABDUL K


WORLD HEALTH DAY


WORLD HEALTH DAY


ਸਰਕਾਰੀ ਹਾਈ ਸਮਾਰਟ ਸਕੂਲ, ਬਠੋਈਆਂ
ਬਲਾਕ ਰਾਜਪੁਰਾ - 2 (ਪਟਿਆਲਾ)
Speak 5 lines to Yourself Every Morning

Event Details	
Event Name Topic/Theme	World Health Day 8th April, 2026 Expert Session on Youth Health- Managing Stress & Burnout
Date Mode	8th April,2026 Offline
Venue	Galileo Block, Room Number GB205
Organizer Name	Ms. Divya Thakur (Assistant professor), Ms. Anjali (Nursing Tutor), CSHS, Chitkara University, Punjab.
Resource Person	Ms. Vijyeta Bhasn (Assistant Professor), CSHS, Chitkara University, Punjab.
No. of Participants	35
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG17: Partnership with Goals

Objective

1. To create awareness among youth about stress, burnout, and their impact on mental and physical health.

2. To help participants identify early signs and symptoms of stress and burnout.

3. To understand the common causes of stress in students' academic and personal lives.

4. To provide practical strategies and techniques for effective stress management.

5. To promote healthy lifestyle practices including self-care, time management, and work-life balance.

On World Health Day,**2026,** The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, in collaboration with the Centre of Excellence for Sustainability, organized the event. an expert session for B.Sc. Nursing 4th Semester students titled *"Youth Health:* Managing Stress & Burnout" *on 8th April 2026.* The session aimed to create awareness, provide practical coping strategies and promote overall mental well-being while addressing one of the most pressing concerns affecting today's youth, with increasing academic demands, social pressures, digital overload, and uncertainties about the future, stress and burnout have become common experiences among students. The session was delivered by Ms. Vijyeta Bhasin (Assistant Professor, Department of Nursing, Chitkara University), whose insightful and engaging approach made the session highly impactful.

She highlighted the common causes of stress among youth, including academic pressure, social expectations, and the influence of digital media. She also explained the early signs of burnout, such as emotional exhaustion, lack of motivation, and decreased productivity, enabling participants to identify these issues in their own lives. Through an interactive and informative approach, various practical coping mechanisms were discussed. Techniques such as mindfulness, relaxation exercises, prioritization of tasks, and maintaining a consistent daily routine were explained in detail. Special emphasis was placed on self-care practices, including adequate sleep, regular physical activity, and digital detox, highlighting their importance in maintaining mental balance. Additionally, strategies for building emotional resilience and strengthening coping skills were shared, helping students manage stressful situations more effectively in both their academic and personal lives. Another key takeaway from the session was the importance of seeking help and supporting peers. Students were encouraged to recognize when professional guidance is needed and to extend empathy and understanding to others facing similar challenges.

Overall, the expert session proved to be highly insightful and impactful. It not only enhanced awareness about stress and burnout but also empowered students with practical tools to manage their mental health effectively. The initiative successfully contributed to fostering a culture of openness, resilience, and well-being, marking a significant step toward nurturing a healthier and more mindful youth community.

Outcomes

1.Increased awareness among participants about stress, burnout, and their effects on overall health.

2.Improved ability to recognize early signs and symptoms of stress and emotional exhaustion.

3.Enhanced understanding of the root causes of stress in academic and personal life.

4.Development of practical skills for managing stress through techniques like mindfulness and time management.

5.Adoption of healthier lifestyle habits, including self-care practices and better daily routines.

	
jyeta Bhasin introducing the topic; Youth Health-Manag & Burnout to the participants on 08.04.2026.	ipants performing task given by the resource person on the top Health-Managing Stress& Burnout on 08.04.2026.
	
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ipants performing the relaxation technique with the reso n on 08.04.2026	photo after the session with the resource person and the participants 2026

Event Details	
Event Type	Expert Talk
Topic	Innovation And New Treatment Regimen In Fatty Liver Disease Management
Date	2026-04-08 To 2026-04-08
Mode	Online
Organizer Name	Mr. Samuel Jonathan
Resource Person	Dr. Nikhil Anil Nadkarni, Senior Consultant And Renowned Gastroenterologist
No. Of Participants	258
SDG No	SDG 3: Good Health And Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation And Infrastructure, SDG 17: Partnership For The Goals
University Charter	Let's Educate Our Students For Brilliant Futures

Objective

1. To create awareness about fatty liver disease causes, prevention, and management.
2. To understand innovative treatment regimens and emerging medical advancements in hepatology.
3. To educate participants on liver functions, disorders, and associated lifestyle risks.
4. To debunk common myths and misconceptions related to liver diseases.
5. To commemorate World Health Day through health education and engagement initiatives.



DESCRIPTION

Chitkara College of Sales and Marketing Organized an expert talk show Innovation and New Treatment Regimen in Fatty Liver Disease Management" to commemorate world health day. The resource person present was Dr. Nikhil Anil Nadkarni, a senior consultant and renowned Gastroenterologist of Max Hospital, Mohali, Punjab. The expert talk show was organized for students of Chitkara College of Sales and Marketing, and faculty members.

Dr. Nadkarni made the participants aware about major causes of liver diseases, such as alcohol consumption, obesity and drug abuse using needles. Dr. Nikhil also explained function and malfunctions of liver, an extremely important organ of the body and our digestive system. He also mad aware about the challenges, myths attached to liver diseases. The expert speaker shared valuable guidelines, suggestions and dos and don'ts to follow to prevent and reduce sufferings due to ailments of the liver. Many participants got their queries answered by interacting with Dr. Nadkarni. The event was organised to bring awareness in our students and faculty members about the prevalent and seriousness of the ailment of the liver. This may lead to life style modification to enable to mitigate the dreaded effects of liver disease. It is said, Prevention is Better Than Cure", the awareness about the disease may do so. Second important reason to organise the event was to commemorate world health day and it's learnt that fatty liver disease has gripped significant population, hence bringing awareness about it was pertinent. The most important reason was to learn about innovation, which has been the moto of IIC events. To conclude, bringing awareness, learning about tips and suggestion to stay healthy and to get update about innovations in the field of medicines. This session was to promotes awareness about liver diseases and preventive healthcare practices. Encourages early diagnosis and lifestyle modification to reduce health risks. Enhances knowledge beyond curriculum in healthcare and disease management; Highlights innovations in treatment regimens for fatty liver disease

OUTCOMES

1. Participants gained knowledge about liver health, diseases, and preventive lifestyle changes.
2. Enhanced understanding of innovative treatments and advancements in fatty liver disease management.
3. Improved awareness of risk factors including alcohol, obesity, and unsafe practices.
4. Participants clarified doubts through interactive session with expert gastroenterologist.
5. Encouraged adoption of healthy habits supporting long-term liver health and well-being.


Nikhil Nadkarni
Pawan Sharma
Beant Singh
SUMIT PANDEY
Shiv Dutt
ROHIT KUMAR
MANTHAN CHAU...
REVA SHANKAR
AVESH MISHRA
157 others
Samuel Jonathan
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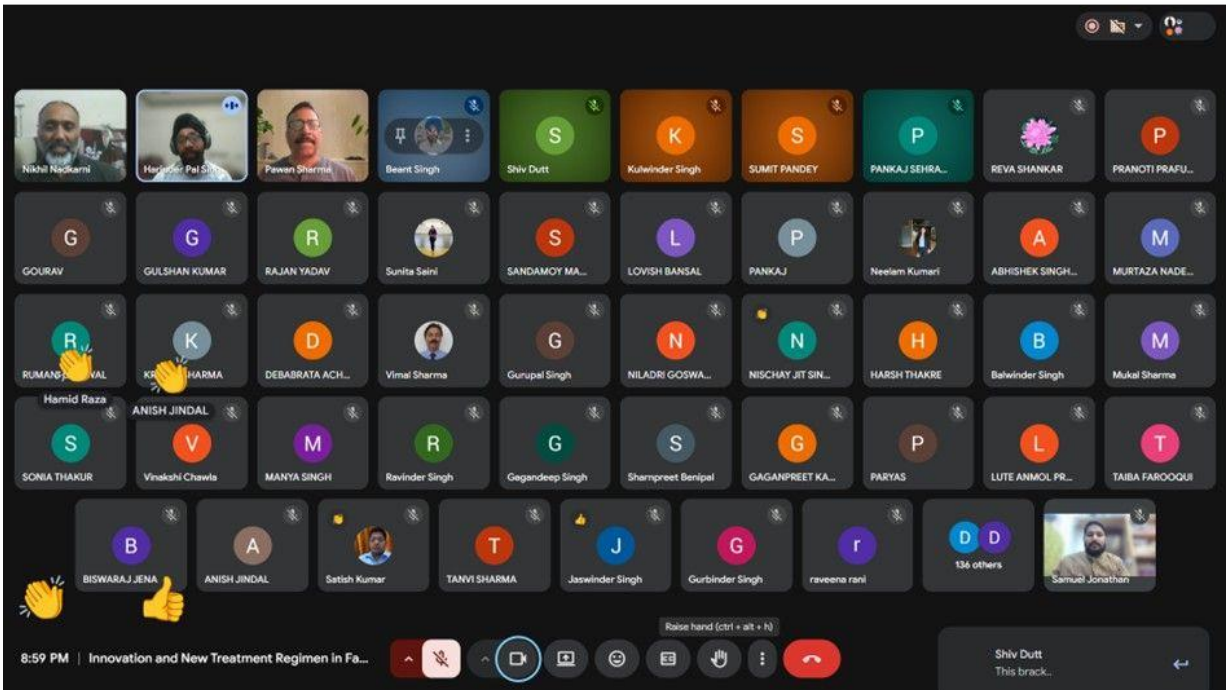
Nikhil Nadkarni
Pawan Sharma
Beant Singh
Shiv Dutt
Kulwinder Singh
SUMIT PANDEY
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REVA SHANKAR
PRANOTI PRAFU...
GOURAV
GULSHAN KUMAR
RAJAN YADAV
Sunita Saini
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PANKAJ
Neelam Kumari
ABHISHEK SINGH...
MURTAZA NADE...
DEBABRATA ACH...
Vimal Sharma
Gurupal Singh
NILADRI GOSWA...
NISCHAY JIT SIN...
HARSH THAKRE
Balwinder Singh
Mukul Sharma
Hamid Raza
ANISH JINDAL
SONIA THAKUR
Vinakshi Chawla
MANYA SINGH
Ravinder Singh
Gagandeep Singh
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Event Name	From Concept to Validation: Questionnaire Development and Pilot Testing in Research
Date	9th – 10th April, 2026
Venue	Ground Floor, Ramanujan Block, Chitkara University, Pb
Organizer	Department of Physiotherapy
Resource Person	Dr Urvashi Tandon, Professor & Dean, Doctoral Research Centre, Chitkara University, Pb.
Number of Participants	46
SDG Number	3 (Good Health and Well Being), 4 (Quality Education)
Duration	2 days

About the Activity



The Department of Physiotherapy successfully conducted a 2-day research workshop titled "From Concept to Validation: Questionnaire Development and Pilot Testing in Research" on 9th & 10th April 2026. The workshop was organized for BPT and MPT final year students with the aim of strengthening their research skills. The sessions covered questionnaire development, validation and reliability testing, and pilot study procedures.

The workshop was highly interactive, with active student participation through discussions and practical activities. It provided valuable insights into conducting research and will greatly support students in their academic projects and evidence-based clinical practice. Overall, the event was successfully completed and well appreciated by all participants.






CERTIFICATE

Event Name	Innovative Insights into Neurotransmitter Imbalance in Amblyopia: Beyond Traditional Visual Pathways
Date	9th April, 2026
Venue	GB-505, Galileo Block, Chitkara University Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Mr. Harish Bharadwaj
Number of Participants	58
SDG Number	3,4
Duration	2 hours

Description of Event



The Department of Optometry, Chitkara School of Health Sciences, successfully organized an expert talk on *"Innovative Insights into Neurotransmitter Imbalance in Amblyopia: Beyond Traditional Visual Pathways"* on 9th April 2026, delivered by Mr. Harish Bharadwaj. The session highlighted how amblyopia extends beyond a mere defect in visual pathways, emphasizing the critical role of neurotransmitter imbalances in shaping cortical processing and visual perception. The speaker provided in-depth insights into the involvement of key neurotransmitters such as GABA, glutamate, and dopamine, and their influence on cortical plasticity, binocular vision, and visual outcomes.

A major focus of the session was on innovative research methodologies, including neuroimaging and electrophysiological techniques, which are transforming the understanding and management of amblyopia. These approaches demonstrated how modern vision science is

integrating interdisciplinary knowledge to develop more effective and targeted therapeutic strategies.

The session was highly interactive, with active participation from students and faculty. Engaging discussions, thought-provoking questions, and real-time knowledge exchange made the session intellectually stimulating and impactful.





Event Details	
Event Name	World Health Day 8th April, 2026
Topic/Theme Date	Expert Session on Youth Health- Managing Stress & Burnout 8th April,2026
Mode Venue	Offline Galileo Block, Room Number GB205
Organizer Name	Ms. Divya Thakur (Assistant professor), Ms. Anjali (Nursing Tutor), CSHS, Chitkara University, Punjab.
Resource Person	Ms. Vijyeta Bhasn (Assistant Professor), CSHS, Chitkara University, Punjab.
No. of Participants SDG No	35 SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG17: Partnership with Goals

Objective

- To create awareness among youth about stress, burnout, and their impact on mental and physical health.
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- To understand the common causes of stress in students' academic and personal lives.
- To provide practical strategies and techniques for effective stress management.
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Outcomes

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- Improved ability to recognize early signs and symptoms of stress and emotional exhaustion.
- Enhanced understanding of the root causes of stress in academic and personal life.
- Development of practical skills for managing stress through techniques like mindfulness and time management.
- Adoption of healthier lifestyle habits, including self-care practices and better daily routines.



Ms.Vijyeta Bhasin introducing the topic; Youth Health-Managing Stress& Burnout to the participants on 08.04.2026.



Participants performing task given by the resource person on the topic: Youth Health-Managing Stress& Burnout on 08.04.2026.



Resource person is evaluating the answers of the participants on 08.04.2026



participants performing the relaxation technique with the resource person on 08.04.2026



Participants performing the relaxation technique with the resource person on 08.04.2026



Group photo after the session with the resource person and the participants on 08.04.2026

Event Details	
Event/Session Name	Donation of Furniture to Government School of Eminence
Event/Session Date	10-April-2026
Venue	Government School of Eminence, Mohinderganj, Rajpura
Organizers	Office of Administration
Resource Person	Capt. Ravinder Singh, (Asst. Director) Mr. Ravinder Singh, (Manager)
SDGs Covered	1,3,17

Overview

Continuing its commitment towards community development and educational support, the Office of Administration, Chitkara University, carried out a furniture donation initiative at the Government School of Eminence, Mohinderganj, Rajpura. The donation was made in response to a formal request received from the school authorities for essential furniture items required to improve classroom infrastructure and student learning spaces. The initiative aimed to support the institution by providing functional furniture resources and creating a more organized, comfortable, and student-friendly environment.

About The Donation

Based on the requirements shared by school, the following furniture items were donated:

1. Tables – 11 Units
2. Student Benches – 11 Units
3. Notice Boards – 11 Units
4. White Boards – 2 Units
5. Wooden Lockers – 1 Unit

All items were carefully checked for quality, usability, and condition before dispatch to ensure suitability for academic use.

Loading, Placement & Setup

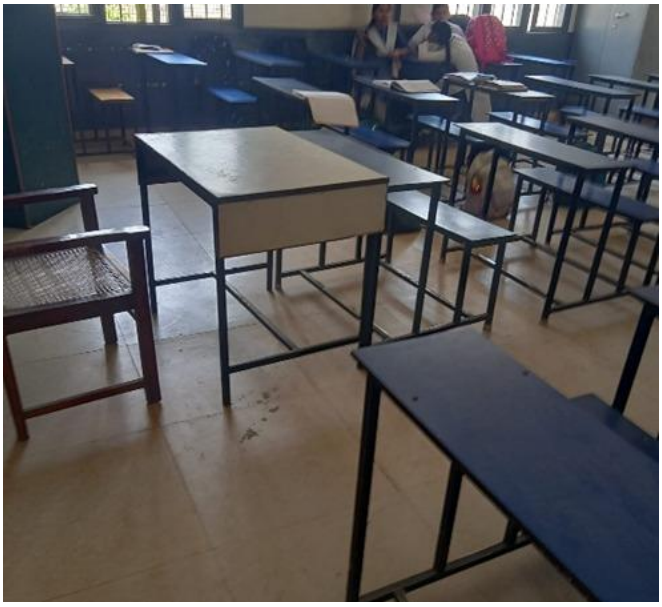
The furniture items were systematically loaded, transported, and delivered to the school premises under proper supervision. Upon arrival, the team coordinated with school authorities for smooth unloading and placement of materials in designated classrooms and activity areas.

Tables and chairs were arranged to enhance seating comfort, notice boards and white boards were installed for academic communication, while the wooden locker was positioned for organized storage. The planned setup significantly improved the functionality and appearance of the learning spaces.

Conclusion

The furniture donation drive at the Government School of Eminence stands as a valuable initiative towards empowering educational institutions through practical support. Such efforts continue to create lasting impact by transforming resources into opportunities for better learning and growth.







Event Details	
Event Type	Competition
Topic	Chitkara Pickleball Club Tournament
Date	2026-04-11 To 2026-04-11
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	11
SDG No	SDG 3: Good Health and Well-Being
University Charter	Let's Inculcate Team Spirit and Camaraderie Among Our Students

OBJECTIVE

- Promote pickleball as an emerging sport among students.
- Encourage participation and healthy competition.
- Provide a platform to showcase talent and skills.
- Foster sportsmanship, teamwork, and discipline.

DESCRIPTION

The Chitkara University Sports Board successfully organized the Chitkara Pickleball Club Tournament on 11th April 2026, bringing together enthusiastic players and sports lovers for an action-packed day. The event witnessed thrilling matches, intense rallies, and remarkable displays of skill and determination. Participants competed across Men's and Women's Singles categories, showcasing a perfect blend of power, precision, and strategy. The courts were filled with energy as players battled it out, reflecting true sportsmanship and competitive spirit. In the Men's Singles category, Harshit Sharma emerged as the champion, followed by Ritik Mittal as runner-up, while Ishan Sudan secured third place. In the Women's Singles category, Priyanka Kumari claimed the top spot, with Muskan finishing second and Anushka Sinha taking third place. The tournament not only highlighted the growing popularity of pickleball but also provided a valuable platform for students to demonstrate their talent. Overall, the event was a great success, reinforcing Chitkara University's commitment to promoting sports and holistic development.

OUTCOMES

High student participation and enthusiasm observed.

Identification of talented players for future competitions.

Enhanced awareness and popularity of pickleball on campus.
Strengthened sports culture and engagement within the university.

Event Details	
Event Name	Expert Talk
Topic	Stress, Stressors and Your Environment: Navigating University Life
Date	13.04.2026
Time	01:45 Pm onwards
Mode	Offline
Venue	GB205, 2nd Floor, Galileo Block, Chitkara University
Resource Persons	Dr. Charanjeet Kaur, HOD, Counselling Cell, Chitkara University, Punjab Ms. Shaina Teje, Student Counsellor, Chitkara University, Punjab
Organizer Name	Ms. Gagandeep Kaur, Associate Professor, Department of Nursing Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing
Number of participants	29
Number of impacted people	31
SDG No.	SDG 3: Good Health and Wellbeing, SDG 4: Quality Education
PO	PO2, PO3, PO4, PO5
University Charter	Let's encourage our students to think out of the box, Let's empower our students with great communication skills

Objective

1. To understand the concept of stress and stressors.
2. To identify common stressors faced by university students.
3. To analyse the impact of stress on physical and mental health.
4. To promote effective stress management techniques.
5. To encourage help-seeking behaviour among students.
6. To enhance awareness about maintaining mental well-being.

The Department of Nursing, CSHS, Chitkara University organized an informative session titled "Stress, Stressors, and Your Environment: Navigating University Life" on 13th April 2026 at Galileo Block. The session aimed to raise awareness among students about stress management and its significance in maintaining overall well-being and academic success. The session was conducted by Dr. Charanjeet Kaur, Head of the Counselling Cell, and Ms. Shaina Teje, Student Counsellor.

Both speakers shared valuable insights into the concept of stress, its causes, and its effects on students' mental, emotional, and physical health. They explained that stress is a natural response to challenging situations but can become harmful if not managed effectively. Various types of stressors commonly faced by university students were discussed, including academic workload, examination pressure, peer competition, time constraints, and adjustment to a new environment. The speakers emphasized that environmental and social factors also play a crucial role in influencing stress levels. Students were encouraged to identify their personal stress triggers and understand their responses to stressful situations. The session also focused on practical strategies to manage stress effectively. Techniques such as time management, prioritization of tasks, maintaining a balanced lifestyle, engaging in physical activity, and practicing relaxation methods like meditation and deep breathing were highlighted. The importance of maintaining a healthy support system, including friends, family, and counsellors, was also stressed. Students were motivated to seek professional help whenever they felt overwhelmed. An interactive discussion session allowed students to share their experiences and clarify their doubts. Real-life examples and practical tips made the session engaging and relatable. The speakers also highlighted the importance of mental health awareness and reducing the stigma associated with seeking counselling support.

Outcomes

1.Students developed a clear understanding of stress and its causes.
2.Increased awareness of personal and environmental stressors.
3.Improved knowledge of coping strategies and relaxation techniques.
4.Enhanced ability to manage academic and personal challenges.
5.Positive attitude towards seeking counselling and support services.
6.Greater emphasis on maintaining a balanced and healthy lifestyle.

 Students attending the session on Stress, Stressors, and Your Environment: Navigating University Life on 13.04.2026	 Students attending the session on Stress, Stressors, and Your Environment: Navigating University Life on 13.04.2026
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Event Details	
Event Type	Expert Talk
Topic	Safe Ride Initiative - Emergency Response Training for College Bus Situations
Date	2026-04-13 To 2026-04-13
Mode	Offline
Venue	Explore Stars (Chitkara University, Punjab)
Organizer Name	NSS
Resource Person	Ms. Seema Rani & Ms. Alka Guleria, Nursing Tutor
No. Of Participants	30
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 11: Sustainable Cities and Communities, SDG 17: Partnership for the Goals
PO Number(S)	PO1
University Charter	Let's Educate Our Students for Brilliant Futures

OBJECTIVE

- To equip transport drivers with essential emergency response skills.
- To train participants in Cardiopulmonary Resuscitation (CPR) and basic first aid.
- To enhance awareness of handling medical emergencies during transit.
- To prepare drivers for critical situations such as self-health emergencies and co-driver incidents.
- To promote road safety, alertness, and responsible driving practices.



DESCRIPTION

The primary focus of the training was hands-on CPR (Cardiopulmonary Resuscitation). Drivers were guided through practical demonstrations, enabling them to respond effectively in case of cardiac arrest situations involving themselves, co-drivers, or fellow commuters. This was followed by a basic first aid session, where participants learned essential techniques such as wound management, bleeding control, and providing immediate care during accidents until professional help arrives. Special emphasis was given to handling emergencies while driving, including situations like driver fatigue, sudden illness, or loss of consciousness. Trainers explained precautionary measures, early warning signs, and immediate response strategies to ensure road safety.

OUTCOMES

- Drivers acquired practical knowledge of CPR and first aid techniques.
- Participants improved their ability to handle medical and road emergencies.
- Awareness regarding road safety and emergency response increased significantly.
- Drivers became more confident in managing critical situations independently.









Event Name	Blood Donation Camp
Venue	Explore Stars Hall
Date	15th April 2026
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 Donors	79
Duration	One Day

"Where Compassion Flows, Life Follows"

The Blood Donation Camp organised by the National Service Scheme (NSS) department of Chitkara University, Punjab, on 15th April 2026, stood as a powerful testament to the spirit of humanity and selfless service. The event beautifully embodied its guiding philosophy — that every drop of blood donated carries with it the gift of life and the warmth of human compassion.

Conducted in collaboration with the Chitkara School of Planning & Architecture, Department of Culinary Arts, Chitkara College of Hospitality Management, and Chitkara University School of Maritime Studies, the camp drew strength from the collective commitment of multiple departments united by a single noble cause. The initiative was supported by VEINS-2-Village and organised in proud association with Rajindra Hospital, Patiala, whose medical expertise lent the event both credibility and professional excellence.

The response from the university community was nothing short of overwhelming. Students, faculty members, and staff came forward with remarkable enthusiasm and a heartfelt willingness to contribute. A significant number of blood units were successfully collected, directly supporting individuals facing critical medical needs. Throughout the process, the dedicated medical team from Rajindra Hospital ensured that every step of the donation procedure was conducted in a safe, hygienic, and systematic manner, putting donors at ease and maintaining the highest standards of care.

As a token of appreciation and encouragement, all donors were presented with refreshments, donor cards, and certificates of participation. Beyond the physical act of donation, the camp served as a meaningful platform to raise awareness about the vital importance of voluntary blood donation in saving lives.

The event fostered a deep sense of compassion, unity, and social responsibility among all participants, reinforcing Chitkara University's enduring commitment to community service and human welfare.














DUS KA VAZAN HOGA"
"AKELI LADKI KHULI HUI TIJORI KE JAISI HOTI HA"
" TU MUJHE NAHIN MAAR SAKTI, TU MERI MAA HAI"
"SAATH HAI TO KUCH HAI...VERNA NOTHING"




CHITKARA UNIVERSITY
EXPLORE STARS
EXPLORE STARS
JATIN DAS
CHITKARA UNIVERSITY
National Service Scheme
In Collaboration with
Chitkara School of Planning & Architecture
Chitkara College of Hospitality management
Department of Culinary Arts
Organises
Blood Donation Camp
on
15th April, 2026
In association with Rajendra Hospital, Patiala
Held at Chitkara University, Punjab

Event Details	
Event Type	CSR
Topic	Awareness Talk on Relapse Prevention and Its Strategies
Date	2026-04-16 To 2026-04-16
Mode	Offline
Organizer Name	Ms. Manu Kohli, Ms. Kanika Guleria, Ms. Vijyeta Bhasin
No. Of Participants	29
SDG No	SDG 3: Good Health and Well-Being
PO Number(S)	PO4, PO8, PO12
University Charter	Let's Empower Our Students with Great Communication Skills, Let's Stimulate Scholarly Energy and Diligence in Our Students Let's Infuse Leadership Skills in Our Students

OBJECTIVE

1. To enhance awareness about relapse prevention among individuals undergoing deaddiction and rehabilitation.
2. To identify common relapse triggers and help participants understand high-risk situations.
3. To develop effective coping strategies and practical skills to maintain long-term recovery.
4. To emphasize the importance of support systems and self-discipline in preventing relapses and promoting sustained well-being.

DESCRIPTION

The students of B.Sc. Nursing 6th Semester organized a role play and awareness talk on "Relapse Prevention and Its Strategies" at the District Deaddiction and Rehabilitation Centre, Mohali, on 16th April 2026 at 10:00 AM. The session was conducted under the guidance of Dr. Manu Kohli (Professor), Ms. Kanika Guleria, and Ms. Vijyeta Bhasin (Assistant Professors), with the aim of promoting awareness and strengthening understanding of relapse prevention among individuals undergoing rehabilitation. Relapse is a common challenge in the recovery process, and addressing it requires a combination of awareness, coping skills, and continuous support. Keeping this in mind, the session was designed to be interactive, informative, and engaging.

The highlight of the program was a role play performed by the students, which depicted real-life situations faced by individuals recovering from addiction. Through this activity, participants were able to identify common relapse triggers such as stress, peer pressure, emotional distress, and environmental cues. The role play also demonstrated practical coping strategies, including seeking social support, practicing self-control, and adopting healthy lifestyle habits. Following the role play, an awareness talk was delivered to reinforce key concepts related to relapse prevention. The discussion focused on recognizing early warning signs, building resilience, maintaining motivation, and the importance of adherence to treatment and counselling. Emphasis was also placed on the role of family, peers, and healthcare professionals in providing a supportive environment that encourages sustained recovery. The session was well-received by the audience, who actively participated and shared their thoughts and experiences. It not only enhanced their knowledge but also empowered them with practical strategies to prevent relapse and continue their journey towards recovery. Overall, the program served as a meaningful initiative to bridge the gap between theoretical knowledge and real-life application, highlighting the crucial role of nursing students in community awareness and mental health promotion.

OUTCOMES

1.Participants demonstrated improved awareness of relapse prevention and its role in the recovery journey.

2.Participants were able to identify common relapse triggers and recognize high-risk situations in daily life.

3.Participants acquired practical coping strategies to effectively manage cravings and prevent relapses.

4.Participants acknowledged the importance of support systems and self-discipline in sustaining long-term recovery.



Students performing role play at District deaddiction and rehabilitation centre, sector-66, Mohali on 16.04.2026



A student is giving psychoeducation on warning signs of relapse at District deaddiction and rehabilitation centre, sector-66, Mohali on 16.04.2026







Event Details	
Event Name	IDEA IGNITE — The Ideation Challenge.
Date	17-04-2026
Venue	Pulitzer Hall, Picasso Block, Chitkara University, Punjab
Organizer	Dr Manpreet Kaur
Resource Person	
Number of Participants	30
SDGs Covered	SDG 3: Good Health and Well-being, SDG 5: Gender Equality, SDG 9: Industry, Innovation, and Infrastructure, SDG 12: Responsible
Duration	3 Hrs.

Activity Summary



The Department of Applied Sciences, in collaboration with the ISTE Student Chapter, organized IDEA IGNITE to move beyond the constraints of traditional technical hackathons. The event's primary focus was to elevate the power of a well-structured "pitch" and prioritize the practical feasibility of innovative ideas designed to reshape campus life. The challenge saw an overwhelming response, receiving over 40 team registrations from diverse academic backgrounds. Following a rigorous preliminary screening of 1.5–2-minute video pitches, the top 10 teams—representing the exceptional solutions from each of the five problem domains—were invited to present their final visions during the Grand Finale at Pulitzer Hall, Picasso Block.

The program commenced with an exploration of how analytical thinking can serve as a catalyst for institutional change. The dignitaries emphasized that true empowerment in innovation comes from the ability to address everyday problems with clarity, resilience, and a strong sense of purpose. They highlighted that the challenge was not merely an assessment of technical skills but a recognition of the strength found in well-researched, structured solutions. The judging panel, consisting of Dr. Jaiteg Singh and Dr. Jasdev Bhatti, evaluated the finalists on their ability to bridge the gap between abstract innovation and practical implementation. The environment was highly engaging, encouraging students to reflect on the connection between traditional problem-solving values and modern campus aspirations. The event concluded with an awards ceremony where the top two teams were recognized for their outstanding contributions, followed by a formal felicitation of the

judges and faculty members for their support in fostering a culture of curiosity and leadership within the university.

Objective

1.To test students' creativity, analytical thinking, and structured presentation skills through a non-technical innovation challenge.
2.To generate feasible, real-world solutions for pressing campus problems across five specific domains.
3.To bridge the gap between abstract ideation and practical implementation within the university ecosystem.
4.To foster leadership and collaborative skills by requiring ISTE-led student teams.

Outcomes

1. Students enhanced creativity, analytical thinking, and presentation skills through structured idea development and presentation.
2. Feasible solutions for campus challenges were generated across the identified domains.
3. Participants developed implementation-oriented ideas, bridging the gap between concepts and practical application.
4. Leadership and teamwork skills were strengthened through collaborative ISTE-led team participation.







Event Details	
Event/Session Name	Awareness Session on Liver Health under the "Survey of Liver" Campaign for Support Staff
Event/Session Date	18-April, 2026
Venue	Hippocrates Hall, Fleming Block, Chitkara University
Organizers	Department of Pharmacology, Chitkara College of Pharmacy
Resource Person	Dr. Onkar Bedi, Assistant Professor & Students of final year Pharm, Chitkara College of Pharmacy
No. of Participants	(Supporting Staff) - 50
SDGs Covered	3,17

Overview

The Office of Administration collaboratively participated in an awareness session organized by the Department of Pharmacology for support staff under the "Survey of Liver" campaign. The session was conducted by Dr. Onkar Bedi, Assistant Professor, along with final year B.Pharm students. The session aimed to spread awareness regarding liver health, preventive care, and healthy lifestyle practices through an engaging and easy-to-understand approach.

Session Highlights

The session began with an informative discussion on the importance of the liver and its vital role in maintaining overall health. To make the concept more relatable, the resource person used the commonly known term **"**Jigar", helping participants connect with the topic in a familiar and meaningful way.

Key areas discussed during the session included:

1.Importance of Liver Health: Explanation of the liver's role in digestion, detoxification, and energy storage.
2.Meaning Behind "Jigar Ka Tukda": Participants were told how the phrase symbolizes something precious and strong, reflecting the importance of the liver in the human body.
3.Healthy Lifestyle Practices: Guidance on maintaining liver health through proper diet, hydration, exercise, and avoiding harmful habits.
4.Do's and Don'ts: Student volunteers explained important habits to follow and avoid for better liver functioning.
5.Detox Water Awareness: Various types of detox water were displayed and explained, highlighting their benefits in hydration and supporting wellness.

Participant Engagement

The support staff actively participated throughout the session, responding enthusiastically to questions and discussions. The use of familiar language, practical examples, and student-led explanations created a comfortable and interactive learning environment.

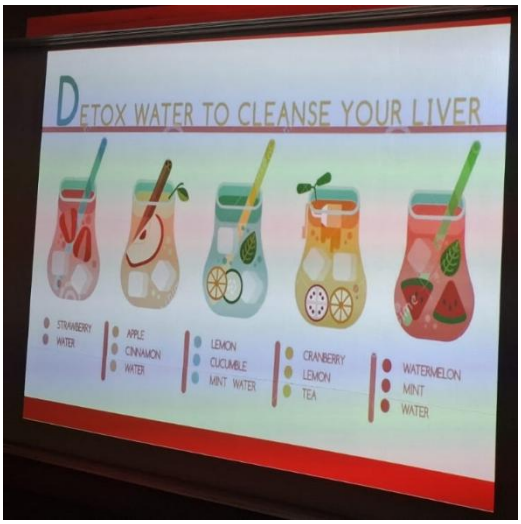
Outcome

The session successfully increased awareness regarding liver health and encouraged participants to adopt healthier daily habits. It also helped simplify medical concepts for staff through relatable communication, making health education more accessible and impactful.

Conclusion

The awareness session under the "Survey of Liver" campaign proved to be a meaningful initiative in promoting preventive healthcare among support staff. Through informative discussions and interactive learning, the program reinforced the importance of caring for one of the body's most essential organs.









Event Name	World Health Day
Venue	Village Ramnagar
Date	18th April 2026
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
Duration	One Day

"Health is Not Merely the Absence of Disease, but a State of Complete Physical, Mental, and Social Well-Being."

On World Health Day, the National Service Scheme (NSS) of Chitkara University, in collaboration with the Chitkara School of Health Sciences, organised a comprehensive free health screening camp at the Adopted Village, Ramnagar, on 18th April 2026. The initiative reflected a profound commitment to making quality healthcare accessible to those who need it most, bringing essential medical services directly to the doorstep of the rural community.

The camp offered a wide range of vital health services designed to address the most prevalent health concerns among villagers. These included blood pressure and blood sugar checks for the early detection of hypertension and diabetes, hemoglobin (HB) testing to identify cases of anemia, thorough eye check-ups to assess vision health, and Body Mass Index (BMI) assessments to evaluate overall physical well-being. The breadth of services ensured that villagers received a holistic health evaluation under one roof, free of cost.

The response from the community was heartening, with more than 70 villagers availing themselves of the various health services offered. Free medicines were distributed to patients diagnosed with anemia, accompanied by proper medical guidance and personalised follow-up advice to support their ongoing recovery and care. Trained health professionals and dedicated NSS volunteers worked in close coordination to ensure a smooth, organised, and compassionate experience for every participant.

This meaningful initiative was aligned with the global theme of World Health Day — "Together for Health. Stand with Science" — reinforcing the belief that healthcare is a collective responsibility and that science-driven solutions must reach every corner of society.

Through this camp, Chitkara University reaffirmed its unwavering dedication to community well-being, accessible healthcare, and compassionate service — building healthier, stronger, and more aware communities, one village at a time.


HOLLISTER


WORLD HEALTH Day


WORLD HEALTH Day


WORLD HEALTH Day



Event name	World Earth Day Week Celebrations, Activities, and Competition 2026
Topic	Plantation Drive & Eco-Selfie Campaign, Clean Campus in 60 Minutes, Bring Your Own Bottle / No Plastic Day, Poster Making Competition
Date	20th – 24th April, 2026
Mode	Offline
Venue	Lh-5, Le-Corbusier Block
Organizer Name	Department of Interior Design in collaboration with the Centre of Excellence for Sustainability
Resource Person	Indu Aggarwal
No. Participant	23
SDG Number	SDG 3 Good Health and Well-being SDG 4 Quality Education SDG 8 Decent Work and Economic Growth SDG 11 Sustainable Cities and Communities SDG 13 Climate Action

OBJECTIVES

To demonstrate global support for environmental protection and to raise awareness about the critical need to conserve natural resources for future generations.

DESCRIPTION

A "**Plantation Drive"** event was organised as part of an eco-selfie campaign to promote environmental awareness and encourage sustainable practices among students. During the activity, students actively participated in planting saplings within the campus, contributing to a greener and healthier environment. The campaign also involved capturing "eco selfies" with the planted trees, which helped spread the message of conservation and responsibility towards nature on social media. Overall, the initiative not only enhanced the greenery of the campus but also instilled a sense of environmental responsibility and community involvement among participants.

An event, **"Clean Campus in 60 Minutes",** was organised as an activity to promote cleanliness and environmental responsibility among students. During this initiative, students actively participated in collecting waste from "Chitkara Woods" of the campus within a set

time frame. The garbage was carefully segregated into separate bags based on type, such as recyclable and non-recyclable waste, encouraging proper waste management practices. This activity not only helped in maintaining a clean and hygienic campus environment but also raised awareness about the importance of waste segregation and collective responsibility towards sustainability.

An event, **"Bring Your Own Bottle / No Plastic Day",** was organised to encourage students to reduce single-use plastic and adopt eco-friendly habits. Students were asked to carry reusable water bottles instead of purchasing plastic ones, promoting a simple yet effective step towards sustainability. The activity helped spread awareness about the harmful impact of plastic waste on the environment and motivated everyone to make more responsible everyday choices. Overall, it was a meaningful initiative that fostered a culture of environmental consciousness on campus.

To celebrate Earth Day creatively and inclusively, our college organised a "**Poster-making Competition"** that featured both digital and hand-drawn categories. This allowed students to showcase their artistic skills using both traditional methods and modern digital tools. Participants created impactful posters highlighting themes like environmental conservation, sustainability, and climate awareness. The activity not only encouraged creativity and innovation but also helped spread awareness about protecting our planet. Overall, it was an engaging initiative that effectively combined art and environmental responsibility.

OUTCOMES

1.Increased greenery on campus, improving the overall environment
2.Raised awareness about environmental conservation and sustainability
3.Encouraged active student participation and responsibility towards nature
4.Promoted eco-friendly habits through the eco selfie campaign
5.Fostered teamwork and community involvement among students


Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
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Wednesday, 22/04/2026 03:11 PM GMT+05:30
Note : Captured by GPS Map Camera


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WORLD EARTH DAY
OUR POWER, OUR PLANET
Patiala,Punjab,India
Chitkara University Road, Rajpura, Patiala, Punjab 140601, India
Lat 30.517387, Long 76.660228
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Patiala,Punjab,India
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Note : Captured by GPS Map Camera



Event Name	Application of Statistics in Healthcare Research: Innovations and Advancements
Date	20th April, 2026
Venue	GB-505, Galileo Block, Chitkara University Punjab
Organizer	Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr. Arun Agrawal
Number of Participants	65
SDG Number	3,4
Duration	2 hours

Description of Event



The Department of Optometry, Chitkara School of Health Sciences, Chitkara University, Punjab, successfully organized an expert talk on "Application of Statistics in Healthcare Research: Innovations and Advancements" on 20th April 2026. The session was delivered by Dr. Arun Agrawal, who provided comprehensive insights into the crucial role of statistics in modern healthcare research. The lecture emphasized the importance of statistical methods in designing research studies, analyzing data, and interpreting results to support evidence-based clinical decision-making. Key concepts such as research design, hypothesis testing, data analysis, and validation of results were discussed in a clear and practical manner, making complex ideas easier to understand for students. The speaker also highlighted recent innovations and advancements in statistical applications, including the use of data analytics and statistical software in improving the accuracy and reliability of healthcare outcomes. The session was highly interactive, with active participation from students and faculty, fostering engaging discussions and encouraging analytical thinking.

Overall, the event proved to be informative and impactful, enhancing participants' understanding of the application of statistics in healthcare research and promoting a research-oriented approach among learners.





Event Name	Medical Laboratory Professional Week (MLPW2026)
Date	20th April to 24th April 2026
Venue	Galileo Block and Einstein Hall
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Person	Dr. Brijesh Shukla, Vice President, Krsnaa Diagnostics Dr. Anuj Gupta, Director, Atulaya Diagnostics
Number of Participants	86
SDG Number	3,4,17
Duration	5 days offline mode

Description of Event



The Department of Allied Health Sciences celebrated Medical Laboratory Professionals Week (MLPW) 2026 from 20th to 24th April 2026 through a series of academic, co-curricular, and skill-based activities aimed at enhancing students' professional competencies and industry awareness.

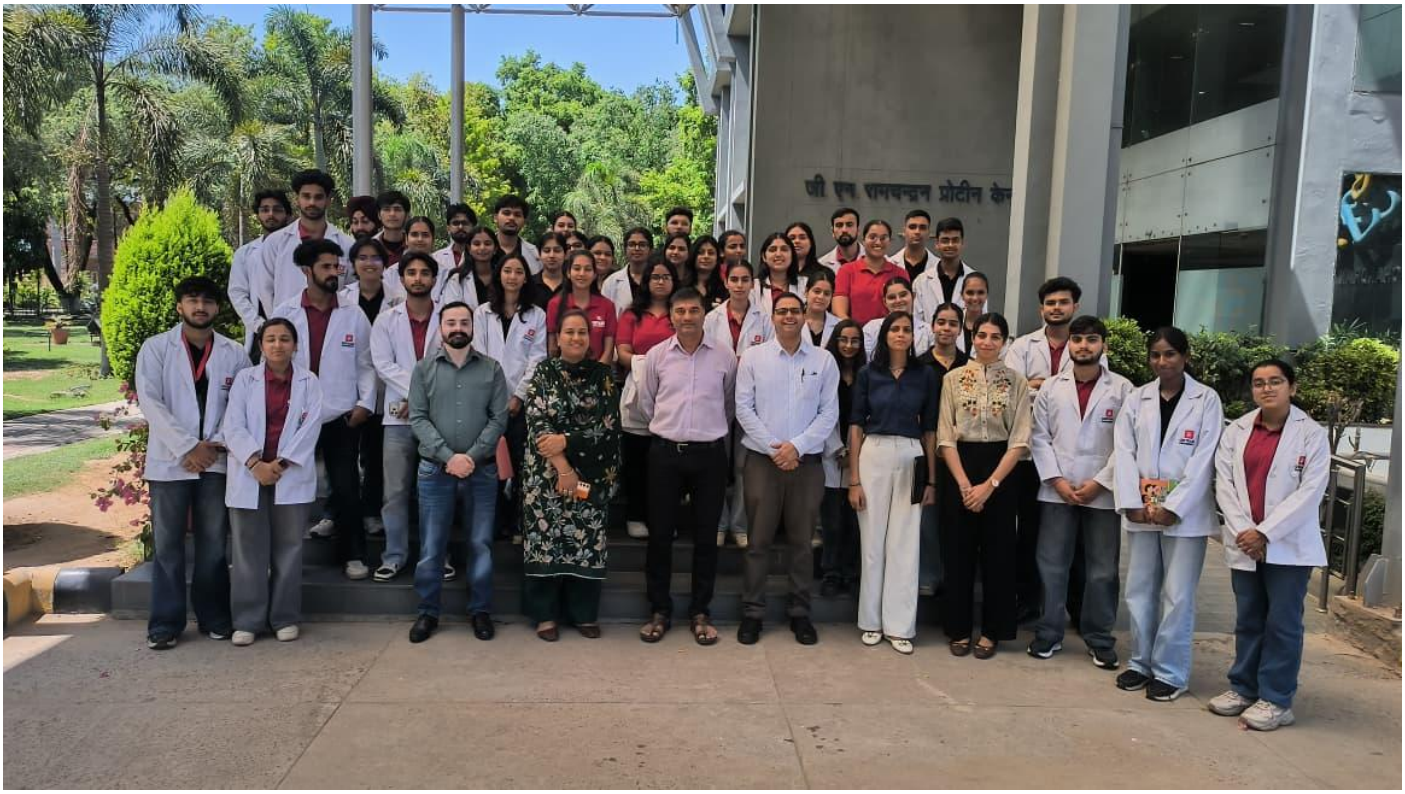
The event commenced with an expert session on "Campus to Corporate: What You Need?" by Mr. Brijesh Shukla, who shared valuable insights on career readiness, workplace expectations, and professional development. To encourage creativity and scientific expression, Poster Making and Rangoli Competitions were organized, receiving enthusiastic participation from students with a total of 20 poster entries and 10 rangoli entries.

The second day featured engaging activities including Brain Quest, Reel Competition, and Lab Challenge, which provided students with opportunities to demonstrate their analytical thinking, scientific knowledge, communication skills, and practical laboratory expertise.

To promote experiential learning and industry exposure, students visited CSIR-IMTech and Krsnaa Diagnostics, where they gained insights into advanced laboratory technologies, diagnostic procedures, and research practices. In addition, a hands-on workshop conducted by Erba Transasia enhanced students' understanding of modern diagnostic equipment and laboratory techniques.

The week concluded with a Panel Discussion on emerging opportunities and future trends in healthcare and laboratory sciences, followed by a Valedictory Ceremony. Overall, MLPW 2026 successfully fostered professional learning, technical skill development, creativity, teamwork, and industry engagement, making it a meaningful and enriching experience for all participants.








CHITKARA UNIVERSITY
CHITKARA SCHOO
EINSTEIN hall

Event Details	
Event Type	Sustainability Activity
Event Name	Expert Talk on World Earth Day
Topic/Theme	Energy for Change: Innovates to Reduce Carbon Footprints
Date	22nd April, 2026
Mode	Online
Platform	Google Meet
Organizer Name	Ms. Lakshita (Assistant Professor), Ms. Preetika (Nursing Tutor)
No. of Participants	51
Number of impacted people	-
SDG No.	SDG 3: Good Health and Wellbeing, SDG 4: Quality Education, SDG13: Climate Action, SDG 15: Life on Land
PO	PO1, PO3, PO7, PO9
University Charter	Let's Educate our students for brilliant futures, Lets Prepare our students for industry, Let's empower our students with great communication skills,

Objective

1. To sensitize nursing students about the link between environment and public health.
2. To highlight the role of nurses in promoting eco-friendly healthcare practices.
3. To encourage integration of sustainability into hospital and community health programs.
4. To foster awareness of environmental hazards affecting vulnerable populations.
5. To inspire advocacy for policies that protect both human health and the planet.

On 22nd April 2026**,** the students of B.Sc. Nursing, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab**,** organized an Expert Talk to mark the occasion of World Earth Day**.** The theme of the session was *"*Energy for Change: Innovates to Reduce Carbon Footprints*"*, reflecting the global call to action for environmental sustainability. The initiative was designed to educate and sensitize nursing students about the vital interconnection between environmental sustainability and human health, emphasizing how ecological balance directly influences community well-being and the future of healthcare.

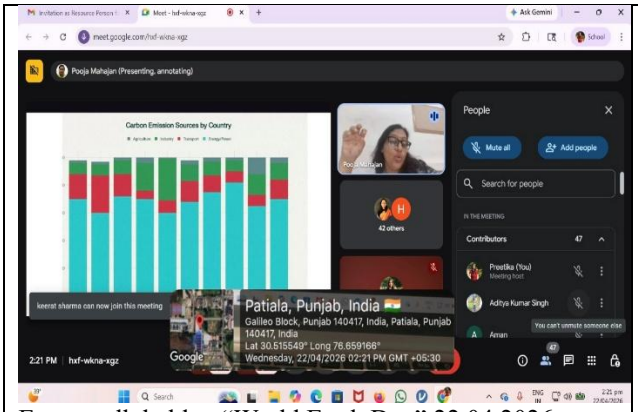
The talk was delivered by Dr. Pooja Mahajan, Associate Professor, Department of Applied Sciences, Chitkara University Institute of Engineering and Technology, Chitkara University Punjab**.** Drawing upon her expertise in the field of environment and sustainability, Dr. Mahajan highlighted the historical significance of Earth Day and underscored the urgent need for

collective action to protect natural resources. She elaborated on the pressing challenges posed by climate change, pollution, and unsustainable practices, while also presenting innovative strategies to reduce carbon footprints at both individual and institutional levels. Her insights provided nursing students with a deeper understanding of how healthcare professionals can play a pivotal role in promoting sustainable practices.

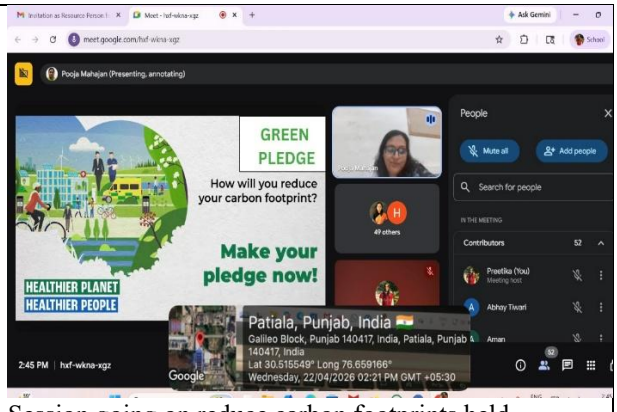
The session was highly interactive, encouraging students to reflect on their responsibilities as future nurses in advocating for healthier environments. Dr. Mahajan's emphasis on adopting eco-friendly habits, conserving energy, and supporting green initiatives resonated strongly with the audience. The talk not only enriched the academic learning experience but also inspired students to integrate sustainability into their personal and professional lives. By linking environmental conservation with human health outcomes, the session reinforced the idea that nurses, as frontline caregivers, can be powerful agents of change in building a greener, healthier world.

Outcomes

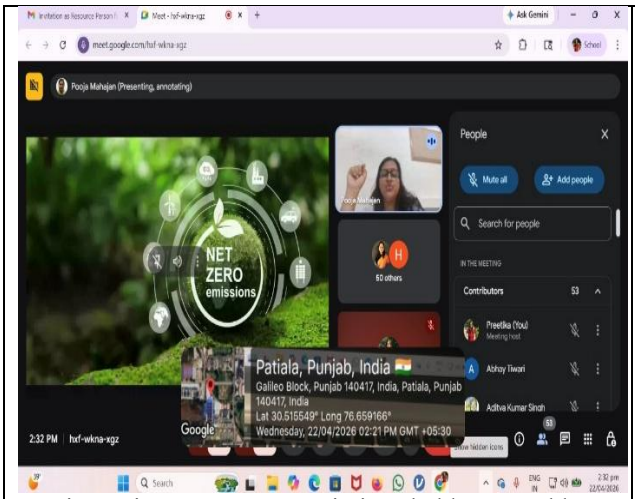
1. Students gain clarity on how environmental issues directly impact patient care.
2. Adoption of green practices in clinical and community settings (waste segregation, energy conservation).
3. Enhanced ability to educate patients and communities on eco-health initiatives.
4. Development of leadership skills in environmental health promotion.
5. Empowerment to act as change agents for sustainable healthcare systems.



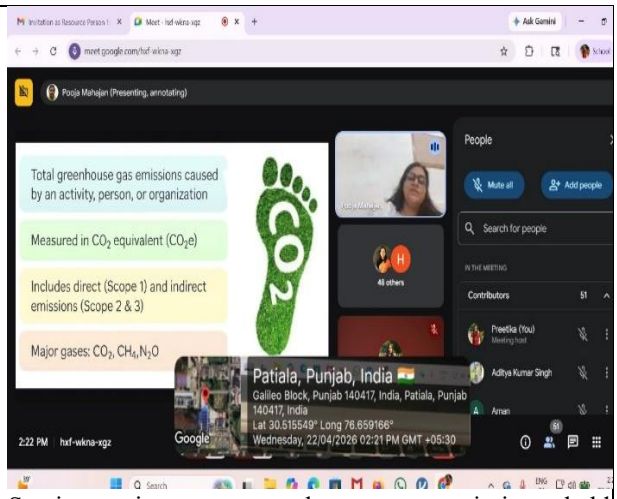
Expert talk held on"World Earth Day" 22.04.2026



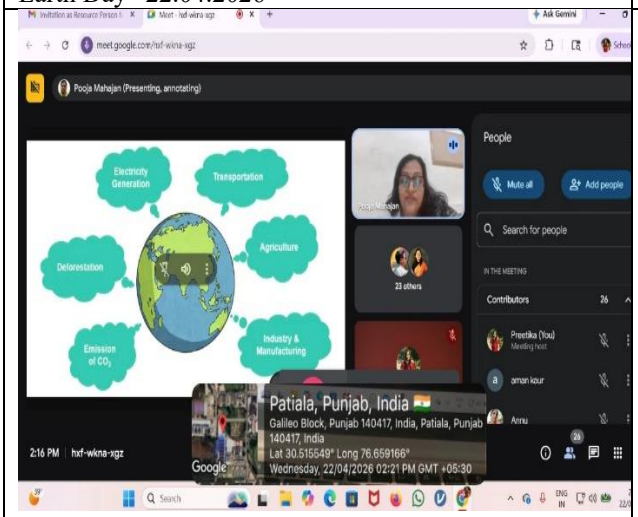
Session going on reduce carbon footprints held on"World Earth Day" 22.04.2026



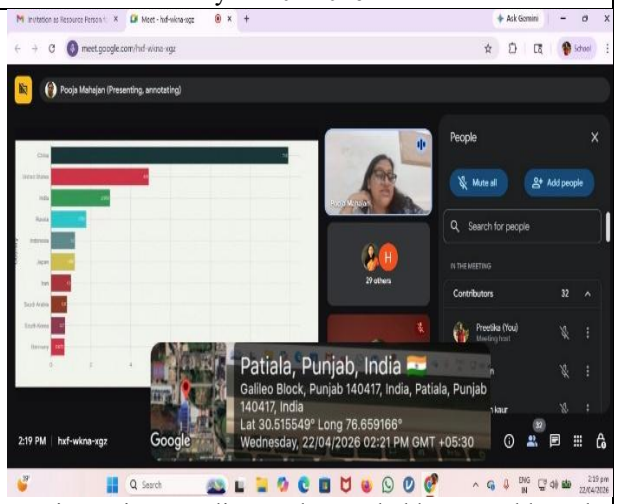
Session going on net zero emissions held on"World Earth Day" 22.04.2026



Session going on greenghouse gas emissions held on"World Earth Day" 22.04.2026



Session going on carbon footprints held on"World Earth Day" 22.04.2026



Session going on Climate change held on"World Earth Day" 22.04.2026

Event Details	
Event Name	Role Play
Topic	World Immunization Week
Date	24th April 2026
Mode	Offline
Venue	Motherhood Hospital, Mohali
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor Ms. Kanika Sharma, Assistant Professor Ms. Kritika Joshi, Nursing Tutor Department of Nursing, CSHS, Chitkara University Punjab
No. of Participants	09
SDG No	3-Good Health and Well Being,4-Quality Education 10-Reduced Inequalities, 17- Partnerships for the Goals
POs	PO1, PO2, PO4, PO5

Objective

- To create awareness among people about the importance of vaccination in preventing serious diseases.
- To encourage parents and caregivers to ensure timely immunization of children according to the national immunization schedule.
- To promote equal access to vaccines for every individual, regardless of location, income, or social status.
- To reduce child mortality and morbidity caused by vaccine-preventable diseases.
- To strengthen public trust in vaccines by addressing myths, misconceptions, and vaccine hesitancy.
- To support the goal of building a healthier, stronger, and disease-free community.

Description

On "World Immunization week "Department of Nursing, Chitkara University organized a role play on World Immunization Week was organized to spread awareness regarding the importance of vaccination and to educate people about the prevention of vaccine-preventable diseases. The activity was conducted with the theme "Every Generation, Vaccines Work", emphasizing that immunization is necessary for every stage of life, including newborns, children, adolescents, adults, and the elderly. The main objective of the role play was to make people understand that vaccines are one of the safest and most effective ways to protect health

and prevent serious illnesses such as polio, measles, hepatitis, tetanus, tuberculosis, and many other infectious diseases.

The performance also aimed to remove myths and misconceptions related to immunization and encourage timely vaccination. In the role play, students performed different characters such as nurses, doctors, parents, pregnant mothers, children, and community members. The scene showed a family hesitating to vaccinate their child due to fear and lack of knowledge. A nurse and doctor explained the benefits of vaccines, the importance of following the immunization schedule, and how vaccines protect not only the child but also the entire community. Another part of the performance highlighted maternal immunization and the importance of vaccines during pregnancy for protecting both mother and baby. The role plays also showed awareness regarding adult and elderly vaccination, proving that immunization is not limited to childhood only. Special focus was given to the slogan **"**One Shot, Countless Lives Saved" and "Vaccines Work for Everyone, everywhere." Students used posters, placards, and interactive dialogue to make the performance more effective and understandable for the audience. The role plays successfully attracted attention and created awareness among patients, attendants, and healthcare workers present at the venue. It helped the audience understand the value of complete immunization and encouraged them to trust healthcare services and participate actively in vaccination programs. This educational activity also improved the confidence, communication skills, teamwork, and teaching abilities of nursing students. It was an effective method of health education and promoted the message that immunization is a shared responsibility for building a healthier and disease-free society.

Outcomes

1.Increased awareness among parents and communities about the importance of timely vaccination.
2.Improved understanding of the national immunization schedule and vaccine-preventable diseases.
3.Reduction in myths, fears, and misconceptions related to vaccines and immunization.
Greater participation of families in routine immunization programs for children and pregnant women.
4.Enhanced confidence and trust in healthcare services and vaccination programs. Improved vaccination coverage, especially among underserved and vulnerable populations

 Role Play on World Immunization week Conducted on 24th April, 2026	 Role Play on World Immunization week Conducted on 24th April, 2026
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 Role Play on World Immunization week Conducted on 24th April, 2026	 Role Play on World Immunization week Conducted on 24th April, 2026

Event Details	
Event Type	Social Event
Topic	World Malaria Day 2026
Date	2026-04-24 To 2026-04-24
Mode	Offline
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	15
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education
Po Number(S)	Po1, Po2
University Charter	Let's Educate Our Students for Brilliant Futures

OBJECTIVE

-To raise awareness about Malaria, its causes, and methods of prevention.
-To educate students and the community about mosquito control and hygiene practices.
-To promote early diagnosis and timely treatment of malaria.
-To encourage collective responsibility in maintaining a clean and healthy environment.

DESCRIPTION

A rally on World Malaria Day was organized at Chitkara University with the aim of spreading awareness about Malaria and its prevention. The event had witnessed enthusiastic participation from students, faculty members, and volunteers, who came together to contribute to a meaningful public health initiative. Participants had carried placards, banners, and posters displaying impactful slogans that highlighted the importance of cleanliness, mosquito control, and preventive healthcare practices. The rally had commenced within the university campus and progressed through key areas, drawing attention to the significance of eliminating stagnant water, maintaining sanitation, and adopting protective measures such as using mosquito nets and repellents. The participants had actively engaged with fellow students and staff, spreading awareness through verbal communication and visual messages. The atmosphere throughout the rally had been energetic and purposeful, reflecting a shared commitment to promoting health and well-being.

OUTCOMES

-Increased awareness among students and staff regarding malaria prevention and control.
-Improved understanding of hygiene and mosquito control practices.
-Strengthened community participation in public health initiatives.
-Encouraged adoption of preventive measures for a healthier environment



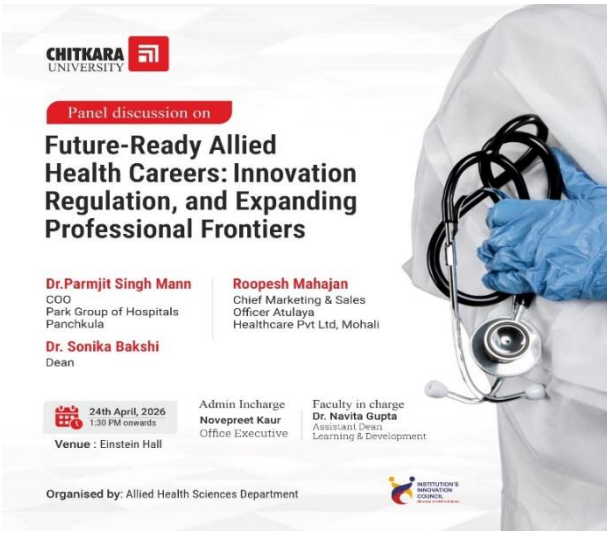






Event Name	Panel Discussion on "Future-Ready Allied Health Careers: Innovation, Regulation, and Expanding Professional Frontiers"
Date	24th April 2026
Venue	Einstein Hall, Galileo Block, Chitkara University, Punjab
Organizer	Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Persons	1. Dr. Parmjit Singh Mann, COO, Park Hospital, Panchkula 2. Mr. Roopesh Mahajan, Chief marketing & Sales officer, Atulaya Healthcare Private Ltd., Mohali 3. Dr. Sonika Bakshi, Dean, CSHS, Chitkara University, Punjab
Number of Participants	88 students and 12 faculty members
SDG Number	3,4,17
Duration	2 hours in Offline mode

Description of Event



Allied health professionals today play a central role in diagnostics, imaging, perioperative care, nutrition management, rehabilitation, and preventive healthcare. Programs such as Medical Radiology & Imaging Technology (MRIT), Operation Theatre Technology (OTT), Medical Laboratory Sciences (BMLS), and Nutrition & Dietetics are witnessing rapid expansion in scope, with emerging opportunities in molecular diagnostics, AI-enabled imaging, surgical technologies, wellness sciences, public health nutrition, and healthcare management. For final-year students who are preparing to enter the internship, they need to understand these developments for informed career planning and future readiness. In this context, AHS, Chitkara School of Health Sciences, Chitkara University, Punjab, organized an expert panel discussion to provide students with strategic guidance on career opportunities, regulatory developments, innovation trends, and skills needed to thrive in the evolving healthcare sector. The session aimed to create awareness about

emerging career opportunities, innovation, AI, automation, and the role of NCAHP in allied health professions. Esteemed panelists included Dr. Parmjit Singh Mann, Mr. Roopesh Mahajan, and Dr. Sonika Bakshi, who shared valuable insights on employability, professional growth, regulations, and future competencies. Students gained clarity, confidence, and strategic direction for their career pathways. The students also actively participated in integrated clinical pathway stimulation activity which provided a holistic, experiential learning platform that prepares students for the complexities of modern healthcare systems. By fostering teamwork, communication, and applied clinical knowledge, the activity which was based on a cancer case study contributed significantly to the understanding of interdisciplinary knowledge for patient diagnosis.









Event Details	
Event Type	Competition
Topic	Basketball Club Tournament 3v3 Mixed Team
Date	2026-04-25 To 2026-04-25
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	18
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

- To promote active participation in basketball among students.
- To encourage teamwork and coordination through mixed team play.
- To provide a competitive platform for skill development.
- To enhance strategic thinking and on-court decision making.
- To foster sportsmanship and healthy competition.

DESCRIPTION

The Basketball Club Tournament (3v3 Mixed Team) was successfully organized by the Chitkara University Sports Board on 25th April 2026. The event showcased high levels of enthusiasm, energy, and competitive spirit among participants. Teams from across the university actively participated, making the tournament engaging and competitive. The matches were closely contested, highlighting the players' skills, coordination, and strategic gameplay. The tournament not only promoted sportsmanship but also provided a platform for students to demonstrate teamwork and athletic ability. Results: ???? Champions: Team Kanika ???? Runner-Up: Team Jasmeet.

OUTCOMES

Increased student engagement in basketball activities.
Improved teamwork and communication among players.
Enhanced individual and team performance skills.
Strengthened competitive spirit and game understanding.
Successful execution of a well-organized sporting event.




BASKETBALL CLUB

Event Details	
Event Type	Competition
Topic	2nd Edition Chitkara Futsal Tournament
Date	2026-04-25 To 2026-04-25
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	82
SDG No	SDG 3: Good Health and Well-Being
University Charter	Let's Inculcate Team Spirit and Camaraderie Among Our Students

OBJECTIVE

- Promoting futsal as a competitive sport among students.
- To encourage teamwork and quick decision making.
- To provide a platform for skill development and performance.
- To enhance strategic and tactical gameplay understanding.
- To foster sportsmanship and healthy competition.

DESCRIPTION

The 2nd Edition Chitkara Futsal Tournament was successfully organized by the Chitkara University Sports Board, delivering an electrifying sporting experience. The tournament witnessed enthusiastic participation from various teams, each showcasing intensity, strategy, and passion on the court. The matches were fast-paced and highly competitive, creating thrilling moments throughout the event. Players demonstrated excellent coordination, technical skills, and game awareness, making the tournament engaging and memorable. The event served as a great platform to promote futsal while fostering teamwork and sportsmanship among participants. Results:???? Champions: Blue Locks???? Runner-Up: Terminators

OUTCOMES

Increased student participation in futsal activities.
Improved coordination and teamwork among players.
Enhanced technical and tactical skills.

Strengthened competitive spirit and game awareness.
Successful execution of a well-organized tournament.





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

Objective

- 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 raise awareness about malaria prevention, diagnosis, and treatment.
- To promote equity, innovation, and accountability in malaria prevention and control.

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

is preventable and treatable with proper awareness and timely intervention. The session concluded with an interactive discussion where community members asked questions and shared their experiences. The attendees pledged to follow preventive measures and spread awareness among their families and neighbors. The event successfully strengthened the community's commitment to malaria prevention, promoting a healthier and safer environment.

Outcomes

- The local community gained valuable knowledge about malaria prevention, including the use of mosquito nets and the elimination of stagnant water.
- Participants were encouraged to adopt healthier practices, such as wearing protective clothing and using mosquito repellents.
- The awareness talks motivated individuals to seek timely medical care at the first signs of malaria symptoms.
- Community members committed to actively engaging in malaria prevention efforts to reduce the spread of the disease in their area.
- Improved knowledge and practices among communities, especially in high-risk areas.









Event Name	Axis of Spinal Integrity: From Prevention to Modern Surgical Repair and Recovery Mandates
Date	28th April, 2026
Venue	Einstein Hall, Galileo Block, Chitkara University, Pb
Organizer	Department of Physiotherapy
Resource Person	• Dr Chitra Kataria, Principal, Indian Spinal Injury Centre, Institution of Rehabilitation Sciences • Dr Vivek Shrivastava, Dean, Department of Physiotherapy • Dr Deepak Joshi, Director, Spinal Surgery Fortis Hospital, Mohali
Number of Participants	65
SDG Number	3 (Good Health and Well Being), 4 (Quality Education), 17 (Partnership for the Goals)
Duration	1 day

About the Activity



The Department of Physiotherapy, Chitkara University, Punjab, in collaboration with Fortis Hospital, Mohali, successfully hosted the Scientific Symposium, "Axis of Spinal Integrity: From Prevention to Modern Surgical Repair and Recovery Mandates." This academic endeavor brought together distinguished clinical leaders to share transformative insights into spinal health. The session featured Dr. Deepak Joshi, Director of Spine Surgery, Fortis Hospital, Mohali, who explored the frontiers of modern surgical milestones, and Dr. Vivek Shrivastava, Dean, Physiotherapy, Chitkara University and Consultant-Physiotherapy, Fortis Medcentre, Chandigarh who provided an expert analysis of spinal muscle integrity and core stability. The discourse was further enriched by Prof. (Dr.) Chitra Kataria, Principal, Indian Spinal Injuries Centre - Institute of Rehabilitation Sciences, who established the vital mandates for the post-surgical rehabilitation journey. By integrating surgical precision with rehabilitative expertise,

the symposium offered a comprehensive vision for patient-centric care, marking a significant milestone in clinical education.







Event Details	
Event/Session Name	Donation of Furniture to Government High School, Vill. Hulka
Event/Session Date	01-May, 2026
Venue	Government High School, Hulka Village, District SAS Nagar, Mohali
Organizers	Office of Administration
Resource Person	Capt. Ravinder Singh, (Asst. Director) Mr. Ravinder Singh, (Manager)
SDGs Covered	1,3,17

Overview

As part of its continued commitment towards supporting educational institutions and promoting community welfare, the **Office of Administration**, **Chitkara University**, carried out a furniture donation initiative for **Government High School, Hulka Village, District SAS Nagar (Mohali)**. The donation was made in response to a request received from the school authorities for essential classroom furniture items required to improve the learning environment and seating arrangements for students. The initiative reflected the university's dedication towards meaningful resource utilization and educational support through community outreach activities.

About the Donation

Based on the requirements shared by the school authorities, the furniture items were donated for academic and classroom usage.

All donated items were inspected and arranged properly before dispatch to ensure usability and suitability for educational purposes.

Loading, Transportation & Placement

The furniture items were systematically loaded and transported to the school premises under proper supervision. Upon arrival, the material was unloaded and placed in designated classroom areas in coordination with the school authorities.

The furniture were arranged to improve classroom seating capacity and comfort for students, contributing towards a more organized and functional learning environment.

Impact

The donation initiative positively supported the school by enhancing its classroom infrastructure and improving the availability of essential furniture resources. The contribution also promoted the effective reuse of institutional resources while supporting educational development in the community. The initiative further strengthened the spirit of social responsibility and institutional contribution towards accessible and supportive learning spaces.

Conclusion

The furniture donation drive at **Government High School, Hulka Village**, stands as another meaningful step towards community engagement and educational support. Through such initiatives, **Chitkara University** continues to contribute towards building better learning







Event Details	
Event Type	Social Event
Topic	World Asthma Day 2026
Date	2026-05-01 To 2026-05-01
Mode	Offline
Venue	Chitkara Fm 107.8 (Chitkara University)
Organizer Name	Dr. Thakur Gurjeet Singh
No. Of Participants	3
SDG No	SDG 3: Good Health And Well-Being, SDG 5: Gender Equality
PO Number(S)	PO1, PO2
University Charter	Let's Educate Our Students For Brilliant Futures

OBJECTIVE

-To raise awareness about Asthma and its impact on daily life.
-To educate listeners about the causes, symptoms, and triggers of asthma.
-To promote early diagnosis and effective management strategies.
-To encourage proper use of medications, including inhalers

DESCRIPTION

A radio talk on World Asthma Day was conducted at Chitkara University with the objective of spreading awareness about Asthma and its effective management. The session had been organized as part of the university's health awareness initiatives and had reached a broad audience through the campus radio platform. The program had featured expert speakers, including healthcare professionals and faculty members, who had shared valuable insights into the causes, symptoms, and common triggers of asthma such as allergens, pollution, and lifestyle factors. They had emphasized the importance of recognizing early warning signs and seeking timely medical advice. Special attention had been given to the correct use of inhalers, adherence to prescribed treatments, and the role of preventive care in reducing the frequency and severity of asthma attacks. The speakers had also discussed lifestyle modifications, including maintaining a clean environment, avoiding exposure to triggers, and adopting healthy habits to improve respiratory health. Interactive segments had allowed listeners to engage with the speakers by asking questions and clarifying doubts, making the session both informative and participatory. The talk had created an atmosphere of awareness and responsibility, encouraging individuals to take proactive steps toward managing asthma effectively.

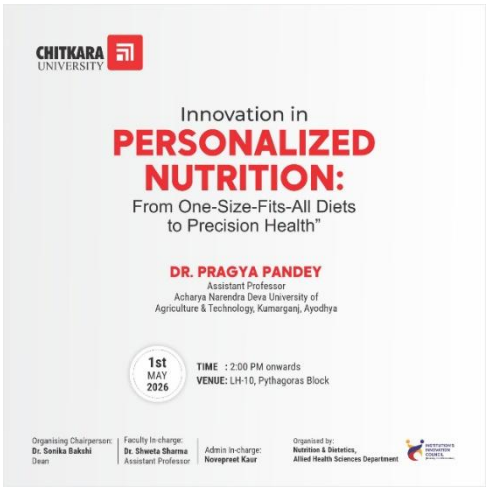
OUTCOMES

-Increased awareness among listeners regarding asthma and its management.
-Improved understanding of triggers and preventive measures.
-Encouraged proper use of inhalers and adherence to treatment.
-Promoted early diagnosis and timely medical consultation.
-Strengthened the university's role in public health education and awareness.



Event Name	Innovation in Personalized Nutrition: From One-Size-Fits All Diets to Precision Health
Date	1st May 2026
Venue	LH10, Pythagoras Block, Chitkara University, Punjab
Organizer	Nutrition & Dietetics, Allied Health Sciences Department, Chitkara School of Health Sciences, Chitkara University, Punjab
Resource Persons	Dr. Pragya Pandey, Assistant Professor, ANDUAT
Number of Participants	53
SDG Number	3,4
Duration	1 Hours

Description of Event



An expert talk titled **"Innovation in Personalized Nutrition: From One-Size-Fits-All Diets to Precision Health"** was organized by the Nutrition and Dietetics, Department of Allied Health Sciences Chitkara School of Health Sciences, to provide participants with insights into the emerging field of personalized nutrition and its growing significance in healthcare.

The session highlighted the limitations of traditional generalized dietary recommendations and emphasized the need for individualized nutrition strategies based on genetic, metabolic, lifestyle, and environmental factors. The resource person discussed recent advancements in nutritional science, genomics, metabolomics, and digital health technologies that have enabled the development of precision nutrition approaches.

The talk explored the scientific principles underlying personalized nutrition and demonstrated how tailored dietary interventions can contribute to disease prevention, health promotion, and improved clinical outcomes. Participants were also introduced to the practical applications of personalized nutrition in healthcare settings, along with the challenges and opportunities associated with its implementation across diverse populations.

The event witnessed enthusiastic participation from students and faculty members of the Department of Nutrition and Dietetics. It provided an excellent platform for learning, discussion, and knowledge exchange, enabling attendees to gain a deeper understanding of innovative nutritional approaches and their potential to transform healthcare by moving from a one-size-fits-all model to precision health.





Event Details	
Event/Session Name	Awareness & Wellness Campaign at Village Gobindpura
Event/Session Date	2-May, 2026
Venue	Village Gobindpura, Mohali
Organizers	Centre of Excellence for Sustainability in collaboration with Office of Administration, Centre for Women Health & Empowerment, Department of Optometry & Centre for Water Sciences
Resource Person	Sqn. Ldr. (Dr.) Rina Angel, Vice President – Infrastructure Enhancement Chairperson, Centre of Excellence for Sustainability Dr. Harmeet Kaur Kang, Principal & Director, Department of Nursing Prof. (Dr.) Jyotsna Kaushal, Chitkara University Research & Innovation Network
No. of Participants	Faculty Members – 7 & Student Volunteers – 16 Attendees-50 Village Families, 50 Students
SDGs Covered	3,4,6,11,12,13,17

Overview

The **Office of Administration** collaboratively extended liaisoning and logistical support for the **"Awareness & Wellness Campaign"** organized by the **Centre of Excellence for Sustainability** at **Village Gobindpura**. Conducted in association with the **Centre for Women Health & Empowerment, Department of Optometry**, **Centre for Water Sciences**, the initiative aimed to spread awareness regarding health, sustainability, sanitation, and water quality among the local community through informative sessions and healthcare activities. The campaign reflected a collective institutional effort towards community engagement, public awareness, and sustainable rural outreach.



Liaison Ing & Logistical Support by Office of Administration

The **Office of Administration** played a collaborative role in facilitating smooth coordination, transportation arrangements, venue support, and overall logistical management for the

successful execution of the campaign. The support ensured organized conduct of all sessions and healthcare activities throughout the event.

Session Highlights

The event featured multiple awareness sessions conducted by expert resource persons focusing on environmental sustainability, health awareness, and safe water practices.

Session on Solid Waste Management

Sqn Ldr. (Dr.) Rina Angel conducted an informative session highlighting the importance of waste segregation, responsible disposal practices, cleanliness, and environmental sustainability. The session emphasized the role of communities in maintaining a cleaner and healthier environment.

Session on Health Awareness

Dr. Harmeet Kaur Kang addressed the villagers on the importance of preventive healthcare, personal hygiene, healthy lifestyle practices, and overall well-being. The session encouraged participants to adopt healthier habits for improved quality of life.

Session on Water Quality Testing

Prof. (Dr.) Jyotsna Kaushal conducted a session focused on water quality awareness and safe water consumption practices. Participants were educated about water contamination, testing methods, and the importance of clean water for maintaining health.

Health & Eye Check-up Camp

As part of the campaign, a **Health & Eye Check-up Camp** was also organized with the support of student volunteers from the **Department of Nursing** and **Department of Optometry**. Under faculty supervision, the volunteers assisted villagers during basic health assessments and eye examinations while spreading awareness regarding preventive healthcare and vision care.

The camp witnessed active participation from villagers, who benefitted from health guidance, eye screening, and consultations provided during the initiative. Nutrition counselling was also provided to guide participants towards healthier dietary habits and overall well-being.

Conclusion

The **Awareness & Wellness Campaign at Village Gobindpura** stood as a meaningful initiative dedicated to community welfare and sustainable development. Through collaborative efforts, informative sessions, and healthcare support activities, the campaign created positive social impact while strengthening the bond between the university and the community.








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

Objective

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



Description

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

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

1.Session on Solid Waste Management

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

2.Session on Water Quality Testing

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

3.Session on Health & Hygiene

Dr. Harmeet Kaur Kang emphasized the significance of personal hygiene, preventive healthcare, sanitation, and wellness awareness for improving the overall quality of life in rural communities.

The healthcare activities included

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

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

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

Outcomes

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

Conclusion

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








Event Details	
Event Name	Joke telling session
Topic	World Laughter Day
Date	2nd May, 2025
Venue	Chitkara University, Punjab
Organizer By	Ms. Kanu Mahajan, Ms. Jigyasha Sharma (Assistant Professor)
No. of Participants	03
SDG No	3(Good Health & well Being), 10 (Reduced Inequalities).
POs	PO3, PO9, PO12

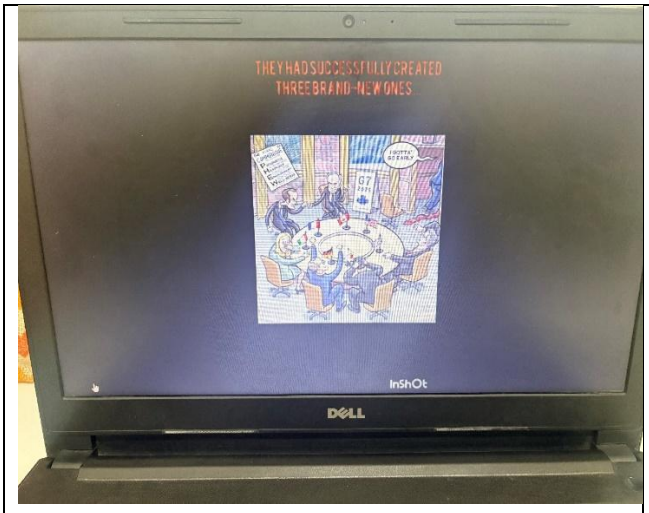
Objective

1. To promote mental health and emotional well-being through laughter.
2. To reduce stress and anxiety among students.
3. To encourage creativity and active participation through digital platforms.
4. To enhance communication and self-expression skills.
5. To create awareness about the role of laughter in healthcare and nursing.
6. To foster a positive and supportive virtual learning environment.

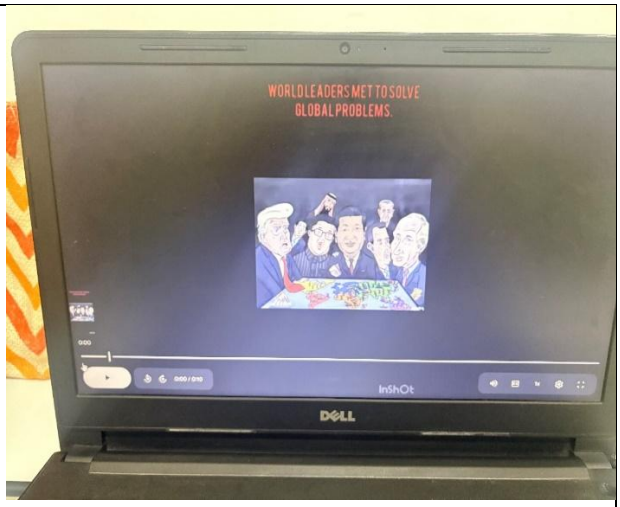
The Department of Nursing at Chitkara University organized an engaging and innovative program on World Laughter Day on **2nd May 2026**. The event was conducted in **online mode**, aligning with the evolving digital learning environment. The theme for the celebration, *"World* Peace Through Laughter*,"* highlighted the importance of laughter in promoting mental well-being, positivity, and social harmony. As part of the celebration, **Joke Telling Sessions** were organized in a unique format where students actively participated by **recording and submitting their joke-telling videos**. These videos were later shared and appreciated during the session, creating a lively and enjoyable virtual atmosphere. The initiative encouraged creativity, self-expression, and active involvement among students despite the physical distance. The program was convened by Ms. Kanu Mahajan and Ms**.** Jigyasha Sharma**,** Assistant Professors, who guided the event and motivated students to participate enthusiastically. The session began with a brief introduction emphasizing the significance of laughter as a simple yet effective way to reduce stress, enhance mood, and strengthen emotional resilience. The collection of student videos brought smiles and laughter to everyone, successfully fulfilling the spirit of the occasion. The event effectively demonstrated how virtual platforms can be utilized to promote mental well-being and student engagement. It also reinforced the importance of incorporating laughter and positivity into daily life, especially in the demanding field of nursing.

Outcomes

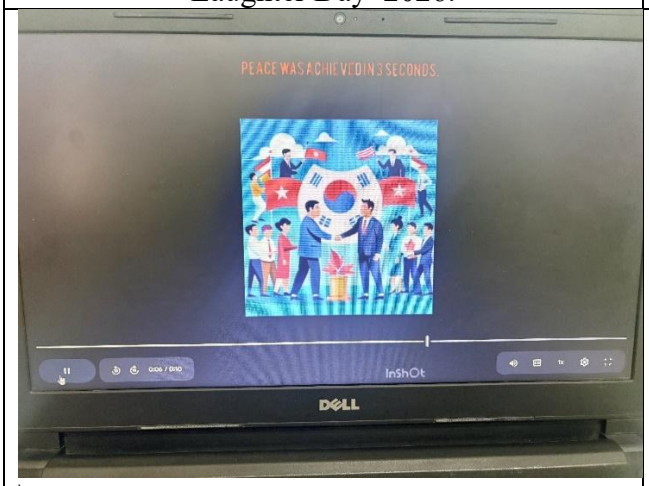
1. Students experienced relaxation and improved mood through participation.
2. Increased engagement and creativity via video-based activities.
3. Strengthened sense of connection in an online setting.
4. Improved confidence and communication skills among participants.
5. Enhanced awareness regarding laughter as a therapeutic tool.
6. Successful implementation of an interactive and enjoyable virtual event.



Students actively participating in Joke Telling session through video-making on World Laughter Day' 2026.



Hands-on learning with purpose – students creating videos to promote peace and justice through laughter.



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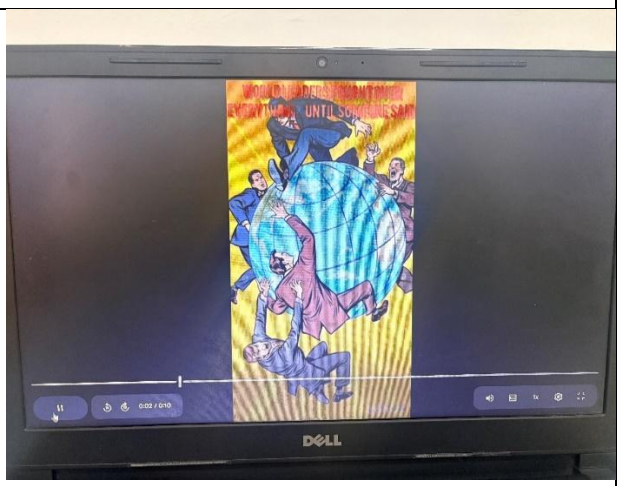
Students creating messages of peace on World Laughter Day' 2026.



Students creating Scenarios of world peace through videos during World Laughter Day' 2026.

Event Details	
Event Type	Competition
Topic	Pool Tournament For Men
Date	2026-05-02 To 2026-05-02
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	37
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit and Camaraderie Among Our Students

OBJECTIVE

To promote indoor sports culture among students
To encourage healthy competition and sportsmanship
To enhance focus, precision, and strategic thinking
To provide a platform for showcasing cue sports talent
To increase student participation in recreational activities

DESCRIPTION

The Chitkara University Sports Board successfully organized the Pool Tournament on 2nd May 2026. The event witnessed enthusiastic participation from students, creating an exciting and competitive atmosphere on campus. Participants showcased remarkable precision, focus, and strategic gameplay throughout the tournament. The matches were highly engaging and reflected the growing interest of students in indoor sports activities. The tournament not only provided entertainment to spectators but also encouraged sportsmanship, discipline, and healthy competition among participants. The event concluded with Sultan securing the Champion title, Upanshu finishing as Runner-up, and Lakhay achieving the position of 2nd Runner-up. Overall, the tournament was successfully conducted and contributed positively towards promoting indoor sports culture at the university.

OUTCOMES

Students displayed excellent cue control and game strategy
The tournament witnessed active participation and enthusiastic support
Participants improved concentration, patience, and decision-making skills
The event strengthened bonding and competitive spirit among students
Indoor sports engagement on campus was successfully promoted

Event Details	
Event Type	Competition
Topic	Chitkara Football Club Tournament
Date	2026-05-02 To 2026-05-02
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	49
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

To promote sportsmanship, teamwork, and discipline among students through football. To provide a competitive platform for students to showcase their football skills and talent. To encourage active participation in physical and recreational activities on campus. To strengthen coordination, leadership, and team spirit among participants. To create awareness about the importance of fitness and healthy competition through sports.

DESCRIPTION

The Chitkara University Sports Board successfully organized the Football Club Tournament on 2nd May 2026 at the university football ground. The event was conducted with the objective of promoting sportsmanship, teamwork, physical fitness, and healthy competition among students. The tournament witnessed enthusiastic participation from students and created an energetic and vibrant sporting atmosphere across the campus. The competition featured exciting and closely contested matches where players displayed excellent football skills, coordination, determination, and discipline. Each team participated with great enthusiasm and competitive spirit, making the event engaging for both players and spectators. Students showcased impressive teamwork, passing, defending, and attacking abilities throughout the tournament, reflecting their dedication and passion for the sport. The audience also actively supported their respective teams, adding excitement and motivation to the matches. The tournament provided students with a valuable platform to demonstrate their talent and develop qualities such as leadership, cooperation, decision-making, and confidence through sports participation. The smooth organization and management of the event by the Sports Board officials and volunteers ensured that all matches were conducted successfully in a fair and disciplined manner. The event also encouraged students to actively engage in extracurricular and fitness-related activities, contributing to their overall personality development. After a series of competitive matches,

Team Hemant emerged as the Champion of the Football Club Tournament 2026 with an outstanding performance and excellent teamwork. Team Dev Pundir secured the Runner-up position after displaying remarkable effort and determination throughout the tournament. Both teams were appreciated for their dedication, discipline, and sportsmanship.

OUTCOMES

Students displayed excellent teamwork, coordination, and competitive spirit during the matches. The tournament enhanced students' interest and participation in football activities on campus. Participants gained valuable experience in match strategy, discipline, and sportsmanship. The event created an energetic and engaging sporting environment within the university. The tournament successfully encouraged healthy competition and strengthened bonding among students.






Chitkara University
CHITKARA UNIVERSITY SPORTS BOARD
FOOTBALL CLUB TOURNAMENT
FOOTBALL

Event Details	
Event Type	Competition
Topic	Chitkara Volleyball Club Tournament
Date	2026-05-02 To 2026-05-02
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	27
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

To promote volleyball and sports participation among students.
To encourage teamwork, discipline, and sportsmanship.
To provide a platform for students to showcase their talent.
To enhance student engagement through healthy competition.

DESCRIPTION

The Chitkara University Sports Board successfully organized the Chitkara Volleyball Club Tournament on 2nd May 2026 at the university campus. The tournament witnessed enthusiastic participation from students and created an energetic sporting atmosphere throughout the event. The matches showcased excellent teamwork, coordination, and competitive spirit among the participating teams. Players demonstrated impressive volleyball skills through exciting rallies, powerful spikes, and disciplined gameplay, making the tournament engaging for both participants and spectators. The event concluded successfully with great enthusiasm and sportsmanship from all teams and attendees. Tournament Highlights: ???? Winners: Chitkara Spiker ? Runners-up: Chitkara Attacker

OUTCOMES

Students displayed excellent coordination and competitive spirit.
The tournament increased enthusiasm towards volleyball activities on campus.
Participants gained valuable match experience and confidence.
The event was conducted successfully with active spectator support.

Event Details	
Event Type	Competition
Topic	Cricket Club Tournament
Date	2026-05-03 To 2026-05-16
Mode	Offline
Organizer Name	University Sports Board
Resource Person	Harinder Pal Singh, Director
No. Of Participants	80
SDG No	SDG 3: Good Health And Well-Being
University Charter	Let's Inculcate Team Spirit And Camaraderie Among Our Students

OBJECTIVE

To promote cricket culture and team spirit among students
To encourage sportsmanship and healthy competition
To provide a platform for students to showcase their cricketing talent
To enhance teamwork, leadership, and coordination skills
To introduce students to competitive night cricket experience

DESCRIPTION

The Chitkara University Sports Board successfully organized the Cricket Club Tournament from 3rd May to 16th May 2026. The tournament featured thrilling matches, energetic performances, and enthusiastic participation from various teams, making the event highly engaging for players and spectators alike. A major highlight of the tournament was that it marked Chitkara University's first-ever night cricket tournament, creating an exciting and memorable experience for all participants. The matches reflected remarkable teamwork, sportsmanship, and competitive spirit throughout the event. After a series of intense encounters, Invaders emerged as the Champions, while Royal Challengers secured the Runner-Up position. The tournament concluded successfully and played a significant role in promoting cricket culture and student participation in sports activities on campus.

OUTCOMES

The Tournament Witnessed Enthusiastic Participation From All Teams
Players Demonstrated Excellent Teamwork, Discipline, And Game Strategy
The First-Ever Night Cricket Tournament Created A Unique Sporting Experience On Campus
Students Developed Confidence, Coordination, And Competitive Spirit
The Event Successfully Strengthened Sports Engagement And Campus Bonding

Event Details	
Event Name	Extra-Curricular Activity
Topic	Heartbeat Dance Fiesta on National Nurses Week 2026
Date	04th May, 2026
Mode	Offline
Venue	Einstein Hall, Galileo Block
Organizer Name	Ms. Kanika Sharma, Assistant Professor Ms. Shalini, Nursing Tutor
No. of Participants	06
SDG No.	3: Good health and wellbeing 4: Quality Education

Objective

1. To celebrate the spirit and dedication of nurses through cultural and artistic expression.
2. To provide a platform for nursing students to showcase their dance talent and creativity.
3. To promote teamwork, coordination, and confidence among participants.
4. To encourage cultural diversity by presenting various dance forms.
5. To support the theme of Nurse Week 2026 by highlighting the importance of empowered nurses in healthcare.

Description

The Department of Nursing successfully organized a vibrant and energetic cultural event titled **"Heart Beat Dance Fiesta"** on 4th May 2026, in Einstein Hall, as part of the celebrations for Nurse Week 2026. The theme, *"Our Nurses, Our Future – International Nurses Day 2026: Empowered Nurses Save Lives,"* resonated throughout the event, emphasizing the importance of empowering nurses as the backbone of the healthcare system. The program was conducted from 1:30 PM to 3:30 PM and witnessed enthusiastic participation from nursing students who showcased their talent through diverse dance performances. The participants presented an array of cultural and contemporary dance forms including Gidda, Bhangra, Haryanvi folk, Classical dance, and Contemporary Fusion. Each performance beautifully reflected not only cultural richness but also the emotional depth, resilience, and passion associated with the nursing profession. The event provided a lively platform for students to express themselves artistically beyond academic boundaries. The performances were judged by **Ms. Amanpreet Kaur, Assistant Professor**, and **Ms. Keerat, Assistant Professor**, who evaluated participants based on creativity, synchronization, expression, and overall presentation. Their constructive feedback further motivated students to enhance their talents. The audience was captivated by the colorful costumes, synchronized movements, and high-energy performances that filled the hall with excitement and positivity.

The event successfully fostered a sense of unity, confidence, and joy among the students while honoring the noble profession of nursing. Overall, the Heartbeat Dance Fiesta was a memorable and engaging celebration that highlighted the holistic development of nursing students.

Outcomes

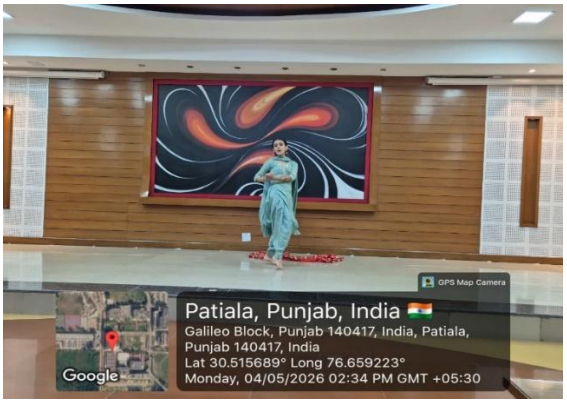
1. Enhanced students' confidence and stage performance skills through active participation.
2. Promoted cultural awareness and appreciation among nursing students.
3. Encouraged teamwork, coordination, and peer bonding.
4. Provided a stress-relieving and refreshing break from academic routine.
5. Strengthened recognition of nurses' contributions through creative expression.



Anchoring team confidently leading the Heart Beat Dance Fiesta with enthusiasm, coordination, and engaging stage presence on 04th May 2026.



Graceful classical dance highlighting elegance and cultural heritage on 04th May 2026.



Energetic Bhangra performance reflecting enthusiasm 04th May 2026.



Group photo capturing joyful moments of participants and organizers on 04th May 2026

Event Details	
Event Name	Rangoli Competition
Topic	Healing Hands, Artful Hearts
Date	4th May, 2026
Mode	Offline
Venue	GB -306, Community Lab, Galileo Block
Organizer Name	Ms. Timsy, Associate Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Divya Thakur, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of Participants	28
Number of impacted people	30
SDG No.	SDG3: Good Health and Wellbeing SDG 4 : Quality Education

Objective

1.To provide an opportunity for students to demonstrate their artistic abilities and cultural expression.
2.To encourage the depiction of nursing values such as compassion, care, and healing through creative art forms.
3.To promote team spirit, collaboration, and interpersonal skills among participants.
4.To offer a platform for recreation and stress reduction, supporting students' overall well-being.
5.To facilitate the holistic development of students by integrating creative and professional competencies.
6.To enhance awareness regarding the significant role of nurses in healthcare through visual representation.

Description

The Department of Nursing at Chitkara University successfully organized a Rangoli Competition on Nurses Week 2026 on 4th May 2026 at the Galileo Block from 1:45 PM to 3:25 PM. The event was conducted under the theme "Healing Hands, Artful Hearts", reflecting the creativity and compassion inherent in the nursing profession. The competition witnessed enthusiastic participation from nursing students, who showcased their artistic skills through vibrant and meaningful rangoli designs. Many participants incorporated themes related to healthcare, compassion, patient care, and the significance of nurses in society. The use of

colors, patterns, and innovative ideas highlighted both cultural richness and professional dedication. A total of seven teams actively participated in the competition, each bringing unique ideas and creativity to the event. The primary objective of the competition was to celebrate the essence of the nursing profession by encouraging students to depict themes such as care, compassion, empathy, and healing through the traditional art of rangoli. The venue was

lively and colorful, reflecting the spirit of Nurses Week and the artistic enthusiasm of the participants. The event was supervised by faculty in charges Ms. Timsy (Associate Professor) and Ms. Divya Thakur (Assistant Professor), who ensured smooth coordination. The competition was judged by Ms. Manu Kohli, Professor, and Ms. Reepika, Assistant Professor. They evaluated the rangolis based on various criteria, including creativity, relevance to the theme, neatness, colour combination, and overall presentation. The judges appreciated the hard work and originality demonstrated by all the participants and encouraged them to continue balancing creative pursuits with their professional responsibilities. The competition created a lively and engaging atmosphere, encouraging teamwork, creativity, and appreciation for cultural art forms. It also provided a platform for students to express their understanding of nursing values beyond clinical practice. The event concluded successfully with appreciation for all participants, and it contributed to making Nurses Week celebrations more meaningful and memorable.

Outcomes

1.Students actively demonstrated creativity and artistic expression through diverse and meaningful rangoli designs.
2.Enhanced understanding and reflection of nursing values such as compassion, care, and empathy in a creative form.
3.Improved teamwork, coordination, and communication skills among participants.
Provided a platform for stress relief and relaxation, contributing to students' mental well being.
4.Strengthened cultural appreciation and engagement through traditional art forms.
5.Fostered a positive and interactive learning environment beyond academic activities.
6.Encouraged active participation and enthusiasm during Nurses Week celebrations.



B.Sc. Nursing students expressing compassion through vibrant Rangoli on 4th May,2026 at Rangoli competition held on international Nurses Week 2026.



Students of B.Sc Nursing Depicting the journey of nurses—from long hours to life-saving heroes." on 4th May,2026 at Rangoli competition held on international Nurses Week 2026.



Students of Bsc Nursing showing their Creative expressions of care, dedication, and humanity on 4th May,2026 at Rangoli competition held on international Nurses Week 2026.



Students of Bsc Nursing showing Every color tells a story of care, dedication, and healing." on 4th May,2026 at Rangoli competition held on international Nurses Week 2026.

Event Details	
Event Name	Nutritious Nosh competition
Topic/Theme	Nutritious Nosh (Balanced Plate Challenge) On Nurses Week Celebration
Date	6thMay, 2026
Mode	Offline
Venue	GB-105, Nutrition Lab, Galileo Block
Organizer Name	Ms. Jigyasha Sharma (Assistant Professor), Ms. Monika Kumari (Assistant Professor), CSHS, Chitkara University, Punjab.
No. of Participants	10
SDG No	02,03,04,17
SDG Details	No.2:(Zero hunger), No.3(Good Health and Wellbeing), No.4(Quality, Education), No.17-Partnership for the goals.
PO	PO2, PO3, PO4, PO5

Objective

1. To promote awareness regarding the importance of balanced nutrition and healthy eating habits.
2. To encourage participants to prepare and present nutritious and well-balanced meal plates.
3. To enhance knowledge about the nutritional value of different food groups and their role in maintaining health.
4. To develop creativity and practical skills in meal planning and food presentation.
5. To emphasize the importance of nutrition in disease prevention, health promotion, and patient care.
6. To motivate students to adopt healthy dietary practices in their personal and professional lives.

As part of the Nurses Week Celebration, the "Nutritious Nosh (Balanced Plate Challenge)" competition was organized on 6th May,2026 with the aim of promoting awareness regarding healthy eating habits and balanced nutrition among nursing students. The event was conducted under the guidance of faculty members and witnessed enthusiastic participation from students. The program began with a welcome address highlighting the importance of proper nutrition in maintaining physical and mental well-being. The organizing committee explained the rules and objectives of the competition and emphasized the role of balanced diet in disease prevention, health promotion, and patient care. Participants prepared and

presented a variety of nutritious meal plates that included appropriate portions of carbohydrates, proteins, vitamins, minerals, fiber, and healthy fats. The students demonstrated creativity and innovation in designing balanced plates using healthy food items such as fruits, vegetables, whole grains, pulses, dairy products, and protein-rich foods. Each participant also explained the nutritional value and health benefits of the items included in their plates. The competition was judged on the basis of nutritional balance, creativity, presentation, hygiene, and communication skills. The judges appreciated the efforts of the participants and encouraged them to continue practicing and promoting healthy dietary habits in their daily lives and future nursing practice. The event created awareness among students regarding the importance of nutritious food and encouraged them to make healthier lifestyle choices. It also provided an opportunity for students to improve their practical knowledge about meal planning and dietary management. At the end of the competition, the winners were announced and awarded prizes and certificates in recognition of their excellent performance. The event concluded with a vote of thanks, expressing gratitude to the organizers, judges, faculty members, and participants for making the competition successful. Overall, the "Nutritious Nosh (Balanced Plate Challenge)" competition was informative, interactive, and beneficial in promoting the significance of balanced nutrition and healthy living among nursing students during the Nurses Week Celebration. Our esteemed judges, **Ms. Timsy (Associate Professor), Ms. Priya Thakur (Assistant Professor)** carefully observed and tasted the freshly prepared nutritious dishes presented by the students. They evaluated the participants based on nutritional balance, taste, creativity, presentation, hygiene, and overall understanding of healthy meal planning before making their final judgment.

Outcomes

1.Increased awareness among students regarding the importance of balanced nutrition and healthy eating habits.

2.Enhanced knowledge about the nutritional value of various food items and balanced meal planning.

3.Improved creativity and presentation skills in preparing healthy and attractive food plates.

4.Encouraged students to adopt healthier dietary practices in their daily lives.

5.Strengthened understanding of the role of nutrition in health promotion, disease prevention, and patient care.

6.Developed confidence, teamwork, and communication skills among participants.

7.Motivated nursing students promote healthy lifestyle practices within the community and healthcare settings.



The students were preparing healthy food based on theme on Nutritious Nosh-balanced plate challenge held on dated-06.05.26



The students were preparing healthy food based on theme on Nutritious Nosh-balanced plate challenge held on dated-06.05.26



The judges are providing their suggestions based on Judgement criteria like presentation of food on Nutritious Nosh-balanced plate challenge held on dated-06.05.26



Active Participation of students in Nutritious Nosh-balanced plate challenge held on dated-06.05.26

 GROUP GROUP 6 Patiala,Punjab,India NH 7, Rajpura, Patiala, Punjab 140601, India Lat 30.515904, Long 76.658655 Wednesday, 06/05/2026 02:56 PM GMT+05:30 Note : Captured by GPS Map Camera	 Patiala,Punjab,India NH 7, Rajpura, Patiala, Punjab 140601, India Lat 30.515900, Long 76.658649 Wednesday, 06/05/2026 02:56 PM GMT+05:30 Note : Captured by GPS Map Camera

Event Details	
Event Name	Quiz Competition
Topic/Theme	International Nurses week
Date	6th May,2026
Mode	offline
Venue	Einstein Hall Galileo Block
Organizers Name	Ms. Sawroop Kaur (Associate Professor) Medical Surgical Nursing Ms. Alisha (Nursing Tutor) Medical Surgical Nursing
No. of Participants	16
SDG No.	3,4,5
SDG Detail	SDG3(Good Health and Wellbeing) and 4 (Quality Education) 5 (Gender Equality)
PO	PO1, PO5, PO6, PO8

Objective

1. To encourage teamwork, participation, and healthy competition among nursing students.
2. To enhance students' knowledge in the areas of Bollywood, sports, and fun-based current affairs through interactive learning.
3. To provide a refreshing and stress-relieving platform during Nurses Week Celebration 2026.
4. To improve communication skills, quick thinking, and confidence among participants.
5. To promote extracurricular engagement and holistic personality development among future healthcare professionals.

On Nurses Week Celebration 2026, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University Punjab, organized an exciting Quiz Competition based on the themes "Bollywood, Fun and Sports." The event was successfully coordinated by Ms.Sawroop Kaur and Ms. Alisha, who ensured enthusiastic participation and smooth execution of all activities. The competition aimed to create a lively learning environment while encouraging teamwork, confidence, and recreational engagement among nursing students. The quiz competition witnessed active participation from students divided into four energetic teams namely Quiz Panthers, Mind Strikers, Brainy Bulls, and Smart Sparks. The event consisted of six entertaining and knowledge-based rounds including Rapid Fire, Identify the Logo, The Listening Challenge, Dumb Charades, Riddles, and Guess Who. Each round tested the participants' presence of mind, teamwork, communication skills, and general awareness in a

fun-filled manner. The atmosphere throughout the event remained cheerful and competitive as students enthusiastically answered questions related to Bollywood movies, sports personalities, famous logos, songs, and fun riddles. The Dumb Charades and Listening Challenge rounds particularly added excitement and laughter among both participants and audience members. The teams displayed remarkable coordination, confidence, and sportsmanship during the competition. The event concluded with appreciation for all participants, organizers, faculty members, technical support staff, and students who contributed to the success of the program. The much-awaited results were then announced, with Mind Strikers securing the 1st position, Brainy Bulls achieving the 2nd position, and Quiz Panthers earning the 3rd position. The event ended on a cheerful and memorable note, celebrating knowledge, teamwork, sportsmanship, and the true spirit of togetherness during Nurses Week Celebration 2026.

Outcomes

1.The event enhanced students' general knowledge and awareness in the areas of Bollywood, sports, and fun-based learning.

2.Participants developed better teamwork, communication skills, and confidence through active involvement in different quiz rounds.

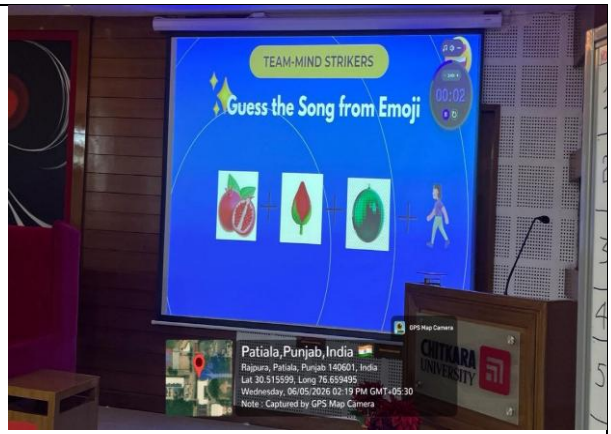
3.The competition promoted healthy competition and strengthened coordination among students.

4.The activity provided a refreshing and stress-relieving environment during Nurses Week Celebration 2026.

5.The event encouraged extracurricular participation and contributed to the overall personality development of nursing students.



Student giving answer during Rapid Fire round of Quiz competition on International Nurses Week celebration on 06.05.26



Dum Charardes Round Question for Team Mind Striker of Quiz competition on International Nurses Week celebration on 06.05.26



Score Board Displaying the Total Score of Quiz competition on International Nurses Week celebration on 06.05.26



Winner team after result announcement of Quiz competition on International Nurses Week celebration on 06.05.26



Group photograph of Winner team with Principal & Vice - principal and faculty member of Quiz competition on International Nurses Week celebration on 06.05.26



Group photograph with all the participant of Quiz competition on International Nurses Week celebration on 06.05.26

Event Details	
Event Name	AI and Biosignal Integration for Healthcare Empowerment
Date	7th May, 2026
Venue	Pierre Hall, Chitkara University, Punjab
Department	CRIO and DRC
Resource Person	Dr. Sanjeev Kumar Scientist F, Biomedical Instrumentation, Professor, Academy of Scientific and Innovative Research (AcSIR) CSIR-Central Scientific Instruments Organisation (CSIR-CSIO), Chandigarh, India
Number of Participants	70
SDGs Covered	3,4,9,10,17
Duration	1 Hr

About the Activity

AI and biosignal integration is revolutionizing healthcare by enabling intelligent interpretation of biosignals, advancing assistive technologies, and fostering improved quality of life and independence. These innovations empower patients and clinicians alike, creating personalized, adaptive solutions that enhance medical outcomes and redefine the future of human-centered healthcare.



Workshop Objective

1.To provide participants with fundamental knowledge of biosignals and their significance in modern healthcare systems.

2.To explore the integration of Artificial Intelligence (AI) techniques with biosignal processing for intelligent healthcare applications.

3.To familiarize attendees with AI-based tools and methodologies used in analyzing physiological signals such as ECG, EEG, EMG, and other biomedical data.

4.To demonstrate the role of AI-driven assistive technologies in improving patient care, rehabilitation, and independent living.

5.To highlight recent advancements and real-world applications of AI and biosignal integration in personalized and adaptive healthcare solutions.

Key Highlights

1.Introduction to AI-enabled biosignal processing and intelligent healthcare systems
2.Hands-on exposure to biosignal analysis techniques and AI applications
3.Discussion on ECG, EEG, EMG, and other physiological signal interpretation
4.Insights into assistive technologies and smart healthcare solutions
5.Exploration of machine learning and deep learning approaches in healthcare
6.Real-world case studies on personalized and adaptive medical systems.

Workshop Outcomes

1.Understand the fundamentals of biosignals and their applications in healthcare systems.
2.Explain the role of Artificial Intelligence (AI) in biosignal acquisition, processing, and interpretation.
3.Analyze physiological signals such as ECG, EEG, and EMG using modern computational techniques.
4.Identify the applications of machine learning and deep learning in intelligent healthcare and assistive technologies.
5.Gain awareness of emerging AI-based healthcare solutions for personalized and adaptive patient care.
6.Develop an interdisciplinary perspective combining healthcare, biomedical engineering, and artificial intelligence.
7.Understand the challenges, ethical considerations, and future opportunities in AI-integrated healthcare systems.
1. Enhance research and innovation skills related to smart medical technologies and human-entered healthcare applications.





Event Details	
Event Name	Robotics and AI in Healthcare
Date	May 7, 2026
Venue	Pierre Hall, Chitkara University, Punjab
Department	CRIO and DRC
Resource Person	Dr. Ranjan Jha Scientist E, Biomedical Instrumentation, Associate Professor, Academy of Scientific and Innovative Research (AcSIR) CSIR-Central Scientific Instruments Organisation (CSIR-CSIO), Chandigarh, India
Number of Participants	60
SDGs Covered	3,4,9,10,12
Duration	1 Hr.

About the Activity

Robotics and AI are reshaping modern healthcare through minimally invasive and robot-assisted surgical systems, Bio3D printers, and AI-optimized SLA 3D printing parameters. These technologies collectively enhance surgical precision, enable patient-specific biomedical solutions, and improve efficiency in medical manufacturing, driving a new era of personalized and empowered healthcare delivery.

Workshop Objectives

1.To provide participants with fundamental understanding of robotics and Artificial Intelligence (AI) applications in modern healthcare.
2.To explore the principles and working of robot-assisted and minimally invasive surgical systems.
3.To introduce Bio3D printing technologies and their applications in biomedical and healthcare sectors.
4.To demonstrate the role of AI in optimizing SLA 3D printing parameters for enhanced precision and efficiency.
5.To highlight recent advancements in personalized healthcare solutions enabled by robotics, AI, and additive manufacturing technologies.
6.To encourage interdisciplinary research and innovation in healthcare automation, biomedical engineering, and intelligent manufacturing systems.
7.To provide exposure to real-world medical applications involving surgical robotics, patient-specific implants, and smart medical devices.

Key Highlights

- Introduction to robotics and AI in healthcare applications
- Overview of minimally invasive and robot-assisted surgical systems
- Demonstration of Bio3D printing technologies and biomedical applications
- AI-based optimization techniques for SLA 3D printing parameters
- Applications of additive manufacturing in personalized healthcare
- Discussion on smart medical devices and healthcare automation.

Workshop Outcomes

- Understand the role of robotics and AI in transforming modern healthcare systems.
- Explain the concepts and applications of minimally invasive and robot-assisted surgeries.
- Gain knowledge of Bio3D printing processes and their biomedical applications.
- Understand AI-driven optimization methods used in SLA 3D printing technologies.
- Analyze the importance of personalized and patient-specific healthcare solutions.






CHITKARA

Event Details	
Event Name	Skit Competition on International Nurses Week 2026
Topic/Theme	Care, Compassion, Commitment or Health awareness (Acting today, Inspiring tomorrow)
Date Mode	08/05/2026 Offline
Venue Organizer Name	Galileo Block, Community Lab Ms. Diksha Sharma (Assistant Professor), Ms. Lakshita (Assistant Professor), CSHS, Chitkara University, Punjab.
No. of Participants	36
SDG No SDG Details	3,4 ,5 No.3(Good Health and Wellbeing), No.4(Quality Education), No.5(Gender Equality)
PO	PO1, PO2, PO3, PO4, PO5, PO7, PO8

OBJECTIVE

1. To acknowledge and appreciate the contribution of nurses in healthcare delivery.
2. To motivate nursing students and professionals toward excellence in patient care and leadership.
3. To promote awareness regarding the evolving role of nurses in modern healthcare systems.
4. To encourage professional unity, compassion, and commitment among nursing personnel.
5. To inspire future nurses to contribute positively toward society and healthcare advancement.

INTRODUCTION

International Nurses Week 2026 was celebrated on 08 May 2026 with great enthusiasm under the theme **"Acting Today, Inspiring Tomorrow."** The celebration aimed to recognize the remarkable contribution of nurses in promoting health, preventing illness, and delivering compassionate patient care. Nurses play a vital role in strengthening healthcare systems and improving the wellbeing of individuals and communities through dedication, empathy, and professional excellence. The program was organized to inspire nursing students and healthcare professionals to uphold the values of compassion, leadership, teamwork, and service to humanity. A total of six groups of students participated in the celebration, and through their skits, they beautifully depicted the roles, responsibilities, challenges, and journey of nurses in different healthcare settings. The awareness skits effectively conveyed meaningful messages related to patient care, mental wellbeing, healthy lifestyle practices, and respect for healthcare professionals among college students. The celebration provided a platform for students and

faculty members to come together, appreciate the nursing profession, and motivate future nurses to contribute positively toward society and healthcare advancement.

Our esteemed judges, **Ms. Vijyeta Bhasin (Assistant Professor)** and **Ms. Annu Singhal (Associate Professor)**, graciously honoured the occasion and evaluated the skit presentations performed by the students and declared the result in which **1st position** in the competition was secured by **Team 1**, consisting of B.Sc. Nursing 4th Year students Priyansh, Mohd. Aman Ali, Priya, Harwinder, Maninder, and Shivani. Following this, Team 4 comprising Anshu, Kiranpreet, Simrandeep Kaur, Lovneet Kaur, Khusboo, Sania, Shubham, Karan Saini, Kanwalreet Kaur, and Khushi secured the **2nd position** in the competition, Whereas from **Team-1** Jaspreet, Varun, Sagar, Amanpreet, Prabjot, and Simran secured the **3rd position** in the competition.

OUTCOMES

1.The program enhanced awareness among students regarding the vital roles and responsibilities performed by nurses in different healthcare settings.

2.The skit presentations helped in promoting important healthcare messages related to patient care, mental wellbeing, healthy lifestyle practices, and compassion in nursing.

3.Students developed better communication, teamwork, leadership, and creative presentation skills through active participation in group performances.

4.The celebration encouraged respect and appreciation for the nursing profession among college students and attendees.

5.The event motivated nursing students to uphold professional values such as empathy, dedication, ethical practice, and service to humanity in their future careers.

6.The program strengthened collaboration and interaction between students and faculty members, creating a positive learning and motivational environment.



Students enthusiastically showcased their talents while performing in the skit competition held on 08.05.2026



Students were actively engaged in presenting their roles in the skit competition organized on 08.05.2026.



The students actively participated and performed their assigned roles during the skit competition conducted on 08.05.2026.



During the skit competition held on 08.05.2026, students confidently performed their respective roles with great enthusiasm.



The students demonstrated active involvement and creativity while participating in the skit competition on 08.05.2026.



Students energetically enacted their roles during the skit competition conducted on 08.05.2026

Event Details	
Event Name	Glamour Beats Competition
Topic/Theme	Creative Makeover Contest
Date	08th May, 2026
Mode	Offline
Venue	CHN Lab, Galileo Block
Organizer Name	Ms. Gurpreet Kaur (Assistant professor), Ms. Vijyeta (Assistant professor), CSHS, Chitkara University, Punjab.
No. of Participants	06
SDG Details	SDG 3: Good Health and Wellbeing
PO	PO2, PO3, PO4, PO5

Objective

1. To provide a platform for students to showcase their creativity and make-up artistry skills.
2. To enhance self-expression, confidence, and presentation abilities among nursing students.
3. To encourage innovation and aesthetic sense through creative makeover themes.
4. To promote co-curricular engagement during Nurses Week celebrations.
5. To develop attention to detail, hygiene practices, and professional grooming skills.

The Department of Nursing, Chitkara School of Health Sciences, successfully organized a "Glamour Beats Competition" as part of the celebrations for International Nurses Day 2026 on 8th May 2026 at Galileo Block. The event was conducted under the theme "Creative Makeover Contest", aiming to provide students with a platform to showcase their creativity, artistic skills, and talent in make-up artistry. The competition witnessed enthusiastic participation from nursing students, who demonstrated remarkable innovation and aesthetic sense through their unique makeover presentations. Participants were required to perform make-up either on themselves or on a model within the stipulated time of 45–60 minutes, adhering to the guidelines of maintaining hygiene, creativity, and professionalism. The judging criteria focused on blending techniques, creativity, neatness, overall transformation, and presentation.

The event was coordinated under the guidance of Ms. Gurpreet Kaur, Assistant Professor, and Ms. Vijyeta, Assistant Professor, whose efforts ensured the smooth conduct of the competition. The competition was evaluated by Ms. Kanika Sharma, Assistant Professor, and Ms. Alisha, Nursing Tutor, whose expert judgment added value to the event. The event also received active support from student coordinators, contributing to its successful execution. The competition not only encouraged artistic expression but also promoted confidence, precision, and attention to detail among the students. It added a vibrant and creative dimension to the Nurses Week celebrations, highlighting the multifaceted talents of future healthcare professionals. The event concluded on a high note with appreciation for all participants, recognizing their creativity and dedication.

Outcomes

1. Students demonstrated high levels of creativity and artistic skills in make-up application.
2. The event enhanced confidence, stage presence, and self-expression among participants.
3. Participants gained awareness about hygiene and professional grooming standards.
4. It fostered healthy competition and peer learning among students.
5. The activity contributed to the overall personality development of nursing students.







Judges attentively evaluating the creativity, presentation, and artistry displayed by participants in the Glamour Beat Competition on 08.05.2026.



Budding talents in action as students participated enthusiastically in the Glamour Beat Competition on 08.05.2026



The judges are gracefully evaluating the Glamour Beat Competition dated 08.05.2026



A memorable group photograph capturing the enthusiasm, creativity, and spirit of participants and organizers during the Glamour Beat Competition held on 08.05.2026.

Event Details	
Event Name	Sustains 9: Understanding Management – Expired Medicines, Medicinal Plants Around
Date	9 May 2026
Venue	B003, Edison Block Basement
Organizer	Centre of Excellence for Sustainability in collaboration
Resource Person	Dr. Rajwinder Kaur, Dr. Amit Kumar
Idea Conceived By	Ms. Mamta Rani
Total number of Participations	25+
SDGs Covered	3,4 & 12
Duration	2 hours

Objective

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



Description

The Centre of Excellence for Sustainability (CUCES), Chitkara University, organized "Sustain Staff – Chapter 9" The event was designed especially for staff members to enhance their awareness regarding sustainable healthcare practices and medicinal plant knowledge.

The first session, titled "Understanding Management – Expired Medicines," was delivered by **Dr. Rajwinder Kaur**, Professor, Chitkara College of Pharmacy. The session highlighted the

risks associated with improper disposal of expired medicines and explained safe and responsible methods for handling pharmaceutical waste. Participants were informed about the environmental and health hazards caused by unsafe disposal practices and were guided on practical ways to manage unused and expired medicines effectively.

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

The sessions witnessed active participation and engagement from staff members. Informative discussions and interactive learning made the event impactful and encouraged participants to adopt sustainable and health-conscious practices in their daily lives.

Outcomes

Increased awareness regarding safe disposal and management of expired medicines.

Enhanced understanding of environmental sustainability related to pharmaceutical waste.

Improved knowledge about medicinal plants and their healing properties.

Encouraged participants to adopt healthier and eco-friendly practices.

Promoted awareness about responsible consumption and healthcare sustainability.

Strengthened interdisciplinary collaboration for sustainability-focused initiatives within the university.

Conclusion

SustainaStaff – Chapter 9 successfully provided valuable insights into sustainable healthcare practices and the importance of medicinal plants in daily life. The informative sessions helped participants understand the significance of responsible medicine disposal and natural healing resources. The initiative reflected Chitkara University's commitment towards promoting health awareness, environmental responsibility, and sustainable development among its staff community.


MANAGEMENT OF EXPIRED
MEDICINES








Engineer Your Dreams

Event Details	
Event Name	Nurse's Day Celebration
Topic/Theme Date	Oath taking ceremony 12th May, 2026
Mode	Offline
Venue	Exploretorium, Chitkara University, Punjab
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor, CSHS, Chitkara University, Punjab Ms. Dimple, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	60
SDG No SDG Details	3,4,16,17 No.3 (Good Health and Wellbeing), No.4 (Quality, Education), No. 16 (Peace, justice and Strong institutions) No.17-Partnership for the goals.
PO	PO2, PO3, PO4, PO5

Objective

1.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.

2.To formally induct the 14th Batch of B.Sc. Nursing students into the nursing profession through the Oath Taking Ceremony.

3.To encapsulate the invaluable contribution of nurses to the healthcare ecosystem and underscores their pivotal role in shaping the future of healthcare.

4.To commemorate the birth anniversary of Florence Nightingale, the pioneer of modern nursing, by reflecting on her values and legacy through creative student expressions

5.It promotes the importance of nursing ethics and professionalism through the oath taking ceremony

6.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: Empowered Nurses Save Lives.*"

7.To inspire students by facilitating interaction with experienced nursing professionals and dignitaries from the healthcare industry

8.To celebrate the achievements of nursing students in both academic and extracurricular domains

On International Nurses Day 2026, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, organized a vibrant and solemn Oath Taking Ceremony for the 14th 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.

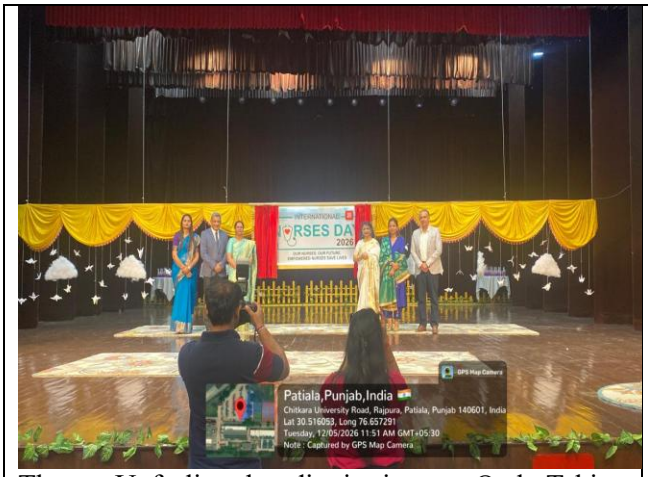
Compassion and Immersed with the traditional lamp lighting, a symbolic gesture signifying knowledge, compassion, and service. The lamp was lit by Dr. Madhu Chitkara Pro chancellor of Chitkara University, Punjab, along with Dr. Harmeet Kaur Kang, Principal & Director, Lt. Col. (Dr.) Rakesh Sharma (Retd) 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 – International Nurses Day 2026: Empowered Nurses Save Lives," was officially unveiled. The theme highlights the importance of supporting and empowering nurses so that they can provide better healthcare services. Empowered nurses are confident, skilled, and motivated professionals who can make life-saving decisions and improve patient care. 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, solo singing 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 60 student have attended the ceremony.

Outcomes

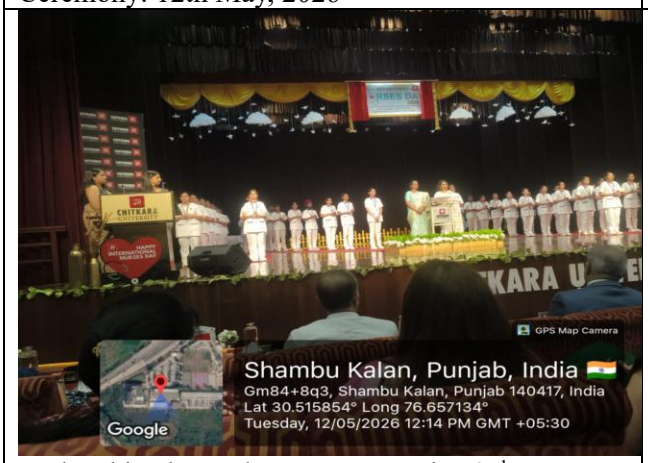
1.Reinforced the ethical values and professional responsibilities of nursing students and nurses.
2.Strengthened commitment towards compassionate, patient-centered healthcare services.
3.Promoted discipline, dedication, and accountability in clinical practice.
4.Inspired participants to uphold the dignity and integrity of the nursing profession.
5.Enhanced awareness about the importance of empathy, care, and teamwork in healthcare settings.
6.Encouraged nurses to serve society with sincerity, humanity, and professionalism.
7.Fostered a sense of pride, unity, and professional identity among nursing students and faculty.
8.Motivated participants to continue lifelong learning and maintain high standards of nursing care.



Theme Unfurling by dignitaries on Oath Taking Ceremony: 12th May, 2026



Oath Taking by students B.Sc. Nursing 2nd Semester: 12th May, 2026



Oath Taking by students B.Sc. Nursing 2nd Semester: 12th May, 2026



Dance Performance by students on Oath Taking Ceremony: 12th May, 2026

Event Name	Physio Launchpad: Pre-Internship Training Module
Date	12th – 16th May, 2026
Venue	Einstein Hall, Galileo Block, Chitkara University, Pb
Organizer	Department of Physiotherapy
Resource Person	• Dr. Vivek Shrivastava - Dean, Department of Physiotherapy; Consultant, Fortis MEDCENTRE, Chd; Ex Head - Physiotherapy, Fortis Hospital, Shalimar Bagh, New Delhi • Dr. Blessy Kunjumon (PT) - Senior Physiotherapist, Fortis Hospital, Manesar, Gurugram • Dr. Deepak Yadav - Assistant Professor, Physiotherapy, Dolphin (PG) Institute of Biomedical and Natural Sciences, Dehradun; Ex ICU Team Lead, Fortis Shalimar Bagh, New Delhi • Dr. Amritpal Kaur - Senior Physiotherapist, Fortis Memorial Research Institute, Gurugram Dr. Nandita Yadav (PT) - Neuro Physiotherapist, Leading Neurosurgery Rehab, Fortis Hospital, Shalimar Bagh • Dr. Nirupama Bhatt - Practicing Physiotherapist in UK, Physiotherapist career mentor and founder of bhautika the initiative
Number of Participants	39
SDG Number	3 (Good Health and Well Being), 4 (Quality Education), 17 (Partnership for the Goals)
Duration	5 days

About the Activity

The Department of Physiotherapy at Chitkara University, under the PHYSIOFIT initiative, successfully organized a five-day pre-internship training module titled "Physio Launchpad: Mastering the Transition from Student to Clinician" from May 12th to May 16th, 2026. Designed specifically for the BPT 2022 batch, this intensive program was executed in a hybrid format—blending in-person sessions at the Ramanujan Block with virtual streaming—to bridge the gap between academic education and clinical practice.

The daily two-hour sessions focused systematically on transforming theoretical knowledge into clinical competence by addressing critical professional areas. Resource persons guided students through standard operating procedures in ICU and acute neurosurgery rehabilitation, patient communication protocols, clinical ethics, and evidence-based workflows, while also exploring global career pathways and professional transition strategies.



The module concluded with highly positive benchmarks, successfully equipping the BPT 2022 batch with the clinical acumen, ethical perspective, and foundational confidence necessary to excel in their imminent clinical rotations. By exposing students to the elite insights of international and Fortis-network clinicians, the department successfully enhanced the clinical readiness of its future graduates.

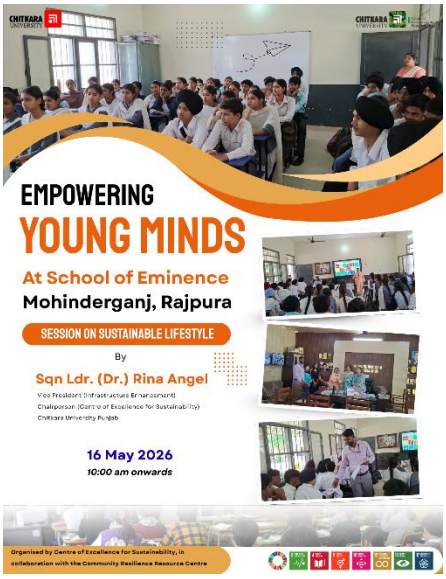




Event Details	
Event Name	Empowering Young Minds through Sustainability Awareness Session
Date	16 May 2026
Venue	School of Eminence, Mohinderganj
Organizer	Centre of Excellence for Sustainability in collaboration with Community Resilience Resource Centre
Resource Person	Sqn LDR. (Dr.) Rina Angel
SDGs Covered	3,4, 5, 10, 12, 13 & 17
Duration	1 Day

Objective

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



Description

The Centre of Excellence for Sustainability, in collaboration with the Community Resilience Resource Centre, Chitkara University, conducted an impactful outreach visit to the **School of Eminence, Mohinder Ganj, Rajpura**. The visit was organized with the purpose of educating and empowering students through awareness sessions focused on sustainability, responsible living, and social well-being. During the session, **Sqn Ldr (Dr.) Rina Angel**, Chairperson – Centre of Excellence for Sustainability, delivered an engaging and insightful talk on Sustainable Lifestyle Practices. She emphasized the urgent need for adopting responsible and mindful habits in daily life to protect the environment and ensure a sustainable future for coming generations. sThe session covered several important themes including waste management practices, reduction of carbon emissions, environmental conservation, gender equality, reduced inequalities, and the significance of the **United Nations Sustainable Development Goals (SDGs)**. Students were encouraged to understand their role as responsible

citizens and become active contributors towards environmental protection and social development.

The interactive nature of the session motivated students to actively participate in discussions and share their views on sustainability-related issues. The awareness programme helped them recognize how small lifestyle changes can collectively create a significant positive impact on society and the environment.

Additionally, on the special request of the **principal**, an awareness session was also conducted for the parents who had arrived for the induction programme. The session focused on the importance of creating sustainable habits at home, promoting environmental responsibility among children, and encouraging community participation in sustainable initiatives.

The outreach visits successfully strengthened community engagement while promoting awareness about sustainability, health, and social responsibility. Through such initiatives, Chitkara University continues to nurture socially responsible and environmentally conscious communities.

Outcomes

1.Enhanced awareness among students and parents regarding sustainable lifestyle practices and environmental responsibility.

2.Encouraged students to adopt eco-friendly habits and contribute towards sustainability initiatives.

3.Promoted understanding of the United Nations Sustainable Development Goals (SDGs) and their importance in daily life.

4.Created awareness about gender equality, reduced inequalities, and social responsibility.

5.Strengthened the bond between the university and the local community through meaningful outreach activities.

6.Inspired young minds to become active participants in building a sustainable and inclusive future.













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

Objective

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

The Department of Nursing, under the Centre for Women Health and Empowerment, successfully organized an **Expert Health Talk & Free Consultation Camp for Women** in collaboration with Motherhood Hospital, Chandigarh. The initiative was designed to promote awareness, preventive care, and wellness among women, reflecting the department's commitment to community health and empowerment. The session was conducted by **Dr. Navdeep Kaur**, Senior Consultant – Obstetrics & Gynaecology, who delivered an insightful and informative talk on women's health. She emphasized the importance of preventive healthcare, early detection of common health concerns, and lifestyle modifications for overall wellbeing. Her presentation was **engaging**, **comprehensive**, and **impactful**, offering participants practical knowledge on maintaining good health. In addition to the expert lecture, Dr. Kaur provided individual consultations, addressing personal queries and guiding

participants on specific health issues. This personalized interaction made the program **meaningful** and **supportive**, ensuring that participants felt heard and empowered to take proactive steps toward their health.

The event witnessed enthusiastic participation from faculty members, students, and staff, creating a vibrant atmosphere of learning and dialogue. The program not only strengthened awareness but also fostered a culture of preventive healthcare practices among women.

We extend heartfelt gratitude to the expert speaker, organizing team, and all participants for their valuable contributions in making the event a resounding success.

Outcomes

1. Enhanced awareness of women's health and preventive care.
2. Individual consultations addressing personal health concerns.
3. Promotion of wellness practices among faculty, students, and staff.
4. Strengthened collaboration between academia and healthcare institutions.



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



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





Event Details	
Event Name	World Hypertension Day 18th May, 2026
Topic/Theme	Health Camp on Theme- Controlling Hypertension Together
Date	18th May, 2026
Mode	Offline
Venue	Galileo Block, Centre for Health and Wellness, Ground Floor
Organizer Name	Dr. Sawroop Dhillon (Associate Professor), CSHS, Chitkara University, Punjab. Ms. Divya Thakur (Assistant professor), CSHS, Chitkara University, Punjab.
No. of Participants	22
Number of impacted people	22
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education
PO	PO3, PO4, PO5, PO6, PO7, PO8
University Charter	Let's Educate our students for brilliant futures, Let's empower our students with great communication skills

Objective

1. To assess the blood pressure status of support staff at Chitkara University for early identification of hypertension and related risks.
2. To measure body weight and Body Mass Index (BMI) of participants to evaluate obesity-related risk factors associated with hypertension.
3. To create awareness among support staff regarding the causes, symptoms, complications, and prevention of hypertension through health education activities.
4. To promote healthy lifestyle practices such as balanced diet, regular physical activity, stress management, and routine health check-ups for prevention and control of hypertension.
5. To distribute informative pamphlets and provide individualized health guidance based on the participants screening results to encourage self-care and timely medical consultation.

On World Hypertension Day 2026, a health screening and awareness camp was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University under the Student Nurses Association (SNA) activities. The camp was conducted with the aim of promoting awareness regarding hypertension and encouraging healthy lifestyle practices among the support staff of the university. The camp was organized under the guidance of Dr. Sawroop Dhillon, Associate Professor, and Ms. Divya Thakur, Assistant Professor, Department of Nursing. The activity witnessed enthusiastic participation from nursing students including

Mr. Ashish, Ms. Tanya, and Ms. Deeksha from M.Sc. Nursing 1st Year, along with Ms. Hishmeet, Ms. Gagandeep, and Ms. Harmanpreet from B.Sc. Nursing 2nd Semester.

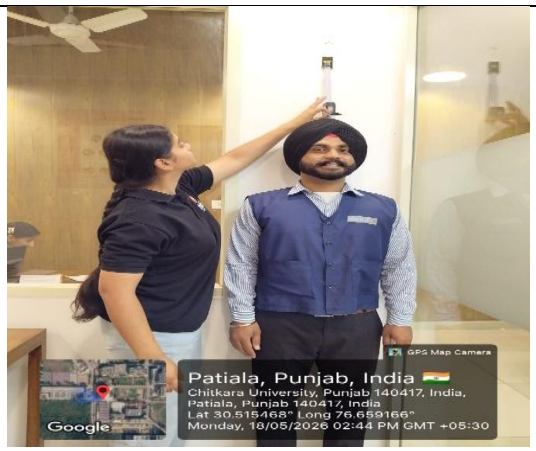
Their active involvement contributed significantly to the successful execution of the camp. Hypertension, commonly known as high blood pressure, is one of the leading causes of cardiovascular diseases and is often referred to as a "silent killer" due to its asymptomatic nature. Keeping this in mind, the camp focused on early screening and health education to help participants understand the importance of regular health monitoring and lifestyle modification. During the camp, the blood pressure, body weight, and Body Mass Index (BMI) of the participants were assessed systematically. The support staff members actively participated in the screening process and cooperated well with the organizing team. Individual health records were maintained to identify participants who were at risk of hypertension, obesity, or other related health concerns. Based on the assessment findings, personalized health education was provided to the participants. Informative pamphlets containing details regarding the causes, risk factors, signs and symptoms, preventive measures, dietary management, physical activity, stress reduction, and the importance of regular medical check-ups were distributed among the staff members. The nursing students also interacted with the participants and explained the importance of maintaining a balanced diet, reducing salt intake, engaging in regular exercise, avoiding tobacco and alcohol consumption, and managing stress effectively. The camp not only enhanced awareness regarding hypertension but also encouraged participants to adopt healthier lifestyle habits for the prevention and control of non-communicable diseases. The initiative provided nursing students with an opportunity to develop practical skills in community health assessment, communication, teamwork, and health education. Overall, the World Hypertension Day Health Camp was successfully conducted and received positive feedback from the participants. The activity highlighted the commitment of the Department of Nursing and SNA towards promoting preventive healthcare and community well-being within the university campus.

Outcomes

1. Early identification of individuals with elevated blood pressure and abnormal BMI among the support staff of Chitkara University through health screening.
2. Increased awareness among participants regarding hypertension, its risk factors, complications, prevention, and management.
3. Promotion of healthy lifestyle practices such as balanced diet, regular exercise, weight management, stress reduction, and routine health monitoring.
4. Distribution of health education pamphlets enabled participants to gain knowledge about self-care measures and preventive strategies for hypertension.
5. Enhanced practical learning experience for nursing students in conducting community health assessments, patient interaction, teamwork, and health education activities.



Student doing registrations for Hypertension Camp on 18.05.2026.



Student checking Height for BMI calculation under Hypertension Camp on 18.05.2026.



Student giving Health education on Blood pressure management under Hypertension Camp on 18.05.2026.



Student doing BMI calculation under Hypertension Camp on 18.05.2026.



Student checking the Blood Pressure under Hypertension Camp on 18.05.2026.



Group photo after the camp with the faculty coordinators and the student organizers on 18.05.2026

Event details	
Name of the School/Department	Chitkara Law School
Date of Event	21st May, 2026
Title of the Event	Job Shadowing Program Grade 12th Chitkara International School
Mode	Offline
Type of participation	Organized/Attended/participated
Number of Guests (2)	01
Number of Faculty participation	12
Number of Student participation	25
SDGs associated with Event	3,4,9,12,16,17

Sr. No.	Time	Topics
1.	11:15 A.M.	Welcome of Students
2.	11:20 A.M.-11:40 A.M.	Career Pathways in Law - Prof. Dr. Ashish Verma, Dean, CLS
3.	11:40 A.M.-12:00 P.M.	Preparedness for Litigation and Moot Court Dr Awnish Kumar and Mr. Kushaan Dosajh
4.	12:00 P.M.-12:20 P.M.	How to become a Judicial officer- Dr. Shobha Gulati
5.	12:20 P.M.-12:40 P.M.	Use of AI in Law- Dr Sandhya Kumari

About the Event

The Job Shadowing Program is a career-oriented experiential learning initiative aimed at providing students with meaningful exposure to professional and academic environments and helping them make informed decisions regarding their future academic and career pathways. As students transition from school education to higher studies, it becomes increasingly important for them to understand the practical realities of various professions. The Job

Shadowing Program serves this purpose by acting as a bridge between theoretical learning and professional practice and industrial needs, allowing students to gain valuable insights into the knowledge, skills, and competencies required in a particular field.

In the context of legal education, the program is designed to familiarize students with the legal profession and the broader justice delivery system. Law is a dynamic and multifaceted discipline that extends beyond courtroom advocacy and encompasses areas such as corporate governance, policymaking, dispute resolution, legal research, public administration, and judicial services. Through exposure to the legal field, students gain an understanding of the diverse opportunities available within the profession and the significant role that legal professionals play in maintaining social order, protecting rights, and upholding the rule of law. The program also seeks to cultivate professional awareness, ethical understanding, and critical thinking among participants. By engaging with legal practitioners and learning about the demands of the profession, students develop a realistic perspective on the challenges and responsibilities associated with a legal career. Such initiatives encourage self-reflection, helping students assess their interests, strengths, and aspirations in relation to potential career choices.

More importantly, the Job Shadowing Program promotes informed decision-making by enabling students to explore career options before entering higher education. It reflects the commitment of educational institutions to holistic learning and career readiness, ensuring that students are equipped not only with academic knowledge but also with an understanding of the professional world. Through this initiative, students are empowered to envision their future with greater clarity, confidence, and purpose while developing an appreciation for the role of law in fostering justice and societal progress.

Objectives

1. To familiarize students with the legal system by giving them an overview of the need for and importance of legal procedures, court proceedings, client interactions, and legal documentation.
2. To help students get an idea of the need to develop critical thinking and analytical skills through observation of legal reasoning, argumentation, and problem-solving in real world scenarios.
3. To help students make informed career choices by understanding the nature, responsibilities, and requirements of the legal profession.
4. To promote awareness and discus about the need for constitutional values, the rule of law, and access to justice.

Description

The Job Shadowing Program commenced with a warm welcome from the participating students, who were introduced to the objectives of the event and the opportunities available in the field of law. The first expert session was delivered by Prof. (Dr.) Ashish Verma, Dean, Chitkara Law School, who provided an insightful overview of the diverse career pathways in law. He highlighted opportunities in litigation, corporate practice, judiciary, legal consultancy, policymaking, academia, and emerging interdisciplinary fields. Furthermore, he made the students aware of the need to ask questions and constantly improve upon their reading and comprehension skills, for which he recommended reading any biography of a legal luminary, the Constitution, and a daily reference to good newspapers and magazines.

The second session, conducted by Dr. Awnish Kumar and Mr. Kushaan Dosajh, focused on preparedness for litigation and moot court activities. Students were acquainted with the importance of legal research, drafting, advocacy, and communication skills, as well as the role of moot court competitions in developing practical legal competencies. This involved making the students aware of the need of a Moot Court and how it makes a student engage in his verbal and research skills to present structured and cohesive arguments.

Thereafter, Prof. (Dr.) Shobha Gulati addressed the students on the process of becoming a judicial officer. She explained the eligibility criteria, judicial service examinations, preparation strategies, and the responsibilities associated with judicial service.

The final session was conducted by Prof. (Dr.) Sandhya Kumari on the use of Artificial Intelligence in law. She discussed the transformative impact of AI on legal research, case management, and legal services, while also emphasizing the ethical challenges associated with emerging technologies. This included delving into ethical use of AI and using it to complement one's research skills to ensure improved grasping and learning of concept, instead of using it as a substitute for a disciplined effort towards gaining knowledge.

The program concluded with an informal introduction to Chitkara University and its legal education offerings. Students appreciated the institution's commitment to academic excellence, experiential learning, and professional development. Emphasis was laid on the institution's state-of-the-art infrastructure, experienced faculty, and strong industry linkages that prepare students for diverse careers in law and allied fields. The session encouraged aspiring legal professionals to explore the opportunities available at Chitkara Law School and pursue a rewarding career dedicated to justice, leadership, and social impact.

Learning Outcomes: The students were able to-

1. Identify different career pathways within the legal field.
2. Acknowledge the importance and need of law and legal professionals in society.
3. Describe the roles and responsibilities of various legal professionals.
4. Identity how law was both shaping and shaped by the field of Artificial intelligence.
5. Get an informal glimpse of the Chitkara Law School as a potential institution for their intellectual and academic upliftment.

This event served as an important effort towards achieving SDGs 4, 8, 16, 17.








DRAFTING COMMITTEE OF THE INDIAN CON



Event Name	World Biodiversity Day 2026
Date	22nd May 2026
Venue	Google Meet
Organizer	Department of Education
Resource Person	Dr. Amruta Kiran Deshmukh, Project Officer The Climate Reality Project India & South Asia
Number of Participants	27
SDGs Covered	4, 12,13
Duration	One Hour

About the Activity



The Department of Education, in collaboration with The Climate Reality Project India & South Asia, commemorated the International Day for Biological Diversity 2026 on 22nd May 2026, in virtual mode. The resource person for the expert talk was Dr. Amruta Kiran Deshmukh, Project Officer at The Climate Reality Project India & South Asia. Dr. Deshmukh highlighted the urgent need to safeguard biodiversity and drew attention to the escalating threat of extinction. She emphasized how the disappearance of grasslands destabilizes the food chain and underscores the interconnectedness of ecosystems through concepts like telecoupling and the butterfly effect. Innovative restoration approaches, such as the Miyawaki forest method, were presented as pathways to ecological renewal, while inspiring conservation efforts like IIT Madras saving blackbuck demonstrated the impact of institutional leadership. She further stressed the importance of individual responsibility, encouraging sustainable practices such as composting at home. The session was not only a celebration of biodiversity but also a clarion call, reminding us that both collective and individual actions are indispensable in preserving the planet's rich biological heritage for generations to come


Around 1 million species
are currently at risk of
extinction globally.



Event Details	
Event Name	Expert Session
Topic	Expert session on AI Training under the ADIRA Program
Date	25th May 2026
Platform	Google meet
Organizers	Ms. Vijyeta Bhasin (Assistant Professor, Department of Nursing)
No. of Participants	47
Under SDG no.	3,4,9,17
SDG Details	SDG 3: Good health and well-being, SDG 4: Quality Education, SDG 9: Industry, Innovation and infrastructure, SDG 17: Partnership For The Goals

Objective

1.Introducing students and healthcare professionals to the fundamentals of Artificial Intelligence in healthcare.

2.To enhance participants' understanding of Generative AI, prompting techniques, and AI-powered tools.

3.To create awareness regarding ethical use of AI and risk management in digital healthcare practices.

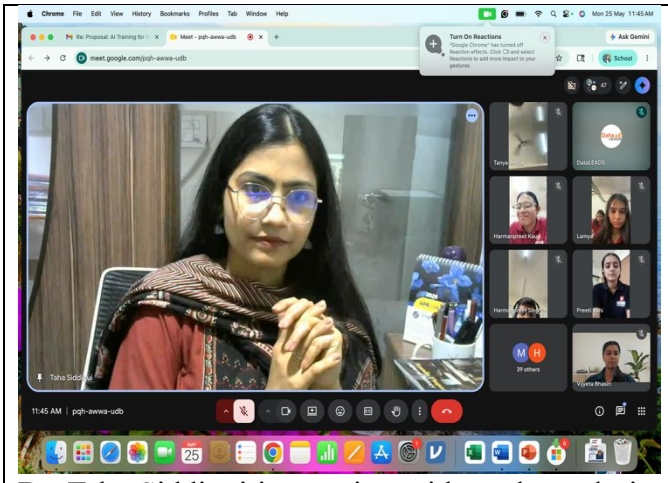
4.To encourage digital readiness and innovation for future healthcare and professional environments.

An expert session on **ADIRA – AI for Digital Readiness and Advancement** was organized by Chitkara University on 25 May 2026 through Google Meet platform. The session aimed to enhance awareness and understanding of Artificial Intelligence and its growing applications in healthcare and digital education. The resource person for the session was **Dr. Taha Siddiqui**, Associate Professor and Head, Department of Communication, Graphic Era Hill University. Dr. Siddiqui is a distinguished educator and ADIRA Trainer specializing in AI literacy and digital empowerment. The session covered several important themes including Introduction to AI in Healthcare, Generative AI and Prompting Techniques, AI Tools and Applications, AI Ethics and Risk Management, and Real-world Use Cases in Healthcare. Through interactive discussions and practical examples, participants gained insights into how AI technologies are transforming healthcare systems, communication, learning, and professional practices. The resource person also emphasized the importance of ethical and responsible use of AI tools while highlighting the need for digital readiness among students and professionals. Participants actively engaged in the session by asking questions and discussing various AI-based applications relevant to healthcare and academics. The session proved to be highly informative and enriching for all attendees.

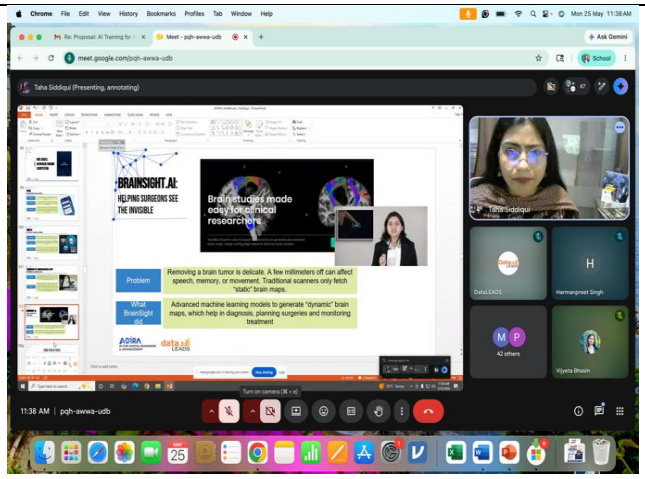
It successfully encouraged students to explore AI technologies and understand their significance in shaping a smarter, ethical, and future-ready healthcare ecosystem. The organizing team expressed sincere gratitude to Dr. Taha Siddiqui for sharing her valuable knowledge and expertise with the participants.

Outcomes

- Participants developed a basic understanding of AI concepts and their applications in healthcare.
- Students learned effective use of Generative AI tools and prompting techniques.
- Awareness regarding ethical AI practices and digital responsibility was enhanced among participants.
- The session motivated learners to adopt innovative digital tools for academic and professional growth.



Dr. Taha Siddiqui interacting with students during the expert session on 25.05.2026



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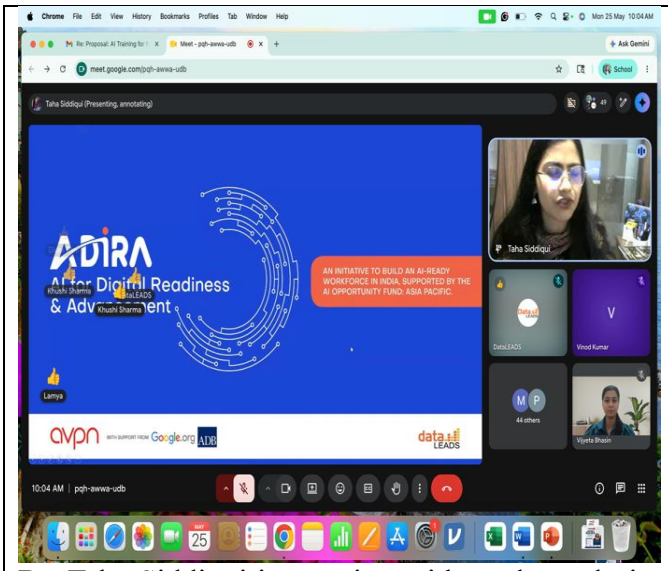

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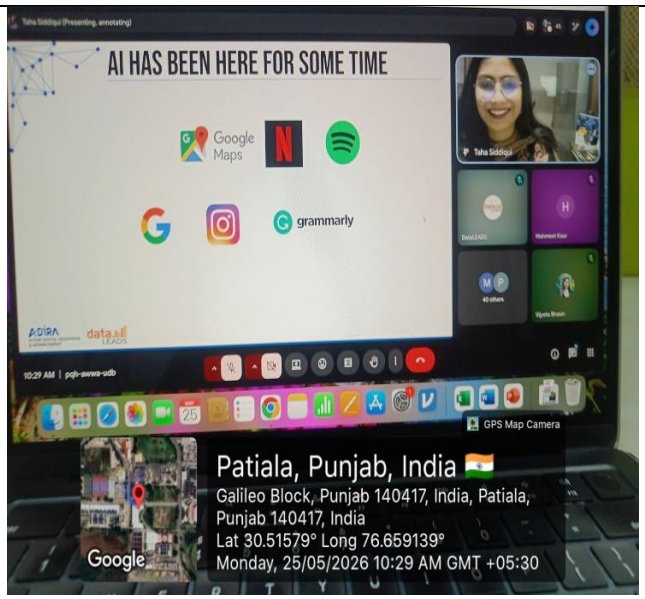
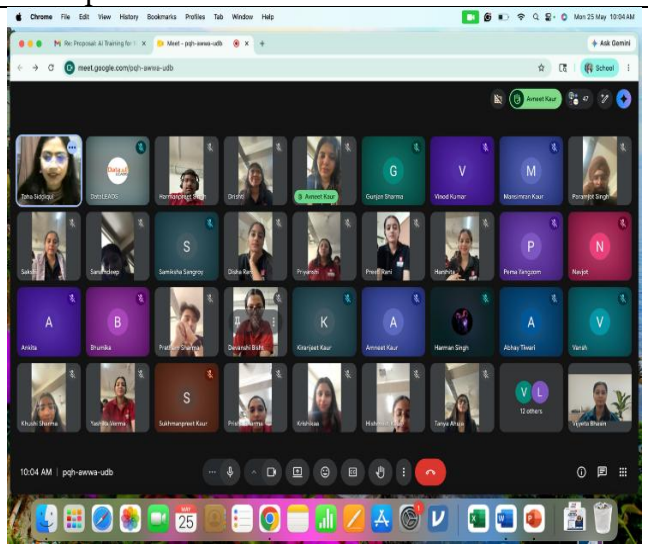


Dr. Taha Siddiqui interacting with students during the expert session on 25.05.2026



Students of B.Sc. Nursing 2nd semester during the expert session on 25.05.2026



Group photograph of participants and resource person during the expert session on 25.05.2026

EVENT DETAILS	
Event Type	Competition
Topic	DICE Techinnovate 4.0
Date	2026-05-25
Venue	Delta Zone
Organizer Name	Dr. Rajneesh Talwar
No. Of Participants	166
SDG No	SDG 3: Good Health and Well-Being, SDG 4: Quality Education, SDG 9: Industry, Innovation and Infrastructure, SDG 11: Sustainable Cities and Communities, SDG 13: Climate Action

OBJECTIVE

1. To provide a platform for students to showcase innovative projects and prototypes developed in the domains of Embedded Systems and Internet of Things (IoT).
2. To encourage the application of theoretical knowledge in solving real-world challenges through technology-driven and interdisciplinary solutions.
3. To promote creativity, innovation, and problem-solving skills among students by engaging them in hands-on project development.
4. To create awareness about sustainable and socially relevant technological solutions aligned with the vision of Viksit Bharat and the United Nations Sustainable Development Goals (SDGs).



DESCRIPTION

Department of Interdisciplinary Courses in Engineering (DICE), Chitkara University, organized TechInnovate 4.0 – A Step Towards Viksit Bharat on 25 May 2026 at Delta Zone. The event served as a dynamic platform for students to demonstrate innovative projects developed under the Embedded Systems & Internet of Things (ES & IoT) domain, focusing on solving real-world challenges through technology-driven solutions. The event was inaugurated by Dr. Rajneesh Talwar, Professor and Dean, DICE, who encouraged students to pursue innovation-driven learning and emphasized the importance of practical engineering solutions in building a technologically empowered India. The event was also graced by Colonel Rakesh Sharma (Retd.), Registrar, Chitkara University, who visited the project display area, interacted with participating students, and appreciated the creativity, technical understanding, and problem-solving approach demonstrated in the projects. He motivated students to continue working on impactful innovations and highlighted the importance of interdisciplinary learning and industry-oriented project development. Project included categories from Human Computer Interface Projects, Smart Cities, Health-Tech, Edu-Tech, Smart Surveillance, Smart Home devices, Agri-Tech, Drone and Applications. Through TechInnovate 4.0, students gained valuable experiential learning by transforming theoretical concepts into functional prototypes addressing real-world problems. The event strengthened their understanding of embedded systems, IoT architecture, sensor interfacing, automation, and intelligent system design. Following SDGs were covered SDG 3 – Good Health & Well-Being, SDG 4 – Quality Education, SDG 9 – Industry, Innovation & Infrastructure, SDG 11 – Sustainable Cities & Communities and SDG 13 – Climate Action









Event Name	World No Tobacco Day
Venue	Galileo Block
Date	29th May 2026
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	13
Duration	One Day

OBJECTIVES

1.The Poster Making Competition was organized with the following objectives:
2.To create awareness about the harmful effects of tobacco on health.
3.To educate people about the importance of quitting tobacco for a healthier life.
4.To encourage youth and the community to adopt a tobacco-free lifestyle.
5.To promote preventive measures and support initiatives for tobacco control and cessation.

DESCRIPTION

When World No Tobacco Day, Department of Nursing, Chitkara School of Health Sciences, Chitkara University organized a Poster Making Competition on 29th May 2026 at Galileo Block. The theme, "Unmasking the Appeal – Countering Nicotine and Tobacco Addiction," aimed to spread awareness about the harmful effects of tobacco use and encourage a tobacco-free lifestyle. The event focused on educating students about the physical, mental, and social consequences of tobacco consumption. Students participated enthusiastically and displayed their creativity through informative and meaningful posters highlighting tobacco prevention, health promotion, quitting tobacco habits, and the importance of a smoke-free society.

The posters were evaluated by esteemed judges Ms. Manu Kohli (Professor) and Ms. Jigyasha Sharma (Assistant Professor). The judging criteria included presentation, creativity, relevance to the theme, and originality. The judges appreciated the students' awareness, artistic skills, and efforts in delivering impactful health messages through creative expression.

The competition also emphasized the importance of Sustainable Development Goals, especially SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education), by promoting health awareness and education. Overall, the event was a successful initiative that enhanced students' creativity, awareness, and social responsibility towards tobacco control and the promotion of a healthier society.

The Poster Making Competition witnessed enthusiastic participation from students, and the entries were evaluated based on creativity, originality, relevance to the theme, and presentation. **Ms. Vaani (6th Semester)** secured the **First Position**, **Ms. Komalpreet Kaur (2nd Semester)** achieved the **Second Position**, and **Ms. Sukhmanpreet Kaur** secured the **Third Position**. The winners were appreciated for their exceptional creativity, artistic skills, and effective portrayal of the theme, contributing to the success of the event.

OUTCOMES

1.Increased awareness among students about the harmful effects of tobacco and nicotine addiction.

2.Encouraged students to promote a tobacco-free lifestyle through creative expression and health education.

3.Enhanced students' creativity, communication skills, and participation in health awareness activities.

4.Strengthened understanding of the importance of prevention, health promotion, and social responsibility towards tobacco control.





Event Details	
Event Name	World Tobacco Day
Topic/Theme	"Unmasking the Appeal – Countering Nicotine and Tobacco Addiction."
Date	1st June, 2026
Mode	Offline
Venue	Fortis Hospital, Mohali
Organizer Name	Ms. Seema Rani (Assistant professor), CSHS, Chitkara University, Punjab.
No. of Participants	56
Number of impacted people	40
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education
PO	PO3, PO4, PO5, PO7, PO8
University Charter	Let's Educate our students for brilliant futures, Let's empower our students with great communication skills

OBJECTIVES

1.To create awareness about the harmful effects of tobacco and nicotine addiction.
2.To educate students and the public regarding prevention and cessation of tobacco use.
3.To promote healthy lifestyle practices through role play, health education, quizzes, and presentations.
4.To enhance communication, teaching, and leadership skills among students.
5.To encourage active participation and peer learning in tobacco control activities.

DESCRIPTION

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a meaningful awareness program on World Tobacco Day on 1st June 2026 at Fortis Hospital, Mohali under the theme "Unmasking the Appeal – Countering Nicotine and Tobacco Addiction." The activity was coordinated by Ms. Seema Rani, Assistant Professor, with active participation of B.Sc. Nursing 4th Semester students.
fThe program aimed to create awareness regarding the harmful effects of tobacco consumption and nicotine addiction while encouraging healthy lifestyle practices among the public and peer groups. Students enthusiastically conducted various educational and interactive activities during the event. A role play was presented highlighting the physical, psychological, social, and economic consequences of tobacco addiction and the importance of quitting tobacco for a healthier future. Students also delivered health education talks to educate the audience about

the ill effects of smoking, passive smoking, and smokeless tobacco products. Preventive measures, benefits of tobacco cessation, and available support systems for quitting addiction were discussed effectively. People give positive feedback to students & appraise the role play activity.

In addition, a quiz competition was organized for peer groups to assess and enhance knowledge regarding tobacco-related diseases, cancer risks, and preventive strategies. Topic presentations were also delivered by students on themes such as nicotine addiction, tobacco control measures, smoking-related diseases, and the role of healthcare professionals in tobacco cessation.

The program was informative, engaging, and successful in spreading awareness about tobacco-free living and promoting SDG 3: Good Health and Well-being and SDG 4: Quality Education.

OUTCOME

1.Participants gained knowledge regarding the health hazards of tobacco consumption and passive smoking.

2.Students effectively demonstrated health education and communication skills through role play and presentations.

3.Peer groups actively participated in quiz activities, improving their understanding of tobacco-related diseases and prevention.

4.Awareness regarding tobacco cessation methods and healthy living was successfully promoted among attendees.

5.The activity motivated participants to adopt tobacco-free lifestyles and support public health awareness initiatives.






INTRODUCTION
Mohali,Punjab,India
Jail Road, Sector 62 Phase 8, Mohali, Punjab 160062, India
Lat 30.694499, Long 76.731439
GMT+05:30
Note : Captured by GPS Map Camera


Mohali,Punjab,India
Sector 62 Phase 8, Mohali, Punjab 160062, India
Lat 30.695250, Long 76.731019
Monday, 01/06/2026 10:28 AM GMT+05:30
Note : Captured by GPS Map Camera


GPS Map Camera
Mohali,Punjab,India
Sector 62 Phase 8, Mohali, Punjab 160062, India
Lat 30.695346, Long 76.730942
Monday, 01/06/2026 10:27 AM GMT+05:30
Note : Captured by GPS Map Camera

Event Name	Yoga Workshop
Venue	Explore Star Hall
Date	1st to 8th June 2026
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	52
Duration	Seven Days

"Our bodies are our gardens, to the which our wills are gardeners."
William Shakespeare, Othello

Shakespeare's thought reminds us that the body is not merely something we carry through life, but something we cultivate with intention. Like a garden, it responds to care, patience, discipline, and attention. If neglected, it grows tired in silence. If nurtured, it becomes a place of strength, calm, and renewal. Wellness begins from this simple understanding that the body and mind must be tended to gently, every day.

With this philosophy at heart, Chitkara University, Punjab, continued the spirit of wellness beyond a single introductory session. If International Yoga Day opened a meaningful conversation on health, balance, and mindful living, the 10-day Yoga Workshop organised in the month of June gave that conversation continuity. The workshop was specially conducted for the faculty members and staff members of the University, recognising that wellbeing is essential for those who give their time, energy, and commitment to the institution each day.

Led by Yoga Instructor Mr. Pradeep, the workshop created a calm and purposeful space for participants to pause, breathe, stretch, and return to the self amid the pace of everyday responsibilities. Each session encouraged them to slow down, become more aware of their bodies, and experience yoga as a daily practice rather than a one-day activity. Through simple movements, breathing techniques, and mindful guidance, the workshop helped participants reconnect with their inner rhythm.

The initiative carried a thoughtful message. Mental health, physical wellbeing, and emotional balance cannot be limited to occasional reminders. They need regular attention, just like a garden needs water and care. The 10-day workshop beautifully reflected this idea by encouraging faculty and staff members to make wellness a part of their routine. It reminded everyone that strength does not always mean pushing harder. Sometimes, strength is found in stillness, in breath, and in the willingness to listen to oneself.

More than fitness activity, the workshop became a shared experience of care within the University community. It brought people together in a space where health was approached with simplicity and sincerity. The participants were encouraged to carry the learnings beyond the sessions and into their everyday lives, whether through a few minutes of stretching, conscious breathing, or a more mindful approach to work and rest.

In a world where responsibilities often take over personal wellbeing, Chitkara University's 10-day Yoga Workshop offered a gentle reminder that care for the self is never separate from care for the work we do and the people around us. Wellness is not something to be postponed for a quieter day. It is built slowly, lovingly, and consistently, one breath, one posture, and one conscious choice at a time.









Event/Session Name	The Office Ambassadors: Enhancing professionalism & hospitality skills among support staff
Event/Session Date	1st June to 12 June, 2026
Venue	Spice Route Restaurant, 4th Floor, Escoffier Block
Organizers	Office of Administration in collaboration with Chitkara College of Hospitality Management (CCHM)
Resource Person	Mr. Parambir Singh, Associate Professor, CCHM Mr. Shubham Sharma, Assistant Professor, CCHM Mr. Anubhav Joshi, Assistant Professor, CCHM
No. of Participants	60 (Support Staff)
SDGs Covered	3,4,8,17

OVERVIEW



With the objective of enhancing workplace professionalism and service excellence among support staff, the **Office of Administration**, in collaboration with **Chitkara College of Hospitality Management**, successfully conducted **"The Office Ambassadors"**, a five-day professional development programme in two batches from **01–05 June 2026** and **08–12 June 2026** at the **Spice Route Restaurant, Escoffier Block**. Designed specifically for administrative support staff, the programme focused on strengthening professional behaviour, hospitality standards, workplace etiquette, communication skills, and confidence. Through practical demonstrations, interactive activities, and real-life workplace scenarios, participants were equipped with essential skills to represent the University with professionalism, courtesy, and pride in their day-to-day responsibilities.

OBJECTIVES

- To enhance workplace professionalism and service standards among support staff.
- To promote personal grooming, hygiene, and a professional appearance.
- To develop effective communication and interpersonal skills.
- To strengthen hospitality etiquette while interacting with faculty, guests, and visitors.
- To build confidence through practical demonstrations and role-based learning.

Activity Details

The five-day programme was carefully structured around progressive learning modules, each addressing a key aspect of workplace professionalism.

The training commenced with **"The Hospitality Mindset,"** where participants learned the significance of personal grooming, hygiene, positive attitude, and creating strong first impressions. Interactive discussions highlighted how professionalism and a welcoming approach contribute to the University's image.

The second day focused on **Office Mastery & Maintenance**, covering workplace organization, cleaning standards, pantry hygiene, safe handling of office equipment, and maintaining senior cabins and common areas efficiently without disrupting routine operations.

On the third day, participants underwent practical training on **Serving Etiquette**, where hospitality experts demonstrated proper tray handling, serving techniques, meeting room preparation, guest service protocols, and professional table setup, helping participants adopt hospitality industry standards within the administrative environment.

The fourth session emphasized **Professional Communication**, covering workplace greetings, respectful body language, active listening, receiving and executing instructions, maintaining professional boundaries, and communicating confidently with seniors and visitors. Practical examples enabled participants to understand the importance of courteous and effective communication in daily operations.

The programme concluded with **Practice & Perfection**, where participants engaged in role-play exercises simulating real workplace situations, including guest interactions, serving during meetings, responding to instructions, and handling unexpected situations with professionalism and composure. The concluding session reinforced the practical application of all concepts learned throughout the programme.

Activity Details

The initiative reflects the Office of Administration's continuous commitment to capacity building and fostering a culture of excellence, ensuring that every member of the support staff serves as a professional ambassador of Chitkara University through courteous behaviour, efficient service, and a positive workplace attitude.










CHITKARA COLLEGE OF HOSPITALITY MANAGEMENT


HOW TO CARRY A RECTANGULAR TRAY

Event Name	Cervical Cancer Vaccination Drive
Venue	Bernhardt Hall, Sportorium Block
Date	2nd and 3rd June 2026
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	119
Duration	Two Days

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."
Audre Lorde, A Burst of Light

Health, at its deepest, is an act of courage. It asks a person to listen to the body before pain becomes a warning, to seek knowledge before fear begins to grow, and to accept care with dignity rather than hesitation. In matters of women's health, this courage becomes even more important, because silence, stigma, and lack of awareness often stand between individuals and timely prevention. Cervical cancer is one such concern where informed action can save lives, and awareness can become the first step towards lasting protection.

On **2nd and 3rd June 2026**, the **National Service Scheme, Chitkara University**, in association with **Amrit Cancer Foundation**, organised a **Cervical Cancer Awareness and HPV Vaccination Drive** for female students. The two-day initiative reflected the University's sincere commitment to student welfare, preventive healthcare, and meaningful public health education. It created a space where young women could understand the importance of cervical cancer prevention, ask questions with confidence, and take a responsible step towards protecting their health.

The initiative was graced by the presence of **Dr. Harjit Singh Sabharwal, Chairman, Amrit Cancer Foundation; Dr. Harpreet Kaur, Project In Charge; and Sardar Kawaljeet Singh, Core Member**. Through an enlightening session, they spoke about the significance of early screening, timely awareness, and HPV vaccination as essential measures in safeguarding women's health. Their guidance brought clarity to a subject that is often left undiscussed, helping students see healthcare as something approachable, personal, and empowering.

The response from the students was deeply encouraging, with **more than 150 girls receiving the HPV vaccine** under expert medical supervision. This participation reflected trust, awareness, and a growing willingness among young women to make informed health decisions. The drive also carried a larger message for the campus community, that prevention is most effective when knowledge is shared with compassion and care is made accessible without fear.

Beyond the vaccination itself, the campaign strengthened health literacy and encouraged open conversations around cervical cancer, immunisation, and personal wellbeing. It reminded students that caring for oneself is never a small matter. It is a quiet but powerful form of self-respect. Through this thoughtful endeavour, NSS Chitkara University and Amrit Cancer Foundation took a meaningful step towards building a more aware, confident, and health-conscious student community.

The event concluded with a sense of purpose and gratitude. It stood as a reminder that when institutions, healthcare professionals, and students come together for prevention, they create change that reaches far beyond a single day. They nurture a culture where knowledge protects, care empowers, and every young woman is encouraged to take charge of her health with confidence and dignity.









Event Name	World Bicycle Day
Venue	Chitkara University, Punjab
Date	3rd June 2026
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	31
Duration	One Day

"Human freedom involves our capacity to pause, to choose the one response toward which we wish to throw our weight."
Rollo May, The Courage to Create

There is a moment before every choice where life becomes quiet. A pause before the hand reaches for convenience. A pause before the mind follows habit. A pause before we decide whether we will move through the world with awareness or simply be carried by routine. In that small space, responsibility begins. A bicycle belongs beautifully to that pause. It asks us to slow down without becoming still, to move forward without harming what surrounds us, and to remember that progress does not always have to arrive with noise, speed, or excess.

On **3rd June 2026**, the **National Service Scheme, Chitkara University**, observed **World Bicycle Day** by organising a cycling event to promote sustainable mobility and environmentally responsible living. The initiative brought together **Lt. Col. (Dr.) Rakesh, Registrar, Chitkara University, esteemed Deans, Directors, faculty members, and NCC cadets**, united by a shared vision of environmental stewardship and conscious action.

The event highlighted the importance of reducing carbon footprints, conserving natural resources, and adopting ecofriendly practices in everyday life. By choosing bicycles as a clean mode of transport, the participants drew attention to a simple yet powerful idea: meaningful environmental change begins with choices that can be practiced daily.

World Bicycle Day carries a message that is both practical and deeply relevant. Cycling supports physical wellbeing, reduces dependence on fuel, and encourages a healthier relationship with roads, public spaces, and the environment. It reminds us that mobility can be clean, affordable, and human centred. Through this initiative, NSS Chitkara University brought that message to life within the campus community.

The participation of university leadership, faculty members, and NCC cadets added strength and purpose to the event. As the cyclists moved together, the ride became more than a symbolic activity. It became a visible expression of shared responsibility, showing how individual action gains greater meaning when it becomes collective.

A bicycle does not demand much from the world. It asks for balance, effort, and direction. Perhaps that is why its message feels so enduring. In a time when convenience often decides our choices for us, World Bicycle Day reminded everyone present to pause, choose consciously, and move forward with care. The ride ended, but the thought it carried remained: a better tomorrow may begin with something as simple as the way we choose to move today.










National Service Scheme
WORLD BICYCLE DAY


National Service Scheme
WORLD BICYCLE DAY

Event Details	
Event Name	World Food Safety Day: Nutri Safe Menu Fiesta
Topic	From Burden to Solutions-Safe Food Everywhere
Date	4th June,2026
Time	10:00 A.M. to 1:00 P.M.
Venue	Nutrition Lab (GB-105)
Organizers	Ms. Gurpreet Kaur (Assistant Professor) Ms. Amanpreet Kaur (Assistant Professor) Ms. Priyanka Thakur (Nursing Tutor)
No. of participants	B.Sc. Nursing 2nd Semester (60 Students)
SDG No.	SDG 2: No Hunger, SDG 3: Good Health & well-being, SDG 12: Responsible Consumption and Production
PO	PO5, PO8 & PO12

Objectives

1.To create awareness among nursing students regarding the importance of food safety and hygiene in preventing food-borne diseases.
2.To educate students about safe food handling, preparation, storage, and consumption practices in healthcare and community settings.
3.To promote understanding of the global theme "From Burden to Solutions: Safe Food Everywhere" and encourage responsible food practices.
4.To enhance students' knowledge regarding the role of healthcare professionals in ensuring food safety and public health promotion.

Description

The Department of Nursing, Chitkara School of Health Sciences, organized a World Food Safety Day Celebration on 4th June 2026 in the Nutrition Lab (GB-105) for B.Sc. Nursing 2nd Semester students under the theme **"From Burden to Solutions: Safe Food Everywhere."** The event was conducted under the guidance of Ms. Gurpreet Kaur (Assistant Professor), Ms. Amanpreet Kaur (Assistant Professor), and Ms. Priyanka Thakur (Nursing Tutor). Around 60 students actively participated and were divided into six groups of ten students each. The activity, titled **"Nutri Safe Menu Fiesta,"** focused on meal planning for different population groups while ensuring food safety and hygiene practices. The group-wise topics included: **Group 1:** Menu Plan for Pregnant Women with Anemia, **Group 2:** Menu Plan for Lactating Women, **Group 3:** Menu Plan for Elderly Women, **Group 4:** Menu Plan for Adult Male, **Group 5:** Menu Plan for Adult Female **& Group 6:** Menu Plan for School-going Children. Each group prepared nutritious meals tailored to the specific nutritional requirements of their assigned population.

Students strictly followed food safety measures such as proper hand washing, safe handling of ingredients, maintaining cleanliness during food preparation, and hygienic serving practices. The event provided practical exposure to balanced meal planning, healthy cooking techniques, and safe food preparation. Faculty members guided the students throughout the activity, while interactive discussions and demonstrations were conducted on food contamination, food storage, and responsible consumption practices.

The program successfully enhanced students' knowledge of nutrition, food safety, and hygiene. It also emphasized the vital role of healthcare professionals in promoting healthy dietary habits and supported Sustainable Development Goals (SDGs) including Zero Hunger, Good Health and Well-being, and Responsible Consumption and Production.

Outcome

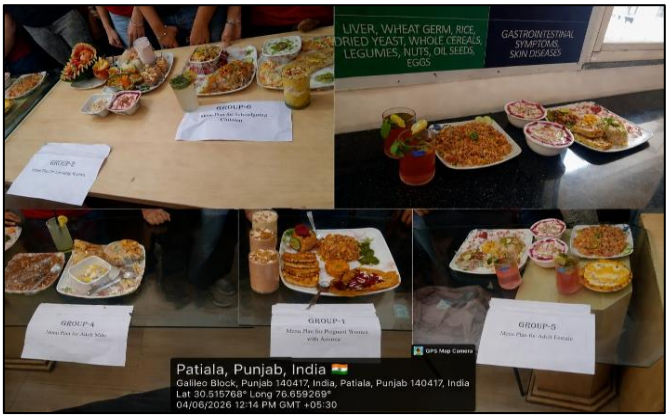
1.Students gained practical knowledge regarding safe food handling and hygienic meal preparation practices.

2.Participants improved their teamwork, communication, and collaborative learning skills through group activities.

3.Students developed awareness regarding balanced nutrition, responsible food consumption, and prevention of food contamination.

4.The activity enhanced students' confidence in promoting food safety awareness in healthcare and community settings.









Event/Session Name	Health Checkup for Children at Dew Drops
Event/Session Date	05-June-2026
Venue	Dew Drops, Chitkara University
Organizers	Office of Administration in collaboration with the Department of Nursing, Chitkara School of Health Sciences (CSHS)
Resource Person	Ms. Kanika Sharma, Assistant Professor Ms. Deeksha Sharma, Assistant Professor (Department of Nursing)
SDGs Covered	3

Overview

Recognizing the importance of preventive healthcare and early childhood well-being, as is done on a quarterly basis, for this quarter, the **Office of Administration**, in collaboration with the **Department of Nursing**, organized a **Health Check-up Camp at Dew Drops**. The camp provided an opportunity for professional health screening in a familiar and child-friendly environment, ensuring that the children received timely attention and care. Through regular health monitoring, the initiative aims to support the physical growth and development of children while encouraging preventive healthcare practices. By bringing healthcare services directly to the creche, the initiative reinforces **Chitkara University's** commitment to nurturing a safe, healthy, and supportive environment for young children and promoting overall community well-being.

Health Assessment Activities

The resource persons conducted a systematic health screening of the children present at the creche. The assessment covered key health indicators, including:

- Height and weight measurement
- Vision screening
- Oral and dental observation
- General physical examination
- Evaluation of overall growth and well-being

The check-up helped in monitoring the children's health status and identifying any concerns that may require further attention.

Interactive Engagement with Children

The nursing faculty members interacted warmly with the children, ensuring they remained comfortable and cooperative throughout the activity. The friendly and child-centric approach made the session enjoyable while helping children
become familiar with basic healthcare practices.

Conclusion

The Health Check-up Camp served as a valuable preventive healthcare initiative, reinforcing the significance of regular health monitoring and early detection of potential health concerns. The activity contributed towards fostering a healthier environment for children and reflected the institution's commitment to their care, safety, and holistic development.






CHITKARA
UNIVERSITY


CHITKARA
UNIVERSITY


180
170
160
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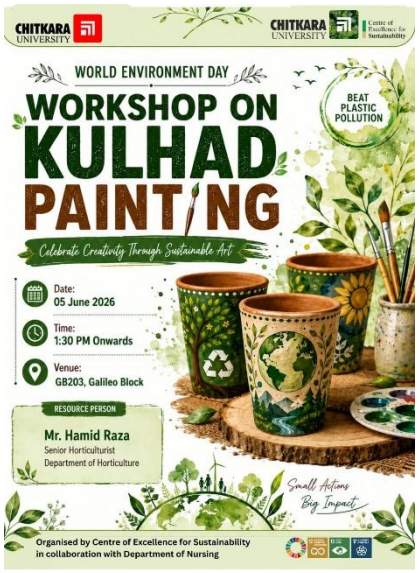
110

Event Name	Paint for the Planet: Transforming Creativity into Sustainability
Date	05 June 2026
Venue	Galileo Block, Room Number GB203
Organizer	Centre of Excellence for Sustainability in collaboration Department of Nursing
Resource Person	Mr. Hamid Raza, Senior Horticulturist, Department of Horticulture
Total number of Participations	61
SDGs Covered	3,12,13,15 & 17
Duration	2 Hours

Objective

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



Description

The **Centre of Excellence for Sustainability (CUCES), Chitkara University**, successfully organized **Paint, Plant & Preserve – A Creative Sustainability Workshop"** on **05 June 2026** for the **students of the Department of Nursing**

The Resource Person for the workshop was **Mr. Hamid Raza, Senior Horticulturist, Department of Horticulture**, who shared valuable insights on the significance of indoor plants, sustainable gardening practices, and the role of greenery in creating healthier living environments. He emphasized how simple plantation initiatives can contribute towards environmental conservation, improved air quality, and enhanced mental well-being.

The highlight of the event was an engaging **Kulhad Painting and Plantation Activity**, where students creatively painted traditional clay kulhads using vibrant colours and artistic designs.

After decorating the kulhads, participants planted ornamental and indoor plants in them, transforming them into eco-friendly decorative planters.

The workshop encouraged students to explore sustainability through creativity while promoting the concept of reusing **biodegradable materials** instead of plastic planters. Participants enthusiastically interacted with the resource person, learned basic plant care techniques, and discussed how greenery can positively influence health, wellness, and sustainable lifestyles.

The workshop further emphasized the importance of **reusability** by encouraging students to repurpose traditional clay kulhads into attractive and functional planters rather than treating them as single-use items. This creative upcycling activity demonstrated how simple everyday materials can be given a new purpose, thereby reducing waste generation and promoting responsible resource utilization.

Outcomes

1.Enhanced students' awareness about environmental sustainability and eco-friendly practices.

2.Encouraged creative reuse of traditional clay kulhads as sustainable planters.

3.Increased knowledge about indoor plants and their environmental and health benefits.

4.Promoted plantation and greenery as a step towards sustainable living.

5.Inspired students to adopt environmentally responsible habits in their daily lives. Strengthened students' commitment towards achieving the Sustainable Development Goals through practical action.




QUALITIES OF A NURSE
Hardworking
Empowered
Compassionate
Empathetic
Patient Advocate
Inspiring & Motivating
Supportive
Collabor



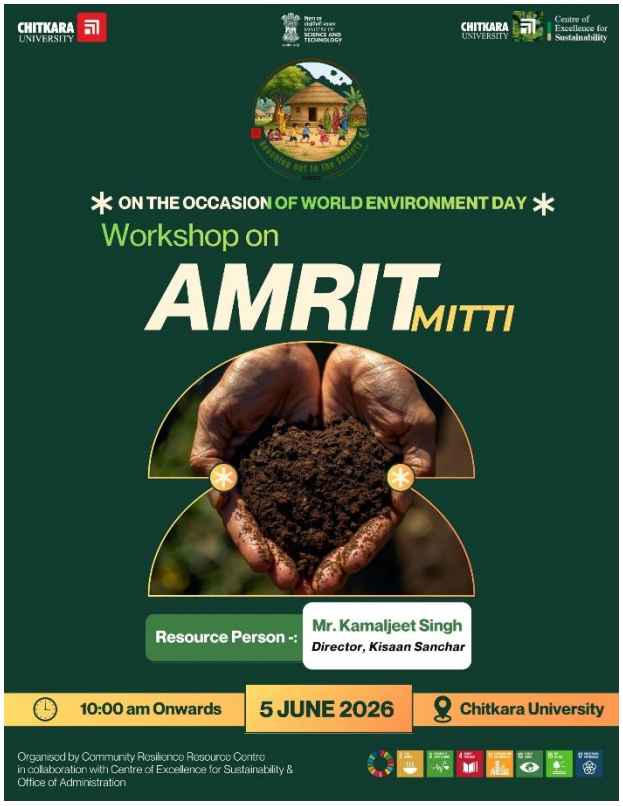




Event Name	Workshop on Amrit Mitti: Promoting Sustainable Soil and Water Conservation
Date	05 June 2026
Venue	Yellow Point Farm & Nearby Villages, Chitkara University, Punjab
Organizer	Community Resilience Resource Centre (CRRC) in collaboration with the Centre of Excellence for Sustainability (CUCES) and Office of Administration
Resource Person	Mr. Kamaljeet Singh, Director, Kisaan Sanchar
Facilitators	Dr. Shivani Malhotra, Dr. Nitin Saluja, Sqn Ldr (Dr.) Rina Angel
Total number of Participations	55
SDGs Covered	2,3,4,11,13,15 & 17
Duration	2 Hours

OBJECTIVE

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



DESCRIPTION

On World Environment Day, the **Community Resilience Resource Centre (CRRC)**, in collaboration with the **Centre of Excellence for Sustainability (CUCES)** and the **Office of Administration**, successfully organized a Workshop on Amrit Mitti on **05 June 2026** to

spread awareness among nearby villagers regarding sustainable soil and water conservation practices.

The workshop was conducted by **Mr. Kamaljeet Singh**, Director, Kisaan Sanchar, who delivered informative theoretical and practical sessions on the concepts of Amrit Mitti and Amrit Jal. He explained the importance of maintaining healthy soil ecosystems, conserving water resources, and adopting sustainable agricultural techniques that improve productivity while protecting the environment. Through interactive discussions, participants gained valuable insights into soil enrichment, natural resource conservation, and environmentally responsible farming practices.

The programme was facilitated by **Dr. Shivani Malhotra**, Dean, Department of ECE, **Dr. Nitin Saluja**, Senior Director, CURIN and **Sqn. Ldr (Dr.) Rina Angel**, Vice President Infrastructure Enhancement, Chairperson, Centre of Excellence for Sustainability who actively guided participants throughout the awareness session. The practical demonstration was conducted by **Dr. Anurag Tiwari,** Dean, Agriculture Program at the Yellow Point Farm, where villagers observed the practical application of sustainable soil management techniques and learned methods for enhancing soil quality using eco-friendly practices.

The workshop emphasized the importance of preserving soil as a valuable natural resource and highlighted how healthy soil and efficient water management play a crucial role in ensuring **food security**, **environmental conservation**, and **climate resilience**. Participants were encouraged to adopt sustainable agricultural practices that reduce environmental degradation, improve **biodiversity**, and promote responsible utilization of natural resources for future generations.

OUTCOMES

- Enhanced awareness among villagers regarding the importance of **Amrit Mitti** and **Amrit Jal** for sustainable agriculture.
- Improved understanding of soil conservation, water management, and eco-friendly farming practices.
- Encouraged adoption of sustainable agricultural techniques for improving soil fertility and environmental health.
- Promoted responsible utilization and conservation of natural resources to strengthen climate resilience.
- Fostered community participation in environmental conservation and sustainable rural development.
- Strengthened collaborative efforts towards achieving **SDGs 2,3,4,11,13,15 and 17**.


ESTABLISHMENT OF COMMUNITY
RESILIENCE RESOURCE CENTRE
(CRRC)
PATIALA DISTRICT, PUNJAB
WORKSHOP
AMRIT MITTI






ESTABLISHMENT OF COMMUNITY
RESILIENCE RESOURCE CENTRE
(CRRC)
PATIALA DISTRICT, PUNJAB
WORKSHOP
AMRIT MITTI















Event Name	World Environment Day
Venue	Chitkara University, Punjab
Date	5th June 2026
SDG Number, Name and NEP	3 – Good Health and Well Being, 13 – Climate Action, 15 – Life on Land and NEP-1
Organized By	National Service Scheme, Chitkara University, Punjab
Number of Saplings	80
Duration	One Day

"पेड़ के काटने वालों को ये मालूम तो था
जिस्म जल जाएँगे जब सर पे न साया होगा"
कैफ़ी आज़मी

Imagine a child walking through a village lane on a summer afternoon, searching for one small patch of shade. The road is bright, the wind is dry, and every step feels longer than it should. Then, somewhere ahead, a tree appears. It asks for nothing yet to give shelter. It does not speak, yet its silence becomes comfort. Perhaps this is where the meaning of World Environment Day truly begins, in the simple understanding that nature protects us long before we learn how to protect it.

On **5th June 2026**, the **National Service Scheme, Chitkara University**, in collaboration with the **Office of Infrastructure Development** and the **Department of Forest, Punjab**, organised a **Tree Plantation Drive** to commemorate **World Environment Day** and promote environmental sustainability. The initiative encouraged participants to contribute towards increasing green cover while nurturing a deeper sense of ecological responsibility.

The programmed was graced by the presence of **Mr. Satinder Singh, PFS, Divisional Forest Officer, Patiala; Mr. Gurinder Singh, Forest Range Officer, Rajpura; Mr. Rakesh Jhanji, Block Officer, Rajpura; and Mr. Gurdeep Singh, Beat Incharge, Rajpura**. The occasion also witnessed the presence of **Dr. Sudarshan Pal Singh, Vice President, Office of Infrastructure Development, and Mr. Sanjeev Bhardwaj, Associate Director, Office of Infrastructure Development**.

Through active participation in sapling plantation, the attendees reaffirmed their commitment towards environmental conservation, sustainable development, and the creation of a greener

future. The drive served as a meaningful reminder that caring for the environment is most powerful when it becomes a shared action. Each sapling planted carried a quiet promise of cleaner air, richer soil, stronger biodiversity, and a healthier tomorrow.

As part of **पर्यावरण संरक्षण**, the University also extended its environmental commitment to its adopted villages under the initiative **Ek Ped Maa Ke Naam**. The plantation drive highlighted the importance of grassroots participation and honoured the role of local leadership in encouraging sustainable practices within communities. The presence of village representatives added a deeply human dimension to the initiative, connecting institutional responsibility with community led action.

During the programme, **Village Sarpanches and Panchayat representatives** were recognised for their contribution towards promoting ecological awareness in their respective villages. They were honoured by **Dr. K. K. Mishra, Pro Vice Chancellor, IQAC, Chitkara University**. The honourees included **Mr. Harjeet Singh from Ramnagar, Mr. Surinder Singh from Kalomajra, Mr. Ravi Kumar from Jhansla, and Mr. Gurpreet Singh representing Fatehpur Garhi**, along with the Panchayat members of the respective villages.

Following the felicitation, dignitaries planted saplings as a symbol of care for natural resources and responsibility towards future generations. Their participation strengthened the connection between Chitkara University and neighboring villages, showing how environmental awareness can travel beyond institutional boundaries and become part of everyday community life.

By bringing together students, officials, forest representatives, village leaders, and community members, the initiative reflected the true spirit of World Environment Day. It reminded everyone of the present that the environment is not a distant concern. It lives in the air we breathe, the water we depend on, the soil that feeds us, and the trees that continue to stand quietly for our sake.

And maybe that is the lesson a tree leaves behind. It does not ask who planted it, who rested beneath it, or who will remember it years later. It simply grows. It holds the earth together. It gives shade to strangers. It turns care into continuity. On this World Environment Day, Chitkara University planted more than saplings. It planted a thought that the future will be kinder only if the present learns to be responsible.











SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 25 – JUNE 26

Event Name	Empowering Communities through Education, Skills, Health, and Sustainability
Date	08-12 June 2026
Venue	Picasso Block, Chitkara University, Punjab
Organizer	Centre of Excellence for Sustainability (CUCES) Collaboration Office of Administration, Department of Fashion Design (CDS), Chitkara Design School, Technology Procurement Group (TPG), Office of Student Life and Department of Nursing
Resource Person	Dr. Pawan Kumar, Ms. Timsy, Mr. Hamid Raza and Mr. Ravinder Singh
Total number of Participations	110+
SDGs Covered	3,4,5,10,12,13 & 17
Duration	5 Days

Objective



The objective of the **Community Outreach Activities** was to empower nearby communities through education, skill development, health awareness, creativity, and sustainable practices. Conducted under the vision of **"Leave No One Behind"**, these initiatives aimed to strengthen community resilience by promoting digital literacy, women's empowerment, environmental responsibility, holistic child development, and health education. The programmes also supported the national vision of **Digital India, Healthy India, and Viksit Bharat**, while contributing towards the United Nations Sustainable Development Goals (SDGs).

Description

From **8–12 June 2026**, the **Centre of Excellence for Sustainability (CUCES), Chitkara University**, in collaboration with the **Office of Administration** and various academic departments, successfully organized a series of five impactful **Community Outreach Activities** for women and children from nearby communities. These initiatives focused on

enhancing knowledge, building practical skills, promoting sustainable lifestyles, and improving community well-being.

The outreach commenced with the **Mending Workshop for Women**, organized in collaboration with the **Department of Fashion Design, Chitkara Design School**. **Mr. Ravinder Singh** conducted the workshop equipped **36 women** with practical stitching, garment repair, and clothing reuse skills, encouraging sustainable fashion practices, self-reliance, and livelihood opportunities while promoting the principles of a circular economy.

Supporting the vision of **Digital India**, **Computer Classes for Children** were conducted in collaboration with the **Technology Procurement Group (TPG)** and the **Office of Administration**. The sessions were led by **Dr. Pawan Kumar**, who served as the Resource Person. The programmed engaged **51 children** in practical computer learning activities that introduced them to fundamental digital concepts and essential technology skills. It enhanced their digital competence, built confidence in using computers, and inspired them to explore technology as a pathway to education, innovation, and future opportunities.

To promote holistic learning and personality development, the **Young Explorers Program**, organized in collaboration with the **Office of Administration** and **Umang Club (Office of Student Life)**, engaged **45 children** in interactive games, logical reasoning exercises, creativity-based activities, teamwork, and problem-solving sessions. The programme nurtured confidence, communication skills, critical thinking, and leadership qualities among the participants.

Creativity and sustainability came together during the **Kulhad Painting Workshop**, where **44 children** transformed traditional clay kulhads into colorful works of art using eco-friendly materials. The workshop was conducted by **Mr. Hamid Raza**, who served as the Resource Person. Through his guidance, participants explored artistic expression while learning about the importance of promoting sustainable alternatives to single-use products and preserving traditional eco-friendly practices. The activity highlighted the importance of **reuse, repurpose, and sustainable alternatives** to single-use plastics while celebrating India's rich cultural heritage and inspiring environmentally responsible behaviour through creative expression.

Promoting the vision of a **Healthy India**, an **Awareness Talk on Menstrual Hygiene** was organized in collaboration with the **Department of Nursing**. The session was conducted by **Ms. Timsy**, who served as the Resource Person. Promoting the vision of a Healthy India, an Awareness Talk on **Menstrual Hygiene** was organized to enhance awareness among participants about **menstrual health** and hygiene. Through an informative and interactive discussion, participants gained valuable insights into **menstrual hygiene management**,

healthy practices, and the importance of maintaining physical and emotional well-being. The session also addressed common myths and misconceptions surrounding menstruation, empowering participants to adopt safe hygiene practices, make informed health decisions, and promote dignity and well-being.

Collectively, these five outreach initiatives successfully empowered women with sustainable livelihood skills, equipped children with digital knowledge, encouraged creativity and innovation, promoted eco-friendly practices, and strengthened awareness regarding health and hygiene. Through meaningful community engagement, the programmes reflected Chitkara University's continued commitment to transforming education into social impact and advancing inclusive, sustainable development.

Outcomes

- Empowered women with practical stitching, garment repair, and sustainable livelihood skills.
- Enhanced digital literacy among children through foundational computer education.
- Strengthened children's confidence, creativity, teamwork, communication, and problem-solving abilities.
- Promoted environmental awareness through reuse, repurpose, and eco-friendly creative activities.
- Increased awareness regarding menstrual hygiene, health, dignity, and informed healthcare practices.
- Encouraged community participation in sustainable development and lifelong learning.
- Supported the national vision of **Digital India, Healthy India, and Viksit Bharat**.
- Reinforced Chitkara University's commitment to community engagement and social responsibility.
- Contributed towards achieving multiple **United Nations Sustainable Development Goals (SDGs)** through inclusive and community-centric outreach initiatives.

Conclusion

The **Community Outreach Activities (8–12 June 2026)** successfully demonstrated Chitkara University's commitment to creating meaningful social impact through education, skill development, health awareness, and sustainability. By empowering women with practical livelihood skills, equipping children with digital knowledge and life skills, fostering creativity through sustainable practices, and promoting awareness on menstrual hygiene, the initiatives addressed the diverse needs of the community in an inclusive and holistic manner.

Through collaborative efforts between the **Centre of Excellence for Sustainability (CUCES)**, the **Office of Administration**, and various academic departments, the programmes strengthened community engagement while encouraging responsible citizenship and sustainable living. These outreach initiatives not only enhanced knowledge and confidence among participants but also reinforced the University's dedication to the national vision of **Digital India, Healthy India, and Viksit Bharat**.







Mending Workshop



Computer Classes



Kulhad Painting Workshop






Young Explorers Program





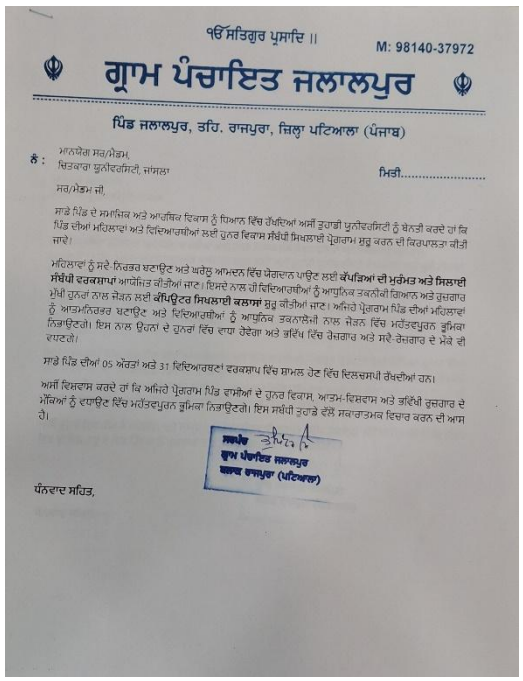
Awareness Talk on Menstruation Hygiene







Felicitation Ceremony



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥ M: 98140-37972

ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਜਲਾਲਪੁਰ

ਪਿੰਡ ਜਲਾਲਪੁਰ, ਤਹਿ. ਰਾਜਪੁਰਾ, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ (ਪੰਜਾਬ)

ਨੰ : ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ, ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ ਮਿਤੀ.....

ਸਰ/ਮੈਡਮ ਜੀ,

ਸਾਡੇ ਪਿੰਡ ਦੇ ਸਮਾਜਿਕ ਅਤੇ ਆਰਥਿਕ ਵਿਕਾਸ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦਿਆਂ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਨੂੰ ਬੇਨਤੀ ਕਰਦੇ ਹਾਂ ਕਿ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹੁਨਰ ਵਿਕਾਸ ਸੰਬੰਧੀ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ ਸ਼ੁਰੂ ਕਰਨ ਦੀ ਕਿਰਪਾਲਤਾ ਕੀਤੀ ਜਾਵੇ।

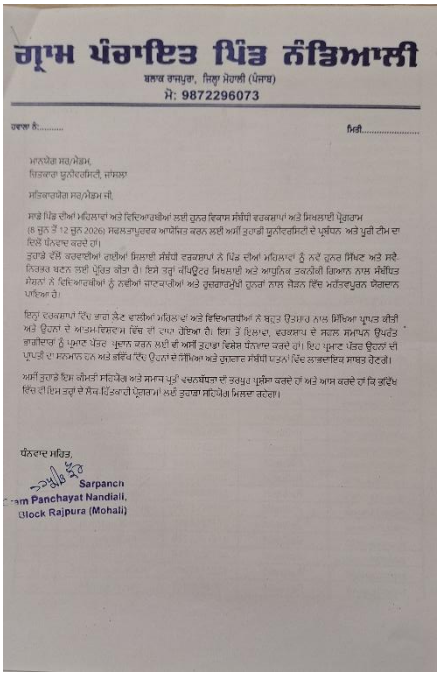
ਮਹਿਲਾਵਾਂ ਨੂੰ ਸਵੈ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਘਰੇਲੂ ਆਮਦਨ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ **ਕੱਪੜਿਆਂ ਦੀ ਮੁਰੰਮਤ ਅਤੇ ਸਿਲਾਈ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ** ਆਯੋਜਿਤ ਕੀਤੀਆਂ ਜਾਣ। ਇਸਦੇ ਨਾਲ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨੀਕੀ ਗਿਆਨ ਅਤੇ ਰੁਜ਼ਗਾਰ ਮੁੱਖੀ ਹੁਨਰਾਂ ਨਾਲ ਜੋੜਨ ਲਈ **ਕੰਪਿਊਟਰ ਸਿਖਲਾਈ ਕਲਾਸਾਂ** ਸ਼ੁਰੂ ਕੀਤੀਆਂ ਜਾਣ। ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਨੂੰ ਆਤਮ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨਾਲੋਜੀ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਨਾਲ ਉਹਨਾਂ ਦੇ ਹੁਨਰਾਂ ਵਿੱਚ ਵਾਧਾ ਹੋਵੇਗਾ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਰੋਜ਼ਗਾਰ ਅਤੇ ਸਵੈ-ਰੋਜ਼ਗਾਰ ਦੇ ਮੌਕੇ ਵੀ ਵਧਣਗੇ।

ਸਾਡੇ ਪਿੰਡ ਦੀਆਂ 05 ਔਰਤਾਂ ਅਤੇ 31 ਵਿਦਿਆਰਥਣਾਂ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਵਿੱਚ ਦਿਲਚਸਪੀ ਰੱਖਦੀਆਂ ਹਨ।

ਅਸੀਂ ਵਿਸ਼ਵਾਸ ਕਰਦੇ ਹਾਂ ਕਿ ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਵਾਸੀਆਂ ਦੇ ਹੁਨਰ ਵਿਕਾਸ, ਆਤਮ-ਵਿਸ਼ਵਾਸ ਅਤੇ ਭਵਿੱਖੀ ਰੁਜ਼ਗਾਰ ਦੇ ਮੌਕਿਆਂ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਸਬੰਧੀ ਤੁਹਾਡੇ ਵੱਲੋਂ ਸਕਾਰਾਤਮਕ ਵਿਚਾਰ ਕਰਨ ਦੀ ਆਸ ਹੈ।

ਸਰਪੰਚ
ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਜਲਾਲਪੁਰ
ਬਲਾਕ ਰਾਜਪੁਰਾ (ਪਟਿਆਲਾ)

ਧੰਨਵਾਦ ਸਹਿਤ,



ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਪਿੰਡ ਨੰਡਿਆਲੀ

ਬਲਾਕ ਰਾਜਪੁਰਾ, ਜਿਲ੍ਹਾ ਮੋਹਾਲੀ (ਪੰਜਾਬ)

ਮੋ: 9872296073

ਹਵਾਲਾ ਨੰ:..... ਮਿਤੀ.....

ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ,
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ

ਸਤਿਕਾਰਯੋਗ ਸਰ/ਮੈਡਮ ਜੀ,

ਸਾਡੇ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹੁਨਰ ਵਿਕਾਸ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ ਅਤੇ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ (8 ਜੂਨ ਤੋਂ 12 ਜੂਨ 2026) ਸਫਲਤਾਪੂਰਵਕ ਆਯੋਜਿਤ ਕਰਨ ਲਈ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਪ੍ਰਬੰਧਨ ਅਤੇ ਪੂਰੀ ਟੀਮ ਦਾ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ।

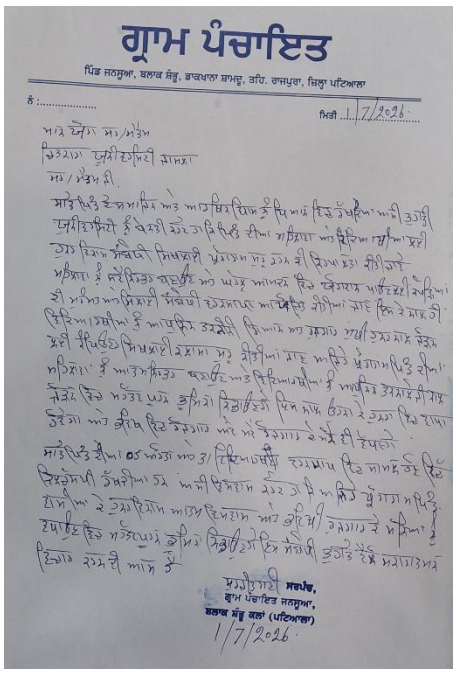
ਤੁਹਾਡੇ ਵੱਲੋਂ ਕਰਵਾਈਆਂ ਗਈਆਂ ਸਿਲਾਈ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ ਨੇ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਨੂੰ ਨਵੇਂ ਹੁਨਰ ਸਿੱਖਣ ਅਤੇ ਸਵੈ-ਨਿਰਭਰ ਬਣਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਕੰਪਿਊਟਰ ਸਿਖਲਾਈ ਅਤੇ ਆਧੁਨਿਕ ਤਕਨੀਕੀ ਗਿਆਨ ਨਾਲ ਸੰਬੰਧਿਤ ਸੈਸ਼ਨਾਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਵੀਆਂ ਜਾਣਕਾਰੀਆਂ ਅਤੇ ਰੁਜ਼ਗਾਰਮੁੱਖੀ ਹੁਨਰਾਂ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ।

ਇਨ੍ਹਾਂ ਵਰਕਸ਼ਾਪਾਂ ਵਿੱਚ ਭਾਗ ਲੈਣ ਵਾਲੀਆਂ ਮਹਿਲਾਵਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਬਹੁਤ ਉਤਸ਼ਾਹ ਨਾਲ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕੀਤੀ ਅਤੇ ਉਹਨਾਂ ਦੇ ਆਤਮ-ਵਿਸ਼ਵਾਸ ਵਿੱਚ ਵੀ ਵਾਧਾ ਹੋਇਆ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ, ਵਰਕਸ਼ਾਪ ਦੇ ਸਫਲ ਸਮਾਪਨ ਉਪਰੰਤ ਭਾਗੀਦਾਰਾਂ ਨੂੰ ਪ੍ਰਮਾਣ ਪੱਤਰ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਵੀ ਅਸੀਂ ਤੁਹਾਡਾ ਵਿਸ਼ੇਸ਼ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ। ਇਹ ਪ੍ਰਮਾਣ ਪੱਤਰ ਉਹਨਾਂ ਦੀ ਪ੍ਰਾਪਤੀ ਦਾ ਸਨਮਾਨ ਹਨ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਸੰਬੰਧਿਆ ਅਤੇ ਰੁਜ਼ਗਾਰ ਸੰਬੰਧੀ ਪਤਨਾਂ ਵਿੱਚ ਲਾਭਦਾਇਕ ਸਾਬਤ ਹੋਣਗੇ।

ਅਸੀਂ ਤੁਹਾਡੇ ਇਸ ਕੀਮਤੀ ਸਹਿਯੋਗ ਅਤੇ ਸਮਾਜ ਪ੍ਰਤੀ ਵਚਨਬੱਧਤਾ ਦੀ ਤਰਪੂਰ ਪ੍ਰਸ਼ੰਸਾ ਕਰਦੇ ਹਾਂ ਅਤੇ ਆਸ ਕਰਦੇ ਹਾਂ ਕਿ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਲੋਕ-ਹਿੱਤਕਾਰੀ ਪ੍ਰੋਗਰਾਮਾਂ ਲਈ ਤੁਹਾਡਾ ਸਹਿਯੋਗ ਮਿਲਦਾ ਰਹੇਗਾ।

ਧੰਨਵਾਦ ਸਹਿਤ,

Sarpanch
Gram Panchayat Nandiali,
Block Rajpura (Mohali)



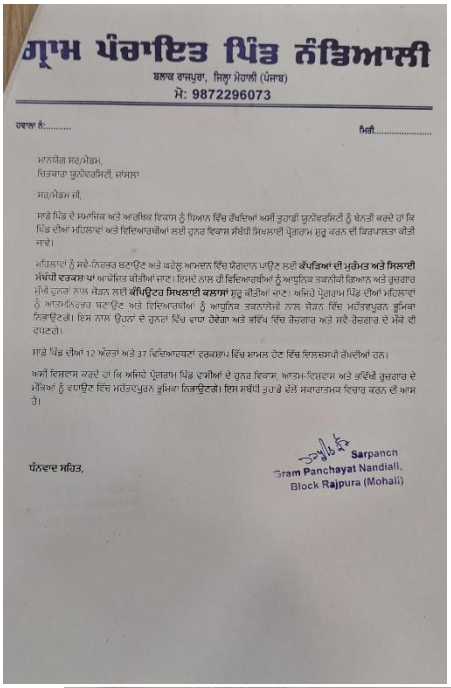
ਗ੍ਰਾਮ ਪੰਚਾਇਤ

ਪਿੰਡ ਜਨਸੂਆ, ਬਲਾਕ ਸ਼ੰਭੂ, ਡਾਕਖਾਨਾ ਸ਼ਾਮਦੂ, ਤਹਿ. ਰਾਜਪੁਰਾ, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ

ਨੰ :..... ਮਿਤੀ 1/7/2026

ਸਰਪੰਚ,
ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਜਨਸੂਆ,
ਬਲਾਕ ਸ਼ੰਭੂ ਕਲਾਂ (ਪਟਿਆਲਾ)
1/7/2026

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 25 – JUNE 26



ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਪਿੰਡ ਨੰਡਿਆਲੀ
ਬਲਾਕ ਰਾਜਪੁਰਾ, ਜਿਲ੍ਹਾ ਮੋਹਾਲੀ (ਪੰਜਾਬ)
ਮੋ: 9872296073

ਹਵਾਲਾ ਨੰ:..... ਮਿਤੀ.....

ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ,
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ

ਸਰ/ਮੈਡਮ ਜੀ,

ਸਾਡੇ ਪਿੰਡ ਦੇ ਸਮਾਜਿਕ ਅਤੇ ਆਰਥਿਕ ਵਿਕਾਸ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦਿਆਂ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਨੂੰ ਬੇਨਤੀ ਕਰਦੇ ਹਾਂ ਕਿ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹੁਨਰ ਵਿਕਾਸ ਸੰਬੰਧੀ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ ਸ਼ੁਰੂ ਕਰਨ ਦੀ ਕਿਰਪਾਲਤਾ ਕੀਤੀ ਜਾਵੇ।

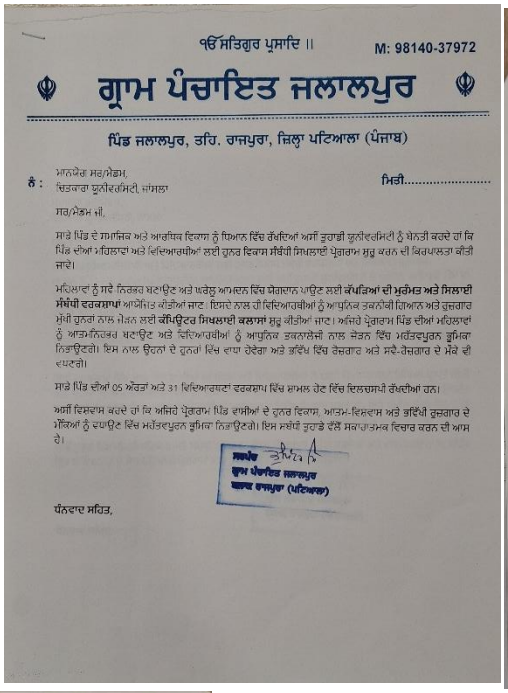
ਮਹਿਲਾਵਾਂ ਨੂੰ ਸਵੈ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਘਰੇਲੂ ਆਮਦਨ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ **ਕੱਪੜਿਆਂ ਦੀ ਮੁਰੰਮਤ ਅਤੇ ਸਿਲਾਈ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ** ਆਯੋਜਿਤ ਕੀਤੀਆਂ ਜਾਣ। ਇਸਦੇ ਨਾਲ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨੀਕੀ ਗਿਆਨ ਅਤੇ ਰੁਜ਼ਗਾਰ ਮੁੱਖੀ ਹੁਨਰਾਂ ਨਾਲ ਜੋੜਨ ਲਈ **ਕੰਪਿਊਟਰ ਸਿਖਲਾਈ ਕਲਾਸਾਂ** ਸ਼ੁਰੂ ਕੀਤੀਆਂ ਜਾਣ। ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਨੂੰ ਆਤਮ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨਾਲੋਜੀ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਨਾਲ ਉਹਨਾਂ ਦੇ ਹੁਨਰਾਂ ਵਿੱਚ ਵਾਧਾ ਹੋਵੇਗਾ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਰੋਜ਼ਗਾਰ ਅਤੇ ਸਵੈ-ਰੋਜ਼ਗਾਰ ਦੇ ਮੌਕੇ ਵੀ ਵਧਣਗੇ।

ਸਾਡੇ ਪਿੰਡ ਦੀਆਂ 12 ਔਰਤਾਂ ਅਤੇ 37 ਵਿਦਿਆਰਥਣਾਂ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਵਿੱਚ ਦਿਲਚਸਪੀ ਰੱਖਦੀਆਂ ਹਨ।

ਅਸੀਂ ਵਿਸ਼ਵਾਸ ਕਰਦੇ ਹਾਂ ਕਿ ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਵਾਸੀਆਂ ਦੇ ਹੁਨਰ ਵਿਕਾਸ, ਆਤਮ-ਵਿਸ਼ਵਾਸ ਅਤੇ ਭਵਿੱਖੀ ਰੁਜ਼ਗਾਰ ਦੇ ਮੌਕਿਆਂ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਸਬੰਧੀ ਤੁਹਾਡੇ ਵੱਲੋਂ ਸਕਾਰਾਤਮਕ ਵਿਚਾਰ ਕਰਨ ਦੀ ਆਸ ਹੈ।

ਧੰਨਵਾਦ ਸਹਿਤ,

Sarpanch
Gram Panchayat Nandiali,
Block Rajpura (Mohali)



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ।। M: 98140-37972

ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਜਲਾਲਪੁਰ
ਪਿੰਡ ਜਲਾਲਪੁਰ, ਤਹਿ. ਰਾਜਪੁਰਾ, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ (ਪੰਜਾਬ)

ਨੰ : ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ, ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ ਮਿਤੀ.....

ਸਰ/ਮੈਡਮ ਜੀ,

ਸਾਡੇ ਪਿੰਡ ਦੇ ਸਮਾਜਿਕ ਅਤੇ ਆਰਥਿਕ ਵਿਕਾਸ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦਿਆਂ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਨੂੰ ਬੇਨਤੀ ਕਰਦੇ ਹਾਂ ਕਿ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹੁਨਰ ਵਿਕਾਸ ਸੰਬੰਧੀ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ ਸ਼ੁਰੂ ਕਰਨ ਦੀ ਕਿਰਪਾਲਤਾ ਕੀਤੀ ਜਾਵੇ।

ਮਹਿਲਾਵਾਂ ਨੂੰ ਸਵੈ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਘਰੇਲੂ ਆਮਦਨ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ **ਕੱਪੜਿਆਂ ਦੀ ਮੁਰੰਮਤ ਅਤੇ ਸਿਲਾਈ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ** ਆਯੋਜਿਤ ਕੀਤੀਆਂ ਜਾਣ। ਇਸਦੇ ਨਾਲ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨੀਕੀ ਗਿਆਨ ਅਤੇ ਰੁਜ਼ਗਾਰ ਮੁੱਖੀ ਹੁਨਰਾਂ ਨਾਲ ਜੋੜਨ ਲਈ **ਕੰਪਿਊਟਰ ਸਿਖਲਾਈ ਕਲਾਸਾਂ** ਸ਼ੁਰੂ ਕੀਤੀਆਂ ਜਾਣ। ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਨੂੰ ਆਤਮ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨਾਲੋਜੀ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਨਾਲ ਉਹਨਾਂ ਦੇ ਹੁਨਰਾਂ ਵਿੱਚ ਵਾਧਾ ਹੋਵੇਗਾ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਰੋਜ਼ਗਾਰ ਅਤੇ ਸਵੈ-ਰੋਜ਼ਗਾਰ ਦੇ ਮੌਕੇ ਵੀ ਵਧਣਗੇ।

ਸਾਡੇ ਪਿੰਡ ਦੀਆਂ 05 ਔਰਤਾਂ ਅਤੇ 31 ਵਿਦਿਆਰਥਣਾਂ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਵਿੱਚ ਦਿਲਚਸਪੀ ਰੱਖਦੀਆਂ ਹਨ।

ਅਸੀਂ ਵਿਸ਼ਵਾਸ ਕਰਦੇ ਹਾਂ ਕਿ ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਵਾਸੀਆਂ ਦੇ ਹੁਨਰ ਵਿਕਾਸ, ਆਤਮ-ਵਿਸ਼ਵਾਸ ਅਤੇ ਭਵਿੱਖੀ ਰੁਜ਼ਗਾਰ ਦੇ ਮੌਕਿਆਂ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਸਬੰਧੀ ਤੁਹਾਡੇ ਵੱਲੋਂ ਸਕਾਰਾਤਮਕ ਵਿਚਾਰ ਕਰਨ ਦੀ ਆਸ ਹੈ।

ਸਰਪੰਚ
ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਜਲਾਲਪੁਰ
ਬਲਾਕ ਰਾਜਪੁਰਾ (ਪਟਿਆਲਾ)

ਧੰਨਵਾਦ ਸਹਿਤ,



ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਪਿੰਡ ਫਰੀਦਪੁਰ (ਅ)
ਬਲਾਕ ਰਾਜਪੁਰਾ, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ (ਪੰਜਾਬ)
ਮੋ: 98143-55811

ਹਵਾਲਾ ਨੰ..... ਮਿਤੀ.....

ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ,
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ

ਸਰ/ਮੈਡਮ ਜੀ,

ਸਾਡੇ ਪਿੰਡ ਦੇ ਸਮਾਜਿਕ ਅਤੇ ਆਰਥਿਕ ਵਿਕਾਸ ਨੂੰ ਧਿਆਨ ਵਿੱਚ ਰੱਖਦਿਆਂ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਨੂੰ ਬੇਨਤੀ ਕਰਦੇ ਹਾਂ ਕਿ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹੁਨਰ ਵਿਕਾਸ ਸੰਬੰਧੀ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ ਸ਼ੁਰੂ ਕਰਨ ਦੀ ਕਿਰਪਾਲਤਾ ਕੀਤੀ ਜਾਵੇ।

ਮਹਿਲਾਵਾਂ ਨੂੰ ਸਵੈ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਘਰੇਲੂ ਆਮਦਨ ਵਿੱਚ ਯੋਗਦਾਨ ਪਾਉਣ ਲਈ **ਕੱਪੜਿਆਂ ਦੀ ਮੁਰੰਮਤ ਅਤੇ ਸਿਲਾਈ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ** ਆਯੋਜਿਤ ਕੀਤੀਆਂ ਜਾਣ। ਇਸਦੇ ਨਾਲ ਹੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨੀਕੀ ਗਿਆਨ ਅਤੇ ਰੁਜ਼ਗਾਰ ਮੁੱਖੀ ਹੁਨਰਾਂ ਨਾਲ ਜੋੜਨ ਲਈ **ਕੰਪਿਊਟਰ ਸਿਖਲਾਈ ਕਲਾਸਾਂ** ਸ਼ੁਰੂ ਕੀਤੀਆਂ ਜਾਣ। ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਨੂੰ ਆਤਮ-ਨਿਰਭਰ ਬਣਾਉਣ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਧੁਨਿਕ ਤਕਨਾਲੋਜੀ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਨਾਲ ਉਹਨਾਂ ਦੇ ਹੁਨਰਾਂ ਵਿੱਚ ਵਾਧਾ ਹੋਵੇਗਾ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਰੋਜ਼ਗਾਰ ਅਤੇ ਸਵੈ-ਰੋਜ਼ਗਾਰ ਦੇ ਮੌਕੇ ਵੀ ਵਧਣਗੇ।

ਸਾਡੇ ਪਿੰਡ ਦੀਆਂ 14 ਔਰਤਾਂ ਅਤੇ 15 ਵਿਦਿਆਰਥਣਾਂ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਵਿੱਚ ਦਿਲਚਸਪੀ ਰੱਖਦੀਆਂ ਹਨ।

ਅਸੀਂ ਵਿਸ਼ਵਾਸ ਕਰਦੇ ਹਾਂ ਕਿ ਅਜਿਹੇ ਪ੍ਰੋਗਰਾਮ ਪਿੰਡ ਵਾਸੀਆਂ ਦੇ ਹੁਨਰ ਵਿਕਾਸ, ਆਤਮ-ਵਿਸ਼ਵਾਸ ਅਤੇ ਭਵਿੱਖੀ ਰੁਜ਼ਗਾਰ ਦੇ ਮੌਕਿਆਂ ਨੂੰ ਵਧਾਉਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਭੂਮਿਕਾ ਨਿਭਾਉਣਗੇ। ਇਸ ਸਬੰਧੀ ਤੁਹਾਡੇ ਵੱਲੋਂ ਸਕਾਰਾਤਮਕ ਵਿਚਾਰ ਕਰਨ ਦੀ ਆਸ ਹੈ।

ਧੰਨਵਾਦ ਸਹਿਤ,

ਸਰਪੰਚ
ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਫਰੀਦਪੁਰ
ਬਲਾਕ ਰਾਜਪੁਰਾ (ਪਟਿਆ



ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਪਿੰਡ ਫਰੀਦਪੁਰ (ਅ)
ਬਲਾਕ ਰਾਜਪੁਰਾ, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ (ਪੰਜਾਬ)
ਮੋ: 98143-55811

ਹਵਾਲਾ ਨੰ..... ਮਿਤੀ.....

ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ,
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ

ਸਤਿਕਾਰਯੋਗ ਸਰ/ਮੈਡਮ ਜੀ,

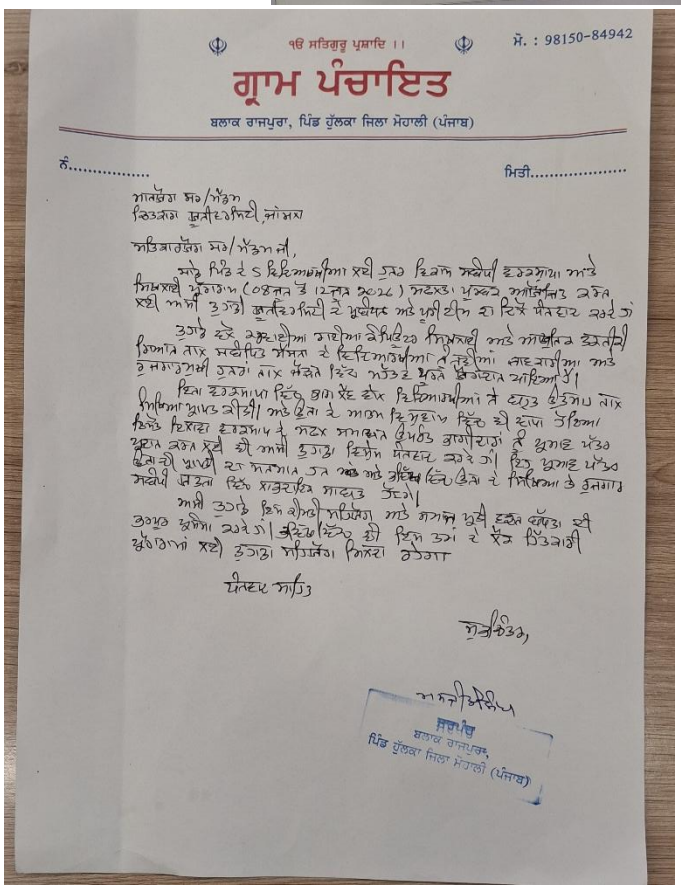
ਸਾਡੇ ਪਿੰਡ ਦੀਆਂ 14 ਮਹਿਲਾਵਾਂ ਅਤੇ 15 ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹੁਨਰ ਵਿਕਾਸ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ ਅਤੇ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ (8 ਜੂਨ ਤੋਂ 12 ਜੂਨ 2026) ਸਫਲਤਾਪੂਰਵਕ ਆਯੋਜਿਤ ਕਰਨ ਲਈ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਪ੍ਰਬੰਧਨ ਅਤੇ ਪੂਰੀ ਟੀਮ ਦਾ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ।
ਤੁਹਾਡੇ ਵੱਲੋਂ ਕਰਵਾਈਆਂ ਗਈਆਂ ਸਿਲਾਈ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ ਨੇ ਪਿੰਡ ਦੀਆਂ ਮਹਿਲਾਵਾਂ ਨੂੰ ਨਵੇਂ ਹੁਨਰ ਸਿੱਖਣ ਅਤੇ ਸਵੈ-ਨਿਰਭਰ ਬਣਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਕੰਪਿਊਟਰ ਸਿਖਲਾਈ ਅਤੇ ਆਧੁਨਿਕ ਤਕਨੀਕੀ ਗਿਆਨ ਨਾਲ ਸੰਬੰਧਿਤ ਸੈਸ਼ਨਾਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਵੀਆਂ ਜਾਣਕਾਰੀਆਂ ਅਤੇ ਰੁਜ਼ਗਾਰਮੁੱਖੀ ਹੁਨਰਾਂ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ।

ਇਨ੍ਹਾਂ ਵਰਕਸ਼ਾਪਾਂ ਵਿੱਚ ਭਾਗ ਲੈਣ ਵਾਲੀਆਂ ਮਹਿਲਾਵਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਬਹੁਤ ਉਤਸ਼ਾਹ ਨਾਲ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕੀਤੀ ਅਤੇ ਉਹਨਾਂ ਦੇ ਆਤਮ-ਵਿਸ਼ਵਾਸ ਵਿੱਚ ਵੀ ਵਾਧਾ ਹੋਇਆ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ, ਵਰਕਸ਼ਾਪ ਦੇ ਸਫਲ ਸਮਾਪਨ ਉਪਰੰਤ ਭਾਗੀਦਾਰਾਂ ਨੂੰ ਪ੍ਰਮਾਣ ਪੱਤਰ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਵੀ ਅਸੀਂ ਤੁਹਾਡਾ ਵਿਸ਼ੇਸ਼ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ। ਇਹ ਪ੍ਰਮਾਣ ਪੱਤਰ ਉਹਨਾਂ ਦੀ ਪ੍ਰਾਪਤੀ ਦਾ ਸਨਮਾਨ ਹਨ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਸਿੱਖਿਆ ਅਤੇ ਰੁਜ਼ਗਾਰ ਸੰਬੰਧੀ ਯਤਨਾਂ ਵਿੱਚ ਲਾਭਦਾਇਕ ਸਾਬਤ ਹੋਣਗੇ।

ਅਸੀਂ ਤੁਹਾਡੇ ਇਸ ਕੀਮਤੀ ਸਹਿਯੋਗ ਅਤੇ ਸਮਾਜ ਪ੍ਰਤੀ ਵਚਨਬੱਧਤਾ ਦੀ ਭਰਪੂਰ ਪ੍ਰਸ਼ੰਸਾ ਕਰਦੇ ਹਾਂ ਅਤੇ ਆਸ ਕਰਦੇ ਹਾਂ ਕਿ ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਲੋਕ-ਹਿੱਤਕਾਰੀ ਪ੍ਰੋਗਰਾਮਾਂ ਲਈ ਤੁਹਾਡਾ ਸਹਿਯੋਗ ਮਿਲਦਾ ਰਹੇਗਾ।

ਧੰਨਵਾਦ ਸਹਿਤ,

ਸਰਪੰਚ
ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਫਰੀਦਪੁਰ (ਅ)
ਬਲਾਕ ਰਾਜਪੁਰਾ (ਪਟਿਆਲਾ)



ੴ ਸਤਿਗੁਰੂ ਪ੍ਰਸ਼ਾਦਿ ।। ਮੋ. : 98150-84942

ਗ੍ਰਾਮ ਪੰਚਾਇਤ
ਬਲਾਕ ਰਾਜਪੁਰਾ, ਪਿੰਡ ਹੁੱਲਕਾ ਜਿਲਾ ਮੋਹਾਲੀ (ਪੰਜਾਬ)

ਨੰ..... ਮਿਤੀ.....

ਮਾਨਯੋਗ ਸਰ/ਮੈਡਮ
ਚਿਤਕਾਰਾ ਯੂਨੀਵਰਸਿਟੀ, ਜਾਂਸਲਾ

ਸਤਿਕਾਰਯੋਗ ਸਰ/ਮੈਡਮ ਜੀ,

ਸਾਡੇ ਪਿੰਡ ਦੇ 5 ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਹੁਨਰ ਵਿਕਾਸ ਸਬੰਧੀ ਵਰਕਸ਼ਾਪਾਂ ਅਤੇ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ (08 ਜੂਨ ਤੋਂ 12 ਜੂਨ 2026) ਸਫਲਤਾਪੂਰਵਕ ਆਯੋਜਿਤ ਕਰਨ ਲਈ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਪ੍ਰਬੰਧਨ ਅਤੇ ਪੂਰੀ ਟੀਮ ਦਾ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ।

ਤੁਹਾਡੇ ਵੱਲੋਂ ਕਰਵਾਈਆਂ ਗਈਆਂ ਕੰਪਿਊਟਰ ਸਿਖਲਾਈ ਅਤੇ ਆਧੁਨਿਕ ਤਕਨੀਕੀ ਗਿਆਨ ਨਾਲ ਸਬੰਧਿਤ ਸੈਸ਼ਨਾਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਨਵੀਆਂ ਜਾਣਕਾਰੀਆਂ ਅਤੇ ਰੁਜ਼ਗਾਰਮੁੱਖੀ ਹੁਨਰਾਂ ਨਾਲ ਜੋੜਨ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਪਾਇਆ ਹੈ।

ਇਨ੍ਹਾਂ ਵਰਕਸ਼ਾਪਾਂ ਵਿੱਚ ਭਾਗ ਲੈਣ ਵਾਲੀਆਂ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਬਹੁਤ ਉਤਸ਼ਾਹ ਨਾਲ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕੀਤੀ ਅਤੇ ਉਹਨਾਂ ਦੇ ਆਤਮ-ਵਿਸ਼ਵਾਸ ਵਿੱਚ ਵੀ ਵਾਧਾ ਹੋਇਆ ਹੈ। ਇਸ ਤੋਂ ਇਲਾਵਾ, ਵਰਕਸ਼ਾਪ ਦੇ ਸਫਲ ਸਮਾਪਨ ਉਪਰੰਤ ਭਾਗੀਦਾਰਾਂ ਨੂੰ ਪ੍ਰਮਾਣ ਪੱਤਰ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਵੀ ਅਸੀਂ ਤੁਹਾਡਾ ਵਿਸ਼ੇਸ਼ ਧੰਨਵਾਦ ਕਰਦੇ ਹਾਂ। ਇਹ ਪ੍ਰਮਾਣ ਪੱਤਰ ਉਹਨਾਂ ਦੀ ਪ੍ਰਾਪਤੀ ਦਾ ਸਨਮਾਨ ਹਨ ਅਤੇ ਭਵਿੱਖ ਵਿੱਚ ਉਹਨਾਂ ਦੇ ਸਿੱਖਿਆ ਅਤੇ ਰੁਜ਼ਗਾਰ ਸਬੰਧੀ ਯਤਨਾਂ ਵਿੱਚ ਲਾਭਦਾਇਕ ਸਾਬਤ ਹੋਣਗੇ।

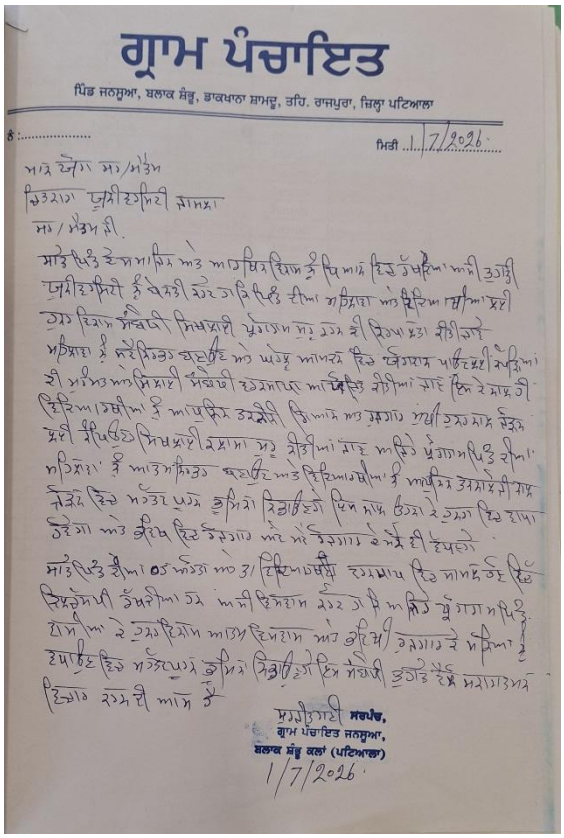
ਅਸੀਂ ਤੁਹਾਡੇ ਇਸ ਕੀਮਤੀ ਸਹਿਯੋਗ ਅਤੇ ਸਮਾਜ ਪ੍ਰਤੀ ਵਚਨਬੱਧਤਾ ਦੀ ਭਰਪੂਰ ਪ੍ਰਸ਼ੰਸਾ ਕਰਦੇ ਹਾਂ। ਭਵਿੱਖ ਵਿੱਚ ਵੀ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਲੋਕ ਹਿੱਤਕਾਰੀ ਪ੍ਰੋਗਰਾਮਾਂ ਲਈ ਤੁਹਾਡਾ ਸਹਿਯੋਗ ਮਿਲਦਾ ਰਹੇਗਾ

ਧੰਨਵਾਦ ਸਹਿਤ

ਸਤਿਕਾਰ,

ਸਰਪੰਚ
ਬਲਾਕ ਰਾਜਪੁਰਾ,
ਪਿੰਡ ਹੁੱਲਕਾ ਜਿਲਾ ਮੋਹਾਲੀ (ਪੰਜਾਬ)

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 25 – JUNE 26



ਗ੍ਰਾਮ ਪੰਚਾਇਤ

ਪਿੰਡ ਜਨਸੂਆ, ਬਲਾਕ ਸੰਭੂ, ਡਾਕਖਾਨਾ ਸ਼ਾਮਦੂ, ਤਹਿ. ਰਾਜਪੁਰਾ, ਜ਼ਿਲ੍ਹਾ ਪਟਿਆਲਾ

ਨੰ:.....

ਮਿਤੀ ..1/7/2026.

ਸਾਡੇ ਪਿੰਡ ਦੇ ਸਮਾਜਿਕ ਅਤੇ ਆਰਥਿਕ ਵਿਕਾਸ ਨੂੰ ਧਿਆਨ ਵਿਚ ਰੱਖਦਿਆਂ ਅਸੀਂ ਤੁਹਾਡੀ ਯੂਨੀਵਰਸਿਟੀ ਨੂੰ ਬੇਨਤੀ ਕਰਦੇ ਹਾਂ ਕਿ ਪਿਛਲੇ ਦੀਨਾ ਅਧਿਕਾਰਾ ਅਤੇ ਦੂਰਦਿਸ਼ਤਾ ਵਾਲੀ ਠਹਰ ਵਿਕਾਸ ਸੰਬੰਧੀ ਸਿਖਲਾਈ ਪ੍ਰੋਗਰਾਮ ਜਾਂ ਕੈਂਪ ਵੀ ਨਿਯਮਿਤ ਰੂਪ ਵਿਚ ਲਗਾਏ ਜਾਣ। ਅਧਿਕਾਰਾ ਨੂੰ ਸਰਵਿਸਤਰ ਬਣਾਉਣ ਅਤੇ ਅੱਜ ਸਮਾਜਕ ਵਿਚ ਦਰਪੇਸ਼ ਚੁਣੌਤੀਆਂ ਦੀ ਸਮੱਝ ਅਨੁਸਾਰੀ ਸੰਬੰਧੀ ਵਰਕਸ਼ਾਪ ਆਯੋਜਿਤ ਕੀਤੀਆਂ ਜਾਣ ਵਿਚ ਵੀ ਸਾਡਾ ਸਹਿਯੋਗ ਰਹੇਗਾ। ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਅਧਿਐਨਿਕ ਤਜਰਬੇ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਪਿੰਡ ਦੇ ਵਿਕਾਸ ਕਾਰਜਾਂ ਨਾਲ ਜੋੜਨ ਲਈ ਵਿਸ਼ੇਸ਼ ਪ੍ਰੋਜੈਕਟ ਤਿਆਰ ਕੀਤੇ ਜਾਣ। ਅਧਿਕਾਰਾ ਨੂੰ ਅਤਿਆਧੁਨਿਕ ਖੇਤੀਬਾੜੀ ਤਕਨੀਕਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਅਧਿਐਨ ਤਜਰਬੇ ਲਈ ਨੇੜਲੇ ਵਿਚ ਸਰਕਾਰੀ ਪ੍ਰਯੋਗ ਭੇਜਿਆ ਵਿਗਿਆਨਕ ਪਿਆ ਸਾਥ ਉਤਸ਼ਾਹ ਦਿਖਾਉਣ ਲਈ ਧੰਨਵਾਦ ਵਿਚ ਵਿਚਾਰ ਕਰਨ ਲਈ ਵੀ ਬੇਨਤੀ ਹੈ।

ਸਾਡੇ ਪਿੰਡ ਵਿਚ 05 ਆਂਗਣਵਾੜੀ ਅਤੇ 3 ਪ੍ਰਾਇਮਰੀ ਸਕੂਲ ਹਨ ਜਿਥੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗਿਣਤੀ ਲਗਭਗ 250 ਹੈ। ਇਨ੍ਹਾਂ ਵਿਚ ਪੜ੍ਹਨ ਵਾਲੇ ਬੱਚਿਆਂ ਦੀ ਸਿਹਤ ਅਤੇ ਭਵਿੱਖ ਦੇ ਵਿਕਾਸ ਲਈ ਇਹ ਸਹੂਲਤ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ। ਅਸੀਂ ਉਮੀਦ ਕਰਦੇ ਹਾਂ ਕਿ ਆਪ ਜੀ ਸਾਡੀ ਬੇਨਤੀ ਤੇ ਸਕਾਰਾਤਮਕ ਵਿਚਾਰ ਕਰਕੇ ਜਲਦ ਹੀ ਸਾਡੇ ਪਿੰਡ ਵਿਚ ਇਹ ਸਹੂਲਤ ਮੁਹੱਈਆ ਕਰਵਾਉਣ ਦੀ ਕਿਰਪਾਲਤਾ ਕਰੋਗੇ।

ਧੰਨਵਾਦ ਸਹਿਤ

ਸਰਪੰਚ,
ਗ੍ਰਾਮ ਪੰਚਾਇਤ ਜਨਸੂਆ,
ਬਲਾਕ ਸੰਭੂ ਕਲਾਂ (ਪਟਿਆਲਾ)
1/7/2026

Request and Thank You Notes

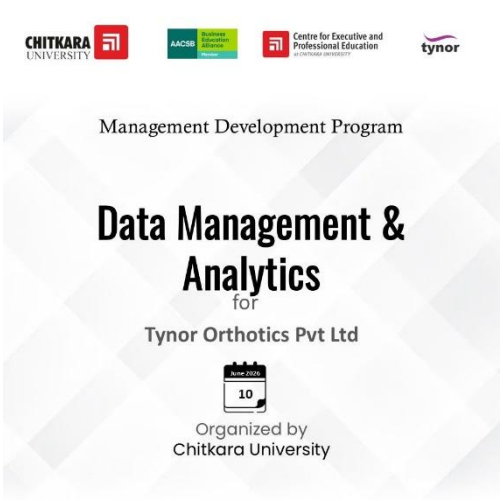



CHITKARA UNIVERSITY
National Service Scheme
Organises
Cervical Cancer
Vaccination Drive
For Female Students
Under the initiative
Snehil Prayas


CHITKARA UNIVERSITY
National Service Scheme
Organises
Cervical Cancer
Vaccination Drive
For Female Students
Under the initiative
Snehil Prayas
2nd & 3rd June, 2026
In Collaboration
Amrit Cancer Foundation

Event Details	
Event Type	Corporate Training
Topic	Data Management and Analytics
Date	2026-06-10 To 2026-06-10
Mode	Offline
Venue	Conference Hall (Tynor Orthotics Private Limited)
Organizer Name	Mr. Narinder Singh Garcha, Dean, CCSM, Chitkara University, Punjab
Resource Person	Dr. Devesh Bathla, Director – Centre for Analytics &Amp; Data Excellence (Cade)
No. Of Participants	15
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
University Charter	Let's Prepare Our Students for Industry

OBJECTIVE



1. To introduce the fundamentals of data management and its relevance in manufacturing and orthotics operations.
2. To develop understanding of data collection, storage, validation, and quality control mechanisms.
3. To demonstrate predictive analytics concepts for demand forecasting and inventory control.
4. To integrate analytics into strategic and tactical decision-making processes.
5. To build a roadmap for enterprise-level data-driven transformation at Tynor Orthotics.

DESCRIPTION

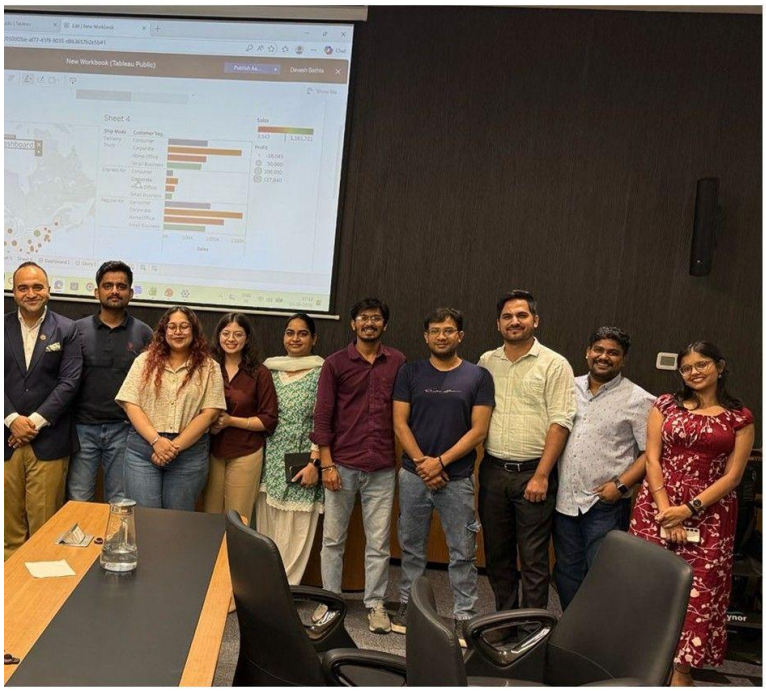
Professional corporate training program on Data Management & Analytics was conducted at Tynor Orthotics on 10th June 2026. The session built foundational understanding of structured data handling, data governance, reporting systems, and introductory analytics frameworks relevant to manufacturing and healthcare-support industries. The session through its progression also focused on practical implementation of analytics tools, dashboard development, performance optimization, and predictive decision-making strategies. The

program was designed to align business operations with data-driven decision-making processes, enabling participants to understand the strategic importance of managing enterprise data efficiently. Key Areas Covered: Fundamentals of Data Lifecycle Management, structured vs. Unstructured Data in Manufacturing, Data Quality Metrics and Standardization, Advanced Data Visualization Techniques Architecture and Business Intelligence Dashboards, Forecasting Techniques for Production Planning, Data-Driven Supply Chain Optimization, Root Cause Analysis using Data, Roadmap for Analytics Implementation. This professional training focuses on to promoted adoption of data-driven industrial systems, data-driven reduction of material waste and energy usage. Improved operational efficiency contributes to better production of quality orthotic healthcare products. Strengthened workforce capabilities in analytics-driven environments, academia-industry collaboration between Chitkara University and Tynor Orthotics The interactive discussions and practical business examples helped participants connect theoretical knowledge with real operational challenges. The program supported the organization's vision of becoming a data-driven, innovation-led enterprise. The initiative reflects a strong collaboration between academia and industry in advancing analytical excellence and sustainable industrial growth.

OUTCOMES

1. Participants gained clarity on the importance of systematic data organization.
2. Teams understood how poor data quality impacts production planning and supply chain efficiency.
3. Cross-functional collaboration improved through shared data interpretation frameworks.
4. A strategic action plan was conceptualized for phased analytics adoption across departments.


Data Management & Analytics


New Workbook (Tableau Public)
Sheet 4





Event Name	International Yoga Day
Venue	Indoor, Sportorium Block
Date	21st June 2026
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	350
Duration	One Day

ले साँस भी आहिस्ता कि नाज़ुक है बहुत काम,
आफ़ाक़ की इस कारगह ए शीशागरी का"
मीर

It is beautiful how Mir asks us to move through life gently, as if even a breath carries meaning. There is a rare tenderness in this thought, a reminder that the world around us is delicate, and so are the worlds we carry within ourselves. Interestingly, when Mir gave us this wisdom of gentleness, India gave the world the gift of Yoga, a practice that begins from the same quiet place. It begins with breath. It begins with awareness. It begins with the simple act of returning to oneself.

On **International Yoga Day 2026**, the **National Service Scheme, Chitkara University, Punjab** organised a special yoga session on the global theme, **"Yoga for Healthy Ageing."** Led by **Mr. Pardeep Kumar, Yoga Instructor**, the session brought together over **250 participants**, including faculty members, staff, and students, who turned to yoga as a practice of wellness, balance, and mindful living.

The gathering was graced by the presence of Chitkara University's very own torchbearers of health, happiness, and holistic growth, **Lt. Col. (Dr.) Rakesh, Registrar, Chitkara University; Dr. Sangeeta Pant, Pro Vice Chancellor, Department of Education; Dr. Sumeer Walia, Vice President, Office of University Communication; and Dr. Manav Bansal, Chief Happiness Officer, Office of Student Life**. Their presence added warmth and encouragement to a morning that was rooted in peace, discipline, and collective wellbeing.

As the session unfolded, the atmosphere carried a sense of stillness that felt almost necessary in today's restless world. Every stretch, every posture, and every breath brought the participants closer to the purpose of the day. It was not about performance or perfection. It was about listening to the body, calming the mind, and allowing a moment of silence to become meaningful. The theme, **Yoga for Healthy Ageing**, gently reminded everyone that wellness is

not something to be remembered only when the body begins to struggle. It is a lifelong practice, built patiently through awareness, movement, and inner balance.

Yoga has always been one of India's most profound gifts to the world. It teaches that strength should not be loud, that healing need not be rushed, and that ageing can be approached with dignity when the body and mind are cared for with love. In this spirit, the session became more than a celebration of an international day. It became a shared pause, a moment where the Chitkara community came together to breathe, reflect, and reconnect.

In a world that keeps moving faster each day, **International Yoga Day at Chitkara University** offered a gentle reminder that sometimes the most powerful movement is the one that brings us back to ourselves. The day closed with a quiet sense of harmony, leaving behind the thought that wellbeing begins with attention, grows with discipline, and stays with those who learn to breathe through life a little more gently.









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