

3 GOOD HEALTH
AND WELL-BEING



Jul 2023 - June 2024

Chitkara University's commitment to Sustainable Development Goal 3 (SDG 3), **Good Health and Well-being**, is reflected in a variety of impactful initiatives aimed at promoting health and wellness across its campus and surrounding communities. Through educational workshops, health awareness campaigns, community outreach programs, and collaborative events, the university addresses key health issues such as maternal health, mental well-being, chronic disease prevention, and environmental health. These initiatives, led by students and faculty, not only contribute to improving individual health outcomes but also foster a culture of holistic wellness, resilience, and preventive healthcare. Chitkara University's SDG 3 activities showcase its dedication to building healthier communities and empowering individuals with knowledge and resources to lead better lives.

Total Participants: 3,156

Key Initiatives:

1. **Publications: - 555**
2. **MOUs: - 20**
3. **Patent: - 93**
4. **Courses mapped: - 30**
5. **Happiness Way to Success Workshop:** Chitkara College of Hospitality Management held a workshop with Mr. Manav Bansal, introducing students to the Happiness Programme to improve well-being, alongside "Skill Verse" for career development. The focus was on achieving balance in personal and professional life through happiness and positive mental health.
6. **National Sports Day:** Celebrating National Sports Day, the University Sports Board engaged students in multiple sports activities, including chess, table tennis, basketball, and volleyball, to promote physical health and teamwork. The initiative underscored sports as a critical component of health and well-being, aligning with SDG 3 goals.
7. **Sustainable Farming Training:** A 10-day program taught students sustainable farming practices and the benefits of composts in agriculture, promoting environmental health as an extension of human health. Students learned practical skills relevant to sustainable food production and organic farming techniques.
8. **Innovative Basic Life Support Seminar:** A seminar by Chitkara College of Pharmacy presented advances in Basic Life Support (BLS), featuring topics like CPR and AEDs, aiming to equip students with critical life-saving skills, crucial for addressing emergencies and supporting overall health.

9. Breast Cancer Awareness: Chitkara School of Health Sciences conducted a breast cancer awareness event, educating attendees about early detection and risk factors. This community engagement promoted understanding, preventive measures, and accessible information on cancer, emphasizing the importance of regular health checks.

10. Fire Fighting and Evacuation Drill: Conducted by Chitkara University's Fire Officer, this drill educated 100 participants on fire safety and basic evacuation techniques, promoting respiratory health by reducing the risk of smoke inhalation. The drill emphasized the importance of fire prevention to avoid injuries and long-term respiratory diseases, supporting SDG 3 through proactive health and safety measures.

11. Sustainable "Food on the Go" Workshop: Chef Prosenjit Sengupta conducted this workshop for 66 participants, demonstrating the preparation of balanced, nutrient-dense street foods. Participants learned the importance of choosing healthy ingredients to support good health, highlighting the connection between diet and disease prevention.

12. World Hepatitis Day Awareness: This event featured a talk by Dr. Nirupama Trehanpati, enlightening 150 attendees on hepatitis prevention and awareness. Participants also engaged in a poster competition, raising awareness about hepatitis' impact on public health and preventive measures that support community health.

13. Kathak and Kalari Dance Workshop: This dance and martial arts session introduced hostel students to the benefits of traditional art forms for physical and mental well-being. Led by Pratibha Goyal, students learned Kathak and Kalaripayattu techniques, promoting fitness and cultural appreciation while reducing obesity and stress.

14. International Youth Day: Organized by the Department of Computer Applications, this event combined educational games with physical activities like hopscotch and pyramid races for 51 participants. The games aimed to promote physical health, reduce obesity, and encourage social interactions among youth.

15. Red Run Marathon for HIV/AIDS Awareness: This 5 km state-level marathon, which included over 300 participants, aimed to raise awareness of HIV/AIDS and drug abuse. Participants were encouraged to adopt healthy lifestyles and avoid substance abuse, with prizes awarded to top finishers.

16. Eye Donation Awareness Talk and Check-up Camp: This initiative by the Nursing Department saw Dr. Priya and Dr. Sushma from A.P. Jain Hospital educating 140 attendees on the importance of eye donation and eye health. The event included free eye check-ups, fostering awareness of preventable blindness.

17. Sustainable Farming Workshop: Led by Dr. Anurag Tewari, this 10-day workshop educated 70 participants on sustainable agricultural practices, covering soil, climate needs, and

compost benefits. It equipped students with skills to implement environmentally friendly farming techniques, promoting health by supporting sustainable food sources.

18. Basic Life Support (BLS) Seminar: Chitkara College of Pharmacy hosted a seminar on BLS advancements, led by Ms. Aarti Dhiman. The session trained 70 attendees in CPR, AED use, and emergency strategies, highlighting how innovations in BLS can improve survival rates and public health.

19. Indoor Sports Competition: Matrix Club organized a day of indoor sports including badminton, soccer table, and arm wrestling for 170 students, fostering physical fitness and camaraderie, key components of mental well-being and SDG 3.

20. Eye Donation Awareness Talk: In collaboration with A.P. Jain Hospital, the Nursing Department held an awareness session with 110 attendees on eye donation, emphasizing the importance of vision and raising awareness of corneal transplants to improve the quality of life.

21. Health Camp for World Arthritis Day: This camp offered assessments and educational resources for arthritis patients, underscoring the importance of support for those with chronic health conditions, helping them maintain physical health and mobility.

22. World Mental Health Day Workshop: Organized by the Office of Administration, this workshop for 26 staff members focused on mental health awareness, reducing stigma, and fostering a supportive environment, crucial for promoting well-being.

23. National Pharmacy Week: This event involved expert talks, medical camps, and student activities, emphasizing pharmacy's role in health systems and the safe use of medications, with 180 participants. The event supported SDG 3 by highlighting pharmacists' contributions to community health.

24. Mental Health Role Play: Nursing students performed role plays at a local hospital to dispel myths around mental retardation, educating 30 attendees and emphasizing compassion and understanding, contributing to mental health awareness

25. Expert Session on Mental Health Awareness: The National Service Scheme (NSS) organized a session led by mental health expert Ms. Vaibhavi, focusing on coping strategies for mental well-being. Attendees learned about stress management, the importance of social support, and ways to foster open communication, benefiting overall mental health.

26. Model Exhibition: Nursing students showcased anatomical models illustrating human body systems, including cardiovascular and respiratory functions, promoting understanding of diseases and preventive healthcare. This event aimed to enhance students' knowledge of human physiology, essential for understanding conditions like heart disease and lung disease.

27. Poster Competition on Diabetes Awareness: Aimed at World Diabetes Day, this competition raised awareness about diabetes, its complications, and the importance of access to

healthcare. Participants presented posters that highlighted preventive measures and lifestyle changes to manage diabetes.

28. Role Play on Newborn Care: Nursing students performed role plays in a hospital setting to educate families about newborn care, focusing on breastfeeding, immunization, and hygiene practices. This event aimed to reduce newborn mortality by emphasizing essential practices in neonatal care.

29. World AIDS Day Activities: A collaborative effort between the Red Ribbon Club and NSS involved poster-making, a flash mob, and a candlelight march to raise awareness about HIV/AIDS. These activities aimed to reduce stigma, support affected individuals and promote early detection and prevention.

30. Awareness Program on Diabetes: In a community outreach program, nursing students educated the public on diabetes risk factors, including obesity and lifestyle choices. The event encouraged preventive measures, regular health check-ups, and management of diabetes to improve quality of life for affected individuals.

31. Workshop on Newborn Care: This workshop, focusing on Facility-Based Newborn Care, provided participants with skills in neonatal resuscitation and care techniques. It aimed to improve outcomes for at-risk and low-birth-weight newborns through immediate care interventions.

32. Blood Donation Camp: Organized by CII Chandigarh in collaboration with Chitkara University, this event aimed to raise awareness about the life-saving importance of blood donation while ensuring safety measures to prevent disease transmission, including AIDS. Ten staff members participated in this initiative, underscoring the university's commitment to health and community welfare.

33. Poster Exhibition on Safe Motherhood: Celebrating National Safe Motherhood Day, this poster competition highlighted key maternal health issues. Nursing students created posters to promote safe pregnancy practices, maternal nutrition, and accessible healthcare. The event fostered awareness about maternal health and served as an educational platform to support SDG 3 and maternal well-being.

34. Mental Health Recreational Activities: At the Institute of Mental Health in Amritsar, nursing students engaged patients in creative activities, including drawing and coloring, to alleviate stress and encourage socialization. This initiative contributed to patients' mental and emotional well-being, enhancing their recovery process through recreational therapy.

35. Awareness Talk on Antenatal Care: This session at Mata Kaushalya Hospital provided information to expectant mothers about nutrition, antenatal checkups, and safe delivery practices.

Nursing students educated participants on critical health measures to prevent complications during pregnancy and childbirth, contributing to better health outcomes for mothers and infants.

36. Tree Plantation for World Earth Day: In a joint effort by the NSS and the Department of Nursing, students planted saplings across Chitkara University's campus to promote environmental health. This activity emphasized the connection between ecological sustainability and respiratory health, linking SDG 3 and SDG 15 by reducing air pollution through green initiatives.

37. World Kidney Day Rally: To raise awareness about kidney health, nursing students organized a rally in local villages, educating the community on prevention strategies for kidney disease. The event highlighted the significance of hydration, diet, and exercise, aiming to reduce the risk of kidney-related issues through community education.

38. World Laughter Day: Organized by the Happiness Centre and School of Psychology, this event celebrated the therapeutic benefits of laughter. Laughter exercises, yoga, and discussions on mental well-being were conducted, highlighting laughter's positive impact on stress relief, immune function, and heart health.

39. World Asthma Day Slogan Competition: Nursing students participated in a slogan writing competition focused on asthma awareness. Through creative expressions, students promoted knowledge of asthma triggers, prevention, and management, raising awareness of respiratory diseases and respiratory health.

40. Medical Checkup for Creche Children: This health checkup ensured the well-being of children in the campus creche. Routine assessments help detect early signs of diseases, enabling prompt care, and supporting child health and safety within the campus community.

41. Mental Health & Emotion Regulation Session: Faculty members led a workshop for administrative staff to enhance emotional regulation and stress management skills. This session aimed to reduce mental health burdens, such as anxiety and depression, by promoting emotional resilience and self-awareness.

42. Poster Exhibition for Kangaroo Mother Care Awareness Day: Nursing students created posters on the benefits of Kangaroo Care for preterm infants, a practice that improves infant survival rates. The exhibition promoted neonatal health by educating healthcare professionals and parents on this critical care technique.

43. Tuberculosis Training Workshop: A comprehensive five-day workshop trained nursing students on TB care, including disease control, treatment adherence, and patient counselling. By improving TB management, this initiative aligns with efforts to reduce the TB epidemic.

44. Cooking Competition for World Food Safety Day: Nursing students prepared nutritious, kid-friendly dishes to promote healthy eating and reduce obesity and diabetes risks. This

competition encouraged participants to make informed dietary choices for lifelong health benefits.

45. Fireless Cooking Competition for International Nurses Week: Nursing students celebrated Nurses Week by participating in a fireless cooking competition themed "Good Food, Good Mood." Students prepared healthy, nutrient-rich dishes, emphasizing the importance of a balanced diet to prevent lifestyle diseases like obesity and diabetes. This event aimed to promote awareness of good nutrition as a cornerstone of health and well-being.

46. Photography Competition for National Nurses Week: A photography competition themed "Nurses: The Heart of Healthcare" highlighted the critical role nurses play in patient care and community health. Participants captured images symbolizing the compassion and dedication of nursing professionals, celebrating their contributions to disease prevention and health promotion.

47. Nurses Day Oath-Taking Ceremony: In honour of Florence Nightingale, nursing students took an oath to uphold nursing ethics and standards. This ceremony underscored the values of professionalism, empathy, and commitment to patient well-being, reinforcing the role of nurses in reducing health risks and improving care quality.

48. Mindful Relaxation Workshop: Aimed at non-teaching staff, this workshop introduced mindfulness practices to reduce stress and improve mental well-being. Techniques like deep breathing and guided meditation provided tools for emotional regulation, crucial for preventing mental health issues and promoting overall resilience.

49. Fitness Race: Organized by the School of Maritime Studies, the fitness race promoted physical activity as essential for cardiovascular health and disease prevention. The event included running, jumping, and swimming, fostering a spirit of physical fitness and emphasizing its importance in a healthy lifestyle.

50. Pehchan – Happiness Inside You: This session focused on cultivating inner happiness and gratitude among staff members. The event covered techniques to reduce stress and boost mental health, reinforcing the idea that happiness and positive mental health can reduce the risk of physical and mental health issues.

51. First Aid Workshop: Non-teaching staff received training in basic first aid, including CPR and wound care, essential for handling emergencies and reducing injury risks. This workshop emphasized the importance of quick responses to emergencies, which can prevent complications and save lives.

52. Photography Competition for World Environment Day: A competition on environmental themes encouraged students to raise awareness of the impact of pollution on human health.

Through creative photography, students explored how a healthy environment supports respiratory and cardiovascular health, linking environmental care to human well-being.

Each event reflects Chitkara University's holistic approach to SDG 3 by addressing various dimensions of health, from physical fitness and mental well-being to disease prevention, safety, and environmental health. These activities collectively promote a culture of wellness, emphasizing the importance of prevention, resilience, and sustainable practices.

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2	CCHM	22-Jul-23	Ayurvedic Cuisine	16-17
3	CCHM	27-Jul-23	Sustainability with Food on the Go	18-19
4	CCP	28-Jul-23	An Expert talk on 'Know Hepatitis- Act Now'	20-21
5	CCP	5-Aug-23	An Expert talk on the theme "Innovative Strategies for Sustainable Growth in Industry"	22-23
6	CA	9-Aug-23	Embarking the path of Kathak and Kalari	24-25
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10	NSS	11-Aug-23	International Youth Day	30-31
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40	CCP	28-Sep-23	Innovative applications of lexicom: Transforming healthcare decision support	92-93
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42	CCN	29-Sep-23	POSTER COMPETITION ON WORLD HEART DAY	96-97
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173	CSE	12-Apr-24	Vaisakhi Celebration	381-383
174	CCP	16-Apr-24	An international conference on 'Uplifting the Translational Value of New Drug Molecules in Neuroscience'	384-385
175	OA	16-Apr-24	Session for Creche Staff	386
176	USB	16-Apr-24	4 Over Cricket Tournament	387
177	USB	16-Apr-24	Chitkara Football Club Tournament for Men and Women	388
178	CCP	18-Apr-24	A National Pharma Tech Fest 2024 AI Advancements in Pharmaceutical sciences & National Pharma Youth Fest 2024 'AFFINITY 2.0'	389-391
179	CSPC	18-Apr-24	Khillono me khushiyan Toy Donation Drive For Children under Autism Awareness Month	392-393
180	NSS	18-Apr-24	Pharma Care Carnival	394
181	CCE	22-Apr-24	International Mother Earth Day	395-396
182	CCN	22-Apr-24	Tree Plantation on "World Earth Day"	397-398
183	CDS	22-Apr-2024	Earth Day Celebration	399-400
184	Communication Design	22-Apr-24	Sustainable Lifestyle Workshop And Hands-on Bio Enzyme Workshop	401-402
185	CSPC	22-Apr-24	Beyond Words: Expressions from within Cue Card Making Competition under AUTISM AWARENESS MONTH	403-404
186	NSS	22-Apr-24	World Earth Day	405
187	YPF	22-Apr-24	Tree Plantation drive on World Earth Day i.e.; 22nd April, 2024	406-407
188	CSPC	23-Apr-24	INCLUSION VISIT Sorem- Society for Rehabilitation of Mentally Challenged Connecting Hearts Empowering Minds: Celebrating Autism Acceptance under Autism Awareness Month	408-409
189	CCN	24-Apr-24	Workshop on "Critical Care Updates"	410-413
190	CSE	25-Apr-24	Phosphenes	414-415
191	CCN	28-Apr-24	Awareness Talk on "Antenatal Advice, Care and Dietary Requirements"	416-417
192	OA	29-Apr-24	Session on ill Effect of Usage of Substance	418
193	CBS	30-Apr-24	"Fatty Liver: Myths and Reality, Emerging and Innovative Treatment Regimen for Hepatic Ailments"	419
194	CCN	1-May-24	Model Exhibition on Child Health Nursing on Curative and preventive aspects of ENBC	420-421
195	CCN	2-May-24	Expert talk on LATEST ADVANCES IN THE MANAGEMENT OF ONCOLOGICAL DISORDERS (World Cancer Day)	422-423

196	CCN	2-May-24	Awareness Talk on “Hand washing and its importance in preventing infection”	424-425
197	CCE	3-May-24	World Laughter Day: Live, Laugh, Celebrate	426-427
198	CCHM	3-May-24	Session on Yoga For Beginners	428-429
199	OA	4-May-24	Stress Management	430
200	CCN	5-May-24	Seminar on “Basics of Quality Improvement Projects”	431-432
201	CCN	6-May-24	Theme Based Rangoli Competition on occasion of Nurses Week 2024	433-434
202	CCN	6-May-24	Laughter Therapy Session on Occasion of Nurses Week 2024	435-437
203	CSPC	6-May-24	World Laughter Day Celebration	438-439
204	CCN	7-May-24	Slogan Writing Competition on World Asthma Day	440-441
205	NSS	7-May-24	World Asthma Day	442
206	CCN	8-May-24	Fireless Cooking Competition on occasion of Nurses Week 2024	443-444
207	OA	9-May-24	Medical Checkups for Creche Children	445-446
208	CCN	10-May-24	Photography Competition on Occasion of Nurses Week 2024	447-449
209	CCN	13-May-24	Oath Taking Ceremony on Occasion of Nurses Week 2024	450-452
210	OA	15-May-24	Mental Health & Emotion Regulation	453
211	CCN	18-May-24	Mindful Relaxation in Workplace	454-456
212	CUSMS	18-May-24	Fitness Race	457-458
213	OA	19-May-24	Pehchan – Happiness Inside You	459
214	CCN	31-May-24	Poster Exhibition on "International Kangaroo Care Awareness Day"	460-462
215	CCN	3-Jun-24	Workshop on “Training of Nurses on Tuberculosis, Care and Control in India”	463-465
216	CCN	5-Jun-24	Poster Making and Photography Competition on the occasion of "World Environment Day"	466-468
217	CCN	5-Jun-24	One Day Workshop on “First Aid at Work”	469-470
218	CCN	7-Jun-24	Cooking Competition on the occasion of "World Food Safety Day."	471-472

Event Name	Fire Fighting
Date	20/7/2023
Venue	IHM BLOCK
Organizer	Mr. Sanjeev Bhardwaj (Fire Officer)
Resource Person	--
Number of Participants	100
SDGs Covered	3, 8, 11, 13, 17
Duration	1-day training

About the Activity

A Building evacuation drill was held within the different blocks of Chitkara University to check the response of faculty in case of fire and any other disasters. The four teams that made for this mock-up practice were firefighting, search and rescue, Quick Response Team (Q.R.T.), and Medical Team. Each Building faculty member and their staff participated in this mock-up drill and also taught rescue techniques and basic firefighting.

SDG 3, Fires are a leading cause of unintentional injuries and fatalities. Training in fire prevention, escape plans, and extinguisher use equips people to respond safely, minimizing casualties. Smoke inhalation from fires can cause respiratory problems like asthma and lung disease. Fire safety measures like proper ventilation and fire drills reduce smoke exposure, promoting better health. SDG 8, Fire safety training creates safer working environments, reducing lost workdays due to fire-related injuries and illnesses. This benefits both employees and businesses. SDG 11, Fires can damage buildings, roads, and other infrastructure. Fire safety practices like proper construction codes and fire prevention plans minimize such damage, leading to more sustainable and resilient communities. SDG 13, Large fires release significant amounts of carbon dioxide and other greenhouse gases. By preventing fires, we can mitigate climate change and its associated impacts.



Event Details	
Topic	Ayurvedic Cuisine
Date	22-07-2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Chef. Manan Chakraborty
No. of participants	30
SDG No.	3,5,12

Objective

1. Introduction to Vedic Cuisine: Understand the principles and philosophy behind Vedic cooking.
2. Ritual Food Preparation: Learn about the unique ingredients, methods, and significance of foods prepared for South Indian temple rituals.
3. Hands-on Sessions: Participate in the preparation of traditional dishes such as prasadam (offering) and naivedyam (food presented to deities).
4. Expert Guidance: Instruction by renowned Vedic cuisine experts and temple cooks.

Description

Introduction to Vedic Cuisine: Understand the principles and philosophy behind Vedic cooking.

Ritual Food Preparation: Learn about the unique ingredients, methods, and significance of foods prepared for South Indian temple rituals.

Hands-on Sessions: Participate in the preparation of traditional dishes such as prasadam (offering) and naivedyam (food presented to deities).

Expert Guidance: Instruction by renowned Vedic cuisine experts and temple cooks. Cultural Insights: Discussions on the cultural and spiritual importance of Vedic food practices, give learning outcomes.

Outcomes

1. Cultural Insights: Discussions on the cultural and spiritual importance of Vedic food practices.
2. Ingredient Knowledge: Identify and understand the unique ingredients used in South Indian temple rituals
3. Learn best practices in Vedic cooking from professionals with extensive knowledge and experience.
4. Explore how Vedic cuisine fosters community and upholds traditions in South Indian temple settings.

Ayurvedic cuisine a traditional Indian approach to cooking aligns well with SDG 3 goal by promoting the use of natural ingredients and herbs that are believed to have medicinal properties. By incorporating Ayurvedic principles into our diets we can support our overall health and well-being. This includes eating a balanced diet, staying hydrated and consuming foods that are beneficial for our body types.

Event Details	
Topic	Sustainability with Food on the Go
Date	27-07-2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Chef Prosenjit Sengupta
No. of participants	66
SDG No.	3,5,12

Objective

1. To understand the preparation techniques for selected dishes in the chosen menu.
2. To explore the diverse flavors and ingredients used in contemporary Indian cuisine.
3. To gain practical experience in preparing popular Indian street foods.
4. To enhance culinary skills and knowledge through expert demonstrations.

Description

The faculty from various departments of Chitkara University, Punjab took part in the FDP with a zeal to learn the selected menu chosen by the Chef. Smoky lemon rice, Paneer kathi roll, Salad sprout missal pav and Classic Mumbai Vada Pav was demonstrated by the Chef.

When it comes to Indian food many dishes can contribute to a healthy diet. Traditional Indian cuisine often includes a variety of vegetables lentils and spices that are rich in nutrients. By incorporating these foods into our meals, we can support our overall health and well-being. It's important to choose balanced and nutritious options from the wide range of delicious Indian dishes available to us to prevent diseases

Outcomes




1. Participants will be able to prepare smoky lemon rice with a balanced flavor profile.
2. Faculty will demonstrate proficiency in making Paneer kathi rolls and understanding the components and assembly.
3. Participants will create a salad sprout missal pav, mastering the combination of textures and flavors.
4. Attendees will replicate the classic Mumbai Vada Pav, incorporating traditional methods and presentation techniques.

Faculty Development Program on
**SUSTAINABILITY
WITH FOOD
ON THE GO...**

Resource Person

Chef Prosenjit Sensharma
Associate Professor
Chitkara College of
Hospitality Management

REGISTRATION
Charges
₹99/-

 27th July, 2023
 10:00 am - 1:00 pm
 GBC Kitchen, 2nd floor
Escoffier Block

Mode: Offline



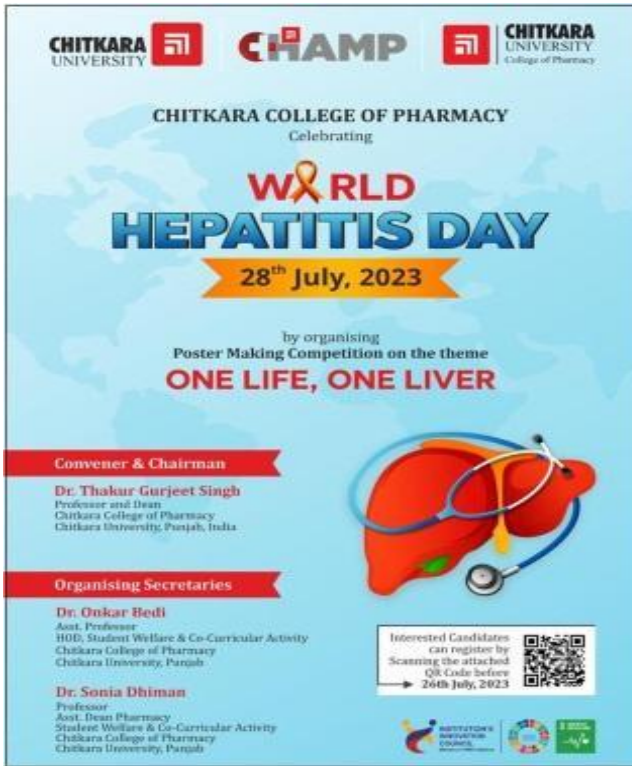
Organised by
Chitkara College of Hospitality Management



Event Name	An Expert talk on ‘Know Hepatitis- Act Now’
Date	28 th July 2023
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Nirupama Trehanpati, Professor Department of Molecular and Cellular Sciences ILBS, New Delhi, India
Number of Participants	150
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy organized An Expert talk on ‘The World Hepatitis Day’ in collaboration with the Institution Innovation cell, Chitkara University, Punjab, which was a resounding success with two captivating events. The first event was a vibrant poster-making competition, where participants creatively depicted vital information about hepatitis and its impact on public health. The colorful posters served as powerful visual aids to raise awareness among the attendees. The highlight of the day was the expert talk session delivered by Dr. Nirupama Trehanpati, a distinguished Professor from the Department of Molecular and Cellular Sciences at ILBS, New Delhi, India. Dr. Trehanpati eloquently shared her profound knowledge about hepatitis, enlightening the audience about its causes, transmission, and the significance of prevention measures and vaccines. Her expertise in the field provided valuable insights and inspired the attendees to take proactive steps in combating this global health issue. The event proved to be an informative and engaging platform, fostering a deeper understanding of hepatitis and reinforcing the importance of collective efforts to prevent and control the disease. The event was a great success.



CHITKARA COLLEGE OF PHARMACY
Celebrating
WORLD HEPATITIS DAY
28th July, 2023

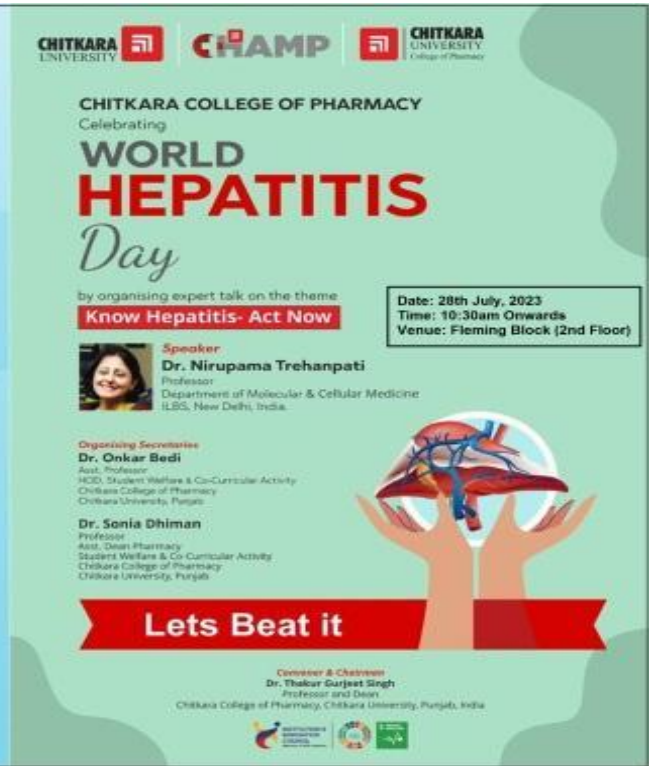
by organising
Poster Making Competition on the theme
ONE LIFE, ONE LIVER

Convener & Chairman
Dr. Thakur Gurjeet Singh
Professor and Dean
Chitkara College of Pharmacy
Chitkara University, Punjab, India

Organising Secretaries
Dr. Onkar Bedi
Asst. Professor
HOD, Student Welfare & Co-Curricular Activity
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Sonia Dhiman
Professor
Asst. Dean Pharmacy
Student Welfare & Co-Curricular Activity
Chitkara College of Pharmacy
Chitkara University, Punjab

Interested Candidates
can register by
Scanning the attached
QR Code before
26th July, 2023



CHITKARA COLLEGE OF PHARMACY
Celebrating
WORLD HEPATITIS Day

by organising expert talk on the theme
Know Hepatitis- Act Now

Speaker
Dr. Nirupama Trehanpati
Professor
Department of Molecular & Cellular Medicine
ILBS, New Delhi, India

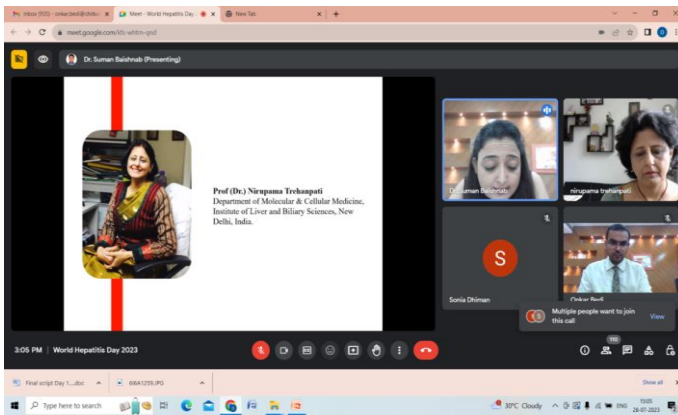
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Chitkara University, Punjab

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Professor
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Student Welfare & Co-Curricular Activity
Chitkara College of Pharmacy
Chitkara University, Punjab

Let's Beat it

Convener & Chairman
Dr. Thakur Gurjeet Singh
Professor and Dean
Chitkara College of Pharmacy, Chitkara University, Punjab, India

Date: 28th July, 2023
Time: 10:30am Onwards
Venue: Fleming Block (2nd Floor)



Dr. Sonia introducing Dr. Nirupama Trehanpati, Professor Department of Molecular and Cellular Sciences ILBS, during zoom meeting

Event Name	An Expert talk on "Innovative Strategies for Sustainable Growth in Industry"
Date	5 th August 2023
Venue	Chitkara College of Pharmacy
Organizer	Dr. Sanjana, Asst. Professor, Chitkara College of Pharmacy, Chitkara University, Punjab.
Resource Person	Mr. Amit Das- Senior Director P & O Novo Nordisk, Mumbai
Number of Participants	130
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy organized An Expert talk on ‘Innovative Strategies for Sustainable Growth in Industry’ in collaboration with the Institution Innovation cell, Chitkara University, Punjab, which was a resounding success. The expert talk was delivered by Mr. Amit Das- Senior Director – P & O Novo Nordisk, Mumbai. Mr. Amit expressively shared his profound knowledge about some cutting-edge innovative strategies like eco-friendly practices, and circular economy principles for sustainable growth in industry. He also talked about responsible innovation, optimizing resource utilization, and enhancing social impact by which industries can forge a path towards a greener future, attracting conscious consumers and gaining a competitive edge in the evolving market landscape.

By implementing new technologies and practices industries can reduce their environmental impact and promote human health. These strategies not only benefit the companies themselves but also contribute to environmental health. Industries need to prioritize sustainability to ensure a better future for all.



CHITKARA UNIVERSITY

INSTITUTION'S INNOVATION COUNCIL
(Agency of IIR Institutes)

CHITKARA COLLEGE OF PHARMACY

An Expert Talk on

Innovative Strategies for Sustainable Growth in Industry

📅 5th August, 2023

🕒 11:00am onwards

Venue: Fleming Block

Mode: Offline

Coordinators:
Dr. Manjinder Singh
Dr. Sanjana

Organised by: Chitkara College of Pharmacy

Mr Amit Das- Senior Director – P & O Novo Nordisk Mumbai

novo nordisk G20 SDG



Event Details	
Title of the Event:	Embarking the path of Kathak and Kalari: A session
Date of the Event:	9 th August 2023
Venue	Outside Square one
SDG No.	3: Good Health and Well-being 4: Quality Education 17: Partnership for Goals
No. of Student Attended	All hostellers

Matrix Club under the aegis of the Department of Computer Applications in collaboration with Chitkara Happiness Centre and Skill Verse Course organized a workshop/session on "Embarking the path of Kathak and Kalari" on 9th August 2023 on the premises of Chitkara University. The aim of conducting such a session was to learn the dance form Kalaripayattu which is a famous ancient Indian martial art form that hails from the state of Kerala. It is one of the oldest martial art forms that has survived a long historical period and is still having a strong existence. This

CHITKARA UNIVERSITY **MATRIX** **CHITKARA HAPPINESS CENTRE** **SKILL VERSE**

Embarking the Path of Kathak and Kalari

Resource person
Pratibha Goyal
Kathak and Kalari instructor

09 Aug, 2023
05:30 pm - 06:30 pm
Square one

Organised by
Chitkara Happiness Centre
in collaboration with
Matrix Club under the agis of
Department of Computer Applications

Scan to Register

technique brings the body to a higher state of consciousness and explores the potential of an individual mentally, spiritually, and physically. Dance enhances one's health and reduces obesity. Dance helps in preventing diseases. Pratibha Goyal was the resource person for the session. Ms. Pratibha is well versed in both the forms i.e. Kathak classical dance form and Kalari i.e. Martial art form. Students from Chitkara University hostellers as well as day scholars wholeheartedly followed the steps and learnt the technique of both the forms Kathak and Kalari.



Expert showing the technique to students (09.08.2023)



Students posing during session (09.08.2023)

Event Name	Health is Wealth: Know Innovations and Developments
Date	10 th August, 2023
Venue	Chitkara University, Punjab
Organizer	Dr. Deepak Sood
Resource Person	Prof. Keerti Pradhan
Number of Participants	90
SDGs Covered	3, 4, 9
Duration	2.5 hours

About the Activity

The central focus of the discussion revolved around innovations and advancements in the healthcare ecosystem to prevent diseases. Prof. Keerti highlighted that the role of SDGs in holistic development is significant. Advanced technologies like big data, AI, etc. have profound and transformative impacts on the healthcare sector. He also emphasized the significance of a healthy life as it is rightly said “A Healthy Mind Dwells in a Healthy Body”. Innovations in healthcare are transforming the healthcare sector. He highlighted the dos and don’ts for staying healthy for all age brackets especially for the youth as they are the building blocks of the future society. He emphasized the importance of nutrition in maintaining good



Event Details	
Title of the Event:	International Youth Day
Date of the Event:	11 th August 2023
Venue	Outside Square one
SDG No.	3: Good Health and Well-being 4: Quality Education
No. of Student Attended	51

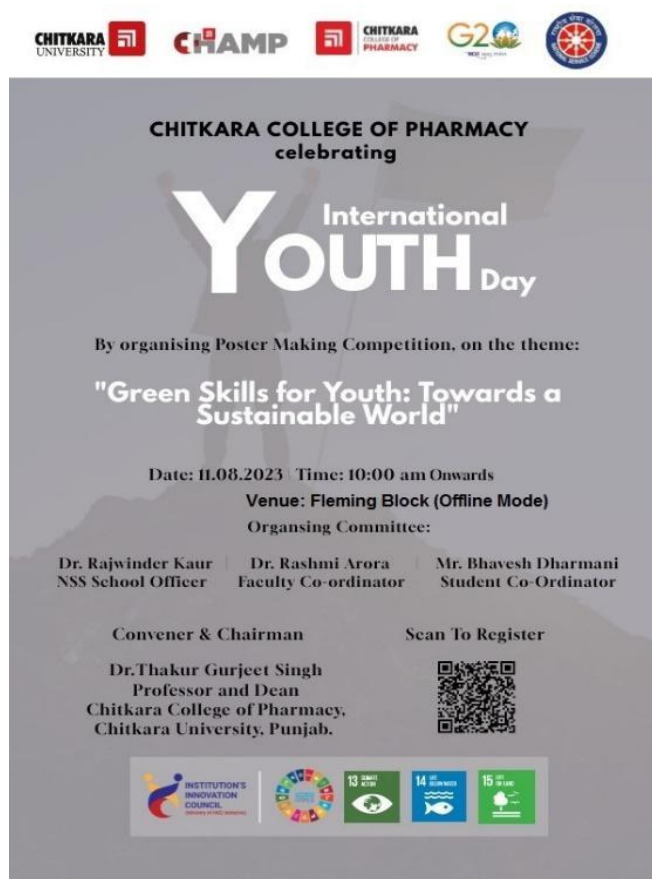
Department of Computer Applications under the aegis of **National Service Scheme (NSS)**, Chitkara University celebrated **International Youth Day** on 11th Aug 2023 with great enthusiasm and fun spirit. The event had four fun games such as **Hula Hoop, Hopscotch, Defying Gravity, and Pyramid Race** which were engrossed with so much fun and new to everyone. All the organizers and core members of the team were energetically involved in the event. The event started sharp at 10:00 am outside Square One with a fun-loving spirit. All the games started simultaneously in four corners of square one and were quite eye-catching to the audience. All the participants were super crazy about the games and showed a competitive spirit to win the game. The Pyramid Race consisted of obstacles, one had to cross to build their pyramid, depicting what one had to face in life, that's how games teach one to live through obstacles, Defying Gravity showed how to maintain balance, and much more. Playing games enhances one's health and reduces obesity. it also helps in preventing diseases. The winners were awarded gifts by our event coordinators Dr Vandana and Dr Divya Khanna. Overall the day was filled with enthusiasm, sportsmanship, and memories to cherish. The team was overwhelmed by the love and patience shown by participants and the relentless efforts of the team, and the constant support of our coordinator made the event successful.



Event Name	Expert talk & poster making competition- International Youth Day-2023
Date	11 th August 2023
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Thakur Gurjeet Singh, Dean, CCP, Chitkara University, Punjab.
Number of Participants	130
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy celebrated International Youth Day 2023 by organizing an expert talk and a Poster-Making Competition on "Green Skills for Youth: Towards a Sustainable World" in collaboration with the Institution Innovation cell, Chitkara University, Punjab on 11th August 2023. The event was a resounding success with two captivating events. The first event was a vibrant poster-making competition, where participants creatively depicted vital information about Green Skills for Youth. The colorful posters served as powerful visual aids to raise awareness among the attendees. By promoting green skills among youth we can help address environmental challenges while also improving public health. Green skills such as sustainable agriculture and renewable energy technologies not only benefit the environment but also provide opportunities for young people to contribute to a more sustainable future. Investing in green skills for youth is essential for achieving SDG 3 and



creating a healthier world for generations to come. The highlight of the day was the expert talk session delivered by Dr. Thakur Gurjeet Singh, Dean, Chitkara College of Pharmacy, Chitkara University, Punjab. The speaker explained the advantages of Youth Innovations and Startups developed by young entrepreneurs and also gave some tips to tell the importance of technology and to present their ideas and projects to a broader audience, attracting potential investors and collaborators. Dr. Thakur Gurjeet Singh eloquently shared his profound knowledge to enlighten the audience. His expertise in the field provided valuable insights and inspired the attendees to take proactive steps in combating this global health issue. The event proved to be an informative and engaging platform, fostering a deeper understanding of Green Skills for Youth- Towards a Sustainable World. The event was a great success. The event proved to be an informative and engaging platform, fostering a deeper understanding of sustainability and green Skills for Youth, and reinforcing the importance of collective efforts towards a Sustainable World. The event was a great success.



Event Name: -	International Youth Day
Venue: -	Outside Square One Area
Date: -	11 th August, 2023
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: -	51
Duration: -	One Day

Description of Event

Department of Computer Applications under the aegis of **National Service Scheme (NSS)**, Chitkara University celebrated **International Youth Day** on 11th Aug 2023 with great enthusiasm and fun spirit. The event had four fun games such as **Hula hoop, Hopscotch, Defying Gravity, and Pyramid Race** which were engrossed with so much fun and new to everyone. By participating in these activities, we can reduce the risk of developing health issues such as obesity heart disease and diabetes. Additionally, these games can also improve our mental health by reducing stress and boosting our mood.

All the organizers and core members of the team were energetically involved in the event. The event started at 10:00 a.m. outside Square One with a fun-loving spirit. All the games started simultaneously in four corners of square one and were quite eye-catching to an audience. All the participants were super crazy about the games and showed a competitive spirit to win the game.

The Pyramid Race consisted of obstacles one had to cross to build their pyramid, depicting what one had to face in their life; that's how games teach one to live through obstacles, Defying Gravity showed how to maintain balance; and much more. The winners were awarded gifts by our event coordinators, Dr. Vandana and Dr. Divya Khanna.

Overall, the day was filled with enthusiasm, sportsmanship, and memories to cherish. The team was overwhelmed by the love and patience shown by participants, and the relentless efforts of the team and the constant support of our coordinator made the event successful.



Joyful nostalgia as students plays "Hopscotch" together. (11th August 2023)



Balloon-bouncing fun in the game of "Defying Gravity" (11th August 2023)

Event Name: -	State Level Red Run Marathon
Venue: -	Chitkara University, Punjab
Date: -	21st August, 2023
SDG Number, Name and NEP: -	3-Good Health and Well Being, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Attendees: -	246
Duration: -	One Day

“In our pursuit of a better tomorrow, we take each step with purpose.”

On the vibrant morning of August 21, 2023, the NSS Department and the University Sports Board at Chitkara University, Punjab, came together in a harmonious fusion of purpose, orchestrating the grand spectacle known as the Red Run, a State-level Marathon spanning an impressive 5 kilometers. Their mission is to ignite the flames of change and illuminate the path towards a brighter, healthier future, with a focus on raising awareness about the critical issues of HIV/AIDS and Drug Abuse. By participating in the run, individuals can promote healthy lifestyles and encourage others to stay away from harmful drugs.

Under the bright morning sun, more than 300 spirited students gathered, each a beacon of hope and determination. Chitkara University, deeply committed to the welfare of its community, extended its benevolent hand to G.S.S.S., Jansla, as 35 students from this institution joined the marathon, uniting in the noble cause.

The starting flag, symbolizing the commencement of this transformative journey, was waved by none other than Dr. S.C. Sharma, the esteemed Registrar of Chitkara University, and Sh. Parminder Singh Goldi, Chairman of the Punjab Youth Development Board, setting the stage for an unforgettable event. Two laps around the campus symbolized the uphill battle against ignorance. Purposeful leaps conveyed life's pace against these adversaries and shone through the determined runners.

As the runners dashed towards their goals, victory awaited the most exceptional among them. Three outstanding participants earned their well-deserved accolades, including cash prizes of Rs. 6000, Rs. 4000, and Rs. 2000, along with gleaming trophies and certificates. Their achievements were celebrated with heartfelt applause.

The day was graced by distinguished guests, including Sh. Parminder Singh Goldi (Chairman of Punjab Youth Development Board), Sh. Kulwinder Singh (Assistant Director, Youth

Services Punjab, NSS), Ms. Pawan Rekha (Joint Director, PSACS), and Mr. Manish (Assistant Director, PSACS), each of whom was honoured for their invaluable contributions to this noble endeavour.



Participants assembled at the starting line of the Red-Run, 5km, State-Level Marathn (21st August 2023)

Event Details

Title of the Event:	Badminton Tournament
Date of the Event:	23rd Aug., 2023
Mode& Venue	Offline, Sportorium
No. of Student Enrolled:	58
No. of Student Attended	52
SDG No.	3
Resource Persons:	Dr. Vikas Lamba, Sports Club, CSE, CU

In a splendid showcase of intellectual prowess and strategic finesse, the Badminton Tournament, organized by the CSE Sports Club in collaboration with the Chitkara University Sports Board, unfolded on August 23, 2023. Amidst an atmosphere brimming with excitement, over 60 participants gathered on the tournament grounds, each fueled by determination and passion for the sport. The tournament was a test of mental acumen and tactical skill, spanning 6 intense rounds. Every move held the potential to influence the outcome, heightening the adrenaline of the competitors. As the final round neared, anticipation electrified the air.



Among the competitors, two outstanding individuals emerged as paragons of excellence: Sukhpreet from the CSE 2nd year, and Shravan, representing the same year group. Their match evolved into a masterpiece of badminton finesse, as they navigated the court with precision. Spectators watched in awe as these players demonstrated brilliance and focus. Ultimately, the tournament crowned Sukhpreet as the victor. His strategic brilliance and determination secured his triumph, etching his name in badminton glory. His achievements inspire budding enthusiasts to strive for similar excellence. Shravan's exceptional performance deserves recognition, securing the second position with skill and tenacity. His sportsmanship and

resilience resonated with spectators, earning their respect. The 2023 Badminton Tournament stands as a testimony to intellect and strategic thinking. It provided a platform for emerging talents to showcase their skills, fostering healthy competition and camaraderie. Engaging in sports helps individuals stay fit reduce the risk of chronic diseases and improve mental well-being. As the event concluded, participants and onlookers departed with a renewed appreciation for badminton's timeless appeal. The success of the tournament reflects the dedication of the CSE Sports Club and the Chitkara University Sports Board in promoting mental fortitude and sportsmanship. Ultimately, the Badminton Tournament celebrated a deserving champion and reminded us of the human spirit's pursuit of excellence, pushing boundaries with unwavering resolve.

The following are the winners of the tournament

Winner: Sukhpreet Singh (Boys)
 Runner up: Shravan Khandelwal (Boys)
 Winner: Kamyra Jindal (Girls)



Rules and Regulations for the tournament

- Each player must have rackets and non-marking shoes.
- Failure to achieve the conditions stated above will result in disqualification.
- The player must arrive on time.
- The decision of the referee is final.
- The player should maintain decorum.
- All of the rounds will be knockouts.

- Each round will count for 15 points.
- For the first round, there was no second set.
- The second round will consist of three 15-point sets.
- The final round will consist of three 21-point sets.
- National rules will be followed.
- Day scholars will receive DLs based on their elimination time.
- Hostlers will not be issued DLs by department policy.
- After elimination, everyone should sign the attendance sheet and record their checkout time to ensure a seamless procedure in DLs.

Best Wishes,
Sports Club CSE



Event Name	Two days “Workshop on ‘Intellectual Property Rights and Innovation’”
Date	24-25 th August-2023
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Surya Narayan Panda Professor and Executive Director (Research) Chitkara University
Number of Participants	120
SDGs Covered	3,4,9
Duration	2 Days

About the Activity

Chitkara College of Pharmacy is celebrating ‘Intellectual Property Rights and Innovation’ by conducting a workshop in collaboration with the Punjab State Council for Science & Technology, Punjab, and the Institution’s Innovation Council, Chitkara University, Punjab on the theme ‘Intellectual Property Rights and Innovation’ on 24-25th August 2023. Dr. Surya Narayan Panda, Professor and Executive Director (Research) took the sessions. The Resource person motivated and cleared all the doubts related to Intellectual Property Rights. He briefed in his talk about the importance of the protection of patents and intellectual property rights in pharmaceutical industry innovations and Research & Development. Intellectual Property Rights play a crucial role in fostering innovation in the field of healthcare and medical research. By protecting the rights of inventors and creators’ intellectual property laws encourage investment in new technologies and treatments that can improve global health outcomes. Healthcare innovation can lead to the development of life-saving drugs medical devices and treatments that can benefit individuals around the world. Therefore, promoting intellectual property rights is essential for achieving SDG 3 and advancing healthcare innovation.



CHITKARA UNIVERSITY | CHITKARA COLLEGE OF PHARMACY | CURIN | G20 | B20

Two Days Workshop on
INTELLECTUAL PROPERTY RIGHTS AND INNOVATION

Resource Persons:
PROF. (DR.) SURYA NARAYAN PANDA
Professor & Executive Director (Research)
Chitkara University Research & Innovation Network (CURIN)
PROF. (DR.) INDERBIR SINGH
Professor & Head | Department of Pharmaceutics
Assistant Dean | Research
Chitkara College of Pharmacy

24-25 AUGUST, 2023 | 10:00 AM ONWARDS
VENUE: LH2, FLEMING BLOCK

Convener & Chairman:
Dr. Thakur Gurjeet Singh
Professor & Dean
Chitkara College of Pharmacy
Chitkara University, Punjab

Organizing Secretary:
Dr. Sanjana
Assistant Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Manjinder Singh
Associate Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Organized by: Chitkara College of Pharmacy



Dr. Thakur Gurjeet Singh giving a warm welcome to Dr. S.N. Panda



Event Details

Topic	Happiness Way to Success
Date	25/08/2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Mr. Manav Bansal
No. of participants	75
SDG No.	SDG 3

Objective

1. To introduce students to the Chitkara Happiness Programme, enhancing their overall well-being and academic performance.
2. To provide insights into the upcoming "Skill Verse" skill development course, equipping students with essential career skills.
3. To teach effective interview techniques and strategies for professional success in the hospitality industry.
4. To impart basic principles for achieving and maintaining happiness in personal and professional life.

Description

The Chitkara School of Hospitality, in collaboration with the Chitkara Happiness Centre, held an enriching session titled "Happiness Way to Success" on August 25, 2023, at LH 9, Escoffier Block. The session, led by Mr. Manav Bansal, Chief Happiness Officer at Chitkara University, aimed to instill a sense of happiness and success among hospitality students. Mr. Bansal introduced the students to the Chitkara Happiness Programme, designed to enhance their well-being and academic achievements. He also presented the upcoming "Skill Verse" skill development course, which



promises to equip students with critical career skills. The session emphasized the importance of mastering interview techniques and shared essential principles for maintaining happiness in both personal and professional realms. By participating in this session, students gained valuable knowledge that will aid them in their future career

endeavors and overall life satisfaction. The insights and skills acquired are expected to play a crucial role in their professional growth and personal well-being, paving the way for a successful and fulfilling career in the hospitality industry.

Outcomes

1. Students gained an understanding of the Chitkara Happiness Programme, fostering a positive and motivated mindset.
2. The session equipped students with valuable skills and strategies for successful job interviews in the hospitality sector.
3. Participants were introduced to "Skill verse," preparing them for future skill development opportunities.
4. The students learned practical techniques to maintain happiness and balance, contributing to their overall success and well-being. The Happiness Programme promotes mental and emotional well-being among individuals through various activities and initiatives. By prioritizing happiness and well-being, the Happiness Programme works towards creating a healthier and happier society for all.





SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



EVENT:	Volleyball Match- GP Rating		
Date / Time:	30-08-2023/ 1730-1830 Hrs.	Mode:	Offline
Location / Link:	Chitkara University Volleyball Courts		
Activity In-charge:	Mr. Manohar Lal Bhardwaj		
No. of Participants:	Two Teams 06 Player + 02 Spare each Team		
Resource Person	-----		
SDG3:	3- Good Health and Well-being, 10 – Reduced Inequalities, 17 - Partnership for the Goals		

Brief Description

A Volleyball match was conducted by Chitkara University School of Maritime Studies for GP Rating students on **30 Aug 2023**.

Two GP Rating Teams participated:

Team ‘A’ led by **Aman Roll No 2365971056**

Team ‘B’ led by **Akash Patial Roll No 2365971055**.

Match Details

Two referees were provided by the Chitkara University Sports Board. A Volleyball match best of three sets was played with huge intense team spirit and completed with joyfully.

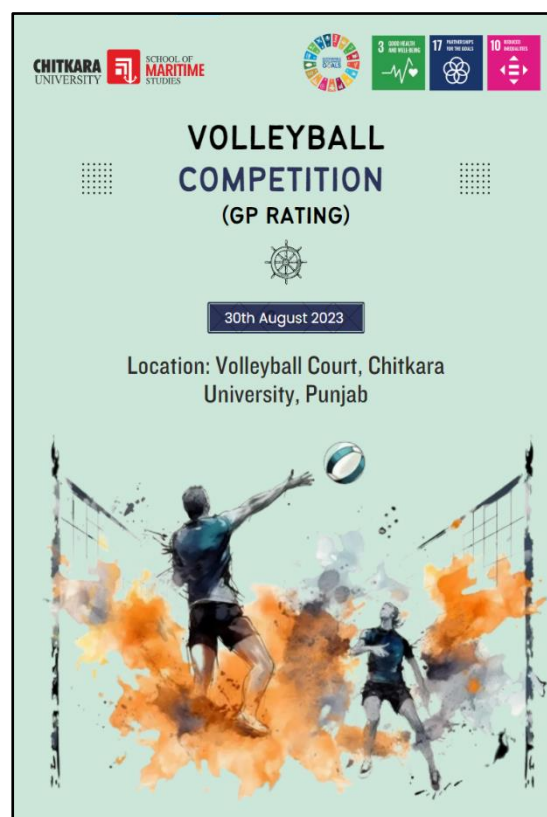
The first set was won by team ‘A’. Team ‘B’ came back with full force and won the next two sets.

All the players of GP Rating showed immense sportsmanship throughout the event. The players were well-disciplined. The sports committee, discipline committee, and safety committee were in full action during the match.

Playing volleyball can improve physical fitness and overall health, helping individuals to lead a more active lifestyle.

Result

Team ‘B’ was declared the winner of this event and entitled themselves to the title of victory.





EVENT:	62 nd All INDIA Wheat & Barley Workers Meet 2023 in Udaipur		
Date / Time:	31 st Aug. /1100-1430 hrs.	Mode:	Offline
Location / Link:	MAHARANA PRATAP AGRICULTURE UNIVERSITY, UDAIPUR, RAJASTHAN		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	500 Participants		
Resource Person	Dr Anurag Tewari		
SDG:	1, 2, 3, 4, 5, 8, 9, 11, 12, 13, 15, 16, & 17		

Event Details

Maharana Pratap University of Agriculture, Udaipur & Indian Institute of Wheat & Barley Research (IIWBR) organized three days 62nd All INDIA Wheat & Barley Workers Meet 2023. Dr. Himanshu Pathak - Director General Indian Council of Agricultural Research (ICAR) was kind enough to visit the event. DG ICAR promoted the use of Nano Fertilizer & Nano Pesticides in Indian agriculture. He asked the scientists to develop wheat & barley varieties of high yield & superior quality produce.

Through this meeting, the speaker emphasized that an increase in demand for wheat and barley could contribute to the economic growth of the country and global trade. He also emphasized that India's economic growth would position it among the developing countries globally.

I gave a 20-minute presentation on CHITKARA UNIVERSITY. I updated the audience about various programs of CHITKARA UNIVERSITY. The unique features of our university were highly appreciated by the audience. The 3 days stay at Udaipur was very informative. About 500 scientists participated in the event. 4 Deputy Director Generals of ICAR attended the meeting. Various speakers presented their work.

PHOTOS OF THE EVENT



Dr Anurag Tewari addressing the audience



Dr Anurag Tewari at Maharana Pratap Agriculture University, Udaipur



Dr. Anurag Tewari with Agriculture Scientists

जयपुर महानगर टाइम्स

Udaipur Mahanagar Times 31Augu...

गैहूँ, जौ अनुसंधान पर त्रिदिवसीय राष्ट्रीय कार्यशाला का समापन

आबादी चार गुना बढ़ी तो खाद्यान्न उत्पादन साढ़े छह गुना हुई बढ़ोतरी

यह उमरी कार्यशाला की मुख्य सिफारिशें

प्रधानमंत्री आजीविका योजना के तहत 2019-2020 में 1376 करोड़ रुपये का निवेश किया जायेगा...

विश्वभारतीयों के सहयोग से...

News Clipping on the event

Event Name	One-day workshop on "Good Clinical Practice"
Date	2nd September 2023
Venue	Einstein Hall, Galileo Block, Chitkara University, Punjab
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Prem Parkash Khosla, Head, Department of Pharmacology, Gian Sagar Medical College, Rajpura, Punjab Dr. Prithpal Singh Matreja Head, Department of Pharmacology, Teerthankar Mahaveer University, Moradabad, U.P.
Number of Participants	120
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy in collaboration with Chitkara School of Health Sciences organized a workshop on the topic "Good Clinical Practices" on 2nd September 2023 in Einstein Hall, Galileo Block, Chitkara University, Punjab. Resource persons for the event were Dr. Prem Parkash Khosla, Head, Department of Pharmacology, Gian Sagar Medical College, Rajpura, Punjab & Dr. Prithpal Singh Matreja, Head, Department of Pharmacology, Teerthankar Mahaveer University, Moradabad, U.P. This workshop emphasized on ethical issues related to clinical trials and clinical trial registration. Proceeding towards the end of the session, a detailed discussion was held on E6-R2 guidelines, DHR & NHR guidelines, and Helsinki guidelines for clinical trials. The event was highly insightful and motivated the students and staff to come up with innovative strategies for Good Clinical Practices.

By adhering to good clinical practices healthcare providers can improve the quality of care they provide and ultimately contribute to the overall goal of promoting good health for everyone.



The poster for the "One Day Workshop on GOOD CLINICAL PRACTICES" is organized by Chitkara College of Pharmacy and Chitkara School of Health Sciences. It features two resource persons: Prof. (Dr.) Prem Parkash Khosla, Head of the Department of Pharmacology at Gian Sagar Medical College, Rajpura, Punjab; and Prof. (Dr.) Prithpal Singh Matreja, Head of the Department of Pharmacology at Teerthankar Mahaveer University, Moradabad, UP. The workshop is organized by Dr. Thakur Gurjeet Singh, Professor and Dean at Chitkara College of Pharmacy, and Dr. Sonika Bakshi, Professor and Dean at Chitkara School of Health Sciences. The event is scheduled for 2nd September, 2023, at 10:00 am onwards in Einstein Hall, Galileo Block. The poster also lists Dr. Ravinder Singh Jaura as the Organizing Secretary and Roopika Sabharwal as the Assistant Professor in the Department of Physiotherapy.

Healthcare professionals need to stay updated on the latest advancements and best practices in their field to ensure the highest level of care for their patients.



Event Details

Event Name	Eye Donation
Topic	Awareness Talk on Eye Donation
Date	4 th Sep, 23
Mode	Offline
Venue	3 rd Floor, GB-303
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor, and Ms. Dimple Nursing Tutor Department of Nursing
Resource Persons	Dr. Priya MS (Eye Surgeon) A.P Jain Hospital, Rajpura
No. of Participants	110
SDG No	3 (Good health and well-being) 4 (Quality Education)

Department of Nursing, Chitkara School of Health Sciences Chitkara University, Punjab in collaboration with A.P Jain Hospital, Rajpura organized an Awareness talk on 4th September 2023, at 10:00 am -11:30 am, on the 38th National Eye Donation Fortnight (25th August 2023-8th September 2023). The awareness talk was delivered by Dr. Priya (M.S) Eye Surgeon and Dr. Sushma Ophthalmic Officer, A.P Jain Hospital, Rajpura. During the Session, they talked about Corneal Transplantation and encouraged the students for Eye Donation. This event aims to raise awareness about Eye Donation and also tells the importance of vision which plays a pivotal role in day-to-day activities in addition to the provision of worldly aesthetics. Eye donation involves a corneal transplant. They also talked about the facts of eye donation. Anyone with cataracts, long/short-sightedness, operated eyes, or common ailments, regardless of age, gender, religion, or blood group can donate their eyes. Corneal blindness can be treated by replacing the damaged cornea with the donated one.

By donating our eyes after we pass away, we can help restore vision to those who are visually impaired. This act of generosity can significantly improve the quality of life for individuals in need of corneal transplants. By supporting eye donation, we can make a positive impact on the health and well-being of others.



Awareness talk on eye Donation was given by Dr. Priya on 4th Sep 23



Awareness talk on eye Donation was given by Dr. Priya on 4th Sep 23

Event Details

Event Name	Eye Checkup Camp
Topic	Eye Checkup Camp
Date	4 th September, 2023
Mode	Offline
Venue	Community Health Nursing Lab (GB-306), Galileo Block Chitkara University
Organizer Name	Ms. Dimple & Ms. Amanpreet Kaur, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab in collaboration with A P Jain Hospital, Rajpura, Punjab.
Resource Persons	Dr. Priya (M.S) A P Jain Hospital, Rajpura. Dr. Sushma, Ophthalmic Officer, A P Jain Hospital, Rajpura.
No. of Participants	30
SDG No	3-Good Health and Well Being, 4-Quality Education

Objectives

1. To create awareness about the importance of Eye Donation.
2. To encourage the students and Faculty to actively engage in Eye Donation advocacy.

38th National Eye Donation Fortnight has been observed annually from 25th August 2023 to 8th September 2023 each year to create awareness about the importance of Eye Donation. Department of Nursing, Chitkara School of Health Sciences in collaboration with A P Jain Hospital, Rajpura organized an Eye check-up camp on the occasion of the 38th National Eye Donation Fortnight 4th September 2023. Students of B.Sc. Nursing 1st and 3rd Semester showed their full participation in the event. The Free Eye Checkup was carried out by Dr. Priya (M.S) and Dr. Sushma, Ophthalmic Officer, A P Jain Hospital, Rajpura for students and Faculty. They also encouraged the students and Faculty to actively engage in Eye Donation advocacy.



Eye Check-up Camp” on 4th September 2023

Outcomes

The event was a fruitful one as many students benefited from the eye check-up and the timely intervention helped them to focus on their studies in a better manner. The event not only helped to prevent the further deterioration of the eyesight of the students but also provided a sense of relief to the students.

By donating our eyes after we pass away, we can help restore vision to those who are visually impaired. This act of generosity can significantly improve the quality of life for individuals in need of corneal transplants. By supporting eye donation, we can make a positive impact on the health and well-being of others.

By prioritizing eye check-ups individuals can ensure that they are taking proactive steps towards maintaining their overall health and well-being. Taking care of your eyes is an essential part of maintaining good health.

EVENT:	TEACHER'S DAY CELEBRATION		
Date / Time:	05 th September /1000-1430 hrs.	Mode:	Offline
Location / Link:	Navigation Lab, Tesla Block, Chitkara University, Punjab		
Activity In-charge:	Ms. Reena Sharma & Ms. Reetika Sharma		
No. of Participants:	19 Faculty members		
Resource Person (if any)	-----		
SDG:	3 - Good Health & Well Being, 4 – Quality Education, 10 - Reduced Inequalities		

Event Details

On the 5th of Sept 2023 Chitkara University School of Maritime Studies organized a fun-filled celebration on the occasion of **Teachers Day**. A series of fun games were conducted which included a Quiz, card games, musical chairs, a water drinking competition, Hindi Varnmala, etc. It was a wonderful bonding moment for all the Teachers, as they actively participated in the various games. This was followed by some wonderful snacks and dancing by the teachers. This day created several memories and unforgettable moments filled with laughter and joy which is essential to create a healthy work environment. Effectively it gave them a great chance to release all the tension and just enjoy the day meant for them, thus contributing to maintaining the good health and well-being of all the teachers.





SNACKS PARTY IN CUSMS FOR TEACHER'S DAY ON 05-Sep-2023



**WINNER OF MUSICAL CHAIR GAME C/E
SANDEEP LOHAN**



**WINNER OF CARDS GAME C/E JASJEET
SURI**



**WINNER OF QUIZ & DRINKING
WATER COMPETITION- CAPT.
PRABHAT NIGAM**



**WINNER OF HINDI VARNMALA –
MANOHAR LAL**

Chitkara T10 Cricket Tournament 06th Sep to 21st Oct 2023

To promote the spirit of FIT India, USB Cricket Club hosted Chitkara T10 Cricket Tournament for the Club Members from 06th Sep to 21st Oct 2023. 06 teams participated and showcased their agility, skill, and stamina. Team New Generation led and won the tournament by 6 wickets and Team Chitkara Titan was declared the runners-up. The winning team was awarded a trophy and medals.

Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports.

Grand Finale

New Generation VS Chitkara Titan's

New Generation Won by 6 wickets.

Man of the Match- Arpit Mehta

Best Bowler of the Tournament - Ansh Taneja

Best Batsman of the Tournament- Arpit Mehta

Player of the Tournament- Arpit Mehta



A group photo of the participating teams and the organizer upfront – 06th Sep to 21st Oct 2023



Bowling effort during the match for a wicket – 06th Sep to 21st Oct 2023



A Single run during the match – 06th Sep to 21st Oct 2023

Runner Up of Chitkara T10 Cricket

Tournament – 06th Sep to 21st Oct 2023



Champions of Chitkara T10 Cricket Tournament –
06th Sep to 21st Oct 2023

Event Details	
Event Name	National Nutrition Week
Topic	Healthy Food Competition
Date	7 th September, 2023
Mode	Offline
Venue	Nutrition Lab, Chitkara University, Punjab
Organizer Name	Ms. Aarti, Nursing Tutor, Department of Nursing, Chitkara University Ms. Ayushi, Nursing Tutor, Department of Nursing, Chitkara University
Resource Person	-
No. of Participants	23
SDG No	SDG 3: Good Health and Well-being

Department of Nursing, Chitkara School of Health Sciences celebrated National Nutrition Week from 1st -7th September. Keeping in mind the theme **“Healthy Diet: Affordable for all”** a food competition was organized on 7th September 2023. The objective of the competition was to inculcate knowledge about healthy food and awareness regarding the cost-effectiveness of the food. The event covered goal number 3 of the United Nations Sustainable Development Goals i.e. Good Health and Well-being. A total of 23 students from B.Sc. Nursing 3rd Sem and B.Sc. Nursing 5th Sem students participated in the event. Students were judged based on the utility of the theme, choice of healthy food, taste, and final presentation. The first position was secured by Ms. Mahima, Ms. Vanshika, from B.Sc Nursing 5th Sem, Mr. Balaji, and Mr. Arjun from B.Sc Nursing 3rd Sem got second position and Ms Gouri & Ms Karanjeet bagged the third position in the competition. Ms Timsy and Ms Anu Singhal were the judges of the competition. Students participated with great enthusiasm and zeal in the competition and prepared healthy and cost-effective healthy dishes.



“Student participating in Healthy Food Competition for National Nutrition week on 07.09.2023”

Event Details

Topic	Meraki 2.0 Talent Hunt
Date	15-09-2023
Mode	Offline
Organizer name	CCHM
Resource person	"Mr. Siddharth Bedi, Ms. Anjali Xesus Mr. Inder Singh"
No. of participants	120
SDG No.	3,5

Objective:

1. To encourage students to explore and showcase their talents in singing, ramp walking, dancing, and acting.
2. To provide a platform for students to express themselves creatively and build confidence.
3. To foster a sense of community and camaraderie among students through shared activities.
4. To offer a refreshing break from academic activities, promoting overall well-being and balance.

Description

The students had the opportunity to choose from one of four activities: singing, ramp walking, dancing, or acting. Each student participated with full enthusiasm and zeal, making the event a lively and vibrant affair. This initiative provided a welcome break from their academic activities, allowing students to explore and showcase their talents. It fostered a sense of community and camaraderie, as they engaged in creative expressions and built confidence. The event not only highlighted the diverse talents within the student body but also promoted a balanced approach to student life, emphasizing the importance of extracurricular engagement.



Outcomes

1. Students will discover and develop their talents in performing arts.
2. Participants will gain confidence in presenting themselves in front of an audience.
3. Attendees will build stronger bonds with their peers through collaborative activities.
4. Students will experience a positive and invigorating break from their academic routine.

By providing opportunities for talented individuals to showcase their abilities, talent hunts help in promoting mental and physical well-being. Through these events, individuals are encouraged to pursue their passions and excel in their chosen fields, contributing to a healthier and more prosperous society. Talent hunts also serve as a platform for raising awareness about the importance of health and well-being, inspiring others to lead a fulfilling and active lifestyle.



EVENT:	RECENT TRENDS AND FUTURE OF HEALTHCARE		
Date / Time:	16.09.23/ 2:00 pm onwards	Mode:	Offline
Link	https://drive.google.com/file/d/1AvbgIhDkff3RdlNNg9an0jUs3H9-Yez0/view?usp=drive_link		
Location	Pierre Hall, Chitkara University, Punjab Campus		
Activity In-charge	Ms. Simranpreet Kaur		
No. of Participants	12 – Faculty; 109 - Students		
Resource Person	Dr. Navneet Bains		
SDG:	3 – Good Health and Well Being, 4 – Quality Education, 17- Partnerships for the Goals		

Details of the Event

Dr. Navneet Bains started the session by elucidating the concept of healthcare, where she stated the composition of healthcare. She portrayed the old ways prevalent and new ones taking their place like: Hospitals now following the concept of Healthcare at Home for patients requiring less attention, Nursing & Old Age homes taking the shape of Wellness Centers like Antara Homes in Dehradun. Similarly, Gyms and Yoga Centers take the shape of Wellness Centers, with Curing Measures taking the place of Preventive Measures.

Then she explained that there exists a fine line that distinguishes Health and Wellness; people usually talk about health as being sound in body, mind, and spirit but in Wellness we have gone one step ahead as it talks about purposeful and enjoyable living. Later she illustrated 8 dimensions of Wellness that are a must for one’s well-being: Physical, Social, Spiritual, Environmental, Financial, Occupational, Psychological, and Intellectual.



Following this the audience was delineated regarding the new trends and future of Health and Well Being like Big Data Fabric and Integration Fabrics, Bio Digital Twin, Closed Loop Remote Patient Monitoring, Immersive Technology, Quantified Self and Wearables, Relational AI, Sentiment Analysis and Mood Hacking, Smart Workplaces, Digital Marketing of One.

She focused on the fact that Society matters taking the example from the COVID-19 pandemic that it has created a realization that communities and broader society play a role in our neighbors to policymakers in government, can directly impact our health and wellbeing. She described that health and well-being demand the orchestration of multiple and diverse agents to form a functional ecosystem, for which she suggested that all of society’s stakeholders must interact, collaborate, and provide support if we need to make a change in matters of health and well-being. In closing remarks, she talked about the spheres where an action taken at an individual’s level will benefit the community and in turn will create a change at the Global level. She ended the session with a quote that well suits the event

“Health is Certainly not Everything but Everything without Health is Nothing.”

Photos of the Event



Dr. Navneet Bains honored by Capt. Ajay Bhardwaj, Er. Jasjeet Suri and Asst. Prof. Simranpreet Kaur after the session on 16.09.23



**Dr. Navneet Bains in the session with Cadets and Faculty on
16.09.23**



Dr. Navneet Bains in the session with Cadets and Faculty on 16.09.23

Event Name: -	World Ozone Day
Venue: -	Berndt Hall, Sportorium Block
Date: -	16 th September, 2023
SDG Number, Name and NEP: -	3-Good Health and Well Being, 4-Quality Education, 17-Partnerships for the goals, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Attendees: -	57
Duration: -	One Day

Description of Event

In the symbiotic relationship of nature and knowledge, the threads of our commitment to ozone preservation intertwined on the **16th of September 2023**, as the **National Service Scheme, Chitkara University, Punjab**, marked **World Ozone Day** with a call to action. The guiding principle was the day's mantra, "**Ozone depletion knows no boundaries; neither should our commitment to its preservation.**" World Ozone Day is celebrated on 16th September each year to commemorate the signing of the Montreal Protocol, an international environmental treaty for phasing out of production and consumption of Ozone Depleting Substances. The eventful day began with a symbolic Tree Plantation initiative, a modest yet significant endeavour to show our dedication to burgeoning the ozone layer. The campus buzzed with youthful enthusiasm as students, armed with saplings and shovels, dug into the earth, sowing seeds of hope for a healthier planet. By planting more trees, we can help reduce the amount of harmful gases in the atmosphere and potentially prevent diseases like cancer. Following the tree planting, the campus became a battleground of ideas, with students proving their environmental awareness through a captivating **Debate and Declamation Contest**. The themes chosen were handled with urgency and innovation as participants delved into crucial topics. They explored the delicate balance between progress and environmental care, emphasizing the need for sustainable development. In the engaging exchange of ideas, the discussion touched upon transitioning to renewable energy sources, an imperative shift for our planet's well-being. The students envisaged a world powered by the sun, wind, and water – a world where clean energy prevails, propelling us forward and leaving behind the burden of carbon footprints. As the day's curtain fell on the campus, leaving behind the promise of a better future, the students passionately discussed adopting innovative practices for ozone safety. Ideas sparked like constellations in their minds, paving the path to a future where actions speak louder than words. From ingenious technological solutions to everyday habits that promote environmental well-being, the students were fervent about contributing back to

society. In this beautiful display of dedication, Chitkara’s students stood united, a part of the future where the sky is not the limit but a canvas waiting to be adorned with the colours of our joint responsibility.



T10 Cricket Tournament for Task Force 16th September 2023

University Sports Board organized T10 Cricket Tournament for Task Force on 16th September 2023 at Chitkara University, Punjab. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. The tournament aimed at achieving universal health coverage and promoting well-being at all ages essentially for sustainable development under SDG3 (Sustainable Development Goal 3) and through the Fit India Movement and G20. The event was



a great success as the participants came with great enthusiasm. It was a wonderful display of talent. The players took up the challenge and gave their best when it mattered the most and the crowd lightened up the event with their presence. The results of this tournament are as follows:

1st – APS King (Capt. Gurdhian Singh)

2nd – Residential 11 (Capt. Manjit)



Event Name	One-day workshop on "Role of PVPI and MVPI in Patient Safety"
Date	20 th September 2023
Venue	Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Ajay Prakash Associate Professor Department of Pharmacology, PGIMER, Chandigarh
Number of Participants	105
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy organized a workshop on the topic "Role of PVPI and MVPI in Patient Safety" on 20th September 2023 in Warren Buffet Hall, Fleming Block, Chitkara University, Punjab. The resource person for the event was Dr. Ajay Prakash, Associate Professor, Department of Pharmacology, PGIMER, Chandigarh. This workshop emphasized on the objectives and implementations of the Pharmacovigilance Programme of India (PvPI) and the Materiovigilance Programme of India (MvPI) and their integral and innovative roles in patient safety in the country. The Pharmacovigilance Programme of India (PvPI) and the Materiovigilance Programme of India (MvPI)

are initiatives that monitor the safety of medicines and medical devices in the country. These programs aim to ensure that healthcare products are safe and effective for use by the public. By reporting adverse events and side effects individuals can contribute to the continuous

CHITKARA UNIVERSITY | **CHITKARA UNIVERSITY** College of Pharmacy | **GOVERNMENT OF PUNJAB** DEPARTMENT OF HEALTH AND FAMILY WELFARE | **G20**

3 National Pharmacovigilance Week 2023

One Day Workshop on
Role of PvPI & MvPI in Patient Safety

Theme: Boosting Public Confidence about Pharmacovigilance

Prof. (Dr.) Bilash Medhi
Professor
Department of Pharmacology
Post Graduate Institute of Medical
Education & Research (PGIMER)
Chandigarh

Dr. Ajay Prakash
Associate Professor
Department of Pharmacology
Post Graduate Institute of Medical
Education & Research (PGIMER)
Chandigarh

Convener & Chairman
Dr. Thakur Gurjeet Singh
Professor & Dean, Chitkara College of Pharmacy
Chitkara University, Punjab

Event Coordinators
Dr. Manjinder Singh
Associate Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Suman Balshab
Assistant Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Organised by: Chitkara College of Pharmacy

20th September, 2023
10:00 am onwards
Chitkara University, Punjab
Venue: Fleming Block

monitoring and improvement of healthcare products ultimately benefiting the health and well-being of the population. The speakers gave hands-on training to fill out the forms related to ADRs reporting directly to the Indian Pharmacopoeia Commission of India. The event gave insight to the students and staff to come up with innovative strategies in Pharmacovigilance and Materiovigilance.



Dr. Ajay Prakash, Associate Professor, addressing the audience



Dr. Ajay Prakash, delivering the lecture

7 A side Chitkara Football Club Tournament Men 2023

University Sports Board, Chitkara University, Punjab, organized 7 A side Football Club tournament men in a grand manner to develop Harmony and Healthy sporting environment among the University that was held from 20th September to 31st October 2023 under FIT India movement and SDG3. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports.

The Tournament started with a league match between 7 teams. According to the point table, the Knockout match was started. The 1st semifinal was held between VASCO DA GAMA (ANUJ) VS MAGELLAN (MUKUL), 2nd semifinal was held between ARMSTRONG (NIKHIL) VS COLUMBUS (VRAJ).

The match was full of excitement and curiosity. Both the teams tried their best to win. Both the college teams were equally strong and showed excellent skill and performance. The final match was held on 31st October between VASCO DA GAMA (ANUJ) and COLUMBUS (VRAJ). VASCO DA GAMA (ANUJ) won the match by 3 goals.

Kaustabh Nautiyal was “Man of the Match” as he individually kicked those two goals. Anuj Saini was the Best Player of the Tournament for his performance.

At the end of the event, the chief guest delivered a speech signifying the importance of arranging tournaments in the college. He encouraged the students for their laudable performances and felicitated the trophies.

Result: 1st – VASCO DA GAMA (ANUJ) – Team 1 2nd – COLUMBUS (VRAJ) – Team 6



Event Name	World Alzheimer's Day 2023
Date	21.09.2023
Venue	Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Mandeep Singh Kataria
Number of Participants	100
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

The NSS Unit of Chitkara College of Pharmacy celebrated World Alzheimer's Day 2023 on 21.09.2023 by organizing an Expert talk Seminar on the Topic "Never Too Early, Never Too Late" at Chitkara University, Punjab under the guidance of Dr. Thakur Gurjeet Singh, Dean, Chitkara College of Pharmacy, Chitkara University, Punjab, and Dr. Rajwinder Kaur, NSS School officer, Chitkara College of Pharmacy, Chitkara University, Punjab. A total of 100 students participated in the event. The main objective was to highlight global awareness about Alzheimer's disease and other forms of dementia. This awareness is crucial for early diagnosis, effective treatment, and support for individuals and families affected by dementia. Addressing Alzheimer's disease is crucial in achieving SDG 3 as it is essential to provide proper care and support for individuals affected by this condition to improve their quality of life.



CHITKARA UNIVERSITY

WORLD ALZHEIMER'S DAY 2023
Seminar on
NEVER TOO EARLY, NEVER TOO LATE

Resource Person
Dr. Mandeep Singh Kataria
Consultant Neurosurgeon, Neelam Hospital, Rajpura
MCh Neurosurgery (PGI Chandigarh)
Post Doctoral Fellowship - Skull Base Surgery
Fellowship in Neuroendoscopy Surgery

NEELAM HOSPITAL

21st September, 2023
10:30 AM Onwards
Fleming Block

Convener & Chairman
Prof. (Dr.) Thakur Gurjeet Singh
Dean
Chitkara College of Pharmacy
Chitkara University, Punjab

Organising Secretaries
Prof. (Dr.) Rajwinder Kaur
NSS School Officer
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Rashmi Arora
NSS Faculty Coordinator
Chitkara College of Pharmacy
Chitkara University, Punjab

Organised by:
Chitkara College of Pharmacy
Chitkara University, Punjab



Event Details	
Event Name	Expert Talk
Topic	Nursing Informatics
Date	22 nd September, 2023
Time	11:00 AM-12:00 PM
Mode	Virtual (Google meet- https://meet.google.com/fbm-yzku-fju)
Venue	Chitkara University
Organizer Name	Department of Nursing, Chitkara School of Health Sciences, Chitkara University
Resource Person	Dr. Raman Kalia, Principal, Saraswati College of Nursing, Kurali, Punjab
No. of Participants	47 students
SDG No.	SDG 4: Quality Education, SDG 17: Partnership for The Goals

Objectives

- To understand the basic skills and knowledge of Nursing Informatics.
- To equip the faculty members and students with the knowledge of developing methods and technologies for the study of patient data.

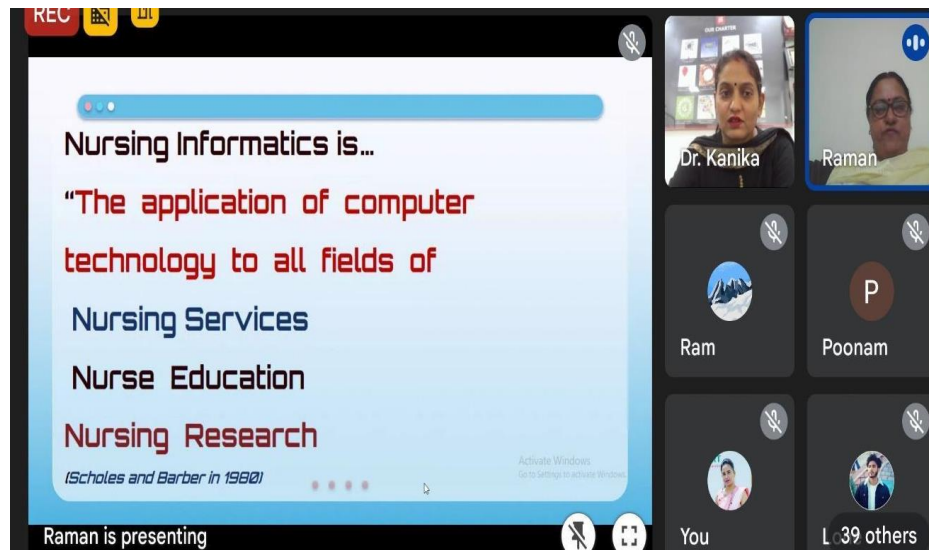
Description

An Expert Talk on ‘Nursing Informatics’ was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University on 22nd September 2023. The event equipped the participants with the basic skills and knowledge of Nursing Informatics. Detailed aspects of developing methods and technologies for the study of patient data such as Electronic Health Record (EHR), Timely data extraction from patient records, utilizing patient data to allocate resources, using patient data for planning care strategies and Tele-nursing; giving care teams the best chance of optimal care delivery. A detailed interface or information exchange system was taught during the sessions.

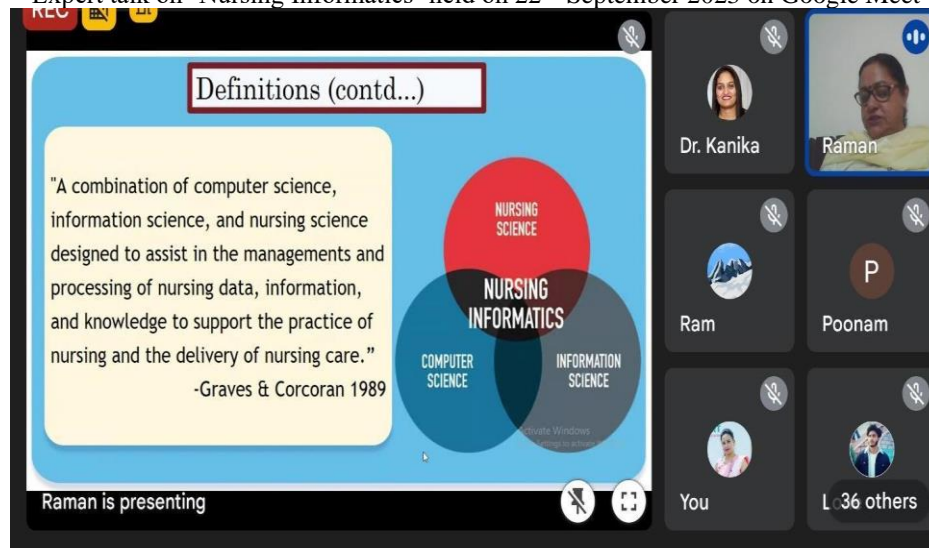
Nurses use informatics to gather and analyze data, make informed decisions and provide better quality care to patients. By integrating technology into healthcare systems nurses can streamline processes, reduce errors and ultimately enhance the overall quality of healthcare services. In this way, nursing informatics contributes to the advancement of SDG 3 by promoting healthier communities and improving access to healthcare for all individuals.

Outcome

All the participants were empowered with the knowledge of detailed aspects of developing methods and technologies for the study of patient data.



Expert talk on 'Nursing Informatics' held on 22nd September 2023 on Google Meet



Expert talk on 'Nursing Informatics' held on 22nd September 2023 on Google Meet

Tera Yaar Hu Mein was an event where people participated in a variety of tasks and activities to discover and develop their friendships. It was a worthwhile and enjoyable method to develop more lasting relationships. These tasks were meant to evoke cooperation, trust, empathy, and understanding. A compatibility test, guessing game and expressive movie challenges were conducted. Everyone gathered and we celebrated the bond, the love that we embrace in laughter and joy, with the ones who make our day a little bit better and more bearable.

Details of the Event

On 22nd September 2023, Bits ‘N’ Bytes organized the “Tera Yaar Hu Main??” to test your friendship in 3 rounds, which was a grand success. The purpose of the event was to organize occasions where individuals were to engage in a series of activities and challenges to explore and strengthen their bonds of friendship. These events in general are popular and are often seen as a fun and meaningful way to cultivate deeper relationships and thus promote health and overall well-being of individuals. The focus was on understanding, communication, mutual growth, mutual respect, love, and support that friends offer each other over time.

A total of 30 students participated, here the goal wasn't necessarily to "pass" a test, but rather to have fun, learn more about each other, and potentially deepen the bond of friendship. A prominent panel of judges with a keen eye, fun-loving personality, and jolly nature was put together to assess the participants. All of the rounds of the competition were held outside Turing Block. The judges were Ms. Bhavna Sareen and Dr. Heena Wadhwa. Their range of viewpoints gave the judging process more validity. Participants were evaluated according to their performances, and winners were chosen based on particular criteria established by the organizers.

Outcomes of the Session

1. Participants discover new aspects or hidden facets of each other's personalities, preferences, fears, dreams, and histories.
2. Through various challenges and exercises, friends may develop better verbal and non-verbal communication skills with each other.
3. Exercises that require reliance on each other can bolster trust and reliance between friends.
4. Role reversals and shared challenges can foster a deeper empathy and understanding of each other's perspectives.
5. Many activities are designed to enhance verbal and non-verbal communication between friends.

In conclusion, this event organized by Bits ‘N’ Bytes was a powerful tool for individuals who were looking to deepen their bonds and create lasting memories. However, careful planning and sensitivity to participants' needs were essential for the success of the event. With the right approach, these events became a cherished experience for all involved.



Winner's with Standee (22nd September 2023)



Judges with Winners (22nd September 2023)

Event Name	"Pharmacists strengthen Health Systems using innovative techniques"
Date	25 th September 2023
Venue	Fleming Block, Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Prem Parkash Khosla Head, Department of Pharmacology, Gian Sagar Medical College, Rajpura, Punjab
Number of Participants	100
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy is celebrating World's Pharmacist Day on the theme 'Pharmacists strengthen Health Systems using Innovative Techniques' on Date-25th September 2023 in Fleming Block, Chitkara University, Punjab. Various events like Quiz Competitions, Speech Competition, and Working Model Presentation were organized on the theme 'Pharmacist strengthens Health Systems using innovative techniques'. Speakers acquainted the audience with the pivotal role of Pharmacists in enhancing health systems through innovative methods. They employ cutting-edge technology, optimize medication management, and promote patient adherence. They also embrace data analytics to identify trends in drug utilization, supporting evidence-based decision-making. This workshop conveys the importance of pharmacists' engagement in medication therapy management, ensuring safe and effective drug use while minimizing adverse effects through



CHITKARA UNIVERSITY **CHAMP** **CHITKARA UNIVERSITY**
College of Pharmacy

CHITKARA COLLEGE OF PHARMACY
CELEBRATING
WORLD PHARMACISTS' DAY 2023

Theme: Pharmacists Strengthening Health Systems using Innovative Techniques

Events Planned

- Quiz Competition on Schedules
- Speech Competition
- Working Models with Industrial Approach

Date: 25th September, 2023
Venue: Fleming Block
Time: 10:00 onwards
Mode: Offline

Convener & Chairman
Dr. Thakur Gurjeet Singh
Professor and Dean
Chitkara College of Pharmacy
Chitkara University, Punjab

Organising Committee
Dr. Onkar Bedi
Asst. Professor
HOD, Student Welfare & Co-Curricular Activity
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Sonia Dhiman
Professor, Asst. Dean
Student Welfare & Co-Curricular Activity
Chitkara College of Pharmacy
Chitkara University, Punjab

Scan to Register

various software and databases. They collaborate with healthcare teams, offering valuable insights into drug interactions and personalized treatment plans. Their expertise and dedication help enhance the quality of healthcare services and promote the well-being of individuals and communities. Furthermore, the speaker explained that pharmacists facilitate telepharmacy services, expanding healthcare access in underserved areas.



Event Name	One-day workshop on " Innovative the future of health systems: pharmacists in focus "
Date	25 th September 2023
Venue	Fleming Block, Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Bikash Medhi Professor, Department of Pharmacology, Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh.
Number of Participants	100
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy in collaboration with Gian Sagar Medical College and Hospital, Ram Nagar, Rajpura, Patiala organized a workshop on the topic ‘Innovative the Future of Health Systems: pharmacists in focus’ under the theme "Patient Safety and Pharmacovigilance" on 25th September 2023. Resource persons for the event were Dr. Bikash Medhi, Professor, Department of Pharmacology, Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh. This workshop emphasized Patient Safety and Pharmacovigilance. Proceeding towards the end of the session, a detailed discussion was held on Patient Safety, providing insightful knowledge on Pharmacovigilance, Adverse drug



CHITKARA UNIVERSITY     

World Pharmacist Day 2023
Theme: Pharmacy Strengthening Health Systems
National Medical Commission Foundation Day 2023
Patient Safety Week Celebrations
Workshop on
Patient Safety & Pharmacovigilance

Resource Person
Prof. (Dr.) Bikash Medhi
Professor, Department of Pharmacology
Post Graduate Institute of Medical
Education & Research (PGIMER), Chandigarh

■ 25th September, 2023 ⌚ 09:00 AM Onwards 📍 Gian Sagar Medical College & Hospital, Ramnagar, Rajpura, Patiala

Conveners & Chairmen
Prof. (Dr.) Thakur Gurjeet Singh
Dean
Chitkara College of Pharmacy
Chitkara University, Punjab

Prof. (Dr.) Kamaljit Singh
Principal
Gian Sagar Medical College
Ramnagar, Rajpura, Patiala

Event Coordinator
Dr. Shanu Raina
Deputy Coordinator
AMC, PvPI
Gian Sagar Medical College & Hospital

Dr. Sarita Jangra
Associate Professor & HOD (Pharm D)
Chitkara College of Pharmacy
Chitkara University, Punjab

Organising Secretaries
Prof. (Dr.) Ravinder Singh Jaura
Head, Department of Pharmacy Practice
Chitkara College of Pharmacy
Chitkara University, Punjab

Prof. (Dr.) Prem Parkash Khosla
Head, Department of Pharmacology
Coordinator, AMC, PvPI
Gian Sagar Medical College & Hospital

Organised by:
Chitkara College of Pharmacy &
Gian Sagar Medical College & Hospital

reactions, Effective communication and reporting of safety-related information among healthcare professionals and regulatory bodies, and Drug safety monitoring to enhance the quality of healthcare services and promote the well-being of individuals and communities. The event was highly insightful and motivated the students and staff to come up with innovative approaches for enhancing patient safety and pharmacovigilance practices.



Event Name	World Environmental Health Day
Date	26 th September, 2023
Venue	Chitkara University, Punjab
Organizer	Dr. Neha
Resource Person	Dr. Neha
Number of Participants	22
SDGs Covered	3, 13
Duration	1day

About the Activity

Chitkara Business School celebrated World Environmental Health Day on September 26, 2023, by planting trees at a government school in Ram Nagar, promoting environmental awareness and sustainability. This initiative engaged students and faculty in nurturing a greener planet and educating young minds about environmental responsibility. They were also enlightened about the fact that a deterioration in environmental health could affect human health and cause diseases such as asthma and skin cancer



Event Details

Title of the Event:	Indoor Sports Competition
Date of the Event:	27 TH September, 2023
Venue	SPOROTORIUM
SDG no	3: Good Health and well-being ,4: Quality Education
No. of Student Attended	170

On 27th **September 2023**, the **Matrix Club**, under the aegis of the Department of Computer Applications, in collaboration with the **University Sports Board (USB)** Chitkara University, Punjab, hosted a captivating **Indoor Sports Competition**. This event brought together a diverse range of students from across the university to engage in friendly competition and celebrate the spirit of sportsmanship.

The event featured a variety of indoor games that catered to different interests and skill levels. The games included a **soccer table, pool table, badminton, and arm wrestling**, ensuring that there was something for everyone.

The atmosphere at the event was electric, with participants displaying enthusiasm and determination. The soccer table and pool table games were marked by intense yet friendly competition, with players strategizing and demonstrating their precision and agility. The excitement and cheers from the audience filled the air, as every point was scored, making it a spectacle to behold. The badminton tournament was equally enthralling, with participants engaging in fast-paced rallies and showcasing their athleticism and coordination. It was a display of not only physical prowess but also sportsmanship as players shook hands and acknowledged each other's skills,



win or lose. Arm wrestling, a test of raw strength and determination, was another highlight of the event. Competitors faced off in a battle of willpower, and the crowd's cheers served as a backdrop to their struggles and victories. The arm-wrestling competition brought an additional layer of excitement and camaraderie to the event. The organizers ensured that the event was well-coordinated, with dedicated referees and a smooth scheduling system. This allowed for fair and efficient gameplay, ensuring that every participant had a chance to shine. As the day drew to a close, the sense of accomplishment and satisfaction was palpable. The winners were acknowledged with trophies and certificates, and it was evident that every participant left with memories of a day well spent and a sense of belonging within the Chitkara University community. It was a day that exemplified the university's commitment to holistic education with an emphasis on sports as it enhances one's health, reduces obesity, and helps in preventing diseases.





SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Topic	Sustainable farming- VAC
Date	27-09-2023
Mode	Offline
Organizer name	CCHM
Resource person	Dr. Anurag Tewari
No. of participants	70
SDG No.	3,11

Objectives

1. To educate students on the cultivation processes for various agricultural commodities.
2. To provide an understanding of soil and climatic conditions necessary for effective farming.
3. To explore the use of different composts and their nutritional benefits for crops.
4. To offer hands-on experience in sustainable farming practices.

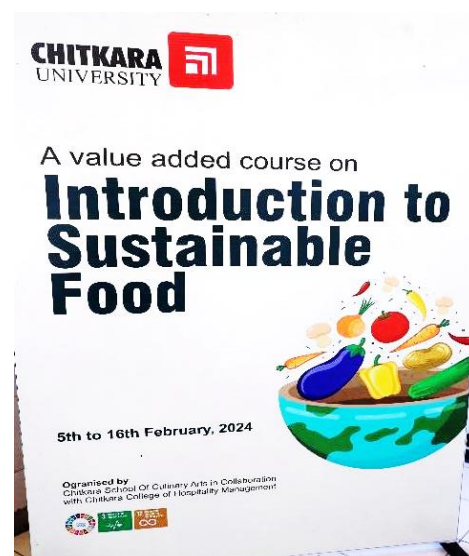
Description

The 10-day session provided an immersive learning experience for students, focusing on the cultivation of various agricultural commodities. Through practical activities and fieldwork, students gained a thorough understanding of the soil and climatic conditions essential for effective farming. The program also highlighted the importance of different composts, demonstrating their nutritional benefits and applications in agriculture. This hands-on experience not only enriched the students' knowledge of sustainable farming practices but also equipped them with practical skills applicable to real-world agricultural scenarios, thereby enhancing their overall competence and readiness for future endeavors in the field.

Farmers play a key role in providing nutritious food for communities. By promoting sustainable farming practices such as organic farming and crop rotation farmers can contribute to improving human health as well as environmental health.

Outcomes

1. Students will gain knowledge of the cultivation techniques for different commodities.
2. Participants will understand the specific soil and climatic requirements for various crops.



- Attendees will learn about the nutritional benefits and applications of different composts.
- Students will apply sustainable farming practices in real-world scenarios.



Event Name	A Seminar on " Innovative Approaches to Basic Life Support: Saving Lives through Progress"
Date	27 th September 2023
Venue	Fleming Block, Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Ms. Aarti Dhiman Nursing Tutor & Certified trainer for Advanced Cardiac Life Support and Basic Life Support from the American Heart Association Department of Nursing, Chitkara School of Health Sciences
Number of Participants	70
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy is celebrating a seminar on Innovative Approaches to Basic Life Support: Saving Lives through Progress" which provided a comprehensive and insightful exploration of cutting-edge techniques and technologies in the field of basic life support (BLS) on Date-27th September 2023 in Fleming Block, Chitkara University, Punjab. Attendees were enlightened about the latest



CHITKARA UNIVERSITY **CHITKARA COLLEGE OF PHARMACY**

A Seminar On

Innovative Approaches to Basic Life Support: Saving Lives through Progress

Venue: Fleming Block, Chitkara College of Pharmacy

Convener & Chairman
Dr. Thakur Gurjeet Singh
Dean & Professor,
Chitkara College of Pharmacy,
Chitkara University, Punjab

Organising Secretaries
Dr. Sanjana
Assistant Professor,
Chitkara College of Pharmacy,
Chitkara University, Punjab
Dr. Manjinder Singh
Associate Professor,
HOD, PharmaD (Admin.)
Chitkara College of Pharmacy,
Chitkara University, Punjab

27th September, 2023 | 10:00am onwards

Ms. Aarti Dhiman,
Nursing Tutor
Department of Nursing,
Chitkara School of Health Sciences

advancements in cardiopulmonary resuscitation (CPR), automated external defibrillators

(AEDs), and emergency response strategies. The seminar underscored the crucial role of innovation in enhancing survival rates during medical emergencies and emphasized the importance of continuous training and public awareness. By promoting education and training in basic life support communities can work towards achieving SDG 3 and ensuring that everyone has access to the care they need in times of emergency. With a focus on bridging the gap between traditional BLS methods and emerging technologies, this seminar served as a beacon of hope for saving lives through progress in the realm of life-saving techniques. The seminar featured engaging discussions on the BLS, Attendees were encouraged to explore interdisciplinary collaborations and harness the power of data analytics to improve emergency response outcomes. Overall, the event served as a platform for sharing ideas, fostering innovation, and reinforcing the critical importance of staying updated with the latest developments in basic life support to make a meaningful impact on saving lives



Ms. Arti Dhiman shares her views on Basic Life skills.

EVENT:	Football Competition		
Date / Time:	27 ~ 30-Sep-2023 / 1700-1800 Hrs.	Mode:	Offline
Location / Link:	Chitkara University Football Ground Beta Zone		
Activity In-charge:	Mr. Manohar Lal Bhardwaj		
No. of Participants:	30 Players (including spares)		
Resource Person (if any)	-----		
SDG:	3 (Good Health and Well-being), 10 – Reduced Inequalities, 17- Partnerships for the Goals		

BRIEF DESCRIPTION

- Chitkara University School of Maritime Studies Organized this Football Match between house wise “Port Houe, Starboard House, and GP Rating students.
- According to MOM matches were scheduled on 23 and 30 Sep but due to rain it was postponed to 27 and 30 Sep 23.
- The first match was played on 27 Sep 23 at 1700 hrs. between Port House and GP Rating. Port House won the match by 3/2 goals and entered into the final in knock-out matches.
- Starboard House was already in the final because it got bye according to the fixture.
- The final match was played on 30 Sep 23 at 1400 hrs.
- The Starboard house won the match by 2/0 goals and was declared the **winner of this tournament.**
- The intense competition between the cadets was spectacular. All co-coordinators of the sports committee showed excellent coordination in smoothly organizing the event.
- Manohar Lal Bhardwaj is in charge of the Sports Committee Set the Fixture.
- Chitkara University sports club provided two referees on each day of the event to conduct all the matches professionally.



- Fantastic matches with great enthuse were held between these houses.
 - The final match was played with great Josh and sportsman spirit.
 - All faculties and staff members of CUSMS enjoyed the final match.
 - We aspire that in coming years more such matches and competitions will be held.
- Playing football can improve physical fitness and overall health, helping individuals to lead a more active lifestyle.

Final Result of the Event: “*Starboard House declared winner*”.



Event Name	One-day webinar on "Innovative Applications of Lexicomp: Transforming Healthcare Decision Support"
Date	28 th September 2023
Venue	Fleming Block, Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Prasanth Vas Sahu Business Development Manager Infokart
Number of Participants	124
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy in collaboration with Infokart organized a webinar on the topic "Innovative Applications of Lexicomp: Transforming Healthcare Decision Support" on 28th September 2023 via Google Meet. The resource person for the event was Dr. Prasanth Vas Sahu, Business Development Manager, Infokart.

This webinar emphasized on Utilization of Lexicomp, a foundation for precise medication decisions, emphasizing safety. Integration of this sophisticated drug information tool elevates clinical decision-making processes, effectively mitigating risks and upholding exemplary standards in pharmaceutical care for the health and well-being of the patients



Webinar on
**Innovative Applications of Lexicomp:
Transforming Healthcare Decision Support**

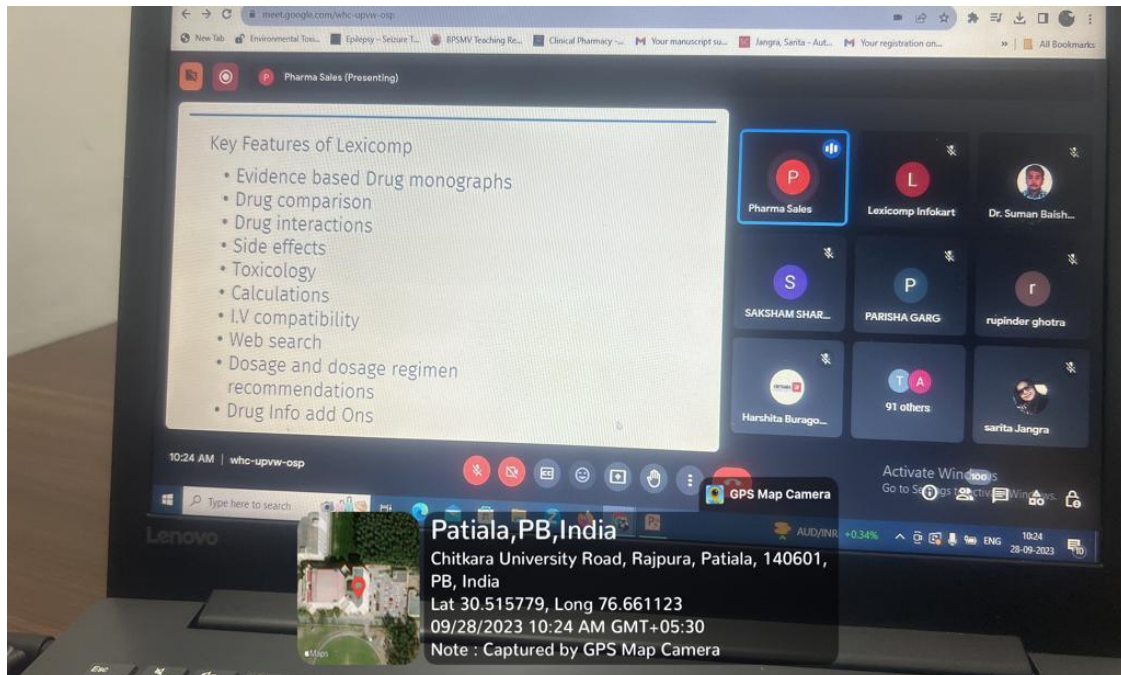
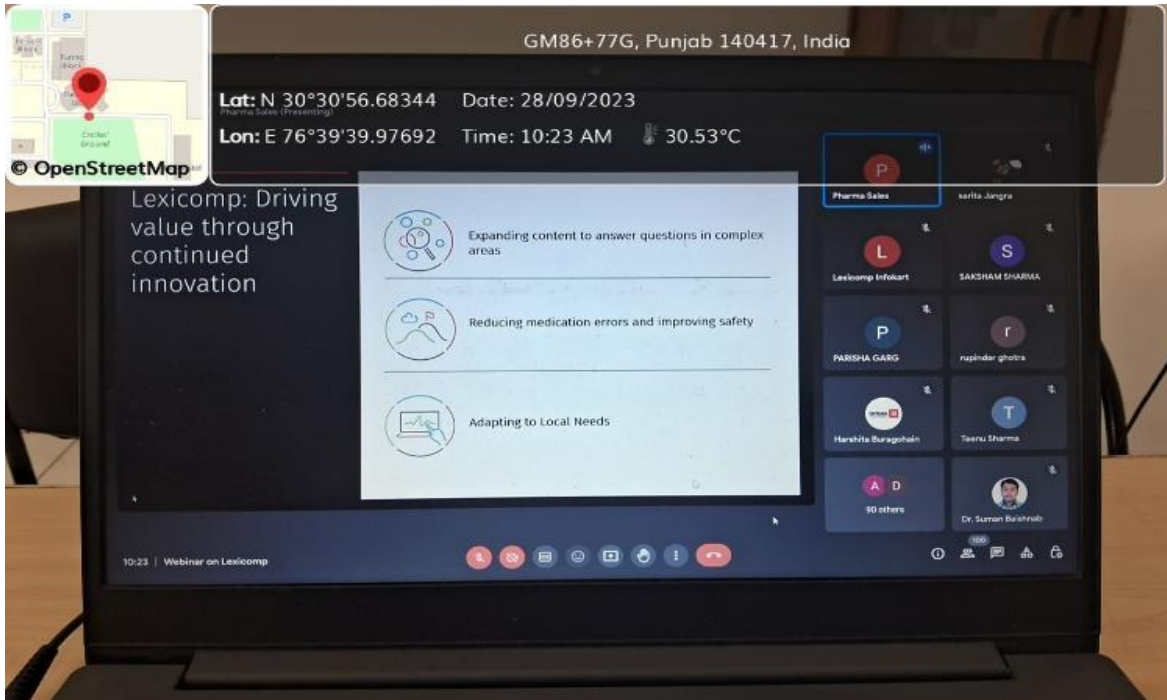
Resource Person
Dr. Prasanth Vas Sahu
Business Development Manager,
Infokart

28th September, 2023
10:00 AM Onwards
LH1 & LH2, Ground Floor,
Fleming Block, Chitkara University, Punjab

Organized by
Chitkara College of Pharmacy

Convener & Chairman
Prof. (Dr.) Thakur Gurjeet Singh
Dean, Chitkara College of Pharmacy
Chitkara University, Punjab

Organizing Secretaries
Dr. Sarika Jangra
Associate Professor & HOD (Pharm D)
Chitkara College of Pharmacy
Dr. Rupinder Kaur
Assistant Professor
Chitkara College of Pharmacy



EVENT:	4-day Training Program on Sustainable Agriculture of Culinary Art Students		
Date / Time:	28 th Sep 23 to 1 st Oct 23 /1100-1430 hrs.	Mode:	Offline
Location / Link:	Yellow Point Farm, Chitkara University, Punjab		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	48 Students		
Resource Person	Dr Anurag Tewari		
SDG:	3, 4, 5 & 13		

Event Details

The objectives of the establishment of YELLOW POINT FARM are as follows:

1. A step ahead towards Women Empowerment.
2. To ensure a continuous supply of fresh vegetables & fruits to canteen.
3. To train the students in Horticulture.
4. To develop an ideal demonstration plot in smart agriculture for the nearby farmers.
5. To offer the faculty members safe & healthy food
6. It also helps in preventing diseases.

Yellow Point Farm is developing the 5C concepts. Our 5C module has enabled us to connect with a wide audience. This module supports organic farming not just in Punjab but also in remote states like Arunachal Pradesh and Assam. We do not limit ourselves to just one, two, or four crops; our outreach encompasses a variety of growers, including those of cereals, oilseed crops, tobacco, millets, pulses, fiber crops, forage crops, and sugar crops. To engage with the broader community, we have collaborated with progressive farmers while also providing support to the corporate sector.

Photos of the event



Event Name	Poster Competition
Topic	Poster Competition on World Heart Day
Date	29 th September 2023
Time	10:00 AM to 11.15 AM
Venue	Community Health Nursing Lab, Galileo Block
Organizers	Ms. Gagandeep Kaur (Assistant Professor) and Ms. Neha Thakur (Nursing Tutor)
No. of Participants	13
SDG No.	SDG 3 (Good Health and Wellbeing) and 4 (Quality Education)

Objectives

1. To raise awareness about the global impact of heart diseases.
2. To promote heart-healthy habits.
3. To aware the students about the risk factors of heart disease.

Ms. Gagandeep Kaur (Assistant Professor) and Ms. Neha Thakur (Nursing Tutor), Medical-Surgical Nursing, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Poster Competition on the occasion of ‘World Heart Day’ to create awareness about heart diseases and brought out the talent and creativity of students. The theme of the day was “Use Heart, Know Heart”. The event covered goals number 3 (Good Health and Well-Being) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. Students from B.Sc. Nursing 3 Semester participated in the event out of which Ms. Naina (B.Sc. Nursing 3 Semester) stood First, Ms. Sakshi (B.Sc. Nursing 3 Semester) stood Second and Shivam and Jasmeen (B.Sc. Nursing 3 Semester) stood third. Ms. Manu Kohli, Associate Professor, and Ms. Sawroop Dhillon, Assistant Professor were designated as the judges of the event.

It is an important day to remind people to take care of their hearts by eating a healthy diet, exercising regularly and avoiding habits like smoking. Many organizations around the world participate in activities and events to spread awareness about heart health and educate people on how to prevent heart disease. It is a day to emphasize the importance of maintaining a healthy heart to live a long and fulfilling life.

Outcome

Poster-making competition on World Heart Day contributes to the enhancement of the knowledge of the students regarding risk factors of heart diseases and the promotion of healthy habits to keep the heart free of diseases.



Event Name	Conference
Topic	30 th SNA Biennial Punjab State Conference 2023
Date	3 rd October, 2023
Theme	Empowering Nursing Students: Prospects and Challenges
Time	9:00 a.m. – 05:00 p.m.
Venue	SKSS College of Nursing, Ludhiana
Organizers	TNAI Punjab State
Resource Person	Dr. Roy K. George, Dr. Narinder K. Walia, Dr. G.K. Walia, Dr. Jasbir Kaur, Dr. Prabhjot Saini
No. of Participants	04 Teachers, 17 Students
SDG No.	SDG 3 (Good Health and Wellbeing) and 4 (Quality Education)

30th SNA Biennial Punjab State Conference 2023 was organized by Shaheed Kartar Singh Saraba College of Nursing, Ludhiana on 3rd Oct 2023 from 9:00 am to 5:00 pm **The Theme for this year’s conference is “Empowering Nursing Students: Prospects and Challenges.”** Dr. Roy K. George, National President of TNAI has consented to be the chief guest of the day.

The SNA conference holds a special place as it occurs once every two years, with the sole purpose of empowering our nursing students and fostering their holistic growth and development. It is an occasion where our students can shine and flourish. Our seventeen students participated in various events like a Scientific paper presentation, poster presentation, Quiz competition, Essay competition, Extempore speech, sports, pencil sketching, Floor decoration, and Personality contest, and four faculty members accompanied them. whereas Ms. Fozia, B.sc Nursing 4th year bagged 2nd position in the Essay writing Competition, and Mr. Junaid, Ms. Kanika and Ms. Jasleen from B.sc (N) 4th year stood in 3rd position in Scientific paper presentation.

Nursing and Sustainable Development Goal 3 are closely intertwined, as nurses play a crucial role in promoting health and well-being, preventing diseases, and providing quality care to individuals and communities.





Event Name	A Seminar on ‘Pharmaceutical Regulatory Affairs: Industry Perspective’
Date	3 rd October 2023
Venue	Fleming Block, Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Pranab Moudgil, Associate Vice-president 1, Regulatory Affairs & Pharmacovigilance Medreich Pvt. Ltd. Bengaluru
Number of Participants	70
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy in Chitkara College of Pharmacy organized a Seminar on “Pharmaceutical Regulatory Affairs: Industry Perspective” on 3rd October 2023 in Fleming Block, Chitkara University, Punjab. The resource person for the event was Dr. Pranab Moudgil, Associate Vice-president 1, Regulatory Affairs & Pharmacovigilance, Medreich Pvt Ltd, Bengaluru. The expert explained the innovative techniques and databases required to fulfill the Regulatory requirements to run the pharma industry. He also addressed the audience to be aware of Pharmaceutical Regulatory Affairs from an industry perspective and its importance in the development, manufacturing, and distribution of pharmaceutical products. These regulations help protect public health by monitoring and controlling the development manufacturing and distribution of pharmaceutical products. He also explained its involvement



CHITKARA UNIVERSITY | CHITKARA COLLEGE OF PHARMACY | G20 | G20 Y20

Seminar on
**PHARMACEUTICAL REGULATORY AFFAIRS:
INDUSTRY PERSPECTIVE**

SPEAKER



PRANAB MOUDGIL
Associate Vice President – Regulatory Affairs & Pharmacovigilance
Medreich Limited, Bengaluru

MEDREICH

Date: 03rd October, 2023
Time: 10:00 am onwards
Venue: Fleming Block,
Chitkara University, Punjab

Organized by: Chitkara College of Pharmacy

Convener & Chairman:
Prof. (Dr.) Thakur Gurjeet Singh
Dean, Chitkara College of Pharmacy

Organizing Secretary:
Prof. (Dr.) Inderbir Singh
Head | Department of Pharmaceutics
Assistant Dean | Research & Development
Chitkara College of Pharmacy

in navigating complex global regulatory landscapes, submitting applications for drug approvals, and maintaining compliance throughout a product's lifecycle. Their expertise is vital for successful product launches and sustained market access in the highly regulated pharmaceutical industry.



Welcome of Dr. Pranab Moudgil



Felicitation of Dr. Pranab Moudgil, by Prof. Dr. Thakur Gurjeet Singh (Dean)



Event Details

Event Name	Expert Talk
Topic	Adolescent Mental Health: Reducing Distress and Building Resilience
Date	10 th October, 2023
Mode	Offline
Venue	Einstein Hall, Galileo Block, Chitkara University
Organizer Name	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Persons	Dr. (Mrs.) Jasbir Kaur, Dean and Principal, M.M College of Nursing, M.M University, Kumarhatti, Solan
No. of Participants	121
SDG No	3-Good Health and Well Being, 4-Quality Education

Department of Nursing organized an expert talk on the occasion of World Mental Health Day on the topic **Adolescent Mental Health: Reducing Distress and Building Resilience** on October 10, 2023. The resource person was Dr. (Mrs.) Jasbir Kaur, Dean and Principal, M.M College of Nursing, M.M University, Kumarhatti, Solan. She talked about the significance of Building Resilience as well as healthy strategies for doing so. The session involved enthusiastic participation from students of B. Sc Nursing 1st Semester, 3rd Semester, and B. Sc (N) Post Basic 2nd year.

The main goal was to give knowledge to adolescents to reduce distress, which involves acquiring skills to deal with challenging situations to reduce anger, and anxiety and how to concentrate on positive habits instead of negative ones.

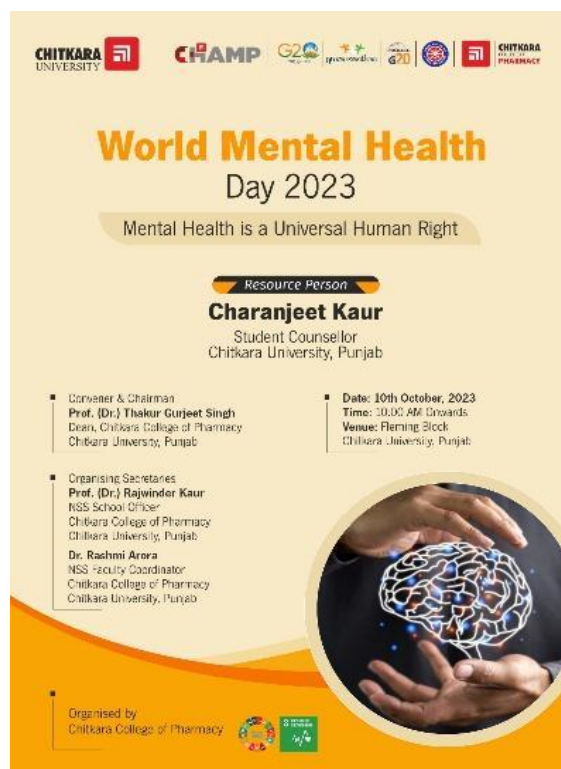


Expert Talk on “Adolescent Mental Health: Reducing Distress and Building Resilience” on 10th October 2023

Event Name	An expert talk on ‘Innovate Minds: Advocating for Mental Health Rights’
Date	10/10/2023
Venue	Fleming Block, Chitkara College of Pharmacy
Organizer	Chitkara College of Pharmacy
Resource Person	Mrs. Charanpreet Kaur. Student Counselor Chitkara University.
Number of Participants	85
SDGs Covered	3,4,9
Duration	1 Day

About the Activity

Chitkara College of Pharmacy marked World Mental Health Day 2023 on October 10th with a notable event. The college organized an expert talk featuring Mrs. Charanpreet Kaur, a student counselor from Chitkara University. During the insightful session on ‘Innovate Minds: Advocating for Mental Health Rights’, Mrs. Kaur delved into essential topics of motivation, inner peace, and the vital role of counseling. Her engaging discussion shed light on the importance of maintaining mental well-being and seeking guidance when needed. The event served as a valuable opportunity for students and faculty to gain a deeper understanding of mental health, fostering a supportive and informed community within Chitkara College of Pharmacy. The commemoration of World Mental Health Day at Chitkara College of Pharmacy, with an expert talk by Mrs. Charanpreet Kaur, holds a significant connection to the institution’s Innovation Council (IIC). The IIC, as a hub for innovation and holistic development, recognizes the vital role of mental health in nurturing creative thinking and personal growth. Mental well-being is a cornerstone for innovation, and this event provided valuable insights into motivation, inner peace, and counseling – aspects crucial for both academic and entrepreneurial endeavors. By addressing mental health, the IIC reinforces its commitment to fostering an environment that



empowers students and faculty to innovate and excel, further enhancing the culture of innovation within the institution. By promoting mental health awareness and providing access to mental health services SDG 3 aims to reduce the stigma surrounding mental health and improve overall quality of life.



Event Name	World Mental Health Day
Date	Wellness Carnival
Venue	10 th October, 2023
Organizer	Dr Nisha Phakey, Assistant Professor, Chitkara School of Psychology and Counselling
Resource Person	NIL
Number of Participants	164
SDG Number	3
Duration	

About the Activity

World Mental Health Day (10 October) is an international day for global Mental Health Education, awareness and advocacy against social stigma. Chitkara School of Psychology and Counselling organized a “Wellness Carnival” to raise awareness of Mental Health and Wellbeing. It is important to prioritize mental health as it is just as crucial as physical health. By recognizing the significance of mental health and promoting mental well-being we can contribute to achieving SDG 3 and create a healthier and happier world for everyone. Various activities were planned to celebrate the day.

The day started with an enlightening session on ‘Brief Experiential Mental Happy Place’ by Mr Manav Bansal, Chief Happiness Officer, Chitkara University. The session was very informative and interactive. The students participated with energy and zeal throughout the session.



The next session was addressed by Dr Nisha Phakey, Assistant Professor, Department of Psychology and Counselling, Chitkara University on “Mental Wellbeing”.

The session focused on creating awareness among students about the importance of Well-being. Students performed NukkadNatak titled “PINJRA” to create awareness and reduce the stigma around mental illness and mental health conditions. Various Stalls were placed at the alpha zone to engage students and faculty in the awareness program Mindfulness.

Sound Healing: The vibrations used in sound healing helped students to feel relaxed and peaceful. Doodling Art Competition and Clay Modelling Competition: Students actively participated in the competition.

Expressive Art therapy: This mode of therapy incorporates creative methods of expression through visual art media. Students and faculty members participated with full zeal and enthusiasm in the activity.

Event Name: -	World Mental Health Day
Venue: -	Outside Square One Area
Date: -	10 th October, 2023
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: -	58
Duration: -	One Day

Description of Event

"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." - J.K. Rowling

In the multitudinal dimensions of human existence, where the shadows of life often threaten to dim our inner radiance, there shines a ray of hope. On the occasion of **World Mental Health Day**, observed on **October 10th, 2023**, **National Service Scheme, Chitkara University, Punjab**, united efforts with the **Student Counselling Centre** to stage a thought-provoking **Nukkad Natak**.

The platform came alive with the **NSS Volunteers'** energetic presence, and the audience was drawn into a captivating story. The Street Play had a profound purpose, bringing to surface the theme, **"Mental Health is a Universal Human Right."** The presentation artfully depicted the difficulties faced by individuals in our rapidly changing world, where the burden of expectations and the stresses of life frequently drive them towards the darker corners of their minds.

The NSS Volunteers brought to life these powerful scenes, immersing the audience in the experiences of individuals grappling with mental challenges. The genuine emotions and compelling acting made a profound impact on all those in attendance, underscoring the universal nature of mental health struggles.

Wearing white scarves around their necks, the NSS Volunteers transformed the narrative into a powerful declaration of resilience. They showed how, by seeking counselling from professionals, one can empower themselves through a journey towards healing and wholeness. But it didn't stop there.

The volunteers through the Nukkad Natak also emphasized that each of us can be a light-bearer, an oasis in the desert, and a support system for those around us. We can observe the subtle signs of mental distress, reach out, and be the helping hand that pulls our near and dear ones from the depths of despair into the warmth of understanding and support.

In the end, the stage grew silent, but the story remained in our hearts. This World Mental Health Day conveyed a message of hope, unity, and recognition that mental well-being is a fundamental human right for everyone.



Event Name: -	World Arthritis Day
Venue: -	Physiotherapy OPD, beside Dispensary
Date: -	12 th October, 2023
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: -	21
Duration: -	One Day

Description of Event

"Arthritis is a battle you can win with a smile and a strong will."

World Arthritis Day, October 12, 2023, marked a remarkable day of compassion, care, and collaboration as the Department of Physiotherapy, Chitkara School of Health Sciences joined hands with the National Service Scheme, Chitkara University, Punjab. Together, they organized a Physiotherapy Camp specifically designed to provide much-needed relief and support to the unsung heroes who protect the institution—the dedicated Security Personnel.

The event unfolded with a sense of purpose and unity that was truly heartwarming. Security personnel from the university, who often bear the weight of safeguarding our campus, were given the spotlight they deserved. In the nurturing hands of experienced physiotherapists, they received personalized care and attention. The camp became a hub of positivity and well-being.

The primary focus of this event was to provide dedicated security personnel with more than just medical attention. In addition to the invigorating physiotherapy sessions, they were also enlightened about the significance of maintaining physical fitness through a regimen of tailored exercises. The day unfolded with the security personnel enthusiastically participating in physiotherapy sessions that were specially designed to address their unique needs. Under the guidance of expert physiotherapists, they learned invaluable techniques to manage and prevent arthritis, ensuring their long-term health and well-being.

In this prolific blend of health and unity, esteemed dignitaries graced the event with their presence, including **Col. Rakesh Sharma, Director, University Affairs; Dr. Sonika Bakshi, Dean, Chitkara School of Health Sciences; and Dr. Amandeep Singh, Principal, Department of Physiotherapy.** They were instrumental in making this event a success. The World Arthritis Day camp was a testament to the power of coming together, supporting one another, and acknowledging the relentless efforts of those who often work behind the scenes. The objective of this camp was to play a crucial role in promoting health and well-being among

individuals living with arthritis. In the play of life, these moments of compassion energise the atmosphere with profound messages of hope and healing. Chitkara University, indeed, made a significant impact on the lives of those who selflessly serve the institution.



Detail of the Event/Session	
Date of the Event/Session	12-Oct-23
Name of the Event/Session	World Mental Health Day (October 10)
Organized By	Office of Administration
Trainee Team/Count	Administrative Staff/26
SDG Covered	3



World Mental Health Day is recognized worldwide to increase awareness of mental health concerns and foster mental well-being. It motivates individuals to seek assistance when necessary and aims to eliminate the stigma associated with mental health. The Office of Administration organized a workshop in observance of World Mental Health Day. The workshop was conducted by Ms. Jotika Juder and Ms. Natilia Mangat, faculty members from Chitkara College of Psychology.

Event Details	
Topic	Yoga for beginners
Date	13th October, 2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Mr. Pradeep Kumar
No. of participants	35
SDG No.	SDG 3: Good health and well-being, SDG 4: Quality education,

Objective

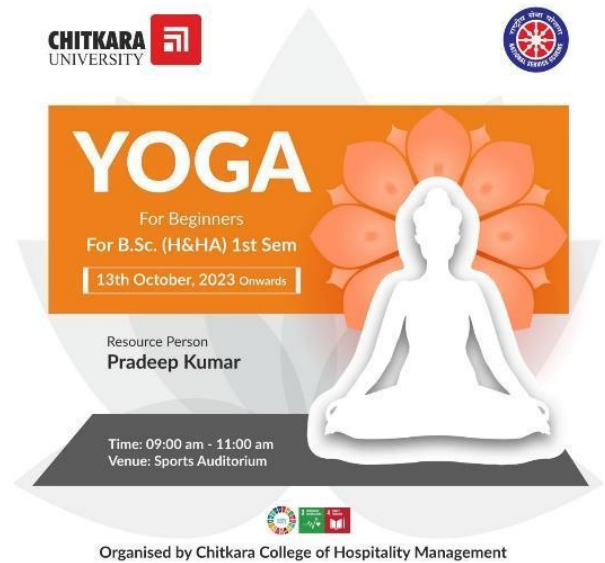
1. Introduction to Yoga Principles
2. Promote Physical and Mental Well-being
3. Skill Development for Daily Practice
4. Cultivate Mindfulness and Self-awareness

Description

Yoga is an activity for the soul and the body

Chitkara College of Hospitality Management in collaboration with the National Service Scheme organized a session ‘Yoga for beginners’ for students of BSc (Ha) on 13th October 2023 from 9 am onwards at the sports auditorium where the students were able to learn the basics of Yoga. Which would help the students in their day-to-day life and also ease their minds.

Through regular practice of yoga, individuals can improve their physical health reduce stress and enhance mental well-being. By incorporating yoga into their daily routine people can take proactive steps towards achieving a healthier lifestyle and contributing to the overall goal of promoting well-being for all.



Outcomes

1. Increased awareness and appreciation for the holistic benefits of yoga, including improved physical fitness, mental clarity, and emotional resilience.
2. Enhanced ability to perform basic yoga asanas and breathing techniques independently, enabling students to practice yoga effectively on their own.
3. Improved stress management and coping skills, leading to a greater sense of calmness, relaxation, and overall well-being in daily life.
4. Strengthened sense of self-awareness and mindfulness, empowering students to cultivate a deeper connection between their mind, body, and spirit through regular yoga practice.



EVENT:	Spawn Run Compost from Maharana Pratap Horticulture University		
Date / Time:	14 th Oct 23 /1100-1430 hrs.	Mode:	Offline
Location / Link:	YELLOW POINT FARM		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	500 Students		
Resource Person (if any)	Dr Anurag Tewari		
SDG:	3, 4, 5, 11, 12, 13 & 17		

Event Details

Dr. Anurag would like to announce that YELLOW POINT FARMS has launched a Flagship Program - Mushroom production unit, at the Rajpura Campus. As you may know, mushrooms have been recognized as a key component in the government's recent initiative to promote the cultivation of vegetables and fruits in the country. Including mushrooms in mid-day meals can greatly benefit school children due to their high nutritional content, which includes vitamins, minerals, and antioxidants. These nutrients support children's immune systems and overall health, thereby lowering the likelihood of illness. This initiative is expected to increase the demand for mushrooms nationwide. Currently, India produces only 201,000 tons of mushrooms annually, a figure that pales in comparison to China's production of approximately 33 million tons. Mushroom cultivation is vital to Indian agriculture, as mushrooms provide a nutritious food source that can significantly enhance human health.



WHY MUSHROOM CULTIVATION

- A. Excellent source of good quality proteins (it contains all 20 essential amino acids in it) to fight protein malnutrition in the Indian masses. Highest producer of protein per unit area and time.
- B. A profitable and eco-friendly method for recycling plentiful agricultural waste into food. (Zero Waste Technology).
- C. To reduce pressure on arable land (grown indoors, utilizing space).



- D Excellent medicinal value (diabetes, cardiac diseases, anticancer, etc.).
- E. Labor intensive providing gainful employment.
- F. Foreign exchange earner through exports

Maharana Pratap Horticulture University in Karnal, Haryana, prepared and supplied the spawn-run compost. A total of 200 bags, each weighing 10 kg of spawn run compost were delivered to the sustainable mushroom production unit at YELLOW POINT FARM. In total, 4.5 quintals of button mushrooms were produced and supplied to a Dhaba guest house.



Event Details

Event Name	Community Awareness Programme
Topic	Complementary Feeding
Date	16 th October 2023
Mode	Offline
Venue	Pediatric Ward at Civil Hospital, Phase-6 Mohali, Punjab
Organizer Name	Ms. Kanika Sharma, Nursing Tutor and Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	10
Number of impacted individuals	30
SDG No	SDG 3: Good Health and Well-being

Objectives

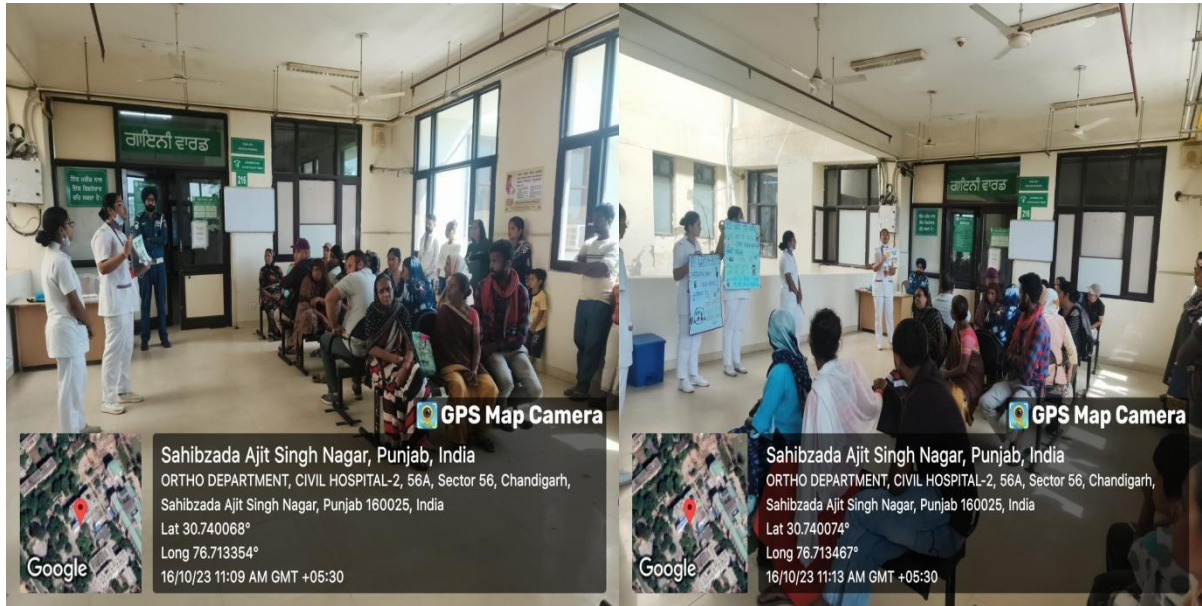
- To create awareness regarding Complementary Feeding and its importance.
- To educate the community about the age-appropriate food and benefits of these complementary feeding

Ms. Kanika Sharma (Nursing Tutor) and Ms. Priya Gill (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Community Awareness Programme in Pediatric ward at Civil Hospital, Phase-6 Mohali, Punjab on the occasion of World Food Day. The student's B.Sc. Nursing 5th Semester participated in the event with the theme of “Complementary Feeding”. An infant's need for energy and nutrients begins to outweigh breast milk after six months of age, at this time supplemental foods become necessary to meet those needs. This age also marks the developmental readiness of an infant for additional foods. Complimentary feeding is an important aspect of promoting good health and well-being in infants, as it provides them with the necessary nutrients for growth and development. We call this changeover “complementary feeding”. In this community awareness program, the community was educated about age-appropriate complimentary food given at different stages of the life of a child as it is very important for good growth and development during the growing stage of their life.

The community awareness program ended with a group discussion and asking about their beliefs.

Outcomes

- The Community Awareness Programme in the Pediatric ward has contributed to educating the group about the importance of complementary feeding and age-appropriate types of food to be given to infants after 6 months of age.



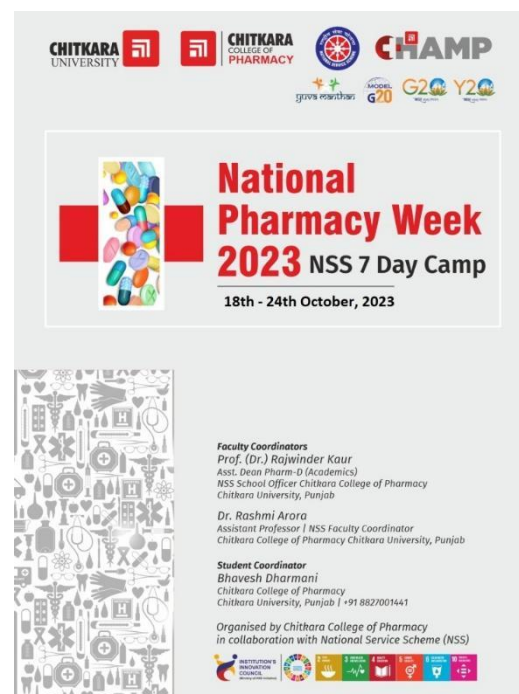
Students educating the group in Pediatric Ward at Civil Hospital, Phase-6 Mohali, Punjab on 16/10/2023



Event Name	National Pharmacy Week-2023' on the theme "Pharmacy strengthening health systems"
Date	16 th – 20 th October 2023
Venue	Flaming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Thakur Gurjeet Singh Dean, Chitkara University.
Number of Participants	180
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy celebrated 'National Pharmacy Week-2023' on the theme "Pharmacy strengthening health systems" in collaboration with NSS, Chitkara University, Punjab from 18th-24th October 2023. The college organized various events like different expert talks, and medical camps along with the students' innovative activities like clay making, trash modeling, etc. Dr. Thakur Gurjeet Singh, Dean, CCP was the guest of honor. National Pharmacy Week-2023 was celebrated across the nation, focusing on the theme "Pharmacy strengthens health systems. The program emphasized the integration of pharmacists into healthcare teams. As per the theme of 'National Pharmacy Week-2023' "Pharmacy strengthening health systems". Various discussions were carried out that revolved around ensuring safe and effective medication use, promoting health awareness, and innovative techniques, and advocating for accessible healthcare. Pharmacists emphasized their role in addressing medication adherence, reducing medication errors, and enhancing patient outcomes. By strengthening pharmacy services within health systems, we can address health challenges more effectively and ultimately improve the quality of life for everyone.



The event served as a valuable opportunity for students and faculty to gain a deeper understanding of mental health, fostering a supportive and informed community within Chitkara College of Pharmacy.



Health Camp conducted by students



Group Photograph with Prof. Dr. Thakur Gurjeet Singh, Faculty members and students

Event Details

Event Name	Mehndi Competition
Topic	Embracing the Art of Henna
Date	16 th October 2023 (11:00 AM to 12:30 PM and 2:30 PM to 4:00 PM)
Organized by	Bits ‘N’ Bytes
No. of Students registered	45
No. of students attended	45
SDG No.	3, 4
Judges	Ms. Bhavna Sareen, Dr. Heena Wadhwa, Dr. Kamali Singla

The Mehndi Competition was an event where students from our campus came together to display their artistic abilities. It was a worthwhile and enjoyable event where participants meticulously applied mehndi on the hands and arms of their models, putting their artistic abilities to the test.

Details of the Event

On 16th October 2023, Bits ‘N’ Bytes organized the “Mehndi Competition” to showcase a wide range of colorful and detailed mehndi creations. The purpose of the event was to organize occasions where individuals could showcase their inventiveness and henna artistry prowess. The festival showcased a wide range of colorful and detailed mehndi creations, from contemporary interpretations to classic patterns. Not only is it a beautiful form of body art but mehndi also has cooling properties that can help reduce stress and promote relaxation. By incorporating mehndi into our lives we can not only enhance our physical appearance but also improve our overall health and well-being..

A total of 45 students participated, here the goal wasn't necessarily to "pass" a test, but rather to have fun and show your artistic skills. A prominent panel of judges with a keen eye, fun-loving personality, and jolly nature was put together to assess the participants. The competition took place in Turing Block Third Floor. The judges were Ms. Bhavna Sareen, Dr. Heena Wadhwa, and Dr. Kamali Singla. Their range of viewpoints gave the judging process more validity. Participants were evaluated corresponding to factors like design intricacy, symmetry, and overall visual appeal.

Outcomes of the Session

1. The event was not only about henna art but also provided a cultural experience for attendees.
2. Attendees got a chance to learn the techniques and basics of henna application from experienced artists.
3. Participants showcased a wide range of designs, from traditional patterns to contemporary and innovative creations.

In conclusion, this event organized by Bits ‘N’ Bytes was a successful celebration of the art of henna application. It not only showcased the immense talent of henna artists but also provided a platform for cultural exchange and learning. The event brought together students from different courses to appreciate and celebrate the beauty of henna art.



Participants Applied Henna (16/10/2023)



Judges with Winners (16/10/2023)

EVENT:	Plantation drive led by Mr Kanwardeep Singh, Divisional Forest Officer, Mohali, Punjab		
Date / Time:	16 th October /1100-1430 hrs.	Mode:	Offline
Location / Link:	Yellow Point Farm, Chitkara University, Punjab		
Activity In-charge:	Dr Anurag Tewari, Mr. Sube Singh, & Mr. Hamid Raza		
No. of Participants:	205 Students		
Resource Person	Dr Anurag Tewari		
SDG:	2, 3, 5, 9, 11, 13, 15 & 17		

Event Details

The plantation drive is important for both human health and environmental health. By planting trees, we can improve the air quality in our surroundings, which in turn benefits our respiratory system and overall well-being. On November 16, 2023, Mr. Kanwardeep Singh, the Divisional Forest Officer of Mohali, Punjab, visited Chitkara University in Rajpura, Punjab, to lead a plantation drive involving 205 students. During his visit, Mr. Singh toured selected areas of the Chitkara University Rajpura Campus and commended the university's efforts in developing a MIYAWAKI FOREST at YELLOW POINT FARM. The Punjab Government's Forest Department generously provided Chitkara University with 2,000 indigenous plants at no cost. These plants were then planted in the MIYAWAKI FOREST at a density of four plants per square meter.

Participating in tree planting initiatives is not only good for the environment but also advantageous for our health.



Event Name	CSR Activity
Topic	Role play regarding Myths and Misconceptions on Mental Illness
Date	17 th October, 2023
Venue	Prabh Aasra, Kurali, Punjab
Organizer	Ms. Kanu Mahajan (Assistant Professor)
No. of Participants	4
Under SDG no.	03
SDG Details	03 Good health and wellbeing

An awareness program on myths and misconceptions regarding mental illness was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab by students of M.Sc Nursing. The objective of conducting this awareness program was to spread awareness regarding Myths and Misconceptions on Mental Illnesses. It was organized on 17th October 2023. Students performed Role plays on Myths and Misconceptions about Mental Illnesses. They covered adolescent, child as well as geriatric mental illness. Psychological disorders, such as depression, anxiety, and PTSD, can have a significant impact on individuals' ability to lead healthy and fulfilling lives. Students depicted the role of family, society, and health professionals in improving mental health and diagnosing mental illness in society.



Event Name	CSR Activity
Topic	Awareness programme on International Infection Prevention Week
Date	18 th October, 2023
Venue	Auditorium, Fortis Hospital, Mohali
Organizer	Infection Control Department, Fortis Hospital, Mohali and Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	17
No. of impacted individuals	78
Under SDG no.	03
SDG Details	03 Good health and wellbeing

Objectives

1. To create awareness regarding the sources of infection in the hospital.
2. To make the general public aware of the modes of transmission of infection in hospitals.
3. To teach them the various techniques to be followed to minimize nosocomial infection.

Description

Infection Preventionists (IPs) play a crucial role in keeping the public safe and healthy protecting every individual from surges in healthcare-associated infections and many other infectious threats. International Infection Prevention Week (IIPW) was celebrated at Fortis Hospital, Mohali in collaboration with the Department of Nursing, CSHS, Chitkara University, Punjab from 15th – 21st October, 2023. This year’s theme was “**Celebrating the Fundamentals of Infection Prevention**” which highlighted the importance of infection prevention and control, targeting to educate the stakeholders and the general public on the relevance of preventing the spread of infectious illnesses. Students of our department participated in the role play, which focused on various sources that could cause infection to the patients and health care personnel and the different modes of transmission of infection. The play also emphasized the importance of following strict aseptic techniques in critical care units, which would lead to positive patient outcomes. Students also performed a dance on the steps of medical hand washing. The event depicted the importance of various antimicrobial solutions used in different departments of the

hospitals with their uses through a ramp walk. Overall, the program was beneficial and effective for the hospital staff and nursing students.



Outcome

The innovative ways used to explain the various sources, modes of transmission and prevention of infection in hospital settings were very effective to create awareness among the hospital staff and general public regarding the nosocomial infection. It was a great learning experience for all.

Infection prevention is crucial in keeping people healthy and preventing the spread of diseases. By practicing good hygiene such as washing hands regularly and covering coughs and sneezes we can help reduce the risk of infections. Vaccinations also play a key role in preventing diseases and keeping communities safe. Overall prioritizing infection prevention is essential for achieving SDG 3 and ensuring a healthier future for everyone.

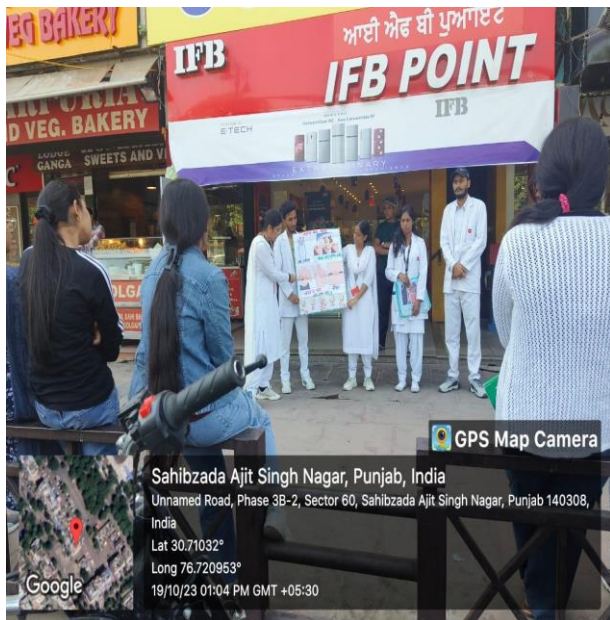
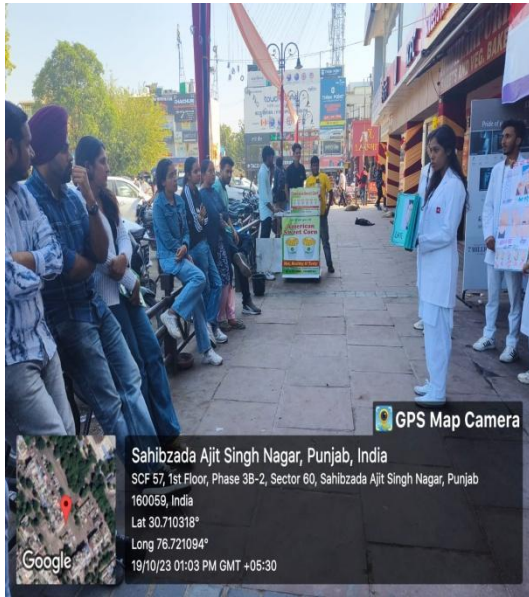
Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on Breast Cancer
Date	19 th October 2023
Mode	Offline
Venue	Urban Area, Sector 60, Mohali, Punjab
Organizer Name	Ms. Annu Singhal (Assistant Professor), CSHS, Chitkara University, Punjab Ms. Divya Sethi (Nursing Tutor), CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	22
No. of Impacted people	18
SDG No	SDG 3: Good Health and Well-being SDG 11: Sustainable cities and communities

Objectives

- To Increase awareness about the prevalence of breast cancer.
- To educate the audience about common risk factors associated with breast cancer.
- To emphasize the importance of early detection and overview of available treatment options.

Ms Annu Singhal (Assistant Professor) and Ms Divya Sethi (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Community Awareness Programme in Urban Area, Sector 60, Mohali, Punjab on the occasion of World Breast Cancer awareness day. Students of B.Sc. Nursing 5th Semester participated in the event with the theme of “**No One Should Face Breast Cancer Alone**”. The goal of this awareness talk was to increase awareness and knowledge among individuals and communities about various aspects of breast cancer, fostering understanding, early detection, and proactive health behaviours to help save lives and improve the health outcomes of those affected by this disease. In this community awareness programme, the community was educated about the prevalence of breast cancer, emphasizing that it can affect anyone regardless of age, gender, or socioeconomic status. The importance of early detection through regular breast self-exams was emphasized. The audience was educated about the common risk factors associated with breast cancer, including age, family history, genetic factors, hormonal factors, and lifestyle choices. Discuss The signs and symptoms of breast cancer, such as changes in breast size or shape,

lumps, nipple discharge, or skin change was also discussed. The community awareness programme ended with a group discussion. Overall, the awareness talk was very helpful and effective for the community people.



Outcomes

The Community Awareness Programme was effective, and people gained knowledge regarding early detection, effective management, and prevention of Breast Cancer.

Detail of the Event/Session

Date of the Event/Session	23-OCT-23
Name of the Event/Session	Celebrating Clean & Green Warriors
Organized By	Office of Administration
Trainee Team/Count	Administrative Staff /200+
SDG Covered	3,5



The office administration team is committed to enhancing health and well-being in the workplace. Their responsibilities include ensuring a clean and safe environment for all employees, which plays a significant role in overall health and productivity. Through their initiatives, they aim to foster a positive and healthy work environment for everyone in the office. The final event of the quarter hosted by the Office of Administration was certainly the most impactful, inspiring every staff member to discover their potential and affirming their value to the Organization along with their contributions. On December 23, 2023, the Office of Administration honored the Clean and Green Warriors of the campus at the Exploratorium. The event commenced with a heartfelt and inspiring message from Dr. Madhu Chitkara Ma'am. Our sincere gratitude to Dr. Madhu Chitkara Ma'am for consistently being our guiding light!

Event Details	
Event Name	Nail Art Competition
Topic	Karwa Chauth Special
Date	25 th October 2023 (11:00 AM to 12:00 PM)
Organized by	Bits 'N' Bytes
No. of Students registered	9
No. of students attended	6
SDG No.	3,4
Judges	Dr. Kamali Singla

Nail art has gained significant popularity as a form of self-expression and creativity. Observing the interest and talent of students in this area, a Nail Art Competition was organized. The event aimed to encourage students to unleash their creativity, connect with peers who share similar interests, and provide a platform to showcase their skills.

Details of the Event

On 25th October 2023, Bits 'N' Bytes organized the "Nail Art Competition" to showcase their creativity in nail art designs. The purpose of the event was to foster creativity and self-expression among students. It also promoted a sense of community among those interested in nail art. The event provided students with a platform to display their talents. It offered a fun engaging activity on campus. Nail art is a popular form of self-expression and creativity can also play a role in promoting health and well-being. By using non-toxic and eco-friendly nail polishes individuals can protect their health and the environment. Additionally, nail art can be a form of relaxation and stress relief contributing to overall well-being. Taking care of our health and practicing self-care through activities like nail art can help us achieve the goals set out in SDG 3.



A total of 6 students participated, here the goal wasn't necessarily to "pass" a test, but rather to have fun and show your creative skills. A prominent panel of judges with a keen eye, fun-loving personality, and jolly nature was put together to assess the participants. The

competition took place in Turing Block, on the Third Floor. The Judge was Dr. Kamali Singla. Their range of viewpoints gave the judging process more validity.

Outcomes of the Session

1. The event promoted a sense of community among those interested in nail art.
2. Attendees got a platform to display their talents.
3. Participants showcased a wide range of nail art designs

In conclusion, this event organized by Bits ‘N’ Bytes was a successful event where participants showed great enthusiasm and creativity in their nail art designs. The event not only allowed them to showcase their talent but also encouraged networking and interaction with fellow students who share their interests. Many participants expressed their satisfaction with the event and their desire for more such activities.



Participants with their art (25/10/2023)

Event Name	CSR Activity
Topic	School Health Programme on “Healthy Food”
Date	26 th October,2023
Venue	Government Elementary Smart School, KaloMajra, Punjab
Organizer	Ms. Annu Singhal (Assistant Professor), Ms. Divya Sethi (Nursing Tutor),
No. of Participants	24
Under SDG no.	03
SDG Details	03 Good health and wellbeing

The School Health Programme was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of B.Sc. Nursing 5th Semester. The objective of conducting the school health programme was to create awareness regarding the importance of healthy and nutritious food among school children. It was organized on 26th October 2023. The topic for the school health programme was “Healthy Food”. Eating a wide variety of healthy food helps to keep everyone in good health and protects against chronic disease.

Height and weight were checked for school students to assess the growth of the child with age. Body mass index was calculated to rule out obesity or underweight. Health education was given using AV aids to empower the school students. The event was closed by offering refreshments to the school students. School teachers and students appreciated the programme.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Event Name	Expert Talk
Topic	“Innovative and emerging treatment modalities for pain management”
Date	27 th October, 2023
Time	11:00 AM- 12:00 PM
Mode	Virtual (Google meet-meet.google.com/bpt-hwzf-sju)
Venue	Chitkara University
Organizer Name	Department of Nursing, Chitkara School of Health Sciences, Chitkara University
Resource Person	Dr. Anita Kansal, Nursing Superintendent, National Institute of TB and Respiratory Diseases, New Delhi
No. of Participants	50 students
SDG No.	SDG 4: Quality Education, SDG 17: Partnership for The Goals

Objectives

- To make the students familiar with the advancement of pain management techniques in terms of both pharmacological and non-pharmacological treatment.
- To provide knowledge about the latest innovative emerging pain management techniques that could be utilized in hospitals for providing quality nursing care to patients.

Description

An Expert Talk on “Innovative and emerging treatment modalities for pain management” dated 27th September 2023 was organized by the Department of Nursing, Chitkara School of Health Science, Chitkara University on Google Meet. Dr Anita Kansal explained the various emerging technologies for pain management to B.Sc (Nursing) Ist semester students. The technologies included a brief description of pharmacological treatment according to the WHO ladder for pain management and non-pharmacological treatment such as acupuncture, therapeutic touch, TENS therapy, light therapy, art and music therapy, cognitive behavior therapy, and guided imaginary therapy.



The poster features logos for Chitkara University, G20 India 2023, and the Institute of Health Sciences, Chitkara University. It includes the following text:

EXPERT TALK ON
INNOVATIVE AND EMERGING TREATMENT MODALITIES FOR PAIN MANAGEMENT

RESOURCE PERSON

Date:- 27th October 2023
Time:- 11:45 am onwards
Venue:- 203 GB

ORGANIZERS
MS. Seema Rani
Nursing Tutor
MS. Chetna
Nursing Tutor
Department of Nursing, CSHS
Chitkara University, Punjab.

Ms. Divya Thakur
Assistant Professor
Department of
Nursing, CSHS

At the bottom, there are logos for SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education).

One important aspect of SDG Goal 3 is the development of innovative and emerging treatment modalities for pain management. These new approaches aim to provide better and more effective ways to help individuals cope with pain whether it be chronic or acute. By investing in research and technology healthcare professionals can offer patients a wider range of options for pain relief ultimately improving their quality of life.



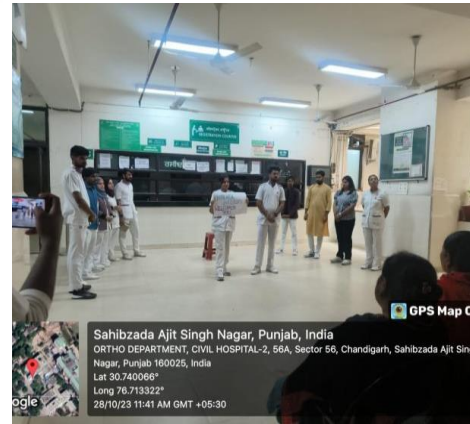
Expert Talk on “Innovative and emerging treatment modalities for pain management” held on 27th October 2023

Event Details	
Event Name	Mental Retardation
Topic	Mental Retardation: Myths and Misconceptions
Date	28 th October, 2023
Mode	Offline
Venue	Pediatric Ward at Civil Hospital, Phase-6 Mohali, Punjab
Organizer Name	Ms. Kanika Sharma, Nursing Tutor, and Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	18
Number of impacted individuals	30
SDG No	SDG 3: Good Health and Well-being

Objectives

- To create awareness regarding mental retardation and its perception in society
- To build trust with healthcare providers and communicate about their feelings and concerns about Mental Retardation.

Ms. Kanika Sharma (Nursing Tutor) and Ms. Priya Gill (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Role play in Pediatric OPD at Civil Hospital, Phase-6 Mohali, Punjab on the occasion of Mental Health Week. The students of B.Sc. Nursing 5th Semester participated in the event with the theme of “Mental Retardation: Myths and Misconceptions”. Mental retardation is a developmental disability that is marked by lower-than-normal intelligence and limited daily living skills (such as communication skills, social skills, and taking care of self). The mentally retarded either are untrainable or proper training would be too expensive in time and money, so with the help of a role play we educated the community about the misconceptions and myths that need to be eliminated from society for a better understanding of these children for their early treatment. It is important to educate ourselves and others about this condition to promote inclusivity and support for individuals with intellectual disabilities. By raising awareness and dispelling stereotypes we can promote their well-being.



Students performing Role play in Pediatric OPD at Civil Hospital, Phase-6 Mohali, Punjab on 28/10/2023.



Students educating the group about Mental Retardation: Myths and Misconceptions Role play in Pediatric OPD at Civil Hospital, Phase-6 Mohali, Punjab on 28/10/2023.



Outcomes

- Role play in Pediatric OPD contributed to educating the group and eliminating the misconceptions, and myths related to mental retardation.

Event Name	An Expert Talk on ‘Exploring Innovative Open Science Discussion & Navigating the World of Scientific Publishing’
Date	28 th October 2023
Venue	Pierre Hall
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Maya Sharma Senior Director CMR, Novo Nordisk, Bengaluru, Karnataka
Number of Participants	80
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy organized an expert talk on “Exploring Innovative Open Science Discussion & Navigating the World of Scientific Publishing” on 28th October 2023 in Pierre Hall, Le Corbusier Block, Chitkara University, Punjab. Resource persons for the event were Dr. Gareth Dyke, Director of Academic Relationships & Author Training, Bentham Science, and Dr. Frans Lettenström, Director of Global Sales, Bentham Science. Experts explained Open Access research, Collaborative Research, Data Sharing, Citizen Science, Choosing journals, Author Guidelines, Traditional Publishing, Copyright, and licensing for promoting work. The event holds significant importance in the scientific community. It serves as a platform for researchers to engage in discussions about open science practices, fostering transparency, collaboration, and the free exchange of knowledge. With the ever-evolving landscape of scientific publishing, this event equips scientists with the necessary insights and tools to navigate this complex terrain, ensuring that research findings reach a broader audience and drive progress. By promoting open science and improved publishing methods, it contributes to the overall advancement of scientific research and the betterment of society. By embracing innovative practices and discussions researchers can contribute to the advancement of knowledge and ultimately improve global health outcomes



International Faculty Development Program on

Exploring Innovative Open Science Discussions & Navigating the World of Scientific Publishing

Speakers

Dr. Shazia Rashid, PhD
Founder & CEO at Prep2Excel

Dr. Frans Lettenström
Director of Global Sales
Bentham Science

Convener & Chairman
Prof. (Dr.) Thakur Gurjeet Singh
Dean | Chitkara College of Pharmacy
Chitkara University, Punjab

Organizing Secretaries

Dr. Pragati Sikahri
Assistant Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Shareen Singh
Assistant Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Technical Organizing Secretary
Dr. Suman Balshrab
Assistant Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Jaswinder Pal Singh
Librarian
Learning Resource Centre
Chitkara University, Punjab

Date: 28th October, 2023 | Time: 10:00 AM Onwards
Venue: Pierre Hall, Le Corbusier Block, Chitkara University, Punjab

Organised by
Chitkara College of Pharmacy

SCAN TO REGISTER



Dr. Maya Sharma, Senior Director CMR, Novo Nordisk, addressing the audience



Felicitation of Dr. Maya Sharma by Dr. Thakur Gurjeet Singh

EVENT:	Cricket Match between Starboard House & Port House Teams		
Date / Time:	28-10-2023	Mode:	Offline
Location / Link:	Cricket Ground, Omega Zone, Chitkara University, Punjab		
Activity In-charge:	Mr. Manohar Lal Bhardwaj		
No. of Participants:	26 Cadets (Two teams)		
Resource Person (if any)	-----		
SDG:	3 - Good Health and Well-being, 10 – Reduced Inequalities, 17 - Partnership for the Goals		

GAMES & SPORTS ARE IMPORTANT TO MAINTAIN THE BODY'S PHYSIQUE, FITNESS, AND OVERALL HEALTH AND WELL-BEING. WHEN IT COMES TO THE PROFESSION OF SAILING FITNESS PLAYS AN IMPORTANT ROLE FOR US AS MARINERS.

BRIEF DESCRIPTION

Chitkara University School of Maritime Studies organized a **Cricket Match** between the Port & Starboard House Teams which was held on 28th Oct 2023. The intense competition between the two teams was spectacular. All members of the discipline committee and safety committee ensured that there was no misbehavior.

Team List

Starboard House - Yashvardhan Tiwari ©, Vishal Deshwal, Navjot Singh, Vishav Pathania, Deepak Kumar, Kartik Sharma, Priyanshu Yadav, Ubaid Ayoub Dar, Aadi Sharma, Rohan Sharma, Abhinav Upadhayay, Ankush, Shivanshu Shukla

Port House – Sourabh Kumar Pandey ©, Lovedeep Singh, Arindham Sharma, Aryan Pathania, Shubham Kumar Singh, Aryan Kapoor, Manas Dumka, Shlok Shinde, Abdus Samad, Aryan Thakur, Aman, Vikas Sangwan, Mithu Chaurasiya.



DETAILS OF THE EVENT

- CUSMS organized the Cricket match on 28th Oct 2023.
- All Members of the Sports Committee ensured fair & smooth proceedings of the event.
- Manohar Lal Bhardwaj, in charge of the Sports Committee, was present and supervised the game.
- Chitkara University Sports Board provided two umpires for the match. The Cricket Coach, Mr. Gurjinder Singh was also present.
- The match started at 1400 hrs. on Saturday with 10 overs by each team.
- Toss was done by Captain Prabhat Nigam, Principal CUSMS.
- Team Starboard won the toss and chose to ball first.
- Team Port were all out on 45 runs

Result Starboard House won the match by 8 wickets.



Toss done by Capt. Prabhat Nigam, Principal, CUSMS on 28th-Oct-2023



All faculty members of CUSMS enjoying the match on 28th-Oct-2023



Event Name	5 days' workshop on the 'Computer Aided Drug Discovery and Designing' Program in collaboration with Zonal Championship Makeintern (E-Cell IIT Kharagpur)
Date	29 th October 2023- 02 nd November 2023
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Sunil Kumar Gupta Mentor/Consultant Makeintern & Learntoupgrade, New Delhi, India; Assistant Professor (Pharmacoinformatics), National Institute of Pharmaceutical Education and Research (NIPER), Hyderabad, Telangana.
Number of Participants	52
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

The computer-Aided Drug Designing (CADD) workshop at Chitkara College of Pharmacy, Chitkara University, conducted from October 29th to 2nd November 2023, proved to be an insightful journey into the realm of drug design. Dr. Sunil Kumar, a seasoned expert, guided participants through an exploration of various drug-designing software tools, elucidating their functionalities. The workshop delved into practical aspects, equipping attendees with the skills to navigate drug databases including protein databases, and the crucial art of integrating these elements for groundbreaking drug discoveries. CADD has revolutionized the pharmaceutical industry by enabling scientists to efficiently create safer and more effective drugs to treat various diseases thus improving the health of individuals.



Zonal Centre Program
In association with
Chitkara College of Pharmacy, Chitkara University, Punjab,
Makeintern & E-Cell (IIT Kharagpur)

COMPUTER-AIDED DRUG DESIGN & DISCOVERY

29th October - 2nd November, 2023
Venue: Fleming block
Time: 10:00 am Onwards
Mode: Hybrid

Details

- Charges: INR 1650/- + 18% GST
- 1st Round as Training Session by Industry Expert with Chitkara College of Pharmacy Chitkara University, Punjab
- Final at IIT Campus

Benefits

- Get Industry Recognized Certificate from Makeintern & E-Cell IIT Kharagpur.
- Certification from Learntoupgrade.
- Internship assistance for participants.
- Theory & Practical Hands-on Session
- 5 Merit students will join the Finale Session at IIT Campus
- Winners will get INR 50,000/- Prize Money

Convener & Chairman
Prof. (Dr.) Thakur Gurjeet Singh
Professor & Dean
Chitkara College of Pharmacy, Chitkara University, Punjab

Faculty/ Sub Coordinators

Prof. (Dr.) Rajwinder Kaur
Professor & Asst. Dean (Pharm D Program)
Chitkara College of Pharmacy
Chitkara University, Punjab
9879169585

Dr. Manjinder Singh
Associate Professor & HOD Pharm D (Admin)
Chitkara College of Pharmacy
Chitkara University, Punjab
9871442432

Student Coordinator
Diksha
Chitkara College of Pharmacy
Chitkara University, Punjab
8219084581

Organised by:
Chitkara College of Pharmacy
Chitkara University, Punjab
In collaboration with
Makeintern & E-Cell
(IIT Kharagpur)



Dr. Sunil Kumar Gupta, addressing the audience

Event Details

Title of the Event:	Volleyball Tournament
Date of the Event:	30th Oct. 2023
Mode& Venue	Offline, Volleyball Ground, Sportorium
No. of Student Enrolled:	15 Teams (91 Students)
No. of Student Attended	15 Teams (91 Students)
SDG No.	3
Resource Persons:	Dr. Vikas Lamba, Sports Club, CSE, CU

In a thrilling display of athleticism and team strategy, the Volleyball Tournament, orchestrated by the CSE Sports Club in partnership with the Chitkara University Sports Board, unfolded on October 30, 2023. More than 16 passionate teams congregated, bringing their fervor for the sport to the vibrant tournament grounds. The competition, spread across several exhilarating rounds, was a true test of skill and teamwork. Each serve, spike, and block echoed the determination and expertise of the players, igniting an atmosphere of excitement and intensity. As the tournament approached its climax, two standout teams emerged as frontrunners, showcasing remarkable prowess and unity. The final match between CHITKARA SMASHERS, and CHITKARA SPIKERS was a spectacle of volleyball finesse. The court crackled with energy as both sides displayed extraordinary skill and cohesion, captivating the audience with their exceptional performance. Ultimately, CHITKARA SMASHERS clinched the



CHITKARA UNIVERSITY  **CHITKARA UNIVERSITY SPORTS BOARD** 

VOLLEYBALL TOURNAMENT

DATE: 30 OCTOBER 2023

TIME: 9:30 AM

VENUE: VOLLEYBALL GROUND

SCAN HERE 

Faculty Coordinator
Dr. Vikash Lamba
6375239376

Event Coordinator
Prince Gupta
9877996134

championship, their synergy and strategic play earning them the well-deserved title. Their victory serves as an inspiration for budding volleyball enthusiasts, underscoring the significance of teamwork and dedication in achieving success. CHITKARA SPIKER's commendable performance secured the runners-up position, showcasing unwavering determination and sportsmanship. Their resilience and competitive spirit resonated with the audience, earning admiration and respect. The 2023 Volleyball Tournament stands as a testament to teamwork and athletic prowess, offering a platform for emerging talents to exhibit their skills while fostering an atmosphere of healthy competition and mutual respect. Playing volleyball regularly can help individuals stay fit and healthy reducing the risk of diseases such as obesity and heart problems. Additionally, the social aspect of volleyball encourages communication and cooperation among players fostering a sense of community and well-being as the tournament concluded, participants and spectators departed with a renewed appreciation for the electrifying and dynamic nature of volleyball. The success of the event underlined the commitment of the CSE Sports Club and the Chitkara University Sports Board in promoting sportsmanship and the spirit of healthy competition.

Ultimately, the Volleyball Tournament celebrated a deserving champion, illustrating the beauty of collective effort and highlighting the ceaseless pursuit of excellence in sports.



Winning Team members with medals on 30-10-2023



Runner-Up Team members with medals on 30-10-2023

Rules and Regulations for the tournament

THE SERVE

1. The server must serve from behind the restraining line (end line) until after contact.
2. The ball may be served underhand or overhand.
3. The ball must be visible to opponents before serving.
4. Served ball may graze the net and drop to the other side for a point.
5. The first game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
6. Serve must be returned by a bump only. no setting or attacking a serve.

SCORING

1. Rally scoring will be used.
2. There will be a point scored on every score of the ball.
3. The offense will score on a defense miss or out-of-bounds hit.
4. The defense will score on an offensive miss, out-of-bounds hit, or serve into the net.
5. The game will be played to 25 pts
6. Must win by 2 points

ROTATION

1. The team will rotate each time they win the serve.
2. Players shall rotate in a clockwise manner.
3. There shall be 4-6 players on each side.

PLAYING THE GAME (VOLLEY)

1. Maximum of three hits per side.
2. The player may not hit the ball twice in succession (A block is not considered a hit).
3. The ball may be played off the net during a volley and on serve.
4. A ball touching a boundary line is good.
5. A legal hit is a contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to a rest.
6. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
7. A player must not block or attack a serve.
8. Switching positions will be allowed only between front-line players. (After the serve only).

BASIC VIOLATIONS

1. Stepping on or over the line on a serve.
2. Failure to serve the ball over the net successfully.
3. Hitting the ball illegally
4. (Carrying, Palming, Throwing, etc.).
5. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
6. Reaching over the net, except under these conditions:
When executing a follow-through.

When blocking a ball that is in the opponent's court but is being returned the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.

Reaches under the net if it interferes with the ball or the opposing player

Failure to serve in the correct order.

Blocks or spikes from a position that is not behind the 10-foot line while in a back-row position.

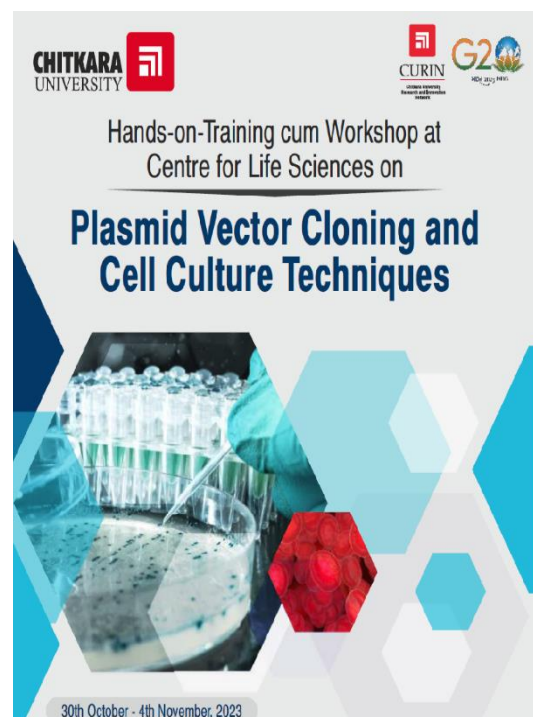
Best
Sports Club CSE

Wishes,

Event Name	Workshop on Plasmid Vector Cloning and Cell Culture Techniques
Date	30.10.2023 to 04.11.2023
Venue	Chitkara University Punjab
Organizer	CURIN'
Resource Person	Dr. Varsha Singh
Number of Participants	4
SDGs Covered	SDG 3, SDG 4, and SDG 17
Duration	6 days

About the Activity

The Centre for Life Sciences, CURIN, successfully completed its intensive six-day hands-on training-cum-workshop on **Plasmid Vector Cloning and Cell Culture Techniques**, held from **October 30th to November 4th, 2023**, at Chitkara University, Punjab. The program focused on imparting in-depth knowledge of molecular biology and genetic engineering techniques to participants from various institutes across India. The Resource Person of the workshop was Dr. Varsha Singh, Assistant Professor, CURIN, Chitkara University, Punjab. During this intensive workshop, participants learned advanced cell culture methodologies, gaining hands-on experience in creating and maintaining human cell lines under controlled conditions, especially in Biosafety Level-2 (BSL-2) setups. They also explored the process of cloning human genes and transferring them into host cells in an artificial environment, learning the fundamental principles of genetic engineering. Additionally, the workshop included comprehensive training in polymerase chain reaction (PCR) techniques, allowing participants to master the art of DNA amplification. Cloning is a scientific process where an identical copy of an organism is created. Cloning has the potential to help in medical research and treatment. Cloning could revolutionize organ transplants and help in the fight against genetic diseases thus contributing to the health and well-being of individuals



WORKSHOP SCHEDULE (offline mode)

- ◆ **Day - 1 | 30th October, 2023 | 9:30 am – 5:00 pm**
(Theory) Workshop introduction, Gene Expression Vectors & Techniques
(Practical) Gene of interest selection using databases
- ◆ **Day - 2 | 31st October, 2023 | 9:30 am – 5:00 pm**
(Theory) Molecular Cloning and Transformation of Plasmid Vectors
(Practical) Transformation, plasmid isolation, digestion, and detection
- ◆ **Day - 3 | 1st November, 2023 | 9:30 am – 5:00 pm**
(Theory) Mammalian Cell Culture
(Practical) Cell line revival and passaging
- ◆ **Day - 4 | 2nd November, 2023 | 9:30 am – 5:00 pm**
(Theory) Mammalian Cell Culture (contd.)
(Practical) Viability testing & counting of cells
- ◆ **Day - 5 | 3rd November, 2023 | 9:30 am – 5:00 pm**
(Theory) Gene Expression studies using RT-PCR
(Practical) RNA isolation, Gene expression studies using Real Time-PCR method
- ◆ **Day - 6 | 4th November, 2023 | 9:30 am – 5:00 pm**
Queries, Discussion and Quiz

Who should attend?

Open to Students of all Institutions who wish to learn basic molecular biology techniques related to **Plasmid Vector Cloning and Cell Culture Techniques** in Biosafety Level 2 (BSL2) set-ups.

Deadline for Registration
25th October, 2023

Fee: **INR 5000/-**
(Non-Refundable)

Resource Person

Dr. Varsha Singh | Assistant professor
Centre for Life Sciences | Molecular Biology & Bioinformatics Division,
Chitkara University Research and Innovation Network (CURIN), Chitkara University

Venue: Centre for Life Sciences, Molecular Biology & Bioinformatics
Unit (5th Floor, Babbage Block), Chitkara University Research and
Innovation Network (CURIN), Chitkara University, Punjab.

For queries write to:
manpreet.kaur.98@chitkara.edu.in or Call: 98032-00034

Training Certificates will be provided to all attendees.



Scan to Register



***Seats Limited to
5-7 Participants only**



Participants getting hands on training for handling wet-lab work for cloning

No Comply Recruitment Drive Skate Club Promotion

30th October 2023

University Sports Board in collaboration with the National Service Scheme, Chitkara University, Punjab organized Skate Show on the occasion of National Unity Day on 30th October 2023. The students participated with full enthusiasm with the audience witnessing the remarkable event. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Event Name	Mehndi competition on Karwachauth
Topic	Mehndi competition
Date	31 st October, 2023
Mode	Offline
Venue	Community Health Nursing Lab, Chitkara University, Punjab
Organizer Name	Ms. Amanpreet, Assistant Professor, CSHS, Chitkara University, Punjab Ms. Dimple, Nursing Tutor, CSHS, Chitkara University, Punjab Ms. Sonali Katoch, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	20
SDG No	SDG 3: Good Health and Well-being

Objective

1. To enhance the creativity & imagination in the field of art.
2. To boost their confidence in art.

Description

Ms. Amanpreet (Assistant Professor), Ms. Dimple and Ms. Sonali Katoch (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab have organized a Mehndi Competition on the occasion of Karwachauth. The motive of the event was to encourage the creative side of the students. One way people around the world promote good health is through the use of mehendi a traditional form of body art using henna. Mehendi is not only a beautiful form of self-expression but also has natural cooling properties that can help soothe the skin. By incorporating mehendi into their lives individuals can celebrate their culture and traditions while also taking care of their health and well-being. The event covered goal number 3 of the United Nations Sustainable Developmental Goals i.e. Good Health and Well-Being. Total 21 students from B.Sc. Nursing participated in the event out of which Varsha (B.Sc. Nursing 4th year) stood First, Ria (B.Sc. Nursing 1st Semester) stood Second, and Pooja (B.Sc.

Nursing 5th Semester) stood Third. Ms. Vijyeta, Assistant Professor, and Ms. Chetna, Nursing Tutor were designated as the judge of the event.

Outcomes

This competition was organized to seek and develop traditional values among the students.



Students participating in Mehndi Competition on 31/10/2023



Winner students of Mehndi Competition on 31/10/2023
SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name: -	Expert Session on Mental Health Awareness
Venue: -	Einstein Hall, Galileo Block
Date: -	2 nd November, 2023
SDG Number, Name and NEP: -	3- Good Health and Well Being 4-Quality Education, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Resource Person: -	Ms. Vaibhavi, a lawyer and expert in gender, law, and mental health issues
Number of Attendees: -	200
Duration: -	One Day

Description of Event

"I am not afraid of storms, for I am learning how to sail my ship." - Louisa May Alcott

In the tumultuous sea of life, much like a seasoned captain navigating through turbulent waters, we too must learn to steer our own course. Challenges may be aplenty, but armed with knowledge and resilience, we can brave the storm.

Recognizing the fast-paced and often stressful world of students, the **National Service Scheme (NSS), Chitkara University, Punjab**, embarked on a mission to guide the compass of mental health for its students. On the **2nd November, 2023**, an enlightening Expert Session on Mental Health Awareness took place, courtesy of a collaborative effort with **Maybelline, New York's Brave Together India initiative**, supported by the **Yuva organization**.

The session was a beacon of light in the sometimes-cloudy skies of academia, offering students valuable insights on how to navigate the rough waters of their mental well-being. The session will provide strategies for coping with stress and seeking help. Led by **Ms. Vaibhavi**, a lawyer and expert in gender, law, and mental health issues, the event delved deep into the importance of open communication and active listening. These skills, it was emphasized, are vital in strengthening bonds with friends and family and forming a robust support system.

Ms. Vaibhavi's words resonated with the students as she underscored the significance of setting aside mobile phones during conversations. In a world where digital distractions abound, this simple act can foster genuine connections and create a network of support that acts as a lifeline during the tempestuous times of life.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

As a heartwarming gesture, Maybelline, through its Brave Together India initiative, distributed 200 hampers to the students. These tokens of appreciation served as a reminder that, even in the face of life's storms, there are organizations and individuals willing to lend a helping hand. The hampers were more than material gifts; they were symbols of solidarity and compassion, lifting the spirits of those who received them.

In conclusion, the expert session on mental health awareness has shed light on the importance of addressing the stress and challenges faced by students in today's environment. By raising awareness and providing practical strategies for coping, this session has taken a crucial step towards promoting Good Health and Well-being.



Event Details

Event Name	Model Exhibition
Topic	Integrating design and creative skills with Anatomical art and Physiological Functioning of the Human Body
Date	3rd November, 2023
Mode	Offline
Venue	Preclinical Lab, Galileo Block, Chitkara University, Punjab
Time	10 AM to 11:30 AM
Organizer Name	Ms. Aarti, Nursing Tutor Ms. Anjali, Nursing Tutor
Resource Person	-
No. of Participants	59 students
SDG No.	SDG 3: Good Health and Well-being SDG 4: Quality Education

Objectives

- To engage students in showcasing and explaining the core concepts of different systems of the human body.
- To provide a better understanding of the body systems learning by making the working models of the system.

Description

The Department of Nursing, Chitkara School of Health Sciences organized a Model Exhibition on integrating design and creative skills with Anatomical art and Physiological functioning of the Human Body on 3rd November 2023. The main aim of the exhibition was to provide a visual and interactive learning experience for the students to better understand the human body's structure and functions. The exhibition also encouraged creative collaboration and brainstorming among the group members and showcased the various aspects of structure and functioning of various systems like Cardiovascular, respiratory, digestive system, neurons, and Eye. All groups presented the interactive display of the working of various systems of the human body. Ms. Parminder Kaur and Ms. Kanika Guleria, Assistant Professor, Department of Nursing, CSHS judged the exhibition and gave their valuable judgments and feedback to the students. The first position was secured by Group 5 (Eye) and the second position was given to Group No. 1 (Cardiovascular system). Overall, the exhibition was an enriching experience for the students and all students

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participated with great zeal and enthusiasm. This awareness aims to create a healthier population and reduce the burden of disease worldwide.

Outcome

The model exhibition provides a basic understanding of the anatomy and physiology of various systems of the body and builds the ability for teamwork and cooperation among students.



T20 5th Edition Chitkara League Cricket Tournament

Faculty T20 5th Edition Chitkara League Cricket Tournament was organized Under SDG 3 and FIT India by the University Sports Board where, 14 teams of faculty members participated in a T-20 cricket match showcasing their agility, skill and stamina. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports. A total of 210 players participated in the competition. Team BPL Tigers won the tournament and Team Alumni God Fathers were declared the runners-up. The winning team was awarded a trophy.

Man of the Match - Sunder

Best Batsman. - Paras

Best Bowler - Parveen Kumar

Man of the series - Gurjinder Singh Guri



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Event Details	
Event Name	Competition
Topic	Rangoli Competition
Date	7th November 2023
Time	10:00am- 12:30 am
Venue	Galileo Block, Chitkara University, Punjab
Mode	Offline
Organizer Name	Ms. Kanu Mahajan, Assistant Professor, Chitkara University Ms. Sonali Katoch, Nursing Tutor, Chikara University
No. of Participants	36 students
SDG No	SDG 3: Good Health and Well-being

Objective

1. To enhance the creativity & imagination in the field of art.
2. To boost their confidence in art.

Description

The Department of Nursing (CSHS) organized a Rangoli Competition On 7th November 2023, on the occasion of Diwali. The theme of the event was "Celebration of Lights and Unity". The motive of the event was to encourage the hidden talent of the students. By engaging in the creative process of making rangoli individuals can experience a sense of relaxation and mindfulness which can contribute to overall health and well-being. Additionally, the vibrant colors and intricate patterns of rangoli can bring joy and positivity to both the creator and those who view the artwork.

A total of 18 groups, from B.Sc Nursing participated in the event out of which Group 8th (Riya and Parul, B.Sc. Nursing 1Sem.) stood First, Group 2nd (Teesta and Loveneet, B.Sc Nursing 1st Sem) stood Second, and Group 15th (Khushi and Shivam, B.Sc Nursing 3rd Sem) stood third . Ms. Anjali, Nursing Tutor, and Ms. Jigyasha, Nursing Tutor were Designated as the Judges of the event.

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Outcomes

This competition was organized to seek and develop traditional values among the students.



Students Participating in Rangoli Competition On 7th November 2023

Event Details	
Title of the Event:	Football Tournament
Date of the Event:	07 th Nov., 2023
Mode& Venue	Offline, Sportorium
No. of Student Enrolled:	27 Teams (54 Students)
No. of Student Attended	27 Teams (54 Students)
SDG no.	3
Resource Persons:	Dr. Vikas Lamba, Sports Club, CSE, CU

In a vibrant display of skill and teamwork, the Football Tournament, organized by the CSE Sports Club in collaboration with the Chitkara University Sports Board, took place on November 7, 2023. A staggering 27 teams gathered, showcasing their passion for the sport on the buzzing tournament grounds. The competition unfolded through a series of intense and exhilarating matches, testing the agility and strategic prowess of each team. Every precise pass, powerful shot, and tactical play reflected the dedication and expertise of the players, creating an atmosphere brimming with excitement and determination.



As the tournament progressed, two standout teams emerged as frontrunners, demonstrating exceptional skill and teamwork on the field. The final match between "HELLO THERE" and "Bhandi Dal" was a spectacle of football finesse. The stadium pulsed with energy as both sides displayed extraordinary technique and coordination, captivating the audience with their outstanding performance. Ultimately, HELLO THERE secured the championship, their unity and strategic maneuvers earning them the well-deserved title. Their victory stands as an inspiration for aspiring football enthusiasts, emphasizing the vital role of teamwork and commitment in achieving success. Playing football helps people stay physically active which is important for maintaining a healthy lifestyle. Additionally, football promotes teamwork and social interaction which can improve mental well-being. By participating in football individuals can work together to promote a healthier and happier community. Bhandi Dal's commendable performance earned them the runners-up position,

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showcasing unwavering determination and admirable sportsmanship. Their resilience and competitive spirit resonated with the audience, earning widespread admiration and respect. The 2023 Football Tournament served as a testament to teamwork and athletic prowess, providing a platform for emerging talents to display their skills while fostering an environment of healthy competition and mutual respect. As the tournament reached its conclusion, participants and spectators left with a renewed appreciation for the captivating and dynamic nature of football. The success of the event highlighted the dedication of the CSE Sports Club and the Chitkara University Sports Board in promoting sportsmanship and the spirit of healthy competition. Ultimately, the Football Tournament celebrated a deserving champion, illustrating the beauty of collective effort and highlighting the relentless pursuit of excellence in sports.

Winner-Hello There

Aryan Bhartola

Harshit Choudhary

Runner-Up- Bhandi Dal

Kartik Verma

Shubham Soni

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Rules and Regulations for the tournament

Certainly! Here are the specific rules and regulations for participants in a foosball event with a maximum duration of 10 minutes per game and an 11-point game format in a knockout tournament:

1. Tournament Format:

- The tournament follows a single-elimination knockout format.
- Matches consist of one game to 11 points or a maximum duration of 10 minutes, whichever comes first.

2. Scoring:

- A point is earned when the ball completely crosses the goal line.
- The first player or team to reach 11 points wins the game, regardless of the time limit.

3. Game Start:

- A coin toss or another fair method determines the initial possession.
- The ball is placed at the center of the foosball table to start the match

4. Serving the Ball:

- After a point is scored, the team that was scored upon serves the ball from their side.
- The serve must start within 10 seconds of the previous point's conclusion.

5. Game Duration:

- If the game duration of 10 minutes expires before either player/team reaches 11 points, the player or team with the higher score at the end of the time limit wins the game.

6. Tiebreaker Rules:

- In the event of a tie (both players/teams at 10 points) when the time limit is reached, a sudden-death point will determine the winner.

7. Player Conduct:

- Players must exhibit fair play and sportsmanship throughout the match.
- Unsportsmanlike behavior, including excessive spinning of rods, shaking the table aggressively, or any other intentional disruption, may result in penalties or disqualification at the discretion of the tournament organizer.

8. Referee and Disputes:

- A designated referee or tournament official oversees the match and resolves disputes.
- Participants may request clarification on rules but must respect the referee's final decisions.

9. Advancement and Elimination:

- The winner of each match advances to the next round of the tournament.
- The loser of a match is eliminated from the tournament.

10. Time Management:

- Players must be punctual for their matches as per the tournament schedule.
- Failure to appear within the specified time frame may result in disqualification.

These rules are tailored to a fast-paced, competitive knockout tournament setting, ensuring fair play, timely matches, and a clear progression toward determining the ultimate winner within the specified time and point limits.

Event Name	World Kindness Day
Date	November 8, 2023
Venue	Hybrid (Offline and Online)
Organizer	Meraki: A compassionate experiential journey of life Venue: Sun Hall, Turing Block Kindness bookmark-making competition Venue: Explore Stars
Resource Person	Chitkara School of Psychology and Counselling, in collaboration with Chitkara College of Education and Chitkara Learning Resource Centre under the aegis of NSS
Number of Participants	66
SDG Number	3
Duration	

About the Activity

Amid confusion and turmoil, we often hear and say ‘Be gentle with self’, but we tend to articulate and not feel it for ourselves and for others especially. In today’s time, when polarization is at its peak, the need to be ‘more kind’, increases even more. World Kindness Day is celebrated on 13th November 2023 in honor and to celebrate, to inspire kindness in action. It is to pause when experiencing ripples in life and bring in kindness, compassion, empathy and spread it across. World Kindness Day encourages people to be compassionate and show kindness to others. By promoting acts of kindness and supporting global health initiatives we can work towards achieving SDG 3 and creating a healthier more caring world for everyone.



The poster features logos for Chitkara School of Psychology and Counselling, Chitkara University College of Education, G20 India 2023, and the NSS logo. The central graphic shows a hand holding a heart with a world map inside. The text reads: **World KINDNESS DAY 2023**, **BE KIND WHENEVER POSSIBLE**, **8th November, 2023**, Time: 2:00 pm - 4:00 pm. **Highlights of the Event** include: **MERAKI: A Compassionate Journey of Life: An Experiential Journey with Meditation** (Venue: Sun Hall) and **Kindness Bookmark Making Competition** (Venue: Explore Stars). The resource person is **Dr. Jyoti Sharma**, Assistant Professor, CSPC. The event is organized by Chitkara School of Psychology and Counselling in collaboration with Chitkara College of Education, Chitkara Learning Resource Centre & National Service Scheme.

Chitkara School of Psychology and Counselling, in collaboration with Chitkara College of Education and Chitkara Learning Resource Centre under the aegis of NSS, commemorated World Kindness Day on November 8, 2023, with a dual event

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highlighting the virtue of kindness through creative expression and discussion. The first event titled "Meraki," inspired by the Greek concept of putting one's heart and soul into their work, was spearheaded by Dr Jyoti Sharma, Assistant Professor at Chitkara School of Psychology and Counselling and a certified mindfulness coach. Dr Jyoti Sharma facilitated an experiential session emphasizing the importance of deep emotional connection in nurturing kindness not only as an act but as a heartfelt emotion. Following the insightful dialogue, the day progressed to a university wide Kindness Bookmark Making Competition. Students from across the campus showcased their artistic talents by creating bookmarks that carried powerful messages of kindness. This hands-on activity not only encouraged artistic creativity but also served as a medium for students to reflect on and spread the message of kindness. The Bookmark competition was judged by Mr Viney Khurana, Director, Professional Development Centre and Gurinder Pal Singh, Assistant Professor, Department of Interior Design. The successful execution of these events stands as a testament to Chitkara University's commitment to fostering an environment that promotes empathy, compassion, and psychological well-being.



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SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Topic	The Twinkling Stars
Date	9th November, 2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Prof. Manpal Singh Setia, Dean, Dept. of Communication Design, Chitkara Design School.
No. of participants	40
SDG No.	SDG 3: Good health and wellbeing, SDG 4: Quality education, SDG17: Partnership for the goals

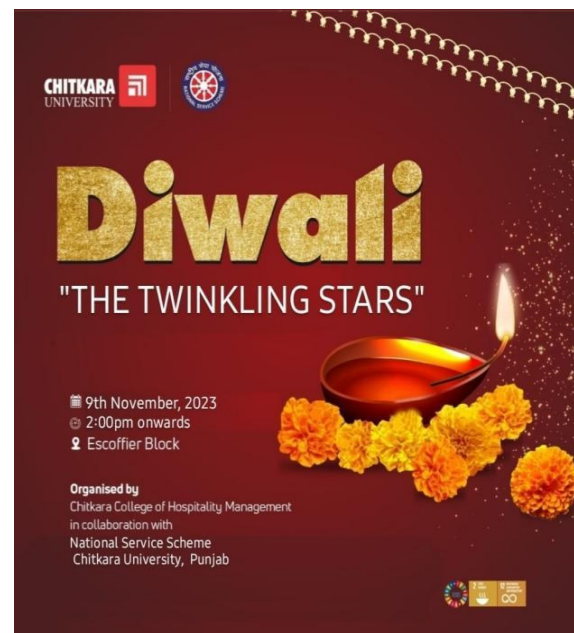
Objective

1. Cultural Appreciation and Expression
2. Teamwork and Collaboration
3. Creativity and Artistic Expression
4. Feedback and Improvement

Description

Art is a form to express your gratitude and also to welcome the Goddess Lakshmi on the occasion of Diwali. Rangoli has been a part of our culture for centuries on festivals. Chitkara College of Hospitality Management in collaboration with the National Service Scheme, Chitkara University, Punjab organized a rangoli-making competition for the 1st year students of the hospitality department on 9th November 2023 at Escoffier Block from 2 pm onwards.

The students were divided into groups and were allotted areas for decoration on various floors. The Judge for the competition was Prof. Manpal Singh Setia, Dean, Dept. of Communication Design, Chitkara Design School. Manipal sir was very happy with the efforts put in by the students and gave his valuable input to make the art better.



Art can serve as a therapeutic tool for individuals facing health challenges promoting healing and well-being. By integrating art into public health interventions and policies we can work towards achieving SDG 3 and improving the overall health of communities worldwide.

Outcomes

1. Increased understanding and appreciation of traditional Indian art forms and cultural practices, fostering a sense of pride and connection to their heritage.
2. Improved ability to collaborate effectively with peers, demonstrating teamwork, communication, and problem-solving abilities in a group setting.
3. Development of artistic skills and confidence in expressing creativity through rangoli-making, enriching students' artistic repertoire and self-expression.
4. Utilization of feedback from the expert judge to refine rangoli-making techniques and design aesthetics, leading to continual skill development and refinement in future artistic endeavors.



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Event Details	
Topic	Upahar (Giving back to the community)
Date	9th November, 2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Mr. Sushil Kumar Sharma, Librarian, Hospitality department
No. of participants	60
SDG No.	SDG 3: Good health and wellbeing, SDG 10: Reduced inequalities, SDG12: Responsible consumption and production

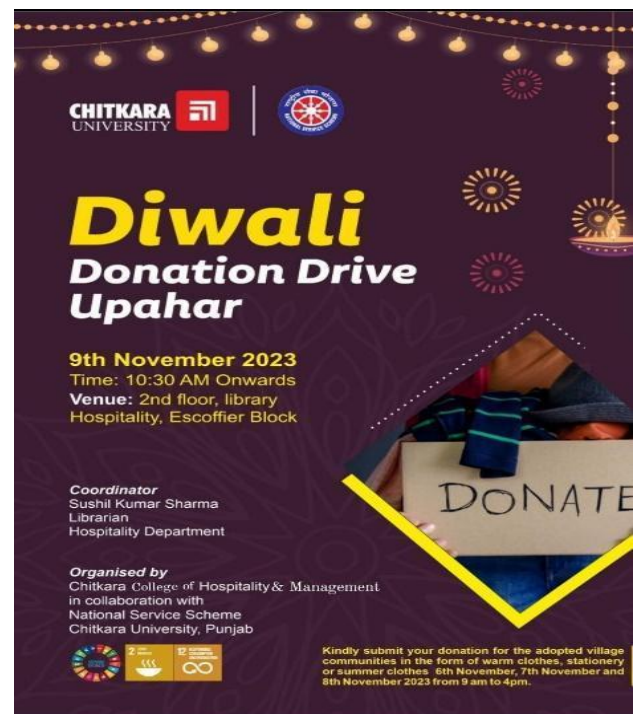
Objective

1. Community Engagement and Social Responsibility
2. Collaboration and Coordination
3. Empathy and Generosity
4. Impactful Contribution

Description

Giving back to the community is something that we all should indulge in our day-to-day lives.

Chitkara College of Hospitality Management on the eve of Diwali organized a Diwali donation drive Upahar in collaboration with National Service Scheme, Chitkara University, Punjab on 9th November 2023 at the library, 1st floor, Escoffier block. The drive was coordinated by Mr. Sushil Kumar Sharma, Librarian, Hospitality department. The staff and students donated to the noble cause and the donations would be distributed to the adopted villages by our university. Donations play a crucial role by providing resources for healthcare services medical research and essential supplies. By



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donating to organizations that support SDG 3 individuals can help improve access to healthcare reduce child mortality rates and combat diseases like malaria and HIV/AIDS. Every contribution no matter how small can make a significant impact on the overall health and well-being of communities around the world. It is important to support initiatives that promote a healthier future for everyone.

Outcomes

1. Meaningful contribution towards supporting underprivileged communities, demonstrating the collective impact of small acts of kindness and solidarity in making a positive difference in society.
2. Cultivate a sense of social responsibility among students and staff by organizing a donation drive and encouraging active participation in giving back to the community.
3. Foster collaboration and coordination skills among organizers and participants in planning and executing the donation drive, promoting effective teamwork and organizational skills.
4. Increased awareness and empathy towards the needs of others in the community, fostering a spirit of generosity and compassion among participants.



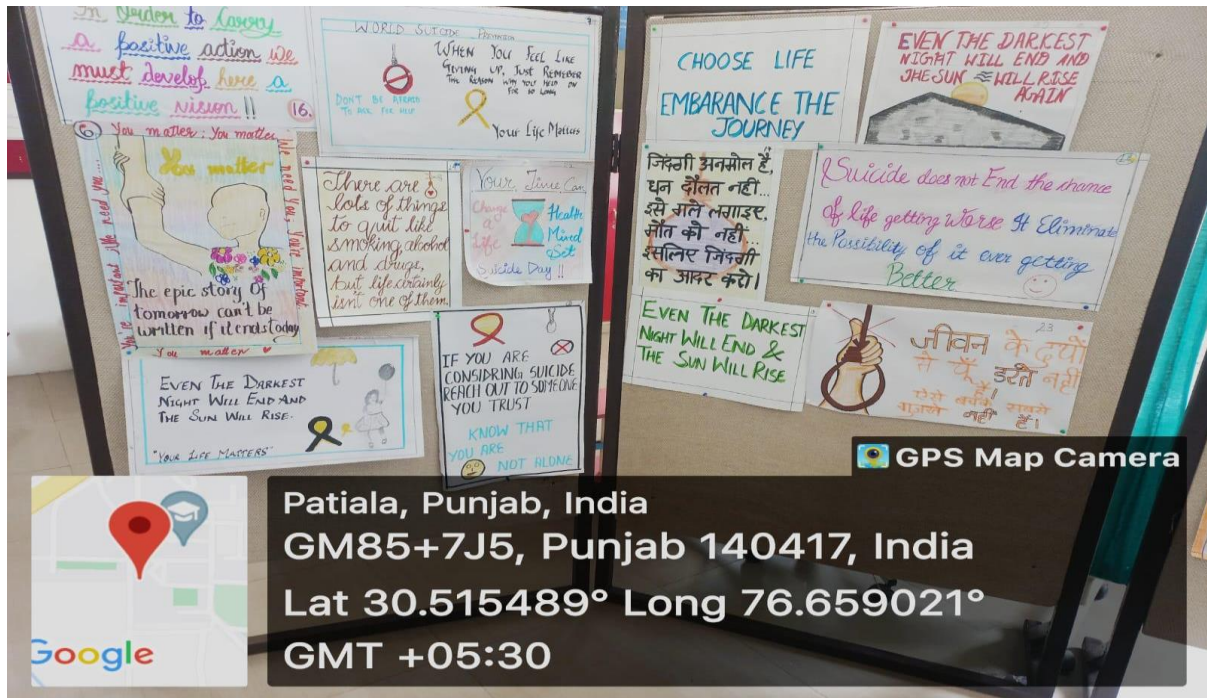
Event Details	
Event Name	Slogan writing competition
Topic	Creating Hope Through Actions
Date	11-09-2023
Mode	Offline
Venue	Child Health Nursing Lab, Galileo Block, Chitkara University, Punjab
Organizer Name	Ms. Kanu Mahajan (Assistant Professor) and Ms. Vijyeta Bhasin (Assistant Professor)
No. of Participants	25
SDG No.	SDG 3 (Good Health & Well-Being)

Ms. Kanu Mahajan (Assistant Professor) and Ms. Vijyeta Bhasin (Assistant Professor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab had organized a slogan writing competition on 11th September 2023 on the occasion of World suicide prevention day at Child health nursing lab, Galileo Block. The motive of the event was to increase the knowledge, cognitive, and creative skills of students and create awareness about the prevention of suicide. The event covered goal number 3 (Good Health & Well-Being) of the United Nations Sustainable Developmental Goals. Students from B.Sc. Nursing 1st Semester, B.Sc. Nursing 3rd semester, B.Sc. Nursing 5th, M.Sc Nursing 1st year had participated in the event. Mr. Gaurav Kohli (Professor) and Ms. Ayushi Mohil (Nursing tutor) were designated as the judges of the event.

By crafting impactful slogans we can inspire individuals to prioritize their health, access quality healthcare services, and make lifestyle choices that contribute to their overall well-being. Through creative and catchy slogans we can effectively communicate the importance of SDG 3 and motivate others to work towards a healthier and happier world.



Students writing a slogan for the Slogan writing competition on 11/09/2023

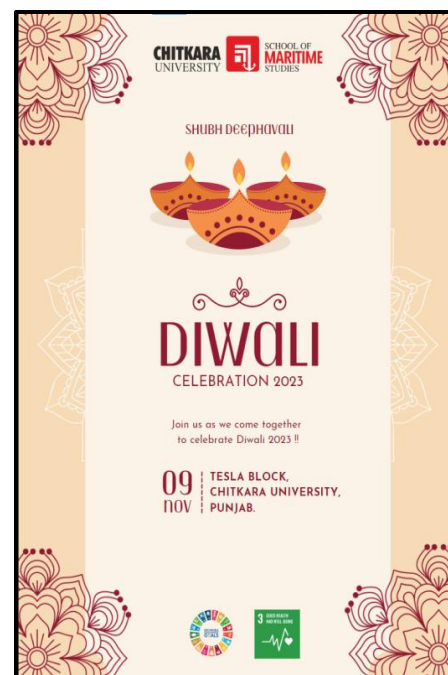


Slogans for the Slogan writing competition on 11/09/2023

EVENT:	Diwali Celebration		
Date / Time:	09.11.2023/ 3:30 PM Onwards	Mode:	Offline
Location / Link:	Tesla Block, Chitkara University, Punjab		
Activity In-charge:	Ms. Reetika Sharma / Ms. Reena Sharma		
No. of Participants:	114 (Cadets) + 17(Faculty)		
Resource Person (if any)	---		
SDG:	3 – Good Health and Well Being		

BRIEF DESCRIPTION

On November 9th, 2023, the Diwali celebration at Chitkara University School of Maritime Studies was a vibrant event filled with joy and cultural richness. The highlight of the day was a spirited Rangoli competition, fostering friendly rivalry between cadets from the 1st, 2nd, and 3rd years, along with the GP rating batch. In a burst of creativity, the GP rating batch emerged victorious. The festivities continued with captivating dance performances by the 1st and 2nd-year cadets, showcasing a fusion of traditional and contemporary moves. Additionally, the talents of the cadets shone through in a soulful singing show, bringing melodious tunes to the festive atmosphere. Overall, the Diwali celebration at Chitkara University School of Maritime Studies was a resounding success, leaving a lasting impression of cultural vibrancy and collective celebration. Diwali celebrations act as a great stress buster thus promoting health and well-being of individuals.





Group Photo with Dr. Madhu Chitkara on 09-Nov-2023



Judges evaluating the Rangoli made by the various Batches on 09-Nov-2023

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EVENT:	Demonstration of Vertical Farming of Turmeric		
Date / Time:	16 th Nov 23 /11:00-14:30 hrs.	Mode:	Offline
Location / Link:	Village Amin, Kurukshetra		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	52 Farmers		
Resource Person (if any)	Dr Anurag Tewari		
SDG:	1, 2, 3, 9, 12, 13, & 17		

Event Details

Vertical farming of turmeric can positively impact human health. By growing turmeric in vertical farms, we can ensure a steady supply of this beneficial plant that is rich in antioxidants and anti-inflammatory properties. These properties of turmeric can help prevent diseases and promote overall well-being.

The goal of vertical farming is to enhance production and quality within a smaller space. Typically, turmeric with a high curcumin content is cultivated on vertical farms using protected methods, allowing us to yield the equivalent of 50 acres from just one acre.



Observations being made by Yellow Point Farm Team at Vertical Farming Unit in Kurukshetra, Haryana

Event Name	Poster Competition
Topic	Access to Diabetes Care
Date	16 November 2023
Time	10:30A M to 12:30P M
Venue	CHN Lab GB 306, Galileo Block
Organizers	Department of Nursing, Chitkara University, Punjab.
No. of Participants	20
SDG No.	SDG 3 (Good Health and Wellbeing) and 4 (Quality Education)

Objectives

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

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organised a Poster Competition on the occasion of World Diabetes Day. The theme of the event was “Access to Diabetes Care”. The motive of the event was to create awareness about Diabetes and bring out the talent and creativity of students. Diabetes is a chronic disease that affects millions of people worldwide. By prioritizing diabetes care we can prevent complications and improve the quality of life for those living with the disease. Access to proper treatment education and support is crucial in managing diabetes effectively. The event covered goals number 3 (Good Health and Wellbeing) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. The Poster competition, a showcase of artistic prowess, saw Supriya, a student from B.Sc. Nursing 1st Semester securing the first position, followed by Naina and Nikita Gupta, both from B.Sc. Nursing 3rd Semester respectively claiming the second and third positions. Ms. Parminder Kaur (Associate Professor) and Ms. Sawroop Dhillon (Assistant Professor) were designated as the judges of the event.





Poster Competition on World Diabetes Day on 16/11/2023



Poster Competition on World Diabetes Day on 16/11/2023

Outcomes

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

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

EVENT:	Training Program on ORGANIC FARMING in Mi LIFESTYLE Pvt Ltd		
Date / Time:	16 th Nov /1100-1430 hrs.	Mode:	Offline
Location / Link:	Kurukshetra, Haryana		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	800 Participants		
Resource Person	Dr Anurag Tewari		
SDG:	1, 2, 3, 4, 5, 9, 12, 13, 15, & 17		

Event Details

In addition to being a source of highly digestible carbohydrates and nutritionally complete protein, vegetables are also an excellent source of essential nutrients, glucosinolates, antioxidants, fiber, and vitamins, particularly niacin, riboflavin, Thiamin and vitamins A and C, etc. Green leafy Vegetables such as amaranth, bathua and spinach, etc., are cheaper source of folic acid. Vegetables are the best resource for overcoming micronutrient deficiencies. A judicious mix of vegetables can provide the recommended daily allowance for vitamins, folate, and significant amounts of other essential mineral nutrients required for human health.

Mi Lifestyle is a direct marketing company. They are into various cosmetics as well as agriculture inputs. Their entire agriculture products are NOP & NPOP certified products. Hence, they all can be used in organic farming. In this context, Mi Lifestyle Company frequently organizes training programs for its sales team. In a few training programs, I have been the main speaker wherein I have shared my experiences & viewpoints regarding their products and how they are involved in social welfare.

Organic vegetable production plays a pivotal role in advancing Sustainable Development Goal 1, which aims to end poverty in all its forms everywhere. By promoting sustainable agricultural practices, organic farming not only ensures food

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security but also generates income for small-scale farmers, empowering them to achieve economic independence.



Event Details	
Event Name	Clay Modeling Competition on Children’s Day
Topic	Clay Modeling Competition: Celebration of Lights and Unity
Date	17 th November, 2023
Mode	Offline
Venue	Child Health Nursing Lab, Galileo Block, Chitkara University, Punjab
Organizer Name	Ms. Navpreet Kaur, Associate Professor and Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	10
SDG No	SDG 3: Good Health and Well-being

Objectives

- To nurture a student’s creativity, boost imagination, and imbibe self-confidence in them.
- To foster the spirit of joy and playfulness among students through clay modeling.

Description

Ms. Navpreet Kaur (Associate Professor) and Ms. Priya Gill (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Clay Modeling Competition on the occasion of Children’s Day with the theme “Celebration of Lights and Unity”. The Competition unfolded as a dazzling showcase of creativity and communal spirit. Through the language of clay, participants conveyed a powerful message of togetherness, fostering an atmosphere of celebration and understanding. The event covered goal number 03 of the United Nations Sustainable Developmental Goals i.e. Good Health and Well-being. Clay modeling can be a fun and creative way to promote physical and mental well-being. By engaging in this artistic activity individuals can improve their fine motor skills and hand-eye coordination. Creating clay models can also help reduce stress and anxiety promoting a sense of relaxation and mindfulness. We had five groups comprising 2 students in each group. Total 10 students from B.Sc. Nursing 3rd Semester and B.Sc. Nursing 5th Semester participated in the event out of which 2nd group Jasmeen and Sambhav (B.Sc. Nursing 3rd Semester) stood first and 1st group Vanshika and Raminderjeet (B.Sc. Nursing 5th

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Semester) secured second position. Ms. Eenu (Associate Professor) and Ms. Keerat Kaundal (Nursing Tutor) were designated as the evaluators of the event.

Clay modeling can be a fun and creative way to promote physical and mental well-being. By engaging in this artistic activity individuals can improve their fine motor skills and hand-eye coordination. Creating clay models can also help reduce stress and anxiety promoting a sense of relaxation and mindfulness.



Outcomes

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

Event Details	
Event Name	Role Play on Newborn Week
Topic	Role Play on Newborn Week: Safety, Quality and Nurturing Care – Birth Right of Every Newborn
Date	17 th November, 2023
Mode	Offline
Venue	Pediatric Ward and Postnatal Ward at Civil Hospital, Phase-6 Mohali, Punjab
Organizer Name	Ms. Kanika Sharma, Nursing Tutor, and Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	19
SDG No	SDG 3: Good Health and Well-being

Objectives

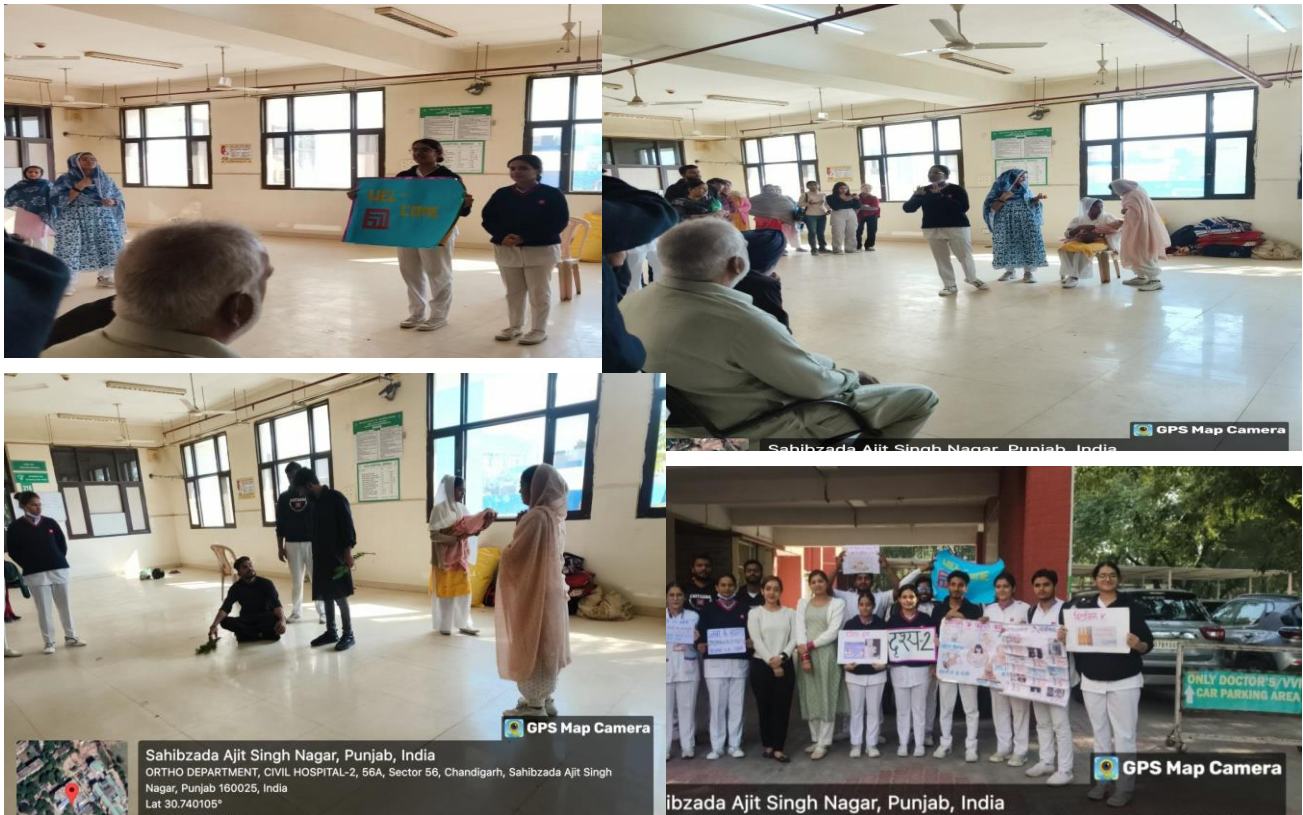
- To provide parents with essential information and knowledge about caring for a newborn.
- To highlight the importance of breastfeeding in promoting the health and well-being of newborns.

Description

Ms. Kanika Sharma (Nursing Tutor) and Ms. Priya Gill (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Role Play on Newborn care and the importance of breastfeeding in the Pediatric Ward and postnatal ward at Civil Hospital, Phase-6 Mohali, Punjab on the occasion of Newborn Week. Students of B.Sc. Nursing 5th Semester performed a role play themed “Safety, Quality and Nurturing Care – the Birthright of every newborn”. Students educated the caregivers and the family members about the care of newborns such as eye care, cord care, immunization, myths, misconceptions, and the importance of exclusive breastfeeding, and its benefits to the mother and baby. At the end of the role-play, students explained these topics using charts and flashcards with their active participation. Students explained the common concerns and provided practical tips to family members.

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By prioritizing the health of newborns through initiatives like prenatal care for mothers and access to healthcare services we can help reduce infant mortality rates and ensure a healthy start to life for all children. Communities and governments need to work together to support the well-being of newborns and create a healthier future generation.



Outcomes

- Role play effectively aimed to equip new parents with the knowledge and confidence needed for a positive and nurturing start in caring for their newborn.

Event Details	
Event Name	CSR Activity
Topic	Awareness Talk on the Impact of Diabetes on Health
Date	18 th November 2023
Mode	Offline
Venue	Urban Area, Old PHC, Rajpura, Punjab
Organizer Name	Ms. Annu Singhal (Assistant Professor), CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	20
No. of Impacted people	18
SDG No	SDG 3: Good Health and Well-being SDG 11: Sustainable cities and communities

Objectives

- To Increase understanding of what diabetes is, its types and how it affects the body.
- To educate about the potential complications of diabetes.
- To Emphasize the importance of preventive measures and regular medical check-ups.

Ms. Annu Singhal (Assistant Professor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Community Awareness Programme in Urban Area, Old PHC, Rajpura Punjab on the occasion of World Diabetes Day. Students of B.Sc. Nursing 5th Semester participated in the event themed “**Access to Diabetes Care**”. The goal of this awareness talk was to increase awareness and knowledge among individuals, and the community to promote early detection, effective management, and prevention of diabetes-related complications. In this community awareness programme the community was educated about what diabetes is, its types (Type 1, Type 2, gestational diabetes), how it affects the body, risk factors associated with diabetes, such as family history, lifestyle choices, and obesity, promote healthy lifestyle practices, including a balanced diet, regular physical activity, and weight management, as ways to prevent or delay the onset of diabetes, promote regular health check-ups and screenings for those at high risk and emphasize the significance of monitoring blood sugar levels regularly and the role of medication, diet, and exercise in maintaining

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optimal blood glucose levels. The community awareness programme ended with a group discussion. Overall, the awareness talk was very helpful and effective for the community people for improving the quality of life for individuals with diabetes



Outcomes

- The Community Awareness Program was effective, and community people gained knowledge regarding early detection, effective management, and prevention of diabetes-related complications.

Event Name	CSR Activity
Topic	Awareness program on “Nurturing Newborn Care”
Date	20 th November, 2023
Venue	Simrita Nursing Home, Dalima Vihar, Rajpura, Patiala
Organizer	Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	07
No. of impacted people	18
Under SDG no.	03,04
SDG Details	03 Good health and well-being,04 Quality Education

Objectives

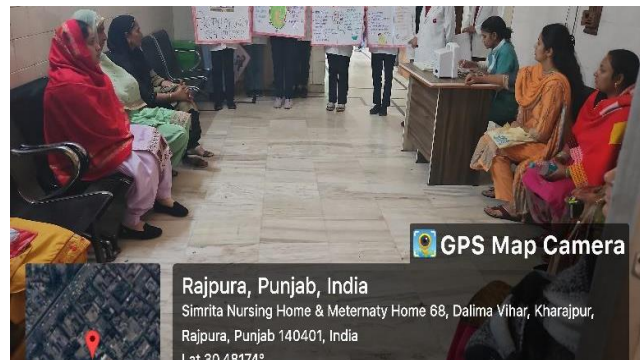
- Awareness among people regarding the care of newborns.
- Educating people regarding the importance of maintenance of temperature, eye care, and cord care.
- Reduce the mortality and morbidity rate among newborns.

Description

Newborn care plays a crucial role in keeping the child safe and healthy for the rest of life. If we do the right care, we hope to see fewer babies sick or passing away in the future. National Newborn Care Week was celebrated at Simrita Nursing Home, Rajpura in collaboration with the Department of Nursing, CSHS, Chitkara University, Punjab from 15th – 21st November 2023. This year’s theme was “**Safety, Quality, and Nurturing Care Right of Every Newborn**” which highlighted the importance of taking care of newborns for their health and growth. The first 28 days of a baby’s life are very important for their survival. During this time, the risk of a baby dying is the highest compared to any other time in their childhood. The first month is also very important for future health and growth. Students of M.Sc. Nursing 1st Year and 2nd Year organized the awareness program on “Nurturing Newborn Care” which focused on the temperature maintenance of the baby, breastfeeding, eye care, cord care, and skin care to keep the baby healthy and rid of diseases. Overall, the awareness talk was very helpful and effective for the parents and family members.

Students of M.Sc. Nursing 1st Year and 2nd Year providing awareness regarding the importance of taking care of newborns at Simrita Nursing Home, Dalima Vihar, Rajpura, Patiala on 20/11/23.

Students of M.Sc. Nursing 1st Year and 2nd Year providing about temperature maintenance of baby, breastfeeding, eye care, cord care, and skin care at Simrita Nursing Home, Dalima Vihar, Rajpura, Patiala on 20/11/23.



Group photo of Students of M.Sc. Nursing 1st Year and 2nd Year participating in an awareness program on “Nurturing Newborn Care” on 20/11/2023

Outcomes

The awareness program was effective, and parents and family members gained knowledge regarding the care of newborns.

Event Name	Community Awareness Programme
Topic	Health Education on National New-born Week
Date	21st November, 2023
Mode	Offline
Venue	Gynae & Paediatric OPD of GMSH, Sector 16, Chandigarh
Organizer Name	Ms. Timsy, Associate Professor Ms. Gurpreet Kaur, Assistant Professor Ms. Lakshita, Nursing Tutor Ms. Aanchal, Nursing Tutor
Resource Person	Ms. Surinder Kaur, Nursing Superintendent, GMSH, Sector 16, Chandigarh
No. of Participants	23 Participants
No. of Impacted Individuals	40
SDG No.	3 Good health and well-being 11 Sustainable Cities and Communities

Objectives

- To create awareness regarding the Immunization Schedule.
- To provide health education to people regarding Kangaroo Mother Care, Breastfeeding-Importance to child and mother, Technique of breastfeeding, and Balanced diet.

Every year, from November 15 to 21, the country celebrates Newborn Care Week. This year's theme was 'Safety, quality, and nurturing care – the birthright of every newborn' which was about making sure every newborn gets good healthcare services that support their development and keep them safe and respected at places like hospitals, community sessions, and homes. So, focusing on the theme students of B.Sc. Nursing 4th Year, Department of Nursing, Chitkara School of Health Sciences delivered Health Education at Paediatric OPD and Gynae OPD of GMSH, Sector 16, Chandigarh on 21st November 2023.

Students participated and provided health education to people regarding the Immunization Schedule, Kangaroo Mother Care, Breastfeeding-Importance to child and mother, Technique of breastfeeding, and Balanced diet. Newborn care is crucial in ensuring the health and well-

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being of infants in their first few weeks of life. This includes providing essential vaccinations regular health check-ups and promoting breastfeeding to prevent diseases. By prioritizing newborn care, we can help reduce infant mortality rates and ensure a healthy start to life for all babies.



Health Education in Gynae OPD on National New-born Week dated 21st November 2023



Health Education in Paediatric OPD on National New-born Week dated 21st November 2023

Outcomes

- Community Awareness Programme in the Pediatric OPD and Gyane OPD contributed to educate the group about Immunization Schedule, Kangaroo Mother Care, and Breastfeeding.

Event Details	
Event Name	CSR Activity
Topic	Health Mela for School Children
Date	22 nd November 2023
Mode	Offline
Venue	Aam Aadmi Clinic, Old Rajpura
Organizer Name	Ms. Annu Singhal (Assistant Professor), CSHS, Chitkara University, Punjab Ms. Divya Sethi (Nursing Tutor), CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	22
No. of Impacted people	75
SDG No	SDG 3: Good Health and Well-being SDG 11: Sustainable cities and communities

Objectives

- To Promote Health Education
- To Prevent and control Disease
- To encourage healthy nutrition
- To promote physical Activity
- To create a safe environment

Ms. Annu Singhal (Assistant Professor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Health Mela for School Children in Aam Aadmi Clinic, Old Rajpura, Punjab. Students of B.Sc. Nursing 5th Semester participated in the event. Health mela or health fair is an event that promotes awareness about health and provides access to healthcare services. At a health mela people can learn about healthy habits get check-ups and receive information on preventing diseases. These events play a crucial role in improving community health and achieving the targets set by SDG 3- By attending health melas individuals can take proactive steps towards leading healthier lives and contributing to a sustainable future. The goal of this Programme was to increase awareness and knowledge among students, prevent the spread of infectious diseases within the school community, through vaccination programs, promote good hygiene practices, focus on mental health promotion, prevent mental health issues, and provide support for students facing mental health challenges,

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promotion of healthy eating habits & importance of healthy Food. Blood Group and Blood Hb were checked of school students Height and weight were checked and BMI was calculated. Students performed a hand-washing Dance for the school students. Health education was given using AV aids to empower the school students. The event was closed by offering refreshments to the school students. School teachers and students appreciated the program.



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Outcomes

- The School Health Programme was effective, and School students gained knowledge regarding Health Education, healthy nutrition, physical activity, and a safe environment.

Event Name	2 days' International Conference on Recent Innovations in Clinical and Translational Approaches in Pharmaceutical Sciences-2023 (RICTAPS-2023)
Date	24 th – 25 th November 2023
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Deependra Singh Chairman, Education Regulations Committee, PCI, New Delhi Prof. (Dr.) Milind J Umekar National President, Association of Pharmaceutical Teachers of India
Number of Participants	250
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy hosted a two-day international conference, in collaboration with the Punjab State Pharmacy Council and Amulya Herb and ClinSync chair, titled "Recent Innovations in Clinical and Translational Approaches in Pharmaceutical Sciences-2023." The event was scheduled from November 24th to 25th, 2023, at Chitkara College of Pharmacy, Chitkara University, Punjab. The conference took place offline, and notable figures like Dr. H.S Panesar, Dr. Deependra Singh and Prof. (Dr.) Milind J Umekar, along with other distinguished national and international speakers, contributed their expertise to discuss groundbreaking advancements in clinical and translational approaches in pharmacy. This conference held significant importance as it brought together experts from national and international domains to discuss recent



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innovations in clinical and translational approaches in pharmaceutical sciences. With eminent speakers, the event provided a platform for the exchange of cutting-edge research and ideas. Addressing advancements in pharmacy, the conference aims to foster collaboration, share insights, and promote the dissemination of knowledge. By focusing on the latest developments, it contributed to the evolution of pharmaceutical sciences, ultimately influencing the future of healthcare and pharmaceutical research. Attendees stand to gain valuable insights and contribute to shaping the trajectory of the field. Researchers and scientists are constantly working to find more effective ways to diagnose treat and prevent diseases and promote health of individuals



Dr. Deependra Singh, Chairman, Education Regulations Committee, PCI, New Delhi
Prof. (Dr.) Milind J Umekar, National President, Association of Pharmaceutical Teachers of India, Prof. Dr. Thakur Gurjeet Singh, Dean Chitkara College of Pharmacy and other esteemed guests



Attendees of the event- International Conference on Recent Innovations in Clinical and Translational Approaches in Pharmaceutical Sciences-2023 (RICTAPS-2023)

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North Zone Inter University Badminton Men Tournament 2023-24 24 to 29 November 2023

Under the guidance of AIU Association, the University Sports Board, Chitkara University, Punjab hosted the North Zone Inter University Badminton Men Tournament from 24 to 29 November 2023 under SDG-3 and Fit India. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports.

The competition was very tough, and each team put in their best efforts to lift the NZ trophy.



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EVENT:	Plantation drive led by Dr V P Sharma, Director, Directorate of Mushroom Research		
Date / Time:	26 th November 23 /11:00-14:30 hrs.	Mode:	Offline
Location / Link:	Yellow Point Fled, Chitkara University, Punjab		
Activity In-charge:	Dr Anurag Tewari		
No. of Participants:	225 Students		
Resource Person (if any)	Dr Anurag Tewari		
SDG:	2, 3, 5, 9, 11, 13, 15 & 17		

Event Details

The signing of Memorandums of Understanding (MoUs) has long been a priority for Chitkara University. We have previously established an MoU in the area of agriculture and tourism. Progressing in this direction, we are approaching agreements with various like-minded organizations. Notably, the leading institution in this effort is the Directorate of Mushroom Research (DMR) in Solan, Himachal Pradesh. On November 26, 2023, Dr. V. P. Sharma, the Director of DMR, graciously visited Chitkara University's Rajpura campus in Punjab. He spoke to the students gathered at Yellow Point Farm and led a plantation drive that included fruit saplings such as guava, pomegranate, and dragon fruit. This initiative aims to increase tree planting to enhance air quality, provide shade, and foster a healthier environment for all. The fruits that are planted here are beneficial to all and provide nutritious food and good health.



Dr. V P Sharma at Chitkara University, Rajpura, Punjab

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**Felicitation to the Winning and Runner-up teams by Dr. S.C. Sharma (Registrar) –
24 to 29 November 2023
Football Club Tournament for Women
27th November 2023**

University Sports Board, Chitkara University, recently organized the ‘Football Club Tournament for Women’, aiming to foster harmony and a healthy sporting environment under SDG3 and Fit India. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports. The competition showcased the remarkable power of grit, passion, and resilience among the female players, reaching its pinnacle during the intense matches.

Team Twilight emerged victorious, showcasing their exceptional skills and teamwork. Team Full Moon claimed the Runner’s Up title showcasing a commendable display of sportsmanship and competitiveness. The tournament was an overwhelming success, providing a great opportunity for the club members to come together and enjoy the game of football.

Winner - Team - The Twilight

Runner’s Up Team - The Full Moon

Best Player of the Tournament – Meenal



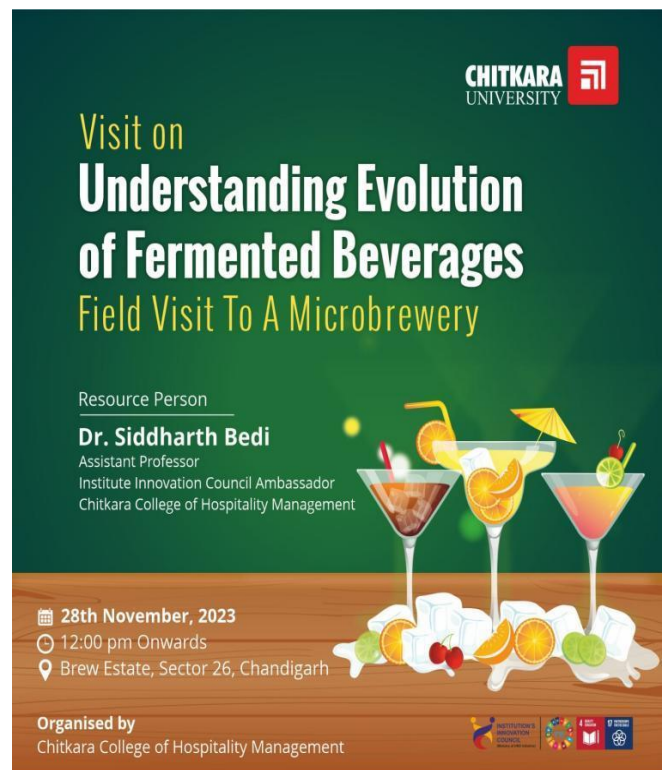
Event Details	
Topic	Understanding the Evolution of fermented beverages
Date	28th November, 2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Dr. Siddharth Bedi
No. of participants	70
SDG No.	SDG 3: Good health and well-being, SDG 4: Quality education, SDG17: Partnership for the goals

Objective

1. Understanding Brewing Processes
2. Experiential Learning in Industry Operations
3. Exploration of Entrepreneurial Opportunities:
4. Bridge Academic Knowledge with Industry Application

Description

Chitkara College of Hospitality Management orchestrated a transformative exposure visit on the intriguing topic "Understanding Evolution to Fermented Beverages." This immersive field visit took place on the 28th of November 2023 at Brew Estate in Sector 26, Chandigarh, providing students with firsthand experience in the operations of a microbrewery. The visit unfolded as a dynamic exploration, immersing students in the intricate processes of brewing and fermenting beverages. Dr. Bedi, with his expertise, guided students through the various facets of microbrewery operations, shedding light on the evolution and



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craftsmanship behind fermented beverages. Students gained valuable insights into the art of brewing, from raw ingredients to the final product, enriching their understanding of the nuances in flavor profiles and production techniques. Fermented beverages have probiotic properties that promote a healthy gut and immune system. Consuming fermented beverages like kombucha or kefir can help maintain a balanced microbiome in our bodies which is essential for overall health. Additionally, these beverages can provide nutrients and antioxidants that support our well-being.

Outcomes

1. Enhanced understanding of the brewing process, including fermentation techniques, ingredient selection, and quality control measures, enabling students to appreciate the craftsmanship behind fermented beverages.
2. Practical insights into microbrewery operations, empowering students with hands-on experience and skills applicable to careers in the food and beverage industry or entrepreneurship ventures.
3. Stimulated entrepreneurial mindset and aspirations among students, inspiring them to explore opportunities for innovation and business creation within the dynamic landscape of food and beverage startups.
4. Strengthened academic-industry linkages, fostering a culture of experiential learning and innovation that equips students with the practical skills and knowledge needed to thrive in the ever-evolving hospitality and entrepreneurship sectors.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Topic	Cake mixing ceremony
Date	29-11-2023
Mode	Offline
Organizer name	CCHM
Resource person	Chef Amit Vohra
No. of participants	60
SDG No.	3,12

Objectives

1. To provide students with an opportunity to engage with the Pro-Chancellor and gain insights from her experience.
2. To foster a sense of community and celebration among students at the start of the Christmas season.
3. To enhance students' understanding of institutional traditions and values.
4. To create a joyful and memorable experience that promotes student engagement and motivation.

Description

The ceremony, held annually at the start of the Christmas season, was filled with joy and provided students with a unique opportunity to interact with Pro-Chancellor Ma'am. This event fosters a sense of community and celebration among the students, marking the beginning of the festive season. The interaction with the Pro-Chancellor offered valuable insights and inspiration, enhancing the student's understanding of the institution's traditions and values. The ceremony not only created a joyful and memorable experience but also promoted student engagement and motivation, strengthening their connection to the academic environment.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Outcomes

1. Students will gain valuable insights and inspiration from their interaction with the Pro-Chancellor.
2. Participants will experience a sense of community and belonging through the celebratory event.
3. Attendees will understand the significance of institutional traditions and their role in fostering school spirit.
4. Students will feel more motivated and connected to their academic environment.

By preparing nutritious meals we can ensure that we are consuming the right balance of nutrients that our bodies need to stay healthy. Additionally, cooking allows us to control the ingredients we use avoiding harmful additives which can cause diseases. Therefore, by prioritizing cooking and making healthier food choices, we can contribute to achieving SDG 3 and improving our overall well-being.



Event Details	
Topic	Food & Wine Pairing - VAC
Date	29-11-2023
Mode	Offline
Organizer name	CCHM
Resource person	Amit Gupta & Chef Kavesh Attary
No. of participants	34
SDG No.	3,4

Objectives

1. To understand the fundamental principles of food and wine pairing.
2. To gain practical experience in selecting and pairing wines with various dishes.
3. To explore the chemistry and sensory interactions between food and wine.
4. To enhance students' knowledge and appreciation of wine and culinary arts.

Description

The Food & Wine Pairing value-added course offers a golden opportunity for hospitality students to gain hands-on experience in the art and science of pairing food and wine. This course provides in-depth knowledge about the chemistry and sensory interactions between various foods and wines. Students will engage in practical exercises, allowing them to apply theoretical knowledge in real-world settings. By the end of the course, students will have a deeper appreciation and understanding of how to create harmonious food and wine pairings, enriching their culinary expertise and enhancing their professional skill set in the hospitality industry.

Outcomes

1. Students will demonstrate a solid understanding of the principles of food and wine pairing.
2. Participants will apply their knowledge in practical settings, effectively pairing wines with different foods.

3. Attendees will appreciate the sensory interactions and chemistry between food and wine.
4. Students will enhance their overall culinary and hospitality skills, improving their professional competence.

When it comes to food and wine pairing it is important to consider how the choices we make can impact our health. By selecting nutritious and balanced meals to pair with our favorite wines we can promote overall wellness and support our bodies in staying healthy.



Event Details	
Topic	Complexities Of a Food & Beverage Venture as a start-up
Date	30th November, 2023
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Dr. Siddharth Bedi
No. of participants	70
SDG No.	SDG 3: Good health and well-being, SDG 4: Quality education, SDG17: Partnership for the goals

Objective

1. Understanding Food & Beverage Entrepreneurship
2. Experiential Learning in Startup Operations
3. Exploration of Entrepreneurial Skills
4. Integration of Theory and Practice

Description

Chitkara College of Hospitality Management curated an insightful exposure visit centered around the intricacies of initiating a Food & Beverage venture. The event, titled "Site Visit to a Microbrewery," unfolded on the 30th of November 2023 at Brew Estate in Sector 26, Chandigarh. The visit was designed to provide students with a comprehensive understanding of the complexities associated with launching a Food & Beverage startup. Immersed in the operational hub of a microbrewery, students gained exposure to the nuanced processes involved in managing such ventures. This hands-on experience not only broadened students' perspectives on the intricacies of the hospitality sector but also equipped them with practical knowledge crucial for venturing into their own Food & Beverage



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startups. The exposure visit, which seamlessly integrated academia with real-world applications, exemplifies Chitkara College of Hospitality Management's commitment to holistic education education.

Outcomes

1. Increased awareness of market trends, consumer preferences, and competitive dynamics within the hospitality sector.
2. Developing critical thinking and problem-solving skills through hands-on engagement with real-world startup scenarios.
3. Encouragement of innovative thinking and risk-taking behavior, inspiring students to identify and pursue entrepreneurial opportunities within the Food & Beverage domain.
4. Improved understanding of the practical implications of business theories and frameworks in the context of startup operations.

Starting a new venture in this sector requires careful consideration of various complexities such as food safety regulations, sourcing quality ingredients, and maintaining high hygiene standards. Additionally, ensuring the nutritional value of products and catering to diverse dietary preferences adds another layer of complexity to the business. Despite these challenges, entrepreneurs can make a positive impact by prioritizing consumer health and well-being in their business strategies.



Event Name: -	World AIDS Day
Venue: -	Outside Exploretorium
Date: -	1 st December, 2023
SDG Number, Name and NEP: -	3-Good Health and Well Being, 4-Quality Education, 16-Peace, Justice and Strong Institution, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
Number of Attendees: -	232
Duration: -	One Day

Description of Event

"Knowledge empowers; awareness transforms."

On **December 1, 2023, World AIDS Day** was observed with vigor and awareness at **Chitkara University, Punjab**, transforming the campus into a hub of diverse activities.

This day serves as a reminder to the global community to unite in the fight against HIV/AIDS, support those living with the virus, and remember those who have lost their lives to the disease. The world can end AIDS and the stigma revolving around it, with communities leading the way. This World AIDS Day, Chitkara led the way through a creative stride towards raising awareness.

In collaboration with the **Red Ribbon Club** and the **National Service Scheme, Chitkara University** initiated a series of events marked by creativity. The day kicked off with a **face-painting and poster-making competition**, where NSS volunteers, armed with brushes and bright paints, skillfully transformed faces and posters into powerful messages of awareness about HIV.

The campus buzzed with excitement as NSS volunteers and Red Ribbon Club members joined forces for a **flash mob**, engaging the campus in an entertaining yet informative way about HIV. The visual impact of the face painting and posters, combined with the lively flash mob, served to create a dynamic atmosphere of awareness.

Eveningtime, volunteers gathered for a meaningful ceremony, taking an **oath** to fight against the stigma associated with HIV. This symbolic gesture highlighted the commitment of the Chitkara University community to be advocates for change and

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inclusivity. The ceremony was followed by a **candlelight march**, with slogans like “Compassion over stigma, unity over AIDS” resonating in the air. The march not only illuminated the evening but also illuminated the collective spirit to combat the societal barriers and prejudices surrounding HIV.

World AIDS Day, a global initiative dedicated to raising awareness about HIV/AIDS, remembers those who lost their lives to the disease and shows support for those living with it. The day at Chitkara University was a significant step toward changing perceptions and breaking down the barriers of stigma surrounding HIV. The vigilant Chitkarian’s active participation in this global movement demonstrated its commitment to being a socially responsible institution.



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DEPARTMENT OF NURSING

EVENT DETAILS	
Event Name	C.S.R. Activity
Topic	Role Play on World AIDS Day
Date	1 st December 2023
Venue	GMSH-16 Hospital Chandigarh
Organizers	Ms. Neha, Ms. Divya Thakur, Ms. Ayushi, Ms. Priya.
Resource Person	-
No. of Participants	11 Participants
No. of Impacted Individuals	22
SDG no.	03,04 03 Good health and wellbeing 04 Quality Education

Objectives

- To bring awareness to the community people regarding the increasing burden of AIDS diseases in the community and their prevention
- To support people affected by HIV
- To foster early detection of HIV infection among persons at ongoing risk for HIV or among persons with recent HIV exposure.

World AIDS Day is celebrated on 1st December every year. The theme for this year is “**Let Communities Lead**”. Department of Nursing, Chitkara School of Health Sciences, Chitkara University participated in the event. BSc. Nursing 3rd semester organized a Role play on 1st December in which they conveyed the message to the public. The main purpose of this day was to prompt all to work for the proven practical actions needed to address inequalities and help end AIDS. The audience was a mixture of the family members of the patients and staff of GMSH-16 Hospital, Chandigarh. There were a total of 20-22 people present there at the time of the role play. AIDS is a serious disease that affects millions of people worldwide. By educating people about AIDS we can help prevent its spread and ensure that those living with the disease receive proper care and support. Individuals must know how AIDS is transmitted, how to protect themselves and

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where to seek help if needed. Through increased awareness and action, we can work towards achieving SDG 3 and creating a healthier world, which is free from diseases, for everyone.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

Role play was an amazing experience and a great way to spread and upgrade knowledge and provide real scenarios to help individuals.

Event Name	Workshop
Topic	Changing Trends in ENBC & FBNC
Date	02.12.23
Mode	Offline
Venue	GB 203, Galileo Block
Organizer	Ms. Kanika Sharma, Department of Nursing, Chitkara School of Health Sciences, Chitkara University
Resource Person	Ms. Navpreet Kaur, Associate Professor Ms. Aruna Kumari, Assistant Professor Ms. Kanika Sharma, Nursing Tutor Ms. Priya Gill, Nursing Tutor
Number of Participants	45
SDG No.	3,4

Objectives

- To familiarize the participants with ENBC & FBNC and describe evidence-based routine care of the newborn baby at birth
- To demonstrate methods to keep the baby warm after birth and develop skills in assisting Kangaroo Mother Care
- Recognize different methods to feed normal and low birth weight babies
- Identify and manage at-risk, sick neonates and perform resuscitation of newborn baby and provide aftercare

Description

In Child Health Nursing, Essential Newborn Care (ENBC) and Facility Based Newborn Care (FBNC) is a comprehensive strategy designed to improve the health of newborns through intervention before conception, during pregnancy, at and soon after birth, and in the postnatal period. With the help of ENBC & FBNC initial stabilization of sick newborns of any gestational age can be performed.

It is an effective tool to assess clinical competencies and serves as an invaluable advisor for students participating in clinical nursing skills. Newborn care is crucial in the first few weeks of a baby's life to ensure their health and development. This includes regular check-ups, vaccinations, proper nutrition and a safe environment. By prioritizing

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newborn care, we can help reduce infant mortality rates and give every child the best start in life.

It is important for parents and caregivers to be informed about the importance of newborn care and to seek support from healthcare professionals when needed. Keeping in view, the one-day workshop organized on “Changing Trends in ENBC & FBNC” by the Department of Nursing to familiarize the participants with different aspects of Essential Newborn Care (ENBC) and Facility Newborn Care (FBNC) including immediate newborn care, temperature regulation of newborn, Kangaroo Mother Care, different methods of normal, at risk and sick neonates feeding and care, demonstrate skills in NRP, using and maintaining neonatal equipment, doing common procedures, emergency triaging, and preparing common medications.

Resource Persons for the workshop were Ms. Navpreet Kaur, Associate Professor, Ms. Aruna Kumari, Assistant Professor, Ms. Kanika Sharma, Nursing Tutor, Ms. Priya Gill, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University. It was overall a great learning experience for the participants.





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Outcomes

- The Participants were confident and became familiarized with the topic, and its different aspects used in the care of normal, at-risk, and sick neonates.
- Demonstration session facilitated their clinical skills.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	CSR Activity
Topic	Awareness programme on World Pollution Day
Date	2 nd December, 2023
Venue	Civil Hospital, Phase 6 Mohali
Organizers	Ms. Aarti Dhiman, Ms. Seema Rani, Ms. Anjali Rani, Ms. Chetna, Ms. Alisha Nursing Tutor Department of Nursing, CSHS Department of Punjab
No. of Participants	56
No. of Impacted Individual	15
SDG no.	03
SDG Details	03 Good health and well-being, 04 Quality Education

Objective

1. To create awareness about pollution prevention.
2. To enhance the creative skills of the students.

On the occasion of World Pollution Day, Students of BSc Nursing Ist semester conducted a role-play activity at Dr. BR Ambedkar State Institute of Medical Sciences, SAS Nagar (Mohali) Punjab on 2nd December 2023. The objective of conducting this program was to spread awareness about the prevention of all types of pollution. The activity was based on the theme **“From awareness to action to combat pollution”**. The event covered goals number 3 (Good Health and Wellbeing) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. Pollution prevention plays a crucial role in achieving this goal by reducing the harmful effects of pollution on human health. By implementing measures to prevent pollution such as reducing emissions from factories and using cleaner energy sources, we can protect our environment and safeguard public health. Governments, industries and individuals need to work together to address pollution and ensure a healthy and sustainable future for all free from diseases. Through collective action and commitment to pollution prevention, we can create a cleaner and healthier world for generations to come. Awareness programs emphasize air, water, noise, and soil pollution’s causes and its prevention. Overall, the program was very helpful and effective, and the group also shared their queries regarding pollution prevention.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24





Outcomes

Role play was an amazing experience and a great way to create awareness among people.

Event Name	NSS
Date	7/12/2023
Venue	Picasso Block
Organizer	Mr. Sanjeev Bhardwaj (Fire Officer)
Resource Person	S. Gurpreet Singh (Station Fire Officer)
Number of Participants	100
SDGs Covered	3, 8, 11, 13, 17
Duration	1 day

About the Activity

A fire and safety mock drill was conducted at Chitkara University, Punjab, on 7 Dec 2023. The event was organized by the Office of Infrastructure and led by Mr. Sanjeev Bhardwaj, Fire Officer. S. Gurpreet Singh, Station Fire Officer, served as the resource person, providing valuable insights and practical demonstrations.

The primary objectives of the fire and safety mock drill were:

- To raise awareness and educate participants on fire safety procedures.
- To practice safe and efficient evacuation techniques in the event of a fire emergency.
- To familiarize participants with the location and proper use of fire extinguishers.
- To assess the university's preparedness for fire emergencies and identify areas for improvement.

The event commenced with an informative presentation delivered by S. Gurpreet Singh. He covered crucial aspects of fire safety, including:

- Fire prevention measures
- Early detection of fire
- Evacuation plans and procedures
- Proper use of fire extinguishers

Following the presentation, a simulated fire scenario was enacted. The alarm system was activated, prompting participants to evacuate the designated building in a calm and orderly manner. The evacuation process was monitored and evaluated to ensure adherence to established protocols. After the evacuation, participants reconvened at a safe assembly

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

point. S. Gurpreet Singh then demonstrated the proper operation of fire extinguishers, highlighting the different types and their appropriate use for various fire situations.

Alignment with Sustainable Development Goals (SDGs)

The fire and safety mock drill directly addressed the following SDGs:

- **SDG 3: Good Health and Well-being:** By promoting fire safety awareness and preparedness, the drill contributes to creating a safer environment for the university community, potentially reducing fire-related injuries and fatalities. Smoke inhalation from fires can cause respiratory problems like asthma and lung disease. Fire safety measures like proper ventilation and fire drills reduce smoke exposure, promoting better health.
- **SDG 8: Decent Work and Economic Growth:** Ensuring fire safety in the workplace reduces the risk of property damage and disruptions to operations, thereby contributing to economic well-being.
- **SDG 11: Sustainable Cities and Communities:** Fire safety measures are crucial for building sustainable and resilient communities, and this drill aligns with this objective.
- **SDG 13: Climate Action:** Fires can contribute to climate change by releasing greenhouse gases. The focus on fire prevention can indirectly contribute to mitigating climate change impacts.

Conclusion

The fire and safety mock drill at Chitkara University was a successful endeavor. It enhanced the knowledge and skills of participants in fire safety and emergency response procedures. The drill also served as a valuable exercise to identify areas for improvement in the university's fire safety preparedness. By prioritizing fire safety, Chitkara University demonstrates its commitment to providing a safe and healthy environment for its staff, students, and visitors.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Recent Trends in Motivational Enhancement Therapy: Inspire, Engage and Change
Date	15 th December, 2023
Venue	Einstein Hall
Organizer	Chitkara School of Psychology & amp. Counselling
Resource Person	Dr. Karishma Godara, Research Officer, National Drug Dependence, AIIMS, New Delhi
Number of Participants	121
SDG Number	3,4
Duration	2 Hours

About the Activity

Chitkara School of Psychology and Counselling (CSPC) organized an expert talk on ‘Recent Trends in Motivational Enhancement Therapy: Inspire, Engage and Change’ on 15th December 2023. Dr. Karishma Godara, Research Officer, National Drug Dependence, AIIMS, New Delhi was invited as a Resource person.

She briefed about Motivational Enhancement Therapy and its approaches in her talk. Dr. Karishma explained MET as an approach aimed at helping individuals identify and resolve ambivalence regarding alcohol and other drug use. It is a counseling method that helps individuals find the motivation to make positive changes in their lives. It uses Motivational Interviewing (MI), which is an evidence-based approach that helps individuals with substance use disorders resolve mixed feelings about substances and make behavioral changes. By using this therapy individuals can increase their self-awareness, set goals and develop strategies to overcome obstacles. Ultimately



CHITKARA UNIVERSITY 

CHITKARA School of Psychology and Counselling 

An Expert Talk on
**Recent Trends in Motivational Enhancement Therapy
Inspire, Engage and Change**

Resource Person ▼
Dr. Karishma Godara
Research Officer
National Drug Dependence Treatment Centre
All India Institute of Medical Sciences, (AIIMS)
New Delhi

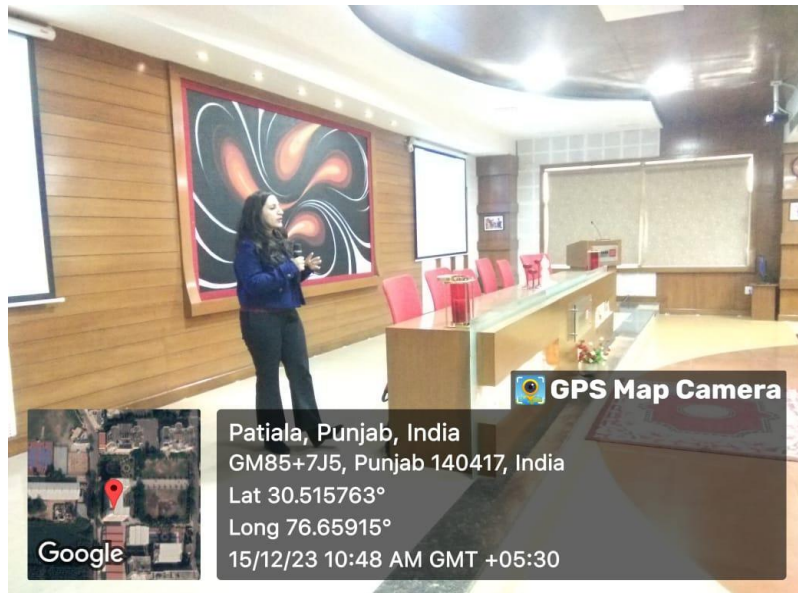
Date : 15th December, 2023
Time : 10:30 am – 12:00 Noon
Venue: Einstein Hall

Organised by
Chitkara School of Psychology
and Counselling

 INSTITUTION'S INNOVATION COUNCIL


SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Motivational Enhancement Therapy can help people improve their health and well-being aligning with the objectives of SDG 3. The expert also enlightened the students about disputing the discrepancies between real and ideal self. She also interacted with students and gave an interesting activity to modify their behavior. She asked students about the most important reasons why they need to make changes and their various strategies to bring them into action.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

EVENT:	Badminton Single & Table Tennis Tournament		
Date / Time:	19 th Dec 2023	Mode:	Offline
Location / Link:	Sportorium Indoor, Chitkara University, Punjab		
Activity In-charge:	Mr. Manohar Lal Bhardwaj		
No. of Participants:	17 Badminton Players & 8 Table Tennis Players (25 Cadets)		
Resource Person (if any)	-----		
SDG:	3 - Good Health and Well-being, 10-Reduced Inequalities, 17 - Partnership for the Goals		

GAMES AND SPORTS ARE IMPORTANT TO MAINTAIN THE PHYSIQUE AND FITNESS OF ONES BODY. WHEN IT COMES TO THE PROFESSION OF SAILING FITNESS PLAYS AN IMPORTANT ROLE FOR US AS MARINERS.

BRIEF DESCRIPTION

Chitkara University School of Maritime Studies organized a **Badminton Single and Table Tennis Tournament** between the Port & Starboard House Teams which was held on 19th Dec 2023. Intense competitions between the two-House teams were spectacular. All the members of the discipline committee and safety committee ensured that there was no misbehavior. Games can play a crucial role in promoting physical activity and mental well-being. By engaging in physical activities such as sports or outdoor games individuals can improve their overall health and fitness levels. Furthermore, playing games can help reduce stress and anxiety leading to better mental health.



Badminton Single

Team List

Starboard House - Vishav Pathania, Kartik Sharma, Ubaid Ayoub Dar, Aadi Sharma, Devbrat Dimri, Mohit, Amit Kumar Shukla

Port House - Gaurav Walia, Saksham Rana, Suleman Ahmad, Nirmit Banik, Aman, Nikhil Sharma, Rishabh Amlani, Atul Sharma, Kritin Kamboj, Ayush Singh Chauhan

Table Tennis Team List

Starboard House - Priyanjal Sharma, Kartik Matta, Navjot Singh

Port House - Arindham Sharma, Aryan Thakur, Ansh Thakur, Manas Dumka, Rashminder Singh

DETAILS OF THE EVENT

- CUSMS organized the Badminton Single and Table Tennis Tournament on 19th Dec 2023.
- Both events were played parallel inside the Sportorium at the same time.
- Chitkara University sports board provided us with referees for the smooth conducting of all the matches. All the matches were played as per fixture only.
- CUSMS Sports Committee also ensured smooth & fair proceedings of the event.
- Manohar Lal Bhardwaj, in charge of the Sports Committee, was present and supervised the game.

Result: Table Tennis - Starboard house winner Cadet Priyanjal Sharma.

Badminton - Port House winner Cadet Nirmit Banik.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event	Blanket- Drive for the Needy		
Date/Time	28-Dec-2023	Mode:	Offline
Location	Village Alampur, Rajpura, Patiala District, Punjab		
Activity In-Charge	Er. Jasjeet Suri		
No. of Participants:	20 (Cadets) + 04 (Faculty)		
Resource Person (if any)	-----		
SDG	1 – No Poverty, 3 – Good Health & Well-Being, 10 – Reduced Inequalities, 17 - Partnership for the Goals		

BRIEF DESCRIPTION

Blankets Distribution at Alampur Village, Rajpura on 28th Dec 2023

Faculty and cadets of CUSMS visited Village Alampur, Rajpura, Patiala District, Punjab, and distributed about 50-60 blankets to the laborers working in the fields there on 28th Dec 2023. As the winter is setting in, the weather is becoming extremely cold in this region. Many poor farm laborers do not have adequate resources to cope with these weather conditions. Thus, the CUSMS family planned to collect funds/resources and organize this Blanket Drive. The Cadets showed great enthusiasm, in planning, organizing, and distributing the Blankets. Blankets can help keep people warm and protect them from illnesses related to cold temperatures. By distributing blankets we can help improve the health and well-being of individuals in our community ultimately working towards achieving SDG 3.



1630 hrs: Faculty and cadets assembled in front of Tesla Block with the acquired resources to distribute.

1635 hrs: 20 cadets and 4 faculty members left for Alampur Village.

1645 hrs: The team identified and distributed blankets to the laborers working in the fields.

1730 hrs: The team distributed about 60 blankets to the laborers.

1800 hrs: The team returned to the Chitkara University Campus.

CUSMS plans to carry out such events in the coming future.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	An International Conference on ‘Translational Approaches and Recent Advances in Drug Delivery (TARADD-2024)
Date	06 th January 2024
Venue	Warren Buffett Hall
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Manisha Singh Discipline of Pharmacy, Graduate school of Health, University of Technology, Sydney, Australia Dr. Kamal Dua Discipline of Pharmacy, Graduate school of Health, University of Technology, Sydney, Australia Prof. K Gowthamarajan, Head, JSS College of Pharmacy, Ooty, Mysuru Prof. Harish Dureja, Head, Department of Pharmaceutical Sciences, MDU, Rohtak
Number of Participants	130
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy hosted an international conference on ‘Translational Approaches and Recent Advances in Drug Delivery-2024’. The event was scheduled for January 6th, 2024, at Chitkara College of Pharmacy, Chitkara University, Punjab. The conference took place offline, and notable figures like Dr. Manisha Singh, Discipline of Pharmacy, Graduate School of Health, University of Technology, Sydney, Australia; Dr. Kamal Dua, Discipline of Pharmacy, Graduate School of Health, University of Technology, Sydney, Australia; Prof. K Gowthamarajan, Head, JSS College of Pharmacy, Ooty, Mysuru; Prof. Harish Dureja, Head, Department of Pharmaceutical Sciences, MDU, Rohtak along with other distinguished national and international speakers, contributed their expertise to discuss groundbreaking advancements in Translational Approaches and Recent Advances in Drug Delivery. This conference held significant importance as it brought together experts from national and international domains to discuss recent innovations in translational approaches to drug delivery which aimed to bridge the gap between research and clinical application, focusing on developing effective delivery

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

systems. These advancements continue to revolutionize drug delivery, enhancing specificity, efficacy, and patient outcomes in various diseases. Attendees stand to gain valuable insights and contribute to shaping the trajectory of the field. By staying up to date on these advancements healthcare professionals can provide better care for their patients and improve overall health outcomes.

Marking a Decade of Knowledge, Innovation and Inspiration by
Journal of Pharmaceutical Technology & Research Management (JPTRM)

International Conference on
**Translational Approaches
and Recent Advances in
Drug Delivery-2024**
(TARADD-2024) **Date:** 6th January, 2024
Venue: Chitkara College of Pharmacy

Eminent Speakers

 Dr. Manisha Singh Discipline of Pharmacy, Graduate School of Health, Faculty of Health, Australian Research Consortium in Complementary and Integrative Medicine (ARCCIM), University of Technology Sydney, Sydney, Australia	 Dr. Kamal Dua Lead, Drug Delivery Node, Respiratory Pharmaceutical Research Team Discipline of Pharmacy, Graduate School of Health, University of Technology Sydney, Sydney, Australia
 Prof. (Dr.) K Gowthamarajan Head, Department of Pharmaceutics, JSS College of Pharmacy, Ooty, JSS Academy of Higher Education & Research, Mysuru	 Prof. (Dr.) Harish Dureja Head, Department of Pharmaceutical Sciences, Maharshi Dayanand University, Rohtak

Chairman and Convener Prof. (Dr.) Thakur Gurjeet Singh Dean, Chitkara College of Pharmacy	Organising Secretaries Prof. (Dr.) Sonia Dhiman Asst. Dean, Chitkara College of Pharmacy Dr. Chander Parkash Assoc. Professor & Asst. Dean (PhD Program), Chitkara College of Pharmacy
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PROFESSIONAL PARTNERS 	INDUSTRIAL PARTNERS
INSTITUTIONAL PARTNERS 	HOSPITAL PARTNERS

Organised by Chitkara College of Pharmacy, Chitkara University, Punjab in collaboration with Punjab State Pharmacy Council, Association of Pharmaceutical Teachers of India and Biogenetic Healthcare

Scan to Register

Event Details	
Event Name	Other Day
Topic	National Youth Day: Poetry & Quiz Competition
Date	2024 - 01- 12 to 2024 - 01- 12
Mode	Offline
Organizer Name	Dr Shaminder Kaur
No. of Participants	33
SDG No	SDG 3: Good Health and Well-being SDG 4: Quality Education

Objective

To honor Vivekananda's teachings and emphasize the importance of youth in nation-building. A day was dedicated to inspiring young minds, promoting education, and encouraging youth. Swami Vivekananda emphasized the importance of physical mental and spiritual well-being. Vivekananda's teachings inspire us to prioritize health and well-being as essential components of a fulfilling and meaningful life. By working towards achieving SDG 3 we can honor Vivekananda's legacy and create a healthier and happier world for future generations.

Description

A highly anticipated tug-of-war competition unfolded on 12th Jan at Omega Zone. The event attracted participants from various communities, each eager to showcase their strength, teamwork, and determination in a spirited battle of tug of war. The event took place in a vibrant and energetic atmosphere where a specially designed pit with a sturdy rope was set up. Spectators gathered around, creating an electrifying environment to cheer for their favorite teams. The organizers ensured a fair competition by adhering to standardized rules, and the teams were evenly matched in terms of size and strength. Teams from different backgrounds and age groups brought their unique strategies and approaches to the competition. The diversity of participants added to the excitement, as both seasoned tug-of-war veterans and newcomers displayed their prowess in this age-old sport. The poetry event, held at Omega Ground on the same day, showcased diverse voices, from powerful spoken word to traditional forms. This event was held for Swami Vivekananda Jayanti. A celebration of emotion and expression, the event left a lasting impression on attendees, highlighting the timeless beauty of poetry. The tug-of-war competition featured intense matchups, with each team trying pull their opponents across the designated line. The back-and-forth struggles showcased the raw power and

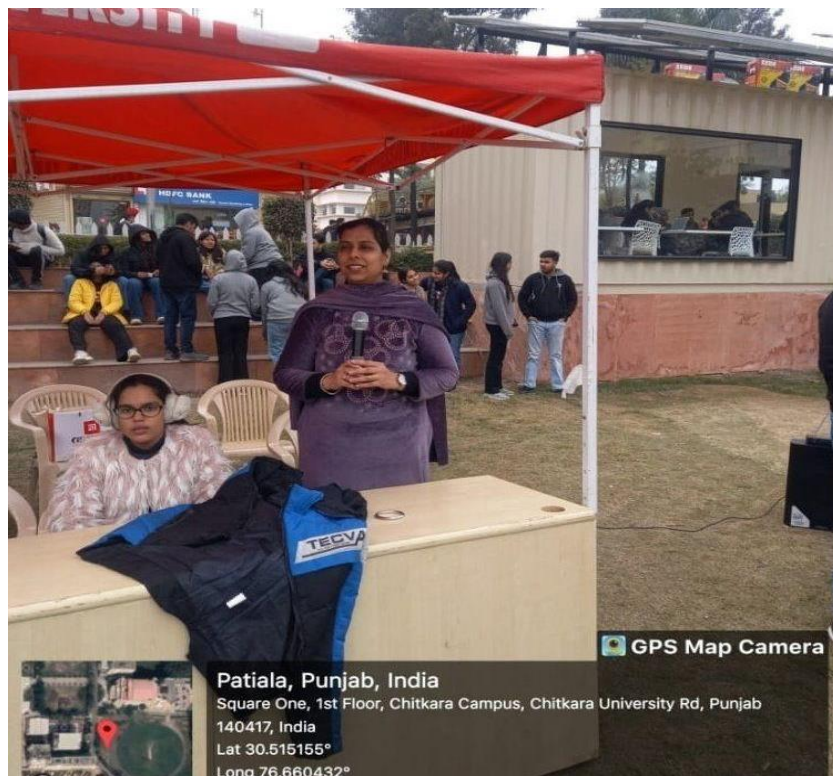
SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

determination of the participants, as well as the importance of teamwork and strategy. The tug-of-war competition concluded with a grand finale, where the top teams were recognized for their exceptional performance. Trophies and medals were awarded to the winning teams, acknowledging their strength, strategy, and sportsmanship. The Tug of War Event brought together communities in a celebration of physical strength, teamwork, and spirited competition. The intense battles, memorable moments, and displays of sportsmanship made it a memorable event for participants and spectators alike, showcasing the enduring appeal of the classic sport of tug of war. Depending on the strength of the students winners for tug of war were declared. As soon as the mark on the rope from the center red mark crosses over to the center line, the team that pulls the rope to their area wins the game.

Winners: - Abhishek Rana - 2210991172 Intjaar Ali - 2110996511 Armanjot - 2310997036 Yuvraj - 2310991375 Mehakpreet - 2310990738

Outcomes

The Tug of War Event brought together communities in a celebration of physical strength, teamwork, and spirited competition. The intense battles, memorable moments, and display of sportsmanship made it a memorable event for participants and spectators alike, showcasing the enduring appeal of the classic sport of tug of war.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Event Name	Collage Exhibition
Date	15 th January, 2024
Venue	Community lab, Galileo Block, Chitkara University, Punjab
Organizer Name	Ms. Chetna, Nursing Tutor, Department of Nursing, Chitkara University Ms. Seema Rani, Nursing Tutor, Department of Nursing, Chitkara University
No. of Participants	48
SDG No	SDG 3: Good Health and Well-being SDG 4: Quality Education

Objectives

- To engage students in showcasing and explaining the core concepts of different classifications of drugs.

To provide a better understanding of the drugs learning by making the collage of various drugs. Department of Nursing, Chitkara School of Health Sciences organized a Collage Exhibition on 15th January 2024. The main aim of the exhibition was to provide a visual and interactive learning experience for the students to better understand the classification of various drugs. By understanding the different categories of drugs we can better address issues related to addiction overdose and public health. Ultimately the goal is to create a safer and healthier environment for individuals and communities around the world. The exhibition also encouraged creative collaboration and brainstorming among the group members regarding drugs like antihypertensive, anti-diarrheals, Anti-microbials, and Anti-Asthmatics. All groups presented the interactive display of classifications of various drugs. Ms. Gagandeep



CHITKARA UNIVERSITY | **SCHOOL OF HEALTH SCIENCES** | **G20**

COLLAGE EXHIBITION OF PHARMACOLOGY AND PATHOLOGY
PHARMACOLOGY I & PATHOLOGY I

Date: 15th January 2024
Time: 1:35 PM Onwards
Venue: Community lab, Galileo block,
CSHS, Chitkara University, Punjab.

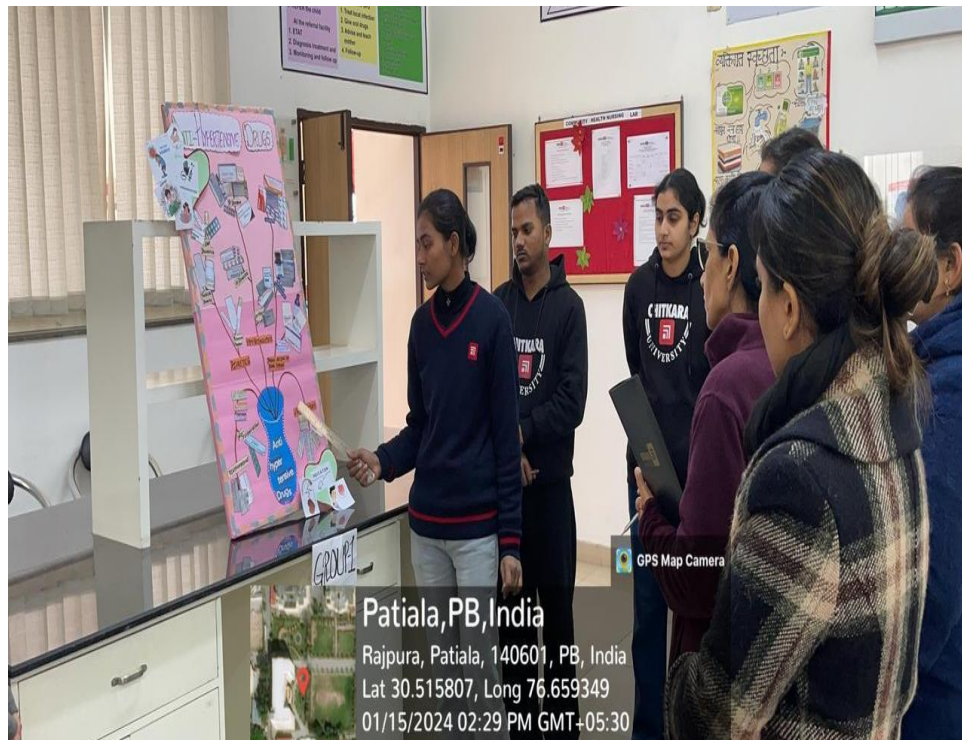
Faculty Coordinators:
Chetna, Seema
Nursing Tutor, Department of Nursing,
Chitkara School of Health Sciences
Chitkara University, Punjab

Organized By:
Department of Nursing,
Chitkara School of Health Sciences
Chitkara University, Punjab

Organized for:
B.Sc. nursing 3rd semester students

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Kaur, Assistant Professor, and Ms. Jigyasha Sharma, Nursing Tutor, Department of Nursing, CSHS judged the exhibition and gave their valuable judgments and feedback to the students. The first position was secured by Group 3 (Anti-Diarrheals). Over all the exhibition was an enriching experience for the students and all students participated with great zeal and enthusiasm.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

Collage exhibition provides the understanding of various drugs classification and also build the ability for teamwork and cooperation among students.

Event Name	National Youth Week 2024's celebration on the theme "Viksit Yuva-Viksit Bharat."
Date	15 th - 16 th January 2024
Venue	Fleming Block
Organizer	Chitkara College of Pharmacy
Resource Person	Mr. Nitin Verma Dean, Chitkara School of Pharmacy, Chitkara University, H.P.
Number of Participants	110
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy in Collaboration with NSS celebrated 'National Youth Week 2024' by organizing a poster-making competition on the theme "Viksit Yuva-Viksit Bharat.". Chitkara College of Pharmacy at Chitkara University, Punjab, marked the celebration of National Youth Week 2023 on January 15th and 16th, 2024. The event featured a vibrant poster-making competition centered on "Viksit Yuva-Viksit Bharat." Three outstanding posters were recognized and honored. Additionally, the second day included an NSS orientation session for enthusiastic NSS volunteers, fostering community engagement and social responsibility among the participants.



During National Youth Week young people need to be educated about the importance of health and well-being. National Youth Week serves as a platform for youth to engage in

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

discussions workshops and activities that promote overall well-being and encourage positive health choices. It is a time for young people to learn about the significance of maintaining good health and well-being for themselves and their communities.



Felicitating Student with the Prize



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event details	
Name of the School/Department	Chitkara Law School
Date of Event	20 th January 2024
Title of the Event	Sustainable Development and Environment Pollution: Issues and Challenges
Mode	Offline
Type of participation	Organized
Number of Faculty participation	09
Number of Student participation	49
Number of Guests participants	08

‘Sustainable Development and Environment Pollution: Issues and Challenges’

Green Planet Society- Address and MOU Signing ceremony

Chitkara Law School initiated its efforts towards Sustainable development goals as part of United Nations Goals by organizing an address on Sustainable Development and Environment Pollution: Issues and Challenges. Mr. Sumit Bhardwaj, President, of Green Planet Society, Chandigarh along with the team graced the Occasion.

The students were enriched with practical exposure to different endeavors taken by society to help towards Sustainable development. Further, the students were encouraged to sustain the Environment through their efforts. The impact of pollution on our health is significant as exposure to pollutants can lead to respiratory diseases cancer and other serious health issues. By addressing environmental pollution, we can help improve public health and achieve SDG 3 targets. By taking action to reduce pollution we can protect our health and well-being for future generations.



Moving ahead with this objective, Chitkara Law School signed an MOU with "Green Planet Society" to ignite the spirit of environmental protection through an internship.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Communication Design Sports Event
Date	22-01-2024 – 23-01-2024
Venue	Sportorium
Organizer	Dept of Communication Design, Chitkara Design School, Chitkara University
Resource Person	Ashish Verma, Associate Professor, Department of Communication Design, Chitkara Design School
Number of Participants	40
SDGs Covered	3
Duration	3 hours

About the Activity

The Department of Communication Design, Chitkara Design School organized “Communication Design Sports Event” on 22nd & 23rd January 2024 in collaboration with the University Sports Board. This event was organized for 4th-semester students of the B. Des Communication Design Course. Day 1 brought badminton, foosball, and dart competitions, while Day 2 featured chess, table tennis, and tug of war. The event was a perfect blend of creativity and sports, giving students a chance to showcase their skills and enjoy some friendly competition. Engaging in such activities fosters teamwork, enhances physical well-being, and promotes a healthy balance between creativity and sportsmanship. It offered students a platform to showcase their diverse skills, encouraging personal growth among peers. Such events contribute positively to the overall development and well-rounded experience of our student community. Sports promote health and reduce the impact of diseases.





SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	CSR Activity
Topic	Health Mela on Diabetes Mellitus
Date	23-01-2024
Venue	Government Elementary School, Village Jhansla, Punjab
Organizer	Mr. Gaurav Kohli (Professor), Ms. Eenu (Associate Professor), Ms. Annu Singhal (Assistant Professor), Ms. Keerat (Nursing Tutor), and Ms. Preetika (Nursing Tutor)
No. of Participants	50
No. of Impacted Individuals	40
Under SDG no.	03, 17
SDG Details	03 Good health and well-being, and 17: Partnership for goals

Objectives

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

Health Mela on Diabetes Mellitus was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, on **23-01-2024**. The students of B.Sc. Nursing (Basic) 4th Year and B.Sc. Nursing (Post Basic) 2nd Year, participated in the event. The objective of the Health Mela was to conduct basic assessments and create awareness through role-play about diabetes mellitus and its complications. Diabetes mellitus is a chronic disease that affects millions of people worldwide. Diabetes mellitus is characterized by high levels of sugar in the blood leading to various complications if not managed properly. Individuals need to understand the importance of early detection regular monitoring and proper treatment to effectively control this condition and improve overall health outcomes. In the health mela, the students assessed the patients for BMI, Vital Signs, and Random Blood Sugar. They also provided dietary guidelines to patients with diabetes. The students prepared various AV Aids to deliver the health talk as a role play.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

The students provided awareness to the general public about the causes, types, signs and symptoms, complications, and the management of Diabetes Mellitus. Diet charts and schedules were distributed by the students during Health Mela.



Outcome

The Health Mela was effective in providing basic health care and awareness required for the patients suffering from Diabetes Mellitus. The community people gained awareness regarding the management of Diabetes and dietary modifications required to make treatment more effective.

Event Details	
Event Name	CSR Activity
Topic	Anger management and healthy coping strategies
Date	24 th January 2024
Mode	Offline
Venue	Community Area, Village Jhansala, Punjab
Organizer Name	Ms. Kanika Guleria (Assistant Professor), CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	01
No. of Impacted people	07
SDG No	SDG 3: Good Health and Well-being

Objectives

- To teach strategies to manage and regulate emotions effectively including techniques
- To express emotions appropriately
- To demonstrate the relaxation techniques
- To create awareness regarding healthy coping strategies

Ms. Kanika Guleria (Assistant Professor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a psychoeducation on Anger Management and healthy coping strategies. The goal of this psychoeducation was to teach strategies to people to manage and regulate emotions effectively, to demonstrate the various relaxation techniques, to express emotions constructively, and to tell the difference between healthy and unhealthy coping strategies. Mr. Umar taught them to identify triggers and warning signs, educated them about how to reframe their thinking, talk to someone when angry or tense, how to express their emotions calmly, and demonstrated various relaxation techniques like deep breathing exercises and thought-stopping techniques. Developing skills to manage anger healthily can lead to better relationships and overall well-being. It is essential to find positive outlets for stress and anger such as exercise mindfulness or talking to a trusted friend or counselor. By practicing healthy coping strategies individuals can improve their mental health and

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

contribute to a more peaceful and harmonious society. Health education was given using AV aids to make it more effective.



Outcomes

- People at Jhansala learned about strategies to manage and regulate emotions effectively.
- They learned various relaxation techniques to calm down themselves in situations triggering anger.
- They learned the difference between healthy and unhealthy coping strategies and how to implement them.

Event name	Cricket Match
Topic	HOWZZAT CUP
Date	24 Jan, 2024
Venue	Omega Zone, Chitkara University, Punjab
Organizer	Department of Interior Design
Resource Person	Mr. Angad Chauhan and Mr. Jagwinder Singh
No. Participant	30 Students
Under SDG no.	3- Good Health and Well Being

Description

Sports Day serves as a catalyst for the development of a robust sports culture in students.

“HOWZZAT! CUP” was celebrated by the Department of Interior Design, Chitkara School of Planning and Architecture, in collaboration with the National Services Scheme and Sports Board, Chitkara University on 24th JANUARY 2024 under the expertise of Prof. Atul Dutta, Dean of Interior Design. The Guest of Honour, Mr. Harinder Pal Singh Director, University Sports Board along with Mr. Nasim faculty Department of Pharmacy motivated the students. The program was co-ordinated by faculty members of interior design Mr. Jagwinder Singh, and Mr. Angad Singh along with the student organizing team Mr. Arpit Mr. Aniket

Rayan Mr. Swastik Mr. Nikhilesh. These young cricketers brought the heat while the weather played chilly, proving that passion burns brighter than any winter wind. Approximately 30 students participated in this event. The main objective was to provide a platform for students to showcase their talents and compete with their peers. “All work and no play makes Jack a dull boy”, the event not only promoted physical activity but also



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

taught them the values of discipline, perseverance, and hard work. Cricket as a popular sport can contribute to achieving SDG goal 3 by promoting physical fitness and mental well-being among players. Playing cricket involves running catching and throwing which helps in improving overall fitness levels. Additionally, the teamwork and camaraderie involved in cricket matches can have positive effects on mental health by reducing stress and promoting social connections.

Winner team Students of pharmacy

Runner-up team Students of interior design



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	A Seminar on "Exploring Accreditation Possibilities with Australian Pharmacy Council"
Date	25 th January 2024
Venue	Online
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Sohail Khan Associate Professor, School of PAM, Pharmacy; Griffith University, Australia
Number of Participants	110
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy organized a Seminar on "Exploring Accreditation Possibilities with Australian Pharmacy Council" On 25.01.2024. The event aimed to provide valuable insights into accreditation opportunities with the Australian Pharmacy Council and offered attendees an informative platform to understand and navigate the accreditation processes. With a focus on fostering collaboration and knowledge exchange, the active participation from students, faculty, and professionals within the field, facilitated a constructive dialogue on international accreditation standards in the realm of pharmacy education. Sustainable development goal 3 emphasizes the importance of providing access to quality healthcare services including pharmaceutical care to all individuals. By accrediting pharmacies we can ensure that they meet certain standards of quality and safety ultimately leading to better health outcomes for patients.



Seminar on
**EXPLORING ACCREDITATION
POSSIBILITIES WITH AUSTRALIAN
PHARMACY COUNCIL**



Dr. Sohail Khan
Associate Professor
School of PAM - Pharmacy
Griffith University
Australia

Convener & Chairman
Prof. (Dr.) Thakur Gurjeet Singh
Dean
Chitkara College of Pharmacy

Organizing Secretary
Dr. Poonam Arora
Associate Professor
Chitkara College of Pharmacy

25TH JANUARY, 2024
10 AM

REGISTER NOW



Hormone of darkness..

The slide illustrates the hormonal pathway for melatonin production. It shows the following flow: Night (represented by a crescent moon) stimulates the SCN (Suprachiasmatic Nucleus), which sends signals to the Spinal Cord, then to the SCG (Sympathetic Ganglion), and finally to the Pineal gland. The Pineal gland produces Melatonin, which has biological effects including the regulation of circadian rhythm and day/night cycles.

Participant Grid:

Dr. Suman Balsh...	Tanya Srinast...	PARNREET KAUR
Poonam Arora	Bhavya hans	navjot
Ujjwal 2150991...	mayuri oshi	Sanjana
Anjana Thakur	s2988507	sanchi
pranshu kr singh	Nishant	Drishti
Nitin raj	Sakshi Rajput	Mehak (216099...
Tanya	TARANPREET K...	

Acidophony

The slide displays a bar chart with multiple bars of varying heights, representing data for acidophony. The chart is titled 'Acidophony' and includes a legend and axes.

Participant Grid:

Dr. Suman Balsh...	PARNREET KAUR	Poonam Arora
Bhavya hans	navjot	Ujjwal 2150991...
mayuri oshi	Sanjana	Akanksha
Anjana Thakur	s2988507	sanchi
pranshu kr singh	A	Nishant
Drishti	Nitin raj	Rashib's iPhone
Sakshi Rajput	Mehak (216099...	Tanya
TARANPREET K...		

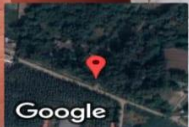
SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name: -	Awareness talks on Cervical Cancer
Venue: -	CHC, Kalomajra
Date: -	25 th January, 2024
SDG Number, Name and NEP: -	3-Good Health and Well Being, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
No. of Participants: -	7
Duration: -	One Day

Objective

- To make general public aware about
- Causes and symptoms of cervical cancer.
- Preventive measures for cervical cancer.

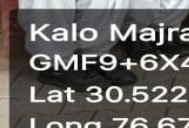
Cervical cancer awareness month is observed every year in January. To create awareness and prevention regarding cervical cancer disease among community people B.Sc.Nursing 4th year students organized health awareness talk on World cervical cancer awareness Day at Community Health Centre, Kalomajra on 25th January, 2024 under the guidance of Ms. Preetika Nursing Tutor and Ms. Seema Rani, Nursing Tutor, Department of Nursing, CSHS. The aim behind the talk was to create awareness about the disease condition and its prevention under the theme “Be aware, do not fear”.In the end, we have to create awareness among people to prioritize their health and take the necessary steps to protect themselves from this preventable disease.



Kalo Majra, Punjab, India
 GMF9+6X4, Kalo Majra, Jansla, Punjab 140601, India
 Lat 30.522898°
 Long 76.670066°
 25/01/24 10:34 AM GMT +05:30



Kalo Majra, Punjab, India
 GMF9+6X4, Kalo Majra, Jansla, Punjab 140601, India
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 Long 76.670015°
 25/01/24 10:30 AM GMT +05:30



Kalo Majra, Punjab, India
 GMF9+6X4, Kalo Majra, Jansla, Punjab 140601, India
 Lat 30.522837°
 Long 76.670032°
 25/01/24 10:38 AM GMT +05:30

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Poster Competition
Topic	World Leprosy Day
Date	30 th January, 2024
Time	11:00A M to 12:00P M
Venue	CHN Lab GB 306, Galileo Block
Organizers	Ms. Annu Singhal (Assistant Professor) of Community Health Nursing, Ms. Aruna Kumari (Assistant Professor) of Child Health Nursing, and Ms. Kanika Sharma (Nursing Tutor) of Child Health Nursing, Department of Nursing, Chitkara University, Punjab.
No. of Participants	03
SDG No.	SDG 3 (Good Health and Wellbeing) and 4 (Quality Education)

Objectives

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

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Poster-making Competition on the occasion of “**World Leprosy Day**”. The theme of the event was “**Ending Stigma, Embracing Dignity**”. The motive of the event was to create awareness about Leprosy and bring out the talent and creativity of the students. The event covered goals number 3 (Good Health and Wellbeing) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. One important health issue that is highlighted on World Leprosy Day is leprosy a disease caused by bacteria that affects the skin and nerves. Through raising awareness about leprosy we can work towards eliminating the stigma associated with the disease and improving access to treatment for those affected. By supporting SDG 3 and observing World Leprosy Day we can contribute to a healthier and more inclusive world for everyone. The Poster competition, a showcase of artistic prowess, saw Ravinder, a student from B.Sc. Nursing 4th Year secured the first position, followed by Shruti and Gurpreet respectively claiming the second and third positions. Ms. Vijyeta Bhasin (Assistant Professor) and Ms. Dimple Morrison (Nursing Tutor) were designated as the judges of the event.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

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

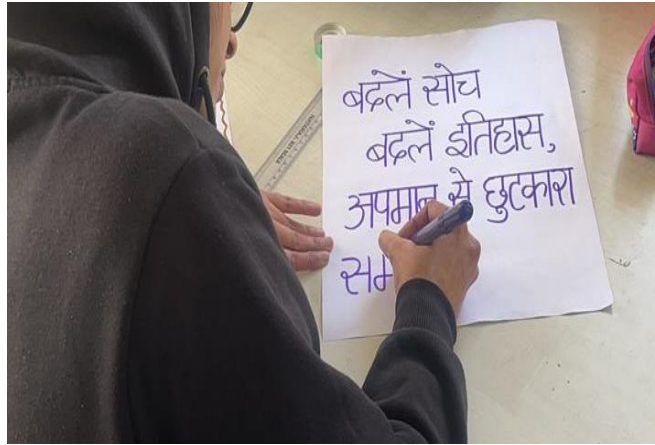
Event Name	Slogan Writing Competition
Topic	World Leprosy Day
Date	30 th January, 2024
Time	11:00 AM to 12:00 PM
Venue	CHN Lab GB 306, Galileo Block
Organizers	Ms. Annu Singhal (Assistant Professor) of Community Health Nursing, Ms. Aruna Kumari (Assistant Professor) of Child Health Nursing, Ms. Kanika Sharma (Nursing Tutor) Child Health Nursing, Department of Nursing, Chitkara University, Punjab.
No. of Participants	08
SDG No.	SDG 3 (Good Health and Wellbeing) and 4 (Quality Education)

Objectives

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

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Slogan Writing Competition on the occasion of “**World Leprosy Day**”. The theme of the event was “**Ending Stigma, Embracing Dignity**”. The motive of the event was to create awareness about Leprosy and bring out the talent and creativity of students. The event covered goals number 3 (Good Health and Wellbeing) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. One important health issue that is highlighted on World Leprosy Day is leprosy a disease caused by bacteria that affects the skin and nerves. Through raising awareness about leprosy we can work towards eliminating the stigma associated with the disease and improving access to treatment for those affected. By supporting SDG 3 and observing World Leprosy Day we can contribute to a healthier and more inclusive world for everyone. The Slogan Writing Competition, a showcase of artistic prowess, saw Nisha, a student from B.Sc. Nursing 4th Year secured the first position, followed by Japleen and Muskan respectively claiming the second and third positions. Ms. Kanika Guleria (Assistant Professor) and Ms. Kanu (Assistant Professor) were designated as the judges of the event. A lot of enthusiasm was seen in the students and the event was conducted successfully with wholehearted participation

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

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

Event Name	CSR Activity
Topic	Health Awareness Talk and Rally on World Leprosy Day
Date	2-02-2024
Venue	UPHC, Rajpura
Organizer	Mr. Gaurav Kohli (Professor), Ms. Eenu (Associate Professor), Ms. Annu Singhal (Assistant Professor), Ms. Keerat (Nursing Tutor), Ms. Preetika (Nursing Tutor), Department of Nursing, CSHS
No. of Participants	50
No. of impacted people	70
Under SDG no.	3,4
SDG Details	Good health and wellbeing, Quality Education

Objectives

- To create awareness regarding leprosy.
- To prevent the complications of leprosy

World Leprosy Day was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on **2-02-2024**. The theme of World Leprosy Day was “Beat Leprosy”. The students of B.Sc. Nursing (Basic) 4th Year and



B.Sc. Nursing (Post Basic) 2nd Year, Participated in Leprosy Awareness Rally on the occasion of World Leprosy Day. The students prepared various A.V Aids to give awareness talks regarding leprosy. The students highlighted the importance of getting medical attention during the preliminary itself. One important health issue that is

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

highlighted on World Leprosy Day is leprosy a disease caused by bacteria that affects the skin and nerves. Through raising awareness about leprosy we can work towards eliminating the stigma associated with the disease and improving access to treatment for those affected. By supporting SDG 3 and observing World Leprosy Day we can contribute to a healthier and more inclusive world for everyone.



Group Photo on World Leprosy Day on 2/2/2024

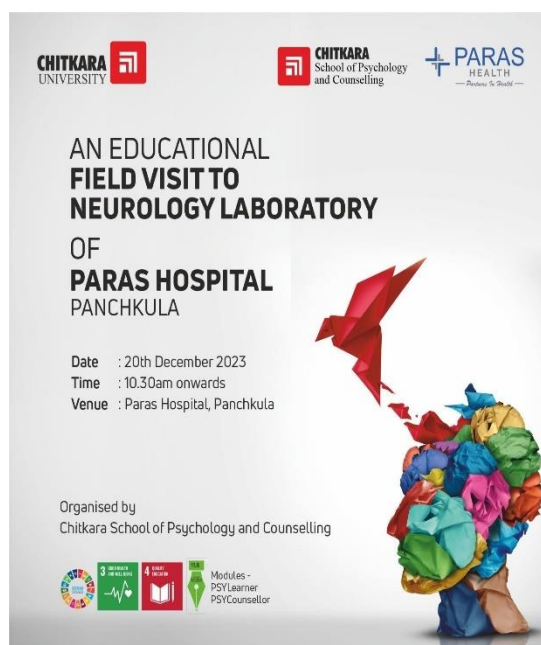
Outcome

The rally and awareness talk were effective in creating awareness among the community people regarding leprosy.

Event Name	Educational Visit to Neurology Labs of Paras Hospital
Date	30 th January, 2024
Venue	Paras Hospital, Panchkula, Haryana
Organizer	Chitkara School of Psychology & Counselling
Resource Person	Dr. Anupama Shrivastava (Professor), Dr. Meenu Sharma (Associate Professor), Dr. Nisha Phakey (Assistant Professor), Chitkara School of Psychology & Counselling
Number of Participants	67
SDG Number	3 & 4
Duration	3 Hours

About the Activity

Chitkara School of Psychology and Counselling (CSPC) organized an Educational Field Visit to the Neurology Laboratory of Paras Hospital, Panchkula on 30th January 2024. The visit aimed to educate students of B.Sc. (Clinical Psychology) about the role of the Neurology laboratory in the diagnosis and treatment of clinical disorders and to provide valuable insights into the field of healthcare, medical facilities, and patient care. The visit began with information about the orthopedic ICU, general wards, and personal wards. Afterward, students visited the ICU, ICCU, CCU, and cardio sections of the hospital and had a guided tour of the laboratory, showcasing the equipment and facilities used in neuro-diagnostics. Students were introduced to advanced diagnostic tools such as PET-CT cancer care, CCU2, HDU/MICU, ICU, endoscopy, Cath lab, colonoscopy, etc. In addition, a demonstration of diagnostic procedures commonly performed in the Neurology Laboratory was conducted. It was an enriching experience that would help to bridge the gap between theoretical training and practical learning. These labs study the brain and nervous system helping us understand how they work and how to keep them healthy. By



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visiting these labs students can see firsthand the important research being done to improve healthcare and treat neurological disorders. This experience can inspire young minds to pursue careers in the medical field and contribute to achieving SDG 3 in the future. This event addressed Sustainable Development Goal 3 Good Health and Well-being, Goal 4- Quality Education, and National Educational Policy 11.8 point -attainment of holistic and multidisciplinary education.



Dr. Anupama Srivastava, HOD, CSPC thanked the Human Resources department and staff for their kind support



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1st Edition of Chitkara Football Tournament 01 to 02 Feb 2024

University Sports Board, Chitkara University, Punjab, organized the 1st Edition of Chitkara Football Tournament from 01 to 02 Feb 2024 in a grand manner to develop a harmonious and healthy sporting environment in the University under SDG3 and Fit India movement. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports. The match was full of excitement and curiosity. All the teams tried their best to win. All the college teams were equally strong and showed excellent skill and performance. Winner Team: CHITKARA FC
Runner's Up Team: Team X



Event Name	Short-Term Mobility Program from Murdoch University, Australia
Date	8 th February 2024
Venue	Chitkara University, Rajpura
Organizer	Office of International Affairs
Resource Person	Dr David Goodfield, Senior Lecturer, Discipline of Engineering and Energy, College of Science, Technology, Engineering and Mathematics, 9 Students
Number of Participants	10 Guests, 7 Employees
SDGs Covered	SDG 4, SDG 5, SDG 8 and SDG 17
Duration	One Day

About the Activity

The Office of International Affairs at Chitkara University recently organized a short-term mobility program for a group of 10 representatives from Murdoch University, Australia. This initiative provided a valuable opportunity for one professor and nine students to work together on a video project that examines sewage treatment plants and their role in preventing diseases such as cholera. The program seeks to enhance understanding of the significance of effective sewage treatment in supporting public health and curbing disease transmission. Chitkara University hosted the group, offering a warm reception and essential resources for their project. A comprehensive campus tour showcased the university's facilities and academic atmosphere, while a tailored visit to a wastewater treatment plant enabled the Murdoch University delegation to gather detailed information and visuals relevant to their video project. This experience promoted intercultural exchange and equipped the Murdoch University team with practical insights to support their academic endeavors.





SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name:-	World Toothache Day
Venue:-	Anganwari and Elementary School, Kalomajra
Date:-	9 th February, 2024
SDG Number, Name and NEP:-	3-Good Health & Well Being, 4-Quality Education, NEP-1
Organized By:-	National Service Scheme, Chitkara University, Punjab
No. of Participants:-	11
Duration:-	One Day

Objective - To demonstrate the children about

- Steps of tooth care.
- Importance of tooth care and prevention of tooth decay.

World Toothache day is observed every year on 9th February. To create awareness about toothache and tooth decay prevention NSS Volunteers of class B.Sc (N) 4th semester from Department of Nursing, CSHS Chitkara University, Punjab organized an expert talk and demonstration on the steps of tooth care at Anganwari and Elementary School, Kalomajra on 9th February, 2024 under the guidance of Ms. Seema Rani and Ms. Preetika Nursing Tutor, Department of Nursing, CSHS. The aim behind the event was to be aware and to demonstrate the steps of tooth care for prevention of toothache and tooth decay. The Nursing tutor also advised the children that by taking care of their teeth they can avoid painful toothaches and contribute to their overall health and well-being.

In the end, regularly brushing their teeth helps children prevent tooth disease and establish healthy oral habits.



SDG 3 (GOOD HEALTH AND WELL-BEING), JULY 28 - JUNE 27

Event Name	NSS Activity
Topic	Expert talk & Demonstration on steps of tooth care
Date	9 th February 2024
Venue	Anganwari and Elementary School, Kalomajra
Organizer	Ms. Seema Rani , Ms. Preetika Nursing Tutor, Department of Nursing, CSHS
No. of Participants	11
No. of Impacted Individuals	36
Under SDG no.	3,4
SDG Details	Good health and well-being, Quality Education

Objective To demonstrate to the children about

- Steps of tooth care.
- Importance of tooth care and prevention of tooth decay.

World Toothache Day is observed every year on 9th February. To create awareness About toothache and tooth decay prevention NSS Volunteers of class B.Sc (N) 4th semester from the Department of Nursing, CSHS Chitkara University, Punjab organized an expert talk and demonstration on the steps of tooth care at Anganwari and Elementary School, Kalomajra on 9th February 2024 under the guidance of Ms. Seema Rani and Ms. Preetika Nursing Tutor, Department of Nursing, CSHS. The aim of the event was to aware and demonstrate the steps of tooth care for the prevention of toothache and tooth decay.



One important aspect of maintaining good health is taking care of our teeth and gums. Proper tooth care includes brushing and flossing regularly as well as visiting the dentist for check-ups and cleanings. By practicing good oral hygiene we can prevent tooth decay gum disease and other dental problems ultimately contributing to our overall well-being. It is essential to prioritize tooth care as part of our efforts to lead healthy lives.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

Expert talk and demonstration was a great way to create a learning experience among children of Anganwari and elementary school, Kalomajra.

Event Name	CSR Activity
Topic	Awareness talk on National Deworming Day
Date	12-02-2024
Venue	Slum Area, Rajpura, Punjab
Organizer	Mr. Gaurav Kohli (Professor), Ms. Eenu (Associate Professor), Ms. Annu Singhal (Assistant Professor), Ms. Keerat (Nursing Tutor), and Ms. Preetika (Nursing Tutor)
No. of Participants	03
No. of Impacted Individuals	30
Under SDG no.	03, 11
SDG Details	03 Good health and wellbeing 11- Sustainable cities and communities

Objectives

- To educate and empower community members about the significance of National Deworming Day.
- Emphasize the public health significance of deworming in preventing the spread of parasitic infections within communities.
- Promote the participation of parents and caregivers, to actively participate in deworming initiatives.

Awareness talk on National Deworming Day was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, on 12-02-2024. The students of B.Sc. Nursing (Post Basic) 2nd Year participated in the event. The audience was provided with information about common types of worm infections, their causes, symptoms, and methods of transmission. Emphasis was placed on the prevalence of worm infestations and their impact on health. Students discussed the broader public health



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impact of deworming, explaining how deworming contributes to preventing the spread of parasitic infections within communities. The importance of deworming in improving overall health outcomes, especially among children, was discussed. The vulnerability of children to worm infections and the long-term consequences on their health, growth, and cognitive development were highlighted. Parents and caregivers were urged to prioritize deworming to reduce the risk of diseases and improve the overall well-being of their children.

The awareness talk concluded with a call to action, urging community members to take proactive steps in preventing worm infestations and promoting the health and well-being of themselves and their families.



Outcome

The Awareness talk was effective in providing the awareness required for the caretakers regarding the prevention of worm infestations. It can contribute to increasing participation and support for National Deworming Day initiatives within the community, ultimately leading to improved public health outcomes.

17th Edition Chitkara T-20 Cricket Tournament 12th February, 2024

To promote the spirit of FIT India, the University Sports Board organized the 17th Edition Chitkara T-20 Cricket Tournament on 12-02-2024 Under SDG 3 and Fit India where in approx 18 teams participated in a T-20 cricket match showcasing their agility, skill, and stamina. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports.

In the Grand Finale Match, CSE OGIS won the match by 66 runs and CBS Thunder lifted the Runners Up Trophy for the Tournament 2024.

In the Valedictory Ceremony, Dr. SC Sharma, Registrar, and Prof. Harkiran Kaur, Pro Vice Chancellor, CAAN felicitated the Teams.

- Man of the Match, Best Bowler & Man of the Series - Mudit Gupta
- Best batsman - Vinay



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	CSR Activity
Topic	Awareness Talk on HIV/AIDS
Date	13.02.2024
Mode	Offline
Venue	Mata Kaushalya Hospital, Patiala
Organizer Name	Ms. Navpreet Kaur, Associate Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Amanpreet Kaur, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	03
Number of impacted people	30
SDG No.	SDG3: Good Health and Wellbeing SDG 5: Gender Equality SDG 11: Sustainable Cities and Communities SDG 17: Partnerships for the Goals

Objectives

- To familiarize the participants with the causes and preventions of HIV/AIDS.
- To prevent new HIV infections and reduce HIV-related disparities.
- To improve HIV-related health outcomes.

Description

Human immunodeficiency virus (HIV) is an infection that attacks the body's immune system. Acquired immunodeficiency syndrome (AIDS) is the most advanced stage of the disease. HIV targets the body's white blood cells, weakening the immune system. Through awareness campaigns education and access to proper healthcare, progress has been made in reducing the spread of HIV and improving the quality of life for those living with the disease.

Keeping in view, an awareness talk was organized on "HIV/AIDS" by the Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the awareness talk was to

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

influence behaviour change and encourage openness; increase voluntary HIV testing and counselling; promote increased condom use to reduce the spread of STD and HIV infection and improve the treatment of people living with AIDS. It also promotes openness so we can break down the stigma and silence surrounding HIV/AIDS. Students of M.Sc. Nursing 2nd Year provided awareness talk to people to create an insight regarding HIV/AIDS. People listened to them attentively and discussed their queries afterwards.



Outcomes

- The participants gained knowledge regarding the causes and prevention of HIV/AIDS.
- The participants also gained insight regarding the health-related outcomes of HIV/AIDS.

Event Name	Fire fighting
Date	14/02/2024
Venue	Star Explore Hub
Organizer	Mr. Sanjeev Bhardwaj (Fire Officer)
Resource Person	Mr. Sukhminder Singh (Station Fire Officer, Mohali)
Number of Participants	60
SDGs Covered	3, 11, 13, 17
Duration	1 day

About the Activity

Fires can cause injuries, deaths, and respiratory problems. By following fire safety practices, we can reduce these risks and create safer communities. Smoke inhalation from fires can cause respiratory problems like asthma and lung disease. Fire safety measures like proper ventilation and fire drills reduce smoke exposure, promoting better health. Thus, it contributes to the goals of SDG3. It also helps in building sustainable cities and communities (SDG 11). Fire safety is essential for building safe and resilient cities. Proper building codes, fire alarms, and fire extinguisher accessibility can all help prevent fires and protect people and property. Large fires can release greenhouse gases and contribute to climate change. By preventing fires, we can help mitigate climate change and help in achieving climate change (SDG 13).



Event Name	CSR Activity
Topic	School Health Programme on “Personal Hygiene “
Date	15 th February,2024
Venue	Sanatan Dharm School, Rajpura, Punjab
Organizer	Mr Gaurav Kohli (Professor), Ms Eenu (Associate Professor), Ms Annu Singhal (Assistant Professor), Ms Keerat (Nursing Tutor) and Ms Preetika (Nursing Tutor)
No. of Participants	50
No. of impacted individuals	55
Under SDG no.	03, 11
SDG Details	03 Good health and well-being, 11 Sustainable Cities and Communities

Objectives

- To Promote Health Education.
- To Prevent and control Disease.
- To encourage healthy nutrition.
- To promote physical Activity.
- To create a safe environment.

The School Health Programme was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University by students of B.Sc. Nursing 4th year and Post Basic B.Sc. Nursing 2nd year. The objective of conducting the school health programme was to create awareness regarding Personal Hygiene among school children. Personal hygiene plays a crucial role in preventing the spread of diseases and maintaining overall health. It was organised on 15th February 2024. The topic for the school health programme was “Personal Hygiene”. Height and weight were checked for school students. Students performed handwashing and brushing techniques dance and role play was also performed for the school students. Health education was given using AV aids to empower

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

the school students. The event was closed by offering refreshments to the school students. School teachers and students appreciated the programme.



Outcomes

The School Health Programme was effective and School students gained knowledge regarding Health Education, healthy nutrition, physical activity, and a safe environment.

Event Name	Expert Talk
Topic	Innovative Approaches for managing postpartum health and well-being
Date	19/2/2024
Mode	Offline
Venue	GB 303, Galileo Block, Chitkara University
Organizer Name	Ms. Seema Rani, Nursing Tutor
Resource Persons	Ms. Aanchal, Nursing Tutor, CSHS, Department of Nursing
No. of Participants	45
SDG No	3-Good Health and Well Being, 4-Quality Education

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized an expert talk for the nursing students on 19th February 2024. The resource person of the event was Ms. Aanchal, a Nursing Tutor, who explained various asepsis and antiseptic techniques, management of pain, and correction of anemia management for the well-being of postpartum health and various innovative postpartum exercises for postpartum recovery. The main goal was to provide knowledge about the training and clinical competencies. Innovative approaches for managing postpartum health and well-being integrate a combination of medical, social, and technological interventions to provide comprehensive support to new mothers during this important phase of life. These approaches aim to enhance physical recovery, mental resilience, emotional wellness, and social connection, ultimately contributing to a positive postpartum experience for mothers and their families and to reduce the risk of diseases.

Expert session on




INNOVATIVE APPROACHES FOR MANAGING POSTPARTUM HEALTH AND WELLBEING

Resource Person

Aanchal

Nursing Tutor

Department of Nursing, CSHS, Chitkara University, Punjab

-  19th February, 2024
-  03:00 pm onwards
-  GB 303, Galileo Block


 Organized by:
Department of Nursing,
CSHS, Chitkara University, Punjab


SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Expert Talk on Mental Health and Emotional Well-Being: An Innovative Approach
Date	16 th February, 2024
Venue	Chitkara University, Punjab
Organizer	Dr. Deepak Sood
Resource Person	Dr. Sanya Brar
Number of Participants	90
SDGs Covered	3,4, 9, 17
Duration	2hrs

About the Activity

The activity focused on the newer trends and inventions, especially in the healthcare sector, and the benefits extended by these innovations in terms of enhancing efficiency and early detection of deadly diseases. The application of newer and advanced technologies is transforming the entire healthcare sector. The discussion on the newer technologies like the implementation of AI, Chatbots, and Big data truly focused on the recent developments. Thus, the discussion was surely related to recent times and served as a golden learning opportunity for the students.

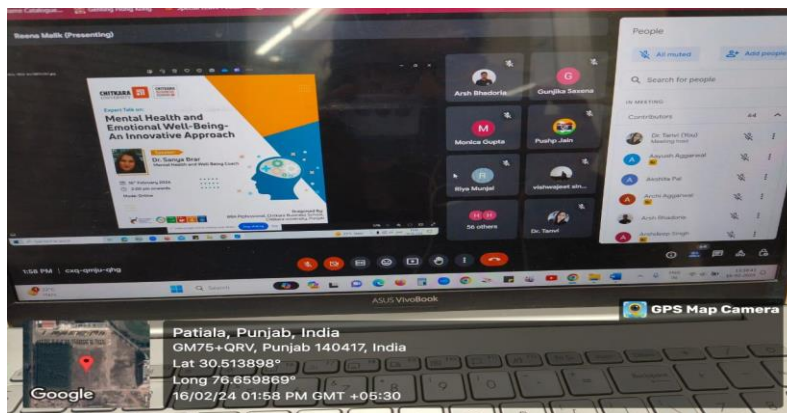
CHITKARA UNIVERSITY **CHITKARA BUSINESS SCHOOL**

Expert Talk on:
Mental Health and Emotional Well-Being- An Innovative Approach

Speaker:
Dr. Sanya Brar
Mental Health and Well Being Coach

16th February 2024
2:00 pm onwards
Mode: Online

Organised By:
BBA Professional, Chitkara Business School,
Chitkara university, Punjab



Activity/Webinar/Workshop/Conference/Talk on/ Donation Activity

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Comprehensive Wellness: "Nurturing Mental Health, Emotional Intelligence, and Holistic Living"
Date	26 th February 2024
Venue	Einstein Hall
Organizer	Centre for Global Education in Collaboration with the Department of Nursing, Chitkara School of Health Sciences
Resource Person	Ms. Manu Kohli Associate professor and Ms. Aarti Dhiman Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences
Number of Participants	66
SDGs Covered	SDG-3 (Ensure healthy lives and promote well-being for all at all ages) SDG-4 (Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all) SDG-17 (Strengthen the means of implementation and revitalize the Global Partnership for Sustainable Development)
Duration	02:00 pm-04:00 pm

About the Activity

The students discover essential strategies to maintain mental and emotional well-being in a new environment. Understood how to cultivate emotional intelligence for navigating relationships and challenges effectively. Explored holistic living practices that promote balance and fulfillment while adapting to life in Canada. This workshop was designed to empower students with tools and insights for fostering resilience and wellness during their stay and embrace a holistic approach to thriving in Canada! By prioritizing comprehensive wellness individuals can lead happier and more fulfilling lives thus contributing to their overall health and well-being

CHITKARA UNIVERSITY | Centre for Global Education

Comprehensive Wellness: Nurturing Mental Health, Emotional Intelligence, & Holistic Living



Resource Persons:

Manu Kohli Associate professor Department of Nursing, Chitkara School of Health Sciences	Aarti Dhiman Nursing tutor Department of Nursing, Chitkara School of Health Sciences
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Date: 26th February, 2024
Time: 2:00 to 4:00 pm | **Venue:** Einstein Hall

Organised for:
Centre for Global Education students

Organised by:
Centre for Global Education in collaboration with
Department of Nursing, Chitkara School of Health Sciences



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Event Name	Competition
Topic	Sports Extravaganza “Unleash the Athlete Within”
Date	29 th February 2024
Time	09:00 AM- 4:20 PM
Mode	Offline
Venue	Sportorium
Organizer Name	Ms. Kanika, Guleria, Ms. Kanu Mahajan, Ms. Sonali Katoch
No. of Participants	106 Students, 22 Faculty members
SDG No	SDG 3: Good Health and Well-being, SDG 17: Partnerships for the goal

Objective

1. To inculcate sportsmanship and team spirit among students.
2. To encourage active participation in sports and promote physical health.

Description

Sports Day was organized by the Department of Nursing, CSHS in collaboration with the University Sports Board on 29th February 2024 at Sportorium for the faculty and students. This event was organized by Ms. Kanika Guleria (Assistant Professor), Ms. Kanu Mahajan (Assistant Professor) & Ms. Sonali Katoch (Nursing Tutor). The main purpose of the Sports Day was to inculcate sportsmanship and team spirit among students. A variety of indoor and outdoor games such as Cricket, Basketball, Arm Wrestling, Carrom board, Table Soccer, Badminton, Dart game & Tug of war were organized for students and faculty. B.Sc. Nursing & M.Sc. Nursing Students participated in this event along with the faculty members.

The day began with outdoor games like Cricket and Basketball matches whereas the indoor games were going on simultaneously. As Co-Curricular activities are a part of the Student Nurse Association, so this event was organized. Sports not only develop a sense of friendliness and team spirit but also help to develop physical and mental health. Engaging in sports helps individuals stay active maintain a healthy weight and reduce the risk of chronic diseases Students from all the classes participated actively and enthusiastically. 106 students and all the proactive faculty members participated in the games organized. “Tug of War” was also conducted for faculty as a fun activity.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

The event ended up with appraising the winners with medals, trophies, and certificates.





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

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Model Exhibition of Educational Technology/ Nursing Education
Topic	Audio Visual Exhibition
Date	3 rd January, 2024
Mode	Offline
Venue	A.V. Aids Lab, Chitkara University, Punjab
Organizer Name	Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab Ms. Ayushi Mohil, Nursing Tutor, CSHS, Chitkara University, Punjab
Resource Person	
No. of Participants	31 (B.Sc. Nursing 5 th Semester)
SDG No	SDG 3: Good Health & Well-Being SDG 4: Quality Education

Objectives

- To enhance learning through audio and visual stimulation, offering a more effective and interesting learning environment.
- To facilitate better understanding, retention, and application of information by combining audio-visual features with models.

Description

Ms. Priya Gill (Nursing Tutor) and Ms. Ayushi Mohil (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Model Exhibition of Educational Technology/ Nursing Education on 3rd January 2024 at A.V. Aids Lab GB206, Galileo Block. The theme of the event was “Audio Visual Exhibition”. The B.Sc. Nursing 5th Semester inter-class held the model exhibition. The motive of the event was for students to display an excellent fusion of their creativity and knowledge. The key features of the exhibition were to emphasize the role of audio-visual aids in healthcare communication and patient education. The students explained the different types of A.V. Aids on displays such as charts, posters, flip charts, flashcards, handouts, pamphlets, leaflets, cartoons, puppets, bulletin boards, flannel boards, OHP, models, and film strips. The event covered goals number 3 (Good Health & Well-Being) & 4 (Quality Education) of the United Nations Sustainable Developmental Goals.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Healthcare professionals can address the diverse health needs of individuals and communities. By incorporating SDG 3 principles into nursing education students can learn how to provide quality care prevent diseases and promote healthy lifestyles. B.Sc. Nursing 5th Semester students participated in the event and students were divided into 6 groups out of which “Group 6 stood First”, “Group 4 stood Second” and “Group 3 stood Third”. Assessment of the exhibition was done by Ms. Kanika Guleria, Assistant Professor, and Ms. Kanu Mahajan, Assistant Professor. They also sought explanations about the details of all the different models from students who made models. Every one of the participants was given certificates.



Outcomes

- The audio-visual model exhibition increases student’s curiosity, encouraging hands-on learning and cultivating interest in nursing education.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

**Department of Computer Science & Engineering
Chitkara University Institute of Engineering & Technology**

Event Details	
Title of the Event:	Volley Venture : A Dynamic Volleyball Competition
Date of the Event:	1 March 2024
Venue	Volleyball court
SDG no	3
No. of Student Enrolled:	117
No. of Student Attended:	112
Resource Persons:	NA

Objective

IE(I) CSE Student Chapter, Chitkara University, Punjab in collaboration with the Department of Computer Science & Engineering and the Chitkara University Sports Board organized an event " Volley Venture: A Dynamic Volleyball Competition " on 1st March 2024. which was a resounding success. This inclusive event solidified its reputation as a dynamic competition, attracting teams/players and fostering a strong sense of community among volleyball enthusiasts, players, coaches, and volunteers. The spirit of friendly competition and sportsmanship was evident throughout the tournament, with participants displaying exceptional camaraderie. Both participants and organizers provided positive feedback, highlighting the event's success in bringing together the volleyball community. The competition served to promote the sport of volleyball, attracting new players, fans, and supporters to the game and raising awareness of its benefits and values. It provided a platform for players to compete against each other



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

in a structured environment, testing their abilities and improving their performance under pressure. Playing volleyball regularly can help individuals stay fit and healthy reducing the risk of diseases such as obesity and heart problems. Additionally, the social aspect of volleyball encourages communication and cooperation among players fostering a sense of community and well-being

Outcomes:

1. Players develop stronger bonds with their teammates through shared experiences, communication on the court, and working together to achieve common goals..
2. It provides a platform for players to compete against each other in a structured environment, testing their abilities and improving their performance under pressure.
3. It engages participants in regular volleyball competitions to contribute to improved physical fitness, including cardiovascular health, muscular strength, and endurance.
4. The competition serves to promote the sport of volleyball, attracting new players, fans, and supporters to the game and raising awareness of its benefits and values.



Students participating



A picture of the faculty in charge with winners

Activity/Webinar/Workshop/Conference/Talk on/ Donation Activity

Event Name	Exploring, Identifying, and Mastering Fundamental Culinary Skills
Date	05 th -06 th March 2024
Venue	1 st Floor, Indian Kitchen, Chitkara School of Culinary Arts
Organizer	Centre for Global Education in Collaboration with Chitkara College of Hospitality Management, Chitkara University, Punjab
Resource Person	Chef Lalit Hospitality
Number of Participants	34
SDGs Covered	SDG-3 (Ensure healthy lives and promote well-being for all at all ages) SDG-4 (Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all)
Duration	02:00 pm-04:00 pm

About the Activity

Embarked on a culinary journey where students explored, identified, and mastered fundamental culinary skills. The hands-on workshop is designed to deepen students' understanding of cooking techniques, flavor profiles, and kitchen essentials. The student discovered the art of knife skills, cooking methods, and ingredient selection. The workshop enhanced students' culinary repertoire.

Culinary skills play an important role in achieving SDG goal 3 as they enable individuals to prepare nutritious meals that



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

can contribute to a healthy lifestyle. By learning how to cook and make healthy food choices people can improve their overall health and well-being.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Experiential Learning/ Extension/ Co-Curricular Activity Report

Event Name	Dil Se Digital Inaugural
Date	6 th March, 2024
Venue	Carnegie Hall, Rockefeller Block, Chitkara University, Punjab
Organizer	Dr. Prachi Gupta
Resource Person	Centre for Digital Marketing, Strategy and Analytics
Number of Participants	95
SDGs Covered	3, 4, 9, 15, 17
Duration	3 days

About the Activity

The much-awaited "Dil se Digital 2.0 " experience, a student competition focused on promoting Indian tourism, commenced on March 6th, 2024. This year's edition witnesses the enthusiastic participation of eight teams who will be vying for the top spot over the next one and a half months. The competition hinges on leveraging the power of social media to promote India's tourism potential. Teams will strategically utilize popular platforms like Facebook, Instagram, YouTube, and Pinterest to champion various tourism themes that fall under the overarching umbrella of promoting Indian tourism. This multifaceted approach ensures a comprehensive exploration of the diverse tourism treasures India has to offer. But Dil se Digital 2.0 goes beyond the virtual realm. To further amplify their message and foster deeper engagement, each team is tasked with organizing offline events. Each team will organize various Digital Skill Workshops (Flip the Classroom) open to all, where anyone be it a teacher, non-teaching staff, or students can participate and acquire digital marketing skills. These events present a valuable opportunity for the students to directly connect with their target audience and spread awareness about the wonders of Indian tourism. With a blend of online and offline initiatives, Dil se Digital 2.0 promises to be a vibrant platform for students to showcase their creativity and ignite a passion for exploring the rich tapestry of Indian tourism.

When it comes to tourism it is important to consider how it impacts the health and well-being of both tourists and the local communities. By promoting responsible tourism practices such as supporting local businesses respecting the environment and engaging in

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

cultural exchange we can ensure good health for everyone. This will not only benefit the health and well-being of individuals involved in tourism but also help to create a more sustainable and inclusive industry for future generations to enjoy.



Student core team of Dil Se Digital with Faculty Members
06.03.2024



The official launch of Dil se Digital Competition 06.03.2024



Ribbon cutting ceremony during the launch of Dil se Digital
Competition 06.03.2024



Team Sportify showcasing their performance during Dil se Digital
Inaugural 06.03.2024

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

One-day Seminar on “National Pharmacy Education Day 2024”

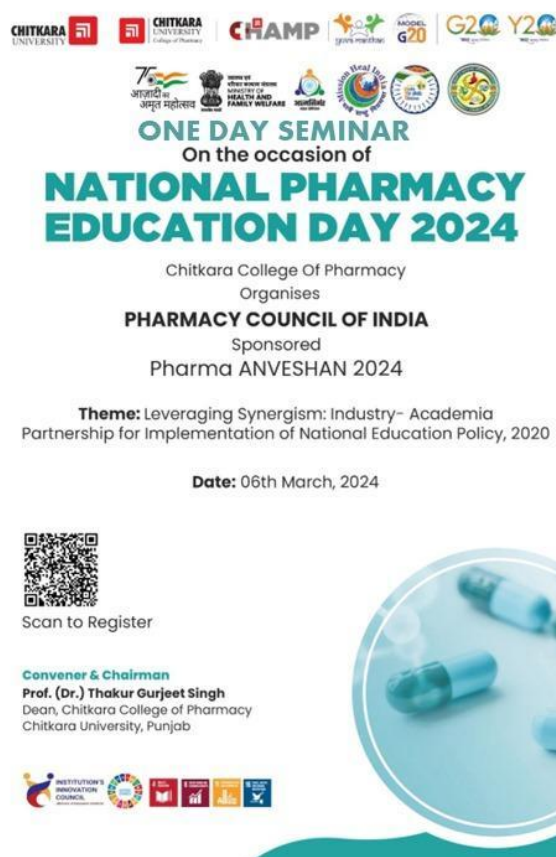
Event Name	One-day Seminar on “National Pharmacy Education Day 2024”
Date	06 th March 2024
Venue	Pulitzer Hall
Organizer	Chitkara College of Pharmacy
Resource Person	Sushil Kumar Bansal Chairman, Punjab State Pharmacy Council
Number of Participants	60
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy hosted 'National Pharmacy Education Day' in collaboration with PCI Sponsored PharmaAnweshan 2024' with the theme "Leveraging Synergism: Industry-Academia Partnership for Implementation of National Education Policy, 2020" on March 6th, 2024. The event was chaired by Prof. (Dr) Thakur Gurjeet Singh, the Dean of Chitkara College of Pharmacy at Chitkara University, Punjab. This initiative underscores the collaboration between industry and academia as per the National Education Policy, 2020. It explored how their partnership can enhance educational practices and outcomes in the field of pharmacy, fostering innovation and growth.

National Pharmacy Education Day is a day dedicated to recognizing the importance of pharmacy education in promoting better health outcomes for individuals and communities. By educating pharmacists and pharmacy

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



CHITKARA UNIVERSITY CHITKARA UNIVERSITY CHAMP G20 G20 Y20

75th Anniversary of Ministry of Health and Family Welfare

ONE DAY SEMINAR
On the occasion of
NATIONAL PHARMACY EDUCATION DAY 2024

Chitkara College Of Pharmacy
Organises
PHARMACY COUNCIL OF INDIA
Sponsored
Pharma ANVESHAN 2024

Theme: Leveraging Synergism: Industry- Academia Partnership for Implementation of National Education Policy, 2020

Date: 06th March, 2024

Scan to Register

Convener & Chairman
Prof. (Dr.) Thakur Gurjeet Singh
Dean, Chitkara College of Pharmacy
Chitkara University, Punjab

technicians we can ensure that they have the knowledge and skills needed to provide quality healthcare services to patients.



Mr. Sushil Kumar Bansal, Chairman, Punjab State Pharmacy Council addressing the audience



Group Photograph of students with faculty members

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Healing while Playing: Contemporary Play Therapy Techniques for Childhood Disorders
Date	6 th March, 2024
Venue	Einstein Hall, Galileo Block
Organizer	Chitkara School of Psychology and Counselling
Resource Person	Dr. Gagandeep Singh, Clinical Psychologist & Play Therapist, Pediatric Neurology Unit from Post Graduate Institute of Medical Education and Research (PGIMER)
No. of Participants	105
SDG No.	3,4
Duration	3 Hours

About the Activity

Chitkara School of Psychology and Counselling organized a workshop on the topic “Healing while Playing: Contemporary Play Therapy Techniques for Childhood Disorders” on 6th March 2024.

Dr. Gagandeep Singh, Clinical Psychologist, Play Therapist, Pediatric Neurology Unit from Post Graduate Institute of Medical Education and Research was the resource person for the same. The workshop aimed to introduce students to the concept of Play Therapy and help them to identify children’s play, also aimed to provide practical insights into the application of Play therapy in dealing with childhood disorders like Autism, etc.

Dr. Gagandeep Singh explained play therapy techniques that focus on specific



CHITKARA UNIVERSITY  **CHITKARA** School of Psychology and Counselling

Workshop on
Healing while Playing:
Contemporary Play Therapy
Techniques for Childhood Disorders

 **Dr. Gagandeep Singh**
Clinical Psychologist and Play
Therapist, Pediatric Neurology Unit,
Postgraduate Institute of Medical
Education & Research (PGIMER)
Speaker

Date: 6th March, 2024
Time: 10:00 AM onwards
Venue: Einstein Hall, Galileo Block,
Chitkara University, Punjab

Organised by
Chitkara School of
Psychology and Counselling

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

childhood disorders such as anxiety, trauma, ADHD, or autism. Additionally, he emphasized the key concept of play therapy as a form of psychotherapy that uses play to communicate with and help individuals, especially children, to prevent or resolve psychosocial challenges. Moreover, he elucidated a variety of techniques used in play therapy that therapists use to engage with clients, particularly children, in a therapeutic setting which contributes to the overall goal of promoting good health and well-being of the child. The goal is to help individuals express their thoughts, emotions, and experiences through play, as it is a natural and developmentally appropriate medium for children.

He also stressed the significance of play therapy in contemporary mental health scenarios and how it is often employed by mental health professionals to help children express their emotions, improve communication, and find healthier ways to cope with their difficulties. At the end of the session, a few activities were conducted with an alpha counselor and alpha master counselor-student of psychology such as how to grab the attention of an autistic child with role play method and emotional regulation.

This enlightening workshop also highlighted various play therapy techniques that can be applied in future psychological interventions for childhood disorders. This workshop addressed Sustainable Development Goal-3 and Goal 4 and also National Educational Policy 11.3.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Expert talk
Topic	“International Women’s Day” THEME “Digit All: Innovation and Technology for Gender equality: Inspire Inclusion”
Date	6 th March, 2024
Mode	Offline
Venue	Pierre Hall, Le Corbusier Block
Organizer Name	Ms. Timsy, Associate Professor, Department of Nursing, CSHS, Chitkara University Punjab Ms. Amanpreet Kaur Assistant Professor, Department of Nursing, CSHS, Chitkara University Punjab
Resource Person	Ms. Manjula Sularia Thakur CEO, The Transformers Value Creators, Director Prasanchetas Foundation
No. of Participants	21
SDG No	3-Good Health and Well Being, 5- Gender Equality, 17-Partnership for the Goals

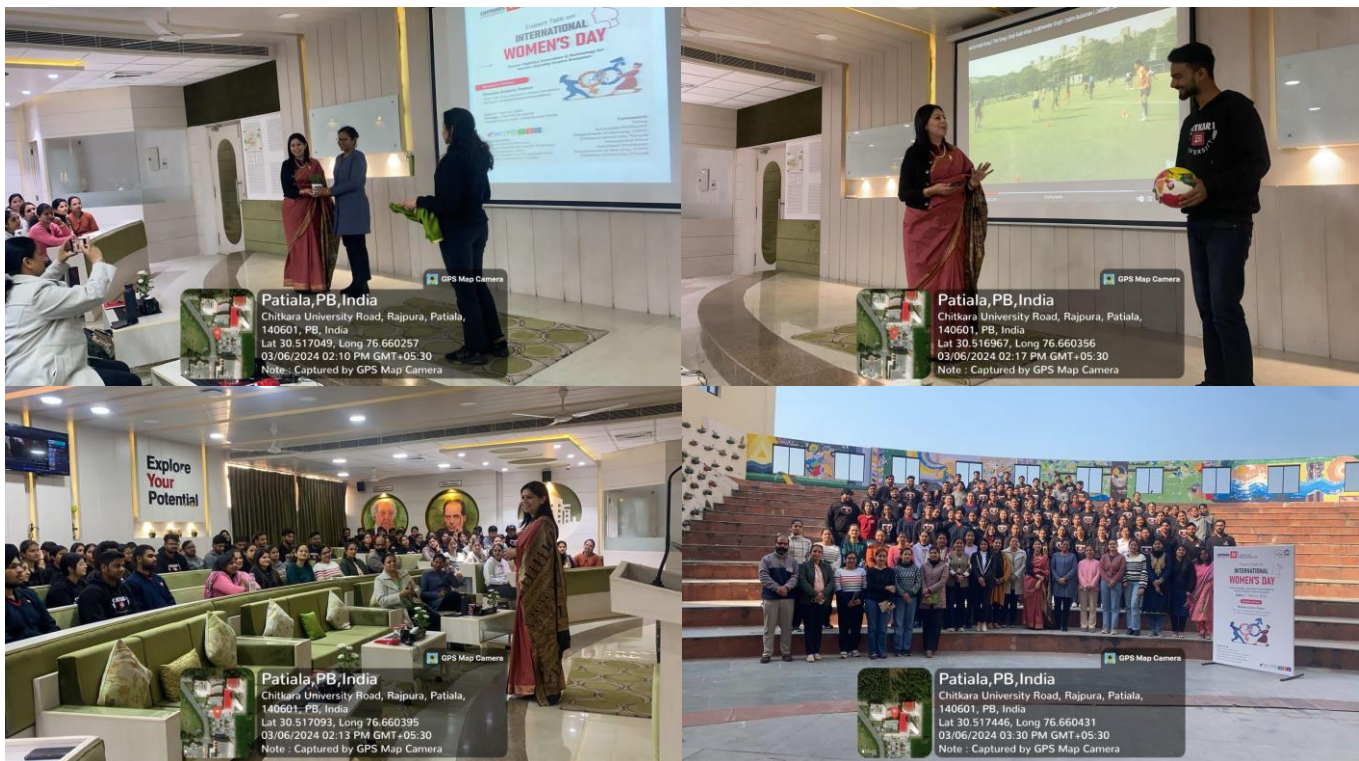
Objectives

- To raise awareness about gender equality and persisting challenges faced by women.
- To create awareness regarding gender neutrality in our society.
- To educate and create awareness regarding gender equality and overcoming one’s inhibitions and stereotypes to take a stand for oneself as a woman.

Department of Nursing, CSHS organized an expert talk to celebrate International Women's Day on March 6, 2024, at Pierre Hall, Le Corbusier Block with the theme: DigitALL Innovation and Technology for Gender Equality; Inspire Inclusion. Ms. Manjula Sularia Thakur, Life Skill Coach, CEO, The Transformers Value Creators, and Director, Prasanchetas Foundation discussed the role of woman leaders in society, and gender stereotypes and presented real-life examples of women making significant contributions to society. The session was fantastic with engaging activities and videos that vividly illustrated gender neutrality in our society. It was highly meaningful on this special occasion emphasizing the importance of celebrating and advocating for gender equality and empowerment. Dr. Harmeet Kaur Kang, Principal and Director, Department of Nursing, CSHS presented a vote of thanks and her words of wisdom added motivation and encouragement to the attendees. The event attracted a diverse audience, including faculty members and students. Attendees actively participated in the discussions and expressed appreciation for the insights shared by the guest speaker. Many attendees were inspired to

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

take action in their own lives to promote gender equality. The inspiring talk by Ms. Manjula Sularia Thakur left a lasting impression on the attendees, motivating them to contribute towards the formation of a gender-neutral society. On International Women's Day, it is also important to recognize the specific health challenges that women face around the world. By promoting gender equality and ensuring access to healthcare services we can work towards improving the overall health and well-being of women globally. It is crucial to prioritize women's health and empower them to make informed decisions about their well-being. By investing in women's health we can create a more equitable and healthier society for all.



Outcomes

International Women's Day stands as a testament to the resilience, achievements, and ongoing struggle for gender equality and women's empowerment.

Event Name	One-day Seminar on “International Women’s Day 2024”
Date	07 th March 2024
Venue	Warren Buffett Hall
Organizer	Chitkara College of Pharmacy
Resource Person	Prof. (Dr.) Monika Gulati Dean, School of Pharmaceutical Sciences, LPU, Jalandhar. Prof. (Dr) Indu Pal Kaur, DPIIT-IPR, Chair Professor, Panjab University Chandigarh
Number of Participants	70
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy hosted a One-day Seminar on “International Women’s Day 2024” Empowering Her: Celebrating Women’s Strength and Unity, on March 7th, 2024; the event was chaired by Prof. (Dr) Indu Pal Kaur, DPIIT-IPR, Chair Professor, Punjab University Chandigarh and Prof. (Dr.) Monika Gulati Dean, School of Pharmaceutical Sciences, LPU, Jalandhar. The objective of this seminar was to inspire and empower women by recognizing their strength and fostering unity, celebrating International Women's Day 2024 through insightful discussions and meaningful connections.

The one-day seminar on International Women's Day 2024, themed "Empowering Her: Celebrating Women's Strength and Unity," serves as a vital platform to acknowledge the invaluable contributions of women, promote gender equality, and foster a culture of empowerment and solidarity. By promoting gender equality and empowering women we can create a healthier and more prosperous world for everyone. Let us continue to work towards a future where all individuals regardless of gender have equal access to healthcare



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

and opportunities for a better life. By providing a forum for insightful discussions, knowledge sharing, and networking opportunities, this event aims to catalyze positive change, elevate women's voices, and inspire collective action towards a more inclusive

and opportunities for a better life. By providing a forum for insightful discussions, knowledge sharing, and networking opportunities, this event aims to catalyze positive change, elevate women's voices, and inspire collective action towards a more inclusive and equitable society.



Event Name	Community Awareness Programme
Topic	Role play on Gender Equality on the occasion of International Women's Day
Date	7 th March, 2024
Mode	Offline
Venue	Gynae & Paediatric OPD of Mata Kaushalya Hospital, Patiala
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor Ms. Gurpreet Kaur, Assistant Professor
Resource Person	Ms. Daljeet Kaur, Nursing Superintendent, Mata Kaushalya Hospital, Patiala
No. of Participants	24 Participants
No. of Impacted Individuals	30
SDG No.	3: Good health and well-being 5: Gender Equality 10: Reduced inequality 17: Partnership for the goals

Objectives

- To create awareness regarding equality and reduce female feticide, stereotypes, and discrimination.

Imagine a gender-equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #InspireInclusion. So, to achieve gender equality students of B.Sc. Nursing 4th Year, Department of Nursing, Chitkara School of Health Sciences performed a role play on gender equality at Paediatric OPD and Gynae OPD of Mata Kaushalya Hospital, Patiala dated 7th March 2024. Role-playing is a very powerful teaching and learning method when dealing with sensitive topics in life skills or citizenship lessons. It is particularly useful when exploring issues of gender with pupils. Through role-play, students make people aware of equality and reduce female feticide, stereotypes, and discrimination. On International Women's Day, it is important to recognize the specific health challenges that women face around the world. By promoting gender equality and ensuring access to healthcare services we can work towards achieving SDG 3 and improving the overall health and well-being of women globally. It is crucial to prioritize women's health and empower them to make informed decisions about their well-being. By investing in women's health we can create a more equitable and healthier society for all.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Role plays on Gender Equality on the occasion of International Women's Day at Gynae & Paediatric OPD of Mata Kaushalya Hospital, Patiala dated 7th March 2024

Outcomes

- Community Awareness Programme in the Pediatric OPD and Gyane OPD contributed to educate the group about gender equality and reducing female feticide, stereotypes, and discrimination.

Event Name	CSR Activity
Topic	Recreational and diversional activities
Date	9 th March 2024
Mode	Offline
Venue	Institute of Mental Health, Amritsar
Organizer Name	Ms. Kanika Guleria (Assistant Professor), CSHS, Chitkara University, Punjab Ms. Vijyeta Bhasin (Assistant Professor), CSHS, Chitkara University, Punjab
No. of Participants	04
No. of Impacted people	10
SDG No	SDG 3: Good Health and Well-being

Objectives

- To promote relaxation and cognitive stimulation
- To provide a break from medical routines, reducing stress and anxiety levels
- To enhance mood, and foster socialization by offering enjoyable experiences

Ms. Kanika Guleria (Assistant Professor) and Ms. Vijyeta Bhasin (Assistant Professor) Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized recreational and diversional activities for patients at Institute of Mental Health, Amritsar, Punjab on 9th March 2024. Recreational and diversional activities play a crucial role in promoting the well-being and physical and mental health of patients. These activities were organized to enhance patients' leisure experiences, foster social interactions, and alleviate stress during their stay in the hospital thus improving their health. Students of Mental Health Nursing from M.Sc. Nursing 1st year actively participated in providing recreational and diversionary activities for the patients. They provided sheets for the patients to draw something and color it to stimulate creativity and self-expression. These activities enhance their overall quality of life and contribute to their rehabilitation and recovery process.



Students of Mental Health Nursing of M.Sc. Nursing 1st year assisted patients in doing recreational activities at IMH, Amritsar on 9th March 2024.

Outcomes

- ✓ Patients felt relaxed and their mood was enhanced after the activities.
- ✓ Decreased stress and anxiety levels, social interaction was enhanced.
- ✓ Provided a sense of purpose and enjoyment, creating a more positive outlook on recovery and daily life.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

IIC Activity Report

Event Name	Expert Talk - Innovation in Holistic Health and Nutrition
Date	11 th March, 2024
Venue	Chitkara University, Punjab
Organizer	Dr. Reena Malik
Resource Person	Dr. Sonika Bakshi
Number of Participants	90
SDGs Covered	3, 4, 7, 9
Duration	2 hours 30 Minutes

About the Activity

Dr. Sonika Bakshi emphasized holistic health and nutrition focusing on the interconnectedness of the mind, body, and spirit to achieve overall well-being. She also emphasized the importance of nurturing not only physical health but also mental, emotional, and spiritual wellness. Holistic nutrition acknowledges that food is more than just fuel; it's medicine for the body and mind. It prioritizes whole, natural foods that provide essential nutrients while minimizing processed and artificial ingredients. By integrating holistic principles into daily life, individuals can cultivate resilience, vitality, and harmony within themselves and their environment, fostering a holistic approach to health that nourishes the body, mind, and soul. The session was indeed a valuable addition to the formation of a healthy lifestyle.

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An Expert Session on **Innovation in Holistic Health and Nutrition**

Speaker

Dr. Sonika Bakshi
Professor & Dean
Chitkara School of Health Sciences

Date: 11th March, 2024
Timings: 2:00 PM Onwards
Venue: LH 505, Rockefeller Block

Mode: Offline



Organized by
BBA professional
Chitkara Business School



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	NSS Activity
Topic	7 Days Special NSS Camp
Date	11/03/24 -17/03/24
Venue	Chitkara University, Punjab
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	53
Under SDG no.	3,4
SDG Details	Good health and well-being, Quality Education

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:

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.



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

3. 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 the smooth functioning of the camp.

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4. 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 camp.

5. 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.

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

DAY 2:

1. Health 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 the healthcare services and participate in the educational sessions. Medical check-ups were conducted by healthcare professionals to diagnose and address various health concerns.

2. Expert Session on Infection Control: Ms. Anjali, a Nursing Tutor from [Name of Institution or Organization], facilitated a specialized session on infection control. The session covered topics such as proper hand hygiene, sanitation practices, and preventive measures against infectious diseases. Practical demonstrations and interactive discussions were conducted to engage the participants effectively.



DAY 3:

1. **Expert Session 1:** *Speaker:* Dr. Deepak Puri, Senior Director, Max Healthcare Chandigarh *Topic:* Cardiac System and Health Dr. Deepak Puri delivered an insightful session on the cardiac system, emphasizing the significance of maintaining a healthy heart. He discussed various aspects including risk factors for heart diseases, preventive measures, lifestyle modifications, and the importance of regular cardiac screenings.
- 2.
3. **Village Rally:** The rally commenced from the NSS campsite and proceeded through the villages of Jhansla and Fatapur Garhi. Participants carried banners, posters, and pamphlets advocating for kidney health awareness. Volunteers engaged with villagers, educating them about kidney diseases, preventive measures, and the importance of regular health check-ups.
4. **Expert Session 2:** *Speaker:* Dr. Shivam Gaba, Surgical Oncologist Consultant, Neelam Hospital Rajpura *Topic:* Kidney Health and Related Issues Dr. Shivam Gaba shared valuable insights into kidney health and related diseases. He discussed common kidney disorders, symptoms, risk factors, and preventive measures. Additionally, Dr. Gaba emphasized the importance of early detection and timely intervention in kidney-related conditions.



DAY 4:

NSS Camp Visit to Paper Recycle Plant

On March 15, 2024, students from Chitkara University participated in a National Service Scheme (NSS) camp visit to a paper recycling plant. Led by Sanjeev Kumar Bhardwaj, the project manager, the excursion aimed to educate students about sustainable practices in paper production and recycling. 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.

Rally on World Kidney Day in Village Ramnagar and Kalomajra

On March 14, 2024, a rally was organized in villages Ramnagar and Kalomajra to commemorate World Kidney Day. Spearheaded by Sanjeev Kumar Bhardwaj and supported by volunteers from Chitkara University, the event aimed to raise awareness about kidney health and disease prevention in rural communities. Participants marched through the villages, distributing informational pamphlets and conducting interactive sessions on maintaining kidney health through proper hydration, a balanced diet, and regular exercise. The rally served as a platform to dispel myths and misconceptions

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surrounding kidney diseases while emphasizing the importance of early detection and timely medical intervention. Through community engagement and education, the initiative aimed to empower individuals to take proactive measures towards kidney health and well-being.

Slogan Writing Competition at Chitkara University

The competition aimed to foster creativity and raise awareness of various social issues among the student community. Participants were encouraged to craft compelling slogans that addressed pressing societal concerns such as environmental conservation, gender equality, and mental health awareness. The event witnessed enthusiastic participation from students across disciplines, showcasing their talent and passion for social change. Entries were judged based on originality, relevance, and impact, with winners receiving recognition for their contributions. The competition served as a platform for students to voice their opinions and inspire positive action towards building a more inclusive and sustainable society.





DAY 5:

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.

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 competition witnessed a plethora of vibrant and thought-provoking posters, reflecting the participants' perspectives on social issues, environmental concerns, and other relevant themes. This competition not only served as a platform for self-expression but also encouraged students to channel their creativity towards creating awareness and advocating for positive change in society.

Expert Sessions 1: The NSS camp also featured insightful expert sessions aimed at imparting valuable knowledge and skills to the participants. The first expert session, conducted by the Department of Nursing from CSHS (Chitkara School of Health Sciences), focused on first aid training. Students received comprehensive training in basic first aid techniques, equipping them with the necessary skills to respond effectively to medical emergencies and provide timely assistance when needed.

Expert Sessions 2: Led by Dr. Neelam Verma in the Explore Star Hall, topics related to personal development and career guidance. Dr. Verma shared valuable insights and practical advice on various aspects of personal growth, including goal setting, time



management, and communication skills. Her engaging presentation resonated with the participants, inspiring them to strive for excellence and pursue their aspirations with confidence and determination.

DAY 6

Expert Session 1: Disaster Management

Ms. Divya Thakur, Assistant Professor at CSHS, conducted an insightful session on Disaster Management during the NSS Camp. The session aimed to equip students with essential knowledge and skills to handle various disaster situations efficiently. Ms. Thakur delved into the intricacies of disaster preparedness, response, and recovery. She discussed different types of disasters such as natural calamities, accidents, and pandemics, emphasizing the importance of proactive measures. Through engaging discussions and practical examples, Ms. Thakur highlighted the significance of community involvement and coordination in mitigating the impact of disasters. Her expertise and guidance provided students with valuable insights into effective disaster management strategies.

Expert Session 2: Hands-on Practice on CPR Ms. Aarti Dhiman, a Nursing Tutor at CSHS, conducted an interactive session on Cardio-Pulmonary Resuscitation (CPR) as part of the NSS Camp activities. With her expertise in nursing and practical experience, Ms. Dhiman facilitated hands-on practice sessions, demonstrating the correct techniques of CPR. Through step-by-step guidance and simulations, students gained confidence in performing CPR effectively during emergencies. Ms. Dhiman emphasized the critical role of timely intervention in saving lives, stressing the importance of quick and accurate responses. Her practical approach and individualized feedback ensured that students acquired essential lifesaving skills that can be applied in real-life situations.

Expert Session 3: Anemia

Ms. Alisha, a Nursing Tutor at CSHS, conducted an informative session on Anemia during the NSS Camp. With her expertise in nursing and specialization in hematology, Ms. Alisha provided comprehensive insights into the causes, symptoms, and management of anemia. She discussed various types of anemia, their underlying mechanisms, and the significance of early detection and intervention. Ms. Alisha engaged the students through interactive discussions and visual aids, elucidating the importance of proper nutrition and lifestyle modifications in preventing and managing anemia. Her session equipped students with a deeper understanding of this prevalent health condition and empowered them to promote awareness and wellness within their communities.



DAY 7

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 and promoting environmental health

Following the tree plantation activity, 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.

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.

Valedictory Session

The highlight of the camp was the certification distribution and valedictory session held in the prestigious Explore Star Hall 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.



Experiential Learning/ Extension/ Co-Curricular Activity Report

Event Name	Pitchtycoon @2024
Date	13 th March, 2024
Venue	Peirre Hall, Le Corbusier Block
Organizer	Dr. Neeraj Anand
Resource Person	Dr. Rosy Singla
Number of Participants	97
SDGs Covered	3, 16,17
Duration	1 day

About the Activity

The Department of SCM & General Management in collaboration with the Department of Retail Management organized a Business Plan Competition for the undergraduate students of BBA- LSCM, Aviation, and Retail Management. This competition was to foster entrepreneurship spirit amongst the students. The competition started with various sessions on Entrepreneurship from Experts and CEED Mentors. Students were given a Business Template for preparing a Detailed Project (DPR). In all, there were 20 groups, in which 3–5 students participated and appeared for the screening round. In the Initial Screening six groups with the best Start-up Idea were shortlisted for the Pitchtycoon @2024 final competition which was held on 13th March 2024. Jury members for the same were Dr. Rosy Singla - Founder Millet Magic Creations, Patiala, and Dr. Deepinder Singh, Herbovive Pvt Ltd. Winning teams took home cash prizes along with gift vouchers from Sponsor VOSCO Resorts. The event ended with a session by Dr Rosy Singla, Food consultant and Founder of Millet Magic Creations, and Dr. Deepinder Singh who shared their valuable guidance on pitching the ideas for startup. Jury Members also shared their journey of being Entrepreneurs.

Entrepreneurship plays a crucial role by fostering innovation and creating opportunities for improving healthcare services. Entrepreneurs can develop new technologies, products and services that can help prevent diseases and promote well-being in communities. By supporting entrepreneurial initiatives in the healthcare sector, we can work towards ensuring access to quality healthcare for everyone



Winners of the Pitchtycoon @2024 with Jury and Faculty, 13-03-2024



Dr. Subodh Saluja felicitating the Jury, 13-03-2024



Student Team presenting their Idea, 13-03-2024



Host of the pitchtycoon @2024 sharing guidelines for the competition , 13-03-2024

Event Name	CSR Activity
Topic	Awareness Program on Stress Management techniques for better mental health
Date	13 th March 2024
Mode	Offline
Venue	Institute of Mental Health, Amritsar. Punjab
Organizer Name	Ms. Kanika Guleria (Assistant Professor), CSHS, Chitkara University, Punjab Ms. Vijyeta Bhasin (Assistant Professor), CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	52
No. of Impacted people	15
SDG No	SDG 3: Good Health and Well-being

Objectives

- To make patients learn strategies to manage stressors in both physical settings and daily life.
- To increase resilience and promote relaxation.
- To teach the patients the strategies to manage their reactions to stressors effectively.

Ms. Kanika Guleria (Assistant Professor) and Ms. Vijyeta Bhasin (Assistant Professor) Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized an awareness program on “stress Management techniques for better mental health” for patients at the Institute of Mental Health, Amritsar, Punjab on 13th March 2024. Students of B.Sc. Nursing 6th Semester, B.Sc. Nursing (Post Basic) 2nd Year and M.Sc. Nursing 1st year actively participated in this awareness program. Awareness programs aim to equip patients with effective strategies to manage stress, enhance their coping mechanisms, and improve their mental and physical health outcomes. Students engaged the patients in physical activities like Yoga to reduce physical tension and improve mental health. Patients received education on the impact of stress on the body and mind, empowering them with the knowledge to manage the stress effectively. Students also taught them various techniques like deep breathing exercises, talking to others, spending

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

time with those they love, how to say no to requests that would create excessive stress in life, and not relying on alcohol, or drugs to reduce stress.





Students of M.Sc. Nursing 1st year, B.Sc. (N) 6th semester and B.Sc. Nursing (Post Basic) 2nd Year provided awareness program at IMH, Amritsar, Punjab on 13th March 2024.

Outcomes

- Patients learned strategies to manage stressors in both physical settings and daily life.
- Patients felt calmer after completing deep breathing exercises.
- Patients learned skills for efficiently managing their reactions to stimuli.

Event Name	Awareness talk
Topic	National Immunization Day
Date	16th March 2024
Time	11:00 AM to 12:00 PM
Venue	Mata Kaushlaya Hospital, Patiala, Punjab
Organizers	Ms. Amanpreet Kaur (Assistant Professor) Ms. Gurpreet Kaur (Assistant Professor) Ms. Kanika Sharma (Nursing Tutor)
No. of Participants	13
SDG No.	SDG 3 (Good Health and Wellbeing) and 4 (Quality Education)

Objectives

1. To create awareness about the importance of immunization.
2. To Clarification of common misconceptions and myths surrounding vaccination.
3. To raise awareness about the Importance of timely vaccination to maintain herd immunity and prevent outbreaks

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Community Awareness Programme at Mata Kaushlaya Hospital, Patiala, Punjab on the occasion of “**National Immunization Day**”. The students of B.Sc. Nursing 4th Year participated in the event with the theme of “**Vaccines Work for All**”. The motive of the event was to create awareness about immunization and its significance in public health. The event covered goals number 3 (Good Health and Wellbeing) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. In this community awareness programme, the community was educated about various aspects of immunization, including its significance in preventing diseases, dispelling myths and misconceptions, and encouraging everyone to prioritize their health by staying up-to-date with vaccinations, highlighting the role of healthcare providers and community members in promoting immunization and dispelling misinformation, encouraging attendees to participate in activities related to the promotion of Immunization and avail themselves of

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

vaccination services. The community awareness programme ended with a group discussion and asking about their beliefs.



Students of B.Sc. Nursing 4th Year are participating in Awareness Talk on National Immunization Day on 16th March 2024

Outcomes

The awareness talk conducted by 4th-year nursing students on National Immunization Day proved to be a valuable initiative in promoting public health awareness. By disseminating accurate information and addressing concerns, the event contributed to empowering individuals to make informed decisions about immunization and safeguarding community health.

Event Name	One-day Training on “GCP and Ethics in Clinical Research”
Date	16 th March 2024
Venue	Pierre Hall
Organizer	Chitkara College of Pharmacy
Resource Person	Mr. Rajesh Saxena Vice President (Clinical Research, Operations) Max Healthcare
Number of Participants	140
SDGs Covered	3, 4, 9
Duration	1 day

About the Activity

Chitkara College of Pharmacy organized a Training on ‘GCP and ethics in Clinical Research’ on 16th March 2024 from 9 am onwards at Pierre Hall. The resource Person of the event was Mr. Rajesh Saxena, Vice President of Clinical Research (Operations) at Max Healthcare. The “Good Clinical Practices (GCP) and Ethics in Clinical Research” event typically serves as a platform to discuss and disseminate knowledge about the principles, guidelines, and best practices in conducting ethical and scientifically sound clinical research. The one-day training on "GCP and Ethics in Clinical Research" was an imperative interaction program ensuring adherence to ethical standards and Good Clinical Practice (GCP) guidelines within medical research. By educating participants on essential principles, regulations, and best practices governing clinical trials, this event aims to enhance the integrity, reliability, and safety of research outcomes. Furthermore, it underscores the commitment to upholding ethical standards, protecting participant rights, promoting transparency, fostering trust among stakeholders, and



CHITKARA UNIVERSITY
College of Pharmacy

SDG 3 GOOD HEALTH AND WELL-BEING | SDG 4 QUALITY EDUCATION | SDG 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

A Training on
GCP and Ethics in Clinical Research

Resource Person
Rajesh Saxena
Vice President,
Clinical Research (Operations)
Max Healthcare

Date : 16th March, 2024
Time : 9 AM Onwards
Venue: Pierre Hall

Organizing Secretary
Dr. Ravinder S Jaura
Prof & Assistant Dean (Pharm D Admin)
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Ravi Kant
Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Organised by
Chitkara College of Pharmacy

Convener & Chairman
Prof. (Dr.) Thakur Gurjeet Singh
Dean, Chitkara College of Pharmacy
Chitkara University, Punjab

Coordination Committee
Dr. Sanjana
Associate Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Sarita Jangra
Associate Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

Dr. Rupinder Kaur
Associate Professor
Chitkara College of Pharmacy
Chitkara University, Punjab

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

advancing the quality and credibility of clinical research endeavors. By following GCP guidelines and ethical principles researchers can contribute to the advancement of medical knowledge thus promoting the health and well-being of all individuals.



Mr Rajesh Saxena, Vice President (Clinical Research, Operations), Max Healthcare with esteemed Faculty members



Speaker addressing the audience

Event Name	CSR Activity
Topic	Awareness Talks on Stress & Anger Management, Suicide Prevention & Depression
Date	18.03.2024- 19.03.2024
Mode	Offline
Venue	Institute of Mental Health, Amritsar
Organizer Name	Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Jigyasha, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	07
Number of impacted people	20
SDG No.	SDG3: Good Health and Wellbeing SDG 17: Partnerships for the Goals

Objectives

- To familiarize the participants with the management of anger and stress.
- To increase the knowledge and awareness regarding the prevention of suicide and Depression.

Description

Mental Health is an important aspect of our good health. Good mental health is about wellness rather than illness. It includes our emotional, psychological, and social well-being and it's a state where a person can cope with normal stresses of life, work productivity, and can make a meaningful contribution to their community. Keeping in view, an awareness talk for two days was organized on various topics "Stress & Anger Management, Suicide Prevention & Depression" by the Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the awareness talk was to familiarize the participants with the management of anger and stress and increase their knowledge and awareness regarding the prevention of suicide and Depression. Students of M.Sc. Nursing 1st Year and B.Sc. Nursing (Post Basic) 2nd year provided awareness talk to the patients and their family members in a hospital setting.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Students of B.Sc. Nursing (Post Basic) 2nd year providing awareness talk on Stress and Anger Management on 18th March 2024 at IMH, Amritsar.



Student of M.Sc. Nursing 1st year and B.Sc. Nursing (Post Basic) 2nd year providing awareness regarding Prevention of Suicide and Depression on 19th March 2024 at IMH, Amritsar.

Outcomes

- The participants gained knowledge regarding the importance of anger and stress management.
- The participants also gained insight into the prevention of suicide and Depression.

Event Name	One-Day National Workshop
Topic	Maternal and Newborn Health: Translating Research Evidence to Practice
Date	19 th March, 2024
Time	9:00 a.m. – 04:00 p.m.
Venue	Einstein Hall, Galileo Block
Organizer	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab in Collaboration with Centre for Evidence-Based Practice in Health Care
Resource Person	<ul style="list-style-type: none"> • Dr. Shikha Gupta, Director, MBBS, MD, DNB, Gynaecology, IVF & Gynae Endoscopy, Neelam Hospital, Rajpura, Punjab • Dr. Vikram Bedi, Pediatrician & Neonatologist, MBBS, MD, Bedi Hospital & Infertility Center, Chandigarh
No. of Participants	9 (Faculty)
Under SDG no.	SDG 3, SDG 4, SDG 5, SDG 10, SDG 17
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 5 Gender equality, 10 Reduced inequality, 17 Partnership for goals
NEP	11.1-11.13 Towards more Holistic Education, 12.1-12.10 Optimal learning environment and support for students, 17.1-17.5 Professional education, 18.1-18.9 Promoting high-quality research

Objectives

- To understand the standards for quality improvement in MCH care – EMEN (Every Mother Every Newborn).
- To address the challenges and opportunities of neonatal care.
- To foster collaboration and networking among participants from diverse backgrounds to exchange ideas, experiences, and insights related to maternal and newborn health research and practice.

Descriptions

The Department of Nursing at CSHS successfully organized a one-day National Workshop on Maternal and Newborn Health: Translating Research Evidence to Practice on 19th March 2024 at Einstein Hall. Dr. Kanika, Vice Principal Department of Nursing, CSHS, extended a warm welcome to guest speakers, faculty members, and delegates from various colleges across Punjab. The workshop featured insightful sessions by distinguished speakers. Dr. Shikha Gupta, Director of Gynaecology and IVF & Gynae Endoscopy at

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Neelam Hospital Rajpura, delivered a session on Standards for Quality Improvement in Maternal and Child Health (MCH) care, focusing on the EMEN (Every Mother Every Newborn) initiative. She emphasized the importance of improving the quality of care for mothers and newborns, outlining actionable steps toward achieving this goal. Following this session, Dr. Vikram Bedi, a Paediatrician and Neonatologist from Bedi Hospital and Infertility Centre, Chandigarh, addressed the audience on Challenges and Opportunities in Neonatal Care. His talk shed light on the care of low-birth-weight babies and the challenges encountered in Neonatal Intensive Care Units (NICUs), incorporating real-life examples to illustrate key points. Additionally, the workshop included a group activity wherein delegates engaged in discussions revolving around various case scenarios related to obstetrics and pediatrics. Their active participation enriched the exchange of ideas and fostered collaborative learning. Overall, the workshop provided a valuable platform for healthcare professionals to enhance their knowledge, share experiences, and collaborate toward improving maternal and newborn health outcomes. By addressing challenges and leveraging opportunities, participants contributed to the collective effort aimed at reducing maternal and neonatal mortality rates. Such initiatives play a crucial role in advancing healthcare practices and promoting better outcomes for mothers and newborns alike.





Outcome

The workshop provided participants with valuable insights into enhancing healthcare professional understanding and utilization of evidence-based practices to improve maternal and newborn health outcomes.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Topic	Innovative First Aid Skills Required for Hospitality Industry
Date	20/03/2024
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Ms. Sawroop Dhillon Assistant Professor Chitkara University, Punjab
No. of participants	50
SDG No.	SDG 3: Good health and wellbeing

Objective

1. Provide students with a comprehensive understanding of first aid techniques essential for the hospitality industry's unique demands.
2. Offer hands-on training and interactive sessions to facilitate practical learning of CPR, wound care, and emergency response protocols.
3. Tailor the workshop to address realistic scenarios commonly encountered in hotels, restaurants, and event venues to enhance relevance and applicability.
4. Foster a culture of preparedness among hospitality professionals to effectively handle medical emergencies and prioritize guest safety.

Description

Through hands-on training and interactive sessions, students gained a comprehensive understanding of essential first aid techniques tailored specifically to the industry's demands. Practical demonstrations and simulations allowed students to practice CPR, wound care, and emergency response protocols in realistic scenarios commonly encountered in hotels, restaurants, and event venues. By fostering a culture of preparedness and equipping participants with crucial life-saving skills, the workshop empowered hospitality professionals to confidently handle medical emergencies, prioritize guest safety, and uphold the industry's reputation for excellence in guest care.



CHITKARA UNIVERSITY

Innovative First Aid Skills Required For Hospitality Industry

Resource Person
Sawroop Dhillon
Assistant Professor
Medical Surgical Nursing
Chitkara University, Punjab

Date - 20th March, 2024
Time - 02:00 pm onwards
Venue- LH 11, 3rd floor, Escoffer Block.

Organised by
Chitkara College of Hospitality Management



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Outcomes

Demonstrate proficiency in performing essential first aid techniques, including CPR and wound care, through hands-on practice and simulations.

Apply learned protocols to real-life scenarios within hospitality settings, ensuring swift and effective responses to medical emergencies.

Enhance communication and coordination skills necessary for prioritizing guest safety and maintaining composure during stressful situations.

Uphold the industry's reputation for excellence in guest care by confidently handling medical emergencies and promoting a culture of safety within hospitality establishments.

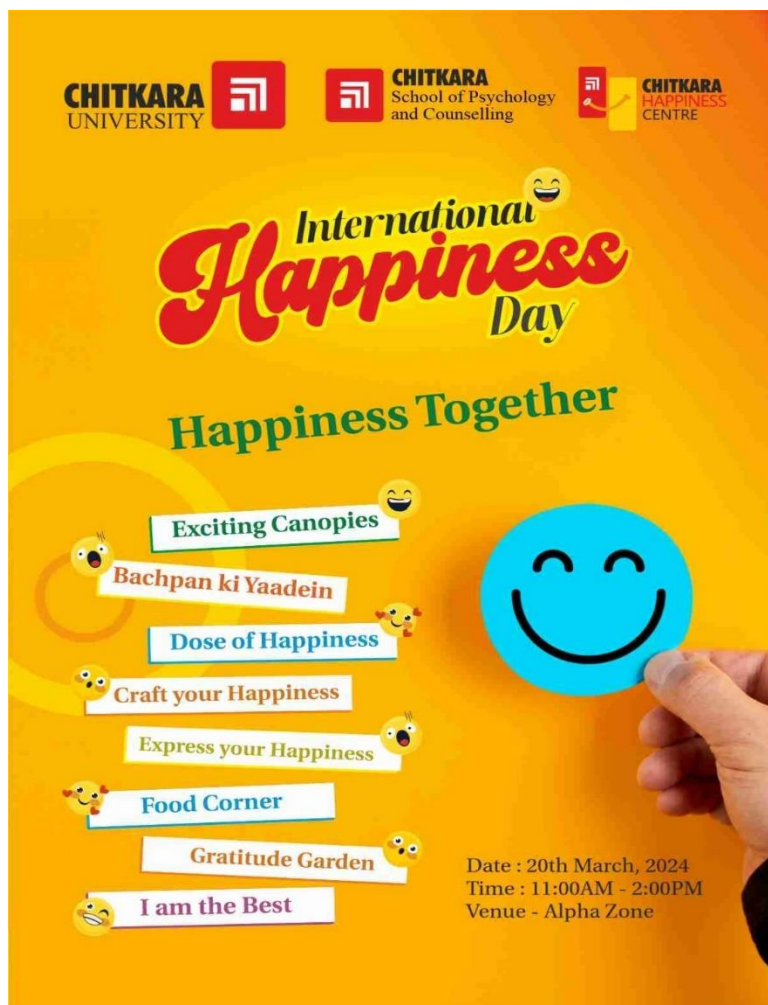
Learning first aid can help save lives in emergencies by providing immediate care until professional help arrives. By acquiring these skills individuals can contribute to achieving SDG 3's target of reducing global mortality rates and improving overall health outcomes. Therefore incorporating first aid training into educational curriculums can play a crucial role in promoting health and well-being worldwide.



Event Name	International Day of Happiness
Date	20 th March, 2024
Venue	Alpha Zone, Chitkara University
Organizer	Chitkara School of Psychology and Counselling (CSPC) in collaboration with the Chitkara Happiness Centre
Resource Person	NIL
Number of Participants	769 total, 54 Psychology students
SDG Number	3
Duration	

About the Activity

The International Day of Happiness is celebrated throughout the world on 20th March. Chitkara School of Psychology and Counselling (CSPC) in collaboration with Chitkara Happiness Centre organized the International Day of Happiness on 20th March, at Alpha Zone. The happiness event was an opportunity to spread kindness, and foster joy, celebration and connections that uplift the spirit of mental well-being as the Happy Mind can lead a Happy Life and a happy person leads a healthy life. CSPC department's canopy, which was called DOSE with the theme -Do You Take Your Dose Daily? was able to successfully instil knowledge of four neurotransmitters as Happy Hormones- Dopamine, Oxytocin, Serotonin and Endorphins which are responsible for activities such as pleasure, motivation, love, happiness and mood, through fun activities which the participants loved. In addition, there were canopies of Bachpan ki Yaadein, Craft your happiness, express your happiness, gratitude



canopies of Bachpan ki Yaadein, Craft your happiness, express your happiness, gratitude

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garden, I am the best and food corner. There was also the talent of singing with open mic opportunities for all. Every canopy had lots of fun and game activities for all participants and the winner of each game received various kinds of gifts. It was truly an enriching experience indeed, The International Day of Happiness aimed to make all students and faculty realize the importance of happiness in their lives.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	CSR Activity
Topic	Role Play on Rights of Mentally Ill Patients
Date	26.03.2024
Mode	Offline
Venue	Institute of Mental Health, Amritsar
Organizer Name	Ms. Jigyasha, Nursing Tutor, 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	10
Number of impacted people	20
SDG No.	SDG3: Good Health and Wellbeing SDG 17: Partnerships for the Goals

Objectives

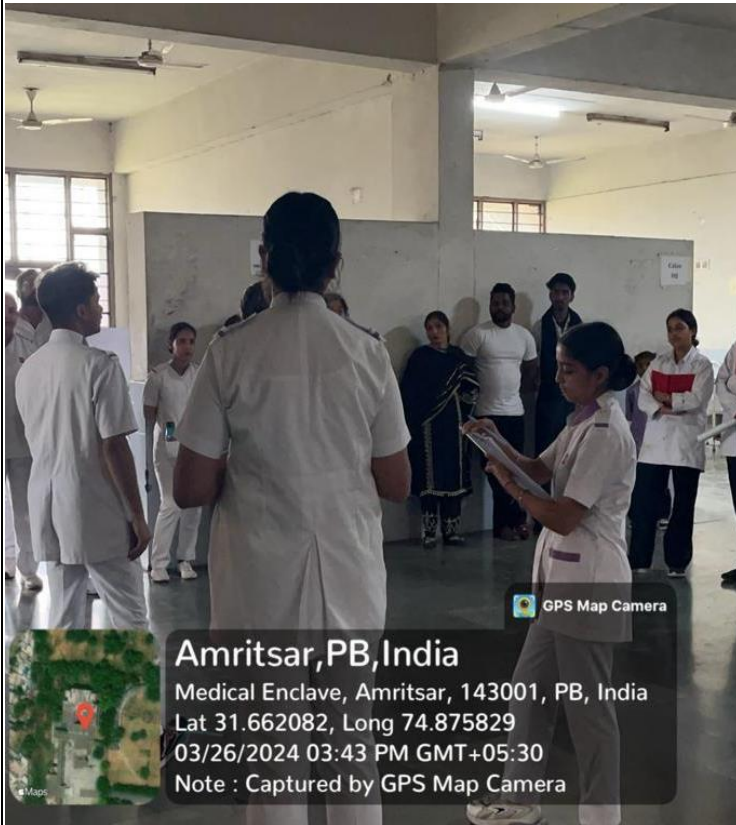
- To familiarize the participants with the rights of mentally ill patients.
- To increase the knowledge and awareness regarding the rights of mentally ill patients.

Description

Mental Health is an important aspect of our good health. Good mental health is about wellness rather than illness. It includes our emotional, psychological, and social well-being and it's a state where a person can cope with normal stresses of life, work productivity, and can make a meaningful contribution to their community.

Keeping this in view, a role-play was organized on “Rights of Mentally ill Patients by students of B.Sc. Nursing 6th Semester, Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the role play was to familiarize the participants with the rights of mentally ill patients, their protection during treatment, and the implications of the right time. The role play was presented in the Family Ward of the Institute of Mental Health, Amritsar.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

- The participants gained knowledge regarding the importance of the Rights of Mentally ill Patients.
- The participants also gained insight regarding the implications and use of rights.

Event Name	Poster-Making Competition
Topic	World Tuberculosis Day
Date	28 th March,2024
Time	1:00 PM -2:00 PM
Venue	Galileo Block
Organizers	Ms. Priya (Nursing Tutor) Medical Surgical Nursing Ms. Alisha (Nursing Tutor) Medical Surgical Nursing
No. of Participants	15
SDG No.	SDG3(Good Health and Wellbeing) and 4 (Quality Education)

Objectives

1. To create awareness about Tuberculosis
2. To channel the student's creativity and enhance their knowledge.

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Quiz and Poster-Making Competition on the occasion of ‘World Tuberculosis Day. The theme of the event was “Yes! We Can End TB”. The motive of the event was to create awareness about Tuberculosis and bring out the talent and creativity of the students. The event covered goals number 3 (Good Health and Well-being) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. By raising awareness about TB and improving access to healthcare services we can work towards promoting good health and reducing the impact of this disease on individuals and communities around the world. In the Poster-Making competition, a showcase of artistic prowess, Gurleen, a student from B.Sc. Nursing 2nd semester secured the first position, followed by Riya and Mehak respectively claiming the second and third positions. Ms. Swaroop (Associate Professor) and Ms. Parminder (Associate Professor) were designated as the judges of the event.



Outcomes

- The competition was a wonderful experience and provided a platform for students' creativity and to polish their wisdom.

Event Name	Quiz Competition
Topic	World Tuberculosis Day
Date	28 th March,2024
Time	2:00 PM -4:00 PM
Venue	Pierre Hall, Le Corbusier Block
Organizers	Ms. Priya (Nursing Tutor) Medical Surgical Nursing Ms. Alisha (Nursing Tutor) Medical Surgical Nursing
No. of Participants	23
SDG No.	SDG3(Good Health and Wellbeing) and 4 (Quality Education)

Objectives

1. To create awareness about Tuberculosis
2. To channel their creativity and enhance their knowledge.

The Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab has organized a Quiz and Poster-Making Competition on the occasion of ‘World Tuberculosis Day’. The theme of the event was “Yes! We Can End TB”. The motive of the event was to create awareness about Tuberculosis and bring out the talent and creativity of students. The event covered goals number 3 (Good Health and Well-being) and 4 (Quality Education) of the United Nations Sustainable Developmental Goals. By raising awareness about TB and improving access to healthcare services we can work towards promoting good health and reducing the impact of this disease on individuals and communities around the world. In the Quiz Competition, students showcase their knowledge about tuberculosis, in which Team-B (Anatomy Wizard) scored 1st position in the 4th semester. Ms. Swaroop (Associate Professor) and Ms. Parminder (Associate Professor) were designated as the judges of the event



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

- The competition was a wonderful experience and provided a platform for students' creativity and to polish their wisdom

EVENT:	Consultancy provided to MESSIUM group of companies.		
Date / Time:	01 st Apr 24 /1100-1430 hrs.	Mode:	Offline
Location / Link:	INDIA WHEAT TRIALS		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	52 Clients		
Resource Person (if any)	Dr Anurag Tewari		
SDG:	1, 2, 3, 9, 12, 13, 15, 17		

Event Details

Dr. Anurag Tewari has served as Chief Consultant at Rising Roots Agriculture Pvt. Ltd. since 2021. Previously, from 2019 to 2020, he held the position of Chief Consultant at Shailin Farming Solutions. These companies provide agricultural consulting services throughout India at competitive rates, ensuring affordability for clients. The aim of such groups is to improve human and environmental health for all ages. Through both organizations, the department has extended services to numerous progressive farmers and private enterprises. The firm develops and implements agribusiness, food processing infrastructure, and retail distribution projects on a global scale within the agricultural sector. Our goal is to empower clients to thrive in today's complex and dynamic markets by delivering practical solutions, utilizing modern tools and technologies, and fostering continuous improvement to enhance client satisfaction.



INDIA WHEAT TRIALS in 6 agro climatic zones

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Workshop
Topic	Capacity building workshop on Interpersonal Psychotherapy
Date	3 rd April 2024 to 4 th April 2024
Mode	Offline
Venue	Einstein Hall, Galileo Block, Chitkara University Pulitzer Hall, Picaso Block, Chitkara University
Organizer Name	Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. Ms. Jigyasha Sharma, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
Resource Persons	Dr. Bandana Bisht, Assistant Professor, Government Medical College & Hospital, Sector 32, Chandigarh.
No. of Participants	47
SDG No	3-Good Health and Well Being, 4-Quality Education, 17- Partnership for the goals

The Department of Nursing organized two two-day **Capacity building workshops on Interpersonal Psychotherapy** from 3rd April 2024 to 4th April 2024. The resource person was Dr. Bandana Bisht, Assistant Professor, Government Medical College & Hospital, Sector 32, Chandigarh. She talked about interpersonal psychotherapy, principles, techniques, grief, counseling process, IPT problem area: Role disputes, role transition, interpersonal deficits, and phases of IPT. The session involved enthusiastic participation from students of B.Sc Nursing 6th semester and B.Sc (N) Post Basic 2nd year.

The main goal was to give knowledge to students regarding interpersonal psychotherapy which involves acquiring skills to deal with persons with grief, role disputes, role transition & other personal problems. Interpersonal psychotherapy is a type of therapy that helps individuals improve their relationships with others which in turn can lead to better mental and emotional health.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

- The participants gained knowledge regarding interpersonal problems of mental health
- The participants also gained insight regarding how to perform interpersonal psychotherapy.

Event Name	Pharmacy Practice Module- Principal Use of Medicines
Date	04 th – 06 th April 2024
Venue	Pierre Hall
Organizer	Chitkara College of Pharmacy
Resource Person	<p>Dr. Avnish Kumar Director, Research & Medical Education (DRME) Punjab</p> <p>Dr. Varinder Gill Medical Superintendent Gian Sagar Medical College & Hospital Banur, Rajpura</p> <p>Dr. Rajan Singla Principal and Director, Government Medical College and Rajindra Hospital, Patiala</p> <p>Dr. Shivani Juneja MD, Clinical Pharmacology, Fortis Hospital, Mohali</p> <p>Ms. Sapna Bhardwaj Consultant, Infosys</p> <p>Dr. Onkar Gupta Consultant Pulmonologist, Max Super Specialty Hospital, Mohali</p> <p>Dr. Gaurika MD, DNB (Gynecology) Director of IVF & Fetal Medicine, Neelam Hospital, Rajpura.</p>
Number of Participants	150
SDGs Covered	3, 4, 9
Duration	3 days

About the Activity

Chitkara College of Pharmacy organized a ‘Pharmacy Practice Modules’ with the theme of Principles of Quality Use of Medicines. Collaborating with Government Medical College & Hospital, Patiala, Max Hospitals, NHS, Jalandhar, Fortis Hospital, Mohali & Neelam Hospital, Rajpura from 4th April to 6th April 2024. This event focused on educating pharmacists and other healthcare professionals about the responsible and effective use of medications. It covered topics such as medication safety, appropriate prescribing and dispensing practices, patient education, and promoting rational medication use to improve patient outcomes and reduce healthcare costs. This Module on Principles of Quality Use of Medicine aims to equip pharmacy students with a comprehensive understanding of optimizing medication therapy. Through this module, students will learn to assess, monitor, and promote safe and effective medication use while considering

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

individual patient needs. By focusing on evidence-based practices and interdisciplinary collaboration, the module aims to foster pharmacists who can contribute effectively to improving patient's health and healthcare.

Theme: Principles of Quality Use of Medicines

4th April – 6th April, 2024

Venue: Chitkara College of Pharmacy
Chitkara University, Punjab



In Collaboration with
Government Medical College & Hospital, Patiala, Max Hospitals, NHS, Jalandhar,
Fortis Hospital, Mohali & Neelam Hospital, Rajpura



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

EVENT:	Swimming Competition on NMD 2024		
Date / Time:	05 th Apr 2024	Mode:	Offline
Location / Link:	Swimming Pool Inside Sportorium, Chitkara University, Punjab		
Activity In-charge:	Mr. Manohar Lal Bhardwaj		
No. of Participants:	15 Players in different events		
Resource Person (if any)	-----		
SDG:	3 - Good Health and Well-being, 4- Quality Education, 10-Reduced Inequalities		

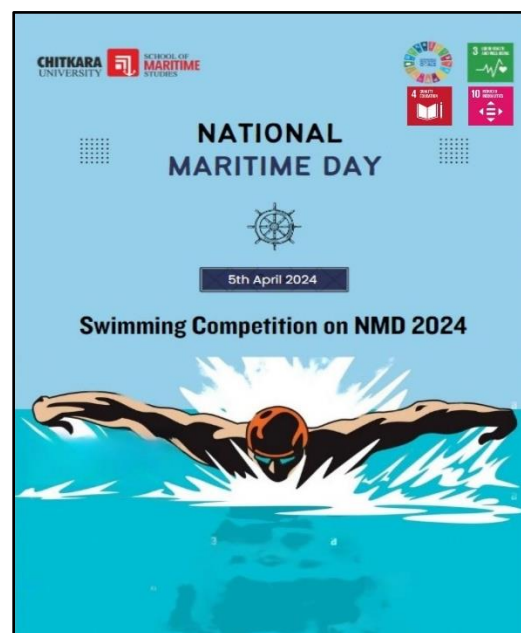
GAMES AND SPORTS ARE IMPORTANT TO MAINTAIN THE PHYSIQUE AND FITNESS OF ONES BODY. WHEN IT COMES TO THE PROFESSION OF SAILING FITNESS PLAYS AN IMPORTANT ROLE FOR US AS MARINERS.

BRIEF DESCRIPTION

On the auspicious occasion of 61st National Maritime Day, Chitkara University School of Maritime Studies organized a Swimming and LSA related competition between CUSMS cadets - house-wise e.g. Port House & Starboard House.

In addition, there was also an individual 100-meter freestyle swimming race. held on 04th Apr 2024.

Swimming is a great way to promote physical health and mental well-being. It is a low-impact exercise that can improve cardiovascular health muscle strength and flexibility. Additionally, swimming can help reduce stress improve mood and boost overall mental health. By incorporating swimming into our routines we can contribute to achieving SDG 3 and lead healthier lives



Details of the Events

- CUSMS organized a Swimming competition which started on the eve of the National Maritime Day Celebration on 04th Apr 2024 with a 100-meter freestyle race.
- The rest of the events were conducted on National Maritime Day i.e. 05th Apr 2024.
- Swimming Pool Arena was full of the audience cheering and motivating the players.
- This entire event was planned, organized, and executed well by the cadets.
- CUSMS Sports Committee ensured smooth & fair proceedings of the event.
- Manohar Lal Bhardwaj, in charge of the Sports Committee, was present and supervised the entire event.
- He was also on duty as a lifeguard during this complete event.

Details of Competitions:

Three main competitions were organized and executed. Following are the details with participant lists:

1. 100 meters freestyle - Individual:

Participants: Rishabh Amlani, Bhavya Tomar, Manav, Navjot Singh, Divay Tomar and Mohit

2. Relay 4 x 50 meters - Inter-house

3. Life Raft Survival Techniques - Inter-house

House Team Lists: -

Port House - Rishabh Amlani, Gourav Walia, Vignesh V Gupta, Aryan Pathania, and Aryan Thakur

Starboard House - Navjot Singh, Aryan Dogra, Divay Tomar, Mohit and Abhishek Chauhan.

Intense competition between the two Houses was spectacular. All members of the discipline and safety committee were very alert to ensure that there was no misbehavior.

Result:

a) 100 meters freestyle Individual Swimming:

Winners: Cadet Rishabh Amlani - First Position - 01:28:22 minutes

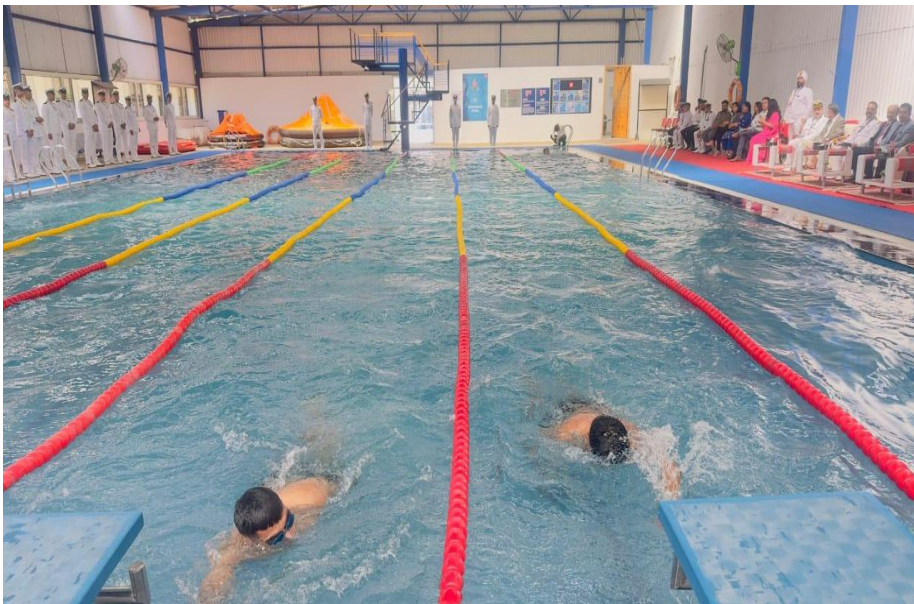
Cadet Divay Tomar - Second Position - 01:35:99 minutes.

b) Relay 4 x 50 Meters:

Winners: Port House won the relay race (02:59:14 minutes).

c) Life Raft Survival Techniques:

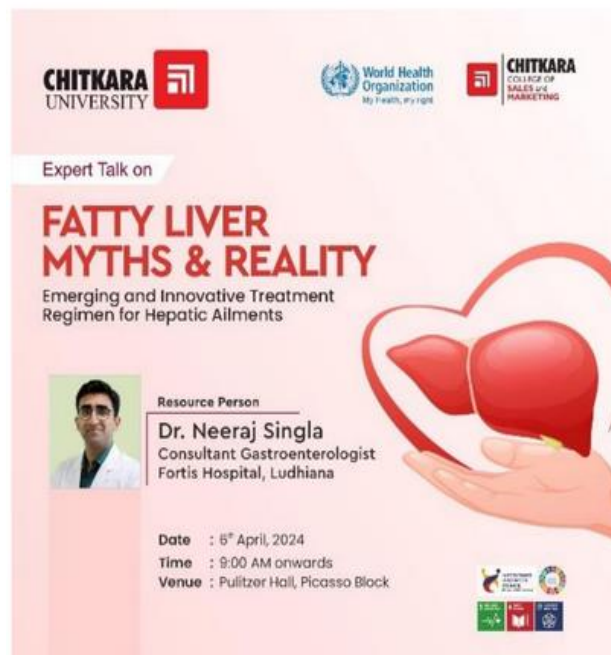
Winners: Starboard House won the competition using 01:33:41 minutes.



Event Name	“Fatty Liver: Myths and Reality, Emerging and Innovative Treatment Regimen for Hepatic Ailments”
Date	06 April 2024
Venue	Einstein Hall, Galileo Block, Chitkara University, Punjab
Organizer	Chitkara College of Sales & Marketing
Resource Person	Dr. Neeraj Singla, Consultant Gastroenterologist, Fortis Hospital, Ludhiana
Number of Participants	48
SDGs Covered	3, 4, 17
Duration	1 day

About the Activity

To commemorate World Health Day, Chitkara College of Sales and Marketing organized an awareness program with an expert talk on “Fatty Liver”, and myths associated with this extremely prevalent health condition among the Indian population. The expert was Dr. Neeraj Singla, consultant Gastroenterologist from the renowned institution, Fortis Hospital, Ludhiana. Dr. Singla shared data about the population having fatty liver in India. He also made the audience aware of the causes of this health hazard condition. One reason is a lack of awareness and myths, such as one should only use refined oil, etc. Dr. Singla clarified about myths of fatty liver and suggested lifestyle modification, such as types of exercise and dietary control to mitigate the potentially harmful impact of having a fatty liver on one’s health. With lifestyle changes, one can avoid deadly diseases like Hepatitis. Participants were curious to know and understand more about hepatic ailments and had various queries, which Dr. Neeraj Singla answered to the satisfaction of the participants. The theme



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of 2024 World Health Day is “My Health, My Right”. The liver is the most important part of our body and digestive system, responsible for metabolism in our body. One should have a healthy liver for a healthy metabolism function leading to a healthy body. As per statistics, Fatty liver (Fat deposit on the liver) is a common condition amongst masses. There are myths also, which can only be cleared by an expert. Therefore, to clear myths and bring awareness along with the importance and insights of a healthy liver, an expert talk was organized on the occasion of World Health Day, to learn to adopt to lifestyle modification suggested by Dr. Neeraj Singla for a healthy life, healthy digestive system and healthy body. Having it from an expert, students and faculty would immensely benefit from emerging and innovative treatment regimens for hepatic ailments and have ways and means to avoid this hazardous health condition.



Event Name	Team Up & Take Off Explore your Potential Dream, Dare and Deliver
Date	6 th April, 2024
Venue	22 G Haveli Patiala, Sangrur Road,
Organizer	Chitkara School of Psychology and Counselling (CSPC)
Resource Person	NIL
Number of Participants	9
SDG Number	3
Duration	5 Hours

Team Up & Take Off Explore your Potential Dream, Dare and Deliver

About the Activity

"Team up and Take Off" a trip organized by Chitkara School of Psychology and Counselling (CSPC) was a fantastic way for team bonding and to strengthen cohesion. This initiative was driven by the inspiring theme: "Explore Your Potential: Dream, Dare, and Deliver."

Each activity, starting from the Cohesion Quest to the Harmony Hurdle, was designed to not only strengthen the bond but also to challenge the team to grow both personally and professionally. The Human Knot tested our patience and strategy, while the Minefield demanded trust and communication. Through these challenges, we discovered the true meaning of oneness.

It was an unforgettable experience filled with fun and learning. This event resonated with National Education Policy 13.1, highlighting the importance of a motivated and energetic team and supporting Sustainable Development Goal 3: ensuring good health and well-being for all as teamwork brings success, success brings happiness and happiness promotes health and well-being of all.



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Shot on OnePlus



Shot on OnePlus

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Event Name	Stakeholders Meeting focusing on "Unhealthy Food Marketing to Indian Children"
Date	06.04.2024
Venue	Chitkara University Punjab
Organizer	CURIN
Resource Person	Dr. Naveen Kumar
Number of Participants	40
SDGs Covered	SDG 3, SDG 12, SDG17
Duration	1 day

About the Activity

New Delhi, India - April 6, 2024 - A Stakeholders Meeting focusing on "Unhealthy Food Marketing to Indian Children" was held on April 6 (Saturday), 2024, at the **National Science Centre in Pragati Maidan, New Delhi**. Virtually every meeting was hosted through the Zoom Platform.



Extent and Nature of Unhealthy Food and Drink TV Marketing targeted to Children in India
[Results and Key Findings]



Dr. Naveen Kumar, Project Principal Investigator
Country: India
Institution: Chitkara University, Punjab

06 April 2024 (Saturday)

The multinational research project, funded by the International Development Research Centre (IDRC), Canada, aimed to investigate the extent and nature of unhealthy TV food marketing targeted at children. Led by Prof. Tilakavati from Taylor's University Malaysia, the project involved nine Asian countries, including India, Malaysia, China, Bangladesh, Mongolia, Nepal, Philippines, Sri Lanka, and Vietnam.

In India, Dr. Naveen Kumar, Associate Professor at Chitkara University, spearheaded the project. The research focused on analyzing the prevalence and nature of unhealthy food marketing on television.

To disseminate the key findings and advocate for necessary policy actions, Dr. Naveen Kumar organized a stakeholder meeting. The meeting provided a platform for engaging with Indian stakeholders, including government agencies, research institutions, civil society organizations, and academia. Its goal was to raise awareness about the impact of

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unhealthy food marketing on children and to urge policymakers to take proactive measures to address this issue. The meeting featured presentations on the prevalence of unhealthy food marketing, and the need for robust policy measures to address this issue. Panel discussions provided a platform for stakeholders to exchange views and explore collaborative solutions to tackle the growing challenges posed by unhealthy food marketing in India. Unhealthy food can have a negative impact on our health leading to various diseases and illnesses. It is important to be mindful of what we eat and choose nutritious options to support our overall well-being. By making healthier food choices we can contribute to achieving SDG 3 and promote a healthier lifestyle for ourselves and others. Remember a balanced diet is crucial for maintaining good health and preventing illnesses.

Stakeholders Meeting Invitation

Date: April 6, 2024 (Saturday), **Time:** 9:00 AM - 2:00 PM IST

Venue: National Science Center, Bhairon Marg, near Gate No.4, Pragati Maidan, New Delhi-110001

Participation: In-person and Virtual (Google Meet/Zoom)

Program	
09:00-09:30	Registration
09:30-09:40	<p>Welcome Note</p> <p>Dr Vijay Pal Singh (Project Co-PI, India)</p> <p>Assoc Professor (Biological Science), CSIR-IGIB and Academy of Scientific and Innovative Research (AcSIR), Delhi</p>
09:40-11:00	<p>Introduction to project and methodology</p> <p>Prof. (Dr) Tilakavati Karupaiah (Project Leader)</p> <p>School of Biosciences, Faculty of Health & Medical Sciences Taylor's University, Lakeside Campus, Malaysia</p>
11:00-11:30	<p>‘TV Food Marketing to Indian Children’: Results and Key Findings:</p>

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	<p>Dr Naveen Kumar (Project PI, India) Associate Professor, Chitkara University, Rajpura, Punjab</p>
11:30-11:45	Tea Break
11:45-12:00	Cross-Country Comparison and Malaysian Experience by Prof. Tilakavati Karupaiah
12:00-12:45	<p>Panel Discussion/Stakeholder Dialogue:</p> <p>Panelists:</p> <ol style="list-style-type: none"> 1. Dr Bridget Kelly Dietitian and Associate Professor (Public Health Nutrition), University of Wollongong, Australia 2. Dr Sally Mackay Senior Lecturer, School of Population Health Faculty of Medical and Health Sciences University of Auckland, New Zealand 3. FSSAI Representative 4. Ms. Purnima Thakur, Assistant Director, National Institute of Public Cooperation and Child Development, Delhi 5. Dr Challa Suresh, Scientist 'F' & HoD, National Institute of Nutrition, Hyderabad, India. 6. Dr Muthukumar S P, Chief Scientist & Professor, CSIR-Central Food Technological Research Institute, Mysore, Karnataka, India 7. Dr Naveen Kumar (Project PI, India) <p>Moderator</p>

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

	1. Dr. Vijay Pal Singh, Project Co-PI, India
12:45-13:00	The Way Forward and Vote of Thanks by Dr. Vijay Pal Singh
13:00-14:00	Lunch



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Role Play
Topic	World Health Day
Date	8 th April,2024
Time	10:00 AM onwards
Venue	Fortis Hospital, Mohali
Organizers	Ms. Sawroop Dhillon, Assistant Professor, Medical Surgical Nursing Ms. Divya Thakur, Assistant Professor, Medical Surgical Nursing
No. of Participants	29
SDG No.	SDG3(Good Health and Wellbeing) and 4 (Quality Education)

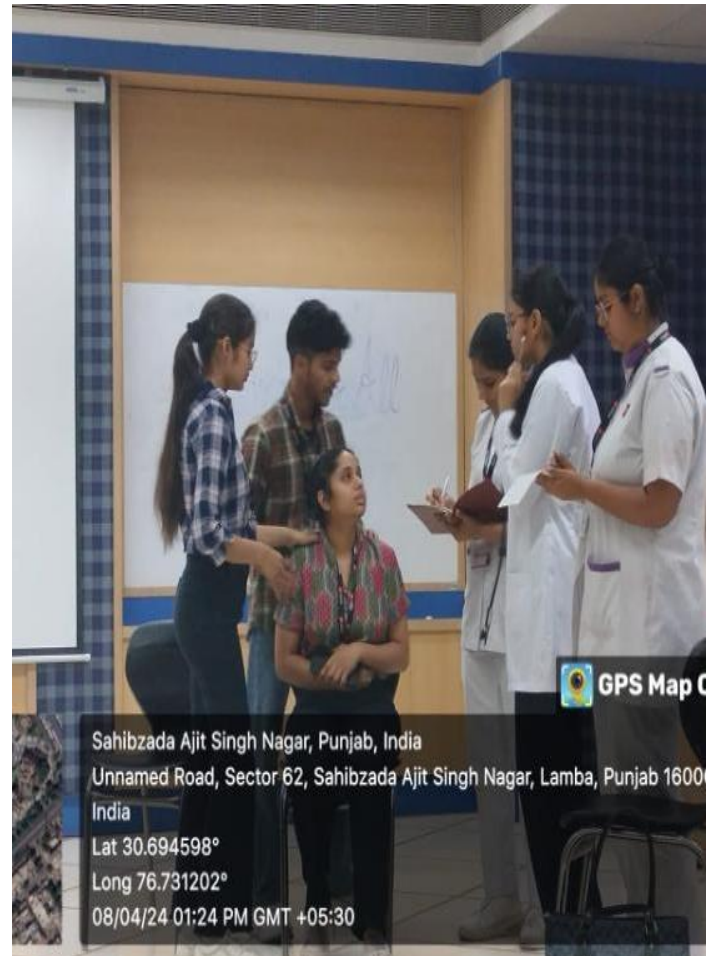
Objectives:

1. Raise awareness about various health topics
2. Advocate for health equity and access to healthcare services for everyone
3. Promote healthy lifestyles
4. Celebrate the progress made in improving global health outcomes and recognize the contributions of healthcare workers

World Health Day 2024 is an annual global health awareness day observed every year to highlight significant health issues and mobilize action towards improving health worldwide. The theme for World Health Day 2024 is "My Health, My Right". By keeping the same under consideration students of B. Sc. Nursing 2nd semester, Department of Nursing, Chitkara School of Health Sciences, Chitkara University Punjab did a Role Play in Fortis Hospital Mohali on 8th April, 2024. They created awareness among the general population regarding various health issues, early identification and management of these issues, and Promotion of healthy lifestyles and behaviors. They highlighted the importance of investing in health systems and prioritizing public health interventions to achieve better health outcomes for all. They applauded the continuous support and hard work of healthcare workers and frontline responders who play a crucial role in promoting public health and reducing the impact of diseases. Along with the role play various charts and posters were also

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

made by the students and were displayed in the hospital at the end. Overall, it was a great learning experience for all.



Outcomes

1. Increased public Awareness regarding various health topics.
2. Promoted community engagement.
3. Encouraged health promotion activities that promote healthy lifestyles and behaviors.
4. Emphasized the importance of collaboration and cooperation among organizations and individuals to achieve better health outcomes for all.

Event Name	CSR Activity
Topic	Awareness program on World Health Day
Date	8 th April, 2024
Venue	Auditorium, Fortis Hospital, Mohali
Organizer	Ms. Priya & Ms. Alisha Department of Nursing, CSHS, Chitkara University, Punjab
No. of Participants	16
No. of impacted individuals	54
Under SDG no.	03
SDG Details	03 Good health and wellbeing, 06 Clean water and sanitation, 10 Reduce inequality

Objectives

1. To create awareness around a specific health theme to highlight a priority area of concern for the World Health Organization.
2. To promote self-care among people.
3. To provide detailed knowledge of getting prevented from various diseases and their complications.

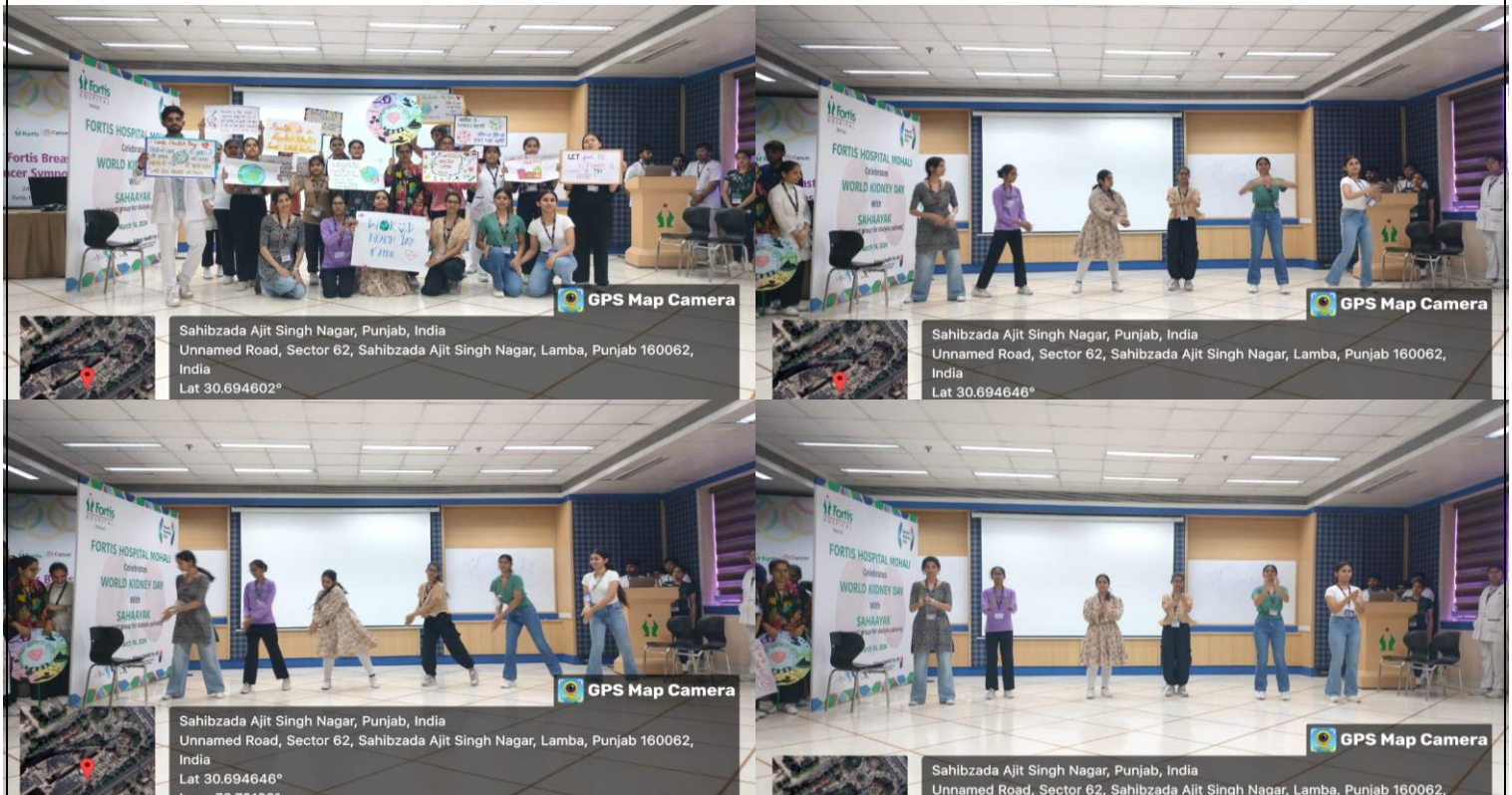
Description

As per The WHO Council on the Economics of Health for All, at least 140 countries recognize health as a human right in their constitution, yet countries are not passing and putting into practice laws to ensure their populations are entitled to access health services. "This year's theme was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination," says WHO. World Health Day was celebrated at Fortis Hospital, Mohali in collaboration with the Department of Nursing, CSHS, Chitkara University, Punjab on 8th April 2024. The theme for this year's World Health Day '**My Health, My Right**' highlights that getting access to essential health services should no longer be a privilege but one's right. Students of our department participated in the slogan writing, which focused on raising awareness of quality health

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination. Students also danced the steps of medical hand washing. Hand hygiene is considered a primary measure for reducing

the risk of transmitting infection among patients, the general population, and healthcare personnel. Overall the program was very helpful and effective for the hospital staff and nursing students.



Outcome

Such activities are organized to indicate the importance of health. People are encouraged to change their unhealthy lifestyles and choose a healthy lifestyle that includes a healthy diet and exercise. It was a great learning experience for all.

Event Name	Autism Acceptance Parade
Date	8th April, 2024
Venue	Chitkara University, Punjab
Organizer	Chitkara School of Psychology and Counselling
Resource Person	NIL
Number of Participants	72
SDG Number	3, 10
Duration	1 Hour

About the Activity

Today CSPC marks the beginning of the Autism Acceptance Month celebration, aimed at fostering understanding, empathy, and support for individuals on the autism spectrum within our community. The first event of the month was the Autism Acceptance Parade, followed by a skit performed by students on the campus to raise awareness about autism. The skit emphasized the importance of awareness,

highlighted autism symptoms, and provided essential contact information for seeking treatment, reinforcing the message of inclusivity and support for individuals on the autism spectrum to promote a sense of well-being in them. The Autism Acceptance Parade commenced at Bloom Block, where participants gathered to show their support for autism acceptance. The parade was a vibrant display of solidarity, with students, faculty, and community members joining together to celebrate neurodiversity. The parade route wound its way through campus, spreading awareness and acceptance as it passed through different academic buildings and public spaces. The parade concluded at the Chancellor’s Secretariat, where the students had the honor of meeting our esteemed Pro-Chancellor, Dr. Madhu Chitkara.



AUTISM
Acceptance Parade



Modules
PSYCounsellor
& Advanced PSYCounsellor





SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Flip the Script: Student-led Classroom
Date	9 th - 10 th April 2024
Venue	Fleming Block, Chitkara University, Punjab
Organizer	Dr. Prachi Gupta
Resource Person	Ashish Bambal BBA DM Student, Aarin BBA DM Student, Rohan Arora BBA DM Student , Dev Pratap BBA DM Student , Muskan BBA DM Student , Harshit Kaushal BBA DM Student , Muskan BBA DM Student , Mayank BBA DM Student
Number of Participants	171
SDGs Covered	3, 4, 15, 17
Duration	2 days

About the Activity

The Centre for Digital Marketing, Strategy, and Analytics organized a unique event titled "Flip the Script: Student-Led Classroom " on April 9th and 10th, 2024. This initiative empowered students from the BBA Digital Marketing (DM) Batch of 2022 and 2023 to take on the role of instructors, leading workshops for a total of 171 attendees. The event aimed to showcase the knowledge and expertise of students while providing valuable learning opportunities for participants. Eight engaging workshops covered a diverse range of digital marketing skills: Video Editing: Pixels to Perfection: Students equipped attendees with the skills to create polished and impactful videos. Mastering Lightroom: Empowering Your Visual Storytelling: This workshop delved into the power of Lightroom to elevate visual content. Transformative Technology: AI for Images, Video, Audio, and Information Retrieval: Participants explored the capabilities of Artificial Intelligence in various aspects of digital marketing Mastering Shopify: Building Your E-commerce Business: This session offered guidance on setting up and managing a successful online store using Shopify. Canva Creation: Design Your Vision: Students shared their expertise in using Canva, a popular design platform, to create compelling visuals Basics of Crafting and Releasing Your Music: This unique workshop provided insights into the music production process, aimed at aspiring musicians and content creators. The Profile Playbook: Optimizing YouTube.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Digital marketing plays a crucial role by providing access to essential healthcare information and services to a wider audience. Through targeted online campaigns organizations can raise awareness about many diseases, promote preventive care practices, and encourage people to adopt healthier lifestyles. By leveraging digital platforms healthcare providers can reach more individuals in need of medical assistance and connect them to the resources they require to lead healthier lives.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	CSR Activity
Topic	Awareness Talk on Safe Motherhood
Date	10.03.2024
Mode	Offline
Venue	Mata Kaushalya Hospital, Patiala
Organizer Name	Ms. Navpreet Kaur, Associate Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	25
Number of impacted people	35
SDG No.	SDG 3: Good Health and Wellbeing SDG 17: Partnerships for the Goals

Objectives

- To increase awareness regarding myriad challenges encountered by mothers including pregnancy complications and childbirth risks.
- To emphasize the adoption of healthy pregnancy practices such as proper nutrition, regular checkups, and access to essential information for expecting mothers.
- To familiarize the participants with access to prenatal care, skilled birth delivery, and postpartum support.

Description

National Safe Motherhood Day is celebrated on 11th March every year to promote the maternal safety of women. Because in India, the situation of women dying due to childbirth is very critical. Keeping in view, an awareness talk was organized on “Safe Motherhood” by the Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the awareness talk was to spread awareness among women about safe pregnancy, delivery, and problems faced during delivery to promote their health and well-being and also to reduce the impact of diseases. Students of B.Sc. Nursing 4th year provided an awareness talk to create an insight among the women attending OPD regarding antenatal care, provision of free transport facility to the hospital, delivery and medicines, postpartum care up to 42 days, and neonatal care. They also provided them with education regarding postpartum hygiene and family planning methods.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24




Outcomes

- The participants gained knowledge regarding the importance of antenatal checkups, intake of iron, calcium, and institutional delivery.
- The participants also gained an insight regarding postpartum care and hygiene as well as adoption of available family planning methods.

Event Name	Corporate Social Responsibility
Date	10th April 2024
Venue	Government Primary School, Jhansla Government Senior Secondary School, Jhansla Government Primary School, Jansua
Organizer	Centre for Global Education, Chitkara University, Punjab
Resource Person	NA
Number of Participants	72
SDGs Covered	SDG-3(Ensure healthy lives and promote well-being for all at all ages) SDG-4 (Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all) SDG-6 (Ensure availability and sustainable management of water and sanitation for all) SDG-10 (Reduce inequality within and among countries) SDG-15 (Protect, restore, and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss) SDG -17
Duration	09:00 am-01:00 pm

About the Activity


The CSR activity was conducted on 10 th April 2024 in the government schools of Jhansla and Jansua, Punjab. Students of CGE interacted with the students and appraised them on the importance of a clean and green environment to promote environmental health. They exhibited role plays on handwash and other hygiene activities. By promoting good hygiene we can prevent the spread of diseases and improve overall health outcomes for communities. Everyone needs to understand the importance of hygiene in achieving SDG 3. A drawing competition was organized by our students and they also distributed hygiene kits to the students of the school. Tree plantation activity was also done in these schools by our students.

CHITKARA UNIVERSITY  Centre for
Global Education

CORPORATE SOCIAL RESPONSIBILITY


Community Projects & Business Development
for Social Purpose

Make a Difference !
Become a part of something meaningful!



📅 10th April 2024

Organized by
Centre for Global Education, Chitkara University, Punjab



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Extra-Curricular Activity
Topic	Poster Exhibition Competition on National Safe Motherhood Day
Date	11 th April 2024
Mode	Offline
Venue	Ground Floor, Galileo Block
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor Ms. Gurpreet Kaur, Assistant Professor
No. of Participants	8
SDG No.	3: Good health and well-being 4: Quality Education

Objectives

By showcasing visually compelling posters, the event aims to draw attention to key issues related to maternal health and encourage discussions on how to improve maternal healthcare.

Description

In celebration of National Safe Motherhood Day, the Department of Nursing at Chitkara School of Health Sciences organized a Poster Exhibition Competition on 11th April 2024. B.Sc. Nursing and B.Sc. Nursing (post-basic) students participated in the competition. This event aims to raise awareness about maternal health issues, promote safe practices during pregnancy and childbirth, and highlight the importance of ensuring the well-being of mothers and infants. The competition aimed to showcase innovative ideas, research findings, and best practices related to maternal health and safe motherhood. The posters served as powerful mediums to address various facets of safe motherhood, including prenatal care, maternal nutrition, access to healthcare facilities, safe delivery practices, and postpartum care.

Outcomes

- The exhibition served as an educational platform, enriching the knowledge and understanding of all involved.
- The event empowered them to use their creativity and knowledge to address pressing healthcare issues and make a meaningful impact in society.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Detail of the Event/Session

Date of the Event/Session	11-Apr-24
Name of the Event/Session	Blood Donation Camp
Organized By	CII
Trainee Team/Count	Office of Administration/10
SDG Covered	3

Blood donation events play a vital role in saving lives by supplying essential blood to those who need it. However, it is essential to implement adequate safety protocols to avoid accidents and limit the transmission of diseases like AIDS. CII Chandigarh organized a blood donation camp titled "Be a Lifeline, Donate Blood Today" in collaboration with the university. The employees from the Office of Administration consistently participate in blood donation efforts. Ten staff members from the office joined the camp to donate blood.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Details	
Event Name	Vaisakhi Celebration
Topic	Cultural
Date	12 th April,2024 (10:00AM to 3:30PM)
Organized by	Bits 'N' Bytes
No. of Students registered	17
No. of students attended	15
SDG No.	3,4,9,17
Judges	Dr. Heena Wadhwa, Ms. Bhavna Sareen

A vibrant celebration of Vaisakhi was organized by Bits 'N' Bytes in association with the IEEE CIET Student Branch and IE(I) Student Chapter CUIET. As we embraced rich traditions, festive spirit, and values of love, compassion, and solidarity, attendees had the opportunity to explore the cultural significance of Vaisakhi. They enjoyed a plethora of exciting activities and engaged with diverse stalls bursting with energy and excitement. Each stall offered a unique experience, leaving a lasting impression on all who attended.

Details of the Event:

The Vaisakhi cultural showcase was a vibrant celebration of the Sikh New Year, featuring traditional performances, music, and dance. Attendees explored colorful stalls offering treats, crafts, and cultural artifacts while engaging in interactive activities that promoted community engagement. Students, faculty, and members of the community gathered together to celebrate the spirit of Vaisakhi and foster unity and camaraderie. Attendees of the cultural showcase were immersed in the richness of Vaisakhi through traditional performances, music, and dance. They explored vibrant stalls offering a variety of treats, crafts, and cultural artifacts while engaging in interactive activities that promoted community engagement and highlighted the significance of Vaisakhi. Students, faculty, and members of the community gathered together to celebrate the spirit of Vaisakhi and foster unity and camaraderie thus promoting the health and well-being of all individuals. Through its celebration of tradition, culture, and shared values, the Vaisakhi event inspired a sense of pride and belonging among attendees. It sparked conversations, promoted cultural awareness, and fostered a spirit of inclusivity and understanding. As attendees

departed, they carried with them not only fond memories but also a renewed appreciation for the richness and diversity of their community.

Outcomes

The outcomes of this event were multi-faceted, contributing to various aspects within the community:

- The Vaisakhi celebration, hosted by Bits 'N' Bytes in collaboration with IEEE CIET Student Branch and IE(I) Student Chapter CUIET, embraced rich traditions, festive spirit, and values of love, compassion, and solidarity.
- Attendees had the opportunity to explore the cultural significance of Vaisakhi through traditional performances, music, and dance.
- Diverse stalls offered treats, crafts, and cultural artifacts, providing a variety of experiences for attendees.
- Interactive activities promoted community engagement and highlighted the significance of Vaisakhi.
- The event brought together students, faculty, and community members to celebrate Vaisakhi and foster unity and camaraderie.
- Bonds were strengthened, friendships forged, and memories created, as individuals from diverse backgrounds came together to weave a tapestry of unity and camaraderie.
- As attendees departed, they carried with them not only fond memories but also a renewed appreciation for the richness and diversity of their community.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	An international conference on ‘Uplifting the Translational Value of New Drug Molecules in Neuroscience’
Date	16 th April 2024 - 17 th April 2024
Venue	Pulitzer Hall
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. YK GUPTA President AIIMS, Bhopal
Number of Participants	110
SDGs Covered	3,4,9
Duration	2 Days

About the Activity

Chitkara College of Pharmacy hosted an IBRO-sponsored international conference titled 'Uplifting the Translational Value of New Drug Molecules in Neuroscience' from April 16th to 17th, 2024. The event aimed to bridge research gaps between drug discovery and clinical application in neuroscience. Renowned scholars, researchers, and industry professionals congregated to share insights, advancements, and challenges in drug development. Discussions encompassed cutting-edge technologies, novel therapeutic approaches, and regulatory considerations. Presentations highlighted promising drug

candidates, fostering collaboration for translational research. The conference fostered a conducive environment for networking, knowledge exchange, and fostering partnerships, fostering innovation in neuroscience drug discovery and development. By developing innovative drugs that target neurological disorders we can improve the quality of life for those affected by conditions such as Alzheimer's Parkinson's and epilepsy. Ultimately by



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

prioritizing advancements in neuroscience, we can make significant strides towards achieving SDG 3 and promoting health and overall well-being.



Saraswati Vandana and Lamp Lightening by Eminent Guests and Faculty members



International students with faculty members

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Date of the Event/Session	16-Apr-24 to 19-Apr-24
Name of the Event/Session	Session for Creche Staff
Organized By	Office of Administration
Trainee Team/Count	Service Staff of Creche & Ladies Service Staff/6
SDG Covered	3



Our campus has a daycare where parents can work comfortably without worrying about their little ones. The creche staff received training on the significance of creating a safe and healthy environment for young children. They were taught about the importance of proper nutrition hygiene practices and regular medical check-ups for the well-being of the children in their care. The Office of Administration arranged a session for the creche staff. The session was taken by the faculty Ms. Kanika Sharma and Ms. Priya Gill from the Chitkara School of Health Science so that the staff can understand the various aspects required to provide the best attention and care to the children of creche.

The session was scheduled as followed: -
Hygiene, Sanitation, Prevention of infection.
Feeding, Minor ailments, Major Milestones.

4 Over Cricket Tournament 16th to 30th April 2024

University Sports Board, Chitkara University, Punjab organized a 4 Over Cricket Tournament held from 16th to 30th April 2024 in the Cricket ground under Chitkara Cricket Club. The tournament aimed at achieving universal health coverage and promoting well-being at all ages essentially for sustainable development under SDG3 (Sustainable Development Goal 3) and through the Fit India Movement. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports.

The event was a great success as the participants came with great enthusiasm. It was a wonderful display of talent. The Cricket Competition achieved amazing feats by the flamboyant participants who gave it all to the match and emerged victors out of it. The players took up the challenge and gave their best when it mattered the most and the crowd lightened up the event with their presence.

The results of the tournament are as follows:

The Grand Finale was played between Royals Kings vs New Generation Club. Royal Kings won by 7 runs.

Chitkara Football Club Tournament for Men and Women

16th to 30th April 2024

The University Sports Board, Chitkara University conducted the Chitkara Football Club Tournament for Men and Women under the Chitkara Football Club and SDG 3 and Fit India from 16th to 30th April 2024 in the Football Ground. Sports play a vital role in promoting physical activity and overall wellness. Engaging in sports helps individuals develop strong bodies and minds leading to a healthier lifestyle. Additionally, sports provide opportunities for social interaction and teamwork fostering a sense of community and belonging. Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development as stated under Sustainable Development Goal 3 (SDG 3), Fit India, G20, and Ministry of Youth Affairs and Sports. The Competition saw some great players. The competition was quite intense in the beginning and towards the end. The winners of the competition are as follows: Winners (M): Team OG, Runner's Up: Team Terminators, Winners (W): Team the Twilight and Runner's Up: Team The Full Moon



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	A National Pharma Tech Fest 2024 AI Advancements in Pharmaceutical Sciences & National Pharma Youth Fest 2024 'AFFINITY 2.0'
Date	18 th April 2024 - 20 th April 2024
Venue	Exploratorium
Organizer	Chitkara College of Pharmacy
Resource Person	Dr. Gulshan Bansal Head of Department DPSDRU, Punjabi University, Patiala
Number of Participants	340
SDGs Covered	3,4,9
Duration	3 Days

About the Activity

The National Pharma Tech Fest 2024 showcased the latest AI advancements in pharmaceutical sciences from April 18th to 20th. The event served as a platform for industry leaders, researchers, and students to explore AI's transformative role in drug discovery, manufacturing, and healthcare delivery. Cutting-edge technologies like machine learning and big data analytics were discussed, promising to revolutionize the pharmaceutical landscape. Concurrently, the National Pharma Youth Fest 2024, 'AFFINITY 2.0', engaged young talents in competitions, workshops, and seminars. These events synergized to foster innovation, collaboration, and skill development, propelling the pharmaceutical sector towards a future driven by AI and youthful ingenuity. The event served as a platform for industry leaders, researchers, and students to explore AI's transformative role in drug discovery, manufacturing, and healthcare delivery. With the help of AI researchers and scientists can analyze vast amounts of data quickly and



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

accurately leading to the development of new drugs and treatment options. AI technology also plays a crucial role in personalized medicine where treatments can be tailored to an individual's genetic makeup. These advancements in AI have the potential to revolutionize the healthcare industry making it more efficient and effective in improving global health outcomes.



Eminent Guests and Faculty members on stage for Panel Discussion



Students with Doctors and faculty members

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Khillono me khushiyan Toy Donation Drive for Children under Autism Awareness Month
Date	18 th , 19 th April 2024
Venue	Foyer, Edison Block (On 18 th and 19 th April 24) Sifaaz Foundation, Laadli Foundation Children at Triveni Park (Dhanas) on 20 th April 2024
Organizer	Chitkara School of Psychology and Counselling in Collaboration with Chitkara College of Education, Chitkara Happiness Center and National Service Scheme
Resource Person	NIL
Number of Participants	41
SDG Number	3,4
Duration	3 Hours

About the Activity

What makes us alive is “Play”. As children, the first form of play we all have learned is via toys. Bought or created, toys have that life essence that brings smiles and relief on the face of every child, even an adult at times. Toys not only entertain children but also contribute to their emotional and educational development thus contributing to their overall well-being.



Chitkara School of Psychology and Counselling in collaboration with Chitkara College of Education, Chitkara Happiness Center, and National Service Scheme organized Toy Donation Drive for children under Autism Awareness Month with a theme of “खिलौनोंमेंखुशियां”. The team (CSPC faculty and a few CSPC students) visited Sifaaz.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name: -	Pharma Care Carnival
Venue: -	Fleming Block of Chitkara College of Pharmacy
Date: -	18 th April, 2024
SDG Number, Name and NEP: -	3-Good Health and Well Being, 4-Quality Education, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
No. of Participants: -	28
Duration: -	One Day

The NSS Unit of Chitkara College of Pharmacy, in collaboration with the NSS department, organized the Pharmacare Carnival (Your Health Check-up Destination) on April 18, 2024. The event took place at the Fleming Block of Chitkara College of Pharmacy, located within Chitkara University, Punjab. Regular health check-ups are important for maintaining good overall health. The carnival aimed to provide essential health checkups and services to the community. Prioritizing your health with regular check-ups is an effective approach to maintain good health and prevent diseases. An impressive team of 28 dedicated volunteers contributed their time and expertise to ensure the success of the camp. The camp offered a wide range of medical services, including Blood Pressure Monitoring, Complete Blood Count (CBC), Blood Sugar Level Determination, Blood Group Identification, and BMI Checking. In addition, participants could access specialized care in the Medicine OPD, Physiotherapy OPD, Dentist OPD, and Ocular OPD. This initiative demonstrated the college's commitment to community welfare and showcased the volunteers' dedication to promoting health and well-being among the attendees.



Event Name	International Mother Earth Day
Date	22 nd April 2024
Venue	Picasso Block, Chitkara University, Punjab
Organizer	Chitkara College of Education
Resource Person	Prof. Manpal Setia, Dean Department of Communication Design, Chitkara University, Punjab, and Ms. Divya Raghuvanshi
Number of Participants	24
SDGs Covered	3, 4, 11, 12, 13, 15
Duration	2.5 Hours

About the Activity

To sensitize the Alpha Teachers of the need of adopting a sustainable lifestyle and enabling them to apply concepts of sustainable development in their daily life, Chitkara College of Education in collaboration with Chitkara Design School organized a hands-on-training session on ‘**Sustainable Lifestyle**’ celebrating **International Mother Earth Day 2024**, on **22nd April 2024**. The resource persons for the workshop were **Prof. Manpal Setia**, Dean Department of Communication Design, Chitkara University, Punjab, and **Ms. Divya Raghuvanshi**, a sustainable lifestyle practitioner and low-waste lifestyle advocate. Considering the carrying capacity of ecosystems as related to providing for human needs, the workshop focused on the healthy practices to be adopted in contemporary times to address sustainability challenges in a global context. As a part of the environmental movement, the session created awareness on identifying the sustainable challenges and how an individual can contribute to protect Earth's natural resources for future generations. This day serves as a tribute to the accomplishments of the environmental movement and underscores the imperative of safeguarding Earth’s ecological assets for posterity. This workshop was powered by Earthy Tales Services Pvt Ltd., a faculty startup with Chitkara Innovation Incubator Foundation, Chitkara University, Punjab. The session sensitized the participants to the actions towards sustainable living practices through interactive discussions and hands-on experiences. During the workshop, Prof. Manpal Setia and Ms. Divya Raghuvanshi delved into the concept of the "**shift campaign**," highlighting a series of interactive activities and hands-on experiences (e.g. Preparing BIO-ENZYMES using the kitchen waste). The session actively engaged the participants in discussions and

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

activities promoting a shift from the traditional approach to a sustainable approach navigating ways leading to a healthy and sustainable lifestyle. They stressed composting as a prime example, referring to it as "**black gold**" due to its immense benefits for the environment. Notably, they mentioned their ongoing development of a board game centered around composting, which aims to make learning sustainable alternatives engaging and enjoyable. Using simple ingredients such as jaggery, water, and peels of lemon and orange, the Alpha teachers embarked on the process of creating bio-enzymes. Additionally, a competition on the topic '**Letter to Mother Earth**' was organized, open to all students and faculty of Chitkara University. About 35 participants attended the workshop which included 24 Alpha Teachers of B.Ed Sem 2 & 4 (2023-25 & 2022-24 Batch) and two Faculty members as well as the students of design school. Overall, the session was very informative and interactive giving a strong message. The message conveyed throughout the workshop was that sustainability operates in a loop, where sustainable practices serve as a means of returning to our roots and nurturing a sustainable environment. It is important to recognize the interconnectedness between human health and the health of the planet to achieve a sustainable and prosperous future. In conclusion, the Earth Day celebration served as a platform for promoting awareness and action towards sustainable living practices.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	NSS Activity
Topic	Tree Plantation on World Earth Day
Date	22 nd April, 2024
Venue	Chitkara University, Punjab
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	07
No of Impacted Individuals	-
Under SDG no.	13,15
SDG Details	Climate Action, Life on Land

Objective

To raise awareness about environmental issues and inspire action to protect and preserve the planet for future generations. Earth Day is observed every year on 22nd April. To create awareness about environmental issues and inspire action to protect and preserve the planet for future generations. Planting trees helps improve air quality reduce pollution and provide habitats for wildlife. Additionally, trees play a crucial role in combating climate change by absorbing carbon dioxide from the atmosphere. By actively participating in tree plantation initiatives individuals can make a positive impact on both the environment and human health.

NSS Volunteers of class B.Sc. (N) 4th semester from Department of Nursing, CSHS Chitkara University, Punjab in collaboration with Centre of Excellence for Sustainability organized a Tree Plantation activity on 22nd April 2024 organized by Ms. Preetika and Ms. Lakshita Nursing Tutor, Department of Nursing, CSHS. The event aimed to combat deforestation, mitigate climate change, promote biodiversity by increasing green cover and restoring ecosystems, fostering environmental health for current and future generations.



Outcomes

Tree plantation contributes to carbon sequestration, biodiversity conservation, and soil stabilization, fostering a healthier environment for present and future generations.

Event Name	Sustainable Lifestyle Workshop And Hands-on Bio Enzyme Workshop
Date	22 nd April 2024
Venue	Studio Brainstorm, 3 rd Floor & Outside D'Art Gallery (Picasso Block)
Organizer	Department of Communication Design
Resource Person	Prof. Manpal Setia and Divya Raghuvanshi
Number of Participants	41
SDGs Covered	3,4,11,12,13,15
Duration	10 am to 3:30 pm

About the Activity

The Department of Communication Design, in collaboration with the Centre of Excellence for Sustainability and the College of Education, hosted a special event on **22nd April 2024** to celebrate World Earth Day. The event featured two insightful workshops: a Sustainable Lifestyle Workshop and a Hands-on Bio Enzyme Workshop led by Prof. Manpal Setia, Dean of the Department of Communication Design at Chitkara University, and Ms. Divya Raghuvanshi, Founder of Earthy Tales Services Pvt. Ltd.

Objectives of the event

- Raise Awareness:** The primary objective of the Earth Day Event was to raise awareness about environmental issues and the importance of sustainable living practices among participants to improve environmental health.
- Promote Sustainable Lifestyle:** Through the Sustainable Lifestyle workshop, the event aimed to educate attendees about practical steps they can take to reduce their ecological footprint and adopt eco-friendly habits in their daily lives.



CHITKARA UNIVERSITY  **CHITKARA DESIGN SCHOOL** 

EARTH DAY CELEBRATIONS

There's only one planet

22ND APRIL 2024

Conducted by:
Prof. Manpal Setia and Divya Raghuvanshi

Morning Session 10 AM - 12 Noon	Afternoon Session 1:30 PM - 3:30 PM
Sustainable Lifestyle Workshop Hands-on Bio Enzyme Workshop Venue: Studio Brainstorm, 3 rd floor (Picasso Block)	Letter to Mother Earth Event Open competition for all the staff and students of Chitkara University. Venue: Outside D'Art Gallery (Picasso Block)

Organized by:
Department of Communication Design

Powered by:

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

3. **Hands-on Learning:** The Bio Enzyme workshop provided participants with hands-on experience in creating their bio enzymes, empowering them with the knowledge and skills to produce natural cleaning solutions and contribute to waste reduction efforts in their communities.

By promoting access to healthcare, reducing pollution, and advocating for sustainable practices we can work towards achieving SDG goal 3. Individuals and communities need to come together to support these initiatives and make a positive impact on our health and the health of our planet.

Outcome or Key take away from the event

Participants delved into various aspects of sustainability and learned practical ways to incorporate it into their daily lives. In the Bio Enzyme Workshop, participants not only learned about the significance of bio enzymes and their diverse applications but also had the opportunity to make their bio enzymes.



Event Name	Communication Design Sports Event
Date	22-01-2024 – 23-01-2024
Venue	Sportorium
Organizer	Dept of Communication Design, Chitkara Design School, Chitkara University
Resource Person	Ashish Verma, Associate Professor, Department of Communication Design, Chitkara Design School
Number of Participants	40
SDGs Covered	3
Duration	3 hours

About the Activity

The Department of Communication Design, Chitkara Design School organized “Communication Design Sports Event” on 22nd & 23rd January 2024 in collaboration with the University Sports Board.

This event was organized for 4th-semester students of the B. Des Communication Design Course.

Day 1 brought badminton, foosball, and dart competitions, while Day 2 featured chess, table tennis, and tug of war. The event was a perfect blend of creativity and sports, giving students a chance to showcase their skills and enjoy some friendly competition.

Engaging in such activities fosters teamwork, enhances physical well-being, and promotes a healthy balance between creativity and sportsmanship. It offered students a platform to showcase their diverse skills, encouraging personal growth among peers. Such events contribute positively to the overall development and well-rounded experience of our student community. Sports promote health and reduce the impact of diseases.

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The poster features logos for Chitkara University, Chitkara University Sports Board, Khelo India, and Chitkara Design School. The main title is "COMMUNICATION DESIGN SPORTS EVENT" in large green letters. Below the title, it lists the dates "22nd & 23rd January, 2024", the time "1:30PM to 4:30PM", and the location "Sportorium". It specifies the event is "For : B.Des Communication Design 2022 Batch students" and is "Organised by The Department of Communication Design in Collaboration with Chitkara University Sports Board". At the bottom, there is a colorful illustration of athletes in various sports (badminton, foosball, table tennis, tug of war) and a small SDG 3 icon.

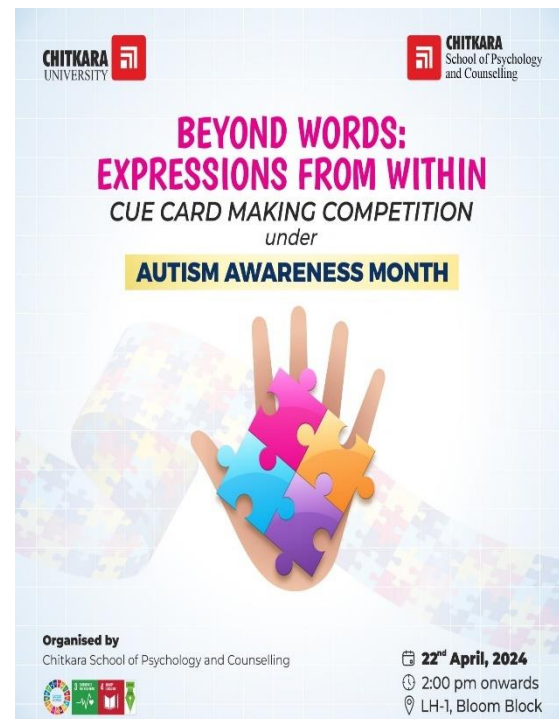


SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Beyond Words: Expressions from within Cue Card Making Competition under AUTISM AWARENESS MONTH
Date	22nd April, 2024
Venue	Lecture Hall 1, Bloom Block
Organizer	Chitkara School of Psychology and Counselling
Resource Person	Dr Pooja from Chitkara College of Education, Ms Charanjeet, Student Counsellor, Chitkara University
Number of Participants	18
SDG Number	3,4
Duration	2 PM onwards

Description of Event

Chitkara School of Psychology and Counselling organized a Cue card-making competition on 23rd April 2024 to provide a platform for Alpha Counselors to showcase their creativity and expressiveness through art. The event sought to promote inclusivity and celebrate the unique abilities of children with autism. The cue cards displayed during the competition were a testament to the boundless imagination and artistic skills of the participants. From vibrant colors to intricate designs, each cue card reflected the individuality of its creator. Dr Pooja from Chitkara College of Education, Chitkara University, and Ms Charanjeet, Student Counsellor, Chitkara University were invited to evaluate the cue cards based on criteria tailored to accommodate the unique needs and abilities of autistic children. By spreading awareness and knowledge about autism we can help create a more inclusive and supportive society for people with autism thus promoting their well-being. Creativity, originality, expression of emotions, and effort were key factors considered in the judging process. The winners were given chocolates as a token of appreciation.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name: -	World Earth Day
Venue: -	Yellow Point
Date: -	22 nd April, 2024
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
No. of Saplings: -	82
Duration: -	One Day

“Nature is painting for us, day after day, pictures of infinite beauty.”

World Earth Day provides an opportunity to consider how our actions influence the environment and, in turn, human health. A major issue is respiratory health, as low air quality and pollution can contribute to respiratory illnesses. On the occasion of World Earth Day, the National Services Scheme at Chitkara University, Punjab, organized a Tree Plantation drive. NSS volunteers from various departments, ready with their shovels and saplings, gave root to new life on Earth. The event underscored the timeless and essential duty that we bear towards our planet. As stewards of the Earth, the care of this planet is our most ancient and most worthy, and after all, our most pleasing responsibility.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

EVENT:	Tree Plantation drive on World Earth Day i.e., 22nd April 2024		
Date / Time:	22 nd April 24 /1100-1430 hrs	Mode:	Offline
Location / Link:	Yellow Point Farm, Chitkara University, Punjab		
Activity In-charge:	Dr Anurag Tewari & Mr. Sube Singh		
No. of Participants:	162 Employees		
Resource Person (if any)	Dr Anurag Tewari		
SDG:	3, 13 & 15		

Event Details

Tree plantation drives are important initiatives that help improve environmental health on World Earth Day. By planting, we help combat climate change and improve air quality. Every year, we recognize April 22nd as World Earth Day. This year, Chitka University also took part in the celebration. A total of 162 employees from the Rajpura campus joined the event, where they planted native forest species at Yellow Point Farm. The Miyawaki Forest was extended to cover an area of 400 square meters. Additionally, employees planted another 400 trees and raised slogans supporting environmental conservation. It is crucial for everyone to take part in such initiatives to create a sustainable and healthy environment for future generations.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Educational Visit to Institute for the Blind on "Creating an Inclusive World: Psychological Perspective".
Date	9 th May, 2023
Venue	Institute for The Blind, Sector 26, near Homoeopathic Medical College and Hospital, Chandigarh, 160019
Organizer	Chitkara School of Psychology and Counselling (CSPC) in collaboration with Chitkara College of Education (CCE)
Resource Person	Mr. J.S. Jayara, Principal
Number of Participants	19
SDG Number	3 ,10
Duration	Full working day

About the Activity

Chitkara School of Psychology and Counselling (CSPC) in collaboration with Chitkara College of Education (CCE) organized “Creating an Inclusive World: Psychological Perspective” a visit to the Institute for The Blind on 9th May 2023. Dr. Sangeeta Pant, Dean, CCE, Prof (Dr.) Anupama Srivastava, HOD, CSPC, Dr Meenu Sharma, Associate Professor, CSPC, Dr. Pooja Singh, Assistant Professor, CCE, Mr. Amandeep Singh, Lab Instructor, CSPC and Master students of Psychology and Education visited the institute. The visit aimed to educate students of Psychology and Education about the ways to facilitate inclusion for Differently abled persons. Mr J.S. Jayara, Principal and other staff of the Institute for the Blind welcomed all faculty and students of Chitkara School of Psychology and Counselling and Chitkara College of Education. The principal of the Institute briefed them about the functioning of the school, its core values, and beliefs and also motivated students to collaborate with differently abled persons. He inspired everyone with his words that ‘Disability is not a curse it’s a challenge’.



Afterwards, students and faculty visited the gym, resource room cum braille equipment bank, and computer lab along with Mr Rakesh Sharma, teacher of the school. Mr Rakesh explained each device's equipment and their user-friendly procedure for the imagination of differently abled students.

In the end, a few activities were organized, one-to-one interaction, singing and storytelling. Moreover, all students of school and psychology students beautifully sang songs and participated enthusiastically.

Indeed, the visit helped to bridge the gap between inclusion and exclusion. This visit also aimed to create awareness about the needs of Differently abled persons and other issues concerning their learning, to create awareness about the capabilities of differently abled persons and to learn about special assistive devices used to enrich the learning experiences of differently-abled persons thus promoting their well-being.

Dr. Sangeeta Pant, Dean, CCE and Prof. Anupama Srivastava, HOD, CSPC thanked the principal and the entire staff for their kind support. This event addressed Sustainable Development Goal 10 Reduced Inequalities.



Event Name	One Day Workshop
Topic	Critical Care Updates
Date	24 th April 2024
Time	9:00 a.m. – 04:00 p.m.
Venue	Einstein Hall, Galileo Block
Organizer	Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab in Collaboration with Centre for Evidence-Based Practice in Health Care
Resource Person	<ul style="list-style-type: none"> ● Dr. Davinder Kaur, Principal & Professor, Gian Sagar College of Nursing, Rajpura, Punjab ● Dr. Ruchi Saini, Tutor, National Institute of Nursing Education, PGIMER, Chandigarh ● Dr. Harmeet Kaur Kang, Principal & Director, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab. ● Dr. Kanika Rai, Principal & Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab.
No. of Participants	114 (Students and Faculty)
Under SDG no.	SDG 3, SDG 4, SDG 17
SDG Details	3 Good Health and Well-Being, 4 Quality Education, 17 Partnership for goals
NEP	11.1-11.13 Towards more Holistic Education, 12.1-12.10 Optimal learning environment and support for students, 17.1-17.5 Professional education, 18.1-18.9 Promoting high-quality research

Objectives

This workshop is intended to make the participants understand the critical care updates with the following:

- Concepts and updates in Critical Care Nursing.
- Care Bundles in Intensive Units.
- Mechanical Ventilation for critically ill patients.
- Medication safety in Intensive units.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Descriptions

The Department of Nursing at CSHS successfully organized a one-day workshop on critical care updates on April 24, 2024, at Einstein Hall. Critical care nursing plays a crucial role in giving specialized care to patients who are in critical condition. These nurses are trained to handle emergencies and provide life-saving interventions to ensure the best possible outcomes for their patients. By investing in critical care nursing we can improve the overall health and well-being of individuals and communities around the world. Dr. Harmeet Kaur Kang, Principal & Director of the Department of Nursing, CSHS, extended a warm welcome to guest speakers, faculty members, and delegates from various colleges across Punjab. The workshop featured insightful sessions by distinguished speakers. Dr. Davinder Kaur, Principal and Professor, Gian Sagar College of Nursing, Rajpura, Punjab, delivered a session on Concepts and Updates in Critical Care Nursing. She emphasized the changes and upgrades in the field of critical care nursing and explained the new merging concepts in critical care nursing. Following this session, Dr. Ruchi Saini, Tutor, National Institute of Nursing Education, PGIMER, Chandigarh, addressed the audience on Care Bundles followed in Intensive Units. She talked about the different types of care bundles and how they work to prevent various infections in the ICU. The next session was taken by Dr. Harmeet Kaur Kang, Principal and Director, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, who shed light on mechanical ventilation for critically ill patients. She also talked about the various modes of ventilators and their functioning. Dr. Kanika Rai, Principal, and Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab, took the last session of the workshop on medication safety in intensive units. She thoroughly explained the rights of medication and the role of a nurse. Additionally, the workshop included an online quiz in which delegates actively engaged themselves. The quiz was related to the topics covered in the workshop, in which students performed very well, and 1st, 2nd and 3rd positions were given to the winners.

Overall, the workshop provided an excellent opportunity for healthcare workers to expand their knowledge and become acquainted with recent developments and advancements in intensive care units and critical care nursing. These activities are vital for developing healthcare practices and improving outcomes for critically ill patients.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcome

The workshop provided participants with useful insights into improving healthcare professionals' understanding and being acquainted with the latest developments and advancements in intensive care units and critical care nursing.

Event name	Phosphenes
Topic	Code War Trade
Date	25 th – 26 th April 2024
Organized by	Coding Ninjas CUIET Chapter
Resource Person	Dr. Chetna Kaushal, Dr. Rashmi Aggarwal Dr. Sarabjeet Sarao, Dr. Ajay Dogra and Ms. Gagandeep Kaur
No. of Students registered	4548
No. of students attended	150

The Coding Ninjas CUIET Chapter, in association with the Department of Computer Science & Engineering and Chitkara Business School, powered by Roadies KoffeeHouz, UnsaidTalks, Airtel, and GiveMyCertificate proudly presented our annual flagship event “Phosphenes – Code | War | Trade”, on 25th – 26th April 2024, in Picasso Block from 9 AM onwards.

Topics encompassed in the Event:

The event saw enthusiastic participation from students across various disciplines. This interdisciplinary approach fostered cross-functional collaboration, encouraging participants to leverage their unique expertise to tackle challenges effectively. Participants demonstrated eagerness to learn, collaborate, and compete, contributing to the vibrant atmosphere of the event.

With over 4548 registrations, a total of 30 teams representing a respective nation, each with three students from the Department of Computer Science & Engineering and two from Chitkara Business School, engaged in intense coding wars, trading rounds, and defense mechanisms to manage their nation. Considering the complexity of challenges and activities, this event provided a platform to showcase their talents, enhance their skills, and forge meaningful connections within the tech and business communities. Coding plays a crucial role in achieving SDG goal 3 by enabling the development of innovative solutions in healthcare such as telemedicine and health monitoring apps. By using coding skills individuals can create



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

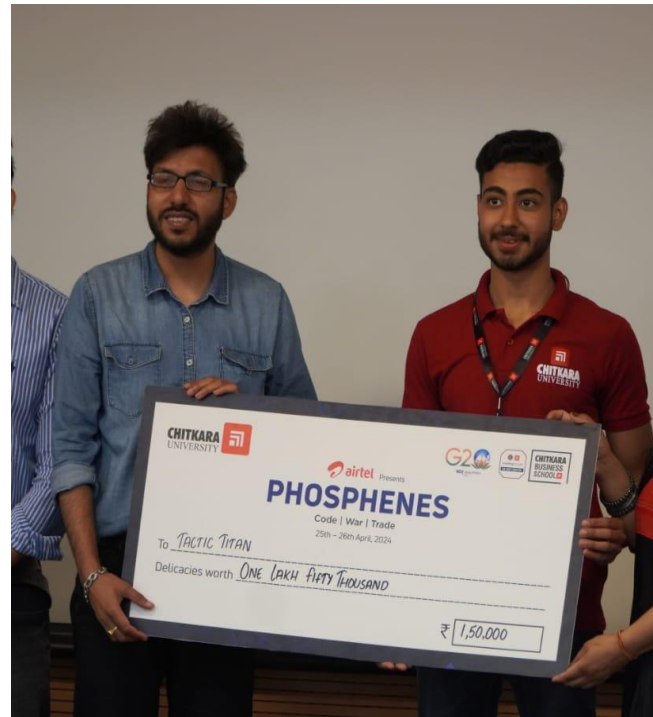
tools that improve access to healthcare services and help prevent diseases. Through coding, we can work towards a healthier and more equitable world for everyone.

Outcomes of the event

1. The event successfully brought together talented individuals from engineering and business backgrounds, fostering interdisciplinary collaboration.
2. Participants engaged in coding battles, demonstrating their technical skills and problem-solving abilities within a competitive environment.
3. Attendees had the chance to network with peers and industry professionals, fostering connections for future collaborations and career opportunities.

Students were guided on how to:

1. To develop technical problem-solving strategies.
2. To enhance their skills and practical experience in trading by making real-time decisions.
3. To navigate the complexities of financial markets and make strategic decisions under pressure.



Event Name	CSR Activity
Topic	Awareness Talk on Antenatal advice, care, and dietary requirements.
Date	30.04.2024
Mode	Offline
Venue	Mata Kaushalya Hospital, Patiala
Organizer Name	Ms. Lakshita, Nursing Tutor, and Ms. Aanchal, Nursing Tutor Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	15
Number of impacted people	35
SDG No.	SDG 3: Good Health and Wellbeing SDG 4: Quality education SDG 5: Gender equality

Objectives

- To increase awareness regarding myriad challenges encountered by mothers including pregnancy complications and childbirth risks.
- To emphasize the adoption of healthy pregnancy practices such as proper nutrition, regular checkups, and access to essential information for expecting mothers.

Description

Keeping this in view, an awareness talk was organized on “Antenatal advice, care, and nutrition requirement” by the Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the awareness talk was to spread awareness among women about safe pregnancy, delivery, and proper nutrition requirements during the pregnancy period. By receiving proper antenatal care women can reduce the risk of complications during pregnancy and childbirth ultimately leading to better health outcomes for both mother and baby. Students of B.Sc. Nursing 6th semester provided an awareness talk to create an insight among the women attending OPD regarding antenatal care, provision of free transport facility to the hospital, delivery and medicines, postpartum care up to 42 days, and neonatal care.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Patiala, Punjab, India
Mata Kaushalaya Hospital, near Bus Stand, Sheran Wala Gate, Patiala, Punjab 1470
Lat 30.337061°
Long 76.399664°
29/04/24 01:08 PM GMT +05:30

Outcomes

- The participants gained knowledge regarding the importance of antenatal checkups, intake of iron, calcium, and institutional delivery.
- The participants also gained insight regarding postpartum care and hygiene as well as the adoption of available family planning methods.

Date of the Event/Session	29-Apr-24
Name of the Event/Session	Session on ill Effect of Usage of Substance
Organized By	Office of Administration
Trainee Team/Count	Administrative Staff & Support Staff/60+
SDG Covered	3, 4, 8



Substance abuse can have detrimental effects on our health leading to serious consequences for individuals and communities. It can result in physical and mental health issues such as addiction overdose and mental disorders. Substance abuse can also negatively impact relationships work performance and overall quality of life. The Office of Administration organized a session titled "Ill Effects of Substance Use." This session was conducted by faculty members Ms. Kanu Mahajan and Ms. Kanika Guleria from Chitkara College of Nursing. The session was scheduled as follows: Effects on mental and physical health as well as social and behavioral aspects Techniques of prevention / Resources and assistance those are available.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Dil Se Digital 2.0
Date	30 th April 2024
Venue	Carnegie Hall, Rockefeller Block, Chitkara University, Punjab
Organizer	Dr. Prachi Gupta
Resource Person	Mr. Rahul Argal, Ms. Ramya Sharma
Number of Participants	100
SDGs Covered	3, 8, 17
Duration	3 days

About the Activity

Dil Se Digital 2.0, a five-week student competition (late March -April 2024), aimed to boost Indian tourism via digital marketing and events. Eight teams competed, reaching over 9 million on social media and securing sponsorships for offline events. They also delivered workshops on digital marketing software (Shopify, Canva, Lightroom) to 171 students. Team Culturism won, judged by industry professionals. This competition effectively merged digital marketing education with promoting Indian tourism, reaching a large audience and equipping students with valuable skills.

In the Indian tourism industry, digital marketing and events play a crucial role in promoting health-related initiatives and attracting tourists. By leveraging digital platforms and organizing health-themed events the tourism sector can raise awareness of how to prevent diseases and encourage visitors to prioritize their well-being. Through targeted campaigns and engaging events, India can showcase its commitment to promoting a healthy lifestyle and contribute to achieving SDG 3 on a global scale.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Model exhibition of Child Health Nursing
Topic	Curative and preventive aspects of ENBC
Date	5 th January, 2024
Mode	Offline
Venue	MCH Lab, 102, Galileo Block, Chitkara University, Punjab
Organizer Name	Ms. Kanika Sharma, Nursing Tutor, CSHS, Chitkara University, Punjab Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab
Resource Person	-
No. of Participants	(B. Sc. Nursing 5 th Semester) & 2 (Post Basic B.Sc. Nursing 1 st Year)
SDG No.	SDG 3 (Good Health & Well-Being) & 4 (Quality Education)

Objectives

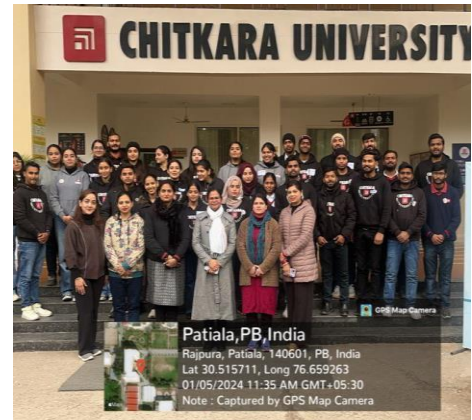
- To enhance learning through evidence-based practices in the adoption of effective and up-to-date approaches in the care of newborns.
- To facilitate a better understanding of the importance of specialized care of newborns and emphasize the unique needs in pediatric nursing.

Description

Ms. Kanika Sharma (Nursing Tutor) and Ms. Priya Gill (Nursing Tutor) Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Model Exhibition of Child Health Nursing I Including Essential Newborn Care (EBNC), FBNC, IMNCI and PLS Modules and Child Health Nursing on 05th January 2024 at MCH Lab, 102, 1st floor Galileo Block, Chitkara University, Punjab. The motive of the event was to increase the knowledge, cognitive, and creative skills of students and create awareness about various aspects of Child Health Nursing. The students explained the models of essential newborn care as displays such as radiant warmer, incubator, kangaroo mother care, and position of breastfeeding. The event covered goals number 3 (Good Health & Well-Being) & 4 (Quality Education) of the United Nations Sustainable Developmental Goals. By prioritizing newborn care we can reduce infant mortality rates and improve overall health outcomes for both babies and mothers. Access to quality healthcare proper nutrition and education on newborn care practices are essential components in achieving SDG 3 and ensuring a healthy start for all children. B.Sc. Nursing 5th Semester and Post Basic B.Sc. Nursing 1st Year students participated in the event and students were divided into 4 groups out of which “Group 3rd stood First” and

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

“Group 1st stood Second”. Ms. Timsy; Associate Professor, Ms. Aruna Kumari; and Assistant Professor were designated as the judges of the event. Every one of the participants was given certificates.



Outcomes

- The model exhibition increased students’ curiosity about learning and overall improvement of child health care practices.

Event Name	Expert talk
Topic	Latest Advances in the Management of Oncological Disorders
Date	5 th Feb, 2024
Mode	Offline
Venue	Einstein Hall, Galileo block
Organizer Name	Ms. Seema Rani, Ms. Dimple, Ms. Anjali Rani, Nursing Tutor Department of Nursing, CSHS, Chitkara University Punjab
Resource Persons	Dr Pragyat Thakur, Associate Professor (E), Radiation Oncology, HBCH & RC, Punjab.
No. of Participants	105
SDG No	3-Good Health and Well Being, 4-Quality Education, 17-Partnerships for the Goals

Objectives

1. The primary goal was to increase awareness about various aspects of cancer, including prevention, early detection, treatment options, and ongoing research efforts.
2. To provide accurate and up-to-date information on the latest advancements in cancer research, treatment modalities, and support services available for individuals and families affected by cancer

Department of Nursing, (CSHS) organized an Expert talk on the "Latest advances in the management of Oncological Disorders" on World Cancer Day on 5th Feb 2024 in Einstein Hall. This event aimed to raise awareness and promote understanding of various technologies related to the treatment of cancer ultimately leading to better health outcomes for individuals affected by these diseases. The event featured a distinguished speaker, Dr Pragyat Thakur, Associate Professor (E), Radiation Oncology, HBCH&RC, Punjab, who brought valuable insights to the students. Dr Pragyat began the session with an insightful overview of their experience and expertise in the field. Their credentials and achievements set the stage for a meaningful discussion. The expert enriched the talk by incorporating relevant case studies and real-life examples, illustrating the practical applications of their research and insights. The student responded positively to the expert talk, expressing appreciation for the depth of knowledge shared. The expert talk on World Cancer Day proved to be a resounding success, contributing significantly to the overarching goal of raising awareness about cancer-related issues. The event underscored the importance of collaborative efforts in the fight against cancer and provided a platform for fruitful discussions.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24



Outcomes

Students gained a deeper understanding of various aspects of cancer, including risk factors, symptoms, treatment options, and the importance of early detection and the latest advances in the management of Cancer.

Event Name	CSR Activity
Topic	Awareness Talk on Handwashing and its importance in preventing infection
Date	02.05.2024
Mode	Offline
Venue	Homi Baba Cancer Hospital and Research Center, Chandigarh.
Organizer Name	Ms. Vijyeta Bhasin, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab Ms. Dimple, Nursing Tutor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
Number of participants	45
Number of impacted people	50
SDG No.	SDG3: Good Health and Wellbeing SDG 17: Partnerships for the Goals

Objectives

- To increase awareness regarding the process of handwashing.
- To emphasize on the adoption of hand-washing practices to prevent the spread of a wide range of infections and diseases.
- To promote health, and hygiene and raise awareness about good hygiene habits such as washing hands five times a day.

Description

Handwashing is one of the most important things anyone can do to prevent infection. To remind people about the importance of hand hygiene on health, an awareness talk was organized on “Handwashing and its importance in preventing infection” by the Department of Nursing, CSHS, Chitkara University, Punjab. The main aim of the awareness talk was to promote health, and hygiene and raise awareness about good hygiene habits such as handwashing. Students of B.Sc. Nursing 4th year provided an

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

awareness talk to create an insight among the patients attending OPD regarding hand-washing, its process, importance, and practices.



Outcomes

- The participants gained knowledge regarding the importance of hand washing.
- The participants also gained insight regarding hand hygiene as well as the adoption of handwashing in daily life.

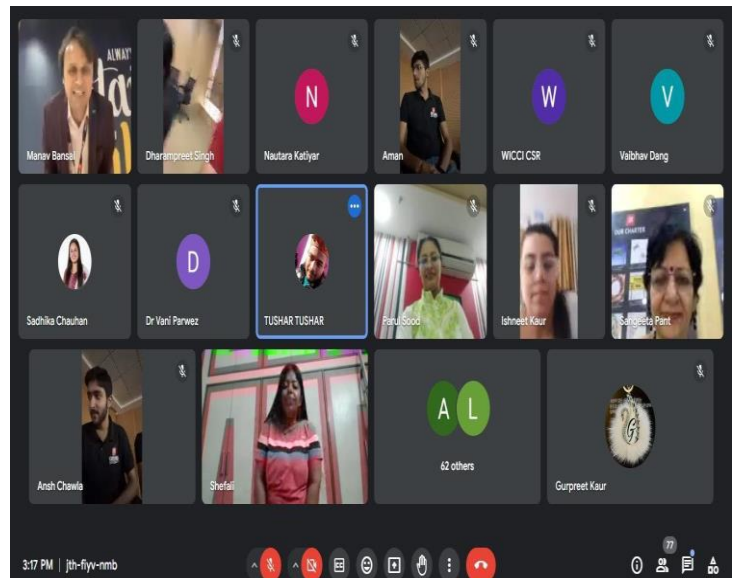
SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	World Laughter Day: Live, Laugh, Celebrate
Date	03 rd May 2024
Venue	Google Meet
Organizer	Chitkara College of Education
Resource Person	Mr. Manav Bansal, Chief Happiness Officer, Chitkara University, Mr. Manish Aggarwal, Founder, The Mindfood Chef
Number of Participants	32
SDGs Covered	3, 4
Duration	One Hour

About the Activity

Chitkara College of Education celebrated World Laughter Day under the theme LIVE, LAUGH, and CELEBRATE in association with Chitkara Happiness Centre, Women's Indian Chamber of Commerce and Industry, and National Service Scheme. The Resource Person was Mr. Manav Bansal, Chief Happiness Officer, at Chitkara University. This celebration aimed at promoting well-being and positivity, which was truly sparkled through. Mr. Manav's passion for spreading joy and positivity. Laughter is contagious, and we feel inspired to prioritize laughter as part of our self-care routines. Mr. Bansal highlighted spreading awareness about the importance and health benefits of laughter along with laughter yoga. He also taught Laughter Yoga through various laughter exercises. Mr. Manish Aggarwal, Founder, of the Mindfood Chef also highlighted how laughter positively impacts physical health, reduces stress, prevents diseases, and boosts the immune system. The event was high-spirited and joyous where everyone laughed their hearts out, and also learned laughter exercises that will help them to stay happy in their lives and careers.



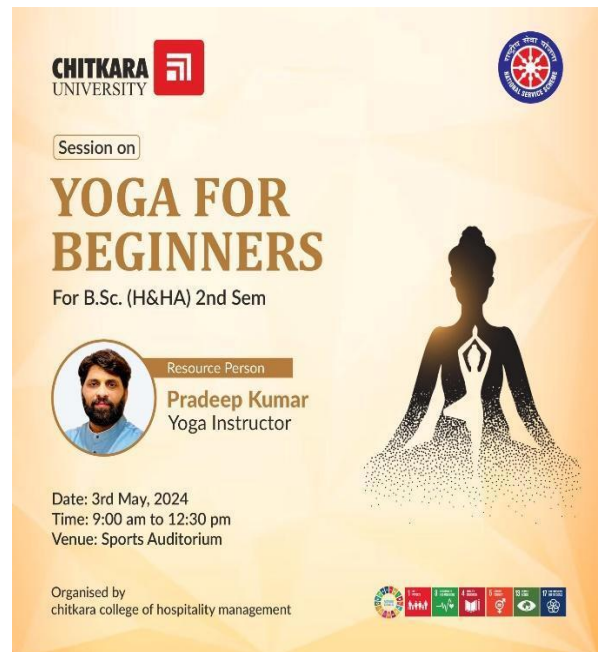


SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Topic	Session on Yoga for Beginners
Date	03/05/2024
Mode	Offline
Organizer name	Chitkara College Of Hospitality Management
Resource person	Mr. Pradeep Kumar
No. of participants	30
SDG No.	1,3,4,5,13 & 17

Objective

1. Understand the fundamental practices of Yoga, including basic postures and breathing techniques.
2. Learn how to incorporate Yoga practices into daily routines to enhance physical and mental well-being and avoid diseases.
3. Identify the benefits of Yoga in managing stress and improving concentration and focus.
4. Recognize the importance of relaxation and mental rejuvenation in preparing for academic examinations.



Description

During the Yoga session, students learned fundamental Yoga practices, which not only benefit their physical health but also promote mental well-being. These techniques, once incorporated into their daily routine, can help manage stress and improve focus, enhancing their overall quality of life. Additionally, the session served as a revision class, providing a refreshing break from regular studies and helping students relax and rejuvenate their minds before their upcoming examinations.

Outcomes

1. Acquired knowledge of basic Yoga postures and breathing techniques.
2. Improved ability to manage stress and maintain focus through regular Yoga practice.
3. Enhanced overall physical health and mental well-being by integrating Yoga into daily routines.
4. Experienced relaxation and mental rejuvenation, leading to better preparation for upcoming examinations.



Date of the Event/Session	04-May-24
Name of the Event/Session	Stress Management
Organized By	Office of Administration
Trainee Team/Count	Administrative Staff/25
SDG Covered	3, 8

Managing stress is essential for maintaining our mental and physical well-being. High levels of stress can result in a range of health problems, including depression and heart disease. It is vital to discover methods to unwind and deal with stress in order to avoid these harmful consequences. Here is a structured guide for leading a session on stress management. The Office of Administration organized a Stress Management session for department staff. Dr. Nidhi Barthwal and Miss Natalia Mangat conducted the session, which covered the following topics: - Identifying sources of stress Understanding stress responses. The impact of stress on health - Signs and symptoms of stress - Stress management techniques, including relaxation methods (deep breathing, muscle relaxation), meditation, exercise, healthy lifestyle habits, time management, and social support.



SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

Event Name	Seminar
Topic	Basics of Quality Improvement Projects
Date	31 st May, 2024
Mode	Online/Google Meet
Organizer Name	Ms. Gurpreet Kaur, Assistant Professor, Department of Nursing, CSHS Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS
Resource Persons	Mrs. Yangchen Dolma, Senior Nursing Officer, Nursing Inservice Educator, RPC, AIIMS New Delhi
No. of Participants	24
SDG No	3-Good Health and Well Being, 4-Quality Education

Objectives

- Provide an overview of what quality improvement is and why it is essential in healthcare settings.
- Explain the principles and goals of QI initiatives
- Discuss the significance of evidence-based practice and patient-centered care in QI projects
- Explore methods for identifying quality issues and areas for improvement within healthcare organizations.

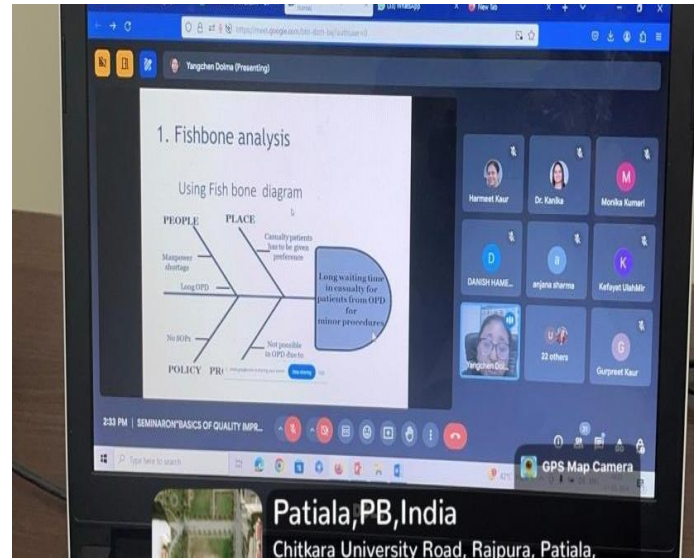
Description

The Department of Nursing, (CSHS) organized a Seminar on the "Basics of Quality Improvement Projects" on 31st May 2024. Quality Improvement (QI) projects are systematic, data-driven efforts to enhance the quality of services or products within an organization. Quality improvement projects are initiatives that aim to enhance the delivery of healthcare services making them more efficient effective and patient-centered. These projects involve identifying areas for improvement implementing changes based on evidence-based practices and monitoring outcomes to ensure that desired improvements are achieved. By investing in quality improvement projects countries can work towards achieving universal health coverage and improving the overall health and well-being of their populations. Through this seminar, we aim to equip our delegates with a solid foundation in the basics of Quality Improvement projects. Mrs. Yangchen Dolma, Senior Nursing Officer, Nursing Inservice educator, RPC, AIIMS New Delhi, delivered a session.

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

She emphasized the methods for identifying quality issues and areas for improvement within healthcare organizations.

It was a highly informative session. She enlightened all the participants about various Quality Improvement (QI) projects along with their practical implications, which was incredibly valuable.



Outcomes

After this session, the participants were equipped with the knowledge and implications of various Quality Improvement (QI) projects. They also had awareness about the methods for identifying quality issues and also know about the areas for improvement within health care organizations.

Event Name	Rangoli Competition on Nurses Week Celebration
Topic	Rangoli Competition
Date	6 th May 2024
Mode	Offline
Venue	Galileo Block, Chitkara University, Punjab
Organizer Name	Ms. Keerat, Nursing Tutor, CSHS, Chitkara University, Punjab Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	72
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education
NEP	11.1-11.13(Towards a more Holistic Education), 16.1-16.7(Reimagining Vocational Education)

Objectives

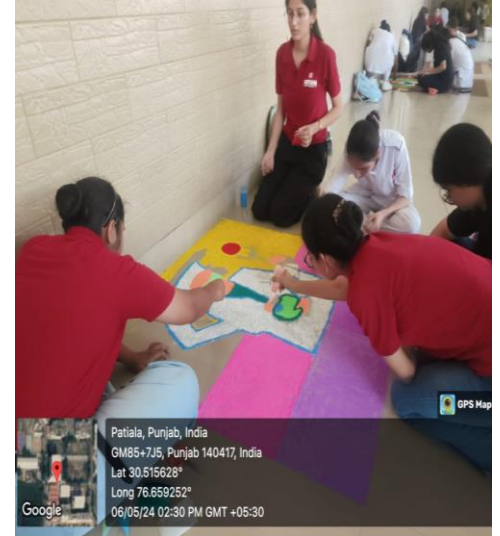
- To celebrate Nurses Week and recognize the invaluable contributions of students to health care.
- To raise awareness about the significance of the nursing profession and its contribution to healthcare.

Description

Ms. Keerat (Nursing Tutor) and Ms. Priya Gill (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Rangoli Competition on the occasion of Nurses Week themed “Our Nurse Our Future: The economic power of care” unfolded as an artistic talent through vibrant rangoli designs, enhancing creativity and innovation within the healthcare. The competition raised awareness about the significance of Nurses Week and recognized the invaluable contributions of students. The event covered goal number 03 of the United Nations Sustainable Developmental Goals i.e. Good Health and Well-being. Through their dedication and expertise nurses contribute significantly to improving overall health outcomes and reducing the impact of diseases. We had 13 groups comprising 4-6 students in each group. A total of 72 students from B.Sc. Nursing 2nd Semester, B.Sc. Nursing 4th Semester, B.Sc. Nursing 6th Semester and B.Sc. Nursing 4th Year participated in the event out of which Group 1 (B.Sc. Nursing 4th year) stood First, Group 4 (B.Sc. Nursing 6th Semester) secured second position and Group 8 (B.Sc. Nursing 2nd Semester) secured third

SDG 3 (GOOD HEALTH AND WELL-BEING) JULY 23 – JUNE 24

position. Ms. Eenu (Associate Professor) and Ms. Navpreet Kaur (Associate Professor) were designated as the evaluators of the event.



- Competition provided a platform for self-expression, also fostered a deeper appreciation for the art form and nursing profession as a whole and promoted creativity among students.

Event Name	World Laughter Day Celebrations on Nurses Week Celebration
Topic	World Laughter Day Celebrations
Date	6 th May 2024
Mode	Offline
Venue	Pulitzer Hall, Chitkara University, Punjab
Organizer Name	Ms. Jigyasha Sharma, Nursing Tutor, CSHS, Chitkara University, Punjab. Ms. Sonali, Nursing Tutor, CSHS, Chitkara University, Punjab.
No. of Participants	58 Participants
SDG No	SDG 3: Good Health and Well-being
NEP	11.1-11.13(Towards a more Holistic Education).

Objectives

- To celebrate Nurse’s Week and recognize the invaluable contributions of laughter in daily life.
- To raise awareness about the significance of laughter.

Description

Ms. Jigyasha (Nursing Tutor) and Ms. Sonali (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized World Laughter Day in collaboration with Happiness Center, Office of Student Affairs, Chitkara School of Psychology and counseling and center for excellence for sustainability on occasion of Nurses Week with themed “Our Nurse Our Future: The economic power of care” unfolded as artistic talents through vibrant laughter sessions. The event covered goal number 03 of the United Nations Sustainable Developmental Goals I.e. Good Health and Well-being. Laughter is an important aspect of good health as it can reduce stress boost our immune system and improve our overall mood. When we laugh our body releases endorphins, chemicals that make us happy. It is important to incorporate laughter into our daily lives to promote a healthy lifestyle and reduce the impact of diseases

The event enhanced the motivation among students regarding life skills and stress management





Outcomes

Session provided a platform for self-expression, also fostered a deeper appreciation for laughter as a whole and promote self-endurance among students.

Event Name	World Laughter Day Celebration
Date	6 th May, 2024
Venue	Pulitzer Hall
Organizer	Chitkara Happiness Centre, in collaboration with Chitkara School of Health Science, Chitkara School of Psychology and Counseling
Resource Person	Mr. Manish Aggarwal
Number of Participants	77
SDG Number	3
Duration	1 Hour

About the Activity

Chitkara Happiness Centre, in collaboration with Chitkara School of Health Science, Chitkara School of Psychology and Counseling, and the Office of Student Affairs, celebrated 'World Laughter Day' in a grand way at the campus today. The event started with sharing the history of this day along with the message of its founder, Dr Madan Kataria. Followed by practicing 7 laughter activities, the full audience of the hall celebrated the laughter in a great way while understanding its benefits for the health, career, and well-being of all individuals. Post this, our Guest speaker, Mr. Manish Aggarwal, shared the scientific benefits of laughter along with various engaging activities highlighting how laughter converts a victim mindset to an optimistic mindset. The event ended with laughter yoga, meditation, and tongue-twister activities. Three shining stars were honored under the title of " Hasta Hua noorani chehra" for their infectious laughter during the program, participation, and engagement. Laughter is a magical gift of God to us, on this



day we inspired all audience to make it a daily habit.



Event Name	NSS Activity
Topic	Slogan Writing Competition on World Asthma Day
Date	7 th May, 2024
Venue	Galileo Block, Chitkara University, Punjab
Organizer	Ms. Preetika, Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	18
No of Impacted Individuals	-
Under SDG no.	3, 4
SDG Details	Good health and well-being, Quality Education

Objective

To provide a platform for Nursing students to showcase their innovative ideas in raising Asthma awareness through memorable slogans. World Asthma Day is observed every year on 7th May. Asthma a common chronic respiratory condition affects millions of people worldwide making it a significant public health concern. Proper management of asthma is essential to improve the quality of life for those living with the condition. By raising awareness promoting access to care and investing in research we can work towards reducing the burden of asthma and achieving SDG 3's goal of ensuring healthy lives and promoting well-being for all at all ages. NSS Volunteers of class B.Sc. (N) 2nd & 4th Semester from Department of Nursing, CSHS Chitkara University, Punjab, and Ms. Preetika and Ms. Lakshita, Nursing Tutor, Department of Nursing, CSHS organized a Slogan Writing Competition on 7th May 2024 The aim behind the competition was to Inspire students to craft slogans that educate about Asthma triggers, symptoms, and management.





Event Name: -	World Asthma Day
Venue: -	Chitkara College of Nursing, Galileo Block, Chitkara University, Punjab
Date: -	7 th May, 2024
SDG Number, Name and NEP: -	3-Good Health and Wellbeing & 4-Quality Education, NEP-1
Organized By: -	National Service Scheme, Chitkara University, Punjab
No. of Participants: -	18
Duration: -	One Day

Description of Event

To provide a platform for Nursing students to showcase their innovative ideas in raising Asthma awareness through memorable slogans. World Asthma Day is observed every year on 7th May. It is an important event that raises awareness about respiratory health and the impact of asthma on individuals worldwide.

NSS volunteers from the 2nd and 4th semesters of the B.Sc. (N) program at the Department of Nursing, CSHS Chitkara University, Punjab, held a Slogan Writing Competition on May 7, 2024. This event was coordinated by Ms. Preetika and Ms. Lakshita, Nursing Tutors in the Department of Nursing.

The competition aimed to encourage students to create slogans that raise awareness about asthma triggers, symptoms, and management strategies.



Event Name	International Nurses Week Celebration
Topic	Fireless Cooking Competition
Date	08.05.2024
Mode	Offline
Venue	Nutrition Lab, GB105, Galileo Block
Organizer Name	Ms. Navpreet Kaur, Associate Professor, Department of Nursing, CSHS Ms. Eenu, Associate Professor, Department of Nursing, CSHS
No. of Participants	28
Under SDG no.	2, 3
SDG Details	SDG 2: Zero hunger SDG 3: Good health and well-being

Objectives

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

On the occasion of the International Nurses Week celebration Fireless cooking competition was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on 8th May 2024. The theme of the Fireless cooking competition was “Good Food, Good Mood.” Good food is essential for our overall health providing us with the necessary nutrients to stay strong and prevent diseases. Students prepared yummy bhel puri, sandwiches, healthy biscuits, Indian puddings, mango lassi, etc., and participated with full zeal and enthusiasm. Dishes were judged based on taste, presentation, creativity, and unique name of the dish by esteemed judges Ms. Gagandeep Kaur and Ms. Amanpreet Kaur, Assistant Professors, Department of Nursing. Judges were overawed by the efforts of the participants. The event not only provided a platform for the students to foster their creativity but also fostered their decision-making skills



Outcome

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

Date of the Event/Session	09-May-24
Name of the Event/Session	Medical Checkups for Creche Children
Organized By	Office of Administration
Trainee Team/Count	Children of Creche/9
SDG Covered	3

Regular medical checkups are important for children in creches to ensure their overall health and well-being. It is essential for creche staff and parents to collaborate in scheduling and attending these checkups to promote a healthy environment for the children.

The Office of Administration organized a medical checkup camp for the children at the crèche to ensure their physical health is well maintained. As a result of this initiative, parents expressed their gratitude for the additional medical services being offered alongside the crèche facility.





Event Name	Extra-Curricular Activity
Topic	Photography Competition- Showcase Your Skills on National Nurses Week 2024
Date	10 th May 2024
Mode	Offline
Venue	Ground Floor, Galileo Block
Organizer Name	Ms. Gurpreet Kaur, Assistant Professor Ms. Kanika Sharma, Nursing Tutor
No. of Participants	19
SDG No.	3: Good health and well-being 4: Quality Education

Objectives

The competition aims to celebrate the invaluable contribution of nurses to the healthcare sector.

Description

The Department of Nursing organized a Photography Competition: Showcase Your Skills on 10th May 2024, coinciding with Nurses Week 2024. The theme of the competition was "Nurses: The Heart of Healthcare," aiming to celebrate the invaluable contribution of nurses to the healthcare sector. The event aimed not only to highlight the technical skills of the participants but also to capture the essence of nursing and its significance in healthcare. Nurses play a crucial role in providing quality healthcare services to individuals and communities. They are skilled professionals who work tirelessly to promote health, prevent diseases, and care for the sick. Nurses also educate people on how to lead healthy lifestyles and manage chronic conditions. Their dedication and compassion contribute significantly to improving the overall health and well-being of society. The panel of judges for the competition comprised Ms. Manu Kholi, Associate Professor, and Ms. Priya Gill, Nursing Tutor. Both judges brought their expertise and a keen eye for detail to evaluate the entries and determine the winners. Ms. Shruti, B.Sc. Nursing 4th Year student stood First, Mr. Sidharth, B.Sc. Nursing 4th Year secured 2nd position & Ms. Kanika, B.Sc. Nursing 4th Year & Shivangi, B.Sc. Nursing 6th Semester both of them secured 3rd position.

Outcomes

The competition will help the nursing students to showcase the creative prowess of nursing students but also foster a sense of community and appreciation for their invaluable contributions to healthcare.





Photography Competition- Showcase Your Skills on National Nurses Week 2024 dated 10th May 2024

Event Name	Nurse's Day Celebration
Topic	Oath taking ceremony
Date	13 th May, 2024
Mode	Offline
Venue	Exploretorium, Chitkara University, Punjab
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor, CSHS, Chitkara University, Punjab Ms. Sonali Katoch, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	55
SDG No.	SDG 3: Good Health and Well-being, SDG 4: Quality Education

Objectives

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 encapsulate the invaluable contribution of nurses to the healthcare ecosystem and underscore their pivotal role in shaping the future of healthcare.
3. It promotes the importance of nursing ethics and professionalism through the oath-taking ceremony.

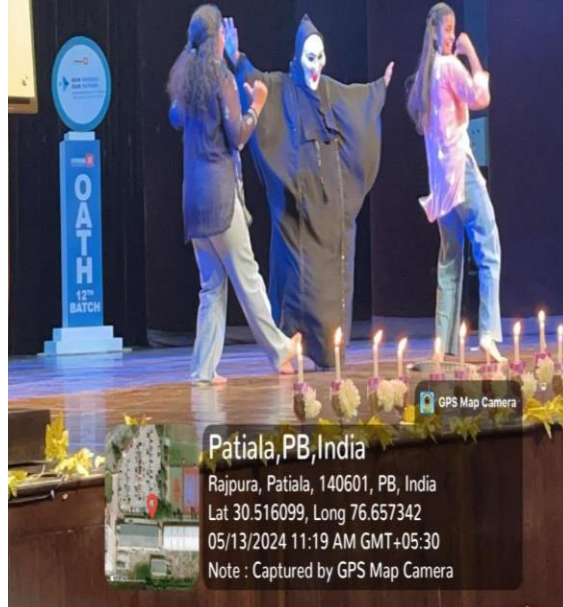
On International Nurses Day, the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized an **Oath-Taking Ceremony, in 2024 for the 12th Batch of B.Sc. Nursing**. Each year Nurses Day is Celebrated to commemorate the Birthday of Florence Nightingale; The Lady with Lamp, who was the founder of Modern Nursing. A pantomime of Florence Nightingale's Autobiography was enacted by students of B.sc Nursing 2nd semester. The formal program started with lamp lighting. The Oath Taking Ceremony commenced with a symbolic and inspiring gesture as Dr. S.C. Sharma, Registrar of Chitkara University, Punjab, graced the occasion by lighting the

ceremonial lamp. Joined by Dr. Harmeet Kaur Kang, Principal & Director, and all esteemed dignitaries, this solemn ritual marked the commencement of our celebration. Following the radiant glow of the lamp, esteemed dignitaries unfurled the theme for this year's ceremony: "Our Nurses Our Future: The Economic Power of Care." This poignant theme encapsulates the invaluable contribution of nurses to the healthcare ecosystem and underscores their pivotal role in shaping the future of healthcare.

Nursing Superintendents and Nursing Officers from various hospitals graced the Oath-Taking Ceremony with their esteemed presence. They appreciated the untiring efforts of nurses in client care and congratulated all budding nurses for choosing such a noble profession. The program was closed with various cultural activities and prize distribution ceremonies. Various spectacular cultural activities like Fashion Shows, Back-to-Back dances, Regional Dance, Bollywood Dance, and Punjabi Fusion filled the auditorium with joy and energy. Each person present over there savored the event. The program was closed with a prize distribution ceremony which included Prizes for excellence in academics and co-curricular activities.

Outcomes

The student's participation must bring together nursing students to share insights, exchange experiences, and explore the latest advancements in the field. Nursing students can enhance their knowledge, expand their network, contribute to the nursing communities, and play an essential role in promoting well-being and improving health outcomes for individuals and communities



Date of the Event/Session	15-May-24
Name of the Event/Session	Mental Health & Emotion Regulation
Organized By	Office of Administration
Trainee Team/Count	Administrative Staff/28
SDG Covered	3, 8

Mental health and emotional regulation are crucial for overall health. When people can manage their emotions and handle stress effectively, they are more likely to sustain their well-being. Poor mental health can result in various illnesses and diminish quality of life. A session focused on mental health and emotional regulation is vital for enhancing well-being and equipping individuals with the skills to manage their emotions effectively.

The Office of Administration organized a session on mental health and emotional regulation, led by faculty members Ms. Vijyeta Basin and Ms. Jigyasha Sharma from Chitkara School of Nursing. The session covered the following topics: -

Understanding emotions

The impact of emotions on mental health.



Event Name	Workshop
Topic	Mindful Relaxation in the Workplace
Date	18 th May, 2024
Time	930 a.m. – 03:30 p.m.
Venue	GB201, Galileo Block
Organizer	<ul style="list-style-type: none"> ● Ms. Annu Singhal Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. ● Ms. Priya Gill, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab.
Resource Person	<ul style="list-style-type: none"> ● Ms. Kanika Guleria, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab ● Ms. Kanu Mahajan, Assistant Professor, Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab
No. of Participants	06 (Non- Teaching Staff)
Under SDG no.	SDG 3, SDG 4
SDG Details	3 Good Health and Well-Being, 4 Quality Education
NEP	13.1-13.7 (Motivated, Energised, and Capable Faculty)

Objectives

To introduce various mindfulness techniques aimed at promoting relaxation and stress reduction in the workplace.

- To understand the impact of stress on their well-being and productivity.
- To provide practical tools and strategies that could be incorporated into daily work routine.

Descriptions

The Department of Nursing, Chitkara School of Health Sciences organized a Workshop on Mindful Relaxation in the Workplace on 18th May 2024 at GB201, Galileo Block. The workshop began with an overview of mindfulness and its benefits, including improved focus, enhanced emotional regulation, and reduced stress. Relaxing mind at the workplace

can significantly improve employee well-being and productivity. This workshop aims to teach the participants about basic techniques of relaxation like deep breathing and meditation. Participants were guided through various mindfulness exercises, such as deep breathing, guided imagery, and progressive muscle relaxation, to help them experience the immediate benefits of these practices and techniques for stress which can help to alleviate workplace stress and foster a healthy work environment. By taking the time to relax and de-stress individuals can improve their mental and physical health and prevent diseases. They learned how mindfulness techniques can help interrupt the stress response and promote a sense of calm and how to integrate mindfulness into their daily work routines. They were provided with tips and strategies for practicing mindfulness in various contexts, such as during meetings while handling challenging tasks, and during breaks. By the end of the workshop, participants expressed a feeling of a more relaxed, mentally refreshed, sense of empowerment and motivation to incorporate mindfulness practices into their work lives.



- The workshop provided a valuable opportunity for employees to prioritize self-care, create a more positive and harmonious work environment, and be equipped with practical tools for the implementation of relaxation techniques.



Group photo of participants on Mindful Relaxation in Workplace on 18th May 2024.

EVENT:	Fitness Race		
Date / Time:	18 th May 2024	Mode:	Offline
Location / Link:	Zero Ground & Swimming Pool, Chitkara University, Punjab		
Activity In-charge:	Mr. Manohar Lal Bhardwaj		
No. of Participants:	06 (Cadets)		
Resource Person (if any)	-----		
SDG:	3 - Good Health and Well-being, 10 – Reduced Inequalities		

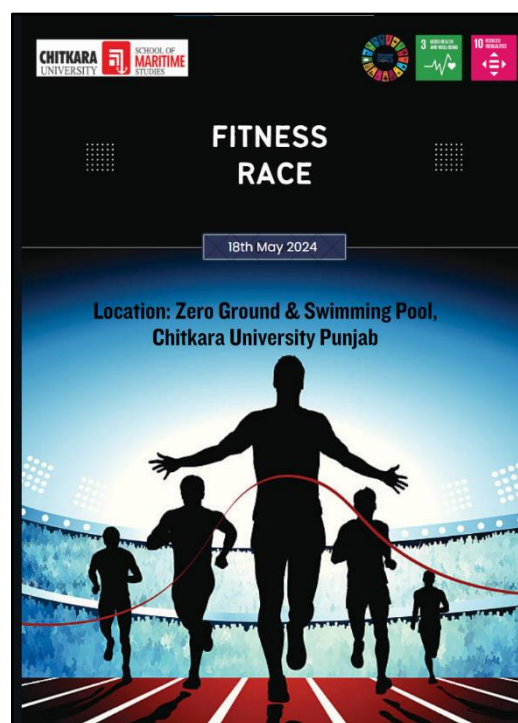
GAMES AND SPORTS ARE IMPORTANT TO MAINTAIN THE PHYSIQUE AND FITNESS OF ONES BODY. WHEN IT COMES TO THE PROFESSION OF SAILING FITNESS PLAYS AN IMPORTANT ROLE FOR US AS MARINER.

BRIEF DESCRIPTION

Chitkara University School of Maritime Studies organized a **Fitness Race Event** between CUSMS cadets which was held on 18th May 2024. There were six participants from all the classes who took part in this **Physical Fitness Race Event**. All the participants put in their best to prove themselves as physically fit. By participating in such events individuals not only improve their health but also contribute to the global effort towards achieving SDG 3- Fitness races serve as a fun and engaging way to promote physical activity and raise awareness about the importance of good health and well-being for all.

DETAILS OF THE EVENT

This entire event consists of the following: **Running, sprinting, Jumping, and Swimming**. Manohar Lal Bhardwaj, in charge of the Sports Committee, was present and supervised the entire event. The event started with a 200-meter normal run followed by a 150-meter sprint race, 20-meter hopping/jumping on both legs together. Finally, all the players proceeded towards the swimming pool for 50 meters of free swimming. Capt Yogender Nain started the game by shaking hands with the players. The rest of the Marine students cheered and motivated the players from either side of the road. All the



members of the discipline and safety committee were very alert to ensure that there was no misbehavior. CUSMS Sports Committee ensured smooth & fair proceedings of the event. Intense competition between the cadets was spectacular. This entire event was planned, organized, and executed in a good manner by the cadets only.

Results: - **Cadt Manav** from the 2021 Batch stood **First** with timing 02:35 Min. **Second Cadt. Bhavya Tomar** from 2021 Batch with timing 02:42 Min. **Third Cadt. Vighnesh V Gupta** from 2021 Batch with timing 3:18 Min. **Fourth & fifth** position were **Cadt. Abhishek Chauhan** and **Cadt. Yuvraj Prashar** from 2023 Batch with timing 03:21 & 03:41 Min respectively. Cadt. Lovedeep Singh was disqualified.

List of players: -

Port House – Vighnesh V Gupta, Manav, Bhavya Tomar, Lovedeep Singh, Abhishek Chauhan and Yuvraj Prashar



Date of the Event/Session	19-May-24
Name of the Event/Session	Pehchan – Happiness Inside You
Organized By	Office of Administration
Trainee Team/Count	Administrative Staff & Support Staff/180+
SDG Covered	3

Happiness is essential for good health. When we are happy, our stress levels drop, positively affecting our overall well-being. Research indicates that people who frequently experience happiness are less prone to diseases and heart problems. Exploring inner happiness can be rewarding; it's not solely shaped by external factors but can also be cultivated internally.

The Office of Administration arranged a session on Pehchan – Happiness Inside You. The session was led by Chief Happiness Officer Mr. Manav Bansal and was scheduled as follows:-

Gratitude practice: It involves maintaining a journal to note daily expressions of thankfulness.

Negative thought patterns: Recognizing and challenging negative self-talk and cognitive distortions.

Facilitate self-reflection exercises to help participants explore their own sources of happiness and areas for growth

Activity – Concentration on filled water glass/Movie clip for gratitude/Meditation.

Encourage continued self-exploration and growth on the path to inner happiness



Event Name	Poster Exhibition
Topic	International Kangaroo Mother Care Awareness Day with Theme Embrace the Magic
Date	31 st May 2024
Mode	Offline
Venue	Mata Kaushalya Hospital, Patiala, Punjab
Organizer Name	Ms. Amanpreet Kaur, Assistant Professor, CSHS, Chitkara University, Punjab Ms. Priya Gill, Nursing Tutor, CSHS, Chitkara University, Punjab Ms. Kanika Sharma, Nursing Tutor, CSHS, Chitkara University, Punjab
No. of Participants	24
SDG No	SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 17: Partnerships for the Goals
NEP	11.1-11.13(Towards a more Holistic Education), 12.1-12.10 (Optimal Learning Environments and Support for Students), 17.1-17.5 (Professional Education)

Objectives

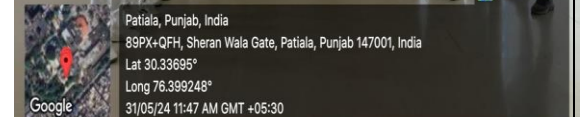
- To raise awareness among healthcare professionals and the public about the benefits of Kangaroo Care for premature infants.
- To educate healthcare professionals and parents about the proper technique and importance of Kangaroo Care in improving neonatal outcomes and reducing mortality rates among premature babies.
- To foster innovation and creativity among nursing students in developing visually engaging educational materials to promote Kangaroo Care practices.

Description

Ms. Amanpreet Kaur (Assistant Professor), Ms. Priya Gill (Nursing Tutor) and Ms. Kanika Sharma (Nursing Tutor), Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a Poster Exhibition on the occasion of International Kangaroo Care Awareness Day themed “Embrace the Magic” that unfolded a variety of

informative posters created by nursing students. KMC is a method used to care for premature babies by skin-to-skin contact with their mothers. This method helps regulate the baby's body temperature heart rate and breathing. It also promotes bonding between the mother and baby leading to better health outcomes. By promoting KMC we can help reduce infant mortality rates and improve the overall health of both mother and child. Each poster highlighted different aspects of Kangaroo Care, including its physiological benefits, its impact on infant development, and its role in bonding between parents and infants and better breastfeeding. Through creative displays and informative content, participants highlighted the benefits and techniques of Kangaroo Care, contributing to increased awareness and understanding of this essential neonatal care practice. The posters were visually appealing and contained concise yet comprehensive information to effectively communicate the key messages. The event covered goal number 03 (Good Health and Well-being) and 04 (Quality Education) of the United Nations Sustainable Developmental Goals. Total 24 students from B.Sc. Nursing 6th Semester participated in the event out of which Group 5 stood First, Group 4 secured second position and Group 1 & Group 7 stood third position. Ms. Daljeet Kaur, Nursing Superintendent from Mata Kaushalya Hospital, Patiala was designated as the evaluator of the event.





Outcomes

- Competition on Kangaroo Care Awareness Day by nursing students at the hospital showcased innovative approaches to promote maternal-infant bonding and highlight the benefits of skin-to-skin contact, fostering community engagement and enhancing awareness among caregivers and families.

Workshop of “Training of Nurses on Tuberculosis Care and Control in India”

Date: - 3rd – 7th June 2024

Time: - 9 am to 4:20 pm

Venue: - Einstein Hall, Chitkara University

Resource Person: - The GFATM certified Trainers for the course of Training of Nurses on Tuberculosis Care & Control in India were: -

Mr. Gaurav	Professor, CSHS
Ms. Eenu	Associate Professor, CSHS
Ms. Annu Singhal	Assistant Professor, CSHS
Ms. Gagandeep	Assistant Professor, CSHS
Ms. Aruna	Assistant Professor, CSHS
Ms. Gurpreet	Assistant Professor, CSHS
Ms. Lakshita	Nursing Tutor, CSHS
Ms. Keerat	Nursing Tutor, CSHS
Ms. Priya	Nursing Tutor, CSHS
Ms. Dimple	Nursing Tutor, CSHS

Participants: 66 students, 5 Faculty members

Organizers: Ms. Eenu, Ms. Kanika Guleria

Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab organized a five-day workshop on “Training of Nurses on Tuberculosis Care and Control in India” from 3rd June – 7th June 2024. Faculty members participated in this workshop. This workshop was organized by Ms. Eenu, Associate Professor, and Ms. Kanika Guleria, Assistant Professor, Chitkara School of Health Sciences, Chitkara University, Punjab.

Tuberculosis also known as TB is a serious infectious disease that affects the lungs. It is caused by bacteria and can spread through the air when an infected person coughs or sneezes. TB can be treated with antibiotics, but it is important to detect and treat the disease early to prevent its spread. TB epidemic requires collaboration between governments health

organizations and communities to ensure access to quality healthcare and promote disease prevention efforts.





Group photo after the completion of Workshop on Training of Nurses on Tuberculosis Care & Control in India

The workshop provided comprehensive information on the diagnosis and management of Tuberculosis. Topics included epidemiology, pathophysiology, clinical features, diagnosis, preventive aspects, and management of Tuberculosis, RNTCP, and PMDT in both Adults and Pediatrics. Importance regarding Counselling of patients for TB Treatment Adherence was also discussed using role plays and case scenario discussions. To further strengthen the knowledge gained in the workshop, teachers visited the DOTS, center in Rajpura where the staff discussed the diagnosis and management of TB Cases and the daily challenges faced in providing care to them. Participants were allowed to ask questions and share their experience of providing care to Tuberculosis patients.

Dr. Harmeet Kaur Kang
Principal & Director
Chitkara School of Health Sciences
Chitkara University, Punjab



Event Name	Extra-Curricular Activity
Topic	Photography Competition on World Environment Day
Date	5 th June 2024
Mode	Offline
Venue	Ground Floor, Galileo Block
Organizer Name	Ms. Keerat, Nursing Tutor Ms. Lakshita, Nursing Tutor
No. of Participants	13
SDG No.	4: Quality Education 13: Climate Action 15: Life on Land

Objectives

The competition aims to bring out the creativity of the students in celebrating World Environment Day.

Description

The Department of Nursing, in collaboration with the Centre of Excellence for Sustainability, organized a Photography Competition on the occasion of **World Environment Day**, on 5th June 2024, with the theme: **Land restoration, desertification, and drought resilience**. Pollution, deforestation, and climate change can all have negative impacts on human health. By protecting the environment we can create a healthier world for ourselves and future generations. The event aimed not only to highlight the technical skills of the participants but also to capture the essence of the environment and its significance in human life. The panel of judges for the competition comprised Ms. Eenu, Associate Professor, and Ms. Kanika Guleria, Assistant Professor. Both judges brought their expertise and a keen eye for detail to evaluate the entries and determine the winners. Mr. Burhan, B.Sc. Nursing 4th Year student stood First, Mr. Karan Saini, B.Sc. Nursing 2nd Semester secured 2nd position & Mr. Anmol Saini, B.Sc. Nursing 4th Year secured 3rd position.

Outcomes

The competition helped the nursing students to showcase their creativity and commitment to the cause of environmental health.





Event Name	One Day Workshop
Topic	First Aid at Work
Date	5 th June, 2024
Time	9:30 a.m. – 03:30 p.m.
Venue	GB201, Galileo Block
Organizer	Ms. Annu Singhal Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Priya Gill, Nursing Tutor, Department of Nursing, CSHS, Chitkara University, Punjab
Resource Person	Ms. Gagandeep Kaur, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab. Ms. Sawroop Dhillon, Assistant Professor, Department of Nursing, CSHS, Chitkara University, Punjab.
No. of Participants	6 (Non-Teaching Staff)
Under SDG no.	SDG 3, SDG 4
SDG Details	3 Good Health and Well-Being, 4 Quality Education
NEP	13.1-13.7 (Motivated, Energised, and Capable Faculty)

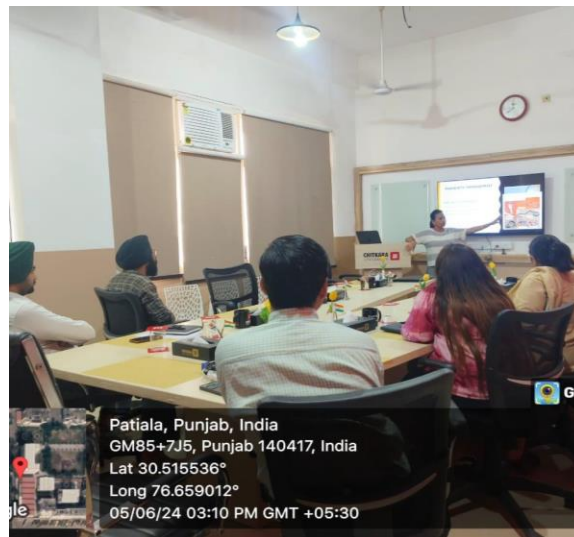
Objectives

- To Understand First Aid Principles.
- To Recognize Common Workplace Injuries and Illnesses.
- To Use First Aid Equipment and Promote Safety Awareness.

Descriptions

The Department of Nursing at CSHS successfully organized a one-day workshop on First Aid at Work on 5th June 2024 at GB201, Galileo Block. Ms Annu Singhal, Assistant Professor, Department of Nursing, CSHS, extended a warm welcome to speakers and delegates. The workshop featured insightful sessions by distinguished speakers. Ms. Gagandeep Kaur, Assistant Professor, Department of Nursing, CSHS, delivered a session on basic principles of first aid emphasizing the importance of quick and appropriate responses to medical emergencies and explaining common injuries and illnesses that might occur in the workplace. Ms. Sawroop Dhillon, Assistant Professor, Department of Nursing, CSHS, delivered a session on how to perform essential first aid techniques, such as CPR (Cardiopulmonary Resuscitation), and wound care.

Overall, the workshop provided a valuable platform for participants to enhance their knowledge regarding First aid. Saving someone's life only needs two hands, the basic knowledge, skills, and a little confidence. The participants were motivated to incorporate all qualities in them so that they could extend a helping hand to the victims when and wherever required. Learning basic first aid skills can help individuals respond effectively in emergencies potentially saving lives. By promoting first aid education and training communities can build a safer and healthier environment for everyone. Ultimately incorporating first aid practices into daily life can contribute to the overall improvement of global health outcomes.



Event Name	Cooking Competition on World Food Safety Day
Topic	Kid-Friendly Kitchen Creation
Date	7 th June 2024
Mode	Offline
Venue	Nutrition Lab, GB105, Galileo Block
Time	10:00 AM - 12.00 PM
Organizer Name	Ms. Sonali Katoch, Nursing Tutor, Department of Nursing, CSHS
No. of Participants	08
Under SDG no.	2, 3
SDG Details	SDG 2: Zero hunger SDG 3: Good health and well-being

- **Outcome** The workshop equipped the participants with in-depth knowledge regarding the importance of quick and appropriate responses to medical emergencies and trained them on how to properly use tools during an emergency

Objectives

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

On the occasion of “World Food Safety Day” a cooking competition was organized by the Department of Nursing, Chitkara School of Health Sciences, Chitkara University, Punjab on 7th June 2024. The theme of this cooking competition was “Kid-Friendly Kitchen Creation”. Students prepared various yummy dishes and participated with full zeal and enthusiasm. One benefit of eating healthy food is that it can help us maintain a healthy weight which is important for our overall well-being. Another advantage is that it can reduce the risk of developing chronic diseases like diabetes and heart disease. Additionally eating nutritious foods can improve our energy levels and help us feel more alert throughout the day. By making healthy choices in our diet we can enhance our overall quality of life and promote longevity. Dishes were judged based on taste, presentation, and creativity of the dish by

esteemed judges Ms. Kanika Sharma and Ms. Jigyasha Sharma, Nursing Tutor, Department of Nursing. Judges were overawed by the efforts of the participants. The event not only provided a platform for the students to foster their creativity but also fostered their decision-making skills.



Judges evaluating the dishes of the participants in the Cooking Competition on 7th June 2024

Outcome

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