

S^{eries} Sustaina⁺taff

CHAPTER 9



Understanding Management - Expired Medicines

by Dr. Rajwinder Kaur

Professor, Chitkara College of Pharmacy



Understanding Medicinal Plant - Around Us

by Dr. Amit Kumar

Associate Professor, Chitkara College of Pharmacy

Many of us don't really know how to deal with expired medicines. Should we throw them in the dustbin, try to compost them? This confusion can lead to unsafe practices that harm our health and the environment. Understanding proper ways to manage expired medicines is important, so this session will help you to understand better.

SCAN TO REGISTER



Many of us often find it difficult to identify plants and trees that possess medicinal value around us. Nature offers a wide range of healing through these plant-based resources, and this session aims to help you understand and recognize them more effectively.

IDEA CONCEIVED BY : Ms. Mamta Rani
Librarian, Chitkara College of Pharmacy



09 MAY 2026



11:00 am onwards



B003, Edison Block Basement

Organized by Chitkara University
Centre of Excellence For Sustainability



Event Name	SustainaStaff 9: Understanding Management – Expired Medicines, Medicinal Plants Around
Date	9 May 2026
Venue	B003, Edison Block Basement
Organizer	Centre of Excellence for Sustainability in collaboration
Resource Person	Dr. Rajwinder Kaur, Dr. Amit Kumar
Idea Conceived By	Ms. Mamta Rani
Total number of Participations	25+
SDGs Covered	3,4 & 12
Duration	2 hours

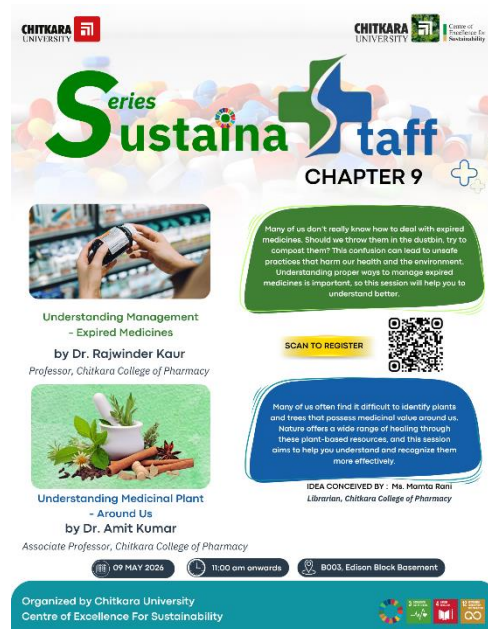
Objective

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

Description

The Centre of Excellence for Sustainability (CUCES), Chitkara University, organized “SustainaStaff – Chapter 9” The event was designed especially for staff members to enhance their awareness regarding sustainable healthcare practices and medicinal plant knowledge.

The first session, titled “**Understanding Management – Expired Medicines,**” was delivered by **Dr. Rajwinder Kaur**, Professor, Chitkara College of Pharmacy. The session highlighted the risks associated with improper disposal of expired medicines and explained safe and responsible methods for handling pharmaceutical waste. Participants were informed about the



environmental and health hazards caused by unsafe disposal practices and were guided on practical ways to manage unused and expired medicines effectively.

The second session, “**Understanding Medicinal Plants Around Us,**” was conducted by **Dr. Amit Kumar**, Assistant Professor, Chitkara College of Pharmacy. The session focused on creating awareness about commonly available medicinal plants and their therapeutic benefits. Participants learned about the importance of medicinal herbs, their traditional applications, and the role of plant-based resources in promoting natural healing and wellness.

The sessions witnessed active participation and engagement from staff members. Informative discussions and interactive learning made the event impactful and encouraged participants to adopt sustainable and health-conscious practices in their daily lives.

Outcomes

- Increased awareness regarding safe disposal and management of expired medicines.
- Enhanced understanding of environmental sustainability related to pharmaceutical waste.
- Improved knowledge about medicinal plants and their healing properties.
- Encouraged participants to adopt healthier and eco-friendly practices.
- Promoted awareness about responsible consumption and healthcare sustainability.
- Strengthened interdisciplinary collaboration for sustainability-focused initiatives within the university.

Conclusion

SustainaStaff – Chapter 9 successfully provided valuable insights into sustainable healthcare practices and the importance of medicinal plants in daily life. The informative sessions helped participants understand the significance of responsible medicine disposal and natural healing resources. The initiative reflected Chitkara University’s commitment towards promoting health awareness, environmental responsibility, and sustainable development among its staff community.

