

STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

HIGHLIGHTS

2022-23

All endeavors towards sustainability where students play an important role, would go a longer way, as the future would be shaped by them. Every action that can leave an impression on students would benefit the society, environment, and the future in whole. A plethora of opportunities are provided to students to participate and imbibe thoughts provoking sustainability.

A few highlights are arranged in this report.

For more details, Detailed Report for the year 22-23 is available on our webpage.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

THIS REPORT PROVIDES A GIST OF THE NUMEROUS ACTIVITIES TOWARDS SUSTAINABILITY INVOLVING STUDENTS



SHARE & CARE – Endeavors where students share their efforts or their belongings with lesser privileged children of the villages or the labour.



HEALTH – Health is wealth and when we are willing to contribute our knowledge and efforts to ensure the health of our society too, we are going a long way towards sustainable living. Cheers to the students who contribute to the cause.



SWACHHTA - Staying clean is a practice not a project. When the future generation understands that and then teaches the younger students about the need to stay clean we can be rest assured that we shall have clean and hygienic societies in future.



BLOOD DONATION – Nothing can replace human blood and when students contribute towards sharing their blood for someone unknown who may need it what more can we ask for !!



HAPPINESS - There is no path to happiness – Happiness is the path. Students who learn to be happy wherever they are will contribute positivity to all those around them. That's how we can make a Happier World !!



PLANTATION – We must take care of our planet and for that greenery is a necessity. Once students learn to contribute to this cause and reduce wastage of paper, we can be confident that our planet is in safe hands!!



AWARENESS ON UPDATED TECHNOLOGY – Staying abreast with the latest technology or innovative tools on health shall contribute towards attaining a sustainable living and better world.



FITNESS – Staying fit and healthy is a necessity today and there is no denying of the saying – Health is Wealth

STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

SHARING WITH THE LESSER PRIVILEGED



World Food Day is a reminder that coming together with friends and family around a well-set table is a privilege that not everyone can enjoy but is one that everyone should experience and be thankful for. World Food Day is also about raising awareness for people who do not have such privilege. This Day can also be leveraged to raise awareness about healthy diets and the nourishment that human bodies need.

Chitkara School of Hospitality in collaboration with National Services scheme and Office of student affairs, Chitkara university organised an interactive session on the topic promoting healthy food for a healthy life for the students of 5th SEM B.Sc. (H&HA) on the occasion of World Food Day on 17th October 2022. The students were imparted knowledge on general hygiene practices in the hospitality industry. These students further interacted with students at a school in Ramnagar, an adopted village by our university. They enlightened the students on healthy food choices, safety practices for food and advised them on the necessity of

hygiene in food habits. The students then shared food packets they had prepared with the students from the school at Ramnagar. Chef Aditya Saksena, Chitkara School of Hospitality; Chitkara University was the resource person for this interactive session.

Healthy food is shared with the children and labor from the construction colony at the campus on days of national celebrations

Children being made aware of healthy food, and safe food habits



and festivals also. Yet another way in which Chitkarians share and care for their society is by **sharing furniture and other lesser used personal belongings of students** which includes stationery / clothes/ shoes / cushions / bedsheets etc.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

CREATING A HEALTHIER SOCIETY

B Sc. Nursing (Post Basic) 2nd year students were a part of the **National Pulse Polio Program** organized on 18th September 2022 to 20th September 2022 at CHC/PHC, Kalomajra, under the Swachh Bharat Mission. In this program organized by Assistant Professor Ms. Annu Singhal, students were given



Student administering polio drops to children



training for the Pulse Polio Program. They were divided into small groups and were assigned the polio booth on the first day followed by door-to-door immunization on the last 2 days. Students gained knowledge regarding the implementation of

National Health Programs like planning phase, action phase and recording phase.



School of Media & Journalism.

Such talks reach out to all our adopted villages as well as other villages within 20 kms radius. In this manner awareness is spread to the women, the old, as well as the young children of the villages, providing them the facility to stay at home and get tips on health topics.

When students are involved in such activities, they learn their subject well as they need to be airing talks on the Radio; along with it they also understand their responsibilities towards the societies and imbibe how they can reach out to the needy in societies around them.

RADIO TALKS - "Baate Sehat Ki" was a series, where talks were aired on our CHITKARA FM 107.8 spreading messages and awareness on various health related topics and diseases like Breast Feeding Rheumatoid Arthritis etc. Chitkara School of Health Sciences organized the series in synchronization with the Chitkara



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

ACTIVITY ON HEALTH CHECK UP CAMP

Health Check Up camps are held in the society as well as in the campus for the support staff by students of the Nursing department on various occasions. Department of Nursing, in collaboration with National Service Scheme organized Health checkup camp at an adopted village Kalo Majra, to commensurate World Health Day. Students of B. Sc. Nursing 2nd Semester organized the camp with great enthusiasm. Blood pressure, Random blood sugar, height, weight and BMI were monitored. Ms. Seema Rani and Ms. Divya Sethi led and supervised the students as NSS officer.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

SWACHHTA – A CLEAN LIFESTYLE

It is necessary to inbuild in the future generation, the need for a clean and hygienic lifestyle, and to make them understand that they need to do it for themselves.

NSS Unit of Chitkara College of Pharmacy organized activities at Govt. Smart School at Kalomajra an adopted village. Based on different themes such as “Leave NO



ONE Behind”, “Health care Quality” and “Safety Climate or Culture” various activities were carried out. The NSS volunteers put in efforts to spread awareness about cleanliness under Swachh Bharat Mission and an animation video was shown to kids which were followed by hand washing steps that were demonstrated by volunteers to the students. To explain the importance of eating Healthy food habits, fruits were distributed amongst the students. The birth Anniversary of



Dr. APJ Abdul Kalam was celebrated by motivating the students to focus on their career which was further motivated by the action of distributing stationary items to them. Various such activities are organized throughout the year where children are made aware of the need of “swachhta”.

STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

THE NOBLE ACT OF DONATING BLOOD

Chitkarians have always contributed to the noble cause. On 16 Feb 2023, Department of National Service Scheme, in association with PGI Hospital, Chandigarh, and Rajindra Hospital, Patiala, organized a blood donation camps where more than 3000 students from the departments of CSE, ME, ECE, and CA came together making the camp a overwhelming success. The event saw a total of 502 units of blood being donated in a single day, a record-breaking achievement. The donors were appreciated and applauded for their

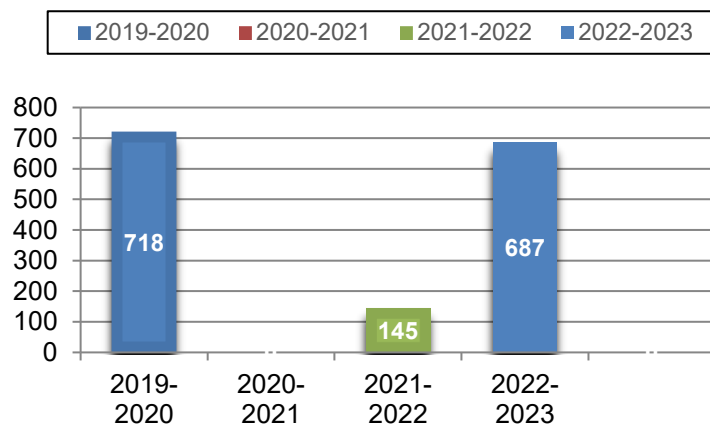


selfless act of kindness, which has the potential to save three lives with every pint of blood. The event served as a reminder of the importance of blood donation and its life-saving impact. Blood donation is a selfless act that requires no special skill or training, and

anyone who is healthy enough can contribute to this noble cause.

The **Office of Student Affairs** has always maneuvered efforts to this noble cause. Except for the period that COVID 19 created a gap, nothing else has stopped the high spirits of the blood donors at Chitkara University. The graph shows the units of blood collected.

BLOOD DONORS



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY



THE ART OF BEING HAPPY - The HH Dalai Lama Centre for Happiness at Chitkara University is always on the go conducting sessions and workshops on happiness. One such comprehensive course on happiness including career, and life skills was conducted in this year. This transformative program has equipped students with invaluable tools and knowledge to enhance their overall well-being and achieve personal and professional

success.

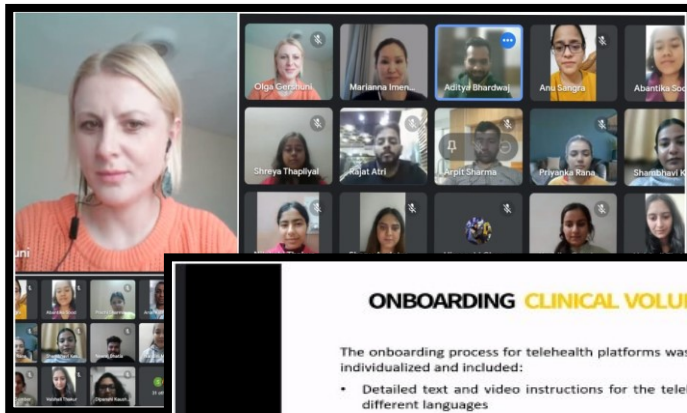
This course aimed to empower individuals with the necessary knowledge and skills to lead fulfilling lives and succeed in their careers. The life skills component of the course focused on several fundamental principles that contribute to personal growth and well-being. Students were introduced to the concept of **Kaizen**, which emphasizes the importance of continuous improvement and incremental changes in all aspects of life. Through the exploration of **Ikigai**, students discovered the intersection between their passions, talents, values, and the needs of the world, enabling them to find purpose and meaning in their pursuits. **Mindfulness training** was provided to cultivate a state of present-moment awareness, allowing students to enhance their focus, reduce stress, and foster a sense of inner calm. Another crucial aspect of the course was emphasizing self-acceptance and embracing one's unique qualities. students learned the art of accepting themselves unconditionally, appreciating their strengths, and working on areas of improvement without self-judgment. The secrets for mega living were unveiled, providing students with practical strategies to lead a more fulfilling and balanced life, encompassing physical, mental, emotional, and spiritual well-being.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

SYMPOSIUM ON TELEHEALTH FOR DISASTER RESPONSE

A series of Webinars were conducted from 10 Feb-04 Mar 2023 on Telehealth for Disaster Response in collaboration with Health Tech without borders where multiple speakers across borders shared their valuable insights on the Disaster response. This was conducted for the MBAHC 2022-24 by the department of Healthcare & Management. The objective of this event was to guide students about the Telehealth



across the borders and about Disaster Management. Various speakers shared their experiences and insights on Disaster Management and the skills required for the same.

ONBOARDING CLINICAL VOLUNTEERS

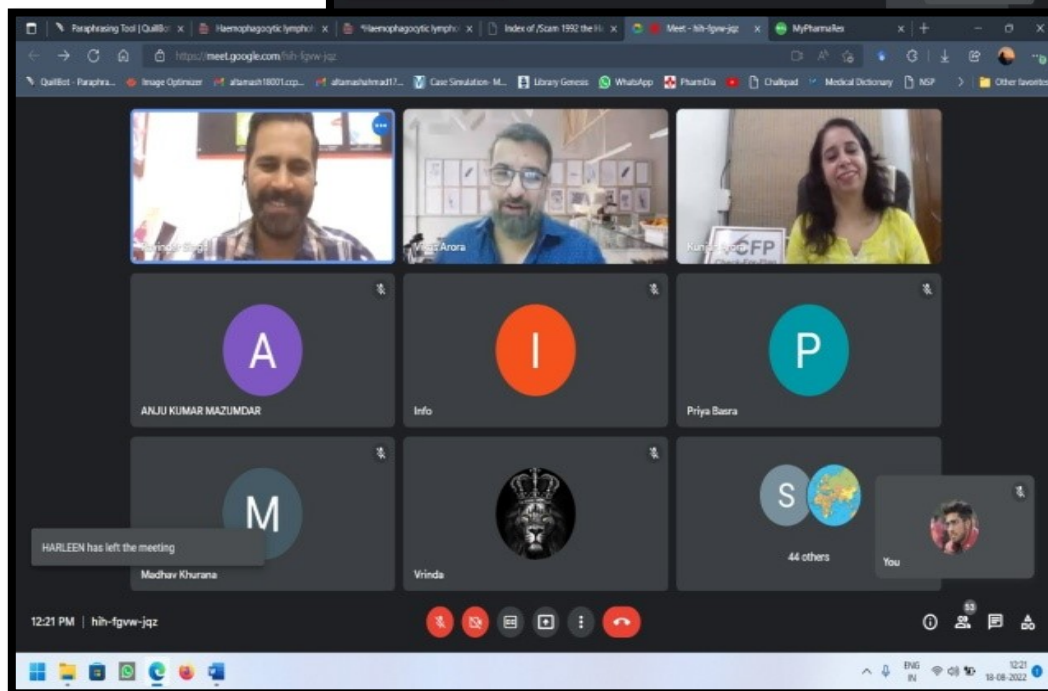
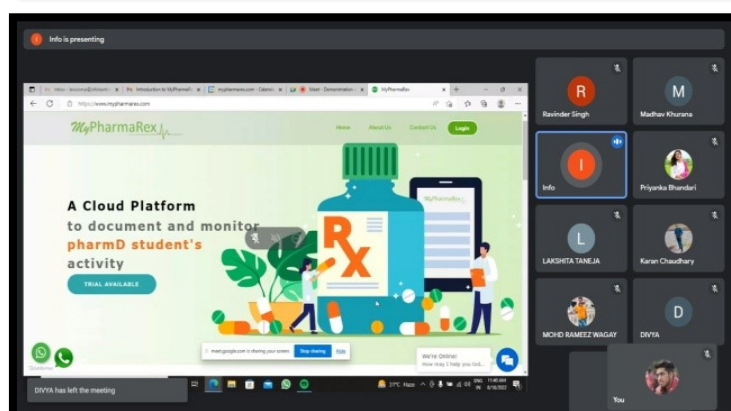
The onboarding process for telehealth platforms was simple, fast, and individualized and included:

- Detailed text and video instructions for the telehealth systems in different languages
- 24-7 service support and technical support
- Online training on how to work with patients from war zones, patients with mental health issues, and those with different levels of trauma
- Peer-to-peer support for psychologists who work with victims of assault and war

STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

WORKSHOP ON DEMONSTRATION OF MY PHARMA REX: AN INNOVATIVE TOOL TO RECORD PHARMA ACTIVITIES

A workshop on ‘**Demonstration of My Pharma Rex: An innovative tool to record Pharma Activities**’ was conducted by **Chitkara College of Pharmacy**, in collaboration with Institution’s Innovation Council, Chitkara University, Punjab and Punjab State Council for Science & Technology, Chandigarh. On 18th August, 2022, **Ms Kunjan Arora, My Pharma Rex, New Delhi** was the speaker for the session. The session was conducted for the students of Pharm D. Students were guided for the pharmarex application with all the domains while taking patient records from hospitals. The App will assist the faculty for centralized patient record data by keeping eye on student’s individual performance in hospital settings.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

TECHNOLGY FOR SERVING COMMUNITY CONCERNS –



The Department of Electronics and Communication Engineering and the Centre for Global Engineering organized an event, "Design Tech Expo 2022: Design Thinking Principles for Prototype Development," on December 16, 2022. The aim of the event is to showcase prototypes developed to provide solutions to problems pertaining to areas like healthcare, management, transport, agriculture,

and education. More than 27 projects were displayed and evaluated by Industry experts Mr. Shubham and Mr. Aditya. The evaluators emphasized on safe use of technology for solving community problems. Dr. Archana Mantri, VC Chitkara University facilitated winners of the events. **Objectives of Event:** The objectives of conducting the event are:



- To demonstrate knowledge and skill gained in embedded system development.
- To promote collaborative learning skills in students.
- To promote interpersonal skills in students.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

ROBOMANIA: DESIGN AND INNOVATION CHALLENGE

The IETE Society in association with the Department of Electronics and Communication Engineering held a three-day technical event “Robomania” from 20th February 2023 to 22nd February 2023. Students showcased their technical and creative skills. They had to build a robot in three days within laid parameters and rules. Participants were adjudged based on the accuracy of the robot to pass the tracks laid and the knowledge of robot design and robot building.

Day 1: On the first day students were briefed about the basics of building a robot and how to go about the code of the robot. They were told about the basic components used in robot building and how they can work with motors and sensors. Participants primarily worked on the software and asked their doubts about the event to Sir.

Day 2: On this day students started working on the hardware.

Day 3: On the final day of the event students took practice runs and took care of minor problems related to their robots. After the building time was over students presented their robots in front of the judges who ran them through various line following tracks to test the accuracy and the efficiency. After judges compiled the results the winning participants were awarded the Innovation Trophies.

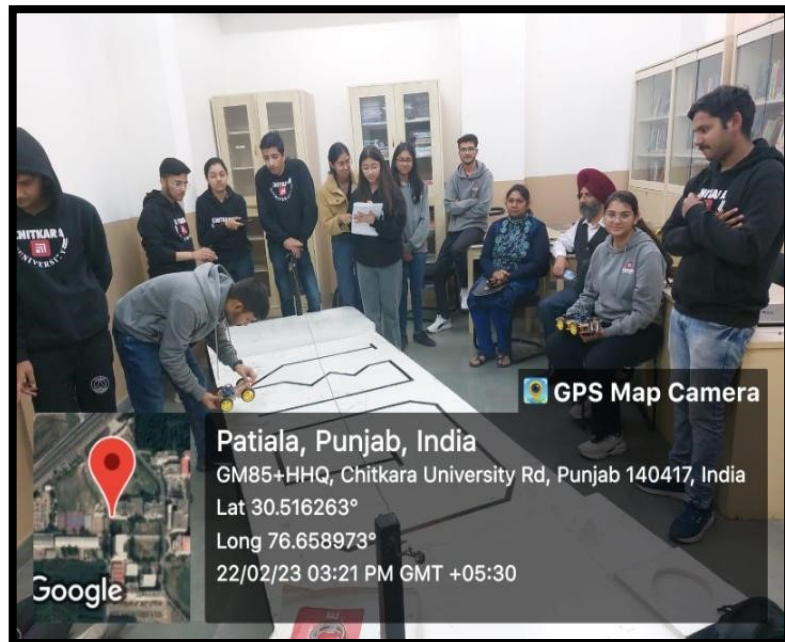
Objectives of Event:

The objectives of conducting the event are:

- To raise Skilling and Knowledge
- to expand their minds and got to know about various techniques that can be used in robot building.



The poster for the Robomania Design and Innovation Challenge features the Chitkara University logo and the IETE Society logo. It is organized by the Department of Electronics and Communication Engineering. The event is a technical challenge where participants build robots to follow tracks. The resource person is Dr. Rajvir Singh, Associate Professor, DECE. The event dates are 20th, 21st, and 22nd February, 2023, from 10:50 am onwards, at Faraday Hall, Second floor, Edison block. Faculty coordinator is Dr. Aarti Bansal (9855856504), President is Urvansh (8597024220), and Student coordinator is Anish Paul (7017148764). A QR code is provided for registration, which is free.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

PRACTICAL KNOWLEDGE ON TECHNOLOGY



SAE E-Baja 2023 event was a competition organized by the Society of Automotive Engineers (SAE) where student teams from different universities design and build an **off-road electric vehicle** that can withstand various challenges. The **SAE E-Baja** event encourages students to design and build electric vehicles that can operate in **off-road conditions** while promoting

sustainability and environmental consciousness. It provides an opportunity to learn about the challenges and



opportunities associated with designing and building electric vehicles and helps students develop the skills necessary for a career in the automotive industry. Attending an SAE E-Baja event is an exciting experience, providing an opportunity to witness the latest innovations in electric vehicle design and engineering.

Outcomes:

- Improved awareness about significant technological advancements in off-road E-Vehicles.
- Knowledge gained on different types of tests to evaluate the performance of off-road E-Vehicles.
- Such technical competitions helps students appreciate latest technologies.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

PLANTATION DRIVES -

Numerous plantation drives are organized in our campus where students actively participate. During such drives, students are made aware of their responsibilities in contributing to such causes. In fact, the students follow the enthusiasm displayed by their faculty and it becomes an activity filled with fun and learning.

The plantation drives are many a time clubbed with oath for greenery or poster making



competitions etc., reemphasizing the importance of greenery in our surroundings.

With about 25 plantation drives in a year, there has always been a conscious effort to improve greenery, hence the life on planet and positivity towards climate action.



STUDENTS' ACTIVITIES TOWARDS SUSTAINABILITY

STAYING PHYSICALLY FIT - State-of-art Facilities for Indoor and outdoor games are ample on campus. The schools make tremendous effort in including physical activities for students in collaboration with the University Sports Board. Activities on yoga are also conducted. Sutras of *Suryanamaskar*, *Paschimottanasana*, *Bhujangasana*,,, meditation, conscious breathing allowing them to connect with their inner selves and find peace within etc., are all part of the yoga activities conducted organized as part of Tuning Tuesdays. Apart from physical benefits such as improved flexibility, strength, and posture, yoga can also help individuals manage stress,



anxiety, and depression. Physical activities, be it indoor or outdoor, are a crucial part for the holistic development of students. A physically and mentally healthy generation is required to steer the wheel of the future of our world, and for this we make conscious efforts to keep our students physically and mentally fit and active.