CHITKARA UNIVERSITY

CHITKARA UNIVERSITY
Centre of Excellence for Sustainability



Women's Health, Safety & Sustainability Session

Healthy Women • Safe Workplace • Greener Planet

Organized by:
Office of Administration

In Collaboration with:
Centre of Excellence for Sustainability (CUCES)

- Women's Health & Well-being
- Personal Safety & Workplace Hygiene
- Sustainable Living

Date
23rd October, 2026

Time
11:00 A.M. To 12:00 P.M.

Venue
Pierre hall, Le Corbusier

Resource Person
Sqn Ldr (Dr.) Rina Angel
Vice President (Infrastructure Enhancement) & Chairperson, CUCES

No. of Participants
82

Key Highlights

- Mental Well-being & Stress Management
- Workplace Safety & Respectful Behaviour
- Personal Hygiene & Healthy Choices
- Simple Steps for a Sustainable Lifestyle

In Alignment with SDGs

- 3 GOOD HEALTH AND WELL-BEING
- 5 GENDER EQUALITY
- 6 CLEAN WATER AND SANITATION
- 8 DECENT WORK AND ECONOMIC GROWTH
- 11 SUSTAINABLE CITIES AND STRAIUNITIES
- 12 RESPONSIBLE CONSUMPTION AND PRODUCTION
- 13 CLIMATE ACTION

Small Changes. A Big Impact.

Event details	
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No. of Participants	82
SDG No.	3, 5, 6, 8, 11, 12, 13

Objective

As part of the **UN Day Celebration 2026**, **a Women's Health, Safety & Sustainability** Session was conducted on **23 October 2026** by **Sqn. Ldr. (Dr). Rina Angel**, Vice President (Infrastructure Enhancement) and Chairperson, Centre of Excellence for Sustainability, Chitkara University, for female staff members, with a total participation of **82 staff members**.

The session aimed to promote awareness regarding women's **well-being**, **personal safety**, **workplace hygiene**, and **sustainable living practices**. It encouraged female staff members to adopt healthy habits, maintain a safe and respectful workplace environment, and contribute towards sustainability through simple everyday actions.



Description

The resource person discussed various aspects of women's health, safety, and sustainability, including:

- Importance of women's well-being and maintaining a healthy work-life balance.
- Recognizing early signs of stress and emotional exhaustion, taking short breaks, and seeking support whenever needed.
- Personal hygiene and privacy at the workplace, including safe disposal of sanitary waste.

- Maintaining respectful workplace behaviour, respecting personal boundaries, and understanding reporting procedures.
- Supporting colleagues and promoting a safe, inclusive, and respectful workplace environment.
- Adopting sustainable practices such as waste segregation, reducing single-use plastics, carrying reusable items, and conserving water and electricity.
- Choosing durable products and encouraging responsible consumption in daily life.

The session concluded with a reflection activity, encouraging each participant to commit to one positive change related to personal well-being, safety, or sustainability.

Outcomes

The session provided female staff members with valuable insights into personal well-being, workplace safety, hygiene, and sustainable lifestyle practices. It encouraged awareness about stress management, respectful workplace behaviour, personal boundaries, and responsible waste disposal. The discussion also motivated participants to adopt environmentally responsible habits in their daily lives.

Conclusion

The Women's Health, Safety & Sustainability Session served as a meaningful initiative towards promoting women's well-being, workplace safety, and environmental responsibility. It strengthened awareness among female staff members and encouraged them to make informed choices for their personal health, safety, and sustainable living.









