

# VISHWAKARMA UNIVERSITY

SDG 3 REPORT 2019







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*Maximising Human Potential*



## About This Report

The United Nations “Transforming our World: the 2030 Agenda for Sustainable Development” which includes the 17 Sustainable Development Goals (SDGs) has great importance and significance to universities. The SDGs provide for a shared global vision towards sustainable development for all. Vishwakarma University (VU) firmly believes in the vital role that universities can play in the achievement of the SDGs, and has ingrained this aspect in all of its strategies and operations. As encapsulated in its motto - maximizing human potential, VU, since the year of its inception, has worked endlessly towards creating an enabling environment to ensure the wholesome development of its students - preparing them for life and livelihood

VU has embarked on an exciting journey to transform the VU Campus to become an EcoCampus, which will be a testbed for innovative sustainability solutions for the future. The vision of the VU EcoCampus is to develop VU as “a global Sustainability thought leader, committed to improving the society, by providing an empowering partnership for the development of technology and educating the future generation”. Sustainability with an aim to reduce the carbon footprint was the key theme of the function organised to celebrate the launch of the ‘Eco Campus’.

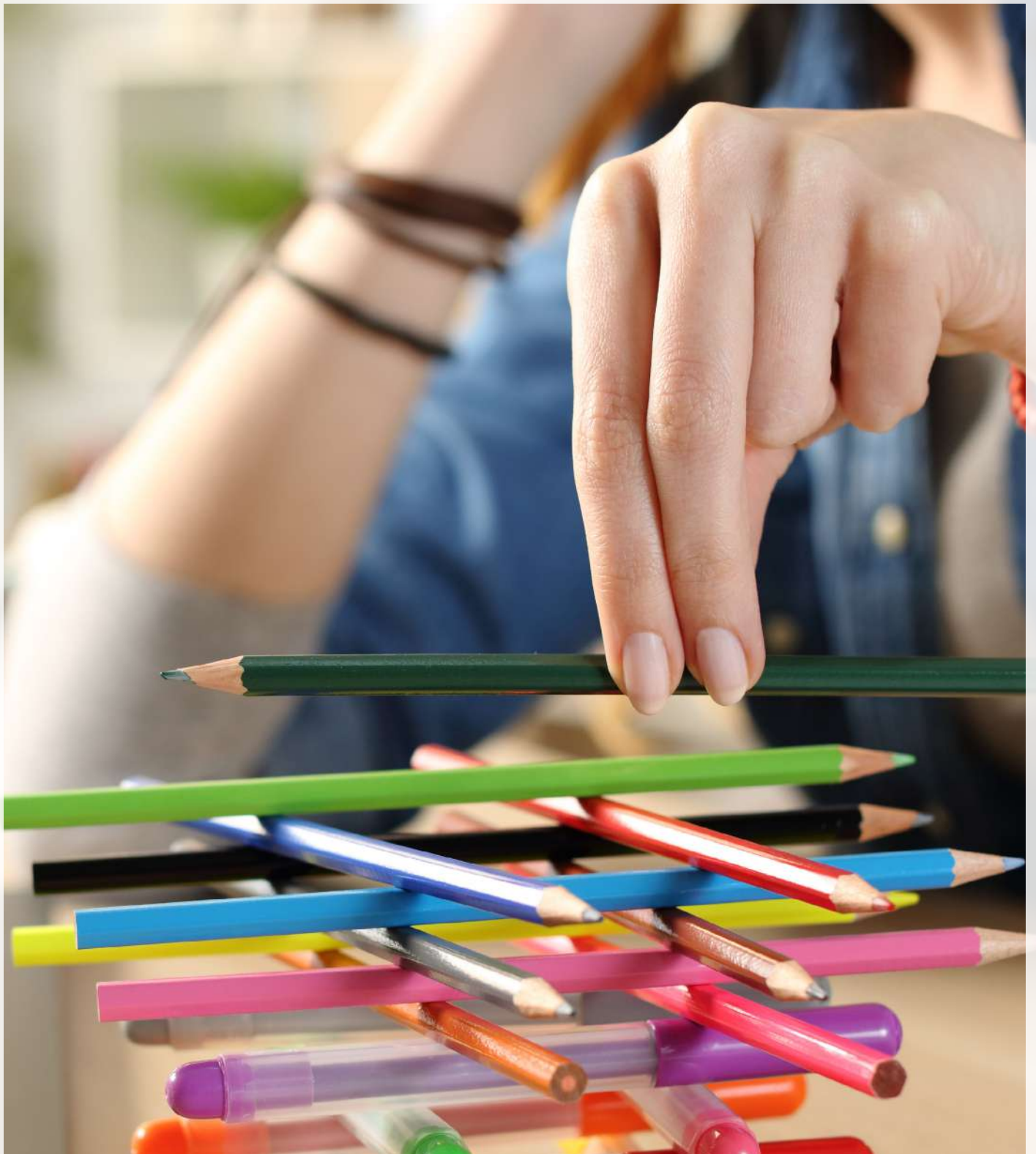
This report showcases VU’s commitment to sustainable development goals in which VU has been actively working in partnership with diverse stakeholders. One such example is VU’s Certificate Programme in Sustainability Management in Cooperation with the HoF University of Applied Sciences Germany, a program in which students gain a deep understanding of state-of-the-art business management techniques and more importantly latest sustainable methods. Likewise, the Wilo Foundation-Vishwakarma University established through a grant from the Wilo Foundation, Germany promotes research in water treatment, purification and create the much-needed social awareness about clean drinking water through its Water Quality Centre of Excellence.

VU continually strives to contribute to the sustainable development of the nation and society at large by developing educated and productive human resources that observe and adhere to the practices of equity, inclusiveness, excellence, ethics, and professional standards.

**Prof. (Dr.) Siddharth Jabade,**  
**Vice Chancellor,**  
**Vishwakarma University, Pune, India**







**3** GOOD HEALTH  
AND WELL-BEING



**Ensure healthy lives and  
promote well-being for all at  
all ages**



Good health and wellbeing are essential to the sustainable development of society. Efforts are taken in line with the SDG 3 targets to achieve universal health awareness and provide access to safe and effective medicines for all. Good quality education is the foundation of health and well-being. For people to lead healthy and productive lives, they need knowledge and awareness to prevent various sickness and disease.

At Vishwakarma University (VU), this aspect is treated as a mission in itself. There are sensitization and awareness activities that are supported with the technology enablement to implement the initiatives as needed. There are diverse activities initiated with the active participation from the students to create awareness about health-related issues and mental wellbeing. Mental health and wellbeing programs in the institute, lead to significant improvements in the student's mental health, and social and emotional skills and inculcate a positive attitude in various aspects of life. Thanks to the School of Psychology and School of Pharmacy in Vishwakarma University – the faculty and students enable these programs.

### World Pharmacist Day 2019

On the occasion of World Pharmacist day 2019, Vishwakarma University School of Pharmacy had organized an awareness rally in line with the SDG 3 aim to provide safe and effective medicine for all where the students showcased their talent and expressed their views through rally placards.



<https://www.vupune.ac.in/vishwakarma-news/world-pharmacist-day-celebration-2019>

### Street Play

Students are the best ambassadors of the message to be dissipated most effectively. The street play is one of the most innovative and direct ways to proliferate the message in the masses. To spread awareness about the misuse of medicines as well as the adverse effects of self-medication, the students of Vishwakarma University School of Pharmacy arranged a street play in which the students expressed the theme through a short play.



### Free Health Check-up camp on 25th September 2019

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. However regular health checkups of vital systems reduce the risk of getting sick as well as help to detect potentially life-threatening health conditions or diseases early.



Vishwakarma University School of Pharmacy had organized a free Health Check-up camp on 25 September 2019 for entire Vishwakarma University faculty members including non-teaching staff wherein the vital health parameters such as blood pressure, blood glucose level, haemoglobin estimation, blood sugar level as well as blood group were estimated. All the estimations were performed by the students of B. Pharm Semester- I students. For any of the deficiencies identified, VU has established a mechanism to provide treatment regime as well as medical mentorship to the respective member with the aid of professional practitioners.



### Mental Health Awareness Week 2019

Vishwakarma University's Department of Psychology celebrated "Mental Health Awareness Week" from 7th October to 11th October 2019.

The theme for the Mental Health Awareness Week 2019 was "Suicide Prevention". The expert sessions on mental health were organised. This include Venting circle to vent out emotions, counselling box, street play explaining suicide prevention, social support group, psychological first aid, peer counseling, happy street for students throughout the week.

This event and the activities has enabled students to reflect on the self-development, understand and appreciate the significance of mental health in the wake of the various stress caused by the social, emotional, individual and digital environments.

<https://www.vupune.ac.in/vishwakarma-news/mental-health-awareness-week-celebration-2019>



### Session on "Creative Movement Therapy"

A guest session on the topic "Creative Movement Therapy" was organized for the psychology students on 30th September 2019 at the Vishwakarma University campus.

Professional expert "Ms. Mugdha Shivapurkar" demonstrated Expressive Art Therapy as the practice of using imagery, storytelling, dance, music, drama, poetry, movements, and visual arts together, in an integrated way, to nurture human growth, development, and healing. It aids in achieving better self-



awareness, relief from stress or anxiety, learning disorders, autism, and other traumatic experiences. It can help individuals of all ages and races.

The expert session introduced students to various methods in which the basic activities can be conducted. A practical demonstration of these activities for a better understanding. Speaker enlightened the students about Carl Jung's theory of personality. In conclusion, the session as a whole helped the students to cope with anxiety and stress, enhance self-esteem, self-awareness, and body-mind connectivity.



<https://www.vupune.ac.in/vishwakarma-news/guest-session-on-creative-movement-therapy>

### Sessions and Handholding on Deaddiction

A guest session on the topic "Introductory lecture on Deaddiction" was organized for the psychology students on 24th September 2019 at the Vishwakarma University campus.

Guest speaker "Mr. Indrajit Deshmukh" addressed the Biological, Psychological and Social aspects that are responsible for causing addictive behaviors, comorbidity, early signs of addiction, and also the steps that can be taken to avoid curiosity & possible attraction towards addiction and substance abuse; including simple treatment options.

Speaker enlightened the students about the concept of brain biology and the different neurotransmitters that are involved in understanding addiction. Students also learned about the basics of the psychology of addictive behaviors and social factors that can contribute to the development of addictive behaviors.



<https://www.vupune.ac.in/vishwakarma-news/guest-session-on-topic-introductory-lecture-on-deaddiction>

### Street play on "Emotional and Mental Health Awareness"

Vishwakarma University Students from the Department of Psychology (MA Psychology- Year I) performed the street play in the Vishwakarma University campus on 20th August 2019. The theme of the street play was 'Emotional and Mental Health Awareness'. It was planned to make young adults



aware of the issues related to mental health. Through this play, they drew the attention of students towards the issues related to mental health and the ways to manage it effectively. They also bring about the role which society can play to help the patients in dealing with the problem. students on 24th September 2019 at the Vishwakarma University campus.



<https://www.vupune.ac.in/vishwakarma-news/street-play-on-emotional-and-mental-health-awareness>

### Wellness Culture at Vishwakarma University

Vishwakarma University has a 24\*7 Ambulance facility that is provided ensure immediate medical and para-medical attention. There is a on-campus medical facility in Vishwakarma University. However, for any of the sever ailments / accidents, the ambulance is used. A medical check-up is conducted every year for all the students admitted. Employees have mandatory medical insurance to meet most of their medical needs. Vishwakarma University strictly implements a no-smoking policy with designated smoking areas to ensure the wellbeing of the students and staff.

### International Yoga Day

Faculty and staff at Vishwakarma University celebrated International Yoga Day on 21st June 2019, by practicing various Yoga asanas, meditated, and performed Surya Namaskar.

### The degree program in Yoga and Naturopathy

A unique degree program has been scientifically designed to develop awareness on Yoga and Naturopathy and its direct impact on physical and mental health. The program encompasses theoretical knowledge as well as practical sessions with a scientific base. The learners will acquire knowledge of how to possess emotional stability and maintain good health in the modern lifestyle.



<https://www.vupune.ac.in/vishwakarma-news/international-yoga-day-celebration-2019>



### **Group Insurance Initiative for VU teaching and non - teaching members healthcare**

The Mediclaim & Personal Accident Policy (from United Insurance) as well as Term Insurance (from LIC of India) are implemented in Vishwakarma University, Pune effective from 20 October 2020 for all the employees of the University. These schemes are made available with a view to provide, at a low cost and on a wholly contributory and self-financing basis, the benefits of an insurance cover to the faculty and staff. Since this is a group insurance, it includes privileges such as allowing claims for diseases caused earlier to the date of insurance which is not possible in an individual insurance. Vishwakarma University Pune is always responding to the needs of all the faculty and staff members. The prior cases of help and support are rightly taken care of by the University.

**Importantly, The amount of yearly premium paid initially by the Vishwakarma University, Pune will be recovered from the monthly salary.**

**The Premium amount to be paid is as follows:-**

1. Mediclaim Policy - Rs. 2,500 to Rs. 3,000 per year (Sum Assured Rs. 1,50,000/-).
2. Personal Accident Policy – Rs. 200 to Rs. 500 per year (Sum Assured Rs. 2,00,000/-).
3. Term Plan – Rs. 1,200 to Rs. 1,500 per year (Sum Assured Rs. 5,00,000/-).





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