

VISHWAKARMA UNIVERSITY

SDG 3 REPORT 2024





EDITORIAL BOARD OF THE SUSTAINABILITY REPORT:

Prof. (Dr) Sanjesh Pawale

Dr. Hemlata Karne

Prof. Yogita Shinde

Prof. Snehal Hase

Prof. Aditi Jain

Dr. Jaymala Kumawat

Prof. Sweety Thakkar



Maximising Human Potential

About This Report

At Vishwakarma University (VU), our commitment to sustainable development is unwavering and closely aligned with the United Nations' "2030 Agenda for Sustainable Development." These global goals outline a vision for a brighter and more sustainable future, and VU has wholeheartedly embraced them, integrating sustainability into our institution curriculum.

Our guiding principle, "Unleashing Human Potential," reflects our passion for creating an environment that nurtures the overall development of our students, empowering them to face life's challenges with confidence.

As part of our sustainability journey, VU has transformed into an Eco-campus, becoming a beacon for innovative and sustainable practices. We are proud of our achievements in reducing our carbon footprint, and this report reflects our ongoing efforts and partnerships in this area. One such example is the Certificate Programme in Sustainability Management, developed in collaboration with Hof University of Applied Sciences, Germany, which provides students with advanced business management skills and state-of-the-art sustainable practices. Additionally, our partnership with the Wilo Foundation has resulted in the establishment of the Water Quality Centre of Excellence, promoting water treatment, purification, and clean drinking water awareness.

VU's commitment to sustainability goes beyond just environmental stewardship. We have even initiated a dedicated Center for Sustainability named – NEXUS, which carries out SDGs aligned activities. We are dedicated to fostering educated, ethical, and skilled individuals who embrace values of fairness, inclusivity, and excellence. By encouraging students to apply their knowledge to real-world challenges, we bridge the gap between theory and practical action.

Our participatory development model actively engages both students and industry stakeholders, ensuring that our academic philosophy equips students with the skills needed to navigate the complexities of modern business landscape. Vishwakarma University, through its extensive network of over 45 collaborations with industries and educational institutes such as Maharashtra State Faculty Development Academy, Queen Mary Technical Institute, Buldhana Urban Cooperative Credit Society, and TATA Technical Limited etc, fosters a strong industry-academia relationship, facilitating opportunities for industry projects, live projects, internships, and placements, thereby enhancing practical exposure and career prospects for students.

At Vishwakarma University, we are dedicated to providing well-rounded education and giving back to the community through various initiatives. The VU-Centre for Communication Development, Sahyadri Communication Project, and the VU Legal Aid Clinic are key parts of our VU-iPAR Model, which focuses on community engagement. We also encourage student participation and leadership through programs like NSS, the Students Council,. By offering NEP 2020 courses and establishing the VUWCOE – VU Wellness Center of Excellence, we fully support the National Education Policy 2020, ensuring that our students grow both academically and personally while promoting wellness.

In conclusion, Vishwakarma University's dedication to sustainable development and the SDGs is deeply embedded in our ethos. Through collaborative efforts with diverse stakeholders, we continue to integrate sustainability into our core operations and foster a culture of innovation, research, and learning. VU remains committed to preparing future leaders who will drive meaningful change and contribute to the greater good, in harmony with the global vision of sustainable development

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

VU's Participation in the THE Impact Rankings 2024

Vishwakarma University (VU) also participated last year in Times Higher Education (THE) Impact Rankings 2024, which looks at global universities' commitment and performance in furthering the Sustainable Development Goals (SDGs).

VU took part in the 4 SDGs listed below plus the mandatory SDG 17 and the results were as follows:

Overall Ranking 1001+





3 GOOD HEALTH
AND WELL-BEING



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

Good Health and Well Being

The goals of the Sustainable Development Goal 3 (SDG 3): Good Health and Well-being are closely associated with the commitment of the health and wellbeing at Vishwakarma University (VU). The spectrum of global health concerns covered by SDG 3 covers maternal and child health, control of communicable and non-communicable diseases, fair access to affordable healthcare services. However, since health is the central point of sustainable development, VU considers SDG 3 to be the one that can provide the advancement of other goals, such as education, gender equality, and poverty reduction. To achieve this vision, VU is an institution that actively incorporates technology and student involvement towards creating awareness and sensitivity towards critical health matters. The School of Pharmacy and the School of Psychology are the primary engines of this mission and develop programs that empower mental health, emotional and social skills, and equip the students with skills to overcome challenges in both personal and professional life. By doing these, the health and wellbeing will be a part of the VU philosophy of education, which means that the students will not only be provided with academic knowledge but they will also be provided with the resilience and life skills needed to have a holistic development. Implementing SDG 3 within the campuses, VU aims to provide a healthier and more inclusive place, as well as play a significant role in the sustainable development agenda of the global community as a whole. Some of activities of year 2024 are mentioned below:

3.1 Research on health and well-being

3.3.1 Good health and well -being: paper view

3.1.2 Clinical citations

3.1.3 Good health and well-being: publications

Title of the Research Paper	Full Name of all Authors	Publication	Year	Citations	Paper View
The Role Of Artificial Intelligence In Revolutionizing Pharmacological Research	Nitish Bhatia, Mohd Masih Uzzaman Khan, Saahil Arora	Current Pharmacology Reports	2024	9	388
Harnessing Real-World Evidence In Pharmacoeconomics: A Comprehensive Review	Nitish Bhatia	Open Health	2024	8	69
Nanocellulose: A Versatile And Sustainable Carrier For Drug And Bioactive Compounds	K. J. Mangala, P. J. Vinay, Divya Sarika, Varri Srinivasa Rao, S. K. Raul, Aditya Bora, Urvashi Jaiswal, Yogita Akash Shinde, Pankaj Bhatt	Biochemical And Cellular Archives, Issn- 0972-5075, Vol-24, Issue 1, 553-564	2024	32	-
Automatic Face Recognition Based On Enhanced Vggface 16 Model In An Unconstrained Environment Using Transfer Learning	Vinod Motiram Rathod, Amit Madhukar Patil, Harish Sadashiv Motekar, Mahmer Usmani, Vivek Dadasaheb Solavande, Santosh Baburao Rathod1	Multimedia Tools And Applications https://doi.org/10.1007/s11042-025-20819-w	2025	-	-

Title of the Research Paper	Full Name of all Authors	Publication	Year	Citations	Paper View
Design And Invitro Evaluation Of A New Herbal Nanomicroparticulate System: The Next Promising Inherited Disorder Alternatives In Sickle Cell Anemia Treatment	Dr.Agnimitra Dinda, Bhagyashree Dash, Santhoshkumar Badugu, Dr. Hrk Mahesh, Dr.Sumana Kumar, Yogita Akash Shinde, Dr. Deepak Sharma	African Journal Of Biological Sciences, Issn: 2663-2187. 6(7) (2024).13-31	2024	-	-
Preparation, Optimization And Evaluation Of Dexamethasone Film For Inflammation	Farhad F Mehta, Bhakti Sudha Pandey, L Srinivas, Ravi Akkireddy, Bhagheeradha L, Debashis Purohit, Mohammed Rageeb Mohammed Usman, Yogita Shinde	Frontiers In Health Informatics. Issn- 2676-7104.2024; Vol 13: Issue 3,5461-5469	2024	-	-
Light Sensitive Liposomes: A Novel Strategy For Targeted Drug Delivery	Chintan Aundhia, Ghanshyam Parmar, Chitralli Talele, Dipali Talele And Avinsh Kumar Seth	Pharmaceutical Nanotechnology 2211-7393	2024	3	41
Phytochemicals: An Herbal Remedies For Alopecia	Talele D, Talele C, Pasalkar Sv And Parekh Sr	International Journal Of Biology, Pharmacy And Allied Sciences 2024 2277-4998	2024	-	226
Impact Of Artificial Intelligence On Drug Development And Delivery	Chintan Aundhia, Ghanshyam Parmar, Chitralli Talele, Niyati Shah And Dipali Talele	Current Topics In Medicinal Chemistry 1568-0266 Volume 25 Issue 10	2024	17	45
Lipid Drug Conjugates In Pharmaceutical Formulations And Drug Delivery Systems	Chitralli Talele, Dipali Talele, Niyati Shah, Mamta Kumari, Piyushkumar Sadhu And Chintan Aundhia	Drug Delivery Letters 2210-3031 Vol 15 Issue 1	2024	1	1
Formulation, Development And Characterization Of Frovatriptan Succinate In Situ Gel For Nasal Administration	Shrikrushna Ashokrao Shinde, Ganesh Suresh Tolsarwad, R. Gomathi, Senthil Rajan Dharmalingam, M. Jesupillai, Shilpa Savata Kolhe, Ritesh Kumar Upadhay, Dipali Talele	Frontiers In Health Informatics 2676-7104 Vol 13 Issue 3	2024	-	54
Nephroprotective Plants In Ayurveda: A Comprehensive Review	Mamta Kumari, Piyushkumar Sadhu, Dipali Talele And Amit Pandey	Journal Of Natural Remedies 2320-3358 Vol 24 Issue 6	2024	-	14
Development And Validation Of An Icp-Oes Method To Determine Extractable And Leachable Metals In Hdpe (Plastic) Pharmaceutical Packaging Material.	Gaurav Kapadnis, Prasenjit Kar, Kannan Balakrishnan, Dr. Samir Vyasa, Bhavna Mahajan, Kirti Deshpande, Lida Sajimon, Prajakta Kapadnis*	Plastic Packaging And Technology, Vol 38, Issue 1	2024	-	178

Title of the Research Paper	Full Name of all Authors	Publication	Year	Citations	Paper View
Location Word Embedding: An Approach For Rumor Detection Over Social Internet Of Things	Keshta, A. Kumar, M. H. Kulkarni, M. Soni, K. Yadav And A. Alferaidi	Ieee Transactions On Systems, Man, And Cybernetics: Systems	2024	45	102
Box-Behnken Design Optimization Of Captopril-Loaded Transfersomes: Formulation And Characterization	Ismail Y, Mrunalini Harish Kulkarni*, Yamjala Ganesh Kumar , G Dharmamoorthy	International Journal Of Drug Delivery Technology	2024	1	27
Bio-Inspired Deep Learning- Personalized Ensemble Alzheimer's Diagnosis Model For Mental Well-Being.	Ajmeera Kiran,Mahmood Alsaadi,Ashit Kumar Dutta,Haewon Byeon,Mrunalini Harish Kulkarni ,Evans Asenso	Slas Technology	2024	5	-
Recent Development Of Advanced Method For Encapsulation Of Anticancer Drug Docetaxel In Nanoliposome	Dr. Shweta Saboo, U.S.Sharma, Ramzarahat Hashmi, Aishwarya Gangwar, Dr.Chandan Kumar Brahma, Anurag Malik, Dilnawaz Pathan,Mrunalini Harish Kulkarni*	African Journal Of Biological Sciences	2024	-	-
Advancements In Nanogel Based Drug Delivery Systems: Curcumin Loaded Formulation For Improved Management Of Acute Pain Therapy	Anwar Khan, Poulami Sen, Ashok Kumar, Archana Pramod Shaha, Shilpa Chande, Nageswar Panda, Sumit Kumar Maharana	African Journal Of Biological Sciences, 6(7) (2024).32-43; Issn: 2663-2187	2024	-	-
Liposome-Based Nanomedicine For Advanced Combinatorial Cancer Therapy	Deepika Aggarwal, Shaik Kareemulla, Preety Choudhary, Urvashi Jaiswal, Manoj Kumar Katual, Sourav Biswas, Surya Pratap Singh And Archana Shaha	Biochemical And Cellular Archives, Vol. 24, No. 1, Pp. 497-50Vol. 24, No. 1, Pp. 497-50 Issn 0972-5075	2024	-	-
Nanoparticle-Based Drug Delivery Systems For Targeted Cancer Therapy	Rajesh Kumar Sharma, Jyoti Pandey, Deep Narayan Maurya, Neelam Pawar, Niranjana Babu Mudduluru, Revan Karodi, Arun Sharma, Prof. Archana Shaha	Nanotechnology Perceptions Issn 1660-6795 20 No. S7 (2024) 1235–1246	2024	-	-
Chemical Characterization And Evaluation Of Antipyretic Properties In Natural Medicinal Mud	Vijay R Mahajan, Umesh T. Jadhao, Kanika, Manika Pandey, Anil Kumar, Sandeep Ashokrao Wathore, Suhas Narayan Sakarkar, Sanmati Kumar Jain, Archana Shaha	Redvet - Revista Electrónica De Veterinaria - Issn 1695-7504 Vol 25, No. 2 (2024)	2024	-	-

Title of the Research Paper	Full Name of all Authors	Publication	Year	Citations	Paper View
Statin-Induced Rhabdomyolysis And Its Management – A Case Report	Mohathasim Billah A, Rajamohamed H, Mohamed Akram Ali S, Porkodi M, Vikashini S, Lida Sajimon	Research Journal Of Pharmacy & Technology, Issn:0974-3618, Volume - 17, Issue - 7	2024	-	-
Diabetes Mellitus Manifestations And Challenges In Post-Covid-19 Syndrome: A Critical Review	Om Bagade, Sachin Shridhar Sakat, Vijaykumar Kuvar, Ajay Kharche, Milind Sagar, Prashant Kumar Pandey, Rupali Bendgude, Ravindra Bendgude	Journal Of Applied Pharmaceutical Science	2024	2	-
Restoration And Sustenance Of Nano Drug Delivery Systems: Potential, Challenges, And Limitations	Om. Bagade, Sunita Sampathi	Biosystems, Biomedical And Drug Delivery: Characterization, Restoration And Optimization 2024, 11-37, Springer.	2024,	9	-
Applications Of Ai-Based Models In The Field Of Biomedicine	Priyanka Doke, Om Bagade	Biosystems, Biomedical And Drug Delivery: Characterization, Restoration And Optimization 2024, Springer.	-	5	-
Application Of New Biological Entities (Nbcs) As Therapeutics	Om Bagade, Priyanka Doke	Biosystems, Biomedical And Drug Delivery: Characterization, Restoration And Optimization 2024, Springer.	-	-	-
Nanocomposite-Enabled Drug Delivery Systems: An Emerging Technology	Priyanka Doke, Om Bagade	Sustainable Green Nanomaterials Synthesis, Characterization, And Engineering Applications	2024	-	-
Applications Of Biodegradable Polymers For Drug Delivery Systems	Om Bagade, Pe Doke-Bagade, A Vijayalakshmi	Specialty Polymers And Materials: Advances, Technologies, Applications, And Future Trends	2024	-	-
Application Of Edge Ai In Biomedicine	Om M. Bagade, Priyanka E. Doke-Bagade, Krushna S. Wankhade	Edge Computational Intelligence For Ai-Enabled Iot Systems	2024	2	-

Title of the Research Paper	Full Name of all Authors	Publication	Year	Citations	Paper View
Drug Delivery Using Mesoporous Silica Nanoparticles (Msns)	Om Bagade, Priyanka Doke	Mesoporous Silica Nanoparticles: Drug Delivery, Catalysis And Sensing Applications	2024	-	-
Development And Validation Of Hspip- And Optimization-Assisted Method To Analyze Tolterodine Tartrate In Pharmacokinetic Study	Patil, Tosh, Mohd Usman Mohd Siddique, Madhav Shelke, Mohammad Ramzan, Munali Patil, And Mudassar Shahid	Processes,12 (10), 2164, 2227-9717	2024	2	1625
Modified Cyclodextrin-Based Thermosensitive In Situ Gel For Voriconazole Ocular Delivery Against Fungal Keratitis	S.Sunitha, M.Sravya,K. Vijaya,D.Sujatha	International Journal Of Applied Sciences Volume 16; Doi: https://doi.org/10.22159/ijap.2024v16i1.48817	2024	8	-
Multifaceted Therapeutic Applications Of Biomimetic Nanovaccines	Sunitha Sampathi, Dev Chheda, Sukhen Shete, Tanisha Tanisha , Sumedh Devrao Bahadure, Vijayabhaskarreddy Junnuthula,Sathish Dyawanapelly	Drug Discovery Today Volume 29, Issue 6, June 103991	2024	11	-
Assessment Of Synergistic Effects Of Combination Therapy With Novel Anticancer Compounds In Rat Models	Jaymala Arun Kumawat, Anil Kumar, Shyama Sundar Sahu, Praveen Nasa, Sanmati Kumar Jain, Ponnudurai Kathiresan	Biochem. Cell. Arch. 2024	2024	1	28
Formulation And Evaluation Of Levodopa Floating Tablet For Prolonged Gastric Retention And Sustained Release For The Management Of Parkinson's Disease	Gaurav Pratap Singh, Ashok Kumar, Jaymala Arun Kumawat, Upendra Galgatte, Senthil Rajan Dharmalingam	Nanotechnology Perceptions	2024	-	178
Sustained Released Ophthalmic In Situ Hydrogel Of Levofloxacin From A Ph-Triggered In Situ Gelling.	Suchita Gokhale, Pritam Juvatkar, Smita Takarkhede, Pritam Khandave, Vrushali Neve, Jaymala Arun Kumawat	Journal Of Advanced Zoology	2024	-	174
A Contemporary Use Of Generic Drugs In Healthcare System	Neeta Rai, Jayesh Baldota, Anjita Singh Thakur, Amit Subhashchand Lunkad, Amrita Thakur, J. E. Rachel Nivedita, Jyoti Sahu, Alifeya Fidaali, Vipul Parab, Sabina H. Syed, Jisha Joseph	Asian Journal Of Pharmaceutics	2024	-	-
Identification, Separation, And Characterization Of Degradation Products Of Triamcinolone Hexacetonide Using Lc And Lc- Ms/Ms	Bhavna Mahajan, Pankaj Miniyar	International Journal Of Applied Pharmaceutics	2024	3	4

Title of the Research Paper	Full Name of all Authors	Publication	Year	Citations	Paper View
Design, Synthesis, And Evaluation Of Anxiolytic Activity Of 2-(4-Phenylpiperazin-1-Yl)-1H-Benz[d] Imidazole And 2-(4-Phenylpiperazin-1-Methyl)-1H-Benz[d]Imidazole Derivatives	Bhavna Mahajan, Laxman Kawale, Vnadana Nade, Supriya Unavane, Lida Sajimon, Prajakta Kapadnis	Future Journal Of Pharmaceutical Sciences	2024	2	1185
Liquid Chromatography And Liquid Chromatography Coupled With Tandemmassspectrometry Studies For The Identification And Characterization Of Degradation Products Of Lobeglitazone	Bhavna Mahajan, Pankaj Miniyar, Rahul Chodankar, Anand Mahajan	Separation Science Plus	2024	8	141
Cubosomes: Evolving Platform For Intranasal Drug Delivery Of Neurotherapeutics	Priyanka Gawarkar, Bhavna Mahajan, Atmaram Pawar, Vividha Dhapte	Future Journal Of Pharmaceutical Sciences	2024	7	2920
Applications Of Computational Tools In The Prediction Of Toxicity	Bhavna Mahajan, Priyanka Gawarkar-Patil, Pratibha Adnaik, Nikita Bagade, Priyanka Gondhale-Karpe, Sonali Manwatkar, Sojwal Patil	Biosystems, Biomedical And Drug Delivery: Characterization, Restoration And Optimization 2024, Springer.	2024	2	363
Polyphenols As Therapeutics In Respiratory Diseases: Moving From Preclinical Evidence To Potential Clinical Applications	Talha Bin Emran, Taslima Akter Eva, Poonam Popatrao Taru, Firzan Nainu, Emil Salim, Safia Obaidur Rab, Mohamed H. Nafady, Polrat Wilairatana, Moon Nyeo Park, Bonglee Kim	International Journal Of Biological Sciences	2024	7	-
Ethnobotanical, Phytochemical And Pharmacological Activities Of Genus Erythroxylum	Sabeena Hussain Syed, Supriya Unavane, Poonam Taru, Amrita Thakur, Neeta Rai, Lida Sajimon, Sumit Deore, Megha Shah	Journal Of Natural Remedies	2024	2	152
Small But Mighty: Micro Sponges Transforming Drug Delivery System	Swati Mutha, Nikita Rane, Anuradha More, Jayesh Baldota	Advances In Bioresearch	2024	-	-
Synthesis, Characterization, And Antimicrobial Studies Of Novel Schiff Base Metal Ion Derivatives	Neeta Rai,	Biochemical And Cellular Archives	2024	-	187
A Comprehensive Review Of Antifungal Emulgel As a Topical Drug Delivery System: A Review	Rai Neeta, Baldota Jayesh, Sahu Jyoti, Joseph Jisha, Parab Vipul, Sulthana Habeeba, Rachel Nivedita J.E., Landge Mrunmayee, Devarshe Shruti And Sayyed Zaiba	International Journal Of Zoological Investigation	2024	-	1

Title of the Research Paper	Full Name of all Authors	Publication	Year	Citations	Paper View
Evaluation Of Anticancer Activity Of Some Chemical Constituent From Wedelia Plant By Using In Silico Approach	K. B. Naveen Kumar And Prasanth Damarasingu N. Ramasamy, Vineeta Meena, K. Kannan , Anup Patil, Snehal T. Hase, Jayshri Hiradas Bairagi	Biochemical & Cellular Archives,	2024	-	-
Formulation Development And Evaluation Of Chitosan Based Mucoadhesive For Intranasal Delivery Of Microspheres Containing Labetalol	Ashok Kumar Bs Snehal T Hase, Afrasim Moin, Madhuri Bhushan Patil, Amit Kumar Singh, Madhavi L S, K. Mrudula Devi, Haris Manzoor Qazi, Sambasivanaik Nunsavathu	African Journal Of Biomedical Research	2024	-	-
Insilico Evaluation Of Phytoconstituents From Mangifera Indica By Using Protein In Breast Cancer	Shilpa Savata Kolhe, Jb Veeramalini, K Chandrasekhar, V Santhoshi Pravallika, Bhagyashree Mishra, C Aarthi Priya, Snehal T Hase, Nd Nizamuddin	Frontiers In Health Informatics	2024	-	-
Innovative Strategies For Overcoming Blood-Brain Barrier Challenges In Alzheimer's Disease: A Focus On Green-Synthesized Metallic Nanoparticles	Kushagra Nagori, Kartik T Nakhate, Krishna Yadav, Amrita Thakur, M Ajazuddin, Madhulika Pradhan	Inorganic Chemistry Communications, Elsiver	2024	4	-
Dietary Supplements And Phytopharmaceuticals For The Management Of Cognitive Disorders	Kushagra Nagori, Madhulika Pradhan, Kartik Tularam Nakhate, Amrita Thakur, Kavita Patle, Akansha Thakur	Medicinal Applications Of Phytopharmaceuticals, Springer Nature Switzerland	2024	4	-
Insights Into Computational Repurposing Of Drugs For Alzheimer's Disease	Kushagra Nagori, Madhulika Pradhan, Kartik Tularam Nakhate, Amrita Thakur, Hemant Ramchandra Badwaik, Mukesh Kumar Sharma, Akshada Dubey	Computational Biology In Drug Discovery And Repurposing, Crc Press	2024	2	-
Use Of Deep Learning Approaches For The Prediction Of Diseases From Medical Images	Amrita Thakur, Kushagra Nagori, Ayushman Rao, Neeta Rai	Medical Imaging Informatics: Machine Learning, Deep Learning And Big Data Analytics, Iet	2024	4	-

3.2 Number graduating in health professions

3.2.1 Proportion of graduates in health professions

In the university, the Faculty of Pharmacy and the Department of Psychology, offer programs related to health. Among the **1173** graduates, **144** are from these two faculties, contributing to the institution's commitment to SDG 3 - Good Health and Well-being through the education and training of health professionals.

3.3 Collaborations and health services

3.3.1 Current collaborations with health institutions

Organizations	Nature of collaboration	Brief description of the collaboration	Link
Nahta Sports	Sports Facilities	Vishwakarma University (VU) has entered into a three-year collaboration (January 2023 – December 2025) with Nahta Sports to provide infrastructure and facilities for badminton to its students and staff, with the objective of enhancing sports training, promoting physical fitness, and fostering sportsmanship. Under this MoU, Nahta Sports will furnish and maintain the facilities as per agreed tariffs, while VU will ensure responsible usage, scheduled access, and timely payments. The agreement also includes provisions for renewal, amendment, or termination by mutual consent, ensuring flexibility and continuity of the collaboration.	https://drive.google.com/file/d/1N0Z9CDI1p7aNIN_wE5xjSOPB9WBtYe93/view?usp=drive_link
Brilliant Sports Academy	Sports Facilities	Use the standard Cricket ground	https://drive.google.com/file/d/1IsZ79G2tQiDUZsKtfniLmeG7lbWVm8c/view?usp=drive_link
Musclebar Sports Club	Sports Facilities	Use the standard Football ground	https://drive.google.com/file/d/1Cdi-CJG7Ym_8RNrT8F0843-3fNxKxICP/view?usp=drive_link
Sahyadri Hospital	Aims to foster collaboration and enhancing healthcare services in our respective communities	The Faculty of Pharmacy has initiated the Executive Development Programme (EDP) which was conducted from February 2024 to December 2024 at Sahyadri Hospitals Private Limited (Corporate Office - Kothrud), aimed at enhancing the pharmaceutical knowledge and management skills of the hospital's executive staff. Outcomes of the programme, emphasize the critical role of pharmaceutical knowledge upgradation in ensuring optimal patient care and hospital operations.	https://drive.google.com/file/d/103i59dPP51W8S5DyFqWYGWcw_4rVqzP7/view?usp=drive_link

3.3.2 Health outreach programmes

1. National Girl Child Day Celebration

Date: 20/02/2024

Location: Vishwakarma Vidyalyaya, Bibewadi

Objective:

The awareness regarding the challenges confronting girl child in Indian society, emphasizing the importance of health, nutrition and advocating the rights of girls.

Target Audience: 8th, 9th, and 11th (Science and Commerce) girl's students (Total 172 students Participated)

Summary: The celebration of National Girl Child Day was planned and executed on 20th February 2024 at Vishwakarma Vidyalyaya, Bibewadi with the collaboration with Legal Aid Clinic for the 8th, 9th, and 11th (Science and Commerce) girl's students about awareness regarding the challenges confronting girl child in Indian society, emphasizing the importance of health, nutrition and advocating the rights of girls.

Photo drive link:

https://drive.google.com/drive/folders/1bqr64SEGbm5BVz0SAsSMdDbZjYT0H30c?usp=drive_link

Social Media Links of the event:

<https://vupune.ac.in/event/national-girl-child-day-celebration-promoting-gender-equality-empowering-girls-protecting-girl-s-rights>

2. Zumba Workshop, Rhythm Revolution: Dance Fitness

Date: 06/03/2024

Location: Vishwakarma University

Objective:

The objective of the workshop was to promote physical fitness, mental wellbeing, and stress relief through fun and engaging dance-based exercises.

It aimed to encourage participants, especially women, to adopt fitness as a lifestyle practice and to highlight the importance of health and wellness.

Target Audience: Faculty & Staff Members

Summary: On 6th March 2024, the Center of Women Empowerment, Vishwakarma University, organized a vibrant Zumba Workshop titled "Rhythm Revolution: Dance Fitness." The session provided an energetic and enjoyable platform for participants to engage in physical activity while enjoying rhythmic dance movements. The workshop emphasized the significance of fitness in daily life and showcased Zumba as an accessible and enjoyable form of exercise suitable for all age groups. The event witnessed enthusiastic participation, creating a lively atmosphere that blended health, wellness, and fun. The initiative successfully promoted the importance of balancing physical fitness with mental health, contributing to overall wellbeing and aligning with Sustainable Development Goal 3.

Flyer:**Social Media Links of the event:**

https://www.linkedin.com/posts/vishwakarmauniversity_vishwakarmauniversity-zumbaworkshop-dancefitness-activity-7171047739416276992-NH7-?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

3. International Women's Day 2024

Date: 07th March 2024

Location: Vishwakarma University Campus

Objective:

1. The event primarily aimed to raise awareness about anaemia and provide necessary screening services to female students and faculty members of Vishwakarma University.
2. The activity involved haemoglobin estimation, a crucial parameter in diagnosing anaemia.

Target Audience: 130 Students

Summary: Under the guidance of Prof. Sonali Manwatkar, the designated coordinator for the event, anaemia screening sessions were conducted from 10:00 am to 12:00 noon. Female students and faculty members were encouraged to participate in the screening process voluntarily. The event was jointly organized by Sushrut, the Student Welfare organization of VU, and the School of Pharmacy, VU. This collaborative effort aimed to ensure the success and effectiveness of the screening program.

Flyer:**Photo Drive link:**

https://drive.google.com/drive/folders/1ZUcHo6oGEKKVzqHWNbD0UZhMM3Y3WZd2?usp=drive_link

Social Media Links of the event:

<https://vupune.ac.in/event/international-women-s-day-2024>

3. World Tuberculosis Day

Date: 22/3/2024

Location: Vishwakarma University Campus and nearby community areas, Pune

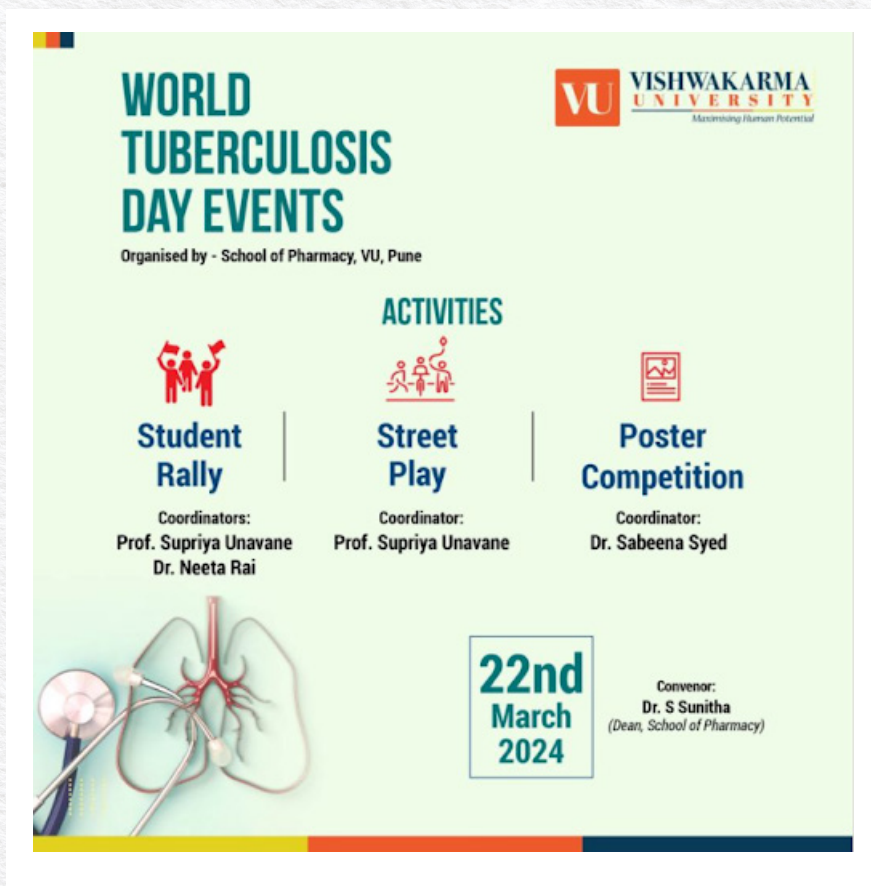
Objective:

1. The primary objective of the event was to create awareness about Tuberculosis (TB), its causes, prevention, and the importance of early detection and treatment.
2. The initiative aimed to sensitize the community towards eradicating TB and supporting India's mission of achieving a TB-free nation.

Target Audience: Students and faculty members of Vishwakarma University
Local community members around the campus

Summary: On 22nd March 2024, the School of Pharmacy, Vishwakarma University, organized activities to mark World TB Day. The event was conducted with great enthusiasm and participation from students and faculty. A student rally was carried out to spread awareness through slogans and placards. In addition, a poster exhibition was displayed, highlighting important information on TB prevention, symptoms, and treatment.

To further engage the public, students presented a street play that effectively conveyed the social and health impact of TB, emphasizing the importance of early diagnosis and adherence to treatment. The collective efforts successfully created awareness and encouraged the local community to contribute towards the global fight against TB. The event also motivated students to take active roles in health promotion initiatives, aligning with the spirit of Sustainable Development Goal 3 (Good Health and Wellbeing).



Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_vishwakarmauniversity-worldtuberculosisday-activity-7176240735900299265-6Xco?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYIu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

5. Health Camp on occasion of World Health Day

Date: 15/4/2024

Location: Vishwakarma University Campus

Objective:

1. The objective of the health camp was to promote awareness about general health and wellbeing, encourage preventive healthcare practices, and provide basic health check-up facilities to students, faculty, and staff.
2. The initiative aimed to sensitize individuals about the importance of maintaining a healthy lifestyle in line with the theme of World Health Day.

Target Audience: Faculties and Staff members of Vishwakarma University.

Summary: On 15th April 2024, a Health Camp was organized jointly by the Department of Mathematics & Statistics in collaboration with the School of Pharmacy, Vishwakarma University, to mark the occasion of World Health Day. The camp offered general health check-up services, including blood pressure, blood sugar, BMI assessment, and basic consultations. Students of Pharmacy actively contributed by assisting in conducting the health tests and guiding the participants. The initiative successfully highlighted the importance of early health monitoring and lifestyle modifications to prevent chronic diseases.

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_worldhealthday24-worldhealthday-departmentofmathematicsandstatistics-activity-7185518588307390464-GAXU?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

Flyer:

VISHWAKARMA UNIVERSITY
Accredited by AICTE, UGC, NBA, NAAC, ISO 9001:2015

Health Camp
 on the occasion of
World Health Day

Organised by
 Department of Mathematics and Statistics in
 association with School of Pharmacy

Theme: "My Health, My Right!"

15th APRIL 2024
 Building No. 2, 2001A

Schedule:
 10:30 AM: Inauguration
 10:30 AM onwards: Health Checkup
 1:00 PM: Wrap-Up

Coordinators:
 Prof. Richa Panchgaur
 Prof. Sonali Manwatekar

Co-Coordinator:
 Dr. Nazia Wahid
 Dr. Mahfooz Alam

HOD: Dr. Jagadish Tawade | **Dean:** Dr. Nitin Satpute

6. Mother's Day 2024 Celebration

Date: 08th & 09th May 2024

Location: Vishwakarma University Campus

Objective:

1. The event primarily aimed to raise awareness about Breast cancer and provide necessary screening services to female students and faculty members of Vishwakarma University.
2. The activity involved Breast screening by doctor and consultation.
3. Empowering women on Stress management and Physio therapy.
4. Enrich knowledge of Nutrition's and impact of healthy food on health.

Target Audience: Students & faculties of Vishwakarma Univeristy.

Summary: The Mothers Day 2024 celebration at Vishwakarma University, organized by the School of Pharmacy in partnership with Sahyadri Hospital, focused on promoting women's health through breast cancer awareness and screening, nutrition and wellness workshops, and stress management sessions. Held on May 8th and 9th, 2024, the event benefited around 70 female students and faculty members, providing direct health screenings, consultations, and educational resources for improving well-being. Participants gained practical knowledge about breast health, the importance of nutrition, and stress-reduction techniques, contributing to early detection and prevention of illness and fostering a supportive community for women's health empowerment.

Flyer:



Photo drive link:

https://drive.google.com/drive/folders/1ndmmByKlyQJDxJxJGskzIPuxTp0cWluW?usp=drive_link

Social Media Links of the event:

https://www.instagram.com/p/C6siOuFLLvG/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

<https://www.facebook.com/photo?fbid=810032881179641&set=pcb.810032911179638>

https://www.linkedin.com/posts/vishwakarmauniversity_mothers-day-celebration-organised-by-school-activity-7193845481112801280-SE68?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

7. International Day of Yoga

Date: 21/06/2024

Location: VU Auditorium

Objective:

To promote awareness of yoga as a holistic practice for physical, mental, and spiritual well-being, encouraging its integration into daily life among the university community.

Target Audience: Faculty, staff, and students of Vishwakarma University, along with yoga enthusiasts and wellness advocates connected to the institution.

Summary: On June 21, 2024, Vishwakarma University celebrated the 10th International Day of Yoga with enthusiastic participation from around 50 faculty, staff, and students. The session began with an introduction, followed by guided yoga practices led by certified trainer Mrs. Apoorva Lele, who explained the significance of various asanas and their role in promoting harmony between body and mind. The event concluded with a felicitation ceremony and vote of thanks, leaving a lasting impression on participants. The celebration not only highlighted the benefits of yoga but also reinforced the university's commitment to promoting holistic well-being.

Flyer:

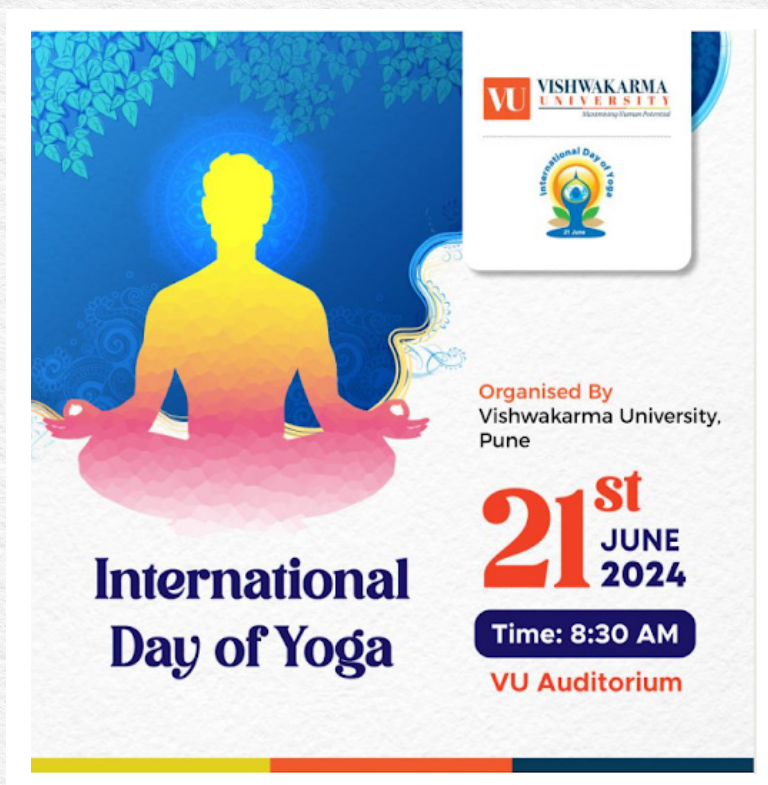


Photo drive link:

https://drive.google.com/drive/folders/1b8MtA0Xm1pPP8HpZ8N5JbQyMsa6zRdj9?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_internationalyogaday-yogaday2024-vishwakarmauniversity-activity-7209107565111087105-qr9S?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

8. Extension activity at suryoday old age home

Date: 14/8/2024

Location: Suryoday Old Age Home, Dhayari, Pune

Objective:

To ensure healthy lives and promote well-being for all at all ages, with focus on elderly healthcare awareness, medication adherence, and preparedness for minor medical needs.

Target Audience: Elderly residents of Suryoday Old Age Home (with participation from 38 Second Year D.Pharmacy students, Vishwakarma University)

Summary: The School of Pharmacy, Vishwakarma University, organized an extension activity at Suryoday Old Age Home on 14th August 2024, aligned with SDG 3. The program emphasized healthcare awareness and practical aid for elderly residents. Activities included interactive sessions on medication adherence, understanding prescriptions, managing side effects, and the importance of regular health check-ups. First Aid Kits were distributed along with demonstrations on their proper use and guidance on seeking medical help. Students actively engaged in planning and execution, gaining skills in communication, empathy, and healthcare counselling. The initiative fostered well-being among senior citizens while reinforcing the institution's commitment to social responsibility and SDG 3.

Photo drive link:

https://docs.google.com/document/d/1iGab-o4ZwtrIFWT9Om4-alqvuyhLx7sN/edit?usp=drive_link&oid=104686293710717054673&rtpof=true&sd=true

9. Celebration of World Safety Day: Basic Life Support and first aid training

Date: 20/09/2024

Location: VU Auditorium

Objective:

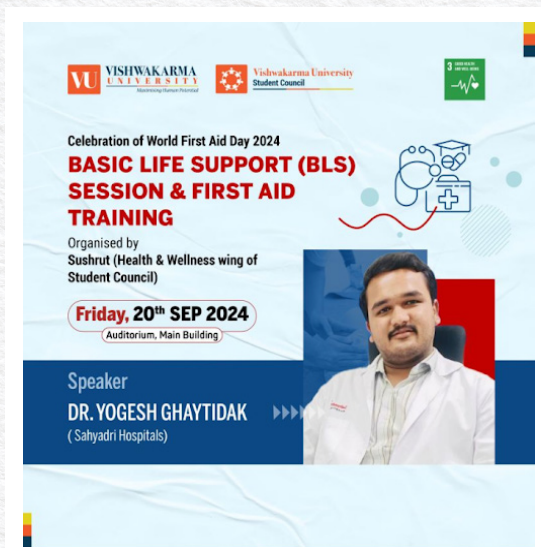
The objective of the program was to raise awareness about health and safety, equip participants with essential knowledge of Basic Life Support (BLS) and First Aid, and build confidence in responding effectively to medical emergencies.

Target Audience: Students & Faculty members

Summary: On 20th September 2024, World Safety Day was celebrated at Vishwakarma University through a special session on Basic Life Support (BLS) and First Aid Training. The training was conducted by qualified experts who demonstrated life-saving techniques such as cardiopulmonary resuscitation (CPR), handling choking incidents, bleeding control, and managing minor injuries. Participants were given hands-on practice to enhance their emergency response skills. The session created significant awareness about the importance of timely first aid and empowered attendees to act responsibly during health and safety emergencies. The event received active participation from students and faculty, strengthening the university's commitment to building a safe and health-conscious campus.

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_firstaidtraining-bls-sahyadrihospitals-activity-7242542236373004289-gkro?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

Flyer:**10. National Pharmacovigilance Week****Date:** 23/09/2024**Location:** Vishwakarma University Campus**Flyer:****Objective:**

To promote awareness and foster a culture of Adverse Drug Reaction (ADR) reporting among pharmacy students, under the theme "Building ADR Reporting Culture for Patient Safety."

Target Audience: D.Pharm and B.Pharm students of Vishwakarma University

Summary: Pharmacovigilance Week 2024 at Vishwakarma University was a resounding success, marked by vibrant student participation and meaningful discussions on drug safety. The events not only encouraged students to understand the significance of ADR reporting but also empowered them to become responsible future pharmacists. It significantly contributed to cultivating a safety-oriented mindset within the healthcare ecosystem.

Photo drive link:

https://drive.google.com/drive/folders/1KiJ4w_351nUaqjawTEM9rS95zq2dRRaw?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_school-of-pharmacy-ugcPost-7242034683406888960-AJMw?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

https://www.linkedin.com/posts/prof-dr-nitish-bhatia-6ab823b5_pharmacovigilanceweek2024-activity-7244250312348213250-B4KT?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU



11. World Pharmacist Day celebration

Date: 25/9/2024

Location: Vishwakarma University Campus

Objective:

1. To educate students and the public about the diverse roles of pharmacists in healthcare.
2. To engage students in meaningful discussions on current topics relevant to pharmacy and global health.
3. To encourage innovative thinking through competitions like the Inno-Pharm Expo.
4. To promote public health awareness through a Pharma Awareness Rally.
5. To foster a sense of responsibility and commitment to sustainable healthcare practices among future pharmacists.

Target Audience: Students of Vishwakarma University

Summary: The World Pharmacists Day celebration successfully highlighted the importance of pharmacists in global healthcare and inspired students to take pride in their profession. The event reinforced the commitment of the School of Pharmacy at Vishwakarma University to cultivate a generation of pharmacists who are equipped to meet global health challenges with innovation, responsibility, and compassion.

Flyer:



Photo drive link:

- 1) https://docs.google.com/document/d/1ciEnkl8nYFwig7QlOX8SnJmQzxx6b8J1/edit?usp=drive_link&oid=104686293710717054673&rtpof=true&sd=true
- 2) https://docs.google.com/document/d/1-fvNtMw8d25G5sTmzserXWWsr1OZD2NF/edit?usp=drive_link&oid=104686293710717054673&rtpof=true&sd=true

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_world-pharmacists-day-activity-7244594852519137281-t9-i/?utm_source=share&utm_medium=member_desktop <https://www.vupune.ac.in/event/world-pharmacists-day>

12. Blood donation camp

Date: 01/10/2024

Location: Vishwakarma University Campus, Pune

Objective:

The blood donation camp was organized on 01/10/2024, on the occasion of Gandhi Jayanti, with the aim of raising awareness and encouraging voluntary blood donation to support patients in need of blood transfusions.

Target Audience: Students, faculty, and staff members of Vishwakarma University, along with the local community.

Summary: The blood donation camp held on 01/10/2024, on the occasion of Gandhi Jayanti, at the Vishwakarma University, Pune was a significant success. Organized by School of Pharmacy and NSS Unit of Vishwakarma University in collaboration with Ruby Hall Clinic, the event aimed to educate the public about haemophilia and promote voluntary blood donation. The camp witnessed an enthusiastic response from students, faculty and staff members, reflecting a shared commitment to supporting individuals affected by bleeding disorders.

Flyer:

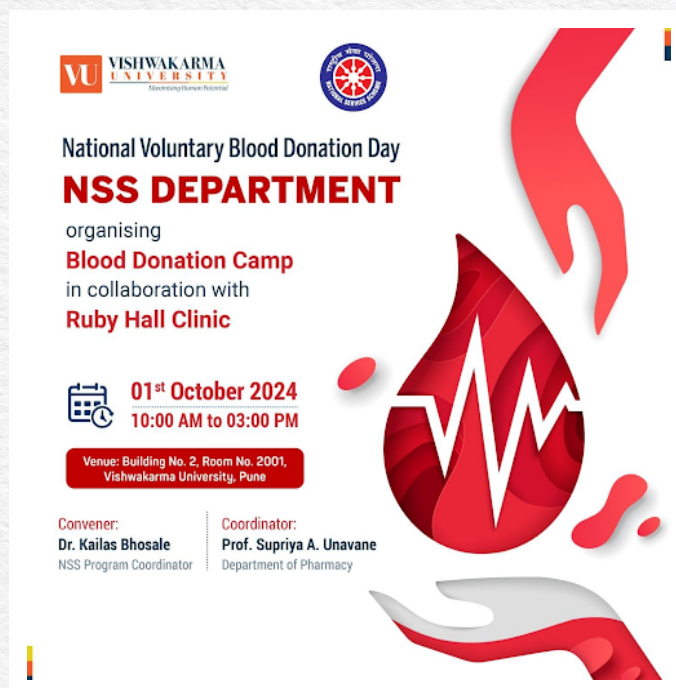


Photo drive link:

https://drive.google.com/file/d/1dn2Y4vnW9zmWhdQlISQkWEh7BcFPghLx/view?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_world-pharmacists-day-activity-7244594852519137281-t9-i/?utm_source=share&utm_medium=member_desktop <https://www.vupune.ac.in/event/world-pharmacists-day>

13. Garima (3 Karate Training Program For Women)

Date: October 2024 to December 2024

Location: VU Auditorium, Building No. 1

Objective:

To empower women by providing practical self-defense training through karate, enhancing their physical fitness, agility, and mental resilience while fostering confidence, safety, and independence.

Target Audience: SFemale students and staff of Vishwakarma University seeking to develop self-defense skills, improve fitness, and build confidence in personal and social settings.

Summary: The three-month Karate Training Program for women, held from October 14, 2024, to December 2024 concluded successfully with enthusiastic participation from students across departments. Conducted by trainer Mr. Rajesh Solanki, the program focused on self-defense techniques, combat drills, and physical conditioning, fostering confidence, resilience, and personal security. Organized by the Physical Education & Sports Department in collaboration with the Centre for Women Empowerment, the initiative empowered participants with enhanced fitness, agility, and mental strength. The program created a supportive environment that built camaraderie and left a lasting impact on the women, equipping them with valuable life skills and confidence.

Photo drive link:

https://drive.google.com/drive/folders/1XF2DytuVWzL8wpQ6iygL50NiZjHsGvB3?usp=drive_link

Social Media Links of the event:

1) <https://vupune.ac.in/event/garima-3-month-karate-training-program>

2) <https://www.instagram.com/reel/DBTQtHstne1/?igsh=MXRnd3AyeHNrZHE2NA==>

14. AYUSHMAN BHARAT Card Registration Drive

Date: 20/10/2024

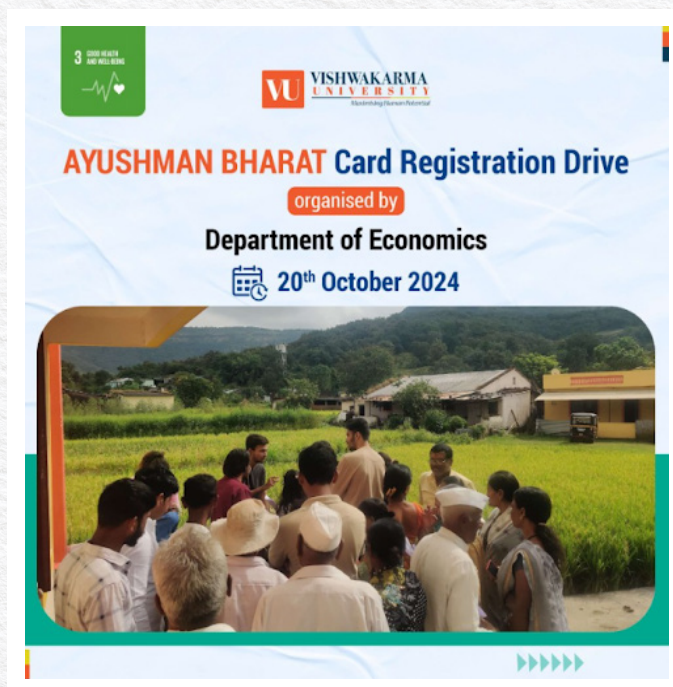
Location: Sangrun and Bahuli villages

Objective:

1. The objective of the drive was to create awareness about the Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana (PMJAY) scheme and assist villagers in the registration process for their health cards.
2. The initiative aimed to ensure that rural populations gain access to quality healthcare services, financial protection, and government-supported health insurance coverage.

Target Audience: 130 villagers were guided on healthcare benefits

Summary: On 20th October 2024, an Ayushman Bharat Card Registration Drive was organized at Sangrun and Bahuli villages. During the program, villagers were educated about the benefits of the Ayushman Bharat health card, which provides coverage for secondary and tertiary healthcare services under the PMJAY scheme. Trained volunteers and faculty members guided more than 130 villagers through the registration process, ensuring that they understood the eligibility criteria, documentation requirements, and advantages of the card. The drive proved highly beneficial as it empowered the rural community with knowledge and access to government healthcare facilities. It also promoted health equity by extending financial protection to underprivileged families. The program created a supportive environment that built camaraderie and left a lasting impact on the women, equipping them with valuable life skills and confidence.

Flyer:**Social Media Links of the event:**

https://www.linkedin.com/posts/vishwakarmauniversity_ayushman-bharat-activity-7261637253423124481-SqyL?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

15. World Immunization Day

Date: 10/11/2024

Location: Sun Medico, sun city Road, Pune

Objective:

The primary objective of celebrating World Immunization Day was to create awareness about the importance of vaccines in preventing diseases and safeguarding public health. The program aimed to educate students and the community on immunization, foster creativity and participation through competitions, and provide direct healthcare benefits through a vaccination drive. Additionally, it sought to instill social responsibility in students by involving them as active volunteers in public health initiatives.

Target Audience: 30 childrens

Summary: The School of Pharmacy, in collaboration with the Health Department of Maharashtra and Apulki Sanstha, Pune, celebrated World Immunization Day in November 2024 under the theme "Immunize for a Healthier Future!" On 15th November, a quiz competition tested students' knowledge of vaccines and public health, while a video-making contest encouraged creative awareness on immunization and myths. On 27th November, a vaccination drive with Sun Medico at Sun City Road, Pune was organized, Student volunteers supported healthcare professionals and helped in educating the public on the value of vaccination. The celebration successfully emphasized the significance of immunization while benefiting the community.

Flyer:**Photo drive link:**

https://drive.google.com/drive/folders/1I01nbo2MN_s_Hx6PB70jgGK350geSpPz?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_worldimmunizationday-schoolofpharmacy-vishwakarmauniversity-activity-7262018841252143104-dsbS?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnANE1szM56LdvFlwmU

16. International Men's Day

Date: 18/11/2024

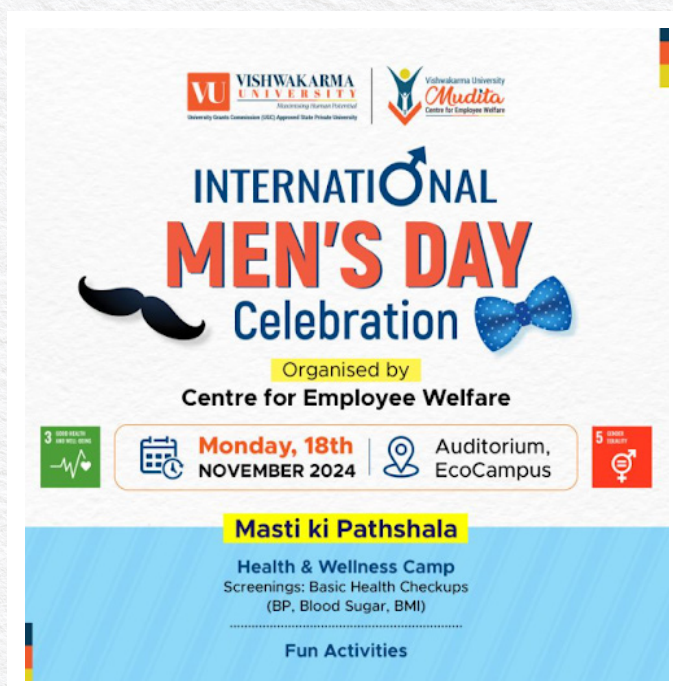
Location: VU, Auditorium

Objective:

1. The objective of the program was to acknowledge and appreciate the contributions of men in society, promote gender balance, and highlight issues related to men's physical and mental health.
2. The event also aimed to encourage preventive healthcare practices by offering basic health screening for male faculty and staff.

Target Audience: All male faculty and staff members of Vishwakarma University.

Summary: On 18th November 2024, International Men's Day was celebrated at Vishwakarma University Auditorium with active participation from male faculty and staff. The event included interactive sessions focusing on men's wellbeing, work-life balance, and mental health awareness. As part of the celebration, a basic health check-up camp was also organized, which offered services such as blood pressure monitoring, blood sugar testing, and BMI assessment. The initiative not only provided a platform to recognize and appreciate the contributions of men but also encouraged them to prioritize their health and wellbeing.

Flyer:**Social Media Links of the event:**

https://www.linkedin.com/posts/vishwakarmauniversity_internationalmensday-vishwakarmauniversity-activity-7263148673197375488-VKqj?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFIwmU

17. A Visit to Primary Healthcare Centers in Sangrun and Bahuli to understand the challenges faced by ASHA workers and medical staff

Date: 19/11/2024

Location: Primary Healthcare Centers, Sangrun and Bahuli Villages

Objective:

1. The objective of the visit was to understand the ground-level challenges faced by ASHA workers and medical staff in delivering primary healthcare services to rural communities.
2. The initiative also aimed to identify areas where academic and community collaboration could help strengthen healthcare delivery.

Target Audience: ASHA workers, Medical staff at PHCs and Rural community beneficiaries.

Summary: The Department of Economics, Vishwakarma University, recently conducted a visit to the Primary Healthcare Centers at Sangrun and Bahuli villages. During the interaction, faculty and students observed the day-to-day challenges faced by ASHA workers and medical staff. Key issues identified included limited resources, shortage of essential equipment, lack of advanced training, and the need for stronger community engagement and support. The visit provided valuable insights into the gaps in rural healthcare delivery and highlighted the importance of collaboration between academic institutions, healthcare professionals, and policymakers. Such initiatives strengthen the bridge between research and real-world challenges, encouraging actionable solutions that can improve the healthcare system at the grassroots level.

Flyer:**Social Media Links of the event:**

https://www.linkedin.com/posts/vishwakarmauniversity_visit-to-primary-healthcare-centers-activity-7260516525051142144-qk7t?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

18. Vishwakarma University Sponsored Sakal Swasthyam 2024

Date: 6/12/2024 - 8/12/2024

Location: Pandit Farms, Pune

Objective:

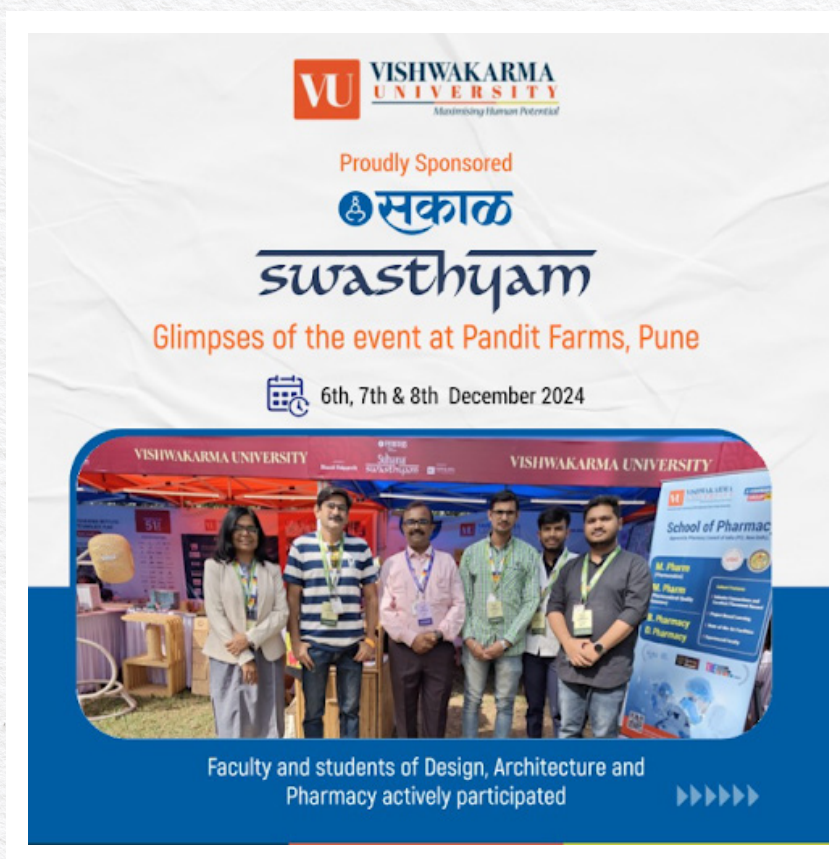
1. The objective of participating in Sakal Swasthyam 2024 was to showcase the innovative work of students and faculty from Vishwakarma University, promote health and wellness awareness, and provide a platform for interdisciplinary collaboration through design, architecture, and pharmacy projects.

Target Audience: Visitors and participants of Sakal Swasthyam 2024, Healthcare enthusiasts and professionals, General public attending the event..

Summary: Vishwakarma University proudly sponsored and participated in Sakal Swasthyam 2024, a three-day mega event held at Pandit Farms, Pune from 6th to 8th December 2024. The event witnessed active involvement from the Design, Architecture, and Pharmacy faculties of the university.

Key highlights included:

1. Design & Architecture models showcased by students, which became a major attraction of the event.
2. Primary health checkups provided by Pharmacy students for visitors, contributing directly to public health awareness. Student projects across faculties received overwhelming appreciation from visitors, guests, and event organizers.
3. The event proved to be a memorable blend of creativity, innovation, wellness, and collaboration, further strengthening Vishwakarma University's visibility and commitment towards academic excellence and community wellbeing.

Flyer:**Social Media Links of the event:**

https://www.linkedin.com/posts/vishwakarmauniversity_sakal-swasthyam-activity-7277980876821397504-OdSg?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

19. “Sports for All” Event for Children with Disabilities

Date: 13/12/2024

Location: Dnyangangotri Residential School for children with disabilities, Dhayri.

Objective:

1. To encourage physical activity and teamwork among children with disabilities.
2. To provide an inclusive platform for children to showcase their potential through sports.
3. To support young athletes by donating sports uniforms and fostering a spirit of equality.

Target Audience: 50 children with disabilities of Dnyangangotri Residential School

Summary: The “Sports for All” event was organized on December 13, 2024, at Dnyangangotri School, Dhayari, by the Physical Education and Sports Section and the Sports Council of Vishwakarma University, Pune. Dedicated to children with disabilities, the event encouraged participation, teamwork, and inclusivity through adapted games and recreational activities. Over 50 children took part, supported by faculty and student volunteers who ensured a joyful and engaging experience. A donation of sports uniforms further motivated the young athletes, symbolizing equality and empowerment. The initiative received heartfelt appreciation from parents and reaffirmed the university’s commitment to inclusivity in sports.

Flyer:**Photo drive link:**

https://drive.google.com/drive/folders/1zc_rlqu-KIQGA1nvw9bceu1TUNQSag4?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/vishwakarmauniversity_sportsforall-childrenwithdisabilities-vishwakarmauniversity-activity-7272971382240526337-yK7y?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYIu9ABdBKSkVbqxnaNE1szM56LdvFIwmU

20. Fit India Week Celebration at Vishwakarma University

Date: 16/12/2024- 21/12/2024

Location: VU Campus

Objective:

To promote physical fitness, mental well-being, and holistic health by encouraging individuals to engage in diverse activities, adopt healthier habits, and embrace the vision of the nationwide Fit India Movement.

Target Audience: Students, faculty, and staff of Vishwakarma University along with members of the wider community interested in adopting and sustaining a healthy and active lifestyle.

Summary: The Fit India Week celebration was held at Vishwakarma University from 16th to 21st December 2024, featuring a variety of activities including indigenous games, table tennis, poster making, yoga and meditation, a fitness pledge, and a fitness assessment. The event witnessed enthusiastic participation from students, teachers, and the public, promoting not only physical fitness but also mental well-being and holistic health. It inspired many to adopt healthier lifestyles and reflected the university's commitment to supporting the nationwide movement towards a fitter and healthier future.

Flyer:



Photo drive link:

https://drive.google.com/drive/folders/1OuG9oDQYzyDBkaVimHXaDoEghFu5rk0v?usp=drive_link

Social Media Links of the event:

1) https://www.linkedin.com/posts/vishwakarmauniversity_fit-india-week-activity-7282696170827624448-id8H?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU
<https://www.instagram.com/p/DEj2w4qlmlq/?igsh=MTFrdWtkNG5ueWtmcg==>

3.3.3 VU sports facilities

VU - SPORTS POLICY

Policy Title	Sports Policy					
Policy Number	VU/IQAC/010					
Responsibility of	Director, Physical Education and Sports					
Status	✓ Active	In-revision		Proposed		
		Draft #		Draft #	1	
Approved By	Vice-Chancellor					
Approval Date	1 st February 2022					
Effective Date	1 st February 2022					
Revision History						
Number	Date	By		Main Changes		
Revision # 1						

Purpose: Vishwakarma University recognizes the importance of extracurricular activities, including sports, in students' overall development. These activities serve as a means for students to recharge, develop essential social skills, and learn to handle pressure. The university encourages students to actively participate in sports to promote physical fitness, personality development, and stress management.

Scope: Sports activities play a pivotal role in fostering physical fitness, intellectual growth, and reflective thinking. They contribute to students' scientific insight and social development. Therefore, sports are considered an integral component of a student's holistic education.

Statement: Sports hold a significant position in the overall personality development of Vishwakarma University students. The university encourages all students to engage in inter- university and intercollegiate sports activities. These activities are essential for students' social growth and, thus, deserve unwavering support.

Procedure & Responsibility: Vishwakarma University is committed to providing adequate sports facilities and considers them essential for students' development. The university allocates a budget and infrastructure to implement this policy. Compliance with this sports policy is mandatory.

Sharing with Local Community and Stakeholders: Vishwakarma University recognizes the importance of involving the local community, local stakeholders, and community members in its sports initiatives. The university actively explores opportunities to share its sports facilities and expertise with these groups. This collaboration aims to strengthen the bonds between the university, its neighbours, and the community. It fosters mutual growth, development, and a sense of togetherness.

A. Indoor Games	B. Outdoor Games	- Volley Ball	- Kabaddi	C. Open Gymnasium	- Trunk Twister
- Table Tennis	- Basket Ball	- Handball	- Badminton	- Air Walker	- Shoulder Press
- Carom Board	- Football	- Thorw Ball	- Athletics	- Chest Press	- Double Rower
- Chess Board	- Cricket	- Kho Kho	- Tug of War	- Cross Trainer	

Photo drive link:

https://drive.google.com/drive/folders/1A6RzCAVbAlMHsXmz53XtPK_wDP5TgJJJe?usp=drive_link

3.3.4 Sexual and reproductive health care services for students

1. Guest lecture on Oral health and menstrual hygiene

Date: 23/10/2024

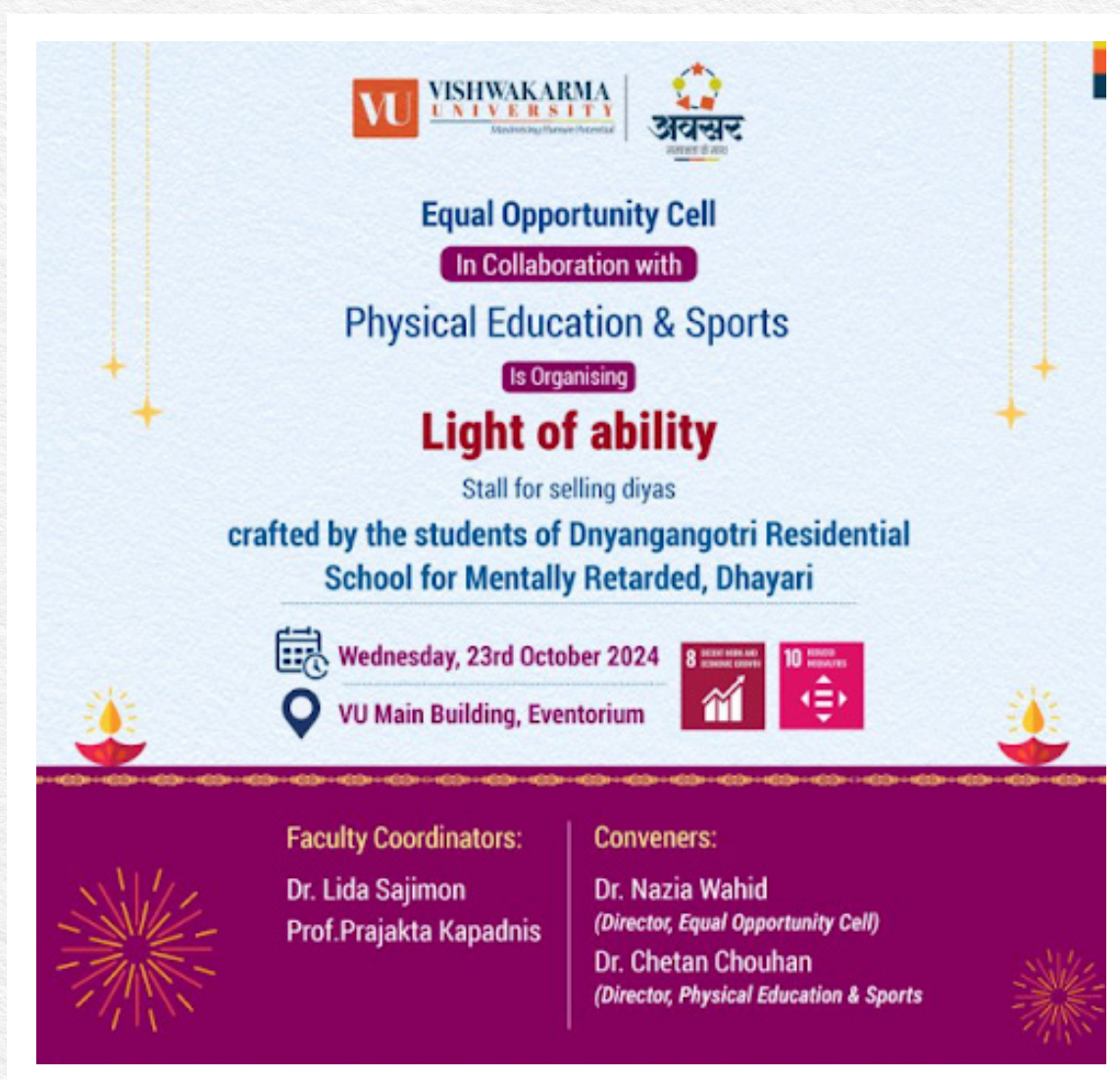
Location: Dnyangangotri Residential School for mentally retarded children, Dhayari.

Objective:

The program aimed to raise awareness about oral health and menstrual hygiene among differently-abled students, promoting good practices to ensure their well-being.

Target Audience: Differently abled students at Dnyangangotri Residential School for Mentally Retarded, Dhayari.

Flyer:



Summary: On 23rd October 2024, the Equal Opportunity Cell Avasar of Vishwakarma University conducted an awareness session at Dnyangangotri Residential School for Mentally Retarded in Dhayari. The session, attended by 35 differently abled students, included interactive segments on oral health and menstrual hygiene, led by Prof. Prajakta Kapadnis and coordinated by Dr. Lida Sajimon. Students learned about effective brushing techniques, the importance of a healthy diet, and practical menstrual hygiene management. Dental kits were distributed to all participants. The session successfully fostered open dialogue, dispelled myths about menstruation, and encouraged positive health practices, contributing to the empowerment and well-being of the students

Photo drive link:

1) https://drive.google.com/drive/folders/1Y2iTJktJUngAmbk4Ry_LNStzbryDDFu5?usp=drive_link

2) https://drive.google.com/file/d/1mrMLLQyJKlc3uh4xZqilDp5Kbr1i1QI_/view?usp=drive_link

Social Media Link for event:

https://www.linkedin.com/posts/vishwakarmauniversity_lightofability-celebrateinclusion-diwaliwithpurpose-activity-7254875274893246464--P1F?utm_source=share&utm_medium=member_desktop&rcm=ACoAABYlu9ABdBKSkVbqxnaNE1szM56LdvFlwmU

2. Internal Complaint Committee (ICC):

ICC Policy:

https://drive.google.com/file/d/18APJQmSlC8G92_mmXnpGJS5PS4lfwlKZ/view?usp=drive_link

The Internal Complaint Committee (ICC) established under the PoSH (Prevention of Sexual Harassment) Act at Vishwakarma University, plays a crucial role in promoting Sustainable Development Goal 3, which focuses on ensuring good health and well-being. Within a university context, the ICC upholds SDG 3 by fostering a safe and inclusive environment, free from sexual harassment, which is essential for the physical and mental well-being of students and staff.

The ICC's activities align with SDG 3 by preventing and addressing sexual harassment cases on campus, providing support, and counseling for victims, and ensuring timely resolutions. By enforcing a harassment-free environment, universities contribute to students' and employees' overall health and well-being, supporting their academic and professional success while promoting a culture of respect and gender equality.

As a part of the PCI syllabus, a course taken by department of Pharmacy students are given the right knowledge of reproductive and sexual health.

Photo drive link:

https://drive.google.com/drive/folders/19H7Mb8V9CMNCMd6QT0Gv-cCTRDfmgCdH?usp=drive_link

Social Media Link for event:

https://docs.google.com/forms/d/e/1FAIpQLSfcuyCN7ovCL68uorn4ZzewPGPv-vJgf4QBV2S0EE-lu_0T4w/viewform?vc=0&c=0&w=1

3.3.5 Mental Health Support for Students

1. Mindful Moments: A Session on Mindfulness Meditation

Date: 15/10/2024

Location: Classroom 7402, Vishwakarma University, Pune

Target Audience: Psychology students

Objectives:

To introduce students to mindfulness meditation for enhancing mental and emotional well-being, reducing stress, and improving focus.

Flyer:



Summary: The session began with an informative video that explained the foundations and benefits of mindfulness, including heightened self-awareness, emotional regulation, and clarity of thought. This was followed by a guided mindfulness meditation, offering students a direct, experiential understanding of present-moment awareness. The activity was integrated with the coursework of Digital Well-being and Emotional Intelligence, aligning theoretical concepts with practical application. Through this engaging and reflective experience, students learned to apply mindfulness techniques for managing stress, improving concentration, and fostering emotional balance in daily life. The Mindful Moments session successfully met its objectives by equipping students with simple yet effective tools for cultivating well-being and self-awareness in both academic and personal contexts.

Photo drive link:

https://drive.google.com/file/d/1CQDWft_MelNgMUysxoN5OYWJVkoafexU/view?usp=drive_link

2. Guest Session on “Understanding the Scope of Health Psychology in Modern Medicine”

Date: 19/09/2024

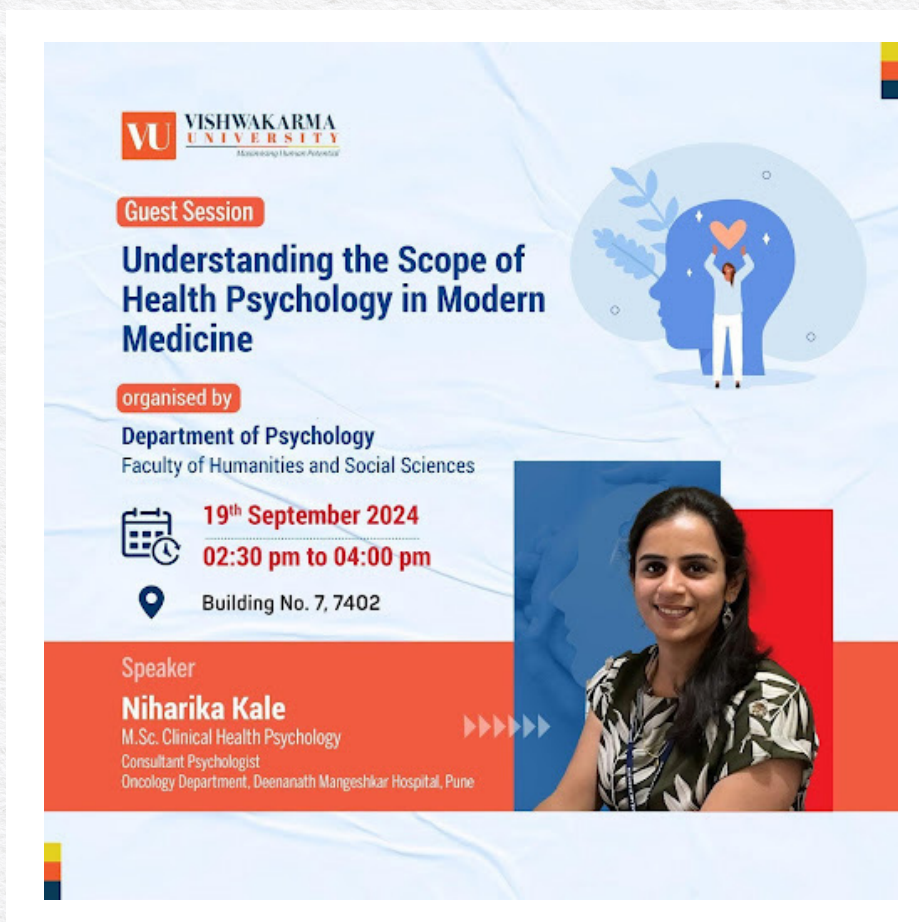
Location: Classroom 7402, Vishwakarma University, Pune

Target Audience: Psychology students

Objectives:

To highlight the growing relevance of Health Psychology in modern medicine and career prospects.

Flyer:



Summary: The talk focused on the growing relevance of Health Psychology in modern medicine, emphasizing the integration of psychological principles in understanding, preventing, and managing physical health conditions.

Ms. Kale shared practical insights from her clinical experience and highlighted the importance of psychological support in healthcare settings. The session was highly informative and benefitted students by broadening their understanding of career prospects and the interdisciplinary applications of Health Psychology.

Photo drive link:

https://drive.google.com/file/d/1w7mG2LwHpl9tyFmoS1tX1kw31IHDBaGO/view?usp=drive_link

https://drive.google.com/file/d/1brg05G14q9WpBCUeN6B8ABOo3qN3ceZX/view?usp=drive_link

3. Healthy Bites Competition

Date: 05/08/2024

Location: Vishwakarma University, Pune

Target Audience: BA Semester V Health Psychology students

Objectives:

To inspire students to explore healthy cooking techniques, presentation, and mindful food preparation

Flyer:



Summary: Conducted under the guidance of Professor Madhuri Marathe, the competition aimed to inspire students to explore healthy cooking techniques, innovative presentation methods, and the importance of mindful food preparation. Students prepared dishes that promoted health and creativity while explaining their nutritional benefits. The judging panel, comprising Professor Aditi Jain and Professor Debasmita Sen, evaluated each entry and provided valuable feedback. The event was skillfully coordinated by students Nupur Kulkarni, Gayathri Satheesan, and Viraj Jedhe, ensuring smooth execution. The activity benefitted the BA Semester V students by promoting awareness of nutritious living through experiential learning.

Winners:

1. Aaditi Shinde, Shradha Parik, Rama Vaidya
2. Moksha Gundecha
3. Aarya Pandhare, Nirmal Goud, Tvisha Tanna

Photo drive link:

https://drive.google.com/file/d/1IU2VtRmYsBW34wpLVqPEFaHc3NuYhBGT/view?usp=drive_link

https://drive.google.com/file/d/16MhnB3guy0wng3uECS124k1sVtI5dK8b/view?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/madhuri-m-381286141_yesterday-in-our-health-psychology-activity-based-activity-7227155007723233280-ovGO?utm_source=share&utm_medium=member_desktop&rcm=ACoAACI478UBNkW5Sbh9mK21USiXZRVrOR0jcEg

4. Extension Activity: Mind Matters – Extending Mental Health Awareness Beyond the Classroom

Date: 06/02/2024 to 27/02/2024

Location: Department of Pharmacy, Vishwakarma University

Target Audience: Pharmacy and allied discipline students

Objectives:

To extend mental health awareness, foster emotional resilience, and encourage interdisciplinary collaboration.

Summary: The sessions, conducted every Thursday, were designed to be interactive and experiential, incorporating role plays, somatic movement, art therapy, and group discussions. Key themes included Mental Health Matters, focusing on mental health literacy and self-awareness; Discovering the Inner You, emphasizing self-reflection and personal identity; Stress Less, Live More, teaching stress management techniques; The Language of Emotions, exploring emotional expression and regulation; The Art of Connection, developing interpersonal skills and empathy; Mindful Moments, introducing mindfulness and grounding practices; and Building Resilience Within, offering strategies to enhance psychological resilience. Through these activities, students actively engaged with both cognitive and emotional aspects of mental health, gaining practical tools to apply in daily life.

The extension activity achieved its objectives successfully. Participants reported increased confidence in using coping strategies, demonstrated deeper self-awareness, and developed empathy toward others' experiences. The sessions provided a safe and supportive space for dialogue on emotional well-being and strengthened interdisciplinary collaboration. Overall, "Mind Matters" effectively bridged theoretical knowledge with real-world applications, fostering holistic learning, promoting mental wellness, and creating a sustainable platform for student-driven initiatives in mental health awareness.

Flyer:

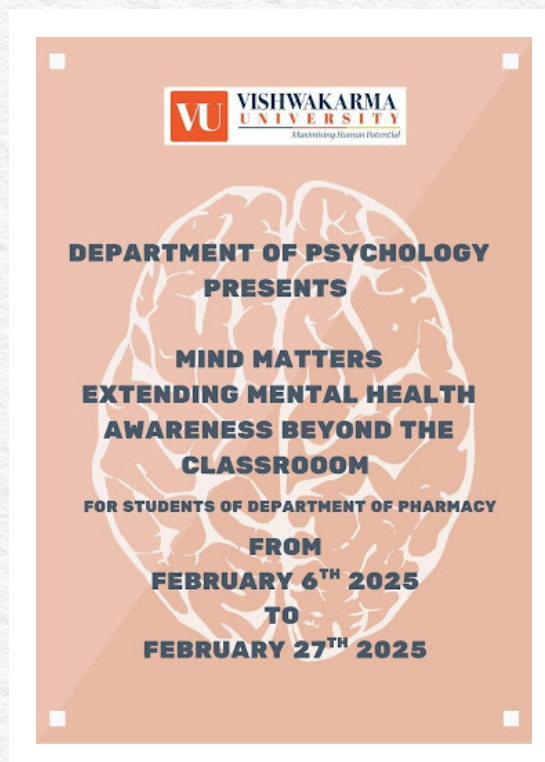


Photo drive link:

https://drive.google.com/file/d/1siKVAYzPE60tUK_3o-jYp8XS5BvMgt1/view?usp=drive_link

Social Media Link for event:

https://www.linkedin.com/posts/maitri-shah-5b3ba7214_we-never-realized-how-much-stress-we-go-activity-7311675237949956097-DGX0?utm_source=share&utm_medium=member

5. Mental Health Conclave: Psynesthesia 2024

Date: 10/10/2024

Location: VU Auditorium, Vishwakarma University, Pune

Target Audience: Students and faculty

Objectives:

To promote awareness of mental health at the workplace, aligned with SDG 3

Flyer:

3 GOOD HEALTH AND WELL-BEING

VISHWAKARMA UNIVERSITY
Maximizing Human Potential

Department of Psychology
Celebrates

PSYNESTHESIA 2024
on World Mental Health Day
10th October 2024

Event	Venue	Time	Details
Mental Health Conclave	Auditorium	01:30 PM to 3:30 PM	An interactive panel discussion on the theme 'Mental Health at Work'. Faculty and participants will discuss managing mental health challenges in the workplace.
Mental Health Screening	1102	11:30 AM to 2:00 PM	Mental health screenings for VU faculty members, with personalised feedback and distribution of Mental Health Cards. Confidential and supportive.
Interactive Art	Eventorium	11:00 AM to 4:00 PM	Explore mental health through creative art installations. This reflective space encourages engagement with mental well-being through visual expression.

Summary: An interactive bingo activity and a “Myth or Fact” session encouraged participants to reflect on inclusivity, communication, emotional intelligence, and boundary setting in professional environments. A panel discussion led by senior faculty members, including Dr. Wasudeo Gade, Prof. Ankita Sangle, Dr. Chetan Kapadnis, Prof. Aditi Jain, and Dr. Bhupendra Singh, highlighted the importance of work-life balance, inclusivity, and destigmatizing mental health. Discussions also addressed current debates such as the 70-hour work week, emphasizing the value of smart and mindful work practices. The conclave concluded with announcements about upcoming mental health screenings and initiatives under Psynesthesia 2024. Prof. Debasmita Sen delivered the vote of thanks, appreciating the efforts of all contributors. Overall, the event successfully promoted awareness of mental health in workplace settings, encouraged open dialogue, and inspired participants to foster inclusive, balanced, and empathetic work cultures.

Photo drive link:

https://drive.google.com/file/d/1fp38d1hIDbqQyWWt-y07GqRu4pWdiPSO/view?usp=drive_link
https://drive.google.com/file/d/1VpWpEcY3XKUe02odr0RGQMdBKdJLE1vx/view?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/aditi-jain-77134a140_worldmentalhealthday-activity-7253977235324350464-x0CS?utm_source=share&utm_medium=member_desktop&rcm=ACoAACI478UBNkW5Sbh9mK21USiXZRVrORQjcEg

6. Field Visit: Mindful Forest Walk and Visit to Café Serenity

Date: 13/04/2025

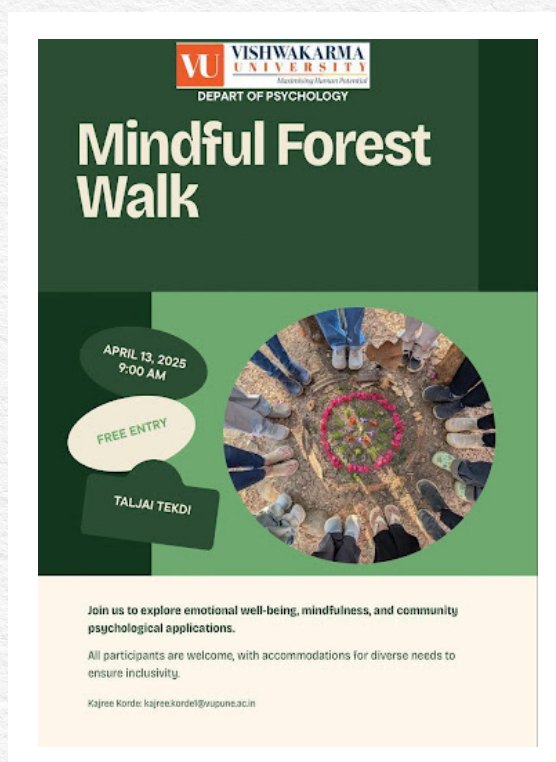
Location: Taljai Tekdi and Café Serenity, Pune

Target Audience: MA Counselling Programme (Semester IV) students

Objectives:

To promote emotional well-being, mindfulness, and exposure to psychological applications in community spaces.

Flyer:



Summary: This field visit bridged psychological theory and real-world practice. It began with a guided mindfulness walk in a forest, where students used breathing techniques and sensory exercises to anchor themselves in the present, enhancing self-awareness. Next, at a psychology-inspired café, they learned how mental health principles can be integrated into community-focused entrepreneurship. The day concluded with a therapeutic art session and group reflection, fostering peer bonding and introspection. Overall, the experience highlighted holistic approaches to well-being through nature, art, and social interaction, demonstrating psychology's practical application beyond the classroom.

Photo drive link:

https://drive.google.com/file/d/1GNdSXfplJNiEee2DNdVNirmW9DIK6cF/view?usp=drive_link
https://drive.google.com/file/d/19-039Pn4HALe02eOn4KxmohurYooJSoE/view?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/aditi-jain-77134a140_forestmindfulness-selfdiscovery-mandalaart-activity-7296581612719247360-GGgV?utm_source=share&utm_medium=member_desktop&rcm=ACoAACI478UBNkW5Sbh9mK21USiXZRVrOR0jcEg

https://www.linkedin.com/posts/maitri-shah-5b3ba7214_forest-bathing-a-journey-of-mindfulness-activity-7299443350158376960-nkxG?utm_source=share&utm_medium=member_desktop&rcm=ACoAACI478UBNkW5Sbh9mK21USiXZRVrOR0jcEg

7. Mental Health Walkathon

Date: 10/10/2024

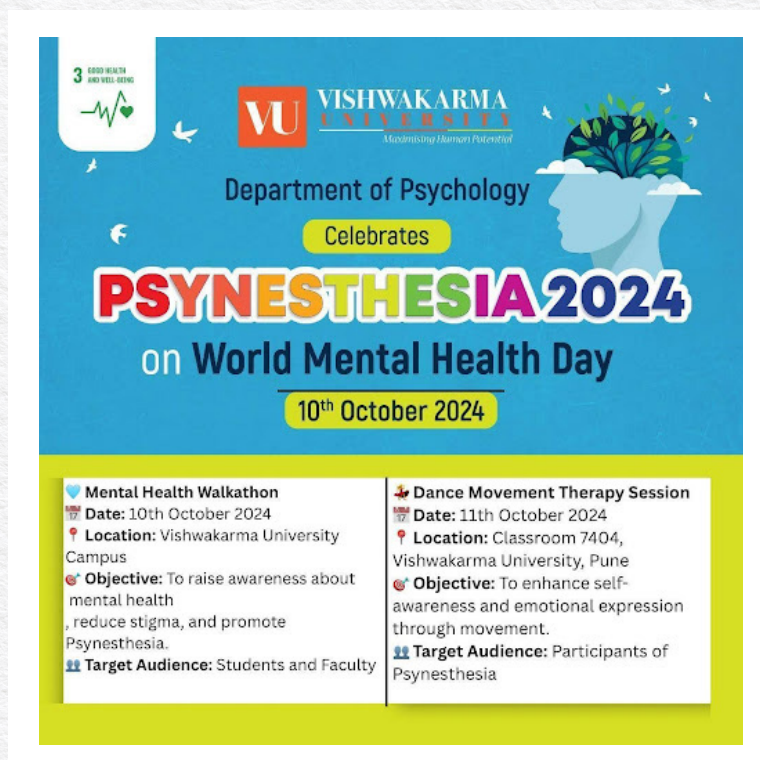
Location: Vishwakarma University Campus

Target Audience: Students and faculty

Objectives:

To raise mental health awareness, reduce stigma, and promote Psynesthesia.

Flyer:



Summary: The event commenced with a powerful skit in the eventorium that set the tone for the day, followed by a campus-wide walk that led participants through a series of interactive experiences. The walk included a music jamming session near Building No. 7, emphasizing the therapeutic impact of collective music-making on stress reduction and social connection. This was followed by a gratitude activity near Building No. 2, where participants reflected on positive emotions and interpersonal appreciation. The walk concluded with a flash mob performance, symbolizing the role of movement and dance therapy in promoting psychological well-being. Each activity was thoughtfully designed to engage both students and faculty, blending creativity, mindfulness, and expressive movement to highlight the multifaceted nature of mental health. The Mental Health Walkathon effectively raised awareness, inspired meaningful dialogue, and set a positive tone for Psynesthesia, the university's Mental Health Week. The event not only celebrated World Mental Health Day but also empowered participants with experiential understanding of how gratitude, music, and movement contribute to emotional resilience and community well-being.

Photo drive link:

https://drive.google.com/file/d/1tioQRgs00bYpbAatLpexzloRaNUc5E_y/view?usp=drive_link
https://drive.google.com/file/d/1XqokskPlwnbUZuqpmIU8lFUq_D_w_E92/view?usp=drive_link
[desktop&rcm=ACoAACI478UBNkW5Sbh9mK21USiZRVRrOR0jcEg](https://drive.google.com/file/d/1XqokskPlwnbUZuqpmIU8lFUq_D_w_E92/view?usp=drive_link)

8. Therapy Insights Sprint

Date: 14/10/2024

Location: Building No. 7, Vishwakarma University, Pune

Target Audience: MA Psychology students

Objectives:

To provide hands-on exposure to therapeutic approaches (CBT, DBT, REBT, etc.) through practical engagement.

Flyer:

Summary: The event was coordinated by Asst. Prof. Priyanka Borikar and aimed to provide MA Psychology students with hands-on exposure to various therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Rational Emotive Behavior Therapy (REBT), Solution-Focused

Therapy, and Person-Centered Therapy. The activity was designed to help students develop a deeper understanding of these counseling techniques through practical engagement and collaborative participation. Students rotated through different therapy stations, each focusing on a specific approach with short, focused activities that illustrated key therapeutic principles. The session concluded with a reflective discussion that allowed participants to share insights, compare approaches, and consolidate learning. The event successfully enhanced students' practical knowledge, critical thinking, and confidence in applying therapeutic interventions. Positive feedback highlighted the engaging, interactive format, with suggestions to extend the duration and incorporate more role-play components in future sessions. The session effectively bridged theoretical understanding with applied counseling practice, benefiting all participating MA Psychology students.

Photo drive link:

https://drive.google.com/file/d/1V0lbsKz5t_uBSmaTdnQYo7SBIWxJ7q_V/view?usp=drive_link

https://drive.google.com/file/d/1U95a7uF9m5PitmZfhNI0UGFiTYzpEXkk/view?usp=drive_link



9. Hour Capacity Building Workshop on “Child Sexual Abuse: Prevention and Support

Date: 19/08/2024 to 20/08/2024

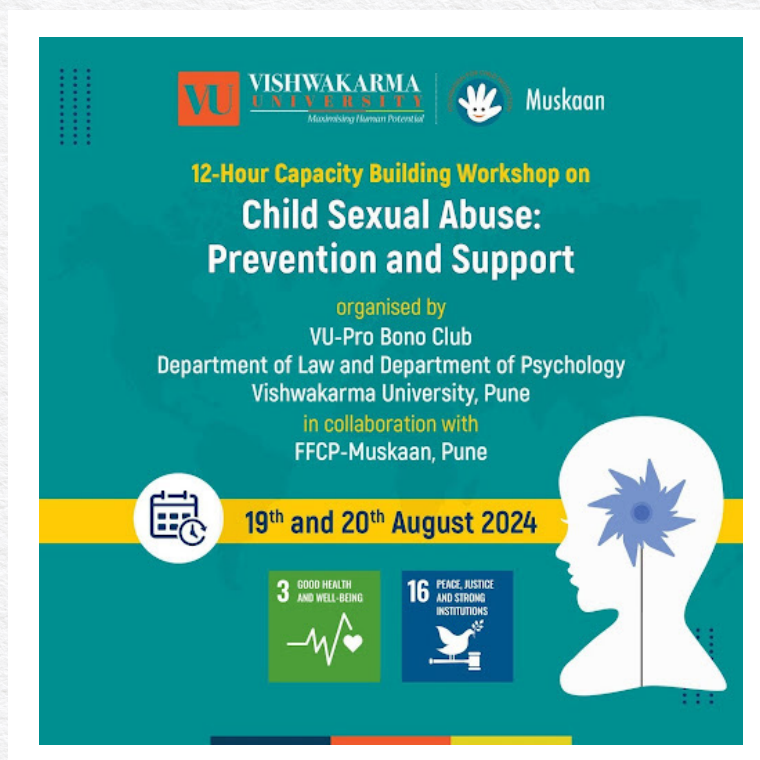
Location: Vishwakarma University, Pune

Target Audience: Students and faculty members

Objectives:

To create awareness and build professional competencies in identifying, preventing, and responding to child sexual abuse.

Flyer:



Summary: The two-day training covered key aspects such as understanding the psychosocial impact of abuse, the legal framework surrounding child protection, trauma-informed care, and community-based intervention strategies. Expert facilitators from FFCP–Muskaan engaged participants through interactive sessions, discussions, and case-based activities, fostering sensitivity and practical understanding of prevention and support mechanisms. The workshop aligned with the United Nations Sustainable Development Goals (SDGs) – Goal 3: Good Health and Well-being and Goal 16: Peace, Justice, and Strong Institutions – emphasizing the importance of psychological and legal collaboration in safeguarding children’s rights. The session received enthusiastic participation and positive feedback, significantly enhancing awareness, empathy, and preparedness among the attendees to contribute to child safety and advocacy efforts.

Photo drive link:

https://drive.google.com/file/d/1_nP7ZKWGRYPanQHeFx-4vuY49_NqR7TH/view?usp=drive_link

https://drive.google.com/file/d/1LTHq1IGV_w7e0dKm_Ud0DgGOrvvlH0lv/view?usp=drive_link

Social Media Links of the event:

https://www.linkedin.com/posts/madhuri-m-381286141_vishwakarmauniversity-sdg3-sdg16-ugcPost-7233063785215741952-UFb0?utm_source=share&utm_medium=member_desktop&rcm=ACoAACI478UBNkW5Sbh9mK21USiXZRVrOR0jcEg

10. Art Therapy Session: Self Love

Date: 17/10/2024

Location: Classroom 7406, Vishwakarma University, Pune

Target Audience: Participants of Psynesthesia

Objectives:

To use expressive art for self-awareness, emotional regulation, and self-acceptance.

Flyer:

Summary: Activities were designed to provide a safe and supportive space for exploring stress, personal safe spaces, and self-gratitude through creative expression. Participants engaged in exercises that allowed them to visually and physically express their stress, identify and depict environments where they feel secure, and reflect on positive feelings toward themselves. Each activity was followed by a sharing session, enabling attendees to exchange insights and experiences, thereby promoting mutual understanding and a sense of belonging. The session effectively encouraged self-reflection, emotional exploration, and creative expression, helping participants cultivate self-love, gratitude, and resilience. Feedback from attendees highlighted the therapeutic benefits of the session, emphasizing the role of art in mental health, emotional well-being, and personal growth. Overall, the Art Therapy session was a meaningful and impactful component of Psynesthesia 2024, providing a reflective and engaging platform for emotional healing and self-discovery.

Photo drive link:

https://drive.google.com/file/d/1wztfM_LBJ00ZTuzYCI0KvxYwaLcU2rEP/view?usp=drive_link

https://drive.google.com/file/d/1pby1xG5jW0vHNpy0oVBrmOh1wEhDhg2G/view?usp=drive_link



11. Dance Movement Therapy Session

Date: 11/10/2024

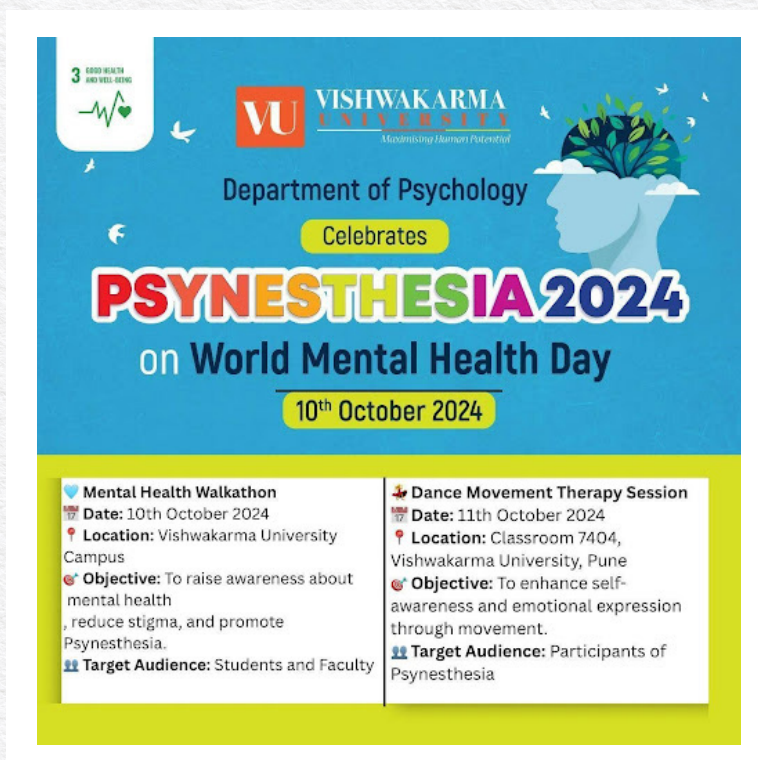
Location: Classroom 7404, Vishwakarma University, Pune

Target Audience: Participants of Psynesthesia

Objectives:

To enhance self-awareness and emotional expression through movement.

Flyer:



Summary: The session began with an introduction to the principles of expressive arts therapy and DMT, highlighting its therapeutic and educational applications. Ms. Shinde established a safe and inclusive environment, encouraging participants to engage mindfully and openly. A series of interactive movement-based exercises, including “Guess the Leader,” “Colombian Hypnosis,” and “Express Your Feelings Through Movement,” allowed participants to observe their own sensations and emotions while noticing variations in how others perceived and expressed the same activities. These exercises effectively demonstrated the connection between physical expression and psychological processes, providing insights into personal biases, emotional patterns, and attentional focus.

The workshop concluded with a guided visualization and reflective group sharing, where participants discussed their experiences, emotions, and learnings. This reflective component fostered self-awareness, enhanced understanding of perceptual differences, and strengthened participants’ appreciation for the holistic benefits of DMT. Overall, the session offered a unique platform for integrating theory with practice, highlighting the role of movement in promoting emotional, cognitive, and social well-being. It successfully underscored the therapeutic value of DMT and its potential to support personal growth, self-discovery, and holistic development, making it a significant contribution to the Department of Psychology’s experiential learning initiatives.

Photo drive link:

https://drive.google.com/file/d/1oAYgrdBURj4SGMDWBaoJFhJzMk6dOI-G/view?usp=drive_link

https://drive.google.com/file/d/1attkVJbb9W_iupxYwcDour33BOFCEQx7/view?usp=drive_link

3.3.6 Smoke-free policy

A. Purpose

The purpose of this policy is to prohibit the use of cigarettes and other tobacco products within the University campus including a radius of 100 yards of the University. It is for the purpose of the implementation of "The Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003" within the University campus".

B. Scope and Applicability

The policy is applicable to all the students, teaching faculty members and non-teaching staff members, and all other stakeholders on the University campus. Vishwakarma University (referred hereinafter as VU) acknowledges that stakeholders are its most important resource on the campus.

VU believes that maximising stakeholder's health and well-being is beneficial to the society. VU is also committed to implementing an integrated workplace health promotion programme that encourages and enables stakeholders to achieve an optimum level of physical, mental, and social well-being.

C. Policy Statement

The University has prohibited the advertisement, trading, production, supply and distribution of cigarettes and other tobacco products within the University campus including a radius of 100 yards of the University as per the UGC letter bearing Ref. No. D. O. No.1-9/2006(CPP- II) seeking implementation of "The Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003" which came into effect from 1st May 2004.

Policy Title	Smoke-Free Campus Policy				
Policy Number	VU/ICM/Policies/01				
Functional Field	Campus Management				
Custodian	Director, Infrastructure and Campus Management, VU, Pune				
Status	Active	In-revision		Proposed	
		Draft #		Draft #	1
Approved By	Vice Chancellor, Vishwakarma University, Pune				
Approval Date	14 th August 2019				
Effective Date	14 th August 2019				
Revision History					
Number	Date	By	Main Changes		
Revision # 1	1 st February 2022	Registrar	Change in the custodian		
Revision # 2	16th January 2024	Director, ICM	Improvements in process and procedures		
Revision # 3					
Revision # 4					
Revision # 5					



Photo drive link:

https://drive.google.com/drive/folders/11pY8a-ioEjlrLVtsFGQ4HuU81li-kT5?usp=drive_link

D. Procedure

The Campus Management Committee may take all possible measures for the smoke-free campus, including, but not limited to as follows- The Boards as prescribed under the Prohibition on Sale of Cigarettes and other Tobacco Products around Educational Institutions Rules, 2004 are to be displayed outside the premises of the University stating that sale of cigarettes and tobacco products in an area within a radius of 100 (one hundred) yards of the University is strictly prohibited and that such sale is an offence punishable with the fine which may extend to two hundred rupees. Action has to be taken to sensitize the teaching and non- teaching staff of the University on the issue so that the system is in place immediately.

E. Terms and Conditions

The names of the members of the Campus Management Committee, which is authorised to ensure the implementation of this system may be duly notified. The Committee shall effectuate all possible measures like organising poster competitions, seminars/workshop,s and involve maximum students in promoting a smoke-free and tobacco-free campus and a healthy lifestyle among students, teachers and staff. The Committee shall ensure strict adherence to the provisions of the Act and to enforce the Anti-tobacco Rules, 2004 made under the Act. The Committee shall report the annual progress to the Vice Chancellor, Vishwakarma University, Pune.

F. Process

Any student, teaching faculty member, and or non-teaching staff member may inform the Campus Management Committee through mail or oral or written communication as to the violation of the terms and conditions of this policy. Similarly, anyone from the other stakeholders on the University campus may also contact the Campus Management Committee to inform the violations of the policy.

G. Policy Custodian

Infrastructure and Campus Management, VU, Pune

H. Approval Body

This revised policy is approved on the 16th Day of January month in the Year 2024 by the Vice Chancellor of Vishwakarma University and is in effect from the 16th Day of January month in the Year 2024.

I. Responsibility for Administration of Policy

The office of the Director, Infrastructure & Campus Management will be responsible for the implementation of this policy. The office of the Vice Chancellor will be responsible for administering the implementation of this policy.

Conclusion

Vishwakarma University's initiatives under Sustainable Development Goal 3 (Good Health and Well-Being) in 2024 reflect a comprehensive and sustained commitment to promoting holistic health through education, research, community engagement, and institutional collaboration. The University has successfully embedded health and wellness as integral components of its academic and social mission, thereby contributing meaningfully to national and global health objectives.

Key Highlights

• Academic Excellence and Research Impact:

Over 50 research publications from the School of Pharmacy and the Department of Psychology addressed critical themes such as nanomedicine, artificial intelligence in healthcare, pharmacovigilance, and mental health. These works strengthen evidence-based healthcare innovation and global knowledge exchange.

• Health Professional Education:

Among 1173 graduates, 144 students completed health-related programs, reinforcing VU's contribution to developing skilled health professionals committed to community well-being.

• Collaborations and Capacity Building:

Partnerships with Sahyadri Hospital, Nahta Sports, and other organizations enhanced training in pharmaceutical management, physical fitness, and community health. The Executive Development Programme and joint outreach activities exemplified academia-industry synergy.

• Health Awareness and Outreach:

More than 20 major outreach initiatives—including World Health Day, Blood Donation Camp, TB Awareness Drive, and the Ayushman Bharat Registration Drive—positively impacted students, faculty, and local communities through awareness, screening, and preventive care.

• Mental Health and Well-Being:

Activities such as Psynesthesia 2024, Mindful Moments, Therapy Insights Sprint, and the 12-hour Capacity Building Workshop on Child Sexual Abuse Prevention fostered emotional resilience, mindfulness, and psychological literacy among students and staff.

• Inclusivity and Gender Sensitization:

The Internal Complaints Committee (ICC) and the Equal Opportunity Cell (Avasar) promoted a safe, respectful, and inclusive environment through awareness programs on menstrual hygiene, oral health, and gender equity.

• Sports and Physical Wellness:

Implementation of the University Sports Policy, the Fit India Week, International Yoga Day, and the Garima Karate Training Program encouraged holistic physical development and mental fitness.

Community and Social Responsibility:

Through initiatives such as Sakal Swasthyam 2024 and Sports for All for children with disabilities, VU demonstrated its commitment to community engagement, inclusivity, and health equity.

Overall Outcome

Vishwakarma University has emerged as a leader in integrating SDG 3 principles into its educational ecosystem. Its multidimensional approach—spanning research, outreach, collaboration, and policy—has cultivated a culture of wellness, empathy, and responsibility. The collective outcomes of 2024 affirm the University's vision of nurturing individuals who are not only academically proficient but also socially conscious and health-aware citizens.

Through its sustained efforts, VU continues to strengthen the bridge between education and societal well-being, contributing significantly to the United Nations Sustainable Development Goals and the broader agenda of global sustainable progress.



Vishwakarma University, Pune
 Survey No. 2, 3, 4 Laxmi Nagar,
 Kondhwa (Bk.) Pune - 411048. Maharashtra, India

Contact Us : +91 90670 022 23 / 24 / 25 / 26

www.vupune.ac.in

Email : admissions@vupune.ac.in | connect@vupune.ac.in