

# VISHWAKARMA UNIVERSITY

SDG 3 REPORT 2022





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# About This Report

Vishwakarma University (VU) is unwavering in its commitment to sustainable development, intricately linked to the United Nations' "Transforming our World: the 2030 Agenda for Sustainable Development." These goals paint a global vision for a brighter future, and VU has taken these goals to heart, weaving them into our very essence. With our motto of unleashing human potential, we're passionate about nurturing an environment where our students grow holistically, ready to tackle life's challenges.

Our campus has transformed into an EcoCampus, a beacon for innovative sustainable solutions. We're all about sustainability and envision a future with a smaller carbon footprint. This report is a testament to our journey, highlighting our partnerships and impactful programs. A notable example is VU's Certificate Programme in Sustainability Management, a partnership with Hof University of Applied Sciences, Germany, which equips students with advanced business management techniques and cutting-edge sustainable practices. It equips students with cutting-edge sustainable practices. The Wilo Foundation-Vishwakarma University is another shining example; it promotes water treatment, purification, and awareness of clean drinking water through its Water Quality Centre of Excellence.

Despite the hurdles posed by the COVID-19 pandemic, our dedication to sustainability remains unshaken. This report provides an insight into the Institute's multifaceted endeavors to achieve the SDGs, spanning teaching, research, outreach, public engagement, and daily operations.

Our commitment extends to developing educated, ethical, and skilled individuals who embrace values of fairness, inclusivity, and excellence. Furthermore, our approach encourages students to actively apply their knowledge, bridging the gap between theory and real-world action.

Vishwakarma University (VU) adopts a participatory development model that fosters active involvement from both students and industry stakeholders. This model is underpinned by the academic philosophy we've developed at VU, which aims to equip students with the skills and attributes needed to navigate the challenges of the 21st century. Our association with Maharashtra State Faculty Development Academy, establishment of VU-Centre for Communication Development, the Sahyadri Communication Project, and VU Legal Aid Clinic are the pillars of VU-iPAR Model that exemplifies harmony with the National Education Policy 2020.

In summary, Vishwakarma University's commitment to sustainable development and the SDGs is deeply ingrained in its ethos. The Institute actively collaborates with diverse stakeholders, implements sustainability across its core operations, and fosters a culture of learning, research, and innovation. Through these collective efforts, VU is dedicated to preparing students to be future leaders who drive positive change and contribute to the greater good of society, in alignment with the global vision of the SDGs.

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

## VU's Participation in the THE Impact Rankings 2023

Vishwakarma University (VU) also participated last year in Times Higher Education (THE) Impact Rankings 2023, 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

All people at all ages are encouraged to live healthy lives in accordance with Sustainable Development Goal 3 (SDG3). From maternity and child health to communicable diseases, non-communicable diseases, and access to healthcare services, it addresses a wide spectrum of global health challenges. SDG3 must be accomplished if inclusive and sustainable development is to be promoted on a global scale. SDG 3 is essential for both sustainable economic growth and total human development. Healthy people are more productive, have higher earning potential, and give back to their communities more effectively. Furthermore, the achievement of other SDGs, such as those pertaining to education, gender equality, poverty reduction, and economic growth, is supported by the right to good health, which is a fundamental human right.

At Vishwakarma University (VU), this aspect is treated as a mission. Activities to raise awareness and promote sensitization are backed by technology that makes it possible to carry out campaigns as needed. Diverse initiatives have been started with the active involvement of the students to raise awareness of health-related problems and mental wellbeing. The institute's programs for mental health and wellbeing help students' mental health, social and emotional abilities, and attitude in many different areas of life to develop significantly. Thanks to the School of Psychology and School of Pharmacy in VU – the faculty and students enable these programs. Some of activities of year 2022 are mentioned below:

### List of Collaborations:

Organizations	Nature of collaboration	Brief description of the collaboration	Link
Binghamton University, USA and Chulalongkorn University, Thailand	Created and application to help provide swift and efficient medical assistance to senior citizens.	In 2022 the 1st phase of the project was undertaken in which the student's team conducted an intense survey among elderly population for the creation of app called D-Medics under the guidance of Dr. Kails Patil and professors from BU & CU.	<a href="https://drive.google.com/file/d/1jgrD3AqEi7Hy8i9eDiZSfxjRbxjABEJD/view?usp=drive_link">https://drive.google.com/file/d/1jgrD3AqEi7Hy8i9eDiZSfxjRbxjABEJD/view?usp=drive_link</a>
SM Biosystems Pvt. Ltd	Initiate framework to facilitate cooperation between VU and SM Biosystems in building and enhancing employability skills of pharmacy students by providing internships and industrial visits	This will benefit the students to gain an opportunity to learn the technical know-how of the industry practically	<a href="https://drive.google.com/file/d/1UPTnfxi_kzLrnTZP80m_9e6B5T9yuh4/view?usp=drive_link">https://drive.google.com/file/d/1UPTnfxi_kzLrnTZP80m_9e6B5T9yuh4/view?usp=drive_link</a>
ClinSearch	Responsible for providing guidance and following work to internal employee involved in the project and facilitate fellowship and funds for research	A team of students faculty and professionals worked on the project titled, "International study on medicines acceptability in the elderly populations, sub-study in the Pune Region"	<a href="https://drive.google.com/file/d/1loHw3dBSgwgqtlV3d-kFR_RKlJ5JRoysf/view?usp=drive_link">https://drive.google.com/file/d/1loHw3dBSgwgqtlV3d-kFR_RKlJ5JRoysf/view?usp=drive_link</a>
Cyizen Pharma Solution Pvt Ltd	Collaborative Pharmaceutical and Biotech Solution Providing Company	Provide their expertise in area of drug discovery and research and training required for the development of research in medical and pharmaceutical sciences.	<a href="https://drive.google.com/file/d/1DKnVSnRkRA-l2DePluvf8tl40mlShrFj/view?usp=drive_link">https://drive.google.com/file/d/1DKnVSnRkRA-l2DePluvf8tl40mlShrFj/view?usp=drive_link</a>

Organizations	Nature of collaboration	Brief description of the collaboration	Link
Kusum Life Science	Collaborative 'Development and Research in Medical and Pharmaceutical Sciences'	A grant of 1.5 lakh received to VU. Company will provide consultancy project, preclinical research and training, laboratory facility	<a href="https://drive.google.com/file/d/1TZPGPotL5616M_ZcOX8S-eLceTHH_by-/view?usp=drive_link">https://drive.google.com/file/d/1TZPGPotL5616M_ZcOX8S-eLceTHH_by-/view?usp=drive_link</a>
Nea life Pvt. Ltd, Pune	Collaborative Research and training in healthcare	Nea life is mental health research, assessment and training company	<a href="https://drive.google.com/file/d/1SNg9PaDKRQDgb-LsHFY35cA6tq01rrFP/view?usp=drive_link">https://drive.google.com/file/d/1SNg9PaDKRQDgb-LsHFY35cA6tq01rrFP/view?usp=drive_link</a>

### Good Health And Well-Being: Publications

Title	Authors name	Publication	Year	Citations	Paper View
Fundamental Principle And Applications Of Iontophoresis In Contemporary Advancement Of Drug Delivery System: A Critical Appraisal	Om M. Bagade and Priyanka E. Doke Department of Pharmaceutics, Vishwakarma University School of Pharmacy, Pune - 411048, Maharashtra, India.	IJPSR, 2022; Vol. 13 (10): 3883-3899. E-ISSN: 0975-8232; P-ISSN: 2320-5148	01 October 2022	0	226
Jasminum elongatum Ameliorates Acetaminophen Induced Hepatotoxicity by Modulating Dysregulated Antioxidant Enzyme System	Sabeena Hussain Syed, Supriya Unavane, Poonam Taru1, Sabeena Hussain Syed, Department of Pharmacognosy, School of Pharmacy, Vishwakarma University, Kondhwa, Pune, Maharashtra 411048, India.	Pharmacognosy Magazine DOI:10.1177/09731296221137434 journals.sagepub.com/home/phm			
Significance of animal experimentation in biomedical research in the current era: Narrative review	Sachin S. Sakat, Om Bagade, Department of Pharmacology, School of Pharmacy, Vishwakarma University, Kondhwa, Pune, India.	J of Applied Pharmaceutical Science Vol. 12(10), pp 011-19, Oct, 22 DOI: 10.7324/JAPS.2022.121002-1 ISSN 2231-3354	04 October 2022	0	17
Formulation of a Transdermal Patch Containing Amlodipin Besylate and Its evaluation	Om M. Bagade Associate Processor, Vishwakarma University School of Pharmacy, Pune-48,	Eur. Chem. Bull. 2023, 12 (Special Issue 6), 2936-2947	2023	0	69

Title	Authors name	Publication	Year	Citations	Paper View
Development and Validation of the RP-HPLC Method for the Estimation of Chlorocresol and Betamethasone Dipropionate in Semisolid Dosage Formulation	Sachin Sakat , Poonam Inamdar and Om Bagade School of Pharmacy, Vishwakarma University, Kondhwa, Pune, Maharashtra 411048, India.	Journal of Pharmaceutical Research International 34(38A): 12-22, 2022; Article no.JPRI.86830 ISSN: 2456-9119 (Past name: British Journal of Pharmaceutical Research, Past ISSN: 2231-2919, NLM ID: 101631759)	14 May 2022	0	9
Quantitative determination of related substances for Lamotrigine extended release tablet by RP-HPLC	Priyanka Gondhale-Karpe, Sonali Manwatkar Vishwakarma University, VU School of Pharmacy, Department of Pharmaceutical Chemistry & Analysis, Pune, 411048 Maharashtra, India	Heliyon 9 (2023) e15732 <a href="https://doi.org/10.1016/j.heliyon.2023.e15732">https://doi.org/10.1016/j.heliyon.2023.e15732</a>	28 April 2023	0	25
Antihistaminic effects of Azadirachta indica leaves in laboratory animals	Poonam Inamdar, Department of Pharmaceutical Chemistry, School of Pharmacy, Vishwakarma University, Kondhwa, Pune. India.	International Journal of International Journal of Ayurve International Journal of Ayurvedic Medicine, Vol 13 (2), 334-337 Medicine, Vol 13 (2), 334-337 ISSN No: 0976-5921	-	-	-
Silver Complexes of N-Heterocyclic Carbenes as Anticancer Agents: A Review	Poonam R. Inamdar Department of Pharmaceutical Chemistry, School of Pharmacy, Vishwakarma University, Pune, Maharashtra, India, PIN-411048	International Journal of Life science and Pharma Research ijlpr 2022; doi 10.22376/ijpbs/ lpr.2022.12.5. L123-129 ISSN 2250-0480	1 Sept, 2022	2	
Breast Cancer Pathological Image Classification Based on the Multiscale CNN Squeeze Model.	Mrunalini H Kulkarni, Department of Pharmaceutical Chemistry, Vishwakarma University, Pune	Computational Intelligence and Computer Science	29 August 2022	27	
Simultaneous Estimation Of Valsartan And Hydrochlorothiazide In Bulk And Pharmaceutical Dosage Form By Hptlc	Mrunalini H. Kulkarni <sup>1*</sup> , Poonam R. Inamdar, Pallavi Dhekale, Amrita Thakur, Swati Mutha, Neeta Rai, Vishal Galave <sup>1</sup> Department Of Pharmacy, School Of Pharmacy Vishwakarma University, Pune	Int J App Pharm, Thematic Special Issue 2022, 72-75 Issn- 0975-7058	25 May 2022		52

Title	Authors name	Publication	Year	Citations	Paper View
Enhancement Of Solubility Of Poorly Soluble Drug Lansoprazole	Swati Mutha, Vishal Shelke, Kanchan Gupta, Mrunalini Kulkarni, Amrita Thakur, Neeta Rai School Of Pharmacy, Vishwakarma University, Pune, Maharashtra, India	Int J App Pharm, Thematic Special Issue 2022, 101-105 Issn- 0975-7058	27 May 2022	1	250
The Development And Characterization Of Eye Drops Containing Acyclovir Microspheres Against Herpes Simplex-Induced Keratitis	Neeta Rai Department Of Pharmaceutics, School Of Pharmacy, Vishwakarma ,University, Pune Maharashtra, India	Asian Journal Of Pharmaceutics • Jan-Mar 2023 • 17 (1)   71	30 / 03 2023		
Effects of Music Listening On Coping Strategies and Multiple Intelligence In Music-Experienced and Music-Nonexperience Adolescents	Bhupender Singh Department of Psychology, Vishwakarma University, Pune, India	Journal of Positive School Psychology <a href="http://journalppw.com">http://journalppw.com</a> 2022, Vol. 6, No. 6, 4002-4011	2022		
Music Engagement and performance on Gardner's Intelligence Scale among Adolescents	Bhupender Singh Department of Psychology, Vishwakarma University, Pune, India	Journal of Positive School Psychology <a href="http://journalppw.com">http://journalppw.com</a> 2022, Vol. 6, No. 3, 2596–2605	2022		
Review article: Cytochrome P450 from discovery to pandemic	Sonali Manwatkar School of Pharmacy, Vishwakarma University, Pune, Maharashtra, India, PIN-411048	International Journal of Health Sciences, 6(S1), 8691–8699. <a href="https://doi.org/10.53730/ijhs.v6nS1.6880">https://doi.org/10.53730/ijhs.v6nS1.6880</a>	2022	0	14
[HDBU][HSO4]-catalyzed facile synthesis of new 1,2,3-triazole-tethered 2,3-dihydroquinazolin-4[1H]-one derivatives and their DPPH radical scavenging activity	Madiha M. Siddiqui, Amol A. Nagargoje, Satish V. Akolkar, Jaiprakash N. Sangshetti, Vijay M. Khedkar, Parshuram M. Pisal & Bapurao B. Shingate	Res Chem Intermed (2022), 48(3), 1199-1225 (2022)	2022	4	
Design, Synthesis and Biological Evaluation of Novel Furan & Thiophene Containing Pyrazolyl Pyrazolines as Antimalarial Agents	Hemantkumar N. Akolkar, Sujata G. Dengale, Keshav K. Deshmukh, Bhausahab K. Karale, Nirmala R. Darekar, Vijay M. Khedkar & Mubarak H. Shaikh	Polycyclic Aromatic Compounds, 42:5, 1959-1971,	2022	16	
Synthesis, Antimicrobial Capability and Molecular Docking of Heterocyclic Scaffolds Clubbed by 2-Azetidinone, Thiazole and Quinoline Derivatives	Nisheeth C. Desai, Jalpa P. Harsora, Jahnavi D. Monapara & Vijay M. Khedkar	Polycyclic Aromatic Compounds	2022	8	
[Et3NH][HSO4]-Catalyzed One-Pot Solvent Free Syntheses of Functionalized [1,6]-Naphthyridines and Biological Evaluation	Mubarak H. Shaikh, Dnyaneshwar D. Subhedar, Vijay M. Khedkar & Bapurao B. Shingate	Polycyclic Aromatic Compounds, 42:9, 6043-6059	2022	2	

Title	Authors name	Publication	Year	Citations	Paper View
Synthesis and Biological Evaluation of 2-(4,5,6,7-Tetrahydrobenzo[c] Isoxazol-3-yl)-4H-Chromen-4-Ones	Sujata G. Dengale, Hemantkumar N. Akolkar, Nirmala R. Darekar, Mubarak H. Shaikh, Keshav K. Deshmukh, Sadhana D. Mhaske, Bhausaheb K. Karale, Dipak N. Raut & Vijay M. Khedkar	Polycyclic Aromatic Compounds, 42:9, 6337-6351	2022	1	250
[DBUH][OAc]-Catalyzed Domino Synthesis of Novel Benzimidazole Incorporated 3,5-Bis (Arylidene)-4-Piperidones as Potential Antitubercular Agents	Dnyaneshwar D. Subhedar, Mubarak H. Shaikh, Amol A. Nagargoje, Dhiman Sarkar, Vijay M. Khedkar & Bapurao B. Shingate	Polycyclic Aromatic Compounds, 42:10, 7010-7024,	2022		
Design, Synthesis, Antibacterial Activity and in Silico Studies of Novel Quinolone Fused with Triazine, Thiadiazole and Oxadiazole Heterocycles	Nisheeth C. Desai, Kashyap R. Wadekar, Harsh K. Mehta, Unnat P. Pandit & Vijay M. Khedkar	Polycyclic Aromatic Compounds, 2023, VOL. 43, NO. 1, 154-166,	2022	4	
Development and characterization of lipidic nano-choleate for topical delivery of Itraconazole	Anuradha G. More <sup>1</sup> , Hrishikesh S. Sonsale, Swati S. Mutha, Padmaja S. Kore, Aishwarya S. Mahangale, Akshay N. Deo, Mukesh P. Ratnaparkhi	European Chemical Bulletin [ISBN-2063-5346] 2023; Volume -12, Special Issue-1(Part-A)	2023	0	15
Design and Characterization of Nanoemulgel for Topical Fungal Infection: Box Behnken Design Approach	Anuradha G. More, Shraddha S. Satkar, Swati S. Mutha, Padmaja S. Kore, Swapnil S. Tarte, Adil M. Pathan, Renuka G. Zarekar	European Chemical Bulletin [ISBN-2063-5346] 2023; Volume -12, Special Issue-1(Part-A)	2023	0	

## Proportion of Graduates In Health Professions

In the university, Faculty of Pharmacy and Department of Psychology, offer programs related to health. Among the 590 graduates, 148 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.



## Health Outreach Programmes

### 1. Blood Donation Camp

Date: 19/2/22

Location: Adinath Society, Satara Road

**Objective:**

- To align with Sustainable Development Goal 3 (Good Health and Well-being) by improving access to safe blood and reducing morbidity and mortality from transfusion-transmitted infections.
- The primary goal is to collect donated blood to save lives. Blood is crucial in medical emergencies, surgeries, and for individuals with various medical conditions, and a blood donation camp helps ensure a steady supply.

**Target Audience: Faculty and students of Vishwakarma University, and member of community**

**Summary:**

The event aimed to address blood shortages in local healthcare facilities and promote a culture of voluntary blood donation. A diverse group of donors, including community members, students, and staff, participated, with over 100 units of blood collected. Rigorous health screenings were conducted to ensure the safety of donors and recipients. The event not only bolstered the local blood supply but also fostered a sense of unity and civic responsibility. It aligns with the Sustainable Development Goal 3, promoting good health and well-being for all.



[https://www.linkedin.com/posts/profsiddhisinhg\\_vu-event-collaboration-activity-6977235782071652352-6Sef?utm\\_source=share&utm\\_medium=member\\_ios](https://www.linkedin.com/posts/profsiddhisinhg_vu-event-collaboration-activity-6977235782071652352-6Sef?utm_source=share&utm_medium=member_ios)

**2. International Women's Day Celebration**

**Date:** 08/03/2022

**Location:** To celebrate International Women's Day at Mamata Bal Sadan for destitute orphans and Nirmal Seva Mahila Vrudhashram.

Vishwakarma University, School of Pharmacy, under extension activity organized and celebrated "International Women's Day" on 08th March 2022, Tuesday.

**Objective:**

Activity was planned with following objectives-

- To spread awareness of gender equality and social support.
- To guide adolescent girls for hygiene management.
- To conduct free health check-up of old-aged women.

**Target Audience:**

A. Mamata Bal Sadan

"Mamata Bal Sadan" founded in 1994 by the famous philanthropic lady Smt. Sindhutai Sapkal with mission to bring up the orphans, destitute, distressed, children and women rehabilitation and provide them with basic necessities, also uplift the deprived section of the society and make them capable to live as respected human being. It is located at kumbharvalan,tal. Purandar, dist. Pune. Till now the achievements of institution around 40 years of social work, more than 750 awards, mother of more than

1050 orphan children, 207 sons-in-law and 36 daughters-in-law. The shelter, ration, cloths, education, medical needs etc of these children are a responsibility shouldered by this institution; this work not only stops here but continues until these children become capable of living an independent and responsible life of their own. Total strength of girls at present 52 girls (Age 7 to 23 years) and 15 facilitators resides in the Sadan.

### B. Nirmal Seva Mahila Vrudhashram

Nirmal Seva Foundation (NSF) located at 14/2B/2/17, tarawade vasti, Mohmmedwadi, Pune- Total around 21 women residing in the NSF age range from 40 to 92 years. NSF people's non-government organization was established on 17th April 2016 by Nalini Dhende, who dedicated her life in aiming to improve the life status of disadvantaged people giving special priorities to women, children and old aged person.

#### Summary:

**International Women's Day:** The theme for International Women's Day, 8 March 2022 is "Gender equality today for a sustainable tomorrow". To celebrate the day of womanism we had selected "Mamata Bal Sadan" orphanage, Saswad, Pune & Nirmal Seva Mahila Vrudhashram, Hadapsar, Pune.

Both the places were full of women energy and positivity. Mamata Bal Sadan gave the lesson of girls without parents and Nirmal seva Mahila Vrudhasharam parents without children touched to heart in depth. At the end realize both the extremities need love and care.

Following activities are executed by School of Pharmacy, Vishwakarma university:

1. Social awareness, adolescent girl's education, hygiene management and distribution of hygiene material kit at Mamata Bal Sadan orphanage Saswad, Pune.
2. A free health check-up for old-age women will be conducted at Nirmal Seva Mahila Vrudhashram, Hadapsar, Pune.



[https://www.instagram.com/p/CazoXoMPTbq/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRIODBiNWFIZA==](https://www.instagram.com/p/CazoXoMPTbq/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==)

### 3. World Tuberculosis Day

**Date:** 24/03/2022

**Location:** Meenatai Takhre Maternity Home, Bhagyoday Nagar, Shreehans Nagar, Kondhwa, Pune, Maharashtra 411048.

School of Pharmacy, Vishwakarma university had organized an extension activity with collaboration with Health Department, Pune Municipal Corporation (PMC) to create and raise public awareness about the devastating health, social and economic consequences on major tropical disease, tuberculosis (TB). The activity involved street play performed by the students of diploma second year informing about the causes, prevention, treatment of TB. A small rally for awareness towards TB was also organized 48 students of D. Pharmacy from Vishwakarma University had participated in the awareness program. Dr. Irfan Khan, Medical officer, Health Department, Pune Municipal Corporation had delivered a session to spread awareness on TB. He addressed about the symptoms, cure, prevention, and medication related to TB. Moreover, 5 students participated in poster competition organized by Pune Municipal Corporation. They won 3rd prize in the competition and got felicitated by Pune Municipal Corporation.

The main aim of this activity was to spread public awareness regarding the illness. Overall, the activity was highly informative and educative. It also helped to spread awareness regarding tuberculosis. They were also guided regarding the treatment centers and were instructed about the social responsibility of a pharmacist towards public health and awareness. The students got motivated and a sense of responsibility rose between them for public awareness.

#### Objective:

- To spread awareness regarding Tuberculosis in society
- To promote preventive measures
- Safety concerns for patient and surrounding peoples
- Being a global health concern, efforts are made worldwide to treat TB.



#### 4. Oral Health and Hygiene Day

**Date:** 26/03/22

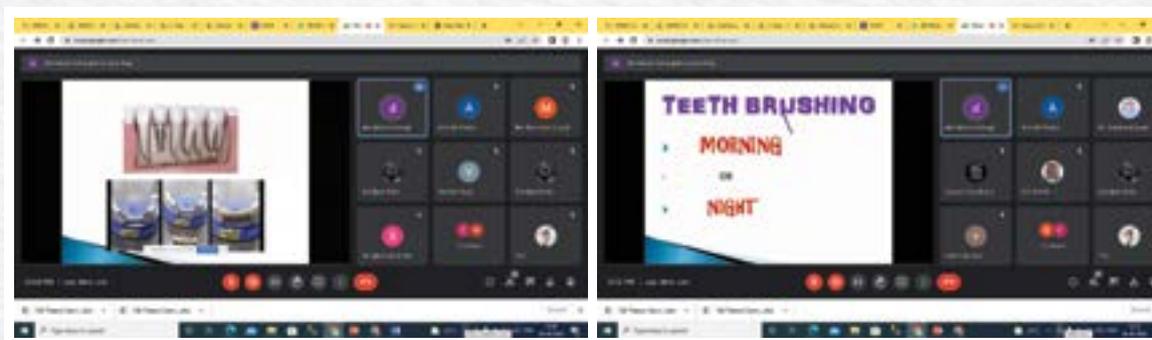
**Location:** Guest session done at Online Platform, Vishwakarma University

School of Pharmacy, Vishwakarma University had organized an expert session on ORAL HYGIENE (20th March) on 26th March 2022 at 12.00pm on Google Meet platform. Considering the ignorance of people regarding maintenance of oral hygiene and lack of knowledge about oral cavities, scaling, etc. our institute had organized this expert session for general awareness among students and faculties.

Dr. Shubhangi started the session with a very good quote describing, smile as important tool of a confident person. She explained the audience regarding the importance of oral hygiene, brushing methods and oral cavities. She also discussed various myths popular among people for visiting dentist. She finally concluded by giving tips to the audience regarding oral health and timely visit to the dentists.

#### Objective:

- To spread awareness about Oral Hygiene
- Share the knowledge on oral cavities, scaling etc.



#### 5. World Bipolar Day

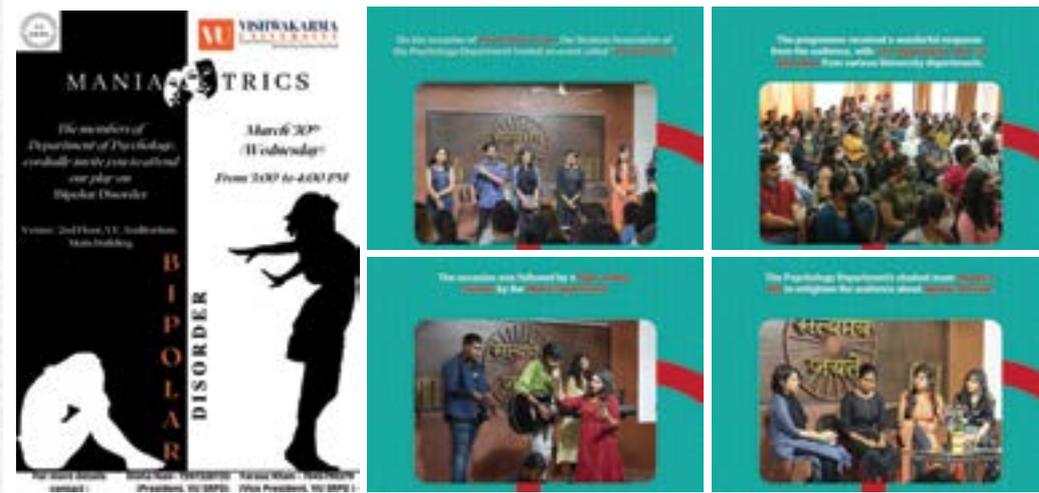
**Date:** 30th March, 2022

**Location:** Vishwakarma University, Room no: 1206

In support of SDG 3 (Good Health and Well-being), a powerful skit was performed on Bipolar Awareness Day. The skit highlighted the importance of understanding and addressing bipolar disorder, a common mental health condition. Through compelling storytelling and relatable characters, the performance aimed to reduce stigma and promote empathy. It emphasized the need for accessible mental health services, aligning with the SDG's goal of ensuring universal health coverage, including mental health support. This impactful skit encouraged dialogue and compassion, contributing to the global mission of achieving well-being for all and leaving no one behind.

#### Objective:

- To spread awareness and promote understanding of bipolar disorder
- To highlight the importance of early intervention of the disorder
- To align with the United Nations Sustainable Development Goal 3 (Good Health and Well-being), which aims to ensure healthy lives and promote well-being for all at all ages.



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<https://www.facebook.com/photo/?fbid=547204190340256&set=pcb.547204470340228>

## 6. Visit and Interaction to the Rehabilitation Centre

**Date:** 21st April, 2022

**Location:** Mukhtangan Rehabilitation Centre

Mukhtangan is a renowned rehabilitation centre for persons who are dependent on alcohol or other substances. Students of VU visited this rehabilitation centre. As a part of this extension activity students developed insight on various therapies as Mr Anand Nadkarni explained how they treated the patients at the rehabilitation center. This activity also aimed at giving support to individuals overcoming challenges related to the health including substance abuse, physical injuries, and mental health issues. Students were introduced to the counseling therapy and behavior modification techniques which are taught to the residents at Mukhtangan. Students were sensitized about the medical care and emotional and psychological support which should be provided to the persons which suffer through the problems of addiction. 15 students along with 2 faculty members visited the rehabilitation center as a part of the extension activity.



## 7. Field Visit to Regional Ayurveda Institute Fundamental Research, Pune

Date: 22/4/2022

The field visit to the Regional Ayurveda Institute provided invaluable insights into traditional healthcare practices, aligning with SDG 3 - "Good Health and Well-being." The institute's emphasis on holistic wellness, herbal medicine production, and evidence-based research resonates with SDG 3's objectives. The integration of Ayurveda into the community highlighted its role in reducing health disparities. The sustainable cultivation practices underscored environmental consciousness in healthcare. This visit not only enriched our understanding of Ayurveda but also emphasized its relevance in achieving universal health coverage and promoting well-being, making it a pivotal component of SDG 3's global agenda.

### Objectives:

- To provide exposure to medicinal plants and their therapeutic uses
- To provide the practical and theoretical knowledge of ayurveda medicines



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<https://www.facebook.com/photo/?fbid=551719009888774&set=pcb.551719139888761>

## 8. Celebration of International Yoga Day

**Date:** 21/06/2022

**Location:** Vishwakarma University

The International yoga Day, is celebrated annually on 21st June is a global event aimed at promoting the physical, mental, spiritual benefits of yoga. This year the event was organized by Department of Yoga and Naturopathy at Vishwakarma University.

The day saw an enthusiastic participation of yoga enthusiasts practioner and individuals from various walk of life coming together to celebrate the ancient practice of yoga.

The participants engaged in activities like yoga asana showcasing various poses and their benefits. Pranayama- Breathing exercise, meditation session was conducted for mental tranquility.

The objectives of this programme were:

- To encourage the people to incorporate yoga into daily routine for physical fitness
- To promote stress reduction, anxiety, and mental calmness.



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## 9. Name: Field Visit to Mauli Seva Pratishthan, Ahmednagar

**Date:** 3/09/2022

Vishwakarma University organized a field trip on 3rd September 2022, which included twenty-one students of BA semester V from Psychology Department went to Mauli Seva Pratishthan, Ahmednagar. We were escorted by 3 of our faculty members, Ms. Rupali Nawale, Ms. Sakshi Mathurawala and Mr. Anirudh Shidhaganesh. Mauli Seva Pratishthan is run by Dr. Rajendra Dhamane, who has done his MA in clinical psychology, M.D in Homeopathy and PGDEMS and his wife Mrs. Sucheta Dhamane who has been a professor in psychology. It is a Rehabilitation and resettlement center for women suffering through mental illnesses such as Schizophrenia, bipolar disorder, sexually assaulted and have lost their homes, family connection, have no job and were now out on the streets on their own. They take these women in and provide them with food, grooming, therapy, medications and all the other necessary care required according to their illnesses faced. The purpose of this organization is to not just help these women but also make them independent.

### Objectives:

- To provide students with a practical exposure to real world application of psychological theories.
- To provide students opportunities to observe professional practice
- To give students exposure regarding diverse population and their mental health conditions.



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## 10. Industrial Visit to Primary Healthcare Centre, Pisoli Village, Pune

Date: 08/09/2023

Target Audience: Patients, residents of Pisoli Village

The field visit to the healthcare center serves as a practical embodiment of Sustainable Development Goal 3 (SDG 3) - "Good Health and Well-being." By exposing students to real-world healthcare settings, it promotes an understanding of accessible, quality healthcare for all. Witnessing patient-centered care, clinical procedures, and infection control measures instills the importance of patient safety (SDG 3.8). Interactions with healthcare professionals and exposure to specialized departments encourage the development of a skilled and diverse healthcare workforce (SDG 3.c). Additionally, learning about community outreach programs underscores the center's contribution to preventive healthcare, aligning with SDG 3.4 - reducing the burden of diseases. This visit catalyzes students' engagement with SDG 3's mission for universal well-being.

### Objectives:

- Understanding Patient-Centered Care: To familiarize students with the principles and practices of patient-centered healthcare delivery, emphasizing empathy, communication, and individualized treatment.
- To provide students with the opportunity to witness various clinical procedures, diagnostics, and treatments, enhancing their practical knowledge of healthcare protocols.



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## 11. Celebration of World Pharmacist Day

Date: 23/9/22

This year the VU School of Pharmacy is celebrating World Pharmacist Day on 23rd September 2022 with Dr. Manish Wanjiri, Assistant Director, Regional Ayurvedic Research Institute, Pune, Ministry of AYUSH, Govt. of India.

World Pharmacist Day, celebrated annually on September 25th, highlights the pivotal role of pharmacists in global healthcare. Aligned with Sustainable Development Goal 3 (SDG 3) - "Good Health and Well-being," this event underscores the critical link between pharmacists and accessible, quality healthcare. Pharmacists are essential in ensuring safe medication use, disease prevention, and health education. By promoting responsible consumption and distribution of pharmaceuticals, they contribute to SDG 3's target of universal health coverage. Additionally, pharmacists play a key role in reducing adverse drug reactions and enhancing community health outcomes. World Pharmacist Day serves as a reminder of their indispensable contribution to global well-being.



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## 12. Community Extension Activity

**Date:** 24/9/22

**Location:** Philants NGO, Z Bridge, Pune

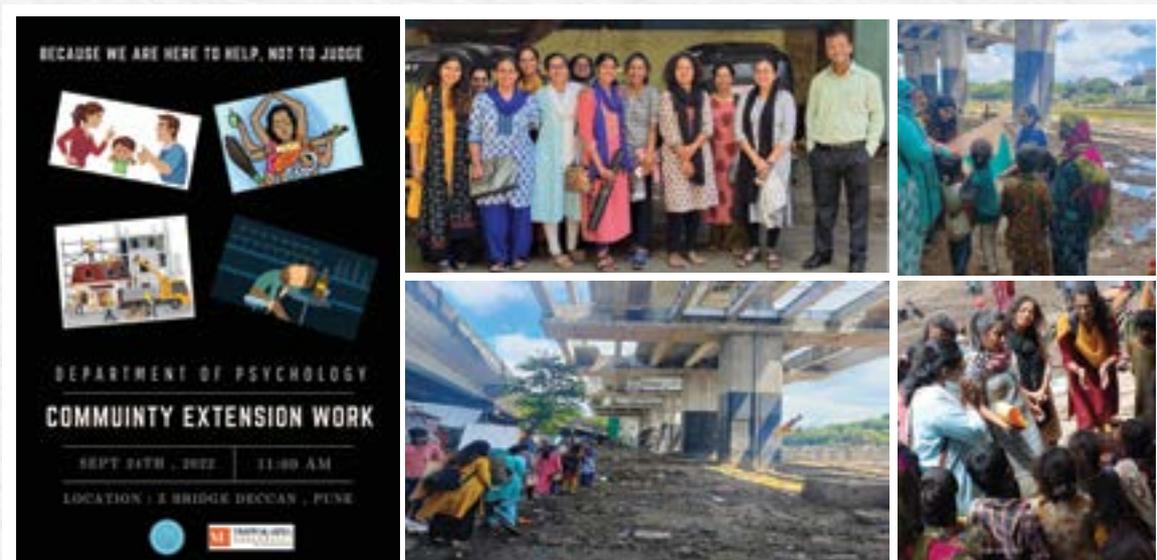
### Target Audience:

Migrants residing at Z Bridge

The Department of Psychology at Vishwakarma University, Pune, along with Philants NGO, Pune, organized the community extension work initiative on Saturday, September 24, 2022. Students from the department first approached the local population, where they interacted with women and children. Through this interaction, an attempt was made to comprehend the residents' concerns. The main issues were excessive alcohol consumption, difficulty managing anger, and frequent house conflicts. Early marriages and a lack of education were also mentioned as social issues. Some suggestions were made, such as engaging in healthy conversation with family and friends, learning about the negative effects of alcohol consumption, and trying to educate parents about the importance of education for their children. They were given various helpline numbers to call and speak to in the event of any social or psychological difficulty. Women were also given the helpline numbers to call in incidents of sexual and domestic abuse. This two-hour community extension activity was educational and helped students understand the various issues confronting underprivileged people as well as the challenges of rural counselling. The site, located near Z-bridge, Deccan Gymkhana, Pune, was visited by nine students pursuing a master's degree in counselling psychology, along with faculty members Dr Ibadat Khan, Dr Sangeeta Yadav, and Ms. Madhuri Marathe.

### Objectives:

- To understand issues of mental health faced by individuals belonging to low socio- economic background.
  - To understand how to interact with individuals belonging from a marginalized background and psycho-educating them the importance of mental health.
  - To make the migrants aware regarding the concept of mental health and physical health as well as educating them regarding the right source from where help can be received.
- their indispensable contribution to global well-being.



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### 13. World Mental Health Day

Date: 10/10/22

In commemoration of World Mental Health Day, our institution organized a series of activities in alignment with Sustainable Development Goal 3 (Good Health and Well-being). The day began with a stimulating debate that explored the impact of stigma on mental health, advocating for empathy and understanding.

The “Mind Hunt” activity encouraged students to navigate a series of challenges promoting mindfulness, stress reduction, and self-care. It aimed to raise awareness about the importance of mental well-being. A mental health-themed quiz engaged students in testing their knowledge of mental health issues and strategies for maintaining a healthy mind.

In the laboratory exhibition, students showcased innovative research on mental health, reinforcing the significance of scientific advancement in understanding and addressing mental health conditions. These activities collectively promoted the importance of mental well-being, challenged stigma, and encouraged dialogue around mental health issues.

Along with the above activities inauguration of Vishwakarma University Centre of Excellence was done to start with free counseling for staff and students.



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## 14. Cleanliness Drive

**Date:** 17/11/22 & 18/11/22

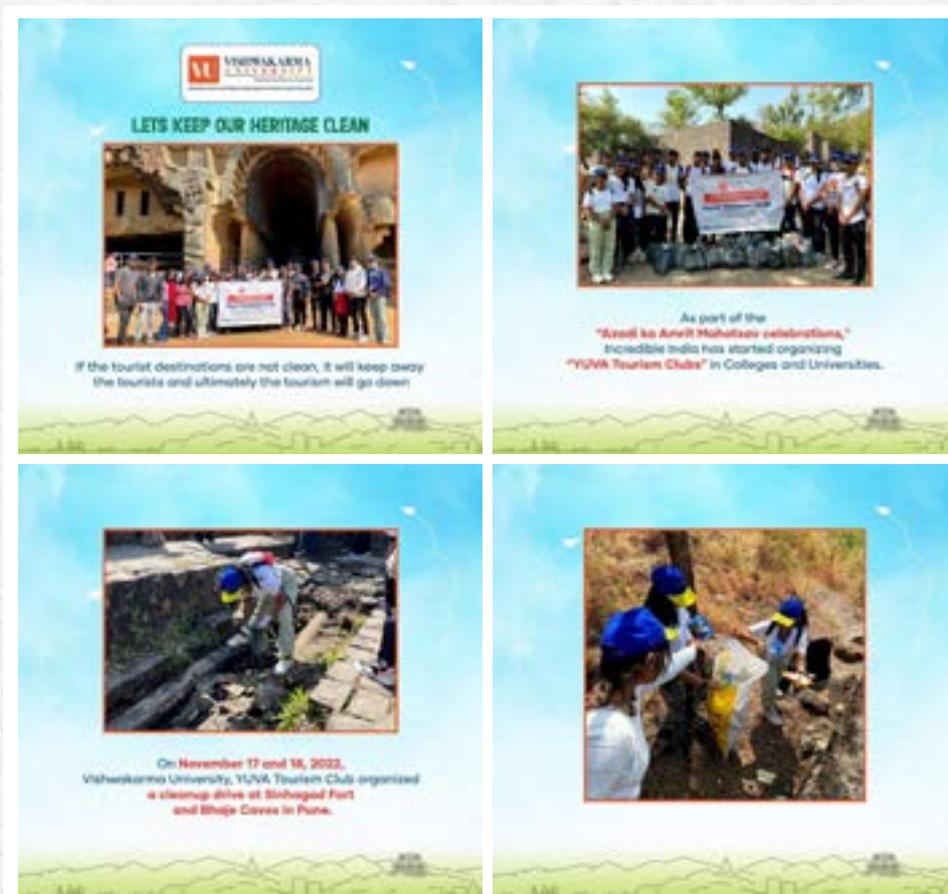
**Location:** Sinhagad fort and Bhaje caves, Pune

The clean-up drive serves as a tangible step towards realizing Sustainable Development Goal 3 (SDG 3) - "Good Health and Well-being." By removing litter and pollutants from public spaces, it directly contributes to a cleaner, safer environment, which is crucial for preventing diseases and promoting overall well-being (SDG 3.3). The initiative also raises awareness about responsible waste management, aligning with SDG 3.9's focus on substantially reducing the number of deaths and illnesses caused by hazardous chemicals and air, water, and soil pollution. Additionally, the clean-up drive fosters community engagement, encouraging collective action for a healthier, more sustainable future, in line with SDG 3.6.

**Target Audience: For the society**

### Objectives:

- To contribute towards the restoration of the local environment by removing litter, debris, and other pollutants from public spaces.
- Enhance the visual appeal of the area, creating a more pleasant and inviting environment for residents and visitors.
- Create awareness about the importance of waste reduction, recycling, and sustainable practices among participants and the wider community.



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## VU - SPORTS POLICY

### 1. Purpose:

The Vishwakarma University believe that all the students need a break from classroom and lectures to rejuvenate and extracurricular activities are the best way to regain that energy and enhance the personality. Whether getting involved in student clubs, volunteering activities, sports tournaments, these activities outside the regular classroom, help students meet new people and develop their social skills. While academics play a significant role, sports-related activities are also important in shaping the personality and character of a student. With the same ideology, Vishwakarma University emphasizes on sports and encourages its students to participate in various tournaments. Students not only stay fit and healthy by actively participating in sports, but they also learn effective ways to handle pressure in times of crisis. What are those amazing benefits that sports offer to students? Let us discuss them in detail.

### 2. Scope:

Vishwakarma University, considered the sport activity at most important as these provide physical fitness benefit and overall personality development for the students at every stage of their life. Hence there is a scope for thoughts on the part of the intellectual mechanism, with a resulting acquisition of knowledge. Physical activities are essential for the development of a student's scientific insight, intelligence, and superior type of reflective process of sports initiatives.

### 3. Statement:

At VU, Sports are considered as important component of overall personality development of the students at VU. Vishwakarma University encourage all the students to participate in all sports activities organized inter university or intercollegiate tournament. Sports activity are the integral part of the social development of the students it needs to be encouraged.

### Procedure & Responsibility:

The Vishwakarma University will provide sports facility and shall be consider it as an important part of student's development. The Vishwakarma University makes available necessary budget and infrastructure to implement policy. The Vishwakarma University shall be abide and adhere to the sports policy.

### Sports Facilities

#### A. Indoor Games

- Table Tennis • Carom Board • Chess Board

#### B. Outdoor Games (Ground size: 1300 SQM) VU

- Cricket • Volley Ball
- Badminton • Tug of War

#### C. Open Gymnasium

- Par allel Bars set (complete) Adjustable – double lock system
- Buck Horse – Leather Top
- Gymnastic Bench
- Dumbbells Rubber quoted
- Tread Mill



## Free Sexual Health For Students

### 1. Breast Cancer Awareness Session

**Date:** 02/05/2022

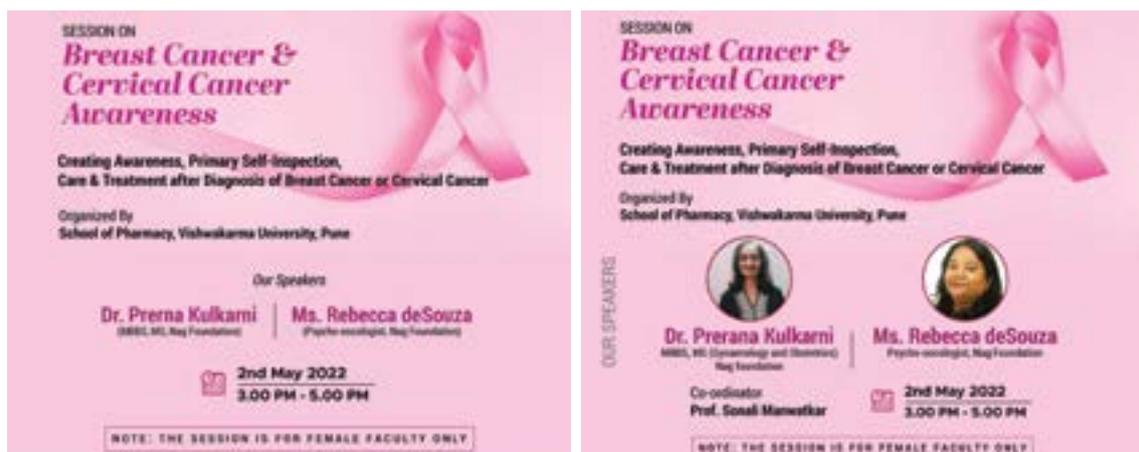
**Location:** Vishwakarma University

The awareness session commenced with an introduction to the significance of understanding breast and cervical cancers. Dr. Prerana Kulkarni, a renowned expert in Gynecology Obstetrics from Nag Foundation, elucidated the importance of early detection and regular screenings in combating these cancers effectively.

Dr. Kulkarni provided insights into breast cancer, stressing the need for regular self - examinations, mammograms, and clinical check-ups. She emphasized the importance of early detection and its impact on successful treatment outcomes. Understanding cervical cancer was elucidated, focusing on risk factors, symptoms, and the role of regular screenings such as Pap smears. she also emphasized HPV vaccination as a preventive measure.

### Objectives:

- To spread awareness about breast cancer
- To spread awareness about cervical cancer
- Share the knowledge on primary self -inspection, care, and treatment after diagnosis.



## 2. Internal Complaint Committee (ICC):

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.



## **Mental Health Support**

### **Vishwakarma University Wellness Centre of Excellence (VUWCOE)**

#### **Introduction**

The Vishwakarma University Wellness Centre of Excellence (VUWCOE) is established in 2022 with the belief that an individual can achieve his/her potential by keeping their mental strength and well-being healthy. To achieve the same, VUWCOE is functioning with effective counsellors/experts who will be able to acknowledge & accept the students' and employee's mental health issues and provide appropriate suggestions/guidance. It will be helping them to achieve their excellence in academics as well as living productive and meaningful lives. The center will be able to display warmth, empathy and unconditional positive regard towards the students and employees of the University. Besides guidance and counselling sessions, the center will be actively contributing in the promotion of mental well-being by organizing life skill training, expert lectures, workshops, research, and collaborations within and outside the Vishwakarma University.

#### **Vision**

To promote a conducive environment that values diversity, encourages intellectual, emotional growth, and helps the individual develop life skills essential to tackle challenges.

#### **Mission**

To provide comprehensive and effective wellness services that aim at fulfilling the personal, social, emotional, and learning needs of the students and faculty members.

#### **Objectives**

National Education Policy 2020 and University Grants Commission emphasizes that every educational institute should have a system to handle students' mental health challenges and promote psycho-social well-being.

To comply the same, the following objectives of the VUCOE is mentioned below:

- To provide guidance & counselling services to Vishwakarma University Students that help them attain personal and professional excellence and prepare them to face life's challenges.
- To equip students with the necessary knowledge, attitudes, and skills to become responsible and psychologically healthy individuals.
- To be available for the student community and acknowledge the unique needs and characteristics.
- To ensure students' success, happiness, and well-being.
- To promote an environment of personal safety and respect by collaborating with other faculty members and university staff.

#### **Activities of The Centre**

1. Personal Counselling
2. Group Counselling
3. Psychometric Assessment and Testing
4. Career Guidance and Support
5. Research and Collaboration
6. Employee Assistance Programs
7. Training and workshops

## How to Reach Us

The working hours for the Centre are 9 AM to 5 PM (Monday to Friday). Students and employees of the Vishwakarma University can seek a prior appointment through the official email ID of the centre as given below:

[vuwcoe@vupune.ac.in](mailto:vuwcoe@vupune.ac.in)

The centre will provide them a schedule of the interaction session or counseling session. After- hours, holidays and at weekends, counseling session will be entertained on emergency basis.

## Mode of The Counselling Session

Counselling sessions can take place in the following two modes.

In-person counselling - can be possible only on the campus and depending upon COVID pandemic protocols.

Online counselling - Google meet link will be provided to the client. Clients and professionals will be required to turn on their videos throughout the session. This service will be provided in emergency situations.

## Fees

Counselling services are free of cost for the students and employees of Vishwakarma University only.

## Website:

<https://www.vupune.ac.in/centres-of-excellence/vu-wellness-centre-of-excellence-vuwcoe>



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## Smoke free Policy

Policy Title	Smoke Free Policy		
Policy Number	VU/IQAC/003		
Responsibility of	Prof. Sarika Sagar		
Status	✓ Active	In-revision	Proposed
		Draft #	Draft # 1
Approved By	Vice-Chancellor		
Approval Date	14th August 2019		
Effective Date	14th August 2019		
Revision History			
Number	Date	By	Main Changes
Revision # 1	14th August 2019	Prof. Sarika Sagar	Committee member

**Contact office:** Department of Law and Governance, VU, Pune

**Email address:** Sarika.sagar@vupune.ac.in

**Phone Number:** 020-26950304

### Policy Statement:

Vishwakarma University, Pune has prohibited the advertisement, trading, production, supply and distribution of the cigarettes and other tobacco products within the University campus including the 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.

### Responsibility:

The Smoke Free Campus Committee headed by Prof. Sarika Sagar implements the Smoke Free Policy of the University. The Committee includes two other members including representative of the Teaching faculty (One) and Non- teaching staff (One).

### Rationale:

VU acknowledges that stakeholders are its most important resource.

VU believes that maximizing 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.

**Procedure:** The measures to be taken by the Committee, for smoke free campus, are 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. The names of the members of the Smoke Free Campus Committee, which is authorized to ensure the implementation of this system may be duly notified. The shops, if any, selling cigarettes and other tobacco products around the University are to be got removed immediately. The Committee shall effectuate to other measures like organizing poster competitions, seminars/workshop and involve maximum students in promoting a smoke free and tobacco free campus and a healthy life style 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 Hon. Vice Chancellor, Vishwakarma University, Pune.





**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](http://www.vupune.ac.in)**

**Email : [admissions@vupune.ac.in](mailto:admissions@vupune.ac.in) | [connect@vupune.ac.in](mailto:connect@vupune.ac.in)**