

# VISHWAKARMA UNIVERSITY

SDG 3 REPORT 2023



**VISHWAKARMA  
UNIVERSITY**  
*Maximising Human Potential*

University Grants Commission (UGC) Approved State Private University





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# 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 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

At Vishwakarma University (VU), our commitment to health and wellbeing is rooted in the pursuit of Sustainable Development Goal 3 (SDG3). This goal encompasses a broad spectrum of global health challenges—from maternal and child health to the prevention and management of communicable and non-communicable diseases, as well as ensuring equitable access to quality healthcare services. We recognize that SDG3 is integral not only to sustainable economic growth but also to the holistic development of individuals, as healthier populations contribute more effectively to their communities and drive progress across other SDGs, such as education, gender equality, and poverty reduction. In line with this mission, VU harnesses the power of technology to raise awareness and sensitize our community to key health issues.

With active student participation, we have launched numerous initiatives to promote both physical and mental well-being. The School of Psychology and the School of Pharmacy play a pivotal role in leading these efforts, designing programs that address mental health, build emotional and social skills, and prepare students for challenges in various facets of life. Our health and wellbeing initiatives are an essential part of VU's educational philosophy, equipping students not only with academic knowledge but also with the tools to thrive mentally and emotionally. Through these programs, we aim to contribute meaningfully to the global SDG agenda while fostering a healthier, more inclusive campus environment. Some of activities of year 2023 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 |
|--|---|--|------|-----------|------------|
| Sulindac-Loaded Topical Nanoemulgel Formulation and Optimization   | Kumawat Jaymala Arun, Anwar Khan, Nabani Mahato, Joti Devi, Sanghavi SaurabhJawahar                     | Bulletin of Environment, Pharmacology & Life Sciences, ISSN 2277-1808 Vol 12 [8] July 2023 : 237-245 | 2023 | 6         | 330        |
| Evaluation of Anti-Inflammatory and Analgesic Property of Methanolic Extract of Momordica Dioica in Wistar Rat Model | Vrushali Neve, Jui Darbhe, Vrushali Bhalchim, Pawan Karwa, Jaymala Kumawat, Suchita Gokhale             | Journal of Advanced Zoology ISSN: 0253-7214 Volume 44 Issue S-5 Year 2023 Page 3022:3036             | 2023 | 3         | 130        |
| Development and characterization of nature polyherbal formulations for the treatment of alcoholic liver cirrhosis    | Monika Singh, Nabani Mahato, Revathi Sundaramoorthi, Anasuya Patil, Shaheena Sohi, Jaymala Arun Kumawat | Eur. Chem. Bull. 2023, 12 (6), 2439 – 2450   | 2023 | -         | 100        |
| Unlocking the Potential of In-silico Approaches: Drug Development and Vaccine Design                                 | Mrunalini Harish Kulkarni   | International Journal of Drug Delivery Technology  | 2023 | -         | 154        |



| Title of the Research Paper   | Full Name of all Authors   | Publication   | Year | Citations | Paper View |
|---|--|---|------|-----------|------------|
| Formulation and evaluation of a topical gel containing minoxidil and tofacitinib citrate for alopecia areata  | Mrunalini Harish Kulkarni  | International Journal of applied pharmaceutics          | 2023 | 1         | 163        |
| Formulation Development and Evaluation of Polyherbal Gel Containing Extract of Eclipta Alba (L.) (Asteraceae) For The Management of Alopecia              | Archana Pramod Shaha, Jyothirmayee Devineni, Nagineni Sudarshan Rao, Anjulata Manjari Sahoo, Smita Tukaram Kumbhar, Parag Anilkumar Rabara, Bhushan Murlidhar Firake, Dillip Kumar Gupta | Journal of Chemical Health Risk                         | 2023 | -         | 16         |
| QSAR and Molecular Docking Studies of 5-benzylideno-2-adamantylthiazol[3,2-b][1,2,4] triazol-6(5H)ones derivatives as Antimicrobial Activity              | Vijay M Khedkar  | Indian Journal of Pharmaceutical Education and Research | 2023 | -         | -          |
| Synthesis Of Difluoromethoxybenzimidazole Clubbed Chalcone Derivatives: A Strategic Approach For Deriving Improved Class Of In-Vitro Antimicrobial Agents | Vijay M Khedkar  | Heterocyclic Letters                                    | 2023 | -         | -          |
| Development of favipiravir loaded PLGA nanoparticles entrapped in in-situ gel for treatment of Covid-19 via nasal route                                   | Shilpa Dawre   | Journal of Drug Delivery Science and Technology         | 2023 | -         | -          |
| Solid lipid nanoparticles dispersed topical hydrogel for Co-delivery of adapalene and minocycline for acne treatment                                      | Shilpa Dawre   | Journal of Drug Delivery Science and Technology         | 2023 | -         | -          |
| Sunscreens: A comprehensive review with the application of nanotechnology   | Shilpa Dawre   | Journal of Drug Delivery Science and Technology         | 2023 | -         | -          |
| Determination of Olmesartan in Bulk and Pharmaceutical Dosage Forms through the Development and Validation of Stability-indicating RP-HPLC Method         | Shilpa Dawre   | Drug Metabolism and Bioanalysis Letters                 | 2023 | -         | -          |
| Formulation and estimation of atomoxetine hcl for buccal drug delivery system   | Sushma Maratha, Mohit Chadha, Vishal Garg, Talluri Srinivasa Rao Jitendra Kumar, Avinash Joriya, Yogita Akash Shinde, Ujash kumar Shah   | European Chemical Bulletin                              | 2023 | 1         | -          |



| Title of the Research Paper  | Full Name of all Authors  | Publication   | Year | Citations | Paper View |
|--|---|---|------|-----------|------------|
| An experimental study on phytochemical screening and in vitro anti-microbial properties of extract of cinnamomum tamala leaves             | Keshamma E, Manisha Bhatti, Vinay Kumar Gupta, Debanjana Mondal,Dhiraj Baishya, Priyam Jyoti DasYogita Shinde, Dileep Singh Baghel, Balakrishna Vuyyala   | China Petroleum Processing and Petrochemical Technology | 2023 | -         | -          |
| Unlocking the Potential of In-silico Approaches: Drug Development and Vaccine Design   | Priya V Nikam , Sanjay Kumar, Sachinkumar D Gunjal , Mrunalini H Kulkarni , Surya P Singh   | International Journal of Drug Delivery Technology       | 2023 | -         | -          |
| Formulation and evaluation of a topical gel containing minoxidil and tofacitinib citrate for alopecia areata                               | Bhuvaneshwari Sharannavar , Monali Bhagat Amonkar, Poonam Inamdar, Mrunalini Kulkarni   | International Journal of applied pharmaceutics          | 2023 | -         | -          |
| Psoriasis: A Comprehensive Review of Diagnosis and Treatment   | Devinder Kumar Maheshwari, Hariharan S., Krishna Prasanth B., Rama Prasad Padhy, Sagar Narendra Ande, Poonam Popatrao Taru, Darshan J.C., Muhammed Ameen M.P. and Dharmamoorthy G   | International Journal of zoological investigation       | 2023 | -         | 86         |
| In Silico Screening of Chrysin Derivatives as Drug Leads Against Covid-19  | Yogita Akash Shinde, Rabisankar Dash, Desh Deepak Pandey, Saroj Kumar Raul, Ashok Kumar, Ladli Kishore, Sumana K  | Journal of Advanced Zoology                             | 2023 | -         | -          |
| Bioactive molecules from terrestrial and seafood resources in hypertension treatment: focus on molecular mechanisms and targeted therapies | Md. Rezaul Islam, Puja Sutro Dhar, Shopnil Akash, Sabeena Hussain Syed, Jeetendra Kumar Gupta, Kumaraswamy Gandla, Muniya Akter <sup>1</sup> , Abdur Rauf* , Hassan A. Hemeg, Yasir Anwar, Bassam Oudh Aljohny and Polrat Wilairatana | Natural Products and Bioprospecting                     | 2023 | 3         | -          |
| Phytochemical analysis of curcumin from curcuma longa  | Vijeta Bhattacharya, M. Alagusundaram, Suraj Mandal, Dr. R. Siva, Dr. Revan Karodi, Abdul Kadir Jilani, Dr. Amit Kumar Nigam, Vishnu Alias Vipul Parab  | Tuijin Jishu/Journal of Propulsion Technology           | 2023 | 3         | 557        |
| A Panoptic Review on Improvement in Chemotherapeutic Properties of Cytotoxic Drugs through Calixarene                                      | Gidwani B, Gupta SK, Jyoti Sahu,  | IJPSN   | 2023 | -         | -          |



| Title of the Research Paper   | Full Name of all Authors   | Publication   | Year | Citations | Paper View |
|---|--|---|------|-----------|------------|
| Novel Drug Delivery for Cancer  | Nikita Kolte, Yogita Shinde  | IJRPAS  | 2023 | -         | -          |
| Phytochemicals: an herbal remedies for alopecia   | Talele D, Talele C, Pasalkar SV, Parekh SR   | IJBPAS  | 2024 | -         | 138        |
| From Plant To Pill: Investigating Prosopis Juliflora Fruit Mucilage As A Pharmaceutical Excipient Through Isolation And Physicochemical Analysis    | Yamjala Ganesh Kumar, Talele Dipali, Pankaj Mohan Pimpalshende, Rini Punathil, Karthika Gouthaman, Akshada Devendra Khetre             | Journal of Advanced Zoology                             | 2024 | -         | 86         |
| Light Sensitive Liposomes: A Novel Strategy for Targeted Drug Delivery  | Chintan Aundhia, Ghanshyam Parmar, Chitralli Talele, Dipali Talele and Avinsh Kumar Seth   | Pharmaceutical Nanotechnology                           | 2024 | -         | 17         |
| Recapitulation of Dietary Phytonutrients and Its Associated Implications on Obesity   | Chitralli Talele, Dipali Talele, Mamta Kumari, Niyati Shah, Hemraj Singh Rajput, Piyushkumar Sadhu, Chintan Aundhia                    | Bulletin of Environment, Pharmacology and Life Sciences | 2023 | -         | 44         |
| Evaluation of anti convulsant potential of allium sativum extract in validated animal models  | Pydiraju Kondrapu, Shailaja Nare, Ganesh Rangrao Pawar A. Rekha Devi , Mamta Bhatia , Nisha Choudhary , Talele Dipali, Moushumi Baidya | European Chemical Bulletin                              | 2023 | -         | 121        |
| Transethosomes: An Innovative Approach for Drug Delivery  | Chitralli R. Talele, Dipali R. Talele, Niyati Shah, Mamta Kumari, Tammanah Bhanderi Chintan Aundhia                                    | Asian Journal of Pharmaceutics                          | 2023 | -         | 1087       |
| Natural Remedies for Onychomycosis: A Review  | Chitralli R. Talele, Dipali R. Talele, Gargee Barhate, Vasudev Bendre, Vedant Marda and Chirag Khandelwal                              | Journal of Natural Remedies                             | 2023 | -         | 207        |
| Development and Characterization of Polyherbal Hair Oil for Prevention of Hair Fall   | Shraddha Pawar, Priya Patil, Pravin G. Dhone, Neeta Rai, Dipali M. Dhoke, Poonam R. Inamdar, Amrita Thakur                             | Asian Journal of Pharmaceutics                          | 2023 | -         | 260        |
| The Development and Characterization of Eye Drops Containing Acyclovir Microspheres against Herpes Simplex-induced Keratitis                        | ravin G. Dhone, Pallavi Dhekale, Reshma Rameshwar Todkari, Nutan Nibe, Neeta Rai   | Asian Journal of Pharmaceutics                          | 2023 | -         | 139        |
| Formulation and Evaluation of Ramsetron Hydrochloride sustained release matrix tablet using different ratios of Chitosan and K- Carrageenan polymer | Amrita Thakur Mohammad Khalid, Tejas Jagdishbhai Patel, Garima Chand, Mumtaz Ahmad, Deepak Kumar, Moh Aijaz, Nitin Mishra              | European Chemical Bulletin                              | 2023 | -         | 125        |
| Development and Characterization of Polyherbal Hair Oil for Prevention of Hair Fall   | Shraddha Pawar, Priya Patil, Pravin G Dhone, Neeta Rai, Dipali M Dhoke, Poonam R Inamdar, Amrita Thakur                                | Asian Journal of Pharmaceutics                          | 2023 | -         | 260        |



| Title of the Research Paper  | Full Name of all Authors  | Publication   | Year | Citations | Paper View |
|--|---|---|------|-----------|------------|
| A Panoptic Review on Improvement in Chemotherapeutic Properties of Cytotoxic Drugs through Calixarene  | Gidwani B, Gupta SK, Sahu Jyoti*  | International Journal of Pharmaceutical Sciences & Nanotechnology (IJPSN) | 2023 | -         | 3          |
| Formulation and in vitro evaluation of floating tablets of hydroxypropyl methylcellulose and polyethylene oxide using prazosin hydrochloride as a model drug                 | T. Naga Aparna, Shweta Manjeet Rajput, Mangesh Manikrao Kumare, V Rama Rao, Nitin B Ghiware, Yogita Akash Shinde, Yerikala Ramesh, Swati Mutha                    | Eur. Chem. Bull.  | 2023 | -         | -          |
| Phytochemical evaluation, in vitro antioxidant activity and in-vivo antidiabetic activity of Acacia nilotica.  | Archana Pramod Shaha; Nikita A Sadalage, Moushumi Baidya, Pydiraju Kondrapu, Nitin B Ghiware, Shiyal Mayur Kalubhai, Shailaja Nare, Shweta Manjeet Rajput         | Eur. Chem. Bull.  | 2023 | -         | 231        |
| Synergistic Hepatoprotective Effect of Methanolic Extracts of Urtica Dioica LINN. Leaves and Silymarin CCL 4 -Induced Hepatic Damage in HEPG 2 Cells                         | Dr. Karuna Priyachitra, Archana Pramod Shaha2*, Urvashi Jain, Nitin B Ghiware, Imran Ataurrahman Sheikh, Mhetre Rani Mallinath, Moumita Dhara, Duggirala Mahendra | Journal of Advanced Zoology   | 2023 | -         | 80         |
| Quantitative determination of related substances for Lamotrigine extended release tablet by RP-HPLC  | Priyanka Gondhale-Karpe *, Sonali Manwatkar   | Heliyon   | 2023 | 2         | 3          |
| Evaluation of Hydroethanolic Extract of Grewia Hirsuta Vahl for In Vivo Adaptogenic Potential.   | P Dharani Prasad, Paromita Chowdhury, Deepak Katiyar, Bindiya Chauhan, Vakkalagadda Ravi Kumar, Om M Bagade, Mohammad Salman, Ganesh More                         | Remittances Review  | 2023 | -         | 21         |
| A Study on Antidiabetic Potential of Dried Fruits Extract of Eucalyptus Globulus in Experimental Animals   | Konda VVS Krishna, Pushpendra Kumar Jain, Rahul Kumar Sharma, Om M Bagade, Allenki Venkatesham, Biresh Kumar Sarkar, Pawar Kavita Yogesh                          | Journal of Biomedical Engineering   | 2023 | 8         | 110        |
| Design And Formulation Optimization By Using Design Of Experiment Of Trilayered Sustained Release Tablets Containing An Anti-Anginal Drug                                    | Senthil Prabhu Rajendran, Anasuya Patil, Mohan Lal Kori, Mangesh Manikrao Kumare, Amrendra Pratap Yadav, Om M Bagade  | Latin American Journal of Pharmacy  | 2023 | -         | -          |
| Improved UV-Visible Spectrophotometric Analytical Method Development and Validation for Precise, Efficient and Selective Quantification of Atorvastatin Calcium in Bulk Form | Om M Bagade, Priyanka Doke, Shashikant N Dhole, Praveen D Chaudhari   | International Journal of Pharmaceutical Sciences and Nanotechnology       | 2023 | -         | 15         |
| Lipid and Polymer based Nano-Phytotherapeutics   | Om M Bagade, Priyanka E Doke-Bagade, Siddhesh E Doke, Krushna S Wankhade  | Nanofabrication   | 2023 | 1         | 56         |



| Title of the Research Paper  | Full Name of all Authors  | Publication   | Year | Citations | Paper View |
|--|---|---|------|-----------|------------|
| Diabetes mellitus manifestations and challenges in post-COVID-19 syndrome: A critical review                   | Sachin Shridhar Sakat, Om Bagade, Vijaykumar Kuvar, Ajay Kharche, Milind Sagar, Prashant Kumar Pandey, Rupali Bendgude, Ravindra Bendgude | Journal of Applied Pharmaceutical Science   | 2024 | -         | 5          |
| Formulation of a Transdermal Patch Containing Amlodipin Besylate and Its evaluation                            | Om M. Bagade, Devinder Kumar Maheshwari1, Netrapal, Zabih Ullah, Y. Ankamma Chowdary, Nihal P,  | European Chemical Bulletin  | 2023 | -         | 172        |
| Parkinson's disease in experimental animals is improved by methanolic root extract of citrullus colocynthis    | Rajesh Singh Chauhan, Akanksha Pandey, Prof. Dr. Om M. Bagade, Dr. Sarita Garg, Priya Kumar, Satyendra Kumar Mishra                       | European Chemical Bulletin  | 2023 | -         | 24         |
| Mallotus philippensis: A Phytochemical, Pharmacological, and Pharmacognostic Assessment                        | Dr. Ragunathan Muthuswamy, Aditya Kumar Dash, Dr. Mobeen Shaik, Prof. Dr. Om M. Bagade  | Journal of Cardiovascular Disease Research  | 2023 | -         | 564        |
| An Analysis of International Law of Sea for Mental Health and Rights of Seafarers and Its Application in India | Sarika Sagar, Bhupender Singh   | International Journal for Research Trends and Innovation - IJRTI. 8, 3, 2456-3315 | 2023 | -         |            |

## 3.2 Number graduating in health professions

### 3.2.1 Proportion of graduates in health professions

In the university, Faculty of Pharmacy and Department of Psychology, offer programs related to health. Among the 835 graduates, 215 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  |
|-------------------------|--|--|---|
| Sahyadri Hospital       | Aims to foster collaboration and enhancing healthcare services in our respective communities | The collaboration provides students hands-on training, internships, and research opportunities in healthcare. This partnership enhances academic learning through real-world experience and joint initiatives focused on health and wellbeing. | <a href="https://drive.google.com/file/d/16a874Rv7Mj9jyDREoW78pELfu9XpCKwZ/view?usp=drive_link">https://drive.google.com/file/d/16a874Rv7Mj9jyDREoW78pELfu9XpCKwZ/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/19l8561cV8B-APdUHovGIYWM9e1JNS_Vv/view?usp=drive_link">https://drive.google.com/file/d/19l8561cV8B-APdUHovGIYWM9e1JNS_Vv/view?usp=drive_link</a> |



### 3.3.2 Health outreach programmes

#### 1. World Health Day

Date: 13th April 2023

Location: Mordari Village and Malwadi Village, Pune

#### Objective:

1. Promote Preventive Health: Encourage early detection of health issues through basic screening.
2. Foster Healthy Lifestyles: Guide residents on balanced diets and daily health practices.
3. Empower Community Health: Educate and enable self-care and health Management

**Target Audience:** Mordari Villagers and Malwadi Villagers

**Summary:** "Health for all" is the WHO's theme for World Health Day in 2023. To honour everyone's right to good health, Vishwakarma University's School of Pharmacy and National Service Scheme observed World Health Day by giving back to the community. Students from the School of pharmacy and faculty organized a health camp in Mordari and Malwadi of Pune. The tests that were conducted on the residents are as follows:

**Blood Pressure**

**Hemoglobin**

**Blood Sugar**

**BMI**

Based on the results of the aforementioned test, the resident's preliminary clinical state was described, along with the specific precautions that must be taken on a daily basis. Additionally instructed for a balanced, healthy way of living.





## 2. Blood Donation Camp

**Date:** 17th April, 2023

**Location:** Vishwakarma University, Building No. 01, Auditorium

### Objective:

1. To align with Sustainable Development Goal 3 (Good Health and Well-being) by enhancing access to safe blood and minimizing morbidity and mortality from transfusion-related infections, the primary objective is to collect blood donations to save lives.
2. Blood is vital for medical emergencies, surgeries, and treating individuals with various health conditions, and a blood donation camp helps maintain a reliable supply.

**Target Audience:** Students & faculty members

**Summary:** The event was organized to address blood shortages in local healthcare facilities and promote voluntary blood donation. A diverse group of participants, including students, and staff, took part, resulting in the collection of over 100 units of blood. Thorough health screenings were conducted to ensure the safety of both donors and recipients. This initiative not only strengthened the local blood supply but also encouraged community unity and a sense of civic responsibility. It aligns with Sustainable Development Goal 3 by promoting health and well-being for all.





### 3. Health Check-up

**Date:** Friday, 28th April 2023

**Location:** Building No. 02, VU Campus

#### Objective:

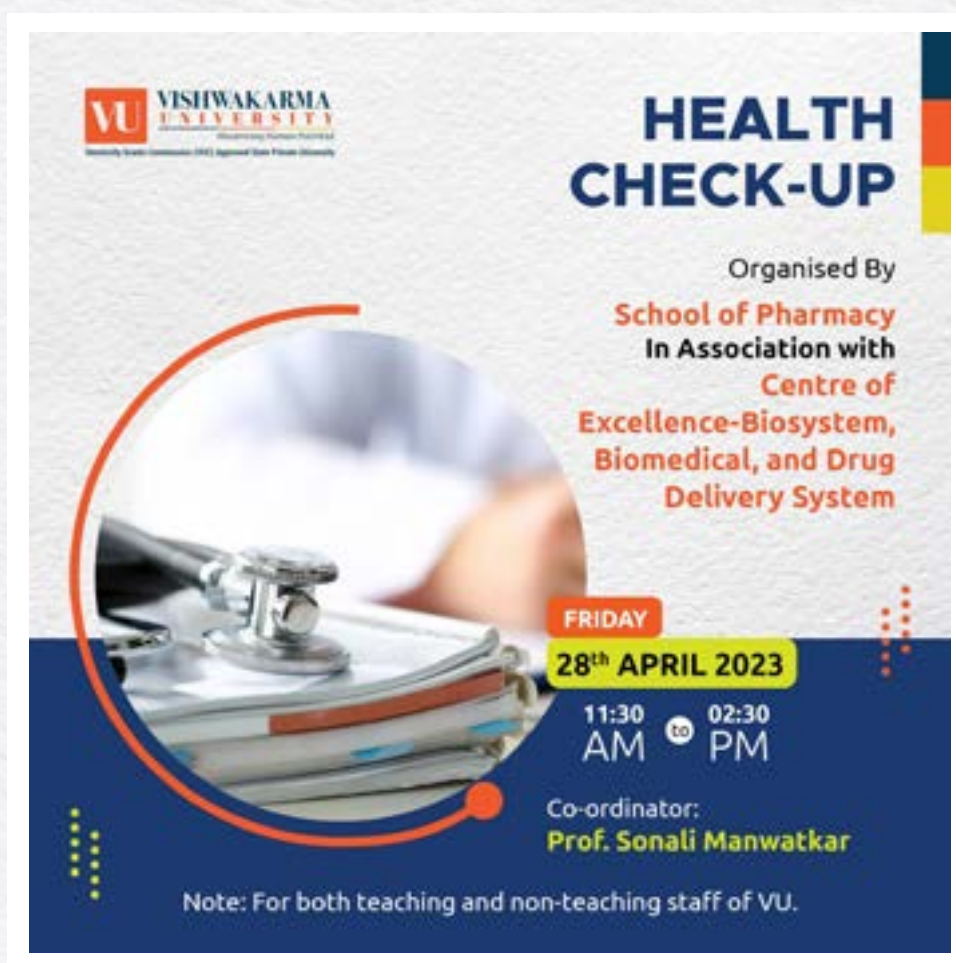
1. The health screening event aimed to provide comprehensive health assessments to both teaching and non-teaching staff members of VU.
2. To promote wellness, early detection of health issues, and provide necessary guidance for maintaining optimal health.

**Target Audience:** Teaching and non-teaching staff members of VU.

**Summary:** The health screening event organized for the teaching and non-teaching staff of VU was successful in promoting health awareness and providing essential health services. The collaborative effort between the School of Pharmacy and the Center of Excellence Biosystems, Biomedical, and Drug Delivery System facilitated a comprehensive and effective health screening experience for the participants. Such initiatives play a crucial role in promoting a culture of wellness and preventive healthcare within the university community.

Social Media Links of the event:

<https://www.facebook.com/photo/?fbid=601997878649810&set=a.548314407351491>





#### 4. National Nutrition Week

**Date:** 04th – 07th September, 2023

**Location:** Vishwakarma University, Building No. 02, Pune

##### Objective:

1. To promote health and wellness among students.
2. The main objective of the BMI calculation activity was to raise awareness about the importance of maintaining a healthy lifestyle and to provide students with valuable insights into their body composition.

**Target Audience:** All students and Faculty members of the Vishwakarma University, School of Pharmacy, Pune.

**Summary:** The Nutrition Week Celebration, especially the BMI calculation activity, proved to be a meaningful and impactful initiative. It not only educated students about their health status but also motivated them to make positive changes in their lifestyle choices. This event serves as a model for future health and wellness initiatives within the university community. Building on the success of the Nutrition Week Celebration, it is recommended that similar events be organized regularly to sustain the momentum and reinforce the importance of health and wellness among students.

Social Media Links of the event:

<https://www.facebook.com/photo/?fbid=671858488330415&set=a.548314407351491>





## 5. First aid Training

**Date:** 20/09/23

**Location:** Vishwakarma University, Building No. 02, Pune

### Objective:

To align with Sustainable Development Goal 3 (Good Health and Well-being) by providing training for with essential skills and knowledge in providing immediate medical assistance in emergency situations. The primary goal is to train the participants for first line treatment to assure patient safety

**Target Audience:** All students and Faculty members of the Vishwakarma University, School of Pharmacy, Pune.

**Summary:** The session covered fundamental concepts of first-aid, including assessment of emergency situations and the application of appropriate interventions. Practical demonstrations allowed participants to gain hands-on experience in administering basic first-aid techniques, such as CPR, wound care, and handling various medical emergencies.

Dr. A.K. Surve provided insights into the importance of quick and effective response in emergencies, emphasizing the role of first-aid in stabilizing patients before professional medical assistance arrives.

Social Media Links of the event:

<https://www.facebook.com/photo?fbid=680644614118469&set=a.548314410684824>





## 6. World Pharmacist Day

**Date:** 25/9/2023

**Location:** Vishwakarma University, School of Pharmacy, Pune

### Objective:

1. To focus on raising awareness of global health issues, such as the role of pharmacists in addressing pandemics, providing access to essential medicines, and addressing issues related to antimicrobial resistance.
2. To provide opportunity for pharmacists to educate patients and the public about the safe and effective use of medicines.
3. To advocate for the profession and for the role of pharmacists in healthcare systems.

**Target Audience:** Students and faculties of Vishwakarma University

**Summary:** World Pharmacy Day was started in 2009 in Istanbul during the FIP council. This exercise aims to promote and advocate for the role of pharmacists in delivering safe, effective healthcare. September 25th was the date on which FIP was found and hence was chosen as World Pharmacy Day. We, VU School of Pharmacy, organized an expert session on "Pharmacists Strengthening Health Systems", to aware students about the role of pharmacists in the healthcare profession and to encourage them for efficient healthcare services.

Dr. Mukul Pore Sir, the Guest of Honor, addressed the audience, sharing expertise and encouraging a proactive approach to health. Mr. Abhijeet Das (Secretary- Student welfare, VU) conducted a session on Sushrut, focusing on health and wellness practices for a balanced lifestyle. A symbolic moment where attendees took the Pharmacist Oath, reaffirming their commitment to ethical practices in the field. Prof. Sonali Manwatkar expressed gratitude to all participants, speakers, and organizers, acknowledging their contributions to the event. A tree plantation ceremony took place in the Herbal Garden, symbolizing the commitment to environmental sustainability.

Poster Competition, Quiz Competition, Slogan Competition, Logo Competition conducted online and offline for pharmacy students across the India. Winners are announced for all the competition. Dr. Sheetal Mahajani (M.D. (Med), D.N.B. (Med), D.M. (Gastro), D.N.B. (Gastro), Fellow, Liver Transplantation Medicine, Kings College London (UK) conducted an informative session on Organ donation and health awareness, covering key aspects of well-being and importance of donating organ.

Attendees participated in a pledge for organ donation, and information about the importance of organ donation was shared. Dr. Priyanka Karpe concluded the event with a vote of thanks, expressing gratitude to everyone involved and highlighting the success of the Health and Wellness Day. Health check-up was conducted for the teaching and non-teaching staff of VU, and preliminary parameters like blood haemoglobin, Blood pressure, Blood sugar, BMI and blood group were determined.

### Social Media Links of the event:

[https://www.facebook.com/photo/?fbid=691434249706172&set=pcb.691434359706161&\\_cft\\_\\_\[0\]=AZXPYs1GFEoRCsDqXOJ1UMCwMWb9T9Kp9WE1AKYshkrtJREIYoAAgukBJqvRMJD8MEziRPCIEqqQ3MjG5NftphwNUYEcs1jBxotKfirPKPouiWds3V](https://www.facebook.com/photo/?fbid=691434249706172&set=pcb.691434359706161&_cft__[0]=AZXPYs1GFEoRCsDqXOJ1UMCwMWb9T9Kp9WE1AKYshkrtJREIYoAAgukBJqvRMJD8MEziRPCIEqqQ3MjG5NftphwNUYEcs1jBxotKfirPKPouiWds3V)

[https://www.instagram.com/p/CyLcTD7IHmM/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRlODBiNWFlZA==](https://www.instagram.com/p/CyLcTD7IHmM/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFlZA==)





## 7. World Arthritis Day

**Date:** 12/10/23

**Location:** Vishwakarma University, School of Pharmacy, Pune

### Objective:

- To understand issues of Physical health faced by individuals.
- To understand how physical activity and yoga will help to overcome or prevent from physical illness.
- To make the participants 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.

**Target Audience:** Students and faculties of Vishwakarma University

**Summary:** As a part of World Arthritis Day celebration, essay writing competition was organized for the students of School of Pharmacy, Vishwakarma University, Pune. The theme for essay was "Holistic Approaches to Managing Osteoarthritis: Integrating Diet, Exercise and Lifestyle Changes". Total 26 students participated in the competition. The submissions were taken online through the Google form (<https://forms.gle/JbxgfUctaczBQE8j6>) shared with all students. The following candidates were announced as winner and runner up respectively for the same. On the same day along with essay competition, Yoga workshop was organized for the students and faculty of School of Pharmacy, Vishwakarma University, Pune. The theme for the workshop was "Combat Arthritis, The Yoga Way". 39 students and 10 faculty participated in the workshop. The workshop emphasized the benefits of yoga and included asanas helpful for day-to-day life to prevent arthritis and stress.





#### Social Media Links of the event:

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

[https://www.facebook.com/photo/?fbid=692979856218278&set=pcb.692979922884938&\\_cft\\_\\_\[0\]=AZX6hGNalgzbgNdnVWARTo3Yw\\_Pb5quof5MX3ZCbeSLIs8czyuQb-7URd3ruxY8zYUht60-tmHllgmubIVQ0jCnRD1CrD1gqTs7W34E6mNBvIHx\\_UWX4yaUCsEwRjt0x1zo\\_EoxNeKJFptSLH7GdvNkkxYf0-ftm6pusIP1Ck7pTI3QIND0gLI1PuKbwzAMvsl&\\_tn\\_\\*bH-R](https://www.facebook.com/photo/?fbid=692979856218278&set=pcb.692979922884938&_cft__[0]=AZX6hGNalgzbgNdnVWARTo3Yw_Pb5quof5MX3ZCbeSLIs8czyuQb-7URd3ruxY8zYUht60-tmHllgmubIVQ0jCnRD1CrD1gqTs7W34E6mNBvIHx_UWX4yaUCsEwRjt0x1zo_EoxNeKJFptSLH7GdvNkkxYf0-ftm6pusIP1Ck7pTI3QIND0gLI1PuKbwzAMvsl&_tn_*bH-R)

## 8. Mega Blood Donation Drive

**Date:** 26/10/23

**Location:** The venue arrangement by Pimpri-Chinchwad blood bank at Vishwakarma University, Room No. 2001, Building No. 02, Pune

#### Objective:

- To promote awareness, understanding, and action related to blood Donation.
- To educate for the importance of health as an integral part of overall well-being and development.

**Target Audience:** Students and Faculties of Vishwakarma University

**Summary:** The Mega Blood Donation Drive, orchestrated by the collaborative efforts of the Student Welfare Committee, VU, Sushrut, and SGI, stands as a testament to the efficacy of collective action in addressing critical healthcare imperatives. By fostering awareness, encouraging voluntary participation, and rewarding contributors, the event has made substantial strides towards augmenting the blood supply while nurturing a culture of altruism within the community. Moving forward, sustained collaborative endeavours will be imperative in perpetuating this positive trajectory and ensuring the availability of a safe and ample blood reservoir for those in need. Along with the above activities inauguration of Vishwakarma University Centre of Excellence was done to start with free counseling for staff and students.

#### Social Media Links of the event:

[https://www.instagram.com/p/Cy0tkiZl6kn/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRIODBiNWFIZA==](https://www.instagram.com/p/Cy0tkiZl6kn/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==)

[https://www.facebook.com/photo/?fbid=700510082131922&set=a.548314410684824&\\_cft\\_\\_\[0\]=AZWi2r6kaqCuWwBxM4AQ540nFWBTnmwg7v\\_aNzUnGMVDu77rFyA4WS5OefSpejKq9LjISBA-](https://www.facebook.com/photo/?fbid=700510082131922&set=a.548314410684824&_cft__[0]=AZWi2r6kaqCuWwBxM4AQ540nFWBTnmwg7v_aNzUnGMVDu77rFyA4WS5OefSpejKq9LjISBA-)





Blood donation of 230 people in Vishwakarma University

Pune, 3: On the occasion of National Blood Donation Week, a blood donation camp was organized by Vishwakarma University and Pimpri Chinchwad Blood Bank. 230 students and university employees donated blood in this camp. Helmets were gifted to the blood donors. Vishwakarma University Student Welfare Board Director Prof. Vaibhav Thackeray said the importance of blood donation.

## 9. First Aid Training

**Date:** 26/10/23

**Location:** Vishwakarma University, Building No. 02, Pune

**Target Audience:** Students and Faculties of Vishwakarma University

### Objective:

- To align with Sustainable Development Goal 3 (Good Health and Well-being) by providing training for with essential skills and knowledge in providing immediate medical assistance in emergency situations.
- The primary goal is to train the participants for first line treatment to assure patient safety

**Summary:** Workshop on First Aid organized by the Department of Computer Science on 26th October 2023, Dr. Priyanka Gokhale provided insights into the importance of quick and effective response in emergencies, emphasizing the role of first-aid in stabilizing patients before professional medical assistance arrives.

**Social Media Links of the event:**

[https://www.instagram.com/p/Cy0alOnS5o5/?utm\\_source=ig\\_web\\_copy\\_link&igshid=MzRIODBiNWFIZA==](https://www.instagram.com/p/Cy0alOnS5o5/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==)

[https://www.facebook.com/photo/?fbid=700408912142039&set=a.548314410684824&\\_cft\\_\\_\[0\]=AZVqYzw9obJUUsMU6NjdNJ7\\_RqpcOPrMYCT\\_cYmKqBlnSn-](https://www.facebook.com/photo/?fbid=700408912142039&set=a.548314410684824&_cft__[0]=AZVqYzw9obJUUsMU6NjdNJ7_RqpcOPrMYCT_cYmKqBlnSn-)

[https://www.linkedin.com/posts/vishwakarmauniversity\\_emergency-firstaid-workshop-activity-7122897016879247362-s-pK?utm\\_source=share&utm\\_medium=member\\_desktop](https://www.linkedin.com/posts/vishwakarmauniversity_emergency-firstaid-workshop-activity-7122897016879247362-s-pK?utm_source=share&utm_medium=member_desktop)





### 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 <sup>st</sup> February 2022           |             |  |          |              |  |
| Effective Date    | 1 <sup>st</sup> 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.

|                        |                         |               |              |                          |                  |
|------------------------|-------------------------|---------------|--------------|--------------------------|------------------|
| <b>A. Indoor Games</b> | <b>B. Outdoor Games</b> | - Volley Ball | - Kabaddi    | <b>C. Open Gymnasium</b> | - 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          |                  |





### 3.3.4 Sexual and reproductive health care services for students

#### 1. International Women's Day Celebration:

**Date:** 09th March 2023

**Location:** Vishwakarma University, Building No. 01, Auditorium

#### Objective:

- Activity was planned with following objectives-
- To spread awareness about Reproductive health of Female
- Share the knowledge on reproductive health and disease associate.

**Target Audience:** All girl students and Ladies Faculty members of the Vishwakarma University

**Summary:** The event encompassed a variety of engaging sessions, including expert talks, panel discussions, and interactive workshops. The diverse range of topics covered included: Modern Approaches in Reproductive Health: Dr. Supriya Puranik elaborated on the latest advancements in assisted reproductive technologies and how they contribute to enhancing female reproductive health. Legal Framework for Reproductive Rights: Dr. Tanaya P Kamlakar shed light on the legal aspects pertaining to reproductive rights and the need for a robust legal framework to protect and promote women's reproductive health. Psychosocial Aspects of Reproductive Health: Experts discussed the psychological and social factors that influence female reproductive health, emphasizing the need for holistic support and awareness.

Social Media Link for event:

<https://www.instagram.com/p/CqHn3ehoAp1/?igshid=YmMyMTA2M2Y=>



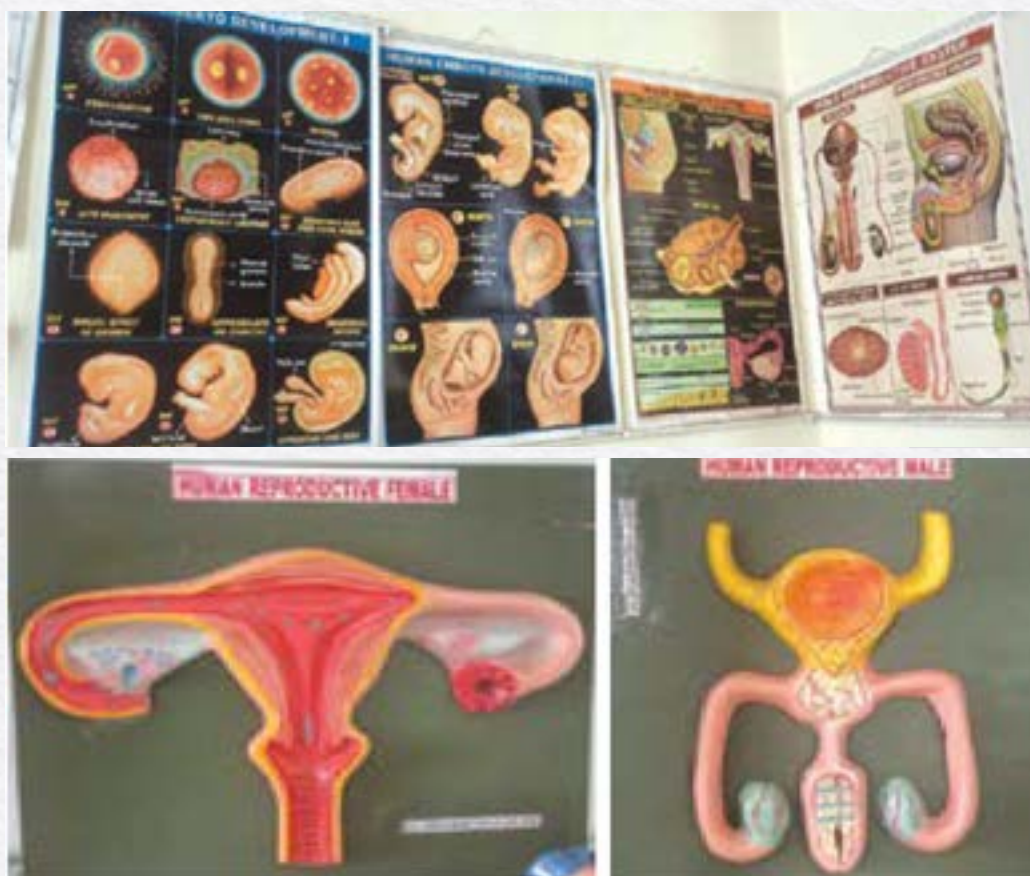


## 2. Internal Complaint Committee (ICC):

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.





### 3.3.5 Mental Health Support for Students

**Name:** Wellness Centre of Excellence (VUWCOE)

**Date:** Ongoing

**Location:** Building 7; Vishwakarma University Campus

**Target Audience:** Students and faculties of Vishwakarma University

**Objectives:**

1. Promote mental health awareness and education through workshops and psychoeducation.
2. Provide probono counseling services to support emotional well-being.
3. Foster resilience and stress management skills through therapeutic workshops.
4. Ensure timely crisis intervention and support.

**Summary:**

The Wellness Centre of Excellence, managed by Vishwakarma University's Department of Psychology, offers comprehensive mental health support and education to students and faculty. Through workshops, probono counseling, therapeutic activities, and crisis intervention, the Centre promotes mental well-being, resilience, and a supportive university environment. By integrating mental health education into daily university life, the Centre improves individual well-being and fosters a healthier community, ultimately enhancing academic performance and overall quality of life.





### 3.3.7 Mental Health Support for staff

World Mental Health Day- Psynesthesia 2023

**Date:** October 10, 2023

**Location:** Building 7; Vishwakarma University Campus

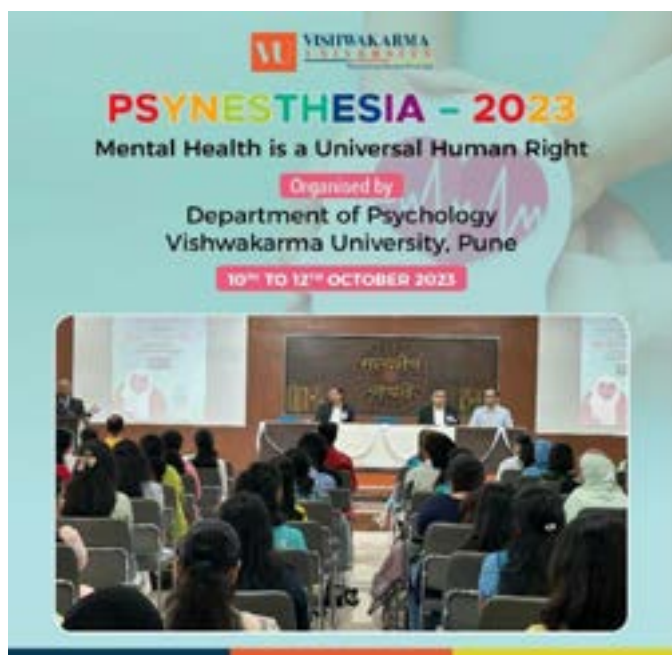
**Target Audience:** Students and faculties of Vishwakarma University

#### Objectives:

1. To promote mental health and well-being as a global priority by educating students and faculty on the significance of mental health as a universal human right, in alignment with SDG-3.
2. To engage students from various departments in interactive competitions, including quizzes, debates, poster presentations, and drama, encouraging collaboration and open discussions on mental health-related topics.
3. To provide a platform for psychology students to coordinate and lead mental health awareness activities, fostering leadership, responsibility, and advocacy for mental health within the academic community.

#### Summary:

Department of Psychology, Faculty of Humanities & Social Sciences, Vishwakarma University Pune has organized a three-day event, "Psynesthesia – 2023: Mental health is a Universal Human Right" in alignment with SDG-3 by the United Nations that ensures healthy lives and promotes well-being for all at all age from 10th Oct 2023 to 12th Oct 2023 (All 3-days in the second half only). The aim of the event was to make mental health & well-being for all a global priority. The event was inaugurated by the Vice President of Vishwakarma University Prof. Dr. Wasudeo Gade, Controller of Examination Prof. Dr. Yuvraj Lahoti and guest speaker Ms. Anupama Ganu (Experienced Play and Filial Therapist). The psychology students coordinated the event under the guidance of faculty coordinator Ms. Rupali Nawale and different competitions were organized by student coordinators under the guidance of different faculty members. Students from different departments participated in the competitions like Interdepartmental Quiz Competition, Interdepartmental Debate Competition, Inter-department Poster Competition, and Interdepartmental Drama Competition related to mental health.





## 2. International Peace Day

**Date:** September 21, 2023

**Location:** VU Eco campus Auditorium, Vishwakarma University

**Target Audience:** Students and faculties of Vishwakarma University

### Objectives:

1. The event aimed to promote peace, tolerance, inclusivity, and human rights, aligning with the United Nations Sustainable Development Goals, particularly SDG-16 (Peace, Justice, and Strong Institutions)
2. Promoting peace, tolerance, and inclusivity can reduce stress, anxiety, and conflict, which are key contributors to poor mental health. The event's focus on fostering a peaceful environment within the university community supports emotional and psychological well-being, which are central goals of SDG

### Summary:

The Department of Psychology at Vishwakarma University organized a special event to commemorate International Peace Day. Coordinated by Ms. Rupali Nawale and Ms. Debasmita Sen, the event featured a lamp-lighting ceremony, a welcome address by Dr. Yuvraj Lahoti, and various activities to encourage peace within the academic community. It highlighted the importance of understanding and fostering peaceful relations, with broad participation from the university's members. Through a combination of symbolic gestures, peaceful demonstrations, and insightful discussions, participants left with a deeper understanding of the importance of peace and the role they can play in its promotion, both within and outside the academic environment. By encouraging understanding and harmony, the event helps build a socially supportive environment, essential for both mental and physical health.





### 3. World Happiness Day

**Date:** March 20, 2023

**Location:** Auditorium (1207), Eco-campus, Vishwakarma University, Pune

**Target Audience:** Faculty, students, and staff of Vishwakarma University

#### Objectives:

1. To raise awareness about the significance of mental well-being and the role of happiness in maintaining good mental health through interactive sessions and workshops.
2. To equip participants with practical mental health support tools such as Play Therapy and Laughter Yoga, which can help manage stress and improve overall emotional well-being.
3. To encourage a sense of community and emotional support among students and staff through collaborative cultural activities, emphasizing the importance of mutual understanding and mental health support within an academic setting.

#### Summary:

The Department of Psychology at Vishwakarma University organized a full-day event for International Day of Happiness on March 20, 2023. The program included an inauguration by dignitaries, a Play Therapy workshop by Mrs. Anupama Ganu, followed by destressing and cultural activities led by psychology students. A Laughter Yoga session was conducted by Mr. Makarand Tiloo, culminating in a vote of thanks. The event was structured to enhance happiness and promote mental well-being among the participants. Laughter Yoga and Play Therapy were valuable tools used in the university setting to promote mental health and well-being during the event. Laughter Yoga helped reduce stress, boosted participants' moods, and fostered a sense of community through shared joy, providing relief from academic pressures. Play Therapy offered a creative outlet for students to express their emotions and heal from stress or anxiety, especially for those who found verbal communication challenging. Both activities fostered emotional resilience, peer support, and contributed to a more positive and focused academic environment, enhancing overall well-being and productivity.

#### Social Media Link:

LinkedIn :

[https://www.linkedin.com/posts/vishwakarmauniversity\\_vishwakarmauniversity-pune-vupune-activity-704605166114400768-xtOH?utm\\_source=share&utm\\_medium=member\\_ios](https://www.linkedin.com/posts/vishwakarmauniversity_vishwakarmauniversity-pune-vupune-activity-704605166114400768-xtOH?utm_source=share&utm_medium=member_ios)

Facebook : <https://www.facebook.com/100065188080428/posts/pfbid0sFXaGX48FLaXaC27PdhfWK5H6XdBiPyZg8t1htDk9XjGjxRjYAcAfMvymk4bfl/?mibextid=cr9u03>

Instagram : [https://www.instagram.com/p/CqRv\\_wElwFj/?igshid=Mzc1MmZhNjY=](https://www.instagram.com/p/CqRv_wElwFj/?igshid=Mzc1MmZhNjY=)





#### 4. Outreach Activity: Exam Anxiety and Wellbeing Session:

**Date:** September 26, 2023

**Location:** Wisdom World School, Hadapsar and Wakad

**Target Audience:** 9th and 10th-grade students

##### Objectives:

1. Equip students with effective stress management techniques to cope with exam anxiety.
2. Foster a positive and resilient mindset towards academic challenges.
3. Enhance mental resilience and well-being amidst academic pressures.
4. Promote proactive measures for student welfare, extending beyond academic concerns.

##### Summary:

Vishwakarma University's Department of Psychology conducted an outreach session at Wisdom World School, addressing exam anxiety and promoting overall well-being among 9th and 10th-grade students. Led by Dr. Bhupender Singh, Dr. Ibadat Khan, and Asst. Prof. Gauri Bhandari, the interactive session provided practical stress management strategies, encouraged a positive outlook, and emphasized mental resilience. The program received enthusiastic feedback, with students finding the content highly relevant and beneficial. This initiative underscored the importance of integrating mental health support into the educational environment.





## 5. Outreach Activity: Psychological Support Workshop for Studious Girls Hostel

**Date:** October 14, 2023

**Location:** Workshop for Studious Girls Hostel

**Target Audience:** Residents of the Hostel

### Objectives:

- To equip participants with effective time management techniques aimed at enhancing their academic productivity and balancing personal commitments.
- To provide stress management strategies that enable students to cope with academic pressure and personal challenges more effectively.
- To foster self-confidence and interpersonal skills through activities designed to enhance personal development and social interaction among participants.

### Summary:

On October 14, 2023, a specialized workshop was conducted for the residents of the Studious Girls Hostel at VUWCOE. The workshop focused on providing psychological support and developmental tools to help participants manage their academic and personal lives more effectively. Key topics included time management techniques, stress management strategies, and activities aimed at building self-confidence and interpersonal skills. The workshop was well-received, with participants finding the sessions informative and practical. The tools and strategies provided during the workshop are expected to aid in their overall development and academic success.





## 6. Outreach Activity: Stress and Anxiety Management Session

**Date:** November 24, 2023

**Location:** Workshop for Manashakti Centre

**Target Audience:** Members of Manashakti Centre

### Objectives:

- To raise awareness about the causes and symptoms of stress and anxiety among students and staff, promoting early identification of mental health challenges.
- To provide practical strategies, including relaxation techniques and lifestyle changes, that help participants effectively manage stress and anxiety in their daily lives.
- To engage participants in interactive activities aimed at identifying personal stress triggers and developing personalized coping mechanisms for long-term mental well-being.

### Summary:

On November 24, 2023, Manashakti experts conducted a stress and anxiety management session at Vishwakarma University, addressing the growing concerns of mental health among students and staff. The session covered the causes and symptoms of stress and anxiety, offering practical strategies to manage these issues, including relaxation techniques and lifestyle changes. Interactive activities allowed participants to identify their stress triggers and develop personalized coping strategies. The session was highly beneficial, providing attendees with actionable advice and techniques to handle stress and anxiety effectively. The interactive approach was well-received, with participants appreciating the practical and engaging nature of the session.

### Social Media Link:

[https://drive.google.com/file/d/12sMSd80Y23knvwJY1Msh8-U9R4FHYDAd/view?usp=drive\\_link](https://drive.google.com/file/d/12sMSd80Y23knvwJY1Msh8-U9R4FHYDAd/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 <sup>th</sup> August 2019                             |               |  |          |   |
| Effective Date   | 14 <sup>th</sup> August 2019                             |               |  |          |   |
| Revision History |  |               |  |          |   |
| Number           | Date   | By            | Main Changes                           |          |   |
| Revision # 1     | 1 <sup>st</sup> 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     |  |               |  |          |   |





**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.





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