

SDG 17

Annual Activity related to SDG-3





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Name of the Event Coordinator/Convenor:	Name of the Event:
Mrs. Vibhooti	Industrial Visit
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in
Verve Health Care Limited	case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty):
11-02-2023	30

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The collaborative activity demonstrated the modern day use of advanced medical instruments and industrial standards which will ensure better wellbeing in future.

DIT University Faculty of Pharmacy organized an Industrial Visit- 11 Feb 2023 to Verve Health Care LTD. It was a great learning session for all. It was pleasure, after meeting one of our alumni (From 2006-2010 Batch)-Mrs. Divya Rawat.

GROUP OBSERVATION

This Industrial visit is very helpful in our future practical Life & bring a positive change in our thinking & practical behaviour regarding Education & specializing our technical skills.

- Got practical knowledge about the advancement in technology of machines.
- Information on different parts & use of compression machines, BQS machine, RMG, Coating machine
- Different types of machines available for manufacturing tablets.
- Management of manpower and machines.







Name of the Event Coordinator/Convenor:	Name of the Event:
Dr Rajeev Sharma	Dental Health Camp Unnat Bharat Abhiyan
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
	NIL
Start Date and End Date :	No. of Participant (Students and Faculty):
19-04-2023	Aarogya Club Team Members

DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> The activity demonstrated the commitment of DIT University for community service by providing free dental check-up facilities as University's goal is to ensure equal medical facilities for all economic sections of society.

On 19-04-2023, a free dental camp was organized in Salengaon by SOPPHI DIT University to provide free dental treatment to the residents of the area. The camp was a great success, thanks to the efforts of the volunteers and the support of the chief guest, Mrs. Aarti Joshi (Gram Pradhan), the dentist Dr. Neha Joshi Raina, and the nurses who assisted in the treatment. The following report highlights the events of the dental camp and expresses gratitude to those who made it possible.

The dental camp was organized by Prof. Havagiray Chitme and Dr. Rajeev Kumar Sharma, who served as the coordinator of the event. The camp was at the Community center where patients were provided with free dental check-ups.

Volunteers from the DIT University participated in the camp and assisted the patients in receiving the treatment. Dr. Neha Joshi Raina, the dentist, and her team provided exceptional dental treatment to the patients. The nurses were very helpful in ensuring that the patients were comfortable during the treatment process. They also educated the patients on proper oral hygiene techniques to prevent dental problems in the future.

After the treatment, each patient received a free dental kit containing a toothbrush, toothpaste, dental floss, and mouthwash. This initiative was taken to encourage the residents to maintain good oral hygiene practices and prevent dental problems.

The dental kits and education provided to the patients will go a long way in promoting good oral hygiene practices in the community. We hope to continue organizing such camps in the future and make a positive impact on the health of the local community.







Name of the Event Coordinator/Convenor:	Name of the Event:
	Puneet Sagar Abhiyaan-II
Name of the Collaborator (if any):	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date:	No. of Participant (Students and Faculty) :
19-04-2023 & 20-04-2023	

DETAILS ABOUT THE EVENT:

Event Description

Brief text with introduction, event details, content, and outcome:

Relevance with SDG3: Good health and well-being: The activity demonstrated the commitment of DIT University's Students volunteers for protection of environmental components such as air, water, soil so that the polluted elements will not create health hazard for society. It was a noble initiative by the students to create awareness among local villages and communities so that they will also be sincere in pollution mitigation and creating an environment where everybody lives with sound health.

DAY-1

Puneet Sagar Abhiyaan was conducted as a two-day drive at DIT University, to spread awareness in and outside the campus to promote the practice of efficiently preserving, controlling, and managing water resources. Students around the campus were encouraged by giving the message of extending environment-friendly approach to lessen our need for water.

DAY-2

Puneet Sagar Abhiyaan is aimed to synergise efforts towards engaging youth for promoting clean water bodies and to clean sea shores from plastic and other waste material and create awareness about the importance of cleanliness

Under this cleanliness drive, both the battalions of DIT university (11UK girl's Bn. & 29 UK boy's Bn.) took part and cleared some of the trash around the song river (in Maldevta, Raipur) under the guidance of our ANO. Cadets of both the battalions spread an awareness among the local peoples and told them not to throw the unwanted or non-biodegradable wastage in any of the local water bodies.

After the cleanliness drive, our ANO interacted with the cadets of both the battalions and told them about the importance of local water bodies and the impact of polluted waste around these rivers which can harm the environment as well as the health of aquatic species and the people consuming the water for their usage.









Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Rajeev Sharma	62 nd National Pharmacy Week Celebrations
Name of the Collaborator(if any):	Name of The Resource Person (Multi entry in
APTI Uttarakhand State Branch	case of more than one resource):
IPA Uttarakhand State Branch	NIL
Start Date and End Date :	No. of Participant (Students and Faculty):
20-Nov-2023	45

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The activity demonstrated discussions and deliberations promoting awareness of health care among student community. The rally also gave a tremendous support to local villagers and communities who are sincerely involved in regular healthcare programs, and who want to be part of societal change for doing some noble work for society. That is why local villagers also joined the rally when students reached out outside DIT Campus.

Brief text with introduction, event details, content and outcome:

On the occasion of 62nd National Pharmacy Week Celebrations; DIT University Faculty of Pharmacy at DIT University organized Pharma Rally in association with APTI & IPA Uttarakhand Branch on 20th November, 2023.

Shri. Ravi Shankar ji, Chancellor and Prof. Priyadarshan Patra, Pro Vice Chancellor, inaugurated the Rally and delivered the messages about Role of Pharmacist in Healthcare system and advances happening in healthcare.

Prof. Abdul Rahaman (Dean), Prof. S.K. Gupta, Prof. Chitme, Dr. Mandeep- HOD, Dr. Manmohan, Dr. Bhavna, Dr Neeraj Sethiya, Dr. Samir and Dr.Rajeev Sharma, (Organizing Secretary & Aarogya Club Coordinator) and other Teaching, Non-Teaching Staff, Students Participated







Name of the Event Coordinator/Convenor:	Name of the Event: Celebration of Pharmacy Week
Name of the Collaborator (if any): Local primary health centres and DIT University Pharmacy department	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date: 20/11/2023	No. of Participant (Students and Faculty) : 45

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The activity demonstrated discussions and deliberations promoting awareness of health care among village and local community. Students were very active in one to one conversation with local people for improving hyegine conditions in their lifestyle.

The students of pharmacy celebrated pharmacy week and went to primary health centres of local village at Makkawala talked to doctors and nurses and also patients. Students took part in cleanliness and hygiene drive so that local community becomes aware of health aspects. They distributed medical kits and also faculty coordinator gave instructions to local villagers about family planning, importance of sports, exercise which are essential parts of human life. Also villagers were very interested to hear from students and promised to lead a healthy life following regular visit to health centres in any case of health emergencies also to lead a hygiene life style.





Name of the Event Coordinator/Convenor:	Name of the Event: An Industrial visit to India Glycols Limited
Name of the Collaborator(if any) : India Glycols Limited	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date : 10 August 2022	No. of Participant (Students and Faculty) :

DETAILS ABOUT THE EVENT:

Event Description

Brief text with introduction, event details, content and outcome:

Relevance with SDG3: Good health and well-being: The Collaborative activity was targeted to create scientific and technical awareness among students regarding latest development in medicines and how to outreach the benefits of medicines to larger needy communities and society outside world. Also students were provided updates about latest technology to cut down the cost essential medicines for life saving and of poor people. Also Industries encouraged students to become torchbearer for needy and poor people in terms of latest medical technologies and to promote equal opportunity and uniform resource sharing in society.

DIT University organised an industrial visit to India Glycols Limited on 10th August 2022 for B.Pharm 3rd year students and B.Pharm 2nd Year Students!

The students were accompanied by two faculty members – Dr. Neeraj Kumar Sethiya and Mr. Vijay Singh Rana

The industrial visit was a fruitful on field experience for students and a wonderful opportunity to see the ins & outs of the industry.





Name of the Event Coordinator/Convenor:	Name of the Event:
Tushar Garg	Old Age Home
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in
Prem Dham Vridh Ashram authority	case of more than one resource):
	GPF volunteers
Start Date and End Date :	No. of Participant (Students and Faculty):
23 rd September 2023	60

DETAILS ABOUT THE EVENT:

Event Description

Brief text with introduction, event details, content and outcome:

Relevance with SDG3: Good health and well-being: The activity demonstrated the dedication and commitment of DIT University students and faculty fraternity towards elderly people of the society who are sometimes helpless due to economic and family conditions. It is extremely essential to enhance their mental strength and provide companionship through personal communication, sharing informal sports and celebration of their special days.

Global Peace Foundation Chapter at DIT University organized a heart-warming event on September 23, 2023, with the aim of spreading joy and compassion. The event occurred at Prem Dham Vridh Ashram, near Survey Chowk in Dehradun. It was a memorable day that lasted from 11:00 AM to 2:00 PM, filled with moments of generosity and connection.

Approximately 60 dedicated Global Peace Foundation Chapter members eagerly participated in this noble cause. The volunteers first gathered at the Vedanta Building on the university campus, where they were briefed on the importance of respectful and compassionate behaviour when interacting with elderly residents.

After the informative session, the volunteers were divided into small groups, and they embarked on their journey to Prem Dham Vridh Ashram. The volunteers arrived at the ashram in two buses, eager to bring smiles to the faces of the elderly residents.

Upon reaching the ashram, the teams split up and visited different rooms where the elderly residents resided. The volunteers engaged in heart-warming conversations with the residents, who greatly appreciated the company and attention. These interactions not only brightened the residents' day but also left a lasting impact on the volunteers, fostering a sense of empathy and connection.

As part of the festivities, the volunteers also shared moments of joy with the elderly residents by dancing, singing songs, and playing games together. The atmosphere was filled with laughter and positivity, as young and old alike enjoyed life's simple pleasures. It was heartening to witness the residents' enthusiasm as they joined in the festivities.

In terms of contributions, the Global Peace Foundation Chapter made a significant impact by donating 10 kilograms of Daliya (a nutritious grain) and 10 kilograms of Washing Powder to the Prem Dham Vridh Ashram. These donations will undoubtedly help support the daily needs of the elderly residents, ensuring their well-being.



In conclusion, the Old Age Home Drive organized by the Global Peace Foundation Chapter at DIT University on September 23, 2023, was a heartfelt and meaningful event. It not only provided essential supplies to the elderly residents but also fostered a sense of companionship and happiness among both the volunteers and the residents. Such initiatives play a crucial role in spreading love, compassion, and peace within our community, reinforcing the belief that small acts of kindness can make a significant difference in the lives of others.





Name of the Event Coordinator/Convenor:	Name of the Event:
Dr Rajeev Kumar Sharma	National Workshop cum Hands on Training on
	Medical Instrumentation
Name of the Collaborator (if any):	Name of The Resource Person (Multi entry in
	case of more than one resource):
	Mr. Hemant Bhatt
Start Date and End Date:	No. of Participant (Students and Faculty):
06.11.2023 and 07.11.2023	95

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The activity was targeted to reach to farthest corner of the country through hybrid mode discussion inviting academia, technocrats, students community of both schools and colleges to explain the role of pharmacists and medicines in fighting the most chronic diseases in the world. And objective was also to provide a platform to future doctors and health professionals of this society in order to understand about sustainable medicinal practices and to reach with helping hand to poor people of the society.

Brief text with introduction, event details, content and outcome: Activities related to SDG 3:

DIT University- Faculty of Pharmacy organized two Days #Real time National Workshop cum Hands on Training dated 6th and 7th November 2023 to the budding professionals by inviting eminent personality from DNA Labs, Dehradun (Approved by NABL, ICMR, ISO, MSME). The workshop conducted on experimental methodology/approach based on the techniques of ELISA reader, RT-PCR, SDS-PAGE. In this workshop students, staff and faculty members learned a lot to boost up in their practical knowledge through hands on training. It was a fantastic event and opportunity that the students, and staff member acquired hand on training by this workshop. Students from the at least 10 neighbouring institutes were also participated in this workshop and gained practical hand on the aforesaid instruments. Overall, the event was entertaining, and fruitful.









Name of the Event Coordinator/Convenor:	Name of the Event:
Dr Rajeev Kumar Sharma	Free dental Health Camp at Salangaon Village
	under Unnat Bharat Abhiyan
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
	Prof. Javed Ali
Start Date and End Date:	No. of Participant (Students and Faculty):
	80

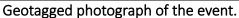
DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The activity demonstrated the commitment of DIT University for community service by providing free dental check-up facilities as University's goal is to ensure equal medical facilities for all economic sections of society.

Brief text with introduction, event details, content and outcome: Activities related to SDG 3:

DIT University-Faculty of Pharmacy organized a free dental Health Camp at Salangaon Gaon under Unnat Bharat Abhiyan. In this event, awareness about mouth cleansing, and tooth cleaning and their sanitary condition were discussed and delivered to the villagers. The dental kits and paste circulated to the villagers. Overall, the event was successful and everyone enjoyed the moment.











Name of the Event Coordinator/Convenor:	Name of the Event:
Mr. Abhishek Sarkar	Training program for Non-Teaching Staff
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date :	No. of Participant (Students and Faculty) :
15 th December, 2023	31

DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> DIT University arranges training and counselling sessions to improve work environment by listening, discussing and acting upon the issues of staffs to enhance work culture.

Brief text with introduction, event details, content and outcome:

Program: Training program for Non-Teaching Staff

Topic: Empathy- Discipline, Diligence, and Service with a Smile

Trainer: Dr. Monika Srivastava

Organized by: CDC Department, DIT University

This report provides an overview of the training program titled "Empathy- Discipline, Diligence, and Service with a Smile" delivered on December 15, 2023, to the non-teaching staff of DIT University. The program was organized by the CDC department and aimed to equip participants with skills and insights to enhance their interactions with students and colleagues.

The training program aimed to achieve the following objectives:

- Enhance the understanding of empathy as a crucial value in non-teaching staff interactions with students, faculty, and colleagues.
- Promote a culture of discipline, diligence, and professionalism among non-teaching staff.
- Equip participants with practical skills to provide excellent service with a smile in all their interactions.
- Foster a positive and supportive work environment at DIT University.











Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Naveen Singhal	Bicycle rally for Mission Life Initiative of Govt.
	of India
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in
Dehradun Municipal corporation	case of more than one resource):
	Dr. Naveen Singhal
Start Date and End Date :	No. of Participant (Students and Faculty) :
03 rd June, 2023	55

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: DIT University encourages students and staffs to participate in National Mission aligned with health to remain happy and motivated always

Brief text with introduction, event details, content and outcome:

DIT University actively supports the mental health and well-being of its staff by promoting physical activity and community engagement through initiatives like organizing cycle rallies with Dehradun Municipal Corporation on the day of world Bicycle Day fr promoting good health. By encouraging staff members to participate in these events together, the university fosters a sense of camaraderie, reduces stress, and promotes a healthy work-life balance. Such activities not only improve physical fitness but also provide opportunities for staff to connect, unwind, and rejuvenate, ultimately contributing to a positive, supportive work environment.

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Name of the Event Coordinator/Convenor:	Name of the Event:
Mr. Vaibhav Mehta	Christmas Celebration
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date :	No. of Participant (Students and Faculty):
25 th December, 2023	301

DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> DIT University celebrates events and festivals with all staffs and students to promote work culture, enhance cohesiveness, bonding and enhance work culture ethics.

Brief text with introduction, event details, content and outcome:

DIT University supports the mental health and well-being of its staff by encouraging participation in Christmas celebrations, fostering a sense of joy, unity, and togetherness. By creating a festive atmosphere, the university provides staff members an opportunity to relax, unwind, and connect with colleagues in a cheerful setting. These celebrations promote emotional well-being by encouraging positive interactions and reducing workplace stress. Through such inclusive events, DIT University enhances the overall morale of its staff, contributing to a healthy, supportive, and balanced work environment.









Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Naveen Singhal	Holi Celebration
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date :	No. of Participant (Students and Faculty) :
07 th March, 2023	252

DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> DIT University celebrates events and festivals with all staffs and students to promote work culture, enhance cohesiveness, bonding and enhance work culture ethics.

Brief text with introduction, event details, content and outcome:

DIT University actively supports the mental health and well-being of its staff by encouraging participation in Holi celebrations. The vibrant and joyful festival provides an opportunity for staff members to unwind, express happiness, and strengthen interpersonal connections in a fun and relaxed environment. By promoting such cultural celebrations, the university fosters a sense of belonging and emotional upliftment, helping to reduce stress and enhance workplace morale. These celebrations encourage social interaction, build a strong sense of community, and contribute to a more supportive and mentally healthy work environment.













Name of the Event Coordinator/Convenor:	Name of the Event:
HR Department, DIT University	Teachers' Day
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date :	No. of Participant (Students and Faculty) :
05 th September, 2023	258

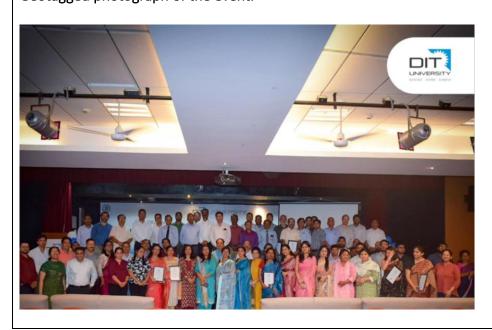
DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> DIT University recognizes contributions made by its each employee with rewards and recognition that enhances institutional bonding, cohesiveness and healthy work culture

Brief text with introduction, event details, content and outcome:

DIT University supports the mental health and well-being of its staff by recognizing their long-term contributions through awards and appreciation programs. The university honors teaching and non-teaching staff who have served for 5, 10, 15, 20, and 25 years with Long Service Awards, acknowledging their dedication and commitment. Additionally, DIT University motivates its academic community by presenting Best Teacher and Best Researcher awards, celebrating excellence in education and research. These initiatives not only boost staff morale but also create a culture of appreciation, fostering a positive, motivated, and mentally healthy work environment where employees feel valued and supported in their professional growth.











Name of the Event Coordinator/Convenor:	Name of the Event:
	Inter University Sports held in DIT University.
Name of the Collaborator (if any):	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date :	No. of Participant (Students and Faculty):
15-January 2023	125

DETAILS ABOUT THE EVENT:

Event Description

Activities related to SDG 3:

There was local sport competition held at DIT University in which various colleges of Dehradun participated and the various sports events like Volleyball, Basketball, Cricket and Badminton in outdoor games category and Table Tennis, and Chess in Indoor games category were held. The sports facilities of the University were used extensively by the local and state level teams.

More than 30 teams participated in the event and the winners were felicitated with trophies and mementos.

Photograph of the event:













Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Bhavna	Advances in Pharmaceutical Biotech and
	Clinical Research: Tools, Technologies and its
	Applications in Diagnostics, Therapeutics and
	Research
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in
DNA LABS	case of more than one resource):
	Dr. Narotam Sharma Scientist and Head
	Laboratories
Start Date and End Date:	No. of Participant (Students and Faculty):
06-11-2023 to 07-11-2023	88

DETAILS ABOUT THE EVENT:

Event Description

Brief text with introduction, event details, content and outcome:

Relevance with SDG3: Good health and well-being: The collaborative activity arranged for the students demonstrated the modern-day biotechnology-based application in disease therapy and diagnosis which will ensure better well-being in future both physically and psychologically

A Workshop on Advances in Pharmaceutical Biotech and Clinical Research: Tools, Technologies and its Applications in Diagnostics, Therapeutics and Research" has been organised by SoPPHI in joint collaboration with DNA Laboratories, Dehradun. The group leader for 1 group- Dr Ramesh, Senior Scientist, DNA Labs trained the students about the various tools and applications of electrophoresis. The electrophoresis is an essential technique for protein and nucleic acid separation. In II group, Dr Vipin Nautiyal, and Ms Shraddha Singh, made the students learned about the various aspects of ELISA. They introduced the participants about the Principle, Working and applications of ELISA in therapeutics and diagnostic purposes. Dr Ankita, Senior Scientist, DNA Labs demonstrated the various errors and methodologies involved during Nucleic acid separation and purification. Dr Narotam, Chief Scientist DNA Labs introduced the participants about the concept and functioning of RT-PCR. He practically demonstrated the RT-PCR and how it is applicable for modern day disease diagnosis. The workshop received an overwhelming response, where more than 88 participants from different colleges and Universities participated. They learnt the concepts of modern-day biotechnology-based application in disease therapy and diagnosis. On day second participants presented oral and poster presentation and defended the questions of juries. During valedictory function three participants namely Diwya Kumar Lal (DIT University), Rahul Goswami (HNB Garhwal University) and Prashant Kumar (DIT University) received first, second and third prize respectively for oral presentation. Similarly, Vishal Kumar and Vrinda Poply (DIT University), Rahul Adhikari (DIT University) and Aakash Samant (SBS University) received first, second and third prize respectively for poster presentation.

Outcome - A National Workshop cum Hands on Training (6-7 Nov 2023) was organized at DIT University Faculty of Pharmacy, Dehradun in Collaboration with DNA Labs, Dehradun (Approved



by NABL, ICMR, ISO, MSME). It was a fantastic opportunity to the Staff, Students- DIT University & Delegates for Live handling of scientific instruments like ELISA READER, RT-PCR, SDS-PAGE, etc, which would enhance their efficiency and practical exposure.







DIT University

Event Report

2022-23

Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Mandeep Arora	Pariksha Pe Charcha
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in case of more than one resource) : NIL
Start Date and End Date :	No. of Participant (Students and Faculty):
27-01-2023	BPharm Students

DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> The activity ensured students and staffs to be aware of Government's sensitivities to the state of mental health and confidence building for students during examinations which would ensure better results in medical and pharmacy sectors so indirectly better wellbeing in future.

DIT University Faculty of Pharmacy organised Pariksha Pe Charcha, 2023 by our Hon'ble Prime Minister Sir on 27 Jan 2023. The function was well attended by Students and staff from DIT University.





Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Shivika Dutt & Dr. Imran Hussain	Mental Health Event
Name of the Collaborator (if any):	Name of The Resource Person (Multi entry
	in case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty) :
31/10/2023	All the Schools and Departments of DIT
	and Faculty members.

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The activity ensured students and staffs to be aware of mental health and well-being across all age groups along with an effort to spread the information about the recent inclusion of mental health as one of the "Human Rights" as proposed by NHRC (National Human Rights Commission).

Brief text with introduction, event details, content, and outcome:

The School of Liberal Arts and Management successfully hosted The Mental Health Event on 31st October 2023 at DIT University Dehradun. The presence of faculties, and college mates along with the support of Professors, all came together to help Team DIT to admirably initiate the event.

The objective of the event was to create awareness for mental health and well-being across all age groups along with an effort to spread the information about the recent inclusion of mental health as one of the "Human Rights" as proposed by NHRC (National Human Rights Commission).

The event was inaugurated by Dr. Hiranmoy Roy (Dean) and Dr. Monica Shrivastav (Senior Prof., SOLAM, by lighting the lamp and encouraging the students with their warm and motivating speech. There were a total ten exciting events presented by B.A. and M.A. (Psychology students) who came together to make this event memorable.

The ten events were namely:-

The events that took place were the Gratitude event, Positive note, Pop Quiz, Guided imagery, Dumb charades of emotions, confession box, bursting negative thoughts balloons, Art therapy (emotion wheel, paint a frame), Mental health bingo and Musical chairs. The students and faculty members from all schools and departments participated with great enthusiasm in different activities especially curated for them, making the event a huge success.

The Event owes its success to the able guidance of our Chancellor, V. C. and Pro-V. C and the hard work put in by the entire School of Humanities and Liberal Arts team led by Dr. Hiranmoy



Roy (Dean), Dr. Vijay Negi (HOD), Dr. Monika Shrivastava, Dr. Shivika Dutt, and Dr. Imraan Hussain for planning and consistently guiding us through the entire process.

The event concluded with a warm vote of thanks by Miss, Navya Srivastava (BA-III).







Name of the Event Coordinator/Convenor:	Name of the Event: Blood Donation Camp
Name of the Collaborator (if any):	Name of The Resource Person (Multi entry in case of more than one resource):
Start Date and End Date: 24/11/2022	No. of Participant (Students and Faculty): 56

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The noble event was enthusiastically participated by DIT University students to help needy people with blood groups required. Students shared their feedback after donating bloods that they were feeling a sense of noble responsibilities they did and gave them complete satisfaction.

Brief text with introduction, event details, content, and outcome:

Blood donation camps are those camps where blood is obtained from suitable healthy donors for people of various blood groups who need blood. One such NCC Blood Donation camp took place at Doon University where the cadets of DIT University participated with full enthusiasm.

The benefits of healthy blood donations are to ensure safety and quality of blood. Motivate and maintain a permanent well-indexed record of voluntary blood donors. Educating the community on the beneficial aspects of blood donation and harmful effect of collecting blood from paid donors. Awareness was spread around by the cadets for healthy blood donations in order to SAVE LIVES.







Name of the Event Coordinator/Convenor:	Name of the Event:
	International Yoga Day
Name of the Collaborator (if any):	Name of The Resource Person (Multi entry in case of more than one resource) :
Start Date and End Date:	No. of Participant (Students and Faculty) :
21-06-2023	

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: Yoga is not only for healthy body but for also healthy mind. A healthy mind and healthy soul can only progress in career and life so it is essential that students need to do Yoga and exercises regularly in order to increase concentration, inner peace and healthy mind. International day of Yoga gave this chance to students. DITU students celebrated the day warmly as they regularly practice yoga and exercises to remain fit.

Brief text with introduction, event details, content, and outcome:

The NCC Cadets of DIT University participated in Yoga Day event. Both girls and boys participate the event with enthusiasm and learn the 'Asanas'. Participants learned about the benefits of yoga, its importance and various yoga practices. They were addressed by the Yoga instructors, student yogis. With the help of yoga instructor Cadet Rahul Singh, the cadets performed yoga. The cadets were inspired to add yoga to their daily life and routine, and live healthier, happier life.







Name of the Event Coordinator/Convenor:	Name of the Event:
	DEEKSHARAMBH- Student Induction Program
	2023 "Mind Matters
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty):
3 rd & 4 th August 2023	

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The event was especially arranged for students to enhance their mental strength and confidence while opting the new phase of their career and to start their journey as professionals. The mentoring and counselling sessions were very successful as students gave feedback to the sessions.

Brief text with introduction, event details, content and outcome:

DIT University organized a central level Induction Program for all the new entrants at the university. The University intended to make the students feel welcome & comfortable at their new home away from home, & organized the orientation program for all 1-year students of all the departments.

It was a 5-day program, for all the new entrants at DITU across all the departments. The transition from school to college is one of the most difficult & challenging phase & to support out students & ease their journey, our university counsellor, Ms. Zainab Faruqui interacted with all the new students of every department.

Prioritizing Mental Health of our students, Mind Matters, sessions by university counsellor were conducted wherein the students were made aware of the importance of Mental Health, insightful discussion on prioritizing mental health & breaking the stigma. The students were made aware of need to work for your own mental health, upcoming challenges in college life & the support system provided by university to help & guide them in coping well with the new experiences.

Students were introduced to the counselling buddy support group of the college – Peacemates, which functions, under the supervision & guidance of the student counsellor, to provide support & help to the students to maintain their mental wellbeing, Students of buddy support interacted with the new entrants, & conducted several ice breaking activities & games like Live Trivia, Open mic, to make the students feel comfortable & minimize their hesitation in opening up.



Geotagged photograph of the event.







Name of the Event Coordinator/Convenor:	Name of the Event:
	Being Emotionally Intelligent
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty):
24 th August, 2023	

DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> The event was especially arranged for students to enhance their mental strength and confidence while opting the new phase of their career and to start their journey as professionals. The mentoring and counselling sessions were very successful as students gave feedback to the sessions.

Brief text with introduction, event details, content and outcome:

The university counsellor conducted a session for students regarding an imperative skill – Emotional Intelligence. Aiming to maintain & manage our students' emotional & mental health, Ms. Zainab Faruqui, student counsellor, addressed our students on importance of EQ. A video was played, followed by insightful discussion on emotional intelligence and ways to enhance it.

Role plays were done to practically make the students see how to acknowledge & understand one's emotions and manage them. Students interacted and shared their experiences, making it an insightful & informative session for our students. The session concluded with Affirmation Activity

Geotagged photograph of the event.







Name of the Event Coordinator/Convenor:	Name of the Event:
	World Mental Health Day
Name of the Collaborator(if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty):
10 th October, 2023	

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The event was especially arranged for students to develop healthy thinking and healthy mind by practicing creative thinking, learning positive from every aspects of life, overcoming negativity with determination.

Brief text with introduction, event details, content and outcome:

The University counsellor along with Department of Psychology organized an event to observe World Mental Health Day. This year's theme announced by WFMH, is – Let's Talk about Mental Health. This year, the student counsellor and psychology department collectively worked to spread awareness about mental health and motivate students to own their issues & seek help.

The students randomly distributed words of affirmation cards among the students & faculty. Informative placards were also made and positioned on the campus to spread awareness. Events like Know the Emotion, Poster Competition, Pour Out, were conducted wherein the students participated and enjoyed, which helped in spreading a pivotal message wrapped in enjoyment.

Geotagged photograph of the event.





Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Rakesh Mohan Mishra	Annual Cultural fest- YOUTHOPIA
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty):
2-4 November, 2023	5000

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The event gives students freedom to express their art-culture, talent in form of dance, song, play, debate, painting, handicrafts etc. Students become charged and relaxed taking break from routine academic activities and get refreshed in mind.

Brief text with introduction, event details, content and outcome:

YOUTHOPIA-2023, the DIT University's annual extravaganza, unfolded over three splendid days in the month of November. This splendid festival serves as a dynamic platform for unearthing the myriad talents concealed within our university's student body. Moreover, it affords students a unique opportunity to stand out and differentiate themselves in the realm of art and academia, setting them apart from their peers across various colleges and universities.

This grandiose celebration transcends all expectations, uniting students in a vibrant venue that allows them to savour life to its fullest. It provides a refreshing departure from their daily routines, creating an unforgettable experience.











Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Rakesh Mohan Mishra	Annual Sports Meet - SPHURTI
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date:	No. of Doubletones /Chindonboom / Completo
Start Date and End Date.	No. of Participant (Students and Faculty):

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The event gives students freedom to take part in sports of their choice both indoor and outdoor. The inter college competition makes them more generous, humble and accepting win or defeat equally. This makes them mentally strong taking challenges of life and facing them with patience and strategy.

Brief text with introduction, event details, content and outcome:

Sports are a crucial part of a student's growth and development. They help in the development of mental health and physical fitness of the body. Through participation in sports and games, a student gains various skills, experience and confidence that are helpful for developing their personality. The DIT University of Dehradun held its 1st annual sports fest, SPHURTI in 2014, It is an open sports intercollege tournament of DIT University, which provides students with a platform to compete in badminton, basketball, table tennis, volleyball, soccer, cricket. The event features teams from different regions across the country. Starting with 32 teams across various states in India. It has been strengthened year by year with more participants. More than 500 matches have been conducted throughout all the journeys of Sphurti. Sport as a social practice has become relevant in many different fields: in health, economy, politics, education, work and leisure. The importance of sport transcends the confines of the sports field.











Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Rakesh Mohan Mishra	Deeksharambh 2023
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty):
01-05 th August , 2023	300

DETAILS ABOUT THE EVENT:

Event Description

Relevance with SDG3: Good health and well-being: The event gave students opportunity to express themselves in front of teachers, fellow classmates, Invited technocrats and scientists to ask for career guidance, philosophy of success, orientation of disciplines etc. Also special session was arranged by Nodal Officer Anti Narcotics Task Force, Dehradun to stay safe from negative elements of society to keep healthy body and mind so that students can fulfil dream and do not get washed away by any negative force of the society.

Brief text with introduction, event details, content and outcome:

For all newly admitted students a 5-day Induction/Orientation Program Deekhsharambh-2023 was held from 1st to 5th August, 2023. In this Program, the University's Senior Management did interact with the students to familiarise them with the operation of the University and its various schools. The Student Induction Program's goal was to help incoming freshmen acclimatise and feel at ease in the new setting they would be introduced to by infusing the institution's ethos and culture in them and supporting them in forming ties with other students and faculty members.



















Name of the Event Coordinator/Convenor:	Name of the Event:
Dr. Rakesh Mohan Mishra	Aavahan, Freshers' Welcome 2023
Name of the Collaborator (if any) :	Name of The Resource Person (Multi entry in
	case of more than one resource):
Start Date and End Date:	No. of Participant (Students and Faculty):
09 th September , 2023	300

DETAILS ABOUT THE EVENT:

Event Description

<u>Relevance with SDG3: Good health and well-being:</u> The event gave students opportunity to express themselves in front of teachers, fellow classmates in terms of art-cultural talents, personality development, expressing freely in front of seniors thus enhancing overall personality, mental strength and confidence.

Brief text with introduction, event details, content and outcome:

Aavahan was the perfect welcome to DITU freshers, complete with dazzling performances, music, and inspiring talks. Held on September 9th, the freshers' event began with a felicitation of dignitaries, followed by a lamp lighting ceremony, kulgeet, a Ganesh Vandana performance, and speeches by dignitaries.

Students were given interesting insights into DITU's Schools, which are focused on holistic and outcome-based education, research, and close industry-academic collaboration.















