

DIT University Event Report 2022-23

SDG 3



United Nations' Sustainable Development Goals (SDG) promote the notion 'Ensure healthy lives and promote well-being for all at all ages' through SDG 3. Good Health is essential to render any service to society and humanity. It is the very basic requirement of individual and irrespective of persons at any level in society must get access to quality health care services, sufficient and necessary education to promote awareness about health. In addition to that, clean environment, purity in resources, hygienic work environment are essential for achieving this goal. DIT University is committed to achieve this goal by providing necessary education, free access of healthcare services, awareness campaign and collaborative research work with Government and Non-Government agencies.

June 19, 2021

POLICY ON HEALTH CONSCIOUS

PREAMBLE:

DIT University lays emphasis on Health for all quotation and promote various special educative programs and policies in placed towards promoting various Health Campaign & Awareness in its campus.

SCOPE:

The Health Policy for all programs for DIT University covers all students, faculties & staffs apart from other campus visitors.

Procedure in place: Any policy has to be outcome based and accordingly a well lied policy with procedure covers conducting of various campaign on the following:

1. Evil of smoking
2. Drug free campus
3. Tobacco free campus
4. Alcohol free campus
5. Fitness & Health

To promote the above action DIT will conduct various awareness program and campaign during every Academic year involving students and faculty.

Specific club or promoted for the active participation of students and effective implementation of the program on a voluntary basis.

Further, DIT University will have appropriate play cards and informative signboards across the campus.

The Policy primarily adaptive & voluntary in nature and it encourages every student & faculty to be health conscious not just self but also their campus committee.



Kuhag

Registrar

Established vide Uttarakhand Act No. 10 of 2013
Recognized by UGC under Section 2 (f) of the UGC Act, 1956

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University access to Mental Health Support

DIT University organized several events related to mental health supports to the student and staff members. An infirmary has been established from day early of the starting university which provides basic and fundamental mental health access to the students and staffs. DIT University is having dedicated post of student counsellor to deal with all mental health and psychological issues of students.

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

DETAILS ABOUT THE EVENT:

Event Description
<p>Brief text with introduction, event details, content and outcome:</p> <p><u>Relevance with SDG3: Good health and well-being:</u> 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</p> <p>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.</p> <p>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</p>

& Delegates for Live handling of scientific instruments like ELISA READER, RT-PCR, SDS-PAGE, etc, which would enhance their efficiency and practical exposure.


Geotagged photograph of the event.



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Name of the Event Coordinator/Convenor: Dr. Mandeep Arora	Name of the Event: 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 : 27-01-2023	No. of Participant (Students and Faculty) : BPharm Students

DETAILS ABOUT THE EVENT:

Event Description
<p>Relevance with SDG3: Good health and well-being: 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.</p> <p>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.</p> <p>Geotagged photograph of the event.</p> 

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Name of the Event Coordinator/Convenor: Dr. Shivika Dutt & Dr. Imran Hussain	Name of the Event: 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: 31/10/2023	No. of Participant (Students and Faculty) : All the Schools and Departments of DIT and Faculty members.

DETAILS ABOUT THE EVENT:

Event Description
<p>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).</p> <p>Brief text with introduction, event details, content, and outcome:</p> <p>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.</p> <p>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).</p> <p>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.</p> <p>The ten events were namely:-</p> <p>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.</p> <p>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.</p>

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



Geotagged photograph of the event.



DIT University Event Report 2022-23

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
<p>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.</p> <p>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.</p> <p>Geotagged photograph of the event.</p> <div style="display: flex; justify-content: space-around;">   </div>

DIT University Event Report 2022-23

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: 21-06-2023	No. of Participant (Students and Faculty) :

DETAILS ABOUT THE EVENT:

Event Description
<p>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.</p> <p>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.</p> <p>Geotagged photograph of the event.</p> <div style="display: flex; justify-content: space-around;">   </div>

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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: 3 rd & 4 th August 2023	No. of Participant (Students and Faculty):

DETAILS ABOUT THE EVENT:

Event Description
<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Geotagged photograph of the event.</p>



DIT University Event Report 2022-23

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: 24 th August, 2023	No. of Participant (Students and Faculty):

DETAILS ABOUT THE EVENT:

Event Description
<p>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.</p> <p>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 Faruqi, 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.</p> <p>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</p> <p>Geotagged photograph of the event.</p>



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: 10 th October, 2023	No. of Participant (Students and Faculty):

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.



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Name of the Event Coordinator/Convenor: Dr. Rakesh Mohan Mishra	Name of the Event: 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: 2-4 November, 2023	No. of Participant (Students and Faculty): 5000

DETAILS ABOUT THE EVENT:

Event Description
<p>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.</p> <p>Brief text with introduction, event details, content and outcome:</p> <p>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.</p> <p>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.</p>




Name of the Event Coordinator/Convenor: Dr. Rakesh Mohan Mishra	Name of the Event: 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: 13 th March, 2023	No. of Participant (Students and Faculty): 300

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.





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Name of the Event Coordinator/Convenor: Dr. Rakesh Mohan Mishra	Name of the Event: 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: 01-05 th August , 2023	No. of Participant (Students and Faculty): 300

DETAILS ABOUT THE EVENT:

Event Description
<p>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.</p> <p>Brief text with introduction, event details, content and outcome:</p> <p>For all newly admitted students a 5-day Induction/Orientation Program Deeksharambh-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.</p>








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Name of the Event Coordinator/Convenor: Dr. Rakesh Mohan Mishra	Name of the Event: 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: 09 th September , 2023	No. of Participant (Students and Faculty): 300

DETAILS ABOUT THE EVENT:

Event Description
<p>Relevance with SDG3: Good health and well-being: 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.</p> <p>Brief text with introduction, event details, content and outcome:</p> <p>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.</p> <p>Students were given interesting insights into DITU's Schools, which are focused on holistic and outcome-based education, research, and close industry-academic collaboration.</p>






3 GOOD HEALTH AND WELL BEING

