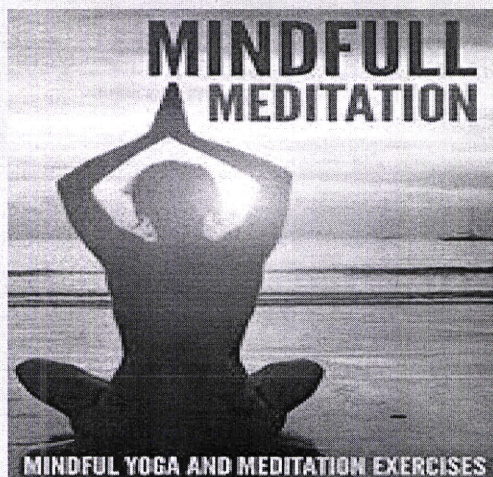




**AMITY UNIVERSITY**  
HARYANA

Established vide Government of Haryana Act No.10 of 2010



### AMITY UNIVERSITY HARYANA

Amity University Haryana with a legacy of world class academic infrastructure is a part of Amity Education Group, a pioneer of global culture in education in India. AUH - a research and innovation driven university, is built on a foundation, which embodies the qualities that have made Amity institutes world class. Spread over a 110 acre green campus in the close proximity of Gurugram.

### DATE AND DAY

03 June 2020

### CONTACT

Dr. Sunita Sharma  
Deputy Director, IQAC

### WEBSITE:

<https://www.amity.edu/gurugram/>

### EMAIL:

[ssharma7@ggn.amity.edu](mailto:ssharma7@ggn.amity.edu)

## QUALITY INITIATIVE

By

Internal Quality Assurance Cell

### ONE DAY WORKSHOP/TRAINING ON "YOGA & MINDFULNESS DURING THE CRUCIAL TIME OF PANDEMIC"

This session based on Yoga & Mindfulness during the crucial time of Pandemic intended to give the students a fair idea about yoga and its benefits. Health is our wealth. This difficult time can be utilized for building physical and mental health.

### OBJECTIVE OF THE WORKSHOP

The Objective of this session is to describe what yoga and meditation are, their practices and their effects on physical and mental health.

### WHO SHALL ATTEND THE WORKSHOP?

The IQAC representatives from Institutes/Departments - Academic and Administrative and Students of AUH.

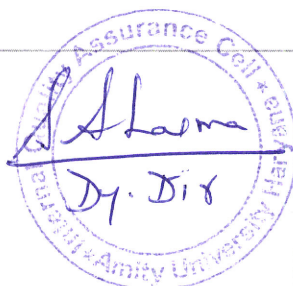
### OUTCOME OF THE WORKSHOP

The participants will be able to gain insight on the following

- How to manage psychological balance.
- How to Improve immunity using Yoga techniques.
- How to Manage stress, depression, and anxiety

### ORGANISING MEMBERS

Dr. Sanjay Kumar Jha, Professor, Director ASLA, AUH  
Dr. Sunita Sharma, Deputy Director – IQAC, AUH  
Mr. Onkar Singh, Senior Manager – IQAC, AUH  
Dr. Seema Kataria, Manager – IQAC, AUH



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Manesar Gurgaon-122413





# AMITY UNIVERSITY

## HARYANA

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**Quality Initiative**  
**by**  
**Internal Quality Assurance Cell**  
**in**  
**Collaboration with**  
**Amity School of Liberal Arts**  
**Workshop/Training**  
**On**  
**“Yoga & Mindfulness during the crucial time of Pandemic”**

**3<sup>rd</sup> June 2020**

<b>Date of Event</b>	<b>3<sup>rd</sup> June 2020</b>
<b>Name &amp; Type of Event</b>	Webinar cum Panel Discussion on “Yoga & Mindfulness during the crucial time of Pandemic” was organized for the students of Amity School of Liberal Arts. The Guest Speaker was: Smt. Acharya Pratishta, Yogra Guru, Bharat Yoga
<b>Conducted By</b>	Internal Quality Assurance Cell and Amity School of Hospitality
<b>No. of Participants</b>	150

### INTRODUCTION

This session based on **Yoga & Mindfulness during the crucial time of Pandemic** intended to give the students a fair idea about yoga and its benefits. The word Yoga originates from the Sanskrit word “Yuj” means to attach, join, Yoke or “Yuj” Samadhi. Yoga asanas twist the internal organs, strengthen muscles and increases circulation. Breathing technique and meditation also release stress and improve immunity. Health is our wealth. This difficult time



  
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can be utilized for building physical and mental health. The rule of social distancing which has been in action is a great facility that provides natural support to immune system and to build the mental health. It also gives more time to be with your family and keep yourselves occupied with productive activities. The term “meditation” usually refers to a formal practice that can give peace to the mind and increase awareness of our conscious, our mind and our environment. Meditation in its many forms has been practiced over millions of years by diverse groups of people in many different traditions. Previously it was practiced in the East, eventually has spread into Western countries and is increasingly augmenting therapy. These days are very difficult to manage your mind. So, meditation is the only useful activity that helps to overcome such a bad situation (corona lockdown). One should do mindful meditation daily. Encourage kids, but do not force them to do these activities. This study found that due to meditation, there is reduction in oxygen consumption, decreased heart rate, decreased respiration rate, enhanced carbon dioxide elimination, reduced cortisol hormone level, decreased blood lactate levels, and increased parasympathetic activity. An overall effect of meditation is that it provides nutrition to your mind and brain. Meditation is a blessing in disguise in such crucial time. Regular practice of yoga and meditation help us to improve our quality of life. The purpose of this session is to describe what yoga and meditation are, their practices and their effects on physical and mental health.

### WEBINAR STRUCTURE

This virtual session was organized on CISCO WEBEX and hosted for the faculty members and students by IQAC and Amity School of Liberal Arts. The speaker encouraged the students to actively participate to establish a 2 – way communication as he touched the nuances related to the topic. She also engaged the students in an online workshop through Om chant and meditation.



  
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### **ABOUT THE SPEAKER**

Smt.Aachary Pratishta ,Yogra Guru, Bharat Yoga Renowned Yog Guru who is also an Ex Diplomat, Cultural Ambassador, Culture expert, Distinguished Indian Classical Dance Exponent & Guru, Author, Motivational & Spiritual Guide, A Media Person a Social Reformer & an Ex-Diplomat who has changed lives of millions through her discourses, performances, workshops and teachings.

### **KEY TAKEAWAYS**

Participants raised many questions and provided comments regarding the Webinar's scope and how it connects with the broader picture. Some students even clarified their doubts in a one on one conversation. The distinguished speaker ensured that he patiently answered to all the questions elaborately. The key statements, quotes and points:

- Psychological balance
- Improving immunity
- Manage stress, depression and anxiety

### **PROGRAM**


A webinar cum panel discussion was organized on the topic: Yoga & Mindfulness during Crucial time of Pandemic by IQAC and Amity School of Liberal Arts on 3rd June 2020. The main speaker was Acharya Pratishta. The panel discussion was moderated by Prof Sanjay Kumar Jha Director Amity School of Liberal Arts Amity University Haryana. Aacharay Pratishta highlighted the role and importance of yoga in strengthening our immune system which helps us in combating the stress produced by the ongoing pandemic. She said that psychological impact of the pandemic has affected all of us in varying degrees and yoga is a important tool to counter its negative effect. Prof J.k Mehta widely known academician also shared his views on yoga. Dr. Supriya Sanju anchored the webinar and Dr.Sunita Sharma , Deputy Director , delivered vote of thanks.



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## PICTURE GALLERY




**GUEST LECTURE ON**

**YOGA & MINDFULNESS DURING CRUCIAL TIME OF PANDEMIC**


..... AMITY SCHOOL OF LIBERAL ARTS .....

**WEDNESDAY, JUNE 03, 2020 | 1:00 PM - 2:00 PM**

**Online Platform: Cisco Webex**



Distinguished Resource Person  
**Acharya Pratishtha ji**  
Yog Guru, Spiritual Master &  
A Cultural Personality !




Moderator/ Chief-Convener  
**Prof. Sanjay K. Jha**  
Director (Liberal Arts)  
Amity University Haryana

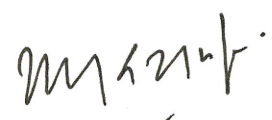
**Co-Conveners**

<p><b>Dr. Supriya Sanju</b> Associate Professor Amity School of Liberal Arts</p>	<p><b>Dr. Shradhanvita Singh</b> Assistant Professor Amity School of Liberal Arts</p>	<p><b>Dr. Sunil Mishra</b> Associate Professor Amity School of Liberal Arts</p>
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**NOTE:** Participation certificate to all the participants





  
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## Pharmaceutical Sales



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### DATE AND DAY

4 June 2020

### CONTACT

Dr.Sunita Sharma  
Deputy Director, IQAC

### WEBSITE:

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### EMAIL:

[ssharma7@ggn.amity.edu](mailto:ssharma7@ggn.amity.edu)

## QUALITY INITIATIVE

By

Internal Quality Assurance Cell

### ONE DAY WORKSHOP/TRAINING ON "PHARMACEUTICAL SALES, MARKETING, BUSINESS DEVELOPMENT AND QUALITY ASSURANCE "

This one-day workshop is one of the quality initiatives brought by Internal Quality Assurance Cell at AUH. This workshop prepares the students to.

- Pharmaceutical Sales management,
- Have knowledge of the changing face of the industry, new modes of marketing and better methods of reaching the customer

### OBJECTIVE OF THE WORKSHOP

The objective of the event was to impart the training of the skill sets required for students to venture into sales and Marketing Field.

### WHO SHALL ATTEND THE WORKSHOP?

The IQAC representatives from Institutes/Departments - Academic and Administrative at AUH.

### OUTCOME OF THE WORKSHOP

The students will learn about. **1**-Importance of Competitive Intelligence in Pharmaceutical Industry, **2**-Pharmaceutical Marketing in Pre and Post COVID-19, **3**- Seven Principles of entrepreneurship, **4**-Clinical Research and Quality Assurance in Pharmaceutical Industry

### ORGANISING MEMBERS

Dr. Hemant Sharma, Professor, General Management ABS, AUH  
Dr. Sunita Sharma, Deputy Director – IQAC, AUH  
Dr. Seema Kataria, Manager – IQAC, AUH  
Dr. Satish Sardana, Professor- Director- AIP



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# AMITY UNIVERSITY

## HARYANA

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**Quality Initiative**

**by**

**Internal Quality Assurance Cell**

**in**

**Collaboration with**

**Amity Institute of Pharmacy**

**and**

**Amity Skills Institute**

**Workshop/Training**

**On**

**“Pharmaceutical Sales, Marketing, Business Development and Quality Assurance”**

**4<sup>th</sup> June 2020**

<b>Date of Event</b>	<b>4<sup>th</sup> June 2020</b>
<b>Name &amp; Type of Event</b>	<b>Webinar on “Pharmaceutical Sales, Marketing, Business Development and Quality Assurance” was organized for the students of Amity Institute of Pharmacy and Amity Skills Institute</b>
<b>Conducted By</b>	<b>Internal Quality Assurance Cell, Amity Institute of Pharmacy and Amity Skills Institute</b>
<b>No. of Participants</b>	<b>50</b>

### **INTRODUCTION**

As the name entails marketing, sales, business development and quality assurance tools and tactics are at the core of the curriculum. History of pharmaceutical sales and marketing, the revolutionary incidences of the industry, the rules, the framework (legal and ethical both) all are touched in details

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and the candidates are instructed about each possible theoretical as well as practical aspect of this field of work.

Pharmaceutical sales and marketing are much needed aspect of any product's life cycle. The success or failure of a product, a brand and a company emphasize the role and effort of the marketing team behind it. So, for all it becomes necessary to have well learned and trained professionals into this job which can frame or even de-face the reputation of a company.

The pharma marketing team has to have specific characters like:

- Ready to take ownership of the product and put effort into its marketing whole heartedly.
- Have appropriate knowledge of the marketing tools to enable positive marketing of the products.
- To be able to handle large teams and interact with technical teams involved in development of the product.
- Have a sharp mind to evaluate prospects for a product and be vigilant of competitor products.
- Have knowledge of the changing face of the industry, new odes of marketing and better methods of reaching the customer.

Thus, this workshop was organized and designed keeping in view the critical nature of this kind of work and role to be performed by the budding professionals in this field.

### **WEBINAR STRUCTURE**

This Session "Pharmaceutical Sales, Marketing, Business Development and Quality Assurance" was conducted online Microsoft Teams. The session consisted of five panel members from the industry and the session was moderated by Director, Amity Institute of Pharmacy.

### **ABOUT THE SPEAKER**

The following were the speakers from the industry

- Mr. Vinay Maloth , Manger Competitive intelligence
- Ms . Reena Bhattacharya , Delhi Pharmaceutical Sciences and Research University, New Delhi



*Ms. Reena Bhattacharya*  
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- Mr. Brij S Sarda ,Medigracepvt Ltd.
- Mr. Hari P. Gupta , Bangalore Pharmaceutical Research Lab, BPRL
- Ms. Nupur Goyal , DPSRU, New Delhi

## KEY TAKEAWAYS

The objective of the event was to impart the training of the skill sets required for students to venture into sales and Marketing Field. The students learn about :

- Importance of Competitive Intelligence in Pharmaceutical Industry
- Pharmaceutical Marketing in Pre and Post COVID-19
- 7 Principles of entrepreneurship
- Career choices and Professional Stress
- Clinical Research and Quality Assurance in Pharmaceutical Industry

## PROGRAM

The workshop was divided in to five sessions and each session was taken over the experts from the renowned organisation in the pharma sector.

Speaker 1: Mr. Vinay Maloth delivered a talk on Importance of Competitive Intelligence in Pharmaceutical Industry,

Speaker 2: Ms. Reena Bhattacharya talked about the World of Pharmaceutical Marketing in Pre and Post COVID-19,

Speaker 3: Mr. Brij S. Sarda Delivered a talk on 7 Principle of entrepreneurship,

Speaker 4: Mr. Hari P. Gupta talked on the Career choices and Professional Stress,


Speaker 5: Dr. Nupur Goyal delivered a talk on Clinical Research and Quality Assurance in Pharmaceuticals

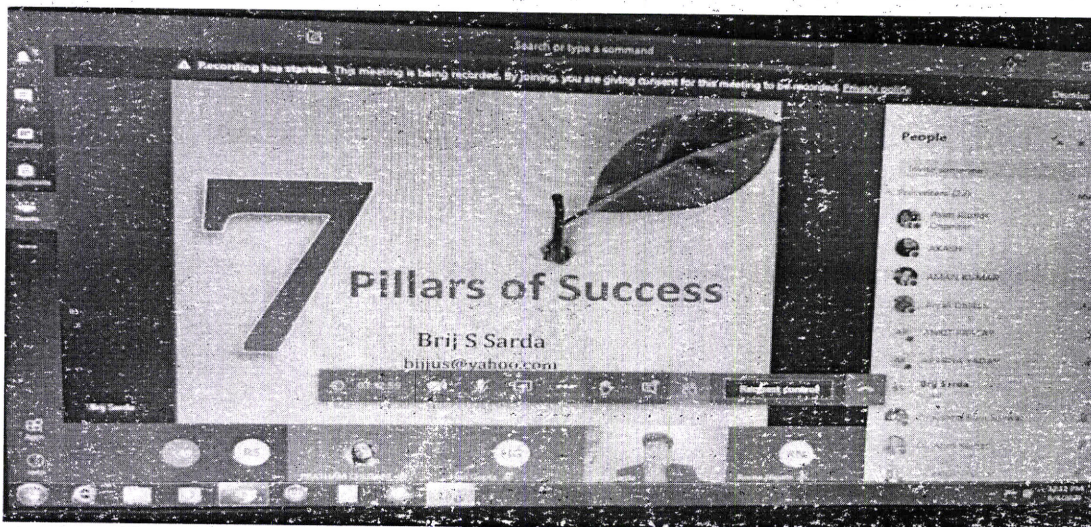
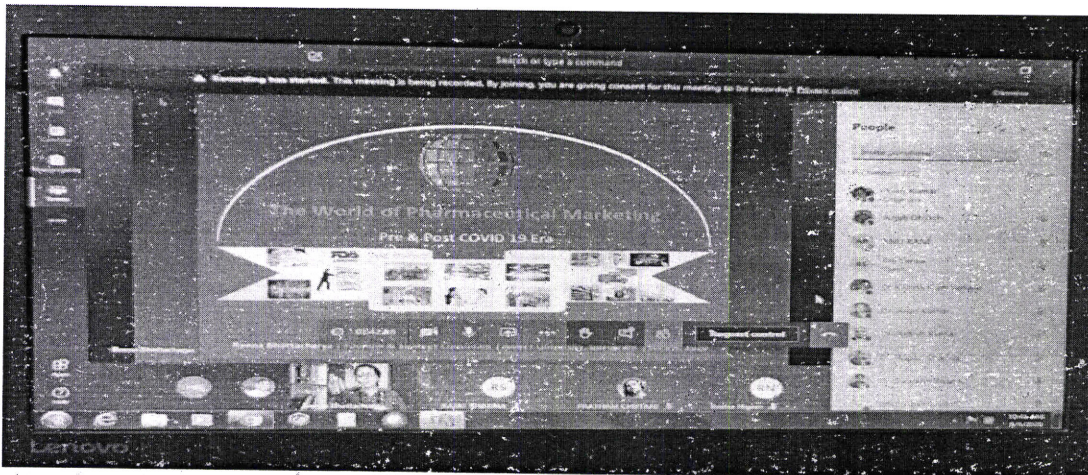


  
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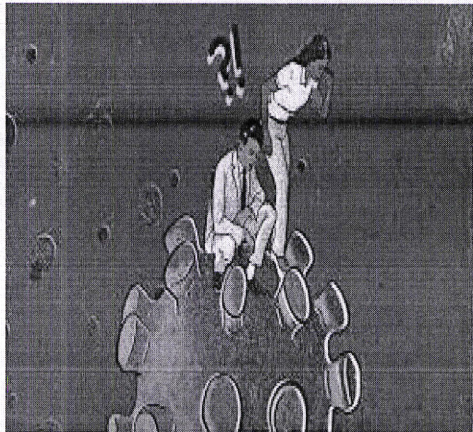
## PICTURE GALLERY

 <b>A workshop on Pharmaceutical Sales, Marketing, Business Development and Quality Assurance</b> Amity Institute of Pharmacy & Amity Skills Institute (Amity University Haryana)				
<b>Mr. Vinay Maloth</b> Manager, Competitive Intelligence at Novartis Hyderabad, Telangana Topic: Importance of Competitive Intelligence in Pharmaceutical Industry Date: 4 <sup>th</sup> June 2020	<b>Ms. Reena Bhattacharya</b> Founder, Renoto Consulting & Associate Professor, DPSRU, New Delhi Topic: The World of Pharmaceutical Marketing - Pre & Post Covid-19 Time: 10:00 AM - 2:00 PM Platform: Microsoft Teams	<b>Mr. Brij Sarda</b> Founder & Head, MediGenix at Nagpur Healthcare Advertising & Training Topic: Principles of Entrepreneurship	<b>Mr. Hari P. Gupta</b> Sr. Vice President, Sales & Marketing, Bangalore Pharmaceutical & Research Labs, Bangalore Topic: Career Choices & Professional Stress	<b>Dr. Nupur Goel</b> Faculty, DPSRU, Quality Management, Clinical Research, Regulation & Drug Regulatory Affairs Topic: Clinical Research & Quality Assurance in Pharmaceuticals
FOR MORE QUERIES CONTACT: Dr. Asim Kumar, skumar13@ggn.amity.edu (9877385724); Dr. Krishna Sarwar, krsarwar@ggn.amity.edu (9877385001); Ms. Malvika Yadav, myadav@ggn.amity.edu (9877385035)				



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## AMITY UNIVERSITY HARYANA

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## DATE AND DAY

10 June 2020

## CONTACT

Dr.Sunita Sharma  
Deputy Director, IQAC

## WEBSITE:

<https://www.amity.edu/gurugram/>

## EMAIL:

[ssharma7@ggn.amity.edu](mailto:ssharma7@ggn.amity.edu)

## QUALITY INITIATIVE

By

Internal Quality Assurance Cell

## ONE DAY WORKSHOP/TRAINING ON "CORPORATE GOVERNANCE SCENARIOS IN ORGANIZATION DURING COVID 19"

The outbreak of the Coronavirus Disease 2019 (COVID-19) has evolved into a pandemic, with major implications for the world population's health and the economic order. In these challenging times, private companies need capable leadership to navigate uncertain waters and take urgent action while considering multiple factors. Good governance in this scenario is key, as it translates into superior leadership and decision-making processes.

## OBJECTIVE OF THE WORKSHOP

To discussed about corporate governance, change in customer priorities, employees, and overall change in government policies due to the pandemic. Changes in the overall business models and issues related to data security and data confidentiality.

## WHO SHALL ATTEND THE WORKSHOP?

Faculty members, staff and students from Amity University Haryana have participated in this workshop.

## OUTCOME OF THE WORKSHOP

- The participants learnt about how organizations are coping up with corporate governance issues in times of COVID 19.

## ORGANISING MEMBERS

Dr. Hemant Sharma, Professor, General Management ABS, AUH  
Dr. Sunita Sharma, Deputy Director – IQAC, AUH  
Mr. Onkar Singh, Senior Manager- IQAC | Student Services AUH  
Dr. Seema Kataria, Manager – IQAC, AUH

Dr. Sunita Sharma

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**Quality Initiative**

**by**

**Internal Quality Assurance Cell**

**in**

**Collaboration with**

**Amity Business School**

**Workshop/Training**

**On**

***"Corporate Governance Scenarios in Organization during Covid 19"***

**10<sup>th</sup> June 2020**

<b>Date of Event</b>	<b>10<sup>th</sup> June 2020</b>
<b>Name &amp; Type of Event</b>	<b>Webinar on "Corporate Governance Scenarios in Organization during Covid 19" was organized for the students of Amity Business School</b>
<b>Conducted By</b>	<b>Internal Quality Assurance Cell and Amity Business School</b>
<b>No. of Participants</b>	<b>75 (50 Students, 15 Faculty members and 10 participants from outside AUH)</b>

### INTRODUCTION

The outbreak of the Coronavirus Disease 2019 (COVID-19) has evolved into a pandemic, with major implications for the world population's health and the economic order. Governments, the private sector and citizens are responding to this unprecedented scenario by taking measures to prevent the spread of COVID-19 while maintaining vital sectors of the economy active. In these challenging times, private companies need capable leadership to navigate uncertain waters and take urgent action while considering multiple factors. Good governance in this scenario is key, as it translates into superior leadership and decision-making processes.



  
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**WEBINAR STRUCTURE** - Session was conducted online

**ABOUT THE SPEAKER** - Mr Naval Kishore Bajaj, Head- Corporate Audit & Assurance, Yokogawa India Ltd

### **KEY TAKEAWAYS**

A sustainable recovery of the corporate sector is a key policy priority following the COVID 19 crisis. The participants learnt about how organizations are coping up with corporate governance issues in times of COVID 19.

### **PROGRAM**

The session started with brief introduction of the eminent guest Mr Naval Kishore Bajaj, Head- Corporate Audit & Assurance, Yokogawa India Ltd by Dr. Sunita Sharma, Deputy Director, IQAC. After introduction, he discussed about corporate governance, how priorities have changed for customers, employees and overall change in government policies due to the pandemic. Changes in the overall business models. He also discussed about data security and confidentiality.

An important aspect of the discussion was also the communication with stakeholders and its increased importance in the current scenario. After the successful ending of question-answer session, the conclusion of the webinar was discussed by him.

Overall, this expert-talk received very good response of the participants as well as good feedbacks at the end.

### **PICTURE GALLERY**



  
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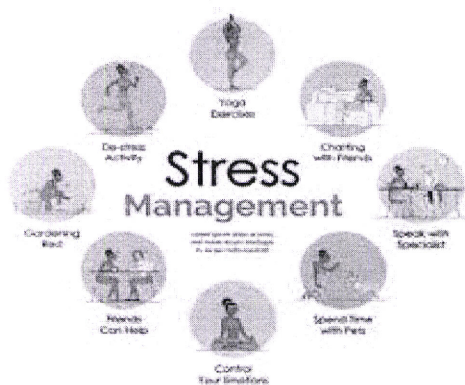




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## QUALITY INITIATIVE By Internal Quality Assurance Cell

### ONE DAY WORKSHOP/TRAINING ON "PROMOTING A HEALTHY MINDSET AT THE TIME OF STRESS AND CHANGE"

This one-day workshop is one of the quality initiatives brought by Internal Quality Assurance Cell at AUH. This workshop prepares the students to.

- Avoid Unnecessary Stress
- Alter the Situation
- Adapt to the Stressor
- Accept the Things You Can't Change
- Make Time for Fun and Relaxation
- Adopt a Healthy Lifestyle

### OBJECTIVE OF THE WORKSHOP

The main objective of the event was to promote a sense of well-being in students in times of stress and change.

### WHO SHALL ATTEND THE WORKSHOP?

The IQAC representatives from Institutes/Departments, faculty and students of Amity Business School - Academic and Administrative at AUH.

### OUTCOME OF THE WORKSHOP

The participants will be able to gain insight on the importance of various Stress Management Strategy (SMS) , guiding them to understand what things we can control and what is beyond control.

### ORGANISING MEMBERS

Dr.Vikas Madhukar, Dy Pro VC, Director ABS  
Dr. SunitaSharma, Deputy Director – IQAC, AUH  
Dr. Dr. Geeta Ravish, Asst Professor- ABS

### AMITY UNIVERSITY HARYANA

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### DATE AND DAY

28<sup>th</sup> May 2021, Friday

### CONTACT

Dr. Sunita Sharma  
Deputy Director, IQAC

### WEBSITE:

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### EMAIL:

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*Manesar*

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Manesar Gurgaon-12240





# AMITY UNIVERSITY

## HARYANA

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**Quality Initiative**

**by**

**Internal Quality Assurance Cell**

**in**

**Collaboration with**

**Amity Business School**

**Workshop/Training**

**on**

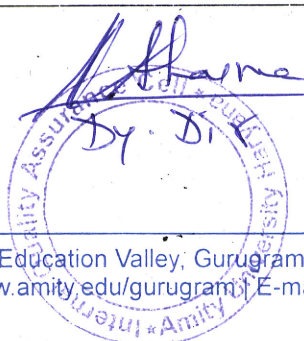
**“Promoting a healthy mindset at the time of stress and change”**

**28<sup>th</sup> May 2021**

<b>Date of Event</b>	<b>28<sup>th</sup> May, 2021</b>
<b>Name &amp; Type of Event</b>	<b>Webinar on “Promoting a healthy mindset at the time of stress and change”</b>
<b>Conducted By</b>	<b>Internal Quality Assurance Cell and Amity Business School</b>
<b>No. of Participants</b>	<b>64 Students</b>

### INTRODUCTION

Stress is a natural part of the human experience. In fact, stress can provide motivation and increase our performance. Psychological stress is known to suppress the immune system, making us more susceptible to illness. Stress is also associated with hypertension, heart disease, headaches, and cancer. Prolonged stress can also trigger depression, anxiety, and other psychological symptoms. It may seem that there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your career and family responsibilities will always be demanding. But you have more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress



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management. Managing stress is all about taking charge - of your thoughts, emotions, schedule, and the way you deal with problems.

Stress is the result of our need to adapt to change.

### **WEBINAR STRUCTURE**

This session was virtually organized and hosted for the faculty members and students by IQAC and Amity Business School. The speaker encouraged the students to actively participate to establish a 2 – way communication as he touched the nuances related to the topic.

### **ABOUT THE SPEAKER**

Mr Vikram Mall, Leadership Coach, BEDOHA.

### **OBJECTIVE**

The main objective of the event was to promote a sense of well-being in students in times of stress and change.

### **PROGRAM**

Dr.Vikas Madhukar welcomed all the dignitaries present and extend a warm welcome to all the participants.


Mr Vikram began by provoking students to come out with their queries in these distressed times of pandemic. After listening to them, he discussed various Stress Management Strategy (SMS), guiding them to understand what things we can control and what is beyond control.

### **Stress Management Strategy (SMS)**

**SMS # 1***Avoid Unnecessary Stress:* Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- Learn how to say 'no' - Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you're close to reaching them. Taking on more than you can handle is a surefire recipe for stress.



  
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- Avoid people who stress you out - If someone consistently causes stress in your life and you can't turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- Take control of your environment - If the evening news makes you anxious, turn the TV off. If traffic's got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.
- Avoid hot-button topics - If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it's the topic of discussion.
- Pare down your to-do list - Analyze your schedule, responsibilities, and daily tasks. If you've got too much on your plate, distinguish between the 'shoulds' and the 'musts'. Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely.

**SMS # 2** *Alter the Situation:* If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- Express your feelings instead of bottling them up. If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don't voice your feelings, resentment will build, and the situation will likely remain the same.
- Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you'll have a good chance of finding a happy middle ground.
- Be more assertive. Don't take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you've got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.



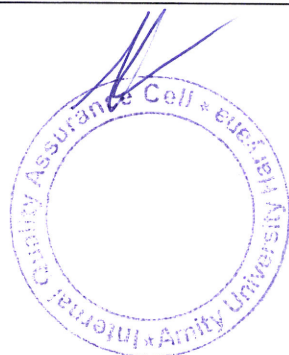
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 Amity University Haryana  
 Gurgaon-122413



- Manage your time better. Poor time management can cause a lot of stress. When you're stretched too thin and running behind, it's hard to stay calm and focused. But if you plan ahead and make sure you don't overextend yourself, you can alter the amount of stress you're under.

**SMS # 3** *Adapt to the Stressor:* If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

- Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.
- Look at the big picture. Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.
- Adjust your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with 'good enough'.
- Focus on the positive. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.
- Adjusting your attitude. How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as 'always', 'never', 'should', and 'must'. These are telltale marks of self-defeating thoughts.



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**SMS # 4***Accept the Things You Can't Change:* Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

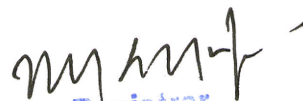
- Don't try to control the uncontrollable. Many things in life are beyond our control - particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- Look for the upside. As the saying goes, "What doesn't kill us makes us stronger". When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes. Share your feelings. Talk to a trusted friend or make an appointment with a therapist. Expressing what you're going through can be very cathartic, even if there's nothing you can do to alter the stressful situation.
- Learn to forgive. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

**SMS # 5***Make Time for Fun and Relaxation:* Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come. Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

**SMS # 6***Adopt a Healthy Lifestyle:* You can increase your resistance to stress by strengthening your physical health.

- Exercise regularly. Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week.



  
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Manesar Gurgaon-122411



Nothing beats aerobic exercise for releasing pent-up stress and tension.

- Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- Reduce caffeine and sugar. The temporary 'highs' caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.
- Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- Get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally. Because each person is unique, some of these stress management strategies will be more helpful for you than others, and some will be new skills that require practice to be effective. Think about learning to ride a bicycle. There was a time when this was a new skill and felt very unnatural and awkward. You probably needed help at first. With some coaching and practice, stress management, like cycling or any other skill, becomes easier and more effective.

At the end, he also prompted the students to focus on goals in life and suggested some good reads.

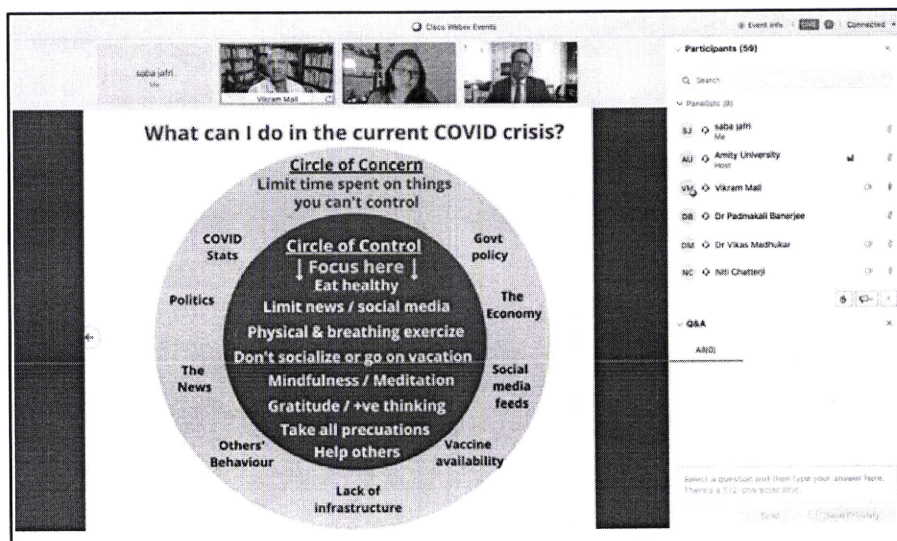
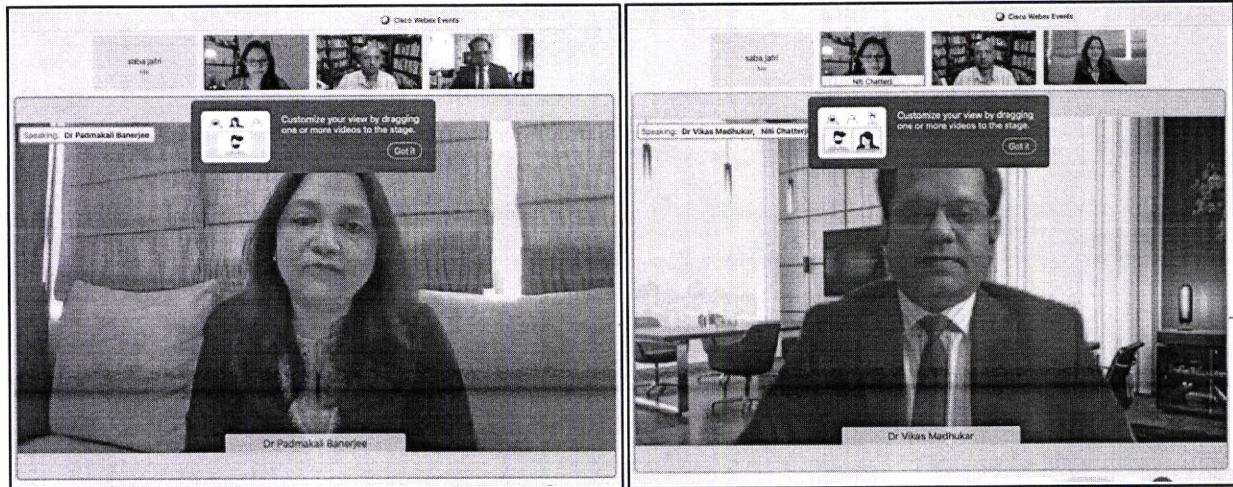
Hon'ble Dr.Padmakali Banerjee, Pro Vice Chancellor, Head Quality and Accreditation also shared her valuable thoughts on this theme. Motivated the participants to stay healthy.

Dr.Vikas Madhukar concluded the session by Vote of thanks.



  
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## PICTURE GALLERY







# AMITY UNIVERSITY

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## AMITY UNIVERSITY HARYANA

Amity University Haryana with a legacy of world class academic infrastructure is a part of Amity Education Group, a pioneer of global culture in education in India. AUH - a research and innovation driven university, is built on a foundation, which embodies the qualities that have made Amity institutes world class. Spread over a 110 acre green campus in the close proximity of Gurugram.

## DATE AND DAY

18 June 2020

## CONTACT

Dr. Sunita Sharma  
Deputy Director, IQAC

## WEBSITE:

<https://www.amity.edu/gurugram/>

## EMAIL:

[ssharma7@ggn.amity.edu](mailto:ssharma7@ggn.amity.edu)

## QUALITY INITIATIVE

By

Internal Quality Assurance Cell

## ONE DAY WORKSHOP/TRAINING ON "VIRTUAL EDUCATION AND ITS ADVANTAGES DURING COVID19 PANDEMIC"

This one-day workshop is one of the quality initiatives brought by Internal Quality Assurance Cell at AUH. It discusses the importance of online education and use of ICT tools during the present crisis of COVID-19 and to motivate educators and students

## OBJECTIVE OF THE WORKSHOP

The workshop was aimed to discuss the importance of online education and use of ICT during the present crisis of COVID-19 and to motivate Educators and students.

## WHO SHALL ATTEND THE WORKSHOP?

The IQAC representatives from Institutes/Departments - Academic and Administrative at AUH.

## OUTCOME OF THE WORKSHOP

The participants will be able to gain insight on the importance of learning management tools and their benefits to the faculty members and students of the university.

## ORGANISING MEMBERS

Dr. UN Singh, Professor, Dean Faculty of Arts AUH  
Dr. Sunita Sharma, Deputy Director – IQAC, AUH  
Dr. Seema Kataria, Manager – IQAC, AUH  
Dr. Udaya Narayana Singh Professor and Dean Faculty of Arts



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**Quality Initiative**  
**by**  
**Internal Quality Assurance Cell**  
**in**  
**Collaboration with**  
**Amity School of Languages**

**One Day Workshop/Training**  
**On**

***"Virtual education and its advantages during COVID19 pandemic"***

**18<sup>th</sup> June 2020**

<b>Date of Event</b>	<b>18th June 2020</b>
<b>Name &amp; Type of Event</b>	<b>Webinar on "Virtual education and its advantages during COVID19 pandemic"</b>
<b>Conducted By</b>	<b>Internal Quality Assurance Cell and Amity Business School</b>
<b>Participants</b>	<b>Faculty and Students</b>

## **Introduction**

The World Health Organization has declared Covid-19 as a pandemic that has posed a contemporary threat to humanity. This pandemic has successfully forced global shutdown of several activities, including educational activities, and this has resulted in tremendous crisis-response migration of universities with online learning serving as the educational platform. With this crisis-response this workshop is organized by IQAC and Amity School of Languages at Amity University Haryana to discuss the importance of online education and use of ICT

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Amity University Haryana

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tools during the present crisis of COVID- 19 and to motivate educators and students.

**Objectives of the Workshop:**

The workshop was aimed to discuss the importance of online education and use of ICT during the present crisis of COVID- 19 and to motivate Educators and students.

**Mode of Workshop:**

This workshop is virtually organized on Zoom platform.

**Resource Person:**


Prof. Royer Dario Ramos Gomez, Professor of English, National Open University and Distance (Universidad Nacional Abierta y a Distancia), Columbia

**Session 1-**

Prof. Royer Dario Ramos Gomez commenced the session, by giving brief introduction of UNAD University. He further discussed about the present pandemic hitting the world and said that it is interesting to note that the traditional means of imparting knowledge in institutes of higher education have also been impacted to a considerable extent. In this context, it has become imperative to explore other learning mechanisms one of which is Virtual Learning Approach. In this scenario, several learning management systems have evolved.

He discussed about MOODLE and said using Moodle, trainers can create and disseminate e-content in four quadrant approaches to their students in a flexible manner. Moodle have personalized dashboard creation, easy to use interface, collaborative tools, automatic alerts and notifications, customized role creation, etc .Moodle can also assist to customize the content for teachers' course content and also aid course delivery administrators to track of the performance of the students and customize the site as per institutional requirement.



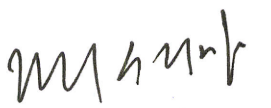
  
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Amity University Haryana  
Gurgaon-122413

Prof.Royer mentioned and explained the following are features of Moodle:

1. Modern, easy to use interface: Modern, easy to use interface signed to be responsive and accessible, the Moodle interface is easy to navigate on both desktop and mobile devices.
2. Personalised Dashboard: display current, past and future courses, along with tasks due.
3. Collaborative tools and activities: Work and learn together in forums, wikis, glossaries, database activities, and much more
4. All-in-one calendar: Moodle's calendar tool helps you keep track of your academic or company calendar, course deadlines, group meetings, and other personal events.
5. Convenient file management: Drag and drop files from cloud storage services including MS OneDrive, Dropbox and Google Drive.
6. Simple and intuitive text editor: Format text and conveniently add media and images with an editor that works across all web browsers and devices.
7. Notifications: When enabled, users can receive automatic alerts on new assignments and deadlines, forum posts and also send private messages to one another.
8. Track progress: Educators and learners can track progress and completion with an array of options for tracking individual activities or resources and at course level.
9. Customisable site design and layout: Easily customise a Moodle theme with your logo, colour schemes and much more - or simply design your own theme.
10. Secure authentication and mass enrolment: Over 50 authentication and enrolment options to add and enroll users to your Moodle site and courses.

He also added, Moodle also supports some additional features such as Multilingual capability, Bulk course creation and easy backup, Manage user roles and permissions, Supports open standards, High interoperability, Simple plug-in management, Regular security updates, Detailed reporting and logs, Direct learning paths, Encourage collaboration, Multimedia Integration etc.



  
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Apart from the above discussion, during the talk he focused on the advantages of virtual or distance learning during pandemic crises and as well as during normal times. He emphasized on its merits as he mentioned that this mode gives students a greater access to education which provides flexible option to work and study at the same time. It also allows the students to study at their own pace. It facilitates students to choose from a wider variety of courses and to develop valuable, clear and steady communication.

The Guest Speaker also emphasized on the points to be considered by students and teachers while conducting courses online. He mentioned that teachers need to be updated with the new language technology tools and educators also pass on to the students to use it effectively and efficiently. He constantly pestered on some principal skills that faculties and students should have i.e excellent computer & ICT skills, patience, self - motivation, clear and steady communication, time management and self-discipline. These skills are crucial throughout the teaching and learning process.

### **Session 2 – Question and Answer**

The workshop was further taken forward by Ms. Nidhi Joshi, Assistant Professor of Spanish, ASL and made the house open for question and answer session. The students of Amity School of Language interaction with Prof. Royer Dario Ramos Gomez and seek valuable insights on the concerned areas.

### **Conclusion**

The webinar was concluded by Dr. Sunita Sharma, Deputy Director IQAC with her insightful closing remarks on the usage of learning management tools and their benefits to the faculty members and students of the university.

Prof. Dr. Udaya Narayana Singh. Dean, Faculty of Arts Humanities & Chair-Professor, ACLiS, Head of the Institute of ASL, AUH gave vote of thanks and appreciated Prof. Royer Dario Ramos Gomez, Professor of English, National Open University and Distance (Universidad Nacional Abierta y a Distancia), Columbia sharing his valuable thoughts as “Virtual education” is the need of the hour.



*M. N. Joshi*  
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**AMITY INSTITUTE OF PHARMACY**

# World Pharmacist Day

**25<sup>th</sup> September 2020**



**AMITY  
UNIVERSITY**  
— GURUGRAM —

## Event -1

24<sup>th</sup> September 2020,  
Thursday

**"E-Poster  
Presentation"**

On "Transforming Global  
Health"

Timing-2:30-4:30 PM

## Event -2

25<sup>th</sup> September 2020,  
Friday

**"Guest Lecture:"**

By: Mr. K.K. Jain,

Scientific and Technical Consultant,  
Haryana,

on "GMP and its importance in  
Pharma Industry"

Timing-11:30-12:30 PM

## Event -3

25<sup>th</sup> September 2020,  
Friday

**"Guest Lecture:"**

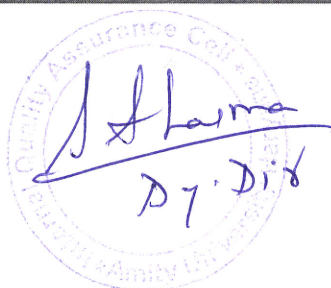
By: Dr. Vijay Sharma,

Senior Manger,  
Business Development,  
Gangwal Chemicals Pvt Ltd, Mumbai  
on "Novel Binders"

Timing-2:30-03:30 PM

**EVENT PLATFORM: MS TEAMS**

Event Coordinator: Dr. Kishna (9581530901) & Dr. Ashish  
(9953270069)



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**Quality Initiative**  
by  
**Internal Quality Assurance Cell**  
in  
**Collaboration with**  
**Amity School of Pharmacy**  
**Workshop/Training**  
On  
**“World Pharmacist Day-2020”**  
**25<sup>th</sup>Sep2020**


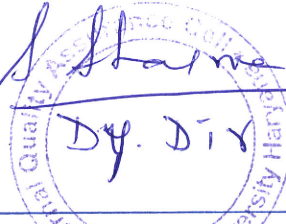
<b>Date of Event</b>	<b>25 Sep 2020</b>
<b>Name &amp; Type of Event</b>	<b>Webinar – “Innovation Week-2020”</b>
<b>Conducted By</b>	<b>Internal Quality Assurance Cell and Amity School of Pharmacy</b>
<b>No. of Participants</b>	<b>99(90Students and 9Faculty Members)</b>

### INTRODUCTION

The role of pharma industry plays a very important role in terms of medicinal benefits for the people at large. Quality is important in Pharmaceutical Industry, the very reason why pharma industry should focus on good manufacturing practices by strictly following the regulations.

### WEBINAR STRUCTURE

This virtual session was organized on CISCO WEBEX and hosted for the faculty members and students by IQAC and Amity School of Pharmacy. The speaker encouraged the students to actively participate to establish a 2 – way communication as he touched the nuances related to the topic. The students were also engaged in an online workshop through Om chant and

  
Dr. Divya  


  
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meditation.

### **ABOUT THE SPEAKER**

- Mr. K.K. Jain- Technical & Scientific Consultant, Haryana, Topic - GMP and its importance in Pharmaceutical Industry
- Dr. Vijay Sharma- Senior Manager, Business Development, Gangwal Chemicals Pvt Ltd, Mumbai Topic- Co-Processed Excipient
- Prof. Dr Satish Sardana, HOI AIP

### **KEY TAKEAWAYS**

The objective of the event was to impart knowledge by experts about best pharma industry practices.

Participants raised many questions and clarified their doubts in a one-on-one conversation with the knowledge experts. The distinguished speakers ensured that they patiently answered to all the questions clearly. The key points of discussion during the session :

- Collaborations & MOU for Research Guidance [PhD, PG & UG (summer training, Dissertation)] & Projects/Use of Instruments
- Lecture was beneficial for students in learning the regulatory aspect and recent development in Pharmaceutical Industry.
- Role Pharma industry in people's life.

### **PROGRAM**

AIP organizes guest Lectures on the occasion of World Pharmacist Day-2020. Two eminent speakers Dr. Vijay Sharma and Mr. K.K. Jain has presented their talk on "Co-Processed Excipient" and "GMP and its importance in Pharmaceutical Industry" respectively. Mr. Jain elaborated the role of good manufacturing Practices that should be followed strictly in pharmaceutical Industry setup and its regulatory aspect.

Dr. Sharma talked about a novel tablet excipient that is used in pharmaceutical product manufacturing. Further he elaborated its stability and compatibility factors and various scientific studies that have been carried out so far on this Co-Processed Excipient.

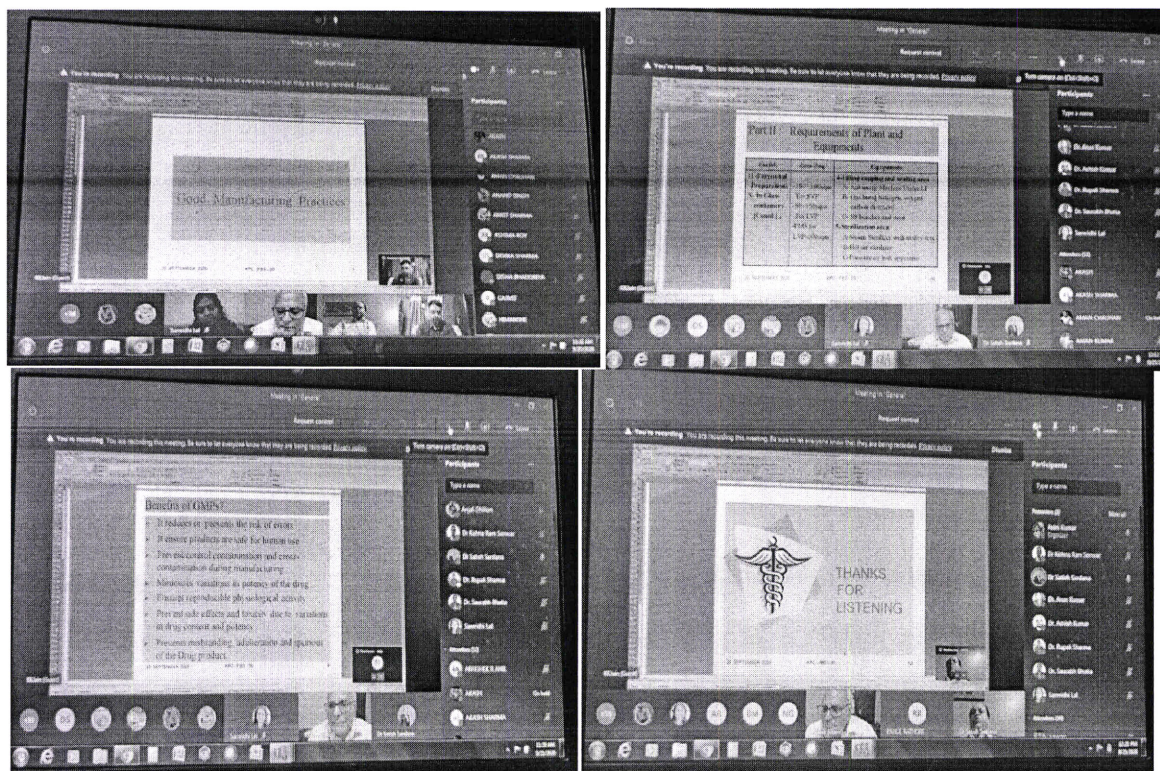


  
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Overall, the session was helpful in generating awareness about contemporary development in the Pharmaceutical Industry. The webinar ended with a vote of thanks to all the experts by Dr. Sunita Sharma, Deputy Director, IQAC and deep gratitude was expressed to all the participants for attending this event.

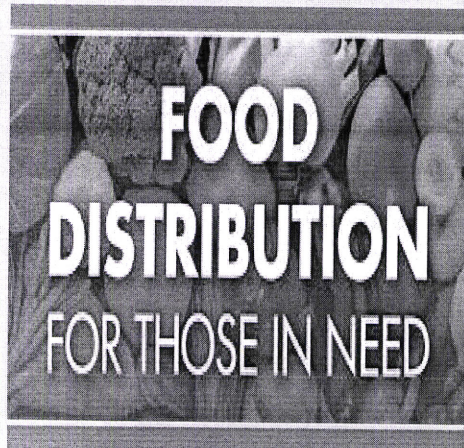
## PICTURE GALLERY



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### AMITY UNIVERSITY HARYANA

Amity University Haryana with a legacy of world class academic infrastructure is a part of Amity Education Group, a pioneer of global culture in education in India. AUH - a research and innovation driven university, is built on a foundation, which embodies the qualities that have made Amity institutes world class. Spread over a 110 acre green campus in the close proximity of Gurugram.

### DATE AND DAY

3<sup>rd</sup> April 2021

### CONTACT

Dr. Sunita Sharma  
Deputy Director, IQAC

### WEBSITE:

<https://www.amity.edu/gurugram/>

### EMAIL:

[ssharma7@ggn.amity.edu](mailto:ssharma7@ggn.amity.edu)

## QUALITY INITIATIVE

By

Internal Quality Assurance Cell

### ONE DAY EVENT ON "FOOD DISTRIBUTION DRIVE: AASHAYEIN 2021"

With COVID-19 hitting the world with its second wave, mankind must realise that in such times it is us, humans who should stand for the aid of one another. To tackle these serious social problems and help save Indian lives.

### OBJECTIVE OF THE WORKSHOP

The main objective of this event was to make aware of the problems that different societies and communities face on a day-to-day basis and to be conscious of the difficulties and hardships of society.

### WHO SHALL ATTEND THE WORKSHOP?

Faculty members, staff and students from Amity University Haryana have participated in this Event.

### OUTCOME OF THE WORKSHOP

- To realize the importance of change in the society
- As we grow, social awareness skills and societal awareness helps us to understand how one fits into and contributes to the community and the world, as well as how we get what we need from the world.

### ORGANISING MEMBERS

Dr. Sunita Sharma, Deputy Director – IQAC, AUH  
Dr. Mr Onkar Singh, Sen. Manager – IQAC, AUH  
Dr. Preeti Singh, Asst Professor- ASCO







**AMITY**  
UNIVERSITY  
GURUGRAM



# **AASHAYEIN**

## **DISTRIBUTION DRIVE 2021**

**3<sup>RD</sup> APRIL  
SECTOR 15  
11:30 ONWARDS**







# AMITY UNIVERSITY

## HARYANA

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Quality Initiative

by

Internal Quality Assurance Cell

in

Collaboration with

Amity School of Communication

Workshop

on

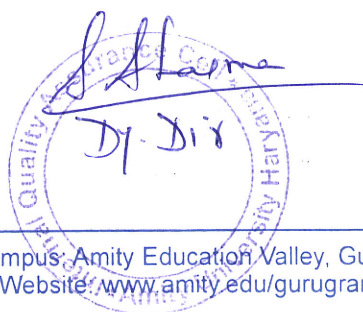
**"Food Distribution drive: AASHAYEIN 2021"**

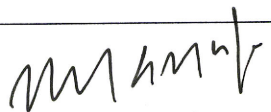
**3<sup>rd</sup> April 2021**

Date of Event	3 April 21
Name & Type of Event	Food Distribution drive: AASHAYEIN 2021
Conducted By	Internal Quality Assurance Cell
Participants	Faculty and Students

### INTRODUCTION

With COVID-19 hitting the world with its second wave, mankind must realise that in such times it is us, humans who should stand for the aid of one another. From ensuring the physical and mental well-being of all individuals, to the provision of their day-to-day amenities including food, sanitary napkins, etc. especially to the underprivileged sections of our society. To tackle these serious social problems and help save Indian lives, we from, Amity University Gurugram's Youth Social Responsibility Group under the Dean of Students Welfare, successfully organized a **"Food Distribution drive: AASHAYEIN 2021"**, on 3rd April



  
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Manesar Gurgaon-122413



2021. The drive lead by us and young volunteers was centered around providing basic day to day amenities including food, cloth, sanitary napkins, etc. to the doorsteps of Gurugram's underprivileged. The drive also focuses on creating awareness around COVID norms and menstrual hygiene.

### **Objectives of the Event**

The current project is focused on a social awareness event of which is managed and planned by our group. This event was completed on 3rd April. The main objective of this event was to make aware of the problems that different societies and communities face on a day-to-day basis and to be conscious of the difficulties and hardships of society

### **Participants**

All the participants were from various Institutes/Schools at AUH and were highly motivated towards the workshop.

**Venue-** Sector-15, GURUGRAM

### **Event Details**

- The event started at 11:30 am on 3rd April, Saturday 2021.
- All members along with required volunteers assembled and divided themselves in teams to distribute food, sanitary napkins in the nearby areas while interacting with people to understand their needs.
- Our Sponsors Amoli Society for women sponsored 1k sanitary napkins for the drive.
- Adolescent girls and women were approached to make them aware of menstrual hygiene and were provided packets of sanitary pads by our female team members.
- 100 packets of packed food, sponsored by D&N snacks.
- (Huda market, sector 4) were distributed among the population.
- The food containers were tightly packed, and the cartons were safely sealed until opened at the site of distribution in sector 15.
- To appeal to the youthful crowd and light a smile on all the faces present, our young team organized interactive activities for the young ones, from singing, dancing etc.

### **Outcome of the Event**

The awareness campaign succeeded to reach the objective is to learn that, the most important thing to do to initiate change is to recognize that the issue even exists. If everyone is aware of

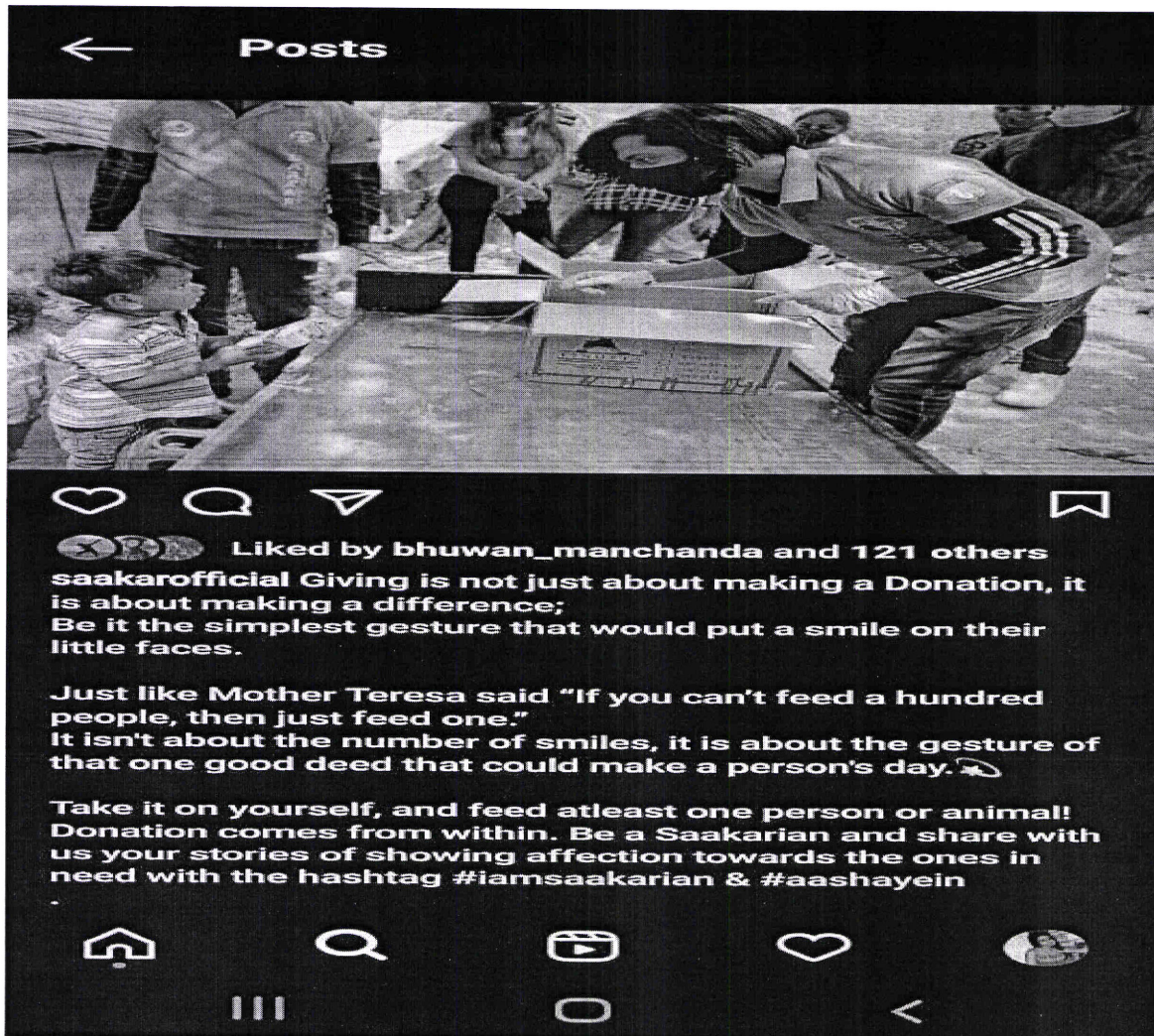


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Manesar Gurgaon-122413

the issue, it will become more noticeable, which will allow change to take place in a quicker manner.

As we grow, social awareness skills and societal awareness helps us to understand how one fits into and contributes to the community and the world, as well as how we get what we need from the world.

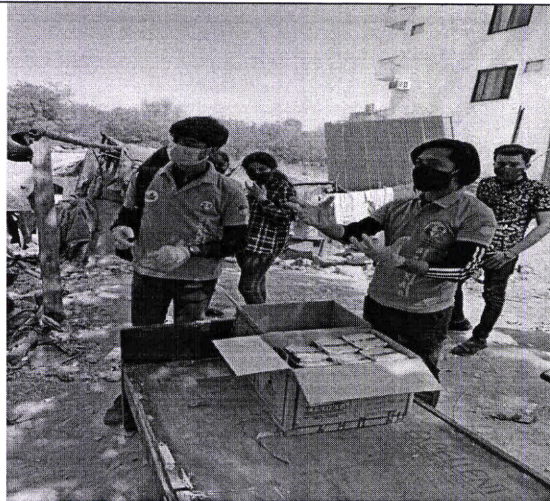
### Photo Gallery



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# AMITY UNIVERSITY HARYANA

## Quality Initiative

by

Internal Quality Assurance Cell

in

Collaboration with

Amity School of Hospitality

Five Day Workshop/Training

On

“World Tourism Week 2020”

21-25 September, 2020

**AMITY UNIVERSITY HARYANA(AUH)** has been established by the Haryana Act 10 of 2010 by Government of Haryana on April 26, 2010. Spread over a 110 acre green campus in the close proximity of Gurugram, one of India's biggest corporate hubs. The University imparts UGC recognized programs at undergraduate, postgraduate and Doctorate level in various disciplines. As part of continuous improvement in providing quality education with focus on hands on learning experience in its academic framework. Therefore, this workshop is conducted for the awareness and optimum utilisation of the tools in teaching learning.

**ABOUT THE WORKSHOP-** Internal Quality and Assurance Cell and Amity School of Hospitality, organized the World Tourism Day from 21st – 25th September 2020 by organizing various activities to acknowledge the importance of tourism and its social, cultural, political, and economic values.

**OBJECTIVES OF THE WORKSHOP-** The key objective of the workshop is to create awareness and train the participants on poster making, slogan writing, collage making, essay writing, poem writing & reciting, designing innovative itineraries, travel & tourism general knowledge, art of destination story-telling, writing travel blogs, several green initiatives for sustainable environment, Indian culture & heritage, making ‘Kacha Golla’ – a sweet from Kolkata – Bengali Cuisine; making Khatte Ka Saag, Gochani & Bajre ki Roti, Kachari ki Sabzi, Lahsun & Laal Mirch ki Chutney, Chhach – Haryanvi Cuisine; making Chicken Panang Curry – Thai Cuisine through real time session.

**PARTICIPANTS-** Faculty and students from Amity School of Hospitality.

### OUTCOME OF THE WORKSHOP

Upon successful completion of this workshop, the participants will be able to understand and acknowledge the importance of tourism and its social, cultural, political, and economic values.

### ORGANIZING COMMITTEE

**Dr.Sunita Sharma**, Deputy Director – IQAC, AUH, **Ms.Shivani**, Assistant Professor, ASH

### CONTACT DETAILS

**Dr.Sunita Sharma**, Deputy Director – IQAC, AUH-

E-mail: [ssharma7@ggn.amity.edu](mailto:ssharma7@ggn.amity.edu) | Mobile: (0) 9873562004 | Website: <https://www.amity.edu/gurugram/>

*S Sharma*  
Dr. Sita

*Manoj*

Registrar  
Amity University Haryana  
Manesar Gurgaon-122413





# AMITY UNIVERSITY

## HARYANA

Established vide Government of Haryana Act No. 10 of 2010

(Accredited with Grade 'A' by NAAC)

**Quality Initiative**  
**by**  
**Internal Quality Assurance Cell**  
**in**  
**Collaboration with**  
**Amity School of Hospitality**  
**Workshop/Training**  
**On**  
**“World Tourism Week 2020”**

**21-25 September 2020**

<b>Date of Event</b>	<b>21-25 September 2020</b>
<b>Name &amp; Type of Event</b>	<b>Celebration of ‘World Tourism Week 2020’ as a run up to ‘Innovation Day 2020’</b>
<b>Conducted By</b>	<b>Internal Quality Assurance Cell and Amity Medical School</b>
<b>No. of Participants</b>	<b>114 (100 Students and 14 Faculty Members)</b>

### INTRODUCTION

It is evident that tourism plays a key part in advancing social learning and giving the essential apparatuses and general conclusion bolster in ensuring world heritage. World Tourism Day is praised far and wide in each nation and city keen on tackling the energy of tourism for development, improvement and social personality. The capital of Cambodia Phnom Penh was assigned by the European Council on Tourism and Trade as the coordinator and official host of previous World Tourism Day events.

### WEBINAR STRUCTURE

This virtual session was organized on CISCO WEBEX and hosted for the faculty members and students by IQAC and Amity School of Pharmacy. The speaker encouraged the students to

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Registrar  
Amity University Haryana  
Manesar Gurgaon-122413

actively participate to establish a 2 – way communication as he touched the nuances related to the topic. The students were also engaged in an online workshop through Om chant and meditation.

#### **ABOUT THE SPEAKER**

- Mr. Arunangshu Bhattacharya – Professor & HOI
- Dr. Kunal Seth – Professor & HOD

#### **KEY TAKEAWAYS**

The objective of the event was to impart knowledge and skill in various areas mentioned below.

The students learnt about

- Poster making,
- Slogan writing,
- Collage making,
- Essay writing,
- Poem writing & reciting,
- Designing innovative itineraries,
- Travel & Tourism general knowledge,
- Art of destination story-telling,
- Writing travel blogs,
- Several green initiatives for sustainable environment,
- Indian culture & heritage, making 'Kacha Golla' – a sweet from Kolkata – Bengali Cuisine; making Khatte Ka Saag, Gochani & Bajre ki Roti, Kachari ki Sabzi, Lahsun & Laal Mirch ki Chutney, Chhach – Haryanvi Cuisine; making Chicken Panang Curry – Thai Cuisine.



A handwritten signature in blue ink, likely belonging to the Registrar.

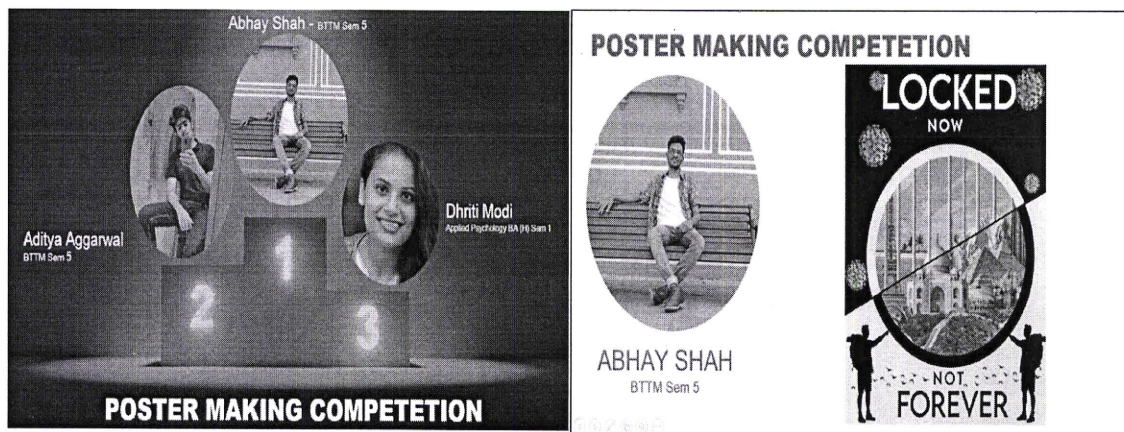
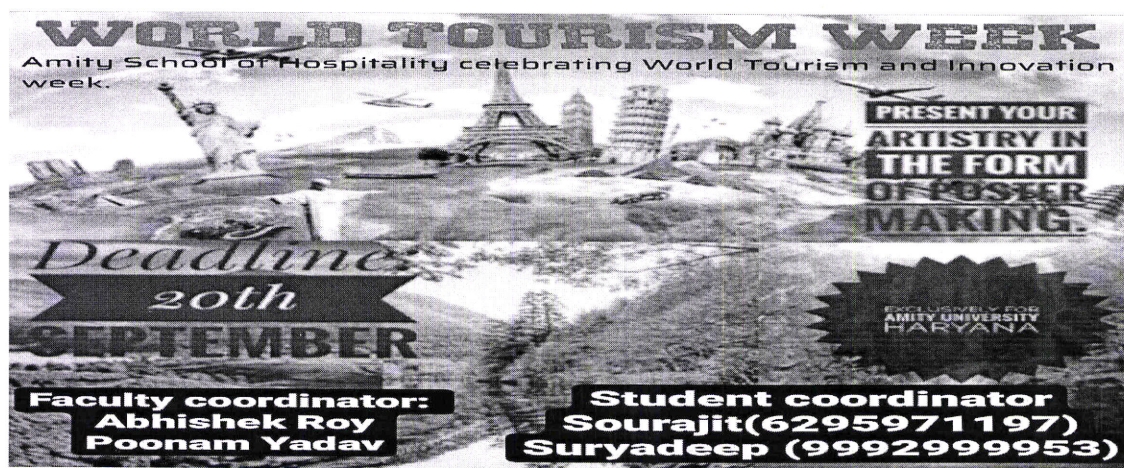
Registrar  
Amity University Haryana  
Manesar Gurgaon-122413



## PROGRAM

Details of the events with photos are as follows.

1. **Poster Making Competition** – The participants were asked to submit innovative posters based on the theme of World Tourism Day 2020 – Building Peace & Fostering Knowledge. Winners along with their posters are attached below for ready reference.



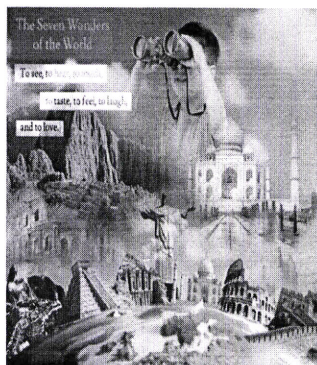
**Registrar**  
Amity University Haryana  
Gurgaon-122413



## POSTER MAKING COMPETITION



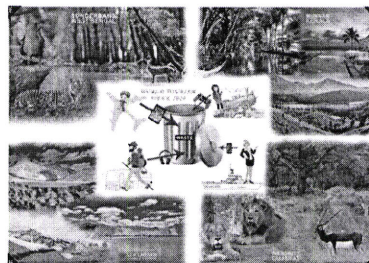
Aditya Aggarwal  
BTMM Sem 5



## POSTER MAKING COMPETITION



Dhriti Modi  
BA (H) Applied Psychology  
Sem 1



**2- Slogan Writing Competition**– The participants were asked to submit innovative slogans based on the theme of World Tourism Day 2020 – Building Peace & Fostering Knowledge. Winners along with their slogans are attached below for ready reference.



**AMITY UNIVERSITY  
HARYANA**

**AMITY  
SCHOOL OF  
HOSPITALITY**

# INNOVATIVE SLOGAN WRITING CONTEST for WORLD TOURISM DAY

**27th SEPTEMBER 2020**

**PARTICIPATE NOW**

Submit your entries latest by,  
**20th September 2020**

**FREE REGISTRATION...!**  
**E-Certificate will be provided to all participants.**

**Faculty Co-ordinators**  
Akshay Nain  
Poonam Yadav

**Student Co-ordinators**  
Aditya Agarwal | +91 9352838616  
Tungshing R Shimray | +91 8730927228

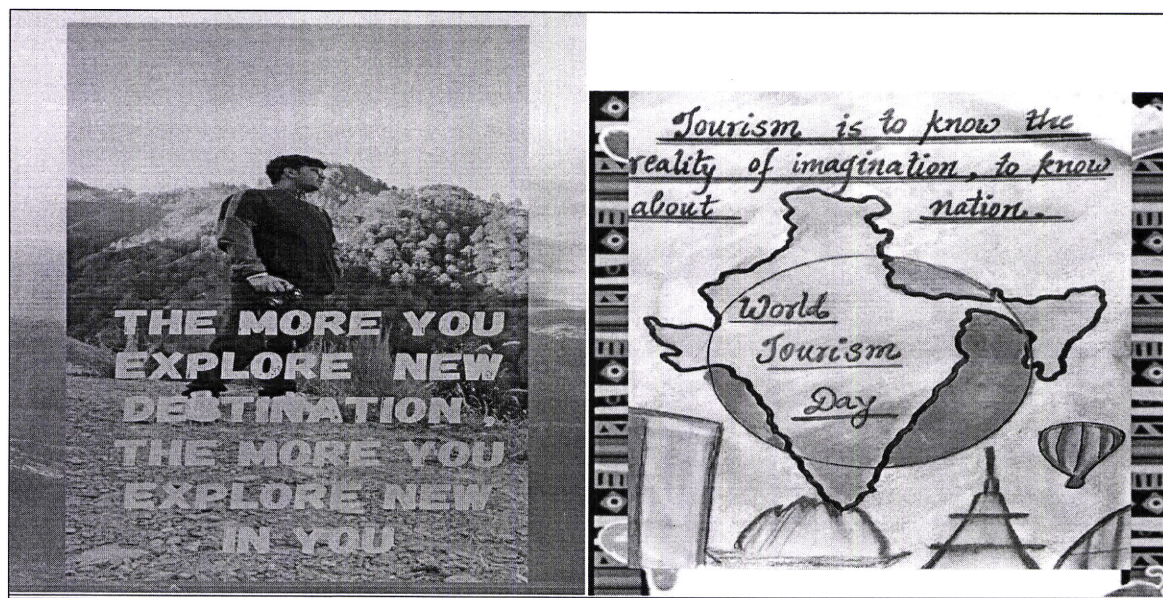
**- Only original works of the author will be accepted -**

**Exclusively for  
Amity University  
Haryana**

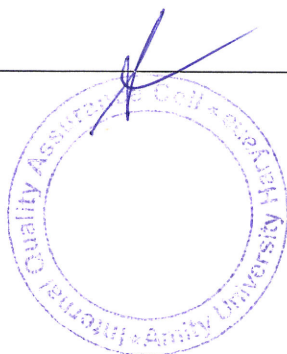


  
**Registrar**  
**Amity University Haryana**  
**Manesar Gurgaon-122413**





- Collage Making Competition– The participants were asked to submit innovative collages based on the theme of World Tourism Day 2020 – Building Peace & Fostering Knowledge. Winners along with their collages are attached below for ready reference.



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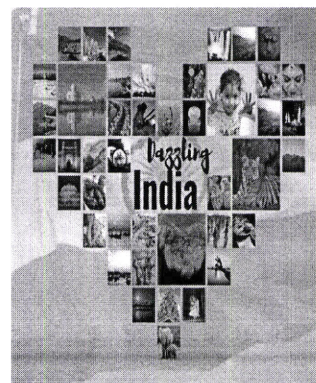




### COLLAGE MAKING COMPETITION



Tungshing R  
Shimray, BITM, 5th Semester



### COLLAGE MAKING COMPETITION



Ishank Dang  
BHM, 7th Semester



### COLLAGE MAKING COMPETITION



Deeksha Gogia,  
M.Sc. Clinical  
Psychology, Semester 1




**4- Essay Writing Competition**– The participants were asked to submit innovative essays based on the theme of World Tourism Day 2020 – Building Peace & Fostering Knowledge. Winners are attached below for ready reference.



*manish*

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Amity University Haryana  
Manesar Gurgaon-122413





**Amity School of Hospitality, Amity University Haryana, organizes**

## ESSAY WRITING COMPETITION

### WORLD TOURSIM WEEK

**21-25 SEPTEMBER 2020**

**Topic:** Role of tourism in building peace and fostering knowledge.

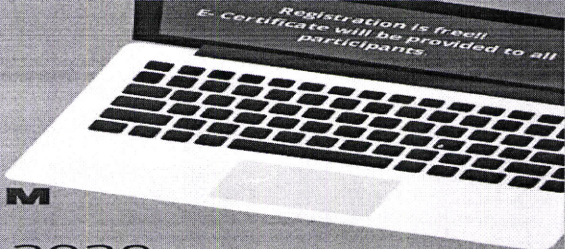
**Word limit:** Minimum 400 words

**Submission:** Last date 19-Sep-2020 (Saturday)

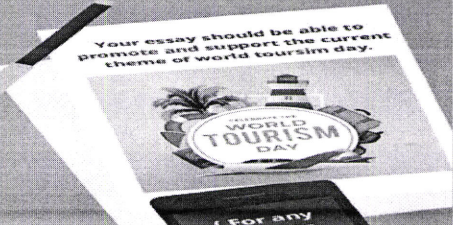
**Submit your entries to:**  
aawasthi1@ggn.amity.edu

Winners will be announced on **25-SEP-2020** (Friday)

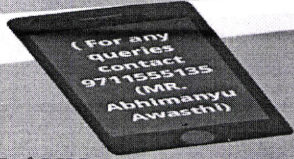
**Please fill the form for registration:**  
[https://docs.google.com/forms/d/e/1FAIpQLSdyhSvJDyVvQcAUa0ruecUOnbMPHoz5eXMBHTEqgb-ArD\\_Tg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdyhSvJDyVvQcAUa0ruecUOnbMPHoz5eXMBHTEqgb-ArD_Tg/viewform?usp=sf_link)



Registration is free!!  
E-Certificate will be provided to all participants



Your essay should be able to promote and support the current theme of world tourism day.



(For any queries contact 9711555135 (MR. Abhimanyu Awasthi))

Teacher coordinator: MR. Abhimanyu Awasthi & Ms. Asma  
 Student coordinator: Dakshita Dahiya & Vaishnavi Rathore

**Tungshing R. Shimray**  
BTMM Sem 5





**Swarnima Pathak**  
BTMM Sem 7



**Animesh Anand**  
BTMM Sem 5

## ESSAY WRITING COMPETITION

**5- Poem Writing & Reciting Competition**– The participants were asked to write & recite innovative poems based on the theme of World Tourism Day 2020 – Building Peace & Fostering Knowledge. Winners are attached below for ready reference.



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**Registrar**  
 Amity University Haryana  
 Sector 14, Gurgaon, 122002



**AMITY SCHOOL OF HOSPITALITY PRESENT ON WORLD TOURISM DAY & INNOVATION DAY**

**Topic : innovative poem writing of indian culture and heritage**

Register now it's absolutely free  
<https://forms.gle/5R5Gh1Yqwudn1RyeA>

**8 certificate will be given to every participant**

Faculty Coordinator :  
**Ms. Shivani Thakur**

Students coordinator :  
**Pooja Aggarwal, Shwangee Singh**

**World Tourism Week 19th to 25th September**

**9958050670**

Chatak Kapoor, BHM, 5th Semester

**1**

**2**

**3**

**Muskaan Dhawan,**  
 BA(Journalism & Mass Communication) 3rd Sem

**Sneha Singh BHM, 7th Sem**

**Swarnima Pathak,**  
 BTMM, 7th Sem

**POEM WRITING COMPETITION**



*Manish*

Registrar  
 Amity University Haryana  
 Manesar Gurgaon-122413



### 21<sup>st</sup> September 2020 Events Detail

#### 1. Innovative Itinerary Designing Competition: 10:00 – 11:00 AM

The objective to conduct 'Innovative Itinerary Designing Competition' was to examine the heights of innovation among participating students of Amity University Haryana in context with designing of an out of the box itinerary. Four students participated in the event. The venue for the event was MS Teams & Facebook Live. All the four students presented very innovative itineraries in terms of travel destination, transport, hotel accommodation, food plans, sightseeing & budget. The judges questioned every participant to check originality of work & self-understanding level of the participant. Winners are attached below for ready reference.

AMITY UNIVERSITY  
HARYANA

Amity School of Hospitality  
calling for  
**AN INNOVATIVE ITINERARY  
DESIGNING COMPETITION**

Register now

**MONDAY  
SEP 21, 2020  
10 AM - 11 AM**

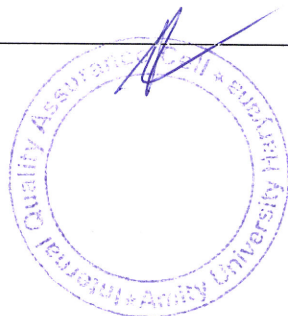
Free Registration  
E - Certificate will be provided to all the  
participants

Last date of registration  
20 Sep, 2020

**Coordinators**  
Yash Sajwan - 9997178720  
Pranav Bajpal - 9650240498

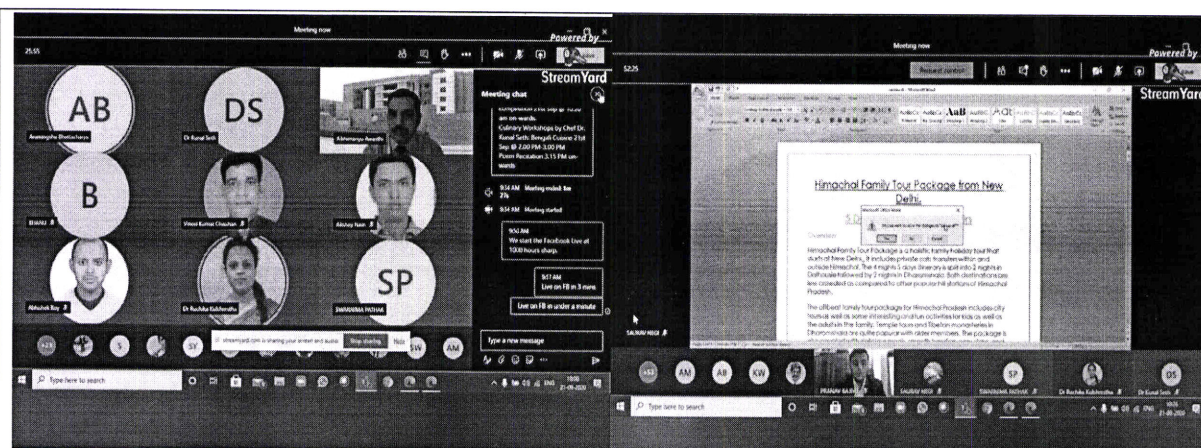
**Organised By**  
Ruchika Kulshrestha  
Mohd. Soyav

Scan for registration



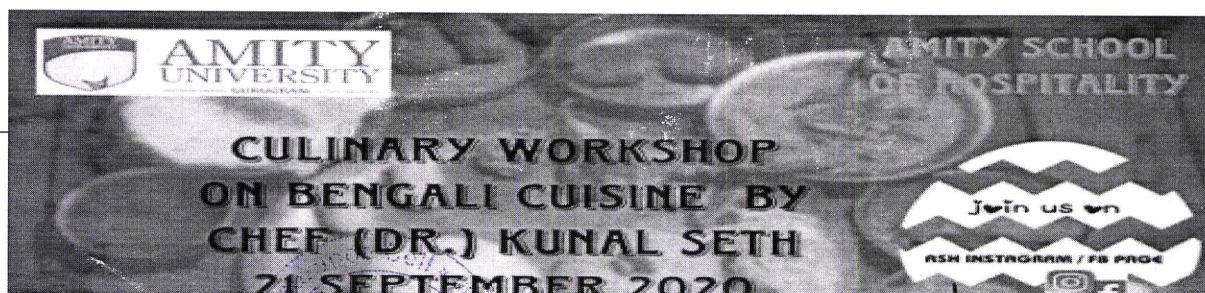
*M. S. Garg*  
Registrar  
Amity University Haryana  
Manesar Gurgaon-122413





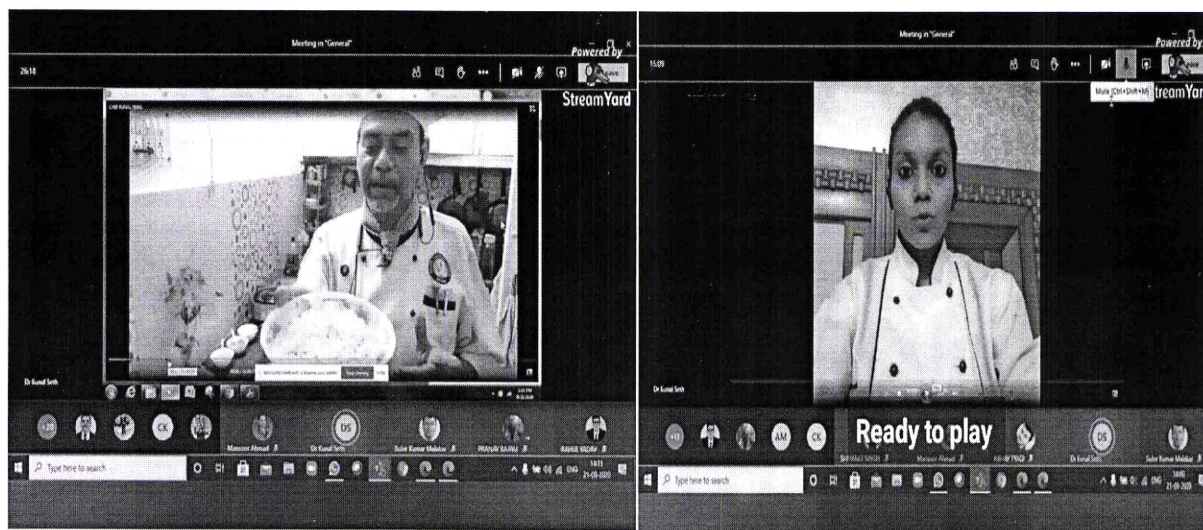
## 2- Bengali Cuisine Culinary Workshop by Chef Dr. Kunal Seth: 2:00 – 3:00 PM

The objective was to showcase the most authentic preparation of 'Kacha Golla' using the standard recipe. 'Kacha Golla' is a famous sweet from Kolkata, West Bengal, made with Indian cottage cheese ie paneer. This highly demanding sweet is so light and has a melt in mouth itself. The event co-ordinator was Chef Dr. Kunal Seth. Firstly, he explained the recipe deliberately to the audience & after that, he started preparing the sweet step by step. The 'Kacha Gola' looked yummy & tempting & was largely appreciated by the audience. The venue for the event was MS Teams & Facebook Live.



Amity University Haryana  
Manesar Gurgaon-122413





### 22<sup>nd</sup> September 2020 Events Detail

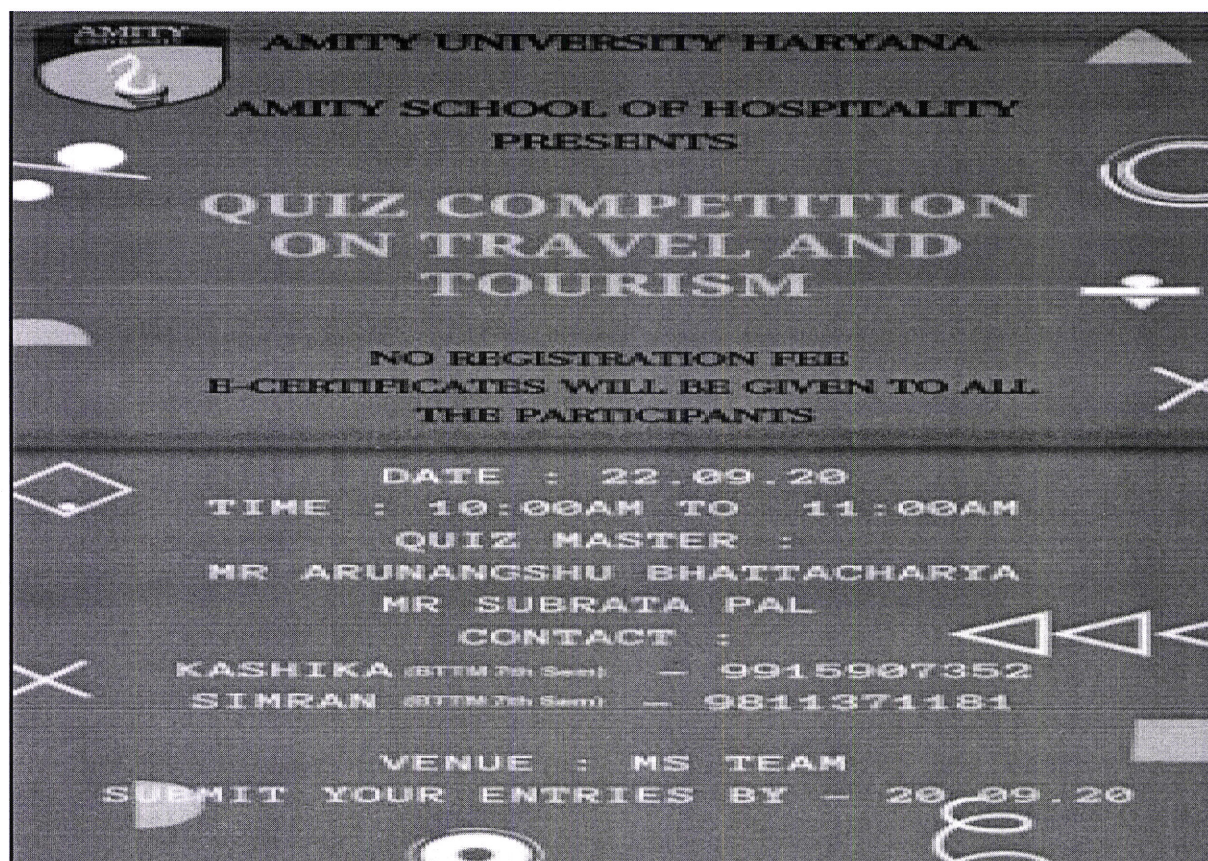
#### 1. Quiz Competition on Travel & Tourism: 10:00 – 11:00 AM

The objective to conduct 'Quiz Competition on Travel & Tourism' was to examine the level of knowledge & information with respect to international & national travel & tourism products, services, policies, issues, general awareness etc. among participating students of Amity University Haryana. The venue for the event was MS Teams & Facebook Live. Ten students participated in the event. Five teams were formed of two students each. There were five rounds of questions based on ascending degree of difficulty. Winners are attached below for ready reference.



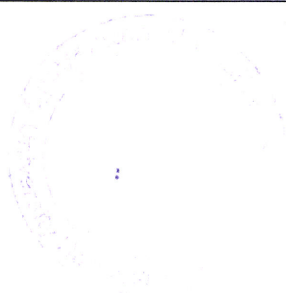
*Manish*  
**Registrar**  
**Amity University Haryana**  
**Manesar Gurgaon-122413**





### 3- Haryanvi Cuisine Culinary Workshop by Chef Mr. Vinod Kumar: 2:00 – 3:00 PM

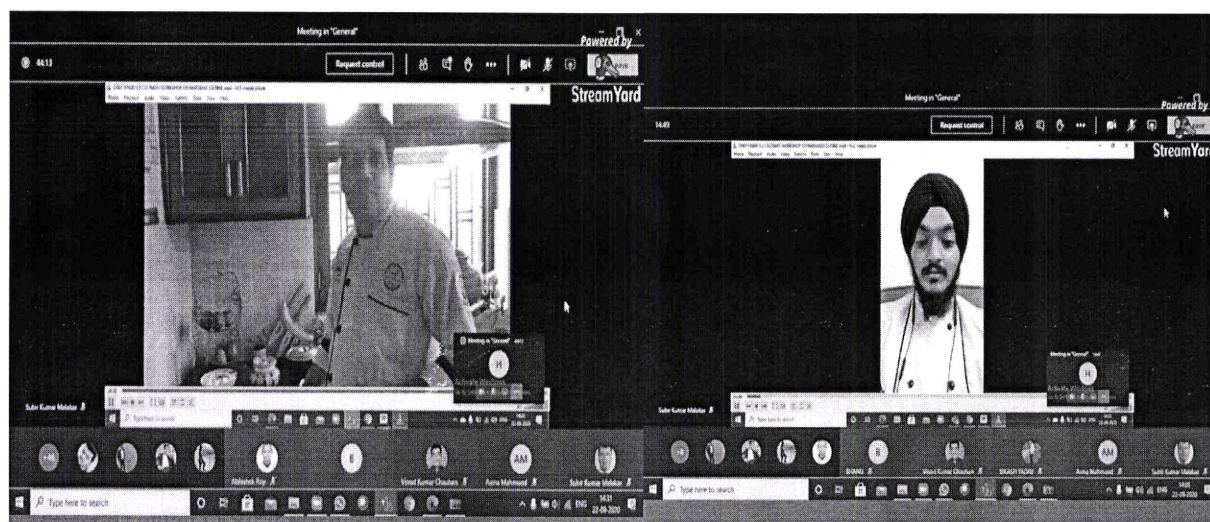
The objective was to showcase the most authentic preparation of haryanvi food items namely Khatte ka Saag, Gochani&Bajre ki Roti, Kachri ki Sabzi, Laal Mirch & Lahsun ki Chutney & Chhach. The event coordinator was Chef Mr. Vinod Kumar. Firstly, he explained the recipe to the audience & after that, he started preparing the food items one by one. The haryanvi food items looked yummy & tempting & was largely appreciated by the audience. The venue for the event was MS Teams & Facebook Live.



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Registrar  
Amity University Haryana  
Manesar Gurgaon-122413





### 23<sup>rd</sup> September 2020 Events Detail

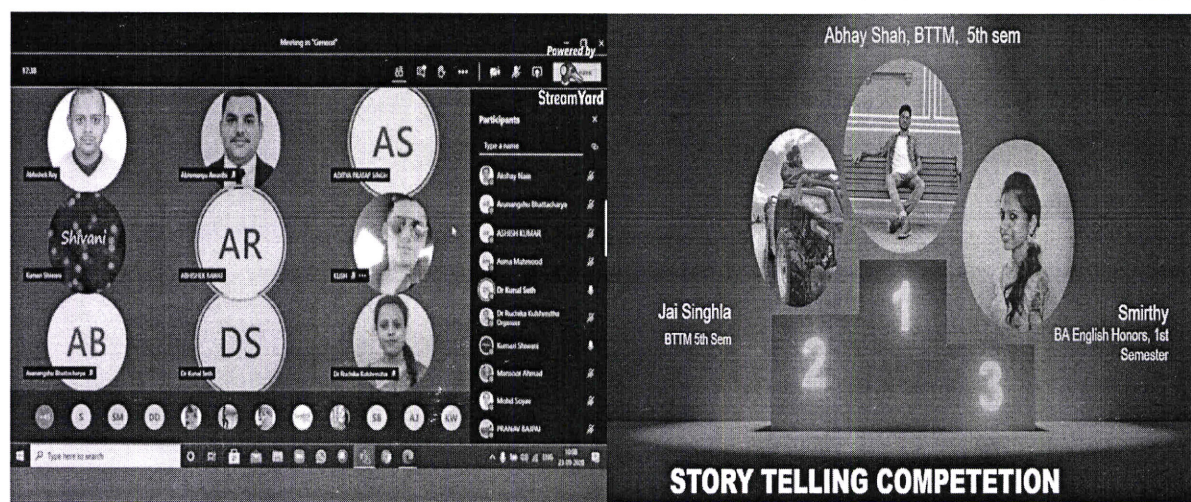
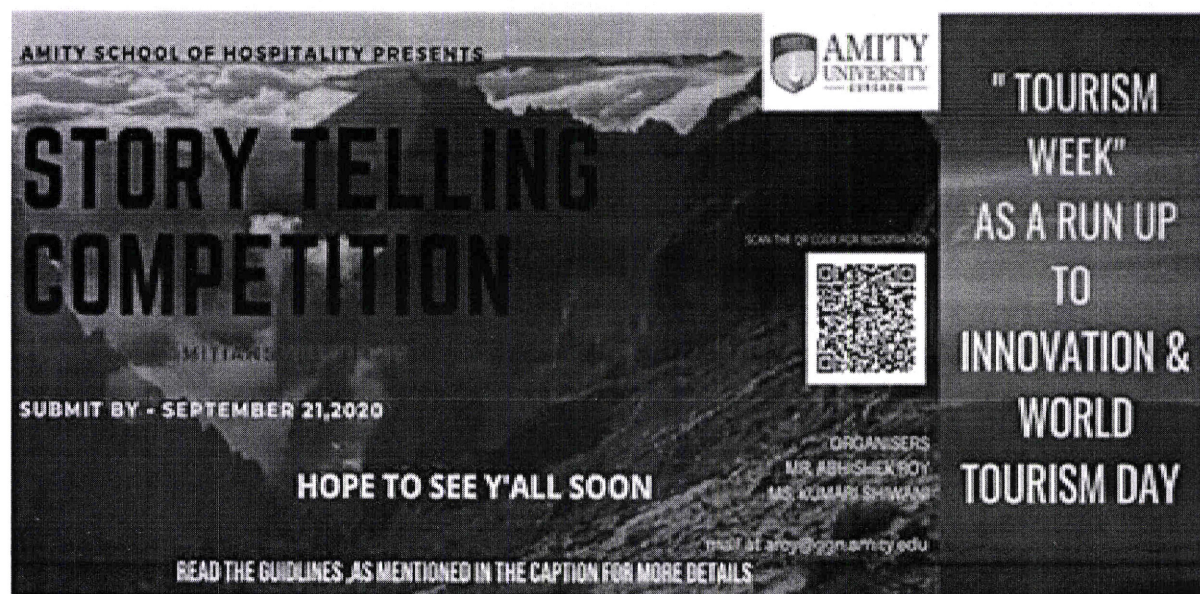
#### 1. Destination Story Telling Competition: 10:00 – 11:00 AM

The objective to conduct 'Destination Story Telling Competition' was to let the participating students of Amity University Haryana cherish their memories & tell the story of their most memorable journey, hotel stay, sightseeing & tourist destination. The venue for the event was MS Teams & Facebook Live. Five students participated in the competition. Winners are attached below for ready reference.



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 Amity University Haryana  
 Manesar Gurgaon-122413





## 2- Travel Blogging Workshop: 2:00 – 3:00 PM

The objective was to provide the most appropriate & relevant information & knowledge to the audience about how to start writing a travel blog. The venue for the event was MS Teams. This workshop demonstrated entire process of writing a travel blog starting from finding a perfect name for your blog setting-up hosting for your blog, installing WordPress, working of blog's dashboard, downloading theme, designing logo, installing essential plugins, building audience & making money.



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Registrar  
Amity University Haryana  
Manesar Gurgaon-122413



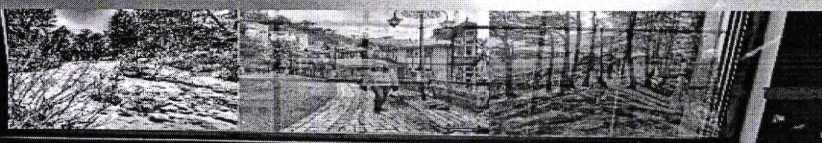


AMITY UNIVERSITY  
HARYANA

Amity School of Hospitality  
Presents

Date:  
23.9.20

TIME :  
2pm-3pm



## Travel Blogging Workshop

*Get lost in the world of your experiences and  
find yourself in your words. Take people places  
through the magic of writing...*

**See you there !**

Faculty Co-ordinator:

Dr. Ruchika Kulshrestha

Mr. Abhimanyu Awasthi

Student Co-ordinator: Swarnima Pathak

Scan to Register!

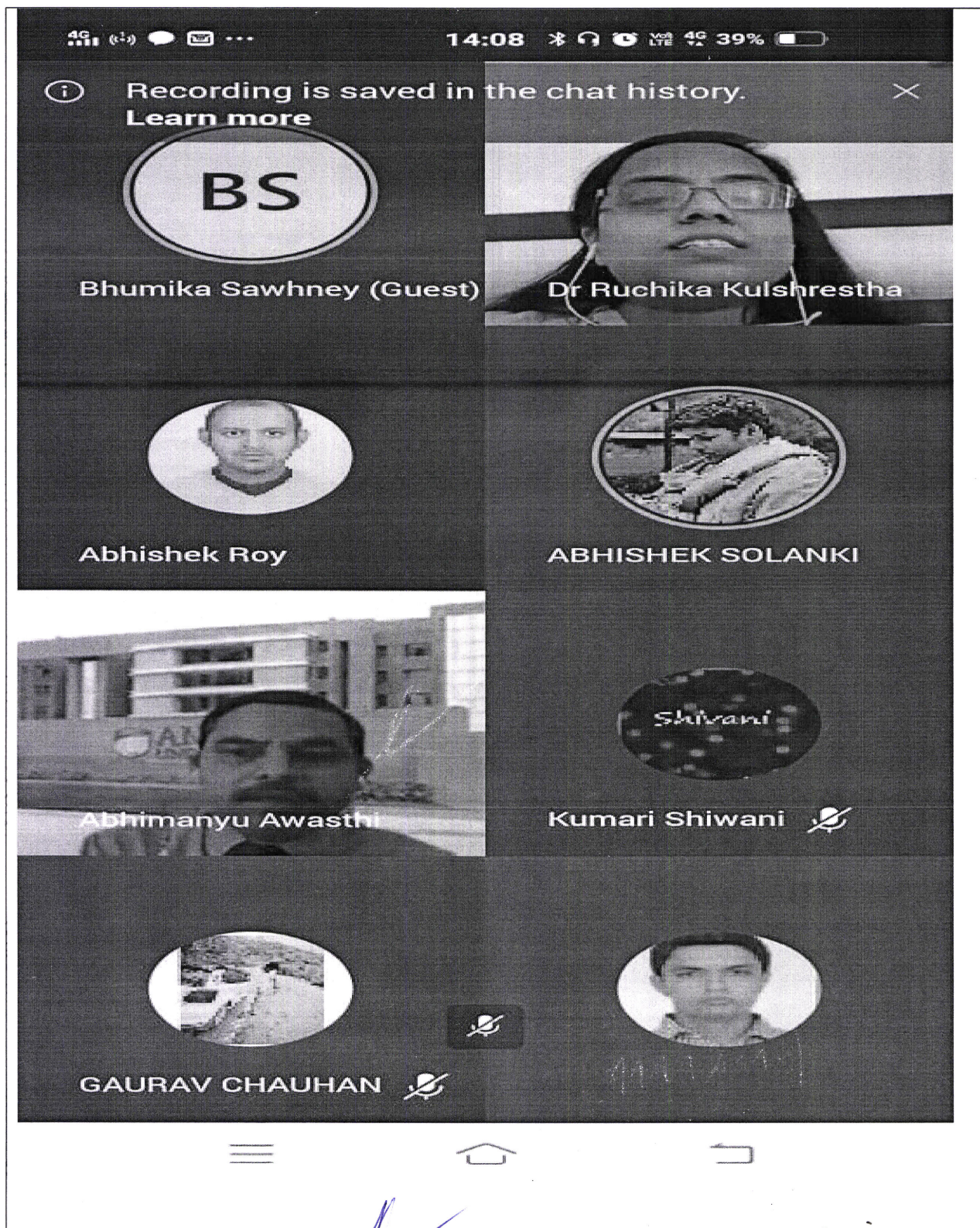


FREE  
REGISTRATION



  
Registrar  
Amity University Haryana  
Manesar Gurgaon-122413





*mmmk*  
Registrar -  
Amity University Haryana  
Gurgaon-122413



24<sup>th</sup> September 2020 Events Detail

1. Best Green Initiative/Sustainable Environment Challenge: 10:00 – 11:00 AM

The objective to conduct 'Best Green Initiative/Sustainable Environment Challenge' was to let the participating students of Amity University Haryana come-up & present the most innovative green initiatives. Green initiatives like attaching a grindstone to a workout cycling machine at home to grind foodgrains, making biogas from human urine, see-saw in parks used to pull-out underground water for irrigating the park, using solar panels on roof-top for generating electricity, pedestrian tracks/roadside pavements used for generating electricity, replacing plastic/polythene bags with bio-degradable cloth bags etc. All the contestants were instructed to provide profound details associated with their green initiative like installation cost, benefits, feasibility & sustainability etc. in form of powerpoint presentation. The venue for the event was MS Teams & Facebook Live. Seven students participated in this challenging competition. Winners are attached below for ready reference.



**AMITY**  
UNIVERSITY  
GURGAON

**AMITY SCHOOL OF  
HOSPITALITY**

**REGISTER  
FREE**



*Calling For a*  
**SUSTAINABLE  
ENVIRONMENT  
DEVELOPMENT CHALLENGE**

**24TH SEPT 2020 | 10:00 - 11:00**



**SCAN  
TO REGISTER**

**ENTRY OPEN  
TILL  
20TH SEPT. 2020**

**ORGANISERS**  
**CHEF (DR.) KUNAL SETH**  
**MR. AKSHAY NAIN**

**CO-ORDINATORS**  
**JAI SINGHLA | NAVNEET | JYOTI GARG**

**E - CERTIFICATE WILL BE PROVIDED TO ALL THE PARTICIPANTS**

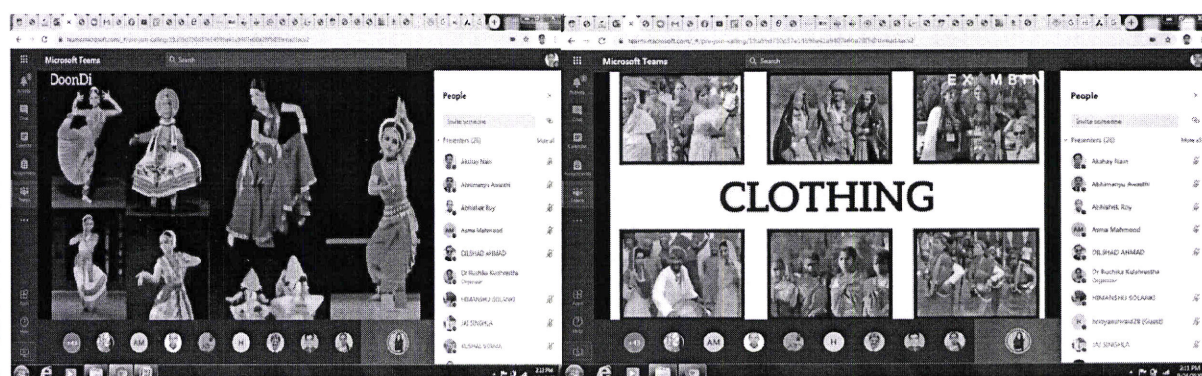
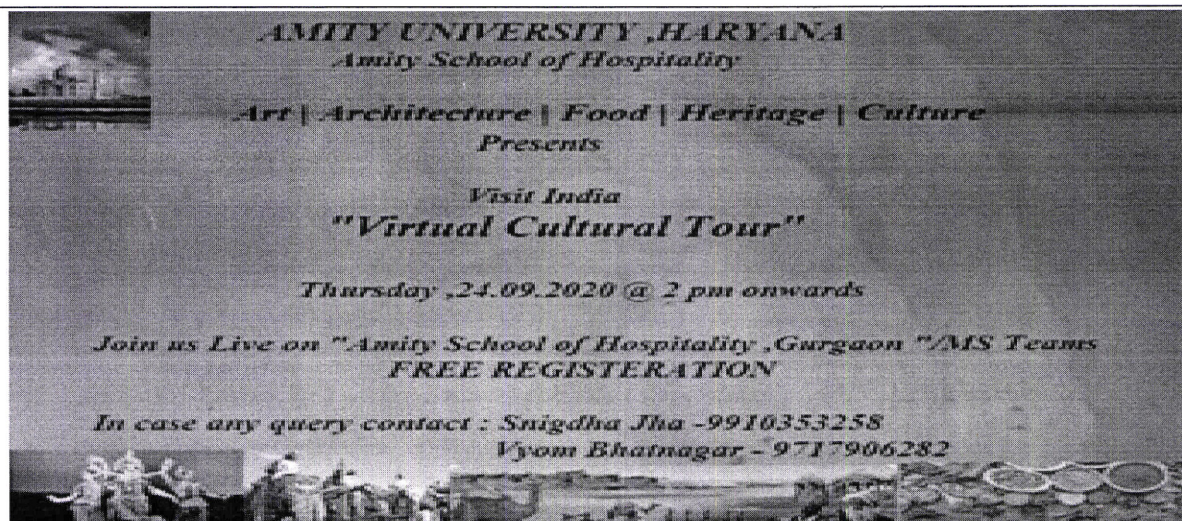
*Manish*  
**Registrar**  
**Amity University Haryana**  
**Manesar Gurgaon-122413**











#### 25<sup>th</sup> September 2020 Events Detail

##### 1. Thai Cuisine Culinary Workshop by Chef Mr. Subir Kumar Malakar: 10:00 – 11:00 AM

The objective was to showcase the most authentic preparation of 'Chicken Panang Curry'. This curry belongs to 'Thai Cuisine'. This curry is eaten worldwide. The speciality about this curry is that it is cooked in coconut milk. Fish sauce & shrimp paste are important ingredients in it. The event co-ordinator was Chef Mr. Subir Kumar Malakar. Firstly, he explained the recipe to the audience & after that, he started preparing the curry step by step. The curry looked yummy & tempting & was largely appreciated by the audience. The venue for the event was MS Teams & Facebook Live.



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**Registrar**  
**Amity University Haryana**  
**Manesar Gurgaon-122413**

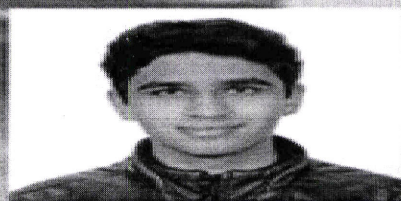
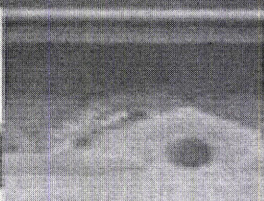




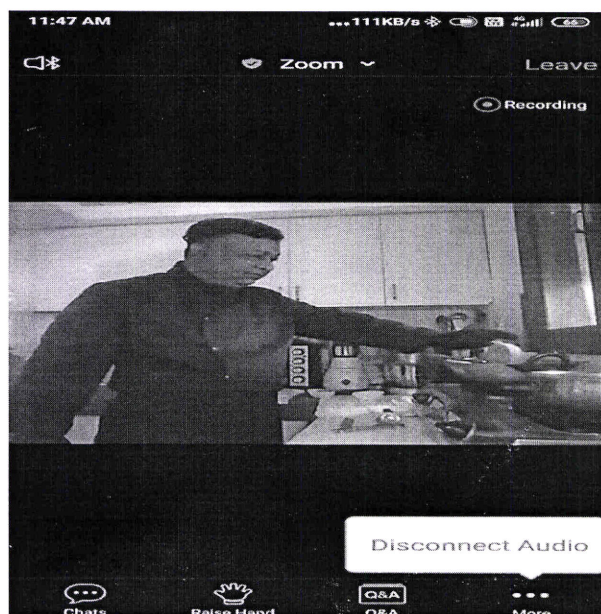
**Amity School of Hospitality,  
Amity University Haryana  
presents  
WORKSHOP  
on  
GLOBAL CUISINE  
by  
CHEF SUBIR K MALAKAR  
25th September, 2020 (10- 11 a.m.)**



**TEACHER COORDINATOR**  
**Chef Subir K. Malakar**

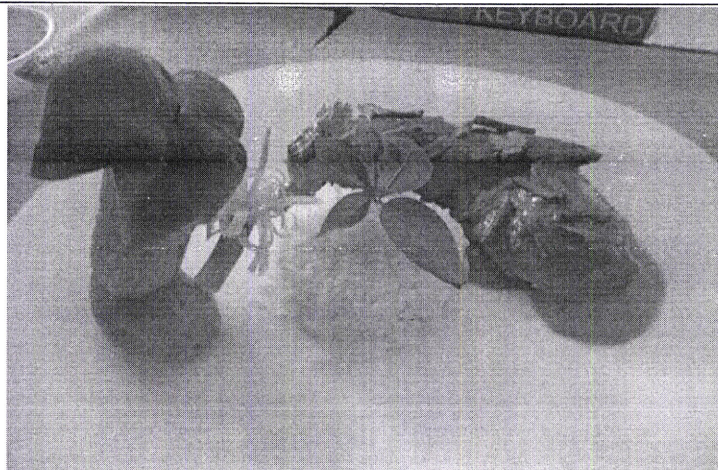


**STUDENT COORDINATOR**  
**Hridyansh Vaid**



*Registrar*  
**Registrar**  
**Amity University Haryana**  
**Manesar Gurgaon-122413**





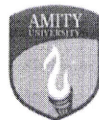
1. Valedictory Session: 2:00 – 3:00 PM

The valedictory session concluded the 'World Tourism Week 2020 – a run upto Innovation Day'. The results of all competitions were declared. Each & every faculty member including HOI shared their views & comments. At last, vote of thanks was given by Chef Dr. Kunal Seth. The session ended on a positive & healthy note. The venue for the session was MS Teams & Facebook Live.



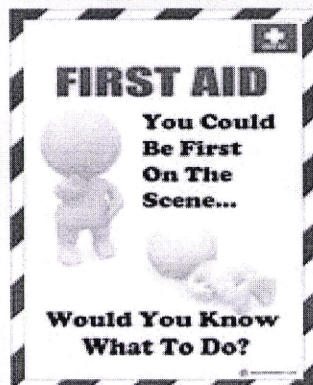
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Amity University Haryana  
Manesar Gurgaon-122413





**AMITY UNIVERSITY**  
HARYANA

Established vide Government of Haryana Act No.10 of 2010



## AMITY UNIVERSITY HARYANA

Amity University Haryana with a legacy of world class academic infrastructure is a part of Amity Education Group, a pioneer of global culture in education in India. AUH - a research and innovation driven university, is built on a foundation, which embodies the qualities that have made Amity institutes world class. Spread over a 110 acre green campus in the close proximity of Gurugram.

## DATE AND DAY

10May 2021

## CONTACT

Dr.Sunita Sharma  
Deputy Director, IQAC

## WEBSITE:

<https://www.amity.edu/gurugram/>

## EMAIL:

[ssharma7@ggn.amity.edu](mailto:ssharma7@ggn.amity.edu)

## QUALITY INITIATIVE

By

**Internal Quality Assurance Cell**

## ONE DAY WORKSHOP/TRAINING ON "FIRST AID AWARENESS PROGRAMME"

First Aid Awareness Programme conducted by Internal Quality and Assurance Cell (IQAC) in collaboration Amity College of Nursing (ACON) during pandemic which aims to provide the faculty members and staff with the practical skills providing comprehensive information on First Aid.

## OBJECTIVE OF THE WORKSHOP

The key objective of this session was to create awareness amongst faculty members about the importance of learning first aid and its use in day-to-day life in case of any injury or casualties.

## WHO SHALL ATTEND THE WORKSHOP?

The IQAC representatives from Institutes/Departments - Academic and Administrative at AUH.

## OUTCOME OF THE WORKSHOP

The participants will be able to gain insight on the importance of various

- Enhance knowledge on the recognition of the illness.
- Improve skill on choosing the right treatment and medicine.
- Develop confidence on acting promptly and accurately.

## ORGANISING MEMBERS

Dr Tamilselvia, Principal ACON  
Dr. SunitaSharma, Deputy Director – IQAC, AUH  
Dr Naveen, Asst. Prof ACON  
Dr. Seema Kataria, Manager – IQAC, AUH



*Manesar*

Registrar  
Amity University Haryana  
Manesar Gurgaon-12241





# AMITY UNIVERSITY

## HARYANA

*Established vide Government of Haryana Act No.10 of 2010*

**(Accredited with Grade 'A' by NAAC)**

**Quality Initiative  
by  
Internal Quality Assurance Cell  
in  
Collaboration with  
Amity College of Nursing  
Workshop/Training  
on  
"First Aid Awareness Programme"**

**May 10<sup>th</sup>, 2021**

<b>Date of Event</b>	<b>10 May 21</b>
<b>Name &amp; Type of Event</b>	<b>Webinar on "First Aid Awareness Programme"</b>
<b>Conducted By</b>	<b>Internal Quality Assurance Cell and Amity College of Nursing</b>
<b>No of Participants</b>	<b>35 Faculty</b>

### INTRODUCTION

Amity university Haryana (AUH) has been conducting various training courses and workshops to strengthen the capabilities and provide information to the faculty members and staff. Various training courses and workshops have been conducted by the university. This one of the vital training programs i.e First Aid Awareness Programme conducted by Internal Quality and Assurance Cell (IQAC) in collaboration Amity College of Nursing (ACON) during pandemic which aims to provide the faculty members and staff with the practical skills providing comprehensive information on First Aid.

*S. Sharma*  
Dy. Dir.

*M. M. M.*  
Registrar  
Amity University Haryana  
Manesar Gurgaon-122413



## Objectives of the Session

### General objective

The key objective of this session was to create awareness amongst faculty members about the importance of learning first aid and its use in day-to-day life in case of any injury or casualties.

Overall objectives of the course are as follows:

- Enhance knowledge on the recognition of the illness.
- Improve skill on choosing the right treatment and medicine.
- Develop confidence on acting promptly and accurately

### Participants

All total 35 participants registered for the course. All the participants were from various Institutes/Schools at AUH and were highly motivated towards the workshop.


### Inaugural Session

Dr Sunita Sharma welcomed the participants and spoke about the context of the session.

### Session Schedule

Day	Module	Time
June 9 <sup>th</sup> , 2021	<ul style="list-style-type: none"><li>• Introduction to first aid- aims and principles</li></ul>	9:30 AM - 9:45 AM
	<ul style="list-style-type: none"><li>• Dealing with the emergency.</li><li>• Unconsciousness – demonstration of BLS</li><li>• Transport of the victim- one and two helper techniques</li><li>• Stabilizing neck and spine</li></ul>	9:45 AM -10.30 AM
	<ul style="list-style-type: none"><li>• First aid Management of bleeding and fractures</li><li>• Use of bandage</li></ul>	10:30 AM-10:50 AM
	<ul style="list-style-type: none"><li>• First aid management of choking</li></ul>	10:50 AM-11:00 AM



  
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	<ul style="list-style-type: none"> <li>First Aid management of epistaxis</li> </ul>	11:00 AM-11:10 AM
	<ul style="list-style-type: none"> <li>First Aid Management of Seizures / fits</li> </ul>	11:10 AM-11:20 AM
	<ul style="list-style-type: none"> <li>First Aid management of Snake bite</li> </ul>	11:30 AM-11:40 AM

### Session -1

Dr Sunita Sharma, Deputy Director IQAC opened the session by welcoming the resource person Dr. Sunita Srivastava and Ms. Simpi Raheja from Amity College of Nursing (ACON) and the participants. She then went forward to brief the participants about the programme importance of first aid and getting to know the nuances of saving a person at crucial times.

### Outcome of the Session

Upon successful completion of this session, the participants will be able to understand the importance of first aid, learn the right methods to administer medical assistance and provide help during various emergency situations at workplace, home, and public places.

### Conclusion

The session culminated with a vote of thanks by Dr. A. Tamilselvi, Principal & Professor of Amity College of Nursing to all the participants.

Annexure (I) Attendance sheet of participants.

### Attendance Sheet

### "First Aid Awareness Programme"

May 10<sup>th</sup>, 2021

S.No	Name	Department	Signature
1	Prof.(Dr.) Hemant Sharma	ABS	
2	Dr. Ranjana Kothari	ABS	
3	Ms. Priyanka Verma	AIBAS	
4	Dr. Tanu Kukreja Bhayana	AIBAS	



*[Handwritten Signature]*  
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5	Dr. Saurabh Bhatia	AIP	
6	Dr. Kishna Ram Senwar	AIP	
7	Dr. Santosh Kumar Tripathi	ALS	
8	Mr. Pranshul Pathak	ALS	
9	Ms. Deepika Dhawan	AMS	
10	Mr. Anshul Pratap Singh	AMS	
11	Dr. Doreshor Khwairakpam	ASAP	
12	Ms. Kumud Dhanwantri	ASAP	
13	Dr. Manoj Kumar	ASCO	
14	Mr. Deepak Dhariwal	ASCO	
15	Dr. Shaili Srivastava Nigam	ASEES	
16	Dr. Puja Singh	ASEES	
17	Dr. Abul Amir Khan	ACOAST	
18	Dr. Sunil Sikka	ASET	
19	Dr. Vimal Kishor Singh	ASET	
20	Dr. Brijesh Kumar	AINT	
21	Dr. Parul Yadav	ASLA	
22	Dr. Dinesh Kumar	ASLA	
23	Ms. Deepika Dhamija	ACC	
24	Dr. Nilmani Tripathi	ACC	
25	Ms. Binita Mishra	ACON	
26	Dr. Gargi Bagchi	AIB	
27	Dr. Sarika Chaturvedi	AIB	
28	Dr. Vijay Kumar	ASAS	
29	Dr. Abhinav Kumar Dubey	ASAS	
30	Mr. Abhijit Kumar Mohanty	ASFA	
31	Mr. Vinod Wamanrao Chachere	ASFA	
32	Dr. Ruchika Kulshrestha	ASH	
33	Mr. Akshay Nain	ASH	
34	Dr. Sunita Sharma	IQAC	
35	Dr. Seema Kataria	IQAC	



*Manish*

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