



AMITY UNIVERSITY

MADHYA PRADESH



SDG-3 Good Health and Well- Being

Celebration of International Day of Yoga from 0600 hrs to 0700 hrs at Tennis Court Opposite D- Block

In a world increasingly seeking balance and holistic well-being, Amity University Madhya Pradesh (AUMP) proudly observed the International Day of Yoga on the 21st of June 2024. This transformative event was a direct embodiment of the university's commitment to Sustainable Development Goal 3 (SDG 3): ensuring healthy lives and promoting well-being for all at all ages.

Held from 0600 to 0700 hours at the serene Tennis Court opposite D-Block, the session was far more than a ceremonial gathering; it was a proactive initiative to foster the physical and mental health of our campus community. The event witnessed enthusiastic participation from over 200 students and 50 faculty and staff members, who came together to engage in a guided practice of asanas (postures), pranayama (breathing control), and dhyana (meditation).

This collective practice served as a powerful platform to promote good health and well-being (SDG Target 3.4) by reducing the prevalence of stress and anxiety and encouraging a culture of preventative health. The impressive turnout underscored the university-wide

commitment to integrating holistic wellness into daily life, directly addressing the need to promote mental health as a critical component of the global goals.

By institutionalizing such events with such significant engagement, AUMP moves beyond conventional education, nurturing a campus environment where holistic health is actively prioritized. The celebration of the International Day of Yoga stands as a testament to the university's dedication to building a healthier, more resilient community, ensuring that the pursuit of academic excellence goes hand-in-hand with the foundational pillar of personal well-being for all its member

A Pledge for Health: NSS and IIC Champion a Tobacco-Free Future on World No Tobacco Day

In a united front against one of the world's leading public health threats, the National Service Scheme (NSS) and the Institute Innovation Cell (IIC) of Amity University Madhya Pradesh proudly conducted an impactful event on the 31st of May 2024, in observance of World No Tobacco Day. Held at the Seminar Hall, Block A, the gathering served as a powerful platform to raise awareness and inspire action, directly aligning with the global mission to reduce tobacco consumption and its devastating health impacts.

The event was strategically designed to educate and empower the university community about the severe health, economic, and environmental consequences of tobacco use. Through a series of insightful presentations, testimonies, and advocacy discussions, the session shed light on the harmful effects of tobacco, fostering a deeper understanding of its link to non-communicable diseases and its burden on society.

This initiative underscores AUMP's institutional commitment to fostering a healthy campus environment and nurturing responsible, well-informed citizens. By bringing together the community-driven spirit of the NSS and the innovative approach of the IIC, the event successfully translated global advocacy into localized, tangible action. It stands as a testament to the university's dedication to the well-being of its students and staff, championing a collective pledge for a healthier, tobacco-free future.

Exploring the Science of Well-being: Amity Institute of Pharmacy Celebrates Psychology Day

On the 26th of April 2024, the Amity Institute of Pharmacy at Amity University Madhya Pradesh spearheaded a unique and insightful event to celebrate Psychology Day. Moving beyond conventional academic discourse, the celebration was centered on the compelling theme of "Fostering Positive Interaction through Responsible Hedonism," offering a fresh perspective on the pursuit of happiness and its impact on mental well-being.

The event served as an innovative platform to bridge the gap between pharmaceutical sciences and psychological health, underscoring the integral connection between a sound mind and overall wellness. The concept of "Responsible Hedonism" was explored not as reckless indulgence, but as a mindful and intentional pursuit of pleasure that contributes positively to one's mental state and social interactions. Through engaging workshops, interactive sessions, and expert-led discussions, participants delved into the science behind positive psychology, learning how to cultivate joy, build resilience, and foster healthier relationships in both personal and academic spheres.

By organizing this event, the Amity Institute of Pharmacy demonstrated a profound understanding that the role of a future healthcare professional extends beyond dispensing medicine to encompass holistic patient care, which includes psychological support. This initiative highlighted the institute's commitment to nurturing not only academically proficient pharmacists, but also empathetic individuals equipped with the emotional intelligence necessary for their future careers.

The celebration of Psychology Day successfully fostered a campus environment that values mental and emotional flourishing. It reinforced the university's broader commitment to Sustainable Development Goal 3 (Good Health and Well-Being) by promoting mental health awareness and providing students with practical frameworks for managing stress and enhancing their quality of life through positive, responsible choices.

Confronting a Global Health Challenge: AIP Hosts National Conference on Cardiovascular Diseases

On the 9th and 10th of April 2024, the Amity Institute of Pharmacy (AIP) at Amity University Madhya Pradesh took a significant stride in addressing one of the world's most pressing health concerns by organizing a two-day National Conference on Cardiovascular Diseases: Prevention, Management, and Treatment. Held at the prestigious Auditorium in Academic Block B, the event convened leading researchers, clinicians, pharmacists, and students to dissect the multifaceted challenge of CVDs, which remain a leading cause of mortality globally.

This pivotal conference was strategically structured to provide a holistic overview of the cardiovascular disease landscape, aligning directly with Sustainable Development Goal 3 (Good Health and Well-Being), specifically Target 3.4 to reduce premature mortality from non-communicable diseases through prevention and treatment. The agenda comprehensively addressed the continuum of care, from primary prevention strategies aimed at mitigating risk factors like hypertension and cholesterol, to the latest advancements in pharmacological management and surgical interventions.

The conference served as a dynamic platform for knowledge exchange, featuring keynote addresses from eminent cardiologists, interactive panel discussions on interdisciplinary care, and poster presentations showcasing cutting-edge research from aspiring scientists. By fostering collaboration between academia and the healthcare industry, the event underscored the critical and evolving role of pharmacists in patient counseling, medication therapy management, and public health advocacy for cardiovascular wellness.

This initiative by the Amity Institute of Pharmacy not only enriched the academic curriculum but also empowered attendees with actionable insights to combat the CVD epidemic. It reinforced AUMP's institutional commitment to advancing health education and research, ultimately contributing to the global mission of building healthier communities and ensuring lives of well-being for all.

Building a Foundation of Wellness: AIBAS Champions an Active Lifestyle

On the 6th of April 2024, the Amity Institute of Behavioural & Allied Sciences (AIBAS) at Amity University Madhya Pradesh orchestrated an impactful Workshop on Active Lifestyle and Fitness Goals. The event was strategically designed to translate the science of well-being into actionable strategies, empowering students and faculty to take charge of their physical and mental health.

Moving beyond theoretical discourse, the workshop provided a practical and holistic framework for understanding the intrinsic link between regular physical activity, mental acuity, and overall quality of life. Expert facilitators guided participants through the fundamentals of setting realistic and sustainable fitness goals, designing personalized exercise regimens, and understanding the critical role of nutrition in supporting an active life. The session delved into the behavioral psychology behind habit formation, providing tools to overcome common barriers to maintaining a consistent fitness routine.

This initiative served as a direct contribution to Sustainable Development Goal 3 (Good Health and Well-Being), particularly in promoting mental health and well-being (Target 3.4) through preventative, non-clinical measures. By addressing both the physical and psychological dimensions of fitness, the workshop aligned perfectly with the core expertise of AIBAS, highlighting the institute's commitment to applied knowledge.

The workshop successfully fostered a proactive mindset towards health, equipping the university community with the knowledge and motivation to integrate wellness into their daily lives. This event stands as a testament to AUMP's broader commitment to nurturing not only academically accomplished individuals but also holistically healthy and resilient citizens, prepared to thrive in all aspects of life.

Equipping Lifesavers: Amity Institute of Pharmacy Champions Community CPR Awareness

On the 6th of December 2023, the Amity Institute of Pharmacy (AIP) at Amity University Madhya Pradesh took a vital step in strengthening community health resilience by conducting a comprehensive Cardiopulmonary Resuscitation (CPR) Awareness Program. This critical initiative was designed to demystify emergency response procedures and equip students, faculty, and staff with the practical skills to act decisively during cardiac emergencies.

The program transcended conventional academic learning by focusing on hands-on, life-saving training. Under the guidance of certified instructors, participants engaged in practical demonstrations and simulations on mannequins, mastering the essential steps of CPR—from assessing an unresponsive person and performing chest compressions to delivering rescue breaths. The training emphasized the crucial "chain of survival," highlighting how immediate bystander intervention can dramatically increase the chances of survival before professional medical help arrives.

This initiative serves as a powerful embodiment of the university's commitment to Sustainable Development Goal 3 (Good Health and Well-Being), specifically by working to reduce premature mortality from health emergencies (Target 3.4) and strengthening the capacity for early warning and risk reduction (Target 3.d). By empowering its community with these essential skills, AIP underscored the proactive role that healthcare education can play in public safety.

The CPR Awareness Program not only enhanced the practical competency of future healthcare professionals but also instilled a profound sense of civic responsibility across the campus. It reinforced Amity University Madhya Pradesh's role as an institution dedicated not just to academic excellence, but to fostering a prepared, proactive, and socially responsible community capable of saving lives.

Visualizing Well-being: A Campus Unites for Mental Health Awareness

On the 10th of October 2023, the Amity Institute of Behavioral and Allied Sciences (AIBAS) at Amity University Madhya Pradesh transformed the campus into a vibrant canvas of consciousness and compassion. To mark World Mental Health Day, the institute organized a university-wide poster-making competition, inviting students from all academic disciplines to showcase their artistic prowess and thoughtful insights into the critical issue of mental health.

The event served as a powerful, creative platform to dismantle stigma and foster a culture of open dialogue. Students from diverse fields—from pharmacy and business to technology and the humanities—channeled their understanding and empathy into compelling visual narratives. Their posters creatively depicted the myriad facets of mental well-being, illustrating themes such as breaking the silence around psychological struggles, promoting self-care strategies, and building a supportive community. This interdisciplinary participation highlighted that mental health is a universal concern, transcending all fields of study.

This initiative was a direct and impactful contribution to Sustainable Development Goal 3 (Good Health and Well-Being), with a specific focus on promoting mental health and well-being (Target 3.4). By leveraging art as a universal language, the competition made the conversation around mental health more accessible and relatable, encouraging students to become advocates for their own and others' psychological welfare.

The event successfully cultivated an environment of empathy and understanding, reinforcing AUMP's commitment to nurturing not only the intellectual but also the emotional and psychological resilience of its students. The posters now stand as a lasting testament to the university's collective pledge to prioritize mental health, ensuring that well-being remains at the forefront of the campus conscience.

A Welcoming Melody: Amity University Madhya Pradesh Ushers in a New Cohort with Melange 2023

On a vibrant morning in December 2023, Amity University Madhya Pradesh extended a warm and celebratory welcome to its newest members with "Melange 2023," the annual Fresher's Party. Commencing at 9:30 AM, the event was designed to seamlessly blend the excitement of new beginnings with the fostering of an inclusive and dynamic campus culture, setting a positive and engaging tone for the academic journey ahead.

While the provided information references the National Board of Examination in Medical Sciences (NBEMS), the Fresher's Party at AUMP is a university-wide tradition. The event served as a crucial platform for new students from diverse schools and disciplines to connect with their peers and seniors, breaking the ice and building the foundational relationships that are essential for a supportive collegiate experience. The program was a lively "melange," or mixture, of cultural performances, music, and interactive activities, all carefully curated to showcase the immense talent and vibrant spirit within the university community.

This initiative aligns with the holistic educational philosophy of AUMP, recognizing that a student's well-being and sense of belonging are as vital to their success as academic rigor. By officially welcoming freshers into the Amity family in such a memorable and engaging manner, the university actively promotes a positive and inclusive campus environment, contributing indirectly to Sustainable Development Goal 3 (Good Health and Well-Being) by fostering social connectedness and reducing the anxieties associated with transitioning into a new academic environment.

"Melange 2023" successfully achieved its goal of transforming a group of new individuals into a connected community. It reinforced the university's commitment to nurturing not just scholars, but well-rounded individuals, ensuring their first steps on campus are filled with joy, camaraderie, and a sense of belonging.

Igniting the Spirit of Sportsmanship: AUMP Launches Sangathan 2023 with Grand Inaugural Ceremony

On the 12th of September 2023, the Amity University Madhya Pradesh campus erupted in a spectacle of energy and enthusiasm with the grand Inaugural Ceremony of Sangathan 2023, the university's annual mega sports event. The ceremony formally commenced a week of intense competition and camaraderie, dedicated to celebrating athleticism, teamwork, and the indomitable spirit of sportsmanship.

The event served as a powerful platform to underscore the integral role of physical fitness in holistic student development, directly aligning with Sustainable Development Goal 3 (Good Health and Well-Being). By promoting widespread participation in sports and physical activity, Sangathan 2023 actively contributes to ensuring healthy lives and promoting well-being for all at all ages (Target 3.4). The ceremony featured a vibrant march-past by the participating teams, the ceremonial lighting of the torch—a symbol of perseverance and glory—and motivational addresses from university leadership, inspiring athletes to strive for excellence both on and off the field.

Sangathan 2023 embodies the university's commitment to nurturing not only academic achievers but also well-rounded individuals. The event fosters essential life skills such as discipline, resilience, and collaborative teamwork, while also providing a crucial outlet for stress relief and mental well-being. The inaugural ceremony successfully set a tone of healthy competition and mutual respect, uniting the entire university community—students, faculty, and staff—in a shared celebration of health and vitality.

This grand opening marked the beginning of an event that goes beyond winning medals; it is about building character, fostering unity, and championing a culture where a healthy body and a healthy mind are equally valued as pillars of a successful academic journey.