

# AMITY UNIVERSITY MAHARASHTRA

Established vide Maharashtra Act No. 13 of 2014, of Government of Maharashtra,  
and recognized under section 2(f) of UGC Act 1956.

## A Report on



## GOAL 3: Good Health and Well-being Sustainable Development Goals

Year 2022

Amity University Maharashtra, Bhatan Post - Somathne,  
Mumbai - Pune Expy, Panvel, Bhatan Pada,  
Maharashtra 410206

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## GOAL 3: Good Health and Well-being

### Emotional Immunity Webinar 21<sup>st</sup> April 2022

**organized by Amity Institute of Behavioural and Allied Sciences (AIBAS) and Dean Students Welfare (DSW),**

**Amity University Maharashtra**

#### **General Information:**

Date of Event: 21<sup>st</sup> April 2022, Time- 11.15 am-1.15 pm

Venue: Auditorium, Amity University Mumbai.

Organized by: Amity Institute of Behavioral and Allied Sciences (AIBAS) and Dean Students Welfare (DSW), Amity University Maharashtra

Total Participation: 500 students + 15 faculty (AIBAS) + 1 guest speaker

Moderator (s): Dr. Gautam Gawali (Prof & Dir AIBAS & DSW)

Event Coordinator (s): Mr. Mahimna Vyas, Dr. N. Tawfeeq Alee

#### Details of Expert/Speaker/Resource Person/Judge:

- Country Name : India
- Hon'ble Speaker : Dr. Vipul Vyas
- Organization : The Mind Academy
- Designation : Director
- Specialization : PhD in Emotional Intelligence.

### Point wise Outcome Report:

- 1) Emotional Intelligence is playing a major role in the professional as well as personal life of everyone. Emotional Quotient has become as important as Intelligence Quotient to be successful in academic as well as profession. Students can benefit immensely from such seminar that helps them in achieving a greater control over their EQ. It will help them in inter-personal relationship, successful job interviews and better performance in internships or career.
- 2) Dr Vipul Vyas has a Ph.D. in Emotional Intelligence and is the Director of The Mind Academy, Mumbai and has 24 years of academic and 16 years of Corporate HR Facilitation Experience. He has delivered talk as well as conducted workshop and seminar in reputed government institutes as well as huge multinational corporates like RBI, ISRO, TATA, CAG, AMUL, DRDO, Indian Oil, L&T, HAL, Kotak Life, Godrej, Glenmark, Zydus Takeda, Adani, Godavari Refinery, Pfizer, Raymond, various Management Associations, etc.
- 3) Dr. Vyas is also associated with 20 Universities from 10 states and with 16 educational institutes of high repute, to train about 3500+ Senior and young professors, principals, deans, HODs, and trustees on – “How to apply Emotional and Spiritual Intelligence in the teaching-learning process?” All teachers and students of this university has benefited immensely from him. He has delivered training to 5000+ CXOs, professionals, businesspersons, HR trainers from PSU, semi-government, private sector, and to anti-terrorism commandos & IPS Officers at various cities like Mumbai, Delhi, Kolkata, Bengaluru, Jabalpur, Ahmedabad, Cochin, Pune, Raipur, Chennai, Jaipur, Vadodara, Thiruvananthapuram, Indore, Surat, Thane, Bharuch, Hyderabad, etc. This contribution was felt as a good criterion to invite him for the seminar with benefits to our students keeping in mind.
- 4) One of the organizers had interacted with the resource person earlier about some research. Hence, the guest was decided in advance.
- 5) The seminar was organized at the auditorium and was attended by more than 500\* participants including faculties and students of AIBAS and other schools of Amity

University Mumbai.

6) His topic for the seminar was ‘Emotional Immunity’. The Following points are the highlights of the seminar.

- He started the seminar with a commemoration of all the frontline workers, police officers and media personnel who worked selflessly during Covid-19.
- After the remembrance, he conducted an activity on the identification of emotions and different intensities of emotions and talked about the emotional vulnerability of young adults and adolescents by sharing Aryaman Birla’s story, the importance and necessity of emotional intelligence in personal and professional domains, benefits of greater EQ, and the emotional intelligence model by Daniel Goleman.
- The pre-training survey findings were discussed, and Dr Vyas highlighted the master key to all problems - identifying and managing one’s response to situations. The master key was further explained with videos, real-life stories, and an activity. -He further emphasized the significance of conscious living for improving EQ and some tips to follow a conscious lifestyle.
- He concluded the seminar with a homework assignment for the participants, followed by National Anthem in sign language.

7) The seminar tutored faculties as well as students and researchers of Amity on the importance of ability to read a current situation, scenario, body language, facial and emotional expression, and appropriate response to maximize gain as well as achieve objectives. They learned how to have an effective and a fruitful relationship with colleagues, classmates, personal relations as well as professional relations.

8) As the subject was about emotional intelligence, which is an important concept in psychology. Based on the student’s reception and taking in consideration the compensation that would be offered to the resource person, department could organize a longitudinal workshop addressing functional and practical aspects of emotional intelligence and how to use it in their day-to-day college lives.

9) The resource person expressed willingness to conduct more seminars and training in

Future. He was interested in contributing to workshops and conferences related to his expertise.

10). Plans are at preliminary stage to collaborate with the resource person and delivering workshop for final year students to maximize industry placements. Workshops designed to help our graduating students get selected for competitive positions in national and multinational companies.

Photos of the event:





## Mental Health Week Events

### General Information:

Date of Event:	10/10/2022 - 14/10/2022
Venue:	Various
Organized by:	Amity Institute of Behavioral and Allied Sciences (AIBAS), IQAC and Dean Students Welfare (DSW)
Total Participation:	N/A
Moderator(s):	Professor (Dr.) Gautam Gawali (DSW & Director of AIBAS)
Event Coordinator:	
Convener/Host:	AIBAS

## **Overview of events:**

### **Event 1:** Stress Management Seminar (10th October)

Time and Venue: 10 am to 12 noon, Seminar Hall

Co-Ordinator: Dr. Gautam Gawali and Dr Poonam Sharma and the Event team

Resource Person: Ms. Sandra Francis

Participants: Non-Teaching staff and Office Assistants from various schools, Exam Department.

### **Event 2:** Wellbeing Screening and first aid (From 10th to 14th October)

Co-Ordinator: Event team, Buddy program coordinators.

Description: Throughout the campus, there will be some links/posters posted that contain a link for short Warwick Edinburgh wellbeing scale, along with a notice of wellbeing classes for 3 days from 4 to 5 (run by the buddy program coordinators).

### **Event 3:** Film Screening (14<sup>th</sup> October)

Time and Venue: 2:00 PM to 5:00 PM, Auditorium

Co-Ordinator: Mr. Mahimna and Dr Raffie

Description: The movie - "A Beautiful Mind" is about John Nash, a brilliant but asocial mathematical genius, finds his life changing for the worse after he accepts an assignment from the FBI.



## **IQAC Events:**

### **Event 4: Nukkad-Natak**

Time and Venue: 7<sup>th</sup> Oct, Friday. 2pm – 3pm, Atrium

Co-Ordinator: Ms. Sreeta Nair

Description: Street-play to increase awareness regarding ragging, bullying & substance dependence

### **Event 5: Happiness Wall**

Time and Venue: 13<sup>th</sup> Oct 2022, Thursday

Co-Ordinator: Ms. Sreeta Nair

Description: Students were given a chance to express their thoughts & feelings through art. Some stationary supplies were placed close to a soft board and students were encouraged to pin their art on the soft board.

## **Point wise outcome report:**

- 1) **What was the Inspiration behind these events?** – Mental Health Awareness Week was established in 1990 recognition of efforts to educate and increase awareness about mental illness. The overall objective of World Mental Health Week is to raise awareness of mental health issues and to help mobilize efforts in support of mental health on an individual level. This week provided an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. These events also allow individuals who are not from a psychology background, to gain novel insights regarding various “Health Behaviours” that facilitate mental health.
- 2) **Who was the Distinguished Guest Speakers Invited for the Event? Kindly give their Names.Designations, Organisation, Qualifications, Area of Expertise and any Honours and Awards received by them:** Only one event – Stress management seminar required guest speaker. The speaker invited was Ms. Sandra Francis. Ms. Francis is a Psychologist &

Therapist who has been working in the field for more than a decade.

- 3) **What was the Criteria Considered for inviting the Various Individual experts, Internal as well as External?** Based On their Expertise as well as Knowledge.
- 4) **Were the guests invited in advance and if yes, from what previous interaction? Were the guests recommended by someone? If yes, who?** Yes, the experts were invited in advance. They were recommended By Professor (Dr.) Gautam Gawali, DSW and Director, AIBAS, AUM.
- 5) **Who all attended the Seminar and other activities?** Non-Teaching staff and Office Assistants from various schools, along with the Exam Department attended the stress management seminar. Other activities were open to all students and faculties, who took great interest in participating in these activities.
- 6) **What were the 'Take Homes' for the Guests and the Attendees in the form of knowledge, facts, information etc.?** Participants learned about the daily stressors in their life and work. They also discovered various techniques to cope with these stresses. In other events, the participants realized the importance of mental health and various factors affecting it, effects of diagnosis etc.
- 7) **Have the activities generated tangible gains?** Yes, the celebration of mental health awareness week has seen numerous benefits. It has provided a better understanding of how mental illness can affect a person's life, helped to reduce the stigma of mental illness, it has given confidence when helping those who are suffering in the capacity of a friend or as a budding mental health professional. Overall, these activities also helped all the participants to recognize early signs and risks of mental illness and what steps to take to prevent the onset of these diseases or how to seek help once they are diagnosed.

## Photos:

Event: Stress Management Seminar



Event: Wellbeing Screening



Event: Movie Screening – ‘A Beautiful Mind’



Event: Nukkad-Natak



Event: Happiness Wall



## Fostering Belongingness

### **General Information :**

Date of Event : 5<sup>th</sup> May, 2022  
Venue : Auditorium  
Organized by : AIBAS IQAC  
Total Participation : 300 students + 15 faculty (AIBAS) + 3 guest speaker

Moderator(s) : Dr. Rekha Wagani ( Asst. Professor, AIBAS)

Event Coordinator : Dr. Rekha Wagani & Dr. Lakhminder Singh

### **Details of Expert/Speaker/Resource Person/Judge:**

Country Name: India

Expert Name: Dr Devendra Rana, Dr Varun Manek, Dr Lakhminder Singh

Organization: PGIMER, MDS, AUM

Designation: Assistant Professor

Specialization:

The Purpose of the seminar was to impart knowledge on the harms of drug and alcohol dependence this seminar was catered to the young students to orient them of the dangerous, consequences and management of drug and alcohol dependency, the mental and social cultural implications of such a dependence was also elaborated and the speakers addressed several common concerns, the speakers also gave additional valuable information on how mental health professionals can guide and support a person who is dependent on substance also speakers have provide knowledge about how other relaxing techniques like yoga meditation and prayer can help them a self help book was also circulated to students.

First speaker was Dr.Devendra Rana from PGIMER Chandigarh who joined us online and gave his informative session on drug and alcohol addiction and also informed about the symptoms. Currently he is working as an Asst. Professor in PGIMER (Dept of Psychiatry). It was a valuable session for all the students and faculty.

Second speaker was Dr. Varun Manek who is a maxillofacial radiologist working in Mumbai, he has done his MDS from Govt Dental college. He guided the students on stages of addiction and how to use certain alternate methods to relaxation.

Third speaker was Dr. Lakhminder Singh, who is working as an Asst. professor in AIBAS,AUM. He delivered his lecture on present status and data of Drug and alcohol users in worldwide and

specially in India. The speakers' work in the field and their extensive knowledge was the criteria for inviting them. The guests were recommended by Dr Lakhminder Singh and Dr Rekha Wagani. 300 students and 15 faculty from AIBAS attended the webinar.

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## Mindfulness Based Stress Reduction and its clinical implications

### **General Information :**

Date of Event : 25/04/2022  
Venue : MS Team (Virtual Mode)  
Organized by : (AIBAS)  
TotalParticipation : 137 (PG and M.phill Student) +12 Faculties  
Moderator(s) : Dr. Gautam Gawali (Prof & Dir AIBAS & DSW)  
Event Coordinator : Dr Mohammad Anas  
Convener/Host: AIBAS

### **Details of Expert/Speaker/Resource Person/Judge:**

Country Name: India  
Expert Name: Dr Mustafa Nadeem Kirmani  
Organization: Amity Institute of Clinical Psychology, Amity University Haryana  
Designation: Head and Associate Professor (Clinical Psychology)  
Specialization: Positive Psychology, Spirituality, Mental Health and Happiness

## Extempore Competition on Tobacco Awareness

**Date : 28<sup>th</sup> February 2022**

**Time : 11:00 a.m to 12:00 p.m**

**Mode: Online on Ms -Teams**

### **1. General Introduction (50-80 words)**

Amity Institute of Travel and Tourism organized an “**Extempore Competition on Tobacco Awareness**” which was open for all the student batches of Amity University Mumbai. **The event was held on online mode on MS – Teams from 11:00 a.m to 12:00 p.m on 28<sup>th</sup> February 2022.** There were 65 attendees and 7 participants for the events, the student participants were provided topics on the spot and had five minutes to collect their thoughts and speak. All 7 participants expressed their opinions over the bad effects of Tobacco usage across various spheres such as, issues due to use of tobacco in public places, long term effects, indirect effects, and much more. Some students went to lengths by expressing their own personal issues with tobacco awareness. All in the aim of sensitization was realized and at the end of the session. The students were judged by an external member



**PRESENTED BY AMITY INSTITUTE OF TRAVEL AND TOURISM**

# **MAKE A PLEDGE**

**TO STAY AWAY FROM  
THE PACKET FOR THE DAY**

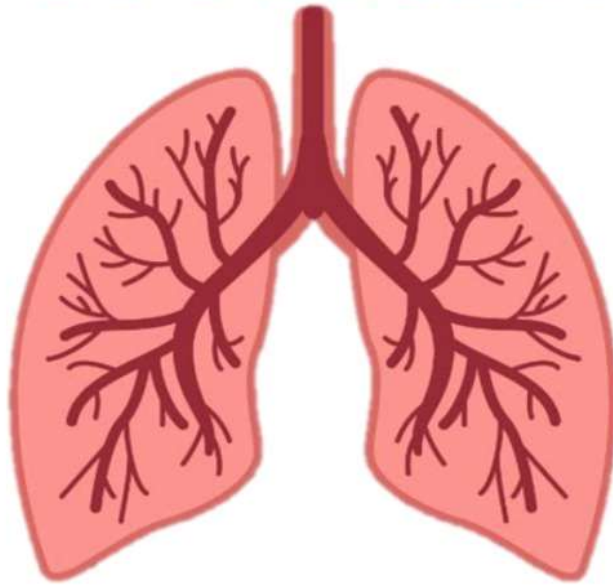


**ONLINE LIVE EXTEMPORE COMPITION  
CREATING TOBACCO AWARENESS  
WHEN - 28th February 2022  
TIME - 11:00am - 13pm**



**Presented By Amity Institute Of Travel And Tourism**

# **SAY NO TO TOBACCO**



***It's time to stop putting junk in you lungs***

Online Live Extempore Competition  
On Tobacco Awareness



**When 28th February 2022**

**Time: 11:00- 13:00 Hrs**

**For Participation registration is Compulsory**

MOU WITH PROKARYOTES LAB Pvt. Ltd.

MOU With Government Dental College, Mumbai

MOU WITH UNIVERSITY OF CINCINNATI

MOU between Centre for DNA Fingerprinting and Diagnostics (CDFD) and Amity University -Mumbai.

MOU Life-cell International Private Limited

MOU Mibiome Therapeutics LLP

On campus Clinic





Latitude: 18.93255  
Longitude: 73.162239  
Elevation: 52.3±6 m  
Accuracy: 82.5 m  
Time: 18-07-2023 14:51

Powered by NoteCam



Latitude: 18.932554  
Longitude: 73.162274  
Altitude: -17.9±6 m  
Accuracy: 15.0 m  
Time: 18-07-2023 14:47

Powered by NoteCam



## Wheelchair



## On-Campus Accommodation for The People with Disabilities

*We have a reasonable accommodation strategy for people with disabilities, including adequate funding.*

Amity University Maharashtra Offers the On-Campus Accommodation to the people with disabilities either the employees or the students. The person with disabilities is provided with facilities such as elevator, ramp, wheelchairs, and the western toilets for the better ease of access in the daily routine. Once the accommodations are provided to the person with disabilities, the rules and regulations of the universities are applicable. The university has invested on the on-campus wheelchair, elevators, ramp, battery vehicles, medical facility, clinic, and counselling cell. The adequate funds are made available for the additional resources to be provided during the emergency. Similarly, additional resources are provided for the dynamic rise in the student numbers, and the employees at the university. There is also a adequate provisions are done for the maintenance of all these services and resources. The prior approvals are required to be taken from the Hon. Vice Chancellor and the Management of the University to provide such a resource to the person with disabilities.

### **Accommodation to the Employees**

The employees appointed full-time can get the accommodation in the campus on the request basis. The charges are applicable as per the rules and regulation of the Amity University Maharashtra. The HR Department takes care of the employees request for the on-campus accommodation. As per the rules and regulations of the University, the charges of the accommodation are applicable.

### **Accommodation to the Students**

For Girls and Boys can avail the Hostel accommodation on the request basis. Priority is given to the students who are having the physical disabilities. The Hostel Director Takes care of the availability of such an accommodation to the students with disabilities. The Hostel Director tries his best to provide the accommodation at the ground floor for the easiness to the person for his daily activities. The on-campus battery vehicles are available for the moment of the person with disabilities from one building to other. The well-furnished accommodation is provided with the charges applicable as per the rules and regulations of the University.

### **Short-term accommodation for the Visitor**

The university administration takes care of the visitors having physical disabilities. The special care has been taken on the day-to-day basis for the moment in the campus. The visitors coming for the short-term agenda like for Conference, or

admission enquiry, are also provided the accommodation on the prior approval basis.

## Awareness and Health Camp at Bhatan Village

### **General Information:**

Date of Event: 30 September 2022 and 4 October 2022

Venue: Bhatan Village

Organized by: AILA

Total Participation: 53 students from AILA + 7 faculty members + 100 villagers

Moderator(s):

Event Coordinator: Not Applicable

Convener/Host: Ms. Meera Limaye, Assistant Professor, AILA

### **Details of Expert/Speaker/Resource Person/Judge:**

Country Name: India

Expert Name:

Organization: Medi-Check India Pvt. Ltd.

Designation:

Specialization:

Students of AILA participated in the awareness camp. They made posters and delivered lectures for the women in the village. The topics included: Health and Cleanliness, Water Pollution and Management, PM Kisan Yojana and Kisan Vikas Patra.

On 4<sup>th</sup> October 2022:

Health Camp was organized by AILA in Collaboration with Medi Check Pvt. Ltd in Bhatan Village. In this Camp, 70 patients were screened for General Health Check-up (height, weight, pulse, blood pressure, random blood sugar, complete eye check-up, and ECG (based on findings) was done by the medical team from Medi Check Pvt Limited. The camp organized was free of cost. In this camp 5 ECGs (patients who had high Blood Pressure and other complaints) were taken and concerned patients were consulted for further follow-up. 2 patients were advised MRI and one home visit (for Myopathy patient) was performed by a senior doctor.

The Medical Camp gave good exposure to students of Liberal Arts and Social Work. They got hands on experience for community mobilization, conducting home visits, logistical arrangements, note keeping and report writing, and practical experience of conducting a medical camp.

### **Point wise Outcome Report:**

- 1) What was the Inspiration behind taking up this Particular Subject for the Webinar?  
**The event was organized in continuation of the dialogue initiated with the Sarpanch and Gram Sevika of Bhatan village. They requested for an awareness program and health camp to be organized for the villagers.**
- 2) Who were the Distinguished Guest Speakers Invited for the Event. Kindly give their Names. Designations, Organisation, Qualifications, Area of Expertise and any Honours and Awards received by them.
- 3) What was the Criteria Considered for inviting the Various Individual Guests, Internal as well as External ?
- 4) Were the guests in advance and if yes, from what previous interaction? Were the guests recommended by someone. If yes, who?
- 5) Who all attended the Webinar? Also, if possible, give the numbers.  
**Both the events were attended by 53 students of AILA, 7 faculty members and nearly 100 villagers.**
- 6) What were the 'Take Homes' for the Guests and the Attendees in the form of knowledge, facts, information etc.? Please give the Salient Novel Points Covered by the Guest Speakers, in Bullet Points Format.
- 7) Has the Webinar been able to generate any Tangible Gains for the Faculty, Researchers and Students of Amity. If yes, what are these ?  
**The students of AILA got a hands-on experience of creating content for awareness camp, community mobilization, conducting home visits, logistical arrangements, note keeping and report writing, and practical experience of conducting a medical camp alongside medical professionals.**
- 8) What are the 'Progressive Outcomes /Way Forward' planned, based on the event of the webinar. Please give them pointwise, with timelines and names of the persons responsible for their execution.
- 9) Have we Followed-Up with the Guests to consider Various Collaborations such as Joint Research Papers and Publications; Joint Funded Projects; Student Internships and Placements; Participation in National/ International Seminars/Conferences,/Workshops ; Student/Faculty Exchange Programmes ; Post Doctorate tie ups ; etc.
- 10) What are the plans for utilizing the contacts developed with the Invited Guests, for future cooperation to meet the targets of 'Mission: Connect' and Mission: Synergy of Brains? Please give a roadmap with timelines.













## Community Program on Female Hygiene

### **General Information :**

Date of Event	:18/04/2023
Venue	: Ghodivali, Khopoli
Organized by	: Environment and social committee.
Total Participation	: 40
Event Coordinator	: Dr. Neha Choudhary

The issue of female hygiene being unaddressed, hence to spread awareness we took female hygiene as the subject of the event.

The students learned about the need to spread awareness regarding the importance of female hygiene awareness and the requirement of proper communication about the same in the society Female committee members explained the concept of female hygiene. Male committee members helped in distribution and transportation of the female hygiene products. (Sakshi Mahale, Raina Sinha, Shreya Gaikwad, Shivam Mandal, Akshat Swami)



AMITY  
UNIVERSITY

ENVIRONMENTAL & SOCIAL  
COMMITTEE



**Don't whisper, say it out loud!!!**





