



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 2020

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



GOAL 3: Good Health and Well-being

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GOAL 3: Good Health and Well-being

Introduction and Activities Undertaken

AUM has signed MOU with Jagruti Rehabilitation Center to combat mental health at the individual and community level. MoU is signed with the Society for the Rehabilitation of Crippled Children for the training, testing, analysis, and implementation of therapy. MoU is signed with the Public health department for the student training in Clinical psychology. MoU is signed with LTM Medical College and General Hospital Sion for the psycho-therapy sessions. MoU is signed with the Institute of Acupuncture and Natural Medicine, New Delhi.

AUM has conducted the "Share Karein Care Karein" program at Fanaswadi village near Amity Mumbai. The activity is to help the socio-economically backward section of society with the intent "we want to help someone" but of "helping people with what they need". Everyone from Amity Mumbai came and donated something as a gift to this tribal community. The Clothes, stationery, toys, books, water bottles, Tiffin boxes, accessories, shawls, bed sheets, footwear, bags, sanitary napkin packets, and toiletries are donated.

The Construction workers workshop is arranged to understand levels of stress management. The 30 workers appreciated and reported relief in their stress levels post-workshop.

International Day against Drug Abuse and Illicit Trafficking was conducted on 26 June 2020. AUM celebrated 5th International Yoga Day on Friday, 21 June 2019. A yoga session with training and practice session conducted from 9.30 to 10.30 am by the Yoga Trainer Mr. Sharad Joshi.

Yoga Sessions conducted from 5.00-6.00 PM on Monday to Friday for Asana, Pranayam and Meditation techniques dated 21 January 2019 onwards. One-hour Yoga Workshop at AUM by Mr. Dilish Telwane, Yoga University, Navi Mumbai on 10 October 2019.

The University shares the Sports facility with the neighboring village Bhatan and Bhatan Pada people and invites them to come and play various games on the cricket basketball court, football court, and volleyball court. The friendly matches are games played between the villagers and the employees of the University. The village government school students are also invited to play the games on the University Playground.



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The Amity Clinic was established on campus to provide health care facilities. The doctor is appointed to look after the student and employee health and medical issues. The facility also includes sexual and reproductive healthcare services. Special counseling is provided to the students with the expert Doctor in the field, and the counselor from the AIBAS-AUM School.

AUM- Counseling Centre "Way for Well-Being", is an initiative by AIBAS/ Dean Student Welfare during this pandemic and beyond. The center focuses on the emotional and behavioral wellbeing of Amity students. The counseling services are available to all students on all working days for two hours, based on prior appointments. AIBAS published the newsletter on "Mental Health & Suicide Prevention" dated 8 November 2019, PsychInsight Edition 1. AIBAS has arranged First National Conference on "Community Mental Health: Exploration and Explanation" being organized by AIBAS on 14th and 15th February 2020 in Auditorium A1 block and released a book of research articles and abstracts for all students and faculty members.

Students Selection in United Nation's Millennium Fellowship 2020

Sr.no	Student Name	Millenium Fellowship 2020
1	Ms. Amisha Dusane	Good Health And Well-Being





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List of MOUs

Level	Partner for SDG	Contribution to SDG
International	University of Cincinnati	SDG3
International	Wuyi China and Evergreen University	SDG3
National	Institute of Acupuncture and Natural Medicines, New Delhi.	SDG3
Regional	LTM Medical College and General Hospital Sion, Mumbai	SDG3
Regional	Jagruti Rehabilitation Center Taloja, Navi Mumbai	SDG3
Regional	Public Health Department Government of Maharashtra	SDG3
National	Prokaryote Lab	SDG3 & SDG4
National	Vrovafacets	SDG3 & SDG4
National	Annotation Analytics	SDG3 & SDG4
National	Gumpro	SDG3 & SDG4

International Collaborations and MOUs

MOU with University of Cincinnati

The Amity Institute of Biotechnology and the University of Cincinnati entered into the cooperation between their faculty and scientists, departments and research center, within field that are mutually acceptable and visits by and exchange of doctoral students, faculty members and scientists for research and courses. The Scope of the MOU covers the Intellectual Property and Publications, for the duration of 5 years. The MOU is signed on 13th April 2021.

MOU with Wuyi China and Evergreen University

Symposium on Art, Culture and Mind is organized to bring together students from AIBAS, Amity University, India; WuYi University, China; and The Evergreen University, USA to share the cross-cultural ideas on Art, Culture and Mind, specific to their country of origin and culture. Our objective for the Symposium is for students to interact in small groups and then



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share their new learning and cultural competency in the larger group. Under the Collaboration, the International Symposium on Cross-Cultural Learning “Art, Culture and Mind” is conducted on November 21, 2020

MoU at National Level

MOU with Institute of Acupuncture and Natural Medicines, New Delhi

The memorandum of Understanding was signed on 9 December 2020 Between Amity University and the Institute of Acupuncture and Natural Medicines, New Delhi.

The possible areas of cooperation are

- a) Joint Research
- b) Joint projects
- c) Dissertation projects for AU and IANM
- D) Organizing Joint Seminars and Conferences
- e) Joint publication
- f) Internship to the Students
- g) Any other collaboration deemed to be fit from time to time.

Regional MoUs Signed for the Health and Well-beings

MOU Signed with the Society for the Rehabilitation of Crippled Children

AIBAS -AUM Signed the MoU with the Society for the Rehabilitation of Crippled Children dated 23 September 2019. The Collaboration is for the Approval for placing M.Phil. Clinical Psychology Students and the future activates related to Good Health and Well-being.

MOU Signed LTM Medical College and General Hospital Sion, Mumbai

AIBAS -AUM Signed the MoU with LTM Medical College and General Hospital Sion, Mumbai Dated 26 December 2019.



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MOU Singed Jagruti Rehabilitation Center Taloja, Navi Mumbai

AIBAS-AUM has signed the MoU with Jagruti Rehabilitation Center Taloja, Navi Mumbai Singed dated 12 February 2020 for the following objectives.

- Capacity Building in Primary Care to deliver quality mental health.
- Provide quality secondary care and advice to primary Care
- Use Principles of Clinical Psychology as appropriate
- Enhance public education on mental health to combat stigma against mental health
- Collaboration to enhance mental wellbeing
- Participate in developing training in mental health at the individual and community level.
- Mental Health training to providers of education and social work.

MOU Singed Public Health Department Government of Maharashtra

AIBAS-AUM has signed the MOU with the Public Health Department

Government of Maharashtra. Dated 4 January 2020

MOUs with Companies

MOU with Prokayote Lab (Hydrocarbon)

Amity Institute of Biotechnology at Amity University Maharashtra and Prokaryotes Lab Pvt. Ltd, Bangalore, India entered into 15th July 2019 on Sustainable Development Goals and following objectives

- a) Conduct joint research activities on the project entitled "Development of Hydrocarbon degrading Kit" and within the fields of interest with projects that are mutually agreed upon and subject to the availability of funds.
- b) Participate in conference, symposia and seminars of mutual interest
- c) Collaborate in join research in the thrust areas of the respective company-institute, and file patents and publish research findings.



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d) Cooperate to solicit joint proposals for funding from various funding agencies and exchange scientific information and documentation, both written and electronic.

MOU with Vrovafacets

Amity University Maharashtra and Vrovafacets Private Limited Bangalore Singed MOU on 5th January 2021 for Sustainable Development Goals and in the benefits of the Community with the following objectives:

a) Conduct joint research activities on the project entitled "Product of high quality food grade agar from seaweed" and within the fields of interest with projects that are mutually agreed upon and subject to availability of funds.

b) Participate in conference, symposia and seminars of mutual interest

c) Collaborate in joint research in the thrust areas of the respective Company-University, and file patents and publish research findings.

d) Cooperate to solicit joint proposals for funding from various funding agencies and exchange scientific information and documentation, both written and electronic

MOU with Annotation Analytics

Amity University Maharashtra and Annotation Analytics Pvt. Ltd, Gurgaon Haryana, Singed MOU on 9th December 2019 for Sustainable Development Goals and in the benefits of the Community with the following objectives:

a) Conduct joint research activities on the project entitled "Product of high quality food grade agar from seaweed" and within the fields of interest with projects that are mutually agreed upon and subject to availability of funds.

b) Participate in conference, symposia and seminars of mutual interest

c) Collaborate in joint research in the thrust areas of the respective Company-University and file patents and publish research findings.

d) Cooperate to solicit joint proposals for funding from various funding agencies and exchange scientific information and documentation, both written and electronic



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MOU with Gumpro

Amity University Maharashtra and Gumpro Drilling Fluids Pvt Ltd, Mumbai Signed MOU on 6 November 2019 for Sustainable Development Goals and in the benefits of the Community with the following objectives to execute the project entitled "Production of Gum for drilling fluids using biotechnological approach", subject to the availability of funds. Under the collaboration, the Chiller Unity for Reactor equipment was delivered and installed.

Good Health and Wellbeing Facilities at AUM

Amity Clinic

AUM has established the Amity Clinic at the University premises with necessary facilities to treat a patient with urgent and first aid requirements such as Wheel Chair, Bed, Oxygen Cylinder, Medicines, Medical Doctor and Nurse to look after the patient may be a student, staff or visitor.



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Medical Insurance Facility

University provides the Physical facilities such as Doctor and Clinic on Campus. For the Mental Wellbeing's the Counseling facility provides the help with the prior appointment.

The University also has the Medical Insurance provided to all students, staff and faculty free of cost. Time-to-Time during the critical medical incidences, the Students submits the application to the University Accounts Department and with the necessary documentary formalities, the insurance is provided to the students as well as the staff and faculty members.

Ami-Yoga Club Activity

The club aims to achieve the holistic development of students and help manage stress and anxiety. The practice of yoga keeps students relaxed, imbibes the right attitude in them, and brings together physical and mental disciplines to achieve a peaceful body and mind. The regular practice of yoga also helps in increasing flexibility, muscle strength, and body tone. The club sensitizes and motivates students to engage in regular yoga practices, including sessions on Surya Namaskara, Pragyga Yoga, and Pranayama, after college hours. Ami-Yoga invites eminent speakers to increase awareness about the various benefits of yoga in

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daily life. Ami-Yoga also celebrates International Yoga Day every year with much fanfare on the premises.



Social Work Activities

Stress Management in Construction Workers

A workshop was conducted for 30 highly stressed workers who were handpicked on the basis of their results on the questionnaire. Initially, the workers were given a brief introduction about what stress is, the various causes of stress, its damaging effects, the importance of stress etc.

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A rapport was created before we conducted the activities; we made sure that the workers were comfortable with the environment. The activities consisted of interactive sessions that the workers thoroughly enjoyed and had an eye-opening learning experience.

The survey was designed with the help of their mentor. It was divided into five sections- Demographic Details, Family Details, Work Details, Stress and Recreation and Recreation and Leisure Time Activities. They were also asked if they ever thought whether they felt 'life was worthless.' To maintain confidentiality, the name was taken according to a CWID, which consisted of their initials and their age. Under 'Stress and Recreation,' 'yes/no' was provided, and if 'yes' was answered, they were asked to rate from one to five, one being the lowest and five, highest. The questionnaire gave us information about any medical ailments they had, the strength of their family, and how financially strong they were. We also got some brief information about the kind of work they are currently doing and how much they're getting paid for it. They were asked time and again if they're satisfied with their work so that if there was any kind of glitch or a stutter and if they were lying about things. They were asked about their future plans to see how satisfied or dissatisfied they were with their job.

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Recreational activities were also questioned to know if they have involved themselves with any substances and if so, we asked how much they consumed and determined if it could be categorized under bus

The activities conducted were as follows-

1) Bursting the Balloon- A balloon was given to each participant, and they were asked to go around and pop each other's balloons. After a few seconds, only a few people had balloons still in their hands. The balloon here indicates stress, the participants were busy bursting/ helping others with their stress, they didn't think about their own stress.



2) Passing the ball- The participants were split into five groups of six people each. One group was called at a time, and they were given balls, of different shapes and colors, at intervals. Each ball was indicative of one kind of stress, and they were asked to stand in a circle in an orderly manner (they were given numbers). They were asked to pass around the ball in that order, one by one. Eventually, there were many balls for them to handle, and they dropped at least one ball. The activity was repeated with all the groups one by one.

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This shows that if you juggle a lot of things at once, you will get stressed and lose control of some important aspect of your life.

3) Popping the Balloon- There participants were given one balloon each, and they were asked to blow the balloon as big as they thought their stress level was. Extra balloons were provided if needed. After everyone had at least one balloon blown by them in their hand, they were asked to pop their respective balloons and then were asked how they felt after they burst their stress. The aim of this activity was to show them that people get stressed because of over-thinking and excess work. The balloon popped because there was too much air in it, and letting out all the negative emotions relaxes the mind and helps overcome stress.



These activities were followed by a lecture on stress management which highlighted their main causes of stress. This lecture also facilitated ways to reduce these stressors, which was well understood by the workers. A yoga session was later conducted, which helped them feel some peace and calm at the moment. The session was conducted by a third-year



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student who is a part of AmiYoga. The two sessions combined helped them understand effective stress management.

A vote of thanks was delivered, and feedback was taken from the construction workers about the workshop. They were presented with hampers at the end of the workshop and were provided with refreshments after concluding the session.

Free Medical Checkup Camp

A free medical health checkup camp for villages of Bhatan and Bhatanpada, Rigadh Maharashtra organized by Amity University social work students with the support (AKK) Asha ki kiran foundation, Panvel and (TEAS) Tarai Environment Awareness Samiti NGO working in Health & Education sector on 8 February 2019, Day- Friday at Raigadh JILA PARISAD SCHOOL- Bhatan, Panvel. Health specialists of AKK foundation, including one physician and a dentist with team members of AKK arrived at the school at 11:30 setup with standee, banners, and basic medicines including first aid box were set up by member's and amity social work volunteers. Social work students had spared the invitations of free health checkup camp in the village by distributing pamphlets door to door. Free physician examination and dental checkup were provided approximately 160 people from the village, including school students of Bhatan came for a health checkup, doctor's advised them varies medicine and consultation during camp. Camp for successfully organized under the guidance of Mrs. Meera Limaye and Mr.Pandurang sir social work faculties from AILA, AUM. Camp was coordinated by Noor, Surabhi, Happy, Sebin, Saaz, Arpan, Ajay, Divyesh, Kratika, Kajal and Tannushriya .

SOME PICTURES OF HEALTH CAMP (Date- 8 th February 2019)

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Social Work Exposure visits

Amity Institute of Liberal Arts has conducted the exposure visit to understand the social work opportunities in Collaboration with the various NGOs working in the health and wellbeing domain. The students have understood.

No	Date	Name of Organization	Working on Issues	Place
1	16/08/2019	Paraplegic Foundation	Physically challenged	Sion
2	23/08/2019	Khula Aasman	Movement Therapy	Mankhurd
3	30/08/2019	Aasha Ki Kiran	De-addiction center	Panvel
4	06/09/2019	Shantivan	Leprosy and old age home	Panvel
5	13/09/2019	Udan Trust	HIV/AIDs	Panvel
6	20/09/2019	SUADHA	Rehabilitation and Tribal welfare	Kalyan

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Good Health and Wellbeing Activities

Workshop on Art Based Therapy



Art in some or other form is used by each and every person of the society regardless of their age, religious, ethnic, socioeconomic, or geographical background. Now it is well accepted and considered useful with children and old age people as well. So Amity Institute of Behavioral and Allied Sciences organized one workshop on Art Based Therapy for all first-year students by Khula Asman team dated 13 March 2019. A total of four trainers facilitated the workshop in which they divided 130 students into four groups. It helped the students to gear up themselves to use the creativity in them when dealing with people facing emotional and mental problems. Some of the basic ideas worked on were:

- 1 Connecting emotions with the body.
- 2 Improving ability to convey thoughts and emotions in a more comfortable manner.
- 3 Understanding of one's self.
- 4 Bringing out the inner self through art and creativity.
- 5 Anchoring one's emotions and then helping out others.

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Students were told about places and circumstances where these elements can be implemented in daily life. Activities like drawing and acting also took place in the workshop. Overall the workshop through the easiest way but effectively conveyed the message.

Club Activities and Lectures

Ami Psyche Club Activity

Ami Psyche Club promotes and spreads awareness about mental health and wellbeing through simple day-to-day practices as well as activities.



The Club members organize activities that revolve around social ties to foster bonds and friendships to deal with stress and anxiety issues; a sense of purpose to give a meaning (direction) to life and enhance mental and emotional wellbeing of people; understand challenging and novel experiences to learn perspective as well as learn the art of connecting to people to stimulate healthy growth.



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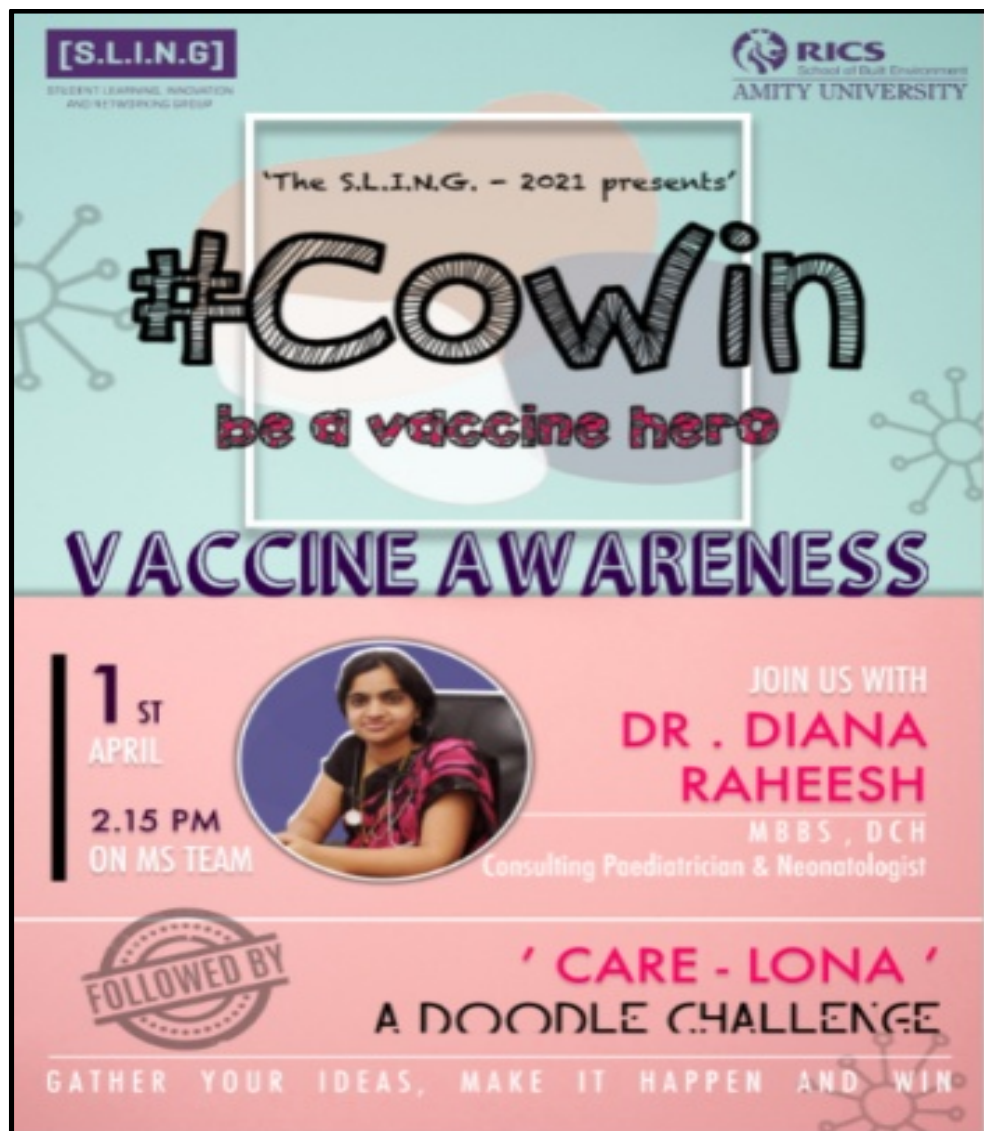
Apart from these activities, members of the Ami-Psyche Club meet regularly to plan and organize small group discussions, team building games etc. Different events of Ami-Psyche emphasize on

- **Social Ties:** The importance of bonds and friendships are explained to individuals to help them cope with stress and problems
- **Developing A Sense of Purpose:** Helping students to develop a perspective on having a sense of purpose to lead a quality life and maintain strong wellbeing physically, mentally, and spiritually.
- **Learn the art of challenging:** Various activities make students experience challenges and learn key lessons from adverse situations. The club activities provide a conducive environment, resources, and support to overcome challenging situations that stimulate personal growth and mental wellbeing.

A wide range of activities which were organized on significant occasions included a street play (skit) titled 'Suicide Prevention' on the occasion of Suicide Prevention Day (10-11 September); a 'Smile' contest to mark World Smile Day (6 October); an event on World Mental Health Day (10 October); 'Acts of Random Kindness (ARK) to commemorate World Kindness Day (11-13th November); a short film contest to mark International Day of Social Justice (20 February); an event on Zero Discrimination Day (1 March); Poster contest titled 'What's Your Happiest Memory?' to commemorate International Day of Happiness (20 March); and an event on World Health Day (7 April). These events and activities sensitized people to the importance of emotional wellbeing.

Lecture Arranged by RICS SBE AUM

CoWin Be a Vaccine Hero, an awareness session by Dr. Diana Sahesh conducted on 1 April 2020, who has been a warrior in the fight against this virus since the beginning, shared her views on Covid Vaccines and Q &A



Comprehensive Program on Screening and Prevention of Suicide in Young Adults

The course is part of UNESCO's Open Education for a Better World Project. It is completely free of cost and online. The course is a type of small training for all the participants, which will require minimum involvement of 15 to 20 hours of investment in total. The main objective of the course is to provide the right knowledge of suicide sensitization, required skills in identification, screening, and assisting at-risk youth (Assessment and counseling skills), and promotion of suicide prevention (campaigning and sensitization in higher education campuses and other platforms).

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Course Developer: Dr. Rekha Waghani , PhD (Psy)

Mentors: Linda Mebus (TU Delft- Netherlands) and Marija Komatar(Slovenia)

Mode: Online Open Course