



Health Outreach Report 2022-23

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July 21, 2022

Blood Donation at Kather

A blood donation camp was organized on July 21, 2022, in the Income Tax Office in Kather, Solan. For this blood donation camp, a Google form was circulated, and, on this link, volunteers had to register. The university organized a bus for the volunteers from Shoolini University to Income Tax Office in Kather Solan. As a total of 22 volunteers reached there, they were given fruits, milk, and biscuits as refreshments. After proper taking proper safety measures like giving volunteers polythene cover on the shoes as precaution to avoid covid before entering the blood donation hall the process started. The volunteers donated the blood for which they were given certificates of participation. The Income Tax Department appreciated the efforts of the volunteers and said that they were looking for many more such collaborations with Shoolini University.

Number of participants: - 22



A volunteer donating blood in a blood donation camp at the Income Tax Office



Mr. Virender Singh donating blood



A volunteer from Shoolini donating blood



Group photograph of the Shoolini blood donors at Income Tax Office Solan

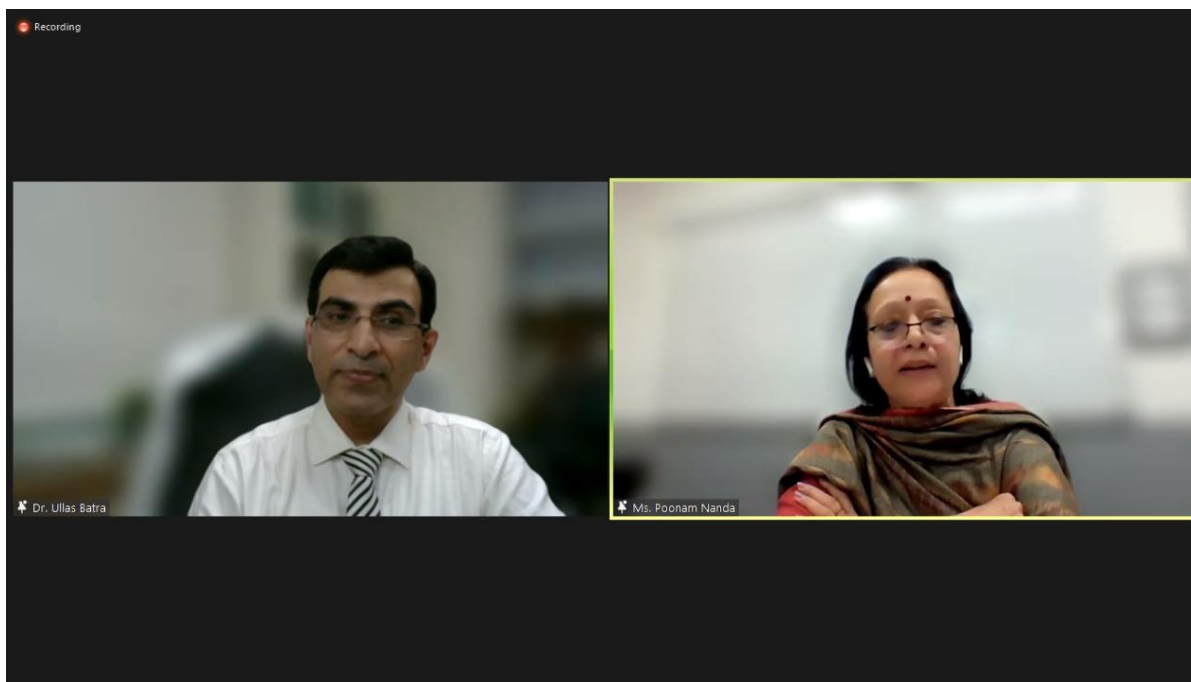
August 01, 2022

Cancer Awareness on World Lung Cancer Day

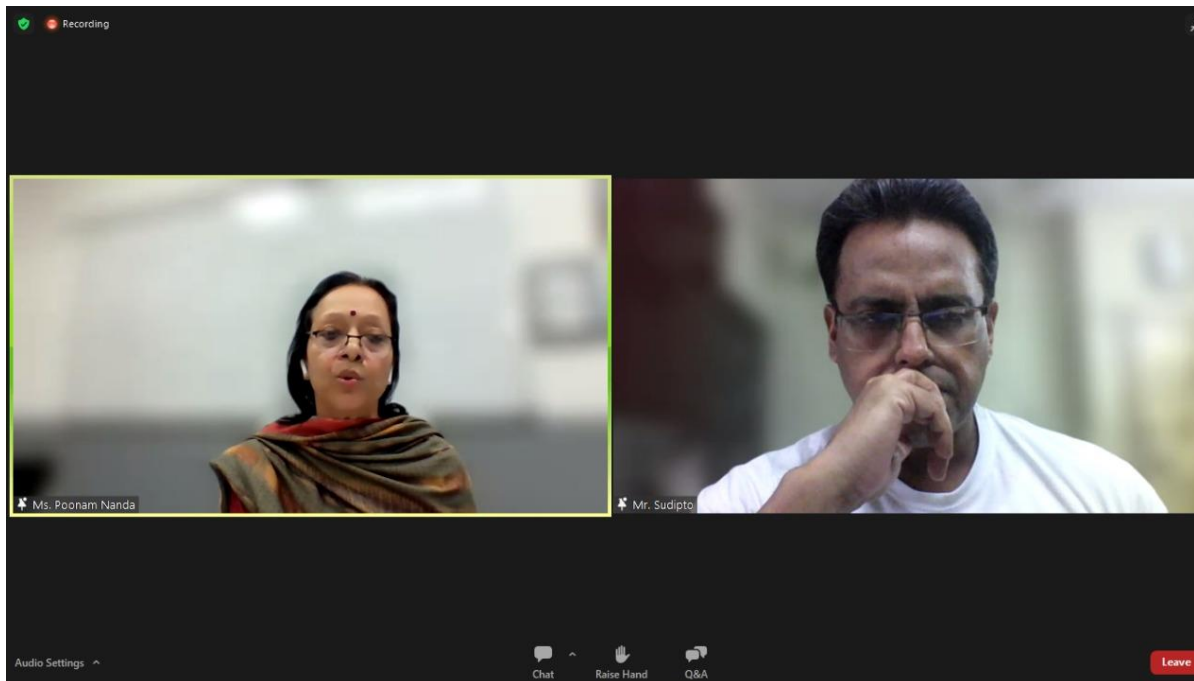
On World Lung Cancer Day an online session was moderated by DSW Mrs. Poonam Nanda. The expert on the talk was Dr. Ullas Batra who is an eminent oncologist at Rajiv Gandhi Cancer Institute & Research Centre.

Dr. Ullas Batra spoke about the perils of smoking and said that passive smokers are also in danger of Getting this disease. Also, on the show was Mr. Sudipto who is battling lung cancer despite being a non-smoker. He spoke about how life changes once you are diagnosed with the disease. He strongly recommended a positive bent of mind in any kind of adversity including cancer. Both Mrs. Nanda and Mr. Sudipto shared the experiences of their journey during the treatment and spoke of the importance of family and social support. Dr. Ullas Batra strongly advised smokers to give up smoking and said that healthy lifestyles must be followed to ensure one stayed away from hospital visits.

Number of students participated: - 76



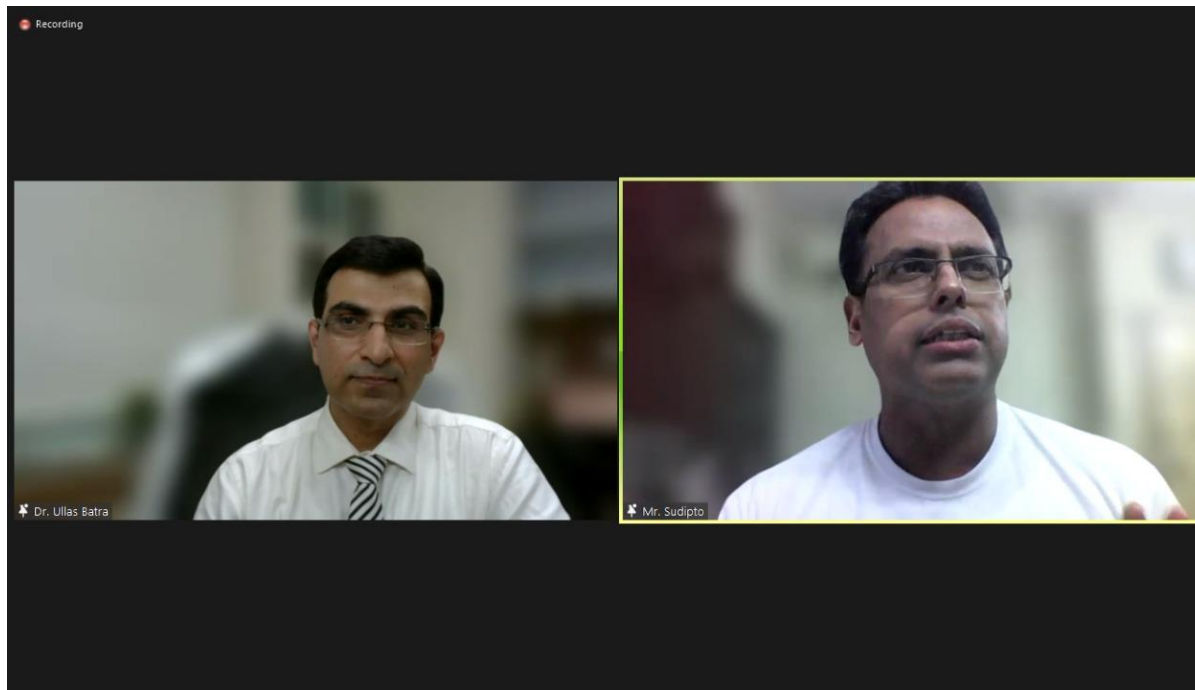
DSW Mrs. Poonam Nanda welcoming Oncologist Dr. Ullas Batra for the talk



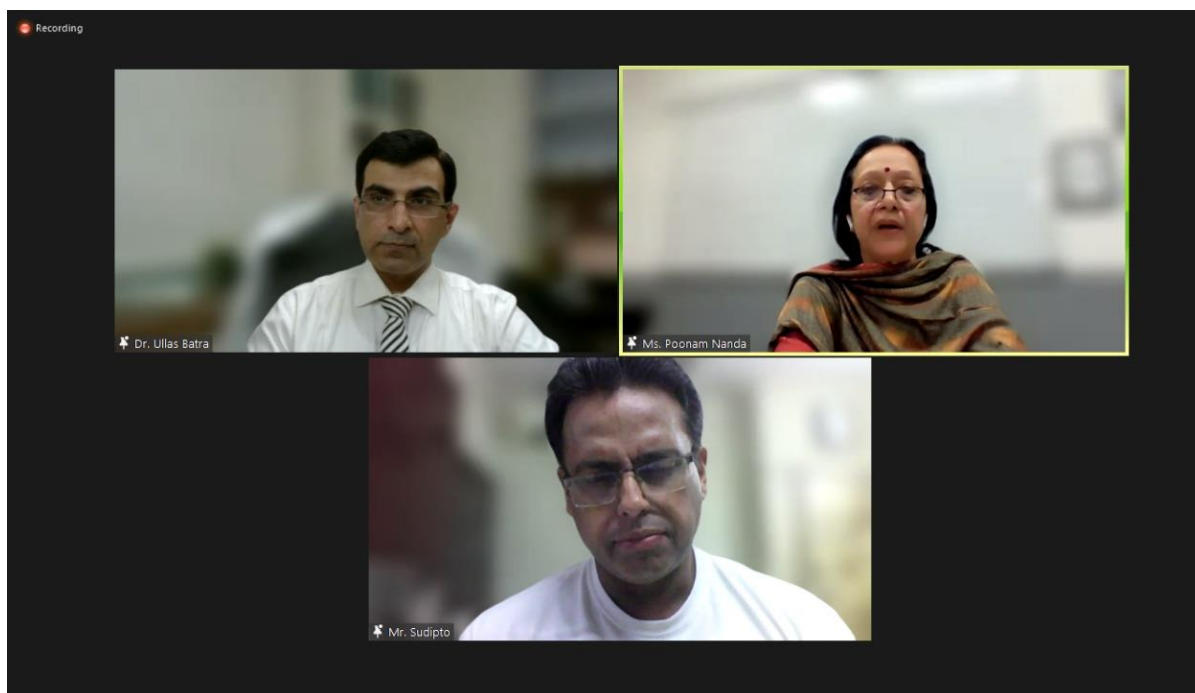
Mrs. Poonam Nanda introducing Mr. Sudipto to the audience



Dr. Ullas Batra talking about the precautions to be taken to avoid lung cancer



Mr. Sudipto sharing his journey of fighting lung cancer



Mrs. Poonam Nanda thanking Dr. Ullas Batra & Mr. Sudipto for their precious time

August 07, 2022

Noida Visit to meet Cancer Patients

Dean Student Welfare Mrs Nanda was invited to PGI of child health Noida as a special guest to the paediatric oncology ward. Almost 50 children suffering from various types of cancer were admitted there. The team spoke to the parents and motivated them to send the children back to school once they recovered. The parents were assured that their children would soon be well and must be allowed to pursue their dreams. The team sang and danced with the children and had an engaging story telling session. The day ended with refreshments and distribution of gifts that really lit up the faces of the young ones.

Total number of participants: - 2



Little children filled with joy as they were gifted Tiranga flags



A photograph of the children attending the event



Mr. Arvind Nanda with a child affected with cancer



Joyful children with Tiranga flags in their hands

August 13, 2022

Cancer Ward IGMC Shimla Visit

Volunteers of YouWeCan at SU have been very active in spreading awareness about cancer and visiting hospitals and motivating patients. On August 12, 2022, 25 volunteers accompanied by DSW team visited the cancer ward of IGMC Shimla.

The students met HOD, Dr. Manish Gupta and had an excellent interaction with him. After that the students visited the cancer ward and spoke to the patients and attendants. The patients were happy to talk and share their concerns. Even in the ward of chemotherapy the students were received very warmly. The students carried small gifts for each patient with a motivational quote. The visit to the paediatric ward became quite emotional as it was a hard sight to see children suffering. The students came back wiser, they felt that reaching out to people in distress is something we all need to do.

Total number of students participated: - 25



Dr. Manish Gupta encouraging volunteers to be good human beings



Volunteer Priyanshi Jain posing for a photograph after gifting a gift pack to a patient



Volunteer Vaidehi talking to a cancer warrior at IGMC Cancer Ward



Volunteers Shubh & Bhavna getting a photograph captured with a cancer warrior



Volunteer Tushar posing for a photograph with a cancer warrior after giving her a gift



DSW Mrs. Poonam Nanda talking to the mother of cancer warrior at Children's Cancer Ward



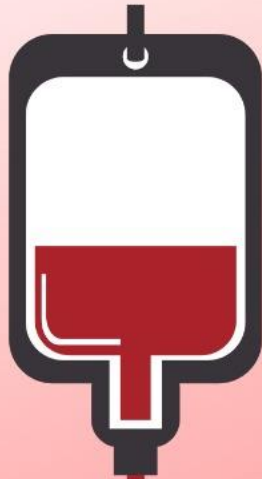
A group photograph of the volunteers captured Near IGMC Shimla

August 24, 2022

Blood Donation Camp with IGMC

The YouWeCan and Red Ribbon Club jointly organised a blood donation camp at the Milkha Singh sports complex in Shoolini University on August 24, 2022. This was done in collaboration with IGMC Shimla. The camp was inaugurated by Chancellor Prof PK Khosla who thanked the doctors and congratulated the donors on their good deed. The camp was operational from 11 am to 4.30 PM. There was not a single moment of inactivity as the faculty, staff and students kept pouring in. The DSW team was responsible for the smooth functioning of the event. Student volunteers worked tirelessly to ensure that both donors and doctors were looked after well. A total of 105 donors donated the blood.

Number of participants: 140



Blood Donation Camp - 2022

A BLOOD DONATION DRIVE
IN COLLABORATION
WITH
IGMC, SHIMLA



**AND YOU CAN MAKE A
HUGE DIFFERENCE TO
SOMEONE IN NEED**



AUGUST 24, 2022

10:30 AM ONWARDS | MILKA SINGH SPORTS COMPLEX

Poster made for the activity



Ms. Jagriti donating blood



Volunteer Kavita donating blood



Volunteer Parikshit donating blood

September 12, 2022

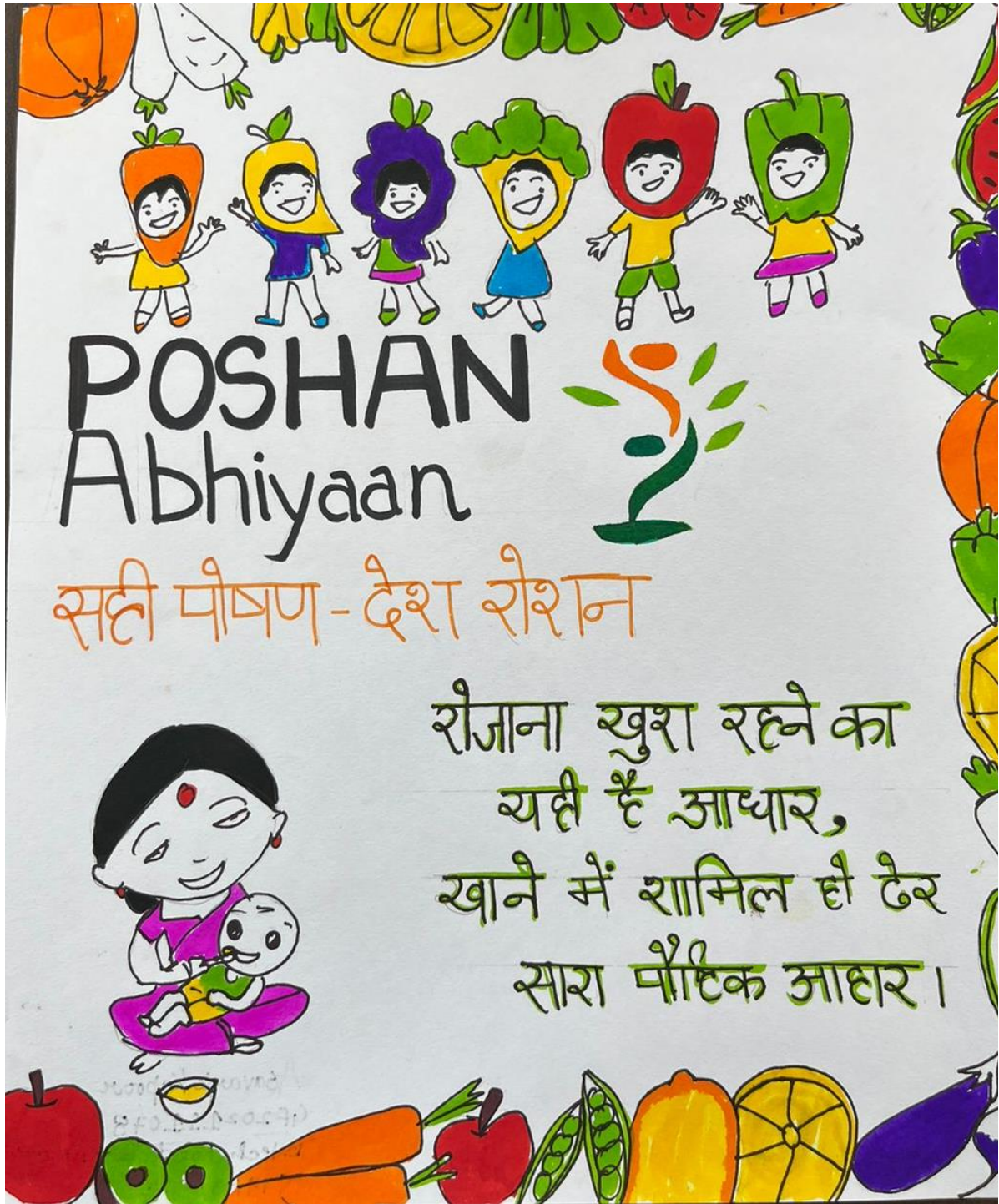
“Sahi Poshan Desh Roshan” Poster Making Competition

A poster making competition was conducted in the campus under the theme “Sahi Poshan Desh Roshan”. The aim of the poster making was to spread awareness about the importance of good nutrition in our lives. A total of 47 students registered for the poster making competition and participated in the event. Each one of the participants portrayed their point of view about the topic in a unique way. Many of the participants portrayed the significance of good nutrition similar to that of being a “Mother” but in a different style. The winners of the competition were given prizes for their effort.

Total number of students participated: - 47



Poster made by a participant portraying two sides of how mother earth is being treated



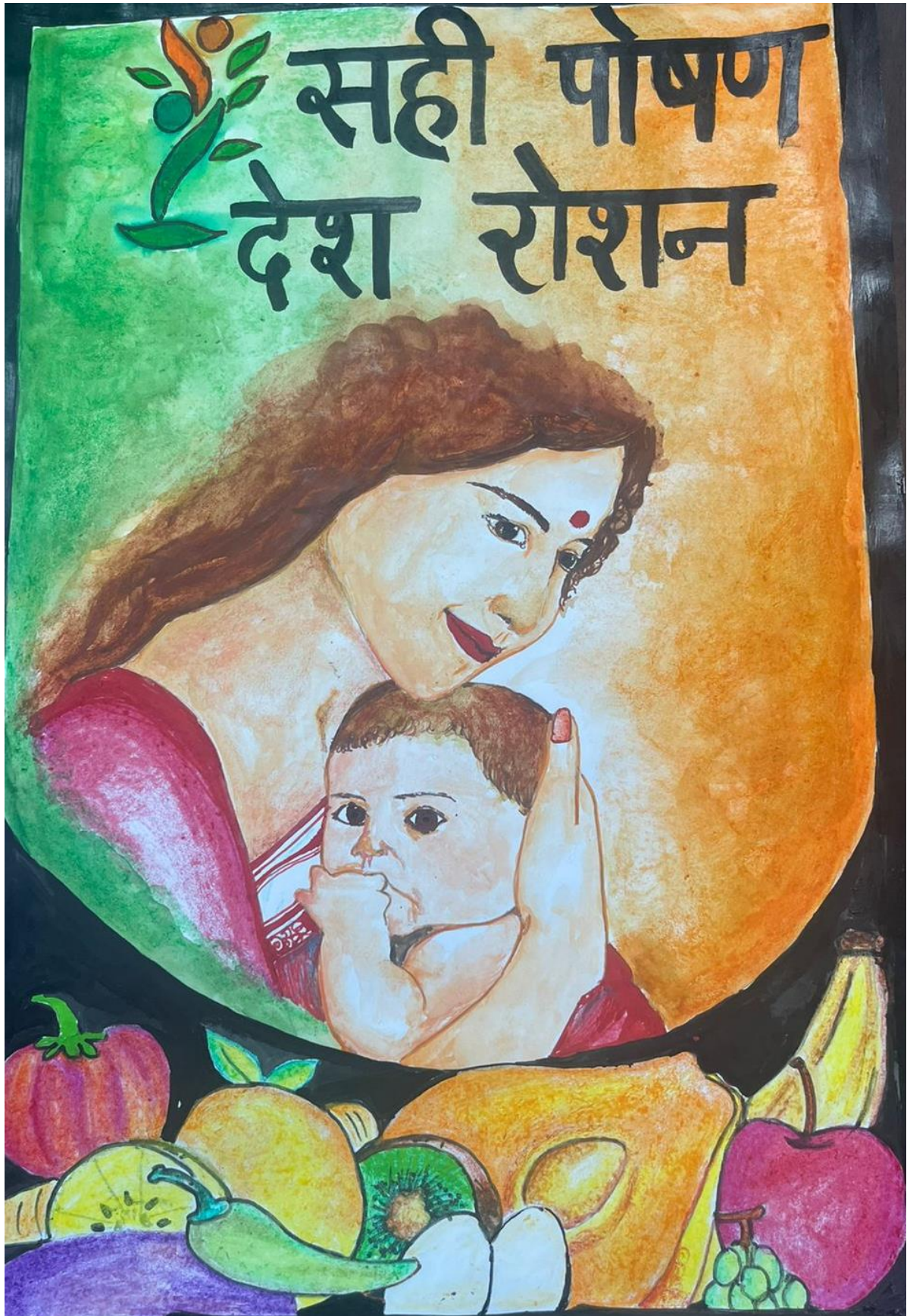
Poster made by a participant portraying mother child relation



Poster made by a participant portraying the significance of mother land India



Poster made by a participant portraying the significance of mother earth



Poster made by a participant portraying caring nature of mother towards her child



Poster made by a participant portraying the significance of mother land India

September 21, 2022

Dental Health Check-up Camp

A dental camp for faculty staff and students was held on September 21, 2022, at Milkha Singh Sports Complex Shoolini University at the courtesy of Dental College Tatool Solan. A team of 11 doctors and support staff conducted the camp. Scaling and basic treatment was provided to almost 50 students and faculty. Those with complicated issues were referred to the dental college. The plan is to organise this camp on a regular basis.

Total number of students participated: - 65



A group photograph of the team of dentists from Dental College



A student getting his teeth checked by dentist



A girl student undergoing her dental check-up

October 07, 2022

Red Ribbon Club District Level Quiz Competition

A district level Quiz competition was organized on October 07, 2022, in Conference Hall CMO Office Solan. For this, two students namely Diya Gupta & Amiya Kumar Gautam from Shoolini University were nominated to participate in the quiz. The topics for quiz competition were HIV/AIDS, STI, Blood Safety, Blood Transfusion, Covid 19, Personal Hygiene, TB, Drug Abuse, Mental Health, Adolescent Reproductive & Sexual health, Youth Issues, Diet & Nutrition and Human Anatomy. The quiz was moderated by Mrs. Kritika Tomar Counsellor, ICTC RH Solan & Mrs, Arpana STI Consellor RH Solan. A total of 12 University & Institutes and Universities participated in the quiz. The participants were awarded certificates for their active participation in the quiz competition.

Total number of participants: - 2



Participant Diya Gupta receiving certificate for participation



Participant Amiya Kumar Gautam receiving certificate for participation



The participants of Shoolini with the organizers of the competition

November 15, 2022

Dental Health Check-up

A dental camp by DAV Dental College Tatool was organised in the campus on November 15, 2022, at Milkha Singh Indoor stadium. A team of 8 doctors and interns put up their equipment for the check-ups. Close to 120 faculty, staff and students went for the dental services like overall check-up, cleaning, and scaling etc which was done at very nominal rates. Those who had more complex issues were asked to come to the dental college for further check-ups and intervention.

Total number of participants: - 120



A faculty member getting his teeth checked



Students registering for the dental health check-up



Dental health check-up going on



A photograph of dentists at the venue

November 21, 2022

A Training on HIV & AIDS- Red Ribbon Club

On November 21, 2022, Red Ribbon Club Solan organized an awareness workshop on HIV & AIDS at Regional Hospital, Solan. The workshop was organized in CMO Hall and 4 participants from Shoolini University attended the event. For this workshop, students and teachers from nearby colleges, institutes and universities were invited. The workshop started with the formal welcome of all the invited participants by the president of Red Ribbon club, Solan. After this, doctor given a presentation on HIV & AIDS. She talked about the history and the current global scenario of this disease; she talked about the potential causes of this disease. She talked about what precautions can be taken to prevent this disease and she emphasized that prevention is better than cure. The attendees were awarded with certificates for their participation.

Total number of participants: - 4



Attendees attending the workshop



A photograph of participants from Shoolini University

November 22, 2022

Guest Talk- DATRI

Datri and Shoolini University have been in collaboration for several years DATRI is a not-for-profit organization registered in 2009 as a Section 8 company act under Government of India. DATRI is one of the largest unrelated blood stem cell donors' registries in India, that helps patients with blood cancer and other fatal blood disorders to find a HLA matched Blood Stem Cell donor. The event for awareness and donation was organised on November 22, 2022, at Ratan Tata Hall.

Dr. Anuradha who represented DATRI spoke to the students about stem cell donation. She encouraged students by saying that it's a donation that saves a life and is simple to do. In the initial stage only, a swab is taken from the mouth and frozen after its details are noted. After her talk many students stayed back to give the swab samples.

Total number of students participated: - 160



Mr. Shard introducing Dr. Anuradha on the stage



Dr. Anuradha talking about how DATRI was started



Dr. Anuradha giving the swab samples



Students giving swab samples

November 30, 2022

Cancer Awareness Talk by Tanvi

November is the month for Lung Cancer Awareness. For this a very impactful talk was organised for the students on Substance Abuse. Tobacco is a primary cause of lung cancer and teenagers often fall prey to this vice without realising the severe consequences. In an interactive session with students Dr Tanvi explained how a habit becomes an addiction and becomes hard to get rid of. She explained the serious consequences of this habit and advised everyone to be strong and not get tempted.

Total number of students participated: - 120



Jagriti introducing the speaker



Ms. Tanvi talking about AIDS



Ms. Tanvi talking about the difference between HIV & AIDS



Students attending the talk

December 01, 2022

Talk by Poornima from YouWeCan

December 01 was World AIDS day, and a multitude of events were organised in the campus for awareness. A talk by Ms Poornima was a part of this awareness drive. Having worked in this field Poornima drew some hard-hitting examples from real life that she had encountered. She explained how homes and lives are destroyed because of lack of awareness. She said that it's important not to victimise people suffering from HIV. On the other hand, she said it was important for each one of us to be aware ourselves and spread this awareness. The focus should be marginalized communities and women who are often the unknowing victims. The students had a lot of questions which were suitably answered at the end of the session.

Total number of students participated: - 140



Ms. Purnima talking about AIDS



Ms. Purnima explaining about the importance of AIDS awareness



Ms. Purnima clearing the doubts of students



A photograph of the students attending the talk

December 01, 2022

Blood donation Camp at campus

Frequent blood donation camps are held in Shoolini University to encourage students and faculty to regularly support this noble cause. On this World's Aids Day, a blood donation camp was organised in collaboration with Indra Gandhi Medical College, Shimla. The Doctor's team from IGMC Shimla provided complete support to make this blood donation camp a successful one. A total of 115 units of blood was collected from the faculty, staff, and students. The entire camp was managed by volunteers of Red Ribbon and YouWeCan volunteers. The team of IGMC was very impressed by the smooth running of the entire event. The donors were given refreshments and certificates for this good deed.

Total number of students participated: - 135



Volunteers doing registration of blood donors



Mr. Praveen Thakur donated blood



Blood donors donating blood



Ms. Tanvi donating blood

January 31, 2023

Visit to PGI Noida and Karol Bagh

Volunteers of Shoolini University recently had an opportunity to visit Post Graduate Institute of Child Health hospital to meet the parents of the children who are suffering from cancer and being funded by YWC. Their experience was humbling, seeing first-hand how people were fighting for their lives despite the odds against them made them appreciate life even more. The facilities at the hospital were top-notch, equipped with all kinds of amenities that make it possible for those in need of palliative care receive it. The volunteers spoke with several doctors and social worker who have dedicated themselves towards helping patients get through their treatment Their dedication was inspiring, and they could tell they take great pride in providing quality healthcare to the patients. Personal interaction was done with Shiva and his family. The boy is suffering from blood cancer at a very young age. His family has shown strength and determination throughout this ordeal. They shared stories of the treatments he has gone through including chemotherapy and radiation therapy and how it had affected him physically as well as mentally. His family also said that playing with bat and ball and watching cartoon kept him feeling positive and helped take away some of the fear associated with having cancer.

Total number of participants: - 02



Cancer warrior Shiva with his mother



Children at cancer ward of PGI Noida



Children doing painting at the activity hall



Saket & Manan outside the PGI Noida

February 02 & 03, 2023

YouWeCan Cricket Tournament

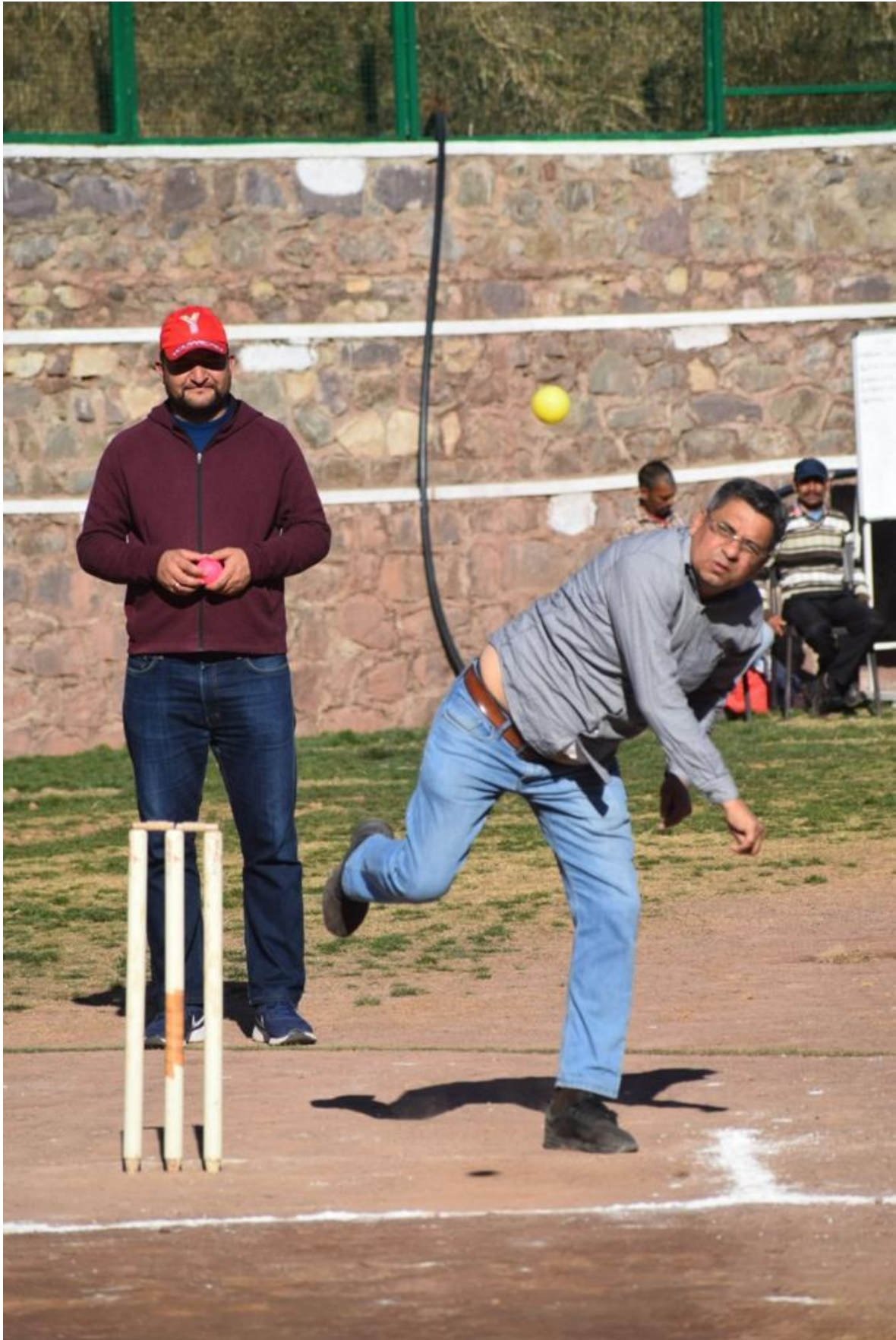
As a part of our drives for raising awareness around cancer, a cricket tournament was organised in Shoolini University on February 02 and 03, 2023. This was a part of the initiatives we undertook for World Cancer Day. The tournament was inaugurated by Dr. PK Khosla.

Eight teams from various departments of Shoolini University took part in this exciting tournament. Faculty members and students of different departments were there at Yuvraj stadium to cheer up their teams. After a hard-fought battle, Baby Boomers (Department of Chemical Sciences) won the winner's title and team CSE were the runners up. Apart from trophies memorabilia signed by legendary cricketer Yuvraj Singh were given to the winners.

Total number of participants: - 88



Trophies, medals, and souvenirs that were awarded to the players



Dr. Pardeep Singh bowling in the finals



Runners-up team posing for a photograph



Members of winner team with their trophy

February 03, 2023

Talk on Cancer awareness by Dr. Sumedha

As a part of the activities held for awareness on cancer, an extremely engaging and informative talk was organised on cancer awareness and its prevention. It was attended by almost a hundred ladies of the housekeeping staff and other volunteers. Dr Sumedha Kushwaha spoke about the importance of women's health and how we tend to ignore it because of family responsibilities and pressure. She spoke about breast, cervical and lung cancer and provided a lot of relevant information. The session was moderated by DSW Mrs. Poonam Nanda in collaboration with YouWeCan, the foundation of star cricketer Yuvraj Singh.

Total number of participants: - 90



WORLD

CANCER DAY

SPEAKERS



Poonam Nanda
Dean Student Welfare
Shoolini University



Dr. Sumedha Kushwaha
Yuvraj Singh Foundation

TOPIC : CANCER AWARENESS AND PREVENTION

03 FEBRUARY, 2022 | 9:30 AM AT PETER DRUCKER HALL

Poster made for the talk



DSW Mrs. Poonam Nanda welcoming Dr. Sumedha



Dr. Semedha talking about cancer prevention



Housekeeping staff and students attending the talk at PDH

February 04, 2023

IGMC Cancer Ward Visit

On February 04, 2020, a visit to Cancer Ward, IGMC, Shimla was organized. During this visit, 4 members from DSW office of Shoolini University visited the cancer patients ward in IGMC, Shimla. The team had packed the gift packs well in advance for cancer warriors. They distributed gift packs consisting of fruits, food, and sanitary material in it among the patients. They had a chat with each of the patients about their well-being. This activity brought smiles on the faces of most of the cancer warriors and their guardians. The doctors also had a discussion with DSW team about the cancer and cancer patients. All in all, it was a great learning experience.

Total number of participants: - 04



  **World Cancer Day**
4 February

 **YOUWECAN**
FIGHT CANCER

WORLD **CANCER** DAY

A simple smile 😊
That's the start of opening your heart and
being compassionate to others.
-Dalai Lama

February 4, 2023

HELP US IN SPREADING SMILES

DONATE HERE 🤝

   **PhonePe @ 7717774606**



SCAN TO PAY



Poster made for fundraising



DSW Team with a doctor at IGMC



Mr. Shard is having a chat with a veteran cancer warrior



Volunteer Manan talking to and offering gifts to a veteran cancer warrior



Mr. Vipul talking to a cancer warrior



Saket offering gift to a veteran lady fighting with cancer



Manan talking to a cancer warrior who had gone through chemotherapy

March 14, 2023

Blood donation Camp

Shoolini University, in collaboration with the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, conducted a successful blood donation drive on March 14, 2023. The event witnessed students and faculty from different departments coming together to donate blood for a noble cause. A total of 105 units of blood were donated during the drive. The event was organized by the office of Dean Student Welfare (DSW) team, led by Mrs. Poonam Nanda. The students volunteered and assisted the doctors in arranging the essential supplies and coordination required for the blood donation drive. Donating blood is a crucial aspect of saving lives. The event organized by Shoolini University in collaboration with PGI, Chandigarh, is a significant step towards promoting blood donation and public health. The University organized these camps regularly as part of social collaboration.

Total number of participants: - 140



A blood donor is going through general health check-up before donation



A photograph of the blood donation camp going on at Sports Complex



Volunteer Asavri donating blood



A volunteer donating blood

March 18, 2023

Session on Cancer in Literature Festival

The third edition of Shoolini Litfest included an insightful session called "Surviving Against Odds," moderated by Dean of Student Welfare (DSW) Poonam Nanda. The session revolved around the uncertainties of life and how one can survive and overcome them. The panellists for the session were Sanjay Deshpande, Aditya Arun, and Pallavi, who shared their own experiences of surviving against the odds and gave advice to the audience.

The session started with Poonam Nanda introducing the topic and the panellists. She emphasized that life is unpredictable, and we must prepare ourselves to face any challenges that come our way. The panellists then shared their personal experiences and how they dealt with unexpected situations. Sanjay Deshpande talked about his near-death experience and how it changed his perspective on life. Aditya Arun shared how he overcame the challenges of being visually impaired and pursued his dreams. Pallavi spoke about her journey of coping with grief and loss and how she found solace in writing.

The discussion highlighted the importance of mental strength, resilience, and having a support system. The panellists also talked about the role of literature in helping people cope with difficult situations. They recommended the book "Don't Ask Me How I'm Doing: Life, Death and Everything in Between" as a valuable resource for people facing similar challenges.

The session was a part of the third edition of Shoolini LitFest, which was a huge success. The LitFest provided a platform for authors, poets, and thinkers to come together and share their thoughts and ideas. The session on "Surviving Against Odds" was an inspiring and thought-provoking discussion that left the audience with a lot to think about.

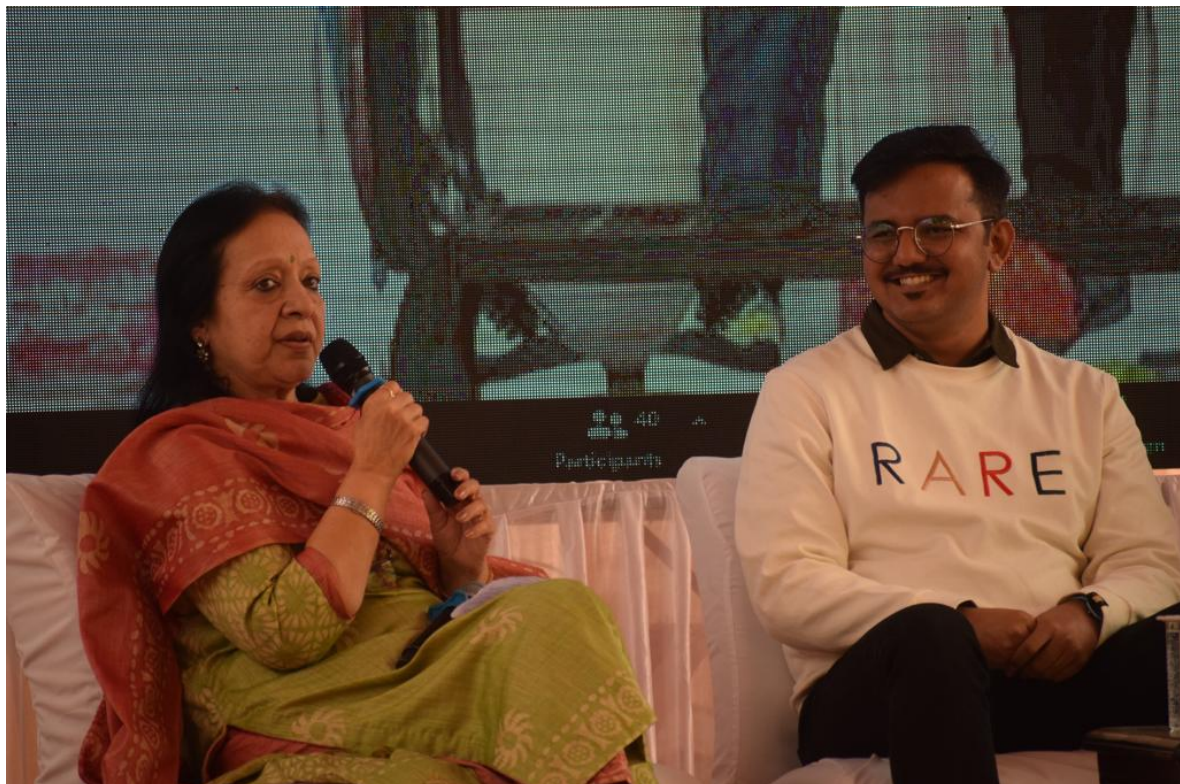
Total number of students participated: - 200



DSW Mrs. Nanda Moderating the event



Ms. Pallavi sharing her journey of fight against the cancer



Mrs. Nanda praising the spirit of cancer warriors



Mrs. Poonam Nanda and Dr. Ashoo Khosla with the panellists

March 20, 2023

World Oral Health Day- Best Smile competition

On world Oral Health Day an online competition with #beproudoyourmouth was declared for all student's faculty and staff. Several entries with beautiful smiles showcasing good oral health were shared. The prize winners were Mrs. Meenakshi Sharma, Ms. Itika Kainthla and Pallavi Chauhan. All of them were given Amazon gift vouchers. This event helped us to raise the importance of oral health in our lives.

Total number of participants: - 86



Photograph of the winners of the competition

April 06, 2023

Medical Check-up Camp

The health check-up camp is an excellent opportunity for people to get their health checked for free. It is especially important during these testing times when there is a threat of covid again. With the health camp being organised in the campus no one must step out of they are facing any medical issues.

Shoolini University organized a health check-up camp in collaboration with MMU, Solan on World Health Day. The camp will provide free medical check-up to people in the region, with doctors from MMU coming from the fields of orthopaedics, gynaecology, cardiac and ophthalmology. The health check-up camp was held at the Milkha Singh Sports Complex, from 10 AM to 3 PM. A total of 148 faculty staff and students got themselves checked in the medical check-up camp organised at the university.

Mrs. Poonam Nanda, the Dean Student Welfare, expressed her enthusiasm about the event, saying, "We are pleased to collaborate with MMU, Solan, to provide free medical check-ups for the people of the region. Health is a critical aspect of life, and we must take care of our bodies. This health check-up camp supported by MMU is an excellent initiative, and we hope to continue providing such services to the community."

Total number of participants: - 180



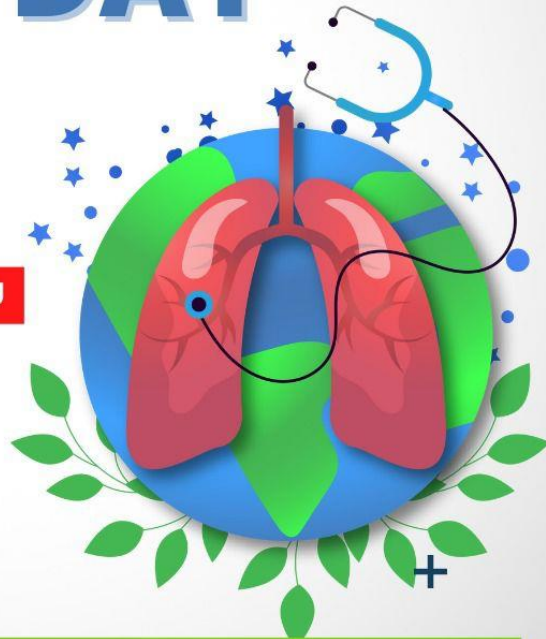
WORLD HEALTH DAY

MEDICAL

CHECKUP CAMP


IN COLLABORATION WITH MMU

- GENERAL MEDICINE
- OPHTHALMOLOGY
- GYNAECOLOGY
- ORTHOPAEDICS



Good health is not something we can buy. However, it can be an extremely valuable savings account

 Milkha Singh Sports Complex

 6th April, 2023

 10:30 AM Onwards

Poster made for the medical camp



VOLUNTEER

WORLD HEALTH DAY

MEDICAL

CHECKUP CAMP

April 06, 2023

NAME

**** The card is non-transferable.**



Poonam Nanda
Dean Student Welfare



INDIA'S NO.1 PRIVATE UNIVERSITY

A copy of the I Cards made for the volunteers



A copy of the volunteering certificates made for the volunteers



Ankur Bashar consulting doctors at orthopaedics counter



A medical check-up going on



A photograph of Shoolini volunteers and doctors from MMU

June 15, 2023

Workshop on Medical Emergencies

A workshop on Medical Emergencies was organized on June 15, 2023. It was a highly informative and interactive event. The workshop aimed to enhance the knowledge and skills of healthcare professionals in dealing with various medical emergencies. The workshop brought together medical practitioners, nurses, and other healthcare personnel, providing them with a platform to exchange ideas and gain practical insights into managing critical health situations. The participants learned about latest advancements in emergency medical care and enhanced their understanding of different medical emergencies. The doctors did a demonstration on simulation exercises for emergency response procedures. The workshop was appreciated by the participants, who expressed their gratitude for the valuable insights gained and the practical training provided.

Total number of participants: - 180



Students and faculty members attending the workshop



A demonstration on CPR going on



A demonstration on how to give CPR



A demonstration on CPR going on

August 02, 2023

Session on Cancer Awareness by Dr. Sumedha

A session on cancer awareness and general health and hygiene was conducted by Office of Dean Student Welfare. The session aimed at raising awareness about critical health issues among staff women working in Shoolini University. The session happened at Cineplex in Shoolini University campus. The speaker for this event was Dr. Sumedha. Dr. Sumedha Kushwaha, B.D.S, M.D.S (Public Health Dentistry), PhD in Population Health Sciences from the Temerty Faculty of Medicine at the University of Toronto, Canada. She started her own public health consultancy - Global Initiative for Public Health and Innovation (GIPHI) in Canada.

She talked on cancer awareness, specifically focusing on recognising early signs of cancer. Dr. Sumedha emphasized the importance of identifying symptoms in their initial stages for effective treatment. The event's central theme revolved around cancer among women and women's health. She shared practical insights on how women can perform self-examinations at home to identify potential breast abnormalities. The event served as a valuable platform for fostering a healthier and more informed women.

Total number of participants: - 60



DSW Mrs. Poonam Nanda setting the context for the session



Dr. Sumedha talking about women health



Dr. Sumedha emphasizing the importance of early detection



Group photograph of all the participants

August 02, 2023

Cancer Awareness at Sanhol Panchayat

Shoolini University organized an informative event in Sanhol Panchayat on August 02, 2023, which aimed at raising awareness among local women about critical health issues. The speaker for this event was Dr. Sumedha. Dr. Sumedha Kushwaha, B.D.S, M.D.S (Public Health Dentistry), PhD in Population Health Sciences from the Temerty Faculty of Medicine at the University of Toronto, Canada. She started her own public health consultancy - Global Initiative for Public Health and Innovation (GIPHI) in Canada.

The event covered essential topics such as cancer awareness, specifically focusing on recognising early signs of cancer. Dr. Sumedha emphasized the importance of identifying symptoms in their initial stages for effective treatment. The event's central theme revolved around breast cancer education. Dr. Sumedha empowered the women with knowledge about breast cancer and its early detection. She shared practical insights on how women can perform self-examinations at home to identify potential breast abnormalities.

By bringing this event to Sanhol Panchayat, Dr. Sumedha successfully equipped the local women with information that can potentially save lives. Her dedication in promoting women's health and cancer awareness demonstrated her commitment to the community's well-being. The event served as a valuable platform for fostering a healthier and more informed society.

Total number of participants: - 24



Dr. Sumedha breaking the ice with the ladies from the village



Dr. Sumedha addressing the ladies



Dr. Sumedha talking about early detection of Cancer



A photograph of village ladies with Dr. Sumedha

October 10, 2023

Mental Health Day Celebration

World Mental Health Day is an international day for global mental health education, awareness, and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries. Overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides 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. This year on Mental Health Day, Shoolini University organized some awareness activities for mental health issues. The students and faculty members from Department of Psychology put up the activities stalls at Pine Court Area. They also tied the green colour wrists bands on the wrists of faculty members and students. Green is associated with positive thinking and peace of mind. The organized some fun activities. An activity was organized in which participants had to write on a sheet of paper about the things that make them happy. Vice Chancellor Prof. Atul Khosla who also visited the venue participated in this activity. Vice-chancellor appreciated the efforts of students and faculty members to organize this event.

Total number of participants: - 300



Vice Chancellor Prof. Atul Khosla writing the reasons of his happiness



DSW Mrs. Poonam Nanda showing the list of the reasons of her happiness



Students showing the green wrist bands made for mental health

October 15, 2023

Pink October- Breast Cancer Awareness

On October 15, 2023, students of Shoolini University with DSW Team set up a “Pink October Awareness” stall. A Neon board made for “Pink October” was set up at the venue. A selfie booth was set up with the theme of “My Mother Matters”. The purpose of this activity was to inspire students and faculty members to spread breast cancer awareness. A stall was set up where some posters regarding guidelines for the self-examination of breast cancer were installed. The Shoolini volunteers also addressed the various groups of faculty members and students at the venue. They explained with some facts and figures as to how breast cancer is diagnosed very late in India and how the 60% of women who died because of Breast Cancer could have been cured with early diagnosis. Breast cancer can be diagnosed with self-examination. Volunteers inspired not only the girls but also the boys for spreading this information with their mother, sisters, and female relatives. Some other stalls were set up for fund raising by selling “Pink October” badges, selling other food items like Momos, Bhelpuri, Golgappe etc. Also, there was a stall setup for braiding where many students and faculty members got their hairs braided. A stone painting competition also took place where various students and faculty participated with high enthusiasm. The winners of the stone painting competition were given prizes. Some games stalls were also set up. The alumni of Shoolini University who had come for convocation were also a part of this event.

Total number of participants: - 800



A selfie booth was kept at the venue where people got their photographs clicked



A photograph of Pink October Neon Board



A message board was kept at the venue where people written a message to their mother



Many students got their hair braided



“My Mother Matters” were sold at the stall



Tattoo making was also done at a stall



A photograph of Bhel and Golgappe stall



A photograph of Momos food stall

November 21-30, 2023

ABHA Enrolment Drive

A massive drive to ensure people get their ABHA card was undertaken by the office of DSW in collaboration with the health department. The members of the health department trained student volunteers to download the card which is a huge help in storage of medical documents digitally. The students covered their classes and the entire staff explaining the benefits of the card.

The visitors were deeply impressed by the enthusiasm of the volunteers in getting the work done and congratulated the management for its proactive approach. They said that they would like other educational institutions to also follow the same approach of using the power of students.

Total number of students participated: - 40



Representative of Civil Hospital Dharampur talking about the benefits of ABHA Cards



ABHA Card registrations were done in the classrooms also



ABHA cards of faculty members as well as staff members were made



A student showing her ABHA Card



A faculty member showing her ABHA Card

December 01, 2023

Blood Donation Camp- World AIDS Day

Frequent blood donation camps are held in Shoolini University to encourage students and faculty to regularly support this noble cause. On this World's Aids Day, a blood donation camp was organised in collaboration with Indra Gandhi Medical College, Shimla. The Doctor's team from IGMC Shimla provided complete support to make this blood donation camp a successful one. A total of 127 units of blood was collected from the faculty, staff, and students. The entire camp was managed by volunteers of Red Ribbon and YouWeCan volunteers. The team of IGMC was very impressed by the smooth running of the entire event. The donors were given refreshments and certificates for this good deed.

Total number of participants: - 140



Shoolini employee Mr. Chandar Kumar donating blood



Volunteers donating blood



Faculty members donating blood

December 07, 2023

Workshop on HIV & AIDS

Three students Ayush, Prachi & Shammad from Shoolini University attended a workshop on HIV & AIDS awareness today. The workshop was held at CMO Office Solan and was organized by Red Ribbon Club Solan. The workshop started with a formal address and welcome of all the invited participants by the president of Red Ribbon club, Solan. After this, doctor given a presentation on HIV & AIDS. She talked about the history and the current global scenario of this disease; she talked about the potential causes of this disease. She talked about what precautions can be taken to prevent this disease and she emphasized that prevention is better than cure. The participants openly talked about HIV & AIDS and shared their point of view and steps they will take to prevent this.

Total number of participants: - 04



Red Ribon Club representatives sharing information on HIV & AIDS

Health & Family Welfare Department
Office of Chief Medical Officer Solan, District Solan, HP
Email: - cmo-sol-hp@nic.in & daposolan@gmail.com

No. HFW-SLN- AIDS-Fin-2023-24379-94 **Dated 29 Nov'2023**

To

1. The Director, Bahara University, Wagnaghat, Solan, District Solan, HP
2. The Deen Student Welfare, Shoolini University of Biotechnology & Management Science, Solan, District Solan, HP
3. The Principal, Green Hills College, Kumarhatti, Solan, District Solan, HP
4. The Principal, B.Ed. College Nalagarh, District Solan HP
5. The Principal, B.Ed. College, Solan, District Solan, HP
6. The Principal, Women Polytechnic College, Kandaghat, District Solan, HP
7. The Principal, ITI, Solan, District Solan, HP
8. The Director/Principal, IEET Baddi, District Solan
9. The Principal, ITI (W) Nalagarh, District Solan
10. The Principal, ITI (W) Diggall, District Solan
11. The Principal, ITI Nalagarh, District Solan
12. The Principal, ITI (W) Kasauli, District Solan, HP

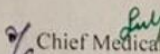
Subject: Red Ribbon Clubs (RRCs) - Trg/Sensitization Workshop on 7-12-2023.

Sir/Madam,

On the subject cited above. One day sensitization workshop/training of Peer Educator has been fixed on 7th December'2023 from 10:30 am at Conference Hall, Top Floor O/o CMO Office Solan.

Therefore you are requested to depute 3 Peers educator and 1 Incharge RRC (total 4 candidates) from your College/Technical Institution for the above mentioned training please. Travelling Allowances will be provided by the department for participants. Kindly direct to all participants to submit the Bank Account photocopy on the same day to this office for clear the payment.

Noted: - Kindly direct Incharges RRC who have attend the training for respective institution to provide Photocopy of Institution Bank Account No. So that the budget for awareness activities will released to Red Ribbon Club by the department.

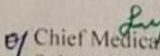

Chief Medical Officer,
Solan District Solan, HP

Endst No. As above. **24379-94**

Dated **29** Nov, 2023

Copy to:-

- 1) All ICTC Counselor/STI counselors for information and with the direction to contact all concerned RRCs and share the participants name to Mrs. Arpana, STI Counselor RH Solan on or before 3rd December'2023.
- 2) Mrs. Kritika Tomar, Counselor, ICTC RH Solan for information and with the direction to attend the training.
- 3) Mrs. Arpana STI Counselor, STI RH Solan for information and with the direction to Email the letter to all RRCs and coordinate with DAPO Solan during training and also directed to contact all Field Counselors and prepare the list of Participants and submit to undersigned on 3rd December'2023.


Chief Medical Officer,
Solan District Solan, HP

Invitation letter for the workshop was received from CMO office, Solan



Students and teachers attending the workshop

December 12, 2023

Cancer Awareness & Fundraiser- Cupcakes selling

A fundraiser for cancer awareness took place at Shoolini university. The founder of YouWeCan foundation Yuvraj Singh celebrates his birthday on 12th of December. This year on this day Shoolini YouWeCan volunteers volunteered to organize a fund-raising event. Volunteers Sudhanshu and Sukriti actively participated for cupcake making while other volunteers helped with venue decoration and selling the cupcakes. They made some delicious cupcakes and sold some of them to students and faculty members within the campus. While some of the cupcakes were bought by the people to distribute among the underprivileged children. In this activity, a total of 24 volunteers participated.

Total number of participants: - 24



A stall was decorated near the Pine Court and volunteers were well prepared



*Enjoy Delicious
Cupcakes and
contribute for a
great cause*

**12TH DECEMBER 2023
4:30 PM ONWARDS
PINE COURT**

Poster made for the event



Some very delicious cupcakes were prepared



A thank you note was shared on online platforms of social media post celebration