



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
BANGALORE · INDIA



# Good Health & WELL BEING



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**IT'S NOT JUST A GOAL,  
IT'S A WAY OF LIFE!!!**

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# Sustainable Development Goal 3

## Good Health and Well-Being

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# **Celebrating Inclusivity and Ecological Diversity at SDG Week**

## **Celebrating Inclusivity and Ecological Diversity at SDG Week**

**Date:** 15 February 2024

**Time:** 09:00 a.m. - 04:00 p.m.

**Venue:** Garden Street, Central Campus, CHRIST (Deemed to be University)

**Collaborator:** World Wildlife Federation (WWF)

**Focus:** SDG 10 (Reducing Inequalities) and SDG 3 (Good Health and Well-being)

### **Overview:**

On 15 February 2024, CHRIST (Deemed to be University) hosted a dynamic SDG Week celebration, featuring the "Inclusivity and Ecological Diversity Stalls." In partnership with the World Wildlife Federation (WWF), this event invited students, faculty, staff, and guests to engage with Sustainable Development Goals (SDGs) in an interactive and meaningful way.

### **Exploring the Inclusivity Cell Stall**

#### **1. Equality Canvas:**

- Participants unleashed their creativity at the Equality Canvas, where they expressed their visions for reducing inequalities. Through drawings, words, and symbols, they contributed to a collective vision board with powerful messages like "Being gay is not okay, it is amazing."

#### **2. Jar of Joy:**

- Attendees exchanged positivity at the Jar of Joy, picking or leaving messages—whether it was a quote, an affirmation, or a favorite song lyric. Students and professors from various departments joined in spreading joy and encouragement.

#### **3. Harmony Tree:**

- The Harmony Tree celebrated diversity as participants added their colorful touches. Leaves, birds, and butterflies represented the beauty of inclusivity within the community.

#### **4. Myths vs Facts:**

- Participants tested their knowledge and challenged stereotypes in an engaging discussion on gender-related myths and facts. This activity promoted gender inclusivity and broke down common misconceptions.

#### **5. Men's Sexual Health and Hygiene:**

- The stall featured a conversation on men's sexual health and hygiene, aiming to dispel myths and promote open, informed dialogue. Participants engaged in a quiz and gained valuable insights in a supportive environment.

### **Discovering the Ecological Diversity Cell Stall**



### **1. Share Your Healthy Habits Board:**

- Attendees shared their secrets to a healthy life on this board, inspiring others to adopt good habits.

### **2. Health and Hygiene Quiz:**

- Participants tested their knowledge in a quiz that not only educated but also rewarded them with sustainable gifts!

### **3. Sustainable Decorations:**

- Decorations made entirely from waste paper showcased the beauty of sustainable practices. Attendees learned how simple changes could have a big impact on the environment.

### **Key Takeaways**

- Engaged and Reflected: This event was more than just stalls; it provided an opportunity to actively engage with critical issues of equality, inclusivity, and environmental consciousness.
- Learned and Discussed: Participants engaged in lively discussions around gender inclusivity and sexual health and took part in quizzes that made learning fun.
- Created and Inspired: Whether adding to the Harmony Tree or contributing to the Equality Canvas, participants' voices and creativity helped foster a culture of inclusivity and well-being on campus.

### **Summary:**

The Inclusivity and Ecological Diversity Stalls at CHRIST (Deemed to be University) provided an enriching platform to explore and engage with the Sustainable Development Goals. With a focus on reducing inequalities and promoting good health, these stalls fostered community dialogue, creativity, and a commitment to a better world. This event left a lasting impact on SDG Week 2024!

# **Experience the All Things Handmade Stall Event at CHRIST University**

## Experience the All Things Handmade Stall Event at CHRIST University

**Date:** 11 August 2023

**Time:** 9:00 AM - 4:00 PM

**Venue:** Bangalore Central Campus, CHRIST (Deemed to be University)

On 11 August 2023, the bustling Bangalore Central Campus of CHRIST (Deemed to be University) hosted a vibrant and eco-conscious event titled “All Things Handmade.” This unique stall event was an initiative by the Ecological Diversity Cell in collaboration with Wasted360, aiming to raise awareness about sustainability, healthy living, and entrepreneurship within the student community. Let's dive into the details of this inspiring event and explore the exciting activities that unfolded.

**Participants:** 40-50 students and faculty members

**Collaborators:** Wasted360

### A Showcase of Sustainability

The stall event was a feast for the eyes and minds, with an array of handmade and eco-friendly items on display. Visitors could explore:

**Canvas Paintings:** Beautiful, handcrafted pieces that added an artistic touch to the event.

**Reused Clothing:** Stylish yet sustainable fashion options, emphasizing the importance of reusing and recycling.

**Books:** A selection of preloved books, perfect for book lovers seeking to expand their collections in an eco-friendly way.

**Organic Deodorants:** Homemade and chemical-free, these deodorants were a hit among the health-conscious crowd.

**DIY Decorative Items:** Creative and sustainable decor items that were both functional and aesthetically pleasing.

The "All Things Handmade" event was a fantastic success, blending sustainability with creativity and entrepreneurship. Wasted360's contribution to their eco-friendly products must have added a lot of value, aligning perfectly with the event's focus on promoting SDG Goal 3. The activities like face painting seem to have provided a fun, interactive element, making sustainability more approachable and engaging for visitors.

The emphasis on entrepreneurship, event organization, and communication skills for the volunteers is particularly commendable. It not only fostered a sense of responsibility among the Christite community but also offered practical experience in managing a real-world event.

The positive feedback from attendees is a great indicator of the event's impact. Moving forward, expanding the event and continuing to gather feedback should help in fine-tuning future initiatives. Overall, it's inspiring to see how community-driven efforts can make a significant difference in promoting sustainable living.



# ***The Alumni Sports Meet 2023-24***

## The Alumni Sports Meet 2023-24

**Date:** 17th March 2024,

**Time:** 7:30 AM to 2:00 PM

**Venue:** University Grounds, CHRIST (Deemed to be University). This event was organized by the **Recruitment Coordination Committee** of the **School of Law, CHRIST (Deemed to be University)**, with the aim of fostering stronger connections between the current students and the alumni through sports.



**Objectives:** The primary objective of the meeting was to provide an opportunity for the students of the School of Law, CHRIST (SLCU), to interact and bond with alumni in a dynamic and engaging environment. Through friendly yet competitive sporting activities, students and alumni could establish professional and personal relationships that may benefit them in the future.



**Events Conducted:** Several sports were organized, including:

- Cricket
- Football
- Basketball
- Volleyball
- Table Tennis

The competitions were spirited, with the alumni emerging victorious in the majority of the events, demonstrating their continued prowess and competitive spirit. The performances of both alumni and students were commendable, and the "Player of the Match" was awarded to the best performers in each sport.

**Impact and Engagement:** Beyond sports, the alumni played a pivotal role in sharing insights and knowledge about life post-graduation, particularly around the work-life balance. This proved invaluable for the students, providing them with a glimpse into their future careers. The exchange of experiences and tips on handling professional life added significant value to the interactions, helping students prepare mentally and professionally for the challenges ahead.

**Participation:**

- **52 Alumni**
- **38 Students** These participants formed teams for the various events, leading to competitive yet friendly matches that reinforced the spirit of sportsmanship.





## Organizers:

- **Faculty Coordinators:**
  - Asst. Prof. Anubha Srivastava
  - Asst. Prof. Vetha Philos V
- **Student Convenors:**
  - K Varun Dev
  - Ekshita Jain



The meeting was organized within the allocated budget, with a total expenditure well under the approved amount, demonstrating efficient financial management.

**Recommendations:** Based on the success and positive feedback from both students and alumni, it is recommended that the **Alumni Sports Meet** become an **annual event**. This will provide a recurring platform for students to benefit from the experiences of alumni, both on and off the field, while also fostering long-term connections within the law community at CHRIST.

**Conclusion:** The *Alumni Sports Meet 2023-24* was a well-executed event that achieved its objective of building bridges between students and alumni. Both groups enjoyed the event, and valuable life experiences were shared. The event's success highlights the importance of such initiatives in enhancing the overall educational and extracurricular experience at SLCU.



# **Blood Donation Drive - "Legion of Super-Heroes"**

## **The Blood Donation Drive titled "Legion of Super-Heroes"**

**Date:** 31st January 2024

**Time:** 9:00 AM to 3:00 PM

**Venue:** behind Ivy Hall, near Choir Practice, Audi Block at CHRIST (Deemed to be University).

This event was organized in collaboration with **St. Johns Medical College** and **Kidwai Memorial Institute of Oncology**, aimed at enhancing public health and promoting the critical importance of blood donation among the university community.

**Objectives:** The main objective of the blood donation drive was to create awareness about the importance of blood donation in saving lives. It aimed to engage students and faculty in meaningful social action, fostering a culture of community service and altruism within the university. Additionally, the event sought to ensure a safe and efficient donation process for all participants.

### **Participants:**

- **Type of Participants:** Students and Faculty
- **Total Number of Participants:** 171

### **Event Highlights:**

- **Slogan:** "Heroes come in all blood types" – This tagline captured the spirit of the event and resonated strongly with participants.
- **Promotions:** A comprehensive promotional campaign that included posters, social media content, and on-campus advocacy played a vital role in generating awareness and encouraging participation.
- **Collaboration:** The collaboration with **St. Johns** and **Kidwai** ensured seamless management of the donation process. Health screenings were conducted by the medical staff to ensure that donors were eligible for blood donation, and the event proceeded smoothly, with medical and procedural support provided throughout.
- **Incentives & Engagement:** Donors were offered refreshments post-donation, and they received stickers stating, "I am a proud donor." Additionally, certificates were distributed to acknowledge their contribution. Friendly competitions and incentives also added an exciting element to the drive, further motivating participation.



### Process & Execution:

- Students registered for the drive through an online platform, and time slots were allotted to ensure a smooth flow of donations.
- Upon arrival, participants checked in at the registration desk where their details were recorded, and they were asked preliminary health-related questions (such as whether they had eaten).
- Health screenings were conducted by medical staff to confirm donor eligibility. Once cleared, participants donated blood and were then given refreshments to recover.
- After donation, participants were provided with certificates and stickers as tokens of recognition. Volunteers also helped students document the hours missed due to participation to claim attendance credit.

### Impact and Takeaways:



- The event fostered a deeper understanding among students and faculty of the importance of blood donation. Many participants were made aware of how a single donation can significantly impact a life in need.
- By involving the student body in this initiative, the event reinforced a culture of giving back to society and underscored the importance of community service in the university environment.
- The drive helped improve community health and motivated participants to engage in future social and health-oriented volunteering opportunities.

The event was conducted efficiently within the approved budget, demonstrating careful financial planning and management.

**Conclusion & Recommendations:** The *Blood Donation Drive* was a resounding success, with significant participation from students and faculty. The seamless organization, impactful promotional efforts, and efficient collaboration with health institutions ensured that the event ran smoothly and met its goals. Given its success, it is recommended that similar blood donation drives be organized in the future to continue fostering a spirit of altruism and public health awareness in the university.



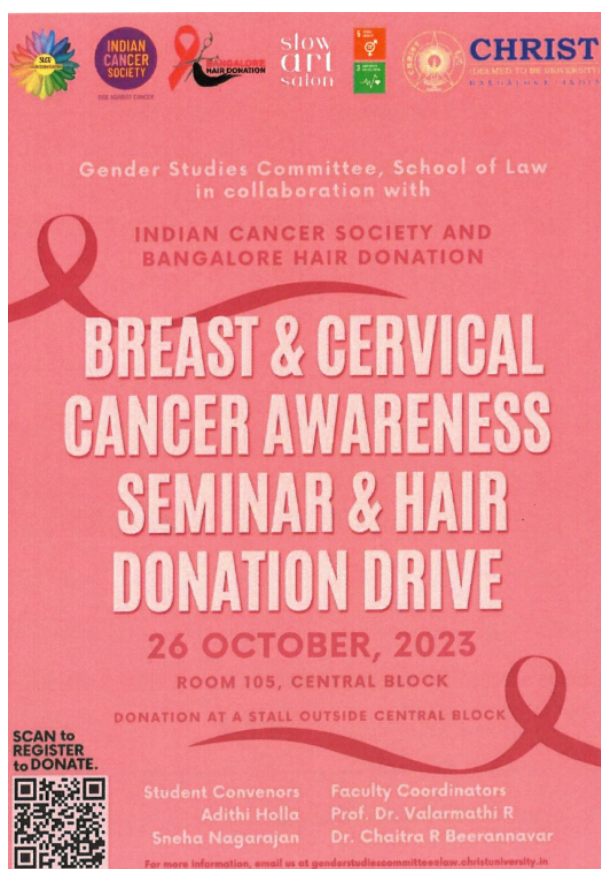
# **Breast & Cervical Cancer Awareness Seminar & Hair Donation Drive**

## Breast & Cervical Cancer Awareness Seminar & Hair Donation Drive

**Date:** 26th October 2023,

**Time:** 9:30 AM to 4:30 PM

**Venue:** Room 105, Central Block, Central Campus, CHRIST (Deemed to be University), Bangalore. The event was organized by the **Gender Studies Committee**, School of Law, CHRIST, in collaboration with the **Indian Cancer Society**, **Bangalore Hair Donation**, and **Slow Art Salon**. The seminar aimed to spread awareness about the early detection, prevention, and consequences of breast and cervical cancer while promoting the importance of hair donation for cancer patients.



### Objectives:

- To raise awareness about breast and cervical cancer, including early signs, symptoms, stages, and treatments.
- To destigmatize breast and cervical cancer and highlight the importance of regular screenings for early detection.
- To promote hair donation, helping cancer patients regain confidence through the creation of wigs.
- To provide emotional support and guidance for patients undergoing cancer treatment.

### Speakers and Presentations:

1. **Dr. Lohita Krishna** – *Breast Surgeon*, Sri Shankara Cancer Hospital and Research Centre, Bangalore  
*Presentation: Pink Power: Uniting for Breast Cancer Awareness*
2. **Dr. Rekha B. R** – *Consultant Gynaec-Onco Surgeon*, Sri Shankara Cancer Hospital and Research Centre, Bangalore  
*Presentation: Cervical Cancer: Know, Prevent, and Empower*
3. **Mr. A.P. Kamath** – *Management Committee Member*, Indian Cancer Society, Karnataka  
*Presentation: Introduction to the ICS*
4. **Dr. Guru Suhas** – *Chief Operations Manager*, Indian Cancer Society, Karnataka  
*Presentation: Giving the Gift of Hope: Hair Donation for Cancer Patients*

### Participants Profile:

- **Type of Participants:** Students from all batches of BA/BBA LL.B and LLM students from the School of Law, CHRIST
- **Total Participants:** 60 students

### Event Highlights:

- A **seminar** was conducted by leading medical professionals, who provided a comprehensive overview of breast and cervical cancer, explaining early symptoms, treatment options, and preventive measures.
- The **Indian Cancer Society** emphasized the role of emotional support for cancer patients and the significance of hair donation in boosting the self-esteem of patients undergoing chemotherapy.
- A **hair donation drive** was set up in a stall, where students donated hair to create wigs for cancer patients. Additionally, a donation booth with games and stickers helped raise funds for cancer support.
- Participants learned about the **stages of breast and cervical cancer**, the anatomical differences, and the critical role early detection plays in successful treatment outcomes.

### Key Takeaways:

- The seminar successfully raised **awareness about breast and cervical cancer**, educating students on the importance of early detection and destigmatizing these diseases.
- Hair donation was highlighted as an impactful way to help cancer patients regain a sense of normalcy and confidence during their treatment.
- The event encouraged a **culture of community service**, and many participants expressed interest in further involvement in cancer awareness and support activities.





**Follow-up Plan:** The success of the event has led to plans for conducting **future awareness seminars** and **hair donation drives**, continuing efforts to educate students and staff about cancer prevention and support.

#### **Program Outcomes (POs) & Program Specific Outcomes (PSOs):**

The event mapped onto several POs and PSOs relevant to the curriculum:

- **PO 5:** Social transformation through socio-legal engagement.
- **PO 6:** Ethical and professional behavior, collaboration, and leadership.
- **PSO 1:** Policy suggestions and law modifications based on socio-political structure.
- **Relevant Courses:**
  - LLM233CAL Health Law (Global, Employability, Gender)
  - LAW354 Constitutional Law - I (National, Skill Development, Gender)

#### **Conclusion:**

The *Breast & Cervical Cancer Awareness Seminar & Hair Donation Drive* was a well-rounded and impactful initiative. It not only educated students about the critical importance of early detection but also inspired them to contribute to society through acts of kindness like hair donation. The collaboration with medical experts and cancer organizations ensured the event was informative and emotionally resonant.

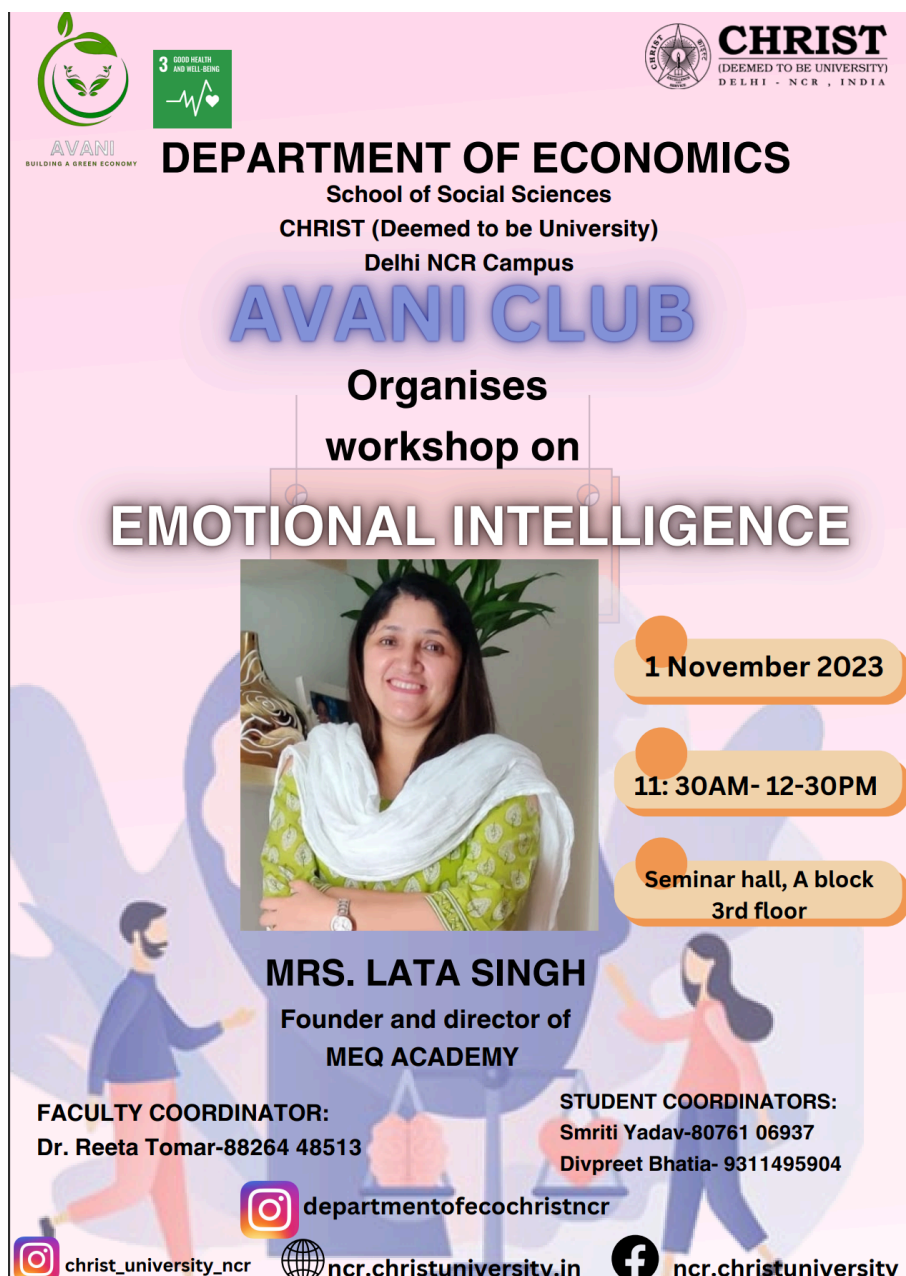
# **Workshop On Emotional Intelligence**

## Workshop On Emotional Intelligence

**Date:** 18th January 2024

**Venue:** CHRIST (Deemed to be University), Delhi NCR Campus

The **AVANI Club**, Department of Economics at the School of Social Sciences, organized a workshop on "**Emotional Intelligence**". The workshop was conducted by **Mrs. Lata Singh** and **Mrs. Chetna Singh**, the Founder Directors of **MEQ Academy**, Noida. The event focused on enhancing emotional intelligence, emphasizing its importance in both personal and professional life.



The poster is for a workshop titled "EMOTIONAL INTELLIGENCE" organized by the AVANI CLUB. It features a central photo of Mrs. Lata Singh, Founder and director of MEQ ACADEMY. The event is scheduled for 1 November 2023, from 11:30AM to 12:30PM, in Seminar hall, A block, 3rd floor. The poster includes logos for AVANI, SDG 3 (Good Health and Well-being), and CHRIST (Deemed to be University). It also lists the Faculty Coordinator, Dr. Reeta Tomar, and Student Coordinators, Smriti Yadav and Divpreet Bhatia. Social media handles for the department and university are provided at the bottom.

**AVANI**  
BUILDING A GREEN ECONOMY

**3** GOOD HEALTH AND WELL-BEING

**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
DELHI - NCR , INDIA

**DEPARTMENT OF ECONOMICS**  
School of Social Sciences  
CHRIST (Deemed to be University)  
Delhi NCR Campus

**AVANI CLUB**

Organises  
workshop on  
**EMOTIONAL INTELLIGENCE**

**MRS. LATA SINGH**  
Founder and director of  
MEQ ACADEMY


**1 November 2023**


**11: 30AM- 12-30PM**


**Seminar hall, A block  
3rd floor**


**FACULTY COORDINATOR:**  
Dr. Reeta Tomar-88264 48513

**STUDENT COORDINATORS:**  
Smriti Yadav-80761 06937  
Divpreet Bhatia- 9311495904

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## Participants Profile:

- **Type of Participants:** Students and Faculty
- **Total Participants:** 188 students and 1 faculty member (Total: 189)

## Highlights of the Activity:

- **Interactive Session:** The workshop began with engaging activities led by Mrs. Lata Singh, involving the audience in discussions on emotional intelligence and problem-solving techniques.
- **Personal Relations Management:** Mrs. Chetna Singh addressed personal relationship management issues faced by students, offering practical advice.
- **Individual Sessions:** Both trainers conducted one-on-one sessions with select students, providing personalized guidance.
- **Felicitation and Appreciation:** The event concluded with a felicitation of the trainers, and students gifted them handmade greeting cards as tokens of appreciation.



## Key Takeaways:

- **Emotional Awareness:** Participants learned the importance of emotional intelligence in managing personal and professional relationships.
- **Practical Problem-Solving:** Students were introduced to techniques for understanding and addressing emotional challenges.
- **Personal Development:** The workshop emphasized the role of emotional intelligence in enhancing interpersonal skills and self-awareness.

**Summary of the Activity:**

The workshop on "**Emotional Intelligence**" was a highly engaging and informative session conducted by **Mrs. Lata Singh** and **Mrs. Chetna Singh**, both experts in emotional intelligence training. The event started with an introduction by **Dr. Shivani** and **Dr. Reeta**, who welcomed the resource persons with saplings as a gesture of appreciation.

Mrs. Lata Singh initiated the workshop by conducting activities that encouraged students to participate and reflect on emotional intelligence's role in their lives. She addressed various emotional challenges and shared strategies to overcome them. Following her session, **Mrs. Chetna Singh** spoke about managing personal relationships and how emotional intelligence can be a crucial factor in improving communication and understanding in interpersonal relationships.





Both trainers actively engaged with the students, answering their queries and providing insightful advice. Later, they conducted individual one-on-one sessions with select students, offering personalized guidance on emotional intelligence and personal growth.

The event concluded with a felicitation ceremony, where the trainers were honored, and students presented them with handmade greeting cards as a token of gratitude.

#### **Follow-Up Plan:**

The AVANI Club plans to organize a similar workshop on emotional intelligence next year, continuing its focus on emotional development and interpersonal skills.

#### **Conclusion:**

The workshop on "**Emotional Intelligence**" was a successful initiative that provided students with valuable insights into emotional intelligence and its significance in both personal and professional contexts. The interactive sessions, one-on-one guidance, and practical problem-solving techniques helped participants develop a deeper understanding of emotional awareness and interpersonal skills.



# **Proathlon 2024**

## Proathlon 2024

**Dates:** 4th January 2024 to 29th January 2024

**Venue:** Christ University Ground, DVK Ground, and University Basketball Courts.

**Proathlon 2024** was an intra-departmental sports event organized by the Department of Professional Studies at CHRIST (Deemed to be University), aimed at promoting physical activity, health, and wellness among students. It was open to all students from the Department of Professional Studies, attracting over 1000 participants. The event took place during weekdays, Saturdays, and Sundays, with different time slots.

### Participants Profile:

- **Type of Participants:** Open to all students from the Department of Professional Studies
- **Number of Participants:** 1000+







### Highlights of the Activity (Objectives):

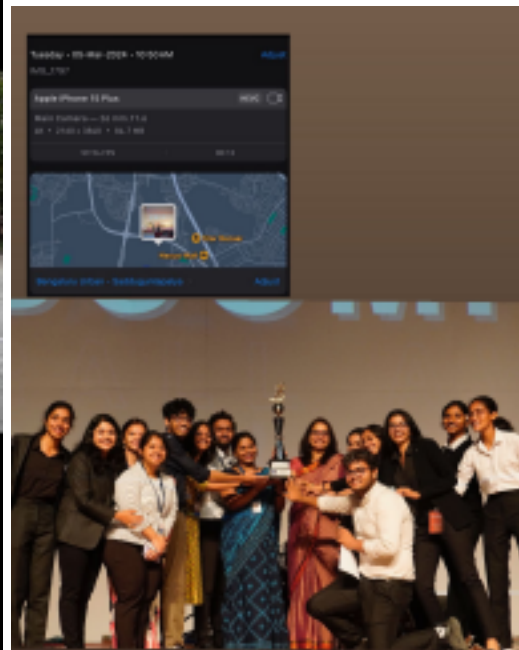
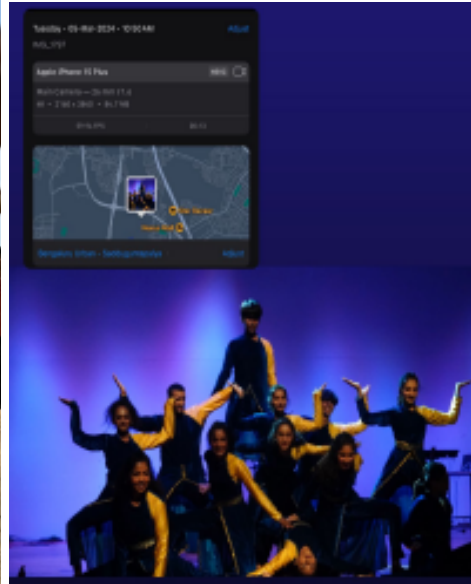
- Encouraged students to participate in sports activities, fostering a culture of health and wellness.
- Promoted teamwork, camaraderie, and a strong sense of community through competitive sports.
- Celebrated sportsmanship and a healthy competitive spirit.

### Objective Outcomes and Key Takeaways:

- Participants learned the importance of teamwork, sportsmanship, and maintaining a healthy lifestyle.
- The event emphasized incorporating physical activity into daily routines to enhance well-being.

**Summary of the Activity: Proathlon 2024** was successfully conducted over four weeks from **January 4th to 29th, 2024**. The event was designed to promote health and wellness while minimizing disruption to the participants' academic commitments. Sports activities were scheduled during breaks, ensuring that participants could engage in physical activity without impacting their coursework.

A wide range of sports, including basketball, football, cricket, and athletics, were featured, providing students with a variety of activities to showcase their skills. The event was carefully planned to ensure the safety and well-being of all participants, with first aid kits and hydration support readily available. The closing ceremony was held on **March 5th, 2024**, in collaboration with the department's cultural event **Blossoms 2024**, where winners were awarded medals and certificates in recognition of their achievements.





**Hospitality:** Participants provided positive feedback on the hospitality during the event. Organizers ensured the comfort of participants and referees by providing refreshments during matches, maintaining hydration, and offering first aid as needed. Feedback was actively collected throughout the event, enabling organizers to make adjustments and improve the overall experience.

**Organization:** The event was efficiently coordinated, with clear communication and seamless execution of logistical arrangements. Participants appreciated the well-organized match schedules, which facilitated smooth transitions between events. However, there were some suggestions for improvement in scheduling to allow for more rest time between matches, indicating potential areas for future enhancement.

**Participant Satisfaction:** Participants expressed overall satisfaction with the event, highlighting the competitive nature of the games and the fairness of the officiating, which was conducted by university players across various departments. Some participants recommended expanding the range of sports offered in future editions to cater to more diverse interests.

**Conclusion: Proathlon 2024** was a successful event that effectively promoted health and wellness while fostering a sense of community among students. While the event was positively received, feedback regarding scheduling and the desire for additional sports highlights areas for improvement in future editions. The department looks forward to building on this success and creating an even better experience for participants in the coming years.

# **Breakfast Buddies**

## Breakfast Buddies

**Date:** 19th October 2023, Thursday

**Time:** 8:30 AM - 9:00 AM

**Venue:** Bird's Park, Christ University

### Participants Profile:

- **Type of Participants:** SDG Cell Members + Students from the Department of Professional Studies (DPS)
- **Number of Participants:** 30



### Highlights of the Activity (Objectives):

The **Breakfast Buddies** initiative was created to foster camaraderie and promote mental and emotional well-being by bringing students together in an informal setting to share a healthy breakfast. The event supports the United Nations **Sustainable Development Goal 3 (SDG-3) - Good Health and Well-being**, promoting social interaction, mental wellness, and community building.



## Expected Outcomes and Key Takeaways:

1. **Building Camaraderie and Friendship:**  
Strengthened peer relationships and built a more connected campus community.
2. **Mental and Emotional Well-being:**  
Provided a platform for students to discuss their challenges and concerns, contributing to reduced stress and anxiety.
3. **Promotion of SDG-3:**  
Encouraged good health and well-being through a focus on mental and emotional health in line with global well-being efforts.
4. **Knowledge Sharing and Skill Development:**  
Facilitated conversations about personal, academic, and career matters, promoting growth.
5. **Increased Campus Engagement:**  
Strengthened students' sense of belonging, encouraging their involvement in other university activities.
6. **Community Building:**  
Fostered the development of tight-knit communities within the university.
7. **Cultural Exchange:**  
Provided a platform for students from diverse backgrounds to share their experiences, promoting intercultural understanding.
8. **Reduced Stigma Around Mental Health:**  
Created an open space for conversations about mental health, helping to reduce stigma.

## Geotagged Pictures:



## Summary of the Activity:

The **Breakfast Buddies** event, held on **October 19, 2023**, at **Birds Park** within Christ University, was a student-led initiative aimed at promoting social connection and well-being. The event was designed to foster a sense of community among students, adhering to **SDG-3**, which emphasizes good health and well-being.

- **Location:**  
The event took place in the serene environment of Birds Park, providing an ideal space for students to relax and engage with nature while enjoying each other's company.
- **Objective:**  
The primary objective of the event was to encourage students to take a break from their routines, enjoy a nutritious breakfast, and engage in meaningful conversations with their peers.
- **Breakfast Session:**  
A variety of healthy food options were provided, supporting **SDG-3** by promoting a balanced meal. Students gathered over breakfast, which helped set a positive tone for the day.
- **Fun Activities:**  
The event featured fun icebreakers and team-building exercises, designed to encourage interaction among students from different backgrounds. These activities played a crucial role in breaking the ice and building strong connections.
- **Camaraderie and Friendship:**  
The event provided a platform for students to form deeper bonds with their peers. This helped combat feelings of isolation and contributed to the overall mental and emotional well-being of the participants.
- **Social Impact:**  
The event successfully promoted the importance of mental health through social engagement. By providing a supportive and inclusive space, **Breakfast Buddies** contributed to creating a healthier and happier campus community.

### **Follow-up Plan:**

The SDG Cell plans to make **Breakfast Buddies** a weekly event, held every Thursday at **8:30 AM** in **Bird's Park**.

# **Guest Lecture on Well-being**



## Guest Lecture on Well-being

**Date:** 1st August 2023

**Time:** 10:00 AM – 11:30 AM

**Venue:** KE Hall, Christ University

### Speaker/Guest/Presenter Details:

**Name:** Ms. Issabella and Ms. Anushka

**Title/Position:** Student Trainers

**Organization:** Department of Psychology, Christ University, Central Campus

**Title of Presentation:** Mental & Physical Well-being

### Participants Profile:

- **Type of Participants:**  
Students
- **Number of Participants:**  
800+ students

### Highlights of the Activity:

1. Focused on **SDG 3** (Good Health and Well-being), particularly on mental and physical well-being for new students.
2. Student-led training to establish rapport with freshers, making the sessions more relatable and engaging.

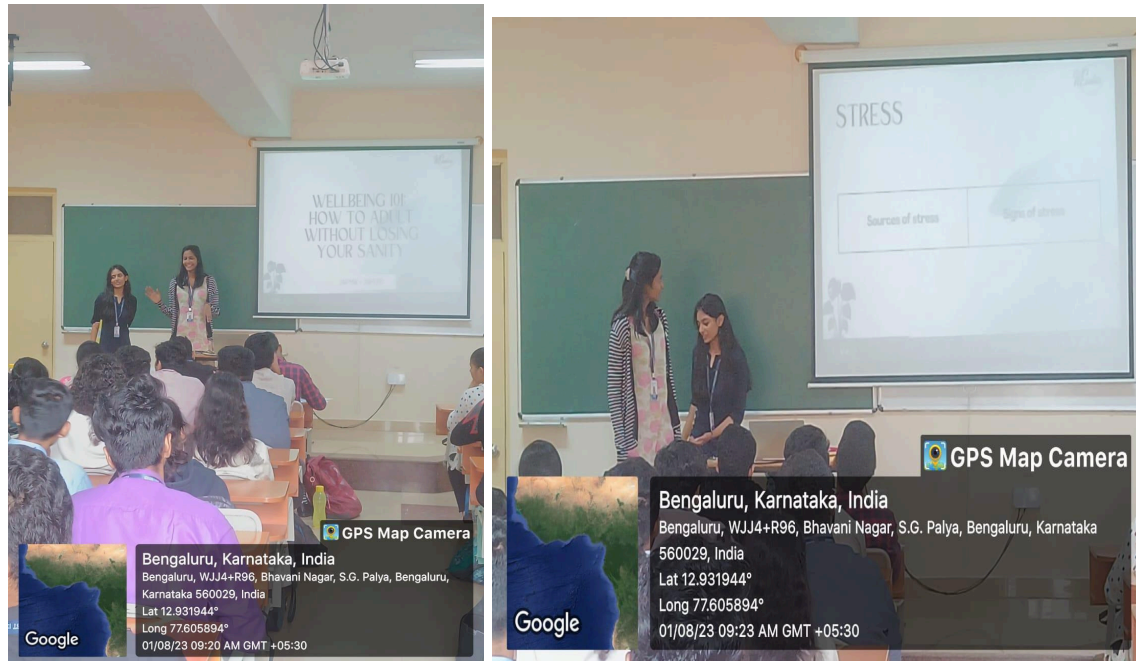
### Key Takeaways:

- Provided information on how to overcome mental and physical challenges faced in new surroundings.
- Introduced students to the various support systems and resources offered by the university for their well-being.

### Summary of the Activity:

The **Guest Lecture on Well-being (SDG 3)** was specifically organized for the first-year students at Christ University, many of whom are likely to face emotional and physical challenges as they adjust to their new environment. The session focused on providing guidance and strategies to cope with these challenges, promoting **mental and physical well-being** in line with **SDG 3**.

The session was conducted by final-year students, **Ms. Issabella** and **Ms. Anushka**, from the Department of Psychology, at Christ University. Both speakers had been trained by faculty members in the Psychology department to support students, particularly freshers, who may experience stress and adjustment difficulties.



During the seminar, the student trainers shared valuable insights into mental and physical health, emphasizing the importance of reaching out for help when needed. They also outlined the variety of resources available at the university to support students' well-being, such as counseling services, peer support groups, and wellness activities.

By using a peer-to-peer approach, the session created a comfortable and relatable atmosphere for the new students, helping them understand that they are not alone in their challenges and that help is readily available.

### Follow-up Plan:

The Department of Professional Studies plans to continue organizing such sessions annually for first-year students to help them adapt to university life and maintain their well-being.

# **E-Sports Championship 2023-24**

## **E-Sports Championship 2023-24**

**Date:** 20th March 2024 to 23rd March 2024

**Time:** 4:00 PM to 6:00 PM

**Venue:** School of Law, Central Campus, CHRIST (Deemed to be University), Bangalore

### **Participants Profile:**

- **Type of Participants:**  
Registered Students from all batches of the School of Law, CHRIST (Deemed to be University), Bangalore Central Campus
- **Number of Participants:** 87

### **Synopsis of the Activity:**

The **E-Sports Championship 2023-24** was an intra-department event organized by the Sports Committee of the School of Law at CHRIST (Deemed to be University), Central Campus. The tournament, which spanned over four days, provided students an opportunity to showcase their gaming skills and tactics while competing in four different online games.

The event aimed to foster teamwork, coordination, and competitive spirit among participants, while allowing them to demonstrate their strategic thinking and adaptability in various gaming formats.

### **Event Highlights:**

1. **Call of Duty Mobile (2v2) - 20th March 2024:**  
Teams of two battled each other through multiple rounds, with the best duo emerging as champions.
2. **Call of Duty Mobile (5v5) - 21st March 2024:**  
Teams of five competed in a series of matches, applying diverse strategies and teamwork to win the rounds. A single team stood victorious at the end of the event.
3. **Battlegrounds Mobile India - 22nd March 2024:**  
This intense battle format saw teams face off on in-game fields, demonstrating their combat skills in a competitive setting.
4. **FIFA 2024 - 23rd March 2024:**  
The event concluded with FIFA 2024, played on a gaming console. Participants showcased their football gaming expertise, with different teams vying for the championship title.



### Key Takeaways:

- Discovery of Talent:**  
The tournament helped identify and nurture gaming talent within the student community. Students showcased unique abilities across different gaming platforms.
- Teamwork & Strategy:**  
The event demonstrated the importance of teamwork and coordination, with participants using different tactics to emerge victorious across the four gaming events.
- Camaraderie & Engagement:**  
The tournament fostered a sense of camaraderie and engaged students in a fun and competitive environment.

### Summary of the Activity:

The **E-Sports Championship 2023-24** was a high-voltage event that saw participation from 87 students across all batches of the School of Law. Over four days, students competed in various online games, including **Call of Duty Mobile (2v2 and 5v5)**, **Battlegrounds Mobile India**, and **FIFA 2024**.

Each day featured intense matches, where teams applied different strategies to outplay their opponents. The event was not only about competition but also about discovering talents and building teamwork. It successfully brought together gaming enthusiasts and allowed students to engage in a rapidly growing field.

The event concluded on 23rd March 2024, with winners being celebrated for their achievements in each gaming category. The enthusiasm and energy throughout the event reflected the growing interest in E-Sports among students.

## Follow-up Plan:

The Sports Committee plans to regularly conduct similar E-Sports tournaments in the future to keep up with the growing trend of online gaming. Such events will provide a platform for students to showcase their skills, enhance their gaming tactics, and foster a sense of community and engagement among the participants.

## Organizers:

- **Organizing Committee:**  
**Sports Committee, School of Law, CHRIST (Deemed to be University)**
- **Faculty Coordinators:**
  - Asst. Prof. Anubha Srivastava
  - Asst. Prof. Vetha Philos V
- **Convenors:**
  - K. Varun Dev
  - Ekshita Jain

This report was prepared to document the successful conduct of the **E-Sports Championship 2023-24** and the outcomes achieved through the active participation and engagement of students.





# **Healthy Lives and Well-Being: Mini Sports Event**

**Date:** 16th February 2024

**Time:** 1:00 P.M. to 2:00 P.M.

**Venue:** Sports Arena, Basement -1

**Participants Profile:**

- **Type of Participants:** Students and Faculty
- **Number of Participants:** 79

**Synopsis of the Activity:**

The **Mini Sports Event** was organized by the SDG Cell of the Department of English and Cultural Studies as part of Sustainability Week. The event aimed to highlight the importance of sports and encourage participation from both students and faculty.

**Highlights of the Activity:**

**Active Participation:**

Both students and faculty participated enthusiastically in various sports activities.

**Promotion of Health and Well-being:**

The event emphasized the role of sports in maintaining a healthy lifestyle.

**Key Takeaways:**

**Importance of Sports:**

The event highlighted how sports contribute to overall well-being and encouraged participants to integrate physical activity into their daily routines.

**Summary of the Activity:**

On 16th February 2024, from 1:00 P.M. to 2:00 P.M., the Sports Arena in Basement -1 hosted the Mini Sports Event organized by the SDG Cell, Department of English and Cultural Studies. The event, part of the broader Sustainability Week, included a variety of games such as table tennis, foosball, chess, carrom, and billiards.

In addition to the traditional sports activities, participants were invited to compete in a step count challenge. This initiative was aimed at promoting daily physical activity and maintaining a healthy lifestyle. The step count competition added a fun and engaging element to the event, with prizes to be awarded for the highest step counts.

The winners of the sports events and the step count competition were scheduled to be announced during the valedictory ceremony of Sustainability Week, held on 17th February 2024 in the main auditorium at the BGR campus.

# **Intra Department Sports Event - Cricket Quiz and IPL Auction**

### Intra Department Sports Event - Cricket Quiz and IPL Auction

- **Date:** 16th March 2024
- **Time:** 12:45 PM - 5:30 PM
- **Venue:** Classroom No. 417
- **Collaboration/Sponsor:** NIL

#### Speaker/Presenter Details:

- **Name:** Ryan James
- **Title/Position:** Auctioneer, 5th Year Student
- **Organization:** School of Law, Christ (Deemed to be University)
- **Title of Presentation:** IPL Auction Simulation

#### Participant Details:

- **Type of Participants:** Open to all students of the School of Law, Christ (Deemed to be University)
- **No. of Participants:** 40 participants (20 teams)

The **Cricket Quiz and Indian Premier League (IPL) Auction** was a dual-stage event aimed at combining cricket knowledge with strategic thinking. The event started with a **Cricket Quiz** designed to test participants' knowledge of the sport. Out of the 20 teams, the top 10 based on quiz scores qualified for the second stage — a simulation of an **IPL Player Auction**. In this phase, participants engaged in bidding for players, simulating a real IPL auction environment. Teams of two selected players to form their squads and will be judged on the performance of their chosen players during the IPL 2024 season.

#### Highlights of the Activity:

- **Cricket Quiz:** A challenging segment that required participants to demonstrate extensive knowledge about cricket.
- **IPL Auction Simulation:** A highly interactive and strategic event where participants bid for players, offering an immersive team management experience.
- **Team Formation:** The 10 successful teams from the quiz stage formed their squads for the IPL Auction, and their performance will be evaluated based on real IPL 2024 outcomes.

#### 5. Key Takeaways:

- **Holistic Development:** The event balanced co-curricular engagement with academic life, encouraging teamwork and strategic thinking.
- **Skill Development:** Participants honed their decision-making and analytical skills, critical in both personal and professional development.
- **Healthy Competition:** The event promoted sportsmanship, teamwork, and confidence among the students.

The event had two stages. In the first stage, 20 teams participated in a Cricket Quiz, with 10 teams qualifying for the second stage. The second stage involved an IPL Player Auction where teams bid for cricket players. The team's performance will be tracked based on their players' real-time performance in IPL 2024. This approach not only celebrated the participants' cricket



knowledge but also tested their strategic acumen.

### **Follow-up Plan:**

The teams formed during the event will now await the IPL 2024 matches to see how their selected players perform. Points will be awarded based on the players' performance, and the final results will be announced after the first few IPL matches.

### **Mapping and Impact:**

- **PO's & PSO's Mapping:** This event addressed local, regional, national, and global needs by fostering strategic thinking and sportsmanship.
- **SDG Alignment:** SDG 3 - Good Health and Well-being, by promoting physical and mental engagement through sports activities.
- **Skill Development:** The event promoted employability, entrepreneurship, and skill development by encouraging participants to engage in strategic, competitive environments.



# **Intra Department Cultural/Farewell Event - Excelsior 2024**



### **Intra Department Cultural/Farewell Event - Excelsior 2024**

- **Date:** 15th April 2024
- **Time:** 10:30 AM - 2:00 PM
- **Venue:** Main Auditorium
- **Collaboration/Sponsor:** None

#### **Participants:**

- **Number of Participants:** All students (1900) from 1st Year to LLM of the School of Law, Christ (Deemed to be University), Bengaluru

#### **Synopsis of the Activity:**

Excelsior is the annual cultural and farewell event of the School of Law. It is a celebration to honor the academic, co-curricular, and extracurricular contributions of students for the academic year 2023-24, while also bidding farewell to the graduating LLM and LLB batches. The event allows students to showcase their talents through various performances and speeches, while also recognizing the exceptional achievements of students with **Certificates of Appreciation**.

The event began with a welcome by the emcees and a ceremonial lamp lighting, followed by a formal introduction by the Cultural Committee Convenors. The highlight of the event was a **Cultural Extravaganza** featuring performances by the SLCU Choir, Dance Team Pravah, the graduating Class of 2024, and 4th-year students. Valedictorian speeches by 5th-year students brought a sentimental touch to the event, as they reflected on their journey at law school.

Addresses by the Dean, the Head of Department (HOD), and the Director of the School of Law further enriched the program. A special memory video, followed by the official **Excelsior Event Video** created by Vimarsh, the media team of the School of Law, was also showcased. The event concluded with a **vote of thanks** from the Cultural Committee Convenors, acknowledging the efforts of all involved in organizing the event.

#### **Highlights of the Activity:**

- **Cultural Performances:** Spectacular singing, dancing, and musical performances by various student groups, creating a lively and memorable experience for attendees.
- **Valedictorian Speeches:** Heartfelt speeches by the 5th-year graduating students, sharing their memories and experiences at the School of Law.
- **Prize Distribution:** Certificates of Appreciation were awarded to students for their outstanding achievements during the academic year.
- **Memory Video:** A nostalgic video showcasing highlights of the graduating batch's journey, followed by the official Excelsior event video created by the media team.



### Key Takeaways:

- **Recognition of Achievements:** Students were recognized for their contributions and achievements, fostering a sense of pride and accomplishment.
- **Talent Showcase:** The event provided a platform for students to express their artistic talents, promoting creativity and cultural engagement.
- **Farewell Ceremony:** A touching tribute to the graduating LLM and LLB batches, celebrating their journey and contributions to the School of Law.

### Follow-up Plan:

Based on the success of **Excelsior 2024**, a standardized plan will be developed to ensure the seamless organization of future events. Best practices and lessons learned from this year's event will be documented to maintain the excellence and smoothness of upcoming iterations.

### Mapping and Impact:

- **PO's & PSO's Mapping:** This event addressed local, regional, national, and global needs by fostering leadership, collaboration, and a spirit of ethical and professional behavior within the student body.
- **Skill Development:** The event promoted employability, entrepreneurship, and skill development by encouraging students to participate in leadership, performance, and teamwork.
- **Cross-Cutting Issues:** The event aligns with the program's objective of developing well-rounded, culturally aware, and ethically responsible professionals.

# **Screening of Wall-E**

## Screening of Wall-E

**Date:** 16th October 2023

**Time:** 10:00 AM - 11:30 AM

**Venue:** Room 403

### Guest Details:

**Name:** Dr. Jais Merlin P Augustine

**Title/Position:** Assistant Professor

**Organization:** Department of Media Studies, CHRIST (Deemed to be University), Bannerghatta Road Campus

**Title of Presentation:** Planning Monthly SDG Activities for the Department

### Participants Profile:

**Type of Participants:** Students from 3 JOUH

**No. of Participants:** 36

### Synopsis of the Activity:

The **SDG Cell**, Department of Media Studies, CHRIST (Deemed to be University), Bannerghatta Road Campus, organized a screening of **Disney-Pixar's WALL-E**. The film delves into the dangers of unsustainable lifestyles and the impacts of consumerism, offering critical insights into environmental degradation, technological advancement, and human connection.

### Highlights of the Activity:

**Environmental Awareness:** The film presented the detrimental consequences of environmental neglect, showcasing a desolate, trash-covered Earth as a stark warning of unsustainable living.

**Role of Technology:** It portrayed technology as both a contributor to the problem and a key solution, encouraging innovation for positive environmental change.

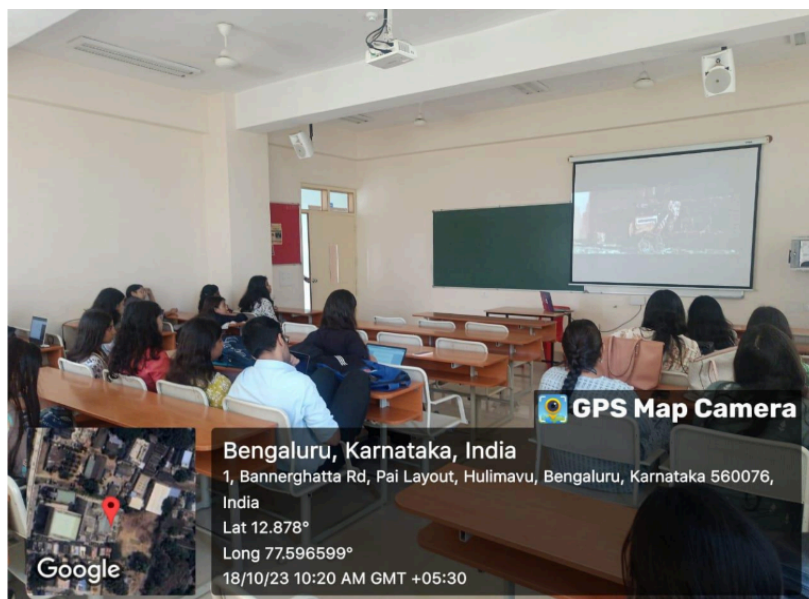
**Human Connection:** The relationship between WALL-E and EVE underscored the importance of human connection, even in an increasingly digital world.

### Key Takeaways:

**Environmental Responsibility:** Students learned about the pressing need to take responsibility for environmental protection by minimizing waste and being mindful of consumption.

**Technological Innovation:** The film highlighted the potential of technology to address environmental challenges when used wisely.

**Human Connection:** The narrative reinforced the importance of authentic human relationships and collaboration for addressing global challenges like environmental conservation.



### Summary of the Activity:

Through the screening of **WALL-E**, students explored the themes of environmental stewardship, technological innovation, and the importance of human relationships. The movie offered a powerful reflection on the harmful impacts of unsustainable living and consumerism. The film also served as an educational tool on the potential of innovation to drive positive change and the essential role of human relationships in fostering a healthier, more sustainable world.

The event emphasized the **United Nations Sustainable Development Goal (SDG)**

**Responsible Consumption and Production** and **SDG 13: Climate Action**, instilling in students a sense of personal accountability toward the environment.

### Follow-up Plan:

No formal follow-up was mentioned. However, the event aligns with ongoing monthly SDG activities planned by the department, contributing to a broader environmental and sustainability education initiative.

### Speaker Profile:

Dr. Jais Merlin is an Assistant Professor at the Department of Media Studies, CHRIST (Deemed to be University), Bannerghatta Road Campus. She is actively involved in planning and executing various activities related to the Sustainable Development Goals (SDGs) within the department.





# **Pop Psychology Awareness Activity**

## Pop Psychology Awareness Activity

- **Date:** 4th October 2023
- **Time:** 1:00 PM - 2:00 PM
- **Venue:** Foyer Area Near Library, Block B
- **Collaboration/Sponsor:** NIL

### 2. Stall Representative:

- **Name:** Rachaita Sao
- **Class:** 1BSc PSY A

### 3. Participants Profile:

- **Type of Participants:** Students from various departments
- **No. of Participants:** 44

### 4. Synopsis of the Activity:

The **Pop Psychology** awareness stall aimed to educate participants on mental health and psychology by addressing common misconceptions. The activity was designed to make participants more aware of their mental well-being by debunking myths and engagingly reiterating facts. The participants took part in an interactive game, where they decided whether a statement was a **fact** or a **myth**. The result of their choice was revealed by popping balloons, with participants receiving rewards for correct answers.



### 5. Highlights of the Activity:



- The stall focused on helping participants become more aware of their mental well-being by breaking down stereotypes related to psychology.
- Participants were encouraged to make thoughtful decisions and reconsider their understanding of psychology through the "pop the balloon" activity.
- The activity was designed to be both fun and educational, with a focus on promoting critical thinking and evidence-based understanding.

#### **6. Key Takeaways:**

- Participants were actively motivated to question and reconsider their beliefs, ensuring they understood the importance of evidence-based information.
- The activity worked toward eradicating common myths regarding psychology and the human mind, helping participants develop a more rational understanding of mental health.

#### **7. Summary of the Activity:**

The **Pop Psychology** stall was a fun yet educational activity aimed at promoting awareness of mental health and psychology. Participants were presented with statements about psychology and asked to decide whether they were myths or facts. This interactive exercise encouraged critical thinking and helped break down misconceptions about the human mind. By engaging participants through a balloon-popping activity, the event provided a creative and entertaining way to address mental health awareness and foster rational thinking.

# **Cathartic Movement Event**

## Cathartic Movement Event

- **Date:** 5th October 2023
- **Time:** 09:00 AM – 04:00 PM
- **Venue:** Respective Classrooms

### Highlights of the Activity:

1. The event introduced participants to **movement therapy**, which helps individuals explore and process internal emotions and experiences that may not be accessible through traditional talk therapy.
2. It emphasized the benefits of movement and dancing, such as **emotional release, self-expression, improved body-mind connection, stress reduction, and enhanced self-esteem.**
3. Participants were engaged in enjoyable and immersive activities that provided a temporary escape from daily pressures.
4. The event also promoted interaction between seniors and juniors, fostering a sense of **community** and building better relationships within the student body.

### 3. Key Takeaways:

1. **Surprise Activities:** The volunteers incorporated an element of surprise into the event, randomly engaging students with fun and spontaneous activities, which added excitement and enhanced the overall impact.
2. **Catharsis:** The event introduced the concept of catharsis, helping participants understand how emotional release is crucial for mental well-being.
3. **Emotional Release through Movement:** Participants discovered the therapeutic power of movement, particularly free-form dancing, as a tool for emotional release. The event provided a safe space for students to let go of pent-up emotions, leading to a sense of relief and catharsis.





#### **4. Summary of the Event:**

The **Cathartic Movement Event** was a day-long initiative aimed at promoting emotional well-being through movement therapy. It introduced participants to the concept of emotional release through physical activity, such as dancing and movement. The event offered an immersive experience that allowed students to disconnect from daily stressors and connect with their emotions in a supportive and non-judgmental environment.

By incorporating surprise elements, the event was able to sustain enthusiasm and engagement throughout the day. Participants experienced the benefits of movement therapy firsthand, which helped build a stronger sense of community and improved relationships between students. The event successfully demonstrated the therapeutic impact of catharsis, leaving participants with valuable insights into managing their emotions.



# **Metaphors On Life - Informative Activity and Awareness**

## Metaphors On Life

- **Date:** 5th October 2023
- **Time:** 1:00 PM – 2:00 PM
- **Venue:** Near the foyer area of C - Block
- **Collaboration/Sponsor:** NA

### 2. Stall Representatives:

- **Name:** Rachaita Sao  
**Class:** 1 BSc PSY A
- **Name:** Sai Kanchika  
**Class:** 1 BSc PSY A

### 3. Participants Profile:

- **Type of Participants:** Students from various departments
- **No. of Participants:** 56

### 4. Synopsis of the Activity:

The **Metaphors on Life** activity aimed to encourage participants to reflect on their personal strengths and weaknesses. Through a guided discussion, participants learned how to improve their strengths and work on their weaknesses. The event created a platform where students engaged in meaningful conversations about personal growth and well-being.



### 5. Highlights of the Activity:

1. Participants were asked to introspect about their strengths and weaknesses, sparking conversations on how to strengthen their positive traits and overcome challenges.
2. Each participant selected a random chit with a topic written on it, followed by a discussion with the host about how to integrate the positive aspects of the topic into their

lives.

3. The activity provided a non-judgmental and welcoming platform for students to engage in productive and intellectual discussions.

## 6. Key Takeaways:

- The activity allowed participants to **reflect on personal growth**, constructively addressing both strengths and weaknesses.
- Discussions between the host and participants emphasized the **importance of imbining good qualities** to improve mental and emotional well-being.
- The event facilitated **open conversations** in a safe space, fostering personal development and self-awareness.

## 7. Summary of the Activity:

The **Metaphors on Life** event was an interactive and informative session organized by two students from 1 BSc PSY A. Participants selected random chits containing specific topics, and through discussions with the host, they explored ways to integrate positive traits from those topics into their lives. The event was a success, providing participants with a platform to discuss intellectual and meaningful issues in a non-judgmental and supportive environment.

The activity helped students gain insights into personal development, creating a space for reflection on how they could improve their well-being through understanding and adopting positive traits.



# **Music - Activity and Awareness**

## Music - Activity and Awareness

- **Date:** 5th October 2023
- **Time:** 1:00 PM – 2:00 PM
- **Venue:** Foyer area near the lift in Block C

### 2. Stall Representatives:

- **Name:** Angel Maria Biju  
**Class:** 1 MPCL A
- **Name:** Lalitha H  
**Class:** 1 MPCL B

### 3. Participants Profile:

- **Type of Participants:** Students across various departments
- **No. of Participants:** Not specified

### 4. Synopsis of the Activity:

The **Music** activity aimed to create a relaxing and engaging environment by offering participants access to curated playlists for various moods. Students could scan QR codes to explore and enjoy music that resonated with their emotions and shared the experience with others.

### 5. Highlights of the Activity:

1. The stall featured a variety of specifically curated playlists accessible through QR codes, catering to different emotional states and moods.
2. Participants discovered new music while enjoying their comfort music, fostering an environment of emotional connection and mutual support.

### 6. Key Takeaways:

- The activity achieved its goal of validating various emotions by offering playlists that catered to different moods, ensuring students felt their feelings were recognized.
- Music became a medium for collective experience, providing both comfort and a shared sense of relief from stress.

### 7. Summary of the Activity:

The **Music** stall was a soothing and engaging experience where students discussed and listened to different songs suitable for various emotional states. By collectively exploring new music and enjoying familiar tunes, the participants found a sense of relaxation and stress relief in a supportive environment. The event allowed students to bond over music, enhancing their well-being through shared emotional experiences.





# **Anti-smoking Week Art Installation**

## Anti-smoking Week Art Installation

- **Date:** 18th January 2024
- **Time:** 10:00 AM – 3:00 PM
- **Venue:** Front of the Central Block, Bangalore Central Campus

### 2. Facilitators:

- **Abharna KJG**
- **Abirami Roy**
- **Sathvika Shyam**
- **Narain KB**  
(Master students of MSc Psychology Health and Wellbeing)

### 3. Participants Profile:

- **Type of Participants:** Open to all individuals on campus
- **No. of Participants:** High response rate

### 4. Synopsis of the Activity:

The **Anti-smoking Week Art Installation** was set up to promote awareness about quitting smoking and substance use creatively and interactively. Participants were invited to write, paint, or draw motivational messages to support individuals on their journey to quit smoking. This initiative aimed to foster community support and empathy while also promoting Wevolve, a student-led wellness clinic.

Pictures taken during installation:



## 5. Highlights of the Activity:

1. The installation attracted considerable attention and engagement from students, faculty, and visitors.
2. The activity achieved its objective by promoting the message of quitting substance use in a light-hearted and approachable manner.

## 6. Key Takeaways:

- The installation successfully raised awareness about the challenges of quitting smoking and the importance of community support.
- Participants were encouraged to share messages of empathy and encouragement, promoting a sense of solidarity for individuals trying to quit smoking.
- The event also helped promote the services of **Wevolve**, particularly for those seeking counseling for substance use.

## 7. Summary of the Activity:

The **Anti-smoking Week Art Installation** was an interactive and impactful event that provided participants with an opportunity to express their thoughts on quitting smoking through creative means. Facilitators guided individuals to paint, write, or draw on charts that encouraged supportive and motivational messages for those struggling with substance use. This collective expression not only raised awareness but also emphasized the role of social and community support in the journey to quit smoking. Additionally, information about **Wevolve**, a student-led wellness clinic, was shared to encourage the use of counseling services. The activity was well-received, with many participants expressing thoughtful insights and feedback.

## 8. Objectives:

1. Raise awareness of the anti-smoking week and its significance.
2. Promote the importance of social and community support in quitting substance use.
3. Provide a light-hearted, empathetic platform for people to express their thoughts.
4. Promote **Wevolve** as a wellness clinic for substance use counseling.

## 9. Installation Structure:

Participants were prompted to create motivational messages on the board using paints and sketch pens. They were also provided with information about **Wevolve** and encouraged to refer the clinic's services to those who might benefit, especially for substance use counseling. After contributing to the installation, participants filled out feedback forms to assess their engagement and experience.

## 10. Report Prepared By:

- **Name of the Organizer:** Abirami Roy
- **Designation:** Masters student, MSc Psychology Health and Wellbeing
- **Signature:** (To be inserted)

## Speaker Profile:

Masters students training to be health professionals in psychology and allied fields in varied settings.



# **Yoga Energiser - 2024**

## **Yoga Energiser - 2024**

- **Date:** 8th February 2024
- **Time:** 4:00 PM – 5:00 PM
- **Venue:** Room 530 (Seminar Hall), 5th Floor, R&D Block, Central Campus

### **2. Participants Profile:**

- **Type of Participants:** Masters students
- **No. of Participants:** 4

### **3. Synopsis of the Activity:**

The **Yoga Energiser - 2024** workshop aimed to introduce students to the benefits of yoga as a holistic practice to enhance well-being and fitness. Through peer training, guided yoga practice, and experience sharing, participants learned step-by-step instructions for various asanas and pranayama techniques.

### **4. Highlights of the Activity:**

- Peer-led yoga training and experience sharing among postgraduate students.
- Guided yoga practice facilitated by an internationally certified yoga practitioner.
- Focus on holistic health improvement through ancient yoga practices.

### **5. Key Takeaways:**

- Step-by-step guided practice of essential yoga asanas.
- Insights into the importance of yoga for better posture, digestion, cardiovascular health, bone and muscle strengthening, flexibility, and immune system boosting.
- Experience in pranayama (breathing exercises) and relaxation techniques for stress relief.

### **6. Summary of the Activity:**

The **Yoga Energiser** workshop was an informative and enriching experience that introduced participants to the ancient art of yoga. Led by Ms. Jadhav Sakshi Dattajirao, an internationally certified yoga practitioner, the workshop included a comprehensive introduction to yoga, prayer, and various practices such as sukshama vyayam (micro-exercises), suryanamaskars (sun salutations), asanas, savasan (relaxation), and pranayama (breathing exercises). Each step was guided to ensure participants understood the movements and benefits.

### **7. Objectives:**

1. Promote a healthier and more fit lifestyle among the participants.
2. Introduce holistic exercise patterns incorporating pranayam and yoga practices.
3. Improve posture, digestion, cardiovascular health, bone and muscle strength, flexibility, and immunity.

## 8. Structure of the Workshop:

- **Introduction:** Facilitator Mr. Narain introduced WEvolve, a student-led wellness clinic, and the key instructor Ms. Jadhav Sakshi Dattajirao.
- **Warm-Up (Sukshama Vyayam):** Micro-exercises targeting each body part.
- **Suryanamaskar:** Demonstration of 6 cycles of sun salutations.
- **Asanas:** Practice of 6 asanas (2 standing, 2 sitting, and 2 stretching).
- **Relaxation:** Practice shavasana for deep relaxation.
- **Pranayam:** Breathing exercises including anulom, vilom, kapalabhati, single nostril breathing, and omkars.
- **Closing:** The session concluded with a prayer.

### Speaker Profile:

- **Ms. Jadhav Sakshi Dattajirao** - Internationally Certified Yoga Practitioner (2MPHW).





# **Stress Management Session in BIDS**

## Stress Management Session in BIDS

- **Date:** 15th March 2024
- **Time:** 9 am - 3 pm
- **Venue:** Bangalore Institute of Dental Sciences (BIDS)
- **Collaboration:** Bangalore Institute of Dental Sciences (BIDS)

### Facilitators

- **Dr. Patrick Jude L and Dr. Manjusha G Warriar**
  - **Title/Position:** Assistant Professors
  - **Organization:** CHRIST (Deemed to be University)

### Participants Profile

- **Type of Participants:** Students and Faculty
- **Number of Participants:** *(To be inserted)*

### Synopsis of the Activity

The stress management session at BIDS was a collaborative effort between CHRIST University and BIDS, aimed at empowering participants with practical tools to manage stress. The session focused on practice-oriented techniques, including mindfulness and relaxation exercises. Participants reported enhanced well-being and resilience, showcasing the importance of mental health support in academic environments.

### Key Takeaways

- Practical tools and techniques for managing stress were introduced, emphasizing the significance of mental well-being in educational settings.
- Techniques such as Box Breathing, Jacobson's Progressive Muscle Relaxation (JPMR), and mindfulness exercises were practiced to relieve stress.
- Participants provided positive feedback, highlighting the session's effectiveness in promoting resilience and mental wellness.

### Summary of the Activity

This one-day program focused on psychoeducation and stress-relief techniques for the students and faculty at BIDS. The program was designed to raise awareness about stress and provide actionable strategies for managing it. The facilitators, Dr. Patrick Jude and Dr. Manjusha Warriar led immersive sessions that included mindfulness, grounding exercises, and practical relaxation techniques.

### Speakers Profile

- **Facilitators:**
  - **Dr. Patrick Jude L. and Dr. Manjusha G Warriar**, Assistant Professors from the Department of Psychology, CHRIST (Deemed to be University), delivered the majority of the module.
  - Coordinators from **Wevolve**, a wellness clinic, assisted in the delivery of

exercises such as **Box Breathing** and **Jacobson's Progressive Muscle Relaxation (JPMR)**.

## Descriptive Report

On March 15, 2024, a stress management session was conducted at BIDS by the **Wevolve** wellness clinic, specializing in mental health and holistic well-being. The session was designed to address the prevalent issue of stress among students and faculty members and provide them with practical strategies to effectively manage stress.



### Objectives:

1. **Quantifying Stress:** Help participants recognize and measure stressors in their lives.
2. **Understanding Stress:** Provide insights into the physiological and psychological aspects of stress.
3. **Mindfulness and Grounding:** Introduce techniques that promote present-moment awareness and grounding to reduce stress.
4. **Imagery and Self-Kindness:** Explore the use of imagery and self-compassion as tools for stress reduction.
5. **Practical Techniques:** Offer hands-on sessions on stress-relief methods like Imagery, JPMR, and Box Breathing for immediate stress relief.

### Content and Outcome:

The stress management session emphasized stress awareness, offering coping strategies to both students and faculty. Held in the campus auditorium with no budget constraints, it successfully provided participants with valuable insights into managing stress and building resilience in their personal and academic lives.



# **Smart Plates, Big Savings: Affordable Nutrition Strategies**

## Smart Plates, Big Savings: Affordable Nutrition Strategies

- **Event Type:** Extension Activity by Wevolve - Community Clinic
- **Date:** 6th September 2023
- **Time:** 4:00 PM - 5:00 PM
- **Venue:** 516, 5th floor, R&D Block, Bangalore Central Campus

### Participants:

- **Profile:** Postgraduate students
- **Number of Participants:** 15

### Activity Highlights:

1. The resource person provided free downloadable materials, including grocery lists, exercise guides, breakfast guides, supplement information, and high-protein recipes.
2. The workshop was structured into four sessions: Introduction, Affordable Nutrition Strategies, a Goal-setting activity, and a Q&A session. It covered practical nutrition tips, affordable meal ideas, and interactive goal-setting.

### Key Takeaways:

- The workshop was highly informative, focusing on the importance of nutrition, budget-friendly food options, micronutrition knowledge, and personal goal-setting for improved health.

**Summary of the Activity:** The workshop covered good nutritional habits, structured activities, and affordable strategies tailored for college students to maintain their health.

### Speakers:

- **Facilitator:** Hemalatha, Certified Nutrition Coach (1MPHW)



## Objectives:

1. Promote affordable healthy eating habits for university students.
2. Raise awareness about the role of nutrition in physical and mental health.
3. Educate participants on micronutrient deficiencies.
4. Facilitate goal-setting and habit-building through interactive activities.

**Content and Outcome:** The session, led by Ms. Hemalatha, emphasized the importance of balanced nutrition for physical and mental well-being. Practical food recommendations, including nutrient-dense options like whole wheat bread, seeds, and legumes, were provided. Strategies for maintaining health, especially for students in PGs and hostels, were discussed. The participants engaged in a goal-setting activity to prioritize their health goals. The Q&A session covered topics like intermittent fasting, protein intake, and gut health.

**Organizers:** Samiha Sengupta, Suruthi S (Team Wevolve, MSc Psychology Health & Well-being)





**Exploring the potential of applied  
Theatre as a tool for practice-based  
learning in good  
health and well-being, in partnership  
with  
NIMHANS**

## Exploring the Potential of Applied Theatre as a Tool for Practice-Based Learning in Good Health and Well-Being

- **Date:** 17th and 18th April 2024
- **Time:** 2:30 PM - 5:30 PM
- **Venue:** Dr. M. V. Govindaswamy Centre, NIMHANS
- **Collaboration:** SDG Cell, Department of Psychiatric Social Work, NIMHANS

### Participants:

- **Profile:** 6th-semester BA students in Theatre Studies, English, and Psychology (TEP)
- **Number of Participants:** 37

### Activity Highlights:

- **Group 1:** Used sock puppetry, song-making, and movement for stress reduction.
- **Group 2:** Interactive drama with physical warm-ups, emotional exploration, and body scan meditation.
- **Group 3:** Conducted theater activities involving meditation, role-playing, and storytelling.
- **Group 4:** Focused on stress relief using art forms like hand painting and origami.
- **Group 5:** Combined theater games, meditation, and zentangle art for stress relief.
- **Group 6:** Engaged in drawing and storytelling to boost creativity.
- **Group 7:** Improvised theater games to enhance self-expression and social interaction.
- **Group 8:** Employed clowning techniques for self-discovery and inner joy.
- **Group 9:** Explored emotions using Natyashastra and role-playing in theater.



## Key Takeaways:

- Participants enhanced self-expression, communication, emotional regulation, and creativity.
- The activities promoted mindfulness, stress reduction, team dynamics, and well-being.
- The session fostered connection, empathy, and social interaction, helping participants explore personal stories and emotions.



**Summary of the Activity:** Each group employed different theater techniques, such as puppetry, drama, art, and improvisation, to promote mental well-being and stress relief. The applied theater approach facilitated creative self-expression, stress management, and emotional exploration, contributing to participants' overall well-being. The collaboration between the theater students and NIMHANS provided a unique learning environment where health and theater merged to promote personal growth.



**Follow-up Plan:** There is a proposal for further collaboration through frequent visits and sessions.

**Overall Outcome:** This partnership between NIMHANS and theater students demonstrated the power of applied theater in enhancing empathy, communication, and understanding in

mental health care. Theatre's creative and reflective processes provided an innovative path for mental health education, offering future practitioners more effective learning methods. The integration of theater into healthcare settings holds promise for more engaging and impactful ways of addressing mental health challenges.

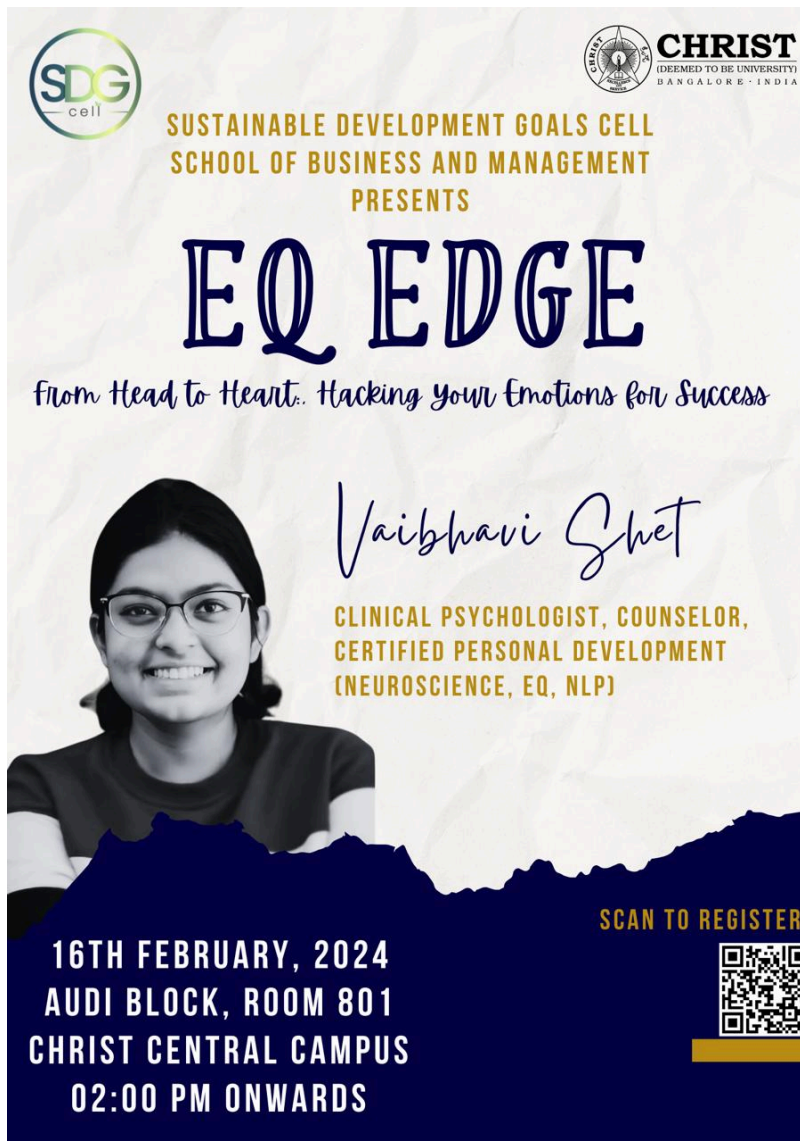


# EQ Edge



## EQ Edge

- **Date:** 16th February 2024 (Friday)
- **Time:** 2:00 PM – 4:00 PM
- **Venue:** Audi Block, Room 802



### Participants:

- **Profile:** Second-year students of the School of Business and Management
- **Number of Participants:** 40

**Synopsis of the Activity:** The session, led by emotional intelligence (EQ) expert Vaibhavi Shet, focused on understanding and managing emotions for personal and professional development.



## Activity Highlights:

- **Understanding Emotions:** Participants learned how emotions impact thoughts, actions, and choices, exploring personal emotional triggers to foster self-awareness.
- **Emotional Resilience:** The session emphasized building resilience by practicing self-compassion, and mindfulness, and maintaining strong support systems to manage challenges.
- **Goal Setting:** Setting achievable goals with flexibility and celebrating progress were highlighted as essential for motivation and long-term fulfillment.

## Pictures from the Event:



## Key Takeaways:

- Gained insights into the power of emotional intelligence (EQ) for managing personal and professional life.
- Learned strategies to build emotional resilience, cope with challenges, and set realistic, flexible goals.
- Emphasized continuous learning, self-discovery, and the importance of social support and professional help for personal growth.

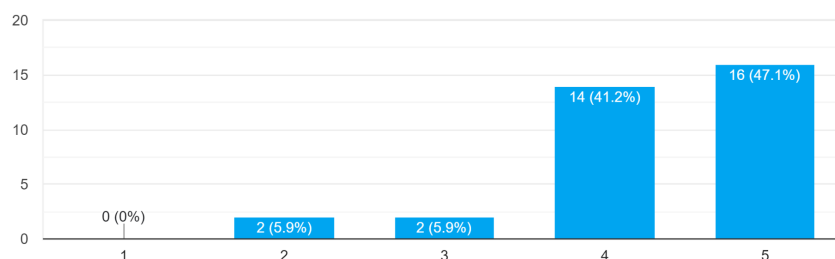


### Impact Analysis:

- **Increased Self-Awareness:** Students gained better insights into their emotions and how they affect behavior.
- **Improved Social-Emotional Skills:** Enhanced communication, empathy, and conflict resolution skills.
- **Reduced Stress:** Learned healthy coping mechanisms for stress and anxiety.
- **Enhanced Academic Performance:** Increased motivation and focus on studies.
- **Stronger Relationships:** Developed better relationships with peers, teachers, and family.

Rate the session on a scale of 1 - 5

34 responses

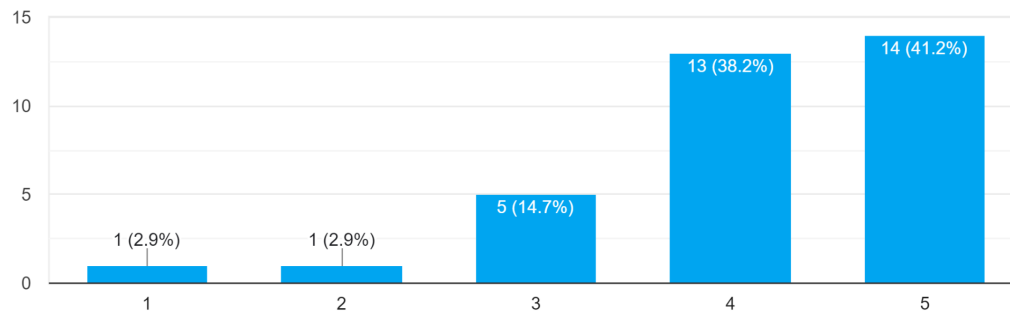


**Feedback:** Participants appreciated the session's focus on self-awareness, coping strategies, and the importance of social support. Some wanted more concrete applications for specific goals, but overall feedback highlighted the speaker's effectiveness and the session's interactive nature.

**Speaker Profile:** Vaibhavi Shet, a psychologist with expertise in emotional intelligence, holds a Master's in Clinical Psychology and various certifications in neuroscience, emotional intelligence, and neuro-linguistic programming. She has over three years of experience, working in various settings, including child mentorship and psychological counseling. Her workshops focus on emotional intelligence, stress management, and personality development.

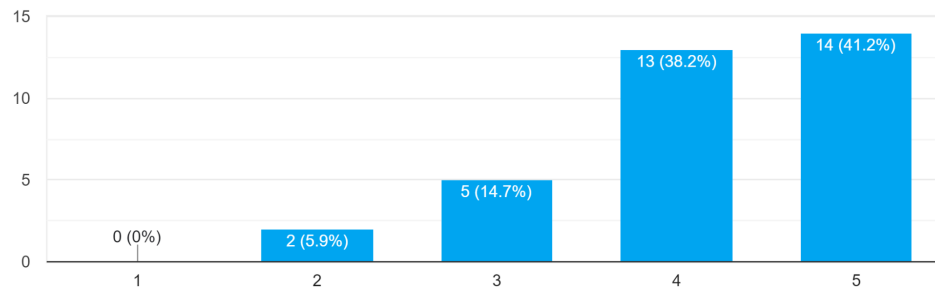
### How informative was the session?

34 responses



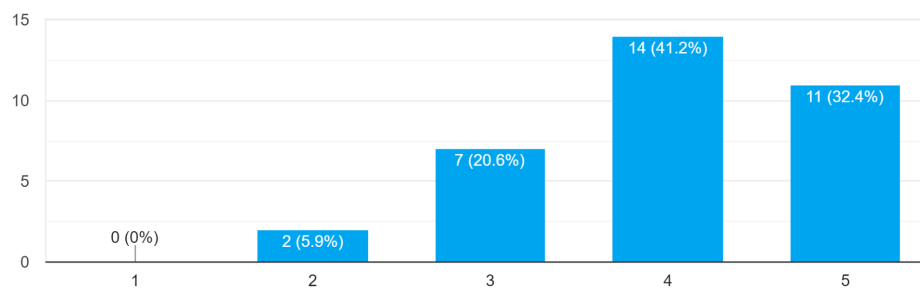
### How engaging was the session?

34 responses



### How relevant was the session?

34 responses



# **Old Age Home Visit - "ASHIRWAD"**

## Old Age Home Visit - "ASHIRWAD"

**Date:** 18th January 2024

**Time:** 11:00 A.M. – 2:30 P.M.

**Venue:** Dua Old Age Home, Noida

### Participants Profile:

- **Type of Participants:** Students and Faculty
- **No. of Participants:**  
20 Students + 1 Faculty = 21 Participants

### Highlights of the Activity:

- Interaction with elderly residents.
- Played games and sang songs with the residents.
- Cut a cake and distribute it among the elderly.
- Greeted residents with flowers and handmade greeting cards.
- Donated shawls to the residents as a gesture of warmth and care.

### Key Takeaways:

- The activity helped students gain experience in organizing events.
- It created awareness of social work and societal issues, especially concerning the elderly.
- It provided students with an understanding of the emotional and physical challenges faced by senior citizens.

### Summary of the Activity:

On the 18th of January 2024, the AVNI Club organized a visit to the Dua Old Age Home, where 20 students and 1 faculty member participated in a heartwarming interaction with the elderly residents. The students were enthusiastic and prepared personalized handmade cards to brighten the residents' day.

The old age home offered a homely and supportive environment where the elderly, though separated from their families, found companionship in one another. The students spent time interacting with them, playing games, and listening to the residents' stories, which gave the students valuable insights into life and aging.

The visit included cutting a cake and distributing it, along with cards and flowers, to bring joy to the elderly. In a touching moment, one student's father donated shawls for the residents, further enhancing the spirit of the occasion. Pictures were taken at the end of the visit, creating memories that both the students and residents will cherish.

### Follow-up Plan:

- The AVNI Club plans to continue this tradition of visiting the old age home next year to strengthen community ties and further social learning.



**AVANI**  
BUILDING A GREEN ECONOMY



**CHRIST**  
(DEEMED TO BE UNIVERSITY)  
DELHI - NCR , INDIA

**DEPARTMENT OF ECONOMICS**

School of Social Sciences  
CHRIST (Deemed to be University)  
Delhi NCR Campus

**SDG 3**  
promoting mental health and well-being for the elderly



**SDG 10**  
addressing social inclusion and equality for older people



**SDG 11**  
fostering inclusive and age-friendly communities.



**AVANI CLUB**

**ORGANISES**

**A VISIT TO**

**OLD AGE HOME**

**ASHIRWAD**





**DUA OLD AGE HOME,**  
**Noida**

**Date: 18 JANUARY 2024**  
**Time: 11 AM - 2 PM**



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[ncr.christuniversity.in](https://ncr.christuniversity.in)



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# **SBM Stalls during Sustainability Week**



## **SBM Stalls during Sustainability Week**

**Date:** 16th February 2024 (Friday)

**Time:** 09:00 AM – 04:00 PM

**Venue:** Garden Street of CHRIST

### **Participants Profile:**

- **Type of Participants:** Students of CHRIST
- **No. of Participants:** 100+

### **Synopsis of the Activity:**

The SDG - SBM stalls during Sustainability Week were designed to promote self-discovery, teamwork, and sustainability awareness through a series of engaging and fun activities. Two primary stalls were set up with distinct challenges that integrated mental, physical, and social skills, aligning with the broader goals of the Sustainable Development Goals (SDGs).

### **Highlights of the Stalls:**

#### **Stall 1: ODYSSEY**

- **Personality Test:** An interactive game designed to help participants discover their personality traits.
- **Push-Up Challenge:** A fitness challenge to test upper body strength and discipline.
- **Minute to Win It Games:**
  - **Water Ping Pong Challenge:** Focus and breath control are essential as students guide a ping pong ball across water.
  - **T-Shirt Challenge:** Participants multitask by putting on t-shirts while keeping a balloon afloat.

#### **Stall 2:**

- **7 Up & 7 Down:** A dice game testing math skills and luck with varying payout ratios based on the outcome.
- **Compatibility Test:** A quiz that explores the bond between friends through a series of questions.
- **Mystery Box Challenge:** A sensory game where participants identify objects inside a box using only touch, encouraging non-verbal communication.

### **Key Takeaways:**

#### **From Stall 1: ODYSSEY**

- **Self-Discovery:** The personality test provided participants with insights into their strengths and tendencies.
- **Physical Fitness:** The Push-Up Challenge encouraged participants to test their upper body strength, and other games promoted fitness through fun and movement.
- **Problem-Solving:** The “Minute to Win It” games required creative solutions and quick

thinking to complete the tasks.

- **Teamwork & Communication:** The T-Shirt Challenge emphasized teamwork and communication, especially when performed with a partner.

#### **From Stall 2:**

- **Risk & Reward:** The "7 Up & 7 Down" game allowed students to understand the concept of risk versus reward through mathematical decision-making.
- **Friendship & Compatibility:** The compatibility quiz fostered the exploration of friendships in a lighthearted, interactive way.
- **Non-verbal Communication:** The Mystery Box Challenge enhanced non-verbal communication skills by requiring participants to rely on touch alone to identify objects.

#### **Overall Takeaways:**

- The activities integrated physical, mental, and social challenges, providing a comprehensive learning experience.
- Students were able to learn about their strengths, decision-making abilities, and collaboration skills through fun and engaging games.
- The event fostered teamwork, competition, and personal growth while promoting key elements of the SDGs.

#### **Summary of the Activity:**

During the event, students participated in a range of activities that combined personality exploration, physical challenges, luck-based games, and communication exercises. Stall 1 focused on self-discovery, physical fitness, and problem-solving through interactive games, while Stall 2 emphasized risk-taking, friendship compatibility, and non-verbal communication skills.

Both stalls offered a dynamic, hands-on approach to learning that promoted the values of Sustainable Development Goals (SDGs) in a fun and engaging way. Students enjoyed the mix of mental, social, and physical activities that stimulated a sense of community, personal growth, and awareness of sustainability concepts.

These activities fostered teamwork, fun competition, and self-reflection, contributing to the overall success of the Sustainability Week.

# **Thrift and Handicraft Stall**

## **Thrift and Handicraft Stall**

**Date:** 13th October 2023

**Time:** 9:00 AM – 4:00 PM

**Venue:** Garden Street, CHRIST (Deemed to be University)

**Collaboration/Sponsor:** Wasted360

**Agenda:** To raise awareness around sustainability and healthy eating while promoting **SDG Goal 3 - Good Health and Well-being**.

### **Participants Profile:**

- **Type of Participants:**  
Students and Faculty of CHRIST (Deemed to be University)
- **Number of Participants:**  
20-30

### **Synopsis of the Activity:**

The Ecological Diversity Cell organized a thrift and handicraft stall aimed at promoting sustainability, eco-friendly practices, and healthy living among the Christite community. The stall featured a range of handcrafted items and thrifted goods, offering students an opportunity to explore entrepreneurship while supporting a sustainable lifestyle.

### **Highlights of the Activity:**

- **Homemade Items Sold:**  
Products such as handmade deodorants, paintings, and bookmarks were available for purchase.
- **Thrifted Clothes and Books:**  
In collaboration with Wasted360, the stall featured a collection of thrifted clothes and books, promoting the practice of recycling and reusing items.
- **Entrepreneurship and Organization:**  
Volunteers gained practical experience in event organization, customer communication, and entrepreneurial skills through the sale of handcrafted and thrifted items.
- **Fun Moment:**  
An interesting moment occurred when a teacher had her face painted while correcting answer scripts, adding a unique touch to the event.

### **Key Takeaways:**

- **Promotion of Sustainability:**  
The event encouraged eco-friendly habits and raised awareness about the importance of sustainability within the university community.
- **Skills Development:**  
Volunteers and participants gained valuable skills in entrepreneurship, teamwork, and event organization.

- **Community Engagement:**

The event fostered student bonding and encouraged engagement in sustainable practices.

### **Summary of the Activity:**

The thrift and handicraft stall, organized by the Ecological Diversity Cell on 13th October 2023, successfully promoted sustainability, healthy eating, and eco-friendly practices. Students sold homemade products such as deodorants, paintings, and bookmarks, while thrifted clothes and books were offered in partnership with Wasted360. Volunteers benefited from hands-on experience in entrepreneurship, communication, and event management.

A memorable highlight was when a faculty member had her face painted while grading papers, adding a fun and engaging element to the event. The overall feedback from participants was positive, emphasizing the importance of sustainable living and healthy practices.

### **Detailed Summary:**

The Ecological Diversity Cell, in collaboration with Wasted360, held a successful thrift and handicraft stall at CHRIST (Deemed to be University) on 13th October 2023. The initiative aimed to promote SDG Goal 3 - Good Health and Well-being by raising awareness about sustainability and healthy eating habits. Volunteers sold eco-friendly handmade items and thrifted goods, providing students and faculty with an opportunity to engage in responsible consumption.

The event was well-received, with students expressing appreciation for the opportunity to buy sustainable products while learning more about healthy living and eco-conscious habits. Additionally, the event gave volunteers valuable entrepreneurial experience, which could be applied to future initiatives.

### **Action Plan:**

- **Continue organizing similar events** to further promote sustainability, eco-friendly habits, and healthy living on campus.
- **Engage additional partners** to expand the range of items sold and increase the impact of future events.
- **Collect and analyze feedback** from participants to improve and refine the event structure and offerings in the future.

# **YUVARDHA VII**

## **Sports Fest**

## YUVARDHA VII Sports Fest

**Date:** 27th September – 1st October 2023

**Venue:** National Law University, Jodhpur

### Participants Profile:

- **Type of Participants:**  
Students from all batches of the School of Law, CHRIST (Deemed to be University), Bangalore Central Campus
- **Number of Participants:**  
58 students

### Synopsis of the Activity:

The YUVARDHA VII Sports Fest, hosted by National Law University Jodhpur, was a five-day event featuring various sporting competitions between students from different colleges across the country. The event fostered a sense of teamwork, sportsmanship, and friendly competition among participants while promoting physical fitness and camaraderie.

### Highlights of the Activity:

- The event commenced with an opening ceremony, featuring a **welcome speech by the Vice Chancellor of NLU Jodhpur** and an inspirational speech from **Balbir Singh Sr.**, former Indian Hockey Captain and Padma Shri Award winner. His speech offered insights into the world of sports and the perseverance required to excel.
- The tournament officially began the following day, with various events held over the next few days. The closing ceremony on the final day included a **prize distribution ceremony** recognizing the achievements of participants.
- The contingent from CHRIST (Deemed to be University) won **1st place in the Women's Throwball event** and earned medals in other competitions as well.
- The event fostered teamwork, collaboration, and unity within the CHRIST contingent. Students not only participated in sports events but also learned to respect the interests and needs of their fellow teammates and competitors.

### Key Takeaways:

- The tournament marked the **first external participation** of the School of Law CHRIST (Deemed to be University) contingent since the COVID-19 lockdown, making it a valuable experience for all participants.
- **Teamwork and Coordination:**  
Participants demonstrated leadership, collaboration, and ethical behavior while working as a team and competing in events. It also highlighted areas for improvement, which will help the contingent in future competitions.
- **Networking and Sportsmanship:**  
The event provided opportunities for the CHRIST contingent to network with students from other universities and maintain a **healthy competitive spirit**. This allowed them to engage in **healthy competition** while building new contacts.

### Summary of the Activity:



YUVARDHA VII, held from 27th September to 1st October 2023 at NLU Jodhpur, was a successful sports fest that allowed students from various universities to participate in friendly competitions. The event opened with an inspirational speech by sports legend Balbir Singh Sr., which motivated participants. The contingent from CHRIST (Deemed to be University) performed well, winning 1st place in the Women's Throwball event and earning other medals. The event not only promoted athletic excellence but also helped students foster teamwork, sportsmanship, and networking skills.

This was the first external event that CHRIST students participated in since the COVID-19 lockdown, making it a learning experience for improving future performances.

**Follow-up Plan:**

- **Future Participation:**  
The contingent plans to participate in more external sports fests to gain experience and improve performance in future competitions.

# **Demonstration on Waste Composting**

## Demonstration on Waste Composting

**Date:** 16th October 2023

**Time:** 03:00 P.M to 04:00 P.M

**Venue:** Waste Recycling Area, CHRIST (Deemed to be University) Bannerghatta Road Campus

### Guest Details:

- **Name:** Mr. Ravi
- **Title/Position:** Gardener, in charge of Recycling
- **Organization:** CHRIST (Deemed to be University) Bannerghatta Road Campus

### Participants Profile:

- **Type of Participants:**  
SDG Volunteers of 3 JOUH (Journalism Students)
- **Number of Participants:**  
7 participants

### Synopsis of the Activity:

The Department of Media Studies, in collaboration with the university's waste management staff, organized a practical demonstration to raise awareness about the **importance of waste segregation and composting**. The session emphasized the **effective disposal and decomposition of waste** and educated participants on the proper management of waste generated on campus.

### Highlights of the Activity:

1. **Waste Segregation and Decomposition:**  
The demonstration focused on educating participants about the **different types of waste**, their **decomposition periods**, and the significance of waste segregation in day-to-day life.
2. **Practical Display of Waste Items:**  
Participants were shown a variety of waste materials, including **food waste and dry waste**, and learned how long each type takes to decompose. The staff highlighted the process of managing organic waste, particularly waste generated in the campus canteen, such as fruit and vegetable leftovers, which take approximately **one week** to decompose.
3. **Recycling and Plastic Waste Management:**  
The staff explained the methods used to **handle plastic waste** and how it is managed by the university. The demonstration highlighted the importance of recycling and its impact on environmental sustainability.
4. **CSA Contribution:**  
The event acknowledged the role of the **Centre for Social Action (CSA)** in contributing to the waste management process on campus, particularly in promoting responsible recycling practices.

**Key Takeaways:**

1. **Educational Insight:**  
The demonstration provided participants with valuable information on the **proper segregation of waste**, equipping them with the knowledge to apply **waste management principles** in their daily lives.
2. **Hands-On Learning:**  
The practical demonstration helped students gain a deeper understanding of **environmental consciousness** by visually witnessing the process of **waste decomposition**.

**Summary of the Activity:**

The Department of Media Studies organized an engaging and educational demonstration on **waste composting** and **segregation** as part of its broader **waste management initiative**. During the session, participants were shown various types of waste—such as food and dry waste—and learned about their decomposition timelines. Special attention was given to **organic waste** from the campus canteen, which decomposes within a week. The session also explored how **plastic waste** is handled, and the crucial role of **recycling** was highlighted.

The event emphasized the contributions of the **Centre for Social Action (CSA)** to the university's waste management efforts. The demonstration was interactive and provided valuable knowledge, helping participants become more environmentally conscious and responsible.

**Follow-up Plan:**

- Continue organizing similar demonstrations to further promote responsible waste management and environmental sustainability.
- Engage more student volunteers and departments in future events.
- Explore opportunities to collaborate with external organizations specializing in waste management for future initiatives.

# Gratitude Board

## Gratitude Board

**Date:** 6th October 2023

**Time:** 01:00 PM to 02:00 PM

**Venue:** Foyer area near the lift in Block C

### Stall Representatives:

- **Shreyanka Bakshi**  
Class: 1 BSc Psy B
- **Devanshi Chandwani**  
Class: 1 BSc Psych B

### Participants Profile:

- **Type of Participants:**  
Students from various departments
- **Number of Participants:**  
30 participants

### Synopsis of the Activity:

The "Gratitude Board" was an awareness and activity-based initiative aimed at encouraging students to reflect on and express their gratitude. Students were invited to write down notes of gratitude and stick them on a board. Materials were provided at the stall, and as a token of appreciation, students were given sweets after writing their notes.

### Highlights of the Activity:

1. **Encouragement of Positive Thinking:**  
Students were encouraged to write notes of gratitude, allowing them to reflect on positive aspects of their lives.
2. **Interactive Engagement:**  
The stall provided materials for students to write and decorate their notes, making the activity interactive and engaging.
3. **Token of Appreciation:**  
Participants were given sweets for contributing their gratitude notes, adding an element of fun to the event.

### Key Takeaways:

- **Fostering Positivity:**  
The activity created a positive atmosphere and helped participants focus on gratitude, encouraging positive thinking and grounding students in thankfulness.
- **Increased Interest:**  
Many students were excited to participate and wrote unique notes of gratitude, highlighting the importance of such activities in promoting emotional well-being.

### Summary of the Activity:

The "Gratitude Board" activity allowed students from various departments to come together and share their notes of gratitude. The board was quickly filled with heartfelt messages as participants embraced the opportunity to reflect on positive moments in their lives. The simple act of writing and decorating notes fostered a sense of thankfulness, and students left feeling uplifted. The activity served as a reminder of the importance of gratitude in maintaining mental well-being, and the overall atmosphere was positive and encouraging.

# **Alzheimer's Awareness Workshop**



## Alzheimer's Awareness Workshop

1. **Name:** WG CDR DP Sabharwal  
**Title/Position:** Veteran  
**Organization:** Dementia India Alliance  
**Title of Presentation:** Alzheimer's Awareness
2. **Name:** Ms. Vipanchika  
**Title/Position:** Psychologist  
**Organization:** Dementia India Alliance  
**Title of Presentation:** Alzheimer's Awareness
3. **Name:** Mr. Abhishek  
**Title/Position:** Social Worker  
**Organization:** Dementia India Alliance  
**Title of Presentation:** Alzheimer's Awareness

### Participants Profile:

- **Type of Participants:**  
 1st Year Students of Master of Science - Psychology (Clinical) and 2nd Year Students of Bachelor of Arts - Communications and Psychology
- **Number of Participants:**  
 120 participants

### Synopsis of the Activity:

The Alzheimer's Awareness workshop aimed to educate students about Alzheimer's disease and dementia. The session covered various aspects of dementia, including symptoms, caregiving, and the social stigma surrounding the condition.

### Highlights of the Activity:

1. **Interactive Activity by Mr. Abhishek:**  
 An engaging exercise allowed students to experience the feelings of doubt, fear, and worry that dementia patients face.
2. **Introduction to Dementia by Ms. Vipanchika:**  
 Provided a simplified definition of dementia, explained warning signs and symptoms, and discussed the prevalence of different types of dementia.
3. **Role of a Caregiver by WG CDR DP Sabharwal:**  
 Focused on the challenges and responsibilities of caregivers, offering insights into managing the emotional and practical aspects of care for dementia patients.
4. **Volunteering Opportunities:**  
 The students were informed about the Dementia India Alliance and how they could volunteer for the organization.

### Key Takeaways:

1. **Early Identification of Dementia:**  
 The session highlighted the importance of recognizing dementia symptoms early to provide timely support.
2. **Understanding the Role of a Caregiver:**  
 Students gained insight into the emotional and physical demands placed on caregivers of

dementia patients.

**3. Addressing Stigma:**

The session emphasized the need to eliminate misconceptions and stigma associated with dementia and Alzheimer's disease.

**Summary of the Activity:**

The Alzheimer's Awareness workshop, organized by the Dementia India Alliance, was a highly informative and interactive session aimed at educating students about dementia and Alzheimer's disease. Through engaging presentations, the speakers—Mr. Abhishek, Ms. Vipanchika, and WG CDR DP Sabharwal—provided crucial insights into the condition, including the importance of early detection, caregiving roles, and eliminating the social stigma surrounding the disease. The session helped students develop a deeper understanding of the challenges faced by dementia patients and their caregivers.

**Follow-Up Plan:**

- Encourage students to volunteer with the Dementia India Alliance and support dementia patients and caregivers.
- Plan future awareness campaigns and educational sessions to further break the stigma surrounding Alzheimer's and dementia.

**Organizer Details:**

**Name:** Dr. Sherin Antony

**Designation/Title:** Assistant Professor / Coordinator

**Annexure: Speaker Profiles**

**WG CDR DP Sabharwal:**

A Veteran with a post-graduation in Aerospace Engineering from the Indian Institute of Science, Bengaluru. He served in the Indian Air Force for 26 years and has since been dedicated to teaching and social work. He is the founder and Chairman of ADRAG-India (Alzheimer Dementia Rotary Action Group) and has delivered over 180 talks on Alzheimer's awareness.

**Ms. Vipanchika:**

A psychologist with a background in HR, Ms. Vipanchika has shifted her focus to geriatric care and dementia awareness. She has worked with the Nightingales Medical Trust and is currently engaged with the Dementia India Alliance, increasing awareness about dementia care.

# **Campus Level Drive on Waste Management**

## Campus Level Drive on Waste Management

- **Date:** 16th October 2023
- **Time:** 03:00 PM - 04:00 PM
- **Venue:** Waste Recycling Area

### 2. Guest Details:

- **Name:** Mr. Ravi
- **Title/Position:** Gardener and In Charge of Recycling
- **Organization:** CHRIST (Deemed to be University), Bannerghatta Road Campus
- **Title of Presentation:** N/A

### 3. Participants Profile:

- **Type of Participants:** SDG Volunteers of 3 JOUH
- **No. of Participants:** 7

### 4. Synopsis of the Activity:

The **Media Studies Department** in collaboration with the university waste management staff organized a demonstration focusing on **waste segregation** and **decomposition**. The activity aimed to raise awareness about effective waste management and its environmental impacts. Various waste items, such as food waste and plastic, were showcased along with their decomposition timelines to promote a better understanding of the importance of segregating waste.

### 5. Highlights of the Activity:

1. **Waste Segregation Awareness:** The demonstration emphasized the importance of categorizing waste properly and how it can reduce the burden on the environment.
2. **Decomposition Process:** Participants were educated on how different types of waste decompose, with a practical demonstration of various waste items, including food and plastic waste.

### 6. Key Takeaways:

1. **Educational Insights:** The participants gained practical knowledge on segregating waste efficiently and learned about the environmental benefits of waste management.
2. **Hands-on Experience:** Through a practical display, participants deepened their understanding of the decomposition process, enhancing their environmental consciousness.



## 7. Summary of the Activity:

The **Media Studies Department** hosted a **demonstration** as part of a waste management drive. This event highlighted the need for **effective waste segregation** and its impact on the environment. During the activity, various types of waste, such as food scraps and dry waste, were displayed, and their decomposition timelines were explained. For instance, waste from the campus canteen, primarily fruit and vegetable leftovers, typically takes **one week** to decompose. The participants also learned about the management of plastic waste and the broader **recycling process** handled by the campus authorities.





*Christ University SDG-3*

Additionally, the **Centre for Social Action (CSA)**'s contribution to waste management efforts was acknowledged. Mr. Ravi, the Gardener and charge of Recycling, provided valuable insights, educating volunteers on the importance of **responsible waste management** and promoting **environmental consciousness** interactively and engagingly.

### **8. Follow-up Plan:**

No formal follow-up plan was mentioned. However, the session laid a strong foundation for continuous efforts in promoting responsible waste management practices within the campus.

**Name of the Organizer:** Dr. Jais Merlin P Augustine

**Designation/Title:** Assistant Professor, Department of Media Studies, Bannerghatta Road Campus

### **Annexure:**

- **Speaker Profile:**

Mr. Ravi is the Gardener and is In Charge of Recycling at CHRIST (Deemed to be a University), Bannerghatta Road Campus. He oversees waste management and composting activities on campus, contributing significantly to the university's sustainability initiatives.





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