



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE | DELHI NCR | PUNE

GOOD HEALTH AND WELL BEING

SDG-3

ANNUAL REPORT
2023-24

*Health for All,
A Future for All*



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Blood Donation Drive

31 Jan 2024

Venue: Ivy Hall, Christ University

No. of Participants: 171

On 31 January 2024, the School of Law, CHRIST (Deemed to be University), Central Campus, organized a Blood Donation Drive titled “Legion of Super Heroes” in collaboration with the Centre for Counselling and Health Services, St. John’s Medical College, and the Kidwai Memorial Institute of Oncology. Guided by the tagline “Heroes come in all blood types,” the drive inspired 171 donors to contribute to saving lives while promoting public health awareness. The initiative, aligned with SDG 3: Good Health and Well-being, emphasized access to safe blood and the importance of community health participation. Student volunteers managed registrations, screenings, and donor care, gaining hands-on experience in organizing large-scale health initiatives. The event fostered empathy, civic responsibility, and teamwork among participants, transforming awareness into action. By merging service with learning, the drive strengthened Christ University’s commitment to holistic education, health advocacy, and compassionate citizenship.



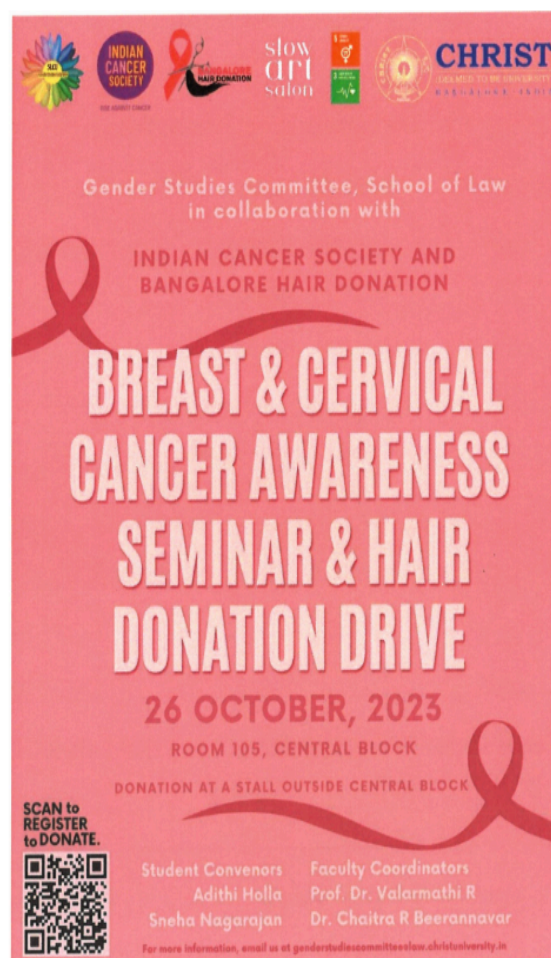
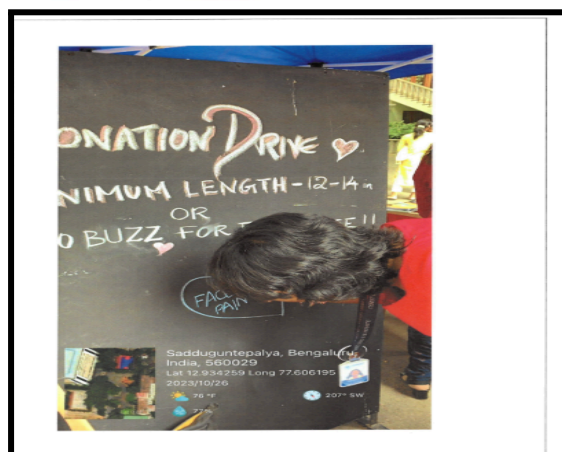
Awareness seminar on the early detection and Consequences of Breast and Cervical Cancer

26 October 2023

Venue: Room 105, Central Campus

No. of Participants: 60

On 26 October 2023, the Gender Studies Committee, School of Law, CHRIST (Deemed to be University), Bangalore, organized an Awareness Seminar on Breast and Cervical Cancer along with a Hair Donation Drive, in collaboration with the Indian Cancer Society, Bangalore Hair Donation, and Slow Art Salon. The seminar, featuring expert doctors from Sri Shankara Cancer Hospital, emphasized early detection, regular screenings, and destigmatizing women's health issues. Students gained valuable insights into preventive healthcare and the human side of cancer care. The hair donation stall saw enthusiastic participation, symbolizing solidarity and compassion for cancer survivors. Aligned with SDG 3: Good Health and Well-being, the initiative promoted awareness on preventive health, emotional healing, and community engagement. It also nurtured empathy, gender sensitivity, and social responsibility among law students, empowering them to become proactive advocates of holistic well-being and inclusive health awareness.



Extension Activity

18 Jan, 2024

Venue: Dua, Old Age Home, Noida

No. of Participants:21

On 18 January 2024, the AVNI Club, under the guidance of Dr. Reeta Tomar, organized an extension activity titled “Ashirwad” at Dua Old Age Home, Noida, to spread joy and companionship among the elderly. Twenty student volunteers spent the day engaging residents in games, songs, and heartfelt conversations, creating moments of warmth and connection. Handmade cards, flowers, and shawls added a personal touch, while a cake-cutting ceremony symbolized gratitude and togetherness. The visit profoundly impacted students, helping them develop empathy, emotional intelligence, and a deeper understanding of aging and community care. Aligned with SDG 3: Good Health and Well-being, the initiative promoted emotional wellness, intergenerational bonding, and compassion-driven service. “Ashirwad” became more than a visit—it was a lesson in humanity, inspiring students to value kindness and inclusivity, and the importance of nurturing mental and emotional health in society.



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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Practicing Emotional Intelligence: Awareness




1 November 2023

Venue: Seminar Hall, Delhi Campus

No. of Participants: 189

On 1 October 2023, the AVANI Club, Department of Economics, School of Social Sciences, CHRIST (Deemed to be University), Delhi NCR Campus, organized a transformative workshop titled “Practicing Emotional Intelligence: Awareness” led by Mrs. Lata Singh and Mrs. Chetna Singh, Founders of MEQ Academy, Noida. The session immersed 188 students in interactive activities and reflective discussions on empathy, self-awareness, and emotional regulation. Through engaging exercises and real-life examples, participants learned how to manage stress, resolve conflicts, and build healthy relationships. The workshop provided a safe space for open dialogue and personal growth, empowering students to better understand and express their emotions. Aligned with SDG 3: Good Health and Well-being, the initiative emphasized the importance of emotional wellness as a cornerstone of mental health and personal success. It inspired students to cultivate resilience, empathy, and mindfulness—skills essential for holistic well-being and responsible citizenship.





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

AVANI CLUB
Organises
workshop on
EMOTIONAL INTELLIGENCE





1 November 2023
11: 30AM- 12-30PM
Seminar hall, A block
3rd floor

MRS. LATA SINGH
Founder and director of
MEQ ACADEMY

FACULTY COORDINATOR:
Dr. Reeta Tomar-88264 48513

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

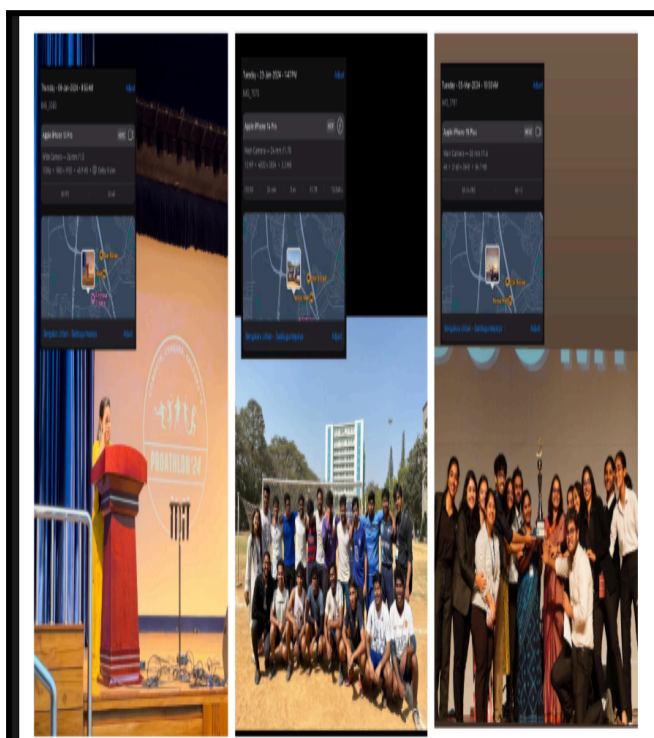
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Proathlon 2024 4-29 January 2024

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

No. of Participants: 1000

The Department of Professional Studies, CHRIST (Deemed to be University), hosted Proathlon 2024, a dynamic intra-department sports event held from 4 January to 29 January 2024 across the university's sports venues. Bringing together over 1,000 students, the event celebrated fitness, teamwork, and holistic growth through a range of athletic competitions. Designed to encourage balance between academics and physical well-being, Proathlon 2024 fostered a vibrant culture of health, discipline, and camaraderie. With safety, hydration, and inclusivity as key priorities, the event provided students with a platform to build endurance, leadership, and sportsmanship. Aligned with SDG 3: Good Health and Well-being, the initiative underscored the importance of regular physical activity and mental wellness as pillars of student success. The month-long celebration culminated with an energetic closing ceremony during Blossoms 2024, leaving participants inspired to embrace active, healthy lifestyles and contribute to a thriving, wellness-driven campus community.



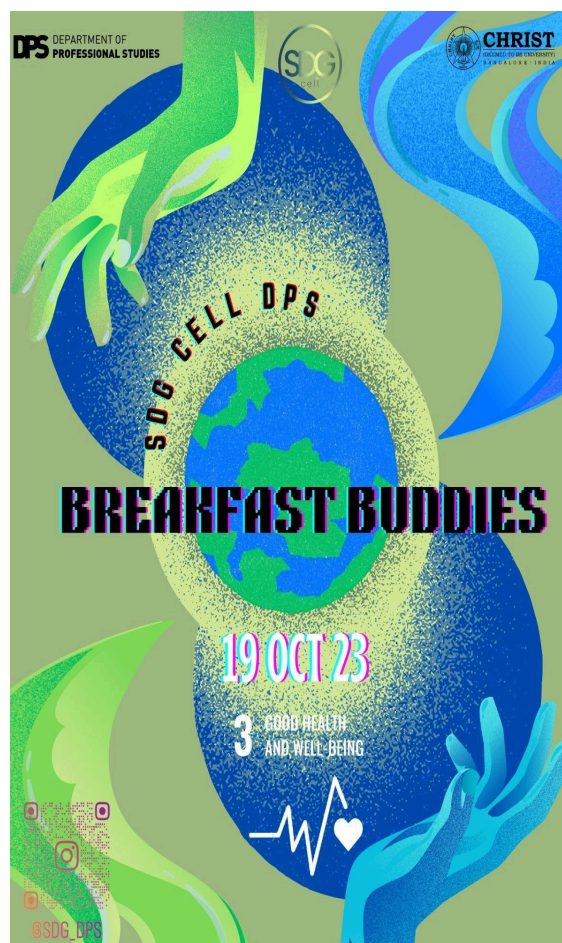
Breakfast Buddies

19 October 2023

Venue: Bird's Park , Central Campus

No. of Participants: 30

The SDG Cell, CHRIST (Deemed to be University) organized “Breakfast Buddies” on 19 October 2023 at Bird's Park, Central Campus—a student-led wellness initiative designed to nurture mental, emotional, and social well-being. Over a wholesome breakfast, students and SDG Cell members came together to share conversations, laughter, and mindfulness. Interactive activities such as icebreakers, group discussions, and team-building exercises encouraged open dialogue on stress, emotions, and self-care, creating a safe space for empathy and connection. The relaxed natural setting fostered calmness and positivity, allowing students to unwind beyond academic pressures. The event strengthened interpersonal skills, emotional intelligence, and inclusivity, building a culture of support within the university. Aligned with SDG 3: Good Health and Well-being, “Breakfast Buddies” promoted holistic health by linking nutrition, emotional resilience, and community care—showing that small acts of togetherness can create lasting impact on happiness and mental wellness across the campus.



Guest Lecture on Well Being

1 August 2023

Venue: KE Hall, Central Campus

No. of Participants: 800

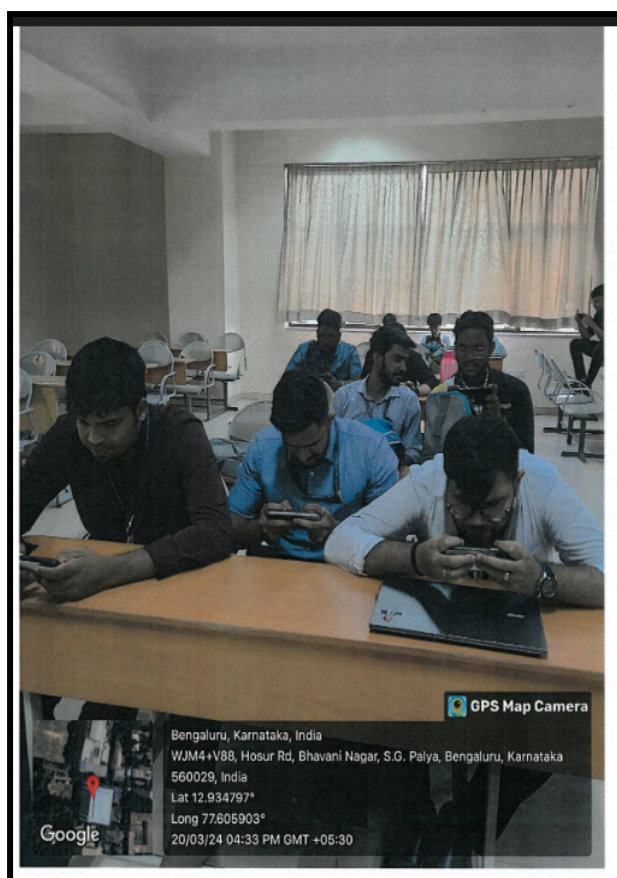
The Department of Psychology, CHRIST (Deemed to be University) organized a guest lecture on “Mental and Physical Well-being” on 1 August 2023 at KE Hall, fostering holistic health and emotional balance among first-year students. Conducted by student trainers Ms. Isabella and Ms. Anushka, the session created a safe, empathetic space for students to openly discuss challenges like homesickness, anxiety, and academic pressure. Through engaging peer-led discussions, participants learned practical strategies for self-care, stress management, and maintaining healthy routines. The session also introduced students to on-campus counseling and health resources, ensuring continuous support. With over 800 enthusiastic participants, the event helped break the stigma surrounding mental health while nurturing a sense of belonging and community care. Aligned with SDG 3: Good Health and Well-being, the initiative emphasized emotional resilience and proactive health awareness, empowering students to prioritize both mental and physical wellness in their academic journey.



Intra Department E-Sports Tournament 20-24 March 2024

Venue: School of Law, Central Campus
No. of Participants: 87

The School of Law, CHRIST (Deemed to be University), Central Campus, hosted the Intra-Department E-Sports Championship 2023–24 from 20 to 23 March 2024, bringing together 87 students for an engaging celebration of teamwork, strategy, and digital innovation. Featuring games like Call of Duty Mobile, Battlegrounds Mobile India, and FIFA 2024, the tournament fostered collaboration, focus, and healthy competition in an interactive, tech-driven environment. Beyond gaming, the initiative served as a platform for stress relief and mental rejuvenation, allowing students to unwind while enhancing their problem-solving, coordination and communication skills. By promoting digital literacy alongside emotional balance, the event aligned strongly with SDG 3: Good Health and Well-being, emphasizing the importance of mental wellness in holistic education. The championship not only strengthened community spirit but also encouraged students to view recreation as a meaningful part of personal growth—blending fun, focus and well-being in equal measure.



Mini Sports Event

16 February 2024

Venue: Sport Arena, Basement -1

No. of Participants: 79

The SDG Cell, Department of English and Cultural Studies, CHRIST (Deemed to be University), organized a Mini Sports Event on 16 February 2024 as part of Sustainability Week, celebrating health, happiness, and community spirit. With 79 participants, including students and faculty, the event transformed the Sports Arena into a lively hub of friendly competition and camaraderie. From chess and carrom to foosball and table tennis, participants engaged in games that nurtured focus, teamwork, and mental agility. The highlight, a “Step Count Challenge,” encouraged everyone to embrace fitness as part of their daily routine. By blending fun with wellness, the initiative promoted physical health, stress relief, and emotional balance, reinforcing the ideals of SDG 3: Good Health and Well-being. More than a sports meet, it became a movement toward mindful living—empowering students to prioritize self-care, connection, and holistic growth in their academic journey.

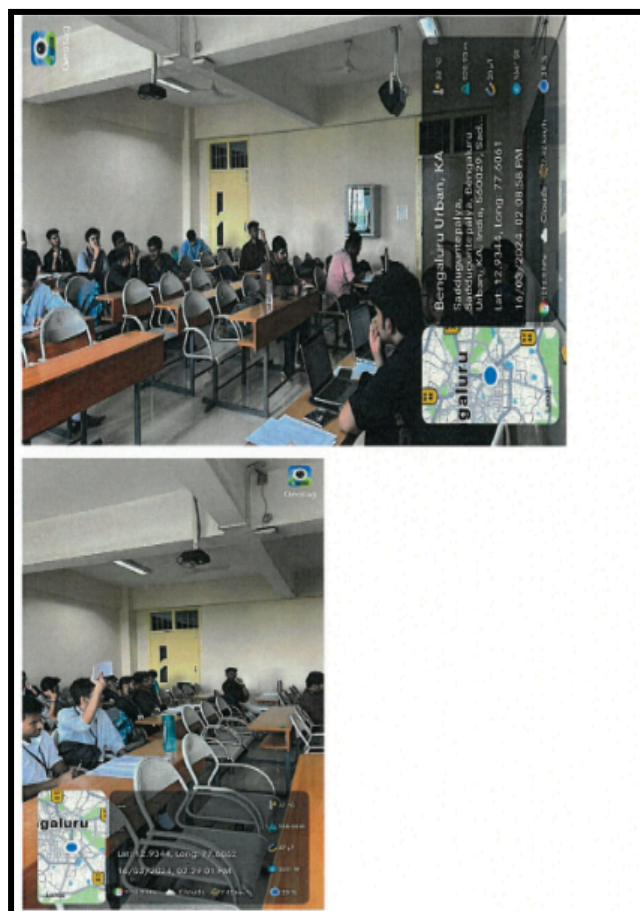


IPL Auction **16 March 2024**

Venue: Classroom No.417

No. of Participants: 40

The School of Law, CHRIST (Deemed to be University), Central Campus, hosted an exciting intra-department event titled “Cricket Quiz and IPL Auction” on 16 March 2024, blending intellectual challenge with sporting enthusiasm. Conceptualized by fifth-year student Ryan James, the event brought together 40 students in 20 teams, who tested their cricket knowledge and strategic thinking through a quiz and a simulated IPL auction. The activity fostered teamwork, quick decision-making, and leadership while promoting a sense of balance between academics and recreation. By encouraging mental agility, stress relief, and peer collaboration, the initiative advanced the ideals of SDG 3 – Good Health and Well-being, emphasizing the importance of mental fitness and social engagement in student life. The event not only celebrated the spirit of healthy competition but also inspired participants to embrace learning with energy, creativity, and community spirit—true to CHRIST’s holistic approach to education.



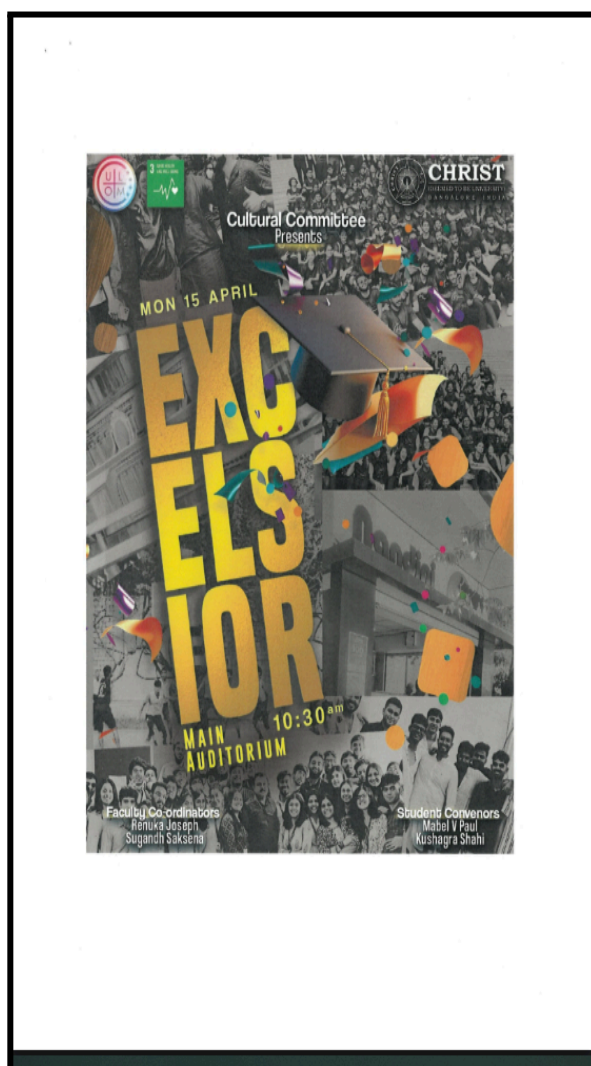
Intra Departmental Cultural Farewell

15 April 2024

Venue: Main Auditorium

No. of Participants: 1900

The School of Law, CHRIST (Deemed to be University), Bengaluru, hosted its annual cultural and farewell celebration, “Excelsior 2024,” on 15 April 2024 in the Main Auditorium, bringing together over 190 students from all batches. The event was a vibrant blend of performances, reflection, and celebration, featuring the SLCU Choir, Dance Team Pravah, and heartfelt acts by graduating students. Through music, dance, and shared memories, students found an outlet for emotional expression, joy, and community bonding—fostering mental well-being and stress relief in line with SDG 3: Good Health and Well-being. Inspirational addresses by the Dean, HOD, and Director encouraged resilience, ethics, and lifelong learning, inspiring students to carry forward the Christite spirit. By promoting togetherness, gratitude, and positivity, “Excelsior 2024” became more than a farewell—it was a celebration of holistic growth, emotional wellness, and the strength of shared human connection.



PCOD/PCO's Awareness

26 October 2023

Venue: Council Room, Central Block, Christ University

No. of Participants: 25

The Ecological Diversity Cell at CHRIST (Deemed to be University), Central Campus, organized a PCOD/PCOS Awareness Seminar on 26 October 2023, led by Dr. Gayatri, a gynecologist. The session aimed to raise awareness about Polycystic Ovary Syndrome (PCOS) and Polycystic Ovarian Disease (PCOD) among students, faculty, and healthcare professionals. Dr. Gayatri explained the differences between PCOD and PCOS, their symptoms, and subtypes, while emphasizing the importance of early diagnosis and lifestyle management through nutrition, exercise, and stress control. The seminar encouraged open discussions on women's health, reduced stigma, and equipped participants with practical knowledge for preventive care. By promoting awareness and holistic well-being, the event directly supported SDG 3: Good Health and Well-Being, inspiring students to prioritize health and advocate wellness within their communities.



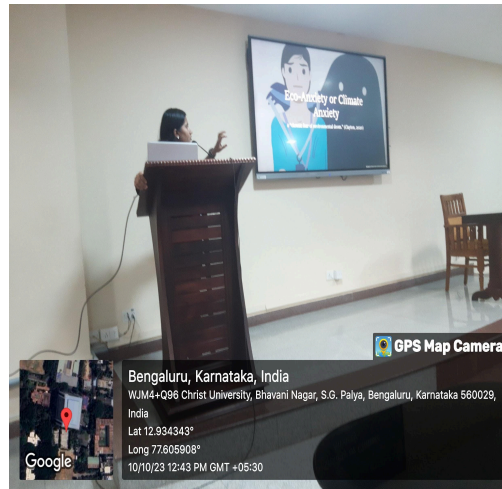
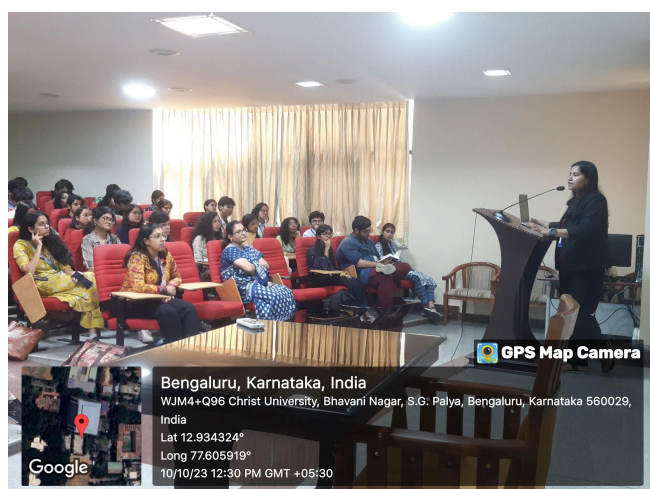
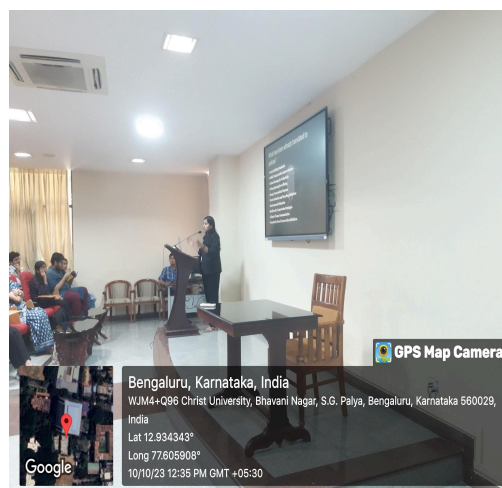
Psychology of Planet Earth: Exploring Eco-Anxiety and Mental Well-Being

10 October 2023

Venue: Council Room, Central Block, Christ University

No. of Participants: 30

The Ecological Diversity Cell, in collaboration with the Climate Lab, Yeshwanthpur Campus, organized a session titled “Psychology of Planet Earth: Exploring Eco-Anxiety and Mental Well-Being” on 10 October 2023 at CHRIST (Deemed to be University). Led by Dr. Alphonsa Jose K, Assistant Professor of Psychology, the session marked World Mental Health Day and explored the psychological impact of environmental degradation. Participants discussed the Gaia hypothesis, eco-anxiety, and the emotional effects of climate change. The session emphasized mindfulness, conscious ecological action, and collective responsibility as ways to cope with climate-related stress. It helped students understand the deep connection between mental and planetary health, inspiring them to adopt resilient, eco-conscious lifestyles. The initiative directly supported SDG 3: Good Health and Well-Being by promoting emotional resilience and environmental mindfulness.



Anti-Smoking Week Art Installation

18 Jan 2024

Venue: Front of the central block, Bangalore central campus

No. of Participants:

The Anti-Smoking Week Art Installation, organized on 18 January 2024 in front of the Central Block, CHRIST (Deemed to be University), Bangalore Central Campus, was a co-curricular initiative led by MSc Psychology (Health and Well-being) students Abharna KJG, Abirami Roy, Sathvika Shyam, and Narain KB under the Wevolve Wellness Clinic. The installation encouraged participants to express motivational messages through drawings, paintings, and writings to support individuals trying to quit smoking and substance use. Facilitators engaged participants by sharing information about the psychological impact of substance dependence and promoting Wevolve's wellness services for mental health and counseling. The interactive art activity created an open, empathetic space that combined creativity with awareness, drawing strong participation and positive feedback. By promoting reflection, empathy, and collective encouragement, the event not only raised awareness about substance cessation but also highlighted the importance of community and mental health support.

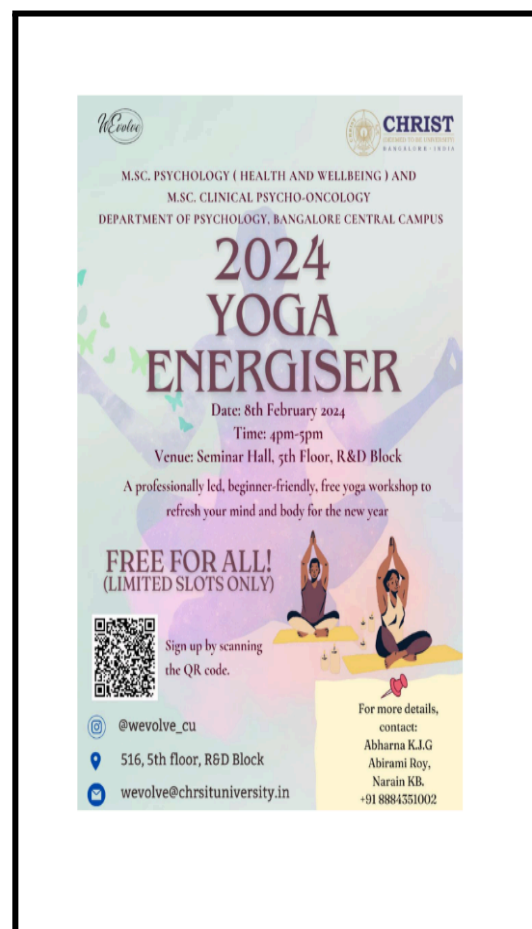
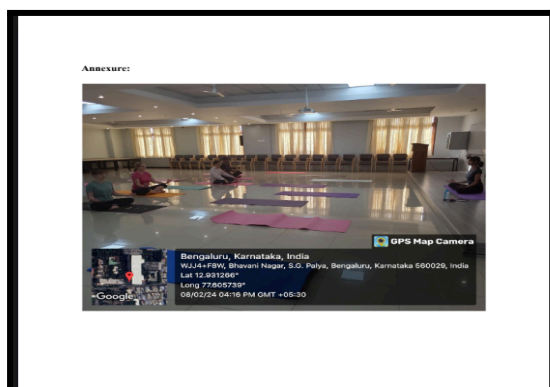
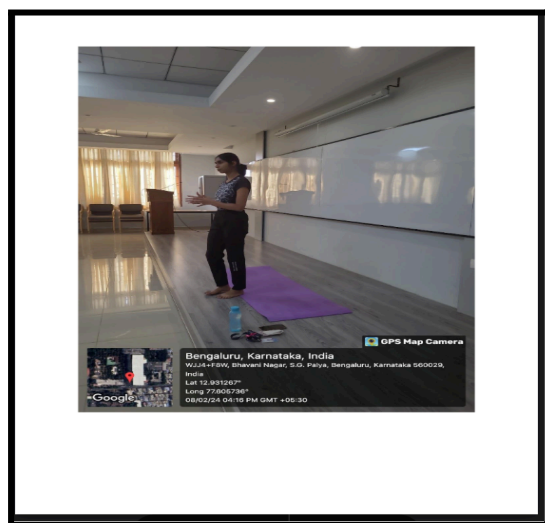


Yoga Energizer **8 February 2024**

Venue: Room number: 530 (Seminar Hall), 5th Floor, R & D Block, Central campus.

No. of Participants: 4

The Yoga Energiser 2024 session, organized by Team WEvolve Community Clinic, Department of Psychology, CHRIST (Deemed to be University), Central Campus, was held on 8 February 2024 from 4:00 p.m. to 5:00 p.m. in Room 530, R&D Block. The session was facilitated by Ms. Jadhav Sakshi Dattajirao, an internationally certified yoga practitioner, and coordinated by Abiramy Roy, Narain KB, and a team from the MSc Psychology (Health and Well-being) program. Designed to promote holistic wellness and a healthy start to the year, the workshop included guided practice in sukshma vyayam (micro exercises), Suryanamaskar, a series of six asanas, Shavasana, and various pranayama techniques such as Anulom Vilom, Kapalabhati, and Omkars. The session emphasized the physical and psychological benefits of yoga, including improved posture, flexibility, cardiovascular health, and emotional balance. Participants actively engaged in the step-by-step practice, gaining insight into integrating yoga into their daily routines. The event embodied the principles of good health and well being fostering mental clarity, physical vitality, and mindfulness among postgraduate students.



Cathartic Event 5 October 2023

Venue: Respective Classrooms

No. of Participants: All classes under the Psychology Department

The Department of Psychology at CHRIST (Deemed to be University) organized the Cathartic Movement Event on 5 October 2023 to promote emotional well-being through creative movement and spontaneous expression. The initiative introduced movement therapy as a tool for emotional release, stress reduction, and self-awareness. Student volunteers surprised classrooms with short dance sessions to lively music, transforming regular hours into moments of joy, energy, and connection. The experience encouraged students to express emotions freely, relieve stress, and build positive peer interactions. By highlighting the mind-body connection and the therapeutic value of movement, the event strengthened mental resilience and community bonding. It directly supported SDG 3: Good Health and Well-Being by fostering emotional balance, social inclusion, and holistic wellness within the university setting.

Photos



Community Outreach Extension activity
15 March 2024

Venue: Bangalore Institute of Dental Sciences (BIDS)

No. of Participants:100

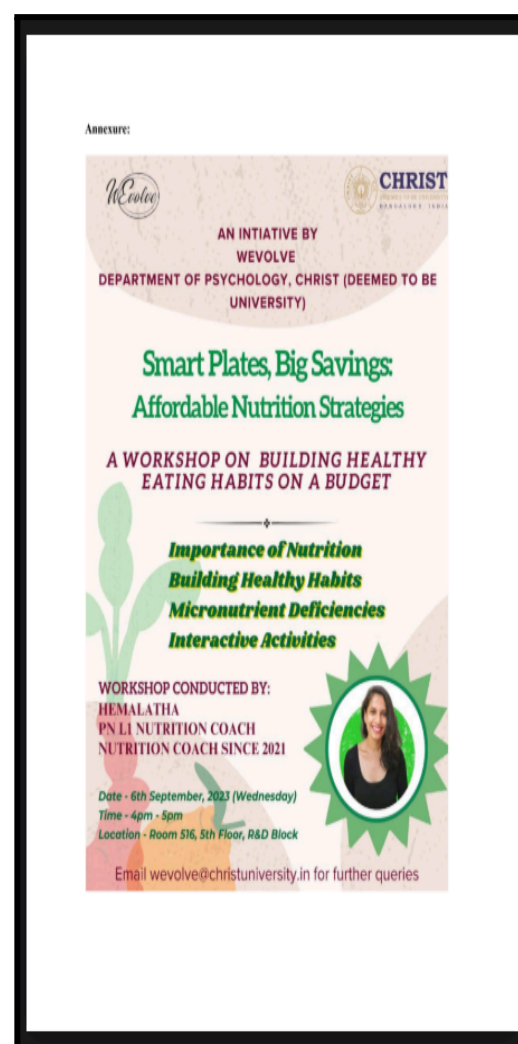
The Department of Psychology, CHRIST (Deemed to be University), in collaboration with Wevolve, a wellness clinic for mental health and holistic well-being, conducted a Stress Management Session on 15 March 2024 at the Bangalore Institute of Dental Sciences (BIDS). Facilitated by Dr. Patrick Jude L and Dr. Manjusha G. Warriar, the program aimed to help students and faculty effectively manage stress through practical techniques. Participants learned about the physiological and psychological aspects of stress and engaged in mindfulness and relaxation exercises such as Box Breathing, Guided Imagery, and Jacobson's Progressive Muscle Relaxation. These experiential activities enhanced self-awareness, emotional regulation, and resilience. The session emphasized mental well-being as a foundation for academic and professional success, receiving positive feedback for its interactive approach. Strengthening collaboration between CHRIST University and BIDS, the initiative supported SDG 3: Good Health and Well-Being by promoting mental health literacy and holistic wellness.



Extension activity by Wevolve- Affordable Nutrition Strategies 6 September 2023

Venue: 516, 5th floor, R and D block, Bangalore central campus
No. of Participants: 15

The Wevolve – Community Clinic, under the Department of Psychology, CHRIST (Deemed to be University), conducted an extension activity titled “Smart Plates, Big Savings: Affordable Nutrition Strategies” on 6 September 2023 at the Bangalore Central Campus. Led by Certified Nutrition Coach Hemalatha, the workshop focused on making nutritious food accessible and affordable for postgraduate students. It offered low-cost dietary tips, free resources such as grocery lists and high-protein recipes, and stressed the importance of balanced meals, micronutrients, and mindful eating. By guiding students to meet their nutritional needs on a budget, the session promoted food security, reduced the risk of malnutrition, and encouraged sustainable eating habits, aligning with SDG-2: Zero Hunger.

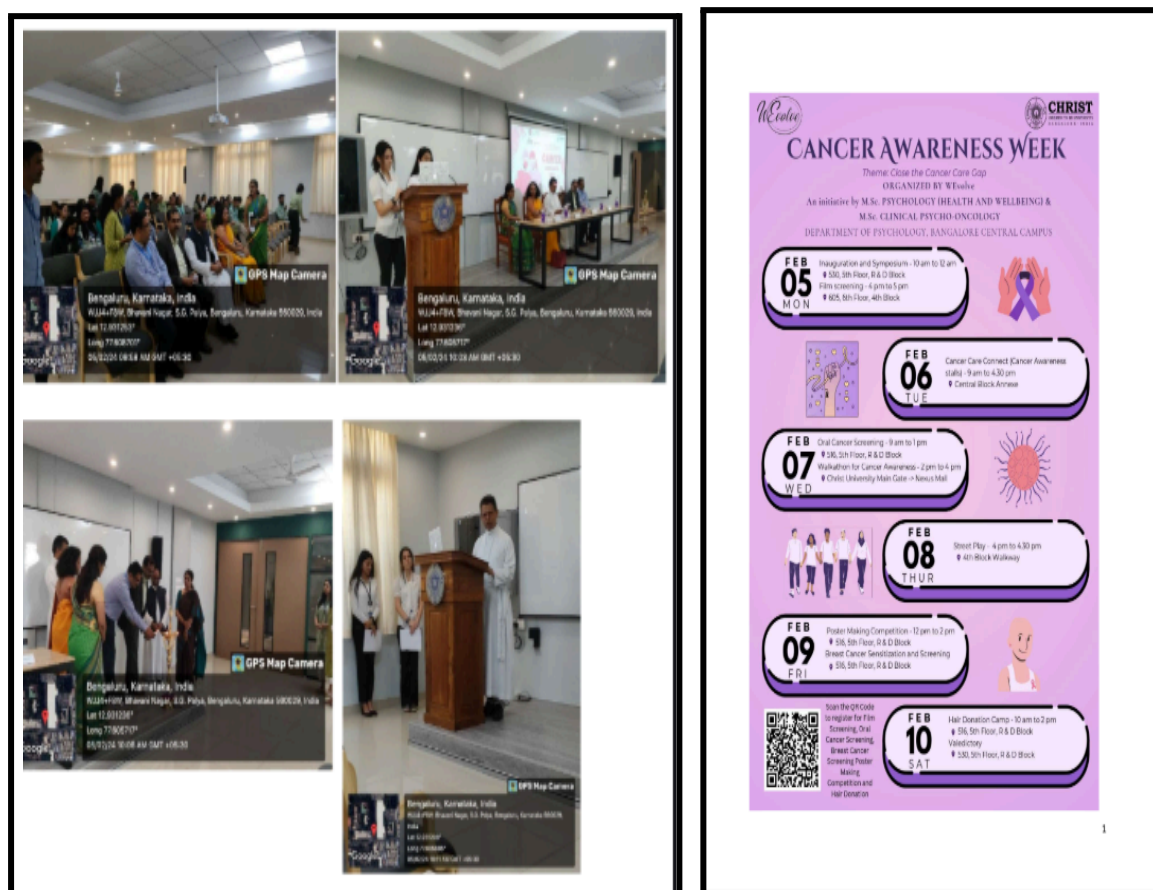


Inaugural Ceremony and Symposium **5 February 2024**

Venue: Room no 530, 5th Floor, R & D Block

No. of Participants: 65

The Department of Psychology, CHRIST (Deemed to be University), organized the Inaugural Ceremony and Symposium on Cancer Awareness Week on 5 February 2024 at the Central Campus, themed “Close the Cancer Care Gap.” The event emphasized equitable and holistic cancer care and was graced by Vice Chancellor Rev. Dr. Joseph C.C., Pro Vice Chancellor Dr. Viju P.D., Dean Dr. Tony Sam George, and other dignitaries. Keynote speaker Dr. Rekha B.R., Gynaec-Oncologist at Shankara Cancer Hospital, highlighted the psychosocial challenges faced by patients and the importance of emotional and community support. The symposium, chaired by Dr. Manjusha Warriar, featured expert talks on psycho-oncology, patient-centered care, and research in cancer psychology. The event fostered awareness, empathy, and interdisciplinary dialogue, inspiring participants to advocate for compassionate mental health care in medical settings, aligning with SDG 3: Good Health and Well-Being.



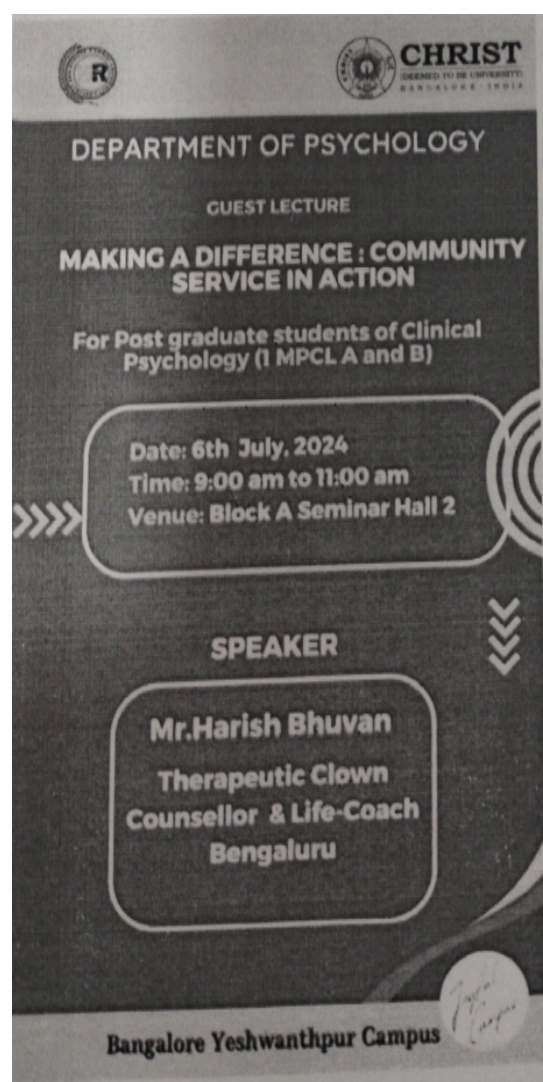
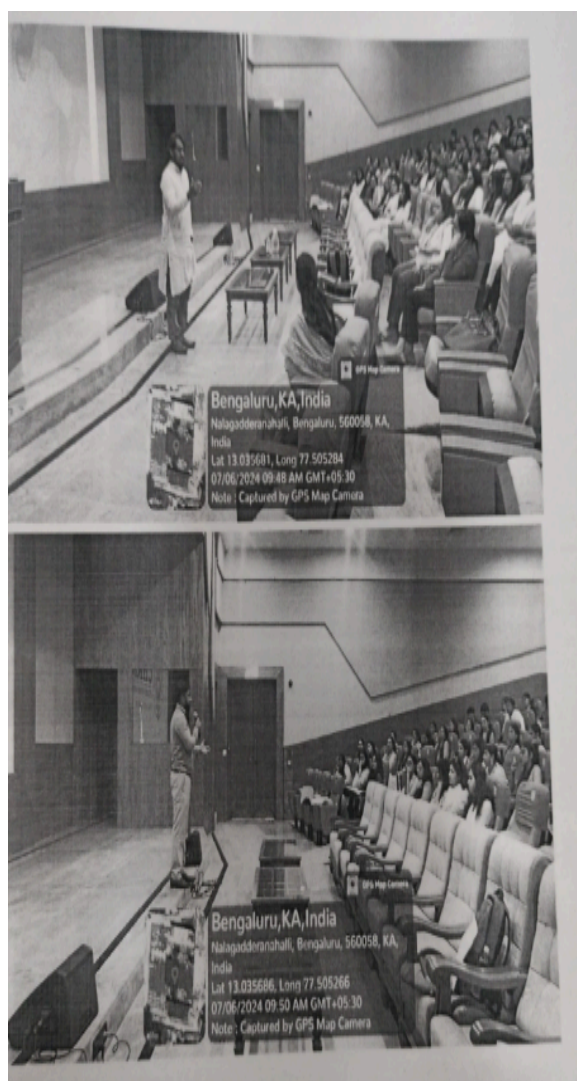
Making a difference community service in action

6 July 2024

Venue: Seminar Hall

No. of Participants: 133

As part of the MPCL first-semester orientation, CHRIST (Deemed to be University) organized a guest lecture titled *"Making a Difference: Community Service in Action"* on 6 July 2024. The session, led by Mr. Harish Bhuvan, Therapeutic Clown Counsellor and Life Coach, highlighted his journey of overcoming depression through serving others and founding a therapeutic clowning initiative. Using storytelling and video demonstrations, he showed how empathy, humor, and kindness can promote healing and resilience. The talk inspired students to view community engagement as a means of personal fulfillment and emotional growth. It encouraged them to adopt compassion-driven practices that support both self and society. By linking service, purpose, and well-being, the event reinforced SDG 3: Good Health and Well-Being, fostering mental wellness and social connection.



Digital Detox

4 October 2023

Venue: Foyer area near library in block B

No. of Participants: 44

The Digital Detox awareness activity, held on 4 October 2023, at the foyer area near the library in Block B, encouraged students to take a mindful break from their devices and engage in interactive, wellness-focused activities. Facilitated by Safia (1MPCL B), the initiative aimed to promote mental well-being and highlight the benefits of reducing screen time through creative, community-based participation. The event featured engaging activities such as “Taking Away Phones”, where participants surrendered their devices for 30 minutes, “Coffee with Christ”, which included playful Freudian slip prompts related to AI, and a Bingo challenge with fun “spin-the-wheel” consequences. Over 40 participants, including students and faculty, took part enthusiastically, enjoying a light-hearted yet meaningful break from digital distractions. The activity successfully raised awareness about the importance of digital balance, mindful living, and authentic social interaction, aligning with the principles of SDG 3: Good Health and Well-Being.



Pop Psychology

4 October, 2023

Venue: Foyer area near library in Block B

No. of Participants: 44

The Pop Psychology awareness activity, held on 4 October 2023 at the foyer area near the library in Block B, was an engaging and educational initiative designed to debunk common myths about psychology and mental health. Facilitated by Rachaita Sao (1BSc PSY A), the stall invited students from various departments to participate in a fun, interactive activity where they had to decide whether given statements were *facts or myths*. Participants “popped” balloons to reveal their answers and were rewarded with treats for correct responses, creating a lively and participatory atmosphere. The activity successfully encouraged critical thinking and evidence-based understanding, motivating students to question stereotypes and avoid misconceptions about psychology and human behavior. By combining learning with enjoyment, the initiative fostered greater mental health awareness and rational inquiry among students, aligning with SDG 3: Good Health and Well-Being and SDG 4: Quality Education.



Positive Psychology for Well Being Across Culture

2 August 2024

Venue: Seminar Hall 1 – A Block

No. of Participants:200

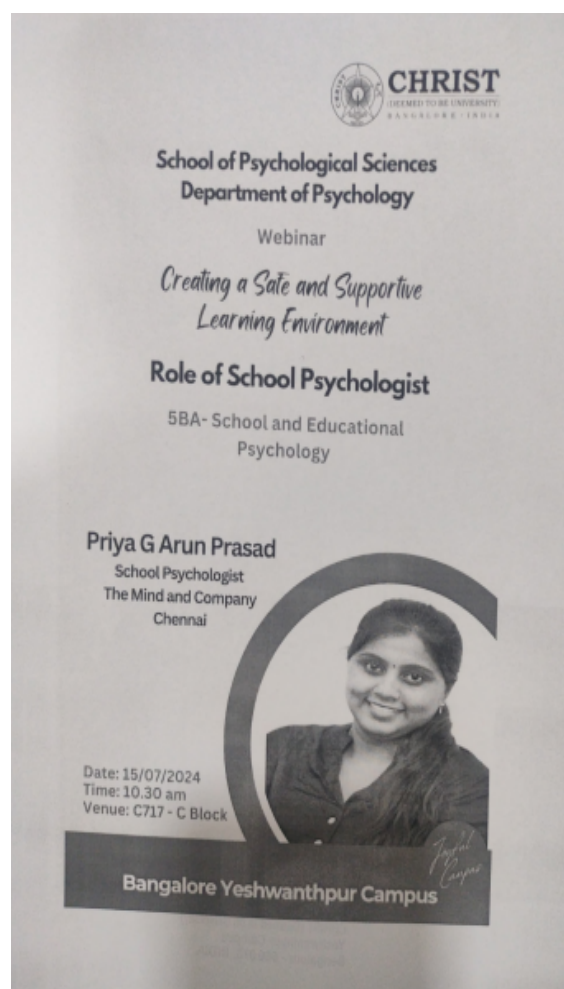
The Guest Lecture on “Positive Psychology for Well-Being Across Cultures” held on 2 August 2024 at Christ University Bangalore provided students with a global perspective on mental health and well-being. Delivered by Dr. Itumeleng Khumalo, Associate Professor and HPCSA-registered Clinical Psychologist from the University of Johannesburg, the session explored the evolving landscape of positive psychology through the lens of cultural diversity. Dr. Khumalo emphasized African cultural practices and community values as key contributors to holistic well-being, while also drawing parallels to Indian spiritual traditions such as meditation and yoga, illustrating their continued relevance in modern therapeutic and wellness frameworks. The lecture introduced students to cutting-edge research and influential publications shaping the future of well-being studies, encouraging culturally inclusive approaches to psychological research and practice.



Creating Safe and Supporting Environment for Learning **15 July 2024**

Venue: C717, C Block
No. of Participants: 50

The Department of Psychology, CHRIST (Deemed to be University) organized a webinar on “Creating Safe and Supportive Environment for Learning” on 15 July 2024. The session was led by Ms. Priya G. Arunprasad, School Psychologist at Mind and Company, who delivered an engaging presentation on the “Role of School Psychologist.” The webinar provided students with valuable insights into the roles and responsibilities of school psychologists and their contribution to fostering a positive and inclusive learning atmosphere. Ms. Priya discussed practical strategies and interventions used in school settings to enhance student well-being and academic success. Participants interacted actively with the resource person, seeking clarity on career pathways and skill sets essential for aspiring school psychologists. The session successfully deepened students’ understanding of mental health support in educational contexts and highlighted the importance of creating safe, nurturing environments that promote holistic growth and emotional resilience among learners.



Volunteer Activity

17-18 April 2024

Venue: Dr M V Govindaswamy Centre-NIMHANS
No. of Participants: 37

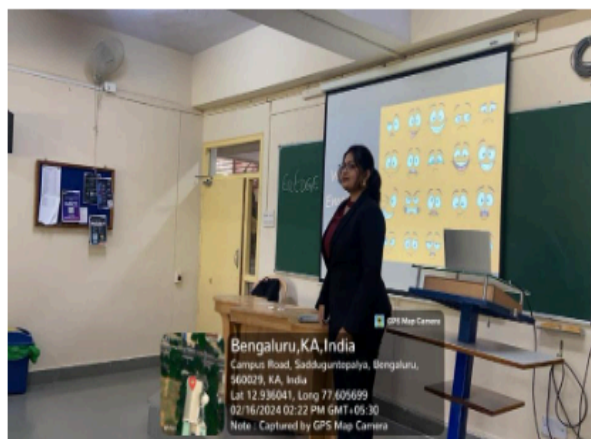
The Department of Theatre Studies, English and Psychology (TEP), CHRIST (Deemed to be University) organized a volunteer activity, titled “*Exploring the Potential of Applied Theatre as a Tool for Practice-Based Learning in Good Health and Well-Being,*” in collaboration with the SDG Cell, Department of Psychiatric Social Work, NIMHANS, on 17th and 18th April 2024 at the Dr. M. V. Govindaswamy Centre, NIMHANS. A total of 37 students from the sixth semester participated in this experiential initiative that integrated theatre and mental health practices to promote emotional well-being and self-expression. The sessions featured diverse creative interventions, including sock puppetry, movement, song-making, clowning, role-playing, origami, and zentangle art—each designed to reduce stress, enhance communication, and foster mindfulness. Participants engaged in reflective exercises that encouraged emotional regulation, empathy, and team dynamics while exploring the therapeutic dimensions of theatre. The collaborative program successfully demonstrated how applied theatre can serve as a transformative tool for mental health awareness and personal growth, laying the groundwork for future joint initiatives and practice-based learning experiences between CHRIST University and NIMHANS.





EQ Edge 16 February 2024

Venue: Audi Block
No. of Participants: 40

The SDG Cell, School of Business and Management (SBM), CHRIST (Deemed to be University) organized an interactive speaker session titled “EQ Edge” on 16th February 2024. The session was conducted by Ms. Vaibhavi Shet, a psychologist and expert in Emotional Intelligence, who explored the importance of understanding and managing emotions to enhance personal and professional well-being. Through an engaging discussion and interactive exercises, participants learned how emotional intelligence shapes thoughts, behaviors, and decision-making. The speaker emphasized building emotional resilience through self-compassion, mindfulness, and supportive relationships, while also discussing strategies for goal setting, adaptability, and self-growth. Students actively participated and reflected on their own emotional patterns, gaining practical insights into developing self-awareness, empathy, and coping mechanisms. The session effectively reinforced the relevance of Good Health and Well-Being, promoting holistic mental wellness, emotional balance, and positive interpersonal relationships within academic and personal spaces.





SUSTAINABLE DEVELOPMENT GOALS CELL
SCHOOL OF BUSINESS AND MANAGEMENT
PRESENTS

EQ EDGE


From Head to Heart.. Hacking Your Emotions for Success

Vaibhavi Shet

CLINICAL PSYCHOLOGIST, COUNSELOR,
CERTIFIED PERSONAL DEVELOPMENT
(NEUROSCIENCE, EQ, NLP)

16TH FEBRUARY, 2024
AUDI BLOCK, ROOM 801
CHRIST CENTRAL CAMPUS
02:00 PM ONWARDS

SCAN TO REGISTER



SBM Stalls during Sustainability Week 16 February 2024

Venue: Garden Street of CHRIST

No. of Participants: 100

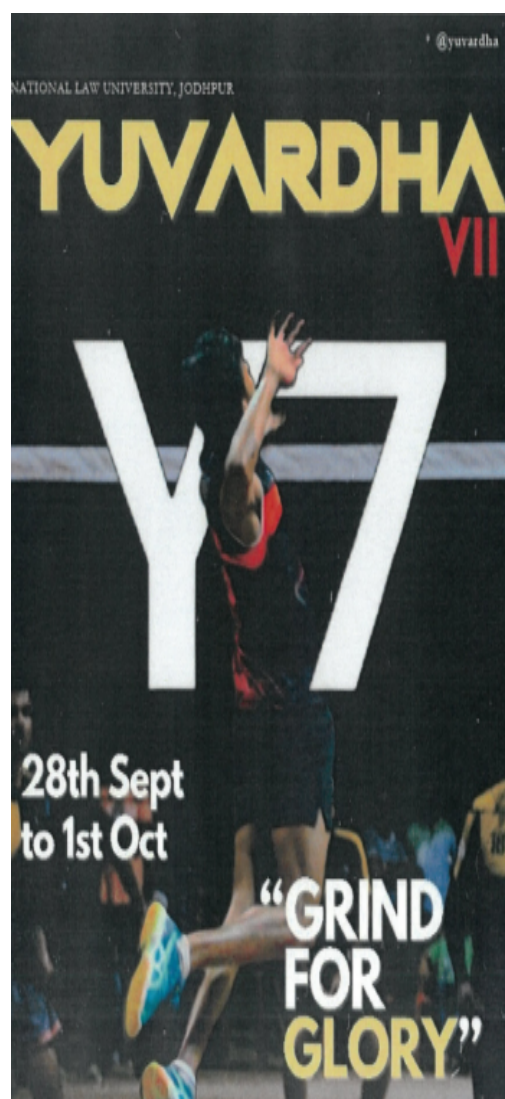
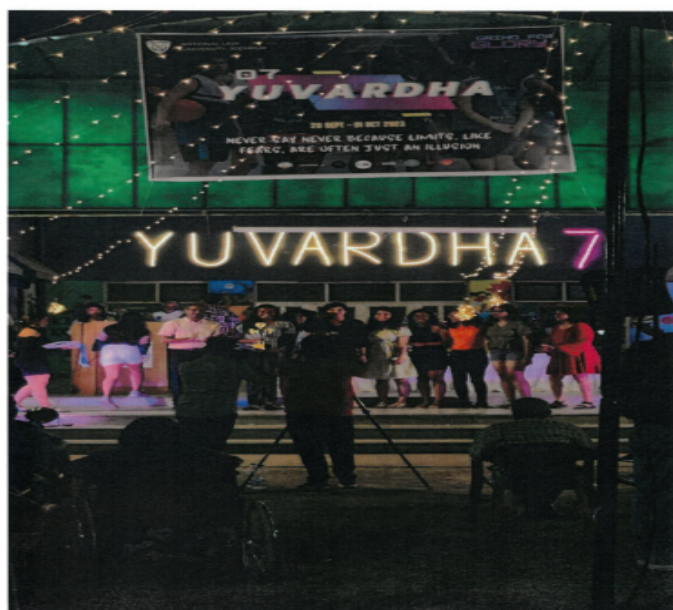
The SDG Cell, School of Business and Management (SBM), CHRIST (Deemed to be University) organized SDG-themed stalls as part of Sustainability Week on 16th February 2024 along Garden Street. Over 100 students enthusiastically participated in interactive and engaging activities that combined fun, learning, and awareness of the Sustainable Development Goals. Stall 1 “Odyssey” featured activities like a personality test, push-up challenge, and “Minute to Win It” games that promoted self-discovery, physical fitness, focus, and problem-solving skills. Stall 2 included games such as “7 Up & 7 Down,” a compatibility test, and a mystery box challenge that encouraged risk-taking, teamwork, and non-verbal communication. Together, these stalls offered a dynamic blend of physical, mental, and social engagement, fostering self-awareness, collaboration, and emotional intelligence among students. The event successfully combined entertainment with education, creatively reinforcing the principles of sustainability and holistic well-being through interactive, experiential learning.



Sports Fest Yuvardha
27 Sept to 1 Oct 2023

Venue: National Law University, Jodhpur
No. of Participants: 58

Students from the School of Law, CHRIST (Deemed to be University) participated in the Inter-University Sports Fest “Yuvardha VII” held at National Law University, Jodhpur, from 27th September to 1st October 2024. The event featured an inspiring inaugural address by Balbir Singh Sr., Padma Shri awardee and former Indian Hockey Team captain. The fest provided a platform for students to showcase athletic skills and teamwork, with the SLCU contingent winning 1st place in the Women’s Throwball event. Supporting SDG 3 – Good Health and Well-Being, the event promoted physical fitness, mental resilience, and emotional balance. As the first external participation post COVID-19, it fostered enthusiasm, camaraderie, and healthy competition, reflecting the University’s commitment to holistic wellness and student development.



Menstrual Health & Hygiene: Confidence Bloom with Every Cycle- 13 August 2025

Venue: Seminar Hall, 4th Floor, Block 5

No. of Participants: 100

On August 13, 2025, the School of Business and Management, CHRIST (Deemed to be University), Kengeri Campus, conducted a session on “Menstrual Health & Hygiene: Confidence Bloom with Every Cycle” as part of the Personality Development Programme (Day 1). Led by Dr. Seela Mathew, Medical Officer at CHRIST University, the session provided valuable insights into menstrual health, anatomy, and hygiene practices. She explained the menstrual cycle in detail, discussed symptoms such as mood swings and cravings, and addressed misconceptions surrounding menstruation. Dr. Mathew also highlighted the importance of understanding sexually transmitted diseases (STDs), their transmission, and the limitations of preventive methods like condoms, while warning against the misuse of abortion pills. The interactive session included an anonymous Question & Answer session, creating a safe space for open discussion. Overall, the session was informative, engaging, and empowering, effectively promoting awareness about reproductive health and personal well-being among female students.



CHRIST (Deemed to be university)
School of Business and Management, Kengeri campus

Confidence Blooms with Every Cycle.
Menstrual Health & Hygiene

Dr. Seela Mathew
Medical officer
CHRIST (Deemed to be University)
Kengeri campus

Calling all our Female Students!

Date: 13th August
Time: 3:00 PM – 4:00 PM
Venue: Seminar Hall, Block 5

Faculty Coordinators:

Dr. Ramya J B Assistant Professor School of Business and Management CHRIST (Deemed to be University) Bangalore	Dr. Sunanda Vincent J. Associate Professor School of Business and Management CHRIST (Deemed to be University) Bangalore
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For any queries:
Dr. Ramya J B
+91 9894799610
ramya.jb@christuniversity.in

Session on Awareness of Rare Diseases by ORDI **18 August 2025**

Venue: Mini Auditorium

No. of Participants: 75

On 18 August 2025, the Sustainable Development Goals (SDG) Cell of the School of Business and Management, CHRIST (Deemed to be University), Bannerghatta Road Campus, in collaboration with the Organization for Rare Diseases India (ORDI), organized an awareness session on “Awareness of Rare Diseases.” The session featured Mr. Prasanna Shirol, Co-founder & Executive Director of ORDI, and Mr. Madhana Gopal, Chief Operating Officer, who shared insights into the challenges faced by individuals and families affected by rare diseases in India. They discussed ORDI’s advocacy efforts, including its flagship campaign “Race for 7,” patient support initiatives, and collaborations with hospitals and policymakers to improve healthcare accessibility. The speakers emphasized the importance of community engagement and student participation in awareness and advocacy efforts. The session highlighted the importance of equitable healthcare and social inclusion, motivating students to actively engage in initiatives that promote well-being, awareness, and sustainable community development.



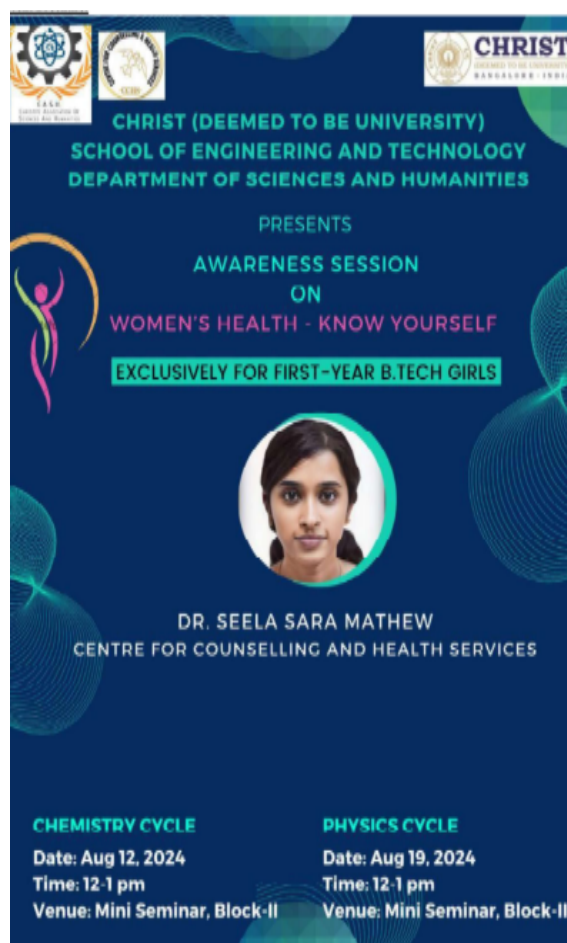
Awareness session on Women's Health

12-19 August 2024

Venue: Mini Seminar Hall, Block 2

No. of Participants: 250

The Awareness Session on Women's Health Know Yourself, conducted on 12th and 19th August 2024 by Dr. Seela Sara Mathew from Christ University, Kengeri, provided students with valuable insights into women's physical, menstrual, and mental well-being. The session emphasized the importance of maintaining menstrual hygiene, understanding BMI, adopting preventive health measures, and seeking timely medical support. Dr. Seela discussed the significance of regular exercise, balanced nutrition, and routine health check-ups, while also addressing safe sexual practices and awareness about sexually transmitted infections. Mental health and stress management were explored as integral to overall wellness. The interactive Q&A session allowed participants to clarify personal health concerns, making the discussion both informative and engaging. Overall, the session aimed to empower women with knowledge, encouraging them to take proactive steps toward maintaining holistic health and fostering a culture of awareness and self-care within the university community.



Yoga & Naturopathy 20 June 2025

Venue: Nexus Commons, A Block (Upper Basement)
No. of Participants: 106

On 20 June 2025, the SDG Cell of CHRIST (Deemed to be University), Yeshwanthpur Campus, organized an awareness session on Yoga and Naturopathy in collaboration with Cure Essentials at Nexus Commons, A Block. The session featured experts Ms. Mahi Gupta, Mr. Srejan Varghese, Ms. Shreya Yadav, and Mr. Gyani Rout, who shared insights into holistic health practices. The speakers introduced yoga as a union of body, mind, and spirit, and naturopathy as a natural system of healing through nutrition, lifestyle, and mindfulness. Participants were guided through live demonstrations of basic yoga asanas and breathing techniques designed to reduce stress and improve posture and vitality. The discussion emphasized sustainable wellness, self-discipline, and integrating natural healing methods into daily life. The event concluded with an interactive Q&A session, leaving participants inspired to adopt mindful habits for physical and emotional well-being, reflecting principles of balanced, nature-connected living.



Breaking the Chains: Understanding and Overcoming Substance Abuse

10 March 2025

Venue: Seminar Hall 2, A Block

No. of Participants: 200

On 10th March 2025, the Department of Computer Science, in collaboration with the SDG Cell, organized a seminar titled “Breaking the Chains: Understanding and Overcoming Substance Abuse” at CHRIST (Deemed to be University), Yeshwanthpur Campus. The session, conducted by Ms. Jasmine W, Counsellor and Psychotherapist at Eliora – A Wellness Studio, Trichy, aimed to create awareness about the psychological, social and academic consequences of substance abuse. She discussed how stress, peer pressure, and emotional challenges can lead to dependency, while emphasizing early intervention, emotional regulation, and healthy coping mechanisms. The seminar encouraged students to make informed, responsible choices regarding their well-being and fostered an open conversation about mental health and addiction., the session empowered students to identify risk factors and adopt preventive strategies, contributing to a more aware and resilient campus community.





DEPARTMENT OF COMPUTER SCIENCE

SDG CELL

Presents

Breaking the Chains: Understanding and Overcoming Substance Abuse



Ms. JASMINE W
Counsellor & Psychotherapist
Eliora-A Wellness Studio
Trichy, TamilNadu

**10.03.2025**

**10.30am to 12.30pm**

**Seminar hall 2, A block**







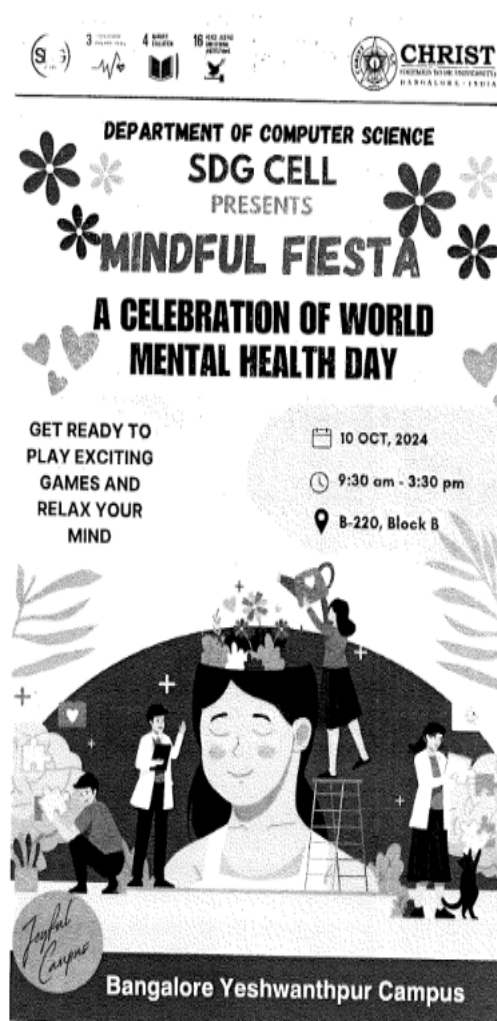
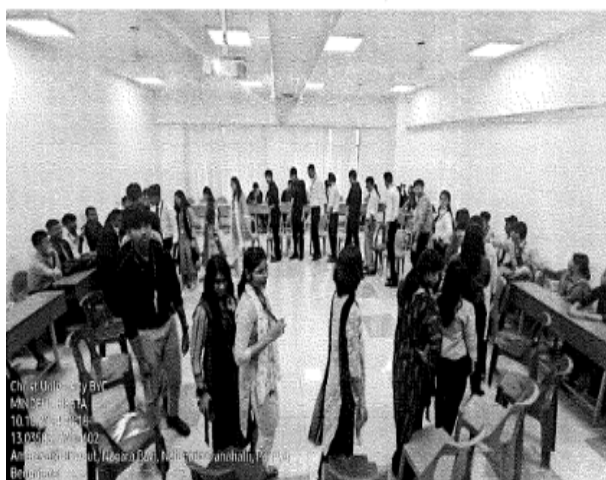
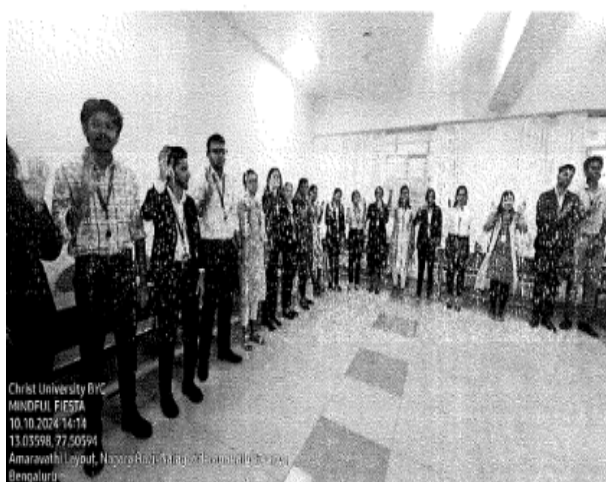
#BCA #MDS #BSc CM

BANGALORE YESHWANTHPUR CAMPUS

Interactive Session on Mindfulness 10 October 2023

Venue: B-220, B Block
No. of Participants: 475

On October 10, 2024, the SDG Cell of the Department of Computer Science, CHRIST (Deemed to be University), Yeshwanthpur Campus, organized “Mindful Fiesta,” an interactive session in observance of World Mental Health Day. The event engaged around 475 students and 12 faculty members in a series of mindfulness exercises, wellness games, and stress-relief activities designed to promote emotional well-being and mental balance. The session encouraged participants to unwind from academic pressures while learning practical mindfulness techniques and self-care routines for managing stress. The activities focused on balancing academics with personal wellness, building emotional awareness, and fostering positive coping strategies. Feedback from participants was highly positive, with many appreciating the calming and rejuvenating experience. The initiative effectively promoted awareness about mental health and reinforced the importance of maintaining balance and mindfulness in daily life.



Nurturing Mental Health

13 September 2024

Venue: Seminar Hall 6th Floor , C Block

No. of Participants: 52

On 13 September 2024, the Department of Computer Science, CHRIST (Deemed to be University), Yeshwanthpur Campus, organized a seminar titled “Nurturing Mental Health” as part of the Synergy Summit, under the guidance of Dr. Jerus Albert Britto J, Assistant Professor, Department of Psychology. The session focused on understanding the biological and psychological factors influencing mental health and explored common conditions like depression, anxiety, and stress. Dr. Jerus emphasized that while some mental health issues may not be curable, they can be effectively managed through awareness and self-care. Participants were guided on stress management, emotional regulation, and the importance of maintaining supportive relationships. The seminar also addressed symptoms such as insomnia, emotional outbursts, and physical stress responses. By highlighting the value of communication, mindfulness and healthy living, the session encouraged students to adopt proactive strategies for well-being. The event concluded with practical insights on integrating exercise, diet, sleep and spirituality into daily routines for holistic mental health.



Synergy Summit **12-13 September 2024**

Venue: C-203 & Kabbaddi Court, C block Basement

No. of Participants: 21

The Synergy Summit, held on 12 to 13 September 2024 by the Department of Computer Science, CHRIST (Deemed to be University), Yeshwanthpur Campus, was an engaging SDG event designed to promote teamwork, creativity, and physical well-being among students. Organized by second-year students of the BSc (Computer Science and Mathematics) program, the event featured three rounds – a quiz, dumb charades/Pictionary, and a fitness challenge. The initial rounds tested participants' intellectual and creative abilities, with the top five teams advancing to the final fitness round held at the Kabbaddi Court. The fitness round was divided into men's and women's categories, where participants competed in push-ups and squats respectively. The event encouraged collaboration, communication, and holistic wellness. The summit successfully blended fun and learning, promoting both mental agility and physical fitness.



Department of Computer Science
Yeshwanthpur Campus

SDG CELL
II year B.Sc CM
(Computer Science & Mathematics)
presents

Synergy Summit

"Fitness for a Sustainable Future: Empowering Health, Energizing the Planet!"

DATE : 12 - 13 SEPTEMBER
TIME : 03:45PM
VENUE : C-203

ROUND 1: QUIZ
ROUND 2: DUMB CHARADES/ Pictionary
ROUND 3: FITNESS ROUND

Jayal Campus **OPEN TO ALL STUDENTS**

BANGALORE YESHWANTHPUR CAMPUS

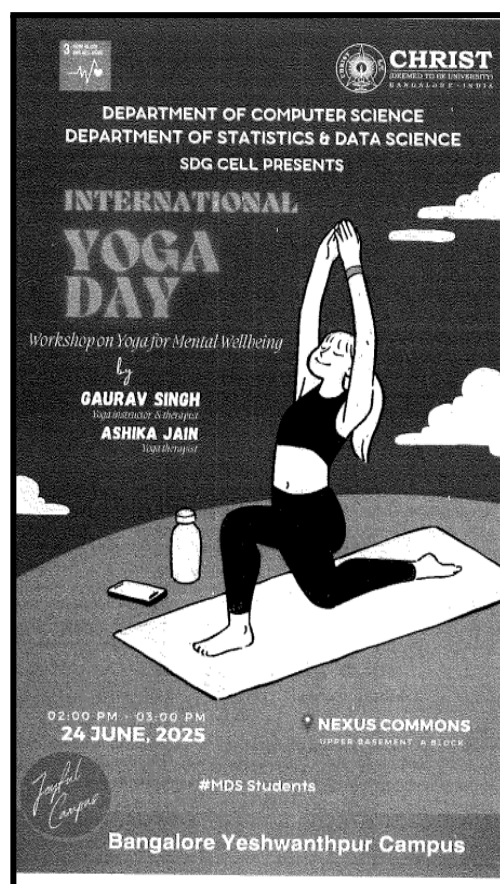
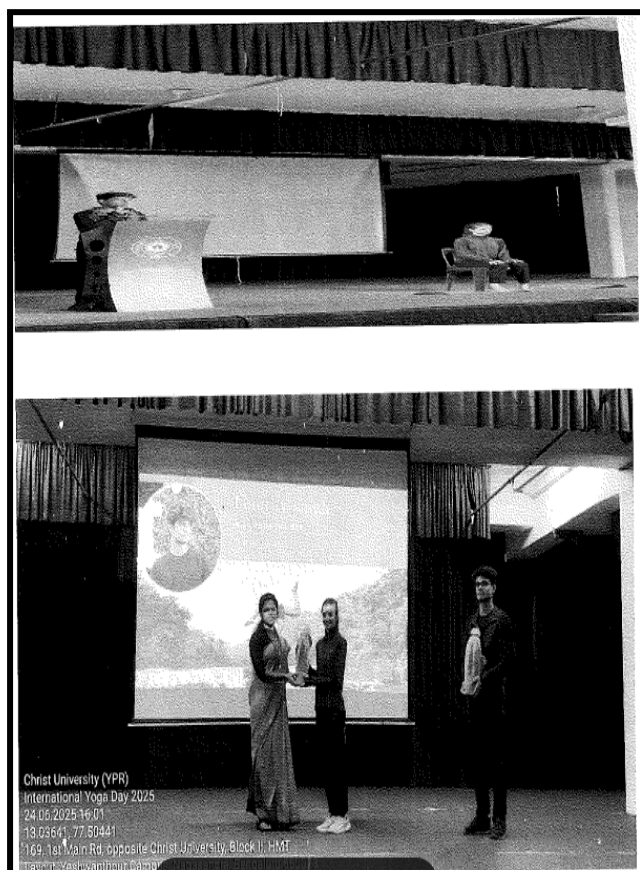
Yoga for Mental Wellbeing

24 June 2025

Venue: Nexus Commons, A Block (Upper Basement)

No. of Participants: 127

On 24 June 2025, the Department of Computer Science, CHRIST (Deemed to be University), Yeshwanthpur Campus, in collaboration with the SDG Cell, conducted a workshop on “Yoga for Mental Wellbeing” at Nexus Commons, A Block. The session, led by Mr. Gaurav Singh and Ms. Ashika Jain, certified yoga instructors and therapists, was designed for postgraduate MDS students to promote relaxation, mindfulness, and sustainable wellness practices. Participants engaged in guided yoga routines, structured breathing techniques, and mindfulness exercises aimed at reducing stress and improving emotional regulation. The workshop also included a reflection session that encouraged students to relate yoga practices to their academic and emotional balance. Students reported feeling rejuvenated and more focused after the session. The event successfully fostered awareness on sustainable mental health practices, creating a joyful campus atmosphere, and promoting the integration of mindfulness into daily routines.



Test Cricket Match

25 January, 2025

Venue: Ground- CHRIST (Deemed to be University), Kengeri Campus

No. of Participants: 150

The Department of Economics, CHRIST (Deemed to be University), Yeshwanthpur Campus, organized a Teachers-Students Cricket Match (TeSt Match) on 25 January 2025 at the Kengeri Campus Ground. The event, coordinated by Dr. Savitha K. L, aimed to promote teacher-student bonding, teamwork, and physical well-being in a joyful and engaging environment. Faculty members and students from 4MA Applied Economics and 6ECOH enthusiastically participated, creating a spirited atmosphere of collaboration and sportsmanship. Beyond fostering fitness and happiness, the match provided a platform for students to experience the values of consistency, focus, and resilience qualities that extend beyond the sports field into academic and professional life. The event concluded successfully, strengthening camaraderie within the department, with plans to continue this initiative annually for future batches.



(A snapshot of the TeSt)



Health fitness for Yoga for Students Well-being

24 June 2024

Venue: Basement Auditorium

No. of Participants: 130

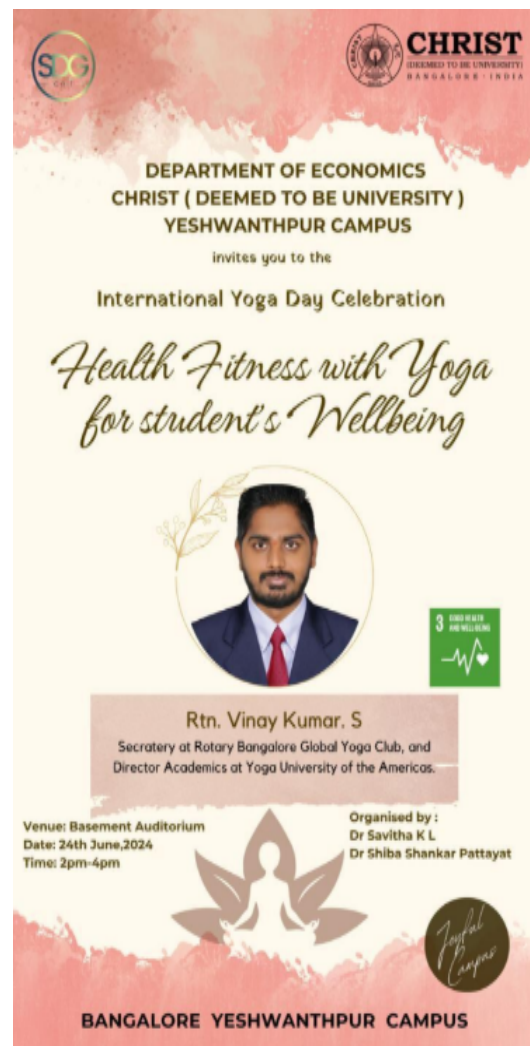
On 24 June 2024, the Department of Economics, CHRIST (Deemed to be University), Yeshwanthpur Campus, in collaboration with the SDG Cell, organized a seminar titled “Health Fitness with Yoga for Students Well-being” at the Basement Auditorium. Coordinated by Dr. Savitha K. L and Dr. Shiba Shankar Pattayat, the session featured Rtn. Vinay Kumar S, Secretary of Rotary Bangalore Global Yoga Club and Director Academics, Yoga University of the Americas, as the chief guest. He emphasized yoga as an “experimental and experiential science” and conducted practical demonstrations, including Adi Mudra, breathing exercises, and stretching postures to promote physical and mental balance. The event highlighted yoga’s importance in achieving holistic health. The session concluded with inspiring students to incorporate yoga into daily life for enhanced wellness and mindfulness.



1 snapshot of the Chief guest involving the students with Yoga asanas)



1 snapshot of the Chief guest involving the students with Yoga asanas)



Cancer Awareness Programme **23 October 2024**

Venue: Seminar Hall B-602

No. of Participants: 110

The Department of English and Cultural Studies, CHRIST (Deemed to be University), Yeshwanthpur Campus, organized a Cancer Awareness Program on 23rd October 2024, featuring a film screening of the Malayalam movie *Njandukalude Nattil Oridavela* directed by Althaf Salim. The event, conducted in collaboration with Bahumukhi – The Gender Forum, aimed to raise awareness about breast cancer and promote emotional and physical well-being among students. The film's touching narrative explored themes of family, resilience, and love in the face of illness, resonating deeply with the audience. Following the screening, an interactive online session with Ms. Anusha Raj, Assistant Professor at Farook College, Kozhikode, offered further insights into the film's portrayal of illness and hope. With 110 participants from UG and PG programs, the session emphasized the importance of health awareness, emotional strength, and familial support. The department plans to organize more such impactful film-based awareness programs in the future.



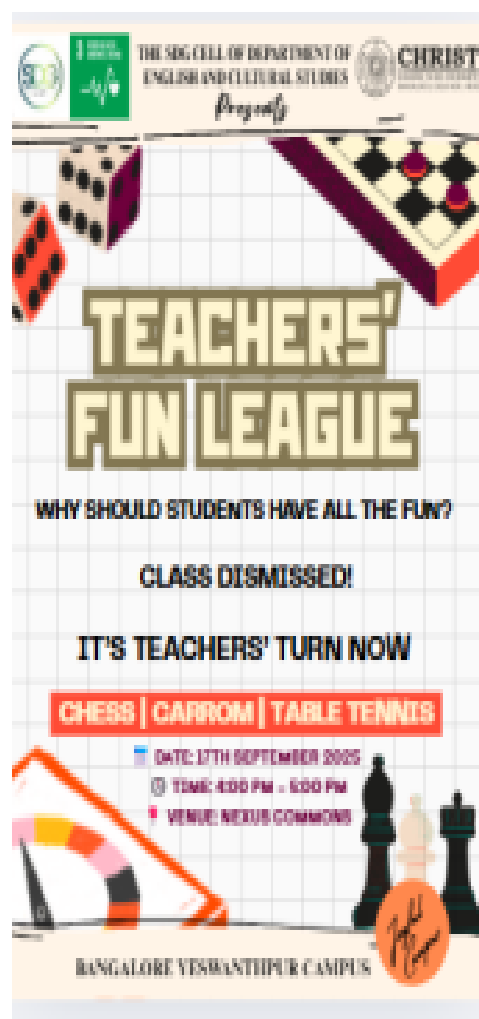
Teachers Fun League

17 September 2025

Venue: Nexus Commons

No. of Participants: 7

The SDG Cell of the Department of English and Cultural Studies, CHRIST (Deemed to be University), Yeshwanthpur Campus, organized a wellness-centered event titled “Teacher’s Fun League” on 17th September 2025 at Nexus Commons. Aligned with SDG 3: Good Health and Well-being, the event aimed to promote physical fitness, mental alertness, and emotional balance among faculty members. Seven teachers actively participated in various indoor games, including chess, carrom, and table tennis, creating a lively and stress-free atmosphere. The initiative emphasized that recreational engagement is essential for maintaining overall health, work-life balance, and team spirit. It also highlighted the importance of fostering wellness through enjoyable, inclusive, and community-driven activities. The event concluded successfully with enthusiastic participation, leaving faculty members refreshed and motivated. Plans are in place to organize similar events regularly and to extend wellness-based initiatives that encourage a holistic and sustainable approach to well-being across departments.



Play For Your Well-Being 11 September 2025

Venue: Nexus Commons

No. of Participants: 6

The SDG Cell of the Department of English and Cultural Studies, CHRIST (Deemed to be University), Yeshwanthpur Campus, organized an event titled “Play For Your Well-being” on 11 September 2025 at Nexus Commons. The activity was designed around the theme of Good Health and Well-being, emphasizing the value of mental relaxation, physical activity, and community engagement. Six postgraduate students enthusiastically participated in indoor games such as chess, carrom, and table tennis, fostering both mental agility and physical fitness. The event created a refreshing, stress-free environment, encouraging students to take mindful breaks from academic routines while strengthening social bonds. It underscored that maintaining wellness through recreation is essential for sustainable and balanced living. The event concluded on a joyful note, inspiring participants to incorporate regular recreational and wellness activities into their daily routines as a means to enhance focus, reduce stress, and build emotional resilience. The SDG Cell aims to continue such initiatives to foster a holistic culture of health, happiness and well-being within the academic community.



Awareness Session



30 June, 2025

Venue: C-Block, 6th Floor, Seminar Hall

No. of Participants: 120

The Department of Media Studies, CHRIST (Deemed to be University), Yeshwanthpur Campus, conducted an SDG Cell Awareness Session titled “Rooted in Balance: Yoga for Mindful Living and Media Wellness” on 30th June 2025 at the C-Block Seminar Hall. The session focused on Health and Well-being, and was facilitated by Gaurav Singh and Ashika Jain, renowned yoga instructors and therapists from YASA University. The speakers emphasized yoga’s relevance in promoting mental clarity, emotional stability, and holistic health, particularly in managing stress associated with media consumption and production. The interactive workshop included demonstrations of yogic postures, pranayama, and mindfulness exercises, along with insights on yoga therapy and balanced nutrition. Participants also learned how yoga can be integrated into daily life for improved focus and self-awareness. The event concluded with an engaging discussion and a collective meditation practice, inspiring attendees to adopt mindful living as part of their wellness journey.






THE DEPARTMENT OF MEDIA STUDIES

SDG CELL

Awareness Session
on
'Rooted in Balance:
Yoga for Mindful Living and Media Wellness'



GAURAV SINGH


YOGA INSTRUCTOR AND THERAPIST


BA from Delhi University
Masters in Yoga therapy
Represented India in World Championship
1st position in STGI national Yoga KRILO INDIA x2 (16-17), (18-19)

ASHIKA JAIN


YOGA INSTRUCTOR AND THERAPIST

Bachelors in yoga science
Masters in Yoga therapy
Conducted research on Yoga's impact on adolescent cognitive abilities
Completed clinical internship in Yoga Therapy at S-VYASA








30th June, 2025



12:00 PM - 1:00 PM



C-BLOCK, 6TH FLOOR
SEMINAR HALL



BANGALORE YESHWANTHPUR CAMPUS

Fostering Women's Health: Naturopathy for Breast Cancer - A Sustainable Solution

16 January 2025

Venue: Seminar Hall 2

No. of Participants: 180

The School of Business and Management, CHRIST (Deemed to be University), Bangalore, organized a guest lecture titled “Fostering Women's Health: Naturopathy for Breast Cancer A Sustainable Solution” on 16 January 2025 at Seminar Hall 2. The session was led by Dr. Mahi Gupta, Founder of Cure Essentials, who highlighted the role of naturopathy as a holistic and sustainable approach to breast cancer prevention and recovery. She discussed how natural therapies such as yoga, mud therapy, acupuncture, hydrotherapy, and magnetotherapy can strengthen immunity, alleviate side effects of conventional treatments, and support emotional healing. Emphasizing Breast Self-Examination (BSE), she urged women to take proactive steps toward early detection. The talk also linked sustainable healthcare practices like herbal remedies and eco-friendly therapies to overall wellness and environmental responsibility. The session concluded with an interactive Q&A, inspiring participants to adopt mindful and natural methods to promote long-term health and well-being.



**SDG Cell of
Department of Computer Science
&
School of Business and Management
presents an**

**Expert Talk
on**

SESSION - 1
🕒 2:30 - 3:30 PM
👤 Female Student of
CS & SBM

SESSION - 2
🕒 3:30 - 4:30 PM
👤 Female Faculty &
Staff Members, BYC

**FOSTERING WOMEN'S
HEALTH :
Naturopathy for Breast
Cancer**

A SUSTAINABLE SOLUTION

**Thrive as a Woman
in Modern Era !**

**RESOURCE PERSON
MAHI GUPTA**


Yoga and Naturopathic Medicine
Founder
Cure Essentials

**BREAST
CANCER
- AWARENESS -**

16 JANUARY 2025

**SEMINAR HALL-2
A Block**

Bangalore Yeshwanthpur Campus

Session On Inclusion and Empathy **18 October 2024**

Venue: Room 119, Block 4

No. of Participants: 44

The School of Business and Management, CHRIST (Deemed to be University), Bangalore, organized an intra-department guest speaker session titled “EquiLead: A Session on Empathy and Inclusion” on 18th October 2024. The event, hosted by the SDG Cell SBM, featured Mr. Mansoor Ahmed, Corporate Partnership Manager at CBM India Trust, as the guest speaker. Drawing from his personal experiences as a differently-abled individual, Mr. Ahmed delivered an inspiring talk on empathy, inclusion, and the importance of accessible spaces. He discussed the various challenges faced by people with disabilities and showcased several initiatives by CBM India Trust, including projects designed to empower and integrate differently-abled individuals into society. The session also included an interactive activity that encouraged students to reflect on empathy and inclusivity. The engaging discussion fostered awareness, compassion and a commitment among participants to promote inclusivity in their personal and professional spheres.



Cultivating Therapeutic ‘Delicious Moments’: A Journey of Savoring Pain 8 August 2024

Venue: Mini auditorium

No. of Participants: 180

The Department of Psychology, CHRIST (Deemed to be University), Bangalore, organized a workshop titled “Cultivating Therapeutic ‘Delicious Moments’: A Journey of Savoring Pain, Transforming Trauma, and Nurturing Resilience” on 8th August 2024 in the Mini Auditorium. Conducted by Dr. Mami Yanai, Co-Director of LOGOEARTH and Doctor of Naturopathic Medicine from Japan, the session offered a unique cross-cultural exploration of healing and mindfulness. Drawing from her personal experiences of grief and recovery, Dr. Yanai emphasized the transformative power of mindfulness and introduced the audience to Japanese healing traditions, such as the Tea Ceremony, as tools for emotional balance and resilience. She highlighted the intersection of Japanese and Indian philosophies and the influence of Tibeto-Buddhist scriptures on therapeutic practices. The workshop left participants with deep reflections on emotional healing, cultural mindfulness, and the importance of embracing life’s fleeting yet “delicious” moments with grace and awareness.



Cultural Sensitivity and Wellbeing in the Work Space 19 July 2024

Venue: Seminar Hall

No. of Participants: 70

The Department of Psychology, CHRIST (Deemed to be University), Bangalore, conducted an SDG Talk titled “Cultural Sensitivity and Well-being in the Workspace” on 19th July 2024. The session was led by Dr. Madhurima Das, Learning and Development Consultant and Academic Facilitator, and attended by approximately 70 third-year BSc Psychology Honours students from the BGR campus. The talk emphasized the importance of understanding cultural diversity and its impact on mental health and workplace harmony. Dr. Das introduced the Iceberg Model of Culture by Edward T. Hall (1976), illustrating how visible and invisible cultural elements shape behavior and communication. Through interactive discussions, students explored concepts like values, trust, diversity, teamwork, and cultural bias. The session encouraged self-reflection through the question “Why are you important?” and linked cultural sensitivity with SDG 3 (Good Health and Well-being), highlighting empathy, inclusivity, and respect as essential components of a sustainable and healthy work environment.



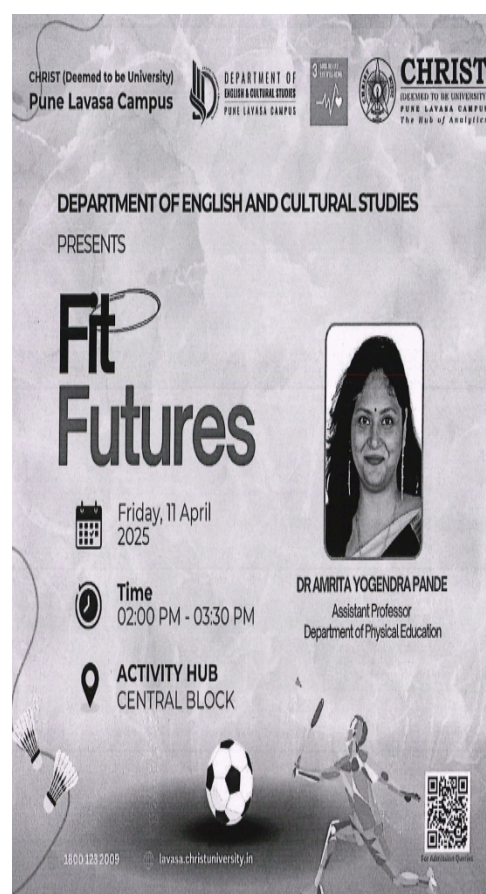
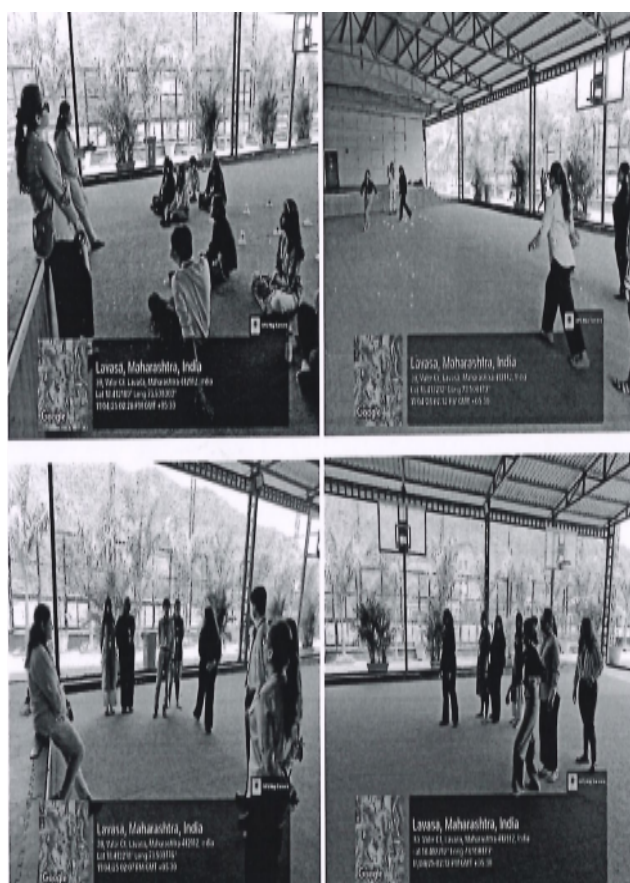
Fit Futures

11 April 2025

Venue: Activity Hub

No. of Participants:9

The Department of English and Cultural Studies at CHRIST (Deemed to be University), Pune Lavasa Campus, organized a wellness-centered event titled “*Fit Futures*” on 11 April 2025, from 2:00 PM to 3:30 PM at the Activity Hub. The initiative, aligned with UN SDG 3: Good Health and Well-being, focused on fostering holistic education and student wellness. The session was facilitated by Dr. Amrita Yogendra Pande, Assistant Professor, Department of Physical Education, who emphasized the importance of integrating physical health into academic and personal growth. Students from the MA English with Digital Humanities (MA EDH) program actively participated in reflective discussions and mindfulness exercises, including stretching, posture awareness, and breathing techniques. The event underscored how physical wellness contributes to focus, stress reduction, and academic performance. Overall, “*Fit Futures*” encouraged a sustainable culture of wellness within the department, reinforcing that physical and mental well-being are essential to academic success.

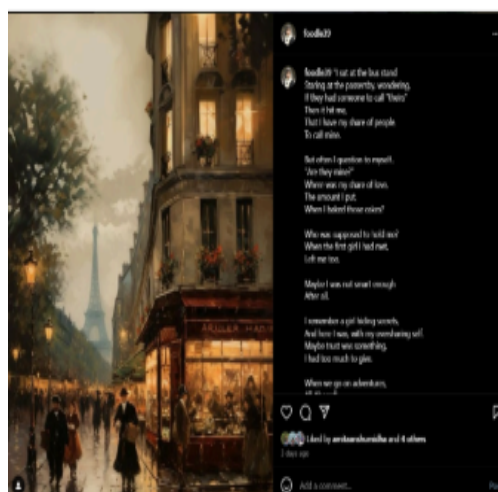
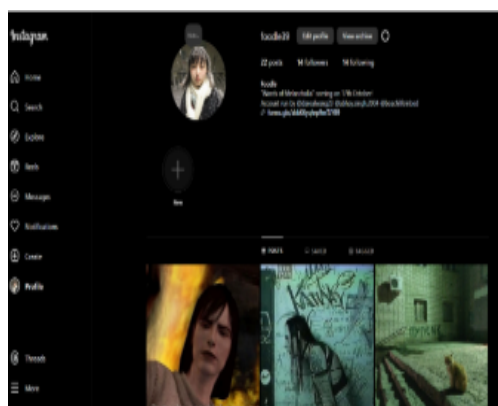


Instagram Event on SDG Awareness-SDG 3: Good Health and Well-Being 17 October 2024

Venue: Instagram

No. of Participants: 19

The Department of English and Cultural Studies, CHRIST (Deemed to be University), BGR Campus, organized an online Instagram event titled “Words of Melancholia” on 17th October 2024, focusing on SDG 3: Good Health and Well-being. The event, conducted as part of the course Discourses in Environmental Humanities, was coordinated by Aaryan Raj Pradhan, Abhay Singh Thakur, and Tshering Wangdala Bhutia of 5 BA English and Cultural Studies. Participants were invited to submit short essays or poems that expressed their emotions and reflections on mental health and well-being. A total of 19 participants contributed their creative works, which were shared on Instagram through the account @foodle39. The week-long initiative aimed to spread awareness about mental health, encourage artistic self-expression, and highlight the emotional struggles faced by individuals in maintaining psychological balance. The event successfully merged creativity with advocacy, fostering empathy and awareness among students.



Behind the Folds

7 October, 2024

Venue: Room 604, 6th floor, Academic Block, BGR Campus

No. of Participants: 11

The Department of English and Cultural Studies, CHRIST (Deemed to be University), BGR Campus, organized a unique event titled “Behind the Folds” on 7th October 2024, from 12:00 to 1:00 PM, in collaboration with the SDG Cell, aligning with SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 10 (Reduced Inequalities). The event, coordinated by Kkashish Kashyap, Priyadarshika Giri, and Tanisha Mohanty of 5 ENGH, featured participants engaging in blindfolded, anonymous conversations to promote empathy and inclusivity. By removing visual cues and biases, the setup allowed individuals to communicate openly and share their thoughts without fear of judgment. The experience encouraged honest dialogue, emotional expression, and understanding across social differences. Through this reflective and emotionally engaging format, Behind the Folds emphasized the importance of communication, trust, and empathy in fostering a more inclusive and mentally healthy community.



Fear of Missing Out: A New Face of Anxiety Exploring the Digital Age through a Lens of Constitutional Sensitisation

13 August, 2025

Venue: Seminar Hall

No. of Participants: 82

The Department of Economics, CHRIST (Deemed to be University), Bannerghatta Road Campus, organized a workshop titled “Fear of Missing Out: A New Face of Anxiety – Exploring the Digital Age through a Lens of Constitutional Sensitisation” on 13th August 2025, from 12 PM to 1 PM in the Seminar Hall. The session was conducted by Mr. Rohit Narain, CEO and Co-founder of Five Elements Training Services. Through interactive discussions, humour, and group activities, Mr. Narain explored the concept of FOMO and its growing impact on mental health in the digital age. He linked FOMO to issues such as over-commitment, poor lifestyle habits, and anxiety while offering coping strategies like mindfulness, empathy, and digital detox. The session also connected the idea of mental well-being with Article 21 of the Indian Constitution, emphasizing the right to a dignified life. Aligned with SDG 3 and SDG 4, the event promoted holistic education and emotional resilience.

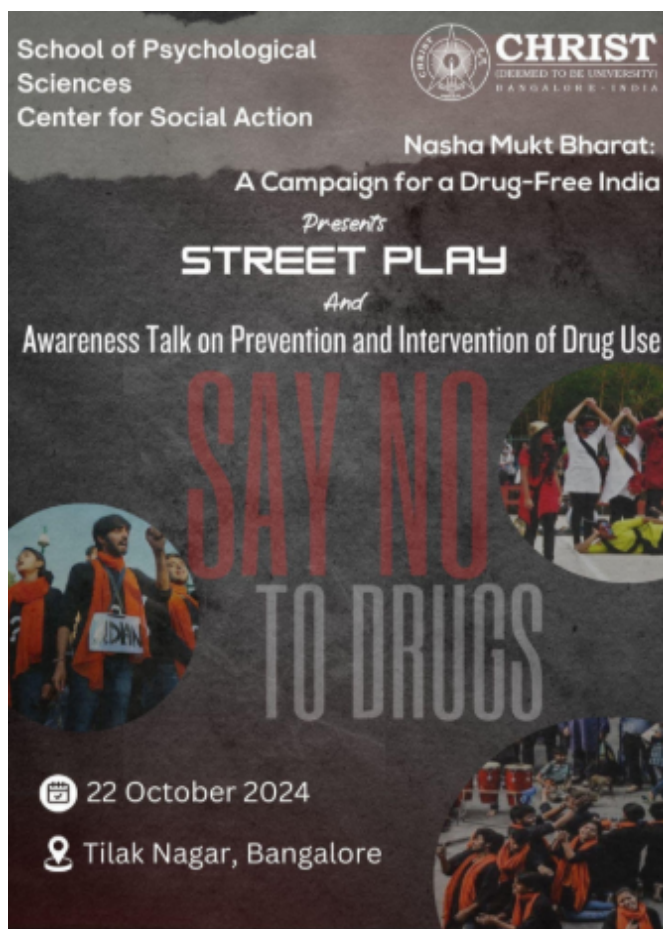


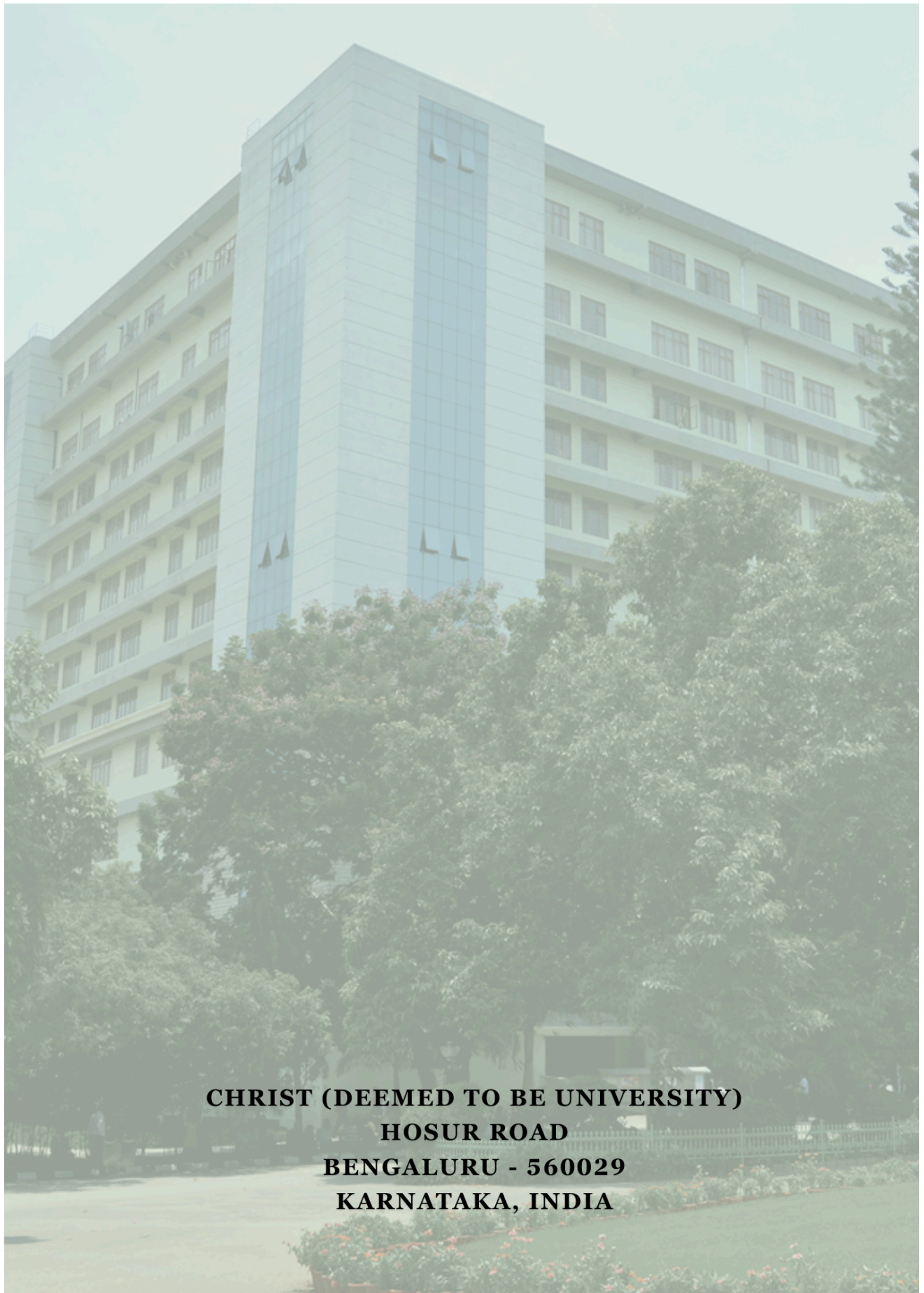
An Awareness campaign for drug free India 22 October 2024

Venue: Tilak nagar

No. of Participants: 100

The awareness campaign titled “An Awareness Campaign for a Drug-Free India” organized by the School of Psychological Sciences in collaboration with the Centre for Social Action (CSA) aligns with SDG 3: Good Health and Well-being, specifically Target 3.5, which focuses on preventing and treating substance abuse. The initiative aims to promote physical, mental, and social well-being by educating the community on the harmful effects of drug use. Through expert talks, a student-led street play, and the distribution of Information, Education, and Communication (IEC) materials, the campaign raises awareness on substance abuse and encourages preventive actions. By engaging students and the local community, the event fosters empathy, social responsibility, and collective commitment towards a healthier, drug-free society. This initiative reinforces the national and global vision of ensuring healthy lives and promoting well-being for all, contributing meaningfully to the realization of SDG 3.





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