AMITY UNIVERSITY MAHARASHTRA

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

Progress on SDG 3

Good Health and Well being



Year 2025

Preventive healthcare
and professional learning

Mumbai - Pune Expressway Bhatan, Somathne, Panvel,
Mumbai, Maharashtra 410206

Index

No	Section	Date	Page
1	Community health outreach and health education	2025	2
2	World Pharmacist Day community health camp	25 September 2025	4
3	Building Healthier Futures	7 May 2025	5
4	Cognitive Behavior Therapy workshop	15 November 2025	6
5	Y Connect – Interview Preparation, Personality Development and Menstrual Hygiene	15 January 2025	8
6	Check and Strike Fest 2024 LD Lab Event	4 December 2024	10

Community health outreach and health education

Amity University Maharashtra, Mumbai supported health and well-being during 2025 through community screening, preventive-health education and professional training. The Amity Institute of Pharmacy organized a health camp in Bhatan village and a campus seminar on nutrition and women's health. The Amity Institute of Behavioral and Allied Sciences delivered a practical Cognitive Behavior Therapy workshop for postgraduate students.

The Bhatan camp provides direct evidence of community health outreach. The campus seminar documents health awareness among the university community, while the psychology workshop supports professional capacity for mental-health practice. These activities have distinct purposes and should retain separate participation figures.

Delivery and learning

Community services included health measurements, individual counselling and advice to seek follow-up care for abnormal readings. Campus learning addressed food choices, preventive health and menstrual dignity. Clinical training introduced cognitive formulation, thought monitoring and structured therapeutic exercises.

These activities are relevant to UN target 3.4 on non-communicable disease prevention and mental well-being. The women's health content also supports the educational aspect of target 3.7, while community screening has supporting relevance to access to essential services under target 3.8.

The Bhatan camp is a candidate for health outreach programmes. Attendance at a campus seminar establish community outreach, and clinical training establish mental-health support services available to students.

World Pharmacist Day community health camp

25 September 2025 | 10:30 am to 4:00 pm

Gram Panchayat Office near Hanuman Mandir Bhatan Village

Amity Institute of Pharmacy in collaboration with E Cell

AIP organized a free health-checkup camp and community awareness programme. Ms. Neha Raghuwanshi and Dr. Vrushali Bhalchim coordinated the activity. Gram Panchayat representatives participated in the programme.

The report records 120 participants: 30 schoolchildren under ten years and 90 villagers aged ten years or above. Children received weight, height, BMI and blood-group assessment. The older group received blood-pressure and blood-glucose screening alongside other measurements. All 120 participants were reported to have received individual counselling; schoolchildren received nutrition, hygiene and lifestyle messages.

First-year B.Pharm students presented a street play on health awareness, rational medicine use, the risks of self-medication and lifestyle management. Participants with abnormal screening readings were advised to seek follow-up care.

Reported screening findings

Screening category	Blood glucose	Blood pressure
Normal	54	36
Intermediate category in source	18 pre-diabetic	40 pre-hypertensive
Elevated category in source	14 diabetic	11 hypertensive
Unclassified	4	3
Total screened in each group	90	90



Photograph 1. Community participation documented in the World Pharmacist Day camp report.

Building Healthier Futures

7 May 2025 | Auditorium A1 Block

Amity Institute of Pharmacy | Approximately 250 attendees

The Amity Institute of Pharmacy organized Building Healthier Futures under the theme Healthy Beginning, Hopeful Future. AIP, conducted the seminar, along with Students, faculty, non-teaching staff and university officials attended.

Prof. Rekha Divekar spoke on The History, Mystery, and Chemistry of Food, connecting heritage diets and local produce with the science of everyday food choices. The session encouraged awareness of balanced nutrition and preventive health.

Ms. Swati Bedekar, associated with Vatsalya Foundation and the Sakhi Project, addressed menstrual dignity and hygiene. Her presentation discussed community health education and affordable, biodegradable sanitary products. The session encouraged participants to discuss women's health and understand the role of social innovation in addressing stigma.

Relevance to SDG 3

The seminar supports health literacy relevant to non-communicable disease prevention. Its documented output is an educational event. Increased awareness and motivation are reported narratively.

The report describes discussions about future internships, research and community partnerships. These remain prospective unless supported by separate implementation records.

Participation and reporting

Approximately 250 attendees are recorded, including 12 first-year B.Pharm students within the wider audience. The seminar was delivered to the university community. The record establish provision of clinical consultations, menstrual-health services or community screening.

Related pharmacy education

The Ami-Pharma-Hub wall magazine inaugurated on 28 March 2025 included maternal and infant health as its first theme. Ami-Pharma-Inspire on 2 May 2025 included tablet quality-control training. These are supporting health-education activities and improved access to medicines.

Cognitive Behaviour Therapy workshop

15 November 2025 | 2:00 pm to 5:00 pm
City Office Kurla | Amity Institute of Behavioural and Allied Sciences

AIBAS conducted a practical workshop for 48 M.Sc. Clinical Psychology Semester 3 students from sections A and B. Prof. (Dr.) Gautam Gawali, Director and Head of Institute, convened the event, organized by Ms. Sadaf Ambreen and Dr. Nishkala Iyer. Ms. Nazema Sagi, Clinical Psychologist at Prafulta Centre for Psychological Wellness, facilitated the training.

The session explained the relationship between situations, automatic thoughts, emotions, behaviour, physiological responses and underlying beliefs. Case examples introduced cognitive formulation and restructuring. Students completed worksheets on thought monitoring, alternative thoughts and the ABC-DE model of Rational Emotive Behaviour Therapy.



Photograph 2. Training session documented in the Cognitive Behaviour Therapy workshop report.

The report describes improved understanding and confidence in recognizing cognitive distortions and using structured techniques. This is supporting professional-capacity evidence relevant to mental well-being and health-worker training.

Y Connect – Interview Preparation, Personality Development and Menstrual Hygiene

15 January 2025

A3 Block, Room 001, Amity University Mumbai | Amity School of Architecture and Planning

The Amity School of Architecture and Planning organised a seminar titled **"**Y Connect – Interview Preparation, Personality Development and Menstrual Hygiene" in association with Y Connect Brandtouch & Analytics, Mumbai. The programme was convened by Prof. (Dr.) Supriya Nene, moderated by Associate Professor Pushpagandha Shukla and coordinated by Assistant Professor

Saharsha Naik. The resource persons were Mr. Rajesh Rahate, Motivational Speaker and Corporate Trainer, and Ms. Saniya Pathan, Speaker and Public Speaking Trainer. The report records 90 participants in its general information section.

The seminar focused on interview preparation, personality development, professional grooming, communication skills, body language and effective presentation techniques. The event title and stated theme also included menstrual hygiene. Through interactive discussions, the speakers guided students on expressing ideas confidently, developing professional communication skills and preparing for workplace expectations. The programme encouraged self-development and awareness of professional behaviour.

The session enhanced students' understanding of personality development, interview readiness and communication skills required in professional environments. It also created opportunities for future collaboration between the Amity School of Architecture and Planning and Y Connect Brandtouch & Analytics. Menstrual hygiene was identified as part of the programme's theme.







Check and Strike Fest 2024 LD Lab Event

4 December 2024

BBA and MBA Lounge | Amity Business School, Amity University Maharashtra

The Amity Business School, Amity University Maharashtra, organised **"Check and Strike Fest 2024"** through its LD Lab Sports Committee to promote mental fitness, resilience, teamwork and holistic student development. The event was coordinated by Mr. Amol Bhalerao, Faculty Coordinator, LD Lab Sports Committee. The event recorded 50 participants and 5 faculty members.

The fest featured two indoor sports competitions: a chess tournament involving 10 participants in a knockout format and a doubles carrom tournament involving 40 participants. These activities encouraged strategic thinking, concentration, decision-making, problem-solving and interpersonal communication. The competitive yet inclusive environment promoted sportsmanship, teamwork and positive interactions among students. The event also highlighted the importance of maintaining a balanced lifestyle that incorporates mental and physical well-being.

The programme provided students with opportunities to strengthen leadership, collaboration and event-management skills. Participants demonstrated enthusiasm, resilience and sportsmanship throughout the competitions. Faculty members gained insights into students' abilities beyond academics, while the event strengthened student–faculty interaction and encouraged participation in recreational activities. The organisers proposed expanding future sports events and introducing student mentorship initiatives

.





