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 Wellbeing

3.3.1 Collaborations with health institutions

Mental health and community wellbeing

Evidence of institutional engagement

Year 2025

Amity University Maharashtra

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

Current Collaborations With Local, National Or Global Health Institutions To Improve Health & Wellbeing Outcomes

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Indicator 3 3 1

Does your university as a body have current collaborations with local, national or global health institutions to improve health & wellbeing outcomes

Institutional engagement

Amity University Maharashtra engaged external mental health, community health and pharmacy education organisations in three activities during 2025. The activities strengthened clinical psychology training, brought community experience on menstrual dignity and sustainable hygiene into university dialogue, and developed knowledge of responsible pharmaceutical and biomedical research.

The strongest direct health-service connection is the Cognitive Behaviour Therapy workshop involving a clinical psychologist from Prafulta Centre for Psychological Wellness. Building Healthier Futures involved the Vatsalya Foundation and Sakhi Project. The research ethics FDP provides additional engagement with national pharmacy education and research institutions.

Prafulla Centre for Psychological Wellness

Item	Recorded detail
Activity	Cognitive Behaviour Therapy workshop
Date and time	15 November 2025, 2 pm to 5 pm
AUM organiser	Amity Institute of Behavioural and Allied Sciences
Venue	AUM City Office, Kurla
External contributor	Ms. Nazema M. Sagi, licensed clinical psychologist, Prafulta Centre for Psychological Wellness
Participation	48 M.Sc. Clinical Psychology Semester 3 students
Coordination	Prof. (Dr.) Gautam Gawali; Ms. Sadaf Ambreen and Dr. Nishkala Iyer

AIBAS organised a practice-oriented workshop to strengthen postgraduate clinical training through engagement with an experienced mental health practitioner. Ms. Sagi brought more than 14 years of experience in psychological assessment and psychotherapy. Her role at Prafulta provides the direct connection to a psychological wellness institution documented in the outcome report.

Contribution to mental health practice

The workshop covered the cognitive model, automatic thoughts, emotional and behavioural responses, underlying beliefs and cognitive restructuring. Real clinical examples demonstrated case formulation and links between thoughts and psychological distress. Students used worksheets to identify automatic thoughts, dispute irrational beliefs and develop adaptive alternatives, including application of REBT's ABC-DE model.

Students also examined session structure, homework assignments and the use of cognitive and behavioural interventions. The reported gains were greater clinical readiness, confidence in recognising cognitive distortions and stronger formulation skills. These are training outcomes supporting future mental health care.

Continuity of engagement

The coordinator recorded an intention to invite Ms. Sagi for further CBT and REBT workshops for the next batch..

Clinical psychology workshop photographs



Photograph 1. Ms. Nazema Sagi delivering the CBT workshop on 15 November 2025.



Photograph 2. Workshop participants with the resource person at AUM City Office, Kurla.

Vatsalya Foundation and Sakhi Project

Item	Recorded detail
Activity	Building Healthier Futures seminar
Date	7 May 2025
AUM organiser	Amity Institute of Pharmacy
Venue	Auditorium, A1 Block, AUM
Community health contributor	Ms. Swati S. Bedekar, Trustee, Vatsalya Foundation and founder, Sakhi Project, Vadodara
Participation	Approximately 250 participants
Convener	Prof. (Dr.) Suneela Dhaneshwar

AIP brought community health expertise into the university through the seminar on “Healthy Beginning, Hopeful Future”. Ms. Bedekar represented practical experience in menstrual dignity, community health education and women-led social innovation. Prof. Rekha Divekar contributed knowledge on heritage diets, local produce and preventive nutrition.

Contribution to health and wellbeing

Ms. Bedekar’s session, “Upsurge of Sakhi: From Humiliation to Dignified Menstruation”, addressed menstrual hygiene, affordable biodegradable sanitary products and sustainable hygiene solutions. A Vatsalya Foundation product kiosk complemented the discussion. The seminar connected pharmacy education with community needs concerning health equity, dignity and access to appropriate hygiene products.

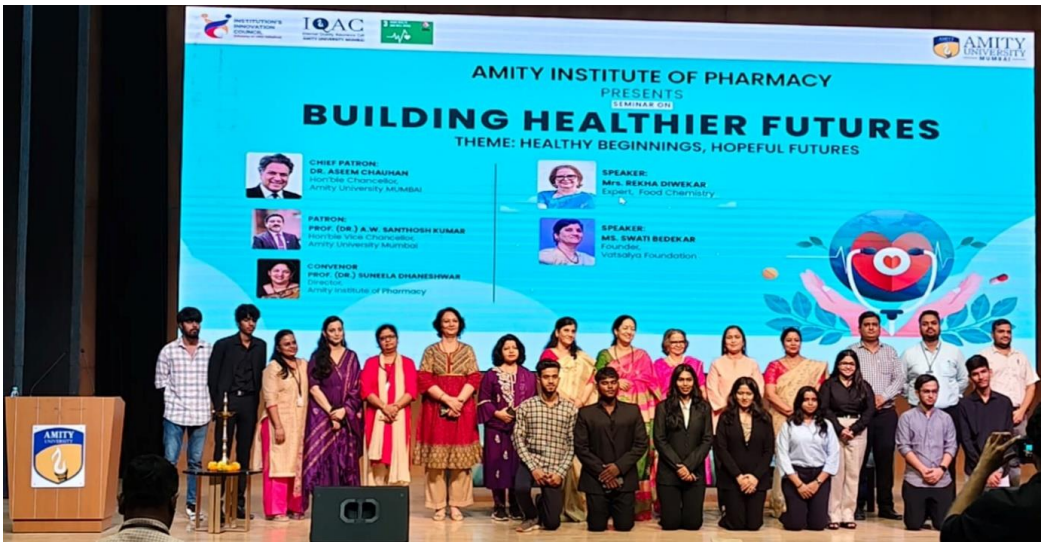
Faculty, students, non-teaching staff and university leaders participated. The outcomes were increased awareness and discussion of nutrition and menstrual health.

Follow up with the external contributor

There will be follow-up discussions with the speakers to explore Sakhi Project internships and research relating to nutrition, gender equality and sustainable health solutions. Further workshops and outreach are proposed.

Community health seminar

Photograph 3. University leadership felicitating Ms. Swati Bedekar of Vatsalya Foundation and the Sakhi Project.



Photograph 4. Building Healthier Futures organising team with speakers and heads of institutes.

Pharmacy education and research institutions

Item	Recorded detail
Activity	Ethics in Research and Publication FDP
Dates	10 to 14 November 2025
AUM organiser	Amity Institute of Pharmacy with IIC and IQAC
Venue	Seminar Hall, A2 Block, and Zoom
Participation	106 attendees reported
External institutions	NIPER Raebareli; Institute of Chemical Technology Mumbai; Bombay College of Pharmacy
Coordination	Prof. (Dr.) Suneela Dhaneshwar; Dr. Arti Gupta and Dr. Pankaj Bhamare

AIP organised the five-day programme with contributions from external pharmaceutical education and research specialists. Prof. (Dr.) Sanjay Tiwari and Prof. (Dr.) Shubhini Saraf of NIPER Raebareli contributed sessions on ethical research practice and academic writing. Prof. (Dr.) Vandana Patravale of ICT Mumbai addressed research proposal writing and implementation. Prof. (Dr.) Alka Mukne of Bombay College of Pharmacy examined quality in scientific publications.

Contribution to the health research workforce

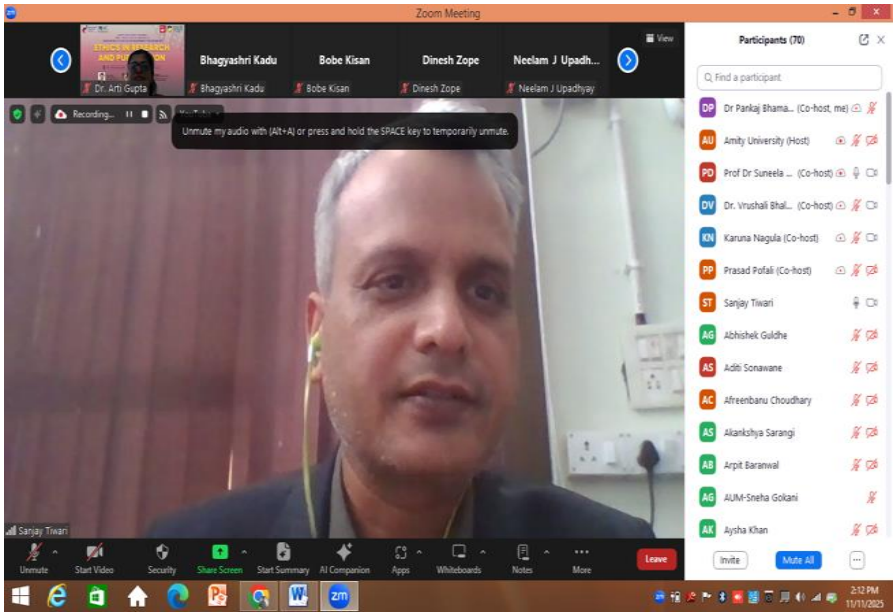
Sessions examined conflicts of interest, plagiarism, data fabrication, originality, responsible authorship and publication quality. These subjects support the reliability of pharmaceutical research and preparation of the health research workforce. The programme also included an overseas contribution from Dr. Elvis Martis of Nantes Université, France, on the ethics of AI-generated science, particularly its implications for biomedical research.

This example supports the educational and research dimension of collaboration with health-related institutions.

Recorded outcomes

The programme recorded an overall participant feedback rating of 4.65 out of 5.

Photograph 5. FDP inauguration with the university leadership and invited guest on 10 November 2025.



Photograph 6. Prof. (Dr.) Sanjay Tiwari of NIPER Raebareli addressed ethical research practice

Active MOUs Current Collaborations With Local, National Or Global Health Institutions To Improve Health & Wellbeing Outcomes

Sl. No	Institution / Department	Name of External Organization / Institution (With Whom MoU Has Been Signed With)	International / National	Date of Signing the MoU	Duration of MoU (Date of Expiration)	Salient Provisions of the MoU
1	AIBAS	The Society for The Rehabilitation Of Crippled Children	National	30/09/2019	Active	Academia Industry linkage / Institute, Industry Collaboration
2	AIBAS	LTMC&G Hospital, Sion, Mumbai (MH)	National	26/12/2019	Active	Academia Industry linkage / Institute, Industry Collaboration
3	AIBAS	Regional Mental Hospital, Thane	National	01/01/2020	Active	Academia Industry linkage / Institute, Industry Collaboration
4	AIBAS	Jagruti Rehabilitation Center, Taloja, Navi Mumbai (MH)	National	02/12/2020	5/Year 10-02-2025	Academia Industry linkage / Institute, Industry Collaboration

5	AIBAS	NeuroGen Brain & Spine	National	18-11-2021	1/Year	Academia Industry linkage / Institute, Industry Collaboration
6	AIBAS	HBT Medical College & Dr. R. N. Cooper Municipal General Hospital	National	26-08-2022	5/Year (26/08/2029	Academia Industry linkage / Institute, Industry Collaboration
7	AIB	LifeCell International Pvt.Ltd.	National	04-12-2023	5/Years (11/04/2028	Academia Industry linkage / Institute, Industry Collaboration
8	AIB	Government Dental College & Hospital	National	20/04/2023 Renewed 11/06/2025	2/Years (10/06/2027)	Academia Industry linkage / Institute, Industry Collaboration
9	AIB	miBiome Therapeitics LLP	National	13/06/2023	3/Years12-06-2026	Academia Industry linkage / Institute, Industry Collaboration
10	AIBAS	Seth GS Medical College & KEM Hospital	National	31-10-2023	Programe strart from 6/12/2023 to 30/11/2024	Academia Industry linkage / Institute, Industry Collaboration