



PANIPAT INSTITUTE OF ENGINEERING & TECHNOLOGY

(An Autonomous Institute, Approved by AICTE, New Delhi & Affiliated to Kurukshetra University, Kurukshetra)

3 GOOD HEALTH AND WELL-BEING



SDG 3 GOOD HEALTH AND WELL-BEING

Goal 3: To Ensure Healthy lives & Promote Well-being for all at all ages



3.3. Health Outreach Programs for students through Education

PIET has showcased an outstanding commitment to SDG 3 through its extensive Health Outreach Programs. The institution has undertaken impactful initiatives aimed at enhancing community health, well-being, and sustainability by promoting education, preventive healthcare, through Yoga Sessions, Meditations sessions and mental health sessions.

These programs have addressed critical health concerns, including maternal and child care, nutrition, mental health, physical fitness, and community hygiene, with a strong focus on inclusivity and empowering underserved populations.

By thoughtfully combining traditional knowledge with modern practices, PIET humbly strives to make a meaningful impact on health and well-being. Through its commitment to addressing local health challenges, fostering community engagement, and promoting holistic well-being, PIET contributes to SDG 3 while aspiring to create a positive and lasting difference. With a deep sense of responsibility, the institute continues to integrate education, healthcare, and community service, working toward a healthier and more inclusive society.

Recognizing the importance of health and well-being in academic and personal success, PIET has consistently demonstrated its commitment to fostering a healthy campus environment. The institution has organized a series of health outreach programs aimed at equipping students with knowledge, resources, and tools for better physical, mental, and emotional well-being.

Outcomes:

- Increased student awareness of preventive healthcare and healthy lifestyle choices.
- Enhanced accessibility to medical services and mental health support on campus.
- Positive feedback from students regarding the usefulness and relevance of the program.
- Creation of a health-conscious campus environment where students feel empowered to prioritize their well-being

Key Highlights of PIET's Health Outreach Efforts

Sr no	Name of Event	Date of Event	No of Beneficiary
1	Yoga for Well-Being with ISHA Foundation	12 th November 2024	700 students
2	Posture-Centered Yoga Class	8 th August 2023	87 students
3	Expert Session - "The Value of Self-Control In Life"	21 st August 2023	128 students
4	Meditation and its Educational Values	8 th August 2023	137 students
5	One Day Workshop - Detox the Mind	5 th May 2023	58 students
6	Yoga Session – “Mindful Mornings	17 th October 2022	49 students
7	Healing Meditation: "A Process of a Determined Focus	26 th September 2022	157 students
8	Celebration of 8 th International Yoga Day	21 st June 2022	130 students
9	Menstrual Hygiene and Management	26 th November 2021	65 students
10	Celebration of 7 th International Yoga Day	21 st June 2021	85 students

Activity: Yoga for Well-Being:

On 12th November 2024, as part of the Institute's Induction Program. A special session on “Isha Yoga for Well-Being” was held to promote mental and physical wellness through yoga and meditation on 12th November 2024 was organized by Applied Sciences and Humanities Department in collaboration with the Universal Human Values Cell and Isha Foundation. Mr. Dakshith, was the resource person who led a live demonstration of breathing and meditation techniques, followed by an interactive Q&A. around 700 students from various disciplines, including B.Tech, BBA, BCA, and Pharmacy, attended, showing strong engagement and interest in adopting yoga practices.



Mr. Dakshith, the resource person of the Yoga and Meditation session



Mr. Dakshith interact with students during the session

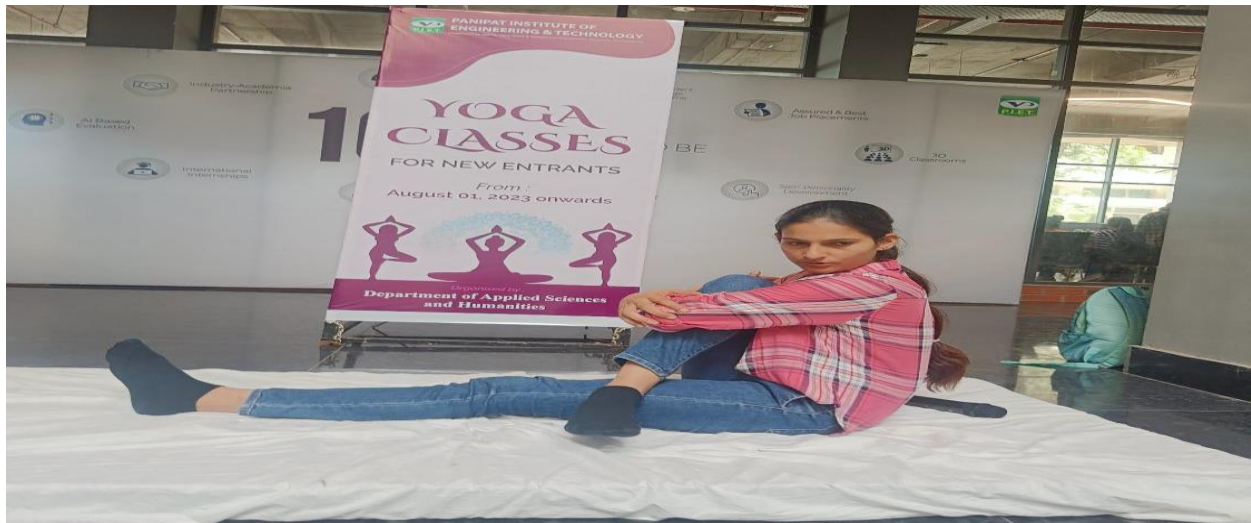


**Prof Dr. B.B Sharma Dean Student's welfare and Prof. Dr. Vinay Khatri with Mr. Dakshith
Activity: Posture-Centered Yoga Class**

Department of Applied Science and Humanities, PIET College organized a Yoga session for first year students on 8th August 2023 at RISE Building, Ground Floor. Ms. Anu Kundu, Sports Faculty, PIET NFL, was the trainer of the session, who introduced themselves and highlighted the benefits of yoga and meditation for physical and mental well-being. Participants were guided through a series of gentle warm-up exercises, followed by focused breathing techniques to center the mind. Total 87 students take part in this yoga session.



Students Practicing Yoga



Posture-Centered Yoga Class

Activity: EXPERT SESSION "THE VALUE OF SELF-CONTROL IN LIFE"

An expert session on The Value of Self-Control in Life was organized by Department of Applied Science and Humanities on 21st August 2023 at APJ Abdul Kalam Auditorium. The objective of the session was to explore the concept of self-control and its importance in leading a successful and fulfilling life. Mrs. Rekha Bajaj President of Chetna Parivar, Panipat was the resource person of the session. Total 128 students participated in this session. Throughout the session, Ms. Rekha Bajaj discussed various aspects of self-control, including how it contributes to better decision-making, improved relationships, and increased productivity.



A warm welcome of resource person, Ms. Rekha Bajaj, President of Chetna Parivar, Panipat



Expert session on "The Value of Self-Control in Life" by Ms. Rekha Bajaj, President of Chetna Parivar, Panipat

Activity: Meditation and its Educational Values

The Department of Applied Sciences and Humanities organized a session on "Meditation and its Educational Values" on August 9, 2023. In this session 137 students participated. Ms. Deepika Dawar, the Founder of Care and Cure Wellness Clinic and Art of Living Faculty, was invited as the expert speaker for the session. Ms. Dawar emphasized the importance of cultivating mindfulness as a tool for enhancing focus, concentration for academic success and personal well-being.



Session on Meditation and its Educational Values by Ms. Deepika Dawar



Participants during the Meditation Session

Activity: One Day Workshop - DETOX THE MIND

One Day Workshop - DETOX THE MIND Workshop was organized by the CSE Department of PIET College on 5th May 2023 at Seminar Hall (E-Block Ground Floor). The objective of the workshop was to explore the power of visualization and conduct a SWOT analysis to help students detoxify their minds. The session aimed to provide insights into boosting physical and mental health, overcoming negative thoughts, and facing struggles effectively. Mr. Ajay Sharma, Head & Associate Professor, Department of Commerce, RKSD (PG) College, Kaithal (Haryana) was the resource person. Total 58 students participated in this workshop.



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DETOX *the Mind*

- Power of visualisation, SWOT analysis, challenges and opportunities in life.
- Meaning of Detoxification.
- Boost your physical health, mental health, emotional, & spiritual health.
- Achieving academic, career and sports goals.
- How to overcome negative thoughts.
- Beliefs, placebo effect, how to face struggle, power of affirmations and more...

**ORGANIZED BY DEPARTMENT OF COMPUTER SCIENCE ENGINEERING & DEPARTMENT
OF COMPUTER SCIENCE APPLICATION**

DATE: 05/05/2023 (FRIDAY) | TIMING: 11:30 AM TO 12:30 PM



MR. AJAY SHARMA

Head & Associate Professor
Department of Commerce
RKSD (PG) College, Kaithal (Haryana)

FACULTY COORDINATOR

Mr. Kunal Uppal (CSE)
9355527070

Mr. Puneet Sharma (CSE)
9416451524

Mr. Vijender Singh (DCA)
9671481042

Venue:
Seminar Hall,
Ground Floor,
E Block

www.piet.co.in | 1800 120 6884

Leaflet of workshop: Detox the Mind



Welcome of Mr. Ajay Sharma, Head & Associate Professor, RKSD (PG) College, Kaithal (Haryana)



Expert Session by Mr. Ajay Sharma, Head & Associate Professor, Department of Commerce, RKSD(PG) College, Kaithal (Haryana)



Felicitations of Mr. Ajay Sharma, Speaker by Mr. Kunal Uppal and Mr. Vijender Singh

Activity: Menstrual Hygiene and Management

Department of Applied Science and Humanities organized an expert session on Menstrual Hygiene and Management on 26th November 2021 at APJ Abdul Kalam Auditorium. The objective of the session was to provide accurate information about menstrual health and hygiene, dispel myths and misconceptions related to menstruation, prepare students with practical knowledge and skills to manage their menstrual health effectively and create a supportive environment where students feel comfortable discussing menstrual health issues. Dr. Daisy Arora, Professor, Department of Pharmacy PIET, was the expert speaker for the session.



Expert Session by Dr. Daisy Arora, Professor, Department of Pharmacy, PIET



Participants in the Session

Activity: Yoga Session – “Mindful Mornings

Yoga Session – “Mindful Mornings was organized by the Applied Science and Humanities on 17th Oct. 2022 at Ground Floor, RISE Building. The session began with a warm welcome of Mr. Subhash Gupta, Yoga Trainer Panipat and with lamp lighting ceremony. Mr. Subhash Bajaj has extensive experience in the field of yoga. The session concluded with a cool-down period, involving gentle stretches and relaxation techniques. Total 49 Participants practiced the Corpse Pose (Savasana) to relax their bodies and minds completely.



Breathing Exercise under the guidance of Yoga Instructor (Mr. Subhash Bajaj)



Pranayama activity performed by the students under the training of Mr. Subhash Bajaj



Faculty and students during Yoga Activities



Faculty and students during Yoga Activities

Activity: Healing Meditation: "A Process of a Determined Focus"

The Applied Sciences & Humanities department organized a session on "Healing Meditation: A Process of a Determined Focus" on September 26, 2022 at APJ Auditorium, PIET. Shri Deepak Singhal, faculty member from the Art of Living organization was the resource person. The primary goal of the session was to introduce students to the concept of healing meditation, which involves a focused and deliberate approach to achieving mental clarity and emotional well-being. Sh. Deepak Singhal began the session by explaining the fundamentals of healing meditation, emphasizing the significance of a determined focus in the process.



Session on Healing Meditation by Sh. Deepak Singhal



Healing Meditation: "A Process of a Determined Focus" by Sh. Deepak Singhal, faculty of Art of living

Activity: Celebration of 8th International Yoga Day

In reference to the directives received from Directorate of NSS, Department of Youth Affairs, Ministry of Youth Affairs and Sports dated 11/04/2022 NSS unit of Panipat Institute of Engineering and Technology, Samalkha (PIET) in Collaboration Youth Red Cross (YRC) celebrated 8th International Yoga Day in Panipat Institute of Engineering and Technology, Samalkha Panipat on 21 June 2022. The more than 130 members of staff and faculty, volunteers of NSS participated in the cited program. Different asanas as mentioned below were demonstrated and practiced by all participants.

1. Trikunasana
2. Varikhasana

3. Navasana
4. Balasana
5. Anulom-Vilom
7. Kapal- Bhati
8. Surya Namaskar etc.

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 अमृत महोत्सव

3 GOOD HEALTH AND WELL-BEING

15 LIFE ON LAND

YRC YOGA FOR HUMANITY

PIET NCR COLLEGE

YRC PIET AND NSS PIET
 IS CELEBRATING
INTERNATIONAL YOGA DAY
DATE - 21st JUNE
TIME - 10:30 AM
VENUE - G BLOCK GROUND FLOOR

International Day of Yoga
 21 June

International Day of Yoga
YOGA FOR HUMANITY

STUDENT COORDINATOR
 MANMEET SINGH CHAWLA
 8929292800
 ADITYA SINHA
 8207876850



Participants during the International yoga day celebration

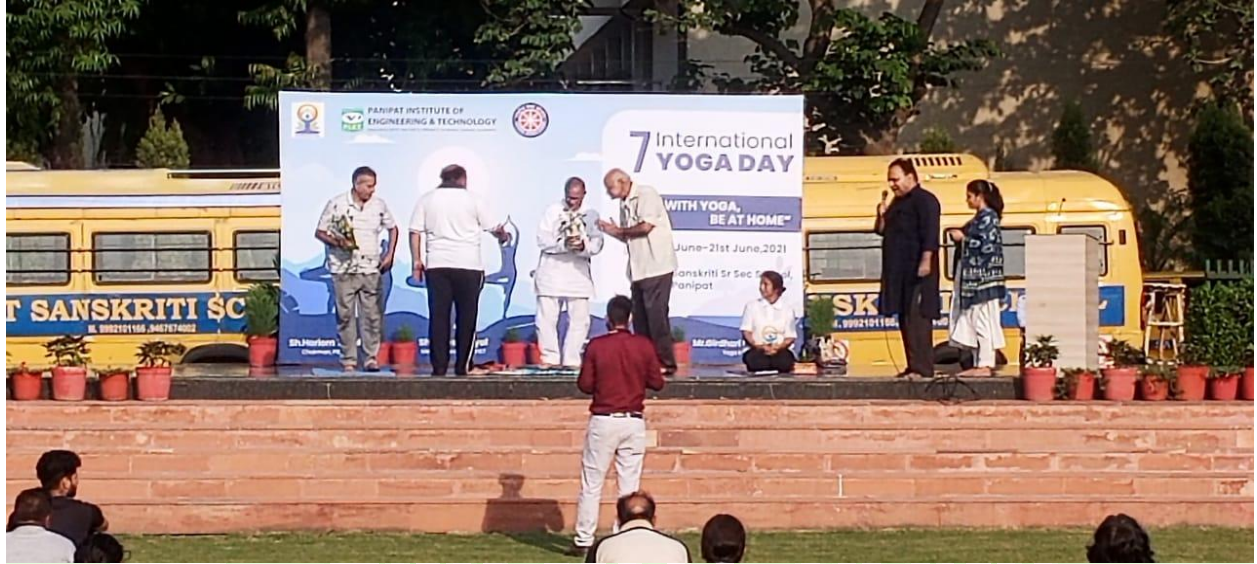


Facilitation of Mr. Jatin Nagpal resource person on the International Yoga day

Activity: Celebration of 7th International Yoga Day

In reference to the directives received from Ministry of Education No F.No.20-2/2021-TS.II-Part (1) dated 07/05/2021 to refer to DO No. M-16011/24/2021-YN dated 04/05/2021 from Director, Ministry of Ayurveda, Yoga and Naturopathy Unani NSS unit of Panipat Institute of Engineering and Technology, Samalkha (PIET), celebrated 7th International Yoga Day in PIET Sanskriti Sr. Sec. School, NFL Panipat on 21 June 2021. Dr. Prem Anand, Mr. Girdhari Lal Chabra and Mrs. Deepa were the yoga instructor for the yoga session. Total 85 participants participated in the Yoga day celebration.





7th International Yoga Day Celebration 21 June 2021.



Participant's during the yoga session



Yoga instructors, Dr. Prem Anand, Mr. Girdhari Lal Chabra and Mrs. Deepa during the yoga session

