



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

**Name of the Event- A Workshop on
the world Pollution Control day under
the theme of on “Empowering
Health in Combating Air Pollution:
A Step towards Healthy Lungs”
(Community Health Nursing
Department)**

(2nd December 2023)



1. Title of the activity:

A Workshop on the world Pollution Control day under the theme of on “**Empowering Health in Combating Air Pollution: A Step towards Healthy Lungs**”

2. Date: 2nd December, 2023

3. Location of the activity: D-Block Basement and H- Block Auditorium, SGT University, Gurugram, Haryana .

4. Organizers: *Community Health Nursing Department, Faculty of Nursing, SGT University*

5. Participating Team Members with Designation:

1. Prof. Sunil Kumar Dular (HOD, Community Health Nursing Department)
2. Ms. Deepa Mukherjee (Associate Professor)
3. Ms. Rachna (Assistant Professor)
4. Ms. Nutan Kumari (Assistant Professor)
5. Ms. Manidipa Sarkar (PG Tutor)
6. Mr. Naveen (PG Tutor)
7. Ms. Khiumajuliu Abonmai (PG Tutor)
8. Ms. Sneha Priya (PG Tutor)
9. Ms. Sushmita Sharma (PG Tutor)



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E Brochure-



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Shree Gurus Gobind Singh Tricentenary University



INSTITUTION'S
INNOVATION
COUNCIL
(Approved by Ministry of Education)



NAAC
A+

Faculty of Nursing
WELLBEING ASSOCIATION
Under Community Health Nursing Department
In Collaboration with
Yoga and Naturopathy Department
is organizing a Workshop on



**Empowering Health In
Combating Air Pollution:
A Step towards Healthy Lungs**

External Speaker



Mr. G. THIRUMURTHY
SCIENTIST 'E' & DR,
PCP Division,
Central Pollution Control Board
Timing: 12:00-01:00 PM
Venue: H-Block Auditorium

Internal Speaker



Dr. Sunil Yadav
Department of Yoga and Naturopathy
Timing: 02:00-03:00 PM
Venue: H-Block Auditorium

Yoga Practical Session
Time: 09:30AM to 10:30AM
Venue: Basement, D Block


Debate Competition
Time: 10:45AM to 11:45AM
Venue: Hospital Block Auditorium

Activities

📅 02nd December, 2023 | ⌚ 09:00 AM to 04:00 PM
Venue: H-Block Auditorium and Basement, D Block, SGT University



APPROVAL LETTER:



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585
24/11/23

FACULTY OF NURSING

Ref. No.: SGTU/FON/03/2023/ 634 Date: 22.11.2023

Subject: Regarding approval of Organizing a Campaign on "National Pollution Control Day" 2nd December 2023.

The Wellbeing association under department of Community Health Nursing, Faculty of Nursing, with collaboration on department of Yoga and Neuropathy, Gurugram, SGT University, is organizing a Campaign on "National Pollution Control Day" 2nd December 2023 at C Block Auditorium and Cultural ground, SGT University.

Activities under are: -

1. Yoga practical Session
2. Expert talk by Dr. Sunil Yadav Department of Yoga and Naturopathy on the topic to Enhance the Lung Capacity.

Budget details: -

S.No.	Items	Quantity	Associated Department	Tentative Budget (INR)	Total Amount (INR)
1.	Banner (6x4)	1	Designing & Printing	Rs.350/-	Rs.350/-
2.	Certificates	12		Rs. 10/-	Rs. 120/-
3.	Saplings	2	Horticulture	100/-	Rs. 200/-
4.	Water Bottles	10		Rs.10/-	Rs.100/-
5.	Photography and Videography	1	Faculty of Mass Communication	NA	NA
6.	Yoga mat	40	Ayurveda Department	NA	NA
7.	C Block auditorium and cultural ground			NA	NA
8.	Flower	For decoration	20 garlands	Rs. 30/-	Rs. 600/-
Total					Rs 1,370/-

Submitted for your kind perusal and approval.

[Signature]
HO.D (Department of Community Health Nursing)

[Signature]
Dean
Faculty of Nursing

The Registrar, SGT University

[Signature]
Request is regarding campaign may be considered and submitted to HODs for approval.

[Signature]
Registrar
SGT University
Budhera, Gurugram

[Signature]
Approved
22/11/23



Objective of the Event :

To spread awareness through Expert sessions and practicing yoga to Empowering Health in Combating Air Pollution: A Step towards Healthy Lungs.

- To encourage students for physical and mental wellbeing by practicing Yoga.
- To collaborate with industry and resources to provide our students with multidimensional exposure and learning as per the industrial demands.

Report of the Webinar/ Event / FDP Program::

Wellbeing Association under the **Department of Community Health Nursing**, Faculty of Nursing, SGT University organized A Workshop on the world Pollution Control day under the theme of on “**Empowering Health in Combating Air Pollution: A Step towards Healthy Lungs**” on 02/12/2023 at D-Block Basement and H-Block Auditorium.

The main aim of the workshop is to Collaborate with industry and resources to provide our students with multidimensional exposure and learning as per the industrial demands and encompassed an **expert session** by **Mr. G. Thirumurthy, Scientist 'E' & DH, Central Pollution Control Board, New Delhi** and **Dr. Sunil Yadav, Asst. Professor, FYNS** who has ample experience to be shared with our attendees during expert sessions.

The following activities under this Workshop include Yoga Practical Session By Ms. Kanchan, Lecturer, Dept. of Yoga and Naturopathy, an expert Session by **an expert session by Mr. G. Thirumurthy, Scientist 'E' & DH, Central Pollution Control Board, New Delhi** and **Dr. Sunil Yadav, Asst. Professor, FYNS** and A Debate Competition. The session was focused on overall wellbeing of Students' health & how to sustain it. There was also a discussion session to address the questions of participants in the areas of Air Pollution, its causes & how to prevent it.

The program begins with the lamp lighting ceremony by our Honorable guests and faculty members this was followed by a speech of encouragement by Prof. Vijay Bhalla. Our guest speaker Mr. G. Thirumurthy, Scientist E & DH, PCP Division, Central pollution & Central Board gave a lecture on the theme of the day “Empowering Health in Combating Air Pollution: A Step towards Healthy Lungs”. After lecture from experts a Debate competition was conducted. The winners of the Debate competition were announced and awarded with prizes and certificates of appreciation.

The event was skillfully supervised by the faculty coordinator Ms. Manidipa Sarkar, PG Tutor, Ms. Nutan Kumari Assistant professor, Ms. Rachna, Mr. Naveen , Ms Deepa Mukherjee under



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the guidance of Prof. Dr. Sunil Kumar Dular, Dean and H.O.D Community Health Nursing Department, Faculty of Nursing, SGT University and executed by Mr. Tejendra , Ms. Nishu Kumari and Ms. Yogita , student executive members from the Well-being Association under the department of community health nursing , Faculty of Nursing. The event concluded with a vote of thanks .

Speakers of the Event:

1. Mr. G. Thirumurthy, Scientist 'E' & DH, Central Pollution Control Board, New Delhi
2. Dr. Sunil Yadav, Asst. Professor, FYNS , SGT University.

Screenshots of Webinar/ Picture of Event:



Lamp lighting ceremony by Mr. G. Thirumurthy, Scientist 'E' & DH, Central Pollution Control Board, New Delhi.



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Yoga Practical Session taken by By Ms. Kanchan, Lecturer, Dept. of Yoga and Naturopathy.



Mr. G. Thirumurthy, Scientist 'E' & DH, Central Pollution Control Board, New Delhi an Expert Talk on Empowering Health in Combating Air Pollution: A Step towards Healthy Lungs.



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Dr. Sunil Yadav, Asst. Professor, FYNS, SGT University an Expert Talk on National Pollution Control Day.



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Prize distribution for the Debate competition



Group Photograph of The Organizing Team and Students of Wellbeing Club Under Community Health Nursing Department, Faculty Of Nursing, SGT University with the Speaker.



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Participants list/ Appreciation Letter:

COMMUNITY HEALTH NURSING DEPARTMENT

UNDER WELLBEING ASSOCIATION

Is organized a Workshop

Theme: Empowering Health In Combating Air Pollution : A Step Towards Healthy Lungs

Participants Attendance

Sl No.	Name	Year Of Studying	Reg. No	Mail Id	Signature
	Sandya	3rd year	210415100	donia123456@gmail.com	<i>[Signature]</i>
	Muskan	3rd year	210415023	misskankansingh@gmail.com	<i>[Signature]</i>
1.	Lipika	3rd year	200403021	lipika.kaulik@gmail.com	<i>[Signature]</i>
2.	Jigyasa	11	200403019	jigyasa99558@gmail.com	<i>[Signature]</i>
3.	Shivani	11	200403006	shivani.sharma9966@gmail.com	<i>[Signature]</i>
4.	Ritika	11	200403008	ritikasharma1@gmail.com	<i>[Signature]</i>
5.	Upasana	11	200403032	shakyaupasana954@gmail.com	<i>[Signature]</i>
6.	Shilpa	11	200403031	sa4586533@gmail.com	<i>[Signature]</i>
7.	Pinky	11	200403024	pinkykumari7729@gmail.com	<i>[Signature]</i>
8.	Komal	11	200403009	komalkumari1502@gmail.com	<i>[Signature]</i>
9.	Ashita	11	200403002	lovishana5@gmail.com	<i>[Signature]</i>
10.	Damini	11	200403025	damini8813@gmail.com	<i>[Signature]</i>
11.	Nikita	11	200403011	nikita999107820@gmail.com	<i>[Signature]</i>
12.	Akshita	11	200403013	akshita0323@gmail.com	<i>[Signature]</i>
13.	Shikha	11	200403015	smenshika7@gmail.com	<i>[Signature]</i>
14.	Sangeeta	11	200403007	Sangeetasharma15@gmail.com	<i>[Signature]</i>
15.	Bhakti Kaurik	11	200403012	bhaktikaurik51@gmail.com	<i>[Signature]</i>

GINM
3rd year



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Theme: Empowering Health In Combating Air Pollution : A Step Towards Healthy Lungs

Participants Attendance

Sl No.	Name	Year Of Studying	Reg. No	Mail Id	Signature
1	Rajy	4 th year	200401046		Rajy
2	Saif	4 th year	200401020	Saifm2351@gmail.com	Saif
3	Tanuj	4 th year	200401060	tanugautam1212@gmail.com	Tanuj
4	Anjali	4 th year	200401077	Anjali.bsnursing6@gmail.com	Anjali
5	Varsha	4 th year	200401059	bablukadyan4@gmail.com	Varsha
6	Nargis	4 th year	200401083	Kanumali2333@gmail.com	Nargis
7	Nayman	4 th year	200401108	Ynamani47@gmail.com	Nayman
8	Nitya	4 th year	200401072	nitya36@gmail.com	Nitya
9	Harsh	4 th year	200401025	dumiradharsh@gmail.com	Harsh
10	Meenu	4 th year	200401086	msaenu2002@gmail.com	Meenu
11	Manisha	4	200401051	manishadager2002@gmail.com	Manisha
12	Rachna	4	200401055	nitikasasvang@gmail.com	Rachna
13	Muskan	4	200401041	muskansheoran2001@gmail.com	Muskan
14	Varuna	4	200401039	Varunajoon6@gmail.com	Varuna
15	Deepanshi	4	200401022	deepanshi.sachin2608@gmail.com	Deepanshi
16	Saloni	4	200401107	Salonisathree0014@gmail.com	Saloni
17	Krunika	4	200401102	Krunika2002@gmail.com	Krunika
18	Sarvesh	4	200401105	Singhsunny5025@gmail.com	Sarvesh
19	Nikhil	4	200401006	Nikhil_son_25@gmail.com	Nikhil
20	Tushar	4	200401052		Tushar
21	Aamish	4	200401010		Aamish