



# 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)**

**(2<sup>nd</sup> December 2023)**



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**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-

**SGT UNIVERSITY**  
Shree Gurus Gobind Singh Tricentenary University

INSTITUTION'S  
INNOVATION  
COUNCIL

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

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

Activities

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

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

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

## APPROVAL LETTER:

**SGT UNIVERSITY**  
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY  
(UGC Approved University)

585  
23/11/23

**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" 2<sup>nd</sup> 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" 2<sup>nd</sup> 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/-
<b>Total</b>					<b>Rs 1,370/-</b>

Submitted for your kind perusal and approval.

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

*[Signature]*  
Dean  
Faculty of Nursing

The Registrar, SGT University  
Request to organize campaign may be considered and submitted to HOD/VC or for approval.

*[Signature]*  
Registrar  
SGT University  
Budhera, Gurugram

*[Signature]*  
23/11/23



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## **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

GNM  
3rd  
year

Sl No.	Name	Year Of Studying	Reg. No	Mail Id	Signature
	Santga	3rd year	210415100	donicet@gmail.com	<i>[Signature]</i>
	Muskan	3rd year	210415023	missmuskan@gmail.com	<i>[Signature]</i>
1.	Lipika	3rd year	200403021	lipika.kaulik@gmail.com	<i>[Signature]</i>
2.	Jigyasa	"	200403019	jigyasa99558@gmail.com	<i>[Signature]</i>
3.	Shivani	"	200403006	shivani.shrivastava99@gmail.com	<i>[Signature]</i>
4.	Ritika	"	200403008	ritikasharma1@gmail.com	<i>[Signature]</i>
5.	Uvasana	"	200403032	shakya.uvasana@gmail.com	<i>[Signature]</i>
6.	Shilpa	"	200403031	sa4586533@gmail.com	<i>[Signature]</i>
7.	Pinky	"	200403024	pinkykumari7729@gmail.com	<i>[Signature]</i>
8.	Komal	"	200403009	komalkhanna1502@gmail.com	<i>[Signature]</i>
9.	Ashita	"	200403002	lovishana_5@gmail.com	<i>[Signature]</i>
10.	Damol	"	200403025	damol.saha@gmail.com	<i>[Signature]</i>
11.	Nikita	"	200403011	nikitadogra1078200@gmail.com	<i>[Signature]</i>
12.	Akshata	"	200403013	akshata023@gmail.com	<i>[Signature]</i>
13.	Shikha	"	200403015	shikha7@gmail.com	<i>[Signature]</i>
14.	Sangeeta	"	200403007	sangeetasharma15@gmail.com	<i>[Signature]</i>
15.	Bhatti Kaurik	"	200403012	shweta.kaurik@gmail.com	<i>[Signature]</i>



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14.	Sangeeta	"	20403015	sangeeta7@gmail.com	Sangeeta
15.	Bharti Kaushik	"	20403007	SangeetaSharma45608@gmail.com	Bharti
16.	Suman Lata	"	20403017	BhartiKaushik57@gmail.com	Suman
17.	Shikha	"	20403077	Shikhaan@gmail.com	Shikha
18.	Jasmine	"	20403026		
19.	Bhumi	1 year	20403016	jasminetam2016@gmail.com	Bhumi
20.	Aditi	1 year	230403004	aditibhumi2006@gmail.com	Aditi
21.	Krushboo	1 year	230403065	aditisharma302@gmail.com	Krushboo
22.	Tanvi	"	230403056	tanviyadav6231@gmail.com	Tanvi
23.	Jannet	2 year	230403045	ytanvi44@gmail.com	Jannet
24.	Riya	2 year	210403017	jannet.warya@gmail.com	Riya
25.	Neha	2 year	210403018	kartikekumar98@gmail.com	Neha
26.	Geacy	2 year	210403013	nn6741458@gmail.com	Geacy
27.	Palak	10 year	20403022	geacydang12@gmail.com	Palak
			2020403051	dochaipalaka@gmail.com	Palak



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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 <sup>th</sup> year	200401046		<i>Rajy</i>
2.	Saif	4 <sup>th</sup> year	200401020	Saifm2351@gmail.com	<i>Saif</i>
3.	Tanu	4 <sup>th</sup> year	200401060	tanugautam1212@gmail.com	<i>Tanu</i>
4.	Anjali	4 <sup>th</sup> year	200401077	Anjali.bsnursing6@gmail.com	<i>Anjali</i>
5.	Vansha	4 <sup>th</sup> year	200401059	bablukadyan4@gmail.com	<i>Vansha</i>
6.	Nargis	4 <sup>th</sup> year	200401083	Kanumali2333@gmail.com	<i>Nargis</i>
7	Nayman	4 <sup>th</sup> year	200401108	Ynaman147@gmail.com	<i>Nayman</i>
8	Niyaz	4 <sup>th</sup> year	200401072	niyazbhatnagar@gmail.com	<i>Niyaz</i>
9	Harsh	4 <sup>th</sup> year	200401025	dumindharsh@gmail.com	<i>Harsh</i>
10.	Meenu	4 <sup>th</sup> yr	200401086	msaenu2002@gmail.com	<i>Meenu</i>
11.	Manisha	4	200401051	manishadager2013@gmail.com	<i>Manisha</i>
12	Rachna	4	200401055	nitikasarvang@gmail.com	<i>Rachna</i>
13.	Muskan	4	200401041	muskansheoran2001@gmail.com	<i>Muskan</i>
14.	Varuna	4	200401039	Varunaj0006@gmail.com	<i>Varuna</i>
15.	Deepanshi	4	200401022	deepanshisacni2008@gmail.com	<i>Deepanshi</i>
16.	Saloni	4	200401107	Salonisathree0014@gmail.com	<i>Saloni</i>
17.	Krunika	4	200401102	Krunikabhatnagar@gmail.com	<i>Krunika</i>
18.	Sareen	4	200401105	Singhsunny5025@gmail.com	<i>Sareen</i>
19.	Nikhil	4	200401006	Nikhil,son25@gmail.com	<i>Nikhil</i>
20.	Tushar	4	200401052		
21.	Aamish	4	200401010		