



Viksit Bharat @2047

MAHARSHI DAYANAND UNIVERSITY

Rohtak-124001, Haryana

(A+ Grade NAAC Accredited University)

University Institute of Public Health Sciences (UIPHS)

Organises

Two-day Workshop on “Health and Wellness in Modern Lifestyle – Need of the Hour”

A comprehensive two-day program promoting preventive healthcare and wellness-oriented lifestyles for students and the community.

Date: 10-11 November 2025

Objectives

- **Spread Awareness:** Educate about preventive healthcare practices and early intervention strategies
- **Encourage Wellness:** Promote wellness-oriented lifestyles through practical guidance and support
- **Build a Health-Conscious Campus:** Create a sustainable health culture within the university environment
- **Community Health Impact:** Extend health consciousness beyond campus to the surrounding communities.

Why this Campaign

- India has a high prevalence of anemia among youth
- Poor nutrition affects academic performance
- Early detection prevents complications
- Promote a healthy lifestyle

Event Schedule

Day 1: November 10, 2025

Activity 1: Workshop on “Health and Wellness in Modern Lifestyle – Need of the Hour” for students

Coordinators: Dr. Samandar Kaushik, Dr. Hari Mohan

Venue: FDC, M. D. University (10.00 am onwards)

Activity 2 (parallel): Testing, Awareness & Counselling Camp

(Follow-up of Anaemia Mukta, Poshan Yukt Campus (AMPYC) Abhiyaan)

Camp Activities & Services

☑ Health Screening for vital parameters by a team of experts

☑ Counselling

☑ Health Education

Coordinator: Dr. A.S Dangi

Venue: Student Activity Centre, Ground Floor (10.30 am onwards)

Day 2: November 11, 2025

Activity : “Community Awareness Camp” in collaboration with HEAL Foundation, Chandigarh

- Health awareness sessions
- Live demonstrations
- Community interaction and engagement

Venue: Villages Baniyani and Village Majra Dubaldhan (9.30 am onwards)

Coordinator: Dr. Samander Kaushik, Dr. Hari Mohan, Dr. A.S Dangi



About Maharshi Dayanand University

Maharshi Dayanand University, Rohtak, is a State Government university in Haryana with a prominent place in inter-disciplinary higher education and research in India. The university has been NAAC accredited with an 'A+' grade since March 2019. Spanning a sprawling 622-acre lush green campus, the university ranked 1st in the Swachh Ranking in 2018 by the Government of India. The university boasts excellent infrastructure in its teaching departments with modern laboratories equipped with sophisticated instruments and distinguished faculty. World-class library facilities, computer centres, hostels for boys and girls, a gymnasium, and cultural and sports facilities provide a congenial environment for learners.

About the University Institute of Public Health Sciences (UIPHS)

In alignment with the esteemed traditions and values of the University, the University Institute of Public Health Sciences (UIPHS) has been established with the mission to provide top-tier education aimed at cultivating skilled professionals to meet both current and future demands of our nation. The Bachelor's in Public Health Sciences (BPHS Hons./Research) program offered by the institute is meticulously designed to cater to the needs of society while adhering to the guidelines outlined in the National Education Policy (NEP-2020). Public health programs are poised to play a pivotal role in addressing the healthcare challenges of our nation, and the institute is dedicated to nurturing competent professionals in this field.

Resource Persons



Prof. Rajesh Kumar

Adjunct Faculty

University Institute of Public Health Sciences
Maharshi Dayanand University, Rohtak

Former Technical Advisor, Health Systems Transformation Platform, New Delhi, Ex-Dean (Academic) & Prof & Head, Dept. of Community Medicine & School of Public Health, Post-Graduate Institute of Medical Education & Research, Chandigarh, India



Prof. Manmeet Kaur

Adjunct Faculty

University Institute of Public Health Sciences
Maharshi Dayanand University, Rohtak

Ex- Professor of Health Promotion, Dept. of Community Medicine & School of Public Health, Post-Graduate Institute of Medical Education & Research, Chandigarh, India

Convener

Prof. Munish Garg

Director, UIPHS

Maharshi Dayanand University, Rohtak

Co-ordinators

Dr. Samander Kaushik, CBT

Dr. Hari Mohan, CMBT

Dr. A.S Dangi

Contact Us

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