



# Nirwan University Jaipur

Established by the Rajasthan State Legislature vide Act No.2 of 2017 and recognized u/s 2(f) of the UGC Act 1956

## ACTIVITY REPORT Academic Year 2024-25

1. **Name of the Organising Department:** School of Basic and Applied Sciences, Nirwan University Jaipur

2. **Activity Title:** Health and Wellness Awareness Program

3. **Date & Duration of Activity:** 31 July 2024

4. **Venue of Activity:** New Bhardwaj Sr. Sec. School, Banskho  
(Class 11, Arts and Science)

5. **Name & Contact Details of the Organizer:** Prof. (Dr.) Preeti Sharma, Dr. Rajendra Kumar and Dr. KC Saini

6. **Participants Details with list:**

Total Participants	Number of Male	Number of Female
16	12	4

7. **Target Audience:** School Students

8. **Objectives of The Activity**

- To promote healthy eating habits
- To encourage regular physical activity
- To foster mental health awareness
- To prevent substance abuse

09. **Any suggestion for improvement based on the feedback or otherwise:** Given the positive impact observed, we strongly recommend that such programs be conducted on a regular basis. Frequent sessions will ensure that students continuously engage with important health topics, reinforcing healthy habits and behaviors that contribute to their overall well-being.

## 10. Notice



# Nirwan University Jaipur

Established by the Rajasthan State Legislature vide Act No. 2 of 2017 and recognised u/s 2(f) of the UGC Act 1956

Ref: NUJ/Reg./2024/ 3132

Date: 30.07.2024

### Notice

As a part of extension/community outreach activity and the recommendation of NEP-2020, School of Basic and Applied Sciences is going to organize Health and Wellness Awareness Program on 31.07.2024 for the school going students. The main aim of the program is to promote a holistic approach to health by emphasizing the importance of physical, mental, and emotional well-being.

Further, the aforementioned activity will be coordinated by Prof. (Dr.) Preeti Sharma, Dr. Rajendra Kumar and Dr. K.C. Saini.


It has approval of the competent authority.



Nirwan University Jaipur


Copy to:


1. All concerned
2. Notice Board
3. Guard File


 [www.nirwanuniversity.ac.in](http://www.nirwanuniversity.ac.in)

 [info@nirwanuniversity.ac.in](mailto:info@nirwanuniversity.ac.in)

 [www.facebook.com/nirwanuniversity](https://www.facebook.com/nirwanuniversity)

 [www.linkedin.com/company/nirwanuniversity](https://www.linkedin.com/company/nirwanuniversity)

 +91 9289800300

 Nirwan University, Near Bassi-Rajadhok Toll,  
Agra Road, Jaipur-303305



## 11. Posters and Pictures supporting the Event/Activities

The poster features the Nirwan University Jaipur logo at the top center, which includes a crest with a crown and the text 'NIRWAN UNIVERSITY JAIPUR' and 'ESTD. 2017'. Below the logo, the text reads 'NIRWAN UNIVERSITY JAIPUR' in blue, followed by 'School of Basic and Applied Sciences' in large, bold, dark red letters. Underneath, it says 'Organizes' in blue, 'Health and Wellness Awareness Program' in bold blue, and '(Extension and Outreach Activity)' in a smaller, italicized blue font. The location is listed as 'at New Bhardwaj Sr. Sec. School, Banskho' in bold dark red, and the date as 'on Wednesday, 31 July 2024' in white text on a dark blue background. The poster is divided into two columns for patrons and coordinators. The patrons are Dr. S.L.Sihag (Chairperson) and Dr. R.K.Arora (Vice Chairperson & CEO). The coordinators are Prof.(Dr)Preeti Sharma, Dr. Rajendra Kumar, and Dr. K. C. Saini. At the bottom, there is a dark red banner with contact information: a phone icon followed by '+91 92898 00300', an email icon followed by 'info@nirwanuniversity.ac.in' and 'www.nirwanuniversity.ac.in', and social media icons for Instagram and Facebook followed by 'nirwan.university' and 'nirwanuniversity' respectively.

**NIRWAN UNIVERSITY JAIPUR**  
**School of Basic and Applied Sciences**  
Organizes  
**Health and Wellness Awareness Program**  
(Extension and Outreach Activity)  
at  
**New Bhardwaj Sr. Sec. School, Banskho**  
on  
**Wednesday, 31 July 2024**

**PATRONS**  
Dr. S.L.Sihag  
Chairperson  
Dr. R.K.Arora  
Vice Chairperson & CEO

**Coordinators**  
Prof.(Dr)Preeti Sharma  
Dr. Rajendra Kumar  
Dr. K. C. Saini

+91 92898 00300 | info@nirwanuniversity.ac.in | www.nirwanuniversity.ac.in | nirwan.university | nirwanuniversity

### Brief Report of The Event

School of Basic and Applied Sciences, Nirwan University Jaipur organized **Health and Wellness Awareness Program** on **31 July 2024**. It was a successful event dedicated to promoting a holistic approach to health and well-being. The event saw enthusiastic participation from students with a wide range of activities designed to educate and inspire them.

The main aim of the Health and Wellness Awareness Program for school students was to promote a holistic approach to health by emphasizing the importance of physical, mental, and emotional well-being. The program sought to educate students on various health topics, inspire the adoption of healthy lifestyles, and highlight the significance of preventive health measures. This program strove to empower students with the knowledge and resources needed to make informed health decisions and build a supportive network focused on wellness. Ultimately, the goal was to create a lasting positive impact on the students' overall health and well-being. By the end of the program, the 16 students were equipped with the knowledge and awareness needed to make informed health decisions and adopt healthier lifestyles.

# Geotag Photographs





# Attendance Sheet

ATTENDANCE LIST  
Health and Wellness Awareness Program  
Organized by SBAS, NUT  
Date: July 31, 2024

S.NO	Name	Class	Stream	Mobile.No	Sign
1.	दिया सोनी	XI <sup>th</sup>	Arts	9828615259	Aiya
2.	साहिल गहलोत	XI <sup>th</sup>	Arts	9024025068	Saahil
3.	साही परता	XI <sup>th</sup>	Arts	9602967628	Saahil
4.	नियति खडकवाल	XI <sup>th</sup>	Arts	9828924383	Niyati
5.	पवन कुमार नायरवाल	XI <sup>th</sup>	Science	8000849902	Pavan
6.	अपित सोनी	XI <sup>th</sup>	Science	9827414827	Apit
7.	हनुमान मीना निमिनी	XI <sup>th</sup>	Science	9828967427	Hanuman
8.	हरिदीपु निमिनी	XI <sup>th</sup>	Science	7424015477	Haridip
9.	पिजय कामा	XI <sup>th</sup>	Science	9694173782	Pijay
10.	वैद पडाला पिराठी	XI <sup>th</sup>	Science	7014296422	Vaid
11.	रिंका शर्मा	XI <sup>th</sup>	Science	9602079631	Rinka
12.	गोप मीना	XI <sup>th</sup>	"		Gop
13.	विठ्ठल कान्हा	XI <sup>th</sup>	"		Vithal
14.	करण मीना	XI <sup>th</sup>	"		Karan
15.	अपित सोनी	XI <sup>th</sup>	"	8003385582	Apit
16.	दिनेश मिश्रा	XI	"		Dinesh

Class : 11 (Arts and Science)  
New Bhardwaj Sr. Sec. School, Bamakho

**Report Submitted by:** Report submitted to IQAC by Prof. (Dr.) Preeti Sharma, Dr. Rajendra Kumar and Dr. KC Saini