



SDG 3:

Good Health and

Well-being

Madan Mohan Malaviya University of Technology
Gorakhpur – 273010, Uttar Pradesh



3.1 Collaborations and health services

3.1.1 Current collaborations with health institutions

Institute is state funded public technical university and working closely with following institutions in health.

a) International Collaboration

S. No.	Name of organization and Address	Deptt.	Signing Date / Duration	Coordinator Dy. Coordinator
1.	University of Wisconsin – Green Bay (UWGB), 2420 Nicolet Drive, Green Bay WI 54311, USA	ASD / CMS	03.01.2019 5 Years	Prof. D.K. Dwivedi, ASD Dr. Bharti Shukla, CMS
2.	North Dakota State University (NDSU), Vice Provost Office- Old Main 201F, 1340 Administrative Ave, Fargo ND 58102, USA	ECED / EED	21.01.2019 5 Years	Prof. A.N. Tiwari, EED Prof. S.K. Soni, ECED
3.	Institute of Advanced Materials, IAAM, Ulrika, Ostergotland, Sweden	PMSD	24.01.2023 3 Years	Prof. D.K. Dwivedi, PMSD Dr. Rohit Kumar, CED
4.	COGNAVI India Pvt. Ltd.	AKTU/ MMMUT/ HBTU	14.03.2024 One Year	Prof. V.K. Dwivedi

b) National Organization

S. No.	Name of organization and Address	Deptt.	Signing Date / Duration	Coordinator Dy. Coordinator
1.	National Institute of Technology, Jamshedpur	CED / MED	24.02.2019 5 Years	Dr. Sriram, CED Dr. Jeoot Singh, MED
2.	Indian Institute of Technology, Kanpur	ASD/ CHED	18.05.2019 5 Years	Prof. D.K. Dwivedi, ASD Dr. Prateek Khare, CHED
3.	Indian Institute of Technology, Roorkee	CED/ CHED	07.06.2019 5 Years	Prof. Govind Pandey, CED Dr. Jyoti, CHED
4.	National Power Training Institute, Faridabad	EED	08.11.2019 5 Years	Dr. Prabhakar Tiwari, EED



				Dr. Shekhar Yadav, EED
5.	National Institute of Solar Energy (NISE), Gurugram-Faridabad Road	EED/ MED	14.02.2020 5 Years	Dr. Prabhakar Tiwari, EED Dr. Dharendra Singh, MED
6.	UltraTech Cement Ltd., India	CED	06.03.2020 5 Years	Prof. Shri Ram, CED Dr. Vinay Bhushan Chauhan, CED
7.	Uttar Pradesh Pollution Control Board and Municipal Corporation, Gorakhpur	CED	24.03.2021 (Till the Extent of NCAP)	Prof. Govind Pandey, CED Prof. Arun Kumar Mishra, CED
8.	Uttar Pradesh State Disaster Management Authority (UP SDMA), Lucknow	CED	14.07.2021 5 Years	Dr. Ram Bilash Prasad, MED
9.	All India Council for Technical Education (AICTE), New Delhi	MMMUT	24.09.2021 5 Years	Dr. Jay Prakash, ITCA Dr. Shekhar Yadav, EED
10.	Entrepreneurship Development Institute of India, Ahmedabad	HMSD	26.11.2021 3 Years	Prof. Jeeoot Singh, MED Dr. Abhijit Mishra, HSSD
11.	Mahayogi Gorakhnath University, Gorakhpur, Sonbarsa, Gorakhpur	MMMUT	12.01.2022 5 Years	Prof. D.K. Dwivedi, PMSD Dr. Satypal Singh, PMSD
12.	Kailash Institute of Pharmacy & Management, GIDA, Gorakhpur	MMMUT	02.04.2022 5 Years	Prof. P. P. Pandey, Ch.ESD Dr. Harish Chandra, MCSD
13.	KIPM College of Management, GIDA, Gorakhpur	MMMUT	02.04.2022 5 Years	Prof. S. C. Jaiswal, MED Dr. Sudhir Narayan Singh, HMSD
14.	KIPM College of Engineering & Technology, GIDA, Gorakhpur	MMMUT	02.04.2022 5 Years	Prof. Arun Kumar Mishra, CED Dr. Amit Kumar Barnwal, MCSD
15.	Buddha Institute of Technology, Gorakhpur	MMMUT	04.04.2022 5 Years	Prof. S. K. Soni, ECED Dr. Pooja Lohiya, ECED
16.	Sardar Vallabhbhai Patel University of Agriculture & Technology, Modipuram, Meerut, Uttar Pradesh	MMMUT	20.04.2022 5 Years	Prof. Shri Ram, CED Dr. Sneha Gupta, CED



17.	IIMT University, Meerut	MMMUT	23.05.2022 3 Years	All HOD
18.	Mahayogi Guru Gorakhnath Ayush University, Bhatahat, Gorakhpur	MMMUT	24.05.2022 5 Years	Prof. Rakesh Kumar, CSED Dr. Prabhakar Tiwari, EED
19.	National Institute of Electronics & Information Technology, New Delhi	MMMUT	24.04.2023 5 Years	All HOD
20.	All India Institute of Medical Sciences (AIIMS), Gorakhpur	MMMUT	22.05.2023 5 Years	Prof. R.K. Yadav, Ch.ESD Dr. R.K. Tiwari, CSED
21.	Hearfulness Education Trust, Hearfulness Centre, Gorakhpur	MMMUT, CSA	07.06.2023 3 Years	Chairman CSA
22.	Vratino Technologies Private Limited, Gorakhpur	MMMUT	17.07.2023 5 Years	Prof. B. K. Pandey, PMSD Dr. D. S. Singh, ITCA
23.	Bureau of Indian Standards, New Delhi	MMMUT	04.08.2023 5 Years	Prof. V. K. Giri, EED Dr. Awdhesh Kumar, EED
24.	Gorakhpur Zone Police, Gorakhpur	MMMUT	26.09.2023 5 Years	Prof. P. K. Singh, CSED Prof. Shiv Prakash, ITCA
25.	Pad Up Foundation, Delhi	MMMUT	14.11.2023 5 Years	Prof. S. K. Soni, ECED
26.	Social Welfare and Development for Empowered Society, Uttar Pradesh	MMMUT	27.02.2024 Unlimited	Prof V K Dwivedi
27.	National Institute of Electronics & Information Technology, (NIELIT) New Delhi	MMMUT	25.08.2024 Unlimited	Prof. V L Gole
28.	India Glycols Limited, Gorakhpur	MMMUT	23.02.2022 Unlimited	Prof. V L Gole
29.	SAMARTH, Institute of Informatics Communication, University of Delhi.	MMMUT	20-04-2024 Till 31.03.2026	Dr R K Tiwari
30.	DDU Gorakhpur University, Gorakhpur	MMMUT	02-08-2024	Dean Faculty
31.	Indian Railways Institute of Signal Engineering & Telecommunications, Secunderabad-50017 (under Ministry of Railway)	MMMUT	08-08-2024	Dean UG
32.	National Institute of Pharmaceutical Education and Research(NIPER)- Raebareli	MMMUT	23.09.2024 Unlimited	Prof. V L Gole
33.	National Institute of Solar Energy (NISE)	MMMUT	22-11-2024	Dr. Prabhakar Tiwari



34.	Sardar Vallabhbhai National Institute of Technology, Surat	MMMUT	22-11-2024	Dr. Prabhakar Tiwari
35.	Municipal Commissioner, Gorakhpur Municipal Corporation	MMMUT	25.02.2025 Unlimited	HOD Civil
36.	Siddharth University, Kapilvastu, Siddharthnagar	MMMUT	26.04.2025 Unlimited	Dean UG/PG/R&D
37.	Jananayak Chandrashekhar University, Ballia	MMMUT	27.02.2024 Unlimited	Dean UG/PG/R&D
38.	Hari Har Pd. Dube Foundation Trust, Bangalore	MMMUT	28.04.2025 unlimited	Dean UG/PG/R&D
39.	Rajkiya Engineering College, Kannauj	MMMUT	27.05.2025 unlimited	Dean UG/PG/R&D
40.	Rashtriya Raksha University, Gandhi Nagar, Gujarat	MMMUT	June 26, 2025	Dean PG/R&D
41.	Information and Library Network Centre, Gandhinagar	MMMUT	July 22, 2025	Dr. D M Pandey (Librarian)
42.	ICMR-Regional Medical Research Centre, Gorakhpur (ICMR-RMRCGKP)	MMMUT	July 25, 2025	Prof. V L Gole Dr. Smriti Ojha Dr. Vijay Kumar Verma Dr. Ritesh Maurya



3.1.2 Health outreach programmes

Following health outreach programmes organized by the university

S. N.	Name of the Activity	Date	Topic/ Description
1	Expert Talk	Oct 23, 2024	Ceramic Raw Materials BIS Standards
2	Workshop	Nov 16, 2024	In- Silico Methods for Drug Design
3	National Pharmacy Education Day	Mar 6, 2025	National Pharmacy education day celebration
4	Collegiate Pharm Club Annual Foundation Day	Apr 28, 2025	Annual day of club celebration
5	University Foundation Day	Dec 1, 2025	Celebration of University Foundation Day
6	CSR Activity (Health Camp at Jungle Ayodhya Prasad)	Nov 11, 2024	Awareness Program on Health
7	Rare Medicinal Plant Competition	Nov 16, 2024	Rare Medicinal Plant Competition
8	Industrial Visit by Final Year Students	Oct 25, 2024	JEDUX Parenterals Pvt. Ltd., Lucknow
9	One week Faculty Development Program	Dec 9-13, 2024	Novel Drug Delivery: Principles and Engineering (NDDP&E-2024)
10	Guest Lecture	Oct 31, 2024	Funding opportunity in India and Abroad and Effective Ways to Write a Successful Research Proposal
11	Expert talk	Dec 1, 2024	Career Prospects in Pharmacy
12	Workshop	Mar 9-21, 2025	Computer Aided Drug Design
13	Expert talk	Apr 8, 2025	Consultancy as a Career after B.Pharm

Ceramic Raw Materials BIS Standards

On 23rd October 2024, the Chemical Standard Club at Madan Mohan Malaviya University of Technology (MMMUT) successfully organized an expert talk on the topic "Ceramic Raw Materials BIS Standards." The session was led by Er. Chandrakesh Singh, Joint Director (Scientist-D) from the Bureau of Indian Standards (BIS), and it took place in the Seminar Room at 2:30 PM. The event was coordinated by Dr. Jyoti Sharma (Faculty Coordinator, IICHE) and Dr. Awadesh Kumar (Assistant Professor, Department of Electrical Engineering).



Workshop

In-Silico Methods for Drug Design

Date & Time: November 16, 2024, 10:00 AM onwards

Venue: Department of Chemical Engineering, Room No 107

Speaker: Dr. Rajnish (Assistant Professor, Department of Pharmaceutical Engineering and Technology, IIT-BHU)



National Pharmacy Education Day

The Department of Pharmaceutical Sciences and Technology, MMMUT, organized a Quiz and Poster Competition on National Pharmacy Education Day to promote learning and creativity among B. Pharm students. The event, open to all years, aimed to enhance pharmaceutical knowledge and encourage innovative thinking. The quiz tested students' understanding of core subjects, while the poster competition provided a platform for visual presentation of ideas. This initiative fostered academic enthusiasm and teamwork.





Collegiate Pharm Club Annual Foundation Day

On 28th April 2025, the Collegiate Pharm Club of Madan Mohan Malaviya University of Technology, Gorakhpur, successfully celebrated its Annual Day at Aryabhata Hall under the guidance of the Respected Associate Professor, Dr. Smiti Ojha Ma'am; Acting Head, Dr. Ravi Sankar Sir; Faculty Coordinator, Dr. Saba Parveen Ma'am; along with final-year students and club members from the 3rd and 2nd years.



University Foundation Day

The University Foundation Day of Madan Mohan Malaviya University of Technology on December 1, 2024, was celebrated with enthusiasm, organized by the Collegiate Pharm Club of the Department of Pharmaceutical Sciences and Technology, in collaboration with the IICHeStudent Chapter of the Chemical Engineering Department. The event featured a quiz and a debate competition.



CSR Activity (Health Camp at Jungle Ayodhya Prasad)

Date: November 11, 2024

Venue: Jungle Ayodhya Prasad Village, Gorakhpur

Organized by: Dept. of Pharmaceutical Science & Technology, MMMUT

Overview: The camp aimed to educate the community on the dangers of self-medication and promote consulting healthcare professionals. Activities included health screenings, counseling, and awareness sessions.



Rare Medicinal Plant Competition

Date & Time: November 16, 2024, 10:00 AM onwards

Venue: Department of Chemical Engineering, Room CH-108

Organizers: Department of Pharmaceutical Sciences and Technology (63rd National Pharmacy Week)

Judges: Dr. Jyoti Sharma

Coordinators: Ms. Preeti, Mr. Sudhanshu Mishra, Mr. Shivendra Mani Tripathi



Industrial Visit

An Industrial visit was organized on 25 October 2024 by the Department of Pharmaceutical Science & Technology with the permission and guidance of Director Mr. Jitendra Singh to JeduxParenteral Private Ltd., Barabanki, Uttar Pradesh. JEDUX Parenteral Pvt. Ltd. (JPPL) is recognized among the leading names in the field of manufacturing sterile parenteral preparation (I.V. Fluids) This Plant is W.H.O. GMP certified and equipped with Form, Fill & Seal machinery and Glass Bottles Machinery for LVP the containers are formed.





Faculty Development Program

The Department of Pharmaceutical Science and Technology at Madan Mohan Malaviya University of Technology (MMMUT), Gorakhpur, successfully organized a Faculty Development Programme (FDP) titled “Novel Drug Delivery: Principles and Engineering (NDDPE-2024)” from 9th to 13th December 2024. The event aimed to equip faculty members with advanced knowledge of drug delivery systems.



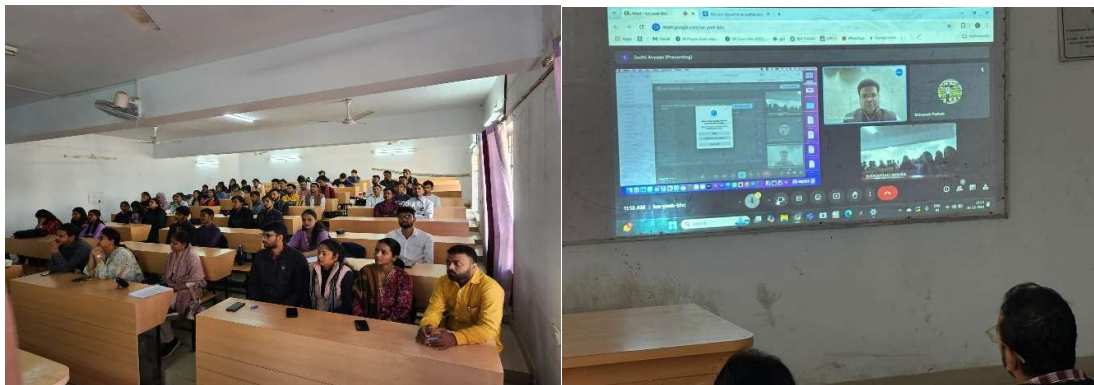
Guest Lecture

On August 31, 2024, from 11:00 AM to 12:00 PM, a special session titled "Funding Opportunities in India and Abroad and Effective Ways to Write Research Proposals" was organized by the Department of Pharmaceutical Science and Technology. The session began with a brief introduction to the topic, followed by the University Kulgeet. Professor Satya Narayan Singh then introduced the guest speaker, Mr. Shailendra Rai.



Expert talk: Career Prospects in Pharmacy

The Collegiate Pharm Club of the Department of Pharmaceutical Sciences and Technology at MMMUT, successfully organized a guest talk on December 1, 2024, on the topic “Career Prospects in Pharmacy.” The expert speaker for the session was Prof. Akash Ved, Professor and Associate Dean, Faculty of Pharmacy, AKTU Lucknow, and a Central Council Member of the Pharmacy Council of India (PCI).



Workshop: Computer Aided Drug Design

From March 19 to 21, 2025, the Collegiate Pharm Club organized an exclusive three-day workshop on Computer Aided Drug Design (CADD) for final-year B. Pharm students, facilitated by Dr. Om Prakash, ICMR Research Associate. The workshop aimed to introduce students to the fundamentals and applications of computational drug discovery, covering key tools such as PubChem, Discovery Studio, ZincPharmer, Chimera, and PyRx, and techniques like molecular docking, virtual screening, and QSAR.



Expert Talk: Consultancy as a Career after B.Pharm

The Department of Pharmaceutical Technology, MMMUT, Gorakhpur, organized an insightful expert talk on April 8, 2025, at 2:30 PM in CH-107. The session featured Mr. Shubhanshu Yadav, Consultant at DKI Health, New York, who delivered an expert talk on the topic "Consultancy as a Career after B.Pharm." This lecture was attended by 103 students along with faculty members.





3.3.3 Shared sports facilities

University has a brand-new, state-of-the-art sports stadium named 'Shaheed Bandhu Singh Stadium'. The stadium was inaugurated by Hon'ble Chief Minister of Uttar Pradesh Shri Yogi Adityanath and has been named after the famous revolutionary of First War of Indian Independence Late Shri Bandhu Singh. Sprawling into 12 acres of land, the stadium has both outdoor as well as indoor facilities.

SN	Outdoor Facility	Details
1.	Two Football Ground	90 /110 m
2.	One Hockey Ground	55/92mts
3.	One Tennis Court	Total area along with court 27/15 m
4.	One Skating Court	40/20mts
5.	One Basketball Court	Total area along with court 23/32mts
6.	Three Volleyball Court (Tagore hostel, Sarojini Hostel, Saraswati Hostel)	18/09mts
7.	Seven Badminton courts (Tilak Hostel, Ramanujam Hostel, VS Hostel, Tagore Hostel, Ambedker Hostel, Saraswati Hostel)	13.40/6.10 m
8.	400mts Athletics Track Along with Cricket Ground	Total area200/135mts
9.	Two Kabaddi Courts	13/10mts

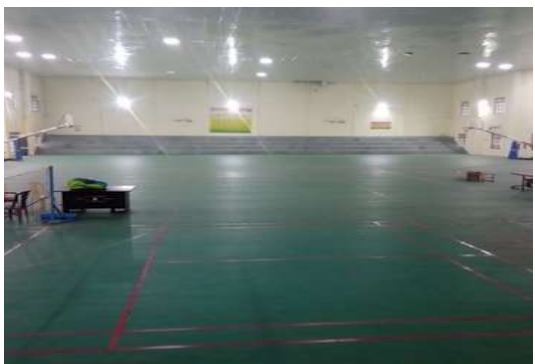
SN	Facility Indoor	Measurement
1.	Indoor hall with facility of Two Basketball Courts	60/35m
2.	Two Badminton Courts at multipurpose hall	13.40/6.10 m
3.	One Hall is used for Games like Billiards, Chess, Carrom available at multi-Purpose Hall	20/06m
4.	Common Hall Available at all 11 hostels with facility of Carrom, Chess, 8 hostels having facility of Table Tennis	Average measurement of all common halls 13/10 m

Gymnasium: For Boys: Gymnasium is available at university stadium the capacity of gymnasium is about 30 students at a time. Measurement of gymnasium is 13/10mts.

For Girls: Kasturba Bhawan common hall is used as a girls gymnasium The capacity of hall is 20 people at a time. Measurement of the hall is 10/07mts.

Yoga centre: University multipurpose hall (MPH) is used for Yoga Activities the measurement of the multipurpose hall (MPH) MPH is 51/20mts Along with Stage.

Auditorium: Spectators sitting area (Pavilion) is also available at university stadium with the sitting capacity of 300 person at a time.





3.3.4 Sexual and reproductive health care services for students

University Dispensary is to guarantee our students' general wellbeing. In order to assist students in making well-informed decisions regarding their health and well-being, our Sexual and Reproductive Health Services offer comprehensive support. Our services provide a secure and encouraging setting for kids to take care of their health needs by emphasizing education, prevention, and access to care.

Services for Information and Education

To increase awareness, we often host seminars, workshops, and peer counselling programs. regarding reproductive and sexual health. Students receive appropriate information about menstruation health throughout these sessions.

Personal Health Counselling

Students can speak with qualified medical professionals about sexual and reproductive health issues in private health counselling. Whether it's regarding. Our counselling services are intended to support students in a secure, nonjudgmental environment, whether they are dealing with menstruation problems, STIs, or contraception.

Support for Menstrual Health and Hygiene

By providing information, education, and access to necessary items, we make sure that menstrual health and hygiene are given first priority. Our group assists kids in handling their menstrual health with ease and dignity.

Services for Referrals

We make referrals to outside healthcare professionals for students who need specialized treatment beyond what is provided on campus, making sure they get the all-encompassing care they require.

Our mission is to create a culture of respect, privacy, and support while equipping students with the information, resources, and tools they need to make educated decisions about their sexual and reproductive health.

Dedicated University Health Centre

It is opened 24 hours. There are two MBBS Doctors (one Male & one Female) and one homeopathic doctor, two nursing staff and one physiotherapist. The Medical Officers and dispensary staff are available round the clock. Ambulance facility is also available in the University and can be availed by a student or any patient on recommendation of the medical officer or concerned Hostel Warden.

Awareness Activity

Interactive Session on Management of PCOD on Feb 10, 2025 By Dr. Reena Banka

Ayurvedic Bhasma, a traditional use of nanomedicine, throws shed light on the safer application of current nanomedicine for both the environment and living things. The application of In Ayurveda, the use of nanoparticulate metals in medicine has been widespread. Every Bhasma possesses Rasayana (immunomodulation and anti-aging quality), Yogavahi (target drug delivery),



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Alpamatra (prescribed in minute doses), Shigravyapi (spreads quickly and fast-acting), and Agnideepana (increases metabolism at the cellular level and acts as a catalyst) Bhasma can be employed for selective/ targeted/controlled drug delivery as they are biocompatible, nontoxic, and nonantigenic in nature. Bhasma is biologically produced nanoparticles with quick and targeted action.



कार्यालय विश्वविद्यालय चिकित्सालय
मदन मोहन मालवीय प्रौद्योगिकी विश्वविद्यालय
गोरखपुर

आवश्यक सूचना

दिनांक 12 अगस्त 2018 को विश्वविद्यालय के बहुदरिणीय भवन में "फ्री हेल्थ चेकअप" द्वारा स्वास्थ्य सम्बन्धी जागरूकता कार्यक्रम का निम्नानुसार आयोजन किया जा रहा है।

क्रम सं.	कार्यक्रम का नाम	प्रतिभाषी	तिथि	समय
1.	"FREE HEALTH CHECK UP"	समस्त छात्राएं, चिकित्सक अधिकारी, कर्मचारी एवं उनके परिवार	12.08.2018	प्रातः 10.00 बजे से अपराह्न 2.00 बजे तक
2.	"MENSTRUAL HYGIENE AWARENESS"	समस्त छात्राएं एवं आवश्यक परिचर की समस्त महिलाएं	12.08.2018	प्रातः 11.00 बजे से 11.45 बजे तक

Panel of Doctors for Consultation:-

1. Gynaecology	2. Orthopaedics	3. General Medicine	4. Pathology
♦ Dr. Laxmi Naras Seth	♦ Dr. Mahendra Agarwal	♦ Dr. Sharad Srivastava	♦ Dr. A.K. Srivastava
♦ Dr. Surabha Karim	♦ Dr. R. P. Shukla	♦ Dr. Ankit Chhaparia	♦ Dr. Manju Kedia
♦ Dr. Anam Chhaparia			
♦ Dr. Babita Shukla			

उपरोक्त कार्यक्रम स्वास्थ्य के दृष्टिकोण से अत्यन्त लाभदायक है। अतः समस्त छात्राओं की उपस्थिति अनिवार्य एवं परिसर में आवसित महिलाओं की उपस्थिति प्रार्थनीय है।

अध्यक्ष
चिकित्सा समिति

पत्रांक / माउण्टेडि / चिकित्सा / मेमो / 2018

दिनांक 10 अगस्त, 2018

प्रतिनिधि: निम्न को सूचनाएं एवं आवश्यक कार्यवाही हेतु प्रेषित।

1. कैड सूचनाएं, माननीय कुलपति महोदय के अवलोकनार्थ।
2. समस्त विभागध्यक्ष एवं अनुसारीय अधिकारी।
3. कुलसचिव।
4. अधिष्ठाता छात्र मामले।
5. अधीक्षक सरोजनी, सरस्वती, कल्याण यादव एवं कस्तूरबा भवन छात्रावास को इस अनुरोध के साथ प्रेषित कि उपरोक्त कार्यक्रम में छात्राओं की शत प्रतिशत उपस्थिति सुनिश्चित करने का कष्ट करें।
6. आग्रह, छात्र क्रिया कलाप परिषद को इस अवसर के साथ की बहुदरिणीय भवन में आवश्यक व्यवस्था हेतु।
7. विश्वविद्यालय के दोनों चिकित्सालयों को इस आग्रह के साथ प्रेषित कि कार्यक्रम के दौरान चिकित्सालय रुकावट के साथ उपस्थित रहें।

अध्यक्ष
चिकित्सा समिति

Dedicated Counsellor for Sexual and reproductive health care services for students

SN	Name	Services offer to Gender	Contact Number
1	Dr. A. K. Pandey	Boy	+91-94153 63226
2	Dr. Reena Bankar	Girl	+91-93364 27326

Health and Counselling Centre





3.3.5 Mental health support for students

Services for Psychological Counselling

Professional and private one-on-one counselling and psychological support services are available to faculty, staff, and students at MMMUT. Furthermore, MMMUT helps instructors and students realize their potential so they can utilize it. Our goal is to offer our diverse student body comprehensive, evidence-based, and easily accessible psychological treatments. A key element of student achievement is mental health and wellness. As a result, we work hard to facilitate your smooth transition to college through proactive, skill-based, and responsive involvement.

What makes counselling crucial?

In order to overcome mental illness or mental health issues, it is crucial to seek expert assistance. We frequently turn to our network of friends and family for support when we're having problems. Even while it is a fantastic source of support, it's crucial to remember that our friends and family might not be the best people to help us on this trip. The chance to acquire the knowledge and abilities required to enhance mental health is provided by counselling. By analyzing ideas, feelings, and emotions in a secure, therapeutic setting, counselling provides the opportunity to actively participate in altering one's emotional state.

Advantages of counselling

The counsellors at MMMUT are always ready to help students with their intellectual and mental needs. They are here to provide them a range of solutions for the emotional issues they are facing. The Counsellors are lending a helping hand to the youngsters so that they can work through their problems at an earlier stage when they are still manageable.

Dedicated counsellor for staff and students is as follows:

SN	Name	Contact Number
1	Dr. Aakruti Pandey	+91-87958 66792
2	Dr. Abhijit Mishra	+91-92355 52357

1. Three Months Duty Report of Newly Admitted Students Includes, Programs.

A .Induction Program.

B. Anti –Ragging Awareness Program.

C. Hostels Visits of New Students.

D. Three Court Case Files Of Suicidal Cases, From IIT Kharagpur & Other Medical Coaching Centre Was Referred To Me By DSA.

**Submitted To,
Prof. J.P Saini
Vice Chancellor
MMMUT,
Gorakhpur.**

Aakriti
19/11/25
**Submitted By:-
Aakriti Pandey,
Consultant Psychologist,
MMMUT,
Gorakhpur.**

Introduction:-

Respected Sir, I Was Assigned with The Three Months Regular Visit for Newly Admitted Students. Which Includes Induction, Anti-Ragging awareness Lectures & Hostel Visit for There Acculturative Stress & Adaptation & Deal with There Stressful behavior & Proper Settlement in the University.

My Specific Duty Was To Give The Awareness of My Job Role In The Students & Mingle With Them And To Provide Awareness of Mental Health. And Common Issues Which the Students Do Feel When They Join Any New Place Or university.

Details Of My Duties:-

1. Induction Program:-

I interacted The Students With Anti- Ragging Team on 12th Of August 2025. There I Gave Awareness Of My Job Role To The Students. How I Am Helpful To Them? What Kind of Information's. They Can Share With Psychologist. I Also Assured Them That The Students' Privacy Is My Utmost Priority. I Share My Instagram Handle With Them So That They Can Message Me Any time When Required It Is a Direct Communication.

Results:-

Students Are Visiting For My Services More Frequently Than Last Year. This Induction Program Group Talk Helped Me In Maintaining Rapport With The New Students.

2. Anti-Ragging Awareness:-

In Anti-Ragging Awareness Week My Duties For Lectures Was Assigned 12, 13, 14 & 18th Of August 2025. There I Gave Awareness for What Is Ragging? History of Ragging. How It Started, The Whole World Is Impacted Through Such Heinous Activities. History Of Why Anti-Ragging Week Is Marked. Law & Rules Which Decides Category of Punishments through UGC & Also From This University. Psychosocial Impact on the Students and Also Pathetic Group Counseling for Students and Emotional Drawbacks. How It Impacts a Person? When Someone Goes Through Such Activities.

3. Hostel Visits:-

In My Hostel Visits I Visited All Four Hostels On Different Dates. In Which I Discussed On the Following Topics:-

1) Acculturative Stress:-

How a Person Feels Certain Difficulties To Get Settled In New Environment. These Difficulties Can Be Of Mood Swings, Hormonal Imbalance, a Person Can Overthink Or Overreact.

2) Adaptation Of College Culture:-

Which Includes Understanding The Class Lecture. Because The Professors Are of Senior Scientist Standards, There Way Of Delivering Lectures Are Of High Standards Which Students Fails To Understand Initially.

Suggestion:-

- 1) Read from Books Self Study is Must.
- 2) Plan Well Before You Start Studying.
- 3) Syllabus Contains Small- Small Topics Try to Read From Books & Collect The Notes.
- 4) Study Well Before the Lectures. It Will Help You Understand The Lectures And Cover Up The Course With The Professors.

Benefits:-

- 1) It Will Boost Your Problem Solving Attitude.
- 2) Makes You Calm & Polite.
- 3) Reduces Screen Time.
- 4) Helps In Memorize The Course Content For Longer Time.
- 5) Eyes Will Be Healthy & Also the Brain.

Boost Your Lifestyle & Energy:-

New Environment & New Independent Life Can Cause The Down Fall Of the Youth Energy. Which causes Downfall & Failure in The Class & Life.

Suggestion:-

- 1) Maintain The Lifestyle & Routine.
- 2) No Late Night Enjoyment.
- 3) Proper Sleep Cycle Is mandatory For Healthy Life.

4. Relationship Issues:-

In An Educative Way I Guided About Teenage Hormonal Impulses Which Causes Opposites Attraction. Sometimes & Usually This Creates a huge Chaos for the Students' Life Which Can Impact Them In Score Low In Exams And After a certain Age Gap Only Regret Will Stay With Them. So Dating Should Be Opted Wisely But After Career Settlement. Pathetic Counseling Regarding Parents Emotion Was Delivered.

5. Suicidal Tendency:-

Many Students Due To Some Stressful And Full Of Negative Thoughts & Ignorance Of Sharing With Friends Or Experts Can Lead To Any Negative Consequence For Which This University Is Fully Prepared With Every Preventive Aids. All They Need To Just Come Up & Speak Out.

Privacy:- I Assure Them the Talks Between Students & Mine In Any Cabin Is Perfectly Secured & Private. I Don't Even Communicate With Any One in College or I Will Never Identify the Individual in the Campus without There Permission. So Their Privacy Is the Utmost Priority for Me.

Benefit:-

Students Now Believe In Me The More Now. Than the Previous Year.

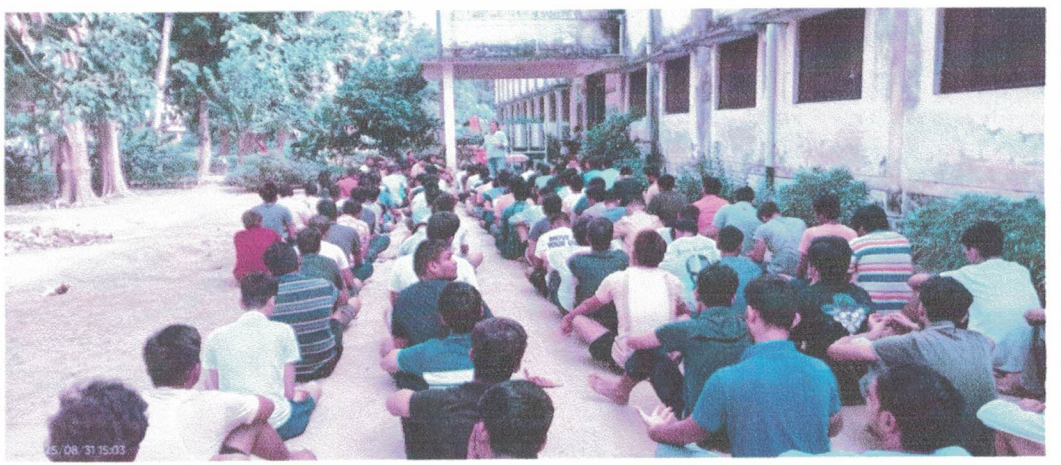
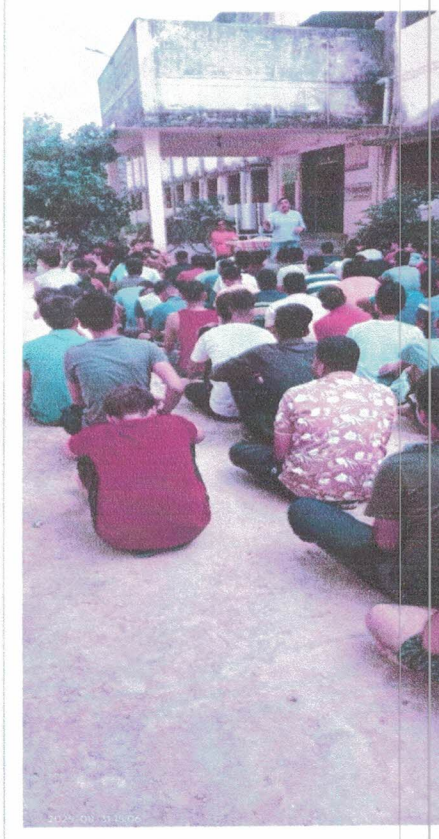
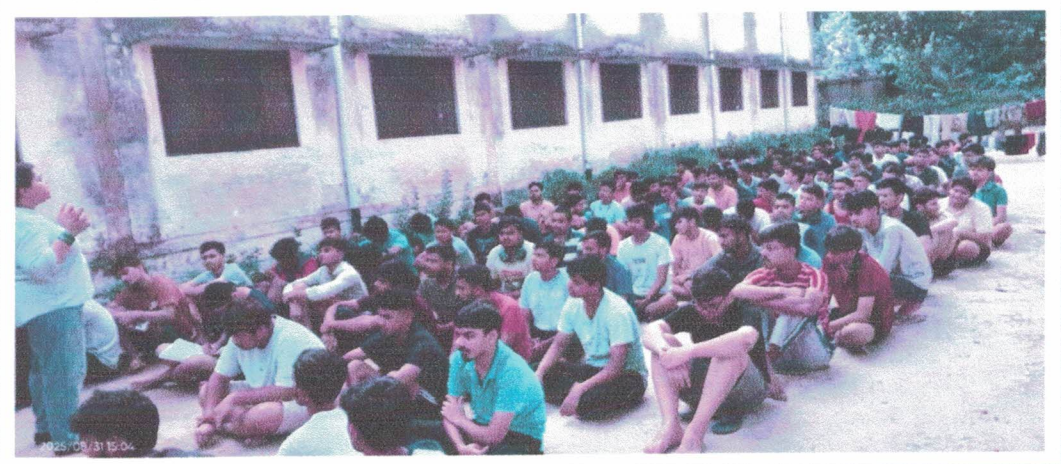
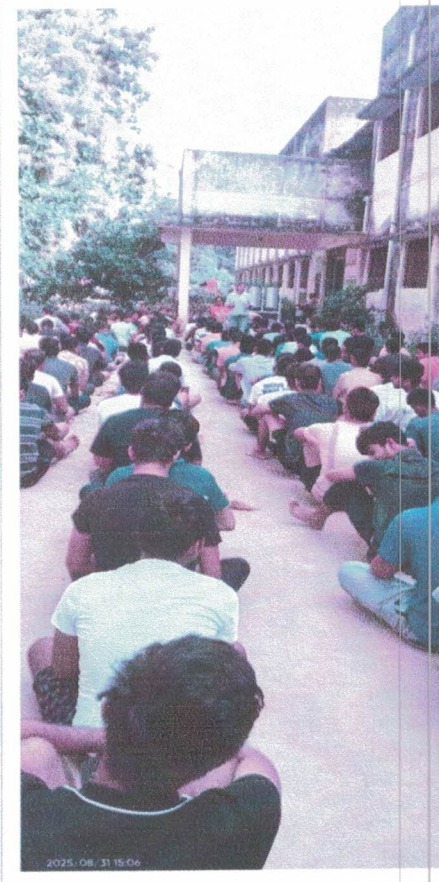
Highlights of the Sessions:-

The Major Talk Was on the Social Adjustment & Mental Health Management

1. Reduce Screen Time.
2. Follow The Conventional Way Of Study.
3. Emotional Intelligence.
4. How to Preserve the Energy to Make It Useful In Career Shaping.
5. Importance of Sleep Cycle & Brain Recharge.
6. Discipline In Life Is a Must.
7. Gender Equality & Civic Sense towards Cleanliness of the Rooms & Toilets.
8. A Proper Guide for Preparation of Exams in Shorter Span & How To Score Well.
9. How to Deal With Exam Phobia.
10. Anger & Stress Management.
11. How To Manage Panic Attacks Without Medicine & Cope Out Of The Situation In Exam Days.
12. Advised To Spend Appropriate Time With Family Every Evening.
13. Self-Care Is Also Important.
14. Importance Of Self Awareness For Self & 'Most Important' How Much They Are Important For Their Parents.

Conclusion:-

As Per My Duties assigned By the DSA for the Newly Admitted Students Started from 24th Of July 2025 To 31st Of October 2025 Is Now Completed. And I Am Submitting The Reports. I Found That I Was Able To Maintain Rapport With The Students' The Wardens Of The Hostels Were Helpful & Cooperated with Me for My Sessions. Since Last Year The Good Strength Of The Students Have Been Facilitated Also They Are Engaging With Me More.

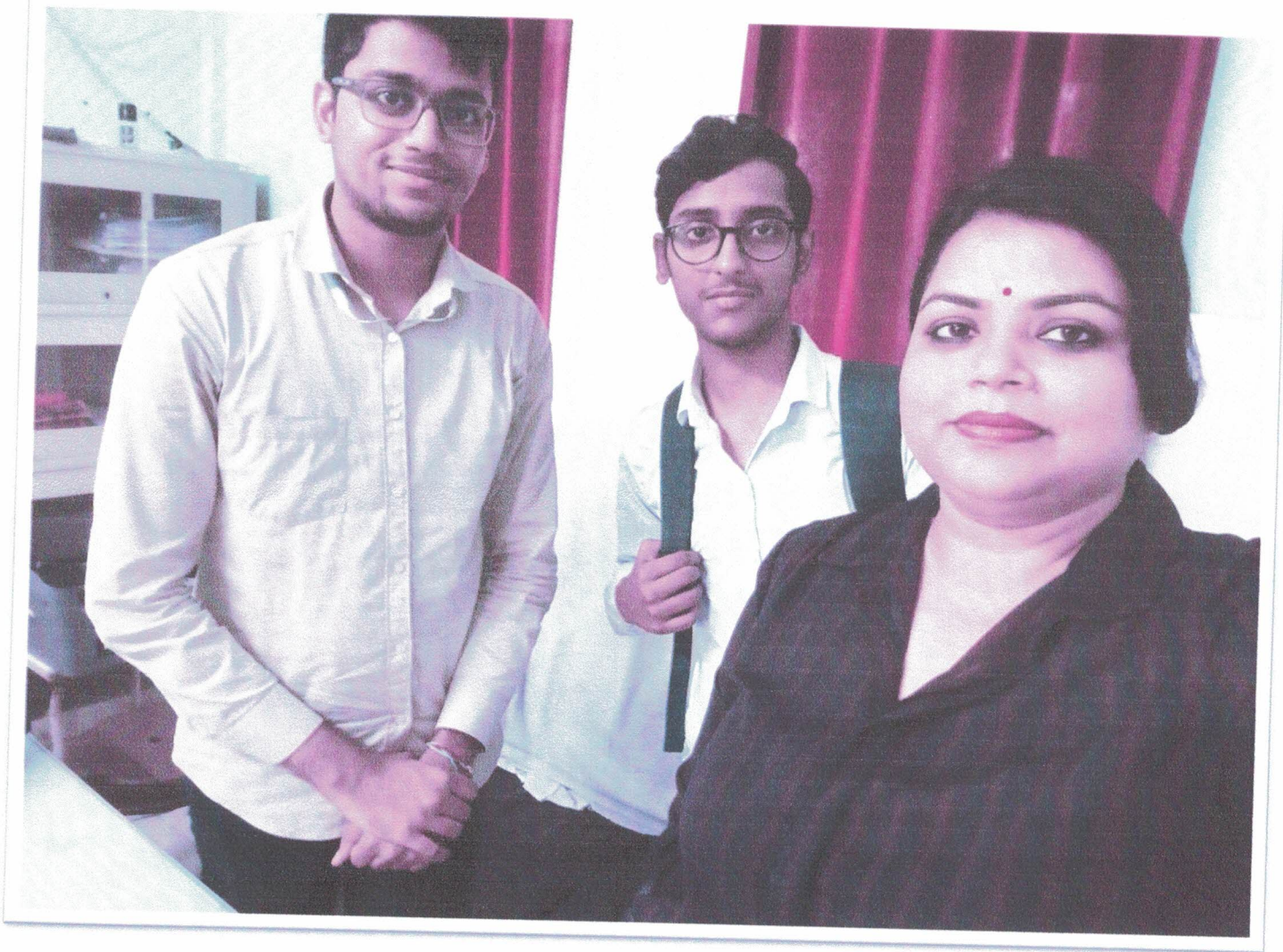


17/09/2025 Third Visit In Tagore Boys Hostle



07/09/2025 Third Visit In V S Hostel Visit





Thank You Ma'am For Your Valuable Time, Apse Baat Karne se Baad Humlog Halka Mahsus Kar Rahe Hai. Thank, Thank You Ma'am.

Recommendations:-

I was referred with Three Court Cases Regarding Suicide in Coaching of IIT & NEET Aspirants and also in the Medical College & Engineering College. For Such Case Files. I Can Perform Some Fun Activities Too For the Hostel Students in There Semester Breaks. To Raise Awareness and Resilience Towards Coping Strategies.

Submitted To,
()
Prof. J.P. Saini
Vice Chancellor
MMMUT,
Gorakhpur.

Signature
()
Aakriti Pandey
Consultant Psychologist
MMMUT,
Gorakhpur.



3.3.6 Smoke-free policy

University has adopted smoke free policy issued by Ministry of Health and Family welfare, Government of India. University is abided by the changes made by Government of India and Government of Uttar Pradesh

Link of Policy: <https://ntcp.mohfw.gov.in/assets/document/TEFI-Guidelines.pdf>

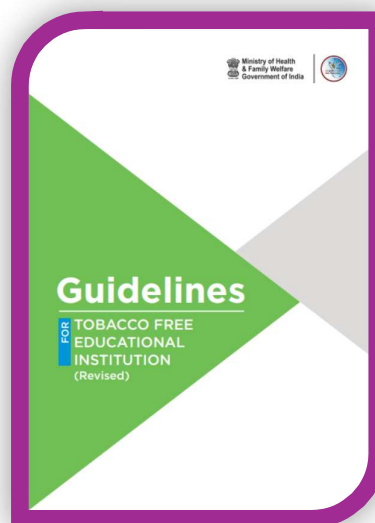
University celebrates every year world tobacco free campus. Faculty and student taking pledge to keep them away from smoke and tobacco products. Glimpses (March 7, 2025) of same is as follows:

मदन मोहन मालवीय प्रौद्योगिकी विश्वविद्यालय, गोरखपुर उत्तर प्रदेश

“पढ़े विश्वविद्यालय-बढ़े विश्वविद्यालय”
एवं
“दहेज मुक्त भारत के लिए प्रतिज्ञा” और “नशा मुक्त भारत के लिए प्रतिज्ञा”
(07 मार्च 2025)

परम्परागत आदर्शपूर्ण कुलाधिपति महोदय एवं राज्यपाल उत्तर प्रदेश सरकार, श्रीमती आनंदीबेन पटेल की प्रेरणा और माननीय कुलपति महोदय प्रो० जे० पी० सैनी के सकल निर्देशन में आज दिनांक 07 मार्च 2025 को मदन मोहन मालवीय प्रौद्योगिकी विश्वविद्यालय गोरखपुर में “पढ़े विश्वविद्यालय-बढ़े विश्वविद्यालय” का आयोजन किया गया। कार्यक्रम का संचालन अधिष्ठाता, छात्रमामले, प्रो० पी० के० गिरि, अधिष्ठाता विस्तार, क्षेत्र गतिविधियों और पुरातन छात्र संघ प्रो० पी० के० सिट, अध्यक्ष छात्र क्रिया कलाप परिषद प्रो० पी० के० पाण्डेय एवं सह अधिष्ठाता, विस्तार, क्षेत्र गतिविधियों और पुरातन छात्र संघ, डा० अक्लेश कुमार द्वारा किया गया। इस कार्यक्रम में विश्वविद्यालय के समस्त छात्र-छात्राएं पुर्वान्ह 11 बजे से 12 बजे तक विश्वविद्यालय के 56 कमरों में, केन्द्रीय पुस्तकालय में और समस्त विभागों के सेमिनार हॉल में एक पुस्तक का अध्ययन सामूहिक रूप से एक साथ किये। साथ ही साथ समस्त विभागों के शिक्षकों एवं कर्मचारियों द्वारा अपने-अपने विभाग में सामूहिक रूप से पुस्तक का अध्ययन किया गया। विश्वविद्यालय द्वारा गोद लिए गए पाँच गाँवों के साल विद्यालयों में भी बच्चों द्वारा पुस्तक अध्ययन में प्रतिभाग किया गया। विश्वविद्यालय के कुल 3256 छात्रों 140 शिक्षकों और 195 कर्मचारियों सहित गाँवों के कुल 328 बच्चों द्वारा इस कार्यक्रम में प्रतिभाग किया गया।

तदोपरंतु दोपहर 12:15 पर शिक्षकों, विद्यार्थियों और कर्मचारियों द्वारा “दहेज मुक्त भारत के लिए प्रतिज्ञा” और “नशा मुक्त भारत के लिए प्रतिज्ञा” ली गयी। केन्द्रीय पुस्तकालय में प्रभारी पुस्तकालयाध्यक्ष प्रो० तुजीर कुमार श्रीवास्तव एवं मुख्य पुस्तकालयाध्यक्ष डा० डी० एम० पाण्डेय द्वारा शपथ दिलायी गयी। विश्वविद्यालय के मुख्य प्रशासनिक अटल भवन के समक्ष प्रो० पी० के० गिरि द्वारा एन०सी०सी० के कैडेट्स को भी उक्त दोनों शपथ दिलायी गयी। विश्वविद्यालय के तक्षशिला प्याड्यान कक्ष परिसर के समक्ष छात्रों के कलास्टर कार्यक्रम में भी शपथ ग्रहण का आयोजन डा० अक्लेश कुमार द्वारा कराया गया। विगत अभियंत्रण विभाग के लगभग 90 छात्र अपने शिक्षकों के साथ इंडस्ट्रीयल विजिट टैनु उत्तर प्रदेश पावर कार्पोरेशन मोतीराम अड्डा, गोरखपुर गये थे, उन्होंने भी उक्त शपथ कार्यक्रम में वही से प्रतिभाग किया। कार्यक्रम में राष्ट्रीय सेवा योजना के प्रभारी प्रोग्राम अधिकारी डा० प्रदीप मूलें एवं स्टाफसेवकों द्वारा समस्त कार्यक्रम की रचना, संचालन एवं प्रतिभागिता अत्यंत सराहनीय रही।





3.3.7 Mental health support for staff

Services for Individual Counselling

Campus have professional counsellors, psychiatrists, and licensed clinical psychologists available to faculty and staff. These experts offer private, one-on-one counselling sessions to assist staff members in resolving personal difficulties, stress at work, emotional problems, and life transitions.

Dedicated counsellor for staff and students is as follows:

SN	Name	Contact Number
1	Dr. Aakruti Pandey	+91-87958 66792
2	Dr. Abhijit Mishra	+91-92355 52357

Regular Yoga session is organized for staff members and their family members, notices regarding same are as follows:

कार्यालय
छात्र कल्याण परिषद्
मदन मोहन मालवीय प्रौद्योगिकी विश्वविद्यालय
गोरखपुर

सूचना

सूत्रांक/मनोमोहापरीषद्/छात्रकल्याण/INC-133/ 2.66 /2024 दिनांक: 03.06.2024

सादर अवगत कराने हेतु आंतराष्ट्रीय योग दिवस कार्यक्रम के आयोजन के सम्बन्ध में राजधानी द्वारा प्राप्त निर्देशों के अनुसरण में विश्वविद्यालय द्वारा दिनांक 04.06.2024 को "विस्तार से विस्तार: योग की भूमिका" कार्यक्रम का आयोजन इंडिगो हॉल में विश्वविद्यालय के अग्रत मदन के संविदा हॉल में शाम 04:00 बजे से योग विशेषज्ञों द्वारा कराया जायक प्रस्तावित है। उक्त कार्यक्रम के सफल आयोजन हेतु विश्वविद्यालय के समस्त छात्र/छात्राओं, शिक्षकों, अधिकारियों, कर्मचारियों की उपस्थिति अनिवार्य है।

अतः आप सभी से अनुरोध है कि दिनांक 04.06.2024 को विश्वविद्यालय के अग्रत मदन के संविदा हॉल में शाम 04:00 बजे उपस्थित होकर कार्यक्रम को सफल बनाने में अपना सहयोग प्रदान करने की कृपा करें।

(प्रो बी के पाण्डेय)
अध्यक्ष
छात्र कल्याण परिषद्

सूत्रांक/मनोमोहापरीषद्/छात्रकल्याण/INC-133/ 2.66 /2024 दिनांक:- 03.06.2024

प्रतिनिधि:

1. वैराग्य कुलपति को यह सूचना हेतु मदन मदन के सार अवलोकनाय।
2. कुलसचिव।
3. वित्त निदेशक।
4. समस्त अधिष्ठाता/ समस्त विभाग/ एवं अधिकारीयों को इस आदेश के साथ प्रेषित कि वे अपने अपने विभाग के समस्त शिक्षकों/ कर्मचारियों में समयावधि के अंतर्गत परिचित कराने का कष्ट करें।
5. पूजा छात्रावास अधीक्षक को इस आदेश के साथ प्रेषित कि वे समस्त छात्र/छात्राओं को उक्त कार्यक्रम में उपस्थित होने हेतु सम्बोधित को निर्दिष्ट करने का कष्ट करें।
6. प्रगति वेबसाइट को विश्वविद्यालय के वेबसाइट पर अपलोड कराये जाने हेतु प्रेषित।
7. समस्त सूचना पट्ट।

(प्रो बी के पाण्डेय)
अध्यक्ष
छात्र कल्याण परिषद्

कार्यालय
छात्र कल्याण परिषद्
मदनमोहनमालवीय प्रौद्योगिकी विश्वविद्यालय
गोरखपुर

अंतराष्ट्रीय योग दिवस कार्यक्रम दिनांक 21 जून, 2024 दिन बुधवार को प्रातः 5:45 बजे विश्वविद्यालय के बहुउद्देशीय भवन में कार्यक्रम का आयोजन किया जा रहा है।

क्षण-अनुसूचकार्यक्रम

क्र.सं.	कार्यक्रम	समय
1-	माननीय कुलपति महोदय का बहुउद्देशीय भवन पर आगमन	प्रातः 06:00 बजे
2-	अध्यक्ष छात्र कल्याण परिषद् प्रो बी के पाण्डेय द्वारा माननीय कुलपति महोदय को पुष्प गुच्छ भेंट कर स्वागत।	प्रातः 06:01 बजे
3-	अध्यक्ष छात्र कल्याण परिषद् प्रो बी के पाण्डेय द्वारा स्वागत उद्बोधन।	प्रातः 06:02 बजे
4-	बाह्य योग प्रशिक्षक को मंच संचालन हेतु आमंत्रण।	प्रातः 06:05 बजे
5-	मैडिटेशन एवं रिलेक्सेशन कराये जाने हेतु हार्टफूलनेस सेंटर, गोरखपुर को आमंत्रण।	प्रातः 06:45 बजे
6-	बाह्य योग प्रशिक्षकों एवं हार्ट फूलनेस सेंटर के प्रतिनिधियों को स्मृति चिन्ह प्रदान किया जाना।	प्रातः 07:15 बजे
7-	माननीय कुलपति महोदय का सम्बोधन एवं आशीर्वादन।	प्रातः 07:20 बजे
8-	राष्ट्रगान।	प्रातः 07:30 बजे

(प्रो बी के पाण्डेय)
अध्यक्ष
छात्र कल्याण परिषद्

सूत्रांक/मनोमोहापरीषद्/छात्रकल्याण/INC-133/2.66/2024 दिनांक:- 20-06-2024

निलिपि: निम्नलिखित को सूचना एवं आवश्यक कार्यवाही हेतु प्रेषित।

- 1- वैराग्य कुलपति, माननीय कुलपति महोदय के अवलोकनाय।
- 2- कुलसचिव महोदय को सम्बन्धित समस्त शिक्षकों/ कर्मचारियों/ अधिकारियों में परिचालनाय।
- 3- उक्त अतिथि मिश्र को उक्त कार्यक्रम के मंच संचालन हेतु।

(प्रो बी के पाण्डेय)
अध्यक्ष
छात्र कल्याण परिषद्



Physical and Mind Relaxing activities glimpses

