



Lecture on Women Health and Hygiene

11th November

Indus International University organized a landmark guest lecture focused on women's health and hygiene, with experts promoting critical discussions and making efforts to raise awareness on these essential issues. The session was organized with the support of the TN India organization, and featured two eminent speakers: Manisha Sharma and Suman Lata. Manisha Sharma, an experienced executive from TN India, opened the lecture by presenting a comprehensive view on the current challenges in women's health. She emphasized the urgency of access to health services and education, especially in rural and underdeveloped urban areas. Ms. Sharma spoke of the need to break the social taboos related to menstrual health, and advocated a more open and proactive approach to women's well-being. Suman Lata then led a thought-provoking discussion on the important issue of sanitation and hygiene. Their remarks emphasized the need for practical solutions, such as the use of sustainable sanitary products and strong policy support, to improve women's hygiene practices. They said that only by working together can we create an environment that supports women's health and well-being. After the lecture, an interactive Q&A session was held, which provided an opportunity for students and attendees to express their views and ask questions. Dr. Jagdev Singh Rana, Registrar, Indus International University expressed his gratitude to TN India Organization and expressed the University's commitment to promote more such collaborative initiatives in the future that enrich the community's understanding of health and hygiene issues. The event proved to be a significant step in encouraging the University community to adopt better practices for women's health and hygiene and a cleaner, healthier environment.



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Indus International University unveils new open gym to promote students' health and fitness. In a significant step towards promoting a holistic academic environment, Indus International University has unveiled a state-of-the-art open gym on its campus. The initiative underlines the University's commitment to the holistic well-being of its students, emphasizing the importance of physical health along with academic excellence. Dr. Sanjay Kumar Bahl, Vice-Chancellor, Indus International University highlighted the important role of health and fitness in the development of young minds. Dr. Bahl said, "Our primary objective is to nurture all-round individuals. While education is our main focus, we believe that physical fitness and mental well-being are equally important for the growth and success of our students." He urged students to actively participate in both academic and fitness activities, encouraging a balanced approach towards their university life. The new open gym is equipped with a variety of modern fitness equipment, designed to cater to different exercise routines and fitness levels. It provides a versatile space for students to engage in cardiovascular workouts, strength training and flexibility exercises. The facility is accessible to all students, providing them with a convenient and engaging space to maintain their physical health. Students have expressed their excitement and appreciation for the new addition to the campus. "It's great to have such a facility here on campus," said Priya Sharma, a second-year student. "Due to our busy schedules, sometimes it becomes difficult to find time to go out of campus to workout. This gym makes staying fit and healthy a lot easier." The university administration believes that the open gym will not only enhance students' physical fitness but also improve their mental health, concentration and overall academic performance. By integrating physical fitness into the daily routine, the university aims to create a more vibrant and dynamic campus life. In his address, Dr. Bahl also mentioned future plans to expand the university's sports and wellness programs, which will include regular fitness workshops, sports competitions and wellness seminars. These initiatives are designed to inspire students to adopt a more active and healthy lifestyle. As Indus International University continues to innovate and expand its facilities, the introduction of the Open Gym is a testament to its dedication to student well-being. The University hopes that this new facility will inspire students to take a proactive approach to their health, balancing their academic pursuits with physical activity for a healthier, happier life.



Industrial Visit

28th November

Students of Indus International University made an educational visit to Civil Hospital Haroli and Aman Medicos, a leading community pharmacy located at Tahliwal to gain practical experience in the pharmacy field. The visit was organized to familiarize the students with the real functions and challenging aspects of pharmacy beyond their academic life. This experience proved to be a stepping stone for the students for their professional career. The teachers helped the students understand the functions of the hospital and pharmacy, and provided them an opportunity to interact with pharmacists. The students observed various aspects in the hospital from patient care to distribution of medicines and understood the





reality of the daily operations of the pharmacy. In this visit, the students understood the difference between hospital pharmacy and community pharmacy and also realized their importance. While hospital pharmacy is responsible for managing and properly dispensing medicines for patient care, community pharmacy is also responsible for dispensing medicines and advising customers about their medical needs. This experience was highly

beneficial for the students as they understood both the aspects of pharmacy, which can be useful for their career in future. Such practical visits are extremely important for the students as they give them a chance to experience the work of pharmacy in real life apart from their studies. These experiences help the students to set a clear direction for their future in the field of pharmacy. Students get a chance to understand that their knowledge should not be limited to books only, but they should also develop the skill to apply their studies practically. The administration of Indus International University, led by Vice Chancellor Dr. Sanjay Kumar Bahl and Registrar Dr. Jagdev Singh Rana, is always at the forefront in providing such practical learning opportunities to the students. It is the commitment of the University to provide such opportunities to the students so that they can prepare for their future careers. Describing the trip as an unforgettable experience for the students, Dr. Sanjay Kumar Bhal said, "Our aim is not just to provide academic knowledge to the students but also to provide them with opportunities to acquire the skills and experience necessary for their professional life. Through this trip, the students will be exposed to the realities of the pharmacy sector, which is important for their personal and professional development." Dr. Mandeep Singh Chaddha, Dean, School of Pharmacy also played an important role in providing such opportunities to the students. Dr. Chaddha said, "It is important that students gain real-world experience along with classroom studies. Such trips help students to enhance their skills, raise their level of expertise and understand various aspects of pharmacy." He appealed to the students to make full use of these experiences and work hard to become an empowered and responsible pharmacist in the future. The visit not only provided the students with an opportunity to observe the daily operations of a pharmacy but also put forward their views and questions to the doctors and pharmacists. This not only provided the students with an opportunity to learn but also gave them enthusiasm and confidence about their future career in the field of pharmacy. This initiative by Indus International University to provide such educational and practical experiences to the students can bring a positive change in the academic and professional life of the students. Overall, this visit was an important step for the students, which will prepare them even more for the pharmacy field. This will ensure that they not only become a good pharmacist in the future but can also fulfill their responsibility towards the society.



Cricket Tournament 30th November

Indus International University recently hosted a cricket tournament at its campus, highlighting the important role of sports in a student's academic journey. Organised under the guidance of Vice Chancellor Dr. Sanjay Kumar, the event highlighted the importance of physical fitness and a balanced lifestyle for the overall development of

students. The tournament, held at the state-of-the-art sports facilities of the University, witnessed enthusiastic participation from students across various departments. Dr. Sanjay Kumar inaugurated the event with a motivational speech, emphasizing the importance of sports in shaping an all-round individual. He underlined how active participation in sports not only contributes to physical well-being but also enhances cognitive skills, discipline and teamwork. The cricket tournament at Indus International University was a thrilling contest between four departments – Pharmacy, CSE, Applied Science and Management. All the teams played with passion and struggle, but the Management Department emerged victorious in the final match with great teamwork and strategy. Management's Dheeraj won the Best Player of the Tournament award for his all-round performance. Ravi's fast bowling completely humbled the opposition team, which earned him the Best Bowler award. Abhilash's amazing fielding changed the course of the game at a crucial moment, for which he won the Best Fielder award, while Abhay performed consistently with both bat and ball and won the Best All-Rounder title. The tournament was a celebration of sportsmanship, in which the Management Department emerged victorious as champions. Dheeraj of M.Sc. Mathematics was the Man of the Match. The tournament was a celebration of sportsmanship, in which the Management Department emerged victorious as champions. Dr. Jagdev Singh Rana, Registrar, Indus International University presided over the closing ceremony and distributed trophies to the deserving winners. The Department of Business Management emerged victorious, showcasing their cricketing skills and teamwork. The Department of Pharmacy put up a commendable fight and secured the runners-up position, demonstrating resilience and skill throughout the tournament. Speaking at the closing ceremony, Dr. Jagdev Singh Rana lauded the participants for their dedication and sportsmanship. He reiterated the University's commitment to fostering a holistic educational experience that goes beyond the confines of classrooms. Dr. Rana said, "Sports play a vital role in shaping an individual's character and personality. It teaches valuable life skills such as teamwork, leadership and resilience, which are equally important in academic pursuits and professional life." As the cricket tournament concluded successfully, the University looks forward to holding more such events that will not only showcase the sporting talent of its students but also strengthen the belief in the symbiotic relationship between sports and education. The conveners of the cricket tournament were Mr. Balbir Singh, Mr. Saurav Sharma, Mr. Sachin Chaddha. The tournament showcased the talent and sportsmanship of the students, featuring stiff competition and cordial matches. The organizing committee led by Dr. Sumit Kumar, Mr. Narendra Kumar and Mr. Balbir Singh ensured seamless execution of the event, creating an engaging atmosphere for both participants and spectators.

