

**Access to Physical Health-Care Services,  
Information and Education Services  
2024-25**



**Shoolini University of Biotechnology and Management Sciences,  
Bajhol, Solan, Himachal Pradesh-173229**

Shoolini University ensures **comprehensive** and **inclusive access to physical health-care services**, supported by strong **health awareness** and **education initiatives** for students and staff. The university operates a well-equipped **on-campus health centre** with qualified medical professionals, providing **primary care, routine check-ups, diagnostic services**, and **emergency support**. Facilities include pathology testing, basic laboratory services, and referral linkages with nearby hospitals for advanced care.

To enhance accessibility, **24×7 medical assistance** and **emergency response systems** are in place. Special provisions are available for **differently-abled individuals, including priority medical care, mobility support, and personalized assistance**.

In addition to providing clinical services, the University has actively organized **15 awareness and healthcare programs** through diverse initiatives such as health camps, awareness drives, expert sessions, and community outreach activities. These programs focus on key areas including mental health, nutrition, hygiene, preventive healthcare, and lifestyle-related diseases.

#### **Activities Supporting Health-Care Access and Education**

<b>Sr. No.</b>	<b>Event Name</b>	<b>Date</b>	<b>Type of Service</b>	<b>Activities covered</b>
<b>1</b>	Quit It Right: Tobacco Cessation Program	17–18 Jan 2025	Health Education & Digital Support	Awareness on harmful effects of tobacco, counselling strategies, and use of START App for cessation support.
<b>2</b>	Stem Cell Donor Registry Drive (DATRI)	04 February 2025	Health Awareness & Preventive Care	Students awareness on blood disorders, cancer, and donor registration with real health intervention.
<b>3</b>	Let's Talk: Mental Health Session	04 February 2025	Mental Health Support & Awareness	Safe space discussions on trauma, resilience, and emotional well-being.
<b>4</b>	Stride for Life Awareness Walk	05 February 2025	Public Health Awareness	Cancer awareness campaign focusing on prevention, early detection, and community education.

<b>5</b>	Rose Day – Cancer Awareness	07 February 2025	Health Awareness Campaign	Dissemination of cancer awareness messages through interactive activities.
<b>6</b>	Play for a Cause – Cricket for Cancer Awareness	7–8 Feb 2025	Health Awareness through Sports	Promoted awareness on cancer types, early detection, and healthy lifestyle.
<b>7</b>	Comedy Show for Cancer Awareness	12 February 2025	Health Education (Innovative Mode)	Integrated cancer awareness messages with mental well-being and emotional health.
<b>8</b>	Expert Talk on Childhood Cancer	16 February 2025	Health Education (Expert Session)	Awareness on early detection, treatment options, and emotional support systems.
<b>9</b>	Blood Donation Drive	20 February 2025	Physical Health Service	Provided direct healthcare support through voluntary blood donation and awareness.
<b>10</b>	World Heart Day Health Camp	27 September 2024	Health Screening & Preventive Care	Conducted BP, cholesterol, BMI tests and awareness sessions on cardiovascular health.
<b>11</b>	Heart Health Awareness & Workshop	28 September 2024	Health Education	Awareness stalls and workshops on heart health, lifestyle diseases, and prevention.
<b>12</b>	Yoga & Zumba Sessions	01 August 2024	Physical & Mental Well-being	Promoted fitness, stress management, and holistic health practices.
<b>13</b>	Ensuring Well-being of Shoolini Fraternity	01 September 2024	Health Check-up Camp	Provided medical screenings and preventive healthcare education.
<b>14</b>	Blood Donation Camp (2024)	16 July 2024	Physical Health Service	Encouraged voluntary blood donation and awareness on life-saving practices.
<b>15</b>	Pink October Campaign (Multiple Activities)	16 July 2024	Health Awareness Campaign	Breast cancer awareness through campaigns, screenings, outreach, and education.

Shoolini University has established a wide range of **collaborations** with **leading health and wellness institutions** through **11 Memorandums of Understanding (MoUs)**, including **two MoUs** signed exclusively during the AY 2024–25. These partnerships reflect the university’s strong commitment to **enhancing health, well-being, and community outreach through joint initiatives**, resource sharing, and **academic collaboration**. A summary of key MoUs with health and wellness institutions is presented below:

<b>Sr. No.</b>	<b>Name of the Institution</b>	<b>Date of Signing</b>	<b>Validity</b>
<b>1</b>	Tashkent Pharmaceutical Institute, Uzbekistan	08.11.2024	5 years
<b>2</b>	Rekhi Foundation	06.01.2024	5 years
<b>3</b>	Herbalife International India Private Limited	07.12.2023	5 years
<b>4</b>	Royal Holloway University, UK	10.05.2023	5 years
<b>5</b>	Dolphin Institute of Biomedical and Natural Sciences	20.01.2023	5 years
<b>6</b>	Government of Himachal Pradesh (Ayurvedic Bhawan, Shimla)	11.04.2022	3 years
<b>7</b>	YouWeCan	03.01.2022	5 years
<b>8</b>	Maharishi Markandeshwar University	24.11.2021	5 years
<b>9</b>	Pharma College, Ethiopia	01.08.2021	5 years
<b>10</b>	Zumutor Biologics Private Limited	31.07.2020	7 years
<b>11</b>	Taipei Medical University, Taiwan	27.12.2019	5 years

# **Samples of Memorandums of Understanding (MoUs)**



**MEMORANDUM OF UNDERSTANDING  
between Tashkent pharmaceutical institute  
Republic of Uzbekistan and Shoolini  
University, India**

**Tashkent pharmaceutical institute**, (registered seat Tashkent, St. Oybek, 45) represented by the rector, **professor Kamal Saidakbarovich Rizaev** and **Shoolini University**, (registered seat: Solan-Quachghat-Kumarhatti Highway, Bajhol, Himachal Pradesh 173229, India) represented by its Chancellor, **P.K. Khosla**, hereafter "Parties", assuming that the creative cooperation of higher institutions of the two countries will promote further cooperation and mutual understanding between **Tashkent pharmaceutical institute Republic of Uzbekistan and Shoolini University, India** increasing intellectual and innovation resources of two higher institutions, have agreed to make and sign the following Memorandum of Understanding on cooperation:

**Article 1**

Within the framework of existing opportunities, the contracting parties will develop cultural, educational, scientific and medical cooperation in various spheres of their life and activity on the basis of equality and mutual benefit between **Tashkent pharmaceutical institute Republic of Uzbekistan and Shoolini University, India**.



**Toshkent farmatsevtika instituti, Toshkent,  
O'zbekiston Respublikasi va Shoolini  
Universiteti, Hindiston o'rtasida**

**ANGLASHUV MEMORANDUMI**

**Toshkent farmatsevtika instituti** (manzili Toshkent shahri, Oybek ko'chasi 45) rektori professor **Rizayev Kamal Saidakbarovich** va **Shoolini Universiteti** (manzili Solan-Quachghat-Kumarhatti Highway, Bajhol, Himachal Pradesh 173229, Hindiston) Chancellor **P.K. Khosla**, bundan keyingi o'rinlarda "Tomonlar" ikki mamlakat yetakchi institutlari o'rtasidagi ilmiy va amaliy hamkorlikni yo'lga qo'yadilar. **O'zbekiston Respublikasining Toshkent farmatsevtika instituti va Shoolini Universiteti, Hindiston o'rtasida** ikki oliy ta'lim muassasasining intellektual va innovatsion resurslarini oshirish bo'yicha hamkorlik to'g'risida quyidagi o'zaro anglashuv memorandumini tuzish va imzolashga kelishib oldilar.

**1-modda**

Anglashuvchi tomonlar mavjud imkoniyatlar doirasida turli sohalarda madaniy-ma'rifiy, ta'lim, ilmiy va tibbiy hamda farmasevtik soxada hamkorlikni **O'zbekiston Respublikasi Toshkent farmatsevtika instituti va Shoolini Universiteti, Hindiston o'rtasida** teng huquqlilik va o'zaro manfaatdorlik asosida rivojlantiradilar.



**Memorandum of Understanding**

**between**

**Rekhi Foundation**

**and**

**Shoolini University of Biotechnology and Management Sciences**

**for**

**Rekhi Centre of Excellence for the Science of Happiness**

THIS MEMORANDUM OF UNDERSTANDING (hereinafter referred to as "MOU") is made on 6<sup>th</sup> day of January 2024.

**BY AND BETWEEN**

**Rekhi Foundation** represented by Dr. Satinder Singh Rekhi, having its office at 2051, last Chance Court, Gold River, CA, 95670, which expression shall, where the context so admits, be deemed to include its successors, executors and administrators of the **FIRST PARTY**

**AND**

**Shoolini University of Biotechnology and Management Sciences (herein referred as Shoolini University)** situated at Bajhol, Solan 173229 Himachal Pradesh, a private university recognized by UGC established under Private Universities Act of Himachal Pradesh, (INDIA), which expression shall, where the context so admits, be deemed to include its successors, executors, and administrators of the **SECOND PARTY**

**WHEREAS Shoolini University** proposes to establish "**Rekhi Centre of Excellence for the Science of Happiness**", with an aim to promote research, training and education and the practice of well-being for students and teachers through the application of happiness and well-being.

**WHEREAS** First Party wants to participate in this noble cause and wants to sponsor certain activities under the "Rekhi Centre of Excellence for the Science of Happiness".

**WHEREAS** the First Party shall be represented by Dr. Satinder Singh Rekhi or his assignee.

**WHEREAS**, Second Party has authorized Prof. Saamdu Chetri (Director, Yogananda School of Spirituality and Happiness (YSSH)) as Co-ordinator and Single point of Contact (SPOC) for correspondence and communication with Rekhi Foundation.

**MEMORANDUM OF UNDERSTANDING (MOU)  
BETWEEN  
THE SHOOLINI UNIVERSITY OF BIOTECHNOLOGY AND  
MANAGEMENT SCIENCES, SOLAN, HIMACHAL PRADESH, INDIA  
AND  
HERBALIFE INTERNATIONAL INDIA PVT. LTD., BENGALURU, INDIA**

Shoolini University of Biotechnology and Management Sciences Solan, and Herbalife Nutrition India Ltd., Bengaluru, hereby agree to cooperate and become knowledge partners based on the principle of reciprocity.

This Memorandum of Understanding (MOU) announces the reorganization and restructuring of the Centre of Excellence for Direct Selling in Academics (CEDSA) at Shoolini University campus located at village Bajhol, Solan in collaboration with Herbalife International India Pvt. Ltd. The primary roles and responsibilities of the Centre shall be, but not limited to:

1. Providing a common platform to all academicians who are associated with Direct Selling (DS) through research or else.
2. Facilitating quality research in the field of DS, with the help of all stakeholders.
3. Providing fellowships to the worthy candidates willing to pursue doctoral studies in DS.
4. Introduction of MBA and BBA programs with specialization in "Direct Selling Management" as well as other academic programs/specializations.
5. Organizing campus events across the universities wherein we showcase various real-world examples of DS and related industries helping students better understand the same.
6. Familiarizing the students with a variety of corporate and entrepreneurial opportunities present in the industry.
7. Providing teaching content to all academic organizations willing to introduce this promising subject to their curriculum.
8. Finally, development of a collaborative MOOC (Massive Open Online Course) to be developed and launched to provide first-hand genuine knowledge and updates on the industry to all DS fraternity.

The scope of this MOU is expandable: specific issues and terms will be mutually agreed upon on case-by case basis under subsequent agreements. However, the first set of agreements are as listed below:

1. That the University shall start and conduct the batch of MBA and BBA with specialization in "Direct Selling Management" from academic session 2023-2024 and continue with the said Programs/Specializations in further academic sessions. The University shall provide state-of-the-art learning experiences to students in the said programs.
2. That all the fixed costs related to setting up the above courses are to be borne by Shoolini University.
3. Herbalife will facilitate CEDSA to approach and communicate details of the BBA and MBA programs to its distributors and employees.

# **Samples report for Activities Supporting Health-Care Access and Education**

## **Let's Talk: A Safe Space for Voices, Breaking the Silence**

### **SDG 3: Good Health and Well-being & SDG 17: Partnerships for the Goals**

**Date:** 4th February 2025

**Location:** PDH, Shoolini University

*"Let's Talk"* was more than just a discussion—it was a transformative experience that brought together over 50 participants in a safe, judgment-free space to share their thoughts on adversity, trauma, and resilience. By blindfolding everyone, we removed visual biases, allowing raw and honest conversations to unfold. The event not only prioritized mental well-being but also aligned with sustainability principles, ensuring minimal environmental impact.

To promote eco-conscious practices, we completely avoided single-use plastics and used reusable blindfolds, reducing textile waste. The event was paper-free, with all communication—invites, promotions, and guidelines—shared digitally to minimise unnecessary waste. Additionally, the session was conducted without artificial lighting, conserving electricity and creating an immersive atmosphere focused on deep listening. The venue was chosen for its natural ventilation, reducing the need for fans or air conditioning.

Beyond its environmental aspects, the event championed social sustainability, addressing an often-overlooked aspect of sustainability—mental health and emotional well-being. By providing a safe space for open conversations, we encouraged self-expression, active listening, and human connection. The overwhelming participation and engagement highlighted the importance of such spaces in fostering community well-being.

A heartfelt thank you to Poonam Nanda Ma'am, our faculty, and the entire organizing team, whose unwavering support made this event possible. *"Let's Talk"* was not just a one-time discussion—it was a reminder that sustainability goes beyond the environment; it's about nurturing people, emotions, and communities.



Shoolini University

**YOUWECAN**  
FIGHT CANCER

World Cancer Day  
4 February

**LET'S  
TALK,  
LET'S  
HEAL**

WE LISTEN  
&  
WE DON'T JUDGE

A poster for World Cancer Day 2023. It features a woman with long dark hair wearing a black blindfold. To her left is a pink awareness ribbon. The background is a gradient of light pink to dark pink. At the top, there are logos for Shoolini University, 'YOUWECAN FIGHT CANCER', and 'World Cancer Day 4 February'. The main text reads 'LET'S TALK, LET'S HEAL'. At the bottom right, there is a graphic that says 'WE LISTEN & WE DON'T JUDGE' with icons of open books.



## **Swing for Strength: Play for a Cause - Cricket for Cancer Awareness**

### **SDG 3: Good Health and Well-being**

**Date:** 7th–8th February 2025

**Location:** Yuvraj Singh Stadium, Shoolini University

As part of the World Cancer Day initiatives, Shoolini University organised a two-day cricket tournament titled “Play for a Cause” on the 7th and 8th of February 2025. The tournament combined the excitement of sport with the power of awareness, drawing participation from across the university in support of cancer prevention, education, and solidarity with those affected by the disease.

Day 1 saw an energetic start, with nine enthusiastic teams, each representing a specific type of cancer, including breast, lung, prostate, blood, childhood, and skin cancer, among others. This unique concept turned the matches into more than just a competition—it transformed them into living messages of health advocacy. Students and faculty came together not only as spectators and players but as messengers of change, promoting conversations around early detection, regular screening, and emotional support.

The event also adopted sustainable practices throughout. Players used reusable water bottles, and promotional materials were minimized or created from recycled content. Spectators were encouraged to avoid single-use plastics, and the field decor included handmade posters displaying key facts and motivational quotes related to cancer awareness.

On Day 2, the tournament reached its climax with the semi-finals and final match. The last game was played between Baby Boomers, representing childhood cancer, and YouWeCan, representing breast cancer. With passionate gameplay and supportive cheering, the final match was a reminder of how sport can unite communities around meaningful causes.

The tournament not only fostered teamwork, physical well-being, and youth engagement but also amplified the message of hope, resilience, and the importance of awareness in battling cancer. By blending advocacy with sustainability and sport, Shoolini University’s Play for a Cause truly reflected the spirit of action, compassion, and collective responsibility.



**YOUWECAN**  
FIGHT CANCER

World Cancer Day  
4 February

Shoolini University

# SHOOLINI X YOUWECAN CRICKET TRIALS

📍 YUVRAJ SINGH STADIUM

📅 4TH FEBRUARY, 2025 | 4:00 PM ONWARDS

FOR REGISTRATION / ENQUIRIES, CONTACT: RICHA +91-9599841396

UNITED BY UNIQUE





September 27, 2024

### Ensuring Well Being of Shoolini Fraternity

On September 27, 2024, Shoolini University organized a comprehensive camp in celebration of World Heart Day, aimed at promoting awareness about cardiovascular health and encouraging healthy lifestyle choices among students and the local community. This initiative was part of the university's commitment to health and wellness, focusing on preventive measures and education regarding heart-related issues.

The camp featured various activities, including health screenings, informative workshops, and interactive sessions led by healthcare professionals. Attendees received free health assessments, including blood pressure checks, cholesterol screenings, and BMI evaluations, allowing them to gain insights into their cardiovascular health.

In addition to health screenings, Shoolini University's World Heart Day camp integrated a strong sustainability angle by promoting heart health through eco-conscious practices, sustainable lifestyle habits, the importance of regular physical activity, and stress management techniques. Participants engaged in discussions on the impact of lifestyle choices on heart health and learned practical tips for incorporating healthier habits into their daily routines.

The event fostered a strong sense of community, encouraging students and local residents to prioritize their heart health. By promoting awareness and education, Shoolini University reinforced its dedication to fostering a healthier society. Overall, the World Heart Day camp successfully inspired participants to take proactive steps toward maintaining cardiovascular health and well-being. This community-centered approach inspired participants to adopt practices that benefit both their well-being and the planet.



Health check-up going on



**A faculty member getting her health checked-up**



**Eyes check-up in the process**

August 20, 2024

### **Yoga & Zumba Session at Shoolini University Supporting SDG 3**

As part of the Induction Program at Shoolini University, engaging yoga and Zumba sessions were organized to promote physical fitness and mental well-being among new students. These activities aimed to enhance the induction experience by fostering community connections and encouraging healthy lifestyle habits, aligning with the university's commitment to holistic development.

To promote sustainability, participants were encouraged to bring reusable water bottles, minimizing single-use plastic waste. The sessions utilized mats made from eco-friendly materials, and certified local instructors led the activities to support the community and reduce carbon emissions. Mindfulness practices incorporated into yoga emphasized the link between mental well-being and sustainable living, inspiring students to adopt environmentally conscious habits.

The impact of the sessions was significant, fostering an inclusive atmosphere during the induction program. Students actively participated, forming new friendships and support networks that eased their transition into university life. Many expressed appreciation for the connection between fitness and sustainability, reinforcing Shoolini University's dedication to promoting health, well-being, and environmental responsibility as they embark on their academic journeys.



**Ms. Suman taking the session**



**Meditation session in the process**

## MoU Signing with Tashkent Pharmaceutical Institute

**Date:** November 19, 2024

Shoolini University strengthened its global academic presence by signing a Memorandum of Understanding (MoU) with the Tashkent Pharmaceutical Institute, Uzbekistan—one of the oldest government-funded pharmaceutical institutions, established in 1937. This collaboration marks a significant step toward promoting international research and academic exchange in the field of pharmaceutical sciences. The MoU was formalized during the International Conference on Pharmaceutics and Life Sciences: Frontiers of Research and Education (ICPL-2024). Shoolini University was represented by Prof. Deepak Kumar from the School of Pharmaceutical Sciences and Coordinator of Shoolini iHUB, who delivered a plenary lecture during the conference and a public lecture at the Pharmaceutical Technical University, Tashkent. Prof. Deepak Kumar in Tashkent Pharmaceutical Institute During his address, Prof. Kumar highlighted the innovative initiatives of iHUB Shoolini and iHUB DivyaSampark, showcasing advanced research on Himalayan medicinal plants. He emphasized that this partnership aligns with the visionary goals of Vice Chancellor Prof. Atul Khosla in promoting global research collaboration and innovation. Shoolini University upholds the principles of Equity, Diversity, and Inclusion (EDI) in all its international engagements. The collaboration promotes inclusive participation, cross-cultural exchange, and equal opportunities for students and researchers from diverse backgrounds, thereby fostering a globally inclusive academic ecosystem.

