SDG 3
GOOD HEALTH AND WELL-BEING
2025



Shoolini University of Biotechnology and Management Sciences
Solan, Himachal Pradesh – 173229

Introduction

Shoolini University is committed to advancing Sustainable Development Goal 3 (SDG 3): Good Health and Well-being by fostering a healthy, safe and inclusive environment for students, faculty, staff and the wider community. During 2025, the University pursued a coordinated approach to physical, mental and preventive healthcare through its campus Health Centre, clinical consultations and referral arrangements, health-sector partnerships, community outreach programmes and student-led awareness campaigns. Collaborations with regional medical institutions, national organisations and international academic partners contributed to health education, research, professional engagement and access to healthcare expertise. The University also promoted early detection and informed health choices through cancer-awareness initiatives, breast-health screening, nutrition and hygiene education, and sexual and reproductive health services supported by an academic sex-education elective. Community engagement extended these activities beyond campus through awareness walks, outreach sessions and inclusive interaction with local organisations. Within the University, accessible sports infrastructure, shared recreational facilities, yoga and fitness programmes encouraged active lifestyles and participation by neighbouring educational institutions. Mental and emotional well-being remained an important component of this work. Confidential counselling access, a digital appointment-booking facility, scheduled meditation, mindfulness practices and staff well-being activities helped strengthen the support available across the campus community. The University's Smoke-Free Campus Policy complemented these measures by establishing restrictions on tobacco use and promoting a healthier campus environment. Together, these initiatives reflect Shoolini University's institutional commitment to prevention, well-being, equitable participation and meaningful community engagement in support of SDG 3.

1. Current Collaborations with Local, National and Global Health Institutions

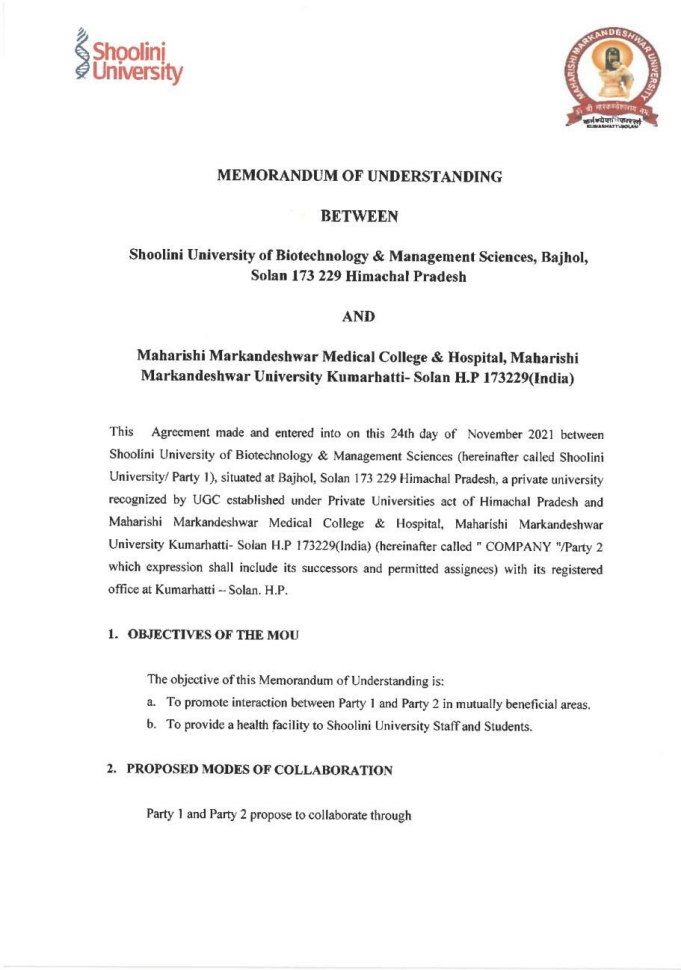
Shoolini University maintains current collaborations with healthcare institutions, medical colleges, biomedical and pharmaceutical research organisations, community foundations and academic partners in India and overseas. These relationships strengthen healthcare access, clinical engagement, research, public-health education, traditional medicine, health awareness and well-being outcomes. The University works with institutions at the local and regional, national and global levels, creating opportunities for knowledge exchange, scientific collaboration and community engagement.

Local and Regional Health Collaborations

Shoolini University strengthens health and well-being outcomes across Himachal Pradesh by collaborating with medical colleges, the state AYUSH administration and regional research institutions. These collaborations link campus health services with nearby clinical expertise and support traditional medicine, interdisciplinary investigation and health-related applications of natural resources. Their regional proximity also creates opportunities for sustained institutional interaction.

Local and Regional MoUs

Maharishi Markandeshwar Medical College & Hospital: Shoolini University maintains a clinical collaboration supporting student and staff healthcare access, visiting medical personnel, medical check-ups, ambulance arrangements and cooperation in medical education and research. These provisions connect campus well-being with regional professional medical services.



MEMORANDUM OF UNDERSTANDING

BETWEEN

Shoolini University of Biotechnology & Management Sciences, Bajhol, Solan 173 229 Himachal Pradesh

AND

Maharishi Markandeshwar Medical College & Hospital, Maharishi Markandeshwar University Kumarhatti- Solan H.P 173229(India)

This Agreement made and entered into on this 24th day of November 2021 between Shoolini University of Biotechnology & Management Sciences (hereinafter called Shoolini University/ Party 1), situated at Bajhol, Solan 173 229 Himachal Pradesh, a private university recognized by UGC established under Private Universities act of Himachal Pradesh and Maharishi Markandeshwar Medical College & Hospital, Maharishi Markandeshwar University Kumarhatti- Solan H.P 173229(India) (hereinafter called " COMPANY "/Party 2 which expression shall include its successors and permitted assignees) with its registered office at Kumarhatti -- Solan. H.P.

1. **OBJECTIVES OF THE MOU**

The objective of this Memorandum of Understanding is:

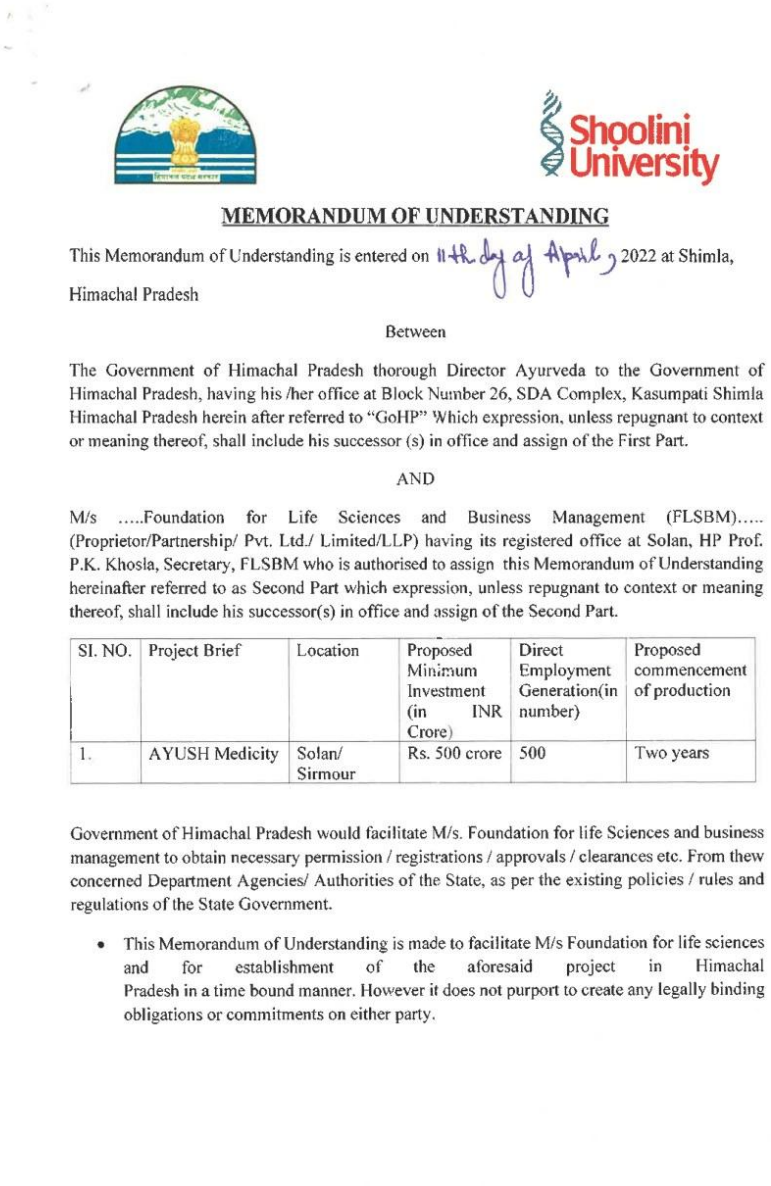
a. To promote interaction between Party 1 and Party 2 in mutually beneficial areas.
b. To provide a health facility to Shoolini University Staff and Students.

2. **PROPOSED MODES OF COLLABORATION**

Party 1 and Party 2 propose to collaborate through

Memorandum of Understanding between Shoolini University and Maharishi Markandeshwar Medical College & Hospital

Government of Himachal Pradesh – AYUSH: Shoolini University collaborates on Ayurveda and traditional-medicine-related initiatives, supporting the exploration of natural healthcare systems and knowledge exchange connected with AYUSH activities.



MEMORANDUM OF UNDERSTANDING

This Memorandum of Understanding is entered on 11th day of April, 2022 at Shimla, Himachal Pradesh

Between

The Government of Himachal Pradesh thorough Director Ayurveda to the Government of Himachal Pradesh, having his /her office at Block Number 26, SDA Complex, Kasumpati Shimla Himachal Pradesh herein after referred to "GoHP" Which expression, unless repugnant to context or meaning thereof, shall include his successor (s) in office and assign of the First Part.

AND

M/s .....Foundation for Life Sciences and Business Management (FLSBM)..... (Proprietor/Partnership/ Pvt. Ltd./ Limited/LLP) having its registered office at Solan, HP Prof. P.K. Khosla, Secretary, FLSBM who is authorised to assign this Memorandum of Understanding hereinafter referred to as Second Part which expression, unless repugnant to context or meaning thereof, shall include his successor(s) in office and assign of the Second Part.

Sl. NO.	Project Brief	Location	Proposed Minimum Investment (in INR Crore)	Direct Employment Generation(in number)	Proposed commencement of production
1.	AYUSH Medicity	Solan/ Sirmour	Rs. 500 crore	500	Two years

Government of Himachal Pradesh would facilitate M/s. Foundation for life Sciences and business management to obtain necessary permission / registrations / approvals / clearances etc. From thew concerned Department Agencies/ Authorities of the State, as per the existing policies / rules and regulations of the State Government.

- This Memorandum of Understanding is made to facilitate M/s Foundation for life sciences and for establishment of the aforesaid project in Himachal Pradesh in a time bound manner. However it does not purport to create any legally binding obligations or commitments on either party.

Memorandum of Understanding between Shoolini University and Government of Himachal Pradesh – AYUSH

IIT Mandi: Shoolini University maintains interdisciplinary academic and research engagement with IIT Mandi relevant to health-related science, innovation and technology. The agreement is a wider research partnership rather than a direct clinical-services arrangement.

Memorandum of Understanding between Shoolini University and IIT Mandi

Memorandum of Understanding between Shoolini University and ICAR–Directorate of Mushroom Research

National Health Collaborations

Shoolini University partners with organisations across India in biomedical research, cancer awareness, health-related biotechnology, community initiatives and the health-and-wellness sector. These national collaborations promote scientific knowledge exchange, awareness programmes, interdisciplinary research and engagement with institutions and foundations beyond Himachal Pradesh. The nature of individual agreements ranges from direct health initiatives to allied research and education.

National MoUs

Sr. No.	Collaborating institution / partner	Signing date	MoU term	Scope
1	Maharishi Markandeshwar Medical College & Hospital (Solan, H.P.)	24 Nov 2021	Until termination	Medical services and healthcare cooperation
2	Government of Himachal Pradesh (AYUSH / Ayurveda Bhawan, Shimla)	13 Aug 2021	5 years	AYUSH and traditional medicine initiatives
3	IIT Mandi (H.P.)	15 Feb 2023	5 years	Interdisciplinary research and innovation
4	ICAR Mushroom Research (H.P.)	27 Apr 2022	10 years	Mushroom research and health-relevant applications

Dolphin Institute of Biomedical and Natural Sciences: Shoolini University advances biomedical and natural-sciences cooperation through joint research, student and faculty exchanges, workshops and academic interaction. The partnership strengthens links between teaching, scientific research and laboratory-based learning.

Memorandum of Understanding between Shoolini University and Dolphin Institute of Biomedical and Natural Sciences

YouWeCan: Shoolini University collaborates in cancer-awareness and early-detection initiatives, health education, outreach and community activities. The agreement provides for awareness work with educational institutions and communities, helping extend cancer-prevention messaging beyond campus.

Shoolini University

YOU CAN

Memorandum of Understanding

between

Shoolini University, Solan, Himachal Pradesh

and

YouWeCan, Gurgoan, Haryana

This Memorandum of Understanding (hereinafter referred to as MOU) is made and executed on Jan 03, 2022 between Shoolini University (SU), Himachal Pradesh (hereinafter called Party-A) and YouWeCan (YWC) India (hereinafter called Party-B).

Whereas Party-A is a reputed educational institution and is desirous of availing the services of Party-B and whereas Party-B **is a not for profit organization dedicated for awareness and detection of Cancer**.

Now therefore in consideration of the mutual interest as set forth, both parties are willing to start a fruitful collaboration between themselves.

NOW THIS MOU WITHNESSETH AS FOLLOWS:

I. **PURPOSE & SCOPE**

a. Conduct awareness & detection cancers within premises of Shoolini University.

b. Conduct awareness, registration and detection cancers in other Educational Institutions / Organizations / Community Platforms of Himachal Pradesh as would be pre-decided in discussion between Shoolini and YWC.

c. Conduct awareness and detection samples on cancer in other Educational Institutions / Organizations / Community Platforms in adjoining states of Himachal Pradesh as would be pre-decided in discussion between Shoolini and YWC.

d. Jointly celebrate significant events like Pink October World Cancer Day, World Thalassemia Day, International Cancer Survivor's Day, World Blood Donor Day, Bone Marrow Stem Cell Donation Day to spread further awareness

Memorandum of Understanding between Shoolini University and YouWeCan

Medswan Foundation: Shoolini University maintains a health-related community partnership supporting institutional engagement and opportunities for awareness and well-being activities.



भारतीय गैर न्यायिक

एक सौ रुपये

Rs. 100

ONE HUNDRED RUPEES

रु. 100

भारत INDIA

INDIA NON JUDICIAL

हिमाचल प्रदेश HIMACHAL PRADESH

D 406973

MEMORANDUM OF UNDERSTANDING (MOU)

BETWEEN

MEDSWAN FOUNDATION, NEAR T.B. SANATORIUM, DHARAMPUR, TEHSIL & DISTRICT SOLAN 173209 HIMACHAL PRADESH, INDIA

AND

SHOOLINI UNIVERSITY OF BIOTECHNOLOGY & MANAGEMENT SCIENCES, BAJHOL, DISTRICT SOLAN 173229 HIMACHAL PRADESH, INDIA

FOR

ENTREPRENEURIAL SKILL DEVELOPMENT ON AMBULANCE EMERGENCY RESPONSE TRAINING, PLACEMENT, AND RELATED SERVICES

ATTESTED

15/3/22

1

Memorandum of Understanding between Shoolini University and Medswan Foundation

JKG Bio Science Pvt. Ltd. and RNA VXA Bio: Shoolini University develops biosciences and biotechnology collaboration with industry, supporting the exchange of technical knowledge, research engagement and related professional learning.

Memorandum of Understanding between Shoolini University and JKG Bio Science Pvt. Ltd.

Herbalife International India Pvt. Ltd.: Shoolini University supports sector-specific academic programmes and research linked to the nutrition and wellness industry, distinct from direct medical service delivery.

Memorandum of Understanding between Shoolini University and Herbalife International India

National Biodiversity Authority: Shoolini University maintains broader engagement relevant to biological resources and research applications; the available register does not establish a separate clinical-healthcare MoU term for this entry.

Agreement between Shoolini University and National Biodiversity Authority

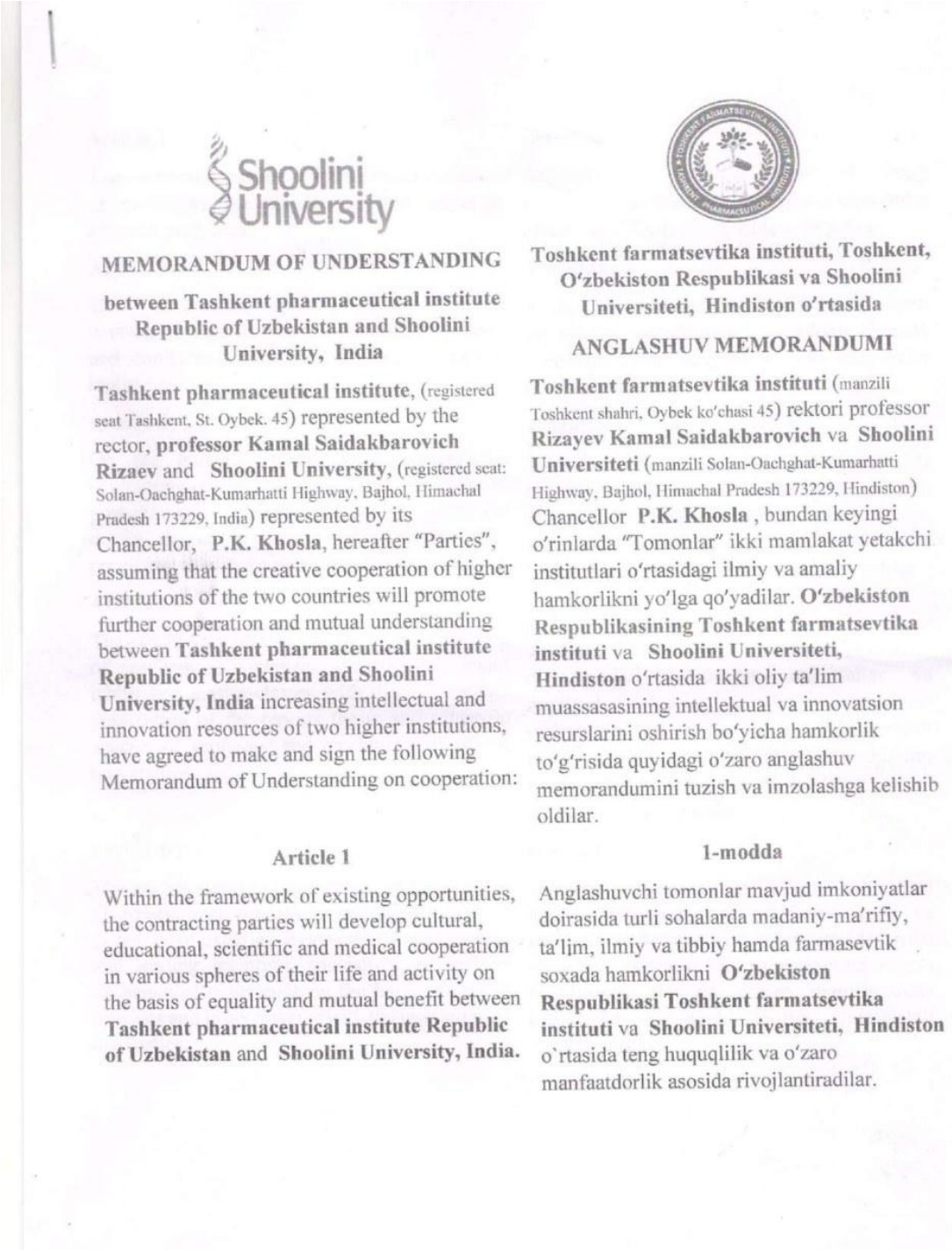
Global Health Collaborations

Shoolini University expands international engagement in pharmaceutical education, medical and life-sciences research, academic exchange and well-being education through partnerships with overseas institutions and organisations. These global collaborations provide opportunities for faculty and student interaction, joint academic activity and the exchange of specialist knowledge with partners beyond India.

Global MoUs

Sr. No.	Collaborating institution / partner	Signing date	MoU term	Scope
1	Dolphin Institute of Biomedical and Natural Sciences (Uttarakhand)	20 Jan 2023	5 years	Biomedical research and academic exchange
2	YouWeCan (Haryana)	03 Jan 2022	5 years	Cancer awareness and detection outreach
3	Medswan Foundation	15 Mar 2022	5 years	Health-related community partnership
4	M/S JKG Bio Science Pvt. Ltd., Delhi	06 Mar 2021	5 years	Biosciences and biotechnology industry engagement
5	RNA VXA Bio	07 Jul 2021	5 years	Biotechnology collaboration
6	Herbalife International India Pvt. Ltd.	07 Dec 2023	5 years	Wellness-sector academic and direct-selling education
7	National Biodiversity Authority	07 July 2023	Not specified	Biological resources and research relevance

Tashkent Pharmaceutical Institute, Uzbekistan: Shoolini University promotes pharmaceutical education, academic exchange, scientific collaboration and the sharing of knowledge in pharmacy and allied fields.



Shoolini University

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-Oachghat-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-Oachghat-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 Shoolini University and Tashkent Pharmaceutical Institute, Uzbekistan

Pharma College, Ethiopia: Shoolini University collaborates in faculty and student exchange, academic-information sharing, joint research and participation in scholarly programmes relevant to pharmaceutical education.

MEMORANDUM OF UNDERSTANDING
BETWEEN
SHOOLINI UNIVERSITY
AND
PHARMA COLLEGE

Shoolini University, India and the Pharma College agree to cooperate on international programs based on the principle of reciprocity.

This Memorandum of Understanding (MOU) encourages the exchange of faculty, scholars, students, academic information and materials in the belief that the research and educational processes at both universities will be enhanced and that mutual understanding between their respective faculty, scholars and students will be increased by the establishment of such exchanges.

1. The universities agree to promote the following exchange activities based on their respective academic and educational needs:
   a. Exchange of faculty and scholars (professors, lecturers, or researchers)
   b. Exchange of students (including undergraduate and graduate students)
   c. Exchange of academic information and materials
   d. Exchange of periodical academic publications
   e. Organization of joint research programs
   f. Organization of joint conferences
   g. Other academic exchanges agreed to by both universities
2. The implementation of each specific exchange based on this MOU shall be separately negotiated and determined by both universities. Efforts shall be made by both sides to find financial sources for carrying out the exchange programs.
3. Nothing shall diminish the full autonomy of either institution, nor will any constraints or financial obligations be imposed by either upon the other in carrying out the MOU.
4. This MOU is in force for five years and is subject to revision or modification by mutual agreement. It is also understood that either institution may terminate the MOU at any time, although such action will only be taken after mutual consultation in order to avoid any possible inconvenience to all parties. This MOU shall take effect from the date of the latest signature below.

FOR SHOOLINI UNIVERSITY

Prof. AtulKhosla
(Vice Chancellor)

Date

FOR Pharma College

Seyoum Kebede
College President

August 01/2021
Date

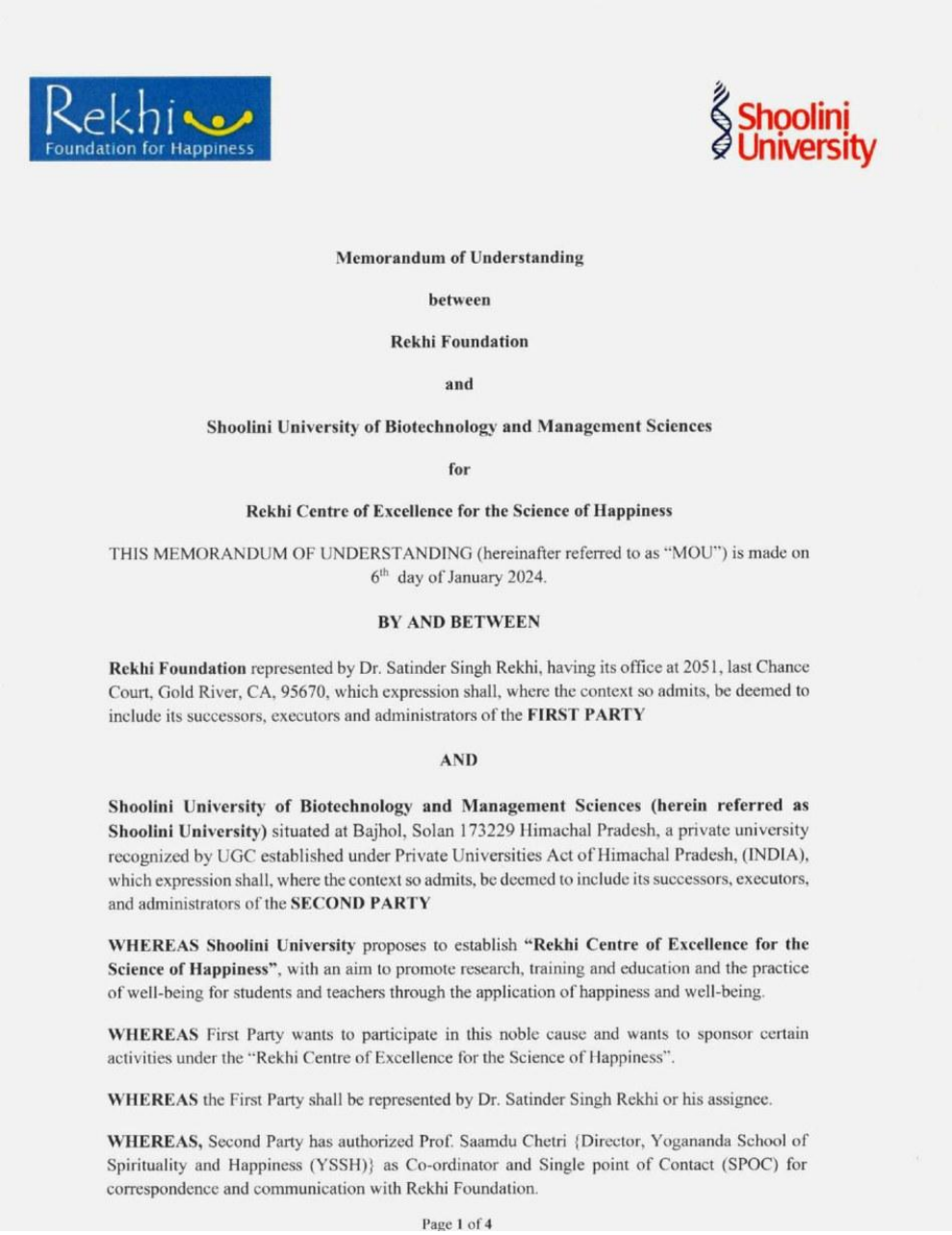
PHARMA COLLEGE

Memorandum of Understanding between Shoolini University and Pharma College, Ethiopia

Royal Holloway, University of London: Shoolini University supports broader academic cooperation in biological sciences and related research fields. Its relevance to health lies in life-sciences engagement rather than direct patient-care services.

Memorandum of Understanding between Shoolini University and Royal Holloway, University of London

Rekhi Foundation, United States: Shoolini University supports happiness and emotional well-being education through the Rekhi Centre of Excellence for the Science of Happiness, including teaching, learning and research relevant to well-being.



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 6th 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.

Page 1 of 4

Memorandum of Understanding between Shoolini University and Rekhi Foundation

Community Health and Wellness Partnerships

Shoolini University promotes community health and well-being through institutional partnerships that support health awareness, education, student engagement and outreach. The agreement with YouWeCan strengthens cancer-awareness and detection initiatives, while the Rekhi Foundation collaboration contributes to happiness education and emotional well-being. Shoolini University

also works with medical, AYUSH and biomedical partners to expand opportunities for health-related learning, applied research and public engagement.

Together, these local, national and global relationships strengthen Shoolini University's continuing commitment to health and well-being by connecting clinical services, research capabilities, health education and community participation. The University maintains publicly accessible information about its collaborative arrangements and supporting signed agreements as part of its institutional evidence for the 2025 reporting year.

2. Health Outreach Programmes and Projects

In 2025 the University organised community-facing and campus-based programmes across hygiene, nutrition, family planning, sport, exercise and ageing well. Activities included Pink October community awareness and breast-cancer screening in Solan; the Stride for Life awareness walk; student outreach to Nauni and a nearby degree college; National Nutrition Week; the Shoolini Marathon; and inclusive student visits to the Indian Association of Muscular Dystrophy (IAMD).

Documented outreach activities and participation

5 February 2025 – Stride for Life cancer-prevention awareness walk, Mall Road, Solan: more than 300 volunteers.

9 October 2025 – Pink October women's-health and hygiene awareness session, Kalyan Bhawan, Solan: more than 150 women.

14–15 October 2025 – Breast-cancer screening at Kalyan Bhawan in collaboration with YouWeCan Foundation: 148 women screened.

29 October 2025 – External breast-health awareness in Nauni and a nearby degree college: more than 1,000 students reached through activities.

1–7 September 2025 – National Nutrition Week: "Nutritious Diets for Everyone."

20 September 2025 – Shoolini Marathon: more than 900 students and 53 faculty reported.

6 February, 4 April and 18 April 2025 – inclusive well-being visits and activities with IAMD, Solan.



Photographic evidence of a 2025 health outreach, preventive-health or inclusive well-being activity



Photographic evidence of a 2025 health outreach, preventive-health or inclusive well-being activity



Photographic evidence of a 2025 health outreach, preventive-health or inclusive well-being activity



Photographic evidence of a 2025 health outreach, preventive-health or inclusive well-being activity



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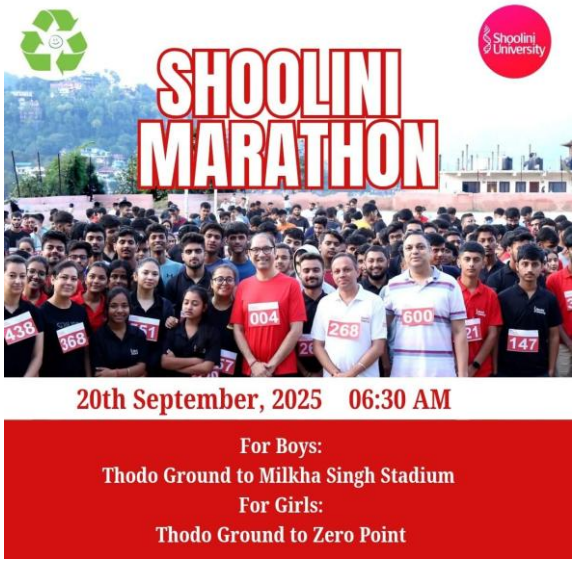
Photographic evidence of a 2025 health outreach, preventive-health or inclusive well-being activity



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Photographic evidence of a 2025 health outreach, preventive-health or inclusive well-being activity

3. Shared Sports Facilities and Community Physical Well-being

Shoolini University provides well-developed indoor and outdoor sports infrastructure and extends opportunities for shared use to local educational institutions and the wider community, according to facility requirements and availability. Our sports infrastructure includes the Milkha Singh Sports Complex, Yuvraj Singh Stadium, basketball and volleyball courts, badminton facilities, a gymnasium and other recreational spaces. Through these facilities, the University encourages regular physical activity, sports training, fitness and healthy lifestyles. We facilitate the use of designated venues by students of other educational institutions, thereby supporting wider participation in sports and strengthening our engagement with the surrounding community. During 2025, the University continued to promote sports and well-being through sporting and awareness initiatives alongside its established arrangements for sharing infrastructure. These provisions reflect Shoolini University's commitment to inclusive access, community engagement and the promotion of health and well-being.

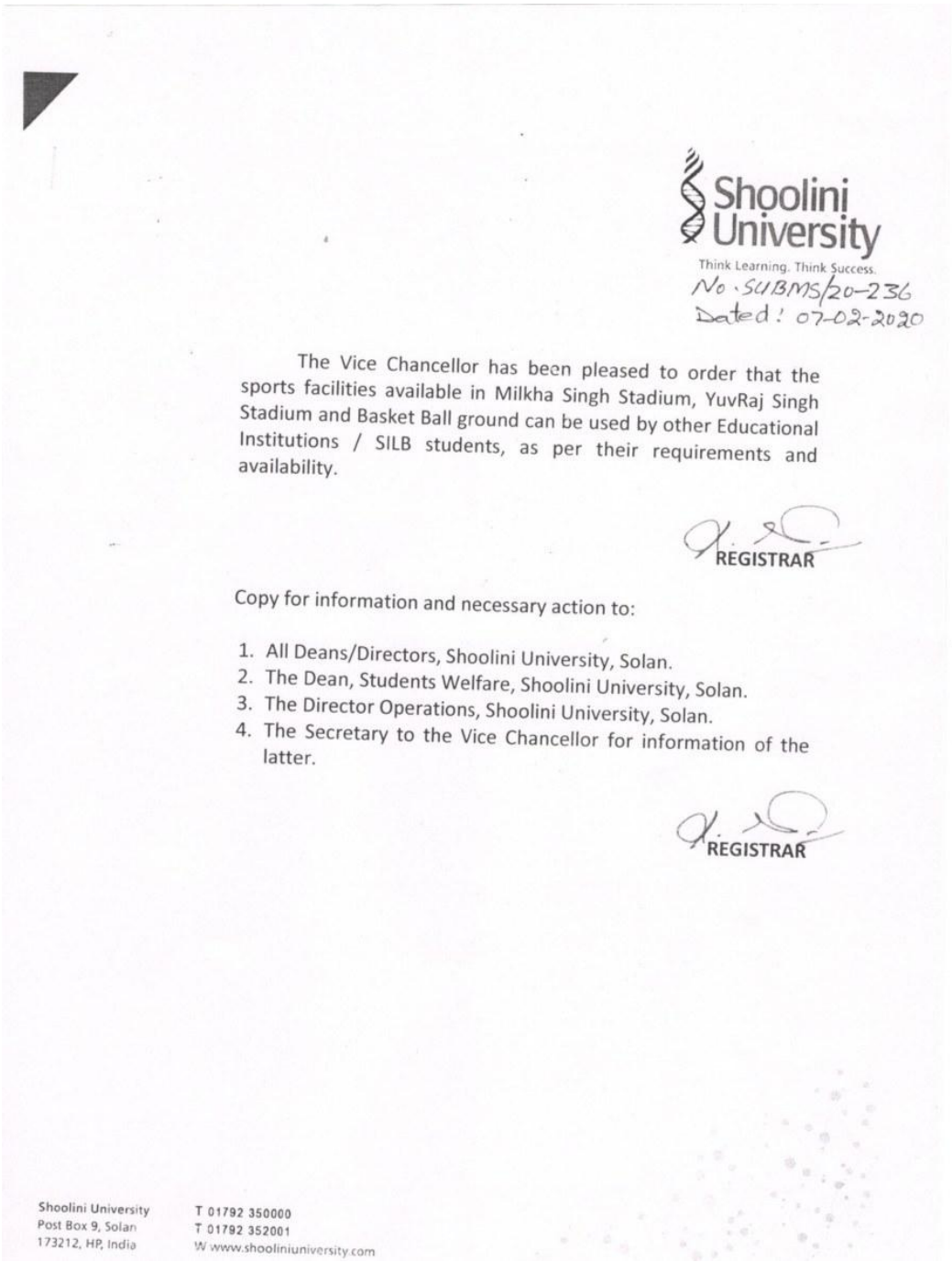
Sharing Policy and Facilities

Shoolini University facilitates the shared use of designated sports facilities by other educational institutions and students of SILB. In accordance with the Vice-Chancellor's directions, the Registrar issued an official notification dated 7 February 2020 permitting the use of Milkha Singh Stadium, Yuvraj Singh Stadium and the basketball ground by these groups, based on their requirements and the availability of the facilities. This provision forms part of the University's commitment to making its sports infrastructure accessible beyond its enrolled students.

Sports facilities available at Shoolini University

In addition to the facilities listed above, Shoolini University maintains outdoor areas for cricket, volleyball, football and other recreational activities. Together, our indoor and outdoor sports facilities support fitness, sporting participation and opportunities for interaction with neighbouring educational institutions.

Official Notification on Shared Use of Sports Facilities



Shoolini University
Think Learning. Think Success.

No. SUBMS/20-236
Dated: 07-02-2020

The Vice Chancellor has been pleased to order that the sports facilities available in Milkha Singh Stadium, YuvRaj Singh Stadium and Basket Ball ground can be used by other Educational Institutions / SILB students, as per their requirements and availability.

REGISTRAR

Copy for information and necessary action to:

1. All Deans/Directors, Shoolini University, Solan.
2. The Dean, Students Welfare, Shoolini University, Solan.
3. The Director Operations, Shoolini University, Solan.
4. The Secretary to the Vice Chancellor for information of the latter.

REGISTRAR

Shoolini University
Post Box 9, Solan
173212, HP, India

T 01792 350000
T 01792 352001
W www.shooliniuniversity.com

Registrar notification authorising shared use of designated sports facilities

Community Access and Scope

Shoolini University encourages the participation of neighbouring educational institutions and the local community in sports and physical activities through shared access to designated facilities. Our arrangements specifically accommodate other educational institutions and SILB students, according to venue availability and their requirements. During 2025, the University also engaged school students through activities including a yoga session and a campus visit by students of Government Senior Secondary School, Kandaghat. These engagements contribute to the University's continuing relationship with nearby educational institutions.

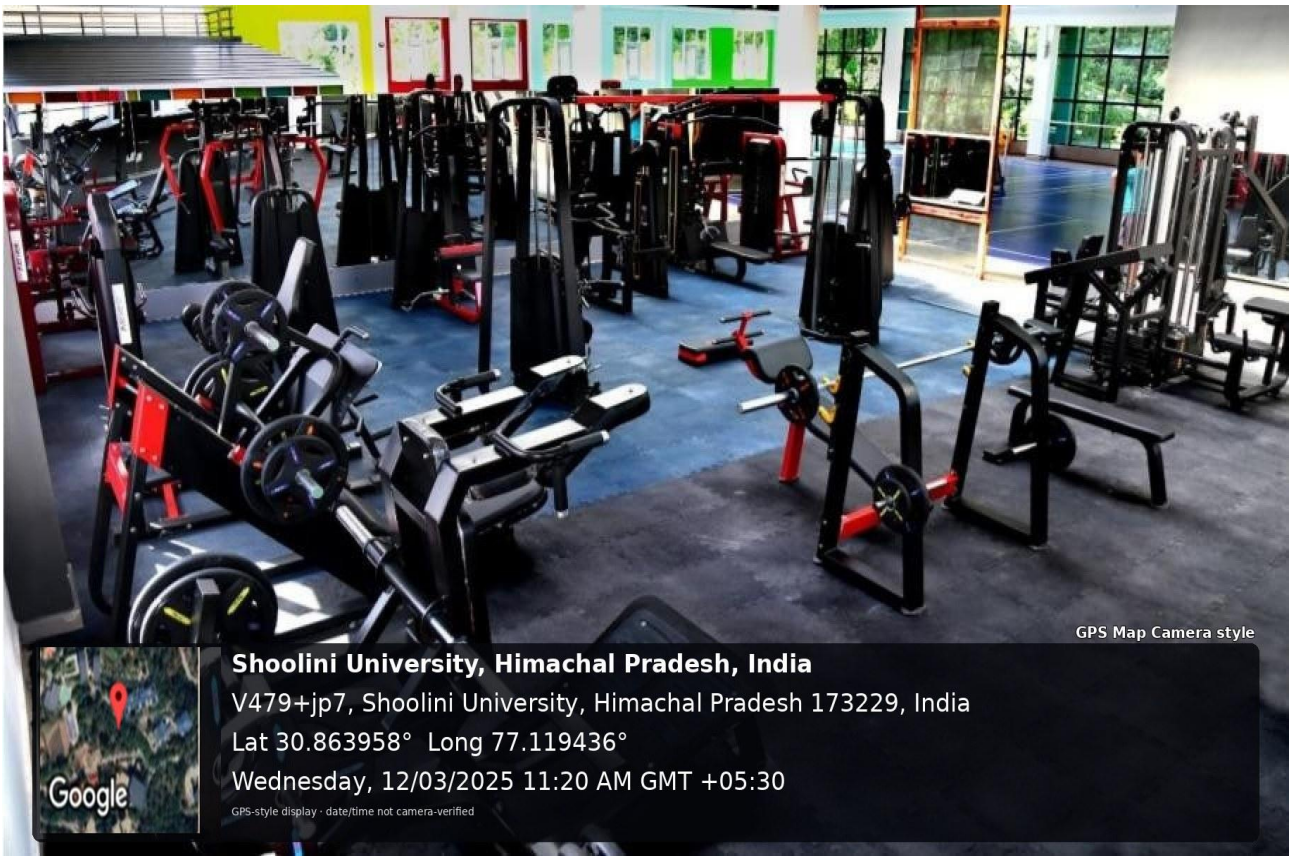
The University manages requests for use of sports facilities in accordance with operational requirements and venue availability. Access arrangements are considered for the relevant institution or visiting group.

Relevance to health and well-being

By sharing sports venues and encouraging participation in fitness activities, Shoolini University supports opportunities for exercise, recreation and healthy lifestyles among students and neighbouring educational communities. These facilities also provide spaces for teamwork, skill development and constructive engagement beyond academic activities.

Photographs of Sports Facilities

Shoolini University maintains indoor and outdoor facilities to support sports, fitness and recreation. The photographs below present our gymnasium, table tennis, badminton and outdoor playing areas.



Gymnasium and fitness equipment at Milkha singh sports complex



Table tennis and indoor recreational facilities



Indoor badminton facility



Cricket and outdoor playing ground



Yuvraj Singh Stadium – outdoor sports facility, Shoolini University



Outdoor volleyball and recreational sports facilities

University ground and sporting activities

Public Availability of Evidence

Shoolini University makes its shared sports facilities information publicly available through the official University website. We publish the arrangements for access, details of designated facilities and venues, and the Registrar's notification. The website also features photographs of sporting infrastructure and activities involving schools and the University community.

Evidence summary

Sports Activities Documented During 2025

Evidence	Documented position
Existence of sharing	The University permits other educational institutions and SILB students to use designated sports venues, subject to requirements and availability.
Evidence provided	Shoolini University maintains the Registrar notification, facility details and photographs of sports infrastructure and activities.
Evidence publicly available	We publish the sharing information and supporting records on the official Shoolini University website.
Fee or free access	Access is arranged subject to availability.

During 2025, Shoolini University organised sporting and fitness-awareness activities at its campus facilities. The documented event record includes two dated programmes along with additional photographs of sports and fitness engagement. Where individual photographs do not record a specific date or venue, these details are not restated. The University’s formal sharing arrangements with external educational institutions are documented separately through the Registrar notification.

Play for a Cause – Cricket for Cancer Awareness

Shoolini University organised 'Play for a Cause – Cricket for Cancer Awareness' at Yuvraj Singh Stadium on 7–8 February 2025 as part of its World Cancer Day initiatives. Nine teams participated, each representing a different type of cancer, combining sporting engagement with awareness about prevention, early detection and community support. The final match was played between Baby Boomers and YouWeCan. Through this two-day event, the University used its outdoor sports infrastructure to encourage teamwork, physical activity and awareness of an important public-health issue.



Play for a Cause – Cricket for Cancer Awareness, Yuvraj Singh Stadium, 7–8 February 2025

National Sports Day 2K25

Shoolini University celebrated National Sports Day on 29 August 2025 through an interactive awareness initiative highlighting sports participation, physical fitness and healthy lifestyles. Students and staff engaged visitors through information displays and activities encouraging regular exercise and active living. The programme also included an upcycling and fundraising initiative that connected sports awareness with responsible resource use and community welfare. The event reinforced the University's commitment to promoting a culture of health, fitness and social responsibility.



National Sports Day 2K25 – sports and fitness awareness



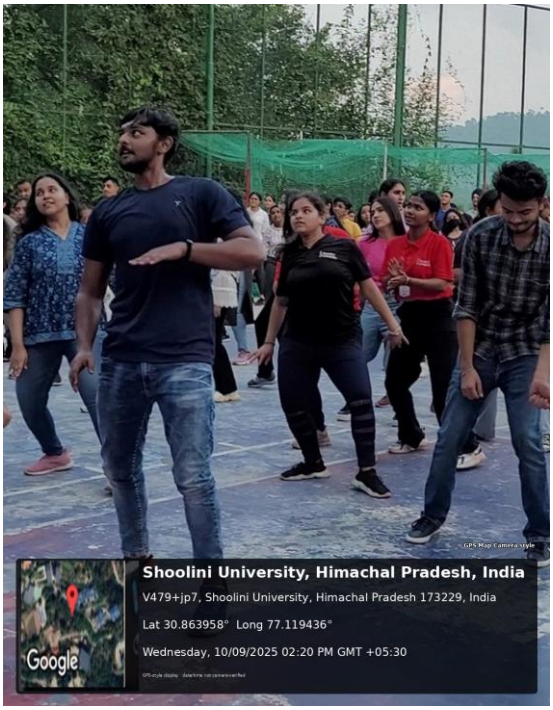
National Sports Day 2025 – activity photographs

Physical Activity on the University Sports Court

Shoolini University uses its outdoor sports courts for group physical-activity and fitness sessions. The accompanying photographs show participants practising coordinated movement and exercise on a marked campus court. These activities illustrate the versatility of the University's sporting infrastructure for physical well-being and group engagement. The date of this particular session is not recorded in the photograph set.



Group exercise and physical activity on the University sports court



Participants engaged in a coordinated fitness session

Martial Arts Activities for Schoolchildren

The University's community-oriented sports engagement also includes martial-arts learning activities for schoolchildren. The photograph shows young participants practising basic movements under an instructor's supervision, encouraging physical coordination, discipline and confidence. As the image does not record a date or venue, it is presented as a related community sports-engagement photograph.



Martial-arts training session involving schoolchildren

Chess Activities with Schoolchildren

Chess activities provide an accessible form of indoor recreation and skill development, promoting concentration, strategic thinking and constructive interaction among young learners. The photographs show schoolchildren participating in chess games with guidance from volunteers or facilitators. As the date and venue are not recorded in the photograph set, these images are included as community sports-engagement evidence.



Schoolchildren participating in guided chess activities

Chess practice with schoolchildren and facilitators

4. Sexual and Reproductive Healthcare Services for Students

Shoolini University supports the sexual and reproductive health and well-being of its students through campus medical facilities, access to medical consultations, structured health education and preventive awareness programmes. The University Health Centre offers medical assessment, first aid, diagnostic support, referrals and ambulance services. In collaboration with Maharishi Markandeshwar Medical College & Hospital, Shoolini University has established arrangements for medical consultations on campus.

The University also offers the Sex Education elective (OE010), which covers reproductive anatomy, adolescent development, contraception, family planning, sexually transmitted infections, sexual health, relationships and reproductive rights. Throughout 2025, health-information programmes addressed HIV/AIDS prevention, breast-health awareness, screening and early detection.

Public Availability of Services

Information on student healthcare and sex education is publicly available on the official Shoolini University website.

Medical Facilities and Clinical Services

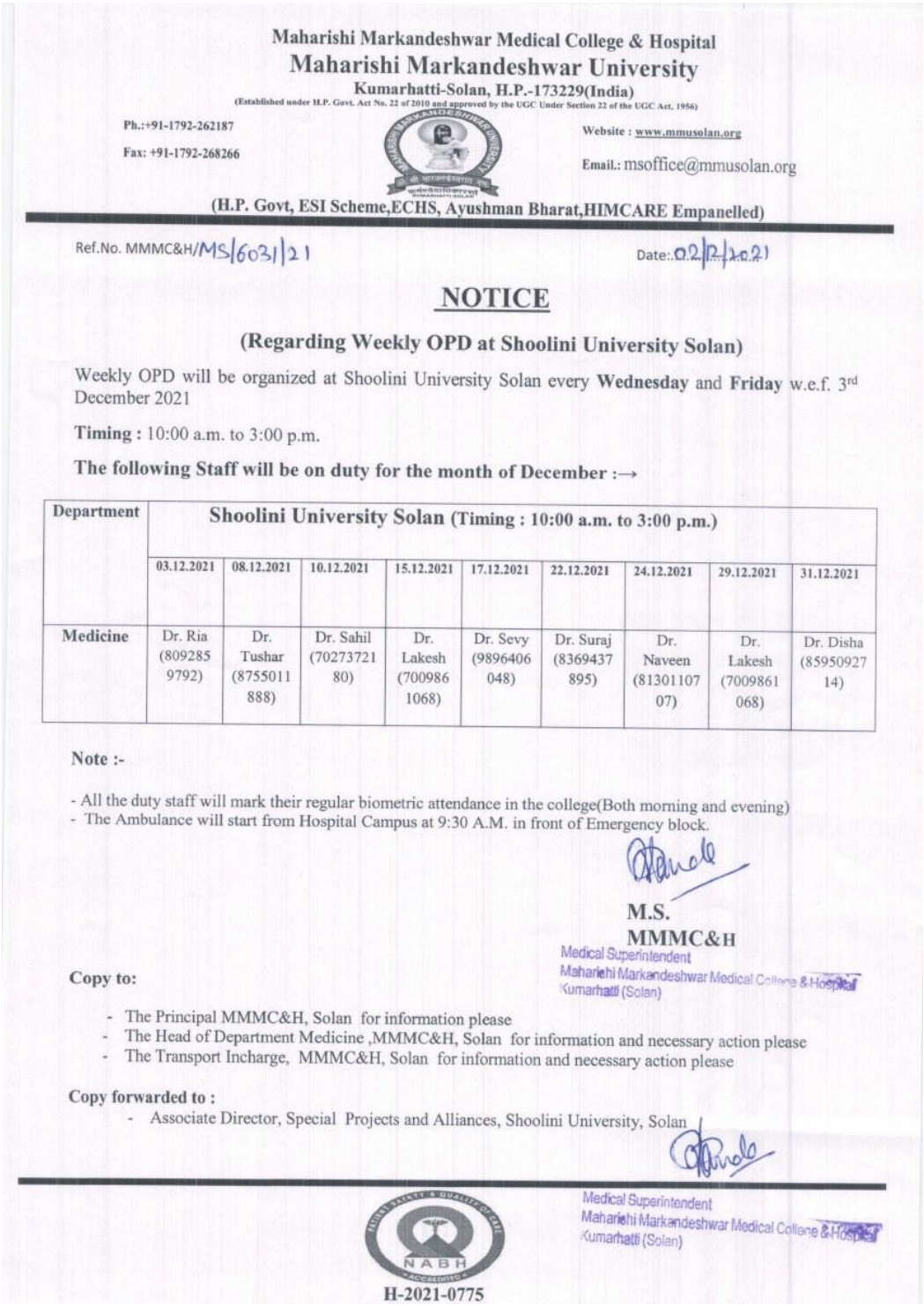
Shoolini University provides a Health Centre with a consultation room, dispensary, dressing room and pathology laboratory. Available services include routine medical check-ups, basic laboratory investigations, first aid, medical referrals and 24-hour ambulance support. The facility is supported by medical and paramedical personnel.



Shoolini University Health Centre and medical assistance

Medical Consultation and OPD Arrangements

Shoolini University facilitates medical consultation through its association with Maharishi Markandeshwar Medical College & Hospital. The hospital notice provides for visiting OPD services on Wednesdays and Fridays from 10:00 a.m. to 3:00 p.m., with effect from 3 December 2021. This document establishes the scheduled consultation arrangement.



Maharishi Markandeshwar Medical College & Hospital
Maharishi Markandeshwar University
Kumarhatti-Solan, H.P.-173229(India)
(Established under H.P. Govt. Act No. 22 of 2010 and approved by the UGC Under Section 22 of the UGC Act, 1956)
Ph.:+91-1792-262187
Fax: +91-1792-268266
Website : www.mmusolan.org
Email.: msoffice@mmusolan.org
(H.P. Govt, ESI Scheme,ECHS, Ayushman Bharat,HIMCARE Empanelled)

Ref.No. MMMC&H/MS/6031/21 Date: 02/12/2021

NOTICE

(Regarding Weekly OPD at Shoolini University Solan)

Weekly OPD will be organized at Shoolini University Solan every **Wednesday** and **Friday** w.e.f. 3rd December 2021

Timing : 10:00 a.m. to 3:00 p.m.

The following Staff will be on duty for the month of December :→

Department	Shoolini University Solan (Timing : 10:00 a.m. to 3:00 p.m.)								
	03.12.2021	08.12.2021	10.12.2021	15.12.2021	17.12.2021	22.12.2021	24.12.2021	29.12.2021	31.12.2021
Medicine	Dr. Ria (8092859792)	Dr. Tushar (8755011888)	Dr. Sahil (7027372180)	Dr. Lakesh (7009861068)	Dr. Sevy (9896406048)	Dr. Suraj (8369437895)	Dr. Naveen (8130110707)	Dr. Lakesh (7009861068)	Dr. Disha (8595092714)

Note :-

- All the duty staff will mark their regular biometric attendance in the college(Both morning and evening)
- The Ambulance will start from Hospital Campus at 9:30 A.M. in front of Emergency block.

M.S.
MMMC&H
Medical Superintendent
Maharishi Markandeshwar Medical College & Hospital
Kumarhatti (Solan)

Copy to:

- The Principal MMMC&H, Solan for information please
- The Head of Department Medicine ,MMMC&H, Solan for information and necessary action please
- The Transport Incharge, MMMC&H, Solan for information and necessary action please

Copy forwarded to :

- Associate Director, Special Projects and Alliances, Shoolini University, Solan

Medical Superintendent
Maharishi Markandeshwar Medical College & Hospital
Kumarhatti (Solan)

NABH
H-2021-0775

Maharishi Markandeshwar Medical College & Hospital – OPD notice

Sex Education Curriculum and Timetable

Shoolini University provides Sex Education as an academic elective (OE010). Its course framework includes human reproductive anatomy, puberty, adolescence, relationships, contraception, family planning, prevention of HIV/AIDS and other sexually transmitted infections, and reproductive rights and responsibilities. The academic documentation contains the timetable, detailed syllabus, course outcomes and student assessment records.

The full course timetable, syllabus and student academic records are included in the academic evidence annexure at the end of this report. The timetable included here is dated 2021 and demonstrates the continuity of this established academic offering.

Student Safety and Support

Shoolini University maintains an institutional mechanism for the prevention of sexual harassment and the timely redressal of complaints concerning women students and employees. The Registrar's notification records the constitution of a committee approved by the Vice Chancellor, comprising University representatives with designated responsibilities for addressing complaints. This institutional provision supports student safety, dignity and access to a formal complaint-redressal process.

Shoolini University Registrar notification constituting the committee for prevention of sexual harassment and redressal of complaints

Sexual and Reproductive Health Awareness – 2025

During 2025, Shoolini University organised a series of student-led and community-focused programmes addressing breast-health awareness, early detection, screening, reproductive well-being and HIV/AIDS prevention. The following register records relevant initiatives from the University's Jagriti community and health outreach event reports.

Poster Making Competition – Art for Awareness

October 2025 | Vrindavan Garden, Shoolini University

Shoolini University organised a poster-making competition as part of Pink October to introduce breast-health awareness through creative student expression. Participants designed pink-themed illustrations highlighting early detection, breast self-examination, regular check-ups, family support and solidarity with people affected by breast cancer. The visual format encouraged discussion of a sensitive health topic in an accessible and engaging manner. Students from different departments contributed artwork, and faculty coordinators recognised the importance of using creative communication to make preventive-health information memorable. The programme involved 40 participants and six volunteers, extending the university's health-education campaign through student-led advocacy.



Poster Making Competition – Art for Awareness



Students participating in drawing competition

Pink October Volunteer Planning and Training

October 2025 | Cineplex, Shoolini University

Shoolini University conducted an in-person planning and volunteer-training meeting to prepare for coordinated Pink October awareness activities. The session established outreach priorities, assigned responsibilities, discussed activity schedules and prepared students for department-level communication. Volunteers received guidance on explaining breast cancer, early warning signs and the value of timely consultation with clarity, sensitivity and empathy. The meeting emphasised accurate, respectful and age-appropriate communication, as well as peer-to-peer engagement. This preparatory exercise helped organise subsequent classroom visits and community outreach as a structured health-awareness programme rather than isolated activities.

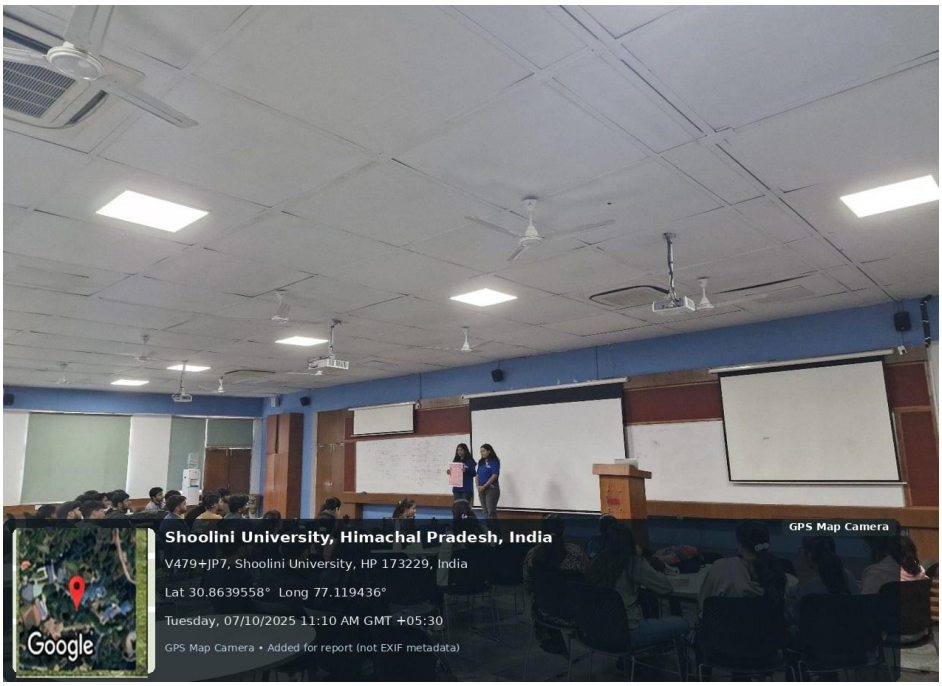


Pink October Volunteer Planning and Training

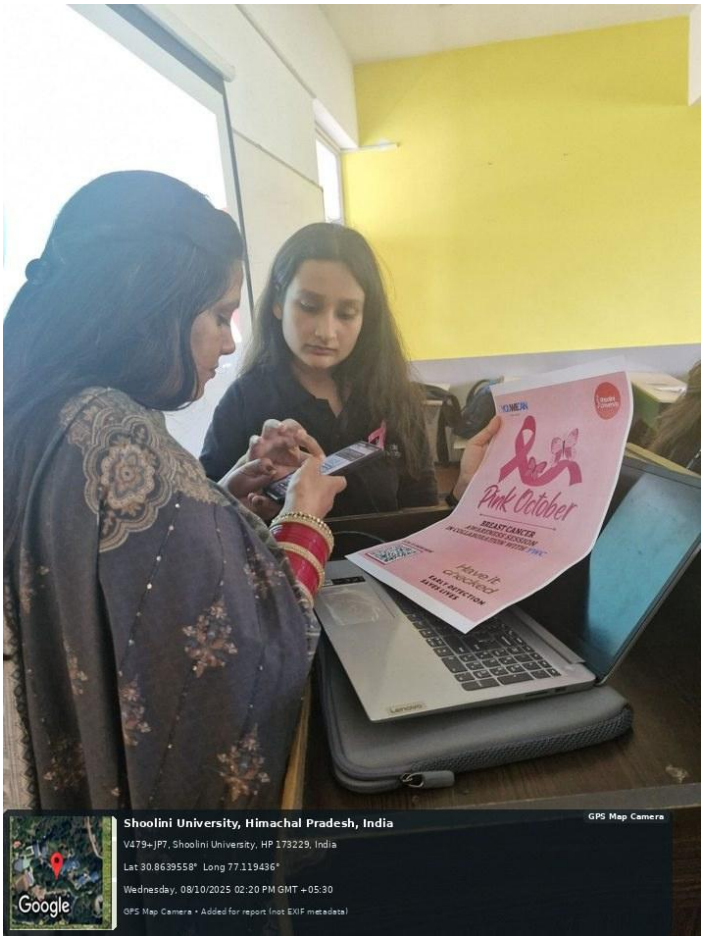
Think Pink – In-House Awareness

7–8 and 13–17 October 2025 | Shoolini University

Shoolini University implemented the 'Think Pink: Spreading Awareness, Inspiring Action' campaign through classroom-based sessions across departments. Trained student volunteers shared concise information on breast-health awareness, early detection, warning signs and preventive care, using posters and QR-linked learning resources. The #MyMotherMatters message encouraged students to take the information beyond campus and discuss breast health with family members. The sessions encouraged questions and interaction while presenting the central message that early detection can save lives. According to the event record, more than 50 volunteers participated and over 1,000 students were engaged, creating a broad platform for peer-led education.



Think Pink – In-House Awareness at Ratan Tata Hall



Students doing registration for events related to Pink October

Breast Cancer Awareness Walk and Nukkad Natak

October 2025 | Solan Mall Road and SILB

Shoolini University extended Pink October awareness into public spaces through a community walk and student-performed nukkad natak. Volunteers carried informative banners and placards along Solan Mall Road and engaged passersby on the importance of recognising early warning signs and seeking timely medical advice. Student performers presented relatable scenarios at Mall Road and the School of Life and Basic Sciences, addressing breast self-examination, stigma, family support and preventive-health behaviour. Combining an awareness walk with street theatre helped communicate healthcare information beyond conventional classroom settings. The university event record documents 75 volunteers and an estimated 350 community members reached.



Breast Cancer Awareness Walk and Nukkad Natak at Solan market



Breast Cancer Awareness Walk and Nukkad Natak at Solan market

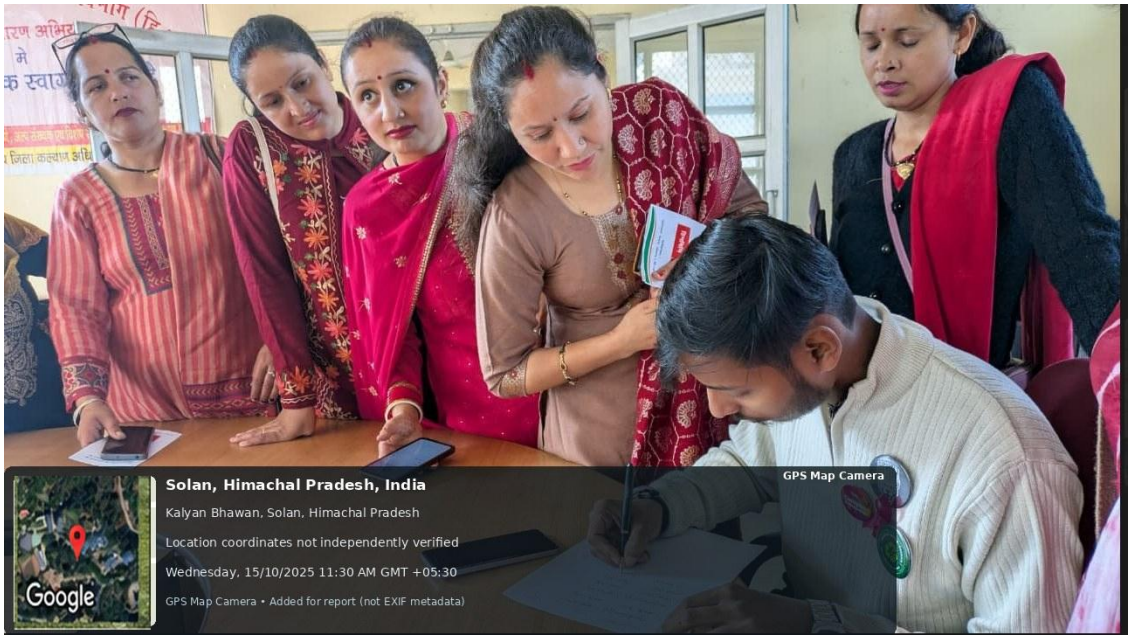
Screen, Support, Survive – Breast Cancer Screening

14–15 October 2025 | Kalyan Bhawan, Solan

In collaboration with YouWeCan Foundation, Shoolini University organised a breast cancer screening initiative for women from the Solan community. Trained medical professionals conducted free screenings, while university volunteers supported participant registration, movement through the camp and health-awareness discussions. The team also distributed information on breast self-examination, warning signs and the importance of timely follow-up. The outreach combined access to professional screening with education and reassurance in a supportive setting, particularly for community members who may encounter barriers to preventive healthcare. The university's event record reports six volunteers and 150 women screened.



Screen, Support, Survive – Breast Cancer Screening at Kalyan Bhawan Solan



Screen, Support, Survive – Breast Cancer Screening – Kalyan Bhawan Solan

Pink Care Within – Campus Breast Cancer Screening

October 2025 | Shoolini University Health Centre

Shoolini University hosted a focused breast-health screening and awareness programme at its Health Centre for housekeeping and support staff, in collaboration with the YouWeCan Foundation. Medical professionals provided screenings with attention to privacy, comfort and individual support. Student volunteers and health educators discussed early symptoms, breast self-

examination, misconceptions and the importance of preventive consultation. By focusing on employees who contribute to daily campus life, the initiative extended health awareness beyond the student population and reinforced inclusive access to preventive services within the university community. The 2025 event record documents six volunteers and 80 women screened.



Pink Care Within – Campus Breast Cancer Screening – at Health Center Shoolini University



Pink Care Within – Campus Breast Cancer Screening – Shoolini University

Pink October External Awareness Outreach

October 2025 | Nauni and a nearby Degree College

Shoolini University conducted an external breast-health awareness programme at Nauni and a nearby degree college to engage students and surrounding communities. Volunteers led interactive discussions about early warning signs, preventive awareness, timely diagnosis and ways to communicate sensitive health information without stigma. A nukkad natak used everyday situations and accessible dialogue to address hesitation and misinformation surrounding breast cancer. Participants were encouraged to carry the awareness messages to families and community networks. The recorded outreach involved 20 volunteers and reached more than 1,000 students, broadening the reach of the university's Pink October programme beyond its campus.



Pink October External Awareness Outreach – Nauni University



Pink October External Awareness Outreach – Solan Degree College

World AIDS Day 2025 – HIV/AIDS Education

December 2025 | Shoolini University

Shoolini University observed World AIDS Day with student-led awareness activities focused on HIV transmission, prevention, early testing and respectful treatment of people living with HIV. Volunteers organised an interactive awareness stall with quizzes, games and educational boards to encourage participation and address common misunderstandings. An expert session by Dr Purnima offered guidance on prevention, safe practices, early detection and stigma reduction. A screening of the film 'Philadelphia' prompted reflection on discrimination, dignity and human rights. Together, the activities combined factual reproductive-health education with empathy and inclusive discussion. The event record reports 15 volunteers and engagement of more than 450 students.



World AIDS Day 2025 – HIV/AIDS Education



World AIDS Day 2025 – HIV/AIDS Education – Shoolini University

5. Mental Health Support for Students

Shoolini University promotes the mental and emotional well-being of students by providing psychological counselling, structured meditation and yoga activities, academic engagement, and awareness programmes. The University fosters a supportive campus environment in which students are encouraged to discuss emotional concerns, manage academic stress, seek timely guidance, and strengthen resilience through healthy routines. The Centre for Psychology and Behavioural Sciences, Psychophoria Club, and Yogananda School of Spirituality and Happiness collectively contribute to these student-focused efforts.

Shoolini University provides students with

Access to a 24×7 counselling helpline headed by Ms. Anuradha

Structured support in meditation and yoga

V-Empower Coaching.

Together, these provisions strengthen responsive student support, encourage help-seeking behaviour, and promote a healthy, inclusive and emotionally supportive university environment.

Student Counselling and Mental Health Support

Shoolini University provides students with personal counselling and psychological support to address academic stress, emotional concerns, adjustment difficulties and personal challenges. Students can request confidential counselling appointments with trained counsellors through the

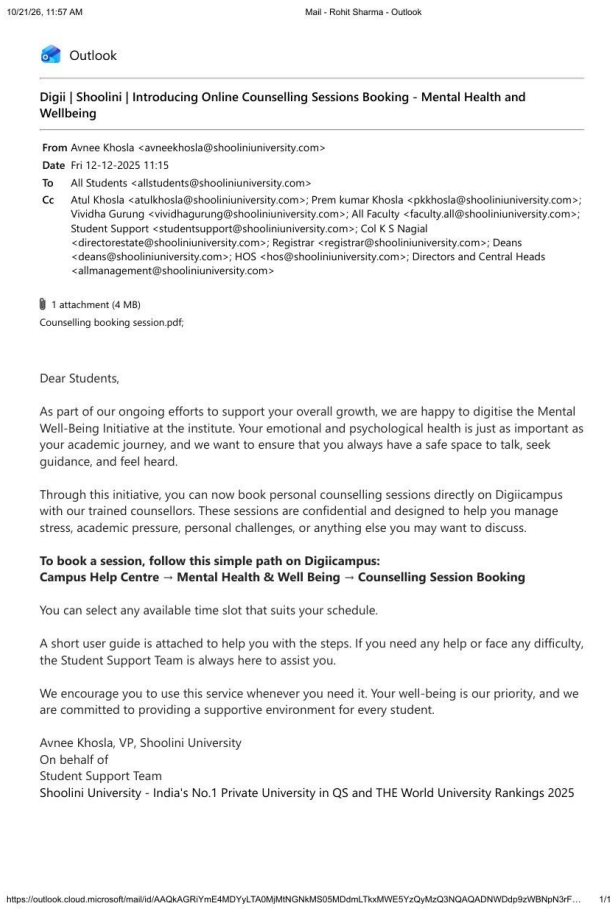
University's Digiicampus portal. The digital booking provision enables students to choose an available appointment slot and follow the status of their submitted request.

The University provides a counselling helpline and encourages early help-seeking, alongside its V-Empower Coaching and wellness activities. On 12 December 2025, the Student Support Team formally informed students of the Digiicampus counselling-booking facility, confirming the availability of confidential personal sessions and assistance with the booking process.

Online Counselling Session Booking and Student Notification

Shoolini University enables students to book confidential counselling sessions on Digiicampus through Campus Help Centre → Mental Health & Well Being → Counselling Session Booking. Students select an available slot, submit their request and track its status through the same portal.

The University communicated this counselling access provision to all students on 12 December 2025 and shared a step-by-step booking guide. The following records document the institutional notification and booking interface.



10/21/26, 11:57 AM Mail - Rohit Sharma - Outlook

Outlook

Digii | Shoolini | Introducing Online Counselling Sessions Booking - Mental Health and Wellbeing

From Avnee Khosla <avneekhosla@shooliniuniversity.com>
Date Fri 12-12-2025 11:15
To All Students <allstudents@shooliniuniversity.com>
Cc Atul Khosla <atulkhosla@shooliniuniversity.com>; Prem kumar Khosla <pkkhosla@shooliniuniversity.com>; Vividha Gurung <vividhagurung@shooliniuniversity.com>; All Faculty <faculty.all@shooliniuniversity.com>; Student Support <studentsupport@shooliniuniversity.com>; Col K S Nagial <directorestate@shooliniuniversity.com>; Registrar <registrar@shooliniuniversity.com>; Deans <deans@shooliniuniversity.com>; HOS <hos@shooliniuniversity.com>; Directors and Central Heads <allmanagement@shooliniuniversity.com>

1 attachment (4 MB)
Counselling booking session.pdf;

Dear Students,

As part of our ongoing efforts to support your overall growth, we are happy to digitise the Mental Well-Being Initiative at the institute. Your emotional and psychological health is just as important as your academic journey, and we want to ensure that you always have a safe space to talk, seek guidance, and feel heard.

Through this initiative, you can now book personal counselling sessions directly on Digiicampus with our trained counsellors. These sessions are confidential and designed to help you manage stress, academic pressure, personal challenges, or anything else you may want to discuss.

To book a session, follow this simple path on Digiicampus:
Campus Help Centre → Mental Health & Well Being → Counselling Session Booking

You can select any available time slot that suits your schedule.

A short user guide is attached to help you with the steps. If you need any help or face any difficulty, the Student Support Team is always here to assist you.

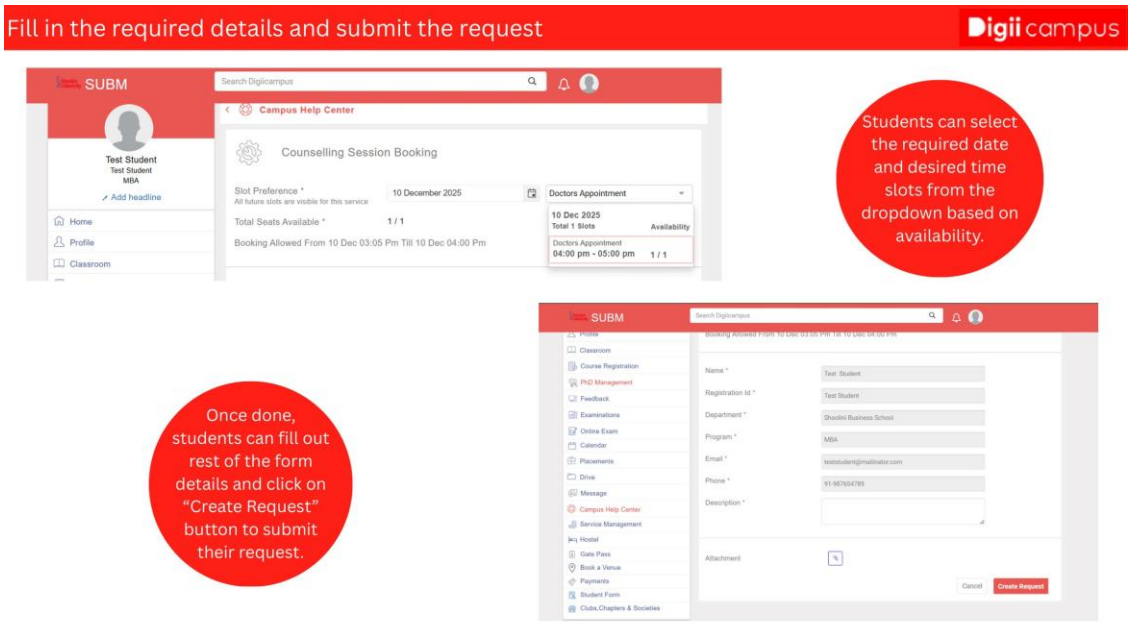
We encourage you to use this service whenever you need it. Your well-being is our priority, and we are committed to providing a supportive environment for every student.

Avnee Khosla, VP, Shoolini University
On behalf of
Student Support Team
Shoolini University - India's No.1 Private University in QS and THE World University Rankings 2025

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University-wide notification introducing confidential online counselling session booking.

Digiicampus Campus Help Centre: Mental Health & Well Being and Counselling Session Booking



Counselling booking interface showing appointment availability and request submission

Digiicampus counselling request tracking and status information

Meditation and Mindfulness Provisions

Shoolini University provides regular meditation and mindfulness opportunities through the Yogananda School of Spirituality and Happiness. Student meditation sessions are organised on Monday, Wednesday and Friday from 9:15 AM to 10:00 AM in C-Block, Room 202, under the guidance of Dr. Avichal Verma. Faculty meditation programmes are also organised from 4:00 PM to 5:00 PM, extending the University's culture of mental calm, reflection and balanced living across the campus community.

Shoolini University encourages regular mindfulness practice to support concentration, relaxation, self-reflection and emotional balance. These opportunities help students develop constructive habits alongside their academic commitments.



Students and Faculty doing meditation in the indoor sports complex

Academic Courses Supporting Mental Well-being

Shoolini University incorporates yoga, mindfulness, meditation and holistic well-being into its academic framework. Its elective courses introduce students to mind–body practices, stress management, self-awareness and balanced daily routines. The University maintains formal timetables, syllabi and learning outcomes for these courses.

Mental Health and Well-being Initiatives Conducted for Students During 2025

In 2025, Shoolini University organised awareness activities, guided discussions, creative well-being sessions and student engagement programmes to promote positive mental health. The Centre for Psychology and Behavioural Sciences, Psychophoria Club and student volunteers supported these initiatives, helping students discuss emotional concerns and strengthen peer support.

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

Date: 4 February 2025 Venue: PDH, Shoolini University

Shoolini University organised an interactive session attended by more than 50 participants, providing an inclusive setting to discuss adversity, trauma and resilience. A blindfold-based exercise encouraged attentive listening and reduced visual judgement, helping students practise empathy, mutual respect and open communication.

Healing with Heart, Creating with Care – EXA Art Therapy Workshop

Date: 6 June 2025 Venue: Online

Shoolini University organised an expressive-art therapy workshop that encouraged participants to use creative activities for self-expression and reflection. The session promoted emotional awareness and constructive discussion of mental well-being.

World Mental Health Week – Inauguration and Student Engagement

Date: 10 October 2025 Venue: Ratan Tata Hall

Shoolini University inaugurated World Mental Health Week 2025 at Ratan Tata Hall with active student and faculty participation. The Centre for Psychology and Behavioural Sciences and Psychophoria Club promoted awareness of mental-health needs, timely support and an inclusive campus culture. The Chancellor encouraged students to regard mental health as an essential part of overall well-being.



World Mental Health Week 2025 – Inaugural address at Ratan Tata Hall

World Mental Health Week – Awareness Walk, Street Play and Wellness Mela

Date: 13 October 2025 Venue: Shoolini University

Shoolini University engaged students in an awareness walk, street play and wellness mela to encourage timely help-seeking and reduce stigma around mental-health concerns. These activities promoted peer-led conversations and brought practical well-being messages to the wider campus community.



World Mental Health Week – Awareness activities and campus engagement

World Mental Health Week – Mental Health Quiz and Open Mic

Date: 14 October 2025 Venue: Shoolini University

Shoolini University organised a mental-health quiz, open-mic activities and wellness-mela interactions that enabled students to learn, share reflections and discuss emotional well-being. These activities encouraged positive peer relationships and greater awareness of mental-health support.

World Mental Health Week – Expert Talk and Closing Activities

Date: 15 October 2025 Venue: Shoolini University

Shoolini University concluded World Mental Health Week with expert-led discussion, student participation and recognition of the organising teams. The programme reinforced stress-management practices, timely access to support and continued mental-health awareness on campus.



World Mental Health Week – Expert-led closing session

Let's Talk 2.0 – A Space to Share, Listen and Heal

Date: 10 October 2025 Venue: Vrindavan Garden, Shoolini University

Shoolini University organised a facilitated conversation for approximately 40 participants to share personal experiences, discuss emotional difficulties and practise empathetic listening. The activity strengthened peer support, resilience and stigma-free communication.



Let's Talk 2.0 – Student participants in the facilitated campus dialogue

Faculty and Community Well-being Engagement

Shoolini University extends its commitment to mental well-being through faculty engagement and community outreach. Faculty-led awareness and suicide-prevention initiatives encourage the identification of distress, timely support and empathetic responses. University volunteers also participate in inclusive programmes with the Indian Association of Muscular Dystrophy, Solan, fostering compassion and social interaction.

These activities complement the University's counselling, wellness and student-support provisions and reflect Shoolini University's broader commitment to mental-health promotion.

6. Mental Health and Well-being Support for Staff

Shoolini University promotes the mental and emotional well-being of faculty and staff through structured yoga and meditation programmes, opportunities for collegial interaction, staff development and a supportive campus environment. The Yogananda School of Spirituality and Happiness (YSSH) provides faculty meditation opportunities, while institutional activities encourage mindfulness, healthy routines, professional relationships, empathy and workplace well-being.

Shoolini University promotes good mental health among staff through scheduled meditation and yoga, faculty interaction, professional development and mental-health awareness. The University

invited all staff and faculty to the 2025 yoga programme, providing access to organised campus well-being activities.

Shoolini University supports mental health through meditation, yoga and awareness initiatives. Staff and faculty have access to the programmes and workplace well-being activities detailed below. The University also operates a counselling helpline for students and staff as part of its wider mental-health framework.

Staff meditation and yoga facilities

Shoolini University provides dedicated meditation opportunities for faculty through the Yogananda School of Spirituality and Happiness. Faculty sessions take place from 4:00 PM to 5:00 PM under the guidance of Prof. Saamdu Chetri, Prof. Nidheesh Yadav, Dr. Anupma Chandel, Ms. Rama Mishra and Dr. Avichal Verma. These practices encourage stress management, attention, relaxation and the development of positive habits.

Shoolini University organised yoga protocol classes at the Meditation Hall, C-Block 202, from 26 May to 21 June 2025, between 4:00 PM and 5:00 PM. All staff, faculty members and students were invited to participate. The programme was coordinated through YSSH as part of International Day of Yoga activities and promoted lumbar flexibility, weight management, mindfulness and holistic well-being. The University issued a formal email invitation to its staff and faculty on 27 May 2025.



Yoga protocol classes open to staff and faculty

Shoolini University circulated a university-wide invitation to the one-month yoga programme on 27 May 2025. The email addressed all staff, all faculty and all students and specified the programme dates, daily timing, venue and contact details. Staff and faculty could participate in scheduled yoga practice at the Meditation Hall during the programme.

Official email inviting staff and faculty to yoga protocol classes

Programmes during 2025

Shoolini University extends its commitment to emotional well-being through faculty-led suicide-prevention awareness and community outreach. The IAMD visits engage students with residents through inclusive recreation, music and creative activities, complementing the University's staff meditation, yoga and professional-development programmes.

Programme summaries and photographs

Faculty meditation and mental well-being

Shoolini University, through the Yogananda School of Spirituality and Happiness (YSSH), provides regular meditation opportunities for both students and faculty as part of its efforts to promote mental well-being, stress management, mindfulness, and healthy lifestyles.

Shoolini University organises dedicated faculty meditation sessions every evening from 4:00 PM to 5:00 PM to support mental and emotional well-being. The sessions are conducted by Prof. Saamdu Chetri, Director, YSSH; Prof. Nidheesh Yadav, Head, YSSH; Dr. Anupma Chandel, Assistant Professor; Ms. Rama Mishra, Assistant Professor in Yoga Therapy; and Dr. Avichal Verma, Assistant Professor, YSSH.



Faculty and university-community meditation practice at Shoolini University



Meditation participation and guided practice within the University community

One Month Yoga Protocol

Shoolini University organised yoga protocol classes at the Meditation Hall, C-Block 202, from 26 May to 21 June 2025, between 4:00 PM and 5:00 PM. All staff, faculty members and students were invited to participate. The programme was coordinated through YSSH as part of International Day of Yoga activities and promoted lumbar flexibility, weight management, mindfulness and holistic well-being. The University issued a formal email invitation to its staff and faculty on 27 May 2025.

Walk and Street Plays Mark Suicide Prevention Day

Shoolini University promotes mental-health awareness through the Centre of Psychology and Behavioural Sciences. Dr. Akanksha Negi and participating faculty encourage students to discuss concerns, recognise emotional distress, seek timely assistance and support their peers. Awareness programmes, interactive activities, creative competitions and community outreach help maintain an environment in which mental health can be discussed openly and sensitively.

Faculty engagement also extends beyond classroom-based activities through participation in mental health awareness campaigns and suicide-prevention programmes. Such initiatives provide opportunities for students to communicate important messages through posters, slogans, poetry, street plays and awareness walks, thereby extending mental-health awareness from the campus to the surrounding community. Faculty members guide and encourage students in these activities while reinforcing the importance of empathy, early support and responsible communication.

Through these continued efforts, the University seeks to strengthen student well-being, psychological safety, peer support and awareness of available help. Faculty participation in mental-health initiatives therefore forms an important component of Shoolini University's broader commitment to creating a supportive, inclusive and well-being-oriented educational environment.



Suicide-prevention awareness walk and street-play outreach

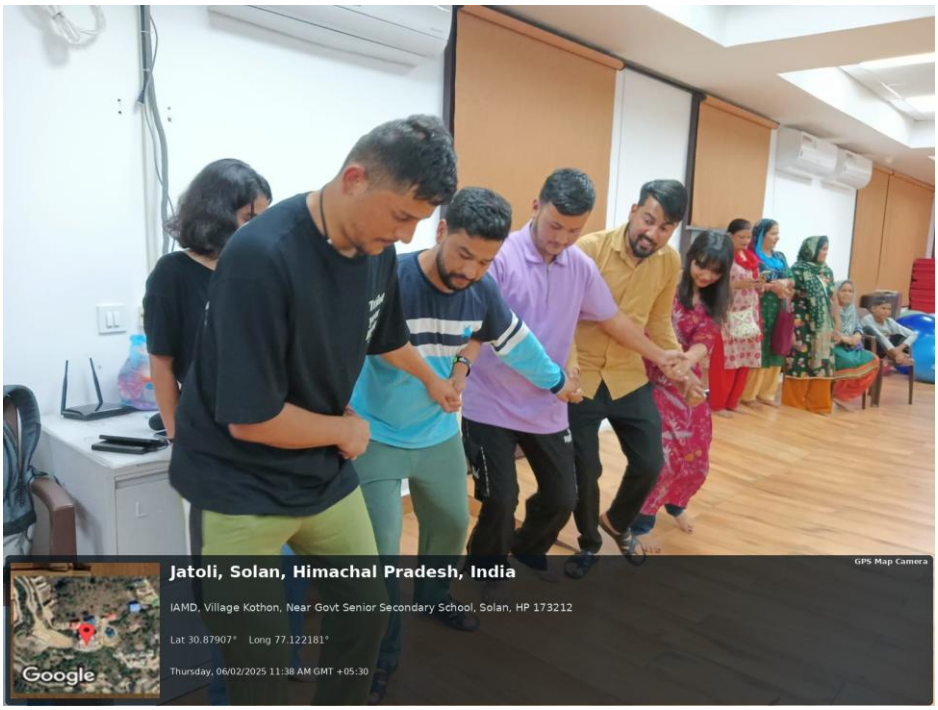
Joy in Every Step Visit to IAMD

Shoolini University organised a visit to the Indian Association of Muscular Dystrophy in Solan on 6 February 2025. University volunteers engaged residents in music, dance and shared recreation, encouraging companionship, participation and emotional well-being.

University volunteers organised interactive group games and singing with residents. Dance, charades and musical chairs were adapted to encourage inclusive participation, creating opportunities for shared enjoyment and social interaction.

The visit provided residents with companionship and opportunities to share experiences with University volunteers. The activities encouraged personal interaction, recognition and a sense of belonging.

Shoolini University strengthens empathy and social engagement through community outreach. The IAMD visit enabled students to contribute to residents' emotional well-being through personal interaction and inclusive activities.



Inclusive movement and shared recreation at IAMD



Music and group participation during the IAMD visit

Movement activity during the IAMD engagement



Dance and creative participation during the IAMD visit

Voices of Togetherness Visit to IAMD

Shoolini University students visited the Indian Association of Muscular Dystrophy in Solan on 18 April 2025. The programme brought students and residents together through music, games and creative activities to encourage social connection and emotional well-being.

Students and residents participated in singing familiar songs, followed by inclusive group games such as pass-the-parcel and a balloon challenge. A thumb-painting activity encouraged creative expression and shared participation.

Volunteers and residents also participated in a group dance, using gentle movement and music to encourage interaction and inclusion. The shared activities created opportunities for residents to participate at their own pace.

Shoolini University promotes compassionate engagement and community well-being through such visits. University volunteers listened, interacted and participated alongside IAMD residents, strengthening awareness of inclusion and the value of companionship.



University volunteers during the IAMD visit



Collaborative creative activity during the IAMD visit



Participants with their artwork at IAMD

Creative participation at IAMD



Group art activity during the IAMD visit

Lessons That Stay Celebrating Our Life Mentors

Shoolini University marked Teachers' Day through an initiative recognising the contribution of mentors and educators. Personal reflections and appreciation encouraged gratitude, professional recognition and positive relations between students and their teachers. The initiative supported a culture in which the contributions and emotional commitment of faculty members are valued.

Festive Togetherness Faculty Get Together

Shoolini University organised a faculty get-together at Vrindavan Garden on 25 November 2025, bringing together 55 faculty members. The programme offered a relaxed space for conversation

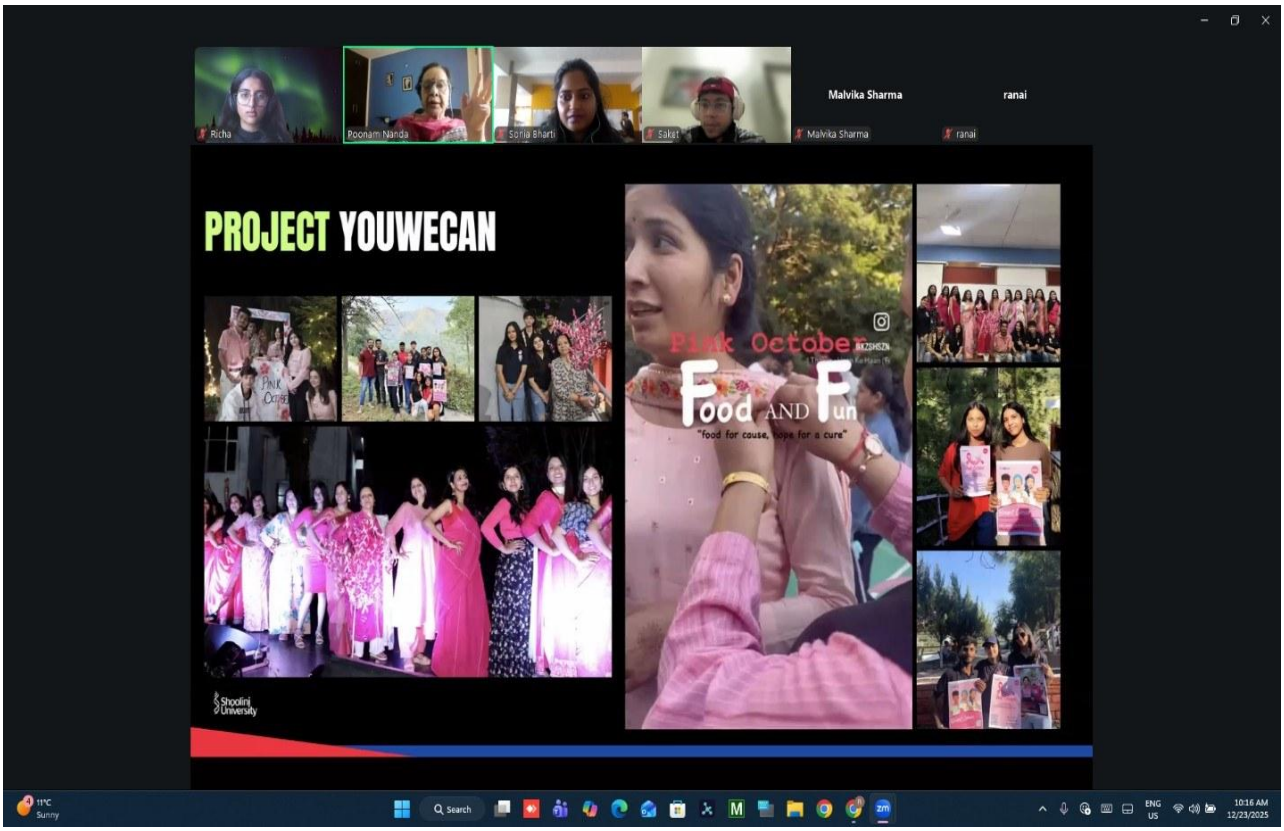
across departments, recognition of achievements and collegial connection. It reinforced the importance of belonging, workplace relationships and an encouraging professional environment.



Faculty get-together at Vrindavan Garden

Life Skills Session for Academic Counsellors

Shoolini University conducted an online life-skills session for its academic counsellors on 23 December 2025. More than 25 counsellors engaged in discussion of communication, emotional intelligence, adaptability, empathy, decision-making and positive interaction. The professional-development session strengthened interpersonal awareness and a supportive institutional approach to student and staff engagement.



Online life-skills session for academic counsellors

Shoolini University actively supports positive mental health among staff through organised yoga and meditation, faculty recognition, professional development and opportunities for community connection. The University provides regular participation opportunities and promotes a respectful, supportive workplace that values staff well-being.

7. Smoke-Free Campus Policy and Tobacco Awareness

3.3.6 Smoke-free policy Shoolini University has documented a Smoke-Free Campus Policy intended to protect students, faculty, staff, consultants, contractors and visitors from exposure to environmental tobacco smoke and nicotine-related health risks.

The policy states that the University campus is to be entirely smoke-free and tobacco-free, applying across University facilities, property and vehicles, regardless of location or ownership arrangements.

The policy establishes restrictions on smoking and the use of tobacco products in enclosed spaces—including offices, classrooms, hallways, waiting rooms, restrooms, meeting rooms, community areas, performance venues and private residential spaces within University housing—as well as outdoors across campus property, including parking lots, paths, fields, sports and recreational areas, stadiums and personal vehicles while on campus.

It also prohibits tobacco- related advertising and sponsorship on University property, the sale or distribution of tobacco products and paraphernalia on campus, and littering with disposable tobacco or nicotine products.

The policy further describes communication and enforcement measures: copies are to be distributed to faculty and staff; information is to be provided to admitted students and posted on the University website; announcements are to be made when the policy or its requirements change; and no-smoking signs are to be displayed at campus entry points and building entrances.

Enforcement is assigned to the Director of Operations, with violations subject to a fine and/or appropriate campus disciplinary procedures.

Dissemination and signage The policy provides for copies to be distributed to all faculty and staff, policy information to be given to admitted students, and information about compliance to be posted on the Shoolini University website.

It also calls for announcements about the policy and any changes, together with signs prohibiting smoking and tobacco use at all campus entry points and university entrances.

These are established policy requirements. Separate photographs of signage or distribution records for every communication measure are not included in this report.

Enforcement and penalties Responsibility for enforcing the policy is assigned to the Director of Operations.

The policy states that each violation may be addressed through a fine and/or appropriate campus disciplinary procedures.

This establishes an identified enforcement responsibility and a defined consequence for non-compliance.



Anti-tobacco and smoke-free campus awareness signage photographed at Shoolini University

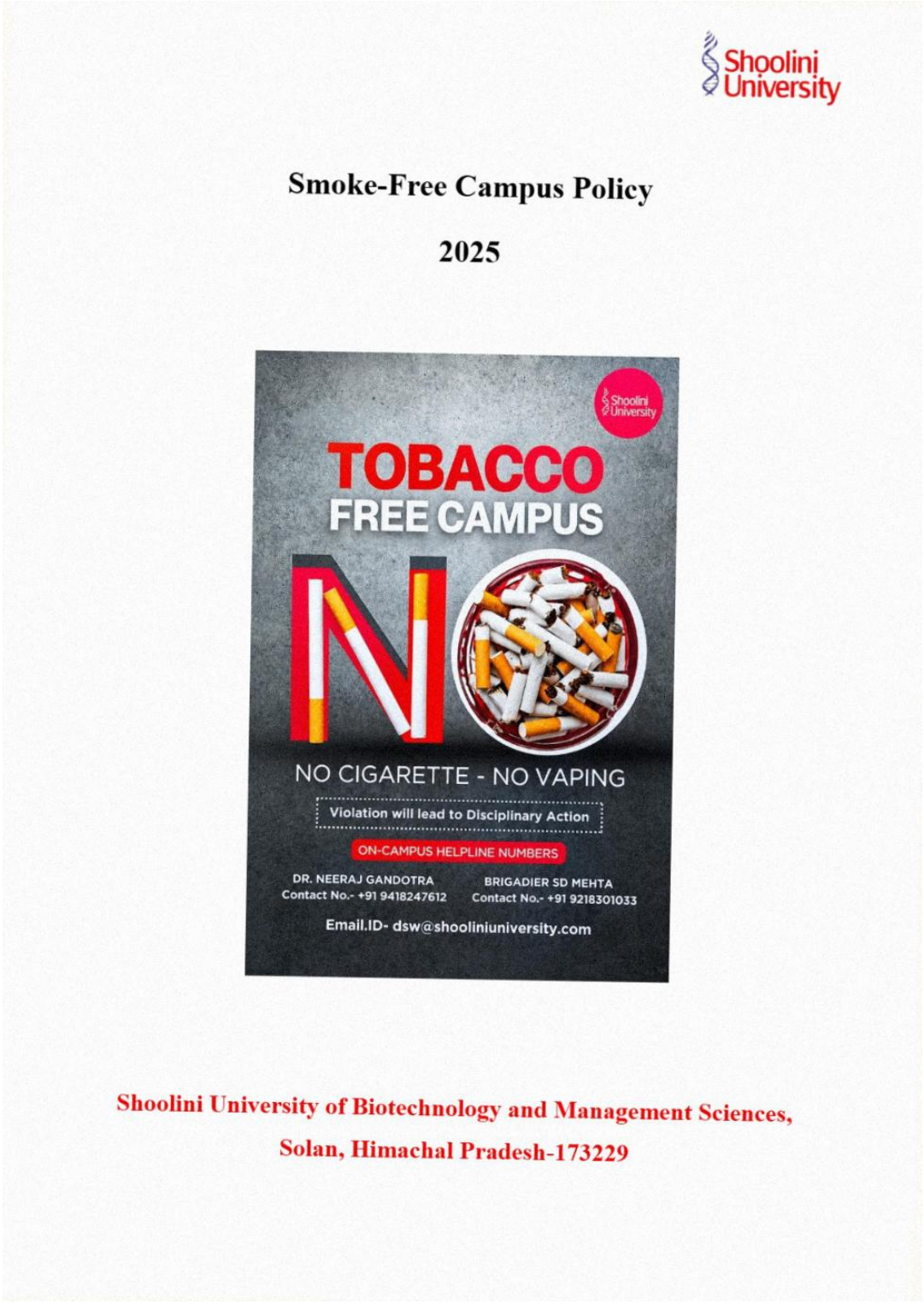


Anti-tobacco and smoke-free campus awareness signage photographed at Shoolini University

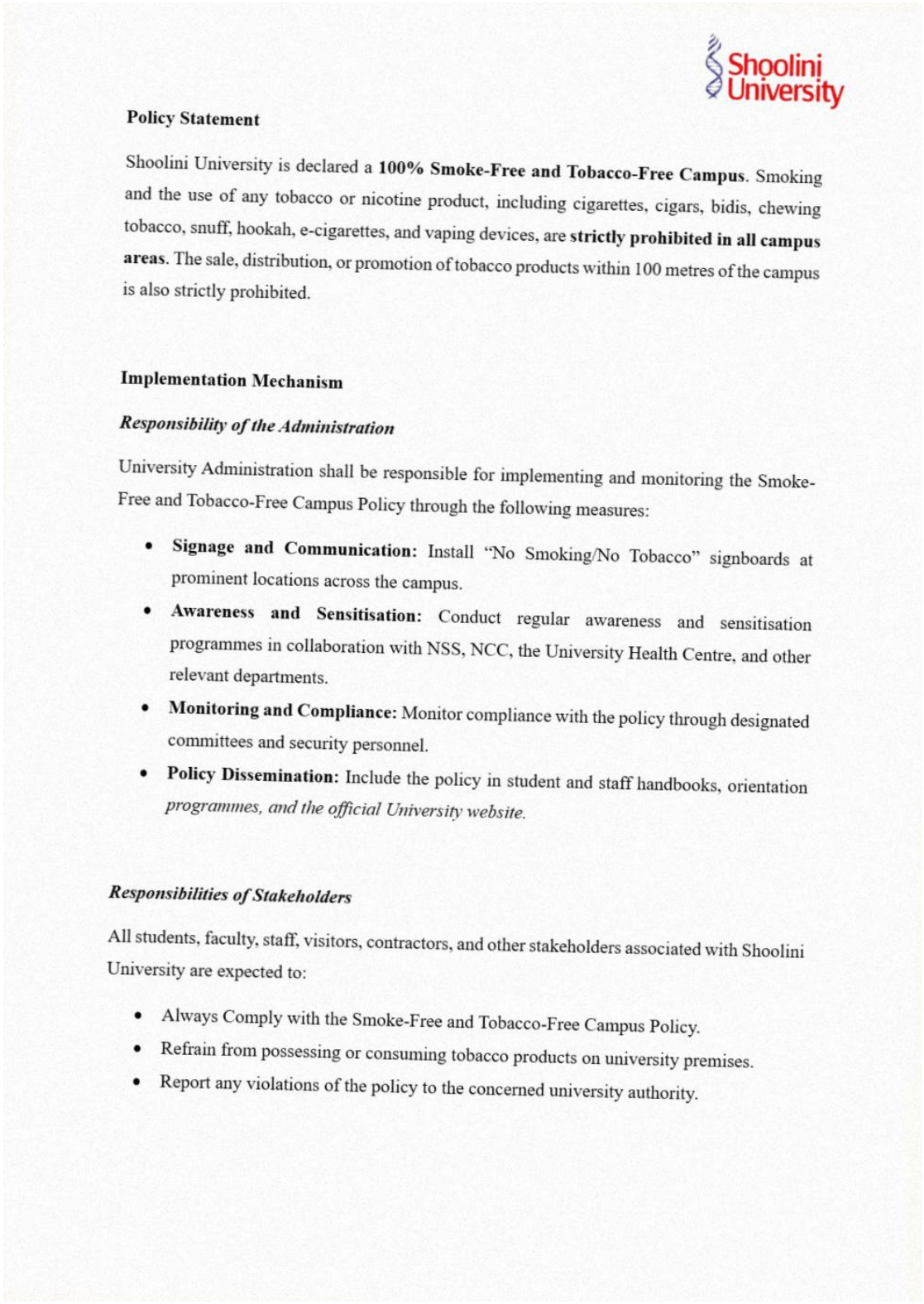
The policy details smoke-free requirements across offices, classrooms, shared areas, campus accommodation, paths, recreational facilities and other University premises. It addresses tobacco sales, advertising and littering, communication to the campus community, placement of no-

smoking signage and responsibility for enforcement by the Director of Operations. The policy document defines these provisions, while the photographs included in this report show examples of awareness signage.

Smoke-Free Campus Policy – Documentary Evidence



Smoke-Free Campus Policy (2025): official policy cover and tobacco-free campus notice



Policy Statement

Shoolini University is declared a **100% Smoke-Free and Tobacco-Free Campus**. Smoking and the use of any tobacco or nicotine product, including cigarettes, cigars, bidis, chewing tobacco, snuff, hookah, e-cigarettes, and vaping devices, are **strictly prohibited in all campus areas**. The sale, distribution, or promotion of tobacco products within 100 metres of the campus is also strictly prohibited.

Implementation Mechanism

Responsibility of the Administration

University Administration shall be responsible for implementing and monitoring the Smoke-Free and Tobacco-Free Campus Policy through the following measures:

- **Signage and Communication:** Install "No Smoking/No Tobacco" signboards at prominent locations across the campus.
- **Awareness and Sensitisation:** Conduct regular awareness and sensitisation programmes in collaboration with NSS, NCC, the University Health Centre, and other relevant departments.
- **Monitoring and Compliance:** Monitor compliance with the policy through designated committees and security personnel.
- **Policy Dissemination:** Include the policy in student and staff handbooks, orientation *programmes, and the official University website.*

Responsibilities of Stakeholders

All students, faculty, staff, visitors, contractors, and other stakeholders associated with Shoolini University are expected to:

- Always Comply with the Smoke-Free and Tobacco-Free Campus Policy.
- Refrain from possessing or consuming tobacco products on university premises.
- Report any violations of the policy to the concerned university authority.

Smoke-Free Campus Policy (2025): policy statement, implementation mechanism and stakeholder responsibilities

Shoolini University's documented 2025 SDG 3 initiatives demonstrate a coordinated institutional approach to good health and well-being. Its network of health-sector partnerships supports clinical services and knowledge exchange; community outreach promotes prevention, awareness and screening; campus medical facilities and reproductive-health education provide student support;

shared sports facilities and fitness programmes encourage healthy lifestyles; counselling, yoga and meditation strengthen emotional well-being; and the smoke-free policy contributes to a healthier campus environment. Together, these initiatives reinforce the University's commitment to accessible healthcare, inclusive participation, preventive action and sustained community well-being.