



**TEERTHANKER
MAHAVEER UNIVERSITY**
Moradabad

Accredited with NAAC **A** Grade

12-B Status from UGC



SUSTAINABLE DEVELOPMENT GOALS

**Report on
SDG-3**

3 GOOD HEALTH
AND WELL-BEING





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SDG-3

3 GOOD HEALTH AND WELL-BEING



Teerthanker Mahaveer University (TMU) is deeply committed to advancing the United Nations Sustainable Development Goals (SDGs). Through its multi-disciplinary programs, research initiatives, community outreach, and alignment with government schemes such as Unnat Bharat Abhiyan, Ayushman Bharat, Janani Suraksha Yojana, National Health Mission, Green Energy Mission, and Swachh Bharat Abhiyan, TMU ensures holistic growth that addresses both local and global challenges. The university's strategic framework for SDG implementation is integrated into teaching, learning, research, and extension activities.

By focusing on capacity-building, innovation, and community engagement, TMU strives to create a sustainable and inclusive future. Key initiatives include skill development programs under Skill India, rural adoption projects under Unnat Bharat Abhiyan, healthcare support for vulnerable communities, and green campus initiatives that reduce carbon footprint. The alignment of TMU's academic ecosystem with national priorities and UN SDGs reflects its vision to be a catalyst for social change, ensuring equitable opportunities, sustainability, and responsible citizenship.



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Publications on Various SDG's (2024)		
S.No	Sustainable Development Goals	No of Publications
1.	No poverty	5
2.	Zero hunger	33
3.	Good health and well-being	332
4.	Quality Education	239
5.	Gender equality	43
6.	Clean water and sanitation	19
7.	Affordable and clean energy	45
8.	Decent work and economic growth	75
9.	Industry, innovation, and infrastructure	366
10.	Reduced inequalities	6
11.	Sustainable cities and economies	33
12.	Responsible consumption and production	22
13.	Climate action	38
14.	Life below water	3
15.	Life on land	21
16.	Peace, justice and strong institutions	36
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NABL Accreditation to TMU Hospital





NABL Accreditation to TMU Hospital





Hon'ble Management Receiving the NABL Accreditation



Hospital Staff Receiving the NABL Accreditation





3.2.1 GRADUATES IN HEALTH PROFESSION

The institution's output of health professionals directly supports SDG 3, which focuses on increasing the health workforce to improve global health outcomes. The number of graduates in key health fields is a crucial metric for measuring a country's progress in building a skilled and adequate health workforce.

TMU maintains a robust enrollment in its undergraduate, postgraduate, and doctoral programs, training skilled professionals ready to serve urban, rural, and underserved communities. Students undergo comprehensive competency-based training combining simulation-based learning, clinical rotations, and community oral health projects, ensuring they are fully prepared to meet contemporary oral healthcare challenges.

Teerthanker Mahaveer University (TMU) continues to uphold its commitment to academic excellence and societal development through its diverse range of academic programs. In the recent academic year, the University proudly conferred degrees upon a total of 2,396 graduates across various disciplines, reflecting its multidisciplinary strength and focus on producing competent professionals ready to contribute to national and global progress.

Out of the total number of graduates, a significant portion comprises those from the health sciences stream, which remains a core area of focus at TMU. A total of 946 health graduates successfully completed their academic programs, underscoring the University's strong foundation in health education and its dedication to strengthening the healthcare system through skilled and compassionate professionals.

The health graduates represent a diverse mix of disciplines, each contributing uniquely to the field of healthcare and community well-being. Among these, Medicine accounted for the highest number with 267 graduates, reflecting TMU's excellence in medical education and clinical training. The Dental discipline produced 117 graduates, prepared to promote oral health and preventive dentistry practices. The College of Nursing contributed 188 graduates, who are well-trained in patient care, clinical management, and community health—key pillars of the healthcare system.

In addition, the Paramedical Sciences discipline recorded 190 graduates, strengthening the essential support system that aids diagnostics, laboratory services, and allied medical care. The Pharmacy discipline produced 96 graduates, trained in pharmaceutical sciences, research, and clinical pharmacy, ensuring safe and effective medication use in healthcare.

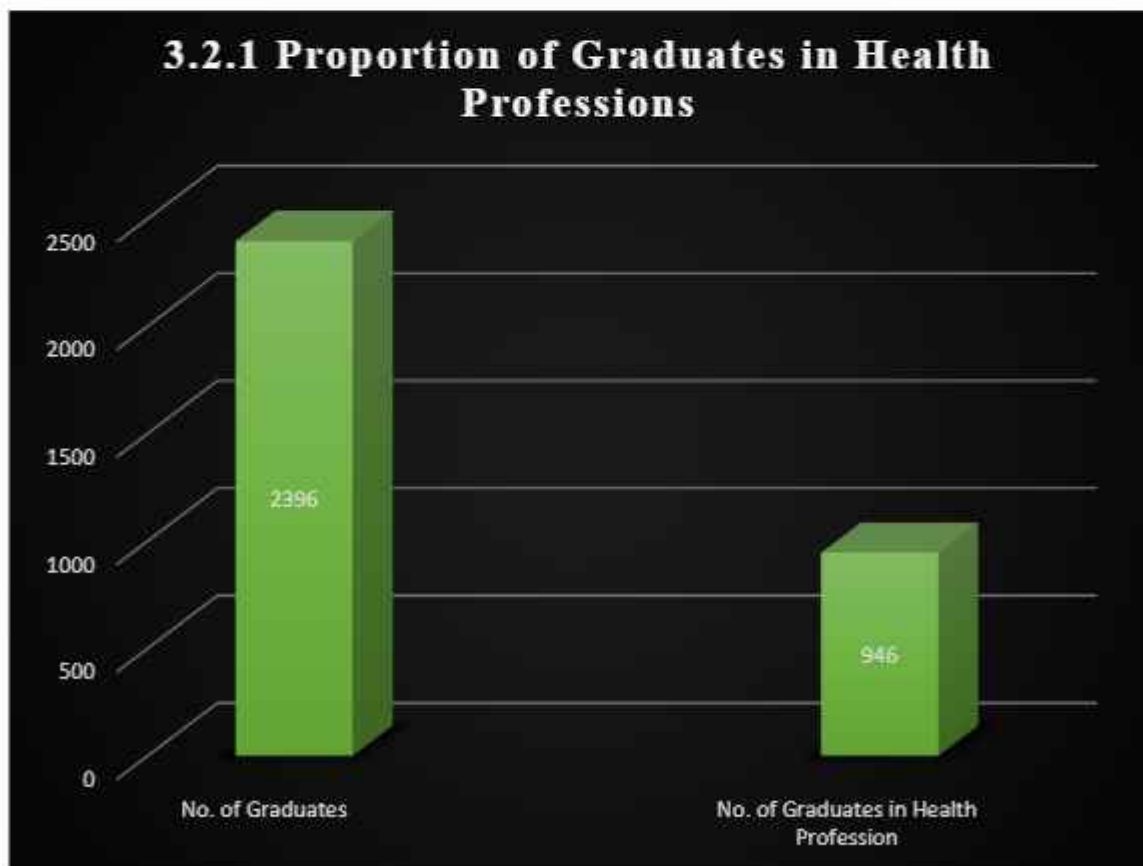




delivery. Lastly, Physiotherapy accounted for 88 graduates, ready to provide rehabilitation and restorative care to enhance patients' physical functioning and quality of life.

Collectively, these 946 health graduates form 39.4% of the total graduating cohort, highlighting TMU's strong emphasis on health-related education and its role in contributing skilled manpower to the healthcare sector. This balance between academic diversity and healthcare specialization demonstrates TMU's integrated approach to education—where science, service, and compassion converge.

The University takes immense pride in nurturing graduates who not only excel academically but also embody professional ethics, empathy, and commitment to community service. By producing a substantial number of qualified healthcare professionals each year, TMU significantly contributes to achieving the goals of Sustainable Development Goal 3 (Good Health and Well-being), ensuring the creation of a healthier and more equitable society.





3.3.1 COLLABORATIONS WITH HEALTH INSTITUTIONS

S.No	Name of Collaborating organization	Duration of MoU		Link to MoU
		Starting Date	Ending Date	
1	Hawkeye Eye Forensic Noida	30/04/22	29/04/27	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/4_Hawk_Eye_MOU.pdf#toolbar=0&navpanes=0&scrollbar=0
2	Pioneer Centre of Biosciences	28/02/23	27/02/25	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/5_Pioneer_Centre.pdf#toolbar=0&navpanes=0&scrollbar=0
3	Mibiz Cyber Forensic Lab, Kerala	28/02/24	27/02/29	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/6_MIBIZ_MOU.pdf#toolbar=0&navpanes=0&scrollbar=0
4	CARL ZEISS, Bangalore	28/02/24	27/02/27	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/7_CarlZeiss.pdf#toolbar=0&navpanes=0&scrollbar=0
5	Atharva Lab, Noida	28/02/24	27/02/29	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/8_ATHARVA_MOU.pdf#toolbar=0&navpanes=0&scrollbar=0
6	SASAKAWA India Leprosy Foundation	13/06/24	06/12/26	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/9_SASAKAWA_MOU_2024.pdf#toolbar=0&navpanes=0&scrollbar=0
7	NIIMS	11/03/24	11/03/25	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/13_NIMS_2025.pdf#toolbar=0&navpanes=0&scrollbar=0
8	DAPMRV Dental College	05/04/23	05/04/28	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/14_DAPMRV_Beng_2025.pdf#toolbar=0&navpanes=0&scrollbar=0
9	IDST, MODINAGAR	16/05/22	16/05/27	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/15_IDST_Modinagar_2025.pdf#toolbar=0&navpanes=0&scrollbar=0
10	Health Care at Home India Pvt. Ltd (HCAH)	24/06/19	One Time Agreement	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/22_Health_care.pdf#toolbar=0&navpanes=0&scrollbar=0





11	Jeevan Jyoti Hospital Moradabad	30/03/22	Life Time Agreement	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/23_Jeevan_Jyoti.pdf#toolbar=0&navpanes=0&scrollbar=0
12	Jupitar Life Line Hospital, Mumbai	28/06/21	One Time Agreement	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/24_Jupitor_LifeLine.pdf#toolbar=0&navpanes=0&scrollbar=0
13	Glorious International Nursing, Research and Academics (GINRA) Foundation	07/08/23	06/08/26	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/25_Ginra_foundat on MOE.pdf#toolbar=0&navpanes=0&scrollbar=0
14	GTT Foundation	05/12/22	05/12/24	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/26_GTT_TMU_Physiotherapy.pdf#toolbar=0&navpanes=0&scrollbar=0
15	Atal Incubation Centre-Dr. Babasaheb Ambedkar Marathwada University(BAMU)	18/08/21	17/08/26	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/29_AIC_BAMU.pdf#toolbar=0&navpanes=0&scrollbar=0
16	Sumandeep Vidyapeeth Deemed to be University	04/03/21	03/03/31	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/40_sumandeep.pdf#toolbar=0&navpanes=0&scrollbar=0
17	IVOCLAR	21.11.24	11/11/25	https://www.tmu.ac.in/assets/img/department/iqac/sdg/goal3/3_3_1/67_IVOCLAR.pdf#toolbar=0&navpanes=0&scrollbar=0





UK NHS Chooses TMU in UP as Exclusive Partner for Global Mental Health Nurse Recruitment

Teerthanker Mahaveer University's College of Nursing is committed to providing quality placements and global exposure, as evidenced by the recent welcome of National Health Service (NHS) specialists from the United Kingdom for the Global Mental Health Nurse Recruitment Drive. Given this, an orientation session on career opportunities in Mental Health Nursing has been conducted with great enthusiasm. It was noteworthy that seven exceptional minds from the university were chosen by the NHS to potentially serve in the UK's NHS.

On May 2 & 3, the UK NHS dignitaries, including Sita Mckee (International recruit lead), Hetal Maniar (International recruitment advisor), Louise Doyle, and Dominika Szatkowska, visited the university for a two-day visit. The specialist team headed to the university auditorium for an informative orientation session, followed by a tour of the university campus, including TMU Hospital. Later, the recruitment drive began, open for UG and PG nursing students.

During the informative session, International Recruitment Advisor Hetal Maniar provided insights into the mission of the NHS, which is currently recruiting mental health nurses from around the world. Teerthanker Mahaveer University in Uttar Pradesh has been selected as the sole partner institution, with 7 students from TMU Nursing being selected based on their skills in the first round, out of a total of 15 students from across India.

It might amaze you that selected talents will be offered a package of up to 35 lakhs INR, along with incentives and relocation facilities, as well as a refund of the fee for computer-based tests and three months of rent and airfare. The service period will be from a minimum of three years to a maximum of five years, with the possibility of further service.

Vice-Chancellor Prof. Raghuvir Singh has revealed that the work of nursing has now gone beyond just patient care and has expanded to vast possibilities in the field of nursing. India is a young country and, therefore, Indian talent is being given priority for the noble profession of nursing. Prof. Raghuvir stated that the world has confidence in the Indian education system. Indian youth have a strong desire to increase their identity based on hard work and also have immense self-confidence.





Delegates of UK



Delegates at the Inaugural of the Event





The unique talents of TMU students impressed the guests, and they admired TMU's vision, philosophy, and infrastructure. They also expressed their desire to maintain good relations with the University. The students' Indian culture-based performance won the hearts of all the guests, making it a memorable occasion for all. During their two-day visit to the leading private University in India, this team also had discussions with journalists.

Dean Academics, Dr Manjula Jain says, "I am delighted by the triumph of our nursing students in the NHS recruitment drive. Our commitment to delivering top-notch education and practical training has yielded significant results, and this accomplishment underscores our dedication to excellence". We will continue to create avenues for our students to thrive in their professions and make valuable contributions to the healthcare industry, both nationally and internationally, added Dr Jain.

Teerthanker Mahaveer University, a NAAC A grade varsity, is the ultimate destination for world-class education. Our College of Nursing is a premier institution offering comprehensive nursing programmes at UG, PG and PhD levels, as recognised by both the Indian Nursing Council (INC) and the UP Nurses & Midwives Council. With state-of-the-art facilities, including advanced laboratories, simulation centres, and a fully equipped super speciality hospital providing students with practical training opportunities, it has become the preferred choice for nursing aspirants in India and abroad. The college's excellent track record of placements in top healthcare institutions is a testament to its commitment to academic excellence and student success.

It is pertinent to note; TMU's College of Nursing is the first INC recognised University to offer Ph.D. programmes in nursing in Uttar Pradesh. Additionally, the nursing college is an authorised initiator of the International Training Centre (ITC) for the American Heart Association, with GHPL (Medanta The Medicity), activities targeted at training the health care fraternity in Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS).





Impact of Collaboration with Health Institutions

- **Enhanced Clinical Training & Exposure** – Expanded observerships, specialty exposure, and quicker referral pathways for complex cases.
- **Continuous Professional Development** – CDE programs and joint training standardize protocols and upskill practitioners.
- **Integration of Advanced Technologies** – Access to global restorative materials, workflows, and mentorship accelerates adoption of best practices.
- **Multi-Centre Research & Knowledge Exchange** – Collaborative studies and product evaluations strengthen evidence-based care.
- **Global Alignment & Community Outreach** – Partnerships ensure world-class standards, preventive services, and broader impact

3.3.2 Health Outreach Programmes

Teerthanker Mahaveer University (TMU) is committed to promoting good health and well-being for students, staff and neighboring communities by integrating clinical care, community outreach, sports & physical activity, mental health support, and campus policies that protect health. The University uses its teaching hospital, medical & nursing departments, and sports and student-welfare infrastructure to advance health outcomes across campus and in the local region.

Outreach brings prevention, screening and basic curative services to populations who face barriers reaching hospital care — improving early detection, reducing disease burden, and building trust with communities.

TMU activities & achievements:

- Regular community health camps and mobile clinics led by the Departments of Community Medicine, Physiotherapy, Dentistry and Nursing (e.g., physiotherapy and dental camps in local villages). These camps provide screening, basic treatment, referrals and health education.
- Inter-departmental outreach drives (Medical College, Nursing, Dental, Physiotherapy) for NCD screening (diabetes / hypertension), maternal & child





health check-ups, vaccination awareness drives, and village-level health education.

- Student-led outreach: supervised clinical postings and NSS activities enable students to provide public health services under faculty supervision.
- Over 40 community oral health camps were conducted across schools, villages delivering screening, fluoride applications, health education.
- Around 3000 individuals were directly benefitted through early detection, preventive care, and improved oral hygiene awareness.
- Types of services provided: Screening (BP/glucose), Dental check-ups, Physiotherapy sessions, Maternal-child services.
- Nearly 500 plus referrals were made to TMU Hospital for follow-up care.

Details of the Camp Conducted:

S. No.	Location / Institution	Type of Activity	No. of Participants	Key Highlights
1	Moradabad (Schools, Civil Lines)	APF Fluoride Gel Application	84	APF fluoride gel was applied to schoolchildren and correct brushing technique was demonstrated to students and teachers.
2	Railway Station, Moradabad	Oral Health Education and Screening	47	Quick oral screenings were performed and commuters were educated about plaque control and the harms of tobacco.
3	Nand Colony, Pital Nagri, Moradabad	Oral Health Education	56	Demonstrations on brushing and dietary control were given and common myths about dental care were addressed.
4	Phalendra, Sultanpur (NSS Camp)	Oral Health Education	263	Residents received counseling focused on quitting tobacco chewing and on basic oral hygiene.
5	Sahaspur	Oral Screening Camp	72	A systematic oral screening was done and individuals received personalized preventive advice on brushing and diet.
6	Peetal Nagri, Moradabad	Oral Education and Screening	158	Schoolchildren were taught to brush twice daily and were screened for dental problems.





7	Prathama Gramin Bank Ashiyana, Moradabad	Oral Education and Screening	51	Community members were taught about the role of fluoride toothpaste and underwent oral screening.
8	Manoharpur, Moradabad	Oral Screening	90	Comprehensive screening for caries and gingivitis was conducted and referrals were arranged.
9	Mangupura, Moradabad	Oral Screening	35	Schoolchildren were examined for caries and gingivitis and received preventive advice.
10	Civil Lines, Moradabad (Police Academy and Community)	Oral Screening	62	Free dental check-ups were offered and staff received counselling on brushing and diet.
11	Hakimpur	Oral Screening in School	148	Schoolchildren were screened for dental caries and provided preventive therapy where needed.
12	Saraswati Shishu Mandir, Moradabad	Oral Screening	33	Children were examined for caries, gingivitis, and malocclusion and teachers were counseled on early referral.
13	Manoharpur (NSS)	School Dental Health Program	76	Brushing demonstrations and dietary counseling were given to schoolchildren.
14	Aurangabad (School)	School Dental Health Program	58	Students received oral health education and basic screening with emphasis on fluoride use.
15	BSM Inter College, Adalpur	Oral Screening	41	Comprehensive dental check-ups were performed and awareness talks were delivered to students.
16	PDK Inter College, Prabhat Market	Screening and Fluoride Application	69	Students were given brushing demonstrations and received topical fluoride treatment.
17	Tiny Tops School, Moradabad	Screening and Fluoride Application	36	Young children were screened and received topical fluoride for early protection.
18	Pitalnagri (School)	School Screening Camp	95	Students of all ages were screened and taught proper oral hygiene routines.
19	Maharaja Agresen Avasiya Samiti	School Screening Camp	44	Dental examinations were done and brushing demonstrations were conducted for students.
20	KKSRM Inter College	Oral Education and Screening	61	Health talks using models were delivered and students were screened for oral conditions.





21	SL Institute	Screening and Education	77	Demonstrations emphasized the importance of daily oral hygiene and regular check-ups.
22	Mount Aura Public School	School Dental Camp	50	Children received fluoride treatment and hands-on brushing technique demonstrations.
23	BMD Inter College	Oral Health Survey and Education	38	A survey on oral health knowledge was conducted followed by an education session.
24	Janta Inter College, Moradabad	Oral Promotion and ART	88	Screening was followed by atraumatic restorative treatment for eligible students.
25	Manoharpur	Oral Screening and Fluoride Application	73	Community members were screened and given topical fluoride where indicated.
26	Krishna Inter College	APF Fluoride Therapy	66	At-risk students received APF fluoride therapy and received counselling on oral hygiene.
27	Ratanpur (School)	Screening and Brushing Demonstration	32	Brushing techniques were demonstrated and students received preventive advice.
28	Masora (Inter College)	Screening Camp	59	Early diagnosis was performed and participants were guided to seek further care as needed.
29	AHM Inter College	Screening Camp	46	Comprehensive oral examinations were done and health instructions were provided.
30	Didauri	Screening Camp	82	Community members were examined and received education on oral health maintenance.
31	Sambhal (Memorial Inter College)	Screening Camp	40	Participants received diagnosis and were given a treatment plan for follow-up.
32	Samathal (Sarvodaya Baal Vidya Mandir)	Screening Camp	54	Children were screened and referred for restorative and orthodontic needs as indicated.
33	Guretha (NSS Camp)	Screening Camp	68	The outreach team collaborated with pediatric dentistry to deliver screening and education.
34	Kashiram C Block	Screening Camp	60	Free dental check-ups were provided and participants were referred where required.
35	Manoharpur (Gram Panchayat)	Screening Camp	86	Residents were assessed and given oral health promotion





				messages and follow-up directions.
36	Janta Inter College, Patai Kalsa	School Dental Health Program	55	Students were screened, received fluoride, and learned about nutrition and oral health.
37	Sant Rajender Inter College, Hingiri	School Dental Health Program	71	Chairside counseling and preventive education were delivered to students.
38	Nanakbari (NSS Camp)	School Dental Health Program	49	Screenings were combined with anti-tobacco education and brushing demonstrations.
39	SDM Inter College, Ramlila Park	School Dental Health Program	64	Students received screenings, brushing reinforcement, and dietary counseling.
40	Munda Taiya (NSS Camp)	School Dental Health Program	92	Interactive hygiene demonstrations were delivered to more than 100 students and clubs were encouraged.

Oral Health Education and Screening Camp at Nand Colony, Pital Nagri, Moradabad

Teerthanker Mahaveer University, through its Department of Public Health Dentistry, continues to take proactive steps toward community engagement and preventive oral health promotion under the ambit of Sustainable Development Goal 3 – Good Health and Well-being. In continuation of this mission, a Dental Health Awareness and Check-up Camp was organized on 24th April 2024 at Nand Colony, Pital Nagri, Moradabad, with the participation of 54 community members. The camp was aimed at educating individuals about oral hygiene practices, demonstrating correct brushing techniques, providing dietary counseling, and conducting dental examinations. The event was led by Dr. Pradeep Tangade (Professor & Head), supported by Dr. Vikas Singh (Professor) and Dr. Ankita Jain (Reader), along with postgraduate student Dr. Prabhat Kumar Singh and interns Anusha and Tushar, who ensured active participation and smooth execution of the activities.





The camp featured a comprehensive set of activities designed to address the oral health needs of the participants while simultaneously fostering awareness about preventive dental care. Each participant underwent a clinical oral examination to identify potential dental issues, such as caries, plaque accumulation, or gingival problems. Simultaneously, health education sessions were delivered to reinforce the importance of maintaining proper oral hygiene through twice-daily brushing, using fluoride toothpaste, and adopting a diet low in refined sugars. The team also demonstrated proper brushing techniques and emphasized the need for routine dental check-ups. These interactive demonstrations encouraged participants to adopt sustainable oral hygiene practices, while also highlighting the university's dedication to integrating preventive health education into its outreach framework.



Oral Health Inspection of Residents of Pital Nagri during the Screening Camp

The camp concluded with personalized feedback for each participant and referrals for those requiring specialized dental treatment at the Department of Public Health Dentistry, Teerthanker Mahaveer Dental College & Research Centre. The initiative not only served as a vital link between the university and the local community but also reflected TMU's commitment to advancing public health through service-based learning. The participants expressed gratitude for the free dental services and appreciated the awareness generated about oral health maintenance. Through such outreach programs, TMU continues to strengthen its impact on community well-being, align its activities with the objectives of SDG 3, and create a positive and sustainable health culture across the region.





Oral Screening Camp at Manoharpur, Moradabad.

The dental health professionals examined the community for early signs of caries and gingivitis, offering preventive advice and referrals where needed.



A Resident of Manoharpur Being Inspected During Oral Screening Camp

Teerthanker Mahaveer University, through the Department of Public Health Dentistry, actively engages in community outreach programs to promote oral health and hygiene among underserved populations, contributing to Sustainable Development Goal 3 – Good Health and Well-being. As part of this initiative, dental health awareness and check-up camps were organized at Manoharpur and Hakimpur in Moradabad district. The camp at Manoharpur was held on 24th January 2023 and witnessed the participation of 40 individuals, while another camp was conducted on 13th August 2024 at Hakimpur, benefitting 16 participants. The primary objectives of these camps were to educate the public on oral hygiene practices, demonstrate effective brushing techniques, provide dietary counseling, and conduct comprehensive oral health examinations. The programs were facilitated under the guidance of senior faculty members—Dr. Pradeep Tangade (Professor & Head), Dr. Than Veer K., Dr. Vikas Singh, and Dr. Ankita Jain—along with postgraduate students and interns who actively participated in conducting check-ups and awareness sessions.

During the outreach programs, participants were screened for common dental ailments such as caries, gingivitis, and plaque accumulation, followed by counseling on preventive





and corrective measures. Health talks were delivered to emphasize the importance of maintaining oral hygiene, the role of balanced diet in dental care, and the need for regular dental visits. Demonstrations on proper brushing techniques and the use of fluoride toothpaste were conducted for both children and adults. Additionally, educational pamphlets and informational leaflets were distributed to reinforce oral health awareness beyond the camp setting. The active involvement of the teaching faculty, postgraduate students, and interns ensured a comprehensive approach that combined clinical care with community education. The initiative also helped in strengthening university-community relations, promoting health literacy, and empowering individuals to take charge of their personal oral health.

Overall, the dental outreach camps achieved significant success in spreading awareness and extending preventive dental services to the local communities. Participants diagnosed with dental issues were referred to the Department of Public Health Dentistry for further treatment, ensuring continuity of care. The enthusiastic participation of the villagers reflected growing awareness and appreciation toward preventive health measures. Through such sustained outreach efforts, TMU continues to demonstrate its strong commitment to promoting health and well-being in alignment with SDG 3. The programs have not only benefitted the local population but have also provided valuable learning experiences for the participating students, reinforcing the university's mission to integrate education, service, and community development into its institutional framework.

Dental Camp Conducted by the Dental Healthcare Professionals of TMDCRC, TMU

Under the university's continuing commitment to community welfare and the Sustainable Development Goal 3 – Good Health and Well-being, the Department of Public Health Dentistry, Teerthanker Mahaveer Dental College & Research Centre, organized a comprehensive Dental Health Awareness and Check-up Camp on 29th January 2024 at Faiz Ganj, Moradabad. The camp aimed to create awareness regarding oral hygiene, demonstrate proper brushing techniques, provide dietary counseling, and conduct dental examinations for the local residents. A total of 53 participants benefitted from this initiative, which was carried out under the leadership of Dr. Pradeep Tangade (Professor & Head), supported by Dr. Vikas Singh (Professor) and Dr. Ankita Jain (Reader). The facilitation team also included postgraduate students – Dr. Tannu Kumari, Dr. Prabhat





Kumar Singh, Dr. Sonal Subhangi, and Dr. Swayam Sourav Tripathy, along with BDS final-year students – Aqsa Khan, Arhant Jain, Ather Mehmood, Ayushi Jain, Bhanu Pratap Singh, and Chanki Gupta, who actively participated in the educational and screening activities.



Oral Health Inspection of a Preschool Girl Child During Faiz Ganj Dental Camp

The event encompassed both diagnostic and preventive health components, ensuring that each participant received individualized attention and guidance on maintaining oral hygiene. A total of 53 patients underwent dental screening, where common oral health issues such as dental caries, gum diseases, and poor brushing habits were identified and addressed. The facilitators delivered health talks emphasizing the importance of regular brushing, fluoride use, and dietary control in preventing oral diseases. The session also included demonstrations on proper brushing techniques and interactive discussions to engage participants effectively. A notable highlight of the camp was the topical fluoride application carried out among school children, aimed at strengthening dental enamel and preventing tooth decay. These practical interventions enhanced the camp's impact by combining awareness creation with preventive care.

The camp concluded with referrals for participants who required further treatment at the Department of Public Health Dentistry for comprehensive follow-up care. The initiative reinforced TMU's ongoing efforts to extend quality healthcare beyond the campus and





foster a healthier community. The enthusiastic participation and positive feedback from the beneficiaries demonstrated the success of the camp and its alignment with the objectives of SDG 3, which emphasizes ensuring healthy lives and promoting well-being for all. Through such outreach programs, Teerthanker Mahaveer University continues to exemplify its role as a socially responsible institution, integrating community service, preventive education, and student involvement to advance holistic health and sustainability goals.

NSS Dental Health Screening Camp by the Dental Health Care Professional Team in Guretha.

As part of Teerthanker Mahaveer University's sustained initiatives toward promoting community health and aligning institutional activities with Sustainable Development Goal 3 – Good Health and Well-being, the Department of Public Health Dentistry organized a Dental Health Awareness and Check-up Camp on 30th March 2024 at Guretha (NSS) Camp, Moradabad. The outreach program witnessed active participation from 63



Dental Health Screening During Dental Camp in Guretha

community members, focusing on enhancing oral hygiene awareness and providing preventive dental care. The camp aimed to educate the participants about oral health maintenance, demonstrate proper brushing techniques, and offer dietary counseling for better oral hygiene. The event was successfully conducted under the leadership of Dr. Pradeep Tangade (Professor & Head), supported by Dr. Vikas Singh (Professor) and Dr. Ankita Jain (Reader), with dedicated contributions from Postgraduate Student Dr. Swayam





Sourav Tripathy and Intern Anjali Shreya, ensuring smooth organization and participant engagement throughout the camp.

The camp activities were structured to address both the clinical and educational aspects of oral health promotion. A total of 56 individuals underwent oral screening and assessment to identify dental conditions such as tooth decay, gum diseases, and poor oral hygiene habits. The facilitators conducted an interactive health talk on the importance of daily oral care practices, the proper use of toothbrushes and toothpaste, and the role of balanced nutrition in maintaining healthy teeth and gums. Practical demonstrations of correct brushing techniques were carried out, engaging the participants in hands-on learning. The session also included a discussion on the importance of periodic dental check-ups and the prevention of common oral diseases. Informational leaflets were distributed to reinforce the key messages shared during the session and to encourage the adoption of healthy oral hygiene habits.

In conclusion, the outreach program at Guretha exemplified TMU's commitment to community service, preventive healthcare, and social responsibility. Participants diagnosed with dental conditions were referred to the Department of Public Health Dentistry for comprehensive follow-up care and treatment. The initiative successfully blended education with practical intervention, helping the community gain knowledge and motivation to sustain good oral health practices. Beyond offering clinical services, the program fostered a spirit of social awareness and well-being in alignment with SDG 3's objective of ensuring healthy lives and promoting well-being for all at all ages. Through such regular outreach efforts, TMU continues to expand its positive health impact and strengthen its role as a responsible, community-centered institution.





Dental Camp Organized in Dingarpur.

The Dental Checkup Camp conducted at Dingarpur, Moradabad, on March 3, 2024, was a significant community outreach initiative organized by the Department of Public Health Dentistry, Teerthanker Mahaveer Dental College & Research Centre. The event aimed to promote oral health awareness and preventive dental care among rural residents as part of



Inspection of the Participant During Dingarpur Dental Camp

the university's ongoing commitment to public health under SDG 3.3.2 – Health Outreach Programs. The camp was organized with the primary objectives of educating participants about oral hygiene, demonstrating effective brushing techniques, and providing personalized dietary counseling to prevent dental diseases. The camp was led by a team of experienced faculty members including Dr. Pradeep Tangade (Professor & Head), Dr. Vikas Singh (Professor), Dr. Ankita Jain (Professor), and Dr. Rupali Malik (Senior Lecturer), who collectively ensured that the camp ran smoothly and effectively reached the target population.

A total of 70 participants attended the camp and received comprehensive oral health checkups. During the event, the team delivered engaging health talks that focused on the importance of maintaining good oral hygiene and demonstrated the proper method of brushing using visual aids. The facilitators emphasized the significance of preventive





dental practices, including brushing twice daily, using fluoridated toothpaste, and maintaining a balanced diet low in sugars to prevent tooth decay and gum diseases. Postgraduate students Dr. Prabhat Kr. Singh, Dr. Aanchal, Dr. Aatya, and Dr. Palak, along with interns Nabiya and Mili, played an active role in conducting the oral examinations, interacting with participants, and guiding them on correct brushing and dietary habits. Their efforts contributed to a lively and informative session that successfully enhanced participants' understanding of oral hygiene and its broader impact on general health.

The camp concluded successfully with a detailed record of oral health conditions among the participants. Those identified with dental issues such as caries, gum inflammation, or malocclusion were referred to the Department of Public Health Dentistry for further evaluation and treatment. The outreach not only provided immediate oral healthcare services but also empowered individuals with practical knowledge and skills for maintaining long-term dental health. Overall, the camp reinforced Teerthanker Mahaveer University's mission of extending preventive healthcare services beyond campus boundaries, fostering a culture of oral health awareness and well-being within the community.

Dental Health Program at Phalendra Sultanpur, Moradabad

The Dental Checkup Camp organized at Phalendra Sultanpur NSS adopted village, Moradabad, on September 9, 2024, was a community-based health outreach initiative conducted under the Department of Public Health Dentistry, Teerthanker Mahaveer Dental College & Research Centre. The primary objective of the camp was to create awareness about oral health and hygiene among rural participants. The program aimed to educate individuals on the significance of maintaining oral hygiene, demonstrate proper brushing techniques, and provide dietary counseling for healthy teeth and gums. The camp was facilitated by Dr. Pradeep Tangade (Professor & Head), Dr. Vikas Singh, and Dr. Ankita Jain, whose expert guidance ensured the camp's success. The postgraduate student Dr. Tannu Kumari, intern Vatshala Lal, and BDS final-year students Vanshikha and Yasharth actively participated in organizing and delivering various awareness activities.





Examining the Participants Oral Health at Phalendra Sultanpur Camp

During the camp, nine participants underwent a detailed oral health examination. The screening process was carried out alongside interactive health talks that highlighted the importance of regular brushing, correct brushing techniques, and preventive oral care practices. The facilitators and students demonstrated the modified Bass brushing method, emphasizing the need for brushing twice daily and using fluoride toothpaste to prevent cavities. Participants were educated about the role of a balanced diet, reduction in sugary food consumption, and the harmful effects of tobacco on oral health. The team also provided practical demonstrations to make the session engaging and easily understandable for the rural audience, ensuring maximum learning and participation.

The camp concluded successfully with active involvement from both facilitators and participants. Individuals diagnosed with dental issues such as caries, gingivitis, or plaque accumulation were referred to the Department of Public Health Dentistry for further comprehensive treatment. The outreach program not only served as a platform for providing immediate oral health services but also instilled a sense of responsibility toward self-care among villagers.





Dental Health Program at Mohra Taiya (NSS Camp)

In alignment with Sustainable Development Goal 3 – Good Health and Well-being, the Department of Public Health Dentistry, Teerthanker Mahaveer Dental College & Research Centre, Teerthanker Mahaveer University, organized a Dental Health Awareness and Check-up Camp on 6th February 2024 at Mohra Taiya (NSS), Moradabad. The event sought to extend oral health services and preventive education to the local community while promoting awareness about oral hygiene and dietary practices. A total of 20 participants attended the camp, which focused on educating individuals about oral health, demonstrating effective brushing techniques, and offering dietary counseling for improved dental well-being. The camp was facilitated under the guidance of Dr. Pradeep Tangade (Professor & Head), supported by Dr. Vikas Singh (Professor) and Dr. Ankita Jain (Reader and Vice Principal). The team was further assisted by Postgraduate Student – Dr. Tannu Kumari, Intern – Aashi Jain, and BDS Final Year Students – Huma Fatima, Kaneez Fatima, and Swati, who played an active role in conducting screenings and delivering health education.



Oral Inspection of a Patient During the Mohra Taoya NSS Dental Camp

The camp involved a comprehensive oral screening process in which 20 patients were examined for dental issues such as caries, gingivitis, and other common oral health conditions. Simultaneously, an interactive oral health education session was conducted,





where participants were guided on proper brushing techniques, frequency of dental check-ups, and the importance of balanced nutrition in maintaining oral health. Practical demonstrations were provided to ensure participants could correctly implement the brushing techniques discussed. The facilitators also emphasized preventive measures, highlighting the long-term benefits of adopting good oral hygiene practices. The camp maintained a participatory approach, allowing individuals to ask questions and clarify misconceptions about oral health, thereby creating a meaningful exchange of knowledge between the dental professionals and the community members.

Concluding the session, participants identified with specific dental problems were referred to the Department of Public Health Dentistry for further evaluation and treatment. The camp not only addressed immediate oral health concerns but also successfully instilled awareness about preventive care and hygiene maintenance. The initiative showcased TMU's commitment to promoting health and well-being beyond campus boundaries, aligning with its broader mission of contributing to community development through education, service, and sustainability. By integrating academic expertise with social outreach, the university continues to foster a culture of compassion and preventive healthcare in accordance with the goals outlined in SDG 3.

Preventive Fluoride Therapy at Civil Lines, Moradabad:

A Preventive Fluoride Therapy camp was organized by the dental health professionals of TMU at Civil Lines, Moradabad, to promote oral health among children. During the camp, Acidulated Phosphate Fluoride (APF) gel was applied to the teeth of children to strengthen their enamel and protect against cavities. The session aimed to raise awareness about the importance of fluoride in maintaining strong and healthy teeth. Dental experts explained how fluoride acts as a protective barrier against decay and supports long-term oral hygiene. Children were educated on correct brushing techniques and encouraged to brush twice daily with fluoride toothpaste. Interactive demonstrations helped them understand the value of regular dental check-ups and preventive care. Parents were also guided on the significance of maintaining oral health from an early age. The camp saw enthusiastic participation from children and families from the surrounding areas. The initiative highlighted TMU's commitment to promoting community dental health and preventive awareness. Overall, the event successfully reinforced healthy oral hygiene practices and preventive dental care among young participants.





APF Fluoride Gel Application During Camp at Civil Lines

School dental health program at Sant Rajender Inter College, Himgiri

A School Dental Health Program was conducted at Sant Rajender Inter College, Himgiri, by the dental health professionals of TMU. The initiative aimed to promote oral hygiene awareness and preventive dental care habits among schoolchildren. Comprehensive dental screening sessions were carried out to assess the oral health status of the students. Chairside counseling was provided to each child, emphasizing the importance of proper brushing and regular dental visits. Students were educated about the causes of tooth decay, gum diseases, and ways to maintain good oral hygiene. Interactive demonstrations on brushing techniques made the sessions engaging and informative. Teachers were also guided on reinforcing oral hygiene practices in the school environment. The program encouraged children to adopt healthy dietary habits to prevent dental problems. Parents were motivated to support their children's oral health through routine check-ups. Overall, the event successfully fostered awareness and commitment toward lifelong dental wellness among young learners.





Dental Health Professionals Interacting with San Rajender College Students

Oral Screening Camp at Police Academy, Civil Lines, Moradabad.

An Oral Screening Camp was organized by the dental health team of TMU at the Police Academy, Civil Lines, Moradabad. The camp aimed to promote oral health awareness among police personnel and trainees. Comprehensive dental examinations were conducted to check for cavities, gum diseases, and other oral issues. Participants received individualized advice based on their oral health assessments. The team provided preventive instructions emphasizing the importance of regular dental check-ups. Demonstrations on correct brushing techniques and oral hygiene maintenance were conducted. The significance of a balanced diet and reduced sugar intake in preventing dental problems was highlighted. Informative leaflets on oral hygiene and preventive care were distributed among attendees. The participants appreciated the initiative and actively engaged in interactive discussions. Overall, the camp effectively promoted awareness of preventive oral health care and the value of routine dental visits.





Police Personnel Being Inspected During the Oral Health Camp at Police Academy

Oral Screening Camp at Saraswati Shishu Mandir, Shanker Vihar Colony, Moradabad

An Oral Screening Camp was conducted at Saraswati Shishu Mandir, Shanker Vihar Colony, Moradabad by the dental health team of TMU. The camp aimed to promote oral hygiene awareness and preventive care among schoolchildren. Students underwent routine dental examinations to identify cavities, gum diseases, and malocclusion. Each child received personalized dental advice to maintain healthy teeth and gums. The dental professionals demonstrated proper brushing techniques and discussed healthy oral habits. Teachers were counseled on the importance of early detection and timely referrals for dental issues. They were also encouraged to supervise daily brushing practices among students at school. The camp fostered a positive attitude toward preventive oral health and hygiene. Children actively participated and showed keen interest in learning good oral care habits. Overall, the initiative successfully emphasized the importance of early dental care and regular check-ups for children's long-term oral health.





School Child Being Inspected for any Oral Issues

Oral Screening Camp at Tiny Tops, Moradabad.

An Oral Screening Camp was organized at Tiny Tops, Moradabad by the postgraduate students from the Dental College of TMU. The initiative aimed to promote oral health awareness and preventive care among young schoolchildren. Children underwent basic dental screenings to identify cavities, gum issues, and other oral conditions. Fluoride application was carried out to strengthen teeth and prevent dental caries. Postgraduate students provided interactive oral health education sessions suited to the children's understanding. Engaging tooth brushing demonstrations were conducted to teach proper brushing techniques. Students were encouraged to maintain regular brushing habits and visit dentists periodically. Teachers were also guided on monitoring children's oral hygiene at school. The session was lively, informative, and well-received by both students and staff. Overall, the camp successfully instilled the importance of early oral care and preventive dental practices among young learners.





Oral Screening of School Children During the Camp at Tiny Tops

Oral Screening Camp at PDK Inter College, Prabhat Market.

An Oral Screening Camp was conducted at PDK Inter College, Prabhat Market, Moradabad by the dental health team of TMU. The camp aimed to promote oral hygiene awareness and preventive dental care among school students. Comprehensive dental screenings were performed to detect cavities, gum problems, and malocclusion. Fluoride application was carried out to strengthen tooth enamel and prevent decay. Students received individualized oral health advice for maintaining proper dental hygiene. Interactive tooth brushing demonstrations helped children learn correct brushing techniques. The dental team emphasized the importance of regular dental check-ups and healthy eating habits. Teachers were guided on encouraging and monitoring oral hygiene among students. Children actively participated and showed enthusiasm in learning about dental health. Overall, the camp successfully fostered awareness of preventive oral care and the importance of lifelong dental hygiene practices.





PDK Inter College Students During the Oral Screening Camp

TMU's Medical College Organized Workshop On CPR

Under the direction of the National Board of Examination in Medical Sciences (NBEMS), workshops on CPR were conducted not only at Teerthanker Medical College and Research Center but also outside the university campus. This initiative aims to ensure a timely emergency response in the future to protect lives anywhere and anytime. Through live transmission by NBEMS, all doctors, faculty members, and postgraduate students were educated about the intricacies of CPR.

Under the guidance of the National Board of Examination in Medical Sciences, two workshops on CPR (Cardiopulmonary Resuscitation) were held at Teerthanker Mahaveer Medical and Research Center, Moradabad. These workshops were conducted with live transmission by NBEMS, which helped familiarize all doctors, faculty, and postgraduate students with the detailed procedures of CPR.

During the sessions, notable presence was observed from the Heads of Departments, including Prof. AK Singh (Surgery), Prof. P. Chatterjee (ENT), Prof. M. Kaur Tahelia





(Gynecology), Prof. Mazhar (Chest and TB), and Prof. Nagendra (Psychiatry), among others.



Demonstration of CPR During the Workshop for the Students

CPR is a life-saving technique that can be administered by anyone aware of the process during emergencies such as heart attacks, cardiac arrest, or cessation of heart function. It plays a critical role in preserving life by enabling the timely transport of the patient to a hospital. In addition to Teerthanker Medical College, CPR workshops were also organized at SL Education Institute, where the Department Head of Anesthesia, Dr. Mukesh Kumar Prasad, was notably present.

During the workshop, doctors from the Anesthesia and Medicine departments demonstrated live CPR techniques using mannequins and artificial methods, with enthusiastic participation from all attendees who learned the detailed nuances of CPR. Dr. Singh, Principal of Teerthanker Mahaveer Medical College, stated that such CPR workshops will continue to be organized in the future. These workshops will aim to raise awareness about CPR among doctors, paramedical staff, ward boys, and the general public.





Raghav Rajput, A Five-Year-Old Who Has Been Deaf and Dumb Since Childhood, Will Now be Able to Hear and Speak

A remarkable medical achievement, five-year-old Raghav Rajput, who had been deaf and dumb since early childhood, has regained the ability to hear and speak after a successful cochlear implant surgery. The procedure was conducted at Teerthanker Mahaveer Hospital and Research Center (TMU), marking the region's first successful cochlear implant surgery. The operation lasted nearly two hours and was executed by a team of expert doctors.

Raghav, the second son of Mr. Nakul Singh from Moradabad, was initially born without any noticeable health issues. However, it was later discovered that he was unable to hear or speak. Despite extensive consultations with various medical professionals, no significant progress was made until doctors recommended a cochlear implant. Unfortunately, the high cost of the procedure—estimated at over ₹8 lakhs—posed a major financial challenge for the family.

The turning point came when the family was informed about the central government's Assistance to Disabled Persons for Purchase/Fitting of Aids and Appliances (ADIP) scheme, implemented by the National Institute of Speech and Hearing Disabilities. Under this scheme, eligible children up to five years of age from families earning less than ₹15,000 per month are entitled to receive a cochlear implant free of cost. Raghav was brought to the Department of ENT at TMU Hospital, where he was screened and found eligible for the surgery. Following the necessary approvals through the government portal, the cochlear implant device was allocated to the hospital.

The surgical team comprised Dr. Probal Chatterjee, Head of the Department of ENT, Dr. Mukesh Prasad, Head of the Department of Anesthesia, and Dr. Akshay Jain, along with their medical team. The procedure was successfully performed, and a press conference was held to share the details of the achievement. Present at the event were the surgical team, Prof. M.P. Singh, Dean of Student Welfare, Mr. Vaibhav Jain, and Mr. Anil Gupta.





Dr. Chatterjee emphasized that while cochlear implant surgery typically incurs a significant cost—approximately ₹6 lakhs for the device and an additional ₹2 lakhs for associated medical expenses—all costs were fully covered under the ADIP scheme at TMU. The hospital also provided tests, medication, hospitalization, and meals entirely free of charge. Dr. Chatterjee noted that the implant would be activated approximately two weeks’ post-surgery and that the device is designed to last a lifetime.



Raghav Rajput, Five-Year-Old After the Surgery with the Team of Doctors

Additionally, Raghav will receive comprehensive speech therapy over the next two years to ensure the development of proper hearing and speaking abilities. Dr. Chatterjee highlighted the importance of early intervention, urging parents to seek treatment as early as possible, as the ADIP scheme applies only to children under the age of five. For children above five, support is available under the Ayushman Bharat scheme, though the cost of the cochlear device must be borne by the family; only the surgery is covered under Ayushman.

In closing, Dr. Chatterjee reiterated that surgery is just the beginning—true success lies in the long-term speech and hearing development of the child through dedicated therapy. Raghav was discharged from the hospital after the successful completion of the procedure, and his father, Mr. Nakul Singh, expressed his profound gratitude to the entire medical team at TMU Hospital for transforming his son’s future.





World Oral Health Day

“A healthy smile is a perfect smile.” The Department of Periodontology, Teerthanker Mahaveer Dental College and Research Centre, celebrated World Oral Health Day from 20 March 2024 to 21 March 2024, aligning with the ISP theme “A Happy Mouth is A Happy Body” (observed 1–20 March 2024). Under the guidance of Principal Prof. Dr. Manish Goyal and Head of Department Prof. Dr. Shalabh Mehrotra, the programme comprised an educational lecture by Prof. Mehrotra on the importance of oral health, a briefing on oral hygiene aids by Dr. Sweta, student competitions (rangoli and slogan writing), and an OPD oral health screening camp where patients were examined and advised for necessary treatment; the events were coordinated by Dr. Rajeev, Dr. Disha, Dr. Amrita, Dr. Pooja, Dr. Bharti, Dr. Sweta and Dr. Purna, and concluded with a prize distribution ceremony graced by the Principal. Overall, the initiative saw enthusiastic participation from undergraduate, intern and postgraduate students and faculty and was adjudged a successful and impactful outreach.



Treatment of Patients During the World Oral Health Day at TMU





International Women's Day



Cake Cutting Ceremony to mark the Celebration of International Women's Day

Teerthanker Mahaveer Dental College and Research Centre organized a programme on 8 March to mark International Women's Day, attended by faculty and students and graced by Principal Dr. Manish Goyal. The event opened with a floral welcome for the Principal and a keynote by Vice Principal Dr. Ankita Jain, who emphasized values and ethics, gender equality, the importance of higher education for women, and practical health education while addressing everyday issues faced by women colleagues. She also highlighted exemplary Indian women who have brought national pride. The programme concluded with a vote of thanks and high tea.





World No Tobacco Day

On 31 May 2024, the Department of Public Health Dentistry at Teerthanker Mahaveer Dental College and Research Centre organized a World No Tobacco Day program starting at 11:00 AM to educate OPD patients about the harmful effects of tobacco and to promote cessation. The event featured a student skit illustrating tobacco's impact on individuals and society and was attended by Dr. Pradeep Tangade (Officiating Principal), Dr. Ankita Jain (Vice Principal) and Dr. Vikas Singh (Professor, Department of Public Health Dentistry). An Oral Cancer Screening Detection Camp conducted by the Department of Oral Medicine and Radiology screened 125 patients, while the Department of Oral Pathology provided tobacco cessation counselling and initiated supportive therapies for those wishing to quit. The program emphasized prevention and cessation strategies and reflected the college's commitment to public health and community well-being.

The Department of Public Health Dentistry at Teerthanker Mahaveer Dental College and Research Centre celebrated "World No Tobacco Day" with a series of events. The program aimed to educate and sensitize patients visiting the OPD of TMDC&RC about the detrimental effects of tobacco use and to promote cessation efforts.



World No Tobacco Day Program at TMU





The undergraduate students presented a skit illustrating the harmful impacts of tobacco on both individuals and society. The event was attended by Dr. Pradeep Tangade, the officiating Principal, Dr. Ankita Jain, the Vice Principal, and Vikas Singh, Professor of the Department of Public Health Dentistry. The session emphasized the global adverse effects of tobacco consumption and discussed strategies for cessation and prevention. A significant event highlight was an Oral Cancer Screening Detection Camp organized by the Department of Oral Medicine and Radiology, where 125 patients were screened. The Head of Department, Dr. Shivan Satish, and Professor Dr. Upendra Mallik, the camp aimed to detect early signs of oral cancer, emphasizing prevention and early intervention.

Additionally, the Department of Oral Pathology and Microbiology, under the guidance of Dr. K. Vinod and Dr. Shilpa Dutta Malik, provided counseling and supportive treatments to individuals seeking to quit tobacco through a dedicated Tobacco Cessation Counseling Programme. The initiative outlined comprehensive strategies for quitting, including setting cessation goals, identifying triggers, employing problem-solving techniques, seeking social support, utilizing nicotine replacement therapy (NRT), and adopting healthy lifestyle practices. The entire program focused on motivating individuals to end tobacco use by taking appropriate preventive measures, reflecting the commitment of Teerthanker Mahaveer Dental College and Research Centre to public health and well-being.



Role Play Regarding Adverse Effects of Use of Tobacco





World AIDS Day

On 2 December 2024, the Department of Public Health Dentistry, TMDC&RC, observed World AIDS Day at Guretha village, Moradabad, under the theme "Take the Rights Path: My Health, My Right!" The outreach combined awareness sessions using charts and posters with a dental screening camp that screened 53 patients and provided oral hygiene and AIDS prevention education. The programme was led by Dr. Pradeep Tangade (Principal), Dr. Ankita Jain (Vice Principal), Dr. Vikas Singh (Professor) and Dr. Rupali Malik (Senior Lecturer), supported by postgraduate students Dr. Prabhat and Dr. Tannu Kumari, and successfully met its objectives of raising awareness and delivering preventive care.



TMU Faculty and Students Celebrating World AIDS Day at Guretha Village

The Department of Public Health Dentistry, TMDC&RC, celebrated World AIDS Day with the theme "Take the Rights Path: My Health, My Right!" by organizing a comprehensive awareness and dental screening camp at Guretha village, Moradabad, Uttar Pradesh. The event focused on educating the community about AIDS, covering topics such as its incidence, prevalence, causes, pathophysiology, signs and symptoms, treatment, prevention, and control. Using engaging charts, posters, and speeches, dental students





effectively communicated the significance of the day. The camp, led by Dr. Pradeep Tangade (Principal), Dr. Ankita Jain (Vice Principal), Dr. Vikas Singh (Professor), and Dr. Roopali Malik (Senior Lecturer), with the support of postgraduate students Dr. Prabhat and Dr. Tannu Kumari, also included dental screenings for 53 patients of various age groups. The event provided adults with an opportunity to interact with dental surgeons and gain valuable knowledge about oral hygiene and AIDS prevention measures. With the collective efforts of the team, the goals of raising awareness and offering preventive healthcare were successfully achieved, reinforcing the importance of World AIDS Day in honoring lives lost to AIDS and supporting those living with HIV.

World Orthodontic Health Day



On 15 May, World Orthodontics Health Day was celebrated at TMDCRC, TMU in the Department of Orthodontics. The programme was inaugurated by Principal Dr. Pradeep Tangde and Vice Principal Dr. Ankita Jain, with HODs and faculty from various departments in attendance. Dr. Sumit delivered a lecture on the significance of World Orthodontics Health Day, and Dr. Malvika spoke about achievements within the department and delivered a talk titled "Say No to Do-It-Yourself Aligners," highlighting regulatory notices and the risks of unsupervised aligner use. The event concluded with a cake-cutting ceremony and refreshments and was judged a successful observance.





World Radiology Day

On 8 November 2024, the Department of Oral Medicine and Radiology, Teerthanker Mahaveer Dental College & Research Centre, celebrated World Radiology Day in the department seminar room. The programme was inaugurated by Head of Department Dr. Sivan Sathish, who highlighted the importance of the day and recent advances in radiology. Activities included scientific paper presentations for final-year students, an e-poster competition for third years, and a radiology quiz for interns; all events saw enthusiastic participation and winners were honored at the close. The session was attended by Principal Dr. Pradeep Tangade, Vice Principal Dr. Ankita Jain, faculty and postgraduates, and concluded with a vote of thanks.



Celebration of World Radiology Day at TMU

National Public Health Dentistry Day

On 19 June 2024, the Department of Public Health Dentistry, Teerthanker Mahaveer Dental College and Research Centre, celebrated National Public Health Dentistry Day on the theme "Utilizing Behavioural Sciences in Promoting Oral Health." The program, beginning at 11:00 AM, featured undergraduate presentations of reels, memes and slogans on oral health prevention, and was attended by Dr. Pradeep Tangade (Officiating





Principal), Dr. Ankita Jain (Vice Principal), Dr. Vikas Singh and postgraduate students. The event promoted oral hygiene education, preventive care and community-focused public health dentistry.



Certificate distribution on National Public Health Dentistry Day at TMU

World Environment Day

On World Environment Day 2024, Teerthanker Mahaveer Dental College and Research Centre actively participated in a tree plantation drive to promote environmental sustainability. Faculty members including Dr. Ankita Jain, Dr. Sivan Sathish, Dr. Haritma Nigam, and Dr. Vikas Singh, along with students Harshit Jain, Umang Jain, Umme Habiba, and Aqsa Khan, together planted 10 saplings within the campus. The initiative reflected the institution's commitment to creating ecological responsibility and creating a greener future.





Tree Plantation Drive to Promote Environmental Sustainability

National Oral Medicine and Radiology Day

On 24 April 2024, the Department of Oral Medicine and Radiology, Teerthanker Mahaveer Dental College & Research Centre, observed National Oral Medicine and Radiology Day in the department seminar room. The programme was inaugurated by Head of Department Dr. Sivan Sathish, who highlighted recent advances in radiologic diagnostics and their impact on patient care. Activities included scientific paper presentations for final-year students, an e-poster competition for third-year students, and a radiology quiz for interns; all events saw enthusiastic participation, and winners were honored. The function was attended by Principal Dr. Manish Goyal, Dean Mrs. Neelima Jain, faculty and postgraduates, and concluded with a vote of thanks.





Session Conducted on the Occasion of National Oral Medicine and Radiology Day

International Yoga Day

On 21 June 2024, Teerthanker Mahaveer Dental College and Research Centre observed International Yoga Day with an engaging programme aimed at promoting holistic health and well-being among students, faculty, and the community. The session, conducted on campus under the guidance of trained instructors, highlighted the role of yoga in reducing stress, improving concentration, and enhancing physical and mental balance. The celebration not only created awareness within the institution but also had a broader community impact by encouraging healthy lifestyle practices. Engaging programme aimed at promoting holistic health and well-being among students, faculty, and the community



Students Performing Yoga During International Yoga Day





NSS Unit TMU Organized Heat Stroke Awareness Programme at Primary School, Manoharpur.

Teerthanker Mahaveer University (TMU), under the aegis of the National Service Scheme (NSS), organized a community outreach Programme titled “Awareness on Heat Stroke” at the Primary School, Village Manoharpur, Moradabad. The event, aimed at sensitizing young school children about the dangers of heat stroke and essential preventive measures amid rising summer temperatures. The Programme was hosted and coordinated by Mr. Harish Sharma, NSS Coordinator and Associate Professor, Department of Physiotherapy, TMU. Students from BPT 4th Year, BPT 3rd Year, and BPT 4th Semester actively participated in the campaign, marking their commitment to public health awareness.

Aimed at sensitizing young school children about the dangers of heat stroke and essential preventive measures amid rising summer temperatures.



Students Ready for Departure for the Heat Stroke Awareness Programme





Nukkad Natak (Street Play) On AIDS Awareness By NSS Wing, TMU

The National Service Scheme Unit of TMU, along with the College of Nursing, organized a Street Play in the hospital and the University premises on the occasion of World HIV / AIDS Day. The theme of the event was, "End inequalities, End AIDS, End Pandemics." The event aims to spread awareness regarding COVID-19 and the need for getting tested for HIV status among the masses. The students gave a sterling performance full of messages appreciated by all. The play was widely attended by staff members of TMU, students, patients, and visitors. Dr. M.P. Singh, Director (Students Welfare), also graced the occasion.



Awareness Regarding AIDS by NSS Wing, TMU

Corona Awareness at TMU

Corona Awareness: Don't think that Corona will end otherwise, it'll create infection and soon will lead to a pandemic. Given this, Nodal Officer, Dr. V.K. Singh, stated that antibiotics are formed in only those patients who have high-intensity corona. Only those patients require plasma to recover. Therefore, wearing masks and social distancing is now compulsory, and everyone should follow that blindly.





Clipping of the Newspaper Highlighting the Corona Awareness Event at TMU

World Diabetes Day at TMU

In a commendable effort to promote health awareness, the Department of Community Medicine at Teerthanker Mahaveer Medical College, under the leadership of Dr. Sadhna Singh, Head of the Department, organized a special event in Sin Bhagalpur Village to mark World Diabetes Day.





Health Inspection on the Occasion of World Diabetes Day at Sin Bhagalpur

Empowering Students: Child Health Care Program Promotes Health Awareness

The Child Health Care Program is a dynamic initiative designed to promote health awareness among students and empower them to lead healthier lives. Recognizing that good health is the foundation for academic success and personal growth, the program focuses on educating children about the importance of physical, mental, and emotional well-being.

Through a series of interactive activities, workshops, and awareness sessions, students learn essential practices for maintaining good health. They are introduced to topics such as balanced nutrition, personal hygiene, physical exercise, mental health management, and preventive health care measures. The program emphasizes developing a healthy routine that supports both academic performance and overall quality of life. Teachers, health experts, and community volunteers actively participate in delivering engaging sessions that help students understand how daily choices impact long-term health. Regular health check-ups, discussions on common illnesses, and demonstrations on first aid instill practical knowledge and confidence among young learners.





Moreover, the program encourages parents and guardians to be active partners in their children's health journey. By fostering collaboration between schools and families, the initiative ensures that healthy habits learned in classrooms are reinforced at home. With an emphasis on early intervention and preventive care, the Child Health Care Program not only raises awareness but also inspires behavioral change. It equips students with the knowledge and habits necessary to build a strong foundation for a healthy, active, and fulfilling life. By empowering children to take responsibility for their well-being, the program contributes to the creation of a healthier and more informed generation.



Demonstration of Care Practices in Physiotherapy

TMU Empowers Female Health With Awareness Camp On Hygiene And Pregnancy Care

Teerthankar Mahaveer University's Department of Physiotherapy took a significant step in promoting female health. In collaboration with the National Service Scheme (NSS), an awareness camp was organized on Female Hygiene and Pregnancy Care in Philander Sultanpur Village. The camp was led by Dr. Harish Sharma, Associate Professor in the Department of Physiotherapy. It saw active participation from the Masters of Physiotherapy (4th semester) and BPT 1st and 2nd-year students. The event aimed to





educate and empower approximately 50 females in the village about maintaining personal hygiene during their menstrual cycle and the essential care required during pregnancy.



Interaction with Residents During the Awareness Camp on Hygiene and Pregnancy Care

World Aids Day

The Department of Public Health Dentistry, TMDC&RC, celebrated WORLD AIDS DAY. On this day, a camp was organized in which an introduction about AIDS, incidence, prevalence, causes, pathophysiology, signs and symptoms, treatment, prevention and its control by dental students using charts, posters and delivered speech about World's Aids Day at Junior High School, Hakimpur, Moradabad, Uttar Pradesh.

The dental team was headed by Dr. Pradeep Tangade, Dr. Vikas Singh, Dr. Ankita Jain, along with six postgraduate students, Dr. Harshit, Dr. Prabhat, Dr. Tannu, Dr. Sonal, Dr. Swayam, and undergraduate students Ayushi, Aqsa, Arhant, Ather, Bhanu, and Chanki.

The day also focused on dental screening of 53 school-going children of different age groups. The children got ample opportunities to interact with the dental surgeons to inquire and gain knowledge concerning oral hygiene and prevention measures of AIDS.





With the involvement of every single member of the dental camp and their enormous efforts, the motive of the dental checkup camp and awareness regarding AIDS was achieved to its maximum.

Every year on 1st December, we commemorate World AIDS Day. This important day reflects on our worldwide response to HIV/AIDS by honoring the lives of those lost to AIDS related illness. On this day, we also renew our commitment towards supporting the well-being of those with HIV, as well as those at risk of infection.



Interaction with School Children on World's Aids Day at Junior High School, Hakimpur

World Oral Health Day

The Department of Public Health Dentistry observed World Oral Health Day with the theme "Be Proud of Your Mouth – For Your Health, Happiness, and Well-being." Led by Dr. Pradeep Tangade, Dr. Vikas Singh, and Dr. Ankita Jain, the celebration involved the active participation of undergraduate and postgraduate students.

Major activities:

1. **Health Awareness Rallies:** Students carried banners and distributed pamphlets in local markets, promoting oral hygiene.
2. **Free Dental Check-Up Camp:** A mobile dental unit was set up to provide services to over 150 people.





3. **Workshops on Preventive Dentistry:** Sessions for students and faculty on advancements in preventive care.

The collective effort of the department highlighted their unwavering commitment to oral health advocacy. Department of Public Health Dentistry Celebrated “World Oral Health Day” in Teerthanker Mahaveer Dental College and Research Centre. It started with a welcome note to the Principal, Dr. Manish Goyal, and all the patrons attending the session. The theme of the session was “A Happy Mouth is a Happy Body”.

There was a poster presentation in which undergraduate and postgraduate students participated. The Program was concluded by a closing health talk on healthy habits by Dr. Pradeep Tangade (Head of Department of Public Health Dentistry), Dr. Vikas Singh (Professor), and Dr. Ankita Jain (Reader).



Celebration of World Oral Health Day at TMDCRC

Hence, as a dentist, it is a very special day for each one of us as we are the guardians of the mouth. The day ended with a high hope that we have moved a step forward in creating an orally healthier community and, in large a mentally and physically healthier country and world.





MEDICAL CAMPS CONDUCTED

S. No.	Place of Medical Camp	TYPE Of Camp	Number of Patients Screened	Images during the Camp activities	
1.	Naroda	DBCS Camp	42		
2.	Mohmadpur Mafi	General Camp	71		
3.	Gendajud	General Camp	75		
4.	Norpur	General Camp	118		
5.	Gohawar	General Camp	83		
6.	Kashiram	General Camp	82		
7.	Sirsi Sambhal	General Camp	40		
8.	Ruppura	DBCS Camp	42		
9.	Bagi Goverdhanpur	DBCS Camp	85		





10.	Saray Agwanpur	General Camp	94		
11.	Dhampur	General Camp	317		
12.	Jama Masjid	DBCS Camp	40		
13.	Agwanpur	General Camp	107		
14.	Rehmat Nagar	DBCS Camp	105		
15.	Manpur Muzzafarpur	General Camp	86		
16.	Faradhi	General Camp	52		
17.	Gadapur	General Camp	110		
18.	Lalwara	General Camp	44		





19.	Lakri Fazalpur	General Camp	72		
20.	Shasapur	General Camp	99		
21.	Hussainpur Hameer	General Camp	49		
22.	Khanpur Agwanpur	General Camp	91		
23.	Suhagpur	General Camp	76		
24.	Sahunagla	General Camp	42		
25.	Seohara	General Camp	64		
26.	Dhimri	General Camp	91		
27.	Payati Kalan	Community Meeting	34		





28.	Shaspur	General Camp	73		
29.	Kishanpur	General Camp	86		
30.	Mugalpura	General Camp	59		
31.	Khushalpur	General Camp	75		
32.	Jama Masjid Moradabad	General Camp	70		
33.	Ladawali	General Camp	73		
34.	Mangupura	General Camp	44		
35.	Anyari	General Camp	131		
36.	Baretha	DBCS Camp	47		





37.	Om Enterpriese	General Camp	58		
38.	Shashpur	General Camp	97		
39.	Ratanpur Kala	General Camp	56		
40.	Shashpur Dehat	General Camp	71		
41.	Bhikanpur Kulwara	DBCS Camp	74		
42.	Kuda Merpur	General Camp	122		
43.	Madapur Bichola	DBCS Camp	47		
44.	Lodhipur Bishanpur	General Camp	51		
45.	Dulhepur	General Camp	81		





46.	Dadupur	DBCS Camp	56		
47.	Shashpur	General Camp	61		
48.	Sukla	General Camp	115		
49.	Pakwara	General Camp	80		
50.	Hariyana	General Camp	200		
51.	Noha Ark Moradabad	General Camp	62		
52.	Sukla Ki Mandiyon	General Camp	156		
53.	Hariyana	General Camp	99		
54.	Gajroula	General Camp	467		





55.	Lal Nagri	General Camp	93		
56.	Tahesil School	General Camp	74		
57.	Shashpur	General Camp	71		
58.	Moradabad Thathera	General Camp	109		
59.	Begumpur	General Camp	200		
60.	Saray	General Camp	142		
61.	Sabjipur	General Camp	51		
62.	Seohara	General Camp	80		
63.	Chandoshi	General Camp	78		





64.	Misripur	General Camp	120		
65.	Azad Nagar	General Camp	126		
66.	Gadipur	DBCS Camp	40		
67.	Bhola Singh Ki Milak	General Camp	109		
68.	Tanda	General Camp	97		
69.	Chakkar Ki Milak	General Camp	40		
70.	Mustafapur	General Camp	118		
71.	Milak Bahapur	DBCS Camp	59		
72.	Salempur	General Camp	97		





73.	Sidalu Nazarpur	DBCS Camp	50		
74.	Sambhal	General Camp	143		
75.	Misripur	General Camp	56		
76.	Bijna	DBCS Camp	59		
77.	Dhampur	General Camp	32		
78.	Phulpura Khalilpur	General Camp	127		

Free Health Services

TMU Moradabad has been making significant strides in providing free health services, especially benefiting those living in poverty, through a series of health camps. Programs like Ayushman have enabled countless underprivileged families to access essential medical services without financial burden.





Ayushman Bharat and Free Services

क्या आप लंबे समय से घुटने के दर्द से परेशान हैं? तो आपको दिल्ली जाने की जरूरत नहीं, क्योंकि अब मुरादाबाद में है विश्वस्तरीय रोबोटिक टेक्नोलॉजी से घुटना प्रत्यारोपण की सुविधा

आपका सवाल, हमारा जबाब...

लंबे समय से घुटने के दर्द से परेशान हैं और इससे आपकी दैनिकी में बाधा पड़ रही है? तो आपको दिल्ली जाने की जरूरत नहीं, क्योंकि अब मुरादाबाद में है विश्वस्तरीय रोबोटिक टेक्नोलॉजी से घुटना प्रत्यारोपण की सुविधा।

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रोबोटिक की विशेषताएं बताई जा रही हैं।

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TMU HOSPITAL

(A Hospital of Teerthankar Mahaveer Medical College & Research Centre)

Delhi Road, Moradabad - 244001 (U.P.)

पश्चिमी उप्र. में पहला हॉस्पिटल, जो दे रहा है

आयुष्मान कार्ड धारकों को

निःशुल्क

रोबोटिक टेक्नोलॉजी द्वारा घुटने बदलवाने की सर्जरी

यह सुविधा 70 वर्ष से अधिक उम्र के व्यक्ति नागरिकों एवं TPA, CGHS, CAPF, ECHS में भी मान्य

- सटीक सर्जरी
- कम दर्द और कम रक्तस्राव
- जल्दी रिकवरी
- जल्द अस्पताल से छुट्टी

आ.पी.सी. रोगियों के लिए विशेष, प्रा.प्र. 10-20 वर्ष के 10,000 रुपये तक

राज्याध्यक्ष मंडलों के लिए रोबोटिक टेक्नोलॉजी द्वारा घुटने बदलवाने का शुल्क

₹ 99,999/- (एक घंटा)

अपनी कसौटी से चिल्लाकर सुविधाएं प्राप्त करें -

(डॉ. रविन्द्र सिंह + डॉ. जयदीप + डॉ. अशोक + डॉ. अशोक + डॉ. अशोक + डॉ. अशोक)

डॉ. रविन्द्र सिंह

MBBS, MS (Orthopaedics), FRCR, FRCS (Ortho), Joint Replacement Unit & Chief - Robotics Joint Replacement

Helpline : 90 454546 44 9258112588 Email : tmuhospital@gmail.com Website : www.tmuhospital.com

Clip of Newspaper Advertising the Free Services to the Community

TMU Hospital in Moradabad actively participates in the Ayushman Bharat initiative, offering free treatment to Ayushman card holders. This ensures that economically weaker sections receive timely and quality healthcare services without worrying about costs. Special attention is given to beneficiaries of poverty alleviation schemes, focusing on those who might otherwise be unable to afford necessary treatments. Robotic knee replacement surgeries is also made available for eligible Ayushman card holders.



Free Mega Health Camps



TMU HOSPITAL

दशहरा पर्व के उपलक्ष्य में
टीएमयू अस्पताल द्वारा आयोजित...

दिनांक 11 अक्टूबर 2024 से
15 अक्टूबर 2024 तक

ओ.पी.डी. सोमवार से शनिवार
सुबह 9:00 से शाम 4:00 बजे तक

निःशुल्क मेगा कैंप

मेडिसिन विभाग - पारदर्श-निःशुल्क • ज्वररत गर्भ-निःशुल्क - नार्मल ज्वर-निःशुल्क • भोजन-निःशुल्क - CT / MRI - 50% की छूट	अर्जेंटी विभाग - पारदर्श-निःशुल्क • ऑस्टियो-निःशुल्क - ज्वर-निःशुल्क • ज्वररत गर्भ-निःशुल्क - गर्भाशय-निःशुल्क • भोजन-निःशुल्क - CT / MRI - निःशुल्क	चर्म एवं गुप्त रोग विभाग - पारदर्श-निःशुल्क • ज्वररत गर्भ-निःशुल्क - नार्मल ज्वर-निःशुल्क • भोजन-निःशुल्क - CT / MRI - 50% की छूट
हृदय रोग विभाग - पारदर्श-निःशुल्क - ऑस्टियो-निःशुल्क • दाढ़ी-निःशुल्क - नार्मल ज्वर-निःशुल्क • ज्वररत गर्भ-निःशुल्क - भोजन-निःशुल्क - CT / MRI - निःशुल्क	बाल रोग विभाग - पारदर्श-निःशुल्क • ज्वर-निःशुल्क - ज्वररत गर्भ-निःशुल्क - दाढ़ी (GPO / PO)-निःशुल्क - NCU / ICU & Ventilator-निःशुल्क - भोजन-निःशुल्क • गर्भ की की 1200- तक की निःशुल्क - CT / MRI - 50% की छूट	टी.बी. एवं दमा रोग विभाग - पारदर्श-निःशुल्क • ज्वररत गर्भ-निःशुल्क - नार्मल ज्वर-निःशुल्क • भोजन-निःशुल्क - CT / MRI - 50% की छूट
स्त्री एवं प्रसूति रोग विभाग - पारदर्श-निःशुल्क • ज्वर-निःशुल्क - ज्वररत गर्भ-निःशुल्क • ऑस्टियो-निःशुल्क - दाढ़ी (IPO)-निःशुल्क - गर्भ की की 1200- तक की निःशुल्क - भोजन-निःशुल्क - CT / MRI - 50% की छूट	वाक्ता कान व नज़र विभाग - पारदर्श-निःशुल्क • ऑस्टियो-निःशुल्क - नार्मल ज्वर-निःशुल्क • ज्वररत गर्भ-निःशुल्क - भोजन-निःशुल्क • दाढ़ी-निःशुल्क - CT / MRI - 50% की छूट	लेप रोग विभाग - पारदर्श-निःशुल्क • ऑस्टियो-निःशुल्क - ज्वररत गर्भ-निःशुल्क • नार्मल ज्वर-निःशुल्क - भोजन-निःशुल्क • CT / MRI - 50% की छूट - दाढ़ी-निःशुल्क
नवी रोग विभाग - पारदर्श-निःशुल्क • ज्वररत गर्भ-निःशुल्क - नार्मल ज्वर-निःशुल्क • भोजन-निःशुल्क - CT - ₹ 200/- • MRI - ₹ 500/- • EEG - ₹ 200/-		

स्त्री एवं प्रसूति विशेष रोग विभाग प्रसव के बाद माँ और बच्चे के पौष्टिक आहार एवं शिशु की देखभाल के लिये **₹4000/-** की आर्थिक सहायता प्रदान की जायेगी।

*उपरोक्त छूट एवं निःशुल्क सुविधाएँ जनरल वार्ड में 48 घंटे तक भर्ती होने पर ही मान्य।
*निःशुल्क कैंप में रजिस्ट्रेशन के लिए मरीज को अपना आधार कार्ड लाना अनिवार्य है।

एनएच-09, दिल्ली रोड, मुठवाबाद (उ.प्र.) Helpline : 9258112588 Emergency : 9568865444

Clip of Newspaper Advertising the Free Mega Camp

TMU Hospital organized a Mega Health Camp from 11th October 2024 to 15th October 2024, with the objective of extending accessible and quality healthcare services to the community. The camp was a significant initiative aimed at providing comprehensive medical care to people from all walks of life, completely free of cost.

During the five-day camp, beneficiaries availed free registration, medical consultation, admission, and treatment services across all hospital departments. To ensure complete patient care, the hospital also provided free medicines, laboratory investigations, surgical operations, and diagnostic procedures. Patients admitted in the general ward were offered free accommodation and nutritious meals, ensuring their comfort and well-being throughout their stay.



This large-scale health initiative witnessed enthusiastic participation from the community and remarkable coordination among the multidisciplinary medical teams of TMU Hospital. The camp reinforced the institution's mission of delivering compassionate and equitable healthcare, emphasizing its commitment to the health and welfare of society.

Through this Mega Health Camp, TMU Hospital once again demonstrated its dedication to "Health for All", bridging the gap between healthcare needs and accessibility.

Free Liver Bioscan Test

TMU HOSPITAL

पेट एवं लीवर रोग विभाग

निःशुल्क लीवर फाईब्रोस्कैन टेस्ट

27 जून 2024 **प्रातः 09:00 बजे से 02:00 बजे तक**

क्या आप भी निम्न बीमारियों से परेशान हैं?

- फैटी लीवर रोग
- अल्कोहलिक लीवर रोग
- उच्च कोलेस्ट्रॉल
- लीवर सिरोसिस
- डायबिटीज (मधुमेह)
- हेपेटाइटिस बी/सी
- मोटापा

तो तुरंत निःशुल्क फाईब्रोस्कैन टेस्ट कराएँ...

Dr. Rajendra Bhati
MD, DM Gastroenterology

Fibroscan
₹2500/-
FREE

73009 45655 **TMU HOSPITAL**
NH-09, Delhi Road, Moradabad (U.P.)

Clip of Newspaper Advertising the Free Liver BioScan Test

TMU Hospital organized a free Liver BioScan test worth Rs. 2500 INR for free of cost on June 27, 2024 for the people attending the OPD on this date between 09:00am to 05:00pm.





Free Dental Camp at TMU

दाँत अस्वस्थ तो शरीर स्वस्थ कैसे ?

01 ✓ बेहतरीन डेंटल सुविधाएं एक ही छत के नीचे उपलब्ध

02 ✓ अनुभवी चिकित्सकों एवं अत्याधुनिक तकनीकों द्वारा इन चिकित्सा

उपलब्ध सुविधाएं

- दांतों की सफाई (स्कैलिंग)
- खोखले दांतों में चांदी भरना
- मसूड़ों से खून निकलने का उपचार
- बच्चों के दांत संबंधित उपचार
- सड़े गले दांत, अक्ल दाढ़ को निकालना
- दांतों के दर्द का तुरंत इलाज, बस्तीसी लगाना
- दांतों के घबरे हटाना (विनियर/क्लीथिंग)
- डिजिटल डेंटल एक्स-रे की सुविधा
- टूटे दांतों का इलाज
- ब्रिजिंग, कैंपिंग (मेटल/सिरेमिक)
- इम्प्लांट द्वारा नकली दांत लगाना
- मुंह के कैंसर की जांच व इलाज
- रूट कैनाल (नसों का इलाज)
- टेढ़े-मेढ़े दांतों का उपचार (ब्रेसिज द्वारा)
- एक्सीडेंट हुए जबड़े के फ्रैक्चर की सर्जरी
- मसूड़ों की सर्जरी
- लेजर द्वारा मसूड़ों की सर्जरी की सुविधा उपलब्ध

कैंप
24 सितम्बर 2024 से
24 अक्टूबर 2024 तक
साथ ही सुनिश्चित इलाजों पर
विशेष छूट
परामर्श निःशुल्क
O.P.D.
(सोमवार से शनिवार) प्रातः 9 से सायं 3:30 बजे तक

आधुनिक
CBCT मशीन
द्वारा मुंह और
चेहरे के स्कैन की
सुविधा उपलब्ध

तीर्थकर महावीर डेंटल कॉलेज एंड रिसर्च सेंटर
TMU HOSPITAL

Helpline 8171477207

Follow us

Clip of Newspaper Advertising the Free Dental Checkup

TMU Dental College conducted a Free Dental Check-Up Camp from 24th September 2024 to 24th October 2024. The initiative aimed to promote oral health awareness and provide preventive dental care to the community. During this period, a large number of patients visited the college, where they received professional dental consultations and guidance on maintaining oral hygiene.

The dental team carried out various procedures, including dental examinations, teeth cleaning (scaling), fluoride applications, and many more. Patients were also educated on proper brushing techniques, the importance of regular dental check-ups, and ways to prevent common dental problems such as cavities and gum diseases.





The camp was well-received, with enthusiastic participation from the community, reflecting TMU Dental College's commitment to public health and oral wellness.

Free Surgical Camp at TMU

TMU HOSPITAL
पुस्तकालय, दिल्ली रोड, मुरादाबाद
102+ बेड का सभी सुविधाओं से सुसज्जित मॉडर्न एवं मुक्त मोतिवाली अस्पताल

जनरल सर्जरी विभाग

मुरादाबाद मंडल में पहली बार मेगा निःशुल्क सर्जरी कैंप
दिनांक 1 मई 2024 से 31 मई 2024 तक

परामर्श निःशुल्क **ऑपरेशन निःशुल्क**

जाँचें निःशुल्क **दवाईयाँ निःशुल्क**

O.P.D.
रोजगार से रूकियाए
सुबह 9:00 से शाम 4:00 बजे तक

SICU/ बैन्टीलेटर निःशुल्क

• उपरोक्त छूट एवं निःशुल्क सुविधाएं जनरल वार्ड में 48 घंटे तक भर्ती होने पर ही मान्य
• जनरल वार्ड में भर्ती मरीजों के लिए भोजन निःशुल्क
• MRI / CT स्कैन पर 50% की छूट
• यात्रा की जांचें ₹2000/- तक की निःशुल्क

हेल्पलाइन नं. 9258112588
ईमरजेंसी नं. 9568865444

Follow us

Clip of Newspaper Advertising the Free Surgical Camp

TMU Hospital successfully conducted a Free Surgical Camp from 1st May 2024 to 31st May 2024, providing comprehensive healthcare services to patients in need. The camp aimed to ensure access to essential surgical care and promote community health by offering services completely free of cost.

During the camp, patients received free consultations, surgical procedures, laboratory investigations, prescribed medicines, and intensive care services including ventilator support. The hospital team comprised experienced surgeons, physicians, and nursing staff who worked collaboratively to deliver high-quality care with safety and compassion.





The initiative enabled patients, especially those from economically disadvantaged backgrounds, to receive timely surgical interventions without financial burden. TMU Hospital's Free Surgical Camp was a significant step toward improving health outcomes and strengthening the hospital's commitment to serving the community.

TMU Hospital: Janani Suraksha Yojana (JSY) (Maternity Safety Scheme)

TMU Hospital, Moradabad, has launched a dedicated free safe delivery campaign under the Swasth Nari-Sashakt Parivar Abhiyan, directly aligned with the goals of the Janani Suraksha Yojana (JSY). The initiative was unveiled in honor of Prime Minister Narendra Modi's birthday, with a commitment to run smoothly.

TMU HOSPITAL
पंचवट, दिल्ली रोड, मुल्तपुरा
TMU HOSPITAL 100- बेड का स्वस्थ सुविधाओं से सुसज्जित प्राइवेट एवं पब्लिक पोस्टग्रेजुएट अस्पताल

स्त्री एवं प्रसूति रोग विभाग
सुरक्षित व निःशुल्क डिलीवरी एवं प्रसूति रोगों के लिये विशेष कैंप

दिनांक 1 मई 2024 से 31 मई 2024 तक

निःशुल्क	निःशुल्क	निःशुल्क
परामर्श	ऑपरेशन	जॉचें
अल्ट्रासाउंड	दवाईयाँ	GICU / NICU/ PICU & Ventilator

- ✓ नॉर्मल डिलीवरी, सिजेरियन डिलीवरी
- ✓ महिलाओं के बच्चेदानी की सफाई
- ✓ बच्चेदानी के मुँह की जाँच
- ✓ बच्चेदानी के कैंसर की दूरबीन विधि से जाँच
- ✓ दूरबीन विधि से बच्चेदानी और नलों की जाँच
- ✓ बच्चेदानी की रसौली का ऑपरेशन
- ✓ योनि में कसाव व गाँठ का ऑपरेशन
- ✓ बच्चेदानी निकालने का ऑपरेशन (Hysterectomy)
- ✓ बच्चा होने के लिए सभी जाँचें
- ✓ नलें बंद करने का ऑपरेशन

- उपरोक्त छूट एवं निःशुल्क सुविधाएं जनरल वार्ड में 48 घंटे तक भर्ती होने पर ही मान्य
- बाहर की जाँचें ₹2000/- तक की निःशुल्क
- MRI / CT स्कैन पर 50% की छूट

Helpline 9258112588
Emergency 9568865444

O.P.D.
सोमवार से शनिवार
(सुबह 9-4:30 से शाम 4:00 बजे तक)

विशेष: प्रसव के बाद माँ और बच्चे के पौष्टिक आहार एवं शिशु की देखभाल के लिये ₹4000/- की सहायता प्रदान की जायेगी।

Follow us

Clip of Newspaper Advertising the Maternity Safety Scheme



Completely free institutional deliveries for all pregnant women at TMU Hospital. Financial support of ₹4,000 per beneficiary, ensuring comprehensive assistance from admission through post-natal care. Full implementation of JSY protocols to reduce maternal and newborn mortality, support vulnerable families, and improve reproductive healthcare access in Moradabad and surrounding regions.

The hospital emphasizes compassionate care, modern medical facilities, and skilled staff, motivating expecting mothers to choose safe hospital deliveries. TMU Hospital stands as a model for maternal health empowerment, showcasing how institutional partnerships and government schemes like JSY can contribute to stronger, healthier families. TMU Hospital's campaign demonstrates best practices in community engagement and effective scheme implementation, serving as a reference point for other healthcare institutions.

TMU Hospital's skilled staff educates families about government schemes, cash benefits, and postnatal services, reinforcing trust and hope in the community. TMU Hospital continues to set high standards in healthcare, remaining dedicated to both clinical excellence and social impact.

Metric: 3.3.3 Shared Sports Facilities

Shared, accessible sports facilities encourage physical activity, teamwork and mental well-being; they are an important preventive health intervention for the campus community.

TMU activities & achievements:

- TMU provides state-of-the-art indoor and outdoor sports infrastructure (indoor stadium, cricket ground, football field, indoor courts, gymnasium) that is available to students across departments and for community events. The facilities support inter-college competitions, coaching, and daily student fitness programs.
- Sports-for-health programmes: structured fitness curricula, seasonal tournaments, and student coaching that connect sport participation with health promotion.





Teerthanker Mahaveer University has proudly emerged as a hub of sporting inspiration, hosting some of the most celebrated names in Indian sports. From the cricket field to the volleyball court, TMU has consistently welcomed icons whose presence has motivated aspiring athletes and elevated the university's standing in the sporting fraternity. In cricket, TMU has been honored by the continued association of Piyush Chawla and Mohd. Shami, who have not only played at the university but have also taken part in multiple training sessions and visited the campus on numerous occasions. Their mentorship and encouragement have been instrumental in inspiring young cricketers to pursue excellence. Adding further prestige, celebrated names such as Amit Mishra, Praveen Kumar, Kuldeep Yadav, Naman Ojha, Avesh Khan, and Rajat Patidar have showcased their talent at TMU, leaving a lasting imprint on its cricketing culture.



<https://www.youtube.com/shorts/HPUFk4VGW4o>

Above is the link to a Youtube Video of Famous Indian Cricketer Mohd Shami regarding the University and its development during his visit to the University.

In volleyball, TMU has had the privilege of hosting legendary figures whose achievements have brought immense pride to the nation. Tom Joseph, an international stalwart and Arjuna Awardee, graced the university with his sporting excellence, inspiring countless students. Alongside him, celebrated players like K. J. Kapil Dev, Subbarao, etc., acclaimed as international players, enriched TMU's legacy by contributing their skills and presence to major championships held at the university.

The recognition TMU commands in the sports fraternity is further highlighted by the presence of eminent personalities such as Rajeev Shukla, Vice President of the BCCI, who has presided over landmark sporting ceremonies at the university.





Together, these milestones form a powerful testament to TMU's unwavering commitment to integrating academics with athletics. By providing a platform where national legends engage with rising talent, TMU ensures that the inspiration drawn from today's champions continues to shape the achievers of tomorrow.

Not limited to these illustrious names, TMU has repeatedly welcomed a significant number of eminent sports personalities over the years, whose visits and engagements have continually inspired students and strengthened the university's reputation as a center where athletic talent thrives alongside academic excellence.



World Class Infrastructure for Sports Facilities at TMU





Grassroots Nurturing Program: TMU Inter School Sports Championship

The idea behind the concept of organizing Inter School Sports Championship under the Grassroots Nurturing program was to expose young talents to the advanced international standard sports facilities, groom the coaches and students with the latest rules & regulations, trends, equipment's and playing strategies without any kind of fees.

As we all know that internationally Moradabad is known as brass city but in terms of sports it has very less contribution in national and international sports and the main reason behind this that commissionaire is lacking behind the standard sports infrastructure which is not updated as per international sports bodies but here at Teerthanker Mahaveer University we have an international standard state of art indoor sports complex, BCCI standards cricket ground with pavilion, and multipurpose sports ground with a college of Physical Education where sports experts and physical educationists of various sports are available with their well-groomed UG, PG and PhD students of Physical Education.



Inauguration Ceremony of Sports Event at TMU





So the idea comes that if we have such kind of facilities available inside the university campus, then why don't we nurture young talents? Why don't we expose them to the latest sports trends, rules& regulations and well-equipped sports infrastructure? So the College of Physical Education took this responsibility, which is totally self-funded by the university itself from the academic session 2022-23 and continues the same trend in further years.

Support to Schools of Moradabad Commissionerate

It is important to highlight that the schools of the Moradabad Commissionerate regularly seek the assistance of the College of Physical Education for the smooth conduct of their school sports tournaments. In response, the College has consistently deputed its Undergraduate and Postgraduate students of Physical Education to serve as sports officials, ensuring that events are conducted with fairness, discipline, and adherence to standard rules. This support is provided without charging any fees, reflecting the University's commitment to community service and the promotion of grassroots sports.



Starting Parade of the Sports Event at TMU, Moradabad

By engaging its skilled UG and PG students in such responsibilities, the College not only strengthens the sporting ecosystem of regional schools but also provides its students with





valuable hands-on exposure in officiating, event management, and professional conduct. This dual benefit enhances the quality of school-level competitions while simultaneously nurturing the professional skills and confidence of future physical educationists.

Over time, this practice has significantly deepened the bond between the University and the schools of the Commissionerate. The schools recognize and appreciate the University's contribution, while students take pride in serving as ambassadors of the institution in the wider community. Through this initiative, the College of Physical Education has established itself as a reliable partner in fostering a culture of organized, inclusive, and professionally managed sports at the grassroots level.



Cricket Match at TMU, Moradabad





Grassroots Nurturing Programme: Comparative Report (2023–24 & 2024–25)

The Grassroots Nurturing Programme (GNP) under the aegis of Teerthanker Mahaveer University has emerged as a significant platform to provide school students exposure to professional sporting culture, international-standard facilities, and updated rules of play. The initiative has been self-funded by the University and implemented through the College of Physical Education, with a vision to nurture young sporting talent across the Moradabad Commissionerate. The years 2023–24 and 2024–25 witnessed remarkable progress in scale, diversity, and outreach of the programme.



Volleyball Match in an Indoor Sports Arena at TMU, Moradabad

In 2023–24, the programme successfully organized inter-school championships in cricket (boys and girls), volleyball (boys and girls), involving more than 700 participants from diverse schools across the region. The events were graced by eminent dignitaries such as the District Inspector of Schools, Members of the Legislative Council, and senior University officials. Schools like The Aryans School Joya, Nirmal Public School Bijnor, Green Meadows School Moradabad, and Divine International School Rampur emerged as prominent winners, establishing the competitive spirit and enthusiasm of participating institutions.





The subsequent year, 2024–25, marked an expansion both in participation and in the variety of sporting disciplines. In addition to cricket and volleyball, the programme introduced badminton and basketball, thereby broadening the scope of opportunities for students. More than 680 students from over 90 schools competed, with significant representation from Moradabad, Amroha, Rampur, and adjoining districts. The presence of distinguished guests including the Vice-Chancellor of TMU, senior Deans, and even NCC officers enriched the value of the events. Notable schools such as Pioneer Academy Ramnagar, Gandhi Nagar Public School Moradabad, S. S. Children Academy Moradabad, and St. Paul's College Moradabad secured top positions across various tournaments, highlighting the programmes increasing competitiveness.



Students Badminton match at Indoor Stadium at TMU

A comparative analysis of both years reflects a positive trend. While 2023–24 focused on consolidating core sports like cricket and volleyball, 2024–25 emphasized diversification and inclusivity by introducing badminton and basketball. Participation remained consistently high, demonstrating sustained interest among schools. Another key achievement has been the significant involvement of girls' teams, which underlines the programme's commitment to promoting gender equity in sports.





Beyond competitions, the programme's true impact lies in its contribution to fostering a sports culture within schools of the Moradabad Commissionerate. Students gained hands-on experience of playing in professional settings, while coaches and physical education teachers benefitted from exposure to the latest rules, equipment, and strategies. Moreover, several schools from the Commissionerate regularly requested the College of Physical Education to send officials for organizing their internal sports tournaments. The College has consistently deputed trained officials for such events, reinforcing its role as a trusted partner in regional sports development.

In conclusion, the Grassroots Nurturing Programme has grown steadily between 2023–24 and 2024–25, both in terms of participation and quality. It has not only provided a competitive platform to young players but has also strengthened the school–university partnership in the region. Moving forward, the programme can be further enriched by introducing athletics, kabaddi, and other indigenous sports, enhancing training workshops for coaches, and creating a structured talent-identification pipeline. This will ensure that the vision of nurturing future champions at the grassroots level continues to evolve into a sustainable and impactful initiative.



Students Enthusiastically Participate in a Nighttime Tug of War Competition





Students Celebrating Victory After a Cricket Competition

DETAILS OF THE SPORTS FACILITIES MADE ACCESSIBLE TO PUBLIC

Sports Activity	Ground / Venue	Timings for Public Access
Cricket	TMU Cricket Ground	5:00 PM – 8:00 PM
Football	University Football Field	5:00 PM – 8:00 PM
Basketball	Indoor Sports Complex	5:00 PM – 8:00 PM
Volleyball	Indoor Sports Complex	5:00 PM – 8:00 PM
Badminton	Indoor Sports Complex	5:00 PM – 8:00 PM
Table Tennis	Indoor Sports Complex	5:00 PM – 8:00 PM
Athletics / Track Events	University Athletic Track	5:00 PM – 8:00 PM
Gym / Fitness Zone	University Gymnasium	5:00 PM – 8:00 PM
Chess & Indoor Games	Indoor Sports Complex	5:00 PM – 8:00 PM





Metric 3.3.4: Sexual & Reproductive Health Services For Students

Teerthanker Mahaveer University (TMU) is committed to promoting the overall well-being of its students by ensuring access to comprehensive sexual and reproductive health services, aligning with the objectives of Sustainable Development Goal 3 (Good Health and Well-being). The University prioritizes preventive, promotive, and curative health care through its state-of-the-art Medical College and Hospital, where students can access confidential consultations, counseling, and treatment related to reproductive health issues.

TMU regularly conducts awareness programs, workshops, and interactive sessions focusing on menstrual hygiene, sexually transmitted infections (STIs), contraceptive methods, and the importance of emotional well-being in relationships. The College of Nursing, in collaboration with the Internal Complaints Committee (ICC) and Mission Shakti initiatives, organizes campaigns to empower students, particularly female students, with accurate knowledge about reproductive rights, menstrual hygiene management, and gender sensitivity.

Dedicated health care professionals, gynecologists, and counselors are available to provide guidance and address students' queries in a safe and supportive environment. Free health check-ups, vaccination drives, and menstrual hygiene product distributions are also carried out regularly to promote healthy practices.

TMU ensures strict confidentiality and non-judgmental care, fostering a culture where students feel comfortable seeking advice and assistance. Through these sustained efforts, the University not only upholds students' physical and mental well-being but also strengthens its commitment to the national and global vision of sustainable health for all under SDG 3 – Ensure healthy lives and promote well-being for all at all ages.

TMDCRC offers students comprehensive sexual and reproductive health services, providing free access to essential care, guidance, and reliable information. The institution regularly organizes awareness programs, seminars, and educational sessions covering topics such as sexual health, safe practices, contraception, reproductive rights, and menstrual hygiene. As part of these initiatives, free sanitary napkins are distributed during special campaigns, along with guidance on the proper use of pads, selection of safe and chemical-free materials, and environmentally responsible disposal practices. Together,





these efforts create informed decision-making, promote healthy behaviors, and support overall well-being, within a stigma-free and supportive environment that encourages students to seek care and advice confidently.



Seminar on Reproductive Health and Influence on Oral Structure

International Womens Day

On the occasion of International Women's Day, Teerthanker Mahaveer University (TMU) organized an enlightening and socially impactful program titled "Discussion on Maintenance of Women's Health and Sexual Hygiene", followed by the distribution of sanitary napkins among the participants. The event was conducted at the TMU Dental College, and the participants included members of the general public attending the Outpatient Department (OPD). A total of 86 women participants took part in this awareness discussion, making the initiative both educational and community-oriented.

The program aimed to raise awareness about the importance of maintaining good reproductive and sexual health, with a special focus on menstrual hygiene management. The session began with a warm welcome by the faculty members of the Dental College, who highlighted the significance of celebrating women's health and empowerment on International Women's Day. The event was graced by healthcare professionals, dental surgeons, and nursing faculty who shared valuable insights into the preventive and promotive aspects of women's health.





The discussion covered crucial topics such as personal hygiene practices, menstrual cycle management, prevention of infections, awareness about reproductive tract infections (RTIs), and the importance of balanced nutrition for maintaining hormonal and reproductive health. Experts emphasized the need for regular health check-ups and the role of hygiene in preventing diseases such as urinary tract infections and cervical infections. Participants were also educated on the safe disposal of sanitary napkins and eco-friendly menstrual products.



Discussion on maintenance of women health and sexual hygiene followed by distribution of sanitary napkins on International Women's Day

The interactive session allowed the participants to freely express their doubts and misconceptions regarding menstrual and sexual health. The facilitators addressed these queries with sensitivity, ensuring that the discussion promoted openness and awareness rather than stigma or discomfort. The event also included short demonstrations on the correct use of sanitary products and personal hygiene practices during menstruation.

Following the discussion, sanitary napkins were distributed among all the participants as part of the university's commitment to promoting menstrual hygiene and empowering women through accessibility and education. The gesture aimed to encourage hygienic menstrual practices, especially among women from rural and underserved backgrounds attending the OPD.





The initiative reflected TMU's continuous efforts to advance Sustainable Development Goal 3 (Good Health and Well-being) and SDG 5 (Gender Equality) by promoting equitable access to health education and essential resources for women. The program not only enhanced health literacy among participants but also encouraged them to adopt healthy practices and share this knowledge within their communities.

The event concluded with an expression of gratitude to the organizing team, healthcare professionals, and faculty members for their dedicated efforts. Feedback from participants indicated that the session was both informative and motivating, creating awareness about issues often overlooked in everyday life.

Through such initiatives, Teerthanker Mahaveer University continues to reaffirm its commitment to women's health, empowerment, and community welfare, ensuring that awareness and access to reproductive health services reach every segment of society. The event served as a meaningful step toward building a healthier, informed, and empowered community of women.

Awareness Programme On Cervical Cancer

An Awareness Programme on Cervical Cancer followed by a Human Papillomavirus (HPV) Vaccination Camp was organized at Teerthanker Mahaveer University (TMU) Hospital with the objective of promoting awareness about cervical cancer prevention and the importance of early vaccination. The event witnessed the enthusiastic participation of around 250 students, faculty members, and healthcare professionals, reflecting the university's strong commitment to advancing public health and preventive healthcare practices.

The program began with a formal inaugural session where the importance of cervical cancer awareness was emphasized by senior faculty and medical experts from TMU Hospital. The speakers highlighted that cervical cancer is one of the most preventable forms of cancer among women, primarily caused by persistent infection with high-risk strains of the Human





HPV Vaccination of Students

Papillomavirus (HPV). Despite being largely preventable, it remains a significant public health challenge due to lack of awareness and screening, especially in developing regions.

During the awareness session, specialists from the Department of Obstetrics and Gynaecology delivered informative talks on causes, symptoms, early detection, and prevention of cervical cancer. Students were educated about the role of regular Pap smear screening, safe sexual practices, and vaccination in reducing the incidence of the disease. Emphasis was also placed on lifestyle factors, nutrition, and hygiene that play a crucial role in maintaining reproductive health.

A key highlight of the event was the administration of the HPV vaccine, a scientifically proven preventive measure against cervical cancer. The vaccination camp was organized under the supervision of trained healthcare professionals and nursing staff. Participants were informed about the benefits, dosage schedule, and safety of the vaccine. The medical team ensured proper counseling prior to vaccination, addressing any doubts and misconceptions among the students.





Participants with HPV Vaccine

The interactive format of the session encouraged open discussion, allowing students to seek clarification about HPV infection, vaccination age, and long-term protection. Faculty members underscored that vaccination, combined with routine screening, provides a strong defense against cervical cancer and can significantly reduce mortality rates among women.

The program also aimed to instill a sense of social responsibility among the students, encouraging them to act as health ambassadors by spreading awareness about cervical cancer prevention within their families and communities.

The event concluded with a vote of thanks delivered by the organizing committee, expressing appreciation for the collaborative efforts of TMU Hospital, medical faculty, nursing staff, and the participating students. The success of the program was evident from the positive feedback received, as participants found the session highly educational, practical, and impactful.

Through this initiative, Teerthanker Mahaveer University reaffirmed its dedication to promoting Sustainable Development Goal 3 – Good Health and Well-being, by integrating education, prevention, and healthcare delivery. The awareness programme and vaccination camp not only enhanced students' knowledge about cervical cancer but also demonstrated





TMU's proactive role in protecting and improving the health of its academic community and society at large.

“Celebrating Health And Happiness”

The Department of Pediatrics, Teerthanker Mahaveer University (TMU) Hospital, organized a heartwarming event titled “Celebrating Health and Happiness”, aimed at spreading smiles and joy among the children admitted in the Pediatric Ward. The program sought to uplift the spirits of young patients and create an atmosphere of cheer, love, and encouragement during their hospital stay. The event saw the active participation of faculty members, doctors, nurses, and supporting staff, all joining together to bring happiness to the children through interaction and gift distribution.

The day began with warm greetings and cheerful decorations that transformed the Pediatric Ward into a vibrant space filled with color and life. The healthcare team, led by the Pediatric Department, expressed their commitment to not only treating illnesses but also nurturing the emotional and psychological well-being of young patients. The event underscored TMU Hospital's holistic approach to healthcare, where compassion, empathy, and emotional care go hand in hand with medical treatment.



Children Participating in Fun Activities

As part of the celebration, **gifts and toys were distributed** to all the children admitted in the ward. The moment the gifts were handed over, the room was filled with laughter, joy, and smiles. Children, despite their ailments, radiated happiness and excitement as they





unwrapped their presents. Their glowing faces were a testimony to the healing power of kindness and care. Teachers, staff members, and healthcare workers joined the celebration, interacting with the children and sharing moments of affection and encouragement.

The faculty members of the Department of Pediatrics emphasized that positive emotional experiences play a significant role in the recovery process of sick children. They highlighted that gestures of love and compassion help reduce stress and anxiety in hospitalized children, contributing to faster recovery and overall well-being. The hospital's administration extended their appreciation to the pediatric team for initiating such a thoughtful and meaningful event that aligns with TMU's commitment to patient-centered care.



Children smiling brightly with their gifts, joined by teachers and staff, in a joyful moment of encouragement and support.

Throughout the event, the hospital echoed with laughter and joy as staff members sang songs, played with the children, and engaged them in small fun activities. The sight of children smiling brightly, surrounded by caring teachers and medical staff, reflected the true essence of the celebration—promoting health, happiness, and hope.

The event concluded with a message of goodwill and encouragement from the Head of the Department of Pediatrics, who appreciated the dedication of the healthcare team and thanked the participants for making the day memorable. She emphasized that the department will continue to organize such compassionate initiatives to foster a healing environment for young patients.





Through “Celebrating Health and Happiness,” TMU Hospital once again demonstrated its unwavering commitment to the ideals of Sustainable Development Goal 3 – Good Health and Well-being, by promoting not only physical healing but also emotional support and happiness among children. The event stood as a beautiful reminder that a smile is indeed the best medicine, and compassion remains at the heart of true healthcare.

Zoom Session Conducted on the Occasion of National Girl Child Day

**INDIAN MEDICAL ASSOCIATION (KSB)**
WOMEN DOCTORS WING & DIGITAL SUB COMMITTEE
IWC WE CARE, BIJAPUR

TOGETHER WE CELEBRATE

**National
GIRL
CHILD
DAY**

Date: 24-01-2023**Time: 7- 8.30pm**

SPEAKERS

TOPIC :
An overview of girl child-
Her rights versus social
tradition



Dr. Shantha Durge
Activist for the girl child
Consultant Gynecologist at
Durge clinic and fertility
center, Basavakalyan

TOPIC :
Acid Attack survivors -
Their journey & ours



Mr. Ajeet Singh
COO,
Chhany Foundation,
An abode for Acid Attack
Survivors

TOPIC :
Acid attacks and grievous
injuries by fire- first aid
and Damage control.



Dr. Ravikumar Pattar
Consultant Plastic & Cosmetic
Surgeon,
Vijayapur Burns, Plastic &
Cosmetic Surgery Centre,
Vijayapur

ORGANISERS



Dr. Shivakumar B Lakkol
President
IMA KSB



Dr. Karunakara B P
Hon. Secretary
IMA KSB



Dr. Manpreet Kaur Tehalia
Chairperson
IMA KSB WDW



Meeting ID: 994 078 9774
Passcode: 1maksb



CLICK: <https://youtu.be/P6oo3Wq1EQ>

Zoom Session on the occasion of National Girl Child Day

On the occasion of National Girl Child Day, the Department of Obstetrics and Gynaecology (OBG), Teerthanker Mahaveer University (TMU) Hospital, organized an insightful and inspiring Zoom session aimed at promoting awareness about the rights, health, and empowerment of the girl child. The session was organized under the leadership





of the Head of the Department of OBG, who also serves as the Chairperson of the Indian Medical Association (KSB).

The session began with a warm welcome and a brief introduction highlighting the importance of National Girl Child Day, which is observed every year to promote gender equality, safeguard the rights of girls, and emphasize the need for their education and health care. The HoD, in her address, shed light on the various challenges faced by girl children in society, including gender discrimination, lack of educational opportunities, and poor access to healthcare services.

She emphasized the pivotal role of healthcare professionals and educators in creating an environment that supports the physical, emotional, and social development of girls. The discussion also focused on maternal and adolescent health, the importance of nutrition, menstrual hygiene management, and empowerment through education and awareness.

Participants included faculty members, nursing students, and healthcare professionals who actively engaged in the session through interactive discussions and shared insights on promoting gender equity and well-being.

The event concluded with a message of hope and encouragement from the organizer, reaffirming TMU's commitment to fostering gender equality and empowering girls to achieve their full potential. The session served as a meaningful initiative under SDG 3 (Good Health and Well-being) and SDG 5 (Gender Equality), reinforcing the collective responsibility to nurture and protect the girl child.

Celebration Of National Girl Child Day At Tmu Hospital

The Department of Obstetrics and Gynaecology, Teerthanker Mahaveer University (TMU) Hospital, celebrated National Girl Child Day with great enthusiasm and commitment to promoting awareness about the importance of valuing and empowering the girl child. The celebration, held within the hospital premises, aimed to sensitize the community on gender equality, educate families on the significance of nurturing girls, and encourage positive attitudes towards girl children. The event brought together healthcare professionals, faculty members, nursing students, patients, and their families in a spirit of joy, awareness, and collective responsibility toward building an inclusive and equitable society.





1. Session on the Importance of the Day and Its Impact on Society

The program commenced with a special session on the importance of National Girl Child Day, organized by the Department of Obstetrics and Gynaecology. The session was presided over by the Head of the Department, who also serves as the Chairperson of the Indian Medical Association (KSB). In her inaugural address, she elaborated on the objectives behind celebrating the day—highlighting the persistent social issues such as gender bias, female foeticide, unequal educational opportunities, and limited access to healthcare for girls.

She emphasized that empowering the girl child begins with awareness and collective action, not only from the government but also from every household and community. The session encouraged participants to advocate for equal rights, education, and healthcare for girls. It also underlined the significant impact of girl child education on national development, emphasizing that educated and empowered women contribute to stronger, healthier, and more prosperous societies. The discussion resonated with TMU's vision of promoting Sustainable Development Goal 5 (Gender Equality) and SDG 3 (Good Health and Well-being).



Session conducted on the occasion of National Girl Child Day at TMU





2. Poster Competition

Following the awareness session, a poster competition was organized for students and staff on the theme “Empowering the Girl Child: A Step Towards Equality.” The competition provided a creative platform for participants to express their thoughts through art, color, and meaningful messages. The posters portrayed themes such as “Save the Girl Child,” “Educate a Girl, Empower a Nation,” and “Girls are the Future of Society.”

The competition drew enthusiastic participation, reflecting deep sensitivity and creativity among students. The best posters were recognized and awarded by the organizing committee. The activity served as a powerful visual reminder that changing attitudes starts with education, awareness, and the nurturing of empathy and equality among youth.



Creative posters and messages prepared by the students of TMU on the celebration of National Girl Child Day

3. Praising and Encouraging Postnatal Mothers with Girl Children

A particularly heartwarming segment of the celebration was the interaction with postnatal mothers in the maternity ward who had recently given birth to girl children. Doctors, faculty members, and nursing staff visited the mothers to praise and congratulate them, emphasizing how significant the birth of a girl child is for both family and society. The





team highlighted that daughters represent love, strength, and continuity of culture, and their education and well-being are crucial for the progress of the nation.

This interaction aimed to dispel the deep-rooted societal notion that values male children more than female children. The mothers were reassured that giving birth to a girl is a blessing, and they were encouraged to raise their daughters with pride, confidence, and opportunities for growth. Several mothers shared their happiness and gratitude, making the moment emotionally uplifting for everyone involved. The initiative helped reinforce positive mindsets and break stereotypes surrounding the birth of a girl child.



Awareness Camp on National Girl Child Day

4. Distribution of Gifts for Postnatal Mothers with Girl Children

To add joy to the occasion, gifts were distributed among postnatal mothers who had given birth to girl children. The gifts, thoughtfully prepared by the Department of Obstetrics and Gynaecology, included baby care essentials, sweets, and congratulatory cards carrying motivational messages about the importance of nurturing and empowering girls. The gesture symbolized appreciation, love, and encouragement for the mothers and their newborn daughters.

The distribution ceremony brought smiles to every face in the ward. The act of giving small but meaningful gifts conveyed a strong message — that every girl child deserves to





be welcomed with happiness and dignity. It also demonstrated TMU Hospital's compassionate approach to healthcare, where emotional well-being is valued as much as physical recovery.

The celebration of National Girl Child Day at TMU Hospital was a resounding success, combining education, creativity, and compassion to advocate for gender equality and empowerment. Each component of the event—the awareness session, poster competition, interaction with mothers, and gift distribution—contributed to spreading the message that a girl child is not just equal but essential to the progress of society



Distribution of Gifts for the Mothers

The event reaffirmed Teerthanker Mahaveer University's commitment to promoting gender equity, women's health, and social change. It served as a reminder that every girl deserves respect, education, and opportunities to thrive. By celebrating the girl child, TMU continues to contribute to the realization of a just and inclusive society aligned with the goals of SDG 3 and SDG 5, embodying the true spirit of empowerment through compassion, awareness, and action.





Free Antenatal Check-Up, Nutritional And Contraceptive Counselling Camp

The Department of Obstetrics and Gynaecology (OBG) at Teerthanker Mahaveer University (TMU) Hospital organized a Free Antenatal Check-up, Nutritional, and Contraceptive Counseling Camp at the OBG Outpatient Department (OPD). The camp aimed to provide comprehensive maternal health services and create awareness about the importance of regular antenatal care, proper nutrition, and family planning methods among women and their families. The initiative reflected TMU Hospital's ongoing commitment to promoting Sustainable Development Goal 3 – Good Health and Well-being, through preventive and promotive healthcare services for women.

The camp witnessed enthusiastic participation from expectant mothers, women of reproductive age, and their accompanying family members, who benefitted from expert consultations and awareness sessions. The primary objective was to ensure that every pregnant woman receives the essential healthcare guidance required for a safe pregnancy, healthy childbirth, and overall well-being of both mother and child.



Free Antenatal Checkup, Nutritional and Contraceptive Counseling Camp

The camp began with free antenatal check-ups conducted by a team of qualified obstetricians, gynecologists, and nursing staff. Each participant underwent a complete health assessment that included blood pressure monitoring, weight measurement,





haemoglobin testing, and fetal health evaluation. Doctors also reviewed existing medical histories to identify high-risk pregnancies and provided necessary referrals for further investigations when required. Expectant mothers were educated on the significance of regular antenatal visits, early detection of complications, and the importance of institutional delivery.

In addition to medical check-ups, a dedicated session on nutritional counseling was organized. Nutritionists and healthcare professionals discussed the critical role of balanced nutrition during pregnancy, emphasizing the intake of iron, calcium, folic acid, and protein-rich foods. Participants were guided on meal planning, dietary supplementation, and the importance of hydration. Special attention was given to combating anaemia, a common health issue among pregnant women. Educational leaflets on healthy diet practices were distributed for future reference.

The camp also included an informative **contraceptive counseling session**, designed to spread awareness about family planning methods and reproductive health. Medical experts explained various contraceptive options, including temporary and permanent methods, their usage, advantages, and possible side effects. Participants were encouraged to make informed decisions about family planning based on their health, age, and family goals. The counseling emphasized that family planning not only benefits maternal health but also contributes to overall family welfare and national health improvement.



Participants in the Waiting Area for the Free Antenatal Checkup, Nutritional and Contraceptive Counseling Camp





Throughout the event, the atmosphere remained highly interactive. Participants asked questions and received personalized advice from doctors and counselors. Many relatives accompanying the patients also attended the sessions, gaining valuable knowledge about maternal care and reproductive health.

The event concluded with the distribution of iron and calcium supplements to pregnant women, along with informational pamphlets on antenatal care, nutrition, and contraception. The medical team reiterated TMU Hospital's mission to extend quality healthcare to all segments of society, especially women from underserved communities.

The Free Antenatal Check-up, Nutritional, and Contraceptive Counseling Camp proved to be a great success, with participants expressing gratitude for the hospital's efforts in providing accessible and comprehensive health services. By integrating medical care with education and awareness, TMU Hospital continues to play a vital role in empowering women to lead healthier lives and make informed reproductive choices—furthering the vision of inclusive and sustainable health for all.

Free Cancer Cervix Screening Camp At TMU

The Department of Obstetrics and Gynaecology (OBG) at Teerthanker Mahaveer University (TMU) Hospital organized a Free Cervical Cancer Screening Camp for women attending the OBG Outpatient Department (OPD). The initiative was part of the department's continuous efforts to promote women's health through early detection, awareness, and prevention of reproductive health disorders. The camp aimed to educate women about cervical cancer—one of the most common yet preventable cancers among women—and to encourage regular screening as a vital preventive measure.

The camp witnessed an encouraging response, with a large number of women of reproductive and perimenopausal age groups participating. Many women attending the OPD for routine check-ups and antenatal or gynecological consultations also took part in the screening. The primary goal was to identify any early signs of cervical abnormalities, provide medical counseling, and raise awareness about the importance of preventive healthcare.





Free Cervical Cancer Screening Camp at TMU

The program began with an awareness session led by senior gynecologists and faculty members of the OBG Department. The experts highlighted the causes, risk factors, symptoms, and prevention of cervical cancer. They explained that persistent infection with the Human Papillomavirus (HPV) is the leading cause of cervical cancer and stressed the importance of early screening, vaccination, and maintaining good genital hygiene. Participants were informed that timely detection through Pap smear tests and visual inspection methods can effectively prevent the progression of the disease.

Following the educational session, women were invited to undergo free Pap smear screening conducted by trained doctors and nursing staff in a private and comfortable setting. Each participant's medical history was carefully recorded, and the procedure was carried out with strict adherence to hygiene and safety protocols. Those who required further evaluation were counseled and referred for appropriate follow-up investigations. Educational pamphlets and awareness leaflets were distributed to all participants, reinforcing the importance of regular screening and preventive health practices.





The camp also provided **counseling on HPV vaccination**, explaining its role in protecting against the most dangerous strains of the virus. Doctors encouraged eligible women and their families to consider vaccination for adolescent girls as a long-term preventive measure. Participants were made aware of the availability of the vaccine at TMU Hospital and were motivated to discuss it further with healthcare providers.



Participants in the Waiting Area for Free Cervical Cancer Screening Camp

A key aspect of the camp was its inclusive approach—women from all social and economic backgrounds were encouraged to participate. The counseling sessions were designed to address misconceptions, fears, and cultural barriers that often prevent women from undergoing cancer screening. The doctors emphasized that cervical cancer, if detected early, is completely curable and that awareness and regular screening are the most effective tools for prevention.

The event concluded with words of appreciation from the Head of the OBG Department, who thanked the dedicated medical and nursing staff for their active participation and compassion toward women's health. She reaffirmed TMU Hospital's commitment to Sustainable Development Goal 3 (Good Health and Well-being) and SDG 5 (Gender





Equality) by empowering women through healthcare awareness and access to preventive services.

The Free Cervical Cancer Screening Camp was highly successful and well-received by the participants. It not only provided essential health services but also played a crucial role in breaking taboos, encouraging open discussions about women's health, and promoting preventive care as a community responsibility. Through such initiatives, TMU Hospital continues to lead by example in advancing women's health and ensuring early intervention for a healthier future.

Metric 3.3.5: Mental Health Support for Students

Teerthanker Mahaveer University (TMU) is deeply committed to fostering a supportive and inclusive campus environment that prioritizes the mental health and emotional well-being of its students. Aligned with the objectives of Sustainable Development Goal 3 (Good Health and Well-being), the University has established multiple initiatives to address the psychological, emotional, and social challenges faced by students.

TMU operates a dedicated Counseling and Guidance Cell, staffed with trained counselors and psychologists, offering confidential counseling sessions for students dealing with academic stress, anxiety, relationship issues, and emotional difficulties. Regular mental health awareness workshops, stress management sessions, and motivational talks are conducted to promote resilience and positive coping strategies.

The University also organizes yoga, meditation, and mindfulness sessions in collaboration with the Department of Yoga and Naturopathy to help students develop balance and inner calm. Peer support programs and interactive sessions such as "Share and Care" circles encourage open dialogue and mutual understanding among students.

In addition, TMU celebrates important mental health observances like World Mental Health Day and Suicide Prevention Week, promoting awareness about emotional wellness and reducing stigma around seeking help. Faculty members are sensitized to identify signs of psychological distress and refer students for timely support.

Through these continuous efforts, TMU ensures that students have access to a compassionate, responsive, and holistic support system—thereby reinforcing the





University's vision of nurturing not only academic excellence but also the overall well-being of its student community.

Adoption of Mentor-Mentee System

The University's strength in adopting a Mentor-Mentee system lies in its ability to foster individualized student support, enhance academic performance, and nurture personal and psychological development. By pairing students with experienced mentors, the University creates a network of guidance and encouragement, addressing specific needs and goals. This personalized approach improves student engagement and retention, facilitates smoother transitions into college life and careers, and builds a strong, supportive community. The system also allows mentors to identify and nurture talent, fostering a culture of continuous improvement and excellence within the college. Each faculty member in the University work as the mentor of a group of 10 to 15 students. To ensure academic growth, the Mentor identifies slow and advanced learners based on internal assessment marks.

Responsibilities

The mentor will perform the following functions-

- Meet the group of students at least once a month.
- Continuously monitor, counsel, guide, and motivate the students in all academic matters.
- Advise students regarding choice of electives, projects, summer training, etc.
- Contact parents/guardians if the situation demands e.g. academic irregularities, negative
- behavioral changes, interpersonal relations, detrimental activities, etc.
- Advise students in their career development/professional guidance.
- Maintain contact with the students even after their graduation.

Intimate HOD and suggest if any administrative action is called for. Maintain a detailed progressive record (TMU-Student Mentoring Hand Book) of the student.

The Implementation Procedure of the Scheme:

- A Guardian Tutor Scheme comprises the chief coordinator and coordinators.





- Students are divided into groups of 10-15 students.
- Each group is allotted a mentor.
- A Student Mentoring Hand Book is issued to all mentors for every mentee, in which all relevant information (student mentoring Record) of each student is entered.
- The mentor meet is held on the second Saturday of each month, in the last periods.
- A list is prepared with the group number, name of the mentor, name of allotted students, their classes, and the venue where they will assemble for meeting.
- The mentor is free to organize any activity like debate, general discussion, cultural activity, etc.
- so that students may feel free with them and develop rapport.
- After the mentor-mentee meet, the mentor submits its report to the coordinator/head.
- A feedback form on infrastructural facilities, departmental activities, the library, and the teaching methods of teachers is given to students randomly.
- The feedback form is collected and analyzed by coordinators/head.
- The summary of feedback analysis is submitted to management for appropriate decisions.
- The decision is communicated to the students.

The HOD will:

- Meet all mentors of his/her department at least once a month to review the proper implementation of the system
- Advise mentors wherever necessary.
- Initiate administrative action on a student when necessary.
- Keep the head of the institute informed.

Thus, the University focuses on improving its environment to meet evolving educational needs. Faculty-student relationships are pivotal, supported by assigned mentors.





Meaningful Initiative For Mental Health Awareness At Tmu

Teerthanker Mahaveer College of Nursing recently organised a special guest lecture emphasising the importance of mental health. The lecture, centred on the theme “Stress Adaptation and Its Management”, aimed to raise awareness among nursing students and faculty about the physical, mental, and behavioural symptoms of stress. The session also motivated participants to adopt positive coping mechanisms and encouraged the development of emotional intelligence and mindfulness.



Honoring of the Guest Speaker

Inaugural Ceremony and Key Addresses

The programme commenced with a ceremonial lamp lighting, attended by distinguished guests and faculty members. Prof. (Dr.) S. P. Subashini, Dean of Nursing, in her address, highlighted the crucial need for stress management in the demanding field of nursing. She stressed that recognising stress symptoms early and taking appropriate measures can help maintain mental balance and work efficiency. Prof. (Dr.) M. Jaslin, Principal, motivated students to confront internal stresses and build mental resilience. Similarly, Vice-Principal Prof. Ramnivas described stress as a common life experience that requires wise management.





Expert Insights from Psychiatrist Dr. Prerna Gupta

Following the introductions, Prof. (Dr.) Suman Vashisth formally welcomed the guest speaker, Dr. Prerna Gupta, MD, Psychiatrist at TMU Hospital, appreciating her contributions to the field of mental health. Dr. Gupta delivered an engaging and impactful lecture highlighting the identification of physical and psychological signs of stress. She emphasised how stress affects behaviour and professional performance, especially underscoring its significance in the responsible profession of nursing. She recommended various techniques for coping with stress, including meditation, breathing exercises, time management, and cognitive reframing. Additionally, she underlined emotional intelligence as a vital tool for managing workplace challenges. To enhance practical understanding, Dr. Gupta incorporated real-life examples and case studies, making the session both insightful and motivating.



Session on Mental Health Awareness

Recognition and Conclusion

At the conclusion, Dr. Prerna Gupta was honoured for her valuable contribution. The programme ended with a formal vote of thanks expressing gratitude towards the organising committee, the guest speaker, and the participants. Approximately 200 students from the GNM second year and BSc Nursing sixth semester, along with 10 faculty members, attended the session. The event successfully imparted comprehensive knowledge on the significance of mental health and practical strategies to manage stress effectively.





TMU Physiotherapy Department Hosts Workshop On Mental Health And Innovation

On August 25, 2025, the Department of Physiotherapy, Teerthanker Mahaveer University (TMU) organised an impactful workshop titled “Well-Being to Breakthroughs: The Mental Health Edge in Innovation and Entrepreneurship.” The event, held at LT-603, 5th Floor, Department of Physiotherapy, was attended by BPT first-semester students, faculty members, and Honourable HOD Dr. (Prof.) Shivane M. Kaul.

The workshop was led by Ms. Sanjana Jain, Project Co-lead, Mental Health for School Projects, Sangath, a reputed non-governmental organisation working in the field of mental health with Dr. Samarpita Senapati (PT) as the event coordinator and Dr. Harish Sharma (PT) as co-coordinator.



Inauguration of the Workshop

Key Insights from the Workshop

Ms. Jain began the session by building a comprehensive understanding of mental health, addressing both unhealthy coping strategies and healthy mechanisms for effectively managing mental well-being. She elaborated on the roles of psychiatrists, psychologists, and social workers, highlighting their significance in supporting students during challenging phases of academic and personal life.





Innovative Approach to Mental Health Awareness

Using engaging methods, Ms. Jain explained how to recognise signs and symptoms of mental illness, while also guiding on managing both self-care and empathetic care for others experiencing mental health challenges. The workshop concluded with a Q&A session, where students actively participated, sharing their concerns and receiving practical insights into the struggles associated with understanding and addressing mental health.



Speaker Engaging with the participants of Workshop

Closing Ceremony and Acknowledgement

At the end of the event, Ms. Jain was honoured with a memento of appreciation for her valuable contribution. Expressing gratitude, Dr. (Prof.) Shivane M. Kaul, HOD, Department of Physiotherapy, acknowledged the importance of such workshops in enhancing students' awareness and resilience. The event not only promoted mental health literacy but also aligned with TMU's vision of empowering students with the knowledge and tools necessary to thrive in academics, innovation, and entrepreneurship.





TMU Medical College Conducts Meditation Session To Promote Mental Peace And Wellness

Teerthanker Mahaveer University (TMU) recently organised a special meditation session at its Medical College, with the primary aim of promoting mental wellness, stress management, and positivity among students, faculty, and staff members. The initiative witnessed enthusiastic participation from medical students and representatives from various departments.



Speaker at the Promoting of Mental Peace and Wellness Session

Exploring Inner Peace Through Meditation

The session commenced in a serene and focused environment, guided by trained meditation experts. Participants were introduced to a variety of mindfulness techniques, including deep breathing exercises (pranayama), self-reflection practices, and structured meditation routines. These methods enabled attendees to experience a sense of mental stillness, emotional stability, and renewed energy.

Experts elaborated on the scientifically proven benefits of regular meditation, which include:

- Reduced stress and anxiety
- Improved memory and concentration





- Enhanced emotional regulation

For medical students coping with intense academic pressure and internships, the session provided a much-needed break and an opportunity for introspection and mental rejuvenation. One student commented, "Our academic journey demands a lot from us, and sessions like these mentally strengthen us to perform better."



Students Participating in the Meditation Session

A Step Towards Holistic Development

Faculty members also appreciated the initiative, highlighting how such activities contribute significantly not just to academic excellence but also to the overall personality and emotional well-being of students. The university's medical department officials announced plans to regularise such sessions, aiming to foster a more mindful, balanced, and resilient student community.

This programme is closely aligned with the university's core philosophy of "Healthy Students, Successful Students", emphasising the importance of mental equilibrium alongside academic success. Organisers confirmed that more such initiatives are planned for the future, with a vision to empower the younger generation with mental clarity, strength, and emotional intelligence.





The session served as a strong reminder that academic success alone is not sufficient—mental well-being is equally crucial, and meditation stands as a powerful tool in achieving that balance.

Guest Lecture on 'Know Your Worth & Strength' At TMU

In the dynamic landscape of education, events like guest lectures play a pivotal role in shaping the perspectives of students. Teerthanker Mahaveer University, organised a captivating guest lecture, featuring Ms. Huma Aziz, a distinguished Corporate Trainer. The event was hosted by TMIMT College of Management to let students know their worth and strength.

Event Details

The event took place on the 1st of September, 2023, in the Seminar Hall of TMIMT. The lecture catered to the first-year students of BBA (International Business) and MBA (Corporate). The primary aim was to provide valuable insights into self-awareness and personal growth. The guest lecture was a key component of the orientation programme designed for the incoming batch. The enthusiastic participation of BBA (IB&E) and MBA-C first-year students added vibrancy to the seminar.

Guest Speaker: Ms. Huma Aziz

Ms. Huma Aziz, renowned in the corporate realm for her expertise, graced the occasion as the chief guest. She brought a wealth of knowledge and experience to guide students in recognising their worth and strengths in both personal and professional spheres. During her address, Ms. Huma Aziz emphasised the profound impact of self-knowledge on one's life. She shared valuable insights on how understanding one's strengths and weaknesses can contribute to personal stability and professional excellence.





Speaker at the Event

Understanding Strengths and Weaknesses

The speaker highlighted the reluctance many individuals have in acknowledging their strengths and areas for improvement. She pointed out the power of self-awareness and encouraged students to undertake practical experiments for self-discovery. A significant portion of the lecture was dedicated to connecting self-knowledge with job interviews. Ms. Huma Aziz provided practical tips that students could implement during job interviews, emphasising the unique value each individual brings to the table.

Significance of the Event

The guest lecture on Know Your Worth & Strength at Teerthanker Mahaveer University was not just an event; it was a transformative experience for the students. The insights shared by Ms Huma Aziz will undoubtedly resonate with them as they navigate the complexities of academia and future careers. Professor Vipin Jain, Principal of TMIMT, extended gratitude to Ms. Huma Aziz and other guests. He expressed his best wishes for the students, emphasising the lasting impact such events can have on their academic and professional journeys.

In a world where knowledge is power, the guest lecture at Teerthanker Mahaveer University served as a catalyst for empowering students with self-awareness. As they





embark on their academic journey, armed with insights from this event, they are better equipped to navigate the challenges and embrace the opportunities that lie ahead.

Stress Relief and Recreational Activities

Teerthanker Mahaveer University (TMU) is committed to the holistic development of its students, focusing not only on academic excellence but also on their emotional and psychological well-being. Recognizing that stress, anxiety, and academic pressure are common challenges among students, TMU regularly conducts a range of stress relief and recreational activities designed to promote mental wellness, creativity, and positive social interaction. These initiatives align with the objectives of Sustainable Development Goal 3 (Good Health and Well-being), emphasizing a balanced approach to health through relaxation, recreation, and emotional expression.

Creative Therapy Sessions

To provide students with an expressive outlet for their emotions, TMU organizes art therapy, music therapy, and laughter therapy sessions at regular intervals. These sessions are facilitated by trained therapists and wellness professionals from the Departments of Psychology, Fine Arts, and Performing Arts.

Art therapy encourages students to communicate their feelings through drawing, painting, and creative expression, helping them to relieve emotional tension and enhance self-awareness. Music therapy sessions involve rhythmic drumming, singing, and instrumental engagement, which have been shown to reduce stress hormones and elevate mood. Laughter therapy, conducted in group settings, combines breathing exercises with laughter to improve blood circulation, boost endorphins, and strengthen interpersonal bonds among students.

The therapy sessions are well-received, with students reporting improved focus, relaxation, and a sense of belonging. These creative approaches foster a campus culture that values mental wellness and emotional balance as much as intellectual growth.





Sports, Cultural, and Wellness Weeks

In addition to therapy-based interventions, TMU actively organizes Sports Week, Cultural Week, and Wellness Week throughout the academic year. These events provide students with opportunities to participate in team activities, showcase talents, and rejuvenate through recreation.



Student Performing Folk Dance

During Sports Week, a variety of games such as cricket, volleyball, football, badminton, and athletics are conducted to encourage physical fitness, teamwork, and a healthy competitive spirit. Students, faculty, and staff actively participate, creating an atmosphere of unity and enthusiasm. Physical activity serves as a powerful stress reliever, improving both mental and physical health.

Cultural Week celebrates diversity, creativity, and collaboration. Students express themselves through dance, drama, singing, and talent showcases, while exhibitions of photography, art, and crafts highlight the vibrant artistic spirit of the university community. Such cultural engagement promotes emotional expression, confidence, and cross-cultural understanding, making the university a joyful and inclusive space.





The Wellness Week focuses on holistic health practices through yoga sessions, mindfulness workshops, health check-up camps, and nutritional awareness programs. Students are encouraged to adopt sustainable health habits, prioritize self-care, and maintain a positive mindset.



Student participating in Sports Events

Impact and Outcomes

These stress relief and recreational initiatives have significantly enhanced students' emotional well-being, creativity, and social connection. They have helped in reducing academic stress, improving concentration, and fostering a sense of community on campus. Faculty members have also noted improved classroom participation and interpersonal relationships among students who engage in these activities.

Through its comprehensive approach to wellness, TMU demonstrates that education extends beyond classrooms—it involves nurturing happy, resilient, and well-rounded individuals. The university's commitment to stress management, creative expression, and social engagement reflects its dedication to creating a compassionate learning environment aligned with the goals of SDG 3 – Good Health and Well-being.





Audience at the Events

In conclusion, TMU's continuous efforts in organizing stress relief and recreational programs reaffirm its mission of promoting holistic student development. By integrating therapy, sports, culture, and wellness into campus life, TMU ensures that every student thrives academically, emotionally, and socially in a supportive and joyful environment.

Metric 3.3.6 Smoke Free Policy

Teerthanker Mahaveer University has implemented a smoke-free campus policy as part of its environmental framework, demonstrating a strong and progressive commitment to protecting the health and well-being of its entire community.

By prioritizing a clean and safe atmosphere for students, faculty, staff, and visitors, the University demonstrates its proactive approach to wellness and preventive healthcare. Such a policy not only reduces exposure to harmful second-hand smoke but also creates a more inclusive environment for individuals with respiratory issues or heightened sensitivities.

Beyond protecting physical health, a smoke-free campus nurtures a culture of responsibility, mutual respect, and healthy living. It aligns seamlessly with national public health priorities as well as international initiatives aimed at reducing tobacco consumption





and promoting healthier societies. This initiative also strengthens the University's identity as an institution that cares deeply about the holistic development of its members.

Moreover, by embedding this policy into its sustainability and community engagement efforts, the University highlights its role as a leader in promoting long-term health, environmental responsibility, and quality of life. The decision to maintain a smoke-free campus thus stands as a powerful example of the institution's dedication to both present and future generations.



Tobacco Cessation Centre (TCC) to Provide Counseling and Cessation Support

Smoke-Free Campus Policy

Link to the policy:

https://www.tmu.ac.in/assets/img/departments/iqac/sdg/goal3/3_3_6/Smoke_Free_Policy.pdf





TMDCRC follows the University comprehensive smoke-free campus policy, ensuring that all indoor and outdoor areas are free from tobacco use. This initiative promotes a healthy and safe environment for students, staff, and visitors, reducing exposure to active and passive smoke and supporting overall well-being. Beyond the campus, the institution's Tobacco Cessation Centre (TCC) extends these efforts to the wider community, providing counseling, awareness campaigns, and cessation support to local residents. By combining strict on-campus enforcement with community outreach, TMDCRC encourages healthier lifestyle choices, prevents tobacco-related illnesses, and contributes to a safer, more health-conscious society.



Tobacco Cessation Centre (TCC) Counseling Room at TMU

Impact of the Policy

- Creation of a healthy and safe environment for students, staff, and visitors.
- Reduction in exposure to both active and passive smoking risks.
- Encouragement of healthier lifestyle choices among the community.
- Contribution to prevention of tobacco-related illnesses.
- Strengthening TMDCRC's role as a health-promoting institution in society.





Assessment with a Smokalyser at Tobacco Cessation Centre, TMU

Definition: Smoke-Free

A smoke-free campus refers to universities that have implemented policies prohibiting the use of tobacco products at ALL indoor and outdoor campus locations.

Partial smoke-free campus refers to universities that have implemented policies prohibiting the use of tobacco products in enclosed buildings and facilities or during indoor and outdoor events on the campus but have 'smoking – designated' areas for people to use.





OFFICE OF THE PRINCIPAL
Teerthanker Mahaveer Medical College & Research Centre
Delhi Road, Moradabad -244001

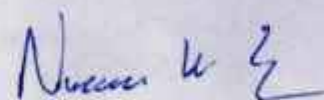
Ref. No.: TMMC&RC/OO/2024/653

Date: 19/09/2024

OFFICE ORDER
(Tobacco Cessation Committee)
Corrigendum

With the approval of Higher Competent Authorities and as per the notice received from National Medical Commission, Delhi, a committee is being constituted for Tobacco Cessation under Teerthanker Mahaveer Medical College & Research Centre, Moradabad with immediate effect:-

Dr. Pradeep Nirala	Specialist	Associate Professor, TB & Chest
Dr. Manish Tyagi	Psychiatrist	Assistant Professor, Psychiatry
Dr. Ravindra Nath	Community Medicine	Senior Resident, Community Medicine
Dr. Shivi Saxena	Psychologist	Ph.D. – Psychology
Ms. Anita Devi	M.S.W.	M.S.W., Community Medicine


Dr. N. K. Singh
Principal

Copy to:

- Director (Admin.), TMU.
- Medical Superintend TMH&RC.
- Add. Medical Suptd., TMH&RC
- All HOD's with the request to inform the concerned committee members in their department about their nomination in the committee.

Tobacco Cessation Committee





Also in this regard National Medical Commission, New Delhi has provided guidelines for establishing Tobacco Cessation Centers in Medical Institutes. We have constituted a committee regarding Tobacco Cessation and time to time updation as per NMC have been implemented and action on the same taken by the members



Poster Making on Awareness of Smoke Free Environment at TMU



Appreciation of Students for Best Poster





Tobacco Cessation Committee Awareness Program at TMU



Oath Taking Ceremony of Tobacco Cessation Committee Members at TMU





Batch with Slogan "Choose Life Not Tobacco"



Certificates of Appreciation Awarded to Students





Metric 3.3.7 Mental Health Support For Staff

Teerthanker Mahaveer University gives high importance on the mental health and holistic well-being of its faculty and staff, recognizing that a supportive and healthy workforce is essential for institutional growth and academic excellence. To achieve this, a structured framework of services and initiatives has been created to address the unique challenges faced by staff in an academic environment.

Confidential counselling and professional mental health services are available for staff members to seek timely support in managing professional pressures, academic and administrative duties, and personal concerns. These services are designed to ensure accessibility and confidentiality, thereby removing barriers such as stigma, cost, and time constraints.

TMU conducts formal counselling, specialized workshops, awareness sessions, and wellness programmes that address key issues such as stress management, resilience, emotional intelligence, and achieving a healthy work-life balance. Personalized sessions for faculty and staff enable them to adopt practical strategies to sustain productivity while safeguarding mental well-being.

To promote a positive workplace culture, the University also promotes peer support networks and mentoring systems, which encourage open dialogue, mutual understanding, and reciprocal support. Recreational, cultural, and team-building activities are organized to reduce workplace stress, enhance collaboration, and strengthen interpersonal relationships among staff.

A dedicated wellness centre further ensures barrier-free access to professional guidance, enabling faculty and staff to receive assistance without disruption to their work responsibilities. By implanting mental health into its institutional policies and daily practices, the University highlights its commitment to nurturing a safe, inclusive, and caring environment for its workforce. Through these efforts, the University ensures that staff feel valued, supported, and empowered, thereby enhancing both individual well-being and collective institutional performance.

TMDCRC recognizes that the well-being of its staff is crucial for maintaining a healthy and productive academic and clinical environment. The institution actively promotes





mental health through regular workshops, awareness campaigns, faculty clubs, and stress management sessions creating a culture that prioritizes psychological well-being.

Staff members have access to free counseling services, dedicated helplines, and guidance on external mental health resources, ensuring timely support for personal and professional challenges. These initiatives enhance staff resilience, reduce burnout, improve job satisfaction, and strengthen overall workplace morale, ultimately contributing to better academic outcomes and a more supportive environment for both students and the wider community.



A Recreational Retreat for Faculty Members in Faculty Club Activities



Session Conducted on Mental Health Support for Staff at TMU





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