



CHITKARA
UNIVERSITY

ACTIVITIES FOR THE STAFF

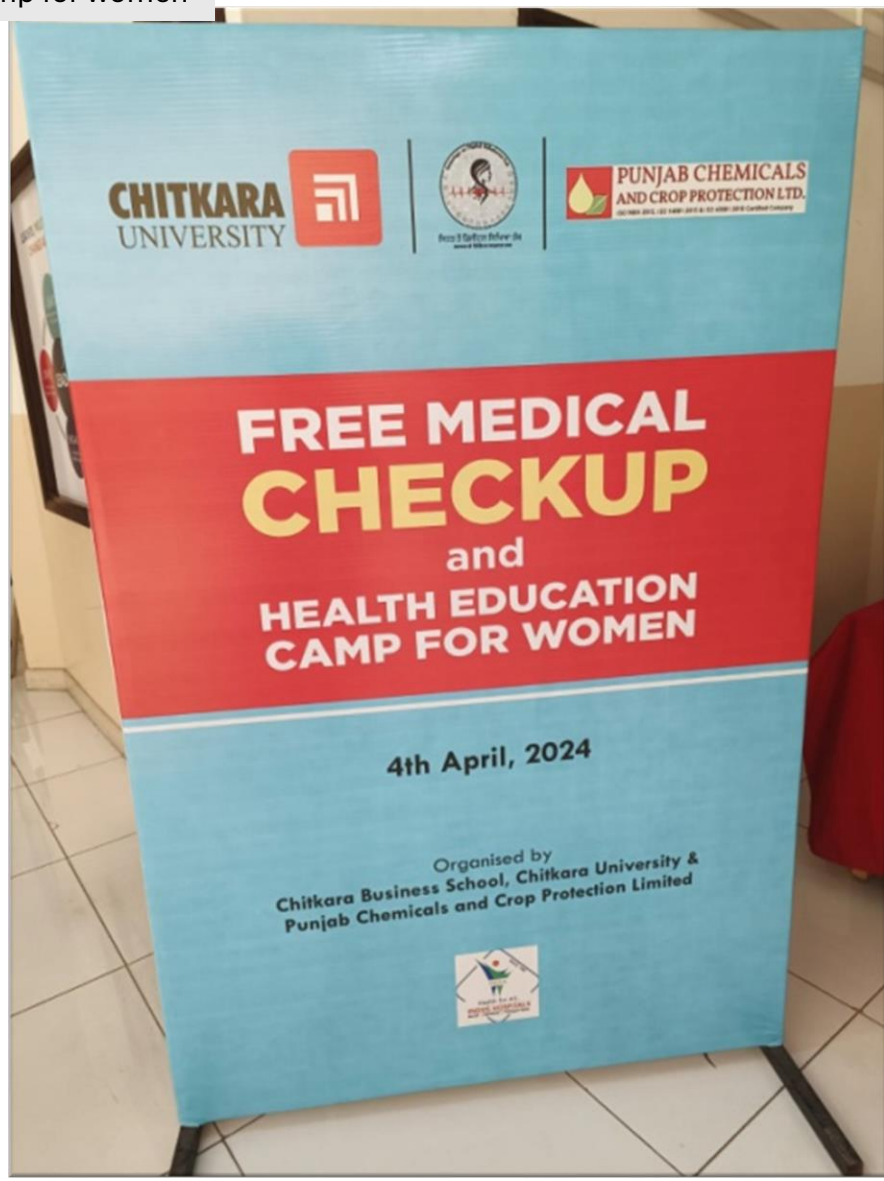
Efforts Towards Keeping Staff

Happy, Healthy, Proficient and Responsible !!

April – June 2024

Slides	Name of Event	Organised By	Date
3 - 5	Free Medical Check-up and health Education camp for women	CBS for Staff of Office of Administration	4 th April 24
6	Session On ill Effect of Usage of Substance	Office of Administration In Collaboration with Dept of Nursing , CSHS	29 th Apr 24
7-8	Session on Stress Management	Office of Administration In Collaboration with CSPC	4 th May 24
9-11	Hospitality Excellence Empowering Chitkara University Support Staff	Office of Administration In Collaboration with CSH	13 th May 24 to 17 th May 24 20 th May 24 to 24 th May 24
12-15	Session of Gratitude & Gratitude from Hon'ble Chancellor Sir @ Barista	Office of Administration – Under Guidance of Hon'ble Chancellor Sir	4 th May 24 & 8 th May 24
16-17	Mental Health & Emotion Regulation	Office of Administration In Collaboration with Dept of Nursing , CSHS	15 th May 24
18-21	Pehchan – Happiness Inside You	Office of Administration In Collaboration with Centre for Happiness	18 th May 24
22	Cultivation Community Connection (3 C's)	MBA Healthcare	23 rd May 24 & 24 th May 24
23	Communicative Abilities	Office of Administration In Collaboration with CUPDC (Dr. Sovia Rj Singh)	4 th Jun 24
24	Farewell Party for Ms. Parveen Kaur (Administrative Officer)	Office of Administration	4 th Jun 24
25 -26	World Environment Day – Plantation Drive	Office of Administration In Collaboration with Dept. of Horticulture	5 th Jun 24
27-28	Effective Communication and Team Management	Office of Administration In Collaboration with CUPDC (Ms. Aarti Joshi)	5 th Jun 24
29	Session with Team	Office of Administration	7 th Jun 24
30- 34	Sessions with Support Staff	Office of Administration	22 nd , 24 th , 25 th & 26 th Jun 24
35	Session with Lady Staff on Behavior and Dealing With Harassment	Office of Administration	20 th June
36	A Note of Gratitude		

Free Medical Check-up and health Education camp for women





Free Medical Check-up and health Education camp for women



















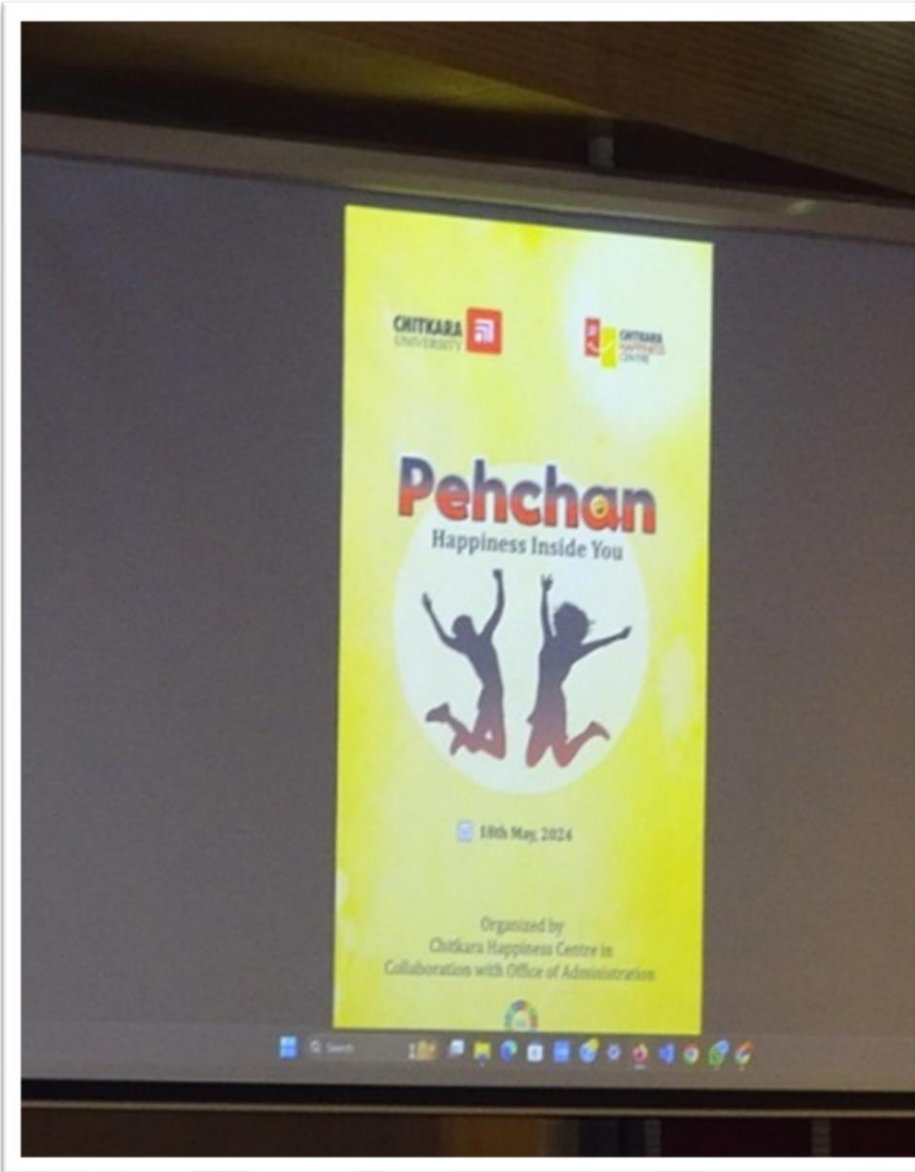
Session of Gratitude



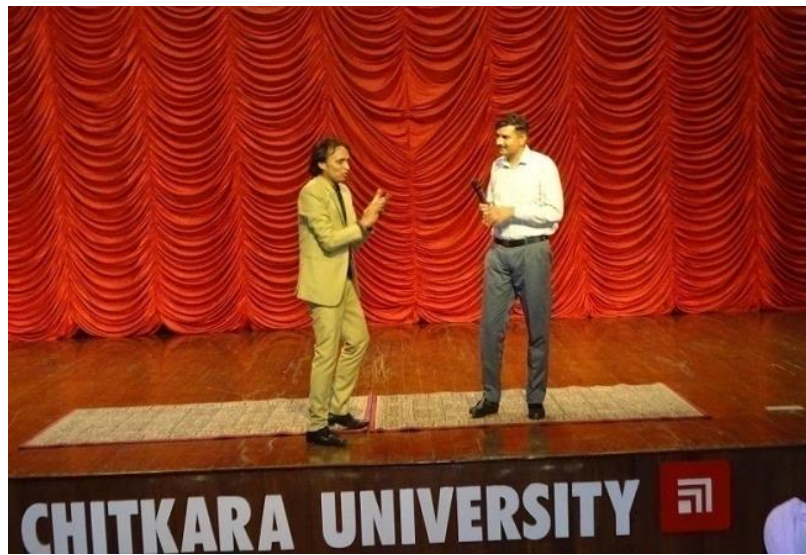
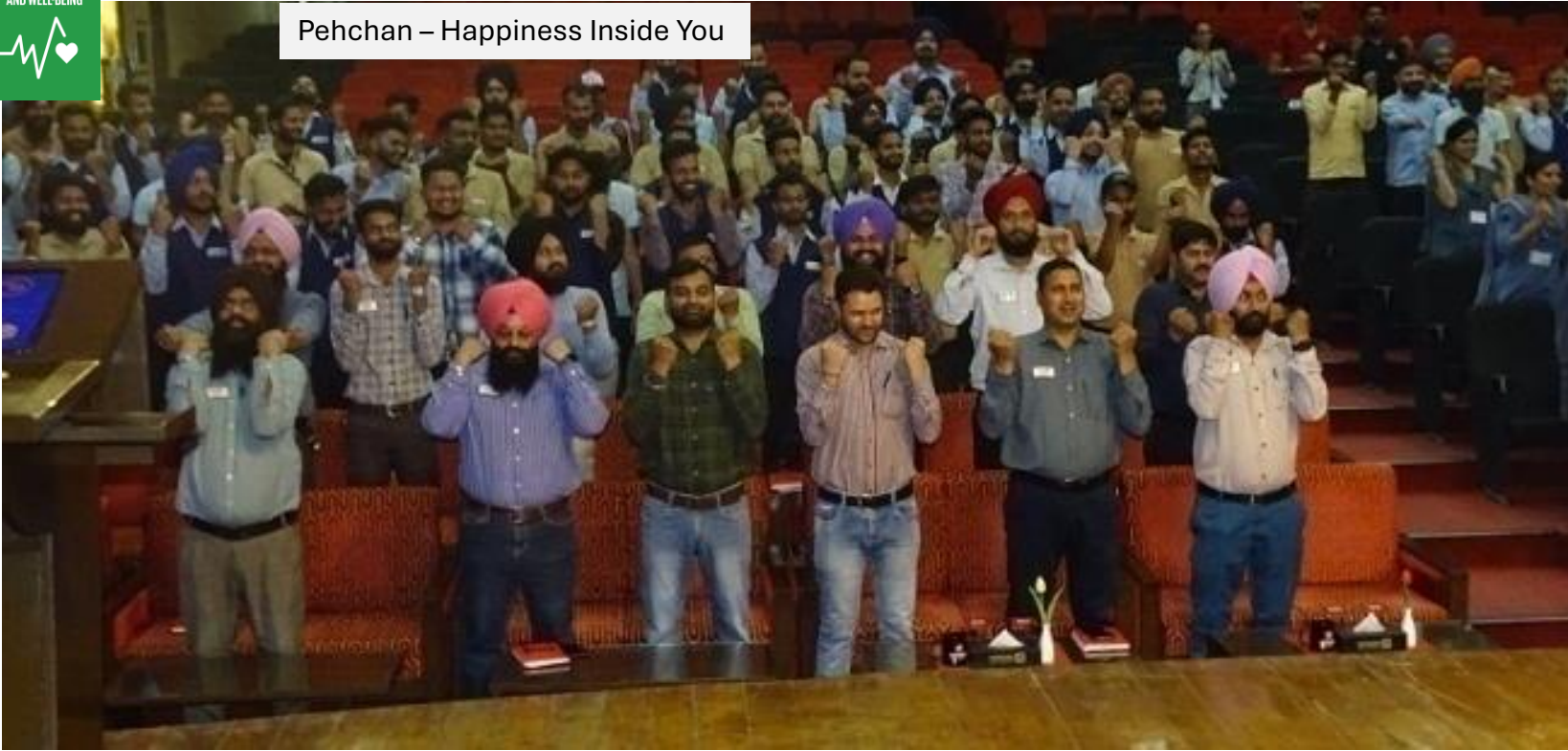








Pehchan – Happiness Inside You







Cultivation Community Connection (3 C's)



4 QUALITY EDUCATION

8 DECENT WORK AND ECONOMIC GROWTH





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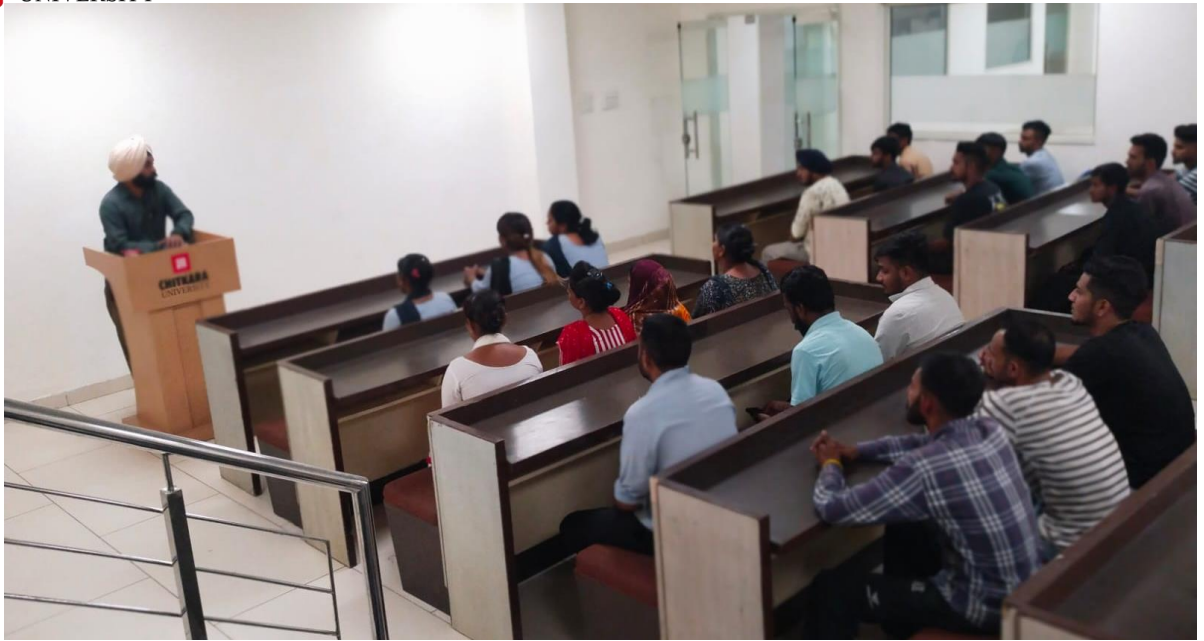
CHITKARA SCHOOL OF HI





Session with Team





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Session for the
Lady Staff –
Stay Safe !!



A NOTE OF GRATITUDE !

- We shall forever be thankful to Hon'ble Chancellor Sir for always sending his good wishes and blessings to the Team and for the special treat at Barista for our efforts!! Sir, we have learnt from you that gratitude is the most important action, and we follow it!!
- There is so much done at the backend so that the stakeholders are comfortable. It is necessary that the team that works at the backend is trained well, and their morale and motivation levels are high. While the team is provided training and their queries answered regularly to improve their proficiency, other sessions on teamwork, communication skills, mental health and happiness are also organized for them. For these we are highly obliged to -
 - ❖ Dept of Nursing, CSHS
 - ❖ CSPC
 - ❖ CUPDC
 - ❖ Centre of Happiness
- In this quarter we have also had health camps and sessions organized by Business School (CBS) for our staff. Thank you, CBS!
- For all the support for the plantation drive we are thankful to the Dept of Horticulture, Office of Infrastructure.
- Dear Parveen, we shall miss you and always remember you for the efforts you had put in; but we wish you do well wherever you perform! Take care!!