



SANJEEVANI CLUB

MAGAZINE 2024



“True wealth is having your health and knowledge of self”

~ Benjamin Franklin

TABLE OF CONTENTS

About our Club

Flyer

Inauguration Ceremony

First Event: CPR workshop

Club Structure

Leaders

Contact us



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ABOUT THE CLUB

Our logo, with the motto “Health and Holistic Taskforce” symbolizes the need for healthcare awareness and a commitment to healthier lives.

Sanjeevani Club is dedicated to promoting health and wellness for all. The club was founded with a mission to create a healthier community and focuses on heart health, fitness, mental well-being, and preventive care. Through workshops, awareness and campaigns, our club empowers individuals to take charge of their health and make positive lifestyle changes. It serves as a platform for knowledge, support and motivation, reminding everyone that the journey to wellness begins with a single step - and the best time is to start now.

OUR INSPIRATION

The inspiration behind Sanjeevani Club stemmed from a profound need to make health and wellness more accessible, engaging, and impactful for everyone. Observing the rising health challenges in our community—whether from sedentary lifestyles, stress, or lack of health awareness—sparked a desire to create a platform that educates, supports, and empowers. Sanjeevani Club was founded with the vision of fostering a proactive approach to health, focusing on prevention, mental well-being, and heart health. We were motivated by a simple but powerful idea: that by coming together as a community, we can inspire one another to lead healthier, happier lives.

We saw people struggling with health challenges they felt powerless to address, and we recognized that much of it stemmed from a lack of awareness, support, and resources within the community.

In Sanjeevani Club, we found a way to turn our passion for health into a movement, one that welcomes everyone—from those taking their first steps toward a healthier life to those eager to support and guide others. Our inspiration continues to grow with each member who joins, each workshop we hold, and every positive change we witness, reinforcing our belief that together, we can create a healthier, more vibrant future.



A quick guide, a flyer of pride

SANJEEVANI CLUB
HEALTH AND HOLISTIC
TASKFORCE

AMITY UNIVERSITY
LUCKNOW CAMPUS

Aim of the Club
Educational and mental support regarding patient wellness and stigmatised disease-suffering patients with associated patient counselling.

Activities and Events:

- World Pharmacist Day
- World Hepatitis Day
- National Science Day
- World AIDS day
- Geriatric Care
- Organ Donation Day
- Blood Donation Day

What makes this club different?
Engaging in community education about medical and pharmaceutical topics, which helps in improving public health awareness via means of skits and dance performances, workshops and webinars

What do you reap?

- This club will contribute to the community's well-being by fostering a culture of health and creating opportunities for social interaction.
- As a member of the club, members shall be felicitated with certificates and hampers.
- Designating posts to deserving members.

This flyer is an excellent representation of Sanjeevani Club and its mission at Amity University Lucknow. It conveys the club's purpose, core activities, and benefits for both the community and its members.

This flyer is a vibrant and informative representation of Sanjeevani Club's purpose, activities, and unique value within the community. It serves as both a recruitment and promotional tool, highlighting the club's dedication to health and holistic care at Amity University Lucknow.

INAUGURATION OF OUR CLUB

On 17th September 2024, Sanjeevani Club was inaugurated by our esteemed guests, Dr. Anil Kumar, Pro Vice Chancellor, Dr. Manju Agarwal, Dean of Students Welfare, and Dr. Anuradha Mishra, Director of Amity Institute of Pharmacy in Multipurpose Hall in Amity University Lucknow Campus on the grand occasion of celebrating "Pharmacovigilance Programme".

The inauguration ceremony took place with the official announcement and release of the Sanjeevani Club's video explaining the objectives, working system, structure and its core members

Our esteemed guests were thrilled for the launch of a health club, "Sanjeevani," with tremendous theme and efforts. They all emphasized how health is essential for people of today's generation with an increase in mild disorders to life-threatening conditions if overall health is taken for granted. The goal is to enhance healthcare access and awareness in local and rural communities. Key initiatives include raising awareness about the affordability and safety of generic medications through workshops, campaigns, and collaborations with pharmacies. In rural areas, health education can be promoted through mobile health clinics, radio broadcasts, and community health fairs.



FIRST EVENT : CPR WORKSHOP

The Helping Heart Foundation, in collaboration with USV Private Limited and AIP, organized a comprehensive health awareness workshop on October 18, 2024, at the Multipurpose Hall of AUUP's Lucknow campus from 2:00-5:00 pm. The event was held under the aegis of Institutional Health Club: Sanjeevani, that stands as a beacon of wellness and preventive healthcare, dedicated to fostering a healthier society through education, awareness, and practical training.



CRITICAL ASPECTS

The event focused on two critical aspects of cardiac health: the prevention of heart diseases, particularly among young people, and basic life support training. This initiative was especially timely given WHO's identification of heart disease as the leading cause of death among non-communicable diseases, with younger populations increasingly at risk due to tobacco use, substance abuse, diabetes, hypertension, and atherosclerotic vascular disease. The workshop featured a hands-on cardiopulmonary resuscitation (CPR) training session, conducted by certified trainers using mannequins, providing participants with essential life-saving skills for responding to sudden cardiac arrests in homes and public spaces. Distinguished cardiologists from Max Super Speciality Hospital, Dr. Nakul Sinha and Dr. Saurabh K. Singh, led interactive sessions where faculty, staff, and students had a chance to clear their doubts and seek clarity on managing medical emergencies and understanding the do's and don'ts of treating heart-related ailments. This comprehensive approach combined practical training with expert medical guidance, emphasizing the importance of both prevention and emergency response in cardiac care.



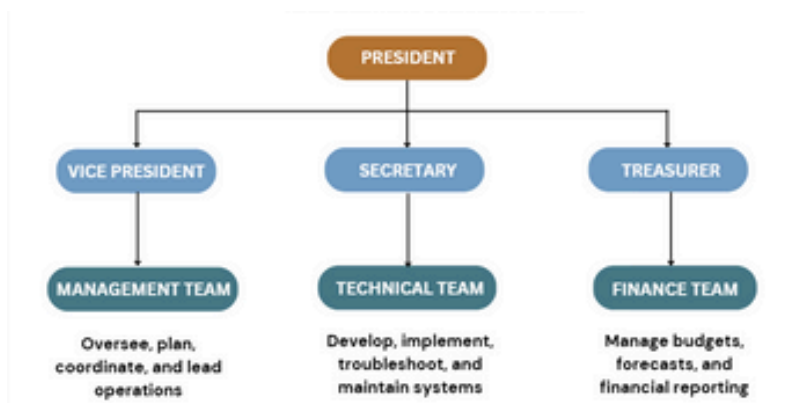
WHY CPR ?

The inspiration was the continuous rise in the cases of sudden cardiac arrest, on the prevention of heart diseases and organizing a Basic Life Support (BLS) and CPR workshop so as to equip the participants whenever there is an urgent need to tackle a leading health issue. Heart disease affects millions, yet many cases are preventable through awareness and lifestyle changes. The BLS and CPR training is vital because immediate response can save lives during heart-related emergencies. By combining education on prevention with practical skills, we aim to empower individuals and create a healthier, more prepared community. Together, we can make a significant impact on heart health and overall well-being.



The whole idea was that participants will leave with a solid understanding of CPR, increasing the likelihood of timely intervention in real-life situations. A network of trained individuals will emerge, ready to act in emergencies, ultimately contributing to a safer community. The workshop catalyzed sustained engagement with heart health initiatives, inspiring participants to pursue regular health check-ups, join fitness programs, and participate in community wellness activities and to provide comprehensive knowledge on CPR techniques and the role of bystanders in saving lives.

Empowering Health, One Member at a Time!



CLUB'S COMMUNITY

Welcome to the Sanjeevani Club – a community of passionate individuals dedicated to making healthcare accessible, promoting wellness, and supporting one another. As a member, you're part of a vibrant network committed to improving lives through education, action, and compassion. Together, we're creating a healthier tomorrow!

As part of this dynamic family, you'll have the opportunity to make a real impact through education, awareness, and compassionate service. Whether it's spreading knowledge about safe medication use, supporting health initiatives in rural areas, or organizing wellness programs for the elderly, your involvement matters.

We are seeking members who have skills such as teamwork, problem-solving, and effective communication skills and are willing to work.

The club is open to all irrespective of any department the student belongs to. The club shall have as many members as possible in total.

The club will have members associated with core committee members who will be responsible for the successful organization and conduct of the event.

Overall, being a member of this club will enhance skill sets, expand professional network, and offer meaningful experiences that contribute to personal growth and community impact. Also, being a member of the club, members shall be felicitated with certificates of appreciation and merit, along with designating posts to deserving members.

HEART AND SOUL - CLUB'S CORE MEMBERS



Reflections: Insights from leaders..!



As faculty coordinators of the Sanjeevani Club, it has been incredibly rewarding to witness the dedication and enthusiasm of our students in promoting health awareness. Through initiatives like workshops, community events, and awareness campaigns, our students have demonstrated a true commitment to making a positive impact.

Dr. Neha Mathur, Faculty Coordinator

We are deeply grateful to the university administration and fellow faculty members for their unwavering support, which has been essential in enabling us to achieve the club's objectives. The collaborative spirit and resources provided by our institution have empowered us to make each project impactful and engaging.

Ms. Anila Mishra, Faculty Coordinator



Working with the Sanjeevani Club has been a truly fulfilling experience, as each event has brought new perspectives and meaningful interactions. Seeing students take the lead with creativity and responsibility has reinforced our belief in the importance of such initiatives on campus.

Dr. Supriya Roy, Faculty Coordinator

We are immensely grateful for the opportunity to lead a group of passionate and driven individuals dedicated to promoting health and well-being on campus. Each member has brought unique energy and commitment to our initiatives. Together, we have created a space where students can contribute to impactful projects, fostering a sense of community and purpose.

Alvin Issac George, President



Our faculty and the administration, whose guidance has been invaluable in helping us achieve our goals, we are grateful to them. Their encouragement has empowered us to organize successful events and campaigns that educate and engage the university community. This collaboration has strengthened my commitment to our mission.

Muskan Omkarnath Pandey, Vice President

Being a part of this club has been a deeply rewarding experience, filled with moments of learning, leadership, and growth. Each event and workshop we've conducted has strengthened my belief in the positive influence we can have. I am proud of what we've accomplished together and look forward to building on our achievements in the future.

Vaishnavi Singh, Treasurer



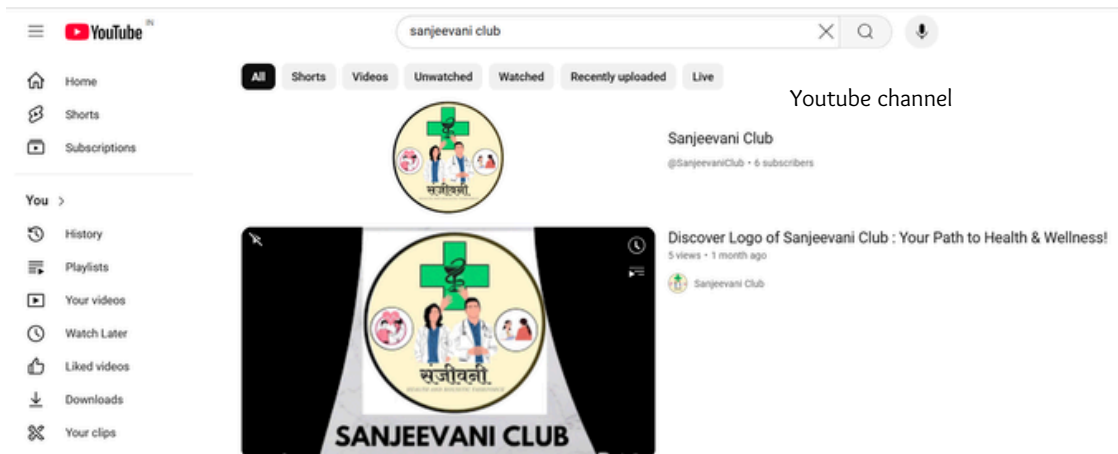
Watching our members take initiative, grow in confidence, and engage with their peers has been a truly fulfilling experience. As we look ahead, I am excited to continue fostering an environment where our club can thrive and make even greater strides toward our mission.

Prayatna Kunj, Secretary

CONTACT US, we are one step away..!

Sanjeevani Club is proud to be present on all major social media platforms, including Facebook, Instagram and Youtube ! We invite you to connect with us and become part of our thriving community dedicated to health and wellness. Through our social media channels, you'll find a wealth of resources, including insightful articles on heart health, fitness tips, updates on our events and workshops, and uplifting success stories from our members.

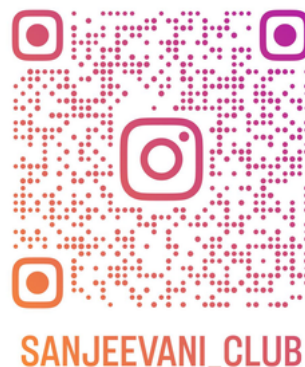
We believe in the power of community and interaction, so we encourage you to engage with us by liking, commenting, and sharing your own health journeys. Your participation not only enriches our community but also helps us spread awareness about the importance of a healthy lifestyle. Together, let's create a supportive environment where we can motivate one another to achieve our wellness goals. Follow Sanjeevani Club today and be part of the movement toward a healthier, happier tomorrow!



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