



## **Manipal University Jaipur Fosters Health and Well-being in the Local Community Outreach Programs and Student Volunteering Initiatives**

The benefits of university outreach programs and student volunteering initiatives are manifold. These programs create a sense of shared responsibility, build bridges between the academic world and the local community, and empower individuals to take charge of their own health and well-being. Manipal University Jaipur-led outreach programs and student volunteering initiatives are essential components of fostering health and well-being in local communities (Picture 4, 5, 6 & 7). These programs go beyond traditional education, actively engaging with and empowering community members in areas of hygiene, nutrition, family planning, sports, exercise, and aging well (Picture 8, 9 & Annexure 27).

One of the fundamental aspects of health and well-being is hygiene and sanitation. Manipal University Jaipur collaborates with local communities to raise awareness about the importance of hygiene practices. This includes organizing workshops on proper handwashing techniques, distributing hygiene kits in underserved areas, or even implementing community-based sanitation projects. (Annexure 1) Manipal University Jaipur engages in outreach programs to promote healthier eating habits within the local community. (Annexure 2) This involves workshops on meal planning, gardening initiatives to encourage fresh produce consumption, and collaborating with local food banks to address food insecurity issues. Access to family planning resources and information is essential for the well-being of families. Manipal University Jaipur partners with healthcare organizations and local clinics to provide education and support related to family planning. It also offers platforms for open discussions and awareness campaigns to empower individuals (Annexure 6, 7, 8, 9 & 10). Manipal University Jaipur contributes to the communities by organizing sports events, fitness classes, and exercise programs that are accessible to residents of all ages. (Picture 1,2 &3) This promotes physical well-being and fosters a sense of community and camaraderie. With an aging global population, Manipal University Jaipur is increasingly involved in programs designed to help seniors age gracefully and maintain their quality of life. This can include services like health screenings, social engagement activities, and educational workshops on topics such as mental health, chronic disease management, and senior safety. Manipal University Jaipur encourages student volunteering programs that enable students to directly contribute to community well-being (Annexure 11, 12,13 &14). These programs provide a win-win scenario: students gain valuable experience while making a positive impact on the community. Students often participate in health camps where they offer medical check-ups, vaccinations, and basic healthcare services to underserved populations. Students provide tutoring and mentorship in areas like nutrition, fitness, and family planning to community members, especially to those in need (Annexure 15, 16,17,18, 19,20, 21 & 22). Student-run sports clubs and exercise classes can engage community members in physical activity. Student volunteers can engage in activities that enhance the well-being of older adults in their communities.

Volunteering for disadvantaged people and Refugees:

Manipal University Jaipur aims to empower refugees and asylum seekers and build on the competencies and skills. By doing so, Manipal University Jaipur promotes professional growth, strengthens self-reliance, reduces dependence on humanitarian assistance, and creates incentives for more refugee youth to complete education – all while supporting the mandate. One such example is mentioned below.

1. Ms. Sanjana Mohla, Student of MUJ has volunteered with Help Syria's Kids at the Katermaya camp.

<https://fb.watch/nVQIE0KhjC/>

1. Establishment of Human Rights Cell at MUJ:

Human rights cells were established by Manipal University students during the academic year of 2019-2020. The cell aims to create awareness about human rights and help those in need. One of the most important priorities of the cell is to help an individual lead a decent and dignified life without infringing the rights of others.

[Human Rights Cell | Manipal University Jaipur](#)

Tribal rights talk show (Annexure 5, 23, 24, 25 & 26)

1. Joey Traivia(Annexure 3)



Picture 1: Shri Rajyavardhan Singh Rathore, an Olympic medalist meeting the village kids



Picture 2: Shri Rajyavardhan Singh Rathore, an Olympic medalist sensitizing local village children about sports



Picture 3: Shri Rajyavardhan Singh Rathore, an Olympic medalist encouraging village children for sports





Picture 4: Medical health checkup camp for local community near MUJ



Picture 5: Health checkup of local community in health checkup camp organized by MUJ



Picture 6: Health checkup of local community in health checkup camp organized by MUJ



Picture 7: Health checkup of local community in health checkup camp organized by MUJ





Picture 8: Distribution of Sanitary Pads to girls in near by villages



Picture 9: facilities provided for school children in near by villages