

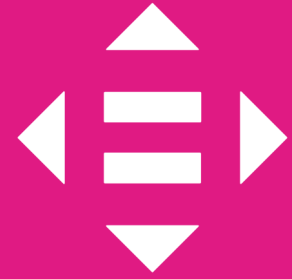


# Manav Rachna International Institute of Research and Studies

(Deemed to be University under section 3 of the UGC Act,1956)

# PROGRESS REPORT 2022-23

**10** REDUCED  
INEQUALITIES



Reduce inequality within  
and among countries



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## 1. Preamble

Manav Rachna International Institute of Research and Studies (MRIIRS), committed to the principles of the United Nations Sustainable Development Goals (SDGs), recognize the urgent need to address inequalities within and among our university community and in the broader global context.

Our Equality, diversity and Inclusiveness (EDI) policy underscores our commitment towards SDG 10 Reduce Inequalities to provide equal opportunities, respecting diversity in all its forms, and fostering an inclusive environment where every member of our community feels valued and supported. To acknowledge that inequality exists in various forms, such as income, education, access to healthcare, gender, race, and social status, and we are deeply aware of its detrimental impact on social cohesion, economic growth, and overall well-being.

MRIIRS stands as a beacon of knowledge, innovation, and progress, and we recognize our responsibility to actively work towards reducing inequality. We pledge to uphold the following principles:

1. **Equity in Education:** We commit to providing equal opportunities for all, irrespective of their socio-economic backgrounds, to access quality education, ensuring that no one is left behind
2. **Inclusive Campus:** We strive to create an inclusive and diverse campus environment where individuals from all backgrounds feel welcomed, valued, and supported.
3. **Accessible Healthcare:** We are dedicated to promoting access to healthcare services and facilities for all members of our community, emphasizing the importance of good health for social development.
4. **Gender Equality:** We champion the rights and opportunities of all genders, working towards eliminating gender-based discrimination and promoting equal participation in all spheres of life.
5. **Social and Economic Inclusion:** We are committed to actively promoting economic opportunities, social inclusion, and employment opportunities for marginalized and disadvantaged groups within our community.
6. **Global Partnerships:** We acknowledge that addressing inequality is a global challenge. We will collaborate with partners, organizations, and governments, both locally and internationally, to advance our commitment to reduce inequality.

**Link for EDI Policy:** [https://mriirs.edu.in/wp-content/uploads/2023/08/MRIIRS-Policy\\_on\\_Equality%20Diversity%20and%20Inclusion.pdf](https://mriirs.edu.in/wp-content/uploads/2023/08/MRIIRS-Policy_on_Equality%20Diversity%20and%20Inclusion.pdf)

**Link to Office order for Diversity and Inclusiveness Committee :**  
<https://mriirs.edu.in/wp-content/uploads/2023/08/Office-Order-Diversity-and-Inclusion-Committee.pdf>

## 2. Anti-discrimination and Anti-Harassment

MRIIRS EDI Policy strongly adhere to integral components such as anti-discrimination and anti-harassment. The policy promotes an environment of respect and fairness for all members of our community, irrespective of their background, identity, or affiliation. We firmly denounce any form of discrimination or harassment, based on race, gender, religion, sexual orientation, or any other characteristic. Our institution is dedicated to upholding the principles of equal opportunity, providing a safe and inclusive atmosphere where all individuals can thrive, contribute, and learn without fear of bias or mistreatment. Through proactive measures, awareness campaigns, and clear reporting mechanisms, MRIIRS strives to create a campus that is truly diverse, equitable, and free from all forms of discrimination and harassment.

In accordance with our Equity, Diversity, and Inclusion (EDI) policy at Manav Rachna International Institute of Research and Studies (MRIIRS), our admission processes are designed to be fair, transparent, and inclusive. We are committed to ensuring that the admissions criteria and procedures are free from any form of discrimination, providing equal opportunities for individuals from diverse backgrounds to access our educational programs. We actively promote outreach to underrepresented and marginalized communities, and we offer support services and accommodations to ensure that all applicants, including those with disabilities, have an equitable chance to pursue their educational aspirations at MRIIRS.

**Link for EDI Policy:**

[https://mriirs.edu.in/wp-content/uploads/2023/08/MRIIRS-Policy\\_on\\_Equality%20Diversity%20and%20Inclusion.pdf](https://mriirs.edu.in/wp-content/uploads/2023/08/MRIIRS-Policy_on_Equality%20Diversity%20and%20Inclusion.pdf)

## 3. MRIIRS Disability Support Office

Manav Rachna International Institute of Research and Studies (MRIIRS) has dedicated Disability Support Office to cater an inclusive and accessible educational environment for students with disabilities. Committed to ensuring that all students have equal opportunities to excel, the office provides a range of support services, including academic accommodations, assistive technology, and personalized assistance to meet the unique needs of each individual. Their mission is to empower students with disabilities to thrive academically and socially, promoting diversity and inclusivity throughout the MRIIRS campus.

An extensive variety of automated equipment is readily available to enhance the autonomy and convenience of people with disabilities. These specialized devices are crafted with innovation and inclusivity at the forefront, addressing a wide range of needs and elevating the quality of life for individuals with disabilities. Mobility aids, such as wheelchairs and golf carts, offer enhanced freedom of movement, enabling individuals to effortlessly navigate their surroundings. Assistive technology tools like screen readers, voice recognition software, and adaptive keyboards empower those with visual or motor impairments to effectively access and engage with digital technology. These advancements in mechanized equipment underscore our dedication to fostering an inclusive society where every individual, regardless of their abilities, can enjoy a rewarding and self-reliant life.

## DisabilitySupportoffice





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**Disability Support Office  
(with availability of  
Mechanized Equipment)**

**Blind Stick, Wheel  
Chair available in the office**



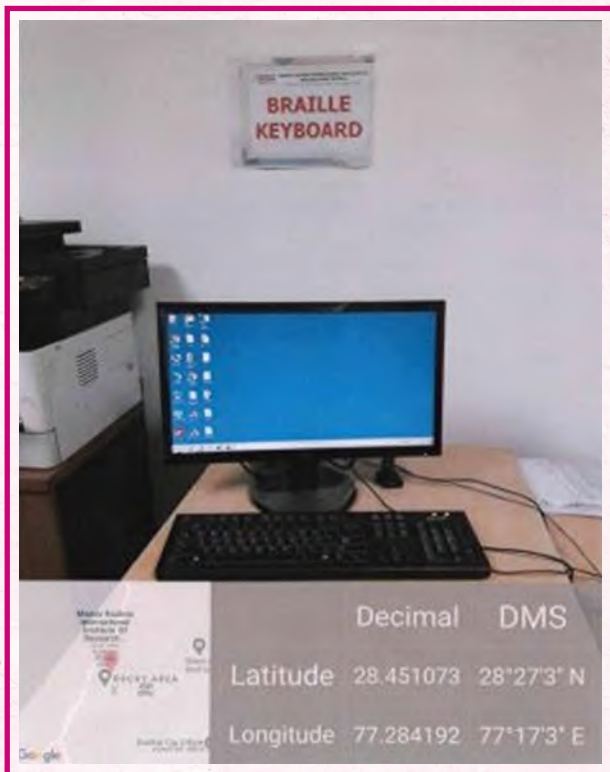
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**Availability of Wheel chair**



**Blind Stick**



**Braille Keyboard**



**Braille Keyboard**



## 4. Access schemes for people with disabilities

### such as mentoring or other targeted support

Manav Rachna International Institute of Research and Studies (MRIIRS) is committed to ensuring inclusivity and equal opportunities for all individuals, including those with disabilities. To achieve this goal, we have established various access schemes that focus on providing mentioning and targeted support.

Students with learning disabilities may struggle to acquire knowledge through traditional teaching learning methodologies. MRIIRS understands their need of special attention and provides required support through counselling sessions in the Human lab, in terms of remedial classes, bridge courses, mentor-mentee counselling sessions, Art of Living sessions including Yoga sessions.

Our mentioning programs are designed to offer personalized guidance and assistance to individuals with disabilities, helping them navigate their academic journey and career aspirations. Through one-on-one mentor-mentee relationships, we aim to enhance their confidence, self-reliance, and overall well-being.

In addition to mentioning, MRIIRS offers a range of targeted support initiatives. These programs are tailored to meet the specific needs of individuals with disabilities, addressing challenges they may face in education, employment, and community engagement. These support measures include specialized educational resources, adaptive technologies, counselling services, and accommodations to ensure that no one is left behind.



## 5. मनोवृति Counselling and Wellness Centre

मनोवृति Counselling and Wellness Centre मनोवृति Counselling and Wellness Centre by the Department of Applied Psychology is a hub that provides guidance and counselling support to MREI family. The centre works keeping in mind the realities of life and the challenges faced by students, faculty and staff.

### Roles and Responsibilities:

- a) Provide individual and group counselling to students, faculties, staff and other clients
- b) Conduct psychological assessments and tests
- c) Conduct hypnotherapy sessions for various clients of the centre
- d) Conduct bio-well diagnosis when required or indicated as per the issues of the client
- e) Develop and conduct mental health camps and other outreach programmes
- f) Provide training to students to conduct mental health camps

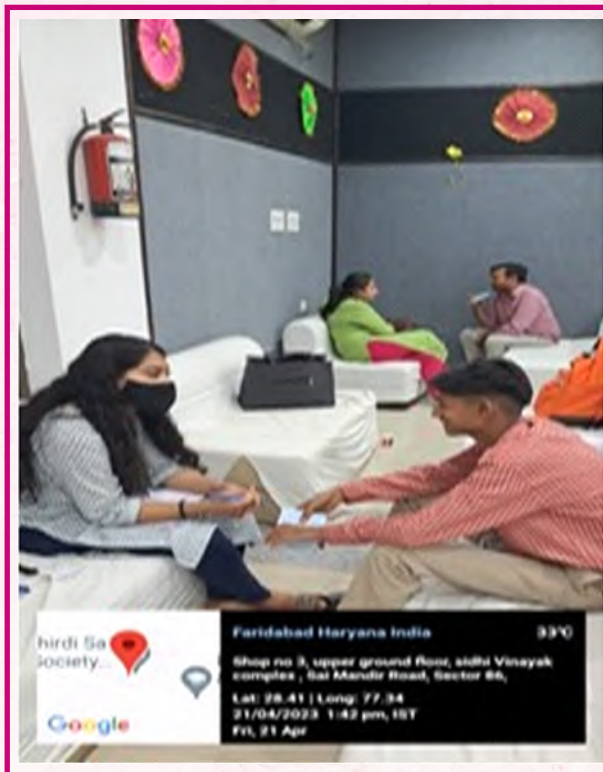
### Link for मनोवृति Counselling and Wellness Centre:

<https://mriirs.edu.in/%e0%a4%ae%e0%a4%a8%e0%a5%8bvrity-counseling-and-wellness-centre/>

### • Details of Health Camps organized:

Manovriti has been a part of health camp series organized by Dr. O. P Bhalla Foundation from March 2023 to May 2023 and has provided psychological services and counselling to more than 1500 individuals.







- **Session on Psychometric Profiling**

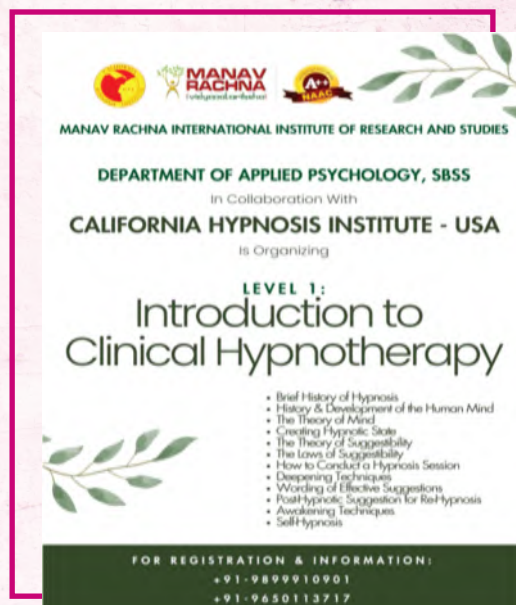
The last session of the Orientation Session was held on 2nd August, 2023. The theme of the session was Psychometric Profiling which was conducted by Hon'ble Vice Chancellor Prof. Dr. Sanjay Srivastava. The students of MBA were required to fill a survey online, the results of which laid down the basis of their personality type which was further explained and elaborated by the resource person. The explanation was supported by an interesting role play done by Sir where students were also a part to understand different personality types in detail and have an overview of their results in context to the same. Sir guided students through the process of taking the pre-designed psychometric test and assisted them in understanding their results. The students could then reflect on their profiles, discuss their implications, and explore ways to leverage this newfound self-awareness for personal and professional growth.





- **Introduction to Hypnotherapy**

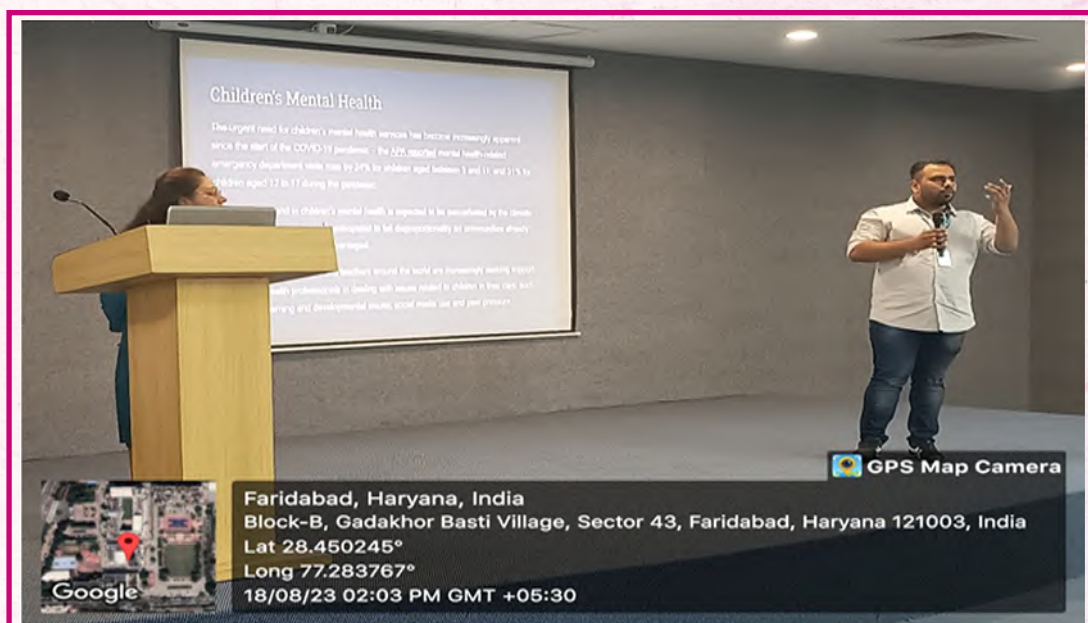
The Hypnosis Training course conducted by Ms. Kirti Khurana and organized by Dr. Divya Dhawan (Assistant professor – DOAP,SBSS) at Manav Rachna International Institute of Research and Studies, Faridabad, aimed to provide participants with a comprehensive understanding of hypnosis, its history, techniques, and practical applications. The course spanned four days, from 17th July 2023 to 20th July 2023, with a minimum of 20 hours of training. Participants were trained on various aspects of hypnosis, self-hypnosis, and post-hypnotic suggestions, among other topics. The primary objectives of the Hypnosis Training course is to provide participants with a foundational understanding of hypnosis and its historical development and to familiarize participants with the theory of mind and how it relates to hypnosis.





- **Extempore Competition on Emerging fields and trends in Psychology**

The Department of Applied Psychology at SBSS, MRIIRS, organized an extempore competition on August 18th, 2023. It was designed as an interactive workshop and students enthusiastically participated in the question and answer session. There was a power-point presentation along with a few videos of subject matter. The session incorporated a few fun activities and icebreakers as well. Students were given sentence completion tasks and were later told the interpretation of the test. The basic aim of the event was to provide a platform for spreading awareness among students by presentation of facts, figures and mutual discussion method about the various fields and trends in Psychology.





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- **Extempore Competition on Emerging fields and trends in Psychology**

Awareness Programme on "Human Ethics Towards Environment "held on 16th September 2023 organized by Department of Applied Sciences, School of Engineering, MRIIRS, Fbd. in association with IQAC, MRIIRS. The programme was organized for the faculty members and staff of Department of Applied Sciences, Mechanical Engineering, Automobile Engineering, Civil Engineering and Biotechnology with the objective to develop a keen understanding among them about environmental ethics and its awareness. Two lectures were organized for the faculty members and staff members related to above topic. The resource persons for the event were Dr. Sadiqa Abbas, Professor, Department of Civil Engineering, MRIIRS, Fbd. and Dr. Vijay Kumar, Professor and Head, Department of Applied Sciences, SET, MRIIRS, Fbd. It was aimed to promote appreciable knowledge about "Human Ethics Towards Environment" among budding professionals through expert talk. Total 30 faculty members and staff benefited from the expert talks. All participated with lot of excitement and enthusiasm.



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- **Human Lab**

The Faculty of Behavioral and Social Sciences (FBSS) at MRIIRS is distinguished as one of the pioneering institutions featuring a unique facility known as the 'Human Lab.' This lab stands as a trailblazer, being the first of its kind not only in Haryana but also in the broader Delhi-NCR region. The Human Lab is dedicated to conducting assessments and psychometric profiling to provide support for individuals facing emotional, behavioral, and mental challenges. Within this lab, there exists a comprehensive array of more than 50 standardized psychometric tests and psychological instruments. These tools are utilized to assess a wide spectrum of physiological, psychological, behavioral, emotional, and spiritual characteristics found in individuals across various age groups, including children, adolescents, adults, and the elderly. Moreover, the Human Lab offers valuable services such as career counselling and training in employability skills. For the students of Manav Rachna Educational Institutions, the Human Lab extends its counseling and psychotherapy services, addressing a range of issues encompassing interpersonal conflicts, emotional distress, health and wellness concerns, anxiety, depression, self-esteem challenges, and adjustment difficulties. The implementation of psychometric profiling aids students in self-reflection, enabling them to identify their inherent strengths and weaknesses. To monitor their progress, students are regularly engaged in psychometric tests. In addition to these services, the Human Lab actively organizes and conducts various health awareness and mental health programs on a consistent basis.

**Awareness Program on Importance of Guidance & Counselling/ Counselling Facilities at MRIIRS (25-01-2023)**







- **Mentor-Mentee Counselling Sessions**

Student mentoring, counselling, and guidance represent essential pillars of student support services. These services are crucial in assisting students in overcoming personal, social, and academic challenges that may hinder their educational journey. As students embark on their professional courses, they often encounter a diverse range of pressures, including academic, personal, and career-related issues. These pressures can lead to stress, which can disrupt their pursuit of success.

In today's educational landscape, students face a multitude of stressors, including cross-cultural influences, emerging ethnic dynamics, heightened academic competition, peer pressure, unique teenage challenges, and increasing career demands.

To shield students from the detrimental effects of such stressors, our university has established a dedicated and well-coordinated system for mentoring and counselling. Within this system, mentors regularly engage with students to address their concerns, monitor their academic progress, foster their involvement in co-curricular activities, promote personality development, enhance communication skills, offer career guidance, support holistic development, impart essential life skills, and facilitate the development of positive interpersonal relationships. Furthermore, parents are kept informed and updated on their child's performance, ensuring a collaborative approach to the student's well-being and success.

**Link for Student Mentorship Policy:**

<https://mriirs.edu.in/wp-content/uploads/2022/08/Policy-Student-Mentorship.pdf>

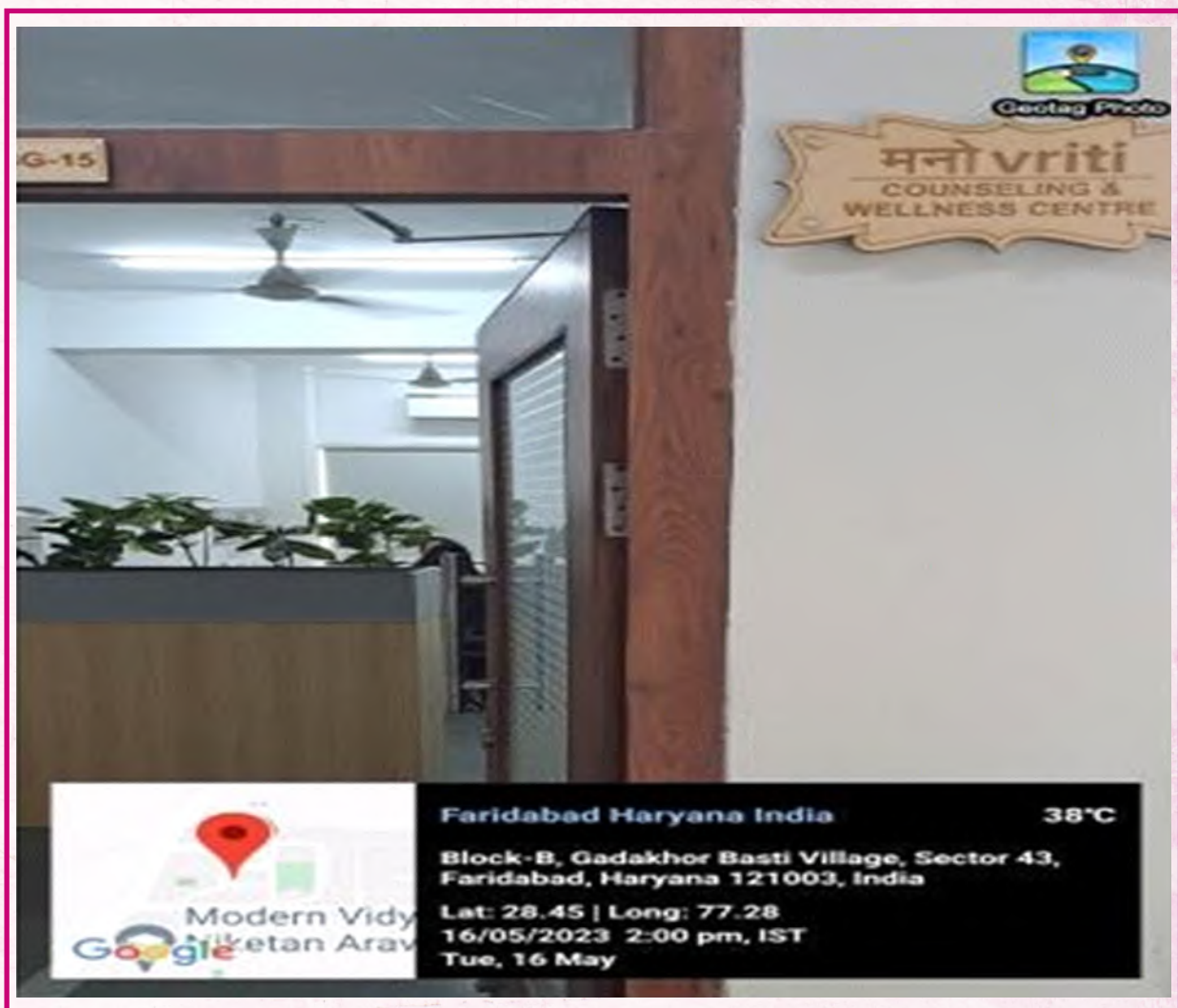
- **Yoga Sessions**

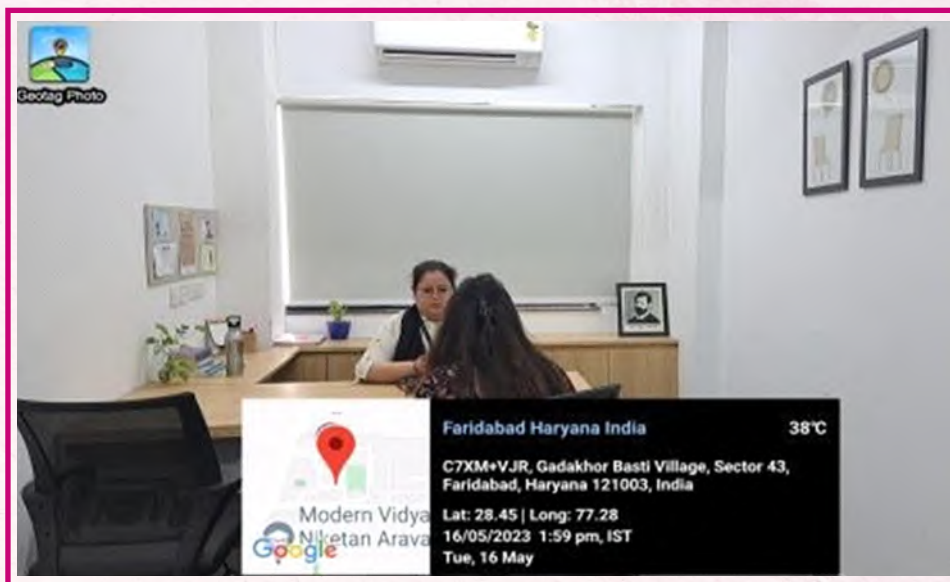
At MRIIRS, regular yoga sessions are practiced by the students for their holistic development. It encompasses psychological, social and emotional growth of an individual. A holistic methodology seeks to help individuals especially with Mental Health Issues develop all their skills and to build their strengths. Yoga is a way of life which inspires us to live a healthier life. It's just not an exercise but helps in rejuvenating oneself and it's a confluence of body, mind and soul. It helps individuals to deal with stress, anxiety and depression by bringing a balance and harmony in their lives



## 6. Facilities Available for Student, Faculty members and Staff with Disabilities

MRIIRS have established a range of facilities and resources to support their unique needs. These include wheelchair-accessible infrastructure, adaptive technologies in classrooms and libraries, sign language interpreters, ramps and elevators, as well as designated parking spaces. Additionally, our Disability Support Services team offers personalized assistance, counselling, and guidance to ensure that students with disabilities can access educational materials and participate in academic and extracurricular activities with ease. MRIIRS is dedicated to removing barriers and ensuring that every student, regardless of their abilities, can fully engage in their educational journey and university life.





## 7. Gender Sensitization Cell

MRIIRS assigns utmost priority to gender equity and its sensitization as a critical dimension to its overall philosophy and societal approach. MRIIRS has its dedicated Gender Sensitizing Cell, that regularly holds discussions and lectures for awareness on gender issues and policies. It is a well accepted fact that the social order of our society is patriarchal in nature. Despite education and progress made after the independence, the patriarchal value system prevails in every aspect of life. In order to create awareness, and mainstream gender equality, the university promotes communication, awareness, opportunities, practices and philosophies that creates equality and equity of genders a priority. Right from the beginning of the academic session, as a part of the orientation program, the new students are made aware of the various gender sensitization programs and encouraged to participate in promoting gender inclusivity and equality. At the department level, there are courses offered on gender, regular discussions, lectures, programs and activities that facilitate the gender awareness and inclusivity. Annually the celebration of International Women's Day in March, the Queer month (June) is a regular fixed feature of the university.

### MRIIRS Gender Sensitization Cell office order

## 8. Campus is easily accessible by people with disabilities

MRIIRS has prepared a Guidebook to make a University inclusive, for People with Disability. This guidebook specifically focuses on infrastructural barriers and provides practical solutions for making the physical environment of a university safe, accessible and friendly for people with disabilities.

### Link :

<https://mriirs.edu.in/wp-content/uploads/2023/08/MRIIRS-Campus%20easily%20accessible%20by%20people%20with%20disabilities.pdf>

## 9. Inclusive Equity, Diversity, Inclusion, Human Rights Activities

The university campus has been at the forefront of promoting equity, diversity, inclusion, and human rights through a myriad of impactful programs.

These initiatives serve as vital pillars of our commitment to fostering a campus environment that is not only academically enriching but also socially inclusive. From regular diversity and inclusion workshops that encourage open dialogue and understanding among students and faculty to awareness campaigns addressing various human rights issues, university takes proactive steps to ensure that every member of our diverse community feels valued and respected. Additionally, University hosts numerous cultural events, lectures, and forums that celebrate the richness of our diverse backgrounds and engage in constructive discussions about the challenges faced by marginalized communities. Through these programs, university strives to create an environment where everyone has the opportunity to thrive, learn, and contribute to a more equitable and just society.

**The details of the some of these vents are provided below:**

1. Celebration of Independence Day
2. One Week for Nation-Azaadi ka Amrit Mahotsav
3. Celebration of Janmashtami
4. Celebration of Ganesh Chaturthi
5. Shikshak Parv Celebration: "Be a Teacher to Someone"
6. Observance of Gandhi Jayanti
7. Celebration of Durga Puja
8. Celebration of Eid-e-Milad
9. International E-Waste Day
10. World Hygiene Day
11. Observance of Vigilance Awareness Week
12. Observance of National Unity Day
13. Celebration of Ticket to Childhood
14. World Soil Day
15. Bhartiya Bhasha Utsav -13
16. Christmas and New Year Celebration
17. My Gov Campus Ambassador Programme
18. Rotary Young Leadership Awards 2023
19. Lohri and Pongal Celebration
20. Resurrection 2023
21. Observance of National Voter's Day
22. Republic Day Celebration
23. Basant Panchami Celebration
24. International Mother Language Day
25. "FOUJA"-Promotion of Haryanvi Cinema and Culture
26. International Conference on Identity, Culture, Agenda driven News Cast (ICAN6)

- **PROMINENT WORKSHOPS/SEMINARS/TRAINING PROGRAMMES ORGANIZED FOR STUDENTS AND FACULTY MEMBERS**

- **Celebration of Independence Day**

Manav Rachna International Institute of Research and Studies organized a glorious ceremony to spotlight the sacrifices made by the Freedom fighters, Cultural Strength and Unity in the Diversity of India. To honor the historical event of the day, the National Flag was hoisted at Manav Rachna Campus by Dr Prashant Bhalla, President- MREI Chief Guest of the Day; Guest of Honor Master Biren Dang, Winner of Taare Zameen Par; Dr Sanjay Srivastava, Vice Chancellor MRIIRS; Lt. General RK Anand - Director General, MRIIRS; Prof. (Dr.) Naresh Grover - Pro-Vice Chancellor, MRIIRS; Prof. (Dr.) Pardeep Kumar - Pro-Vice Chancellor, MRIIRS; Prof. (Dr.) D S Sengar - Pro-Vice Chancellor, MRU; Ms. Sanyogita Sharma - Director, MRIS; Mr. Sarkar Talwar- Director Sports, MREI; Mr. Atul Kalra- Director Administration, MREI along with other senior dignitaries, faculty members and students. The flag hoisting symbolizes the strength of India's Independence from any colonial domination. The Flag hoisting was followed by the National Anthem. Everyone presents on the lawn rose for the National Anthem to symbolize and evoke the national heritage and traditions of the country India. Afterwards patriotic performances were arranged for the audience.

Also, the plantation drive was a part of the iconic celebration under One Week for Nation. The Chief Guest of the Day Dr. Prashant Bhalla, Dr Sanjay Shrivastava, Vice Chancellor MRIIRS and Managing Director MREI and the Guest of Honour Mr. Biren Dang along with the other dignitaries planted a sapling to observe the Plantation Drive followed by the selfie with Tiranga. The motive behind the plantation drive was to encourage and motivate the students and faculty members to protect our mother earth. Every year plantation drives are part of activities under Environment protection and Manav Rachna plays a very noble role in developing the society and sustainability of the environment. Students of Manav Rachna are the torchbearers of the drive and take care of the plant till it is grown well. The Manav Rachna family has always come forward to protect the environment in many different ways.



**Celebration of Independence Day-15.08.22**



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**Celebration of Independence Day-15.08.22**



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**Celebration of Independence Day-15.08.22**



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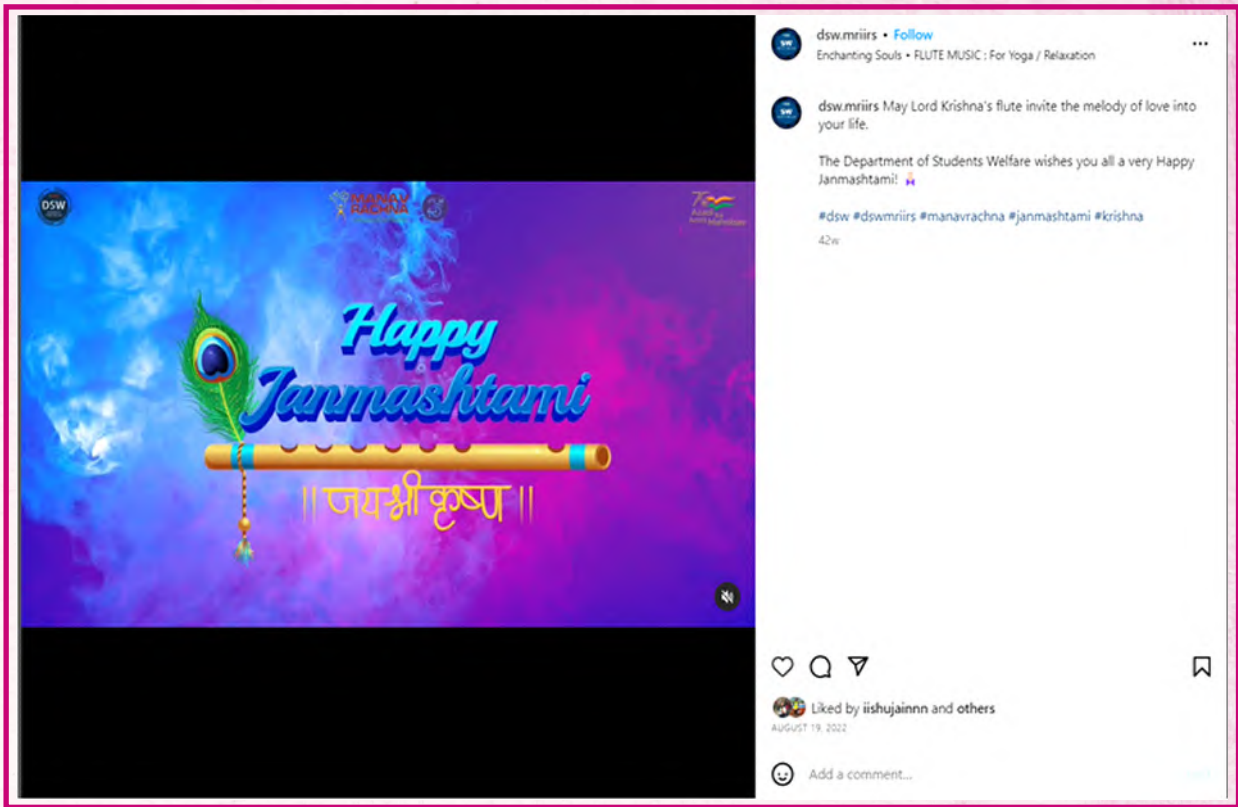
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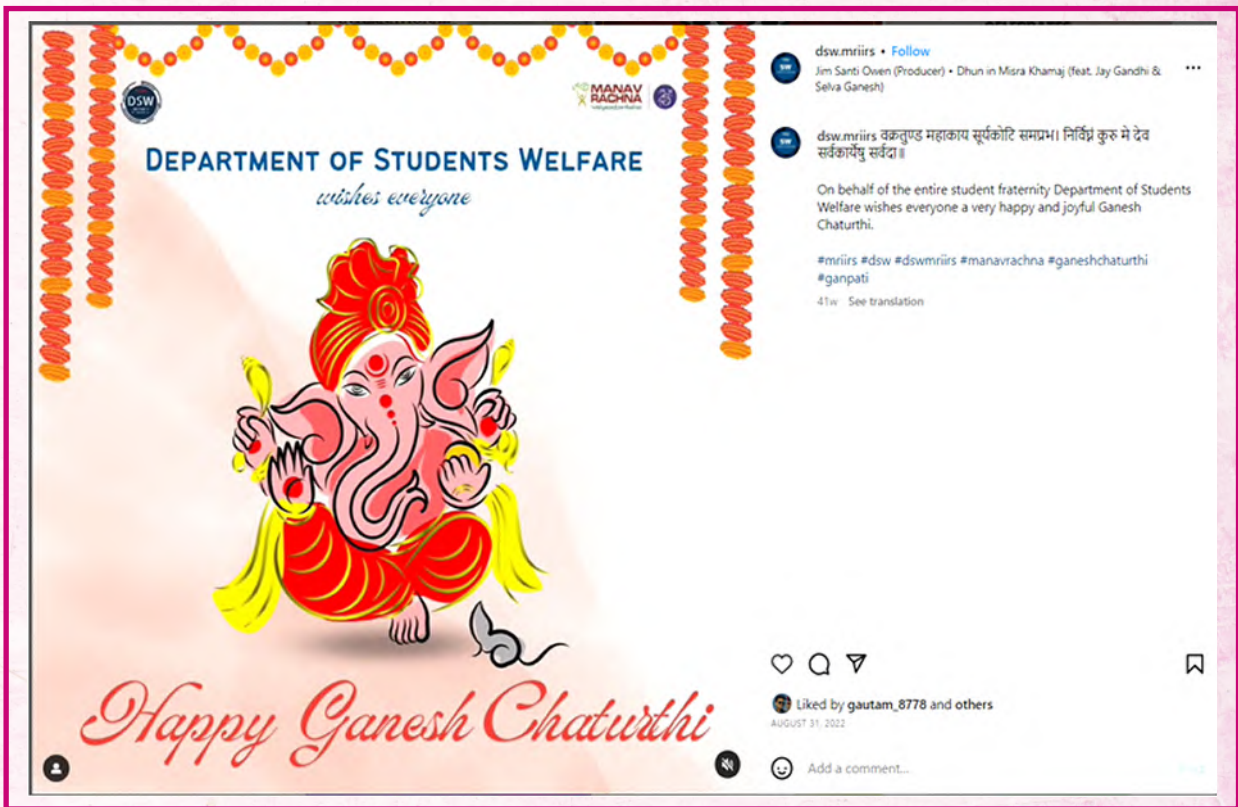
**Celebration of Independence Day-15.08.22**



**Celebration of Independence Day-15.08.22**



Celebration of Janmashtami



Celebration of Ganesh Chaturthi

- **Shikshak Parv Celebration: "Be a Teacher to Someone"**

**Daisaku Ikeda writes, "Believing in people, believing in some undiscovered quality and drawing it out is the vigorous spirit of education."**

Manav Rachna holds the ideals "Manav ki Rachna" keeping these morals in mind the volunteers of the National Service Scheme Unit, Department of Student Welfare, Manav Rachna International Institute of Research and Studies undertook an initiative, "Be a Teacher to Someone" on the occasion of teacher's day. The volunteers under this campaign visited the Miracle Charitable Society, Faridabad, an adoption centre registered under the Women and Child Development Department of Haryana, on September 05, 2022 to be a teacher to someone as they understand that education is a fundamental right. On entering the gates of The Miracle Charitable Society, the volunteers were awestruck by the innocence and love the children there had to offer to them. The pure-heartedness of the children was evident during the various games and activities. The students of Manav Rachna got the opportunity to interact with them and teach them how to paint and colour understanding the beautiful and lifelong mentor-disciple bond that is shared between a teacher and a student. Early Education - teaching the base of the alphabet and numbers was also taught to children.



**Shikshak Parv Celebration: "Be a Teacher to Someone"-05.09.23**



**Shikshak Parv Celebration: "Be a Teacher to Someone"-05.09.23**



**Shikshak Parv Celebration: "Be a Teacher to Someone"-05.09.23**



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**Shikshak Parv Celebration: "Be a Teacher to Someone"-05.09.23**



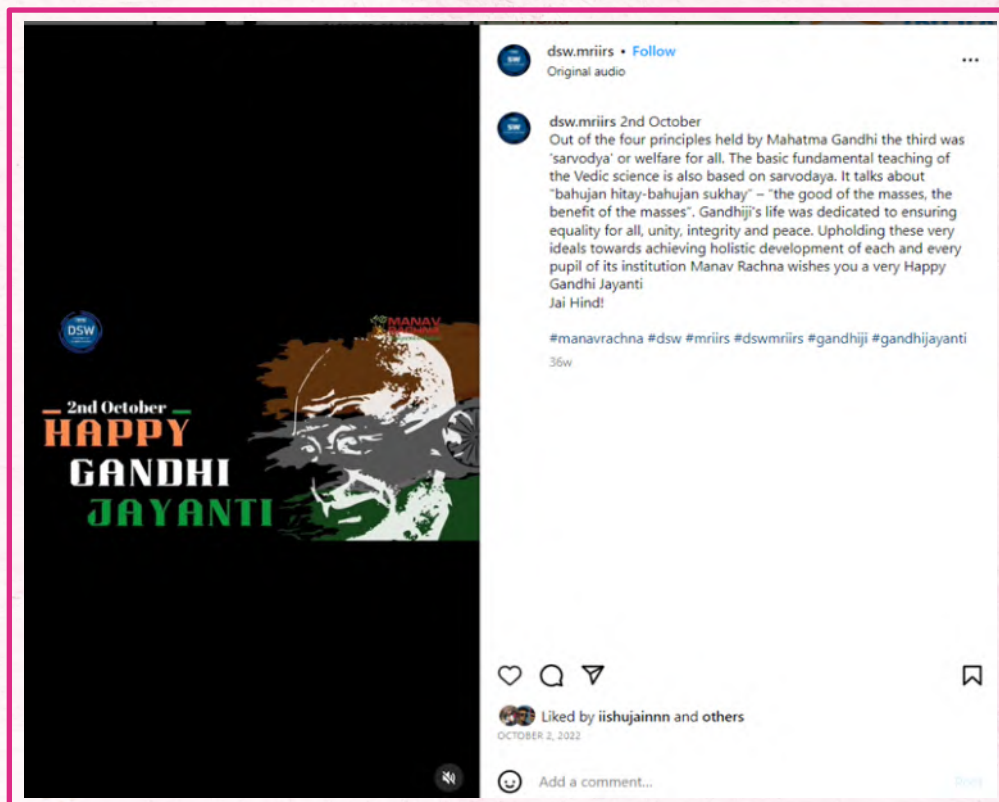
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**Shikshak Parv Celebration: "Be a Teacher to Someone"-05.09.23**



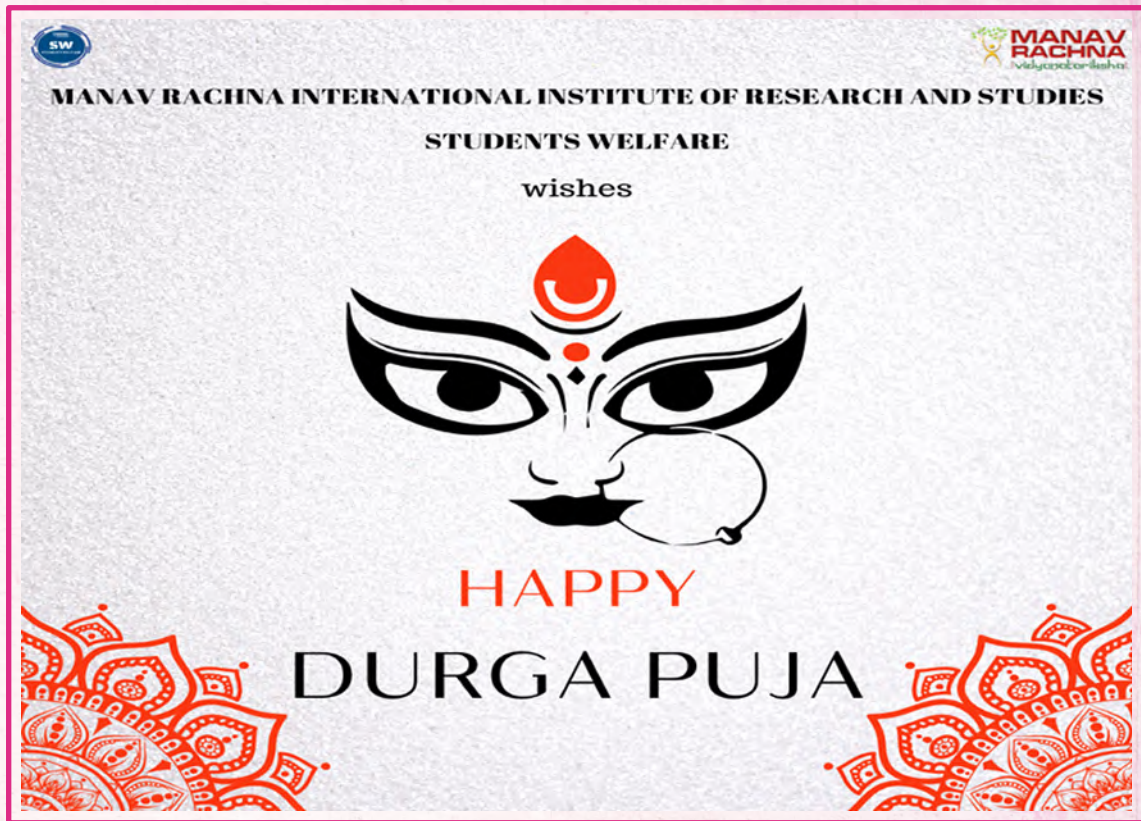
Shikshak Parv Celebration: "Be a Teacher to Someone"-05.09.23

- Observance of Gandhi Jayanti





- Observance of Gandhi Jayanti



- Celebration of Eid-e-Milad



- **Observance of Vigilance Awareness Week**



- **Observance of National Unity Day**



- **Celebration of Ticket to Childhood**



On November 14, 2022, the Department of Students Welfare, Manav Rachna International Institute of Research and Studies hosted a spectacular celebration of Ticket to Childhood on the occasion of Children's Day with the theme "Relive your Memories." The celebration commenced with the blessings of the Director General, MREI, Dr N.C. Wadhwa where he bestowed his blessings on the students and emphasized the value of experiencing childhood joys and happiness.

A series of cultural acts then began, starting with a truly melodious performance by Surtarang, the Music Society, where the crowd joined in the singing and enjoyed the beats. A stage play with the theme "Relive your School Memories" was staged by the Paigam-the Dramatics and Film Society, which displayed another superb work of art. Students from the Fashion Society and the Art Society exhibited stunning Live Art and a Fashion Show that reflected a stroll down Memorylane to Wonderland, respectively. Subsequently, a dance performance was given by Mridaksh the Dance Society where they performed a dance battle to present the school's memories. Finally in the end, the much-awaited games like Spin-the-Wheel, Tongue Twister, Bollywood Fan, Push-Up Challenge etc. were open to the audience where they engaged themselves and enjoyed the most.

Additionally, the NSS Unit observed World Kindness Day by organizing a Bone Marrow Stem Cell Drive in collaboration with the DATRI Organization, for which more than 150 students registered themselves after hearing Ms. Bindya from the DATRI organisation who talked about the significance of the donation.



**Celebration of Ticket to Childhood-14.11.23**



**Celebration of Ticket to Childhood-14.11.23**



**Celebration of Ticket to Childhood-14.11.23**



**Celebration of Ticket to Childhood-14.11.23**



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**Celebration of Ticket to Childhood-14.11.23**

- **Bhartiya Bhasha Utsav-13**

**When Indian languages become the medium of education from primary to higher level, India will realise its soul**

Bharatiya languages have existed since ages and have shaped the minds of the people in keeping them united. There is a dire need to strengthen 'language harmony', to develop a conducive environment for learning more and more Indian languages apart from mastering one's own mother tongue. The National Education Policy 2020 highlights multilingualism and visualizes Indian languages as a great tool for national unity. To catalyse this enthusiasm, it has been decided that Bharatiya Bhasha Utsav will be celebrated on 11th December on the Janma Jayanti of Subramania Bharati, the great nationalist poet. Subramania Bharati, popularly known as "Mahakavi Bharati", was a freedom fighter and social reformer from Tamil Nadu.

Keeping in view the aim that students of the country should be encouraged to learn the importance of Indian languages under the 'Ek Bharat Shrestha Bharat' the Students Welfare, MRIIRS celebrated 'Bharatiya Bhasha Utsav' to mark the Janma Jayanthi of Mahakavi Subramania Bharati, a multi-linguist and freedom fighter. My Language My Signature' a unique campaign was promoted by SW across the University to promote the habit of singing in Bharatiya Bhasha. Students were asked to write their name and a few lines in Bharatiya Basha. The students and faculty members were also encouraged to record their videos while wishing in Bharatiya Basha's and as well as they very happily represented their state by wearing traditional attire . Students enthusiastically shared their views and signed on the chart along with inspiring messages in Urdu, Telugu, Bengali, Gujarati, Bhojpuri, Malayalam, Marathi, Rajasthani, Punjabi, Hindi and English are a few languages and dialects to name. The celebrations concluded with students taking selfies with the charts. A Pledge was also taken by the students to develop a habit of signing in their mother languages . Students enjoyed marking their signatures in their Mother Language.



**Bhartiya Bhasha Utsav-11.12.22**

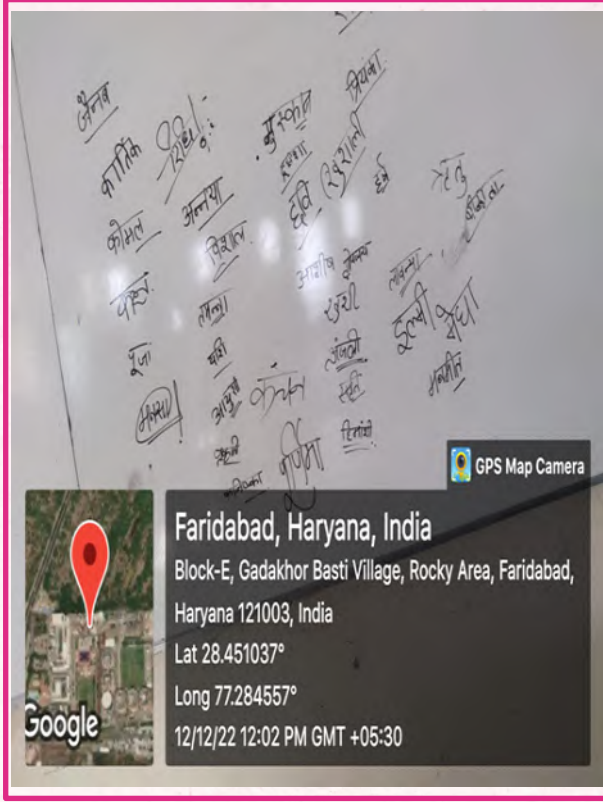




Bhartiya Bhasha Utsav-11.12.22



Bhartiya Bhasha Utsav-11.12.22



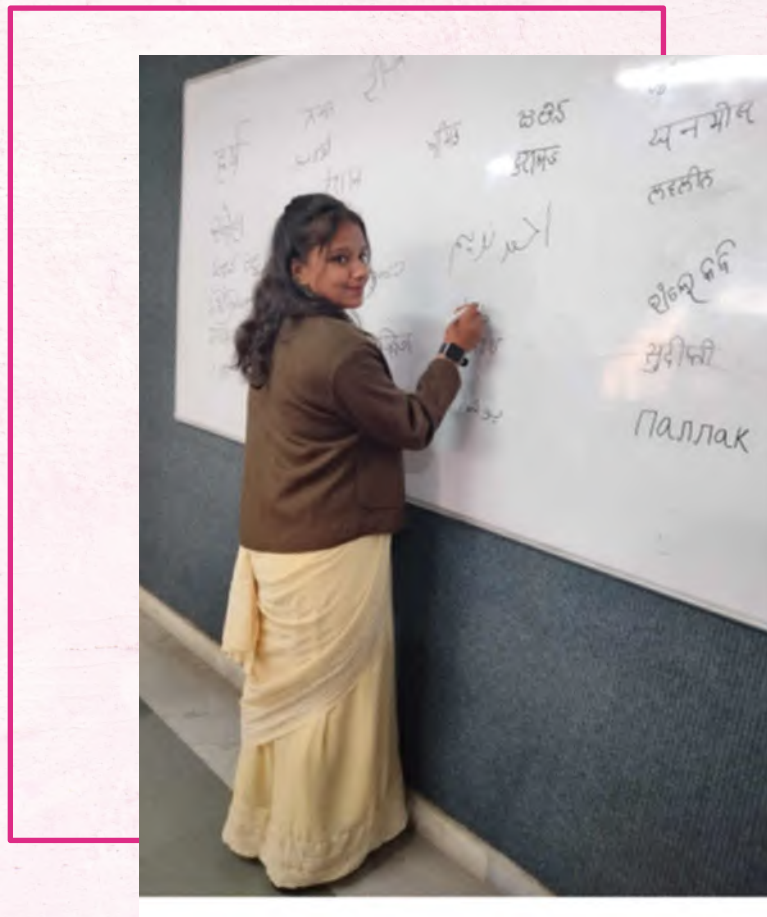
Bhartiya Bhasha Utsav-11.12.22

<u>भारतीय भाषा उत्सव</u>			
<u>S.No.</u>	<u>Name</u>	<u>Roll No.</u>	<u>Sign.</u>
1	नमन दुजा	22/FMS/BBA(G)IB/005	नमन दुजा
2	देव	22/FMS/BBA(G)IB/002	देव
3	दिव्यम मिश्रा	22/FMS/BBA(G)IB/010	दिव्यम मिश्रा
4	जिया अरोड़ा	22/FMS/BBA(G)IB/004	जिया अरोड़ा
5	हादीक अरोड़ा	22/FMS/BBA(G)IB/012	हादीक अरोड़ा
6	फैडी जोस	22/FMS/BBA(G)IB/003	फैडी जोस
7	अभिषेक	22/FMS/BBA(G)IB/016	अभिषेक
8	श्रावेडा	22/FMS/BBA(G)IB/017	श्रावेडा
9	श्रुमिका कबरमीरा	22/FMS/BBA(G)IB/018	श्रुमिका कबरमीरा

Bhartiya Bhasha Utsav-11.12.22



Bhartiya Bhasha Utsav-11.12.22



- **Sharing is Caring-Christmas Celebrations**



The Students Welfare organised an event on the occasion of Christmas and New Year on 27.12.22 in the A-block Auditorium from 1:00 PM onwards. The theme of the event was “Sharing is Caring”. The event was organised to celebrate the love, joy and hope of this time of the year.

The event was initiated with a Christmas Rhythm by the Music Society, Surtarang. The melodious music by the music society instilled a sense of joy in everyone. Dr Ananjit Goswami, Director FBSS also sang a song to uplift the spirits of the students and share the joy of celebration. After the musical performance, the Theatre Society, Paigam presented a message by Santa. A game- “Mystery Box “was also organised to give the event a fun element.

The magnum opus of the event was the sleigh walk by the specially-abled children from “Prabhat” an awakening NGO with the members of Fashion Society, Aaira. In the sleigh walk, the children from the NGO walked with the students of Aaira. Followed by the sleigh walk, a breathtaking dance performance “Jiggle Wiggle-Dance to live-by” was given by the Mridaksh-Dance Society. The student council members performed Jingle Bhangra to the tune of the Jingle bell they energetically performed bhangra.



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Sector 43, Faridabad

Haryana  
TOWARDS NEW FRONTIERS  
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MANAV RACHNA  
TOWARDS NEW FRONTIERS  
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Sharing is Caring-27.12.22



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Sharing is Caring-27.12.22



**Sharing is Caring-27.12.22**



**Sharing is Caring-27.12.22**



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Sharing is Caring-27.12.22



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Sharing is Caring-27.12.22



Sharing is Caring-27.12.22



Sharing is Caring-27.12.22





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**Sharing is Caring-27.12.22**



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**Sharing is Caring-27.12.22**

- **My Gov Campus Ambassador Programme**

The Faculty of Behavioural and Social Sciences and Students Welfare jointly organised the MyGov Campus Ambassador Programme on 10th January, 2023 at the Seminar Hall, B Block. The programme was marked by the presence of representatives from the MyGov Programme, Ministry of Electronics and Information Technology, Government of India, Ms.Soumi Banerjee, General Manager, MyGov and Ms. Renu Singh, Deputy Manager, MyGov. On the occasion Dr. NC Wadhwa, Director General, MREI, Dr. A. K Sharan, Dean FBSS, Prof. Gurjeet Kaur Chawla, Dean, Students Welfare, Prof. Anandajit Goswami, Director, FBSS, Prof. Priyanka Tiwari, HOD, Department of Applied Psychology, FBSS. Faculties and students from different departments of the University were present in the interactive session with MyGov representatives on participatory Governance for a futuristic India driven by youth of age group 18 - 25. The programme was marked by more than 150 people with active participation and discussions on participatory Governance through MyGov platform.

At the outset, Dr. Ananjit Goswami, Director FBSS and a nominated Nodal officer of the MyGov Campus Ambassador programme welcomed experts, Faculty Members and students. He emphasized on engaging students from university who will play an active role in Participatory Governance. Ms. Soumi Banerjee explained to the audience in detail the registration process on MyGov portal as a Campus Ambassador and also highlighted the importance of being part of My Gov programme.



**My gov Campus Ambassador Programme-10.01.23**



**My gov Campus Ambassador Programme-10.01.23**



**My gov Campus Ambassador Programme-10.01.23**



**My gov Campus Ambassador Programme-10.01.23**



**My gov Campus Ambassador Programme-10.01.23**

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**My gov Campus Ambassador Programme-10.01.23**

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**My gov Campus Ambassador Programme-10.01.23**



**My gov Campus Ambassador Programme-10.01.23**



**My gov Campus Ambassador Programme-10.01.23**

- **Film Screening and Panel Discussion of Indian Movie “Invisible Demons”**

A screening of the film "Invisible Demons" and a thought-provoking panel discussion was held at the Goethe-Institut/Max Mueller Bhavan in New Delhi from 6 pm on January 17, 2023. The event was attended by nine members of the Theatre Society, Paigam and a Student Coordinator from the Students Welfare. Dr. Ananjit Goswami, Director FBSS, also accompanied the students.

The screening and panel discussion was graced by Mr. Rahul Jain, Director of the movie "Invisible Demons," Helene Bukowski, novelist, and Dr. Philo Magdelene, activist and youth mentor at the POP (Protect Our Planet) Movement.

The movie screening started at 6 p.m. followed by a panel discussion. The movie is based on the theme of climate change. It shows how urbanisation is taking a toll on the Nature. The movie brilliantly depicts the climate realities and the destruction of the natural surroundings. Nightmarish scenes including people gasping for oxygen, a huge pipe pumping polluted water into the river, and a cow chewing a plastic bag, among others, make the audience realise the atrocities of a growing economy.

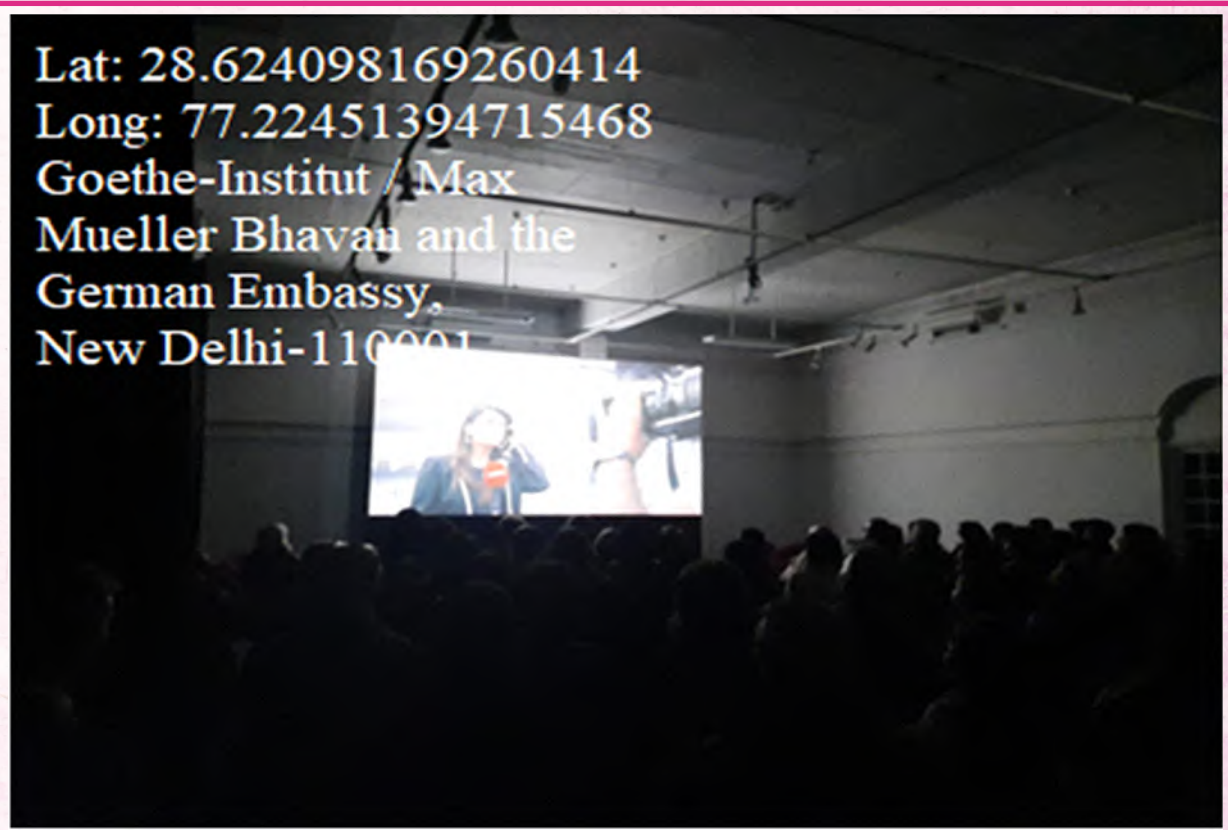
Students also posed questions to the panel on various aspects of the movie. Some of the questions asked involved the personal experience of the panelists with the Environment, their thoughts on how religious faith should convince the people to take a stand against the pollution that affects the Holy River Yamuna and stop cows from chewing plastic bags, impact of socio-political state of India has on the issues of climate change and the awareness of masses regarding issues of Global Warming and Climate Change.



**Participation of Students in Film Screening and Panel Discussion of Indian Movie “Invisible Demons”- 17.01.23**



**Participation of Students in Film Screening &  
Panel Discussion of Indian Movie “Invisible Demons”- 17.01.23**



**Participation of Students in Film Screening &  
Panel Discussion of Indian Movie “Invisible Demons”- 17.01.23**



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Goethe-Institut / Max Mueller Bhavan  
and the German Embassy ,  
New Delhi-110001



**Participation of Students in Film Screening &  
Panel Discussion of Indian Movie “Invisible Demons”- 17.01.23**

- Lohri and Pongal Celebration 2022-2023




**Manav Rachna International Institute of Research and Studies**  
**Department of Students Welfare**  
*Celebrates*

## **Lohri & Pongal**

***"The Festivals of Harvest with Holy Bonfire"***



**Dress Code : Ethnic Attire**  
**Date : 12.01.2023 | Time : 12:30 p.m. onwards | Venue : Amphitheater**






मक्की दी रोटी ते सरसों दा साग  
 सूरज दिया करण, खुशियां दी बहार,  
 ढोल दी आवाज ते नचदी मुटियार  
 मुबारक हो लोहड़ी दा त्यौहार.  
 लोहड़ी दी लख-लख बधाइयां !!

The Department of Students Welfare organised the Lohri and Pongal Celebration, "Dr. Sanjay Srivastava, Vice-Chancellor, extended his good wishes for Lohri and Pongal celebrations to the august gathering. He shared the historic background of a song sung by the members of Surtarang and appreciated the efforts of the students for the event. He also enlightened the students regarding the significance of One Tree for Nation - "EK PED DESH KE NAAM" campaign which was announced at the same celebration event. He encouraged students to contribute significantly to Mother Earth.

The holy bonfire was lit by the Hon'ble Vice Chancellor and all dignitaries present, and everyone took turns going around it to pray for health and prosperity for all. During the bonfire, folklore was also sung by the host, Ms. Pragun Sharma, and members of the Mridaksh Society. To make the event more graceful, some students of FBSS gave a lively and joyous bhangra performance. The Fashion Society presented a ramp walk, which left everyone spellbound. The walk was based on the themes of Lohri and Women Empowerment which were strongly depicted through the attire and the walk of the students.

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Lohri & Pongal Celebration-12.01.23

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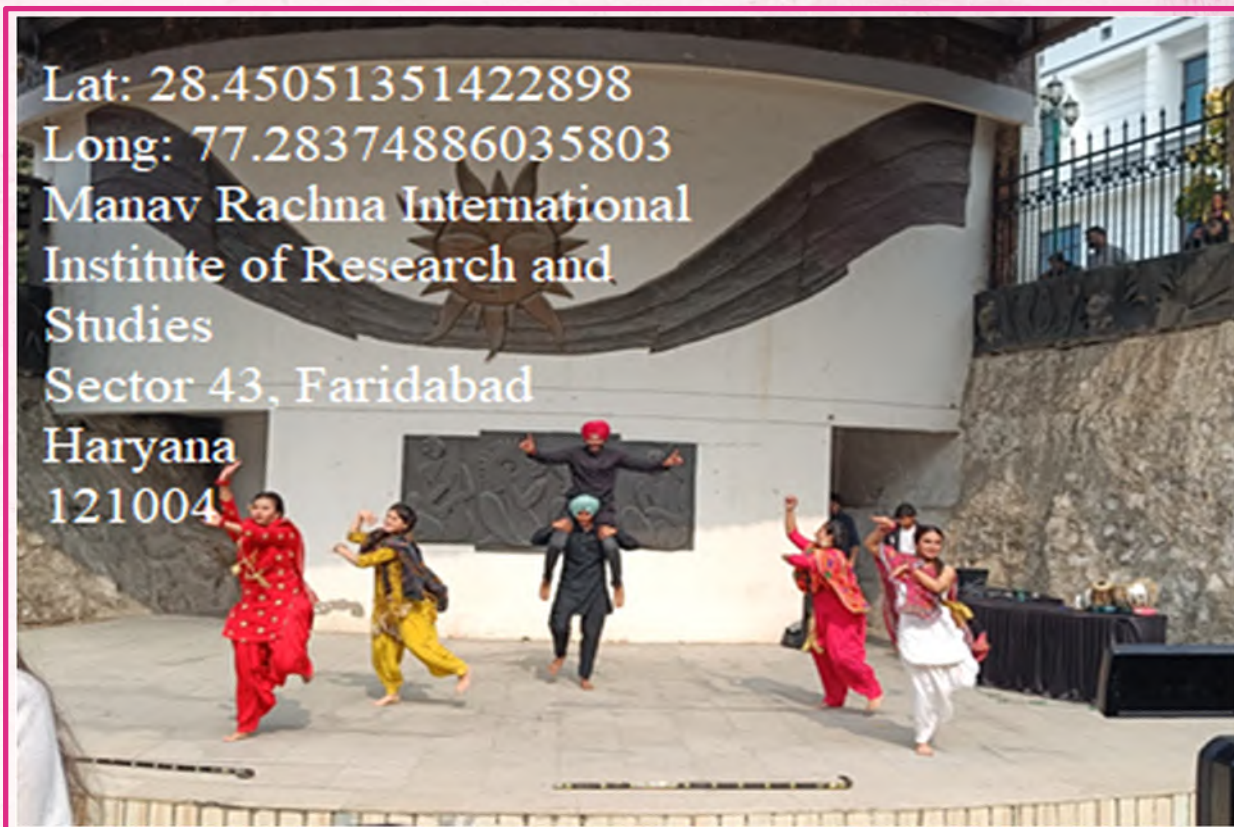
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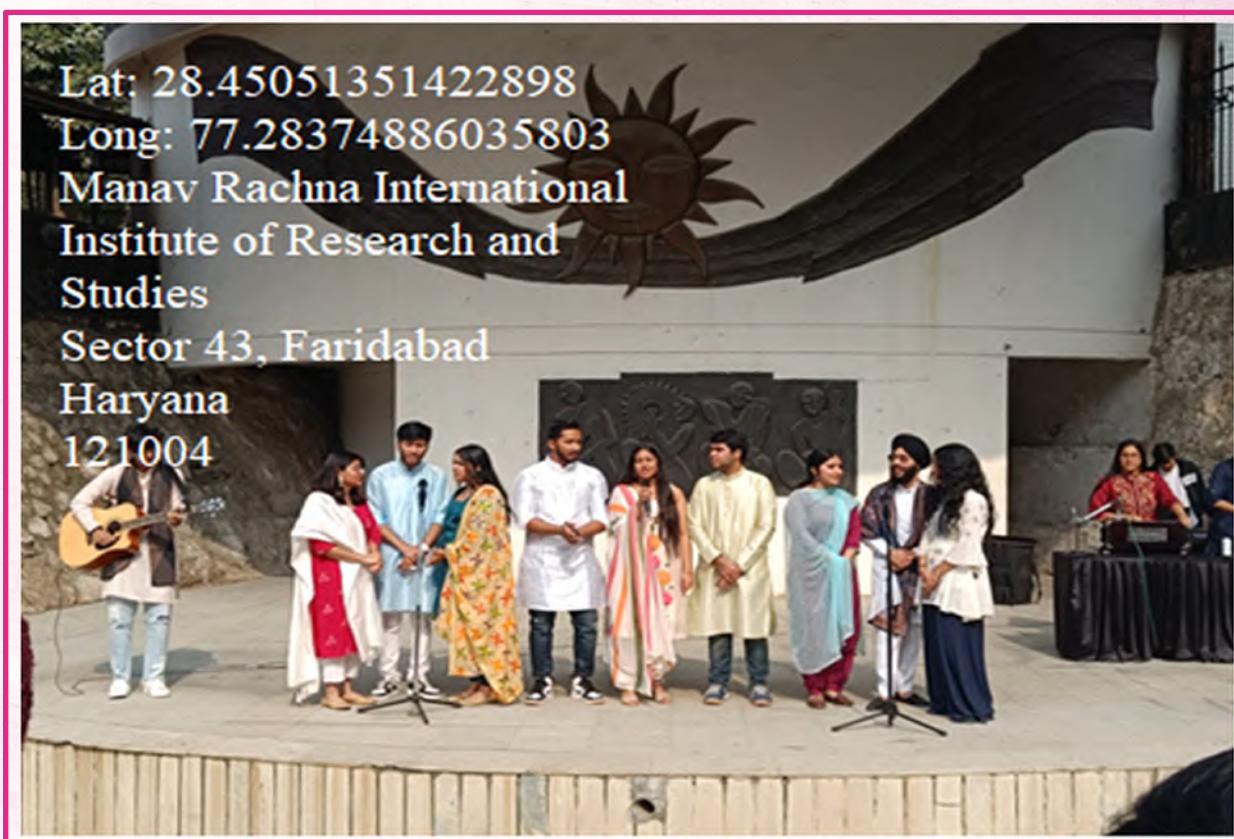
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Lohri & Pongal Celebration-12.01.23



Lohri & Pongal Celebration-12.01.23



- **RESURRECTION 2K23 ROAD TO RESURRECTION: Curtain Raiser**

Manav Rachna Educational Institutions declared the Resurrection 2K23 open by organizing Road to Resurrection: Curtain Raiser on 27.03.23.

Lt. Gen. R.K Anand, in his address, emphasized the importance of teamwork and its vitality at the time of organizing the fest. He also elaborated on how the organizing team should handle stress and maintain positive and celebratory vibes on campus. The Theatre Societies of Manav Rachna performed a skit depicting the scenario during the fest.

The Dance Societies of Manav Rachna delivered a striking dance performance to add to the energy and celebratory mood of the audience. The esteemed dignitaries announced the Fest open by clapping the clapperboard and revealing the mascot for Resurrection 2K23, "Ronze". Ronze had a grand entry where he interacted with the Dignitaries, students and Faculty Members. The Fashion Societies of Manav Rachna presented an amazing fashion walk on the theme "Bollywood Evolution". Dr. Gurjeet Kaur Chawla, Dean Students Welfare MRIIRS and Dr. Geeta Thakur, Dean Students Welfare MRU delivered the vote of Thanks by extending Gratitude towards the Management for their constant support and appreciated the students and Faculty Members for their efforts and spectacular performances.



**Road to Resurrection-27.03.23**



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Road to Resurrection-27.03.23



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Road to Resurrection-27.03.23



Road to Resurrection-27.03.23



Road to Resurrection-27.03.23



Road to Resurrection-27.03.23



Road to Resurrection-27.03.23

- **RESURRECTION 2K23**

Resurrection-The Annual Cultural Fest of Manav Rachna was back with full enthusiasm and energy to celebrate and spread extravagant vibes all over the campus. With the purpose, to provide a platform for students to participate and compete in different events, various competitions were organised in 8 different verticals that included Fashion, Dance, Music, Theatre, Fine Arts, Literary, Culinary and E-Sports.

More than 600 registrations were received for various events from different Universities/Colleges like: Hindu College, Delhi College of Arts and Commerce, Ramanujan College, Hansraj College, Lady Irwin College, Sri Venkateswara College, Vardhama Mahaveer Medical College, Gargi College and Daulat Ram College, Arya Bhatta College, Shaheed Bhagat Singh College, Bharti Vidyapeeth University, Amity University, Jaypee Institute of Information and Technology, Indraprastha College for Women Delhi University, Indra Gandhi National Open University (IGNOU), J.C Bose University of Science and Technology, YMCA, DAV, Guru Harkrishan Public School, Asian Business School, Rawal Institute of Engineering and Technology, Bhagwan Parshuram Institute of Technology, DPG Degree College, PGDAV College, Vivekananda Institute of Professional Studies, Aravali College of Engineering, RIG Institute of Hotel Management, Oriental Institute of Science and Technology, Chandigarh University, B.R. Ambedkar University, Dr. Bhim Rao Ambedkar College, IPU, Kalka Institute, Lingayas Vidyapeeth, Satyug Darshan Institute, Delhi University. During the fest, "RONZ"- The Mascot of Resurrection interacted with participants and disseminated vivacious vibes to elevate the spirits and promote Resurrection 2K23.

A dazzling Star Night was also organised. DNA Music presented an electrifying DJ performance which was enjoyed by all the students and Faculty Members. Milind Gaba, a young Enthusiastic singer, songwriter, music producer and actor associated with Punjabi and Bollywood music performed foot-tapping songs which mesmerized the audience and made them dance.



Road to Resurrection-27.03.23



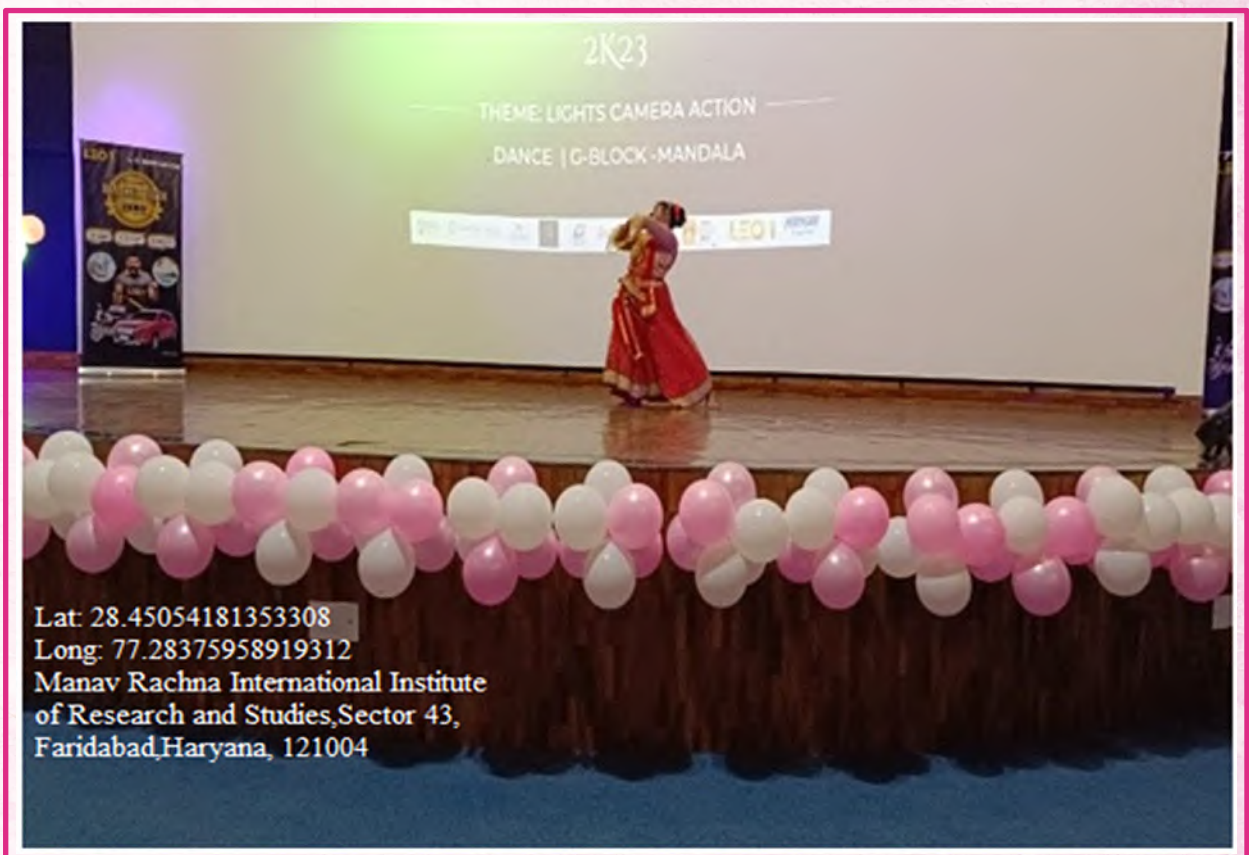
**RESURRECTION 2K23**



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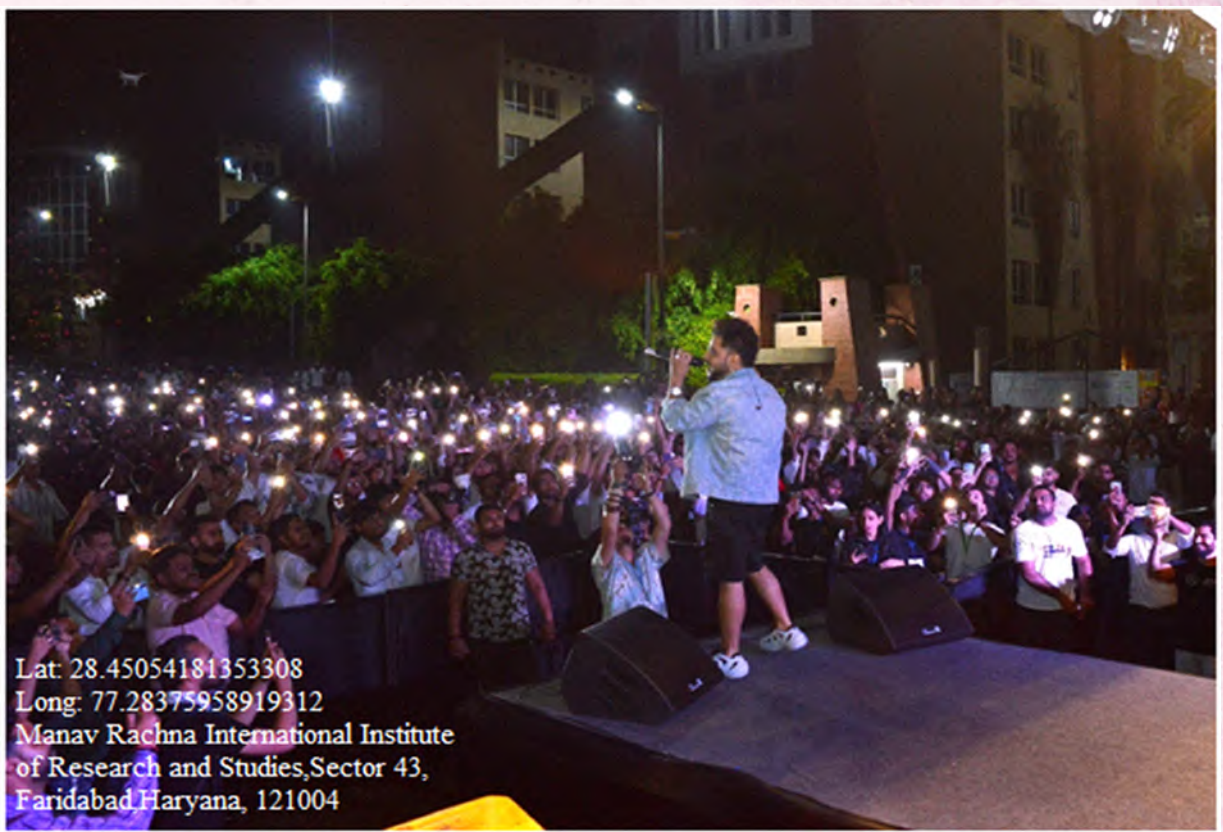


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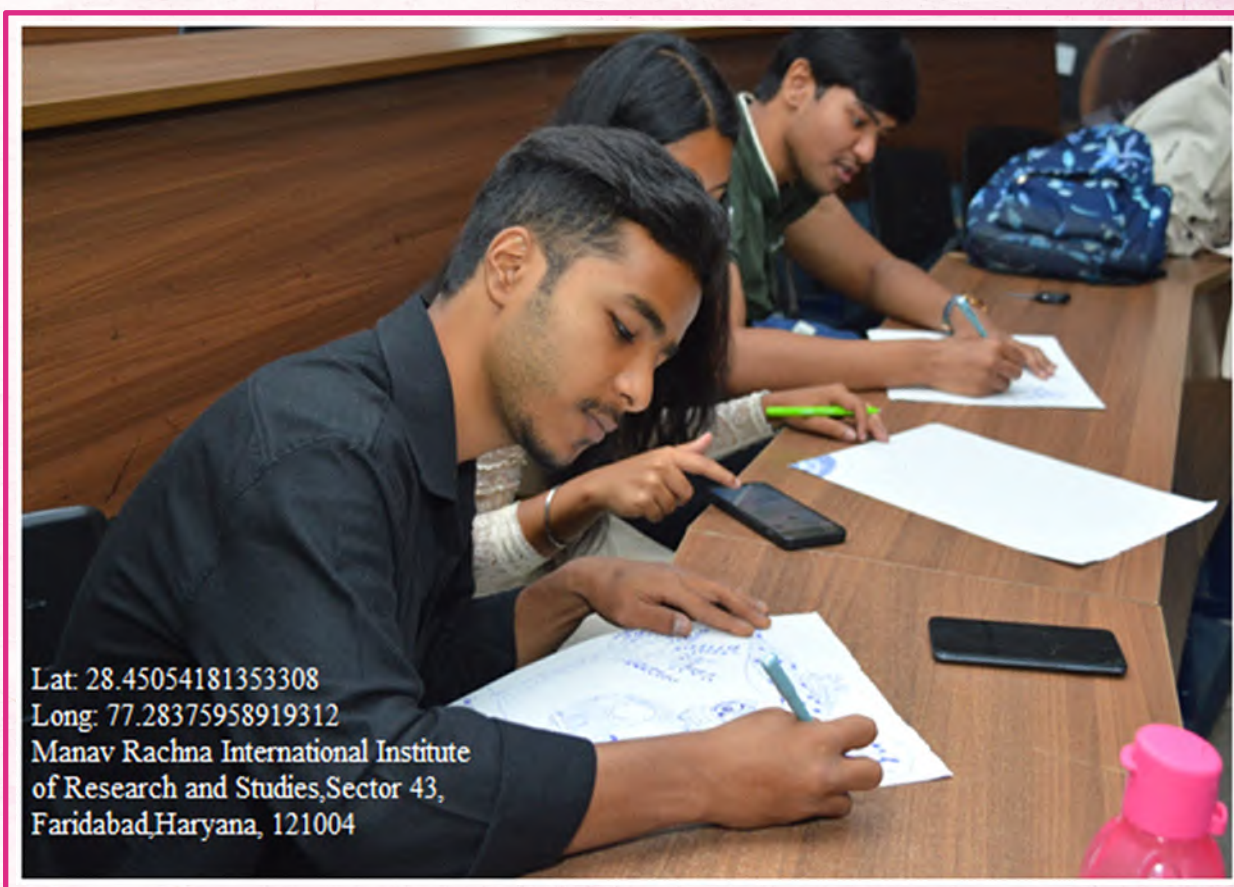




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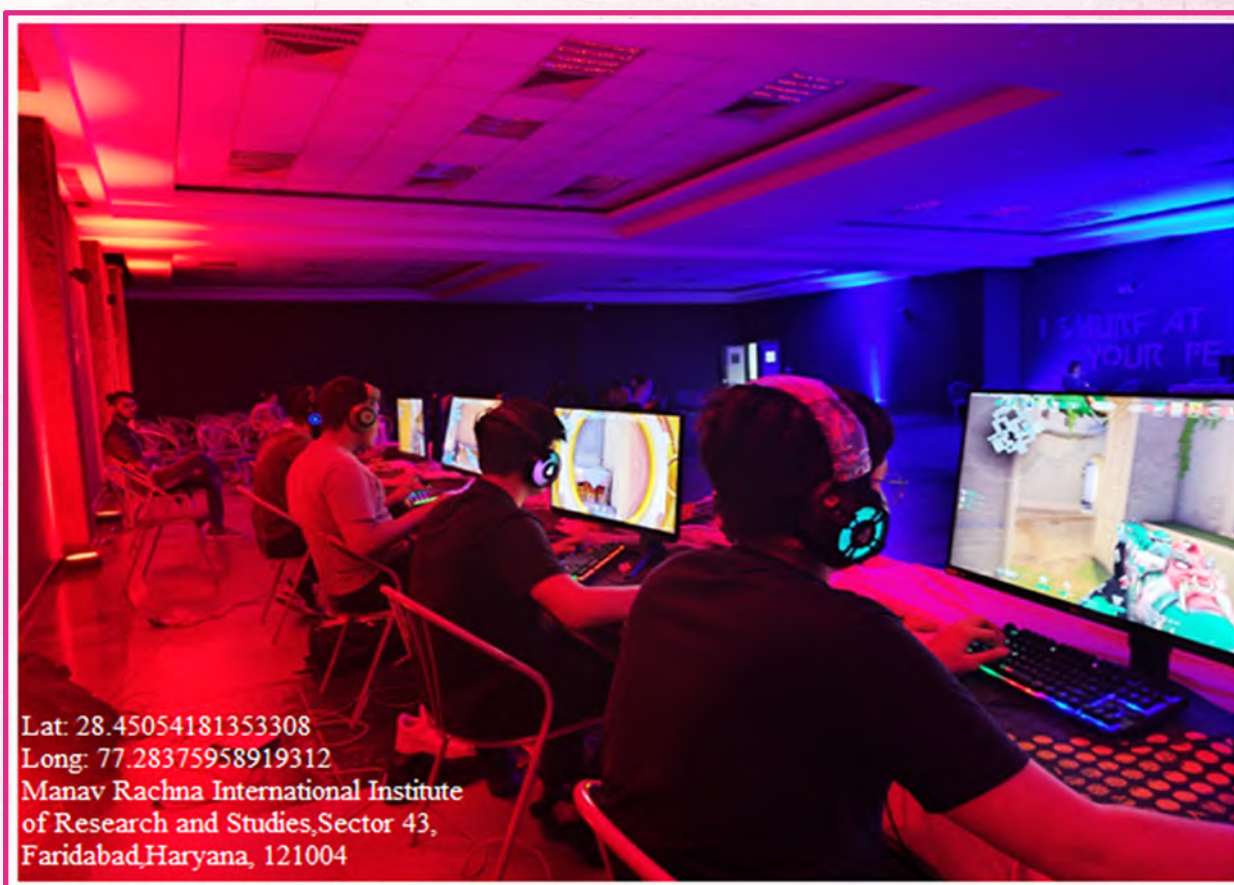
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## • Republic Day Celebration

Republic Day in India is celebrated with great enthusiasm on January 26th every year. It marks the adoption of the Indian Constitution in 1950, establishing the nation as a republic. The day begins with the national flag hoisting, parades, and cultural events in the capital, New Delhi. It's a time when citizens celebrate the nation's unity, diversity, and democratic values, reinforcing the importance of the Indian Republic.



## • BASANT PANCHAMI CELEBRATION

श्वेताब्जपूर्णविमलासनसंस्थिते हे श्वेताम्बरावृतमनोहरमञ्जुगात्रे ।

उद्यन्मनोज्ञसितपङ्कजमञ्जुलास्ये द्याप्रदायिनि सरस्वति नौमि नित्यम् ॥

Goddess Saraswati is the devi of music, knowledge, art and nature. She empowers with the ability of speech, wisdom and learning. Basant Panchami marks the transition from Winter season to Spring season. It is celebrated as the day of Goddess Saraswati. On this day, people worship her and wish for health, prosperity and happiness.

The puja was graced by Prof. (Dr.) Sanjay Srivastava, Vice-Chancellor MRIIRS, Dr. Sanjay Srivastava began the pooja by praying and offering flowers to Goddess Saraswati. Saraswati Vandana was also played to enrich the atmosphere with positive energy. Everyone presents at the pooja offered prayers to the Goddess of education, creativity, and music.

In his address, Vice-Chancellor Sir wished everyone with his blissful words and shared the significance of the pooja. He wished good health and happiness for all. He even shared the news of new Ph.D batch commencing from 26.01.23 itself.



- **Celebration of Mother's Day**



**"God could not be everywhere, and therefore he made Mothers."  
- Rudyard Kipling**

Mother's Day serves as a beautiful reminder of the extraordinary strength and boundless love that emanates from the hearts of Mothers, making it a day of deep appreciation and celebration. Students Welfare in association with Central HR conducted a Dance Workshop on 12.05.23 on the occasion of Mother's Day. The workshop was organized to celebrate the spirit of Motherhood and honor the incredible Mothers. The workshop was conducted by Mr. Sumit Kumar Hela, Dance Teacher. Around 40 Faculty Members from different Departments registered and came forward to learn new Dance Techniques and hone their skills. During the workshop, a collaborative Dance routine was culminated which depicted efforts of all the participants. The workshop highlighted the power of dance as a means of self-expression, communication, and celebration.

Students from Students Welfare created a meaningful video with the motive to express love and gratitude towards the mothers for their unconditional love and support. For the video, pictures of students with their mother were collected from different Departments. The video aimed to evoke emotions and show different bonds of students with their mothers. The video was posted on Facebook and Instagram handle of Students Welfare. Students used their creativity by adding impactful messages and suitable audio for the video.

Instagram Link: <https://www.instagram.com/dsw.mriirs/>

Facebook Link: <https://www.facebook.com/dswmriirs>

Students from Manav Rachna International School, Charmwood in association with Students Welfare and Radio Manav Rachna also hosted a beautiful programme dedicating poems and stories for their lovely mothers on a "Mother's Day Special" show with RJ Sakshi.

**Link:**

[https://drive.google.com/file/d/1p39MFmLFENC6VNwKPAZg0N8DSAcucl4/view?usp=share\\_link](https://drive.google.com/file/d/1p39MFmLFENC6VNwKPAZg0N8DSAcucl4/view?usp=share_link)



**Celebration of Mother's Day-12.05.23**



**Celebration of Mother's Day-12.05.23**



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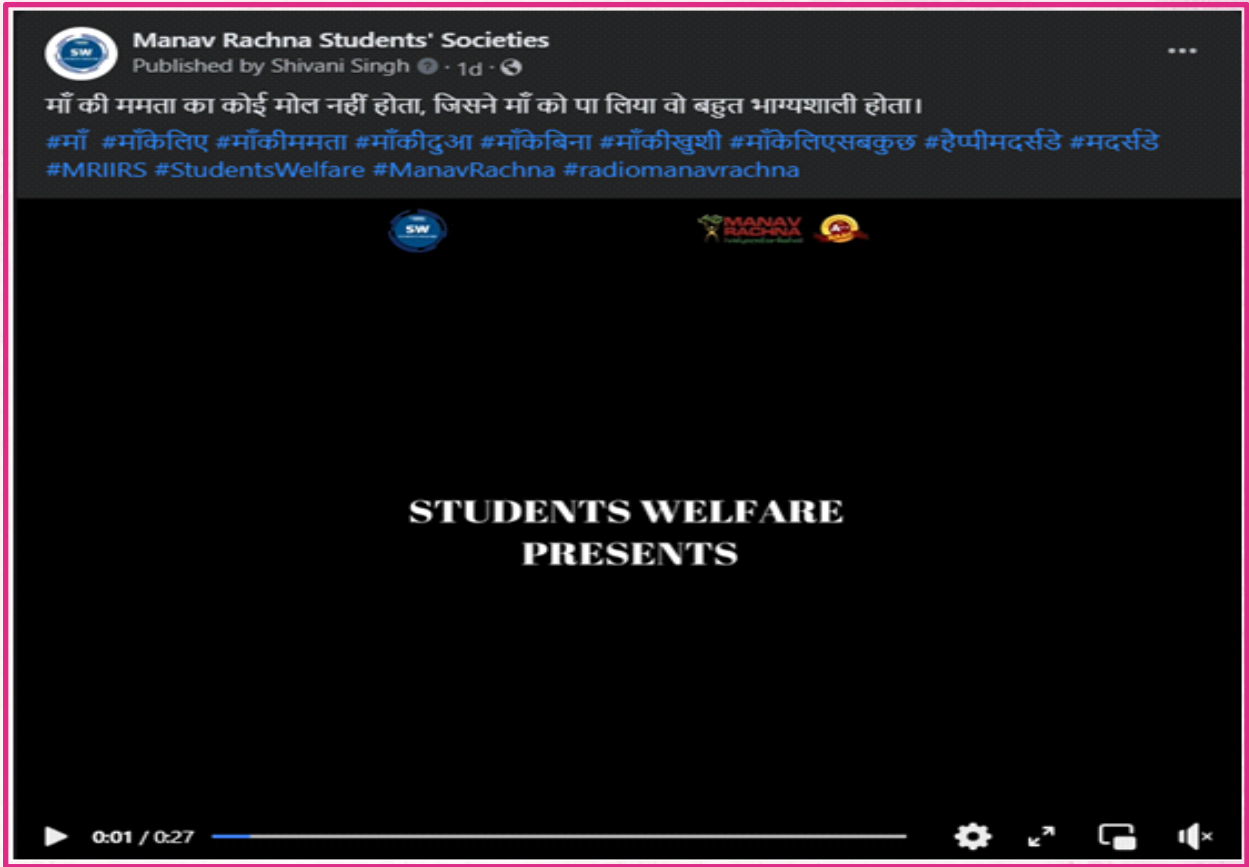
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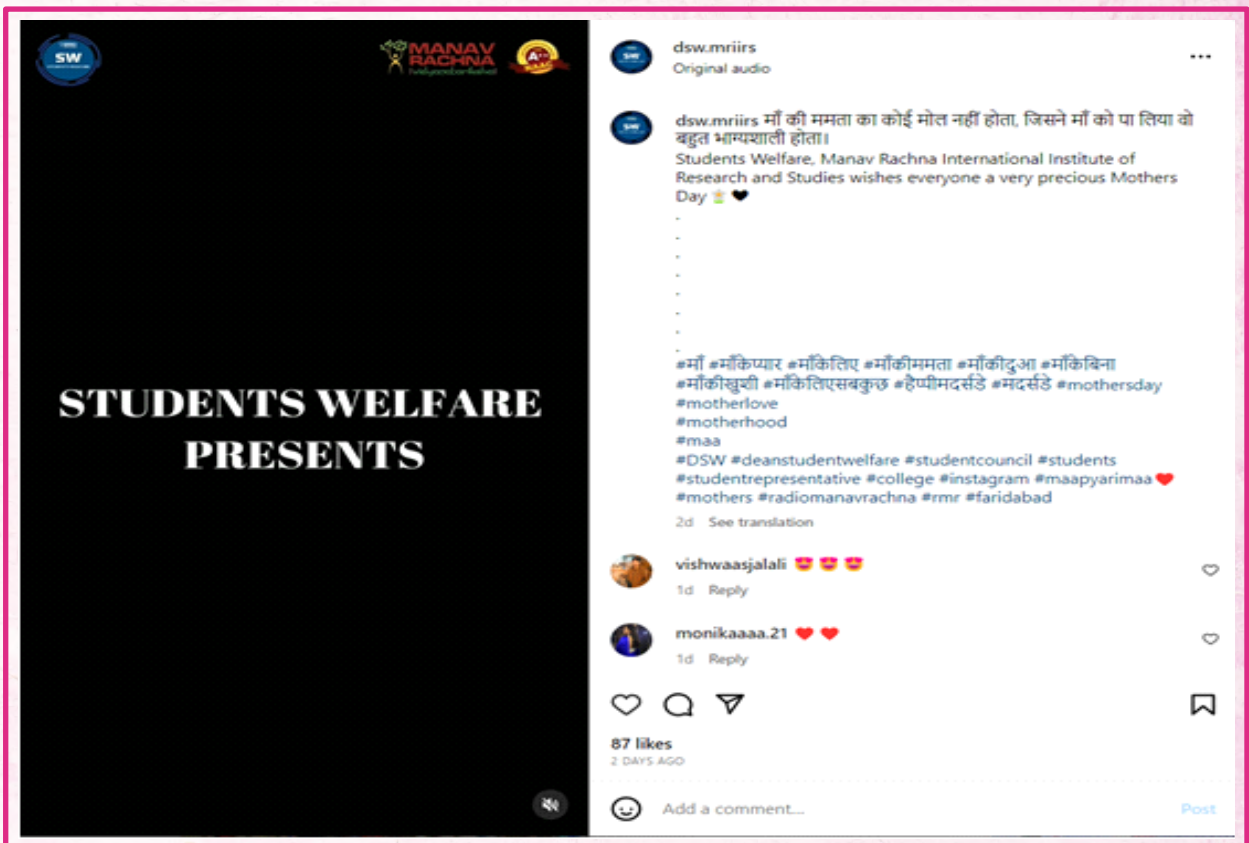
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Celebration of Mother's Day  
12.05.23

Celebration of Mother's Day  
12.05.23



- “FOUJA”-Promotion of Haryanvi Cinema and Culture



The Star Cast of the movie “Fouja” visited Manav Rachna International Institute of Research and Studies. Students Welfare organised the event to provide the Students and Faculty members the opportunity to interact with the prominent personalities from the field of Film Making. The event was graced by Dr. N.C Wadhwa, Director General, MREI, Dr. R.K Anand, Director General, MRIIRS and the entire cast of the movie including Mr. Pawan Malhotra, Actor, Mr. Pramod Kumar Punhana, Director and Mr. Kartik Dammu, Lead Actor. During the event, Mr. Pawan Malhotra, National Awardee actor addressed the audience and instantly established connect with the audience due to lingual similarities. He shared his insights from the movie and the positive influence it will have on today's youth. He highlighted the sacrifices and challenges in the lives of Soldiers. He emphasized how the citizens of the Country should have admiration and pride for the soldiers.

An Interactive session was also conducted where students got the opportunity to learn about the making of a movie and to interact with the star cast. The event was a part of the MRIIRS's ongoing efforts to promote Cinema and Culture. After the event, the team of “Fouja” embarked on the Campus Tour and visited Culinary Arts and Sports Science Centre. They appreciated the way Manav Rachna is imparting Education to students for their wholesome personality development.

The Star Cast also visited Radio Manav Rachna where they were interviewed by the RJs about their movie “Fouja”, their roles, experiences and their journey in the film Industry. Students Welfare would like to thank the team of “Fouja” for inspiring the Students and Faculty Members with their empowering thoughts. Students welfare extends a hearty Gratitude towards the Senior Dignitaries and Management for kind support.



**“FOUJA”-Promotion of Haryanvi Cinema and Culture**



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**“FOUJA”-Promotion of Haryanvi Cinema and Culture**



Lat: 28.45054181353308  
Long: 77.28375958919312  
Manav Rachna International Institute  
of Research and Studies, Sector 43,  
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**“FOUJA”-Promotion of Haryanvi Cinema and Culture**



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**“FOUJA”-Promotion of Haryanvi Cinema and Culture**

- **International Conference on Identity, Culture, Agenda driven News Cast (ICAN 6)**

The Department of Journalism & Mass Communication, School of Media Studies & Humanities in collaboration with the Delhi Metropolitan Education, a premier Institute with the Guru Gobind Singh Indraprastha University, Delhi organized the international conference - Identity, Culture, Agenda driven News Cast (ICAN 6) on June 22, 2023. As a part of the ICAN 6, the fourth day of the conference was held at Manav Rachna International Institute of Research & Studies (MRIIRS), Faridabad.



## 10. PROMINENT RESEARCH PUBLICATIONS ADDRESSING SDG 10

Following are some notable publications along with their corresponding abstracts related to SDG 10.

- **Influence of Demonetisation on Various Sectors of the Indian Economy**


<http://dx.doi.org/10.5937/StraMan2200032P>

Background: India demonetized the currency in November 2016, scrapping 86.9 percent of the currency in circulation. This policy disrupted most economic activities because India was predominantly a cash economy. Purpose: The study aims to analyze the impact of demonetization on the informal-formal sector and the Indian stock markets, where investment reflects investors' confidence. Another purpose is to know the usefulness of demonetization in the proliferation of digitalization. Study design/methodology/approach: The study incorporates primary data to determine the impact on informal and formal workers' income and the acceptance of digitalization in rural-urban areas in Faridabad, Haryana. A survey was conducted, and samples for informal-formal workers and rural-urban households were collected and analyzed using the F test and the ANOVA model using independent dummy or qualitative variables. The secondary data of the Indian stock market were empirically tested and forecasted using the Autoregressive Conditional Heteroskedasticity (ARCH) model. Finding/Conclusions: The empirical analysis reveals that after demonetization, informal workers' earnings dropped significantly, and there is a substantial income disparity between informal-formal workers. A wide gap persists in adopting digital transactions due to low awareness of digital instruments in rural areas compared to urban areas. On the contrary, no significant impact is noticed in the Indian stock market as the forecasted value of shares trading depicts positive growth. The study identifies the gaps in policy implementation. It exposes the implementation of macroeconomic policies ensuring the protection of the interest and livelihood of economically vulnerable populations. The spread of awareness towards electronic transactions may help to promote digitalization. Limitations/future research: The study is limited to a few areas. Hence, the scope of future research rests on macro-level data where comparison could be conducted between rural and urban areas across various states in India.

- **India-UAE Relations: Emerging Dynamics**

<https://doi.org/10.57030/23364890.cemj.30.4.207>

Abstract in addition to being historical and founded on long-standing ties anchored in trade and economics, the India-UAE bilateral ties are progressive in nature. The unique connections between these two nations have become stronger over time. The importance both countries have on these connections is demonstrated by the recent exchange of high-level visits between the two sides.



Today, the relationship between India and the UAE is characterized by their shared economic and commercial interests as well as their strong political commitment to maintaining their current status and advancing the development of a stronger and more resilient alliance.

In recognition of their 50 years of close bilateral relations, the leaders of India and the United Arab Emirates decided to expand their Comprehensive Strategic Partnership. The historic Comprehensive Economic Partnership Agreement (CEPA), which took effect on May 1, 2022, was signed by India and the UAE. In order to confront the common global concerns, the two nations will have to work even harder together. This will also encourage the growth of new trade, investment, and innovation dynamics and increase bilateral interaction in a variety of fields.

The relationship between India and the UAE has developed beyond a simple one-sided relationship and has become a really comprehensive bilateral growth story, propelled by consistency, commitment, and action. The two governments' comprehensive multi-stakeholder strategy and approach strengthen their mutual understanding and respect. With the signing of the India-UAE CEPA, both countries are entering a golden age of economic and trade cooperation. Going forward, India and the UAE want to strengthen their collaborations in technology, innovation, and start-ups.

UAE and India also share common and shared concerns on issues of regional as well as international peace and security. In the ongoing war in Ukraine too, both have repeatedly abstained from voting against Russia at the UN, signaling common understanding and approach. There is a consensus between both nations that the security of the Gulf and the Indian Ocean are complementary and deserve a holistic approach. Both leaderships also appreciate the dangers and threats posed by violent non-state extremists.

With the baton of leadership being officially passed on to Sheikh Mohamed bin Zayed Al Nahyan (MBZ) in the United Arab Emirates (UAE), the limits of friendship between the two nations is boundless. As both the nations look towards their respective centenaries, it looks clear that the golden era of UAE-India bilateral relationship is just about to gain momentum.

- **Cross-Border Trade and Economic Development in the Border States of India**

This study attempts to evaluate how the border states in India are actively engaging in cross-border trade, examines the role of central and state governments in strengthening the infrastructure developmental activities and identifies the challenges and opportunities for it. The study found that border states that are actively engaging in cross-border trade have received better funding from the centre and have also recorded a higher growth rate of state gross domestic products compared to other border states. Although the cross-border trade with countries such as Bangladesh, Nepal, and Bhutan is flourishing, there is a huge scope for expanding it with Myanmar and Pakistan.

- **The G20 can bridge India's digital financial service gap**

Financial inclusion - which aims to provide access to financial services for all individuals and businesses regardless of their social and economic status — has gained significant attention globally. The COVID-19 crisis increased the need for contactless financial products and services, accelerating financial inclusion and the evolution of digital finance.

- **"Role of Secure Attachment in Predicting Postpartum Depression And Separation Anxiety In Young Mothers “**

<https://www.johetap.com/pdf/2023/319.pdf>

Abstract:

There is a growing body of evidence linking adult attachment type and mood disorders. Despite this, there is a little known about how attachment styles as an adult relate to the unique brand of melancholy that comes with giving birth. Women's attachment styles were investigated in relation to postpartum depression (PPD) and other risk factors. It's possible that, by and large, attachment behaviours remain dormant throughout adulthood, only to be triggered by stressful or otherwise significant life events like becoming a mother. Attachment-related working models help the mother perceive the infant's early dyadic signals. Mother-infant relationship issues can moderate the impact of maternal depression on child development. Moderate depression is sometimes present in postpartum depression, but the condition itself is rare. The DSM-IV specifies that postpartum depression must first appear within four weeks after labour, while the DSM-5 specifies that it must first appear within six months of birth. Since post-DSMIV studies have shown that the period of increased risk following delivery continues to six months in unipolar depression, the window for PPD initiation has been widened to account for this.

- **Scrutinizing the Therapeutic Dyad of Digital Counselling: Mending or creating fissures of Journal of Emerging Technologies**

<https://www.jetir.org/papers/JETIR2304756.pdf>

Abstract:

In the 21st century of digitalization, online counselling post pandemic had gained pertinent importance. The relationship between a therapist and client can be mended or evoke fissures as sessions shifted from offline to online mode. Thus, the objectives were twofold; to explore the reflections upon the experiences of the dyad through digital counselling and examine the themes found in the experiences of both the parties involved. The paper also documents certain factors responsible for the experiences such as asynchronous communication, privacy, lack of non-verbal cues, legal or ethical issues in the therapeutic dyad. This systematic review synthesized evidence using PRISMA guidelines conducted across Web of Science, PsycINFO and Scopus published between 2010- 2022. Digital counselling has ameliorating effects and should not be considered as a substitute for in-person counselling. It helps the clients to connect with the therapist without any hassle of geographical barriers. Inferences have shed light on the change observed in the relationship such as mental state of the therapist, body language of the client etc. Future implications have been drawn for the present study. Keywords: digital counselling, therapist, client, mental health, therapeutic dyad



- **An Assessment of Futuristic Variables Determining Affordable and Dignified Community Living for Senior Citizens in India variables**

DOI:10.1080/26892618.2022.2158511

Abstract:

The Indian government reports projected the population increase of senior citizens from 13% in 2011 to 23% in 2036. In such a population expansion, it is a dire need to provide them with dignified, secure, happy, and affordable living. Further, physically, emotionally, and economically, senior citizens have a high dependency on their family members and friends. The primary data has been collected, constituting a sample size of 200 elderly people, who are above 60 years and belong to middle and high-income groups, residing in Delhi NCR. The key requirement that emerged from the study for the growing older population is the locational advantage of community living with full-fledged legal ownership of home along with affordability criteria.

- **A systematic review on role of hypnotherapeutic intervention in promoting positive psychological health role**

DOI: 10.53730/ijhs.v6nS2.6123

Abstract:

In this world of fast moving day to day activities, it is of utmost importance that every individual is aware of their personal well-being and take steps towards improving these over the course of time (Al-Asmi et al., 2015; Amato et al., 2001). The state of well-being can be described as understanding the quality of life led by various individuals (Statham & Chase, 2010). The concept of well-being in humans is broadly classified into two aspects - the first one is associated with having life satisfaction and a positive effect in one's life. The study here is only focused towards the use of hypnotherapeutic interventions in the process of promoting a positive psychological health scenario all across. The study undertakes a systematic review approach with 51 articles and aims to put forward a summarised version of the literature in the aspect of hypnotherapeutic interventions. The result of the study identifies a total of three themes from the systematic literature review conducted. It is found that the three identified themes have been put forward by researchers as the most effective impact of hypnotherapeutic interventions.

- **Effect of Mindfulness on Self-Concept amongst Adolescents in Delhi & NCR self-concept**

DOI: 10.9790/0837-2703085965

Abstract:

Background: Self-concept studied here is how an adolescent feels about himself or herself in their strengths and qualities and also how he/she feels what others think about them. An adolescent undergoes through major physical, emotional and social changes during this period and hence developing a positive self-concept is important for overall development of an adolescent. Mindfulness is a state of awareness of the present moment as it is. Mindfulness helps in emotional regulation and better coping skills amongst adolescents. This study explores how having more mindfulness can effect an adolescents' self-concept.

Materials and Methods: Correlational research design was used to collect data electronically from 100 adolescents aged 16 < 18 years from Delhi & NCR. Self-concept in adolescents was studied here based on six dimensions – Physical, Social, Intellectual, Moral, Educational and Temperamental Self-Concept. Self-Concept Questionnaire by R. K. Saraswat was administered to find score on each dimension of self-concept. The Mindful Attention Awareness Scale (MAAS) was used to measure mindfulness amongst adolescents. Data was collected using google form and analysed using regression and correlation on SPSS version 25.

Results: Electronically collected data of 100 Adolescents of Delhi & NCR on Self-concept Questionnaire and MAAS was analysed. Correlation between Self-concept and mindfulness was  $r(99) = .862, p < .001$  which showed high positive association between both variables. Analysis of Variance showed that the effect of Mindfulness on Self-concept was significant,  $F(1, 97) = 281.719, p = .000$ . The above statistical analysis predicted that Adolescents who have more score on mindfulness have higher self-concept.

Conclusion: Mindfulness has a positive effect on adolescent's Self-concept. Self-concept forms an important

part of an adolescent's personality as it guides him/her in all areas and hence it is important to have positive self-concept. Mindfulness here would play a big role in increasing the self-concept since the adolescent will focus on the present and bringing all attention to present awareness about self in a non-judgemental way, thereby not depending on negative experiences of the past.

- **Music as a therapeutic approach in children with Autism Spectrum disorder approach**

<https://doi.org/10.53730/ijhs.v6nS5.9344>

Abstract:

Music therapy is an alternative form of therapy that has positive impact in many areas of physical and mental health. The purpose of this study was to review researches systematically on the impact of music therapy in children with autism spectrum disorder. PRISMA model was followed including 17 researches out of 27 researches published in various journals related to music therapy from sources like PubMed and Scopus over 6 years and were analyzed in detail. Findings suggested that music therapy has positive outcomes as a treatment approach in children with autism with one study showing no significant relationship. Most of the studies were done on social skills and communication, stereotype behavior and motor coordination and less on other domains like social affect and responsiveness, understanding others gestures and perspective, resistance to change and echolalia. Future studies need to focus on the domains less studied on.

# 11. REGULAR SKILL SET ENHANCEMENT AT MRIIRS- CERTIFICATIONS EARNED BY STUDENTS AND FACULTY MEMBERS

## FDP on Inculcating Universal Human Values in Technical Education

F.No AICTE/FDP-SI/OnlineWorkshop/201/161572



**ALL INDIA COUNCIL FOR TECHNICAL EDUCATION**  
NELSON MANDELA MARG, VASANT KUNJ, NEW DELHI

*Certificate of Participation*

This is to certify that **Dr. Kavita Arora** from **Manav Rachna International Institute of Research and Studies, Faridabad** has participated and successfully completed the **5-day Online FDP** on the theme **"Inculcating Universal Human Values in Technical Education"** organized by **All India Council for Technical Education (AICTE)** from **05th December to 09th December 2022**.

  
**Dr. Rajneesh Arora**  
Chairman  
National Coordination Committee for Induction Program

  
**Prof. Rajive Kumar**  
Member Secretary, AICTE

F.No AICTE/FDP-SI/OnlineWorkshop/201/161371



**ALL INDIA COUNCIL FOR TECHNICAL EDUCATION**  
NELSON MANDELA MARG, VASANT KUNJ, NEW DELHI

*Certificate of Participation*

This is to certify that **Dr. Sonal Pathak** from **Manav Rachna International Institute of Research and Studies, Faridabad** has participated and successfully completed the **5-day Online FDP** on the theme **"Inculcating Universal Human Values in Technical Education"** organized by **All India Council for Technical Education (AICTE)** from **05th December to 09th December 2022**.

  
**Dr. Rajneesh Arora**  
Chairman  
National Coordination Committee for Induction Program

  
**Prof. Rajive Kumar**  
Member Secretary, AICTE

## FDP on Inculcating Universal Human Values in Technical Education

- National Seminar on Azadi Ka Amrit Mahotsav - Sustainable and Inclusive Growth for India 2047 During May 2023





- International Conference on Global Best Practices for Diversity, Equity and Inclusion Aimed at Sustainable Development (ICDEISD2023)



- National Seminar on Dynamics of Humanities and Social Sciences: Emerging interfaces of Flux. 2022 organised by Sibsagar College Joysagar





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