



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

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

MRIIRS Aravali Campus: Sector-43, Delhi Surajkund Road, Faridabad, Phone: +91-129-4198100 (30 lines)

Metric 5.1.3

Programs Conducted for Life Skills along with Circular/ Brochure/ Report/ Geotagged Photographs with date and caption




Registrar



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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
NOTICE

AWARENESS PROGRAM ON ONE WEEK ENVIRONMENT PROTECTION PROGRAM

Ref. No: MRIIRS/CLAN/LS/20-21/06

Dated: 28.05.2021

Manav Rachna Life Skill Program paves way forward for the budding youngster to ensure inculcating the **spirit of humanity**. It has been suggested to conduct this event with promoting **leadership skills** and educational activities for the people in need. While keeping in view the importance of Leadership skills and Educational activities regarding the nature and its elements had been the pivot for various activities conducted during the ongoing crucial period. Belief is that our contributions will be a small but firm step toward this for enriching our own life and that of others too.

The suggested theme for the event is Environment Protection Program

Activities Planned	Faculty Coordinator	Venue
Click with Greenery, to create awareness among people about the importance of plants.	Dr. Sonia Duggal,	Online Activity 28.05.21
Blog Writing Competition: "Nature-Based Solutions Let's Revive NEER (Water)" a sensitization activity through blog writing competition	Dr. Pooja Khurana	Online Activity 28.05.2021 to 05.06.21
Plus One Buzz- Know your Earth, a Live Quiz challenge on environment and its protection. Online quiz to improve their self-confidence and communication skills and knowledge about the environment	Dr. Arti Saxena	Online Activity 05.06.21

h/l



Interested students are requested to contact the coordinators of the event or the undersigned @ 9899677009. Please feel free to contact your respective clans for more information.


Dr. Bhavesh Prakash Joshi
Clan Chief, Forest Rhinos

Copy to:

Dean Students Welfare

Clan Chiefs and Vice Clan Chiefs

Faculty Coordinators

Student Coordinators



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

AWARENESS PROGRAM ON ENVIRONMENT SENSITIZATION

Under Manav Rachna Life Skill Program Dr. Sonia Duggal had been the activity coordinator for the 'Clicks with Greenery'. This was an initiative to sensitize students to practically share with the world that how much they care nature by planting trees. Though during the ongoing pandemic each one of us is feeling the pain but with this we had understood the importance that Mother Nature has in our life. Each participant had felt the need of the hour to safeguard and promote plantation.

The activity coordinators had shared the following Instructions with the participants:

- Every participant should click the picture of yourself with plants, planting the plants, recycling any product, creating best out of waste.
- This picture includes you and any environment friendly work.
- Your picture will be the part of world environment day event video. Which was posted on Air Falcons official page and Manav Rachna official page.
- Participant certificate will be provided to every participant.
- Top 4 pictures will be posted on the story of Air Falcons page.

After this activity the following were declared as the winners.

Winner 1: Ankita Khaire

Runner up 2: Aarti Kumari

Runner up 3: Ayush Goel

Appreciation prize 4: Sachin Bhati

WINNERS:

Winner 1: Ankita Khaire

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Winner 1:
Ankita Khaire



Runner up 2: Aarti Kumari



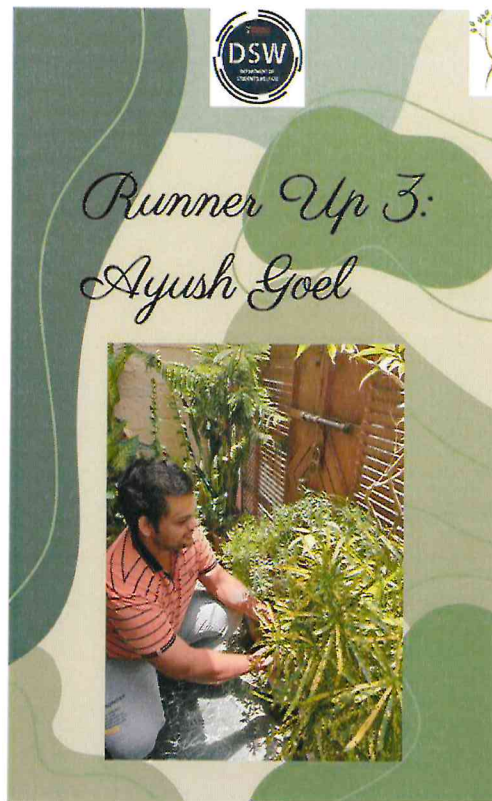
Runner Up 2:
Aarti Kumari



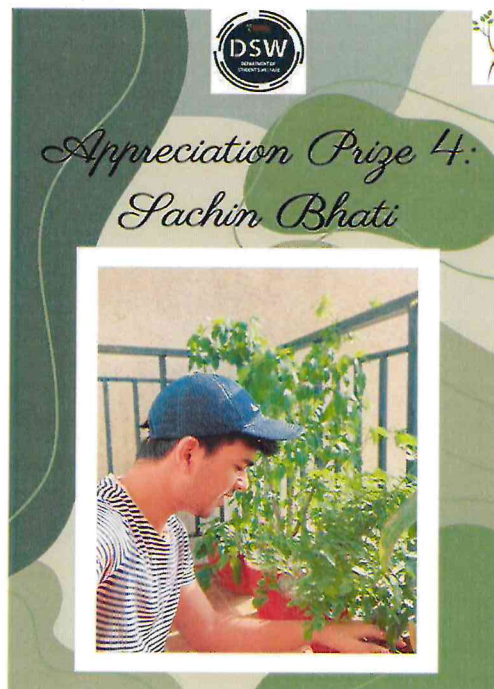
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Runner up 3: Ayush Goel



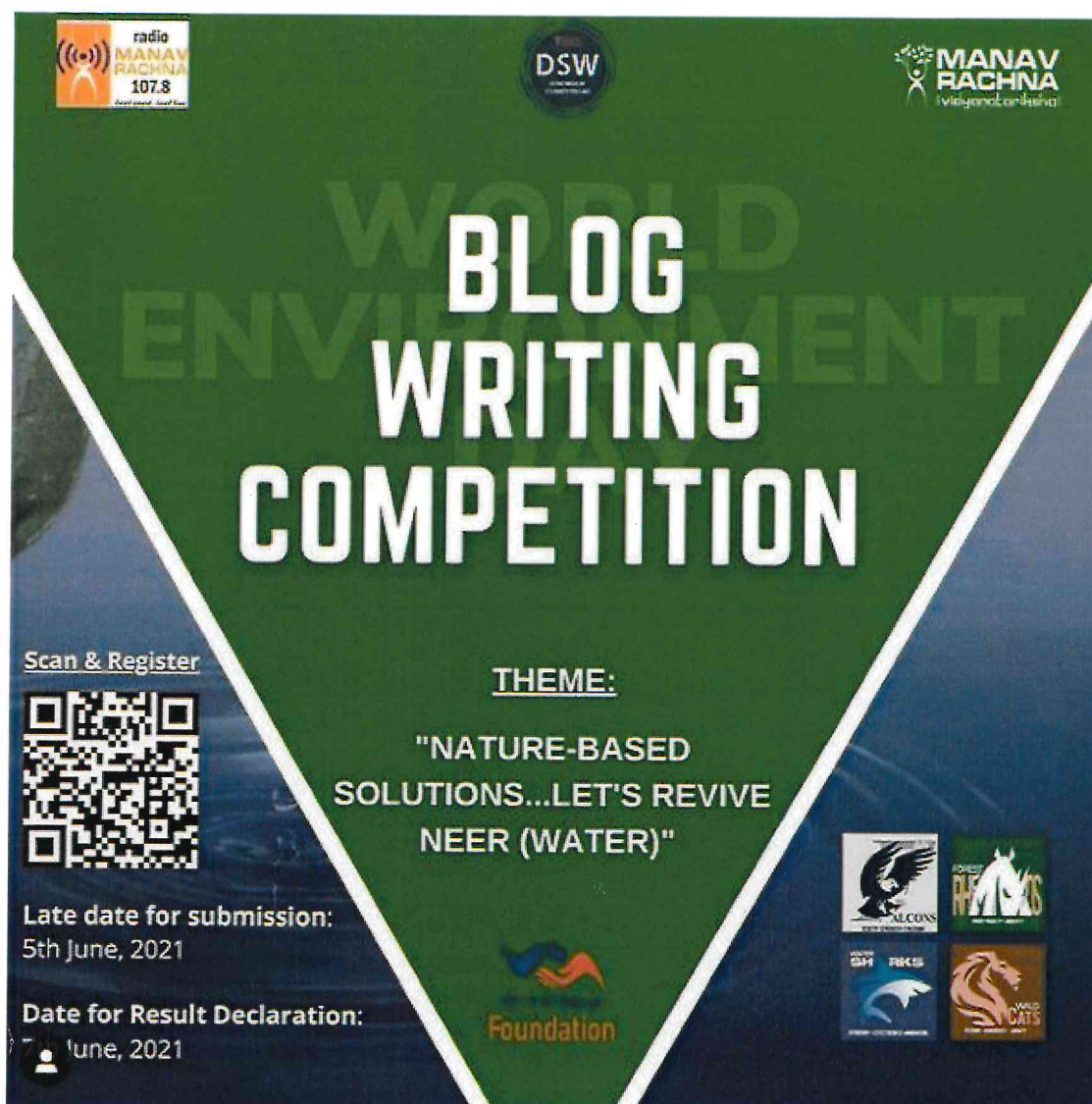
Appreciation prize 4: Sachin Bhati



Second activity was well coordinated by Dr. Pooja Khurana, with her team of student coordinators and the clan members she was able to reach to the participants to write quality

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Instagram page of for the Blog Writing Competition

Third activity was coordinated by Dr. Arti Saxena. The title of the activity was LIVE QUIZ “PLUS ONE BUZZ- KNOW YOUR EARTH”. This was organized on the account of World Environment Day 2021 organised a Live Quiz challenge “Plus One Buzz- Know your Earth” for the nature enthusiasts on 05.06.2021. 202 registrations were received from different participants. The quiz provided all an opportunity to improve their self-confidence and communication skills and knowledge about the environment. Quiz was well coordinated by Poonji Sharma (1st year- BJMC) & Ashish Gupta(1st year- BSPS) under the guidance of Vani Sadadiwala (President) and Nishant Kundu (Media Head).

Participants represented more than 157 institutes/universities in the event, making it a national level event. Institute/University participants who had got enrolled as participant for

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the event were from states like Kerala, Bhopal, Pala, Agra, Ghaziabad, Telangana, West Bengal, Lucknow, Mumbai, Jaipur, Tamil Nadu, New Delhi, Durg, Hyderabad, Ranchi, Bangalore etc.

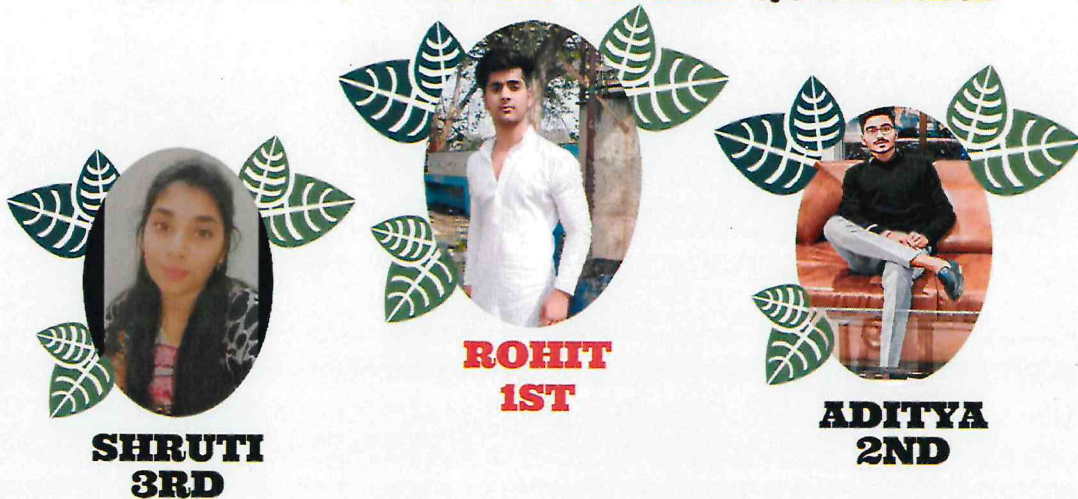
Event went well with the collective efforts of the participants and the organizing team. For the same the rehearsal was done during 03.06.2021 and 04.06.21. the senior clan members had made the quiz masters learn the finer points of the previously held events and the technical issues that may arise in it. Before event the participants were made clear to follow the rules of the quiz and they were expected to participate with a healthy spirit.

Event was divided into rounds/levels based on the level of the questions being asked during the quiz. Only the winners of the rounds were asked to participate, while they were permitted to listen to the questions being asked by the quiz masters during the event.

Organizers and the participants were happy with the way activity was conducted, and were hopeful to have such activities to be conducted and they be informed for participation.

Winners of the event:

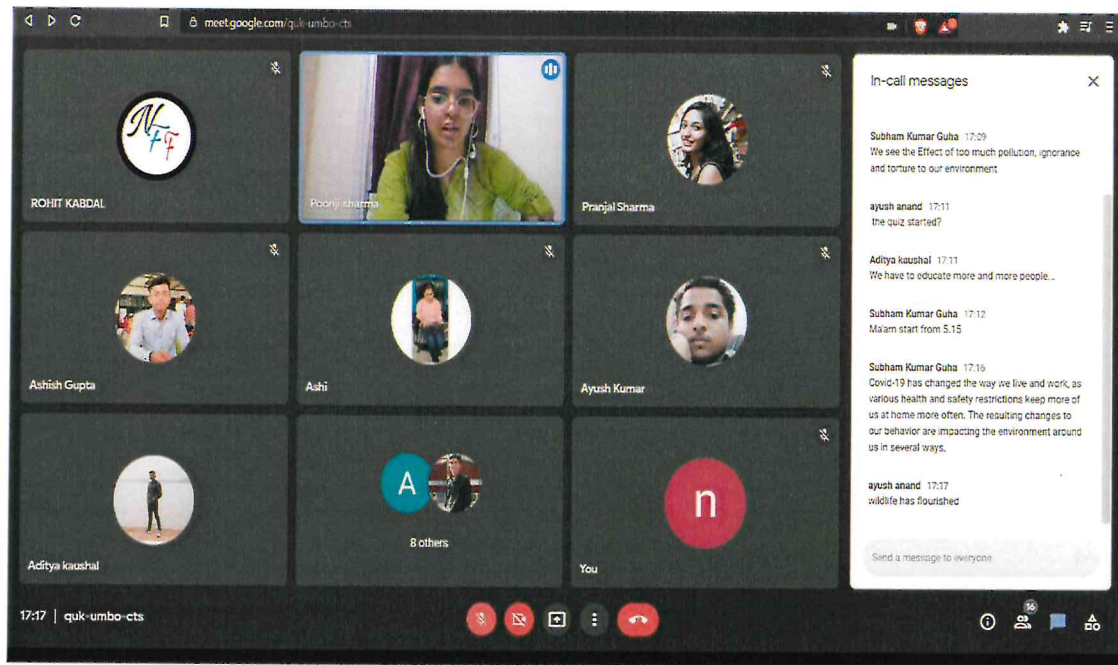
CONGRATULATIONS TO THE QUIZZERS



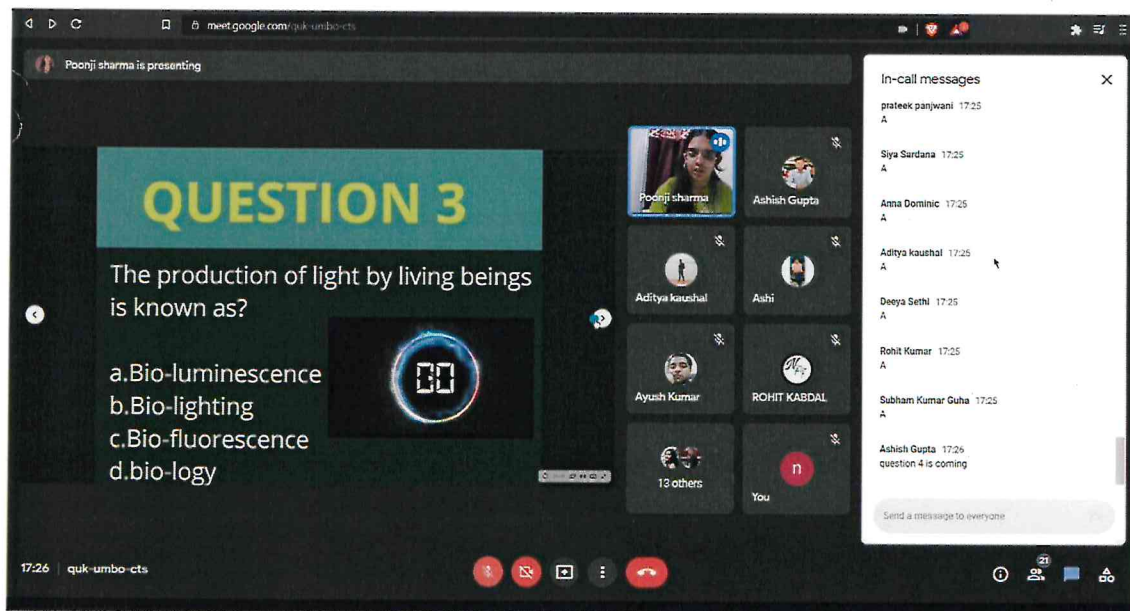
Here are the attached copies of the event, as a glimpse of the event:

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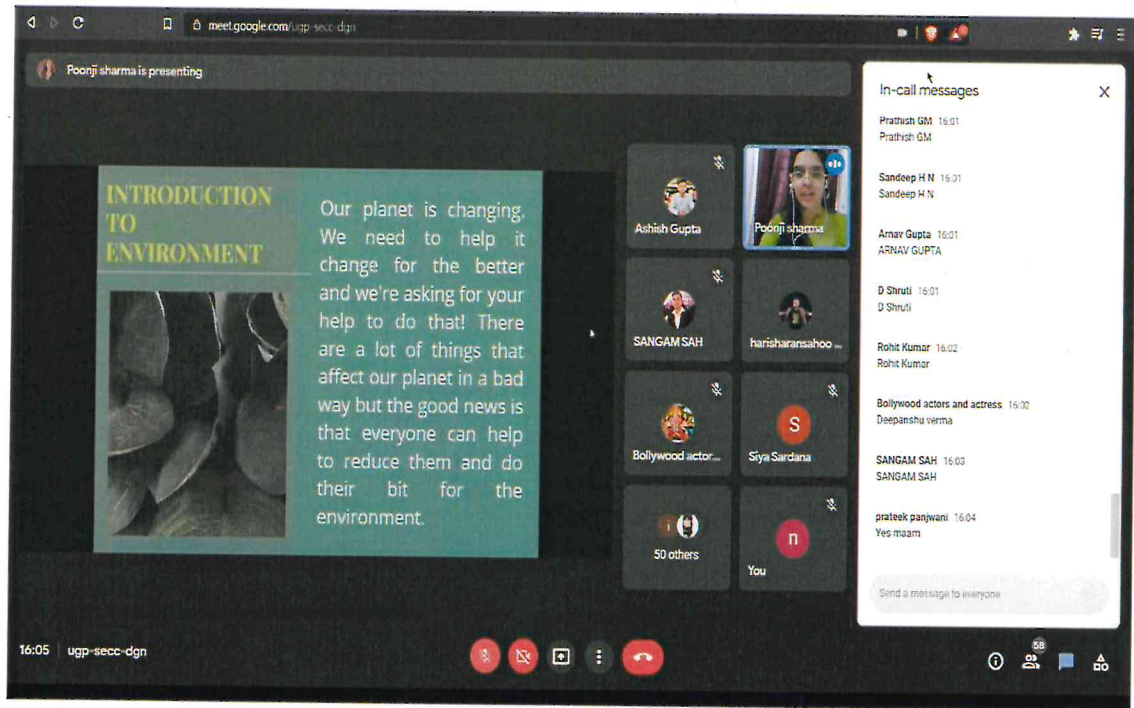
Awareness Program on One Week Environment Protection Program



Awareness Program on One Week Environment Protection Program

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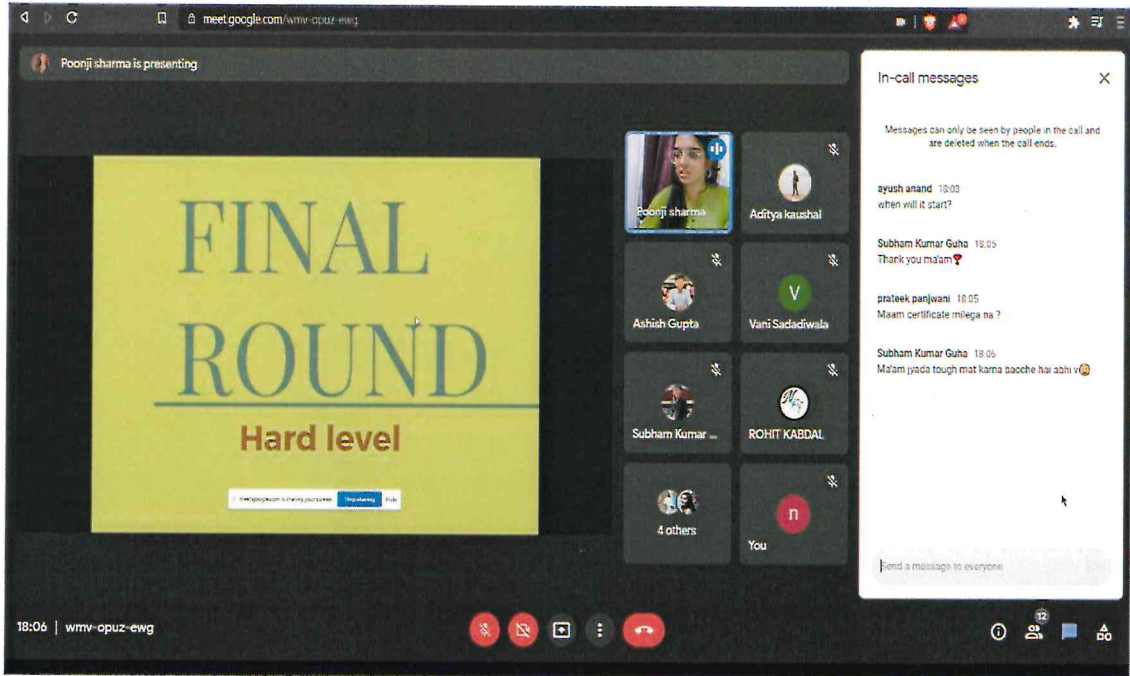
Awareness Program on One Week Environment Protection Program



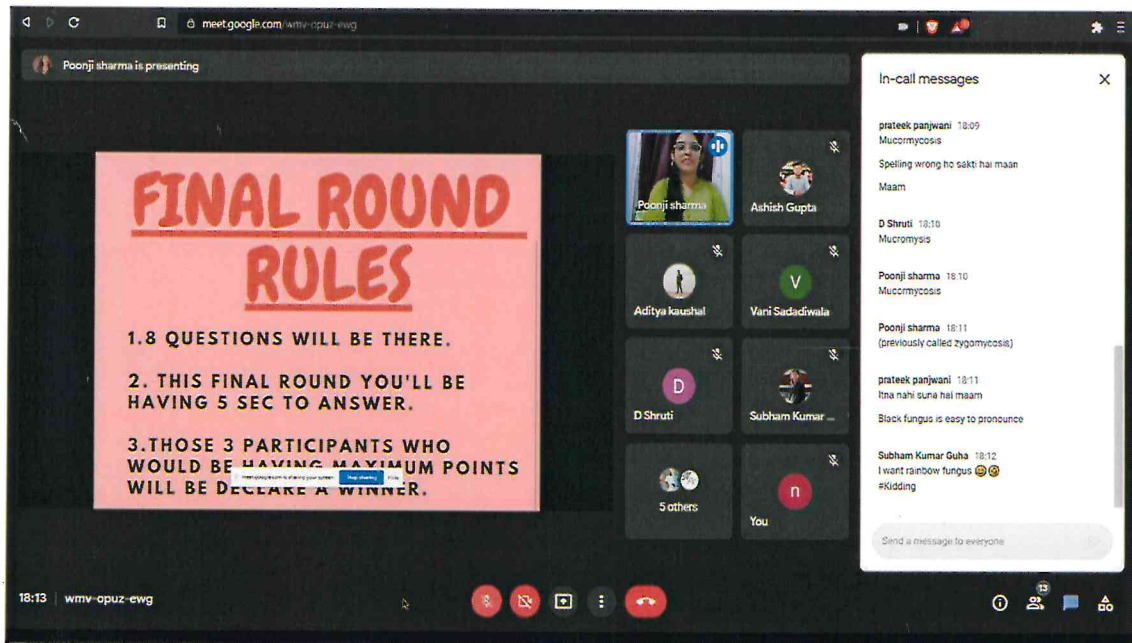
Awareness Program on One Week Environment Protection Program

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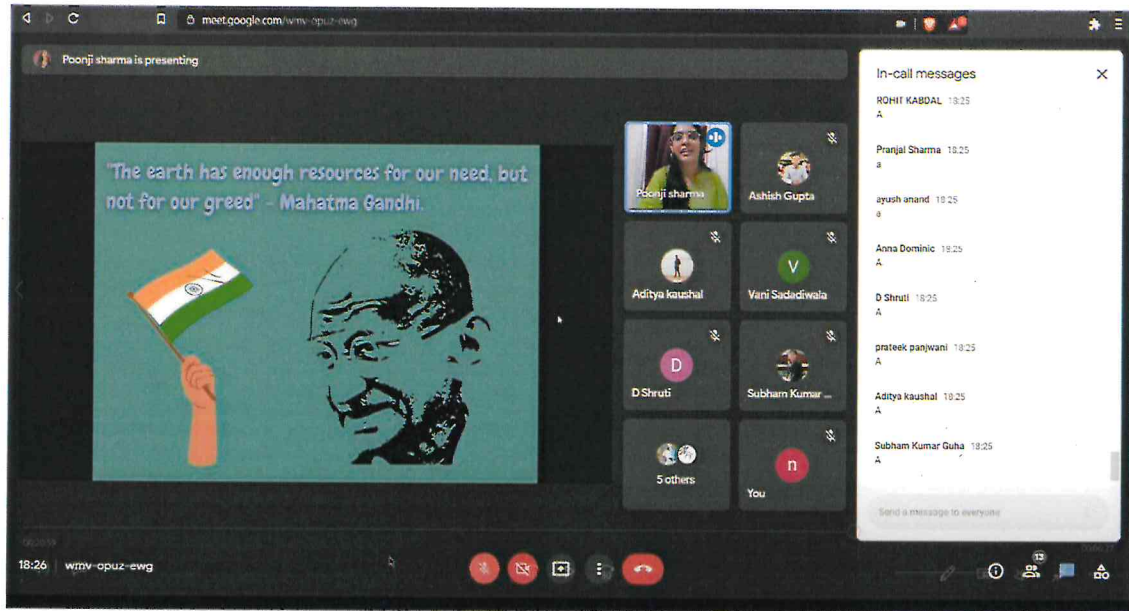
Awareness Program on One Week Environment Protection Program



Awareness Program on One Week Environment Protection Program

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Awareness Program on One Week Environment Protection Program

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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

NOTICE

April Kool : A Step to Save Environment

Ref. No: MRIIRS/CLAN/LS/20-21/03


Dated: 18.03.21

As per the Strategic Perspective Plan for the year 2020-21, under Manav Rachna Life Skill Program an event "April Kool : A Step to Save Environment" has been planned, keeping in view the importance of Trees and their need in our environment. This awareness will sensitize the university students towards the need of the hour. After completion, the participants of this event will become more responsible and will demonstrate the habit of conserving nature with enhanced cognitive skills.

The activities of this event will be executed in groups of 5 in order to inculcate the team building and leadership qualities in our youth.

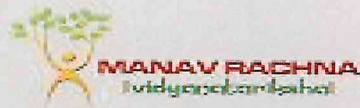
Activities Planned	Faculty Coordinator	Venue/ Date
Plantation of Medicinal Trees	Dr. Arti Saxena – 9990640464	In Campus 05.04.21-27.04-21
Plantation of Chhayadar Trees	Dr. Pooja Khurana- 9818161377	In Campus/ Surroundings 05.04.21-27.04-21

Interested students are requested to contact the coordinators of the event.


Dr. Bhayesh P. Joshi
Clan Chief, Forest Rhinos

Copy to:
Notice Board
Dean Students Welfare
Faculty Coordinators





APRIL KOOL

TREE PLANTING

PLANT TREES. IT'S FOR FREE!!!

The Categories are

- Medicinal
- Chhayadar



*Plantation in group of FIVE



SCAN TO REGISTER



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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

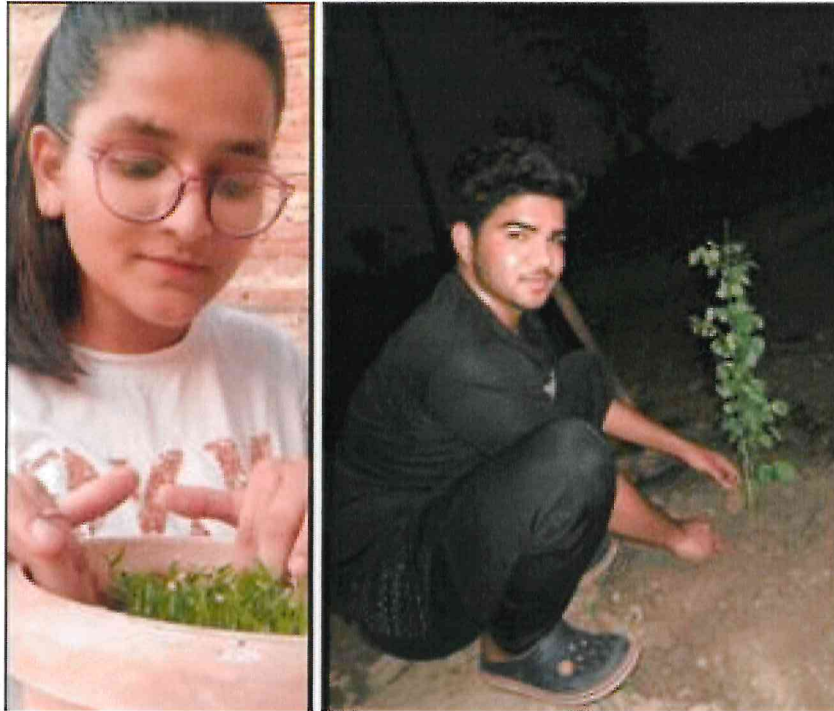
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April Kool: A Step to Save Environment

As per the Strategic Perspective Plan for the year 2020-21, under Manav Rachna Life Skill Program an event “April Kool : A Step to Save Environment” was held, keeping in view the importance of Trees and their need in our environment. This event was planned to be executed in campus or surroundings with a group of five students but due to pandemic, groupings of students was not possible. Even then the students enthusiastically took participation in the organized event as solo participants. Sitting at home our students realized the need and importance of the trees and contributed a bit in planting the trees in their neighborhood. They even shared their experiences and told that how they personally felt after planting the trees. They discussed that the growing global warming is becoming endangered for every single living creature on the earth and the only remedy to this problem is plantation of trees. Not only this they also discussed that in this time of pandemic these trees and their medicinal values are very important. Initially more than 70 students registered but due to tragedies and sudden lockdown, around 14 students actively took initiative in performing the task. Task was successfully completed as per the guidance.

We the family of Manav Rachna believes in being the leader to protect and keep the environment healthy and safe and the Plantation program conducted was a part of our ideology. We hope that such activities shall sensitize and encourage the students to take care of mother Earth.





April Kool: A Step to Save Environment



April Kool: A Step to Save Environment

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April Kool: A Step to Save Environment



April Kool: A Step to Save Environment

Bij



2nd OCT to 7th OCT, 2020



J A I S A

JASHN-E-JAL

LIVE EVENT SERIES

- DAY 1: ISR - Extempore
- DAY 2: LITERARY - Quiz Competition
- DAY 3: SPORTS - Quiz Competition
- DAY 4: MEDIA - Poster Making Competition
- DAY 5: CULTURAL - Dance Competition
- DAY 6: ISR - Wattire

In association with



Radio Partner



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

On

One Week Program on Essence of Water: Jalsa

Water Resource Management objectives include promoting conditions for environmentally sustainable, economically efficient and equitably allocated use of water resource. This is to notify that the following online event has been planned from 01.10.20 to 07.10.20 under Life Skills of MRIIRS, keeping in view the importance of Water Conservation and Management in our day to day life. Clan Water Sharks in association with Department of Students Welfare, Dr. O. P. Bhalla Foundation and Media partner Radio Manav Rachna 107.8 FM organized a striking series of live events from 1st Oct, 2020 - 7th Oct, 2020 on MS-Teams platform at 5 p.m. on the mentioned days to enhance Life Skills in students under Manav rachna Life Skill Program.

Online meetings were held to discuss plan of action and information was floated through social media platforms

The amazing series of live events was organized with a motive to involve students in varied activities of their interests which almost every time had a social message related to Water. It was an endeavour to celebrate our natural resources and at the same time spread awareness and show concern towards the rising issues related to Water.

DAY – 1

KARUNA-Extempore Competition

“Karuna” was the extempore competition organized on the very first day of the live events series on 2nd Oct, 2020. As it was the occasion of Gandhi Jayanti the theme of the competition was “Sarvodaya-A path to community upliftment.” The aim of the event was to celebrate the legacy of Mahatma Gandhi which impacts our lives even today in the form of his principles and philosophies which included the concepts which enlightened about resource management and harmony of Human beings with other living beings especially in terms of sharing our natural resources.

The esteemed judge for the event was Mrs. Antara Guha Thakurta. The event started with the hosts extending warm welcome to everyone and then discussing briefly about Gandhi ji and his philosophy Sarvodaya. During the competition participants were provided with the topic just 2 minutes before their turn to speak. All the participants expressed their opinion on the



A handwritten signature in blue ink, appearing to be "Antara Guha Thakurta".

assigned topics related to the theme which touched various issues like Water Scarcity, Racial Discrimination, Compassion, Harmony and many more. After listening the views of various participants on variety of topics the judge for the day declared the winners for the event and praised other participants too.

Winners were as follows:

1st position: Ojaswa Anand - IIT Delhi

2nd position: Pramesh Anand - Intermediate Passed Out

3rd position: Prerna BJMC-MRIIRS

At the end, A video prepared for the occasion of Gandhi Jayanti was shown to the participants to enlighten them about his principles and philosophies.

Overall, It was quite a successful event due to the enthusiasm shown by the participants and all the efforts poured in by everyone involved.

CENTRAL PERK-Quiz Competition

“Central Perk” was a quiz Competition on a popular American television sitcom F.R.I.E.N.D.S based on the life of six individuals living in Manhattan. The event was organized keeping in mind the love of millennial generation for the show and the public demand.

During the competition participants were required to raise their hand through the option provided on the MS-Teams platform and based on the order of raising hand the participants were allowed to answer. Three rounds were planned with different questions framed according to the specific rounds where contestants were quizzed about the show to find out the true F.R.I.E.N.D.S fan in real sense.

Details related to the 3 rounds are as follows:

1st Round: Picture Round involved questions based on the pictures shown.

2nd Round: It involved completing the dialogues from the show.

3rd Round: Rapid Fire Round



During the event, the participants were seen in high spirits to win the quiz of their favorite show.

Winners were decided on the basis of the points they got in the first, second and the third round.

Winners which were declared were:

- 1.Siya Chawla
- 2.Manya
- 3.Ananya Rekhi

It was an interesting quiz competition in which all the participants and audiences were enthusiastic enough to put their factual knowledge about the show on display.

BUJHO TOH or BUJHO TOH JANE-Sports Game

“Bujho toh or Bujhotoh Jane” was a sports quiz competition where participants were quizzed about various sports especially Water Sports. The knowledge of students was tested on various technicalities related to numerous sports.

The competition was divided into 3 rounds:

1st Round: It involved facts related to indoor and outdoor games.

2nd Round: known as Emoji Round here the participants had to identify the name of the sport or the personality related on the basis of Emojis shown.

3rd Round: In this round, questions related to films made on sports personality were asked.

During the competition participants were required to raise their hand and the one raising the hand first got first chance to speak the answer.

Winners were decided based on the points they got in the first, second and the third round and on the basis of which the winners were:-

1st position: Megha



2nd position: Vardaan

3rd position: Manya

This event related to water sports was quite knowledgeable, sporty and fun which put participant's knowledge regarding sports activities on test.

CARE FOR BLUE BABY-Poster Making Competition

"Care for Blue Baby" was an E-poster making competition in which participants were required to make E-posters on the topic- "Water Conservation". The judge for the event was Mr. Priyank Jain.

Posters made by participants were already submitted to the media team and those entries were presented in front of the live audiences and the judge. The posters in a very creative and efficient manner depicted the theme of Water Conservation and at the same time the participants explained their entries and their thoughts while designing those posters.

The winners for the event were decided on the basis of their creativity and technical skills in designing the poster.

Winners for the event were:

1st position : Sakshi Garg

2nd position : Megha Garg

3rd position : Hema Yadav

The event unleashed the boundless creativity and imagination of budding artists and provided a platform for them to show case their skills.

FRISK AND SWAY-Dance Competition

"Frisk and sway" was the solo dance competition which was based on the theme 'water element'. The aim of the event was to feel thankful towards water because it is one the most important element of our body without which we will not able to survive.



The esteemed judge for the event was Miss VamaMadaan, she is the alumni of Mridaksh, the Dance Society of MRIIRS. The event started with the hosts extending warm welcome to everyone and then discussing briefly about the event. During the competition participants were asked to start their performance by first giving a brief introduction about themselves.

Winners are as follow:

1st position- Shreshtha Negi

2nd position- Shrishti Sinha

After the announcement of the results the judge for the event congratulated the winners and appreciated the efforts of all the participants followed by which a token of thanks was presented to him by Dr. Pooja Khurana, Clan Vice-chief.

Through this event the aim was to appreciate the presence of water and take steps towards it's conservation and judicial utilization.

“Wattire” was the fashion show competition scheduled on 7th Oct,2020 which served as a grand finale event. The judge for the event was Ms. Chhavi Jain, a student member of AAIRA. The event was organized to celebrate the most important natural resource necessary for the survival of any form of life: Water. The theme of the show was Water and it's elements and the participants were expected to dress themselves according to the theme. The participants were allowed to use various accessory pieces to depict the theme.

Participants sent their videos beforehand in which they dressed according to the mentioned theme and did the fashion walk which was shown on the live event on the scheduled time and day. Participants while showing their entries also explained their fashion sense displayed in the video. After reviewing all the video entries the judge for the event gave the results which were based on the following criteria:

- Creativity
- How well one carries the dress.
- Relevance of the dress to the theme.



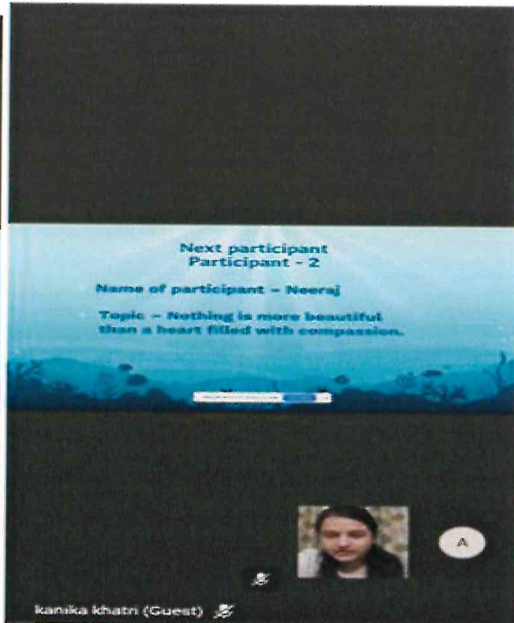
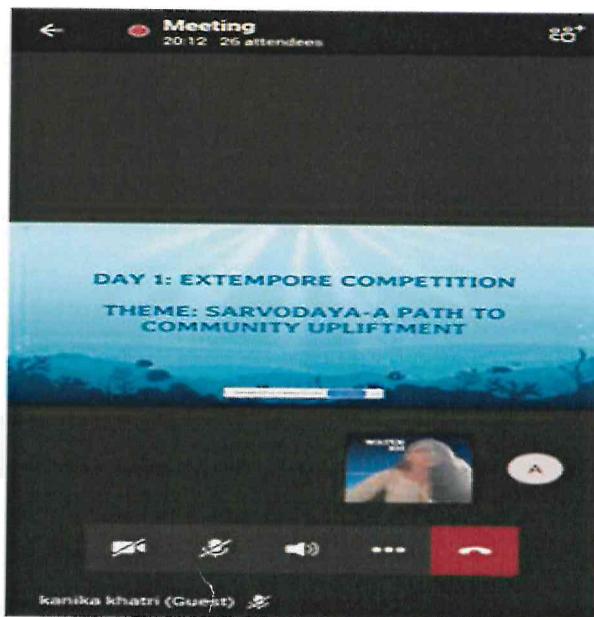
Analyzing the videos on the given criteria the joint winners announced were: Kajal and Ahana. The event ended with a vote of thanks by the clan vice-chief Dr. Pooja Khurana who thanked Mr. Shishir Nigam, Dean Student's Welfare and Director RMR 107.8 and Team Dr. O.P. Bhalla Foundation for acting as a rock solid pillar of JALSA-JASHAN-E-JAL. She also congratulated the winners and appreciated the efforts of all the participants, audience and Coordinators for contributing towards the event in their own way.

Overall, it was an event aimed to **unleash the creativity** of the participants and give them the platform to widen their horizons.

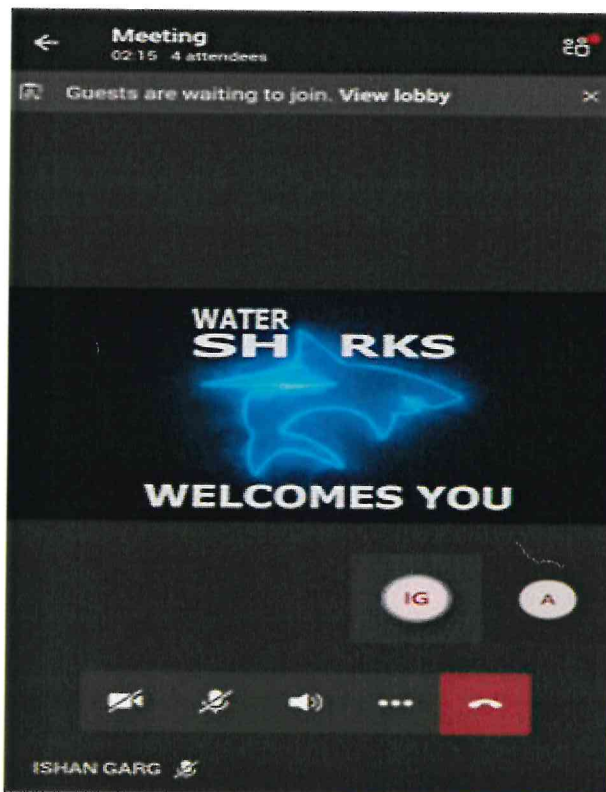
At the end of every event vice-clan chief Dr. Pooja Khurana congratulated the winners and praised the efforts and dedication put in by the participants while participating in the competition. She also appreciated the presence of judges in some of the event and thanked them for their much needed presence.

All the events organized under Jalsa: Jashan-e-Jal were successful in achieving their motive to give a platform to participants to **show case their talent** and at the same time address concerns related to Water in the recent times.





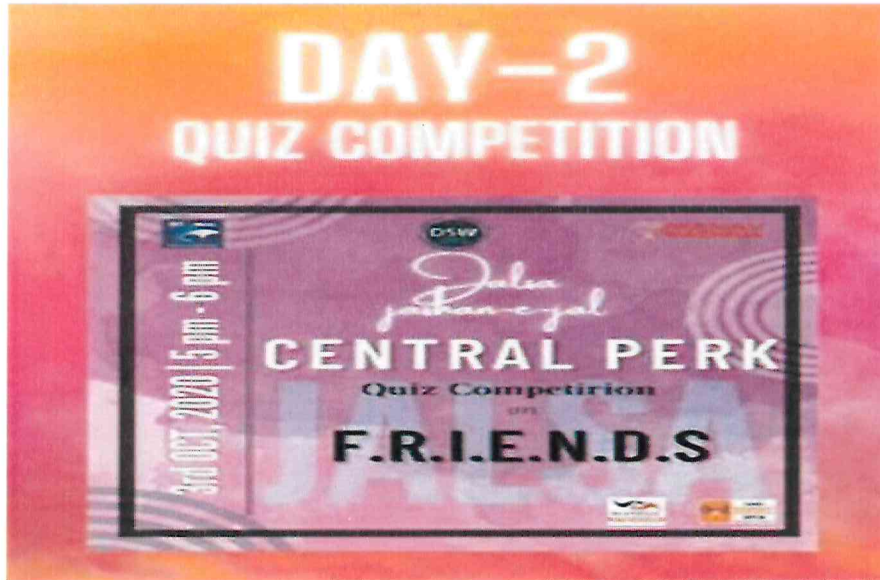
One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020



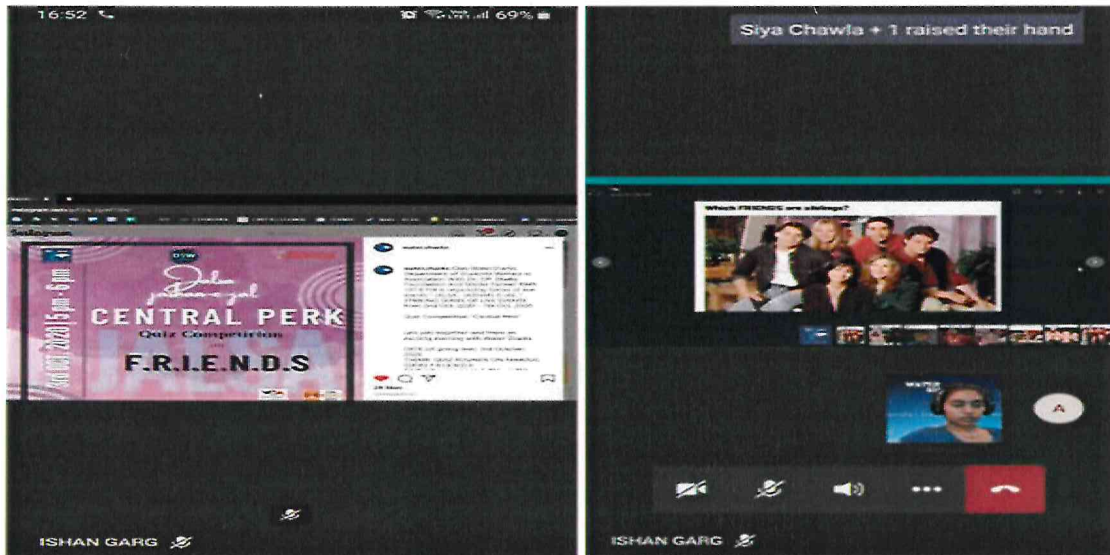
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One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020

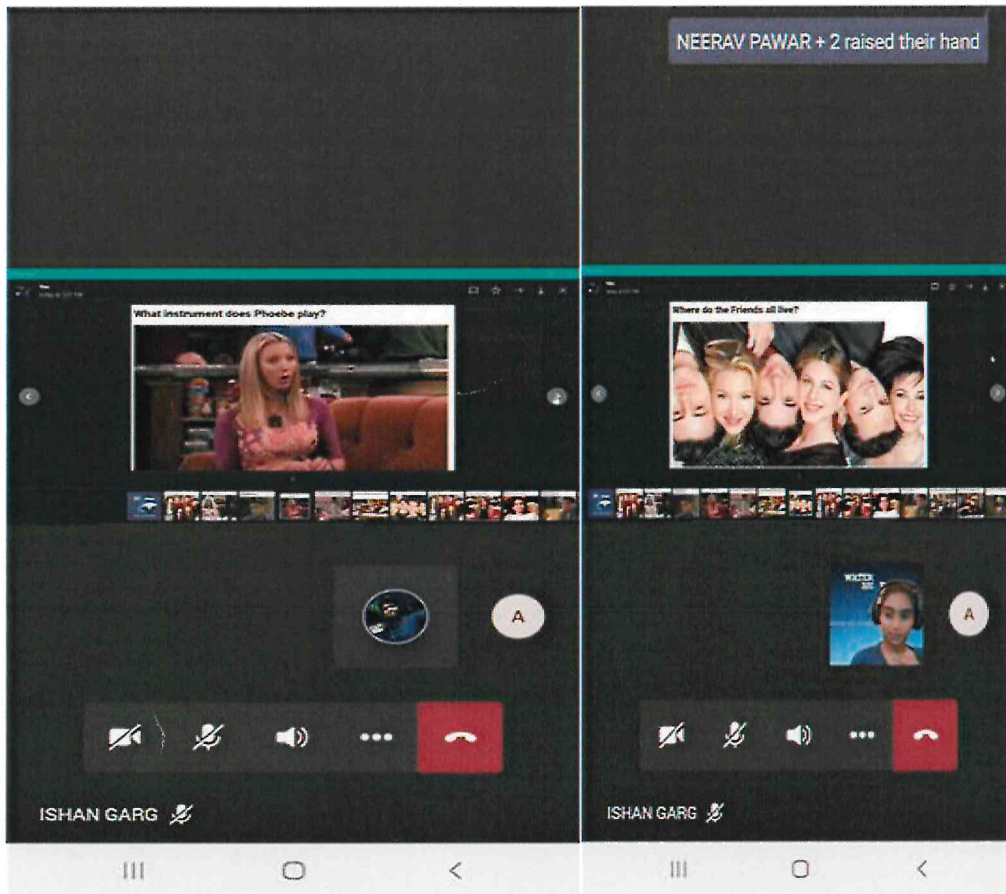


One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020

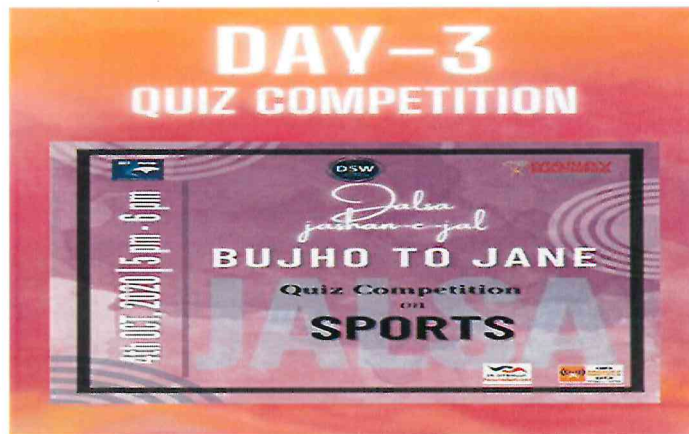


One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020





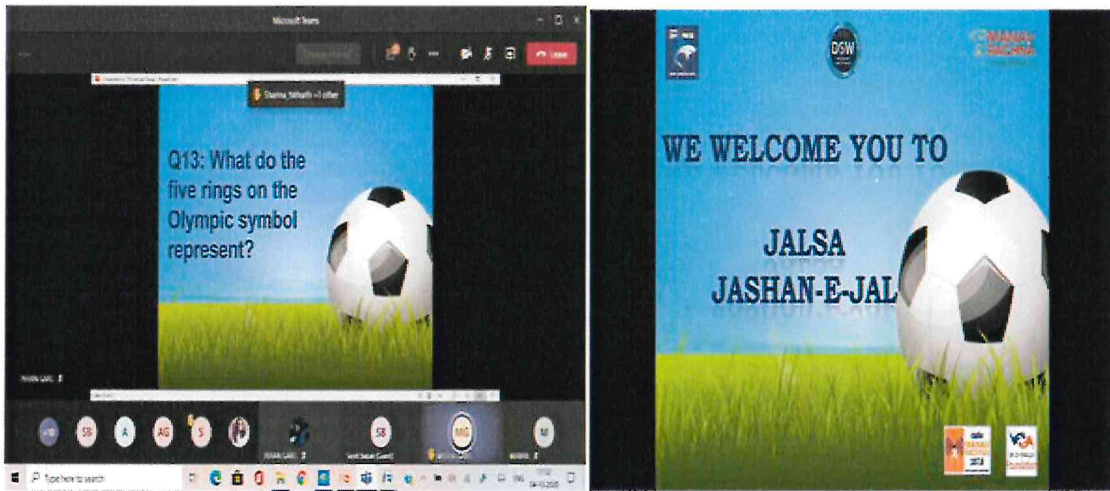
One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020



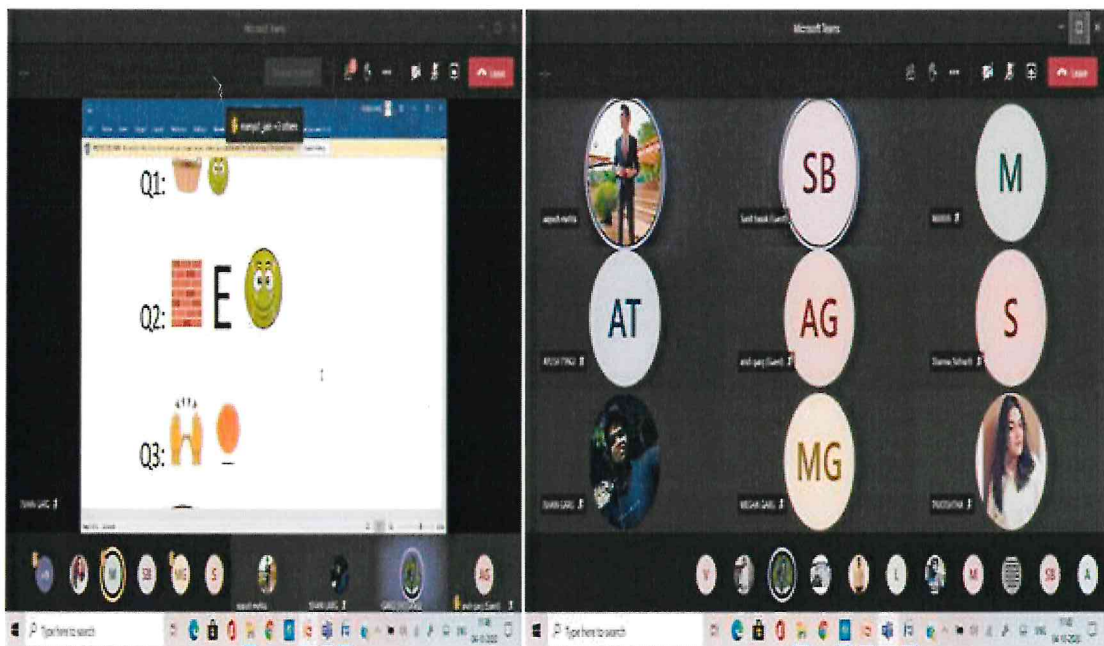
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One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020



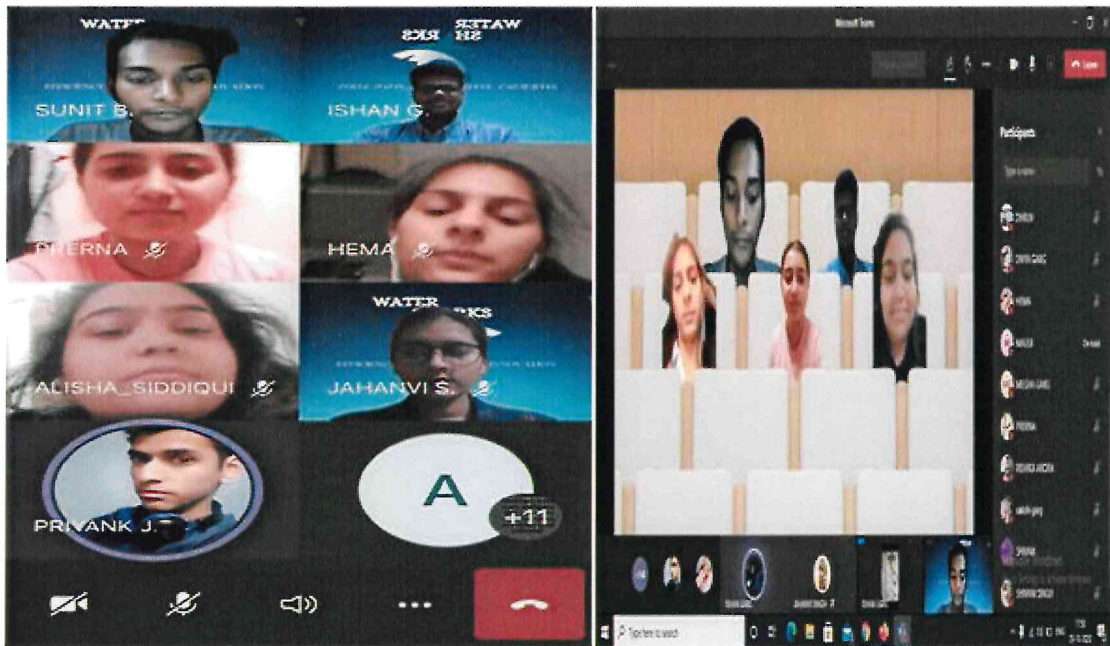
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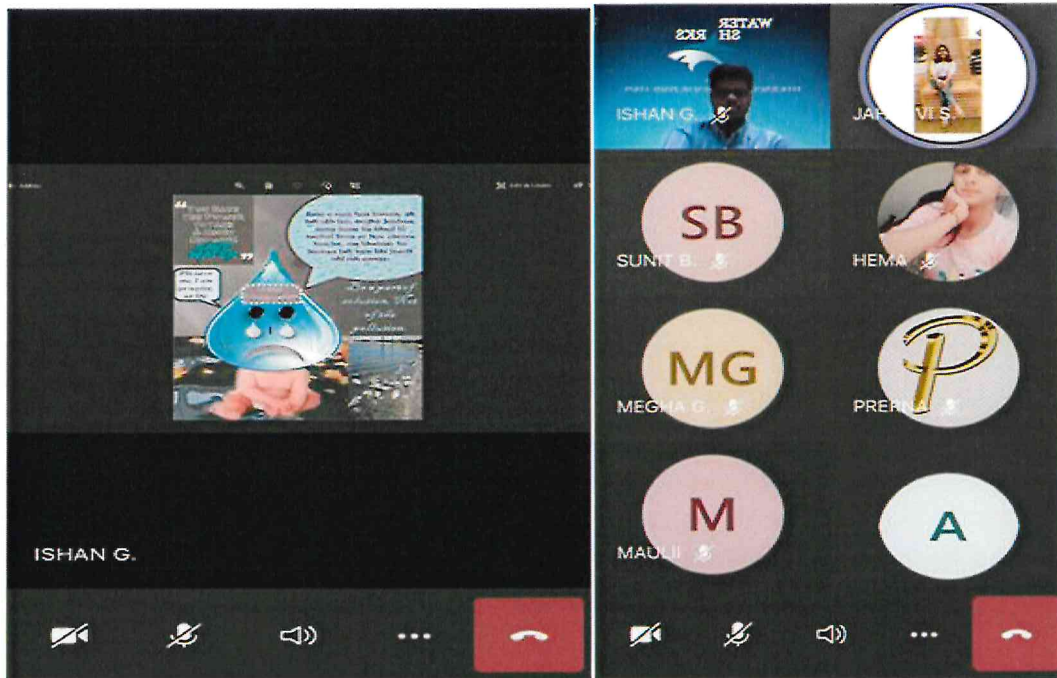
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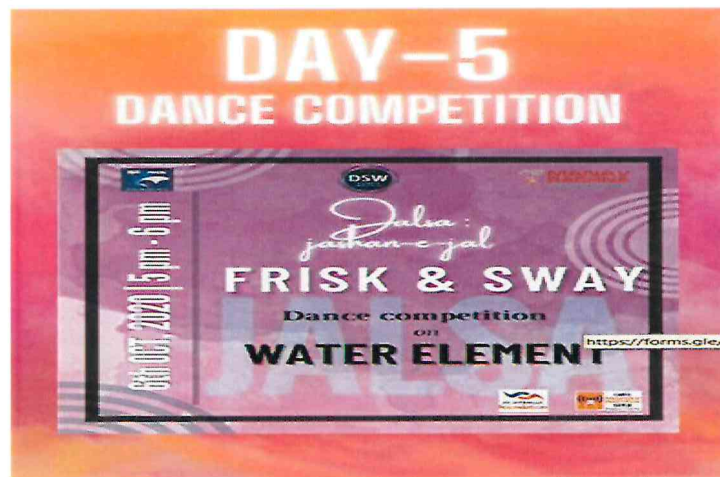
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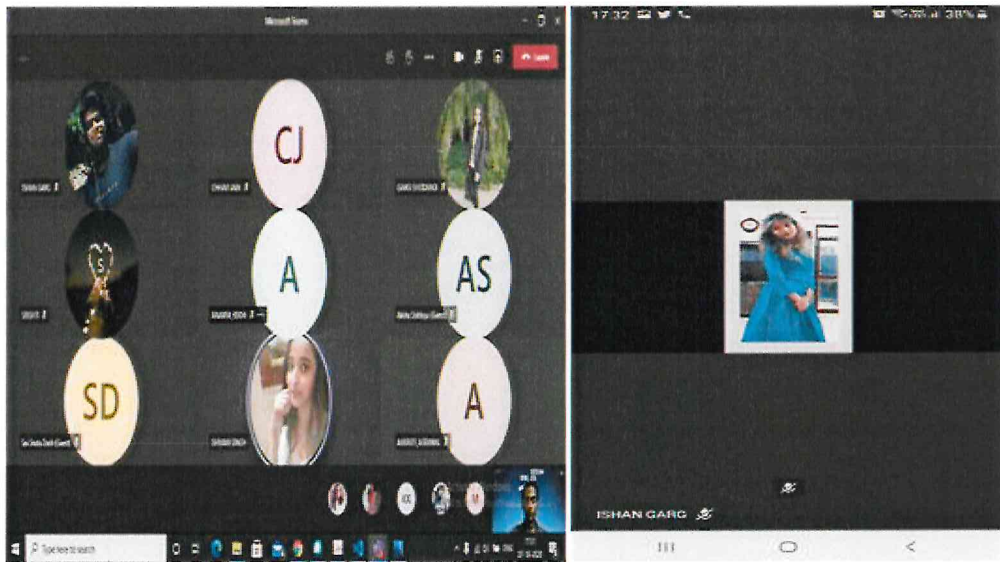
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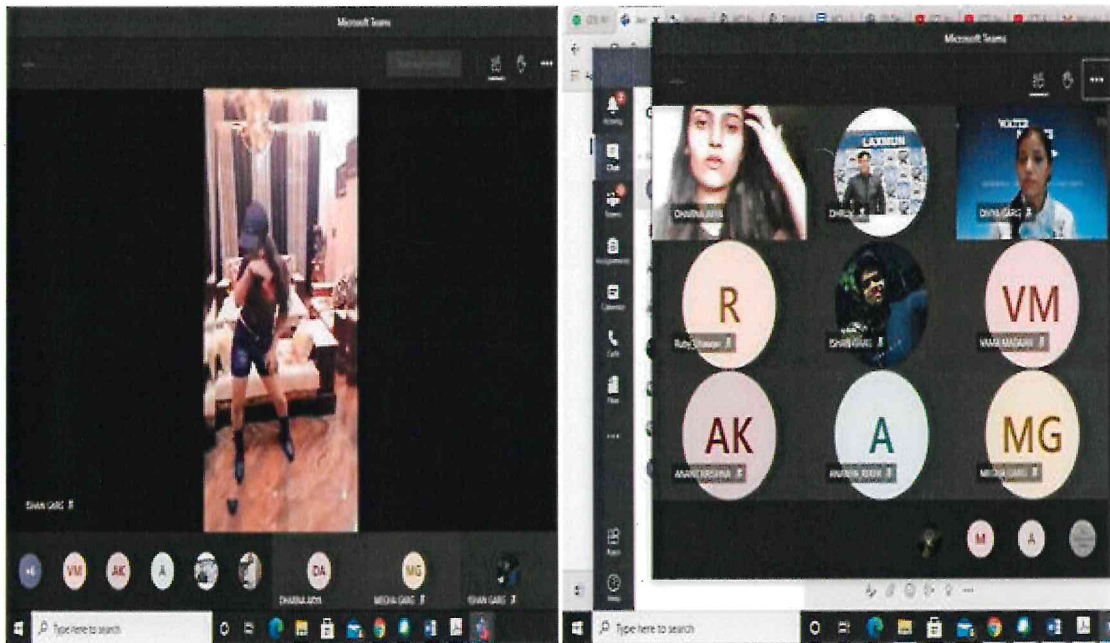
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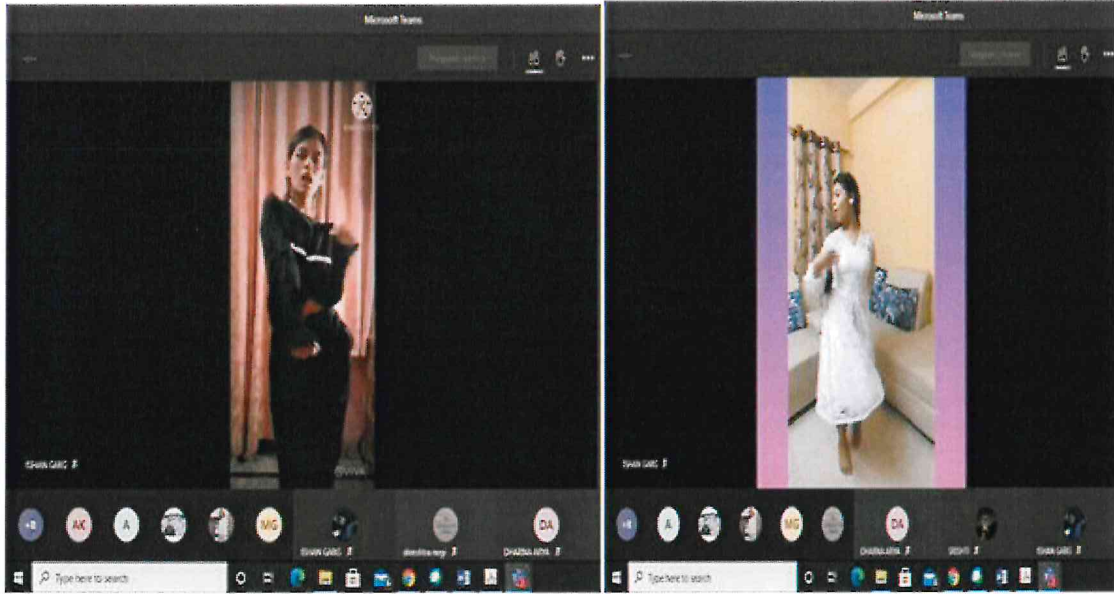
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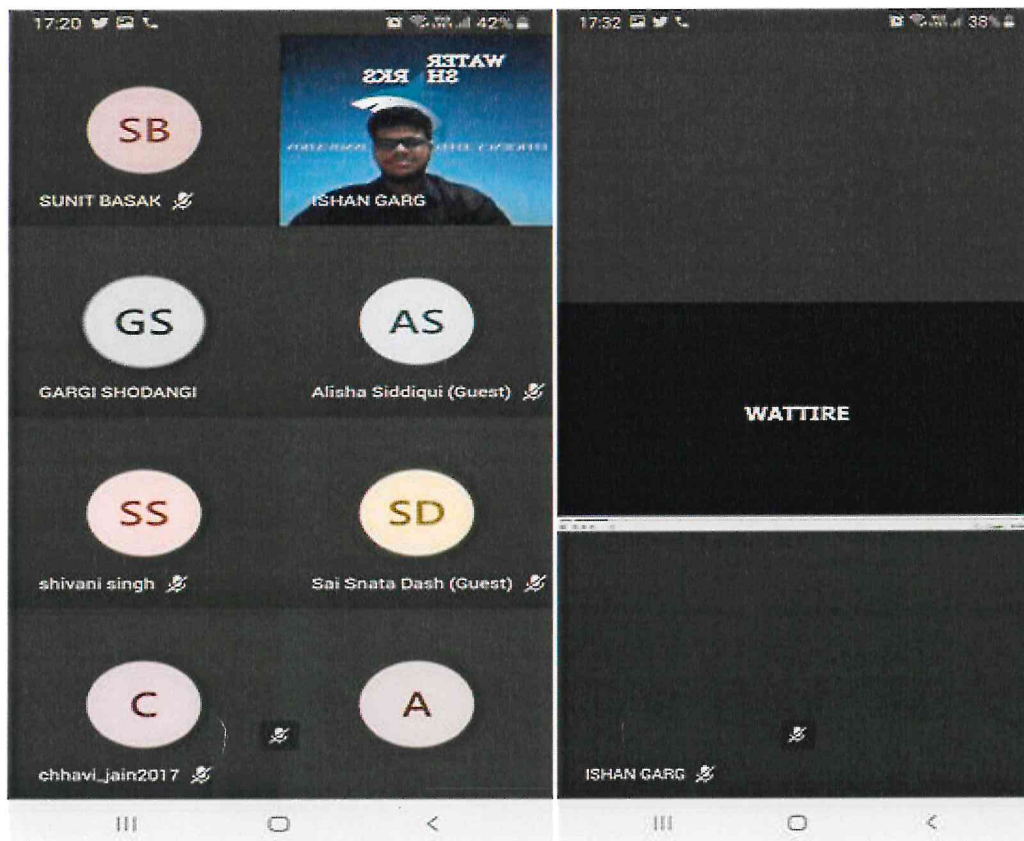


One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020



One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020





One Week Program on Essence of Water: Jalsa – 2nd Oct to 7th October, 2020





MANAV RACHNA INTERNATIONAL
INSTITUTE OF RESEARCH AND STUDIES



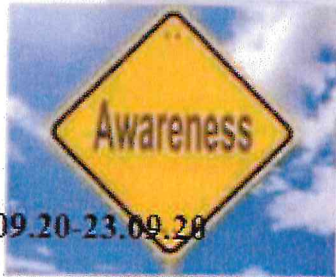
#DooriHaiZaroori

Train a Million Road User - Online

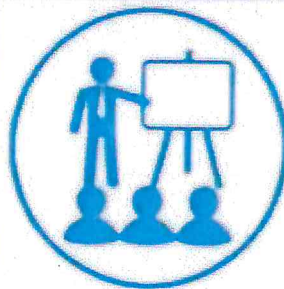
Awareness

Training

Train the Trainer



22.09.20-23.09.20



AS
2



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

on

Micro Training Session on Traffic Distancing- Doori Hai Zaroori A Nationwide Digital Campaign appealing for Traffic Distancing in association with NGO, Drive Smart Drive Safe

A special online training program was organized to educate and train students on best ethics to follow on road for safety. The event "Micro Training Session on Traffic Distancing- Doori Hai Zaroori A Nationwide Digital Campaign appealing for Traffic Distancing in association with NGO, Drive Smart Drive Safe", was held on 22-09.20-23.09.20. Few online meetings were conducted for the smooth conduct of the event and information was floated through social media platforms.

Since India is coming back to roads post COVID19 Lockdown, crashes are reported from all parts of the country, rather more deadly crashes are reported and it's important to spread a word of knowledge of Traffic Distancing. Department of Student's Welfare organised a micro training session on Traffic Distancing- Doori Hai Zaroori A Nationwide Digital Campaign appealing for Traffic Distancing in association with NGO, Drive Smart Drive Safe which was taken by expert Mr Anubrata Choudhury on September 22, 2020. The main aim to organise this session was to create awareness among youth that every life matter and most of the population lose their life due to road accidents.

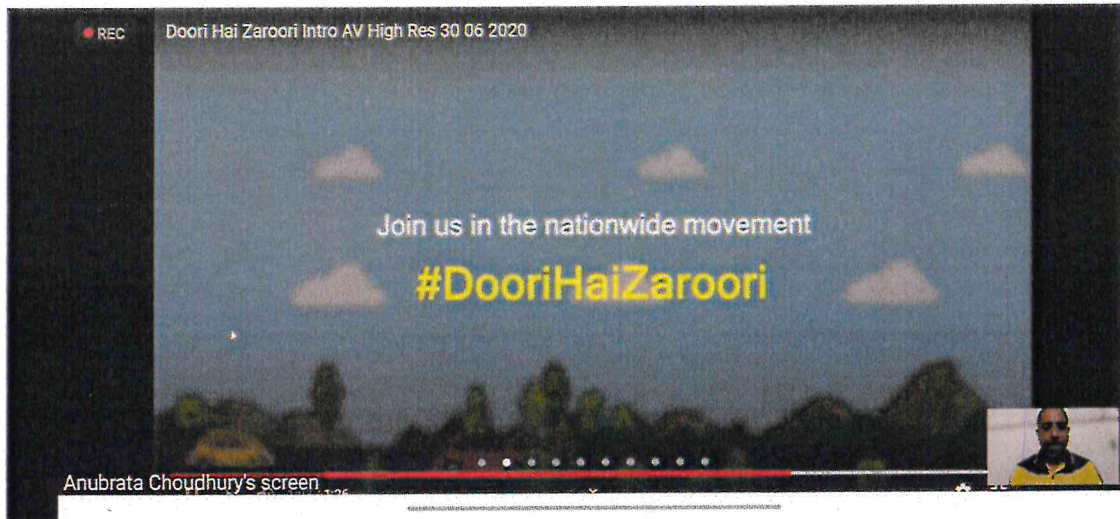
The objective of the campaign is to positively enforce behavioural change in existing as well as future drivers so that they maintain distance from other vehicles on the road and eventually lead them to defensive driving habit. This campaign aims to target anyone who drives a vehicle to digitally learn the benefits of maintaining traffic distance on roads, keeping themselves and others around them safe. During the training, they shared the few rules which a common man is not aware of for example Two-Seconds Rule.

The session was attended by nearly 200 students and faculties and many of them wish to serve for a good cause of spreading awareness of traffic distancing like the message of Social Distancing is spread during pandemic times.

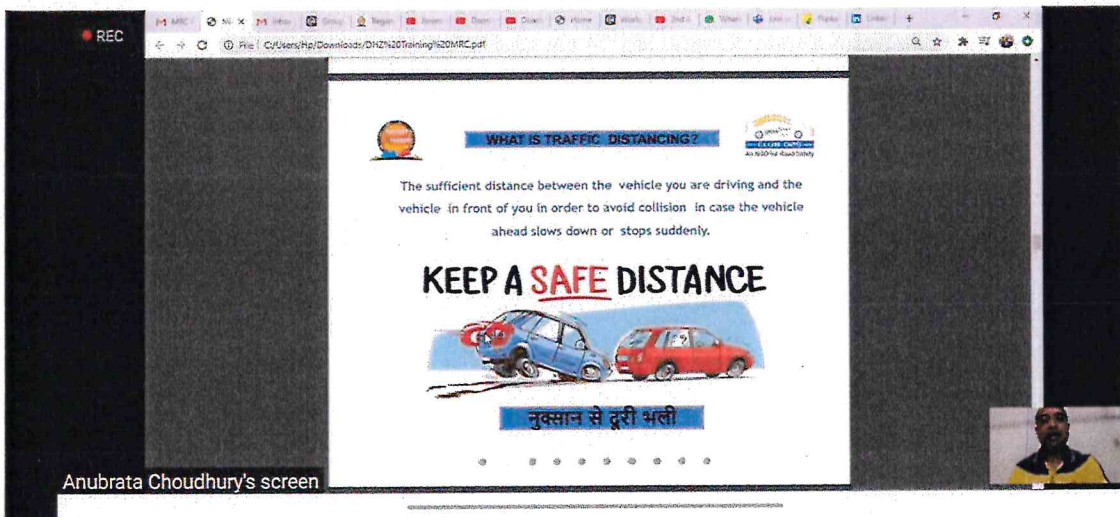
Department of Students Welfare is grateful to Team Drive Smart Drive Safe for sharing such knowledge information with students and faculties.

Ash





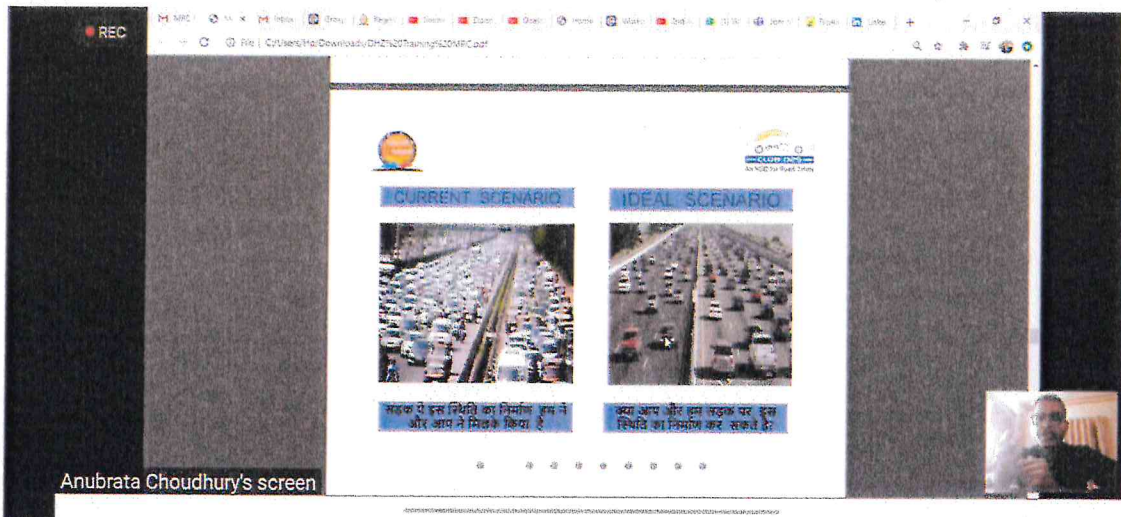
Presentation presented to audience during the Training (22.09.2020)



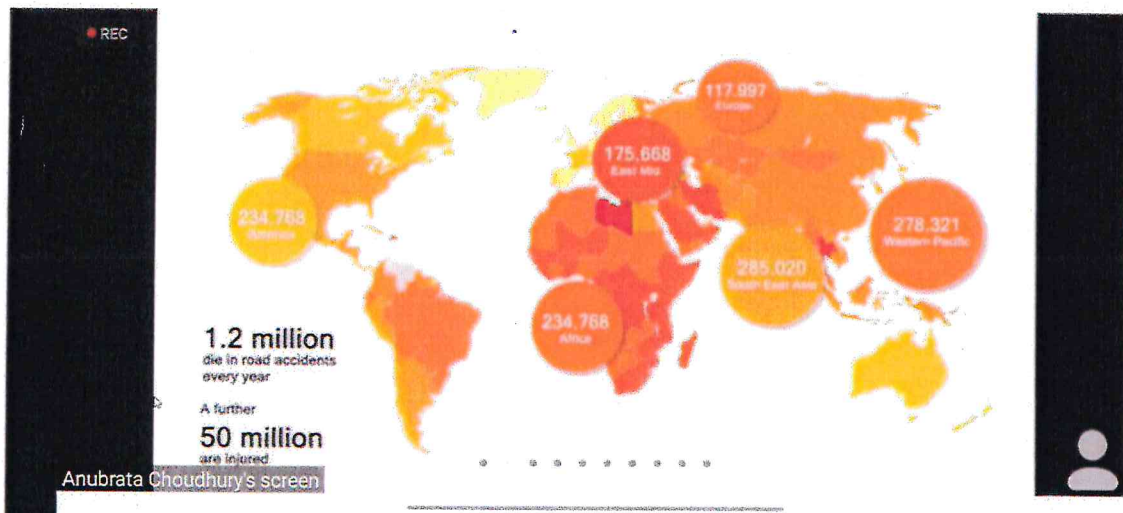
Presentation presented to audience during the Training (22.09.2020)

Arti





Presentation presented to audience during the Training (23.09.2020)



Presentation presented to audience during the Training (23.09.2020)

Arti



WILD CATS

MANAY RAJHINA
vinkembarlehal

DSW

HAPPY FRIENDSHIP DAY
#TWINNING CONTEST

**TAG YOUR BFF, AND DM US YOUR TWINNING PHOTOS
AND WIN CHANCE OF CERTIES & SHOUTOUTS**

heti

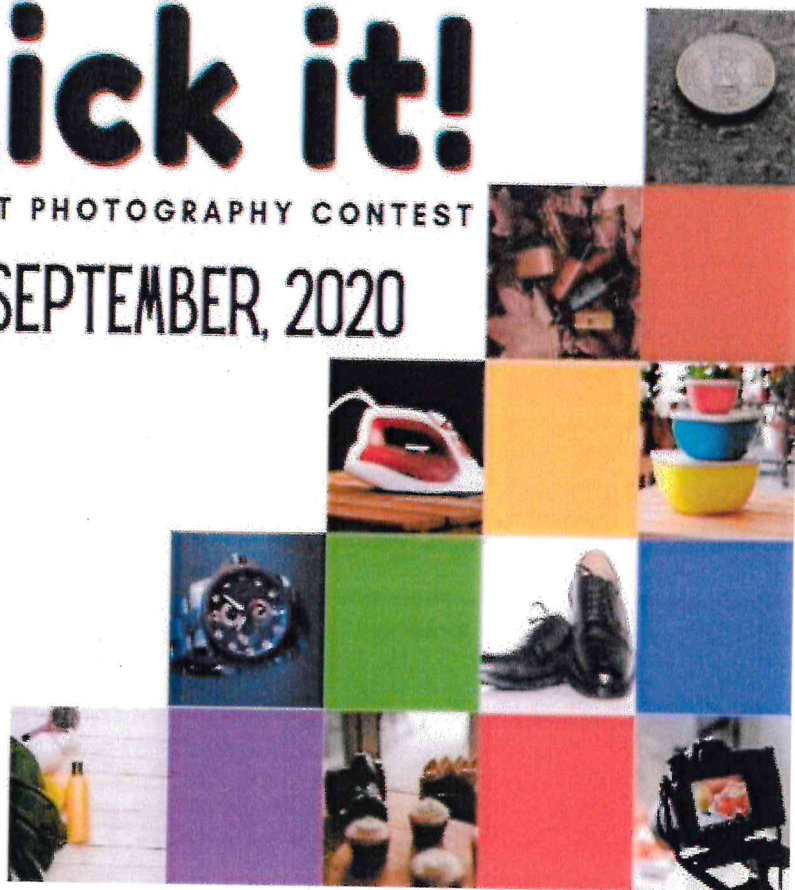




click it!

PRODUCT PHOTOGRAPHY CONTEST

21ST SEPTEMBER, 2020



Preethi

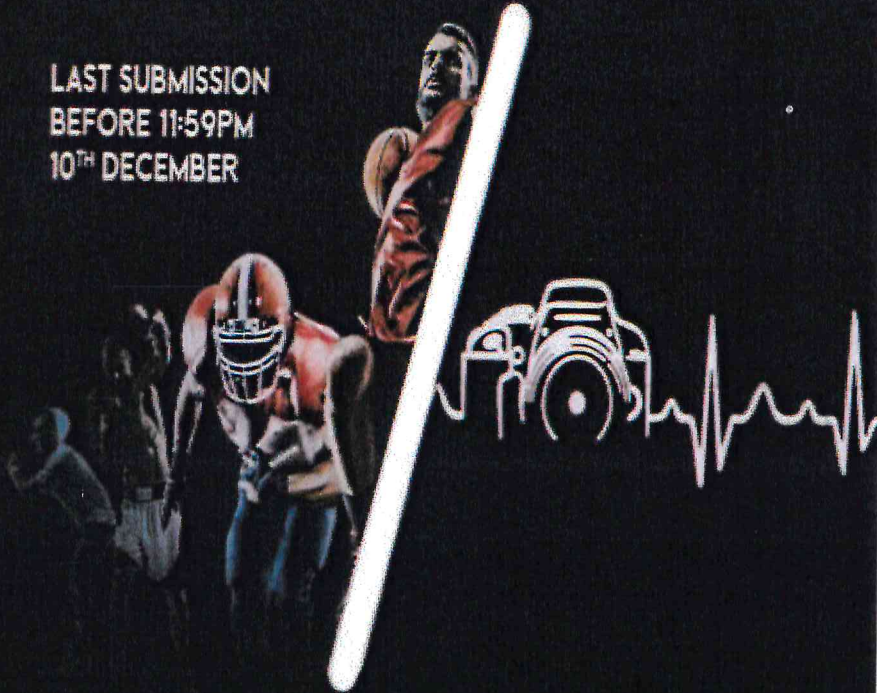




SPORTY SHUTTER

A SPORTS PHOTOGRAPHY EVENT

LAST SUBMISSION
BEFORE 11:59PM
10TH DECEMBER



SHAURYA: +91 86300 03202

ARMAAN: +91 85274 09059

Preeti



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

On

Workshop on Annual Intensifying Photography

Although deeply personal and intuitive, photography relies on the creative use of theory as much as, say, luck or an inherent sense of art, and there's no better opportunity to practice new ideas than photography workshops. This is to notify that the following event has been planned under Life Skills of Department of Students Welfare, keeping in view the interests and skills of students in photography.

Under Manav Rachna Life Skill program "Student Life Skills to survive and thrive during Covid -19: Social Responsibility" event was planned from 01.07.2020 to 30.08.2020 under which the following activities were planned:

Twining - 30.7.20

Click it - 21.09.20

Snap for a Cause -11.11.20

Sporty Shutter -10.12.20

Few online meetings were conducted to discuss the plan of action and creatives were shared through whatsapp gps.

This event started on International Day of Friendship which was 30th July 2020 and ended on Friendship Day which was on 2nd August 2020. Around 28 teams participated in this event and shared us the twinning pictures with their best friend. More than 1000 likes and 500 comments were scored by the teams in the event. The winning criteria was 1 like = 1 vote, 1 comment= 2 votes. The participants were all over from the Manav Rachna Institute including the faculty members.

The event was successful because of the extensive design work and query handling skill. The Instagram page of Wild Cats caught the attention of the students thus leading to the highest number of followers amongst all the clans of the Manav Rachna.

The winners were declared after the 50% judgment from the likes and comments of the participants and 50% from the judges of the events.

Preeti



The declaration was made through the Instagram story on the Wild Cats page and was promoted amongst all the Manav Rachna family.

Product photography is a form of **commercial photography** that has the goal of presenting a product in the best possible photographic representation. In this competition, we would like to check if participants can make their selected products, the hero of the picture.

The event witnessed over 30 entries. Through this competition, clan received more than 1000 likes within 24-48 hours.

The winner of the competition was Sakshi Garg, all participants received e-certificates.

Participants were required to click a picture of their happy pill associated with the **act of kindness** (which could be any act of kindness towards nature, humans, animals, etc) along with a message or story for the same. Registrations for the event were done through google forms.

Participations were allowed from Manav Rachna as well as other institutions, with no restrictions to the age limit. All the participants were provided with E-certificates.

The entries were accepted till 11:00 P.M, 14th November and the results declarations were made on the Instagram handle @clan. wildcats on 16th November.

The winners were decided:

1. Solely by the voting panel
2. On the basis of likes and comments (1like= 1point; 1comment=2points).

With the total of 12 entries special accolades to our two most kind-hearted participants- Alamelu Somasundaram (Voting Panel – Dr.Bindiya Ahuja and Sachin Aneja) & Arena Khan (People's Choice).

Participants were required to send their sporty images, a winner never quits and quitter never wins.

Registrations were done through the google forms.

The entries were accepted till 11:59p.m., 10 December and the photos were showcased on 11 December. Results declarations were made on the [Instagramhandle@Clan.wildcatson](https://www.instagram.com/Clan.wildcatson) 13 December.

Preeti

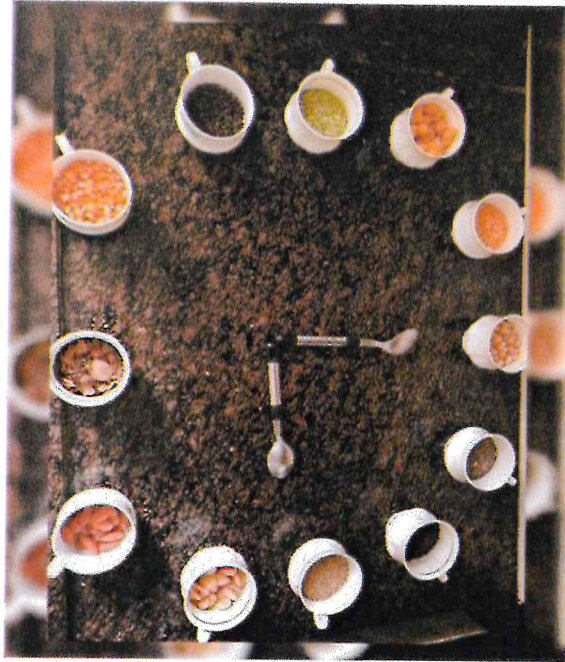




Workshop on Annual Intensifying Photography – 30th July to 10th December 2020

Preethi





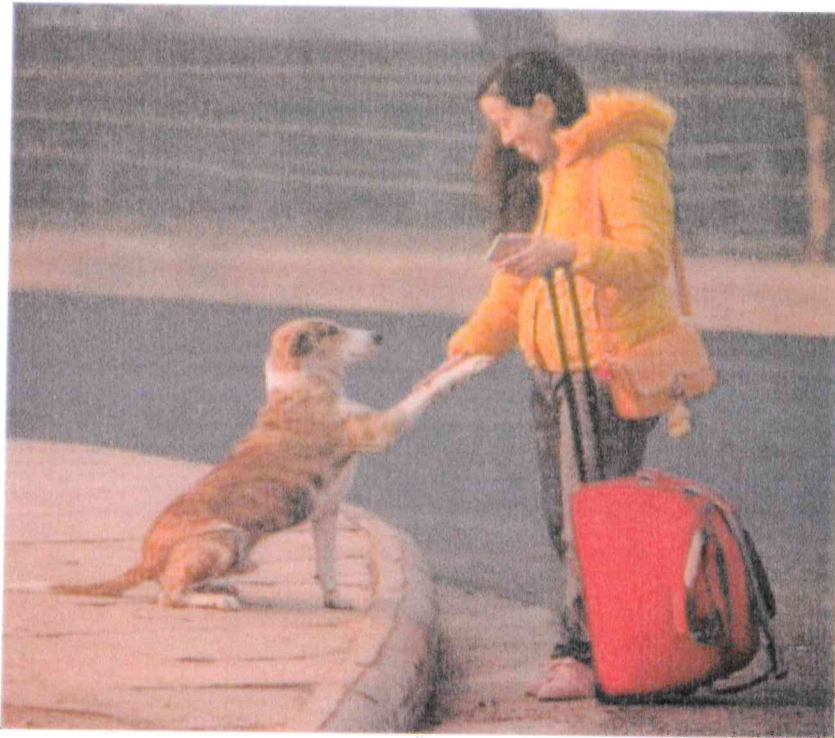
Workshop on Annual Intensifying Photography – 30th July to 10th December 2020



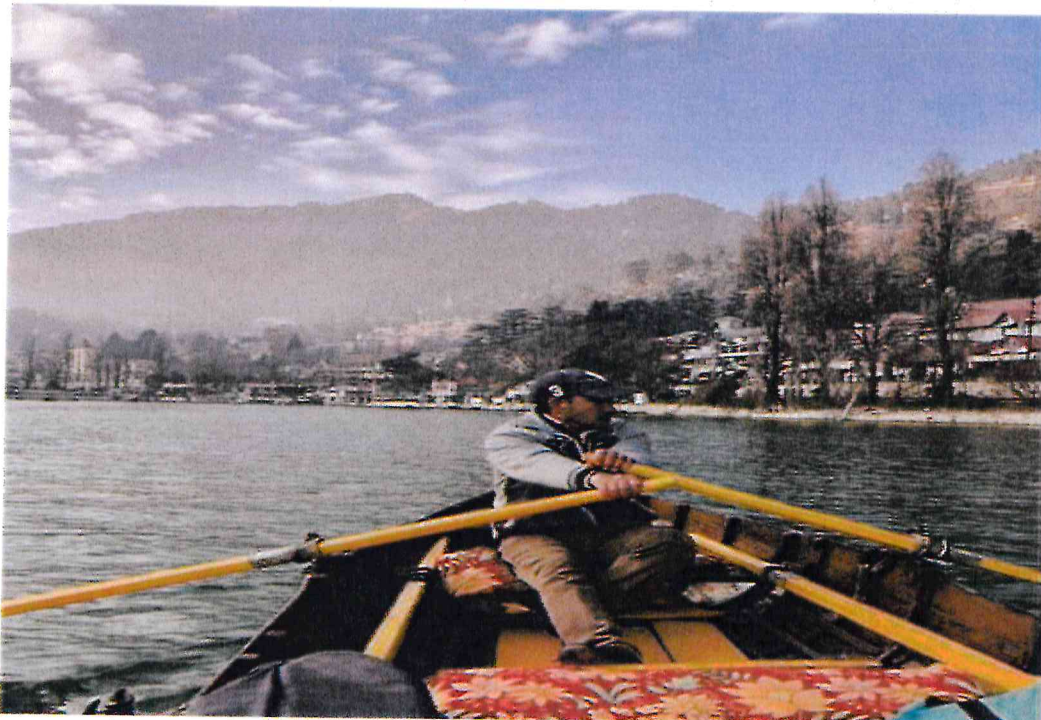
Workshop on Annual Intensifying Photography – 30th July to 10th December 2020

Breethi





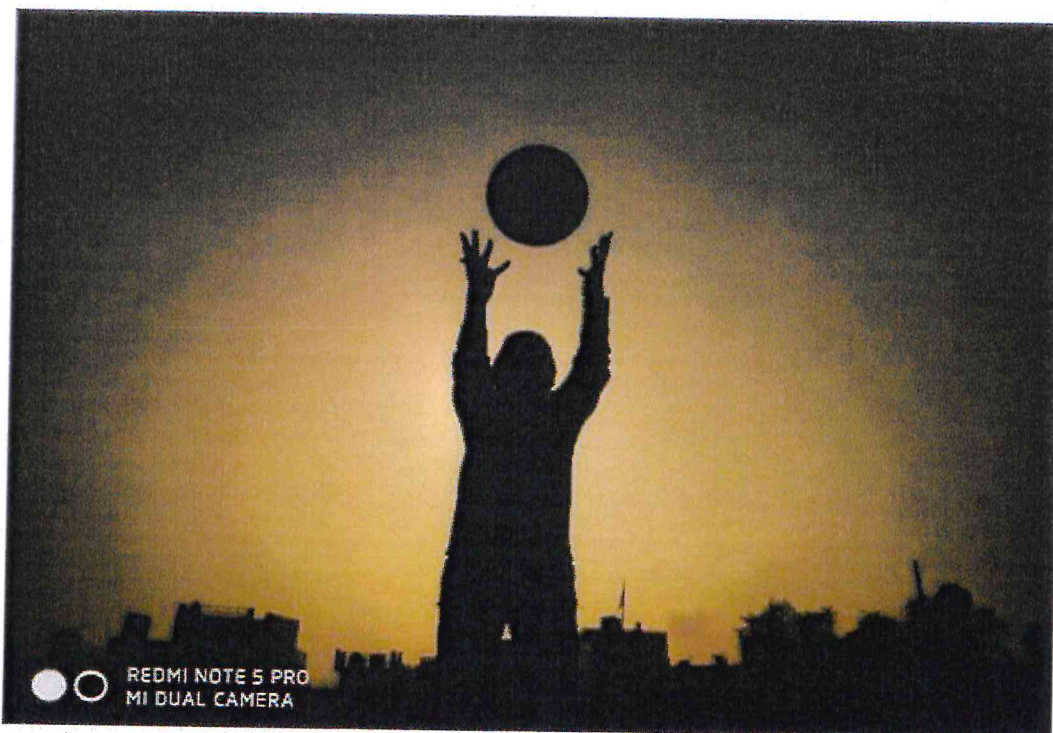
Workshop on Annual Intensifying Photography – 30th July to 10th December 2020



Workshop on Annual Intensifying Photography – 30th July to 10th December 2020

Preeti





Workshop on Annual Intensifying Photography – 30th July to 10th December 2020

Keeti



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

**Student Life Skills to survive and thrive during Covid -19:
Social Responsibility**



01-07-2020-31-08-2020



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

on

Student Life Skills to survive and thrive during Covid -19: Social Responsibility

Under Manav Rachna Life Skill program "Student Life Skills to survive and thrive during Covid -19: Social Responsibility" event was planned from 01.07.2020 to 30.08.2020 under which the following activities were planned:

Corona Prayer - 01.7.20-15.07.20

Clan Watersharks planned a special prayer activity for Covid-19 warriors and patients affected by it, not in India but for all across the world. More than 50 students and faculty members carved out their precious time from their daily schedule and prayed to fight against this deadly virus.

"Prayer to God for Corona Relief"

Almighty and merciful Father, who show your love to all your creation.

We come before you asking for a quick control of the Coronavirus currently ravaging our world.

Hear graciously the prayers we make for those affected by the virus in various parts of the world.

Grant healing to the sick, eternal life to the dead and consolation to the bereaved families.

We pray that an effective medicine to combat the sickness be speedily found.

We pray for the relevant governments and health authorities that they take appropriate steps for the good of the people.

Look upon us in your mercy and forgive us our failings.

Alia Chopra-Class KG-MVN

Manan-Class-1-Eicher School

Aashna Khurana-Class 5-MVN

Mannat Sudan-Class 7-Eicher School

Mansukh Singh- B.Tech CSE, FET

Harman Singh- B.Tech CSE, FET

Bejoy George- B.Tech CSE, FET

Special gratitude to those who prayed for all of us and encouraged us to believe that GOD is with us and is making us strong day by day to fight against this virus.

<https://drive.google.com/file/d/1ORtUIbnnTkvrR2wSayiT7BnOvpSXAaKID/view>



<https://drive.google.com/file/d/1Y11H5SO-UFLAYBomOhAPekFAE-ow2jpd/view>

<https://drive.google.com/file/d/1rbhq1LDMavDoAxt9YyUWkmu3kI7JmmNW/view>

Awareness Program 01.08.20-15.08.20

To spread awareness and prevention about the Coronavirus pandemic and to make people aware about the precautions that can be taken by them at various places when they need to step out of their houses for important work.

A small video (<http://shorturl.at/yzNTZ>) is developed by the students of Clan Water Sharks with an objective to spread the message to as many people as possible and help them Stay Safe and needs to be shared on various Social Media platforms like Instagram, Facebook and Whatsapp on various pages and groups. The video focused on what led COVID-19 be known as a pandemic, its effects on the living conditions and the global Economy and lastly but most importantly the precautions which can save one from the Virus.

Everyone is requested to use the undeniable power of Social Media to spread a strong and meaningful message to everyone.

Link of video is attached herewith:

<http://shorturl.at/yzNTZ>

Survey of Adopted Villages- 01.08.20-30.08.21

SURVEY REPORT (PanheraKhurd-Village)

Topic: Facilitation of study on impact of COVID-19 and 1918 Pandemic.

Table of Content

- 1. Executive Summary**
- 2. Background and Objectives**
- 3. Survey Method**
- 4. Survey Result**

Executive Summary:

The Citizens of PanheraKhurd are aware enough about the ongoing Virus Outbreak. They are taking all necessary steps to avoid the spread of the Virus. There are no issues faced by them. The Authorities and Government has been supporting them throughout these tough times according to them.

Background and Objectives:



This survey has been conducted by ManavRachna International Institute of Research and Studies, Faridabad in Panhera, khurd district under the guidelines mentioned by UGC.

The aim of the survey is to analyze the living conditions of the village in a better way and get to know about the challenges faced by them and see the change over the months.

Survey Method:

- This survey was conducted on the residents of Panhera village themselves.
- The survey was conducted on phone calls and the phone numbers of the residents were considered from the data already available to the Institute.
- The questions in the survey were based upon the questionnaire already provided by the UGC for the same.

Survey Results:

1. Total Population

5000

2. Cases of Corona

0

3. No. of people contacted for survey

50

4. Awareness level regarding Corona. What, Why?

The citizens of Panhera are aware enough about the COVID-19 pandemic and do take the necessary steps to keep themselves and their family healthy and safe.

5. Ways to prevent Corona(in terms of)

- **Regular Hand washing**

Citizens of Panhera regularly follow the practice of washing their hands to avoid spread of the Virus.

- **Use of Mask**

Masks are being used by the people of Panhera when they step out of their houses.

- **Use of Sanitization**

Citizens do take care of Sanitation practices to keep themselves Safe and Healthy.

- **Maintaining of Social Distancing**



Social Distancing is being followed by the citizens as much as possible on their level. Some Citizens are there who are reluctant and do not show much seriousness about the Social Distancing.

- **Washing vegetables/fruits**

People of Panhera are regular enough in washing Fruits/Vegetables or any other thing they bring from outside to home.

6. Challenges /problems faced by villagers

As stated by the citizens of Panhera there are no challenges/problems being faced by them.

7. Best Practices adopted by the villagers.

- **Teaching Learning**

In order to ensure that there is no loss to students in terms of their studies Schools are providing the facility of Online Classes which are helping students cope up with their syllabus in these difficult times. Additionally children have been given the facility to ask their queries on phone calls facilitated by Faridabad Education Council (FEC).

- **Traditional Cooking Methods**

No significant change has been experienced by the citizens in their cooking habits in Panhera Village.

8. Help from Local Authorities (yes/no)

- **Distribution of food grains-**

YES

- **Distribution of Masks/sanitizers**

NO

- **Distribution of Medicines**

YES

- **Regular Sanitization**

YES

- **Regular Cleaning of garbage**

YES

- **Reporting of cases**

YES

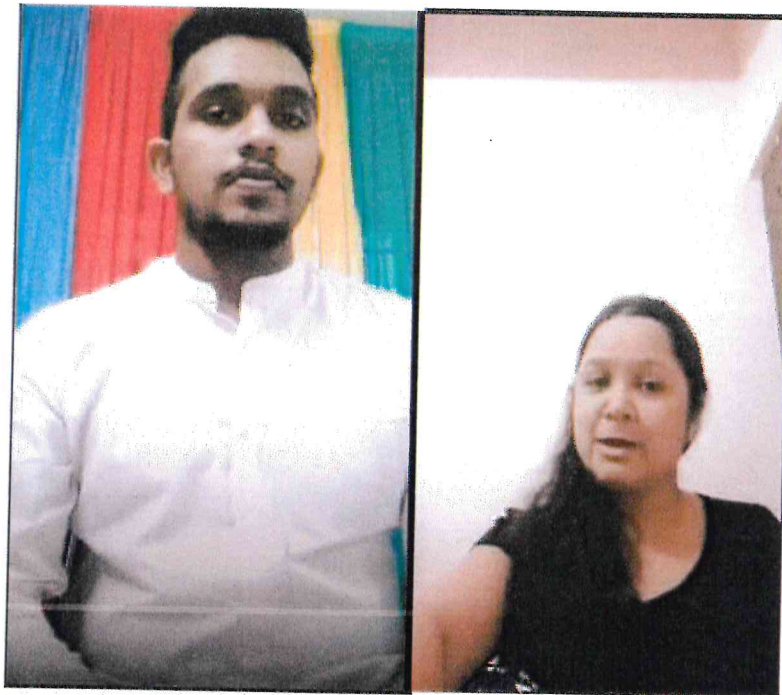
- **Financial aid .If any.**

NO

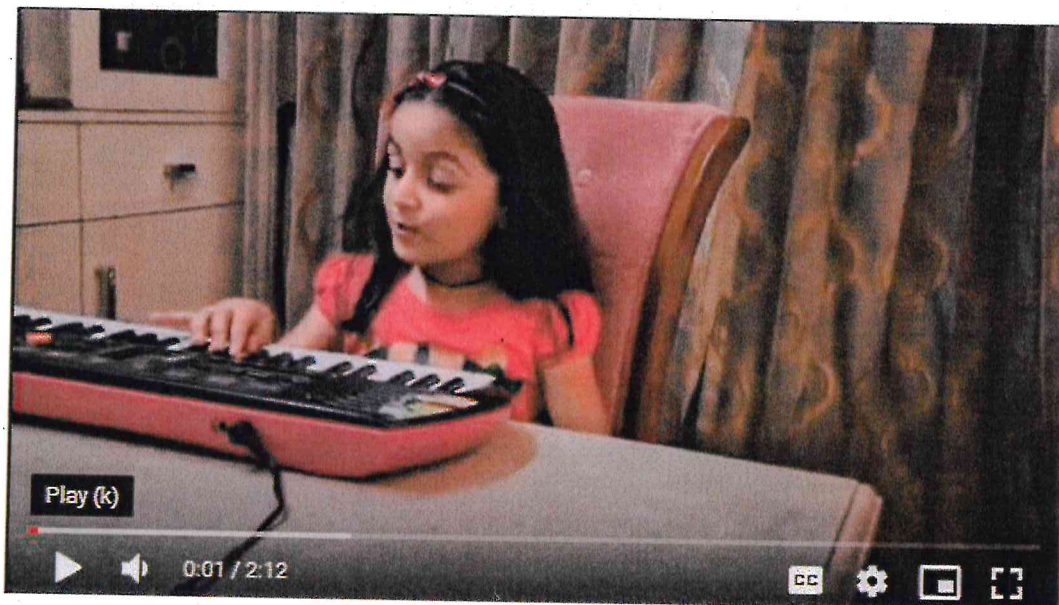
Special Mention:

Masks and Sanitizers were distributed among the citizens by the Dr.O.P Bhalla Foundation.





**Student Life Skills to survive and thrive during Covid -19: Social Responsibility-
1.07.20-30.08.21**



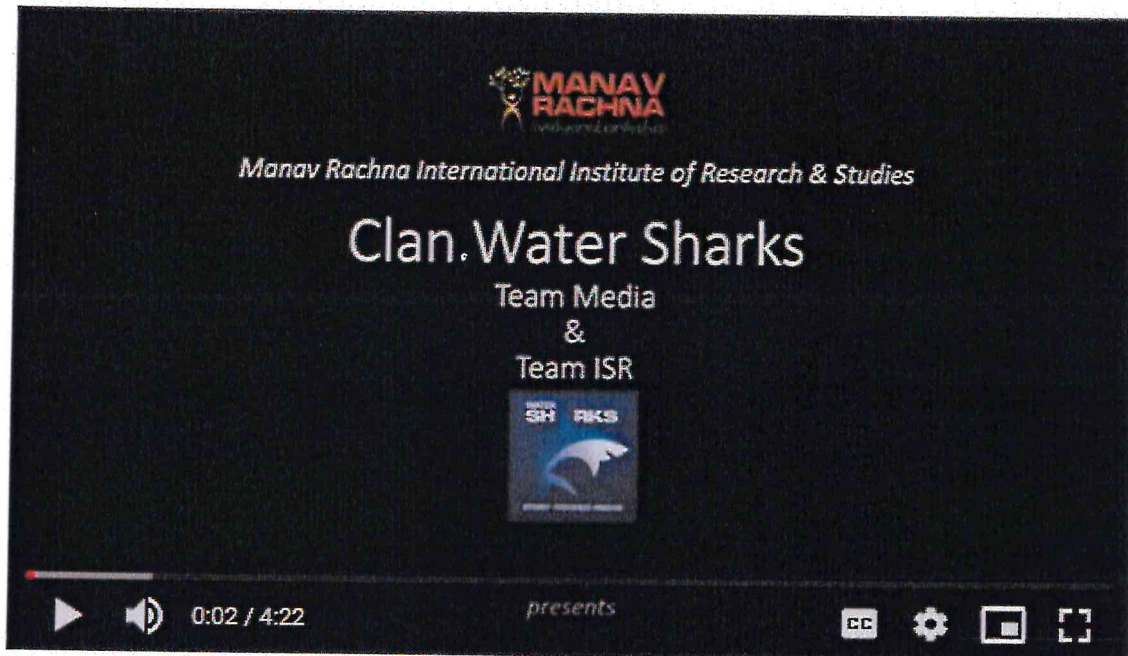
**Student Life Skills to survive and thrive during Covid -19: Social Responsibility-
1.07.20-30.08.21**

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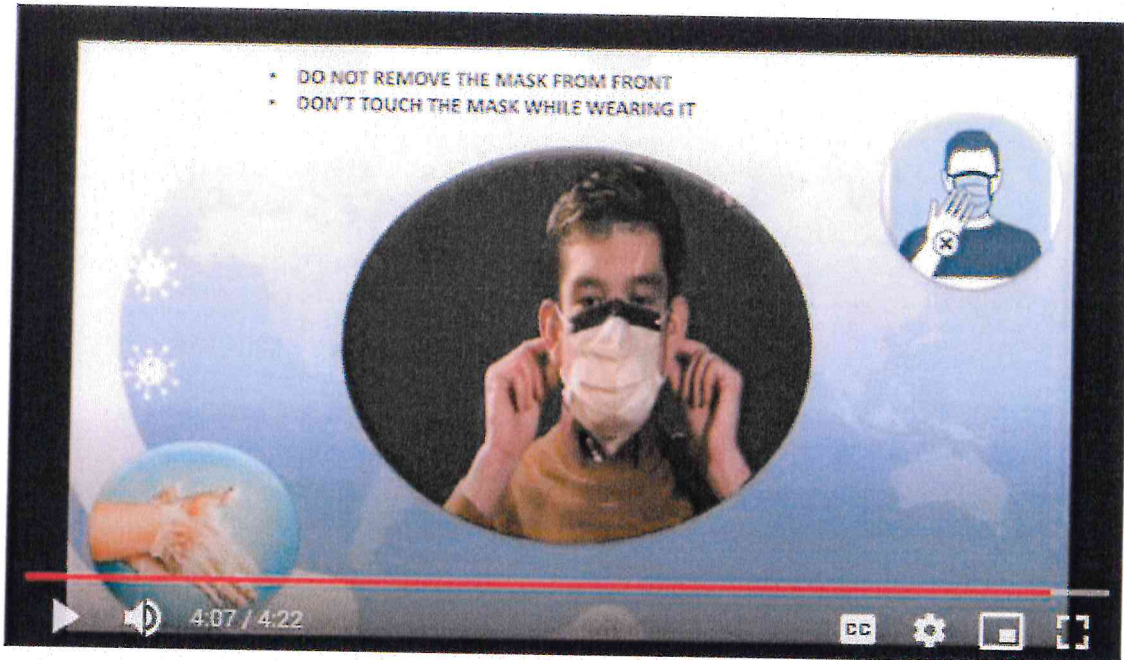


**Student Life Skills to survive and thrive during Covid -19: Social Responsibility-
1.07.20-30.08.21**



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**Student Life Skills to survive and thrive during Covid -19: Social Responsibility-
1.07.20-30.08.21**



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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

NOTICE

Yoga Adhyaay-An Online workshop

Ref. No: MRIIRS/CLAN/LS/20-21/11

Dated: 10.05.2021

As per the Strategic Perspective Plan for the year 2020-21, under Manav Rachna Life Skill Program “**Yoga Adhyaay-An Online workshop**” has been planned during 01.06.21-30.06.21 keeping in view the importance of individuals health. Yoga is a perfect way to ensure overall health and physical fitness. Through meditation, breathing exercises (called pranayams); you can banish all your stress and lead a healthy life.

Interested students are requested to register for the same by scanning the code and contact the Coordinators of the Event: Mr. Dhruv Soni-9953958586, Ms. Swati-8448635244.

Dr. Pooja Khurana
Clan Chief, Watersharks

Copy to:
Instagram Clan Pages
HODs, Mentors
Clan Chiefs and Vice Chiefs, MRIIRS
Dean Students Welfare






UNDER MRLSP
Yoga Adhyaay
 By certified yoga trainer

01.06.21-30.06.21
 Monday - Friday
 5:30 p.m. - 6:00 p.m.

REGISTRATION




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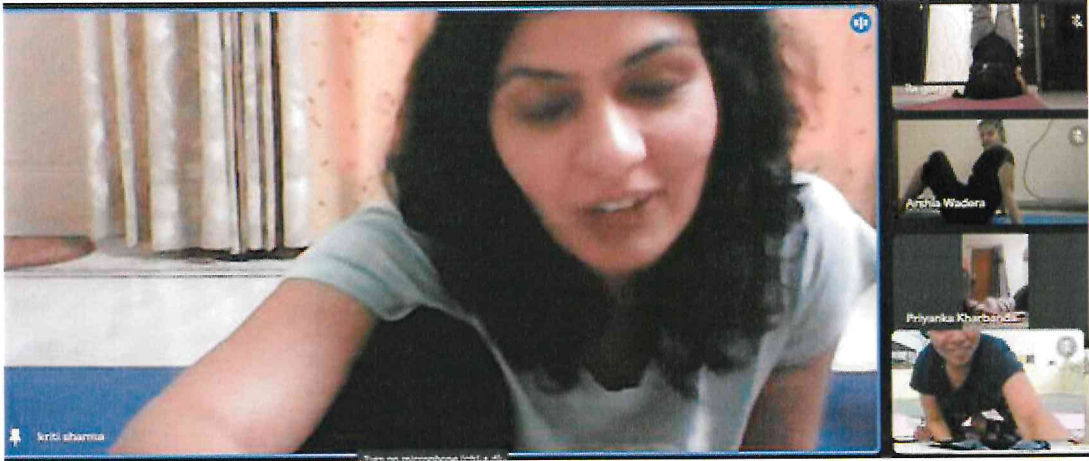
MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report on

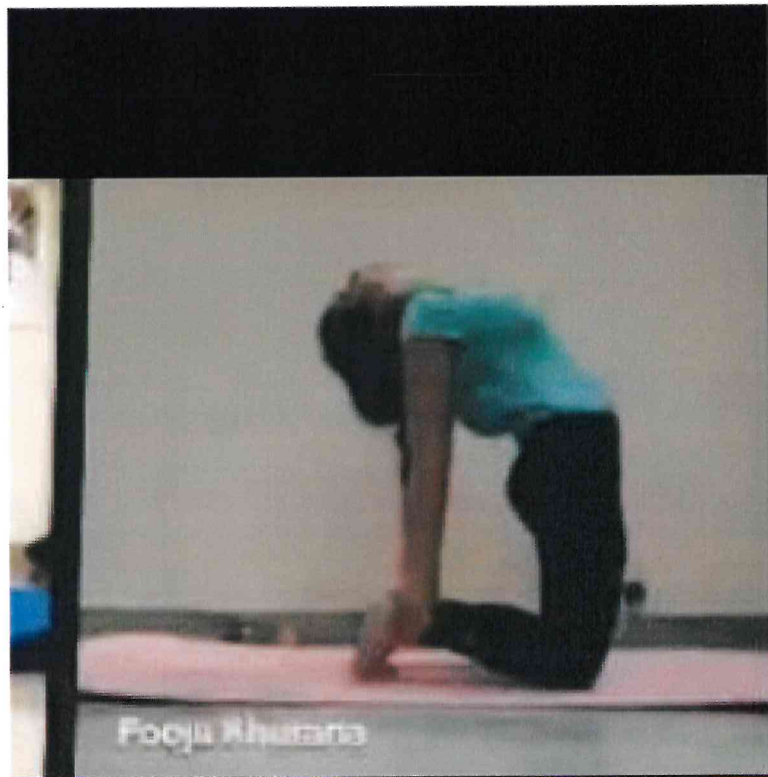
Yoga Adhyaay-An Online workshop

Under Common Yoga Protocol Training Programme by Ministry of Ayush, Clans of Manav Rachna International Institute of Research and Studies, Students Welfare under Manav Rachna Life Skill programme in association organised a yoga workshop “YOGA ADHYAAY” from 01.6.21-30.6.21. The experts Dharna Arya and Kriti Sharma trained the registered students, faculty members and few outside members. Initially these yoga sessions were based on the importance of yoga in one’s overall wellbeing. As we all know that only physical fitness is not necessary but mental fitness is also required to stay calm and positive in such pandemic situations like this Covid-19. The word Yoga is derived from Sanskrit word ‘Yog’, which means ‘Jod’ in Hindi or ‘Joining’ in English. This is joining of ‘Jivatam’ (Human) with ‘Parmatma’ (God) and its benefits were also discussed by experts. Through the practice of Yoga, one can have Self-realization and achieve God. ‘Yog’ word became Yoga in English. In their session they explained the regular practice of yoga will not only lead you to a sense of peace and well-being, but will also give you a feeling of being at one with the nature. Throughout the training program student kept things efficient, organized and this session helped participants to build a strong mental, physical and spiritual system which was much needed in this pandemic to stay fit and healthy. The sessions were conducted on the Google meet online platform from Monday to Friday at 6:30pm. These classes mainly focused on teaching the importance of yoga, increasing self-awareness and strengthening bodies. These classes were successfully conducted and many students and faculty members actively participated in these classes and they themselves felt more energetic after taking these yoga sessions. The aim of these yoga sessions was to spread awareness about the importance of physical and mental fitness.





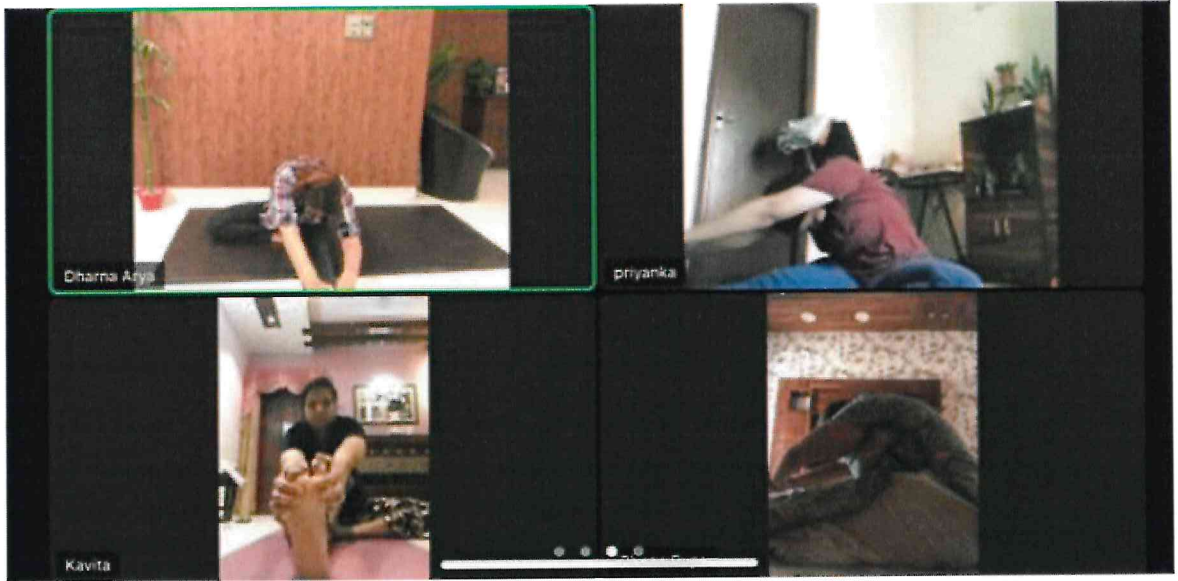
Yoga Adhyaay-An Online workshop1.6.21-30.6.21



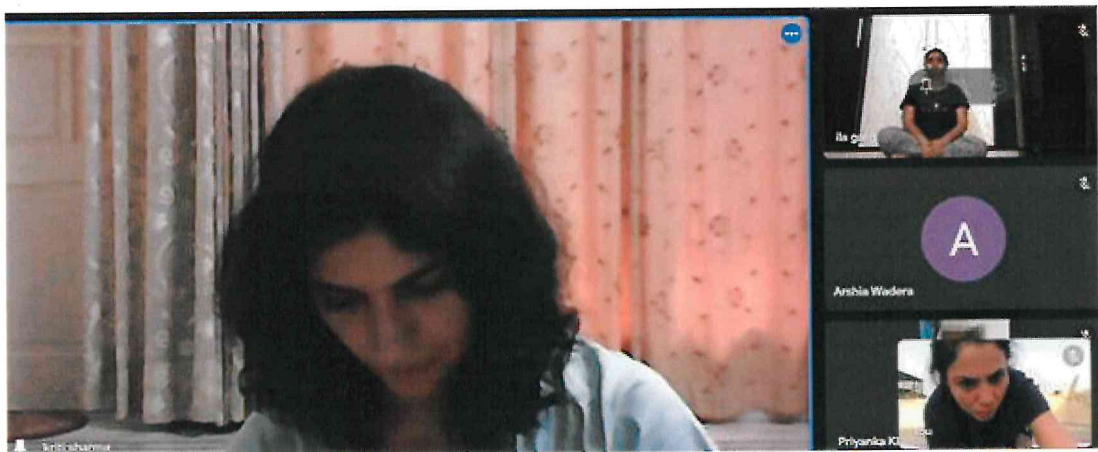
Yoga Adhyaay-An Online workshop1.6.21-30.6.21



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Yoga Adhyaay-An Online workshop1.6.21-30.6.21



Yoga Adhyaay-An Online workshop1.6.21-30.6.21



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND INSTITUTE
(Deemed to be University)



MANAV RACHNA
vidyanatariksha

Two Week Discovering Self Program for Enhancing Self Esteem



From

6th December 2021

to

17th December 2021

Activities:

- a. Coping With Stress-Discussion Forum
- b. Coping With Emotions- Brain Storming Sessions

Venue: T-Block

Event Coordinator: Dr. Madhumita

#8368912001



Savit Deyzel



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

On

Two Week Discovering Self Program for Enhancing Self Esteem

6th December 2021-17th December 2021

Self-evaluation is crucial to mental and social well-being. It influences aspirations, personal goals and interaction with others. In order to relieve students from present day Stress, Anxiety and Depression , A Two Week Discovering Self Program for Enhancing Self Esteem was organized under Life Skill Programme from 6th December 2021 to 17th December 2021.

Two activities were planned under this event. In the first event Coping With Stress-Discussion Forum, an open discussion was held where every student was given a platform to speak out what kind of feelings they are undergoing at home and in campus. What makes them happy and what makes them sad. Dr. Swati, Behavioural Science, Counselor listened to every student and motivated them to speak their mind without any hitch. In the end she addressed all students and gave them few quick tips to face and adjust according to situation.

In another activity, Dr. Sonia took students to an outing, gave them motivational talk and shared various points on how nature at times helps in Coping with Emotions. Dr. Swati took a Brain Storming Sessions on how to cope under pressure.

The event was a great success. All the students had a smile by the end of the event. Smiles said it all. They took a pledge to cope and be strong even in all adverse condition.



Sonia Duggal



Coping With Stress-Discussion Forum, 6th December 2021-17th December 2021



Coping With Stress-Discussion Forum, 6th December 2021-17th December 2021



Savitri Deyyal



Coping With Emotions- Brain Storming Sessions, 6th December to 17th December 2021



Coping With Emotions- Brain Storming Sessions, 6th December to 17th December 2021

Savitri Dey



**MANAV RACHNA INTERNATIONAL INSTITUTE OF
RESEARCH AND STUDIES**

Manav Rachna Life Skill Program

**Give Back Nature - A campaign to volunteer in landfill Cleanliness
program**

08.11.21-26.11.21



**Last Date to register:
06.11.21**



Asti

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

On

“Give Back Nature - A campaign to volunteer in landfill Cleanliness program”

08.11.21-26.11.21

Under Manav Rachna Life Skills Program with reference to Strategic Perspective Planning of Life Skill undert Department of Students Welfare, an online event “Give Back Nature - A campaign to volunteer in landfill Cleanliness program” was organised from 8.11.21 to 26.11.21 where 40 students registered themselves through google form as the volunteers and also took active part in photography competition.

Past inappropriate dumping and handling of harmful materials and wastes have resulted in tens of thousands of sites across our country that have polluted our land, water (groundwater and surface water), and air (indoor and outdoor). Our Government has developed a variety of cleanup programs to assess and, where necessary, clean up these contaminated sites. Cleanups may be done by EPA, other federal agencies, states or municipalities, or the company or party responsible for the contamination. Being a responsible citizen, it is our duty to come forward together and meet hands towards the cleanliness programs which are going on and sensitize our society too. Thus, the volunteering together with photography competition fulfills all these requirements together.

Volunteer Program for a landfill Cleanliness

Dr. Rajeev Kumar, Faculty Coordinator, finalized three landfill spaces, for each week of the event and student coordinators with all the volunteers reached each site weekwise and performed the cleanup sessions.

Photography Competition

Dr. Kapil Gupta, Faculty Coordinator mailed the set of rules of competition to all the participants. Pictures from each participant covering all sites and important features of the event were mailed to the Faculty Coordinator. Later the results were declared on the last day of Event that is on 26/11/21.

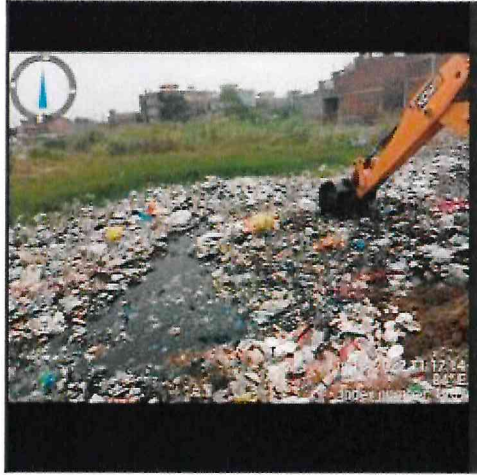


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All the volunteers of the Event were given certificates and winners of Photography Competition were asked to collect their mementos from Event Coordinator after coming in Campus.

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“Give Back Nature - A campaign to volunteer in landfill Cleanliness program”-08.11.21-26.11.21



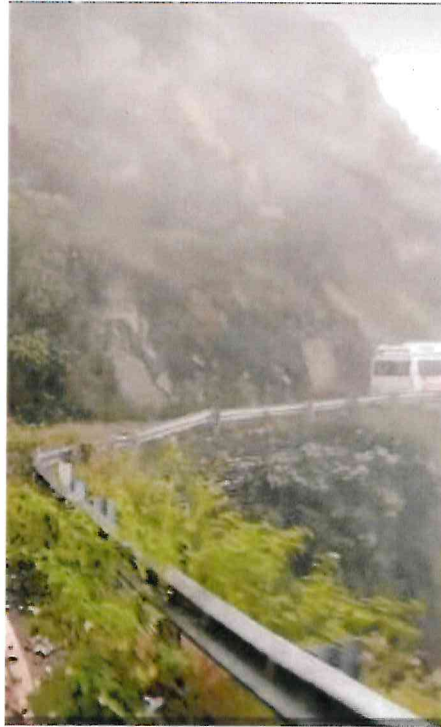
“Give Back Nature - A campaign to volunteer in landfill Cleanliness program”-08.11.21-26.11.21



“Give Back Nature - A campaign to volunteer in landfill Cleanliness program”-08.11.21-26.11.21



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“Give Back Nature - A campaign to volunteer in landfill Cleanliness program”-08.11.21-26.11.21



“Give Back Nature - A campaign to volunteer in landfill Cleanliness program”-08.11.21-26.11.21


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Manav Rachna Life Skill Program

TWO WEEKS WORKSHOPS ON AIR POLLUTION AND IT'S PREVENTION

 18.10.21-29.10.21

 MRIIRS, Faridabad, Haryana, India

Events

- Expert Talk
- Model Making Competition
- Pledge Ceremony

Last date for Registration: 30.9.21

Registration Link:

<https://forms.gle/SNacVGeGjdFLVKmR6>



madhvi

Report

On

Two Week Workshop on Air Pollution and its Prevention

18.10.21-29.10.21

Clans, Department of Student Welfare, MRIIRS organized an expert talk on "Air Pollution and its Prevention" along with other departments. Dr. Sumit Sharma, Environment Officer in UNEP India was the speaker for the webinar had to give the talk through an online mode. Dr. Sharma has a wealth of knowledge and has worked significantly in the field of air quality control. He has worked on over 20 projects involving air quality monitoring, emission incentivization, air quality modeling, and the creation of air quality management strategies. He has worked on pollution source apportionment studies for many cities/regions in India, where he was actively involved in the preparation of emission inventories and the modeling of air quality. He was also a member of the core team responsible for implementing the Indo-California Air Pollution Mitigation Program in India, which aimed to reduce vehicle emissions. Dr. Gurjeet Kaur, Dean, Department of Student Welfare, gave a welcome message, and Dr. Sumit Sharma began the expert presentation. In the context of India, he shed light on air pollution, sources, and control. He discussed air pollution formations and their effects, as well as main and secondary pollutants, as well as their sources and effects.

Dr. Sumit Sharma started his talk focusing on numerous sources of air pollution, including traffic emissions, crop burning, dust generation, notably from building sites, depletion of tree cover, and inadequate waste management, all of which contribute to worsening air quality. He further emphasizes that one of the major issues of air pollution at the city level is that the elements that lead to higher pollution levels originate in the surrounding suburban areas. He explains the things by addressing one of the key reasons contributing to Delhi's decreasing air quality is paddy straw burning in neighboring states, which is likewise dependent on atmospheric science and wind movement. He discussed that the economic impacts of air pollution leads to a cost of 8.5% of Indian GDP in 2013. Around 40% of residents in India's capital city suffer health problems from air pollution. Moreover, one-third of deaths from stroke, lung cancer, and heart disease are also due to air pollution. This is having an



Manav Rachna

equivalent effect to that of smoking tobacco, and much higher than, say, the effects of eating too much salt. In recent years, worsening air pollution has become one of India's most urgent issues. Toxic air is not only a major health and environmental issue, but it also has a significant financial impact. It obstructs development and hurts people's well-being.

Dr. Sumit Sharma, the subject specialist, closed his lecture by describing the role of humans, or citizens, in reducing air pollution. The event was well-received by students and staff from various departments. All found it to be very interesting and insightful. They asked for more of these workshops in the future. All the participants are thanked for their active involvement and questions for the speaker, which were all thoughtfully answered. Clans, Department of Student Welfare, MRIIRS, conducted a Model Making Competition in the celebration of Two Weeks Workshops on Air Pollution and its Prevention. This competition was conducted to encourage participants to be more creative and also recognize the importance of cleaning the air and protecting the environment. Students provided a forum for raising awareness about concerns such as human overpopulation, global warming, excessive carbon emissions from vehicles and companies, and waste and garbage burning crimes.

The students were judged by the faculty coordinator, who worked hard to push them to finish their models. The student organizers plan activities and assist all participants. Starting with equipment setup, evaluation, and announcement of winners, both faculty and student organizers did an outstanding job. It was very difficult to make decisions about winners. Some of the good model's concepts were covered further down.

The concept of garbage recycling is included in the initial model. It introduces the concept of waste management and concentrates on the 3R waste management approach, which is to reduce, reuse, and recycle. Three examples were shown for each section of the 3R concept in the model.

The second model focused on the overuse of plastic. The model began with the idea that plastic is a threat to our ecosystem, and that, in addition to contaminating the environment, it is also harmful to humans and wildlife. It also explained how we, as citizens, might assist to reduce waste and rubbish burning by reducing the wasteful manufacture of plastic waste.

The relevance of the ecosystem was the basis for the third model. It emphasizes the value of nature and the interdependence of air, water, trees, soil, animals, birds, and humans. The plantation was the emphasis of the fourth model. The model represented the most commonly



manhunt

utilized planting method for a variety of regions. The fifth model dealt with how to balance the use of natural resources such as water, trees, and air.

The remaining models also highlight some key characteristics of air pollution and how to avoid it. It was a fascinating and eye-opening experience. The audience was also fully engaged in the model presentation, demonstrating their concern and awareness about air pollution and its prevention. A Pledge Ceremony in the celebration of Two Weeks Workshops on Air Pollution and its Prevention was also conducted online.

The goal of this activity was to raise public awareness about the dangers of air pollution and the necessity to clean it up. The pledge ceremony participants were advised to repeat the following points as pledges.

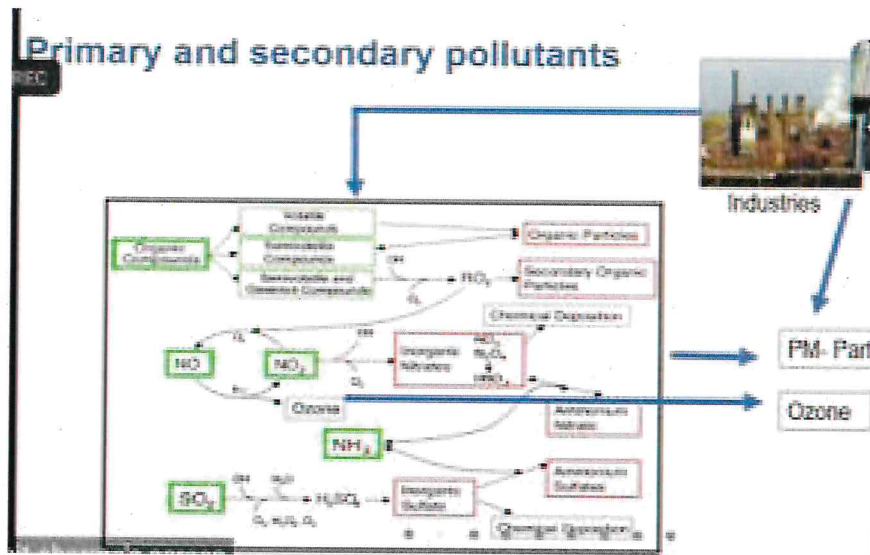
- We hereby pledge to create and maintain strict and sustainable environmental standards, personally and professionally.
- We promise to serve as an example of how practicing healthy living positively impacts both the community and our planet.
- We will reduce, reuse, and recycle the waste.
- We will commit to and encourage reduced carbon emission.
- We will give back, in every way we can, to nature and our planet.

Under the direction of the individual clan chiefs and vice chiefs, the activity was carried out. The youngsters were very enthused about the cause and gave it their best. Overall, it was a wonderful experience to help such a worthy cause, and the activity itself was well-planned. Pledges and slogans about air pollution were enthusiastically carried out by the students.

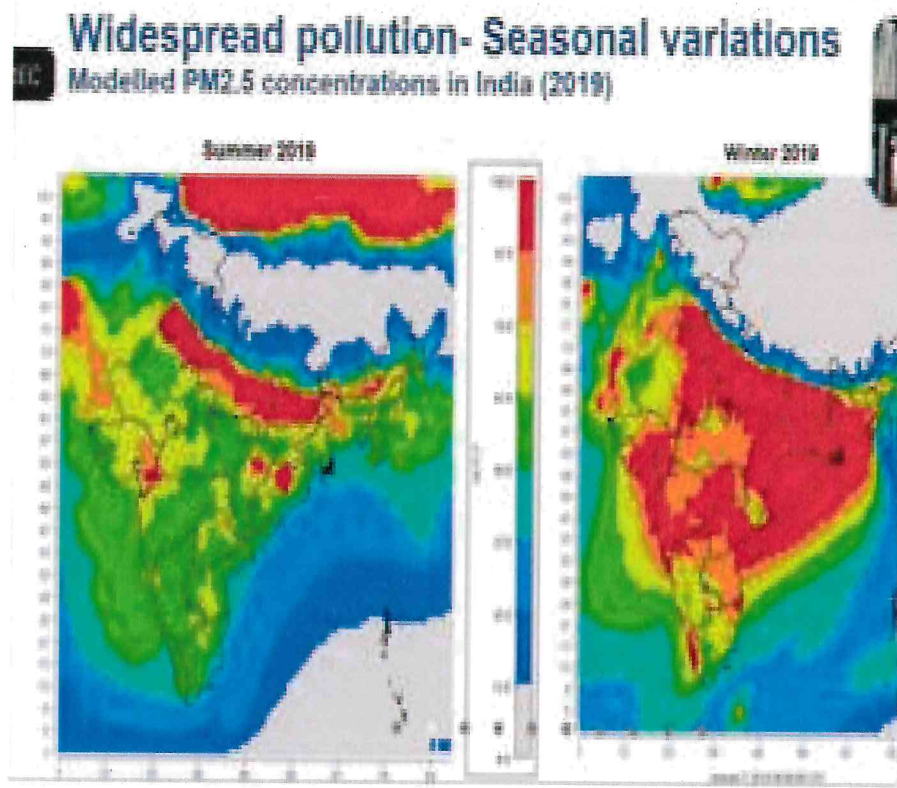
The goal of these activities was to raise awareness among students and faculty about the need of caring for nature and its elements: Earth, Air, Water, Forest, and Life, to benefit society and leave a better world for future generations. Clan Air Falcons actively participated in all the activities planned under Two Weeks workshops on Air Pollution and its Preventions to achieve its goal. In the future, it will organize similar events to raise awareness for new causes.



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Two Week Workshop on Air Pollution and its Prevention 18.10.21-29.10.21



Two Week Workshop on Air Pollution and its Prevention 18.10.21-29.10.21



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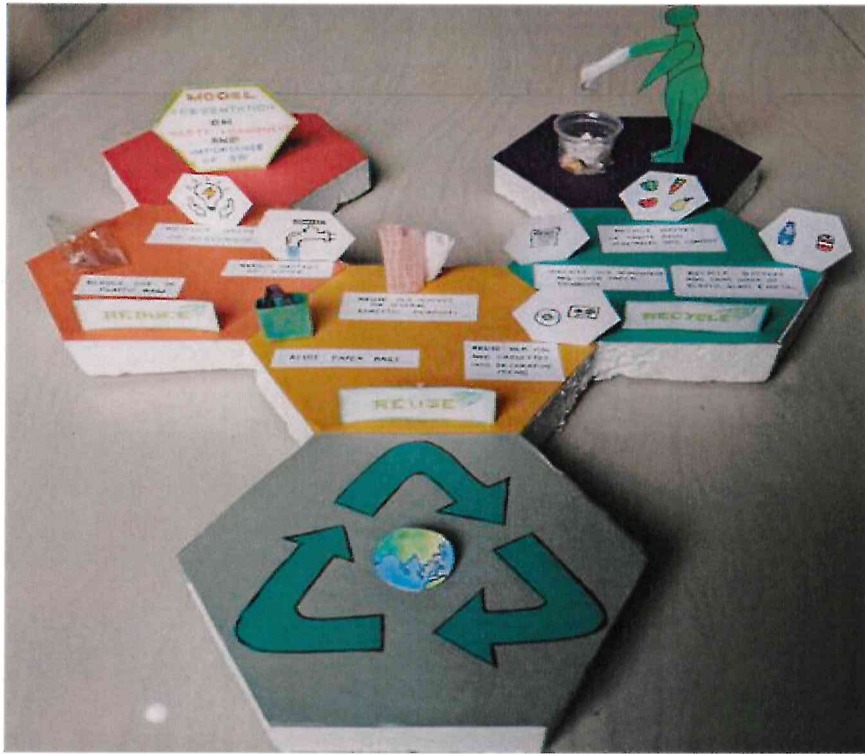
Two Week Workshop on Air Pollution and its Prevention 18.10.21-29.10.21



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Two Week Workshop on Air Pollution and its Prevention 18.10.21-29.10.21



Two Week Workshop on Air Pollution and its Prevention 18.10.21-29.10.21

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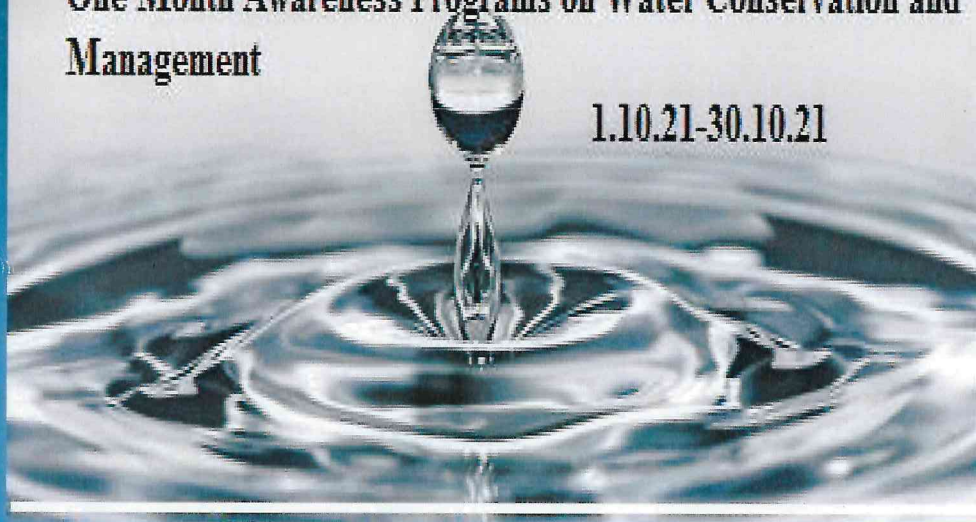


MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Manav Rachna Life Skill Program

**One Month Awareness Programs on Water Conservation and
Management**

1.10.21-30.10.21



Last Date to Register: 25.09.21



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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

on

One Month Awareness Programs on Water Conservation and Management

1.10.21-31.10.21

One Month Awareness Programs on Water Conservation and Management

“No matter, how rich you are, you can’t live without water”

Clan Water Sharks has organised three events under One Month Awareness Programs on Water Conservation and Management from 1.10.2021 to 31.10.2021.

- Expert Talk on Rain Water Harvesting on 1.10.2021

The session was attended by the students of different departments of different faculties of Manav Rachna International Institute of Research and Studies. The coordinators of the programme welcomed the guest with a sapling.

The resource person Dr. Shobha Srivastava made the session very interactive from starting and made students introspect within their own self and understand the importance water conservation and water management. She emphasized on importance use water but never waste water.

She made students realize that water is the Driving Force of All Nature and it is related and directly connected to our lives.

Students thoroughly enjoyed the session and participated with full zeal and enthusiasm.

A vote of thanks was given to the guest speaker by coordinator for delivering an energetic session to our students and illuminating their minds with the importance of water.

- Short Film Making Competition on 15.10.2021

A Short Film Making Competition on the topic “Water Conservation and Management” was also organized in association with Dr. O. P Bhalla Foundation and Media partner Radio Manav Rachna 107.8 FM on 15 October 2021, results of which were declared on 31 October, 2021. The esteemed judge for the competition was Dr. Sunita Bansal, HOD-Civil, FET, MRIIRS who provided us with her precious time and efforts.

The Short Film Making Competition was organized with an intention to celebrate the presence of the beautiful resource known as Water which makes Life possible on the Planet.



A handwritten signature in blue ink, appearing to be "Anurag", written over a faint grid background.

The existence of Water seems almost like a mystery yet we use it every day. It helps in nurturing life but since past few decades, many challenges have been arising in concern to a precious and scarce resources. Keeping the value and concerns related to Water the competition was organized to let the creativity of students show up in depicting the various thoughts related to Water.

The Competition was announced on 27 September, 2021 and invited entries till 12:00 PM on 10 October, 2021. Prizes were also mentioned for the 1st and 2nd position holders in the form of Rs.1100 and Rs.400 respectively.

For participating in the Competition, one required to first register for the same through a Google form and pay a registration fee of Rs.50 only. After the process of registration, one had to submit the Short film keeping in mind the various rules and regulations mentioned for the Competition.

Winners:-

1St Winner:- Ankur Sharma

2nd winner:- Anshul Sharma

Appreciation:- Dhaneshwar Singh and Shubham Sharma

- Pledge Ceremony on 31 October

Clan Water Shark has also decided to organize a pledge taking ceremony for all the students in which they will read a pledge to safeguard and respect our environment and its most important component "Water".





One Month Awareness Programs on Water Conservation and Management

1.10.21-31.10.21

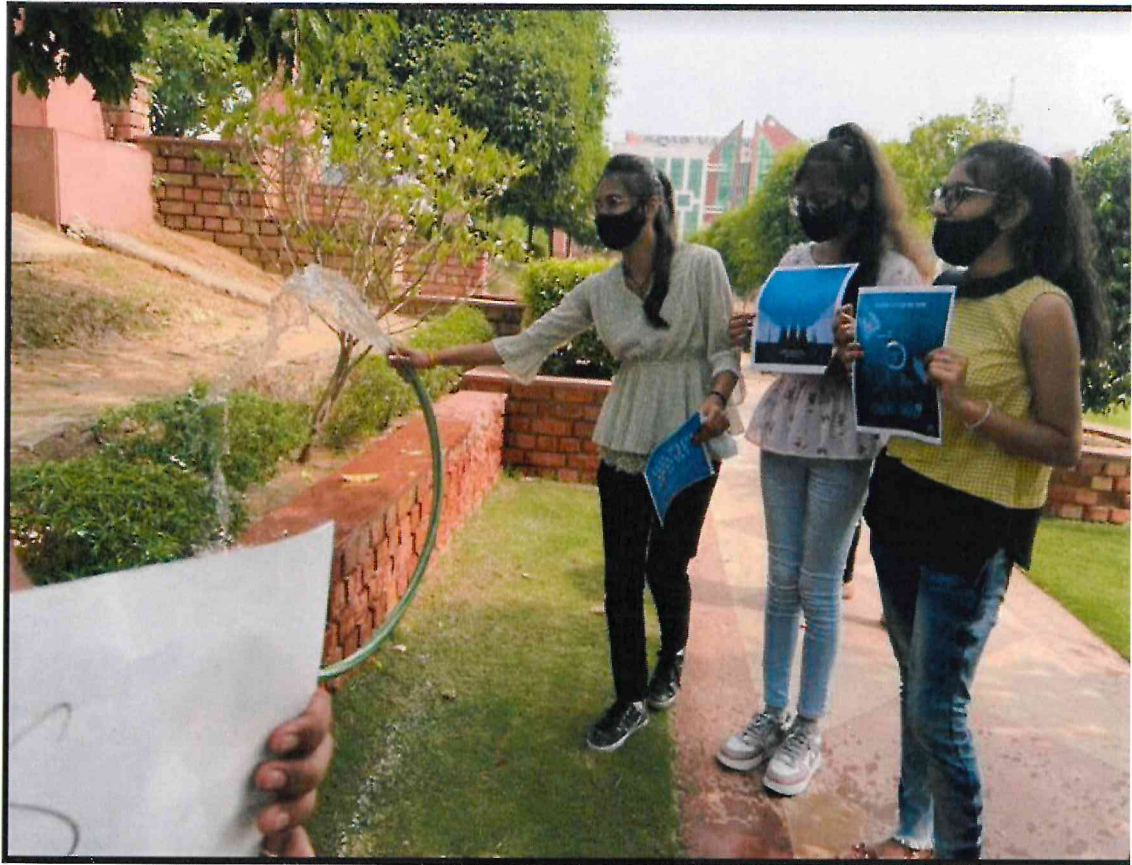


One Month Awareness Programs on Water Conservation and Management

1.10.21-31.10.21



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One Month Awareness Programs on Water Conservation and Management

1.10.21-31.10.21



One Month Awareness Programs on Water Conservation and Management

1.10.21-31.10.21



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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Manav Rachna Life Skill Program

5 Day Lifeskills Program on Effectively Managing
the Resources for Gardening

20.9.21-24.9.21

Last date to Register: 12.09.21



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

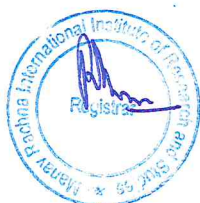
on

5 Day Lifeskills Program on Effectively Managing the Resources for Gardening in the Campus

20.9.21-24.09.21

Title of the Event: “5 Days Life skills program on effectively managing the resources for gardening in the campus Program”, was an endeavour of Manav Rachna Education institutions was to promote individuals by creating opportunities for them to work together and learn from each other about gardening, food preparation and more. They learn to respect each other’s differences and to appreciate what they have in common. Community gardens build relationships that last beyond the growing season. The sessions were designed in such a way that it offers opportunities for community members to get involved, reducing the social isolation of seniors with skills to share and connecting children to older generations. They also help connect campus to local businesses and groups when they request sponsorship or volunteer assistance. This workshop brought experts in respective domains to make participants sail into the journey towards the close up look at natural processes and the living organisms that thrive in these environments. By learning to care for a living, breathing ecosystem, students develop an understanding of nature’s importance in their lives and lives of other beings.

Awareness session was initiated by Dr. Nidhi, Professor, FET, MRIIRS. She thoroughly stressed on the importance of knowing the environment stewardship initiatives from an individual’s perspective. As the campus community gardens are particularly well-suited to the task of increasing student engagement across the entire campus population, not just among those with a prior interest in sustainability or gardening. Her take on that student interest is strongly related to how the campus gardening experience is structured. In particular, interest in gardening is related to clearly defined personal and community benefits. She also explained that the most fascinating is that the level of interest is not related to prior gardening experience or to strong pro-environmental attitudes, suggesting that campus gardens and farms may be made to appeal to a wide the range of students. Later she suggested the solutions to handle the situations as encouraging sustainable behaviour is a way proper handling of resources at all levels can help them plan better. Session 2 was on



A handwritten signature in blue ink, consisting of a large, stylized letter 'P' followed by a horizontal line.

Implementation of smart gardening techniques in campus was conducted by Ms. Kapila Kumar, on practice of raising your mowing height and returning clippings benefits the turf in a variety of ways that can reduce both pesticide and water use. Reduced need for pesticides such as grub control and weed control and reduced need for water are lasting benefits. She also elaborated on the importance of Another technique is to think about having a low maintenance lawn. Grass varieties uniquely suited for the site can enable lawn owners to back off of practices that are common to a high maintenance lawn. In shady sites, perhaps removing turf altogether is the best solution. Turf alternatives for both sun and shade can be massed together to make a nice grown cover or even colourful perennial border. The sessions were interactive and the students were highly enthused and expressed a desire to communicate with her in the further sessions too.

She talked about the importance of using IoT-enabled smart farming techniques, farmers can grow crops even when the soil is not arable or the soil quality is poor. IoT-enabled farming can help grow plants and crops while cutting down on water consumption, use of pesticides, labor, and maintenance costs. The workshop was a combination of promoting in sustainability, gardening and community benefits to make the participants a better human being and contributing towards a society of human beings where they are ready to help and share. Starting from the self an individual for this the experiential learning was made a part of this workshop where the resource personal had shared their journey to motivate the participants. The session ended by vote of Thanks by Dr. Pushpa Tomar, Clan Vice Chief Wild Cats. Participants had shown their commitment by participating in this workshop and ensured that they will be working their bit to promote the learning and help needy by making them independent and will be brand ambassador in sensitizing towards this cause with their contribution. The session ended with inspiration for every participating student to be a strong pro-environmental attitude and with blessings for wisdom, health, and wide range appeal.





5 Days Life skills program on effectively managing the resources for gardening in the campus-20.9.21-24.09.21



5 Days Life skills program on effectively managing the resources for gardening in the campus-20.9.21-24.09.21



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5 Days Life skills program on effectively managing the resources for gardening in the campus-20.9.21-24.09.21

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5 Days Life skills program on effectively managing the resources for gardening in the campus-20.9.21-24.09.21

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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Manav Rachna Life Skill Program
Two Weeks Social Skill Development

Program

02.08.21-10.09.21



B. P. Joshi



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

on

Two Weeks Social Skill Development Program

30.8.21-10.09.21

Title of the Event: “Two Weeks Social Skill Development Program”, was an endeavor of Manav Rachna Education institutions was to promote skill sets with an intention to bring the sharing and caring amongst the participants. So that they can lead and come forward to help someone in need. The sessions were designed in such a way that through sharing experiential learning and sharing of technical knowhow can take place. This workshop brought experts in respective domains to make participants sail into the journey towards care, affection with self motivation, learning and communication. Motto behind this workshop is to promote participants think and execute towards well being, communication and having better interpersonal skills. Primarily the workshop catered to the soft skill development amongst the participants.

Session 1 Workshop on Self Awareness was initiated by Dr. Farhat Mohsin, Associate Professor, Faculty of Management Studies, MRIIRS. She thoroughly stressed on the importance of knowing the self from an individual’s perspective. As a self learning technique she emphasized on the different aspects of doing a personal SWOT analysis to become a better human being on both fronts i.e, personally and professionally.

Her take on different aspects of IQ and EQ were highlighted and the students were sensitized accordingly. With self awareness the participants were detailed about the advantages of being self aware and by knowing it how they can plan for handing the unplanned situations. Not only in personal life, where things are becoming unpredictable and uncertain, but also on the professional front when the individual is expected to lead a group of co-workers and event batch-mates on different projects while coming from different cultures. Aspects of knowing the self were discussed in detail highlighting the advantages of the employability dimension. The session was highly engaging with students sharing their thoughts openly with respect to



Dr. Farhat Mohsin

knowing the self better. Students were encouraged to analyze the self-related to their personality type, dreams, ambition, beliefs, attitude, core values, ethics, etc. For this workshop she had divided participants into groups to make them discuss and reach to the solution for different situations related to human aspects.

Later she suggested the solutions to handle the situations at personal and professional front based on her experiences and research and told the way proper handling of resources at all levels can help them plan better.

Session 2 was on **Effective Communication** was conducted by Ms. Antara Guha, Manager-Career Skills, MRIIRS on the nuances of taking part in an Extempore as part of **communication skills enhancement**. Multiple advantages like a test of knowledge about a topic, ability to express within a limited time frame, command on the language, composition, etc were discussed with the freshman year students. She further discussed the Do's and Dont's when taking part to make the exercise more effective. Overall the students found the session very informative and engaging.

She also elaborated on the importance of **effective communication** for the budding **intrapreneurs and entrepreneurs** of India Inc. She shared with the participants that success is a process outcome but you should enjoy the journey more than the destination alone. So she emphasized on focusing on five important dimensions:

1. People (as human beings),
2. Resources (not only money),
3. Money (as a supporter),
4. Information (in the dynamic world) and
5. Time(the most precious asset).

The sessions were interactive and the students were highly enthused and expressed a desire to communicate with her in the further sessions too.

She talked about the **importance of vocal communication** with the students and the importance of language in sharing our thoughts and communicating with the other person. She also emphasized on the importance of body language in communication by doing an activity with the students. It was completely an interactive session which students thoroughly enjoyed and participated by raising questions related to communication and importance of gestures, **facial expressions in communication**. At last, she discussed self introduction and the way of giving self introduction by conducting an exercise with the students.



B.P. Joshi

Session 3 on **Interpersonal Relationship** was conducted by Dr. Priyanka Singh-Associate Professor-FMS, MRIIRS. Dr. Priyanka discussed how to create a better interpersonal relationship amongst peers, friends, family and human beings with whom you interact for a sustainable relationship.

She started with the story of an athlete who rose from a common person to an athlete of repute. She shared about his passion and the requirements to achieve set goals. She emphasized that how the young generation is making use of technology and using it in the wrong way rather than focusing on their goals and using it for deriving the maximum benefits. She requested students to be clear with their goals and be clear about the path to achieving the set goals.

In the later sessions she made the students enjoy the session by participation while raising relevant questions related to mental fitness and how self awareness and even sports of any nature can contribute in improving mental fitness. It was overall a good and interactive session. The sessions were highly interactive and well appreciated by the students.

Workshop included extremely motivating sessions and urged the students to begin their fresh journey towards transformation from ordinary to extraordinary under the guidance of the teachers; within the university or someone whom they wish to follow as a role model. Presenters emphasise that participants should bring things in front of their teachers and share their thought process reaching out to them, sharing expectations, concerns, areas requiring improvement, they would first become their coach and then become a mentor and a pillar of support guiding them through life. It was felt that 'Time' is a very important differentiator in this process as it is universal and gives 24 hours to everybody to build with clarity of mind or break by being unfocused. They all emphasized and apprised that the recruiter would not necessarily select the very bright student but would want to hire the right person for his company who knows how to put his team first, utilize team strength and carry himself/herself with personal humility.

The workshop was combination of **promoting self development, communication skill enhancement and relationship building to make ~~to~~ participants** a better human being and contributing towards a society of human beings where they are ready to help and share. Starting from the self an individual for this the experiential learning was made a part of this workshop where the resource personal had shared their journey to motivate the participants.



B. P. Joshi

The session ended by vote of Thanks by Dr. Bhavesh Prakash Joshi, Clan Chief Forest Rhinos. Participants had shown their commitment by participating in this workshop and ensured that they will be working their bit to promote the learning and help needy by making them independent and will be brand ambassador in sensitizing towards this cause with their contribution.

The session ended with inspiration for every participating student to be a success story and with blessings for wisdom, health, and happiness.

Few pictures of the online event are put forward in the following pages and also the attendance is attached here with.

B.P. Joshi



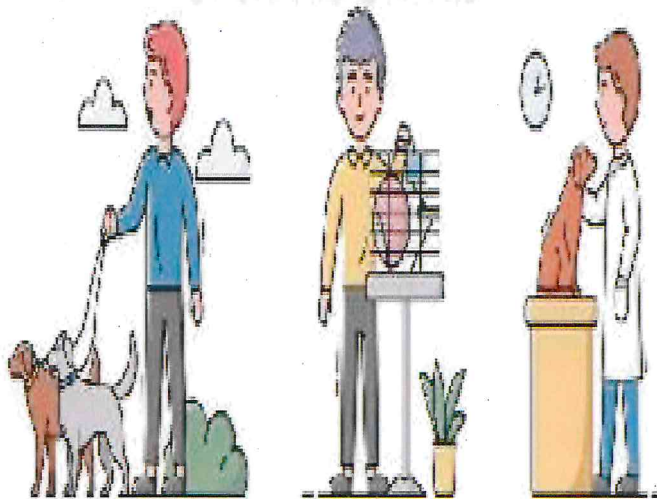
Manav Rachna International Institute of Research and Studies

Manav Rachna Life Skill Program

02.8.21-20.08.21



Three Weeks Workshop on Animal Rescue and Care



Preeti

Report

on

Three Weeks Workshop on Animal Rescue and Care

02.08.21-20.08.21

Title of the Event: "Three Weeks Workshop on Animal Rescue and Care", was an endeavour of Manav Rachna Education institutions was to promote skill sets amongst the participants with an intention to ensure that animals are treated well and with care. The sessions were designed in such a way that through sharing experiential learning and sharing of technical knowhow can take place. This workshop brought experts in respective domains to make participants sail into the journey towards care, affection with self motivation, learning and communication. Motto behind this workshop is to promote participants think to selflessly protect animals in need and take care of them and to know about the modern medical equipments available to save their lives . Primarily the workshop catered to the development of self awareness amongst students to protect animal in danger and selflessly caring and loving them.

Session 1 Workshop on Self Awareness for Animal protection and care was initiated by Clan Chief Wild Cats where she thoroughly stressed on the importance of knowing the self from an individual's perspective. She emphasized on the unbearable cruelty experienced by billions of animals every day. Her take on different ways to tackle the root causes of their suffering so that we as an individual can make the biggest difference to their lives were highlighted and the students were sensitized accordingly. With self awareness the participants were detailed about the advantages of being self aware and by knowing it how they can plan for handling the situations for rescuing them. She focused on management, nutrition and care of animals. Animals are the most vulnerable inhabitants so they deserve our strongest support and are entitled for the right to enjoy life and liberty. The session was highly engaging with students sharing their thoughts openly with respect to knowing the need to worry about animals and be a true human. Students were encouraged to become responsible and think for humanity. For this workshop she had divided participants into groups to make them discuss and reach to the solution for different situations related to animal protection, management and



Preeti

care. Later she suggested the solutions to handle the situations based on her experiences and research.

Session 2 was on Modern Medical Equipment to save animals life was conducted by Ms. Antara Guha, Manager–Career Skills, MRIIRS emphasized on the spay/neuter surgeries of animals . She gave detailed information about Pulse Oximeters to monitor the animals that undergo this lifesaving surgery each day. There is a dire need of this vital equipment to keep 4-legged patients safe during surgery. . She further discussed about the MRI (Magnetic Resonance Imaging), ultrasound scans, and laparoscopy that were used solely on human beings are now the norm for treating pets and other animals as well. She also told about digital radiographs that replace X-ray films for digital communication, thorough assessment, and effective treatment. Digital dental X-rays and advanced oral surgery instruments too follow this pattern, enabling veterinarians to improve oral health in pets.. Overall the students found the session very informative and engaging.

She elaborated on the Technological advancements improving the quality of not just human life but also that of the animals dear to them .She shared with the participants that the field of veterinary medicine has witnessed transformations in leaps and bounds, enabling veterinary practitioners to make faster diagnoses, more accurate prognoses, and ultimately save animal lives.

The use of technology has also ensured better care outcomes – not just for the pets, but also for their owners.

The sessions were interactive and the students were highly enthused and expressed a desire to communicate with her in the further sessions too.

Session 3 was on Give me Shelter - Photography Competition. The students enjoyed this session by participating in a photography competition in which many students actively took part. They took pictures with animals in which their love and care was purely depicted. Students were given participation certificates and those with the best photographs were awarded with medals also .It was overall a good and interactive session in which everyone got to learn such a lot. Each and every participant enjoyed the session and had a positive influence and a positive outlook.

Workshop included extremely motivating sessions and urged the students to begin their fresh journey towards transformation from ordinary to extraordinary human being under the guidance of the teachers; within the university or someone whom they wish to follow as a role model. Presenters emphasise that participants should also encourage others and share their thought process reaching out to them, sharing expectations, concerns, areas requiring



reeti

improvement, they would first become their coach and then become a mentor and a pillar of support guiding them through life. They all emphasized that the animals around the world are suffering from being used for entertainment, food, medicine, fashion, scientific advancement, and as exotic pets but they are equally important in the society and there is a paramount need to treat them with respect .

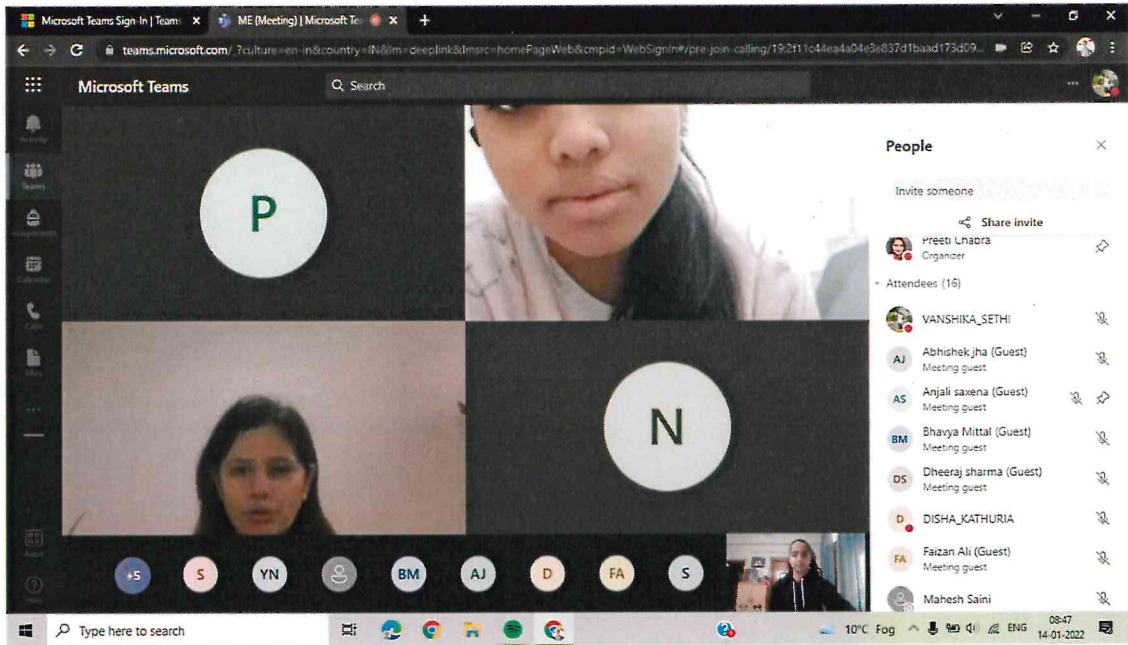
The workshop was a combination of promoting self awareness, communication skill enhancement and relationship building amongst animals and human beings and contributing towards a society of better peoples where they are ready to help everyone and share. Starting from the self an individual for this the experiential learning was made a part of this workshop where the resource personal had shared their journey to motivate the participants.

The session ended by vote of Thanks by Dr. Preeti Chhabra, Clan Chief Wild Cats. Participants had shown their commitment by participating in this workshop and ensured that they will be working their bit to promote the learning and help needful animals and make them enjoy care, support and love and vowed to take necessary steps as an individual towards this cause with their contribution. The session ended with inspiration for every participating student to be a better individual having kindness for animals and with blessings for wisdom, health, and happiness.

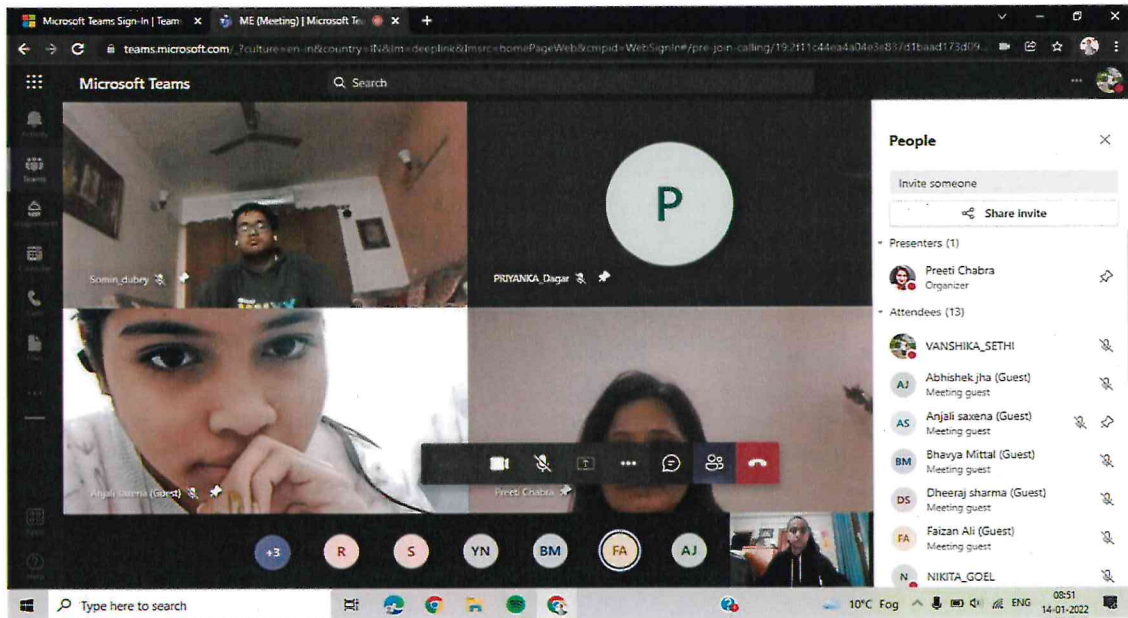
Few pictures of the online event and photography competition are put forward in the following pages and also the attendance is attached here with.

Preeti





Three Weeks Workshop on Animal Protection and Care-2.8.21-20.8.21



Three Weeks Workshop on Animal Protection and Care-2.8.21-20.8.21



Preeti



Three Weeks Workshop on Animal Protection and Care-2.8.21-20.8.21



Three Weeks Workshop on Animal Protection and Care-2.8.21-20.8.21



Three Weeks Workshop on Animal Protection and Care-2.8.21-20.8.21



Kreeti



Three Weeks Workshop on Animal Protection and Care-2.8.21-20.8.21



Three Weeks Workshop on Animal Protection and Care-2.8.21-20.8.21

Preeti



**MANAV RACHNA INTERNATIONAL INSTITUTE OF
RESEARCH AND STUDIES**

Manav Rachna Life Skill Program

**Enhancing Skill through Photography
Competition- "Click Blue"
12.07.21-23.07.21**



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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Report

on

Enhancing Skill through Photography Competition-" Click Blue

12.07.2021- 23.07.2021

Under Manav Rachna Life Skill program "Enhancing Skill through Photography Competition-" Click Blue" event was planned from 12.07.2021 to 23.07.2021 under which the following activities were planned:

Photography Competition on Water Resources

Awareness Sessions

Water conservation is the practice of using water efficiently to reduce unnecessary water usage. According to Fresh Water Watch, water conservation is important because fresh clean water is a limited resource, as well as a costly one. The Photography Competition is planned to raise awareness and action for water conservation against various threats, including water pollution. In this direction, it was decided to present photos connected to water conservation to make people aware of the many techniques and means for preventing water pollution and most importantly, water conservation.

Tips on how to conserve water through simple yet effective moves were given out to the students, as follows:

- Put a brick in your toilet's water tank. You flush an average of 20 gallons of water a day down the toilet. If you don't have a high-efficiency toilet, try filling your tank with something that will displace some of that water, such as a brick.
- Use the right amount of water for each load of laundry. Typically 15-40 percent of indoor home water use comes from doing laundry. Save water by making sure to adjust the settings on your machine to the proper load size.
- Pick your washing machine wisely. When considering top-load vs. front-load washers, front-loading washing machines generally use less water.
- Water plants wisely. Water your lawn or garden early in the morning or late in the evening, so the water lasts and is not immediately evaporated by the hot sun.



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- Install a low-flow shower head. With a low-flow shower head, you can save 15 gallons of water during a 10-minute shower.
- Check for and repair leaks. An average of 10,000 gallons of water is wasted every year due to household leaks. One of the most effective ways to cut your water footprint is to repair leaky faucets and toilets.
- Use a dishwasher. Dish washing accounts for less than 2 percent of indoor water use, but using a machine is actually more water efficient than hand washing, especially if you run full loads. ENERGY STAR® dishwashers save about 1,600 gallons of water over its lifetime of use.
- Turn off the water. Teach your whole household to turn off the faucet while brushing teeth or shaving. Every little bit of water conservation helps!
- Defrost food in the fridge. Instead of running frozen foods under hot water from the faucet, build in time to let them defrost in the refrigerator.
- Manage outdoor water use. Don't forget about water conservation outside as well. Equip all hoses with shut-off nozzles, which can prevent hose leaks.
- What else can you, as a student, do to save water?
- When running your dishwasher or washing machine, make sure you fully load each cycle. Running full cycles helps conserve water because these appliances will fill to a certain level and having more dishes or clothes reduces the amount of water needed for each cycle. This ensures that you get the most energy-saving and water-saving use from each run of your appliances. One of the best water conservation tips out there, with possibly the largest impact, is a simple one: Take showers instead of baths. Baths may be relaxing and enjoyable, but it takes more than 78 gallons of water to fill a tub. Showers are a more water efficient way to bathe.
- **Water conservation includes all the policies, strategies and activities to sustainably manage the natural resource of fresh water, to protect the hydrosphere, and to meet the current and future human demand (thus avoiding water scarcity).** Population, household size and growth and affluence all affect how much water is used. Factors such as climate change have increased pressures on natural water resources especially in manufacturing and agricultural irrigation. Many countries have already implemented policies aimed at water conservation, with much success. The key activities to conserve water are as follows: any beneficial reduction in water loss, use and waste of resources, avoiding any damage to water quality; and improving water



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management practices that reduce the use or enhance the beneficial use of water. Technology solutions exist for households, commercial and agricultural applications. Water conservation programs involved in social solutions are typically initiated at the local level, by either municipal water utilities or regional governments. Common strategies include public outreach campaigns, tiered water rates (charging progressively higher prices as water use increases), or restrictions on outdoor water use such as lawn watering and car washing.

- Various aims of Water Conservation was discussed with the students which they were informed to transcribe through their images and photos taken in and around campus grounds.
- The Aims of water conservation efforts include:
- **Ensuring the availability of water for future generations** where the withdrawal of freshwater from an ecosystem does not exceed its natural replacement rate.
- **Energy conservation** as water pumping, delivery, and wastewater treatment facilities consume a significant amount of energy. In some regions of the world, over 15% of the total electricity consumption is devoted to water management.
- **Habitat conservation** where minimizing human water usage helps to preserve freshwater habitats for local wildlife and migrating waterfowl, but also water quality.

Through the competition amongst the students. The Faculty members and Clan Heads have hoped that they understand the severity of water-saving and the conservation of it. We also hope that through the process of collecting the “right photo” for the competition, the students have been able to spread awareness on the same topics.

With the various submissions from the students and a discussion with the submitting groups about their experience and the knowledge they gained and spread, we come to a conclusion of this year’s Water Conservation Photography Competition.

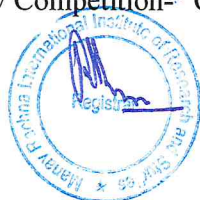




Enhancing Skill through Photography Competition-" Click Blue "-12.07.2021- 23.07.2021



Enhancing Skill through Photography Competition-" Click Blue "-12.07.2021- 23.07.2021

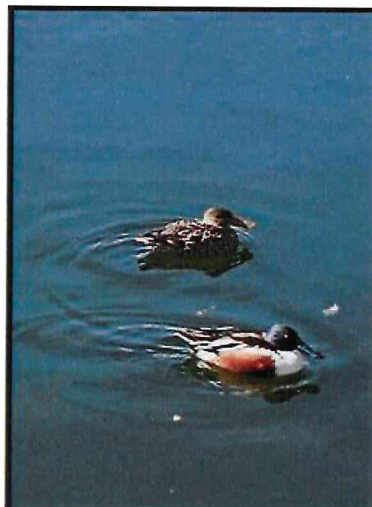




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Enhancing Skill though Photography Competition-" Click Blue "-12.07.2021- 23.07.2021



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MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

STUDENTS WELFARE

ONE NATION ONE DRIVE- AAZADI KA AMRIT MAHOTSAV



POSTER

Jacru



INDEX

S.NO	DATE	ACTIVITY
1	15.8.2021	Creating Nidhi Van by 75 University Eco Warriors representing 75 Years of Independence
2	16.8.2021-18.8.2021	Workshop on Waste Management
3	17.8.2021-19 .8.2021	Workshop on Water Management
4	17.8 .2021	Inter University Monologue Competition: "SWAGAT"
5	18.8.2021-20.8.2021	Workshop on Harit Ghar
6	19.8.2021-20.8.2021	Training workshop on making "Hand Made Nest : Shelter for Birds"
7	20.8.2021	Mega Plantation Drive in Adopted Villages
8	21.8.2021	Inter University Competition on "Nature based Solution ... Lets Revive Neer"

Jay



ACTIVITY 1

PLANTATION DRIVE AND LAUNCH OF NIDHIVAN BY 75 UNIVERSITY ECO WARRIORS REPRESENTING 75 YEARS OF INDEPENDENCE

On the occasion of Independence Day under One Week for Nation was a plantation drive in association with Daksh Foundation and Parayavaran Sanrakshan Gathividhi in which 75 Eco-Warriors planted 75 different varieties of Tulsi Plants at NidhiVan which is set up opposite to Q- Block at Manav Rachna Campus. The motive behind the plantation drive was to encourage and motivate the students and faculty members to protect our mother earth. Every year plantation drive is 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 torchbearer of the drive and take care of the plant till it is grown well. Manav Rachna family has always come forward to protect the environment in many different ways.





Plantation Drive
15 August 2021
Lat: 28.450452831398387, Long: 77.2872636403386

Welcome of Guests (15.08.2021)



Plantation Drive
15 August 2021
Lat: 28.450452831398387, Long: 77.2872636403386

Plantation Drive (15.08.2021)

Jincy



ACTIVITY 2
WORKSHOP ON WASTE MANAGEMENT - DAY 1

The event (ONE NATION ONE WEEK “RASHTRA KE NAAM, PARYAVARAN SAPTAH”

AZZADI KA AMRIT MAHOTSAV) was organised on 16th August 2021, Monday by clan Air Falcons, MRIIRS celebrating the glorious 25 years of MR.

The event was organised in B-Block auditorium. Dr. Sonia Duggal (clan chief of Air Falcons) started the event by introducing the guests and the speakers. Continuing to the event Dr. N.C. Wadhwa talked about how important it is to keep the environment clean and also mentioned about the importance of proper waste management. The host introduced the honourable guests (members of RWA) who came from different societies of Faridabad. One by one they have talked about waste management and how to create eco bricks. Someone from the audience asked the question “after collecting the eco bricks how they all will collect it”. Dr. Gurjeet Kaur Chawla answered the question by mentioning that they will create a hub in sector 15 Faridabad. After that there was a practical representation of how to make eco bricks.

The event ended was successful and ended up with great pop and show along with group photographs and refreshments.





Anchor addressing the audience (16.08.2021)



Audience (16.08.2021)

A handwritten signature in blue ink, appearing to read "Jau".





Eco Brick workshop
16 August 2021
Lat: 28.450092014386254, Long: 77.28368289133009

Address by Honourable Director General, MREI (16.08.2021)



Eco Brick workshop
16 August 2021
Lat: 28.450092014386254, Long: 77.28368289133009

Eco-bricks made during the workshop (16.08.2021)

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ACTIVITY 2

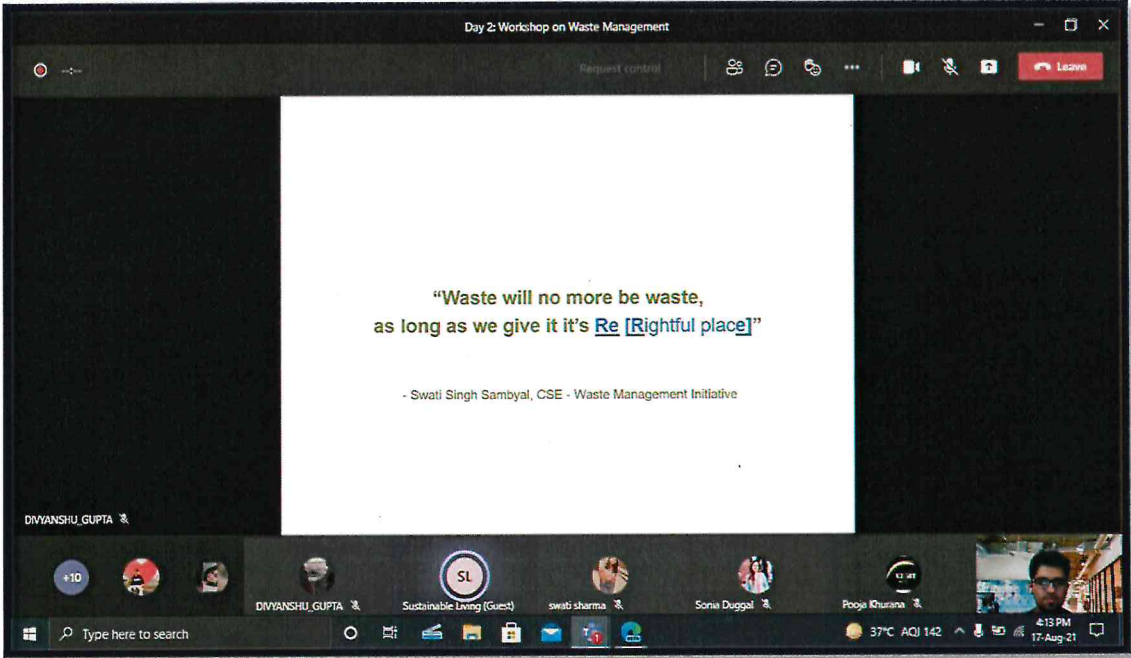
WORKSHOP ON WASTE MANAGEMENT- DAY 2

The event (one nation, one week “RASHTRA KE NAAM, PARYAVARAN SAPTAH” AZZADI KA AMRIT MAHOTSAV) was organized on 17th august 2021, Tuesday by Clan Air Falcons, MRIIRS celebrating the glorious 25 years of MR.

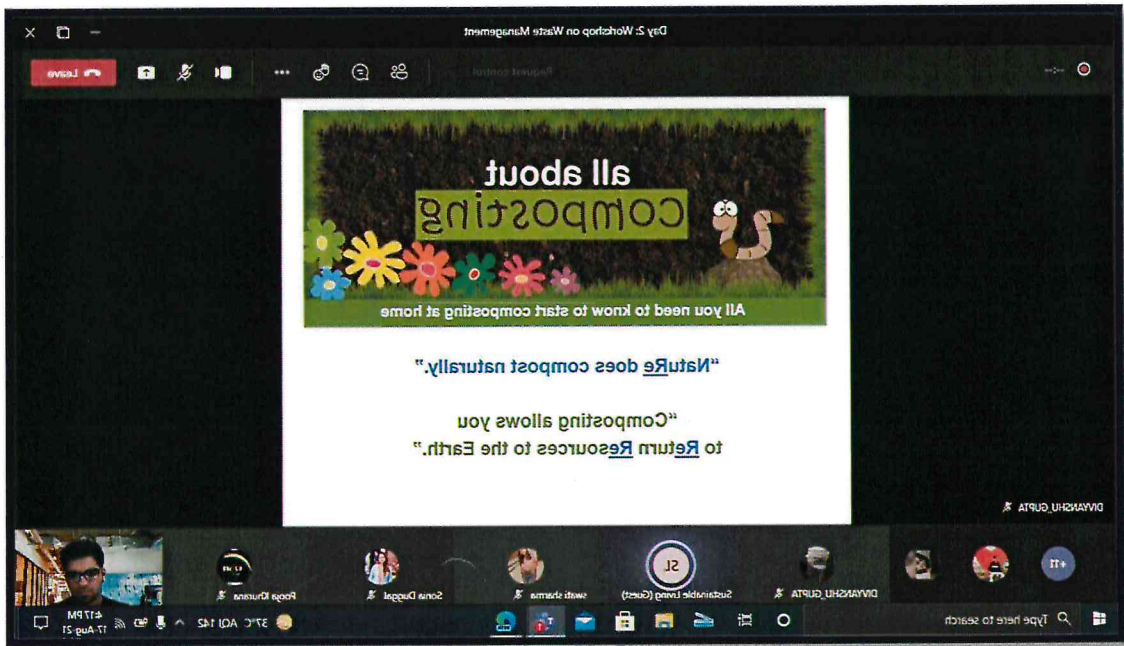
The event was organized online over Microsoft teams. Yatharth Sharma student of Manav Rachna perusing BCA and Literary Coordinator of Clan Air Falcons started the event by introducing the speakers of the event, Mr. Rohit founder of ZReo.in and additional founder of wonder explorers an initiative to bring astronomy to all. Continuing to the event, sir mentioned about how is it possible to create zero waste and how we can contribute to the nation by reducing the amount of garbage. Adding to it he also mentioned about formation of manure out of waste. After Rohit we had our second guest speaker Ms. Neha, access consciousness practitioner and fun games/listening open circle, facilitator, additionally she promotes and live sustainable living. She talked about the environment changes and how tampons can be re used. She mentioned few points showing her concern towards the environment.

Later on, Dr. Sonia Duggal (Professor and Clan Chief of Air Falcons) ended the event by giving a good note and thanking the respective speakers.





Presentation (17.08.2021)



Presentation (17.08.2021)



ACTIVITY 2

WORKSHOP ON WASTE MANAGEMENT - DAY 3

The event (ONE NATION ONE WEEK “RASHTRA KE NAAM, PARYAVARAN SAPTAH” AZZADI KA AMRIT MAHOTSAV) was organized on 18th August 2021, Wednesday. Dr. Sonia Duggal started the event by welcoming and introducing the guest speaker for the day. Ms. Anushka, Faculty M.Sc. Solid Waste Management, Co-Head Central Team-Kachra Prabandhan Aayam- Paryavaran Sanrakshan Gatividhi.

Ms. Anushka highlighted the importance of solid waste management. She also shared various ways of solid waste management, along with that she shared some facts about the non-biodegradable waste and why we should manage waste around us.

Being an eco-warrior, Ms. Anushka shared some of her initiatives with the audience and some techniques of best out of waste and the procedure of preparing eco-bricks.

The event was successful and ended up with motivating words from Ms. Anushka.



Day 3: Workshop on Waste Management

24:14

Solid Waste Management - Hierarchy

■ **Solid waste management is the purposeful and systematic control of generation, storage, collection, transport, separation, processing, recycling, recovery and disposal of solid waste.**

Participants

Invite someone or dial a number

Share invite

Presenters (6)

RASHI

aayush mehta

Anushka Kajbaje

Mudita_Soni

RAMANDEEP_SUTHAR

Sonia Duggal

Attendees (23)

Abhishek Gautam

23

Sonia Duggal

Manish Kumar

Anushka Kajbaje

Type here to search

36°C

ENG IN

16:22

18-08-2021

Presentation (18.08.2021)

Day 3: Workshop on Waste Management

25:52

Journey of Dry Waste - Recyclables

Recyclables are collected by a recycling truck

RECYCLING TRUCK

Goes to a Material Recovery Facility

MATERIAL RECOVERY FACILITY

At the facility, recyclables are sorted by a semi-automated process into paper, plastics, metal and glass

Each type of materials are sent to a recycling plant and made into new products

RECYCLING PLANT

Participants

Invite someone or dial a number

Share invite

Presenters (6)

RASHI

Anushka Kajbaje

Mudita_Soni

Sonia Duggal

Attendees (23)

aayush mehta

Abhishek Gautam

ARCHIT_KOHLI

21

Sonia Duggal

Manish Kumar

Anushka Kajbaje

Type here to search

36°C

ENG IN

16:24

18-08-2021

Presentation (18.08.2021)

Anushka





Presentation (18.08.2021)



Presentation (18.08.2021)

Anushka



ACTIVITY 3

WORKSHOP ON WATER MANAGEMENT (17th - 19th August, 2021)

On the occasion of Rashtra ke Naam, Paryavarn Saptah- Azaadi ka Amrit Mahotsav celebrated from 15th Aug-22nd Aug, 2021, a workshop was organised by Students Welfare- Clan Water Sharks from 17th -19th Aug,2021 on MS-Teams platform. The esteemed speakers for the workshop were Mr. Ramveer Tanwar, Pond Man of India, Founder of NGO - "Say Earth", TedX Speaker, Dr. Anil Mehta, Water Management Expert, Principal Vidya Bhawan Polytechnic, Udaipur, Mr. Lalit Arora , Chief Engineer (GMDA), Gurugram Metropolitan Development Authority.

The aim of the workshop was that Water Management is important since it helps determine future Irrigation expectations. Water management is the management of water resources under set policies and regulations. Water, once an abundant natural resource, is becoming a more valuable commodity due to droughts and overuse.

The event started at 10:00 am on 17.8.21 - Day 1 by Dr. Gurjeet Kaur Chawla, Dean- Students Welfare and Director Radio Manav Rachna 107.8 showering her blessings upon the students and welcoming the esteemed speaker for the day. Mr. Ramveer Tanwar introduced his works to the participants and the background of his works. He made participants aware about different problems for Water Bodies and provided an insight how his organisation works and brings about the change. He mentioned different initiatives he is involved in and the way they connect with different people. He shared about his journey and used it as a tool to inspire participants. He also talked about his sponsors and the media coverage his initiatives have been able to grab.

On 18.8.21-Day 2, Mr. Anil Mehta interacted with the students and made all of them aware about the importance of Water Management since it helps determine future Irrigation expectations. Water management is the management of water resources under set policies and regulations. Water, once an abundant natural resource, is becoming a more valuable commodity due to droughts and overuse. He further explained that the main sources of water are surface

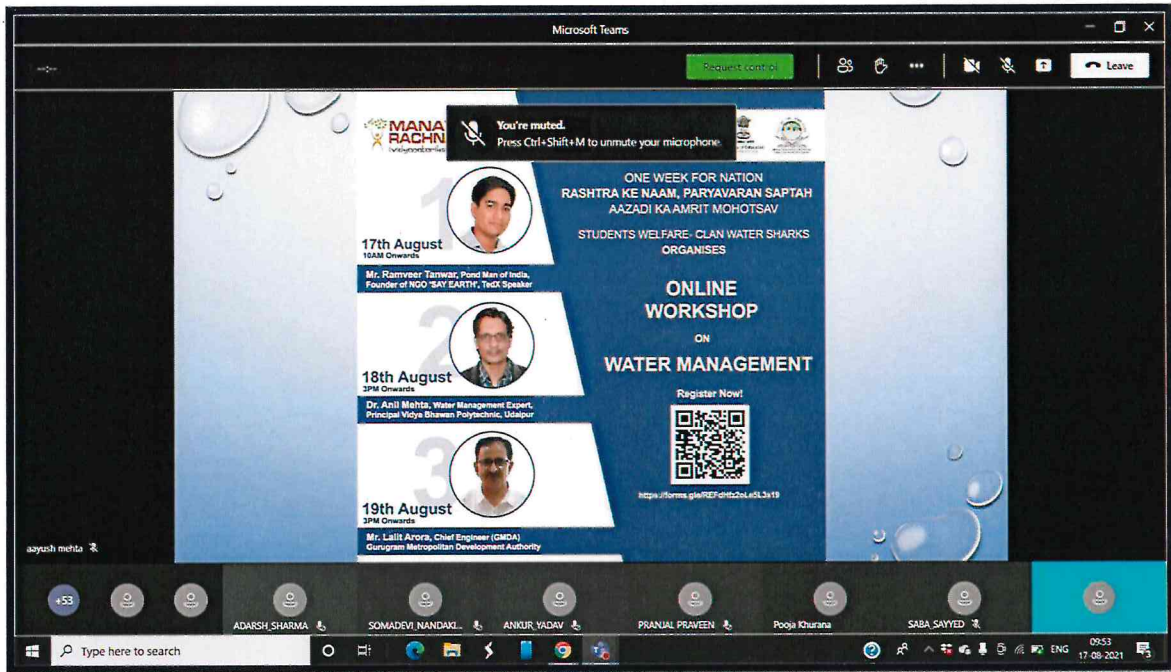
water, groundwater and rainwater. Rainwater collection is obviously not possible during times of drought.



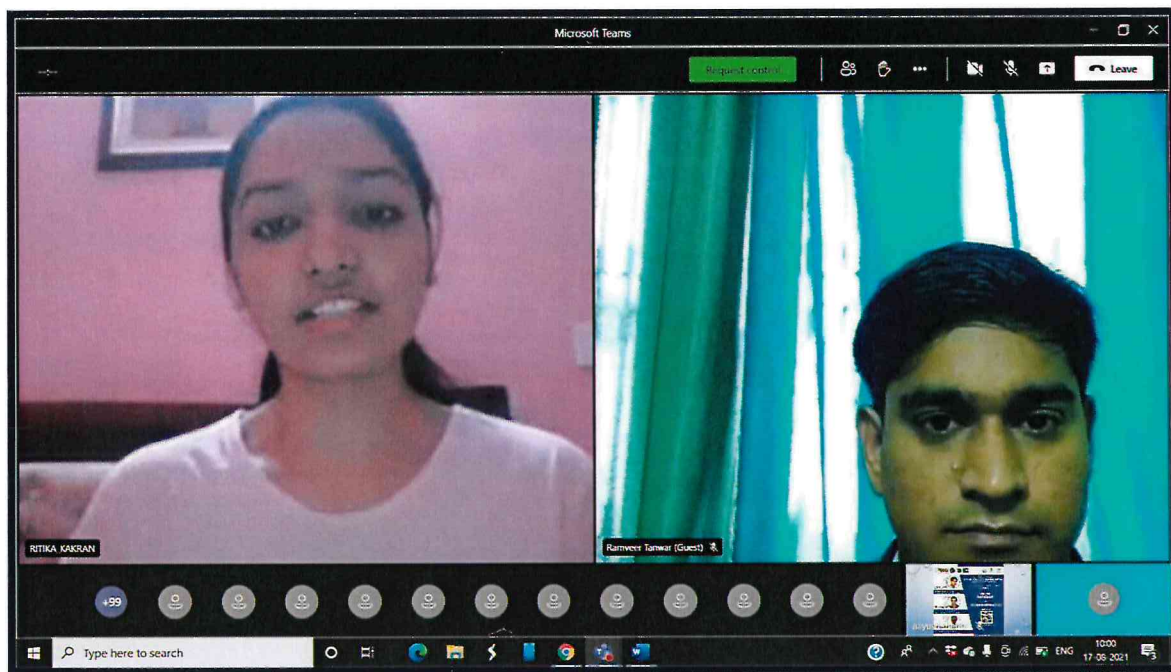
On 19.8.21-Day 3, Mr. Lalit Arora enlightened the participants and asked them to Identify the major challenges that the region is facing in the field of water resources, The aim of the training is to strengthen the capacities of society associations and local councils to implement water relief and rehabilitation projects to improve the access to water for domestic and agricultural purposes, Project design and planning, Water infrastructure rehabilitation, Local water management, Data monitoring and processing.

At last Dr. Pooja Khurana, Clan Chief of Water Sharks and Dr. Arvind Dalal Clan Vice Chief delivered vote of thanks to the esteemed speakers of all the days for their valuable time and for the wisdom they shared with the participants. 88 students were benefitted with this workshop.





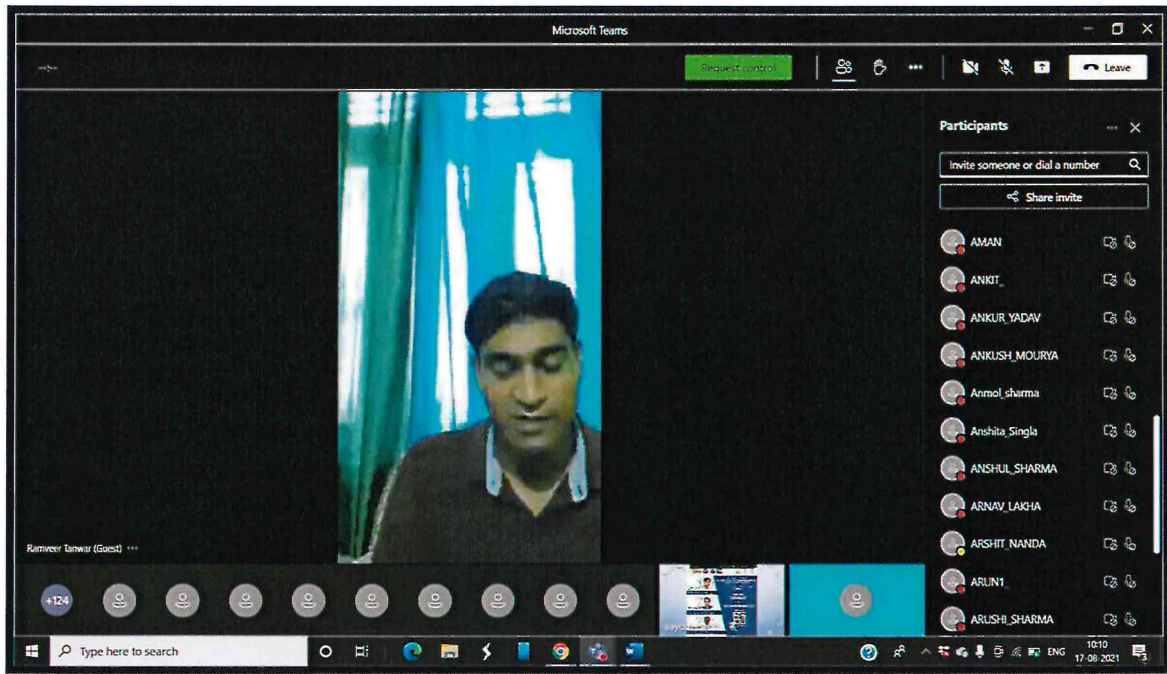
Presentation (17th- 19th August, 2021)



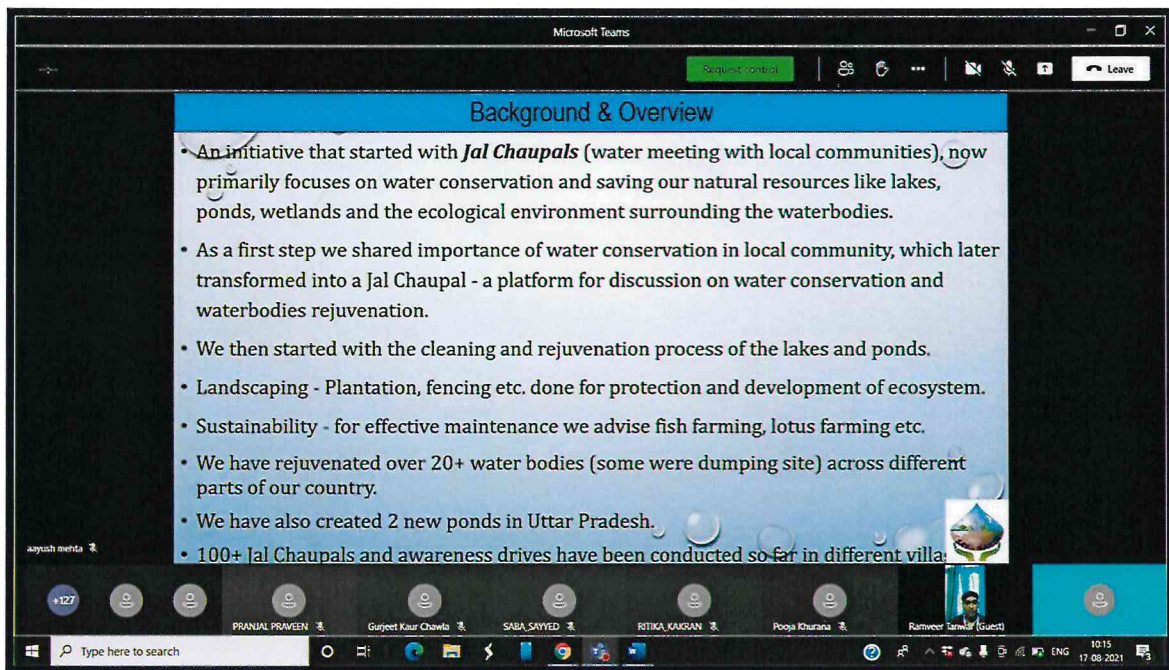
Presentation (17th- 19th August, 2021)

Ramveer Tanwar





Presentation (17th- 19th August, 2021)



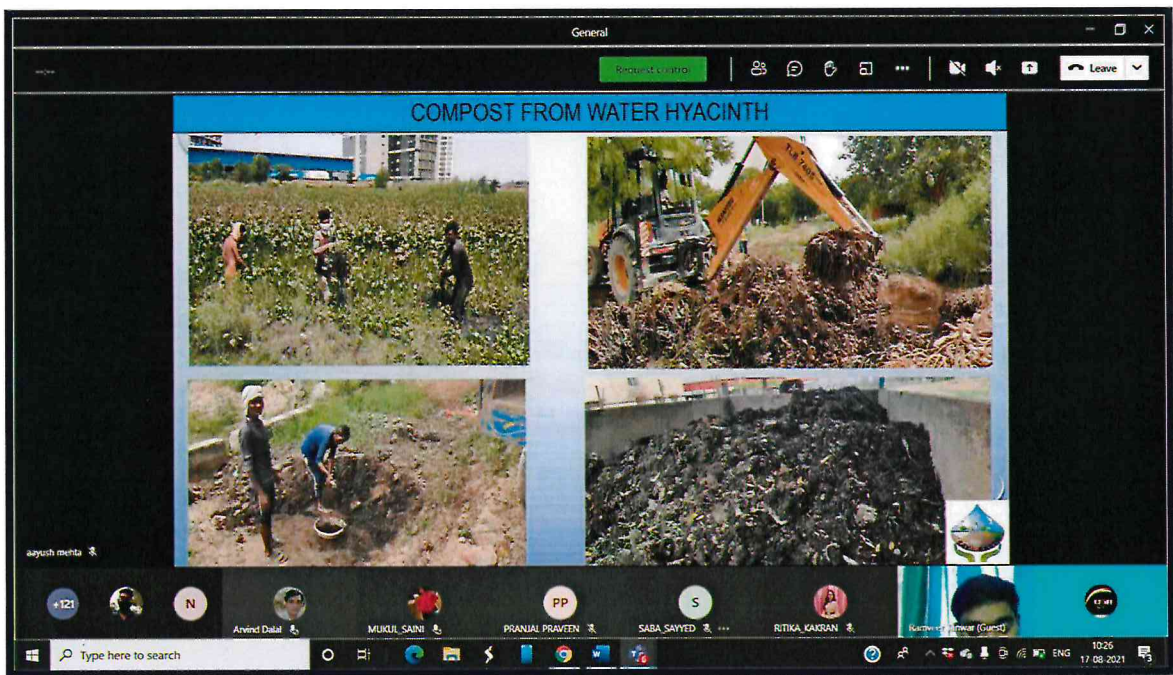
Presentation (17th- 19th August, 2021)

Jean





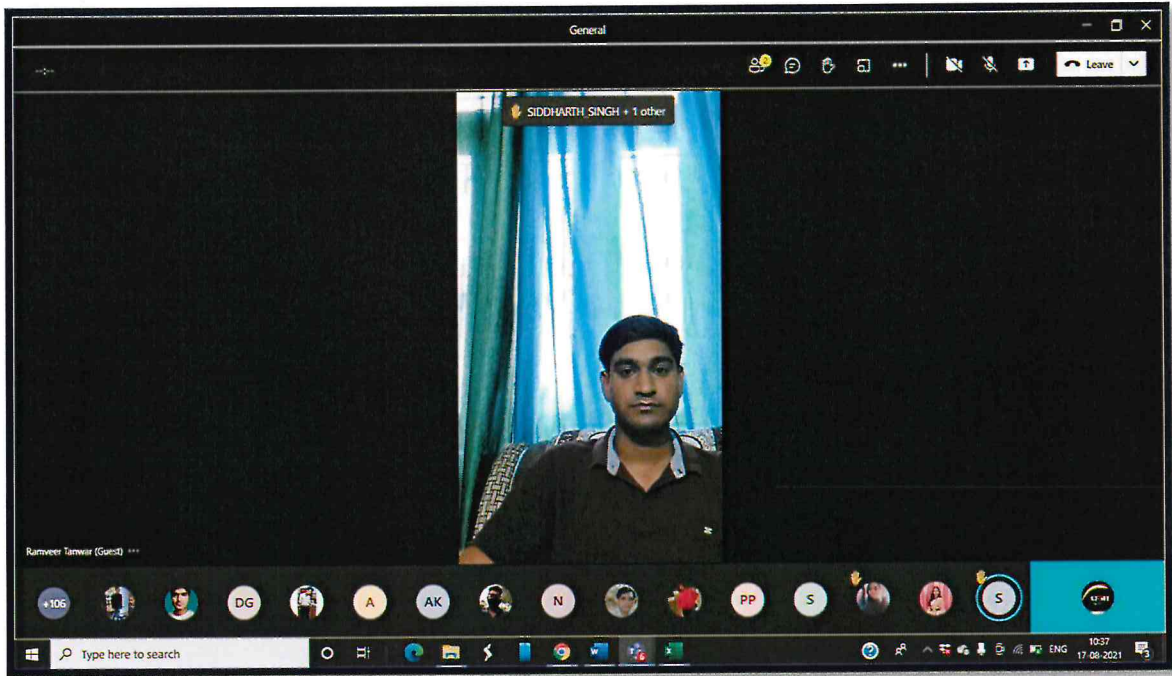
Presentation (17th- 19th August, 2021)



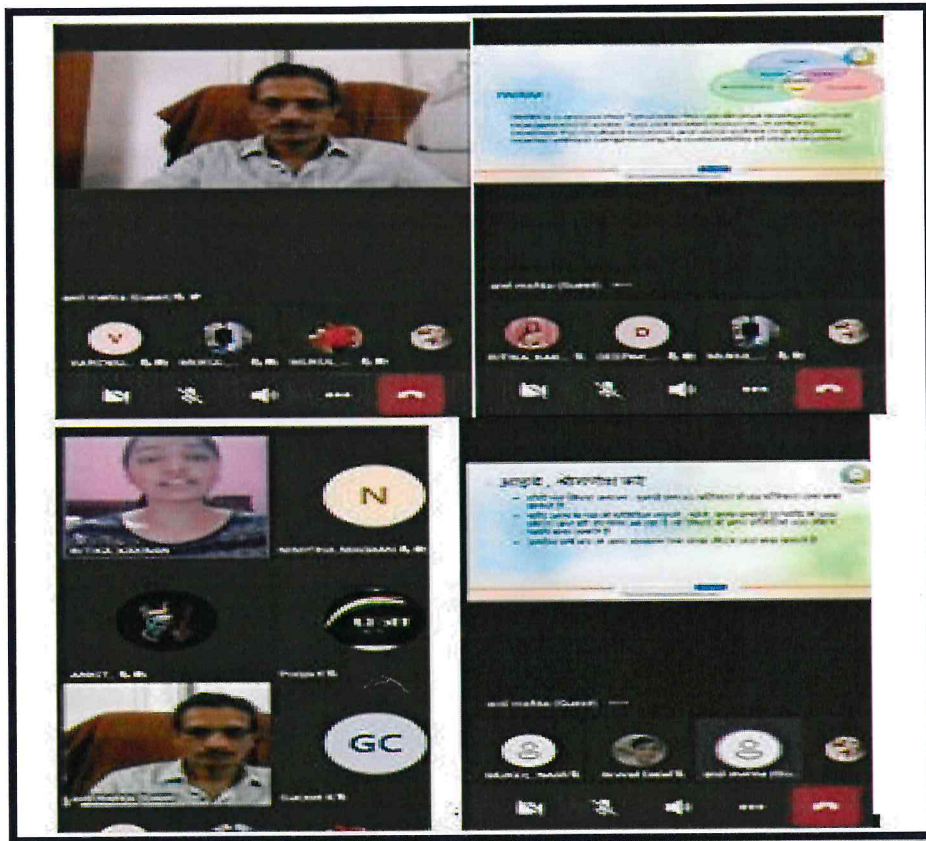
Presentation (17th- 19th August, 2021)

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Speaker (17th- 19th August, 2021)



Audience (17th- 19th August, 2021)

Jeetu



ACTIVITY 4

INTER UNIVERSITY MONOLOGUE COMPETITION- "SWAGAT" 17.8.2021

An Online Monologue Delivery Competition- SWAGAT was organized by Theatre Society of Manav Rachna in which participants had to a monologue in a single breath to inculcate something related to paryavaran. The event had two rounds, the first round was the qualifier round where they need to submit the entries through online mode and the other was the final round where the videos shared by them was displayed to Judges.

In this inspiring move, a count of more than 60 participants sent their entries from different Universities/Colleges to name few are Sri Ram Centre of Performing Arts, Shaheed Bhagat Singh College, Hindu College, Aurobindo College, Deshbandhu College, MBIT University-Palais, YMCA University, Maharaja Agraseen College, Amity Universit many more.

The top 10 shortlisted participants by the core members of Paigam entered the second phase where their videos were shared with judges and the criteria of judgment were Presentation, Poise/Self-Confidence, Content and Delivery. The judges for the event were renowned experts from theater industry and Alumni of Manav Rachna Mr. Yatin, Mr. Deepak and Mr. Ranjan.

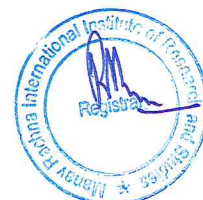
On the basis of the judgment, top three participants were announced by Judges, they are as followed:

1st Position - Anna Chaurasia, Sri Aurobindo

2nd Position- Aastha Bisht, Gargi College

3rd Position - Ajay Kumar, MRIIRS

The winners were awarded with Certificate of Appreciation and Goodies.



ACTIVITY 5

WORKSHOP ON HARIT GHAR (18.8.2021-20.8.2021)

DAY 1- AUGUST 19, 2021

With an endeavour to promote Environmental Sustainability and promote Environmental Conservation through sharing experiential learning and sharing of technical knowledge Manav Rachna Educational Institutions with Paryavaran Sanrakshan Gatividhi and Mahatma Gandhi National Council for Rural Education, Ministry of Education organised this workshop. This platform brought together the experts in respective domains to make participants sail into the journey towards sustainability and care. With this aim to promote participants think and execute towards conservation of Water, Forest, Land, Life (human and animals) and Energy, so that it can be preserved and protected for passing to next generations, this workshop provided a platform to the youngsters of ManavRachna.

On Day 1 (18/8/21) of workshop, Yogini Bapat was the resource person. She has done diploma in Civil Engineering Board of Technical Examinations, Walchand college of Engineering Sangli, Maharashtra 2. B.E.- Civil Engineering (Shivaji University, Kolhapur) Walchand college of Engineering Sangli, Maharashtra 3. M.E.- Environmental Engineering (Shivaji University, Kolhapur) Walchand college of Engineering Sangli, Maharashtra. She has worked in Thermax Ltd, Pune in the Waste Management Division as a trainee and successfully completed the dissertation in Bio Medical Waste Management. She is active in Paryavaran Sanrakshan Gatividhi of the Rashtriya Swayamsevak Sangh and a member of its Central Narishakti team and Social internship program core team. Her topic of discussion was "Rasoi ki Bhagiya". The session started at 11:30am where she emphasised that disposal of organic waste from the kitchen, leftover vegetables, fruit peels, leftover cooked food etc. are disintegrated by bacteria in the 'kitchen garden'. She described in detail the Process of Rasoi ke Bhagiya as follows:

- Lay a 4-inch first layer of Coconut Peel or Cocoa-peat inside the drum.
- Spread of 4-inch of sugarcane peel in second layer.
- Spread 4-inch layer of dried leaves in the third layer and press it through an object.
- Now plant 1-1 saplings in the four holes from inside the drum. The stem of the plant should not be damaged by the hole of the drum. Hence the charcoal and coconut peel is used while plantation.



- Fourth layer - Addition of fertile soil so that the root of the plant is protected.
- It is important to add a special sugarcane peel layer. 6. After extracting the juice, the remaining sugarcane peel contains a significant amount of sucrose which increases the number of bacteria several times.
- For sugarcane substitutes, One can also use a mixture of half kg of jaggery in wheat bran / khakhla.
- Pour two or three litres of water.
- Place two more layers in the same order.
- Finally, the 13th fruitful plant is placed in the centre of the drum.
- There must be space in drum from 6 inches above the top.

Waste decomposer is to be added into the drum. Note: 5-7 litres of water must be added inside the drum.

It is necessary to use layer of sugarcane peels because after extraction of the juice, the remaining sugarcane peel contains a considerable amount of sucrose, which multiplies the number of bacteria. Within 10 days, numerous bacteria are produced in the drum. The session concluded with the queries of the audience and Vote of Thanks by Dr. Gurjeet Kaur, Dean Students Welfare.

Gurjeet Kaur



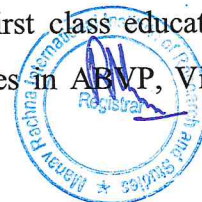
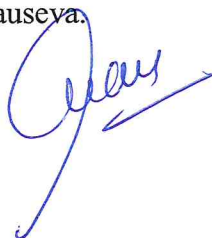
DAY 2 – AUGUST 19, 2021

On Day 2 (19/8/21) of workshop, Samarth Khanna was the resource person. His topic of discussion was Ecosystem Services. He is a naturalist, ecologist, wildlife educator and an ecological gardener who's extensively working on ecological restoration of degraded landscapes in order to help the urban biodiversity and re-wild the urban spaces. He is working on a number of sites in Delhi NCR where he is creating habitats and ecozones close to cities. He's also an avid birdwatcher and a barefoot botanist at the same time and helps in collecting data for scientific research of various plants and animals. He is certified badge holder from UN- Food & Agriculture organisation in Forest and landscape restoration. He emphasised on the reasons to save ecosystems as follows: Ecosystem services, Carbon sequestration & Oxygen production, Food & water, Regulating weather, Soil conservation, Medicines, Pollination, Recreational activities and tourism.

He shared his journey and experience which can be replicated in the present context when we are struggling with the pollution and environmental issues. Its becomes more important for us as we are part of Aravali Hills and near to us we have the landfill at Okhla and Gurgaon with huge garbage being dumped so if they can be handled in better way it will not only help us today but will be helping preserving nature for future.

On Day 3 (20/8/21) of workshop, Raj Mandankar was the resource person. He is from Nagpur metropolis. After completing research work in economics and teaching in the field of water resources promotion, he worked in the Ministry of Environment, Mauritius. He is one of The 50 ambassadors of Swachch Bharat in the present government. He was working as a Fraud Investigation Officer in Credit One Bank of America, but 2 years ago, he took voluntary

retirement and returned back to Nagpur where he is doing natural farming in 950 acres of land. With his own agro consultancy called Maheyi Greens, he is motivating the youth of rural areas to become farmers by training them on cow based farming. In the year 2018, he was awarded the 'National Youth Icon' and the "Vidarbha Ratna" award in 2019. In tenth grade, he established an NGO named "Aranya Environment Sanstha" and for the last 13 years he has been handling the work as the president. He is first class educated and has been a volunteer since childhood, by fulfilling his responsibilities in ABVP, Vivekananda Kendra Kanyakumari and Gauseva.

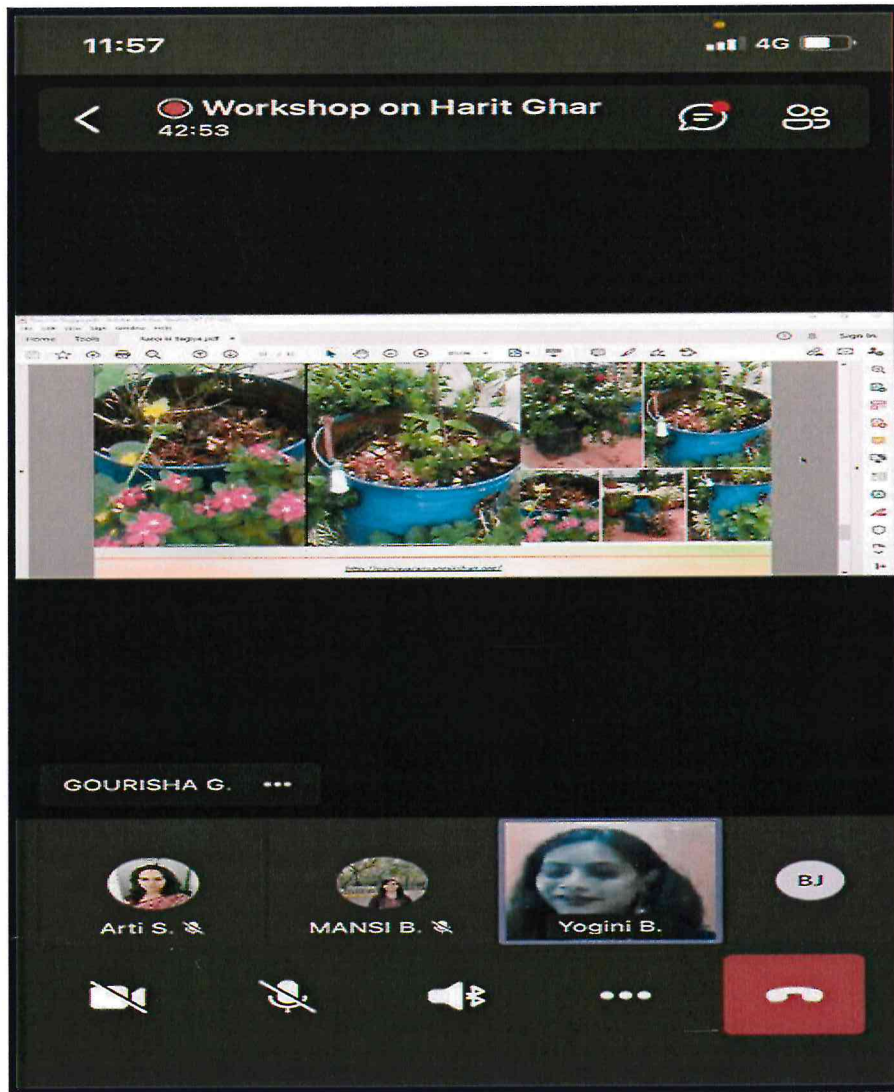


Mr. Raj shared his practices which he and his family members had adopted, for example they don't buy from malls as they find that every thing is being plastic packed so they buy from a local kirana store where they get things in their baggage which are economical and ecological for the nature. He emphasised that the plants of medicinal values should be part of each family so that they can help in improving the immunity as well as help in creating greenery around the houses. He suggested the solutions to handle the fires in forest and proper handling of resources at all levels.

He answered all the queries raised by the students. The session ended by vote of Thanks by Dr. Bhavesh Prakash Joshi, Clan Chief Forest Rhinos. Participants had shown their commitment by participating in this workshop and ensured that they will be working their bit to promote greenery and health for themselves and will be brand ambassador in sensitizing towards this noble cause with their contribution.

Few pictures of the online event are put forward in the following pages and also the attendance is attached here with.





Workshop on Harit Ghar (18.8.2021-20.8.2021)

A handwritten signature in blue ink, appearing to be "Jeeva".

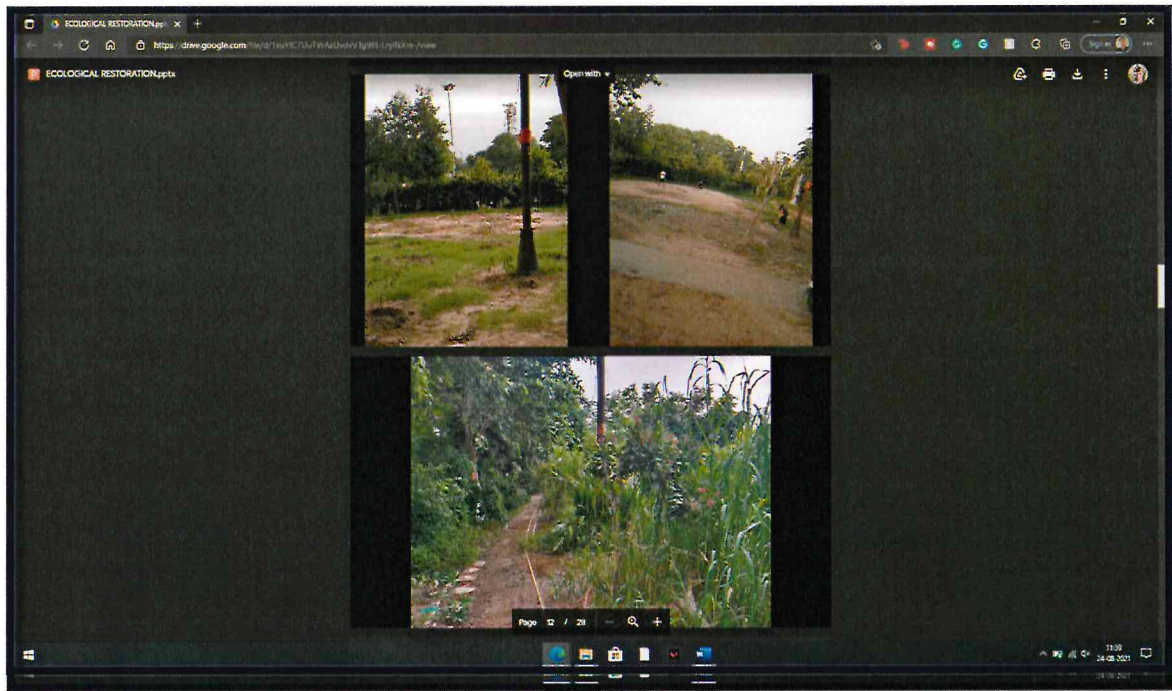




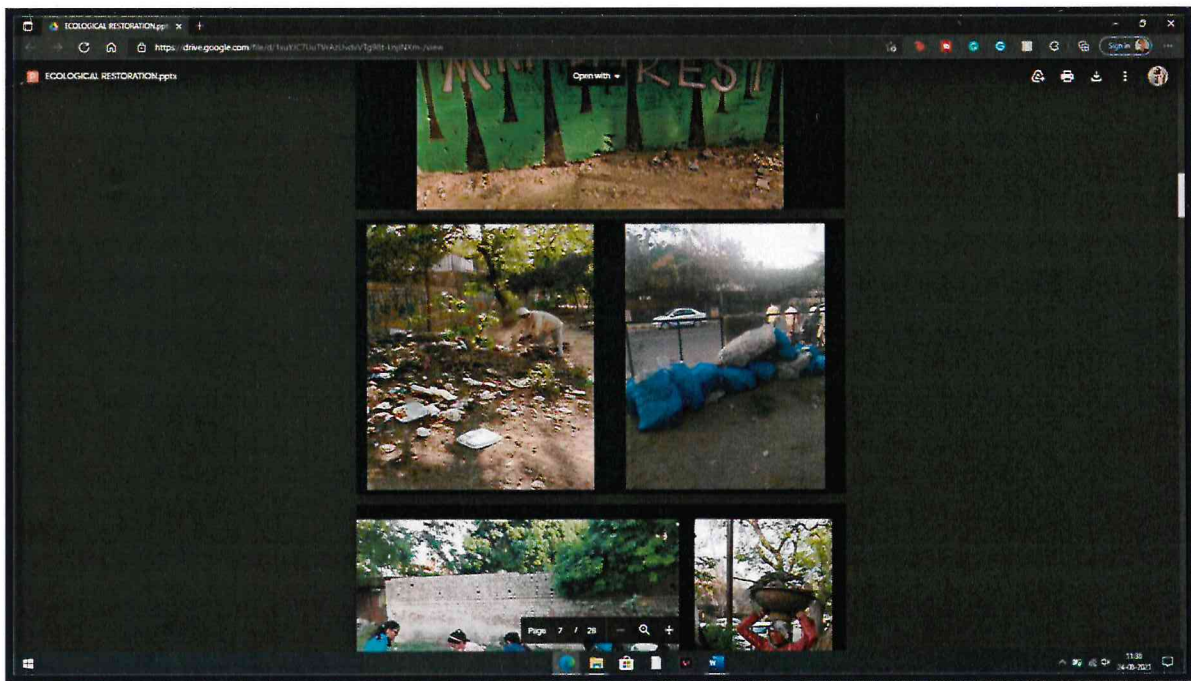
Workshop on Harit Ghar (18.8.2021-20.8.2021)

A handwritten signature in blue ink, appearing to be "Jai S.", written in a cursive style.





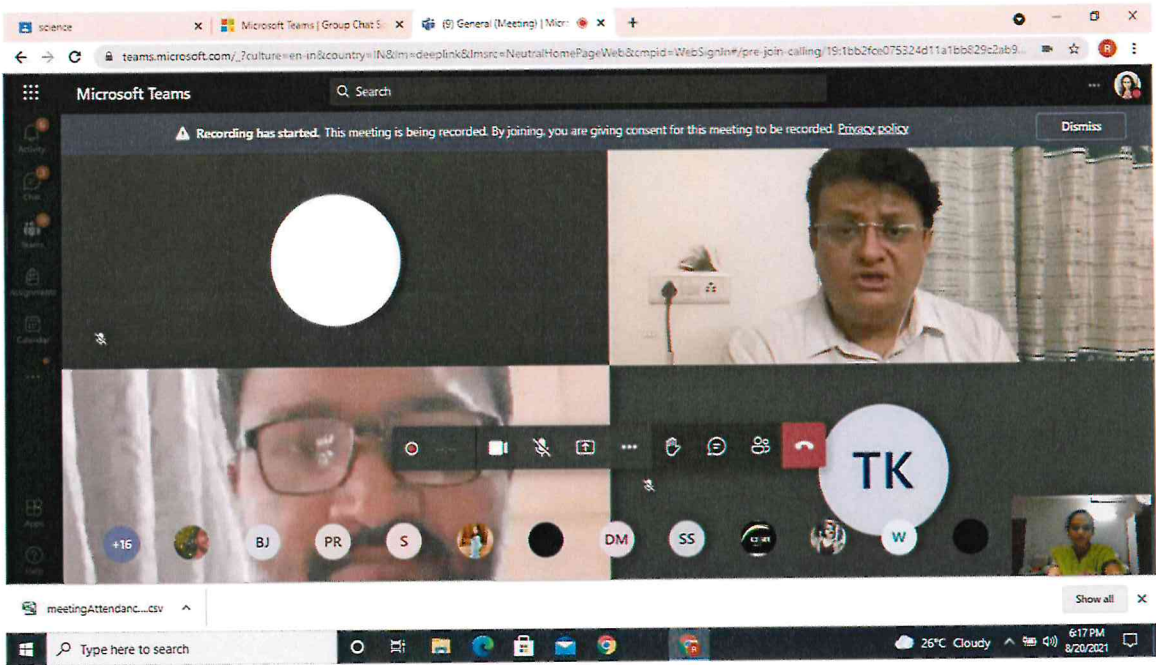
Workshop on Harit Ghar (18.8.2021-20.8.2021)



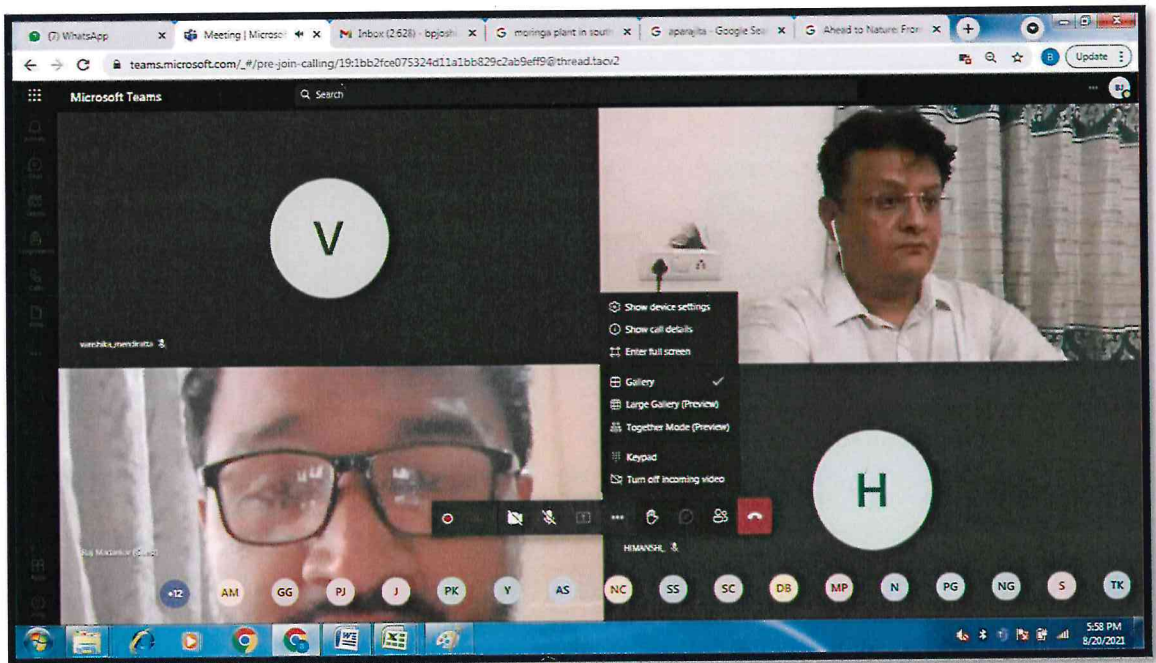
Workshop on Harit Ghar (18.8.2021-20.8.2021)

Gay



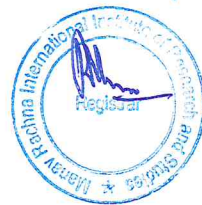


Workshop on Harit Ghar (18.8.2021-20.8.2021)



Workshop on Harit Ghar (18.8.2021-20.8.2021)

Jaw



ACTIVITY-6
TRAINING WORKSHOP ON MAKING- HAND MADE NEST
SHELTER FOR BIRDS (20.8.2021-21.8.2021)

A Two Day Workshop on Handmade Nests for Birds on 20th-21st August 2021, was organized by the student council of Clan Wild Cats, MRIIRS under the Student Life Skills Development program in association with Department of Student Welfare to make the students aware about the problems faced by birds in nest building in urban areas and how we can help them tackle these problems by providing manmade shelters and nests for them.

The workshop was conducted as a part of "AazadiKa Amrit Mohatsav" a week dedicated for the nation and the environment. The guest speaker for the same was Dr. Dheeraj Katara, Microbiologist, Wildlife Photographer and Conservationist also the founder of Taj Photographers Club. Dr. Dheeraj has conducted several Wildlife walks and talks, plantation drives and awareness sessions. The workshop was conducted via a google meet and began at 2:30 pm. Dr. Dheeraj explained the rising concern for the birds around us in our environment and also explained how different species of birds make their nests as well told us about their habitats, migration and breeding practices, later he gave us a brief idea on how to make a artificial nests which birds can use.

The workshop was a fun and successful one since it was a very interactive event and the students enjoyed getting to know so much about the lifestyle of birds and how we can help them.

Here is a glimpse of the workshop:

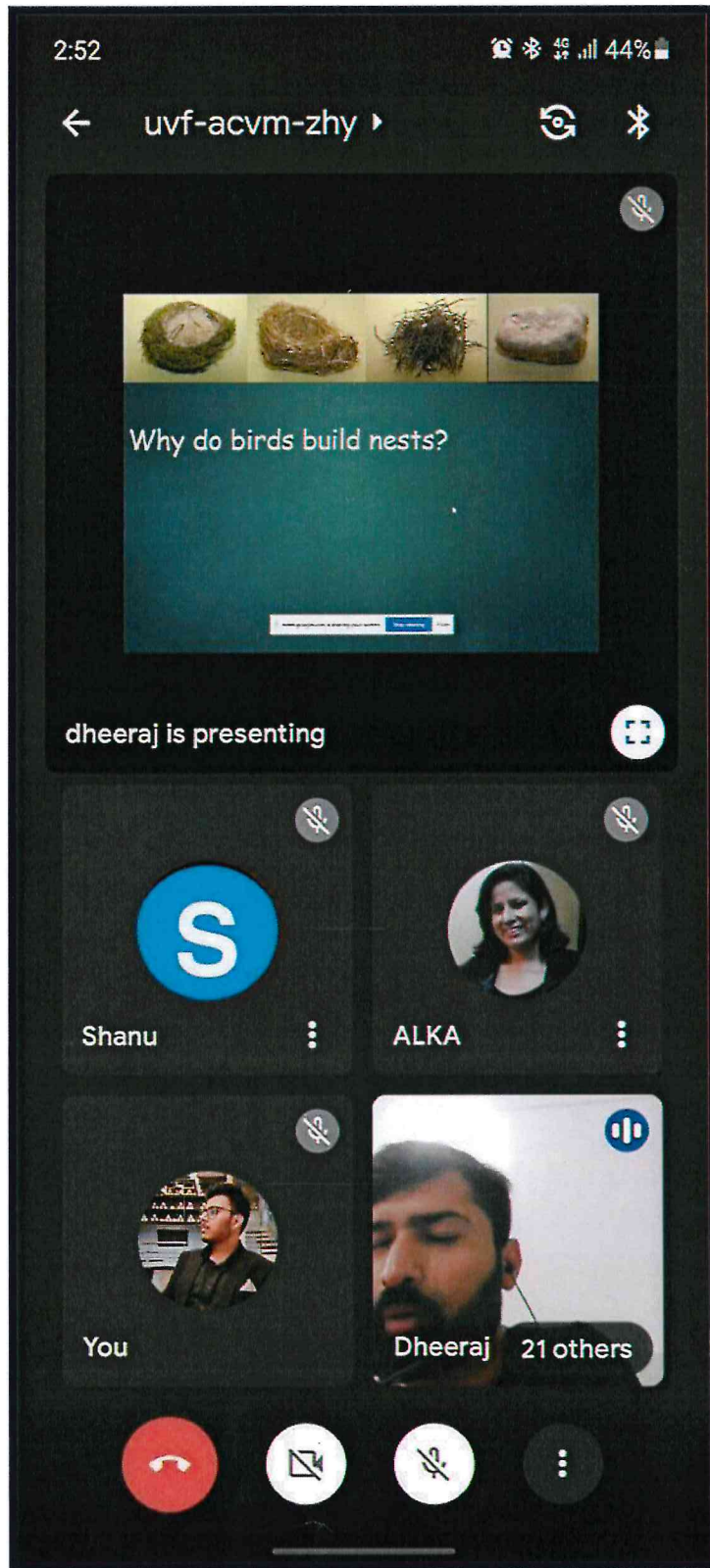




Workshop (20.8.2021-21.8.2021)

Guay

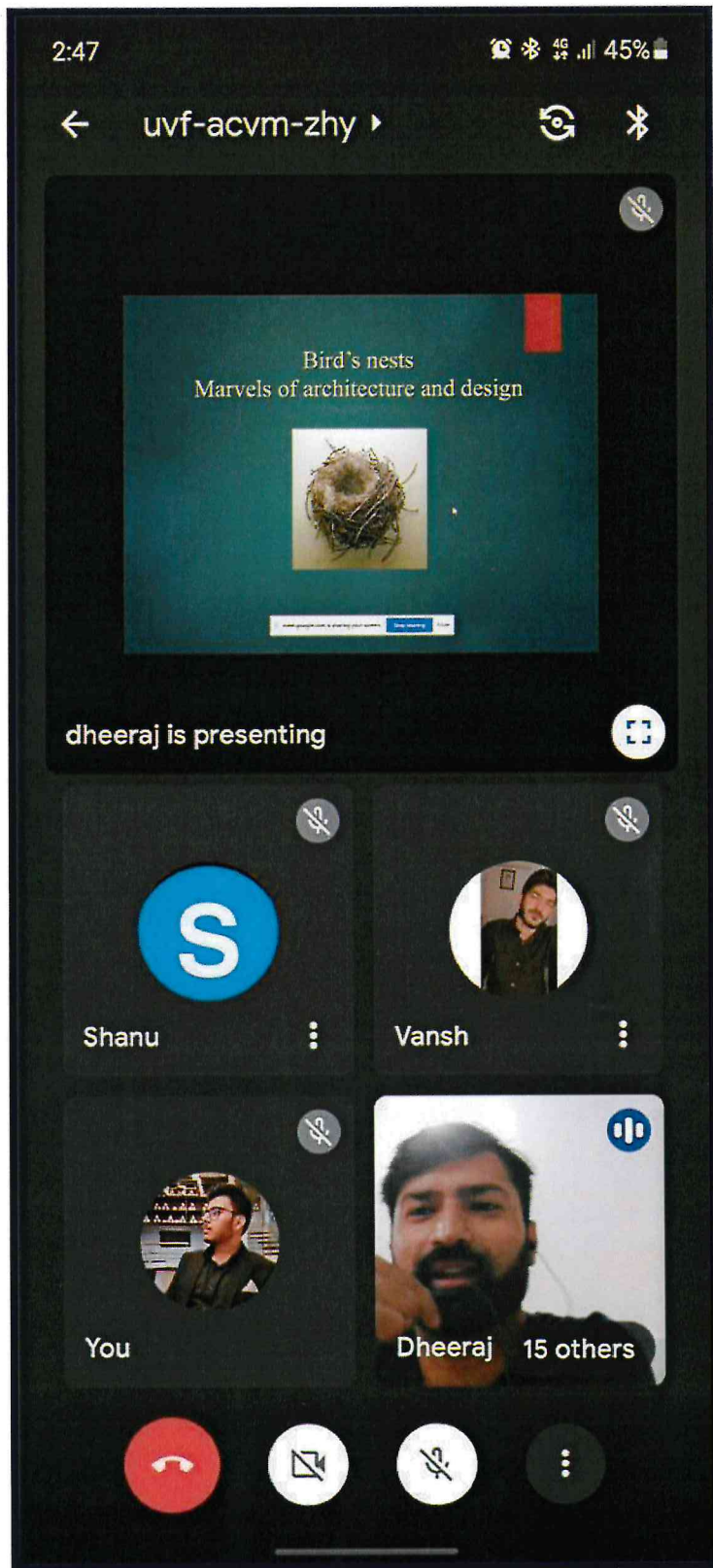




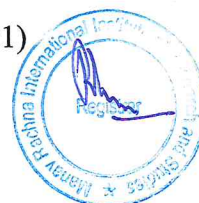
Workshop (20.8.2021-21.8.2021)

Quar





Workshop (20.8.2021-21.8.2021)



ACTIVITY-8
INTER UNIVERSITY COMPETITION

- “NATURE BASED SOLUTION- LETS REVIVE NEER”

On the occasion of Rashtra Ke Naam, Paryavaransaptah- Azaadi Ka Amrit Mahotsav celebrated from 15th August- 22nd august, 2021, A Group Discussion was organized by clan Water Sharks and Department of Student’s Welfare on 21st august, 2021 on the theme: Nature based Solutions- LET’S REVIVE NEER. The event took place in online mode on MS-Teams platform and the link of the meeting was send to the participants beforehand. It was an Inter University Competition so participants from different universities came forward.

The participants held a very productive and informative conversation on the topic and exchanged views on how issues related to Water can be solved. At last, participants in a collaborative manner summarized the discussion.





MANAV RACHNA
॥ vidyanatariksha ॥

One Nation Paryavaran Sanrakshan Gatividhi

— MANAV RACHNA EDUCATIONAL INSTITUTIONS —



S.No	Date	Activity Conducted
1	August 15, 2020	Plantion Drive at Manav Rachna Campus
2	August 16,2020	Workshop on: WASTE 'NO MORE' – BE THE CHANGE FOR BETTER'
3	August 17,2020	Poetry Recitation on “Environment” and Mega Plantation Drive in adopted villages
4	August 18,2020	Short Film Making Competition on Water - An Essence of Life”
5	August 19,2020	Me & My Cycle : Save Environment
6	August 20,2020	Best out of Waste and Poster Making
7	August 21,2020	Nurture Mother Earth : Reuse to create Wonders
8	August 22,2020	Debate Competition



DAY 1

August 15, 2020

Plantion Drive at Manav Rachna Campus

Manav Rachna International Institute of Research and Studies under *One Nation Paryavaran Sanrakshan Gatividhi* organised a plantation drive to celebrate 74th Independence Day on August 15, 2020. The motive behind the plantation drive was to encourage and motivate the students and faculty members to protect our mother earth. The event was graced by the presence of Honourable Chancellor, MRIIRS Dr.Prashant Bhalla, Vice-Chancellor MRIIRS Dr Sanjay Srivastava, Pro-Vice-Chancellor, MRIIRS Dr.Naresh Grover, Dean Academics, MRU Dr.Sangeeta Banga, Dean Student's Welfare, MRIIRS Dr.Gurjeet Kaur Chawla along with other senior functionaries, faculty members and students. Every year plantation drive is the 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 torchbearer of the drive and to take care of the plant till it is grown well. Manav Rachna family has always come forward to protect the environment in many different ways.

Department of Student's Welfare is grateful to Dr.O.P.Bhalla Foundation and management for their kind support.



①





Plantation Drive
15 August 2020
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Plantation Drive under One Nation One Drive (15.08.2020)

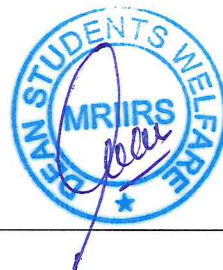


Plantation Drive
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Plantation Drive under One Nation One Drive (15.08.2020)



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Plantation Drive
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Plantation Drive under One Nation One Drive (15.08.2020)

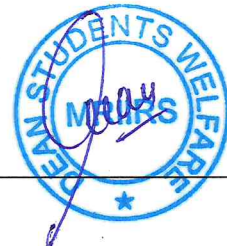


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Plantation Drive under One Nation One Drive (15.08.2020)



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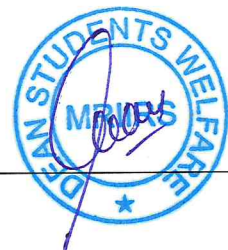


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Plantation Drive under One Nation One Drive (15.08.2020)



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Plantation Drive
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Plantation Drive

Plantation Drive under One Nation One Drive (15.08.2020)

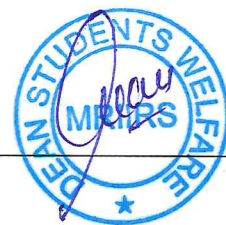


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Plantation Drive under One Nation One Drive (15.08.2020)



5



DAY 2

August 16, 2020

Workshop on WASTE 'NO MORE' BE THE CHANGE FOR BETTER

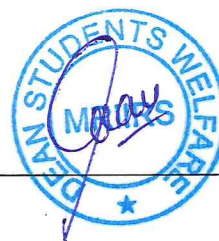
Clan Water Sharks, Department of Student's Welfare organized a Workshop on 'WASTE 'NO MORE' – BE THE CHANGE FOR BETTER' in association with Dr. O.P Bhalla Foundation, Safai Bank of India, and ZReO.in and Media partner Radio ManavRachna 107.8 FM on August 16, 2020 ,4:00 PM to 5.00PM. The Workshop planned to spread awareness about redesigning our resources so that they can be reused to protect our water resources. It would majorly focus on massive changes in how materials flow through the society causing zero waste. It aimed to make the audience aware of how zero waste concepts can help in conserving our natural resources. The dignified speaker for the event were Mr. Ramveer Tanwar- Pond Man of India, Founder of NGO- "Say Earth" and Environmentalist and TEDx Speaker and Mr. Rohit Chawla- Founder of ZReO.in and Founder of "We" the "Wonder Explorers" and Founder of Eminence Building Technologies.

The event started at 4:00 PM on Microsoft Teams. Upon arrival, a warm welcome address was extended by Honorable Dr. N.C. Wadhwa, Director- General- ManavRachna Educational Institutions to all the esteemed dignitaries, expert speakers and participants and counted their many achievements. He addressed the participants by providing a very basic understanding of what the topic exactly is and discussed about different challenges of water conservation. He emphasized that each citizen must be aware of the water crisis and take part in proper conservation, stopping water mis-usage. He further thanked the speakers for their valuable time and his words of wisdom inspired all participants.

An enriched formal introduction about all the experts was delivered by Ms. Aditi Jain, General Secretary and Aarushi Jain, Head of Literary Department of Water sharks Council. Announcing the achievements of ParyavaranRatan Mr. RamveerTanvar, a video of his success story was presented. Mr. RamveerTanvar interacted with the participants by explaining how water pollution affects biodiversity and why it is our responsibility to conserve it. He stressed upon how sustainable development is what he needs to focus on rather than just development. He alarmed us on how the quality of pond water is worse than it appears how the acidic nature of water is leading to the corrosion of water retaining structures.



6



Following this our second esteemed guest for the day, founder of zero.in Mr. Rohit Chawla was invited and he presented a ppt showing how waste is damaging our Mother Earth and affecting the ecosystem. He then enlightened the participants about Safai Bank of India and MLP's collection. He introduced us to the hard truth about the harmful effects of MLPs in different parts of India. The participants were then indulged in questions on how to reduce our waste to zero they had from the talk. Our speakers answered them all in the utmost detail and patience.

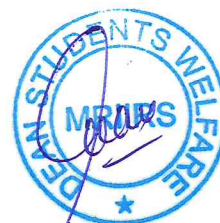
The participants then went on to interact with our speakers with the questions they had for them, Dr. NC Wadhwa also interacted with the speakers and participants in the workshop.

The event then flowed into a vote of thanks by Dr. Gurjeet Kaur Chawla, Dean DSW and Director RMR 107.8 FM. She thanked all the resource persons for their valuable contribution in the webinar and appreciated the efforts of Dr. Shishir Nigam (Clan Chief), Dr. Pooja Khurana (Vice Clan Chief) of Clan Watersharks. She also acknowledged the efforts of senior functionaries of MRIIRS in keeping students and faculty constructively engaged during this difficult time and thanked the audience for participating wholeheartedly. She also applauded the efforts of Dr. Prerna Kakkar, Faculty coordinator Water Sharks EECE ,FET in bringing our respected guests of the day, Shivam Sharma, Aditi jain, Anusha Mehta, DhruvSoni, Aarushi Jain, SunitBasak for working tirelessly on this event.

Dr. Pooja Khurana concluded the webinar by thanking all the dignitaries, students and staff for a successful event.

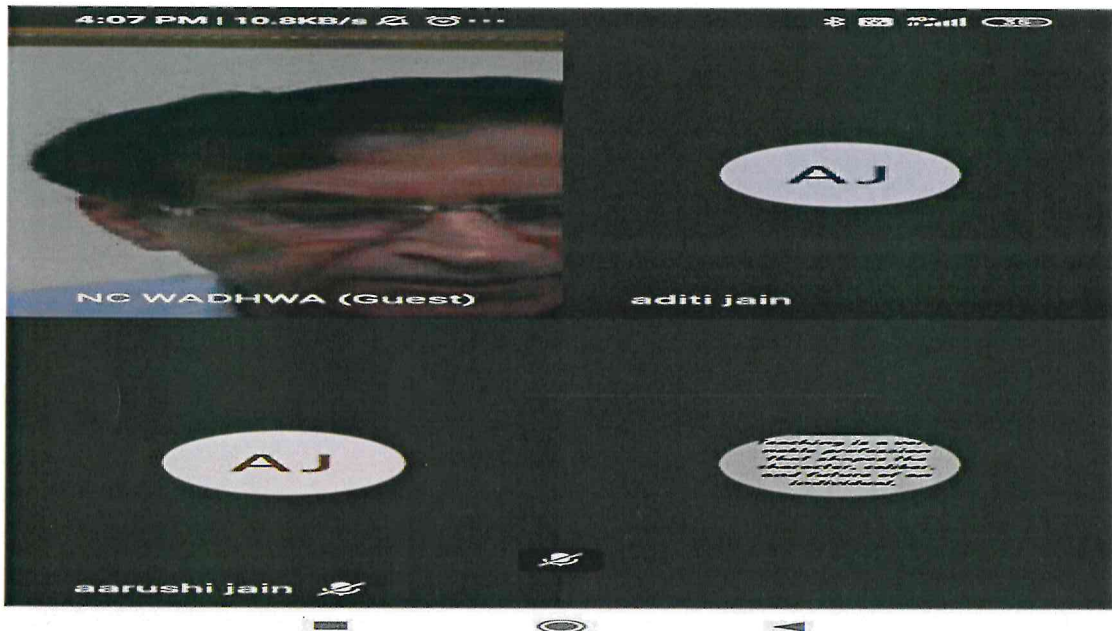


7





Workshop on Waste 'No More' Be the Change for Better



Workshop on Waste 'No More' Be the Change for Better



DAY 3

August 17, 2020

Poetry Recitation on “Environment”

“The Earth is what we all have in common.”

- Wendell Berry

Under One Nation ParyavaranSanrakshanGatividhi, Clan Forest Rhinos organised a Poetry Recitation Competition on Environment. The participants were asked to recite or write a poem which can be self written or can be taken from any other platform. We gave around 3-4 days to them to get involved in this competition and do their best. The competition was released on the Instagram official handle(@forest_rhinos) and was also shared on the whatsapp groups. This event was a success. We got 25 entries out of which some of the participants shared videos and audios too. The environment gives us countless benefits that we can't repay our entire life. As they are connected with the forest, trees, animals, water, and air. The forest and trees filter the air and absorb harmful gases. Plants purify water, reduce the chances of flood, maintain natural balance and many others. With all due respect, we should involve ourselves in the activities to preserve and conserve our environment. We should spread awareness to save and nurture our environment.

The competition was open to all age groups. No boundaries were set up. Our main motive was to awake the people around for the protection of the environment.

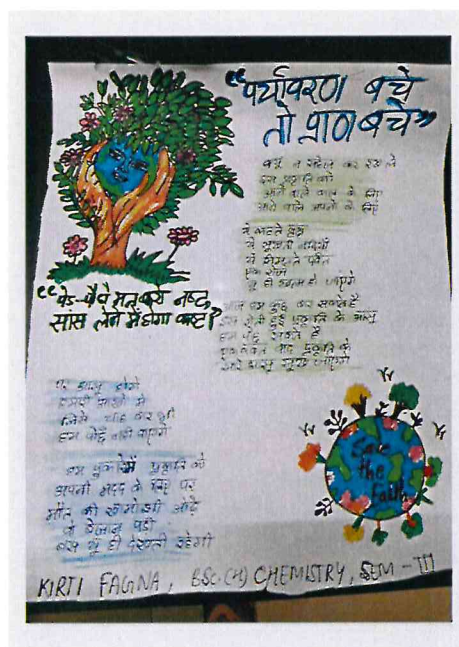


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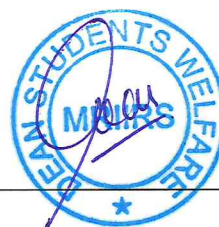
Participant during Poetry Recitation



Poem submitted by Participant



10



DAY 3

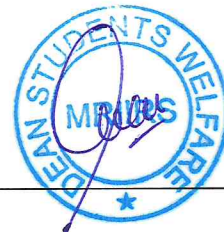
August 17, 2020

Mega Plantation Drive

Under the aegis of Dr OP Bhalla Foundation in One Nation ParyavaranSanrakshanGatividhi week5000 saplings (500 each village) of trees like Guava, Jamun, Chakreshia, Sheesham, Neem, Kaner, Alstoniya, Kachnar, Curry Plant, Raatrani, Peepal, Arjun and Amla were distributed amongst the adopted villages of Manav Rachna. The beneficiary villages were Mohna, Heerapur, Nariyala, PanheraKhurd ,Maujpur, Fatehpur Chandila, Mewla, Pali, Ankheer, Anangpur. These saplings will be planted on the periphery of the Village Ponds, and in Schools, Community Center and other common buildings under the Village Panchayat.

Everyone from the village took part in the drive and it is very good to witness such an enthusiastic people around in different villages. Villagers were very happy to receive plants and they took the pledge to save the environment and plant the trees in their locality and take good care of them.

The drive was conducted by Ms. Vaishali Mathur- Program Coordinator and Mr. Sachin Aneja Manager ISR (Team Dr. OP Bhalla Foundation).





Mega Plantation Drive

17 August 2020

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Mega Plantation Drive



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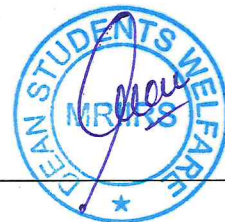
Mega Plantation Drive
17 August 2020
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Mega Plantation Drive



Mega Plantation Drive
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Mega Plantation Drive





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Mega Plantation Drive

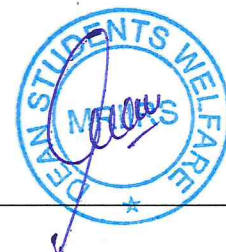


Mega Plantation Drive
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Mega Plantation Drive



14



DAY 4

August 18 2020

Short Film Making Competition “Water –An Essence of Life”

Celebrating “One Nation: ParyavaranSanrakshanGatividhi” week 15 August-22 August2020, Clan Water Sharks ,Department of Student’s Welfare organized a Short Film Making Competition on the topic “Water -An Essence of Life” in association with Dr. O. P Bhalla Foundation and Media partner Radio ManavRachna 107.8 FM on 14 August, 2020 results of which were declared on 18 August, 2020.The esteemed judge for the competition was Dr.Sunita Bansal, HOD-Civil, FET, MRIIRS who provided us with her precious time andefforts.

The Short Film Making Competition was organized with an intention to celebrate the presence of the beautiful resource known as Water which makes Life possible on the Planet. A resource without which survival is impossible. Existence of Water seems almost like a mystery yet we use it every day. It helps in nurturing the life but since past few decades many challenges have been arising in concern to the precious and scarce resource. Keeping the value and concerns related to Water the competition was organized to let the creativity of students show up in depicting the various thoughts related to Water.

The Competition was announced on 14 August, 2020 and invited entries till 12:00 PM on 18 August, 2020 result of which was announced on the Instagram page of the Clan Water Sharks. The Competition was promoted on the Social Media pages related to the Clan and the Institute. Prizes were also mentioned for the 1st and 2nd position holders in the form of Rs.1100 and Rs.400respectively.

Link for Google Drive-

https://drive.google.com/drive/folders/0B7_sNb6xkpXifjFXd3pJX0djbTZsalJpdl95NjRIaldHckZPSXA1cVZyVEgxOW51UnMwY2c?usp=sharing



15



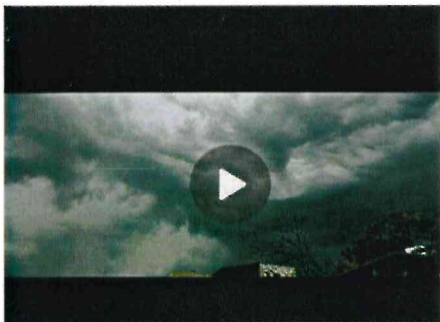
The event concluded on 18 August,2020 by declaring the Name of the Winners of the Competition and awarding them the prizes. The entries by the participants showed their diverse yet beautiful thoughts on the topic in the form of creative ShortFilms.

Winners:-

1st Winner:- Ankur Sharma



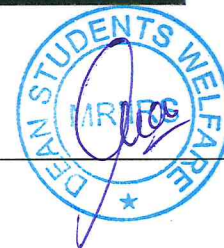
2nd Winner:- Anshul Sharma



Appreciation:- Dhaneshwar Singh and Shubham Sharma



16



DAY 5

August 19, 2020

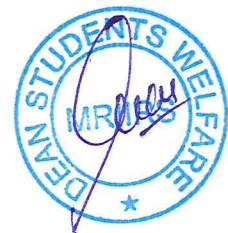
Me & My Cycle: Save Environment

Team Air Falcons, Department of Students Welfare in association with Media Partner Radio Manav Rachna 107.8FM and Dr OP Bhalla Foundation under One Nation: Paryavaram Sanrakshan Gatividhi organised "ME AND MY CYCLE - Riding cycle burns fat not oil", Share a photo with the motto awareness drive. All the participants shared their photograph while riding a cycle and a two liner quote.

Many students from other colleges also participated.



(18)

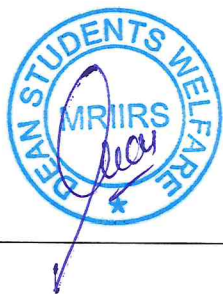


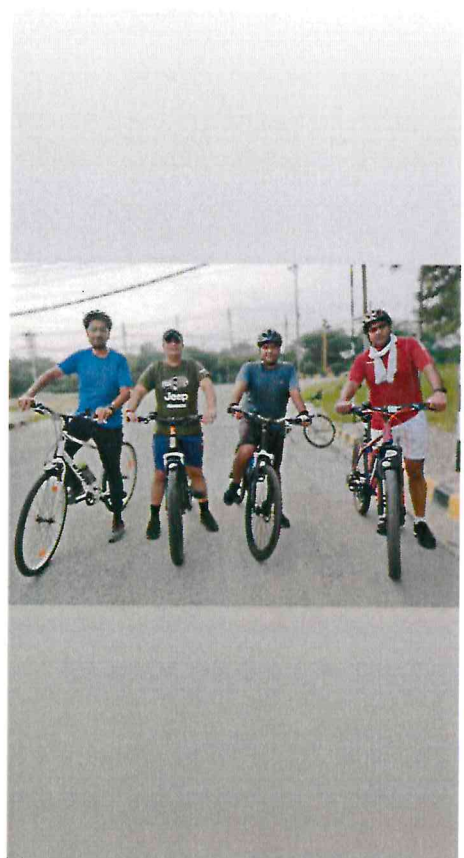


Participants during the Cycle Event



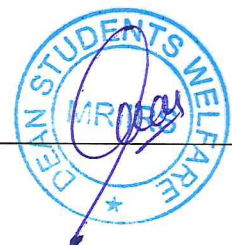
19





Participants during the Cycle Event

20



DAY 5

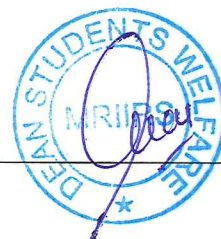
August 20, 2020

Best out of Waste and Poster Making

Under One Nation Paryavaran Sanrakshan Gatividhi, Clan Wildcats Organised a Best Out of Waste Competition – JUGAAD The objective of the competition was to create love for environment by making best out of waste with help of recyclable things. Making the best out of waste has been a part of human life since the early ages. It was the human creative mind that gave birth to this extraordinary idea of using unwanted material in a useful way. The competition displayed creativity of the participants and developed sense of love for environment. This event was a great success, we got 83 entries and this competition was open for all age groups. We gave around 5-6 days to them to collect waste items from their home to make the product. The competition was released on the Instagram official handle(@clan.wildcats) and was also shared on the WhatsApp groups. Participants used their imagination and creativity to make innovative things. Participants used plastic bottles, threads, un-used wool, beads, old newspapers, thermocol glasses, old CD etc. All these things which are waste in our day to day life were used in constructive manner and variety of things were made from them. Participants made photoframes, wall hangings, automatic braking system, model of bike with newspaper, handmade sheets with old papers, flower vases and swinging chair etc. were artistically made. The criteria for the competition was presentation, use of material, aesthetics, creativity and usability. Competition was judged by our Clan Chief (Mrs. Preeti Chhabra) , President (Ishita Gupta) , Fine Arts Head (Riya Ailawadi) and Fine Arts Coordinator (Khushi Beniwal). WINNER - Gaurav Omar (made a piggy bank with waste plastic bottles and wire) 1st Runner Up - Deepika Gupta (made a motorbike with waste newspapers) 2nd Runner Up – Vedansh Dubey (made an automatic braking system for road safety with old shoebox, sketch pen body and old charging cables) (some of the entries) This activity helped to enhance not only creativity and presentation skills of the participants but also helped them to realize the importance of recycling and reusing waste material available to them.



22



THE RIVER SPEAKS

How do you hear
 anything if there's noise
 while all they are speaking
 about the world
 around you?

How do you hear
 anything if so still, so
 quiet?

While the insects are
 crawling under your skin.

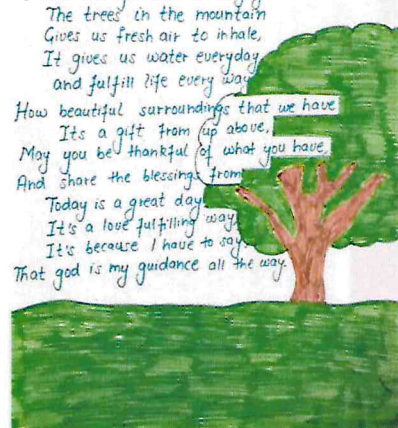
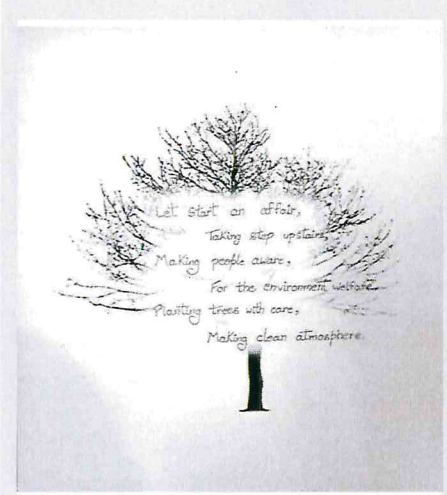
Some found it safe
 to have a heart
 You can call home
 Not you
 Not now.

ABT Ambore.

As I wake up in the morning
 I saw the sunshine in the window
 As I go in the garden
 I saw the flowers as they grow.
 The trees in the mountain
 Gives us fresh air to inhale,
 It gives us water everyday
 and fulfill life every day.

How beautiful surroundings that we have
 It's a gift from up above,
 May you be thankful of what you have
 And share the blessings from

Today is a great day
 It's a love fulfilling way
 It's because I have to say
 That god is my guidance all the way.

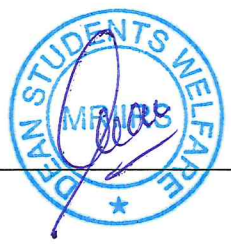



Let start an affair,
 Taking step up stairs,
 Making people aware,
 For the environment welfare,
 Planting trees with care,
 Making clean atmosphere.

Poems submitted by Participant



23




TOPIC - ENVIRONMENT

The Earth Needs You

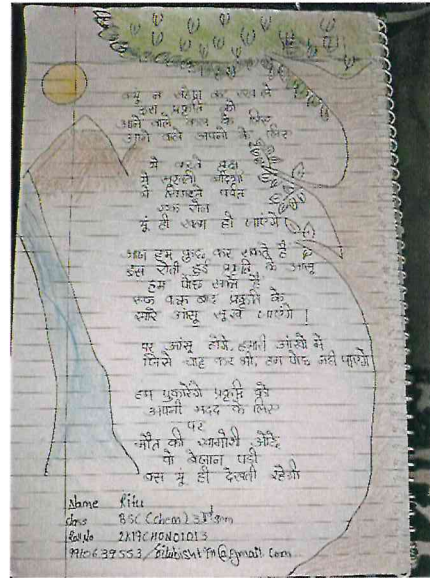
The Earth needs you
To change your ways,
Month by month
And day by day.

The changes are scary,
Just look and you'll see
The differences that can be made
By you and by me.

Single-use plastic
Lasts almost forever.
It might be cheap
But it's not very clever.



It can end up in oceans, rivers
and seas.



कृष्ण न खेती करेगा
उसका पशुपति को
उसने खाने, खाने के लिए
उसने खाने खाने के लिए

मेरे करने सब
मेरे करने सब
मेरे करने सब
मेरे करने सब

जहां हम कुछ कर सकते हैं
इस रोनी इस पृथ्वी के
हम कुछ कर सकते हैं
हम कुछ कर सकते हैं

पर जोस लोड, हमारी जमीन से
मिने यह कर भी हम कुछ कर सकते हैं

हम कुछ कर सकते हैं
आमो भद्र के लिए

पर
मौत को अभी भी
तो बेवान पसी
जस में ही देखती रहेगी

Name: Kite
Class: BSc Chemistry
Roll No: 21190401013
Phone: 639553, siddhant19@gmail.com

NAVIN KUMAR / MRU
B.Sc CHEMISTRY / APPLIED SCIENCE
3rd SEMESTER
9510223047 / 21190401013
navinsharma2598@gmail.com

ONE NATION : PARYAVARAN. SANRAKSHAN GATIVIDHI

प्रकृति है सौंपा हों रक्ष खजाना,
जो करता है पालन-पोषण हमारा,
जो सुरक्षित बनाना होगा,
हमें पर्यावरण को क्षति होने से बचाना होगा,

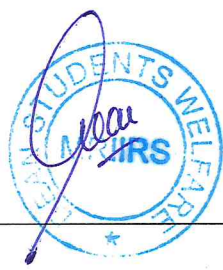
जैविक रक्ष तभी
ये संवकी है जिम्मेवारी
पर्यावरण को सुरक्षित बनाने में
जबकी है साझेदारी

पेड़ लगाने पेड़ बचाए,
जन का भी ज़िम्मेवारी करायें
ये सब हमें करना है
पर्यावरण को सुरक्षित करना है।

Poems submitted by Participant



24

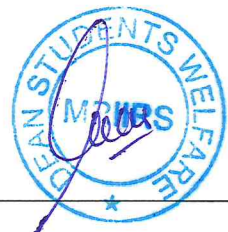




Best out of Waste



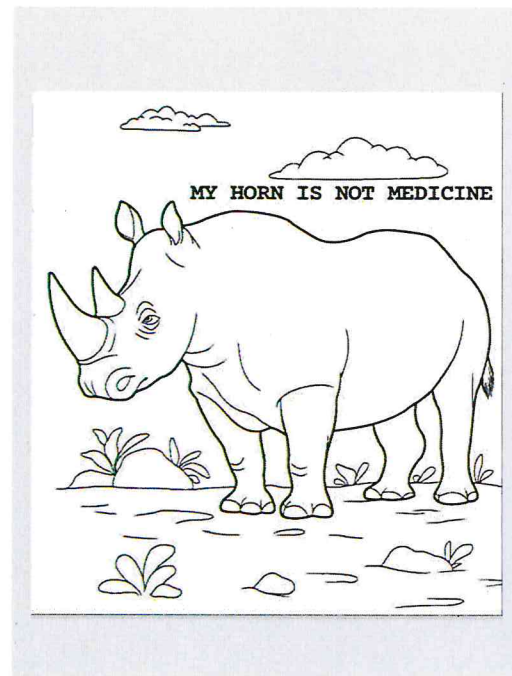
25



Under One Nation Paryavaran Sanrakshan Gathividhi, Clan Forest Rhinos organized Poster Making Competition on Endangered Rhinos. The participants were asked to make the posters using the theme ENDANGERED RHINOS. The poster can be either in digital mode or handmade mode. As our clan name depicts rhinos, we chose the theme rhinos to spread awareness amongst the people.

RHINOS are endangered due to poaching for their horns. Additionally, habitat destruction is causing rhinos to lose their homes. Finally, natural disasters and disease are also threatening the rhino with extinction. Three species of rhino—black, Javan, and Sumatran—are critically endangered. ... In Africa, southern white rhinos, once thought to be extinct, now thrive in protected sanctuaries and are classified as near threatened. But the western black rhino and northern white rhinos have recently become extinct in the wild.

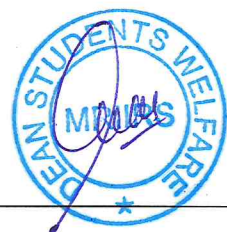
All these facts suggest that the protection of rhinos should be our foremost priority.

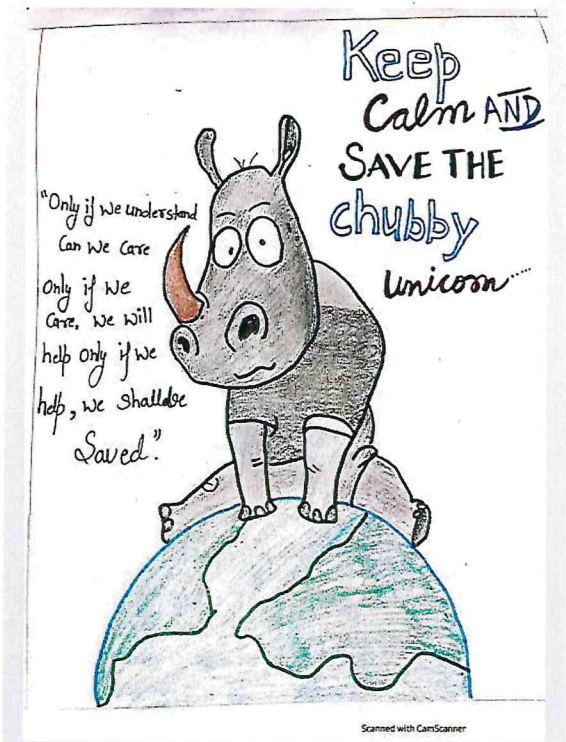


Poster Making Competition



26

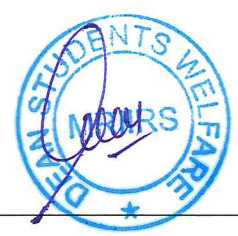


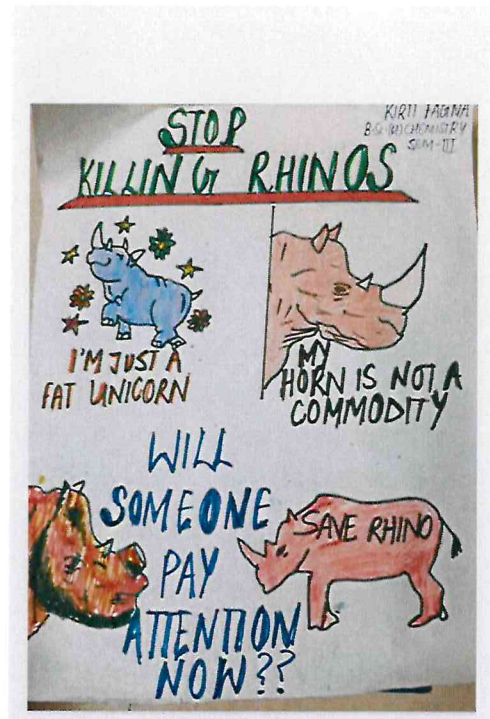


Poster Making Competition



27

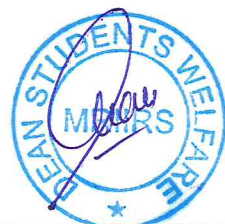




Poster Making Competition



28



DAY 6

August 21, 2020

Nurture Mother Earth : Reuse to create Wonders

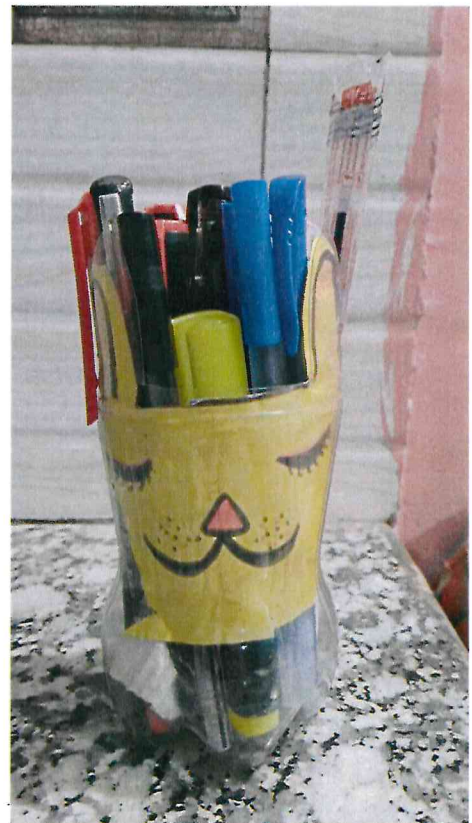
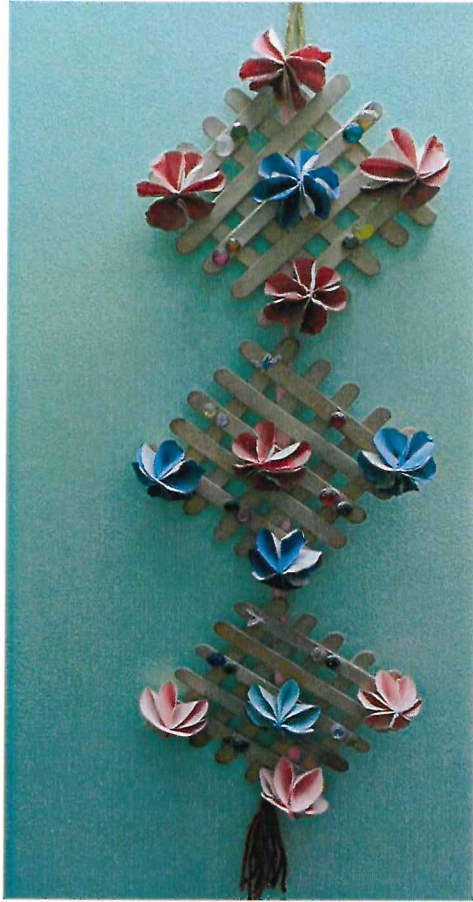
Team Air Falcons, Department of Students Welfare in association with Media Partner Radio Manav Rachna 107.8FM and Dr OP Bhalla Foundation organised an awareness drive to reduce the burden of wastes on Mother Earth. One Nation: Paryavaram Sanrakshan Gatividhi **NURTURE MOTHER EARTH- REUSE TO CREATE WONDERS**. In this students shared their photograph of reusing the existing things to make wonders out of waste and thus nurturing mother earth from added loads of waste.

The awareness drive was very successful and many students from other colleges also participated with full vigour.



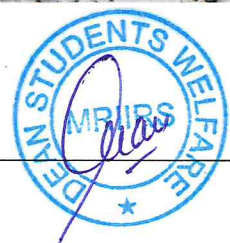
29





Product designed by Reusing the products

30





Product designed by reusing the products



31

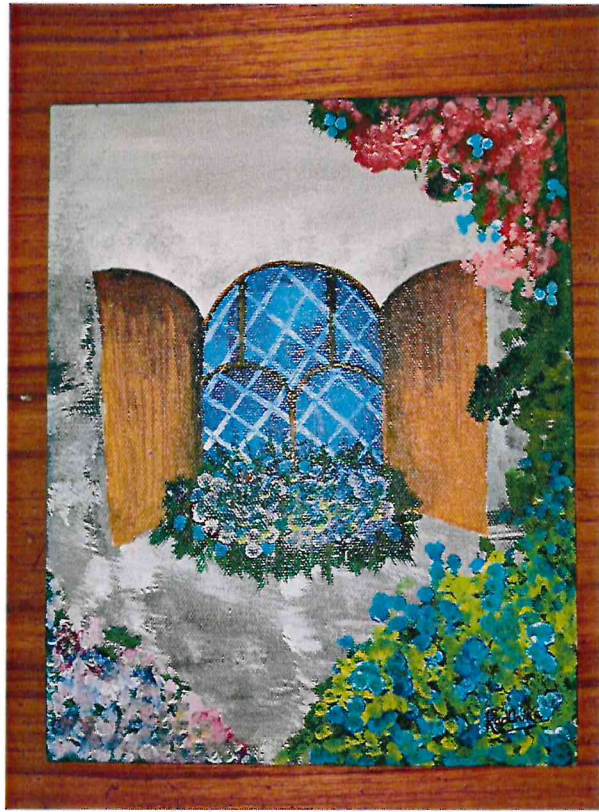




Product designed by reusing the products

32

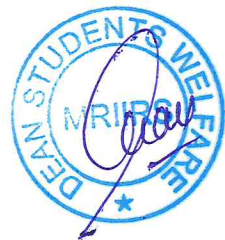




Product designed by reusing the products



33



DAY 7

August 22, 2020

Debate Competition- King of Debate

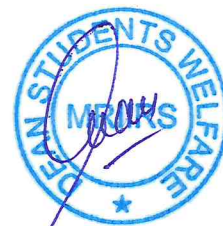
Under One Nation Paryavaran Sanrakshan Gatividhi, Clan Wildcats organized a Debate competition- KING OF DEBATE. The aim of the debate competition was to discuss the views about the ban of plastic boons or banes for the environment as well as the animals. Debate is a great way for engaging students and helping them to understand the critical issues of the surrounding . It can nurture rational thinking , citizenship, persuasion and public speaking. The debate competition engaged the students in relevant learning of the topic and organization of their thoughts which can create awareness for our environmental issues amongst the youth. The event got 15 entries and was open for college as well as school students . They were given 3-4 minutes to present their point and their video cameras were on. The winner got a gift voucher , e-certificate and shoutout on Instagram . The runner ups also received the e-certificates and shoutout . Participants spoke in favour and against the topic: प्लास्टिक पर रोक, पर्यावरण व जीव संरक्षण के लिए वरदान हो सकता है! The debaters were not allowed to use any electronic device or paper material . Their time limit was also taken care of by the organizing team. Some of them used props to show the recycling of the plastic. The participants in favour of the topic suggested various ways in which we can stop the use of plastic in our own way. The participants against the topic mentioned that stopping the use of plastic only will not solve the problem.

Competition was judged by our Clan Chief Dr. Preeti Chhabra and our Guest Judge Mr. Sanjay Gulati. We had Director General of Manav Rachna Educational Institutions (Dr. N.C. Wadhwa) , Dean of Department of Students' Welfare (Dr. Gurjeet Chawla) and many other faculties to witness the event.

WINNER – Vibhavesh Mishra (Shaheed Bhagat Singh College , Delhi University) spoke against the topic.



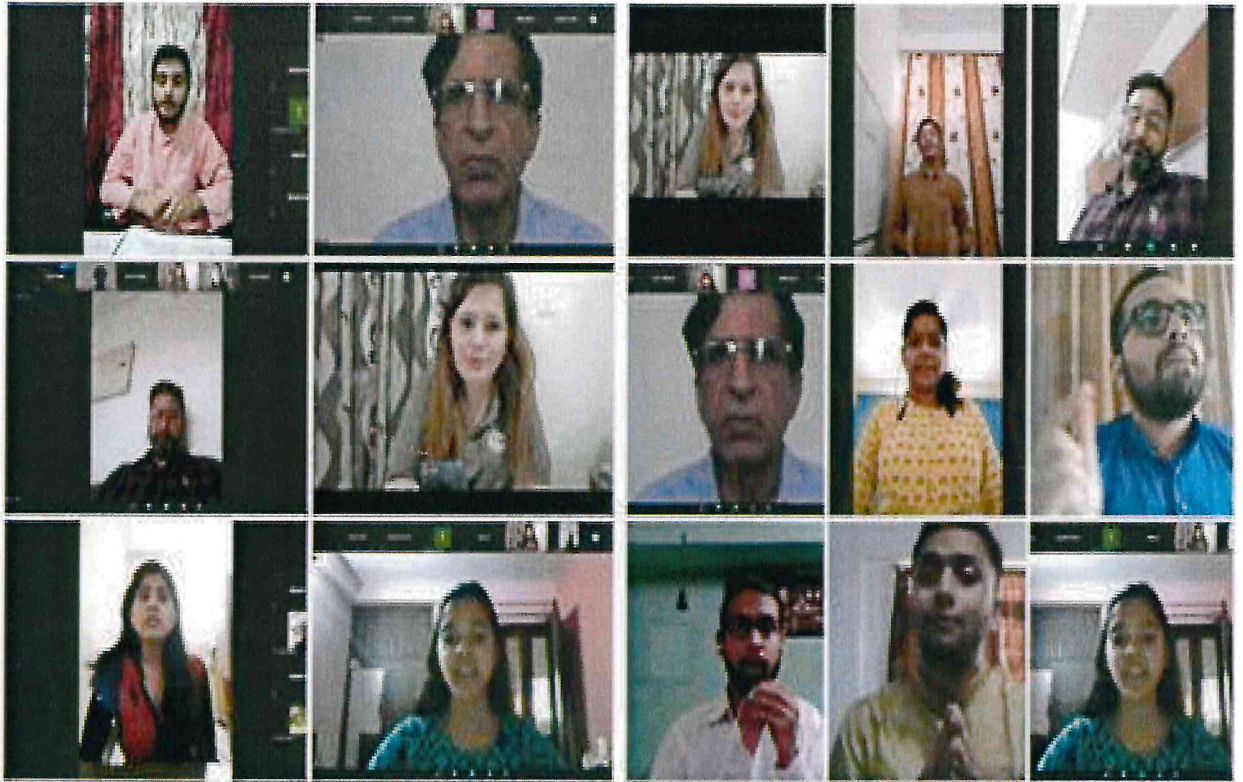
34



1st Runner Up – Parth Arora (Adarsh Jain Dharmik Shiksha Sadan , New Delhi) spoke in favour of the topic .

2nd Runner Up – Akshat Dixit (University of Lucknow) spoke against the topic .

The competitors allowed us to think beyond the limits and left an impact in the minds of the spectators.They helped us to realizetheneedtofocusonthe environmentalissues,notjustforthe survival of humans but for the animals too.



Participants during Debate Competition



35



Regarding Quiz Competition Quiz competition on Thursday, 07-10-2021 at 01:50 pm onwards

2 messages

Gurpreet Singh <gurpreet.fet@mriu.edu.in> Thu, Oct 7, 2021 at 10:00 AM
To: Mallhar.maitra@gmail.com, abhishek mangla <Abhishekmangla3@gmail.com>, rajdangwal.28@gmail.com, dhruv.gulati0123@gmail.com, gaurang_tomar@yahoo.com, nikhil.tsk446@gmail.com, akhilshan2000@gmail.com, Nikhil Chauhan <Nikhilsingh2676@gmail.com>, Mizanoor Chowdhury <saifin2536@gmail.com>, Akash_majeed20@manavrachna.net, shivamrajpoot1105@gmail.com, st944733@gmail.com, ns5255552@gmail.com, riteshkumar4995@gmail.com, aayushshadija26@gmail.com, shaktians0@gmail.com, gauravsaxena295@gmail.com, harshgupta2482@gmail.com, ankitmittal112233@gmail.com, abhijithhari2017@gmail.com
Cc: devendra FET <devendra.fet@mriu.edu.in>, sunny FET <sunny.fet@mriu.edu.in>, nitinwagmare FET <nitinwagmare.fet@mriu.edu.in>

Dear Participant,

We have received your registration form for the Swachhata Pakhwada Quiz competition to be conducted by the Department of Automobile Engineering. You are advised to join the quiz session through online mode latest by 01:50 PM dated 07-10-2021. The link to the MS Team session is

<https://teams.microsoft.com/join/19%3aCuniExgYkNXuTRB9RiliQcz70-34DcmqoobR0xy4-1Q1%40thread.tacy2/1633579921933?context=%7b%22Tid%22%3a%22b8b32acb-f158-413f-90bd-ad4479a28acd%22%2c%22Oid%22%3a%228f9b1e1e-b627-4a05-9cd5-7d83f6b76298%22%7d>

The broad area of questions will be related to

1. Development of Innovative Technologies (Automobiles)
2. Energy Conservation.
3. Breakthrough in Electric Vehicles.
4. Hybrid vehicles as a means of sustainable transportation.

The quiz link will be provided in the MS Team session only and shall remain active from 02:00 PM till 02:40 PM. There will be 40 questions in all. May sure to submit the quiz by or before 02:40 PM. The quiz can't be submitted after 02:40 PM. The results will be posted to you only after 03:00 PM.

Wishing you all the best for the Quiz and hope, you shall have an excellent learning experience with us.

Thanks & Regards,

Gurpreet Singh Matharou
Asst.Professor-Automobile
Event- Coordinator
Faculty of Engineering & Technology,
Manav Rachna International Institute of Research and Studies
(Deemed to be University)
Faridabad, Room No CUG08
Tel (O):0129426 8732
Mobile No 9413067409
<https://orcid.org/0000-0003-4899-633X>

SAVE PAPER, SAVE EARTH! KINDLY DON'T PRINT THIS DOCUMENT UNLESS ABSOLUTELY ESSENTIAL.

Mail Delivery Subsystem <mailer-daemon@googlemail.com>
To: gurpreet.fet@mriu.edu.in

Thu, Oct 7, 2021 at 10:00 AM



Date 07/10/2021

Report on Swachhata Pakhwada quiz competition

Department of Automobile Engineering had conducted the Swachhata Pakhwada Quiz program for the students, On 07th October 2021. The Session starts with a Welcome note by Dr. Devendra Vashist (Head of the Department- Automobile Engineering), who explains the program itinerary and gives insight into the importance of broad topics for the quiz.


Mr. Gurpreet Singh Matharou (Asst. Professor-Automobile), who is also the event coordinator, explains the procedure and related technicalities for the conduct of the online quiz. The online quiz was conducted through Microsoft Forms. Twenty-eight students from different departments have actively participated and undertaken a quiz comprising 40 questions. The quiz questions were selected from four broad areas:

1. Waste Recycling.
2. Energy Conservation.
3. Breakthrough in Electric Vehicles.
4. Hybrid vehicles as a means of sustainable transportation.

Mr. Aayush Sadija 1/19/FET/BAU/001 scored the highest marks (34/40) and scored the first position followed by Mr. Gaurang Tomar 1/19/FET/BAU/004 (33/40) on the second position and third position jointly secured by Mr. Pratham Dawar 1/19/FET/BAE/008 and Mr. M. Akhilesh 1/19/FET/BAU/002 scoring (31/40) marks. The students appreciated the efforts made by the department and requested more such informative quizzes in the future. The meeting culminated after a vote of thanks from Mr. Gurpreet Singh Matharou (event coordinator).

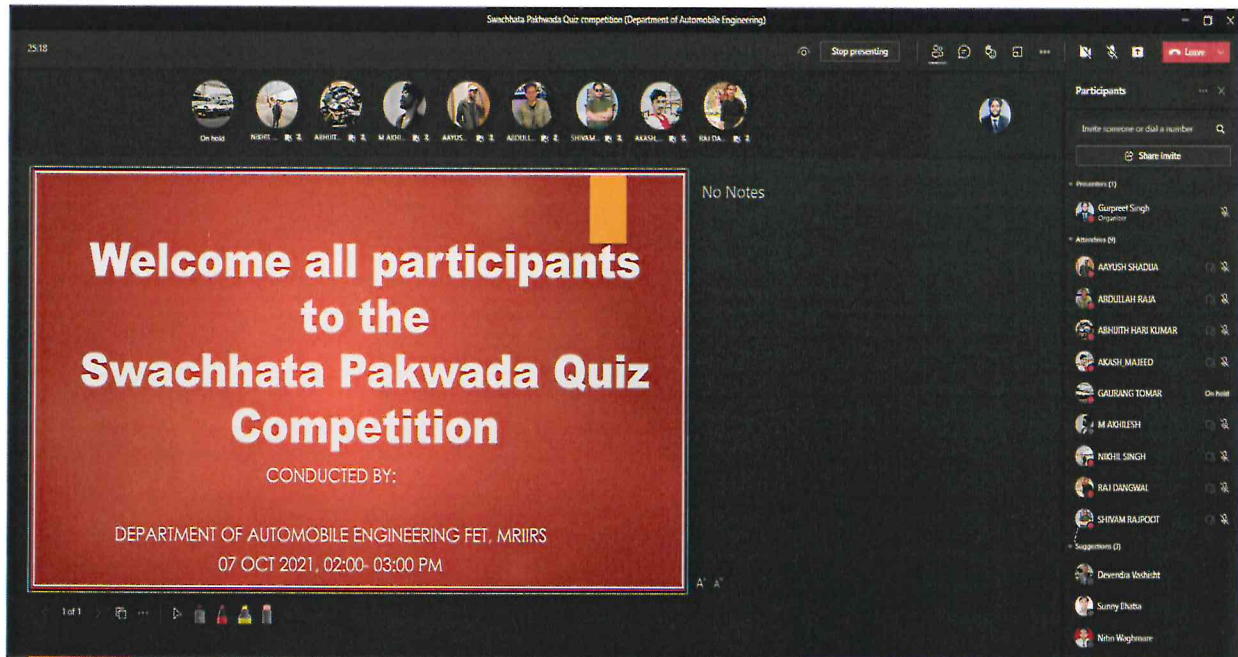
The list of participants is attached in **Annexure 1**

Few photos from the Session are attached in **Annexure 2**

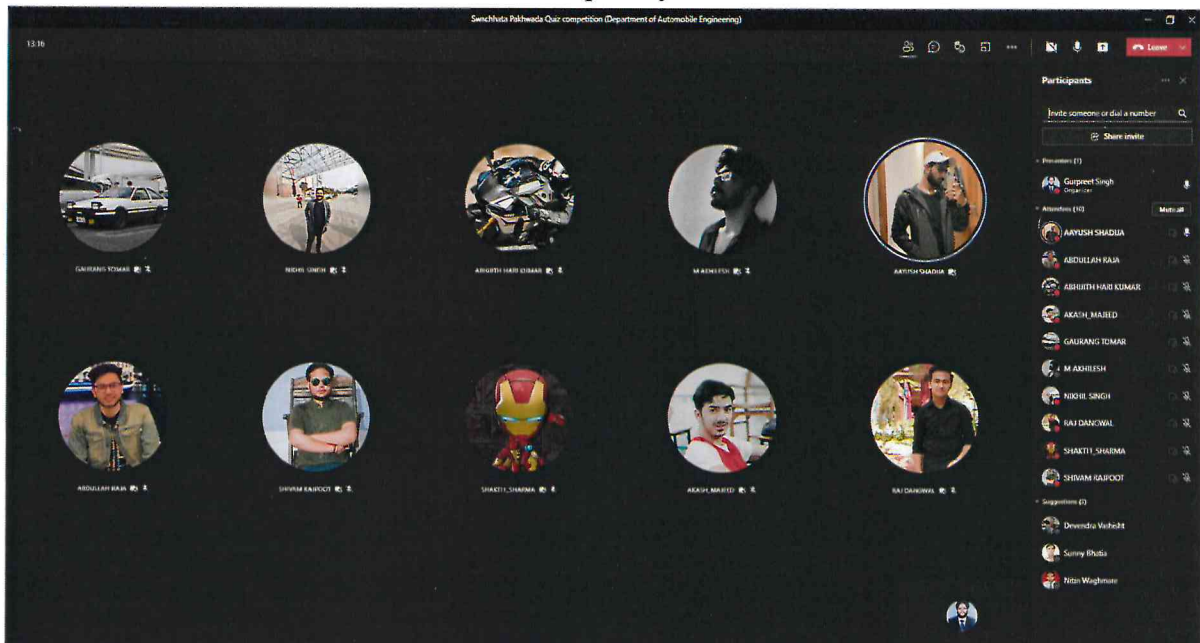

Dr. Devendra Vashist
Prof & Head (Auto)



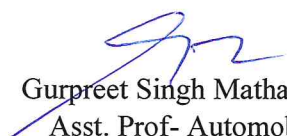
SNAPSHOTS OF EVENT PROCEEDINGS



Welcome to all Participant by HOD Automobile



Online instruction for participants


Gurpreet Singh Matharou
Asst. Prof- Automobile
Event Coordinator





vimlesh FET <vimlesh.fet@mriu.edu.in>

Fwd: Noitce for A life skill session on International Yoga Day Celebration

amana FET <amana.fet@mriu.edu.in>
To: vimlesh FET <vimlesh.fet@mriu.edu.in>

Wed, Feb 2, 2022 at 12:01 PM

Dear Madam

Please take its print out.

Thanks and Regards
Amana Yadav
Assistant Professor
ECE Deptt.
FET, MRIIRS
9891237645

----- Forwarded message -----

From: **amana FET** <amana.fet@mriu.edu.in>
Date: Wed, June 16, 2021 at 11:57 AM
Subject: Noitce for A life skill session on International Yoga Day Celebration
To: <aayushsoni65481@gmail.com>, <abhinavkumarpal890@gmail.com>, <itsaadi.mishra60@gmail.com>, <ajayderangula11@gmail.com>, <akhisingh1534@gmail.com>, <1999anishraj@gmail.com>, <arshitamadan@gmail.com>, <arunabh18singh@gmail.com>, <amansunny140@gmail.com>, <divyanshsec23@gmail.com>, Dr. Abhiruchi Passi <abhiruchi.fet@mriu.edu.in>, <gargishodangi@gmail.com>, <ishikaakumar09@gmail.com>, <joy.singh769@gmail.com>, <krishnagullapali@gmail.com>, <mansivarshney22@gmail.com>, <dhruvchopra704@gmail.com>, <gautamparv@gmail.com>, <rohitrajput9818@gmail.com>, <sagarkc9999@gmail.com>, <saurabh.raturi.999@gmail.com>, <sudhanshukumarjha2109@gmail.com>, <surajkumarsingh326@gmail.com>, <yadavgagan000@gmail.com>, <yashbhar227@gmail.com>, <herovats166@gmail.com>
CC: "Dr. Abhiruchi Passi" <abhiruchi.fet@mriu.edu.in>



Dear Students

The Department of Electronics and Communication Engineering, Faculty of Engineering and Technology, Manav Rachna International Institute of Research & Studies, Faridabad, is organizing a life skill session on "International Yoga Day Celebration" by **Mr. D. C. Chaudhary**, (Hastmudras Wellness Yoga & Astro Educator) on 21st June, 2021 from 10:00 am to 11:00 am in online mode. The purpose of the interaction is to celebrate International Yoga Day and give the knowledge to the students about benefits of Yoga in our daily life.

We hereby extend a cordial invitation to the students of B.Tech ECE 2nd year & faculty members to attend the session. Interested students have to register for the event to the event coordinator by 18th June, 2021 positively.

Name of the speaker: Mr. D. C. Chaudhary

Occupation: Industry

Designation/ organization: Hastmudras Wellness Yoga & Astro Educator

Time: 10:00 am to 11:00 am

Venue: Online mode

Participants: 2nd year students

Event Coordinator: Dr. Amana Yadav

Thanks and Regards

Amana Yadav

Assistant Professor

ECE Deptt.

FET, MRIIRS

9891237645

Amana
(Event coordinator)





Manav Rachna International Institute of Research & Studies
(Deemed to be university)
Faculty of Engineering & Technology
Department of Electronics and Communication Engineering

A report on "International Yoga Day Celebration" dated 23.6.2021

Department of Electronics and Communications Engineering, Faculty of Engineering & Technology, Manav Rachna International Institute of Research & Studies held a life skill program for the students of Electronics and Communication Engineering Department on 21.6.2021. The resource person for the interaction was **Mr. D. C. Chaudhary**.

Mr. D. C. Chaudhary is working as Hastmudras Wellness Yoga & Astro Educator. He interacted with 2nd year students and gave a very knowledgeable session on benefits of Yoga in daily life. The students were really benefitted from the vast experience of Mr. Pawan and his knowledge. This event had created awareness regarding traditional Indian practices where many breathing exercises were taught to the audience. At the end, an interactive session was taken by Mr. D. C. Chaudhary, where he discussed problems faced by students and faculties on a daily basis. He shared his thoughts and views about the celebration of Yoga day around the globe, he also shared that Yoga is being practiced in India since ages.

Aman

Pawan
HOD - ECE



A few Glimpses:

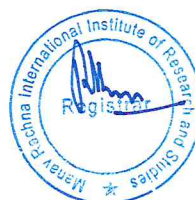


A life skill session on “International Yoga Day Celebration” on 21.6.2021



A life skill session on “International Yoga Day Celebration” on 21.6.2021

Aman



Praveen
HOD - ECE

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
FACULTY OF MEDIA STUDIES AND HUMANITIES
Department of English

Reference No. MRIIRS/FMeH/English/2021 /11

Date: 01.06.2021

NOTICE


Department of English, Faculty of Media Studies and Humanities is going to organize a Model Presentation in the celebration of Environment Day on 4th June 2021, Friday. This activity is conducted to create awareness among the students to upgrade their skill set for future endeavors. All the registered students are requested to be present for this presentation.

Venue: Microsoft Teams

Timings: 11 a.m.

Date: 04.06.2021

Dr. Jayashree Hazarika is requested to organize and co-ordinate the same. All interested students of BA English 2019 batch can attend the event.


Dr Shivani Vashist
Professor & HOD
Department of English
FMeH, MRIIRS

Copy to

1. All faculty members of the department



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
FACULTY OF MEDIA STUDIES AND HUMANITIES
Department of English

Date: 04.06.2021

Report on Model Presentation in the celebration of Environment Day

Department of English, Faculty of Media Studies and Humanities, conducted a Model Presentation in the celebration of Environment Day on 4th June 2021, Friday through Microsoft Teams. This Competition was conducted in order to engage students to become creative and to realize the need of protecting the environment.

World Environment Day is celebrated annually on 5th June and is the United Nations' principal vehicle for encouraging awareness and action for the protection of the environment. First held in 1974, it has been a platform for raising awareness on environmental issues such as human overpopulation, global warming, sustainable consumption and wildlife crime. World Environment Day is a global platform for public outreach, with participation from over 143 countries annually.

The participants were judged by **Dr. Jyoti Chawla**, Professor and Head of Department of Allied Sciences at Manav Rachna International Institute of Research & Studies, Faridabad. She was very appreciative towards the participants. **Dr. Jayashree Hazarika** was the faculty coordinator who dedicatedly encouraged the students to complete their models. Ms. Srishti Rai and Ms. Leeharika Jindal, students of B.A.(Honours) English - 2nd semester were the student coordinators of the activity. Each and every student did a commendable job and announcing winners was really a tough decision.

First Position was bagged by Pargat Deori. The topic for his model was "Waste Management and Importance of 3R". The model was introduced us to the concept of waste management and then went to highlight the 3R principle of waste management i.e. reduce, reuse and recycle. The model showcased three examples for each section of the 3R principle.

Two groups held **second position** simultaneously. One group was of Leeharika Jindal and Srishti Rai and other was of Prabhneet Kaur and Vani Jaiswal. The topic for Leeharika and Srishti's group was "Plastic: A Global Threat". The model was introduced to us with the concept that how plastic is a threat for our ecosystem and how besides polluting the environment it is also fatal for human beings and wildlife. They further told us how we as citizens can help to cut down the unnecessary production of plastic waste. The topic for Prabhneet and Vani's group was "Study of Simple Ecosystem". An Ecosystem is a geographic area where plants, animals and other organisms work together to form a bubble of life. They divided their project in three parts showing different aspects of ecosystem - plant life, animal life and human life.

Third Position was shared between Simarjeet Kaur and Priya Vashisht. The topic for Simarjeet's model was "Study of mountain areas". This project focused on the vegetation and plantation in the hilly region. The model was an illustration of the most used farming method in mountain areas i.e. Terrace Farming. The steps formed are the main cultivation areas. The cultivation on



these cliffs are the main source of employment for the people in hilly areas. The topic for Priya's model was "Waste Water Management ". Through her model she showed us that water is a valuable resource and how the renewal of waste water can be helpful in many ways.

It was a very interesting and eye opening event. A total of 27 students of BA English second semester participated in the event. The HOD of English **Prof. Shivani Vashist** attended the whole event and appreciated the students for their hard work and creativity. The Dean of FMeH **Prof. (Dr) Maithili Ganjoo** also enjoyed the models and showed her pleasure at conducting such varied activities by the Department of English. The students too were wholeheartedly involved in the model presentation and showed their love and awareness towards the Environment.

Microsoft Link is below:

<https://teams.microsoft.com/join/19%3a345c3a4c9e7848c683750c37e40a9726%40thread.tacv2/1621232937785?context=%7b%22%2c%22%3a%22b8b32acb-f158-413f-90bd-ad4479e28acc%22%2c%22Oid%22%3a%22ef0ad4f0-0430-4303-8b62-9105935f69c7%22%7d>

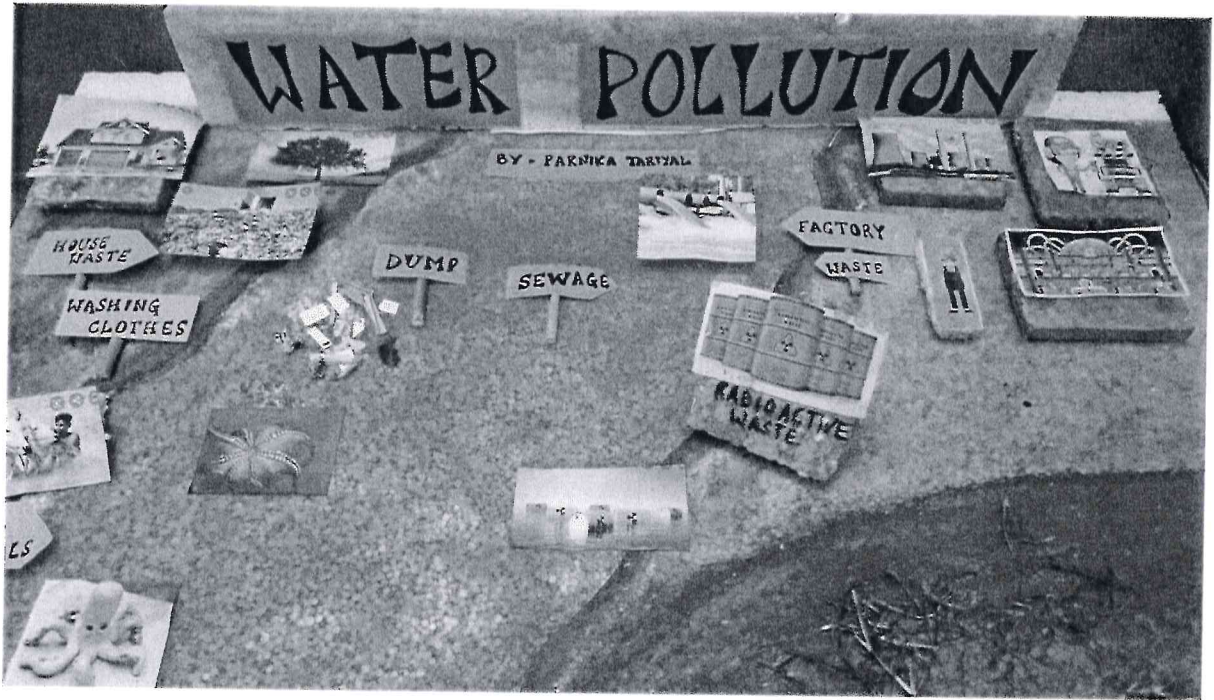


Dr. Jayashree Hazarika

**Coordinator
Department of English
FMeH, MRIIRS**

To,
The HOD,
Department of English, MRIIRS





Model Presentation in the celebration of Environment Day on 4th June 2021, Friday

PT





MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
FACULTY OF MEDIA STUDIES & HUMANITIES
DEPARTMENT OF JOURNALISM & MASS COMMUNICATION

Ref: MRIIRS/ FMeH/ JMC/21-22/05

Date: 18/10/2021

CIRCULAR

"RALLY & NUKKAD NAATAK- AAO BHAI AAO BHAI"

This is to inform you that the department of Journalism and mass communication, FMEH, is going to conduct a Rally & Nukkad naatak on Swachata Pakhwada on 18th October, 2021. It is mandatory for all the students of BA-JMC 1st Semester to attend the Rally.

Dr. Aman Vats
HOD, JMC, FMeH, MRIIRS

To:

1. For information on all Notice boards
2. Faculty Members

CC: Dean, FMeH



REPORT ON "RALLY & NUKKAD NAATAK- AAO BHAI AAO BHAI"

DATE: 20TH OCTOBER 2021

The students of the Department of Journalism and Mass Communication staged a 'Nukkad Naatak' along with a Swachata rally to create awareness about saving the environment, keeping our surroundings clean and to ban the use of plastic on 20th October 2021. This was done as part of the initiative Swachata Pakhwada.

The Naatak was held at the Chai Garam in the campus. And the rally was flagged off from the F Block with the slogan, 'Say No to Plastic'. Students enthusiastically took part in the rally with various slogans and posters showing the dangers of plastic. A few slogans which attracted the students across the campus were, 'Plastic Hatao, Duniya Bachao- Duniya Bachao-, Plastic Hatao'.

The play focused on scenarios showing how plastic has taken over our lives and how people knowingly/ unknowingly litter places.

"Swachata is a way forward for us to live. Plastic is consuming the mother earth and we must act now," said Mr Ayush, who anchored the play. Over 150 students from various departments watched the play. The faculties were also part of the rally along with Prof Dr Maithili Ganjoo, Dean, FMeH and Prof Dr Aman Vats, Head, DJMC. While addressing the students, Prof. Ganjoo sensitized the students and the faculty on how the use of plastic can be minimised to eventually achieve the collective goal of a 'plastic free earth'. This inspired the students to take part more enthusiastically.

The programme was organized under the supervision of Ms Ankita Bharti and Mr Kalyan Srinivas Raygalla.



PHOTOS ENCLOSED



Rally and Nukkad Naatak
20 Oct 2021
Lat:28.450500527747334, Long:77.28411117585007

Students participating in the Rally



Rally and Nukkad Naatak
20 oct 2021
Lat: 28.450649260894163, Long:77.28533012385265

Students participating in the Rally

by





Rally and Nukkad Nataak

20 Oct 2020

Lat: 28.45083916219775, Long: 77.28533130937173

Students performing the Nukkad Natak



By



**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
FACULTY OF MEDIA STUDIES & HUMANITIES
DEPARTMENT OF JOURNALISM & MASS COMMUNICATION**

Ref: MRIIRS/ FMeH/ JMC/21-22/03

Date: 10/08/2021

CIRCULAR

SESSION ON CREATIVE AEROBICS

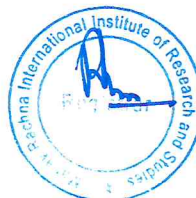
This is to inform you that the department of Journalism and mass communication, FMEH, is going to conduct a webinar on creative Aerobics on 16th August, 2021. It is mandatory for all the students of BA (JMC) & MA (JMC) to attend the online lecture on Zoom.

**Dr. Aman Vats
HOD, JMC, FMeH, MRIIRS**

To:

- 1. For information on all Notice boards**
- 2. Faculty Members**

CC: Dean, FMeH



REPORT WEBINAR ON CREATIVE AEROBICS

Date: August 16, 2021

The Department of Journalism and Mass Communication, FMeH, organized a webinar on “Creative Aerobics” on August 16, 2021 as part of the International Lecture series conducted by the department every month to celebrate the Silver Jubilee Year of the University. Prof. (Dr) Maithili Ganjoo, Dean, Faculty of Media Studies and Humanities (FMeH) delivered the welcome address emphasising the importance of the academic year 2021-22, the Silver Jubilee Year of Manav Rachna Educational Institutions. In her address Prof Ganjoo stressed on the need of globalization of the teaching learning process, which indeed is an academic extension of the Global Village doctrine given by McLuhan.

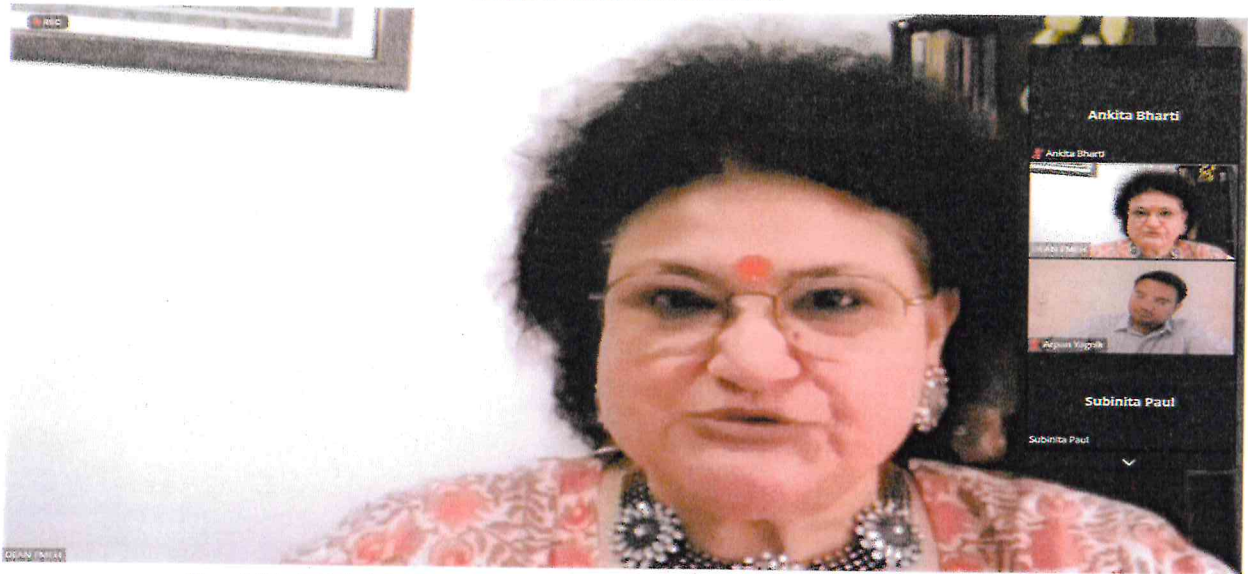
Dr Arpan Yagnik, a TEDx speaker, author, and an Associate Professor at the Pennsylvania State University, was invited to speak on the occasion. He has published numerous research articles in international journals and his co-authored book on creative aerobics is widely popular. Dr Yagnik has been recognized with many awards such as Erie's 40 under 40, BGSU's 10 under 10, Honour Roll Award, and BGSU President's Award for Distinguished Service for his outstanding achievements. Explaining the concept of Creative Aerobics, Dr Yagnik said it is an internationally proven technique for producing creative ideas and *comprises a set of mental exercises*. “It is the aerobics of the mind and works for everyone regardless of whether one is a left-brained student, a copywriter or a businessperson, or an advertising or marketing professional. It fuels and broadens the horizon of our imagination,” he said.

Encouraging the participants to tap their creative side, he said creativity is all about looking for new connections and refining and defining ideas and Creative Aerobics could help in making that happen. In a very engrossing session, he demonstrated a set of four Creative Aerobics exercises in which the attendees of the webinar participated enthusiastically. They were encouraged to look at words and concepts in new ways. They also asked him several queries ranging from how to break brain lags to implementing the creativity tests in class. Dr Yagnik urged them to break free of all shackles of routine and abandon their fear and ego. “Your new life is going to cost your old one. You have to defy yourself, the norms, the restrictions and leave the ego behind. You have to move from what it is to what isn't to achieve liberation.” The event was organised by Aditya Shukla and Mitali Mohanty under the guidance of Prof (Dr) Maithili Ganjoo. The vote of thanks was given by Dr Aman Vats, Head of Department of Journalism and Mass Communication.

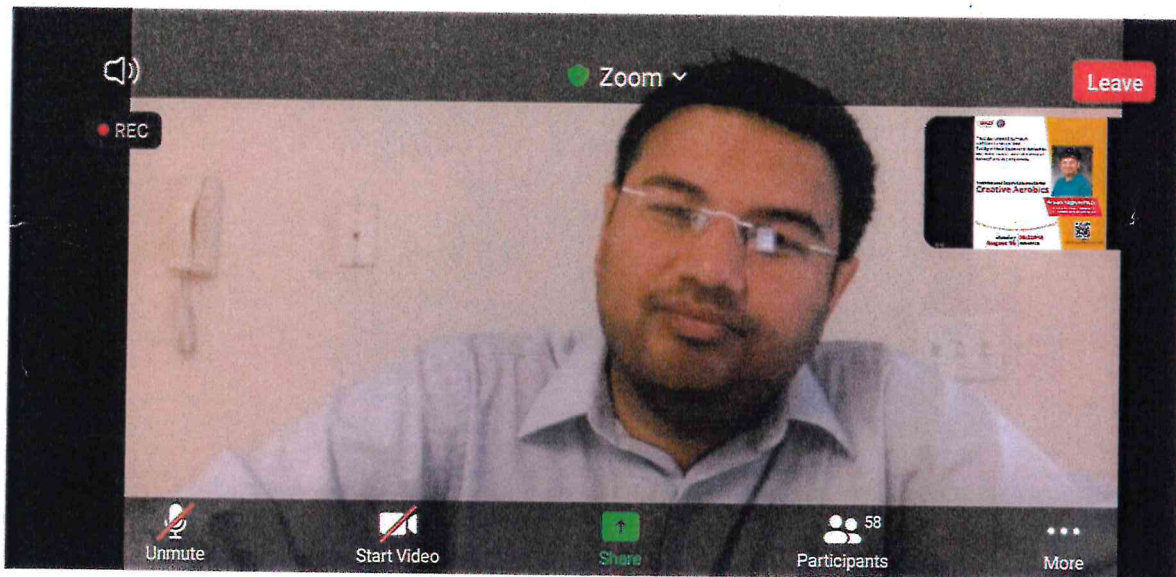




PHOTOS ENCLOSED



Prof (Dr) Maithili Ganjoo addressing the experts & participants



Dr Arpan Yagnik addressing the participants

Maithili





**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
FACULTY OF MEDIA STUDIES & HUMANITIES
DEPARTMENT OF JOURNALISM & MASS COMMUNICATION**

Ref: MRIIRS/ FMeH/ JMC/21-22/01

Date: 07/07/2021

CIRCULAR

PANEL DISCUSSION ON POPULATION GROWTH: CHALLENGES AND ISSUES

This is to inform you that the department of Journalism and mass communication, FMEH, is going to conduct a **panel discussion on population growth: challenges and issues** on 9th July, 2021. It is mandatory for all the students of BA (JMC) & MA (JMC) to attend the online lecture on Zoom.



**Dr. Aman Vats
HOD, JMC, FMeH, MRIIRS**

To:

- 1. For information on all Notice boards**
- 2. Faculty Members**

CC: Dean, FMeH



REPORT
PANEL DISCUSSION ON POPULATION GROWTH: CHALLENGES AND ISSUES

Date: July 9, 2021

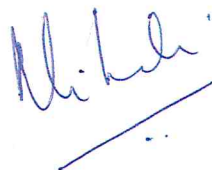
Time: 11.30 am to 1.30 pm

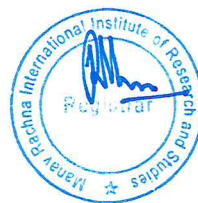
The panelists dwelt on the topic population growth and the various challenges and issues that it brought about. While Bhawna and Tushar laid down the broad framework of the theme, the magnitude and the impact, Arpita spoke on the gender aspect and Rajvi touched upon the migration issues, including the CAA, Rohingyas etc. Jaspreet spoke of how the total fertility rate was declining and that by 2048, India will only have a population of 1.6 billion, He also linked this to China's new three child policy. Swati emphasized that overpopulation was one of the major causes of underdevelopment as it causes depletion of resources that are limited, leading to impact on the environment and global economics as well.

Attendees: Students of BAJMC and MAJMC apart from faculty members.

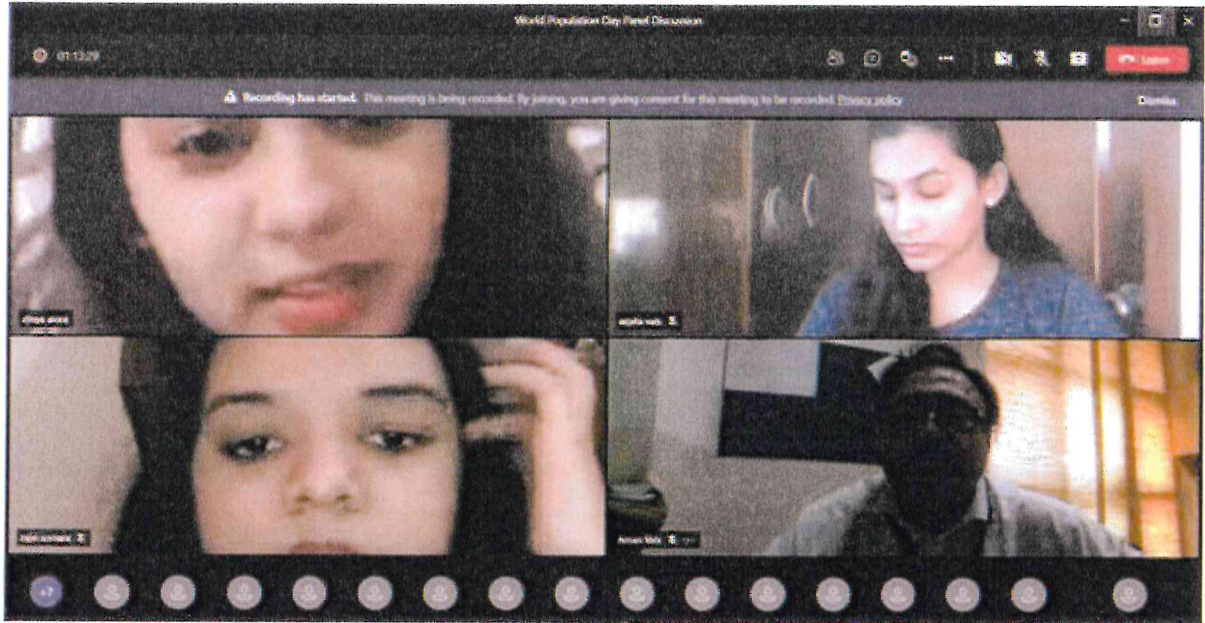
Organizers: Mitali Mohanty, Ankita Bharti and Dr Aditya Shukla under the guidance of Dr Maithili Ganjoo, Dean, FMeH.

Also attached are a few screen grabs from the event.

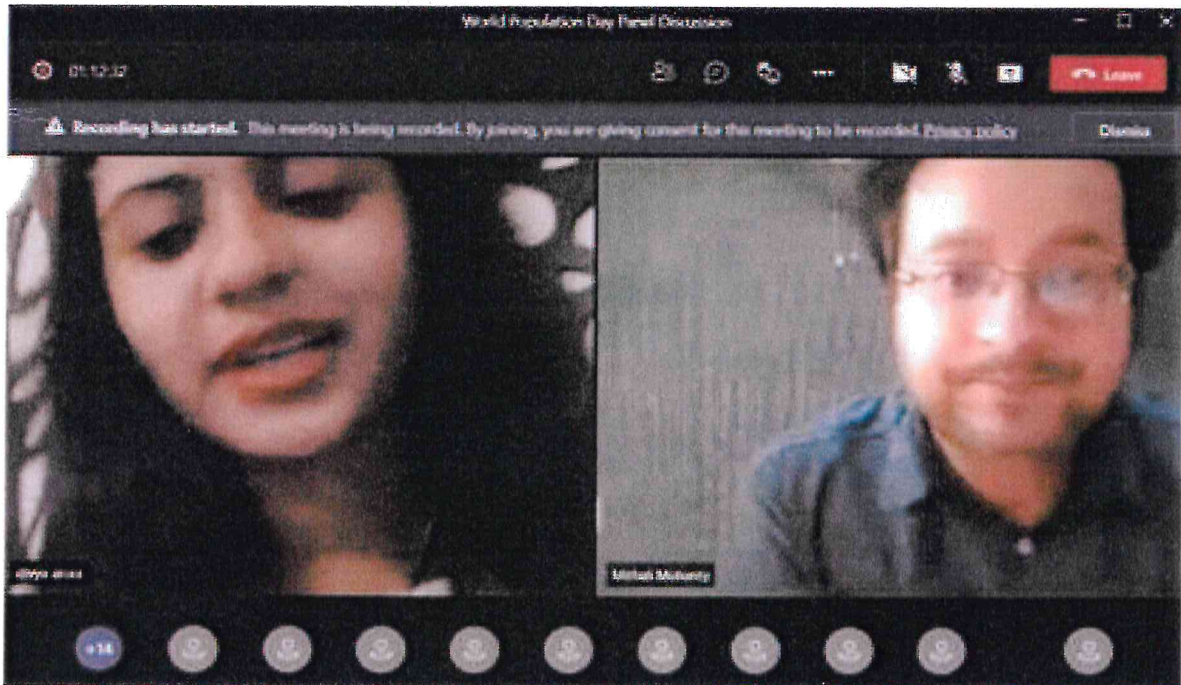




PHOTOS ENCLOSED



Students participating in the Panel Discussion



Mr. Rahul Joshi addressing the participants



Alshahi

**MANAV RACHNA INTERNATIONAL INSTITUTE OF
RESEARCH AND STUDIES
FACULTY OF ENGINEERING AND TECHNOLOGY
DEPARTMENT OF MECHANICAL ENGINEERING**

Ref No: MRIIRS/FET/MED/2021/LS/02

Date: 16.03.2021

NOTICE

As per the notification no MRIIRS/FET/MED/2021/LS/01 dated 15 March 2021 from the HOD office, it's a great pleasure to announce that Department of Mechanical Engineering is organizing one-day life skill program on **Train Your Mind**.

Venue: CG-29, C-Block, MRIIRS

Session date and time: 25th March 2021 at 10 A.M.

All interested students are requested to register for the same in advance. For any difficulty in the registration process you may contact Dr. Abhishek (room no CS-16) or the undersigned at the earliest.

For all Mechanical Engineering Students



Dr. Abhishek
Assistant Professor
Coordinator

Cc: HOD, MED

All faculty members

Notice Board



**MANAV RACHNA INTERNATIONAL INSTITUTE OF
RESEARCH AND STUDIES**

FACULTY OF ENGINEERING AND TECHNOLOGY

DEPARTMENT OF MECHANICAL ENGINEERING

REPORT

on

LIFE SKILLS PROGRAM on TRAIN YOUR MIND

To keep the brain healthy one should practice “think and learn” and requires ongoing practice for which the “Department of Mechanical Engineering” has organized a seminar on “**Train Your Mind**” and a talk on Neuroplasticity on how student can learn new things and train their brain to think or act in a way. The session was delivered by Dr. Manoranjan Nayak, Senior Consultant at Omega Hospital, Hyderabad.

The content of the current session includes:

1. Differentiate between ruminating and problem-solving
2. Labeling emotions
3. Balancing emotions with logic
4. Practice Gratitude and create a healthy mindset

The talk started with the morphology of brain and physiological functions of brain part and how the brain forms new connections between neurons (the brain cells) and each time one practice or revisit learnings, the connection becomes stronger as it becomes part of the thought process

Thinking negative and making catastrophic predictions about things one can't control, should shift to positive channels and to get the mind off the issue and keep the brain focused on more productive activities. The other tips were spending a few minutes every day acknowledging the emotional state. Label the feelings/emotions and consider how those emotions are likely to affect your decisions. When the emotions are running high, how to take steps to increase the rational thinking. Gratitude has been linked to a host of physical and psychological benefits, including happiness and making a habit of writing in a gratitude journal before bed, train the brain to look for the good in life. It could be the simplest, yet most effective way to boost your well-being.

This program will help students in practicing conversations with oneself have a profound effect on one's life. The outcome of the session was if one wants to reach to greatest potential, it's important to build your mental muscle.

A total of 73 students attended the program and they were gained the proper knowledge of strength training. The session was highly informative and participants took it in a quite positive way. Associate Dean, FET, MRIIRS and Dr. Manoj Nayak, HOD, ME, FET, MRIIRS appreciated the program. The program was well-coordinated by Dr. Abhishek Kumar ME, FET, MRIIRS.

Abhishek
Coordinator



Manav Rachna Dental College,
Department of Public Health Dentistry and Research & Innovation Catalyst
Presents

WORLD NO TOBACCO DAY 2021

CDE Program on Tobacco Cessation

THEME - COMMIT TO QUIT

📅 28th May, 2021 ⌚ 2:30 PM to 3:30 PM

— SPEAKER —



DR. VIKRANT MOHANTY

Assoc. Professor and Head of Department, Public Health Dentistry, MAIDS, New Delhi
Principal Program Coordinator, National Resource Centre of Oral health &
Tobacco Cessation, MAIDS- funded by MoHFW, GOI
Project Head of Tobacco Cessation Clinic, MAIDS, New Delhi
Medical Officer in Charge for Mobile Dental Clinic, MAIDS, New Delhi

— CHAIRPERSON —



DR. ARUNDEEP SINGH
Principal, MRDC

— MODERATOR —



DR. MEENA JAIN
Head, PHD & RIC, MRDC

— COORDINATOR —



DR ANKUR SHARMA
Lecturer, PHD & RIC, MRDC

Registration Team - Dr. Nisha Yadav (9911227035) | Dr. Akanksha Monga (9643013079)

Zoom link - <https://mrvpl.zoom.us/j/93054211186?pwd=UmxhT3gxLlVnR0xzTVZabzFsZjdPZz09>

Meeting ID: 930 5421 1186 | Passcode: 937486

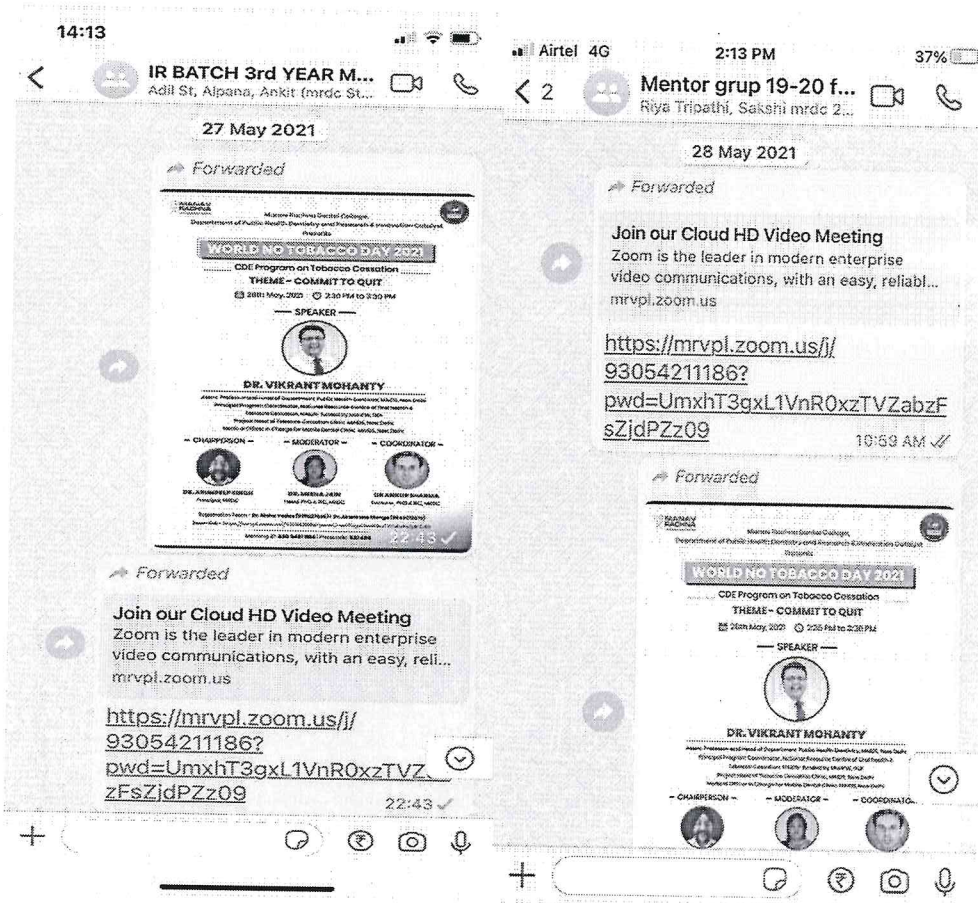
ONLINE FLYER FOR THE EVENT

Meena Jain

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COMMUNICATION TO THE STUDENT FOR THE EVENT

The communication to the students for the event was done through mentor-mentee programme WhatsApp groups, the sample for the same is attached.



Heer Jain

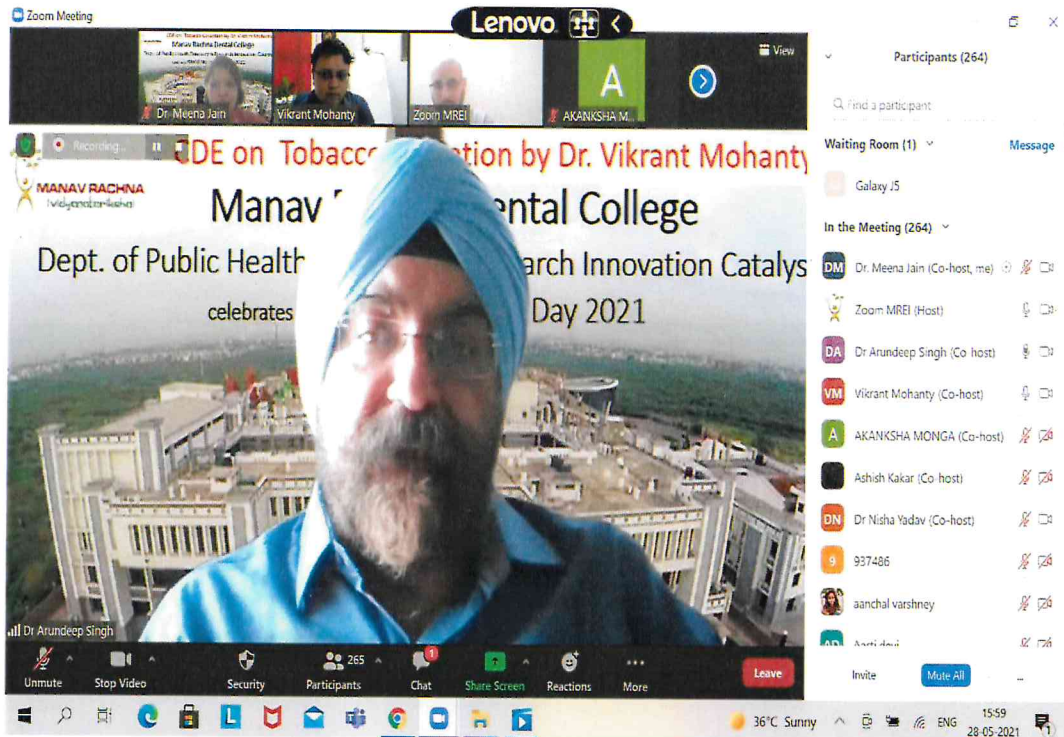
Report on CDE program on Tobacco Cessation titled - Commit to Quit

A Continuing Dental Education (CDE) program on Tobacco Cessation titled - Commit to Quit was conducted on 28th May 2021 as a part of World No- Tobacco Day initiatives by the Department of Public Health Dentistry, MRDC FDS, MRIIRS. The program was held over Zoom platform in online mode and was attended by 291 participants from MRDC as well as various other institutes throughout India. The keynote speaker and resource faculty for the program was Dr. Vikrant Ranjan Mohanty, Head, Department of Public Health Dentistry, Maulana Azad Institute of Dental Sciences, New Delhi.

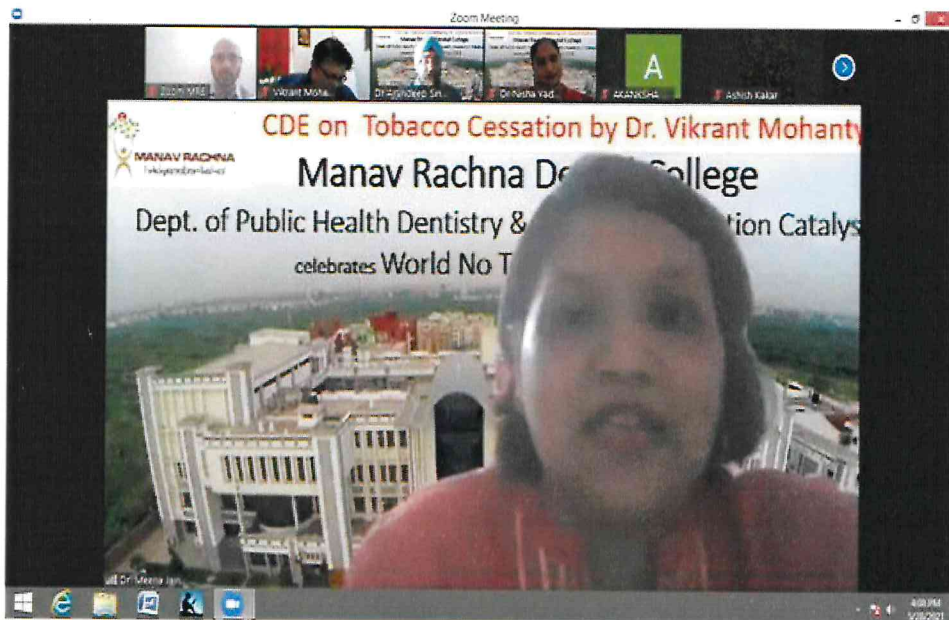
The speaker emphasized on the importance of tobacco cessation and the methods of tobacco cessation counselling in clinical dental practice. The program was chaired by Dr. Arundeeep Singh, Principal, MRDC and Convened by Dr. Meena Jain, HOD, PHD and RIC. A question answer session followed the lecture. Results of Poster Making Competition on Tobacco Cessation were also declared at the end of the program. The program was appreciated by one and all.

Meena Jain,



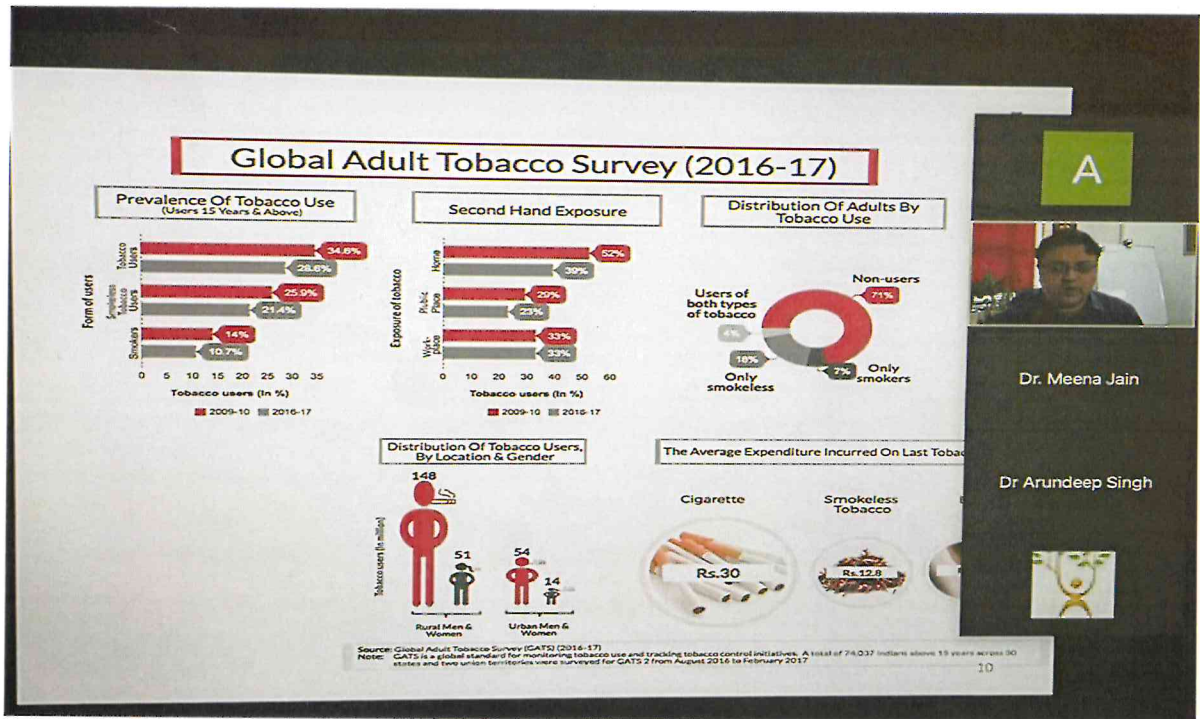


DrArundeeep Singh, Principal MRDC, FDS, MRIIRS addressing the participants

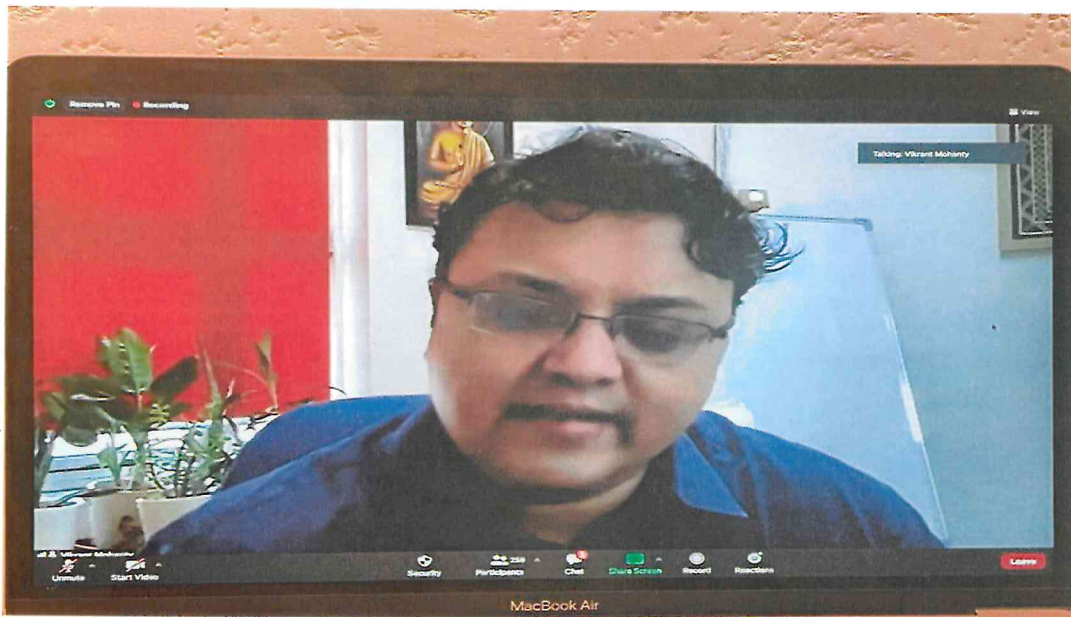


Dr. Meena Jain, HOD, Public Health Dentistry welcoming the participants

Meena Jain



Dr. Vikrant Ranjan Mohanty, Head, Department of Public Health Dentistry, Maulana Azad Institute of Dental sciences, New Delhi taking the online lecture



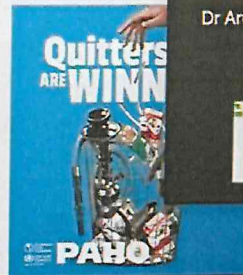
Dr. Vikrant Ranjan Mohanty clarifying the doubts of the participants

Meena Jain

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WHO-COMMIT TO QUIT

- WHO launched a year-long global campaign for World Tobacco Day 2021 – “Commit to Quit”.
- Campaign aims to support 100 million people worldwide in their attempt to give up tobacco through various initiatives and digital solutions.



Dr. Meena Jain

Dr Arundeeep Singh



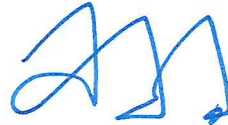
Dr. Vikrant RanjanMohanty sharing his valuable inputs

Meena Jain

Report on Program on Menstrual hygiene

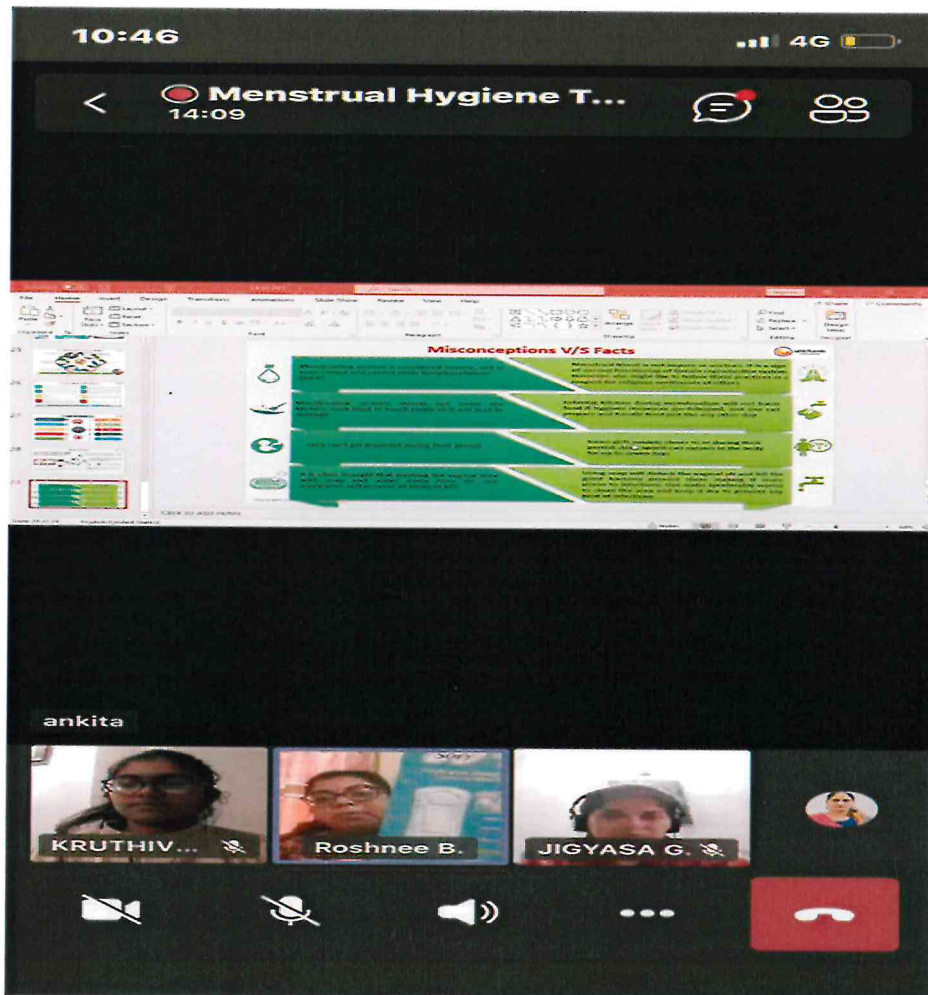
A program was conducted on menstrual hygiene in collaboration with UNICHARM. Talk was given by Ankita Asija to second year girl students. It was attended by 53 BDS Second year girl students. The program was conducted on Microsoft teams on 4/12/20. It included a talk on all the myths related to menstrual hygiene and all the necessary information related to menstrual health. All the girls interacted with Ms Ankita for their queries and their answers were given after the talk. Department of Public Health Dentistry asked Ms Ankita to conduct such program for other girls of college in future.

Meena Jain
[DR MEENA JAIN]
HOD
Dept of PHD





Presentation given by Ms Ankita Asija on menstrual hygiene



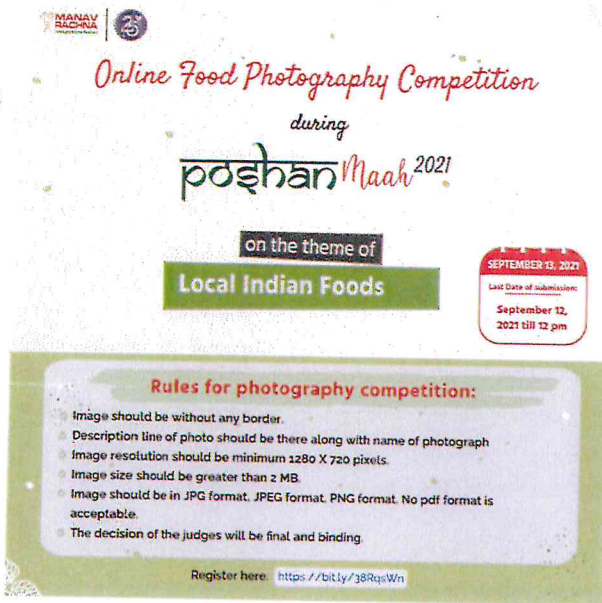
Queries raised by Dr Nisha and students on menstrual hygiene

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

FACULTY OF ALLIED HEALTH SCIENCES

DEPARTMENT OF NUTRITION AND DIETETICS

Poshan Maah Food Photography, Poster competition and Dr. O.P. Bhalla Memorial
Manav Rachna Nutrition Update Inter School Quiz Competition



MANAV RACHNA

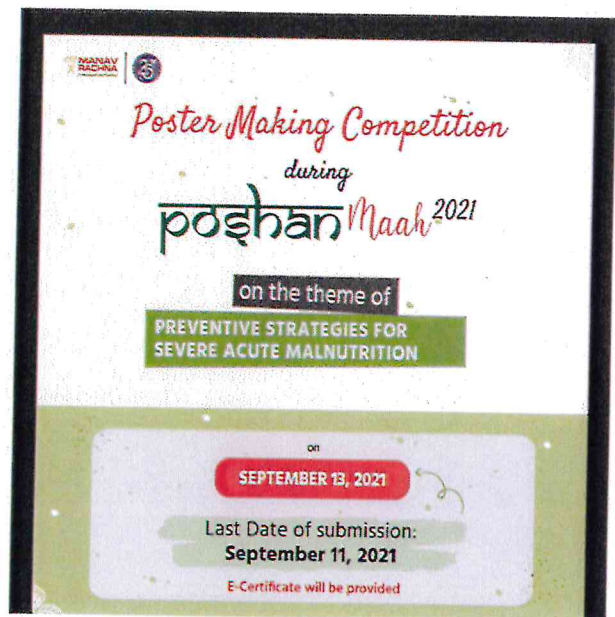
Online Food Photography Competition
during
poshanMaah²⁰²¹
on the theme of
Local Indian Foods

SEPTEMBER 13, 2021
Last Date of submission:
September 12,
2021 till 12 pm

Rules for photography competition:

- Image should be without any border.
- Description line of photo should be there along with name of photograph
- Image resolution should be minimum 1280 X 720 pixels.
- Image size should be greater than 2 MB.
- Image should be in JPG format. JPEG format, PNG format. No pdf format is acceptable.
- The decision of the judges will be final and binding.

Register here: <https://bit.ly/38RqsWn>



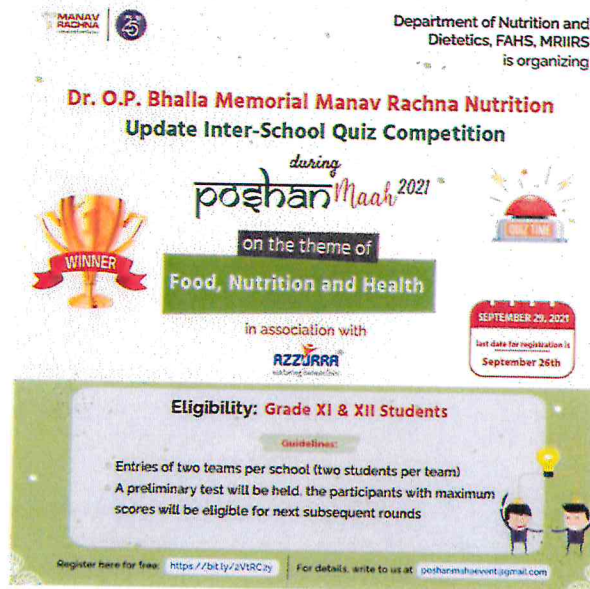
MANAV RACHNA

Poster Making Competition
during
poshanMaah²⁰²¹
on the theme of
PREVENTIVE STRATEGIES FOR SEVERE ACUTE MALNUTRITION

on
SEPTEMBER 13, 2021

Last Date of submission:
September 11, 2021

E Certificate will be provided



MANAV RACHNA

Department of Nutrition and Dietetics, FAHS, MRIIRS is organizing

Dr. O.P. Bhalla Memorial Manav Rachna Nutrition Update Inter-School Quiz Competition
during
poshanMaah²⁰²¹
on the theme of
Food, Nutrition and Health
in association with
AZZURRA
Last Date of registration is
September 26th

Eligibility: Grade XI & XII Students

Guidelines:
Entries of two teams per school (two students per team)
A preliminary test will be held. the participants with maximum scores will be eligible for next subsequent rounds

Register here for free: <https://bit.ly/2VRC2y> For details, write to us at: poshanmaah@vet@gmail.com

Aditya



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
(Deemed to be University)


FACULTY OF ALLIED HEALTH SCIENCES
DEPARTMENT OF NUTRITION & DIETETICS

A Report on

**Inter University Food Photography Competition and Poster Competition on the
Eve of National Nutrition Month (Poshan Mah, Sep 2021)**

Department of Nutrition and Dietetics conducted Food Photography competition and Poster Competition on the Eve of National Nutrition Month (Poshan Mah, Sep 2021) on 13.09.2021. The theme of food photography was 'Local Indian Foods'. The theme of poster competition was 'Preventive strategies for severe acute malnutrition'. There were total 15 entries for Food Photography competition from various institutions while for poster competition totally, 10 entries were received. The entries for food photography competition were judged by Dr. Mahak Sharma, Associate Professor, Nutrition and Dietetics. while the panel for poster competition comprised of Dr. Pratibha Singh, Professor and Ms. Vandana Garg, Assistant Professor, Department of Nutrition and Dietetics.

The winners of food photography competition were Sagar stood (1st prize: Watermelon juice - major role to help in digestion). followed by Stuti Gulati (2nd prize: Vegetable Lentil Stew with tempering of Mustard Seeds and Red Chillies) and Pooja Golder (3rd prize: A simple & Soulful Meal - Dal Chawal). In poster competition Muskaan Jain bagged first prize.


DR MADHVI AWASTHI
EVENT COORDINATOR



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

FACULTY OF ALLIED HEALTH SCIENCES

DEPARTMENT OF NUTRITION AND DIETETICS

**POSHAN MAH CELEBRATION WITH COLLABORATION WITH NESTLE, INDIA : BREAKFAST CEREALS
DISTRIBUTION AND RECIPE COMPETITION**

Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research and Studies celebrated Poshan Mah, 2021 in collaboration with Nestle, India. The celebration involved distribution of breakfast cereal packet among students and recipe competition on 9th and 10th September 2021, respectively.

On 9th September 2021, Healthy Breakfast cereal packets sponsored by Nestle were distributed among students, faculty members and lab staff of the Faculty of Allied Health Sciences.

On 10th September, a recipe competition involving Nestle Maggie as main ingredient was organized. The event was coordinated by Dr. Mahak Sharma, Associate Professor and Dr. Shubra Saraswat, Assistant Professor. Out of 24 entries received, 10 got selected for the final round. Among these, 1st Prize was bagged by Ms. Bali for her creation called Maggie Doughnuts, 2nd Prize by Ms. Suman, for Maggie Ring Samosa and 3rd Prize was given to Khushi Soneja for Maggie Masala Oats pancakes. The winners were motivated by gift vouchers sponsored by the Nestle team. The session was also followed by a recipe demonstration session on Health recipes by Ms. Vini, Activation and Culinary Consultant with Nestle.

*Mahak
(Coordinator)*



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

FACULTY OF ALLIED HEALTH SCIENCES

DEPARTMENT OF NUTRITION AND DIETETICS

POSHAN MAH CELEBRATION WITH COLLABORATION WITH NESTLE, INDIA : BREAKFAST CEREALS
DISTRIBUTION AND RECIPE COMPETITION



Poshan Mah Celebration with collaboration with Nestle
09 Sep 2021
Lat: 28.450253308882743, Long: 77.28689123118147

Picture 1: Nestle Breakfast Distribution



Poshan Mah Celebration with collaboration with Nestle
09 Sep 2021
Lat: 28.450253308882743, Long: 77.28689123118147





Picture: Recipe preparation by Student Khushi Soneja



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
FACULTY OF ALLIED HEALTH SCIENCES

Plantation Drive
(06th Sep, 2021)

radio MANAV RACHNA 107.8
पर्यावरण संरक्षण
NetProFaN NETWORK OF PROFESSIONALS OF FOOD AND NUTRITION
INDIAN DIETETIC ASSOCIATION
MANAV RACHNA
Manav Rachna International Institute of Research & Studies
Faculty of Allied Health Sciences
Department of Nutrition & Dietetics
In Collaboration With
Radio Manav Rachna & Indian Dietetic Association
Organises
Plantation Drive (Poshan Vatika) On 6th September 2021
During
Rashtriya Poshan Maah (1st - 30th September 2021)
THEME- CONVERGING TOWARDS A HEALTHY WALK THROUGH LIFE



Srj
COORDINATOR



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
FACULTY OF ALLIED HEALTH SCIENCES

Report on
Plantation Drive

(06th Sep, 2021)

During the Poshan Maah (2021), activities related to nutrition awareness will be carried out across the country upto the grass root levels. The **Department of Nutrition & Dietetics, Faculty of Allied Health Science, Manav Rachna International Institute of Research & Studies** will carry out the activities and spread the message of holistic nutrition throughout the month to ensure a healthier future for women and children.

Considering the manifold benefits of trees, including that they release oxygen into the air, absorb unpleasant odors as well as harmful gases such as carbon dioxide, carbon monoxide and sulfur dioxide from the air and purify it, protect us from dangerous ultra-violet rays, provide us with food and the pivotal role played by trees in preventing soil erosion, maintaining ecological balance and most especially in lessening the effects of global warming, the **Department of Nutrition & Dietetics, Faculty of Allied Health Science, Manav Rachna International Institute of Research & Studies** in collaboration with **Indian Dietetic Association, Delhi Chapter** and **Radio Manav Rachna (107.8)** conducted a **Plantation Drive (Poshan Vatika)** at **Nidhi Van (Q-Block)** at **02:00 PM**.

Dr. (Prof.) Moattar Raza Rizvi, Dean, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies felicitated the chief guest for the day, **Ms. Shilpa Chaddha Thakur**, Chief Consultant Dietetics, Asian Hospital in the presence of **Dr. N.C. Wadhwa**, Director General, Manav Rachna Educational Institutions, **Dr. (Prof.) G.L. Khanna**, Pro-Vice Chancellor, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies, **Dr. Divya Sanghi**, Head of the Department of Nutrition & Dietetics, Faculty of Allied Health Sciences, Manav Rachna International Institute of Research & Studies and the entire Department of Nutrition & Dietetics.

Dr. N.C. Wadhwa, Director General, Manav Rachna Educational Institutions motivated the


COORDINATOR



students over the importance of celebration of Poshan Maah. He also encouraged the enthusiasm of students for the drive. The drive was summed up by plantation of various samplings brought by the students of Department of Nutrition & Dietetics. Saplings which were brought in were of different medicinal values and therefore, successfully completed the mission of the drive.

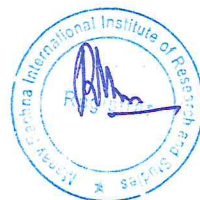
S.P.
COORDINATOR





Plantation Drive
06 sep2021
Lat: 28.450104896222335, Long: 77.26786229456847

[Handwritten Signature]
COORDINATOR





Divya FAS <divya.fas@mriu.edu.in>

Invitation: Webinar: Diabetes and Hypertension building immunity duri... @ Sat Jul 4, 2020 10:30am - 12:30pm (IST) (divya.fas@mriu.edu.in)

1 message

Upasana Yadav <upasana.fas@mriu.edu.in>

Fri, Jul 3, 2020 at 9:32 AM

Reply-To: Upasana Yadav <upasana.fas@mriu.edu.in>

To: divya.fas@mriu.edu.in, mahak.fas@mriu.edu.in, tarunlala14@gmail.com, director.fas@mriu.edu.in, baniaeri@yahoo.co.in

You have been invited to the following event.

Webinar: Diabetes and Hypertension building immunity during COVID-19 times

When Sat Jul 4, 2020 10:30am – 12:30pm India Standard Time - Kolkata

Where Manav Rachna International Institute Of Research And Studies, Manav Rachna Campus Rd, Gadakhor Basti Village, Sector 43, Faridabad, Haryana 121004, India (map)

Joining info Join with Google Meet
meet.google.com/ofc-rrbm-skj

Join by phone
+1 314-833-0237 (PIN: 495179714)

More joining options

Calendar divya.fas@mriu.edu.in

Who

- upasana.fas@mriu.edu.in - organizer
- mahak.fas@mriu.edu.in
- tarunlala14@gmail.com
- divya.fas@mriu.edu.in
- director.fas@mriu.edu.in
- baniaeri@yahoo.co.in

Faculty of Allied Health Sciences welcomes you all for Webinar on **Diabetes and Hypertension building immunity during COVID-19 times.** [more details »](#)

Going (divya.fas@mriu.edu.in)? **Yes - Maybe - No** [more options »](#)

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Upasana

(Coordinator)



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES

(Deemed to be University)

FACULTY OF ALLIED HEALTH SCIENCES

DEPARTMENT OF NUTRITION & DIETETICS


EXPERT LECTURE ON DIABETES AND HYPERTENSION BUILDING
IMMUNITY DURING COVID 19 TIMES


4TH JULY 2020

MANAV RACHNA
International Institute of Research and Studies

Webinar on
Diabetes and Hypertension
Building immunity during COVID-19 times

SPEAKERS


Dr. Bani Aeri
Assistant Professor
Department of Food and Nutrition
Institute of Home Economics, Delhi


Dr. Tarun Lala
Zonal Head
Department of Physiotherapy and Rehab
Max Superspeciality Hospital, Saket

MODERATOR
Dr. Mahak Sharma
Associate Professor
Department of Nutrition and Dietetics, T.JHS MUMBAI

FACULTY COORDINATOR
Dr. Upasana Yadav
Assistant Professor
Department of Nutrition and Dietetics, T.JHS MUMBAI

Date: July 4, 2020
Time: 11:00 AM to 12:00 PM

Upasana
(Coordinator)



MANAV RACHINA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
(Deemed to be University)
FACULTY OF ALLIED HEALTH SCIENCES
DEPARTMENT OF NUTRITION & DIETETICS

**Webinar on Hypertension and Diabetes: Building immunity during
COVID-19 Time**

Faculty of Allied Health Sciences conducted a webinar for diabetic and hypertension patients on how to build immunity during COVID 19 on July 4, 2020.

The eminent speakers of the event were Dr. Bani Tumber Aeri, Assistant Professor, Department of Food and Nutrition at Institute of Home Economics, University of Delhi and Dr. Tarun Lala, Zonal Head and Physiotherapist in the Department of Physiotherapy and Rehab at Max Super Specialty Hospital, Saket.

More than 150 participants were present for the webinar and there were participants from other academic institution also like Delhi University, Periyar University, GNDU, Banasthali Vidyapith, St. Francis College for Women, Chandigarh University, etc.

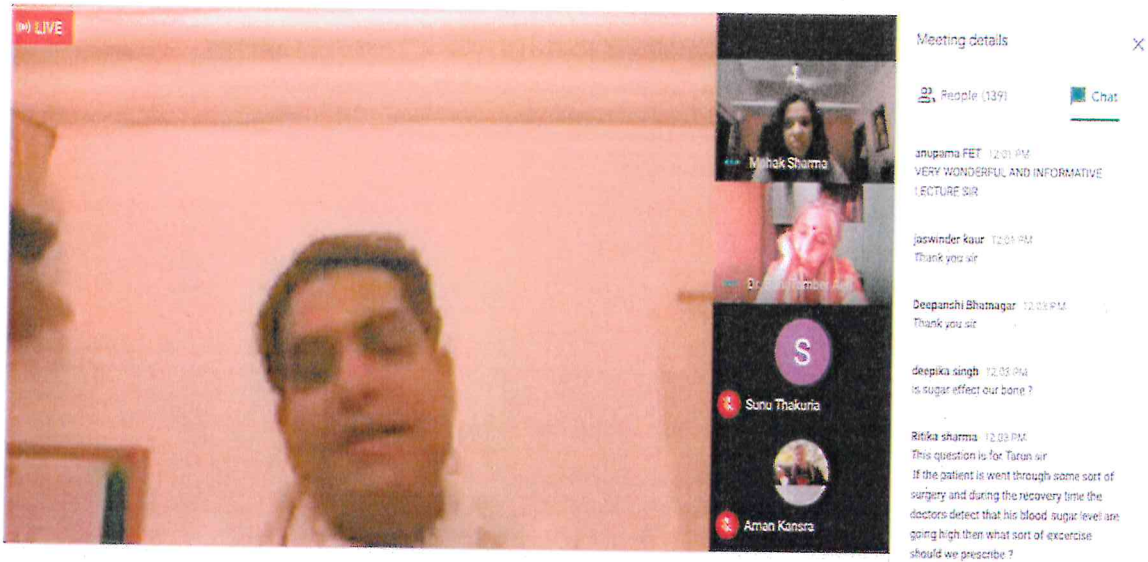
The webinar was started with the welcome note of Dr. Moattar Raza Rizvi, Director, FAHS. He emphasized on the importance of nutrition and physical activity, specifically for the most vulnerable population during this COVID 19 times.

Dr. Bani Tumber Aeri discussed the concept of mindful eating for diabetic patients and the DASH diet for a Hypertension patient. She explained how to enhance immunity with the help of Nutrition. She also emphasized on the concept of dietary diversity, balanced diet, and nutrients which can act as an immune-booster like amino acids, Vitamin C, Vitamin E, vitamin A, Iron, Folic acid, and Vitamin B12. She emphasized how gut flora can enhance immunity and lack of sleep, stress, physical inactivity, and excess alcohol can decrease the immunity of an individual.

Dr. Tarun Lala emphasized that physical activity plays a major role in the enhancement of immunity in Diabetes and hypertension patients in this COVID 19 situation. He discussed that exercise for 30 minutes will increase the core temperature of the body and help in flushing out the microbes from the human body, hence enhance immunity. The talk was also focused on the role of exercise in decreasing stress hormone, increasing insulin sensitivity, boosting mental health, and hence enhances immunity.

Upasana





Webinar Speaker: Dr. TarunLala, Zonal Head and Physiotherapist, Max Saket

Upasana
(Coordinator)



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University)
Faculty of Computer Applications

Notice

Notice No. : MRIU/FCA/2020-21/LSP/1

Dated: 3.08.2020

Faculty of Computer Applications is organizing **Webinar on "Importance of Hygiene to stay fit"** on 27th August 2020 to ensure that students introspect and learn to take care of their health and wellbeing.

All the students who are interested kindly register with the event coordinator.

Speaker: Sonia Duggal

Date and Day of Lecture: 27th August 2020

Venue: T-Block

Participants: Students of FCA

Event Coordinator: Seema Sharma

Shaveta

HoD-CA

Copy to:

1. Dean-FCA, MRIIRS
2. All the Faculty members of FCA Department
3. Departmental Notice Board



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University)
Faculty of Computer Applications

Ref. No. : MRIIRS/FCA/LSP/20-21/2

31.08.2020

To

The Director,
IQAC,
MRIU, Faridabad


Subject: Completion of Webinar on "Importance of Hygiene to stay fit"

Dear Mam,

This is to bring to your kind notice that **Webinar on "Importance of Hygiene to stay fit"** was successfully conducted on 27th August 2020. The session was held at T-Block. It was a very interactive session. Around 100 Students attended this workshop and were highly benefitted.

Report of the event, attendance and few glimpses of the session have been attached for your kind perusal.

With Regards,



HOD-CA
MRIIRS



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University)
Faculty of Computer Applications

31.08.2020

To

The HOD
FCA, MRIIRS

Subject: Completion of Webinar on "Importance of Hygiene to stay fit"

Dear Madam,

This is to bring to your kind notice that **Webinar on "Importance of Hygiene to stay fit"** was held at T-Block. It was a very interactive session.

Attendance and few glimpses of the session have been attached.

Yours faithfully,



Dr. Parul Gandhi
Event Coordinator
FCA, MRIU



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University)
Faculty of Computer Applications

REPORT ON WEBINAR ON "IMPORTANCE OF HYGIENE TO STAY FIT"

The Faculty of Computer Applications organized a Webinar on **"Importance of Hygiene to stay fit"** on 27th August 2020.

The programme was inaugurated by Dr. Shaveta Bhatia, Head of Department-CA, MRIIRS. The inaugural session started with the welcome address by the event Coordinator, Dr. Seema Sharma. She welcomed the participants and motivated the students to fully concentrate while attending this session as it may transform the way they take their body for granted. Dr. Shaveta Bhatia HOD-CA, guided the students to treat their body as a temple –pious and sacred and clear all the dust of negativity to keep it clean and in the best working condition.

Dr. Sonia Duggal took the complete webinar and explained in depth the Importance of Hygiene and how to take care of every part of our body from head to toe. She also explained various small but effective methods to stay fit. She encouraged students to take frequent but small meals to keep their metabolic rate high. The various ways suggested by her were to keep fats at bay. She trained the students how to be grateful and thankful. Removing ill feelings removes illness from the body. She guided them to become mentally and physically fit.

Students enjoyed every bit of the webinar and raised many questions which were duly replied in the most convincing way with facts and figures. Around 100 students of BCA, B.Sc.IT and MCA participated in this workshop

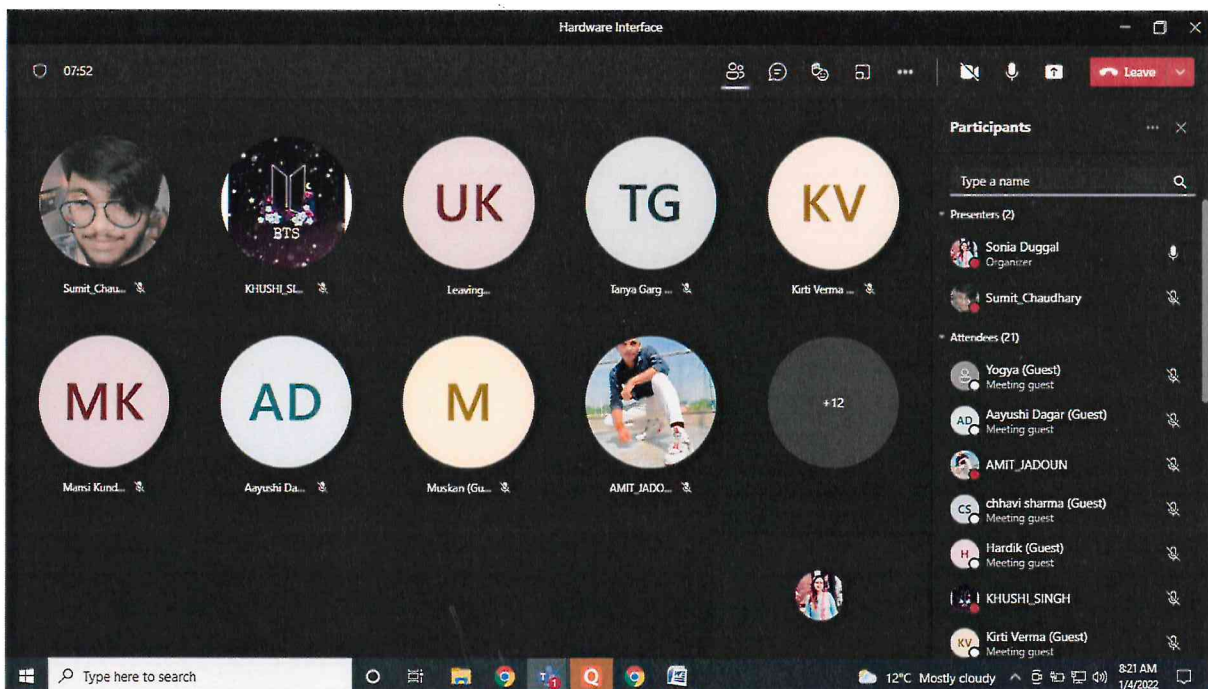
The session came to an end with a formal thanks to all the participants. The activity was well coordinated by Sonia Duggal and Dr. Seema Sharma.

Seema



**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(Deemed to be University)
Faculty of Computer Applications**

PHOTOGRAPHS OF THE EVENT

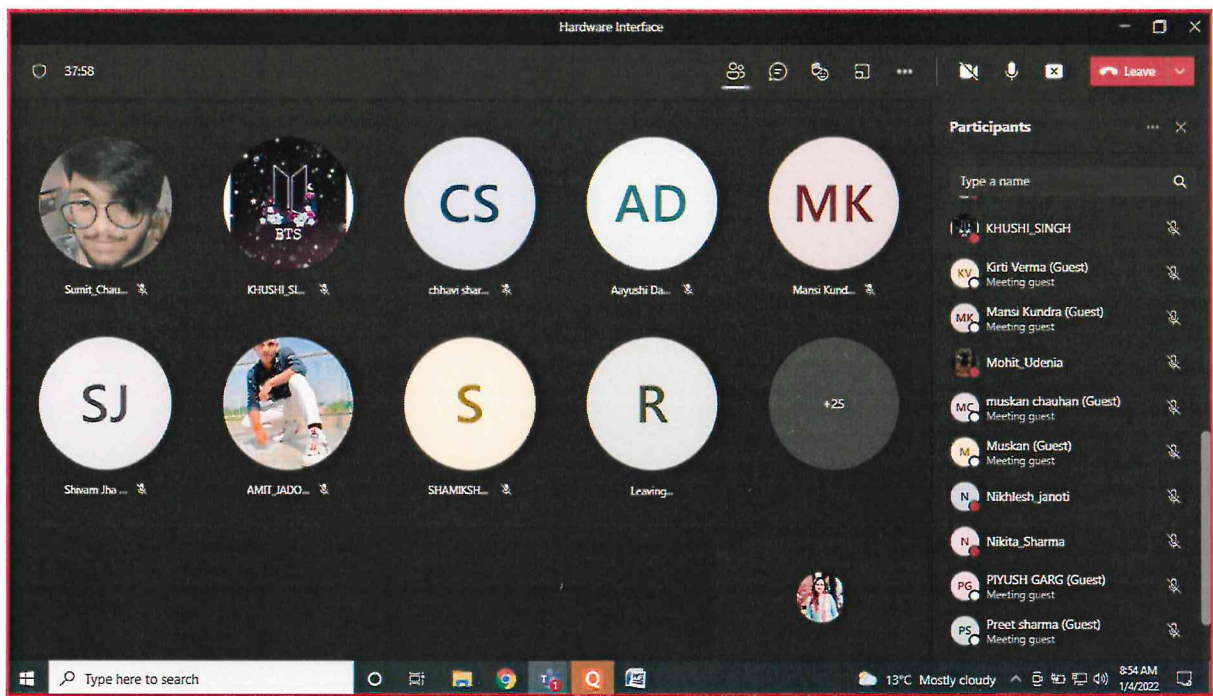


Webinar on "Importance of Hygiene to stay fit"

(27.08.2020)

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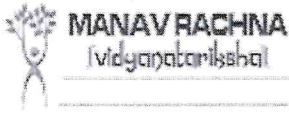


Webinar on "Importance of Hygiene to stay fit"

(27.08.2020)

Handwritten signature





dean FAHS <dean.fahs@mriu.edu.in>

Free Health Camp -Specialist from QRG Hospital, Faridabad

dean FAHS <dean.fahs@mriu.edu.in>

Sat, Dec 4, 2021 at 3:19 PM

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Cc: Nitesh Malhotra <nitesh.fahs@mriu.edu.in>

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**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
(DEEMED TO BE UNIVERSITY)
Faculty of Allied Health Sciences
Department of Physiotherapy**

**Free Health Camp -Venue -Q block QG -09
on
6th December, 2021
11am onwards**

Facilities offered:

- ❖ Free Blood Pressure
- ❖ Free Random Sugar,
- ❖ Free ECG,
- ❖ Free Consultation: Cardiology, Orthopedics, Gastroenterology & Urology
- ❖ Physiotherapy Consultation
- ❖ Flexibility testing
- ❖ Bone Mineral Densitometry

QRG Hospital team for Free Health Camp & Consultation

Dr. Rakesh Rai Sapra
Consultant - Orthopaedics & Joint Replacement

Dr. (Lt. Col.) Pankaj Singh Poswal
Director – Cardiology

Dr. Neeraj Dhar
Bhatnagar
Associate Consultant –Urology & Renal transplant
Consultant –Gastroenterology

Dr. Ankur
Associate

Expert Talk: "Management of Arthritis"

Venue for Expert talk- T block Auditorium

Speaker: Dr Sumit Batra

Director & HoD

Department of Orthopedics, QRG,Hospital, Faridabad



Contact us:

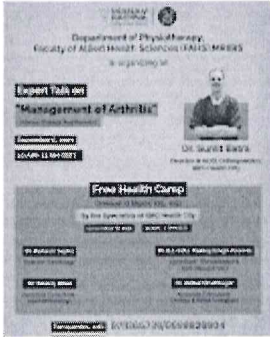
Dr. Preeti Saini
Assistant Professor

Dr.Pooja Sharma,
Associate Professor,

9711365736

9999826604

Thanks & Regards,
 Prof. (Dr.) Moattar Raza Rizvi,
 Dean, Faculty of Allied Health Sciences
 MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
(NAAC Accredited "A" Grade University)
 Sector-43, Aravali Hills, Faridabad (Haryana) INDIA
 Direct No. :0129-4268989



Expert-Talk-on-Management-of-Arthritis-4544.jpg
 865K

Dr. Moattar Raza Rizvi



**FREE COMMUNITY HEALTH CHECK-UP CAMP
AND HEALTH TALK ON MANAGEMENT OF
ARTHRITIS**

AT

Q-Block, Physiotherapy OPD

ON

6th DEC, 2021

ORGANISED BY

Department of Physiotherapy, Faculty of Allied
Health Sciences

**MANAV RACHNA INTERNATIONAL INSTITUTE
OF RESEARCH AND STUDIES**





Free Health Camp

6 Dec 2021

Lat: 28.450928667248814, Long: 77.28734262391048

Inauguration of the camp in presence of Dr. NC Wadhwa (DG, MREI) Dr. GL Khanna (PVC, MRIIRS), Dr. Moattar Raza Rizvi (Dean, FAHS), Dr. Nitesh Malhotra (HOD, Physiotherapy), and all the faculties of Department of Physiotherapy

Quli





Plant Sampling given to the Speaker Dr.Sumit by Dr.Nitesh Malhotra

Pragya





Free Health Camp

6 Dec 2021

Lat: 28.450928667248814, Long: 77.28734262391048

Welcome of the doctors by Dr. NC Wadhwa(DG, MREI)

Arushi





Dr.Sumit examining the DG, MREI for his health complaints.

Beethi





Free Health Camp
6 Dec 2021
Lat: 28.450928667248814, Long: 77.28734262391048

Assessment of the patients done during the camp

Arshi





Free Health Camp
6 Dec 2021
Lat: 28.450928667248814, Long: 77.28734262391048

Consultation of patients by the expert team of doctors

Aruti





Free Health Camp

6 Dec 2021

Lat: 28.449988249792863, Long: 77.2869337286164

Welcome address by Dr.Nitesh Malhotra, HoD , Department of Physiotherapy, FAHS-MRIIS

Aruti



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES

FACULTY OF ALLIED HEALTH SCIENCES

DEPARTMENT OF PHYSIOTHERAPY

**ORGANISED EXPERT TALK ON THE MANAGEMENT OF ARTHRITIS
ON December 6, 2021**

Manav Rachna Institute of Research & Studies is a pioneer of higher professional education, since last 25 years. It is a highly coveted NAAC Accredited 'A' Grade Institution with a 'Deemed-to be-University' Status. Here, the focus is on excellent academic delivery with ICT, R& D and academic excellence. It has a rich legacy of delivering best rehabilitative treatment to the patients. To help out the students in the same, an expert talk was organized on DEC 6, 2021 about the recent advancements in the treatment of arthritis.

We believe that such programs produces promising outcome in the learning and helps the upcoming physiotherapists to know about latest techniques available used by most of the leading entrepreneurs in today's world where innovation is the key to deliver the best rehabilitative care.

Dr. Nitesh Malhotra, HOD, Department of Physiotherapy, Faculty of Allied Health Sciences, Manav Rachna Institute of Research Studies gladly received the guests and delivered his words on the importance of Rehabilitation in the most common musculoskeletal problem of today's world i.e. arthritis. Dr. Sumit Batra, a well known Orthopedic Surgeon has performed more than a thousand of surgeries of knee and hip joint in last 22 years. He is currently serving at QRG Health City as senior Orthopedic consultant. He was the resource person who delivered his idea of treating Osteoarthritis as an orthopedic surgeon and gave us a clear picture about use and outcome of various surgeries for the same.

In the end, Dr. Nitesh Malhotra HOD physiotherapy, Faculty of Allied Health Sciences, Manav Rachna Institute of Research & Studies felicitate the resource persons with the sapling. The program was attended by over 100 students and 8 faculties. It was very insightful and a good learning experience for everyone.

Dr. Pooja Sharma

Event Coordinator



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
FACULTY OF ALLIED HEALTH SCIENCES

Report on
Expert talk on


ROLE OF PALLIATIVE CARE AND PSYCHOLOGICAL SUPPORT FOR AIDS PATIENTS 1st Dec 2021

Faculty of Allied Health Sciences (FAHS) organized an expert lecture on 'Role of Palliative Care and Psychological Support for Aids Patients' on 1st Dec 2021 at 12 PM- 2 PM (IST). The speaker of the lecture was Dr Ritu Kela, Psychohealer & Founder, Darpan

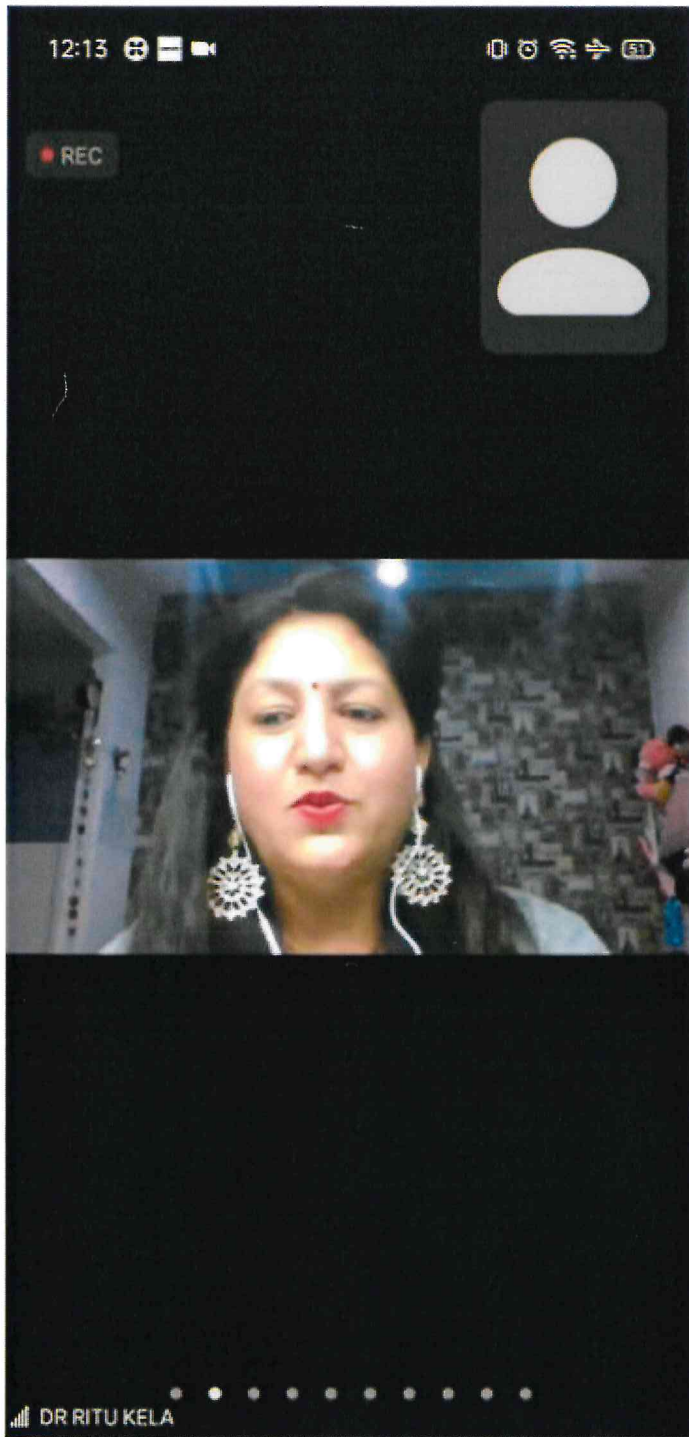
The event started with welcome note of Prof. (Dr.) Gulshan Lal Khanna, Pro-Vice-Chancellor, MRIIRS. The talk started with the patho-physiology of Acquired Immuno Deficiency Syndrome (AIDS). Speaker of the Day, Dr Ritu Kela emphasized on low immunity of AIDS patients. Then her talk moved on to palliative care and psychological stress in AIDS patients. According to her palliative care is a means of relieving symptoms and thus lessen the frequent visits to the hospital or clinic

She discussed scope and importance of physiotherapy and diet in treatment and survival of AIDS patients. She also talked on dietary management of this health issues. She concluded her lecture by highlighting the requirement of modifications in dietary pattern, lifestyle and behavior. The lecture was overall beneficial to masters students of Physiotherapy and Dietetics who will go for clinical internship in their further semesters.

At the end event was ended by thanks to the speaker by Prof. (Dr.) Moattar Raza Rizvi, Dean, FAHS, MRIIRS.


Thanking You,
Dr. Ankita Sharma
Event Coordinator



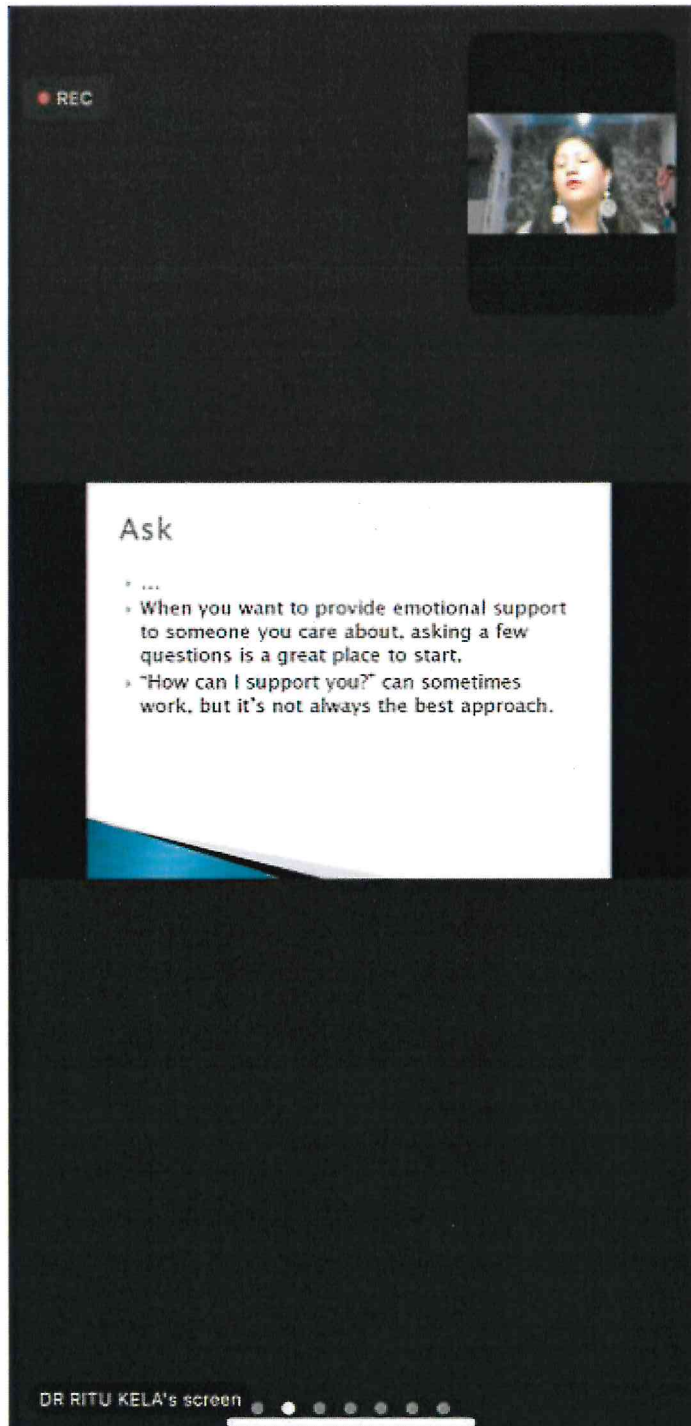


Dr.RituKela interacting with the audience

Ankita



REC



Ask

- ...
- When you want to provide emotional support to someone you care about, asking a few questions is a great place to start.
- "How can I support you?" can sometimes work, but it's not always the best approach.

DR RITU KELA's screen

Dr.RituKela explaining the role of emotional support if someone has been diagnosed with AIDS

Anjali



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

DEPARTMENT OF PHYSIOTHERAPY

FACULTY OF ALLIED HEALTH SCIENCES

WORKSHOP

Webinar on Groin Pain Rehab in Elite Fast Bowler Cricketers by Dr. Badrinath Parthi, Head sports physiotherapist, , BCCI

29th June 2021

NOTICE

Circular for Virtual Interactive session on “Groin pain Rehab in Elite Fast bowler cricketer”

Mon, Jun 28, 2021 at 3:20 PM
To: dean FAHS <dean.fahs@mriu.edu.in>
To: Ankita FAS <ankitasharma.fas@mriu.edu.in>, Ekta Chitkara <ekta.fas@mriu.edu.in>, Irshad Ahmed <irshad.fahs@mriu.edu.in>, jaswinder kaur <jaswinder.fas@mriu.edu.in>, Nitesh Malhotra <nitesh.fahs@mriu.edu.in>, Pooja Sharma <pooja.fas@mriu.edu.in>, preeti fas <preeti.fas@mriu.edu.in>, priyanaka <priyanaka.fas@mriu.edu.in>, shishir FAS <shishir.fas@mriu.edu.in>, shobhit FAS <shobhit.fas@mriu.edu.in>, Shweta Sharma <shwetasharma.fas@mriu.edu.in>, Sunita Kumari <sunita.fas@mriu.edu.in>, Ankita Shejpal Sharma <ankita.fas@mriu.edu.in>, Divya FAS <divya.fas@mriu.edu.in>, Divya Puri <divyapuri.fas@mriu.edu.in>, "FAS MRIU, PRATIBHA SINGH" <pratibha.fas@mriu.edu.in>, Gurseen Rakhra <gurseen.fas@mriu.edu.in>, Madhvi Awasthi <madhvi.fas@mriu.edu.in>, Mahak Sharma <mahak.fas@mriu.edu.in>, Priya Mishra <priya.fas@mriu.edu.in>, shubhra fas <shubhra.fas@mriu.edu.in>, sneha nair <sneha.fas@mriu.edu.in>, srishti negi <srishti.fas@mriu.edu.in>, UPASANA <upasana.fas@mriu.edu.in>, Vandana Garg <vandanagarg.fas@mriu.edu.in>
Cc: "G.L. Khanna" <pvc.glk@mriu.edu.in>

**MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES
FACULTY OF ALLIED HEALTH SCIENCES
DEPARTMENT OF PHYSIOTHERAPY**

Ref no: MRIIRS/FAHS/PT/2021/041

Date: 28/06/21

Circular for Virtual Interactive session on “Groin pain Rehab in Elite Fast bowler cricketer”

This is to bring to your kind notice that the Department of Physiotherapy, Faculty of Allied Health Sciences (FAHS) is organizing a **Virtual Interactive session on Groin pain Rehab in Elite Fast bowler cricketer** on 29.06.21 for faculty members and the students. This technique is a step forward, making faculty members and the students updated for all innovation. The invited spokesperson is Dr. Badrinath Prathi Head sports physiotherapist, DDCA, BCCI. All Faculty members are requested to make themselves and the students available for this event. Kindly forward it to all the students and ensure maximum participation. The meeting details are as follows:

Timing- 11am to 12pm

Joining link- <https://meet.google.com/kgj-ceko-npg>

For more Detail contact Coordinator: Dr.Irshad Ahmad
Contact Detail:9911878341

Irshad



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES
FACULTY OF ALLIED HEALTH SCIENCES
DEPARTMENT OF PHYSIOTHERAPY
Webinar Report

Report on Expert Lecture cum virtual interactive session “Groin Pain Rehab on Elite Bowler Cricketer” on 29th June 2021

Department of physiotherapy has arranged a webinar on “Groin pain rehab on elite Bowler Cricketer” on 29th June 2021. The eminent speaker was Dr. Badrinath Parthi, Head Sports Physiotherapist, DDCA, BCCI. This virtual interactive session was moderated by Dr. Irshad Ahmad. He is directly involved into national and international level of cricketers. He is regularly dealing with the rehabilitation of groin pain the bowlers Total 86 registration are presents which include bachelors, master’s students, coaches, sports physiotherapist and sports faculties. The virtual interactive session was successfully organised and conducted on the scheduled date and time.

He starts his lecture with a brief presentation on the groin pain and how it is associated with the action of the bowlers and other things. He also said the different tissue damage responsible for groin pain. He explains major reason of groin pain is groin strain. Groin strain is an injury to the muscle-tendon unit that produces pain on palpation of the adductor tendons or its insertion on the pubic bone and pain in the adductor region on resistance testing of the adductors. he explains a case report which he publishes about the rehabilitation of groin pain in bowlers. he said during his lecture that groin injury become very common these days in the bowlers. He describes the type of training like therapeutic modalities, exercises and manual techniques which used during the rehabilitation of the groin pain. He explains the rehabilitation in different phase which is defined weekly training protocols. He said that this weekly or multiple week training protocol is been considered to be the different modules. These modules should have a focus on different types of training and its effect. He also tells that the proper rehabilitation of groin pain will leading to the recurrence of the injuries otherwise chances of reoccurrence increase.

After the lecture delivery there is lot of questions coming from the participants, and each questions answer has been well explained by Dr. Badrinath. Then in the end vote of thanks was given by Dr. Shishir Nigam

Irshad





MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH & STUDIES (MRIIRS)
(Deemed to be University under Section 3 of the UGC Act, 1956)
(NAAC Accredited 'A' Grade)
FACULTY OF ALLIED HEALTH SCIENCES (FAHS), DEPARTMENT OF PHYSIOTHERAPY

is organizing

A Virtual Interactive Session on

“Groin Pain Rehab in Elite Fast Bowler Cricketer”

📅 29 th June 2021 ⌚ 11:00 AM

— SPEAKER —



DR. BADRINATH PRATHI

Head Sports Physiotherapist, DDCA, BCCI

MODERATOR



DR. IRSHAD AHMAD

Assistant Professor
FAHS, MRIIRS

CHAIRPERSON



PROF. (DR.) G. L. KHANNA

Pro Vice Chancellor
MRIIRS

CO- CHAIRPERSON



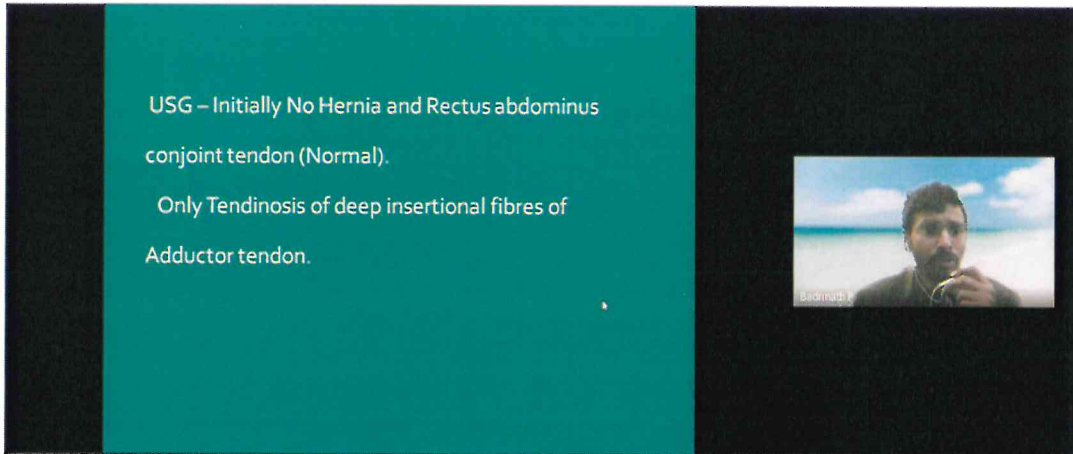
DR. MOATTAR RAZA RIZVI

Dean & Officiating HoD
FAHS, MRIIRS

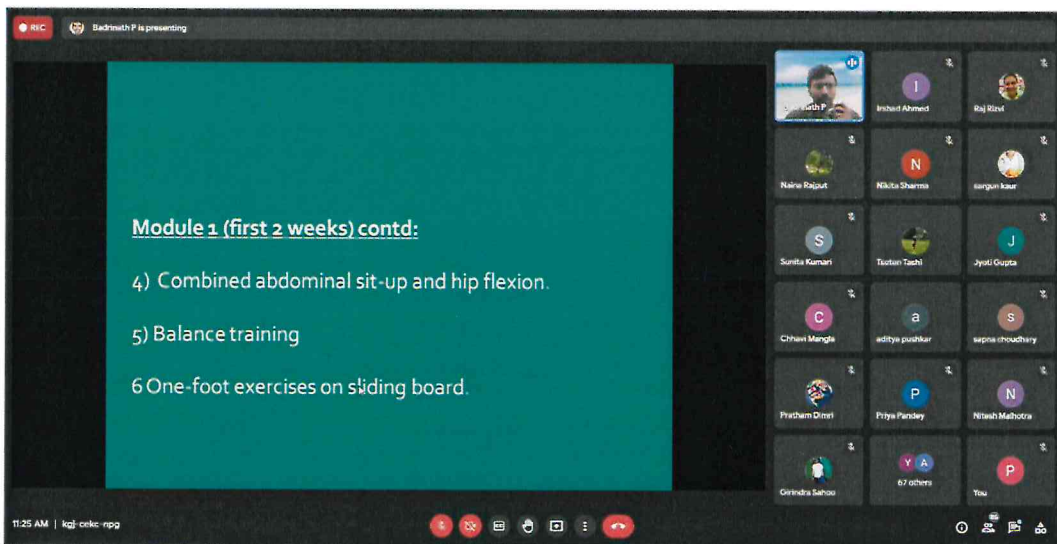
Invite shared for registrations on all the social media sites and with all the students of Physiotherapy Department.

Ishtiaq

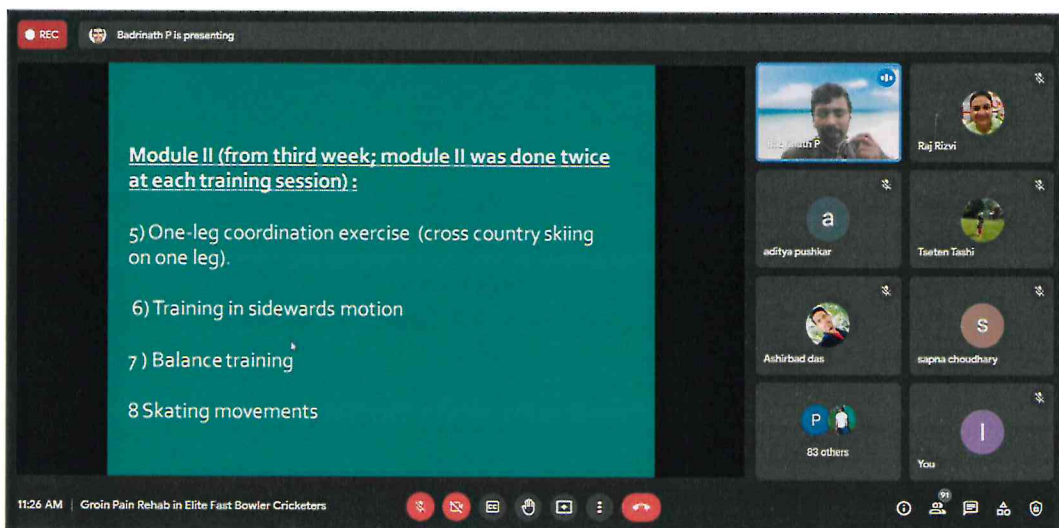




29/06/2021, Dr. Badrinath Parthi, Groin pain rehab on elite bowler cricketers



29/06/2021, Dr. Badrinath Parthi, Groin pain rehab on elite bowler cricketers



29/06/2021, Dr. Badrinath Parthi, Groin Pain Rehab on Elite bowler cricketer

Besher



**MANAV RACHNA INTERNATIONAL INSTITUTE OF
RESEARCH AND STUDIES**

FACULTY OF HOTEL MANAGEMENT

DEPARTMENT OF HOTEL MANAGEMENT

Notice

Ref no. MRIIRS/2020-21/FHM/SE/05

Date: 30.03.2021

This is to inform all the students that MRIIRS, FHM, Department of Hotel Management is organizing an Essay Writing/Poster Making Competition on 'Elimination of Single Use Plastic'. We all have a collective responsibility towards keeping our environment safe. In order to rectify and restore it is our responsibility to "recycle and reuse".

Aligning our vision with the Honorable Prime Minister's, in order to spread awareness, we have kept an essay writing competition.

The venue is QFT 03, on 1st April 2021.

Timings are: 9:50AM to 11:30AM.

Attendance on that day is mandatory. Students should be in a proper uniform and grooming.



**Head of Department
Department of Hotel Management (MRIIRS)**

Dr. Narender Suhag
Head of Department
Faculty of Hotel Management, HM

CC: All student notice boards

MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

FACULTY OF HOTEL MANAGEMENT

DEPARTMENT OF HOTEL MANAGEMENT

Report

We all have a collective responsibility towards keeping our environment safe. We all have realized the extent of damage which has already taken place due to human carelessness. In order to rectify and restore it is our responsibility to "recycle and reuse". Plastic being a major contributor to the damage and pollution, it has been a worldwide Endeavour to stop using "single use plastic".

All leading organizations even in the field of hospitality have taken measures to control the same.

Aligning our vision with the Honorable Prime Minister's, in order to spread awareness, Faculty of Hotel Management has organized an essay writing/ poster making/ slogan writing competition on April 01, 2021.

Students participated in the event and shared their message through writing slogans, essays and poster-making. Their creations were focused on spreading awareness on eliminating the single use of plastic. They have shared their thoughts and views as how the plastic is making our environment toxic for every living species. Single use plastic is polluting all of our natural resources whether it is land, water or even air. We as a community should say NO to this crime of killing our planet.

Ms. Ritika Singh, Director (FHM) and Dr. Narender Suhag, HOD appreciated all the efforts made by students and emphasized on opting more eco-friendly ways to run our routine chores by eliminating single use plastic.

To HOD, HM

From: Nikita (Co-Ordinator)

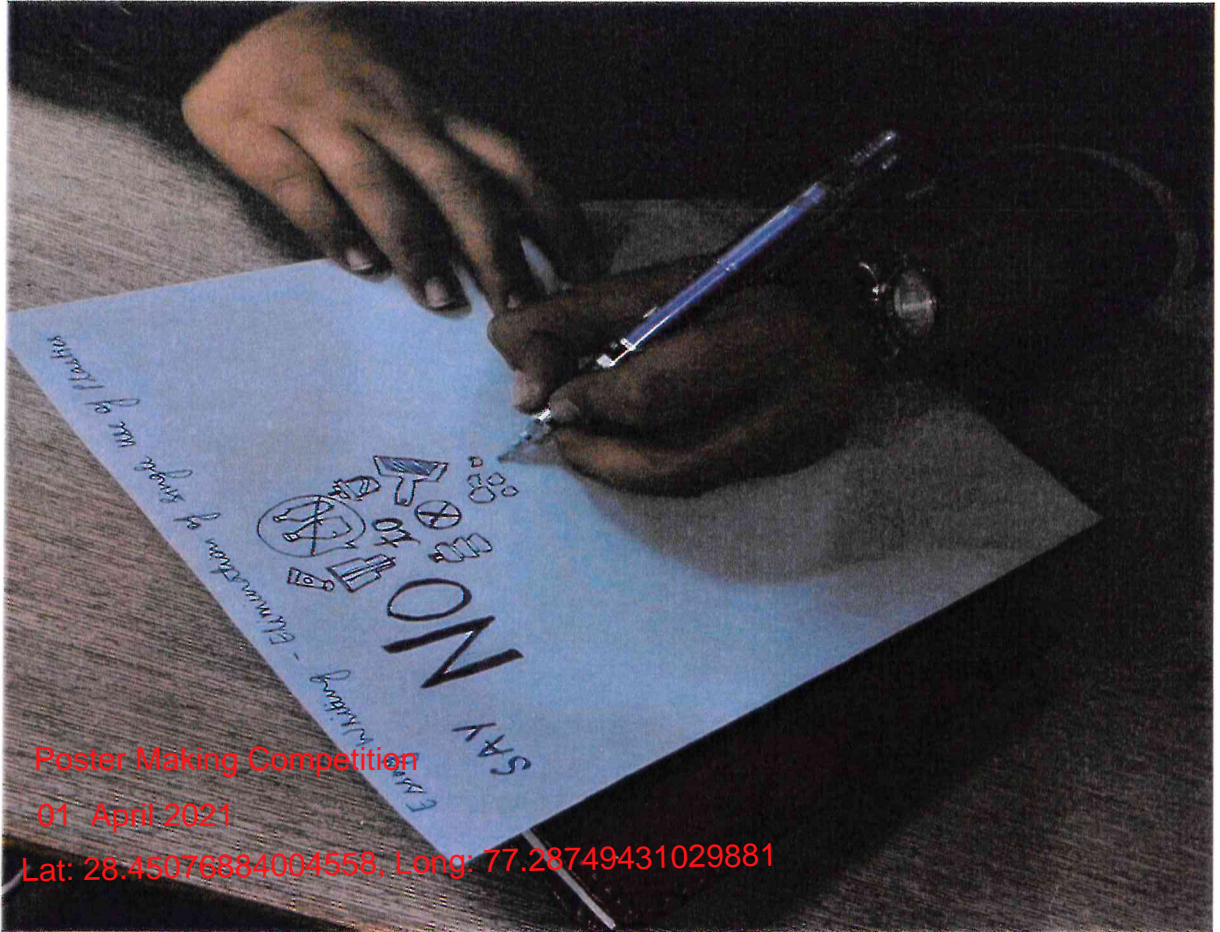
Nikita . Attendance Attached



Essay Writing Competition
01 April 2021
Lat: 28.45076884004558, Long: 77.28749431029881

Essay Writing Competition – Eliminating Single Use Plastic

Quinta



Poster Making Competition

01 April 2021

Lat: 28.45076884004558, Long: 77.28749431029881

Poster Making Competition- Eliminating Single Use Plastic

Divya



Poster Making Competition

01 April 2021

Lat: 28.45076884004558, Long: 77.28749431029881

Poster Making Competition

Quinta