

Outreach Programmes
(Education, Health, Information Services, Reading,
Community Engagement, Tutorials)

MRIIRS- Institutional Social Responsibility and Outreach Programmes

A salient statement in the Vision and Mission of MRIIRS has been to train its students in the backdrop of Indian ethos and values to enable their transformation into insightful, honorable, and responsible citizens of India, who work and dedicate themselves for the advancement of humanity. Since its inception, MRIIRS has rendered extension services to the people of Faridabad District and adjoining areas, which has brought about seminal changes on many fronts. With a great emphasis on the values of humility and gratitude, the students and faculty members have taken up the cudgels for the societal upliftment of the general population of the Faridabad district and contiguous areas through its ISR initiatives.

The ISR arm of MRIIRS, Dr. O P Bhalla Foundation, operates with the objectives to carry forward philanthropic and development activities in various fields like education, sustainable development, environment protection, women empowerment and gender equality, health and wellbeing, geriatric health care, empowering weaker sections of society and reviving our rich cultural heritage. Serving the nation through efforts in inclusive growth, societal development, and diversity conservation, the students, and staff of MRIIRS have endeavored with great alacrity and commitment.

Manav Rachna International Institute of Research and Studies is actively working in the community engagement and sustainable development by actively engaging in various outreach projects. The university aligns its outreach projects with the Sustainable Development Goals (SDGs). The university demonstrates its commitment to social responsibility by offering, managing, and delivering a wide range of outreach initiatives that benefit the local community. These initiatives encompass diverse domains such as education, health, information services, reading programs, community engagement, and tutorials.

MRIIRS takes pride in its positive approach to community service. The university collaborates with local partners, stakeholders, and volunteers to design and execute impactful programs. Furthermore, MRIIRS's robust community

engagement initiatives, including workshops, visits, waste segregation collection drives, plantation drives, seminars, health camps and collaborations with local partners, as it strive to bridge gaps and collaboratively work towards sustainable change.

Some important initiatives in achieving this have been:**1. Adoption of 5 villages under Unnat Bharat Abhiyaan:**

1. Maujpur, Hirapur, Nariyala, Chhainssa, Panhera Khurd of Faridabad district
2. The school facilities in these villages have been upgraded by stocking libraries, constructing toilets, providing furniture, and installing solar panels.
3. Vocational centers for imparting computer education and spoken English have been established.
4. Students have been provided with educational equipment, uniforms, textbooks, and notebooks.
5. Workshops are conducted for capacity building of teachers and school heads using the latest teaching aids and equipment and ICT resources.
6. Mega plantation drives were carried out.
7. Villagers were sensitized about hygiene and cleanliness, which helped the District Administration in making these villages ODF (Open Defecation Free).

The groups of students, under the guidance of faculty members, make a regular visits to the adopted villages. This includes organizing dental checkup camps by the Dental Department, health checkup camps by the Nutrition and Dietetics Department, and Physiotherapy Department interventions. Additionally, MRIIRS has been actively involved in educating girls in the villages and neighboring areas, such as Mohna in the Faridabad District.

2. Adoption of Old Faridabad Railway Station: While discharging its obligations towards Swachh Bharat Abhiyaan, MRIIRS adopted the Shiv Mandir premises station for regular cleaning.

3. Vocational training for potential dropouts in collaboration with the National Skill Development Corporation:

1. MRIIRS collaborated with NSDC and Kedman (a joint venture of Manav Rachna and Kunskapskolan, Sweden), to start a pilot project after approval from NSDC to cover 100 Schools in the State of Haryana.
2. Under the project, vocational training shall be provided in 3 important Sectors Retail, IT, and Beauty & Wellness.
3. This Project provides digital education through Labs equipped with laptops, overhead projectors aided by UPS, internet connectivity, and modern furniture. A dozen vocational Labs have already been set up.

4. Teacher On Call Program:

1. An innovative initiative, it is a Helpline with 30 parallel lines for free service to the Students of Government Schools of Faridabad district through a Toll-Free number.
2. Over and above 16500 students have registered to clear their doubts/queries by 350 Teachers during scheduled hours throughout the week.
3. This project has helped significantly raise the competency levels of Government School students, whose performance used to be very low during Board Examinations.

5. Health Camps:

1. These include dental, nutrition, psychology and physiotherapy services provided through mobile clinics and onsite camps.
2. Blood Donation Camps are a regular feature, with around 10435 units of blood collected during recent years.

6. Women Empowerment: Several activities are conducted throughout the year to give impetus to individual efforts for women empowerment – from organizing workshops, seminars, and conferences to felicitating women entrepreneurs to recognizing meritorious female students in campus. International Women’s Day is an annual celebration at the university.

7. Mental Health initiative ‘Saathi’:

1. Launched in 2020 during the pandemic with trained Clinical Psychologists to provide emotional First Aid and crisis management inputs, helping people who were stressed out due to difficult times.
2. A substantial number of elderly, students, working women, housewives, etc., mostly suffering from anxiety, fear, and depression were taken care of through online counseling.

8. Community Radio:

1. The University has been in the vanguard of societal accretion of the Faridabad district through its very popular Community Radio (Granted by the Govt of India).
2. Its programs cater to the domain of educational, spiritual, entertainment, cultural, women empowerment, environment, health, hygienic living, career counseling, and eradication of vices amongst youth for the public.

9. Collaboration with other NGOs:

1. Spark life for literacy project for slum children
2. SHEOWS for adopting Old Inmates
3. Voice of Voiceless for helping Animal Shelter Project
4. Akriti Foundation for assisting mentally retarded inmates.
5. Feeding India for providing cooked food/raw grains to needy people.

10. Fight against hunger through ‘Ek Mutthi Daan’: Under this initiative, around 1.37 lacs kg of wheat, rice, grains, and cereals have already been collected and donated to orphanages, old age homes, animal shelters, and to District Administration (for supporting migrant laborers and needy people).

11. Swachh Bharat Abhiyaan: Few localities have been identified in Faridabad to spread awareness about cleanliness and basic hygiene. These include Sanjay Colony, Old Faridabad Railway Station, and Shiv Mandir (Sainik Colony). Students and faculty members regularly visit there to spread awareness about basic cleaning.

12. Safety: Regular programs on traffic rules and road safety , self-defense, women and child Safety and hygiene awareness programmes are conducted for the students of the university and various localities in Faridabad.

13. Voluntary Services: The local community receives support through donations of stationery, old clothes, and other essentials as required. MRIIRS conducts its community outreach activities in collaboration with the esteemed Dr. O.P. Bhalla Foundation, known for its extensive range of social initiatives and community services in the Faridabad District.

14. Raddi -Waste Paper Recycling Drive: Raddi is a recycling initiative launched in collaboration with Rotaract Club Faridabad Aravalli. The team collects paper and cardboard from the Manav Rachna Campus and recycle them. The waste material is converted into new notebooks and stationary items that are distributed among the underprivileged children.

15. Margdarshan Initiative: The Margdarshan Initiative is a noble endeavor by the Dr. O P Bhalla Foundation aimed at guiding and empowering young students to make informed decisions about their future career and education paths. Through this initiative, the Foundation aims to bridge the gap between school education and higher education by providing students with access to resources, mentorship, and guidance.

Recognizing the pluralistic culture, kaleidoscopic societal norms, abounding diversity, varying lifestyles and work attitudes, and deep chasm between living conditions and earning capacity of people, MRIIRS through its students and faculty, has relentlessly engaged in ameliorating the plight of deprived sections of society on its own, as well as in collaboration with governmental and local administration bodies.

Outreach Programmes on Education

Outreach Projects on Education

MRIIRS in collaboration with Dr. O.P. Foundation, has been organizing outreach programs focused on Sustainable Development Goal 4 (SDG 4), which aims to ensure inclusive and quality education for all. These initiatives are designed to promote education and learning opportunities, particularly in underprivileged communities. Through these efforts, the foundation and MRIIRS are working towards creating a more equitable and educated society, where every individual has access to quality education and the opportunity to thrive.

- **Teachers on Call Program in association with Sahaj Path , Faridabad Education Council**

Under its vision of providing equal learning opportunities to each and every child, especially the students of Government Schools, Manav Rachna International Institute of Research and Studies in association with Dr O P Bhalla Foundation and with the help and support of Sahaj Path Knowledge Foundation is running the 'Teacher on Call' Program. The initiative is aligned with SDG 4 - Quality Education. This is a Phone Call Based Remedial Educational Development Program for students of Government Schools of Faridabad district. We already have more than 300 qualified and experienced Volunteer Teachers, who are successfully teaching the students over phone in the subjects of Mathematics, Science, Social Science, Hindi and English, and are helping around 12000 students of classes VI to X in answering their queries through telecalling about their difficulties in these subjects through toll free No. 18008906006 which is made available to Student callers during specified hours (Mondays to Saturdays - 5:00 PM to 8:00 PM & Sundays –9:00 AM to 8:00 PM).The program has successfully impacted many students and there is a significant difference towards the betterment of their academic performance. The students are also given rewards from time to time based on their performance and association with the program.



Awareness about Teacher on Call Program at Government Schools



Student being rewarded for being a regular caller on the Program and achieving good grades



Receiving rewards from volunteer teachers providing service at Teacher on call Program

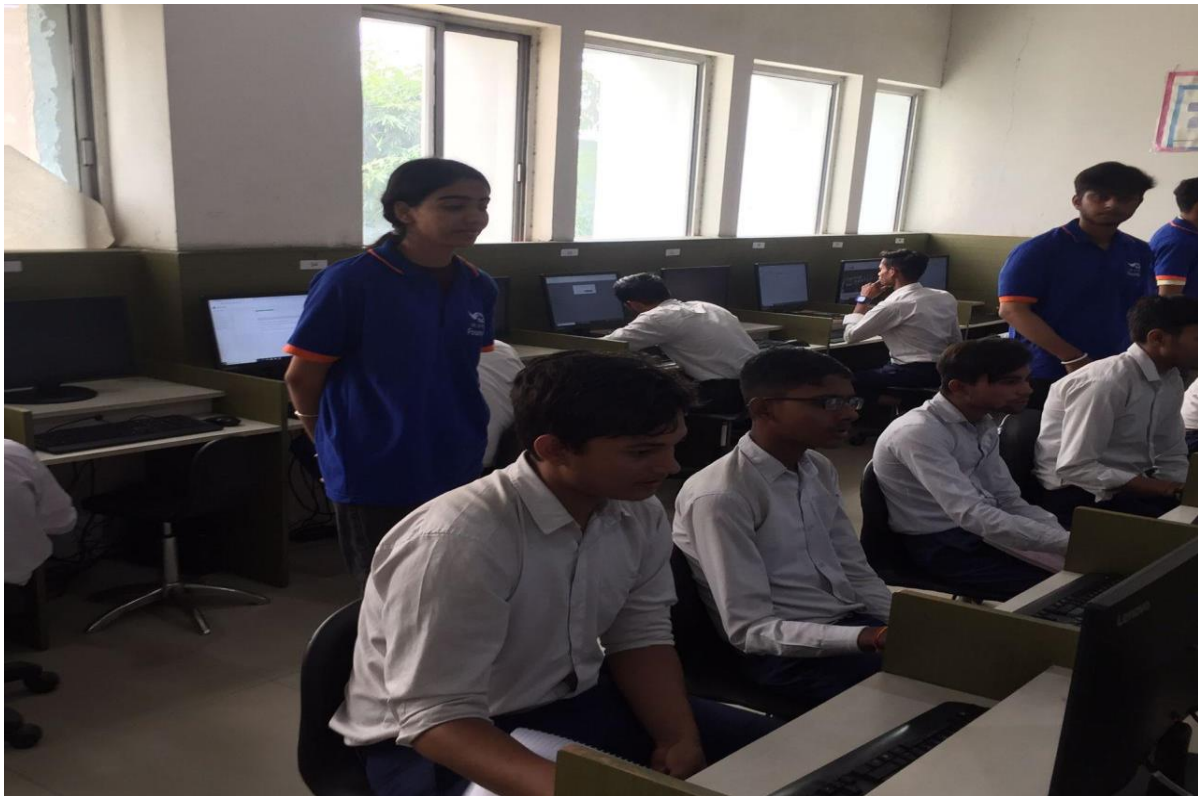


Awarded for achieving good marks

- **Margdarshan Initiative: Career Aptitude Test organized for students of Government Boys Senior Secondary School (GBSSS), Old Faridabad conducted from 17th October 2023 to 16th December 2023.**

Dr. O.P. Bhalla Foundation and MRIIRS organized a Career aptitude test under their noble initiative Margdarshan for needy students of Government Boys Senior Secondary School, Old Faridabad . A total of 385 enthusiastic students from GBSSS Old Faridabad were invited to the Campus for a transformative experience. The cornerstone of this initiative was designed to help students explore their inherent strengths, passions, and aptitudes. Spanning from the 17th of October 2023 to the 16th of December, this immersive program aimed to provide students with invaluable insights into various career paths and opportunities.

Under the nurturing guidance of educators and career counselors, each student embarked on a journey of self-discovery and exploration. The Initiative also aimed to discover hidden talents and match them with promising career paths through individual assessments and engaging sessions. Throughout the duration of the program, students engaged in a series of workshops, seminars, and practical exercises tailored to their interests and aptitudes.



Students engaged in workshops and Assessment test



Team MRIIRS with Students of GBSSS, Faridabad



Interaction session by MRIIRS Volunteers with GBSSSS Students

- **Session on PowerPoint Presentation was conducted for the students of Ankhir under Kaushal Initiative from 21st October 2023 to 12th February 2024**

From the 21st of October 2023 to 12th February, a valuable session was organized for the students of Ankhir under the esteemed Kaushal Initiative, facilitated by the Dr. O P Bhalla Foundation. The focus of the session was to impart knowledge on creating impactful PowerPoint presentations, a skill of immense relevance in today's digital age. The students were provided with hands-on training and insightful guidance on the intricacies of crafting engaging and informative presentations. This initiative not only equipped the students with a valuable technical skill but also fostered a sense of confidence and empowerment, setting them on a path towards greater educational and professional success.



Learning session on PowerPoint Presentation



Hands on Training on Power point to the students of GSSS Akhir School

- **Remedial classes on English and Mathematics at Rescue Home for boys, Tikona park, Faridabad, 8th July 2023:**

On the 8th of July 2023, MRIIRS students in association with Dr. O.P Bhalla Foundation conducted remedial classes in English and Mathematics at Rescue Home for Boys Tikona Park, Faridabad. Eager and dedicated student interns undertook the responsibility of imparting knowledge and skills to the young minds residing there during their summer break. Following a month of immersive learning experiences, a comprehensive Mathematics test was taken to assess the progress made by the students. The test was arranged and prepared by Dr. Pooja Khurana (Professor-Mathematics). The test not only served as a means of evaluation but also as a testament to the dedication invested in the educational endeavor. Through collaborative efforts and a shared vision for academic excellence, the remedial classes not only nurtured intellectual growth but also fostered a sense of empowerment and confidence within the boys, paving the way for a brighter future.



Remedial classes for the Rescue Home Boys, Tikona Park

- **Computer Donation from IT Dept, MRIIRS, August 2022**

In the month of August 2022, a remarkable act of generosity unfolded as the Foundation contributed to the advancement of education by donating 100 computers to Government Schools in several adopted villages. The impact of this initiative reached far and wide,

benefiting schools in Mohna, Panhera Khurd, Chainsa, Dayalpur Gadkheda, Nariyala, as well as Sanatan Dharam School in NIT, Faridabad, and Prabhat Awakening NGO. These computers, received from the IT Department of MRIIRS, serve as technological catalysts for enhanced learning experiences and opportunities. Such contributions not only bridge the digital divide but also empower students and educators with the tools necessary to excel in the modern world. The ripple effects of this donation are bound to be felt in the form of enriched education, improved access to information, and a brighter future for the communities and individuals touched by this act of kindness.



Computer Donation Sanatan Dharam School

- **Mini Library set up at Rescue Home, Sanatan Dharm School and Perna Public School, 22nd to 27th July 2022**

Between July 22nd and July 27th, 2022, a heartwarming initiative took shape as MRIIRS and O P Bhalla Foundation collaborated to establish three mini libraries in significant educational spaces. This noble endeavor aimed to foster a love for reading and learning among young minds. The first of these mini libraries found its home at the Rescue Home for Boys in Tikona

Park on July 22nd, followed by the installation at Sanatan Dharm School in NIT on July 25th, and finally at Prerna Public School under the auspices of the Global Orphanage Trust in Sector 10 on July 27th. Working hand in hand with the Way of Life Foundation, the requirements for these libraries were meticulously gathered from the respective institutions. A remarkable 600 books were sourced from the Way of Life Foundation's book donation drive, providing a diverse and enriching collection for these budding readers. The setup of these libraries was made possible by the dedicated efforts of student volunteers who sorted through the books with care and passion, ensuring that each library was not just a space but a gateway to knowledge, imagination, and a brighter future for the students. Such initiatives resonate with the belief that education and the love for books are invaluable gifts that have the power to transform lives.



Donation of books to Global Orphanage Trust



MRIIRS Student Team with Global Orphanage Children



Display for the donation of Books.

- **Learning how to learn sessions at GSSS, Ankhir (July 25,2022) and GSSS, Badhkal (July 26,2022)**

On July 25th and 26th, 2022, GSSS Ankhir and GSSS Badhkal hosted insightful "Learning How to Learn" sessions, marking a significant step towards empowering students with self-awareness and effective learning strategies. These sessions, tailored to help students understand their unique learning styles, utilized the Visual, Auditory, and Kinesthetic (VAK) Assessment tool. A total of 150 students at GSSS Ankhir and 126 students at GSSS Badhkal participated in this enlightening exercise. Through the assessment, students gained valuable insights into whether they are visual, auditory, or kinesthetic learners, allowing them to tailor their study habits and approaches accordingly. This initiative not only provided students with a deeper understanding of their individual learning preferences but also equipped them with tools to enhance their academic journey. By fostering a culture of self-awareness and personalized learning, these sessions at GSSS Ankhir and GSSS Badhkal aimed to empower students to reach their full potential and excel in their academic pursuits.



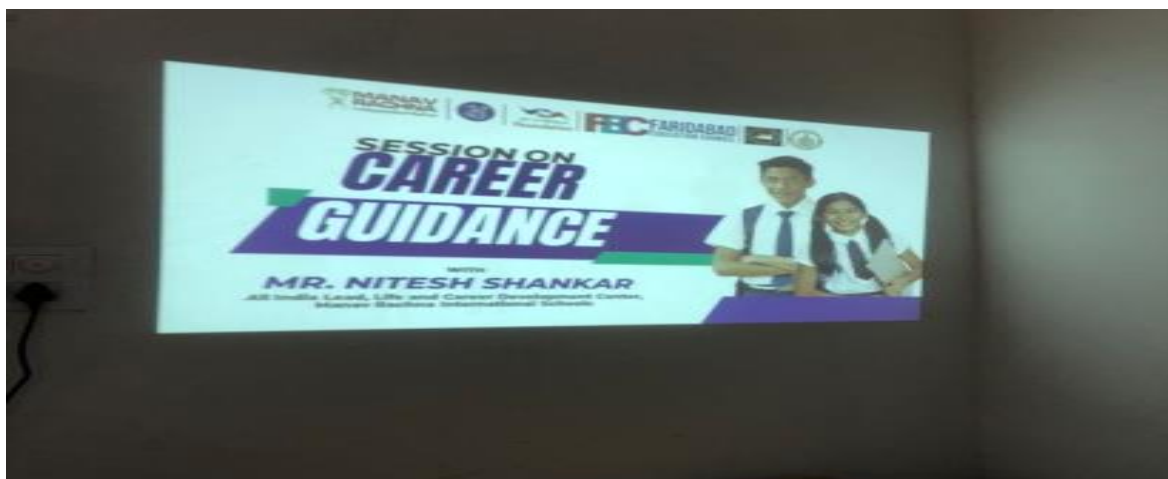
Awareness on Visual, Auditory, and Kinesthetic (VAK) learning styles at GSSS , Ankhir



Learning how to learn sessions by Students of MRIIRS at GSSS, Badkal

• **Career Guidance Session, 16th July 2022**

On July 16th, 2022, a pivotal Career Guidance session took place at GSSS, Anangpur, providing invaluable insights for the students of Class 12th. Spearheaded by Mr. Nitesh Shankar from the esteemed Life and Career Development Cell at MRISs, the session delved into a myriad of career avenues awaiting exploration. With a meticulous breakdown of diverse career prospects, students were enlightened on potential paths to pursue, and equipped with knowledge on resources to further delve into these opportunities. The interaction proved to be not only informative but also deeply enriching for both the staff and students alike, paving the way for informed decisions and inspired futures.



Career Guidance session display



Interaction Session with Team MRIIRS



Career Guidance session by Team MRIIRS

- **Old Computers Donation at Government Schools in Nariyala, Panhera Khurd and Dayalpur, 16th July, 2022**

On July 16th, 2022, a generous act of philanthropy unfolded as 30 old computers found new purpose in the classrooms of Government Schools in Nariyala, Panhera Khurd, and Dayalpur. The altruistic gesture was made possible through the donation of 100 old computers received by the Foundation from MREIs. Taking charge of this initiative, Mr. Devender Singh embarked on a mission of empowerment. With heartfelt dedication, he personally delivered 10 computers each to the Principals of the Government Schools in the

adopted villages. This act not only breathed new life into these classrooms but also illuminated the path for countless students towards a more technologically inclusive education. Such endeavors stand as shining examples of how a simple act of kindness can pave the way for a brighter future for our youth and communities.

Outreach Programmes on Health Care

Outreach Projects on Health Care

- **Health Camps**

A series of community health camps were organized by Manav Rachna International Institute of Research and Studies, in partnership with the O.P. Bhalla Foundation. These camps aimed to support the Health for all mission by focusing on the development and well-being of underprivileged members of society. They provided free healthcare services to those who couldn't afford hospital care.

Various departments of MRIIRS, including Physiotherapy, Nutrition and Dietetics, Psychology, and School of Dental Sciences, contributed to these camps. Physiotherapy services offered exercises and advice for patients with conditions like flat foot, posture issues, lower back pain, and joint pains. Nutrition and Dietetics teams assessed nutritional status and provided counseling for overall health. They emphasized the importance of a balanced diet and hygiene, especially for children. The Psychology department provided guidance on various issues like relationships, stress management, and mental health.

The School of Dental Sciences educated attendees about dental procedures, oral hygiene, and the risks of sugary foods and tobacco use. They also provided dental treatments like fillings and cleanings.

Dr. N.C. Wadhwa and Dr. O.P. Bhalla Foundation team are very much appreciated for their remarkable efforts in orchestrating the successful series of health camps. Their dedication to the Health for All mission is truly commendable, as evidenced by the impactful initiatives they have undertaken. Through their collaborative spirit and unwavering commitment, they have brought much-needed healthcare services to the underprivileged and marginalized sections of our society.

- **Psychological analysis test for Government Senior Secondary School (GBSS) Ankhir on 7th July 2023**

The Department of Psychology, MRIIRS with Dr. O.P Bhalla foundation and UPES Dehradun conducted a psychological analysis test for students from classes 8 to 12 at GSSS Ankhir in asso. This test, developed by the experts from the Department of Psychology, MRIIRS, and aimed to assess various psychological aspects among the students.

After the conduction of the test, the results were meticulously analyzed to identify students who may benefit from targeted individual counseling sessions. Further, the counseling sessions are designed to address the specific needs and concerns of underprivileged students. The analysis delved into areas such as cognitive abilities, emotional intelligence, behavioral patterns, and social interactions, providing a holistic view of each student's psychological profile. The initiative underscores the commitment of both institutions to the holistic well-being and development of the students.



Psychological analysis test for Government Senior Secondary School (GBSS),Ankhir

- **Health Camp for testing Hemoglobin levels on 11th September 2023 to 12th September 2023**

On the 11th and 12th of September 2023, a significant health initiative was conducted by Manav Rachna International Institute of Research and Studies under which 1723 students and faculty members underwent hemoglobin level testing. This crucial health assessment was carried out by the dedicated team from Sarvodaya Health Care, with the aim of promoting well-being and awareness within the institute community. The results of the hemoglobin tests

revealed a heartening outcome, with more than 50% of the students found to be eligible for blood donation. This positive response underscored the healthy lifestyle choices and wellness practices prevalent among the MRIIRS community. Recognizing the importance of this opportunity to contribute to the noble cause of blood donation, a significant portion of the student body stepped forward to participate. In addition to those eligible for blood donation, the remaining students were not left without support. The Nutrition Department promptly initiated efforts to reach out to these students for further counseling and guidance. This proactive approach ensures that every individual's health needs are addressed comprehensively, promoting a culture of holistic well-being within the institute. The collaboration between Sarvodaya Health Care and MRIIRS exemplifies a shared commitment to the health and welfare of the institute's students and faculty members. By providing convenient access to health screenings and fostering a culture of awareness, the initiative aims to empower individuals to take charge of their health and make informed lifestyle choices. Through this initiative, not only were the hemoglobin levels of 1723 participants assessed, but a significant number also expressed readiness to contribute to the noble cause of blood donation. Furthermore, those needing additional support and guidance will benefit from the dedicated efforts of the Nutrition Department, ensuring that every member of the MRIIRS community receives the care and attention they deserve. This health initiative not only promotes physical well-being but also fosters a sense of community and shared responsibility among the students and faculty members of MRIIRS. It serves as a reminder of the institute's dedication to nurturing not just academic excellence, but also the overall health and welfare of its valued members.



Registration for Hemoglobin Testing



Testing of Hemoglobin Levels

- **Mega Blood Donation Camp held in MRIIRS in association with Rotary Heritage, Rotary Golfers and Lions Club conducted 15th September 2023**

On the 15th of September 2023, a momentous event unfolded at MRIIRS (Manav Rachna International Institute of Research and Studies) as the institute played host to a Mega Blood Donation Camp. This noble initiative, held in association with Rotary Heritage, Rotary Golfers, and Lions Club, aimed to encourage and facilitate blood donation among the institute's community members. The Mega Blood Donation Camp spanned across the B, I, and T blocks of the institute, creating a vibrant atmosphere of altruism and goodwill. A remarkable total of **1210** students enthusiastically came forward to donate blood and **1356 units** of blood have been collected from students and Faculty members of MRIIRS , showcasing a remarkable spirit of generosity and compassion.

Their willingness to contribute to this life-saving cause exemplified the values of empathy and community service instilled within the MRIIRS community. In addition to the blood donation drive, another significant aspect of the camp was the opportunity for students and faculty members to pledge for Stem Cell donation. This initiative, conducted in collaboration with Jeevan Dayni Foundation and Gene Bandhu Foundation, aimed to raise awareness about the critical need for Stem Cell donors. A total of 178 individuals, comprising both students and faculty members, took the pledge to potentially save lives through Stem Cell donation.



Blood group testing of the blood donors



Donors donating Blood



Registration Team MRIIRS for Mega Blood Donation Camp

- **Give her wings to fly: Distributing Sanitary Napkins to the deprived girls at Mohabbatabad Village, 24th September 2023**

On September 24th, 2023, the 'Give her Wings to Fly' initiative led by Team OP Bhalla Foundation, in collaboration with Student of MRIIRS Volunteers, ventured to Mohabbatabad Village for a meaningful endeavor. The focal point of the day was a Nukkad Naatak, a street play, aimed at spreading awareness about menstrual health and hygiene. This impactful activity was complemented by the support and partnership of the Satya Sai Foundation, which concurrently organized a Narayan Sewa, a community service initiative, for the villagers. Together, these efforts sought to address critical issues and provide holistic support to the community.

During the visit, special attention was given to the women of the village, where more than 250 women and girls were directly engaged. As part of the initiative, sanitary napkins were distributed among these women and girls, ensuring not only awareness but also access to essential menstrual hygiene products. This event marked a significant milestone in the ongoing efforts of the initiative, with the cumulative count of distributed sanitary napkin reaching an impressive 27,000 to date. Through such collaborative and community-driven initiatives, the

'Give her Wings to Fly' initiative continues to empower women and girls, ensuring they have the resources and knowledge necessary to lead healthy and dignified lives.



Awareness session by Students of MRIIRS on women's menstrual Hygiene



Women and girls attending the session on menstrual hygiene

- **Healthy Eating and Nutrition Importance enlighten session for GSSS , Ankhir on 19th October 2023**

October 19th, a significant session was organized at GSSS Ankhir, orchestrated by Dr. O P Bhalla Foundation in collaboration with the Department of Nutrition and Dietetics of MRIIRS. The focus of this session was to enlighten the students on the critical aspects of healthy eating and the profound importance of nutrition in their lives. Throughout the interactive gathering, students were engaged in discussions, activities, and informative presentations, making the session not just educational but also engaging. The impact was palpable as it served as an eye-opener for many, shedding light on the often-overlooked significance of a balanced diet and its effects on overall well-being. The efforts and insights shared were well-received by the school authorities, underlining the session's success in creating awareness and fostering a culture of health consciousness among the students of GSSS Ankhir.



Session on healthy eating habits and Nutrition Importance



Team MRIIRS from Department of Nutrition and Dietetics

- **Free Dental Camp at SHEOWS Care Centre, Old Age Home located in Okhla, New Delhi on 17th November 2023**

As guided by Hon'ble Chief Patron, Satya Bhalla Mam, Dr OP Bhalla Foundation, in association with the School of Dental Sciences, MRIIRS, organized a Free Dental Camp at Sheows Care Centre, Old Age Home located in Okhla, New Delhi on 17.11.2023.

The objective of the dental camp was to engage with the elderly residents, provide comprehensive dental care services to the elderly residents, address their oral health needs, and promote awareness about dental hygiene. A total of 53 patients were screened and provided oral health education and 17 patients were provided Dental treatment. This included preventive and restorative treatments. Patients were referred to the School of Dental Sciences, MRIIRS.



Dental health camp at SHEOWS Old age home



Volunteers Team MRIIRS for SHEOWS old Age home

- **A Mega Health Camp and Mammography Camp was organized on 19th November 2023**

A Mega Health Camp and Mammography Camp was organized on 18th November 2023 at the MR campus by Dr O P Bhalla Foundation, in collaboration with Faridabad Industries Association, Rotary Golfers Club and Aditya Birla Health, where services like free Mammography for women aged 40 plus, free eye testing, Blood Pressure, Blood Glucose, Thyroid, Total Cholesterol, Pulmonary Function Test and consultation by Doctors were provided. Total of 107 associates got the checkups done while 25 women underwent Mammography.



Blood test at the Department Dental Sciences

- **Team Foundation organized a Hepatitis booster as well as Tetanus camp at School of Dental Sciences, 20th November 2023**

On November 20th, 2023, Team Foundation took a proactive step towards community health by organizing a Hepatitis booster and Tetanus camp at School of Dental Sciences This initiative was a collaborative effort with Dr. Suraj Prakash Hospital, aiming to provide essential healthcare services to the community members. The camp served as an opportunity for individuals to receive Hepatitis booster shots, crucial for maintaining immunity against this infectious disease. Additionally, Tetanus vaccinations were also administered, ensuring protection against this

bacterial infection. The joint efforts of Team Foundation and Dr. Suraj Prakash Hospital made these preventive healthcare services easily accessible to the attendees, promoting overall well-being within the community. This initiative reflects a commitment to public health and underscores the importance of regular vaccinations in preventing the spread of infectious diseases.



Checking of parameters such as blood pressure ,weight



Hepatitis Booster Camp

- **Mega Health camp at Shiv Public Senior secondary School , Dhakiola, Faridabad, 3rd December 2023**

On the 3rd of December 2023, the Dr. OP Bhalla Foundation orchestrated a remarkable event by hosting a Mega Health Camp in partnership with the Public Rights Protection Forum at the esteemed Shiv Public Senior Secondary School located in Dhakiola, Faridabad. This collaborative effort aimed at providing an array of crucial health services to the community. The camp featured essential health screenings such as blood sugar and blood pressure checks, along with physiotherapy sessions among other services. The dedicated team from SDS, MRIIRS also enthusiastically participated in this noble cause. Throughout the event, a total of 54 patients were meticulously screened, receiving attentive care and treatment, with 13 of them benefitting directly from the camp's services. The skilled medical professionals performed ultrasonic scaling procedures for 8 patients, ensuring their dental health, and conducted dental fillings for 5 individuals, making a tangible difference in the lives of those in need. This collaborative effort exemplified the spirit of community service and the unwavering commitment to promoting health and well-being among all individuals.



Dental health Camp at Shiv Mandir



Mobile Dental Health Check-up

- **Organ Transplant Pledge**

On 12th January, 2024 the celebration of Lohri started with a noble cause, as Dr. O P Bhalla Foundation, SW-MRIIRS and SW-MRU, motivated the students to pledge for Organ Donation and educated them about the direct state of Organ Transplant in the country and the importance of registering as Organ Donors under Donate Life: Join the Organ Revolution Campaign.



Pledge on Organ donation Revolution

- **Health and Legal Aid Camp Series**

Dr. O.P Bhalla Foundation and MRIIRS jointly organized health and legal Aid Camps from 1st February 2024 onwards. The camp was organized for free checkups on Dental Health, Physiotherapy, and Nutrition & Dietetics. Additionally, the Department of Psychology organized mental health camps to provide free counseling sessions. More than 1275 people were benefitted from the camps. Beneficiaries also received legal awareness and aid from the School of Law. The camps also hosted free general physician check-ups and eye tests in collaboration with Dr Suraj Prakash Hospital.

The health camps were organized at the following places :

- i. Shri Sushma Swaraj Government College for Girls, Ballabgarh on 1st February, 2024.
- ii. St Peter's College, Sector 85, Faridabad, 9th February 2024
- iii. Herman Gmeiner School, Sector 29, Faridabad, 13th February 2024
- iv. Vidhayak Rajesh Nagar Ji Karyalya, Bhataula Village 17th February 2024
- v. Community Centre in Sector-37, Faridabad, 26th February 2024
- vi. Rawal Institutions on 28th February 2024



Blood Pressure Testing



Shri Sushma Swaraj Government College for Girls, Ballabgarh on 1st February 2024



St Peter's College, Sector 85, Faridabad, 9th February 2024



Vidhayak Rajesh Nagar Ji Karyalya, Bhatula Village 17th February 2024



Community Centre in Sector-37, Faridabad, 26th February 2024



Registration Desk for Health camp at Rawal Institution



Rawal Institutions on 28th February 2024

LIST OF HEALTH CAMPS (AY-2023-24)

S.NO	Department	Title of the Activity	Organizing unit/ agency/ collaborating agency	Date of conduct (dd-mm-yyyy)
1	Dental Sciences	Screening camp	Manav Rachna International School-sector 14 Faridabad	19-07-2023
2	Dental Sciences	Consultancy Treatment camp at Tughlaqabad by Ashirwad Rasoi	Ashirwad Rasoi	22-07-2023
3	Dental Sciences	Consultancy camp at Baba Deep Singh Gurudwara Jawahar colony, Dabua	Baba Deep Singh Gurudwara Jawahar colony, Dabua	31-07-2023
4	Physiotherapy and Nutrition & Dietetics	Health Camp	Prince International School	31-08-2023
5	Dental Sciences	Mega Health camp-government girls college sec-16	Government girls college sec-16	01-09-2023

6	Physiotherapy	Health Camp	Vanaprastha old age home	01-09-2023
7	Physiotherapy	Health Camp	World Physiotherapy Day camp	11-09-2023
8	Dental Sciences	Swachhata Pakwada	School of Dental Sciences	21-09-2023
9	Dental Sciences	Screening camp on Grandparents day with MRIS-21C	Manav Rachna International School-21c	23-09-2023
10	Physiotherapy and Nutrition & Dietetics	Health Camp	Dakshata Foundation	23-09-2023
11	Physiotherapy and Nutrition & Dietetics	Health Camp	K.D Convent School	29-09-2023
12	Dental Sciences	Treatment camp in govt college-Tigaon	Government college Tigaon	06-10-2023
13	Dental Sciences	Treatment camp in IBIZA society	Manav Rachna International School Charmwood	08-10-2023
14	Dental Sciences	Treatment camp in Omaxe hills	Manav Rachna International School Charmwood	14-10-2023
15	Physiotherapy	Health Camp	Paras School Dabua	14-10-2023
16	Dental Sciences	Treatment Camp in Sheows Care Centre, Old Age Home, Okhla, New Delhi	O.P Bhalla Foundation	17-11-2023
17	Dental Sciences	Screening camp	Manav Rachna international school-sector 51 Gurugram	21-11-2023

18	Dental Sciences	Mega Camp At Shiv Public School, Dhaikola	Public rights protection forum	03-12-2023
19	Dental Sciences	Screening camp in Govt model ITI women's college	Govt model ITI women's college	05-12-2023
20	Dental Sciences	Screening camp	Manav Rachna International school- Charmwood	18-12-2023
21	Dental Sciences	Mega Camp at KL Mehta Dayanand Women's College	KL Mehta Dayanand women's college	29-01-2024
22	Psychology, Physiotherapy and Nutrition & Dietetics	Health Camp	Shri Sushma Swaraj Government College For Girls, Sector Ballabhgarh, Faridabad	01-02-2024
23	Physiotherapy and Nutrition & Dietetics	Health Camp	St.Peter's College, sector 86 , Faridabad	09-02-2024
24	Physiotherapy and Nutrition & Dietetics	Health Camp	Herman Gmeiner School School, Sector 29, Faridabad	13-02-2024
25	Psychology	Health Camp	BPTP Park ,Grandeura, Faridabad	13-02-2024
26	Physiotherapy and Nutrition & Dietetics	Health Camp	Vidhayak Rajesh Nagar Place,Bhataula Village	17-02-2024
27	Psychology, Physiotherapy and Nutrition & Dietetics	Health Camp	Community Centre, Sector-37	26-02-2024
28	Psychology, Physiotherapy and Nutrition & Dietetics	Health Camp	Rawal Institutions	28-02-2024

More Glimpses health camps organized for community outreach Programme



Health camp Announcement and awareness campaign



Nutrition counselling by Msc Nutrition and Dietetics students and faculty members



Anthropometric measurement of the participants



Measurement of Blood Pressure by Physiotherapy team



Treatment provided by physiotherapy expert



Assessment by Dental team in health camp



Counselling by Psychology Experts



O.P.Bhalla Foundation team



MRIIRS expert team at health camp

i. Giver her Wings to Fly with House-keeping Staff of Manav Rachna Campus ,21st July to 27th July, 2022

From July 21st to July 27th, 2022, the empowering initiative "Give her Wings to Fly" took flight within the premises of Manav Rachna Campus, extending its reach to the invaluable housekeeping staff. In a series of impactful sessions, dedicated to menstrual hygiene and sanitary napkin distribution, the Foundation collaborated closely with both male and female members of the housekeeping team across the three zones of the campus. These sessions went beyond the mere distribution of sanitary products; they served as platforms for education, awareness, and destigmatization.. Through these efforts, a total of 800 sanitary napkins were distributed among the housekeeping staff, ensuring that they not only had access to necessary resources but also the knowledge to prioritize their menstrual health. This initiative not only highlighted the Foundation's commitment to inclusivity and well-being but also emphasized the importance of recognizing and supporting the often overlooked contributions of the housekeeping staff. By giving wings to these individuals, the initiative aimed to empower them with dignity, knowledge, and the tools necessary to navigate their lives with confidence and comfort. Such efforts are integral steps towards creating a more compassionate and inclusive community within the Manav Rachna Campus, where every individual is supported in their journey towards health and empowerment.



Sanitary Pad distribution among women



Ladies attending Awareness session on Menstrual hygiene

LIST OF HEALTH CAMPS (AY-2022-23)

S.NO	Department	Title of the Activity	Organizing unit/ agency/ collaborating agency	Date of conduct (dd-mm-yyyy)
1	Faculty of Allied Health Sciences, MRIIRS	Health Camp	MRIIRS, Charmwood Village, Faridabad	02-07-2022
2	Nutrition and Dietetics, FAHS, MRIIRS	Health Camp	PHC, Fatehpur Beri, New Delhi	04-08-2022
3	Faculty of Allied Health Sciences,	Health Camp	Sector 15A, Faridabad	24-08-2022

	MRIIRS			
4	Department of Physiotherapy, FAHS, MRIIRS	Health Camp	SGM Nagar, Patel Chowk ,Faridabad	17-09-2022
5	Nutrition and Dietetics, FAHS, MRIIRS	Health Camp	Kalkaji Public School, Kalkaji, Delhi	30-09-2022
6	Faculty of Allied Health Sciences, MRIIRS	Health Camp	Machhgar, Ballabgarh	20-10-2022
7	Nutrition and Dietetics, FAHS, MRIIRS	Health Camp	Manav Rachna International School, Sector 46, Gurugram	26-11-2022
8	Department of Physiotherapy, FAHS, MRIIRS	Health Camp	Anagpur Village , Faridabad	3-12-2022
9	Nutrition and Dietetics, FAHS, MRIIRS	Health Camp	Maharshi Dayanand Public School, Sector 16, Faridabad	30-12-2022
10	Department of Physiotherapy, FAHS, MRIIRS	Health Camp	Kia Rasoi, Kundali, Sonipat	06-01-2023
11	Nutrition and Dietetics, FAHS, MRIIRS	Health Camp	FatehpurTaga, Sohna Road, Dhauj Village, Faridabad	29-01-2023
12	Department of Physiotherapy, FAHS, MRIIRS	Health Camp	Old Age Home ,Sec-28	18-03-2023
13	O.P.Bhalla Foundation, MRIIRS	Health Camp	SGM Nagar, Faridabad	22-03-2023

14	Department of Physiotherapy, FAHS, MRIIRS	Health Camp	Sneh Vidya School,SGM Nagar	25-03-2023
15	O.P.Bhalla Foundation, MRIIRS	Health Camp	Vanaprastha Old Age Home	28-03-2023
16	O.P.Bhalla Foundation, MRIIRS	Health Camp	CHC Kheri Kalan, Faridabad, Haryana	31-03-2023
17	O.P.Bhalla Foundation, MRIIRS	Health Camp	Sanak Sewa Samiti Old Age Home	01-04-2023
18	O.P.Bhalla Foundation, MRIIRS	Health Camp	Atmadpur School	07-04-2023
19	O.P.Bhalla Foundation, MRIIRS	Health Camp	Gandhi colony, Faridabad	14-04-2023
20	Department of Physiotherapy, FAHS, MRIIRS	Health Camp	AIIMS Society	15-04-2023
21	O.P.Bhalla Foundation, MRIIRS	Health Camp	Dayalpur Gurudwara	16-04-2023
22	O.P.Bhalla Foundation, MRIIRS	Health Camp	Sai Dham	21-04-2023
23	O.P.Bhalla Foundation, MRIIRS	Health Camp	Mohna Village Panchayat, Faridabad	29-04-2023
24	O.P.Bhalla Foundation, MRIIRS	Health Camp	IP colony Faridabad	06-05-2023
25	Department of Physiotherapy, FAHS, MRIIRS	Health Camp	Shiksha Bharti School	07-05-2023
	Department of Physiotherapy,		Govt. medical Center,Anagpur	

26	FAHS, MRIIRS	Health Camp		09-05-2023
27	O.P.Bhalla Foundation, MRIIRS	Health Camp	K.L. Mehta Dayanand Public High School, NIT 5, Faridabad,	12-05-2023
28	O.P.Bhalla Foundation, MRIIRS	Health Camp	Elpis Convent School, Jeewan nagar – 2, near Pawan Hospital, Faridabad	05-21-2023
29	O.P.Bhalla Foundation, MRIIRS	Health Camp	Government Boys School, NIT 5, Faridabad, Haryana	26-05-2023

Outreach Programmes on Information Services

Outreach Projects on Information Services

- **Kaushal Karyashala-IT Skill Training from August 2023-February 2024**

Kaushal Karyashala, an initiative by Dr OP Bhalla Foundation in association with Manav Rachna International Institute of Research and Studies, aims to provide IT skill training to youth for better job prospects. It caters to the 4th SDG Goal of providing Quality Education to all. Launched on December 27th, 2021 by DC Faridabad, Sh. Jitender Yadav, the program conducted online classes for practical training on campus.

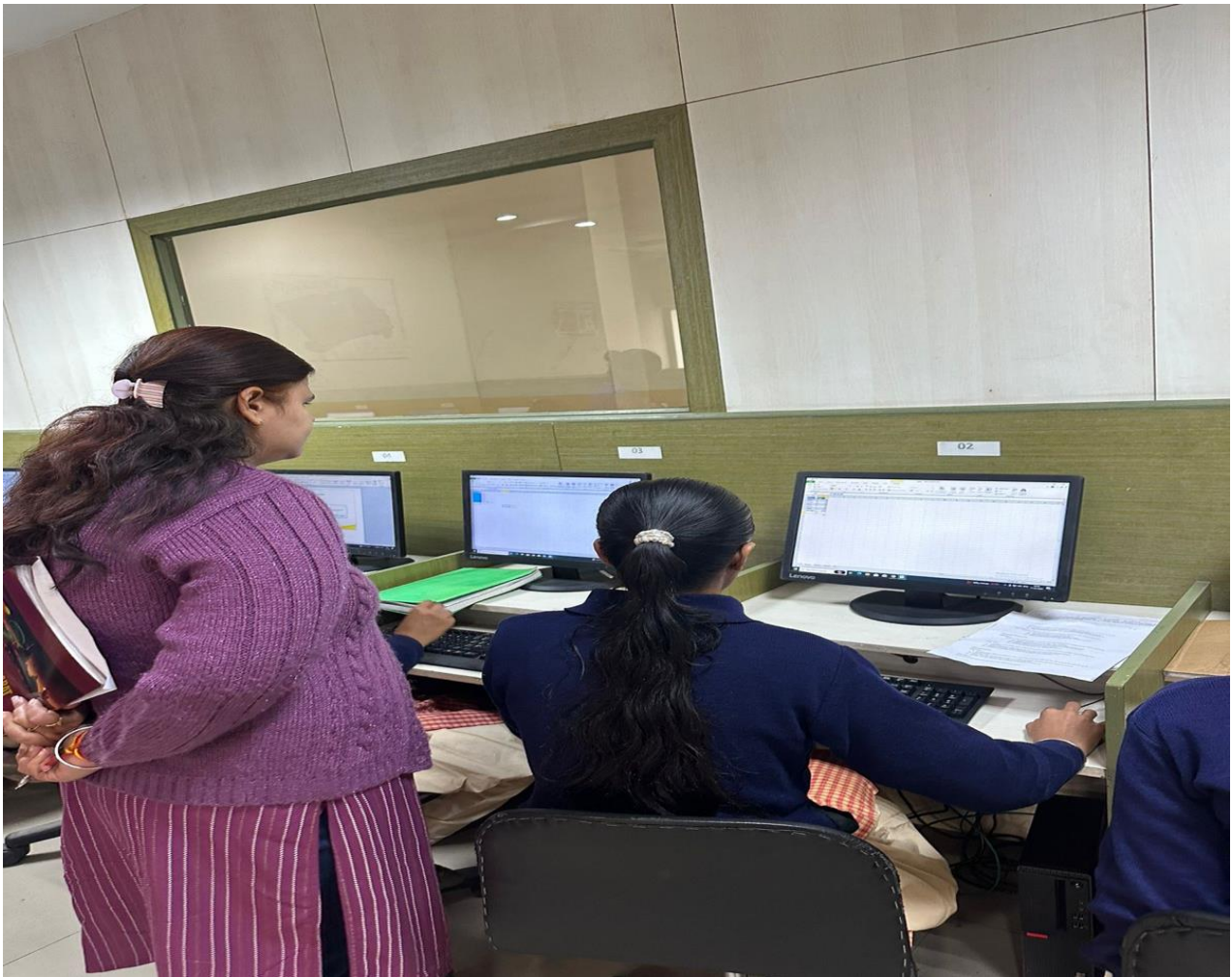
In continuation to the same from August 19, 2023, to February 12, 2024, Kaushal IT Classes were organized for the students of GSSS Ankhir, focusing on essential computer skills. On August 19, a session introduced students to creating email IDs and utilizing them for communication. Subsequent classes on September 2 concluded with training in MS Word and typing skills advancement. Moving forward to October 21, 2023, a session centered on crafting PowerPoint presentations for the Ankhir students. The second batch of Kaushal Initiative, comprising 50 students from GSSS Ankhir (ranging from class 9th to 12th), attended classes on Microsoft Excel and syllabus revision on December 14 and 16, 2023. These students returned for final classes on January 9 and 11, 2024, continuing their Excel training and syllabus review. The culmination of this endeavor occurred on February 12, 2024, with the Dr. O P Bhalla Foundation administering the final examination. This second batch of IT Skill Training, under the 'Kaushal Karyashala' initiative, showcased remarkable results with 44 out of 50 students passing a 100% pass rate. The foundation commended the students for their dedication, acknowledging the vital role quality education plays, especially in underserved communities. Special recognition was extended to the trainers, Sh Arko Bagchi (SET) and Ms Shilpa Bhatia (SCA), for their pivotal roles in this impactful program.



Introducing Session on email ID Creations



Session on preparing Powe Point presentation.



Session on Microsoft office (Word and Excel)



Students of GSSSS, Ankhir at MRIIRS

- **Awareness session on Smart Skilling Programme**

MRIIRS Student Volunteers and Team Foundation visited Balaji College, Ballabgarh and conducted the session on smart Skilling Programme to train the students on advanced IT skills. The session motivate the beneficiaries under the Smart Skilling Program to regularly enhance their skills for better job opportunities.

- **Kaushal Karyashala-IT Skill Training from January 2022-February 2023**

The first batch of Kaushal focused on training approximately 50 students from government schools in Mohna, Panhera Khurd, Nariyala, Dayalpur, Atali, and other villages in basic IT skills. Volunteer faculty members from FET, MRIIRS - Mr.Arko Bagchi and Ms. Meghna Luthra and FET,MRU- Dr. Meenakshi Gupta, Dr. Sanjay Singh and Mr. Piyush Mahendru went beyond their duties to train these students.

The classes commenced in **January 2022** and concluded in **February 2023** with a final exam comprising practical, theory, and viva components. The Foundation team would leave early in the morning and bring the Students to campus; Mr. Arko, FET, MRIIRS would conduct the practical class and they were dropped back to their villages after lunch. Out of 48 students, 45 successfully passed the exam and will receive certificates.

On June 27th, 2023 a Felicitation ceremony to give certificates to all the passing Students was held in the auspicious presence of our Chairperson - Madam Satya Bhalla Ji. She congratulated and motivated the Students to achieve great success. The second batch of Kaushal started from June 2023, consisting of 50 students from Ankhir Government school from classes 9th-12th. These students are being trained in spoken English and personality development as well.



Felicitation of Students completing the course



Students attending Computer Classes in MRIIRS Labs

Outreach Projects on Reading

- **Session on encouraging students for self-learning and reading skills on 4th December 2023 in rural communities**

On December 4th, 2023, the collaborative efforts of Manav Rachna International Institute of Research and Studies (MRIIRS) and the Dr. O P Bhalla Foundation were set in motion as they embarked on a joint mission to enhance reading skills within villages through the Nimaya program. This initiative marked a significant step towards promoting literacy and education in rural communities. The team's visit aimed to engage with local educational institutions and community leaders, seeking their support and involvement in the endeavor. By pooling their resources and expertise, MRIIRS and the Dr. O P Bhalla Foundation demonstrated their commitment to fostering a culture of learning and empowerment among rural populations.



Awareness session on enhancing reading skills

- **MRIIRS Student-Led Reading Outreach at Govt School, Village Panhera**

During MRIIRS orientation program 2022-23, a student-led outreach project on reading that took place demonstrating a commitment to the Sustainable Development Goals (SDGs) on 22 Aug 2022.

The initiative aimed to promote the importance of reading, literacy, and lifelong learning among students of Govt school, Village Panhera. Dr. Sadiqa Abbas and Dr Anjali Gupta along students conducted Storytelling sessions by sharing their favorite

stories, poems, or excerpts from books. These sessions fostered a sense of community and emphasized the joy of reading and sharing stories.



Student-Led Reading Outreach at Govt School

- **Session on Reading and Writing ability skills under Margdarshan Initiative on 14th & 16th December 2023**

Under Margdarshan initiative, MRIIRS and Dr. OP Bhalla Foundation hosted session reading and writing ability skills for 98 students, respectively, from GGSSS Old Faridabad at Manav Rachna Campus from CDC and guided the students about the reading and writing interpretation. The primary goal remained consistent: to provide these students with valuable insights into their future career and higher education opportunities, aligning with our commitment to the sustainable development goal (SDG-4).



GGSSS Old Faridabad Students at MRIIRS

Outreach Projects on Community Engagement

Outreach Projects on Community Engagement

- **Mega Plantation Drive (2023-24)**

On July 17, 2023, the Dr. OP Bhalla Foundation initiated a transformative plantation drive aimed at nurturing a Green Belt outside the newly established Off Campus Hostel in Sector 45, Faridabad as commitment towards SGD 15. Volunteers from the Foundation, alongside dedicated participants from DSW - MRIIRS and MRU Students, united in this noble endeavor. Dr. NC Wadhwa, esteemed leader and advocate for environmental stewardship, delivered an enlightening address to the assembled students, highlighting the crucial significance of tree plantation in preserving our ecosystem. Inspired by this call to action, everyone in attendance pledged to actively contribute towards planting more trees and safeguarding the environment. Building on this momentum, on August 7, 2023, another remarkable plantation drive unfolded on the campus, this time in partnership with the Inner Wheel Club. Dr. NC Wadhwa, accompanied by the enthusiastic Foundation Staff and Volunteers, provided invaluable support and guidance throughout the event.

Club Members and Student Volunteers, driven by a shared passion for environmental conservation, wholeheartedly participated in planting trees and solidified their dedication by taking the solemn green pledge.



Students taking solemn green pledge



Students Planting Plants



Plantation Drive 2023-24

- Mega Plantation Drive (2022-23)**

Aligned with the Sustainable Development Goal SDG-15, Life on Land and SDG 11 of creating sustainable communities and cities, the Mega Plantation Drive organized by Dr. O.P. Bhalla Foundation in association with Manav Rachna International Institute of Research and Studies stands as a testament to the commitment towards building more livable, resilient, and environmentally conscious localities. This annual initiative, which spanned in places including GMS Sirohi and Teekri Khera, GGSSS NIT 3, GSSS Lakkarpur, Dhauj, and the Eco Club aimed to enhance the green cover and ecological health of these areas while contributing to the broader goal of sustainable urbanization. In AY 2022-23, 4 teachers and 80 student volunteers from MRIIRS participated in the drive. Mega Plantation Drive showcased how collaboration between educational institutions and local communities can work in synergy to achieve sustainable development objectives. With the core objective of promoting environmental conservation and fostering active student participation in nurturing a cleaner and greener ecosystem, the team distributed 2700 plants of different varieties.



Plantation Drive 2022-23

S.No.	School Name	Tree Name	Qty.
1	Panheda Khurd	25 Neem,25 Amrrod,25 Awla,25 Jammun,25 Nibbu	125
2	Girls NIT-3	Hez	500
3	Girls Old	Tulsi 1100	1100
4	Lakarpur	100 Tulsi,25 Neem,25 Pepal,25 Awla	175
5	Dhauz	Kadam,Neem,Jamun,Bel,Awla	100
6	Tikri/Jamalpur	Different Different tree,fruit trees	550
7	Sirohi	25 Safeda ,25 Neem,25Jammun	50
8	IP Colony	Tulsi-50,Belpatar-10,Aam-10,Ghar ke liye pode	100



Plantation Drive in Government School, Dhauj



Plantation Drive in Government School, Alampur

- **Raddi Recycling Drive : Waste Paper collection Drive (2023-24)**

The Raddi Recycling Drive 2023-24, a commendable initiative orchestrated by Dr. O P Bhalla Foundation in association with Manav Rachna International Institute of Research and Studies, stands as a testament to the institution's resolute commitment to environmental sustainability and conscientious waste management. This initiative, centered on the conscientious collection of waste paper, echoes the institution's broader mission to curtail paper wastage and promote eco-conscious recycling practices.

The broader importance of the Raddi Recycling Drive 2023-24 lies in its alignment with Sustainable Development Goals (SDGs) 12, 13, and 15. Specifically, it contributes towards SDG 12: Responsible Consumption and Production, SDG 13: Climate Action, and SDG 15: Life on Land.

- On August 29, 2023, the campus buzzed with sustainability as the Raddi initiative took a significant step towards a greener future. Greenobin Recycling Pvt Ltd, the dedicated recycling partner, spearheaded the collection of an impressive 3970 kgs of waste paper from the MRIIRS. This initiative, aimed at transforming campus waste paper into useful resources such as notebooks and printing paper, not only promoted eco-consciousness but also showcased the power of collective action in reducing environmental impact.
- Building upon this success, on September 1, 2023, the Foundation continued its collaboration with Greenobin Recycling Pvt Ltd, focusing on the collection and recycling

of waste paper and cardboard. With meticulous supervision from Team Foundation, 310 kgs of waste paper from the MRIIRS were collected, further solidifying the commitment to sustainable practices and circular economy principles.



Raddi collection Drive

- **Raddi Recycling Drive 2022-23: Cultivating Sustainability through Waste Paper Collection**

Throughout the trajectory of this drive, an impressive 7780 kgs of waste paper has been gathered, from esteemed Dr. O.P. Bhalla Central Library and the diligent Examination Department of MRIIRS. This resulted in production of a substantial count of 1,700 notebooks with Rotaract Club, Faridabad Aravalli, with an additional 1,500 notebooks still in production with Max Xchange. The collective endeavor underscores the institution's proactive and dedicated role in upholding this ecologically-driven initiative.

Raddi Recycling Drive 2022-23 of the Dr. O P Bhalla Foundation (ISR Department of MRIIRS) is a display of dedication to sustainable action. Through the systematic collection and recycling of waste paper, the institution magnificently advocates for

responsible consumption, climate mitigation, and ecological preservation. This initiative illuminates a trajectory for other institutions, encouraging them to embrace sustainable stewardship for a greener and more harmonious future.



Collection of Raddi



Donating Raddi from Library

- **Plastic Drive 2023-24**

MRIIRS and Dr. O P Bhalla Foundation's interns embarked on a mission to raise awareness about waste segregation across various departments of the MR Campus. Their aim was to inspire staff and faculty members to actively participate in the Plastic Collection Drive initiated by the Foundation, fostering a culture of environmental responsibility within the institution.

- On July 23, 2023, the Foundation, in collaboration with the United Springfields Welfare Association, organized a transformative Sustainable Sunday under the Green Ghar Initiative. Here, our dedicated volunteers engaged with residents of Springfield, enlightening them on the significance of waste segregation and plastic recycling. The event also showcased the G20 Initiative, encouraging young minds towards environmental conservation through a Green Pledge and an invigorating Drawing Competition generously sponsored by Kotak. Workshops on repurposing plastic bottles into planters and mastering the art of calligraphy further enriched the day. Over 100 residents joined the event, with the RWA committing to regular plastic waste collection for recycling by the Foundation, aiming to transform it into benches and other useful items.
- Fast forward to July 31, 2023, the Foundation conducted its inaugural Plastic Collection Drive for the MR Fraternity, held at three strategic locations within the campus. Staff members were encouraged to segregate waste at their homes and contribute to the recycling efforts. This initiative, set to occur monthly, holds the promise of crafting benches from recycled plastic, enhancing both the campus environment and sustainability ethos.
- Lastly, on February 8, 2024, under the Green Ghar Initiative, the Dr. O P Bhalla Foundation orchestrated a stirring Green Grah March with its dedicated volunteers, aimed at promoting plastic segregation on campus. During this impactful event, volunteers passionately encouraged MRites to reduce plastic usage and diligently segregate waste. A compelling street play further educated attendees on the perils of plastic pollution and the importance of recycling. Not stopping there, the Foundation installed handmade dustbins across every block, urging everyone to utilize them for plastic waste disposal. The vision is clear: recycling this plastic into benches for installation within and

beyond the campus, contributing to a sustainable future.



Green Ghar Initiative Awareness Session



Formation of Benches from Plastic Waste



Green Ghar Awareness



Pledge for Green environment



Awareness on Green environment



Plastic Waste collection at different Locations of MRIIRS



Plastic Collection Drive



Awareness on Plastic Waste segregation through Nukkad Natak

- **Cleanliness Drive, July 2023**

On July 6, 2023, a powerful sense of community and environmental stewardship took center stage as a Cleanliness Drive unfolded at the Old Faridabad Railway Station. The event saw enthusiastic participation from both students and faculty members of the MR Campus, who dedicated their time and efforts to clean up the station premises. Armed with a collective determination to make a difference, they diligently cleared litter and debris, transforming the station into a cleaner and more welcoming space. Beyond the physical cleanup, participants also took on the role of motivators, engaging with passersby and travelers, spreading awareness about the importance of keeping public spaces clean, and encouraging responsible waste disposal practices. This event not only served to enhance the immediate surroundings of the railway station but also stood as a shining example of the positive impact that collective action and community involvement can have on creating a cleaner, greener environment for all.



Cleanliness Drive at old Faridabad Railway Station

- **Old Age Home Visit to SHEOWS, 12th October 2023**

On October 12, 2023, a touching display of compassion and camaraderie unfolded as Student Volunteers embarked on a heartfelt visit to the new center of the SHEOWS old age home near Kalindi Kunj. Their visit was not merely about lending a helping hand; it was about creating moments of joy and connection with the elderly residents. The volunteers organized a delightful drawing activity, providing an avenue for creative expression and shared stories that spanned generations. Laughter filled the air as light-hearted dancing and singing sessions ensued, bringing smiles to both the volunteers and the residents alike. This simple yet profound act of spending quality time together left an indelible mark, underscoring the inherent value of human connection and the joy it brings. The day was made even more special as Dr. Bhagat, the esteemed founder of SHEOWS, addressed the volunteers, imparting wisdom and sharing insights on the significance of empathy and compassion towards the elderly. It was a day filled with warmth and laughter, serving as a poignant reminder of the profound impact of small acts of kindness and the invaluable bonds that unite us all as a community.



Joyful Moments :story telling by Elderly people



Drawing activity at Sheows Old Age home

- **Sweet Smiles: Student Volunteers Spread Joy at Prabhat An Awakening, 14th October 2023**

On October 14, 2023, the O P Bhalla Foundation, alongside dedicated student volunteers, embarked on a heartwarming visit to Prabhat An Awakening, a shelter providing care for special children abandoned by their parents. The aim of the visit was not just to provide material support but also to create moments of joy and companionship for these children. The volunteers distributed chocolates, frooties, and biscuits, eliciting bright smiles and expressions of happiness from the children. Beyond the sweet treats, the day was filled with enriching activities aimed at fostering connection and a sense of belonging. Stories were shared, drawing activities sparked creativity, and lively dancing and singing sessions brought laughter and joy to the shelter. As the day unfolded, it became evident how these simple gestures could make a significant impact on the lives of these special children. The volunteers were warmly received and encouraged to return regularly, with the hope of creating a sense of continuity and familiarity for the children. The overarching goal was to reduce anxiety and create an environment where these children could feel loved, valued, and supported. This

visit not only brought happiness to the faces of the children but also left a lasting impression on the volunteers, reminding them of the power of compassion and the importance of reaching out to those in need.



Drawing and other playing activities under Prabhat: An Awakening



Drawings of the Students

- **Team Foundation put up a stall for promotional platform for the NGOs during the Annual Diwali Mela held on 9th November at the Campus.**

On November 9, 2023, Team Foundation took an active role in the festive spirit of the Annual Diwali Mela held at the Campus by setting up a vibrant and engaging stall. This stall became a hub of creativity and social impact, featuring various NGOs and artisans showcasing their works and products. Serving as a dynamic promotional platform, the stall not only provided a space for these organizations to exhibit their offerings but also offered visitors a unique opportunity to learn about their causes and support their initiatives. Visitors to the stall were treated to a diverse array of handcrafted goods, artistic creations, and products with a social impact, each telling a story of craftsmanship and purpose. The bustling atmosphere of the Diwali Mela coupled with the meaningful interactions at the stall created a sense of community and celebration of both culture and social responsibility. Team Foundation's initiative in organizing this stall served as a bridge between the community and these impactful NGOs and artisans, fostering awareness, appreciation, and support for their invaluable work.



NGO's Showcasing their Artisans



Diwali Mela Celebrations

- **Donation Drive for Rescue Home for Boys at Tikona Park, Faridabad, 14th November 2023**

On November 14, 2023, in celebration of Children's Day, the compassionate members of Team Dr. OP Bhalla Foundation embarked on a heartfelt visit to the Rescue Home for Boys at Tikona Park, Faridabad. This home serves as a sanctuary for young boys who have been rescued from the clutches of child labor, offering them a safe haven and a chance for a better future. The dedicated volunteers of the Foundation arrived laden with donations collected through the generosity of MR students and associates. These donations included essential items such as clothes, stationery, games, and dry foods like biscuits and rusks, all aimed at bringing comfort and joy to the children. As the gifts were distributed, the air was filled with laughter and excitement as the children eagerly explored their new treasures. The day was not just about material gifts; it was about creating moments of happiness and normalcy for these resilient young souls. Games were played, talents were showcased, and bonds of friendship were formed. The volunteers found immense joy and fulfillment in spending time with the children, witnessing their infectious enthusiasm and indomitable spirits. This visit to the Rescue Home for Boys was a poignant reminder of the importance of compassion, kindness, and the power of collective efforts in making a positive impact in the lives of those who need it most.



Children's Day Celebrations at Rescue home for boys



Donation Drive for Rescue Home for Boys at Tikona Park

- Mega Donation Drive on the occasion of the auspicious month of Kartika, 23rd November 2023**

On 23rd November 2023, under the gracious guidance and motivation of Madam Satya Bhalla Ji, Chief Patron of MREI, the Dr. O P Bhalla Foundation orchestrated a significant Mega Donation Drive on the occasion of the auspicious month of Kartika. As desired by Hon'ble Chairperson, Dr. NC Wadhwa, DG, MREI, along with Sh. Sarkar Talwar Ji, Director Sports, Ms. Ritika Singh, Secretary, DOPBF, and the dedicated Team DOPBF personally visited the SHEOWS Old Age Home in Okhla, Delhi. Their visit was marked by the donation of various essential items like rice, sugar, refined oil, rusk, spices, pulses, medicines, diapers, blankets, and more costing more than Rs 1 lac. Also, employees added to this generosity by contributing a wheelchair, portable toilet seat, walker, sticks, bedsheets, clothes, and other essential items. This collective effort aims to address the diverse needs of the elderly residents, providing them not only with daily essentials but also care and support. The heartfelt contributions and blessings of Madam Satya Bhalla have undoubtedly left a positive and enduring impact on the lives of those residing at SHEOWS Old Age Home.



Donation Drive in the month of Karthika



Donation of food and other items (Blankets, Bedsheets etc) at SHEWOS Old age home

• Holi Celebration with the residents of SHEOWS, 23rd March 2024

On March 23, 2024, the volunteers of the Dr. OP Bhalla Foundation came together under the esteemed guidance of Hon'ble Chief Patron Satya Bhalla Mam to joyously celebrate Holi with the residents of Sheows Old Age Home in Okhla. This vibrant occasion was filled with touching moments as the volunteers interacted with the elderly residents, showering them with colors, distributing traditional gujiya sweets, and dancing together in shared merriment. These acts of kindness and celebration not only brought smiles to the faces of the elderly but also created lasting memories for all involved. The event exemplified the Foundation's unwavering dedication to spreading joy and fostering meaningful connections within the community. Additionally, the team from the Foundation also contributed by donating curtains to Sheows, a thoughtful gesture from the hostel team that further enhanced the environment for the residents. This collaborative effort showcased the power of collective goodwill and the profound impact it can have on the lives of those within our communities.



MRIIRS volunteers at SHEOWS Old age Home



Holi celebrations at SHEOWS Old age Home

• Free Gift Stall at the Winter Carnival, hosted by the MRIIRS ,Dr.O.P Bhalla Foundation and Reading Raccoon Foundation, 24th December 2023

On Christmas Eve, MRIIRS and the Dr. O P Bhalla Foundation organized a Free Gift Stall at the Winter Carnival, hosted by the Reading Raccoon Foundation. Children had the opportunity to participate in various games, win prizes, and choose free gifts from the stall. These gifts, including stationery, clothes, toys, and books, were collected through contributions from MRites in initiatives like Raddi Recycling, Be a Santa to Someone, and Share if You Care. 500 notebooks, over 600 stationary items, and over 1500 pieces of clothing and toys were distributed, adding joy to the holiday season for these children. More than 700 individuals went with a gift from our stall.



Be a Santa -Christmas Eve Celebrations -Free Gift Stall

• **Kindness Week - Visit to Rescue Home for Boys on 12th November 2022**

A visit to the rescue home was planned to address SDG 1 - No Poverty, under which clothes and food items were also donated on 12th November 2022.

In celebration of Children's Day, a group of 28 students from MRIIRS paid a visit to the rescue home for boys. The students engaged the boys in playful activities, fostering connections and creating a joyful atmosphere. As part of their initiative, the students also donated clothes and food items, ensuring their basic needs were met. This heartwarming event showcased the power of small gestures and community support, leaving a positive impact on both the students and the boys.



A Collage of activities conducted by the MRIIRS Students with the Children at Rescue Home

- **Old Age Home Visit to SHEOWS**

MRIIRS in association with Dr. O P Bhalla Foundation, consistently encourages students and faculty members to engage in meaningful visits to SHEOWS - an Old Age Home located in Delhi. These visits are aligned with the principles of Sustainable Development Goal 3 (SDG 3), which focuses on promoting Good Health and Well-being for all individuals.

Regularly, on occasions such as the International Day of Elderly Persons, Family Day, and Makar Sankranti, students and teachers from Manav Rachna engage in visits to the Old Age Home. These visits serve as expressions of solidarity and support for the elderly residents who have been left without family care.

During these visits, students eagerly participate in various activities, including preparing musical performances that bring joy to the elderly residents. Engaging in meaningful conversations, the students establish connections that bridge generational gaps, providing companionship to those who may feel isolated.

A remarkable example of these efforts occurred during Makar Sankranti, under the guidance of the esteemed Madam Satya Bhalla Ji, Chief Patron of MREI. Team MRIIRS, along with the Foundation, extended their support by donating essential goods such as medicines, dry foods, and blankets. This benevolent act mirrors the commitment to enhancing the well-being of the elderly residents and providing them with essential comforts.

In addition to these efforts, a consistent monetary contribution of Rs. 35,000 is made regularly to support the cause. This financial support further emphasizes the institution's dedication to the well-being and health of the elderly community.

In essence, the visits to SHEOWS Old Age Home exemplify the institution's proactive engagement with SDG 3. By fostering well-being, providing companionship, and extending material support, the initiative aligns with the broader global vision of ensuring the health, happiness, and dignity of all individuals, including the elderly.



MRIIRS Students enjoying with Elderly People



Students engaged with Elderly people

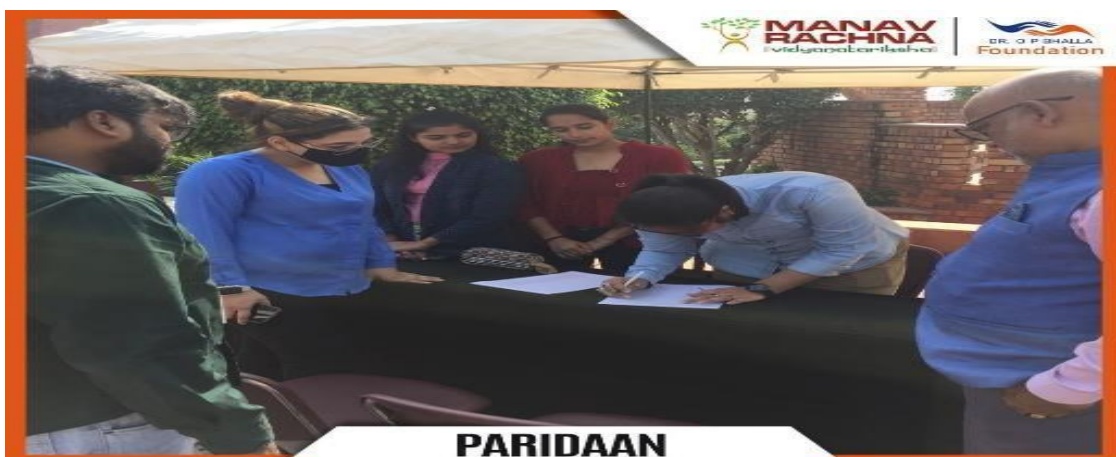
- **Kindness Week - Clothes Collection Drive held on 11th November 2022 and Clothes Distribution Drive held on 23rd and 28th November 2022**

Dr O.P. Bhalla Foundation in association with Manav Rachna International Institute of Research and Studies and team CHR came up with the pleasant idea to involve people from MRIIRS to participate in World Kindness Week on 11th November 2022 by **donating their clothes** under the drive name "Paridhan" under the **SDG 1 - No Poverty**.

The purpose of this campaign was to collect and provide the underprivileged and needy with warm clothing before next winter. It was a pleasure seeing Staff and students volunteering for this event by donating jerseys, jackets, shirts, and blankets. They also helped to sort these clothes further. Everyone from the students to ourdedicated faculty has been an essential part of this drive and even

requested to continue the campaign for another week so that they could contribute more.

Clothes were distributed among old age homes, orphanages, rescue homes and the housekeeping and security staff of Manav Rachna. These clothes were further distributed in the Slums near MRIIRS on 23rd and 28th November 2022 by the Students and Faculty Members of MRIIRS.



Students and Faculty members donating Clothes for the drive



Students distributing clothes in Slum near MRIIRS

**Outreach Programmes on Training/
Awareness**

Outreach Projects on Training/ Awareness Programmes

- **Awareness Program on Crime Against Women on 22nd November 2023**
MRIIRS Students Welfare, NSS and "Paigam"-Theatre Society of MRIIRS in collaboration with Faridabad Police, conducted a Nukkad Natak on November 22, 2023 at Senior Secondary Government Girls School, Bhallabgharh, Faridabad and Institute of Hotel Management, Faridabad.

The Nukkad Natak was based on Harassment of Women and Girl Children at Workplace, Educational Institutions, Public places and homes. It aimed at raising awareness and to inculcate the spirit of respect and honour, emphasizing equality towards women and girl children in the Society. Students conveyed the vibrant messages to the audience in an effective manner; depicting how the issue of harassment is still prevalent at places of work, home and other public domains. It also helped in outlining different measures for preventing sexual abuse and harassment.

The play conveyed a message urging the audience to pursue legal action in the event of any untoward action. Through the Nukkad Natak, information regarding emergency contact numbers and names of organizations, useful for tackling cases of harassment, were also shared.



Nukkad Natak Participants



Playing Nukkad Natak for Awareness on Crime against Women

• Session on Road Safety, Drug Abuse and Cyber Crime on 21st July 2023

Manav Rachna International Institute of Research and Studies and Students Welfare in association with Faridabad Traffic Police, organized an informative session on the topic of Motivation, Cyber Crime and Road Safety on 21.07.2023,. The event was graced by Sh. Amit Yashvardhan, IPS, DCP Traffic; ACP Vinod Kumar; Smt. Garima Sehgal, Communications and NLP Coach; Sh. Basant Chauhan, Inspector, Cyber Crime, Faridabad and Dr. Gurjeet Kaur Chawla, Dean, Students Welfare, MRIIRS. The event was attended by over 250 students and Faculty members.

For the first segment of the session, Smt. Garima Sehgal, a Communications and NLP Coach, expounded on the topic of Change and how it sustains itself to be an only constant around us. She tried to inquisitively enable the attendees to think about whether they are able to embrace change with the mindset for growth. She pointed out factors that hindered change and also threw light on skills required to facilitate positive change. She ended her speech by giving out a rallying call to the students to: “Shine one’s own light, and embrace change”. ASI Virender Singh popularly known as “Traffic Tau” set the stage and beautifully interacted with students regarding Safety

measures to be taken by youngsters while driving.

Introducing the second segment of the programme, was RJ Bhavna, Producer and Senior RJ, Radio Manav Rachna, who called on stage Sh. Amit Yashvardhan, DCP for Traffic, Faridabad. He elaborated vividly on three topics, namely Drug Abuse, Cyber Crime and Road Safety. He helped analyze the prevalence of drugs in Society, and how that has accelerated India's inclusion into the Red Zone category of drug abuse in the world. He presented different legal and physical effects of drugs on an individual's life with the help of figures and facts cited by different surveys and research. He also touched upon the topic of Cyber Crime; its different shades, how it makes people vulnerable and how one may identify and eradicate the dangers of online crimes. Sh. Yashvardhan ended his talk by having everyone make a pledge on Road Safety. Later on Sh. Basant Chauhan, Inspector, Cyber Crime, Faridabad, adding to the Cyber Crime aspect, helped interpret motives of data theft, how to secure data on devices and ways to spread awareness about Cyber Crimes among friends and family.



Radio Programme on Awareness of Cyber Crime, Drug and Road Safety



Lat: 28.45054181553308
 Long: 77.28375958919312
 Manav Rachna International Institute of Research and
 Studies, Sector 43, Faridabad,
 Haryana, 121004

- **International Women’s Day Celebrations on 7th March 2024**

Manav Rachna International Institute of Research and Studies, School of Leadership Management and Students Welfare in association with Dr. O.P. Bhalla Foundation under the Women Empowerment initiative by ICSSR on 07.03.24. The event aimed at recognizing the achievements and contributions of women who have excelled in their entrepreneurial journey with the help of Self-Help Groups (SHGs). The women of action were awarded to uplift their spirits and inspire others to follow the lead.

During the event, Dr. O.P Bhalla Foundation invited around 40 beneficiaries of Sneha Ashram, which works towards the upliftment of women from diverse backgrounds. Dr. Rajshri Singh shared her enlightening views on women empowerment and advocated for women rights and awareness regarding the same among the general public. The special invitee during the event was Ms. Pooja Sharma, National President Awardee popularly known as “Lakshmi didi”. She shared her invaluable insights on her entrepreneurial journey and the challenges she overcame to become a successful entrepreneur. Her story resonated with the audience, particularly the SHG women, as it served as a powerful example of achieving financial independence.

With the motive to celebrate the occasion in a vibrant manner and advocate for Good Health and well-being for all in alignment with Sustainability Development Goal 3, an invigorating

Zumba and Bhangra session was organised by Students Welfare, MRIIRS & MRU along with Dr. O.P Bhalla Foundation. The sessions were led by the skilled Instructors from the Just Dance Company: Mr. Vicky, Mr. Rahul and Mr. Naveen. The event commenced with an energetic Bhangra session, incorporating traditional Punjabi dance moves. The proficient Bhangra instructor guided participants through the lively and rhythmic movements, infusing the event with cultural richness and diversity. Following the Bhangra session, was an exhilarating Zumba session. The dynamic dance workout blended various dance styles with aerobic movements, creating an atmosphere of joy and excitement. The session was structured to cater to participants with varying fitness levels, making it accessible and enjoyable for everyone. The fusion of traditional Bhangra steps with modern music added a unique touch to the celebration, fostering a connection between heritage and contemporary expressions of womanhood.



Dr.Rajshri Singn addressing the audience on women’s Day



Women for rural Areas attending session on women empowerment

- **Cultural Connections: Bridging Worlds on 25th February 2024**

On 25th February 2024 , the delegates from UK immersed themselves in the essence of rural life, exploring the local temple and farms while engaging with the esteemed members of the Village panchayat to gain insights into the rich tapestry of village culture and gained hands-on experience from the village Potter and carpenter. Delegates enjoyed authentic local cuisines served by NVN Students and participated in a joint training program in Football and Cricket. The day concluded with a lively cultural exchange, featuring Haryanvi Dance, music, and few competitive and fun games like musical chairs. The delegates expressed their enjoyment and appreciation for the enriching experience.



Delgates from UK learning Haryani Culture

- **Programme on Legal Awareness and Cyber Crime held on 3rd March 2023**

In alignment with Sustainable Development Goal 16 (SDG 16) - Peace, Justice, and Strong Institutions, Manav Rachna International Institute of Research and Studies, Students Welfare, Dr. O.P Bhalla Foundation in association with Haryana State Commission for Women organized "Cyber Jagrookta": A programme on Legal Awareness and Cyber Crime on 03.03.23 in B-Block Seminar Hall. The event was graced by Smt. Renu Bhatia, Haryana State Commission for Women; Sh. Basant Chauhan, SHO, Cyber Crime; Adv. Ritu Kapoor; Dr. N.C Wadhwa, Director General MREI and Dr. Gurjeet Kaur Chawla, Dean Students Welfare. The event was attended by over 220 students and Faculty members from different Departments.

The event was initiated by seeking blessings of Goddess Sarawati and Lighting of lamp by the esteemed Guests and the Dignitaries present. A warm welcome was extended by Dr. N.C Wadhwa and Dr. Gurjeet Kaur Chawla to the Chief Guest and the speakers for the day by presenting them planters.

Dr. N.C Wadhwa in his Welcome Address expressed his thoughts and concerns related to Legal Awareness and Cyber Crime. He also shared an incident of cyber crime through a fraud message claiming as a message from the bank that he

escaped through his alertness. He appealed to all the participants to stay alert online to deal with potential cases of cyber crime.

Smt. Renu Bhatia, Chairperson, Haryana State Commission for Women highlighted the significance of Legal Awareness. She shared her real-life experiences with students to make them realize the importance of taking legal help at the correct time. She also cautioned the students to be more aware of their surroundings and know their rights. Sh. Basant Kumar, SHO, Cyber Crime elaborated on the types of cyber crimes one may fall prey to. He shared some help-line numbers which can be used by the general public to avoid or report cases of cyber crime. He also elaborated ways to protect oneself on the internet on different Social Media platforms. Ms. Ritu Kapoor explained the laws and legal aids available to citizens and especially women which enables and empowers them to file complaints or report any crime with ease. She also encouraged students to take legal aid without any hesitation when required.

Student volunteers of Dr. O.P Bhalla Foundation presented an informative skit in front of all to depict different scenarios in which cyber crimes are conducted. It also laid emphasis on the consequences of cybercrime on the victim. During the event, Smt. Renu Bhatia felicitated Dr. N.C Wadhwa, Sh. Basant Kumar and Adv. Ritu Kapoor.



Smt Renu Bhatia sharing her real life experience with students



Dr N.C Wadwa addressing students

- **Vasudhaiva Kutumbakam organized International Women's Day held on 6th March 2023**

Manav Rachna International Institute of Research & Studies, Manav Rachna University, Students Welfare, Dr. O.P. Bhalla Foundation under the initiative of Vasudhaiva Kutumbakam organized International Women's Day in association with Women Information Network, Global Initiative for Peace and Wellbeing, All India Council of Human Rights, Liberties and Social Justice and IAPEN India Association- Delhi Chapter on 06.03.23. The event aligns with a variety of SDGs, most notably SDG 5 (Gender Equality), SDG 10 (Reduced Inequalities), and SDG 16 (Peace, Justice, and Strong Institutions) while also touching upon elements of SDG 4 (Quality Education), SDG 8 (Decent Work and Economic Growth), and SDG 9 (Industry, Innovation, and Infrastructure).

The event was graced by Dr. N.C Wadhwa, Director General MREI; Dr. Binny Sareen Peace and Global Goodwill Ambassador; Dr. Paula Noble Fellingham Founder, Women Information Network (WIN); Dr. Bhai Sahib Satpal Singh Ambassador, Sikh Religion-USA Chairman, Sikh Dharma Universal; Dr. Amit

Seth Director New GenIEDC; Dr. Anita Jatana Consultant Dietetics Indraprastha Apollo Hospitals, Convener, IDA Delhi, Convener, NetProFan, Delhi; Dr. Luxita Sharma Director Amity Medical School Fellow Member of Eudoxia University, USA; Dr. Umesh Dutta, Director, Manav Rachna Innovation and Incubation Centre and. Shilpa Chadha Thakur , R.D, Sr. Consultant Dietetics, Asian Hospital Gen. Secretary, IDA Delhi Chapter Gen. Secretary, IAPEN Delhi Chapter. The event was attended by more than 400 participants which included students and Faculty members from different Departments.

The event began with lighting of the lamp and seeking blessings of Goddess Saraswati. Dr. N.C Wadhwa and Dr. Gurjeet Kaur Chawla extended a warm welcome to the Guests for the day by presenting them with stoles and planters. In his welcome address Dr. N.C Wadhwa talked about the history of Women Empowerment in the Indian context. He highlighted the historical atrocity and violence inflicted on the female community across different cultures, societies, and other communities. The theme of the event was the role of Innovation and Technology in upliftment of women and decreasing the sexism targeted against women in political, economic, and social spheres.

Dr. Binny Sareen took over the stage and went on to highlight the importance of equal contribution of men and women to the society. She mentioned how the Indian Government is playing it's role in enlightening and empowering women through a plethora of welfare schemes designed specifically for women of our beloved Nation. Positive thinking, empowering oneself, having a positive outlook towards oneself and others are crucial as mentioned by Dr. Binny. She concluded her speech advising the audience to ponder the filter formula before uttering anything. Filter formula includes questions such as whether what we speak is true and useful. Dr. Shilpa Thakur added how female solidarity is essential in uniting women from all spheres as women perform better when they collectively think about themselves. She threw light on women's presence in the field of nutrition and how it has remained a female dominated discipline.

Dr. Paula Noble Fellingham emphasized the importance of female leadership and how it plays a crucial role in driving the economy to a next level. If women are empowered in powerful positions and are encouraged to take part in family

responsibilities, the economy is destined to succeed. Dr. Sahib Satpal brought the topic of how crucial it is to empower women in all spheres from religion to other spheres. He mentioned how Sikhism brought spiritual equality to both men and women and elaborated on the role of Guru Nanak Singh Ji in empowering women during his time. Sikh Dharma Sansad under his leadership has been promoting education for each and everyone regardless of creed, sex, etc. Other Guest Speakers during the panel discussion answered questions from the audience. The panel discussion was moderated by Ms. Ritika Singh, Director FHM. The topics ranged from awareness of digital education, safety and security of women at workplace, creating policies for better accessibility to digital education. The panel discussion was followed by a power packed performance by Surtarang, Music Society of Manav Rachna International Institute of Research and Studies. Feminine spirit was depicted by Surtarang in their performance of their melodious songs. An artistically beautiful Bharatnatayam performance was performed by Guest Ms. Arundita . The event ended with Nukkad Natak by Theatre Society, Paigam of Manav Rachna International Institute of Research and Studies. The Nukkad Natak portrayed the disparity in behaviour with males and females in some sections of the society.



Facilitating Dr.Paula by Dean DSW



Dr. Bhai Sahib Satpal Singh Facilitation by Dr.N.C Wadhwa ,DG-MRIIRS

For more details-Quick links:

- <http://dropbhallaoundation.org/>
- <https://mriirs.edu.in/mriirs-sdgs/>
- <https://mriirs.edu.in/sdq02-zero-hunger/>
- <https://mriirs.edu.in/sdq03-good-health-and-well-being/>
- <https://mriirs.edu.in/sdq06-clean-water-and-sanitation/>