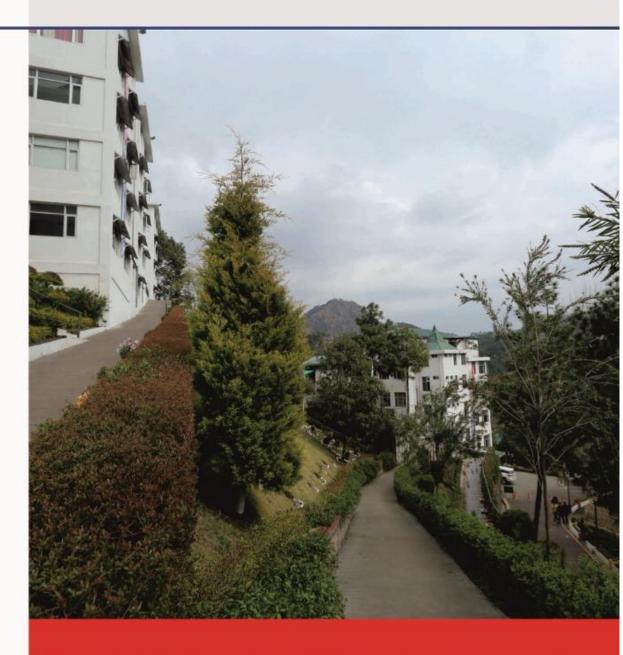


SHOOLINI UNIVERSITY SOLAN, HP

# Jagriti Community Events Aug - Dec 2021



Shoolini University of Biotechnology and Management Sciences

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## August 05, 2021

## **Discussion on Climate Change**

In our first of Young Achievers series, a Yogananda Guru talk was organized on August 05, 2021. Prachi Shevgaonkar who is a media professional, spoke about climate change. She said climate change can destabilize the earth's temperature equilibrium and has farreaching effects on human beings and the environment. She encouraged students to start with small things in their life that can result in big changes. She also spoke about her Android Application "Cool The Globe" that helps you to reduce the carbon foot-print and gives you exact data of the saving we do every day. A total of 120 students were present virtually during the talk.



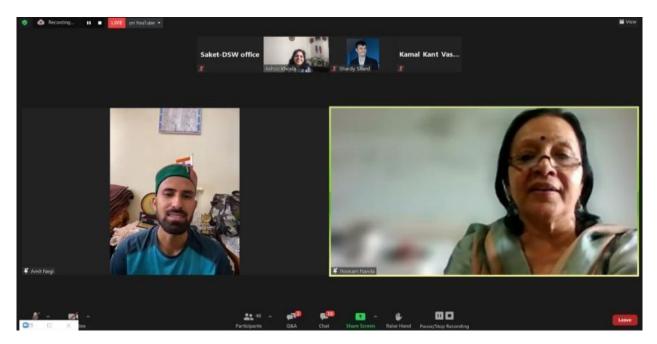
Prachi Shevgaonkar, VC Atul Khosla and Ms. Poonam Nanda during a discussion on climate change



Prachi Shevgaonkar talking about her Android Application "Cool the Globe"

# "On Top of the World" with Amit Negi

In the second session of our young achievers in the Yoga, Mr. Amit Negi was invited to speak to the students. Mountaineer Amit Negi dreamt of setting foot on the Everest back in 2011. And on 31<sup>st</sup> May 2021, he successfully scaled the peak of Mt Everest among others, including Mt. Trishul and Mt. Lubuche. Amit spoke about his own life and the challenges he faced through his life. He encouraged students to never give up. He said failures are a part of life and the lesson they teach us are invaluable. He also showed some awe-inspiring and breathtaking videos and pictures of his expedition. His down-to-earth humble nature was extremely appreciated by the audience.



Ms. Poonam Nanda appreciating how Mr. Amit Negi has become inspiration for Youth



Mr. Amit Negi sharing his experience of his journey to Mt. Everest

#### A Visit to IAMD Centre

Eighteen volunteers of Shoolini University visited Manav Mandir Solan on 8<sup>th</sup> August. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAMD Centre, Jatoli Solan. After this cultural evening started with the songs, comedy and dance performances of Shoolini volunteers. This was the first experience of many of the new students. Shoolini volunteers had prepared various songs and dances for the children who had come for their physiotherapy to the Centre. Family members who accompanied the patients, also participated and enjoyed the activities. The management of Manav Mandir appreciated the efforts of Shoolini volunteers for their regular visits to the Centre and spending time with muscular dystrophy.



Mr. Vipul Goyal sharing his life journey of fighting Muscular Dystrophy



Volunteers and people at Manav Mandir playing "Passing the Ball game"



Volunteer Abhishek Balsam helping the muscular dystrophy children with his wheelchair

## Youth's Spiritual Awakening

Yogananda Centre for Theology is a platform where people of various age groups sit together and learn and discuss spirituality. To awake spirituality and remind the students their own science which was taught many years back by great saints and sages. On August 12, YCT organized an event with the slogan "Youth Spiritual Awakening". The competition in various categories devotional chanting, storytelling, mantra chanting was organized where students presented their understanding about spirituality like mantra recitation, spiritual book moral-based storytelling and devotional chanting. The member of YCT expressed how they were happy to know that the ancient wisdom is still there in young hearts.



Poster made for the event

## **Cleaning Drive at Shimla**

Shoolini University in collaboration with "Healing Himalayas" organized a cleaning drive at Shimla on August 14, 2021. The response to this in initiative was huge but due to covid restrictions, only around 30 students could go for it. Healing Himalayas provided bags and gloves to the volunteers and the area from Lift to Mall Road Shimla was cleaned up. This drive was also supported by the pollution board, Shimla. Arrangements for snacks and lunch were also made for the volunteers. The day was well spent, and the energy levels of the volunteers were high. Mr. Pradeep Sangwan, Founder of Healing Himalayas greatly appreciated the effort by the volunteers.



Volunteers Nitin Dadhwal & Rushikesh Nawale collecting the garbage Near Shimla Mall



Volunteers collecting plastic and garbage

## Mission Freedom from Hunger Day 1

On August 14, Volunteers of YouWeCan club of Shoolini University went to nearby areas in the vicinity of Shoolini University. On this day, they contributed for Mission "freedom from hunger" and distributed around 200 food packets and clothes to the poor people from the poor people where food packets were distributed amongst the unprivileged section of the society. Saket Saurabh, student of BJMC and Abhishek Dhawan student of BBA from Shoolini University in Solan took the responsibility of the cause in their designated areas. The food was prepared by the volunteers following the covid safety standards. Usage of masks and gloves was mandatory while distribution of the foods to the people. The food was distributed to the construction workers in the area of Jatoli, Nauni & Oachghat. The event was coordinated by dean student welfare Ms. Poonam Nanda with the help of YouWeCan volunteers from the university. Volunteers were awarded with certificates for their active participation in the mission "freedom from hunger"



Volunteer Gulshan Gautam distributing the clothes & food packets among the needy ones



Volunteer Amit Jaishal handing over the food packet to a contruction worker at Jatoli

## Mission Freedom from Hunger Day 2

Volunteers of YouWeCan club of Shoolini University distributed over 600 food packets to the poor people from different parts of country Solan, Mumbai, Delhi, Panchkula and Gurgaon. Shoolini University in collaboration with YouWeCan foundation and Robin Hood army jointly contributed to the cause of mission "freedom from hunger" on 75th Independence Day, this mission freedom from hunger was for the poor people where food packets were distributed amongst the unprivileged section of the society. Along with the current students, alumni from the university also actively participated in the noble cause. Devanshi Sharma, alumni from Shoolini University in Mumbai, Sonia Rana, alumni from Shoolini University in Panchkula, Neharika Ann Mann and Ananya both from BSc Hons. biotechnology in Delhi and Gurgaon, Saket Saurabh, student of BJMC and Abhishek Dhawan student of BBA from Shoolini University in Solan took the responsibility of the cause in their designated areas. The food was prepared by the volunteers following the covid safety standards. Usage of masks and gloves was mandatory while distribution of the foods to the people. Dry ration was given to HIV infected children in an orphanage in Mumbai. In Solan, food was distributed to the construction workers whereas in Delhi, Gurgaon and Panchkula, it was amongst the factory and the mill workers. the event was coordinated by Dean Student Welfare Ms. Poonam Nanda with the help of YouWeCan volunteers from the university. Volunteers were given certificates for their active participation in the mission freedom from hunger.



A volunteer preparing food in the kitchen to distribute among the needy people



Volunteer Deepshikha giving food packet to children



Happy faces of little children after receiving food packets

## **Guru Talk- Solving Women related Issues**

Mr. Deep Bajaj, also known as the "Ladies Man" was participating in the Yogananda Guru Talk series, organized by Shoolini University, where young achievers are invited to share their experiences with the faculty and students. Mr. Bajaj, founder and CEO, Sirona hygiene private limited is an award-winning social entrepreneur. He is the inventor of Pee-buddy, a female urination device which is also in Limca Book of records for its first of its type design in India. Peebuddy is India's first portable, disposable female urination device for women using which women can stand and urinate in all unfriendly public and common toilets. It is an awardwinning revolutionary product for women who hate dirty toilets while commuting (flights, train, highways, or metro stations), travelling (treks, marathons, road trips, or events), or for those with medical conditions like arthritis and pregnancy. Deep talked about his journey where he was a successful event manager and an instance of a road trip with his female family and friends transformed him completely working as a social entrepreneur in the field of menstrual health and women's hygiene. He was criticized for his products, but he did not lose hope and continued his social outreach activities and innovation in products for the women hygiene. In his interaction with Shoolini University Vice Chancellor Prof. Atul Khosla, he shared tips of how social challenges can be used as a method of being an entrepreneur. He also shared his future plans about the company and the upcoming products. Deep also showed his interest in partnering with Shoolini for research purposes of his products. Asked about his experiences, he said that it was very few who believed that menstrual hygiene can be discussed openly in India. But now he feels excited that this cause is discussed and along with women, men are also very particular about their female colleagues and friend's well-being. The students and faculty members wished him good luck for his future endeavors and were truly inspired by his story. Deep promised to train the female faculty and students at the university about menstrual hygiene and his products. The event was moderated by Dean Students Welfare Mrs. Poonam Nanda.



Prof. Atul Khosla asking welcomes Mr. Deep Bajaj to the talk



Mrs. Poonam Nanda asking Mr. Deep Bajaj about challenges during his journey with Sirona Hygiene Pvt. Ltd.

## Gun Ki Ser- Clean-up

Forty-five volunteers of SFY accompanied by three faculty members visited Gun Ki Ser to clean up the Ashram. Then they were taken around the entire area of the Ashram and were shown various medicinal plants. The volunteers worked for few hours cleaning all the weeds that were disturbing the medicinal plants. Demonstration on Yoga and benefits of Yoga were given by Swamiji. The local residents also gathered there and appreciated the work of Shoolini University and volunteers who are constantly taking part in such activities. The students were also taken to heritage park for a visit. Most of the students were new and they were very excited to visit the park. Then a nice lunch was organized. The whole day was greatly enjoyed by the volunteers because they did some great work to help the community and the new students met each other and enjoyed themselves having lunch together. The whole experience was enjoyable one.



Mr. Shard and other volunteers cleaning the weed grown around medicinal plant



Shoolini volunteers cleaning the weed

## **Doctors Meeting with Girls at Girls' Hostel**

Sirona Hygiene Private Limited had two of the doctors Dr. Diksha Chaddha and Dr. Arushi to speak to our students virtually from Delhi about women hygiene and the special focus was menstrual hygiene. Both the doctors had an extremely interactive session with the students and answered all their queries. The students had lots of doubts around menstrual hygiene which were all resolved by the doctors and the doctors also showed them some new age products that one can switch over to, to avoid complications and infections. Sirona Hygiene manufactures various many women hygiene products like menstrual cups sanitary napkin that are ecofriendly. Also, different intimate washes and scrubs etc. The students were extremely happy and positive with the interaction because the doctors explained each and every thing that the students had on their minds. In the end many free samples were distributed among students so that they use the hygiene products and realize that switching over to these kinds of products not only good for their health and hygiene but is also good for environment.



Mrs. Poonam Nanda welcomes Dr. Diksha Chaddha and Dr. Arushi to the talk



Dr. Arushi explaining to the girls the functions of female body

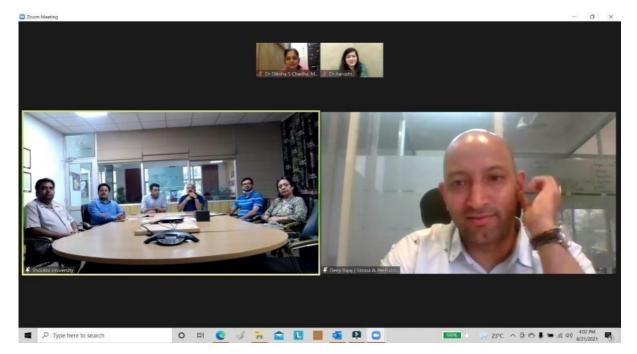


Girls from Girls Hostel listening to the talk at Cineplex

## Meeting with Deep Bajaj

On August 31, a direct meeting with Deep Bajaj promoter of Sirona hygiene, Mr. Vishal Anand, Pro Chancellor PK Khosla, Mr. Arvind Nanda director general and faculty of Shoolini University. Both parties shown immense interest in supporting each other because the research Shoolini's strength and Mr. Bajaj felt that since they have similar projects on which Shoolini is already doing research, we could find some common strength and work on those together. The collaboration between academia and industry is always very vital, hence both Shoolini university and Sirona Hygiene Private Limited showed a lot of interest and some topics were discussed in the meeting which are of common interest to both the parties. It was decided that further discussion on individual topics will happen in the upcoming week.

**Number of participants: - 09** 



A photograph of discussion between Shoolini representatives and Sirona Hygiene Team



endeavor

#### **Book Release at Manay Mandir**

On September 02, volunteers from Shoolini University visited Manav Mandir. The camp for Boschia national level championship preparation was also going on which had the participants from all over the country gathered at Manav Mandir. The students had arranged cultural programs for all the people at Manav Mandir which was greatly appreciated. Shoolini University student Sibiraj after seeing the state of young children was inspired to write a book, hence virtual release of his book was done during the program. He had a book reading session also and everyone was impressed by Sibiraj's idea and how he had put the story together. IAMD Manav Mandir promised all help possible to promote the book not just in India but abroad as well. The effort of Shoolini University students in supporting Manav Mandir in various initiatives was greatly appreciated by the authorities of IAMD.



Mr. Sibiraj releasing his book "The Tale of Hope"



Muscular dystrophy warriors during the cultural evening

## World Literacy Day- Event at Shoolini

A physical event on International Day of Literacy was held Rattan Tata Hall. The event was entirely managed by the volunteers. The children of the housekeeping, security and gardening staff etc. were invited to participate in Mission Parivartan. Mission Parivartan was earlier stated for these children to educate them and give them remedial classes during the evening but because of covid it all came to stand still. However, the effort is to start Mission Parivartan again and for that reason students had already been called back to the university campus. Dr. Khosla inspired the invited children to continue their education and not to stop it at any cost. Apart from Dr. Khosla's interaction with the children, speech competition and art competition were organized for different age groups of children. They were also given the prizes gifts and refreshments. The children greatly enjoyed the event. The volunteers also felt very great for the success completion of the event as entire event right from picking up children from various bus stops to dropping them back was managed by them.



Dr. Khosla sharing his inspiring life story with the students



Shoolini volunteer Harshita Ranjan interviewing school student



Students participating in painting competition



Students showing their paintings

## World Literacy Day- Event at Mahadevi Library

Shoolini University has been supporting Mahadevi Library which is a library that has been put together for underprivileged students in Dehradun. For the last several years, we have supported various events of Mahadevi library. On the international Day of literary, an online event was organized for the children of Mahadevi library. Shoolini volunteers had put together a quiz and many other interesting questions related to education for the young children. The children in Dehradun were completely prepared with not only with their answer to the quiz but also with other songs and different activities that they had been told to do. They participated wholeheartedly and very actively in all the competitions. The student volunteers of Shoolini University also immensely enjoyed this experience because this event was a mix of online and offline.



Shoolini volunteers and DSW Mrs. Poonam Nanda addressing the students



Students at Mahadevi Library attending the event



A girl at Mahadevi Library attending the event

## Social Activity at Manav Mandir

IAMD Centre Jatoli, Solan is a platform for those suffering with muscular dystrophy to get their spirit back to live life again be it with physiotherapy and treatment like no other muscular dystrophy center or be it the sense of inclusion they feel here at this place. As always, this time also Shoolini volunteers went to Manav Mandir with a sense of empathy to spend time with those suffering from muscular dystrophy. As we reached there, Founder of IAMD Centre Mr. Vipul Goyal welcomed them and shared the story of journey of muscular dystrophy center since many of the volunteers were visiting the center for very first time. He also discussed how Shoolini volunteers have been very helpful with the time they have contributed towards the center.



Volunteer Aishwarya addressing the gathering at Manav Mandir



Shoolini volunteer Vaibhav playing the flute



Shoolini volunteers with Mr. Vipul Goyal

#### **September 10, 2021**

#### Session by YCT on Ganesh Chaturthi

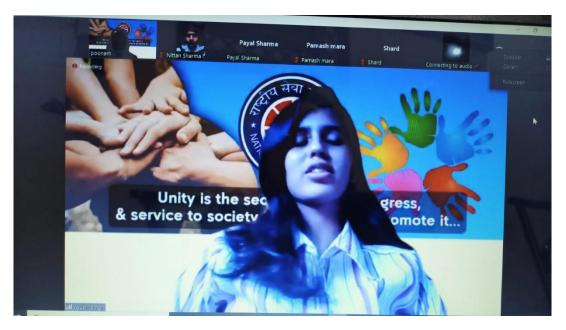
Ganesh Chaturthi was celebrated on September 10, 2021. On this occasion a meditation was organized by Yogananda Theology Club of Shoolini University. The celebration started with lamp lighting by Ms. Prerna Bhardwaj. After this she explained the significance of celebrating Ganesh Chaturthi and story behind it. She also offered participants books to read on Ganesh Chaturthi. Later, a one-hour long meditation session was conducted by Mr. Apar Kaushik. After this, participants shared that they found the session very helpful. At the closing of the celebration, sweets were distributed by volunteers.



Mr. Apar Kaushik conducting meditation session

## First NSS Meeting for the term

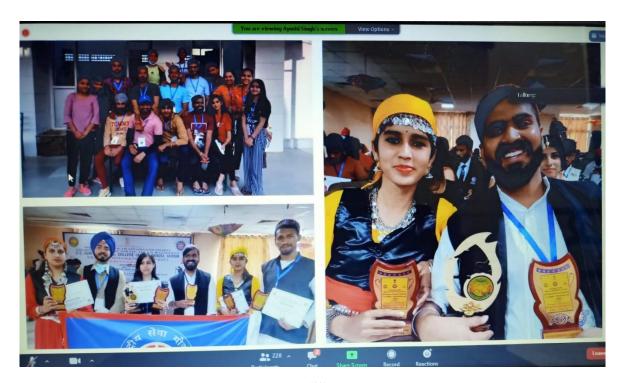
The first meeting of NSS was held on september 15, 2021 It was attended by 220 students approximately. There was a great amount of enthusiasm in the students to join NSS. However, because of limited seats of 50 in numbers, they were given an assignment based in which the final 50 candidates would be selected. Ayushi Singh from BSc. Biotech Final year was appointed as the student coordinator and Sachin Sharma as mentor.



NSS Coordinator Ayushi addressing the students



Fresher students attending the meeting



A presentation on previous NSS activity being shared online

## Online education for underprivileged students at Mahadevi Library

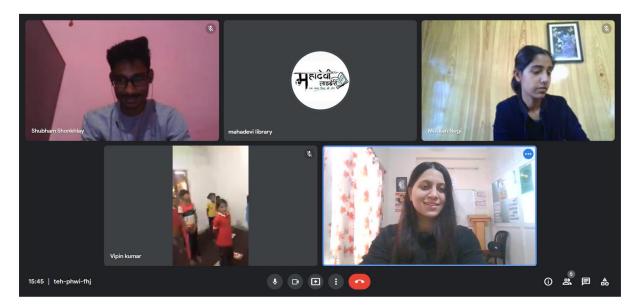
A project was undertaken by students of UGFMSLA for teaching the underprivileged students in Sherpur a small village in Dehradun. Shoolini also provided a projector to Mahadevi library so that the children could see and understand better. Every single day, two to three classes were held on an average. The Shoolini students were divided into teams and each team had a team leader. The students had the freedom to choose from topics that ranged from English, Hindi, Mathematics and General Knowledge. This effort was a huge success as both sides were hugely engaged in the effort. The Shoolini students saw a steady increase in the footfall. Some days were also dedicated to fun and games that were enjoyed by all.



Shoolini volunteers taking English class of students at Mahadevi Library



Shoolini volunteers and students at Mahadevi Library during a class



Shoolini volunteers taking "General Knowledge" class



Students at Mahadevi Library answering the question asked by Shoolini volunteers

### September 27 to December 11, 2021

#### Social Project with Mudita Foundation

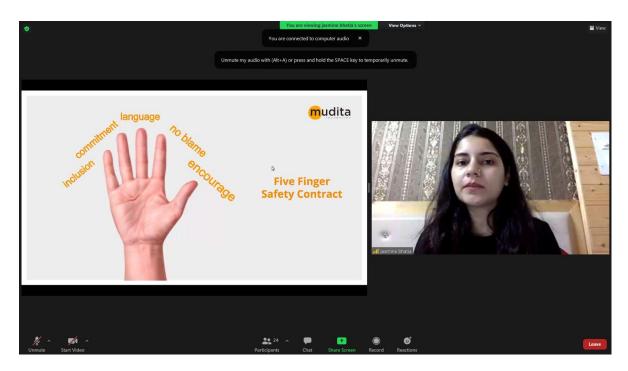
The collaboration of Shoolini university and Mudita Foundation created an opportunity to initiate conversations about safety with one of the most vulnerable and critical groups - 'youth' - at a large scale. Every interaction of students, faculty and the members from Mudita Foundation has only strengthened our belief that each one of us in the community has a role to play in building a safer world. This endeavor encouraged and enabled students to recognize and acknowledge their role in the fight against abuse, violence and exploitation. The students were divided into teams and were given projects to work upon. The students were given the liberty to choose any topic under abuse, violence and exploitation in our society. The students chosen topics like street sexual harassment, child abuse, online grooming, child labor etc. The students did research on their respective topics and submitted their assignments. After this, a viva voce was conducted for students where the students shared the key learnings from their society and what steps can be taken to minimize such issues within the society.



Mr. Aabha taking the online zoom session



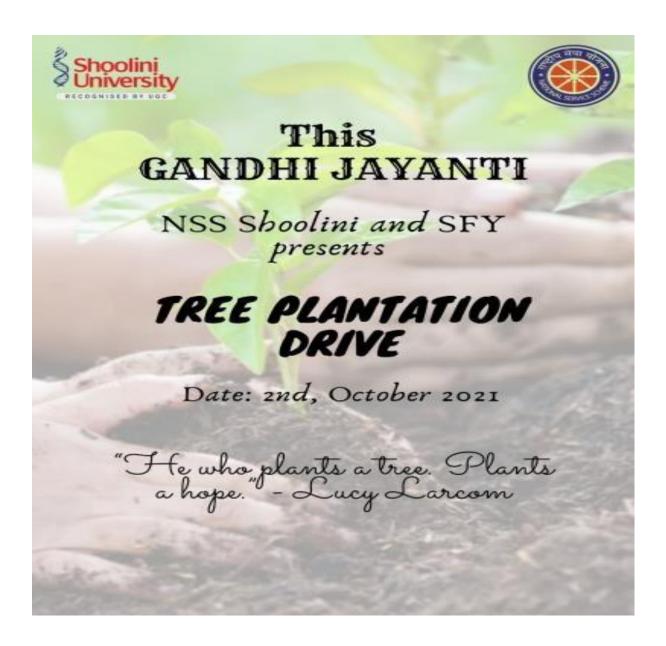
Mrs. Neha Pradhan from Mudita foundation addressing the students



Mrs. Jasmine Bhatia explaining about the safety of an individual in our society

#### **Tree plantation and Cleaning Drive**

On Gandhi Jayanti, volunteers of Shoolini University went to the nearby villages of Shoolini University. In this tree plantation drive, the volunteers of NSS & SFY Club Shoolini University volunteered for the activity. On this day, students planted some plants with herbal properties and some plants with good medicinal use., Mr. Suresh explained about the properties and applications of these plants. After this, the geo-tagging of these plants was done. The students were very excited for this activity. Along with this, students did cleaning in nearby areas and collected quintals of plastic. A total of 120 students participated in this activity.



Poster created for the event



NSS volunteers planting the saplings near university campus



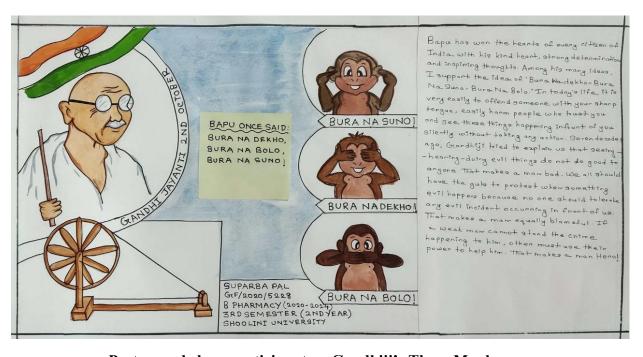
# SFY volunteers doing tree plantation



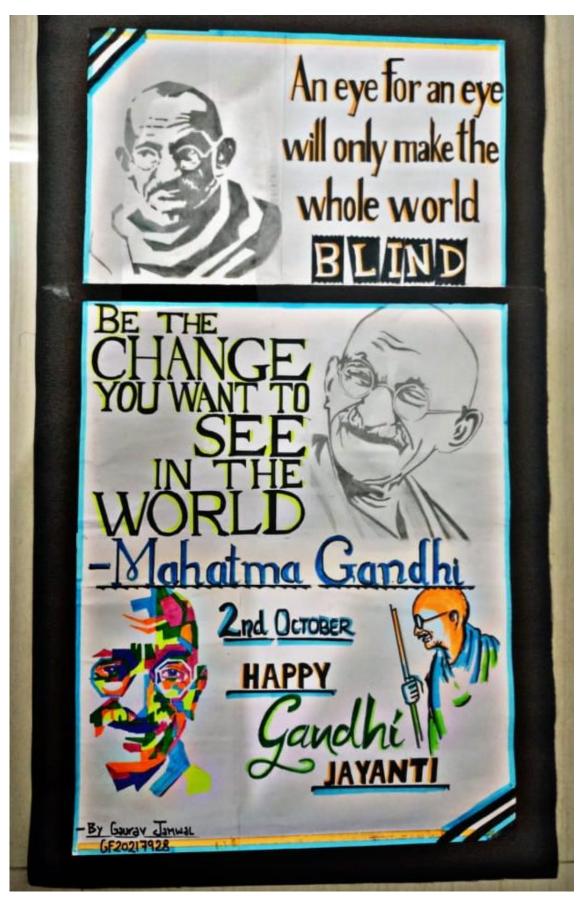
Volunteers posing for a photograph with the garbage collected by them

### Gandhi Jayanti Poster Making

Gandhi Jayanti is celebrated on October 2 annually to mark the birth anniversary of Mohandas Karamchand Gandhi, popularly called Mahatma Gandhi and regarded as the Father of the Nation. This year marks the 152nd birth anniversary of Gandhi, who was born in Porbandar, Gujarat on 2 October 1869. His contribution to the Indian freedom struggle is unparalleled, with Gandhi being the architect of several mass movements such as the Non-Cooperation Movement and the Civil Disobedience Movement. Every year, his birth anniversary is celebrated across the globe. In Shoolini University, Gandhi Jayanti was celebrated by organizing various activities. One of these activities was poster making competition which was based on the theme of teachings and life journey of Mahatma Gandhi. The participants made the posters related to the teachings of Gandhiji such as nonviolence, truth and honesty. A total of 36 students participated in the competition.



Poster made by a participant on Gandhiji's Three Monkeys



A poster made by a participant Gaurav Jamwal



Poster made by a participant showing the life journey of Gandhiji



Poster made by a participant on the life principles of Gandhiji

#### Daan Utsav at Solan

Celebrated every year from October 2 to 8, Daan Utsav is India's biggest festival of giving during which people come together and perform acts of kindness by giving their time, material or money in interesting ways to any cause(s) of their choice. This festival is about engaging for those around you to make a difference to many lives in need. Shoolini University has been organizing various charity events every year on this occasion be it clothes collection, charity fund raiser or volunteering by faculty and students for people in need in our society. This year, Shoolini University collaborated with various social working organizations such as Rotary Club Solan, Smarapan, Care & Share, Loins Club Solan, InnerWheel Club Solan, EarthJust and Goonj Foundation Delhi. The event took place at the Old DC Office Building, Solan. Daan Utsav started at 4PM on October 02, 2021, with the welcome of chief guest ADC, Solan. After this, an energetic Bhangra and Nati cultural performance was given by volunteers of Shoolini University led by Dr. Nitika Thakur. Following this, musical duet performances were given by Mr. Vikrant Chauhan and Mr. Shahbaz. They performed songs like Toh Fir Aao, Aye Khuda. For the cultural evening, a lot of audience was gathered in the form the people who live in the market, who come to visit the market and students who used to come to study to city library of Solan. The cultural evening was very well enjoyed by the audience and applauded by them. After this an announcement was made requesting people present there to donate whatever they can for the people in need in our society. After this day, the collection of clothes, shoes, old accessories and stationaries was done till October 05. Shoolini University also sent an Isuzu Pickup full of more than 600Kgs of clothes to the collection venue. The final clothes collection done was of more than 3 tons in Kgs by weight. After the collection of clothes, the sorting and segregation of clothes was done starting from October 06 which continued till following two days. On October 08, the clothes, stationery and shoes were donated to families of local labourers according to their body fits by inviting them to collection venue. The invited people were also motivated to do social work as per their capabilities and in whatever way they can. It was pitched to them that contribution need not to be monitory only and it can be in the nonmonitory way as well. The remaining of the collection was sent to the Goonj Foundation Delhi where the foundation uses the old materials for donating the clothes to needy ones and using the leftovers to make old bags and other useful stuff since not a single piece of cloth is wasted there. On all these days, the Shoolini volunteers volunteered used to go to the event location every day and they contributed and volunteered in every way possible. The effort of Shoolini University and its volunteers was very much appreciated by President of Redcross Club Solan, Mr. Manish Tomar of Rotary Club Solan and Mr. Anil Chauhan of InnerWheel Club Solan. Mr. Ashish of Goonj Foundation and Mr. Abhishek Taneja of EarthJust Solan.



हमारी सदियों पुरानी दान परंपरा को, एक सामुदायिक पहल के रूप में, हर साल दान उत्सव के नाम से मनाई जाती है।

इस साल हम सोलन में भी इस परम्प्रा का आगमन कर रहे हैं। एक कलेक्शन और डिस्टीब्यूशन ड्राइव से।

2-5 अक्टूबर को अपना श्रम, समान, समय या पैसे दान देने आयें, और सोलन दान उत्सव को मिल कर सफल बनायें।

अगर आप अपना या अपनी संस्था की तरफ से श्रम दान देना चाहते है, तो हमें संपर्क करें; +919882950813 पर।

स्थान: पुराना डीसी ऑफिसँ, सोलन

2 अक्टूबर 4 बजे से। 3 - 5 अक्टूबर, 10am - 1 pm & 4 pm - 7pm

आप अपना समय, आर्टिस्ट्रिक कौशल, श्रम, पैसे, या सामान: कपडे. सूखा राशन, जूते पुस्तक, स्टेशनरी, बर्तन इत्यादि दान के लिए ला सकते





Rotary Solan Rotary Club Solan Midtown InnerWheel Solan Midtown Rotary Solan City



InnerWineel Club Solan. InnerWheel Solan City











Poster made for the event



Volunteers sorting out the donated material



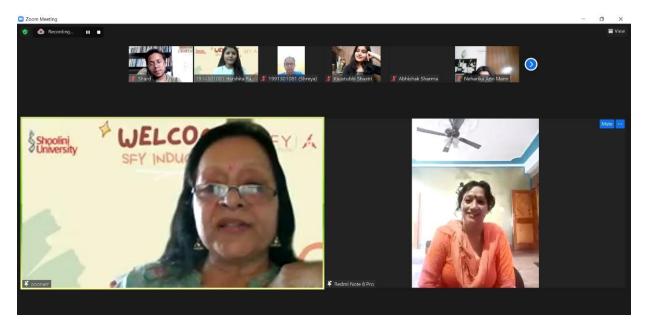
An Isuzu Pick-up full of Clothes from Shoolini being unloaded

## **Animal Welfare Day**

On Animal welfare day, Shoolini university had a poignant and heart touching interaction with Prerna Sharma founder of Hamaari Akanksha Trust. Mrs. Prerna Sharma who turned her personal loss and grief into a mission that does not leave any stone unturned and formed Hamari Akanksha Trust to help stray animals. Mrs. Poonam Nanda appreciated her effort for such a great mission and said that our society need many more people like her. Mrs. Prerna Sharma talked about how she lost her daughter which her story to form Hamari Akanksha Trust. This talk inspired students for do something for voiceless animals which they had shown via zoom chat.



Poster made for the talk



DSW Mrs. Poonam Nanda asking Mrs. Prerna Sharma about her journey to form Hamari Akanksha Trust

#### **World Mental Health Day**

Shoolini University organized a Webinar to celebrate Word Mental Health Day on October 10. The speaker of the event was Mrs. Sonal Gupta, Educator and Student Counselor. Dean or Student welfare, Mrs. Poonam Nanda began the event by talking about the mental health issue and its impact on youth during the pandemic. She said that mental health is even more important than physical health in the time we are in. Further, Mrs. Nitika Thakur, Assistant Professor shared a poetry based on shades of love and psychology.

Sonal Gupta began the talk with gender expression and the judgement trans people face in the society. She illustrated the gender biasness and explained them with different rhetorical questions. She further explained that LGBTQ community are just asking for the basic and fundamental human rights, nothing more. This talk was attended by more than 140 students.



Poster created for the event

## Talk on Menstrual Hygiene

The collaboration with Sirona Hygiene a session on awareness on overall health and hygiene was organized in the Cineplex on October 13, 2021. More than 50 ladies employed in housekeeping and security attended the session. Dr. Aarushi and Dr. Abha explained the importance Menstrual hygiene and explained the physical anatomy of a woman. The session was extremely engaging and informative and the ladies who attended the session resolved their queries with the doctors.

**Number of participants: - 36** 



Shoolini staff ladies attending the talk



Dr. Aarushi explaining about menstrual hygiene

#### **Peddals- A Ride for Breast Cancer Awareness**

Pink October also known as National Breast Cancer Awareness Month, it is celebrated by major breast cancer charities every October to increase awareness of the disease and to raise funds for its prevention, diagnosis, treatment and cure. Shoolini University runs awareness campaigns and fund-raising campaigns every year for this cause. This year also, Shoolini organized various activity on various days of October month. On October 16, a bicycle ride for the cause was organized. The ride started with the flag off by Vice Chancellor Prof. Atul Khosla. The ride started with 10 cyclists from Milkha Singh Sports Complex all the way up to Zero Point, Oachghat.



Prof. Atul Khosla doing the flag off to cycle ride



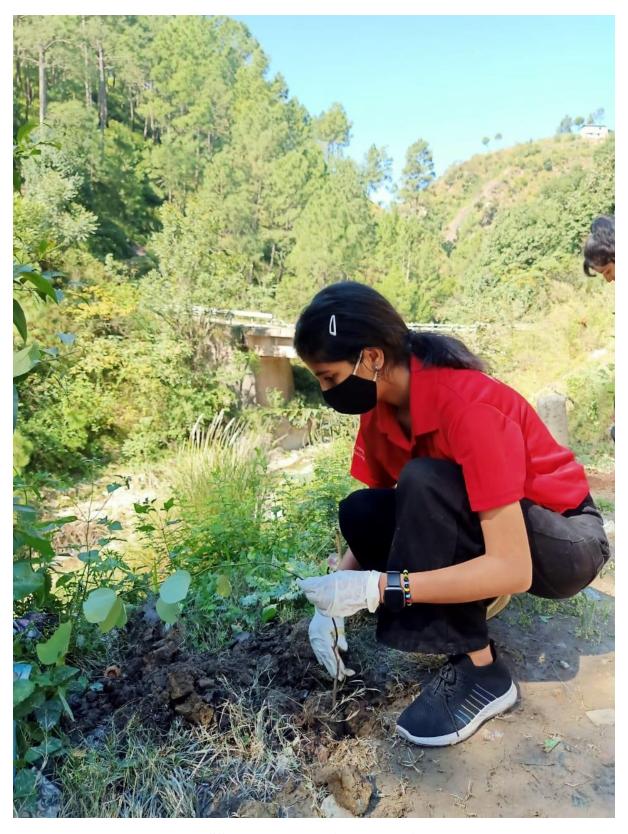
A photograph of cycle ride

## **Cleaning of Natural Water Resource**

On Shoolini University Foundation Day, volunteers of NSS Shoolini University went to nearby village to clean the natural water resource. There is a natural water spring near Shoolini University which is used to take water from by many villagers for their daily drinking usage. Shoolini volunteers cleaned the area around water spring by removing all the plastic material thrown nearby. Volunteers removed and destroyed weed around the water resource and planted some herbal and useful trees around the water resource.



NSS volunteers destroying weeds for the proper growth of plants



NSS volunteer planting the sapling

#### **Animal Lovers Club Meeting**

A meeting with the newly formed club for animals was held in two sittings on October 18 & 19 respectively in Peter Drucker Hall. The meeting was attended by Ms. Prerna Sharma and her team who run an NGO by the name of Hamari Akanksha Trust. Ms. Sharma talked about her own challenges and encouraged students to face problems with courage. She said she was in talks with government to create a shelter home for the stray animals in Solan. The members of the club promised all support to her noble cause. A fund-raising activity was also organized and sum of Rs. 5000 was given to her trust.



DSW Mrs. Nanda presenting welcome word to Mr. Prerna Sharma from Akanksha Trust



Mr. Prerna Sharma sharing the journey to form Akanksha Trust

#### **Breast Cancer Awareness**

During the month of Pink October, one of the major highlights was talk between Dr. Geeta who is an oncologist and DSW Mrs. Poonam Nanda who herself is a breast cancer survivor. It was extremely informative talk because Dr. Geeta explained that the lifestyle of current generation is affecting their health and breast cancer now is no longer a disease of middle-aged women, but it is tracking young women also. She described what are the things that we can adopt in our lifestyle. She also suggested that self-examination is also a very important tool which is in our own hands, and she explained self-examination process in great details. She took up questions from the audience and answered them. There were a lot of questions from the audience as some students had their family members suffering from breast cancer and they were eager to know as to what protocol of treatment should be done. All in all, it was very informative, and an extremely engaging talk as Dr. Geeta is an amazing doctor with more than twenty years of experience behind her.



## Breast cancer awareness in women X and the importance of timely detection

### **Online Session**

Date: 20th October

Time: 3:30 - 4:30 PM (IST) Platform: Instagram Live



Guest - Dr. Geeta Kadayaprath **Breast Surgical Oncologist Oncoplastic Surgeon** 



Host - Mrs. Poonam Nanda Founding Member & Mentor, YouWeCan Foundation

Poster created for the event



Dr. Geeta Kadayaprath talking about the awareness and detection of breast cancer

#### **Fashion Show on Cancer Awareness**

Every year Shoolini University hosts a multitude of events to promote awareness on breast cancer. This year a special fashion show was organized by the students to promote the cause. Boys and Girls dressed in pink holding placards walked the ramp and received a thunderous applause. The event started with the lamp lighting and formal address by Chancellor PK Khosla. The show continued with the ramp walk of 22 participants along with placards by them. The placards were made with some awareness messages for breast cancer written on it. The audience applauded the great moments of the show. After this, Mrs. Poonam Nanda and Mr. Arvind also did a ramp walk with volunteers Saket and Abhishek holding the placards with some message for breast cancer written on it. The Open-Air Theater was packed with more than 300 students who greatly enjoyed the event.



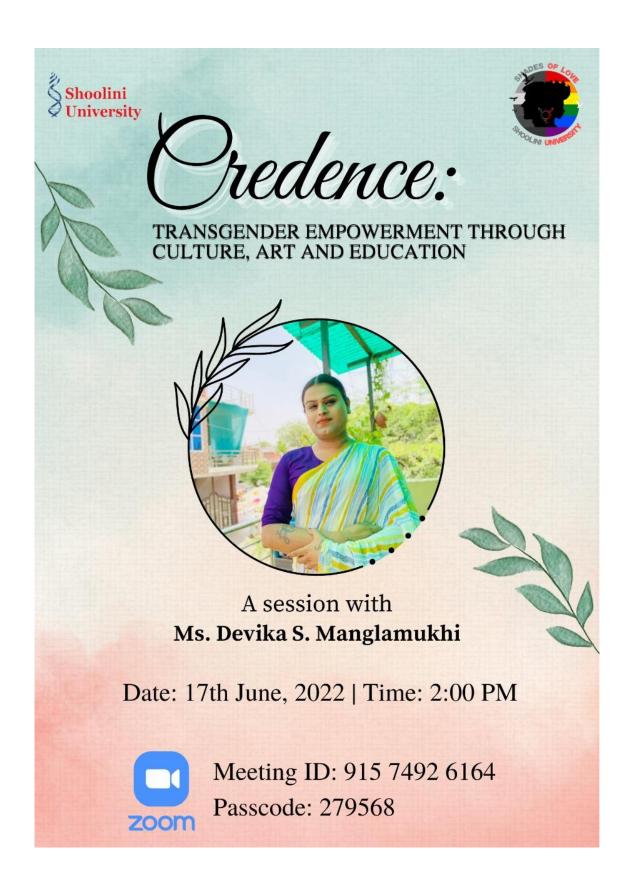
Students performing the ramp walk

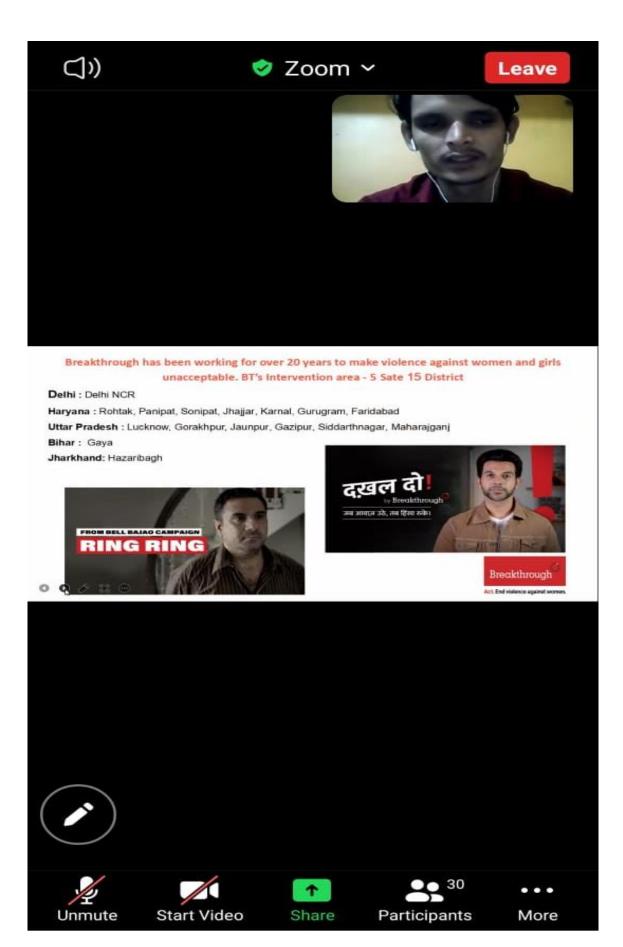


Mrs. Poonam Nanda and Mr. Arvind Nanda doing ramp walk

#### **Standup against Street Harassment**

A session on safety on roads was conducted for students online by Shoolini University in collaboration with NGO "Breakthrough" and "Mudita Foundation". The NGO representative Mr. Sanjay shared his own story of being bullied and harassed. This was the reason why he decided to join Mudita Foundation and become a spokesperson. He identified various kinds of harassment that take place. He guided students how to be more aware of their environment and be ready to accept and face unwanted situations. The session was highly interactive with polls and quizzes. All in all, a highly informative and engaging session that have a picture of the reality of the outside world.





Mr. Sanjay sharing his life story



DSW Mrs. Poonam Nanda and students attending the session

#### **Ekta Diwas**

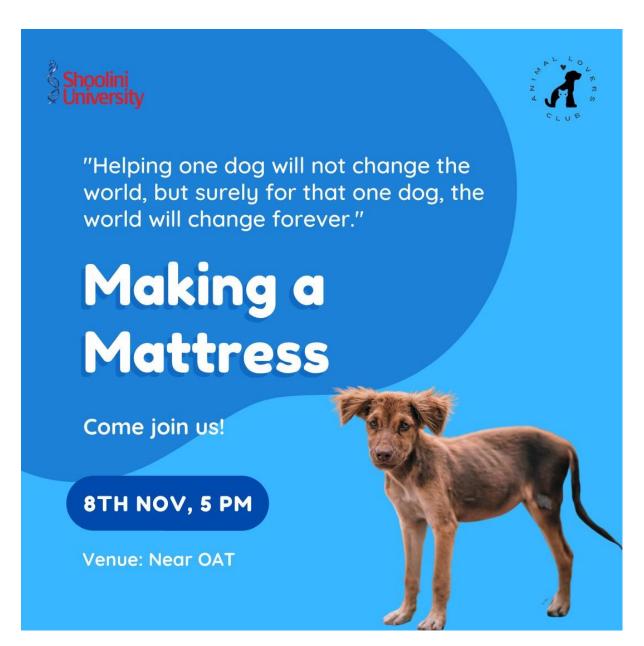
On Ekta Diwas 2021, a hybrid poster making competition was organized in online and offline modes. In this, the participants had to design the poster on various topics such as Inclusivity, Women Empowerment, Climate Change, Swachh Shoolini Swachh Bharat. For the participants who were living far away from the university they had to create the poster on a digital platform and a google link was circulated and they had to upload it in the given google link. For other who were living in university campus or near university premises, had to paint it on a A3 size paper and submit it in the DSW office.



Poster made for the event

#### **Mattress Making Event by Animal Lovers Club**

"Animal lovers" are a special breed of humans, generous spirit, full of empathy, perhaps a little prone to sentimentality and with hearts as big as a cloudless sky. This rings true for each one of us in the animal lover's club where we are trying to constantly work for the stray animals, by making jute mattresses filled with grass for stray dogs near our university campus and doing this for them is as soothing to the mind and heart as deep meditation and almost as good for the soul as prayer. As predicted, this year winters are going to be harsh and the cute little friends of ours are devoid of speaking and expressing their feelings to us so these mattresses will help them have a sound sleep during these chilly nights. The number of volunteers involved in the event were 12 and they together made 11 mattresses in total. These mattresses were placed on main entrance of our university and in areas around the campus where dogs mainly come for rest.



Poster made for event



Volunteers making the mattresses for stray dogs



Volunteers feeding the stray dogs

#### **Children's Day Donation Drive**

On Children's Day in collaboration with Charitism, Shoolini University organized a small food giving drive for underprivileged children. A very nominal amount of money was contributed by the volunteers to ensure that the hungry students got themselves decent meals on Children's Day and did not go hungry. The money was collected and transferred to Charitism and Charitism ensured that each contribution that was given to them provided a meal to hungry children. This event was done long-distance however Charitism ensured that pictures of all the meals that was distributed was shared with Shoolini University to ensure that the volunteers got to know that the money they had contributed indeed went for a good cause.







IN COLLABOARTION WITH CHARITISM

# Children's Day Donation Drive

13th & 14th Nov, 2021



A donation of Rs. 35 will be equal to one packet of cooked food for a child.

Donate via GPay- 9459375938 or UPI- optativeideas@jio

Poster made for the event

#### **November 14 & 15**

#### Painting of Primary School on Children's Day

On this Children's Day, volunteers from Shoolini University went to Manjholi Primary School which is located near Shoolini University. Students of Shoolini University volunteered for painting the walls of school building. They did some beautiful artwork on the walls. Volunteers also painted some useful lessons and material that can help school students in enhancing their overall knowledge. When school students saw the painted walls, they were very happy. On next day, volunteers went to School and did some fun activities and games with the students of Manjholi School. Students were very excited for this event and participated with great enthusiasm. Students were given gifts and prizes for the participation.



Volunteers doing painting of cartoon characters on the wall



A volunteer writing multiplication tables on a wall

#### Workshop on HIV AIDS with Red Ribbon Club

On November 18, 2021, Red Ribbon Club Solan organized awareness workshop on HIV & AIDS at Regional Hospital, Solan. For this, students and teachers from various colleges, institutes and universities were invited. The workshop started with the formal welcome of all the invited participants by the president of Red Ribbon club, Solan. After this, doctor given a presentation on HIV & AIDS. She talked about the history and the current global scenario of this disease, she talked about the potential causes of this disease. She talked about what precaution can be taken to prevent this disease and she emphasized that prevention is better than cure.



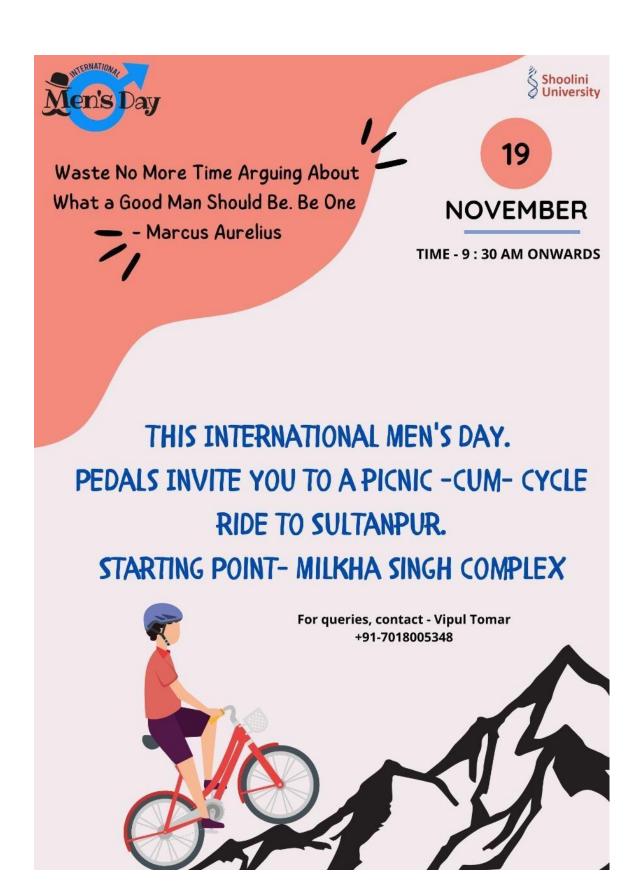
A group photograph of the participants



Shoolini volunteers with their participation certificate

#### A bicycle ride on International Men's Day

International men's day is celebrated on November 19 every year. International Men's Day is observed to cherish the achievements and contribution of all men in society. There are six pillars of international men's day, and one of them focuses on improving gender relations and promoting gender equality between men and women alike. This year's theme was "Better relations between men and women". Keeping this in the view, a unisex bicycle ride and a picnic with purposes was organized on International Men's Day. The purpose of this activity was to promote better Men Women relations. The ride started from Milkha Sing Sports Complex and cyclists went all the way up to Sultanpur. The participants were given refreshments and eatables in Sultanpur, and they enjoyed the activity very well.



Poster made for the event

#### Talk On Prostate Cancer

Movember or better known as November is a month dedicated to raise awareness around the health of men. Keep this in view, Shoolini University organized an awareness drive online in the form of a zoom Webinar. For this talk, Dr. Amitabh Singh from department of uro-oncology of Rajiv Gandhi Cancer Institute, Delhi was invited. Dr. Amitabh Singh is one of the young emerging dedicated urologists practicing only uro-oncology. He has done his fellowship in uro-oncology from Rajiv Gandhi Cancer Institute & Research Centre, Delhi. The topic for discussion on the talk was prostate and testicular health. These days prostate and testicular cancer is a silent killer. Dr. Amitabh talked about the cause of prostate and testicular cancer and how it can be cured. He emphasized how prevention is better than cure. He talked about various stages of this cancer and how surgery and treatment can be done.





## Let's Talk

# PROSTATE CANCER



Date: 22nd November 2021

Time: 3:30 - 4:00 PM (IST)

Platform: Zoom



Guest - Dr. Amitabh Singh M.S., M.CH. (UROLOGY)

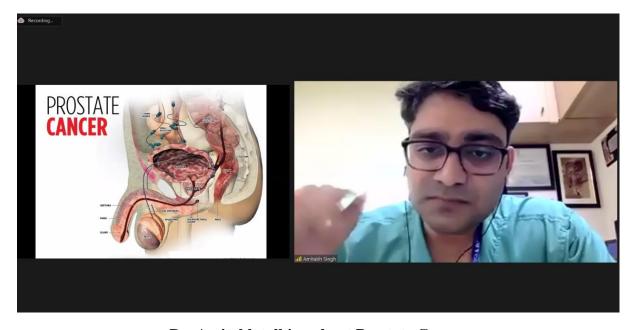


Host - Mrs. Poonam Nanda DSW, Shoolini University

Poster made for the event



DSW Mrs. Poonam Nanda welcoming Dr. Amitabh Singh



Dr. Amitabh talking about Prostate Cancer

#### **Ashwani Khadd Cleaning with Cleaning Himalayas**

A cleaning drive at Ashwani Khadd in collaboration with Healing Himalayas was held on November 21 in which 80 students and faculty of Shoolini University participated with full energy. The students were divided into three teams and allocation of areas was done. Ashwani khud being a popular destination for tourists is littered with plastic and picnic leftovers hence requires frequent cleaning. The garbage that was collected was sent off to Salogra for proper segregation and disposal. The students were treated to the traditional Dhaam meal which they thoroughly enjoyed. They also participated in the open mic sessions that were in process at the Xanadu Cafe. All in all, a great day for learning life skills in a practical manner.



Volunteers doing the cleaning at Ashwani Khadd



Volunteers doing garbage collection



Volunteers after loading the garbage to a pickup car

#### **Selfie challenge for Prostate Cancer Awareness**

Awareness on prostate cancer after the medical talk on prostate cancer awareness, the faculty and students of Shoolini University participated in the code blue social media challenge. A beautiful selfie booth was painted by the art n craft club and displayed for everyone to come and take pictures. The month of November is dedicated to the mental and physical health of men, and this was a new initiative undertaken for awareness. For this, selfie challenge was organized to raise awareness regarding prostate cancer.



Mr. Ashish Khosla and Mrs. Ashoo Khosla posing for a photograph



Mr. Shard and Mrs. Poonam Nanda posing for a photograph



Brigadier Mehta posing for a photograph

#### Ladies visit to Manay Mandir

The faculty and students of Shoolini university organized a trip to Manav Mandir. The wives who accompanied their husbands for the North Zone Vice Chancellors' Meet held at Shoolini university enjoyed every minute of their visit. They were shown all facilities at Manav mandir and were most impressed by the hydrotherapy pool. The guests were also taken through a presentation that show cased the amazing work being done in the field of muscular dystrophy. The guardians of muscular dystrophy warriors shared their experiences at Manav Mandir Solan. The guests were very impressed by the experiences of therapies that have helped muscular dystrophy patients like nothing other. The objective of this trip was to create awareness about this lesser-known disease.

**Number of participants: - 11** 



Children at Muscular Dystrophy Centre welcoming the visitors by gifting flowers



All the visitors with muscular dystrophy patients and Mr. Vipul Goyal



Mr. Vipul Goyal talking about the journey to form muscular dystrophy centre Solan

#### **International Day of People with Disability**

International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on 3 December. The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. Shoolini University students go regularly to Manav Mandir where little children and adults who are affected by muscular dystrophy come for their treatment. As we all know there is no cure that has been established for muscular dystrophy yet, but Manav Mandir does an amazing job of helping them to change their lifestyle and getting more positive towards their life which is full of challenges. Our students went to Manav Mandir on World Disability Day and spoke to the children and adults with muscular dystrophy and tried to motivate them with positive thoughts. They shared that real heroes are the young children who are facing challenges with smile every day. A cultural program was organized featuring Mr. Ankur Saxena Bashar and the volunteers of Shoolini University, and everybody had a lot of fun and we left Manav Mandir with a lot of positivity in their hearts of people at Manav Mandir and our students as well.



# Volunteers and guardians of muscular dystrophy patients gathered at Manav Mandir



Mr. Ankur Saxena Bashar presenting his musical performance

### **International Day of Volunteers**

International Volunteer Day is celebrated on December 5 every year to recognize and promote the tireless work, of volunteers across the globe. Every day, volunteers dedicate time and effort to ensure the inclusion of those often left behind drive climate action and advance the Sustainable Development Goals. In Shoolini University, there is a special force of volunteers who are ready to volunteer their time for no personal gains. These students are engaged in various activities ranging from cancer awareness to cleaning drives to observing Daan Utsav to Muscular dystrophy to spending time with people at Care and Share centre etc. This was indeed a great day to celebrate the efforts of all these young people hence they were all invited to the Chalet for cup of tea with the Chancellor and Vice Chancellor of Shoolini University. Both the Chancellor and Vice Chancellor greatly appreciated the effort that was put in by the volunteers all these years especially during the Vice Chancellor Conference which was greatly appreciated by the guests who came to the campus. The certificates of appreciation were distributed to the students and the event ended on a very high morale with students celebrating their success in volunteering for various events promising that they will continue the good work in the years to come.



# \*\*SPECIAL INVITE\*\*

TO APPRECIATE THE EXEMPLARY WORK DONE BY YOU, THE CHANCELLOR AND VICE CHANCELLOR INVITE YOU FOR A CUP OF TEA.

VENUE: CHALET
TIME 4:00 PM SHARP
DECEMBER 3, 2021
DRESS CODE- FORMAL

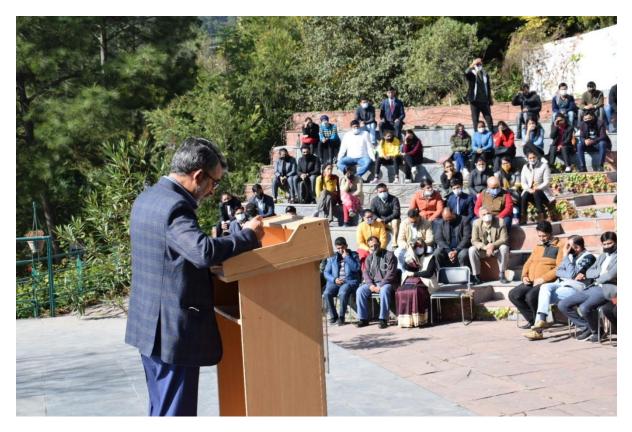


Poster made for the event

## **Paying Homage to Gen Rawat**

It was indeed a day of mourning and shock when Army Officer Gen Rawat was killed in a helicopter crash along with 13 more people. The entire nation was in a state of disbelief as no one could digest this sad news. It was decided to hold a mourning meeting at the Open-Air Theatre for the departed souls. Brigadier Mehta and Col. TPS Gill led the effort as they both are ex-army officers. A rich tribute was paid to General Rawat by them. A message by the Chancellor who was traveling and the HPPERC president was also read out to the audience. It was a solemn occasion and it ended with two minutes silence in the memory of those who left us so unexpectedly.

Number of participants: -140



Brigadier Mehta paying tribute to the departed souls



Col. T.P.S. Gill expressing his grief and taking about the life of Gen. Rawat



Mr. Vishal Anand expressing his words of grief about the mishappening

## **Thanksgiving**

A special event was held to thank all the workforce that works behind the scenes and are not visible when events and functions take place. A special thanksgiving get-together was held for the team of operations, housekeeping, security and landscaping etc. Everyone was invited to meet the Pro Chancellor and have a cup of tea. Director Operations and Pro Chancellor Mr. Vishal Anand thanked the workforce profusely for all their efforts for keeping the university up and running even during the hardest times when the covid pandemic had stuck. Director Operations Brigadier Mehta and Dean Student Welfare Mrs. Poonam Nanda also thanked these teams for their endless and untiring work that they do day in and day nights. The event concluded with high tea for everybody in the Open-Air Theatre where group photographs were also taken.

**Number of participants: -180** 



DSW Mrs. Poonam Nanda expressing gratitude towards the work force



Mr Vishal Anand, Brig. Mehta and Dr. Chopra applauding the work force



Shoolini staff members gathered at Rattan Tata Hall



Shoolini staff members enjoying refreshments at OAT



A group photograph of staff members post event

## Odha Do Zindagi

Apart from Daan Utsav which is celebrated in the month of October, Shoolini University also supports Goonj Foundation during the winters by collecting clothes and woollen for their campaign "Odha Do Zindagi". This year also, a call was made to the faculty and students to donate any woollens and blankets that were not in use and could be donated for the welfare of people who do not have any clothes and the woollens. Faculty, staff and students generously donated like every year. The clothes and blankets that were collected, were packed and sent to Goonj office Solan from where all the material was transported to Goonj Head Office Delhi by them.

Number of students participated: - 46



JOIN OUR CAMPAIGN AND CONTRIBUTE WARMTH.

COLLECTION POINT - WOK 'N' ROLL CAFE

DECEMBER 9 & 10, TIMING- 10 AM TO 3 PM

Poster made for the event

# Fundraising for our paws

On December 10, 2021, a fundraising event was organised by the members of Animal Lovers Club, Shoolini University with a goal of raising funds for feeding dogs in the nearby areas. The food stalls, total 6 in number, were of PaniPuri, Papdi Chaat, Kurkure Chaat, Pakoda-Chai, Custard and Chocolate Mousse (Small and Large). The event was a great success with over 200 people visiting the stalls and enough funds were generated to keep the regular feeding of the dogs.



Poster made for the event

#### **December 12 & 13**

# **Cupcake activity for Cancer awareness**

The founder of YouWeCan foundation Yuvraj Singh celebrates his birthday on 12th of December. This year on this day Shoolini YouWeCan volunteers volunteered to organize a fund-raising event. They made some delicious cupcakes and sold some of them to students and faculty members within the campus. While some of the cupcakes were bought by the people to distribute among the underprivileged children. These cupcakes were distributed among the students of Manjholi School and underprivileged children in the vicinity of Oachghat. In this activity, a total of 28 volunteers participated.



**Cupcakes made for fund-raising** 



Volunteer distributing cupcakes among the underprivileged children



Little children enjoying the cupcakes



A student of Manjholi School getting his cupcake



Students of Manjholi School with their cupcakes

#### **Christmas celebration in School**

On December 23, volunteers of Shoolini University went to celebrate Christmas with children at Manjholi School, near university campus. The volunteers took some chocolates, stationery and eatables well wrapped in a gift paper with them to distribute among children. The celebration started with volunteers organizing some fun and games for school children. Volunteer Kaustabhi took charge of the games. Then volunteer Diya Gupta came to the show well dressed as Santa with a bag full of wonderful gifts. The school children were very excited for the gifts. Santa distributed the gifts among children which made them happy and joyful.



Santa distributing the gifts among children



A group photograph of volunteers and children with their Christmas gifts

#### Christmas celebration in Shoolini

Christmas was celebrated in Shoolini university campus on December 24, 2021. The celebration was held outside Registrar's office which started with a heart-warming welcome of all the faculty staff and students by Mr. Shard of DSW Office. After this a folk song was sung by Shahbaz and Vikrant Chauhan. As the celebration proceeded, Santa came with children and a bag full of gifts. Santa danced at stage which was very humorous and funny. Then Santa went to Chancellor PK Khosla and offered him Christmas cap, later Santa posed for photographs with faculty and students. Santa distributed Christmas gifts among students. While all this was going on, student volunteers given various performances of dance and singing. A group of volunteers sung various folk songs of various regions of India. After the completion of all the performances tea, sweets and other refreshments were given to all the people.



Poster made for the event



Santa posing with a child and respected Chancellor of Shoolini University PK Khosla



Santa posing while volunteers are singing a group song