

**HEALTH  
OUTREACH  
INITIATIVES -  
2022**



**February 01, 2022**

### **Blood donation**

An urgent blood donation camp was organized on February 01, 2022, in MMU Sultanpur Solan. For this blood donation camp, a Google form was circulated, and, on this link, volunteers had to register. The university organized a bus for the volunteers from Shoolini University to the hospital at Sultanpur, Solan. As students reached there, they were given fruits as refreshments. After taking proper safety measures like giving volunteers polythene cover on the shoes as a precaution to avoid covid before entering the blood donation hall the process started. The volunteers donated the blood for which they were given certificates of participation. Dr. Deepak from MMU appreciated the efforts of the volunteers and said that they were looking for many more such collaborations with Shoolini University.

**Number of students participated: - 08.**



**Volunteers donating blood at MMU**



**A group photograph of doctors and volunteers with their certificates of volunteering**

**15 February 2022**

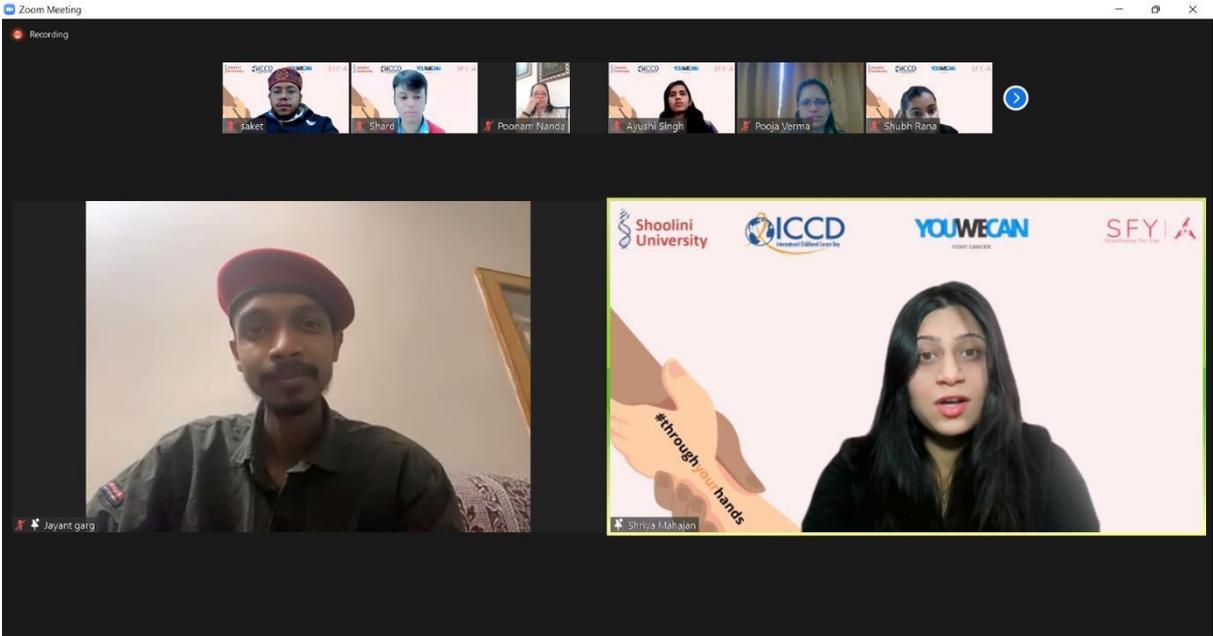
## **Talk on International Childhood Cancer Day**

Shoolini University on the occasion of International Childhood Cancer Day organized a talk with Mr. Jayant Kandoi who has battled cancer 6 times. Jayant Kandoi who is 23 years old and hails from Ajmer, Rajasthan has defeated cancer 6 times. He was first detected when he was 15 years of age. Every time Jayant won the battle against this formidable disease, he even attained top ranks throughout his academic career. Currently, he runs a start-up and an NGO to spread awareness of cancer. In his interactive session, Jayant mentioned how it is important to remain positive even while fighting the deadliest of the disease. He explained how the fear of cancer has been fed to us and this causes so much trauma to the patients and families. He narrated his journey of ups and downs – from being financially weak to being a motivational speaker now, he feels cancer along with pain has given him fame too. He focused on how being satisfied is necessary for the younger generation.

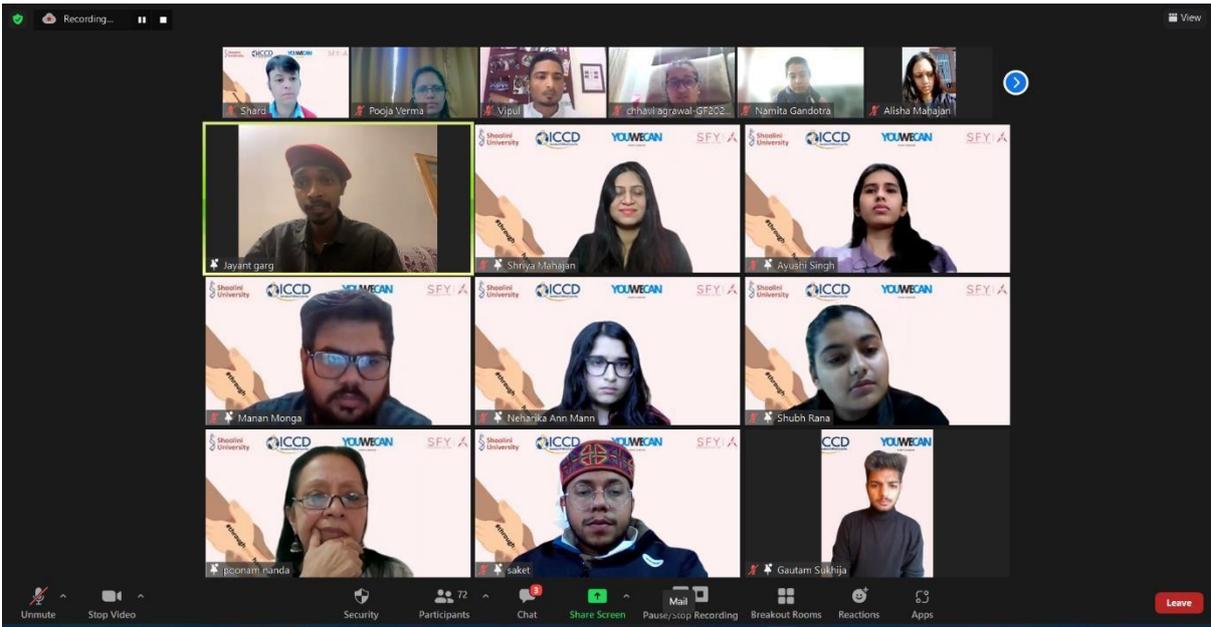
**The number of students participated: - 148.**



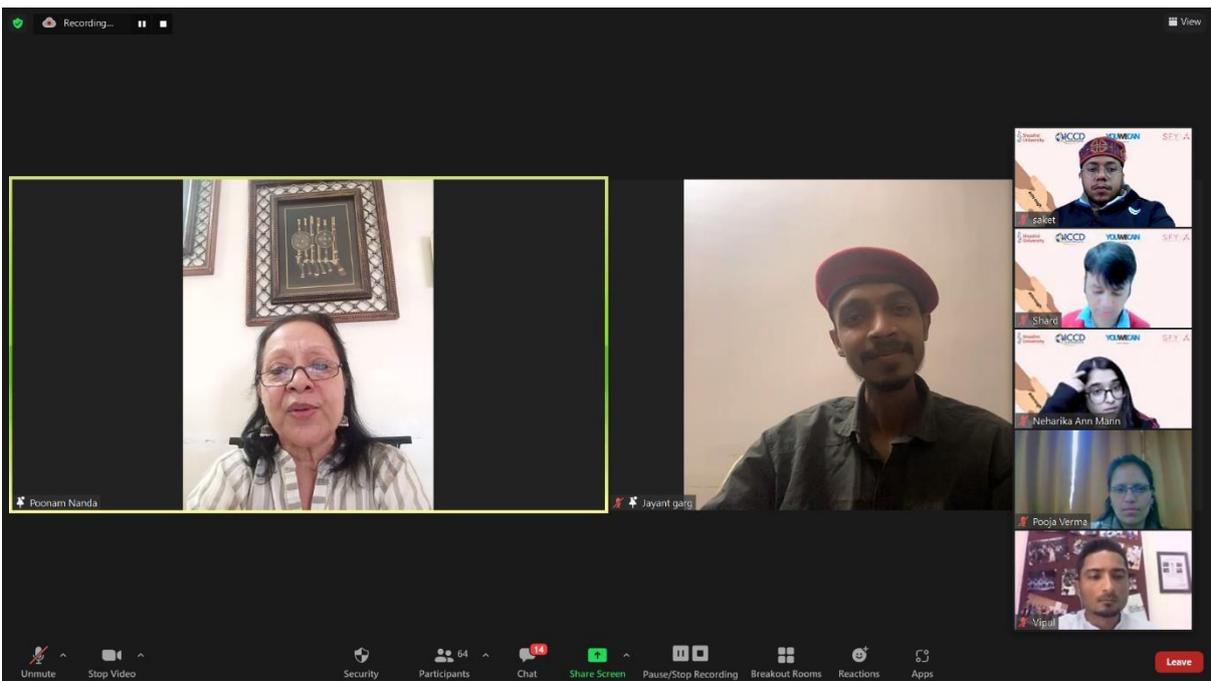
**A welcome poster made for the talk being shared on the screen.**



**Ms. Shriya Mahajan welcoming Cancer Survivor Mr. Jayant Kandoi for the talk**



**Mr. Jayant Kandoi sharing her life journey fighting with Cancer**



**DSW Mrs. Poonam Nanda extending a vote of thanks to Mr. Jayant Kandoi**

**February 22, 2022**

**Trip to Chilla Village**

On February 22, 2021, a walking trip to nearby Chilla village was organized. A large group of students walked from Shoolini University to the village. While coming back from Chilla village students did some plogging and collected garbage and plastic on the way. The students enjoyed the trek as if was a new experience for most.

**Number of students who participated: 46**



**Students meeting the village doctor near Chilla village**



**A group of students and DSW Mrs. Poonam Nanda on the way to Chilla village**



**A bag full of plastic garbage collected by volunteers.**

**March 13, 2022**

**Potter Hill- Cleaning Drive with Healing Himalayas**

Shoolini is often invited for cleaning drives by Healing Himalayas. Mr Pradeep Sangwan the founder of this NGO is known across the nation for working towards a sustainable solution for the Himalayas. The students who went by the campus buses enjoyed the journey as they kept each other entertained. On arrival, the team was provided gloves and garbage bags and given instructions about the work. The volunteers took their responsibility very seriously and cleared the area allocated to them. A hot lunch and a dance break were welcomed by all. Mr Sangwan spoke to the students expressing his concerns and encouraged each one to contribute towards better lifestyles.

**Number of students participated: - 36**



**Students collected the plastic garbage during the cleaning drive in Potter Hills**



**Founder of Healing Himalayas Mr. Pradeep Sangwan posing for a photograph**



**Volunteers loading the collected plastic garbage into the pickup**

**March 16, 2022**

**Holi celebrations at Manav Mandir**

On March 16, 2022, the young fighters of the Muscular Dystrophy Association and the students of Shoolini University came together at Manav Mandir to participate in a Holi celebration that was exceedingly entertaining. A group of thirty students went to Manav Mandir voluntarily to spend the better part of their evening putting smiles and cheers on the faces of young children who suffer from muscular dystrophy. There were many different activities planned, such as dance, singing, and poetry recitation, and they were all actively participated in by them. The students also created a rangoli in the IAMD campus as a gift for the stunning soldiers and those who watch over them. The primary purpose of the event was to bring joy to both the youngsters and their parents. The students were quite engaged in the activities that were going on.

**No. of students participated – 30**



**Volunteers dancing with guardians of Muscular dystrophy warriors**



**Volunteers dancing after playing Holi**



**Two of the volunteers gave a dance performance.**



**The activity being ended with a meditation session**

**March 28, 2022**

### **A visit to Manav Mandir**

On March 28, 2022, a trip to Manav Mandir Solan was organized. Eighteen volunteers participated in this event. Manav Mandir Solan is working as the Muscular Dystrophy Centre where not only therapies related to muscular dystrophy are provided but also a family like atmosphere is created so that muscular dystrophy warriors do not feel left out in society. The muscular dystrophy warriors had come to IAMDC the Centre with their guardians for a weeklong residential and therapeutic program under the proper supervision of doctors. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAMDC Centre, Jatoli Solan. After this cultural evening started with songs, comedy, and dance performances by Shoolini volunteers. The volunteers had prepared various songs and dances for the children who had come for their physiotherapy at 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 patients of muscular dystrophy.

**Number of students participated: - 18**



**Volunteers from Shoolini University addressing the gathering**



**Volunteer Nihit from Shoolini University presenting a musical performance**



**A muscular dystrophy warrior participating in one of the fun activities**

**April 2, 2022**

## **Cleaning Drive**

A cleaning drive was organized on April 02, 2022. This cleaning drive was the collaboration between NSS Shoolini, NCC Shoolini, and SFY (Shoolinians for you). All three groups went to different directions for the cleaning. NCC Shoolini volunteers went for cleaning towards Dental College crossing the nearby bridge of the university campus and collecting the waste plastic materials on the way. While SFY volunteers went towards Chanakya PG on Sultanpur Kumarhatti Road and collected a lot of plastic on the way. Also, NSS volunteers cleaned the area inside the university campus. All the groups of volunteers collected quintals of plastic which were later handed over to the garbage processing unit Salogra, Solan. After the cleaning, refreshments were served for the volunteers.

**Number of students participated: - 81**



**Volunteers collecting garbage.**



**Waste plastic is being collected by volunteers.**



**NCC Group members posing for a photograph**



**NSS Group members getting their photograph captured**



**All the volunteers posing for a group photograph before leaving**

**April 5, 2022**

### **Swachhata Pakhwara Flash Mob at Solan**

Shoolini University on the occasion of World Earth Day concluded its Swachhta Pakhwada campaign which started on April 5, 2022. Swachhta Pakhwada was initiated in the university among the different faculty to promote cleanliness and sustainability. Different schools presented various ideas to promote sustainability. The schools conducted cleanliness drives and awareness campaign in and around the campus. Some schools went to nearby villages to teach them. The concept and their ideas were applauded by the local authorities. The event concluded with a flash mob where children dressed up with various animal masks and hearts explained the importance of environment conservation. The students picked various songs related to nature and engaged the public with their dance efforts. Plants were also distributed during the entire event to the local people. The local people and the administration appreciated the effort. Certificates and refreshments were provided to the volunteers for their exemplary efforts.

**Number of students participated: - 55**



**DSW Mrs. Poonam Nanda addressing the public about Swachata Pakhwara initiative at The Mall Solan**



**Dr. Nitika Thakur shared about the activities done by University under Swachata Pakhwara**



**A photograph of flash mob with volunteers wearing animal mask**



**A photograph of volunteers**



**Volunteers posing for a photograph**



**Mr. Amit Ghotta explaining the importance of environmental conservation through some poems prepared by him.**



**Volunteers posing for a group photograph with DSW Mrs. Poonam Nanda**



**Volunteers sharing the plant saplings with local people.**



Solan, Himachal Pradesh, India  
NH 5, Himachal Pradesh 173210, India  
Lat 30.889767°  
Long 77.045276°  
07/04/22 01:34 PM

**Volunteers planting the saplings near the National Highway**



Solan, Himachal Pradesh, India  
NH 5, Himachal Pradesh 173210, India  
Lat 30.889755°  
Long 77.045184°  
07/04/22 01:31 PM

**Tree plantation being done by volunteers.**



**Volunteers of School of Physics and Materials Sciences showing the posters made for the cause.**



**Volunteers participated in the walk on the road to save mother earth.**



**Volunteers collected the waste plastic material alongside the road**

**April 07, 2022**

## **Cleaning Drive by School of Biotechnology**

*“The Pre -Sensitization Drive: Susto-Cleano Cognizance” First*

*Initiative by the School of Biotechnology*

School of Biotechnology with nearly 60 students, faculty and staff, coordinated by Dr Nitika Thakur, started a **“in- house Cleanliness and Sustainability Walk”** in drive with the agenda of cleaning the campus and to make faculty/staff/students aware regarding the daily/easy hacks replacing the chemical/unsustainable options with trendy/cheap/ecofriendly options where we can easily replace our daily habits pertaining to fashion, clothing, kitchen appliances, decorative stuff to an ecofriendly culture. Swachta Week was initiated by "Swachta Pakhwara 2022", and to meet sustainable development goals, school of Biotechnology conducted a "presensitization drive: Susto- Cleano Cognizance", which combined the most important factors pertaining to Cleanliness and Sustainability. Under this the followings were done: - (1) A flash mob/drive was organized where participants started in-house cleaning drive in Shoolini University, starting from the Girl's hostel around 12:45 pm to the main gate and conducting a walk-through sustainability. (2) Some simple and easy hacks to Sustainable life were explained by student Agam Roop Kaur by talking about her initiative "The Unicorn Foundation" which is working for sustainability. (3) An easy shift to sustainability was showcased by quoting daily activities and how we can turn to a more sustainable mode. (4) The initiative “Nescafe Vertical Garden concept” was announced for all the Nescafe and library lovers, where the idea of incorporating all the used cups for planting some herbal plants on the barren wall (“Plant a Cup” “Plant a New Life”) was introduced.

**Number of students participated: - 81**



**A group photograph of students and faculty members of School of Bioengineering**



**Students showing the posters made for the event.**



**Students gathered outside Girls Hostel before starting the walk.**

**April 07, 2022**

### **Cleanliness drive by M S Swaminathan School of Agriculture**

M S Swaminathan School of Agriculture conducted cleanliness drive with active participation of students and faculty coordinators on April 05, 2022, for first week activity of “Swachhta Pakhwara” to achieve the cleanliness and sustainability. During this event, students collected the leaf litters, weeds from the surrounding area of university and concluded at the crop cafeteria. In addition to that, we also collected the non-biodegradable material from the surroundings of crop cafeteria. The material collected at the crop cafeteria is being used for the preparation of compost to achieve the goal of sustainability. The material collected will be used for composting by the Post Graduate students of M S Swaminathan School of Agriculture.

**Number of students participated: - 73**





**Volunteers collecting the plastic alongside the road**



**Volunteers carrying the plastic collected by them**

**April 07, 2022**

### **Cleaning Drive by the School of Biological and Environmental Sciences**

School of Biological and Environmental Sciences has successfully conducted the first phase of 'Swachhta Pakhwada 2022' with a cleanliness drive in Sultanpur village near Shoolini University. With the active participation of more than 35 students along with five faculty members, the cleanliness drive was a grand success. We started our 'Swachhta Abhiyan' by cleaning the surroundings of the local water source so that the water remains uncontaminated and pure. With the active support of the local people, next, we cleaned the surroundings of the local dispensary, primary school, and post office of Sultanpur. Awareness about the importance of cleanliness and health hygiene were also spread among the local communities and school children. We have also focused on public interaction and surveys. Information was collected regarding the present scenario and problems faced by local communities with respect to cleanliness. We have also interacted with the former Pradhan of this village to seek her views and requirements regarding the cleanliness of the mentioned village. In the future, based on these reports of the survey we will plan next such programs to solve some of their issues that will lead to the betterment of the local communities.

**Number of students participated: - 37**



**Volunteers collecting the waste plastic**



**Volunteers during garbage collection alongside the road**



**All the volunteers with collected plastic at Sultanpur village**

**April 08, 2022**

**Sensitization Drive by the School of Bioengineering and Food Technology**

School of Bioengineering and Food Technology conducted a cleaning and sensitization drive in slum area of Salogra village, Solan. The team of students and the teachers from School of Bioengineering and Food Technology interacted with the children and women of the village and made them aware about the importance of cleanliness, hygiene, and nutrition in human health. The children and women of the village seemed to be very interested in the topics chosen for interaction. They found the interaction very useful. Besides this a cleanliness drive was also conducted in ward No. 2 of Salogra panchayat.

**Number of students participated: - 23**



Salogra, Himachal Pradesh, India  
N.H.22, Kalka - Shimla Rd, Salogra, Himachal Pradesh 173214, India  
Lat 30.933636°  
Long 77.134313°  
08/04/22 12:08 PM

**Volunteers interacting about cleanliness with villagers**



Salogra, Himachal Pradesh, India  
N.H.22, Kalka - Shimla Rd, Salogra, Himachal Pradesh 173214, India  
Lat 30.933143°  
Long 77.133559°  
08/04/22 01:29 PM

**Volunteers doing cleaning drive in the village**

**April 08, 2022**

### **Cleaning Drive by School of Pharmaceutical Sciences**

On April 08, 2022, as a part of Swachhata Pakhwara, an initiative was taken by School of Pharmaceutical Sciences as a cleanliness drive to emphasize on how we are polluting our environment daily, deteriorating natural beauty. As we believe action speaks louder than words, we organized this cleanliness drive on places like trek route and places near Shoolini University and walked for 2 km with garbage to make people realise that they should not throw waste anywhere like this. The team focused mainly the area surrounding the university i.e., from the bridge to main gate and found that there was more garbage under the bridge and surrounding road n realised people need to be aware of how much cleanliness is important for us, for environment and for everyone's well-being.

**Number of students participated: - 64**



**Volunteers with garbage collected by them in bridge area near university campus**



**Volunteers with bags of waste collected by them.**

**April 20, 2022**

### **Environmental Awareness by School of Pharmaceutical Sciences**

School of pharmaceutical sciences organised an awareness rally and performed Nukkad Natak on the Mall Road, Solan for spreading awareness regarding how important it is to have a clean environment specially when we are going through a pandemic, importance of maintaining personal hygiene and above all making people realise that we all know what to do how to do, but we don't take necessary actions and blame others. In a while local people started taking interest, stopped, and were carefully listening to the volunteers, this showed that volunteers were successful with their goal. Along with this the activity of recycling the collected waste was also done.

**Number of students participated: - 37**



**Volunteers participating in the rally with handmade posters made by them**



**Volunteers started the rally from SILB Institute Solan**

**April 20, 2022**

### **Blood Donation Camp on University Campus**

A blood donation camp was organized at Shoolini University. The camp was organized in collaboration with IGMC Shimla. The venue was Milkha Singh Sports Complex at Shoolini University. The blood donors had registered themselves well in advance an evening before of the camp. The camp started with the arrival of a team of doctors from IGMC Shimla. Blood donors had their general health check-up before their blood donation to make sure about their health. The camp was a huge success as the students flowed in to contribute to this noble cause. The blood donors were given refreshments immediately after the blood donation to help them recoup. A selfie stand with the theme of blood donation was also kept at Milkha Singh Sports Complex which blood donors visited proudly to get their picture clicked. The blood donors were also given certificates for their voluntary participation.

**Number of students who participated: - 108**



**Blood donors donating blood at Milkha Singh Sports Complex**



**Mr. Ashish Khosla donating blood**



**DSW Ms. Poonam Nanda and a group of blood donors with their certificates**



**Mr. Ankur Saxena Bashar posing for a photograph on Blood Donation Selfie Stand**

**April 20, 2022**

### **Cleaning Drive & Poster Making by Faculty of Engineering and Technology**

The activity started with an awareness lecture given to the students related to cleanliness at the computer center in E-block. It was an interactive session where the students were asked questions related to cleanliness in and around campus, hostels, public places, water bodies, food wastage, lawns, etc. The questions asked in this session were: Why cleanliness is important and how it is linked with safety, how to find out abnormalities, types of waste (biodegradable, non-biodegradable), etc. Students also participated to draw some beautiful charts related to it. Further, the students were divided into three groups for the cleanliness drive. To perform this activity, three areas within the university campus were covered for the drive i.e., E-block to Temple area, OAT to Yuvraj stadium and Milkha Singh sports complex to area towards Shoolini Milk plant. Students were energetic and participated full-heartedly in this cleanliness drive. Faculty members of Engineering and Technology led this initiative and participated in this wholeheartedly.

**Number of students participated: - 56**



**A poster made by a student**



**Students showing posters made by them.**



**All the participants showing the posters made by them before starting the cleaning drive.**



**Volunteers collecting the plastic materials.**



**A group of volunteers with the bags of plastic collected by them**



**Another group of volunteers with the bags of plastic collected by them**



**Volunteers loading the bags of collected plastic into the pickup vehicle**

**May 06, 2022**

### **Manav Mandir Visit**

As always, Shoolini volunteers often to Manav Mandir Solan to spend time and in an attempt to add value to the life of Muscular Dystrophy Warriors. On May 06, 2022, a trip to Manav Mandir Solan was organized. Nineteen volunteers participated in this event, Mandir Solan. Manav Mandir Solan is working as Muscular Dystrophy Centre where not only therapies related to muscular dystrophy proare vided but also a family-like atmosphere is created so that muscular dystrophy warriors do not feel left out in the society. The muscular dystrophy warriors had come to IAMD Centre with their guardians for a weeklong residential and therapeutical program in proper supervision of doctors. 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 and some Shayri performances by Shoolini volunteers. The 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 patients of muscular dystrophy. **Number of students participated: - 19**



**Volunteer Palak sharing her volunteering experiences with Manav Mandir**



**Mr. Sibiraj drawing a tattoo on the hand of a muscular dystrophy child warrior**



**Volunteer Jhanvi Tripathi presenting a dance**



**Volunteers and muscular dystrophy warriors enjoying the cultural evening**

## **May 07, 2022 Picnic with Manav Mandir**

On May 07, 2022, a picnic trip to Shimla by Manav Mandir was organized. The trip was organized for fun and outing for muscular dystrophy warriors and their guardians. All these people had come to IAMD Canter for two weeklong residential treatment camp. The trip started at 9AM in the morning as two buses started for Shimla after all the people had their breakfast. During the journey, the volunteers, the muscular dystrophy warriors, and their guardians did some fun and games & Antakshari on the way. All the muscular dystrophy warriors got off the bus 500 away from the Ridge Shimla and started moving to the Ridge on wheelchairs with the help of volunteers. All the people gathered on the Ridge and did some fun & games there also some people danced on songs. Muscular dystrophy warriors were helped by volunteers to visit the Lakkar Bazar, and the Ridge Shimla. The refreshments were served to one and all present there.

**Number of students participated: - 8**



**All the people at IAMD Canter before moving to Shimla**



**Volunteers and muscular dystrophy warriors walking on the Ridge**



**A muscular dystrophy warrior presenting a dance on a Bollywood song**



**A group photograph of all the participants on the Ridge Shimla**



**All the participants posing for a photograph**

**May 08, 2022**

### **World Red Cross Day- Care & Share Centre Visit**

World Red Cross Day also known as Red Crescent Day is celebrated on May 8 every year. This date marks the birth anniversary of Henry Dunant, who is the founder of the International Committee of the Red Cross (ICRC). He is also the recipient of the Nobel Peace Prize. He was born on May 8, 1828. It is an annual celebration of their principles. The day is celebrated by the Red Cross society across all the countries. It works for the welfare of people. World Red Cross Society provides for food shortages, natural disasters, wars as well as diseases and epidemics. This year on this day, Shoolini University and Red Cross Society Solan collaborated to do an activity at Care & Share Centre Solan. Care & Share Centre Solan works for Old Veterans of in and around the Solan towns whose family members do not live with them in the same city or who have gone abroad. This is of great help for old age people because they get family kind of and friendly atmosphere at this centre. The activity started with formal introduction about Red Cross Society by Red Cross Solan President. Following this, volunteers from Shoolini University conducted some wonderful singing, riddle, fun & games activities for all the people present there. Everyone at Care & Share Centre enjoyed this activity very much. The winners of the activities were given prizes. Red Cross Society members and Care & Share members appreciated the efforts of Shoolini University volunteers.

**Number of students participated: - 21**



**Volunteer Asavri conducting the “Guess the Riddle”**



**Winners of the activities receiving their prizes**



**Group photograph of Red Cross and Care & Share members with Shoolini Volunteers**

**13 May 2022**

**Awareness session on HIV / AIDS**

Shoolini University's Red Ribbon Club in association with Regional Hospital, Solan organised an awareness session at Cineplex of the University to educate students and faculty staff on various facts related to the spreading of HIV/AIDS. HIV infection is entirely preventable through awareness raising. Therefore, awareness raising about its occurrence and spread is very significant in protecting the people from the epidemic. Awareness raising brings behavior change. Through this awareness programme, the main aim was to promote prevention and to reach out to 80 to 95 percent of the young people. The workshop was conducted by Dr, Kritika Tomar, who is the consulting doctor for HIV and AIDS in Regional Hospital. Solan. The students also had an interactive session on doubts and clarifications.

**No. of students participated – 64**



**Ms. Ayushi Singh welcoming the guest speaker Mrs. Kritika Tomar for the talk**



**Mrs. Kritika Tomar giving her speech on HIV & AIDS**



**Students listening to the talk on HIV & AIDS**



**A group photograph of Mrs. Kritika Tomar & students who attended the talk**

**22 May 2022**

### **Pine needles cleaning**

Sixty-five volunteers of National service scheme (NSS) and Shoolinians for you (SFY) in collaboration with HDFC bank organised a Pine needles cleaning drive in the vicinity of the campus. Dry pine needles are the root cause of forest fires in the Himalayas. The visitors were taken around the entire area of the campus and were shown potential places which can catch fire. They were also shown the arrangements of water collection that have been done by the university in case of fire. The volunteers worked for several hours cleaning all the pine needles. The bank officials appreciated the work of Shoolini University and volunteers who are organising such activities regarding the sustainable development of the Himalayas. The volunteers were served with refreshment. The whole day was one of great satisfaction for the volunteers because they did some great work to help the community. The whole experience was an enjoyable one.

**Number of students participated: - 65**



**A photograph of pine needle collection by volunteers**



**Volunteers collecting pine needles to protect forest fires.**



**Pine needles being collected by volunteers**

**May 28, 2022**

**Arit Sood Talk- Say No to Drugs**

On May 28, 2022, a talk on “Say No Drugs” was organized. For this talk our ex-student Arit Sood was invited. Arit shared his story of how he battled drug addiction and how he was able to come out of it. It was truly an inspirational talk from an individual who had gone to extreme of drug abuse. He shared how he used to go to rehab for three months each time which he did seven times and how he used to relapse every time after those three months. He talked about how he had been able to fight this addiction by taking the ownership for his actions and now he is totally sober for the last four years. He asked students to not turn some precious years of life into blank page using drugs. He explained how the support of parents, neighbors and close relatives is very important for a drug addict in fighting the addiction which can generally be seen missing in our society. He explained how one can help a drug addict by counselling and not forcing him. Most importantly he said that he was open to be contacted by anyone over phone if they were facing any problems with any kind of addiction. He assured that he would keep the identity of the student anonymous. It was one of the most inspiring talks at Shoolini. Students and faculty appreciated it very much.

**Number of students participated: - 190**



**Mr. Arit Sood sharing his story of fighting drug addiction**



**Mr. Arit Sood addressing the students and faculty on issues of drug abuse**

**28 May 2022**

### **Movie screening on Menstrual Hygiene Day**

Poor menstrual hygiene caused by a lack of education on the issue, persisting taboos and stigma, limited access to hygienic menstrual products and poor sanitation infrastructure undermines the educational opportunities, health and overall social status of women and girls around the world. As a result, millions of women and girls are kept from reaching their full potential. Menstrual Hygiene Day is a global advocacy platform that brings together the voices and actions of non-profits, government agencies, individuals, the private sector, and the media to promote good menstrual health and hygiene for all women and girls. Shoolini University on this menstrual hygiene day organised a movie screening of Oscar winning film “Period - End of Sentence” in Ratan Tata Hall. The purpose of the screening was to sensitize the female and the male population about a very critical and a importance issue regarding the well-being of a woman. Mr. Pratip Mazumdar, Director, Hospitality concluded the screening with a motivational speech on importance of these sensitive issues in workplaces.

**No. of students participated – 157**



**Students watching the movie on menstrual hygiene**



**Movie on menstrual hygiene being featured in RTH**



**Students watching the movie**



**Mr. Pratip Majumdar sharing his views on the learnings of the movie**

**31 May 2022**

## **Zombie Walk in Campus- Say No to Drugs**

Drug abuse or substance abuse refers to the use of certain chemicals for the purpose of creating pleasurable effects on the brain. There are over 190 million drug users around the world and the problem has been increasing at alarming rates, especially among young adults under the age of 30. The lack of awareness about the effects of drugs contributes towards the drug abuse. Keeping this in view, on May 31, 2022, a Zombie Walk was organized by Shoolini University under “Say NO to Drugs” campaign. The purpose of this walk was to raise awareness about drug abuse. For this a total of 38 student volunteers painted in Zombie look gathered at VC Parking. The placards with slogans for “Say NO to drugs” were prepared well in advance. The students started the activity standing near VC Parking with placards in their hands while whole faculty members were leaving in the evening. Many of the faculty members stopped to talk to volunteers and captured photographs with them. Faculty members highly appreciated the efforts of the students. After this, volunteers started zombie walk moving towards PNB ATM followed by their visit to Boys’ Hostels & Girls’ Hostels where they spread awareness on “Drug Abuse”

**Number of students participated: - 38**



**Volunteers in their zombie look posing for a photograph**



**Volunteers in their Zombie Look**



**A volunteer with placard in her hand**



**Volunteer holding placard in her hand**



**Volunteers posing for a photograph with placards in their hands**

**June 05, 2022**

### **Picnic with IAMD**

On June 05, 2022, a picnic was organized by IAMD Centre Jatoli for muscular dystrophy warriors. A total of 6 Shoolini volunteers went with Muscular dystrophy warriors for this picnic. At 9M in the morning, two buses and some cars full of muscular dystrophy warriors and their guardians along with IAMD staff started from Manav Mandir. All of them reached at picnic location near Giripul in next 50 minutes. As everyone got off the vehicles, refreshments were served. After this, some fun and games followed by singing and dancing were organized. A session on singing and dancing was also organized which everyone enjoyed very well.

**Number of students participated: - 06**



**All the participants playing musical chair**



**Musical Chair being played all the participants**

**June 05, 2022**

### **Cleaning Drive- Shimla**

To spread awareness among people about environmental conservation and value of nature in our lives, the World Environment Day is celebrated each year on June 5. The need to spread awareness is more pertinent than ever as the Earth, which is our home, is affected by pollution and global warming. Each year, a specific theme is decided to mark this day to amplify the important message behind it. The theme for year 2022 was 'Only One Earth', which draws our attention towards playing our role effectively while living in perfect harmony with nature without proving a burden on it.

Shoolini University in collaboration with Healing Himalayas organized a cleaning drive in Shimla. A sum of 32 volunteers went for cleaning the thrown plastic on The Mall & Lakkar Bazar Shimla. Volunteers were very excited for the cleaning drive. Refreshments were served after the cleaning drive which volunteers enjoyed very much.

**Number of students participated: - 32**



**Volunteers loading the garbage into the garbage picking vehicle**



**Volunteer picking up the plastic garbage on The Mall, Shimla**



**Volunteer Tushar collecting plastic garbage**



**Volunteers doing garbage collection**

**June 14, 2022**

## **Zombie Walk in Solan- Say No to Drugs**

After the success of zombie walk in university campus, a Zombie Walk was organized by Shoolini University on The Mall Solan under the theme of “Say NO to Drugs” campaign. The purpose of this walk was to raise awareness about drug abuse. For this a total of 41 student volunteers painted in Zombie look gathered at Children Park Solan. The placards with slogans for “Say NO to drugs” were prepared well in advance. The students started the walk on The Mall Solan towards Old Bus Stand with banners and placards in their hands. As they reached Old Bus stand, volunteers stood outside Murari Market with slogan placards and banners in their hands. Some people walking on The Mall Solan stopped and appreciated the efforts of the student volunteers. After this, volunteers started second round of zombie walk moving back towards Children Park. This activity ended with the distribution of refreshments to all the volunteers which they enjoyed very much.

**Number of students participated: - 44**



**Volunteers before starting the Zombie Walk from Children Park Solan**



**Volunteers during Zombie Walk with their banners and posters**



**Volunteers walking with anti-smoking poster**



**Volunteers in Zombie Look with posters made by themselves**

**21 July 2022**

### **Blood Donation at Kather**

A blood donation camp was organized on July 21, 2022, in the Income Tax Office in Kather, Solan. For this blood donation camp, a Google form was circulated, and, on this link, volunteers had to register. The university organized a bus for the volunteers from Shoolini University to the Income Tax Office in Kather Solan. As a total of 22 volunteers reached there, they were given fruits, milk, and biscuits as refreshments. After taking proper safety measures like giving volunteers polythene cover on the shoes as precaution to avoid COVID before entering the blood donation hall the process started. The volunteers donated the blood for which they were given certificates of participation. The Income Tax Department appreciated the efforts of the volunteers and said that they were looking for many more such collaborations with Shoolini University.

**Number of participants: - 22**



**A volunteer donating the blood in blood donation camp at Income Tax Office**



**Mr. Virender Singh donating blood**



**A volunteer from Shoolini donating blood**



**Group photograph of the Shoolini blood donors at Income Tax Office Solan**

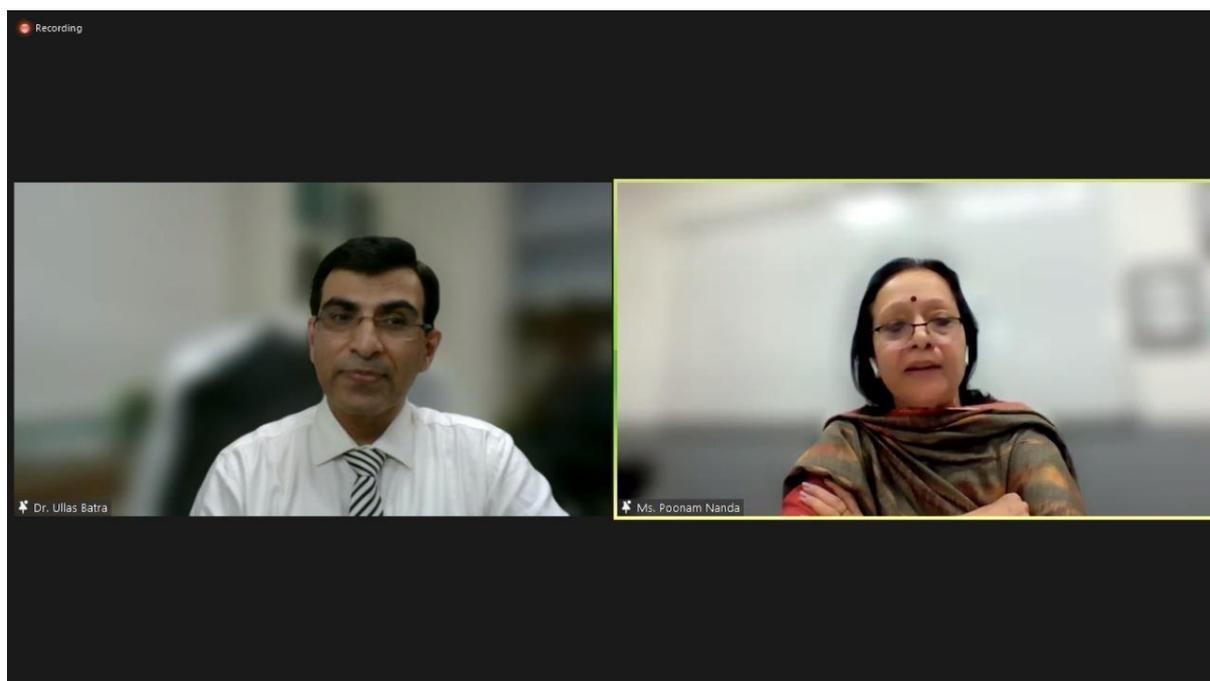
**1 August 2022**

## **Cancer Awareness on World Lung Cancer Day**

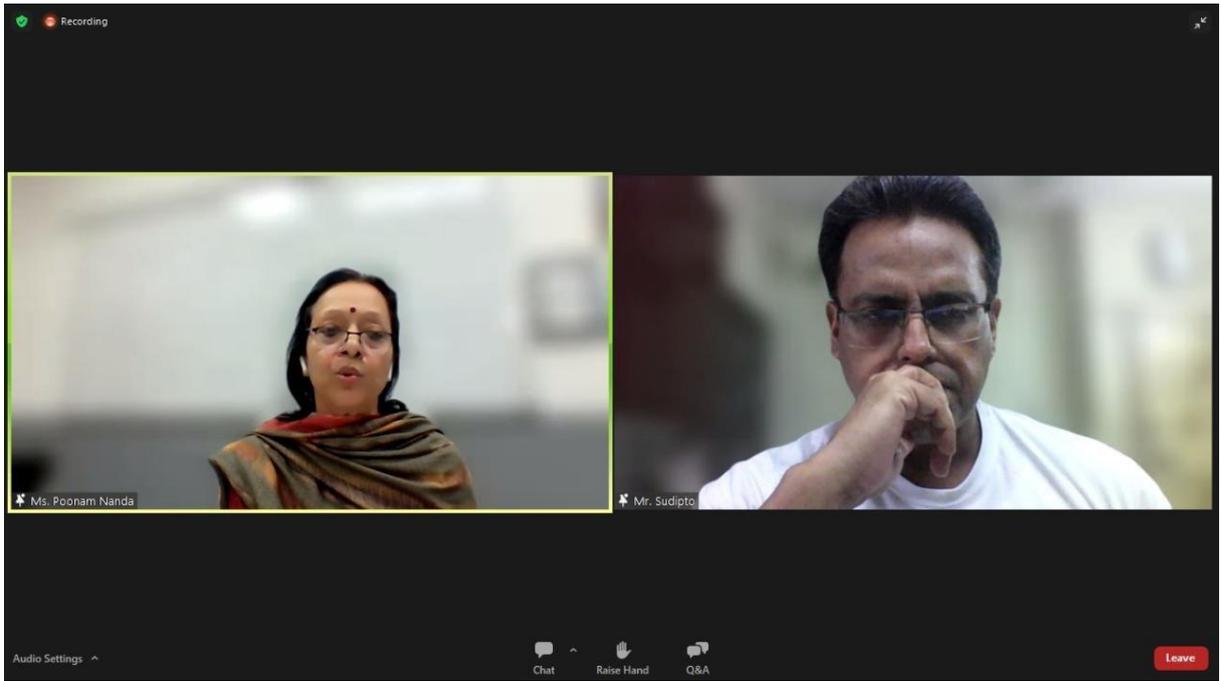
On World Lung Cancer Day an online session was moderated by DSW Mrs. Poonam Nanda. The expert on the talk was Dr. Ullas Batra who is an eminent oncologist at Rajiv Gandhi Cancer Institute & Research Centre.

Dr. Ullas Batra spoke about the perils of smoking and said that passive smokers are also in danger of Getting this disease. Also, on the show was Mr. Sudipto who is battling lung cancer despite being a non-smoker. He spoke about how life changes once you are diagnosed with the disease. He strongly recommended a positive bent of mind in any kind of adversity including cancer. Both Mrs. Nanda and Mr. Sudipto shared the experiences of their journey during the treatment and spoke of the importance of family and social support. Dr. Ullas Batra strongly advised smokers to give up smoking and said that healthy lifestyles must be followed to ensure one stayed away from hospital visits.

**Number of students participated: - 76**



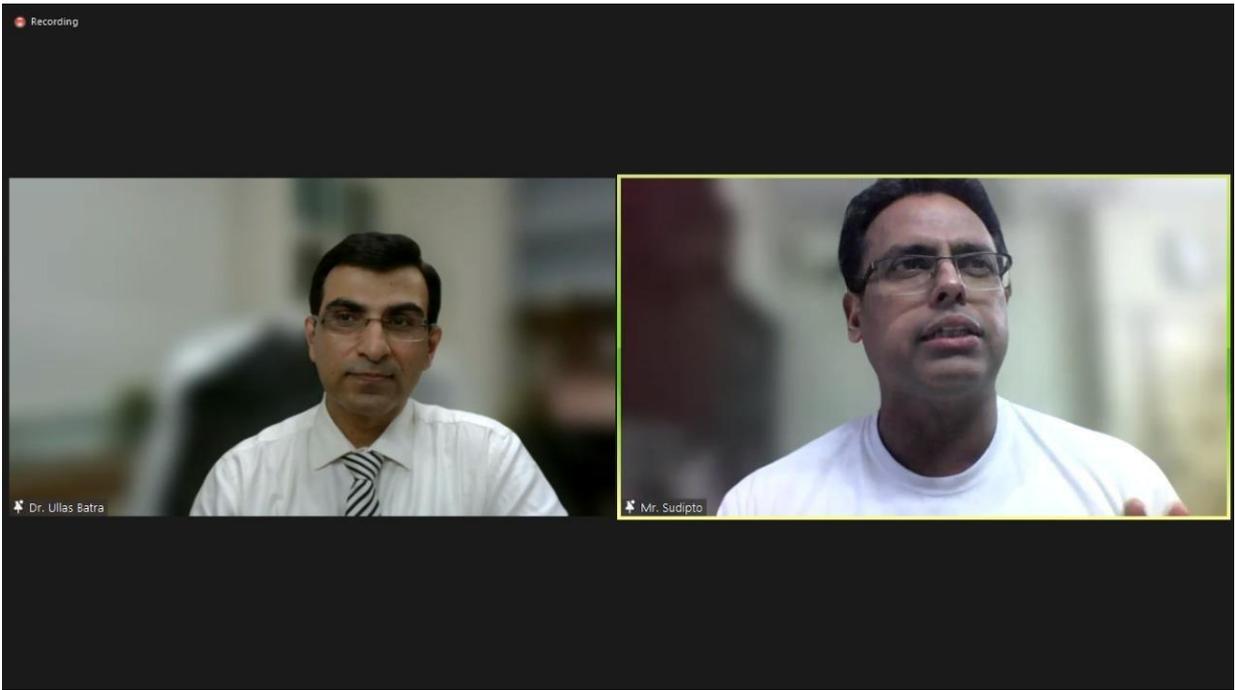
**DSW Mrs. Poonam Nanda welcoming Oncologist Dr. Ullas Batra for the talk**



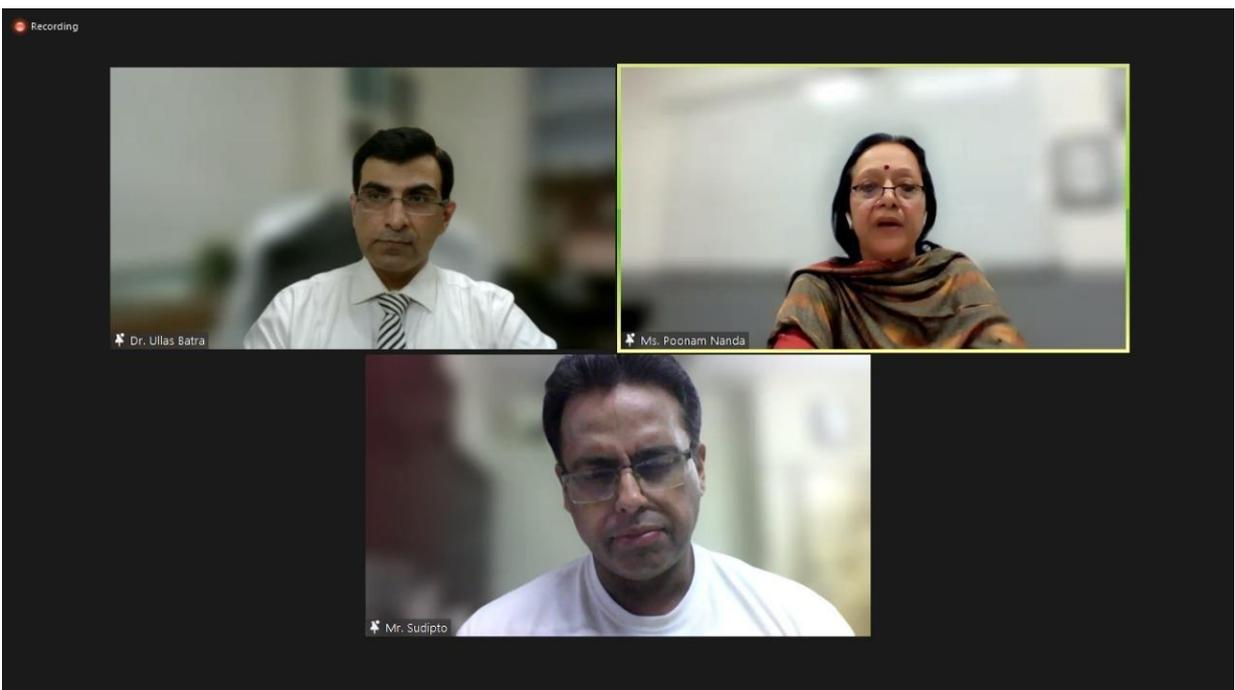
**Mrs. Poonam Nanda introducing Mr. Sudipto to the audience**



**Dr. Ullas Batra talking about the precautions to be taken to avoid lung cancer**



**Mr. Sudipto sharing his journey of fighting lung cancer**



**Mrs. Poonam Nanda thanking Dr. Ullas Batra & Mr. Sudipto for their precious time**

**7 August 2022**

### **Noida Visit to Meet Cancer Patients**

Dean Student Welfare Mrs Nanda was invited to PGI of child health Noida as a special guest to the paediatric oncology ward. Almost 50 children suffering from various types of cancer were admitted there. The team spoke to the parents and motivated them to send the children back to school once they recovered. The parents were assured that their children would soon be well and must be allowed to pursue their dreams. The team sang and danced with the children and had an engaging story telling session. The day ended with refreshments and distribution of gifts that really lit up the faces of the young ones.

**Total number of participants: - 2**



**Little children filled with joy as they were gifted Tiranga flags**



**A photograph of the children attending the event**



**Mr. Arvind Nanda with a child affected with cancer**



**Joyful children with Tiranga flags in their hands**

**8 August 2022**

### **Manav Mandir Visit on “Happiness Happens Day”**

On August 08, 2022, which is also celebrated as “Happiness Happens Day” The day encourages happiness all day. Recognize every moment of glee, joy, delight, and pleasure.

Don't let it pass. Most importantly, a flicker of a giggle should be given its due, and should it blossom into full-blown happiness, don't be surprised. It happens! The Secret Society of Happy People is an organization that was founded in August of 1998 and formed to celebrate the expression of happiness. The society encourages members to recognize their happy moments and think about happiness in their daily life. They have two motto's which include “Happiness Happens” and “Don't Even Think of Raining on My Parade.” Their purpose is to stimulate people's right to express their happiness.

On the evening of August 08, 2022, volunteers from Shoolini University went to Manav Mandir with an idea to spread happiness. A group of 18 volunteers took some gifts with them. The team of volunteers was a mix of some talents such as singing, dancing, comedy and tattoo making. The evening started with an introduction of Shoolini University by Asavri in front of the Muscular dystrophy warriors and their guardians. After this, volunteers Yogi and Nihit started the singing session followed by patriotic and Bollywood song singing by volunteer Diya. Following this, “Guess the Riddle” game was conducted by volunteers Brijnandan & Shreya which all the participants found very interesting. After this volunteer Sneha Majumdar did tattoo making for the interested children and people. A number game named as “Tambola” was also played for which winners were given prizes. Following this, volunteers Sibiraj and Jiya narrated the story “Tale of Hope”. After this, Manav Mandir Co-founder Mr. Vipul Goyal sang a song and thanked Shoolini volunteers for their continuous contribution to muscular dystrophy centre. At the end of the activity the refreshments were served.

**Total number of students participated: - 18**



**Nittan and Asavri setting the context for cultural evening at Manav Mandir**



**Nihit & Yogi presenting some entertaining songs**



**Volunteer Diya presenting patriotic and Bollywood songs**



**A volunteer sharing her experiences with muscular dystrophy warriors at IAMD**



**Volunteers Sibiraj & Jiya narrating the story “Tale of Hope”**



**Volunteer Mansi telling a story to the audience at Manav Mandir**



**Volunteer Sneha Majumdar painting tattoos on the wrists of people and children**



**A group photograph of all the volunteers and participants at Manav Mandir**

**August 13, 2022**

### **Cancer Ward IGMC Shimla Visit**

Volunteers of YouWeCan at SU have been very active in spreading awareness about cancer and visiting hospitals and motivating patients. On August 12, 2022, 25 volunteers accompanied by DSW team visited the cancer ward of IGMC Shimla.

The students met HOD, Dr. Manish Gupta and had an excellent interaction with him. After that the students visited the cancer ward and spoke to the patients and attendants. The patients were happy to talk and share their concerns. Even in the ward of chemotherapy the students were received very warmly. The students carried small gifts for each patient with a motivational quote. The visit to the paediatric ward became quite emotional as it was a hard sight to see children suffering. The students came back wiser, they felt that reaching out to people in distress is something we all need to do.

**Total number of students participated: - 25**



**Dr. Manish Gupta encouraging volunteers to be good human beings**



**Volunteer Priyanshi Jain posing for a photograph after gifting a gift pack to a patient**



**Volunteer Vaidehi talking to a cancer warrior at IGMC Cancer Ward**



**Volunteers Shubh & Bhavna getting a photograph captured with a cancer warrior**



**Volunteer Tushar posing for a photograph with a cancer warrior after giving her a gift**



**DSW Mrs. Poonam Nanda talking to the mother of cancer warrior at Children's Cancer Ward**



**A group photograph of the volunteers captured Near IGMC Shimla**

**August 13, 2022**

**YouWeCan volunteers Meeting with Sarabjit Singh Vella Bobby**

Shoolini YouWeCan volunteers made a trip to meet Mr Sarabjit Singh popularly known as Vella Bobby who runs a langar at IGMC hospital Shimla. The langar is run for families of cancer patients and thousands of people eat there every single day. Bobby shared his journey with the students and encouraged them to be selfless. Bobby told them about his roti bank. He collects 4600 rotis every day from school children who get extra roti in their tiffin once a week. The Shoolini volunteers served langar to the people who came looking for food and enjoyed having it as well.

**Total number of students participated: - 25**



**Mr. Sarabjit Singh sharing his story of building Almighty's Blessings Foundation**



**Mr. Sarabjit Singh encouraging students to be selfless**

**August 24, 2022**

## **Blood Donation Camp with IGMC**

The YouWeCan and Red Ribbon Club jointly organised a blood donation camp at the Milkha Singh sports complex in Shoolini University on August 24, 2022. This was done in collaboration with IGMC Shimla. The camp was inaugurated by Chancellor Prof PK Khosla who thanked the doctors and congratulated the donors on their good deed. The camp was operational from 11 am to 4.30 PM. There was not a single moment of inactivity as the faculty, staff and students kept pouring in. The DSW team was responsible for the smooth functioning of the event. Student volunteers worked tirelessly to ensure that both donors and doctors were looked after well. A total of 105 donors donated the blood.

**Number of participants: 140**



**Volunteer Parikshit donating blood**



# Blood Donation Camp - 2022

A BLOOD DONATION DRIVE  
IN COLLABORATION  
WITH  
IGMC, SHIMLA



**AND YOU CAN MAKE A  
HUGE DIFFERENCE TO  
SOMEONE IN NEED**



**AUGUST 24, 2022**

**10:30 AM ONWARDS | MILKA SINGH SPORTS COMPLEX**

**Poster made for the activity**



**Ms. Jagriti donating blood**



**Volunteer Kavita donating blood**

**August 26, 2022**

### **IAMD Visit by Shoolini Volunteers**

Volunteers from campus visited Manav Mandir on August 26, 2022, to spend some quality time with the patients of muscular dystrophy and their families. The event started with the anchors giving an introduction about the university and the objective of being there. This was followed by an enthralling program of poetry songs and dances. A variety of games were also organised for the children. The entire event was much appreciated by everyone as it broke the monotony of the routine of the patients as well as their families.

**Number of students participants: 19**



**Volunteer Shreya anchoring the cultural evening at Manav Mandir**



**Shoolini volunteer giving chocolate to a kid at IAMD centre**



**Volunteer Aishwarya presenting a cultural dance at IAMD centre**



**A photograph of volunteers captured during a game**



**A group photograph captured at the closing of the cultural evening.**

**September 07, 2022**

### **International Duchenne Muscular Dystrophy Day**

World Duchenne Awareness Day is observed every year on September 7. An initiative by the World Duchenne Organization, this day aims to raise awareness about Duchenne and Becker Muscular Dystrophy. Caused by mutations in the dystrophin genes, these are devastating genetic conditions that produce symptoms such as learning disabilities, frequent falls, waddling gait, and many more. It significantly impairs one's ability to function normally in their daily life. This day shines a light on what it is, how it affects our lives, and what we can do about it. It also equips us with the right knowledge needed to care for someone suffering from this condition.

On this day, 26 volunteers from Shoolini University went to IAMD centre located at Jatoli, Solan. At IAMD centre, an event for muscular dystrophy awareness was organized. For this, selected students from 15 schools & institutes were invited. The students had come with the placard made by them with a slogan for muscular dystrophy awareness written on it. The event started at 10AM at activity centre of Manav Mandir where a gathering of about 300 students was present. The event started with a sharing of brief introduction of Muscular Dystrophy by Mr. Vipul Goyal and a brief about the center of muscular dystrophy was built and what was the idea behind it. After this, all the esteemed guests were awarded with the mementos and gifts. Post this, chief guest of the event shared his views on how muscular dystrophy warriors should be treated in the society. He emphasized on how we rise by lifting each other. The whole event was managed by student volunteers of Shoolini University and this effort was greatly appreciated by IAMD founder Mr. Vipul Goyal. After this, the refreshments were served to everyone present there.

**Number of students participants: - 26**



**A group photograph of volunteers with the muscular dystrophy warriors, their guardians and IAMD staff**



**A photograph of the students and all the invited members at IAMD centre**

**September 12, 2022**

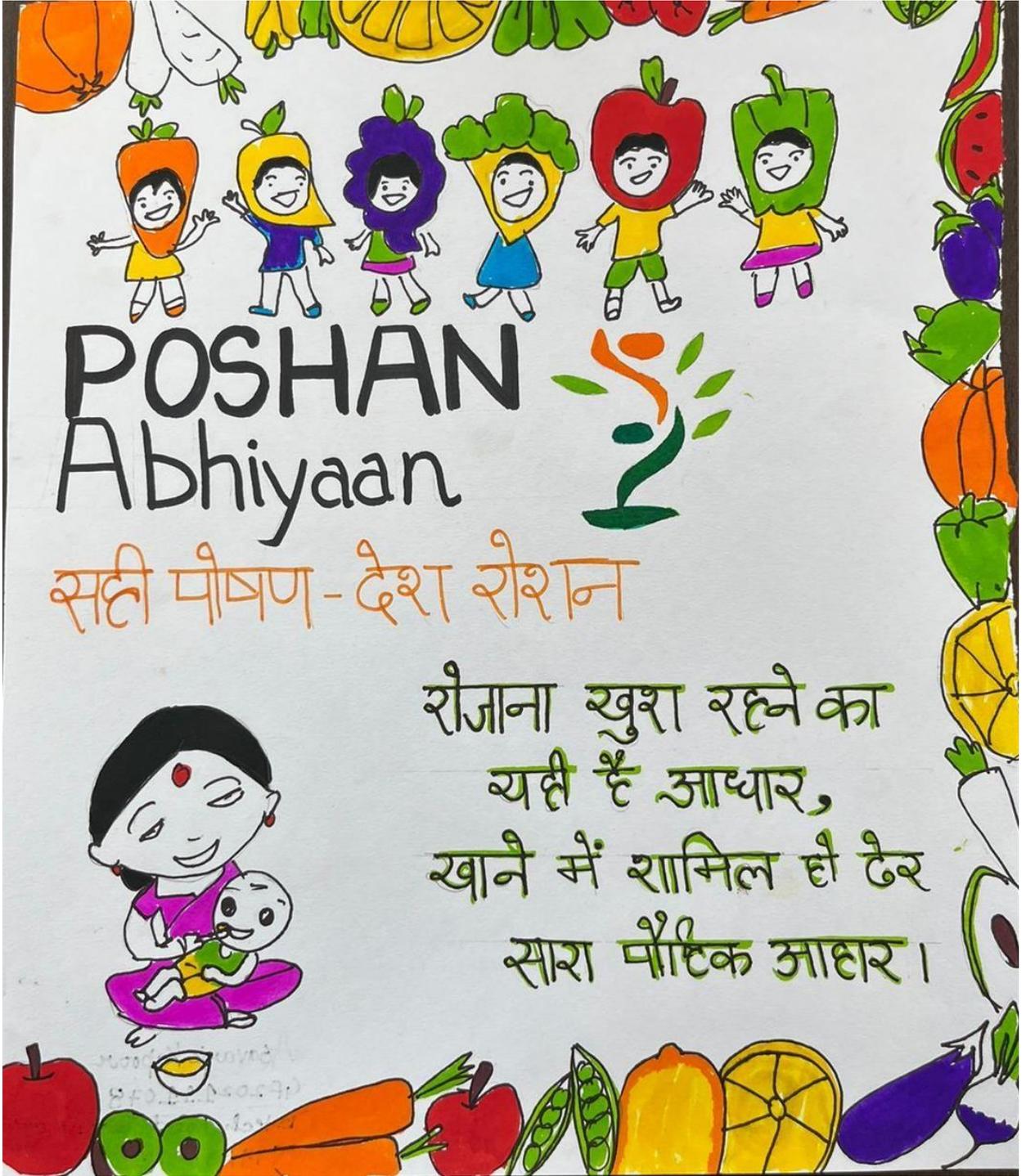
### **“Sahi Poshan Desh Roshan” Poster Making Competition**

A poster making competition was conducted in the campus under the theme “Sahi Poshan Desh Roshan”. The aim of the poster making was to spread awareness about the importance of good nutrition in our lives. A total of 47 students registered for the poster making competition and participated in the event. Each one of the participants portrayed their point of view about the topic in a unique way. Many of the participants portrayed the significance of good nutrition similar to that of being a “Mother” but in a different style. The winners of the competition were given prizes for their effort.

**Total number of students participated: - 47**



**Poster made by a participant portraying two sides of how mother earth is being treated.**



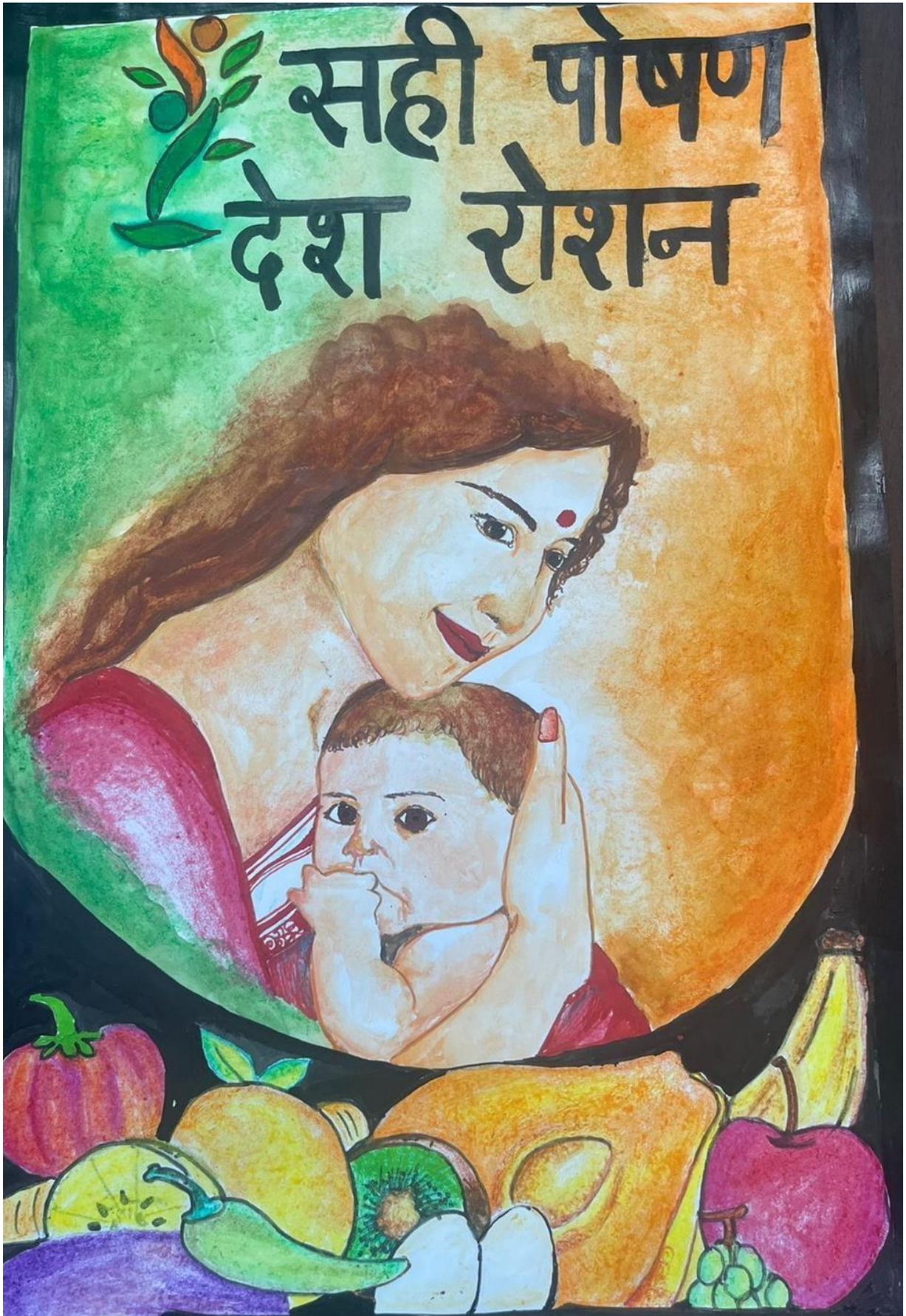
Poster made by a participant portraying mother child relation



Poster made by a participant portraying the significance of mother land India



Poster made by a participant portraying the significance of mother earth



Poster made by a participant portraying caring nature of mother towards her child



Poster made by a participant portraying the significance of mother land India

**September 24, 2022**

### **NSS Day Celebration Event 1**

NSS day is celebrated all across India. It encourages the youth to take part in volunteering and working for the betterment of society. Working on the theme of “Sahi poshan Desh Roshan”, Shoolini volunteers visited the Primary School Manjholi and interacted with the children. The importance of good hygiene and food was explained to them. A simple quiz was created on the topic and the young children participated with full enthusiasm as they were given small prizes for the correct answers. Bananas and other refreshments were served at the end of the program **Total number of students participated: - 28**



**A volunteer explaining about the importance of hygiene to the children at the School**



**Volunteers of NSS distributing chocolates among the school students at Manjholi School**



**NSS Volunteers conducting a quiz on general awareness**



**School students taking part in a General Knowledge Quiz**



**A group photograph of the school students, NSS Volunteers and all the faculty members**

**September 27, 2022**

**Visit to Manav Mandir**

To celebrate the auspicious days of Navratri twenty-five volunteers visited MM on September 27, 2022. The students were welcomed with tea and snacks. The patients visiting Manav Mandir for treatment were mostly children with their families. The volunteers put up an excellent show of songs, dances, and riddles while Diya and Tushar anchored the evening. The highlight was the Garba which the volunteers had prepared specially for this meeting. A round of musical chairs played in a different way to involve the children was a big hit.

**Total number of participants: - 25**



**Two of the volunteers presented a dance performance**



**DSW Mrs. Poonam Nanda interacting with children affected by muscular dystrophy**



**Volunteers from Shoolini University presenting a Garba Dance**



**Volunteers and children enjoying Garba Dance**



**A group photograph of all the gathering present for cultural evening at Manav Mandir**

**October 02, 2022**

## **Cleaning Drive- Gandhi Jayanti**

On the occasion of Gandhi Jayanti students took part in a cleaning drive near the campus. Lately, due to the rise of tourism there are a lot of eateries that have sprung up near the campus leading to littering. The students armed with gloves and bags divided themselves into two teams and cleaned the roads in two different directions. They made sure that the garbage bags were full. Later hot samosas and juice was served to all the volunteers which was greatly enjoyed and appreciated by everyone.

**Total number of students participated: - 82**



**A group photograph of volunteers captured before starting the cleanathon**



**NSS Volunteers going for cleaning drive**



**Volunteers in action along the road near Shoolini University**



**Volunteers with bags full of garbage collected by them**



**NSS Volunteers posing for a photograph**

**October 07, 2022**

## **Red Ribbon Club District Level Quiz Competition**

A district-level Quiz competition was organized on October 07, 2022, in Conference Hall CMO Office Solan. For this, two students namely Diya Gupta & Amiya Kumar Gautam from Shoolini University were nominated to participate in the quiz. The topics for quiz competition were HIV/AIDS, STI, Blood Safety, Blood Transfusion, Covid 19, Personal Hygiene, TB, Drug Abuse, Mental Health, Adolescent Reproductive & Sexual health, Youth Issues, Diet and nutrition and Human Anatomy. The quiz was moderated by Mrs. Kritika Tomar Counsellor, ICTC RH Solan & Mrs, Arpana STI Consellor RH Solan. A total of 12 Universities and institutes and Universities participated in the quiz. The participants were awarded certificates for their active participation in the quiz competition.

**Total number of participants: - 2**



**Participant Diya Gupta receiving certificate for participation**



**Participant Amiya Kumar Gautam receiving certificate for participation**



**The participants of Shoolini with the organizers of the competition**

**October 19, 2022**

### **Cleaning Drive by NSS**

A cleaning drive at villages in the vicinity of Shoolini University organized by NSS Unit of Shoolini University was held on October 19, 2022, in which 93 NSS volunteers of Shoolini University participated with full energy. The students were divided into three teams and allocation of areas was done. Roadside areas of Shoolini University are littered with plastic and picnic leftovers hence require frequent cleaning. In this cleaning drive 235Kgs of plastic was collected. The garbage that was collected was sent off to Salogra for proper segregation and disposal.

**Total number of students participated: - 93**



**Volunteers picking up the garbage**



**Volunteers doing garbage collection**



## Volunteers collecting plastic



**Group 1 with plastic collected by them**



**Group 2 volunteers loading the collected plastic**



**Volunteers loading the pickup with collected plastic**



**Volunteers loading the collected garbage**

**October 20, 2022**

### **Diwali at Manav Mandir**

Volunteers from Shoolini university visited Manav Mandir for Diwali celebration. Muscular dystrophy warriors and their guardians had come Muscular Dystrophy centre for their therapies. The celebration in the evening started with a show of Ramleela by Shoolini volunteers which everyone enjoyed very well. Volunteers arranged fun and games like Riddles, Passing the Ball, Musical Chair were enjoyed by everyone present out there. The volunteers set up a singing show where everybody got chance to sing. Mr. Vipul Goyal also sang some songs. Sweets and refreshments were distributed among everyone at the end of the cultural show. A total of 24 volunteers volunteered for this activity.

**Total number of students participated: - 24**



**A classical dance being presented by volunteers**



**Volunteers in the role of Lord Rama & Devi Sita**



**A dialogue taking place between Ravana & Sita**



**Volunteers Anoushka & Mitali making tattoos on the wrists of children**



**A photograph of a volunteer making tattoo**

**October 30, 2022**

### **Picnic With a Purpose**

A dozen of volunteers from Shoolini supported the picnic with a purpose organized by Manav Mandir on October 30, 2022. The students reported at Manav Mandir and helped the patients and their families to settle into the bus. All the members went at a river side which was at an hour drive from Solan. Everyone enjoyed the drive as they kept themselves engaged in singing. At the venue various games like Passing the Ball, Damshalaz were organised in which everyone took part with a lot of enthusiasm. The volunteers helped the patients with their lunch and also in moving around. The day ended with a nice hot cup of tea and refreshments for everyone. This picnic brought a feel of joy and a smile on the faces of muscular dystrophy warriors. **Total number of students participated: - 12**



**A beautiful view of the venue**



**A photograph of a happy young child**



**Participants & volunteers dancing**



**A guardian of a muscular dystrophy warrior sharing her experience**



**A group photograph of all the participants**

**November 01, 2022**

### **A Visit to Manav Mandir**

A visit to Manav Mandir was organised by the volunteers on November 01, 2022. The students who are now familiar with the objective of the visit and the requirements prepared themselves well. The anchors introduced themselves to the children and their parents. They also provided them a brief overview of the university and their association with Manav Mandir. The evening was full of fun and enjoyment as the volunteers sang songs and dance. They played games in which the children could also participate in some manner. It was a delightful evening which ended with a vote of thanks from the management of Manav Mandir towards Shoolini and the volunteers who are always ready for a visit to support the cause of Muscular Dystrophy. **Total number of students participated: - 23**



**Ayush Bahuguna anchoring the cultural evening**



**Muscular dystrophy warrior Deeksha with a volunteer**



**Volunteers presenting a dance**



**A volunteer dancing with a muscular dystrophy warrior**



**A volunteer with a child**



**Musical chair game going on**

**November 02 & 03, 2022**

### **Sorting and donation of Daan Utsav Material to Goonj**

Each year Shoolini volunteers participate very actively in the Week of Giving. This year the work took longer because of many major events being held in campus. On 2nd and 3rd November, the collection of material for Daan Utsav came to an end. It was an unprecedented collection as volunteers toiled for two days to sort out all the material and pack them neatly into boxes. Various things including clothes, woollens, shoes, toys and stationery were segregated and anything that was not in usable condition was put aside. All the material was loaded into a vehicle and taken to Solan from where it was transported to Goonj. **Total number of students participated: - 40**



**Volunteers sorting the collected cloths and stationery**



**Volunteers with the sorted and packed material**



**Volunteers loading the material into the vehicle**



**Material being loaded for donation**



**A photograph of the loaded pickup & volunteers**

**November 10, 2022**

**Visit to IAMD**

On November 10, 2022, the volunteers from Shoolini University spent the evening at Manav mandir will children suffering of Muscular Dystrophy and their families. The small children were kept entertained with song and dance performances by the volunteers. The highlight of the evening was Tombola Games which were played for the first time. The volunteers helped the children, and it was an activity that was greatly enjoyed and appreciated by everyone. Mr Vipul Goel thanked the volunteers for their regular visits which help a great deal in lifting the morale of the children.

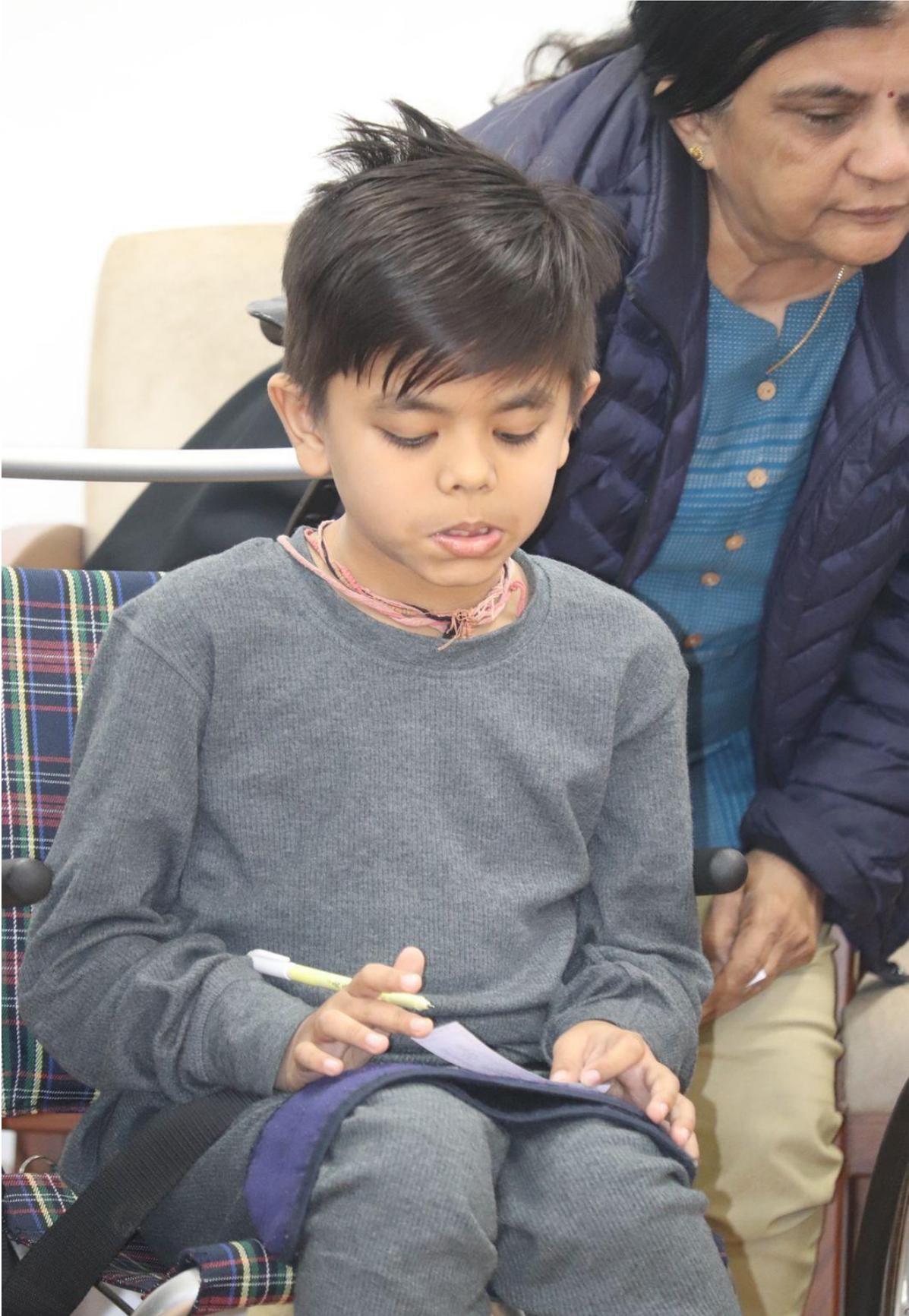
**Total number of students participated: - 24**



**Children playing Tambola**



**A muscular dystrophy warrior playing Tambola**



**A muscular dystrophy warrior with his guardian**



**A random photograph of children and volunteers**



**Children playing Tambola**

**November 12, 2022**

**A Picnic with Purpose**

Volunteers from Shoolini contributed the picnic with a purpose organized by Manav Mandir on October 30, 2022. The students reached Manav Mandir in the morning and helped the patients and their families to settle into the bus. All the members went at a river side which was at an hour drive from Solan. Everyone enjoyed the drive as they kept themselves engaged in playing Antakshari. At the venue, various fun & games were organised in which everyone took part with a lot of enthusiasm. The volunteers helped the patients with their lunch and also in moving around. The day ended with a nice hot cup of tea and refreshments for everyone. This picnic brought a feel of joy and a smile on the faces of muscular dystrophy warriors. **Total number of students participated: - 11**



**A muscular dystrophy warrior singing**



**A random photograph of a child & volunteer**

**November 12, 2022**

**#Shoolinishanivaarswachhtasena In Action**

A new initiative of keeping the campus clean was started by Shoolini Shanivaar Swachhata Sena (SSSS) who plan to get into action of cleaning the campus and surrounding area every week. The students allocated themselves different areas and started their work. A huge amount of paper glasses, cups and plates were found in the grounds. The SSSS team also created various posters for awareness and put them on social media urging everyone to act responsibly. **Total number of students participated: - 22**



**Volunteers going for cleaning drive**



**Volunteers picking up the plastic**



**A volunteer picking up garbage**



**Volunteers with collected plastic**

**November 15, 2022**

### **World Kindness Day- An Act of Kindness**

A major event to celebrate World Kindness Day was organised in university campus on November 15, 2022. The students were given the task of taking on the responsibility of any staff on campus. More than 50 students joined this activity and took up roles of guards, mess workers, sweepers, and gardeners etc. It was indeed heart-warming to see that work was carried on with full seriousness and enthusiasm. The entire team met in the evening over tea and discussed the take aways of this activity. Every student said that they learnt to appreciate the work done by these people. They understood about dignity of labour and promised never to look down on anyone. They also felt that it was important to push oneself out of the comfort zone. Everyone appreciated the efforts of the DSW team for putting together this unique activity that taught them several life skills.

**Total number of participants: - 54**



**A volunteer working as sweeper**



**Manan working in place of Peon Om Prakash Ji**



**Sai Ram working in place of a Security Guard at Library**



**A volunteer working in place of a peon at VC Pantry**



**An act of kindness by a volunteer**

**November 18, 2022**

### **Visit to Muscular Dystrophy Center**

Eighteen volunteers of Shoolini University visited Manav Mandir Solan on November 18, 2022. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAM:D Centre, Jatoli Solan. Mrs. Nanda shared her journey of being associated with IAM:D for so many years and shared how social work at Manav Mandir has groomed volunteers of Shoolini University. 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.

**Total number of participants: - 18**



**DSW Mrs. Poonam Nanda addressing the audience**



**Volunteer Mridul presenting a song**



**A picture of Passing the Ball game**



**Volunteers talking to a child**



**Children enjoying a dance being performed on the stage**

**November 19, 2022**

**#Shoolinshanivaarswachhtasena 2nd Cleaning Drive**

The cleaning drive was held on November 19, 2022, in the premises of the Shoolini University including the outskirts of Yuvraj Singh stadium. Eleven volunteers from different departments participated this cleaning drive. This cleaning drive is held every Saturday to make university and its premises neat and clean. The concept behind this drive was to clean the premises of the university. It was a 2-hour long drive and volunteers collected 2 bags of garbage including the disposable coffee mugs and plastic bottles. The volunteers were provided with the refreshments at the end of the drive. The idea behind this is to sensitize the university students to keep the in and out of the premises neat and clean. This concept is the brainchild of DSW Mrs. Poonam Nanda.

**Total number of participants: - 11**



**Volunteers picking the garbage**



**Volunteers collected the waste**



**Volunteers cleaning alongside the road**



**Volunteers with collected garbage in the middle of the drive**



**A group photograph of the volunteers with DSW Mrs. Poonam Nanda**

**November 20, 2022**

### **Ashwani Khadd Cleaning Drive with Healing Himalayas**

Regular cleaning campaigns are organised in and around campus as a part of Swachh Bharat Campaign. On November 20, 2022, a cleaning campaign was organised at riverside area near Xanadu Café situated at Ashwani Khadd in collaboration with Healing Himalayas. More than 60 volunteers spent several hours cleaning up the khud which has fallen prey to tourism vagaries. The beautiful water body is often littered with plastic and other garbage. The garbage collection was segregated and sent for proper disposal. After the hard work the students enjoyed some hot lunch served by Xanadu Cafe. The team from Healing Himalayas interacted with the students sensitizing them about the growing menace of plastic.

**Total number of participants: - 60**



**Enthusiastic volunteers before starting cleaning drive**



**DSW Mrs. Poonam Nanda collecting the plastic**



**Volunteers picking up plastic at riverside area**



**Volunteers carrying the bags filled with plastic**



**Volunteers with the bags full of plastic collected by them**

**November 21, 2022**

**A Training on HIV & AIDS- Red Ribbon Club**

On November 21, 2022, Red Ribbon Club Solan organized an awareness workshop on HIV & AIDS at Regional Hospital, Solan. The workshop was organized in CMO Hall and 4 participants from Shoolini University attended the event. For this workshop, students and teachers from nearby 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 precautions can be taken to prevent this disease and she emphasized that prevention is better than cure. The attendees were awarded with certificates for their participation.

**Total number of participants: - 4**



**Attendees attending the workshop**



**A photograph of participants from Shoolini University**

**November 24, 2022**

**Sidharth Basrur talk on Drug Addiction**

On November 22, 2022, a talk was organized by famous Bollywood singer Siddharth Basrur. He was in Shoolini University for 3 days to guide students on music and more importantly share his journey as a youngster. He bared it all to the audience speaking about his drug addiction very early in life and how that was responsible for many more vices like stealing and alcohol consumption. He said that his stay at the rehab where he was allowed to pursue music was a godsent. He said that on this day he had given up all his vices 20 years ago and has stayed clean. It was surely an inspirational story that was highly appreciated by the students. Sid said that it's very important to cut off the thought process early only then can one resist the temptation.

**Total number of students participated: - 180**



**Sidharth Basrur sharing his journey of coming out of drug addiction**



**Sidharth Basrur talking about how drug addiction can be cured**



**Students and faculty members attending the talk**

**November 26, 2022**

**#Shoolinishanivaarswachhtasena 3rd Cleaning Drive**

The cleaning drive was held on November 26, 2022, near the Manjholi Village. 11 volunteers from different departments participated this cleaning drive. This cleaning drive is held every Saturday to make university and its premises neat and clean. The concept behind this drive was to clean the nearby areas of the university. It was a 2-hour long drive and volunteers collected about 2 - 3 bags of garbage. The volunteers were provided with the refreshments at the end of the drive. The idea behind this is to sensitize the university students to keep the in and out of the premises neat and clean. This concept is the brainchild of DSW Mrs. Poonam Nanda. **Total number of students participated: - 11**



**Volunteers with placards made by them**



**Volunteer collecting garbage**



**Volunteers collecting plastic**



**Volunteers with collected plastic**



**Plastic collected by volunteers**



**Volunteers capturing photograph with Sidharth Basrur**

**November 30, 2022**

### **Cancer Awareness Talk by Tanvi**

November is the month for Lung Cancer Awareness. For this a very impactful talk was organised for the students on Substance Abuse. Tobacco is a primary cause of lung cancer and teenagers often fall prey to this vice without realising the severe consequences. In an interactive session with students Dr Tanvi explained how a habit becomes an addiction and becomes hard to get rid of. She explained the serious consequences of this habit and advised everyone to be strong and not get tempted.

**Total number of students participated: - 120**



**Jagriti introducing the speaker**



**Ms. Tanvi talking about AIDS**



**Ms. Tanvi talking about the difference between HIV & AIDS**



**Students attending the talk**

**December 01, 2022**

**Talk by Poornima from YouWeCan**

December 01 was World AIDS day, and a multitude of events were organised in the campus for awareness. A talk by Ms Poornima was a part of this awareness drive. Having worked in this field Poornima drew some hard-hitting examples from real life that she had encountered. She explained how homes and lives are destroyed because of lack of awareness. She said that it's important not to victimise people suffering from HIV. On the other hand, she said it was important for each one of us to be aware ourselves and spread this awareness. The focus should be marginalized communities and women who are often the unknowing victims. The students had a lot of questions which were suitably answered at the end of the session. **Total number of students participated: - 140**



**Ms. Purnima talking about AIDS**



**Ms. Purnima explaining about the importance of AIDS awareness**



**Ms. Purnima clearing the doubts of students**



**A photograph of the students attending the talk**

**December 01, 2022**

**Blood donation Camp at campus**

Frequent blood donation camps are held in Shoolini University to encourage students and faculty to regularly support this noble cause. On this World's Aids Day, a blood donation camp was organised in collaboration with Indra Gandhi Medical College, Shimla. The Doctor's team from IGMC Shimla provided complete support to make this blood donation camp a successful one. A total of 115 units of blood was collected from the faculty, staff, and students. The entire camp was managed by volunteers of Red Ribbon and YouWeCan volunteers. The team of IGMC was very impressed by the smooth running of the entire event. The donors were given refreshments and certificates for this good deed.

**Total number of students participated: - 135**



**Volunteers doing registration of blood donors**



**Mr. Praveen Thakur donated blood**



**Blood donors donating blood**



**Ms. Tanvi donating blood**

**December 03, 2022**

**#Shoolinishanivaarswachhtasena 4th Cleaning Drive and Donation Drive**

The cleaning drive was held on 3rd December 2022 near the premises of Shoolini University. 11 volunteers from different departments participated this cleaning drive. This cleaning drive is held every Saturday to make university and its premises neat and clean. The concept of this Saturday was to collect the garbage and to spread smiles. The volunteers were provided with the refreshments at the end of the drive. The idea behind this is to sensitize the university students to keep the in and out of the premises neat and clean. This concept is the brainchild of DSW Mrs. Poonam Nanda. Along with cleaning drive some cloths and stationery were also distributed among underprivileged children near university campus.

**Total number of participants: - 11**



**Volunteers gifted stationery to the children**



**Children making drawings on the gifted stationery**



**Volunteers with a child**



**Volunteers with collected plastic**

**December 10, 2022**

**#Shoolinishanivaarswachhtasena 5th Cleaning Drive**

The cleaning drive was held on 10th December 2022 near the premises of Shoolini University. 11 volunteers from different departments participated this cleaning drive. This cleaning drive is held every Saturday to make university and its premises neat and clean. It was a 2-hour long drive and volunteers collected about 3 – 4 bags of garbage. The volunteers were provided with the refreshments at the end of the drive. The idea behind this is to sensitize the university students to keep the in and out of the premises neat and clean. This concept is the brainchild of DSW Mrs. Poonam Nanda.

**Total number of participants: - 11**



**Volunteers collecting plastic materials alongside the road**



**Volunteer Rajveer collecting plastic**



**Plastic collection going on**



**Volunteers with collected plastic**

**December 16, 2022**

### **Christmas Celebration at Manav Mandir**

It was a different celebration as volunteers got together to celebrate Christmas with the children who had come to MM for their treatment. Armed with a beautiful tree Christmas decoration, chocolates, and a Santa Claus the students ensured that everyone present at MM had a great time. The entry of Santa was also meticulously planned which thrilled the little children. A book reading of his self-authored book on Muscular Dystrophy was done by Sibiraj. Songs, dances, and games were an integral part of the whole show. It was a day that livened up the lives of the children and their families. Refreshments were served at the end of the event. **Total number of students participated: - 22**



**Mr. Vipul Goyal talking about the journey of IAMD**



**Santa distributing sweets**



**A photograph of volunteers and muscular dystrophy warriors**



**A group photograph captured at the end of the celebration**

**December 16 to 22, 2022**

### **Daan Utsav at Solan**

Shoolini had completed its Annual Daan Utsav in October. However, like every year the team of DSW and volunteers supported the Daan Utsav at Solan which was held late this year due to the elections. The event happened at ground floor of the Old DC Office building. The event was conducted by active participation of members of Goonj Foundation, EarthJust, Rotary Club and Shoolini University in coordination. The 6 day long event was supported in the true spirit by the volunteers who went to Solan each day to help out. Several boxes containing woollens, stationery, shoes etc were also added to the collection by Shoolini faculty and students. The volunteers from Shoolini were assigned duties at Daan Utsav Solan which Shoolini volunteers obeyed very well. The energy and support exhibited by the students was greatly appreciated by the organizers. The volunteers from Shoolini were given certificates for their active participation by the organizers.

**Total number of participants: - 16**



**Volunteers sorting out the donated materials**



**Students volunteering at Daan Utsav**



**Sorting of materials**