

Institutional Training on Social Sustainability for Faculty and Staff

2024-25



**Shoolini University of Biotechnology and Management
Sciences, Bajhol, Solan, Himachal Pradesh-173229**

Dedicated Training on Social Aspects of Sustainability (Faculty & Staff)

Shoolini University demonstrates a strong, structured, and continuous commitment to training faculty and professional staff on the social aspects of sustainability. While the training is not explicitly labelled as a single “mandatory annual programme,” it is effectively implemented through regular, recurring, and institution-wide capacity-building initiatives. The university conducts a wide range of **27+ structured training sessions through induction programmes, workshops, awareness campaigns, Faculty Development Programmes (FDPs), conferences, and community outreach initiatives (samples reports with public (newspaper) are attached below)**. These programmes cover key dimensions of social sustainability such as *ethics, inclusivity, gender equality, human rights, health and well-being, community engagement, and social responsibility*.

Faculty and staff actively participate as trainers, mentors, coordinators, and learners, gaining both theoretical understanding and practical exposure. Signature initiatives such as the National Law Fest, National Conference on Equality, Project Pragati (women empowerment), Daan Utsav (community engagement), and health awareness programmes provide experiential learning opportunities and strengthen institutional capacity.

The continuous nature of these activities—spanning induction, academic sessions, and outreach programmes—ensures that training is ongoing, inclusive, and embedded within institutional practices. The cumulative engagement of faculty and staff across diverse events highlights a holistic and integrated approach to social sustainability training.

Overall, Shoolini University adopts a comprehensive and integrated approach to social sustainability by fostering awareness, capacity building, and community engagement, positioning itself as a leader in promoting socially responsible higher education.

Social Sustainability Training Initiatives for Faculty and Professional Staff

S. No.	Event Name	Date	Social Sustainability Aspect	Details of events
1	Eco-Friendly Induction Program	Aug 20–23, 2024	Inclusivity, well-being, responsible behavior	Faculty trained students on ethics, sustainability, and inclusive campus culture
2	Creating a Safe Haven: Anti-Ragging Awareness Session	Aug 21, 2024	Safe environment, student welfare	Faculty engagement in sensitization on social responsibility and ethics
3	Meet & Greet + Club Mela	Aug 22–23, 2024	Inclusivity, diversity	Faculty facilitated student integration and inclusive practices
4	Visit to Muscular Dystrophy Association IAMD	Aug 28, 2024	Empathy, inclusion, community engagement	Faculty participated in social outreach and inclusivity awareness
5	Community School Teaching (Chess & Art)	Sept 6, 2024	Education, social responsibility	Faculty guided students in community-based learning
6	World Heart Day Camp	Sept 27, 2024	Health & well-being	Faculty engaged in awareness training on lifestyle and health sustainability
7	Daan Utsav (Donation Drive)	Oct 1–8, 2024	Social equity, community service	Faculty involvement in donation drives and NGO collaboration
8	Breast Cancer Awareness Campaigns	October 01, 2024	Health awareness, gender equity	Faculty participated in awareness sessions and outreach
9	Blood Donation Camp	Oct 15, 2024	Social responsibility, health	Faculty involvement in community health initiatives
10	Kindness & Empathy Campaign	Nov 13, 2024	Empathy, inclusivity	Faculty participated in role-exchange and awareness activities

11	Children's Day Community Engagement	Nov 14, 2024	Social outreach, education	Faculty guided sustainability education for children
12	3rd National Law fest	Nov 28-30, 2024	Legal Awareness & Justice	Faculty engage with contemporary legal issues, enhancing understanding of justice, governance, and rights-based frameworks
13	Embracing Inclusion-World Disability Day	Dec 3, 2024	Inclusion, equality	Faculty engaged in awareness and inclusive practices
14	National Conference on Equality	Dec 11, 2024	Social equity, community service	Faculty involvement in community justice and equality initiatives
15	Weekly Karate Training for School Kids	Ongoing	Community development	Faculty-supported outreach and skill development programs
16	Quit It Right: A Two-Day Journey Towards Healthier Choices	17-18 Jan 2025	Health & Well- being	Faculty participated in awareness sessions and behavioural training on public health
17	Project Pragati – Empowering Rural Women	30 Jan 2025	Women Empowerment & Community Development	Payal Khana gain practical exposure to gender equality, rural outreach, and inclusive development through active participation and guidance
18	Let's Talk: A Safe Space for Voices, Breaking the Silence	February 04, 2025	Mental Health & Inclusion	Faculty facilitated discussions on emotional well-being and safe communication
19	Stem Cell Donor Registry Drive (DATRI)	February 04, 2025	Health Awareness & Social Responsibility	Faculty engaged in awareness and life- saving advocacy training

20	Stride for Life Awareness Walk	February 05, 2025	Community Health & Awareness	Faculty participated in outreach and public sensitization
21	Visit to IAMD (Joy in Every Step)	February 06, 2025	Inclusivity & Empathy	Faculty involvement in disability awareness and inclusive engagement
22	A Heartfelt Talk on Childhood Cancer	February 16, 2025	Health awareness	Faculty participated in awareness sessions and outreach
23	Blood Donation Drive	February 20, 2025	Community Service & Health	Faculty actively participated in health and social responsibility initiatives
24	Women of Substance 2025	March 28, 2025	Gender Equality & Empowerment	Faculty engagement in promoting inclusivity and women leadership
25	Anti-Ragging Awareness Initiative	2025 (Induction)	Ethics & Safe Campus	Faculty trained in student welfare and ethical responsibility
26	Life Skills Masterclass	May 07, 2025	Social Skills & Personal Development	Faculty delivered training on communication, leadership, and social responsibility
27	EXA Art Therapy Workshop	June 06, 2025	Mental Health & Well-being	Faculty exposure to emotional well-being and therapeutic practices

**Sample report on Social aspects of
Sustainability for staff members
AY 2024-25**

November 28-30, 2024

Shoolini National Law Fest

The 3rd Edition of Shoolini National Law Fest, organized by the Centre for Clinical Legal Education (CCLE) at Shoolini University, served as a dynamic platform for bridging legal theory with real-world social challenges. With participation from over 100 delegates across India, the fest fostered critical thinking and practical learning through activities such as Moot Court, Crime Scene Investigation, PIL Drafting, and Legal Writing competitions.

The event significantly contributed to the social aspects of sustainability by promoting awareness of justice, equality, and ethical responsibility. Discussions and competitions emphasized the role of law in addressing societal issues, including human rights, governance, and emerging challenges like artificial intelligence. Faculty, legal experts, and practitioners guided participants, strengthening capacity building and social awareness. Overall, the fest nurtured socially responsible future professionals equipped to contribute meaningfully to society.





Three-days National Law Fest, organised at Shoolini University

December 11, 2024

Shoolini University Hosts National Conference on Equality

Shoolini University successfully organized the National Conference on Equality at CSLC, Science Museum, Shoghi, bringing together thought leaders, academicians, and participants to engage in meaningful dialogue on human rights, inclusive policymaking, and social justice. The conference served as a dynamic platform for exchanging ideas and exploring solutions to address deep-rooted societal inequalities. Drawing inspiration from visionary thinkers such as Swami Vivekananda and the wisdom of ancient Indian texts, speakers emphasized the importance of ethical values, empathy, and collective responsibility in shaping a more equitable society. Discussions focused on breaking feudal mindsets, promoting inclusivity, and developing actionable strategies to ensure fairness and equal opportunities for all.

Aligned with the United Nations Sustainable Development Goals (SDGs), the conference strongly contributed to SDG 10: Reduced Inequalities and SDG 16: Peace, Justice and Strong Institutions, while also supporting SDG 4: Quality Education through knowledge dissemination and awareness-building. More than just a discussion forum, the conference embodied a commitment to transformative change. It highlighted the role of education and leadership in fostering awareness and driving social progress.





Shoolini Faculty with guest speakers

August 8-9, 2025

Gender and Inclusion Conference 2025: Exploring the Intersection of Technology and Empowerment

The Centre for Development Policy and Practice (CDPP), in collaboration with Kautilya School of Public Policy, Digital Empowerment Foundation, The Education Group (London), and the Centre for Women Studies at Maulana Azad National Urdu University, is organizing the Gender and Inclusion Conference 2025 on August 8–9, 2025, in Hyderabad. Centered around the theme “Exploring the Intersection of Gender, Technology, and Socioeconomic Empowerment,” the two-day conference aims to bring together scholars, policymakers, practitioners, and students to engage in meaningful dialogue on critical contemporary issues. The event will feature paper presentations and workshops on Day 1 at Kautilya School of Public Policy, followed by panel discussions on Day 2 at IIIT Hyderabad.



The conference will address key themes such as AI bias, data privacy, digital inclusion, platform economies, and gendered access to technology. By combining grassroots perspectives with forward-looking policy discussions, the event seeks to foster innovative solutions and inclusive strategies. This conference serves as a platform to reimagine a more equitable and digitally empowered future for all. Participants are encouraged to register and be part of this impactful dialogue.

January 30, 2025

Project Pragati – Empowering Rural Women

Shoolini University, in collaboration with Pehal Foundation, successfully organized Project Pragati under the Rural Women Entrepreneurs Development Programme at the V-Empower Centre for Leadership Coaching. The initiative aimed to empower rural women through awareness, education, and skill development, reinforcing the university's commitment to inclusive and grassroots development. The programme served as a platform for engagement, learning, and capacity building, enabling women to develop confidence and take charge of their personal and professional growth. A key highlight of the event was the felicitation of women panchayat leaders, whose dedication and leadership continue to inspire positive transformation within their communities. Their participation underscored the vital role of women in driving sustainable development at the local level. Shoolini University extends its gratitude to all collaborators, mentors, and participants who contributed to the success of this initiative. The programme stands as a testament to the belief that empowering women leads to stronger communities and a more equitable society.





Rural Women Entrepreneurs Development Programme

October 1-8, 2024

Week of Giving: Daan Utsav 2024

"Daan Utsav," a one-week initiative organized at Shoolini University, successfully combined sustainability efforts with community engagement through various charitable activities. The event featured stalls selling eco-friendly reusable bags made from sustainable materials, encouraging attendees to adopt greener alternatives to single-use plastics. This not only raised funds for charitable causes but also educated participants on the environmental benefits of responsible consumption. The initiative fostered a sense of community and awareness, reinforcing the university's commitment to sustainability.

During the event, a significant clothing collection drive was conducted, inviting students and staff to donate gently used garments. The collected clothes were meticulously sorted, placed in the sun for hygiene purposes, and packed into separate bags for transportation. This process highlighted the importance of maintaining the quality and integrity of donated items, ensuring they could be of maximum benefit to those in need. By involving the university community in this hands-on effort, "Daan Utsav" emphasized the value of collective action in promoting sustainable practices.

The packed clothing was then prepared for donation to Goonj NGO, a collaboration that showcased the university's dedication to social responsibility. This initiative not only provided essential support to the local community but also illustrated how sustainable practices can be integrated into charitable actions. Overall, "Daan Utsav" demonstrated Shoolini University's mission to nurture an environmentally conscious and socially engaged community, inspiring participants to adopt sustainable habits and contribute positively to society.



A photograph of the volunteers with packed clothes



Sustainable bags were sold for the fundraising



Clothes were sorted and packed



Volunteers packed the clothes and sewed the bags themselves

Quit It Right: A Two-Day Journey Towards Healthier Choices

SDG 3: Good Health and Well-being

Date: 17-18 January 2025

Platform: ZOOM

A two-day Tobacco Cessation program, led by Dr. Sumedha Kushwaha, was held online. The program focused on educating participants about the harmful effects of tobacco use and providing effective tools for quitting. The sessions aimed to not only support individuals in their journey to quit tobacco but also integrate sustainability practices in the process.

Day 1: Effects of Tobacco and Approaches for Patients Ready and Not Ready to Quit

The first day of the program focused on raising awareness about the severe health effects of tobacco use, including its detrimental impact on the lungs, heart, and overall well-being. Dr. Kushwaha outlined the long-term consequences of tobacco addiction, such as respiratory diseases, cardiovascular issues, and the increased risk of cancer.

For **patients who are ready to quit**, there are a variety of effective strategies available to help them overcome addiction. These include pharmacotherapy such as nicotine replacement therapies (gum, patches, inhalers), which help manage withdrawal symptoms and medications that reduce cravings. Behavioral therapies also play a critical role, where patients learn to identify triggers and develop coping strategies.

For **patients who are not yet ready to quit**, the approach focuses on providing education about the harmful effects of tobacco and encouraging contemplation about the benefits of quitting. Motivational interviewing and gradual behaviour change techniques can help shift their mindset. Instead of immediately pushing for cessation, healthcare professionals may work with these patients to reduce their tobacco use over time, providing them with resources and support to make the eventual decision to quit when they feel more prepared. The goal is to create an environment where the patient feels ready to take the next step when they are ready.

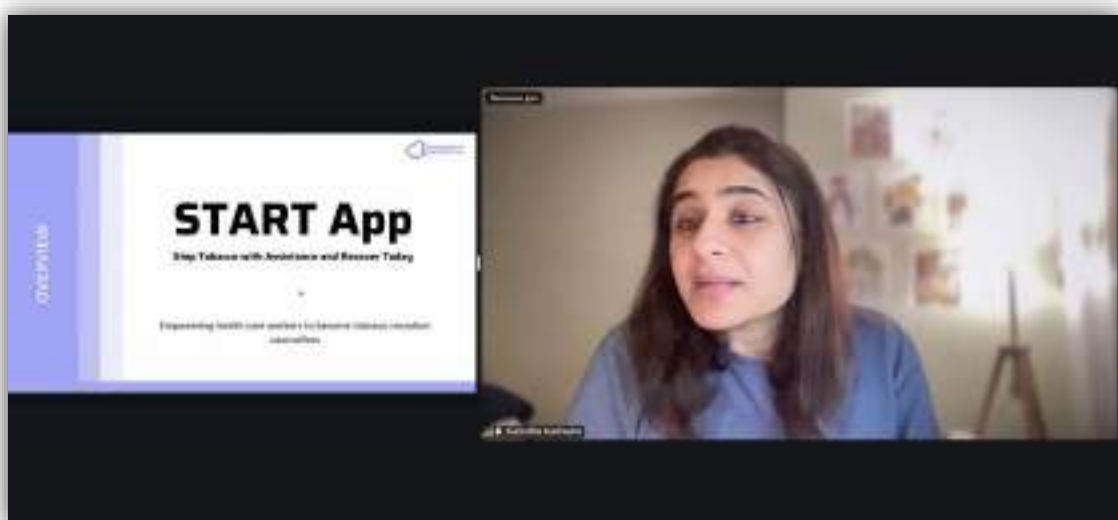
The session provided valuable insight into the support systems available for individuals embarking on the journey to quit tobacco.

Day 2: Introduction to the START App

The second day focused on the **START App**, a digital tool developed to assist individuals in their tobacco cessation journey. Dr Kushwaha highlighted the app's features, including progress tracking, personalized motivation, and educational resources to help users stay engaged and committed to quitting. By leveraging technology, the app serves as a comprehensive resource for individuals seeking to overcome tobacco addiction, making the process more accessible and manageable. A self-training course was provided, guiding users through various stages of a person who is quitting tobacco. The app provides detailed information, including personalized strategies, techniques, and support resources. Through the app, users can access counselling sessions and stay committed to their goal of quitting. It serves as a comprehensive guide for tobacco counsellors, empowering users to manage patients' cessation journey.

By utilizing digital platforms, the program was able to reach a wide audience while ensuring a smaller environmental footprint. This commitment to sustainability reflected the event's broader focus on health and well-being, reinforcing the importance of both personal and environmental responsibility. The eco-friendly approach, combined with the use of a digital tool like the START App, emphasized the role of technology in creating solutions that not only support individual health but also promote a greener, more sustainable future.

The event successfully merged health education with eco-conscious practices, making a meaningful impact on both participants' well-being and the environment.





Online session led by Dr. Sumedha Kushwaha

My Himalayan journey: Nothing short of a love story - Page 3



Shoolini University NEWSLETTER

Life@Shoolini - Page 4



Stage set for leadership summit at Shoolini

ADARSH GHASTA

SHOOLINI UNIVERSITY is all set for the Inaugural Himalayan Summit, a groundbreaking event that promises to redefine leadership development and coaching in India, on September 20 and 21.

Set against the serene backdrop of the Himalayas, this prestigious summit will convene an exceptional gathering of global thought leaders, senior academicians, and industry pioneers. The summit aims to revolutionise leadership practices across the nation, setting a new benchmark for integrating coaching into corporate and academic environments.

With a lineup of 30 influential figures from coaching, academia, and industry, including 10 global C-suite executives who have led success across diverse sectors, this two-day event is poised to be a turning point. The speakers include General V.P. Malik, former Chief of the Indian Army, Ms. Magdalena Nowicka Mook, CEO of the International Coaching Federation and Mr.



Prem Singh, President of the National HRD Network (NHRDN).

Prof Atul Khosla, Vice-Chancellor of Shoolini University, emphasised the creation of empowering coaching cultures within organisations, stating, "Leadership is not just about authority but about empathy, innovation, and sustainable growth." He said the summit stands as a testament to the university's dedication to cultivating leaders capable of navigating the complexities of the modern world with integrity and foresight.

The Center for Leadership Coaching (CLC) Launch Conference will feature dynamic sessions and interactive workshops, bringing together leaders

from over 10 critical sectors, including defense, healthcare, corporate leadership, human resources, financial services, consulting, media, academia, technology, and sustainability. The summit's vision is to equip participants with actionable strategies to drive innovation, enhance resilience, and inspire excellence across industries.

For academia, the summit seeks to produce future leaders who are not only skilled but also empathetic and visionary. For corporate leaders, tailored strategies will address the need for adaptability and growth in an evolving business landscape, according to Ms Payal Jindal Khanna, convener of the Summit.



Photos: PREM BHATIA

Shoolini Marathon evokes good response

KASHISH KOTIAN

OVER 600 students and staff members participated in Shoolini University's 11th Marathon dedicated for a Drug-Free India, which was flagged off by Solan Deputy Commissioner Mr Manmohan Sharma.

Originally slated to take place on September 5 to coincide with Teachers' Day, the marathon was rescheduled due to adverse weather conditions and was aligned with Hindi Divas thereby adding a cultural dimension to the event.

Among those present at the flag off ceremony were Additional Deputy Commissioner Mr Ajay Kumar Yadav, Chancellor of the University, Prof. P.K. Khosla and Chairperson of Shoolini Institute of Life Sciences and Business Management Mrs Saroj Khosla.

The marathon began from Thodo Ground in Solan and featured two distinct routes: A 10-kilometer course for female participants, concluding at Zero Point, and a 15-kilometer course for male participants, ending at the Milkha Singh Stadium.

To ensure the safety and well-being of all runners, the event



was meticulously organised with several safety measures. Traffic police monitored the route, two ambulances were available for emergencies and there were four water stations and two first aid points spread along the route. Besides there were student volunteers to assist the runners.

The marathon culminated

with prize distribution ceremony, presided over by Prof Khosla. Shalija (MBA) emerged as the top female runner with a remarkable time of 42:43:46 minutes, followed closely by Jenifer (B.Com Hons) and Apoorva (MBA).

In the men's category, Le'andre (BTech Biotech)



secured first place with an impressive time of 51:25 minutes, with David (BTech Biotech) and Anash (MBA) finishing in second and third places respectively. Each winner was awarded cash prizes of ₹2500 for first place, ₹2000 for second, and ₹1500 for third in both categories.

The event's success was ensured by the dedicated efforts of Associate Dean of Student Welfare Dr. Neeraj Gandotra and his team, Sports Department Head Mr. Vikrant Chauhan, and Brigadier Sunil Mehta, Director of Operations at the university, along with his team.

Enriching session by SPICMACAY founder

SAHIL THAKUR

STUDENTS AND staff of Shoolini University and guests from various educational institutions underwent an enriching session by Dr. Kiran Seth, the visionary founder of the Society for the Promotion of Indian Classical Music And Culture Among Youth (SPICMACAY), as part of its Guru Series.

The session was attended by the Vice Chancellor of MMU, faculty from Government College, Solan, and principals and teachers from BL Central, Pine Grove, and Chinmay Schools. Shoolini University's Chancellor, Mr. P.K. Khosla, and President of Innovation and Marketing, Mr. Ashish Khosla also attended the invigorating session.

Dr. Seth delivered an inspiring talk focusing on the theme of freedom and discipline, drawing connections between ancient wisdom and modern educa-



tional practices.

"Our ancestors knew how to enjoy freedom because they had an anchor that prevented them from getting lost," Dr. Seth remarked. He identified this anchor as the discipline and focus of the mind.

"Through the study of music and cultural movements, students can learn invaluable life lessons," Dr. Seth stated, adding, "We don't need to reinvent the wheel. Instead, we should use the time-tested techniques in education that have shaped generations before us." In addition to his insightful talk,

Dr. Seth showcased the impactful work of SPICMACAY through video clips of workshops, performances, and various events organized by the movement. The presentation provided a glimpse into the organization's efforts to preserve and promote Indian classical music and culture among the youth.

Dr. Ashoo Khosla, Chief Learning Officer at Shoolini University, announced that the Shoolini chapter of SPICMACAY will align with the Shimla chapter to promote the rich traditional heritages of India in the region.

WORLD SUICIDE PREVENTION DAY

Need for mental health support emphasised

RIYA THAKUR

IN A SIGNIFICANT initiative to mark World Suicide Prevention Day, Shoolini University's Club Arcadia, in collaboration with the Centre of Psychology and Behavioral Sciences, hosted a series of events.

The events aimed to raise awareness about suicide prevention through creative expression and expert discussions from students and faculty.

The activities included a series of creative competitions like

poster-making, slogan writing, and poetry contests, all centered on the theme of mental health awareness.

Students from various departments showcased their artistic talents, delivering compelling messages about the importance of mental well-being and the need for open conversations about suicide prevention. The creative efforts underscored

the power of expression in spreading awareness on such critical issues.

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The system is designed to detect even minor symptoms and provide continuous feedback to ensure a proactive healthcare management.

Leveraging technology for better healthcare



AHANA NATH

LEVERAGING TECHNOLOGY for smarter ways to care for patients, particularly for those living in rural and remote areas with limited access to specialist doctors, is the need of the hour.

Keeping this in view, Shoolini University researchers have designed a cutting-edge telemedicine device for health monitoring. This portable device offers an unparalleled approach to healthcare, featuring real-time health data tracking, virtual con-

sultations, seamless prescription services and a doorstep delivery of medicines, all while motivating patients to stay healthy through unique rewards.

The foundation of this invention, which has been granted patent recently, is a telemedicine device designed to monitor a patient's health in real-time. The device gathers all the essential data about the patient's physical health, mental health and body metrics like blood pressure and sugar levels. It employs advanced sensor technology to collect these details by integrating it with smartphones and wearables like smartwatches, providing a seamless link between patient and healthcare provider.

Once a user inputs their basic health information, the device utilises a specific questionnaire to assess their overall health. This is followed by real-time data collection and analysis that is enhanced by a recommendation system built using FP Growth and association rules.



The system can detect early symptoms of diseases such as diabetes based on their health data patterns and immediately notify the patient and a doctor.

The researchers behind the device are Shoolini University's Ramamujan Research Associate and Phd Scholar Mr. Anitya Kumar Gupta along with two SRP students, Aditi Kulshreshtha and Sataditya Jana from Biotechnology.

The invention has grabbed attention from both medical professionals and tech experts, positioning it as a game-chang-

er in the medical world which is all set to redefine the future of healthcare.

One of the unique features of the telemedicine device is its cryptocurrency incentive system. Patients can set health goals like walking a certain number of steps or maintaining hydration by which they can earn Dogecoins as rewards. Mr Gupta has also partnered with Claremont Graduate University in the USA and Dr. Samir Chatterjee to develop a prototype, using Dogecoin as the primary cryptocurrency for this

system.

A notable feature is the hassle free integration with mobile apps, including Apple's Health app, eradicating the need for a separate telemedicine app. The system is designed to detect even minor symptoms and provide continuous feedback to ensure a proactive healthcare management.

Anitya Gupta has emphasised on the convenience of virtual appointments, allowing patients to receive care without physically visiting a doctor's office. After the consultation, the system even handles prescription fulfillment. Mr. Gupta and his team are developing a Large Language Model (LLM) to automatically send prescriptions to local pharmacies, ensuring medication delivery without the patient needing to leave their home.

Although the device is currently focused on user feedback and system refinement, future monetisation plans include a three-tier subscription model.

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UGC ENTITLED DEGREES

'We prioritise nurturing well-rounded individuals'

NIRAJ SHARMA

MR. KS GULERIA, an esteemed educator and principal of DAV Centenary Public School, Jawahar Nagar, Mandi, has dedicated his career to nurturing young minds and fostering holistic development. Mr. Guleria leads one of the region's top schools and serves as the Assistant Regional Officer for Zone C, Himachal Pradesh, overseeing nearly 12 DAV schools. In this insightful conversation, Mr. Guleria shares his journey, the evolving nature of education, and his commitment to fostering an environment where students can academically and emotionally thrive.

Please tell us about your academic journey and your school.

Well, I am an alumnus of Sainik School Sujanpur Tira, District Hamirpur, and I completed my degree at Government Degree College Hamirpur in science (non-medical) in 1991. Following that, I pursued my PG in Physics from Panjab University Chandigarh (1991-1993) and later a B.Ed. from HP University Shimla campus (1993-94). I proudly represented HPU in cross country and athletics during my student life at the All India University Games three times.

In 1994, I began my career as a PGT Physics teacher at Sainik School Sujanpur and served until 2007. Then, I joined DAV Centenary Public School Mandi as the principal in June 2007. In 2019, I was given additional responsibility as Assistant Regional Officer, overseeing Zone C, comprising Districts Kullu, Mandi, and Bilaspur. My school has a strength of 2100 students and has earned an excellent reputation for preparing students for competitive exams and helping them chase their passions. I believe in nurturing well-rounded personalities by exposing students to various activities and challenges to develop their IQ, EQ, SQ, and Happiness Quotient.

How privileged do you think today's generation is in terms of education and learning?

Today's generation, often referred to as Gen Z, has a unique approach to education. They are growing up with the internet and smartphones, which have shaped their learning style. This generation prefers self-directed learning through visual modes to grasp complex concepts. They believe in collaborative learning and seek relevance and practical applications of what they learn. Their creative and innovative mindset is impressive.

PRINCIPALSPEAKS



Mr. KS GULERIA,
Principal, DAV Centenary Public School, Jawahar Nagar, Mandi

We can say that education today is more accessible than ever, with modern tools making it easier. However, it's also becoming highly technical, and the generation gap is more evident. While students are privileged in terms of ease and access to knowledge, they also face unique challenges.

How do you ensure the mental well-being of students at your school?

We have a designated committee, headed by a school counselor and supported by teachers, that monitors students' behaviour and activities. Feedback is also gathered from parents to ensure we have a holistic understanding of each student's progress. We create a safe and supportive environment by fostering a culture of inclusivity, empathy, and respect. Open communication is encouraged, allowing students to express their concerns without fear of judgment.

We integrate mental health into the curriculum and provide one-on-one counseling services. Additionally, we organise yoga and meditation sessions with the help of the Art of Living Chapter of Mandi, foster strong relationships between students, teachers, and peers, and promote participation in sports and hobbies. Educating students on the importance of a nutritious diet and sound sleep is also a priority. We also train teachers to identify mental health issues and respond appropriately.

How important do you think sports are in a student's academic journey?

Sports play a vital role in students' lives, contributing not only to physical devel-

opment but also helping them disconnect from excessive screen time. Sports and academics complement each other. While academics foster intellectual growth, sports promote physical health, discipline, and teamwork. Sports also offer a refreshing break from the digital world, which is essential in modern times. At DAV, we prioritise nurturing well-rounded individuals, and this approach is reflected in our students' achievements in various prestigious sporting events. Many Olympic winners have emerged from DAV schools, which makes us proud.

What strategies do you use to ensure a supportive learning environment for both students and staff?

We aim to create a supportive learning environment where both students and staff can thrive. We prioritise open communication, empathy, and collaboration. For teachers, we offer professional development opportunities, technology support, feedback, collaboration, recognition, and work-life balance, ensuring they can deliver their best.

How satisfied are you with the present education system?

While there is always room for improvement, I believe we are making signifi-

cant strides in providing quality education. We continuously strive to adapt to the evolving needs of our students and the community, ensuring they are equipped with the skills and knowledge necessary for future success. This aligns with the vision set forth by the NEP 2020.

Lastly, what message would you like to give to the students?

As a principal, I feel honoured to be a part of students' educational journey. Remember, your time in school is a precious gift—make the most of it. Embrace challenges, persevere, and treat others with kindness, empathy and respect. Take care of your physical and mental well-being, explore your passions, set goals, and work hard to achieve them.

Our school values diversity, creativity, and critical thinking. Be yourself, share your ideas, and learn from one another. If you ever need help, don't hesitate to talk to your teachers, parents, or friends—we are here to support you every step of the way. Embrace the journey of learning with curiosity and passion. You are capable of achieving great things, so never be afraid to ask questions, take risks, and explore new horizons.

BY INVITATION

Self Management: Go with the flow to be a global citizen

SURESH NANWANI*

MANAGEMENT IS a mind-boggling concept depending on how academic disciplines view it. Management is generally defined as a process of accomplishing the work at hand to achieve the goals of an organisation in an efficient and effective manner. Management has shades ranging from time management, business management, management accounting to self-management. I would like to articulate my views on "self-management" as it is the least articulated in the list.

Peter Drucker, the "founder of modern management", is credited with the invention of the concept of management. In 1971, he developed one of the country's first executive MBA programmes for working professionals at Claremont Graduate University, USA (CGU). Mihaly Csikszentmihalyi, the founder of "flow", introduced the psychological concept of "flow", a highly-focused mental state conducive to productivity. Both were eminent professors of management at CGU.

Both luminaries were leading lights in their own distinct areas – management and flow. Yet there was a crucial difference. Drucker excused himself from Csikszentmihalyi's research questions on happiness, creativity and "flow". In his treatise on Management (2008), Drucker makes his position clear: To make the future happen, one need not have a creative imagination as it requires work rather than genius. The man of creative imagination will have more imagination than idea, but simple ideas have at times been successful. Drucker's view of creativity is seen from a different lens from Csikszentmihalyi as he views creativity or lack of it from a strictly management perspective. In fact, he devotes only two pages on creativity in his 526-page book!

Csikszentmihalyi published seminal works in relation to managing oneself: Flow (1990), The Evolving Self (1993), Creativity (1996) and Living Well (1997), covering concepts of happiness, flow, and creativity. "Flow" happens when on the occasions we are in control of our actions, we feel a deep sense of enjoyment. This then becomes the "flow" – what life and managing our lives should be like. There are five steps in the creative process: (1) preparation period on matters that arouse



BOTH LUMINARIES WERE LEADING LIGHTS IN THEIR OWN DISTINCT AREAS – MANAGEMENT AND FLOW.

our curiosity; (2) incubation period where we churn our ideas; (3) insight (also called the "aha moment" when we achieve realisation); (4) evaluation where we need to think if the idea or task is worth pursuing; and (5) elaboration of our thoughts and tasks.

I refer to both professors as they hailed from the same university in USA – CGU – with different approaches to management – planning, organising, staffing, leading, and controlling – are in stark contrast to Csikszentmihalyi's approach to the individual's "flow" whether at work or at leisure. The "control" element of management pales and is a stumbling block to a formal (and rigid) application of management principles.

In today's context – in the era of technological developments and post-pandemic – the creativity aspect is most telling in measuring results for company or individual performance. Drucker is oft-cited in management but his approach towards creativity diminishes compared to Csikszentmihalyi's innovative works. In my view, the dual approach – the rigid application of the five principles of management versus the creativity approach of the individual – can be made more productive by unleashing the individual's

creative juices in carrying out work or personal activities. We need to manage ourselves ("self-management") before we can effectively manage our personal tasks or the corporate needs.

I posit in my book that the individual – at work or at leisure - has an innate power of strength when governed by good health and well-being. (Organization and Education Development: Reflecting and Transforming in a Self-Discovery Journey, Routledge, 2022).

This brings us full-circle to self-management, where we can perform well in our activities (personal or work) and where we need to revitalise ourselves to bring out our best qualities. This is where recounting Csikszentmihalyi's five steps of the creative process mentioned above can help us to tap our potential and unleash our potential or the best in ourselves. I give two examples of self-management.

First, in the recent Ganesh Chaturthi celebrations at Shoolini University, a female student molded the elephant-god from soil. She took 48 hours to work on the mold and painted it with gold color before the statue was ready to be adorned and seated in the temple for the auspicious event.

That activity was her "flow" and the results were telling – her best output deliverable from her joy of immersing herself at work while maintaining her energies. Second, in the dance items presented by students singly or as a group in SPRINT (Skill Progression through Rapid Intensive and Innovative Training) programme at Shoolini University. This programme is pivotal for participants at the university's Faculty of Management Sciences to possess requisite skills to be able to actualise their talent during their studies and upon graduation when they are in management positions.

The hallmark of these two events is that through self-management, the students have escalated from their individual perspectives to extend to others, and in turn society, where they become global citizens promoting human flourishing for a better global future.

**(The writer is Professor in Practice at Durham University, UK and Professor of Practice and Visiting Faculty with the Faculty of Management Sciences at*



National Nutrition Week held with interactive health events

ANSHUL CHAUHAN

THE DEPARTMENT of Nutrition and Dietetics at the School of Bioengineering and Food Technology of Shoolini University celebrated National Nutrition Week under the theme "Nutritious Diets for Everyone."

The theme, in alignment with the United Nations' sustainable development goals, emphasised the importance of nutrition across all life stages. The week-long celebrations featured a series of engaging events aimed at promoting nutritional awareness and healthy eating habits among the university community.

The inauguration of Nutrition Week was done by

Shoolini University Chancellor, Prof. P.K. Khosla, alongside Registrar, Prof. Sunil Puri, Dean of Research and Development, Prof. Sourabh Kulshreshtha, and Head of the Department, Prof. Dinesh Kumar.

Subsequently, one-on-one nutrition counseling sessions were conducted by MSc and BSc Nutrition students. These sessions, which were open to all university members, involved the use of a Body Composition Analyzer (BCA) to assess 14 nutritional parameters and provided personalised nutrition advice tailored to participants' dietary habits and health concerns.

A group of Nutrition and Dietetics students, accompa-

nied by faculty members Ms. Srishti Mathur and Dr. Mamta, visited the military campus in Solan.

Dr. Mamta addressed military families on the importance of proper nutrition. The visit culminated in interactive physical challenges, such as push-ups and lemon spoon races, followed by a quiz competition.

The winning team received fruit baskets and certificates for their efforts. Lt. Col. Prince concluded the session by presenting tokens of appreciation to the participants.

The celebrations continued with a cooking competition. Students displayed their culinary creativity by preparing nutritious, budget-friendly

dishes using both traditional fire-based and innovative non-fire cooking methods.

On the penultimate day, the department hosted a webinar on the unique nutritional challenges of space exploration. Mr. Zaid Khan, Founder of Space Food Club, delivered a thought-provoking presentation on the dietary needs of astronauts, the complexities of food preparation in space, and recent advancements in space food technology.

As a special addition, the department also celebrated National Sports Day on August 29, featuring a guest lecture by renowned sports dietitian Mrs. Ansa Saju, further enriching the week's diverse learning experiences.

Need for mental health support emphasised

Continued from Page 1

A suicide prevention awareness talk was also organised on the occasion and featured the key speakers including Chancellor Prof. P. K. Khosla, Dr. Ashoo Khosla, and Dr. Saamdu Chetri, who emphasised the importance of mental health

support within academic institutions. Their speeches focused on creating an ecosystem of care, empathy, and openness, which is vital for suicide prevention.

An art exhibition was also inaugurated by Chancellor Prof. P. K. Khosla, Dr. Ashoo Khosla, and Dr. Saamdu Chetri, who emphasised the importance of mental health

reflected the students' deep understanding of the theme "Life is to Live, Not to End."

On the occasion, students who excelled in the competitions were honoured for their contributions. In the slogan competition, Muskan Garg secured the first place, followed by Urja in second and Sakshi Dogra in third. The

poetry competition witnessed stellar performances, with Apoorva in the top spot, Rafia Aman secured second spot, and Palak Raghuvanshi secured third place. In art and craft competition Palki emerged as the winner, with Khushi Bamothra and Zanem taking second and third places, respectively.

From 'Dance of Gods' to 'Thodo', students create magic on the screen



VAISHALI THAKUR

WHEN THE lights dim and the camera rolls, a world of imagination comes alive. Talented Shoolini students have created such a world with their recent documentaries. Titled 'Dance of Gods: Mandi Shivratri' and 'Himachal's Traditional Game: Thoda', the films are a window into the culture and traditions of Himachal Pradesh.

Produced by Shoolini film-making club, Cinecadate, the 'Dance of Gods', was a hit with audiences for showcasing the grandeur of Maha Shivratri festival in Mandi, Himachal Pradesh. The documentary, funded and conceptualised by Shoolini University Chief Learning Officer Dr Ashoo Khosla, offers an immersive look into the cultural and spiritual essence of the festival.

Production of the film began in December last when five students set off to Mandi on a research trip to explore the local traditions. They were supported by two key figures: Birbal Sharma, an award-winning photographer renowned for capturing the region's cultural heritage, and Maan Singh Thakur, the caretaker of the Mandi King's Palace (now the Raj Mahal Hotel). Thakur's assistance was crucial, helping the team access restricted areas during the festival. This not only deepened their research but also enabled them to create a compelling documentary film.

Despite several challenges—particularly resistance from festival attendees who were uncomfortable with the cameras—the team pushed through. The post-production process came with its own hurdles, as



the high-quality footage was large and complex to edit. After months of hard work, 'Dance of the Gods' was finally completed and premiered at the university on August 30. Viewers widely praised the film, particularly

impressed by its stunning cinematography.

Reflecting on her production, Dr Ashoo Khosla shared, "I've dedicated this film to my grandparents and all grandparents, who are keepers of our oral tra-

ditions. Their stories keep our culture alive. This film is my tribute to Mandi, its rich traditions, and the timeless Shivratri festival." Praising the efforts of students, she said, "I'm truly impressed by their passion and

hard work."

Meanwhile, students from the School of Media and Communications (2021-2024) at Shoolini University created a remarkable documentary on 'Thoda', a traditional game of Himachal Pradesh. Known for its deep-rooted respect for rituals and traditions, Himachal Pradesh treasures 'Thoda' for its historical significance. During their research, the students discovered that many locals were unaware of this ancient practice, making the film a crucial effort to preserve and promote the game.

The team collaborated with cultural conservationist Jiyalal Thakur, whose expertise in 'Thoda' brought depth to the film. They were fortunate to witness a live game in Balghar, near Oachghat, Solan, where they interviewed Yashwant

Damset, a 'Thoda' team captain. His insights, along with contributions from Dinesh Chandel, the organiser of the village fair, helped shape the film's narrative.

Saloni Verma, one of the journalism students involved in making the documentary, said, "I loved discovering the cultural heritage of Himachal Pradesh. This game taught me the value of discipline and respect for opponents. It's important to show respect in all situations, no matter who you are dealing with."

These opportunities gave students hands-on experience, boosting their confidence and inspiring them to push their boundaries.

The documentaries they created reflect their hard work, creativity, and passion for telling meaningful stories.

'Bright prospects for students of Biological Sciences'



SAHIL THAKUR

her interview :

What are your key responsibilities as the head of the department?

My primary responsibilities include overseeing academic programmes, faculty management and the development of strategic initiatives. I work closely with faculty to ensure best output with teaching and research standards and foster interdisciplinary collaboration. Managing the budget, improving laboratory infrastructure, promoting research output, and ensuring compliance with university policies are also part of my role. Additionally, addressing student needs and guiding curricular development plays pivotal role in it.

How do you ensure that your department stays updated with the latest advancements in biological sciences?

We encourage active participation in national and international conferences, seminars and collaborations. Faculty and students are regularly exposed to the latest research through workshops and various club activities. Our department fosters a culture of continuous learning, ensuring updation of



DR RACHNA VERMA, Associate Professor, School of Biological and Environmental Sciences, Shoolini University

infrastructure and other facilities. We also encourage faculty to apply for research grants and join interdisciplinary research groups to keep up with cutting-edge trends for better research output.

How does the department promote interdisciplinary research?

We actively encourage collaboration between our department and other departments, such as pharmaceutical sciences, biotechnology, bioengineering and materials sciences. We also encourage development of active collaborations with national and international universities with active MOUs. Faculty members are involved in joint grant applications, and we host interdisciplinary seminars. Students are also encouraged to pursue projects that span over multiple fields, and we have specific initiatives aimed at fostering cross-disciplinary innovation.

What opportunities are available for students to get involved in research?

Our department offers various research opportunities for both undergraduate and graduate students. Undergraduate students can participate in faculty-led research projects or pursue independent studies with faculty supervision. Graduate students are provided with extensive research opportunities through thesis-based courses. We also assist students to

have summer internships that allow students to engage in applied research.

How do you ensure that the curriculum remains relevant in an ever-evolving field?

We continuously review and update our curriculum to reflect the latest scientific advancement in terms of technological advancements and societal needs. This involves incorporating cutting-edge research, consulting with external experts. By integrating fieldwork, laboratory experiences, and emerging issues, we ensure that graduates are well-prepared to contribute to the field. We also emphasise on interdisciplinary approaches that reflect current scientific trends. Feedback is an important key that plays main role in upgrading the curriculum.

What are the job opportunities open for students from your department?

Students with backgrounds in Botany, Zoology and Environmental Science have a wide range of job opportunities in various sectors due to the interdisciplinary nature of these fields. By leveraging skills

and knowledge in biology, zoology, ecology and environment, students from these fields can find rewarding careers in both public and private sectors, as well as in academia and NGOs. Students can be skilled professionals such as university or college professors, researchers, scientists, taxonomists, marine biologists, environmentalists, entomologists, herbarium curators, genetics, wildlife specialists, scientific editor, fishery officers and others. They can also join R & D sector of Ayurvedic and herbal industry.

What are your long-term goals for the department?

Our long-term vision is to become a leading hub for innovative biological research and education. We aim to increase our international collaborations, expand our research funding, and contribute to solving global challenges in health, sustainability, and biodiversity. We plan to further enhance our infrastructure and develop cutting-edge academic programs. By fostering an environment of excellence, inclusion, and collaboration, we aim to produce the next generation of leaders in biological sciences.

FIRST PERSON

Finding peace at Shoolini

SAYED AL HASAN

INDIA'S DIVERSE culture, food, beauty, and people always attracted me while I was growing up in the neighbouring Bangladesh. I was keen on an opportunity to visit India and my wish was fulfilled last October.

I explored some of the most famous places in Kolkata, and as a student, I made it a point to visit some of its prestigious campuses, like Kolkata University and Presidency University. During this trip, I was deeply impressed by India's education system, which sparked my decision to pursue studies here.

As a foreigner student, the online presence is the only way to find the best universities in India. I searched and explored over a dozen universities. Every university has its own identity and quality but I found Shoolini University to have almost all of them in one university. There was an additional factor that attracted me.

I was born and brought up in an area where pollution and crowds was a part of our daily life. For me it was a dream to live in hills and enjoy the natural environment.

After deciding to go for Shoolini University, I didn't waste any time and sat for a short online exam and interview. I was thrilled when I was informed that I had qualified for admission



to this university. This was the biggest good news for me at the time. A long wait, getting the offer letter, admission letter and finally the visa arrived which culminated in my preparing for the journey to Shoolini campus.

It was around that time that my country faced some challenges that made me anxious. I feared that these circumstances might prevent me from fulfilling my dream of studying at Shoolini. However, I persevered and overcame those challenges, and eventually reached my dream university in time.

Now I am living in my dream place. Frankly, when I first arrived at the campus, I found it even better than what I had imagined. The whole campus is covered with greenery and to top it all, it is a most neat and clean campus. It was heavenly to go to sleep with complete

silence around you and to wake up to the chirping of birds.

The very next morning I met my department head Prof Vipin Pubby along with another very senior professor Prof CJ Singh sir. The meeting was very cordial and they made me feel completely at home. I was now convinced that I had made the right choice.

Subsequently I met the other faculty members and I found them all very friendly and helpful. Specially my academic mentor Mr Paarth Sharma gave not only academic suggestion but also gave me personal life guidance. That was very helpful for my new academic life journey.

Then one by one my new classmates began to come to the campus and I made some really good friends like Kashish, Vanshika and Sujal. I also came across other international students and forged friendship with them. I love visiting the library and reading in its serene surroundings

Everyday I wake up with view of the mountains, nature and it reinforces how lucky I am to be here. It is now more than just a university for me, it is a space where I'm growing both academically and personally.

My final word on Shoolini is this: "I have found my peace." *(The writer is a 1st year student of Journalism and Mass Communication)*

ACROSS BORDERS

IT brought him all the way from Damascus

SAKSHI KUMARI

MAHMOUD EDIEM from Damascus, Syria, always nursed the dream to be an IT professional. He moved a step closer to his dream when he secured the prestigious SII (Study in India) scholarship after achieving an impressive 84 per cent in his 12th grade. This enabled him to study at Shoolini University.

Currently pursuing his B.Tech in IT Engineering at the university, he is making his family proud and setting the stage for his future dream of pursuing a master's degree in IT. His father, a dentist, his mother, a passion-



ate journalist, and his younger brother have been his greatest supporters.

The educational environment at Shoolini University has been a stark contrast to what Mahmoud experienced back

home due to the ongoing troubled state of affairs in his country. The advanced learning methods, updated materials, and cutting-edge faculty have given him the tools to excel. Internships and hands-on experiences have further enriched his academic journey, preparing him to carve out a successful career in the IT world.

Amidst the academic rigour, Mahmoud deeply misses the warmth of family gatherings during celebrations, the taste of his mother's traditional dishes, and his friends back home. Yet, the vibrant student life at the university has helped him build

a new community. His family continues to be his greatest cheerleaders.

For those who aspire to study abroad, especially in India, Mahmoud advises grabbing every opportunity, stepping out of one's comfort zone, and indulging oneself in environments that challenge and inspire.. He also hopes to make the most of his time in the vibrant campus and create lasting memories.

In addition to his academic journey, Mahmoud's take deep interest in technology news and companies. He also loves spending time listening to Jazz music, especially "John Coltrane" songs.

In his leisure time he enjoys spending time in gym, swimming, and cooking, as he has learned how to prepare a variety of dishes, which he finds enjoyable.

What Mahmoud appreciates most about Shoolini University is the variety of events they provide, which has helped him make friends and connections with people who share similar interests. He appreciates the friendly environment of the university that welcomes everyone and makes it easy to feel included.

Mahmoud's ambition is to finish his bachelor's degree and pursue a master's in IT.

A journey of self discovery at Shoolini Univ

LITTLE INDIA | DELHI

ANMOL THAKUR

ABHINAV SINGH is a Bachelor of Business Administration (BBA) student at Shoolini University who aspires to join the Army by cracking the Common Defence Services (CDS) examination.

Born and raised in Ghaziabad, Abhinav had earned a diploma in civil engineering from Jamia

before deciding to pursue further studies at Shoolini.

The hills of Himachal Pradesh attracted Abhinav to Shoolini University. The serene, picturesque environment provided the perfect backdrop for his studies and personal growth. His first impression of the campus was of awe and excitement. The beautiful surroundings, students from diverse backgrounds and



the contemporary infrastructure made him feel welcome and eager to start this new chapter in his life.

Living away from home was

a significant change for Abhinav as he missed his family and the delicious food from Ghaziabad, but soon found a second family among his peers at the university. "These friendships provided support, laughter and memorable experiences, helping him adjust to the university life", he said.

Abhinav is very passionate about badminton. He played at the state level and continues to participate in university tourna-

ments. This keeps him physically active and teaches him valuable lessons in teamwork and discipline.

The faculty at Shoolini University have been more than just teachers to Abhinav. "They have been mentors, guiding me through academic challenges and personal growth. Their support has been crucial in helping me explore my coursework and develop important life skills", he added.

ALUMNI RECALLS

'My Himalayan odyssey was nothing short of a love story'

VIJAYA CHARUMATHI*

WHEN PEOPLE question my impulsive decisions, I often tell them, "This girl left her MBA to study Journalism simply because she couldn't see the world, watch the sun rise and set, and she lacked a platform to express herself or talk about politics, her art and her mountains."

I've always been someone seeking different ways to express myself. Himachal

Pradesh gave me the space to discover who I truly am and in that journey, I chose journalism to see the world from a different perspective.

Today, I'm in a place where my 10-year-old self would be proud, working in the research sector with the Tamil Nadu government's Department of Environment and Climate Change. It's not something I ever imagined and it's not always easy to do what you love. But now, I feel like I'm working

to bring healing to the things that matter to me—the mountains, forests or beaches. I'll forever be grateful to Shoolini and my professors for shaping me into the person I am today, someone who deserves this. Shoolini will always have a special place in my heart for bringing me together with such incredible professors and classmates.

My two years in Himachal and at Shoolini University were nothing short of a love story that



has left me unable to imagine living anywhere else. I believe

that one doesn't always need an idol or grand inspiration to become who they are, sometimes, it's the little, beautiful things around us that shape our paths. This place taught me that not everything around us is toxic and that it's not always necessary to be self-conscious and guarded. From classmates to professors, everyone in that space showed me how things could be done or spoken about beautifully. Discussing global issues or personal thoughts—every-

thing felt right and light in that classroom.

I was never a calm soul, I thought that being a firebrand was necessary for journalism, that it was easier to voice opinions with rebellion at the core. I imagined journalism would fuel my defiance, but instead, learning about the world softened me, teaching me to pause, to observe the smallest details. The journey didn't just give me the freedom to write or speak, it brought value to the words

I've been penning down for years.

What ties together all these things—Himachal, Shoolini, my passion for writing and my desire to voice civic matters—is traveling. I am who I am today because of the places I've visited and the people I've met. That's a story that goes on forever, but I wouldn't have realised this if I hadn't been in Himachal or at Shoolini or pursued journalism. My deepest gratitude belongs to the people I met at

Shoolini and the mountains of Himachal.

Years from now, I'll still be sharing these stories with my grandkids. I might need decades to capture the beauty of the life I've had in Himachal. It remains the only place I want to run back to, even today. It's nothing short of a love story—one that only Himachal and I would understand.

**(The writer was a student of MA in Journalism from 2022-24)*



ADARSH GHASTA

Strengthen laws, change social mindset to prevent rape cases

The recent rape and murder of a junior doctor in a Kolkata hospital has shook the conscience of the entire nation. We asked a cross-section of students on what steps should be taken to avoid such barbaric incidents. Here's what they had to say :



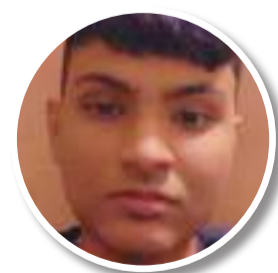
Education is the foundation of the society. Children from a young age must be taught the importance of consent, boundaries, and respect for others. Schools should include sex education helping to shape attitudes that prevent sexual violence. Swift and severe punishment for rapists is crucial to send a strong message that such acts will not be tolerated. **Mridul, BCom Honours**



Making sex education compulsory is crucial to eliminating the stigma surrounding discussions about sex. Boys, in particular, must be taught the importance of self-control and respecting others and particularly those of the other sex. Addressing problematic behaviours such as catcalling, is crucial to sending a clear message that harassment of any kind is unacceptable. **Vipul Jamwal, BTech CSE**



Capital punishment for rapists can serve as a powerful deterrent, reinforcing the seriousness of this crime. Integrating moral science into school curriculums can instill values of respect, empathy, and self-control from a young age. Moreover, there should be stringent regulation or even a ban on adult websites, as these provide a distorted view of sex and can have dangerous influence. **Ayush Chauhan, BBA**



A firm stance must be against vulgar content that objectifies individuals. Subjects like periods and sex should no longer be treated as taboo topics. When society becomes comfortable discussing these topics openly, it fosters an environment of understanding, respect, and accountability, crucial for reducing sexual violence and preventing rape. **Mayank Singh, BTech CSE**



Enhancing safety measures through increased surveillance and strict policing is crucial in preventing rape. Alongside technological measures, police patrolling needs to be frequent and vigilant, making public spaces safer for everyone. Encouraging healthy interaction between genders in schools helps break down barriers, reduces misconceptions, and fosters mutual respect. **Ritik Chauhan, BCom**



Preventing the high incidence of rape requires a comprehensive approach. Strict law enforcement and swift legal procedures are essential to ensure justice and deter offenders. Community outreach programmes should focus on promoting respect for women's rights. Providing strong legal, medical, and psychological support can encourage more victims to come forward. **Samridhi Dixit, BA Eng Hon**



Men should be taught to uphold the same respect they expect from women. Instead of solely teaching girls to dress modestly, we must educate boys to think and act responsibly. Empowering women through self-defence training and promoting gender equality can create a society where sons are raised to be respectful and daughters are fearless. **Chhavi, BTech CSE**



To reduce the number of rape cases, a comprehensive approach involving strong laws, education, and social support is essential. Empowering women through self-defence training and financial independence can strengthen their social standing. Providing victims with support such as counselling, and legal aid is vital, as societal stigma often silences them. **Jahnnvi, BTech Food Tech**

Life@Shoolini

AHANA NATH



AVANTIKA BASU



MEGHNA THAKUR



DIMPLE KAUSHIK



HARMANPREET SINGH



PHOTOS: PREM BHATIA



SAHIL THAKUR



PREM BHATIA





Carved in time, lost in climate: Saving heritage of the Himalayas – Page 2



Shoolini University NEWSLETTER



Jab I met the legend Imtiaz Ali – Page 3

ADMISSIONS HELPLINE

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8352951037
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Ratika Kaundal
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MANDI

Leela Dhar
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GHUMARWIN
Kajal 7807899731

JAMMU

Vishakha
9906699495

SHIMLA

Naman Sharma
8010675132

HAMIRPUR

Mukesh Kaushal
8219898155

BILASPUR

Kajal 7807899731



Shoolini University's vibrant theatre wing, Shoolini Creative Studio, captivated audiences with its latest production Naatak Paracetamol—an adaptation of Molière's iconic comedy - The Doctor in Spite of Himself. The play was staged in Tagore Theatre at Chandigarh and the Gaiety Theatre at Shimla. PHOTO: PREM BHATTI

Shoolini tops H-Index among its peers

SAHIL THAKUR

IN YET another feather in its cap, Shoolini University has claimed the top position in India for research impact among all universities established in or after 2008. According to Scopus data, the global gold standard of research parameters, the university has reached a remarkable h-index of 150 - the highest in its category.

The h-index, a key indicator of both the quality and quantity of research output, signifies that at least 150 research publications from the university have been

cited 150 times or more. This achievement places Shoolini ahead of premier and equally young institutions such as IIT Indore (h-index 145), IIT Hyderabad (h-index 143), and IIT Bhubaneswar (h-index 133), showcasing its rapid rise in the research ecosystem.

This milestone reflects Shoolini University's unwavering commitment to high-impact research and academic excellence. Chancellor Prof. P.K. Khosla and Vice Chancellor Prof. Atul Khosla, extended heartfelt congratulations to the university's faculty and

researchers for their consistent efforts and contributions.

"Reaching an h-index of 150 is not just a number—it's a reflection of the quality, consistency, and global relevance of our research.

This milestone reaffirms our vision of becoming a top global research-driven university," said Vice Chancellor Prof. Atul Khosla.

The h-index is derived from Scopus, one of the most trusted global databases for peer-reviewed academic literature. It is widely accepted as a benchmark for research excellence.

Shoolini varsity, Royal Holloway, UK, ink pact

JIYA LOHIA

IN A MAJOR step towards strengthening international academic ties, Shoolini University has signed a Memorandum of Agreement (MoA) for a 1+1 Master's progression programme in Business Management with Royal Holloway, University of London (RHUL), UK.

This 1+1 Master's programme offers students international exposure and a globally recognised degree from one of the UK's top universities.

The MoA was signed between Prof Tracy Bhamra, Provost and Pro-Vice-Chancellor (Global

at Royal Holloway, University of London (RHUL), UK, and Chancellor Prof. P.K. Khosla from Shoolini University.

The MoA was presented by Mr. Stephen Thomas, Head of Global Partnerships and Business Development at RHUL, during his campus visit to Shoolini University. The entire visit and agreement signing were coordinated by the Office of International Affairs (OIA) at Shoolini University.

During the one-day visit, Mr. Thomas held detailed discussions with senior university officials and toured key research facilities including the Ecological Park, Vardhman



Industry-Academia Lab, Nanotechnology Lab, PURSE Lab, and the IPR Cell. These interactions highlighted Shoolini University's strong focus on

innovation, research, and global academic integration.

Speaking about the collaboration, Dr. Rozy Dhanta, Deputy Director of the Office of

International Affairs, said the programme will empower Management students to gain valuable international experience and academic excellence.

Delegation from University of Edinburgh visits Shoolini

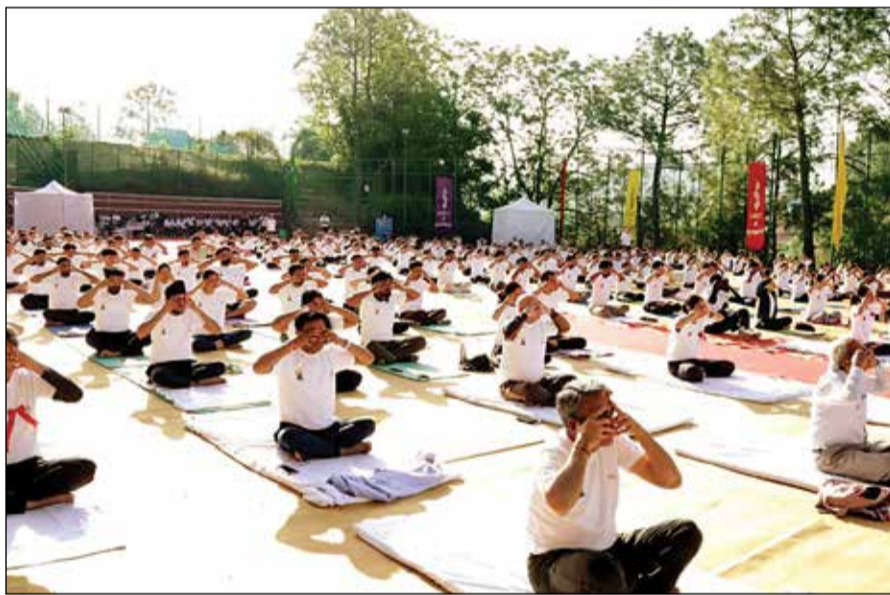
SHOOLINI UNIVERSITY recently hosted a high-level delegation from the University of Edinburgh, United Kingdom (UK). The visit was coordinated by the Office of International Affairs (OIA) at Shoolini University and aimed at strengthening academic partnerships between the two institutions.

The visiting team included Dr. Chris Beckett,

Degree Programme Manager for Civil and Environmental Engineering, and Ms. Ala Ross, Student Recruitment Officer.

On the first day, the guests toured the Shoolini campus and visited research facilities such as the Nanotechnology Lab and PURSE Lab.

The tour also showcased the university's sustainability efforts.



Shoolini University celebrated the 58th countdown day to the 100-day journey leading up to the International Day of Yoga (IDY) 2025 with a grand Yogotsav at the Yuvraj Singh Stadium. The event was organised under the guidance of the Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India. PHOTO: PREM BHATTI

Combining cutting-edge Artificial Intelligence with practical applications through ML

Revolutionising breast cancer detection with Machine Learning

cer detection.

The team led by Dr. Gaurav Gupta, along with Dr. Bharti Thakur, Dr. Shivani Bhardwaj, and Mr. Abdullahi Mohamed, explored several machine learning algorithms and selected three top performers—Support Vector Machine (SVM), Logistic Regression, and K-Nearest Neighbors (KNN). These were integrated into an ensemble model, combining the strengths of each algorithm to improve diagnostic accuracy. Two ensemble strategies—hard voting and soft voting—were tested to determine the most effective method.

Working with a comprehensive dataset of clinical and

genetic information from breast cancer patients, the team applied Principal Component Analysis (PCA) and Neighborhood Component Analysis (NCA) to focus on key predictive features and streamline data processing.

The results were striking: the final ensemble model achieved 99.6 per cent accuracy, with outstanding scores in precision, recall, and F1 metrics. Tools like ROC curves and confusion matrices were used to validate the model's performance and enhance interpretability.

"This research has the potential to revolutionise how we detect breast cancer," Dr Gupta shared. "By combining multiple intelligent algorithms into one system,

we can assist doctors in making faster and more accurate diagnoses. Most importantly, this technology supports early detection—which is key to saving lives."

This ML-powered system aligns with the future of smart healthcare—offering real-time decision support that can be integrated into hospital software or diagnostic apps. Its cost-effectiveness and scalability make it ideal for rural or underserved regions where access to advanced equipment is limited.

"Machine learning tools can reduce healthcare costs by minimising repeated testing and preventing misdiagnoses," Dr Gupta said and added. "We envision these tools being used in public hospitals, community clinics, and mobile platforms."

By combining cutting-edge AI with practical application, the Shoolini's scholars and researchers brings us closer to a future where early, accurate, and affordable breast cancer diagnosis is within everyone's reach.



AHANA NATH

BREAST CANCER continues to be a major global health challenge, impacting millions of women every year. While early detection is critical for better survival outcomes, conventional diagnostic methods often face limitations in accuracy and accessibility. In response, a team of researchers from Shoolini University has developed an advanced Machine Learning (ML)-based approach that significantly enhances breast can-



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Shoolini emerges as top research powerhouse

ARPITA DAS
NEWS9

NEW DELHI: Shoolini University, located in the hills of Solan, Himachal Pradesh, has created its distinct identity with world-class research, cutting-edge technology, and global partnerships. Recently ranked as India's top private university by the Times Higher Education Asia Rankings 2025, the university is now being recognised for its interdisciplinary research, innovation in Artificial Intelligence (AI) and sustainable development efforts.

With a focus on integrating life sciences with AI, nanotechnology and environmental engineering, the university is working on a range of futuristic projects which include AI-assisted antiviral drug discovery, hydrogel-based cancer therapies, smart farming innovations, and assistive technologies for Alzheimer's patients. Most of these initiatives of the

university are funded by renowned institutions like the Department of Science and Technology (DST), Science and Engineering Research Board (SERB) and iHub DivyaSampark.

On Shoolini's future-focused approach, Dr Pankaj Vaidya, Head, Yogananda School of AI, Computer and Data Sciences (YSAICDS), Shoolini University, stated, "At Shoolini University, we are not just adapting to the future—we are actively shaping it. Our focus on artificial intelligence, data science, and interdisciplinary education ensures that students are prepared for the rapidly evolving world of work. We see AI not as a threat to employment but as an opportunity to solve complex problems, innovate responsibly, and lead transformative change. Through hands-on learning and a global perspective, our students are being trained to lead in tomorrow's digital economy."



Recently ranked as India's top private university by the Times Higher Education Asia Rankings 2025, the Shoolini University is now being recognised for its interdisciplinary research.

"Our students are using AI and emerging technologies to tackle real-world challenges—from smart agriculture and intelligent healthcare systems to clean energy and smart city solutions. Shoolini's project-based learning approach equips them with the skills to build scalable, ethical solutions for today's and tomorrow's problems. With support from global collaborations and strong research infrastructure, our students are at the forefront of applied innovation, making an impact that goes far beyond the classroom or lab", he added.

The university has also developed over 250 international collaborations with universities and research bodies across the globe, enabling joint publications and exchange programmes. It is also a member of the Himalayan University Consortium (HUC) and is actively working with the Ministry of Jal Shakti on sustainable water management solutions.

Sustainability is the core of the university's research mission with recent breakthroughs such as nanomaterials for clean hydrogen production and wastewater filtration innovations. The university has partnered with renowned organisations like Henkel and Vardman which have translated lab research into real-world solutions, supporting sectors ranging from dairy to clean energy.

The university's AI and Futures Centre is pioneering research in robotics, blockchain, and machine learning which aims to equip students with the tools to explore and shape the technologies.

Shoolini University is focusing on research in AI, nanotech and sustainability. With major grants and global collaborations it is pioneering innovations in clean energy, smart farming and healthcare technologies thereby preparing students with future ready skills and interdisciplinary learning

Net zero goal: Focus to be kept on renewable energy

ANISH MONDAL
ET NOW

SHOOLINI UNIVERSITY aims to become a net-zero carbon emitter by 2030. Situated along the Solan-Oachghat-Kumarhatti Highway in Himachal Pradesh, the private university has launched several initiatives to promote renewable energy on its campus. It is also implementing a range of sustainable practices to lower energy consumption and significantly reduce greenhouse gas emissions over the next five years.

In an interview with ETNow, Prof. Shyam Singh Chandel, Director of the Centre of Excellence in Energy Science and Technology (CEEST) at Shoolini University, highlighted the university's key initiatives to promote renewable energy and sustainability.

"We have a policy on improving energy efficiency measures, by LED lights installed in all buildings on the campus," Prof. Chandel said. "Additionally, we've deployed a 17,000-litre-



per-day solar water heating system and a 47,000-litre-per-day heat pump system, significantly reducing reliance on conventional electricity."

He further mentioned that a rooftop solar thermal Scheffler dish system has been installed at the girls' hostel to cater to the cooking needs of 500 students. "We also have a 400 kWp grid-connected photovoltaic (PV) power plant that partially meets the university's electricity

requirements, and a concentrated solar steam cooking system serves meals for 500 hostel residents," he added.

To reduce carbon emissions from transport, the university restricts vehicle movement within the campus, allowing only electric vehicles for use by students, faculty, and visitors.

Addressing concerns about solar energy utilisation during winter months, Prof. Chandel stated that the campus benefits from adequate solar resources throughout the year. "We've adopted alternative space heating systems such as solar Trombe walls, which provide effective winter heating and improve indoor thermal comfort. These systems, along with electric backup options, ensure year-round energy efficiency," he explained.

He concluded by emphasising that the university is actively investing in renewable energy adoption, energy education and efficiency measures as part of its broader commitment to achieving Net Zero emissions by 2030.

Book hunt at YKC engages students

SNL TEAM

THE YOGANANDA Knowledge Centre (YKC) organised an interactive Book Hunt for students. The event aimed to enhance student engagement with the university library by turning the exploration of its vast resources into a fun and gamified learning experience.

A total of 706 students from all faculties of the university participated enthusiastically, solving clues and searching for books across different sections of the library. The event transformed the library into a vibrant space of adventure, discovery, and learning.

In the fiercely contested competition, Nikhil Uttam from the Faculty of Pharmaceutical Sciences emerged as the winner of the First Prize for his outstanding perfor-



mance. Surbhi, a student of BSc Biotechnology, secured the Second Prize with her impressive efforts, while Nishchay Tomer, a B.Pharm Second Year student, claimed the Third Prize. In addition, 11 students

were recognised with consolation prizes for their spirited participation and enthusiasm throughout the event.

Prof. P.K. Khosla, Chancellor Shoolini University, was the

Chief Guest. The winners were selected by a distinguished judging panel comprising Dr. J.M. Julka, Dr. Namita Gandotra, and Dr. Sharad, who closely monitored the com-

A total of 706 students from all faculties of the university participated enthusiastically, solving clues and searching for books across different sections of the library.

petition and ensured fair evaluation. The Book Hunt event was organised under the leadership and guidance of Col. T.P.S. Gill Director, YKC and Librarian Ms. Pooja Thakur, with active support from the library team members Ms. Neelam Thakur, Mr. Rakesh Sharma, and Ms. Neha Thakur. Ms. Harsha Thakur and Mr. Deepak Verma efficiently coordinated the event on behalf of the library team.

Outstanding results for SILB students

SHALLU SEHGAL

IN A remarkable academic feat, Shoolini Institute of Life Sciences and Business Management (SILB) has once again set a benchmark of excellence by delivering outstanding results in the Himachal Pradesh University (HPU) examinations.

The institute's students have secured 21 Gold Medals till date and over 250 merit positions in HPU, Shimla, across diverse departments including Microbiology, Biotechnology, Botany, Chemistry, BBA, and BCA—a testimony to the institute's unwavering commitment to academic brilliance.

President of SILB Mrs. Saroj Khosla, expressed immense pride and joy at the stellar per-



formance of the students. "This moment is a celebration of hard work, dedication, and the pursuit of excellence," she said. "It fills me with pride to see our students achieving such prestigious recognition. Their success is a reflection of the quality education and strong value system imparted at our institute. For over 21 years, Shoolini Institute has stood as a beacon of disci-

plined learning and innovation, and these results only reinforce our mission."

She further lauded the role of the highly qualified and experienced faculty, whose mentorship and constant guidance have been instrumental in shaping the academic journeys of students. "Our faculty are not just educators, but mentors who inspire, challenge, and empower our students to reach new heights," she added. The president also highlighted the institute's industry-aligned curriculum and robust placement record, with many students securing positions in leading pharmaceutical and biotech companies like Dr. Reddy's Laboratories, Cipla, Macleods, Acme Generics, and Torrent Pharma.

BY INVITATION

Carved in time, lost in climate: Saving heritage of the Himalayas

DR EKTA SINGH*

THE INDIAN Himalayan Region (IHR) is more than a breathtaking mountain range - it is a living museum of human history. From prehistoric lithic tools to intricate rock art and ancient burial grounds, this terrain is layered with heritage that reflects millennia of movement, belief, and survival. But today, these sites are increasingly at risk—not just from time, but from the dual threats of climate change and air pollution.

In the high-altitude Trans-Himalayas of Himachal Pradesh, the Spiti Valley offers compelling evidence of early human occupation. Recent geoaerchaeological investigations at Dzamathang unearthed a wide array of lithic artefacts—choppers, flakes, blade-lets, and scrapers—dating back to the Middle and Upper Palaeolithic periods (Singh et al., 2021). These discoveries suggest that Spiti, long thought to be a barrier, was in fact a corridor of human movement linking India with Tibet and Central Asia.

Yet, this fragile landscape is increasingly unstable. Glaciers feeding the Spiti River are receding rapidly due to rising temperatures, and erratic precipitation patterns are accelerating erosion. Ancient petroglyphs located on exposed boulders near riverbanks are flaking, cracking, and fading under intensified freeze-thaw cycles and dust-laden winds (Singh et al., 2021; Rawat et al., 2025).

Nestled in the cold barren desert land of the Indian Himalayas lies Spiti Valley—a treasure trove of ancient human history. For millennia, this region has echoed with the footsteps of early humans, monks, nomads, and traders. But today, the legacy etched into its rocks is crumbling—literally.

Recent archaeological surveys in Dzamathang, a site in Spiti Valley, unearthed thousands of stone tools—some dating back tens of thousands of years. These include microlithic blades, scrapers, and even petroglyphs (rock carvings) believed to reflect early hunting scenes and symbolic motifs (Singh et al., 2021).

This evidence shows that Spiti wasn't a deserted mountain desert but a passageway for human migration, connecting India with Tibet and Central Asia. But with glaciers melting and unpredictable weather patterns rising, these fragile remnants of our past are beginning to disappear.

"Our artefacts are literally cracking apart," says a team member involved in the ongoing geoaerchaeological research. "The freeze-



From prehistoric rock carvings to ancient burial sites, the Himalayas are losing their past to climate crisis and unchecked development

thaw cycles have intensified. Rocks once protected by snow now break under direct exposure."

A DEVELOPMENT DILEMMA

The pressure is not only natural—it is also human-made. In the name of development, a series of hydroelectric projects have been approved across the Spiti River basin. As documented by Singh, Bodh, and Saklani (2017), at least 6 hydro projects—potentially expanding to 14—threaten to encroach upon largely unexplored rock art sites. These projects involve road-widening, tunneling, and blasting, directly endangering petroglyphs and rock shelters that have never been formally studied.

Moreover, air pollution from increased vehicular movement and construction activities is compounding the problem. Dust and emissions settle on rock surfaces, reacting with moisture to accelerate chemical weathering. As observed in field surveys, many petroglyph-bearing boulders have been vandalized, repurposed for construction, or are now deteriorating due to biological growths—mosses, lichens, and fungi that thrive in the changing climate (Singh et al., 2017).

Equally concerning is the threat to ancient burial sites, which hold crucial insights into trans-Himalayan trade and belief systems. In the Spiti region, multiple high-altitude graves have been identified—closely resembling burial practices in Western Tibet and

Nepal (Nautiyal et al., 2014). These graves, often containing human remains, ceramics, and trade goods like marine shells from distant coasts, offer clues about cross-regional interaction (Rawat et al., 2025).

Climate change has led to permafrost melt and shifting sediments, undermining the structural integrity of these burial mounds. Once exposed, these remains become vulnerable to weathering, looting, and destruction—especially in areas targeted for tourism or development (Rawat et al., 2025; Singh et al., 2021).

Despite the strategic and cultural value of these sites, archaeological perspectives remain underrepresented in environmental and infrastructure policy frameworks. The Indian Himalayan Region, comprising over 16% of India's landmass, is also a significant geopolitical frontier. Its heritage is not only cultural—it is national (Rawat et al., 2025).

As archaeologists, we advocate for a multi-pronged conservation strategy:

- Mandatory heritage impact assessments for all infrastructure projects.
- Digital documentation and 3D scanning of high-risk sites.
- Active involvement of local communities in site protection.
- Strict regulation on stone extraction, vehicular movement, and tourist access near vulnerable zones.
- Conduct climate-based risk assessments for archaeological sites.
- Design tourism and infrastructure projects that respect cultural landscapes.

In Spiti and beyond, every weathered petroglyph or fractured burial mound is a loss of human history. Climate change and unchecked development are pushing these ancient voices into silence. As stewards of the past, we must urgently forge alliances between archaeology, environmental science, and policy to preserve these fragile windows into human history.

"The Indian Himalayan Region accounts for over 16 per cent of our land, but much more of our identity," a 2025 study on Himalayan borderland archaeology. "Losing this heritage isn't just about history—it's about losing who we are."

What's being lost in the Himalayas is not just stone - it is memory. Every carved ibex, every weathered tool, and every ancient grave is a whisper from the past. It's time we listen—before it's too late.

*The author is Assistant professor, Chitrukoot School of Liberal Arts, Shoolini University

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A TEAM of media persons from Delhi recently visited the university campus for a familiarisation tour. During the course of their visit, they interacted with Vice Chancellor Prof Atul Khosla. Here are excerpts from the interaction:

Which courses offered by the university benefit from overseas collaborations and partnerships?

All our courses benefit from international collaborations. For example, we have a strategic partnership with the University of Melbourne, which is ranked 14th globally and is often referred to as the "Harvard of the East." Very few Indian universities have access to such high-caliber tie-ups. We also collaborate with Queen's University. These are not limited to student exchange programmes — we offer a dual degree programme where students spend two years studying in India and two years in Melbourne. Upon completion, they earn two degrees: one from Shoolini University and another from the University of Melbourne.

Admissions into these programmes are highly competitive, and we aim to select only the most serious and motivated candidates. To support them, we provide IELTS and mathematics coaching.

These partnerships open global opportunities for our students. Our placement record is strong across disciplines, and many of our graduates go on to pursue further studies at institutions like Harvard, Oxford, and Stanford — particularly those from the Summit Research Programme (SRP).

What is your view on the race between highest placement offers and universities research budget?

I believe we should shift the focus from salary packages to research and entrepreneurship — areas that India truly needs to develop. Our economy stands at \$4 trillion, and to grow to \$10 trillion, we will require leaders in business, technology, and science — approximately 3 million of them.

Unfortunately, our educational institutions are not yet producing these kinds of leaders. Instead, we are becoming a nation of analysts. The need of the hour is to nurture researchers and entrepreneurs who can drive India's next phase of growth.

What is Startup Marathon, and how is it helping?

Startup Marathon is part of a broader evolutionary journey in the innovation landscape. Countries like China began investing heavily in deep tech around five to seven years ago, and India is now catching up. I serve as a founder and board member of a deep-tech venture capital fund, which is actively investing in cutting-edge technologies. Exciting develop-

FACE TO FACE



Prof. ATUL KHOSLA
Vice Chancellor, Shoolini University

ments are on the horizon — for instance, a Hindi-centric large language model (LLM) is expected to launch within the next six months. It's projected to perform on par with global platforms like DeepSeek. While we may currently lag by 3-5 years globally, the gap is narrowing rapidly. India's innovation ecosystem is thriving. Private equity and venture capital investments are flowing in at unprecedented levels. The country now has 138 unicorns — a dramatic increase from fewer than 15 just five years ago. The larger message is this: it's not about India versus China. It's about building a strong research foundation. The future of innovation lies with this new generation.

Do you believe standardised assessments used for university admissions are still relevant in today's rapidly evolving educational and technological landscape?

This is a critical issue. Having worked in education and leadership development my entire career, I believe the challenge lies in what these assessments actually measure — they often emphasise English language proficiency, for example. But if a student is coding, does their level of English really matter? With the advancement of AI tools, coding itself is increasingly being automated. The real need is for our universities to challenge outdated norms and focus on building a culture of research and innovation — something that is still lacking in many institutions.

What do you believe are the biggest barriers to fostering innovation and research excellence in India, and how can we overcome them?

Around 25 years ago, Nandan Nilekani and I worked closely with the government to advocate for the removal of entrance exams like JEE and NEET. We strongly believed these exams stifle creativity and innovation.

In my view, quota has become the big-

gest destroyer of innovation in India. Our focus must shift toward innovation and investment in research labs. My message to journalists is clear: we need more stories about research and innovation. India's expenditure on R&D is woefully low. Our premier institutions operate with annual budgets of ₹1,500 to ₹2,000 crore — less than \$400 million. Now contrast that with global universities like the University of Pennsylvania or Harvard, each running on annual budgets close to \$10 billion. The disparity is staggering. How can we compete unless we create a culture that prioritizes research? We must celebrate researchers, make them visible, and build an environment where research excellence is the norm — not the exception.

What are your future plans — in terms of research, innovation, AI, or new courses?

We've recently launched the AI and Future Centre — a 24/7 facility designed to be open and inclusive for all students. Inspired by a similar centre I saw in Edinburgh, our version is not limited to computer science. It's a cross-disciplinary space where any student can engage with artificial intelligence and machine learning. The goal is to democratise AI — to integrate it across disciplines. For example, AI applications in biology are already proving transformative. We're seeing writers and content creators being displaced by AI — which signals the urgency for every student, regardless of their field, to understand how to leverage AI and LLMs effectively. Just like Word and Excel were essential 20 years ago, today's baseline digital literacy must include AI.

But to highlight a few breakthroughs - we are using AI to develop breast cancer detection models and hydrogen refueling simulations. These are practical, high-impact applications of AI in science.

Research today relies heavily on computing power, not just laboratory experiments. At Shoolini, we've built a robust GPU-based infrastructure for AI — among the most advanced in India.

Are there any student startups at the university? How does Shoolini support them?

Yes, Shoolini University actively fosters entrepreneurship and innovation through four dedicated incubation and innovation centres. Several student-led startups are already operational and thriving within this ecosystem. We regularly organise hackathons to encourage creative problem-solving and product development. Additionally, we manage a ₹5 crore start-up fund, which offers up to ₹10 lakh in funding per project. Students are invited to pitch their ideas, and promising ventures receive financial and mentorship support to accelerate their growth.

(First published in ET Now)

FIRST PERSON

Jab I met the legend Imtiaz Ali

AISHANI CHAUHAN*

I DIDN'T expect that I would feel so nervous while standing just a few feet away from the man who gave us Jab We Met, Tamasha, Rockstar and other Bollywood blockbusters but there I was, heart thudding in my ears, waiting for my turn to speak to Imtiaz Ali at the 5th Litfest at Shoolini University.

It wasn't just that he is a celebrated filmmaker, but there's a strange calm that comes over you when you meet someone whose work has moved you in ways you didn't know how to explain.

During his conversation with Litfest Director Dr. Ashoo Khosla and the students, Ali didn't simply talk about filmmaking. He talked about outward and inward journeys. "The purpose of the journey is to transform people," he said. And it wasn't just about boarding trains to unfamiliar towns. He spoke of emotional and spiritual exploration, the kind that changes you quietly, from within. As a 19-year-old still figuring out who I am and where I belong, his words didn't just sound wise, they felt necessary. For once, changes didn't seem to scare. It felt like



a rite of passage.

One moment that got to me was when he talked about his desire to be unseen. "I want to go to a place where no one knows me," he said in a casual manner. While many might expect his favourite escape to be Kashmir, Manali or Dharamshala, Ali revealed it was Kinnaur, a place so scenic

and quiet, that allows him to simply exist. No performances, no expectations. Just peace!

And then, he spoke of women. "If women weren't in my films, these wouldn't work," he said. In his words and tone, there was no doubt: Women are at the heart of his stories. He said his films wouldn't work without them, and I believe him. Geet, Heer, Tara,

Veera - they aren't just female leads. They're the soul of his stories, written by him and loved by all. He acknowledged that women have also played a defining role in his own life, shaping the artist and the man he has become.

As someone who's grown up watching his films and often seeing parts of myself in his characters (like every fan), hearing him speak so gently, so honestly, was deeply grounding.

When I finally met him, I was surprised by how gently he spoke. There was no larger-than-life aura, no cinematic drama; just a man deeply in tune with human emotions. We exchanged a few words and took a selfie. I believe it was the humblest interaction I've ever had with a celebrity. He truly is a man that carries the soul and calmness of mountains with him.

For me, the most powerful takeaway wasn't in the quotes I managed to scribble down, but in the feeling I carried back. It was the quiet reassurance that when life feels confusing, listening to your heart might just be enough. And eventually, our soul the 'Nadaan Parinda' returns to its true self.

*(The writer is a second semester student of BJMC)

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Awareness rally held to spread message of compassion, human values

SNL TEAM

INA MOVING initiative aimed at promoting human values, Shoolini University, in collaboration with the Red Cross Society Solan, organised an Awareness Rally under the theme "On the Side of Humanity."

The event saw enthusiastic participation from students, fac-

ulty members, and community volunteers, all united in a common cause — to stand up for empathy, unity, and compassion.

The rally was flagged off by Deputy Commissioner of Solan, Mr. Manmohan Sharma, who appreciated the thoughtful initiative. In his address, he stressed the relevance of human values in today's fast-paced, often divided world. He called on the

youth and community to uphold the spirit of compassion in their day-to-day lives.

As the rally moved through Solan's central areas, students and volunteers actively engaged with the public. They distributed messages advocating for peace, equality, and support for marginalised communities. The rally was led by Dr. Neeraj Gandotra, Associate

The rally was flagged off by Deputy Commissioner of Solan, Mr. Manmohan Sharma, who appreciated the thoughtful initiative. In his address, he stressed the relevance of human values in today's fast-paced world.

Dean Students' Welfare (DSW), along with his team from Shoolini University. It was designed to encourage people to embrace kindness, support

the underprivileged, and promote a culture of humanity in everyday life.

The rally commenced at Mall Road, Solan, where participants

gathered with banners and hand-made placards. They began their march from the Old DC Office to the Old Bus Stand, spreading awareness through meaningful interaction and visual messages. Throughout the rally, participants carried powerful slogans that echoed through the streets. Placards bore heartfelt messages such as "No Greater Power Than a Heart That Helps," a reminder

that genuine support often stems from selfless emotion. Others read "For Humanity, With Humanity, Through Humanity" and "Together, We Rise by Lifting Others," reinforcing the idea that unity and cooperation lead to collective growth.

Participants also highlighted the value of small acts with the line "One Act of Help, a Hundred Smiles," and honoured

the collaboration by displaying "Red Cross: A Symbol of Hope and Humanity."

The event concluded at the Old Bus Stand, where a brief closing ceremony was held. Members of the organising committee addressed the crowd, thanking all participants for their dedication and encouraging them to continue spreading the message of humanity.