



**Report on outreach activities for the Indian Association of  
Muscular Dystrophy**



**2022-23**

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

**August 08, 2022**

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

On August 08, 2022, which is also celebrated as “Happiness Happens Day” The day encourages happiness all day. Recognize every moment of glee, joy, delight, and pleasure. Don’t let it pass. Most importantly, a flicker of a giggle should be given its due, and should it blossom into full-blown happiness, don’t be surprised. It happens! The Secret Society of Happy People is an organization that was founded in August of 1998 and formed to celebrate the expression of happiness. The society encourages members to recognize their happy moments and think about happiness in their daily life. They have two motto’s which include “Happiness Happens” and “Don’t Even Think of Raining on My Parade.” Their purpose is to stimulate people’s right to express their happiness.

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

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



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



**Nihit & Yogi presenting some entertaining songs**



**Volunteer Diya presenting patriotic and Bollywood songs**



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



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



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



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



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

**August 26, 2022**

**IAMD Visit by Shoolini Volunteers**

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

**Number of students participants: 19**



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





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



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



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



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

**September 07, 2022**

## **International Duchenne Muscular Dystrophy Day**

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

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

**Number of student participants: - 26**



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



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

**September 27, 2022**

## **Visit to Manav Mandir**

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

**Total number of participants: - 25**



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



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



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



**Volunteers and children enjoying Garba Dance**



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

**October 20, 2022**



## Diwali at Manav Mandir

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

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



**A classical dance being presented by volunteers**



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



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



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



**A photograph of a volunteer making tattoo**

**October 30, 2022**

## **Picnic With a Purpose**

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

**Total number of students participated: - 12**



**A beautiful view of the venue**



**A photograph of a happy young child**



**Participants & volunteers dancing**



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



**A group photograph of all the participants**

**November 01, 2022**



## **A Visit to Manav Mandir**

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

**Total number of students participated: - 23**



**Ayush Bahuguna anchoring the cultural evening**



**Muscular dystrophy warrior Deeksha with a volunteer**



**Volunteers presenting a dance**



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



**A volunteer with a child**



**Musical chair game going on**

**November 10, 2022**

### **Visit to IAMD**

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

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



**Children playing Tambola**



**A muscular dystrophy warrior playing Tambola**



**A muscular dystrophy warrior with his guardian**





**A random photograph of children and volunteers**



**Children playing Tambola**

**November 12, 2022**

## **A Picnic with Purpose**

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

**Total number of students participated: - 11**



**A muscular dystrophy warrior singing**



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

**November 18, 2022**

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

Eighteen volunteers of Shoolini University visited Manav Mandir Solan on November 18, 2022. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAM:D Centre, Jatoli Solan. Mrs. Nanda shared her journey of being associated with IAM:D for so many years and shared how social work at Manav Mandir has groomed volunteers of Shoolini University. After this cultural evening started with the songs, comedy, and dance performances of Shoolini volunteers. This was the first experience of many of the new students. Shoolini volunteers had prepared various songs and dances for the children who had come for their physiotherapy to the Centre. Family members who accompanied the patients, also participated, and enjoyed the activities. The management of Manav Mandir appreciated the efforts of Shoolini volunteers for their regular visits to the Centre and spending time with muscular dystrophy.

**Total number of participants: - 18**



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



**Volunteer Mridul presenting a song**



**A picture of Passing the Ball game**



**Volunteers talking to a child**



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

**December 16, 2022**

## Christmas Celebration at Manav Mandir

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

**Total number of students participated: - 22**



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



**Santa distributing sweets**



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





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

**February 24, 2023**

## **Manav Mandir Visit**

Shoolini made it through another successful meet with IAMD family on February 24, 2023. A bunch of students guided by faculty members Mr. Ankur Bashar and Mr. Suraj Kanwar had a fascinating time with the lovely people of IAMD with mirth, laughter, and a whole lot of emotions. The evening began with a pre-meet with the secretary Mr. Vipul Goyal over tea, biscuits, and smiles.

The session began with a quick and hearty introduction by Mr. Vipul Goyal and the evening reached another level of enthusiasm when Mr. Ankur Bashar took over with his guitar, his incredible improvisation skills, and persona, filling the air with music and laughs and energetic conversations. He created impromptu humour with his students/team Avishek Mandal and Sujit Nandi. Vaibhav Rana, another very talented student and a budding flutist gave a beautiful instrumental performance to the crowd. It all ended with game of musical chair which they claimed the game of warriors and players, warriors being the IAMD members and players being their interns and Shoolini volunteers. At the end, a group picture was clicked accompanied by the IAMD President Mrs. Sanjana Goyal. It was a yet another beautiful experience with lots of learning experience for each and everyone.

**Total number of participants: - 22**



**Mr. Ankur Bashar presenting a musical performance**



**Mr. Suraj sharing quality moments with a muscular dystrophy warrior**



**Mr Suraj and IAMD founder Vipul Goyal conversing about muscular dystrophy**

**April 07, 2023**

### **Visit to IAMD**

On April 07, 2023 almost 25 volunteers from Shoolini University went to Manav Mandir with the sole aim of bringing smiles on the faces of people going through muscular dystrophy and their care givers. The evening started with an introduction to Shoolini University and the reason of the students being there. The volunteers sang, danced, and played games. Age was no bar as senior citizens also joined the activities. The young children loved the tattoos that were painted on their hands. The evening ended with Mr Vipul Goyal thanking the volunteers for a wonderful evening that entertained the inmates and brought a smile on everyone's face.

**Total number of participants: - 25**



**Volunteers Ayush and Shilpi presenting a dance performance**



**Vaibhav presenting his flute performance**



**Volunteers talking to the guardians of Muscular Dystrophy Warriors**



**A volunteer with a child**



**Volunteers Asavri making tattoo on hands of a child**





**Muscular dystrophy warriors and their guardians enjoying the cultural evening**



**Mr. Vipul Goyal expressing gratitude towards Shoolini University & volunteers**

**April 15, 2023**

### **Visit to Manav Mandir**

On April 15, 2023, 22 volunteers from Shoolini University went to Manav Mandir with the sole aim of bringing smiles on the faces of people going through muscular dystrophy and their care givers. The evening started with an introduction to Shoolini University and the reason of the students being there. The volunteers sang, danced, and played games. Age was no bar as senior citizens also joined the activities. The young children loved the tattoos that were painted on their hands. The evening ended with Mr Vipul Goyal thanking the volunteers for a wonderful evening that entertained the inmates and brought a smile on everyone's face.

**Total number of participants: - 22**



**Volunteer Ayush and his dance partner during a folk performance**



**Volunteer Manan with a child**



**Volunteers interacting with a kid**



**A muscular dystrophy warrior enjoying the show**



**The participants enjoyed the cultural evening**

**May 27, 2023**

### **Manav Mandir Visit**

On May 27, 2023, a trip to Manav Mandir Solan was organized. **Twenty-two volunteers** from Shoolini University participated in this event. Manav Mandir Solan is working as Muscular Dystrophy Centre where not only therapies related to muscular dystrophy provided but also a family like atmosphere is created so that muscular dystrophy warriors do not feel left out in the society. The muscular dystrophy warriors had come to IAMD Centre with their guardians for a weeklong residential and therapeutical program in proper supervision of doctors. The evening started with volunteer Diya Gupta introducing all the volunteers to everyone. After this cultural evening started with the songs, comedy, and dance performances by Shoolini volunteers. The volunteers had prepared various songs and dances for the children who had come for their physiotherapy to the Centre. Family members who accompanied the patients, also participated, and enjoyed the activities. The management of Manav Mandir appreciated the efforts of Shoolini volunteers for their regular visits to the Centre and spending time with patients of muscular dystrophy.

**Total number of participants: - 18**



**Volunteers Gautam and Diya anchoring the event**



**A volunteer talking about fight against muscular dystrophy**



**A fun activity being played**



**Muscular dystrophy warriors and their guardians enjoying the event**



**May 28, 2023**

### **Picnic with a Purpose- IAMD**

On May 28, 2023, a picnic was organized by IAMD for muscular dystrophy warriors. They had planned the picnic to Mohan Heritage Park. A total of 8 Shoolini volunteers went with Muscular dystrophy warriors for this picnic. At 9 AM in the morning, two buses and some cars full of muscular dystrophy warriors and their guardians along with IAMD staff started from Manav Mandir. All of them reached at picnic location near Ashwani Khadd in next 100 minutes. As everyone got off the vehicles, refreshments were served. After this, some fun and games followed by singing and dancing were organized. A session on singing and dancing was very well organized and enjoyed by everyone.

**Total number of participants: - 08**



**Volunteers and muscular dystrophy warriors playing with each other**



**Participants dancing on Nati beats**



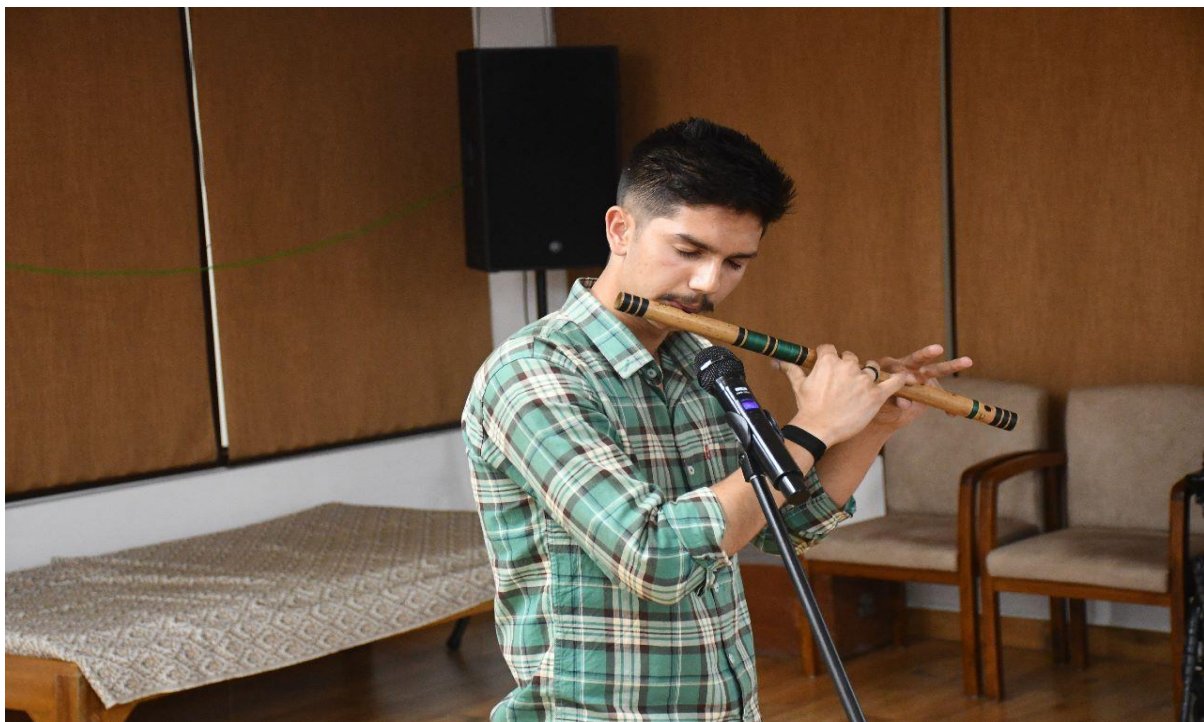
**A photograph of all the participants**

**June 05, 2023**

### **Visit to IAMD Centre**

On June 05, 2023, a trip to Manav Mandir Solan was organized. **Eighteen volunteers** participated in this event. Manav Mandir Solan is working as Muscular Dystrophy Centre where not only therapies related to muscular dystrophy provided but also a family like atmosphere is created so that muscular dystrophy warriors do not feel left out in the society. The muscular dystrophy warriors had come to IAMD Centre with their guardians for a weeklong residential and therapeutical program in proper supervision of doctors. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAMD Centre, Jatoli Solan. After this cultural evening started with the songs, comedy, and dance performances by Shoolini volunteers. The volunteers had prepared various songs and dances for the children who had come for their physiotherapy to the Centre. Family members who accompanied the patients, also participated, and enjoyed the activities. The management of Manav Mandir appreciated the efforts of Shoolini volunteers for their regular visits to the Centre and spending time with patients of muscular dystrophy.

**Total number of participants: - 22**



**A volunteer playing flute**



**Volunteer Isha anchored the event**



**A volunteer making a tattoo on the hand of a muscular dystrophy warrior**



**A group photograph of the volunteers**

**June 24, 2023**

## Manav mandir Visit

**Eighteen volunteers** from Shoolini University visited Manav Mandir Solan on **June 08, 2023**.

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

**Total number of participants: - 22**



**Muscular dystrophy warriors and their guardians attending the cultural evening**



**A muscular dystrophy warrior sharing her life story**



**July 07, 2023**

### **A visit to Muscular Dystrophy Centre**

On July 07, 2023, volunteers visited muscular dystrophy centre to spend quality time with muscular dystrophy warriors. It was the last visit of the semester. The session began with a quick and heartfelt introduction by Mr. Vipul Goyal and the evening reached another level of enthusiasm when Dr. Hemant took over with his guitar, filling the air with his incredible musical skills. Volunteers led by Khushi & Sai Ram created a joyful atmosphere with dance, riddles, and songs which everyone present at the venue enjoyed very much. It all ended with game of musical chair which they claimed the game of warriors and players, warriors being the IAMD members and players being their interns and Shoolini volunteers. It all ended with a group dance at the end. It was a yet another beautiful experience with lots of learning experience for each and every one who were a part of this evening.

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



**Volunteers and guardians of muscular dystrophy warriors dancing**



**A muscular dystrophy warrior answering a question**



**Dr. Hemant appreciating the musical skills of a muscular dystrophy warrior**



**Everyone had a group dance at the end**

**September 15, 2023**

### **Manav Mandir visit**

Student volunteers from Shoolini University went to Indian association of muscular dystrophy and met with the children and parents who are suffering from muscular dystrophy. This was a first visit of many of our new volunteers who experienced meeting little children suffering from a disease which has no cure. They also met and interacted with the parents of these young kids who have to reconcile to the fact that muscular dystrophy cannot be cured, and its prognosis gets worse as time passes by. However, the Indian association of muscular dystrophy helps these young children and adults to cope with this problem and suggests many lifestyle changes which can help them led a better life. Our students regaled their audience with singing, dancing and other fun games and came back to campus after adding a lot of smiles on the faces of the young patients.

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



**A volunteer anchoring the cultural evening**



**Some girls dancing on the stage**



**Everyone at IAMD Centre enjoyed the show**



**A group photograph of all the participants**

September 23, 2023

## Visit to IAMD

A visit to Manav Mandir was organised by the volunteers on September 23, 2023. The students who are now familiar with the objective of the visit and the requirements prepared themselves well. The anchors introduced themselves to the children and their parents. They also provided them a brief overview of the university and their association with Manav Mandir. Co-founder of Manav Mandir Mr. Vipul Goyal given brief overview of how IAMD Centre started and how it has become so far. The evening was full of fun and enjoyment as the volunteers sang songs and dance. They played games in which the children could also participate in some manner. It was a delightful evening which ended with a vote of thanks from the management of Manav Mandir towards Shoolini and the volunteers who are always ready for a visit to support the cause of Muscular Dystrophy.

**Total number of students participated: - 16**



**Mr. Vipul Goyal addressing everyone**





**Muscular dystrophy warriors and their guardians participated in the event**



**Everyone at Manav Mandir enjoyed the evening**

**October 08, 2023**

### **Picnic with Purpose**

A picnic with purpose was organized by IAMD Jatoli with the help of Shoolini volunteers. A total of eight student volunteers from Shoolini University went to IAMD Manav Mandir Jatoli. A picnic was scheduled for the day. Everyone left for Mohan Shakti Heritage Park at 9 AM in the morning. Shoolini volunteers helped the muscular dystrophy warriors in boarding the vehicles. It took around one and a half hour to reach Ashwani Khadd. Everyone visited the heritage park, and everyone got mesmerised by the idols of Gods, Goddesses, and beautiful environment around the temple. They spend more than two hours' time in the temple area. Everyone had their lunch and travelled back to IAMD centre later. Antakshri took place while travelling back. Overall, it was a great experience which was greatly appreciated by everyone.

**Total number of participants: - 08**



**Volunteers escorting the Muscular Dystrophy Warriors towards temple area**



**Everyone reached temple area and it made them very happy**



**Volunteers and Muscular Dystrophy Warriors near Bhagwan Narsingh Idol**



**A group photograph of all the participants was captured in the temple area**

**December 22, 2023**

## **Christmas Celebration at Manav Mandir**

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

**Total number of students participated: - 14**



**Volunteers and children laughing on an act of stand-up comedy**



**A little girl wearing Merry Christmas glasses props**



**Children were very excited for the celebration.**