November 21, 2022

A Training on HIV & AIDS- Red Ribbon Club

On November 21, 2022, Red Ribbon Club Solan organized an awareness workshop on HIV & AIDS at Regional Hospital, Solan. The workshop was organized in CMO Hall and 4 participants from Shoolini University attended the event. For this workshop, students and teachers from nearby colleges, institutes and universities were invited. The workshop started with the formal welcome of all the invited participants by the president of Red Ribbon club, Solan. After this, doctor given a presentation on HIV & AIDS. She talked about the history and the current global scenario of this disease; she talked about the potential causes of this disease. She talked about what precautions can be taken to prevent this disease and she emphasized that prevention is better than cure. The attendees were awarded with certificates for their participation.



Atendees attending the workshop



A photograph of participants from Shoolini University

A Workshop on Prevention of Sexual Harassment

An extremely informative session of on PoSH (Prevention of Sexual Harassment) was conducted in the camping by Advocate Shalini Sharma who is a practising advocate in the H.P Court. She has experience of more than a decade in the legal field The session provided clear and simple information about the act and the areas it covers. Shalini made the session interactive and interesting by sharing examples of the cases she has witnessed. She urged the women to have a strong feeling of self-esteem and not be cowed down by fear. She also provided relevant and helpful information about the sites of Govt. of India and how one can take assistance from those. She amplified the role and responsibility of the internal committee who need to have a non-biased and open-minded attitude toward both the parties. She emphasized on the role of having enough proof of the misdeed and not take this as a path merely to get even with someone. She answered questions and resolved queries raised at the end of the session. The session organized by the office of Dean Student Welfare was very well appreciated and attended by faculty and staff of the university.



DSW Mrs. Poonam Nanda introducing the speaker



Advocate Shalini Sharma talking on PoSH



Advocate Shalini Sharma sharing some valuable insights



Faculty and staff attending the talk

शूलिनी विवि में यौन उत्पीड़न रोकने पर किया जागरुक

प्रदेश उच्च न्यायालय में कार्यरत अधिवक्ता शालिनी शर्मा ने छात्रों को बांटी जानकारी उपलब्ध सरकारी संसाधनों के

दिव्य हिमाचल ब्यूरो-सोलन

शुलिनी विश्वविद्यालय में डीन छात्र कल्याण कार्यालय द्वारा यौन रोकथाम उत्पीडन की (पीओएसएच) पर एक जानकारीपूर्ण सत्र आयोजित किया गया। सत्र का संचालन हिमाचल प्रदेश उच्च न्यायालय में कार्यरत अधिवक्ता शालिनी शर्मा द्वारा किया गया। महिलाओं के अधिकारों और सशक्तिकरण के लिए एक भावुक प्रतिबद्धता के साथ उन्होंने दर्शकों को पीओएसएच अधिनियम और इसके अंतर्गत आने वाले व्यापक क्षेत्रों की स्पष्ट और व्यापक व्याख्या



Press report of the event

के साथ जोड़ा। उन्होंने व्यक्तिगत किए, जिससे यौन उत्पीड़न की प्रकाश में लाया गया। पूरे सत्र के

रूप से देखें गए मामलों के कठोर वास्तविकताओं और पीड़ितों दौरान, अधिवक्ता शालिनी ने यौन वास्तविक जीवन के उदाहरण साझा पर इसके विनाशकारी प्रभाव को उत्पीडन के पीडि़तों के लिए

ने कहा कि यह कार्यक्रम सभी सदस्यों के लिए एक सुरक्षित और समावेशी परिसर वातावरण को बढा़वा देने के लिए विश्वविद्यालय की प्रतिबद्धता का एक प्रमाण है।

उपयोग के महत्व का प्रदर्शन

किया। उन्होंने भारत सरकार द्वारा

प्रदान किए गए विभिन्न सहायता

तंत्रों के बारे में प्रासंगिक और

उपयोगी जानकारी प्रदान की,

जिससे उपस्थित लोगों को यह ज्ञान

प्राप्त हुआ कि वे जरूरत पडने पर

कैसे सहायता प्राप्त कर सकते हैं।

डीन छात्र कल्याण पूनम नंदा

Awareness Session on Drug Abuse at Sanhol Panchayat

The awareness session on drug abuse, organized by HP State Services Legal Authority in collaboration with District Legal Services Authority Solan, aimed to educate the local community about the dangers of drug abuse and its legal implications. The session focused on raising awareness, promoting prevention, and providing support to individuals affected by drug abuse. The event took place in Sanhol Village Panchayat and witnessed active participation from students of Shoolini University. The presence of expert speakers, including Sub Inspector Ghanshyam Sharma, Judge Akanksha Dogra, and Clinical Psychologist Ms. Vaishali Sharma, ensured a comprehensive understanding of the subject matter. The interactive question-and-answer session allowed participants to actively engage in the event and acquire knowledge from the experts. The involvement of students from nearby universities and colleges reflected their commitment to addressing the issue of drug abuse and their dedication to creating a drug-free environment.



Sub Inspector Ghanshyam Sharma sharing insights into the prevalence of drug abuse



Psychologist Ms. Vaishali Sharma discussing the psychological complexities associated with drug abuse



Students and villagers attending the awareness session



A photograph of guest speakers and attendees

3-DAYS WORKSHOP ON AYURVEDIC HEALING



Organized by School of Ancient Indian Wisdom and Yogic Studies



Dates 5-7 Sept 2022 Venue Shoolini University







Guest Expert

Dr Ajeet Tiwari

Nadi Vaidhya and Panchakarma Specialist

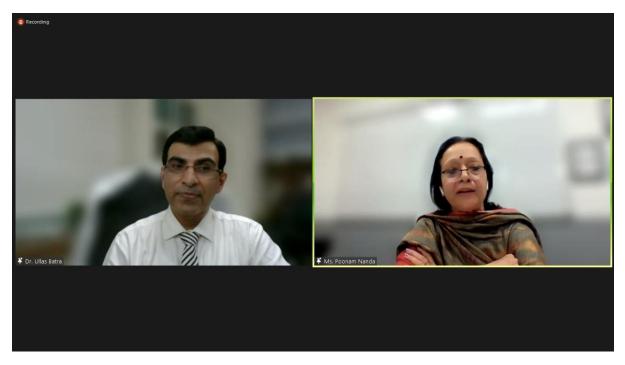
Ayurveda Medical Officer, Govt. Ayurveda Hospital, Almora, Uttarakhand. Coordinator. State De-Addiction Center. Almora.

Cancer Awareness on World Lung Cancer Day

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

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

Number of students participated: - 76



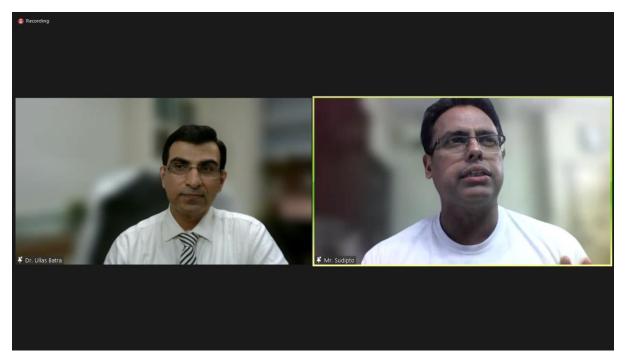
DSW Mrs. Poonam Nanda welcoming Oncologist Dr. Ullas Batra for the talk



Mrs. Poonam Nanda introducing Mr. Sudipto to the audience



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



Mr. Sudipto sharing his journey of fighting lung cancer



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

November 30, 2022

Cancer Awareness Talk by Tanvi

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

Total number of students participated: - 120



Jagriti introducing the speaker



Ms. Tanvi talking about AIDS



Ms. Tanvi talking about the difference between HIV & AIDS



Students attending the talk

Capacity building for Women

Shoolini University, in collaboration with the National Commission for Women (NCW), organised its inaugural 'Capacity Building and Personal Development Programme' yesterday. The seminar, aimed at promoting gender equality and empowering women, received overwhelming participation from girl students across various prestigious institutions. Out of the 152 universities that applied for the Capacity Building and Personality Development seminar, Shoolini University was among the 61 selected institutions. The event witnessed the attendance of girl students from SILB, Nursing College, Dr. YS Parmar University of Horticulture and Forestry Nauni, and Shoolini University, making it a truly impactful gathering.

The National Commission for Women (NCW) is a statutory body that serves as an advocate for the rights of Indian women, advising the government on policies affecting women. The commission provided valuable support to the programme, further highlighting its commitment to empowering women and addressing issues of concern. The seminar was focused on securing women's rights and entitlements through effective policy formulation, legislative measures, law enforcement, scheme implementation, and strategies to combat discrimination and violence against women.

The event commenced with the opening address by Mrs. Saroj Khosla, President of Shoolini Foundation and SILB, who emphasised the innate qualities of women such as intuition and kindness. She encouraged the attendees to practice the affirmation 'I can do it; I will do it' and recognized the pivotal role of girls as builders of the nation. Dr. UK Neogi, the keynote speaker, Indira Gandhi Sadhana Awardee and Director of Research Projects at Shoolini University, shed light on the progress of empowering women globally. He highlighted the programme's objective of promoting women's empowerment through capacity building and personality development, focusing on employment preparedness, interpersonal skills, and creative thinking.

Ms. Delina Khongdup, a practicing lawyer and Chief Guest of the programme, emphasised that a country cannot be considered developed unless its women are empowered. Ms. Khongdup also highlighted the Women's Day 2023 theme, "DigitALL: Innovation and Technology for Gender Equality."

Dr. Deepshika Kalra, Dean of the Management Education and Research Institute at Delhi, presented on cybercrimes and highlighted features in applications designed to protect our interests. Notably, she discussed Gmail, Google Drive, and Google Sheets, showcasing security features to safeguard personal information. Dr. Amar Rao, Associate Professor at Shoolini University, shared valuable insights on essential abilities for workplace success. He emphasised effective communication, problem-solving, teamwork, adaptability, and time management as crucial skills for a thriving career. The seminar also featured an engaging questions and answers session led by Ms. Poonam Nanda, the Dean of Student Welfare.





SHOOLINI UNIVERSITY WELCOMES YOU

FOR

CAPACITY BUILDING AND PERSONALITY DEVELOPMENT PROGRAM

SUPPORTED BY

NATIONAL COMMISSION FOR WOMEN

💡 RATAN TATA HALL 🛛 🚞 09TH JUNE, 2023 | 09:00 AM - 05:00 PM

World University INDIA'S NO.1 PRIVATE UNIVERSITY

Poster made for the event



Dr. Neogi talking on women empowerment



Ms. Delina talking on "Innovation and Technology for Gender Equality"



Dr. Amar Rao talking on workplace success for women



Bollywood songs were presented by Yogi and her team



A Nati performance was done by the Shoolini students



Chancellor Dr. PK Khosla felicitating Dr. Deepshikha Kalra



All the speakers with Chancellor and hosts of the event

November 01, 2022

Career Counselling

Working on providing career counselling to students, a session on Career Options in the Civil Services was organised at Rata Tata Hall on November 01, 2022. The session was led by Mr Vivek Atray (ex IAS) who has guided and nurtured several aspirants and many of these young people cleared the exam.

Ms Devina Vardhan from IRS (Indian Revenue Service) was the keynote speaker. Both of them inspired the students to take the exam and gave them practical tips on preparing for it. They also answered all the queries of the students. Col TPS Gill concluded the event by thanking the esteemed guests.

Total number of students participated: - 160



Col. TPS Gill addressing the students



Mr. Vivek Atray sharing his insights



Ms. Devina sharing experience of her IAS journey



Vice Chancellor Prof. Atul Khosla honouring the guest



2nd Annual Conference of The Yogananda Centre for Theology SPIRITUALITY FOR HOLISTIC WELLNESS



PETER DRUCKER Hall, Shoolini University, Solan

Dec 09, 10:00 AM Offline Conference

Shoolini Universi

Organised by:-

Yogananda Centre for Theology

In association with:-

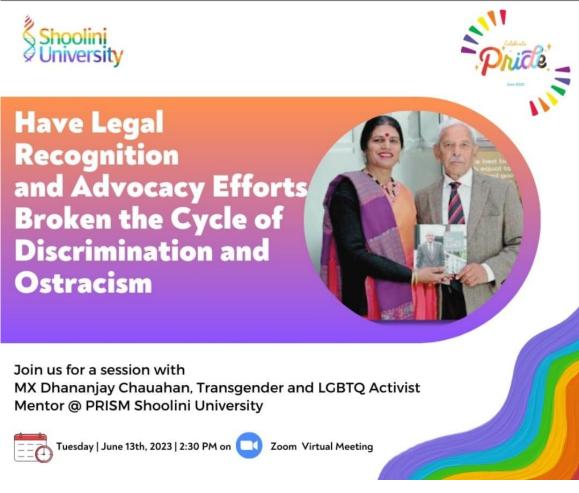
School of Ancient Indian Wisdom and Yoga Science

Register here:	More Info:	+91 70184 13284	Dr. Supriya	(YCT Coordinator)
https://forms.gle/1AMiyyZphjUo3Dps9		+91 94181 75744	Dr. Lalit	(YCT Media Incharge)
Of in /yoganandacentrefortheology		+91 70182 82612	Er. Gulshan	(YCT Social Media Incharge)

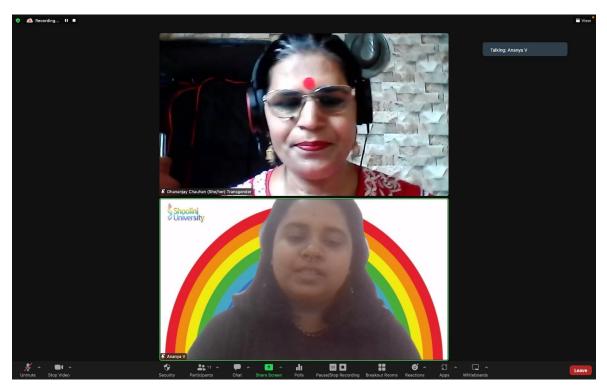
Dhananjay Talk on Gender Equity

The concept of gender equity goes beyond mere equality. It represents a vision of fairness, justice, and equal opportunities for people of all genders. In recent years, there has been significant progress towards achieving gender equity. One of the key aspects of gender equity is the empowerment of women. But gender equity is not just about women. It also encompasses the experiences and rights of individuals who do not conform to traditional gender norms. For this, Shoolini University organized a talk on gender equity featuring Mx. Dhananjay Chauhan who is a gender rights activist. She emphasized on providing minor genders with the tools, resources, and support necessary to make their own choices, control their own lives, and participate fully in social, economic, and political spheres. She said that we must strive to create a society that embraces diversity and inclusivity, where people of all genders are respected, valued, and given equal opportunities. This involves challenging harmful stereotypes and biases, promoting LGBTQ+ rights, and ensuring that everyone has the freedom to express their gender identity authentically.

Total number of participants: - 160



Poster made for the talk



Mx. Dhananjay addressing the students



Guest speaker showing her gratitude towards the audience

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Jaypee University of Information Technology

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Home (https://himachaltonite.com/) / Himachal (https://himachaltonite.com/category/HIMACHALTONITE.COM/CATEGORY/NATION-NEWS/) OTHERS ~ DST-STUTI Training Programme from July 22 (https://himachaltonite.com/himachal/dst-stuti-training-programme-from-july-22/)

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BUEST

B.Tech.

Biotechnology



Solan, July 18

Shoolini University, in collaboration with Sophisticated Analytical Instrumentation Facility (SAIF) at Central Instrumentation Lab (CIL), Panjab University, Chandigarh, is hosting a training session on biotechnology techniques in the university campus from July 21 to July 27.

The training programme will be oragnised by the Faculty of Applied Sciences and Biotechnology (FASB) Shoolini University Solan.

Prof R.C. Sobti, Professor (Emeritus), Department of Biotechnology, Ex-Vice Chancellor, Panjab University, will be the mentor of the programme. Shoolini University Chancellor Prof. PK Khosla and Vice Chancellor Prof. Atul Khosla have said that it would be a landmark workshop.

The scheme "Synergistic Training Programme Utilising the Scientific and Technological Infrastructure" (STUTI) is intended to build human resources and their knowledge capacity through open access infrastructure across the country. As a complement to the various schemes of Department of Science and Technology, the funding for the expansion of research and development infrastructure at academic institutions, the STUTI scheme envisions a hands-on training programme and sensitisation of the state-of-the-art equipment as well as towards sharing while ensuring transparent access to science and technology facilities. This will be the first DST-STUTI training to be organised at Shoolini University. The programme will provide hands-on training in molecular biology to the participating PhD students and teachers from all over India, according to the conveners of the programme, Prof Anuradha Sourirajan, Dean Biotechnology, and Prof Sunil Puri, Registrar and Dean Academics. The programme will feature expert talks from Prof. R. C. Sobti, eminent biotechnologist, and Prof. PK Seth, Former Director, Indian Institute of Toxicology Research (ITRC), Lucknow and Ex-Founder and CEO, Biotech Park on the opening day on July 21. During the training, experts from both academia and industry, such as Mr. Vishal Anand, Socio-Entrepreneur and Co-Founder, Shoolini University; Dr. Narendra Chirmule, Co-founder and CEO, Symphony Tech Biologics; Dr. Sunil Babu, BBAU, Lucknow; Dr. Anand Kumar Bachhawat, Professor, IISER Mohali, Chandigarh; Dr. Manishi Mukesh and Dr. Monika Sodi would speak to the participants.

हिंदी लेखन प्रतियोगिता

(http://https://www.baddiuniv.ac.in/)

INTER SCHOOL THEATER FEST



(https://keekli.in/sjvn-keekli-charitable-trust-joinhands-to-organize-a-story-writing-competition/)

SHOOLINI UNIVERSITY



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INTER SCHOOL THEATER FEST



(https://keekli.in/sjvn-keekli-charitable-trust-joinhands-to-organize-a-story-writing-competition/)

SHOOLINI UNIVERSITY



November 22, 2022

Guest Talk- DATRI

Datri and Shoolini University have been in collaboration for several years DATRI is a not-forprofit organization registered in 2009 as a Section 8 company act under Government of India. DATRI is one of the largest unrelated blood stem cell donors' registries in India, that helps patients with blood cancer and other fatal blood disorders to find a HLA matched Blood Stem Cell donor. The event for awareness and donation was organised on November 22, 2022, at Ratan Tata Hall.

Dr. Anuradha who represented DATRI spoke to the students about stem cell donation. She encouraged students by saying that it's a donation that saves a life and is simple to do. In the initial stage only, a swab is taken from the mouth and frozen after its details are noted. After her talk many students stayed back to give the swab samples.

Total number of students participated: - 160



Mr. Shard introducing Dr. Anuradha on the stage



Dr. Anuradha talking about how DATRI was started



Dr. Anuradha giving the swab samples



Students giving swab samples

Guru Talk- Power of Gratitude

An excellent Guru Talk was held at RTH on October 01, 2022. The Guru Talks in Shoolini are an effort to bring leaders and experts to interact with the students. This talk was delivered by Mr. Basu Rai who is a strong fighter for the rights of children. Being an orphan and having faced extremely challenging times. Basu narrated his horrific childhood experiences getting into street fights and gangs. It was these experiences that motivated him to be a fighter for rights of children. Today Basu is a name known for his grit and determination and he has rescued more than 6000 children from slavery. His hard-hitting talk was greatly appreciated by the students. An MOU between SU and Basu foundation was also signed wherein Basu himself will train students of Shoolini, who will go out to various schools to educate children on drug Abuse.

Total number of students participated: - 220



DSW Mrs. Poonam Nanda introducing Mr. Basu Rai to the audience



Mr. Basu Rai sharing his challenging life journey with the audience



A photograph of students and faculty members listening to the talk



An MOU being signed between Basu Rai Foundation & Shoolini University



Happy faces after signing the MOU

In a conversation with Sanjeev Arora

A mentorship open house was conducted by Mr. Sanjiv Arora, former Secretary of the Ministry of External Affairs, Government of India, and Chief Advisor of External Affairs at Shoolini University. The session provided an opportunity for students to engage in a two-way interaction with Mr. Arora, seeking guidance, sharing experiences, and gaining insights into the field of external affairs. This report highlights the key aspects of the mentorship open house.

The open house facilitated direct interaction between students and Mr. Sanjiv Arora, creating a conducive environment for knowledge sharing and mentorship. Students had the opportunity to ask questions, seek career advice, and discuss their academic and professional aspirations. Mr. Arora shared his extensive expertise in external affairs, providing valuable insights into the field. He discussed the various dimensions of diplomacy, international relations, and India's foreign policy, addressing the students' queries and providing practical guidance for pursuing a career in this domain. The mentorship session included anecdotes and real-world experiences shared by Mr. Arora, offering students a glimpse into the challenges and opportunities in the realm of external affairs. These stories provided valuable lessons and inspired students to pursue their aspirations with determination and resilience. Mr. Arora emphasized the significance of personal development and highlighted essential skills and qualities required for success in the field of external affairs. He offered valuable career guidance, stressing the importance of continuous learning, adaptability, and ethical decision-making.

The mentorship open house conducted by Mr. Sanjiv Arora at Shoolini University provided an invaluable opportunity for students to engage in a meaningful interaction with an experienced advisor in the field of external affairs. The session not only enriched students' understanding of the domain but also inspired and motivated them to pursue their goals with determination. The event exemplified the importance of mentorship and highlighted the immense benefits it offers in shaping the future of aspiring professionals.



Ambassador Sanjeev Arora addressing the students



Ambassador Sanjiv Arora answering the questions



Students listening to the speaker

Mother's Day- A workshop for Housekeeping Staff

An event which was a combination of thanksgiving, fun activities, and a workshop on making bags without sewing was organized. The event was organized at activity hall of C-Block of the Girls' Hostel. It started with DSW Mrs. Poonam Nanda addressing the housekeeping ladies and sharing the importance of a mother in a family. Then the participants were invited to come in front and share their story of how celebrated Mother's Day and how their bond is with their children. Then Antakshri was played by dividing the ladies into three teams. The ladies were very excited while playing and all the teams given tough competition to each other. After this Head Warden of the Girls Hostel, Mrs. Shubhra joined the event to conduct a workshop on "How to make old bags with old T-shirts without needing a sewing machine". The ladies made the bags with T-Shirts provided to them. The event brought a smile on the face of everyone who participated in the event. Everyone was a gifted a Chocolate. Refreshments were served at the end.



DSW Mrs. Poonam Nanda addressing the housekeeping ladies



Ladies enjoying the Antakshari



Mrs. Shubhra teaching ladies how to make bags without sewing

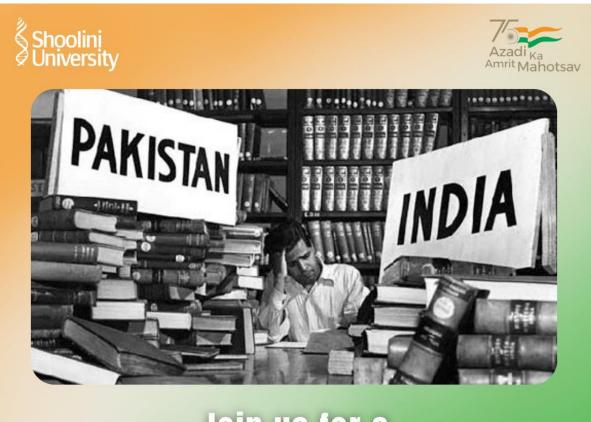


A group photograph of some of the ladies with DSW Team

Partition Horrors Remembrance Day Activity

As directed by the Department of Cultural Affairs GOI a digital display of the horror memories of the partition was organised in Shoolini University. The event was opened by DSW Mrs. Poonam Nanda who said that although the mood is of celebration as India is completing 75 years of Independence, but we should not forget the horrors of partition and must pay homage to the millions who lost their lives. Chancellor Dr. Khosla who was only 7 years old in 1947 recalled his memories of the horrific time. Dr. Julka, who was also the same age, spoke of the divide between communities. The digital library shared by the government of India was shown virtually to the faculty and students.

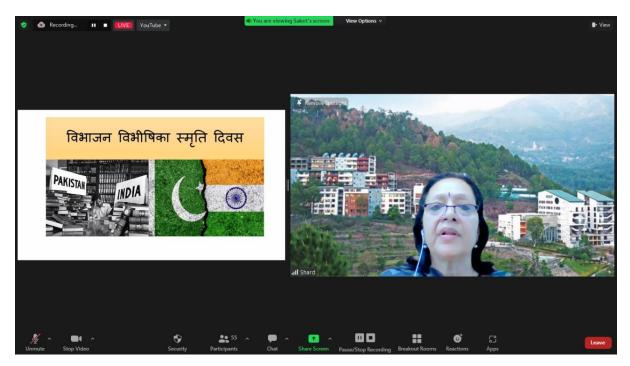
Total number of students participated: - 140



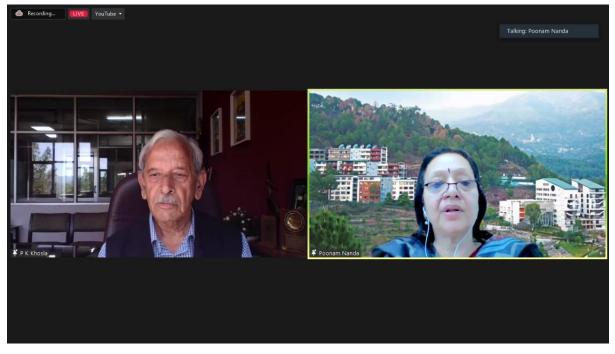
Join us for a Digital Exhibition on Partition Horrors Remembrance Day

10 August, 2022 | 10:00 AM Onwards Mode : Zoom

Poster made for the event



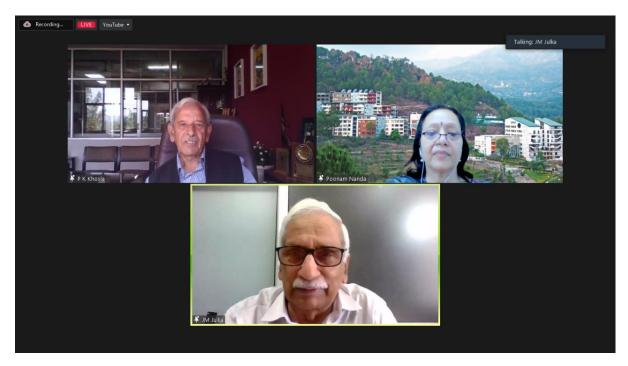
DSW Mrs. Poonam Nanda starting the event with an introduction of the significance of the Partition Horrors Remembrance Day



Dr. PK Khosla relating the incidents of the partition that happened during his childhood



Prof. PK Khosla explaining about the sufferings of Partition



Dr. Julka relating the incidents of partition that happened during his childhood





Celebration of Pharmacists Day "Pharmacy united in action for a healthier world" September-28, 2022 at APJ Hall/RTH, Shoolini University

Time	Activity	Resource Persons/Participants
10.00 AM	Welcome of the Guests, and Tea with the Chancellor/Vice-Chancellor in VC lounge	Prof. P.K. Khosla, Prof. Atul Khosla, Prof. Pramil Tiwary, Prof. V.K. Kapoor, Registrar, Director Operations, Prof. Deepak Kapoor, Prof. Rohit Goyal, Dr. Deepak Kumar
10:30 AM	Lamp Lighting, Saraswati Vandana	APJ Hall / RTH (Prof. P.K. Khosla, Prof. Atul Khosla, Prof. Pramil Tiwary, Prof. V.K. Kapoor, Deans & Directors, Faculty Pharma, Pharmacy students)
10:35AM	Welcome Address by Dean	Dr. Deepak Kapoor
10:40AM	Address by the Vice-Chancellor, Shoolini University	Prof. Atul Khosla
10.50 AM	Address by the Chancellor, Shoolini University	Prof. P.K. Khosla
11.00 AM	Address by Guest of Honor	Prof. VK Kapoor
11:10 AM	Pharmacist Oath	All present
11:15 AM	Key note talk by Guest Speaker	Prof. Pramil Tiwari, NIPER, Mohali
12.00 AM	Tea break	APJ Hall (for students in OAT)
12.30 PM	Inauguration of Advanced Molecular Pharmacology Laboratory	Chancellor, Vice Chancellor, Guests, Deans & Directors, Dr. Deepak Kapoor, Dr. Rohit Goyal, Faculty Pharma
1.00 PM	Lunch at Chalet	Chancellor, Vice Chancellor, Guests, Registrar, Dr. Deepak Kapoor, Dr. Rohit Goyal, Dr. Deepak Kumar
2.00 PM	Poster/ Declamation competition	School of Pharmaceutical Sciences/ RTH
3.00 PM	Valedictory session	RTH (Chancellor, Vice Chancellor, Guests, Faculty Pharma, Pharmacy students)
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Session on Cancer in Literature Festival

The third edition of Shoolini Litfest included an insightful session called "Surviving Against Odds," moderated by Dean of Student Welfare (DSW) Poonam Nanda. The session revolved around the uncertainties of life and how one can survive and overcome them. The panellists for the session were Sanjay Deshpande, Aditya Arun, and Pallavi, who shared their own experiences of surviving against the odds and gave advice to the audience.

The session started with Poonam Nanda introducing the topic and the panellists. She emphasized that life is unpredictable, and we must prepare ourselves to face any challenges that come our way. The panellists then shared their personal experiences and how they dealt with unexpected situations. Sanjay Deshpande talked about his near-death experience and how it changed his perspective on life. Aditya Arun shared how he overcame the challenges of being visually impaired and pursued his dreams. Pallavi spoke about her journey of coping with grief and loss and how she found solace in writing.

The discussion highlighted the importance of mental strength, resilience, and having a support system. The panellists also talked about the role of literature in helping people cope with difficult situations. They recommended the book "Don't Ask Me How I'm Doing: Life, Death and Everything in Between" as a valuable resource for people facing similar challenges.

The session was a part of the third edition of Shoolini LitFest, which was a huge success. The LitFest provided a platform for authors, poets, and thinkers to come together and share their thoughts and ideas. The session on "Surviving Against Odds" was an inspiring and thought-provoking discussion that left the audience with a lot to think about.



DSW Mrs. Nanda Moderating the event



Ms. Pallavi sharing her journey of fight against the cancer



Mrs. Nanda praising the spirit of cancer warriors



Mrs. Poonam Nanda and Dr. Ashoo Khosla with the panellists

Sidharth Basrur talk on Drug Addiction

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



Sidharth Basrur sharing his journey of coming out of drug addiction



Sidharth Basrur talking about how drug addiction can be cured



Students and faculty members attending the talk

Swarnim Himalaya Summit Shimla

The Swarnim Himalaya Conference recently took place in Shimla, showcasing the collective efforts towards healing and sustainability of the Himalayas. The conference aimed to bring together various stakeholders, including environmentalists, researchers, and policymakers, to discuss and strategize ways to preserve and restore the Himalayan ecosystem. This report provides a brief overview of the conference, highlighting key participants, notable events, and the emphasis on zero expense experience and experimentation. The conference was honoured to have Diya Mirza, a renowned actress and environmental activist, as the chief guest. Diya Mirza's presence not only added star power to the event but also highlighted the importance of environmental conservation. Her passion for sustainable living and commitment to environmental causes served as an inspiration to all attendees.

Shoolini University was appreciated and recognized for the efforts and initiatives undertaken to heal the Himalayas. The event served as a platform to acknowledge and celebrate the work of environmentalists, local communities, and institutions dedicated to preserving the Himalayan ecosystem.

Sustainability was a central theme throughout the conference. The discussions revolved around finding sustainable solutions to address challenges such as climate change, deforestation, biodiversity loss, and waste management in the Himalayan region. The Swarnim Himalaya Conference encouraged all stakeholders to combine their efforts to achieve significant impact. The event fostered networking opportunities and collaboration among individuals and organizations working towards a common goal

One unique aspect of the conference was its commitment to providing a zero-expense experience and promoting experimentation. The organizers aimed to minimize resource consumption, reduce waste generation, and create an eco-friendly event. This approach not only aligned with the principles of sustainability but also set an example for future conferences and events.



Mrs. Prabodh Saxena presenting her views on environmental conservation



A photograph of the Mr. & Mrs. Nanda and Pradeep Sangwan with Diya Mirza



Mr. Pradeep Sangwan talking about the future possibilities of the initiative



Sh. Lalit Jain expressing his views



A photograph of dignitaries and audience

December 01, 2022

Talk by Poornima from YouWeCan

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



Ms. Purnima talking about AIDS



Ms. Purnima explaining about the importance of AIDS awareness



Ms. Purnima clearing the doubts of students



A photograph of the students attending the talk

Talk on Cancer awareness by Dr. Sumedha

As a part of the activities held for awareness on cancer, an extremely engaging and informative talk was organised on cancer awareness and its prevention. It was attended by almost a hundred ladies of the housekeeping staff and other volunteers. Dr Sumedha Kushwaha spoke about the importance of women's health and how we tend to ignore it because of family responsibilities and pressure. She spoke about breast, cervical and lung cancer and provided a lot of relevant information. The session was moderated by DSW Mrs. Poonam Nanda in collaboration with YouWeCan, the foundation of star cricketer Yuvraj Singh.



Poster made for the talk



DSW Mrs. Poonam Nanda welcoming Dr. Sumedha



Dr. Semedha talking about cancer prevention



Housekeeping staff and students attending the talk at PDH

Workshop on Medical Emergencies

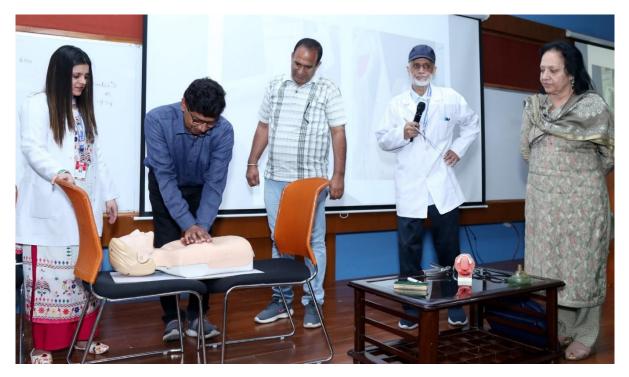
A workshop on Medical Emergencies was organized on June 15, 2023. It was a highly informative and interactive event. The workshop aimed to enhance the knowledge and skills of healthcare professionals in dealing with various medical emergencies. The workshop brought together medical practitioners, nurses, and other healthcare personnel, providing them with a platform to exchange ideas and gain practical insights into managing critical health situations. The participants learned about latest advancements in emergency medical care and enhanced their understanding of different medical emergencies. The workshop was appreciated by the participants, who expressed their gratitude for the valuable insights gained and the practical training provided.



Students and faculty members attending the workshop



A demonstration on CPR going on



A demonstration on how to give CPR



A demonstration on CPR going on

YouWeCan volunteers Meeting with Sarabjit Singh Vella Boby

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



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



Mr. Sarabjit Singh encouraging students to be selfless