

**SHOOLINI  
UNIVERSITY  
SOLAN, HP**

# **Social Projects Report (Jagruti) 2020 Jan-Dec**



**Social Projects Report (Jagruti) 2020**  
**Shoolini University of Biotechnology and Management  
Sciences**

**January 30, 2020**

## **Cleanliness Day**

January 30 is celebrated as cleanliness day in India. On January 30, 2020, a cleanathon was conducted. In this cleanathon, student volunteers went for garbage collection to nearby villages of Shoolini University, Oachghat & Kumarhatti. During this, tons of garbage was collected and was handed over to Garbage processing unit, Salogra, Solan. A total of 2200 student volunteers and 120 teachers participated in this activity.

**Total participants: - 2320**

**Number of students participated: - 2200**



**A photograph of cleaning drive**

Feb 04, 2020

## World Cancer Day Shoolini Walk For Life 2020

On 4<sup>th</sup> of February 2020, which is celebrated as World Cancer Day, “Shoolini walk for Life” was conducted in which student volunteers did a march on The Mall, Solan. This event started with the formal address of then VC of Shoolini, PK Khosla and DSP Solan. After this, students went for “Shoolini walk for Life”. During this, a huge passion among volunteers was seen & volunteers shouted slogans against cancer. A total of 15 teachers and 120 students volunteers took part in this activity.

**Total participants: -135**

**Number of students participated: -120**



A photograph of “Shoolini Walk for Life”

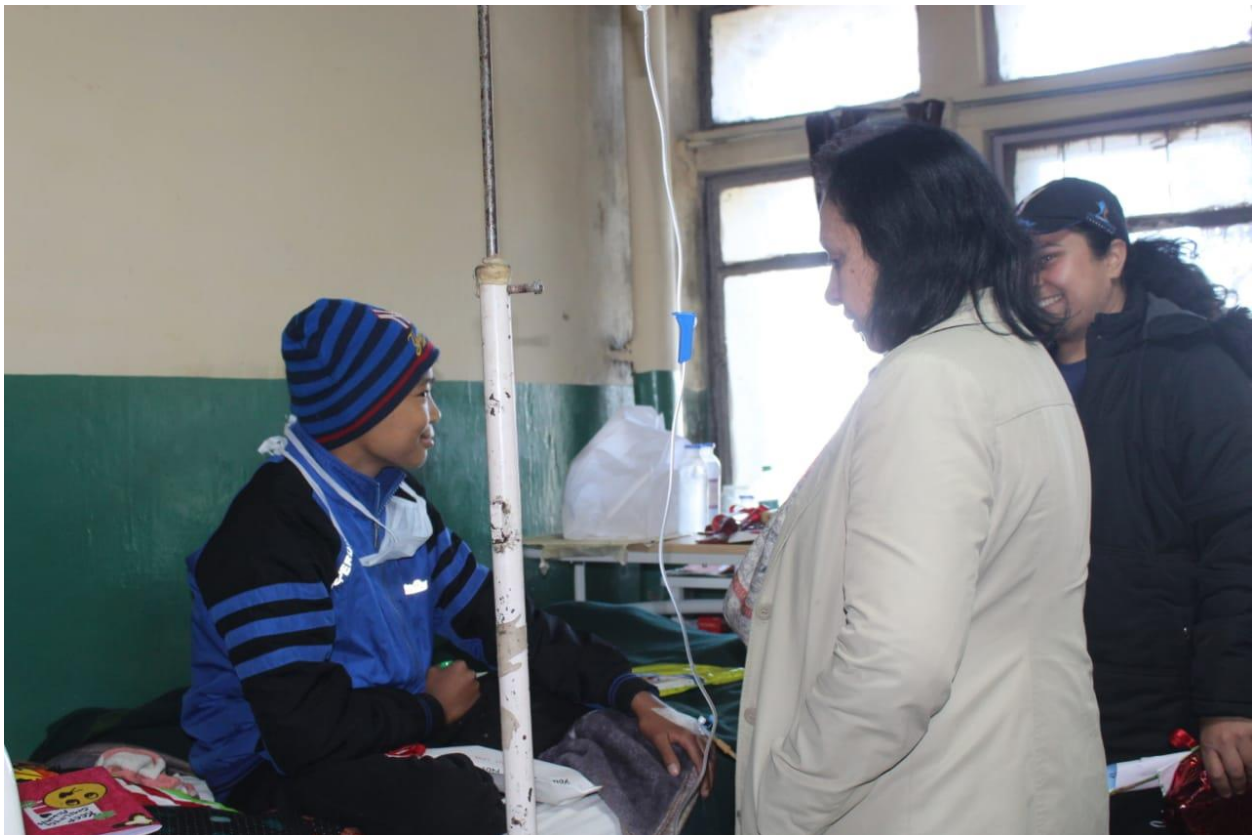
**Feb 08, 2020**

### **A visit to Cancer ward IGMC Shimla**

On February 8, 2020, a visit to Cancer Ward, IGMC, Shimla was organized. During this visit, YouWeCan volunteers from Shoolini University visited the cancer patients in IGMC, Shimla. The volunteers distributed fruits, food and sanitary material among the patients. They had a chat with each of the patients about their well-being. The doctors also had a discussion with volunteers about the cancer and cancer patients. From this discussion, student volunteers learned a lot. A total of 40 volunteers and 6 teachers were a part of this activity.

**Total participants: - 46**

**Number of students participated: - 40**



**Mrs. Nanda and volunteers talking to patients at Cancer ward, IGMC Shimla**

**February 08 & 09**

## **World Cancer Day Cricket Tournament 2020**

The YouWeCan Cricket tournament was organized in the name of World Cancer Day 2020. This tournament took place on February 8 and 9, 2020. This tournament started with the formal address of then VC, PK Khosla. The total of 8 teams fought for the winners' title of the tournament and a huge passion & excitement among the players was seen. A total of 30 teachers and 110 students took part in the tournament and tournament related activities.

**Total participants: - 140**

**Number of students participated: -110**



**A poster made for tournament**

**March 01, 2020**

## **A talk on Gender Equality**

A talk on gender equality was held on March 1st, 2020. During this talk, Mx Dhananjay Chauhan who has been the first transgender student of Punjab University, addressed the students. Mx Dhananjay Chauhan talked about the abuse she had to face during growing-up years and her college years. She talked about how she faced these challenges and made a way to help others who are facing gender inequalities. The students found this session very inspiring and developed an understanding and empathy about how trans-genders have to face gender related issues in the society. A total of 60 teachers and 220 students were present during this session.

**Total participants: - 280**

**Number of students participated: -220**



**Poster made for the talk**

**March 07, 2020**

### **Visit to School on gender equality**

On March 07, 2020, a visit to Govt. School Anhech was conducted. The theme of this visit was awareness regarding gender equality. During this visit, some activities were done for engagement of the students. In this activity, some games were conducted, and children enjoyed this very much. Also, school students were addressed on the gender equality. The volunteers expressed how each gender is important in their own ways. A total of 4 teachers and 16 volunteers attended this activity.



**A photograph of volunteers and students**

**March 08, 2020**

## **Women's Day Celebration**

Women's Day was celebrated in Shoolini University campus on March 08, 2020. In this celebration, the engagement activities were done for women. Some fun & games activities were conducted for the faculty & staff women members of Shoolini University. They seemed very excited for the event. Later, a brief talk on women empowerment was given by Ms. Poonam Nanda. She talked about how women can empower them by enhancing their skills and being more competent within society. A total of 60 people attended Women's Day Celebration.



**Fun and games activities being conducted on Women's Day**



**September 05, 2020**

## **Teachers' Day Marathon**

An online marathon was organized on September 05, 2020. It was a unique experience for all as earlier all our marathons were done real time. Despite the challenges, 42 teachers and 74 students participated. The participants had to login through location tracking Android application "Run" which was used for marathon and the participants had to keep their application opened while running. This was the first e-marathon conducted by Shoolini University. The participants were awarded with e-certificates.

**Total participants: - 116**

**Number of students participated: - 74**



**Poster made for the event**

September 09, 2020

## A Talk on Suicide Prevention

A talk on suicide prevention was organized on September 09, 2020. This day is celebrated as World Suicide Prevention Day. The guest speakers were (1) Dr. Vani Narula, Faculty of Social Work, Jamia Milia Islamia University, New Delhi. (2) Ms. Renu Thakur, Therapist, Life Coach & Facilitator Oorja- Temple of Healings Panchkula, Haryana. (3) Dr. Anita Chauhan, Psychologist Shoolini University solan. The speakers talked about our day-to-day lifestyles factors that ultimately leads to the loss of our mental health. They expressed how today's generation is suffering from depression, anxiety, stress like issues. They expressed how support of parents and friends can help one fight against metal health issues. A total of 196 students 120 faculty members attended this talk.

**Total participants:** - 316

**Number of students participated:** - 196

**Guest speakers:** - (1) Ms. Renu Thakur, Therapist, Life Coach & Facilitator Oorja- Temple of Healings Panchkula, Haryana

(2) Dr. Vani Narula, Faculty of Social Work, Jamia Milia Islamia University, New Delhi.

The poster is for World Suicide Prevention Day on September 10th. It features the Shoolini University logo at the top. A large yellow ribbon is on the left. The text 'WORLD SUICIDE PREVENTION DAY 10 SEP' is in the center. On the right, there is an illustration of a couple embracing and a red box that says 'LET'S TALK MENTAL HEALTH WEDNESDAY, 9 SEPTEMBER'. Below these are three circular portraits of the speakers: Ms. Renu Thakur (Therapist, life coach & facilitator at Oorja- Temple of healing, Panchkula, Haryana), Dr. Vani Narula (Faculty of Social work at Jamia Millia Islamia University, New Delhi), and Dr. Anita Chauhan (Psychologist at Shoolini University, Solan). At the bottom, there is a black bar with a white arrow pointing to 'YouTube/ShooliniUniversityIndia'.

Poster made for the talk

September 13, 2020

## World Grandparents Day Celebration

On World Grandparent's Day, an engaging activity for students' grandparents was organized. World Grandparent's Day was celebrated on September 13, 2020. This was a virtual event conducted on Zoom. In this, participants had to participate with their grandparents and to perform some activities with them. The participants seemed very excited for the show and greatly enjoyed it. The grandparents showcased their unique talents via their acting and their costumes. They also shared some interesting stories of their lives. The winners of the event were awarded with amazon vouchers and "Cool Grandparents" certificate and Amazon vouchers. In this event, a total of 36 students and 12 teachers participated.

**Total participants:** - 48

**Number of students participated:** - 36

• LET'S MEET YOUR GRANDPARENTS •

JOIN THE SHOW WITH THEM AND SHOWCASE THEIR TALENTS.

winners get amazon vouchers and everyone gets cool grandparents certificates

• 13 SEPTEMBER 11 AM ON WARDS EACH FAMILY GETS 3 MINUTES •

**Poster created for World Grandparents Day**



**A grandparent during his performance on Zoom**

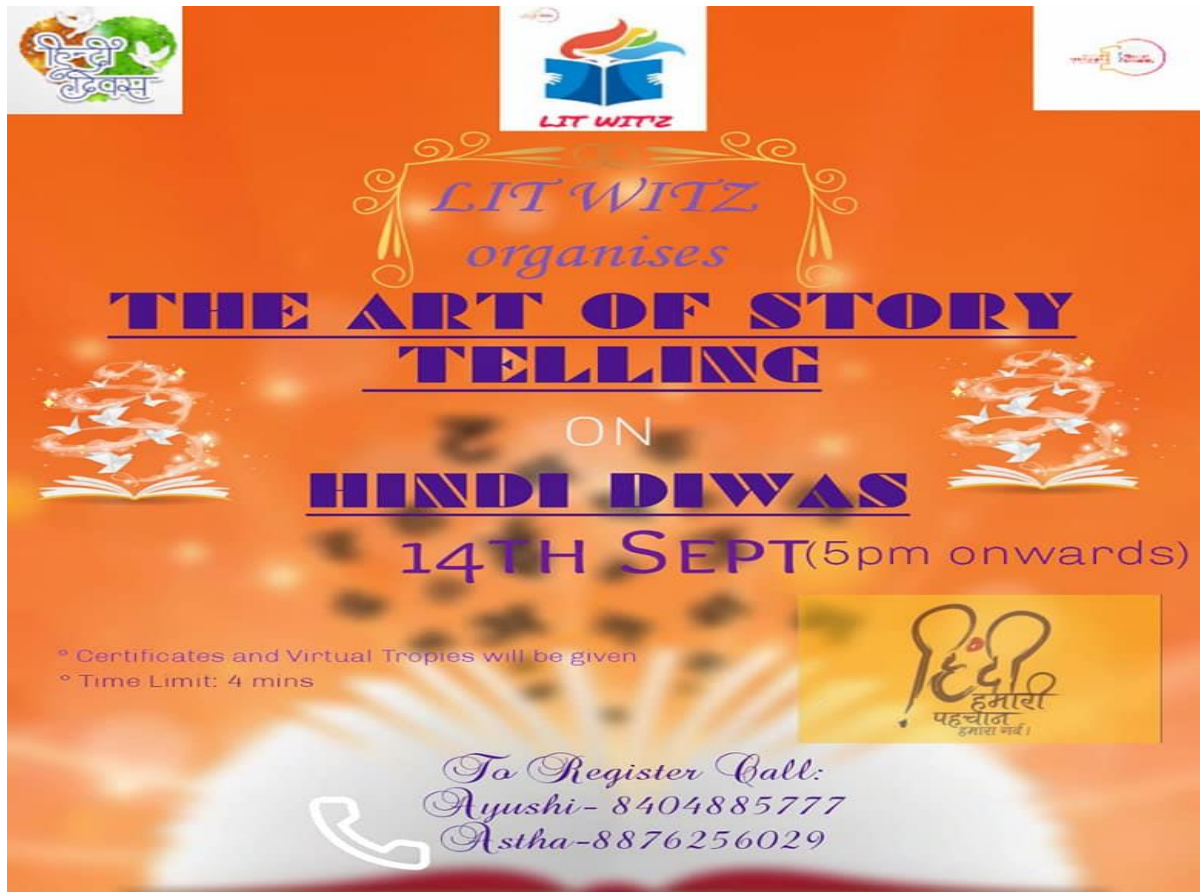
September 14, 2020

## Hindi Diwas Celebration

Hindi Diwas was celebrated on September 14, 2020. On this day, an event with the theme of storytelling in Hindi was organized. In this event, participants shared some interesting stories of their life in Hindi. The participants shared the poems created by them. Some participants made a story out of some important and funny incidents of their lives. All the participants were very excited for the event. In this event, a total of 12 teachers and 84 students participated.

**Total participants:** - 96

**Number of students participated:** - 84



The poster is for an event titled "LIT WITZ organises THE ART OF STORY TELLING ON HINDI DIWAS 14TH SEPT (5pm onwards)". It features a central orange background with a white sunburst at the bottom. The text is in various colors and fonts, including purple and blue. There are logos for "Hindi Diwas" and "LIT WITZ" at the top. A small box on the right contains the text "हमारी पहचान हमारा गर्व" (Our identity is our pride). At the bottom, there is a phone icon and contact information for registration.

° Certificates and Virtual Trophies will be given  
° Time Limit: 4 mins

To Register Call:  
Ayushi- 8404885777  
Astha-8876256029

Poster made for Hindi Diwas



**The event coordinator Ayushi addressing the participants**



**A participant during his performance**

**September 19, 2020**

## **Mask my India**

On September 19, 2020, students volunteered to make masks and distributed them amongst the needy people in the society. This activity was done under “Mask My India” campaign. For this activity, students used wastage material lying at their homes and made some masks out of them. Some students got their mothers to stitch the masks for their projects. The students distributed the masks amongst those people in need. They shared the photographs and videos made by them during the making and distribution of the masks. In this activity, a total of 184 students and 18 teachers participated.

**Total participants: - 202**

**Number of students participated: - 184**



**Student distributing mask**



**Mask distribution activity**



**Student distributing mask**



September 25, 2020

## Declamation & poster making on world Pharmacists Day

On world pharmacist day which was celebrated on September 25, 2020, a declamation and poster making competition was organized. In this event, participants submitted their entries of poster made by them. The participants portrayed the importance of pharmacists through poster making. Along with this, the participants of declamation expressed via their speech that how a pharmacist helps the society. They emphasized how important pharmacy has become in this era. A total of 48 students and 16 teachers participated in this event.

**Total participants:** - 64

**Number of students participated:** - 48



Poster made by a participant

**September 17 to September 30, 2020**

### **Virtual Painting Exhibition for a Cause**

Virtual painting competition was organized in September 2020. This competition held on birth anniversary of M.F Husain. He was an Indian artist known for executing bold, vibrantly coloured narrative paintings in a modified cubist style. He was one of the most celebrated and internationally recognised Indian artists of the 20th century. This painting competition was held from September 17 to September 30, 2020. This competition had four categories. 1. Abstract Modern art. 2 Folk Art. 3. Sketching. 4. Artist choice. In this, the participants had to made paintings portraying a meaning in some way. The participants did submissions of the paintings made by them. This activity was conducted in online mode. The winners' names were announced for each category. The winners for "Abstract / Modern Art category were 1. Pooja Mundra 2. Anushka Tiwari 3. Gauri Kant Verma. The winners for "Folk Art" category were 1. Saikat Ghosh 2. Aritra Ray 3. Ayushi Singh. The winners for "Sketching" category were 1. Kriti 2. Pragya 3. Raghav Verma. The winners for "Artist choice" category were 1. Sneha Majumdar 2. Shiffa Sadiq 3. Simar Punni. The winners were given prizes. The amazon vouchers for the 1<sup>st</sup> prize worth Rs. 1000, 2<sup>nd</sup> prize worth Rs. 500, and 3<sup>rd</sup> prize worth Rs. 250 with certificates were given to winners. Final exhibition of painting was done on September 30, 2020. All participants also got certificate for participation. A total of 85 students and 8 teachers participated in this event.

**Total participants: - 93**

**Number of students participated: - 85**



**Painting creation by Krishna Ayush**



A painting by Yashika

September 29, 2020

### World Heart Day- talk on healthy hearts

On World Heart Day 2020, a talk was organized to discuss keeping hearts healthy or participants could speak their hearts out in terms of their life stories. On this day, the participants shared the interesting incidents and events of their lives. The audience was very excited to hear such heart-welcoming stories from the people. Later, the participants were awarded with e-certificates for the participation. While the winners were awarded with the amazon gift vouchers. A total of 22 teachers and 54 students took part in this activity.

**Total participants:** -76

**Number of students participated:** - 54



On the Occasion of 

# World Heart Day

*Loudspeaker Club presents*

## Dil ki suno, kuch kaho!

On  
**29 SEPTEMBER'2020**  
**5:30pm onwards**

- Amazon Gift Vouchers to the prize winners.
- E-Certificates for all the participants.
- Time-limit: 2-3 minutes.
- Language-Hindi or English

**For Queries contact:**  
**Avleen-8890198709**      **Karan-7018493088**

Poster created for the event

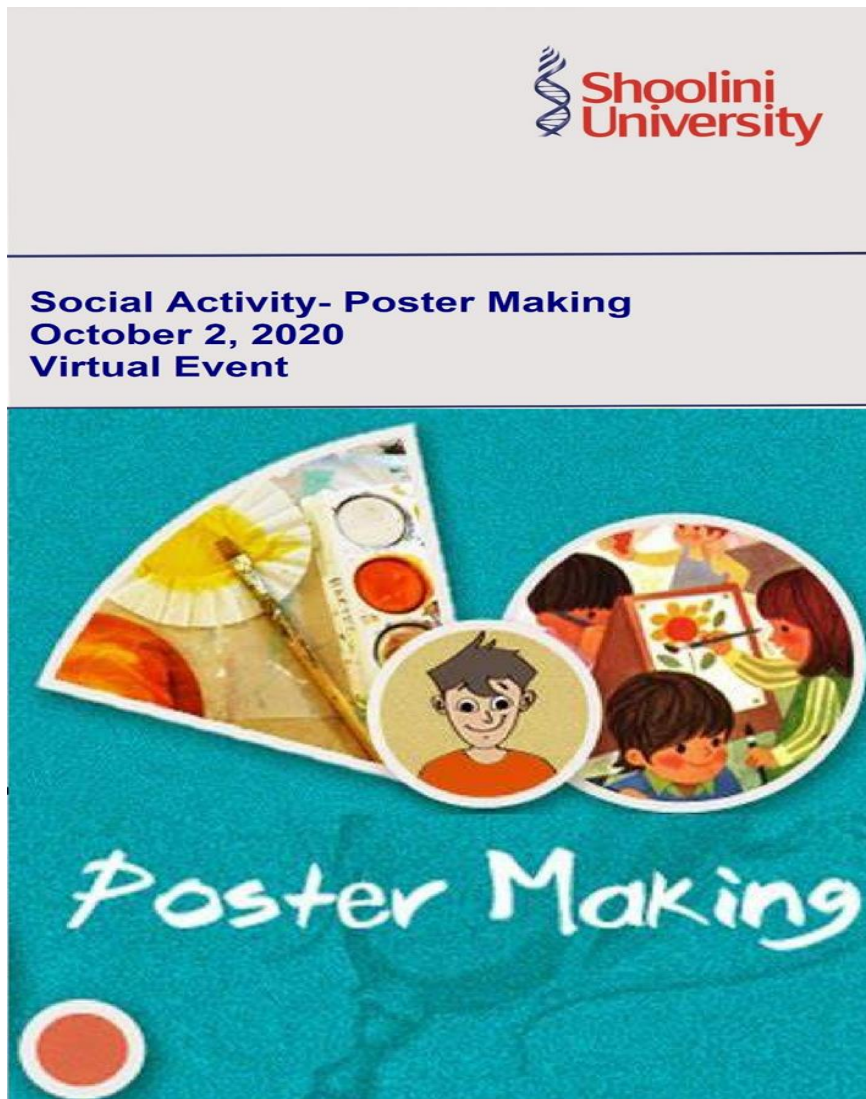
October 02, 2020

## Gandhi Jayanti- Online Poster Presentation Competition

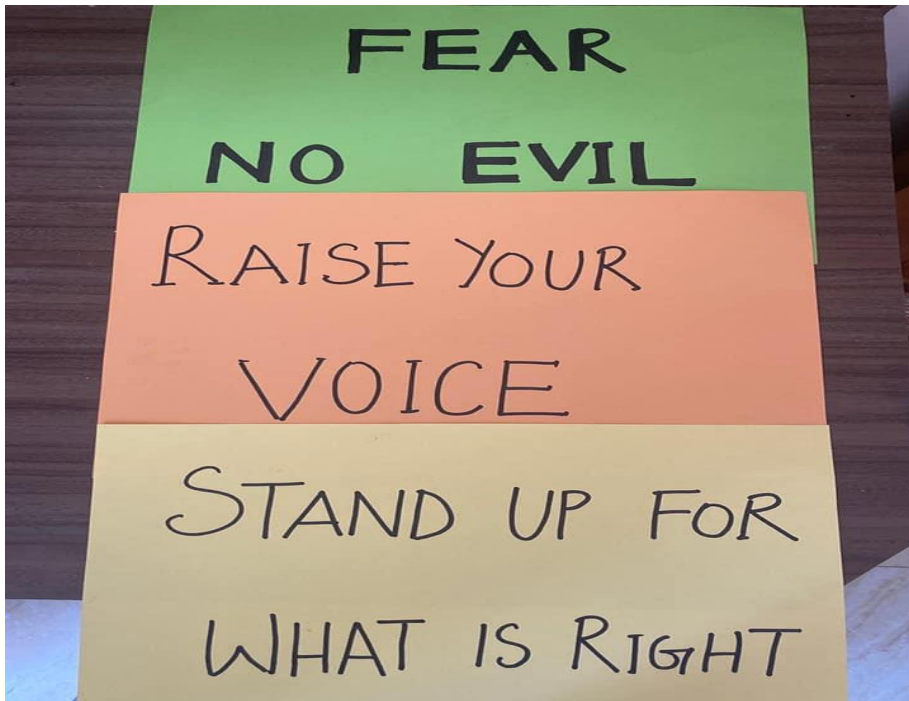
In this event the task for the students was to depict the 4<sup>th</sup> monkey of Gandhiji by writing a slogan & poster-making. The task was to create the message of the 4<sup>th</sup> monkey had it been there. For this, students did various submission of the poster of their ideas. Some students showed how their 4<sup>th</sup> monkey could help making the world a better place. While some raised their concern about social evils like rape, corruption through posters made by them. In this activity, a total of 124 students participated.

**Total participants:** - 124

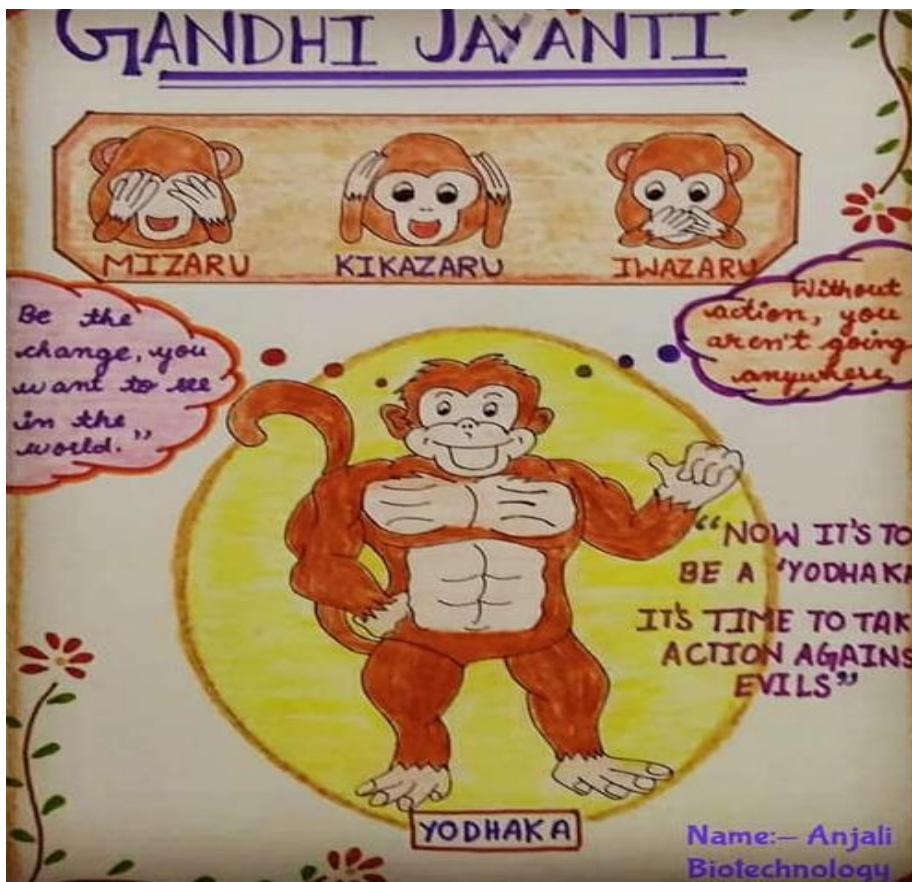
**Number of students participated:** - 124



**Poster made for the event**



Poster made by a participant



Poster created by a participant

**October 04, 2020**

## **World Animal Day Celebration**

For World Animal Day students used their imagination and creativity to capture photographs of animals. The participants did the submission of the photographs captured by them. The participants explained why they chose a particular animal for the photograph. The entries were judged by eminent photographer Vikram Joy. The winner of this competition was Shivashish Rawat from BSc Yoga who stood first in the competition. The winner and runners-up were awarded with certificates and prizes. In this activity, a total of 72 students and 14 teachers participated.

**Total participants: - 86**

**Number of students participated: - 72**



**Poster created for the event**

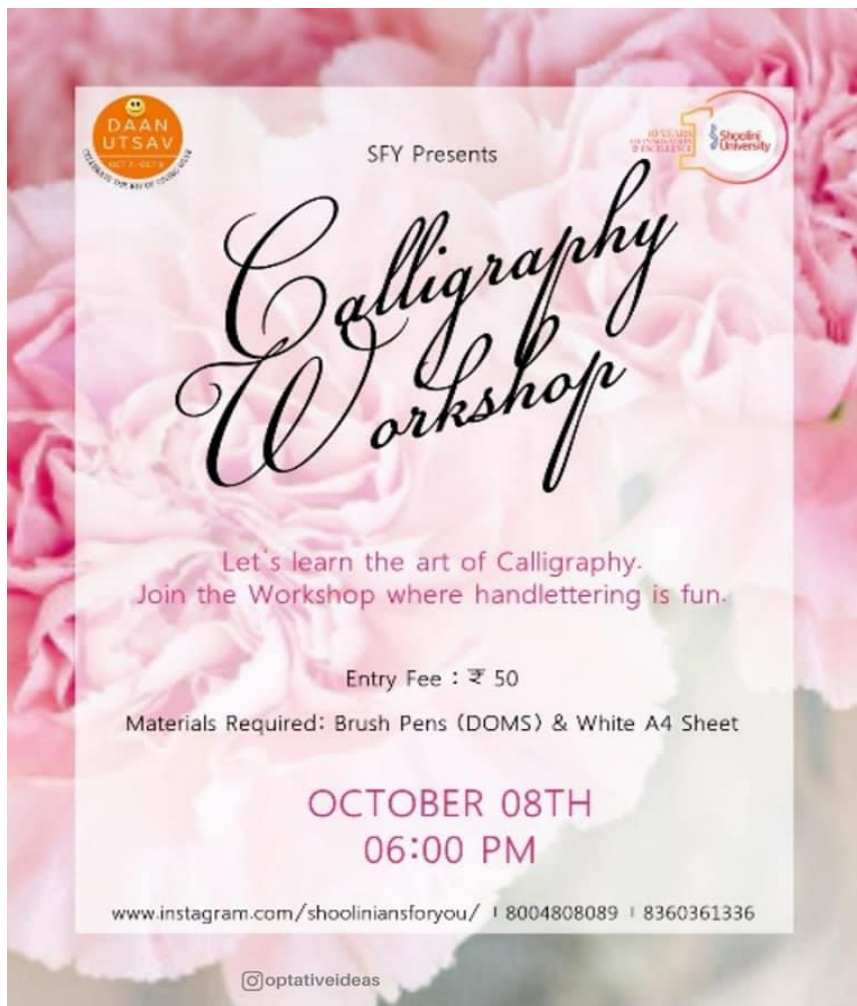
October 08, 2020

## Calligraphy workshop- A charity fund-raiser

The calligraphy workshop was organized on October 08, 2020. The aim of this workshop was to raise funds for charity. The tickets were sold for the participation and were priced at rupees 50 per entry. A total of 42 students participated in this activity. The workshop started with the formal address by Mrs. Poonam Nanda DSW, Shoolini University. After this, the calligraphy drawing session started in which volunteer Ms. Arzoo Kamboj taught the different calligraphic styles to the students. The student participants were genuinely excited for the workshop and enjoyed it because they learnt something new. The collection of money was used for charity to the Goonj foundation.

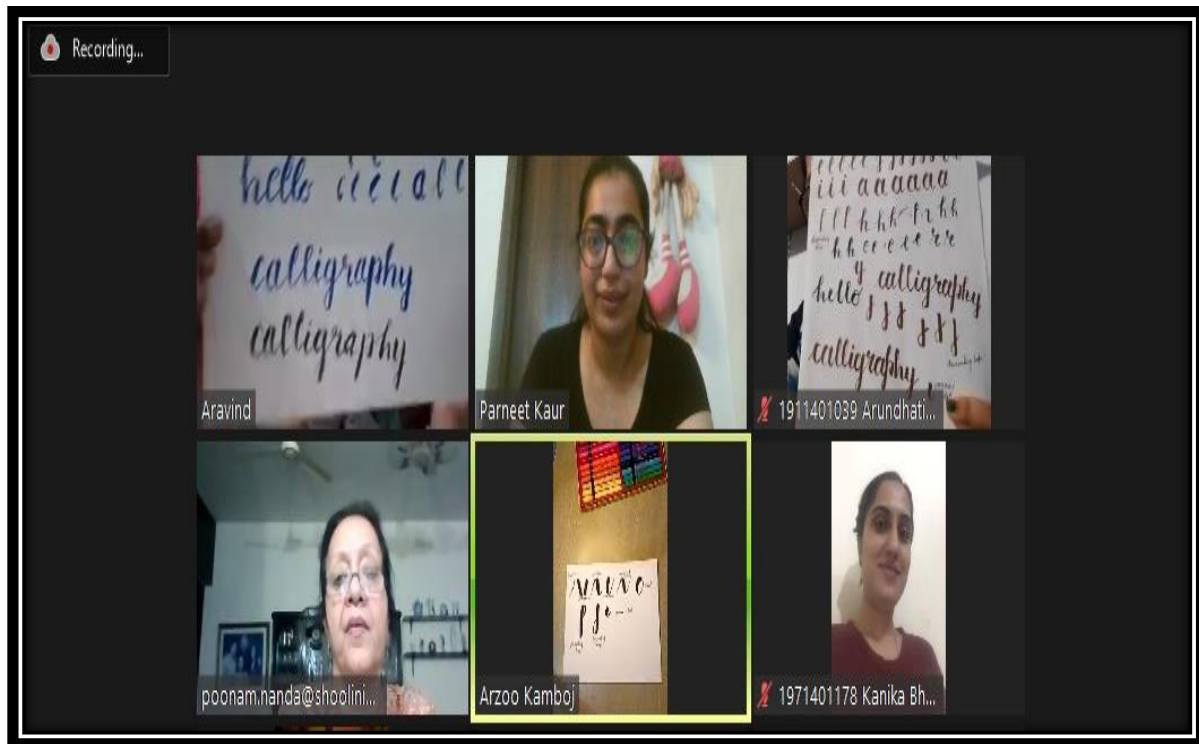
**Total participants:** - 42

**Number of students participated:** - 42



Poster Created for the workshop





**A glimpse of online calligraphy workshop**

**October 09, 2020**

### **Musical Evening- Daan Utsav Week**

In Daan Utsav week 2020, on October 09, a musical evening was organized. In this musical evening, Shubham Surya was the guest singer. Shubham Surya is a versatile singer hailing from Chandigarh, who sings Bollywood songs. He was the winner of the Voice of Himalayas 2012. It was indeed a unique experience to organize and enjoy a musical evening online. This was also a fund-raising event and many students donated for the good cause. The musical evening started at 7pm with the formal introduction about singer Shubham Surya by Poonam Nanda, DSW Shoolini University. The audience welcomed Shubham Surya with a huge applause. After this, Shubham Surya started his singing and audience followed with dancing. The audience enjoyed the event very much. The concert was also attended and appreciated by Vice chancellor and faculty of Shoolini University. A total of 226 students took part in this activity.

**Total participants: - 226**

**Number of students participated: - 226**



**Poster created for the event**

October 08, 2020

## Movie Night- A charity fund-raiser

Movie night- A charity fund-raiser was organized on October 08, 2020. The aim of this activity was to raise funds. The tickets were sold for the participation and were priced at rupees 50 per entry. In this, the movie “Inception” was shown. A total of 36 students watched this movie virtually. Some sat with cokes and popcorns to get a live experience. The chat box was kept open so that students could interact. The audience seemed to be very excited for the movie night and enjoyed it very much. The collected money was used for charity to the Goonj foundation.

**Total participants:** - 36

**Number of students participated:** - 36



Poster created for movie night

October 09, 2020

## SFY Bingo Charity Challenge

During Daan Utsav, SFY bingo challenge was conducted for the students of Shoolini University. In this challenge, students had to do some fund-raising for charity, social work, or social labor for the society. For this event, students did fund raising through selling old materials. They made masks themselves and distributed them amongst needy people in the vicinity of their homes. They did some fun events with the children and elderly people of their neighborhood. Later, all the student participants shared the videos and photographs of these activities. In this event, a total of 123 students and 8 teachers participated.

**Total participants:** - 131

**Number of students participated:** - 123



Poster created for event



Poster for event



A volunteer distributed outdoor sports material amongst children

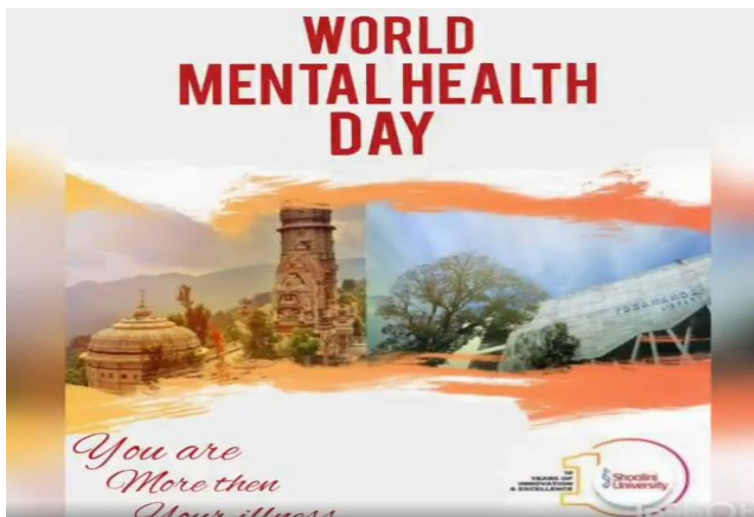
**October 10, 2020**

## **World Mental Health Day**

The world mental health day was celebrated on October 10, 2020. On this day, a virtual gallery was setup by students from School of Yoga, Shoolini University to spread awareness. In this virtual gallery, the awareness about mental health was spread. In this activity, the main emphasis was on the mental diseases that today's generation is going through in this, various paintings were shown portraying the reason and cure of the mental illness. A total of 63 students were present during this activity.

**Total participants: - 63**

**Number of students participated: - 63**



**Poster made for the event**



**One of the paintings made for the event**

**October 12, 2020**

### **World Arthritis Day**

The world arthritis day was celebrated on October 12, 2020. On this occasion, the school of Yoga and Naturopathy, Shoolini University released a video about causes, precaution and cure of Arthritis. In this, Ms. Bhawna Bhatia talked about the yogic point of view about the reasons behind arthritis. She talked about what precautions can be taken in daily life to prevent arthritis. Also, they talked about how arthritis conditions can be improved with yogic practices. A student of Yoga, Pragyanidhi Malik demonstrated different “yogic kriyas” which can help in the cure of Arthritis. A total of more than 60 students responded to the video on social media and admitted that they found the video helpful.

**Total participants: - 60**

**Number of students participated: - 60**



**Ms. Bhawna Bhatia talking about Arthritis**



**Demonstration of Yogic Kriyas by Pragyanidhi Malik**



**October 15, 2020**

### **Fun events with students on World Students Day**

World Students Day was celebrated on October 15, 2020 in online mode by Shoolini University. The world students' day celebration started with the formal address of DSW Shoolini University, Poonam Nanda. On this occasion, some activities such as storytelling, singing, dancing and fun games were conducted. The student participants shared their life stories, did singing and dancing also. The event was enjoyed very much by the students. The students appeared to be very much excited to be a part of this event. A total of 126 students and 15 teachers participated in this event.

**Total participants:** - 141

**Number of students participated:** - 126



**A student sharing her story**

October 30, 2020

## Slogan Writing-Pink October

The month of October is celebrated as Pink October to raise awareness on breast cancer. All over the world, this month people organize activities and involve in volunteering to spread awareness. In Shoolini University, students created beautiful posters in pink color with some inspirational slogans to go with them. Mrs. Poonam Nanda was the host for this competition. The participants showed through posters how breast cancer warriors go through difficulties in their lives. The winners were awarded with certificates and prizes. In this activity, a total of 166 students and 43 teachers did participate.

**Total participants:** - 209

**Number of students participated:** - 166

**THIS PINK OCTOBER** **YOUWECAN**  
FIGHT CANCER

**DECORATE SOMETHING WITH PINK**

**I AM  
A  
FIGHTER  
NOT JUST  
A  
SURVIVOR**

**I FOUGHT  
CANCER  
TWICE,  
WHAT'S  
YOUR  
SUPER  
POWER ?**

**WRITE A SLOGAN  
(TO RAISE AWARENESS ON BREAST CANCER)**

**WINNERS GET GOODIES FROM YWC APPAREL  
PARTICIPATE USING THIS LINK BEFORE 30TH OCT, 5PM**

Poster made for event

**October 30, 2020**

## **Awareness on Breast Cancer**

A talk on cancer was organized on October 30, 2020. In this talk, surgical oncologist, Silverline Oncocare Dr. Sumeet Shah, Food Technologist and cancer survivor Ms. Ujwala Raje and Dean Students' Welfare at Shoolini university and a cancer survivor Mrs. Poonam Nanda addressed the audience on a Zoom webinar. During this talk, Dr. Sumeet Singh talked about the prevention and cure of the cancer. Also Mrs. Poonam Nanda & Ms. Ujwala Raje shared their experiences of their fight against cancer being cancer survivors themselves. The audience found this talk very helpful and informative. A total of 123 teachers and 272 students took part in this activity.

**Total participants:** - 395

**Number of students participated:** - 272

**YOUWECAN**  
FIGHT CANCER

**LET'S TALK  
BREAST  
CANCER**

Join the conversation to understand Breast Cancer through insights and inspiring survivor stories.

  
**Dr Sumeet Shah**  
Surgical Oncologist,  
SilverLine OncoCare

  
**Mrs Poonam Nanda**  
Dean, Student Welfare  
at Shoolini University and  
Cancer Survivor

  
**Ms Ujwala Raje**  
Food Technologist  
and Cancer Survivor

**Friday, October 30 | 4 pm to 4:45 pm**

**You Tube** [youtube.com/c/YouWeCanYuvrajSinghFoundation](https://youtube.com/c/YouWeCanYuvrajSinghFoundation)

**Register Today for this Free Webinar!**

**Poster made for the Event**

November 17, 2020

### Let's Talk about Mental Health

A session was organized to raise awareness on the importance of mental health. Ms. Renu Thakur addressed the students on various issues of their well-being. Ms. Renu Thakur is a therapist, life coach & facilitator of Oorja- Temple of healing. Ms. Renu Thakur talked about how youngsters are facing mental issues these days. She discussed how physical human to human interactions are decreasing and people have become limited to meeting people online. She discussed how mental issues are scaling up in these times and how to overcome these with human connect. The audience was very grateful for the talk. This talk was attended by 162 students.

**Total participants:** - 162

**Number of students participated:** - 162

**Shoolini University**

**LET'S TALK MENTAL HEALTH**  
▶ WEBINAR SERIES

**Ms. Renu Thakur**  
Therapist, life coach & facilitator  
Oorja- Temple of healing  
Panchkula, Haryana

**TRANSFORMING YOUR INNER SELF**

Tue 17th 11:30 AM

YouTube/ShooliniUniversityIndia

Poster created for the talk

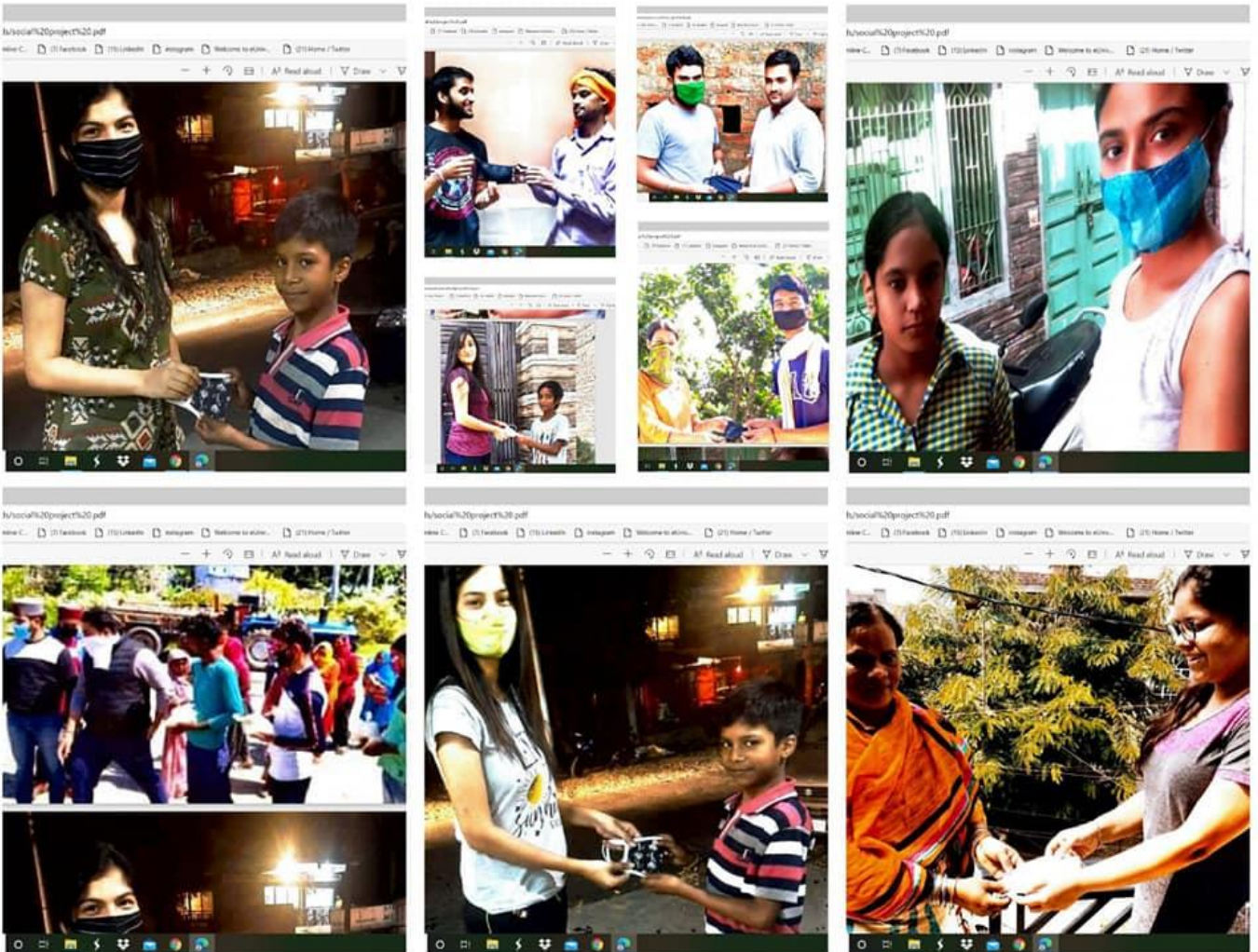
December 04, 2020

## Mask my India

On December 04, 2020 students volunteered to make masks and distribute them amongst the needy people in the society. This mask distribution drive was conducted by students of UGFMSLA department of Shoolini University. This activity was done under “Mask my India” campaign. For this activity, students used wastage material lying at their homes and made some masks out of them. While some students got their mothers to stitch the masks for their projects. The students distributed the masks in their neighborhood amongst those people who were in need. They shared the photographs and videos made by them during the making and distribution of the masks. In this activity, a total of 123 students participated.

**Total participants: - 123**

**Number of students participated: - 123**



Mask distribution by volunteers