

**Report on Orientation Program for First Year Students**  
**Manav Rachna University, Faridabad**  
**(Conducted from 8th July to 30th July 2019)**

**Orientation Program:** An orientation program was conducted at Manav Rachna University (MRU) for new students who enrolled for the academic year 2019-2020. The program was organized to provide an introduction to the university's policies, procedures, academic programs, and campus resources, as well as to help students transition to university life smoothly.

The program is divided into three weeks, and each week has specific objectives that will help students navigate through the university. Cheerful and enthusiastic students were seen reporting to the registration desk and then to their class mentors who are the first point of contact for the students. The event commenced on an auspicious note while seeking the blessings of our Founder Chairman, Dr. O. P. Bhalla at Prerna Sthal.

Following in the footsteps of Manav Rachna's tradition, a hawan ceremony was performed in the presence of Dr. M. M. Kathuria, Trustee, Manav Rachna Educational Institutions; Dr. Sanjay Shrivastava, Vice Chancellor, MRIIRS; Dr. M.K.Soni, Pro Vice Chancellor, MRIIRS, and Dr. Naresh Grover, Dean Academics, MRIIRS.



Havan ceremony for initiating orientation (8<sup>th</sup> July 2019)

The Hawan ceremony was followed by a session in the A block Auditorium for all the newly inducted students. The parents were also invited and a separate orientation program was there for them to familiarize with the university and its functionality.

<b>SCHEDULE FOR ORIENTATION</b>
<b>Introduction to MS Teams &amp; Interaction with Mentors/Programme Coordinators</b>
<b>Ice Breaking session by CDC so that the students get comfortable with the environment</b>
<b>Interaction with senior functionaries(Deans/Heads)</b>
<b>Interaction with CRCMC to give a brief about the placement policy</b>
<b>Introduction to ERP System (How to use, Purpose of ERP)</b>
<b>Introduction to library resources</b>
<b>Introduction to Extra curricular activities/CLANS/Concept of MENTOR-MENTEE</b>
<b>Concept of Design Thinking:Theory and practical aspects (Team Activity)</b>
<b>Gender sensitization and Drug Abuse</b>

#### **Introduction to Manav Rachna University**

The first day of the orientation program started with a welcome address from the university's Vice-Chancellor, who introduced the students to the university's vision and mission. The students were then given a tour of the campus, including the library, laboratories, and other facilities. Later in the day, the students had an ice-breaking session with their peers and faculty members.

On the second day of the program, the students attended a session on academic policies and regulations. The session covered topics such as course requirements, attendance policies, grading systems, and academic integrity. The students were also introduced to the university's learning



management system, which they would use to access course materials, submit assignments, and communicate with their instructors. Guest lectures were also conducted this week.

MRU invited accomplished legal professional Mr Tariq Khan, Principal Associate, Advani & Co, who shared valuable tips and advice on how to productively utilize five years of law school. In the beginning, he introduced the students to certain basic facts, like the full-form of a law degree is not Bachelor in Law (BOL) but rather 'Legum Baccalaureus' (LL.B.), why advocates wear a gown, and why the Statute of Justice is blindfolded etc. He also laid down the importance of undergoing internships in a focused manner, and the importance of participating in moot courts.

The third day of the program focused on student support services. The students were introduced to the various support services available on campus, such as the counseling center, health center, career center, and student welfare. The session also included information on student clans and organizations, which the students could join to get involved in extracurricular activities.

Further, the program was dedicated to financial aid and scholarships. The students were provided information on how to apply for financial aid, including loans, grants, and scholarships. The session also covered the various scholarship programs available at the university and the eligibility criteria for each program.

Later, the students attended a session on diversity and inclusion. The session aimed to foster an inclusive community on campus and promote diversity among the student body. The students were provided with information on cultural competency, bias, and discrimination.

The program focused on career planning and job readiness. The students were introduced to the career center and the resources available to them for career planning and job search. The session also included information on internships and job opportunities, as well as tips for resume writing and interviewing.

Manav Rachna University organized a Talent Hunt for freshers, wherein a music event based on western culture was conducted for the students of different branches. Various forms of western music like rapping, Bollywood and Hollywood songs were sung by the students. The dance events were also a huge success, where our students grooved to the mesmerizing beats. The stage was all glittered by the talent of the freshers but the event took to another level when the faculty



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was asked to show their talents and be a part of the event. The program turned out to be a great introductory opportunity for the freshers to engage with other newcomers as well as the faculty. The event concluded by appreciating the winners and giving mementos to the judges.



Students Performing Musical Event During Orientation Program

The post-noon session was dedicated to human values to drive the young minds towards a better life. In addition to this, the literary skills session acquainted the upcoming professionals and budding minds with the power of possessing good communication and literary judgment, for success in all walks of life.

#### **Week 2: Academic Expectations and Support**

The program was dedicated to community engagement and social responsibility. The students were introduced to the various community service opportunities available on campus and in the surrounding community. The session also included information on volunteerism and civic engagement.

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Session On Academic Expectations and Support By Dr. Manmeet Naag

Later in the program, the students attended a session on mental health and well-being. The session covered topics such as stress management, time management, and self-care. The students were provided with resources and tools to help them maintain their mental health and well-being while at university.

Furthermore, the program was dedicated to technology and innovation. The students were introduced to the various technology resources available on campus, such as the computer labs, software, and online tools. The session also included information on the university's innovation and entrepreneurship programs.



Session on Technology and Innovation By Dr. Subodh Saluja.



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The students also attended a session on leadership and teamwork. The session aimed to develop the students' leadership skills and promote teamwork and collaboration among the students and create excitement among them.

**Week 3: Campus Life and special focus on OP Bhalla Foundation.**

The final week, the students were informed about the various opportunities for campus involvement and engagement, such as clans and organizations, athletics, and community service. The students had the chance to meet with current students and alumni who will share their experiences and provide the new joiners with advice on how to make the most of your time at Manav Rachna University. Additionally, the students were informed about sessions on campus safety, health and wellness, and financial literacy.

The session was taken up by Dr N.C. Wadhwa, Vice- chairman, O.P.Bhalla Foundation. The Foundation was established by Late Mr. O.P. Bhalla who was a philanthropist and one whose ultimate aim was the upliftment of society. Dr Wadhwa reflected on the various activities being run by the Foundation. Mrs Satya Bhalla being the Chairman of the Foundation now takes care of the social work activities.



Session by Dr N.C. Wadhwa, Vice- chairman, O.P.Bhalla Foundation



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Dr Wadhwa apprised the students about the community service activities being run such as cleanliness of different areas in Faridabad including the cleaning of the Faridabad bus stand and railway station.

The lecture was followed by Dr Janvi Bhargav's session which threw light on the various community service activities being run by Manav Rachna University. She focused on blood donation camps, Ek Muthi Daan, Each one Teach one and other such activities that are run by the students of the University. She emphasized on the fact that most of the activities are run and managed by the students.



Dr Janvi Bhargav's session which threw light on the various community service activities

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Discussion on constitution of the University

### Report on "Village Visit"

To promote human values of "care and share", students' visit to villages at the close vicinity of the University has been an essential part of the Orientation program of first year students. This time it was scheduled on 23/07/2019, wherein students had visited the villages like "Mewla Maharajpur", "Ankhir", "Pali", "Anangpur" with an objective to "teach and treat" the school children of Govt. Model Sr. Sec. School.



School Visit during Village Visit

The first year students got divided into groups wherein they formed groups of school children and conducted several activities like music contest, dance contest, games like kabaddi, kho kho



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etc. The children participated with great zeal and rejoiced every moment of the activity. The best performing groups were gifted and encouraged with a lot of motivation and applause.



Visit to Ankhir Village

To encourage environment preservation and to motivate children towards the benefits of greenery, under tree plantation initiative, saplings were planted by children and our students in the school campus as a token of the need to take self responsibility to spread greenery wherever and whenever possible.

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Photography Session during Orientation

"Philanthropy" has always been an inherent and coherent culture of MREI initiatives towards mankind. And with this humane initiative a set of questionnaire was circulated among our students and filled through an interactive session with people of the village to gain familiarity on the several issues pertaining to standard of living, knowledge of availability/use of public utilities, knowledge/use of government programs, feasibility of technical interventions, so that based on this feedback various initiatives of improvement can be taken and implemented in the near future for the upliftment of villages leading to the betterment of the society as a whole.

**Report on VC Sir's Address to the New batch of students on 24<sup>th</sup> July, 2019.**

The DSW ( Dean Students Welfare) organized a session for the new students during orientation that acquainted them with all the clubs that exist in the University. The senior students told students about the various activities being performed by the clubs. Students also spoke about the NGO being run by the students of the University that works in the area of Health and social welfare.

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The session was followed by a very enlightening session by Hon'ble Vice chancellor Sir Prof. I K Bhat. Sir extended a warm welcome to all the new students. He congratulated them for having got admission in this prestigious university. He appraised the students about the fact that life at University would be very different from school and it would give them a lot of autonomy. But this autonomy or freedom would accompany a huge responsibility. He also emphasized the fact that the most important part of a student's life is discipline and hard work which students should be ready for. The Vice-chancellor further encouraged the students to aspire to be even better than the greatest scientists of the world. He advised the students not to get dejected by failure because failure leads to success eventually provided one is persistent.



Session by Hon'ble Vice chancellor Sir Prof. I K Bhat

Students were very happy to interact with the Hon'ble Vice chancellor and were much motivated by his golden words.

Manav Rachna University invited their knowledge partners for the expert talk with the freshers of batch 2K19-20 in the Induction Program. The talk was initiated by Mr. Alok Gupta, Founder & Managing Director and Mr. Bhanu Pratap, **Pyramid** Cyber Security & Forensics (P) Ltd. The importance of ethical hacking was discussed with the students. They were also made aware of the consequences of unethical hacking. The demand and need of cyber security and its present



scenario were also presented to the students. The student need to specialize skills, possess & acquire knowledge, so as to come out with innovative solutions



Talk by Mr. Alok Gupta, Founder & Managing Director Cyber Security

The expert talk continued by a keynote speaker Mr. Divyanshu Sinha, Program Manager from Xebia IT Architects India Private Limited. He talked about the latest trends in the IT industry viz., Deep Learning, Soft Computing, Digital Image Processing and Machine Learning. Currently, he takes care of the Program Management, Academia in Xebia & creates exciting, innovative AI & Machine Learning curriculum for the techies of the future.



A Talk by Mr. Abhijeet Kulkarni from DesignTech Systems Ltd.



The talk was concluded by Mr. Abhijeet Kulkarni from DesignTech Systems Ltd. He introduced the students with DesignTech Systems which is a leading CAD / CAE provider. He gave insight how product design analysis services including CAD and CAE can be executed. They are the providers of CAD and 3D modeling services on all the leading CAD software such as CATIA. He briefed upon the significance in designing various products before their manufacturing. The significance of multi module software was highlighted for the benefits of students to become a researcher.



Expert Talk by Mr. Bhanu Pratap, **Pyramid Cyber Security & Forensics (P) Ltd**

All freshers were keen to know about these knowledge partners and enjoyed the talk delivered by the experts.

#### **Session on Drug Abuse on 25<sup>th</sup> July, 2019**

A session on Drug Abuse was organized so as to make students aware of this menace. The problem was discussed by Mr Rajiv Shaw, the resource person in all detail. He spoke about different aspects such as what it means, the various symptoms that help in identifying a drug addict, the different types of drugs that are available and the methods used to abuse the drug.

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Session on Drug Abuse by Mr. Rajiv Shaw

Mr Shaw elaborated on the causes that lead one to simply experiment with a drug, getting on to become an occasional user to a heavily dependent drug user. He spoke about the harmful effect of drug usage and how it negatively impacts the nervous system of an individual leading to a maladjustment with respect to the social, emotional and cognitive abilities of an individual.



Session on Yoga during Orientation Program



It was suggested that the problem of drug abuse should be treated as a disease and that it has to be tackled with a lot of sensitivity and care. The use of psychotherapy, family intervention, medicines, yoga and other such therapies were suggested so as to treat such individuals.



**Academic Session: July 2019-June 2020**  
**Report on Orientation of Higher Semester for all Department Conducted on**  
**8th July - 15th July 2019**

Manav Rachna University organized an orientation program for higher education students. The program was held at the university campus and was attended by a number of students. The following report provides an overview of the orientation program.

**Overview of the Program:**

The orientation program was organised to provide students with valuable information about the various policies of Manav Rachna University. The program began with a welcome speech by the respective HOD's of the departments, who explained the university's vision, mission, and values.

It included several sessions, each providing information about specific areas of study. The presenters discussed information about various academic policies, including the importance of the academic calendar, student ERP, attendance regulations, feedback evaluation criteria, and policies for promotion and course registration. Outcome-based education, the curriculum structure, the credit system, and CLAN (which covers extra-curricular, co-curricular, and entrepreneurship/incubation/innovation skills) were also discussed. Further, Heads briefed them about program structures and about internal and external evaluation being a part of continuous evaluation scheme (internal assessment through project-based learning and external exams, their tentative dates).

Students asked many questions, which were well addressed by the HOD. The session was advantageous for all the students and motivated them for their future endeavors.

The feedback from the orientation program was that it was informative and well-organized. The program was very helpful in understanding the various higher education programs offered by Manav Rachna University and their admission process. The interactive sessions were particularly useful in clarifying doubts and concerns of all students.







Students attending orientation

Overall, the program was a great opportunity for students to gain valuable information about the practical aspect of the profession along with university policies about promotion, ERP etc. Many senior functionaries were present in this session to break the ice between students and their query related to five years of their tenure in university.



## Manav Rachna University, Faridabad

### Report on Orientation Program for Students 01-30 September 2020

Report on Orientation Day 1 Session to welcome Freshers (01.09.2020)

The virtual orientation programme of the new entrants enrolled in various courses at Manav Rachna University was conducted with enthusiasm and zest. All the new entrants were formally welcomed by Dean Academics Dr. Sangita Banga along with all the Deans and Heads of all the Faculties. As aptly remarked by James A. Owen, "Bad things can happen, and often do—but they only take up a few pages of your story; and anyone can survive a few pages." With this thought in mind, Dean Academics wished and prayed that this pandemic should come to an end soon so that we all will be able to meet vis-a-vis. In an exquisitely interactive session they were acclimatised to their new environment and apprised of their promising odyssey that they will have here at Manav Rachna University .

The three different sessions were organised today. The first session was on 'Familiarisation to MS Team platform and Interaction with Program Coordinators and Mentors' conducted by Dr.Subodh Saluja, Professor, Department of Management and Commerce. He acquainted the students with the functioning of various online portals, with special emphasis on Teams. The students were also enlightened with the concepts of blended and collaborative learning to keep abreast with the best of the practices in the 21st century. Students were introduced to respective departmental mentors who cheerfully motivated them towards a fulfilling and accomplishing university life, as undergraduates.



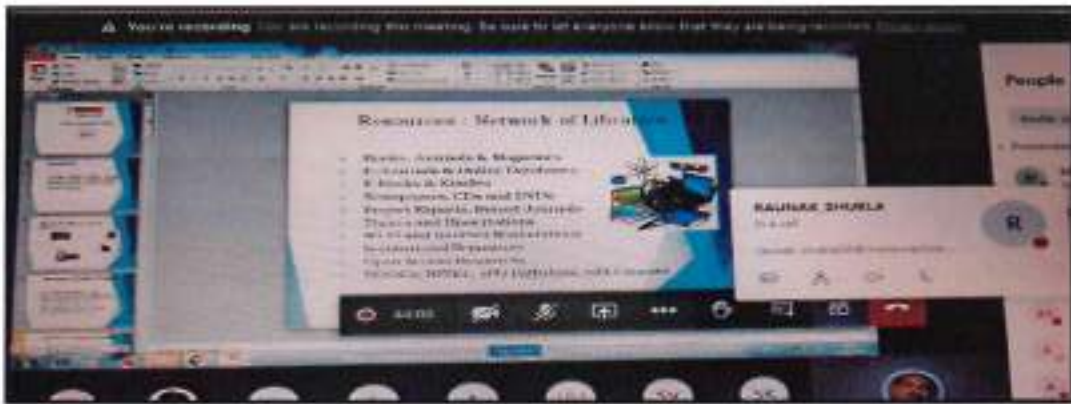
Session on Placement Policies by CRC Resource Person- Dr. Rakhi Pruthi

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The second session was on the Introduction to the Placement Policy of the University conducted by Ms. Rakhi Pruthi (Head, Corporate Resource Centre (CRC)). She gave an insight to the policies of campus placements and various tips which the students should follow in order to be one step ahead in this competitive world.

The third session, Library Resources at the University was conducted by Dr. Vikram Kr. Sharma, Head, Libraries, Manav Rachna Educational Institutions. He briefed about the functioning of Dr. O.P. Bhalla Central Library and how it is leading the network of Libraries and Information Centres across the Manav Rachna Group. This pursuit of knowledge, Dr. O.P. Bhalla Central Library has been first runner up in the Best Technology Enabled Library Award at Library Technology Conclave, January 2019. Students enthusiastically participated in the activities lined up at Central Library.



Session by Library Head- Dr. Vikram Singh



Session on Accessing Library Portal Online

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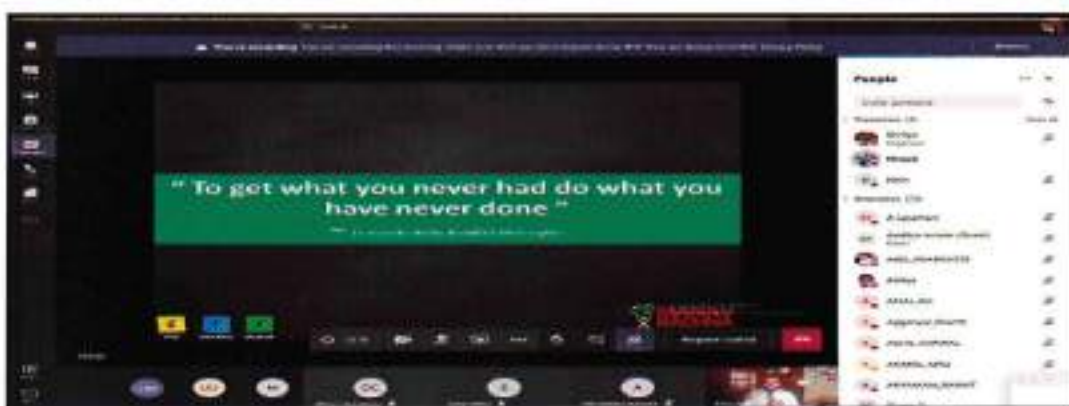


Two sessions were planned for Day 2 one was Ice breaking session with Team CDC and the other was Interaction with Senior functionaries of Manav Rachna University .Second day of the orientation began on a very positive note by interaction of new entrants with the key dignitaries of Manav Rachna University. The session was conducted by Dr.Sangita Banga (Dean Academics MRU).She welcomed all the students and then introduced all the senior functionaries of Manav Rachna University.A brief of all the key functionaries of Manav Rachna University and the Central team was shared



**Day 2 Orientation- Session on grooming professional skills by CDC Resource Person - Ms. Namrata Kapoor (2/09/2020)**

This session was succeeded by a second session which involved interaction with CDC (Corporate development Centre). The CDC cell at Manav Rachna University is actively involved in grooming professional skills in all the students.



**Orientation- Session on grooming professional skills by CDC Resource Person - Ms. Antara (2/09/2020)**

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Ms Namrata Kapoor, Sn, Manager, Team CDC, served as key resource person along with Ms Antara, Team CDC. The entire session was woven around understanding the importance of life choices. The session began with a beautiful presentation and then hands-on activities started. The first activity was a warm up game which was named "RECALL". It was a very interesting game and helped in gaining the attention of all the participants.

All the students and even faculties participated actively in this. Then the second activity was "Name the Personality". Through this activity the key resource person guided the students regarding the importance of branding and the trust associated with the name we build for our own self. Then this activity was carried forward by a short story on "LIFE OF CARPENTER". All the new entrants were filled with enthusiasm after watching this short video story. The session ended up with an inspirational video. Overall, it was a very interactive session. It was indeed a joyful experience.



Orientation- Session in Progress on grooming professional skills by CDC Resource Person - Ms. Antara- (2/09/2020)

### **Orientation Day 3 Session to welcome Freshers (3.9.20)**

As part of the orientation programme 2020, session day III had three sessions Library services, Introduction to ERP and Interaction with CRC

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The Library session was on the theme of Library Services and resources. Dr. Vikram Kumar Sharma, Head, Libraries, Manav Rachna Educational Institution consented to be the resource person of the session. With his rich experience and expertise in the area, he provided very detailed and useful elaboration of the various facilities available in the university library for the benefits of the students both in digital and physical form. He familiarised all the students with various initiatives taken by the library for knowledge dissemination. He extensively covered the process of utilising these services in a step by step manner through his Presentation. Overall the interaction by the resource person proved to be very fruitful and extremely relevant for students.

The other session on the Introduction to the Placement Policy of the University conducted by Ms. Rakhi Pruthi (Head, Corporate Resource Centre (CRC)). She gave an insight to the policies of campus placements and various tips which the students should follow in order to be one step ahead in this competitive world.

The third session on ERP was taken by Ms. Nidhi Garg and Mr. Agha Imran in which the students were introduced to the basics of iCloud EMS. The students were briefed on how to login in ERP, View/Upload document on ERP, EDIT Profile view, Reset Password and many other features of ERP which was very informative for the students.



Session on Accessing ERP Interface

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#### Orientation Day 4 (4.9.20)

Fourth day of the orientation began on a very positive note by interaction with Prof. Dr. Sangeeta Banga, where the entire Program structure was dealt with extensively across all the programs of Manav Rachna University. Dean Academics elaborated on the academic system, choice-based credit system, calculation of SGPA & CGPA, attendance criteria, open elective courses, evaluation system, criteria for award of degree etc. and took up the queries of the students at the end. The whole academic system of MRU was smoothly informed to the new batch.



#### Session by Dean Academics

This session was succeeded by a second session which involved interaction with Dr Shruti Vashist, Dean student Welfare. The DSW cell at Manav Rachna University is actively involved in grooming professional and co-curricular skills in all the students. Dr Vashist organised the entire event of orienting students regarding various activities carried under CLAN system which are symbols of the environment element, Life Skill and villages adopted under Dr O.P. Bhalla Foundation. Students were introduced with the Chiefs and Vice Chiefs of the respective clans. The entire session was woven around understanding the importance of participation in co-curricular activities at International, National, and Inter University level. Students were also oriented about different activities carried out under ISR (Institutional

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Social Responsibility) and Dr O.P. Bhalla Foundation. The presentation was assisted by a gallery of pictures representing various activities at village schools, government school teacher training initiatives, eco-friendly tree plantation drive, installation of hand sanitising machines at all the villages adopted under Dr. O. P. Bhalla Foundation. All the new entrants were motivated to understand the life philosophy of founder visionary Dr O. P. Bhalla, who professed development of life values and education as a social responsibility.

This presentation was further carried out by Mr Ajit Katiyar, Proctor, Manav Rachna University on orienting students about the Anti Ragging and discipline committee. Students were introduced with all the dignitary members across Manav Rachna University who play a pivotal role in maintaining disciplines. Entire protocol of student behaviour was dealt with at length. Students were warned and addressed to the procedure whenever breach in the protocol is reported. Students also realised its importance. Day 4 of the orientation summed up on a very academic note.



Session on University Regulations by Proctor- Mr. Ajit Katiyar

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## Orientation Day 5 (07.09.20)

### “Concept of Design Thinking : Theory and practical aspects”

Orientation session was conducted on MS teams. The Day started with a session on “Concept of Design Thinking: Theory and practical aspects’ ’ by Dr. Anil Kumar, Associate Professor, London Metropolitan University, United Kingdom (UK).

Dr. Anil Kumar, elaborated on the concept of design thinking, why design thinking? What is design thinking? Who will be benefitted? And where can we apply the design thinking? Different stages and steps of design thinking. He explained about the human centred design and took up the queries of the students at the end. The whole design thinking with emotional functional processes and how we solve wicked problems was smoothly informed to the new batch.



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Concept of 'Design Thinking: Theory and practical aspects' by Dr. Anil Kumar, Associate Professor, London Metropolitan University, United Kingdom (UK)



Session Continued

### Day 7 Session I

#### Theme: Mind Matters!

Day 7 of the orientation had a very energetic start of the day. It touched the gates of the sense organs. The keynote speaker for this session was Dr Shobha Srivastava, Deputy Registrar, Manav Rachna University. The session started with a warm up exercise and **House Chicken Dance** Music. All the students enjoyed doing the warm up dance which reinvigorated tons of energy in them. This was followed by a calm meditation session. All the students were involved in hands-on exercise and requested to Sit down and close their eyes. Dr. Srivastava who is a certified trainer of the Art of Living focused on making the students understand that everything is a play of energy. The Will of each activity is influenced by the level of energy

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inside us and associated with the task. This concept was further illustrated by a comprehensive presentation. It was centred on four pillars: **Food, Breath, Calm and Happy Mind, and Sleep**. She utilised a story telling method to describe different situations and requested students to walk down this experience. She described the importance of food in keeping the right energy levels. She shared a key quote from Vedas about Food: **Jaisa Ann**

**Vaisa Mun**. Then she further elaborated on the importance of Sleep and the need of Rest. Going ahead in session, emphasis on Requirement of Breathing and Realisation of Healthy Body was dealt at length. She very tenderly requested students to never complain and count your blessings. Session on regulation of breath was carried out by **Brahmari Yoga**. Dr Srivasatava shared with students about the tendency of mind. Tendency of the mind is to act like a Pendulum. Exercises were performed to regulate breath and watch our flow of thoughts. Exercise of eye movement was also performed. All the students actively participated in all the exercise sessions and moved from **Why? Wow!** All the students realised the importance of living in the present and responding to situations effectively. Indeed, the entire session served as an elixir to **move from Problems to Celebration**.



Online Session on Mind Matter by Brahma Kumari

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Day 7 of the orientation had two sessions . One on Mind Matters!! Conducted by Dr.Shobha Shrivastava and Other was on Road Safety conducted by Mr.Anubrata from an NGO D2S,Drive Smart Drive Safe .

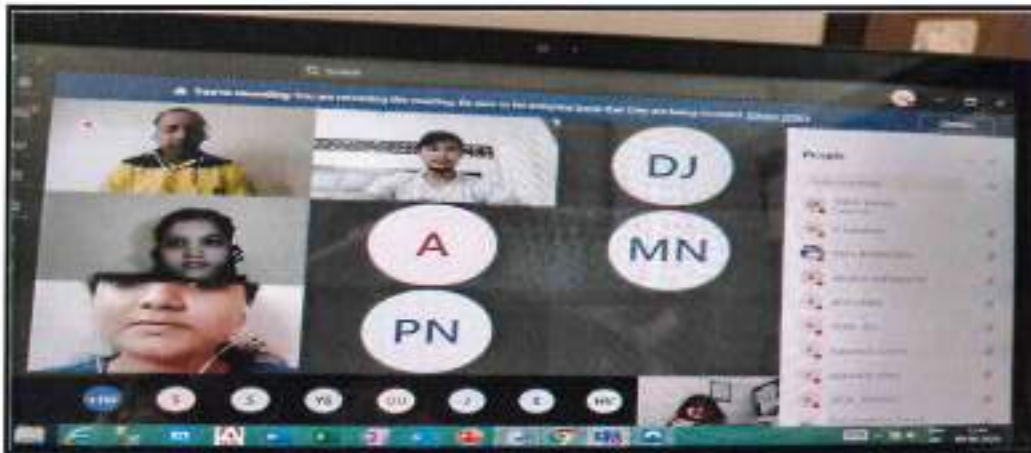


Online Session on Road Safety conducted by Mr.Anubrata from NGO D2S,Drive Smart Drive Safe

The session started on a very energetic note .The session on Road Safety awareness taken by Mr.Anubrata from an NGO D2S,created an awareness amongst the youth on how to keep oneself safe on Roads. He touched upon the root cause of fatal accidents due to shared negligence on our part. The session was very interactive, wherein the students were very enthusiastic and wanted to be part of this drive. The students wanted to understand how they could become a part of this mission . All the students and faculty members received a certificate to attend the session. They all realised the importance of living in the present and responding to situations effectively. Indeed, the entire session served as an elixir to **move in the right direction**

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Online Session on Road Safety conducted by Mr.Anubrata from NGO D2S,Drive Smart Drive Safe

**Day 9 of orientation had two sessions planned ,one by Dr. N.C. Wadhwa on O.P. Bhalla Foundation and the other was Talent Hunt carried out by the student council of MRU.**

The day began on a positive note by **Dr. N.C. Wadhwa**, Director General, MREI.

Dr Wadhwa, who is also the Vice-Chairman of Dr. O P Bhalla went on explaining how the Foundation leads in all the CSR activities performed by the MREI family. The Foundation has always taken up various philanthropic measures including adoption of 5 villages to develop them into model ones with all necessities and amenities. Other major initiatives and activities of the Foundation include Ek mutthi daan, Education/skill development, Swachh bharat abhiyan, Health camps/ blood donation camps, Sustainable development and environment protection, Women empowerment, adoption of NGOs,Legal aid camps and many more. The Foundation has also undertaken various awareness and welfare measures during pandemic Covid-19, such as distributions of sanitizers and masks to the adopted villages, installation of contactless automatic sanitizers/ dispensers, construction of PNG crematorium etc.

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Dr. N.C. Wadhwa, Director General, MREI

Under various initiatives Sir talked about a tie up with NGO WARM that materialised in distribution of 14000 sanitary napkins in a single day, a record in the world record book. Similar drives include a mega uniform and books distribution drive, a plantation drive, association with NGOs that care for animals and reaching out to the people online with emotional support via SATHI-A Mental Health Initiative in which 5 experts provide online counselling free of cost. The Foundation reaches out to people by means of Seminars and Webinars and is doing commendable work in the field of public benefit. The session was very interactive and was followed by a brief interaction with the student volunteers who have been associated with the foundation very closely. The overall session was very overwhelming.

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Session on Mental Health by NGO WARM

This session was followed by Talent Hunt with our new entrants. The session was conducted by the student council. The students were once again briefed on various extra and co-curricular activities which are organised at the inter and intra level and how the students can be a part of the society. This was followed by a display of the talent from the freshers' side. They sang songs, did beatboxing, played table tennis and took part in many fun activities organised by the team.



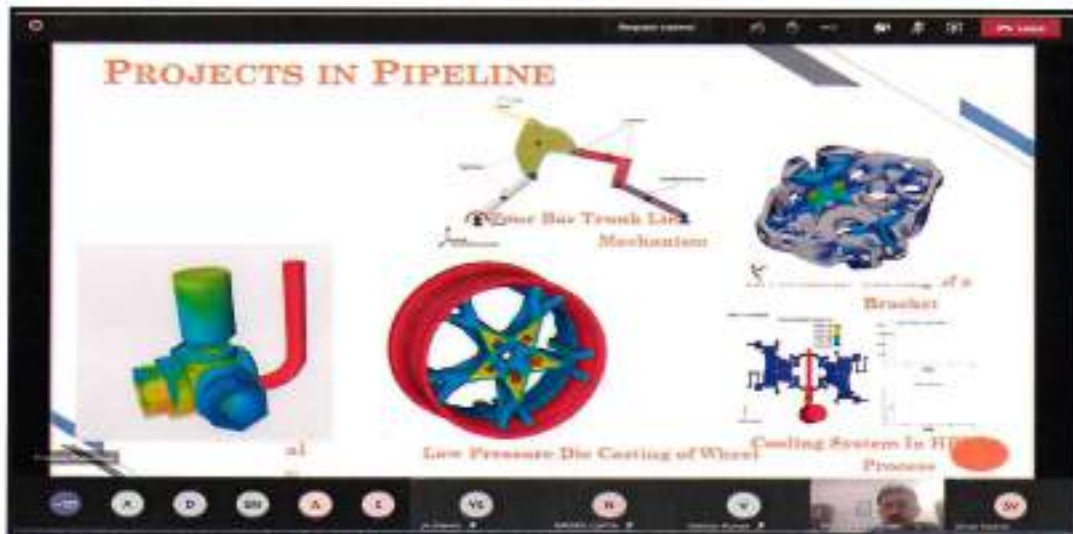
Session on Projects and Research by Hon'ble DC Faridabad Sh. Yashpal Yadav

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The session on 9<sup>th</sup> day had a session on Research **Innovation Entrepreneurship and Start-ups along with the working of the CDC and SFC centres.**

Dean Research and Dean Applied Sciences Dr. Pradeep Varshney gave an insight of the various activities and opportunities in the field of Research and **Innovation** This session was to make them aware various activities and functioning of MRU-Innovation and Incubation centre .The four star rating of the centre form AICTE-MHRD was also shared with them They were briefed about the Research Innovation and Credentials of the university. The students were motivated to get associated with the work done in innovation. This was explained to the students by showing them all the previous work done by their Alumni, being a part of Microsoft Imagine cup, Accenture Jockey etc. Developing projects like Pulse (Watch and Vest), Manovue etc. They also got briefed about Manav Rachna Intellectual Property Rights Cell which takes care of the copyright, patent and other concerns related to all such innovations by the students. They also come to know about various ways by which they can take the benefits of the Center and contact the experts. They were told to be leaders and not followers and be a part of "**RISE**"-**Research Innovation Start and Entrepreneur.** They were told about the ideas and launching companies in the market with many interesting facts. The freshers were excited to know that there is 2.67 crore for support by the government with 25 start-ups and more than start-ups in line in E-cell (Entrepreneur cell).He discussed in length about the Industry collaborations for prototype development and support.



Session on Projects and Research by Dean Research Dr. Pardeep Varshney

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The other session of the day was with **Team CDC and SFC** where the students were **briefed on** the functioning of the centre and the facilities provided to the students. These centres are established to coordinate with industry and facilitate placement of the students, along with the career facilitation and guidance. The students were made aware about the importance of their career planning, verbal ability, communication, interpersonal skills, and positive attitude. SFC on the other hand explained their role in providing help in all the domains be it academic, hostel related financial guidance. They were one point contact related to any kind of help and support besides the departments

Both the sessions were very informative and the students were very interactive and were full of queries.



Session on "RISE"-Research Innovation Start and Entrepreneur

*Tharu*





Session on ANVESHAN 2019-2020

### **Day 10 of the Orientation Programme 2020**

As part of the orientation programme 2020, Session I of the Day X had two sessions. One was on the theme of Exploring Foreign Language Courses as avenues for professional growth and the other was on Gender Sensitization. The session on languages was taken by Ms. Megha, Manager, Manav Rachna Centre of Foreign Languages and Ms. Khushboo Batra, professional trainer in the French Language from Manav Rachna Centre of Foreign Language and the other session on Gender Sensitization was taken by Ms. Reshma Bhowan, Faculty - Manav Rachna School and Dr. Ritu, Asst. Prof., Dept. of Education.

The students were provided with a very detailed and useful account of the various courses offered by Manav Rachna Centre of Foreign Languages in the area of German, Spanish, French and Japanese Languages. They elaborated on the important benefits of learning various foreign languages through the professional language courses in the multilingual contemporary culture.

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The session began with Ms. Reshma informing the students about what constitutes gender discrimination and the way women encounter it in their lives. What was refreshing to note was that she also raised the issue of gender discrimination that males face in the society.

Then, Dr. Ritu guided the session in the direction of different gender roles that people play. The ideas discussed with Ms. Reshma conveyed to the students, quite clearly, that there is a world beyond hetero-normative gender roles, and that students should be comfortable in the kind of gender roles they decide to play.



Session on Foreign Language HOD

Another significant issue, body-image and associated with it the idea of body shaming was discussed. It was stressed that students divest themselves of the idea there is an ideal body type. After this discussion the students shall be able to demonstrate some reflection in future, that is, if they decide to take up any activity, it would surely be not out of pressure to look a certain way.

The session was engaging in ways more than one, in that, it included active participation of a number of students. It was enriched by poetry recitation of the students, by the students. Before the session concluded the students asked a number of questions that were answered in a nuanced manner by the experts.

Overall the interaction with the resource person proved to be very fruitful and extremely relevant for students. The Other days of orientation were conducted at department level.

*Theda*



The last week concluded with a second round of activities already undertaken during the initial days of the month. The activities were divided on the basis of cognitive, psychomotor and affective domains respectively. To cater to the cognitive realm, a virtual 'quiz time was organised'; for affective domain, students were engaged in multiple 'yoga and meditation sessions' throughout the week and for psychomotor, they were engaged in virtual aerobics classes for a better physical and mental health during the depressive times of lockdown and pandemic. Since, the participation was varied and elaborate.

*The sessions have been captured through screenshots and serve the purpose for the attendance. The list of the attendees is not provided for the online sessions due to frequent network glitches.*

*Sham*

