

Second stitch to denims

The Manav Rachna Centre for Peace and Sustainability has embarked on an eco-conscious endeavor known as the "Second Stitch" project. This innovative initiative involves the collection of old denim garments and the transformation of these discarded fabrics into stylish and sustainable bags or kits. The project not only encourages the recycling and up cycling of materials but also promotes the reduction of textile waste. "Second Stitch" is a shining example of the center's commitment to fostering environmental sustainability and harmony within the community, one stitch at a time. It serves as a reminder that by reimagining the potential of everyday items, we can contribute to a more eco-friendly and sustainable future.



Animal shelter visit- Gaushala

In a concerted effort to advance Sustainable Development Goal 15 (SDG 15) and promote environmental sustainability, the Manav Rachna Centre for Peace and Sustainability (MRCPS) organized a visit to Narayan Gaushala in Faridabad. This initiative aimed to raise awareness about the importance of biodiversity conservation and ecosystem restoration, as outlined in SDG 15, which focuses on protecting, restoring, and promoting sustainable use of terrestrial ecosystems, forests, and combating desertification. The visit provided participants with a firsthand experience of sustainable agricultural practices, including the significance of cow protection and its integral role in maintaining ecological balance. Through interactive sessions and guided tours, attendees gained insights into the interconnectedness of environmental conservation, animal welfare, and sustainable livelihoods. By engaging with local communities and stakeholders at Narayan Gaushala, MRCPS underscored its commitment to fostering a culture of environmental stewardship and sustainable development, aligning with the broader objectives of the United Nations' Sustainable Development Goals.



Stall Presentations

On July 14, 2023, the Manav Rachna Centre for Peace and Sustainability set up individual stalls to educate first-time visitors and encourage their involvement. During the stall representation, the teams were divided into two halves: the first half represented the verticals under the Centre, while the second half focused on mindfulness. To achieve this, all the leaders, co-leaders of different teams, and the team coordinator came together. The new council made an impressive debut by successfully recruiting 60 new members – a truly remarkable accomplishment. Their unwavering determination and eagerness to create an impact undoubtedly indicate that they will continuously address their shortcomings and enhance their effectiveness in future endeavors. With such a promising start, there is no doubt that the council's upcoming projects will achieve even greater success, ensuring their positive impact continues to thrive.



Sexual harassment session for faculties and staff

The Manav Rachna Centre for Peace and Sustainability (MRCPS) recently initiated a noteworthy Seed Collection Drive, underscoring their unwavering commitment to environmental sustainability. This impactful event, executed with precision and passion, sought to promote ecological well-being and contribute to biodiversity conservation within the community. MRCPS volunteers actively engaged participants in the collection of seeds from various indigenous plant species, cultivating an appreciation for the crucial role that plant life plays in maintaining a healthy ecosystem. This drive not only served as a practical demonstration of environmental responsibility but also as an educational platform, enlightening participants about the significance of preserving native plant diversity. By organizing the Seed Collection Drive, MRCPS exemplifies its dedication to holistic public service, extending its impact beyond healthcare to contribute positively to the broader well-being of both local communities and the environment.



Learning from Dr. Binny Sareen

The "Transformative Wellness Workshop: Cultivating a Healthy Self Through Positive Affirmations" held at Manav Rachna University on January 11, 2024, aimed to empower individuals with practical tools and positive affirmations, fostering a community committed to holistic well-being. With 150 participants, the event featured Dr. Binny Sareen, a Peace Ambassador, as the guest of honor, along with esteemed guests contributing valuable insights. Enriched with engaging activities, Dr. Sareen's workshop highlighted the power of positive affirmations, leaving participants equipped with tools for cultivating a healthier self. This harmonious blend of knowledge, interactive learning, and positive affirmations resonated gratitude, contributing to individual and community well-being.



3 Days Meditation workshop for staff and faculties

The "Journey Within" meditation workshop organized by the Manav Rachna Centre for Peace and Sustainability had a profound purpose — to cultivate a heartfulness campus at Manav Rachna University. Specifically designed for university faculties and staff members, the workshop aimed to contribute to Sustainable Development Goals (SDGs) 3 and 16, focusing on good health and well-being and peace, justice, and strong institutions, respectively. During the three-day workshop held at the L Block Library in the first week of January 2024, certified meditation trainers from the Heartfulness Foundation guided participants through immersive meditation practices. The sessions, each lasting approximately 40 minutes, provided a unique opportunity for attendees to explore heartfulness and rejuvenation without traditional lecture-style instruction. The overwhelming success of the workshop, with over 50 enthusiastic participants across five batches, reflected a growing awareness within the Manav Rachna community of the profound benefits of meditation on mental well-being and holistic development.



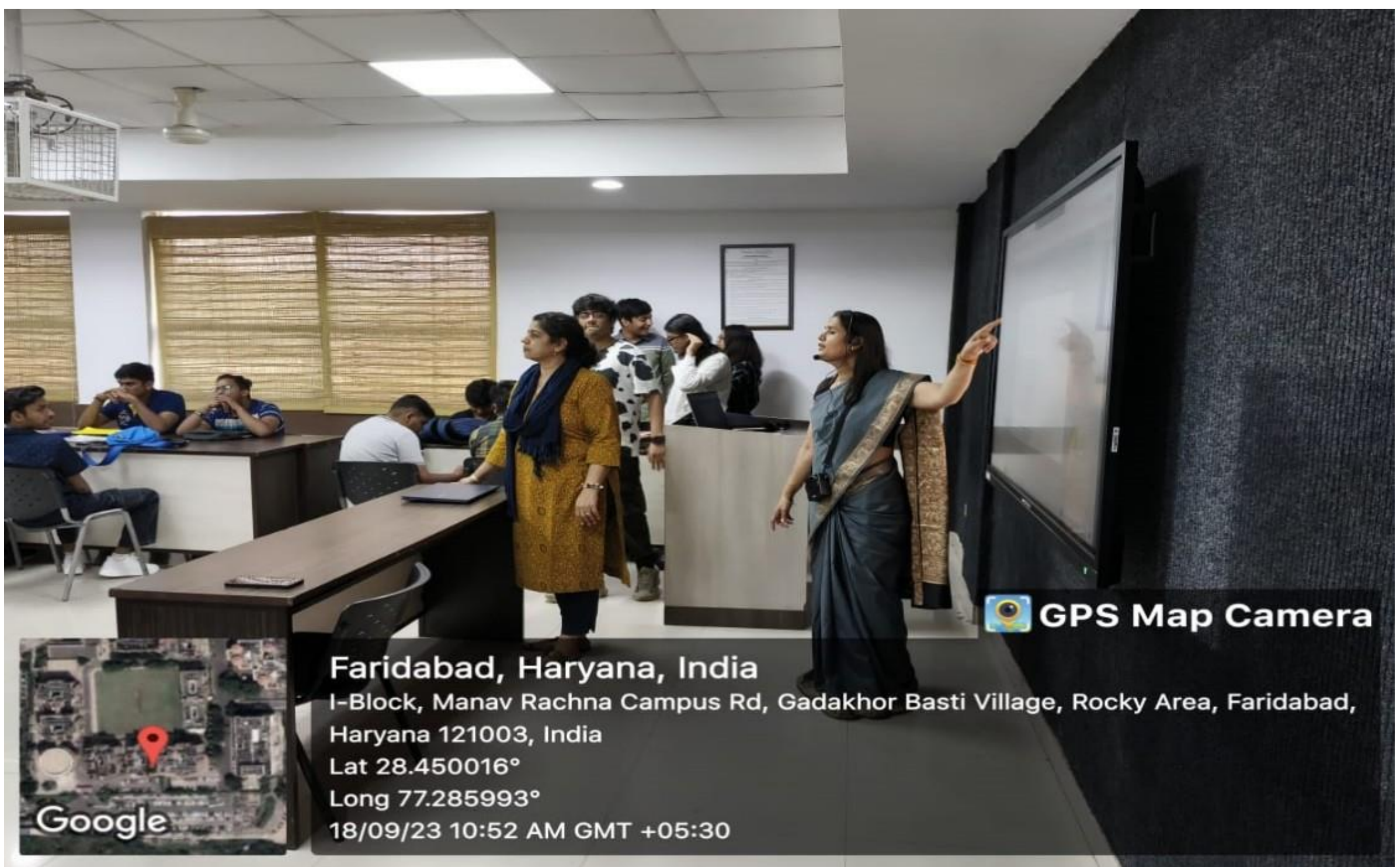
POCSO session at schools

The "School Visit for POCSO" organized by the Manav Rachna Centre for Peace and Sustainability on January 18, 2024, at MSC School in Anangpur Village, Faridabad, served a dual purpose. With 200 participants, the visit aimed to sensitize students to POCSO awareness. .Dr. Sumbul addressed the sensitive issues of good touch, bad touch, and POCSO awareness through the "Kuch Kehna Hai" project. Coordinated by student heads Diyaand Ipshita,



Business stimulation workshop

MRCPS organised business simulation workshop on 18th September 2023 which took place within the campus from 10am to 12pm. Dr. Bindu Agarwal, certificate Master Business coach of simulation, was gracious enough to coach and help all the students through the whole workshop. She did an amazing job, making all the students understand the simulation and was great with all the queries. We received over 40 student registrations where students registered for 100rs each. It was a great success and a big milestone all together. The event was organised and co-ordinated by the events team. We would also like to thank our student heads for the extreme help and guidance through the whole process and our student co-heads as well.



GPS Map Camera

Faridabad, Haryana, India

I-Block, Manav Rachna Campus Rd, Gadakhor Basti Village, Rocky Area, Faridabad, Haryana 121003, India

Lat 28.450016°

Long 77.285993°

18/09/23 10:52 AM GMT +05:30

Google

2 days Meditation Workshop for students

The Magic of Meditation event on January 24 and 25, 2024, at the Swami Vivekananda Library and G Block Mandala respectively, offered a serene retreat from the hustle and bustle of daily life. Through a combination of soulful musical sessions and expert-led meditation practices, participants were invited to embark on a journey of self-exploration and inner harmony. Dr. Geeta, with her profound knowledge and gentle guidance, introduced attendees to the concept of Heartfulness meditation, setting the stage for a transformative experience. Participants were immersed in 45-minute sessions, where they were encouraged to connect with their inner selves and cultivate a sense of peace and serenity. The event attracted a diverse group of individuals, with many students embracing the opportunity to explore meditation's benefits. Over the course of two days, participants found solace and contentment in the tranquil atmosphere, eagerly embracing the practice of Heartfulness meditation. The event resonated with the broader goals of promoting well-being and inner harmony. Through the practice of Heartfulness meditation, participants were able to cultivate a deeper sense of self-awareness and emotional balance, contributing to their overall mental and spiritual well-being.



ESDP visit at schools

Manav Rachna Centre for Peace and Sustainability recently organized an impactful visit to a school in Anangpur as part of its ongoing initiative to promote environmental consciousness and sustainability. The primary focus of the session was on plastic waste reduction, aiming to instill a sense of responsibility and awareness among the younger generation. The engaging sessions included informative presentations, interactive discussions, and thought-provoking activities to highlight the detrimental effects of plastic pollution on the environment.



Cleaning the community- Railway station of Faridabad

In a proactive endeavor to instill a sense of civic responsibility and contribute to local environmental sustainability efforts, the Manav Rachna Centre for Peace and Sustainability (MRCPS) spearheaded a collaborative cleaning drive at the Faridabad Railway Station. This initiative, conducted in partnership with students and cleaning staff, aimed to address the pressing issue of cleanliness and hygiene in public spaces. By mobilizing the collective efforts of students, staff, and community members, MRCPS demonstrated its commitment to promoting environmental stewardship and fostering a cleaner, healthier living environment for all. Through hands-on participation and community involvement, the cleaning drive not only helped enhance the aesthetic appeal of the railway station but also raised awareness about the importance of waste management and sustainable practices in preserving our shared public spaces.



Paper Recreating

In a proactive stride toward cultivating a sustainable campus and nurturing an eco-conscious ethos among students, a pioneering student-led initiative was established by MANAV RACHNA CENTRE FOR PEACE AND SUSTAINABILITY. This visionary project ingeniously repurposed discarded paper, breathing new life into it by crafting exquisite handmade sheets adorned with a vibrant palette of colors. This creative endeavor not only championed the cause of sustainability but also empowered young minds to become stewards of the environment, embodying the essence of true sustainability champions.

