



MANAV RACHNA
UNIVERSITY 
Declared as State Private University by vide Ministry Act 26 of 2014

MANAV RACHNA UNIVERSITY

2023-2024

SATV धरा 4.0

MANAV RACHNA CENTRE FOR PEACE & SUSTAINABILITY



BE PEACEFUL SUSTAINABLY



SUSTAINABLE DEVELOPMENT GOALS

- 17 GOALS FOR THE WORLD
- NO POVERTY
- ZERO HUNGER
- GOOD HEALTH AND WELL-BEING
- QUALITY EDUCATION
- GENDER EQUALITY
- CLEAN WATER AND SANITATION
- AFFORDABLE AND CLEAN ENERGY
- DECENT WORK AND ECONOMIC GROWTH
- INDUSTRY, INNOVATION AND INFRASTRUCTURE
- REDUCE INEQUALITY
- SUSTAINABLE CITIES AND COMMUNITIES
- RESPONSIBLE CONSUMPTION AND PRODUCTION
- CLIMATE ACTION
- LIFE BELOW WATER
- LIFE ON LAND
- Peace, Justice and Strong Institutions



Manav Rachna University
**Centre for Peace &
Sustainability**

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Padma Shri award in 2007



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Former Director of National Institute of Technology Hamirpur (H.P.), Malaviya National Institute of Technology Jaipur (Rajasthan), NIT Delhi, NIT Jalandhar (Punjab) and IIIT Kota (Rajasthan)



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Director, Manav Rachna Centre For Peace & Sustainability
Dean, Department of Students Welfare, Manav Rachna University

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Director, Manav Rachna Centre for Peace and Sustainability

"Peace paves the way for sustainability, and sustainability ensures lasting peace."



FROM THE VC'S DESK

"In the present difficult times, when the whole world is trying to take measures to control pandemic besides having conflicts due to global political instability, climate changes leading to rise in ecological issues, the threat of nuclear wars, and poverty, the society needs to build measures which mitigate these and lead to peace in a conscious manner.

It is heartening to see that a recently established new Centre of excellence "Manav Rachna Centre for Peace and Sustainability" is engaged in its endeavor to inculcate the core value of Peace and Sustainability in the entire value chain of academia in the university through its curricular, co-curricular and extracurricular activities route."

DR. (PROF.) IK BHAT

*Vice Chancellor,
Manav Rachna University*

COMMUNITY CONNECT PROGRAM

The Manav Rachna Centre for Peace and Sustainability embodies a spirit of active engagement through its dedicated volunteers who participate wholeheartedly in the Community Connect Program. This initiative serves as a bridge between urban and rural communities, fostering mutual understanding and empowerment. The volunteers embark on journeys to village schools, rural areas, and nature-centric locations, carrying with them a mission to spread awareness about the Sustainable Development Goals (SDGs).

They engage with children, imparting crucial knowledge about the Protection of Children from Sexual Offences (POCSO) Act, instilling a sense of safety and awareness. Additionally, they educate students on the importance of animal welfare, nurturing empathy and responsibility towards all living beings. Moreover, these passionate volunteers immerse themselves in the fabric of local communities, actively listening to their concerns and challenges.

Through collaborative efforts, they undertake plantation drives and clean-up campaigns, nurturing environmental consciousness and fostering sustainable practices. In essence, the Community Connect Program stands as a beacon of positive change, embodying the values of empathy, education, and environmental stewardship.



CREATING A HEARTFUL CAMPUS

Heartfulness Campus is a sanctuary for holistic well-being and personal growth, dedicated to nurturing the mind, body, and soul. Rooted in the principles of heartfulness meditation, the campus provides a serene and uplifting environment for individuals seeking inner peace and spiritual awakening. The heartfulness approach, emphasizing the importance of the heart in meditation, serves as the cornerstone for a range of transformative programs and activities offered at the campus.

With lush greenery, tranquil meditation spaces, and experienced guides, the Heartfulness Campus is a haven for those on a journey of self-discovery and mindfulness. Whether through guided meditation sessions, wellness workshops, or immersive retreats, the campus invites participants to embark on a transformative experience, fostering a deep connection with their inner selves and promoting a harmonious balance of mind, body, and spirit. Heartfulness Campus stands as a beacon of tranquility and self-realization, providing a sanctuary where individuals can explore the path to inner peace and spiritual growth.



SECOND STITCH



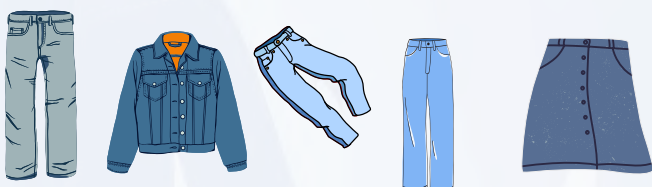
The Manav Rachna Centre for Peace and Sustainability has embarked on an eco-conscious endeavor known as the "Second Stitch" project. This innovative initiative involves the collection of old denim garments and the transformation of these discarded fabrics into stylish and sustainable bags or kits. The project not only encourages the recycling and upcycling 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.



HOW TO BE THE PART OF SECOND STITCH?

EASY! Just Donate Your Old Denims To Us.

You can also take an old denim from us and create a denim and submit to us!



AANAND ABHIYAAN

"LONG-TERM GOALS ARE THE MILESTONES THAT TURN DREAMS INTO REALITY."

In a heartwarming display of gratitude and compassion, Manav Rachna Centre of Peace and Sustainability launched 'ANAND ABHIYAN' under the Sadhbav vertical, with a noble purpose of spreading positivity and joy. The project involved volunteers interacting with total strangers, offering them a comforting and cherished hug of joy. This exceptional initiative, which began at the Pebble Downtown Mall, underlined the importance of acknowledging and appreciating the unsung heroes in our midst.

As a community, it reminded us of the power we hold to bring warmth into the lives of those who need it the most, ultimately making the world a better place, one hug at a time.



Continuing the journey the other visit was planned in Gaushala promoting SDG 13 & SDG 15 sensitizing students for animal care. Students interacted with staff and provided fodder to cows.

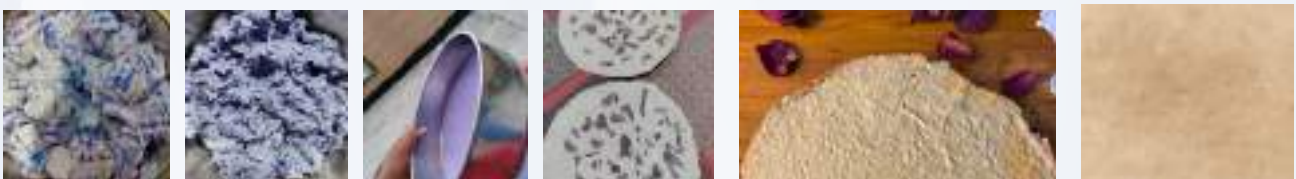


USED PAPERS TO HANMADE SHEETS

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.



The manual production process of handmade paper imparts a distinctive variability that underpins artistic expression and individuality. Crafting handmade paper in the domestic sphere entails a series of intricate steps, encompassing the meticulous collection of paper waste, its immersion in water, blending into a pulpy mixture, construction of a carefully crafted paper mold, immersion and extraction of the mold in water, pressing and drying, and ultimately, the patient air-drying of the paper.



ZUMBA AND JAM



The esteemed Guest Trainer Gauran ji headlined an exhilarating Zumba session at the Manav Rachna Centre for Peace and Sustainability, held the previous day. Enthusiastic participants came together to engage in this vibrant and dynamic event, fully embracing the seamless fusion of dance and fitness. The session exuded an infectious energy, providing an exceptional avenue to promote overall well-being and emphasize the importance of embracing a health-conscious lifestyle.



Gauran ji's extensive expertise and engaging guidance played a significant role in creating a highly satisfying experience for attendees. As a result, participants left the event with increased motivation and a renewed sense of inspiration to continue their personal fitness journeys. The occasion stood as a clear testament to the center's unwavering commitment to nurturing both physical vitality and mental balance, thereby exerting a positive influence on the community's steadfast pursuit of peace and sustainability.



The session brimmed with vitality, attracting a large number of eager participants who collectively infused life into the event. In a powerful display of unity, the Deputy Director (IQAC) and esteemed Sadbhav mentor, Dr. Deepa Arora, graced the event with their presence. Notably, Dr. Arora was accompanied by a group of other distinguished faculty members, all converging at the G block auditorium.

The "Zesty Zumba Jam" held at Manav Rachna University on January 18, 2024, aimed to unite fitness enthusiasts and dance lovers for an energetic and enjoyable fitness experience. Led by licensed Zumba trainers Rahul Sabharwal and Shruti Kumari, the event successfully brought together 30 participants. The purpose extended beyond dance and fitness, actively contributing to Sustainable Development Goals (SDGs) 16 and 3. In alignment with SDG 16, the Zumba Jam created a platform for community building, fostering connections among participants and promoting mutual support. Addressing SDG 3, the event encouraged physical activity and emphasized the joy of maintaining a healthy lifestyle. The success of "Zesty Zumba Jam" showcased the power of Zumba in promoting both physical activity and a positive mindset, leaving a lasting impact on participants and encouraging a healthier and happier life.





GPS Map Camera



Faridabad, HR, India

Sector 43, Faridabad, 121004, HR, India

Lat 28.449968, Long 77.285160

08/17/2023 02:46 PM GMT+05:30

Note : Captured by GPS Map Camera



»»» SCAVENGER HUNT

The scavenger hunt aimed to create widespread awareness about environmental issues and promote the principles of sustainable development in a fun and interactive manner. The primary goal was to engage participants in a lighthearted yet impactful way, fostering a sense of responsibility and connection to the environment.



By combining education with entertainment, the event successfully captured the attention and commitment of participants, fostering a community dedicated to positive environmental change.



TOWARDS A SUSTAINABLE CAMPUS.

- Use eco-friendly products made from sustainable materials.
- Conserve energy by turning off lights and appliances.
- Save water by fixing leaks and using water-saving fixtures.
- Reduce single-use plastics by using reusables.
- Choose to car pool.
- Cut down on paper usage and opt for digital solutions.
- Participate in CPS initiatives for sustainability.
- Educate yourself and others about eco-friendly practices.

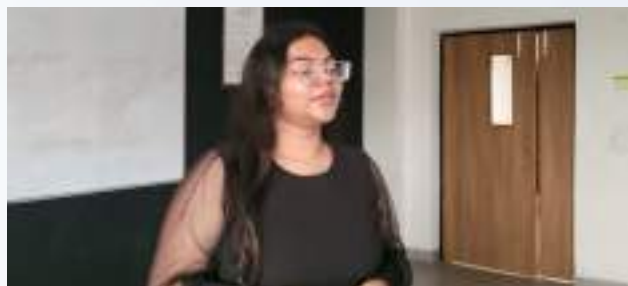
»»» PEACE CONFLICT MANAGEMENT THROUGH DEBATE

A training session for MUN as a debate was organized by the Centre on the topic: Peace and conflict management. The event was a crisp of a book in oral format to explain well about youth philosophy and their vision for peace and conflicts.



»»» DISCUSSION ON MEN BEING VICTIM OF PSEUDO FEMINISM

A discussion was held by Parashakti in order to raise awareness of youth regarding victimization of men because of pseudo feminism. Many points were raised and discussed in the favour of the theme.





➤➤➤ SUSTAINED ED VISIT



A visit to village school for community connect in order to implement sustained project where volunteers from university played games with school students and explained them about SDGs and related concepts in a fruitful manner.

Various activities were designed to capture their interests and to train them as sustainable youth cum citizen.

➤➤➤ ESDP VISIT

Volunteers from MRCPS always find opportunity to show their sustainability ambassador aura. A recent visit at a school in Delhi: Angels Public School where students interacted with the volunteers for a session of Education for Sustainable Development.



➤➤➤ YOUTH FOR PEACE WORKSHOP

The "Youth for Peace" workshop, held via Google Meet, featured the distinguished speaker Ms. Shweta Bhatnagar. This event was a remarkable platform for the youth to engage in discussions and activities centered on the pursuit of peace in an increasingly turbulent world.

Ms. Bhatnagar, with her extensive expertise in peace-building and conflict resolution, shared invaluable insights and strategies to empower the youth in their mission to promote peace. The event was a resounding success, drawing enthusiastic participants and leaving them motivated and trained

to contribute positively to global peace and sustainability initiatives. Manav Rachna Centre for Peace and Sustainability continues to be at the forefront of promoting harmony and sustainability in the modern world, and this workshop was a testament to their dedication to nurturing young leaders of change.



➤➤➤ STALL PRESENTATION



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 teams beautifully decorated their stalls, staying true to our motto of sustainable development and a carbon-free environment. The stalls vividly portrayed the environment, objectives, and aspirations of our teams, along with highlighting the milestones we have achieved so far. To engage the freshers, a couple of activities were set up, which attracted numerous new members. Additionally, our members put on a skit, adding to the interactive experience. 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,¹² ensuring their positive impact continues to thrive.

>>> PLANTATION DRIVE

On 17th July, 2023, the Dr. OP Bhalla Foundation in collaboration with Centre for Peace and Sustainability orchestrated a spectacular plantation drive at Sector 45, Faridabad, outside our brand-new Off Campus Hostel. Volunteers from the Foundation, MRCPS, and enthusiastic students from DSW-MRIIRS and MRU joined hands to create a vibrant Green Belt!

The spirit of the day soared as Dr. NC Wadhwa inspired us all with his enlightening words on the paramount significance of Tree Plantation and we took a heartfelt Green Oath to nurture our planet and safeguard its precious environment!

Joined by esteemed personalities like the Dean-DSW-MRIIRS, Dy. Director - MRIIRS, and the amazing Team Foundation, we're marching together towards a greener, sustainable tomorrow!



>>> GRAPHIC DESIGNING WORKSHOP



The Manav Rachna Centre for Peace and Sustainability held an engaging workshop on hand-based flyer design led by Ms. Avni Bhatia. Freshers and the creative team participated enthusiastically. She covered design principles, color theory, and typography, guiding participants towards practical application. Attendees learned to create captivating layouts and experiment with design elements. The interactive session encouraged collaborative learning. Participants crafted effective flyers by applying their newfound skills. The event showcased Manav Rachna's commitment to innovative expression. The workshop's success highlighted the importance of hands-on learning for nurturing creativity.



STALL PRESENTATION AT BLOOD DONATION CAMP

The commemorative stall organized by MRCPS Society Volunteers, in conjunction with NGO partners, students, and Chief Minister sh. Krishnopal Gurjar, proved to be a resounding success. Held on the remembrance anniversary of Dr. OP Bhalla, the event celebrated his enduring legacy by providing a dynamic platform for NGOs to showcase their impactful initiatives, students to display innovative projects, and the community to engage with meaningful causes. Chief Minister sh. Krishnopal Gurjar's presence added a significant touch, emphasizing the importance of collective efforts in upholding the values championed by Dr. Bhalla. The event not only paid a fitting tribute to a visionary but also reinforced the spirit of unity and service within our community, aligning with the principles Dr. Bhalla held dear.



POSTER MAKING COMPETITION

The Manav Rachna Centre for Peace and Sustainability (MRCPS) continues to champion social causes with a recent initiative—the organization of a Poster Making Competition aligned with Sustainable Development Goal 5 (SDG 5), focusing on the theme of women empowerment. This thoughtfully curated competition serves as a platform for artistic expression and advocacy, inviting participants to creatively depict the multifaceted aspects of empowering women. The competition aims to raise awareness about the importance of gender equality and the empowerment of women in all spheres of life. Participants are encouraged to showcase their artistic talents while conveying powerful messages that inspire positive change. By merging the realms of art and activism, MRCPS reinforces its commitment to fostering a more equitable and inclusive society, using the universal language of visual art to amplify the call for women's empowerment and gender equality.



TOWARDS



BLOOD DONATION AWARENESS

The volunteership of the MRCPS (Medical and Research Centre for Public Service) played a pivotal role in advancing the cause of public health and contributing to the fulfillment of Sustainable Development Goal 3 (SDG 3) - "Good Health and Well-being." Through their dedicated efforts, MRCPS volunteers actively participated in initiatives that aligned with SDG 3, aiming to ensure healthy lives and promote well-being for all.

In particular, the blood donation awareness camp organized by Clan Wild Cats, Khalbali, MRCPS, showcased the exemplary volunteership within the organization. The volunteers, driven by a commitment to public service, played key roles in orchestrating impactful activities during the event. Their involvement in the Nukkad Natak (Street Play) demonstrated a passion for education and advocacy, effectively conveying the vital message that blood donation is a life-saving act. By addressing real-life scenarios and engaging the audience emotionally, the volunteers contributed to raising awareness about the significance of blood donation in emergency situations. The Question and Answer session further highlighted the MRCPS volunteers' dedication to providing accurate and informative responses. Their presence as knowledgeable resources not only clarified doubts but also helped dispel misconceptions, fostering a better understanding of the blood donation process among the students. This educational component is crucial for achieving SDG 3, which emphasizes health education as a means to prevent and control diseases. The Blood Donation Information Booth, staffed by MRCPS volunteers, served as a hub for disseminating essential information about the blood donation process, eligibility criteria, and the positive impact of blood donation on community health. This aligns with SDG 3's broader objectives of promoting health knowledge and ensuring universal access to essential healthcare services. Moreover, the registration drive organized by MRCPS volunteers directly contributes to building a sustainable infrastructure for blood donation. By encouraging students to sign up as potential donors, the volunteers are actively fostering a culture of voluntary blood donation, aligning with SDG 3's target of ensuring access to safe, effective, quality, and affordable essential medicines and vaccines for all.

In essence, the volunteership of MRCPS, as exemplified in the blood donation awareness camp, vividly demonstrates their commitment to advancing SDG 3. Through education, advocacy, and community engagement, MRCPS volunteers are instrumental in promoting good health and well-being, making significant strides towards a healthier and more sustainable future.



»»» WHY A SUSTAINABLE CAMPUS?

Achieving the United Nations Sustainable Development Goals (SDGs) by 2030 is an ambitious yet crucial global endeavor. These 17 interconnected goals encompass various aspects of sustainable development, including eradicating poverty, addressing climate change, promoting gender equality, ensuring quality education, and fostering economic growth, among others.

Manav Rachna University, with its resounding tagline, "Where Sustainability Drives Globality," stands as a beacon of commitment to fostering a sustainable future. The Manav Rachna Centre for Peace and Sustainability, nestled within the campus, embodies this ethos by undertaking a comprehensive approach towards sustainability.



SUSTAINABLE ATTITUDE TIPS

»»» WHY A PEACEFUL CAMPUS?

A peaceful campus serves as the foundational bedrock for a thriving academic community. The serenity of such a setting not only enhances the learning experience but also nurtures the mental and emotional well-being of those within its bounds. In this calm atmosphere, positive interactions flourish, fostering a sense of community and collaboration among students and staff. Creativity is unleashed, as individuals feel free to explore innovative ideas and solutions. Moreover, the productivity of both students and faculty is heightened, allowing for the efficient use of time and resources. A peaceful campus contributes not only to the immediate well-being of its members but also to the long-term success and positive reputation of the educational institution, attracting and retaining talent and fostering a community dedicated to growth and excellence.

- 1. Embrace an eco-friendly lifestyle, reducing your carbon footprint and supporting sustainable practices.*
- 2. Foster social equity by advocating for fair labor, human rights, and inclusive business practices.*
- 3. Think beyond today—prioritize long-term benefits over short-term gains for a sustainable future.*
- 4. Conserve resources by optimizing usage, practicing recycling, and adopting a circular economy mindset.*
- 5. Stay informed, adapt continuously, and champion innovative solutions for a resilient and sustainable world.*

SUSTAINED ART

"LONG" SUSTAINABLE ART: WHERE CREATIVITY MEETS ECOLOGICAL HARMONY, CRAFTING A TIMELESS MASTERPIECE THAT LEAVES A LASTING IMPRESSION WITHOUT LEAVING A FOOTPRINT."-TERM GOALS ARE THE MILESTONES THAT TURN DREAMS INTO REALITY."

➤➤➤ KALAKRITI



The "KALAKRITI Art Exhibition of MRCPS," held on November 2, 2023, was a resounding testament to the artistic brilliance thriving within the Manav Rachna Centre for Peace and Sustainability (MRCPS). Organized in collaboration with Felicia, the exhibition transcended traditional artistic boundaries, showcasing a diverse range of masterpieces that left the audience captivated. The event not only celebrated various art forms, from paintings to sculptures, but it also underscored the vibrant artistic community that flourishes within MRCPS.

The overarching theme, "Harmony Through Art: A Sustainable Vision," provided a unifying thread throughout the exhibition. The goal was to promote unity, environmental consciousness, and a sustainable future. Through the creative expressions of participating artists, the exhibition aimed to inspire a deeper understanding of the interconnectedness of humanity and the environment. By fostering a sense of responsibility, the event sought to encourage a vision for a more sustainable and peaceful world. The universal language of art was harnessed to engage, educate, and motivate positive action for a better future.

One of the noteworthy highlights of the KALAKRITI Art Exhibition was its emphasis on using creativity for a greater purpose. Participants were encouraged to create art pieces using waste materials, sending powerful messages of peace and sustainability. This initiative aligned with the urgent need to address environmental challenges and promoted harmony in an increasingly interconnected world. The concept of "CLAN POINTS FOR ALL" added a layer of friendly competition, fostering teamwork and making the event not only meaningful but also engaging and fun for all participants.

In conclusion, the "KALAKRITI" event organized by MRCPS was a resounding success, showcasing the creativity, innovation, and commitment of the participating students. The focus on creating art from waste materials not only highlighted artistic talents but also conveyed a powerful message about the importance of environmental sustainability and responsible consumption. "KALAKRITI" demonstrated the potential for positive change when art and sustainability intersect, leaving a lasting impression on hearts and minds. It stands as a testament to the transformative power of creativity and community in the pursuit of a more sustainable and harmonious world.



WINTER CLOTHES AND BOOKS COLLECTION DRIVE

The Manav Rachna Centre for Peace and Sustainability recently conducted a commendable donation drive aimed at fostering a spirit of generosity and social responsibility among the student community.

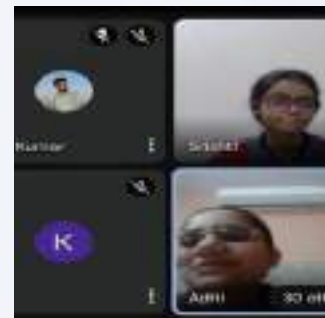


The organization orchestrated a campaign encouraging students to contribute books and clothes, with the noble objective of distributing these items to the less fortunate members of society.

MICRO GREENS ONLINE WORKSHOP

In alignment with the Sustainable Development Goals (SDGs) 13 and 15, which respectively address climate action and life on land, the Manav Rachna Centre for Peace and Sustainability (MRCPS) organized a dynamic online session.

The event featured Ms. Wirra Creado, an expert in sustainable agriculture, who conducted a hands-on demonstration on cultivating microgreens at home. This initiative aimed to educate students on environmentally conscious practices while fostering a deeper understanding of SDGs 13 and 15.



➤➤➤ SEXUAL HARASSMENT SESSION FOR 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.



➤➤➤ CULTIVATING A HEALTHY SELF THROUGH POSITIVE AFFIRMATIONS-MEDITATION WORKSHOP

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 honour, 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.

➤➤➤ JOURNEY WITHIN- MEDITATION WORKSHOP

3 DAYS 8 BATCHES

ACHIEVING SDG 3 GOOD HEALTH AND WELL BEING

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.

The "Journey Within" initiative aligns with the commitment to SDGs 3 and 16 by promoting meditation as a tool for mental well-being and fostering inner peace and mindfulness. The dynamic and interactive environment of the workshop, incorporating a dedicated Question and Answer (Q&A) round, further enhanced the participatory nature of the event. This inclusive approach not only enriched the learning experience but also reinforced a sense of shared mindfulness and connection among the participants.

The broader objective of creating a "Heartfulness Campus" underscores the initiative's focus on fostering a culture of mindfulness, heartfulness, and well-being. By investing in meditation, participants not only experienced immediate benefits but also contributed to the collective goal of promoting health and well-being, aiming to build a peaceful and just society, and creating a heartful campus environment. The list of experts, including Mr. Deepak Bhargav, Ms. Babita Seth, Mr. Pabitra Mohan, Col. Saurav Sethi, and Mr. Vishwas, underlines the wealth of knowledge and experience that enriched the transformative "Journey Within" meditation workshop.

➤➤➤ SCHOOL VISIT FOR ESDP & POCSO

The "School Visit for ESDP & 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 and instill a sense of responsibility for sustainable development from an early age. Dr. Pooja led an insightful session on sustainable development principles, distributing sustainably made notebooks to emphasize eco-friendly practices. Simultaneously, Dr. Sumbul addressed the sensitive issues of good touch, bad touch, and POCSO awareness through the "Kuch Kehna Hai" project. Coordinated by student heads Diya and Iphita, the visit's success was attributed to meticulous planning by Ms. Avni, and transportation logistics were efficiently managed by Mr. Mandeep and Mr. Pradeep. Overall, the event aimed to lay the foundation for informed and responsible citizenship by sensitizing students to POCSO awareness and sustainable development from an early age. Gratitude was expressed for the guidance of Geeta ma'am and Kanupriya ma'am.



➤➤➤ JOURNEY WITHIN- KITE MAKING COMPETITION

The "Journey Within - Kite Making Competition," held on January 11, 2024 at Manav Rachna University, marked a unique initiative by the Manav Rachna Centre for Peace and Sustainability. The event aimed to foster creativity and promote environmental consciousness through the innovative use of sustainable materials in kite making. Participants were challenged to craft kites using recycled materials or eco-friendly alternatives, encouraging both artistic expression and consideration of the environmental impact of their creations. The competition emphasized sustainability, aligning with global efforts to promote responsible consumption and waste reduction. The event not only showcased artistic talents but also contributed to building an environmentally conscious society by instilling a sense of responsibility for sustainable practices in participants and the wider community. The competition, with the theme "Upcycled Soar: Crafting Skies from Scraps," featured various categories and judges evaluated kites based on creativity, craftsmanship, and adherence to sustainable practices. Prizes were awarded to the most innovative designs, reinforcing the event's commitment to both artistic expression and environmental consciousness. In addition to the main competition, attendees enjoyed activities such as kite flying demonstrations, interactive workshops on sustainable crafting, and a vibrant marketplace showcasing local artisans and eco-friendly products.



ENTREPRENEURSHIP TALKS

Samridhh vertical of MRCPS organised Sanrachna 5.0, a week-long celebration held from September 9 to 15, 2023. Among the series of events organized, the E-Talks Webinar kicked off the festivities on Saturday, September 9, 2023, at 12:00 PM. Hosted online by the E-cell of Manav Rachna University, the event witnessed the participation of over 100 students. Mr. Pulkit Madan, the esteemed Founder and CEO of Warp Bay, delivered a keynote address focusing on startups and entrepreneurship, setting the tone for an enriching series of discussions and activities aimed at fostering innovation and entrepreneurial spirit among the university community.



TWISTED BITS

MRCPS conducted the online entrepreneurship quiz, 'Twisted Bits', on 11th September 2023. The event aimed to test the entrepreneurial acumen of participants and foster a spirit of innovation and enterprise. Over 50 enthusiastic individuals participated in the event, showcasing their knowledge and passion for entrepreneurship. Maximum questions were based on sustainability development goals. The motive of such questions was to increase awareness amongst the students about the same.



HUNTERS FOR HIRE

MRCPS conducted the online entrepreneurship quiz, 'Twisted Bits', on 11th September 2023. The event aimed to test the entrepreneurial acumen of participants and foster a spirit of innovation and enterprise. Over 50 enthusiastic individuals participated in the event, showcasing their knowledge and passion for entrepreneurship. Maximum questions were based on sustainability development goals. The motive of such questions was to increase awareness amongst the students about the same.



COOKING WITHOUT FIRE

The "Cooking Without Fire" competition, a captivating culinary event held as part of Sanrachna 5.0 and hosted by the MRCPS unfolded its magic at Manav Rachna University on the 12th of September 2023. This innovative competition served as a platform for students to unleash their culinary creativity, challenging them to craft delectable dishes without relying on conventional heat sources. The event buzzed with excitement as participants showcased their ingenuity, pushing the boundaries of traditional cooking methods. From refreshing salads to tantalizing desserts, the array of dishes presented reflected the participants' diverse culinary skills and imaginative flair. The competition not only celebrated culinary innovation but also fostered a sense of camaraderie among the participants, creating an atmosphere of mutual appreciation and encouragement. Overall, the "Cooking Without Fire" competition proved to be a delightful and memorable experience, highlighting the boundless potential for culinary creativity even in the absence of traditional cooking techniques.



BUSINESS SIMULATION WORKSHOP



MRCPS organised business simulation workshop as a sub-event of our quarterly fest 'Sanrachna 5.0' 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. 23

➤➤➤ MEDITATION WORKSHOP FOR 2 DAYS

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 IN SCHOOL



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.





*FACES OF INSPIRATION:
SPREADING PEACE AND
SUSTAINABILITY*



From left to right: Dr. Shrey Datta, Panna Devi Aggarwal, Dr. Anurag Gyanesh, Swami Chidanand Saraswati and Dr. ...

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