

EVENTS OF THE MONTH

»»» SUSTAINABLE CHRISTMAS

The Sustainable Christmas celebration at Manav Rachna University on December 22, 2023, held in front of G block, stands out as a remarkable initiative to promote environmental consciousness during the festive season. The event, organized by the Department of Mechanical Engineering in collaboration with the Manav Rachna Centre for Peace and Sustainability, aimed to shift the paradigm of Christmas celebrations towards sustainability. A key highlight of the event was the creation of a Christmas tree crafted entirely from scrap iron material, symbolizing the university's commitment to innovative and eco-friendly festivities. The collaboration between the mechanical engineering department and the Centre for Peace and Sustainability not only showcased their dedication to sustainable practices but also served as an inspiring model for future celebrations.

The exhibition of the iron Christmas tree, organized by the Manav Rachna Centre for Peace and Sustainability in partnership with the Department of Student Welfare, attracted the participation of 100 enthusiastic students. Beyond its aesthetic appeal, the tree served as a catalyst for student interaction, fostering a dialogue about sustainable practices and encouraging a sense of responsibility towards the environment.

Moreover, the event provided an educational platform for students to delve into the significance of Sustainable Development Goals (SDG) 7 and SDG 11, emphasizing the importance of clean energy and sustainable cities. In essence, the Sustainable Christmas celebration not only brought a refreshing and innovative twist to traditional festivities but also contributed significantly to instilling a deeper awareness of environmental responsibility and aligning with broader global goals of sustainable development within the student community.





SEXUAL HARASSMENT AWARENESS 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

3 GOOD HEALTH AND WELL-BEING



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.

➤➤➤ ZESTY ZUMBA JAM



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.



➤➤➤ 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.



➤➤➤ 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 Ipshita, 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.



➤➤➤ 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.



