



**MANAV RACHNA  
UNIVERSITY**

Declared as State Private University vide Haryana Act 26 of 2014



**3 GOOD HEALTH  
AND WELL-BEING**



# PROGRESS REPORT 2022-23

**Manav Rachna University**

Declared as State Private University vide Haryana  
Act 26 of 2014

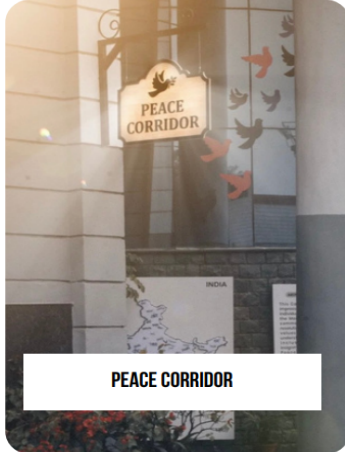






**MANAV RACHNA UNIVERSITY**

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**PEACE CORRIDOR**



**GLOBAL LEADERSHIP CONFERENCE**



**MEDITATION AT SCHOOLS**



**REGULAR NATURE WALKS**



**HYDERABAD KANHAVANAM PEACE TRAINING**



**SUSTAINATHON AT MANAV RACHNA**



**YOGA SESSIONS**



**MEDITATION SESSIONS**



# Contents

- 1. Preamble**
- 2. Research Activities under SDG 3**
- 3. Workshops & Training**
- 4. Field Visits**



# 1. Preamble

Sustainable Development Goal 3 (SDG 3) is a United Nations goal to promote well-being and healthy lives for all people at all ages

The initiatives and contributions of Manav Rachna University toward achieving **Sustainable Development Goal (SDG) 3, "Good Health and Well-being."** SDG 3, set forth by the United Nations, aims to ensure healthy lives and promote well-being for people of all ages

**Manav Rachna University (MRU)** has aligned its academic, research, and community outreach efforts to address health challenges within local and global communities.

By focusing on SDG 3, MRU is not only enhancing the well-being of its students, staff, and surrounding communities but is also setting a precedent for higher education institutions to play a pivotal role in achieving sustainable development goals.





# 1. Research Activities under SDG 3

The research activities undertaken at the university that align with Sustainable Development Goal (SDG) 3: "Good Health and Well-being." SDG 3, established by the United Nations, emphasizes the importance of ensuring healthy lives, promoting mental and physical well-being, and tackling key health challenges that affect communities globally.

This report will detail the university's research projects, highlighting their contributions to health improvements and illustrating the university's dedication to fostering a healthier, more resilient society.

**A. Good health** is the most important and valuable asset for humans, and health insurance is an essential type of insurance that provides financial protection to an individual and their family at the time of some uncertain risks or damages caused to health. Health insurance provides safety and protection to a person and encourages them to save money to treat health issues. This study is conducted to identify the factors that influence consumers buying intentions and their decisions to buy health



insurance policies and products. Some of the basic factors identified that influence people to purchase health insurance are medical expenses, tax gains, and mandatory and other requirements. Some of the obstacles that stop people from subscribing to health insurance are lack of funds, reliability, accessibility, and intermediaries. People want health insurance companies to guarantee their capital. In present times, people have started purchasing health insurance for themselves and their families, and it has become popular in India.

**Aditi Khanna, Dr. Savita Khanna, Volume 11,issue 3, December 2022,  
ISSN PRINT 2319 1775 Online 2320 7876,**

<https://ijfans.org/uploads/paper/b6b89ecb885fa84306d4a672ef9c6b61.pdf>

B. A review on the effect of residual stresses in incremental sheet metal forming used in **automotive and medical sector**.

Incremental sheet forming (ISF) is a process that can produce sheet metal components with a series of stepwise small incremental deformation. This literature paper presents a thorough review of



analyzing the influence of residual stresses in correlation with different process variables like tool diameter, tool path, the thickness of the sheet, depth of cut and wall angle, etc., during the procedure of single point incremental forming used in the automotive and medical industry. Moreover, this paper clearly explains the process parameters, which further help improve the ISF process compared to other conventional metal forming processes. This review initiates with the introduction of ISF for different types of materials and follows the residual stress measurement in various sectors. This paper also provides specific insights into the impact of residual stresses on forming forces, geometric shape accuracy, formability, and other factors in the process. The gap from this intensive review will provide the groundwork for the investigators for future research to recognize the implication of residual stresses in the automotive and medical fields. Based on the investigation, residual stresses should be considered in the design step of the manufacturing process with diverse scales. Finally, the future scope and probable research directions were discussed.

**Mr. Gianender Kajal , M.R.Tyagi, Gulshan Kumarl, MTP, 2022-23,**

- C. The aim of the Juvenile Justice (Care and Protection of Children) Act, 2000 is based upon the rights of the Juvenile Convention on Rights of Child 1989. To grant bail the Juvenile is a jail is an exception. The three exceptions have been statutes in section 12 of the Act, The various High Courts and the Apex Court have





interpreted these exceptions. This paper aims at the directions to be followed while deciding the bail applications of the juveniles and considering the circumstances if the same falls under the exception or not. There is no need for subjective satisfaction of the Juvenile Board, but an Objective assessment of the reasonable grounds is to be there for declining the bail to the Juvenile. It should be based upon Some material. It should not be mechanical representation of the legal provision.

**Sonia Kinra, Versha Vahini, Law Relating to Bail to Juvenile Delinquent,  
Vol 5**

<https://ijlmh.com/paper/law-relating-to-bail-to-juvenile-delinquent/>

## 2. Workshops & Training

Manav Rachna University's workshops under Sustainable Development Goal (SDG) 3, focusing on "Good Health and Well-Being."

Our university is deeply committed to advancing holistic health and creating a balanced, positive environment for all. These sessions on mindfulness, peace, and well-being are designed to equip you with practical tools and insights that promote mental, emotional, and physical health.



As part of SDG 3, our aim is to encourage lifelong wellness through a blend of ancient practices and modern science, nurturing skills that support resilience, stress management, and inner peace. These workshops will provide an immersive experience where you can explore mindfulness techniques, engage in practices that cultivate peace, and learn strategies to enhance overall well-being. Through these initiatives, Manav Rachna University aspires to foster a community that values health, inner balance, and a sustainable future for all.

## Workshop on Face yoga

**MANAV RACHNA UNIVERSITY**  
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# Face Yoga Session

Yogaizing Farewell to Fest 2022

26 June  
4:30 PM

**Ms. Bharti Iyer**  
Certified by Patanjali and Aayush Mantralay.  
With, 12 years of experience at an international level.

**MORE INFO**  
event.mrcps@mrucps.edu.in

Ritul (7682) Post...



**Title: Face yoga online session**

**Date: June 26, 2022**

**No. of participants: 140**

**Expert: Ms. Bharti Iyer**

**About the Event:**

The Face Yoga Session was designed to introduce students to the practices of face yoga, which include massage and movements that stimulate facial muscles, skin, and the lymphatic system. The primary goal of this event was to help students relax their facial muscles, reduce tension, stress, and concern, and enhance general well-being.

The session featured a prominent guest speaker, Miss Bharti Iyer, who is certified by Patanjali and Aayush Mantralay. She has been conducting yoga classes for over 12 years and has trained more than 350 international-level students.





The session was conducted online via Google Meet to accommodate a larger audience. More than 100 students, along with faculty members, joined the session to learn about the benefits of face yoga.

**Session Overview:** The event commenced at 4:37 PM with an introduction by the hosts, Ritul and Bhavya. Miss Bharti Iyer began the session by emphasizing the importance of practicing face yoga from an early age. She initiated the session with a 5 to 10-minute inhale and exhale exercise to help participants relax and prepare for the practice.

**Facial Massage:** The first round of facial massage, lasting approximately 10 to 15 minutes, was conducted to stimulate facial muscles, promote circulation, and relieve tension. In the second round of massage, the focus shifted to areas excluding the eye area.

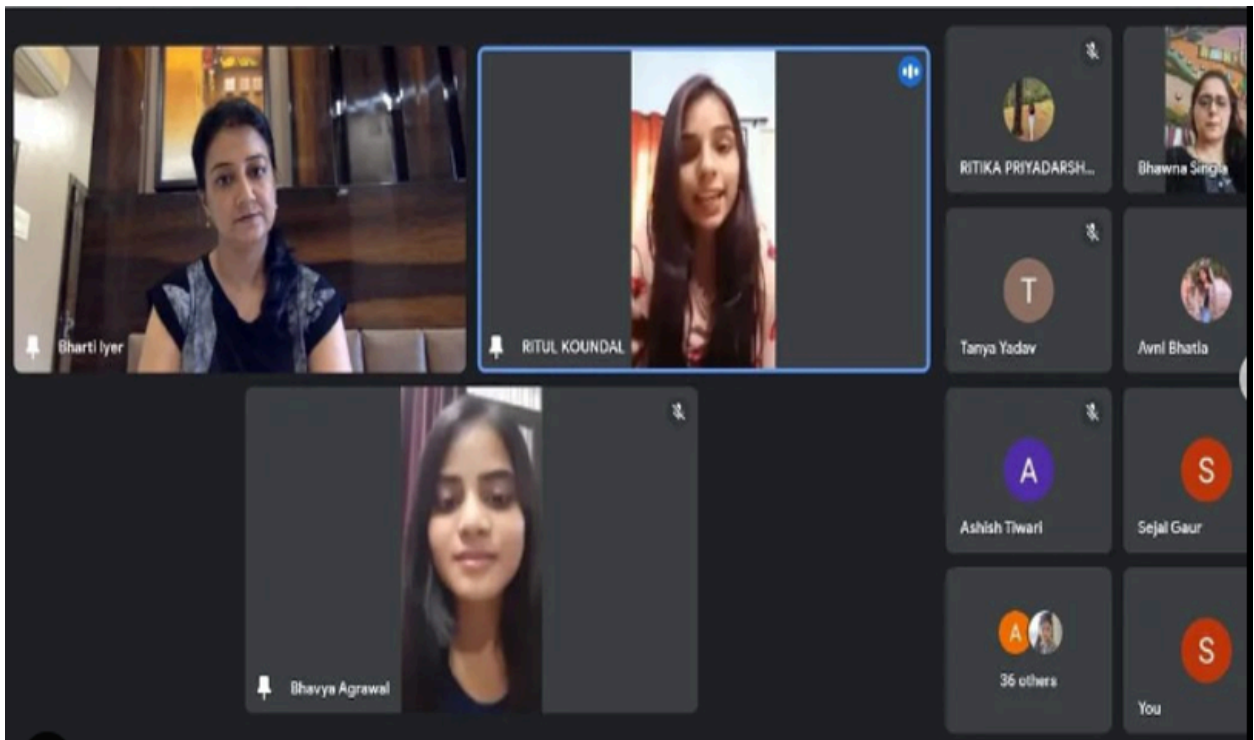
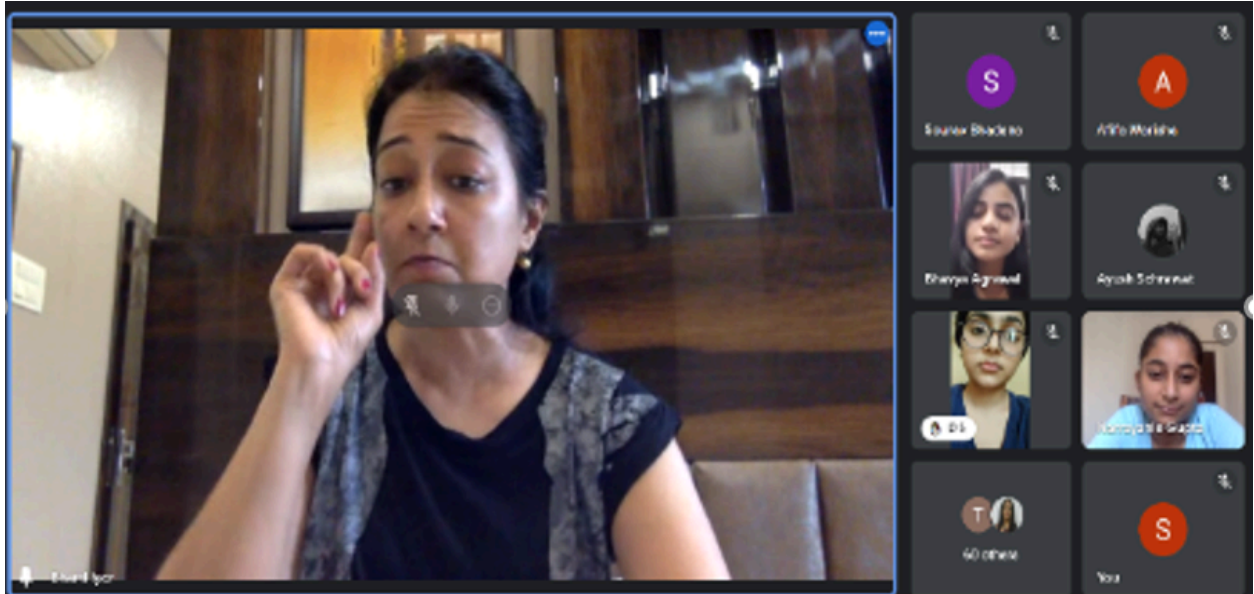
**Eye Muscle Relaxation:** Miss Bharti Iyer guided participants in specific eye massages designed to relax the muscles around the eyes, providing relief from eye strain and stress.



Face Yoga Exercises: At approximately 5:20 PM, the speaker introduced more than 20 face yoga exercises that participants could incorporate into their daily routines. These exercises aimed to tone facial muscles, improve skin elasticity, and enhance overall facial appearance.

Interactive Q&A: The session included an interactive question-and-answer round, where participants had the opportunity to seek clarification, share their experiences, and engage with the speaker.

The Face Yoga Session provided participants with valuable insights into the world of face yoga, emphasizing its importance for relaxation, stress relief, and overall facial well-being. Miss Bharti Iyer's expertise and guidance were instrumental in making the session informative and engaging. Participants left the session with a deeper understanding of face yoga techniques and exercises that can contribute to their overall health and well-being.







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## Workshop on Raj yog

 Manav Rachna Centre For Peace And Sustainability

 **MANAV RACHNA UNIVERSITY**  
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*yogazing*  
CARNIVAL 2.0 PRESENTS

**THE RAJ YOGA**

Miss. EKTA CHALAGERI

Tuesday, 23 June, 2022  
11 A.M.

 **zoom** 

Sanjoli-89203 64381  
Swati-93199 34037  
Deepali-96502 39500

event.mrcps@mru.edu.in



**Title: Learning Raj yog- online session**

**Date: June 23, 2022**

**No. of participants: 51**

The main intent of the event was to explore the influence of Rajyoga in diverse fields and to build a link between science and spirituality. We attempted to convey the importance of connecting the practitioner with the higher self through this event, as well as bringing balance to the body, mind, and soul.

**About the Event:**

The session was facilitated by Ekta Chalageri who is a Rajyoga Meditation practitioner for 22 yrs, research coordinator and core group member of Spiritual Applications Research Centre Delhi, NCR. She also volunteered in Brahma Kumaris and in various capacities at institutions for youth development.



The event exhibited great success led by the presence of respected teachers and a wonderful audience. The event was really interesting and gave important information to the participants.

The benefits of Raj Yoga are as follows:-

- Helps in reducing anxiety and stress and teaches how to live a happy life.
- Improves personal relationships.
- Helps in creating a sense of well-being.
- Enhances memory.
- Overcome negative habits.

There were 80+ participants and all were interactive and made the session very interesting and cheerful. It was a soothing and peaceful experience. It explained to all the participants the actual meaning of peace and how to overcome negative emotions one faces in their everyday lives. The speaker cleared all the doubts of the participants and





made them understand the significance of peace and positivity. In the end, a vote of thanks was conveyed to the speaker by the hosts, the event head and by the respected faculty.

## Gym tym- Gym orientated challenges



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Manav Rachna Centre for Peace and Sustainability 

# GYM TYM

Under Yogazing Carnival 2.0  
Last Date - June 28, 2022



Mr. Manish Kasana

Ankur 8222824453  
Vijay 9354549377  
Garima 9717261996

event.mrcps@mru



**Title: Gym tym- Gym orientated challenges**

**Date: June 28, 2022**

**No. of participants: 30**

**Purpose of the event:**

To make individuals feel elevated and profit from exercising, working towards long-term goals, and knowing that they have the ability to take on challenges and address them.

**About the Event:**

This Event was a submission based event

There was a good number of registrations as well as participation. Around 36 registrations and we can see that people enjoyed sending their videos for the event.

This event was open for all anyone can participate in this event; maximum participation was seen from school students and also university students.



Participants were given 3 categories and out of these categories they have to choose one and upload 1 minute video in that category.

CATEGORIES were as follows-

Category 1-1 min video of push ups

Category 2-1 min video of plank

Category 3- 1 min video of squats

Our guest of honour Mr. Manish Kasana was sent all the entries of the participants and he had chosen 3 winners for the 36 registrations.

As it was a submission based event the participants were given time till 28 June 2022 to submit their videos. All the three coordinators along with Miss Avni (student's head) and with the entire team of Yoga Fest 2022 have put in their efforts to bring out maximum participation for the event.

**WINNERS OF THE EVENT-**

1. Plank - Vaibhav singh

2. Squats - Akash Mehar

3. Pushups - Abhijith S nair



**Participants performing each category enthusiastically and submitting responses.**



**Encouraged participants to do physical activity during corona time.**





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## Pose or Lose 5 days challenge

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MANAV RACHNA CENTRE FOR PEACE AND SUSTAINABILITY

YOGAZING CARNIVAL 2.0

**POSE OR LOSE**  
21 June

Entry fee only ₹ 20

**GIFT HAMPERS!**

event.mrcps@gmail.com

SHREYA 9625069351	BHAVYA 9643103618	SOUMYA 7011601779
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**Title: Pose or Lose 5 days challenge**

**Date: June 21, 2022**

**No. of participants: 36**

**Purpose of the event:**

The primary purpose of the "Pose or Lose" event was to foster a deeper connection between participants and nature through the practice of yoga. Additionally, the event aimed to introduce and encourage individuals to incorporate meditation into their daily routines by utilizing yoga as a medium. By combining these objectives, the event sought to promote physical and mental well-being through yoga and meditation.

**About the Event:**

"Pose or Lose" was a unique and engaging event designed to encourage participants to establish a stronger bond with nature by practicing yoga. The event followed a submission-based format that spanned five days. Each day, participants were presented with a specific yoga pose, and



their task was to perform and capture the pose in either a picture or video format. The event emphasized not just the physical aspects of yoga but also its meditative and mindful dimensions.

The event garnered notable interest, with close to 30 participants registering to take part. Among these participants, more than 15 individuals, spanning both children and adults, actively engaged in the event. The diverse age range of participants highlighted the inclusive nature of the event, appealing to a broad spectrum of individuals who wished to explore yoga as a means of connecting with nature and enhancing their overall well-being.

The event unfolded over the course of five days, with each day featuring a different yoga pose for participants to practice and document. This sequential structure provided a holistic experience, gradually building participants' skills and knowledge in yoga. It also encouraged participants to dedicate time each day to the practice, reinforcing the importance of consistency in yoga and meditation routines.



The "Pose or Lose" event effectively fulfilled its purpose of connecting individuals with nature through the practice of yoga while introducing the concept of meditation within this context. By actively engaging participants of various age groups, the event promoted the idea that yoga is accessible to all and can be integrated into daily life.

Through daily practice, participants not only improved their physical flexibility and strength but also cultivated a sense of mindfulness and connection to the natural world. "Pose or Lose" served as an inspiring example of how yoga can serve as a bridge between individuals and nature, offering both physical and mental benefits.

Overall, the event successfully achieved its goals of fostering a deeper connection to nature, promoting yoga as a tool for well-being, and encouraging participants to incorporate meditation practices into their daily routines, enriching their lives both physically and spiritually.



**The beginning of the yoga challenge**

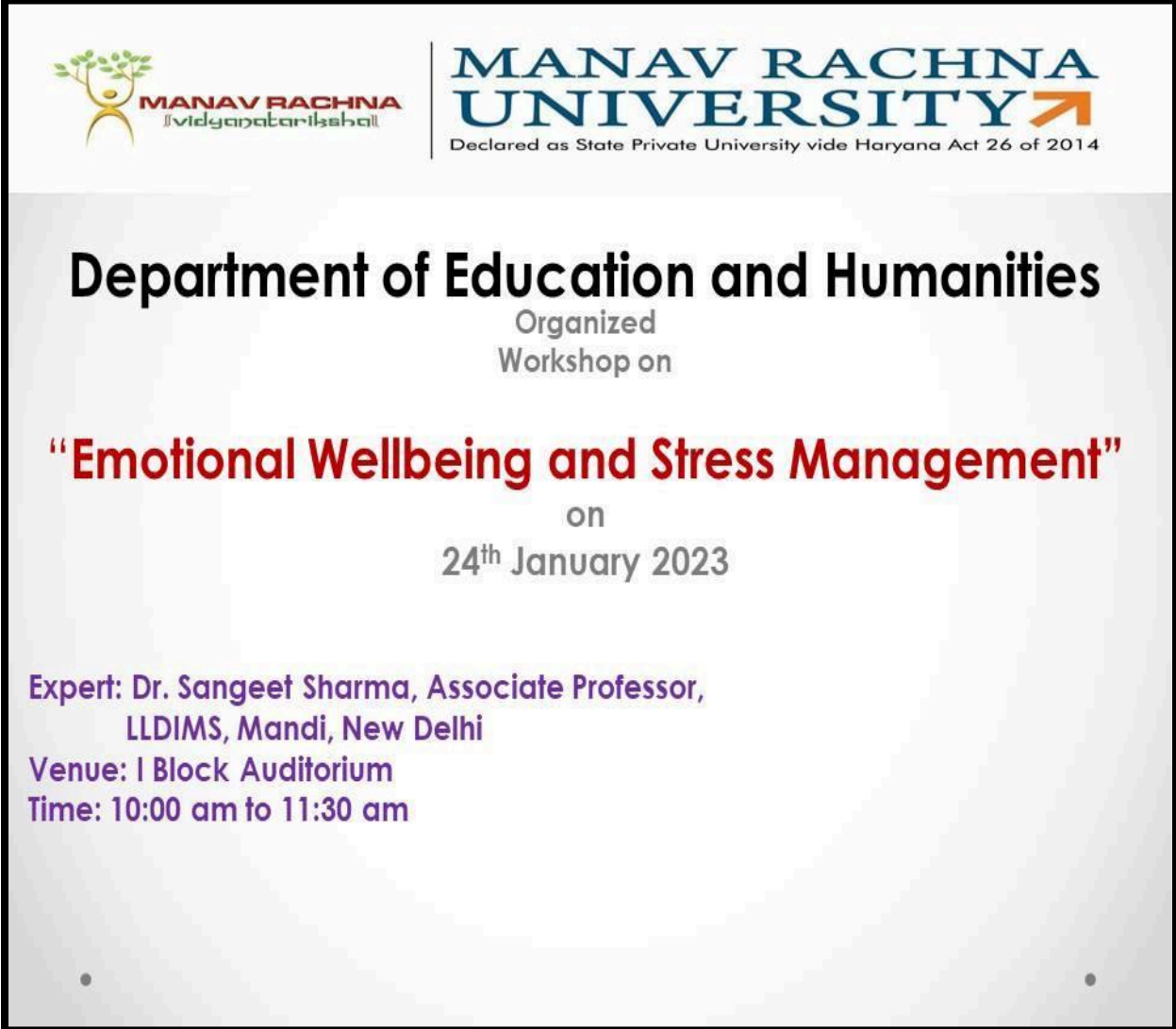




**Participants responded enthusiastically each day**





## Workshop on “Emotional Wellbeing and Stress Management”



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**Department of Education and Humanities**  
Organized  
Workshop on

**“Emotional Wellbeing and Stress Management”**  
on  
24<sup>th</sup> January 2023

Expert: Dr. Sangeet Sharma, Associate Professor,  
LLDIMS, Mandi, New Delhi  
Venue: I Block Auditorium  
Time: 10:00 am to 11:30 am

**Topic: Workshop on “Emotional Wellbeing and Stress Management”**



**Date: 24th January 2023**

**Resource Person: Dr. Sangeet Sharma, Associate Professor, LLDIMS,  
Mandi, New Delhi**

### **Participants-122**

School of Education and Humanities organised a workshop on the theme “Emotional Wellbeing and Stress Management” on 24th January 2023, time 10:00am-11:30am for the students of the department of education to address the growing need for individuals to develop effective strategies to manage stress and enhance their emotional health. The workshop aimed to provide participants with practical tools and techniques to identify, understand, and cope with stressors while promoting their overall mental well-being.

Following were the objectives of the workshop:

a) To raise awareness about the importance of emotional wellbeing and stress management.



- b) To provide participants with knowledge about the impact of stress on mental health.
- c) To teach practical techniques for managing stress and enhancing emotional resilience.
- d) To promote a supportive and inclusive environment where participants could share their experiences and learn from each other.

The workshop began with a warm welcome of the Resource Person Dr. Sangeet Sharma, HOD Dr. Rashee Singh and to all the participants of the workshop by Ms. Eram Aziz, Assistant Professor, SoEH, who also gave a brief introduction on the importance of emotional wellbeing and stress management.

A presentation was conducted to educate participants about the concept of stress, its causes, and its impact on mental health. Interactive discussions and case studies were used to engage participants in understanding the different types of stressors and their effects. Techniques for building emotional resilience were presented, including



mindfulness exercises, cognitive reframing, and self-care practices were discussed by the Resource Person. Practical exercises and group activities were conducted to allow participants to practice these techniques and share their experiences. The workshop focused on providing participants with practical strategies to manage stress effectively.

Participants were encouraged to develop personalized stress management plans tailored to their specific needs. The importance of self-care for maintaining emotional wellbeing was emphasized. Participants were educated about the various self-care practices and encouraged to incorporate them into their daily routines. A question-and-answer session was held to address participants' queries and concerns.

The workshop concluded with a summary of the key takeaways and a reminder to implement the strategies learned.

The workshop received positive feedback regarding the engaging and interactive nature of the session.



Participants actively participated in discussions, shared personal experiences, and supported each other throughout the workshop. Participants gained a deeper understanding of stress, its impact on mental health, and the importance of emotional resilience. The workshop ended with a Vote of Thanks to the resource person by Dr. Shweta Tewari, Assistant Professor, SoEH.

The practical techniques and strategies taught were well-received and considered valuable for managing stress in personal and professional life.



**Expert delivering the Session**



**Group Photo of Faculties and Students with the Expert**





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## Workshop on: Surya Namaskar Yoga



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# Sūryanamaskāra

Sadbhav, Manav  
Rachna Centre  
for Peace and  
Sustainability



**Smti. Anju Devi**

- Associated with Patanjali yogapeeth.
- Certified by Patanjali and Ministry of Ayush, govt of India.
- Conducting yoga classes for last 7 years.

5 clan points!!  
certificates for all

On Feb 2, 2023  
At 2 p.m.  
At Performing Arts, J block (jug02)

event.mrcps@mru.edu.in

Ritika:9811550475    Vivek: 87006 62414    Kashish: 96500 99800



**Title: Surya Namaskar Yoga**

**Date: Feb 2, 2023**

**Venue: J block Room no. 02, Manav Rachna University**

**No. of participants: 78**

**Purpose:**

The event's primary objective was to introduce students to the practice of yoga asanas and raise awareness about their profound influence on both physical and mental health. Sūryanamaskāra aimed to inspire students to incorporate these exercises into their daily routines for a healthier lifestyle. Two batches were divided.

**About the event:**

On February 2, 2023, Sadbhav, under the auspices of Manav Rachna Centre for Peace and Sustainability, hosted a significant yoga event named "Sūryanamaskāra." The primary aim of this event was to educate and enlighten students about the benefits of yoga asanas while



emphasizing their impact on physical and mental well-being. The event featured Mrs. Smti Anju Devi, a distinguished yoga guru with over two decades of experience, who led the session and guided students through the practice of Surya Namaskar.

Sūryanamaskāra, organized by Sadbhav under Manav Rachna Centre for Peace and Sustainability, was an impactful and enlightening event. It successfully achieved its purpose by educating students about the physical and mental benefits of yoga asanas, specifically Surya Namaskar. The event was guided by the experienced and certified yoga guru, Mrs. Smti Anju Devi, who imparted valuable knowledge and practical guidance. With active participation from around 40 students, the event demonstrated that simple yet effective activities like yoga can play a pivotal role in enhancing one's physical and mental well-being. Furthermore, it emphasized the importance of preserving and promoting traditional practices like yoga in our modern lives, showing how these practices can be prioritized over Western cultural trends for a healthier and more balanced lifestyle. Sūryanamaskāra served as a reminder of the

timeless wisdom embedded in yoga, contributing to the holistic development of the participants.



**Students performing yoga as instructed by the expert**



**Learning meditation for peace of mind**





# Workshop on “Communication and Stress Management Skills Enhancement for Aspiring Teachers”

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**School of Education and Humanities  
Manav Rachna University**  
organizes a  
**Workshop**  
on

**COMMUNICATION &  
STRESS MANAGEMENT  
SKILLS ENHANCEMENT  
FOR ASPIRING TEACHERS**

.....

**GUEST SPEAKER**  
**Dr Purna Vashistha**  
Associate Prof, Dept of Education, Delhi Teacher Training  
College, affiliated by GGSIP

**February 24, 2023 | 10:00 AM - 11:30 AM | I Block Audi**





**Topic: Workshop on “Communication and Stress Management Skills Enhancement for Aspiring Teachers”**

**Date: 24th Feb 2023**

**Resource Person: Dr. Prerna Vashistha, Associate Professor**

**Participants: 78 students**

The workshop on “Communication and Stress Management Skills Enhancement for Aspiring Teachers” was organized for the students of the School of Education and Humanities, Manav Rachna University on 24th February 2023 by Dr. Prerna Vashistha , Associate Professor, Delhi Teachers Training College, GGSIPU in the I-block Audi.

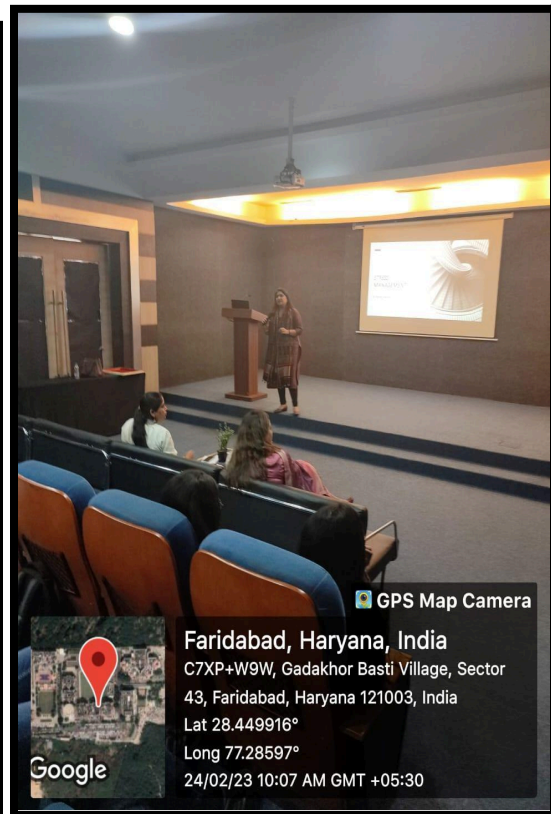
The session started with a brief introduction of the speaker and presentation of a sapling to the speaker by Dr. Rashee Singh, Head of the Department. She started the session by discussing the importance of Life skills in our stress full life. She explains how we can cope with the stress

by using different strategies like meditation, listening music, yoga, proper sleep etc.

Session was very interactive and all the students were attentive and were totally engaged throughout the session. The workshop ended with a vote of thanks by Dr Bushra Sumaiya to the speaker and an expression of desire to have more such workshops in future that enlightened the students about stress management and life skills.



**Honouring Sapling to the Speaker**





**Expert Delivering the Session**



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## OM Zing: online Pranayam Session

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*Manav Rachna University*

Manav Rachna Centre For Peace and Sustainability

**Bend Breath benefit**

yoga posture

Last Date: 27 June, 2023  
Venue: Online

**Om-Zing**

*For more information:*  
[event.mrcps@mru.edu.in](mailto:event.mrcps@mru.edu.in)



**Title: OM Zing: online Pranayam Session**

**Date: June 25, 2023**

**No. of participants: 80**

**Purpose of the event:**

The OMZING Yoga Day event on June 25, 2023, aimed to celebrate International Yoga Day, fostering a sense of community and promoting physical and mental well-being through the unifying practice of yoga.

**About the event:**

The OMZING Yoga Day event, held on June 25, 2023, was designed with a multifaceted purpose aimed at celebrating International Yoga Day. Its primary objective was to champion the practice of yoga, placing a significant emphasis on the overarching importance of health and well-being.

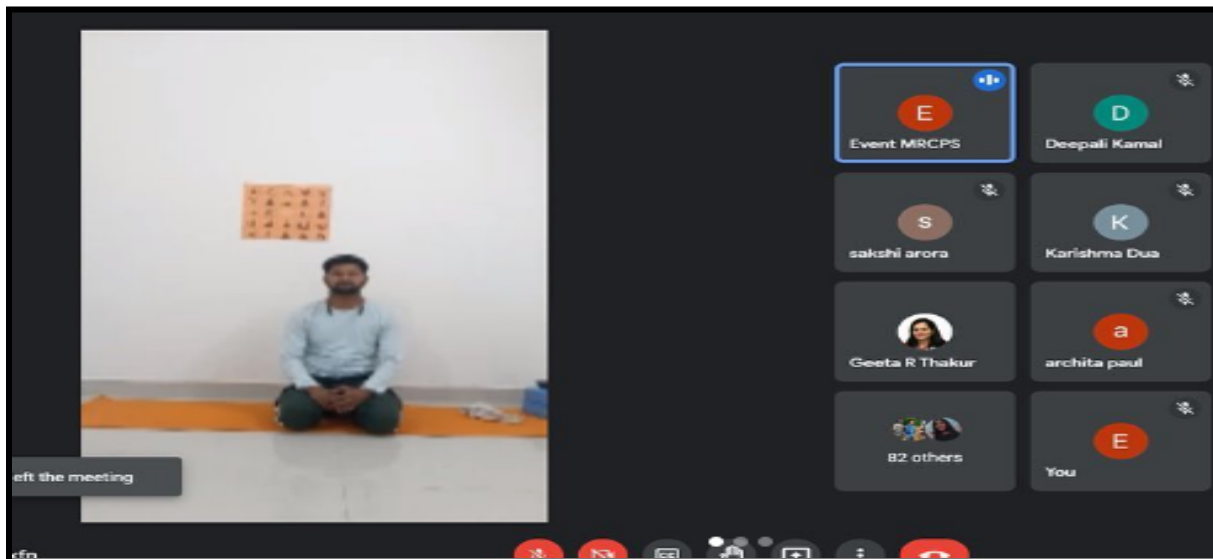
Serving as a rallying point for individuals, friends, and families, the event sought to promote a collective spirit of togetherness through the unifying





practice of yoga. A unique element of the event involved encouraging participants to submit photos of themselves engaging in yoga poses alongside their loved ones, effectively showcasing the power of yoga in building healthier and more connected communities.

With a resounding success in achieving its goals, the OMZING Yoga Day event not only celebrated the ancient practice but also fostered a sense of community, highlighted the physical and mental health benefits of yoga, and strengthened the bonds within participants' families and social circles.



**Students performing yoga**





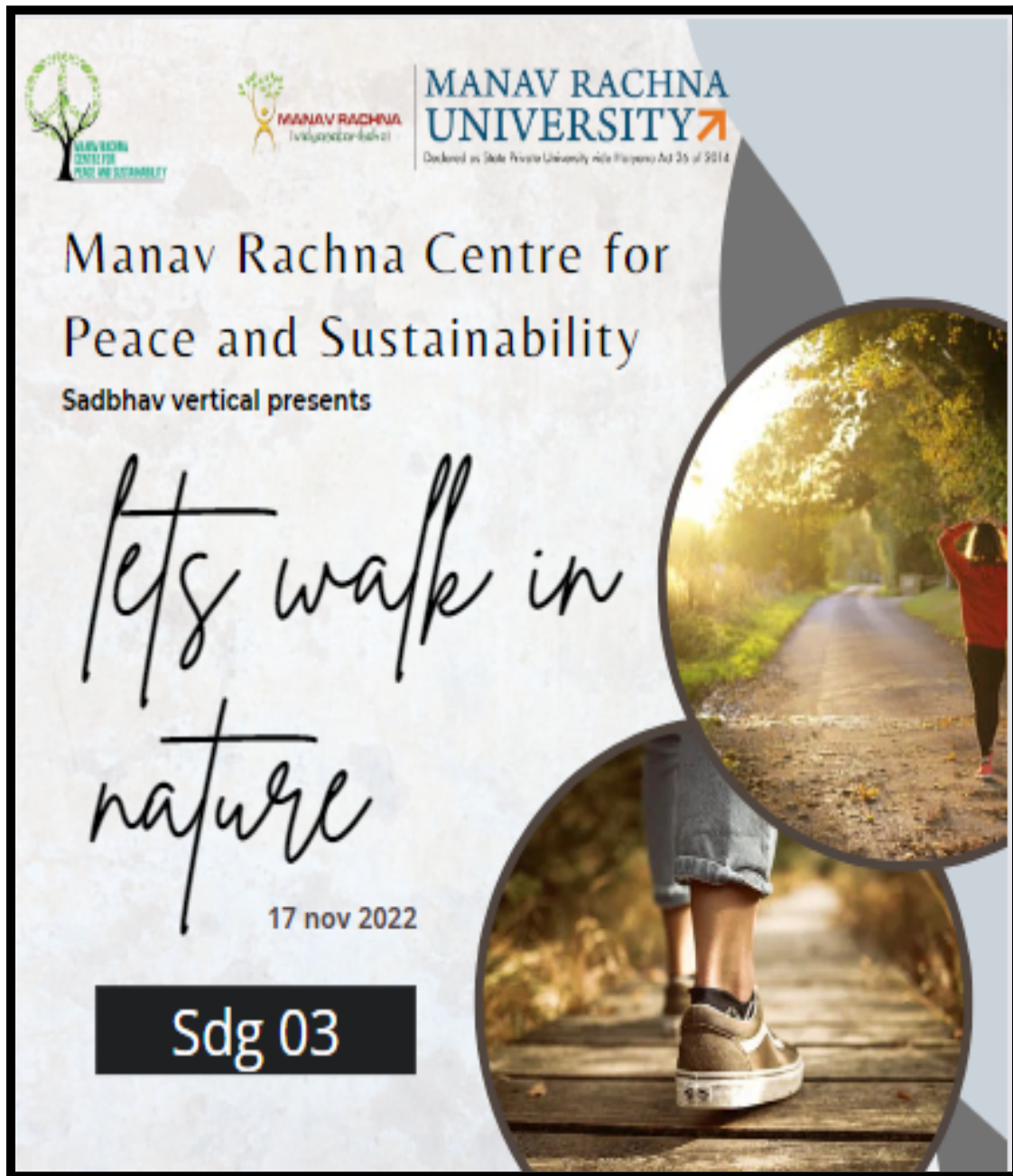
## 3. Field Visits



This report outlines the field visit organized by Manav Rachna University (MRU) under the framework of Sustainable Development Goal (SDG) 3: "Good Health and Well-being." The visit was structured to provide students with hands-on experience in community health initiatives, promoting practical learning and a deeper understanding of health-related challenges at the grassroots level.

The primary objective of the field visit was to expose students to real-world health scenarios, allowing them to observe and assess healthcare practices, community health needs, and the implementation of local health interventions. By engaging directly with communities and healthcare providers, students could analyze the social, economic, and cultural factors influencing health outcomes, fostering a more comprehensive understanding of health and well-being.



## Visit to the Leisure Valley



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Manav Rachna Centre for  
Peace and Sustainability  
Sadbhav vertical presents

*lets walk in  
nature*

17 nov 2022

**Sdg 03**



**Title: Lets walk in nature: Visit to the Leisure Valley**

**Date: Nov 17, 2022**

**Venue: Leisure valley, Faridabad**

**No. of participants: 19**

**Purpose:**

The Nature's Walk is organized by SADBHAV, Manav Rachna Centre for Peace and Sustainability, with its aim of providing a refreshing and revitalizing experience for its members. The combination of physical activity, mindfulness practices, teamwork, and the beauty of nature contributed to a holistic sense of well-being.

**About the event:**

SADBHAV, the Manav Rachna Centre for Peace and Sustainability, organized a rejuvenating Nature's Walk on November 17, 2022. The event brought together SADBHAV members and aimed to provide them with an



escape from the daily grind while offering relaxation and rejuvenation in the lap of nature.

The participants embarked on a 3-kilometer trek in the serene surroundings of Leisure Valley, Faridabad. The natural beauty of the area provided the perfect backdrop for this refreshing experience. The event was not just about physical activity but also focused on mental and emotional well-being.

Participants engaged in activities like meditation and deep breathing, which helped them to relax and center their minds amidst nature's tranquility. To invigorate both body and mind, the members participated in various physical exercises.

These exercises, combined with the fresh air and natural surroundings, contributed to a sense of physical well-being and vitality. The event added an element of fun with interactive games like "Catch Me If You Can" and "Chain," which encouraged teamwork, communication, and social interaction among the participants.



This event not only promoted relaxation and happiness but also fostered a deeper connection with nature. It highlighted the importance of taking time to unwind and enjoy the natural world, ultimately contributing to the overall mental and physical health of the participants. In essence, the Nature's Walk served as a reminder of the positive impact that nature and outdoor activities can have on one's well-being.







## 4. Competitions

Manav Rachna University (MRU) hosts a range of competitions to foster awareness and active engagement in support of Sustainable Development Goal (SDG) 3: "Good Health and Well-being." These competitions aim to inspire students to contribute toward health-focused initiatives that promote better quality of life, mental and physical health, and sustainable healthcare practices within communities.

The primary goal of these competitions is to encourage students to develop innovative solutions that address pressing health challenges. The focus is not only on theoretical knowledge but also on practical applications that can make a real impact. Students from diverse disciplines come together, exchange ideas, and create actionable strategies to tackle issues like disease prevention, healthcare accessibility, mental health awareness, and community wellness.



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**MANAV RACHNA CENTRE  
FOR  
PEACE AND SUSTAINABILITY**  
*SADBHAV*

**THE YOGA SHOGA  
GAMES AND QUIZ ON YOGA**  
UNDER YOGAZING CARNIVAL 2.0

**JUNE 22, 2022**  
4.30 P.M.

**CERTIFICATES AND CLAN POINTS FOR ALL**

**PLATFORM: ZOOM**

event.mrcps@mru.edu.in    Ritika: 9811550475    Simran: 9873268163    Anmol: 8595841102



**Title: Yoga Shoga Games & Quiz**

**Date: June 22, 2022**

**No. of participants: 51**

**Purpose of the Event:**

The primary purpose of the Yoga and Ayurveda Awareness Event was to educate and create awareness among participants about the benefits of yoga and the ancient healing system of Ayurveda. The event utilized engaging games as a medium to impart knowledge and encourage active participation.

**About the Event:**

The Yoga and Ayurveda Awareness Event was a dynamic and interactive gathering that aimed to educate participants about the essence of yoga and Ayurveda through exciting games and knowledge-sharing activities. The event consisted of three rounds, each designed to provide a unique and engaging experience for attendees:



### **1. Picture Showing and Guessing:**

In the first round, participants were presented with images of various yoga poses. Teams were challenged to identify and guess the correct names of these yoga poses. This interactive exercise not only tested participants' knowledge of yoga but also encouraged them to learn about different asanas.

### **2. Nani Ka Nuska (Grandma's Remedies):**

The second round, "Nani Ka Nuska," involved participants sharing their personal experiences with traditional home remedies passed down through generations, often from their grandmothers. This round fostered a sense of nostalgia and promoted the exchange of valuable knowledge about the healing properties of natural remedies.

### **3. Kahoot Quiz:**

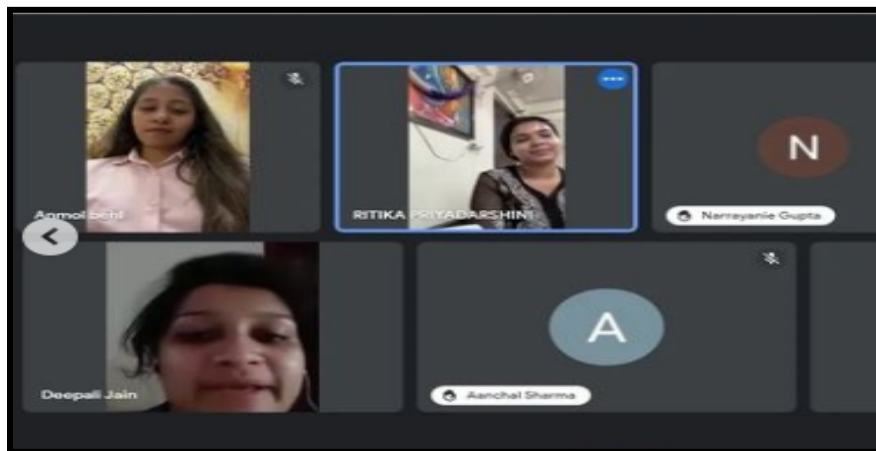
The final round of the event utilized the Kahoot app to conduct a quiz. Participants competed in a fun and challenging quiz that tested their knowledge of both yoga and Ayurveda. The quiz was not only informative but also served as an entertaining way to reinforce the key concepts discussed during the event.



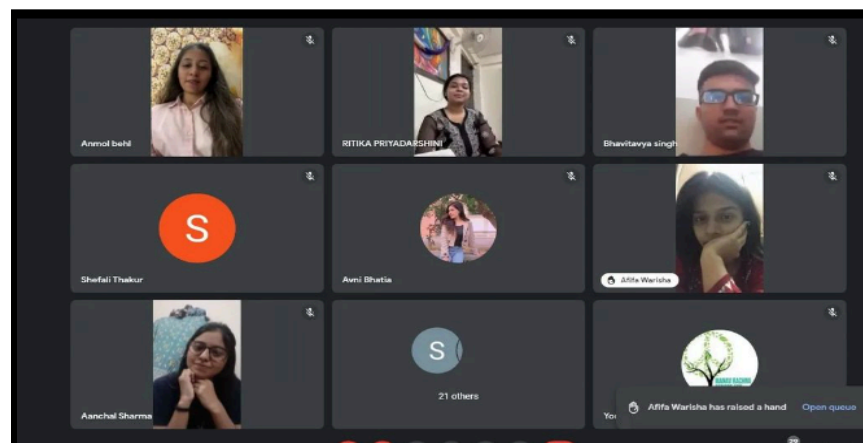
### Participant Engagement and Feedback:

The event received enthusiastic participation from all attendees. Participants actively engaged in the games and knowledge-sharing activities, demonstrating their keen interest in yoga and Ayurveda. Their positive feedback underscored the success of the event in achieving its goal of raising awareness about these ancient practices.

Overall, the event's positive feedback and active participation confirmed its effectiveness in creating awareness about yoga and Ayurveda, leaving attendees with a deeper appreciation for these traditional systems of holistic health and wellness.



Interacting with participants for quiz







Playing games including most liked by audience- Nani Ka Nuska

# Mind over mat- quiz competition on yoga

**Title: Mind over mat- quiz competition on yoga**

**Date: June 22, 2023**

**No. of participants: 26**

## **Purpose of the Event:**

The "Mind Over matter" event on International Yoga Day aimed to raise awareness about the significance of yoga in fostering a healthy and holistic lifestyle. Through interactive games and quizzes, the event sought to educate and engage participants while promoting the message of inner peace and physical well-being, emphasizing the vital role of yoga in achieving these goals.

## **About the Event:**

On the occasion of International Yoga Day, the Manav Rachna Centre for Peace and Sustainability organized a unique and enlightening initiative



titled "Mind Over Matter." The primary purpose of this event was to shed light on the profound importance of yoga as an integral component of a healthy and organic life. "Mind Over Matter" was designed to educate, engage, and entertain participants while spreading the message of inner peace and physical well-being through interactive games and quizzes.

Taking place on June 22nd, 2023, in an online format via Zoom Meeting, "Mind Over Matter" aimed to be an engaging and informative experience for all participants. The event featured three interactive rounds, each contributing to a deeper understanding of the role yoga plays in one's overall well-being.

### **Round 1: Yoga Fundamentals Quiz**

The first round, a quiz, tested participants' knowledge about the fundamental principles and origins of yoga. Questions spanned the history, philosophy, and various schools of yoga, not only challenging participants' understanding but also providing valuable insights into the rich heritage of this ancient practice.



## **Round 2: Asana Challenge**

In the second round, participants were encouraged to actively engage in yoga practice. A certified yoga instructor guided them through a series of asanas (yoga postures), evaluating their alignment, flexibility, and balance. This practical experience allowed participants to connect with yoga at a physical level and experience its benefits firsthand.

## **Round 3: Yogic Mindfulness Game**

The third and final round focused on the mental aspects of yoga, featuring a mindfulness game that tested participants' ability to stay present and calm in various situations. This round emphasized the importance of a calm and focused mind, demonstrating how yoga can help individuals achieve mental peace.