



MRCPS

MANAV RACHNA CENTRE FOR PEACE AND SUSTAINABILITY



MRCPS was established under the guiding principles of the visionary and legendary academician and nation-builder, Dr. O.P. Bhalla, who championed the cause of knowledge, values, and ethics to establish peace and sustainability. It is a hub of academic endeavors, training, research, community awareness programs, and more, dedicated to all spheres of peace and sustainability. Established on October 2, 2019, MRCPS envisions promoting peace and supporting the development of India's peace operations through the power of youth. It is the epicenter of peace and sustainability activities, focusing on education, training, value inculcation, attitude formation, research, policy-making, collaboration, and networking. MRCPS's Advisory Board comprises luminaries such as Padma Vibhushan Dr. Karan Singh as Chairman, former Chairman of UGC, former member NDMA, Chairman of Terre Policy Centre, UNEP, Founder of WISCOMP, Head of the Department of Psychology at Delhi University, Chairperson of Bharat Soka Gakkai (BSG), and Retired Officer in Chief- Indian Army, among others.





**MANAV RACHNA
UNIVERSITY** 
Declared as State Private University vide Haryana Act 26 of 2014



**MANAV RACHNA CENTRE FOR PEACE AND
SUSTAINABILITY**

Annual Report

2023-24



YOUTH FOR PEACE WORKSHOP



SHWETA BHATNAGAR

Expertise

- Ethical Intelligence
- Artificial Intelligence
- Project Management
- Educationalist

📅 6th July 2023

🕒 2 PM

Mode - Google Meet

event.mrcps@mru.edu.in

Nikhil Gulati

7683062390

Akshita

7428834744

Youth for Peace online Workshop

EVENT REPORT

Title: Youth for Peace online workshop

Date: July 6, 2023

Purpose:

The Manav Rachna Centre for Peace and Sustainability aims to empower and inspire youth to become leaders of positive change by fostering a culture of peace and sustainable development.

About the event:

The Manav Rachna Centre for Peace and Sustainability celebrated a significant milestone on July 6, 2023, by hosting the "Youth for Peace" workshop—an event that exemplified the institution's commitment to fostering a culture of peace and sustainable development. Conducted via Google Meet, the workshop provided a dynamic platform for youth engagement, bringing together eager participants from diverse backgrounds. The highlight of the event was the presence of Ms. Shweta Bhatnagar, a distinguished speaker renowned for her expertise in peace-building and conflict resolution.

Ms. Bhatnagar's insights proved invaluable as she shared strategies to empower the youth in their pursuit of peace in an increasingly turbulent world. The workshop seamlessly blended discussions and activities, creating an enriching experience for the participants. The event not only drew enthusiastic engagement but also left attendees motivated and equipped with the knowledge and tools needed to contribute positively to global peace and sustainability initiatives.

This successful workshop stands as a testament to the Manav Rachna Centre for Peace and Sustainability unwavering dedication to nurturing young leaders of change. By continuing to be at the forefront of promoting harmony and sustainability in the modern world, the institution reaffirms its role as a beacon for those committed to creating a more peaceful and sustainable future. As the Center celebrates its one-year anniversary, this event further underscores its vital role in shaping the next generation's commitment to peace and sustainability.



Stall at Orientation for Freshers' Interaction

EVENT REPORT

Title: Stall at orientation for freshers' interaction

Date: July 14, 2023

Venue: In front of G block, Manav Rachna University

Purpose:

The event aimed to welcome and educate first-time visitors, foster community engagement, and showcase the Manav Rachna Centre for Peace and Sustainability commitment to sustainable development and mindfulness through creatively decorated stalls and interactive activities.

About the event:

On July 14, 2023, the Manav Rachna Centre for Peace and Sustainability orchestrated a captivating event, setting up individual stalls to welcome and enlighten first-time visitors while fostering community engagement. The teams, representing various verticals under the Centre and emphasizing mindfulness, collaborated under the leadership of coordinators to create visually appealing stalls aligned with the principles of sustainable development and a carbon-free environment. Through creatively decorated stalls, the teams effectively conveyed the Centre's objectives, aspirations, and notable milestones. To actively involve newcomers, engaging activities and an interactive skit were organized, resulting in an impressive debut for the new council, which successfully recruited 60 enthusiastic members. This achievement underscores their commitment to making a positive impact, and the event's success foreshadows even greater accomplishments in their future endeavors.

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, ensuring their positive impact continues to thrive.



Stall at orientation ceremony for freshers



Freshers interacting and clicking photographs with selfie stands.

Plantation Drive in Front of Hostel, Sector 21c Faridabad

EVENT REPORT

Title: Plantation drive in front of Hostel, Sector 21

Date: July 17, 2023

Purpose:

The aim of the collaborative plantation drive at Sector 45, Faridabad, was to foster a greener, sustainable tomorrow by uniting volunteers from the Dr. OP Bhalla Foundation, MRCPS, and students from DSW-MRIIRS and MRU in creating a vibrant Green Belt.

About the event:

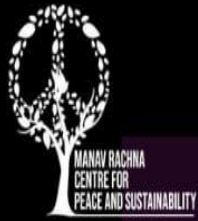
On the 17th of July, 2023, a remarkable collaboration unfolded between the Dr. OP Bhalla Foundation and the Centre for Peace and Sustainability, culminating in a spectacular plantation drive at Sector 45, Faridabad. This eco-centric initiative took root just outside the newly inaugurated Off Campus Hostel, as volunteers from the Foundation, the MRCPS, and passionate students from DSW-MRIIRS and MRU converged to create a vibrant Green Belt in the heart of the community.

The day was not only marked by the physical act of planting trees but also by an uplifting address from Dr. NC Wadhwa, whose words resonated with the gathering. His insightful discourse emphasized the paramount significance of Tree Plantation, inspiring all present to take a heartfelt Green Oath—a commitment to nurturing our planet and safeguarding its precious environment.

The event was graced by esteemed personalities, including the Dean-DSW-MRIIRS, Dy. Director - MRIIRS, and the dedicated Team Foundation. Their presence added an extra layer of significance to the occasion, reinforcing the collective commitment towards a greener, sustainable tomorrow. As we march forward together on this journey, let's carry the spirit of tree planting and environmental stewardship with us. Together, through such initiatives, we can continue to make a positive difference in the world around us.



Planting saplings



MANAV RACHNA CENTRE FOR PEACE
AND SUSTAINABILITY

GRAPHIC DESIGNING WORKSHOP

j block
js02

Manav Rachna University

event.mrcps@mru.edu.in

Ishika: +91 99719 71941

Workshop on hand-based flyer design

EVENT REPORT

Title: Workshop on hand-based flyer design

Date: July 27, 2023

Purpose:

On 27th July 2023, Manav Rachna Centre for Peace and Sustainability organized a workshop on hand-based flyer design. The aim of the workshop was to cultivate creativity and practical design skills among participants, fostering an environment of innovative expression and collaborative learning.

About the event:

The Manav Rachna Centre for Peace and Sustainability recently hosted an interactive workshop focused on hand-based flyer design, a creative endeavor led by Ms. Avni Bhatia. The workshop drew the participation of both enthusiastic freshers and members of the creative team, creating a diverse and engaging learning environment. Ms. Bhatia's expertise shone as she delved into essential design principles, color theory, and typography, providing participants with a solid foundation for practical application.

Throughout the session, attendees were guided in creating captivating layouts and encouraged to experiment with various design elements. The workshop's emphasis on interactive learning fostered a collaborative atmosphere, allowing participants to exchange ideas and insights. The culmination of the event saw participants putting their newfound skills into action, crafting effective and visually appealing flyers that showcased their creativity and understanding of design concepts. This workshop not only reflected the commitment of Manav Rachna to innovative expression but also underscored the institution's dedication to providing hands-on learning experiences that nurture creativity.

The resounding success of the workshop serves as a testament to the importance of practical, hands-on learning in the realm of creativity. As Manav Rachna continues to champion innovative approaches to education, events like these contribute significantly to the holistic development of its students, preparing them for real-world applications of their skills and fostering a culture of creative excellence.



Students learning format of the flyer



Interaction with expert

Project on Handmade Papers- Creating Designer Sheets from Used Papers

EVENT REPORT

Title: Project Handmade Papers- Creating Designer Sheets from Used Papers

Date: August 9, 2023

Purpose:

The objective of this project was to create designer sheets of handmade paper from recycled paper, aligning with the goals of the Manav Rachna Centre for Peace and Sustainability. This initiative promotes environmental consciousness, reduces waste, and encourages sustainable practices through creative paper design.

About the event:

Presented by the Manav Rachna Centre for Peace and Sustainability, the event titled “Handmade Paper-Creating Designer Sheets from Used Papers” unfolded on August 9, 2023, at JF08, marking a significant stride in the institution's dedication to promoting sustainability and eco-consciousness. Approximately 20 students participated in this engaging initiative, showcasing their skill in transforming discarded paper into exquisite handmade sheets adorned with a vibrant and diverse color palette.

Beyond the evident creativity of the outcomes, the event played a pivotal role in empowering participants to embrace sustainable practices, fostering enthusiasm for environmental advocacy. The seamless fusion of innovation with environmental responsibility in this initiative exemplified the institution's dedicated efforts towards cultivating a greener and more sustainable future.

The creative reimagining of the paper not only highlighted the artistic abilities of the students but also underscored their commitment to making a positive impact on the environment. Their active engagement with the event reflected a growing consciousness about the importance of sustainability, reinforcing the institution's mission to instill eco-friendly values in its community.

In conclusion, the “Handmade Paper” event at the Manav Rachna Centre for Peace and Sustainability served as a powerful illustration of how modest actions can contribute significantly to sustainable outcomes. The participation of around 20 students symbolized the spirit of environmental champions, echoing and amplifying the institution’s overarching vision for a more sustainable world. As the ripples of their creative actions continue to spread, the event stands as a lasting testament to the institution's unwavering dedication to nurturing both creativity and sustainability.



Making papers



The results





SUSTAINI-VERSE!

A REEL MAKING COMPETITION

-SUBMIT YOUR ENTRIES BY 13TH AUGUST!

THEME: PEACE & SUSTAINABILITY

PERKS: THE TOP THREE WINNING ENTRIES WILL RECEIVE
EXCITING PRIZES

CLAN POINTS AND PARTICIPATION CERTIFICATES FOR ALL



scan here to register!

INCASE OF ANY QUERIES,
CONTACT-
SHREYA MARWAHA(9625369067)
SOCIAL MEDIA HEAD, MRCPS

Sustaini-verse Reel Competition on Nature

EVENT REPORT

Title: Sustaini-verse reel Competition on Nature

Date: August 13, 2023

Purpose:

The aim of the "SustainiVerse: Reel Making Competition for fostering Peace & Sustainability" by the Manav Rachna Centre for Peace and Sustainability was to inspire creative expression, raise awareness, and promote positive action for global peace and eco-consciousness through impactful short video reels.

About the event:

From August 10th to 13th, 2023, the Manav Rachna Centre for Peace and Sustainability (MRCPS) orchestrated a noteworthy event titled "SustainiVerse: Reel Making Competition for fostering Peace & Sustainability." This unique competition, held with the theme "Peace & Sustainability," provided a creative platform for individuals to use short video reels as a medium to promote eco-consciousness, global peace, and unity.

The competition aimed to inspire participants to channel their creative talents toward producing compelling video reels that convey the significance of peace and sustainability. These reels were designed to raise awareness and motivate positive action, contributing to the creation of a more environmentally responsible and harmonious world.

SustainiVerse showcased its commitment to empowerment by leveraging social media, intending to feature selected entries on MRCPS's official Instagram handle on August 14th. The winner would be determined based on the engagement received through likes and comments until midnight on August 16th, fostering a global connection and a sense of shared purpose.

In addition to the recognition of creative efforts, SustainiVerse offered participants the opportunity to earn "CLAN POINTS FOR ALL," introducing a friendly competitive element that encouraged teamwork and made the event more engaging and enjoyable. The top three winning entries were promised exciting prizes, while all participants would receive a certificate of participation, acknowledging their valuable contribution.

In conclusion, the SustainiVerse Reel Making Competition emerged as a remarkable initiative by MRCPS, emphasizing the power of creative expression in contributing to the causes of peace and sustainability. By fostering unity and inclusivity, the event conveyed the message that building a better, more sustainable world is a collective responsibility, with every individual capable of making a meaningful difference. The competition's emphasis on community, recognition, and engagement marked a significant step towards a greener and more harmonious future.



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Manav Rachna Centre for Peace and Sustainability: Sadbhav Is Organising

No Entry Without Registration



ZUMBA With GAURAN

SDG 3 Good health and Well-being

Coordinators:

Milind - 7827362032

Vishwas - 9667114317

Lavanya - 8826229565

TIME 
2:00 TO 3:00 PM

DATE 
17 August, 2023

REGISTER NOW



Zumba Workshop

EVENT REPORT

Title: Zumba Workshop

Date: August 17, 2023

Purpose:

The aim of the Zumba session at the Manav Rachna Centre for Peace and Sustainability was to promote holistic well-being, fitness, and a health-conscious lifestyle among participants, fostering a sense of unity and emphasizing the center's commitment to peace and sustainability.

About the event:

The Manav Rachna Centre for Peace and Sustainability hosted an invigorating Zumba session headlined by the esteemed Guest Trainer Gauran ji on August 17, 2023. Enthusiastic participants from the community converged at the G block auditorium to partake in this lively and dynamic event, immersing themselves in the seamless fusion of dance and fitness. The session radiated infectious energy, serving as a vibrant platform to promote overall well-being and underscore the importance of adopting a health-conscious lifestyle.

Gauran ji's extensive expertise and engaging guidance played a pivotal role in creating a highly satisfying experience for attendees. Participants left the event with heightened motivation and a renewed sense of inspiration to continue their individual fitness journeys. This occasion exemplified the center's steadfast commitment to nurturing both physical vitality and mental balance, contributing positively to the community's collective pursuit of peace and sustainability.

The Zumba session resonated with vitality as a large number of eager participants came together to infuse life into the event. In a powerful display of unity, the Deputy Director (IQAC) and esteemed Sadbhav mentor, Dr. Deepa Arora, graced the occasion with their presence. Notably, Dr. Arora was accompanied by a group of other distinguished faculty members, collectively reinforcing the center's dedication to fostering a holistic approach to well-being within the community.



Students learning and performing zumba



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Manav Rachna Centre for
Peace and Sustainability

POSTER MAKING

WOMEN'S EQUALITY DAY

Sept. 1 to Sept. 10

Submission at JF08

SDG 05 GENDER EQUALITY

For more details:

event.mrcps@mru.edu.in



Ipshita Kanojia
(Parashakti Head)
8178702789

Khushboo Chaubey
9354521794

Poster Making competition on SDG 5

EVENT REPORT

Title: Poster-Making competition on SDG 5

Date: September 10, 2023

Purpose:

MRCPS aims to catalyze positive change by merging art and activism through a Poster Making Competition, focusing on SDG 5, to raise awareness and inspire action for women's empowerment and gender equality.

About the event:

The Manav Rachna Centre for Peace and Sustainability (MRCPS) is actively advancing its mission to promote social causes, recently organizing a Poster Making Competition that aligns with Sustainable Development Goal 5 (SDG 5). This competition revolves around the crucial theme of women empowerment, providing a creative outlet for participants to artistically portray the diverse facets of empowering women. By choosing SDG 5 as the focal point, MRCPS underscores its dedication to addressing gender equality issues and promoting the empowerment of women across all aspects of life.

This thoughtfully curated competition goes beyond conventional advocacy methods, inviting participants to merge artistic expression with impactful messaging. The goal is not only to showcase artistic talents but also to raise awareness about the pressing need for gender equality. Participants are encouraged to convey powerful messages through their artwork, inspiring positive change and contributing to the ongoing dialogue on women's empowerment.

MRCPS's innovative approach, merging the realms of art and activism, reinforces its commitment to building a more equitable and inclusive society. By leveraging the universal language of visual art, the organization aims to amplify the call for women's empowerment and gender equality, effectively engaging a broad audience and fostering a collective commitment to social progress.



Submissions from Students

Blood Donation Awareness Program

EVENT REPORT

Title: Blood Donation Awareness Program

Date: September 14, 2023

Venue: In front of G block, Manav Rachna University

Purpose:

The aim of the MRCPS volunteership, showcased in the blood donation awareness camp, is to actively contribute to the fulfillment of Sustainable Development Goal 3 (SDG 3) - "Good Health and Well-being" by promoting education, advocacy, and community engagement for voluntary blood donation, thus fostering a healthier and more sustainable future.

About the event:

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.



Stall at remembrance ceremony of Dr. OP Bhalla sir

EVENT REPORT

Title: Stall at remembrance ceremony of Dr. OP Bhalla sir

Date: September 15, 2023

Purpose:

MRCPS aims to catalyze positive change for sustainability by merging art and activism by practicing presentations at stalls on various occasions.

About the event:

The commemorative stall organized by MRCP Society Volunteers, in conjunction with NGO partners, students, and Chief Minister sh. Krishnpal 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. Krishnpal 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.





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Manav Rachna Centre for
Peace and Sustainability

DEBATE

*Just A
Minute*

September 21

Venue- JUG-02

SDG 04

Quality Education

For more details:

event.mrcps@mru.edu.in

Akshita Sachdeva
7428834744

Vanshika batra
8860812735

Just a Minute Debate Competition on Peace Conflict and Resolution

EVENT REPORT

Title: Just a Minute Debate Competition on Peace Conflict and Resolution

Date: September 21, 2023

Purpose:

The Manav Rachna Centre for Peace and Sustainability aims to empower youth through focused Model United Nations training, fostering a deeper understanding of peace and conflict management.

About the event:

On September 21, 2023, at 2 pm, the Manav Rachna Centre for Peace and Sustainability hosted a compelling training session marked as JF05, focusing on Model United Nations (MUN) as a platform for debate. The primary theme addressed was "Peace and Conflict Management," aligning with the center's commitment to fostering understanding and solutions in these crucial areas. The event skillfully transformed the complexities of the topic into a concise oral narrative, resembling a distilled book presentation. Participants were engaged in exploring the nuanced youth philosophy and their unique perspectives on envisioning peace and addressing conflicts.

The session at JF05 served as a meaningful convergence point for individuals passionate about global affairs and diplomacy. Through the oral format, attendees gained insights into the intricacies of peacebuilding and conflict resolution, navigating through the diverse perspectives and visions presented by the youth. The Centre's initiative not only facilitated a deeper understanding of the subject matter but also encouraged thoughtful discourse among the participants. Overall, the training session on September 21, 2023, was a testament to the Manav Rachna Centre for Peace and Sustainability dedication to promoting informed dialogue and empowering the youth to play an active role in shaping a more peaceful and sustainable world. The event successfully merged the academic rigor of MUN with the imperative issues of peace and conflict, contributing to a richer discourse within the academic community.



Project Khushi Visit- Spreading Smiles

EVENT REPORT

Title: Project Khushi Visit- Spreading Smiles

Date: October 12, 2023

Purpose:

The primary aim of 'Project Khushi' by Manav Rachna Centre for Peace and Sustainability is to promote mental well-being and happiness, aligning with the United Nations Sustainable Development Goal 3 – Good Health and Well-being.

About the event:

Manav Rachna Centre for Peace and Sustainability's 'Project Khushi' stands out as a dedicated effort to contribute towards achieving United Nations Sustainable Development Goal 3 (SDG 3) – Good Health and Well-being. The Sadbhav team, in organizing heartening interactions at Pacific Mall, prioritized mental health discussions, thereby promoting a holistic approach to well-being. By addressing mental health concerns openly and spreading joy through smiles and hugs, the initiative actively supports the overarching goal of ensuring healthy lives and well-being for individuals within the community.

This intentional focus on SDG 3 underscores the organization's commitment to making a positive impact on public health, recognizing that mental well-being is a crucial component of overall health. 'Project Khushi' serves as a beacon, demonstrating how local initiatives can align with global sustainable development objectives. By fostering awareness and empathy around mental health, Manav Rachna Centre for Peace and Sustainability exemplifies how grassroots efforts contribute significantly to building a healthier and more resilient society, in line with the principles of SDG 3.

In conclusion, 'Project Khushi' not only spreads happiness but also plays a vital role in advancing the broader global agenda for health and well-being. Through this initiative, Manav Rachna Centre for Peace and Sustainability showcases the transformative power of community-driven actions in addressing specific Sustainable Development Goals, paving the way for a healthier and more connected world.



Students interacting with random people, asking about their mental health as a helper and spreading happiness.

Scavenger Hunt- Exploring Biodiversity in University Campus while Playing Games

EVENT REPORT

Title: Scavenger Hunt- Exploring Biodiversity in University Campus while Playing Games

Date: October 19, 2023

Purpose:

The primary aim of 'Project Khushi' by Manav Rachna Centre for Peace and Sustainability is to promote mental well-being and happiness, aligning with the United Nations Sustainable Development Goal 3 – Good Health and Well-being.

About the event:

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Students assembling for games

Visit to Angels Public School for SDG Awareness

EVENT REPORT

Title: Visit to Angels Public School for SDG Awareness

Date: October 20, 2023

Purpose:

The aim of the MRCPS volunteer-led visit to Angels Public School on October 20, was to in still awareness and understanding of sustainability among students through interactive activities and poster creation.

About the event:

On October 20, volunteers from Manav Rachna Centre for Peace and Sustainability (MRCPS) orchestrated an impactful visit to Angels Public School in New Delhi as part of their "Education for Sustainability" (ESDP) project. The primary objective was to impart valuable insights about sustainability to the students, fostering a sense of environmental consciousness and responsibility. The volunteers engaged the students in a series of interactive activities designed to enhance their understanding of sustainable practices.

During the visit, the participating students were actively involved in hands-on activities, contributing to the creation of informative posters that encapsulated key aspects of sustainability. This hands-on approach not only facilitated a dynamic learning experience but also empowered the students to visually express their newfound knowledge. The collaborative effort in making posters became a platform for students to absorb practical lessons about sustainable living, reinforcing the importance of responsible choices and environmental stewardship.

The MRCPS volunteers played a pivotal role in facilitating an enriching educational experience at Angels Public School, underscoring the organization's commitment to promoting sustainability through hands-on engagement and interactive learning. The visit left a lasting impact on both the volunteers and the students, emphasizing the significance of education for sustainability in shaping conscientious future leaders.





KALAKRITI : ART EXHIBITION

In collaboration with MRCPS



02 NOVEMBER, 2023

TIMING: 2PM ONWARDS

VENUE:

G Block Mandala

Sujal taneja
8076567499

Unnati aggarwal
7210054897

Khushi
9958234522

Kalakriti Exhibition- Exhibition of Sustainable Artifacts

EVENT REPORT

Title: Kalakriti Exhibition- Exhibition of Sustainable Artifacts

Date: November 2, 2023

Purpose:

The aim of the "KALAKRITI Art Exhibition of MRCPS" was to harness the transformative power of art to inspire environmental consciousness, unity, and a sustainable vision for a better world.

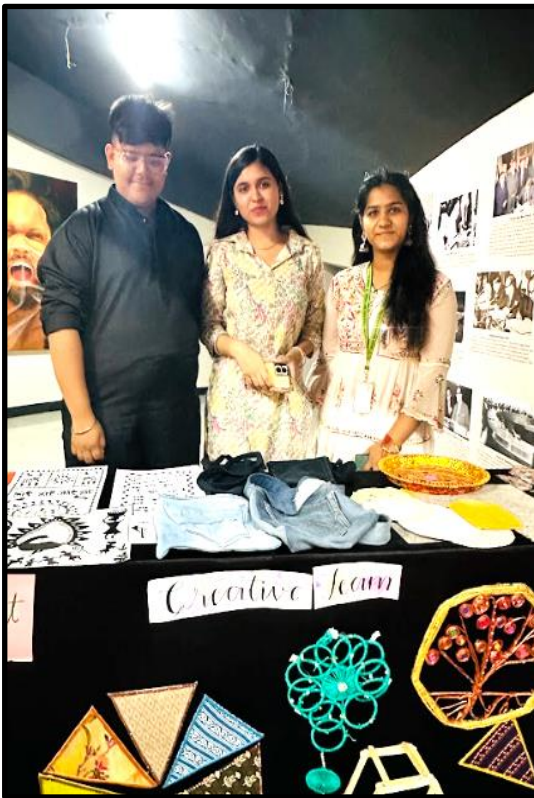
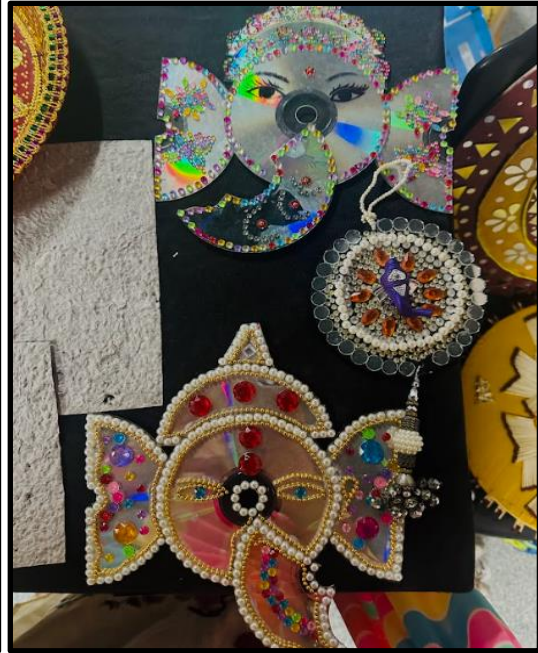
About the event:

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.





Manav Rachna Centre For Peace and Sustainability

Parashakti is organising

SELF DEFENSE WORKSHOP



Instructor. Pawan Tiwari

- Black belt in Taekwondo
- National Level player
- State Level gold medalist



23 November 2023



At JUG02



2:00 – 3:30

Ipshita Kanojia: 8178702789

Piyush: 9953511483

Self Defense Workshop

EVENT REPORT

Title: Self Defense Workshop

Date: November 23, 2023

Purpose:

The aim of MRCPS's self-defense workshop on November 23 was to promote gender equality (SDG 5) by empowering both boys and girls with practical self-defense skills, facilitated by in-house expertise from two siblings within the campus community.

About the event:

On the 23rd of November, the Manav Rachna Centre for Peace and Sustainability (MRCPS) took a significant step towards promoting gender equality by organizing a self-defense workshop aligned with Sustainable Development Goal 5 (SDG 5). Departing from traditional approaches, the workshop featured a distinctive element – the experts were not external instructors but rather two siblings from the MRCPS campus itself. This choice aimed at not only providing valuable self-defense skills but also highlighting the inherent capabilities within the community to contribute to gender empowerment.

The self-defense workshop was a comprehensive program designed for both boys and girls, emphasizing the importance of inclusivity in promoting a culture of safety and equality. The two sibling instructors brought a personal touch to the training, creating a comfortable and supportive environment for all participants. Through practical demonstrations and hands-on exercises, the workshop instilled not only physical self-defense techniques but also a sense of confidence and empowerment among the attendees.

By internalizing the expertise and fostering a collaborative learning environment within the campus, MRCPS not only addressed the immediate need for self-defense skills but also demonstrated the potential for building a safer and more inclusive community from within. The event stood as a testament to MRCPS's commitment to Sustainable Development Goal 5, showcasing how local resources and community-driven initiatives can play a pivotal role in advancing gender equality and promoting a culture of safety and empowerment.



Students understanding about tips



Learning about how to perform self defense in different situations



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MANAV RACHNA CENTRE FOR PEACE AND SUSTAINABILITY

is organising

Winter Clothes & Books

Share your kindness



23rd, nov, 2023



JF08



event.mrcps@mru.edu.in

For more details contact

Khushi Garg (9958234522)

Akshita (7428834744)

Donation Drive Collection of Books and Clothes

EVENT REPORT

Title: Donation drive collection of books and clothes

Date: November 23, 2023

Purpose:

Manav Rachna Centre for Peace and Sustainability seeks to effect positive change by organising donation drives, such as collecting books and clothes from students to deliver to people in need, and instilling a sense of generosity and social responsibility in its community.

About the event:

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.

The initiative witnessed widespread and enthusiastic participation from the students of Manav Rachna, reflecting a genuine eagerness to make a positive impact on the lives of others. Donation boxes strategically placed across the campus received an overwhelming response as students generously contributed a plethora of books and clothes. The inclusive nature of the campaign fostered a sense of community and shared responsibility among the student body, highlighting the commitment of Manav Rachna's students to social causes.

Following the successful collection drive, the Manav Rachna Centre for Peace and Sustainability embarked on the crucial phase of distribution. Partnering with local NGOs and community organizations, the donated books and clothes were disbursed to those in need. The initiative not only provided essential items to the less privileged but also underscored the importance of sustainable living and community engagement. The positive impact of the donation drive echoes the commitment of Manav Rachna in nurturing responsible and compassionate individuals who actively contribute to building a more equitable society.

In conclusion, the Manav Rachna Centre for Peace and Sustainability donation drive stands as a testament to the power of collective action and the ability of educational institutions to instill a sense of social responsibility in their students. The success of this initiative not only benefited the recipients but also strengthened the bonds within the Manav Rachna community, fostering a culture of empathy and altruism that will undoubtedly have lasting effects on the lives of those involved and the wider community.



Eco Blend Webinar- Learning How to Grow Microgreens at Home

EVENT REPORT

Title: Eco Blend Webinar- Learning How to Grow Microgreens at Home

Date: November 25, 2023

Purpose:

The Manav Rachna Centre for Peace and Sustainability webinar aims to empower individuals with the knowledge and skills to cultivate microgreens at home, promoting sustainable living and healthy dietary practices.

About the event:

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.

Ms. Wirra Creado's engaging session went beyond theoretical knowledge, providing students with practical insights into the entire process of transforming grains into green micro wonders. The online platform allowed for an interactive experience, enabling participants to actively engage with Ms. Creado, ask questions, and receive real-time guidance. By showcasing the simplicity of growing microgreens at home, the session effectively demystified sustainable practices and empowered students to make a positive impact on the environment from the comfort of their homes.

The online session conducted by MRCPS and Ms. Wirra Creado not only imparted valuable knowledge but also created a mindful learning experience. Participants were encouraged to reflect on the environmental implications of their food choices and the significance of cultivating microgreens as a sustainable alternative. The session's interactive nature fostered a sense of community and collective responsibility, reinforcing the principles of SDGs 13 and 15. Overall, the event exemplified MRCPS's commitment to equipping students with practical tools for sustainable living while promoting a heightened awareness of their role in addressing global challenges.



How do chemicals affect us and the environment?



- Chemical disinfectants
- Soaps
- Detergents



- Contaminates our lakes, groundwater and soil.
- Corrosive, cause skin damage, irritation to eyes and the respiratory tract.
- Contains carcinogens and exposes us to the risk of Cancer and other diseases.



But - Can we really replace Our soaps - disinfectants - detergents and cleaning agents?
YES :- Instead, use a homemade Bio Enzyme to protect our environment.

7



Expert explaining while creating microgreens & students asking questions



Manav Rachna Centre for peace and
Sustainability in collaboration with
School of Law

DR. MANLEEN KAUR

SESSION ON

SEXUAL HARASSMENT AT WORKPLACE

Date: 13th December 2023

Time: 10AM

Venue: I block auditorium Manav
Rachna University

- POSH Enabler
- Legal Educator
- Academician
- Former Asst. Registrar (Research), CRP,
Supreme Court of India



event.mrcps@gmail.com

Session on Sexual Harassment

EVENT REPORT

Title: Session on Sexual Harassment

Date: December 13, 2023

Purpose of the event:

The aim of the session conducted by Manleen Kaur, a POSH specialist, was to empower faculty and staff with comprehensive knowledge and practical insights on preventing and addressing sexual harassment, fostering a safer and more respectful work environment.

About the Event:

Manleen Kaur, a distinguished expert in the realm of Prevention of Sexual Harassment (POSH), recently conducted an enlightening session on the subject for faculty and staff members. With a rich background as a POSH specialist, legal educator, and former Assistant Registrar at the Supreme Court of India, Kaur brought a wealth of knowledge and practical insights to the discussion. Her expertise in the field, coupled with her academic prowess, made the session highly informative and engaging. The attendees gained valuable perspectives on handling and preventing instances of sexual harassment in academic and professional settings, making the session a significant contribution to fostering a safe and respectful environment within the educational institution. During the session, Manleen Kaur delved into the intricacies of the legal framework surrounding sexual harassment, providing a comprehensive understanding of the Prevention of Sexual Harassment at the workplace. As a seasoned academician, Kaur not only elucidated the legal aspects but also emphasized the cultural and behavioral shifts necessary to create a harmonious work atmosphere. The session, tailored for faculties and staff, fostered an open dialogue, empowering participants with the tools and knowledge needed to contribute actively to the creation of a workplace free from harassment. Manleen Kaur's dual roles as a legal expert and an academician allowed her to bridge the gap between theory and practice, leaving a lasting impact on the participants and reinforcing the institution's commitment to maintaining a safe and inclusive work environment.





Sustainable Christmas- Showcasing Sustainable Christmas Tree

EVENT REPORT

Title: Sustainable Christmas- Showcasing Sustainable Christmas Tree

Date: December 22, 2023

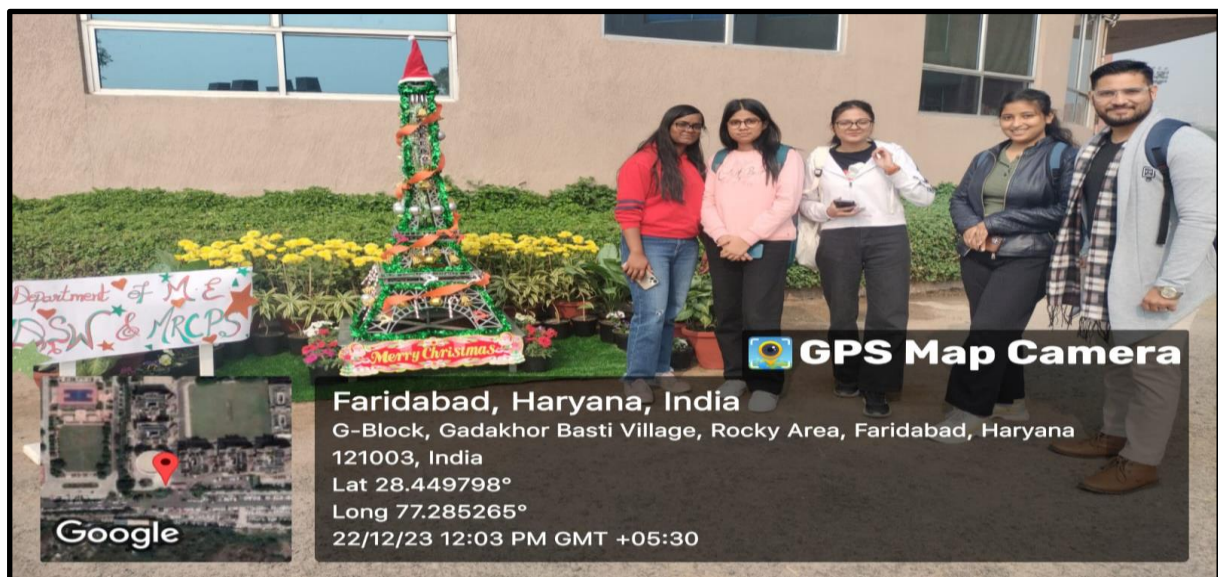
Purpose of the event:

The aim of Manav Rachna University's sustainable Christmas celebration was to promote environmental consciousness by creating a Christmas tree from scrap iron material, encouraging student interaction, and fostering awareness about Sustainable Development Goals 7 and 11.

About the Event:

In a unique and eco-conscious celebration of Christmas, Manav Rachna University went beyond traditional festivities and embraced sustainability. The Department of Mechanical Engineering at Manav Rachna University took a pioneering step by crafting a Christmas tree made entirely of iron material, showcasing their commitment to environmental consciousness. This sustainable model, a collaborative effort of the university's mechanical engineering department and the Manav Rachna Centre for Peace and Sustainability, became a symbol of innovative and green celebrations.

To engage the student community and spread awareness about sustainable practices, the Manav Rachna Centre for Peace and Sustainability, in collaboration with the Department of Student Welfare, exhibited the iron Christmas tree adorned with festive decorations. The exhibition aimed to encourage students to interact with the creators, fostering a dialogue about sustainable futures. Additionally, it provided an educational platform for students to understand the significance of Sustainable Development Goals (SDG) 7 and SDG 11, emphasizing the importance of clean energy and sustainable cities. This initiative not only brought a refreshing twist to Christmas celebrations but also instilled a sense of responsibility towards the environment and the broader global goals of sustainable development.







JOURNEY FROM WITHIN: 3 DAYS MEDITATION WORKSHOP

4-6 JAN, 2024 8AM & 3PM L BLOCK LIBRARY

EXPERTS FROM HEARTFULNESS ORGANISATION

☎ 7838635833

☎ 9871838582

Journey Within- 3 days Meditation Workshop

EVENT REPORT

Title: Journey Within- 3 days Meditation Workshop

Date: January 4-6, 2024

Purpose of the event:

The aim of Manav Rachna University's sustainable meditation workshop is to grow and nurture a heartfulness campus in Manav Rachna University. MRCPS is aiming to achieve SDG 3 & SDG 16 in all. This workshop is specifically designed for university faculties and staff members.

About the Event:

Manav Rachna Centre for Peace and Sustainability embraced the new year by initiating the "Journey Within" meditation workshop, a transformative program aimed at promoting self-discovery and holistic well-being. The workshop spanned three consecutive days, providing an exclusive experience under the guidance of certified meditation trainers from Heartfulness Foundation, with a focus on practical training to foster a direct connection with meditation. Held at the L Block Library during the first week of January 2024, the workshop included dedicated sessions for teaching and administrative staff. Each session, lasting approximately 40 minutes, emphasized immersive meditation practices, offering participants an opportunity to explore heartfulness and rejuvenation without traditional lecture-style instruction.

The overwhelming success of the "Journey Within" workshop is reflected in the enthusiastic participation of over 40 individuals across five batches. This positive response highlights the growing awareness within the Manav Rachna community of the profound benefits meditation brings to mental well-being and holistic development. In alignment with our commitment to the United Nations' Sustainable Development Goals (SDGs), particularly SDG 3 - "Good Health and Well-being" and SDG 16 - "Peace, Justice, and Strong Institutions," our meditation initiative contributes to creating a healthy and harmonious community. By promoting meditation as a tool for mental well-being (SDG 3) and fostering inner peace and mindfulness (SDG 16), we aim to build a resilient and empowered community at Manav Rachna.

During each session of the "Journey Within" meditation workshop, we fostered a dynamic and interactive environment by incorporating a dedicated Question and Answer (Q&A) round. This segment provided a valuable platform for participants to openly share their meditation experiences, inquire about specific aspects of the practice, and seek guidance from the certified trainers. The Q&A sessions not only enhanced the participatory nature of the workshop but also created a supportive community where individuals could learn from one another's journeys. This inclusive approach not only enriched the overall learning experience but also reinforced the sense of shared mindfulness and connection among the participants.

Furthermore, our efforts extend towards creating a "Heartfulness Campus," fostering a culture of mindfulness, heartfulness and well-being. This initiative is not just about individual well-being but also contributes to the collective goal of creating a campus environment that prioritizes the mental health and spiritual growth of its members. The success of this workshop reaffirms our dedication to cultivating mindfulness and self-care within the Manav Rachna community. By investing in meditation, participants not only experienced immediate benefits but also contributed to the broader goals of promoting health and well-being, aiming to build a peaceful and just society, and creating a heartfelt campus environment.

List of experts:

Mr. Deepak Bhargav

Ms. Babita Seth

Mr. Pabitra Mohan

Col. Saurav Sethi

Mr. Vishwas









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CREATING A HEALTHY SELF WITH POSITIVE AFFIRMATIONS

11TH JAN, 2024 10:30 AM | BLOCK AUDITORIUM

Dr. BK Binny Sareen

Peace Ambassador

Chairperson- Values for Women Economic Forum All India

Founder- Global Peace Initiative for Peace and Well-being Mount Abu

☎ 7838635833

☎ 9871838582

Peace and Values Session

EVENT REPORT

Title: Peace and Values Session

Date: January 11, 2024

Purpose of the event:

The aim of the "Transformative Wellness Workshop" is to empower individuals with practical tools, knowledge, and positive affirmations, fostering a community committed to holistic well-being and personal development.

About the event:

The "Transformative Wellness Workshop: Cultivating a Healthy Self Through Positive Affirmations" unfolded with a captivating blend of knowledge and interactive activities, leaving a profound impact on participants. Ritika's warm welcome set the stage for an enlightening journey guided by guest of honour Dr Binny Sareen, a Peace Ambassador and Chairperson of Values for Women Economic Forum All India. Esteemed guests, including Dean Academics Shruti Ma'am, Dean Student Welfare MRU Geeta ma'am Dean Student Welfare MRIIRS Gurjeet ma'am Director IQAC Deepa ma'am shared valuable insights, contributing to the event's depth. The symbolic gesture of presenting a sapling to Dr. Binny Sareen expressed gratitude for her efforts in promoting holistic wellness.

Dr Sareen's workshop, enriched with engaging activities and practical exercises, illuminated the power of positive affirmations. The event's conclusion, marked by closing remarks from Dr Geeta Thakur and the presentation of inspiring quotes adorned photo frames, resonated with gratitude. The harmonious blend of knowledge, interactive learning, and positive affirmations left participants with renewed well-being, equipped with tools for cultivating a healthier self. Such events play a crucial role in fostering individual and community well-being, providing practical skills for managing stress and promoting positive mindsets.

Beyond immediate benefits, these gatherings contribute to the cultivation of healthy habits, empowerment, and increased confidence, fostering a community characterized by support and shared commitment to overall well-being. The "Transformative Wellness Workshop" stands as a testament to the collaborative efforts of the organizers, speakers, and participants in creating a space for learning, introspection, and positive transformation.







Upcycled Soar: Crafting Skies

from Scraps

K T E

Making
Competition

On

11th January

For any query, plz contact:

Namya : +91 99719 83114

Harshita: +91 96545 58311

Venue : J block



Theme based with time limit

Solo participation

Kites from Scrap

EVENT REPORT

Title: Kites from scrap

Date: January 11 2024

Purpose of the event:

The aim of organizing this Kite-making competition with sustainable materials serves a dual purpose of fostering creativity and promoting environmental consciousness. By challenging participants to craft kites using recycled materials or eco-friendly alternatives, the event encourages innovative thinking and resourcefulness.

About the event:

Manav Rachna Centre for Peace and Sustainability (THE HANDMADE TEAM) organized the KITE MAKING COMPETITION with theme of UPCYCLED SOAR: CRAFTING SKIES FROM SCRAPS to encourage the creativity and critical thinking of the participants.

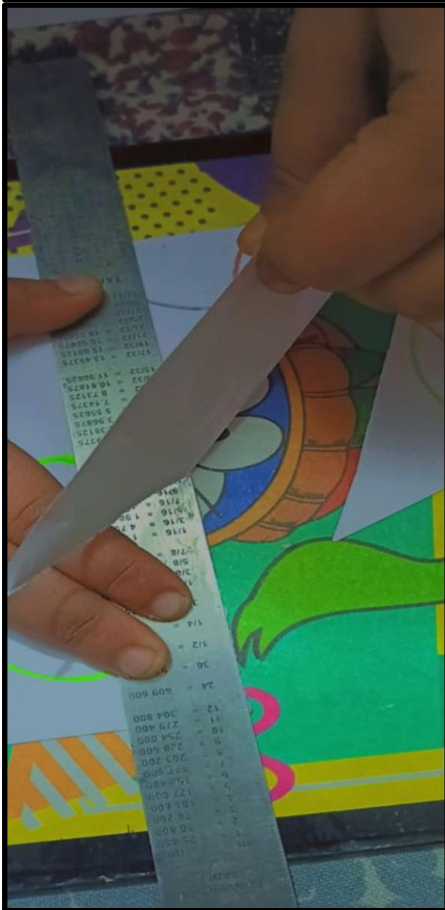
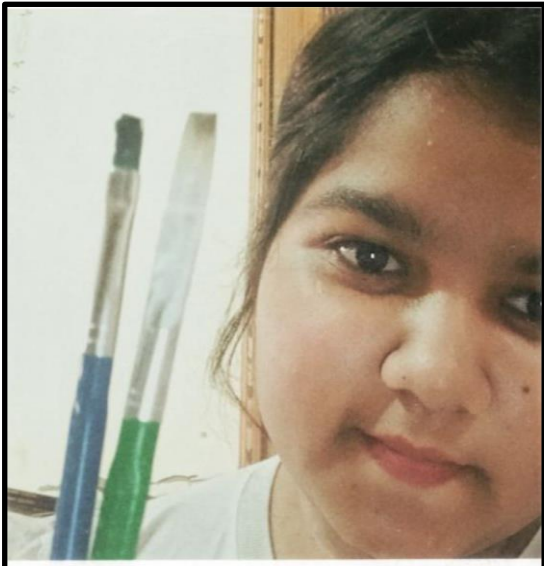
This engaging and exciting competition is designed to bring together individuals to showcase their artistic talents while embracing the time-honored tradition of kite making. Set against the backdrop of community spirit and innovation, this event promises a day filled with color, craftsmanship, and sustainable ingenuity.

Participants are not only tasked with showcasing their artistic abilities but also with considering the environmental impact of their creations. This unique approach aligns with the growing global emphasis on sustainability, educating participants and spectators alike about the importance of responsible consumption and waste reduction. Ultimately, such events contribute to a more environmentally conscious society by instilling a sense of responsibility and appreciation for sustainable practices in the minds of participants and the community at large.

What makes our Kite Making Competition truly special is its emphasis on sustainability. Participants are encouraged to craft their kites using eco-friendly and recycled materials, contributing to a shared commitment to environmental responsibility. This unique twist challenges contestants not only to display their artistic prowess but also to consider the ecological footprint of their creations.

The event will feature various categories, ensuring there's a place for everyone, from seasoned kite-making enthusiasts to first-time crafters. Judges evaluated the kites based on creativity, craftsmanship, and adherence to sustainable practices. Prizes were awarded to the most innovative designs, reinforcing our appreciation for both artistic expression and environmental consciousness.

In addition to the main competition, attendees can enjoy a range of activities, including kite flying demonstrations, interactive workshops on sustainable crafting, and a vibrant marketplace showcasing local artisans and eco-friendly products.



MSC School Visit for SDG Awareness

EVENT REPORT

Title: MSC School Visit for SDG Awareness

Date: January 18, 2024

Purpose of the event:

The aim of the visit to Anangpur Village MSC School by Manav Rachna Centre for Peace and Sustainability was to sensitize students to POCSO awareness and instill a sense of responsibility for sustainable development from an early age.

About the event:

Manav Rachna Centre for Peace and Sustainability recently organized a visit to Anangpur Village MSC School as part of their Education for Sustainability Program (ESDP). Dr. Pooja led an insightful session for the students, focusing on sustainable development principles.

As part of this initiative, sustainably made notebooks were distributed, emphasizing the importance of eco-friendly practices in everyday life. The session aimed to instill a sense of responsibility for the environment among the students, promoting a holistic understanding of sustainability. Student heads Diya and Ipshita efficiently coordinated the event, ensuring its smooth execution.







MSC School Visit for Good Touch & Bad Touch

EVENT REPORT

Title: MSC School Visit for Good Touch & Bad Touch

Date: January 18, 2024

Purpose of the event:

The aim of the visit to Anangpur Village MSC School by Manav Rachna Centre for Peace and Sustainability was to sensitize students to POCSO awareness and instill a sense of responsibility for sustainable development from an early age.

About the event:

Manav Rachna Centre for Peace and Sustainability recently organized a visit to Anangpur Village MSC School as part of their POCSO Awareness Dr. Sumbul conducted a crucial session for the "Kuch Kehna Hai" project, addressing the sensitive issues of good touch, bad touch, and POCSO awareness. Student heads Diya and Ipshita efficiently coordinated the event, ensuring its smooth execution. The enthusiastic participation of the school students reflected their engagement and receptiveness to the crucial information shared during the sessions.

Glimpses of the event:







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Manav Rachna Centre For Peace and Sustainability
is organising



Rahul Sabharwal

Zesty

↑
INSTRUCTORS
↓



Shruti Kumari

Zumba

Jam



18th January

2 : 00 - 3 : 30

At T Block

For more Details

event.mrcps@mru.edu.in



Narayan - 81781 46580

Mann - 99715 70371

Zumba session

EVENT REPORT

Title: Zumba session

Date: January 18, 2024

Purpose of the event:

The event was aimed at bringing together fitness enthusiasts and dance lovers to groove their way to a healthier lifestyle. The dynamic licensed Zumba trainer, Rahul Sabharwal and Shruti Kumari, led the session and ensured that everyone had a blast while getting their heart rates up. MRCPS is aiming to achieve SDG 3 & SDG 16 in all. This workshop is specifically designed to attain these SDG's.

About the event:

Rahul Sabharwal and Shruti Kumari's "Zesty Zumba Jam" not only brought an electrifying atmosphere of dance and fitness but also contributed significantly to Sustainable Development Goals (SDGs) 16 and 3, fostering a positive impact on both peace, justice, and strong institutions, as well as good health and well-being.

In alignment with SDG 16 - Peace, Justice, and Strong Institutions, the event provided a platform for individuals to come together, fostering a sense of community and connection. By promoting a shared passion for health and wellness, participants were able to establish bonds that transcend the dance floor. This sense of community contributes to building strong social institutions and promoting a culture of mutual support and understanding.

Moreover, SDG 3 - Good Health and Well-being, was prominently addressed through the energetic Zumba session. The event encouraged physical activity and showcased the joy of staying active, emphasizing the importance of maintaining a healthy lifestyle. By making fitness accessible to both beginners and experienced dancers, Rahul Sabharwal and Shruti Kumari actively promoted the idea that staying fit can be enjoyable and inclusive, contributing to the overall well-being of the participants.

In essence, "Zesty Zumba Jam" served as a powerful vehicle for not only promoting a healthy and active lifestyle but also for building a sense of community and shared purpose, aligning with the broader global goals of creating a more just, peaceful, and healthy world.

The event's success serves as a testament to the power of Zumba in promoting both physical activity and a positive mindset. As word spreads about the fantastic experience that "Zesty Zumba Jam" offered, it's likely that more individuals will be encouraged to try Zumba and embrace a healthier lifestyle.

In conclusion, "Zesty Zumba Jam" on January 18, 2024, was a resounding success, bringing together 30 students for an exhilarating dance fitness experience. The event's impact went beyond just physical activity, as it created a sense of community, motivation, and shared joy. As participants continue their fitness journeys, the echoes of the Zumba beats will undoubtedly stay with them, reminding them to keep moving, grooving, and smiling their way to a healthier and happier life.



Meditation Workshop- 2 Sessions

EVENT REPORT

Title: Meditation Workshop- 2 sessions

Date: January 24- 25, 2024

Purpose of the event:

This event organized by the Manav Rachna Centre for Peace and Sustainability, aimed to provide participants with an opportunity to delve into the realm of inner tranquility and self-discovery through guided meditation sessions. Led by Dr. Geeta, the event sought to introduce attendees to the practice of Heartfulness meditation, fostering an environment conducive to personal growth and well-being.

About the event:

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. Furthermore, the event fostered a sense of community and connection, as individuals came together in pursuit of inner peace and tranquility. By providing a space for collective meditation and reflection, the event promoted a culture of mutual support and understanding, aligning with the principles of peace and sustainability advocated by the Manav Rachna Centre for Peace and Sustainability.





Visit to MSC Public School for SDG Awareness

EVENT REPORT

Title: Visit to MSC Public School for SDG Awareness

Date: February 1, 2024

Venue: MSC school Anangpur Village, Faridabad

No. of participants: 100

Purpose of the event:

The aim of the visit to Anangpur Village MSC School by Manav Rachna Centre for Peace and Sustainability was to instill a sense of responsibility for sustainable development from an early age.

About the event:

Manav Rachna Centre for Peace and Sustainability recently organized a visit to Anangpur Village MSC School as part of their Education for Sustainability Development Program (ESDP).

Ms. Yashita and Ms. Avni led an insightful session for the students, focusing on sustainable development principles. As part of this initiative, prizes were distributed, emphasizing the importance of eco-friendly practices in everyday life. The session aimed to instill a sense of responsibility for the environment among the students, promoting a holistic understanding of sustainability.

Student heads Akshita and Chetna efficiently coordinated the event, ensuring its smooth execution. The enthusiastic participation of the school students reflected their engagement and receptiveness to the crucial information shared during the sessions.

The success of the visit was made possible by the meticulous planning and coordination of Ms. Avni, who orchestrated the entire event. Overall, the event aimed to sensitize students about the importance of sustainable development from an early age, laying the foundation for informed and responsible citizenship.

Glimpses of the event:





Animal Shelter Visit: To sensitize Young Generation for Animals

EVENT REPORT

Title: Animal Shelter Visit: To sensitize Young Generation for Animals

Date: Feb 08, 2022

Purpose:

The Gaushala visit had multiple objectives, all aligned with the mission of MRCPS and Vertical Sadbhav. The primary objective was to extend support and compassion to the cows by providing them with nutritious fodder, promoting their welfare and well-being. Additionally, the visit aimed to raise awareness among participants about the importance of animal welfare and the compassionate treatment of all living beings, while also fostering community engagement by providing volunteers with an opportunity to interact with the local community, caretakers, and the cows themselves.

About the Event:

On the 8th of February, volunteers from Manav Rachna's Centre for Peace and Sustainability (MRCPS), Vertical Sadbhav, embarked on a noble journey to Shree Narayan Gaushala for a day of service and harmony. The visit aimed to provide care and kindness to the gentle creatures residing in the Gaushala.

The significance of the Gaushala visit extends beyond a mere act of service. It embodies the core values of compassion, empathy, and responsibility towards all living beings. By providing care and nourishment to the cows, volunteers not only contributed to their immediate well-being but also reinforced the importance of animal welfare in our society. The visit served as an educational platform, offering insights into the daily operations of the Gaushala and highlighting the interconnectedness of all living beings in our ecosystem. Furthermore, it fostered a sense of community engagement, bringing together volunteers, caretakers, and the local community in a shared effort to promote harmony and compassion.

The Gaushala visit organized by MRCPS, Vertical Sadbhav was a resounding success, achieving its objectives of promoting animal welfare, raising awareness, and fostering community engagement. Through collective efforts, volunteers provided nourishment and care to the cows, embodying the essence of kindness and compassion. As we reflect on this enriching experience, let us continue to support initiatives aimed at promoting the welfare of animals and fostering harmony in our society.



Visit to Ambedkar Bhawan for Attending Seminar

EVENT REPORT

Title: Visit to Ambedkar Bhawan for Attending Seminar

Date: February 21, 2024

Purpose of the event:

The event aimed to explore how artificial intelligence can enhance language learning inclusivity. Led by experts, it fostered dialogue and collaboration to harness AI's potential in overcoming linguistic barriers. Attendees explored innovative approaches and successful projects, aiming to advance inclusive education and societal development through AI-driven language solutions.

About the Event: AI for Inclusion in Learning Languages, held on February 21, 2024, at the Dr. Ambedkar International Centre in New Delhi, commemorated International Mother Tongue day. Organized collaboratively by UNESCO MGIEP and BHASHINI, the event aimed to explore the intersection of artificial intelligence and language learning, with a focus on promoting inclusivity and accessibility.

Panel Discussion: A highlight of the event was the insightful panel discussion moderated by Shaitanshu, which featured prominent figures in the field. Among them were Amitabh Nag, representing BHASHINI, Dr. Nandani Chatterjee, a distinguished neuroscientist, Aneesha Jyoti, CEO of *Language Curry*, and Dipakshi, a seasoned professional from Intel with industry expertise.

The discussion delved into various aspects of AI for language inclusion, addressing both technological advancements and their socio-cultural implications. Amitabh Nag elucidated on BHASHINI's endeavors to enhance linguistic inclusivity through AI-driven solutions, highlighting the app's versatility in addressing the diverse linguistic needs of users across India. Dr. Nandani Chatterjee provided valuable insights from neuroscience, emphasizing the profound impact of language on brain development and cognition. Her expertise shed light on the neuroplasticity involved in language learning, underscoring the significance of learning in one's mother tongue. Aneesha Jyoti shared her experiences as the CEO of *Language Curry*, an app dedicated to promoting Indian language learning. She emphasized the importance of colloquial learning and inclusivity in language education, advocating for personalized and accessible language learning solutions. Dipakshi, representing Intel, provided a unique perspective on the role of language in building trust and clarity in digital products. She highlighted the challenges posed by language barriers in technology adoption and emphasized the need for equitable access to digital services, particularly in linguistically diverse regions.

Throughout the discussion, Shaitanshu adeptly navigated the conversation, posing thought-provoking questions and eliciting comprehensive responses from the panelists. The exchange of ideas and insights was enriched by the diverse backgrounds and expertise of the panelists, fostering a holistic understanding of the multifaceted issues surrounding AI and language inclusion.

- **Presentation by Manav Rachna University:** Among the attendees were representatives from Manav Rachna University, including Dr. Geeta, the Dean of Student Welfare. Dr. Geeta delivered a compelling presentation highlighting MRU's innovative initiatives in leveraging technology for societal impact. She emphasized MRU's commitment to promoting linguistic diversity and inclusivity through projects such as 'SustainED' and 'SDGquest'. Dr. Geeta showcased MRU's collaboration with local

communities and educational institutions to develop online courses and educational tools aimed at fostering sustainability and social responsibility.

Dr. Geeta's presentation resonated with the event's theme, demonstrating MRU's dedication to harnessing technology for inclusive education and societal development. Her insights further enriched the dialogue, emphasizing the importance of collaborative efforts in leveraging AI for language inclusion and education.







Atmashakti
TRUST



PEOPLES FORUM FOR RISE OF SOUTH ASIA-PFFROSA

APRIL 26-27, 2024

VISHWA YUVAK KENDRA

(International Youth Centre), Chanakyapuri, New Delhi, India

KNOWLEDGE PARTNER



<https://manavrachna.edu.in/>

TECHNOLOGY PARTNER



<https://www.lavamobiles.com/smartphones>

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Harijan Sewak Sangh



PFFROSA-Reclaim the Glorious Past by
Nonviolence as Article of Faith

Event Report

Title: PEOPLES FORUM FOR RISE OF SOUTH ASIA-PFFROSA

Date: 26-27 April, 2024

Purpose of the Event

The People Forum for Rise of South Asia (PFFROSA), held on April 26-27, 2024, in New Delhi, aimed to strengthen South Asian unity through collaboration on trade, technology, and sustainable development. By fostering open borders and deeper people-to-people connections, the event encouraged reclaiming the region's shared legacy of prosperity and peace.

With a focus on empowering youth, PFFROSA provided a platform to explore skill-building, gender equality, and environmental sustainability. Through interactive sessions and expert panels, delegates from across South Asia worked together on solutions to shared challenges, laying a foundation for a more resilient, cooperative, and prosperous region.

About the Event

The **People Forum for Rise of South Asia (PFFROSA)** event, held on April 26-27, 2024, at Vishwa Yuvak Kendra, New Delhi, marked a significant milestone in promoting regional integration, youth empowerment, and sustainable development across South Asia. This summit aimed to foster collaboration among South Asian nations to enhance trade, cultural exchanges, technology sharing, and mutual assistance in addressing shared challenges.

The summit commenced with an **inaugural session**, which featured speeches from esteemed dignitaries, including prominent government officials, international cooperation advocates, and leaders from organizations like Yuvsatta (Youth for Peace) and the ARSP Foundation. Key topics highlighted were the importance of trade, tourism, and technology as catalysts for economic growth and the role of youth in driving regional development.

One of the major attractions was a **visit to Raj Ghat**, the resting place of Mahatma Gandhi, where participants engaged in reflective discussions about Gandhi's enduring legacy of nonviolence and social justice. Additionally, delegates explored exhibitions, such as the Gandhi Museum, which provided a historical perspective on Gandhi's principles and their relevance to modern-day issues faced by South Asia.

The event emphasized creating an environment for youth to become more socially engaged and skilled in areas critical to regional development. Sessions focused on enhancing the potential of South Asia's young population, recognizing the demographic dividend, and addressing skill gaps through investments in education and vocational training. Discussions stressed the need for South Asian countries to create avenues for open trade and travel, which would not only boost economies but also encourage intercultural understanding.

Session I explored **Trade, Tourism, and Technology** as foundational pillars for the region's advancement. Panelists underscored the need to reduce barriers to cross-border commerce and streamline trade agreements. By fostering a technology-driven economy, the region can leverage its youth for innovation and digital transformation, positioning South Asia competitively on a global scale.

In **Session II**, experts discussed **Demographic Dividends in South Asia**. It was noted that nearly 54% of South Asian youth leave school without essential job skills. The session highlighted the potential of South Asia's young population to drive economic growth if adequate investments are made in skills development, education, and economic policies tailored to harness this demographic advantage.

Session III addressed **Gender Equality** as a critical factor in achieving sustainable development goals. The panelists emphasized the need to eliminate gender-based violence and promote equal opportunities for women in politics, economics, and social sectors. They advocated for policy reforms to enable women's full participation in society, stressing that achieving gender parity would unlock immense economic and social potential.

Session IV discussed the **Harnessing of Water Resources in South Asia**, focusing on the challenges of managing shared water resources amid increasing demands. Emphasis was placed on adopting sustainable practices, such as rainwater harvesting, and reviving traditional water conservation methods. The panel urged regional cooperation to protect rivers, ensuring that these vital resources remain available for future generations.

On the second day, participants collaborated in core groups to outline the **PFFROSA Declaration and Roadmap**. The declaration included commitments to strengthening water resource management, fostering sustainable agricultural practices, and creating digital platforms for youth empowerment. The event concluded with a consensus on the importance of continued dialogue and cooperation among South Asian nations to build a prosperous, inclusive, and peaceful region.

The success of PFFROSA 2024 demonstrated the power of collective efforts in tackling shared regional challenges. By focusing on trade, technology, tourism, water resources, and youth engagement, South Asia stands poised to harness its strengths for a more integrated future. The next PFFROSA Summit, set to take place in January 2025 in Colombo, Sri Lanka, promises to further advance the collaborative vision for a resilient and united South Asia.

