



UNIVERSITY DISTINCTIVENESS

**"HARMONIOUS LIVING
WITH
NATURE & ENVIRONMENT:
THE UNIVERSITY'S
UNIQUE DISTINCTIVENESS"**

OBJECTIVES OF THE DISTINCTIVENESS

The primary objectives are to:

- **Foster Mindfulness and Compassion:** Cultivate a community that values mindfulness practices and empathetic interactions.
- **Promote Holistic Health:** Inspire students and staff to engage in activities that enhance both mental and physical well-being.
- **Encourage Active Lifestyles:** Advocate for fitness and healthy living among all members of the university community.
- **Support Local Communities:** Address social inequalities through outreach and support programs.
- **Champion Environmental Sustainability:** Lead initiatives that enhance green spaces and biodiversity.
- **Stimulate Creativity in the Arts:** Encourage innovation in Fine Arts using repurposed materials.
- **Advocate for Sustainable Transportation:** Promote the use of electric vehicles as eco-friendly alternatives.
- **Enhance Global Buddhist Education:** Strengthen international partnerships in the study of Buddhism.
- **Promote Environmental Stewardship:** Foster responsibility for the environment within the campus.
- **Minimize Carbon Footprint:** Implement strategies to reduce waste and energy consumption.
- **Facilitate Community Engagement:** Build partnerships for impactful environmental initiatives.

THE CONTEXT

The context for implementing these initiatives arose from several challenges:

- **Health and Well-being Concerns:** Rising stress levels among students and staff necessitated a focus on mental health and physical wellness.
- **Environmental Degradation:** Growing concerns about environmental sustainability prompted the need for greener practices on campus.
- **Social Inequality:** Recognizing the need for greater social responsibility and outreach to local communities.
- **Global Awareness:** The importance of fostering a global perspective, particularly in the context of the world peace through the spread of Buddhist philosophy and religious harmony.

THE PRACTICE

This distinctiveness of the university involves a multifaceted approach to enhancing well-being and sustainability within Indian higher education. Key components include:

- **Mindfulness Workshops:** Regular sessions promoting meditation and compassionate communication.
- **Health Initiatives:** Programs encouraging physical fitness, yoga, and wellness activities through multidisciplinary integrated approach.
- **Sustainable Practices:** Tree planting drives, waste recycling programs, and promoting electric vehicles.
- **Waste to beauty:** Utilizing waste materials in creating art pieces that fosters creativity and environmental awareness.
- **Community Outreach:** Collaborations with local NGOs and village's Gram- Pradhan to address social issues.

Uniquely, this practice integrates traditional values of mindfulness and compassion inherent in Buddhism with contemporary environmental and health issues. Constraints included limited funding, resistance to change among some stakeholders, and logistical challenges in organizing outreach programs.

EVIDENCE OF SUCCESS

Success indicators include:

- **Increased Participation:** Workshops and programs have seen a 60% increase in student and staff participation over the last year.
- **Health Improvements:** Surveys indicate a 30% increase in reported well-being and mental health satisfaction among participants.
- **Environmental Impact:** The University has successfully planted over 19,000+ trees, contributing to biodiversity and campus greening efforts.

These results indicate a positive shift towards a more engaged, healthy, and environmentally responsible campus community.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

Problems encountered include:

- **Funding Limitations:** Many initiatives required additional funding for materials and activities.
- **Awareness and Buy-in:** Some community members were initially resistant to new practices and ideas.
- **Logistical Challenges:** Coordinating events and outreach efforts posed difficulties.

Resources required:

- **Financial Support:** Grants and sponsorships to fund initiatives.
- **Human Resources:** Volunteers and staff dedicated to planning and execution.
- **Partnerships:** Collaboration with local organizations and experts in relevant fields.

NOTES

For other institutions considering adopting similar practices, it is crucial to:

- **Engage Stakeholders Early:** Involve students, faculty, and local communities in the planning process.
- **Create a Comprehensive Plan:** Outline clear goals, activities, and methods for evaluation.
- **Foster a Culture of Sustainability:** Integrate these values into the curriculum and campus culture.
- **Leverage Existing Resources:** Utilize partnerships with NGOs and local governments to amplify impact.
- **Scalability:** This practice can be adapted and scaled in other institutions by customizing initiatives to fit local contexts. Continuous Evaluation: Regular assessments and feedback mechanisms should be established to measure progress and adapt strategies accordingly.
- **Awareness Campaigns:** Ongoing communication about the importance of sustainability can help maintain engagement and interest among students and staff. This comprehensive approach not only enhances the campus environment but also prepares students to contribute positively to society as responsible, environmentally aware individuals.

This distinctiveness reflects the university's commitment to its core values of mindfulness, compassion, and responsibility, setting a precedent for best practices in higher education.

ACTIVITIES CONTRIBUTING TO THE UNIVERSITY'S DISTINCTIVENESS PRACTICE

1. **Outreach Programs:** Distribution of Clothes and Food, and Organization of Health Camps: Reaching Out to Marginal Society through Subharti Sanskriti Vibhag
2. **Buddh Mela:** Spreading Tathagat Buddha's Teachings through the Meditation Camp at Buddh Mela.
3. **International Collaboration:** Strengthening Buddhist education through global partnerships and exchanges.
4. **Best Out of Waste:** Encouraging creativity in Fine Arts through innovative recycling projects.
5. **Electric Vehicles:** Promoting the use of electric vehicles as a sustainable alternative to fossil fuels.
6. **Spiritual Practices:** Enhancing holistic health and well-being through various spiritual activities.
7. **Fit India Movement:** Initiatives led by the Physical Education Department to promote fitness and healthy living.
8. **Physiotherapy Camp:** Offering support and rehabilitation services for RAF personnel and police officers.
9. **Biodiversity Initiatives:** Establishing dedicated areas to enhance bird biodiversity and facilitate the rescue of caged birds.
10. **Culinary Heritage Documentation:** Preserving the culinary traditions of Awadh, Braj, and other regions of Uttar Pradesh.
11. **Environment-Friendly Ecosystem:** Adopting Innovative Strategies

OUTREACH PROGRAMS - DISTRIBUTION OF CLOTHES AND FOOD, AND ORGANIZATION OF HEALTH CAMPS - REACHING OUT TO MARGINAL SOCIETY THROUGH SUBHARTI SANSKRITI VIBHAG OF THE UNIVERSITY

OBJECTIVES

The primary objectives of this practice include:

- **Addressing Basic Needs:** Providing food, clothing, and health services to marginalized communities.
- **Promoting Community Welfare:** Engaging students and faculty in community service to foster a sense of social responsibility.
- **Empowering Vulnerable Groups:** Supporting children and families in need to enhance their quality of life.
- **Environmental Awareness:** Initiating programs to protect wildlife, such as installing bird drinking stalls.

The underlying principles focus on compassion, community engagement, and social equity.

THE CONTEXT

This initiative was designed to address the pressing issues of poverty, malnutrition, and lack of access to basic services in the local community. The context includes:

- **Socioeconomic Challenges:** High levels of poverty in nearby slums and rural areas.
- **Health Disparities:** Limited access to healthcare and basic hygiene, especially in marginalized populations.
- **Environmental Concerns:** The need for wildlife protection and raising awareness about environmental conservation.

THE PRACTICE

The Subharti Sanskriti Department has implemented several unique initiatives:

1. **Mahabhoj Camp:** A continuous 1000-day food distribution program that prohibits cash donations, promoting community involvement through ration donations.
2. **Clothes and Shoes Distribution:** Annual campaigns that have provided over 5,000 pairs of shoes and numerous clothing items to needy children, addressing basic clothing needs during harsh winters.



3. **Free Hair Cutting Camps:** An ongoing effort since 2018 to provide grooming services to children in underprivileged areas, enhancing their dignity and self-esteem.
4. **Birds Drinking Water Stalls:** An environmental initiative aimed at wildlife protection, with plans to distribute 100,000 stalls within five years.

Constraints/Limitations

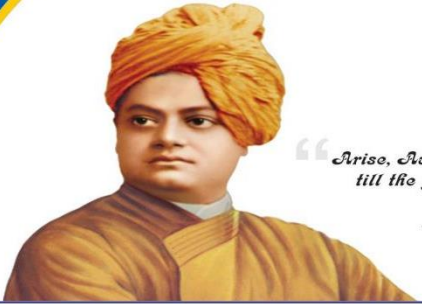
- **Funding:** Dependence on donations for supplies and resources.
- **Awareness:** Challenges in reaching all potential beneficiaries due to limited outreach.
- **Logistical Issues:** Coordinating distributions and camps in remote areas.

EVIDENCE OF SUCCESS

The success of these initiatives can be evidenced by:

- **Sustained Operations:** The Mahabhaj Camp has been running continuously for over a year, serving thousands.
- **Community Engagement:** Over 5,000 children have received shoes, and numerous families have benefited from clothing distributions.
- **Recognition:** Acknowledgments from local government bodies, such as citations for helping families in need.


These results indicate a positive impact on the community, with increased awareness and support for marginalized groups.



"Arise, Awake and stop not till the goal is reached"

- Swami Vivekananda

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**उन्मुक्त भारत के तत्वाधान में आयोजित
1000 दिन लगातार मुफ्त दोपहर भोजन शिविर**

**1000 दिन लगातार निःशुल्क महाभोज
दोपहर 1 बजे से**

नोट :-
भण्डारे हेतु किसी भी रूप में नगद दान स्वीकार नहीं किया जाता। आप चाहे तो चावल, दाल, राशन इत्यादि सामग्री दान कर सकते हैं।

डॉ० अतुल कृष्ण
राष्ट्रीय संयोजक उन्मुक्त भारत

कार्यक्रम संयोजक
विवेक कुमार

कार्यक्रम संयोजक

सुभारती
संस्कृति विभाग

सुभारती संस्कृति विभाग द्वारा ज़रूरतमंदों को भोजन उपलब्ध कराने के पावन उद्देश्य से दिनांक 11 अप्रैल 2021 से 1000 दिन लगातार निःशुल्क महाभोज शिविर का शुभारंभ किया गया। महाभोज शिविर ने एक वर्ष से अधिक का समय लगातार चलते हुए पूर्ण कर लिया है। शिविर में नगद धनराशि का दान पूर्णतः वर्जित है। केवल राशन का दान स्वीकार किया जाता है।





उन्मुक्त भारत के 1000 दिनों तक चलने वाले मुफ्त भोजन शिविर का शुभारंभ

प्रभात सारों

अधवार पर सुभाषीत विपणनविभाग के मुख्य
 द्वार पर एक इमारत दिनी तक चले जाने
 मुख्य भोजन कक्षा का सुभाषीत विभाग था।
 जहाँ जो कि डा. अमल कुमार वीरट सिंह,
 विपणन एवं रचना सेवा के क्षेत्र में उत्कृष्ट
 कार्य करने वाले सुभाषीत विपणनविभाग के



कार्य के दौरान भी कार्य किया था।
 कार्यक्रम के दौरान डा. विपणन विभाग
 बसना कि उत्कृष्ट कार्य के दौरान से मेरे
 जो जीवन कठिनाई पर मैंने सुभाषीत
 विपणनविभाग के मुख्य द्वार पर
 लगभग 1000 दिनांक के जीवन विपणन

यह आकाश दोपहर का ख़तरा था। सन १९८६ में विश्व परमाणु शक्ति दिवस था। मोहन सिंघर के पदचिह्न के तहत ६५ से ऊपर के लोग थे। यहाँ ख़तरा था।

यों एक में तिका, प्याकल, जालियावन समाज, महिलाओं का डल्हन, चरित्र निर्माण, राजनैतिक व्यवस्था में सुधार एवं समाज सेवा के विभिन्न कार्य करके देश को सरास बनाने हेतु प्रतिबद्ध है। उन्होने कहा कि कल 1980, राजकुमार कागरे, नवान कुमारे, आनन्द पाल आदि सहित अनेकों लोग उपस्थित रहे।



एन सी ई आर

एन सी ई आर (एन सी ई आर) का स्थापना २००३ में हुई थी। यह एक गैर-सरकारी संगठन है, जो भारत में अंतरिक्ष प्रौद्योगिकी के विकास और प्रसारण के लिए काम करता है।

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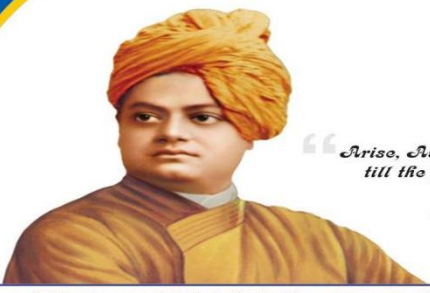


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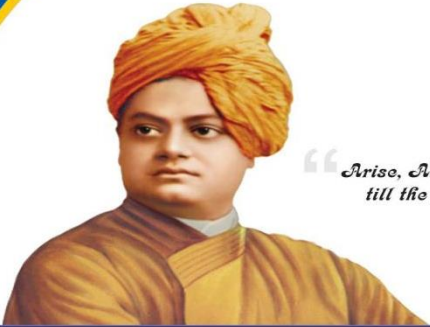
कार्यक्रम संयोजक

सुभारती

संस्कृति विभाग

निःशुल्क जूते एवं कपड़े वितरण कार्यक्रम सुभारती संस्कृति विभाग की एक महत्वपूर्ण मुहिम है। विगत 3 वर्षों से लगातार 5000 जूते जनपद के ज़रूरतमंद बच्चों को उपलब्ध कराए जाते हैं। सर्द ऋतु में ठिठुरते मासूमों के नंगे पैरों की गर्माहट हेतु संस्कृति विभाग प्रत्येक वर्ष बड़े पैमाने पर कार्यक्रम का आयोजन कर रहा है। इसके साथ साथ सुभारती में विभिन्न स्थानों पर लगे कपड़े संग्रह केंद्रों पर प्राप्त होने वाले कपड़ों, लोगों के द्वारा दान दिए जाने वाले कपड़ों इत्यादि को भी विभिन्न कार्यक्रमों के माध्यम से ज़रूरतमंदों तक पहुँचाने का लगातार कार्य भी गतिमान है।







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मेरेत की घरेली से राष्ट्रीय एकाता क्रान्ति का सुधारण

द्वारा आयोजित

**गरीब व निर्धन बच्चों हेतु
निशुल्क हेयर कटिंग कैम्प**

सहयोग : ओम श्याम जी स्टाइलो यूनिसेक्स सैलून

कार्यक्रम संयोजक

सुभारती
संस्कृति विभाग

वर्ष 2018 से सुभारती संस्कृति विभाग समय-समय पर मलिन बस्तियों, झुग्गी झोपड़ियों एवं उनके समीप बने विद्यालयों में निशुल्क हेयर कटिंग शिविर का आयोजन कराता है। कार्यक्रम का उद्देश्य ईश्वर की सुंदर कृति नन्हे मुन्हे बच्चों को सुसज्जित करना है। यह वार्षिक अभियान है जिसमें अभी तक 100 से अधिक शिविरों का आयोजन किया जा चुका है।



Glimpse of Previous Nauchandi Mela



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निःशुल्क स्वास्थ्य शिविर नौचन्दी मेला

विगत वर्ष कि झलकिया

कार्यक्रम संयोजक

सुभारती
संस्कृति विभाग

प्रत्येक वर्ष मेरठ के ऐतिहासिक नौचंदी मेले में सुभारती निशुल्क स्वास्थ्य शिविर का आयोजन किया जाता है। एक दशक से अधिक समय से गतिमान इस स्वास्थ्य शिविर का उद्देश्य यह है कि मेले में आने वाले आगंतुक मनोरंजन के साथ साथ अपना निशुल्क स्वास्थ्य परीक्षण भी कराए। शिविर में दंत चिकित्सक, फिजिशियन, फिजियोथेरेपिस्ट, योगथेरेपिस्ट के साथ साथ कैरियर काउन्सलर भी उपस्थित रहते हैं। विगत 2013 से सुभारती संस्कृति विभाग मुख्य कार्यक्रम संयोजक के रूप में स्वास्थ्य शिविर का संयोजन कर रहा है।



शिक्षा के साथ स्वास्थ्य एवं समाज सेवा के क्षेत्र में सुभारती विश्वविद्यालय का योगदान



नौचंदी में सीएमओ ने किया स्वास्थ्य शिविर का उद्घाटन

मेरठ। नौचंदी मेले में आयोजित की जाने वाली स्वास्थ्य सेवा में निशुल्क शिविर का आयोजन किया गया। इस अवसर पर सीएमओ ने शिविर का उद्घाटन किया। शिविर में दंत चिकित्सक, फिजिशियन, फिजियोथेरेपिस्ट, योगथेरेपिस्ट के साथ साथ कैरियर काउन्सलर भी उपस्थित रहते हैं। विगत 2013 से सुभारती संस्कृति विभाग मुख्य कार्यक्रम संयोजक के रूप में स्वास्थ्य शिविर का संयोजन कर रहा है।

नौचंदी मेले में तम्र सुभारती विश्वविद्यालय में नौचंदी मेला

नौचंदी मेले में तम्र सुभारती विश्वविद्यालय में नौचंदी मेला का आयोजन किया गया। इस अवसर पर सुभारती विश्वविद्यालय के अधिकारी और छात्रों का स्वागत किया गया। शिविर में दंत चिकित्सक, फिजिशियन, फिजियोथेरेपिस्ट, योगथेरेपिस्ट के साथ साथ कैरियर काउन्सलर भी उपस्थित रहते हैं। विगत 2013 से सुभारती संस्कृति विभाग मुख्य कार्यक्रम संयोजक के रूप में स्वास्थ्य शिविर का संयोजन कर रहा है।

तखनऊ, दिल्ली, अयोध्या, आजमगढ़, बलिया, मेरठ
नौचंदी मेले में निःशुल्क सुभारती चिकित्सा एवं करियर काउंसिलिंग शिविर का हुआ शुभारंभ
शिक्षा एवं चिकित्सा के क्षेत्र में सुभारती ग्रुप का अमूल्य एवं अग्रणी योगदान: डा. अखिलेश मोहन



निःशुल्क सुभारती चिकित्सा एवं करियर काउंसिलिंग शिविर का हुआ शुभारंभ
शिक्षा एवं चिकित्सा के क्षेत्र में सुभारती ग्रुप का अमूल्य एवं अग्रणी योगदान: डा. अखिलेश मोहन



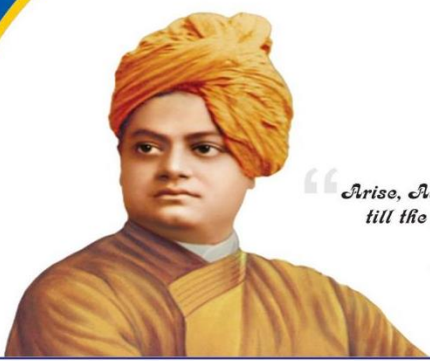
शिक्षा व चिकित्सा क्षेत्र में सुभारती ग्रुप का महत्वपूर्ण योगदान: डा. अखिलेश मोहन

नौचंदी मेले में निःशुल्क सुभारती चिकित्सा एवं करियर काउंसिलिंग शिविर का हुआ शुभारंभ

नौचंदी मेले में निःशुल्क सुभारती चिकित्सा एवं करियर काउंसिलिंग शिविर का हुआ शुभारंभ। इस अवसर पर सुभारती विश्वविद्यालय के अधिकारी और छात्रों का स्वागत किया गया। शिविर में दंत चिकित्सक, फिजिशियन, फिजियोथेरेपिस्ट, योगथेरेपिस्ट के साथ साथ कैरियर काउन्सलर भी उपस्थित रहते हैं। विगत 2013 से सुभारती संस्कृति विभाग मुख्य कार्यक्रम संयोजक के रूप में स्वास्थ्य शिविर का संयोजन कर रहा है।








“Arise, Awake and stop not till the goal is reached”
- Swami Vivekananda

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75 आजादी का अमृत महोत्सव

सुभारती संस्कृति विभाग खालसा हेलप फाउंडेशन
के संयुक्त तत्वावधान में आयोजित

हर घर तिरंगा

अभियान

मुख्य अतिथि
श्री दीपक मीणा
जिलाधिकारी मेरठ

विशिष्ट अतिथि
श्री शशांक चौधरी
मुख्य विकास अधिकारी मेरठ

कार्यक्रम अध्यक्ष
श्री गौरव चौधरी
जिला पंचायत अध्यक्ष मेरठ

दिनांक: 4 जुलाई, 2022 को

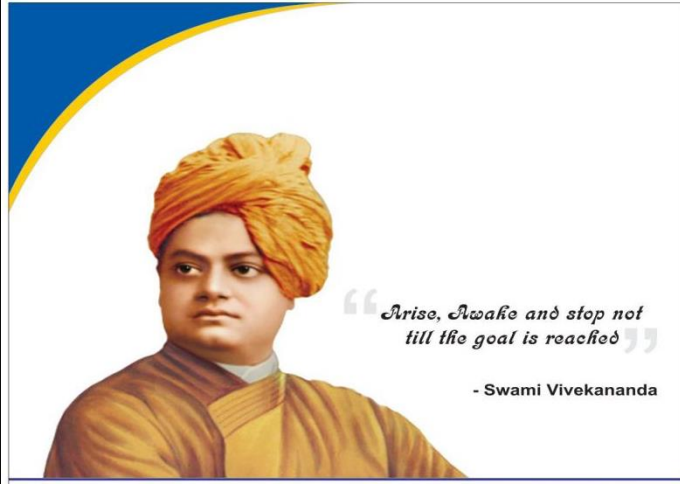
21 हजार तिरंगों का घर-घर निःशुल्क वितरण

कार्यक्रम संयोजक

सुभारती
संस्कृति विभाग

उत्तर प्रदेश सरकार एवं भारत सरकार की अतिमहत्वपूर्ण योजना हर घर तिरंगा की सर्वप्रथम शुरुआत स्वामी विवेकानंद सुभारती विश्वविद्यालय के प्रांगण से हुई। 21 हजार तिरंगे से भरी गाड़ी की हरी झंडी दिखाकर मेरठ के जिलाधिकारी, मेरठ के जिला पंचायत अध्यक्ष एवं मेरठ के मुख्य विकास अधिकारी महोदय ने रवाना किया। इस अभियान में सुभारती संस्कृति विभाग ने अन्य लोगो एवं संस्थाओं को भी प्रेरित करके अभी तक 51 हजार से अधिक तिरंगों का निःशुल्क वितरण कराया। इस उत्कृष्ट प्रयास के लिए जिला प्रशासन द्वारा संस्कृति विभाग के निदेशक श्री विवेक कुमार को प्रशस्ति पत्र भेंट कर सम्मानित किया गया।





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सुभारती
संस्कृति विभाग

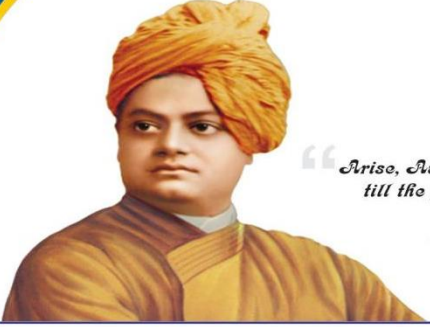
सुभारती संस्कृति विभाग द्वारा पंछियों के संरक्षण हेतु वार्षिक पंछी प्याऊ का शुभारंभ किया गया। योजना का शुभारंभ मेरठ के जिलाधिकारी श्री दीपक मीणा जी एवं मेरठ के मुख्य विकास अधिकारी श्री शशांक चौधरी जी ने कलक्ट्रेट परिसर में पंछी प्याऊ स्थापित करके किया। वर्ष 2022 में 1000 पंछी प्याऊ बांटे गए एवं आगामी 5 वर्ष में एक लाख पंछी प्याऊ लोगों की छत पर स्थापित कराने का लक्ष्य निर्धारित किया गया।





पंछियों के लिए छतों पर लगेंगे मिट्टी के प्याऊ


मेरठ। स्वामी विवेकानंद सुभारती विश्वविद्यालय के संस्कृति विभाग एवं उन्मुक्त भारत के संयुक्त तत्वाधान में वार्षिक पंछी प्याऊ योजना का शुभारंभ मुख्य अतिथि डीएम दीपक मोणा और सीडीओ शशांक चौधरी ने किया। इस योजना के तहत छतों पर मिट्टी के प्याऊ स्थापित किए जाएंगे। साथ ही एक हजार प्याऊ निशुल्क भी वितरित किए जाएंगे। योजना के अंतर्गत पांच वर्षों में एक लाख छतों पर पंछी प्याऊ स्थापित करने का लक्ष्य निर्धारित किया गया है। डीएम ने कहा कि यह पंछियों के लिए कल्याणकारी मुहिम है। इस मौके पर एडिशनल रजिस्ट्रार सैयद जफर हुसैन और विभाग के निदेशक डा. विवेक संस्कृति ने अतिथियों का पौधा भेंट किया। विवि के प्रशासनिक अधिकारी हर्षवर्धन कौशिक, जसविंदर सिंह, हर्ष मलिक, अनुज, आमिर, सतेंद्र आदि मौजूद रहे। संवाद



*“Arise, Awake and stop not
till the goal is reached”*

- Swami Vivekananda

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कारगिल विजय दिवस पर
पंजाब में सम्मानित होकर मेरठ
धरा का नाम रोशन करने के लिए

विवेक कुमार जी
को हार्दिक बधाई



कार्यक्रम संयोजक

सुभारती
संस्कृति विभाग

संस्कृति विभाग के सहायक निदेशक श्री विवेक कुमार जी को एक दिन रात करीब डेढ़ बजे सोशल मीडिया के माध्यम से ज्ञात हुआ कि पंजाब के मनसा जिले के कुसला ग्राम में कारगिल युद्ध में शहीद जवान श्री निर्मल सिंह जी की लगभग 85 वर्षीय माता श्रीमती जहाँगीर कोर जी मनरेगा में मजदूरी करके गुजर बसर कर रही हैं और बदहाली का जीवन जीने को विवश हैं। इस खबर से आहत होकर विवेक जी ने तत्काल स्वामी विवेकानंद सुभारती विश्वविद्यालय की मुख्य कार्यकारी अधिकारी डॉ शल्या राज जी से सम्पर्क कर मशवरा किया एवं तत्काल गाड़ी लेकर मदद के लिए निकले। वहाँ जाकर सरपंच जी से सम्पर्क करके माता जी की आर्थिक सहायता की एवं उनका जर्जर घर दुरुस्त कराया।

इस कार्य के लिए वर्ष 2021 में पंजाब सरकार के एसएसपी एवं कुसला ग्राम पंचायत ने कारगिल दिवस पर आयोजित सम्मान समारोह में श्री विवेक कुमार जी को प्रशस्ति पत्र भेंट कर सम्मानित भी किया





ਸਾਹਿਬ ਅਸੀਰ ਸਿੰਘ
ਸਮੂਹ ਗੁਰਮੁਖੀ ਪੰਚਇਤ
ਮੰਤਰ
ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਅਧਿਆ (ਪੰਨਾ 6)
ਫੋਨ 94/77 0091

To,
Mr. Virch Kumar
Registrar, Subharti University Meerut,
India,
We invite you as the chief guest in the
special program to be organized on the occasion
of Kartik Vijay Din on 26.07.2021. You will be
honoured for your service to the family of Kartik
Nathji, Nirmal Singh ji and his mother by coming
to Punjab state. He will be a dignitary because
of dignitaries including Chief of Police in Haryana division,
Local MLA, regional chairman in the program. Please,
kindly attend the program
Sincerely,
Manjit Singh, Program coordinator.

Signature
Manjit Singh
ਗੁਰਮੁਖੀ ਪੰਚਇਤ

[illegible][illegible]

पंजाब में मजदूरी कर रही कारगिल शहरी की मा को सुभाशीत विश्वविद्यालय ने दी मदद

विश्वविद्यालय के रजिस्टर प्रशासन डा. विवेक संस्कृति के ज़हीद जवान की आदरणीय मां को शौल पहनाकर एवं आर्थिक सहायता करके जवान की मूर्ति के ज़हीदोद्धार हेतु मदद करते हुए किया नमन शहीद जवानों की माताओं की जीवनचर कल्लोला सेवा - डॉ विवेक

शौल पहनना

शौल (विशाल कपड़ा) कारगिल युद्ध के दौरान महिलाएँ एक नमन के तौर पर पहनती हैं। इस नमन के तहत महिलाएँ अपने शरीर को ढाँकती हैं और केवल शिखर (मुख) ही दिखाती हैं। यह एक पवित्र और आदरणीय प्रथा है।

माता की सेवा

माता की सेवा एक पवित्र और आदरणीय प्रथा है। इस प्रथा में माताओं को शौल पहनाकर उनके शरीर को ढाँका जाता है। यह प्रथा कारगिल युद्ध के दौरान महिलाओं द्वारा अपनाई गई थी।

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BUDDH MELA: SPREADING TATHAGAT BUDDHA'S TEACHINGS THROUGH THE MEDITATION CAMP AT BUDDH MELA

OBJECTIVES

The primary objective of the Meditation Camp at the Buddh Mela was to spread the teachings of Tathagat Buddha through hands-on meditation experiences. The camp aimed to promote mindfulness, inner peace, and a sense of community among participants by sharing the core principles of Buddhist philosophy. Another objective was to create an inclusive platform where participants could engage with Buddhist teachings in a practical, accessible way, thereby enhancing their spiritual and mental well-being.

THE CONTEXT

The Buddh Mela is a well-established annual event that provides a platform for the dissemination of Buddhist teachings. This year, the Samrat Ashok Subharti School of Buddhist Studies (SASSBS) identified a unique opportunity to expand its outreach by offering a meditation camp. The challenge lay in ensuring the camp attracted and engaged a diverse audience, from students to working professionals, and addressing the growing demand for mental health solutions through traditional practices like meditation. Time limitations and the need to balance theoretical teaching with hands-on practice also had to be considered in the design and implementation of this camp.

THE PRACTICE

The Meditation Camp at Buddh Mela was organized by SASSBS from June 7 to June 14, 2024, at the Subharti University campus. Each evening, from 7:00 PM to 11:00 PM, the camp welcomed participants to experience mindfulness and meditation practices rooted in Buddhist teachings. The uniqueness of the practice lay in its ability to merge traditional Buddhist meditation with modern needs for mental peace, making it a standout among the educational and cultural exhibits. The camp was structured to provide both theoretical insights and practical experiences, focusing on mindfulness, breathing techniques, and reflective meditation. Faculty members from SASSBS, led by the Head of Department, Chandrakriti, facilitated these sessions, offering personalized guidance and addressing the varied needs of the participants. Despite the large turnout, the sessions were managed to ensure each participant had an immersive experience, whether they were newcomers or seasoned practitioners. Constraints faced included managing the limited time each day and balancing academic discussions with practical demonstrations, which sometimes required adjustments to cater to the evolving needs of attendees.

EVIDENCE OF SUCCESS

The Meditation Camp saw an overwhelming response from the public, with hundreds of participants attending each night. The feedback from participants was highly positive, with many expressing a renewed sense of inner calm and interest in continuing their meditation journey. SASSBS received several inquiries regarding their academic programs in Buddhist studies, signaling the effectiveness of the camp in not only spreading Buddha's teachings but also promoting the university's educational offerings. Bench-marking against the expected turnout and engagement levels, the camp exceeded its targets, both in terms of participant numbers and the depth of engagement. Many attendees expressed interest in adopting mindfulness practices in their daily lives, validating the relevance and effectiveness of the camp's approach.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

One of the primary challenges was time management, as the camp had to be confined to four hours each day, during which a large volume of participants needed to be accommodated. Additionally, managing large crowds in an outdoor setting required logistical planning and coordination with the event organizers to ensure smooth operations. Adequate staffing from the university and volunteers were essential for guiding participants and maintaining the serene environment necessary for meditation practices. In terms of resources, the camp required meditation cushions, sound systems for guided sessions, and digital presentations to enhance the learning experience. The support of faculty members and student volunteers was crucial in the success of the event.

NOTES

The success of the Meditation Camp at Buddh Mela serves as a model for other higher education institutions seeking to integrate spiritual teachings with contemporary mental health practices. By adapting the traditional teachings of Tathagat Buddha to modern contexts, universities can offer students and the general public an accessible pathway to inner peace and mindfulness. This practice could be implemented in other academic institutions with strong spiritual or philosophical departments, providing a holistic approach to mental and spiritual well-being.



INTERNATIONAL COLLABORATION: STRENGTHENING BUDDHIST EDUCATION THROUGH GLOBAL PARTNERSHIPS AND EXCHANGES

OBJECTIVES

The objective of this practice is to foster academic collaboration, cultural exchange, and interdisciplinary research in Buddhist Studies. By establishing partnerships with national and international institutions, SASSBS aims to create a platform for knowledge sharing, student and faculty exchange, and joint research initiatives. These collaborations are intended to enhance the global presence of the School and promote the dissemination of Buddhist teachings, ensuring that both faculty and students engage in transformative academic experiences.

THE CONTEXT

In the evolving landscape of higher education, particularly in Buddhist Studies, SASSBS recognized the need to establish collaborative networks that transcend geographical boundaries. Challenges included the isolation of Buddhist institutions from global academic discourse, a lack of cross-disciplinary approaches, and limited resources for joint research and cultural exchange. Addressing these issues required creating partnerships with key institutions, both within India and internationally, that would provide the necessary academic, cultural, and logistical support to advance Buddhist studies. Through these collaborations, SASSBS aimed to position itself as a global hub for Buddhist learning, capable of participating in and leading academic conversations on a worldwide scale.

THE PRACTICE

Samrat Ashok Subharti School of Buddhist Studies (SASSBS) has proactively engaged in forging national and international collaborations to enhance Buddhist education and research. These partnerships, established with institutions from various parts of the world, focus on:

National Collaborations:

Antarrashtriya Baudh Shodh Sansthan, Sanskriti Vibhag, Lucknow: Aimed at promoting Buddhist cultural studies through joint research and knowledge-sharing initiatives. This collaboration focuses on integrating Buddhist thought into the cultural fabric of Uttar Pradesh and beyond.

Central Institute of Higher Tibetan Studies, Sarnath: This partnership revolves around Tibetan Buddhist philosophy, focusing on faculty exchanges and seminars aimed at preserving and promoting Tibetan traditions within the Indian context.

International Buddhist Confederation, India: This collaboration enables SASSBS to engage in global Buddhist dialogues and initiatives, thus contributing to the promotion of Buddhist philosophy worldwide.

International Collaborations:

SEOUL Korean Medicine Association, South Korea: This unique collaboration explores the integration of Buddhist teachings with Korean traditional medicine, offering a holistic approach to health and wellness.

Dharmachai International Research Institute, Australia/New Zealand: This collaboration focuses on Buddhist research and philosophy, facilitating joint conferences, seminars, and student exchanges to strengthen academic ties across Australia.

Dong Bang Buddhist University, South Korea: Academic exchanges and research projects characterize this collaboration, allowing a rich cross-cultural academic dialogue between India and South Korea.

Maitreya Culture and Education Foundation, Hong Kong: This partnership emphasizes cultural exchange and Buddhist education, working towards mutual understanding and joint initiatives to spread Buddhist teachings across Asia.

Lumbini Buddhist University, Nepal: Rooted in shared heritage, this partnership promotes research and academic exchanges between India and Nepal, particularly around the birthplace of Lord Buddha. These collaborations are unique as they emphasize cross-cultural exchanges, which are crucial in the context of higher education in India. While challenges such as language barriers and funding constraints exist, these partnerships are highly valuable in creating global academic networks for Buddhist Studies.

EVIDENCE OF SUCCESS

The success of these collaborations is evident through several key outcomes:

- **Increased academic visibility:** SASSBS has been able to participate in international forums, publish collaborative research papers, and organize joint seminars and conferences with partner institutions.
- **Student and faculty exchange:** There has been a noticeable increase in the number of student and faculty exchange programs, allowing for diverse learning experiences and cross-cultural academic dialogue.
- **Research and innovation:** Collaborative research projects have expanded, particularly in the areas of Buddhist philosophy and its intersection with health, culture, and education.

These initiatives have resulted in the publication of impactful studies in Buddhist philosophy and culture. These results indicate that the collaborations are fulfilling their objectives by providing both faculty and students with opportunities to engage in transformative academic and cultural experiences.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

Some of the challenges faced in implementing these collaborations include:

- **Logistical issues:** Coordinating schedules and activities between institutions in different countries can be challenging, particularly when dealing with different academic calendars and time zones.
- **Language barriers:** Communication issues arise in collaborations with institutions where English is not the primary language. Additional resources are often required for translation and interpretation.
- **Funding constraints:** Financial limitations can hinder the scope of exchange programs and joint research projects, requiring additional external funding and resources to sustain long-term collaboration. Resources required to address these challenges include funding for research grants, scholarships for exchange programs, and logistical support for organizing joint events and activities.

NOTES

For other institutions looking to implement similar best practices, it is important to:

- Establish clear objectives and mutual goals with partner institutions to ensure the sustainability of the collaboration.
- Invest in building a strong communication infrastructure to overcome language and logistical barriers.
- Seek external funding from government and international agencies to support exchange programs and joint research initiatives.

SASSBS's successful collaboration model can serve as a guide for other institutions aiming to enhance their academic presence through national and international partnerships report on the collaborative program between Samrat Ashok School of Buddhist Studies, Subharti University, and the International Buddhist Research Center, the university of culture, Lucknow

Date of Event: 19th October 2023

Venue: Samrat Ashok School of Buddhist Studies, Subharti University, Meerut, Uttar Pradesh
Subject of Program: Casteless Society and Buddhism

Overview: A collaborative program was organized on 19th October 2023 at Samrat Ashok School of Buddhist Studies, Subharti University, in association with the International Buddhist Research Centre (IBRC), University of Culture, Lucknow, Uttar Pradesh.

This event took place under the framework of the collaborative activities agreement between the two prestigious institutions.

The core focus of the program was the discussion on the theme of "CASTELESS SOCIETY AND BUDDHISM", an important and socially relevant topic in today's world.

Participants: Four delegates from the International Buddhist Research Centre, Lucknow, participated in the event, representing their institution in the dialogue and discussions. The participation of both faculty members and research scholars enriched the discourse, providing diverse perspectives on Buddhism's role in fostering a casteless society.

Key Highlights of the Program:

- **Inaugural Session:** The event commenced with a welcoming speech by the Dean of Samrat Ashok School of Buddhist Studies, who highlighted the significance of inter-institutional collaboration in promoting Buddhist philosophy and research.
- **Panel Discussion:**
 - The key session of the program was a panel discussion centered on Buddhism's approach to eradicating the caste system. Scholars from both institutions presented research papers, insights, and historical perspectives on how Buddhism has served as a tool for social equality, challenging the caste-based hierarchy in ancient and modern Indian society.
 - Emphasis was laid on Dr. B.R. Ambedkar's reinterpretation of Buddhism as a means to create a more egalitarian society in India. Speakers delved into how Buddhism's teachings on equality, non-violence, and compassion provide a framework for dismantling social discrimination.
- **Interactive Session:** Following the panel discussion, an interactive Q&A session allowed students and faculty from both universities to engage in constructive dialogue. Participants explored modern challenges in achieving a caste less society, especially in the context of India's caste-based social structure.
- **Cultural Exchange:** The program also featured a brief cultural exchange between the two institutions, with participants sharing Buddhist chants and rituals that emphasize inclusivity and equality.

Conclusion:

The collaborative program concluded on a positive note, with representatives from both institutions expressing their commitment to continue working together on research initiatives that address critical social issues. The event provided a platform for thoughtful dialogue, enhancing understanding and cooperation between the two institutions. The subject of a caste less society was addressed through the lens of Buddhist teachings, creating a rich academic and cultural exchange that will foster further collaborative activities in the future.

Future Prospects:

- Further collaboration in organizing joint research projects, conferences, and publications on similar themes related to Buddhism and social reform.
- Continued dialogue and programs to promote awareness and practical solutions to caste-based discrimination, using Buddhist teachings as a foundation.

Participants:

● **Samrat Ashok School of Buddhist Studies:**

- All students of the department attended the program.
- Maj. Gen. (Dr.) G.K. Thapliyal (Vice Chancellor)
- Dr. Heero Hito (Advisor - SASSBS)
- GP. Capt M. Yakoob (Registrar Subharti University)

● **Faculty Members:**

- Dr. Champalal Mandrele (Head of Department)
- Dr. Praveen Kumar (Associate Professor)
- Dr. Yashpal Singh
- Dr. Vivek Kumar
- Dr. Sanjay Kumar
- Dr. Manisha Tyagi
- Dr. Pallabi Mukharji
- Dr. Srida Jha

● **International Buddhist Research Centre, Lucknow:**

● **Delegates:**

- Dr. Rakesh Singh (Director)
- Shri Hargovind Bauddh (Executive Chairman)
- Shri Dharmraj Bauddh Program

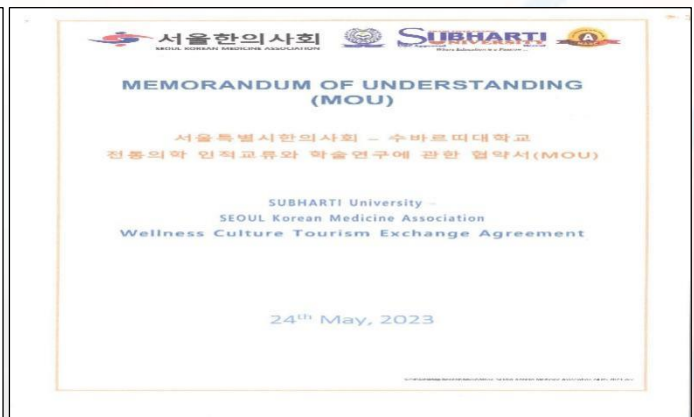
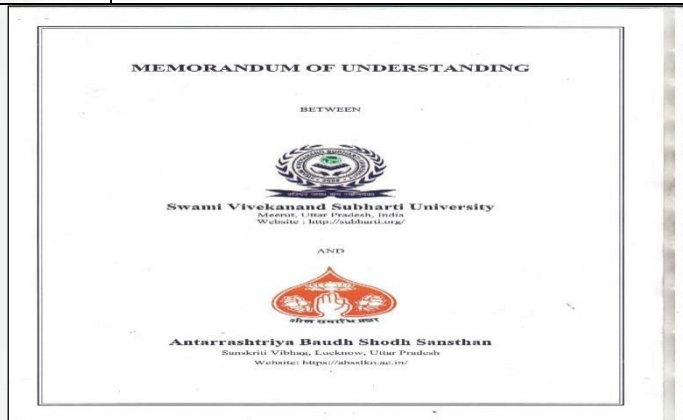
Overview:

The event opened with welcoming addresses by the Head of Department, Dr. Champalal Mandrele, and the Director of the International Buddhist Research Centre, Dr. Rakesh Singh. Discussions and presentations revolved around Buddhism's role in creating a casteless society, with thought-provoking insights shared by both faculty and delegates. Interactive sessions allowed students to engage with the guest speakers, deepening their understanding of Buddhism's teachings on social equality. The program also fostered closer academic ties between the institutions, paving the way for future collaborations.



PRESENCE OF FUNCTIONAL MOUS WITH INSTITUTIONS

S. No.	Vendor	Contract Period
1.	Antarrashtriya Baudh Shodh Sansthan, Sanskriti Vibhag, Lucknow, Uttar Pradesh	05.12.2023 to open
2.	SEOUL korean medicine Association, korea	24.05.2023 to open
3.	Dhammachai International Res. Australia/New Zealand	30.05.2018 to 29.05.2026
4.	Dong Bang Buddhist University, South Korea	10.03.2018 to 09.03.2028
5.	Maitreya Culture and Education Foundation Ltd. Hong Kong	22.08.2018 to open
6.	Lumbini Buddhist University, Lumbini, Nepal	14.11.2018 to 13.11.2023
7.	Central Institute of Higher Tibetan Studies, Sarnath	05.09.2018 to 04.09.2023
8.	International Buddhist Confederations	21.01.21 to 20.01.2026



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c) Either party may terminate the agreement subject to six months written notice to the other party but without prejudice to any commitments made to students or faculty who have already been offered a place in either university and agreed for research or conference, etc.

102

**Article 7
INSTITUTIONAL AUTONOMY**

Nothing shall diminish the full autonomy of either Party, nor will any constraints or financial obligations be imposed by either Party upon the other, in executing MoU, unless otherwise mutually agreed to.

**Article 8
USE OF NAME AND EMBLEM**

Neither party shall use the name, emblem or trademarks of the other party, or any of its subsidiaries, and/or affiliates, or an abbreviation thereof, without the express prior written approval of the other party in each case.

**Article 9
AMENDMENT AND INTERPRETATION**

- The MoU may be amended by both parties by mutual consent through exchange of written communication/letters by designated competent authorities as per their rules and regulations.
- Any amendment effected through above procedure shall form an integral part of the MoU.
- Any difference in interpreting or working of the MoU shall be resolved through mutual consultations.

**Article 10
FINAL CLAUSES**

- The MoU shall come into effect from the date of signature by the competent designated authorities of the respective institutions/universities.
- The MoU shall remain in force for a period of five years from the date of its signature.
- The MoU would be considered automatically extended for a further period of five years unless either party decides to withdraw it by six month advance written notice before its expiration.

In witness thereof the authorized representatives whose names are shown below have signed this MoU in four originals copies in English on behalf of their respective institutions/universities at the place and on date mentioned below:

101

SIGNED BY:

Swami Vivekanand Subharti University,
Meerut (U.P.) INDIA

Dr. G.N. N. Abhinav
Vice-Chancellor

Date: 14th November 2018

Swami Vivekanand Subharti University,
Lumbini, Nepal

Mr. Tinku B. Acharya
Vice-Chancellor

Date: 14th November 2018

Dr. N. R. Kumar
Associate Professor,
Department of Buddhist and Post Studies
SCHOOL OF BUDDHIST STUDIES
Swami Vivekanand Subharti University

Date: 14th Nov 2018


Dr. P. K. Singh
Registrar

Date: 14th Nov 2018

Witness:
Dr. P. K. Singh
Registrar
Date: 14th Nov 2018


100

**MEMORANDUM
OF
UNDERSTANDING
(MoU)
BETWEEN**



**SWAMI VIVEKANAND SUBHARTI UNIVERSITY
MEERUT - UTTAR PRADESH, INDIA**

AND



**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES
(DEEMED UNIVERSITY)
SARNATH, VARANASI, UTTAR PRADESH, INDIA**

Memorandum of Understanding (MoU) 97-100 (2018)

99

INTRODUCTION

The purpose of this agreement is to establish a basis for operating the Collaboration between Swami Vivekanand Subharti University (SVSU), Meerut (U.P.), the first party and the second party, Central Institute of Higher Tibetan Studies (Deemed University), Sarnath, Varanasi, (U.P.).

Whereas, Swami Vivekanand Subharti University (SVSU), established on 5th September 2008 by Legislative Council of Uttar Pradesh, located in Meerut (U.P.), India has number of faculties namely, Arts & Social Sciences (including newly introduced School of Buddhist Studies in 2018-19), Dental Sciences, Education, Engineering & Technology, Journalism & Mass Communication, Law, Library Sciences, Management & Commerce, Medicine, Physiotherapy & Allied Health Science, Pharmacy, Science, Nursing and Fine Arts.

Whereas, Central Institute of Higher Tibetan Studies (CHITS), established in 1968 for the preservation of Tibetan Culture which is the legacy of ancient Indian Monastic Universities such as Nalanda, Vikramasila, Odantapuri etc. The University conducts courses on Buddhist Philosophy, Epistemology, Logic and Psychology as the subjects of the Faculty of Philosophy, Languages like Tibetan, Sanskrit, Pali, Hindi and English are also taught along with some optional subjects of Social Sciences, Tibetan Traditional Medical System (Sowa Rigpa), Tibetan Traditional Fine Arts and Tibetan Traditional Astrology/Astronomy are also prominent courses. The Department of Education provides all the courses required for the training of teachers. The Institute is fully funded by Ministry of Culture, Government of India.

Whereas, both Universities are desirous to establish a program for academic cooperation in the areas of mutual interest and in accordance with the terms and conditions set out in this agreement.

95

OBJECTIVES

The purpose of this Agreement is to establish partnerships to further mutual interests and to foster and develop cooperation between the two Universities and agree:

- To exchange on reciprocal basis, students at Undergraduate & Post Graduate levels for limited period of time for purpose of education, training and research.
- To exchange faculty for a limited period for academic exposure and interaction.
- To exchange information on research and educational programs.
- To institute Dual Degree programs in those subjects where considered feasible subject to the approval of statutory bodies of both the Universities and prevailing laws of the Countries.
- Mutual Online working.

The terms of Partnership will be as under:

a) Student/Residents Exchange Program:
Few selected Students/Interns/Residents from Swami Vivekanand Subharti University will be sent to the Central Institute of Higher Tibetan Studies (Deemed University) for a short period and similarly few Students/Interns/Residents of CHITS will be sent to Swami Vivekanand Subharti University for participating in academic programs at their level. No tuition/training fee shall be charged for the participants. The participants will bear their travel cost. Their boarding and lodging will be arranged by the host Universities on subsidized payment to be paid by the participants.

b) Faculty Exchange Program:
Selected Faculty of one University will visit to the other University for a prefixed short term or take up fixed term visiting assignment at each other's institution.

- If one of the University invites a selected faculty of the other University to give a course or series of lectures, the cost will be borne by the host University.
- If one of the University sends selected participants to the other University for his or her academic advancement, the TADA will be borne by the participants. However, boarding and lodging will be arranged by the host University.

92

c) Research Collaboration:
SVSU and CHITS will exchange information on research programs and will encourage and provide facilities to research fellow desirous of undertaking a research project at their own or the partner's University on the basis of mutually agreed arrangements. However, both the Universities will ensure that the intellectual property rights of the owner are not infringed upon.

d) Dual Degree Program:
Taking into account the statutory provision in the country, the SVSU and CHITS will explore the possibility of transfer of the credits for the students, who wish to pursue a part of their course at the other University. In such cases dual degree will be given to the students.

e) Both Universities will appoint one representative from each side as Nodal Officer who will discuss and sort out issues related to their agreement to be taken up.

DURATION OF AGREEMENT

This agreement will take effect from the date of signature by the representatives of the two Universities and will remain effective for a period of five years, which may be considered for renewal on completion of the period.

TERMINATION OF AGREEMENT

Both parties have option of terminating this agreement by giving notice of one year while assenting in full that no hardship will be faced by the students already in the pipeline of the program.

Date: 05 Sept 2018



By: (Dr. N.R. Abhinav)
Vice-Chancellor
Swami Vivekanand Subharti University
Uttar Pradesh, INDIA

Date: 05 Sept 2018

By: (Prof. Gendun Chopel Samten)
Vice-Chancellor
Central Institute of Higher Tibetan Studies
Sarnath, Varanasi, Uttar Pradesh, INDIA

95

**Memorandum of Understanding
between
Dharmachari International Research Institute
and
Swami Vivekanand Subharti University**

Preamble
Dharmachari International Research Institute, hereinafter called DIRI, is registered under the law of Australia and New Zealand.
Swami Vivekanand Subharti University, Meerut UP India under Uttar Pradesh Govt. State Act No. 59 of 2008, hereinafter called SVSU.
With the view of promoting cooperation in academic education and research between DIRI and SVSU the following agreement is established:

Article 1
Both parties hereby agree, in general, to promote Buddhist and Peace Studies and to disseminate the Buddha's teachings to the world without limitation of race, caste and religion. The cooperation may concern any field or subject upon which the parties agree. It will include various activities, such as:

- 1) Collaborative research, lectures and symposia
- 2) Exchange of scholars and researchers
- 3) Exchange of students
- 4) Exchange of information and materials in fields which are of interest to both parties

95-96 (2018)

94

This general agreement shall ensure that appropriate arrangements are made before the arrival of a faculty/institute member or a student to the host Academy/University.

Article 2
A specific plan shall be worked out for each joint activity. Further discussion on this specific plan as well as supplementary document(s) are needed.
Specific objectives are as follows:-

- To promote education and research activities about Buddhism and Peace (which is also in basic objective of UN Charter and International Law).
- To establish a centre of Buddhism and Peace studies at SVSU.
- To provide basic assistance for the establishment of Buddhist and Peace Studies Centre at SVSU.
- In India local hospitality will be borne by SVSU, only during the process of establishment of the Buddhist and Peace Studies & Research Centre.
- To design program, develop Course curriculum and decide course fee/accommodation etc., for various courses on Buddhism and Peace studies as agreed by both parties.
- To organize the seminars and conferences on Buddhism and Peace Studies at SVSU.
- To assist faculty members of SVSU for a development of research program at the Centre.
- To work for the preservation and development of Buddhist art and culture.
- To cooperate on both academic and technological aspects in order to achieve the goal.
- To promote Universal Goodness (UGGS) i.e. Meditation, Cleanliness, Orderliness, Punctuality, Politeness in order to promote peace among all.

Implementation of general and specific kinds of cooperation based on this agreement shall be the concern of the relevant faculties/departments or institutes on a case-by-case basis.

Article 3
DIRI as well as SVSU shall seek finance of joint activities from sources available to them.

Article 4
This agreement will be effective for ten years (10 years) which can be extended as agreed by both parties.
Any activity upon which the parties have already agreed or already in progress shall be carried out as planned even after the date of termination of the present agreement, unless the parties agree otherwise in writing.

94-95 (2018)

93

Article 8
This agreement is written in English in two originals, both of equal validity. If translations of the agreements have been made, in any case of dispute the English text shall prevail.
This MoU is signed between SVSU and DRI. There are no financial commitments to either party of this agreement.

<p>Dharmachari International Research Institute (DRI), Australia and New Zealand</p> <p><i>[Signature]</i></p> <p>Most Venerable Phrasudhamyavidesa President</p> <p>Place and Date: <u>Meerut, (U.P.) INDIA</u> <u>30.05.2016</u></p>	<p>Swami Vivekanand Subharti University, Meerut (U.P.) INDIA</p> <p><i>[Signature]</i></p> <p>Swami Vivekanand Subharti University Registrar</p> <p>Place and Date: <u>Meerut (U.P.) INDIA</u> <u>30.05.2016</u></p>
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92

BY ORDER OF THE BOARD OF STUDENTS

President, Registrar
Dr. Chaitanya Prasad

Swami Vivekanand Subharti University
Meerut (U.P.) INDIA

91

20. WISDOMSOME BUDHIST STUDIES

For the School of Buddhist Studies
President, Registrar
Dr. Chaitanya Prasad

Swami Vivekanand Subharti University
Meerut (U.P.) INDIA

95

DONG DANG BUDDHIST UNIVERSITY
SOUTH KOREA

Swami Vivekanand
SUBHARTI
UNIVERSITY
Meerut (U.P.) INDIA

**Memorandum of Understanding
Between
Dong Dang Buddhist University, South Korea
and
Swami Vivekanand Subharti University, India**

Preamble
Dong Dang Buddhist University, Seoul, South Korea hereinafter called DDHU, is registered under the law of South Korea.
Swami Vivekanand Subharti University, Meerut, U.P., India under Uttar Pradesh Govt. Stat. Act No. 29 of 2006, hereinafter called SVSU.
With the view of promoting cooperation in academic education and research between DDHU and SVSU, the following agreement is established:

Article 1
Both parties hereby agree, in general, to promote Buddhist Studies and to disseminate the Buddha's teachings in the world without distinction of race, caste and religion. The cooperation shall be subject upon which the parties agree. It will include various activities, such as:
1) Collaborative research, lectures and symposia
2) Exchange of scholars and researchers
3) Exchange of students
4) Exchange of information and materials in fields which are of interest to both parties
This general agreement shall ensure that appropriate arrangements are made before the arrival of a faculty/institute member or a student to the host Academy/University.

Article 2
A specific plan shall be worked out for each joint activity. Further discussion on this specific plan as well as supplementary document(s) are needed.
Specific objectives are as follows:
• To promote education and research activities about Buddhism.
• To provide basic assistance for the establishment of Subharti School of Buddhist Studies at SVSU.
• To design program, develop course curriculum and decide course fee/scholarship etc. for various courses on Buddhist Studies.
• To organize the seminars and conferences on Buddhism at SVSU.

94

- To send faculty members of SVSU for a development of research program at the School of Buddhist Studies.
- To work for the preservation and development of Buddhist art and culture.
- To cooperate on both academic and technological aspects in order to achieve the goal.

Implementation of general and specific kinds of cooperation based on this agreement shall be the concern of the relevant faculties/departments or institutes on a case-by-case basis.

Article 3
DDHU, as well as SVSU shall seek finance of joint activities from sources available to them.

Article 4
This agreement will be effective for ten years (10 years) which can be extended as agreed by both parties. Any activity upon which the parties have already agreed or already in progress shall be carried out as planned even after the date of termination of the present agreement, unless the parties agree otherwise in writing.

Article 5
This agreement is written in English in two originals, both of equal validity. If translations of the agreements have been made, in any case of dispute the English text shall prevail.

This MoU is signed between SVSU and DDHU. There are no financial commitments to either party of this agreement.

<p>Dong Dang Buddhist University South Korea</p> <p><i>[Signature]</i></p> <p>Dr. Lee Chi Ran Chairman</p> <p>Place and Date: <u>Meerut, (U.P.) INDIA</u> <u>10.03.2018</u></p>	<p>Swami Vivekanand Subharti University, Meerut U.P. India</p> <p><i>[Signature]</i></p> <p>Dr. N. R. Arora Vice Chancellor</p> <p>Place and Date: <u>Meerut, (U.P.) INDIA</u> <u>10.03.2018</u></p>
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BEST OUT OF WASTE: ENCOURAGING CREATIVITY IN FINE ARTS THROUGH INNOVATIVE RECYCLING PROJECTS

For the development of students, Nandlal Bose Subharti College of Fine Arts and Fashion Design of Swami Vivekanand Subharti University has organized a Best Out of Waste activity - "Crafting Change: The Best Out of Waste Challenge" on the date of " 14 May 2024 To 18 May 2024 " in which all students took part with great zeal and interest. A total of 85 students were enrolled in this program.

OBJECTIVES

Best out of waste activity - "Crafting Change: The Best out of Waste Challenge" for students can encourage creativity and innovation, they are challenged to come up with creative ways to turn the waste materials into something useful. Recycling and reusing valuable waste material can result in the development of fantastic and usable products. Rather than putting these waste materials into landfills, various innovative and creative ideas can be put together to create something new and useful. Making crafts out of waste is a great way to reuse unwanted materials, make something more beautiful, and protect the environment at the same time. Not only art and craft enthusiasts but also those concerned about the environment, can benefit from the idea of the best out-of-waste artistic activity. Before starting of activity, certain aims/objectives need to be formulated so as to conduct successful programs. Some of such objectives of this activity are listed below.

- To develop the ability to think and organize the thinking to create something useful.
- To indulge the students in an extracurricular activity with exclusive tools i.e. waste material.
- To explore the aesthetic sense and actions that are beyond the curriculum & syllabus.
- To make our vision and outlook broader about nature & society.
- To control the weirdness and awful effects of waste on our surroundings.

THE CONTEXT

This activity "Crafting Change: The Best out of Waste Challenge" helped to enhance the creativity and presentation skills of the students and enabled them to realize the importance of recycling and reusing waste material available to them. They prepared creative and innovative models and art items from different waste materials. To achieve the objectives, it is necessary to formulate certain programs and follow-up has to be done efficiently.

The Best Out of Waste activity-"Crafting Change: The Best Out of Waste Challenge" was organized at Nandlal Bose Subharti College of Fine Arts & Fashion Design from 14 May 2024 To 18 May 2024.

The event aimed to promote creativity and environmental awareness by encouraging students to repurpose waste materials into functional or decorative items. This initiative aligned with the college's commitment to sustainability and resource management. **Activities Conducted Workshops:** Various workshops were held to demonstrate techniques for transforming waste into useful products, such as paper-mache crafts, plastic bottle planters, and tin can organizers. **Competition:** Participants were invited to create innovative projects using waste materials. Judging criteria included creativity, functionality, and aesthetics. Categories included Best Home Decor Item, Most Useful Item, and Best Team Effort. **Exhibition:** An exhibition showcased the projects created by participants. Students, faculty, and visitors could view the creative works and vote for a "People's Choice" award.

Participation Total Participants: 85 Students were enrolled in the best out-of-waste activity

Departments Involved: Fine Arts Department, Fashion &Textile Department, Animation Department, Performing Arts Department

THE PRACTICE

The "Best out of Waste" activity holds a unique significance in the context of higher education in India for several reasons:

- **Cultural Relevance:** In India, resourcefulness has deep cultural roots, often seen in traditional crafts and practices. This activity aligns with that ethos by promoting the repurposing of materials, which resonates with local customs and skills.
- **Environmental Awareness:** India faces significant waste management challenges. This initiative directly addresses issues like plastic pollution and promotes sustainable practices among students, making them more conscious of their environmental impact.

- **Fostering Innovation:** With a rapidly growing start-up ecosystem, encouraging students to think creatively about waste can inspire entrepreneurial ventures in recycling and sustainable products, bridging academic knowledge with practical application.
- **Interdisciplinary Learning:** The activity brings together students from various disciplines—Design, Fine Arts, Animation, Interior, etc. encouraging a holistic approach to problem-solving and innovation.
- **Skill Development:** Participants gain practical skills in crafting and resource management, which can be beneficial for future careers, particularly in sectors focused on sustainability and innovation.
- **Promoting Teamwork and Leadership:** Working in teams or groups fosters collaboration and leadership skills, essential attributes in today's job market, and prepares students for real-world challenges.

Limitation: While the "Best out of Waste" activity has many benefits, it also faces certain limitations:

- **Resource Constraints Material Availability:** Participants have to face limited access to diverse waste materials, restricting creativity and the scope of projects.
- **Financial Limitations:** Organizing workshops or purchasing supplies was costly, impacting the scale and quality of the activity.
- **Time Constraints** Students have busy schedules filled with academic commitments, which affects the limit of participation and the depth of engagement in the activity.
- **Skill Levels** Varying skill levels among participants lead to disparities in project quality in the Best Out of Waste activity "Crafting Change: The Best Out of Waste Challenge" and this is potentially discouraging less experienced individuals from participating fully.
- **Awareness and Engagement:** Some students may lack awareness of the ideas and environmental issues related to waste, affecting their motivation to participate
- **Perception Issues** There may be a stigma associated with using waste materials, with some students perceiving these projects as less valuable or unprofessional.
- **Limited Impact** While the activity Best out of Waste activity "Crafting Change: The Best Out of Waste Challenge" raises awareness, its long-term impact on waste management practices and behaviors may be minimal without ongoing education and engagement.
- **Regulatory Challenges** In some areas, there may be regulations regarding waste collection and disposal that can hinder the implementation of such activities.

Conclusion

While the "Best Out of Waste" "Crafting Change: The Best Out of Waste Challenge" activity can be a powerful tool for promoting sustainability and creativity, addressing these limitations is crucial for maximizing its effectiveness and impact within the educational environment. Strategies to overcome these challenges include increased awareness campaigns, resource sharing, and integrating the activity into the curriculum for sustained engagement.

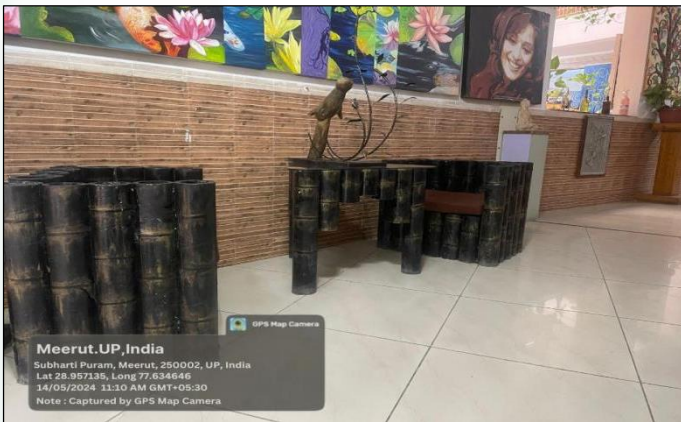
EVIDENCE OF SUCCESS

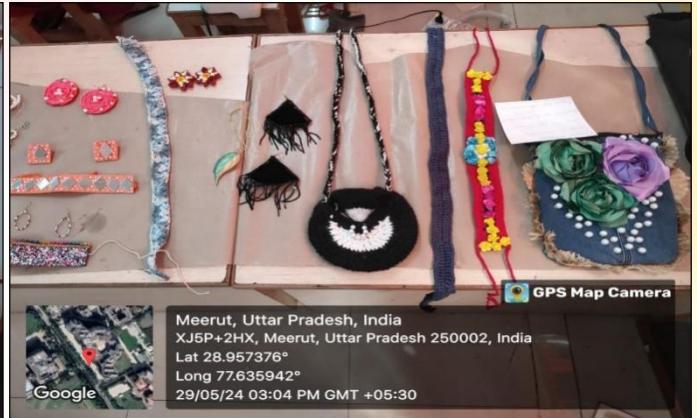
The "Crafting Change: The Best out of Waste Challenge" was a successful event that highlighted the intersection of art and sustainability. By transforming waste into art, students not only developed their creative skills but also contributed to a larger conversation about environmental responsibility. The college plans to make this an annual event, further embedding sustainability into the arts curriculum. The primary objective of the Best Out of Waste -"Crafting Change: The Best Out of Waste Challenge" activity was to raise awareness about the importance of waste management and sustainability. The event sought to engage students in hands-on projects that would not only challenge their creativity but also educate them on the environmental impact of waste. The event kicked off with a series of workshops that introduced students to various techniques for transforming waste into art pieces from 14 May to 18 May 2024.

Experienced faculty and guest artists shared their expertise, demonstrating methods for crafting items from everyday waste materials like plastic bottles, old newspapers, and discarded fabrics. These workshops served as a foundation, equipping students with the skills necessary to create their own projects. Following the workshops, a competition was held where students showcased their innovative creations. Participants were tasked with designing items that were not only aesthetically pleasing but also functional. Categories included Best Home Decor Item, Most Useful Item, and Most Innovative Use of Material. This competitive element added excitement and motivation, inspiring students to push their creative boundaries. An exhibition was also organized to display the final projects on 29/5.2024.

This provided participants with a platform to share their ideas and inspire others. Visitors were invited to vote for their favorite projects, culminating in a "People's Choice" award that recognized outstanding creativity. Impact and Outcomes the Best out of Waste-"Crafting Change: The Best Out of Waste Challenge" activity achieved remarkable results. Over 85 students participated, producing an array of unique creations that highlighted the potential of repurposed materials. Feedback collected from participants indicated a significant increase in awareness regarding sustainability, with respondents expressing a newfound understanding of recycling practices. Additionally, the event fostered a sense of community among participants. Collaboration was a key aspect, as students from various disciplines came together to share ideas and techniques. This interdisciplinary approach not only enhanced the learning experience but also encouraged a culture of teamwork and shared responsibility for environmental stewardship.







PROBLEM ENCOUNTERED AND RESOURCES REQUIRED PROBLEMS

Encountered due to limited material availability participants sometimes faced challenges in sourcing diverse waste materials, which restricted their creative options and project scope. Many students had busy schedules, balancing academics and other commitments, which limited their ability to fully engage in the activity. Different skill levels among participants led to uneven project quality, with some students feeling intimidated and hesitant to contribute. There was a misconception associated with using waste materials, causing some students to undervalue their work or avoid participation altogether. The most problematic issue is careful planning regarding space, setup, and materials, which could be cumbersome without adequate preparation.

- **Resources Required_Waste Materials:** A variety of waste materials such as plastic bottles, old newspapers, scrap fabric, and cardboard were needed to provide participants with ample options for their projects.
- **Workshops and Expert Guidance:** Hosting workshops led by skilled artists or experts in recycling and up-cycling to teach techniques and inspire creativity.
- **Venue Space:** A suitable venue for workshops and exhibitions that could accommodate participants, their projects, and visitors.

- **Tools and Supplies:** Basic crafting tools (scissors, glue, paints) and safety equipment (gloves, masks) to ensure a safe and productive environment.
- **Marketing Materials:** Posters, flyers, and social media content to promote the event and raise awareness about sustainability among the student body.
- **Budget and Funding:** A budget for purchasing additional materials, refreshments, or other logistical needs, potentially sourced through sponsorship or college funds.
- **Support Staff:** Volunteers or faculty members to assist in organizing the event, managing logistics, and guiding participants during workshops.

NOTES

Students are the reflection of teachers as well as the college, having this concept in mind NBSCFF always makes efforts to enhance the capabilities and potential of students. The session was very interactive, which profited all the participants enormously. They had the opportunity to polish themselves by adopting all those principles in their life. Many of the things discussed were fairly elementary, and many of them were already beforehand.

Students are also motivated to beautify the surroundings of other locations, out of our department NBSCFF, they have shown their interest and talent to spread a fragrance of charm by painting a rough wall using their creativity a lot of sculptures and corner decorated art pieces are regularly composed by them some of them made by waste material and some of them made by scrap This aesthetic appeal gives other locations a fascinating look and a clean environment. These artwork makes them confident and friendly to other department also.



This wall is situated near Research & Development Cell and Large wall art acts as a centrepiece, instantly transforming the atmosphere of any room. It creates a focal point that commands attention and invites contemplation. The visual stimulation provided by these striking pieces stimulates the mind, evoking emotions and sparking creativity.

As we've seen, the awesome attempt on incorporating wall art into our university these glimpses of aesthetics can elevate the overall ambiance and make a space feel complete. So, it cannot be overlooked the power of wall art in shaping the look and feel of your living environment. Embrace this creative expression and watch as our walls come alive with style and character.

ELECTRIC VEHICLES: PROMOTING THE USE OF ELECTRIC VEHICLES AS A SUSTAINABLE ALTERNATIVE TO FOSSIL FUELS.

OBJECTIVES

At Swami Vivekanand Subharti University, encouraging the use of electric vehicles (EVs) is meant to cultivate environmental responsibility and sustainability among students. The University wants to contribute to a cleaner environment by lowering greenhouse gas emissions and improving air quality via the promotion of EV adoption. The program also aims to educate employees and students about the advantages of electric transportation, with a focus on energy economy and reduced operational expenses. By incorporating EVs into campus transportation choices and infrastructure, the university hopes to lead by example and eventually assist larger initiatives toward sustainable practices and innovation in renewable energy. This program encourages a forward-thinking, environmentally conscious culture also supporting global sustainability.

THE CONTEXT

The electric vehicles (EVs) as an alternative to fossilized energy are rooted in the urgent need to combat climate change and reduce reliance on finite fossil fuel resources. As global awareness of environmental issues grows, the transportation sector one of the largest contributors to greenhouse gas emissions faces increasing pressure to adopt cleaner technologies.

By using electricity from renewable sources like solar and hydropower, EVs represent a significant shift towards sustainable mobility. With this transition, the university not only aims to reduce carbon footprints but also addresses air quality concerns caused by pollution from traditional vehicles.

Governments worldwide are implementing policies and incentives to encourage EV adoption, highlighting the broader societal shift towards greener energy solutions. In this context, electric vehicles are not just a technological innovation; they are a vital component of a holistic approach to creating a sustainable energy future.

THE PRACTICE

Swami Vivekanand Subharti University is committed to sustainability and innovation in the learning environment, evidenced by its usage of electric vehicles (EVs). The institution recognizes how essential it is to move towards greener mobility options in response to the growing worldwide awareness of environmental concerns, and it has synchronized its operations with these efforts.



The university has made commitments to the construction of the infrastructure required to support the adoption of electric cars, such as strategically placed charging stations on the campus. Students, instructors, and staff may easily utilize these charging stations, which encourages them to convert from conventional fossil fuel-powered automobiles to electric ones. Range anxiety is one of the main obstacles to EV adoption, and the institution tackles this issue by making sure that charging stations are easily accessible.

The Swami Vivekanand Subharti University also incorporates educational programs focused on the benefits and importance of electric mobility. Workshops, seminars, and awareness campaigns are organized to inform students and staff about environmental conservation, including reduced carbon emissions and improved air quality. These initiatives aim to instill a sense of responsibility towards sustainable practices among the university community, encouraging individuals to consider their transportation choices.

The university is actively integrating electric vehicles into campus life by promoting their use for various activities. The university has purchased a total of 44 electric vehicles: shooty (22), E Riksha (12), E Cars (05), Mini Feri (01), and Golf Card E bus (04) to be utilized for campus shuttle services, transporting students and staff between different facilities efficiently and sustainably. This approach not only reduces emissions but also promotes a healthier lifestyle among students and staff. In addition to practical applications, the university is also working to involve students and faculty members in research related to electric mobility and sustainable energy solutions to explore innovative technologies for EVs and renewable energy integration.



EVIDENCE OF SUCCESS

The community involvement initiatives and other quantifiable benefits of Swami Vivekanand Subharti University's (EV) programs are clear. First, a noticeable rise in the number of people opting for electric vehicles for their everyday trips has been seen among students and staff. This change is a reflection of the campus community's growing knowledge of and acceptance of sustainable mobility choices.

Furthermore, consumers have been using the infrastructure for charging EVs with surprising frequency, demonstrating that the facilities satisfy their demands. Significant environmental benefits also result from



reduced greenhouse gas emissions associated with campus mobility, which enhances the quality of the air inside and around the institution. Student and staff sustainability cultures have been fostered by educational programs including awareness campaigns and lectures, which have raised knowledge of the advantages of electric transportation even further. People are more aware of and eager to embrace eco-friendly habits. All of these things highlight demonstrating the university's dedication to a

more environmentally friendly future.

Battery Operated Vehicles:



Another contribution towards environment protection is to minimize the pollution created as a result of several activities. In the same league we encourage the use of battery-operated vehicles. The university is using battery operated rickshaws, scooters, and cart for in campus transport. Our students are also encouraged to build and use the same.

सुभारती इंजीनियरिंग कॉलेज ने बनाई ई-साईकिल

सुभारती इंस्टीट्यूट ऑफ टेक्नोलॉजी एंड इंजीनियरिंग कॉलेज में हुआ इन्वेंटिव प्रोजेक्ट का उद्घाटन

समाचार

□ प्रकृति को संरक्षण देना
सुखी जीवन

जयपुर

जयपुर: अपनी विद्यमान सुभारती इंजीनियरिंग कॉलेज के प्रमुखों की अध्यक्षता में ई-साईकिल का उद्घाटन कार्यक्रम कायम है। इस दौरान ई-साईकिल का उद्घाटन किया गया। सुभारती इंजीनियरिंग कॉलेज के प्रमुखों ने ई-साईकिल का उद्घाटन किया। सुभारती इंजीनियरिंग कॉलेज के प्रमुखों ने ई-साईकिल का उद्घाटन किया। सुभारती इंजीनियरिंग कॉलेज के प्रमुखों ने ई-साईकिल का उद्घाटन किया।



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E Cycle: An E-cycle made by our student of Subharti Institute of Engineering is successfully made and is even in production. The e-cycle assists the rider's pedal power and uses rechargeable batteries. It has a top speed of 25 km/h. E-bikes act as a source of exercise and also allow the rider to take short breaks from pedaling. The University intends to make this a part of cardiac rehabilitation programs, as a study has shown that it can reduce deaths in people with coronary heart disease by around 27%.

News on the E-Cycle made by our student

Twin Bicycle: John F Kennedy very aptly said “Nothing compares to the simple pleasure of riding a bicycle” and what makes it more pleasurable is when you have someone to ride with you. The twin bicycle has been designed by Dr. Krishna Murty, an illustrious student of Subharti Medical College and the design has been industrially designed too (Reg No. 306717).



Children enjoying a ride on the TWIN BYCYCLE

The twin cycle is available for use both for the residents and nonresidents of the campus within the campus. The twin cycle, campus residents have started enjoying evening rides rather than taking any other form of transportation. The residents can take the cycles from the designated parking places and can leave them at other dedicated parking spaces. The concept has gained popularity just like carpooling; the residents prefer the cycle pooling.

Garbage Van: The garbage van of the University was made by the students of mechanical engineering department to be fully mechanized and electrically driven. The University's all garbage is collected and thrown in the designated place with the help of this van.



The Launch of Garbage van



PROBLEM ENCOUNTERED AND RESOURCE REQUIRED

The implementation of electric vehicles (EVs) at Swami Vivekanand Subharti University has faced several challenges that need to be addressed to maximize their potential. The initial cost of electric vehicles can also be a barrier to adoption, as many potential users are deterred by higher upfront prices compared to traditional vehicles, despite the long-term savings on fuel and maintenance.

Moreover, there is a need for comprehensive educational initiatives to inform students and staff about the benefits of EVs, as misconceptions about performance and reliability.

To overcome these challenges, several resources are required. Increased investment in charging infrastructure is essential, including the addition of more charging stations and the implementation of fast-charging options to reduce wait times. Government incentives can help alleviate the financial burden of purchasing EVs, making them more accessible to the university community. Finally, fostering partnerships with local businesses and authorities can enhance the support system for EV adoption, ensuring a sustainable and effective transition to electric mobility on campus. By addressing these issues and allocating the necessary resources, the university can significantly advance its sustainability goals.

SPIRITUAL PRACTICES: ENHANCING HOLISTIC HEALTH AND WELL-BEING THROUGH VARIOUS SPIRITUAL ACTIVITIES.

OBJECTIVES

- **Empower Youth to Engage in Interfaith Dialogue:** Encourage young people to become active participants in promoting peace and understanding among different religious communities. Provide tools and strategies for youth to effectively engage in interfaith initiatives and contribute to harmony in diverse societies.
- **Foster a Culture of Tolerance and Respect:** Discuss the importance of tolerance, empathy, and mutual respect in today's multi-religious world. Inspire youth to champion these values in their communities, creating a more inclusive and peaceful society.
- **Promote Collaborative Efforts for Peace:** Explore ways in which youth can collaborate across religious and cultural lines to address global challenges and conflicts. Highlight successful examples of youth-led interfaith initiatives that have made a positive impact.
- **Inspire Leadership and Civic Responsibility:** Encourage young people to take on leadership roles in promoting peace and harmony, inspired by Swami Vivekananda's teachings. Discuss the civic responsibilities of youth in fostering a peaceful and harmonious society.

THE CONTEXT

The youth, as the driving force of any society, plays a crucial role in shaping the future. Their ability to embrace change, explore new ideas, and foster understanding makes them central to promoting interfaith peace and harmony. In today's world, where religious diversity often becomes a cause of conflict, the youth hold the key to creating a culture of mutual respect and coexistence across different faiths. The youth's enthusiasm, innovation, and openness position them as catalysts for change in promoting interfaith peace and harmony. By focusing on education, dialogue, leadership, and social action, young people can dismantle the walls of religious division and contribute to building a peaceful, harmonious world where diversity is celebrated rather than feared. Through their collective efforts, they can help pave the way toward a future where religious coexistence is the norm.

- **Key Aspects of Youth's Role: Education and Awareness:** Young people can promote interfaith harmony by becoming well-informed about the diverse religious beliefs, traditions, and values present in society. Through education, they can dispel myths and misunderstandings that often lead to prejudice and division.
- **Dialogue and Communication:** Encouraging open dialogue between different religious groups helps to break down barriers. The youth can act as mediators, creating safe spaces for discussions that lead to

greater mutual understanding. Interfaith dialogues, forums, and cultural exchanges can foster respect for diversity.

- **Embracing Pluralism:** The youth are generally more open to pluralistic worldviews. By acknowledging and appreciating the richness of various faith traditions, they can foster a culture of inclusivity and tolerance, emphasizing shared human values over religious differences.
- **Leadership and Social Action:** Young leaders can spearhead community initiatives that bring together individuals from various religious backgrounds to work on common social issues. Collaborative efforts in areas like education, healthcare, and environmental protection can unite people beyond their religious identities, creating a sense of shared purpose and community.
- **Countering Extremism:** With the rise of radical ideologies, the youth can take a stand against extremism by promoting peace-oriented narratives. Through social media, activism, and community engagement, they can counter hate speech, challenge sectarianism, and spread messages of compassion and unity.
- **Leveraging Technology and Social Media:** The digital world offers young people a platform to advocate for interfaith harmony. By using social media and technology to highlight stories of collaboration, empathy, and peace among different religious groups, youth can create a global movement toward tolerance and understanding.

THE PRACTICE

A well-organized guest lecture on the topic "The Role of Youth in Promoting Interfaith Peace and Harmony" should not only inform but inspire the participants to take tangible actions. Below are some key practices to ensure the lecture is impactful, engaging, and promotes lasting learning.

- **Introduction and Setting the Context Welcoming and Objective Setting:** Begin by welcoming the audience and briefly introducing the speaker. Clearly outline the objective of the lecture, emphasizing the importance of interfaith peace in today's world.
- **Contextual Background:** Provide an overview of the current global and national religious diversity. Highlight the challenges faced due to religious intolerance and sectarianism, as well as the opportunities for youth to bridge these divides.
- **Personal Relevance:** Engage the audience by connecting the theme to their lives, focusing on how young people can make a difference in promoting harmony in their communities and globally.
- **Incorporating Theoretical Insights Historical Examples:** Introduce examples from history where youth have played pivotal roles in promoting peace and unity across religious divides (e.g., the role of young activists in civil rights movements or interfaith peacebuilding initiatives in regions like Northern Ireland or South Africa).

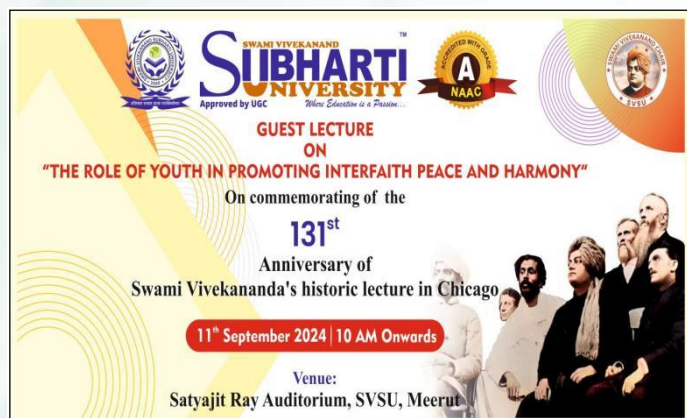
- **Philosophical and Religious Teachings:** Highlight the teachings of different faiths that emphasize peace, love, and mutual respect (e.g., teachings from Hinduism, Christianity, Islam, Buddhism, etc.). Show how common values in various religions foster unity.
- **Swami Vivekananda's Philosophy:** As part of the overarching theme, incorporate Swami Vivekananda's ideas on religious tolerance and unity, drawing inspiration from his famous address at the Parliament of Religions in Chicago.
- **Interactive Dialogue and Engagement Question-Driven Discussions:** Introduce open-ended questions to stimulate thinking and discussion among the participants. For example, ask, "How can youth leverage social media for interfaith dialogue?" or "What local issues could be tackled through interfaith collaboration?"
- **Group Activities:** Organize small group discussions or breakout sessions where participants can reflect on their own experiences or brainstorm initiatives for promoting interfaith peace. Each group can then share their thoughts with the larger audience.
- **Case Study Analysis:** Present real-world case studies of successful interfaith initiatives led by youth. Analyze how these initiatives contributed to social cohesion, and discuss the strategies used to overcome religious or cultural barriers.
- **Role of Youth in Interfaith Peace-building Youth as Change Agents:** Emphasize how the energy, creativity, and openness of youth make them prime candidates to lead interfaith initiatives. Discuss the roles young people can take on, such as mediators, activists, and ambassadors of peace.
- **Actionable Steps:** Provide concrete actions youth can take to promote interfaith harmony, such as organizing interfaith dialogues, volunteering in diverse religious communities, or using online platforms to counter misinformation and promote positive narratives.
- **Incorporating Technology and Media Digital Advocacy:** Demonstrate how social media can be a powerful tool for promoting interfaith peace. Share examples of online campaigns, hashtags, and digital storytelling that have successfully promoted peace and tolerance among different faith groups.
- **Multimedia Resources:** Incorporate videos, info graphics, and images to visually demonstrate the impact of interfaith efforts globally. Short video clips of youth-led interfaith dialogues or peace building projects can inspire action.
- **Guest Speaker's Expertise Personal Insights and Experience:** The speaker should share personal experiences or insights from their work in interfaith peace building. This humanizes the subject and provides a relatable perspective for the audience.
- **Q&A Session:** After the main talk, open the floor for a Q&A session. Encourage students to ask questions not just about the lecture but also on practical ways they can contribute to interfaith peace.

- **Call to Action and Conclusion Action Plan:** Conclude the lecture by summarizing the key points and calling for action. Provide a roadmap for participants to follow, such as joining local interfaith councils, creating online content that promotes peace, or volunteering in diverse religious communities.
- **Commitment to Peace:** Encourage the participants to make personal commitments to fostering interfaith harmony in their everyday lives, be it through small acts of kindness, promoting respectful dialogue, or standing against religious intolerance.
- **Closing Reflection:** Invite the audience to reflect on their role in promoting peace and how they can influence others in their communities. A reflective activity, such as writing down individual commitments, can help make the topic personal and actionable.
- **Suggested Practices for Post-Lecture Engagement Follow-up Workshops or Forums:** Plan follow-up workshops or forums for participants to continue the conversation and develop actionable interfaith projects.
- **Networking and Collaboration:** Encourage attendees to connect with one another and with community organizations to work on joint interfaith initiatives. By combining informative content with interactive activities, personal reflections, and a call to action, this guest lecture will provide youth with both the inspiration and the tools they need to actively promote interfaith peace and harmony in their communities.

EVIDENCE OF SUCCESS

Guest Lecture on “The Role of Youth in Promoting Interfaith Peace and Harmony”: Swami Vivekananda Chair Celebrated 131st Anniversary of Historic Chicago Lecture

It is with great pride that the Swami Vivekananda Chair at Swami Vivekanand Subharti University, Meerut commemorates the 131st anniversary of Swami Vivekananda’s historic lecture delivered at the Parliament of the World’s Religions in Chicago on September 11, 1893. To mark this significant occasion, a guest lecture titled "The Role of Youth in Promoting Interfaith Peace and Harmony" was organized on September 11, 2024, at the Satyajit Rai Auditorium from 10 AM onwards.





स्वामी विवेकानंद के ऐतिहासिक शिकागो भाषण की 131 वीं वर्षगांठ मनाई

पश्चिम पुकार यूटो

मेरठ। स्वामी विवेकानंद सुभारती विश्वविद्यालय, मेरठ में स्वामी विवेकानंद चैयर द्वारा ऐतिहासिक शिकागो भाषण की 131 वीं वर्षगांठ मनाई गई। इस अवसर पर अंतरधार्मिक शांति और सद्भाव को बढ़ावा देने में युवाओं की भूमिका विषय पर एक अतिथि व्याख्यान का आयोजन किया गया। इस कार्यक्रम का उद्देश्य वैश्विक शांति और सद्भाव की अवधारणा का अध्ययन करना था, जो प्राचीन भारतीय दर्शन बसुदेव कुटुंबक संपूर्ण विश्व एक परिवार है से प्रेरित रहा। कार्यक्रम का मुख्य उद्देश्य युवाओं को अंतरधार्मिक संवाद में सक्रिय भूमिका निभाने और विभिन्न धार्मिक समुदायों के बीच आपसी समझ को बढ़ावा देने के लिए सशक्त बनाना रहा। कार्यक्रम की शुरुआत स्वामी विवेकानंद को पुष्पांजलि अर्पित कर की गई, इसके बाद सम्मानित अतिथियों और मुख्य वक्ताओं का गर्मजोशी से स्वागत किया गया। डॉ. मोनिका मेहरोत्रा, स्वामी विवेकानंद चैयर की संयोजक ने कार्यक्रम का उद्घाटन करते हुए चैयर के महत्व पर प्रकाश डाला और स्वामी विवेकानंद को ऐतिहासिक भूमिका पर जोर दिया कि कैसे वह शिकागो गए



और विश्व बंधुत्व का संदेश फैलाया। विश्वविद्यालय के कुलपति मेजर जनरल डॉ. जी के धर्मलयाल ने आध्यात्मिक सच्चाइयों की सार्वभौमिकता और विभिन्न धार्मिक पृष्ठभूमियों के लोगों के बीच सहिष्णुता और आपसी समझ की आवश्यकता पर जोर दिया। श्री वाइस-चांसलर डॉ. हिमांशु ऐरन ने युवाओं को "जागो और उठो" का आह्वान करते हुए उन्हें समाज की बेहतरी के लिए समक बनने के लिए प्रेरित किया। कार्यक्रम का समापन डॉ. मोनिका मेहरोत्रा द्वारा धन्यवाद ज्ञापन के साथ हुआ। 200 से अधिक छात्र साथ ही विश्वविद्यालय के विभिन्न संकाय से डॉन, विभागाध्यक्ष और निदेशक उपस्थित रहे। सुशी नवीहा हैदर और सुशी वैशिका (एकएएसएस) ने समारोह का संचालन किया।

PROBLEM ENCOUNTERED AND RESOURCES REQUIRED

Despite the youth's potential to foster interfaith peace and harmony, several challenges impede their efforts. These problems need to be acknowledged and addressed to make meaningful progress.

Lack of Awareness and Education Problem: Many young people lack a deep understanding of different religious traditions, leading to misconceptions, prejudices, and stereotypes. This hinders efforts to promote interfaith dialogue and cooperation.

Solution: Integrating interfaith education into school curriculums, promoting religious literacy, and encouraging youth to explore diverse faiths through books, documentaries, and cultural programs.

Prejudice and Sectarianism Problem: Deep-rooted sectarianism and religious intolerance persist in many communities. Youth, though often more open-minded, may still be influenced by family, media, or social environments that perpetuate negative stereotypes of other faiths.

Solution: Youth can lead grassroots initiatives and dialogues to counter these prejudices, creating platforms that bring together individuals from different faiths to share experiences and foster mutual understanding.

Political and Social Pressures Problem: Religious conflicts are often intertwined with political and social issues. In many regions, young people face pressure from political groups or societal norms that discourage interfaith collaboration.

Solution: Youth need safe spaces, both online and offline, where they can discuss interfaith issues free from external pressures. Strong community support and leadership can shield them from such influences.

Digital Misinformation and Extremism Problem: Social media and the internet, while useful tools for promoting peace, can also be sources of misinformation, hate speech, and extremist ideologies that fuel religious division.

Solution: Youth need to be trained in digital literacy to identify and counter misinformation. They can also use these platforms to actively promote messages of tolerance and understanding.

Lack of Institutional

Support Problem: In some communities, there may be a lack of institutional support from educational institutions, religious leaders, or government bodies to promote interfaith initiatives led by youth.

Solution: Collaboration with local and national organizations, religious institutions, and governments is essential to obtain resources and legitimacy for youth-led interfaith efforts.

Language and Cultural Barriers Problem: Cultural differences and language barriers can create misunderstandings between youth from different faith backgrounds, complicating efforts at dialogue and collaboration.

Solution: Initiatives that focus on cross-cultural exchanges, language training, and the promotion of shared human values can help bridge these gaps.

Resources Required to Overcome Challenges To effectively address the problems mentioned above, the following resources are crucial for youth to successfully promote interfaith peace and harmony.

Educational Resources Religious Literacy Programs: Books, online courses, workshops, and lectures that educate youth about different religious traditions, their common values, and how they can coexist.

Curriculum Development: Interfaith education should be integrated into schools and universities to encourage understanding from a young age.

Training and Capacity Building Dialogue Facilitation Workshops: Provide youth with the skills to lead interfaith dialogues, including conflict resolution techniques, active listening, and empathy-building exercises.

Leadership Training: Equip young people with the leadership and organizational skills they need to run interfaith initiatives in their communities.

Safe Spaces for Dialogue Physical Spaces: Community centers, schools, and religious institutions can serve as neutral spaces for interfaith gatherings and dialogues.

Online Platforms: Create or leverage existing digital platforms where youth can engage in interfaith discussions, share resources, and collaborate on projects without fear of harassment or external pressure.

Support from Religious and Community Leaders Mentorship Programs: Encourage religious leaders to mentor youth in interfaith initiatives. Their support can lend legitimacy and credibility to these efforts, helping to build trust in the wider community.

Partnerships with Faith-Based Organizations: Collaborating with various religious organizations can provide resources, outreach, and a wider audience for interfaith activities.

Funding and Sponsorship Grants and Scholarships: Financial support is essential to sustain youth-led interfaith programs, such as organizing dialogues, peacebuilding workshops, or community service projects.

Corporate and NGO Sponsorship: Partnering with NGOs, universities, and businesses committed to social cohesion can provide the necessary financial and logistical support.

Media and Technology Tools Social Media Campaigns: Youth need access to digital tools and training in content creation to run effective interfaith campaigns on social media.

Webinars and Online Workshops: Virtual tools allow broader participation from diverse geographical locations and provide a global platform for youth to share interfaith success stories.

Networking and Collaboration Platforms Youth Interfaith Networks: National and international networks that connect young people working on interfaith projects can provide support, share best practices, and offer collaborative opportunities.

Conferences and Summits: Interfaith youth conferences can serve as platforms for networking, learning from experienced peacebuilders, and gaining inspiration for local initiatives.

Recognition and Motivation Awards and Fellowships: Offering recognition for youth who are leading impactful interfaith peace efforts can motivate others to take part and foster a culture of positive peer influence.

Scholarships for Peacebuilding Courses: Providing scholarships for youth to study conflict resolution, peace studies, and interfaith leadership can prepare them to take on larger roles in the future.

Spiritual Practices for Holistic Health

Guest Lecture on Motivational Talk on Positivity and Spiritual Healing

Faculty of AYUSH, Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Subharti University, Meerut conducted a guest lecture on "Motivational Talk on Positivity & Spiritual Healing" in collaboration with University Gender Sensitization cell from 10:00 am to 12:00 pm on 26th Oct 2023 at Maharani Laxmibai auditorium for all the nodal officers, gender champions, students & faculties of University. Pro-Vice chancellor of the university and Principal of MASCHNYS Dr. Abhay M. Shankaregowda, Guest speaker Dr. Rahul Bansal, and Nodal officer in charge Dr. Sarika Abahy inaugurated the program with lamp lightening ceremony. Guest speaker of the program was Dr. Rahul Bansal (Professor and Advisor Community Medicine, SMC, SVSU. He gave a lecture with a practical meditation session. All the students gave very positive feedback after the session. Many students raised queries regarding near-death experiences and the session was full of motivation. Dr. Rahul Bansal ended the session with a meditation session, all the students and faculties participated and appreciated the meditation. A vote of thanks was given by the Program organizer Dr. Poornima Bansal, nodal officer of the gender sensitization cell, MASCHNYS. Pro-VC sir and Guest speaker sir during lamp lightening ceremony Dr. Rahul Bansal during the lecture

A total of 160 students attended the program.



Benefits of Yoga and Meditation for Stress Management

Dr.Krish Guneri as a resource person delivers a guest lecture on the Benefits of Yoga and Meditation for stress Management at LT-I, Ground Floor, Subharti Medical College 02.03.2024 at noon. MBBS 160 students & 10 Faculty members participated.

Date & Day: 02nd March 2024 (Saturday)

Time: 12:00 AM to 1:00 PM

Venue: LT-1 Ground Floor Subharti Medical College, SVSU

Total no. of participants: 170



“Yoga for wellness”

Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences, Swami Vivekanand Subharti University Meerut organized a guest lecture **“Yoga for Wellness”** on 2nd May 2024 from 12:00 PM – 1:00 PM at Naturopathy and yoga college (MASCHNYS). Guest lecture by Dr. Rahul Bansal professor from the Dept. of Community Medicine Subharti Medical College. All PG Students are cordially invited to attend the Lecture. Activity Coordinator: Dr. Adil (Asst. professor). In the Lecture, the resource person shared the knowledge of yoga on the mode of health as an aspect of preventive & promotive, and curative way of life by yoga. Also, there was an Interaction section at the end of the lecture.



Stress Management with Holistic Approach

Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences, swami Vivekanand Subharti University Meerut organized a Guest Lecture on **Stress Management with a Holistic Approach** for all BNYS students. This session was organized on 9 May 2024 from 2:00 PM TO 3:00 PM.

Venue: LT-2 Naturopathy & yoga college (MASCHNYS)

Total Number of student participants –132

The session started with the Omkara mediation and relaxation technique to relax the mind of students by Dr. Adil (Asst. Professor). The resource person explained unique theories about stress and techniques for happiness in various situations and motivated all the students.



“Mass Surya Namaskar” Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Subharti University, on behalf of international day of yoga organized “Mass suryanamaskar” open for all the students, faculty members of the Subharti Swami Vivekanand Subharti University. The Yoga session started from 9:00 am to 10:00 am. On 15th June 2024 The Session was coordinated by Dr. Abhijith.k.b The program started with the starting prayer followed by loosening exercise and Suryanamaskar.

A total of 37 Students, faculties, and staff participated and benefited from this Yoga Session. Out of 35 students and 2 faculties participated in the program. All the students who participated got to know what yoga

is and how Suryanamaskar has to be practised and what are the benefits of practising Suryanamaskar. The goal of this program is to create an awareness of yoga among various other streams within the university.



“Sudarshan Kriya” Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Subharti University, on behalf of International Day of Yoga organized “Sudarshan Kriya” open for all the students, faculty members of the Subharti Swami Vivekanand Subharti University. The Yoga session started from 9:00 am to 10:00 am. On 18th June 2024, The Session was coordinated by Dr. Abhijith. k. b. The program started with the starting prayer followed by a loosening exercise and Sudarshan Kriya.

A total of 50 Students, faculties, and staff participated and benefited from this Yoga Session. Out of 48 students and 2 faculties participated in the program. All the students who participated got to know what is breathing exercise how to increase the lung capacity / lung function by practicing breathing exercise. They also got to know about Sudarshan Kriya and its benefits. The goal of this program is to create an awareness of yoga among various other streams within the university.



Yoga session for the ANM & GNM students Maharani Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences in association with the University Environment Committee conducted a Yoga session for the ANM & GNM students of Panna Dhai Maa Subharti Nursing College to celebrate **“INTERNATIONAL DAY OF YOGA WEEK”**

Date: 18th June 2024 Time: 9:00-10:00 AM

The total No. of participants was 54.

Dr. Jyoti Madhur, Lecturer was the overall coordinator of the activity.

The session starts with a brief introduction to Yoga, it is fantastic for both physical and mental well-being. Whether you're practicing yoga poses (asanas), breathing exercises (pranayama), or meditation, each element contributes to a holistic approach to health. After that, they learned and practiced various Asanas like Pawan muktasana, Tadasana, Paschimotasana, and Pranayama like Sheetal & Sadanta, relaxation techniques, and Surya Namaskar.

Yoga asanas, or poses, are a central component of yoga practice. They encompass a wide range of postures that promote flexibility, strength, balance, and overall physical well-being. Here are a few common yoga asanas and their benefits:

Tadasana (Mountain Pose): Improves posture, and strengthens thighs, knees, and ankles.

Adho Mukha Svanasana (Downward-Facing Dog Pose): Stretches shoulders, hamstrings, and calves, and strengthens arms and legs.

Virabhadrasana (Warrior Poses): Enhances stamina, and balance, and strengthens legs, arms, and core muscles.

Sukhasana (Easy Pose): Promotes inner calm, opens hips, and improves seated posture.

Balasana (Child's Pose): Relaxes the back, neck, and shoulders, aids digestion, and reduces stress and fatigue. Practicing these poses regularly can bring about physical benefits while also helping to cultivate mindfulness and a sense of inner peace.

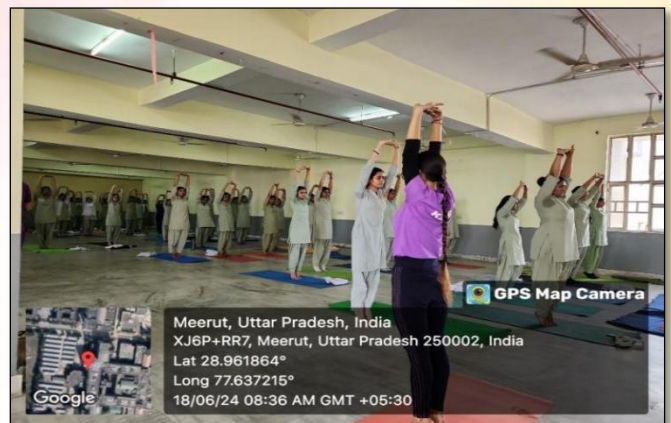




Yoga Practical session for students of MBBS 2023 Batch

On the occasion of “International Day of Yoga 2024” with the theme “Yoga for Self and Society”, Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Subharti University, Meerut conducted a Yoga Practical session for students of MBBS 2023 batch (200 students) from 10-6-2024 to 20-06-2024, from 8:00 am to 9:00 am. The purpose of the session was to create the awareness of International Day of Yoga among the students. The students practiced the common Yoga protocol (IDY) which includes several loosening exercises, asanas, kapalbhatti, pranayama, dhyana, and Sankalpa.





Yoga for Wellness in summer

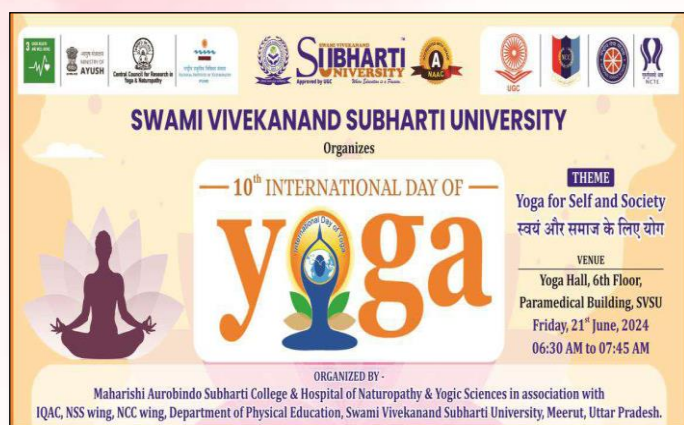
On the occasion of “International Day of Yoga 2024” with the theme “Yoga for Self and Society”, Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Subharti University, Meerut conducted a “Yoga for Wellness in summer” session. The purpose of the session is to create awareness about Yoga especially the pranayama practiced during the summer to keep the calm body and cool body.

Resource Person: Dr. Niraj Nayan Rishi

Date & Time: 20th June 2024 at 11:00 AM to 12:00 Noon.

Venue: Yoga hall, 2nd Floor at MASCHNYS.

INTERNATIONAL DAY OF YOGA 2024



Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, in association with IQAC, NSS wing, NCC wing and Department of Physical Education, Swami Vivekanand Subharti University, Meerut, Uttar Pradesh Organized 10th International Day of Yoga 2024 on 21-6-2024, from 7:00 am to 8:00 AM at 6th floor, Multipurpose Hall, Department of Paramedical, SVSU, Meerut.

The purpose of the session was to create the awareness of International Day of Yoga. The session started with Prayer. The Participants practiced the common Yoga protocol of IDY (loosing exercises like head, neck, shoulder, spine and knee exercises; asnas, kapabhatti, pranayama, dhyana and sankalpa). The session ended with Shanti mantra. Dr. Niraj Nayan Rishi, assistant professor, MASCHNYS instructed the Yoga session. Dr. Abhay M Shankaregowda, Dean, faculty of AYUSH gave the vote of thanks. Dr. G.K. Thapliyal, Honorable Vice Chancellor, Swami Vivekanand Subharti University, all the HODs, HOIs, Deans, Faculties, Staffs and Students of SVSU participated and benefited from this event.





International Yoga Day on 21 June 2024

Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences, swami Vivekanand Subharti University Meerut organized an **“International Yoga Day”** on 21 June 2024. This session was organized from 10:00 AM TO 12:00 PM.

Venue: Lage & Roy Universal School Daurala Meerut.

Total Number of participants–50

The session started with the Omkara meditation and relaxation technique to relax the minds of students by Dr. Adil (Assistant. Professor). During the program, Dr. Balkrishna JR 2 and Dr. Sandeep JR 2 instructed the session, and Dr. Naina JR1 corrected the students' posture. And two students of BNYS, Milli 4th year, and Shruti 4th year performed a demonstration. The resource person explained unique theories about **International Yoga Day** and techniques for happiness in various situations& motivated all the students and faculty, staff.





Yoga and Meditation Session

Objective:

- Improve flexibility, strength, and overall fitness through various yoga postures (asana).
- Utilize breathing techniques (pranayama) and meditation to calm the mind and reduce stress.
- Foster concentration, mindfulness, and mental clarity through meditation practices.
- Develop self-awareness and emotional resilience to manage emotions effectively.
- Achieve deep relaxation and cultivate a sense of inner calm and peace.
- Explore the deeper aspects of self and consciousness for spiritual growth.
- **National Sports Day:** Briefly explain the significance of National Sports Day in India, commemorating the birth anniversary of Major Dhyan Chand, one of India's greatest hockey players.
- **Fit India Mission:** Provide an overview of the Fit India Mission, launched by the Government of India to encourage people to include physical activities and sports in their daily lives.
- **Importance of Yoga and Meditation:** Discuss the relevance of yoga and meditation in promoting physical and mental well-being. National Sports Day Fit India Mission was launched in Swami Vivekananda University under the joint aegis of the Department of Physical Education and University

Sports Committee, which will be celebrated from 27 August 2024 to 30 August 2024. Under this program, the first day started with a Yoga and Meditation session.

In this session, all University members participated with full enthusiasm. Vice Chancellor of the University, Major General Dr. G.K. Thapliyal was the chief guest in this program. The chief guest and all the guests were welcomed by Dr. Manju Adhikari and Dr. Praveen Kumar by presenting a sapling. In inaugural the formal welcome and introduction about the theme Celebration of National Sports Day week (Fit India Mission) by Prof. (Dr.) Anoj Raj, acting Dean, FOE.

The chief guest informed the students about the importance of sports while highlighting the objective of the Fit India Mission. In the inauguration of this program, Dr. Sokendra Singh, Dean of Pharmacy College, Dr. Pintu Mishra, Dean of Fine Arts College, Dr. Anoj Raj, Acting Dean of Faculty of Education, Dr. R.K. Ghai, Dean of Faculty of Management and University Sports Committee members Engineer Makeshwar, Dr. Prabhat and all faculty members of Faculty of Education were present.

On the first day of the program, a Yoga and Meditation session was started by Mr. Kapil Shakya, in which students were made to practice various asanas, pranayam, and meditation. To make this program successful, we also got the support and motivation from Dr. Shalya Raj, Chief Executive Officer, Dr. Krishna Murti, Executive, Dr. Rohit Ravindra, Director Lokpriya Hospital Officer of the University. During the entire yoga and meditation session, Dr. Manju Adhikari, Acting Head of the Department of Physical Education, Dr. Praveen Kumar, Secretary University Sports Council, Dr. Atul Tiwari, Dr. Deepak Raghav, Dr. Salim Javed, Dr. Ankit Singh Jadon, Mr. Kapil Shakya from Department of Physical Education and Dr. Rahul Sirohi, Mr. Sanjeev Kumar, Mr. Rahul Kumar from the Education Department and students from various departments of the university were actively present.

Outcome of the Event: Improved Physical Fitness: Enhanced flexibility, strength, posture, and balance.

Reduced Stress and Anxiety: Lower levels of stress, anxiety, and tension, resulting in a more relaxed state of mind.

Enhanced Mental Clarity: Better focus, concentration, and mental sharpness.

Emotional Stability: Improved emotional regulation, self-awareness, and resilience in handling challenging situations.

Increased Mindfulness: Greater awareness of the present moment, leading to mindful living and decision-making.

Inner Peace and Calm: A sense of inner tranquillity, peace, and relaxation.

Improved Breathing and Respiratory Health: Enhanced lung capacity and improved breathing patterns through pranayama techniques.

Better Sleep Quality: Improved sleep patterns due to relaxation and reduced mental clutter.

Conclusion: "Thank you for dedicating this time to connect with your body, mind, and spirit. As we conclude today's practice, take a moment to acknowledge the peace, clarity, and balance you have cultivated. Remember that the benefits of yoga and meditation extend beyond the mat; carry this sense of calm and awareness into your daily life. With regular practice, may you continue to grow, heal, and find harmony within yourself? Stay mindful, stay present, and take this inner peace with you."

FIT INDIA MOVEMENT: INITIATIVES LED BY THE PHYSICAL EDUCATION DEPARTMENT TO PROMOTE FITNESS AND HEALTHY LIVING

OBJECTIVES

- **Promote Physical Activity:** Encourage individuals to engage in regular running and physical exercise as part of a healthy lifestyle.
- **Enhance Public Health:** Improve overall health and fitness levels by raising awareness about the benefits of running and physical activity.
- **Foster Community Engagement:** Create a sense of community and collective motivation around fitness and healthy living.
- **Educate on Fitness Benefits:** Inform people about the physical, mental, and emotional benefits of regular running and exercise.
- **Support National Fitness Goals:** Align with national health initiatives to boost fitness levels and reduce lifestyle-related diseases.
- **Encourage Lifelong Habits:** Inspire individuals to adopt and maintain long-term healthy habits through running and active living.

National Sports Day

Overview: Briefly explain the significance of National Sports Day in India, commemorating the birth anniversary of Major Dhyan Chand, one of India's greatest hockey players. Fit India Mission: Provide an overview of the Fit India Mission, launched by the Government of India to encourage people to include physical activities and sports in their daily lives.

Fit India Run Awareness aims to **encourage people to incorporate regular running into their daily routines** to improve overall health and fitness while fostering a culture of physical activity and well-being across communities. The "Fit India Run Awareness" program was organized on the second day under the National Sports Day Fit India Mission running under the joint aegis of the Department of Physical Education and University Sports Committee in Swami Vivekanand Subharti University. In which students from various departments of the University participated enthusiastically. The objective of this program was to spread awareness about health and wellness. It was flagged off by the Chief Guest Dr.Shokendra Singh, Dean, of Faculty of Pharmacy, and Dr.Pintu Mishra, Dean, of Fine Arts College. Dr. S.C. Thaledi, Journalism and Mass Communication, and Dr.Anoj Raj, Acting Dean, Faculty of Education started clapper from General

Mohan Singh Playground Gate Number 2 of the University. The "Fit India Run Awareness" Passed through various routes of the university total distance of the run of 05 KM.

The run ended back at General Mohan Singh Playground gate Number 2 of the University.

On this occasion, Acting Dean Faculty of Education, Dr. Anoj Raj encouraged the students by throwing light on the "Fit India Run Awareness" program. A lot of enthusiasm was seen among the students and teachers in this event and they resolved to actively participate in such events in the future also. In this race competition, in the men's category, Aditya got first place, Sunil Singh Yadav got second place, Vansh Malik got third place, Ahmad Ali got fourth place and Akshay Kumar got fifth place from the Department of Physical Education. Ashish Kumar Rai and Himanshu Raj from Management College have completed the Fit India Run with full efforts.

In the women's category, Nancy got first place, Komal got second place Deepanshi got third place, Subdhi got fourth place and Purnima Pal got fifth place. Renu and Harshita also completed the Fit India Run with full effort. The objective of this program was to make students aware of the importance of physical health and sports so that they can adopt a healthy lifestyle. Such events not only make students physically active but also empower them mentally which is helpful in building a prosperous and healthy society.

Overall in charge of the event were Dr. Manju Adhikari & Dr. Deepak Raghav. On this occasion, University Sports Committee Secretary Dr. Praveen Kumar along with University Sports Committee members Dr.Sarika Tyagi, Dr.Mukesh Rohilla, Dr.Saral, Dr.Javed, Dr. Sangeeta Rani, Mr.Umang, Dr.Atul Tiwari, Dr.Salim Javed, Dr.Ankit Singh Jadaun, Mr.Kapil Shakya from Physical Education Department and Mr.Sanjeev Kumar, Mrs Rishu Rani, Mr. Rahul Kumar Department of Education and all non-teaching staff from the Faculty of Education were present. At the end of the event, Dr.Manju Adhikari gave a vote of thanks to all participants and Deans, faculties, Media in charge, and all non-teaching staff.

The outcome of the Event:

- **Increased Physical Activity:** A rise in the number of individuals incorporating regular running and exercise into their daily routines.
- **Improved Health and Fitness:** Enhanced overall physical health, including better cardiovascular fitness, weight management, and reduced risk of chronic diseases.
- **Heightened Public Awareness:** Greater understanding of the benefits of running and active living, leading to more informed health choices.
- **Stronger Community Engagement:** A sense of community and collective motivation around fitness, with increased participation in local running events and activities.

- **Positive Behavioural Changes:** Adoption of long-term healthy habits and a shift towards a more active lifestyle for many participants.
- **Support for National Health Goals:** Contributing to broader national efforts to improve public health and reduce lifestyle-related health issues.

Sports Day Celebration Hockey Match (Tribute to Major Dhyanchand)

Objectives

- **Foster Team Spirit:** Encourage teamwork and collaboration among participants, enhancing their ability to work together effectively.
- **Promote Physical Fitness:** Highlight the importance of physical activity and healthy living through active participation in the game.
- **Develop Sportsmanship:** Teach and emphasize fair play, respect for opponents, and handling both victory and defeat with grace.
- **Enhance Skills:** Provide an opportunity for players to develop and showcase their hockey skills and techniques in a competitive setting.
- **Encourage Community Engagement:** Strengthen community bonds by bringing people together to support and enjoy the event.
- **Encourage and Celebrate Athletic Achievement:** Recognize and celebrate the hard work and dedication of athletes and teams.

National Sports Day

Overview: Briefly explain the significance of National Sports Day in India, commemorating the birth anniversary of Major Dhyan Chand, one of India's greatest hockey players. **Fit India Mission:** Provide an overview of the Fit India Mission, launched by the Government of India to encourage people to include physical activities and sports in their daily lives. A hockey match was organized on the third day on the occasion of National Sports Day under Fit India Mission Hockey Match under the joint aegis of the Physical Education Department and University Sports Committee in Swami Vivekanand Subharti University. Since 2012, every year 29th August has been celebrated as National Sports Day. In fact, on this day, the legendary player Major Dhyan Chand ji was born. Major Dhyan Chand ji is called the "Magician of Hockey".

The hockey match in the university in memory of Major Dhyan Chand ji was inaugurated by the chief guest Dr. Shalya Raj Chief Executive Officer by penalty shoot. Before the start of the match, the chief guest wished all the players and inspired all the players to play in the spirit of the game and Dr. Mahavir Singh, Directorate of Distance Education, Dr. Anoj Raj, Acting Dean Faculty of Education were also congratulated

to students on the occasion of National Sports Day and blessed them with best wishes for their future. And informed all the players about National Sports Day and the ideology of Major Dhyan Chand ji.

On the occasion of National Sports Day, a hockey match was played between students and faculty members. Both the teams performed well in this match. The winner in the match was the team of faculty members in the Department of Physical Education faculty members Dr. Mohammad Salim Javed scored two goals and two goals were also scored by the students, due to which the result remained tied at 2-2 till the end of the time. After this, a penalty shootout was done in which both the teams got a chance to do 5 penalty shots. In which the goal was scored by Mr. Kapil Shakya while taking a penalty shoot on behalf of the faculty member's team, which changed the outcome of the entire match. In this way, in the penalty shootout, the team of faculty members defeated the team of students 1-0. Faculty members, Dr. Praveen Kumar (Captain), Dr. Manju Adhikari, Dr. Deepak Raghav, Dr. Atul Tiwari, Dr. Salim Javed, and Dr. Ankit Singh Jadaunand Mr. Kapil Shakya performed brilliantly, and contributed significantly in making their team victorious.

The team of faculty members was also given a tough competition by the students. A lot of enthusiasm was seen among the students and teachers regarding this event and they resolved to participate enthusiastically in such events in the future also.

On this occasion, University Sports Committee, Secretary Dr. Praveen Kumar along with University Sports Committee members Engineer Mayankeshwar Singh, Engineering College, Dr. Prabhat, Pharmacy College, Dr.Sangeeta Rani, Department of Education and Dr.Neha Singh from the Faculty of Fine Arts and not teaching staff of the faculty of education were actively present and helped to make the event successful. At the end of the program, Dr.Manju Adhikari thanked all the participants all the Deans, Media in charge, and all the non-teaching staff.

The outcome:

- **Increased Awareness:** Greater understanding and appreciation of Major Dhyan Chand's contributions to hockey and his impact on the sport.
- **Improved Enhanced Engagement:** Higher participation levels and enthusiasm for hockey among players and spectators.
- **Celebration of Excellence:** Recognition of outstanding talent and sportsmanship in the game, reflecting Dhyan Chand's legacy.
- **Promotion of Physical Fitness:** Encouragement of active lifestyles and physical fitness through participation in the hockey match.
- **Strengthened Community Bonds:** A sense of community and shared experience, bringing people together in support of the event and the tribute.

- **Support Inspired Young Athletes:** Motivation for young players to pursue hockey and strive for excellence, inspired by Dhyan Chand's achievements.
- **National Pride:** Reinforced national pride and admiration for Indian sports history and its heroes.

Fit India movement workshop and lemon race/rope jump

Objectives:

- **Promote Physical Fitness:** Encourage regular exercise to enhance overall health and fitness through fun and simple activities.
- **Improve Coordination and Balance:** Activities like the lemon race develop balance, hand-eye coordination, and concentration.
- **Boost Cardiovascular Health:** Rope jumping is aimed at improving cardiovascular endurance and stamina.
- **Engage All Age Groups:** Provide inclusive and accessible exercises that people of all ages and fitness levels can participate in.
- **Foster Teamwork and Participation:** Encourage group participation, teamwork, and a sense of community through interactive and enjoyable fitness challenges.
- **Raise Awareness About Healthy Lifestyles:** Educate participants on the benefits of an active lifestyle and how simple activities can be incorporated daily.

National Sports Day

Overview: Briefly explain the significance of National Sports Day in India, commemorating the birth anniversary of Major Dhyan Chand, one of India's greatest hockey players. **Fit India Mission:** Provide an overview of the Fit India Mission, launched by the Government of India to encourage people to include physical activities and sports in their daily lives. The programs concluded under the National Sports Day Fit India Mission running under the joint aegis of the Physical Education Department and the University Sports Committee at Swami Vivekanand Subharti University.

On the last day 30 August 2024, the Fit India Movement Workshop, Lemon Race, and Rope Jump competitions were organized. Under the Fit India Movement Workshop, aerobics, Zumba, rhythmic exercise with music by Dr. Manju Adhikari, and Yogic exercise by Mr. Kapil Shakya were conducted.

The program was inaugurated by the chief guest Dr. Sudhir Tyagi, Dean of, the Faculty of Art and Social Science, Dr. Pintu Mishra, Dean, of Fine Arts College, Dr. Anoj Raj, officiating Dean, of the Faculty of Education. The objective of the event was to promote the importance of fitness among the participants.

Various aspects related to health and fitness were discussed in the workshop with an emphasis on the importance of regular exercise, a balanced diet, and a healthy lifestyle.

The chief guest and all the guests were welcomed by Dr. Manju Adhikari and Dr. Praveen Kumar by presenting them with a sapling. Lemon race and Rope jump competition was conducted under the patronage of Dr. Atul Tiwari. In the lemon race, first position got Akshay Kumar (B.P.E.S.), Sahil Kumar (B.P.Ed), & Manav Kumar (M.P.Ed.) second position Akshima (B.P.E.S) & Akshay (B.P.Ed.) and third position Vishal (B.P.E.S.) and lemon race first position got by Anurag Maurya (B.P.E.S) and Sunny Kumar (B.P.Ed), second position Harshita (B.P.E.S), Deepanshi and Subdhi (B.P.Ed), and third position Rajat Verma (B.P.E.S.).

All the students and all the faculty members of the Physical Education Department participated enthusiastically in this competition. To make this entire four-day program successful, University Executive Officer Dr. Shalya Raj, University Vice-Chancellor Major General Dr. G.K. Thapliyalji also received full support. On this occasion, University Sports Committee Secretary Dr. Praveen Kumar along with University Sports Committee members Engineer Mayankeshwar, Dr. Javed, Dr. Sangeeta and Mr. Sanjeev Kumar, Mr. Rahul Kumar, Mrs. Shalini Tiwari, Mrs. Reehu Rani from the Education Department was present. The most important role in making this program successful was played by the hardworking teachers of the Physical Education Department, Dr. Manju Adhikari, Acting Head of the Department, Dr. Praveen Kumar, Secretary University Sports Committee, Dr. Deepak Raghav, Dr. Atul Tiwari, Dr. Salim Javed, Dr. Ankit Singh Jadaun, Mr. Kapil Shakya. At the end of the program, Dr. Manju Adhikari expressed her gratitude to all the participants and Deans of all the Faculties, the Media in charge, and all the non-teaching staff of the University. And congratulated all members of the University sports committee, Department of Physical Education, NCC & NSS, for the successful event of National Sports Day Fit India Mission.

The Outcome:

- **Enhanced Physical Fitness:** Participants experience improved cardiovascular health, muscular endurance, balance, and coordination through engaging activities.
- **Increased Awareness:** Greater understanding of the importance of regular physical activity, healthy habits, and an active lifestyle.
- **Boosted Confidence and Motivation:** Encouraging positive attitudes towards fitness, helping participants feel more confident and motivated to engage in regular exercise.
- **Improved Social Interaction:** Strengthened community bonds and teamwork among participants through group activities, fostering a spirit of camaraderie.
- **Development of Motor Skills:** Improved hand-eye coordination, agility, and motor skills, especially in younger participants, through games like the lemon race.





- **Habit Formation:** Instilling the habit of daily physical exercise and active living in participants, promoting long-term health benefits.
- **Positive Feedback Loop:** Generating enthusiasm and a sense of achievement that inspires continued participation in fitness activities and events.

Conclusion:

The National Sports Day Fit India Mission concludes with a strong message of fostering a culture of fitness and sports among citizens of all ages across the country. Celebrated on the birth anniversary of Major Dhyan Chand, the day reinforces the importance of physical activity, sportsmanship, and a healthy lifestyle. Through interactive workshops, fitness challenges, and engaging activities like the lemon race and rope jump, the initiative successfully raises awareness about the benefits of staying active and encourages people to incorporate regular exercise into their daily lives. The mission not only aims to improve the physical and mental well-being of individuals but also to build a healthier, more energetic, and united nation, reflecting the true spirit of "Fit India."





This Mission, we successfully organized a range of fitness activities as part of the Fit India Mission. The highlights include a well-attended Fit India Run, engaging Yoga sessions, and exciting rope jumping challenges, fun-filled lemon races, and a spirited hockey match. These activities saw enthusiastic participation, promoting health, teamwork, and community fitness. Overall, the events contributed significantly towards raising awareness about the importance of physical well-being.

Brochure/Banner of All Days





  **SUBHARTI UNIVERSITY**
Approved by UAC
 

NATIONAL SPORTS DAY FIT INDIA MISSION 2024
27th - 30th August, 2024

Yoga and Meditation Session Fit India Run Awareness
Sports Day Celebration Hockey Match
Fit India Movement Workshop and Lemon Race/Rope Jump





   

Organized by
Department of Physical Education, Collaboration with University Sports Committee, SVSU, Meerut.





  **SUBHARTI UNIVERSITY**
Approved by UAC
 

NATIONAL SPORTS DAY FIT INDIA MISSION 2024
YOGA AND MEDITATION
27th August, 2024

Organized by
Department of Physical Education, Collaboration with University Sports Committee
SVSU, Meerut.




   

Venue
GENERAL MOHAN SINGH SUBHARTI PLAYGROUND, SVSU


  **SUBHARTI UNIVERSITY**
Approved by UAC
 

NATIONAL SPORTS DAY FIT INDIA MISSION 2024
FIT INDIA RUN AWARENESS
28th August, 2024

Organized by
Department of Physical Education, Collaboration with University Sports Committee
SVSU, Meerut.

Venue
SUBHARTI CAMPUS, SVSU

  **SUBHARTI UNIVERSITY**
Approved by UAC
 

NATIONAL SPORTS DAY FIT INDIA MISSION 2024
SPORTS DAY CELEBRATION HOCKEY MATCH
(Tribute to Major Dhyanchand)
29th August, 2024

Organized by
Department of Physical Education,
Collaboration with University Sports Committee
SVSU, Meerut.

Venue
GENERAL MOHAN SINGH SUBHARTI PLAYGROUND, SVSU

  **SUBHARTI UNIVERSITY**
Approved by UAC
 

NATIONAL SPORTS DAY FIT INDIA MISSION 2024
**FIT INDIA MOVEMENT WORKSHOP
AND LEMON RACE/ROPE JUMP**
30th August, 2024

Organized by
Department of Physical Education,
Collaboration with University Sports Committee
SVSU, Meerut.

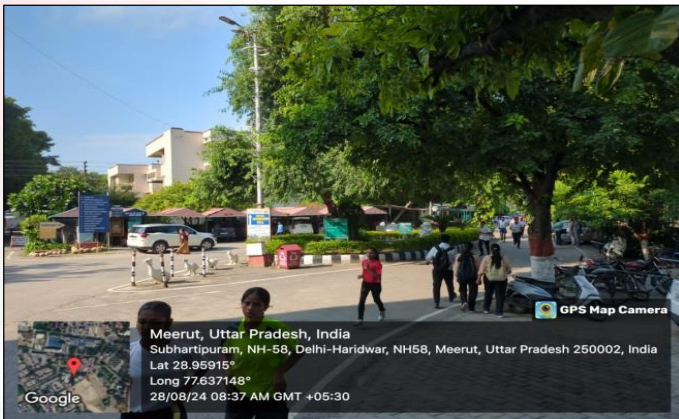
  

Venue
Department of Physical Education, FOE, SVSU

Glimpses of the Event Day-1



Glimpses of the Event Day- 2



Glimpses of the Event Day 3





Glimpses of the Event Day 4





नेशनल स्पोर्ट्स डे फिट इंडिया मिशन का शुभारंभ

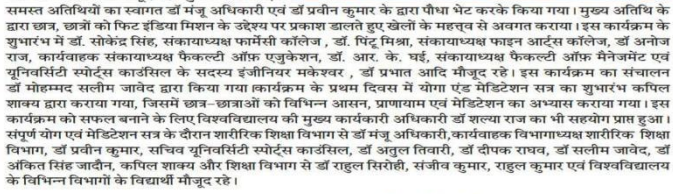


बपलियाल मौजूद रहें। मुख्य अतिथि

बपलियाल मौजूद रहें। मुख्य अतिथि एवं सम्मान अतिथियों का स्वागत डॉ. मंसूर अधिकारी एवं डॉ. प्रवीण कुमार के द्वारा पौष भेंट करके किया गया। मुख्य अतिथि के द्वारा छात्र, छात्रों को फिजिकल मिशन के उद्देश्य पर प्रकाश डालते हुए खेलों के मातहत से अवगत कराया। इस कार्यक्रम के शुभारंभ में डॉ. सोमेश सिंह, संकायाध्यक्ष फर्मेस कॉलेज, डॉ. पितृ मिश्रा, संकायाध्यक्ष पञ्चन आर्ट्स स्कूल, डॉ. अनीश राय, कार्यवाहक संकायाध्यक्ष फैकल्टी ऑफ एजुकेशन, डॉ. आर. के. घई, संकायाध्यक्ष फैकल्टी ऑफ मैनेजमेंट

भी सहयोग प्राप्त हुआ। संपूर्ण योग एन. मेडिटेशन सत्र के दौरान शारीरिक शिक्षा विभाग से डॉ. मंजू अधिकारी, कार्यवाहक विभागाध्यक्ष शारीरिक शिक्षा विभाग, डॉ. प्रवीण कुमार, सचिव युनिवर्सिटी स्पोर्ट्स काउंसिल, डॉ. अतुल तिवारी, डॉ. दीपक रायच, डॉ. सलीम जावेद, डॉ. अंकित सिंह जादीन, कपिल शास्त्री और शिक्षा विभाग से डॉ. राहुल सिरौरी, सजीव कुमार, राहुल कुमार एवं विधिशास्त्र के के. विभिन्न विभागों के विद्यार्थी मौजूद रहे।

नेशनल स्पोर्ट्स डेफिट इंडिया मिशन का शुभारंभ



NEWS DAY-2

सभारती में हॉकी मैच का शुभारंभ

सुभारती के शारीरिक शिक्षा विभाग एवं विवि खेल समिति की ओर से हॉकी मैच हुआ। सदस्य की टीम से कपिल शाक्य ने गोल किया। कप्तान डॉ. प्रवीण कुमार, डॉ. मंजू अधिकारी, डॉ. दीपक रावडे, डॉ. अनुल तिवारी, डॉ. सलीम जावेद, डॉ. अकिंत सिंह जादौन एवं कपिल शाक्या ने टीम का विजेता बन में योगदान रहा। इ.मयंकेश्वर सिंह, डॉ. प्रभात, डॉ. संगीता रानी, ड. नेहा सिंह एवं डॉ. मंजू अधिका मौजद रहे।

कपिल शाक्या ने टीम का विजेता बनने में योगदान रहा। इ.मयंकेश्वर सिंह, डॉ.प्रभात, डॉ.संगीता रानी, डॉ.नेहा सिंह एवं डॉ.मंजू अधिका मौजूद रहे।

सुभारती विवि में हॉकी मैच का हुआ आयोजन

पंकज राघव, डॉ. अतुल तिवारी, डॉ. सलीम जावेद, डॉ. अंकित सिंह भादैन एवं कपिल शाक्या ने मानदार प्रदर्शन करते हुए अपनी टीम को विजयी बनाने में महत्वपूर्ण योगदान दिया। संकाय सदस्यों की योग्यताओं और विचारधाराओं ने कड़ी

सभी खिलाड़ियों को खेल की भावना से खेलने के लिए प्रेरित किया। दूरस्थ शिक्षा विदेशालय के डॉ. महावीर सिंह, कार्यकारी सचिव शिक्षा संकाय डॉ. अनोज राज ने भी विद्यार्थियों को राष्ट्रीय खेल दिवस की बधाई दी और उनके अभिषेक के लिए शुभकामनाएं दीं। साथ ही सभी खिलाड़ियों को राष्ट्रीय खेल दिवस और मेजर भगवानचंद जी की विचारधारा से अवगत कराया। राष्ट्रीय खेल दिवस के अवसर पर छात्र एवं संकाय सदस्यों के मध्य एक मंच खेल गायी। इस मंच में

अभ्यास को भी प्रवर्धनीयता में बढ़ाकर दी। विविध क्रीड़ा समितियों के अध्यक्ष एवं प्रमुख सदस्यों के बीच विविध खेल प्रतियोगिताओं के साथ-साथ प्रशिक्षण प्रणाली क्रीड़ा समितियों के अध्यक्ष इंजीनियर मयंकेश्वर सिंह, जीनियरिंग कॉलेज, डॉ प्रभात, चर्मसी कॉलेज, डॉ संगीता रानी, तथा विभागाध्यक्ष तथा ललित कला प्रतियोगिता से डॉ नेहा सिंह एवं शिक्षा प्रमुख के गैर शिक्षण कर्मचारियों ने प्रशिक्षण के रूप में उपस्थित होकर प्रमाणपत्र को सफल बनाने में सफल हुए। कार्यक्रम के अंत में डॉ मंजु अधिकारी ने आभार व्यक्त किया।

हॉकी में संकाय सदस्य की टीम विजयी

सुभारती में आयोजित हॉकी मैच में मौजूद टीम के खिलाड़ी। खेन : संवत्स

मेरठ। जूजूम एकेडमी में खोलीबाल मैच हुआ। इसके अतिरिक्त विद्यालय में

जगद्विजय व दीड प्रतियोगिता का भी आयोजन किया गया। प्रधानाचार्य

मकुल कुमार ने विद्यार्थियों को राष्ट्रीय खेल दिवस का महत्व बताया। उप प्रधानाचार्य पवन कुमार ने विद्यार्थियों को प्रमाणपत्र व प्रशस्ति पत्रों देकर उनका उत्साहवर्धन किया। संलग्न

खेल दिवस विवि में हर साल 29 अगस्त को खेल दिवस पर होते हैं कार्यक्रम
सुभारती में हॉकी मैच का आयोजन

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E-NEWS DAY-3

DEPARTMENT OF PHYSICAL EDUCATION
FACULTY OF EDUCATION
LATEST NEWS

National Sports Day: Fitness Workshop, Rope Jump and Lemon Race

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220+ COURSES
IN
18 COLLEGES
100% Placement Assistance

PHYSIOTHERAPY CAMP: OFFERING SUPPORT AND REHABILITATION SERVICES FOR RAF PERSONNEL AND POLICE OFFICERS

OBJECTIVES

Provide high-quality multi-disciplinary treatment to the Police force in the camp free of cost. Set a benchmark in the Community Physiotherapy services, without compromising on the quality of services.

- To create awareness regarding potential health hazards & problems among the campus & community people
- To arrange guidance & counseling by experts in the field of health fitness & medicine
- To provide free medical check-ups and advice to the police force & community people.
- To enhance the fitness & health consciousness among the people of RAF & community.

THE CONTEXT

Being healthy and fit in simple terms implies taking care of the body. It is a well-known fact that a healthy mind resides in a healthy body. Wellness of the body and the mind helps you to maintain the energy level to achieve success. We all need to strive to accomplish health. Safeguarding your body from the consumption of substances, doing regular exercises, eating a balanced diet, etc. are some of the important ways to attain & maintain good health & fitness. Obtaining a healthy lifestyle empowers us to perform our jobs without being lethargic. Being happy is associated with fostering health and performing one's best.

So happiness could be termed as the consequence of a healthy and wholesome lifestyle. Every individual needs to take decent care of their health on a priority basis such as generating efforts to preserve physical and psychological fitness and ensure timely and routine medical checks and fitness tests. Notwithstanding the importance of medical check-ups & fitness tests yet it is an undeniable fact that such check-ups are often a bit too costly and sometimes even pose a financial burden to people with limited financial resources.

THE PRACTICE

Taking into account the importance of fitness & health and the economic strain. It contains as mentioned above, Jyotirao Phule Subharti College of Physiotherapy organizes an awareness camp every year to promote health and fitness awareness among the RAF personnel– Support to police officers. In this program, the Department arranges free camps for the police officers. The following variables are checked in the fitness camp:

1. Strength
2. Stability
3. Blood Pressure
4. Balance and
5. Agility
6. Peak Flow (Lung Capacity)
7. Flexibility
8. Eye-Hand Coordination
9. Memory Recall Ability

All the participants have to get registered at the registration table.

Participants enter each booth and undergo the testing or examination one by one. All the details of the performances are recorded to prepare a final health & fitness report. On the basis of the findings of the overall report, the participants are given expert medical advice and counseling.

The Health & Fitness report gives the participants a clear idea about the area of concern regarding the health issue and also areas of their strengths. This enables the participant to take appropriate and timely measures to correct the faults and boost their sense of fitness and well-being. It makes them aware of the factors that are harmful or helpful in maintaining their health & fitness. The participants are given a copy of the report and their feedback is taken for further improvements.

EVIDENCE OF SUCCESS

The initiative taken by the Physiotherapy College in this enterprise is met with an overwhelming response from the police officer. All have registered huge positive responses with enthusiastic participation. Formal and oral requests are received from the participants for carrying on this practice on a consistent basis.

The growing number of participants every year indicates the huge success of the program. The Department aims to encourage and cover more and more community people to take the benefit of the camp through various modes of publicity. It is a service to the community that the University takes pride in as it ensures a concrete relationship between the University and society.

With the Central government taking concrete positive measures in promoting health & fitness awareness among the people of the country, this small initiative taken by the University goes a long way in achieving

the target of improving the Nation's general well-being and fitness ensuring improved performances in various domains of life. This can ensure the overall growth in the country's progress & prosperity index.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

In general, the Health & Fitness Campaign has met with huge popularity and success among various groups of people. However, with an increasing number of participants, there is a demand that such camps be organized on a consistent basis throughout the year. To bring in more categories of assessment and to cover more and more patients related to physiotherapy, more equipment is needed, and more funding as a result.

NOTES

The activity yields the best result with good planning and ready access to a pool of professional experts in the field of physiotherapy.

GLIMPSE OF EVENTS



BIODIVERSITY INITIATIVES: ESTABLISHING DEDICATED AREAS TO ENHANCE BIRD BIODIVERSITY AND FACILITATE THE RESCUE OF CAGED BIRDS

OBJECTIVE

The goal of increasing biodiversity at Swami Vivekanand Subharti University is to create a sustainable and resilient campus ecosystem. This initiative aims to enhance the variety of plant, animal, and bird species, fostering a balanced environment that supports ecological health. By promoting native flora and fauna, the university seeks to restore natural habitats, improve soil health, and enhance water retention.

THE CONTEXT

The urgent need for environmental sustainability and ecological balance anchors Swami Vivekanand Subharti University. As urbanization and development pressures continue to threaten natural habitats, educational institutions play a crucial role in fostering biodiversity and raising awareness about its significance.

The initiative to enhance biodiversity at the university includes promoting plantations and conserving native plant and bird species. The initiative to enhance bird biodiversity involves uncaging bird activities, which refers to the practice of releasing captive birds back into their natural habitats. This process aims to restore their freedom, promote biodiversity, and support conservation efforts.

It emphasizes the importance of protecting natural ecosystems, allowing birds to thrive in their native environments, and encouraging awareness about wildlife preservation. Planting native trees and shrubs, which offer food and nesting sites, plays a vital role in drawing and maintaining bird populations. On campus, we are trying to restore and preserve natural habitats.

The university not only focuses on birds but also plantation drives also helps to maintain a balanced ecosystem. Furthermore, this initiative aligns with broader environmental goals, such as climate action and sustainability, which are increasingly relevant in today's world. We involve students and staff in conservation activities.

EVIDENCE OF SUCCESS

Swami Vivekanand Subharti University is evident through a range of measurable outcomes and community engagement initiatives that collectively enhance the ecological health of the campus. One of the most significant indicators of success is the noticeable increase in native plant and bird species across the

university. Through extensive tree planting drives and bird uncaging activities on a regular basis the university has created habitats that support a variety of birds and animals, thereby enriching the local ecosystem.

Another key metric of success is the increase in bird populations observed on campus. Regular monitoring of various bird species, indicates that the initiatives aimed at providing suitable nesting and feeding environments are effective. (Photos of Feeding of Birds) The planting of fruit-bearing and flowering trees has created ideal habitats that attract both resident and migratory birds.

This increase in biodiversity is a promising sign of the university's commitment to environmental stewardship.

Community engagement has also played a crucial role in the success of biodiversity initiatives. The active participation of students, faculty, and staff in various conservation activities of biodiversity Moreover, the university has integrated biodiversity into its academic curriculum, encouraging students to engage in research projects focused on flora and fauna and agricultural field.

This hands-on approach to learning allows students to apply their knowledge in real-world contexts.

Furthermore, the positive environmental impact of these initiatives is evident in the improved ecological conditions observed on campus. Enhanced biodiversity contributes to better air and water quality, increased resilience against climate change, and improved overall ecosystem health. The university's commitment to sustainable practices is reflected in its on-going biodiversity initiatives, ensuring that they continue to meet ecological and educational objectives.







परिवार की तरह रखें प्रकृति का ध्यान

सुभारती

मेरठ, संवाददाता। जिस प्रकार हम अपने परिवार का ध्यान रखते हैं उसी तरह हमें प्रकृति का भी ख्याल रखना चाहिए। हमारा जीवन प्रकृति पर निर्भर है। हमें पर्यावरण संरक्षण करना चाहिए। इससे प्रकृति की सुंदरता बढ़ेगी और सकारात्मक ऊर्जा का संचार होगा।

सुभारती विवि में पर्यावरण दिवस पर हुए कार्यक्रम में उक्त बात मुख्य कार्यकारी अधिकारी डॉ. शल्या राज ने कही। संस्कृति विवि उत्तराखंड से आए डॉ. विनय सेठी ने कहा कि पर्यावरण संरक्षण हमारी नैतिक



गुरुवार को सुभारती विश्वविद्यालय में पर्यावरण दिवस मनाया गया। • हिन्दुस्तान

जिम्मेदारी है। गौरैया का संरक्षण पर्यावरण के लिए जरूरी है। कार्यक्रम की शुरुआत में चिड़ियों को पिंजरे से आजाद किया गया। कुलपति मेजर जनरल डॉ. जी.के. थपलियाल, डॉ. मुकेश रूहेला, प्रतिकुलपति डॉ. हिमांशु ऐरन, आस्था डॉ. संचित प्रधान, डॉ. श्रीवास्तव, डॉ. अभय शंकरगोड़ा, पट्टिमिश्रा, डॉ. मनोज कपिल

पर्यावरण को करें संरक्षित : डॉ. शल्या सुभारती विवि में गरुड़ उद्यान में विरव पर्यावरण दिवस पर हुआ कार्यक्रम

चाड़ू विवि रिपोर्टर

मेरठ। स्वामी विवेकानंद सुभारती विवि परिसर स्थित गरुड़ उद्यान में विरव पर्यावरण दिवस पर कार्यक्रम हुआ। कुलपति मेजर जनरल डॉ. जी.के. थपलियाल, मुख्य कार्यकारी अधिकारी डॉ. शल्या राज, प्रतिकुलपति डॉ. अभय शंकरगोड़ा, पर्यावरण समिति अध्यक्ष डॉ. मुकेश रूहेला आदि ने पक्षियों को पिंजरे से आजाद कर प्रकृति संरक्षण का संदेश दिया।

द्वितीय सब सुभारती लॉ कॉलेज में हुआ। जिसमें पर्यावरण को संरक्षित करने की सपथ दिखाई गई। मुख्य कार्यकारी अधिकारी डॉ. शल्या राज ने कहा कि विरव प्रकृति हम अपने परिवार का ध्यान रखने की आवश्यकता है। हमारा जीवन प्रकृति पर निर्भर है। इसलिए पर्यावरण का संरक्षण करना चाहिए। खुने



सुभारती विवि में पर्यावरण दिवस पर पिंजरे से पंखों को आजाद करते हुए। • कल

में कूड़ा व प्लास्टिक नहीं डालना चाहिए। पर्यावरण कमेटी के सचिव डॉ. संचित प्रधान, कुलसचिव डॉ.के.सबसेना, डॉ. निखिल श्रीवास्तव, डॉ. सराज

चिड़ियों को पिंजरे से आजाद कर विश्व पर्यावरण दिवस मनाया गया



जागरूकता से पर्यावरण का संरक्षण करें - कुलपति, मेजर जनरल डॉ. जी.के. थपलियाल पर्यावरण संरक्षण नैतिक दायित्व के रूप में करना चाहिए - डॉ. विनय सेठी, संस्कृति विश्वविद्यालय उत्तराखंड प्लास्टिक मुक्त समाज बनाकर पर्यावरण को संरक्षित करें - मुख्य कार्यकारी अधिकारी, डॉ. शल्या राज

अलीगढ़ नैतिक / दुष्टेडिया

मेरठ। स्वामी विवेकानंद सुभारती विश्वविद्यालय में विश्व पर्यावरण दिवस पर भव्य कार्यक्रम का आयोजन किया गया। सुभारती विश्वविद्यालय के कुलपति मेजर जनरल डॉ. जी.के. थपलियाल, मुख्य कार्यकारी अधिकारी डॉ. शल्या राज, प्रतिकुलपति डॉ. हिमांशु ऐरन, पर्यावरण समिति के अध्यक्ष डॉ. मुकेश रूहेला सहित पर्यावरण समिति के सभी सदस्यों व विश्वविद्यालय के विभिन्न पदाधिकारियों ने चिड़ियों को पिंजरे से आजाद कर प्रकृति को संरक्षित करने का संदेश दिया। इस अवसर पर सभी ने वीथी रोपित भी किए। कार्यक्रम के प्रथम सत्र में प्रत

सुबह 8 बजे चिड़ियों को पिंजरे से आजाद किया गया। द्वितीय सत्र में सुभारती चहल आर्ट कॉलेज स्थित सत्यजीव रे प्रेक्षागृह में जागरूकता कार्यक्रम आयोजित हुआ। पर्यावरण कमेटी के अध्यक्ष डॉ. मुकेश रूहेला ने स्वागत भाषण में सभी को विश्व पर्यावरण दिवस की बधाई दी। उन्होंने पर्यावरण दिवस के इतिहास पर चर्चा करते हुए सुभारती विश्वविद्यालय द्वारा पर्यावरण को संरक्षित करने की दिशा में किये जा रहे विभिन्न कार्यों से सभी को रूबरू कराया। उन्होंने बताया कि प्रकृति के संरक्षण से ही मानव सभ्यता का संरक्षण किया जा सकता है। सुभारती विश्वविद्यालय के कुलपति मेजर जनरल डॉ. जी.के. थपलियाल ने सभी



को विश्व पर्यावरण दिवस की बधाई दी। उन्होंने कहा कि पर्यावरण का संरक्षण करना हमारा नैतिक कर्तव्य है। उन्होंने बताया कि सुभारती विश्वविद्यालय भारत का ऐसा विश्वविद्यालय है, जो पर्यावरण संरक्षण के लिए विशेष कार्यक्रम संचालित करता है और विश्वविद्यालय के कैम्पस एवं होस्टल में प्लास्टिक के प्रयोग पर प्रतिबंध है। सुभारती विश्वविद्यालय की मुख्य कार्यकारी अधिकारी डॉ. शल्या राज ने कहा कि जिस प्रकार हम अपने परिवार का ध्यान रखते हैं इसी प्रकार हमें अपनी प्रकृति का भी ध्यान रखने की आवश्यकता है। उन्होंने कहा कि हमारा जीवन प्रकृति पर निर्भर है, इसलिए हमें अपने पर्यावरण का संरक्षण करना चाहिए। उन्होंने कहा कि इससे प्रकृति की सुंदरता में वृद्धि होगी एवं सकारात्मक ऊर्जा का संचार होगा। संस्कृति विश्वविद्यालय उत्तराखंड से आए पर्यावरणविद डॉ. विनय सेठी ने कहा कि नैतिक दायित्व के रूप में पर्यावरण का संरक्षण करना चाहिए। उन्होंने गौरैया को बचाने व उसके लिए गौरैया हॉटस बनाने के बारे में विस्तार

से सभी को जानकारी दी। उन्होंने कहा कि गौरैया हमारे पर्यावरण की महत्वपूर्ण पक्षी है, इसका संरक्षण पर्यावरण के लिए आवश्यक है। सुभारती विश्वविद्यालय की छात्र परिषद की ओर से आस्था गुप्ता ने विश्वविद्यालय द्वारा पर्यावरण संरक्षण हेतु किये जा रहे कार्यों से सभी को चौकीटी के माध्यम से रूबरू कराया। कार्यक्रम में चौकीयों गैल व विकेट प्रतियोगिता का भी आयोजन किया गया पर्यावरण कमेटी के सचिव डॉ. संचित प्रधान ने धन्यवाद ज्ञापित किया। इस अवसर पर प्रतिकुलपति डॉ. हिमांशु ऐरन, पर्यावरण कमेटी के अध्यक्ष डॉ. मुकेश रूहेला, डॉ. निखिल श्रीवास्तव, पर्यावरण समिति के सचिव डॉ. संचित प्रधान, डॉ. अभय शंकरगोड़ा, डॉ. पट्टिमिश्रा, डॉ. मनोज कपिल, अमित कुमार वर्मा, हर्षवर्धन कोशिक, डॉ. गौरव कुमार, डॉ. कृष्ण कुमार, डॉ. ज्योति मशरुफ, डॉ. ऐश्वर्या राय, डॉ. श्वेता भारद्वाज आदि सहित पर्यावरण कमेटी एवं विश्वविद्यालय के पदाधिकारी व विद्यार्थी उपस्थित रहे।

सुभारती विश्वविद्यालय में चाड़िया का पिंजर से आजाद कर विश्व पर्यावरण दिवस भव्य रूप से मनाया गया

पर्यावरण संरक्षण हमारा नैतिक कर्तव्य - कुलपति, मेजर जनरल डॉ. जी.के. थपलियाल

मेरठ समाचार प्रतिनिधि

मेरठ। स्वामी विवेकानंद सुभारती विश्वविद्यालय परिसर स्थित गरुड़ उद्यान में विरव पर्यावरण दिवस पर भव्य कार्यक्रम का आयोजन किया गया। सुभारती विश्वविद्यालय के कुलपति मेजर जनरल डॉ. जी.के. थपलियाल, मुख्य कार्यकारी अधिकारी डॉ. शल्या राज, प्रतिकुलपति डॉ. अभय शंकरगोड़ा, पर्यावरण समिति के अध्यक्ष डॉ. मुकेश रूहेला सहित पर्यावरण समिति के सभी सदस्यों व विश्वविद्यालय के विभिन्न पदाधिकारियों ने चिड़ियों को पिंजरे से आजाद कर प्रकृति को संरक्षित करने का संदेश दिया। इस अवसर पर सभी ने वीथी रोपित भी किए। कार्यक्रम के प्रथम सत्र में प्रत



सुबह 8 बजे चिड़ियों को पिंजरे से आजाद किया गया। द्वितीय सत्र में सुभारती चहल आर्ट कॉलेज स्थित सत्यजीव रे प्रेक्षागृह में जागरूकता कार्यक्रम आयोजित हुआ। पर्यावरण कमेटी के अध्यक्ष डॉ. मुकेश रूहेला ने स्वागत भाषण में सभी को विश्व पर्यावरण दिवस की बधाई दी। उन्होंने पर्यावरण दिवस के इतिहास पर चर्चा करते हुए सुभारती विश्वविद्यालय द्वारा पर्यावरण को संरक्षित करने की दिशा में किये जा रहे विभिन्न कार्यों से सभी को रूबरू कराया। उन्होंने बताया कि प्रकृति के संरक्षण से ही मानव सभ्यता का संरक्षण किया जा सकता है। सुभारती विश्वविद्यालय के कुलपति मेजर जनरल डॉ. जी.के. थपलियाल ने सभी को विश्व पर्यावरण दिवस की

बधाई दी। उन्होंने कहा कि पर्यावरण का संरक्षण करना हमारा नैतिक कर्तव्य है। उन्होंने कहा कि सुभारती विश्वविद्यालय पर्यावरण संरक्षण के लिए विशेष कार्यक्रम संचालित करता है और विश्वविद्यालय के कैम्पस एवं होस्टल में प्लास्टिक के प्रयोग पर प्रतिबंध है। सुभारती विश्वविद्यालय की मुख्य कार्यकारी अधिकारी डॉ. शल्या राज ने कहा कि जिस प्रकार हम अपने परिवार का ध्यान रखते हैं इसी प्रकार हमें अपनी प्रकृति का भी ध्यान रखने की आवश्यकता है। उन्होंने कहा कि हमारा जीवन प्रकृति पर निर्भर है, इसलिए हमें अपने पर्यावरण का संरक्षण करना चाहिए। उन्होंने कहा कि इससे प्रकृति की सुंदरता में वृद्धि होगी एवं सकारात्मक ऊर्जा का संचार होगा। संस्कृति विश्वविद्यालय उत्तराखंड से आए पर्यावरणविद डॉ. विनय सेठी ने कहा कि नैतिक दायित्व के रूप में पर्यावरण का संरक्षण करना चाहिए। उन्होंने गौरैया को बचाने व उसके लिए गौरैया हॉटस बनाने के बारे में विस्तार

से सभी को जानकारी दी। उन्होंने कहा कि गौरैया हमारे पर्यावरण की महत्वपूर्ण पक्षी है, इसका संरक्षण पर्यावरण के लिए आवश्यक है। सुभारती विश्वविद्यालय की छात्र परिषद की ओर से आस्था गुप्ता ने विश्वविद्यालय द्वारा पर्यावरण संरक्षण हेतु किये जा रहे कार्यों से सभी को चौकीटी के माध्यम से रूबरू कराया। कार्यक्रम में चौकीयों गैल व विकेट प्रतियोगिता का भी आयोजन किया गया पर्यावरण कमेटी के सचिव डॉ. संचित प्रधान ने धन्यवाद ज्ञापित किया। इस अवसर पर प्रतिकुलपति डॉ. हिमांशु ऐरन, पर्यावरण कमेटी के अध्यक्ष डॉ. मुकेश रूहेला, डॉ. निखिल श्रीवास्तव, पर्यावरण समिति के सचिव डॉ. संचित प्रधान, डॉ. अभय शंकरगोड़ा, डॉ. पट्टिमिश्रा, डॉ. मनोज कपिल, अमित कुमार वर्मा, हर्षवर्धन कोशिक, डॉ. गौरव कुमार, डॉ. कृष्ण कुमार, डॉ. ज्योति मशरुफ, डॉ. ऐश्वर्या राय, डॉ. श्वेता भारद्वाज आदि सहित पर्यावरण कमेटी एवं विश्वविद्यालय के पदाधिकारी व विद्यार्थी उपस्थित रहे।

अभय प्रसाद करने चाहिए। उन्होंने बताया कि सुभारती विश्वविद्यालय में वर्षों से छात्रों को संरक्षण किये जा रहा है और छात्रों में इसकी कुर्रर भी स्थापित है। उन्होंने सभी से पर्यावरण को संरक्षित करने में योगदान देने की अपील की। पर्यावरण कमेटी के सचिव डॉ. संचित प्रधान ने धन्यवाद ज्ञापित किया। सत्र का समापन डॉ. रूहेला ने किया। इस अवसर पर प्रतिकुलपति डॉ. अभय शंकरगोड़ा, कुलसचिव डॉ.के.सबसेना, पर्यावरण कमेटी के अध्यक्ष डॉ. मुकेश रूहेला, डॉ. निखिल श्रीवास्तव, पर्यावरण समिति के सचिव डॉ. संचित प्रधान, डॉ. साराज आगरा, डॉ. पट्टिमिश्रा, डॉ. संधी कुमार, डॉ. मोहित कपिल, डॉ. मोहित कुमार, डॉ. आरके शर्मा, गौरव कुमार वर्मा, डॉ. अमल प्रसाद, राहुल शर्मा, डॉ. नीरव शर्मा, कृष्ण कुमार वर्मा, अमित कुमार, लक्ष्मण कोशिक, एवं पावन, आदि सहित पर्यावरण कमेटी एवं विश्वविद्यालय के पदाधिकारी व विद्यार्थी उपस्थित रहे।



सुभारती विवि कैपस स्थित गरुड़ उद्यान में कुलपति मेजर जनरल डॉ. जी.के. थपलियाल, मुख्य कार्यकारी अधिकारी डॉ. शल्या राज, प्रतिकुलपति डॉ. अभय शंकरगोड़ा, पर्यावरण समिति अध्यक्ष डॉ. मुकेश रूहेला ने चिड़ियों को पिंजरे से आजाद कर प्रकृति संरक्षित करने का संदेश दिया।

The increasing biodiversity at Swami Vivekanand Subharti University is multifaceted, encompassing enhanced flora and fauna, active community engagement and positive environmental impacts.

These outcomes collectively demonstrate the university's dedication to fostering a vibrant and sustainable ecosystem, serving as a model for other institutions in promoting biodiversity and environmental responsibility.

PROBLEM ENCOUNTERED AND RESOURCE REQUIRED

Increasing biodiversity at Swami Vivekanand Subharti University presents several challenges. The expansion of campus facilities leads to the loss of natural habitats that are essential for various plant and bird species.

A lack of awareness among the university community about the significance of avian biodiversity also hinders conservation efforts.

To address these issues, the university required targeted resources. Creating and restoring green spaces with native plants and providing essential food and shelter for birds. Plantation drive and installation of birdhouses and feeders encourages and promotes bird diversity on campus.

CULINARY HERITAGE DOCUMENTATION: PRESERVING THE CULINARY TRADITIONS OF AWADH, BRAJ, AND OTHER REGIONS OF UTTAR PRADESH

OBJECTIVE

The primary objective of this project is to document, research, and revive the lost and lesser-known cuisines of Awadh, Braj, and other significant regions of Uttar Pradesh through a multi-faceted approach. This includes:

- **Archival Research:** Conduct an extensive review of historical texts, royal cookbooks, and ancient manuscripts from libraries, museums, and personal collections to identify and catalog traditional dishes and ingredients.
- **Fieldwork and Community Engagement:** Collaborate with local communities, particularly elders, to gather oral histories and traditional cooking methods through interviews, focus group discussions, and interactive cooking sessions.
- **Recipe Reconstruction and Documentation:** Recreate identified traditional recipes in modern kitchens, meticulously documenting every step, ingredient sourcing, and cooking technique. Explore modern variations that maintain the core identity of the dishes.
- **Dissemination of Findings:** Compile the documentation into a comprehensive culinary guide that includes detailed recipes, preparation methods, and cultural significance. Organize workshops, cooking classes, and food festivals to share knowledge and promote the revival of these cuisines.
- **Digital and Print Publications:** Publish project findings in both print and digital formats, including cookbooks and research papers. Create a website as an accessible repository for these recipes, allowing exploration of Uttar Pradesh's rich culinary heritage.

CONTEXT

Uttar Pradesh rich in its culture and food history is well acquainted with diverse delicacy types like Awadhi, Brajwasi, and Bhojpuri each characterized by specific ingredients availability, historical influence, and cultural praxes. Nonetheless, globalization and urbanization have come to dominate much of these traditional foodways. With the passing of generations, these ancestral recipes that have been passed down the family line are losing familiarity with younger individuals.

It is crucial to document the lost culinary traditions and to bring back those recipes as they are a part of their cultural identity and food heritage. Not only does this initiative aim to document these traditional recipes, but also to provide historical or social connections surrounding their origins.

By combining historical research, community engagement, and culinary revival efforts, the project aims to ensure that the lost culinary traditions of Awadh, Braj, and other regions of Uttar Pradesh are preserved and passed on to future generations.

PRACTICE

The primary objective of this project is to document, research, and revive the lost and lesser-known cuisines of Awadh, Braj, and other significant regions of Uttar Pradesh. This requires a multi-pronged approach that involves archival research, fieldwork, and collaboration with local communities, chefs, and culinary historians. The steps involved in this practice include:

- **Archival Research:** The project begins with an extensive review of historical texts, royal cookbooks, and ancient manuscripts from libraries, museums, and personal collections that mention traditional dishes and ingredients. This helps identify and catalog long-forgotten recipes and cooking techniques.
- **Fieldwork and Community Engagement:** Researchers work closely with local communities, especially with elderly members who have knowledge of these lost recipes. Interviews, focus group discussions, and interactive cooking sessions help uncover oral histories and traditional methods of preparation.
- **Recipe Reconstruction and Documentation:** Once the traditional recipes are identified, they are recreated in modern kitchens using the same ingredients and methods. Every step, from ingredient sourcing to cooking techniques, is meticulously documented. Modern variations are also explored to adapt some of these recipes to contemporary tastes while preserving their core identity.
- **Dissemination of Findings:** The documentation is compiled into a comprehensive culinary guide featuring detailed recipes, preparation methods, and the cultural significance of each dish. Workshops, cooking classes, and food festivals are organized to share this knowledge with the public, encouraging the adoption and revival of these cuisines.
- **Digital and Print Publications:** The project results are published in both print and digital formats, including cookbooks, research papers, and interactive platforms. A website is also created to serve as an accessible repository of these recipes, allowing people to explore the rich culinary heritage of Uttar Pradesh from anywhere.

EVIDENCE OF SUCCESS

Performance against Targets and Benchmarks: The project targeted to record 150 traditional recipes and reach out to a minimum of 50 local communities in Awadh, Braj, and other regions. The research ultimately achieved an increase in the number of documented recipes that were initially planned, over two years.

Additionally, over 70 communities were consulted and they provided diverse perspectives and Indigenous knowledge. The project also hosted several food festivals, and workshops all of which received considerable participation and media attention. Review results indicate that the community's response was overwhelmingly positive.

The local population expressed pride in their culinary heritage, and many young chefs showed interest in integrating these traditional dishes into modern menus. Additionally, the project achieved considerable academic recognition, with its findings being presented at several national and international food and cultural heritage conferences.

Results:

The results indicate that there is a strong latent interest in preserving and reviving traditional cuisines, both from local communities and external stakeholders such as historians, chefs, and food enthusiasts. The participation of more than 70 communities and the successful documentation of over 155 recipes highlight the vast yet untapped potential of traditional culinary knowledge.

The positive reception of workshops and food festivals demonstrates that once reintroduced, these traditional dishes have the power to connect people with their cultural roots, fostering pride in local heritage. Furthermore, the academic and media recognition received suggests that there is significant potential for further research and dissemination, not just within India but globally. The results also suggest that with the right resources and efforts, the revival of lost culinary traditions can become a sustainable practice, helping preserve cultural identity.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

In the course of the project, numerous obstacles arose, mainly due to the decline in traditional knowledge with the death of older members of communities for years keeping in memory some culinary secrets.

There were language barriers and different local dialects that prevented precision in the translation of historical texts and oral histories. Also, some of the traditional ingredients are hard to find or extinct because of intensive-use agriculture and global warming making it impossible to make authentication on certain dishes.

The resources required included financial support for research and fieldwork, especially for travel and equipment. Skilled personnel, such as culinary historians, local guides, and translators, were also vital to the project's success. Modern kitchen setups, rare ingredient sourcing, and publication costs for the documentation added to the overall resource requirements. Continued funding and institutional support will be necessary for further documentation and the larger-scale revival of these culinary traditions.

NOTES

For hotel management institutions, adopting and implementing the best practices of preserving lost regional cuisines requires a strategic approach that integrates cultural education with practical culinary training. Here are some key considerations:

Curriculum Integration: Incorporate traditional cuisines of specific regions, like Awadh and Braj, into the curriculum. This could involve hands-on workshops, guest lectures from local chefs, and practical cooking sessions focused on authentic regional recipes. Teaching students about local culinary history alongside modern cooking techniques provides a well-rounded education.

Partnerships with Local Experts: Establish collaborations with local communities, food historians, and artisans who are the custodians of these lost cuisines. Invite them for guest lectures or mentorship programs where students can learn directly from experts with generational knowledge of regional cuisines.

Culinary Tourism Initiatives: Hotel management institutions can introduce modules on culinary tourism, where students learn how to promote regional cuisines as a tourism asset. This could include organizing food festivals, setting up food trails, and offering cultural dining experiences within hotels.

Practical Application through Internship Programs: Encourage students to intern at hotels or resorts known for promoting traditional cuisine. This will provide practical exposure to reviving and serving authentic dishes while learning about ingredient sourcing and preservation techniques.

ENVIRONMENT-FRIENDLY ECOSYSTEM: ADOPTING INNOVATIVE STRATEGIES

OBJECTIVES

The primary objectives of this initiative are multifaceted, focusing on environmental sustainability and community engagement. The key goals include:

- **Awareness and Education:** To raise awareness among students and faculty about the importance of environmental conservation and the pressing issues related to climate change, pollution, and biodiversity loss.
- **Behavioral Change:** To cultivate a sense of responsibility and proactive behavior towards sustainability practices among students, encouraging them to adopt eco-friendly habits both on and off-campus.
- **Integration of Technology:** To promote the use of innovative technologies and strategies that enhance resource efficiency, reduce waste, and harness renewable energy sources.
- **Community Involvement:** To engage the wider community in sustainability efforts, fostering partnerships with local organizations and stakeholders for broader impact.
- **Research and Development:** To encourage research initiatives focused on sustainable practices and technologies, providing students with opportunities to contribute to real-world solutions.

THE CONTEXT

The initiative emerged from a critical recognition of the environmental challenges exacerbated by rapid industrialization and urbanization. Several contextual features and challenges were addressed:

- **Environmental Degradation:** With increasing pollution levels and natural resource depletion, there was an urgent need for educational institutions to take a proactive role in promoting sustainability.
- **Cultural Shifts:** Changing societal values towards environmental protection required a reorientation of educational practices to embed sustainability in the academic culture.
- **Resource Constraints:** Initial limitations in financial and technical resources presented challenges in implementing large-scale projects. The need for innovative solutions that are both cost-effective and impactful was paramount.
- **Student Engagement:** Creating a participatory environment where students felt motivated to contribute actively to sustainability initiatives was essential for the success of the program.

THE PRACTICE

The initiative's uniqueness lies in its holistic approach to environmental sustainability through innovative practices that are contextually relevant to Indian higher education. Key practices include:

- **Paperless Reforms:**

- Transitioning from paper-based systems to digital platforms. The in-house IT cell developed modules for an Enterprise Resource Planning (ERP) system, facilitating online administration processes.
- Installation of kiosks for students to access their profiles, make queries, and process payments



digitally.

- Promotion of double-sided printing and reusing single-sided papers to minimize paper waste.

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- **Solar Power Initiatives:**

- Installation of solar panels to harness renewable energy, with students involved in designing and implementing solar-powered projects.



- Development of solar-powered e-rickshaws for campus waste disposal, demonstrating practical applications of renewable energy.
- Creation of solar water purifiers, ensuring access to clean drinking water while promoting the use of solar energy.

- **Sensor-Based Lighting:**



- Implementation of motion sensor lights in key areas across the campus, significantly reducing energy consumption and operational costs.
- Integration of technology to enhance energy efficiency, with students playing a vital role in installation and maintenance.

- **Waste Segregation and Recycling:**



- Establishing a comprehensive waste management system that promotes segregation at the source. Students are actively involved in the composting process.
- Setting up bio-composting and vermicomposting facilities, transforming organic waste into valuable fertilizers for campus gardens.

- **Tree Plantation Drives:**

- Organizing regular tree plantation events, especially on significant dates like World Environment Day, fostering a culture of conservation among students.



- Involvement of students in awareness campaigns, such as 'nukkad natak' (street plays) and poster competitions, to encourage community participation in environmental protection.



EVIDENCE OF SUCCESS

The success of these initiatives is evidenced through various metrics and outcomes:

- **Reduction in Paper Usage:** A marked decrease in paper consumption has been observed, contributing to the conservation of approximately 106,733 trees annually.
- **Solar Energy Impact:** With the installation of a 2 MW solar power plant, the university generates approximately 24 Lacs units of electricity and reduces the 1286.1 Tonne of CO₂ emissions from the of installation, directly contributing to climate change mitigation efforts.
- **Student Engagement Metrics:** Active participation from students in sustainability programs has increased, with over 1,000 students involved in tree plantation drives and recycling initiatives.
- **Community Outreach:** The University has established partnerships with local organizations for community clean-up drives and awareness programs, expanding the impact of its initiatives beyond the campus.

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

- **Problems Encountered:**
 - **Cultural Barriers:** Overcoming traditional mindsets towards waste and resource management was a challenge.
 - **Financial Constraints:** Securing funding for large-scale initiatives posed difficulties, particularly in the initial phases.

- **Resources Required:**

- **Funding:** Investment in renewable energy infrastructure and digital technology.
- **Training Programs:** Capacity-building workshops for students and faculty to enhance understanding and participation in sustainability practices.
- **Collaboration:** Engaging with external stakeholders and environmental organizations to share resources and knowledge.

NOTES

- **Model for Other Institutions:** This initiative serves as a scalable model for other educational institutions aiming to integrate sustainability into their core values and practices.
- **Continuous Improvement:** Regular assessment and feedback mechanisms are essential for refining practices and ensuring sustained engagement.
- **Embedding Sustainability:** Incorporating sustainability into the curriculum and offering dedicated courses on environmental science and technology can further enhance awareness and participation.

Through these comprehensive efforts, Swami Vivekanand Subharti University exemplifies a commitment to fostering an environmentally conscious community, equipping students with the knowledge and skills to champion sustainability in their future endeavors. The initiative not only addresses immediate environmental concerns but also contributes to the long-term goal of creating a greener, more sustainable future for all.



Jai Hind