



MANIPAL UNIVERSITY
JAIPUR

DIRECTORATE OF STUDENTS' WELFARE (DSW)

YOUTH SPEC

DEFINING DIRECTIONS...

ISSUE III // JULY // 2020



Newsletter: Directorate of Students' Welfare



TABLE OF CONTENTS

- 1 MESSAGE, PRESIDENT
- 2 MESSAGE, PRO-PRESIDENT
- 3 MESSAGE, REGISTRAR
- 4 MESSAGE, DEAN STUDENTS' WELFARE
- 5 PILLARS OF STUDENTS' WELFARE
- 6 STUDENT WELFARE ENDEAVOURS
- 7 MESSAGE BY STUDENTS COUNSELLORS
- 8 SOCIAL CONNECT PROGRAMS
- 9 CLUB ACTIVITIES
- 10 SPORTS ACTIVITIES
- 11 CAMPUS DISCIPLINE
- 12 FLYERS
- 13 STANDARD OPERATING PROCEDURE
- 14 EMERGENCY CONTACTS
- 15 ACKNOWLEDGEMENT



MANIPAL UNIVERSITY
JAIPUR

Message



Prof. G.K. Prabhu
President

It gives me immense pleasure to share that the Directorate of Students' Welfare is bringing 3rd volume of its Newsletter- Youth Spec that will showcase the events and happening of Directorate of Students' Welfare at Manipal University Jaipur. The directorate has developed creative forums to develop necessary connect and bonding with students through various counselling activities done online and student engagement through variety of virtual means. I am sure that the newsletter will become a must-read chronicle on happening around us. I congratulate to editorial team for this initiative and wish them success. Best wishes to the DSW Team

Prof. G.K. Prabhu
President
Manipal University Jaipur



MANIPAL UNIVERSITY
JAIPUR

Message



Prof. N.N. Sharma
Pro-President

Manipal University Jaipur is a student-oriented University. Directorate of Students' Welfare plays a crucial role in handling over all student affairs and I am pleased with the efforts put in by team Directorate of Students' Welfare to create this quarterly newsletter-Youth Spec.

I wish the Directorate best wishes.

Prof. N.N. Sharma
Pro-President
Manipal University Jaipur



Message



Prof. H. Ravishankar Kamath
Registrar

Manipal University Jaipur has a very rich treasure in the form of its students. Our students have excelled in every sphere of life. Apart from being responsible citizens, they are well placed in reputed organizations across the globe.

The Directorate of Students' Welfare (DSW) aims at paving a new path for the students right from the day they embark on their journey of entering college life after their school. It helps the students in developing right kind of attitude, so that they become capable of facing the real-world challenges. This newsletter is one step towards creating dynamic bond between Manipal University Jaipur and its students.

My hearties congratulations to the Directorate for coming up with the 3rd edition of this newsletter.

My best wishes and good luck to everyone.

Prof. H. Ravishankar Kamath
Registrar
Manipal University Jaipur



Message



Prof. G. L. Sharma
Dean
Students' Welfare & Proctor

The whole world is going through an unprecedented situation due to COVID-19 and even the number of cases in India are on the rise. However, the silver lining is that recovery rate is improving progressively, and mortality rate is under control as compared to other nations.

My dear students, we are missing you all on the campus, however, the situation for your safety demands that you should continue to be at home. I am sure it would improve soon, and we shall be able to have you back with us on the campus. However, in the interim, Manipal University Jaipur (MUJ) is striving hard to ensure that your prime learning time is not lost. Accordingly, we have conducted your last semester studies online and even examination was conducted for the final year students as per regulatory authorities' guidelines. Though, some universities are still struggling to conduct examination, MUJ has even declared results.

Dear students, as we can anticipate, the next semester is also likely to be online for some time, I urge you all to get accustomed to this new learning paradigm as quickly as you can so that your learning is at par with class rooms as far as feasible. Be in touch with your teachers, mentor, HoD, Director and Dean and see to it that you mutually devise a method wherein you are not missing on crucial learning aspect. I can assure you that your lab classes would be conducted as and when you are back at campus and there shall be no deficiency in your learning. We shall give extra hours and even summer and winter break time for your learning if you request for the same. You will not find MUJ short any of these aspects. I am sure that you will come forward to ensure that you do not go out of university even with a smallest doubt.

Wishing you all good luck for your results and happy and joyful learning in the next semester. Eat Well, sleep well and practice pranayama and yoga to keep yourself fit and healthy. Take care of your health and that of your family members.



MANIPAL UNIVERSITY
JAIPUR

PILLARS OF STUDENTS' WELFARE



Prof. Anil Dutt Vyas
Deputy Director
(Student Events)



Prof. G. L. Sharma
Dean
Students' Welfare & Proctor



Dr. Abhishek Shrivastava
Deputy Director
(Campus Discipline)

Prof. Babita Malik
Deputy Director
(Student Counselling)



Dr. Rina Poonia
Deputy Director
(Physical Education)



Dr. Arun Kumar Poonia
Assistant Director
(Club Co-ordinator)



Mr. Hemant Kumar
Assistant Director
(Society Connect)





STUDENTS' WELFARE ENDEAVOURS

Vision

Embellish students with integrity and humane touch, nurture their talent to make them socially responsible global citizens.

Mission

- ❖ Facilitate multi-skilled development.
- ❖ Cultivate an environment that respects diversity and promote healthy and positive relation among students, faculty & community.
- ❖ Understanding of students' needs.
- ❖ Synergizing academic and co- curricular activities.

Values

Sincerity, Accomplishment, Integrity, Teamwork and Honesty are the five values that we aim our students to imbibe.



MANIPAL UNIVERSITY
JAIPUR

Message by Student Counsellors



Dr. Rimpay Sharma
Student Counsellor



Ms Vandna Kabra
Student Counsellor



Ms Devanshi Padaliya
Student Counsellor

Counselling is a process designed to facilitate an individual's achievement, improve their behaviour, and help them develop socially and individually. Counsellors at Manipal University Jaipur were focused on providing a healthy and positive environment to our students by giving online counselling sessions and keeping in touch with students via mail, text and calls throughout the period of lockdown. Sessions were held as per the ease and convenience of the students. Lockdown came with much addressed issues of economic and social crisis which had a toll on mental health of people belonging to all age groups. Thus, the facilities were open for all students and staff. Number of sessions taken crossed 60, that is almost 1 student in every 2 days. Major issues surfacing in the months of April and May were family related problems amongst students. Uncertainty caused due to the CoVid-19 situation led to increased anxious and fearful feelings amongst all, thus the counselling team focused on promoting the psychosocial ways to deal with this situation. Following content was shared with all MUJ staff and students via mail.



Coping with Stress During the Period of Lockdown

The outbreak of Coronavirus Disease 2019 (CoViD-19) as a pandemic has left us feeling worried and tense. Fear and anxiety about the disease and about what is approaching us, is overwhelming and is causing strong emotions in every age group of population across the globe.

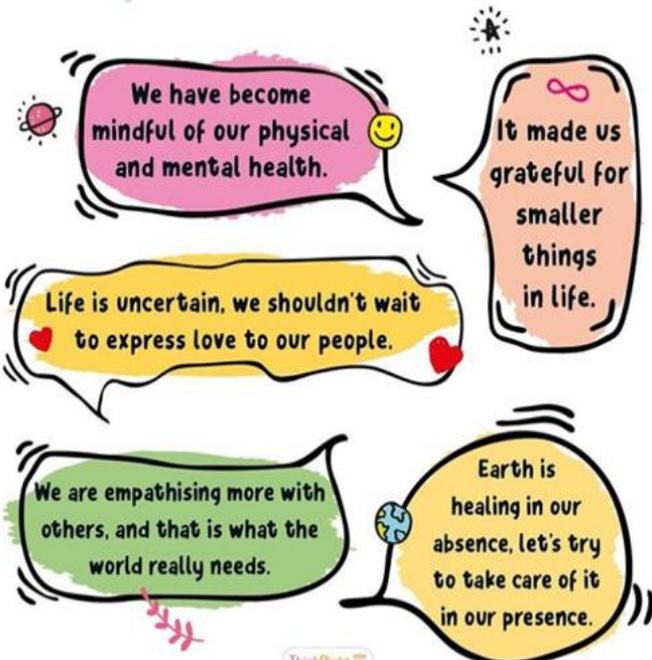
In addition to the uncertainty of this global outbreak, spending time in quarantine/lockdown has started taking a serious mental toll. We all are going through a hard time, which is arising feelings of stress and frustration for some of us. It is affecting each one of us in different ways, we need to understand that it is a temporary change and we should not associate it with any permanent negative feelings. Coping with stress during the period of lockdown is difficult but it is important to stay strong and to empower oneself to take care of the people you care about. Here are some thoughts and ways to practice which will help you find peace and hope.

Ways to cope with stress

1. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
2. Take care of your body.
 - a. Take deep breaths, stretch, or meditate.
 - b. Try to eat healthy, well-balanced meals.
 - c. Exercise regularly, get plenty of sleep.
 - d. Avoid alcohol and use of other drugs.
3. Utilize this opportunity to learn something or anything you always wanted to.
4. Enhance your skills.
5. Connect with parents/children more. Talk with people you trust about your concerns and how you are feeling.
6. Try to remain factual about the information regarding COVID19. Do not believe in any kind of rumors



5 Good Things Coronavirus Taught Us



Practicing social distancing, hand washing, and other safety measures can all play an important role in preventing the spread of CoViD-19 and keeping you physically fit. Finding ways to protect your mental health when you are in quarantine /lockdown is equally important, so try to keep yourself busy in activities which you wouldn't have done otherwise. Keeping in contact with our friends extended family and others by phone and social media, maintaining a sense of structure is a major key which will support you manage your days of social distancing and quarantine/lockdown.



Coping with Negative Thoughts During the Period of Lockdown

Obstructive thoughts we
might be facing

Constructive thoughts on
which we should focus

During this period of lockdown, many of us might be facing some unwanted thoughts, we might be facing feelings about which we are unable to open up with others and battling with negative emotions internally. Here are some thoughts which might be crossing our minds which we don't want to welcome. Against these thoughts, their respective counters are mentioned. These are positive, realistic thoughts which will enable us to feel differently.

If you feel, you need more assistance with any kind of mental health challenge you might be facing, please reach out to :

students.counsellor@jaipur.manipal.edu

"My friends and I
can't see each other"



"My friends and I are
protecting each other"

"I'm stuck at home"



"I'm safe at home"

"I have lost all
my freedom"



"I have relinquished
my freedom for a
noble purpose"

"I miss the
things I love"



"I'm increasing my
gratitude for the
things I love"

ENIGMA
presents
“Candid
Conversations”in conversation
with**Dr. G.K. Prabhu**
President
Manipal University Jaipur**Tanmay Goyal**
Head Convenor6 PM
11th June 2020
live on
instagram
@enigmamujsend us your questions at:
enigmamuj@gmail.com

Enigma'20, the literary and cultural fest of Manipal University Jaipur, is a celebration in all forms of art, culture, and literature. It is a celebration of culture and literature, an effort to create awareness on every platform and create interactive and innovative events. Enigma has been captivating the audience with its vibrancy for quite some time now. It has made itself well established in the hearts and minds of people with everyone looking forward to drenching themselves in its festive vibe. COVID-19 pandemic has made us all alter our plans but the show must go on, that's Show Enigma came up with “Candid Conversations” a series of live interactions with inspiring people. In a recent virtual interaction with Tanmay Goyal, Convenor, Enigma on Thursday (11 June 2020), Dr. GK Prabhu, President, MUJ, spoke on a range of topics from the impact of Covid-19 to reimbursement of fees and maintaining social distancing norms once we get back. The conversation got a head-start as Tanmay greeted GK Sir with a Sanskrit Shloka and a great introduction, acknowledging the fact that MUJ was witnessing the coolest Vice-Chancellor over a candid chat. The series of questions started with the host asking about how sir would motivate the students to get back to the hostel amidst a pandemic. G.K. sir assured that a hygienic and safe environment in the college will be the top-most priority of the administration. In light of this, a COVID-19 cell has been set up at MUJ to design special protocols and ensure every student, faculty members and staff is safe. It was then followed by the second question about values that MUJ can incorporate from the MIT model, to which Sir was indeed proud of MUJ making it to the NIRF rankings for universities in India in the 151-199 band and explained how we aspire to get in top rankings in the coming years.

Moreover, he said that the co-curricular activities and club system is what we should adopt from MIT. He shared his experience about the time he met some of the prominent alumni of MIT like Satya Nadella, Rajeev Suri, and Vikas Khanna and asked what encouraged them to come and study at MIT and all of them responded by highlighting the efficient education style at the campus. Sir admitted that he focuses on incorporating the same into MUJ too, that “Learning continues outside the classroom”. This was followed by a brief conversation with the President about his career as a teacher and his vision towards life. Dr. Prabhu talked about the significance of teachers in his life which motivated him to become one.



ENIGMA
presents
"Candid
Conversations"



Send us your
questions at:
enigmamuj@gmail.com

Cdr.(Dr.) G.L.Sharma
Dean Student Welfare
Manipal university Jaipur

5 PM
8th June 2020
live on
Instagram:
@enigmamuj

In conversation
with

Tanmay Goyal
Head Convener



Enigma is the official Literary-Cultural Fest of MUJ which has been captivating the audience with its vibrancy for quite some time now. It has made itself well established in the hearts and minds of people with everyone looking forward to drenching themselves in its literary festive vibe. COVID-19 pandemic has made us all alter our plans, but the show must go on. Keeping up the spirit and excitement with which Enigma had kick-started; the team came up with an idea of organizing live online sessions that would help everyone in maintaining positivity and upbeat surrounding. With this, Enigma introduced its first online interactive event "Candid Conversations" that turned out to be a great success.

Candid Conversation in its first episode witnessed Dr. G.L. Sharma, Dean Student Welfare, MUJ as the guest of the show hosted by Tanmay Goyal the Head Convener of Enigma. Dr. G.L. Sharma with his warm words and satisfying answers helped the students of MUJ to get rid of their doubts and queries. The conversation started with Tanmay Goyal expressing gratitude towards his team and then introducing the guest of honor, Dr. G.L. Sharma, Dean Student Welfare, who initially congratulated team Enigma and quoted himself as a person who wanted the students to be constructive not only as Indian citizens but also as global citizens with an aim to transform the youngsters into productive leaders of tomorrow.

The next question addressed by our guest was about the clarification of the college reopening date to which he said, "There are positive chances of reopening of college in August for existing students and 1st September is the joining date for the new students. Faculty members and staff will be re-joining the University from 15th June onwards to set everything back on track by the time students returned.

Dr. G.L. Sharma went on to tell about the various Practices College will practice ensuring social distancing and the same will be followed by the food outlets of the hostel. He also mentioned that on reopening, classes may be divided into batches or a part of the course be made online. Although he mentioned nothing is set in stone and he loves the students as much as their parents, hence will ensure that strict measures are taken for their safety.

When asked about the hostel being the quarantine center, he answered that it was an initiative to help the needy, no actual corona patients were admitted and as a responsible organization, they were obliged to help the government. Though, the whole campus will be sanitized thoroughly and safe for students before reopening. Regarding elections, he mentioned no decision has been taken yet and some decisions will be taken only once the college reopens.



Link to Video Recording of session Suyyash Kulkarni(Discipline).

https://drive.google.com/file/d/1gc3gNUPcMA_HDDO3yKkwYyUDKBy2Pygo/view?usp=drivesdk

With 891 viewers on the first episode itself, the event turned out to be a great success for Enigma and the credit goes to the whole team who worked hard and made it possible as well as we are grateful for our guest, Dr. G.L. Sharma, who graciously accepted our invitation to be a part of this series and answered every question with great spirit.

The Enigma team behind the scenes included the Head Convener Tanmay Goyal, Head Co-Convener Alif Khan and Executive Committee members, Raghav Gupta (Promotions), Shreya Jaggi (Creative and Content), Aditya Ghosh, Aadya Saxena (Events), Arnaav Anand (Online Promotions), Viraj Sirkeck (Curation), Anshuman Vyas (Graphic Design), Anushruti (Crafts), Ansh Asthana(Media), Rahil Shirwaikar(Hospitality), Aayush Raj(Delegate Management), Devansh (Stage), Harshit(Registrations), Abhinav(Finance),



MANIPAL UNIVERSITY
JAIPUR

Candid Conversations with Prof. A. D. Vyas

Social Connect Program

Enigma' 20, the literary and cultural fest of Manipal University Jaipur, is a celebration of art, culture and literature in whole. It is an effort to bind art with literature, to create awareness about with the help of creative and innovative events. Enigma has been captivating the interest of audience with its vibrancy and creativity for quite some time now. It has become an event where people eagerly wait to completely let go of themselves midst of all the festive vibes. COVID-19 has made us alter our plans, but the show must go on. That is exactly how enigma came up with the idea of "Candid Conversation", a series of live interactive session with inspiring people.

In a recent virtual interaction with Tanmay Goyal, convener, Enigma on 14th June, Prof Anil Dutt Vyas, deputy director, MUJ, spoke on various topics from the life of the students after COVID-19 to holding fests in college campus. The conversation got a head start as Tanmay greeted Vyas sir with a great introduction, calling him the dearest prof among the students of MUJ, informing us about the amazing work he had done in the field of science both nationally and internationally.

The series of questioning started with the host asking about the challenges the students will have to face with starting life again after Corona, to which the prof stated that we' ll have to change the ways of our lives. He called the current situation an extraordinary one as he in his lifetime never faced anything like this before. The current situation was also compared to the times when Spanish flu broke out and millions of people lost their lives.

The conversation followed by a brief discussion on our government and the current unlocking decision by our prime minister. Vyas sir talked about the efficiency of our Modi government and the fluent working style of our prime minister. He stated unlocking more like the normalizing of things and not as an option to act. He further added that if it would not have been done, millions of people would have come on streets. From this, they went to talk about hosting fests and letting crowds gather on college grounds after college reopens. To this, Prof Vyas stated that this would be the biggest mistake which could lead to many uncalled situations. He talked about saving lives of the students, the assets of the institution.

Tanmay taking the conversation further, talked about the role of technology for the major social gatherings that led to Vyas sir remembering his teaching days where he did not even used to use PPT for lecture, further adding how it has become more of a necessity than a need. Taking on a serious conversation, the host further asked about the institutions' plans for the student council election where they discussed GK Prabhu sir' s plans and ideas for doing so while keeping the safety of the students in check. This was followed by discussing the girls' issues of gender inequality in college hostels where boys are allowed to move interlock after 11pm whereas girls are not. The prof replied by saying the rules are for all and to him every student is equal.

ENIGMA
presents
"Candid
Conversations"

in conversation
with

Prof. Anil Dutt Vyas
Deputy Director
Directorate Student Welfare
Manipal University Jaipur
send us your questions at:
enigmamuj@gmail.com

6PM
14th June 2020
Live on
Instagram
@enigmamuj

Tanmay Goyal
Head Convenor

@enigmamuj



The conversation got a head start as Tanmay greeted Vyas sir with a great introduction, calling him the dearest prof among the students of MUJ, informing us about the amazing work he had done in the field of science both nationally and internationally.

The series of questioning started with the host asking about the challenges the students will have to face with starting life again after Corona, to which the prof stated that we' ll have to change the ways of our lives. He called the current situation an extraordinary one as he in his lifetime never faced anything like this before. The current situation was also compared to the times when Spanish flu broke out and millions of people lost their lives.

The conversation followed by a brief discussion on our government and the current unlocking decision by our prime minister. Vyas sir talked about the efficiency of our modi government and the fluent working style of our prime minister. He stated unlocking more like the normalizing of things and not as an option to act. He further added that if it would not have been done, millions of people would have come on streets. From this, they went to talk about hosting fests and letting crowds gather on college grounds after college reopens. To this, Prof Vyas stated that this would be the biggest mistake which could lead to many uncalled situations. He talked about saving lives of the students, the assets of the institution.

Tanmay taking the conversation further, talked about the role of technology for the major social gatherings that led to Vyas sir remembering his teaching days where he did not even used to use PPT for lecture, further adding how it has become more of a necessity than a need. Taking on a serious conversation, the host further asked about the institutions' plans for the student council election where they discussed GK Prabhu sir' s plans and ideas for doing so while keeping the safety of the students in check. This was followed by discussing the girls' issues of gender inequality in college hostels where boys are allowed to move interlock after 11pm whereas girls are not. The prof replied by saying the rules are for all and to him every student is equal.



In the midst of the lock-down, **The Music Club** came through by putting a vibrant virtual foot forward to uplift the spirits of the members of the club! Making an effort to keep everyone upbeat and entertained, TMC hosted a gig called The Fishbowl Experience which features one member taking over the Instagram Live section of the club's account every Saturday. The club also organized Quarantine with TMC, an online contest to keep the zest alive even at home, urging members to record themselves and have the best entries featured on the page. During a time smeared with so much hopelessness and lack of communion, these club events have played a major role by keeping the online atmosphere positive, light, and interactive.

APRIL

Quarantine with TMC (30th April - 9th May)

The first event that we organized was a contest. Every participant had to prepare a 60 seconds video of them singing to a song and they had to post it on their Instagram Page with a hashtag #quarantine with tmc and tagging our account (@tmc. muj). The few top entries got a chance to get featured on our official Instagram page (@tmc. muj)

Winners of this contest were:

- Uddeshya Prasad
- Sushant Dev Singh
- Liza Tarique



QUARANTINE WITH TMC



QUARANTINE WITH TMC

RULES

Record a 60 second
video of you singing

Upload it on
instagram

Include #quarantinewithtmc
in the description

Stand a chance to get featured
on our page



MAY

**The Fishbowl Experience
(Started on 15th May)**

After the contest, we have been organizing weekly online 30 minutes' gig from our official Instagram page, where various people join us to enjoy the soothing performances put up by our own TMC Members.





@ tmc.muj
**Atharv
Sinha**

Saturday, 16th May
8:00 PM Onwards

THE MUSIC CLUB



@ tmc.muj
**Sanchit
Srivastava**

Saturday, 30th May
8:00 PM Onwards

THE MUSIC CLUB

Our First gig was put up by Atharv Sinha on 16th May.

The next gig was on 30th May,2020.
It was performed by Sanchit Srivastava.

We have the following people in mind for the upcoming gigs: -

- Uddeshya Prasad
- Deeptangshu Paul
- Sarvagya Mishra and many more.

The organizing committee for all the events was the CORE committee: -

- Kabeer Nautiyal
- Mehul Gupta
- Diya Raghava
- Vinay Aditya
- Subham Sadhu

You can check our official page on:

- ❖ Instagram @tmc.muj
- ❖ Facebook (The Music Club)
- ❖ Youtube (The Music Club)



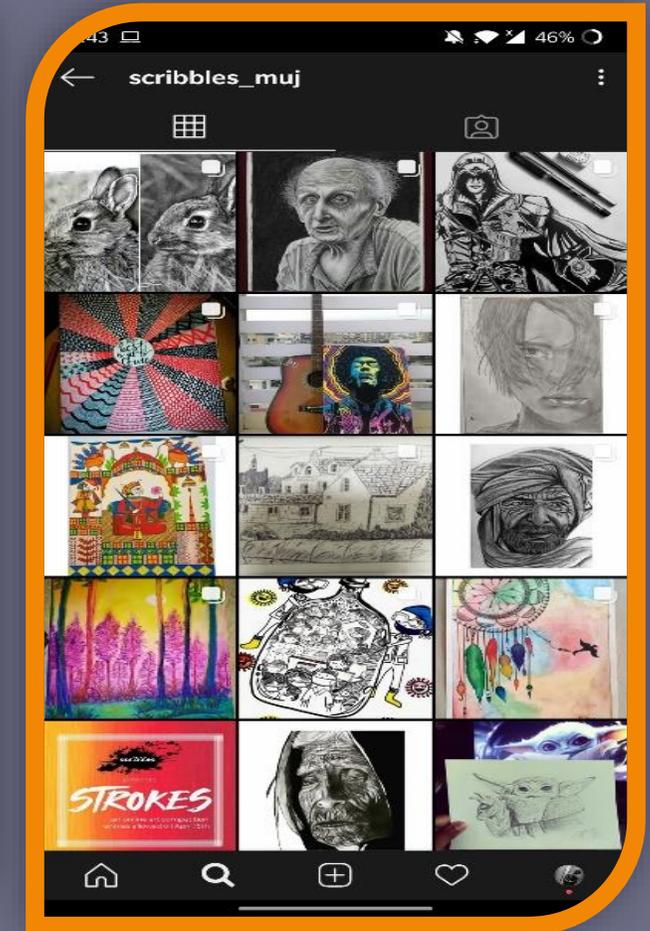
Strokes by Scribbles

Scribbles

On March 25th, Scribbles (The Art Club of MUJ) kicked off with Strokes, an online art competition which focussed on people making and sharing their artwork through our platform while quarantining through their homes. With simple rules and an open theme, the competition took place over a period of 20 days and captivated the interest of people from all over India and we got over 70 entries in such a short period of time.

The only rules that complied were that the participant should click a picture of their artwork while it was a work in progress to ensure the artwork was recent and was made by the participant. The event's winning criteria was to gain the maximum number of likes and a period of 5 days were given after the last entry was posted to the page to ensure ample amount of reach for every artwork. The winning painting got nearly 3000 likes and the page saw over 6000 visits on a weekly basis and the page doubled its follower count throughout the duration of the event.

The event was a major success and was appreciated by all the participants and the event organizers were appreciated for their hard work and their ability to take questions and queries of all the participants and helping them through the process. We hope to make this a regular affair on our page for the next term with bigger prizes and collaborations with other clubs to boost our reach and attract a wider range of audience in the future.





A webinar was conducted by The Heritage Club, School of Architecture and Design, MUJ on 4th May 2020, Monday by Ar. Piyush Pandya on Understanding Urban Heritage Management. Ar. Piyush is an Architect Urban Planner currently heading the consultancy wing of the Centre for Heritage Management, Ahmedabad University.

The webinar commenced with a welcome address by Prof. (Dr.) Madhura Yadav, Director, School of Architecture and Design, MUJ and introduction to The Heritage Club hosting its very first webinar. Thereafter, Faculty Coordinator (Heritage Club), Ar. Neha Saxena (Associate Professor, SA&D, MUJ) introduced the speaker to the attendees.

The speaker began with the introduction of heritage and briefed about the wide range of heritage, further focusing upon the current challenges for Urban Heritage while briefly touching upon the current heritage discourse in the world. He illustrated few cases of Ahmedabad like Statue of Unity, Sadar bazar, Sarkhej Roza etc. and other cities as an example.

At the end of session, faculty advisor, Ar. Akshay Gupta (Assistant Professor, SA&D, MUJ) collectively asked questions that were being raised during the session by the participants. The same were addressed and answered by the speaker diligently.

The webinar concluded by vote of thanks from the Student President (Heritage Club) and the session was truly useful and fulfilling in every term.

Aim and Objectives:

The webinar aimed at focusing upon on the current challenges for Urban Heritage while briefly touching upon the current heritage discourse in the world.

Outcomes:

The webinar revealed and reproduced the approaches to tackle the challenges for addressing our urban heritage while discussing the role of architects, designers and urban development professionals in the discourse.

MANIPAL UNIVERSITY
JAIPUR
(University under Section 2(f) of the UGC Act)

School of Architecture & Design

WEBINAR

4th MAY 2020, MONDAY

4:00 PM

Architecture

Heritage Management

Ar. Piyush Pandya

URBAN PLANNER
Centre for Heritage Management,
Ahmedabad University

HERITAGE CLUB



MANIPAL UNIVERSITY
JAIPUR

Comic Strip on the Theme Indian Culture and Heritage during Pandemic Lock Down

Heritage Club

MANIPAL UNIVERSITY
JAIPUR

School of Architecture & Design
THE HERITAGE CLUB
invites entries for

CULTURAL COMIC
CREATE A COMIC STRIP
THEME: INDIAN CULTURE AND HERITAGE DURING PANDEMIC LOCKDOWN

OPEN TO ALL
Last Date: **APRIL 27, 2020**

FOR DETAILS: www.manipaljaipur.in/heritage-club
SEND YOUR QUERIES AT: heritageclubmuj@gmail.com

Arushi Mathur (4th Year)
PRESIDENT
Mayank Gupta (3rd Year)
VICE PRESIDENT
Ananvay Parashar (2nd Year)
GENERAL SECRETARY
Ar. Neha Saxena
FACULTY CO-ORDINATOR

For the 'International Day for Monuments and Sites' celebrated every on April 18th, The Heritage Club (School of Architecture and Design) of Manipal University, Jaipur, organized an Open to All online competition of creating a Comic Strip on the theme of 'Indian Culture and Heritage During the Pandemic Lockdown.'

Aim and Objectives:

The event was launched as the first activity of the Heritage Club with an aim to bring awareness about the rich cultural heritage of India, thereby promoting the cause of the club. It focused on bringing out hidden creative talents and helped to express the different ideas and feelings of the participants during the Covid-19 Lockdown.

Outcome:

The participants sent innovative and thoughtful entries that were judged by a panel of three Jury members and results were announced accordingly. The top three winners and participants shall be awarded with a certificate after the university resumes post lock down.



MANIPAL UNIVERSITY
JAIPUR

How to prepare for Competitive Coding and Placements in IT/Software companies

MUJ ACM Student Chapter

MANIPAL UNIVERSITY
JAIPUR

acm Chapter RANDOMIZE()

pb PrepBytes
IN ASSOCIATION WITH
ACM Chapter & RANDOMIZE(); , MANIPAL UNIVERSITY JAIPUR

ONLINE WORKSHOP
ON
**HOW TO PREPARE FOR
COMPETITIVE CODING
AND
PLACEMENTS**
in IT/Software companies

 **Mamta Kumari**
Co-founder, PrepBytes
Ex-Amazon , Samsung

**2 MAY
12 NOON**

www.prepbytes.com

Online Workshop

Competitive Coding and Placements in Software/IT Companies". This session was held on Zoom witnessed Ms. Mamta Kumari's guidance, who is an industry expert with experience in top global companies like Amazon and Samsung. She is the co-founder of Prep Bytes, which is an initiative that helps students through Mentorship Driven Online Placement Preparation programs.

The participants enjoyed listening out to her as she shared her experiences and knowledge in her own interactive and unique ways. The doubts and queries related to different aspects of industry, fields as well as careers, of the attendees were also cleared in the Q&A duration, along with implementable suggestions given out by the mentor.

This event also featured a "live coding session" which was relished by all and helped the participants in displaying as well as testing their own coding skills. Overall, this online event was a great success and turned out to be a great help for all the attendees as they got their career dilemmas cleared away.



Online Workshop

To get everyone out of their boredom & get into the learning zone MUJ ACM S-CHAP in association with Coding Blocks organized an online workshop on "Data Structure and Algorithms" on 2nd May from 7-9 pm on Zoom. The workshop was attended by 204 students. In this fun-filled educational workshop, Mr. Pranav Khandelwal lead the students through the nitty-gritty of DSA. He owns the work experience as a data scientist as well as a software developer. Also, he has been mentoring students in their Data Science careers. His teaching experience in JAVA, C++, Python Machine Learning has given him the mastery to find the most constructive and unique ways of sharing his knowledge using the most basic real-life examples. The workshop mainly focused on solving problems through recursion. In the recursive program, the solution to the base case is provided and the solution to the bigger problem is expressed in terms of smaller problems. The attendees gained all this information while enjoying it with the host. In the end, the participants were provided with Certificates for the same.



DATA STRUCTURE & ALGORITHM



Pranav
Khandelwal

Timings
7 pm - 9 pm

02
MAY

Register at
cb.lk/mp/dsalgo

Platform Partner

zoom



Online Workshop

Dynamic Programming

with Sanjeet Boora



Register at
cb.lk/muj/dp

4
Jun

8 PM - 10 PM

Online Webinar

What does Dynamic Programming mean? How does DP work? How to work on the sub-problems? For all these questions MUJ ACM S-CHAP in association with Coding Blocks delivered an optimal solution by organizing an edifying workshop on 4th June from 8-10 pm on the topic "Dynamic Programming". The event took place online on YouTube, and concepts were optimized and decoded by Ms. Sanjeet Boora as she cleared all doubts and dilemmas of the attendees and worked the participants through different algorithms. With her overwhelming experience as an Instructor & Academic Advisor at Coding Blocks, she made sure this workshop was a fun learning event for all the participants. She was successful in breaking the myths and did a deep dive into dynamic programming. The participants were provided with Certificates for the same.

Dynamic Programming is a method for solving a complex problem by breaking it down into a collection of simpler subproblems. The workshop helped students to find ways to understand and tackle a program which can be resolved with Dynamic Programming Method.



Online Workshop

Blocks and **MUJ ACM SCHAP** organized a blockbuster workshop on one of the most important libraries in the world of Competitive Programming. On **11th of June**, we went into the depths of the most used library in C++, **The Standard Template Library (STL)**.

There were 73 registrations for the workshop. Concepts were optimized and decoded by **Sanjeet Boora** as she cleared doubts and dilemmas and walked the participants to different STL algorithms, containers, functions, and iterators. With her experience as an Instructor & Academic Advisor at Coding Blocks, she made sure this workshop was a fun learning event for all students. The participants were provided with Certificates for the same. The main takeaways from the workshop were :-

The Standard Template Library (STL) is a set of C++ template classes to provide common programming data structures and functions such as lists, stacks, arrays, etc. It is a library of container classes, algorithms, and iterators. It is a generalized library and so, its components are parameterized. Working knowledge of template classes is a prerequisite for working with STL. The C++ Standard Library can be categorized into two parts-

The Standard Function Library – This library consists of general-purpose, stand-alone functions that are not part of any class. The function library is inherited from C.

The Object-Oriented Class Library – This is a collection of classes and associated functions. Overall, the students learnt a great deal about the STL and would build on this knowledge in our next workshop on Competitive Programming

The poster features a red background with white and blue text. At the top left is the MUJ ACM Chapter logo, and at the top right is the Coding Blocks logo. The central text reads 'ONLINE WORKSHOP' in a white box, followed by 'Standard Template Library with Sanjeet Boora' and 'Competitive Programming with Apaar Kamal'. Dates and timings are listed for June 11 and June 14. An illustration of a person sitting at a desk with a laptop is on the right side.

MUJ acm Chapter **CODING BLOCKS**

ONLINE WORKSHOP

Standard Template Library
with Sanjeet Boora

11 JUN Timings: 8:00 pm - 10:00 pm

Competitive Programming
with Apaar Kamal

14 JUN Timings: 8:00 pm - 10:00 pm

Register at : cb.lk/muj/stl



The Mono-vlogue Challenge

Litmus

FIRST POSITION



THE MONO-VLOGUE CHALLENGE
NIKHAR GUPTA

"This is the best time to discuss your marks and GPA with your father, kya pata ghar se nikal de."

SECOND POSITION



THE MONO-VLOGUE CHALLENGE
TIYA KAHAI

"Merko na actually mein withdrawal symptoms ho rabe hai, nasho ke nahi college life ke."

MONO-VLOGUE CHALLENGE

An Instagram Monologue Challenge



DETAILS

Theme - Your Lockdown Lifestyle
Duration of video - 60s
Language - English Or/And Hindi.
Dates-
For the entries -
15th April - 3rd May
For the results - 10th May.



We await your entries!
Let's put a smile on that face.

MONO-VLOGUE CHALLENGE

MONO-VLOGUE CHALLENGE

RULES

1. Participants upload their monologue as an IGTV video and tag @litmus_muj.
2. Every participant must nominate 3 more people for the challenge.
3. Participants must send in their entries to the Instagram handle of Litmus (i.e. litmus_muj) too in the form of a video which captures them as they speak out their monologues so that they can be posted on the Instagram handle once the competition ends.
4. All the monologues shall go on the stories of litmus_muj from 15th April till 3rd May.
5. Top 9 entries shall be posted on the Instagram handle on 4th May.
6. The top three monologues with the most likes and comments will be the winners of the challenge.

Litmus-The Debating, Writing and MUN society of Manipal University Jaipur organized a Monologue Challenge event called "The Mono-vlogue Challenge" on the social media platform of Instagram during the lockdown. The aim of the event was to keep the members engaged in the club activities during the lockdown.

The MONO-VLOGUE Challenge was an online Instagram monologue challenge organized in the months of April and May. In this event, the participants uploaded their monologues in the form of videos on their Instagram handles and tagged litmus_muj, our official Instagram handle on their posts. The monologues were based on the theme "Your Lockdown Lifestyle".

We received 40 creative entries filled with humor, anger and drama. Participants were judged on their expressions, creativity, adherence to time limit, content, originality and comic timing.

Top 9 entries were then posted on the Instagram handle and the winners were then declared based on the likes and comments that they received.

First position was bagged by Nikhar Gupta, first runner up was Tiya Kahai and second runner up was Faraz Ahmed.



tempest

PROMPT SIX

Write a blackout poem on page 28, page 150, or page 204 of the last book you read.

#ARTIFEXUS

tempest

PROMPT FOURTEEN

The mirror smiles back when you're not looking. What are you missing?

#ARTIFEXUS

tempest

PROMPT TWENTY TWO

Pick up a memory of hurt, regret, anger. Unpack it.

#ARTIFEXUS

This April, Litmus is celebrating National Poetry Writing Month. With Tempest, we're starting a community to guide and inspire poets via daily prompts, discussions, critiques, collaborations, and more.

LITMUS
PRESENTS
tempest
A NAPONRIMO COLLECTIVE

Calling all poets.

You're the darkness where I lost my light on the corner of the solitary street where I first met you. As I pass the broken street lamps on this silent road which often meets empty hearts and broken bottles the sky plays a distant symphony.

(Am I drunk yet?)

The moon shines bright tonight I've come to him like I came to you Tonight, he leads the orchestra over the ridge the faithful stars loosen the strings of my heart as a scarlet carpet is laid; it's all sweet poison. The paper petals perform to paper tales; unaware in their bliss. (Sargeant)

There is a warmth that embraces me Like that of the sunny afternoons spent walking by the soft pink parapet that sang a tender minstrelsy of love: Love, Your love, Mellow, Your voice, Fire, (Fire?) Fire, Love and I choke, I choke! It's the sweet poison. (Brown eyes, Your eyes, No, this is wrong) Silence.

The show is over.

Featured poet: @shubham012

We Lived Happily During the War BY ILYA KAMINSKY

And when they bombed other people's houses, we

protested but not enough, we opposed them but not

enough. I was in my bed, around my bed America

was falling invisible house by invisible house by invisible house.

I took a chair outside and watched the sun.

In the sixth month of a disastrous reign in the house of money

in the street of money in the city of money in the country of money, our great country of money, we (forgive us)

lived happily during the war.

My weeping soul
Whispers things,
Turning me,
Insane,
A madman living in guise,
Shouting,
"I am fine!"
At the top of my lungs.

Closing all the doors,
I have burnt the bridges,
The horrors of my mind,
Are turning into sins,
I am burning,
Into ashes and dust.

My pieces are haunted,
Haunted by the ghost of my existence,
They're dragging me,
Taking me in,
An unfamiliar land,
Of sorrows and insanity,
And yet,
It feels more like home,
And now,
It's time to leave.

For today's prompt, by @shubham012

Conceptualized, proposed, approved, and executed in a matter of hours, Tempest was an attempt to create and nurture a community focused on poetry. April is celebrated as National Poetry Writing Month, and writers around the world challenge themselves to write one poem a day. On 1st April 2020, in this spirit, Tempest was started as an initiative of Artifex us, the Writing Society of Litmus, the Writing, Debating and MUN Club of Manipal University Jaipur, under the guidance of Dr. Arun Kumar Poonia as the faculty coordinator. At its very essence, Tempest was a month-long writing event, happening live, from 1st to 30th April 2020. It saw tremendous creativity and engagement from the participants. Along with daily writing prompts, renowned poems and features, the members came forward with original pieces, which were reviewed and critiqued by the members of the group in a supportive manner.

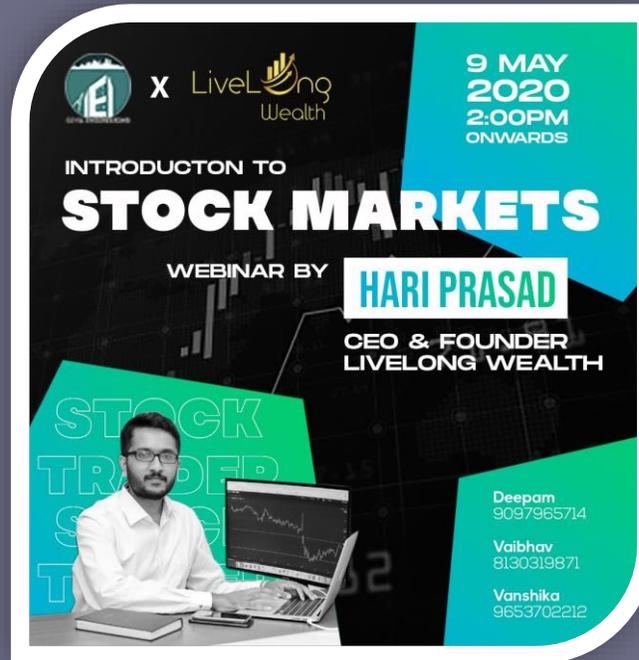


In order to keep the debating spirit alive amongst the members of the Deb Soc, i.e. the debating society of LITMUS, we started an online debate series on WhatsApp called "Live Debate Series - Lockdown Edition"



Litmus has also partnered up with Aperture which is conducting an online podcast series and for the first podcast it will be in collaboration with our club. The series is called "Time Out" and will feature digital creators from all around the globe. They will share their experience and whatever questions the audience will have.

The webinar of introduction to stock market was conducted on 9th may2020 which was an open event for All the students of manipal university Jaipur . An interactive session was conducted by mr. Hari Prasad, the founder and ceo of livelong wealth. The session was carried out on Instagram portal of IEI civil student chapter and livelong wealth' s page. A large audience was live for the webinar. Every aspect of stock market, trading, equity was discussed by him. During the session various topics such as equity and commodity trading were explored which can help students to reach their short-term goals. In this session we discussed All the misconceptions about why it' s "scary" , basics About how the stock market works and also the tools to start your investing journey in A way that is comfortable for you.



He coached on 5 Step Process:

1. Learn how to Find Stocks To Trade.
2. Learn how to Choose Most profitable Stock.
3. What is the Risk of the Trade AND How to Lower Risk.
4. What Price to Pay for the stock.
5. When to Sell the Stock and Take Profits.

The session lasted for two hours. At the end students thanked him for his guidance and reached a mutual consensus to organize webinar with him again.



Codephrenia 3.1

IEEE Student Branch MUJ & Coding Ninjas

CODING NINJAS
#skillforlife

— IEEE SB MUJ and CODING NINJAS
will be hosting an Online Coding Competition —

“Codephrenia”

📅 Date : 19th April 2020 | ⌚ Time : 8.00PM - 9.30PM

📞 Contact person : Aayush Raj (70912 75329)
Garima Patel (88965 68166)

IEEE Student Branch
Manipal University Jaipur

The poster features an illustration of a person coding at a desk with a laptop, a desk lamp, and a cat. A speech bubble with code symbols (</>) is next to the person.

CODING NINJAS
#skillforlife

— Codephrenia —
Coding Event Winners

Congratulations

1 st Rank	2 nd Rank	3 rd Rank
 Rajdev Kapoor	 Akash Jain	 Aayush Raj

College
Manipal University Jaipur

IEEE Student Branch
Manipal University Jaipur

The poster features three photos of the winners, each with their name and rank. The background is purple with colorful geometric shapes.

IEEE SB MUJ, in collaboration with Coding Ninjas, organized IEEE SB MUJ’s premium online coding competition Codephrenia 3.1. Coding Ninjas is one of the largest online tech education company in India, focusing on courses on C++, Java, Python, Android, Machine Learning, Data science, Website Development, interview preparation, technical aptitude etc.

To encourage students, do something productive at home, this was a good time to work and improve their coding skills. The event was a great success and we saw a participation of 208 students. The event took place on 19th April 2020. The timings were from 8:00 - 9:30 PM.

It was over an hour-long competition and had 5 MCQs and 3 Coding problems. The MCQs required logical ability and the coding questions tested your coding skills. Students had a great experience; the problems were quite good, and all students loved solving them. The platform for the competition was the Codezen by Coding Ninjas. The results were announced the next day and top three students were featured on social media handles of Coding Ninjas.

The winners of Codephrenia 3.1 were featured on the social media handles of IEEE SB MUJ. The 1st position went to Rajdev Kapoor who was followed by Akash Jain for the 2nd position. The 3rd place was grabbed by Aayush Raj. The participants gave a highly positive feedback and are looking forward to more such events.



MANIPAL UNIVERSITY
JAIPUR

Webinar: Open Gates to Success During Locked Times

IEEE Student Branch MUJ & Coding Ninjas



WEBINAR ON

Open gates to Success during lockdown times

Sunday

17 May 20
6-7 PM



Manish Tyagi

**His achievements are
innumerable —**

A retired Naval Commander
A renowned Stand-up Comedian
TEDx and JOSH speaker
A Successful Entrepreneur and
an Engineer

Contact
Touhid 8885845996
Viraj 9459614075



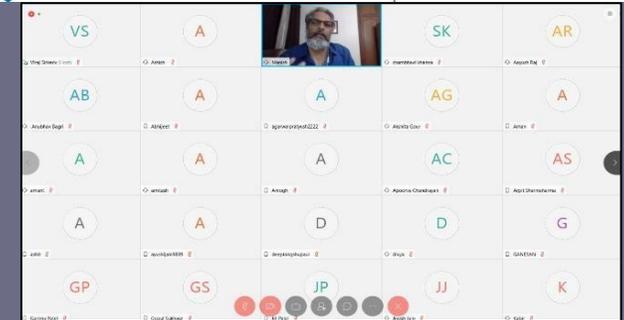
IEEE SB MUJ organized its first event for the academic session of 2020-21. The event was held online on Cisco Webex Meeting platform to achieve a smooth and interactive session. The session focused on how people can overcome obstacles, pursue being successful and emerge as leaders of tomorrow.

Mr. Manish K Tyagi is an engineer by profession, a TEDx & JOSH speaker, a retired Naval commander, an entrepreneur, and a famous stand-up comedian. He is a Postgraduate in Marine Engineering and PGD in Human Resource Management / MBA in Operations Management from Andhra University (Visakhapatnam) and IGNOU (New Delhi).

He has spoken at Josh Talks, 9 TEDx conclaves & is also a regular with corporate gigs and has performed for I am SME of India, Madhyaam, Tata Sky, Tanishq, Tata Motors, VLCC, DSV India, McKinsey India, Cummins, various conferences, etc.

The speaker, Mr. Manish K Tyagi offered insights of how one can overcome any hurdle in their life. His style is full of unprecedented stories blended with wit and humor. He also spoke about his life in the Indian Navy and how he developed his leadership skills in challenging times on the sea. Additionally, Mr. Tyagi expressed his journey of becoming a stand-up comedian and that one should never abandon the things they find joy in.

The event concluded with a Question & Answer session where the attendees could interact with Mr. Manish Tyagi. The attendees thoroughly enjoyed the talk and were highly motivated.



The speaker, Mr. Manish K Tyagi addressing the attendees



QUARANTINE CHALLENGE

Do not let this lockdown lock your skills!
So get ready and get going!
Click on the link and challenge yourself with some groovy moves!
Record it and post the video on Instagram and tag @coreografia_muj.
And no need to worry because there is a video tutorial also for you!!

@COREOGRAFIA_MUJ

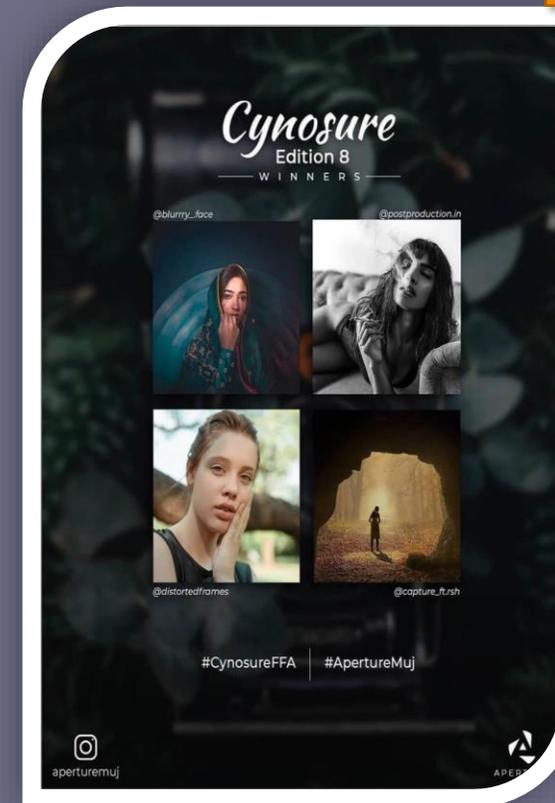
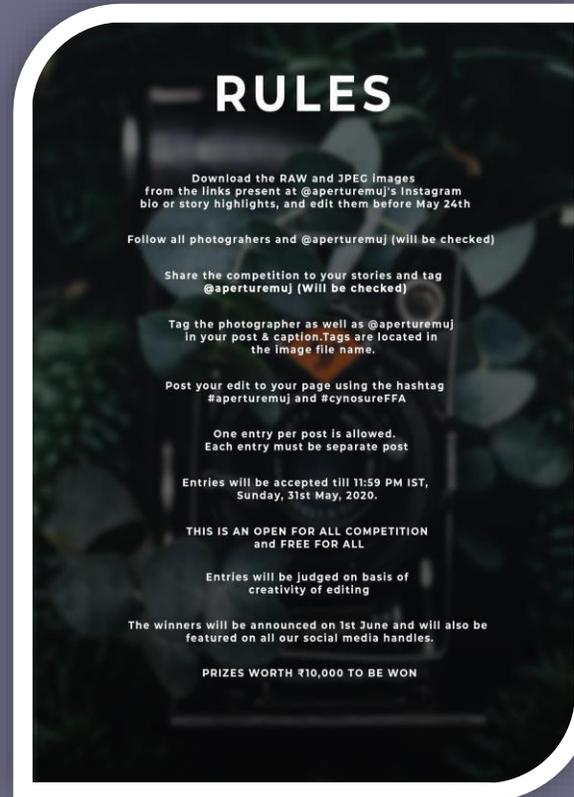
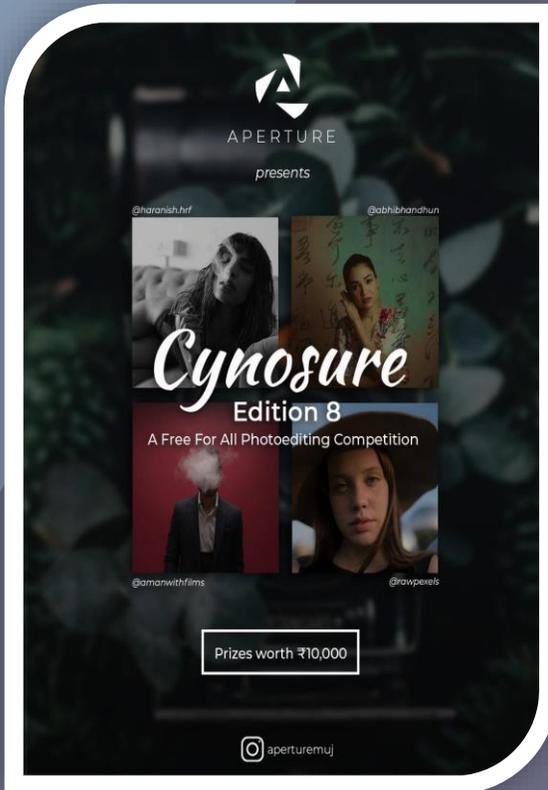


Ghungroo
Cover by
Coreografia



The club organized an online quarantine challenge in which we gave a particular song and a choreography which is an original choreography of the club. We ask the participants to record a video of them dancing to that song and the choreography that we had given them to learn. The purpose of the event was to encourage and motivate people from this monotonous quarantine life and do what they enjoy by dancing to a hit song and a simple choreography to learn. We have planned to make a compilation of all the videos of participants and post it on the social media. We received goof response for the event with a total of 16 participants.

The song given for the challenge: "Ghungroo" from the movie War



Aperture has been organizing a series of online competition by the name of Cynosure since 2019. We have had 8 editions of this competition so far. For the 8th edition of Cynosure, which was announced on 3.5.2020, we partnered with Zebronic to give away prizes worth ₹10,000 to our winners. We opened entries for the 8th edition of Cynosure for digital arts enthusiasts from colleges across India. This edition's theme was "#FFA: Free for All Editing Competition". The 8th Edition of Cynosure was a month-long competition with us receiving more than 100+ entries. For this competition we had collaborated with four photographers from across India who are the experts in their fields, namely portrait photography. The photographers had provided us with their photos which the participants had to edit/manipulate. The winners of the competition were decided based on the creativity and quality of the editing/manipulation. The competition was closed on 31st May, 2020 and the winners were announced on 5th June, 2020.



Organised By
Aperture - The Digital Arts Society




TIMEOUT

EPISODE I
Ali Khalid
@photoshop_hustler

A SERIES OF ONLINE
PODCASTS

 apertur muj

In Collaboration with
Litmus 

Timeout, announced on 8.6.20, is a first of its kind initiative by Aperture not only for its members but for digital art enthusiasts all over the world. Time Out is a series of Podcast Sessions, with the pioneers and experts in the field of digital arts. We will also be uploading the recorded version of the podcast sessions on our YouTube channel and Instagram page for free for all access. We have opened the forum to all our members and to all the interested people and have started collecting questions for the first session of the podcast with Ali Khalid Badr, a 25 year old Greek citizen who is a photoshop expert and a YouTuber with more than 250k followers on Instagram. Time Out is a very good opportunity for our members to have their queries addressed firsthand by the experts and the leaders in the field. Aperture is also proud to announce that the very first podcast, in the Time Out series will be in collaboration with Litmus, the writing, debating and MUN society of Manipal University Jaipur. We are looking forward to many more productive collabs with all the other clubs of MUJ as well.



presents

“Weekly Hacks”



#HACK 25

USE MANUAL FOCUS WHILE SHOOTING VIDEO

You can focus on different objects successively (with the help of a shallow depth of field blurring everything else out) to direct your viewer's attention. If not confident with manual rotation and it's impact then having enough light, or your camera is capable to focus properly (has many focus points) then use auto focus.

We have regularly been posting weekly hacks on our Instagram page for our followers to see and learn. These weekly hacks and tips are related to all fields of digital arts.

Throughout this lockdown we have been holding team meetings on various digital platforms like Zoom. We have also been conducting surveys and collecting suggestions within our own team for self-improvements as a society and as a group of like-minded people working towards self-development and collective development. We have been having regular fortnightly meetings since 15th March, 2020 with the latest one being held over conference call on 10th June 2020. These meetings have been held with active participation of club members from 1st year, 2nd year and 3rd year with ideas and suggestions collected from each member. Team Aperture is working towards the realization of all the viable and valid suggestions with some of them already being executed and materialized as of date.



presents

“Weekly Hacks”



#HACK 24

LEADING LINES

Leading lines can be a very useful compositional tool. It's a simple technique that involves using vertical, horizontal or converging lines to focus attention on the subject of your image.



QUREKA
PRESENT

THE WHATSAPP QUIZZING SERIES

Individual scores after each quiz will be added to the LEADERBOARD

- FIRST PRIZE: ₹600
- SECOND PRIZE: ₹400
- THIRD PRIZE: ₹200

@qurekamuj #KeepQuizzing

The poster features a central WhatsApp logo with the text 'THE WHATSAPP QUIZZING SERIES' curved around it. The background is white with faint icons of various quiz-related items like books, lightbulbs, and question marks. There are two green rectangular boxes on either side of the central logo.

From the 29th April QUREKA decided to begin a WHATSAPP QUIZZING SERIES exclusively for Qureka Members to keep all the quizzing enthusiasts entertained during this period of lockdown, where each participant would host only one quiz and the participants with the top three scores at the end will be awarded with a cash prize of Rs 600, Rs 400 and Rs 200 respectively.

14 participants participated in this Quizzing Series with each of them having a very different domain for their respective quizzes, which made this Quizzing Series even more interesting and fun to participate in. The quizzes being conducted thrice a week i.e. Wednesday, Friday and Sunday of every week starting from the 29th of April according to a fixed schedule which was made according to the preference and convenience of each participant



180 Degrees Consulting Manipal University Jaipur has started an informative series called “INSIGHTS” . It is a discussions session with the experts of various sectors and fields, where they share their thoughts and views about the ongoing pandemic and situation around the globe and its impact on society. We have approached various well intentioned and renowned dignitaries from different disciplines such as the management studies, leadership sciences, social entrepreneurship, Indian Civil Services , educationists and law to name a few, who took their time out to join us and put forward their views and shared their knowledge to enlighten our community. Thorough these discussions we are able to bring attention towards issues like online education, shift in the education pattern post COVID-19, the role of a leader in times of crisis, what role can NGOs play in supporting the current situation, Transparency in the administration system, few states allowing companies to violate the labor laws, a ways through which women empowerment can be improved in India and adding the Human touch to the business. This was just a little glimpse of what we have covered so far, the episodes are definitely more detailed and informative on the issues mentioned above and issues similar to them. 180 Degrees Consulting is an Australian organization which provides socially conscious organizations around the world with very high quality, extremely affordable consulting services, we are the Manipal University Branch. Being business consultants we have to learn about multiple sectors and providing services to socially concerned organisations, we need to understand the problems being faced by them. INSIGHTS is not only helping us in understanding our society and the impacts which it is facing due to COVID-19, it is also educating the people who watch these session on our YouTube channel.

The sessions are around 25-30 minutes, consisting of 4-5 questions based on speaker’ s area of expertise. An edit of the session is released on our social media handles every Monday. Here is the list of the speakers with whom we have organized the talk session.





OLYMPISM CLUB LOGO

Students and Faculty members of the Department of Arts witnessed the Inauguration of Olympism Club. Students of Bachelor of Physical Education (BPES) program of Manipal University Jaipur Release the logo of the Club and announced the names of the office bearer. In the said event, Dr. Rina Poonia, Deputy Director Sports MUJ congratulated the students for the successful inauguration of the Olympism Club. The office bearer members were Club President- Usha Singh, Vice President- Parth Chaudhary, General Secretary- Daniel Joseph Green, Student Coordinator- Manish Pandey and Faculty coordinator.



MANIPAL UNIVERSITY
JAIPUR

WOMEN'S DAY CELEBRATION BY OLYMPISM CLUB

Olympism Club



OLYMPISM CLUB organized an event of recreational games with theme of "Sports as a key for Women Empowerment" for all the girls and the female faculty members of our university on 5 March 2020 on the occasion of WOMEN'S DAY. More than 300 female Students and around 40 faculty members participated in the event. Following games were included in the event



MANIPAL UNIVERSITY
JAIPUR

International Day of Yoga Pre-Event at Manipal University Jaipur

Sports Activities



MANIPAL UNIVERSITY
JAIPUR



INTERNATIONAL YOGA DAY

Pre Event



19th June 2020

4:00PM -5:30PM

Moderated by
Yogini Shruti krishna

convener

Ms. Rina Ponia
(Deputy Director, Physical Education
Manipal University Jaipur)



Yoga session organized by the Directorate of Student Welfare

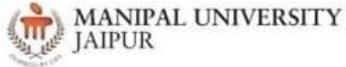
Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.” — B.K.S. Iyengar
For the preparation of IDY, DSW organized a Pre-Yoga Event in collaboration with EKAM YOGA, for all MUJ faculty members and students at 4.00 PM on 19.6.2020 all likeminded staff and students who got together to participate in the preparatory session for the Sixth International Day of Yoga on Zoom App and live on Facebook. Welcome address was given by Convener Dr. Rina Ponia Deputy Director Physical Education MUJ. After a few short words of introduction, the Ms. Shruti Krishna from Exam Yoga briefly impressed upon the gathering some of the benefits and advantages of practicing Yoga regularly. She led the gathering through the common Yoga protocol prescribed by the GOI. This included asanas (standing, sitting and lying), pranayama and meditation. All the participant thoroughly enjoyed themselves in this combined exercise of the mind, body and soul. At the end of the program, the Dean of the Directorate of Student Welfare, Professor G.L. Sharma congratulated all the participants for their keen interest and urged them to keep at it so that they may continually refresh themselves to face an exciting and challenging work environment and invite all the members to participate in upcoming IDY 2020 on 21st June 2020.



MANIPAL UNIVERSITY
JAIPUR

6th International Day of Yoga at Manipal University Jaipur

Sports Activities



INTERNATIONAL YOGA DAY

@ekamyogaindia **LIVE**

7:00AM - 8:00AM

21st June 2020

Moderated by
Yogini Shruti krishna



Prof. G K Prabhu, President
Manipal University Jaipur

Prof. G L Sharma
Dean DSW, MUJ

Dr. Rina Poonia
Deputy Director,
Physical Education (DSW), MUJ

coo@ekamyoga.com www.ekamyoga.com Call +91 7374888111

Yoga session organized by the Directorate of Student Welfare.

Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.” — B.K.S. Iyengar

AT 7:00 am, on the 21st of June 2020, Manipal University Jaipur in collaboration with Ekam Yoga Foundation organized an Online yoga session for likeminded staff and students who got together to participate and promote the Sixth International Day of Yoga on Zoom App and live on Facebook. This event initiated by the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) was an excellent opportunity to celebrate our rich cultural heritage in an active manner. Welcome address was given by Organizing Secretary Dr. Rina Poonia Deputy Director Physical Education. After a few short words of introduction, the President Prof. G.K. Prabhu briefly impressed upon the gathering some of the benefits and advantages of practicing Yoga regularly. He even explained the manner in which Yoga can even serve to catalyze the University environment by invigorating both staff and students, bringing them into closer relations with each other. Ms. Shruti Krishna from Ekam Yoga led the gathering through the common Yoga protocol prescribed by the GOI. This included asanas (standing, sitting and lying), pranayama and meditation. All the participant thoroughly enjoyed themselves in this combined exercise of the mind, body and soul. At the end of the program, the Dean of the Directorate of Student Welfare, Professor G.L. Sharma congratulated all the participants for their keen interest and urged them to keep at it so that they may continually refresh themselves to face an exciting and challenging work environment. Facebook live video was reached by more than ten thousand people.



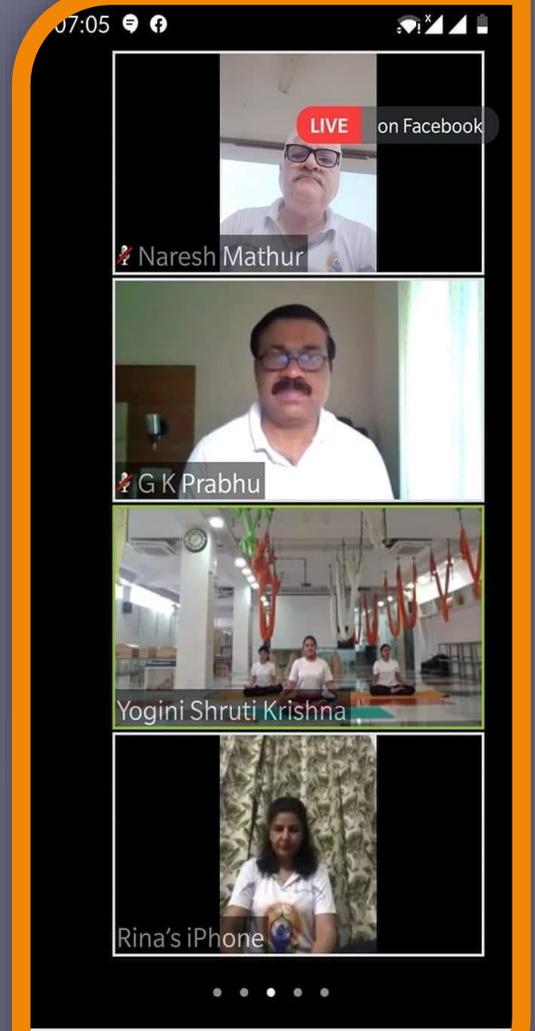
MANIPAL UNIVERSITY
JAIPUR

6th International Day of Yoga at Manipal University Jaipur

Sports Activities



Yoga session organized by the Directorate of Student Welfare





MANIPAL UNIVERSITY
JAIPUR

Expert Lecture in Online Yoga Marathon

Sports Activities



युवा कार्यक्रम और खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS AND SPORTS



**JOIN PEFI FACEBOOK Live Session
on Physical Education and Sports**

19 May 2020 at 1:00 to 2:00 PM

TOPIC

**Role of Education
Institute to Promote
the Sports**

To join the LIVE Session :

www.facebook.com/pefindia

Organized by :

Physical Education Foundation of India (PEFI)

Recognized as :

National Sports Promotion Organization
by Ministry of Youth Affairs & Sports

EXPERT

Dr. Rina Poonia

Associate Professor Physical Education and Deputy Director,
Physical Education, Manipal University Jaipur



pefindia@gmail.com



www.pefindia.org

9212799477



YouTube



pefi

Dr. Rina Poonia Deputy Director Physical Education, Manipal University Jaipur has delivered an online lecture on “Role of Education institute to Promote the Sports” at PEFI online Facebook live page. More than 10 thousand views were there on FB live page during the lecture. Link of the online lecture.

<https://www.facebook.com/RJPEFI/photos/a.414902122316409/894804057659544/?type=3>



After the successful organization of Quarantine Fitness Challenge of OLYMPISM CLUB of Manipal University Jaipur the Deputy Director Physical Education Dr. Rina Poonia has prepared a tentative training program of “Fitness Work at Home” for all the faculty members and students with different levels of intensity and shared with the students and faculty members of MUJ through Registrar.

In recent times, with the world seeming to be in a turmoil, it is easy to lose sight of our health, but also that much necessary to make efforts to maintain it. Physical activity contributes to both our physical and mental health. As we all are currently confined within our houses due to the COVID-19 pandemic. It is possible to keep active, even when you are confined indoors. Now, as more of us are living and working or studying in the same space, it is even more important to take active breaks to move, stretch and make the time to focus on our mental well-being. The exercises shared in the below links are easy to do and require no special equipment. They offer a basic, safe starting point for making sure we all keep moving while staying at home.

WHO recommends 150 minutes of moderate-intensity or 75 minutes of vigorous intensity physical activity per week for adults, or a combination of both. Govt. of India advised people in self-quarantine without any symptoms or diagnosis of acute respiratory illness. You are advised to be healthy and maintain fitness to contribute Fit India Moment and do regular exercises to improve your immunity system and quality life at home.



You may follow the following schedule;

Most Preferred timing: 6-7 am (or as Per your convenience) Duration: 30 to 45 min per day (1-5)

Intensity: Start with the low intensity.

Activities: Aerobics, Zumba, Yoga Asanas and Pranayamas

Please refer the following links as a key for your fitness program.

Warm-up Session 10-15 Minutes

Following is the link of basic warmup and Aerobics Exercises. <https://www.youtube.com/watch?v=enYITYwvPAQ>

Following is the link of 45 min aerobic session for beginners. <https://www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/>

Yogic Asanas for 10-15 Minutes

Following are the links of Basic yogic exercises which you can perform at home:

- Standing Asanas: <https://www.youtube.com/watch?v=CITc2AxYnPY>
- Sitting Asanas: <https://www.youtube.com/watch?v=l>
- Lying Asanas: <https://www.youtube.com/watch?v=m5AXVQ9OyMo>
- Surya Namaskar: https://www.youtube.com/watch?v=_eCHrcq5wRY
- Mix yogic exercises <https://www.youtube.com/watch?v=NUyuQXuzDnl&t=97s>

Pranayamas (Yogic Breathing) Practice for 10-15 Minutes

Following are the links of Important Pranayamas which you can perform at home:

- Anulom Vilom Pranayama: https://www.youtube.com/watch?v=J_aJqlq3dac
- Shitali Pranayama: <https://www.youtube.com/watch?v=Y7RjVs9eJkE>
- Shitkari Pranayama: <https://www.youtube.com/watch?v=KSIGIzukOSM>
- Individuals with low blood pressure should practice Surya Bhedi Pranayama: <https://www.youtube.com/watch?v=nSZ6cSYhrUo>
- Individuals with high blood pressure should practice Chandra Bhedi Pranayama: <https://www.youtube.com/watch?v=QGN817Ydvwo>
- Nadi Shodhna Pranayama: <https://www.youtube.com/watch?v=ZBiAONgb5fc> (Proper procedure is explained @ 04:10 to 06:10 in the video)

Beginners can start with 30 to 45 minutes of training session according to their own capacity. But you all are requested to start with less intensity and volume for first week.

Stay Home and Be Fit !!!

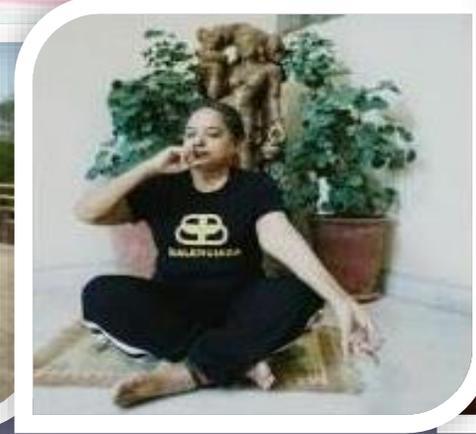


MANIPAL UNIVERSITY
JAIPUR

Quarantine Fitness Challenge

Sports Activities

In the continuity of Quarantine Fitness Challenge the OLYMPISM CLUB of Manipal University jaipur organized Fitness Quiz, and Fitness challenge in the month of May and great number of faculty members and students have participated in the fitness challenge

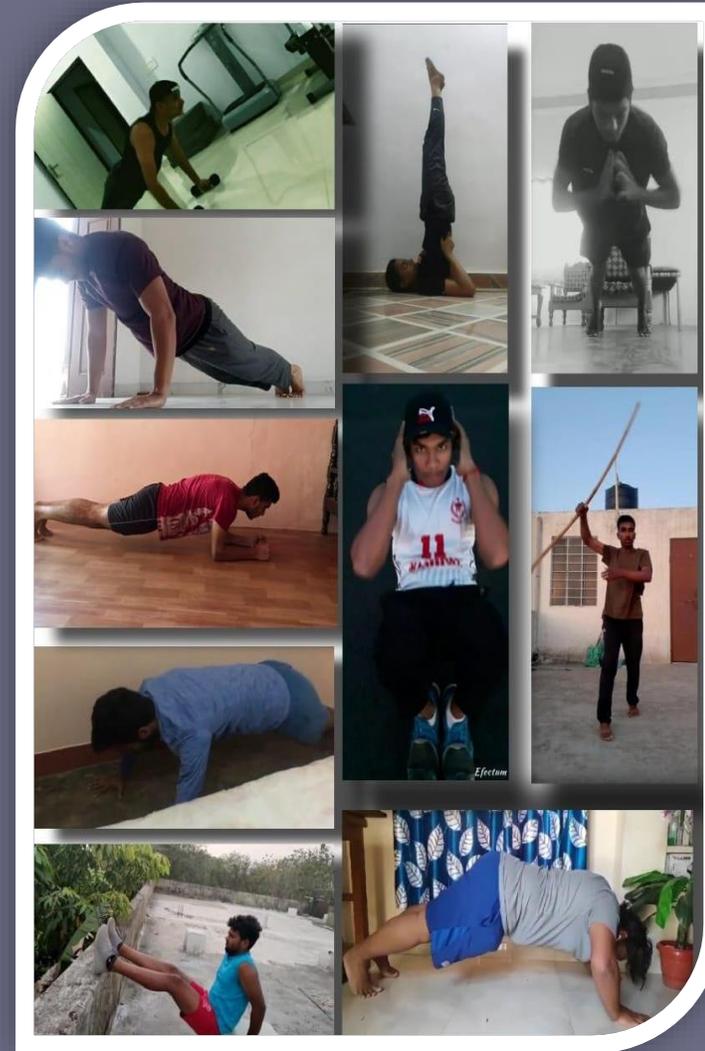
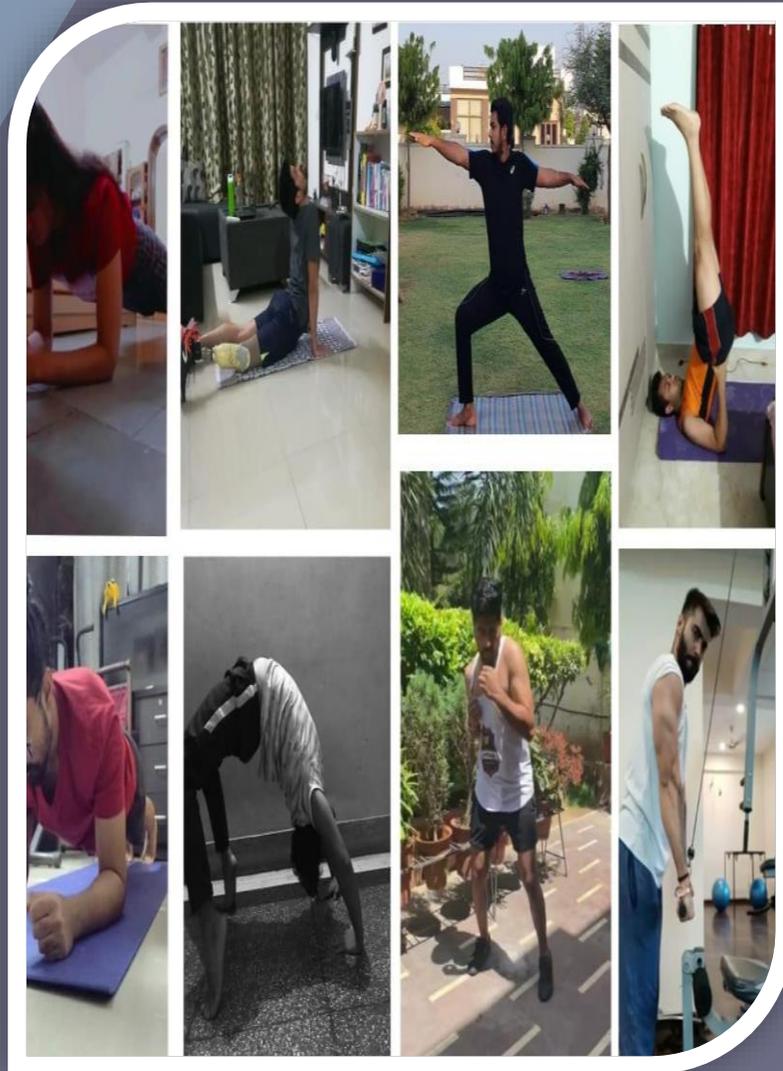




MANIPAL UNIVERSITY
JAIPUR

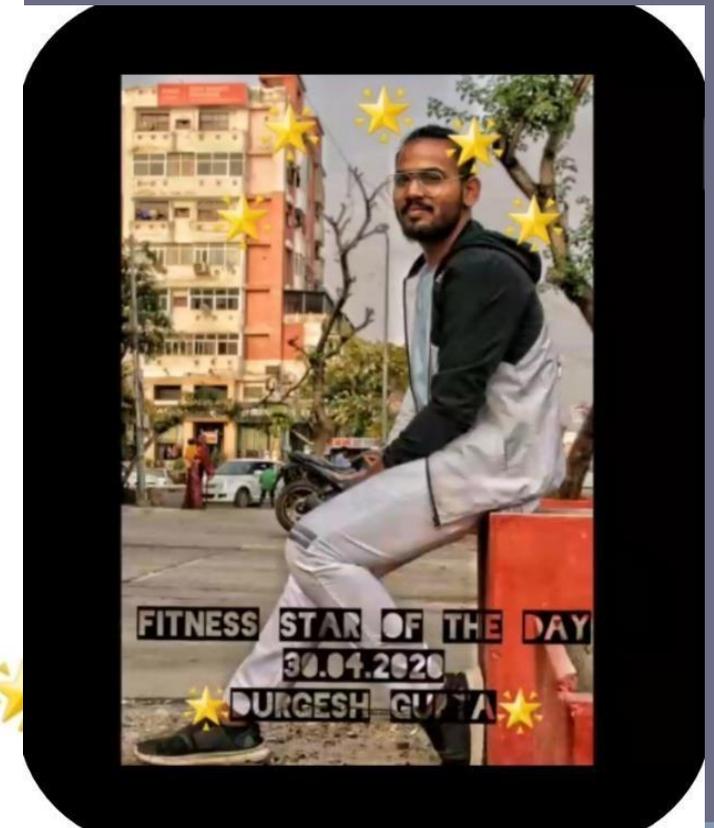
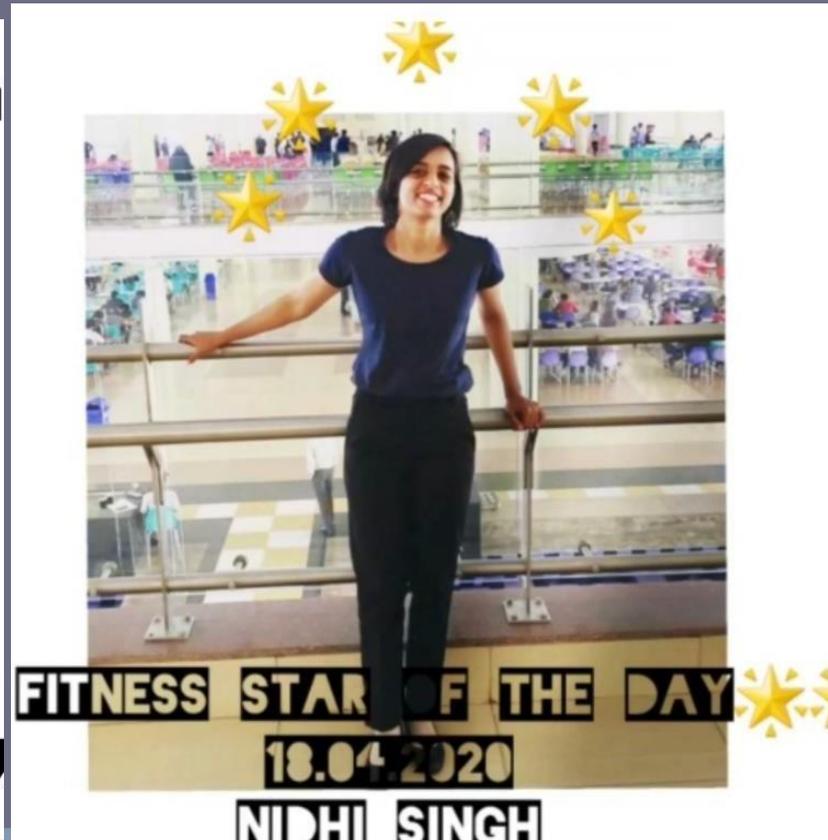
Quarantine Fitness Challenge

Sports Activities





Due to COVID-19 pandemic, Olympism club came up with an idea during this lockdown called 'Quarantine Fitness Challenge' for all BPES students and faculty members of Department of Arts. In this challenge students need to post any exercise or yoga asana every day and the best exercise post or video gets the FITNESS STAR OF THE DAY title by our jury members. A WhatsApp group was formed where students can post daily home workout pictures and everyday new challenges were added to keep students active during this lockdown.





MANIPAL UNIVERSITY
JAIPUR

Expert Lecture in Online Yoga Marathon

Sports Activities



EKAM YOGA
Ekam beauty of body, mind and soul!



ONLINE YOGA MARATHON

11th April 2020
12:00 PM - 1:00 PM



Dr. Rina Poonia

Topic

**QUALITY LIFE & MENTAL
TOUGHNESS**

Dr. Rina Poonia is serving as an Associate Professor & Deputy Director, Physical Education at Manipal University Jaipur. She has a vast experience as an administrator in the field of promotion and organization of sports activities.

ONLINE YOGA MARATHON

Program coordinator : Sanju

Special Sessions
till 21st April 2020
12:00 pm-1:00 pm



Join us live
on Ekam Yoga
Facebook
Page



Scan to join



Join us live
on Ekam Yoga
Facebook
Page



Scan to join

Dr. Rina Poonia Deputy Director Physical Education, Manipal University Jaipur has delivered an online lecture on “Quality Life and Mental Toughness” at Online Yoga Marathon organized by Ekam Yoga on Facebook live page. More than 10 thousand views were there on FB live page during the lecture.

Krishna kripa 4 , Subhas Nagar, Shastri Nagar, Jaipur, Rajasthan.

7374888111 www.ekamyoga.com welcome@ekamyoga.com

Krishna kripa 4 , Subhas Nagar, Shastri Nagar, Jaipur, Rajasthan.

7374888111 www.ekamyoga.com welcome@ekamyoga.com



Manipal University Jaipur (MUJ) practices the policy of giving its stakeholders full representation in all student oriented academic & administrative bodies/committees. Following this practice during these unprecedented times of COVID-19 pandemic situation, MUJ Faculty student councils were given platform to transparently witness the endeavours made by the university for their safety especially, after their arrival to the University, Post Lockdown.

Council members were the designated members of the constituted committee- COVID 19 Post Lockdown Protocols for students and MUJ has incorporated their valuable inputs in conceptualizing the Post Lockdown Protocols for Students.



MANIPAL UNIVERSITY
JAIPUR

Flyers



MANIPAL UNIVERSITY
JAIPUR

(University under Section 2(f) of the UGC Act)

Student Grievance Redressal Committee

MEMBERS NAME AND CONTACT NUMBERS

Prof. (Dr.) G. L. Sharma	Chairperson	09642437555
Dr. Vijay Laxmi Sharma	Co-Chairperson	09828117520
Prof. Anil Dutt Vyas	Member	08003599912
Dr. Abhishek Shrivastava	Member	07891752313
Dr. Archana Poonia	Member	09781140022
Dr. Arun Kumar Poonia	Member	09929116538
Dr. Monika Mathur	Member	09024490309

Contact details of the Nodal person

Prof. (Dr.) G. L. Sharma

Dean Students' Welfare

Manipal University Jaipur | Off Jaipur-Ajmer Expressway |

Post: Dehmi Kalan | Jaipur-303007 | Rajasthan | India

Email: dean.sw@jaipur.manipal.edu

Cell – 09642437555 Office: 0141-3999100, Ext No: 182

Online Grievance Portal link:

<https://jaipur.manipal.edu/muj/life-at-muj/Online-Grievance-Redressal-Registration.html>

PG portal of UGC: <http://www.ugc.ac.in/qrievance/>



MANIPAL UNIVERSITY
JAIPUR

Sexual Harassment of Women at Workplace
(Prevention, Prohibition and Redressal)



**ZERO
TOLERANCE**
Against Sexual Harassment

WE ARE THERE TO HELP YOU!

"Committed to provide a safe working environment and study atmosphere"

An Internal Committee (IC) for prevention of sexual harassment of women at workplace in accordance with the directives of UGC Regulations 2015 and AICTE Regulations 2016 has been constituted at Manipal University Jaipur.

The committee comprises the following members:

Name	Designation	Email	Mobile
Dr. Lalita Ledwani	Presiding Officer	lalita.ledwani@jaipur.manipal.edu	7673650383
Dr. Richa Arora	Member	richa.arora@jaipur.manipal.edu	8003599913
Dr. Kalpna Sharma	Member	kalpana.sharma@jaipur.manipal.edu	8003897114
Mr. HS Bhat	Member	srinivasa.bhat@manipalglobal.com	9845315333
Ms. Sunita Saini	Member	sunita.saini@jaipur.manipal.edu	7426935221
Mr. Deepak Kumar	Representative NGO "BHOR"	--	7597971601

Access Our Policy Against Sexual Harassment
on our website

<https://jaipur.manipal.edu/content/dam/manipal/muj/documents/SHPP%20Policy.pdf>

Action in accordance with rules will be taken against anyone found guilty of such behavior.

For any query or filing a complaint, you may contact any one of the committee members
or drop an email at posh@jaipur.manipal.edu



MANIPAL UNIVERSITY
JAIPUR

Flyers



MANIPAL UNIVERSITY
JAIPUR

now our
LIBRARY
on Mobile



mLibrary



Download
mLibrary app

Email
Your Email ID

Password
knimbus@2018

Further Details:
Dr. K.S. Shivraj, Chief Librarian
Extn. 179, Mob: 9942557347



MANIPAL UNIVERSITY
JAIPUR

(University under Section 2(f) of the UGC Act)

STUDENT SUPPORT SYSTEM

Directorate of Student Welfare

Following student counsellors are available to address your
Academic, Personal, Emotional and Social Concerns.

Dr. Rimpay Sharma | Ms. Vandna Kabra | Ms. Devanshi Padaliya

For Appointment:

Phone No. : 0141-3999100 Ext. 812

students.counsellor@jaipur.manipal.edu

Student Support System
Room no.001 and 023 AB1

Time:

9:00 AM-8:00 PM
(Monday, Wednesday, Friday)

9:00 AM-6:00 PM
(Tuesday and Thursday)



MANIPAL UNIVERSITY
JAIPUR

Flyers



MANIPAL UNIVERSITY
JAIPUR

(University under Section 2(f) of the UGC Act)

DON'T "RAG"

DON'T BE A MUTE WITNESS TO
"RAGGING"

What is "Ragging"?

- Mental /Physical/Sexual abuse
- Verbal abuse
- Indecent behaviour
- Criminal Intimidation/Wrongful restraint
- Undermining human dignity
- Financial exploitation/Extortion
- Use of Force

A Student Indulging in Ragging can be

- Expelled from the institution
- Banned from the mess/hostel
- His/her scholarship can be withdrawn
- Debarred from examinations
- Denied admission to any Institution
- Prosecuted for criminal action
- Institutions have been asked to file FIR with the local police a against those who RAG/ABET ragging

Helpline No.: **1800-180-5522** Email : helpline@antiragging.net



MANIPAL UNIVERSITY
JAIPUR

(University under Section 2(f) of the UGC Act)

MUJ IS A RAG FREE CAMPUS



Helpline No.: **1800-180-5522**
Email : helpline@antiragging.net

NO RAGGING

In case of any problem related to ragging, student can contact following members of the Anti-Ragging Committee.

- Prof (Dr) G. L. Sharma, Convener, 9642437555
- Dr Vijay Laxmi Sharma, Member, 9828117520
- Dr Ajay Kumar, Member, 8003599921
- Prof A.D. Vyas, Member, 8003599912
- Dr Abhishek Srivastava, Member, 7891752313
- Dr Archana Poonia, Member, 9781140022
- Dr Rina Poonia, Member, 8560097932



MANIPAL UNIVERSITY
JAIPUR

(University under Section 2(f) of the UGC Act)

NO RAGGING @ MUJ

1. All students are hereby informed that **RAGGING** is banned in Manipal University Jaipur. They are once again reminded that they have signed an undertaking stating that they will desist from indulging in RAGGING.

2. The Hon'ble Supreme Court [CIVIL Appeal No. 887 dated 08 May, 2009] has directed that **RAGGING** be banned from all educational institutions. **RAGGING** has been made a cognizable offence and it attracts a punishment of rigorous imprisonment up to 3 years and a fine of Rs. 25,000/-.

RAGGING has been defined as:-

* Any act causing, inducing, compelling or forcing a student whether by way of a practical joke or otherwise, to do any act which detracts from human dignity or violates his person or exposes him to ridicule or to forbear from doing any unlawful

act, by intimidating, wrongfully restraining, wrongfully confining, or injuring him or by using criminal force to him or by holding out to him any threat of such intimidation wrongful restraint, wrongful confinement, injury or the use of criminal force*.

3. If any incident of ragging comes to the notice of the authority concerned, the accused student will be expelled from the University.

4. Also the student accused of ragging -
a. Will not be recommended for passport application.
b. Will be given Transfer Certificate with endorsement of criminal tendency.
c. Will be suspended immediately and expelled from MUJ after completion of enquiry.

In case of any problem related to ragging, student can contact following members of the Anti-Ragging Committee.

- Prof (Dr) G. L. Sharma, Convener, 9642437555
- Dr Abhishek Srivastava, Member, 7891752313
- Dr Vijay Laxmi Sharma, Member, 9828117520
- Dr Archana Poonia, Member, 9781140022
- Dr Ajay Kumar, Member, 8003599921
- Dr Rina Poonia, Member, 8560097932
- Prof AD Vyas, Member, 8003599912

Helpline No.: **1800-180-5522**
Email : helpline@antiragging.net



Standard Operating Procedure

For any kind of help Students can contact :- 0141-3999100 Ext. 111

Inform

Directorate Students' welfare (Counsellor) Help line Contact :-Ext 812

Intimation

Chief security officer (Contact Numbers :- 8824647031)
Health center/ Ambulance (Contact No.: 01413999100,- Ext. 555), 93588 39761
Col Kartik chief warden 75688 97853
MUJ Students grievance redressal committee & Ragging related complaints- 01413999100,- Ext. 577
Head of Department (HOD) Teacher Guardian (TG) Parents

Counselling time

Monday, Wednesday & Friday (9 am to 8pm) , and Tuesday & Thursday (9am to 6pm)



Emergency Contacts

Prof. G. L. Sharma
Dean Students' Welfare & Proctor
9642437555

Prof. Babita Malik
Deputy Director
8209429250

Prof. Anil Dutt Vyas
Deputy Director
9414065545

Dr. Abhishek Shrivastava
Deputy Director
7891752313

Dr. Rina Poonia
Deputy Director
8560097932

Dr. Arun Kumar Poonia
Assistant Director
9929113568

Mr. Hemant Kumar
Assistant Director
9828565268

Dr. Rimpay Sharma
Student Counsellor
Ext 812

Ms. Vandana Kabra
Student Counsellor
Ext 812

Ms. Devanshi Padaliya
Student Counsellor
Ext 812



Acknowledgement

This newsletter reflects the unstoppable aspirations and commitments DSW has towards the MUJ students. Credit of this effort precisely goes to our esteemed MUJ management, as this the outcome of confidence, they keep in team DSW and in its all endeavours.

The editorial team owe its in-depth gratefulness to each member of the team DSW and especially to Dean DSW Dr. Gurdaman Lal Sharma for his mentorship in conceptualizing this newsletter.

At last the editorial team would like to extend its heartfelt gratitude to everyone who has directly and indirectly contributed in the meaningful planning this this newsletter.

Editorial & Design Board

Dr. Babita Malik

Dr. Abhishek Shrivastava

Dr. Kusum Kanwar

Dr. Rimpay Sharma

Ms. Vandana Sonkariya

Ms. Devanshi Padaliya

Ms. Vandna Kabra