

FACULTY OF SCIENCE SCHOOL OF BASIC SCIENCE

DEPARTMENT OF BIOSCIENCES

World Toilet Day Awareness on Sanitation

19th November 2021

1. Introduction of the Event

A privileged day, “World Toilet Day”, 19 Nov was celebrated in Sharda Pai Auditorium in Manipal University Jaipur, India in collaboration with Rotary Club Bapu Nagar Jaipur.

2. Objective of the Event

- Awareness on Sanitation

3. Beneficiaries of the Event

- Students
- Faculty
- Community

4. Details of the Guests

Ms Meeta Mathur, Head Rotary Club Jaipur

5. Brief Description of the event

A privileged day, “World Toilet Day”, 19 Nov was celebrated in Sharda Pai Auditorium in Manipal University Jaipur, India in collaboration with Rotary Club Bapu Nagar Jaipur. It involved “Thanksgiving and distribution of Sanitary pads to female workers and liquid soap to male workers”. The occasion was graced by MUJ Registrar Dr Nitu Bhatnagar Mam, DSW head and team members and Rotarian Club members under the leadership of Ms.Meeta Mathur. The event was moderated and coordinated by Dr Monika Sogani, Biosciences Department. The event was addressed by Dr Nitu Bhatnagar and Ms Meeta Mathur. The event was followed with high tea and lunch to the invited guests. The students of Rotatry club, Iaeste and Enviro club were involved in its excellent coordination. Special thanks was given to the MIS workers and our key asset, our students who participated with full enthusiasm and zeal and made the gala event a grand success.



6. Photographs of the event or screenshots of the event (if online) with captions



Fig 1 Group photograph with the event guests and attendees the guest

Fig 2 Dr Monika Sogani introducing the guest



MANIPAL UNIVERSITY
JAIPUR

MUJ/Q&C/22/F/1.01

Event Report Format



MANIPAL UNIVERSITY
JAIPUR

DIRECTORATE OF STUDENT'S WELFARE

MANIPAL UNIVERSITY JAIPUR

DEPARTMENT OF BIOSCIENCES

ENVIRO CLUB PRESENTS

SANITARY NAPKIN DISTRIBUTION

**Type of Event (Conference/Seminar/Industry Lecture/ Capacity
Enhancement Session/ Alumni Lecture/etc.)**

Date of Event (18TH January 2022)



Content of Report (index)

(Page number may not be required)

(Delete entries which are not applicable)

1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event
4. Details of the Guests
5. Brief Description of the event
6. Geo-tagged Photographs
7. Brochure or creative of the event
8. Schedule of the Event
9. Attendance of the Event



1. Introduction of the Event

Enviro club in collaboration with Rotary club, Bapu Nagar Jaipur conducted an event with the aim of spreading awareness about menstruation in females. Behavior and social change are at the heart of UNICEF's health and hygiene programs. We DSW focus on maintaining proper hygiene: safe handling and storage of drinking water, water hygiene and Sanitation safety. Health and Hygiene are two essential concepts when it comes to the human body. Health refers to the state of physically as well a mental wellbeing. Health also encompasses the social wellbeing of an individual. Health is not just about being fit but also having the appropriate resources to live. Having a sound body and mind is an indication of good health. Hygiene refers to maintaining good health through practices that focus on cleanliness. Good Hygiene helps to prevent the spread of diseases and illnesses. Hygiene and health go hand in hand. In today's world, where pollution levels are rising and numerous diseases emerging, good health and Hygiene are a necessity. In continuation in this Society Connect, DSW with Enviro club in collaboration with Rotary club, Bapu Nagar Jaipur conducted an event with the aim of spreading awareness about menstruation and safe sanitation in females.

2. Objective of the Event (bullet points or about 50 words)

- To spread awareness about menstruation.
- To donate sanitary napkins among the female children.
- To educate the child about female hygiene.

3. Beneficiaries of the Event (Student/Faculty/Community etc) (25 words)

- MUJ student organizers
- 10TH AND 12TH students of Bagas Government school
- MUJ faculty members

4. Details of the Guests (Chief Guests, speakers etc Designation, organization, contact details if any please give them in sr no)

- a. Dr. Babita Malik, Prof. In Chemistry (Speaker)
- b. Dr. Monika Sogani, Sr. Associate Professor (Speaker)

5. Brief Description of the event (about 200 words)

Students of classes 10th and 12th were educated to focus on maintaining proper hygiene: safe handling and storage of drinking water and Sanitation safety. Health and Hygiene are two essential concepts when it comes to the human body. Health also

encompasses the social wellbeing of an individual in context to this Donation of sanitary napkins were distributed, sponsored by Rotary Green Club.

6. Photographs

3 to 5 geotagged photographs of the event or screenshots of the event (if online) with captions

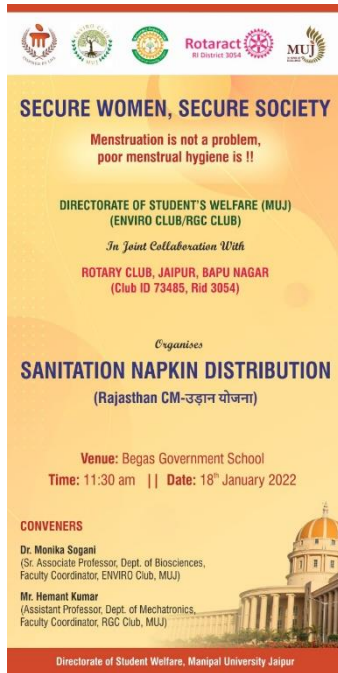
DONATION OF SANITARY NAPKINS AMONG FEMALE CHILDREN



EDUCATING THE CHILD ABOUT FEMALE HYGIENE



7. Brochure or creative of the event (insert in the document only)



8. Schedule of the event (insert in the report)

The event took place offline on the 18th of January 2022.

9. Attendance of the Event (insert in the document only)

Total attendee 19

Serial No.	Name of Students
1	Adivi Agarwal
2	Sakshi
3	Aradhana
4	Manoj
5	Gilchrist
6	Supriya
7	Sanjana
8	Dhruv
9	Tarushi
10	Aanchal
11	Gaury
12	Gurmeher
13	Ishan
14	Mehak
15	Om
16	Preeti
17	Revansh
18	Sahil
19	Sanskar



**MANIPAL UNIVERSITY
JAIPUR**

Seal and Signature of Head with date

MUJ/DSW/Student Clubs/2022/Biotech Club MUJ/16th Aug



DIRECTORATE OF STUDENTS' WELFARE

LIVE WEBINAR

ON

**A perspective on phylogenetic analysis and
genetic profiling of
Uropathogenic Escherichia coli - insights to pathogenesis
and disease variability**

Department of Biosciences & Biotech Club, Manipal University Jaipur

Date of Event (16th August, 2022)

(Platform: Google Meet)



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7.	Schedule of the Event	7
8.	Attendance of the Event	8



1. Introduction of the Event

The Department of Biosciences & Biotech Club, Manipal University Jaipur organized a 'Live Webinar' on 16th Aug, 22. The convenor – Dr. Mousumi Debnath, Faculty Coordinator, Biotech Club, invited Dr. Vinod Pallath, Associate Professor, Faculty of Medicine, Universiti Malaya, Malaysia, to talk on “*A perspective on phylogenetic analysis and genetic profiling of Uropathogenic Escherichia coli - insights to pathogenesis and disease variability.*”

The goal of this webinar was to provide knowledge about urinary tract infections (UTIs), the third most common bacterial illness that affects about 150 million individuals each year. The science underlying this manifestation by the bacteria *Escherichia coli* was described in this webinar.

A few of the main topics covered in this live session included an introduction to UTIs, the pathogenesis of UTIs, research, and methods for identifying the microbiological origin of this infection.

Additionally, this event aimed to heighten guests' interest in the fields of microbiology, medicine, and medical biotechnology.

2. Objectives of the Event

- To increase awareness about Urinary Tract Infections.
- To bring public awareness about the fatality of *Escherichia coli*, so that prompt medical attention could be sought.
- To develop students' enthusiasm towards doing research in the fields of medicine, microbiology, and medical biotechnology.
- To explore the most recent career options in biotechnology.

3. Beneficiaries of the Event

- MUJ Students

4. Brief Description of the event

Conducted under the direction of the Founder Faculty Coordinator, Biotech Club, Dr. Mousumi Debnath, Faculty of Biosciences, this Live Webinar solely aimed in bringing public awareness on Urinary Tract Infections. The Speaker in this webinar was invited, Dr. Vinod

Pallath who is an Associate Professor, Faculty of Medicine at Universiti Malaya, Kuala Lumpur, Malaysia.

Anshullika Saxena gave a welcoming address at the beginning of the event and introduced the distinguished faculty, the guest speaker, and the webinar's theme.

Escherichia coli which causes UTI in almost 150 million people, it's phylogenetic analysis and genetic profiling was the main topic understood here. Dr. Vinod delivered a brief but extremely thorough introduction of the UTI and the bacterial causes of it.

The objectives of this UTI research were given:

- To identify the differences if any in the genetic profile of the UPEC and ASB isolates of *E. coli*.
- To demonstrate the need for determining the nature of the organism in ensuring an accurate management of the disease.

He described the pathogenesis of UTI, which has three main stages and is brought on by the same microbe, *E. coli*: cystitis (infection of the urinary bladder), pyelonephritis (infection of the kidney), and Urosepsis (infection of the blood stream). Therefore, discussing this extremely troublesome UTI situation in this webinar was the key.

This superiority of *E. coli* was attributed to the presence of UPEC harbour virulence genes, which are genes that allow a pathogen to cause manifestation.

Our Speaker also went into detail about UPEC detection techniques which includes *Phylogenotyping and virus detection, Antibiotic susceptibility testing, Cluster analysis, Microarray and Genome sequencing* and issues with UTI research.

The Speaker helped raising an awareness regarding UTI and also encouraged the students to pursue careers as skilled professionals in the field of biomedical research and biotechnology.

A question-and-answer session followed the presentation, during which the speaker was asked a variety of questions, all of which were swiftly addressed .It was a skilful and exciting event.

5. Photographs

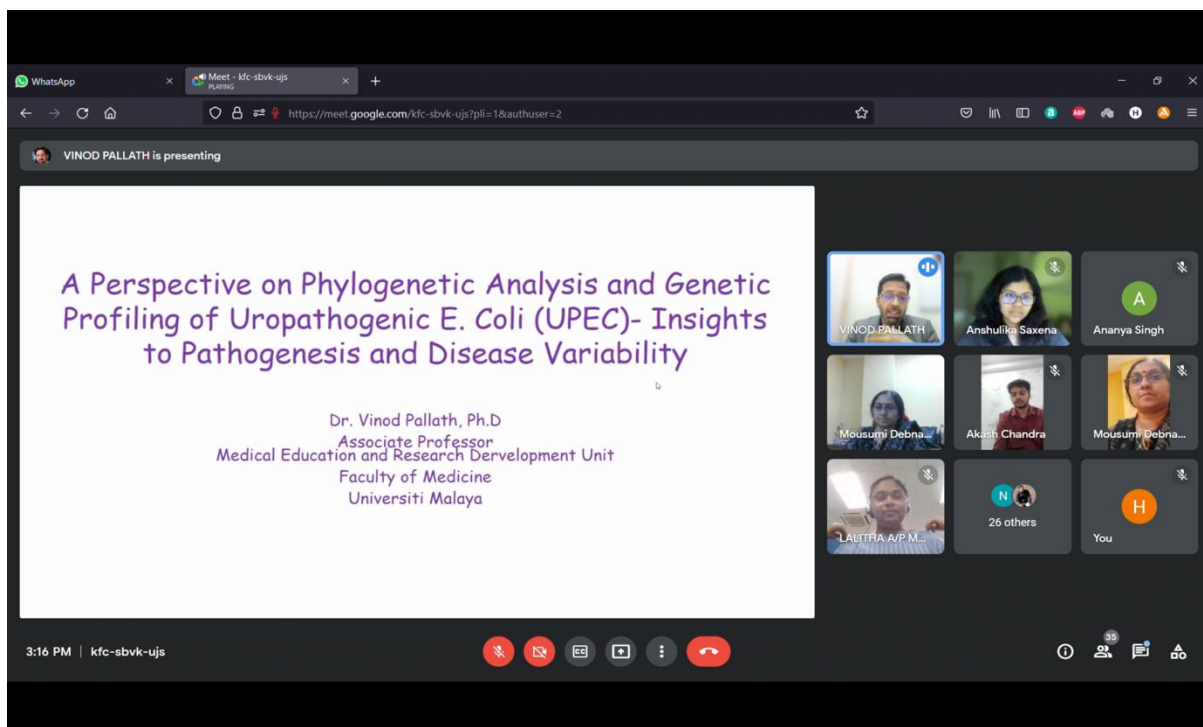
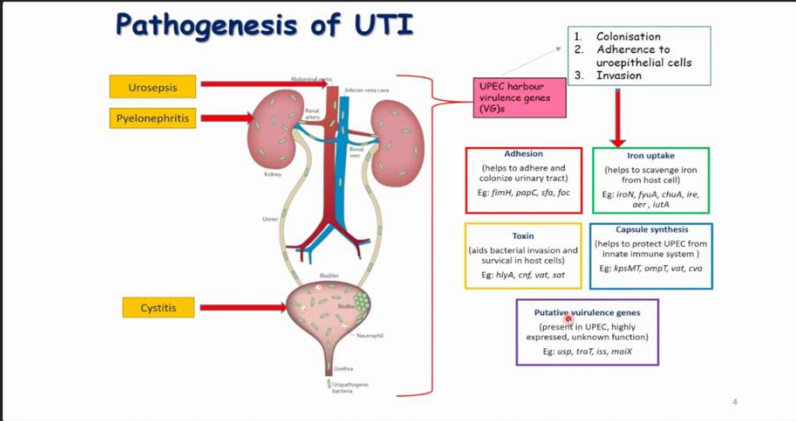


Fig 1: Introduction of the topic of Webinar



Pathogenesis of UTI

Urosepsis
Pyelonephritis
Cystitis

UPEC harbour virulence genes (VGs)

1. Colonisation
2. Adherence to uroepithelial cells
3. Invasion

Adhesion (helps to adhere and colonize urinary tract)
Eg: *fimH, papC, sfa, foc*

Iron uptake (helps to scavenge iron from host cell)
Eg: *iroN, fyuA, chuA, ire, aer, iutA*


Capsule synthesis (helps to protect UPEC from innate immune system)
Eg: *kpsMT, ampT, vat, cva*

Toxin (aids bacterial invasion and survival in host cells)
Eg: *hlyA, cnf, vat, sat*

Putative virulence genes (present in UPEC, highly expressed, unknown function)
Eg: *usp, traT, iss, malX*

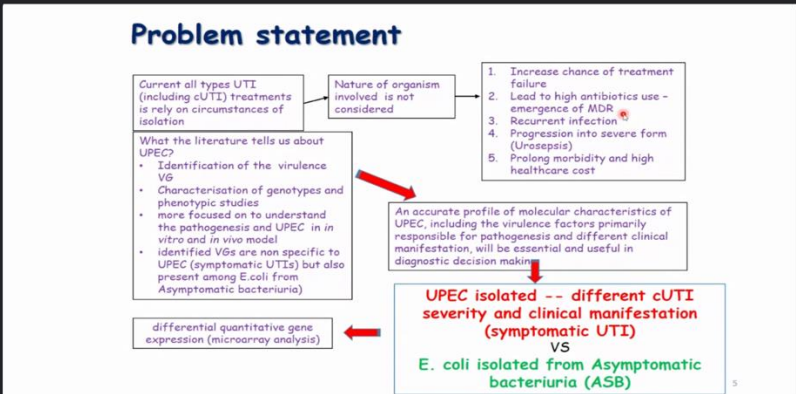
3:29 PM | kfc-sbvk-ujs

Fig 2: Dr. Vinod explaining the Pathogenesis of UTI



4:04 PM | kfc-sbvk-ujs

Fig 3: Live Webinar on UTI



Problem statement

Current all types UTI (including cUTI) treatments is rely on circumstances of isolation

Nature of organism involved is not considered

1. Increase chance of treatment failure
2. Lead to high antibiotics use - emergence of MDR
3. Recurrent infection
4. Progression into severe form (Urosepsis)
5. Prolong morbidity and high healthcare cost

What the literature tells us about UPEC?

- Identification of the virulence VG
- Characterisation of genotypes and phenotypic studies
- more focused on to understand the pathogenesis and UPEC in *in vitro* and *in vivo* model
- identified VGs are non specific to UPEC (symptomatic UTIs) but also present among E.coli from Asymptomatic bacteriuria

differential quantitative gene expression (microarray analysis)

An accurate profile of molecular characteristics of UPEC, including the virulence factors primarily responsible for pathogenesis and different clinical manifestation, will be essential and useful in diagnostic decision making

UPEC isolated -- different cUTI severity and clinical manifestation (symptomatic UTI) VS E. coli isolated from Asymptomatic bacteriuria (ASB)

3:30 PM | kfc-sbvk-ujs

Fig 4: Live Webinar on UTI

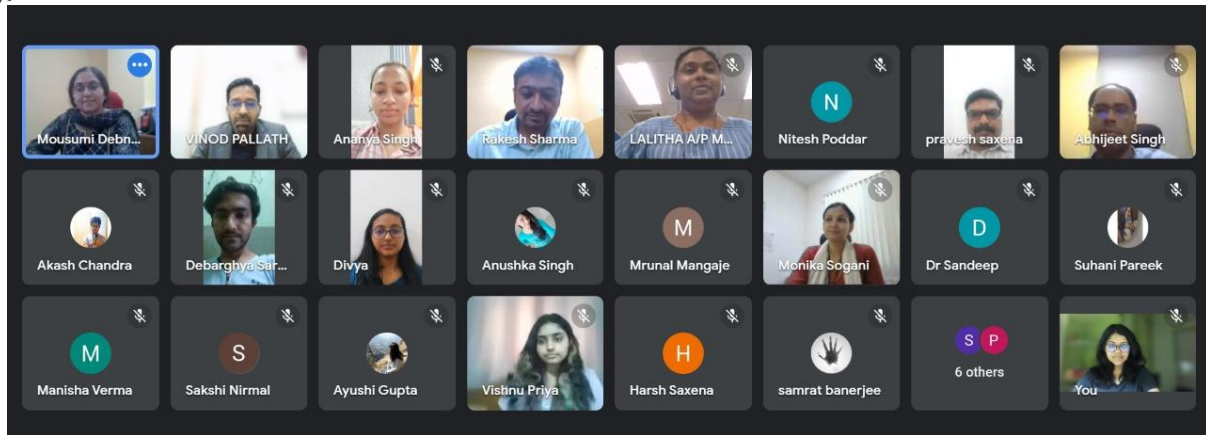


Fig 5: Attendees in the Live Webinar on UTI

6. Brochure or Creative of the Event



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

 **Biotech Club**

 **ACCREDITED WITH GRADE
A+
NAAC**

**DEPARTMENT OF BIOSCIENCES & BIOTECH CLUB
AND
DIRECTORATE OF STUDENT WELFARE ORGANISES**

LIVE WEBINAR

ON

**A perspective on phylogenetic analysis and genetic profiling
of Uropathogenic *Escherichia coli* - insights to pathogenesis
and disease variability**



Join Us On:
16th Aug 22, Tuesday
3 pm - 4 pm

Scan to view link:


OUR SPEAKER:
DR. VINOD PALLATH
Associate Professor
Faculty of Medicine, Universiti Malaya
Kuala Lumpur, Malaysia

**CONVENOR- DR. MOUSUMI DEBNATH
(FACULTY COORDINATOR, BIOTECH CLUB)**

For Any Queries Contact: biotechclubmuj@gmail.com
Contact: Ananya Singh 9423043461
Harsh Saxena 7007027383



7. Schedule of the event

The event was on the 16th August 2022 from 3:00 PM- 4:00 PM on Google Meet.

8. Attendance of the event: 38

S.No.	Name	Registration No.
1.	Ananya Singh	201002002
2.	Harsh Saxena	201003004
3.	Anvarshu Gopal	211002011
4.	Anshullika Saxena	211002053
5.	Ayushi Gupta	201002029
6.	Divya	211002056
7.	Sylvia Parveen	211003009
8.	Anushka Singh	211002003
9.	Shivani Tiwari	211002002
10.	Aryan Singh	211002038
11.	Muskan Yadav	211002040
12.	Sakshi Nirmal	211002060
13.	Priyasha Paul	211002035
14.	Akash Chandra	211002036
15.	Shashank Goyal	21102043
16.	Nandini	211003001
17.	Mrunal Mangaje	211003007
18.	Sowvhik Parvej	211002007
19.	Aayushi Thakkar	211002061
20.	Manisha Verma	211002009
21.	Rahul Shrivastava	211002050
22.	Debaghya Sarkar	211002015
23.	Samrat Banerjee	211003008



24.	Sneha Srivastava	211002042
25.	Sonali Lalwani	211002041
26.	Suhani Pareek	211002062
27.	Vishnu Priya	211002028
28.	Tarushi Jain	201003001
29.	LALITHA	
30.	Shalu Kedia	
31.	Saji r menon	
32.	Pravesh Saxena	
33.	Dr. Abhijeet Singh	
34.	Dr. Mousumi Debnath	
35.	Dr. Madan Mohan Sharma	
36.	Dr. Rakesh Sharma	
37.	Dr. Nitesh Poddar	
38.	Dr. Monika Sangani	

9. Post event link:

<https://jaipur.manipal.edu/muj/life-at-muj/Student-CLUBS.html>

Ananya Singh

President, Biotech Cub MUJ

Signature of the Student Coordinator

Dr. Mousumi Debnath

School of Basic Science

Signature of the Faculty Coordinator

<p>DIRECTOR STUDENT WELFARE & PROCTOR MANIPAL UNIVERSITY, JAIPUR</p>	 <p>Dr. Arun Kumar Poonia Asst. Director, DSW Clubs</p>
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DIRECTORATE OF STUDENTS' WELFARE

MIND OVER MATTER

PRESENTS

You are not Alone

Counselling Event

ONLINE EVENT

PLATFORM: INSTAGRAM LIVE

Date of Event (21th September 2022)

(6:00 PM- 7:00 PM)



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8.	Attendance of the Event	6+7
9.	Link of MUJ website	

1. Introduction of the Event

Mind Over Matter the mental health club of MUJ, organized an online event called 'You are not Alone' seminar. It was conducted on Instagram Live with our honorable guest for the day- Madam Jyoti Mehta, who is a well-known Chartered Psychologist, working with the British Psychological Society. The main agenda of the seminar was to spread awareness about mental health and suicide prevention during the most suitable time- September, the International Suicide Prevention month. The event educated us about the basic realities of life. Suicide is a hard decision someone needs to take but rather than cleaning up the mess after it happens, we should work on how to prevent it from happening completely. This prevention is related to how we prevent ourselves as well as how we are able to help others through it. Our mentor and guide M. Jyoti took us to a much-needed road map about how suicide happens and what we can do to create a world with the least possible cases of suicide.

2. Objectives of the Event

- To spread awareness about mental health issues through our college
- To stand a point on suicide, and things closely related to it.
- To educate the participants about helping themselves and their closed ones with mental trauma and suicidal thoughts.
- To get ideas about suicidal prevention steps and methods.
- To understand self-love on a deeper level.

3. Beneficiaries of the Event

- MUJ Students

4. Brief Description of the event

Our anchor for the event, Aradhana (Content Head, MOM), started the event by greeting the guest and the participants of the Live seminar. Our guest and mentor, Jyoti Mehta started talking to us about the basics of Suicidal Prevention. Quoting advices and methods from the World Health Organization (WHO), British Psychological Society (BPS) and American Psychological Association (APA), her words were enriched with facts and figures that made the participants truly understand the depth of the topic. Jyoti ma'am focused on the real-life aspects of suicide prevention and took up examples that we could all relate to.

Ma'am educated us about the meanings of good mood and bad mood and how their variations affect our personalities and behaviors. She took examples of adolescent problems and clarified any remaining doubts we had about the topic of moods and their effects on us. Another much needed topic of discussion was the impact of social media on suicidal rates all across the world. The statistics and research have proven that there are several ways in which the media is affecting suicide rates, but more specifically elevating it.

We heard more about mental triggers and that they are directly related to suicide causation. Along with that, questions asked by the host of the event on the purpose of our lives being related to taking our own lives, how much the environmental vs. personal reasons are responsible for causing suicide.

Jyoti ma'am shared with us the importance of Learning about Suicide in order to be able to prevent it. She gave us an acronym of LEARN.

L= Look for Signs

E= Empathize and listen

A= Ask directly about suicide

R= Remove the danger

N= Next level of care

With that the session ended on a positive, educational and extremely purposeful note.



5. Photographs of the Event

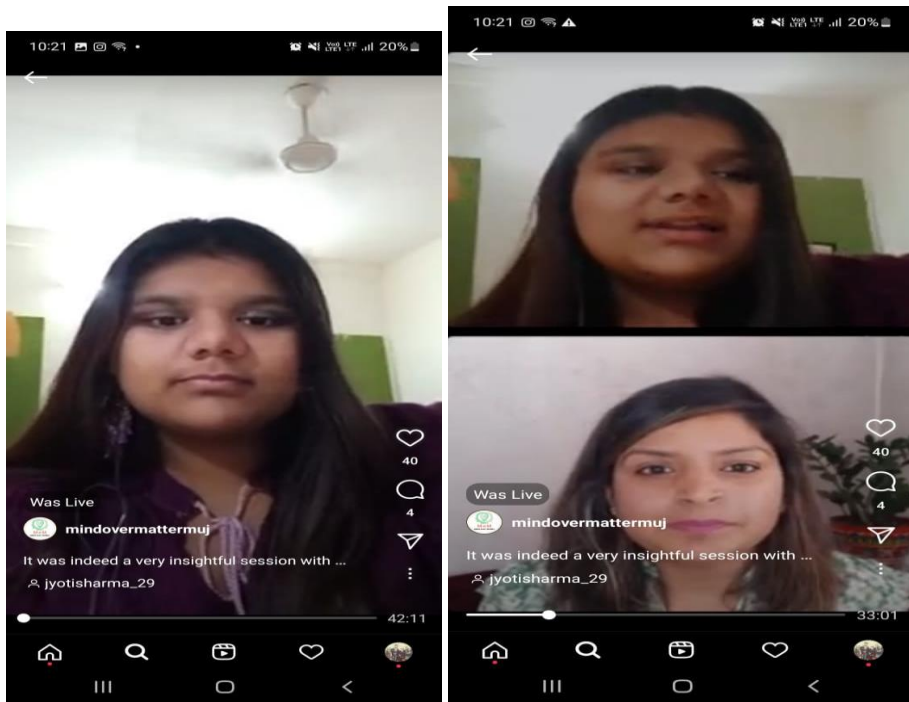


FIG.1 Aradhana the host of the event introducing the audience to the topic of the session, **FIG.2** Jyoti ma'am sharing her precious wisdom with us.

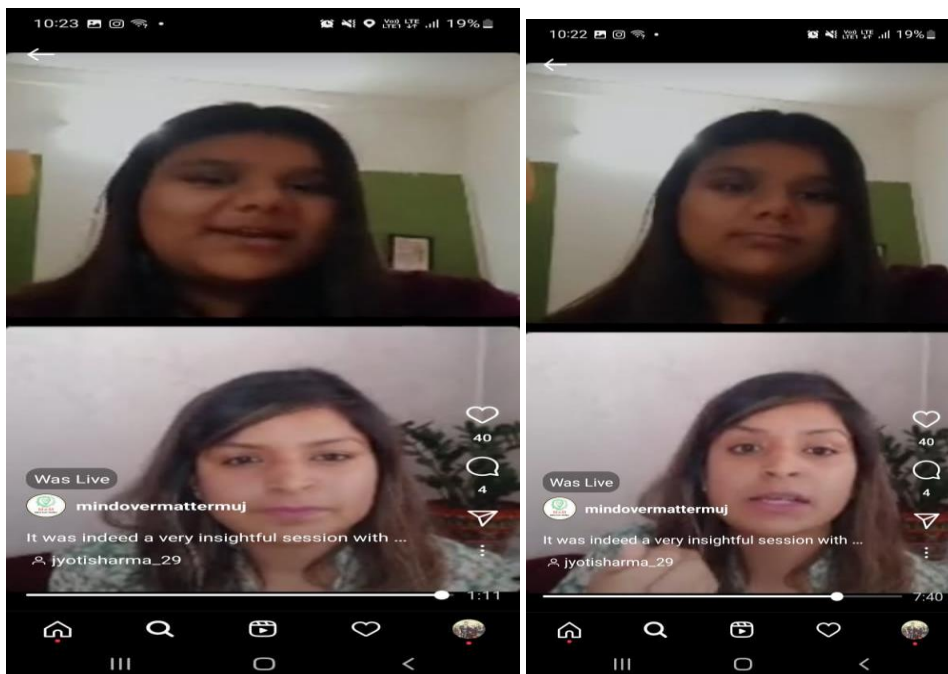


FIG.3 Aradhana thanking the guest for her time and efforts ,**FIG.4** Ma'am sharing with us the LEARN acronym .



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6. Brochure of Event

MIND OVER MATTER
MIND OVER MATTER

MANIPAL UNIVERSITY
JAIPUR

MIND OVER MATTER
Presents
A WEBINAR ON
"YOU ARE NOT ALONE"

**21 SEPTEMBER,
2022
WEDNESDAY**

6:00 PM

*prevent.
care.
love.*

YOU ARE NOT ALONE!

SPEAKER OF THE WEBINAR-
MS JYOTI MEHTA
**(GOLD MEDALLIST;
CHARTERED PSYCHOLOGIST,
BRITISH PSYCHOLOGICAL SOCIETY, UK)**

WEBINAR

7. Schedule of the Event

The event took place online on Instagram Live session

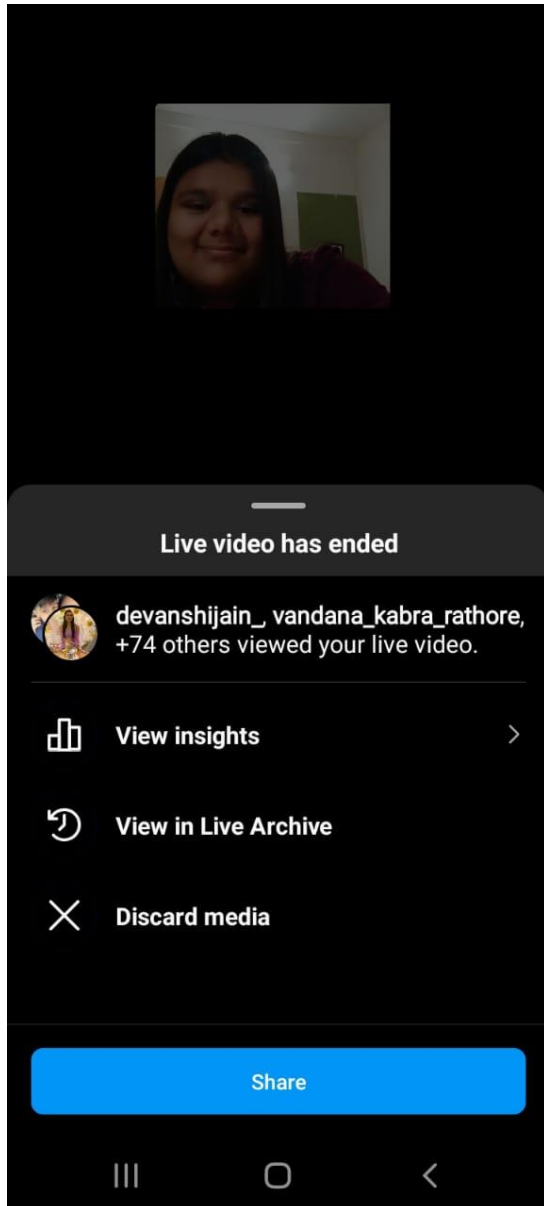
Date: 21-09-2022

Time: 5:00- 6:30



8. Attendance of the Event

total attendance of the event - 74



9.Link of MUJ website

<https://forms.gle/jqQpuXM16FGxEaMG>

Student coordinator

Garima Kaushik

President, Mind Over Matter, MUJ



Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR

Dr. Arun Kumar Poonia
Asst. Director, DSW Clubs



DIRECTORATE OF STUDENTS' WELFARE
COUNSELLING EVENT

WHY MINDSET MATTERS : HAPPY HOURS
MIND OVER MATTER - THE MENTAL HEALTH CLUB
(NON FINANCIAL EVENT)

ONLINE EVENT

PLATFORM :MS TEAMS

DATE OF THE EVENT (30TH AUGUST 2022)

(6:30 AM- 7:30 PM)

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1. Introduction of the Event

When the world is desperately seeking for happiness and appreciation, our purposeful club- Mind Over Matter, the mental health club of MUJ present a special event 'The Happy Hour' with the auspicious international speaker Mr. Bryce Johnson on board. Mr. Bryce Johnson is Mindset Coach and Speaker from the United Kingdom. His career aim is to help people unlock a mindset that leads to a happier, successful, and more fulfilling life. The guest and guide addressed the crowd about several relatable and necessary topics, adding unique perspectives to look at things and creating an environment of positivity altogether. We couldn't be more thrilled than to have someone like him guide us through the adolescent life problems. He gave us points on how to lead a happier, more focused and conscious life, but more than anything else, gave us the hope to try again and achieve the life we desire.

2. Objectives of the Event

- Understanding the importance of consciousness in everyday life
- Learning to deal with unhealthy situations in a healthy manner
- Embracing our authenticity and learning more about self-love
- Learning to put consistent efforts towards our goals

3. Beneficiaries of the Event

The event was open for all the students.

4. Brief Description of the event

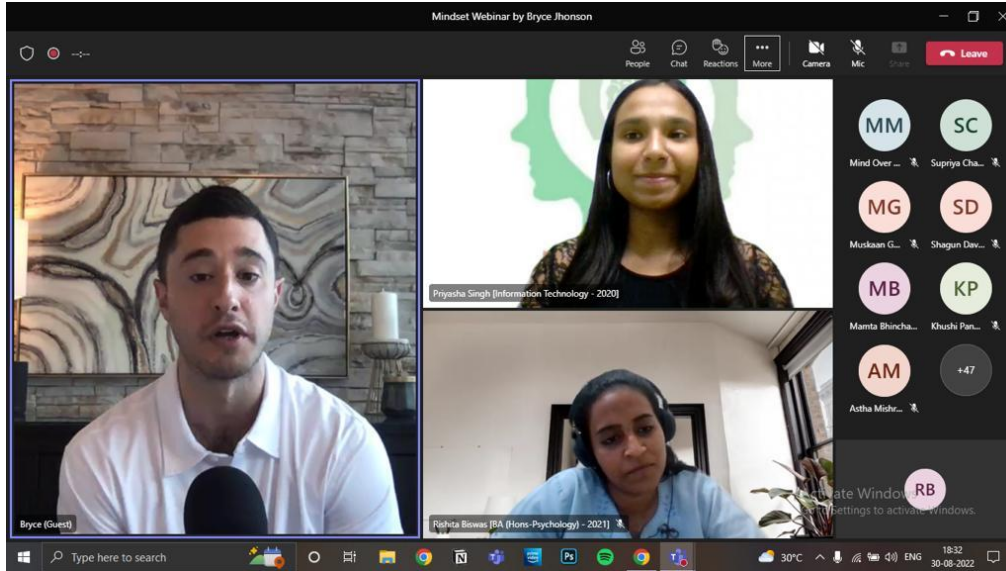
The event began with the introduction to the idea of happiness. The speaker himself gave us his own idea of what happiness is, then asking us the same. He proceeded to talk about gratitude and how that influences our happiness quotient. He narrated stories from his own life, about how he found his own happiness and how we can also work towards our own.

Mr. Bryce Johnson was very specific with answering the questions put up by the audience. Questions like- "How to differentiate between happiness and pleasure? How to stay positive in extremely negative situations? He chose his words wisely and painted the most real, authentic picture of the life which we want to achieve. The audience was satisfied till the last question, and the overall event turned out to be successful. Our host Priyasha Singh (Vice President, MOM), on behalf of the team, discussed some essential topics with the guide, which led to some fruitful discussions. Some special guests joined us from Tunisia and other countries. We were motivated by their presence in the event.

A special part of the event was when Mr. Bryce spoke about fear, and how it controls our choices of life. In today's day, human beings are afraid of being happy, of making choices that make them grow in life. According to our speaker, if fear governs our life, we will never find it worth living. Only when we are able to make fear our friend, is when we will truly enjoy life.

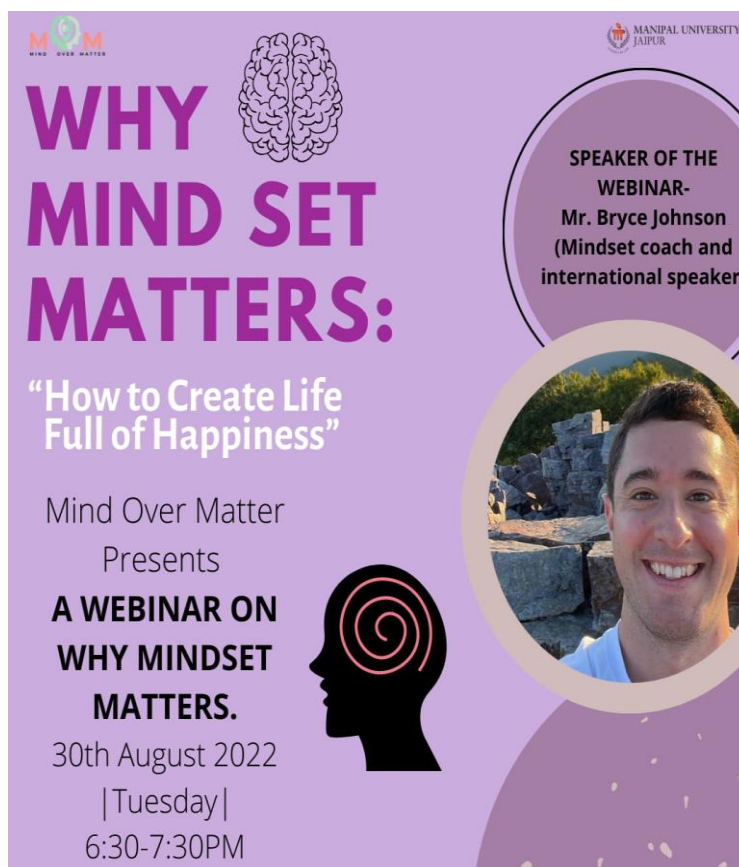
"It's our choices that make us who we are. And our choices are decided by our values. To build healthy values, we need to allow ourselves to explore."

5. Photographs of the Event





6. Brochure of the Event



7. Schedule of the Event

The event took place online on Ms Teams

Date: 30-09-2022

Time: 6:30- 7:30

8. Attendance of the Event- Total 93 people joined the session.

Mind Over Matter [MU - Jaipur]	Joined	8/30/2022, 6:01:43 PM
Riya Bhatt [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:07:00 PM
Aditi Sharma [Artificial Intelligence & Machine Learning -2021]	Joined	8/30/2022, 6:47:00 PM
Priyasha Singh [Information Technology - 2020]	Joined	8/30/2022, 6:08:01 PM
Muskaan Gupta [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:08:06 PM
Garima [BSC (HONS-PSYCHOLOGY) - 2020]	Joined	8/30/2022, 6:16:51 PM
Shagun Davessar [Artificial Intelligence & Machine Learning -2021]	Joined	8/30/2022, 6:15:17 PM
Hansika Khandelwal [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:16:56 PM
Parichay Lamba [CCE - 2021]	Joined	8/30/2022, 6:16:58 PM
Mamta Bhinchar [Law (LL.B) - 2019]	Joined	8/30/2022, 6:18:06 PM
Anushka Joshi [CSE - 2020]	Joined	8/30/2022, 6:31:34 PM
Rishita Biswas [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:18:41 PM
Khushi Panwar [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:20:06 PM
Poorvi Maheshwari [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:20:54 PM
Astha Mishra [CSE - 2020]	Joined	8/30/2022, 6:21:13 PM
Jyotika Godha (Guest)	Joined	8/30/2022, 6:21:18 PM
Aditya Raj Prem [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:21:57 PM
Sakeena (Guest)	Joined	8/30/2022, 6:22:10 PM
Kashish Parmar [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:22:13 PM
Sabiha Khan [Bsc (Hons - Psychology) - 2020]	Joined	8/30/2022, 6:22:15 PM
Lohit Kapoor [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:22:17 PM
Gaurangi (Guest)	Joined	8/30/2022, 6:23:09 PM
Anku Kumari [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:23:12 PM
Priyanka Agrahari [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:23:15 PM
Aastha Vats [CSE - 2021]	Joined	8/30/2022, 6:23:50 PM
Supriya Chattopadhyay [Civil - 2022]	Joined	8/30/2022, 6:23:51 PM
Naitik [Information Technology - 2021]	Joined	8/30/2022, 6:24:09 PM
Khushi Vipulkumar Chaudhari [B ARCH - 2021]	Joined	8/30/2022, 6:24:23 PM
Om Tiwari [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:24:24 PM



Arush Chauhan [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:24:26 PM
Vruti Sanjaybhai Patel [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:24:27 PM
Swarnima Rawat [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:24:27 PM
Riya Shekhawat [Bsc (Hons - Psychology) - 2020]	Joined	8/30/2022, 6:24:47 PM
Heeposh Pandita [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:24:48 PM
SARRA (Invité) (Guest)	Joined	8/30/2022, 6:25:04 PM
Aradhna Juneja [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:25:11 PM
Tejasvini Maheshwari [Bsc (Hons - Psychology) - 2020]	Joined	8/30/2022, 6:25:39 PM
Ujjwala Kanyal [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:25:41 PM
Shreeya Jangid [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:25:55 PM
Sunil (Guest)	Joined	8/30/2022, 6:25:56 PM
Ankit Choudhary (Guest)	Joined	8/30/2022, 6:27:11 PM
Aaron Sequeira [Information Technology - 2021]	Joined	8/30/2022, 6:27:22 PM
Anushka Anup [Information Technology - 2021]	Joined	8/30/2022, 6:27:34 PM
Vandana Kabra [PhD - 2020]	Joined	8/30/2022, 6:44:55 PM
Bryce (Guest)	Joined	8/30/2022, 6:27:57 PM
Nikeeta Chaudhary [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:28:31 PM
Jash Shah (Guest)	Joined	8/30/2022, 6:29:24 PM
Rimjhim Nigam (Guest)	Joined	8/30/2022, 6:29:28 PM
Helly (Guest)	Joined	8/30/2022, 6:29:42 PM
Kanika Sharma [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:29:55 PM
Aishwarya Basliyal [CSE - 2021]	Joined	8/30/2022, 6:30:08 PM
Aditya Kotian (Guest)	Joined	8/30/2022, 6:30:16 PM
Sankalp Singh Sankhala [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:30:22 PM
Chinmayee Dahake [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:30:28 PM
Gloria Sunny Mathew [ECE - 2019]	Joined	8/30/2022, 6:30:29 PM
Meghana V Hegde [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:30:43 PM
Rishabh Choudhary [CSE - 2020]	Joined	8/30/2022, 6:30:56 PM
Adyasa Patnaik [CSE - 2021]	Joined	8/30/2022, 6:31:25 PM
Abhinav Kumar [CSE - 2020]	Joined	8/30/2022, 6:31:28 PM
Karthika Ks [ECE - 2021]	Joined	8/30/2022, 6:31:45 PM
Manasi Raj [ECE - 2021]	Joined	8/30/2022, 6:32:00 PM
Sanskriti Ojha [DATA SCIENCE AND ENGINEERING - 2021]	Joined	8/30/2022, 6:32:02 PM
Gaurav Sehrawat [CSE - 2021]	Joined	8/30/2022, 6:32:27 PM
Sanjay Kumar [BA LLB (Hons) - 2021]	Joined	8/30/2022, 6:32:36 PM



Mannat Arora [CSE - 2021]	Joined	8/30/2022, 6:32:55 PM
Dhirghayu Sharma [BA LLB (Hons) - 2021]	Joined	8/30/2022, 6:33:16 PM
Rishu Goyal [BBA - 2020]	Joined	8/30/2022, 6:33:36 PM
Rinku Kewlani [BSC (HONS-PSYCHOLOGY) - 2020]	Joined	8/30/2022, 6:33:42 PM
SUNIL Ba LLB (Guest)	Joined	8/30/2022, 6:34:04 PM
Zainab [IOT AND INTELLIGENT SYSTEM - 2021]	Joined	8/30/2022, 6:51:19 PM
Muskaan Lalchandani [DATA SCIENCE AND ENGINEERING - 2021]	Joined	8/30/2022, 6:34:53 PM
Tanmay Maheshwari [Artificial Intelligence & Machine Learning -2021]	Joined	8/30/2022, 6:35:08 PM
Sachiv Mittal [Artificial Intelligence & Machine Learning -2021]	Joined	8/30/2022, 6:35:55 PM
Sania (Guest)	Joined	8/30/2022, 6:35:58 PM
Dasaribalija Lohitaksha [CSE - 2021]	Joined	8/30/2022, 6:38:43 PM
Dhruv Gupta [CCE - 2021]	Joined	8/30/2022, 6:48:20 PM
Madhvi Jangir [BA LLB (HONS) - 2021]	Joined	8/30/2022, 6:40:04 PM
Jeff (Guest)	Joined	8/30/2022, 6:40:11 PM
Antra Rai [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:40:46 PM
Kambagiri Lalitha Devi [Artificial Intelligence & Machine Learning - 2021]	Joined	8/30/2022, 6:41:31 PM
Arundhati De [BSC (Hons Psychology) - 2021]	Joined	8/30/2022, 6:41:50 PM
noura tounekti (Invité) (Guest)	Joined	8/30/2022, 6:42:26 PM
Rashi Agrawal [Information Technology - 2021]	Joined	8/30/2022, 6:44:20 PM
Duhita Saxena [BA (Hons-Psychology) - 2021]	Joined	8/30/2022, 6:44:25 PM
Kartik Patidar [CSE - 2021]	Joined	8/30/2022, 6:45:50 PM
Devanshi Padaliya [PhD - 2020]	Joined	8/30/2022, 6:46:14 PM
Lakshya Goel [CSE - 2021]	Joined	8/30/2022, 6:48:02 PM
Vanshraj Panwar (Guest)	Joined	8/30/2022, 6:48:45 PM
Sakeena (Guest)	Joined	8/30/2022, 6:49:06 PM
Sanchi Kataria [Information Technology - 2021]	Joined	8/30/2022, 6:50:04 PM
Arohee Bhatnagar (Guest)	Joined	8/30/2022, 6:51:35 PM
Tanishka Kumar [BA (Hons - Psychology) - 2020]	Joined	8/30/2022, 6:52:50 PM
Chailsee Agrawal [Information Technology - 2020]	Joined	8/30/2022, 6:53:50 PM

9. Link of the event

<https://forms.gle/Bh9En54pkiihYbDS6>



Student coordinator

Garima

Garima Kaushik

President/Chairperson, Mind Over Matter, MUJ

Signature of the student coordinator

Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare



DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR

Dr. Arun Kumar Poonia
Asst. Director, DSW Clubs

MUJ/DSW/Student Clubs/2022/club name/date



DIRECTORATE OF STUDENTS' WELFARE

Self-Care Webinar

Counselling Event

Mind Over Matter- The Mental Health Club

ONLINE EVENT

Platform:

Date of Event (7th August 2022)

(4:00 PM- 5:30 PM)

Index

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1. Introduction of the Event-

The Self-care webinar, held by Mind Over Matter, the mental health club of MUJ, took place in online mode on MS Teams. The event offered the participants an opportunity to learn more about self-prioritizing and setting proper boundaries to be aware of their own mental and physical needs. The core of the event revolved around minimising 'self-sabotaging' and actually indulging into self-loving activities. Our speaker of the day Miss. Shivika Chadha spoke passionately about the significance of self-care in the modern rushing world and none of us could relate more. The MOM team worked effortlessly out through the whole process, making the event a wild success.

2. Objectives of the Event

- To generate awareness about mental, physical and spiritual health care.
- To involve more people into the idea of compassion and love towards themselves
- To realistically approach the idea of self-love and work it into the level of human consciousness
- To learn to take a break sometimes.
- To learn scientifically proven techniques of self-care

3. Beneficiaries of the Event

The participants of the event were all MUJ students. The event was open to all students and faculty. Our college counsellor Mrs. Devanshi Padaliya had also joined us through the event.

4. Brief description of the event

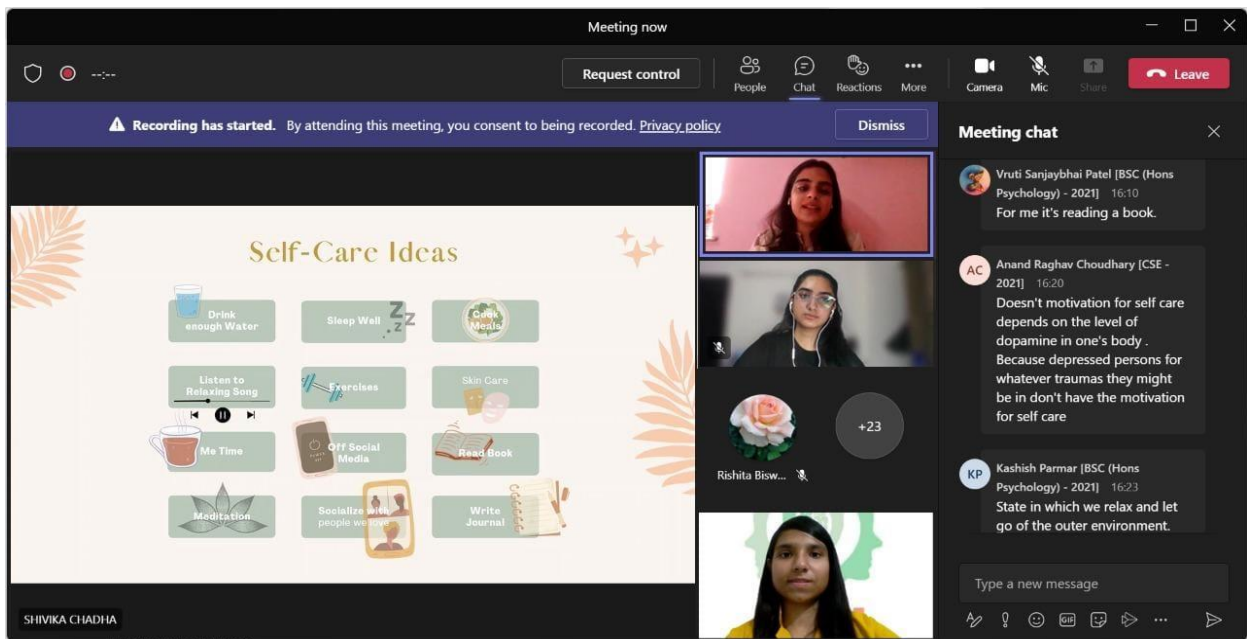
The Self-care webinar was conducted quite successfully through the efforts of the Mind Over Matter club. The event started with Priyasha Singh (Vice President MOM) welcoming our guest Miss. Shivika Chadha. The crowd was first faced with questions like- What self-care means to them? What do they personally do to take care of themselves? Our guide then started explaining her point of view on self-care.

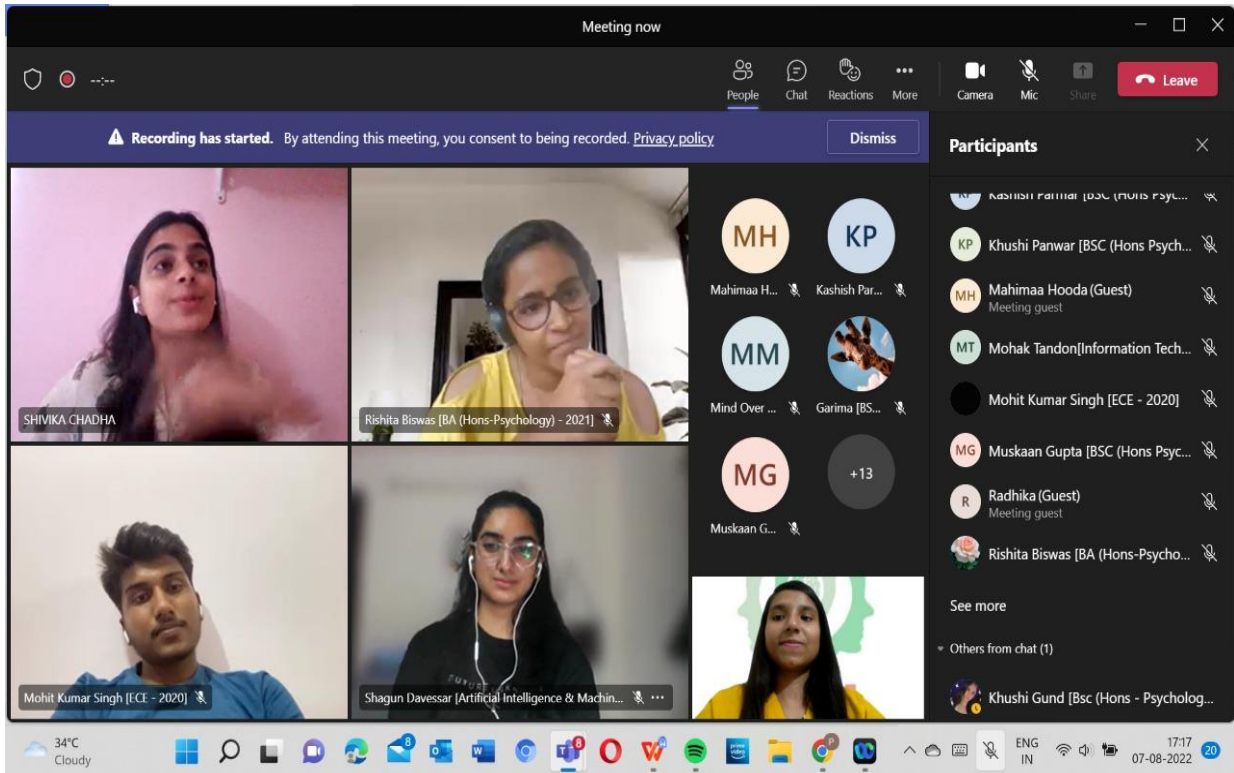
Shivika ma'am, a clinical hypnotherapist by profession guided us through the event, helping us understanding self-care through realistic examples, and applicable techniques which no longer left the topic of self-love abstract or unapproachable in our minds. With the assistance of the PowerPoint presentation, she established the basics of self-care, keeping the routes of creativity and resourcefulness open to our imagination. She passionately took up each and every topic and subtopic, leaving no stone unturned to amaze and enlighten the attentive audience.

Following that, the crowd flooded the floor with questions and doubts. We encountered some really interesting questions and even our guest applauded the inquisitive energy the audience displayed. One highlight of the event was the technique of 'being present in the moment' taught by ma'am. It taught us about keeping all our senses alert and present by questioning ourselves about all possible environmental stimuli we could sense. It was called the 5-4-3-2-1 method.

Another special part of the event included a deep-breathing exercise, where in all participants meditated and practiced a breathing technique. Shivika ma'am guided us through the process with positive affirmations.

5. Photographs





Meeting now

Recording has started. By attending this meeting, you consent to being recorded. [Privacy policy](#) Dismiss

Participants

- MH Mahimaa H...
- KP Kashish Par...
- MM Mind Over ...
- MG Muskaan G...
- +13
- KP Khushi Panwar [BSC (Hons Psych...]
- MH Mahimaa Hooda (Guest) Meeting guest
- MT Mohak Tandon[Information Tech...]
- Mohit Kumar Singh [ECE - 2020]
- MG Muskaan Gupta [BSC (Hons Psyc...]
- R Radhika (Guest) Meeting guest
- Rishita Biswas [BA (Hons-Psycho...]

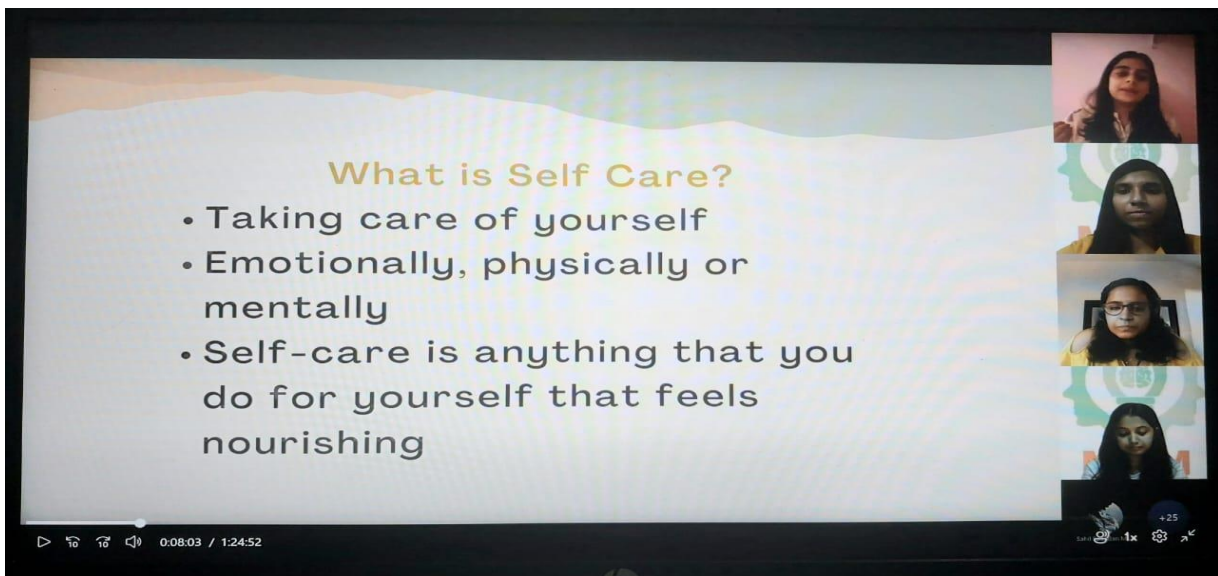
See more

Others from chat (1)

- Khushi Gund [Bsc (Hons - Psycholog...]

34°C Cloudy

17:17 07-08-2022

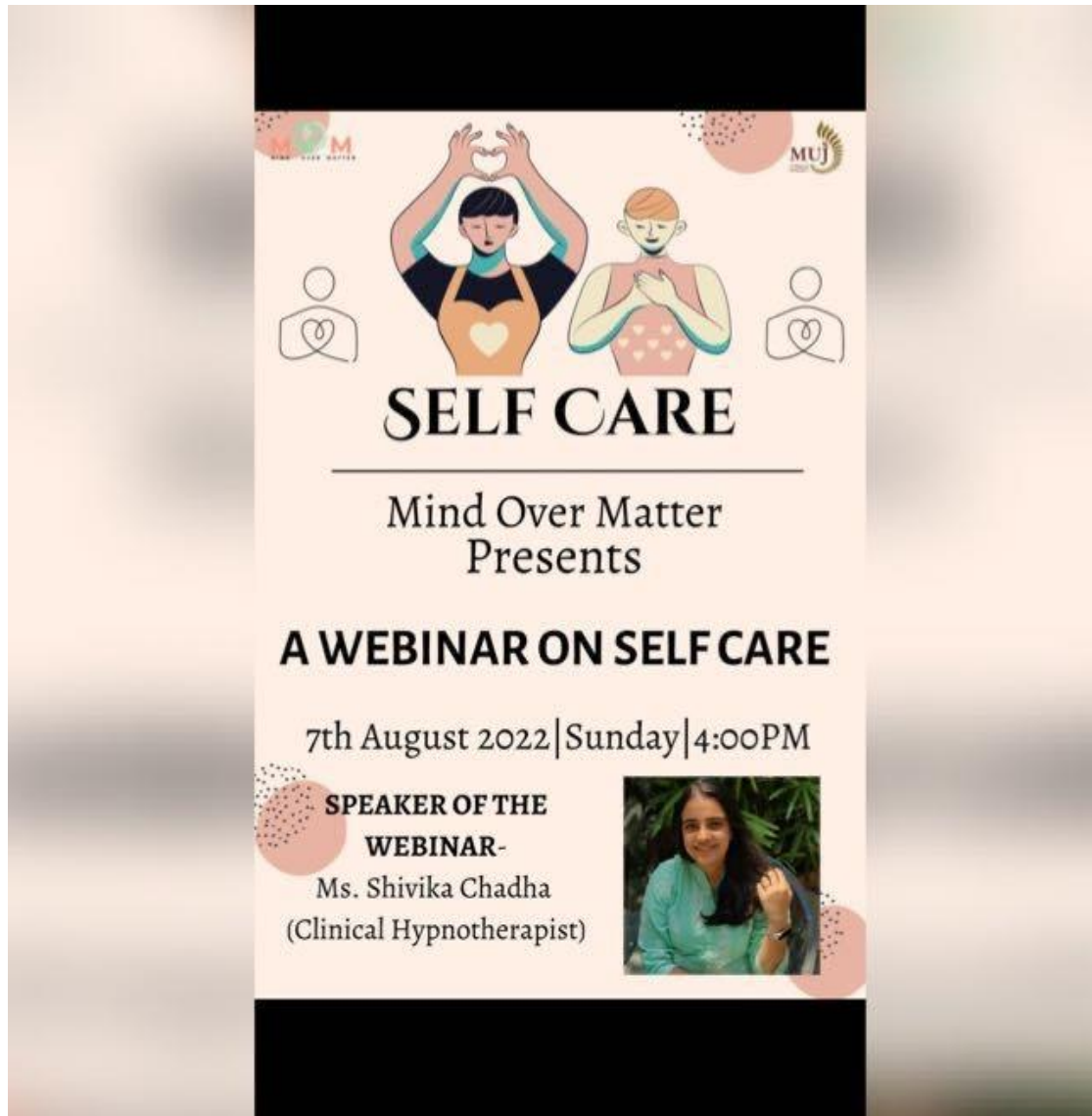


What is Self Care?

- Taking care of yourself
- Emotionally, physically or mentally
- Self-care is anything that you do for yourself that feels nourishing

0:08:03 / 1:24:52

6. **Brochure or creative of the Event**



7. **Schedule of the Event**

The event took place online on MS Teams.

Date: 07-08-2022

Time: 4:00- 5:30 pm



8. Attendance of the Event

Total 44 MUJ students attended this session.

User Name	Status	Date & Time
Mind Over Matter [MU - Jaipur]	Joined	8/7/2022, 3:47:32 PM
Aastha Vats [CSE - 2021]	Joined	8/7/2022, 3:49:29 PM
Aditi Sharma [Artificial Intelligence & Machine Learning -2021]	Joined	8/7/2022, 3:50:45 PM
Anand Raghav Choudhary [CSE - 2021]	Joined	8/7/2022, 3:50:47 PM
Ananya (Guest)	Joined	8/7/2022, 3:52:14 PM
Aparna Ayyagari [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 3:52:27 PM
Apoorv Singh [ECE - 2020]	Joined	8/7/2022, 3:52:31 PM
Aradhna Juneja [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 3:52:49 PM
ashly (Guest)	Joined	8/7/2022, 3:53:00 PM
Ayushmann (Guest)	Joined	8/7/2022, 3:56:02 PM
Chinmayee Dahake [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 3:56:19 PM
Devanshi (Guest)	Joined	8/7/2022, 3:56:20 PM
Devanshi Munjal 🌸 (Guest)	Joined	8/7/2022, 3:56:36 PM
Devika Raja [Information Technology - 2021]	Joined	8/7/2022, 3:56:36 PM
Garima [BSC (HONS-PSYCHOLOGY) - 2020]	Joined	8/7/2022, 3:56:51 PM
Gaurav Sehrawat [CSE - 2021]	Joined	8/7/2022, 3:58:17 PM
Hansika Khandelwal [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 3:58:57 PM
Hrishita Sanjeev Tiwari [Artificial Intelligence & Machine Learning - 2021]	Joined	8/7/2022, 3:58:58 PM
Kashish Parmar [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 4:00:34 PM
Khushi Gund [Bsc (Hons - Psychology) - 2020]	Joined	8/7/2022, 4:00:57 PM
Khushi Panwar [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 4:01:02 PM
Lee Si Ah (Guest)	Joined	8/7/2022, 4:01:09 PM
Mahimaa Hooda (Guest)	Joined	8/7/2022, 4:02:23 PM
Mamidanna Rajvamsi Krishna [Information Technology - 2020]	Joined	8/7/2022, 4:03:00 PM



Mohak Tandon[Information Technology - 2020]	Joined	8/7/2022, 4:04:16 PM
Mohit Kumar Singh [ECE - 2020]	Joined	8/7/2022, 4:04:17 PM
Moulshri Daroch [CSE - 2021]	Joined	8/7/2022, 4:04:22 PM
Muskaan Gupta [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 4:04:37 PM
Priyasha Singh [Information Technology - 2020]	Joined	8/7/2022, 4:04:40 PM
Radhika (Guest)	Joined	8/7/2022, 4:04:59 PM
Rashi Agrawal [Information Technology - 2021]	Joined	8/7/2022, 4:06:02 PM
Rishita Biswas [BA (Hons-Psychology) - 2021]	Joined	8/7/2022, 4:06:05 PM
Ritika Malhotra [Information Technology - 2021]	Joined	8/7/2022, 4:07:02 PM
Riya Shekhawat [Bsc (Hons - Psychology) - 2020]	Joined	8/7/2022, 4:07:02 PM
Sahil Spandan Mallick [CCE - 2021]	Joined	8/7/2022, 4:07:51 PM
Shagun Davessar [Artificial Intelligence & Machine Learning -2021]	Joined	8/7/2022, 4:12:09 PM
Shashank Shekhar Tiwary [Information Technology - 2021]	Joined	8/7/2022, 4:15:23 PM
SHIVIKA CHADHA	Joined	8/7/2022, 4:15:32 PM
Souhardya Sutradhar [Information Technology - 2020]	Joined	8/7/2022, 4:20:14 PM
Tanisha (Guest)	Joined	8/7/2022, 4:21:30 PM
Tanya Raj [CSE - 2020]	Joined	8/7/2022, 4:23:06 PM
Vanshika Parmar [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 4:31:19 PM
Vruti Sanjaybhai Patel [BSC (Hons Psychology) - 2021]	Joined	8/7/2022, 4:39:20 PM
Zainab [IOT AND INTELLIGENT SYSTEM - 2021]	Joined	8/7/2022, 4:56:18 PM

9. Post event link

https://mujmanipal-my.sharepoint.com/:v/g/personal/clubmom_muj_manipal_edu/Eb33pY2jB6RPv2zPX33-PQQBhroyzc9gkIRdYtwcI8bHkw



Garima

Garima Kaushik

President/Chairperson, Mind Over Matter, MUJ

Signature of the student coordinator

Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare



DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR

Dr. Arun Kumar Poonia
Asst. Director, DSW Clubs



DIRECTORATE OF STUDENTS' WELFARE

COUNSELLING EVENT

NEVER HAVE I EVER – CHRISTMAS EDITION

MIND OVER MATTER - THE MENTAL HEALTH CLUB

(NON FINANCIAL EVENT)

ONLINE EVENT

PLATFORM :MS TEAMS

DATE OF THE EVENT (22ND DECEMBER 2022)

(6:30 PM- 7:45 PM)

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1. Introduction of the Event

In the haze of winter memories that so often accompanies the Christmas holiday season each year, it can be hard to reflect on the fun that comes along! So here to cherish those memories, our purposeful club- Mind Over Matter, the mental health club of MUJ presents a special event 'NEVER HAVE I EVER -CHRISTMAS EDITION'. Festivities also often highlight the things we have to be grateful for, and this gratitude can also increase our sense of well-being. And even if we can't be with loved ones, spending time catching up on the phone or online can help to boost our mood. Just reminiscing over past happy memories can make us feel happier in the present. Christmas smells can evoke memories of past times. Though we're in completely different circumstances now, faced with these stimuli our brains will make us feel happy by triggering happy memories. So with the motive of spreading happiness and reliving those memories of childhood, this event was organized. This fun and enjoyable event also offers us a sense of connection.

2. Objectives of the Event

- **Acknowledging the things we are grateful for.**
- **Remembering childhood memories of Christmas**
- **Spreading happiness and cherishing childhood memories.**

3. Beneficiaries of the Event

The event was open for all the students.

4. Brief Description of the event

Never Have I Ever is a popular game where the hosts say various statements beginning with the phrase never have I ever and then the participants raise their hands if they have done it and then everyone shares funny anecdotes about their experiences. This game of never have I ever by Mind Over Matter was aimed at being an ice breaker and encouraging people to share their stories, it was hosted by Aradhna Juneja the content head and Kashish Parmar events head, and the vice president of the club Priyasha Singh was also very interactive and helped people come out of their shells during the event.

The event had an array of questions some of which include never have I ever been Christmas caroling to this question, various attendees laughed as they reminisced they're childhood school choirs, another really exciting question was one wherein the attendees were asked never have I ever been on a solo trip and Sajab a first-year student recalled his story about going to Varanasi alone and visiting the various ghats, he also described his experience of going to the Manikarnika ghat and how that changed him as a person. Another question was never have I ever stayed awake for more than 24 hours and to this question, almost everyone responded with a raised hand, and then proceeded to talk about their favorite coffee orders, all in all, it was a very fun and very informative session wherein the new first years learned about Mind over matter and its message and in turn the existing Mind over Matter members learned about everyone and their stories, at the end of the session there was a question and answer session where priyasha the vice president of the club and Tanya Raj the general Secretary briefed everyone about the upcoming offline events. This sparked the attendee's interest in joining MoM and they even asked for the Instagram link of the same.

MIND OVER MATTER is a mental health club that aims to increase awareness through certain activities which engaged the students and also were effective in achieving the goal of imparting information about mental health. Making Mental Health for all a Global Priority, and the aim to spread mental health awareness and break down stigmas. Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. There are different activities conducted by the club so that people can acknowledge their mental health and also different fun activities were conducted as these Extracurricular activities help children to develop their social skills and learn how to work in a team to achieve a shared goal. These activities allow your child the opportunity to explore different areas of interest, increase self-confidence, build leadership skills and even improve grades — all while having fun!

5. Photographs of the Event

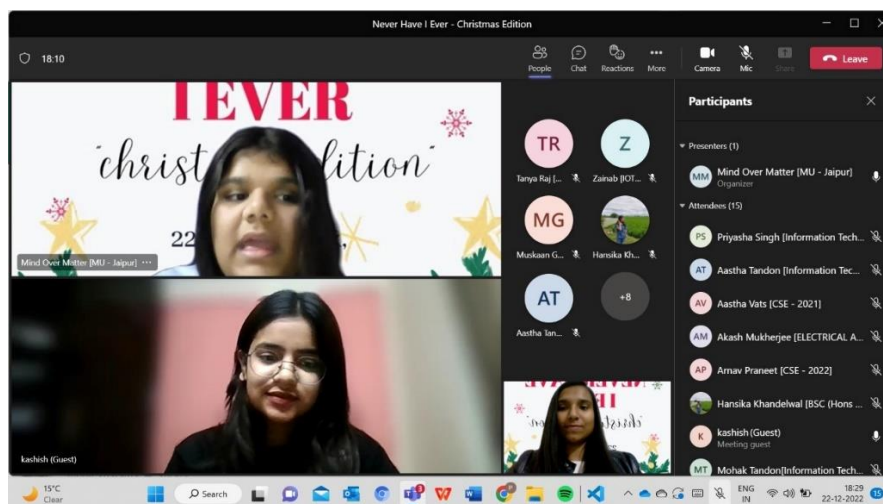


FIG-1 Hosts are giving description of the event.

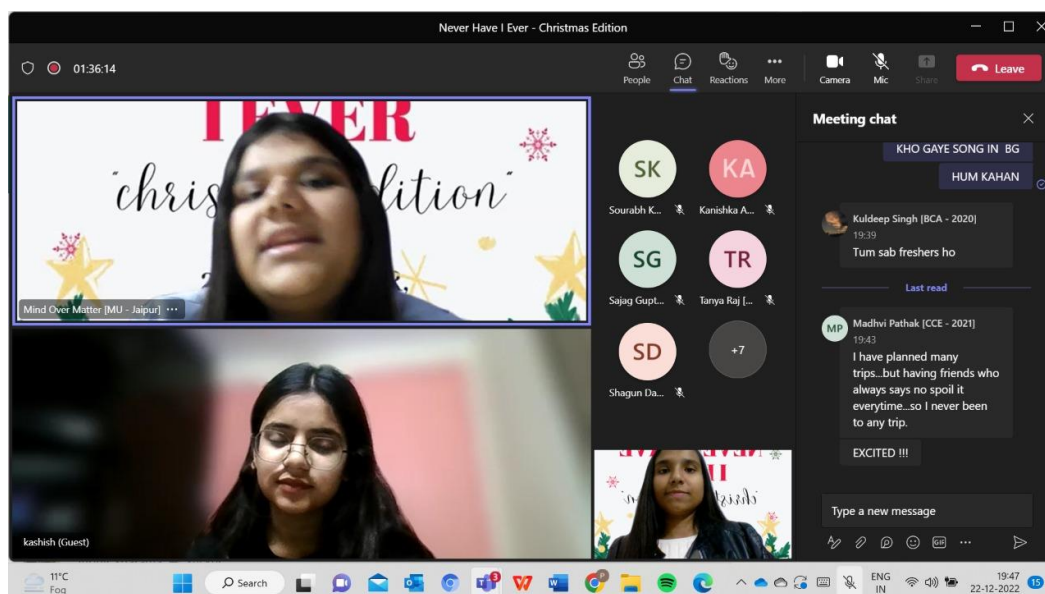


Fig 2- Participants responding in the chatbox

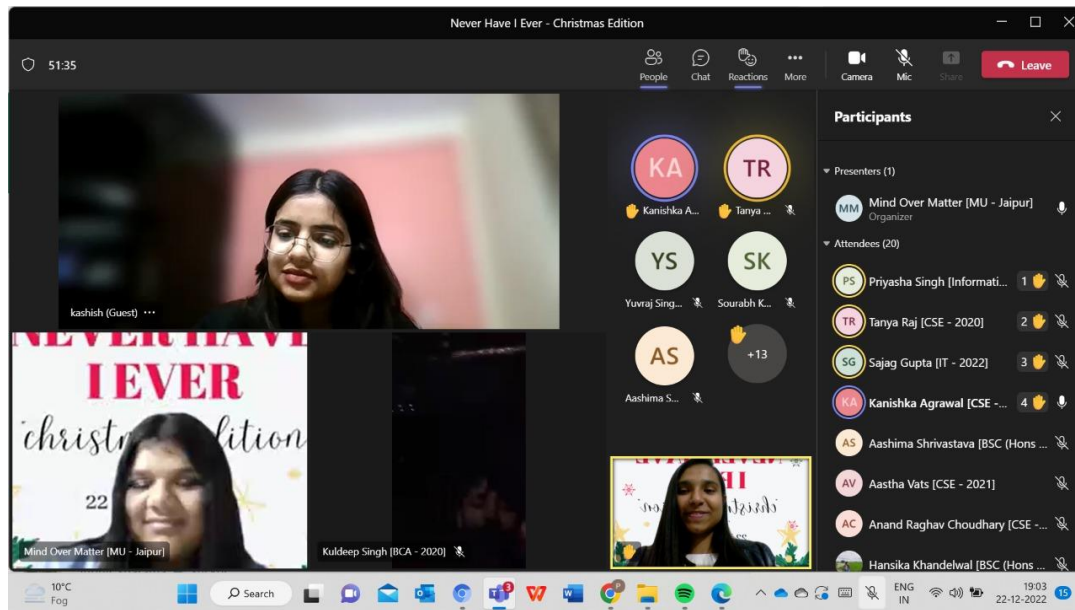


Fig 3- Participants were responding by raising their hands.

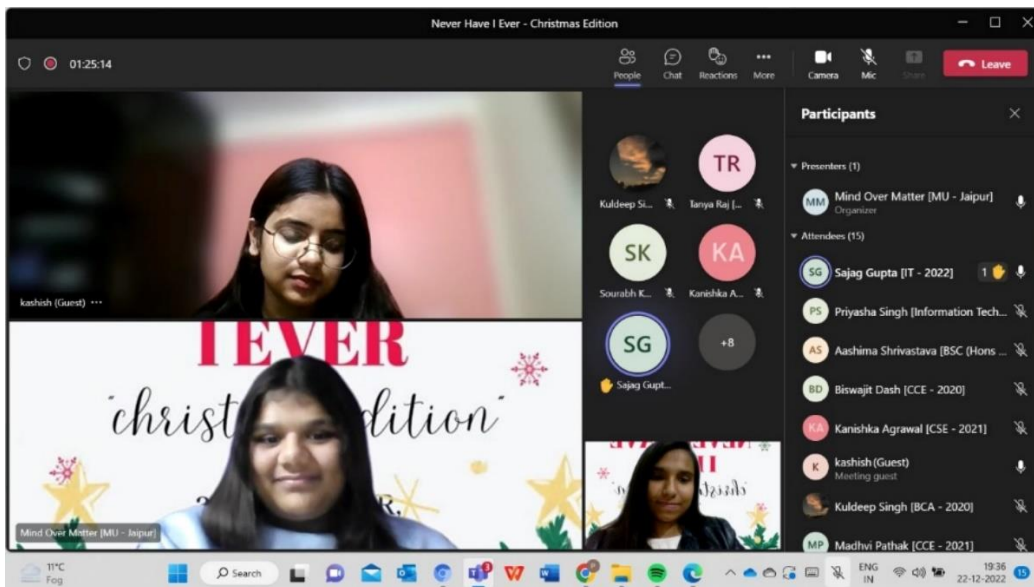


Fig4- student named Sajag was telling about his experience and Christmas memories.

6. Brochure of the Event



7. Schedule of the Event

The event took place online on Ms Teams
 Date: 22nd December 2022
 Time: 6:30- 7:30pm

8. Attendance of the Event

The total attendance of the event was 50.

1. Summary	1. Summary	1. Summary	1. Summary	1. Summary	1. Summary	1. Summary
Meeting title	Never Have I Ever - Christmas Edition					
Attended	50					

Start time	22/12/22, 6:11:03 pm					
End time	22/12/22, 7:48:55 pm					
Meeting duration	1h 37m 52s					
Average attendance time	32m 21s					
2. Participants						
Name	First join	Last leave	In-meeting duration	Email	Participant ID (UPN)	Role
Mind Over Matter [MU - Jaipur]	22/12/22, 6:11:38 pm	22/12/22, 7:48:55 pm	1h 37m 16s	clubmom@muj.manipal.edu	clubmom@muj.manipal.edu	Organizer
Sejal Agarwalla [B.COM - 2022]	22/12/22, 6:13:18 pm	22/12/22, 7:37:24 pm	41s	sejal.220902004@muj.manipal.edu	sejal.220902004@muj.manipal.edu	Attendee
Rashi Makadia [DATA SCIENCE AND ENGINEERING - 2022]	22/12/22, 6:13:19 pm	22/12/22, 6:13:49 pm	29s	rashi.229309045@muj.manipal.edu	rashi.229309045@muj.manipal.edu	Attendee
kashish	22/12/22, 6:13:43 pm	22/12/22, 7:48:55 pm	1h 35m 11s			Attendee
Tanya Raj [CSE - 2020]	22/12/22, 6:14:04 pm	22/12/22, 7:48:49 pm	1h 34m 45s	tanya.209301203@muj.manipal.edu	tanya.209301203@muj.manipal.edu	Attendee
Siddharth Manish Sanghavi [DATA SCIENCE AND ENGINEERING - 2022]	22/12/22, 6:15:17 pm	22/12/22, 6:18:42 pm	3m 24s	siddharth.229309014@muj.manipal.edu	siddharth.229309014@muj.manipal.edu	Attendee
Priyasha Singh [Information Technology - 2020]	22/12/22, 6:16:50 pm	22/12/22, 7:48:54 pm	1h 32m 4s	priyasha.209302050@muj.manipal.edu	priyasha.209302050@muj.manipal.edu	Attendee
Tushar Pal [CSE - 2022]	22/12/22, 6:17:23 pm	22/12/22, 7:21:44 pm	1h 4m 21s	tushar.229303026@muj.manipal.edu	tushar.229303026@muj.manipal.edu	Attendee
Rajveer Singh [B.COM - 2022]	22/12/22, 6:17:29 pm	22/12/22, 6:19:31 pm	2m 1s	rajveer.220902013@muj.manipal.edu	rajveer.220902013@muj.manipal.edu	Attendee
Shagun Davessar [Artificial Intelligence & Machine Learning -2021]	22/12/22, 6:18:50 pm	22/12/22, 7:48:55 pm	1h 30m 5s	shagun.219310048@muj.manipal.edu	shagun.219310048@muj.manipal.edu	Attendee

Khushi Panwar [BSC (Hons Psychology) - 2021]	22/12/22, 6:19:03 pm	22/12/22, 6:29:05 pm	8m 30s	khushi.211007014@muj.manipal.edu	khushi.211007014@muj.manipal.edu	Attendee
Zainab [IOT AND INTELLIGENT SYSTEM - 2021]	22/12/22, 6:20:13 pm	22/12/22, 7:48:55 pm	1h 28m 41s	zainab.219311069@muj.manipal.edu	zainab.219311069@muj.manipal.edu	Attendee
Muskaan Gupta [BSC (Hons Psychology) - 2021]	22/12/22, 6:20:30 pm	22/12/22, 7:48:55 pm	1h 28m 24s	muskaan.211007010@muj.manipal.edu	muskaan.211007010@muj.manipal.edu	Attendee
Hansika Khandelwal [BSC (Hons Psychology) - 2021]	22/12/22, 6:22:11 pm	22/12/22, 7:04:58 pm	42m 46s	hansika.211007057@muj.manipal.edu	hansika.211007057@muj.manipal.edu	Attendee
Aastha Tandon [Information Technology - 2021]	22/12/22, 6:22:54 pm	22/12/22, 6:40:34 pm	17m 39s	aastha.219302047@muj.manipal.edu	aastha.219302047@muj.manipal.edu	Attendee
Radhesh Gupta [CSE - 2022]	22/12/22, 6:24:17 pm	22/12/22, 6:24:29 pm	11s	radhesh.229301780@muj.manipal.edu	radhesh.229301780@muj.manipal.edu	Attendee
Arnav Praneet [CSE - 2022]	22/12/22, 6:24:48 pm	22/12/22, 6:37:14 pm	12m 26s	arnav.229301673@muj.manipal.edu	arnav.229301673@muj.manipal.edu	Attendee
Abhinav [BFA (Applied Arts) - 2022]	22/12/22, 6:24:52 pm	22/12/22, 6:45:34 pm	8m 43s	abhinav.220603021@muj.manipal.edu	abhinav.220603021@muj.manipal.edu	Attendee
Vyom Garg [CSE - 2021]	22/12/22, 6:26:17 pm	22/12/22, 7:29:56 pm	54m 11s	vyom.219301697@muj.manipal.edu	vyom.219301697@muj.manipal.edu	Attendee
Mohak Tandon [Information Technology - 2020]	22/12/22, 6:26:21 pm	22/12/22, 7:46:10 pm	1h 19m 49s	mohak.209302143@muj.manipal.edu	mohak.209302143@muj.manipal.edu	Attendee
Sourabh Kumar [CSE - 2021]	22/12/22, 6:27:17 pm	22/12/22, 7:48:55 pm	1h 21m 37s	sourabh.219301344@muj.manipal.edu	sourabh.219301344@muj.manipal.edu	Attendee
Aastha Vats [CSE - 2021]	22/12/22, 6:27:25 pm	22/12/22, 7:32:11 pm	1h 4m 46s	aastha.219301080@muj.manipal.edu	aastha.219301080@muj.manipal.edu	Attendee
Akash Mukherjee [ELECTRICAL AND COMPUTER - 2022]	22/12/22, 6:27:39 pm	22/12/22, 6:34:14 pm	6m 35s	akash.229209009@muj.manipal.edu	akash.229209009@muj.manipal.edu	Attendee

				j.manipal.edu	j.manipal.edu	
Pranav Banker [DATA SCIENCE AND ENGINEERING - 2022]	22/12/22, 6:27:40 pm	22/12/22, 6:28:33 pm	52s	pranav.229 309070@m uj.manipal. edu	pranav.229 309070@m uj.manipal. edu	Attendee
Vivek Shekhawat [ECE - 2022]	22/12/22, 6:29:06 pm	22/12/22, 6:32:21 pm	3m 14s	vivek.2293 01167@mu j.manipal.e du	vivek.2293 01167@mu j.manipal.e du	Attendee
Sidhant Bahuguna [CSE - 2022]	22/12/22, 6:29:53 pm	22/12/22, 6:30:34 pm	41s	sidhant.229 301301@m uj.manipal. edu	sidhant.229 301301@m uj.manipal. edu	Attendee
Mahimaa Hooda (Guest)	22/12/22, 6:30:17 pm	22/12/22, 7:48:55 pm	1h 18m 38s			Attendee
Biswajit Dash [CCE - 2020]	22/12/22, 6:30:31 pm	22/12/22, 7:43:16 pm	23m 55s	biswajit.20 9202081@ muj.manip al.edu	biswajit.20 9202081@ muj.manip al.edu	Attendee
Madhvi Pathak [CCE - 2021]	22/12/22, 6:31:12 pm	22/12/22, 7:48:55 pm	1h 17m 42s	madhvi.219 303212@m uj.manipal. edu	madhvi.219 303212@m uj.manipal. edu	Attendee
Sanaiyah Naz [CSE (IOT AND INTELLIGENT SYSTEM) - 2022]	22/12/22, 6:32:13 pm	22/12/22, 7:02:11 pm	1m 5s	sanaiyah.2 29311286 @muj.mani pal.edu	sanaiyah.2 29311286 @muj.mani pal.edu	Attendee
Srishti Mahapatra [IT - 2022]	22/12/22, 6:32:27 pm	22/12/22, 6:33:16 pm	49s	srishti.2293 03138@mu j.manipal.e du	srishti.2293 03138@mu j.manipal.e du	Attendee
Aashima Shrivastava [BSC (Hons Psychology) - 2021]	22/12/22, 6:33:38 pm	22/12/22, 7:48:55 pm	1h 12m 58s	aashima.21 1007049@ muj.manip al.edu	aashima.21 1007049@ muj.manip al.edu	Attendee
Yuvraj Singh Sikarwar [ECE - 2022]	22/12/22, 6:35:18 pm	22/12/22, 7:04:41 pm	29m 23s	yuvraj.2292 02064@mu j.manipal.e du	yuvraj.2292 02064@mu j.manipal.e du	Attendee
Dev Dhiren Faldu [CSE - 2022]	22/12/22, 6:36:12 pm	22/12/22, 6:54:00 pm	2m 5s	dev.229301 360@muj. manipal.ed u	dev.229301 360@muj. manipal.ed u	Attendee
Prince	22/12/22, 6:36:54 pm	22/12/22, 6:43:31 pm	6m 36s			Attendee
Ajita Rathod [BA LLB (Hons) - 2021]	22/12/22, 6:42:23 pm	22/12/22, 6:49:32 pm	4m 27s	ajita.21130 1063@muj. manipal.ed u	ajita.21130 1063@muj. manipal.ed u	Attendee

Sidhant Gautam [Artificial Intelligence & Machine Learning - 2021]	22/12/22, 6:43:21 pm	22/12/22, 6:44:51 pm	1m 29s	sidhant.219 310326@m uj.manipal. edu	sidhant.219 310326@m uj.manipal. edu	Attendee
Kuldeep Singh [BCA - 2020]	22/12/22, 6:46:15 pm	22/12/22, 7:48:55 pm	59m 10s	kuldeep.20 1015040@ muj.manip al.edu	kuldeep.20 1015040@ muj.manip al.edu	Attendee
Amolika Yadav [CSE - 2022]	22/12/22, 6:46:30 pm	22/12/22, 6:46:42 pm	12s	amolika.22 9303142@ muj.manip al.edu	amolika.22 9303142@ muj.manip al.edu	Attendee
Avni [CSE - 2022]	22/12/22, 6:48:43 pm	22/12/22, 6:52:23 pm	3m 40s	avni.22931 0335@muj. manipal.ed u	avni.22931 0335@muj. manipal.ed u	Attendee
Anand Raghav Choudhary [CSE - 2021]	22/12/22, 6:50:09 pm	22/12/22, 7:04:42 pm	14m 32s	anand.2193 01396@mu j.manipal.e du	anand.2193 01396@mu j.manipal.e du	Attendee
Abhay Sharma [CCE - 2022]	22/12/22, 6:52:58 pm	22/12/22, 6:54:02 pm	1m 3s	abhay.2293 03310@mu j.manipal.e du	abhay.2293 03310@mu j.manipal.e du	Attendee
Sajag Gupta [IT - 2022]	22/12/22, 6:56:52 pm	22/12/22, 7:48:54 pm	52m 2s	sajag.2293 02022@mu j.manipal.e du	sajag.2293 02022@mu j.manipal.e du	Attendee
Kanishka Agrawal [CSE - 2021]	22/12/22, 6:57:31 pm	22/12/22, 7:48:55 pm	51m 23s	kanishka.21 9301768@ muj.manip al.edu	kanishka.21 9301768@ muj.manip al.edu	Attendee
Yashika Khattri [IT - 2022]	22/12/22, 6:58:39 pm	22/12/22, 6:58:56 pm	16s	yashika.229 302074@m uj.manipal. edu	yashika.229 302074@m uj.manipal. edu	Attendee
Daksh Deep [IT - 2022]	22/12/22, 7:04:08 pm	22/12/22, 7:29:40 pm	25m 32s	daksh.2293 02010@mu j.manipal.e du	daksh.2293 02010@mu j.manipal.e du	Attendee
Juhi Saha [CSE - 2021]	22/12/22, 7:05:30 pm	22/12/22, 7:06:34 pm	1m 4s	juhi.219301 131@muj. manipal.ed u	juhi.219301 131@muj. manipal.ed u	Attendee
Ujjawal Sharma [ECE - 2022]	22/12/22, 7:19:27 pm	22/12/22, 7:24:56 pm	5m 28s	ujjawal.229 202043@m uj.manipal. edu	ujjawal.229 202043@m uj.manipal. edu	Attendee
Rajdeep Sumitkumar Bakliwal [CCE - 2022]	22/12/22, 7:19:56 pm	22/12/22, 7:29:35 pm	4m 50s	rajdeep.22 9303416@	rajdeep.22 9303416@	Attendee

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Varad Lakhotiya [CCE - 2022]	22/12/22, 7:26:16 pm	22/12/22, 7:26:24 pm	7s	varad.2293 03188@mu j.manipal.e du	varad.2293 03188@mu j.manipal.e du	Attendee
3. In-Meeting Activities						
Name	Join time	Leave time	Duration	Email	Role	
Mind Over Matter [MU - Jaipur]	22/12/22, 6:11:38 pm	22/12/22, 7:48:55 pm	1h 37m 16s	clubmom@ muj.manip al.edu	Organizer	
Sejal Agarwalla [B.COM - 2022]	22/12/22, 6:13:18 pm	22/12/22, 6:13:29 pm	10s	sejal.22090 2004@muj. manipal.ed u	Attendee	
Sejal Agarwalla [B.COM - 2022]	22/12/22, 7:36:53 pm	22/12/22, 7:37:24 pm	31s	sejal.22090 2004@muj. manipal.ed u	Attendee	
Rashi Makadia [DATA SCIENCE AND ENGINEERING - 2022]	22/12/22, 6:13:19 pm	22/12/22, 6:13:49 pm	29s	rashi.22930 9045@muj. manipal.ed u	Attendee	
kashish	22/12/22, 6:13:43 pm	22/12/22, 7:48:55 pm	1h 35m 11s		Attendee	
Tanya Raj [CSE - 2020]	22/12/22, 6:14:04 pm	22/12/22, 7:48:49 pm	1h 34m 45s	tanya.2093 01203@mu j.manipal.e du	Attendee	
Siddharth Manish Sanghavi [DATA SCIENCE AND ENGINEERING - 2022]	22/12/22, 6:15:17 pm	22/12/22, 6:18:42 pm	3m 24s	siddharth.2 29309014 @muj.mani pal.edu	Attendee	
Priyasha Singh [Information Technology - 2020]	22/12/22, 6:16:50 pm	22/12/22, 7:48:54 pm	1h 32m 4s	priyasha.20 9302050@ muj.manip al.edu	Attendee	
Tushar Pal [CSE - 2022]	22/12/22, 6:17:23 pm	22/12/22, 7:21:44 pm	1h 4m 21s	tushar.229 303026@m uj.manipal. edu	Attendee	
Rajveer Singh [B.COM - 2022]	22/12/22, 6:17:29 pm	22/12/22, 6:19:31 pm	2m 1s	rajveer.220 902013@m uj.manipal. edu	Attendee	
Shagun Davessar [Artificial Intelligence	22/12/22, 6:18:50 pm	22/12/22, 7:48:55 pm	1h 30m 5s	shagun.219 310048@m	Attendee	

& Machine Learning -2021]				uj.manipal.edu		
Khushi Panwar [BSC (Hons Psychology) - 2021]	22/12/22, 6:19:03 pm	22/12/22, 6:26:41 pm	7m 37s	khushi.211007014@muj.manipal.edu	Attendee	
Khushi Panwar [BSC (Hons Psychology) - 2021]	22/12/22, 6:28:12 pm	22/12/22, 6:29:05 pm	53s	khushi.211007014@muj.manipal.edu	Attendee	
Zainab [IOT AND INTELLIGENT SYSTEM - 2021]	22/12/22, 6:20:13 pm	22/12/22, 7:48:55 pm	1h 28m 41s	zainab.219311069@muj.manipal.edu	Attendee	
Muskaan Gupta [BSC (Hons Psychology) - 2021]	22/12/22, 6:20:30 pm	22/12/22, 7:48:55 pm	1h 28m 24s	muskaan.211007010@muj.manipal.edu	Attendee	
Hansika Khandelwal [BSC (Hons Psychology) - 2021]	22/12/22, 6:22:11 pm	22/12/22, 7:04:58 pm	42m 46s	hansika.211007057@muj.manipal.edu	Attendee	
Aastha Tandon [Information Technology - 2021]	22/12/22, 6:22:54 pm	22/12/22, 6:40:34 pm	17m 39s	aastha.219302047@muj.manipal.edu	Attendee	
Radhesh Gupta [CSE - 2022]	22/12/22, 6:24:17 pm	22/12/22, 6:24:29 pm	11s	radhesh.229301780@muj.manipal.edu	Attendee	
Arnav Praneet [CSE - 2022]	22/12/22, 6:24:48 pm	22/12/22, 6:37:14 pm	12m 26s	arnav.229301673@muj.manipal.edu	Attendee	
Abhinav [BFA (Applied Arts) - 2022]	22/12/22, 6:24:52 pm	22/12/22, 6:26:06 pm	1m 14s	abhinav.220603021@muj.manipal.edu	Attendee	
Abhinav [BFA (Applied Arts) - 2022]	22/12/22, 6:30:27 pm	22/12/22, 6:35:25 pm	4m 58s	abhinav.220603021@muj.manipal.edu	Attendee	
Abhinav [BFA (Applied Arts) - 2022]	22/12/22, 6:39:23 pm	22/12/22, 6:40:08 pm	44s	abhinav.220603021@muj.manipal.edu	Attendee	
Abhinav [BFA (Applied Arts) - 2022]	22/12/22, 6:43:46 pm	22/12/22, 6:45:34 pm	1m 47s	abhinav.220603021@muj.manipal.edu	Attendee	

Vyom Garg [CSE - 2021]	22/12/22, 6:26:17 pm	22/12/22, 7:05:56 pm	39m 39s	vyom.219301697@mu j.manipal.e du	Attendee	
Vyom Garg [CSE - 2021]	22/12/22, 7:15:24 pm	22/12/22, 7:29:56 pm	14m 32s	vyom.219301697@mu j.manipal.e du	Attendee	
Mohak Tandon[Information Technology - 2020]	22/12/22, 6:26:21 pm	22/12/22, 7:46:10 pm	1h 19m 49s	mohak.209302143@m uj.manipal. edu	Attendee	
Sourabh Kumar [CSE - 2021]	22/12/22, 6:27:17 pm	22/12/22, 7:48:55 pm	1h 21m 37s	sourabh.219301344@ muj.manip al.edu	Attendee	
Aastha Vats [CSE - 2021]	22/12/22, 6:27:25 pm	22/12/22, 7:32:11 pm	1h 4m 46s	aastha.219301080@m uj.manipal. edu	Attendee	
Akash Mukherjee [ELECTRICAL AND COMPUTER - 2022]	22/12/22, 6:27:39 pm	22/12/22, 6:34:14 pm	6m 35s	akash.229209009@mu j.manipal.e du	Attendee	
Pranav Banker [DATA SCIENCE AND ENGINEERING - 2022]	22/12/22, 6:27:40 pm	22/12/22, 6:28:33 pm	52s	pranav.229309070@m uj.manipal. edu	Attendee	
Vivek Shekhawat [ECE - 2022]	22/12/22, 6:29:06 pm	22/12/22, 6:32:21 pm	3m 14s	vivek.229301167@mu j.manipal.e du	Attendee	
Sidhant Bahuguna [CSE - 2022]	22/12/22, 6:29:53 pm	22/12/22, 6:30:34 pm	41s	sidhant.229301301@m uj.manipal. edu	Attendee	
Mahimaa Hooda (Guest)	22/12/22, 6:30:17 pm	22/12/22, 7:48:55 pm	1h 18m 38s		Attendee	
Biswajit Dash [CCE - 2020]	22/12/22, 6:30:31 pm	22/12/22, 6:41:02 pm	10m 30s	biswajit.209202081@ muj.manip al.edu	Attendee	
Biswajit Dash [CCE - 2020]	22/12/22, 6:54:47 pm	22/12/22, 6:57:30 pm	2m 42s	biswajit.209202081@ muj.manip al.edu	Attendee	
Biswajit Dash [CCE - 2020]	22/12/22, 7:32:33 pm	22/12/22, 7:43:16 pm	10m 43s	biswajit.209202081@ muj.manip al.edu	Attendee	

Madhvi Pathak [CCE - 2021]	22/12/22, 6:31:12 pm	22/12/22, 7:48:55 pm	1h 17m 42s	madhvi.219303212@muj.manipal.edu	Attendee	
Sanaiyah Naz [CSE (IOT AND INTELLIGENT SYSTEM) - 2022]	22/12/22, 6:32:13 pm	22/12/22, 6:32:49 pm	35s	sanaiyah.229311286@muj.manipal.edu	Attendee	
Sanaiyah Naz [CSE (IOT AND INTELLIGENT SYSTEM) - 2022]	22/12/22, 7:01:40 pm	22/12/22, 7:02:11 pm	30s	sanaiyah.229311286@muj.manipal.edu	Attendee	
Srishti Mahapatra [IT - 2022]	22/12/22, 6:32:27 pm	22/12/22, 6:33:16 pm	49s	srishti.229303138@muj.manipal.edu	Attendee	
Aashima Shrivastava [BSC (Hons Psychology) - 2021]	22/12/22, 6:33:38 pm	22/12/22, 7:44:15 pm	1h 10m 37s	aashima.211007049@muj.manipal.edu	Attendee	
Aashima Shrivastava [BSC (Hons Psychology) - 2021]	22/12/22, 7:46:34 pm	22/12/22, 7:48:55 pm	2m 21s	aashima.211007049@muj.manipal.edu	Attendee	
Yuvraj Singh Sikarwar [ECE - 2022]	22/12/22, 6:35:18 pm	22/12/22, 7:04:41 pm	29m 23s	yuvraj.229202064@muj.manipal.edu	Attendee	
Dev Dhiren Faldu [CSE - 2022]	22/12/22, 6:36:12 pm	22/12/22, 6:36:30 pm	18s	dev.229301360@muj.manipal.edu	Attendee	
Dev Dhiren Faldu [CSE - 2022]	22/12/22, 6:52:13 pm	22/12/22, 6:54:00 pm	1m 47s	dev.229301360@muj.manipal.edu	Attendee	
Prince	22/12/22, 6:36:54 pm	22/12/22, 6:43:31 pm	6m 36s		Attendee	
Ajita Rathod [BA LLB (Hons) - 2021]	22/12/22, 6:42:23 pm	22/12/22, 6:42:30 pm	6s	ajita.211301063@muj.manipal.edu	Attendee	
Ajita Rathod [BA LLB (Hons) - 2021]	22/12/22, 6:45:11 pm	22/12/22, 6:49:32 pm	4m 21s	ajita.211301063@muj.manipal.edu	Attendee	
Sidhant Gautam [Artificial Intelligence & Machine Learning - 2021]	22/12/22, 6:43:21 pm	22/12/22, 6:44:51 pm	1m 29s	sidhant.219310326@muj.manipal.edu	Attendee	

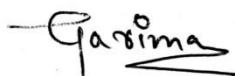
Kuldeep Singh [BCA - 2020]	22/12/22, 6:46:15 pm	22/12/22, 7:43:34 pm	57m 19s	kuldeep.201015040@muj.manipal.edu	Attendee	
Kuldeep Singh [BCA - 2020]	22/12/22, 7:47:03 pm	22/12/22, 7:48:55 pm	1m 51s	kuldeep.201015040@muj.manipal.edu	Attendee	
Amolika Yadav [CSE - 2022]	22/12/22, 6:46:30 pm	22/12/22, 6:46:42 pm	12s	amolika.229303142@muj.manipal.edu	Attendee	
Avni [CSE - 2022]	22/12/22, 6:48:43 pm	22/12/22, 6:52:23 pm	3m 40s	avni.229310335@muj.manipal.edu	Attendee	
Anand Raghav Choudhary [CSE - 2021]	22/12/22, 6:50:09 pm	22/12/22, 7:04:42 pm	14m 32s	anand.219301396@muj.manipal.edu	Attendee	
Abhay Sharma [CCE - 2022]	22/12/22, 6:52:58 pm	22/12/22, 6:54:02 pm	1m 3s	abhay.229303310@muj.manipal.edu	Attendee	
Sajag Gupta [IT - 2022]	22/12/22, 6:56:52 pm	22/12/22, 7:48:54 pm	52m 2s	sajag.229302022@muj.manipal.edu	Attendee	
Kanishka Agrawal [CSE - 2021]	22/12/22, 6:57:31 pm	22/12/22, 7:48:55 pm	51m 23s	kanishka.219301768@muj.manipal.edu	Attendee	
Yashika Khattri [IT - 2022]	22/12/22, 6:58:39 pm	22/12/22, 6:58:56 pm	16s	yashika.229302074@muj.manipal.edu	Attendee	
Daksh Deep [IT - 2022]	22/12/22, 7:04:08 pm	22/12/22, 7:29:40 pm	25m 32s	daksh.229302010@muj.manipal.edu	Attendee	
Juhi Saha [CSE - 2021]	22/12/22, 7:05:30 pm	22/12/22, 7:06:34 pm	1m 4s	juhi.219301131@muj.manipal.edu	Attendee	
Ujjawal Sharma [ECE - 2022]	22/12/22, 7:19:27 pm	22/12/22, 7:24:56 pm	5m 28s	ujjawal.229202043@muj.manipal.edu	Attendee	
Rajdeep Sumitkumar Bakliwal [CCE - 2022]	22/12/22, 7:19:56 pm	22/12/22, 7:20:52 pm	55s	rajdeep.229303416@	Attendee	

				muj.manip al.edu		
Rajdeep Sumitkumar Bakliwal [CCE - 2022]	22/12/22, 7:25:39 pm	22/12/22, 7:29:35 pm	3m 55s	rajdeep.22 9303416@ muj.manip al.edu	Attendee	
Varad Lakhotiya [CCE - 2022]	22/12/22, 7:26:16 pm	22/12/22, 7:26:24 pm	7s	varad.2293 03188@mu j.manipal.e du	Attendee	

9.Link of MUJ website

<https://forms.gle/ssmMBNECDXgUNZrZ6>.

Student coordinator

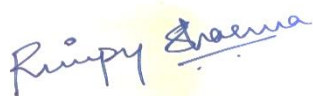


Garima Kaushik

President, Mind Over Matter, MUJ

Signature of the student coordinator

Faculty coordinator



(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare



(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare



(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR



Dr. Arun Kumar Poonia
Asst. Director, DSW Clubs





DIRECTORATE OF STUDENTS' WELFARE

MIND OVER MATTER

PRESENTS

Mental health week activity (Day 1)

Counselling Event

OFFLINE EVENT

Date of Event (6TH OCTOBER 2022)

(12:30 PM TO 2:00 PM)



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1. Introduction of the Event

Mind over Matter, the mental health club of Manipal University Jaipur(MUJ) organized a 3-day event marathon during mental health. The events were organized by the club Mind over matter in collaboration with the department of psychology and the directorate of student welfare to increase awareness through certain activities which engaged the students and also were effective in achieving the goal of imparting information about mental health. Each day different activities took place. On the 6th of October Mind over matter organized an event called gratitude wall. The events were a mix of several agendas surrounding stress-bursting fun and propagation of the aim of the club. Everything was prepared to make the event fun yet meaningful, attaining to the ideology of college students. The working team of Mind Over Matter had a clear vision to represent the club as an understanding, free and creative space for young minds to bloom and blossom.

2. Objectives of the Event

- To spread awareness about mental health issues through our college
- To stand a point on suicide, and things closely related to it.
- To educate the participants about helping themselves and their closed ones with mental trauma and suicidal thoughts.
- To get ideas about suicidal prevention steps and methods.
- To understand self-love on a deeper level.

3. Beneficiaries of the Event

- MUJ Students

4. Brief Description of the event

The series of activities is held through the event of mental health week. Like gratitude wall, Spotify collection, flash mob, pop your monster, or painting wall. On the first day, Hand-wall-painting took place. For this palms of the people who were willing to take part in the event were painted and then left an impression of their palms on cardboard which was covered with white chart paper. The palms of students were painted with a choice of their own colours as each colour represents different emotional reactions. The Colour red is often associated with anger while purple represents creativity, orange with optimism and green with a sense of hope. The painting also allows individuals a chance to express their feelings and emotions without words. It can be tough opening up sometimes, so painting is a great way to release inner thoughts. Individuals that paint use art to overcome shyness and convey their personality. Painting allows for emotional release because it stimulates the creative side of your mind while focusing your attention in one place, which can lower anxiety. In this way, the creative outlet improves your mental health significantly. In Spotify, collection student has to write their comfort songs in their post-its and all the songs written by the students are collected and a playlist was made out from that. Hand-wall-painting is associated with chromotherapy or colour therapy as it boosts happy feelings in a person.

5. Photographs of the Event



Fig1. In fig one we can see that the professor is writing gratitude in post-its.



Fig2. Gratitude wall with hand impressions



Fig 3. Students with paint in their palm.



Fig 3. Student with hand impressions.



6. Brochure of Event

7. Schedule of the Event

The event took place offline in campus.

Date: 06-10-2022

Time: 12:00pm to 2:00 pm

8. Attendance of the Event

total attendance of the event – 427 students

Serial No.	Name	Registration No.
1.	AANANYA YADAV	221103003
2.	AARNA TIWARI	221103014
3.	ADITI SINGH	221103007
4.	AMISHA GURUNG	221103048
5.	AMITHI BASNOTRA	221103024
6.	ANAGHA G NAIR	221103054



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7.	ANAMIKA.R R	221103030
8.	ANANYA MACHIWAL	221103068
9.	ANANYA SHAH	221103029
10.	ANIKA MISHRA	221103055
11.	ANKITA DAS	221103071
12.	ANUSHKA BANERJI	221007002
13.	APRAJITA SINGH RATHORE	221103049
14.	AURO MAHESHAN	221103037
15.	AYANA TAKSHAK	221103058
16.	CHAITALI VIKAS PATIL	221103077
17.	CHAVI KHANDELWAL	221103087
18.	CHOSZIN NILZA WANGMO	221103088
19.	DHRUV SINGH RATHOR	221103080
20.	GAUTHAM KRISHNA G	221103051
21.	HARSHITA DADHICH	221103061
22.	HEMANGINI KUMARI	221103086
23.	ISHA GOYAL	221103015
24.	ISHA GUPTA	221103065
25.	ISHI KACHOLE	221103021
26.	ISHIKA BAHETI	221103085
27.	KARISHMA BISHT	221103008
28.	KASHISH CHOUDHARY	221103053
29.	KIRAN CHAUDHARY	221103063
30.	KOMAL YOGESH SHAH	221103004
31.	KRIKA	221103064
32.	KRIKA BORO	221103002
33.	KUSHAGRI AGARWAL	221103032
34.	MOHIT KUMAR	221103044
35.	MUSKAAN NARESH SADHNANI	221103013
36.	NAISHA LAMBA	221103034
37.	NIHARIKA PARIHAR	221103070
38.	OJASVI RATURI	221103073
39.	PALLAVI DUBEY	221103081
40.	POOJA .	221103056
41.	PRASIDDHI SINGH JAT	221103040
42.	RIYA DHANOPIA	221103089
43.	RUBAINA NAGPAL	221103075
44.	RUSHIL SUDRANIA	221103090
45.	SAANVI GUPTA	221103027
46.	SAMEEKSHA DIXIT	221103016
47.	SANJANA SUDHINDRA	221103038
48.	SANSKRITI SHARMA	221103012
49.	SHAMBHAVI SHARMA	221103074
50.	SHIKHA WADHWANI	221103035
51.	SHIVANI DAYAL	221103059
52.	SHREYA BHARDWAJ	221103095
53.	SINDHUJA RASTOGI	221103079
54.	SNEHA PATNI	221103006



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55.	SNEHAL JHANWAR	221103060
56.	SRISHTI JOSHI	221103026
57.	SWASTIKA GAUTAM	221103022
58.	T VINNILA RAO	221103091
59.	TANISHA UPADHYAY	221103041
60.	TANYA SHARMA	221103092
61.	TWISHA SHUKLA	221103036
62.	UDAY VASHISHTHA	221103050
63.	USHASI BHATTACHARYA	221103011
64.	VAGISHA KUMAR	221103078
65.	VANSHIKA AGARWAL	221103017
66.	AAANCHAL CHAKRABORTY	221103045
67.	DHRUV RAY	221103033
68.	EVA BHATI	221103082
69.	GAURANGNAA SINGH	221103062
70.	GAURAV SOLANKI	221103096
71.	ISHIKA CHOUDHARY	221103042
72.	JANAKNANDINI SINGH	221103093
73.	KHUSHI JAIN	221103052
74.	MANYA MANGLA	221103043
75.	NEHA CHOUDHARY	221103066
76.	NEHA SWABNAM	221103076
77.	PALAK JAIN	221103094
78.	PARIDHI MEENA	221103097
79.	PRIYANKA MISHRA	221103031
80.	SHRIYA AGARWAL	221103083
81.	SOUMYA SHARMA	221103067
82.	TAMANNA MITTAL	221103072
83.	TANISHA GUPTA	221103084
84.	VRUNDA MAHESHWARI	221103057
85.	YUVRAJ SINGH	221103069
86.	JAANAVI TIWARI	201103006
87.	ARCHISHA GORSI	201103007
88.	SUHINA TIWARY	201103015
89.	ANASHWARA SHARMA	201103020
90.	BHARTI ARYA	201103022
91.	MEDHA MENON	201103025
92.	SURABHI BIJURKAR	201103027
93.	AISHANYA UPADHYAYA	201103030
94.	PRANSHI GOYAL	201103031
95.	ZAARA MUSTAKIM	201103034
96.	DIVANSHI KHANDELWAL	201103035
97.	ASHNA SETH	201103036
98.	RASHMI	201103037
99.	BHOOMIKA PATNI	201103038
100.	TANISHKA KUMAR	201103039
101.	HARLEEN KAUR	201103041
102.	SHRUTI JAIN	201103046



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103.	DEVANGNAA SINGH	201103047
104.	SHRIYA SHARMA	201103048
105.	ISHITA JAIN	201103051
106.	YUVIKA SINGH	201103057
107.	AISHWARYA DIXIT	201103059
108.	SHARON JOSEPH	201103060
109.	SREEPRABHA PURAKKAT MANGHAT	201103061
110.	NIYATHI KOSURI	201103062
111.	LOVANYA ROHTAGI	201103064
112.	GUNVEEN KAUR	201103065
113.	DEVIKA VADEHRA	201103068
114.	VANI GHAI	201103019
115.	AANAND	201103021
116.	PREKSHA PAREEK	201103024
117.	ARYAN PANDEY	201103026
118.	PRARTHANA C S	201103032
119.	ASMI TAK	201103045
120.	GAURAV KUSHWAHA	201103055
121.	Himanshu Gahlot	201103063
122.	NAVNEET BHUKHMARIYA	201103042
123.	MEGHNA SAINI	201103052
124.	ANANTA TICKOO	201103056
125.	SUGANDHA ANEJA	201103054
126.	NITYA CHAUHAN	201103004
127.	AARYAN GANGULI	201103008
128.	KARISHMA MEHRA	201103043
129.	SHREYA BHASIN	201103050
130.	SONIA MONDAL	201103053
131.	AKSHAT VYAS	201103066
132.	KONARK SONI	201103067
133.	LAKSHITA	211007003
134.	NAVYA PANDEY	211007004
135.	URJA DOGRA	211007005
136.	PRADYUMN SARASWAT	211007006
137.	TRISHITA BIPLAB BANERJEE	211007008
138.	APARNA AYYAGARI	211007009
139.	MUSKAAN GUPTA	211007010
140.	KASHISH PARMAR	211007011
141.	KHUSHI PANWAR	211007014
142.	ANANYA PURANIK	211007015
143.	BETZY M BINU	211007017
144.	SONAXI TAK	211007018
145.	ANKU KUMARI	211007019
146.	YASHI SHARMA	211007020
147.	ADITI TALESRA	211007021
148.	TANISHQ JAJOO	211007022
149.	VISHRUTI MANOJ MISHRA	211007023



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150.	ARUNDHATI DE	211007024
151.	SAKSHI MOHAN	211007025
152.	KASHISH ZALANI	211007026
153.	AMRITA SINHA	211007027
154.	ABHAY DADHICH	211007028
155.	AMITRASUDAN H	211007029
156.	MADHUWANT KARTHIK	211007030
157.	OM TIWARI	211007031
158.	HEEPOSH PANDITA	211007032
159.	PRERNA SINGH	211007033
160.	CHINMAYEE DAHAKE	211007034
161.	ADITYA RAJ PREM	211007035
162.	MANOJ KUMAWAT	211007036
163.	VANSHIKA PARMAR	211007037
164.	SUSHANT ANAND PILLAY	211007038
165.	KASHISH CHADHA	211007040
166.	HIMANSHI PUNJABI	211007042
167.	VARNIMA SINGH	211007043
168.	VRUTI SANJAYBHAJ PATEL	211007044
169.	APOORVA KHARB	211007045
170.	PRIYANKA AGRAHARI	211007046
171.	MANAN OSWAL	211007047
172.	UJJWALA KANYAL	211007048
173.	AASHIMA SHRIVASTAVA	211007049
174.	JAY KUMAR PATEL	211007050
175.	KEMYA NAYYAR	211007051
176.	ARADHNA JUNEJA	211007052
177.	AYUSHI SHARMA	211007053
178.	MOUSUMI DAS	211007054
179.	SANKALP SINGH SANKHALA	211007055
180.	RAUNISH DEV	211007056
181.	HANSIKA KHANDELWAL	211007057
182.	KANISHKA TYAGI	211007058
183.	DRAKSHA JOGIANI	211007059
184.	HARSHIT GULPADIYA	211007060
185.	TANISHA CHADHA	211007061
186.	TANISHKA SAINI	211007062
187.	SRISHTI KHANNA	211007063
188.	MEGHANA V HEGDE	211007064
189.	MANISH SAHU	211007065
190.	SWARNIMA RAWAT	211007066
191.	ISHIKA JAISWAL	211007067
192.	BHANVI	211007068
193.	ANUSHKA	211007069
194.	DHANSHRI SANDEEP GAUTAM	211007070
195.	ANUJA POL	211007071
196.	DIVYANSHI SHEKHAWAT	211007072
197.	SUDHANSHU SAINI	211007073



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198.	PRIYANSHU KUMAR	211007074
199.	MANSI BHALLA	211007075
200.	RICHA GAUTAM	211007077
201.	RITIKA SINGH	211007079
202.	KANIKA SHARMA	211007080
203.	NIKEETA CHAUDHARY	211103001
204.	SIDDHI VIJAY GUJAR	211103002
205.	ADRIANNE FELICIA PINTO	211103003
206.	DIYA GHOSH	211103005
207.	SRISHTI MALHOTRA	211103006
208.	MEGHNA PRABHAKAR	211103009
209.	MIHIKA PATHAK	211103011
210.	JESSICA AGARWAL	211103012
211.	SHUBHANGI SHARMA	211103015
212.	ISHA MAGADH	211103017
213.	DARSHITA DAGA	211103018
214.	AISHANI DUTTA	211103019
215.	ANOUSHKA KANTROO	211103020
216.	KHUSHI AGARWALLA	211103021
217.	MINAKSHI KANWAR	211103022
218.	VARNIKA JAIN	211103023
219.	SALONI KANWAR SHEKHAWAT	211103025
220.	PRANALI GUPTA	211103026
221.	SRIMOYEE SEN	211103027
222.	AVNI SINGH	211103028
223.	DUHITA SAXENA	211103029
224.	PARI LALWANI	211103032
225.	GUNJAN SONI	211103033
226.	AASTHA MEHRA	211103034
227.	PRAKRITI GOSWAMI	211103035
228.	PARIDHI CHAUHAN	211103036
229.	VIDUSHI KASNIYA	211103037
230.	NANDINI RAJAWAT	211103038
231.	SANYA AHUJA	211103040
232.	KRITIKA SHARMA	211103041
233.	KAJOL JEESANY	211103042
234.	PRIYANKA TALUKDAR	211103043
235.	HITA MATHUR	211103044
236.	RHEA NAIR	211103045
237.	SREEMOYEE SENGUPTA	211103046
238.	PAVNI SHARMA	211103047
239.	SHREYAS SACHENDRA KAPU	211103048
240.	KRITI CHAKRAVORTY	211103049
241.	SARVESH NAYYAR	211103050
242.	SHUBHANSHI GARG	211103051
243.	LOHIT KAPOOR	211103052
244.	SHUBHI SHARMA	211103053
245.	ARYAN SHIVDAS MAHTO	211103054



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246.	SIA KATARIA	211103056
247.	JASMINE SINGH	211103058
248.	ADITI	211103059
249.	POORVI NASA	211103060
250.	SAHIL CHOUDHARY	211103061
251.	MANASI SUDINDRA	211103063
252.	MANSI CHOUDHARY	211103064
253.	DEEPIKA	211103065
254.	KASHISH PREM DAVE	211103066
255.	HIYA BOHRA	211103067
256.	DEVYANI SINGH RATHORE	211103069
257.	DIYA MEHTA	211103070
258.	ARUSH CHAUHAN	211103071
259.	DIA UPADHYAY	211103073
260.	PARTH ARORA	211103074
261.	ANVESHA SHEKHER	211103075
262.	SANMAI PATHAK	211103077
263.	SANVEE NAGAPAL	211103078
264.	ROMELL JOHN	211103079
265.	SAIYONI KHANDELWAL	211103082
266.	POORVI MAHESHWARI	211103083
267.	ANUSHKA BHATI	211103084
268.	VIDHI SHAW	211103085
269.	KHUSHI SHARMA	211103086
270.	ANJALI JAIN	211103087
271.	AVIRAL SINGHAL	211103088
272.	ASHOK KUMAR BHANWARARAMCHOUDHARY	211103089
273.	RISHITA BISWAS	211103090
274.	SHREEYA JANGID	211103091
275.	KHYATI	211103092
276.	VANSHIKA DEVNANI	211103093
277.	CHARVI KHANDELWAL	211103094
278.	MANTAJ BRAR	211103095
279.	ASHNA AGNANI	211103096
280.	TUSHAR SHARMA	211103097
281.	SYEDDA UMMEHANI RAUHAAN	211103098
282.	RIYA BHATT	211103099
283.	SHUBHANGI TAK	211103101
284.	BHAVYA JAIN	211103102
285.	RADHIKA KHANDELWAL	211103103
286.	ANTRA RAI	211103104
287.	SAANYA PANKAJ	211103105
288.	AAROHI JAIN	221016048
289.	ABHA DANDE	221016042
290.	ADITI	221016047
291.	ADVIKA KHANNA	221016007
292.	AISHWARYA SATISH BHATKAR	221016004



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293.	ALTA SUSAN JACOB	221016052
294.	ANISHA BANWALA	221016049
295.	ANUSHKA NADAR	221016013
296.	ANUSHTHA RAKESH CHILLURE	221016009
297.	ARGHAWALI JAIN	221016015
298.	ARUNDHATI PRASAD	221016059
299.	ASHUTOSH SANTOSH TIWARI	221016035
300.	AYUSHI SHARMA	221016068
301.	BHAVIKA AHUJA	221016062
302.	CHAHAT CHAUDHARY	221016016
303.	CHARUL DEEPAK GUPTA	221016058
304.	DEVIKA IRNY	221016036
305.	DIKSHA ROOPWANI	221016031
306.	DIVYA DIDEL	221016005
307.	G TULASI	221016067
308.	GARGI RAJESH GUPTA	221016038
309.	GOURANK KHANDELWAL	221016039
310.	JANHVI MISHRA	221016056
311.	JOVINA MELYN REGI	221016008
312.	KARNIKA KAPOOR	221016027
313.	KOMAL JAIN	221016061
314.	LAVANYA BISHNOI	221016060
315.	MANSI PRAKASH BHATI	221016012
316.	MIHIR RAWTANI	221016019
317.	STUTI MATHUR	221016055
318.	NEHA MITTAL	221016023
319.	PRATHIKSHA VENKATESWARAN	221016002
320.	RAMESHWARI RATHORE	221016045
321.	RENU KUMARI	221016053
322.	RIYA MITRA	221016006
323.	SANJANA JAIN	221016022
324.	SANSKRUTI VIRENDRAKUMAR SINGH	221016034
325.	SIMRAN BHAROL	221016033
326.	SNEHA PUKHRAMBAM	221016057
327.	SREELAKSHMI A S	221016029
328.	SUHANI BHATNAGAR	221016003
329.	SUNIDHI CHAUHAN	221016041
330.	TISHA BHATIA	221016020
331.	URVASHI CHOUHAN	221016051
332.	VAISHNAVEE KUMARI RATHORE	221016010
333.	VANI DIVAKAR SHETTY	221016026
334.	YOGITA SANTOSH APPUR	221016030
335.	AANCHAL SANKHLA	221016069
336.	DIYA RAJESH SANGHVI	221016028
337.	HANUPRIYA SHARMA	221016064
338.	HARSHITA MAHESHWARI	221016054
339.	KRUTI MAHADEV PATIL	221016066



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340.	NIKKISHA SONI	221016044
341.	RIYA JAIN	221016018
342.	SAKSHI SONI	221016050
343.	SRISHTI JHALANI	221016025
344.	SRISHTI N ASHOK	221016032
345.	SURYANSHU ANAND	221016063
346.	YOGESH GUPTA	221016065
347.	MUSKAN SINGH	211016001
348.	ADITI MISHRA	211016002
349.	DEEYA JAIN	211016003
350.	YASHVI BADANI	211016004
351.	AAMRUSHA SINGH	211016005
352.	ANKITA RAJASEKHARAN	211016006
353.	ISRAELA PINTO	211016007
354.	NEHAL SHAH	211016008
355.	AASTHA WADHWA	211016010
356.	VRUSHA SHAH	211016011
357.	ANUSHKA GOYAL	211016012
358.	RASHI GARG	211016014
359.	JESSICA CHAWLA	211016016
360.	BABANPREET KAUR NARULA	211016017
361.	SURBHI	211016018
362.	KINJAL AMETA	211016019
363.	ESHA LOPES	211016020
364.	SRISHTI SABHARWAL	211016021
365.	PILLAI ANJALI SATISH	211016024
366.	THEERTHA RAJEEV	211016025
367.	KEZIAH ELSA MATHEW	211016026
368.	NAMITA GOPINATH	211016027
369.	ZEBU QURESHI	211016030
370.	A KOMAL	211016031
371.	DRISHYA	211016033
372.	NIDHI PATODIA	211016035
373.	BHARGAV B.V	211016037
374.	MANSI TYAGI	211016038
375.	PRIYANKA SAINI	211016039
376.	SNEHA PRAHARAJ	211016040
377.	MAITRI THAKKAR	211016042
378.	KARAN SINGH	211016044
379.	ADITI BHATTAD	211016045
380.	ASHI MOURYA	211016046
381.	SHLOKA SHANBHAG	211016047
382.	SAMRIDHI KAVIA	211016049
383.	NISHKA MEHTA	211016051
384.	NANDINI KESHWANI	211016052
385.	DRISHTI SADANA	211016053
386.	SHRUTI JAIN	211016055
387.	KRISHNA PATEL	211016056



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388.	NISHA KANWAR	211016058
389.	PRANJAL MESTRY	211016059
390.	RAJVIR SINGH	211016060
391.	NISHTHA MOUDGIL	211016062
392.	ASHWITA NARAIN	211016064
393.	VANSHIKA AGARWAL	211016065
394.	SHREYA SAXENA	211016066
395.	DIPRA AGARWAL	211016067
396.	SARAH CARVALHO	211016068
397.	TANIA PRABHU DOSS	211016069
398.	RADHA GOPAL KRISHNAN	211016070
399.	KAMBALA SIREESHA	211016071
400.	KANISHKA	211016072
401.	KHUSHBOO VASHISHTH	211016073
402.	RISHIKA JAIN	211016074
403.	KRUPA SHETH	211016075
404.	GAZAL PODDAR	211016077
405.	DIVYA BELWAL	211016078
406.	PRIYANKA DEVI	211016080
407.	SNIGDHA ROY	211016081
408.	MRINAL VALKE	211016082
409.	SAKSHI SHAH	211016083
410.	NAOMI SHAH	211016084
411.	AYSHA KHURSHEED	211016085
412.	K BHARGAVI	211016086
413.	PODUVAL ADITI VINAYAN	211016087
414.	VASVI SINGH	211016088
415.	SANSKRUTI	211016089
416.	NIRALASA	211016090
417.	VIDYA KAUSHIK	211016091
418.	SIDDHI PANDEY	211016092
419.	SIMRAN JEET	211016093
420.	RITWIK DEB	211016094
421.	MAYURAKSHI GHOSH	211016095
422.	SRUJA	211016096
423.	VEDIKA KARNANI	211016097
424.	ROHINI NEWAR	211016099
425.	SHEETAL SINHA	211016100
426.	BHAVINI RATHORE	211016101
427.	NAMRATA TILAK	211016102

9.Link of MUJ website

No link was there.



Student coordinator

Garima Kaushik

President, Mind Over Matter, MUJ

Signature of the student coordinator

Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare



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JAIPUR

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR

Dr. Arun Kumar Poonia
Asst. Director, DSW Clubs



DIRECTORATE OF STUDENTS' WELFARE

MIND OVER MATTER

PRESENTS

Mental health week activity (day 2)

Counselling Event

OFFLINE EVENT

Date of Event (7TH OCTOBER 2022)

(12:30 PM TO 2:00 PM)



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1. Introduction of the Event

Mind over Matter, the mental health club of Manipal University Jaipur(MUJ) organized a 3-day event marathon during mental health. The events were organized by the club Mind over matter in collaboration with the department of psychology and the directorate of student welfare to increase awareness through certain activities which engaged the students and also were effective in achieving the goal of imparting information about mental health. Each day different activities took place. On the 7th of October Mind over matter organized an activity that is happiness wheel activity and choosing the emoji sticker of the emotions that they are feeling. The events were a mix of several agendas surrounding stress-bursting fun and propagation of the aim of the club. Everything was prepared to make the event fun yet meaningful, attaining to the ideology of college students. The working team of Mind Over Matter had a clear vision to represent the club as an understanding, free and creative space for young minds to bloom and blossom.

2. Objectives of the Event

- To spread awareness about mental health issues through our college
- To stand a point on suicide, and things closely related to it.
- To educate the participants about helping themselves and their closed ones with mental trauma and suicidal thoughts.
- To get ideas about suicidal prevention steps and methods.
- To understand self-love on a deeper level.

3. Beneficiaries of the Event

- MUJ Students

4. Brief Description of the event

The series of activities is held through the event of mental health week. Like happiness wheel, choosing emoji sticker, Spotify collection, flash mob, pop your monster, or painting wall. On the second day of mental health week, the Happiness Wheel activity took place. The Happiness wheel was made out of cardboard which was covered with coloured chart paper. A circle was drawn which was further divided into smaller sections. In each section where the name of certain activities name written.

Students were also given a chance to pick a badge of their choice. The badges were made out of paper representing a varying range of emotions. Students picked badges most likely to represent the emotional state of their minds.

The Happiness wheel was made with the idea to represent certain activities that a person does to make themselves happy. Students who took part in this activity took a cotton ball which already had an adhesive layer on it and pasted that ball onto the name of the activity on the wheel board which they felt they did to experience joy.

Following that pop, your monster activity was done in this person blowing the ballon with thinking something which makes them angry and then bursting it. Another activity called Spotify collection was done in this people have to write their favourite songs that comfort them and then all the songs are collected and a playlist was made out of that. There were many different activities like the gratitude wall in this people write what they are grateful for or something they admire in the post-its and those post-its are attached to the wall. On day 2 of mental health week, a postcard competition was done who's results were announced on the mental health day. To bring 2nd day to at end we did a flash mob.



5. Photographs of the Event



Fig1. Member of core team of MOM



Fig 2. Faculty coordinator of MOM doing wheel activity.



Fig 3. MOM core team with faculty coordinator.

6. Brochure of Event

7. Schedule of the Event



MANIPAL UNIVERSITY JAIPUR

The event took place offline in campus.

Date: 07-10-2022

Time: 12:00pm to 2:00 pm

8. Attendance of the Event

total attendance of the event – 427 students

Serial No.	Name	Registration No.
1.	AANANYA YADAV	221103003
2.	AARNA TIWARI	221103014
3.	ADITI SINGH	221103007
4.	AMISHA GURUNG	221103048
5.	AMITHI BASNOTRA	221103024
6.	ANAGHA G NAIR	221103054
7.	ANAMIKA.R R	221103030
8.	ANANYA MACHIWAL	221103068
9.	ANANYA SHAH	221103029
10.	ANIKA MISHRA	221103055
11.	ANKITA DAS	221103071
12.	ANUSHKA BANERJI	221007002
13.	APRAJITA SINGH RATHORE	221103049
14.	AURO MAHESHAN	221103037
15.	AYANA TAKSHAK	221103058
16.	CHAITALI VIKAS PATIL	221103077
17.	CHAVI KHANDELWAL	221103087
18.	CHOSZIN NILZA WANGMO	221103088
19.	DHRUV SINGH RATHOR	221103080
20.	GAUTHAM KRISHNA G	221103051
21.	HARSHITA DADHICH	221103061
22.	HEMANGINI KUMARI	221103086
23.	ISHA GOYAL	221103015
24.	ISHA GUPTA	221103065
25.	ISHI KACHOLE	221103021
26.	ISHIKA BAHETI	221103085
27.	KARISHMA BISHT	221103008
28.	KASHISH CHOUDHARY	221103053
29.	KIRAN CHAUDHARY	221103063
30.	KOMAL YOGESH SHAH	221103004
31.	KRITIKA	221103064
32.	KRITIKA BORO	221103002
33.	KUSHAGRI AGARWAL	221103032
34.	MOHIT KUMAR	221103044
35.	MUSKAAN NARESH SADHNANI	221103013
36.	NAISHA LAMBA	221103034
37.	NIHARIKA PARIHAR	221103070
38.	OJASVI RATURI	221103073



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39.	PALLAVI DUBEY	221103081
40.	POOJA .	221103056
41.	PRASIDDHI SINGH JAT	221103040
42.	RIYA DHANOPIA	221103089
43.	RUBAINA NAGPAL	221103075
44.	RUSHIL SUDRANIA	221103090
45.	SAANVI GUPTA	221103027
46.	SAMEEKSHA DIXIT	221103016
47.	SANJANA SUDHINDRA	221103038
48.	SANSKRITI SHARMA	221103012
49.	SHAMBHAVI SHARMA	221103074
50.	SHIKHA WADHWANI	221103035
51.	SHIVANI DAYAL	221103059
52.	SHREYA BHARDWAJ	221103095
53.	SINDHUJA RASTOGI	221103079
54.	SNEHA PATNI	221103006
55.	SNEHAL JHANWAR	221103060
56.	SRSHTI JOSHI	221103026
57.	SWASTIKA GAUTAM	221103022
58.	T VINNILA RAO	221103091
59.	TANISHA UPADHYAY	221103041
60.	TANYA SHARMA	221103092
61.	TWISHA SHUKLA	221103036
62.	UDAY VASHISHTHA	221103050
63.	USHASI BHATTACHARYA	221103011
64.	VAGISHA KUMAR	221103078
65.	VANSHIKA AGARWAL	221103017
66.	AAANCHAL CHAKRABORTY	221103045
67.	DHRUV RAY	221103033
68.	EVA BHATI	221103082
69.	GAURANGNAA SINGH	221103062
70.	GAURAV SOLANKI	221103096
71.	ISHIKA CHOUDHARY	221103042
72.	JANAKNANDINI SINGH	221103093
73.	KHUSHI JAIN	221103052
74.	MANYA MANGLA	221103043
75.	NEHA CHOUDHARY	221103066
76.	NEHA SWABNAM	221103076
77.	PALAK JAIN	221103094
78.	PARIDHI MEENA	221103097
79.	PRIYANKA MISHRA	221103031
80.	SHRIYA AGARWAL	221103083
81.	SOUMYA SHARMA	221103067
82.	TAMANNA MITTAL	221103072
83.	TANISHA GUPTA	221103084
84.	VRUNDA MAHESHWARI	221103057
85.	YUVRAJ SINGH	221103069
86.	JAANAVI TIWARI	201103006



MANIPAL UNIVERSITY JAIPUR

87.	ARCHISHA GORSI	201103007
88.	SUHINA TIWARY	201103015
89.	ANASHWARA SHARMA	201103020
90.	BHARTI ARYA	201103022
91.	MEDHA MENON	201103025
92.	SURABHI BIJURKAR	201103027
93.	AISHANYA UPADHYAYA	201103030
94.	PRANSHI GOYAL	201103031
95.	ZAARA MUSTAKIM	201103034
96.	DIVANSHI KHANDELWAL	201103035
97.	ASHNA SETH	201103036
98.	RASHMI	201103037
99.	BHOOMIKA PATNI	201103038
100.	TANISHKA KUMAR	201103039
101.	HARLEEN KAUR	201103041
102.	SHRUTI JAIN	201103046
103.	DEVANGNAA SINGH	201103047
104.	SHRIYA SHARMA	201103048
105.	ISHITA JAIN	201103051
106.	YUVIKA SINGH	201103057
107.	AISHWARYA DIXIT	201103059
108.	SHARON JOSEPH	201103060
109.	SREEPRABHA PURAKKAT MANGHAT	201103061
110.	NIYATHI KOSURI	201103062
111.	LOVANYA ROHTAGI	201103064
112.	GUNVEEN KAUR	201103065
113.	DEVIKA VADEHRA	201103068
114.	VANI GHAI	201103019
115.	AANAND	201103021
116.	PREKSHA PAREEK	201103024
117.	ARYAN PANDEY	201103026
118.	PRARTHANA C S	201103032
119.	ASMI TAK	201103045
120.	GAURAV KUSHWAHA	201103055
121.	Himanshu Gahlot	201103063
122.	NAVNEET BHUKHMARIYA	201103042
123.	MEGHNA SAINI	201103052
124.	ANANTA TICKOO	201103056
125.	SUGANDHA ANEJA	201103054
126.	NITYA CHAUHAN	201103004
127.	AARYAN GANGULI	201103008
128.	KARISHMA MEHRA	201103043
129.	SHREYA BHASIN	201103050
130.	SONIA MONDAL	201103053
131.	AKSHAT VYAS	201103066
132.	KONARK SONI	201103067
133.	LAKSHITA	211007003



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134.	NAVYA PANDEY	211007004
135.	URJA DOGRA	211007005
136.	PRADYUMN SARASWAT	211007006
137.	TRISHITA BIPLAB BANERJEE	211007008
138.	APARNA AYYAGARI	211007009
139.	MUSKAAN GUPTA	211007010
140.	KASHISH PARMAR	211007011
141.	KHUSHI PANWAR	211007014
142.	ANANYA PURANIK	211007015
143.	BETZY M BINU	211007017
144.	SONAXI TAK	211007018
145.	ANKU KUMARI	211007019
146.	YASHI SHARMA	211007020
147.	ADITI TALESRA	211007021
148.	TANISHQ JAJOO	211007022
149.	VISHRUTI MANOJ MISHRA	211007023
150.	ARUNDHATI DE	211007024
151.	SAKSHI MOHAN	211007025
152.	KASHISH ZALANI	211007026
153.	AMRITA SINHA	211007027
154.	ABHAY DADHICH	211007028
155.	AMITRASUDAN H	211007029
156.	MADHUWANT KARTHIK	211007030
157.	OM TIWARI	211007031
158.	HEEPOSH PANDITA	211007032
159.	PRERNA SINGH	211007033
160.	CHINMAYEE DAHAKE	211007034
161.	ADITYA RAJ PREM	211007035
162.	MANOJ KUMAWAT	211007036
163.	VANSHIKA PARMAR	211007037
164.	SUSHANT ANAND PILLAY	211007038
165.	KASHISH CHADHA	211007040
166.	HIMANSHI PUNJABI	211007042
167.	VARNIMA SINGH	211007043
168.	VRUTI SANJAYBHAJ PATEL	211007044
169.	APOORVA KHARB	211007045
170.	PRIYANKA AGRAHARI	211007046
171.	MANAN OSWAL	211007047
172.	UJJWALA KANYAL	211007048
173.	AASHIMA SHRIVASTAVA	211007049
174.	JAY KUMAR PATEL	211007050
175.	KEMYA NAYYAR	211007051
176.	ARADHNA JUNEJA	211007052
177.	AYUSHI SHARMA	211007053
178.	MOUSUMI DAS	211007054
179.	SANKALP SINGH SANKHALA	211007055
180.	RAUNISH DEV	211007056
181.	HANSIKA KHANDELWAL	211007057



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182.	KANISHKA TYAGI	211007058
183.	DRAKSHA JOGIANI	211007059
184.	HARSHIT GULPADIYA	211007060
185.	TANISHA CHADHA	211007061
186.	TANISHKA SAINI	211007062
187.	SRISHTI KHANNA	211007063
188.	MEGHANA V HEGDE	211007064
189.	MANISH SAHU	211007065
190.	SWARNIMA RAWAT	211007066
191.	ISHIKA JAISWAL	211007067
192.	BHANVI	211007068
193.	ANUSHKA	211007069
194.	DHANSHRI SANDEEP GAUTAM	211007070
195.	ANUJA POL	211007071
196.	DIVYANSHI SHEKHAWAT	211007072
197.	SUDHANSHU SAINI	211007073
198.	PRIYANSHU KUMAR	211007074
199.	MANSI BHALLA	211007075
200.	RICHA GAUTAM	211007077
201.	RITIKA SINGH	211007079
202.	KANIKA SHARMA	211007080
203.	NIKEETA CHAUDHARY	211103001
204.	SIDDHI VIJAY GUJAR	211103002
205.	ADRIANNE FELICIA PINTO	211103003
206.	DIYA GHOSH	211103005
207.	SRISHTI MALHOTRA	211103006
208.	MEGHNA PRABHAKAR	211103009
209.	MIHIKA PATHAK	211103011
210.	JESSICA AGARWAL	211103012
211.	SHUBHANGI SHARMA	211103015
212.	ISHA MAGADH	211103017
213.	DARSHITA DAGA	211103018
214.	AISHANI DUTTA	211103019
215.	ANOUSHKA KANTROO	211103020
216.	KHUSHI AGARWALLA	211103021
217.	MINAKSHI KANWAR	211103022
218.	VARNIKA JAIN	211103023
219.	SALONI KANWAR SHEKHAWAT	211103025
220.	PRANALI GUPTA	211103026
221.	SRIMOYEE SEN	211103027
222.	AVNI SINGH	211103028
223.	DUHITA SAXENA	211103029
224.	PARI LALWANI	211103032
225.	GUNJAN SONI	211103033
226.	AASTHA MEHRA	211103034
227.	PRAKRITI GOSWAMI	211103035
228.	PARIDHI CHAUHAN	211103036
229.	VIDUSHI KASNIYA	211103037



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230.	NANDINI RAJAWAT	211103038
231.	SANYA AHUJA	211103040
232.	KRITIKA SHARMA	211103041
233.	KAJOL JEESANY	211103042
234.	PRIYANKA TALUKDAR	211103043
235.	HITA MATHUR	211103044
236.	RHEA NAIR	211103045
237.	SREEMOYEE SENGUPTA	211103046
238.	PAVNI SHARMA	211103047
239.	SHREYAS SACHENDRA KAPU	211103048
240.	KRITI CHAKRAVORTY	211103049
241.	SARVESH NAYYAR	211103050
242.	SHUBHANSHI GARG	211103051
243.	LOHIT KAPOOR	211103052
244.	SHUBHI SHARMA	211103053
245.	ARYAN SHIVDAS MAHTO	211103054
246.	SIA KATARIA	211103056
247.	JASMINE SINGH	211103058
248.	ADITI	211103059
249.	POORVI NASA	211103060
250.	SAHIL CHOUDHARY	211103061
251.	MANASI SUDINDRA	211103063
252.	MANSI CHOUDHARY	211103064
253.	DEEPIKA	211103065
254.	KASHISH PREM DAVE	211103066
255.	HIYA BOHRA	211103067
256.	DEVYANI SINGH RATHORE	211103069
257.	DIYA MEHTA	211103070
258.	ARUSH CHAUHAN	211103071
259.	DIA UPADHYAY	211103073
260.	PARTH ARORA	211103074
261.	ANVESHA SHEKHER	211103075
262.	SANMAI PATHAK	211103077
263.	SANVEE NAGAPAL	211103078
264.	ROMELL JOHN	211103079
265.	SAIYONI KHANDELWAL	211103082
266.	POORVI MAHESHWARI	211103083
267.	ANUSHKA BHATI	211103084
268.	VIDHI SHAW	211103085
269.	KHUSHI SHARMA	211103086
270.	ANJALI JAIN	211103087
271.	AVIRAL SINGHAL	211103088
272.	ASHOK KUMAR BHANWARARAMCHOUHARY	211103089
273.	RISHITA BISWAS	211103090
274.	SHREEYA JANGID	211103091
275.	KHYATI	211103092
276.	VANSHIKA DEVNANI	211103093



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277.	CHARVI KHANDELWAL	211103094
278.	MANTAJ BRAR	211103095
279.	ASHNA AGNANI	211103096
280.	TUSHAR SHARMA	211103097
281.	SYEDDA UMMEHANI RAUHAAN	211103098
282.	RIYA BHATT	211103099
283.	SHUBHANGI TAK	211103101
284.	BHAVYA JAIN	211103102
285.	RADHIKA KHANDELWAL	211103103
286.	ANTRA RAI	211103104
287.	SAANYA PANKAJ	211103105
288.	AAROHI JAIN	221016048
289.	ABHA DANDE	221016042
290.	ADITI	221016047
291.	ADVIKA KHANNA	221016007
292.	AISHWARYA SATISH BHATKAR	221016004
293.	ALTA SUSAN JACOB	221016052
294.	ANISHA BANWALA	221016049
295.	ANUSHKA NADAR	221016013
296.	ANUSHTHA RAKESH CHILLURE	221016009
297.	ARGHAWALI JAIN	221016015
298.	ARUNDHATI PRASAD	221016059
299.	ASHUTOSH SANTOSH TIWARI	221016035
300.	AYUSHI SHARMA	221016068
301.	BHAVIKA AHUJA	221016062
302.	CHAHAT CHAUDHARY	221016016
303.	CHARUL DEEPAK GUPTA	221016058
304.	DEVIKA IRNY	221016036
305.	DIKSHA ROOPWANI	221016031
306.	DIVYA DIDEL	221016005
307.	G TULASI	221016067
308.	GARGI RAJESH GUPTA	221016038
309.	GOURANK KHANDELWAL	221016039
310.	JANHVI MISHRA	221016056
311.	JOVINA MELYN REGI	221016008
312.	KARNIKA KAPOOR	221016027
313.	KOMAL JAIN	221016061
314.	LAVANYA BISHNOI	221016060
315.	MANSI PRAKASH BHATI	221016012
316.	MIHIR RAWTANI	221016019
317.	STUTI MATHUR	221016055
318.	NEHA MITTAL	221016023
319.	PRATHIKSHA VENKATESWARAN	221016002
320.	RAMESHWARI RATHORE	221016045
321.	RENU KUMARI	221016053
322.	RIYA MITRA	221016006
323.	SANJANA JAIN	221016022



MANIPAL UNIVERSITY JAIPUR

324.	SANSKRUTI VIRENDRAKUMAR SINGH	221016034
325.	SIMRAN BHAROL	221016033
326.	SNEHA PUKHRAMBAM	221016057
327.	SREELAKSHMI A S	221016029
328.	SUHANI BHATNAGAR	221016003
329.	SUNIDHI CHAUHAN	221016041
330.	TISHA BHATIA	221016020
331.	URVASHI CHOUHAN	221016051
332.	VAISHNAVEE KUMARI RATHORE	221016010
333.	VANI DIVAKAR SHETTY	221016026
334.	YOGITA SANTOSH APPUR	221016030
335.	AANCHAL SANKHLA	221016069
336.	DIYA RAJESH SANGHVI	221016028
337.	HANUPRIYA SHARMA	221016064
338.	HARSHITA MAHESHWARI	221016054
339.	KRUTI MAHADEV PATIL	221016066
340.	NIKKISHA SONI	221016044
341.	RIYA JAIN	221016018
342.	SAKSHI SONI	221016050
343.	SRISHTI JHALANI	221016025
344.	SRISHTI N ASHOK	221016032
345.	SURYANSHU ANAND	221016063
346.	YOGESH GUPTA	221016065
347.	MUSKAN SINGH	211016001
348.	ADITI MISHRA	211016002
349.	DEEYA JAIN	211016003
350.	YASHVI BADANI	211016004
351.	AAMRUSHA SINGH	211016005
352.	ANKITA RAJASEKHARAN	211016006
353.	ISRAELA PINTO	211016007
354.	NEHAL SHAH	211016008
355.	AASTHA WADHWA	211016010
356.	VRUSHA SHAH	211016011
357.	ANUSHKA GOYAL	211016012
358.	RASHI GARG	211016014
359.	JESSICA CHAWLA	211016016
360.	BABANPREET KAUR NARULA	211016017
361.	SURBHI	211016018
362.	KINJAL AMETA	211016019
363.	ESHA LOPES	211016020
364.	SRISHTI SABHARWAL	211016021
365.	PILLAI ANJALI SATISH	211016024
366.	THEERTHA RAJEEV	211016025
367.	KEZIAH ELSA MATHEW	211016026
368.	NAMITA GOPINATH	211016027
369.	ZEB A QURESHI	211016030
370.	A KOMAL	211016031



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371.	DRISHYA	211016033
372.	NIDHI PATODIA	211016035
373.	BHARGAV B.V	211016037
374.	MANSI TYAGI	211016038
375.	PRIYANKA SAINI	211016039
376.	SNEHA PRAHARAJ	211016040
377.	MAITRI THAKKAR	211016042
378.	KARAN SINGH	211016044
379.	ADITI BHATTAD	211016045
380.	ASHI MOURYA	211016046
381.	SHLOKA SHANBHAG	211016047
382.	SAMRIDHI KAVIA	211016049
383.	NISHKA MEHTA	211016051
384.	NANDINI KESHWANI	211016052
385.	DRISHTI SADANA	211016053
386.	SHRUTI JAIN	211016055
387.	KRISHNA PATEL	211016056
388.	NISHA KANWAR	211016058
389.	PRANJAL MESTRY	211016059
390.	RAJVIR SINGH	211016060
391.	NISHTHA MOUDGIL	211016062
392.	ASHWITA NARAIN	211016064
393.	VANSHIKA AGARWAL	211016065
394.	SHREYA SAXENA	211016066
395.	DIPRA AGARWAL	211016067
396.	SARAH CARVALHO	211016068
397.	TANIA PRABHU DOSS	211016069
398.	RADHA GOPAL KRISHNAN	211016070
399.	KAMBALA SIREESHA	211016071
400.	KANISHKA	211016072
401.	KHUSHBOO VASHISHTH	211016073
402.	RISHIKA JAIN	211016074
403.	KRUPA SHETH	211016075
404.	GAZAL PODDAR	211016077
405.	DIVYA BELWAL	211016078
406.	PRIYANKA DEVI	211016080
407.	SNIGDHA ROY	211016081
408.	MRINAL VALKE	211016082
409.	SAKSHI SHAH	211016083
410.	NAOMI SHAH	211016084
411.	AYSHA KHURSHEED	211016085
412.	K BHARGAVI	211016086
413.	PODUVAL ADITI VINAYAN	211016087
414.	VASVI SINGH	211016088
415.	SANSKRUTI	211016089
416.	NIRALASA	211016090
417.	VIDYA KAUSHIK	211016091
418.	SIDDHI PANDEY	211016092



419.	SIMRAN JEET	211016093
420.	RITWIK DEB	211016094
421.	MAYURAKSHI GHOSH	211016095
422.	SRUJA	211016096
423.	VEDIKA KARNANI	211016097
424.	ROHINI NEWAR	211016099
425.	SHEETAL SINHA	211016100
426.	BHAVINI RATHORE	211016101
427.	NAMRATA TILAK	211016102

9.Link of MUJ website

No link was there.

Student coordinator

Garima Kaushik

President, Mind Over Matter, MUJ

Signature of the student coordinator

Faculty coordinator

(Dr Rimpay Sharma)

Student Counsellor

Directorate of Student's Welfare



MANIPAL UNIVERSITY
JAIPUR

(Ms. Vandna Kabra)

Student Counsellor

Directorate of Student's Welfare

Devanshi
Padaliya

(Ms. Devanshi Padaliya)

Student Counsellor

Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR

Dr. Arun Kumar Poonia
Asst. Director, DSW Clubs



MANIPAL UNIVERSITY
JAIPUR



DIRECTORATE OF STUDENTS' WELFARE

Libre-ation

Discussion

HerCampus at MUJ

ONLINE EVENT

Platform: Google Meet

Date of Event (10th August 2022)

(6PM-7:30PM)

Index

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1. Introduction of the Event

HerCampus at MUJ organized a book discussion ‘Libre-ation’ on 10th August, 2022 in order to promote reading and appreciating its nuances. Libre-ation focused on having a safe space for opinions on some of the choicest books ever written. Thoughtful prompts were crafted to spark creativity and ignite discussions.

2. Objectives of the Event

- To help readers speculate on aspects of writing styles of authors
- To discuss various plot subtleties of four different books
- To find a safe and wholesome community of readers and promote further discussion outside of the event

3. Beneficiaries of the Event

- MUJ Students

4. Brief Description of the event

Organized by HerCampus at MUJ, Libre-ation was a successful attempt at gathering readers for a more reflective version of a classic book discussion club. The discussion for each book was started off by a brief summary of each of the four books for refreshing memory, followed by two prepared prompts. The prompts helped kick off the discussion and keep it coordinated. Many participants from HerCampus and outside the club alike, discussed the book plot at length, deliberated about what was deliberate and what wasn't. We discussed the allures and pitfalls of the characters and the plots. The event was concluded by talking briefly about other books recommended by the readers in the registration link. The takeaway was to appreciate books during and contemplation after reading.

5. Photographs

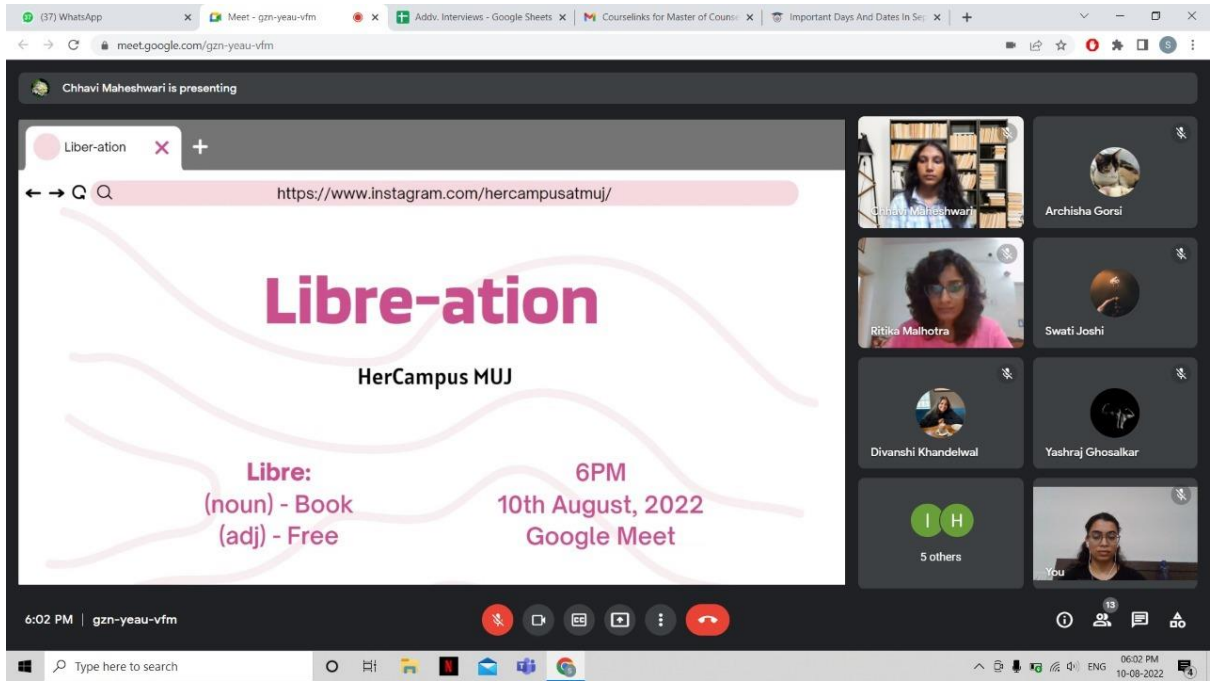


Fig 1: Libre-ation Introduction

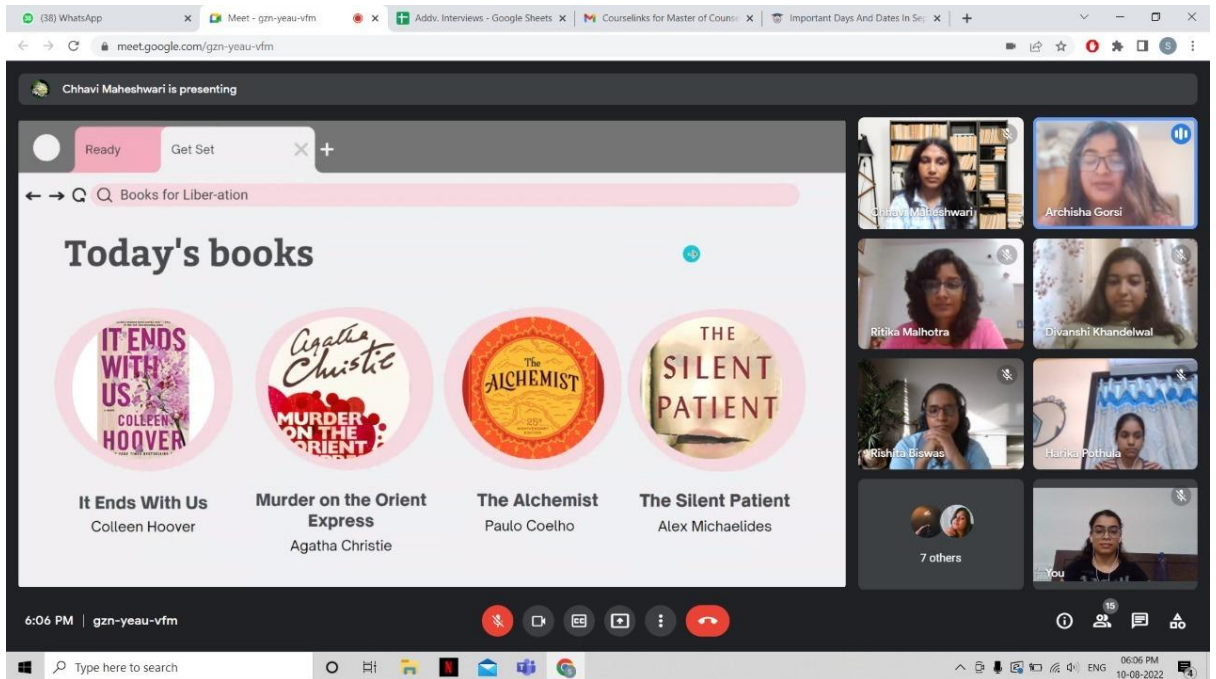


Fig 2: Introduction to the list of books

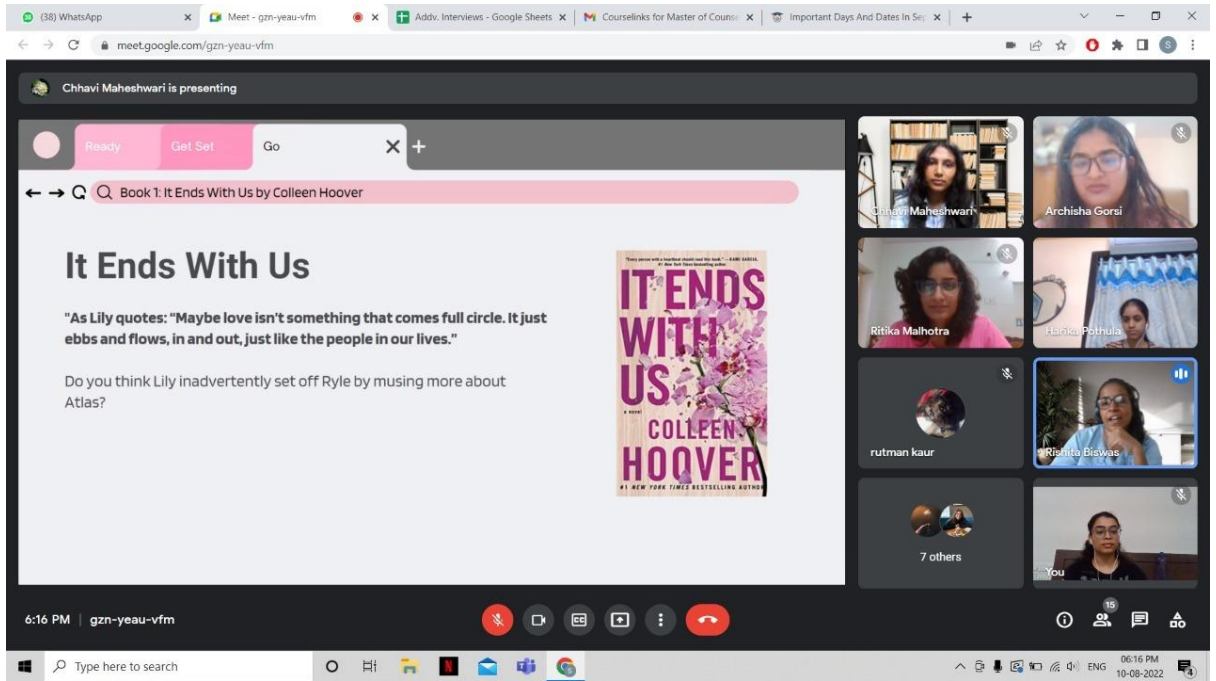


Fig 3: Discussion for book 1: It Ends With Us

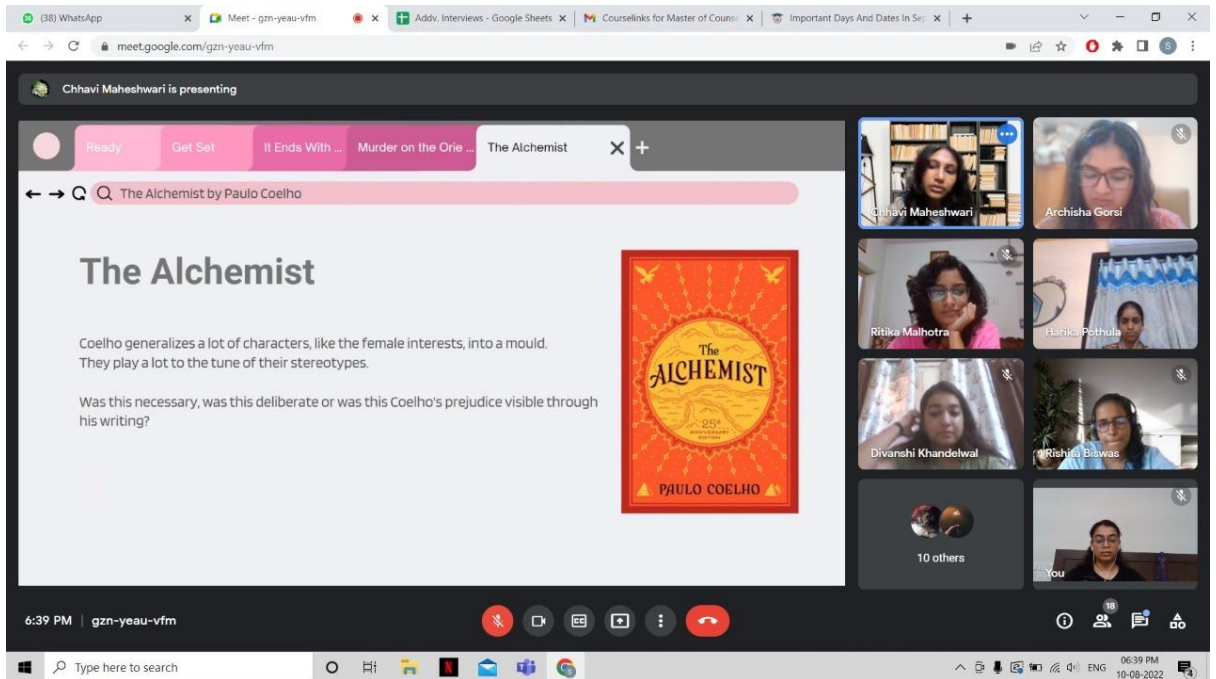


Fig 4: Discussion of Book 3: The Alchemist

6. Brochure or Creative of the Event



7. Schedule of the event

The event was on the 10th August 2022 from 6PM - 7:30PM

8. Attendance of the event:

Total attendee: 20

Name	Reg No.
Lokesh Kothari	219311108
Archisha Gorsri	201103007
Chhavi Maheshwari	209303060
Divanshi Khandelwal	201103035
Harika Pothula	219301608
Agrajaa	201102005
Rishita Biswas	211103090
Ritika Malhotra	219302332

Rutman Kaur	201007052
shubham dabre	209202004
Suhani Jain	201105018
Swati Joshi	201007022
Tanishka Kumar	201103039
Yashraj Ghosalkar	209301650
Yoshi Vijay	219310146
Shruti Singh	210903066
Rahul Sharma	209303336
Owais Farooqui	
Jai Shankar	209202190
Tripur Joshi	209303042

9. Post event link:

<https://jaipur.manipal.edu/muj/life-at-muj/Student-CLUBS/Her-Campus.html>



Archisha Gors
President, HerCampus, MUJ
Signature of the Student Coordinator



Ms. Sakshi Shringi
Department of Computer Science
Signature of the Faculty Coordinator

**DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR**



Dr. Arun Kumar Poonia
Asst. Director, DSW Clubs



Rotary International President
Rtn Jennifer Jones

District Governor
Rtn Dr Balwant Singh Chirana

President
PHF Rtn Radhey Shyam Gupta
D-13, Indra Puri Colony, Lal Kothi,
Jaipur, Rajasthan 302015 (India)
Mobile: +91-9414779184
eMail: rsgupta9414@gmail.com

Secretary
PHF Rtn Meeta Mathur
G-2, Janpath, Shyam Nagar,
Jaipur Rajasthan 302019 (India)
Mobile: +91-9982659532
eMail: alokmeeta@yahoo.com

Treasurer
Rtn Brajesh Kumar Gupta
D-28, Indra Puri Colony, Lal Kothi,
Jaipur, Rajasthan 302015 (India)
Mobile: +91-9829072271
eMail: brajeshkgupta24@gmail.com

Club Patron
Maj Donor Rtn Dr Sudhir Kumar Calla

President Elect (2023-24)
PHF Rtn CFP Shalini

Immediate Past President
MPHF Rtn Er Narendra Mal Mathur

Vice Presidents
MPHF Rtn Adv Ashok Goyal
PHF Rtn Desh Deepak Goyal

Jt. Secretary
Rtn Er Nand Kishore Maheshwari

Director – Club Administration
PHF Rtn Rajendra Tiwari

Director – Service Projects
Rtn Er Sudesh Roop Rai

Director – Environment Service
Rtn Shyam Sunder Gupta

Director – Foundation
MPHF Rtn Vipin Bahl

Director – Literacy & T.E.A.C.H.
PHF Rtn Dr Arun Kumar Arya

Director – Membership
PHF Rtn Jwala Prasad Sharma

Director – Public Image & Fellowship
PHF Rtn Chander Mohan Mahajan

Director – Publications
PHF Rtn Basant Jain

Director – Youth Service
Rtn Prof Anil Dutt Vyas

Executive Secretary - I.T.
PHF Rtn Prof Raj Kishor Pareek

Club Trainer
MPHF Rtn Ravi Shanker Sharma

Sergeant at Arms
PHF Rtn Er Satish Goyal

TO WHOMSOEVER IS CONCERN

Directorate of Students' Welfare along with Rotary Club Jaipur, Bapu Nagar conducted a Health and Hygiene awareness campaign among the students at Government Senior Secondary School, Begas. It was a physical activity involving the students from NSS, NCC, DSW and the Rotaract Green Club MUJ. Event was well coordinated, where students of school were given information regarding the women health and hygiene. We would like to appreciate Directorate of Students' Welfare, Manipal University Jaipur for the efforts and express our gratitude towards them.

Regards

Rtn Meeta Mathur
Secretary

Respected Sir/Ma'am,

This is to certify that Department of Economics, SAY Club and Directorate of Student Welfare of Manipal University Jaipur in collaboration with FRHS (Foundation for Reproductive Health Services) had organised the "Awareness Campaign on Cervical Cancer and Menstrual Hygiene" on 8th November 2022. Students and faculty members visited head office of FRHS in Jaipur and conducted the awareness campaign where ASHAs and other clinical staff were educated on Cervical Cancer and measures to prevent. Dr Sandhya Vyas, Gynaecologist from Jaipuria Hospital, Jaipur was invited as resource person to address the females about the vaccines available in order to protect females from cervical cancer. They graciously donated sanitary napkins to ANMs and ASHAs present in the session and also cleared all the doubts and myth related to menstrual issues.

They also conducted an interactive session with the clinical staff to best help the interests and needs of the underprivileged females. We would like to highly appreciate and commend their initiative and offer them all the good wishes to continue doing the utmost best for the society. We also thank Dr Oum Kumari R for having arranged such a campaign and Ms. Meenakshi Saxena and Jaipur team to coordinate and support to made this event successful.

We look forward for such more awareness programs in future.

Regards

Saket Sharma



State Program Manager

FRHS India

PWNR/2022/183

DATE: 10/12/2022

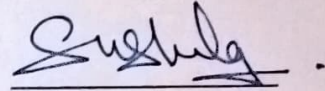
TO WHOMSOEVER IT MAY CONCERN

Department of psychology in collaboration with DSW, Manipal University Jaipur visited Aashray Care Homes (orphanage) and organized an event 'Personal Health, Hygiene & Peer support for mental health' for the underprivileged female students of the orphanage on 9th November 2022.

The event was well coordinated by the students of Psychology department. It was a social connect activity where students of Manipal University Jaipur interacted with students and helped them explore their creativity skills through fun activities.

Dr. Gargi Sharma, faculty coordinator (Department of Psychology) and Mr. Hemant Kumar (DSW) played an important role in the success of the event.

We would like to appreciate Manipal University Jaipur for conducting this activity at Aashray Care Homes



Thanks & Regards,

Sushila
Secretary



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/SC/11 March 2022/01



MANIPAL UNIVERSITY
JAIPUR

DIRECTORATE OF STUDENT'S WELFARE

(SOCIETY CONNECT)

Health & Hygiene

“A healthy woman makes a healthy society”

Date of Event: 11th March 2022



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1. Introduction of the Event: -

Directorate of Students' Welfare along with Rotary Club Jaipur, Bapu Nagar conducted a Health and Hygiene awareness campaign among the students at Government Senior Secondary School, Begas. It was a physical activity involving the students from NCC, DSW and the Rotaract Green Club MUJ.

2. Objective of the Event: -

- To make the school students understand the value and importance of Health & Hygiene.
- Providing MUJ students exposure about society around them through such societal connect activities

3. Beneficiaries of the Event: -

The event was conducted for Class XI and XII students at Government Senior Secondary School, Begas and Students of Manipal University Jaipur.

4. Details of the Guests

Rotary Club Jaipur Bapu Nagar

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.

Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in their communities and around the world.

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. They provide service to others, promote integrity, and advance world understanding, goodwill, and peace through our fellowship of business, professional, and community leaders. We collaborate with community leaders who want to get to work on projects that have a real, lasting impact on people's lives. We connect passionate people with diverse perspectives to exchange ideas, forge lifelong friendships, and, above all, take action to change the world.

5. Brief Description of the event: -

This event involved a Live Rural Water Lab demonstration by Dr. Monika Sogani, Sanitation and Women Safety – Dr. Meena Kumari Sharma, general awareness given by Mr. N M Mathur Club President Rotary Jaipur and other dignitaries were also given their thought about the Health and Hygiene. A quiz session was organized by Rotaract Green Club MUJ, and prizes were given to the winning students. Director, DSW Prof. A D Vyas, others addressed the students about the issues and significance of Hygiene. The program culminated with a small cultural Program.

6. Photographs of the event with captions: -

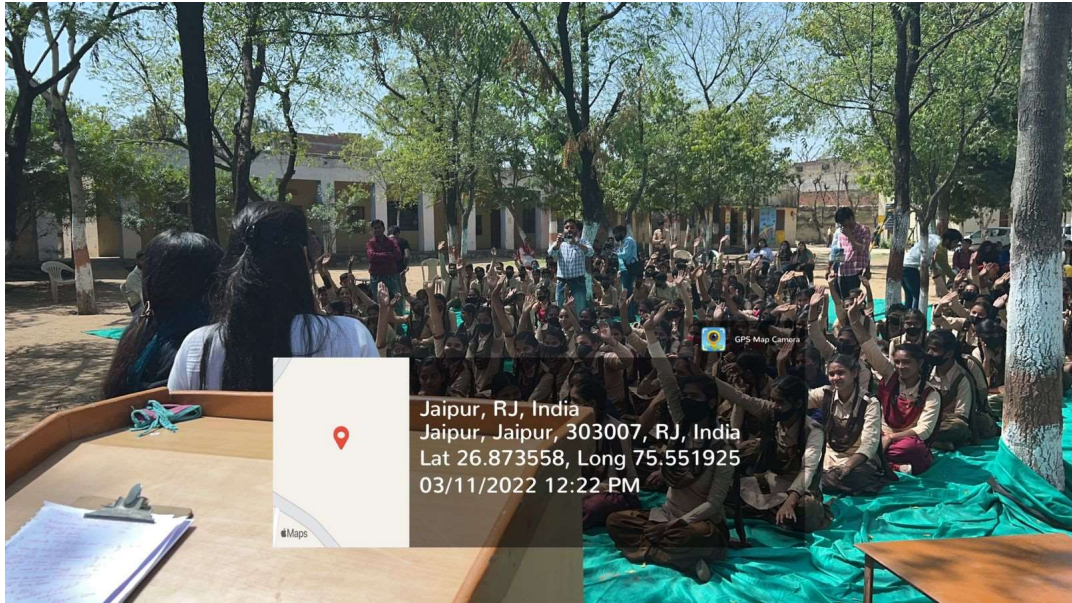


Image 1 Students doing interaction with school students

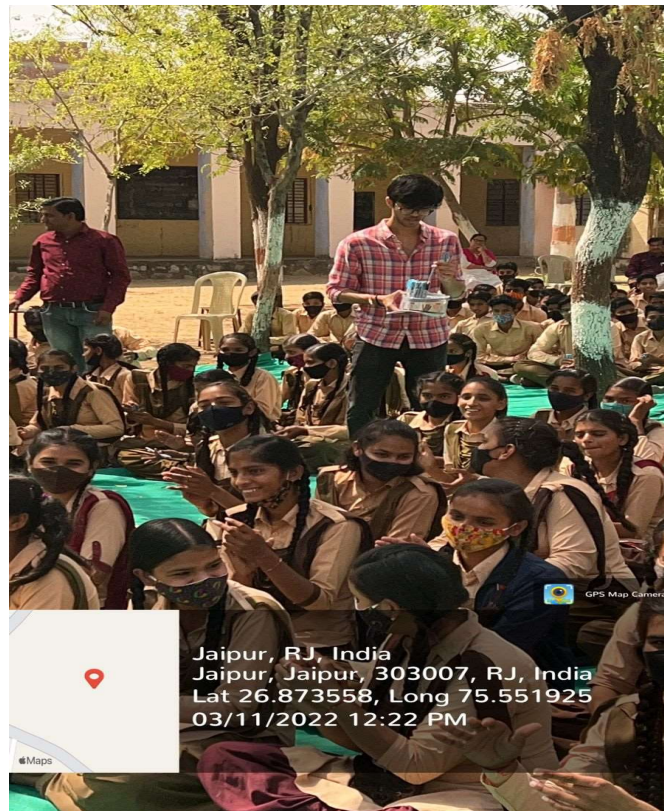


Image 2 Distribution of Pens among school students

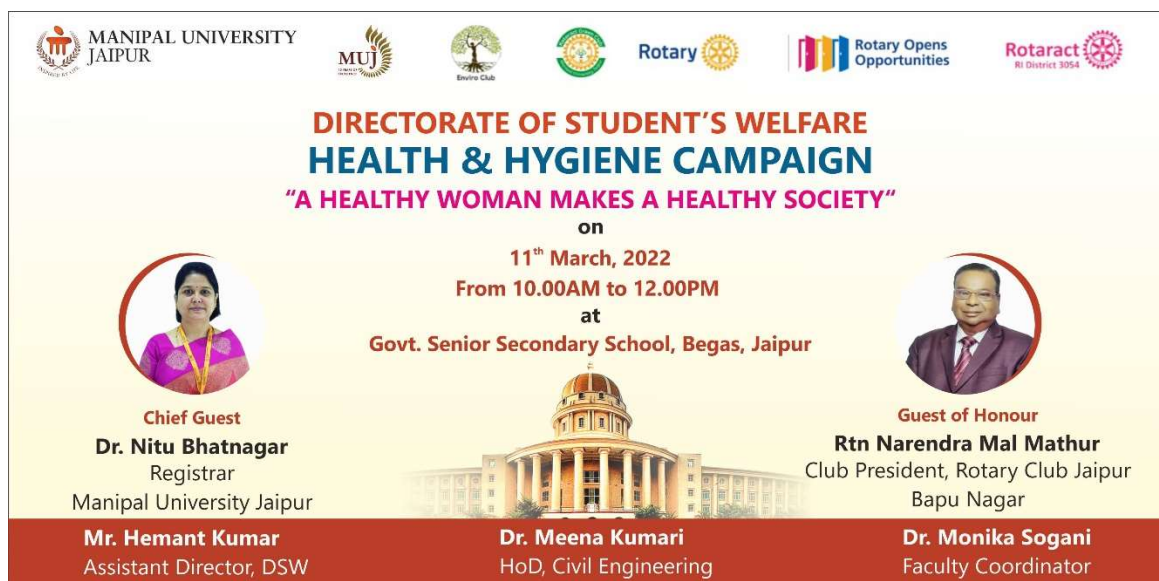


Image 3 talk on Water Sanitation



Image 4 Team MUJ and Rotary Club Bapu Nagar

7. Brochure of the Event:



MANIPAL UNIVERSITY JAIPUR | MUJ | Emerald Club | Rotary | Rotary Opens Opportunities | Rotaract RI District 3054

**DIRECTORATE OF STUDENT'S WELFARE
HEALTH & HYGIENE CAMPAIGN**
"A HEALTHY WOMAN MAKES A HEALTHY SOCIETY"

on
11th March, 2022
From 10.00AM to 12.00PM
at
Govt. Senior Secondary School, Begas, Jaipur

Chief Guest
Dr. Nitu Bhatnagar
Registrar
Manipal University Jaipur

Guest of Honour
Rtn Narendra Mal Mathur
Club President, Rotary Club Jaipur
Bapu Nagar

Mr. Hemant Kumar
Assistant Director, DSW

Dr. Meena Kumari
HoD, Civil Engineering

Dr. Monika Sogani
Faculty Coordinator

8. Schedule of the event: -

March 11th, 2022, from 10 AM to 12 PM

S.No.	Name of the Event	Duration	Timings
1	Welcome of : Registrar MUJ, Principal Begas School and Rotary Club officials.	5 min	10:00- 10:05 AM
2	Introduction of the events	5 min	10:05-10:10 AM
3	Address by Rotary Club Jaipur officials about Woman Health and Hygiene	10 min	10:10-10:20 AM
4	Address by Dr. Nitu Bhatnagar, Registrar MUJ	10 min	10:20-10:30 AM
5	Live Rural Water Lab demonstration by Dr. Monika Sogani	30 min	10:30-11:00 AM
6	Sanitation and Women Safety – Dr. Meena Kumari Sharma	30 min	11:00-11:30 AM
7	Quiz and Prize distribution by Rotract Green Club and MUJ, Followed by Lunch of Rotary dignitaries at MUJ after 12 pm	30 min	11.30-12.00 pm



9. Attendance of the Event

Total attendee- 53(47 Students & 6 Faculty Members)

Sr. No	Name of Institution	Place of Institution	Registration Number/Employee code	Name of Attendee	Name of Dept
1	Manipal University Jaipur	Jaipur	200901164	Pratham	BBA
2	Manipal University Jaipur	Jaipur	201007034	Garima	Dept. of Psychology
3	Manipal University Jaipur	Jaipur	209403025	Akshvin Singhal	Mechatronics Engg.
4	Manipal University Jaipur	Jaipur	201105015	Deepti	Liberal Arts
5	Manipal University Jaipur	Jaipur	209303107	Ansh Chawla	CCE
6	Manipal University Jaipur	Jaipur	201103042	Navneet Bhukhmariya	Psychology
7	Manipal University Jaipur	Jaipur	201201036	Garima Shah	BJMC
8	Manipal University Jaipur	Jaipur	209301086	Urvi Dhasmana	CSE
9	Manipal University Jaipur	Jaipur	201201029	Shikha Sangtani	BJMC
10	Manipal University Jaipur	Jaipur	201015007	Shivam	BCA
11	Manipal University Jaipur	Jaipur	209303182	Karan Arora	CCE
12	Manipal University Jaipur	Jaipur	200901152	Parineeta Jain	BBA
13	Manipal University Jaipur	Jaipur	209302256	Prashant Pandey	IT
14	Manipal University Jaipur	Jaipur	209301396	Samridhi Chauhan	CSE
15	Manipal University Jaipur	Jaipur	201007067	Tanisha Mina	Psychology
16	Manipal University Jaipur	Jaipur	209303354	Yogesh Agarwal	CCE
17	Manipal University Jaipur	Jaipur	201102014	Aakansha Singh	Bachelor Of Arts BA
18	Manipal University Jaipur	Jaipur	209309051	Shubhangi Gosh	DSA
19	Manipal University Jaipur	Jaipur	209402053	Ishan Sharma	Mechanical
20	Manipal University Jaipur	Jaipur	209301350	Arnav Katgeri	CSE
21	Manipal University Jaipur	Jaipur	209302301	Yash Shrivastava	IT



MANIPAL UNIVERSITY JAIPUR

22	Manipal University Jaipur	Jaipur	201103019	Vani Ghai	Psychology
23	Manipal University Jaipur	Jaipur	209303123	Kanupriya Bhardwaj	CCE
24	Manipal University Jaipur	Jaipur	200901298	Rajeev Sharma	BBA
25	Manipal University Jaipur	Jaipur	209202018	Mukul Rewri	ECE
26	Manipal University Jaipur	Jaipur	209301074	Ayush Sehgal	CSE
27	Manipal University Jaipur	Jaipur	199101004	Samir Jain	Chemical
28	Manipal University Jaipur	Jaipur	209202207	Piyushraj Sing	ECE
29	Manipal University Jaipur	Jaipur	209309089	Nikita Singh	DSE
30	Manipal University Jaipur	Jaipur	209303128	Prakhar Chandrakar	CCE
31	Manipal University Jaipur	Jaipur	209301331	Ishaan sharma	CSE
32	Manipal University Jaipur	Jaipur	209302215	Shivam Agrawal	CSE
33	Manipal University Jaipur	Jaipur	199202026	Shreyas Singh	CSE
34	Manipal University Jaipur	Jaipur	190903006	Abhigyan Gupta	B.Com.
35	Manipal University Jaipur	Jaipur	199403002	Shaan Ahuja	MECT
36	Manipal University Jaipur	Jaipur	191103027	Varnika Saha	Psychology
37	Manipal University Jaipur	Jaipur	201007002	Pranav Saxena	Psychology
38	Manipal University Jaipur	Jaipur	201002023	Aditi Agarwal	BSC
39	Manipal University Jaipur	Jaipur	191003002	Ritika Agarwal	BSC
40	Manipal University Jaipur	Jaipur	191002021	Sutapa Das	BSC
41	Manipal University Jaipur	Jaipur	191002020	Ayush Dahmiwal	BSC
42	Manipal University Jaipur	Jaipur	201003001	Gilchrist Singh	BSC
43	Manipal University Jaipur	Jaipur	201003001	Tarushi Jain	BSC
45	Manipal University Jaipur	Jaipur	201002019	Sanjana Pal	BSC
46	Manipal University Jaipur	Jaipur	201002031	Sakshi Tripathi	BSC



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47	Manipal University Jaipur	Jaipur	191002006	Devendra Sharma	BSC
48	Manipal University Jaipur	Jaipur	191003005	Fhalguni Bhardwaj	BSC
49	Manipal University Jaipur	Jaipur	MUJ0492	Dr. Rina poonia	Deputy. Director DSW
50	Manipal University Jaipur	Jaipur	MUJ0446	Dr. Meena Kumari Sharma	Hod Civil
51	Manipal University Jaipur	Jaipur	MUJ0534	Dr. Monika Sogani	Faculty Coordinator
52	Manipal University Jaipur	Jaipur	MUJ0586	Dr, Anil Dutt Vyas	Director DSW
53	Manipal University Jaipur	Jaipur	MUJ0246	Mr. Hemant Kumar	Assistant Director DSW

10. Link of MUJ website:

Pre-Event Info Link – [Health & Hygiene -A healthy woman makes a healthy society \(manipal.edu\)](https://manipal.edu)

(Hemant Kumar)

**Assistant Director, Society Connect
Directorate of Student's Welfare**

(Prof. AD Vyas)

Director, Directorate of Student's Welfare



MANIPAL UNIVERSITY
JAIPUR

MUJ/DSW/SC/8 Nov 2022



MANIPAL UNIVERSITY
JAIPUR

DIRECTORATE OF STUDENT'S WELFARE

(SOCIETY CONNECT)

In Collaboration with

Rotaract Club

&

DEPARTMENT OF ECONOMICS

Presents

AWARENESS CAMPAIGN ON

CERVICAL CANCER & MENSTRUAL HYGIENE

Date of Event: 8th Nov 2022

Time: 11 AM



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8.	Schedule of the Event	4
9.	Attendance of the Event	4-9



1. Introduction of the Event

Females around 30% in India are said to have Cervical Cancer and data shows that more than 1.3 Lakh women every year are diagnosed with Cervical Cancer and around 25% of them die after diagnosis. This type of cancer is said to be the second most common cancer in women between the age group 15yrs to 44 yrs. Lower Education, Poverty and Malnutrition with poor genital hygiene are the common causes of cervical cancer.

Cervical cancer is mainly caused by Papillomavirus (HPV) and diagnosis at the early stage can easily help females to get treated and Vaccines after the age of 15 can also help us to prevent this very easily. But in India, especially rural folks are not aware of this deadly disease and availability of vaccines.

2. Objectives of the Event

This camp in rural area would help us to educate the females about Cervical cancer and also create awareness about the Vaccine and prevent themselves from Cervical cancer very easily. Through this campaign we would try to change the behavior and attitude of females and insist them the use of sanitary napkins and vaccines to escape from Cervical cancer. Today the growing concern is that majority of the females do not have the knowledge of available vaccines which could protect them from deadly disease and the objective of the event is to provide them an opportunity to know about cervical cancer and measures to prevent it.

3. Beneficiaries of the Event

- a) Girls of the slum
- b) Adults (Parents)
- c) Elderly females
- d) ASHAs

4. Details of the Guests

Foundation for Reproductive Health Services India is a leading Indian Non-Governmental Organization working since 2009 to enable women and girls to exercise their reproductive rights and choice). The resource person Dr Sandhya Vyas had addressed students, Girls and ASHAs on



Cervical Cancer and also highlighted the use of Vaccines to protect and prevent themselves from this deadly disease.

5. Brief Description of the Event

Through this campaign we would try to change the behavior and attitude of females and insist them the use of sanitary napkins and vaccines to escape from Cervical cancer. Today the growing concern is that majority of the females do not have the knowledge of available vaccines which could protect them from deadly disease and the objective of the event is to provide them an opportunity to know about cervical cancer and measures to prevent it. The event was organized by Department of Economics in collaboration with FRHS (Foundation for Reproductive Health Services) India is a leading Indian Non-Governmental Organization working since 2009 to enable women and girls to exercise their reproductive rights and choice). The resource person Dr Sandhya Vyas had addressed students, Girls and ASHAs on Cervical Cancer and also highlighted the use of Vaccines to protect and prevent themselves from this deadly disease. Dr Sandhya Vyas had also answered the questions and queries of ASHAs and others and finally the volunteers distributed Sanitary napkins to the ASHAs and also narrated the significance of menstrual hygiene.

6. Brochure or creative of the event:

 **MANIPAL UNIVERSITY
JAIPUR**



Department of Economics, School of Humanities and Social Science

Resource Person



Dr. Sandhya vyas
Principal Specialist Obst. & Gynae
R.D.B.P. Jaipuria Govt. Hoapital Jaipur

in collaboration with
Directorate of Student Welfare & SAY Club
is organizing
Awareness Campaign
on
**Cervical Cancer &
Menstrual Hygiene**

 **November 08, 2022**

Venue: FRHS, Nirman Nagar Jaipur

Contact Details:
Dr. Oum Kumari R
Mob: 9950473025

7. Photographs



Image at the venue of Foundation for Reproductive Health Services



Image Dr Sandhya Vyas facilitation by FRHS



Image Dr Sandhya Vyas with all women at the events

8. Schedule of the Event

S.NO.	Event	Date & Time	Venue
1	Awareness Campaign On Cervical Cancer & Menstrual Hygiene	8 th Nov 2022/ 11 AM	FRHS Nirman Nagar Jaipur

9. Attendance of the Event

Total 80 Students

S. No.	Name of Institution	Reg. No	Full name	Year	Branch
1	Manipal University Jaipur	200901164	Pratham Kapoor	3rd	BBA
2	Manipal University Jaipur	209403025	Akshvin K Singhal	3rd	B.Tech Mechatronics
3	Manipal University Jaipur	209303107	Ansh Chawla	3rd	CCE
4	Manipal University Jaipur	199303074	Vaibhav Vats	4th	CCE



MANIPAL UNIVERSITY JAIPUR

5	Manipal University Jaipur	201103019	Vani Ghai	3rd	BA Hons Psychology
6	Manipal University Jaipur	201105005	Yasha Taneja	3rd	BA Libral Arts
7	Manipal University Jaipur	201002005	Abhinav Wadhwa	3rd	Bsc.Biotechnology
8	Manipal University Jaipur	201007034	Garima Mahaur	3rd	Bsc. Psychology
9	Manipal University Jaipur	200901113	Aditya Mathur	3rd	BBA
10	Manipal University Jaipur	201103042	Navneet Bhukmariya	3rd	BA Hons Psychology
11	Manipal University Jaipur	209301040	Chandraveer Mathur	3rd	CSE
12	Manipal University Jaipur	201105015	Deepti Meena	3rd	BA Libral Arts
13	Manipal University Jaipur	209403017	Lohit Shandiliya	3rd	B. Tech Mechatronics
14	Manipal University Jaipur	209303345	Sejal Shrisale	3rd	CCE
15	Manipal University Jaipur	209303088	Atharva Chaudhari	3rd	CCE
16	Manipal University Jaipur	209302183	Siddharth Dhaka	3rd	B. Tech IT
17	Manipal University Jaipur	209302354	Raghav Ruia	3rd	B. Tech Mechatronics
18	Manipal University Jaipur	209301186	Aryan Bansal	3rd	CSE
19	Manipal University Jaipur	209301496	Pranav Shrivastava	3rd	CSE
20	Manipal University Jaipur	209302323	Priyam Agarwal	3rd	B. Tech IT
21	Manipal University Jaipur	209402037	Apar Gupta	3rd	Mechanical
22	Manipal University Jaipur	209301160	Vaibhav Shoree	3rd	CSE



MANIPAL UNIVERSITY JAIPUR

23	Manipal University Jaipur	201007007	Ayushi Gupta	3rd	Bsc. Hons. Psychology
24	Manipal University Jaipur	201015039	Parth Sharma	3rd	BCA
25	Manipal University Jaipur	209309042	Vikramaditya Hiran	3rd	DSE
26	Manipal University Jaipur	209303087	Akash Shedage	3rd	CCE
27	Manipal University Jaipur	209301086	Urvi Dhasmana	3rd	CSE
28	Manipal University Jaipur	201003007	Garima Ghaley	3rd	Bsc. Hons. Microbiology
29	Manipal University Jaipur	209303333	Nivedita Ramaesh	3rd	CCE
30	Manipal University Jaipur	201101037	Aishwarya Seth	3rd	BA-Economics
31	Manipal University Jaipur	219302360	Disha Agarwal	2nd	IT
32	Manipal University Jaipur	219302421	Bhavin Sehrawat	2nd	B.Tech IT
33	Manipal University Jaipur	219301155	Nishita Gogia	2nd	Btech CSE (Core)
34	Manipal University Jaipur	219311125	Yash verma	2nd	Cse iot
35	Manipal University Jaipur	210901018	Pratham choudhary	2nd	BBA
36	Manipal University Jaipur	219311161	Anisha Lamba	2nd	BTech in CSE
37	Manipal University Jaipur	229403013	Gunn Verma	1st	Mechatronics
38	Manipal University Jaipur	229302083	Vedic Varma	1st	CSE (CORE)
39	Manipal University Jaipur	229303191	Krishang Shukla	1st	BTech CCE
40	Manipal University Jaipur	229302371	Rishika Bhagawati	1st	Btech IT



MANIPAL UNIVERSITY JAIPUR

41	Manipal University Jaipur	229309218	Kartikey Sharma	1st	Btech data science
42	Manipal University Jaipur	221305021	Nehal Dashottar	1st	BBA LLB
43	Manipal University Jaipur	220113244	Daksh sharma	1st	BBA LLB
44	Manipal University Jaipur	229309035	Krishang Goel	1st	IT
45	Manipal University Jaipur	229311254	Gargi Arora	1st	CSE (IoT and IS)
46	Manipal University Jaipur	229303405	anav lamba	1st	CCE
47	Manipal University Jaipur	200901298	Rajeev Sharma	3rd	BBA
48	Manipal University Jaipur	209303239	Abhinav Jindal	3rd	IT
49	Manipal University Jaipur	209301053	Nadella Rutvik Ramana	3rd	CSE
50	Manipal University Jaipur	211007071	Anuja pol	2nd	Bsc psychology honors
51	Manipal University Jaipur	211007003	Lakshita	2nd	Bsc psychology honors
52	Manipal University Jaipur	219303064	Shobhit Bansal	2nd	CCE
53	Manipal University Jaipur	210903065	Prerana Singh	2nd	Bcom Accounting
54	Manipal University Jaipur	219301331	Ayush Goyal	2nd	CSE
55	Manipal University Jaipur	219310146	Yoshe vijay	2nd	BTech CSE
56	Manipal University Jaipur	210901317	Pranav Agarwal	2nd	BBA
57	Manipal University Jaipur	219309129	Nayonika Sharma	2nd	Btech Data Science
58	Manipal University Jaipur	219311064	Khushboo Tewari	2nd	CSE



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59	Manipal University Jaipur	210901184	Nihal	2nd	BBA
60	Manipal University Jaipur	219303126	Divyanshee Saxena	2nd	Btech CCE
61	Manipal University Jaipur	219301388	Madhur Dhingra	2nd	CSE
62	Manipal University Jaipur	219302301	Vanshika Singh Andotra	2nd	IT
63	Manipal University Jaipur	211103012	Jessica Agarwal	2nd	BA -psychology
64	Manipal University Jaipur	219310180	harshit shah	2nd	CSE
65	Manipal University Jaipur	211007011	Kashish parmar	2nd	Bsc psychology
66	Manipal University Jaipur	219403030	rupansh goyal	2nd	mechatronics
67	Manipal University Jaipur	219303120	Pravartika mishra	2nd	Btech IT
68	Manipal University Jaipur	219303066	Sivam Pratik	2nd	IT
69	Manipal University Jaipur	219301133	Soham Dixit	2nd	Btech CSE
70	Manipal University Jaipur	219301208	Divyansh Jain	2nd	Cse core
71	Manipal University Jaipur	229303405	anav lamba	1 st	CCE
72	Manipal University Jaipur	200901298	Rajeev Sharma	3 rd	BBA
73	Manipal University Jaipur	209303239	Abhinav Jindal	3 rd	IT
74	Manipal University Jaipur	209301053	Nadella Rutvik Ramana	3 rd	CSE
75	Manipal University Jaipur	211007071	Anuja pol	2nd	Bsc psychology hons
76	Manipal University Jaipur	211007003	Lakshita	2nd	Bsc psychology hons



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77	Manipal University Jaipur	219303064	Shobhit Bansal	2nd	CCE
78	Manipal University Jaipur	210903065	Prerana Singh	2nd	Bcom Accounting
79	Manipal University Jaipur	201003007	Garima Ghaley	3 rd	Bsc. Hons. Microbiology
80	Manipal University Jaipur	209303333	Nivedita Ramaesh	3 rd	CCE

(Hemant Kumar)

Assistant Director, Society Connect

Directorate of Student's Welfare

(Prof. AD Vyas)

Director, Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR



**MANIPAL UNIVERSITY
JAIPUR**

MUJ/DSW/SC/9 Nov 2022



**MANIPAL UNIVERSITY
JAIPUR**

DIRECTORATE OF STUDENT'S WELFARE

(SOCIETY CONNECT)

Rotaract Club

In collaboration with

School of Humanities & Social Sciences

Department of Psychology

Presents

Personal Health Hygiene & Peer Support for Mental Health

Venue: Aashray Care Home, Nirman Nagar Jaipur

Date of Event: 9th November 2022

Time: 2 PM-4 PM



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1. Introduction of the Event

The Event took place on 9th November 2022 at AashrayCare Home from 2:00 PM to 4:00 PM. To spread awareness about the importance of menstrual hygiene and mental health, the event involved a combination of participative activities, videos, and small talks.

2. Objectives of the Event

- The objective of this social connect program was to create awareness about menstrual hygiene at Aashray Care homes Jaipur.

3. Beneficiaries of the Event

Female orphans who are residing at Ashray Care Home.

4. Details of the Guests

Aashray Care homes

The Aashray Care Home was established in 2006 by the Positive Women Network of Rajasthan. Harassment and stigma issues necessitated starting a care home for children affected by HIV and AIDS. Children living with HIV are in an extremely vulnerable situation because they are usually single or double orphans. Children usually get HIV infection from their mother during the pregnancy and birth. Because of lack of knowledge sometimes both the parents are affected and financially not capable to take care of infected child. Aashray take care of children of such families.

Currently there are 60 children between the ages of 5 to 18 years residing at the care homes. This initiative is supported by dedicated staff members and several individual volunteers and organizations. Parents and relatives of the children staying at the care home are free to visit the children at the care home. Family members are also counseled to take care of children during their home visits.

5. Brief Description of the Event

The aim of this social connect program is to create awareness about menstrual hygiene at



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Aashray Care homes Jaipur. Volunteers from all semesters (BA/BSc Psychology and MSc Clinical Psychology) visited Aashray. The event began with getting acquainted with the audience for the day, i.e., the kids at Aashray Care Home. They were then briefed about what is Mental Health and why is it important. A small video was also shown to them to highlight all aspects of menstrual hygiene. Interactive fun activities such as blowing balloons and hand painting were also organised. Sanitary Napkins were donated to the young girls at the organisation. In the end, everyone danced to playful music and beats to just enjoy.

5. Brochure or creative of the event:

**MANIPAL UNIVERSITY
JAIPUR**

**Department of Psychology
School of Humanities and Social Sciences**

in collaboration with

**Directorate of Student's Welfare
SOCIETY CONNECT**

Personal Health, Hygiene & Peer Support for Mental Health

November 09, 2022

Venue: Aashray Care Home Girls, Nirman Nagar, Jaipur

6. Photographs

7.



Image at AAshrey Care Homes



Images Students of MUJ doing fun activity



Image students making hand art on children's hands

7. Schedule of the Event

S.NO.	Event	Date & Time	Venue
1	Personal Health Hygiene & Peer Support for Mental Health	9 th Nov2022/ 2 PM	Aashray Care homes, Nirman Nagar, Jaipur

8. Attendance of the Event

Total 70 Students were present with 1 faculty

S. No.	Name of Institution	Reg. No	Full name	Year	Branch
1	Manipal University Jaipur	200901164	Pratham Kapoor	3rd	BBA
2	Manipal University Jaipur	209403025	Akshvin K Singhal	3rd	B.Tech Mechatronics



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3	Manipal University Jaipur	209303107	Ansh Chawla	3rd	CCE
4	Manipal University Jaipur	199303074	Vaibhav Vats	4th	CCE
5	Manipal University Jaipur	201103019	Vani Ghai	3rd	BA Hons Psychology
6	Manipal University Jaipur	201105005	Yasha Taneja	3rd	BA Libral Arts
7	Manipal University Jaipur	201002005	Abhinav Wadhwa	3rd	Bsc.Biotechnology
8	Manipal University Jaipur	201007034	Garima Mahaur	3rd	Bsc. Psychology
9	Manipal University Jaipur	200901113	Aditya Mathur	3rd	BBA
10	Manipal University Jaipur	201103042	Navneet Bhukmariya	3rd	BA Hons Psychology
11	Manipal University Jaipur	209301040	Chandraveer Mathur	3rd	CSE
12	Manipal University Jaipur	201105015	Deepti Meena	3rd	BA Libral Arts
13	Manipal University Jaipur	209403017	Lohit Shandiliya	3rd	B. Tech Mechatronics
14	Manipal University Jaipur	209303345	Sejal Shrisale	3rd	CCE
15	Manipal University Jaipur	209303088	Atharva Chaudhari	3rd	CCE
16	Manipal University Jaipur	209302183	Siddharth Dhaka	3rd	B. Tech IT
17	Manipal University Jaipur	209302354	Raghav Ruia	3rd	B. Tech Mechatronics
18	Manipal University Jaipur	209301186	Aryan Bansal	3rd	CSE
19	Manipal University Jaipur	209301496	Pranav Shrivastava	3rd	CSE
20	Manipal University Jaipur	209302323	Priyam Agarwal	3rd	B. Tech IT



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21	Manipal University Jaipur	209402037	Apar Gupta	3rd	Mechanical
22	Manipal University Jaipur	209301160	Vaibhav Shoree	3rd	CSE
23	Manipal University Jaipur	201007007	Ayushi Gupta	3rd	Bsc. Hons. Psychology
24	Manipal University Jaipur	201015039	Parth Sharma	3rd	BCA
25	Manipal University Jaipur	209309042	Vikramaditya Hiran	3rd	DSE
26	Manipal University Jaipur	209303087	Akash Shedage	3rd	CCE
27	Manipal University Jaipur	209301086	Urvi Dhasmana	3rd	CSE
28	Manipal University Jaipur	201003007	Garima Ghaley	3rd	Bsc. Hons. Microbiology
29	Manipal University Jaipur	209303333	Nivedita Ramaesh	3rd	CCE
30	Manipal University Jaipur	201101037	Aishwarya Seth	3rd	BA-Economics
31	Manipal University Jaipur	219302360	Disha Agarwal	2nd	IT
32	Manipal University Jaipur	219302421	Bhavin Sehrawat	2nd	B.Tech IT
33	Manipal University Jaipur	219301155	Nishita Gogia	2nd	Btech CSE (Core)
34	Manipal University Jaipur	219311125	Yash verma	2nd	Cse iot
35	Manipal University Jaipur	210901018	Pratham choudhary	2nd	BBA
36	Manipal University Jaipur	219311161	Anisha Lamba	2nd	BTech in CSE
37	Manipal University Jaipur	229403013	Gunn Verma	1st	Mechatronics
38	Manipal University Jaipur	229302083	Vedic Varma	1st	CSE (CORE)



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39	Manipal University Jaipur	229303191	Krishang Shukla	1st	BTech CCE
40	Manipal University Jaipur	229302371	Rishika Bhagawati	1st	Btech IT
41	Manipal University Jaipur	229309218	Kartikey Sharma	1st	Btech data science
42	Manipal University Jaipur	221305021	Nehal Dashottar	1st	BBA LLB
43	Manipal University Jaipur	220113244	Daksh sharma	1st	BBA LLB
44	Manipal University Jaipur	229309035	Krishang Goel	1st	IT
45	Manipal University Jaipur	229311254	Gargi Arora	1st	CSE (IoT and IS)
46	Manipal University Jaipur	229303405	anav lamba	1st	CCE
47	Manipal University Jaipur	200901298	Rajeev Sharma	3rd	BBA
48	Manipal University Jaipur	209303239	Abhinav Jindal	3rd	IT
49	Manipal University Jaipur	209301053	Nadella Rutvik Ramana	3rd	CSE
50	Manipal University Jaipur	211007071	Anuja pol	2nd	Bsc psychology honors
51	Manipal University Jaipur	211007003	Lakshita	2nd	Bsc psychology honors
52	Manipal University Jaipur	219303064	Shobhit Bansal	2nd	CCE
53	Manipal University Jaipur	210903065	Prerana Singh	2nd	Bcom Accounting
54	Manipal University Jaipur	219301331	Ayush Goyal	2nd	CSE
55	Manipal University Jaipur	219310146	Yoshe vijay	2nd	BTech CSE
56	Manipal University Jaipur	210901317	Pranav Agarwal	2nd	BBA



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57	Manipal University Jaipur	219309129	Nayonika Sharma	2nd	Btech Data Science
58	Manipal University Jaipur	219311064	Khushboo Tewari	2nd	CSE
59	Manipal University Jaipur	210901184	Nihal	2nd	BBA
60	Manipal University Jaipur	219303126	Divyanshee Saxena	2nd	Btech CCE
61	Manipal University Jaipur	219301388	Madhur Dhingra	2nd	CSE
62	Manipal University Jaipur	219302301	Vanshika Singh Andotra	2nd	IT
63	Manipal University Jaipur	211103012	Jessica Agarwal	2nd	BA -psychology
64	Manipal University Jaipur	219310180	harshit shah	2nd	CSE
65	Manipal University Jaipur	211007011	Kashish parmar	2nd	Bsc psychology
66	Manipal University Jaipur	219403030	rupansh goyal	2nd	mechatronics
67	Manipal University Jaipur	219303120	Pravartika mishra	2nd	Btech IT
68	Manipal University Jaipur	219303066	Sivam Pratik	2nd	IT
69	Manipal University Jaipur	219301133	Soham Dixit	2nd	Btech CSE
70	Manipal University Jaipur	219301208	Divyansh Jain	2nd	Cse core
71	Manipal University Jaipur	209302342	SIDDHARTHA VARSHNEY	3 rd	IT
72	Manipal University Jaipur	209303181	SAMVIDHAAN SINGH	3 rd	IT
73	Manipal University Jaipur	209303196	ATHARV SATISH KOKATE	3 rd	IT
74	Manipal University Jaipur	209303208	NAINA GHAI	3 rd	IT



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75	Manipal University Jaipur	209303238	PRAJWAL BANG	3 rd	IT
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Dr Gargi Sharma
Faculty Coordinator

Dr. Bhavana Arya
HoD, Psychology

(Hemant Kumar)
Assistant Director, Society Connect
Directorate of Student's Welfare

(Prof. AD Vyas)
Director, Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR

MUJ/DSW/SC/13 Aug 2022



DIRECTORATE OF STUDENT'S WELFARE

(SOCIETY CONNECT)

Rotaract Club MUJ

Presents

Organ Donation Day 2022

Date of Event : 13th August 2022

Time :12pm onwards

Venue : Instagram

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1. Introduction of the Event

The Rotaract club of MUJ brings you an online remote event on this Organ Donation Day to bring awareness for the same. This event will focus on user interaction to create awareness about the importance of organ donation in today's time, through instagram live.

2. Objectives of the Event

- Inspirational Talk.
- To bring awareness among young minds about organ donation.

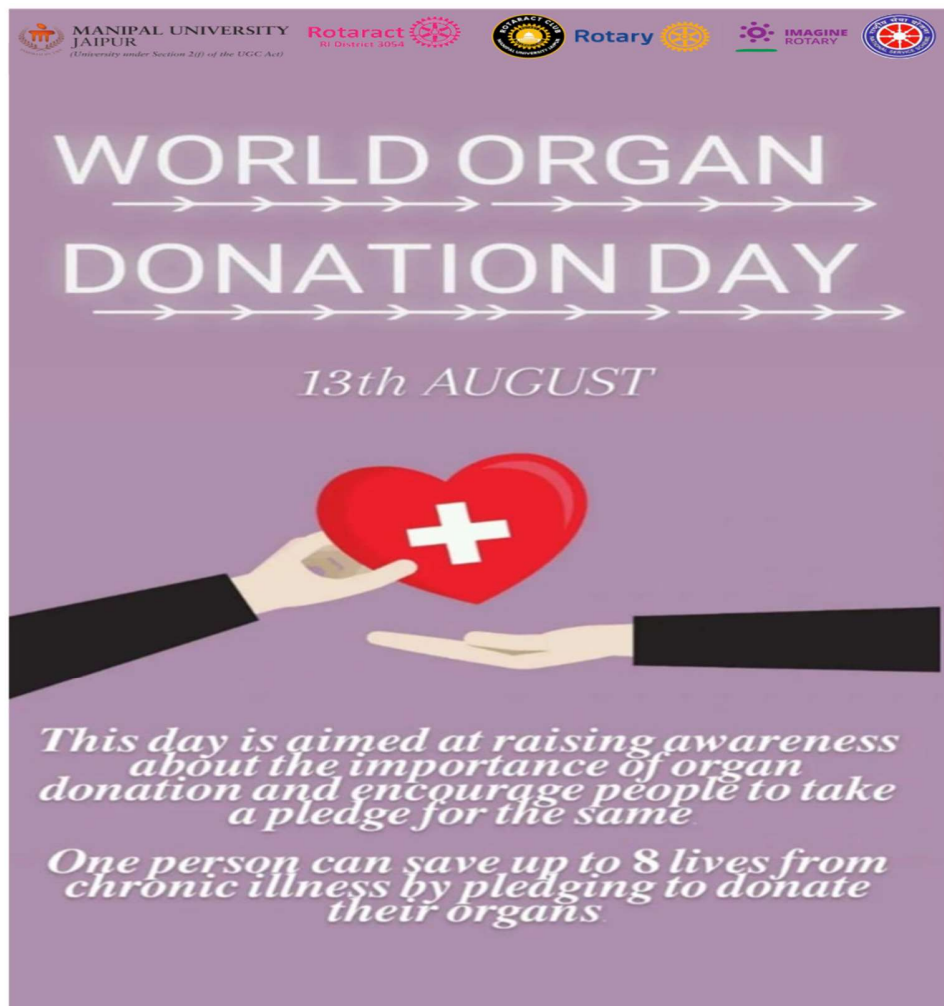
3. Beneficiaries of the Event

Rotaract Club MUJ instagram followers.

4. Brief Description of the Event

Organ Donation Day 2022 - Rotaract Club, MUJ organized an event wherein interactive Instagram live was done for the students to spread awareness about the importance of organ donation. 50+ students attended the live session, in the first part of the session the students were introduced as to who needs the organs, why to donate and how to approach hospitals for it. At the end there was a QnA session wherein students asked various questions about the same.

5. **Brochure or creative of the event (as per MUJ brand guidelines)**



6. **Schedule of the Event**

The event was held on 13th August 2022 on Instagram.

7. **Attendance**

S. No.	Name of Institution	Reg. No	Full name	Branch
1	Manipal University Jaipur	199303074	Vaibhav Vats	CCE

2	Manipal University Jaipur	200901113	Aditya Mathur	BBA
3	Manipal University Jaipur	200901164	Pratham Kapoor	BBA
4	Manipal University Jaipur	200901298	Rajeev Sharma	BBA
5	Manipal University Jaipur	201002005	Abhinav Wadhwa	Bsc.Biotechnology
6	Manipal University Jaipur	201003007	Garima Ghaley	Bsc. Hons. Microbiology
7	Manipal University Jaipur	201007007	Ayushi Gupta	Bsc. Hons. Psychology
8	Manipal University Jaipur	201007034	Garima Mahaur	Bsc. Psychology
9	Manipal University Jaipur	201015039	Parth Sharma	BCA
10	Manipal University Jaipur	201101037	Aishwarya Seth	BA-Economics
11	Manipal University Jaipur	201103019	Vani Ghai	BA Hons Psychology
12	Manipal University Jaipur	201103042	Navneet Bhukmariya	BA Hons Psychology
13	Manipal University Jaipur	201105005	Yasha Taneja	BA Liberal Arts

14	Manipal University Jaipur	201105015	Deepti Meena	BA Libral Arts
15	Manipal University Jaipur	209301040	Chandraveer Mathur	CSE
16	Manipal University Jaipur	209301053	Nadella Rutvik Ramana	CSE
17	Manipal University Jaipur	209301086	Urvi Dhasmana	CSE
18	Manipal University Jaipur	209301160	Vaibhav Shoree	CSE
19	Manipal University Jaipur	209301186	Aryan Bansal	CSE
20	Manipal University Jaipur	209301496	Pranav Shrivastava	CSE
21	Manipal University Jaipur	209302183	Siddharth Dhaka	B. Tech IT
22	Manipal University Jaipur	209302323	Priyam Agarwal	B. Tech IT
23	Manipal University Jaipur	209302354	Raghav Ruia	B. Tech Mechatronics
24	Manipal University Jaipur	209303087	Akash Shedage	CCE
25	Manipal University Jaipur	209303088	Atharva Chaudhari	CCE
26	Manipal University Jaipur	209303107	Ansh Chawla	CCE

27	Manipal University Jaipur	209303239	Abhinav Jindal	IT
28	Manipal University Jaipur	209303333	Nivedita Ramaesh	CCE
29	Manipal University Jaipur	209303345	Sejal Shrisale	CCE
30	Manipal University Jaipur	209309042	Vikramaditya Hiran	DSE
31	Manipal University Jaipur	209402037	Apar Gupta	Mechanical
32	Manipal University Jaipur	209403017	Lohit Shandiliya	B. Tech Mechatronics
33	Manipal University Jaipur	209403025	Akshvin K Singhal	B.Tech Mechatronics
34	Manipal University Jaipur	210901018	Pratham choudhary	BBA
35	Manipal University Jaipur	210901025	Parv Kumar Singh	BBA
36	Manipal University Jaipur	210901028	Apoorva	Bba
37	Manipal University Jaipur	210901112	Tejashwini Joshi	BBA
38	Manipal University Jaipur	210901118	Manan Vyas	BBA
39	Manipal University Jaipur	210901140	Bhoomi Lodha	BBA

40	Manipal University Jaipur	210901167	Archie Agrawal	BBA
41	Manipal University Jaipur	210901184	Nihal	BBA
42	Manipal University Jaipur	210901317	Pranav Agarwal	BBA
43	Manipal University Jaipur	210901341	Kanika Mahajan	BBA
44	Manipal University Jaipur	210903065	Prerana Singh	Bcom Accounting
45	Manipal University Jaipur	210903075	Siddhant Garg	B. Com
46	Manipal University Jaipur	211007003	Lakshita	Bsc psychology hons
47	Manipal University Jaipur	211007008	Trishita Banerjee	BSc Psychology
48	Manipal University Jaipur	211007011	Kashish parmar	Bsc psychology
49	Manipal University Jaipur	211007024	Arundhati de	bsc psychology
50	Manipal University Jaipur	211007036	Manoj kumawat	B.sc Psychology
51	Manipal University Jaipur	211007043	Varnima Singh	Bsc. Psychology
52	Manipal University Jaipur	211007071	Anuja pol	Bsc psychology hons

53	Manipal University Jaipur	211015087	Pratyaksh Bhandari	BCA
54	Manipal University Jaipur	211103001	Nikeeta Chaudhary	BA Psychology
55	Manipal University Jaipur	211103012	Jessica Agarwal	BA - psychology
56	Manipal University Jaipur	211103019	Aishani Dutta	Ba psychology
57	Manipal University Jaipur	211103028	Avni Singh	BA- Psychology
58	Manipal University Jaipur	211201059	Madhav Methi	BAJ&MC
59	Manipal University Jaipur	211301067	Paavni chadha	Ba.llb
60	Manipal University Jaipur	219107001	Mohd kaif	Civil
61	Manipal University Jaipur	219301008	Isha goel	Btech CSE
62	Manipal University Jaipur	219301009	Aryav Goyal	Btec Cse
63	Manipal University Jaipur	219301078	Saurav Yadav	CSE
64	Manipal University Jaipur	219301133	Soham Dixit	Btech CSE
65	Manipal University Jaipur	219301134	Astitva Goel	CSE

66	Manipal University Jaipur	219301137	Aditya Pandey	CSE
67	Manipal University Jaipur	219301155	Nishita Gogia	Btech CSE (Core)
68	Manipal University Jaipur	219301207	Rishabh bassi	CSE
69	Manipal University Jaipur	219301208	Divyansh Jain	Cse core
70	Manipal University Jaipur	219301231	Devanshu Kejriwal	CSE
71	Manipal University Jaipur	219301235	Pratham Hariani	CSE
72	Manipal University Jaipur	219301238	Pulkit Kohli	CSE
73	Manipal University Jaipur	219301268	Datla Sai Prabhath Varma	CSE
74	Manipal University Jaipur	219301270	Paramesh Gurbaxani	CSE Core
75	Manipal University Jaipur	219301331	Ayush Goyal	CSE
76	Manipal University Jaipur	219301388	Madhur Dhingra	CSE
77	Manipal University Jaipur	219301390	Tanay Daga	Btech CSE
78	Manipal University Jaipur	219301588	Dhruv Kumar Pandey	CSE

79	Manipal University Jaipur	219301660	Shashwat Durugkar	CSE
80	Manipal University Jaipur	219302009	Ishaan Gulrajani	IT
81	Manipal University Jaipur	219302056	Harsh Pratap Singh	IT
82	Manipal University Jaipur	219302080	Nikshith Martha	IT
83	Manipal University Jaipur	219302116	sarthak garg	B.tech IT
84	Manipal University Jaipur	219302117	Shubhi Talati	Cse(aiml)
85	Manipal University Jaipur	219302198	Gautam Vhavle	IT
86	Manipal University Jaipur	219302203	Shreyans Jain	IT
87	Manipal University Jaipur	219302235	Prakhar Goel	IT
88	Manipal University Jaipur	219302301	Vanshika Singh Andotra	IT
89	Manipal University Jaipur	219302360	Disha Agarwal	IT
90	Manipal University Jaipur	219302408	Shivansh Tyagi	IT
91	Manipal University Jaipur	219302421	Bhavin Sehrawat	B.Tech IT



92	Manipal University Jaipur	219302476	Manan Tola	BTech -IT
93	Manipal University Jaipur	219303064	Shobhit Bansal	CCE
94	Manipal University Jaipur	219303066	Sivam Pratik	IT
95	Manipal University Jaipur	219303120	Pravartika mishra	Btech IT
96	Manipal University Jaipur	219303126	Divyanshee Saxena	Btech CCE
97	Manipal University Jaipur	219309057	Varun Mandloi	IT
98	Manipal University Jaipur	219309114	Vitika Vora	Data Science
99	Manipal University Jaipur	219309129	Nayonika Sharma	Btech Data Science
100	Manipal University Jaipur	219309139	Radhika sharma	CSE
101	Manipal University Jaipur	219310002	Purusharth Agarwal	Btech cse
102	Manipal University Jaipur	219310063	N.Nikhil	CSE
103	Manipal University Jaipur	219310123	Chirag chetwani	CSE
104	Manipal University Jaipur	219310146	Yoshe vijay	BTech CSE

105	Manipal University Jaipur	219310180	harshit shah	CSE
106	Manipal University Jaipur	219310182	Garvit Narula	BTECH CSE
107	Manipal University Jaipur	219310330	Tanu Rathee	CSE AI-ML
108	Manipal University Jaipur	219311006	Mayank Shekhar Pal	CSE(Iot and IS)
109	Manipal University Jaipur	219311064	Khushboo Tewari	CSE
110	Manipal University Jaipur	219311125	Yash verma	Cse iot
111	Manipal University Jaipur	219311161	Anisha Lamba	BTech in CSE
112	Manipal University Jaipur	219311264	Manu Kabra	BTech , CSE
113	Manipal University Jaipur	219311289	Khushi Shukla	CSE IOT
114	Manipal University Jaipur	219311321	Vaibhav Yadav	CCE
115	Manipal University Jaipur	219403013	Chirayu garg	Mechatronics
116	Manipal University Jaipur	219403030	rupansh goyal	mechatronics
117	Manipal University Jaipur	220113244	Daksh sharma	BBA LLB

118	Manipal University Jaipur	220901414	Ayush Jain	BBA
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8. Post event link

<https://jaipur.manipal.edu/muj/life-at-muj/Student-CLUBS.html>

 Rotaract Club President	 Faculty Head Rotaract Club
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(Hemant Kumar)
Assistant Director, Society Connect
Directorate of Student's Welfare



(Prof. AD Vyas)
Director, Directorate of Student's Welfare

DIRECTOR STUDENT WELFARE & PROCTOR
MANIPAL UNIVERSITY, JAIPUR