

3.6.2 Details of NSS activity

1. Van Mahotsav:

Van Mahotsav week is celebrated from 1-7 July, 2023 to spread awareness of forest conservation and to save the environment. NSS unit of BUEST in association with School of Agricultural Sciences organized tree plantation drive. The event was started with a welcome speech of HoD SOAS, Prof D.R. Thakur and floral welcome of chief guest Prof. (Dr.) JK Sharma, Vice Chancellor and guest of honor Prof. (Dr.) Khushmeet Kumar, Registrar Baddi University. Prof. (Dr.) JK Sharma addresses the gathering and talked about the nomenclature of Vanmahotsav and also emphasizing the need to protect and conserve the environment. He also said that it is important to nurture the saplings after planting to survive all odds and grow to full potential. He further adds let us all pledge not only to plant trees but also nurture them. More than 50 trees were planted in the Farm which includes, Arjuna, Sejal, Jamun, Kachnar, Neem, Student Welfare Officer, Ms. Sushma Singh, NSS program officer Ms. Ankita Thakur, NSS PO along with other faculty members and of other departments planted saplings in the university premises.





2. WORLD ENVIRONMENT DAY

On 5th June, 2023 “WORLD ENVIRONMENT DAY” was celebrated by School of Agricultural Sciences (SOAS) in collaboration with NSS Unit BUEST with great enthusiasm. The theme of this year is “Beat Plastic Pollution”. NSS Program Officer Ms. Ankita Thakur welcomed the HoD, staff and students of SOAS. Prof. D.R. Thakur, HoD, SOAS, addressed the students and faculty members present in the event. He stressed upon the current most emerging issue of plastic pollution. Dr. Thakur also added that plastic is non-degradable material, it remains years together on the earth causing great threat to environment and deteriorate the natural processes and habitat. Further he added that the plastic should not be put on in land and water. The hazardous effects of plastic were also highlighted such as agricultural land degradation with plastic through FYM and water sources by chocking its natural path and ultimately the sea where blue culture is surviving. Other activities were also organized such as quiz competition, poster presentation on the ecosystem restoration. Mr. Sumit and Ms. Riya got first position and Ms. Sanjana and Mr. Jaswant got 2nd position in quiz competition. Poster presentations were also remarkable. The program was concluded with a vote of thanks by Dr. K.R. Sharma, Associate Prof. Everyone has taken pledge to save the mother earth by freeing it from plastic. After this activity, students collected plastic waste from premises of SOAS, SOS and in front of Vice Chancellor office. This event has given a positive message to save the environment from plastic as well as from other pollutants. The overall program organized by SOAS, BUEST was magnificent.





3. International Yoga Day:

NSS Unit of Baddi University of Emerging Sciences and Technology celebrated the 9th International Day of Yoga on 21 June 2023 with the enthusiastic participation of more than 100 students, faculty and staff members. The theme, for this year's International Day of Yoga is "Yoga for Vasudhaiva Kutumbakam " which beautifully encapsulates our collective aspiration for "One earth, one family, one future". The Chief Guest Advisor to chancellor Prof. (Dr.) T.R Bhardwaj along with Registrar Prof. (Dr.) Khushmeet Kumar and other dignitaries started the program by lamp lighting. After that, the Honorable Chief guest guests were facilitated by Registrar Prof. (Dr.) Khushmeet Kumar.

The students of physiotherapy were the instructors for this event. They initially briefed about the essence of Yogic exercises on the health of individuals and thereafter, held a long session with were a demonstration of asanas. Faculty, staff and students enthusiastically participated during the sessions to acclimatize the body to Yogic exercises & Yoga. The participants were introduced to Yogasanas, Kapalbhathi, Pranayama, Dhyana, Sankalpa and Meditation.

Honorable Chief Guest Prof. (Dr.) T.R Bhardwaj addressed the gathering about yoga and the benefits of practicing Yoga for individuals in everyday life and highlighted the potential for customization to suit the individual. He shared his experience & wisdom about his decade's long Yoga. He also delivered an excellent talk on "Towards Excellence" and enlightened the participants about the scientific relevance and importance of Yoga in our lives and explained how Yoga practiced perpetually benefits to reduce stress at work for a healthier body and mind practice.

The program was organized by Ms. Ankita Thakur (NSS PO) and Nss co-coordinators of other Departments.



4. Blood Donation Camp (16thMay 2023):

The NSS Unit of Baddi University of Emerging Sciences And Technology under the leadership of NSS Program Officer Ms. Ankita Thakur organized a blood donation camp in collaboration with Department of Transfusion Medicine PGIMER ,Chandigarh and State Blood Transfusion Council U.T. Chandigarh in the university campus on 16th May 2023. The camp began at 10:00 a.m. with a short inaugural function where in Dr. Bineeta Awasthi and Dr. PuneetKaur along with their four member team was given floral welcome by Vice Chancellor Prof. (Dr.) JK Sharma. On this occasion Dr. Bineeta Awasthi expressed her gratitude to the NSS unit of the college for its continuous endeavor in this regard. She also stressed on the growing need of blood in the state and commended the young volunteers for their noble act.

The Camp was inaugurated by the Chief Guest Prof. (Dr.) JK Sharma, Vice Chancellor of the University. Registrar (Dr.) Khushmeet Kumar, Advisor to Vice Chancellor Prof. (Dr.) TR Bhardwaj along with respective Deans and HOD'S of the respective Departments were present in the inaugural function. 117 volunteers came forward to donate blood during the camp which also included teaching & non-teaching staff. The blood donors were given Milk bottles sponsored by RK Traders, Pinjore along with Bananas and Sandwich as refreshment after the blood donation in order to re-energize themselves. The blood donors were provided with a blood donation certificate card by Department of Transfusion Medicine PGIMER, Chandigarh and State Blood Transfusion Council U.T. Chandigarh. After the event, the medical team was served with lunch and the camp finally concluded with a vote of thanks by the Student Welfare Officer, Ms. Sushma Singh at around 2.30 p.m.

This was the 2nd camp conducted by the NSS unit for this academic year. The first being conducted on 16th December 2022, where in 98 volunteers donated blood. Some of the Volunteers including students and faculties were motivation for all the students as The Registrar (Dr.) Khushmeet Kumar has donated 20Th time, Mr. Ravinder Singh, worker in University lab had donated 100 times, student volunteer Mr. Shaunav and Mr. Nitinhae donated 6 times till now.





5. Expert talk on Positive Thinking Techniques (10th April 2023)

NSS Unit of Baddi University of Emerging Sciences and technology organized expert talk on “Positive Thinking Techniques”. Prof (Dr.) JK Sharma, worthy Vice chancellor of Baddi University was the chief guest of the seminar. The seminar begins with the floral welcome of guest. Mr. Jai Gopal Goel who is the founder of Indian Institute of thinking techniques and President of Himachal Pradesh Micro and Small Industry Association, was the key speaker of the event. He emphasized on positive self-talk. At the end of the seminar, Mr. Goel was honored with the Shawl and memento by Prof (Dr.) JK Sharma.



6. Seminar on Drug Abuse and Road safety (25th May 2023):

On May 25th, 2023, a seminar was organized by Baddi University of Emerging Sciences & Technology, under the guidance of Hon'ble Vice Chancellor, Prof. (Dr.) J.K Sharma on the topic "Road safety and drug abuse". Advisor to Chancellor Prof. (Dr.) T.R. Bhardwaj, Worthy Registrar Prof. (Dr.) Khushmeet Kumar were the part of the seminar. A.S.P(Baddi) Sh.Ramesh Kumar Sharma was the chief guest accompanied by S.H.O Sh. Rakesh Kumar Roy and A.S.I Sh. Sandeep Kumar. Mr. Bhartendu Sharma, HOD SPES, welcomes the guest and dignitaries of BUEST. The program was initiated by A.S.I, Mr. Sandeep Kumar who create awareness about

road safety measures, so that it will benefit the society on long term. S.H.O Rakesh Kumar Roy talked about drug abuse. He said obsessive and excessive use of drugs, is a common problem in these days. The keynote speaker, A.S.P Sh. Ramesh Kumar Sharma interacted with the students, and made them aware of the importance of road safety and effect of accidents. He said criminal activity is known to vary directly with level of heroine consumption. He highlights the cases of drug addicted youth and also talked about the ill effect of drugs. He encourage the Students to live a healthy lifestyle by adopting good habits and also motivate the youth towards their goals. The seminar was concluded by Dr. D.R. Thakur, HoD SOAS with a vote of thanks. Mr. Bhartendu Sharma, HoD SPES, Ankita Thakur (NSS PO), Mr. Bhupendra Sandhu (G.M), Chief Warden Mr. Mukesh Coordinated the event.



7. Event: Blood Donation Camp (15 December 2022)

A Blood Donation Camp was organized by BUEST NSS Unit in association with Rotary Blood Bank Society Centre, Chandigarh and Rotary Club, Pinjore Hills, Shalby Hospital, Mohali at University campus on 15 December 2022.

The Event was coordinated by NSS PO Ms. Ankita Thakur. The Chief Guest for the camp was Prof. (Dr.) J.K. Sharma, the honorable Vice Chancellor, Baddi University. Ms. Sushma Sharma SWO addressed the dignitaries and spoke about the importance of blood donation. All the Deans, Directors, HoDs, teaching and non-teaching staff were also present on the occasion amongst others. In this camp overwhelming number of volunteers has participated with vivacity. Students have shown their enthusiasm in the blood donation. Over 100 units of blood were collected. Donors were given refreshments and a certificate of appreciation for this service to humanity. A free health checkup camp was also organized, in which a gynecologist, dietician, dentist and medicine expert were present to provide the service.



Hon'able Vice Chancellor Prof. (Dr.) J.K. Sharma welcoming Rotary Club members. Lightening the lamp.



Volunteers in front of venue. View inside the venue.



Worthy Registrar Prof. (Dr.) Khushmeet Kumar and other volunteers donating blood during camp.



Hon'able Vice Chancellor Prof. (Dr). J.K. Sharma meets Doctors during Camp.



Doctors attending patients



Felicitations at the end of the event.

8. Heartful Meditation Workshop (12-14th December 2022)

Within the frame work of the MOU signed between Baddi University of Emerging Sciences and Technology(BUEST) and Heartfulness Education Trust (HET), a three day heartfulness workshop was organized at BUEST campus from 12-14 December 2022. Retired Colonel, Surendra Sharma ji took the initiative and coordinated the event with Student welfare officer Ms. Sushma Singh and NSS PO Ankita Thakur. At the very outset, the Heartfulness team expressed sincere thanks and gratitude to the Vice Chancellor, Prof. (Dr.) J.K. Sharma, who has been very inspiring figure to see that the program is held successfully. Despite his busy schedule, he took keen interest to meet heartfulness volunteers every day and encouraged them with his words and actions.

Program detail:

	Session	Resource Person	Sitting Session	Remarks
Day1: 12 December 2022	Meditation	Mr. Surendra Sharma	Sister Sh Rita arma	Guided Relaxation + Meditation

Day2: 13December 2022	Cleaning	Mr.AmarjeetSingh	SisterSh Rita arma	Guided CleaningM + editation
Day3: 14December 2022	Prayer	Mr.AnirudhDhanda	SisterSh Rita arma	GuidedPrayer +Meditation



Glimpses of the 3 Day Meditation Workshop

9. Clean India 2.0 Campaign.

As per the direction received by NSS RD Chandigarh , under National level special CLEAN INDIA 2.0 campaign, the NSS Unit BUEST collected about 75 Kg of plastic waste on 19th October 2022 and handed over to the enterprises which deal with the scrap material, for proper disposal.



Collected Plastic waste

10. World Food Day

School of Agricultural sciences in collaboration with NSS unit and SOMS celebrated the World Food day on 17th October 2022. The Vice Chancellor of Baddi University of Emerging Science & Technology (BUEST), Prof. (Dr.) J.K. Sharma was the chief guest. The occasion was graced by faculty members from different departments. The NSS volunteers also participated in various events such as poster making competition, declamation and skit to highlight the importance of world food day.



Prof. Usha Mehta, Principle, Nursing Deans, HoDs and students enjoying the event and worthy registrar Prof. (Dr.) Khushmeet Kumar welcome Chief Guest, honorable Vice Chancellor Prof. (Dr.) J.K. Sharma



Poster presentation

11. Independence day celebration

Event Information	
Event Type: Independence Day Celebration	
Calender of Activities: 1. Tree Plantation 9 th August 2022 2. Rangoli Competition 10 th August 2022 3. Awareness Rally 11 th August 2022 4. Flag Distribution 12 th August 2022 5. Documentary Show and Selfie with Tiranga 13 th August 2022 6. Campus Cleaning Drive 14 th August 2022 7. Independence Day Celebration 15 th August 2022	
Organized for: BUEST Students and Staff	
Organized By: The NSS Unit of Baddi University	
Attachments: (1) Photos (2) Impact Analysis	

Day 1: Tree Plantation

India completed 75 years of Independence and celebrated its 76th Independence Day as 'Azadi Ka Amrit Mahotsav' to commemorate its freedom. 15th August, 2022 was a day of immense pride and joy for all Indians. As scheduled "A Tree Plantation Drive was carried out on 9th August 2022. To begin the celebrations plantation drive was carried out in the BUEST campus; Prof. (Dr.) T. R. Bhardwaj, Advisor to Chancellor along with Prof. (Dr.) Kushmeet Kumar, Registrar, Ms. Sushma Singh, SWO, Ms. Ankita Thakur NSS PO, Mr. Bhupinder Singh General Manager, Dr. K.R. Sharma Hod SOAS and students from nursing department of Baddi University graced the occasion by their presence.



Prof. (Dr.) T.R. Bhardwaj, other dignitaries and students planting saplings

Day 2: Rangoli Competition

76th Independence Day's 'Azadi Ka Amrit Mahotsav' A Rangoli Competition was carried out on 10th August 2022 in the BUEST campus; rangolis of all kind were made by the students and judges for this competition were Dr. Kanchna Sharma from SOAS and Ms. Anshika Sharma from SOS department of Baddi university. All the Programme coordinators of NSS from various departments were also present.



Students from BUEST School of Nursing making Rangoli



Ms. Anshika during Judging Rangoli NSS Coordinators with participants

Day 3: Awareness Rally–11th August 2022

In commemoration of the freedom we have today, the HarGharTiranga campaign has been initiated. The NSS volunteers of Baddi University took out a rally as a TirangaYatra for enlightening the people about HarGharTiranga Campaign. The aim for this time is not just hoisting the flag or reciting the National Anthem, it is about looking up at the Tricolor as it rises up in the sky. Here's what volunteers have lined up for the celebrations:



Rally by volunteers in village Makhnumajra and inside the University campus

Day 4: Flag Distribution–12th August 2022

Under 'AzadiKaAmritMahotsav' 76th Independence day, flags were distributed by the coordinators and volunteers of Baddi university inside and outside the campus to spread the awareness among people so that they get themselves involved in this auspicious event and participate in HAR GHAR TIRANGA campaign.



NSS co-coordinator Mr. VinodKumarand Mr. Ranish distributing flags to university staff



Distribution of flags at village Makhnumajra

Day 5: Documentary Show and Selfie Event - 13thAugust 2022

To mark India's 75th year of independence, a short 20 minutes documentary film was shown on the long drawn freedom struggle and the road to independence. The film is also available on YouTube channel.



Dignitaries, NSS Coordinators and volunteers watching Documentary show



Staff of BUEST taking pictures at selfie point

Day 6: Campus Cleaning Drive - 14th August 2022

We proudly celebrated the 75th year of India's Independence with high patriotic spirit. A campus cleaning drive was initiated by volunteers of NSS Unit BUEST. They removed plastic and other waste from the campus.



Volunteers taking part in campus cleaning drive

Day 7: Independence Day Celebration– 15th August 2022

India completed 75 years of Independence and celebrated its 76th Independence Day as 'Azadi Ka Amrit Mahotsav' to commemorate its freedom. 15th August, 2022 was a day of immense pride and joy for all Indians.

The NSS Unit of BUEST celebrated this day in their usual traditional way. The event commenced with flag hoisting followed by singing of National Anthem by all with great zeal. General Manager Mr. Bhupinder Sandhu shared his valuable thoughts on the occasion and motivated the participants. Dr. Ravinesh Mishra, Dean R&D was the next speaker, followed by Mr. Mukesh (Chief warden) and lastly a moving and inspiring speech was delivered by the honorable Chief Guest Registrar Prof. Khushmeet Kumar. The sole objective of the Har Ghar Tiranga campaign is to inculcate a sense of patriotism and respect for the National Flag in the minds of everyone.



Independence Day Celebrations.

12. Van Mahotsav:

Van Mahotsav week is celebrated from 1-7 July, 2022 to spread awareness of forest conservation and to save the environment. NSS unit of BUEST organized plantation drive. Dr. K.R Sharma, head of department, School of Agricultural Sciences along with Student Welfare Officer, Ms. Sushma Singh, NSS program officer Ms. Ankita Thakur, co-coordinators of other departments and student volunteers planted saplings in the university premises. Emphasizing the need to protect and conserve the environment, Dr. K.R. Sharma said it is important to nurture the saplings after planting to survive all odds and grow to full potential. He further said that let us all pledge not only to plant trees but also nurture them.



Van-Mahotsav Celebration

13. International Yoga Day:

8th International Yoga Day was celebrated by students and teachers of Baddi University of Emerging Sciences & Technology on 21st of June 2022 with great enthusiasm. The function began

with a warm welcome of Chief Guest Hon'ble Vice Chancellor Prof. (Dr.) J. K. Sharma, Guest of honor Prof. (Dr.) T. R. Bhardwaj and Yoga expertise Ms. Ankita thakur, Ms. Bharti Thakur, Ms. Shilpa Sharma and Ms. Shalini. Dr. J.K Sharma explained the importance of yoga. He explained that regular practice of yoga will help the individual to achieve better mental and physical health. Ms. Ankita Thakur and her team started yoga demonstration with the Yoga prayer. After which a few warm up and simple asanas were performed by students and teachers enthusiastically. The function ended with a vote of thanks by Student Welfare Officer Ms. Sushma Singh.



Lightning the lamp ceremony. Words of wisdom and felicitation of Guest by Hon'ble Vice Chancellor Prof. (Dr.) J.K. Sharma



Asanas performed by students and staff members of Baddi University

14. Environment Day:

The World Environment Day is celebrated every year on 5th of June to raise global awareness to take positive environmental action to protect nature and the earth. It is a day that remind everyone on the planet to get involved in environmentally friendly activities. People come together to pledge towards building a greener planet. Keeping this aim in view, NSS unit celebrated world Environment Day. Students from various departments participated and celebrated this day enthusiastically. The event was conducted successfully with whole hearted participation and awareness about plants, maintaining green house, planting saplings and campus cleaning. NSS program officer and co-coordinators from other departments were also present there.

Activity 1: Poster display in campus.

Activity 3: Hoeing and weeding in net house.

Activity 4: Campus cleaning.

Activity 5: Plantation:



Hoing and weeding inside and outside of shade net house.



Plantation and campus cleaning drive.

15. World Bicycle Day:

The NSS unit of Baddi University on 3 June, 2022 organized a cycle rally to celebrate “World Bicycle Day”. The aim of the program was to encourage and motivate people to take up and adopt cycling in their daily lives for physical fitness activities. The rally was started at 6:30 am in the morning. Many Students participated in the event. All participants were filled with enthusiasm. NSS program officer Ankita Thakur, faculty members from various departments also participated in the rally.



Cycle day rally in village Makhnumajra.

16. Chart Making Competition

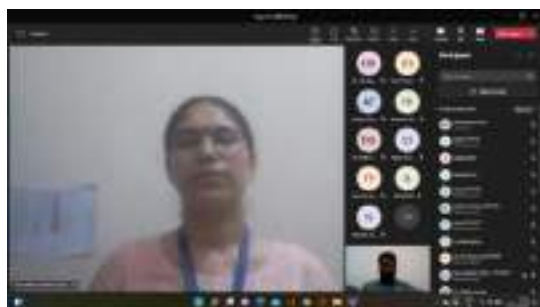
On 21 May, 2022 chart making competition was conducted by NSS Unit on the theme ‘Yoga for well-being’ in the series of activities to celebrate International Yoga Day. Students from various departments of our university have participated in the event with full zeal. They came up with amazing creativity. The final judgement was made by faculty members from different departments. The winner of the competition was Muskan (3rd year) from BUEST college of nursing. The whole event was organized in the supervision of Student Welfare Officer Ms. Sushma Singh.



Faculty member judging charts

17. Webinar on “Yoga for wellbeing”:

The NSS unit conducted a webinar here on 6 May, 2022. The virtual event was organized as a part of activities related to International Yoga Day. Dr. Manju Deorari, an expert in Yogic Sciences was the keynote speaker of the event. Prof. (Dr.) T.R. Bhardwaj, Advisor to Chancellor delivered the word of wisdom as a healthy mind can live in a healthy body. Dr. Ravineesh Mishra, was the organizing secretary of this program, Dr. K.R. Sharma, Mr. Harwinder Goyal and NSS program officer Ms. Ankita Thakur coordinated this event. More than hundreds of students and faculty members of Baddi University attended the webinar.



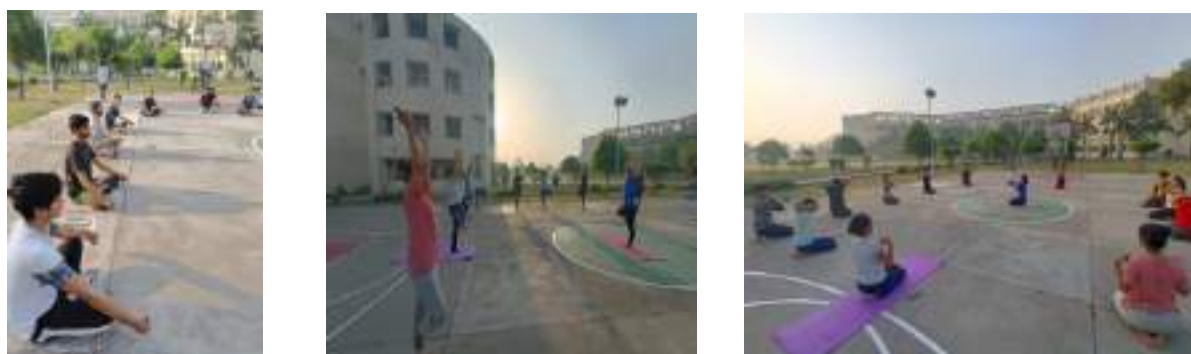
Lecture delivered by Dr. Manju Deorari (speaker)

18. Yoga Camp

In the month of May, five-day yoga camp was organized by NSS unit from 2-6 May, 2022. The camp was scheduled in the morning from 6:00 to 7:00 am at different venues in the university campus. The yoga instructor of this camp, Ms. Ankita Thakur (NSS coordinator) guided students and faculty members from basic to advance level. The camp was organized by Mr. Harwinder Singh and Ms. Ankita Thakur under the guidance of Dean Student Welfare.



Practice of asanas and meditation during camp.



19. Blood Donation and Free health checkup camp:

Blood is the most precious gift that can give to a person in need to increase longevity from a life-threatening injury or disease. Keeping this noble cause in mind, NSS Unit of BUEST organized a voluntary Blood Donation Camp in collaboration with Rotary Blood Bank Society at university campus on 28 April 2022. The Event was coordinated by Mr. Rajeev Kumar, NSS program officer Ms. Ankita Thakur and Mr. Bhupinder Sandhu G.M Admn. The Chief guest for the camp was Prof. (Dr). J.K. Sharma, Hon'ble Vice Chancellor, Baddi university. All the Deans, Directors, HoD's, teaching and non-teaching staff were also present at the occasion amongst others. In this camp overwhelming number of volunteers has participated with vivacity. Over 200 units of blood were collected. Donors were given refreshments and a certificate of appreciation for this service to humanity. Besides this a free physiotherapy health checkup camp was also organized.



Inauguration of camp by Hon'ble Vice Chancellor Prof. (Dr.) J.K. Sharma.



Volunteers donating blood during camp.



Dr. Navpreet Kaur diagnosing patients.



Volunteers of Blood donation camp.

20. Earth Day:

In pursuit of commitment and service to promote “**Living Sustainably in Harmony with Nature**” NSS unit in association with School of Agricultural Sciences (SOAS), organised “A Tree Plantation Drive” on Earth Day 2022. To flag off this benchmark plantation drive in the BUEST campus; Dr. R.K. Sharma, (Former Director-National Horticulture Board, Gurugram) was the Chief Guest of the event. Prof (Dr.) J.K. Sharma, Hon’ble Vice Chancellor, Prof. (Dr.) T. R. Bhardwaj, Advisor to Chancellor and Prof. (Dr.) Kushmeet Kumar, Registrar of Baddi University were graced the occasion.



Prof. (Dr.) J.K. Sharma with chief guest and faculty members of the university.



Dr. K.R. Sharma (HoD, SOAS) with NSS Volunteers.

Submission of Report of 4th International Yoga Day@Baddi University to NSS Office, Shimla, Himachal Pradesh

3 messages

Dr. Ravinesh Mishra <dravineshmishra@baddiuniv.ac.in>
To: HP National Service Scheme Himachal <nss.hp2013@gmail.com>, nssrp.chd@gmail.com, pnc@nss@chd.in
Cc: "Dr. Vinay Bhatia" <dean_sw@baddiuniv.ac.in>, "Brig. Subhash Katoch" <dean_academics@baddiuniv.ac.in>, "Dr. T. R. Bhardwaj" <vc@baddiuniv.ac.in>, "Dr. T. R. Nanda" <registr@baddiuniv.ac.in>, kashiboy725@gmail.com

Sat Jun 23, 2018, 12:14 PM

To:
Prof. Dr. H L Sharma
NSS State Officer
Shimla, Himachal Pradesh

Respected Sir,

Baddi University of Emerging Sciences and Technology, Baddi, Himachal Pradesh, celebrated 4th International Day of Yoga at University campus on 21st June 2018 in association with Patanjali Yoga Centre Chandigarh.

Prof. Dr. T. R. Bhardwaj Honorable Vice Chancellor, Brig. Subhash Katoch, Dean Academics & Administration, Prof. Dr. Vinay Bhatia, Dean SW & SEET, Prof. Dr. Nalin Verma, Dean R&D, Dr. Ravinesh Mishra, Chairman NSS Cell, Faculty member(s), staffs and students were present and participated. Baddi University is thankful to Mr. Vikas Saini, Mr. Rohit Bhardwaj, Mr. Vinod Pandey, Mr. Manoj Chaudhan and Mr. Dinesh Kumar (Yoga Trainer from Patanjali Yoga Centre, Chandigarh). Prof. Dr. T. R. Bhardwaj, Honorable Vice Chancellor expressed his thanks to whole organising team and motivated to participants for Yoga. NSS Cell, Baddi University is thankful to Prof. Dr. Vinay Bhatia for his constant support and motivation.

Photographs of the event are attached herewith for your kind reference and record.

- Copy to:
1. Ms. Madhubala, NSS Officer, Sector 9A, Chandigarh/NSS Regional Office
2. Mr. Vikas Saini, Lead Trainer, Patanjali Yogs Centre, Chandigarh.

Thanks and regards,

Dr. Ravinesh Mishra
Chairman - NSS Cell
Baddi University of Emerging Sciences and Technology,
Baddi, Himachal Pradesh 173205
9990031907 / 9882271907

10 attachments



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Bandna Sharma <bandna.sharma@baddiuniv.ac.in>

Invitation for 5 Days Yoga Camp at BUEST from 02 to 05 May, 2022 in morning, 06:00 AM to 07:00 AM

1 message

Dr. Ravinesh Mishra <dean.sw@baddiuniv.ac.in>

Mon, May 2, 2022 at 12:04 PM

To: buest.family@baddiuniv.ac.in, BUEST <buest@baddiuniv.ac.in>

Cc: Chancellor <chancellor@baddiuniv.ac.in>, VC <vc@baddiuniv.ac.in>, gaurravjrj24 <gaurravjrj24@gmail.com>, Registrar <registrar@baddiuniv.ac.in>, Chief Warden <chiefwarden@baddiuniv.ac.in>

Dear Students,

Come, join us and experience, amidst nature and beauty, our rejuvenating 5 Days Yoga Camp from 2nd to 6th May, 2022 under NSS unit of Baddi University of Emerging Sciences & Technology and details are as follows:

Venue: Pharmacy Lawn.

Timing: 06:00 AM to 07:00 AM

Date: 2 - 6 May, 2022

Organiser: NSS unit, BUEST

Note: Today's session has been conducted under the guidance of Ms. Ankita Thakur and Mr. Harvinder Goyal and glimpses of today's session have been attached herewith.

A guest lecture to be scheduled on 06.05.2022 at 11:00 AM in SEET Seminar Hall by Dr. Manju Deorari, Yoga Expert from DAV University, Jalandhar.

Chief guest of the event: Hon'ble Vice Chancellor Prof. (Dr.) J. K. Sharma.

Feel free to contact our Coordinators Ms. Ankita Thakur, Assistant Professor SOAS, Mr. Harvinder Goyal Assistant Professor SMS (6239534568) and Proctor cum Chief warden Mr. Mukesh Kumar.

With regards,

Dr. Ravinesh Mishra
Dean - Student's Welfare
Baddi University of Emerging Sciences and Technology
Baddi (Solan) Himachal Pradesh 173205
Tel./Fax No: 01795-247353

7 attachments



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Bandna Sharma <bandna.sharma@baddiuniv.ac.in>

INTERNATIONAL YOGA DAY CELEBRATION

1 message

Dr. Ravinesh Mishra <dean.sw@baddiuniv.ac.in>

Mon, Jun 20, 2022 at 2:20 PM

To: buest.family@baddiuniv.ac.in

Cc: VC <vc@baddiuniv.ac.in>, gaurravj24 <gaurravj24@gmail.com>, Registrar <registrar@baddiuniv.ac.in>, "Dr.T.R Bhardwaj" <advisorchancellor@baddiuniv.ac.in>, "deans.hods" <deans.hods@baddiuniv.ac.in>

INTERNATIONAL YOGA DAY CELEBRATION

Baddi University of Emerging Sciences and Technology (BUEST) will be celebrating the **International Yoga Day** at BUEST campus on Tuesday i.e. **21 June, 2022**. All the officials, faculty/staff and students are invited for the event.

Presence of all faculty/staff members (not outside official duty) and students (present in university for training) is desirable.

Date: 21st June, 2022, Tuesday

Timing: 8:30 am - 10:00 am

Venue: DH-335

1. Faculty and Staff members (Ladies and Gentlemen) are requested to wear yoga dress, preferably (track suit) / (trouser – tshirt) / (Kurta pajama for gents)
2. Faculty, staff and students are requested take seats by 8:25 a.m in DH-335
3. Participants will be provided refreshment after the event.

For any query related to the program please feel free to call the following members of the organizing team

Mr. Harwinder Goyal(SMS)

For your reference minute-to-minute schedule is attached herewith

3 attachments



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20K



Director TPO <director.tpo@baddiuniv.ac.in>

Invitation: Blood Donation & Free Health Check-Up Camp on Thursday, 28 April 2022 @ BUEST

1 message

Dr. Ravinesh Mishra <dean.sw@baddiuniv.ac.in>

Wed, Apr 27, 2022 at 5:53 PM

To: buest.family@baddiuniv.ac.in, BUEST <buest@baddiuniv.ac.in>, Akshita Kapila <akshita.kapila@baddiuniv.ac.in>
Cc: Chancellor <chancellor@baddiuniv.ac.in>, "Dr.T.R Bhardwaj" <advisor-to-chancellor@baddiuniv.ac.in>, VC <vc@baddiuniv.ac.in>, Registrar <registrar@baddiuniv.ac.in>, gaurravj24 <gaurravj24@gmail.com>, vkkuips@yahoo.com, 2256atvs@gmail.com, Bhupinder Singh <bhupinder.singh@baddiuniv.ac.in>, Rajeev Kumar <rajeev.kumar@baddiuniv.ac.in>, Ankita Thakur <ankita.thakur@baddiuniv.ac.in>, aloksahu.cipet@gmail.com, "bloodcentrechandigarh@gmail.com" <bloodcentrechandigarh@gmail.com>, PA VC <vc.office@baddiuniv.ac.in>

BLOOD DONATION AND FREE HEALTH CHECK-UP CAMP

This is for the information of all faculty, staff & students that an voluntary **Blood Donation and Free Health Check-Up Camp** is to be scheduled on April 28, 2022 (Thursday) in University campus as per the following details:

Date: April 28, 2022 (Thursday)**Time:** 10:00 AM to 02:00 PM**Venue:** Heat Transfer Lab. (Ground Floor) - SEET Block**Associate Partners:** Rotary Blood Bank Centre, Chandigarh; NSS Unit; Punjab National Bank, Baddi, Himachal Pradesh; CIPET: CSTS, Baddi, Himachal Pradesh; R. K. Trading Co. Pinjore, Aashman Foundation, Samaj Sevi - Sh. Swarn Saini; Baddi University Pharmaceutical Association (BUPA)**Faculty Coordinators:** Mr. Rajeev Kumar, Assistant Professor-SMS, Ms. Ankita Thakur, Assistant Professor-SOAS & Mr. Bhupinder Sandhu, GM-Admn. Dr. Navpreet Kaur, Assistant Professor-Physiotherapy and Dr. Shailja, Assistant Professor-Physiotherapy and NSS Faculty Coordinator**Student Conveners:** Mr. Astitva Bhusri, Mr. Vijay Kumar, Mr. Neeraj Jikta, Ms. Anandita Shah, Ms. Himani and NSS volunteers**Chief Guest:** Prof. (Dr.) J K Sharma, Hon'ble Vice Chancellor

Guest of Honor: Prof. (Dr.) T. R. Bhardwaj, Advisor to Chancellor

All Deans, HoDs, CoDs, HoOs and Directors, are requested to be present along with their faculty/staff.

Looking forward to your lively participation & support so as to make this event a great success.

With warm regards,

Dr. Ravinesh Mishra

Dean - Student's Welfare

Baddi University of Emerging Sciences and Technology

Baddi, Himachal Pradesh-173205

Tel./Fax No: 01795-247353



blood donation camp flex.png
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BLOOD DONATION AND HEALTH CAMP ON 25 SEP 19

1 message

Registrar . <Registrar@baddiuniv.ac.in>

Tue, Sep 24, 2019 at 3:16 PM

To: buest <buest@baddiuniv.ac.in>, "BUEST.FAMILY" <buest.family@baddiuniv.ac.in>, "Dr. T.R. Bhardwaj" <vc@baddiuniv.ac.in>, gauravj24@baddiuniv.ac.in, gauravj24 <gauravj24@gmail.com>, "deans.hods" <deans.hods@baddiuniv.ac.in>, R.Chopra <director.finance@baddiuniv.ac.in>, meenal.jain <meenai.jain@baddiuniv.ac.in>, "Dr. Ravinesh Kumar Mishra" <dean.sw@baddiuniv.ac.in>, "Dr. Abhishek Raizada" <dean.ams@baddiuniv.ac.in>, GULSHAN SANDHU <gulshan.sandhu@baddiuniv.ac.in>, chamandeep.dwivedi <Chamandeep.ieset@gmail.com>

Cc: "B.Pradeep Shrivastava" <chancellor@baddiuniv.ac.in>

Please find attached the detailed programme for the subject event. Max attendance is requested

Major Gen. N.P. Singh, VSM

Registrar

Baddi University of Emerging Sciences and Technology

+91-9467111777

 Minute to Minute of Blood Donation and Health camp.pdf
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BLOOD DONATION AND HEALTH CAMP ON 25 SEP 19

1 message

Registrar . <registrar@baddiuniv.ac.in>

Tue, Sep 24, 2019 at 3:16 PM

To: buest <buest@baddiuniv.ac.in>, "BUEST.FAMILY" <buest.family@baddiuniv.ac.in>, "Dr. T.R. Bhardwaj" <vc@baddiuniv.ac.in>, gaurravj24@baddiuniv.ac.in, gaurravj24 <gaurravj24@gmail.com>, "deans.hods" <deans.hods@baddiuniv.ac.in>, R Chopra <director.finance@baddiuniv.ac.in>, meenal.jain <meenai.jain@baddiuniv.ac.in>, "Dr. Ravinesh Kumar Mishra" <dean.sw@baddiuniv.ac.in>, "Dr. Abhishek Raizada" <dean.sms@baddiuniv.ac.in>, GULSHAN SANDHU <gulshan.sandhu@baddiuniv.ac.in>, chamandeep.dwivedi <Chamandeep.ieet@gmail.com>

Cc: "B.Pradeep Srivastava" <chancellor@baddiuniv.ac.in>

Please find attached the detailed programme for the subject event. Max attendance is requested

Major Gen. N.P. Singh, VSM

Registrar

Baddi University of Emerging Sciences and Technology

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MINUTE TO MINUTE PROGRAMME OF BLOOD DONATION CAMP AND

HEALTH CHECKUP CAMP

25 SEPTEMBER, 2019

Time	Activity	Venue
10:00 AM-10:15 AM	Welcome of Guests	VC Office
10:15 AM to 11:00 AM	Inauguration and visit of Blood Donation Camp by Chief Guest	Heat Transfer Lab, ME Block, SEET
11:10 AM to 12:30 PM	Inauguration and Visit of Health Check-up Camp by Chief Guest	LH 102 & OPD- BPT, CSE Block
1:30 PM to 2:15 PM	Lunch of Guests, Officials (Health/Blood Donation Camp) and Dignitaries	SMS Block

List of Guest(s):

1. Chief Guest - Mr. Navneet Kumar, Manager PNB Baddi
2. Guest of Honor – Mr. Rajkumar, NSS Officer, Chandigarh
3. Guest of Honor-Mr. Arvind Kanwar, CII Chairman-Himachal Pradesh
4. Guest of Honor- Mr. Kuldeep Kundlas-Kabbadi Association, Baddi
5. Guest of Honor-Mr. Sahil, ICICI Foundation



Registrar

Baddi University organizes Blood Donation Camp

Blood is the most precious gift that can be given to a person in need to increase longevity from a life threatening injury or disease. Keeping this noble cause in mind, NSS Cell, Baddi University organized a voluntary **Blood Donation Camp** in collaboration with Rotary Blood Bank Society, Sector 37 Chandigarh at University campus on 25th September 2019 under the supervision of Ms. Nidhi Gupta (HOD-SOS), Mr. Rajeev Kumar (SMS) and Mr. Nitin Sharma (SPES). The aim of the camp was to encourage the youth to donate blood as the hospitals suffer from a perennial shortage of blood for treatment.

Honourable Vice-Chancellor Prof. (Dr.) TR Bhardwaj inaugurated the Blood Donation Camp along with the Chief Guest Mr. Navneet Kumar, Manager, Punjab National Bank, Baddi and Guest of Honor Mr. Arvind Karwar (CII-YI Chairman-Himachal Pradesh and Chandigarh). Mr. Navneet Kumar shared his thoughts by stating that millions of people need blood transfusions every year and we all should donate blood as it replicates human values and social responsibility towards our society. "Blood can't be manufactured as other things can, It can only be acquired by a generous donor to save the lives" stressed Mr. Kashmir.

Mr. Gaurav Ram Jhunjhunwala (Member Secretary and Governing Body) apprised the gathering with his motivational words and stated that donating blood is a life saving attempt. "You don't lose anything if you donate blood as human body has a regenerating mechanism" he added. Vice-Chancellor Prof. (Dr) TR Bhardwaj, Registrar Major General NP Singh, Dean Student Welfare Dr. Ravinesh Mishra, Dean -SOAS Prof. J.K.Sharma, Dean SMS- Prof. Abhishek Raizada, Prof. Amarjeet Kaur (Principal Nursing), Dean SEET-Dr. Khushmeet Kumar were also present at the occasion amongst others.

In this camp Overwhelming number of Volunteers of different colleges and departments of the university has participated with Vivacity. Fifteen Volunteers of rarest blood group have also donated the blood. Over 123 units of blood were collected. Donors were given refreshments and a certificate of appreciation for this service to humanity. Besides the passionate indulgence of students and staff of the University, corporates also joined hands into the social activity vigorously. Dr.

Ravinesh Mishra (Dean Student Welfare and Chairman NSS Cell) reported that by organizing Blood Donation camp twice a year, the University is doing its bit for the service of humanity.

Baddi University organizes Health check-up Camp

A free Health check-up Camp was organized by Baddi University of Emerging Sciences and Technology in association with PARAS Hospital, Panchkula on 25th September 2019 in its premises. Chairperson of the Health check-up Camp, Prof. Amarjeet Kaur (Principal Nursing) and members namely Mr. Gulshan Sandhu (TPO), Mr. Chamandeep (Civil Engineer) and Dr. Ankush Sharma (BPT) reported that the objective of the camp was to provide information regarding diet, exercise and weight control. Chief Guest of the occasion was Mr. Navneet Kumar, Manager, Punjab National Bank, Baddi. Guests of Honor Mr. Rajkumar (NSS Officer, Chandigarh), Mr. Arvind Kanwar (CII-YI Chairman- Himachal Pradesh and Chandigarh), Mr. Kuldeep Kundlas (Kabbadi Assosiation, Baddi) and Mr. Sahil (ICICI- Foundation) also remained present throughout the occasion along with Vice-Chancellor Prof. (Dr) TR Bhardwaj, Registrar Major General NP Singh, Dean Student Welfare Dr. Ravinesh Mishra, Dean –SOAS Prof. J.K.Sharma, Dean SMS-Prof. Abhishek Raizada, Dean SEET-Dr. Khushmeet Kumar, Ms. Nidhi Gupta (HoD-SOS) amongst others.

The parameters checked during the camp were Blood Pressure, Random Blood Sugar, Bone Mineral Density and Pulmonary Function Test. Besides that counseling on Internal Medicine and Diet was also provided by a team of professionals- Dr. Ashok Gupta (Internal Medicine), Mr. Gaurav Wadhwa (Admin. PARAS Hospital) and Dr. Sanjeev (Dietician). Around 350 faculty members, staff

Blood Donation Camp at Baddi University

NSS Unit of the Baddi University of Emerging Sciences and Technology, in association with Rotary Blood Bank Chandigarh, organized a blood donation camp on April 25, 2019 in its premises. Students, teaching and non-teaching staff of the University participated in this noble cause and donated 110 units of blood.

Blood Donation Camp was inaugurated by Hon'ble Vice-Chancellor Prof. (Dr.) T.R. Bhardwaj . Mr. Kuldeep Singh, Chairman HP Kabbadi Association, Mr. Kuldeep Rana, Chairman HP Wrestling Association, Mr. Mukesh Sharma Tehsildar Baddi, Mr Kashmir Singh, Manager PNB Baddi, Balwant Chaudhary and Vipin Thakur were the worthy guests of the event. Member Secretary Mr. Gaurav Ram Jhunjunwala, Dean Academics Brig. Subhash Katoch, Dean Student Welfare Dr. Ravinesh Mishra, Registrar Maj.Gen. N.P. Singh, Director Finance Mr. Ratinder Chopra, Dean SOAS Prof. (Dr.) J.K.Sharma, Dean R&D Prof. (Dr.) Nitin Verma, Dean SMS Prof. (Dr.) Abhishek Raizada, Dean SEET Dr. Khushmeet Kumar, HoD SOS Ms. Nidhi Gupta, Hod-ECE Mr. Kuldeep Singh, HOD CSE(IBM) Ms. Priyanka Sharma, Asstt. Prof. ME Ms. Sushma Singh, Asstt. Prof. CSE Ms. Ruchika were also present amongst others.

It was a proud moment for the NSS unit of the Baddi University for its contribution towards this noble cause. The objective of the camp was to propagate the significance of blood donation in saving lives and to generate public awareness in the interest of the society.

The donors were examined before the blood donation to ensure that the blood was collected from healthy donors. Certificates and small token of appreciation were issued to the donors by the Rotary Club.



Bandna Sharma <bandna.sharma@baddiuniv.ac.in>

Celebration of World Bicycle Day 2022

1 message

Dr. Ravinesh Mishra <dean.sw@baddiuniv.ac.in>

Fri, Jun 3, 2022 at 10:47 AM

To: buest.family@baddiuniv.ac.in

Cc: VC <vc@baddiuniv.ac.in>, "Dr.T.R Bhardwaj" <advisorchancellor@baddiuniv.ac.in>, Registrar <registrar@baddiuniv.ac.in>, gaurravj24 <gaurravj24@gmail.com>, "deans.hods" <deans.hods@baddiuniv.ac.in>

Dear all

World Bicycle Day 2022 theme is *"Cycling helps you, connect you with nature and even keeps you physically fit"*.

In connection to this, NSS Club of Baddi University of Emerging Sciences & Technology organized a bicycle rally of 12km in a nearby area in which the NSS volunteers and staff actively participated. The chief purpose behind the rally was to spread health awareness among the people. It was an endeavor not only to save fuel and save the environment but also to promote cycling for physical fitness. Ms. Sushma Singh, Student's welfare officer was the organizing secretary of this program. Miss Ankita Thakur (NSS coordinator) coordinated this event. Mr. Navdeep Sandhu (ME), Ms. Shilpa Sharma (SPES), Ms. Bharti Thakur (EE), Mr. Ranish (CSE), Mr. Sangam Sharma (Nursing) and Mr. Devinder (Maintenance) were also part of the rally.

"Burn Fat , Not Oil Adopt Bicycle"

"Pedal Your Way to Fitness"

Glimpse of today's Cycle rally are attached to this email.

Regards

Sushma Singh

Student's Welfare Officer

BUEST

7 attachments



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INTERNATIONAL YOGA DAY CELEBRATION

Baddi University of Emerging Sciences and Technologies (BUEST) will be celebrating the 5th **International Yoga Day** at BUEST campus on Friday, **21 June 2019**.

Presence of all faculty/staff members (not outside official duty) and students (present in university for training) is desirable. Patanjali Yoga Centre, Chandigarh, Brahma Rishi College, Chandigarh and National Yoga Trainers will be visiting the BUEST campus for Yoga.

It has been desired that the participants may be in free clothes/yoga dresses.

Date: 21 June 2019, Friday

Timing: 9:30 am - 11:00 am

Venue: Mechanical Quadrangle, SEET Block (Ground Floor)

1. Faculty and Staff members (Ladies and Gentlemen) are requested to wear yoga dress, preferably (track suit) / (trouser – T-shirt) / (Kurta Pajama for gents)
2. Faculty, staff and students are requested take seats by 9:15 a.m in Room No D-335, IInd Floor, SEET.
3. Participants will be provided refreshment after the event.

For any query related to the program please feel free to contact to Mr. Chamandeep-Head Maintenance - 9805052222 (Event Coordinator) or the undersigned.

Thanks & Regards



Director TPO <director.tpo@baddiuniv.ac.in>

Successfully conducted free health check and Physiotherapy camp on 04-03-2021

2 messages

Hod Bpt <hod.bpt@baddiuniv.ac.in>

Fri, Mar 5, 2021 at 9:42 AM

To: hod cse <hod.cse@baddiuniv.ac.in>, Akshita Kapila <website.incharge@baddiuniv.ac.in>, Akshita Kapila <akshita.kapila@baddiuniv.ac.in>, Registrar <registrar@baddiuniv.ac.in>

Cc: gaurravrj24@gmail.com, VC <vc@baddiuniv.ac.in>, Dean SW <dean.sw@baddiuniv.ac.in>, Director TPO <director.tpo@baddiuniv.ac.in>

Respected sir,

BUEST, department of physiotherapy successfully conducted a free health check up and physiotherapy camp in makhnumajra on 04- 03-2021 (Thursday). Patient having cervical spondylitis, back pain, arthritis, Frozen shoulder, tennis elbow, obesity, sprain etc. Few glimpse are here. Please find the attachments below.

Thanks & Regards

Dr. Ankush Sharma

Assistant professor

Department of physiotherapy

BUEST

40 attachments



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Akshita Kapila <akshita.kapila@baddiuniv.ac.in>

Fri, Mar 5, 2021 at 12:11 PM

To: Hod Bpt <hod.bpt@baddiuniv.ac.in>

Cc: hod cse <hod.cse@baddiuniv.ac.in>, Akshita Kapila <website.incharge@baddiuniv.ac.in>, Registrar <registrar@baddiuniv.ac.in>, Gaurrav Ram Jhunjhunwala <gaurravvj24@gmail.com>, VC <vc@baddiuniv.ac.in>, Dean SW <dean.sw@baddiuniv.ac.in>, Director TPO <director.tpo@baddiuniv.ac.in>

its uploaded on social media.

Thanks & Regards,

Akshita Kapila

Website Incharge

Assistant Professor(CSE)

Baddi University

[Quoted text hidden]