



MANAGEMENT EDUCATION & RESEARCH INSTITUTE

(Affiliated to G.G.S. Indraprastha University, Recognised by N.C.T.E. & Approved by A.I.C.T.E., Ministry of HRD, Govt. of India)

52-55, INSTITUTIONAL AREA, JANAKPURI, NEW DELHI – 110058
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E-MAIL : meribs@meri.edu.in Website : www.meri.edu.in

3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the last five years

1 Outcomes Of Extension activities in terms of impact

The Management Education and Research Institute constantly organize activities for students and faculties. The objective of this CSR Club is to serve on various aspects but not limited to - safety of youth and women, environmental issues, diversification an, plantation and many more. International Yoga Day: The CSR Club Aaghaz organised a 100 days yoga activity for the celebration of International Yoga Day till 21 June, 2022. CSR Club Aaghaz of MERI organized Plantation drive celebrating Azaadi ka Amrit mahotsav on completing 75 years of Independence. The primary objective was to raise awareness and consciousness about environment among the masses. Event started with an opening remark by Prof. Lalit Aggarwal, Vice President, MERI and he addressed the audience and highlighted the relevance of trees. The students participated in the drive enthusiastically and helped each other in planting more than 50 saplings. All the saplings were planted in the school ground by students and faculty. Some of the students also shared their experiences and shared their joy with others. CSR Club Aaghaz and NSS unit of MERI celebrated Har Ghar Tiranga, an initiative by Govt. of India. On the occasion of 75th Independence Day, the Ministry of Culture observes this initiative to hoist flags in our homes. The NSS volunteers participated enthusiastically in this event. The students, staff and faculty clicked their photos/videos with the National Flag of the country and uploaded the same on <https://harghartiranga.com/>.

Digital Literacy Programme on Women and Youth Safety

Under professional ethics NSS unit of the MERI college visited on 7th February 2023 at Delhi Police Headquarters for attending the launch of a two month campaign on Digital Literacy Programme on Women and Youth Safety in collaboration with Meta India. The objective of this campaign is online safety of youth and women, disseminating Meta cyber safety initiatives in collaboration with Delhi Police. The renowned officials of Delhi Police and Meta India explained students how to prevent cyber crimes, and how to make people aware of different ways of

committing cyber crimes, and how they can prevent themselves and their near ones who might fall prey to such acts.

Glimpses:



TO: ALL DISTRICT DCsP
 FROM: DCP/IFSO/SPECIAL CELL
 INFO: ALL JOINT CsP/RANGES & JT.CP/TECHNOLOGY AND IFSO
 NO. 18 /TRAINING/IFSO/SPECIAL CELL DATED 03/02/2022.

WORTHY COMMISSIONER OF POLICE AND PRESIDENT PFWS, MS RITU ARORA SHALL LAUNCH A TWO MONTH CAMPAIGN ON DIGITAL LITERACY PROGRAMME ON WOMEN AND YOUTH SAFETY IN COLLABORATION WITH META INDIA (.) THE OBJECTIVE OF THIS CAMPAIGN WILL BE ONLINE SAFETY OF YOUTH AND WOMEN, DISSEMINATING META'S CYBER SAFETY INITIATIVES IN COLLABORATION WITH DELHI POLICE (.)

ACCORDINGLY YOU ARE HEREBY REQUESTED TO DIRECT THE CONCERNED OFFICIALS TO INVITE 20 STUDENTS (SCHOOLS/COLLEGE) EACH FROM YOUR DISTRICT FOR THEIR PRESENCE DURING THE LAUNCH OF THIS CAMPAIGN ON 7.2.2023 FROM 12.00 NOON AT ADARSH AUDITORIUM, NEW PHQ BUILDING, JAI SINGH ROAD.(.) THEY SHALL TAKE THE SEATS BY 11.00 AM (.) AROUND 75 OFFICIALS OF CYBER POLICE STATIONS SHALL ALSO ATTEND THIS EVENT (.)

KINDLY APPOINT CYBER SHO's AS NODAL OFFICER FOR THE ABOVE ARRANGEMENTS TO COORDINATE WITH SCHOOLS/COLLEGES AND ALSO WITH IFSO/SPECIAL CELL (.)

THE DETAILS MAY KINDLY BE SHARED AS PER BELOW FORMAT:

Sl. No.	Name of the District	Name of the Nodal Officer & number	Name of the Students School/College with details
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THE POINT OF CONTACT FROM IFSO/SPECIAL SHALL BE INSPR ANIL YADAV, TRAINING, MOBILE NUMBER 9212525691.(.)

THIS HAS THE APPROVAL OF COMPETANT AUTHORITY (.)

Randhawa
3/2/23

H.S. Randhawa
3/2/2023
 (H.S. RANDHAWA) ACP/TRG.
 FOR DY. COMMISSIONER OF POLICE:
 IFSO/SPECIAL CELL.



Event: Poster making competition on World Environment Day

Date: 05th June 2023

Convener: Dr. Deepshikha Kalra, Ms. Shweta Ahuja, Mr. Pawan Jha, Ms. Sheela Narang Wadhwa

Timing: 12:00 pm onwards

Venue: MERI Campus, Delhi

MERI CSR club Aaghaz organised the session. The speaker of that program was Mr. Kavita Sharma. Quiz on Environment Sensitization: The Club organised an online quiz based on the theme Environment Sensitization. The event aimed at making the students aware of the responsible usage of resources and to develop an attitude towards environmental protection. For instance, disseminating cyber safety initiatives in collaboration with Delhi Police. One of the best programmes among various courses along with female volunteers of NSS unit visited at Delhi Police Headquarters for attending the launch of a two-month campaign on Digital Literacy Programme on Women and Youth Safety in collaboration with Meta India. Sensitizing programmes make people aware of different ways of committing cyber crimes, and how they can prevent themselves and their near ones who might fall prey to such acts. CSR Club Aaghaz and NSS unit of MERI also organized Poster Making Competition on the theme #BeatPlasticPollution on the occasion of World Environment Day 2023. The World Environment Day is observed annually on June 05 to raise awareness about environmental protection and sustainability. The theme - #BeatPlasticPollution, highlighted people's actions toward plastic pollution reduction. The day encourages individuals, governments, and international bodies to prioritize eco-friendly practices for a greener

world and the protection of the environment on this day. Students of CSR club participated enthusiastically in the competition to create awareness towards Plastic pollution reduction and environmental protection successfully. Students of CSR club participated enthusiastically in the competition to create awareness towards Plastic pollution reduction and environmental protection successfully.

Glimpses:-

MERI Management Education and Research Institute
COLLEGE Affiliated to GGSIP University, New Delhi; Approved by AICTE, Ministry of HRD, NAAC Accredited & A+ Grade Institute by GGSIPU & Govt. of NCT of Delhi

28
Years of
Establishment

CSR Club Aaghaz
(NSS Unit)

INSTITUTION'S
INNOVATION
COUNCIL

Organizes

Poster Making Competition

on
World Environment Day

Monday, 5th June 2023 • 12 Noon Onwards
Venue: Auditorium • Theme: **#BeatPlasticPollution**

Rules:

- Individual participation is only allowed.
- Participants need to bring their own tools of drawing and sheet.
- Poster must be made on A3 size sheet.
- The poster needs to be in accordance with the theme.
- Time Limit will be 1 hour.

Faculty Coordinators:
Dr. Deepshikha Kalra, Ms. Sheela Narang Wadhwa,
Ms. Shweta Ahuja, Mr. Pawan Kishore Jha

52-55, Institutional Area, Janakpuri, New Delhi-58 • T: 11-28522201-04 • E: meribs@meri.edu.in • W: https://meri.edu.in

Event: Plantation Drive

Date: 13 August 2022

Time: 10:00 AM onwards **Venue: College campus**

God's most beautiful creation. It felicitates the growth, development and nourishment of all its creatures. Trees represent life, growth, peace and nature. They produce oxygen, clean soil, prevent drought, control flood related disasters, prevent soil erosion, improve physiological, mental and spiritual health, and also reduce carbon footprints. Under the esteemed guidance of our honourable VP sir - Prof Lalit Agarwal and Dean Mam - Prof Deepshikha Kalra and the respected dignitaries/colleagues, CSR club successfully organized a plantation drive inside college campus today celebrating the Azaadi ka Amrit Mahotsav on account of India's 75th Independence Day. Under this drive the club planted 75 saplings to mark this special occasion.

The plantation drive's main aim was to direct student's mind in constructive activities with the positive outcome through the facilitation of contributing to the society.

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27 YEARS OF EXCELLENCE

CSR Club Aag haz (NSS Unit) ORGANISED

PLANTATION DRIVE
on the occasion of
75 Azadi Ka Amrit Mahotsav

52-55, Institutional Area, Janakpuri, New Delhi - 110058 Telephone: 011-28522201-04 E-mail: meribs@meri.edu.in Website: www.meri.edu.in

On 15th September 2023, 'Journalist for Human Rights and Social Justice Award' was conferred on Professor Lalit Aggarwal, Vice President MERI Group of Institutions, by the Delhi Chapter of Human Rights and Social Justice in a function at Rammohan Roy Hall, ITO.

Selected students and JMC Faculty Mr. Sorabh Aggarwal, Ms Amanpreet Kaur and Ms Shikha Garg too were awarded.

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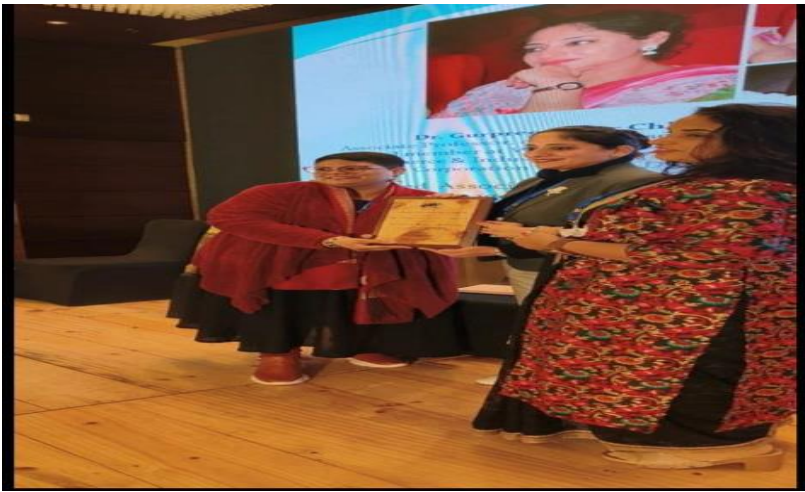
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28th December 2022 at JW Marriott, Aerocity, Women Economic Forum, Annual Conference. A day of accolades, awards and achievements for professor.



Ssakthi camp:

CSR Club Aaghaz of MERI in association with Delhi Police organized Five days CSR Ssakthi camp to provide training self-defence for female students of the college. Chief guest of this camp were Mr. Mukesh Meena, Spl. Commissioner of Police, Training alongside him was Mr. Manish Meena, Asst. Commissioner MCD. More than 100 females of the college participated in the event. Women's self-defense ultimately gives women freedom, as they are able to defend themselves against both mental, emotional and physical challenges. Women who are afraid to express themselves are confined by their fears. The trainers narrated some instances related to Domestic Violence, Dowry, Cruelty by husband & In-laws, Sexual Harassment in public, private, or the workplace, Stalking, Obscene Calls that comes to the Special Police Unit for assistance. They also gave advices and tips to our girl students on how to avoid situations and circumstances that may lead to unwanted/untoward incident.

Glimpses:

MERI
COLLEGE

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CSR Club Aaghaz (NSS Unit)

in association with

DELHI POLICE



Organizes

SSAKTHI CAMP

One Week Self-Defence Training Programme 2022 For Female Students

Dates: 26th December, 2022 to 02nd January, 2023

Timings: Shift I 10:30 - 11:30 AM • Shift II - 11:30 AM - 12:30 PM • **Venue:** MERI Campus

Register Now: <https://forms.gle/CBoNTpRwkoa2rm4j7>

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The Club organised an online quiz based on the theme Environment Sensitization on 12th September 2020. The prime purpose of the event was to create environmental information and awareness among students. It seeks to sensitise society to the environment. The event aimed to make the students aware of the responsible usage of resources and develop an attitude towards environmental protection. It tested the basic knowledge about maintaining the balance between the use and preservation of natural resources. The Club received an overwhelming response from the students.



CSR club Aaghaz

MERI
COLLEGE

Management Education and Research Institute



Date: 12 September 2020
2:30 to 3:00 PM

Registration link: <https://forms.gle/9oEniuY3KWWwKrbo7>

**E- Certificate will be
issued to the participants**

Student Coordinators:

Varsha Aggarwal (7240040605)

Shilpa Singhal (73033 43203)

Prateek(89790 47442)

Mansi(83778 80434)

Highlights of the winners scoring 90% and above in the competition.

CSR CLUB - AAGHAZ**Online Quiz Competition Winners**

Highlights of the winners scoring 90% and above in the competition. NSS unit of MERI organised an online training session on Holistic Wellness Program by Aegis Network in Sep23,2020. MERI CSR club Aaghaz organised the session. The speaker of that program was Mr. Kavita Sharma. Many students joined the session and learned a lot of new things about Holistic Wellness. It was an enriching session and got appreciated by students.

NSS Unit of MERI AAGHAZ

Organises online training session

Holistic Wellness Program by Aegis Network

Expert Speaker

Mr. Kavita Sharma

Corporate Trainer



23rd Sep, 2020

The CSR Club

Aaghaz organised an online contest titled Yoga for Healthy Living in 1 March 2021. The event aimed at inculcating values of healthy life in the pandemic era. Yoga poses a positive impact on life and also has numerous physical and mental benefits. Yoga in our daily lives brings in greater harmony in our thoughts, deeds and actions. The contest also aimed at encouraging the society to practice yoga. This also gives a chance to all the staff, faculties and students of the institution to contribute towards the society, environment and ultimately country. The students were asked to submit videos practicing Yoga with their family members. This activity promoted the importance of Yoga among students and society. The Club received enthusiastic participation from students.

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CSR Club 'Aaghaz'

Presents

Online Yoga Competition

Yoga For Healthy Living

Last Date To Submit Video: **1 March, 2021**

Upload Video: <https://forms.gle/weTaY3HHmzD9Wpq26>



- Faculty Coordinators -

Prof. (Dr.) Deepshika Kalra • Dr. Maitri • Ms. Nivedita Sharma • Ms. Sheela Narang

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Glimpse of students practicing Yoga:-



CSR Club Aaghaz organised an online competition titled Tribute to Women on the occasion of International Women's Day on 13th March 2021. The competition aimed to empower women, celebrate women achievements and thank them for their incredible contributions. MERI students shared inspiring photographs based on the theme "Celebrating the Spirit of Womanhood" and a brief description of the significance of the photograph in relation to the theme. The Club received active participation from students in the competition.

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CSR Club 'Aaghaz'

Presents

Online Contest: Tribute To Women

Let's empower women to empower the human community, celebrate women achievements, thank them for their incredible contributions and make them shine everyday.

- THEME -

Celebrating the Spirit of Womanhood

Post an inspiring photograph based on the theme at social media channels and tag MERI. Use hashtags #MERIOfficial #ChooseToChallenge #IWD2021 Include a brief statement of the significance of the photograph in relation to the theme.

Winning entries will be featured at MERI social media platforms.

Deadline: 13th March, 2021

For more details, click on link: <https://forms.gle/w1PiSCZ1fXvhVpkPA>

Let's Rejoice The Women's Week!

- Faculty Coordinators -

Prof. (Dr.) Deepshika Kalra • Dr. Maitri • Ms. Nivedita Sharma • Ms. Sheela Narang

📞 **99102 44402**

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The CSR Club Aaghaz has conducted an online lecture on Health & Happiness on 17th April 2021. The renowned speaker and physics enthusiastic – Ms. Muskan Kularia talked about various ways to stay happy in our lives. She provided insights on how to remain during every phase of our lives. She talked about Yoga and meditation as the way to cope us with stress. She also told the students that Yoga is all about being kind to others and to our own selves. It eliminates the very often vein of judging people harshly or unfairly. It brings down the agitation and restlessness in us and sets us on the path of a calm, meaningful and focused way of living. The Club received enthusiastic participation from students.



CSR Club 'Aaghaz'

Presents

Lecture on *Health & Happiness*

Sat. 17th April, 2021 • Mode: Online

- SPEAKER -

Ms. Muskan Kularia

M.Tech from TU Dresden, Germany.
Two Times Gold Medalist,
An Entrepreneur and Art of Living Volunteer



Let's make space for Health & Happiness in our lives.

- Faculty Coordinators -

Prof. (Dr.) Deepshikha Kalra • Dr. Maitri • Dr. Vanshika Bhatia • Ms. Sheela Narang

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