

3.4.3

MERI MANAGEMENT EDUCATION & RESEARCH INSTITUTE

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3.4.3: Extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community
Detailed report for each extension and outreach program to be made available, with specific mention of number of students participated and the details of the collaborating agency

Link for the document: <https://naac.meri.edu.in/wp-content/uploads/2023/10/Extension-and-outreach-programs.pdf>

NSS/NSC Events Reports Year-Wise(2023-2018)

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, International Yoga Day, and many more events. The CSR club organized ownership program by the students with martyrdom name plate on 11th June 2023.



Management Education & Research Institute
52-55, Instl. Area
Janak Puri, N.D-58

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Event: Plantation Drive

Date: 07th June 2023

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

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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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The CSR Club Aaghaz organized 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/>.



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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 Aaghazorganised 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 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:-



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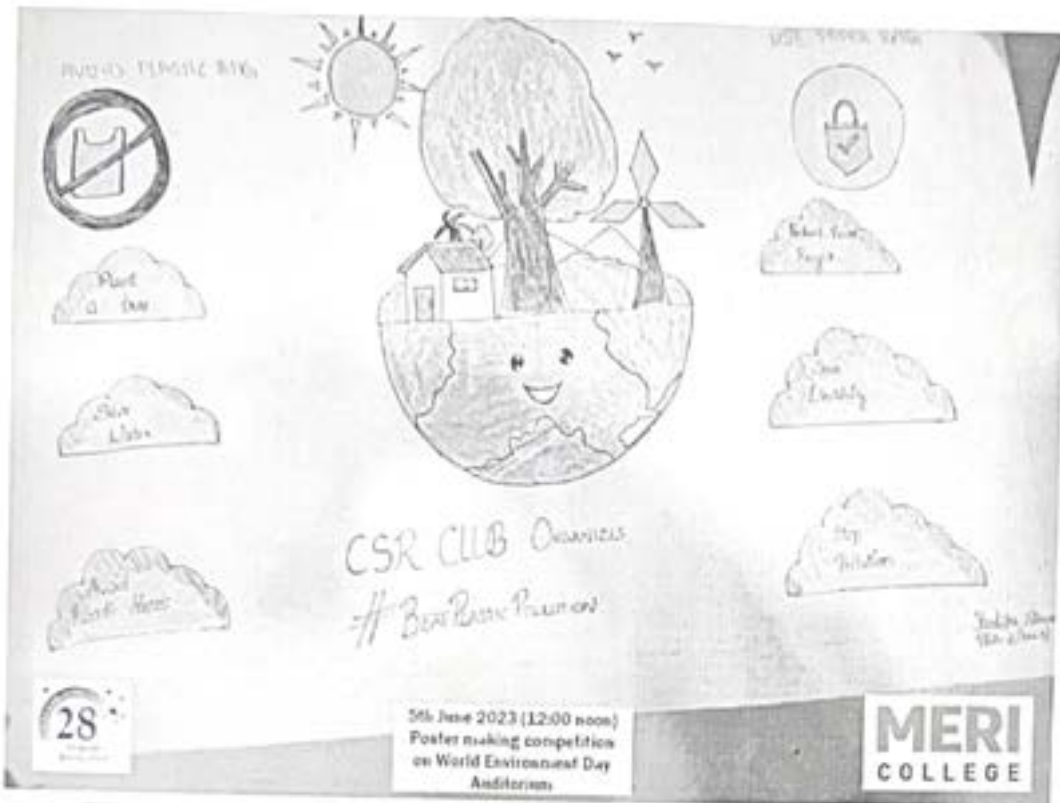
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Event: Literacy Programme on Women and Youth Safety

Date: 07th Feb 2023

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

Timing: 11am onwards

Venue: Delhi Police Headquarters, Delhi

Report:-



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

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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.

The students of various courses along with female volunteers of NSS unit of the MERI college today 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. The objective of this campaign is online safety of youth and women, disseminating Meta's 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:



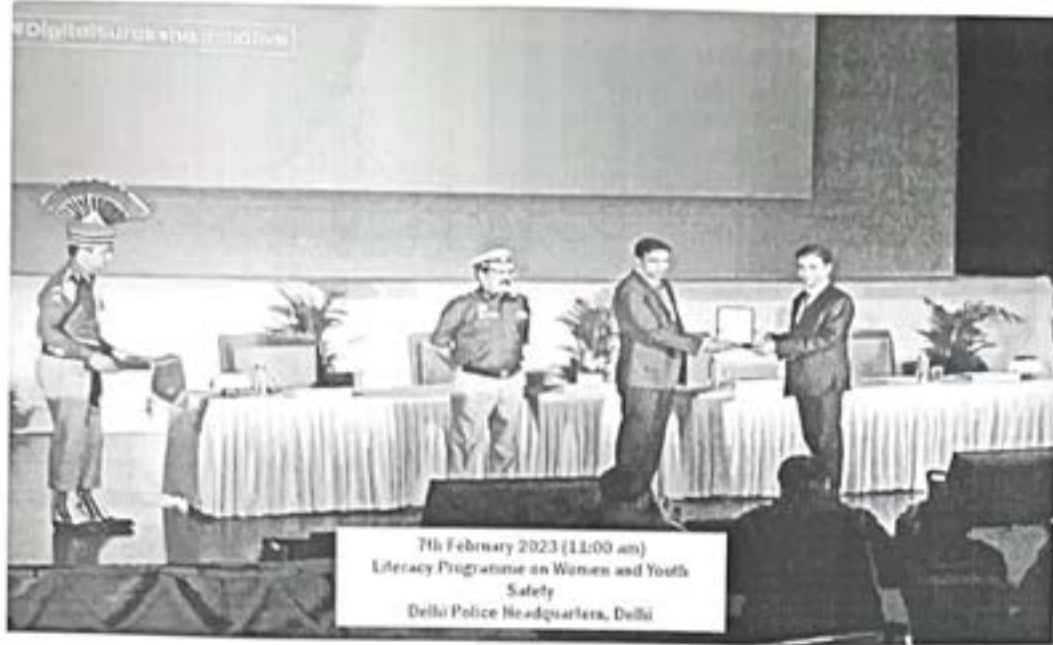
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TO: ALL DISTRICT DCP

FROM: DCP/PSO/SPECIAL CELL

INFO: A-1 JANT EXPANDED & IT CITY/INDUSTRY AND ITO

NO: 11 /TRAINING/PSO/SPECIAL CELL - 34880 - 26/02/2023

WORTHY COMMISSIONER OF POLICE AND PRODEAN HWAL, MS WITH ANOHA 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 ENSURE 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 (BOYS/GIRLS) EACH FROM YOUR DISTRICT FOR THEIR PRESENCE DURING THE LAUNCH OF THIS CAMPAIGN ON 7.2.2023 FROM 12:00 NOON AT ASHISH AUDITORIUM, NEW PNC BUILDING, (AT BRIGH ROADS). THEY SHALL TAKE THE SEATS BY 11:00 AM. OFFICIALS OF CYBER POLICE STATION SHALL ALSO ATTEND THE EVENT.

ONLY APPROX 2500 (200) AT NODAL OFFICE FOR THE ABOVE ARRANGEMENTS TO COORDINATE WITH SCHOOLS/COLLEGES AND ALSO WITH PSO/SPECIAL CELL.

ALL DETAILS MAY KINDLY BE SHARED AS PER BELOW FORMAT:

Sr. No.	Name of the District	Name of the Nodal Officer & number	Name of the Students School/College with details

THE POINT OF CONTACT FROM PSO/SPECIAL SHALL BE INDIRA ANIL YADAV, TRAINING NODAL NUMBER 8222256X1.

THANKS THE APPROVAL OF COMPETANT AUTHORITY.

[Handwritten Signature]
 26/2/23
 (H.S. RANDHAWA) ACP/TRG
 FOR DY. COMMISSIONER OF POLICE,
 PSO/SPECIAL CELL.



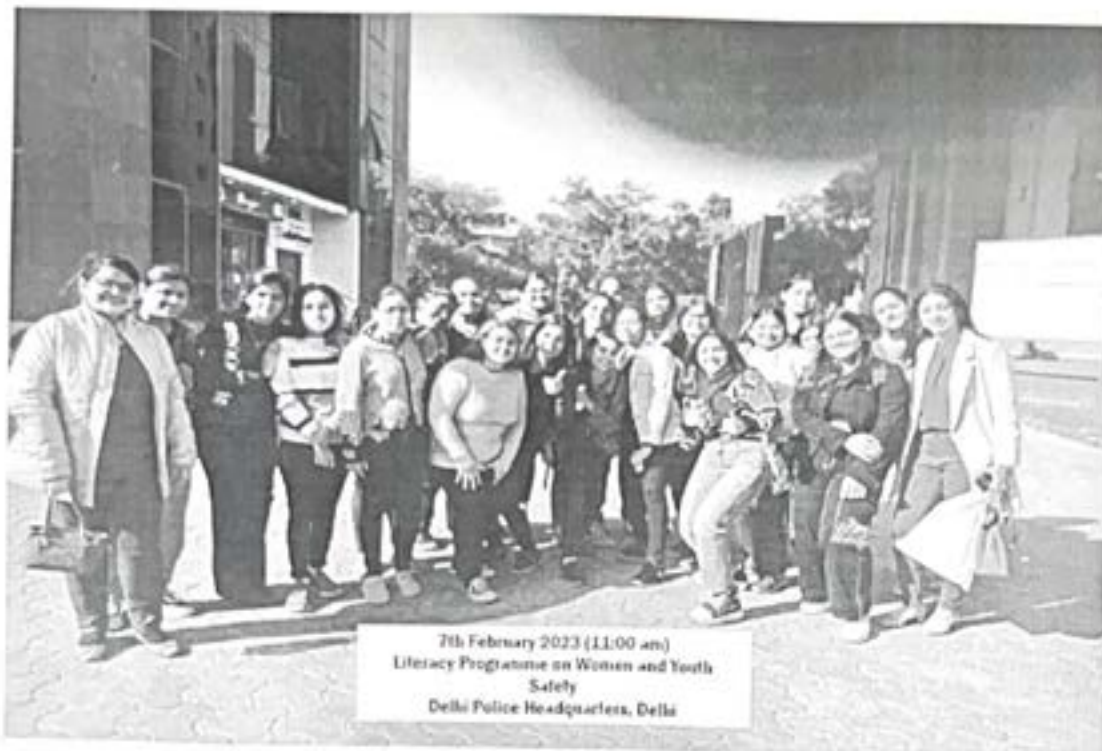
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Event: Ssakthi camp

Date & Venue: 26th December 2022 to 2nd January, 2023 at MERI campus

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.



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Glimpses:

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28th



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/CB0NTpRwkoa2ms47>

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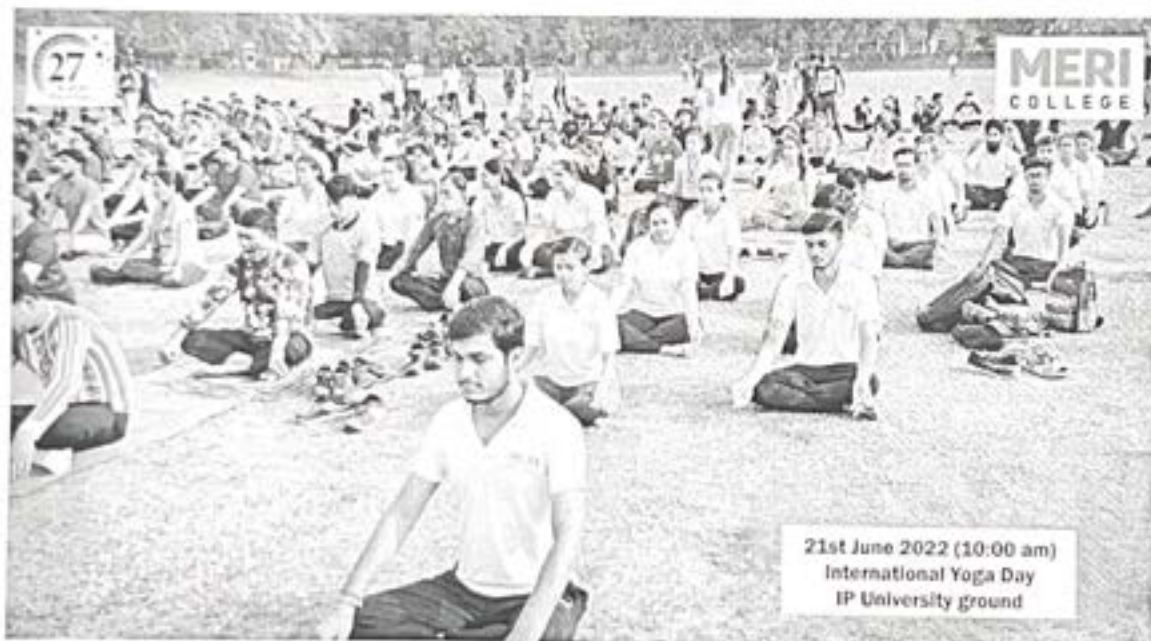
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Event: International Yoga Day

Date & Venue: 21st June 2022, IP University Ground



Event: Plantation Drive

Date: 13 August 2022

Time: 10:00 AM onwards



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Venue: College campus

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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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CSR Club Aaghaz (NSS Unit)

PLANTATION DRIVE
on the occasion of
75
Azadi Ka Amrit Mahotsav

13th August 2022 (10:00 AM)
Plantation Drive
Open Ground Area

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Date: 01/03/2021

Report on Online Yoga Competition organized by MERI CSR Club Aaghaz

Date & Venue: 01/03/2021 in MERI Campus

The CSR Club Aaghazorganised 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 'Aaghaaz'

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.) Deepshikha Kaur • Dr. Meeri • Ms. Nivedita Sharma • Ms. Sheela Narang

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Open



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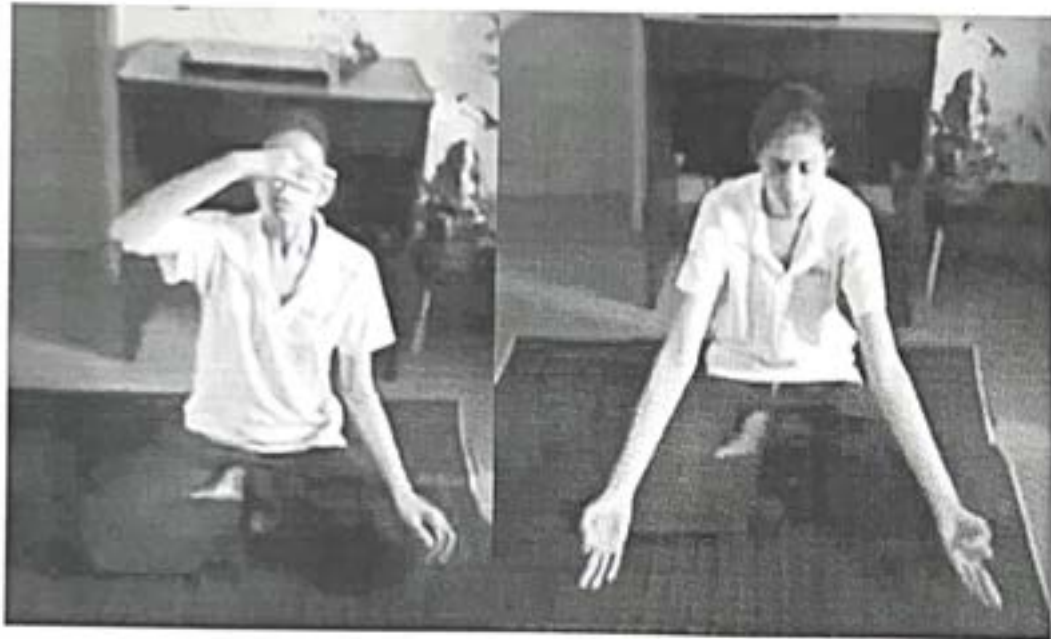
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Glimpse of students practicing Yoga:-



Date: 13/03/2021

Report on Online Contest: Tribute to Women organized by CSR Club Aaghaz

CSR Club Aaghaz organized 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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25th

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CSR Club 'Aaghar'

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/w1P5CZ1IXvhVpkPA>

Let's Rejoice The Women's Week!

- Faculty Coordinators -

Prof. [Dr.] Deepshika Kalra • Dr. Maltri • Ms. Nivedita Sharma • Ms. Sheela Narang

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Date: 17/04/2021

Report on Online Lecture on Health & Happiness organized by CSR Club Aaghaz

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.




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CSR Club 'Aaghar'
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. Mantri • Dr. Vanshika Bhatia • Ms. Sheela Narang

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Glimpse of the activity:-



Date: 12/09/2020

Report on Online Quiz competition organized by CSR club Aaghaz

The Club organized 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 sensitize 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.

Aghaz
The stamp is circular with a blue border. Inside the border, the text "Management Education & Research Institute" is written around the top and bottom. In the center, there is a stylized logo and the address "52-54, Inst. Area, Janak Puri, New Delhi".

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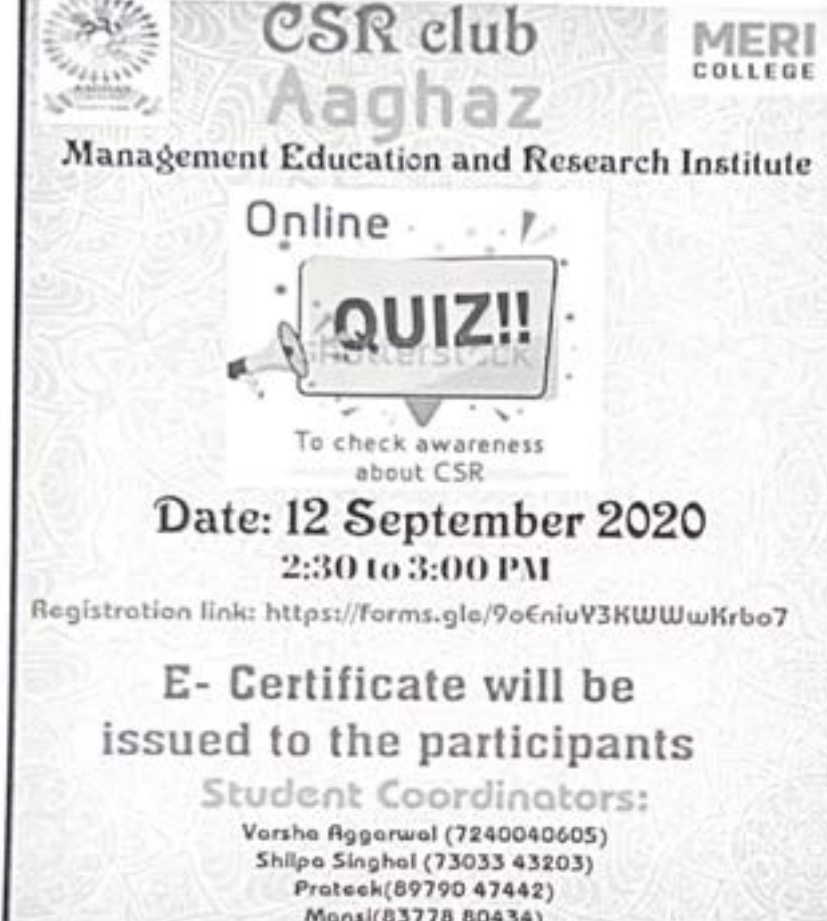
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PHONES : 011-28522201, 28522202, 28522203 FAX : 011-28522204

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The poster features a decorative background with a repeating pattern. At the top left is the GGS Indraprastha University logo. At the top right is the MERI COLLEGE logo. The main title 'CSR club Aaghaz' is prominently displayed. Below it, the text 'Management Education and Research Institute' is written. The word 'Online' is placed above a central graphic of a megaphone with a speech bubble containing the word 'QUIZ!!'. Below the graphic, it says 'To check awareness about CSR'. The date and time 'Date: 12 September 2020 2:30 to 3:00 PM' are clearly stated. A registration link is provided. The text 'E- Certificate will be issued to the participants' is followed by the names and contact numbers of the student coordinators.

**CSR club
Aaghaz**

**MERI
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Management Education and Research Institute

Online

QUIZ!!

To check awareness
about CSR

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

Registration link: <https://forms.gle/9oEniuV3KWWwKrbo7>

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

Student Coordinators:
Varsha Aggarwal (7240040605)
Shilpa Singhal (73033 43203)
Prateek(89790 47442)
Mansi(83778 80434)




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



Management Education & Research Institute
Affiliated to GGSIPU, Delhi



CSR CLUB - AAGHAZ

Online Quiz Competition Winners

			
Naina Gupta BBA 6 th Sem.	Vineet Jain MBA 4 th Sem.	Tanisha Shakya B.tech 6 th Sem.	Rajan Goel MBA 4 th Sem.



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Date: 23/09/2020

Report on Online training session on Holistic Wellness organized by MERI CSR Club Aaghaz.

NSS unit of MERI organized an online training session on Holistic Wellness Program by Aegis Network in Sep 2020. MERI CSR club Aaghaz organized 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



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2. Sensitizing the students to social issues for their holistic development during the last five years.



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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28

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Mr. Sorabh Aggarwal, Ms Amanpreet Kaur and Ms Shikha Garg too were awarded

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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.

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.



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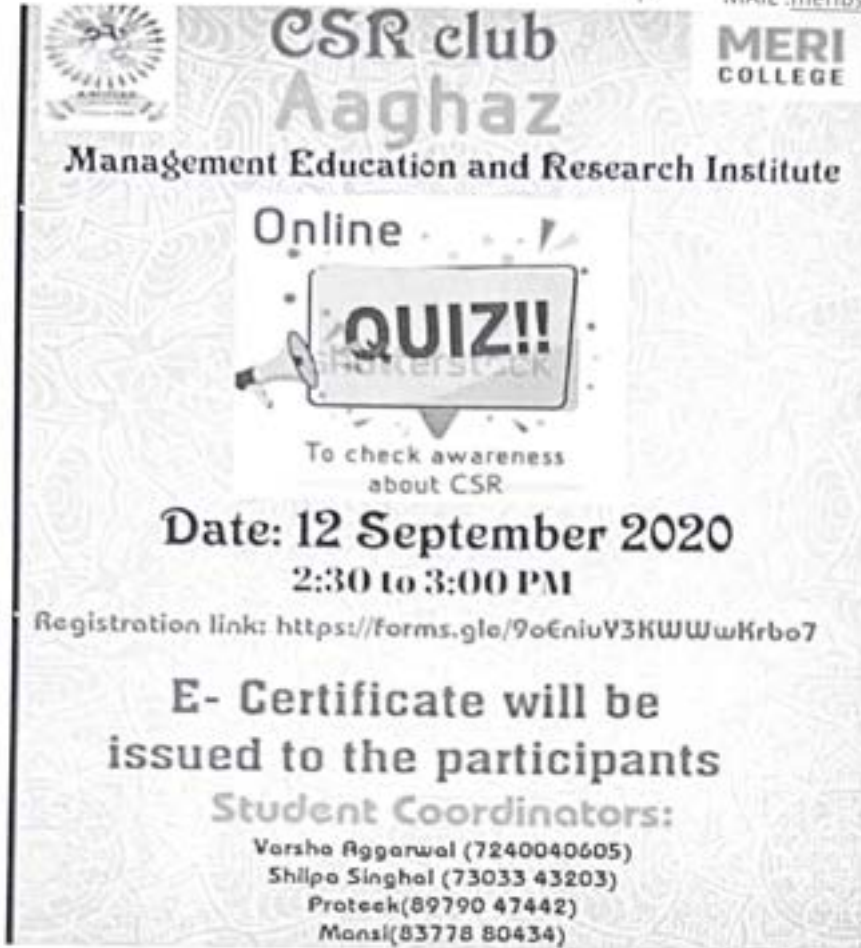
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The poster features a decorative background with a repeating pattern. At the top left is the logo of the Government of India. At the top right is the MERI COLLEGE logo. The main text reads 'CSR club Aaghaz' in a large, stylized font, followed by 'Management Education and Research Institute'. Below this, it says 'Online' and 'QUIZ!!' with a megaphone icon. The purpose is 'To check awareness about CSR'. The date and time are 'Date: 12 September 2020 2:30 to 3:00 PM'. A registration link is provided: 'Registration link: <https://forms.gle/9oEniuY3KWWwKrbo7>'. It states 'E- Certificate will be issued to the participants' and lists 'Student Coordinators: Varsha Aggarwal (7240040605), Shilpa Singhal (73033 43203), Proteek (89790 47442), Mansi (83778 80434)'.

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



CSR CLUB - AAGHAZ

Online Quiz Competition Winners



Naina Gupta
BBA 6th Sem.

Vineet Jain
MBA 4th Sem.

Tanisha Shakya
B.tech 6th Sem.

Rajan Goel
MBA 4th Sem.

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 Aaghazorganised 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

Aaghazorganised 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.

Opport



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CSR Club 'Aag haz'

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.) Deepshikha Yadav • Dr. Mallik • Ms. Shivdatta Sharma • Ms. Sakshi Narang

+91 - 99102 44402

52-55, Sewa Marg, Institutional Area, Janakpur, New Delhi-58 • Web: meri.edu.in

Glimpse of students practicing Yoga:-



CSR Club Aaghazorganised 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'

Friends

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 #CheeseToChallenge #TWD2021 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.



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27th

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CSR Club 'Aaghar'

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. Mairi • Dr. Vanshika Bhatia • Ms. Sherla Narang

☎ 99102 44402

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Dr. Mairi





➤ 3.Life Skills and Other Activities Organized by MERI (Yoga, Physical fitness, Health and Hygiene)

MERI emphasizes the importance of life skills and holistic development among students. It assesses the efforts of educational institutions in imparting essential life skills and conducting activities that contribute to the personal and social development of students. This report provides an overview of various activities organized by MERI during the academic year 2022-23, focusing on life skills, hygiene, cleanliness, awareness, and more.

3.1. Yoga

3.1.1 On 25th January, 2023 Dance and Music club celebrated Republic day where students performed various Yogasna to give push to Fit India Movement. One of our student who is expert in Yogasna and give training outside as well played the role of instructor for all the students and faculties. On this day all the participants take the oath to include Yoga in their routine life.

Glimpses





Yogasna performed on 25th January, 2023

3.1.2 International Yoga day on 21st June, 2023

MERI Celebrated International Yoga day on 21st June, 2023 in the premises of MERI college, where around 180 students participated enthusiastically and performed various Yogasna.





International Yoga Day celebrated on 21st June 2023

Blood Donation 30th January 2018



A blood donation camp was organized by MANAGEMENT EDUCATION & RESEARCH INSTITUTE(MERI), CSR Club Aaghaz on 30th January 2018. A team of 12 doctors and nurses of AIIMS came for collection of blood .

The activity of blood donation was started by faculty of MERI & volunteers of MERI CSR Aaghaz thereafter other donors joined the event.

The main aim of the event was to create awareness among students about the donation of blood and how it can help other person in need. Students from MBA, BBA and MCA participated. 90 units of blood was donated by various donors including faculty and students .

Club members both physically and mentally had participated in the blood donation camp, we would like to acknowledge the contribution made by Mrs. Deepshikha kalra and Mrs. Maitri for guiding and helping us to organise the event.

Plantation Drive-8th¹ September 2018



MERI CSR Club AAGHAZ organized a Plantation Drive on 08 Sept, 2018. We are proud to share that our students & faculty enthusiastically participated in plantation activity at D-Block, Institutional Area, Janak puri. We have successfully planted more than 40 trees.



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Once again a successful drive called "GREEN DRIVE"
Great effort by all the CSRAAGHAZ Club Members

Fund Raising for Kerala Relief



Students Of CSR Club raised funds for Kerala Disaster By organising a PUB G mobile game completion and were able to collect more than ten thousand rupees which they donated to kerala relief fund

Swachh Bharat Abhiyan





CSR Aaghaz volunteers runned a week long Swachh Bharat awareness drive through various activities like skit, stage shows, nukkadnatak and video presentations.

Visit to old age home 12th October 2018



The students of MERI of CSR Club, along with our mentors, visited the old age home at DELHI.

It was the first time we had visited an old age home. When we reached there some of the inmates were standing near the gate with smiling faces to welcome us all. When we reached inside the building, we saw that all the elderly folk were sitting in a room – waiting eagerly for us.

Club members contributed both physically and psychologically by playing games. We sang and danced with them to elevate their hearts laden with agonies of separation and isolation. The people there enjoyed our performance and praised us. We took them down the sepia days of their young days when we started our game of antakshari. It was indeed a great thing to see them participating in it with vigor and enthusiasm. We would have never ended our game if the teachers wouldn't have told us that it was time to go. Our class teachers gifted to them sweets and roses.

We realised that money does not make a man happy, and my decision was that I would never allow my parents to undergo such mental torture, even if I have to sacrifice a lot of my resources, time and comfort. One of the elders addressed us and even invited us to visit them over again. Though we could only spend a short time with them, it has left a lasting impression on our minds. We don't know whether these senior citizens were happy or sad, living the winter of their lives in the old age home instead of being with their children, but we had a feeling of hollowness in our heart when we left. I feel the moment we consider our parents a burden in their old age we have no right to exist.

The number of old age homes in India is increasing day by day. Isn't it unfair to that mother, who gave birth to you, to treat like this? Isn't it wrong to throw your father out of their homes? All of us will have to pass through this phase one day, how will we feel if our children also treat us the same way. We must take care of our parents and our grandparents because they need us at this age, as we needed them when we were helpless.

If they would have abandoned us when we were small and given up all their duties, we wouldn't have been here enjoying our lives. If we will not take care of our parents who will take care of them?

It was learning experience for us. The event was a success and we hope to visit again.

BLOOD DONATION CAMP -6TH FEBRUARY 2019





A blood donation camp was organized by MANAGEMENT EDUCATION & RESEARCH INSTITUTE(MERI), CSR Club Aaghaz on 6th February 2019 along with social service unit of AIIMS . The event was inaugurated by Prof. Lalit Aggarwal Vice president MERI , followed by Ganesh Vandana and a small skit highlighting the importance of blood donation.

The activity of blood donation was initiated by Prof. Lalit Aggarwal, vice president and faculty members of MERI followed by volunteers of MERI CSR Aaghaz thereafter other donors joined the event. A total of 100 plus units were donated.

The main aim of the event was to create awareness among students about the donation of blood and how it can help other person in need..Club members both physically and mentally had participated in the blood donation camp.

Martyr's Day Rally 22 February ,2019-Tribute to PULWAMA ATTACK





We owe our existence to brave soldiers. We should be sensible towards them.

MERI organised rally on Saturday to mourn the 40 CRPF jawans killed in the February 14 attack. Rally was flagged by Prof A.K Agrawal, Dean MERI. All faculty and students joined it with sense of responsibility to create awareness. All marched through Janakpuri till Tihar Jail Road. As the procession went past, some shop owners and bystanders joined in the sloganeering. India has to take immediate and strong action" said Dean, CSR Faculty mentors & students, once interviewed by media. "The objective of the march was to send this message across all cross section of society"

Donate Blood! Save Lives!



~ A success story of giving hope.

MERI College in association with the Rotary Blood Bank and Indian Overseas Bank, had organized a Blood Donation Camp on September 17, 2019 within its campus. The noble initiative was successfully organized under the hood of MERI-CSR Club namely, Aaghaz - Ek Nayi Soch.

The five hour campaign of saving lives was a huge success of 100 enthusiastic donors coming forward to donate blood. The campaign officially commenced with the arrival of and cutting the ribbon by the Chief Guest, Sh. S. Raghu Vatsa Chari, General Manager I.O.B. and Guest of Honor, Sh. Dev Dutt Padhi, Chief Regional Manager, I.O.B., Delhi. The programme followed with a bouquet felicitation of the guests, and welcoming them and the donors with

the CSR-Song sung by CSR-Member, Supriya; followed by an encouraging poetry on blood donation by CSR-Member, Varsha in tune with coordination of the programme by CSR-Member, Revika.

With the Blood Donation Camp now all set for donors, the registration was abuzz with people from all walks of life, all brought together for sharing a noble cause of giving the gift of life to people from all around. The Rotary Blood Bank is one of the most entrusted Blood Bank of the country and widely acknowledged for its initiative, hygiene and wellbeing of the society.

It's a sight to see how well organized, systematic and encouraging the team of Rotary Members are. Not only will they remind you the meaning of donation in its true aspect but also give information regarding your basic health and who can & who should donate blood. By being a Rotary Donor, one gets a donor's card which ensures a 50% discount for One year validity to the donor & his/her First family members for any requirement of blood in future.

Well, we all encourage to donate blood & save lives but before giving life we need to be checked of whether we are fit to give blood or not and after the hoard of students and people filling up the registration forms, a panel of doctors are ready to check; 'How fit is your blood?'

Although selected healthy donors can further proceed to the beds for donating their pint of gifts, while others are rejected for various medical reasons. But none is a sad face even after being rejected; all have a brewing positivity of trying next time!

For the ones on the beds of donation, their faces are gleaming with joy & smiles, even if the prick of needle is a tad bit hurtful, yet the spirit of sharing a life is unbeatable. Even though there were some donors who fainted and were immediately attended by the team of doctors. Each donor was taken care of by both Rotary and the college by providing glucose and refreshments. Every donor was rewarded with gifts of appreciation, goodies and certificates by the college & the Rotary.

Seeing each donor with a contentment of, 'living a life, by giving a life' – the ambience was even more lit up and the aspiring donors in the line; were ready for spreading their share of happiness. Much is to thank the students of MERI College for their sense of responsibilities and the CSR Team for actively conducting the event.

On this note, all I would like to say is; *'Giving hope is giving life! A life may depend on a gesture from you, so share a little & care a little – Donate Blood! Save Lives!'*

✚ Women Self - Defence Training Week

The week period of October 12th, 2019 to October 17th, 2019 can be termed as a revolutionizing week as Delhi Police conducted a women safety & defence training programme held at the MERI campus itself, which concluded with a ceremony of felicitation by IPS officer Dr. Ashok Malik (Additional DCP) to all the female students who participated in this.





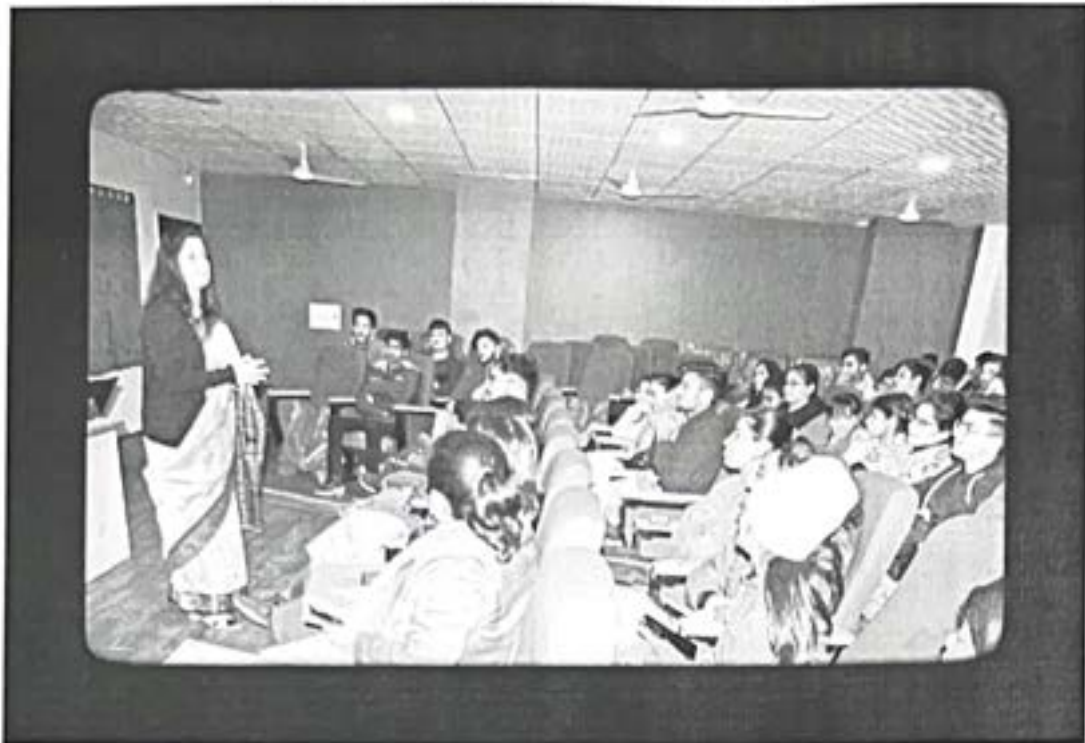
Management Education & Research Institute

Report

Prevention of Sexual Harassment of Women at Workplace (POSH)

Women SafetyWeek (20th Jan 2020-25th Jan 2020)





The Sexual Harassment of Women at work place (Prevent, Prohibition and Redressal) Act, 2013 places responsibility on the educational institutes to create awareness among students ,prevent and address the issues of harassment. MERI organised a workshop on the issue by Ms. Manvi Sharma , lawyer with supreme court of India, she introduced the act to the students and the history related to it whereby she mentioned the case of Bhavari Devi in Rajasthan and the Nirbhaya case . Ms. Manvi explained the procedure to file FIR further she explained about the role of ICC/ Sexual Harassement Committee. The lecture was quite interesting and interactive as students shared their incidence and views related to the act .

Women Self Defence Training (20th Jan2020-24th Jan 2020)





The week period of January 20th, 2020 to January 25th, 2020 can be termed as a revolutionizing week as the CSR Club –Aaghazorganised a women safety & defence training programme by Delhi Police personnel from 20th Jan 2020-24th Jan 2020 followed by workshop on Prevention of Sexual Harassment of Women (POSH) at workplace on 25th January 2020, by Ms. Manvi Sharma (Lawyer Supreme Court) held at the MERI campus itself. The trainers taught the defence techniques to safeguard during various situations.

CSR CLUB-Aaghaz Orphanage Visit Report

In this world full of sorrows and struggles. Heartaches result heartbreaks ultimately causing depression and dilemmas to stay in the race all we need is a ray of hope that everything will be alright at the end.

One such place made us realise that is " Holy Family Asha Niwas" A home to these beautiful young girls who are full of happiness, zeal, superb talent, warmth and above all "आशा" that all it takes is a positive attitude towards life to make it a worthy journey. An orphanage house where children of various ages either have no family or have lost their families in any accident, we all went to interact with them and want to spread happiness there.

We 12-15 active CSR students visited on 17 September with Professor Sangeeta Gupta & Dr Maitri. The orphanage was specialized only for girls (19-20 girls). The happy faces of those girls are unforgettable for our team, they were full of energy. They welcomed us with great pleasure. Sister (head of Asha Niwas) introduced us to them. One of them gave a welcome speech, all were talented in their own way. Some of them recited song to entertain us and then they also performed dance, we too danced on their tune. As per our plan we organised a



painting competition , they all enjoyed it very well with full of excitement. Again we organised some educational games and at the end prize distribution ceremony was done. Stationary items were given as gifts to winners and snacks were served to all girls. All the girls were very happy and too much active like all time dancing kidding moreover having fun and we all also had a lot of fun. The place was so soothing that we all wanted to stay as long as we could but at 4 'o' clock in evening ,each member of team returned from there with full of cherishness and joyfulness .That moment will hardly come back again but we want to spend it again because of those happy kids.Lesson of personal hygiene was imparted to them by our Professor Sangeeta Gupta & Dr Maitri.This program was organized by CSR Aghaz under the guidance of Dr Deepshikha Kalra,Dr Maitri &Ms Nivedita madam.Students of MBA who had headed the program were Harsh Yadav,Kanika,Vipul,Tanishq and all the members of CSR contributed significantly in their own way.Students of BA (JMC),B.Tech,BBA& MBA were excited to go ahead with the another similar visit soon.

Report by Smriti Tripathi



MANAGEMENT EDUCATION RESEARCH AND INSTITUTE

CSR-AAGHAZ

DATE:



Report on Old age home visit

27th October 2020,

The students of MERI of CSR Club, along with our class teachers, visited the old age home at DELHI.

It was the first time we had visited an old age home. When we reached there some of the inmates were standing near the gate with smiling faces to welcome us all. When we reached inside the building, we saw that all the elderly folk were sitting in a room – waiting eagerly for us.

Club members contributed both physically and psychologically by playing games. We sang and danced with them to elevate their hearts laden with agonies of separation and isolation. The people there enjoyed our performance and praised us. We took them down the sepia days of their young days when we started our game of antakshari. It was indeed a great thing to see them participating in it with vigor and enthusiasm. We would have never ended our game if the teachers wouldn't have told us that it was time to go. Our class teachers gifted to them sweets and roses.

We realised that money does not make a man happy, and my decision was that I would never allow my parents to undergo such mental torture, even if I have to sacrifice a lot of my resources, time and comfort. One of the elders addressed us and even invited us to visit them over again. Though we could only spend a short time with them, it has left a lasting impression on our minds. We don't know whether these senior citizens were happy or sad, living the winter of their lives in the old age home instead of being with their children, but we had a feeling of hollowness in our heart when we left. I feel the moment we consider our parents a burden in their old age we have no right to exist.

The number of old age homes in India is increasing day by day. Isn't it unfair to that mother, who gave birth to you, to treat like this? Isn't it wrong to throw your father out of their homes? All of us will have to pass through this phase one day, how will we feel if our children also treat us the same way. We must take care of our parents and our grandparents because they need us at this age, as we needed them when we were helpless.

If they would have abandoned us when we were small and given up all their duties, we wouldn't have been here enjoying our lives. If we will not take care of our parents who will take care of them?

It was learning experience for us. The event was a success and we hope to visit again.

The members visited the women's building. As soon as they stepped in, the women cheered to see them. The students joined hands and greeted them with a Namaste, some went along shaking hands and some said a hello. They conversed with the ladies and even sang for them. After that, they moved to the men's section and talked to the gentlemen there. At eleven-thirty, they served food to the ladies and helped the sisters with the washing up of the dishes.

Noted things members learn from the visit:



1. *Happiness is a state of mind*
2. *People don't need gifts or money, they need your time*
3. *Help people, strangers too - that's humanity*
4. *How we bid a farewell to the world is in our hands*
5. *Love your parents*

To wrap it up in simple words, it was a wonderful experience and an opportunity to discover empathy within ourselves.



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MANAGEMENT EDUCATION AND RESEARCH INSTITUTE

Event: Ssakthi Camp

Date: 26th Dec to 30th Dec 2022

Convener: Dr. Deepshikha Kalra, Mr. Amit V Hans, Mr. Rakesh Kumar, Mr. Pawan Jha, Ms. Shweta Ahuja, Ms. Sheela Narang Wadhwa

Timing: 10:30 am to 1:00 pm

Venue: MERI Campus, Delhi

Report:-

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:-



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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/CBoNTpRwko2jm47>

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Event: Tree Plantation Drive celebrating Azaadi ka Amrit mahotsav

Date: 13th August 2022

Convener: Dr. Deepshikha Kalra, Mr. Amit V Hans, Mr. Rakesh Kumar, Ms. Shweta Ahuja, Ms. Sheela Narang Wadhwa

Timing: 10:30 am to 1:00 pm

Venue: MERI Campus, Delhi

Report:-

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.

Glimpses:-



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Event: Har Ghar Tiranga to celebrate 75th Independence Day

Date: 10th August 2022

Convener: Dr. Deepshikha Kalra, Mr. Amit V Hans, Mr. Rakesh Kumar, Ms. Shweta Ahuja, Ms. Sheela Narang Wadhwa

Venue: MERI Campus, Delhi

Report:-

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/>.

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CSR Club Aaghaz (NSS Unit)
&
Cultural Club
Celebrating
75
Azadi Ka
Amrit Mahotsav

हर घर तिरंगा

HOIST NATIONAL FLAG AT YOUR HOME & WORKPLACE
Click & Upload Photo with National Flag on
<https://harghartiranga.com/>

Independence Day Celebration
13th August, 2022 · 10 AM Onwards · MERI Campus



Official

Event: Animal Welfare Awareness Campaign

Date: 25th July 2022

Convener: Dr. Deepshikha Kalra, Mr. Amit V Hans, Mr. Rakesh Kumar, Ms. Shweta Ahuja, Ms. Sheela Narang Wadhwa

Venue: National Zoological Park, Delhi

Report:-

CSR Club Aaghaz and NSS unit of MERI organized Animal Welfare Awareness Campaign at the premises of National Zoological Park, Delhi. The students had a healthy discussion with the Authorities of National Zoological Park, and spoke about the routine followed to take care of the animals. They also learnt about the effort put in to maintain the cleanliness of the zoo and gave our feedback. The students followed the theme of "Be the Voice for the Voiceless". Students and staff members were given a feeling to be close to the nature and understand the balance maintained by mother nature.

Glimpses:-

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CSR Club Aaghaz (NSS Unit)

Organized by

Animal Welfare Awareness Drive

Be the Voice for the Voiceless

Mon • 25th July 2022 • 9:30 AM Onwards • National Zoological Park, New Delhi

For More Details Contact Coordinators:

Student Coordinators: Mridhula G. Umithan - 7217831942
Tushar Sharma - 9871673770 • Vivek Pratap Singh - 8529881040

Registration Link: <https://forms.gle/qyA1CkZtjGoFBZc>

Limited Seats

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MANAGEMENT EDUCATION AND RESEARCH INSTITUTE**Event:**Cleanliness Drive**Date:**09th July 2022**Convener:** Dr. Deepshikha Kalra, Mr. Amit V Hans, Mr. Rakesh Kumar, Ms. Shweta Ahuja, Ms. Sheela Narang Wadhwa**Venue:**Lajwanti Garden, Delhi**Report:-**

CSR Club Aaghaz of MERI organized Cleanliness Drive at Lajwanti Garden, Delhi. The objective was to create awareness among students in our society about their responsibility towards cleanliness. The students cleaned the Lajwanti garden hence fulfilling and displaying their responsibility and also maintain healthy environment and deliver positive message in the society. The RWA President of that area Mr. Yogesh also supported and appreciated the efforts.

Glimpses:-

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