

# QUANTUM UNIVERSITY

## CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT



## A Report on Life Skills Training

**Academic Year (2018-2019)**

## **Quantum University**

### **A Report on Life Skills Training**



**Academic Year (2018-2019)**



Registrar  
Quantum University

**Following Capacity Development And Skills Enhancement Initiatives Are Undertaken By The Institution**

**5.1.3 Following Capacity Development And Skills Enhancement Activities Are Organized For Improving Students Capability (8) Life skills**

<b>Development And Skill Enhancement Programme</b>	<b>Date Of Implementation</b>	<b>Number Of Students Enrolled</b>	<b>Name of the Agencies-Consultants Involved with Contact Details, If Any</b>
Motivational Talk on Life Skills for Managing Stress & Achieving Excellence	18/08/2018	15	Dr. Navneet Arora
Celebrating International Literacy Day for Enriching Effective Life Skills	08/09/2018	35	Department of Humanities and Social Sciences
Hindi Diwas Celebration to Promote Linguistic Life Skills among Students	14/09/2018	123	Mr Rohan Tyagi (Assistant Professor, Department Of Humanities And Social Sciences)
Vishwakarma Jayanti Celebration for Cultivating Positive Spiritual Life Skills	17/09/2018	40	Quantum University
Life Skill Master Class on Vedic Mathematics to Develop Mental Agility	27/09/2018	42	Mr. Guru Prabhat Asst. Prof. (Dept. of CSE)
Motivational Lecture on Indian Air Force Day to Foster Patriotism and Life Skills among Students	28/10/2018	126	Indian Air Force
Celebrating National Unity Day to Promote Cultural Diversity and Life Skills among Students	31/10/2018	55	Quantum University



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## **MOTIVATIONAL TALK ON LIFE SKILLS FOR MANAGING STRESS & ACHIEVING EXCELLENCE**

**Name of Event:** Motivational Talk on Life Skills for Managing Stress and Achieving Excellence

**Date of Event:** 18<sup>th</sup> August 2018

**Hosted By:** Quantum University

**Name of Guest Lecturer:** Dr. Naveet Arora

**Number of Participants:** 15 participants

A powerful and thought-provoking motivational talk on "Life Skills for Managing Stress and Achieving Excellence" left an indelible mark on the hearts and minds of first-year students at Quantum University. Dr. Navneet Arora, a distinguished speaker from IIT Roorkee, graced the occasion on August 18, 2018, addressing students from various disciplines, including B.Tech, B.Sc. (PCM), B.Sc. (Agri.), BCA, and Health Sciences.

With eloquence and simplicity, Dr. Arora embarked on a journey of understanding stress from both positive and negative perspectives. The students were captivated by his insights, as he shared valuable strategies to overcome stress and embrace excellence in life.

### **Major Outcomes of the Event**

1. The talk left an indelible mark on first-year students from various disciplines, including B. Tech, B.Sc. (PCM), B.Sc. (Agri.), BCA, and Health Sciences.
2. Arora's presentation offered insights into understanding stress from positive and negative perspectives, captivating students' attention.
3. Valuable strategies to overcome stress and embrace excellence were shared, providing practical guidance for a balanced life.
4. Dr. Navneet Arora's extensive experience illuminated the path to success and holistic well-being, covering physical, mental, economic, social, and spiritual dimensions.
5. The session served as a masterclass in goal-setting, focus, and excelling in both personal and professional pursuits.
6. The guidance resonated deeply with students, empowering them to face challenges with resilience and determination.

7. Dr. Arora emphasized the significance of gratitude and appreciation, encouraging students to acknowledge those who influenced their lives positively.
8. The talk transformed students' perspectives, reigniting their sense of purpose and empowerment.
9. Dr. Navneet Arora's wisdom guided students to view stress as a catalyst for growth and to strive for excellence in all aspects of life.
10. Students departed with the timeless wisdom of Dr. Arora, poised to embrace excellence and gratitude in every facet of their academic and personal lives.







**Audience Relishing A highly Motivational Speech for Stress-Free Spirits**

## CELEBRATING INTERNATIONAL LITERACY DAY FOR ENRICHING EFFECTIVE LIFE SKILLS

**Name of Event:** International Literacy Day Celebration

**Date of Event:** 8<sup>th</sup> September 2018

**Hosted By:** Quantum University

**Name of Guest:** Vice Chancellor Quantum University (Dr. Vivek Kumar)

**Number of Participants:** 35 participants

The Literary Society of Quantum University took center stage on September 8, 2018, organizing an enlightening awareness program to commemorate INTERNATIONAL LITERACY DAY. A day of global significance, INTERNATIONAL LITERACY DAY serves as a poignant reminder of the crucial role literacy plays in shaping every facet of life and its undeniable status as a fundamental human right.

The event was a dynamic showcase of creativity and insight, as students displayed thought-provoking posters and delivered a captivating PowerPoint presentation. Themes focusing on literacy in its myriad forms were explored, with special emphasis on how literacy intertwines with skill development in an ever-changing world.

### **Major Outcomes of the Event**

1. The event highlighted the global significance of literacy and its role as a fundamental human right.
2. Students showcased their creativity and insights through thought-provoking posters and a captivating PowerPoint presentation.
3. The themes explored included literacy in various forms and its connection with skill development in a changing world.
4. An On-the-Spot Writing Competition engaged a large gathering of students, focusing on the "Role of Literacy in The Digital World."
5. The competition demonstrated the power of words as a means of expression and empowerment.
6. The three best write-ups were recognized with gifts and the opportunity to share their perspectives with the audience.
7. The insights from the winners inspired the audience, showcasing the transformative power of literacy in a digital era.

8. The INTERNATIONAL LITERACY DAY celebrations at Quantum University emphasized accessible education's timeless value and nurtured creative expression.



**Quantum Student Expressing her Views on International Literacy Day Celebration**



## HINDI DIWAS CELEBRATION TO PROMOTE LINGUISTIC LIFE SKILLS AMONG STUDENTS

**Name of Event:** HINDI DIWAS CELEBRATION TO PROMOTE LINGUISTIC LIFE SKILLS AMONG STUDENTS

**Date of Event:** 14<sup>th</sup> September 2018

**Hosted By:** Quantum University

**Name of Guest:** Mr. Rohan Tyagi

**Number of Participants:** 123 participants

On 14<sup>th</sup> September 2018, the cherished occasion of Hindi Diwas, a symphony of events and activities painted the canvas of linguistic harmony and cultural pride across the nation. Schools, colleges, and government institutions resonated with the spirit of Hindi, as special programs and performances celebrated the essence of this rich language in education, administration, and daily life.

### **Major Outcomes of the Event**

1. The occasion highlighted the significance of Hindi language and literature in education, administration, and daily life.
2. Hindi Diwas, also known as "Parwaha," celebrated the profound contribution of Hindi literature to Indian culture and inspired reverence for the language.
3. The event aimed to uphold and promote Hindi language and literature, igniting passion for this linguistic treasure among people.
4. Mr. Rohan Tyagi organized a grand event for Hindi Diwas on September 14, 2018, with participation from schools in Roorkee, Saharanpur, and Haridwar.
5. The event brought together 130 students who actively participated in cultural performances, showcasing the diverse cultural unity of the nation.
6. The celebration was a resounding success, leaving a lasting impact on all attendees.



**Pictures From Hindi Diwas 'Parwaha' A Day Dedicated To Our Ancient Language**

## VISHWAKARMA JAYANTI CELEBRATION FOR CULTIVATING POSITIVE SPIRITUAL LIFE SKILLS

**Name of Event:** VISHWAKARMA JAYANTI CELEBRATION FOR CULTIVATING POSITIVE SPIRITUAL LIFE SKILLS

**Date of Event:** 17<sup>th</sup> September 2018

**Hosted By:** Quantum University

**Name of Guest:** Vice Chancellor Quantum University (Dr. Vivek Kumar)

On the auspicious day of September 17, 2018, the entire nation reverberated with festivities, celebrating Lord Vishwakarma Day, a day dedicated to the divine architect and creator of the world. Quantum University joined in the jubilation, conducting a grand Vishwakarma Puja to honor the Supreme Being.

In every workshop at Quantum University, the air was filled with spiritual fervor as Pooja and Havan ceremonies commenced, led by the esteemed Pandit Nitu. The presence of esteemed faculty members, skilled technicians, and senior management personnel, including the Vice Chancellor, Deans, and Registrar, added an air of reverence to the occasion.

### **Major Outcomes of the Event**

1. A grand Vishwakarma Puja was conducted, infusing the campus with spiritual fervor and reverence.
2. Pooja and Havan ceremonies were led by Pandit Nitu, contributing to the atmosphere of devotion and harmony.
3. Esteemed faculty members, skilled technicians, and senior management personnel, including the Vice Chancellor, Deans, and Registrar, participated in the ceremonies.
4. Students actively engaged in the ceremony, seeking divine grace and guidance from Lord Vishwakarma.
5. The sacred rituals were performed with utmost reverence, symbolizing the divine blessings guiding and protecting endeavors within the workshops.
6. The event included prayers, and offerings, and culminated in the distribution of Prasad, symbolizing divine blessings and goodwill.



**Images from "Vishwakarma Jayanti: Celebrating the Divine Craftsman and Innovator"**

## LIFE SKILL MASTER CLASS ON VEDIC MATHEMATICS TO DEVELOP MENTAL AGILITY

**Name of Event:** LIFE SKILL MASTER CLASS ON VEDIC MATHEMATICS TO DEVELOP MENTAL AGILITY

**Date of Event:** 27<sup>th</sup> September 2018

**Hosted By:** Quantum University

**Name of Guest Lecturer:** Mr. Guru Prabhat

**Number of Participants:** 42 participants

A transformative journey into the ancient world of mathematics unfolded as B.Sc. (Hons) PCM students attended a captivating lecture on 'Vedic Mathematics,' delivered by the esteemed Mr. Guru Prabhat. The event, held on September 27, 2018, was a remarkable initiative coordinated by the Coordinator of the ECE & EE Department, a renowned expert in the field of Vedic Maths.

With a blend of expertise and passion, Mr. Guru Prabhat delved into the fundamentals of ancient mathematics, illuminating the topic with extensive examples. The students were drawn into the world of arithmetic problem-solving and geometrical figures, actively participating in exercises that enriched their understanding.

### **Major Outcome of the Event**

1. The event aimed to delve into the ancient world of mathematics, providing students with insights into Vedic Mathematics.
2. Mr. Guru Prabhat, a renowned expert in Vedic Maths, used expertise and passion to explain fundamental concepts, supported by extensive examples.
3. Students actively engaged in arithmetic problem-solving and geometrical exercises, enriching their understanding of Vedic Mathematics.
4. The lecture emphasized being fast and accurate in mathematical computations, highlighting the importance of mastering basic operations.
5. Students appreciated the efficiency and speed offered by Vedic Mathematics techniques.
6. The lecture showcased the significance of the number '9' through various numerical and verbal examples, revealing its mathematical magic.
7. The event left a lasting impression on students, inspiring them to explore the wisdom of ancient mathematics and appreciate Vedic principles.



8. The lecture unlocked the secrets of Vedic Mathematics, igniting curiosity and appreciation for its timeless knowledge.
9. The event transformed students' understanding, immersing them in a world where numbers held secrets and ancient wisdom met modern comprehension.
10. Students left the lecture enriched with extraordinary knowledge, enhancing their mathematical skills and appreciation for historical marvels.



**Pictures From Unlocking the Secrets of Vedic Mathematics: A Path to Mental Calculation  
Mastery Mr. Guru Prabhat**

## **MOTIVATIONAL LECTURE ON INDIAN AIR FORCE DAY TO FOSTER PATRIOTISM AND LIFE SKILLS AMONG STUDENTS**

**Name of Event:** MOTIVATIONAL LECTURE ON INDIAN AIR FORCE DAY TO FOSTER PATRIOTISM AND LIFE SKILLS AMONG STUDENTS

**Date of Event:** 28th October 2018

**Hosted By:** Quantum University

**Number of Participants:** 126 participants

On October 28, 2018, the Indian Air Force (IAF) graced the university with a riveting motivational lecture that left the young audience spellbound. The lecture was a powerful catalyst, igniting a fire of motivation, discipline, and patriotism within the hearts of the students, inspiring them to strive for excellence in their chosen endeavors.

The tales of bravery, courage, and unwavering teamwork showcased during the lecture resonated deeply with the students, instilling in them a renewed sense of purpose and commitment. The spirit of patriotism and service to the nation took root, as the students were urged to contribute to society's betterment and progress.

### **Major Outcomes of the Event**

1. The lecture ignited motivation, discipline, and patriotism within the students, inspiring them to strive for excellence.
2. Tales of bravery, courage, and teamwork resonated deeply, instilling a renewed sense of purpose and commitment among the students.
3. The spirit of patriotism and service to the nation took root, urging students to contribute to societal betterment and progress.
4. The lecture acted as a beacon of inspiration, encouraging dedication and discipline, mirroring the Indian Air Force's values in defending the nation.
5. Leadership and teamwork lessons from the lecture empowered students to become agents of positive change in their communities.



**Some Glimpses from The Motivation Lecture on Indian Air Force**

## **CELEBRATING NATIONAL UNITY DAY TO PROMOTE CULTURAL DIVERSITY AND LIFE SKILLS AMONG STUDENTS**

**Name of Event:** CELEBRATING NATIONAL UNITY DAY TO PROMOTE CULTURAL DIVERSITY AND LIFE SKILLS AMONG STUDENTS

**Date of Event:** 31<sup>st</sup> October 2018

**Hosted By:** Quantum University

**Name of Guest:** Ms. Shalini Singh

**Number of Participants:** 55 participants

Our hearts ablaze with patriotism, Quantum University embraced the spirit of unity on October 31, 2018, as it celebrated National Unity Day as a part of the NSS activity. The event stood as a resplendent showcase of the importance of Rashtriya Ekta Diwas, honoring the Iron Man of India, Sardar Vallabhbhai Patel, one of the founding leaders of the Republic of India.

Taking center stage were Ms. Shalini Singh and Ms. Nikey Singh, 2nd-year B.Sc Agriculture students, who eloquently delivered a poignant speech on National Unity Day. Their words painted a vivid picture of the significance of this momentous day and shed light on the life and legacy of the stalwart leader, Sardar Vallabhbhai Patel.

### **Major Outcomes of the Event**

1. The event honored Sardar Vallabhbhai Patel, a founding leader of the Republic of India, and emphasized the spirit of unity.
2. 2nd-year B.Sc. Agriculture students, Ms. Shalini Singh and Ms. Nikey Singh delivered a poignant speech on National Unity Day, highlighting its significance and Sardar Vallabhbhai Patel's legacy.
3. Mr. Satyam Srivastav, also a 2nd-year B.Sc. Agriculture student, moved the audience with a soul-stirring poem infused with patriotic emotions.
4. B.Sc. First-year students performed a captivating skit demonstrating how unity fosters national development, leaving a deep impact on the audience.
5. Students sang a patriotic song with passion and pride, paying homage to the spirit of unity that binds the nation.
6. A poignant video clip on National Unity Day stirred emotions, reminding everyone of the importance of staying united for national progress.



7. All attendees took a solemn pledge to remain united, dedicating their hearts and minds to the idea of a united and prosperous India.



**Glimpses of "Ek Bharat Evam Shreshtha Bharat: Celebrating Unity in Diversity" National Unity Day**