

# QUANTUM UNIVERSITY

**CAPACITY DEVELOPMENT AND SKILL  
ENHANCEMENT**



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

**Academic Year (2021-2022)**

**Quantum University**  
**A Report on Life Skills Training**



**Academic Year (2021-2022)**

  
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 Program</b>	<b>Year Of Implementation</b>	<b>Number Of Students Enrolled</b>	<b>Name of The Agencies-Consultants Involved with Contact Details, If Any</b>
Diwali Mela to Edify Civic Engagement Skills	30/10/2021	556	Quantum University
Workshop on Promoting Human Rights (Fostering Access to Justice as a Life Skill)	10/12/2021	77	Department of Law
Traditional Cake Mixing Ceremony (Promoting Teamwork)	21/12/2021	68	Department of Hospitality and Tourism
Guest Lecture On Mindfulness and Mental Hygiene a Step towards Positive Life Skill	22/03/2022	51	Mr. Kshitiz Modi (RCI Licensed Psychologist)
Blood Donation Camp to Inculcate Compassion and Empathy	28/03/2022	207	Quantum University
Celebrating International Yoga Day to Embrace Healthy Life Skills	21/06/2022	69	Quantum University
Celebration of Harela Day to Spread Environmental Awareness	16/07/2022	146	Quantum University

  
Registrar  
Quantum University

## DIWALI MELA TO EDIFY CIVIC ENGAGEMENT SKILLS

**Name of Event:** Diwali Mela

**Date of Event:** 30<sup>th</sup> October 2021

**Hosted By:** Quantum University

**Number of Participants:** 556 participants

On the eve of 30th October 2021, Quantum University, renowned for its educational excellence, set the stage for an enchanting evening as it hosted a vibrant Diwali Mela. The event, a resounding success, drew a diverse crowd, attracting visitors from all corners of life. Bursting with an array of activities, delectable food stalls, and captivating cultural performances, the Diwali Mela became a radiant celebration of joy, unity, and Indian heritage.

The Mela came alive with a delightful showcase of Indian handicrafts, each stall a treasure trove of artistic brilliance. Visitors immersed themselves in retail therapy, exploring intricately hand-woven textiles, exquisitely designed jewelry, and mesmerizing artifacts. For local artisans, the Mela offered a splendid platform to display their talent and craftsmanship, leaving attendees awe-inspired by the beauty of Indian artistry.

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

1. The event on October 30, 2021, hosted a lively Diwali Mela that celebrated joy, unity, and Indian heritage.
2. The Mela attracted visitors from various walks of life, fostering inclusivity and community engagement.
3. The event showcased Indian handicrafts, providing attendees the opportunity to explore intricate textiles, jewelry, and artifacts.
4. The Mela offered local artisans a platform to display their talent, highlighting their craftsmanship to an appreciative audience. This also promoted civic engagement and management skills among Quantum Students.
5. Traditional dances, melodious performances, and theatrical acts entertained the audience, capturing the essence of Diwali.
6. The cultural performances underscored the importance of preserving and cherishing India's diverse cultural heritage.
7. Quantum University's Diwali Mela reflected the institution's commitment to fostering unity and joy within its community.







**Cherish The Past Moments of Quantum University's Spectacular Diwali Mela That Draws Tremendous Crowds**

## **WORKSHOP ON PROMOTING HUMAN RIGHTS (FOSTERING ACCESS TO JUSTICE AS A LIFE SKILL)**

**Name of Event:** Promoting Human Rights

**Date of Event:** 10<sup>th</sup> December 2021

**Hosted By:** Department of Law

**Number of Participants:** 77 participants

On December 10, 2021, the Department of Law at Quantum University commemorated Human Rights Day with fervor and dedication. The event served as a powerful platform to raise awareness about the significance of human rights and cultivate a culture of respect and equality among students and faculty alike.

The celebration was a harmonious blend of engaging activities, designed to encourage insightful discussions and introspection. Panel discussions, guest lectures, and student presentations formed the heart of the event, where eminent scholars and experts in the field of human rights shared their invaluable insights. Through their wisdom and expertise, they shed light on pressing issues and the current challenges faced in safeguarding human rights globally.

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

1. The event successfully raised awareness about the significance of human rights among attendees, including students and faculty.
2. Various engaging activities, such as panel discussions, guest lectures, and student presentations, provided avenues for participants to actively engage and interact on human rights topics.
3. The panel discussions and guest lecturers facilitated insightful discussions, shedding light on pressing human rights issues and challenges faced on a global scale.
4. Eminent scholars and experts shared their invaluable insights, contributing to a deeper understanding of the complexities surrounding human rights.
5. The event empowered students by providing an open forum to express their perspectives, encouraging them to participate in meaningful discourse on human rights violations and the legal protection of fundamental rights.
6. The event's outcomes included fostering a commitment to positive change, as participants were inspired to be catalysts for advancing human rights in their spheres of influence.



**In the Picture Promoting Human Rights Awareness In University Conference hall with Special Guest Lecture**



### TRADITIONAL CAKE MIXING CEREMONY (PROMOTING TEAMWORK)

**Name of Event:** TRADITIONAL CAKE MIXING CEREMONY (PROMOTING TEAMWORK)

**Date of Event:** 21<sup>st</sup> December 2021

**Hosted By:** Department of Hospitality and Tourism

**Number of Participants:** 68 participants

On the cheerful day of December 21, 2021, the Hotel Management and Tourism Department at Quantum University orchestrated a delightful cake-mixing ceremony that set the stage for a joyous celebration of the upcoming festive season.

The cake-mixing ceremony paid tribute to age-old traditions and at the same time fostered teamwork among the young chefs. On that day, the university's premises transformed into a vibrant and festive space, with students, faculty, and staff joining hands in a heartwarming display of togetherness.

Embraced in traditional chef hats and aprons, the participants eagerly immersed themselves in the artful task of cake mixing. The air was abuzz with laughter and camaraderie as everyone came together, united by the shared joy of preparing delectable treats for the festivities ahead.

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

1. The ceremony on December 21, 2021, marked the beginning of the festive season with a cheerful and delightful atmosphere.
2. Students, faculty, and staff united in traditional chef attire, showcasing a sense of togetherness and camaraderie.
3. Participants engaged in the artful task of cake mixing, gaining practical culinary experience beyond textbooks.
4. The event taught valuable lessons about teamwork, cooperation, and celebrating life's moments together.
5. Mixing fruits, nuts, and spices into the cake batter created a sense of anticipation and unity among all present.
6. The ceremony highlighted the department's commitment to practical experiences that leave a lasting impact on students' personal and professional lives.





**Relish the Moments Where Quantum University Keeping the Age-old Tradition of Cake Mixing Alive**

## **GUEST LECTURE ON MINDFULNESS AND MENTAL HYGIENE A STEP TOWARDS POSITIVE LIFE SKILL**

**Name of Event:** GUEST LECTURE ON MINDFULNESS AND MENTAL HYGIENE A STEP TOWARDS POSITIVE LIFE SKILL

**Date of Event:** 22<sup>nd</sup> March 2022

**Hosted By:** Quantum University

**Name of Guest Lecturer:** Mr. Kshitiz Modi (RCI Licensed Psychologist)

**Number of Participants:** 51 participants

On March 22, 2022, Quantum University embraced a profound exploration of mental well-being with a captivating guest lecture on "Mindfulness and Mental Hygiene" by the esteemed RCI Licensed Psychologist, Kshitiz Modi. This insightful event proved to be an eye-opening experience for the attendees, shedding light on the transformative power of mindfulness in fostering mental wellness.

During the lecture, Mr. Modi adeptly navigated the principles of mindfulness, unraveling its potential to alleviate stress, and anxiety, and elevate cognitive functioning. The audience, comprising students, faculty, and staff, actively participated in interactive sessions, immersing themselves in the practical techniques shared by the expert. These hands-on experiences enabled them to understand how to integrate mindfulness into their daily lives, promoting emotional resilience and personal growth.

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

1. RCI Licensed Psychologist, Kshitiz Modi, delivered insights on mindfulness's transformative power for mental wellness.
2. Attendees, including students and faculty, engaged in interactive sessions to learn practical mindfulness techniques.
3. Mindfulness's ability to alleviate stress, and anxiety, and enhance cognitive function was explored.
4. The lecture prompted a collective shift towards valuing mental hygiene and emotional resilience.
5. Mr. Modi's teachings resonated, emphasizing mindfulness as a tool for life's challenges and inner balance.
6. The event's impact extended beyond its time frame, reinforcing Quantum University's commitment to mental well-being.



7. The lecture marked a pivotal moment, promoting mindfulness integration for a healthier and more mindful future.



Glimpse from Guest Lecture on Mindfulness and Mental Hygiene by Expert Psychologist



## **BLOOD DONATION CAMP TO INCULCATE COMPASSION AND EMPATHY**

**Name of Event:** BLOOD DONATION CAMP TO INCULCATE COMPASSION AND EMPATHY

**Date of Event:** 28<sup>th</sup> March 2022

**Hosted By:** Quantum University

**Number of Participants:** 207 participants

On March 28, 2022, the momentous Lifeblood Drive took center stage at Quantum University, magnifying the significance of blood donation and its profound impact on the community. The transformative event unfolded on the university campus, drawing an impressive and diverse array of participants, including students, faculty, and staff, all eager to play their part in this noble cause. Collaborating with a reputable blood bank, Quantum University orchestrated a seamless and secure donation process, prioritizing the well-being of donors through thorough health screenings conducted by medical professionals.

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

1. The event on March 28, 2022, highlighted the significance of blood donation and its profound impact on the community.
2. Students, faculty, and staff joined the event, showcasing a diverse array of participants eager to contribute.
3. Quantum University partnered with a reputable blood bank, ensuring a secure and seamless donation process.
4. The event emphasized donor well-being, with thorough health screenings conducted by medical professionals
5. The donated blood became a lifeline, offering hope and healing to patients in hospitals and emergencies, ultimately saving lives.
6. The Lifeblood Drive went beyond goodwill, cultivating a spirit of compassion and empathy among participants.





**Captured the Moments From Quantum University's Lifeblood Drive Empowering Community Through Blood Donation**

## **CELEBRATING INTERNATIONAL YOGA DAY TO EMBRACE HEALTHY LIFE SKILLS**

**Name of Event:** CELEBRATING INTERNATIONAL YOGA DAY TO EMBRACE HEALTHY LIFE SKILLS

**Date of Event:** 21<sup>st</sup> June 2022

**Hosted By:** Quantum University

**Number of Participants:** 69 participants

On June 21, 2022, Quantum University embraced the spirit of International Yoga Day with an extraordinary celebration that brought together students, faculty, and staff in a harmonious union. The event aimed to illuminate the profound physical, mental, and spiritual benefits that yoga bestows upon practitioners.

The celebration comprised a delightful array of activities, meticulously curated to encourage participants to embrace the transformative power of yoga. Yoga sessions were guided by experienced instructors and allowed attendees to immerse themselves in various yoga asanas and breathing exercises, nurturing a sense of relaxation and inner peace. Meditation workshops, interspersed throughout the event, provided a serene space for contemplation, helping individuals find solace amidst the hustle and bustle of daily life.

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

1. The event facilitated a deeper understanding among participants about the comprehensive physical, mental, and spiritual benefits that yoga offers.
2. The celebration successfully brought together students, faculty, and staff in a harmonious and united gathering, promoting a sense of togetherness.
3. Through guided yoga sessions and breathing exercises, attendees were able to immerse themselves in the transformative power of yoga, experiencing relaxation and inner peace.
4. Meditation workshops provided attendees with a serene space for contemplation, allowing them to find solace amid the daily hustle and bustle.
5. Enlightening talks on integrating yoga into daily routines enhanced participants' awareness of its potential to promote overall well-being and a balanced lifestyle.





**Quantum University Embraces the Spirit of International Yoga Day with Enthusiasm and Unity**



## **CELEBRATION OF HARELA DAY TO SPREAD ENVIRONMENTAL AWARENESS**

**Name of Event:** CELEBRATION OF HARELA DAY TO SPREAD ENVIRONMENTAL AWARENESS

**Date of Event:** 16<sup>th</sup> July 2022

**Hosted By:** Quantum University

**Number of Participants:** 146 participants

The Department of Agricultural Studies at Quantum University, Roorkee, radiated the spirit of environmental consciousness and cultural celebration on July 16, 2022, as it joyfully commemorated the Harela Festival. The occasion was graced by the esteemed presence of Prof. Vivek Kumar, Vice Chancellor of Quantum University, Roorkee, who served as the Chief Guest and brought an aura of inspiration to the event. Alongside Prof. Vivek Kumar, other dignitaries of the university, including Prof. Amit Dixit (COE), Dr. S S Shikawat (Registrar), Dr. Manish Sharma (Director, QST), Dr. Satender Kumar (Dean Academics), Heads of various departments, and faculty members, gathered with enthusiasm to participate in the sapling plantation drive.

The festival, known as Shravan Harela, holds profound significance in the Hindu calendar as it heralds the advent of the monsoon season. Translating to the "Day of Green," the Harela Festival is celebrated with great reverence in the Kumaon region of Uttarakhand. This auspicious day is not only a time for farmers to commence the sowing cycle in their fields but also a day of religious celebration, symbolizing the divine wedding of Lord Shiva and Goddess Parvati.

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

1. Prof. Vivek Kumar, Vice Chancellor of Quantum University, Roorkee, was the Chief Guest, inspiring the event.
2. Various university dignitaries, including Prof. Amit Dixit (COE), Dr. S S Shikawat (Registrar), Dr. Manish Sharma (Director, QST), Dr. Satender Kumar (Dean Academics), and heads of departments, participated.
3. The Harela Festival holds significance in the Hindu calendar, symbolizing the start of the monsoon season, and is celebrated in the Kumaon region of Uttarakhand.
4. The festival involves planting saplings, emphasizing nature's importance and preservation.
5. Prof. Vivek Kumar encouraged faculty to nurture the saplings for healthy growth.
6. A collective commitment was made to safeguard the planted saplings, highlighting the university's dedication to environmental stewardship.
7. The event showcased harmony with nature, reverence for tradition, and the university's eco-conscious mindset.

8. The celebration exemplified the commitment to preserving cultural heritage and fostering a greener, sustainable future.



**Observing Harela Day by Planting Saplings To Improve the Green Cover of the Nearby Area of Quantum University**