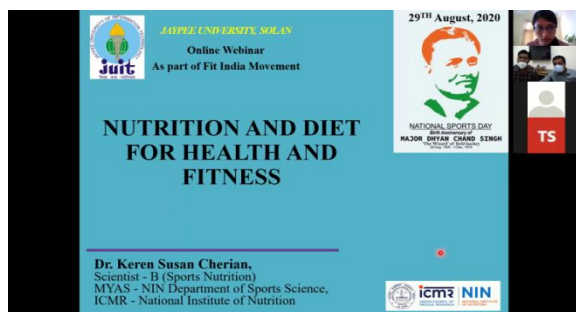


Some of the major cultural, sports/motivational activities in AY 2020-21

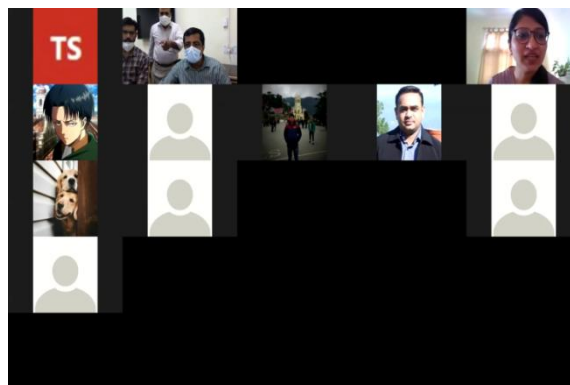
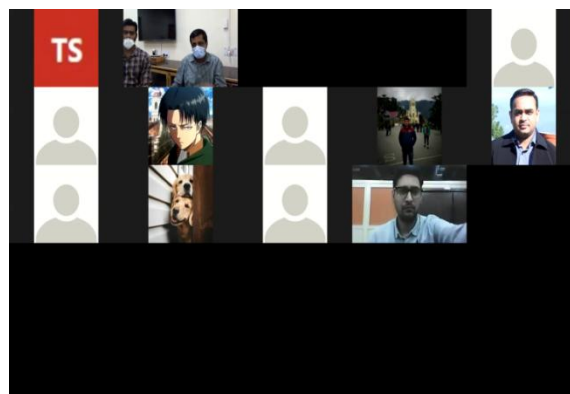
Activities under Fit India Movement

TALK ON NUTRITION AND DIET

29 August 2020



A session of webinar on “Nutrition for General Health and Fitness” has been conducted on 29th august 2020 at 11:30AM in order to spread the knowledge of nutrition on the fitness among Students, Faculty members and Staff of the JUIT Waknaghat. Dr. Keren Susan Cherian, Scientist, National Institute of Nutrition, Hyderabad (an Indian Council of Medical Research Institute) shared details on balanced diet, hydration and nutrition to boost immune system. There were a lot of queries by the attendees which were nicely clarified by Dr Keren Susan Cherian at the end of the session. The whole session was very interesting as could be inferred from duration of the session which lasted for more than one and half hours and from the numbers of queries at the end of the session. A good number of participants attended the webinar.



Activities under Fit India Movement

THE PERILS OF SMOKING, DRUGS AND ALCOHOL

24 August 2020

A webinar on “**The Perils of Smoking, Drugs and Alcohol**” was conducted on 26th September 2020 w.e.f. 11:30AM to 01:00PM to educate all, regarding ill effects of smoking, drugs and alcohol. Dr. Bharti Jaswal (Chief Medical Officer), Medical Center, JUIT, Wagnaghat, Solan spoke on the topic. There were a lot of

queries by the attendees which were nicely clarified by Dr Bharti Jaswal at the end of the session. The whole session was very interesting as could be inferred from duration of the session which lasted for more than one and half hours and from the number of queries at the end of the session.

SMOKING

- It is a no-brainer that cigarettes are **EXTREMELY HARMFUL** harmful.
- We've known about the dangers of smoking for decades.
- Let's look how exactly do cigarettes harm us
As to what happens as their ingredients make their way through our bodies.
With each inhalation, smoke brings its more than 5,000 chemical substances into contact with the body's tissues.

What is in a cigarette?

Labels in diagram: Filter, Cigarette Paper, Tobacco, Nicotine, Tar, Carbon Monoxide, Lead, Cadmium, Arsenic, Polonium, Uranium, Thorium, Plutonium, Americium, Bismuth, Selenium, Antimony, Tellurium, Vanadium, Chromium, Manganese, Copper, Zinc, Nickel, Silver, Gold, Platinum, Palladium, Rhodium, Rhenium, Iridium, Osmium, Cobalt, Molybdenum, Niobium, Tantalum, Vanadium, Chromium, Manganese, Copper, Zinc, Nickel, Silver, Gold, Platinum, Palladium, Rhodium, Rhenium, Iridium, Osmium, Cobalt, Molybdenum, Niobium, Tantalum.

Drugs
↓
Drug Abuse
↓
Drug Dependence
↙ ↘
Physical dependence **Mental dependence**

Alcohol's Effects on the Body

- **Short-Term Effects Of Alcohol**
- Although a person may not be abusing alcohol regularly, they can still experience its short-term effects on the mind and body.
- The liver can metabolize about one standard drink of alcohol per hour. Typically consuming more than one beverage per hour can lead to intoxication, raising an individual's blood alcohol content (BAC) with each drink.
- **skin flushing**
- **lowered inhibitions, leading to poor social judgement.**
- Trouble concentrating.
- Loss of coordination.
- Loss of critical judgement.
- **Dulled perception, especially vision.**
- Mood swings.
- Reduced core body temperature.
- Raised blood pressure.
- Passing out.
- Vomiting.

Categories of drug of abuse

Narcotics
Hallucinogens Depressants
Stimulants

Effects of Alcohol on the Body

Illustrations: liver damage, blurred vision, slurred speech, loss of coordination, reduced perception, vomiting, increased heart rate, increased blood pressure, increased blood flow, rapid heart loss, increased stress on kidneys.

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Activities under Fit India Movement

FIT INDIA FREEDOM RUN

26 September 2020

The Fit India Freedom run was organized by Sports Club & Fit India Campaign Club of JUIT on 26th September, 2020 (Saturday) at 6:45 AM. More than 30 participants assembled at the designated site and participated in the event. The track run was approximately 2.0 Kms.

The track was **STARTING POINT**-- Vivekananda Statue--- Parmar hostel--- SOR--- Civil Department--- return from Mini Football Ground---on same track--**FINISHING POINT**--- Vivekananda Statue.



Activities under Fit India Movement

SPORTS QUIZ

26 September 2020

A Sports quiz about the awareness and knowledge of sports/fitness was conducted on 26th September 2020 in online mode. A total of 71 students participated in this event out of 180 who registered for it. The quiz comprised of 30 questions and participants had to return/submit it within 10 minutes. The quiz was graded and the top 3 performers were announced as under:-

- (a) Ayush Dhamani (191262)
- (b) Aryamaan (191253)
- (c) Shubham Kumar (171031)

Club activities

FIT INDIA CAMPAIGN AT JUIT

Various activities were conducted under Fit India Campaign Club of Jaypee University of Information Technology (JUIT) < Wagnaghat. Some of the activities, taken place during November 2020 to February 2021, are listed below:



TALK ON SLEEP DISORDERS

A Webinar on the theme "Sleep Well to Stay Fit" was organized on 21st November 2020 w.e.f. 09:30AM to 11 :00AM to educate all regarding ill effects of the irregular and less sleep. Dr. Muthuraju Sangu (Neuroscientist), Department of Pharmacological & Pharmaceutical Sciences, University of Houston, Houston, Texas, US spoke on the title "Neurobiology of sleep and neurological disorders: Outcome from basic research". There were a lot of queries by the attendees which were nicely clarified by Dr. Muthuraju Sangu at the end of the session. The whole session was very interesting as could be inferred from the duration of the session which lasted for more than one and a half hours and from the number of queries at the end of the session. Approximately 100 participants attend the webinar.

TALK ON PHYSICAL FITNESS AND WELLNESS

A webinar on the title "Physical fitness and wellness" was conducted on 28th November

2020 at 11:00 AM to 12:30 PM to appraise all about the benefits of fitness for the healthy living. Raghav Kumar, Sports Coach, JUIT, Solan



delivered a talk on this topic. More than 30 attendees were in the meeting. A lot of queries were answered at the end of the talk by the speaker.

REGULAR FITNESS ACTIVITIES

Regular fitness activities, including volleyball, basketball, yoga, badminton and table tennis were arranged. Since students have not joined the University because of lockdown, in-house faculty and their children are regularly participating in the activities mentioned above. A good number of participants were involved in these activities. They have regularly been told and motivated regarding the advantages of fitness in life by Raghav Kumar, Sports Coach, JUIT. Timings for these activities are (1) in the morning, 07:00AM - 07:45AM: Yoga and (2) in the evening, 05:30PM to 08:00PM: basketball, badminton and table tennis. In addition to this faculty members coming to the campus play badminton daily from 01 :00PM to 02:00PM.

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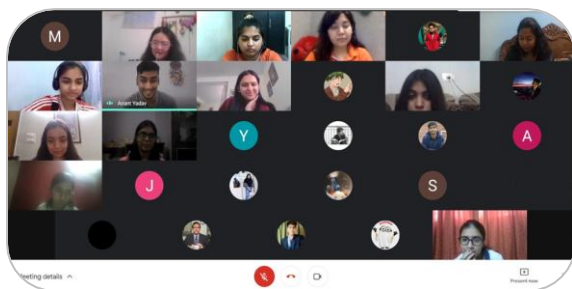
JYC Literary and Debating Club

QAFILA - THE LITERARY, THEATRICAL AND MUSICAL EVENT

March 27, 2021

JYC organised the first ever virtual edition of Literary, theatrical and musical event that was commenced on 27th March 2021. The event saw a long line-up of students eager to put forward their thoughts, opinions and views. The event was a treasure of engrossing events like one take just a Minute and haiku face off. Not only did the celebration promote the languages, but it also pushed the participants to think out of the box and they did an in-depth research on the topics. It gave students a platform to showcase their skills, challenged them to prepare their character for the monologue event and gave everyone a new, virtual outlook

of how fun- filled fest vibe was retained at the comfort of their homes. The event was concluded with a evening that was filled with soulful melodies and beautiful songs by Karan Sharma and team. More than 100 students and faculty members joined. Specifically, for Acoustic Dusk, there was a lively engagement between the performers and viewers that helped the viewers stay glued to their screens. The Qafila was jointly organised by Literary and Debating club and Theater and Music club. It was coordinated by Dr. Rakesh Bajaj, Dr. Vikas Baghel, Dr. Ashok Nadda & Ms. Triambica Gautam.



Cultural and Dance Club

ATHKHELIYAN

May 8, 2021

JYC virtually celebrated 'ATHKHELIYAN', which was an astounding feat for the holistic development of the personality of the students, gave students a break from their monotonous routine of academics. It was a treasure of engrossing activities like Feet OF Fire, Walk it off, and Slay off which were a part of the cultural extravaganza. More than 60 students showcased their dancing, walking, and dressing-up skills in their own innovative ways. 8th May 2021 was marked as the closing ceremony of Athkheliyan with the benign presence of Registrar of JUIT Major (Gen.) Rakesh Bassi. Cultural Faculty In-Charge Dr. Ruchi Verma and

Student coordinators Astha and Hiteshwar announced and congratulated the winners. More than 150 participants connected virtually for the closing ceremony to celebrate fashion, music, and dance.



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Health and Environment Club

WE CARE

April 6-7, 2021

Jaypee Youth Club of Jaypee University of Information Technology (JUIT), Wahnaghat in collaboration with 'The Omega Leo Club' successfully conducted 'WE CARE', which was an initiative to unite people through common goals of community awareness. The event commenced on 6-7th April 2021, the well-being of Mother Nature and having a sense of responsibility towards the surroundings was kept in mind.

The two-day-long event was a treasure of engrossing events like Green Hands and Save the Savivors. The participants got the opportunity to plant a small sapling in or around

their homes to showcase their concern for the environment. Students also created magnificent paintings under the theme 'Impact of COVID on Environment' and made Green Hands, a creative painting competition a grand success. More than 50 students joined the event virtually to commemorate benevolent Mother Earth. The event rekindled emotive concerns and instigated the youngsters to save love, and respect Mother Nature with all their heart and soul. The faculty coordinators of the event were Dr. Naveen Jaglan and Dr. Saurav and Diwaker Srivastava and Kajal Singal were the students' coordinators.



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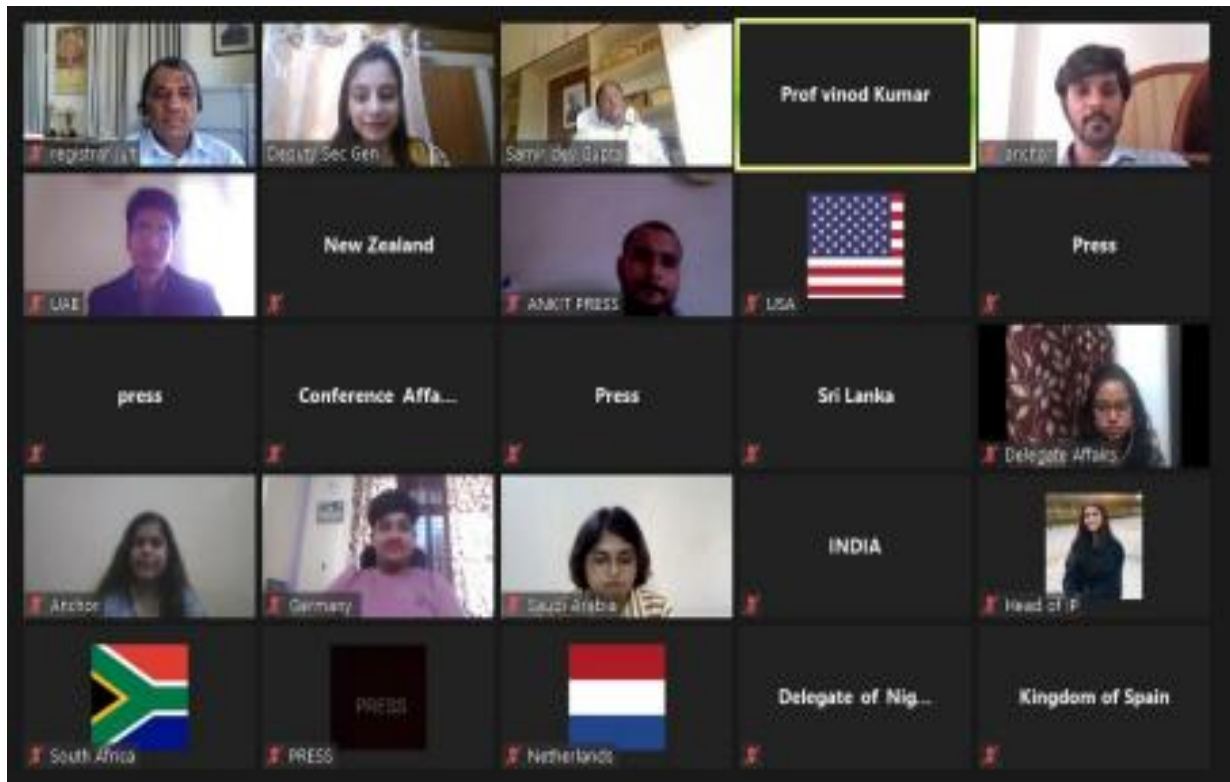
JYC Literary and Debating Club

MODEL UNITED NATIONS (MUN)

May 22-23, 2021

This year, JYC virtually inaugurated 'JUIT-MUN', a two-day long simulation of the United Nations, where students become delegates of various countries and debate on "real" world issues and tried to resolve them. 22nd May 2021 was marked as the inaugural ceremony of the 8th edition of JUIT-MUN with the benign presence of Honorable Vice-Chancellor Prof (Dr.) Vinod Kumar, the dean of Academics Prof (Dr.) Samir Dev Gupta and Registrar of JUIT Major (Gen.) Rakesh Bassi. With great zeal and enthusiasm, the Secretary General Mr. Soham Ahuja declared the conference open. This

conference celebrated a gathering of literary enthusiasts and groups from various universities and colleges across India. It helped the students to develop leadership skills, research, writing, public speaking, and problem-solving. This event is a culmination of intellect, public speaking and world issues. Students discuss major socio-political issues faced by the world today and in the end, come up with solutions to fix these issues. It is one the most highly regarded forms of debating with a panel of executives who are rating your every action during the debates and proceedings.



Sports Club

INTERNATIONAL YOGA DAY

June 21, 2021

Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between human and nature; a holistic approach to health and well-being. The numerous benefits of Yoga make it a popular practice for people across the globe, especially in times of a pandemic when mental and physical health is under stress. The International Yoga Day was celebrated on 21st June by the students of Jaypee University of Information Technology in virtual mode to usher in peace, harmony, happiness, and success to every soul in the world. Students shared their experiences and showcased their favorite asanas by sending photographs from their homes. Jaypee Youth Club encouraged the students to develop the habit of yoga that will help students achieve a better life, physically, mentally, and spiritually as well. The club faculty coordinators Mr. Munish Sood and Dr. Rishi Rana along with Student coordinators Parth Bali, Sanya Kanwar and Vidit Jindal coordinated this event.



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Webinar

AZADI KA AMRUT MAHOTSAV: A VIRTUAL EVENT

(CELEBRATION OF INDIA'S 75 YEARS OF INDEPENDENCE)

March 15, 2021

Department of HSS, JUIT, Solan organised a webinar on the 75 years of independence of The Dandi March on 15 March 2021 at 4pm. Students from all years and branches of the BTech program actively participated and put forth their opinions and observations, making apt comparisons and taking real life examples. The following topics were open for discussion:

1. Relevance of Gandhian principles in light of the farmer's protest
2. Revisiting Chauri Chaura incident
3. Dandi March as an important turning point in history: Lessons Learnt
4. Gandhian way of life in the 21st century
5. Gandhi and Anna Hazare: Then and Now

Ms. Triambica Gautam and Dr. Papiya Lahiri organised the event. All faculty members of HSS department and some faculty members from other departments along with many students were in the audience. Dr. Papiya introduced the event with a few thought provoking ideas. Dr. Anupriya Kaur as the HOD offered her opening remarks on the significance of Gandhian way of life and the event ended successfully with Ms. Triambica giving a well rounded conclusion. The student participants very creatively put forth their views, choosing poetic, declamatory, power presentation and interactive styles of presentation. The student participants:

S No.	Name	Enrollment No.	Participated in	Topic
1	Aditya Sharma	201551	Poetry Recitation	Patriotic poetry
2	Sagrika Gargya	191002	PPT Presentations	Revisiting Chauri Chaura incident
3	Ankit Kumar Singh	201197	Poetry Recitation	Revisiting Chauri Chaura incident
Open discussion on the Chauri Chaura Incident				
4	Siddharth Kuthiala	201144	Open Mic	Gandhian way of life in the 21st century
5	Siddharth Misra	201179	Open Mic	Gandhian way of life in the 21st century
6	Anirudh Sharma	201020	Speech	Gandhian way of life in the 21st century
7	Khushi Chhabra	201269	Open Mic	Relevance of Gandhi in modern India
8	Kunika Sharma	191227	Public Speaking	Gandhian way of life in the 21st century
9	Parul Sharma	191206	Open Mic	Gandhian way of life in the 21st century
10	Janki Insan	181824	Open Mic	Gandhian way of life in the 21st century



REPUBLIC DAY CELEBRATION

January 26, 2021

The 72nd Republic Day of India was celebrated at the campus on 26th January 2021. The Registrar Maj. Gen Rakesh Bassi, Rtd coordinated the pride ceremony of Republic Day. The National Flag was hoisted by the Hon'ble Vice Chancellor, Prof. Vinod Kumar. The ceremony was taken place near Vivekananda Statue at 09:30AM in the campus. In view of COVID-19 Safety Protocol, the event was kept limited to a few Security Personnel and essential staff for arrangements. All present had observed social distancing norms along with using face masks. Tea and snacks were served after the flag hoisting.

