



SRI SRI UNIVERSITY


(Established under UGC State Private University Regulation 2003)
Sri Sri Vihar Ward No-3, Bidyadharpur Arilo, Cuttack, Odisha 754006

Activity Report	
Academic Year	2019-2020
Name of the Activity	National Doctors Day
Date of the Activity	1st July 2019-20
Organized By	DSA- Extension Activity Cell
Number of Students	33
Brief Report	Osteopathy is a way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints. Osteopathy is based on the principle that the wellbeing of an individual depends on their bones, muscles, ligaments and connective tissue functioning smoothly together. The young medicos, physiotherapists and osteopaths were spreading awareness about Osteopathy, a holistic approach to a healthy body and life.
Photos of Activity	<p>An osteopath uses holistic, non-invasive techniques to examine and treat the varied in body systems. On #NationalDoctorsDay we laud all who chose to study this alternative which will be a revolution in the health sector, #doctorsday #Osteopathy</p>  <p>Hear the young medicos, physiotherapists who are also osteopaths spread awareness about Osteopathy, a holistic approach to a healthy body and life.</p> <p>#OsteopathyAtSSU</p> <p>https://www.facebook.com/srisriu/videos/2917329538381952/... See more</p>  <p>1st time in India Programs offered: BSc Osteopathy MSc Osteopathy</p>



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Plantation Drive
Date of the Activity	5th July 2019
Organized By	DSA- Extension Activity Cell
Number of Students	54
Brief Report	Trees govern our very existence. Our campus is home to several indigenous #plants . The 'Tree Plantation Drive', with the participation of students and faculty was another step towards making a positive difference. Plantation Drive was organized on 5 th July 2019 for a healthy environment.
Photos of Activity	 



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Activity Report	
Academic Year	2019-2020
Name of the Activity	One student One tree campaign
Date of the Activity	22th July 2019
Organized By	DSA- Extension Activity Cell
Number of Students	61
Brief Report	<p>Tree plantation is necessary to provide all the species living on the earth with The sources and needs for them to survive. Trees are called the lungs of the nature. Importance of plants can not be overlooked, one-four tide us with the most important element of life. According to the Experts, at least one-fourth of the area of a country must have forests. Plantation drive was organized under one student One tree campaign.</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Awareness Program on Beti Bachao Beti Padhao
Date of the Activity	27th July 2019
Organized By	DSA- Extension Activity Cell
Number of Students	32
Brief Report	<p>The Beti Bachao, Beti Padhao (BBBP) scheme was launched on 22 January 2015 by PM Narendra Modi. It aims to address the issue of the declining child sex ratio image (CSR) and is a national initiative jointly run by the Ministry of Women and Child Development, the Ministry of Health and Family Welfare and the Ministry of Education. It initially focused on multi-sector action in 100 districts throughout the country where there was a low CSR. Poster Making Activity on Beti Bachao Beti Padhao was conducted on 27th July 2019.</p>
Photos of Activity	<div></div> <p>THIS IS IMPORTANT....</p> <h3>BETI BACHAO BETI PADHAO MOVEMENT</h3> <p>SHE'LL ALWAYS BE YOUR SUPPORT IF SHE DOES NOT GET ABORTED. BETI BACHAO, BETI PADHAO, MAKE INDIA A BETTER PLACE FOR A GIRL.</p> <p>Girls have been denied many opportunities to move ahead and all those missed chances from which they can make something of themselves in their life. But due to lack of education women could not get equal to men. Being financially independent, they can take better care of their families and end poverty. Families will no longer view the birth of a baby girl as a burden that reduces infant mortality. Education helps us to grow and develop ourselves through personal growth and skills. It is one of the basic rights of all people to equal access to education and education in all its forms. Men and women are equally important in this society, none of them should be overlooked for the betterment of the world.</p>



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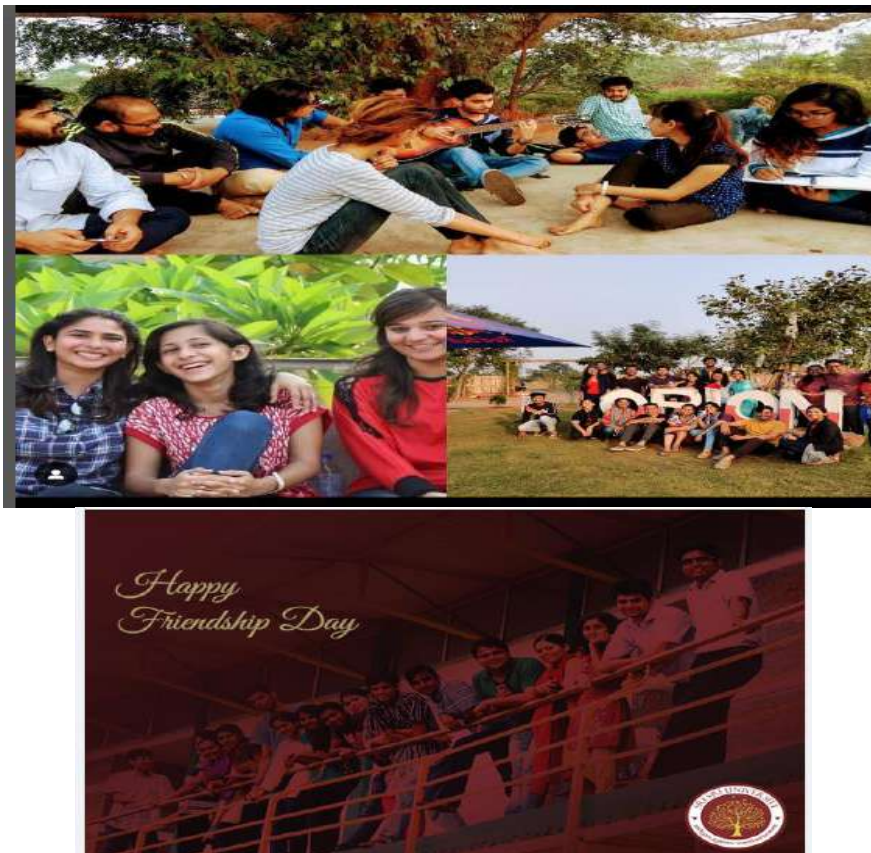
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Activity Report	
Academic Year	2019-2020
Name of the Activity	Fit India Moment
Date of the Activity	29th Aug 2019
Organized By	DSA- Extension Activity Cell
Number of Students	205
Brief Report	<p>Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. Fit India Movement was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019. Fit India Moment rally was organized to motivate student for a fit India ad healthy tomorrow on 29th Aug 2019.</p>
Photos of Activity	   



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Friendship Day
Date of the Activity	30 th July 2019
Organized By	DSA- Extension Activity Cell
Number of Students	97
Brief Report	Friendship is defined as a bond of affection between two people. People are referred to as best friends if the friendship is really strong. this relationship is characterized by positive interpersonal qualities such as kindness, generosity, loyalty, and honesty. Being with your best friends is all the therapy you need. Friendship Day was celebrated in campus with great enthusiasm.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	World Suicide Prevention Day
Date of the Activity	10th Sept 2019
Organized By	DSA- Extension Activity Cell
Number of Students	89
Brief Report	<p>Suicide is a major health problem, and the global suicide mortality rate amounts to 1.4% of all deaths worldwide. Most suicides are related to psychiatric disease, with depression, substance use disorders and psychosis being the most relevant risk factors. However, anxiety, personality-, eating-, and trauma-related disorders, as well as organic mental disorders, also contribute. The Art of Silence Course provides optimal conditions for going deep within, quieting our mental chatter, and experiencing deep rest and inner peace! Pujya Gurudev Sri Sri Ravi Shankar Ji has said - <i>"Silence meditation uplift the spirit and brings clarity and strength to the mind."</i> Advance Meditation Program was organized on 10 Sept 2019.</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Tree plantation
Date of the Activity	12 th Sept 2019
Organized By	DSA- Extension Activity Cell
Number of Students	44
Brief Report	Warren Buffett once said "people today sit under a tree because once it was planted by others." This actually counts in our life. The more we protect trees the safer we will be in the future. Nowadays the plantation of plants has become a resisting force against deforestation. A plantation drive was organized on 12 th Sept 2019.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Free Health check up camp
Date of the Activity	21 st Sept 2019
Organized By	DSA- Extension Activity Cell
Number of Students	45
Brief Report	A Free medical Camp can be considered as a life-saving program that aims to provide free medical and surgical services to poor communities living in rural or urban areas by a mobile team with varieties of medical specialized services. A Free medical Camp was organized in nearby villages on 21 st Sept 2019.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	World Animal Welfare Day
Date of the Activity	4th Oct 2019
Organized By	DSA- Extension Activity Cell
Number of Students	113
Brief Report	<p>According to the website of World Animal Day, the main aim is to raise the status of animals and help improve welfare standards across the globe. It is also about uniting the animal welfare movement and mobilising it into a global force to make the world a better place for all animals. GoSewa was done by the students in morning hours. Making of bird houses and a session on understanding birds was organized by birding club students.</p>
Photos of Activity	     



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Activity Report	
Academic Year	2019-2020
Name of the Activity	World Mental Health Day
Date of the Activity	10th Oct 2019
Organized By	DSA- Extension Activity Cell
Number of Students	65
Brief Report	A healthy mind is the basis of the overall wellbeing of an individual. A daily dose of #meditation , pranayama, and #yoga is an integral part of the curriculum that ensures a stress-free and cheerful mind in our students and faculty. Yoga and Meditation Session was organized on 10 th Oct 2019.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	International Day of Rural Women
Date of the Activity	15th Oct 2019
Organized By	DSA- Extension Activity Cell
Number of Students	71
Brief Report	On the eve of International Day of Rural Women as part of women empowerment initiative, Sri Sri University's conducted a skill development workshop in sewing across 15 neighbouring villages..“Through Charcika, we have chosen women empowerment as a key area because we believe that empowering women through skills will bring in socio-economic upliftment.on 15 th Oct 2019.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Blood donation
Date of the Activity	19th Oct 2019
Organized By	DSA- Extension Activity Cell
Number of Students	98
Brief Report	<p>“Donate blood and be the reason of smile to many faces.” “Blood Donation will cost you nothing, but it will save a life!” “Your blood is precious: Donate, save a life & make it Divine.” “Donate your blood for a reason, let the reason to be life. Blood is essential to help patients survive surgeries, cancer treatment, chronic illnesses, and traumatic injuries. The need for blood is constant. But only about 3% of age-eligible people donate blood yearly. Students, faculty and staff join in for a blood donation camp organised by @orionfest . An exemplary initiative to bring all together for a common cause and save lives.#LifeatSSU</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	National Ayurveda Day
Date of the Activity	25th Oct 2019
Organized By	DSA- Extension Activity Cell
Number of Students	800
Brief Report	Sri Sri College of Ayurvedic Science and Research Hospital Sri Sri University (SSCASRH-SSU) participated in the 'Run for Ayurveda' event, an initiative of the Ministry of AYUSH on the eve of #dhanteras to mark the 4th #nationalayurvedaday . More than 800 students were in attendance.
Photos of Activity	      



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Run for Unity - Rashtriya Ektha Diwas
Date of the Activity	31 st Oct 2019
Organized By	DSA- Extension Activity Cell
Number of Students	305
Brief Report	<p>National unity is a stage whereby people of diverse cultures, religions, language, political, social and economic systems are brought together to have a common goal. The people have mutual understanding, love, co-operation and trust among themselves. Our Student participated in the “Run For Unity” to commemorate the birth anniversary of Sardar Vallabhbhai Patel with his vision to inspire all to strengthen the spirit of national unity and integrity.</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	AIDS day Awareness
Date of the Activity	1st Dec 2019
Organized By	DSA- Extension Activity Cell
Number of Students	56
Brief Report	<p><u>World AIDS Day</u>, observed each year on December 1, is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and remember those who have died from an HIV-related illness. Started in 1988, World AIDS Day was the first-ever global health day. A session was taken to aware student about HIV disease that does not discriminate anyone can contract this disease, it is important for students to know how to protect themselves and prevent the transmission of HIV.</p>
Photos of Activity	<div></div>



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Activity Report	
Academic Year	2019-2020
Name of the Activity	International Youth day
Date of the Activity	12th Aug 2019
Organized By	DSA- Extension Activity Cell
Number of Students	94
Brief Report	<p>International Youth Day is celebrated to recognise the efforts of the world's youth in enhancing global society and to draw attention regarding cultural and legal surrounding youngsters. Also, the day promotes ways to engage youngsters in making positive contributions to their communities. Student visited near by communities to promote and make people aware of benefits of Yoga and meditation.</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	National Voters Day
Date of the Activity	25th Jan 2020
Organized By	DSA- Extension Activity Cell
Number of Students	69
Brief Report	<p>Since 2011, National Voters' Day has been celebrated on January 25 every year, all across the country to mark the foundation day of the Election Commission of India, i.e. 25th January 1950. The main purpose of the NVD celebration is to encourage, facilitate and maximize enrolment, especially for the new voters. Students was sensitize about the important of voting and their responsibility towards nation.</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Republic Day Parade
Date of the Activity	26th Jan 2020
Organized By	DSA- Extension Activity Cell
Number of Students	145
Brief Report	On 26 January 1950, the Constitution of India 1950 came into effect and India transformed from a British dominion into an independent constitutional republic – a day we annually celebrate as Republic Day. Flag hosting and cultural program was organized on the occasion on 26 th Jan 2020.
Photos of Activity	



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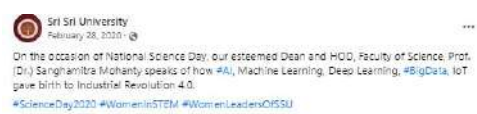




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Activity Report	
Academic Year	2019-2020
Name of the Activity	Awareness Program on Cancer prevention
Date of the Activity	4th Feb 2020
Organized By	DSA- Extension Activity Cell
Number of Students	64
Brief Report	<p>Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body. Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Cancer awareness is the key to early detection and better health-seeking behaviour. Cancer is quite common in both developing as well as developed countries, but awareness is yet poor among the general population. Poor awareness may lead to poor uptake of screening modalities and delay in diagnosis. A session was organized to spread cancer awareness on 4th Feb 2020.</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	National Science Day
Date of the Activity	28th Feb 2020
Organized By	DSA- Extension Activity Cell
Number of Students	56
Brief Report	NSD is celebrated to commemorate discovery of the 'Raman Effect', which led to Sir C.V. Raman winning the Noble Prize. Faculty of Sciences (FOS) in association with the Science club organized Poster Presentation to celebrate National Science Day on 28th February.
Photos of Activity	    



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Awareness Campaign on Save water
Date of the Activity	22nd march 2020
Organized By	DSA- Extension Activity Cell
Number of Students	32
Brief Report	<p>Name- Sidhant Pradhan Roll no- FIS-BVA-2019-23-008 Topic - Save water Water is the most important and valuable natural resources on Earth. It sustains all life. There is no life without water. Water is not only important for human beings but for the entire ecosystem. Without enough water the existence of humans as well as animals is next to impossible. After fresh air water is the second most important natural resource for th survival of any living being.</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	World Health Day
Date of the Activity	7th April 2020
Organized By	DSA- Extension Activity Cell
Number of Students	112
Brief Report	<p>World Health Day is celebrated every year on 7 April to commemorate the anniversary of the founding of the World Health Organization (WHO) in 1948. WorldHealthDay a session was conducted to hear from the best in the fields at 5.00 pm to learn about “What is Health”!</p> <p>#ExpertTalkS #HealthForAll #LifeAtSSU</p>
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	Earth Day
Date of the Activity	22 nd April 2022
Organized By	DSA- Extension Activity Cell
Number of Students	46
Brief Report	Sr Sri University take a pledge to conserve & preserve the environment for the next generations. We are committed to protect the ecosystem & promote sustainability. A tree plantation by students and staff was conducted on Earth day on 22 nd April 2022.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	National Pet Day
Date of the Activity	11th April 2020
Organized By	DSA- Extension Activity Cell
Number of Students	42
Brief Report	National Pet Day is celebrated to mark the importance of pets in the lives of people and the many physical and mental health benefits that they bring. The day is marked to celebrate your pet and shower them with oodles of love. Students were engaged in GoSeva on this occasion.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	World Anti-Tobacco Day
Date of the Activity	31 st May 2020
Organized By	DSA- Extension Activity Cell
Number of Students	64
Brief Report	<p>World No Tobacco Day (WNTD) is <u>observed</u> around the world every year on 31 May. The yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the <u>World Health Organization</u> (WHO) is doing to fight against the use of tobacco, and what people around the world can do to claim their <u>right to health</u> and healthy living and to protect future generations. Yoga session was organized for students and pledge was taken to SSU a Drug free Campus.</p>
Photos of Activity	



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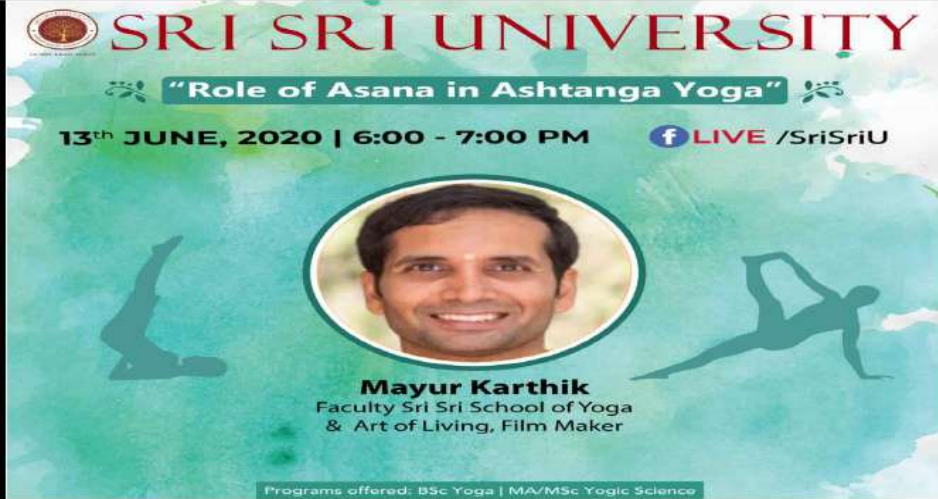

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Activity Report	
Academic Year	2019-2020
Name of the Activity	World Bicycle Day
Date of the Activity	3rd June 2020
Organized By	DSA- Extension Activity Cell
Number of Students	48
Brief Report	World Bicycle Day draws attention to recognise the longevity, uniqueness, and versatility of the bicycle, and that it is an affordable, reliable, simple, clean and environmentally fit sustainable means of transport. Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level. The health benefits of regular cycling include: increased cardiovascular fitness. A cycling drive was organized by students.
Photos of Activity	



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Activity Report	
Academic Year	2019-2020
Name of the Activity	International yoga day
Date of the Activity	13 th to 21st June 2020
Organized By	DSA- Extension Activity Cell
Number of Students	119
Brief Report	<p>The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India. Yog week was celebrated starting from session on Role of Asana in Ashtanga Yoga on 13th June 2020 for awareness of students and staff.</p>
Photos of Activity	<div></div> <p>ational day</p> <div></div>



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