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|  ATMIYA UNIVERSITY | NAAC – Cycle – 1 AISHE: U-0967 | |
| | Criterion 3 | R, I & E |
| | KI 3.6 | M 3.6.1 |

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| 3.6.1 | Outcomes of extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues and holistic development, and awards received during the last five years. |
|-------|---|

MoU and Activities with Invincible NGO

Memorandum of Understanding

For Youth Empowerment Program

“Youth Brigade”

Between



And



INVINCIBLE NGO



Registrar
 Atmiya University, Rajkot-Gujarat-India
Atmiya University
Rajkot





Invincible

308, 3rd Floor, Above Chocolate Room,
University Plaza, Near Vijay Cross Roads,
Ahmedabad - 380015.



Memorandum of Understanding

This agreement is effective as of 17th January, 2023 between Atmiya University, Rajkot herein after referred to as the "AU" and Invincible NGO herein after referred to as the "NGO".

Where;

Atmiya University, established on April 13, 2018, under the Gujarat Private Act 11, 2018, emphasizes to train young minds in consonance with the doctrine of higher education and human values. The University aims to spread eternal happiness and to create a happy society in letter and spirit. The motto सुहृदं सर्वं भूतानम् (Suhardam Sarva Bhootanam) is an expression of willingness to attain harmony with each creation of the Almighty.

His Divine Holiness Hariprasad Swamiji Maharaj, the spiritual successor of Lord Swaminarayan is the inspirer of Atmiya University. With his blessings, P.P. Tyagvallabh Swamiji has envisioned Atmiya University to be a global leader in showing the path to enshrine Universal Human Value into every domain of higher education, in the pursuit of transformative outcomes of education for living life to the fullest.

Atmiya University has currently five faculties namely Faculty of Engineering & Technology, Faculty of Paramedical Science, Faculty of Science, Faculty of Business & Commerce and Faculty of Humanities & Social Science.

Atmiya University, Rajkot is an institute affiliated under **Atmiya University**, having their administrative office at Atmiya University, Yogidham Gurukul, Kalawad road, Rajkot, Gujarat 360005

And

Invincible is the student run NGO having their office at
308, 3rd Floor, Above Chocolate Room, University Plaza, Near Vijay Cross Roads,
Ahmedabad, Gujarat 380009

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Now therefore, consideration of the above and the mutual association and promises contained herein, the parties hereby agree to work for youth empowerment activities.

1. SCOPE OF THE MOU

This MOU details the modalities and general conditions regarding collaboration between AU and Invincible for enhancing the availability of highly qualified manpower in the areas of Engineering & technology, Humanities and sciences without any disregard to any mechanism evolved and approved by the competent authorities under Govt. of India in so far as such mechanism applies to AU and Invincible. The areas of cooperation can be extended through mutual consent.

2. Brief of the Activity/Project

Youth Brigade is one of the projects taken under the Invincible NGO to carry out various activities for all over Youth Empowerment. Youth Brigade is represented as a volunteer force, where trainees learn about life skills and carry out various social activities for betterment of the society, in a view of making strong and happy nation.

Youth Brigade offers a 1 year long training course, where 40 hours learning per year is expected from each trainee. The course will run without disturbing the academic schedule of the institute. Training is provided to students in free of cost with an intention of providing free life education to each and every interested young mind.

3. Standard Operating Procedure (SOP)

- The project team from Invincible NGO will be deciding and planning the activities. AU will be sharing their suggestions and support in betterment of the activities.
- There will be approx. 20 training session of 2 hours each.
- Students from the AU can join the course by following the pre-decided registration/selection process. An indemnity bond cum risk certificate would be mandatory for every student/trainee/faculty coordinator/volunteer.
- No person shall be excluded from participation under terms of this agreement on the grounds of race, colour, nationality, sex, caste or creed.





- Certificate for the completion of training would be awarded on meeting required criteria and for minimum attendance of 80%. There would not be certificate for each training session.
- This MoU itself works as the permission for the listed activities in section 6. No separate permission letter will be required to conduct activities listed below in Section 6.
- Faculty Coordinator from AU will be sharing the academic schedule for the accurate planning of the activities.
- There will be no fees for the training, however if dress code is decided then contribution for dress/uniform could be asked mandatorily.
- Safety and Security during the activities will be taken care by the NGO & Faculty Coordinator as well, however as mentioned in Section 7, the trainee would be solely responsible for any unforeseen.
- Discipline from the students are the foremost requirement of these training programs, hence in case of any misbehave from the students, the University will be bound to take disciplinary actions.
- NGO holds all the rights to terminate candidature of any trainee without informing him/her or giving explanation.

4. EFFECTIVE DATE AND DURATION OF MOU

- a. This MOU shall be effective from the date of its approval by competent authorities at both ends.
- b. The duration of the MOU shall be for a period of 5 years from the effective date.
- c. During its tenancy, the MOU may be extended or terminated by a notice of not less than six months by either party. However, termination of the MOU will not in any manner affect the interests of the Students faculty/scientists who have already been a part of any on-going joint academic endeavor.
- d. Any clause or article of the MOU may be modified or amended by mutual agreement of Invincible and Atmiya University

5. Scope of Work

For Invincible NGO:

- i. NGO will plan and manage the activities
- ii. NGO will provide instructors for the training

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iii. NGO will provide equipment for training

For AU, Atmiya University:

- i. Atmiya University will allocate one faculty coordinator for fluent run of the activities
- ii. Atmiya University will allow NGO to use infrastructure for activities, like classroom, ground, etc
- iii. Atmiya University will help to get alumni support for activities

6. List of Activities

| Activity Types | Mandatory | Suggested | Optional |
|-----------------------------------|---|--|--|
| Soft Skills Training | Public Speaking Group Discussion Resume Making Presentation Skills | Stress Management Manners & Etiquettes Team Building Communication Skills | |
| Physical Training | Rifle Shooting Self Defense Fire Safety First Aid | Knots Making Rescue Technique Civil Defense Basic Survival | Obstacle Course Direction Finding Yoga & Pranayam |
| Community Awareness Drives | Tree Plantation Thalassemia Awareness | Blood Donation Motivational Seminar | |

7. Safety and Security

- All the activities would be carried out by the experienced volunteers and instructors of Invincible NGO.
- Students or anyone associated with this project will be solely responsible for any injury/accident (minor/fatal) during the event.







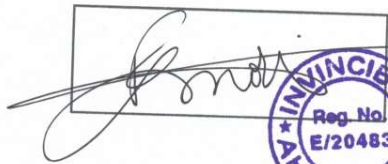




8. Extension & Modification



- This agreement constitutes the entire understanding of the parties with respect to the relationship and may be modified only by a written agreement signed by each Party.
- This MoU will be effective for 5 years from the date of signing. However, both the parties have rights to terminate it through a written mutual amendment, One Semester (6 Months) in advance.
- In case the AU is not agree for any specific event/training that should be communicated to the NGO through written communication.
- Any type of disputes would be address under Ahmedabad Jurisdiction.

On behalf of Invincible NGO,

On behalf of University,

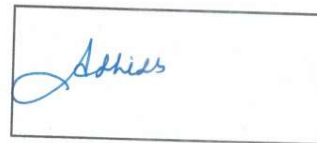
Rushiraj Mori
Founder

Dr. Jayesh Deshkar
Pro-Vice Chancellor

Witness 1

Witness 2

Name: Vatsal K.
Designation: Project Coordinator.

Name: Dr. A. M. Kothari
Designation: Director - R & I.




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ATMIYA UNIVERSITY

(Established under the Gujarat Private University Act 11, 2018)

Yogdham Gurukul, Kalawad Road, Rajkot - 360005, Gujarat (INDIA)

A Report on Rifle Shooting and Team Building Activity

Date: 08/10/2023

Venue: Atmiya University

No. of Students: 31

Rifle shooting is a sport and skill involving the use of rifles to hit specific targets. It encompasses various disciplines, each with its own rules, equipment, and techniques. Here's a brief overview:

Main Disciplines

1. **Target Shooting:** Includes Olympic events like 10m Air Rifle and 50m Rifle Prone, as well as smallbore (.22 caliber) and fullbore (larger calibers) shooting.
2. **Hunting:** Using rifles to hunt game animals, requiring marksmanship, tracking skills, and wildlife knowledge.
3. **Field Shooting:** Shooting in natural terrain at varying distances.
4. **Bench rest shooting:** Focuses on precision, aiming for the smallest groupings of shots.
5. **Silhouette Shooting:** Shooting at metal targets shaped like animals from varying distances.
6. **Practical Shooting:** Combines speed and accuracy with multiple targets in different situations.

Equipment

- **Rifles:** Air rifles, smallbore (.22 caliber), fullbore (larger calibers), and custom rifles.
- **Ammunition:** Varies by discipline, with precision ammo for competitive shooting and specific types for hunting.
- **Scopes and Sights:** Includes variable magnification scopes and iron or peep sights.
- **Accessories:** Shooting jackets, mats, bi-pods, and rests for stability and support.

Techniques

- **Stance and Positioning:** Includes standing, kneeling, prone, and sitting, each with specific stability techniques.
- **Breathing Control:** Maintaining steadiness, typically firing during a natural pause in breathing.
- **Trigger Control:** Smooth and consistent pull to avoid jerking or flinching.
- **Aiming:** Proper sight alignment and picture, focusing on the front sight or reticule.
- **Follow-Through:** Maintaining position and focus after the shot for consistency.

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Rajkot



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Safety

- Treat every firearm as if it's loaded.
- Keep the muzzle pointed in a safe direction.
- Keep your finger off the trigger until ready to shoot.
- Be sure of your target and what's beyond it.
- Follow all range commands and wear appropriate protection.

Glimpses of the Activity



Activity Poster



Youth Practicing Rifle Shooting



Coach Demonstrating Rifle Shooting



Youth Brigade Girls Practicing





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Guidelines for Team Building Activity



Team Building Activity



Youth Brigade Girls Practicing



Youth Brigade Boys Practicing

Report Prepared by:
Meet M. Sindhva
Youth Brigade Student Volunteer

Registrar
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Atmiya University
Rajkot





A Report on Self Defense Activity

Date: 15/10/2023

Venue: Atmiya University

No. of Students: 41

Self-Defense refers to the actions taken to protect oneself from harm or danger. It encompasses physical techniques, mental strategies, and legal principles. Here's an overview of key aspects of self-Defense:

Physical Techniques

- 1. Martial Arts:**
 - **Karate:** Focuses on striking techniques using hands and feet.
 - **Judo:** Emphasizes throws and grappling.
 - **Taekwondo:** Known for its high, fast kicks.
 - **Krav Maga:** A practical and effective self-Defense system developed by the Israeli military.
- 2. Basic Self-Defense Moves:**
 - **Strikes:** Punches, palm strikes, elbow strikes, and knee strikes.
 - **Kicks:** Front kick, side kick, and roundhouse kick.
 - **Blocks:** Techniques to deflect or stop an attack.
 - **Escapes:** Moves to break free from holds or grabs.
- 3. Use of Everyday Objects:**
 - **Improvised Weapons:** Items like keys, pens, and bags can be used for Defense.
 - **Pepper Spray:** A non-lethal option to incapacitate an attacker temporarily.

Mental Strategies

- 1. Situational Awareness:**
 - Being aware of your surroundings and recognizing potential threats.
 - Avoiding risky areas and situations when possible.
- 2. De-escalation Techniques:**
 - Using verbal and non-verbal communication to defuse a potentially violent situation.
 - Remaining calm and composed to avoid escalating the conflict.
- 3. Confidence and Assertiveness:**
 - Projecting confidence through body language and voice to deter potential attackers.





Legal Principles

1. **Self-Defense Laws:**
 - Laws vary by jurisdiction but generally allow individuals to use reasonable force to protect themselves.
 - **Duty to Retreat:** In some places, individuals must try to retreat before using force.
 - **Stand Your Ground:** In other areas, individuals have the right to use force without retreating if they are in a place they have a legal right to be.
2. **Proportionality:**
 - The level of force used in self-Defense must be proportional to the threat faced.
 - Excessive force beyond what is necessary to neutralize the threat can lead to legal consequences.

Training and Preparation

1. **Self-Defense Classes:**
 - Many communities offer self-Defense courses that teach practical techniques and strategies.
 - Classes can range from basic introductions to advanced training.
2. **Regular Practice:**
 - Like any skill, self-Defense techniques require regular practice to be effective.
 - Practicing with a partner or in a controlled environment helps build muscle memory and confidence.
3. **Fitness and Conditioning:**
 - Physical fitness improves the ability to execute self-Defense techniques effectively.
 - Strength, endurance, and flexibility are all important aspects of self-Defense training.

Psychological Aspects

1. **Mindset:**
 - Developing a strong, determined mindset to react decisively in dangerous situations.
 - Overcoming fear and panic through mental preparation and training.
2. **Post-Incident Considerations:**
 - Understanding the potential psychological impact of a self-Defense situation.
 - Seeking support or counseling if needed to process the experience.





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Some Glimpses of the Activity:



Activity Poster



Demonstration



Youth Brigade Volunteers Practicing Defense Skills

Report Prepared by:
Meet M. Sindhva
Youth Brigade Student Volunteer

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Rajkot





A Report on Moon Gazing Activity

Date: 27/11/2023

Venue: Atmiya University

No. of Students: 44

Moon gazing is the practice of observing the Moon, often for pleasure, scientific study, or cultural and spiritual reasons. Here's an overview of moon gazing, including tips, techniques, and some interesting facts about the Moon:

Tips for Moon Gazing

- 1. Timing:**
 - **Phases of the Moon:** The Moon's appearance changes in a cycle lasting about 29.5 days. Key phases include new moon, first quarter, full moon, and last quarter.
 - **Best Time:** Observing during the first and last quarters offers the best views of the lunar surface's details due to the shadows cast by the sunlight.
- 2. Location:**
 - Choose a dark, open area away from city lights to minimize light pollution.
 - Higher elevations can provide clearer views.
- 3. Equipment:**
 - **Naked Eye:** Many features of the Moon are visible without any equipment.
 - **Binoculars:** Provide a closer view and can reveal more details.
 - **Telescope:** Offers detailed views of the lunar surface, including craters, mountains, and maria (dark plains).
- 4. Comfort:**
 - Bring a chair or blanket to sit on.
 - Dress warmly if observing at night or in cooler weather.

Techniques for Moon Gazing

- 1. Observation:**
 - Start by observing the entire Moon and then focus on specific features.
 - Note the changes in appearance over several nights to observe the lunar cycle.
- 2. Photography:**
 - Use a camera with a good zoom lens or attach a camera to a telescope.
 - A tripod helps to stabilize the camera for clearer shots.
- 3. Drawing and Mapping:**
 - Sketch the lunar surface to improve observational skills and understanding of lunar geography.
 - Use lunar maps to identify and learn about specific features.





Interesting Facts about the Moon

1. **Lunar Surface:**
 - The Moon's surface is covered with craters, formed by meteorite impacts.
 - The dark areas, called maria, are plains of basaltic rock formed by ancient volcanic eruptions.
2. **Phases of the Moon:**
 - The Moon's phases are caused by its orbit around Earth, changing how much of its surface is illuminated by the Sun.
3. **Eclipses:**
 - **Lunar Eclipse:** Occurs when Earth passes between the Sun and the Moon, casting a shadow on the Moon.
 - **Solar Eclipse:** Occurs when the Moon passes between the Sun and Earth, casting a shadow on Earth.
4. **Tidal Effects:**
 - The Moon's gravitational pull affects Earth's tides, causing high and low tides.
5. **Human Exploration:**
 - The first manned moon landing was Apollo 11 in 1969, with astronauts Neil Armstrong and Buzz Aldrin.

Cultural and Spiritual Significance

1. **Mythology and Folklore:**
 - Many cultures have myths and legends about the Moon, often attributing it with various deities or mystical powers.
2. **Lunar Calendars:**
 - Some cultures use lunar calendars based on the Moon's phases, such as the Islamic and Hebrew calendars.
3. **Meditation and Reflection:**
 - Moon gazing can be a meditative practice, promoting relaxation and a sense of connection to nature.

Observing Lunar Events

1. **Supermoons:**
 - Occurs when the Moon is at its closest point to Earth in its orbit, appearing larger and brighter than usual.
2. **Blue Moons:**
 - Refers to the second full moon in a calendar month, a relatively rare event.
3. **Harvest Moons:**
 - The full moon closest to the autumnal equinox, historically important for agriculture.





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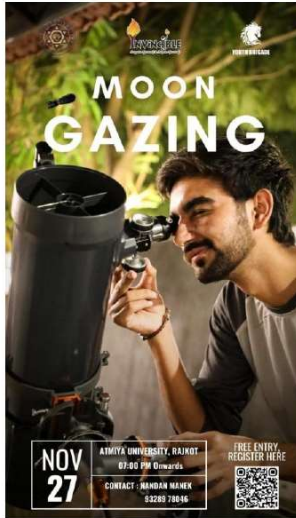


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Some Glimpses of the Activity:



Activity Poster



Moon Picture From Telescope



Students and Staff Members with Family In Queue For Moon Gazing

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Staff Member Gazing Moon From Telescope



Student Gazing Moon From Telescope

Report Prepared by:
Meet M. Sindhva
Youth Brigade Student Volunteer

Registrar
Atmiya University, Rajkot-Gujarat-India
Atmiya University
Rajkot





A Report on Map Reading and Public Speaking

Date: 31/12/2023

Venue: Atmiya University

No. of Students: 31

Map Reading

Map reading is the skill of interpreting and understanding the symbols, scales, and features represented on a map to navigate or understand a geographical area. Here's a detailed guide to map reading:

Basic Elements of a Map

1. **Title:** Indicates the purpose or area covered by the map.
2. **Legend (Key):** Explains the symbols and colors used on the map.
3. **Scale:** Shows the relationship between distances on the map and actual distances on the ground (e.g., 1 inch = 1 mile).
4. **Compass Rose:** Indicates the cardinal directions (north, south, east and west).
5. **Grid System:** Helps in pinpointing exact locations using coordinates (latitude and longitude or a grid reference system).

Types of Maps

1. **Topographic Maps:** Show elevation and terrain features using contour lines.
2. **Political Maps:** Highlight boundaries between countries, states, and cities.
3. **Physical Maps:** Display natural features like mountains, rivers, and lakes.
4. **Thematic Maps:** Focus on specific themes like population density, climate, or economic activities.
5. **Road Maps:** Detail highways, roads, and routes for navigation.

Reading Techniques

1. **Orienting the Map:**
 - Align the map with the cardinal directions using a compass.
 - Match landmarks on the map with those in the real world.
2. **Interpreting Contour Lines:**
 - Close contour lines indicate steep terrain; widely spaced lines indicate gentle slopes.
 - Contour lines forming circles denote hills (with the innermost circle being the summit) or depressions (often marked with hachure).
3. **Using the Scale:**
 - Use the scale to estimate distances between points on the map.
 - Convert map measurements to real-world distances using the given scale.





4. Reading Coordinates:

- Latitude and Longitude: Latitude lines run parallel to the equator; longitude lines run from pole to pole.
- Grid References: Use the grid system to pinpoint locations (e.g., UTM, MGRS).

5. Understanding Symbols:

- Refer to the legend to interpret symbols for roads, trails, buildings, water features, and other landmarks.

Public Speaking

Public speaking is the act of delivering a speech or presentation to an audience. It is a valuable skill for conveying information, persuading others, and enhancing personal and professional communication. Here's a detailed guide to public speaking:

Preparing for a Speech

1. Understand Your Audience:

- Know the demographics, interests, and knowledge level of your audience.
- Tailor your content to meet their expectations and needs.

2. Research Your Topic:

- Gather accurate and relevant information.
- Organize your points logically.

3. Create an Outline:

- Introduction: Grab attention, introduce the topic, and state your purpose.
- Body: Present your main points with supporting evidence.
- Conclusion: Summarize key points and leave a lasting impression.

4. Practice:

- Rehearse your speech multiple times.
- Practice in front of a mirror or record yourself to review your delivery.

Delivering the Speech

1. Confidence and Poise:

- Maintain good posture and make eye contact with the audience.
- Use confident body language and gestures.

2. Voice and Articulation:

- Speak clearly and at an appropriate volume.
- Use variations in pitch, pace, and tone to maintain interest.

3. Engagement:

- Involve your audience by asking questions or inviting participation.
- Use anecdotes, humor, or interesting facts to keep the audience engaged.

4. Visual Aids:

- Use slides, charts, or props to enhance understanding and retention.
- Ensure visual aids are clear and not overly complex.

5. Handling Nervousness:

- Practice deep breathing or relaxation techniques.
- Focus on the message rather than the audience's reaction.





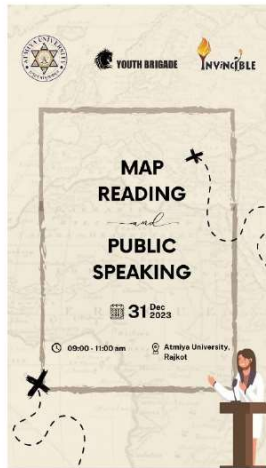
Managing Q&A Sessions

1. **Prepare for Questions:**
 - Anticipate potential questions and prepare responses.
 - Be ready to clarify or elaborate on key points.
2. **Listen and Respond:**
 - Listen to the entire question before responding.
 - Keep answers concise and to the point.
3. **Stay Calm and Professional:**
 - Handle difficult questions with patience and respect.
 - Admit if you don't know an answer and offer to follow up later.

Outcome of the Activity:

Both map reading and public speaking are essential skills that enhance personal and professional capabilities. Mastering map reading helps in navigation and understanding geographical information, while effective public speaking improves communication, persuasion, and leadership abilities. Both skills require practice, preparation, and confidence to execute successfully.

Few Glimpses of the Activity:



Activity Poster



Map Reading Session





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Students Practicing Public Speaking Skills in a Group



Group Photo

Report Prepared by:
Meet M. Sindhva
Youth Brigade Student Volunteer

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Yogdham Gurukul, Kalawad Road, Rajkot - 360005, Gujarat (INDIA)

**A Report on
'No Drugs Campaign' In Collaboration with Invincible NGO
UnChain (Human Chain)**

Date: 18/01/2024

Venue: Race Course Ring Road, Rajkot

No. of Students: 66

Atmiya University is having MoU with Invincible NGO. Invincible has initiated the 'No Drugs Campaign' with the objective of fostering awareness regarding drug abuse and cultivating a drug-free environment. Two events were planned in Rajkot City on 18th January 2024, Thursday in which students from Atmiya University participated.

Over 2200 people were expected to gather at the Race Course at 07:00 AM to 08:30 AM, demonstrating commitment and unity towards drug awareness. 66 students from Atmiya University participated; expressing their commitment to a drug-free society. The event was inaugurated by Additional Commissioner Ms. Vidhi Chaudhary.

Few Glimpses of the Event:



Additional Commissioner Ms. Vidhi Chaudhary and Team Inaugurating the Human Chain Event

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Additional Commissioner Ms. Vidhi Chaudhary and Team Spreading the Message



Students of Atmiya University forming Human Chain at Race Course Ring Road



Students of Atmiya University Spreading Awareness in No Drugs Campaign

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Atmiya University, Rajkot-Gujarat-India
Atmiya University
Rajkot





A Report on 'No Drugs Campaign' In Collaboration with Invincible NGO Youth Conference

Date: 18/01/2024

Venue: Auditorium 1, Atmiya University

No. of Students: 200

Youth Conference

A youth conference was planned at Atmiya University from 11:00 AM to 12:30 PM. To discuss the drug problem distinguished guest panelists from various fields were invited. The panel discussion provided students with insights into the real scenario of drug abuse and its solutions. 200 students from Atmiya University participated in it.

Guest Panelists:

1. Shri. D. B. Kher (SOG)
2. Colonel P. P. Vyas (Indian Army Veteran)
3. Mr. Amiraj Khavad (Assistant commissioner)
4. Mr. Rushiraj Mori (Youth Icon & Founder, Invincible NGO)
5. Dr. Ghanshyam D. Acharya (Professor Emeritus, Atmiya University)
6. Mr. Vijay Chauhan (Asst. Prof. Department of Pharmacy, FoHS, Atmiya University)

Mr. Amiraj Khavad (Assistant commissioner) discussed about the cases of youth involved in drugs consumption of buying & selling coming to the police department.

Dr. Ghanshyam D. Acharya placed emphasis on the values and relationships. He shared about how a person can keep away from drugs and other substance abuse by having a strong hold on values and good relationships within the family, friends, peers, colleagues and teachers.

Mr. Rushiraj Mori shared about the entire initiative for eradicating the substance abuse and drugs consumption all over the nation taken up by the Invincible NGO.

Mr. Vijay Chauhan discussed about the profound effects of drugs on the brain's neurotransmitter systems, including dopamine and other hormones. Here's a summary of how different classes of drugs impact the systems:

Dopamine

Stimulants (e.g., cocaine, amphetamines):

- Mechanism: Increase dopamine release and/or block its reuptake, leading to higher dopamine levels in the brain.
- Effects: Enhanced mood, increased energy, and feelings of euphoria. Long-term use can lead to addiction, tolerance, and depletion of dopamine, causing depression and anhedonia (inability to feel pleasure).





Opiates (e.g., heroin, morphine):

- Mechanism: Bind to opioid receptors, indirectly increasing dopamine levels by inhibiting the release of GABA (an inhibitory neurotransmitter).
- Effects: Pain relief, euphoria, and a sense of well-being. Long-term use can lead to physical dependence and addiction.

Cannabis:

- Mechanism: THC (the active component) binds to cannabinoid receptors, indirectly affecting dopamine release.
- Effects: Mild euphoria, relaxation, and altered perception. Chronic use can lead to changes in brain function and potential cognitive impairments.

Serotonin

Antidepressants (e.g., SSRIs like fluoxetine):

- Mechanism: Block the reuptake of serotonin, increasing its availability in the brain.
- Effects: Improved mood and reduced symptoms of depression and anxiety. Can take weeks to become effective.

MDMA (Ecstasy):

- Mechanism: Increases the release and inhibits the reuptake of serotonin.
- Effects: Enhanced mood, empathy, and sensory perception. Can lead to serotonin depletion and neurotoxicity with long-term use.

Norepinephrine

Stimulants (e.g., amphetamines):

- Mechanism: Increase the release and block the reuptake of norepinephrine.
- Effects: Increased alertness, focus, and energy. Can cause anxiety, hypertension, and insomnia with excessive use.

Antidepressants (e.g., SNRIs like venlafaxine):

- Mechanism: Block the reuptake of norepinephrine and serotonin.
- Effects: Improved mood and energy levels. Can lead to side effects such as increased heart rate and blood pressure.

GABA

Benzodiazepines (e.g., diazepam, alprazolam):

- Mechanism: Enhance the effect of GABA, an inhibitory neurotransmitter.





- Effects: Reduced anxiety, sedation, and muscle relaxation. Long-term use can lead to tolerance, dependence, and withdrawal symptoms.

Alcohol:

- Mechanism: Enhances GABA activity and inhibits glutamate (an excitatory neurotransmitter).
- Effects: Relaxation, reduced anxiety, and impaired motor function. Chronic use can lead to dependence, tolerance, and various health issues.

Endorphins

Opiates:

- Mechanism: Mimic the action of endorphins by binding to opioid receptors.
- Effects: Pain relief, euphoria, and a sense of well-being. Can lead to addiction and physical dependence.

Hormonal Effects

Corticosteroids:

- Mechanism: Mimic cortisol, the body’s stress hormone.
- Effects: Reduced inflammation and immune response. Long-term use can lead to weight gain, osteoporosis, and other metabolic changes.

Anabolic Steroids:

- Mechanism: Mimic testosterone, promoting muscle growth and increased strength.
- Effects: Increased muscle mass and strength. Long-term use can lead to hormonal imbalances, mood swings, and various health risks.

The effects of drugs on dopamine and other hormones are complex and vary depending on the substance, dosage, and duration of use. While some drugs can offer therapeutic benefits, others pose significant risks of addiction, dependence, and long-term health issues. Understanding these effects is crucial for developing effective treatments and harm reduction strategies.





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Few Glimpses of the Event:



Panel Discussion



Youth Conference on Spreading Awareness about No Drugs

Prepared by:
Mr. Yuvrajsinh B. Kanchava
Youth Brigade Program Coordinator
Atmiya University

Registrar
Atmiya University, Rajkot-Gujarat-India
Atmiya University
Rajkot





**A Report on
Fire Safety & Stress Management Activity**

Date: 04/02/2024

Venue: Atmiya University

No. of Students: 25

Fire Safety

Fire safety involves practices and measures designed to prevent fires and protect lives and property in the event of a fire. Here's an overview of key fire safety principles:

Fire Prevention

1. **Eliminate Fire Hazards:**
 - Keep flammable materials away from heat sources.
 - Ensure electrical wiring and appliances are in good condition.
 - Avoid overloading electrical outlets and circuits.
2. **Proper Storage:**
 - Store flammable liquids in appropriate containers and locations.
 - Keep combustible materials like paper and cloth away from heat sources.
3. **Safe Cooking Practices:**
 - Never leave cooking unattended.
 - Keep flammable items away from the stove or oven.
 - Use a timer to remind you of cooking tasks.
4. **Heating Safety:**
 - Keep portable heaters away from flammable materials.
 - Regularly inspect and maintain heating equipment.
5. **Smoking Safety:**
 - Avoid smoking indoors.
 - Use deep, sturdy ashtrays and ensure cigarettes are completely extinguished.

Fire Detection and Alarms

1. **Smoke Alarms:**
 - Install smoke alarms on every level of your home and inside bedrooms.
 - Test alarms monthly and replace batteries annually.
2. **Carbon Monoxide Detectors:**
 - Install carbon monoxide detectors near sleeping areas and on each level of your home.
 - Test detectors regularly and replace them according to the manufacturer's guidelines.





Fire Response and Evacuation

1. **Fire Escape Plan:**
 - o Create a fire escape plan that includes two exits from every room.
 - o Practice the plan regularly with all household members.
2. **Know the Exits:**
 - o Familiarize yourself with the exits in public places like theaters, restaurants, and hotels.
 - o Make sure exits are unobstructed and easily accessible.
3. **Use of Fire Extinguishers:**
 - o Know how to use a fire extinguisher (PASS: Pull the pin, Aim at the base of the fire, Squeeze the handle, and Sweep side to side).
 - o Ensure extinguishers are accessible and regularly maintained.
4. **Stop, Drop, and Roll:**
 - o If your clothes catch fire, stop, drop to the ground, cover your face with your hands, and roll to smother the flames.
5. **Call Emergency Services:**
 - o Call emergency services (911 or local emergency number) immediately if a fire occurs.
 - o Provide clear information about the location and nature of the fire.

Stress Management

Stress management involves techniques and strategies to cope with and reduce stress. Here's an overview of effective stress management practices:

Understanding Stress

1. **Identify Stressors:**
 - o Recognize the sources of stress in your life, whether they are work-related, personal, or environmental.
2. **Recognize Symptoms:**
 - o Be aware of physical symptoms (headaches, fatigue, muscle tension), emotional symptoms (anxiety, irritability, depression), and behavioral symptoms (overeating, substance abuse).

Stress Management Techniques

1. **Physical Activity:**
 - o Regular exercise, such as walking, running, yoga, or strength training, helps reduce stress and improve mood.
 - o Aim for at least 30 minutes of moderate exercise most days of the week.
2. **Healthy Diet:**
 - o Eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
 - o Avoid excessive caffeine, alcohol, and sugar.
 - o





3. **Adequate Sleep:**
 - Aim for 7-9 hours of quality sleep per night.
 - Establish a regular sleep schedule and create a relaxing bedtime routine.
4. **Relaxation Techniques:**
 - Practice deep breathing exercises, progressive muscle relaxation, or guided imagery.
 - Engage in activities like meditation, mindfulness, or tai chi.
5. **Time Management:**
 - Prioritize tasks and break them into manageable steps.
 - Use tools like to-do lists, calendars, and planners to stay organized.
6. **Social Support:**
 - Connect with friends, family, and support groups.
 - Share your feelings and seek advice or assistance when needed.
7. **Hobbies and Leisure Activities:**
 - Engage in activities you enjoy, such as reading, gardening, painting, or playing music.
 - Make time for leisure and relaxation.

Cognitive and Behavioral Techniques

1. **Positive Thinking:**
 - Challenge negative thoughts and replace them with positive, realistic ones.
 - Practice gratitude by regularly reflecting on things you are thankful for.
2. **Problem-Solving:**
 - Approach stressful situations with a problem-solving mindset.
 - Identify possible solutions and take proactive steps to address issues.
3. **Setting Boundaries:**
 - Learn to say no to unreasonable demands.
 - Set clear boundaries to protect your time and energy.
4. **Seeking Professional Help:**
 - If stress becomes overwhelming, consider seeking help from a therapist or counselor.
 - Professional support can provide additional coping strategies and emotional support.

Outcome of the Activity:

Both fire safety and stress management are crucial for maintaining a safe and healthy life. Practicing fire safety can prevent accidents and ensure quick, effective responses in case of emergencies. Stress management techniques help in maintaining mental and physical well-being, improving overall quality of life. Regularly educating oneself and staying proactive in these areas can lead to a more secure and balanced lifestyle.





Few Glimpses of the Activity:



Expert's Session on Fire Safety & Stress Management



Group Photo

Report Prepared by:
Meet M. Sindhva
Youth Brigade Student Volunteer





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Youth Brigade Training Program

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| Sr. No. | Name | Platoon Name | Chest Number | 08/10/2023 Rifle Shooting and Team Building | 15/10/2023 Self Defence | 27/11/2023 Moon Gazing | 31/12/2023 Map Reading and Public Speaking | 04/02/2024 Fire Safety and Stress Management |
|---------|-----------------------------|--------------|--------------|--|----------------------------|---------------------------|---|---|
| 1 | Jadeja Parthrajsinh | Alpha | YB24A03A01 | P | P | A | A | P |
| 2 | Vagadiya Dhruvin Jayeshbhai | Alpha | YB24A03A02 | A | A | A | A | A |
| 3 | yagnesh t chhag | Alpha | YB24A03A03 | A | A | A | A | A |
| 4 | Chauhan shrayesh vijay bhai | Alpha | YB24A03A04 | A | P | P | P | P |
| 5 | Viraj vadodariya hiteshbhai | Alpha | YB24A03A05 | A | A | A | P | P |
| 6 | Gosai parthgiri | Alpha | YB24A03A06 | A | A | P | A | A |
| 7 | Dhrupal pipalva | Alpha | YB24A03A07 | A | A | P | A | A |
| 8 | Vala lakshyadeepsinh K | Alpha | YB24A03A08 | P | A | P | A | A |
| 9 | VIRADIYA YASHVI ANILBHAI | Alpha | YB24A03A09 | P | P | A | P | P |
| 10 | Gondaliya Tushar Prafulbhai | Bravo | YB24A03B01 | P | P | A | A | P |
| 11 | Meet Sindhava | Bravo | YB24A03B02 | A | P | P | A | P |
| 12 | Vanpariya mit jineshbhai | Bravo | YB24A03B03 | A | P | P | A | A |
| 13 | Souvik Pal | Bravo | YB24A03B04 | P | P | P | P | P |
| 14 | Meet Anilbhai Sudra | Bravo | YB24A03B05 | P | A | P | A | A |
| 15 | Kalola Meet Rajeshbhai | Bravo | YB24A03B06 | A | P | A | P | A |
| 16 | Musar Samruddhi rajeshbhai | Bravo | YB24A03B07 | A | P | P | A | A |
| 17 | Altaf sheikh | Bravo | YB24A03B08 | A | A | A | A | A |
| 18 | Raval Shiv | Charlie | YB24A03C01 | A | A | P | A | P |
| 19 | Shivjiyani Dhruv Rasiklal | Charlie | YB24A03C02 | A | A | A | A | A |
| 20 | Heary Ghaghara | Charlie | YB24A03C03 | P | A | P | A | A |
| 21 | Rachchh Kartik Kamleshbhai | Charlie | YB24A03C04 | A | P | P | A | P |
| 22 | Mungra Jeet Mansukhbhai | Charlie | YB24A03C05 | P | A | P | A | A |
| 23 | Vora Harikrishna Sanjaybhai | Charlie | YB24A03C06 | P | P | A | P | A |
| 24 | Pandit Ansh Alpeshbhai | Charlie | YB24A03C07 | P | A | A | A | A |
| 25 | Vora Tanishq | Charlie | YB24A03C08 | A | P | P | P | A |

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|---------|-------------------------------|--------------|--------------|--|----------------------------|---------------------------|---|---|
| 26 | Bansari Navinbhai Siddhapura | Charlie | YB24A03C09 | A | A | A | A | A |
| 27 | Charmi H Vachhani | Delta | YB24A03D01 | A | P | A | A | A |
| 28 | Ajagiya Devanshi Alpeshbhai | Delta | YB24A03D02 | A | P | A | A | P |
| 29 | Mand meet p. | Delta | YB24A03D03 | A | P | A | P | A |
| 30 | Priyanka Pankajbhai Dobariya | Delta | YB24A03D04 | A | P | P | A | P |
| 31 | JADEJA PARTHRAJ SINH | Delta | YB24A03D05 | A | A | P | A | A |
| 32 | Aliyani Samrin R | Delta | YB24A03D06 | A | A | P | A | A |
| 33 | Shyam Laljibhai kanzariya | Delta | YB24A03D07 | P | A | A | A | A |
| 34 | Sodha vivek | Delta | YB24A03D08 | A | P | A | A | A |
| 35 | Galani Fenil Bhaveshbhai | Echo | YB24A03E01 | P | A | A | A | A |
| 36 | Vishal Navinbhai Zala | Echo | YB24A03E02 | A | A | P | A | A |
| 37 | Rucha Trivedi | Echo | YB24A03E03 | P | A | A | P | A |
| 38 | Priya Joshi | Echo | YB24A03E04 | P | P | A | P | A |
| 39 | Limbasiya Shreya Hiteshbhai | Echo | YB24A03E05 | P | A | A | A | A |
| 40 | Priya Goswami | Echo | YB24A03E06 | P | P | A | P | A |
| 41 | Kishan Viradiya | Echo | YB24A03E07 | P | A | A | P | P |
| 42 | Bhumit Timbadiya | Echo | YB24A03E08 | A | A | A | A | A |
| 43 | Gadhiya prem vinaybhai | Foxtrot | YB24A03F01 | P | A | A | A | P |
| 44 | Baraliya Prinsi Dineshbhai | Foxtrot | YB24A03F02 | A | A | P | A | P |
| 45 | Malakiya Nayna Jagashibhai | Foxtrot | YB24A03F03 | P | P | P | A | P |
| 46 | Sorathiya Nimit Vitthalbhai | Foxtrot | YB24A03F04 | P | P | P | P | P |
| 47 | Shingala Tisha | Foxtrot | YB24A03F05 | P | P | P | A | A |
| 48 | Mahir Faldu | Foxtrot | YB24A03F06 | A | A | P | A | P |
| 49 | Ghodasara Kashyap Kalpeshbhai | Foxtrot | YB24A03F07 | A | P | P | P | A |
| 50 | Karan Makwana | Foxtrot | YB24A03F08 | A | A | P | A | P |

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|---------|-------------------------------|--------------|--------------|----------------------------------|--------------|-------------|---------------------------------|-----------------------------------|
| | | | | Rifle Shooting and Team Building | Self Defence | Moon Gazing | Map Reading and Public Speaking | Fire Safety and Stress Management |
| 51 | Het Gondaliya | Golf | YB24A03G01 | P | P | A | P | A |
| 52 | Khilan Ashokbhai Vachhani | Golf | YB24A03G02 | P | A | A | A | P |
| 53 | Jadeja Harshdipsinh | Golf | YB24A03G03 | P | P | P | A | P |
| 54 | Pal Anirudh | Golf | YB24A03G04 | A | A | A | A | A |
| 55 | Jadeja upendrasinh | Golf | YB24A03G05 | A | A | A | A | A |
| 56 | Vadi Parthiv vijaybhai | Golf | YB24A03G06 | A | P | P | P | A |
| 57 | Jagrutiba mahavir sinh Parmar | Golf | YB24A03G07 | A | P | P | P | A |
| 58 | Dharmesh Parmar | Golf | YB24A03G08 | P | A | P | A | A |
| 59 | Harsoda Disha Anilbhai | Golf | YB24A03G09 | A | P | A | P | A |
| 60 | Digvijaysinh Shantilal Vala | Hunter | YB24A03H01 | P | A | A | A | P |
| 61 | Sarna Sujal | Hunter | YB24A03H02 | A | A | A | A | A |
| 62 | Devanshi R Chavda | Hunter | YB24A03H03 | P | P | A | P | A |
| 63 | Jay vadhwana | Hunter | YB24A03H04 | P | A | P | A | A |
| 64 | Priyanka kubavat | Hunter | YB24A03H05 | A | P | P | A | A |
| 65 | SOLANKI SIDDHARTH | Hunter | YB24A03H06 | A | P | P | P | A |
| 66 | Ribadiya Parth Dilipbhai | Hunter | YB24A03H07 | A | P | P | P | P |
| 67 | Meet Bhatt | Hunter | YB24A03H08 | A | A | A | A | A |
| 68 | Sadikot Salma Mahammadibhai | India | YB24A03I01 | P | A | A | A | P |
| 69 | Hadiyal yakin hadiyal | India | YB24A03I02 | A | A | P | A | P |
| 70 | Jaeja truptiba jaydevsinh | India | YB24A03I03 | A | P | P | P | P |
| 71 | Tulsi Dhansukhbhai Vanpariya | India | YB24A03I04 | A | P | P | P | A |
| 72 | Parmar Hemanshu Ramdevsinh | India | YB24A03I05 | P | P | P | P | A |
| 73 | Halvadiya Niyati Hiteshbhai | India | YB24A03I06 | P | A | P | A | A |
| 74 | Chatwani Raj Chetanbhai | India | YB24A03I07 | A | P | A | P | P |
| 75 | Sabhaya ayan riteshbhai | India | YB24A03I08 | A | A | A | A | P |

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| | | | | Rifle Shooting and Team Building | Self Defence | Moon Gazing | Map Reading and Public Speaking | Fire Safety and Stress Management |
| 76 | Dev Prakashbhai Godhasara | Juliatt | YB24A03J01 | A | A | A | A | A |
| 77 | Gondaliya garv pareshbhai | Juliatt | YB24A03J02 | A | A | P | A | A |
| 78 | Snehal ashokbhai vaghela | Juliatt | YB24A03J03 | A | A | P | A | P |
| 79 | Gohel Abhishek Pankajbhai | Juliatt | YB24A03J04 | A | A | P | A | A |
| 80 | Madhav Sakariya | Juliatt | YB24A03J05 | A | A | A | A | A |
| 81 | Dodiya Pushita Rameshbhai | Juliatt | YB24A03J06 | A | A | P | A | A |
| 82 | Disha vadgama | Juliatt | YB24A03J07 | A | P | A | A | A |
| 83 | Hansora Vivek Shaileshbhai | Juliatt | YB24A03J08 | A | A | A | A | A |
| 84 | Gajipara aditya | Kilo | YB24A03K01 | A | P | A | P | A |
| 85 | Zala Yashvant A. | Kilo | YB24A03K02 | A | A | A | A | A |
| 86 | Tank Niraj | Kilo | YB24A03K03 | A | A | A | A | A |
| 87 | Devam Jethi | Kilo | YB24A03K04 | A | A | A | P | A |
| 88 | Harsh Sanchariya | Kilo | YB24A03K05 | A | A | A | A | A |
| 89 | Chandni Marthak | Kilo | YB24A03K06 | A | A | A | P | A |
| 90 | Kothari Aaryan | Kilo | YB24A03K07 | A | A | A | A | A |
| 91 | Vyas Maulik Rajendra kumar | Kilo | YB24A03K08 | A | A | P | A | A |
| 92 | Piya Pintubhai Mashru | Kilo | YB24A03K09 | A | A | A | P | A |
| 91 | Dhadniya Vandan | Kilo | YB24A03K10 | A | A | A | P | A |
| 92 | Vachani Khidan | Kilo | YB24A03K11 | A | A | P | P | A |

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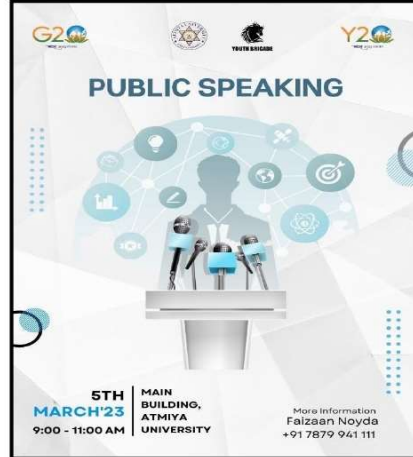
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A Report on Public Speaking and First Aid Training

First Aid Training



Public Speaking



Organized by: CSCI in association with Invincible NGO

Date: 5th March, 2023

Time: 9.00 am to 11.00 am

Venue: Room No. 150, Atmiya University.

No. of Students attended the session: 58

Atmiya University, Center for Students & Customer Initiatives in association with Invincible NGO, organized First Aid Training Program and Public Speaking for the students on 5th March, 2023. Invincible NGO Coordinator Mr. Vatsal Kathiriya, Mr. Mohit Gadhvi gave Basic First Aid Training and Public Speaking Training to the students through demonstration.

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Session I: First Aid Training

This training program educated the students on Basic First Aid that can be given to a patient by following below mentioned points.

- SCENE Survey of Safety of any rescuer, patient and any bystanders will rely on how you carry out dynamic risk assessment that is called SCENE survey.
 - S – Stop
 - C – Check for Danger
 - E – Exposure Protection
 - N – No Obvious Risk
 - E – Establish Priorities
- Follow - DR ABC to check the patient
 - D – DANGER
 - R – RESPONSE
 - A – AIRWAY
 - B – BREATHING
 - C – CIRCULATION
- If there is Bleeding- Follow PPP
 - Position
 - Pressure
 - Packing
- Fracture / Spinal Injury
 - Minimum movement
 - Exact position
 - Give support to spinal and neck





- Heat Stroke
 - Hot and dry skin
 - Restless and confused
 - Headache
 - Bounding pulse and high temp
 - Rapid decrease in level of response Sign
- What to do?
 - Move to cool place and hydrated
 - Remove clothing • Call ambulance
 - Keep hydrated
 - Wrap in cold wet sheet
 - Monitor level of response
- CPR (Cardio-Pulmonary resuscitation)
- Chocking Heimlich Maneuver
- First Aid Kit
 - Dressing Kit
 - Gauze roll
 - Band aids
 - Dressing cotton
 - Antiseptic liquid
 - Bum cream
 - Spray/tube for pain relief
 - Gloves
 - Scissor

He explained all this along with some Do's and Don'ts to be followed.



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Session 2: Public Speaking Skills

Mr. Mohit Gadhvi presented an expert session on this topic. The main points covered in his session includes

- What is Public Speaking?
- Importance of Public Speaking
- How to deal with Stage Fear.
- Keys to Effective Public Speaking
- How to get acquainted with Stage, Microphone etc.
- What should you do before your speech?
- Take care of your Body Language on Stage – Your Gestures & Posture.
- Smile and always keep Eye contact with audience
- Do's and Don'ts of Public Speaking.

Both the sessions were very useful and informative, there were lot of learnings for the students. The students were asked to demonstrate their Public Speaking skills by speaking on some general topics, to improve their confidence level.

The program was coordinated by Mrs. Parul Mandaviya, Coordinator – Center for Students and Customer Initiatives (CSCI) and Mr. Yuvrajrajsinh Kanchava, Coordinator NSS, Mr. Mayursinh Jadeja, Ms. Dharmishtha Wala and Ms. Yesha Gandhi, Atmiya University and Mr. Vatsal Kathiriya and Mr. Mohit Gadhvi, Coordinator Invincible NGO. Student Coordinators Mr. Karan Maru, Mr. Darshan Patel, Mr. Kishan Aghara and Mr. Faizaan Noyda coordinated the Program






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Some Glimpses of the Event



Assembly of Students in the Playground



Demonstration

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AISHE: U-0967

Criterion 3

R, I & E

KI 3.6

M 3.6.1



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Mr. Vatsal Kathiriya



Mr. Mohit Gadhi



Session in Progress

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Students Participation & Feedback



Felicitation of Speaker

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Felicitation of Speaker



Youth Brigade Team

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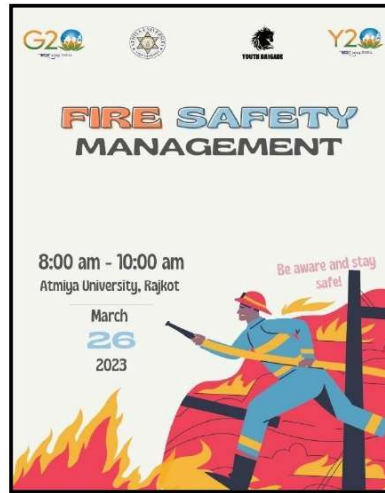


ATMIYA UNIVERSITY

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Yogdham Gurukul, Kalawad Road, Rajkot - 360005, Gujarat (INDIA)

**A Report on
Fire Safety Management**



Date: 26th March, 2023

Time: 07:45 am to 10:30 am

Venue: PlayGround, AtmiyaUniversity.

No. of students attended the Session: 58

Atmiya University, Center for Students & Customer Initiatives in association with Invincible NGO, organized Fire Safety Training Program for the students. Fire Brigade Officer Mr. Amit Dave and team from Kalawad Road Fire Station gave Fire safety management training to the students through demonstration.

This training program educated the students with a set of practices & procedures to minimize the destruction caused by fire hazards. The skill & knowledge acquired through the training equips the learners, to combat fire in any unanticipated fire breakout. It was designed to teach preventive measures that will eliminate or minimize causes of fire or fire hazards and proper emergency and evacuation procedures in the event of a fire.

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Further discussed about types of fire – Fires involving solid materials such as wood, paper or textiles, Flammable liquids such as Petrol, Diesel or oils, Metals, fires involving Gases or live Electrical apparatus. The six main fire extinguisher types are **water, foam, CO2, powder, water mist and wet chemical.**

They explained the use of various type of Fire extinguishers. Further discussed about Do's and Don'ts during Fire accidents including how to deal with fire in crowded areas, Multi storey buildings, Home, Institutions and Public places. He gave tips on - How to take care of your own safety and try to help the fire brigade team and others who are caught in fire. Demonstration of Fire safety Management was done for the students of the University, at Atmiya University Playground.

The program was coordinated by Mrs. Parul Mandaviya, Coordinator – Center for Students and Customer Initiatives (CSCI) and Mr. Yuvrajrajsinh Kanchava, Coordinator NSS, Mr. Mayursinh Jadeja, Ms. Dharmishtha Wala and Ms. Yesha Gandhi, Atmiya University and Mr. Vatsal Kathiriyaa and Mr. Nishant Gadhvi, Coordinator Invincible NGO.

Student Coordinator Karan Maru, Darshan Patel, Kishan Aghara and Faizaan Noyda helped in coordinating the program.

Some Glimpses of the Event:



Mr. Amit Dave (Fire Officer) & Fire Brigade Team





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Demonstration



Equipments in the Fire Brigade

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Session in Progress



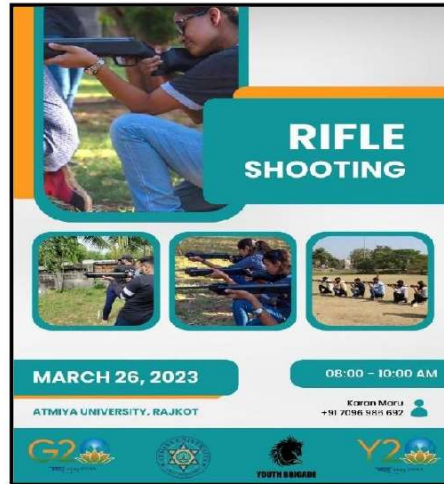
Youth Brigade Team

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|--|---|---------------------|
|  ATMIYA UNIVERSITY | NAAC – Cycle – 1 AISHE: U-0967 | |
| | Criterion 3 | R, I & E |
| | KI 3.6 | M 3.6.1 |

A Report on Rifle Shooting



Date: 26th March, 2023

Time: 7.45 am to 10.30 am

Venue: Play Ground, Atmiya University.

No. of students attended the Session: 58


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| | Criterion 3 | R, I & E |
| | KI 3.6 | M 3.6.1 |

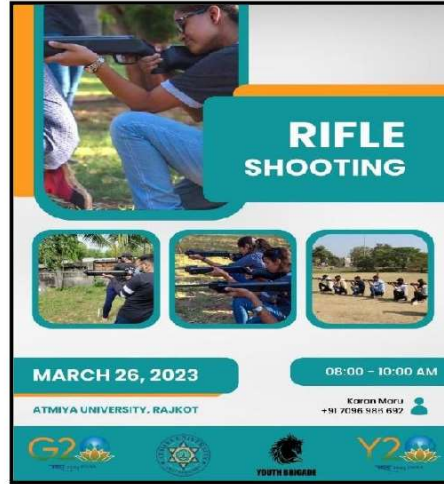


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A Report on Rifle Shooting



Date: 26th March, 2023

Time: 7.45 am to 10.30 am

Venue: Play Ground, Atmiya University.

No. of students attended the Session: 58

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After giving detailed instructions and demonstration, students were individually given chance to practice Rifle shooting under supervision. Spring Powered 0.177mm Rifles were used in kneeling Position with 10 mtrs Target. Students enthusiastically participated in the session as it was a hands on training for the students. It was arranged at Atmiya University Playground.

The program was coordinated by Mrs. Parul Mandaviya, Coordinator – Center for Students and Customer Initiatives (CSCI) and Mr. Yuvrajrajsinh Kanchava, Coordinator NSS, Mr. Mayursinh Jadeja, Ms. Dharmishtha Wala and Ms. Yesha Gandhi, Atmiya University and Mr. Vatsal Kathiriya, Mr. Nishant Gadhvi, Dhanraj Rajyaguru and Akshay Rathod were Coordinators from Invincible NGO. Student Coordinators Mr. Karan Maru, Mr. Darshan Patel, Mr.Kishan Aghara and Mr.Faizaan Noyda coordinated the Session.

Some Glimpses of the Event:



Various Firing Positions





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Demonstration



Instructions & Demonstration

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Session In Progress



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**A Report on
Self Defense Training Program for Girls**

Date: 17/01/2023

Venue: Step Auditorium, Atmiya University

No. of Students: 130

Under Youth Empowerment Program, Atmiya University, Center for Students and Customer Initiatives in association with Invincible NGO, organized “**Self Defense Training Program for Girls**” on 17th January, 2023 in the Central Auditorium.

Invincible is a youth run NGO working for Social reformations and building the Nation with Moral Values and Ethics. The organization is mainly active in the field of Adventure Camping, Youth Empowerment, Nature Education, Heritage Awareness, Character Building and Skill Development.

Trainer Mr. Parth Patel taught Self Defense Skills and gave tips to the girls on how to handle the difficult situations that might come up with confidence and use the available resources to save themselves. The girls were highly motivated and enthusiastically attended the sessions and were benefitted. The trainer was felicitated with token of appreciation at the end of the program.

The program was attended by Coordinator - Center for Students and Customer Initiatives, Mrs. ParulMandaviya, NCC coordinator Ms. DharmishthaVala, and Mr. Yesha Gandhi.

Around 130 Girl Students attended the program and learnt the Self Defense Techniques and extended their Gratitude towards Atmiya University and Invincible NGO for arranging this type of program.

Some Glimpses of the Event:



Trainer Mr. Parth Patel

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Session in Progress



Demonstration

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Demonstration



Presenting Token of Appreciation

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Group Photo

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**A Report on
Signing MoU and Orientation of Youth Brigade Program**

Date: 17/01/2023

Venue: Auditorium 1, Atmiya University

No. of Students: 150

Youth Brigade is an initiative by the Invincible NGO aimed at empowering and engaging young individuals in various social and environmental causes. This program encourages youth to take an active role in community service, leadership development, and awareness campaigns. Participants in the Youth Brigade are often involved in activities such as:

1. **Environmental Conservation:** Organizing tree plantation drives, clean-up campaigns, and promoting sustainable practices.
2. **Educational Support:** Tutoring underprivileged children, organizing educational workshops, and providing study materials.
3. **Health and Wellness:** Conducting health camps, spreading awareness about hygiene and nutrition, and organizing blood donation drives.
4. **Social Awareness:** Campaigning against social issues such as child labor, gender inequality, and substance abuse.
5. **Leadership and Skill Development:** Providing training in leadership skills, public speaking, and other personal development areas.

The program aims to foster a sense of responsibility, leadership, and community spirit among the youth, equipping them with the skills and knowledge to make a positive impact on society.

MoU was signed between Atmiya University and Invincible NGO on 17th January 2023. Dr. Jayesh Deshkar (Pro Vice Chancellor, Atmiya University), Dr. Ashish Kothari (Director - Research, Innovation & Translation), Mr. Hiren Kavathiya (Assistant Registrar, Atmiya University), Mr. Rushiraj Mori (Founder, Invincible NGO) and Mr. Vatsal Kathiriya (Project Coordinator from Invincible) were present for the signing ceremony.

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Some Glimpses of the Event:



MoU Signing Ceremony



Mr. Rushiraj Mori Addressing The Youth

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