

## **Mental Health Support provided to the Indian Association of Muscular Dystrophy (IAMD), Solan**

**March 16, 2022**

On March 16, 2022, the young fighters of the Muscular Dystrophy Association and the students of Shoolini University came together at Manav Mandir to participate in a Holi celebration that was exceedingly entertaining. A group of thirty students went to Manav Mandir voluntarily to spend the better part of their evening putting smiles and cheers on the faces of young children who suffer from muscular dystrophy. There were many different activities planned, such as dance, signing, and poetry recitation, and they were all actively participated in by them. The students also created a rangoli in the IAMD campus as a gift for the stunning soldiers and those who watch over them. The primary purpose of the event was to bring joy to both the youngsters and their parents. The students were quite engaged in the activities that were going on.

**No. of students participated – 30**



**Volunteers dancing with guardians of Muscular dystrophy warriors**



**Volunteers dancing after playing Holi**



**Two of the volunteers presented a dance performance**





**The activity being ended with a meditation session**

### **March 28, 2022**

On March 28, 2022, a trip to Indain Association of Muscular Dystrophy, Solan was organized. Eighteen volunteers participated in this event. Manav Mandir Solan is working as the Muscular Dystrophy Centre where not only therapies related to muscular dystrophy are provided but also a family-like atmosphere is created so that muscular dystrophy warriors do not feel left out in society. The muscular dystrophy warriors had come to IAMD Centre with their guardians for a weeklong residential and therapeutical program under the proper supervision of doctors. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAMD Centre, Jatoli Solan. After this cultural evening started with songs, comedy, and dance performances by Shoolini volunteers. The volunteers had prepared various songs and dances for the children who had come for their physiotherapy at the Centre. Family members who accompanied the patients also participated and enjoyed the activities. The management of Manav Mandir appreciated the efforts of Shoolini volunteers for their regular visits to the Centre and spending time with patients with muscular dystrophy.

**Number of students participated: - 18**



**Volunteers from Shoolini University addressing the gathering**



**Volunteer Nihit from Shoolini University presenting a musical performance**





**A muscular dystrophy warrior participating in one of the fun activities**

## **May 06, 2022**

As always, Shoolini volunteers visit often to Indian Association of Muscular Dystrophy (IAMD), Solan to spend time and attempt to add value to the life of Muscular Dystrophy Warriors. On May 06, 2022, a trip to Manav Mandir Solan was organized. Nineteen volunteers participated in this event, Mandir Solan. Manav Mandir Solan is working as the Muscular Dystrophy Centre where not only therapies related to muscular dystrophy are provided but also a family-like atmosphere is created so that muscular dystrophy warriors do not feel left out in society. The muscular dystrophy warriors had come to the IAMD Centre with their guardians for a weeklong residential and therapeutical program under the proper supervision of doctors. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAMD Centre, Jatoli Solan. After this cultural evening started with songs, comedy, dance, and some Shayri performances by Shoolini volunteers. The volunteers had prepared various songs and dances for the children who had come for their physiotherapy at the Centre. Family members who accompanied the patients also participated and enjoyed the activities. The management of Manav Mandir appreciated the efforts of Shoolini volunteers for their regular visits to the Centre and spending time with patients with muscular dystrophy.

**Number of students participated: - 19**





**Volunteer Palak sharing her volunteering experiences with Manav Mandir**



**Mr. Sibiraj drawing a tattoo on the hand of a muscular dystrophy child warrior**



**Volunteer Jhanvi Tripathi presenting a dance**



**Volunteers and muscular dystrophy warriors enjoying the cultural evening**



**May 07, 2022**

On May 07, 2022, a picnic trip was organized. The trip was organized for fun and an outing for muscular dystrophy warriors and their guardians. All these people had come to IAMD Canter for two two-week-long residential treatment camps. The trip started at 9 AM in the morning as two buses started for Shimla after all the people had their breakfast. During the journey, the volunteers, the muscular dystrophy warriors, and their guardians did some fun and games & Antakshari on the way. All the muscular dystrophy warriors got off the bus 500 away from the Ridge Shimla and started moving to the Ridge on wheelchairs with the help of volunteers. All the people gathered on the Ridge and had some fun & and games there also some people danced to songs. Muscular dystrophy warriors were helped by volunteers to visit the Lakkar Bazar and the Ridge Shimla. The refreshments were served to one and all present there.

**Number of students who participated: - 8**



**All the people at IAMD Canter before moving to Shimla.**



**Volunteers and muscular dystrophy warriors walking on the Ridge**





**A muscular dystrophy warrior presenting a dance on a Bollywood song**



**A group photograph of all the participants on the Ridge Shimla**





**All the participants posing for a photograph**

**June 05, 2022**

### **Picnic with IAMD**

On June 05, 2022, a picnic was organized by IAMD Centre Jatoli for muscular dystrophy warriors. A total of 6 Shoolini volunteers went with Muscular dystrophy warriors for this picnic. At 9M in the morning, two buses and some cars full of muscular dystrophy warriors and their guardians along with IAMD staff started from Manav Mandir. All of them reached at picnic



location near Giripul in next 50 minutes. As everyone got off the vehicles, refreshments were served. After this, some fun and games followed by singing and dancing were organized. A session on singing and dancing was also organized which everyone enjoyed very well.

**Number of students participated: - 06**





**Musical Chair being played by all the participants**

**August 08, 2022**

### **Manav Mandir Visit on “Happiness Happens Day”**

On August 08, 2022, which is also celebrated as “Happiness Happens Day” The day encourages happiness all day. Recognize every moment of glee, joy, delight, and pleasure.

Don’t let it pass. Most importantly, a flicker of a giggle should be given its due, and should it blossom into full-blown happiness, don’t be surprised. It happens! The Secret Society of Happy People is an organization that was founded in August of 1998 and formed to celebrate the expression of happiness. Society encourages members to recognize their happy moments and think about happiness in their daily life. They have two motto’s which include “Happiness Happens” and “Don’t Even Think of Raining on My Parade.” Their purpose is to stimulate people’s right to express their happiness.

On the evening of August 08, 2022, volunteers from Shoolini University went to Manav Mandir with an idea to spread happiness. A group of 18 volunteers took some gifts with them. The team of volunteers was a mix of some talents such as singing, dancing, comedy and tattoo making. The evening started with an introduction of Shoolini University by Asavri in front of the Muscular dystrophy warriors and their guardians. After this, volunteers Yogi and Nihit started the singing session followed by patriotic and Bollywood song singing by volunteer Diya. Following this, “Guess the Riddle” game was conducted by volunteers Brijnandan & Shreya which all the participants found very interesting. After this volunteer Sneha Majumdar did tattoo making for the interested children and people. A number game named as “Tambola” was also played for which winners were given prizes. Following this, volunteers Sibiraj and Jiya narrated the story “Tale of Hope”. After this, Manav Mandir Co-founder Mr. Vipul Goyal sang

a song and thanked Shoolini volunteers for their continuous contribution to muscular dystrophy centre. At the end of the activity the refreshments were served.

Total number of students participated: - 18



**Nihit & Yogi presenting some entertaining songs**





**Volunteer Diya presenting patriotic and Bollywood songs**



**A volunteer sharing her experiences with muscular dystrophy warriors at IAMD**



**Volunteers Sibiraj & Jiya narrating the story “Tale of Hope”**



**Volunteer Mansi telling a story to the audience at Manav Mandir**





**Volunteer Sneha Majumdar painting tattoos on the wrists of people and children**



**A group photograph of all the volunteers and participants at Manav Mandir**

**August 26, 2022**

**IAMD Visit by Shoolini Volunteers**

Volunteers from campus visited Manav Mandir on August 26, 2022, to spend some quality time with the patients of muscular dystrophy and their families. The event started with the anchors giving an introduction about the university and the objective of being there. This was followed by an enthralling program of poetry songs and dances. A variety of games were also organised for the children. The entire event was much appreciated by everyone as it broke the monotony of the routine of the patients as well as their families.

**Number of students participants: 19**



**Volunteer Shreya anchoring the cultural evening at Manav Mandir**





**Shoolini volunteer giving chocolate to a kid at IAMD centre**



**Volunteer Aishwarya presenting a cultural dance at IAMD centre**



**A photograph of volunteers captured during a game**





**A group photograph captured at the closing of the cultural evening**

**September 27, 2022**

**Visit to Manav Mandir**

To celebrate the auspicious days of Navratri twenty-five volunteers visited MM on September 27, 2022. The students were welcomed with tea and snacks. The patients visiting Manav Mandir for treatment were mostly children with their families. The volunteers put up an excellent show of songs, dances, and riddles while Diya and Tushar anchored the evening. The highlight was the Garba which the volunteers had prepared specially for this meeting. A round of musical chairs played in a different way to involve the children was a big hit. **Total number of participants: - 25**



**Two of the volunteers presenting a dance performance**



**DSW Mrs. Poonam Nanda interacting with children affected by muscular dystrophy**





**Volunteers from Shoolini University presenting a Garba Dance**



**Volunteers and children enjoying Garba Dance**

**October 20, 2022**

**Diwali at Manav Mandir**

Volunteers from Shoolini university visited Manav Mandir for Diwali celebration. Muscular dystrophy warriors and their guardians had come Muscular Dystrophy centre for their therapies. The celebration in the evening started with a show of Ramleela by Shoolini volunteers which everyone enjoyed very well. Volunteers arranged fun and games like Riddles, Passing the Ball, Musical Chair were enjoyed by everyone present out there. The volunteers set up a singing show where everybody got chance to sing. Mr. Vipul Goyal also sang some songs. Sweets and refreshments were distributed among everyone at the end of the cultural show. A total of 24 volunteers volunteered for this activity.

**Total number of students participated: - 24**



**A classical dance being presented by volunteers**





**Volunteers in the role of Lord Rama & Devi Sita**



**A dialogue taking place between Ravana & Sita**





**Volunteers Anoushka & Mitali making tattoos on the wrists of children**



**A photograph of a volunteer making tattoo**



**October 30, 2022**

**Picnic with a purpose**

A dozen of volunteers from Shoolini supported the picnic with a purpose organized by Manav Mandir on October 30, 2022. The students reported at Manav Mandir and helped the patients and their families to settle on the bus. All the members went at a river side which was at an hour's drive from Solan. Everyone enjoyed the drive as they kept themselves engaged in singing. At the venue various games like Passing the Ball, and Damshalaz were organised in which everyone took part with a lot of enthusiasm. The volunteers helped the patients with their lunch and also in moving around. The day ended with a nice hot cup of tea and refreshments for everyone. This picnic brought a feeling of joy and a smile on the faces of muscular dystrophy warriors. **Total number of students participated: - 12**



**A beautiful view of the venue**





**A photograph of a happy young child**





**Participants & volunteers dancing**



**A guardian of a muscular dystrophy warrior sharing her experience**





**A group photograph of all the participants**

**November 01, 2022**

### **A Visit to Manav Mandir**

A visit to Manav Mandir was organised by the volunteers on November 01, 2022. The students who are now familiar with the objective of the visit and the requirements prepared themselves well. The anchors introduced themselves to the children and their parents. They also provided them a brief overview of the university and their association with Manav Mandir. The evening was full of fun and enjoyment as the volunteers sang songs and dance. They played games in which the children could also participate in some manner. It was a delightful evening which ended with a vote of thanks from the management of Manav Mandir towards Shoolini and the volunteers who are always ready for a visit to support the cause of Muscular Dystrophy. **Total number of students participated: - 23**



**Ayush Bahuguna anchoring the cultural evening**



**Musical chair game going on**





**Muscular dystrophy warrior Deeksha with a volunteer**



**Volunteers presenting a dance**



**A volunteer dancing with a muscular dystrophy warrior**





**A volunteer with a child**

**November 10, 2022**

**Visit to IAMD**

On November 10, 2022, the volunteers from Shoolini University spent the evening at Manav mandir will children suffering of Muscular Dystrophy and their families. The small children were kept entertained with song and dance performances by the volunteers. The highlight of the evening was Tombola Games which were played for the first time. The volunteers helped the children, and it was an activity that was greatly enjoyed and appreciated by everyone. Mr Vipul Goel thanked the volunteers for their regular visits which help a great deal in lifting the morale of the children.

**Total number of students participated: - 24**



**Children playing Tambola**





**A muscular dystrophy warrior playing Tambola**



**A muscular dystrophy warrior with his guardian**





**A random photograph of children and volunteers**



**Children playing Tambola**

**November 12, 2022**

**Picnic with purpose**

Volunteers from Shoolini contributed the picnic with a purpose organized by Manav Mandir on October 30, 2022. The students reached Manav Mandir in the morning and helped the patients and their families to settle into the bus. All the members went at a river side which was at an hour drive from Solan. Everyone enjoyed the drive as they kept themselves engaged in playing Antakshari. At the venue, various fun & games were organised in which everyone took part with a lot of enthusiasm. The volunteers helped the patients with their lunch and also in moving around. The day ended with a nice hot cup of tea and refreshments for everyone. This picnic brought a feel of joy and a smile on the faces of muscular dystrophy warriors.

**Total number of students participated: - 11**





**A muscular dystrophy warrior singing**



**A random photograph of a child & volunteer**



**November 18, 2022**

**Visit to Muscular Dystrophy Center**

Eighteen volunteers of Shoolini University visited Manav Mandir Solan on November 18, 2022. The evening started with Mr. Vipul Goyal sharing his life journey of fighting muscular dystrophy and establishing the IAM:D Centre, Jatoli Solan. Mrs. Nanda shared her journey of being associated with IAM:D for so many years and shared how social work at Manav Mandir has groomed volunteers of Shoolini University. After this cultural evening started with the songs, comedy, and dance performances of Shoolini volunteers. This was the first experience of many of the new students. Shoolini volunteers had prepared various songs and dances for the children who had come for their physiotherapy to the Centre. Family members who accompanied the patients, also participated, and enjoyed the activities. The management of Manav Mandir appreciated the efforts of Shoolini volunteers for their regular visits to the Centre and spending time with muscular dystrophy.

**Total number of participants: - 18**



**DSW Mrs. Poonam Nanda addressing the audience**



**Volunteer Mridul presenting a song**



**A picture of Passing the Ball game**





**Volunteers talking to a child**



**Children enjoying a dance being performed on the stage**

**December 16, 2022**

### **Christmas Celebration at Manav Mandir**

It was a different celebration as volunteers got together to celebrate Christmas with the children who had come to MM for their treatment. Armed with a beautiful tree Christmas decoration, chocolates, and a Santa Claus the students ensured that everyone present at MM had a great time. The entry of Santa was also meticulously planned which thrilled the little children. A book reading of his self-authored book on Muscular Dystrophy was done by Sibiraj. Songs, dances, and games were an integral part of the whole show. It was a day that livened up the lives of the children and their families. Refreshments were served at the end of the event. **Total number of students participated: - 22**



**Mr. Vipul Goyal talking about the journey of IAMD**





**Santa distributing sweets**



**A photograph of volunteers and muscular dystrophy warriors**





**A group photograph captured at the end of the celebration**

**May 08, 2022**

### **World Red Cross Day- Care & Share Centre Visit**

World Red Cross Day, also known as Red Crescent Day, is celebrated on May 8 every year. This date marks the birth anniversary of Henry Dunant, who is the founder of the International Committee of the Red Cross (ICRC). He is also the recipient of the Nobel Peace Prize. He was born on May 8, 1828. It is an annual celebration of their principles. The day is celebrated by the Red Cross society across all the countries. It works for the welfare of people. The World Red Cross Society provides for food shortages, natural disasters, wars as well as diseases and epidemics. This year on this day, Shoolini University and Red Cross





Society Solan collaborated to do an activity at Care & Share Centre Solan. Care & Share Centre Solan works for Old Veterans of in and around the Solan towns whose family members do not live with them in the same city or who have gone abroad. This is of great help for old age people because they get family kind of and a friendly atmosphere at this centre. The activity started with formal introduction to Red Cross Society by Red Cross Solan President. Following this, volunteers from Shoolini University conducted some wonderful singing, riddle, fun & games activities for all the people present there. Everyone at Care & Share Centre enjoyed this activity very much. The winners of the activities were given prizes. Red Cross Society members and Care & Share members appreciated the efforts of Shoolini University volunteers.

**Number of students participated: - 21**



**Winners of the activities receiving their prizes**



**Group photograph of Red Cross and Care & Share members with Shoolini Volunteers**

**August 07, 2022**

**Visiting Noida to offer mental health support to cancer patients as an initiative by Shoolini University**

Dean Student Welfare Mrs Nanda was invited to PGI of child health Noida as a special guest to the paediatric oncology ward. Almost 50 children suffering from various types of cancer were admitted there. The team spoke to the parents and motivated them to send the children back to school once they recovered. The parents were assured that their children would soon be well and must be allowed to pursue their dreams. The team sang and danced with the children and had an engaging story telling session. The day ended with refreshments and distribution of gifts that really lit up the faces of the young ones.

**Total number of participants: - 2**



**Little children filled with joy as they were gifted Tiranga flags**





**A photograph of the children attending the event**





**Joyful children with Tiranga flags in their hands**



**August 13, 2022**

**Visit to Cancer Ward at IGMC, Shimla as an initiative by Shoolini University to provide Mental Health Support**

Volunteers of YouWeCan at SU have been very active in spreading awareness about cancer visiting hospitals and motivating patients. On August 12, 2022, 25 volunteers accompanied by the DSW team visited the cancer ward of IGMC Shimla.

The students met HOD, Dr. Manish Gupta, and had an excellent interaction with him. After that, the students visited the cancer ward and spoke to the patients and attendants. The patients were happy to talk and share their concerns. Even in the ward of chemotherapy, the students were received very warmly. The students carried small gifts for each patient with a motivational quote. The visit to the pediatric ward became quite emotional as it was a hard sight to see children suffering. The students came back wiser; they felt that reaching out to people in distress is something we all need to do.

**Total number of students participated: - 25**



**Dr. Manish Gupta encouraging volunteers to be good human beings**



**Volunteer Priyanshi Jain posing for a photograph after gifting a gift pack to a patient**





**Volunteer Vaidehi talking to a cancer warrior at IGMC Cancer Ward**



**Volunteers Shubb & Bhavna getting a photograph captured with a cancer warrior**



**Volunteer Tushar posing for a photograph with a cancer warrior after giving her a gift**





**DSW Mrs. Poonam Nanda talking to the mother of a cancer warrior at Children's Cancer Ward**





**A group photograph of the volunteers captured Near IGMC Shimla**