

75TH INDEPENDENCE DAY CELEBRATION AT MGMIHS 2022



MGM SCHOOL OF BIOMEDICAL SCIENCES

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A++" Accredited by NAAC

Email: sbsnm@mgmuhs.com / Website: www.mgmsbsnm.edu.in

On the special occasion of 75th Independence Day, MGM School of Biomedical Sciences had organized an event with great enthusiasm and patriotic fervor that celebrates the spirit of freedom and happiness in the mark of a free Independent Indian Nation.

Organized by student council

DAY – 1

(12TH AUGUST)

VENUE : RHYTHM-MGMIHS

On day one various event including elocution, singing solo as well as group and dancing solo as well as group the cultural events audition took place at MGM Rhythm Academy – MGMIHS for singing (solo, group and consolation) and dancing (solo, group and consolation) by director Mr. Pramod Sarkate and Mr. Swaraj Sarkate Associate of Director Rhythm, the selected participant's performed on 15th August.



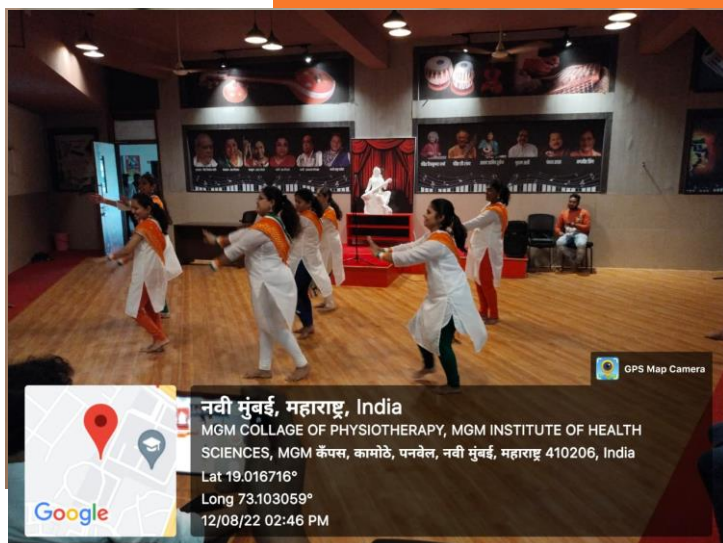
Sr. No.	Event	Name of Student	Song / Topic
1	Elocution	Sanmathipriya Naidu (2 nd Sem B. Optometry)	Unsung heroes of Independence
2	Singing (Solo)	Aabida Shaikh (2 nd Sem B.Sc. MRIT)	Teri Mitti me Mil Jawa
3	Singing (Group)	<ol style="list-style-type: none"> Vaishnavi Kulkarni (1stYr M.Sc. Medical Genetics) Tejaswini Tajne (1stYr M.Sc. Medical Biotechnology) Pooja Jaiswar (6thSem B. Optometry) Tanvi Gadpayle (6thSem B.Sc. MRIT) 	Luki Chhupi
4	Dance (Solo)	Samiksha Khandagale (2 nd Sem B.Sc. MRIT)	Des Rangeela
5	Dance (Group)	<ul style="list-style-type: none"> Amita Kirar (1stYr M.Sc. Medical Biotechnology) Namrata Trivedi (1stYr M.Sc. Medical Biotechnology) Sejal Manodara (3rdSem B.Sc. MRIT) Sonali (B.Sc. Optometry) Mansi (B.Sc. Optometry) 	Song Mash-up: Vande Mataram (ABCD), Challa (URI)

TOUR DE FORCE

The event took place very smoothly and everyone seemed super excited and competitive to get selected for the final day event.



Final selected performances were announced the next day.



DAY – 2

(13TH AUGUST)

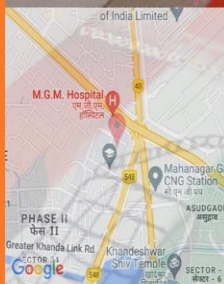
VENUE – MGMSBS - MGMIHS

On this day, events started at 10 am and continued till 4 pm.

Time	Event	Name of Student	Song / Topic
10.00 am to 10:30 am	Essay Writing	Samiksha Khandagale	Vision India: 2050 or Achievements of India after 75 years of independence
		Aarti Misal	
		Harshada Sawant	
		Sanmathipriya Naidu	
		Shahida Khan	
	Drawing	Aarti Misal	Patriotism
		Anagha Mhatre (B.Optomety Intern)	
		Pooja Waghela (2 nd Yr MSc Med Genetics)	
10.30 am to 11:00 am	Elocution	Sanmathipriya Naidu (2 nd Sem B. Optometry)	Unsung heroes of independence
		Supriya Tiwari (3 rd Yr B.Sc. CCT)	
		Shabana Sultan (6 th Sem B.Sc. MLT)	
		Kiran Kakade (3 rd Sem B.Sc. OTAT)	How we got Independence? India Today
11.00 am to 11.30 am	Singing (Solo)	Aabida Shaikh (2 nd Sem B.Sc. MRIT)	Teri Mitti me Mil Jawa
		Parthapratim Malakar (2 nd Sem B.Sc.)	Ae Watan (Raazi)
	Singing (Group)	• Vaishnavi Kulkarni (1 st Yr M.Sc. Medical Genetics)	Luki Chhupi
		• Tejaswini Tajne (1 st Yr M.Sc. Medical Biotechnology)	
		• Pooja Jaiswar (6 th Sem B. Optometry)	
		• Fardeen Khan • Sujit Achukumar • Parthpratim Malakar	
11.30am to 12.30pm	Dance (Solo)	Samiksha Khandagale (2 nd Sem B.Sc.MRIT)	Des Rangeela
		Sejal Manodara (3 rd Sem B.Sc. MRIT)	Sandese aate hai (Female)
		Saadia Thakur	Des Rangeela mash-up
		Sakshi Nivangune (1 st Sem M.Sc. Med.Biotechnology)	Salaam India mash-up
	Dance (Group)	• Aarti Misal (2 nd Sem B.Sc. MLT) • Harshada Sawant (2 nd Sem B.Sc. MLT)	Mash-up: India wale, Sabse aage honge Hindustani
		• Sejal Manodara (3 rd Sem B.Sc.MRIT) • Sonali Surve (M. Optometry) • Rutuja Chandane (M. Optometry) • Saadia Thakur (B. Optometry)	Song Mash-up: Vande Mataram (ABCD), Jagga Jeetiya (URI), Jai Ho (Slumdog millionaire)



Time	Event	Name of Student	Song / Topic
2.00 pm to 4:00 pm	Rangoli (student)	Aarti Misal (2 nd Sem B.Sc MLT)	Independence Day
		Sejal Manodara (3 rd Sem B.Sc MRIT)	



Unnamed Road, MGM Campus, Kamothe, Panvel, Navi Mumbai, Maharashtra 410206, India

Navi Mumbai
Maharashtra
India

2022-08-13(Sat) 03:34(pm)

29°C
84°F

RANGOLI



Navi Mumbai
Maharashtra
India

2022-08-13(Sat) 03:35(pm)

29°C
84°F

Participants made colourful , beautiful and creative rangolis patterns to initiate a festive ambience. It was a theme based rangoli competition in order to develop the skills of aesthetics, imaginative and innovation among the participants and on the basis of that selections were done.

DAY – 3

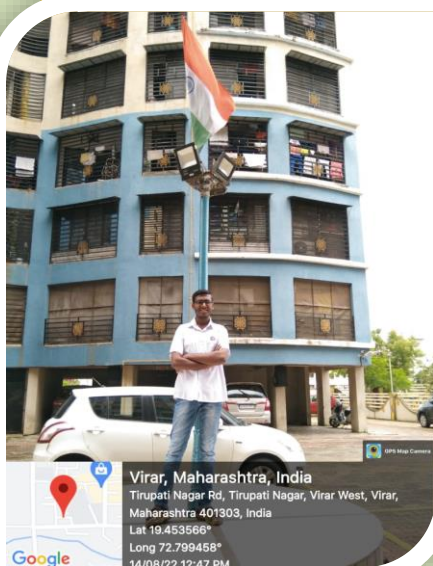
(14TH AUGUST)

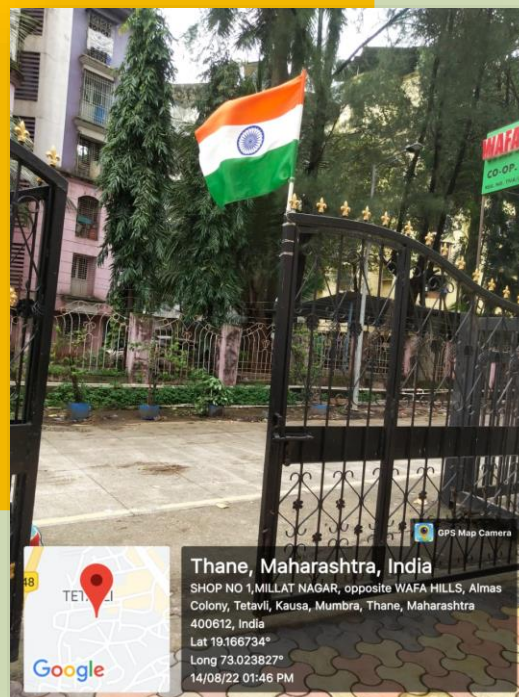
VENUE: RESIDENCIES OF STUDENTS AND FACULTIES OF MGMSBS

Wholesomeness and patriotism was seen among people

SR.NO.	Event	Name of Student
1	Har Ghar Tiranga	All students and faculty from MGM SBS







FINAL DAY

(15TH AUGUST)

VENUE – MGM CAMPUS, MGMIHS, NAVI MUMBAI

On this day, events by 7.30 am and continued till 11.00 pm. At the entrance, there was a beautiful rangoli. in the presence of a gleeful gathering, flag hoisting was done. Cultural activities such as all the final performances for singing, and dancing took place smoothly. Under the new planet service unit plant saplings were planted to promote green India. The event ended on a good note.

Placards of Independence Quotes

Characters of Freedom Fighters:

1. Juwairiyya Dadarkar – Begum Hazrat Mahal
2. Parthapratim Malakar – Subhash Chandra Bose
3. Shrushti Chande – Kamladevi Chattopadhyay







288HCHQJ, MGM Campus, Karolithe, Parnvi, Navi Mumbai, Maharashtra 410206, India

Navi Mumbai
Maharashtra
India

27°C
81°F

2022-08-15(Mon) 08:20(am)



288HCHQJ, MGM Campus, Karolithe, Parnvi, Navi Mumbai, Maharashtra 410206, India

Navi Mumbai
Maharashtra
India

27°C
81°F

2022-08-15(Mon) 08:24(am)



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**INTERNATIONAL YOUTH
CONFERENCE**



MGM SCHOOL OF BIOMEDICAL SCIENCES

MGM Institute of Health Sciences

Deemed to be university u/s3 of UGC ACT 1956

NAAC Accreditation A++



INDIA YOUTH CONFERENCE
**Rising with
KINDNESS**
INTERNATIONAL YOUTH CONFERENCE
12th – 14th August 2022
Organized by
heartfulness
advancing with kindness

Knowledge Partner



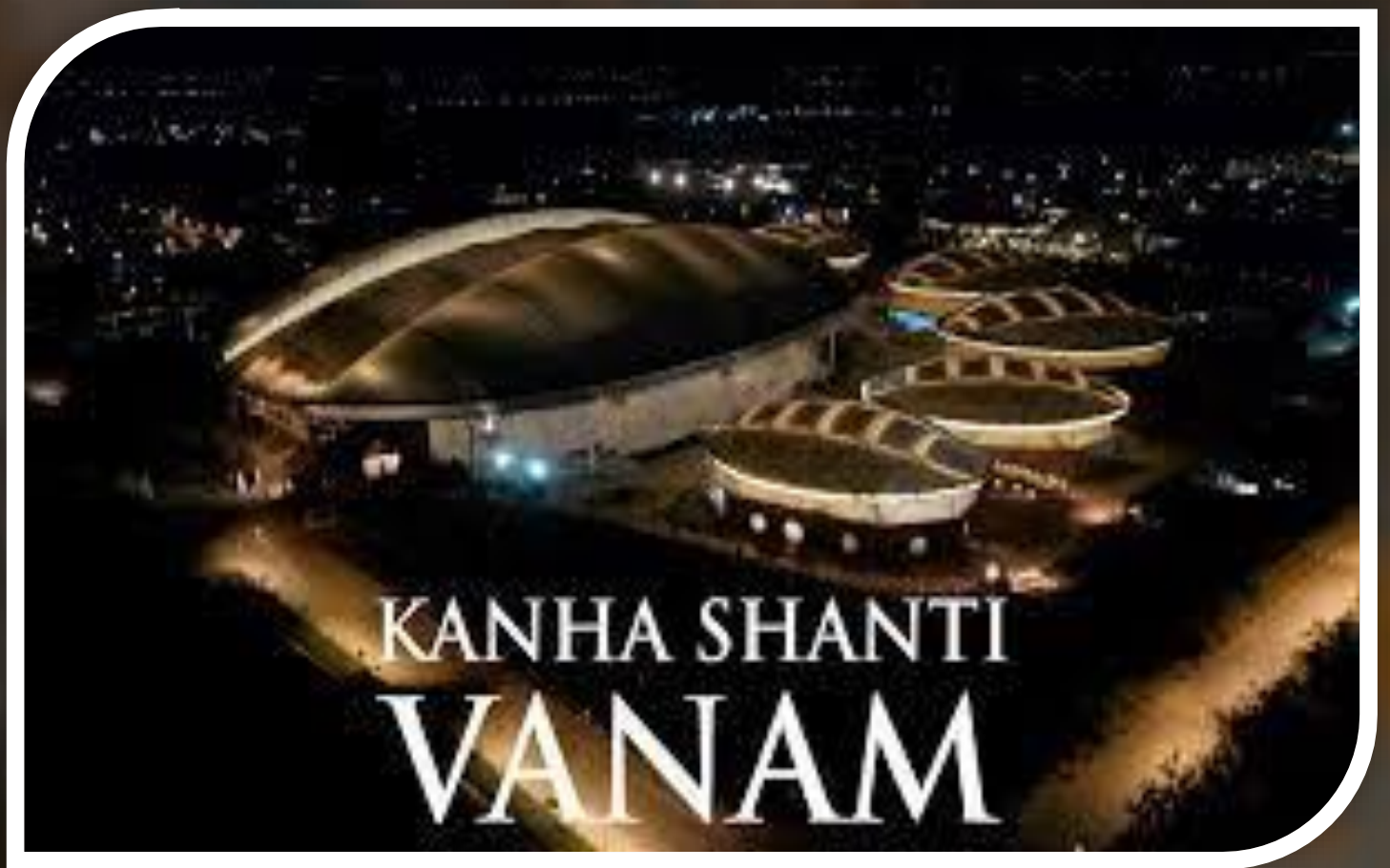
In Association With



Supported By



300+ students of MGMSBS,
MGMIHS, Navi Mumbai &
Aurangabad attended the
International Youth Conference “
Rising with Kindness”



“Rising with Kindness”

Located near Hyderabad, India.

“Kanha Shanti Vanam is a modern village that is being nurtured as a place for socially, ecologically, and spiritually conscious living”

rising with
Kindness

heartfulness
advancing in love

Knowledge Partner



International Youth Conference
12-14th August @Kanha Shanti Vanam, Hyderabad

In association with



Join us for the
#RisingWithKindness
INTERNATIONAL YOUTH CONFERENCE



Kamlesh Patel (Dean)
Global Guide,
Heartfulness Institute



Dr. Anantha Duralappah
Director,
UNESCO MGIEP



P V Sindhu
World Champion,
Badminton Player



Pullela Gopichand
Chief National Coach,
Indian Badminton Team



J D Lakshminarayan IPS
Former CBI Director
and Additional Director
General of Police, Mumbai



Dr. Tejaswini Manogna
(MD Pediatrics), Miss
India Earth, India's Best Caster
(Army, Airforce & Navy)



Tanya Maniktala
Indian Actor



Ricky Kej
2 Time Grammy Award
Winner & UNESCO MGIEP
Kindness Ambassador



Rajendra Singh
Waterman of India,
Indian Water
Conservationist



Vandana Shiva
Indian Scholar and
Environmental Activist



Kiran Bir Sethi
Founder, Design for
Change Foundation and
The Riverside School



M Srinivas Rao
CEO, T Hub, Telangana



Radhika Ghai
Co-founder,
Kindlife.in



Joshna Chinappa
Indian Professional
Squash Player



Rishabh Shah
President and
Founder, IMUN



Ananya Rao
Consultant Climate Change,
UNESCO MGIEP



Nirmala Mehandale
President, The World
Kindness Movement and
Founder, Trustee,
Kindness Unlimited



Shobhit Mathur
Co-founder and Dean,
Rashtram School of
Public Leadership



Alina Alam
Founder and CEO,
Mitti Cafe



Malika Reddy
Founder,
Cancelled Plans



Kuany Kilir Kuany
Project Officer,
UNESCO MGIEP



Venkatesh Murthy
Founder and Chief
Mentor, Youth For Seva



Ammaarah Martinus
Senior Programme
Officer, UNESCO MGIEP



Sadam Hanjaban
Founder and CEO,
Ya_Ali



Anuradhev Rao
Director,
Orient BlackSwan



Khadija Rahman
Director and Trustee,
(A.R Rahman Foundation),
Musician



Vani Kola
Founder & Managing
Director, Kelsari Capital



Punit Lalbhai
Executive Director,
Arvind Ltd

Supported By



Gandhi Smriti and Darshan Samiti, New Delhi
गान्धी स्मृति एवं दर्शन समिति, नई दिल्ली

Co-Sponsors



Main Sponsors



Day 0 : Arrival + Orientation

6 to 7:30 PM

Welcome & Orientation | Main Meditation Hall
Dr. Nivedita Shreyans (Convener of the event)

7:45 to 8:30 PM

Dinner | Main Dining Hall/North block Dining Hall

Day 1 : Kindness towards self

6:30 to 7 AM

Heartfulness Yoga | Main Meditation Hall
Taught by Heartfulness & IYA certified Yoga instructors.

7 to 8:30 AM

Breakfast | Main Dining Hall/North block Dining Hall
Meditation with Daaji + Inaugural Ceremony
Hon'ble Shri. KTR (Minister, Telangana) Dr. Anantha (Director, UNESCO MGIEP)
Beloved Daaji Ms Grace Moore Khatija Rahman (Director, A R Rahman Foundation)
Ammaarah Martinus Ms Grace Moore Gopichand Pullela (International Badminton Coach)

8:30 to 11 AM

Science of Kindness | Main Meditation Hall
Dr. Anantha Duraipah
11 to 12 noon
Dr. Snehal Deshpande (Developmental Therapist)

12 to 12:30 PM

Story of You | Main Meditation Hall
Dr. Meenu Tewari,
Asst. Prof, University of North Carolina

12:30 to 1 PM

Brighterminds | Main Meditation Hall
Mr. N S Nagaraj Brighter Minds Youth

1 to 2:30 PM

Kindness Workshops (choose one)
A better YOU for a better India
J.D. Lakshminarayana
(Former CBI Joint Director)

2:30 to 4 PM
Heartful Campus*
(Main Meditation Hall)
Dr. Nivedita Shreyans
Mr. Ramesh Krishnan

4 to 5 PM

Lessons from Sports | Main Meditation Hall
Olympian PV Sindhu International Champion Joshna Chinnappa

5 to 7 PM

Kanha Exploration | Main Meditation Hall
Capt. Vineet Ranawat (Ashram Manager)

7 to 8 PM

Dinner | Main Dining Hall/North block Dining Hall
Heart to Heart with Daaji | Main Meditation Hall
Beloved Daaji Pragya Mishra

8 to 9:30 PM

Day 2 : Kindness towards others

6:30 to 7 AM

Heartfulness Yoga | Main Meditation Hall
Taught by Heartfulness & IYA certified Yoga instructors.

7 to 8:30 AM

Breakfast | Main Dining Hall/North block Dining Hall

8:30 to 9:30 AM

Meditation with Daaji | Main Meditation Hall
Beloved Daaji

9:30 to 10:30 AM

Morning Plenary (Individual Talks) |
Main Meditation Hall
Hon'ble Meenakshi Lekhi (Minister of Culture) Dr. Venkatesh Murthy Ricky Kej
Rishabh Shah (Entrepreneur, Founder I.I.M.U.N. Youth Icon)

10:30 to 11 AM

TED style youth keynotes | Main Meditation Hall
Alina Alam, Mitti Cafe Saddam Hanjibam, Ya Ali Mamata Venkat, Heartfulness

11 to 11:45 AM

Kindness through Entrepreneurship (Panel Discussion)
Main Meditation Hall
Ms. Vani Kola MD, Kalaan Capital Ms. Radhika Ghai, Founder, Kindlife.in Mr. Suresh Raju, President, TIE Hyderabad

12 noon to 1 PM

Kindness Workshops (choose one)
Heartful Campus* (Main Meditation Hall)
Sudendra Kulikarni MGIEP SEEK Top Conference Hall Shane

1 to 2:30 PM

Kindness Workshops (choose one)
Heartful Campus* (Main Meditation Hall)
Liz Kingsnorth Teja Reddy Rishabh Shah Karish Suraj Sehgal

2:30 to 3 PM

Kindness Workshops (choose one)
Heartful Campus* (Main Meditation Hall)
Liz Kingsnorth Teja Reddy Rishabh Shah Karish Suraj Sehgal

Lunch | Main Dining Hall/North block Dining Hall
Ammaarah Martinus Ramesh Krishnan (Dir. Heartful Campus) Arudra Rao



The Schedule...

4 to 5 PM	A suitable friend Main Meditation Hall Tanya Maniktala Interviewed by Kritika Krishna
5:15 to 7:30 PM	Kindness Concert South Dining Hall Double-Grammy Award Winning Ricky Kej and Troupe
7:30 to 8:30 PM	Dinner Main Dining Hall/North Dining Hall
Day 3 : Kindness towards nature	
6:30 to 7 AM	Heartfulness Yoga Main Meditation Hall Taught by Heartfulness & IYA certified Yoga Instructors.
7 to 8 AM	Breakfast Main Dining Hall/North block
8 to 9 AM	Plantation with group of colleges & Dignitaries Vandana Shiva (Gandhi of Green) Rajendra Singh (Waterman of India) Saravanan Dr. Ramakantha (Director, Forest by Heartfulness) Gowtum Ananya
9:15 to 11 AM	Morning Plenary Main Meditation Hall Beloved Daaji Vandana Shiva Rajendra Singh Kiran Sethi
11 to 11:30 AM	Panel: Kindness Towards Nature Main Meditation Hall Dr. Ananya S.Rao Mr. Anil S.G Mallika Reddy Consultant UNESCO MGIEP CEO, Samunnati (Founder, Cancelled Plans)
11:35 to 12:05 PM	Kindness through Entrepreneurship Main Meditation Hall Mr. Punit Lalbhai Mr. Sangeeth Ms. Vani Kola Executive Director, Arvind Director, Forests by Heartfulness MD, Kalaari Capital
12:05 to 1:30 PM	Lunch Main Dining Hall/North block Dining Hall M.Srinivas Rao, CEO, Thub Ms. Radhika Ghai, Founder, Kindlife.in Mr. Suresh Raju, President, TIE Hyderabad
1:30 to 3:30 PM	Kindness Workshops (choose one) Heartful Campus* (AICTE Module) MGIEP SEEK Shane (UNESCO) Liz Kingsnorth Master Trainer Dr. Nivedita Shreyans Ramesh Krishnan Dr. Shobita Rao
3:30 to 4 PM	Youth Kindness Pledge Main Meditation Hall
4:30 to 5 PM	Closing Ceremony with Photo-ops (Certificate distribution) by Dr. Nivedita Shreyans (Convener of the summit)
7 to 8 PM	Departure via own transportation or Transport desk. Dinner Main Dining Hall/North block Dining hall

*Compulsory to attend for AICTE Certificate



The Schedule...

THE BEGINNING

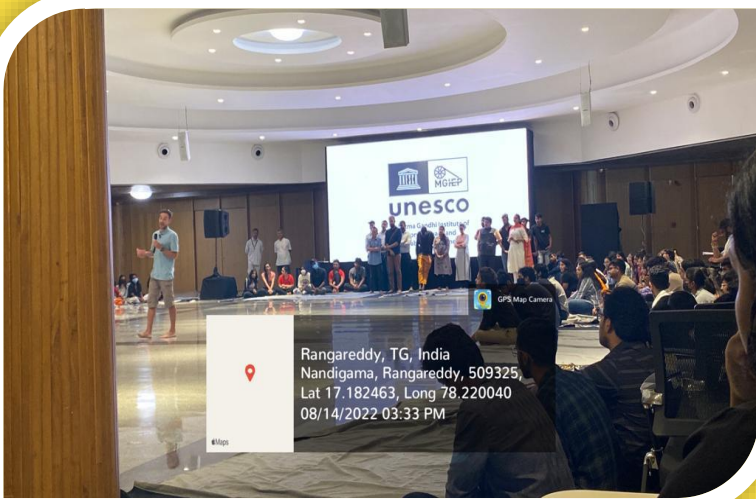




Day 1 (12 August)
Kindness towards self



Day 2 (13 August)
Kindness
towards others



Day 3 (14 August)
Kindness
towards nature



Final Day (15 August)



The Independence
Day Celebration

**JOURNEY THROUGH A SMALL PIECE OF
HEAVEN IN THE HEART OF EARTH:
“KANHA SHANTI VANAM, INTERNATIONAL
YOUTH CONFERENCE, HYDERABAD”**

From passing through the heavy downpour and meeting the burning sun, we finally enter the heartfelt ambiance of Kanha Shanti Vanam, Hyderabad to attend the ‘Rising with Kindness, International Youth Conference. The perfect taste of cold with the pinch of heavenly peace was the best medicine a tired soul could desire. Our welcoming was everything we wished for after the tiring journey. The comfort of beds, the taste of food in the heart of nature, and helping souls doing their best to make us feel at home was everything we wished for, lastly, the meditation on day zero was like cheery on the top.

Living an unscheduled life changed in a blink of an eye when on the first day of the conference we woke up early morning at 4.30 am and took steps towards the yatra garden. The birth of a new day, and a new journey started here. Hugged by the nature with arms open wide, kissed by the wind as we take a pause to feel the peace, and the relaxing music that the birds sang for us made us feels as if our soul is at the most mesmerizing moment and there is no life apart from this far away in the place of chaos.

Who's ever seen what heaven would feel like, but we saw a glimpse as we took slow steps in Yatra Garden. From the small snails that would have passed out of notice, to the changing colors of trees, plants, flowers, and tiles everything took a breath away. The garden depicts the spiritual journey through the energy chakras in the human system. The aura of each chakra was questioning, how come a place this simple can erase every existing problem, every thought of worry, and bring bundles of peace. As the journey continued and we reached the last chakra, the Babuji Maharaj Status, we experienced the actual blank state of mind, a peaceful blank there was no thought just a soulful peace and a peaceful soul. The day moved on with the followed Yoga Session, breakfast, meditation sitting with Daaji, inauguration ceremony, Science of Kindness, Brighter minds activity, various kindness workshops, dinner, and the most heartfelt session, heart to heart with Daaji.

The first meditation with Daaji was a beautiful experience, a bit hard to say a reality as we traveled from our conscious state to our subconscious and back with a strength of more than 8k youths and not a single noise except the whistling winds and singing birds. Introduction to kindness from Dr. Anantha, Director UNESCO MGIEP, and ways to inculcate the value of kindness and young children were sessions worth to be noted.

Everyone was awestruck as the kids from the brighter mind's activity surprised the audience with their magical performance. As we moved ahead the youth got more attracted to the various kindness workshops and had dozens of stories to mention about every new thing they learned. The day was called a farewell with a heart-to-heart talk with Daaji where he guided the youth with the most heartfelt words that made a place in our hearts, 'Never forget to express how you feel.'

Continuing with the same morning routine, we had introductory sessions planned with Hon' Meenakshi Lekhi, Dr. Venkatesh Murthy, Ricky Kej, and Rishab Shah. The day continued with various kindness workshops by UNESCO, Heartfulness communication, and Heartful campus where the youths learned about how to understand and talk the language of the heart. The panel talk by Ammaraah Martinus, Ramesh Krishnan, and Arudra Rao created a different hope that could be burned brightly in the upcoming youths.

The 3rd day started as we planted so many lives in the womb of mother Earth, hugged by the soil, kissed by the wind, pampered by the love of water, cherished by the warmth of sunlight, and a thousand soulful prayers said in silence by the youth for their green future. The heroes of day 3 were Rajendra Singh (Waterman of India), Avneesh Tiwari (Youngest Single father), and Alina Alam (Founder of Mitti Café). Their stories were truly heartwarming and inspiring.

The conference gave a final goodbye with a close-down speech and group photo sessions with different institutes present on the campus.

The other spots that caught our eyes were Mega Kitchen working on the autoclave principal and cooking food on steam. The Heartyculture nursery with a variety of plants was a relaxing medicine for tired eyes. Long roads with trees on both sides, the creepers forming chandeliers, the colorful flora, and the benches along with swings made of wooden planks gave us a vision of a wonderland. Of course, how can I forget when Daaji said, 'Creativity takes birth in the womb of a silent heart.'

The place felt like heaven which showed us the true power of meditation. Daaji mentioned in his talk once, 'Meditation gives rise to nothingness, which in turn gives birth to creativity, focused mind, and happiness. Be kind to the thoughts that knock your mind as you lose yourself in the journey of meditation.'

As we gathered the knowledge of kindness, experienced the touch of peace, and hug of relaxation that we collected through meditation, I would like to end this with a few beautiful words, 'Roots of kindness lie in the silent heart, full of reverence.'

NAME: POOJA WAGHELA

M. SC MEDICAL GENETICS,

MGMSBS, MGMIHS,

NAVI MUMBAI, MAHARSHTRA, INDIA.



“As you celebrate this day, always have it in mind that no nation is perfect, it can only be made perfect by me and you”.