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4.3.4 Does your university as a body undertake educational outreach activities (e.g. tailored lectures or demonstrations) beyond campus – e.g. in local schools, in the community, including voluntary student-run schemes?

A Journey Through Wellness: UPES Runway Incubator Visits Himalya Wellness

https://www.linkedin.com/posts/runwayincubator_himalyawellness-inspiringvisit-drfarooq-activity-7127553416465137665-7bpQ/?utm_source=share&utm_medium=member_desktop



UPES Runway Incubator embarked on a captivating journey of wellness with a visit to Himalya Wellness. A group of 35 enthusiastic students and startups from our university were treated to a unique experience that transcended the boundaries of business. The visit began with a captivating exploration of Himalya Wellness' museum. Here, students and startups delved into the company's rich history, immersing themselves in the founder's personal belongings and the stories they tell. It was a journey through time, showcasing the dedication and passion that has fueled Himalya Wellness' success. The highlight of the visit was undoubtedly the engaging interaction with Dr. Farooq, the humble owner of Himalya Wellness. His insightful anecdotes and wisdom resonated deeply with the students and startups. Dr. Farooq's stories offered valuable lessons in perseverance, building a legacy, and the importance of a holistic approach to well-being.

Legal Youth Awareness Campaign

https://twitter.com/MLJ_Gol/status/1699357306935529939 [1]

Under DoJ's NyayaBandhu constituted Pro Bono Club, School of Law, UPES, #Dehradun organized a 5-Day Legal Youth Awareness Campaign from 21Aug'23 to 26Aug'23. PBAs visited different institutions to raise awareness of various socio-legal issues.



Belle II Project

<https://twitter.com/UPESDehradun/status/1656343434074914820> [2]

UPES #SchoolOfComputerScience students excel in Belle II project and are recognized by esteemed universities in the USA. We take immense pride in their outstanding achievements and wish them good luck in all their future endeavors!

UPES

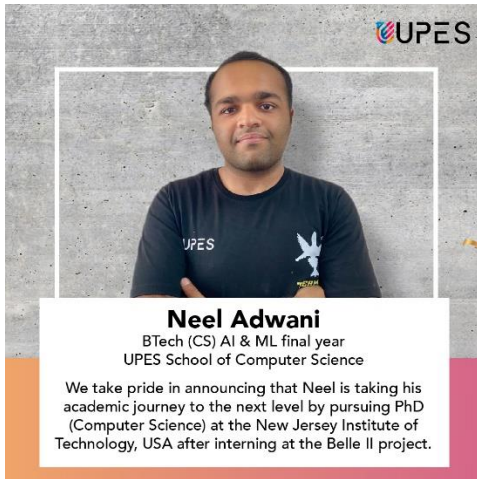
From UPES to USA:
Students from the
#UniversityOfTomorrow
make their mark on
the world stage!

SWIPE TO KNOW MORE >>

UPES

Manikantan Srinivasan
BTech (CS) AI & ML final year
UPES School of Computer Science

With an impressive internship at the Belle II project under his belt, Manikantan is now joining the prestigious MS (CS) program at Northeastern University, USA.

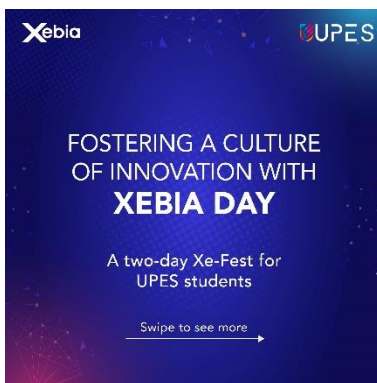


UPES and Xebia offering co-branded programs - DevOps and Big Data

<https://twitter.com/UPESDehradun/status/1635633416497446912> [3]

UPES students showcased their programming prowess through multiple challenges in XeFest, held over two days. This event was held in honour of UPES and Xebia offering co-branded programs - DevOps and Big Data.

Swipe to see the highlights of the event.



World Design Challenge

<https://twitter.com/UPESDehradun/status/1634529110281322496> [4]

UPES is partnering with Algonquin College, Canada via World Design Organisation for the World Design Challenge.


Students from both the schools will put their design skills to the test as they tackle real-world problems.

#StayTuned to know more, begins March 13th.



WORLD DESIGN CHALLENGE 2023

Students of **UPES School of Design** and **Algonquin College, Canada** collaborate to participate in a global design challenge.

 **13th – 27th March**  **Stay tuned!**

[Walking the talk: How UPES is building a better world through its CSR initiatives](https://blog.upes.ac.in/walking-the-talk-how-upes-is-building-a-better-world-through-its-csr-initiatives/)

<https://blog.upes.ac.in/walking-the-talk-how-upes-is-building-a-better-world-through-its-csr-initiatives/> [5]



EKTA KASHYAP · FEBRUARY 22, 2022

UPES volunteers creating a Learnshala at a government school in Uttarakhand as part of CSR initiative

UPES volunteers creating a Learnshala at a government school in Uttarakhand

Building learning centres at government schools, beating period poverty by distributing menstrual cups, and nurturing support staff through a skill development program, are some of the university's upcoming CSR initiatives

The world is interconnected through globalisation. Yet, the benefits and burdens of this phenomenon are not equally distributed among people. The result? Inequality in education, health, and access to resources. The pandemic has further aggravated these deep-seated disparities among the most vulnerable sections of society.

Therefore, it becomes the duty of institutions to work towards building a more equitable and sustainable world as envisioned in the internationally-accepted Sustainable Development Goals (SDGs).

UPES, the 'University of Tomorrow', has always stood at the forefront of giving back to society, especially to the state of Uttarakhand. Continuing to fulfil its responsibility, the university, with a renewed focus, has added a series of initiatives to its extensive list of Corporate Social Responsibilities (CSR). The CSR work will encompass issues such as education, health, safety and women empowerment.

[Nurturing future leaders through learning centres at schools](#)

Government primary schools around UPES have poor infrastructure, which has implications on children's education. It often leads to abysmal learning outcomes.

To make education fun and meaningful for children, UPES is building learning centres known as LearnShalas in four government primary schools: Kandoli, Misraspatti, Donga and Phulsani. These LearnShalas are lively learning spaces made with vibrant colours and engaging learning material. Through these centres, UPES hopes to nurture curious, creative, and critical thinking citizens of the future.

UPES student volunteers will engage children in a variety of learning activities through LearnShalas. They will make the classroom experience interesting and exciting using relevant content and storytelling methods while encouraging a culture of asking questions. The goal is to make learning a joyful experience for the school community, particularly in a language they understand.

Further, UPES will conduct learning camps, especially in Math and Science, through these learning centres. One learning centre at Upper Kandoli village is ready, while others are in the pipeline.

Beating period poverty together

UPES has funded an organisation called DivIn Pro, an impact and strategy-driven BPO managed by women and other marginalised sector professionals, to fill the critical gap of availability of sustainable material to manage menstruation. This project aims to eliminate period poverty, while contributing to sustainable development. The present proposal focuses on benefitting about 1200 women from UPES ground staff and UPES CSR supported and identified villages. The objective is to empower women with menstrual cups and fulfil the basic need for hygienic and safe protection during menstruation.

The direct beneficiaries will include:

Ground staff of UPES and women from identified villages, including Bakarna, Kharakhet, Pulsani, Dhaulas and other menstruators (trans men/non-binary individuals), belonging to underprivileged and vulnerable sections of the society.

Frontline peripheral health workers such as ASHA workers and Auxiliary Nursing & Midwifery/Anganwadi workers will volunteer for the project in their respective areas.

Cup dominant communities produce less menstrual waste and therefore, the environment of these communities is benefited indirectly.

Families of beneficiaries will benefit as they would be saving money spent on pads each month.

Through this project, UPES will create awareness among the beneficiaries to change their behaviour for safe, healthy, and sustainable, hygienic menstrual practices and solutions. Around 1200 menstrual cups (each cup can be reused for ten years) will be distributed to the target population. Training sessions on the usage of menstrual cups will be conducted. It will be succeeded by on-field and telephonic follow-up and beneficiary support through BPO for 90 days (starting from the day of cup distribution).

Supporting staff through UPES Skills Academy

This is a Skill Development Program, which aims to uplift support staff such as security guards and housekeeping staff on campus. As per a survey conducted by the university, the primary requirement of the support staff was Computer skills and English speaking and writing skills. The sessions under the training framework will, therefore, focus on:

- Need for effective communication
- Understanding non-verbal communication
- Learning the etiquettes to greet staff and visitors
- Enhancing endurance during a conflict and resolving the same amicably
- Conveying difficult messages to the audience

The initial batch will comprise 20 trainees. Eventually, the program will be extended to community members from the nearby villages as well. The training will help the support staff to develop a better understanding of their roles and responsibilities, improve their communications skills and personality, understand the importance of teamwork, and learn to write answer applications, emails, messages, and other written communication.

UPES firmly believes that every member of the organisation should have pathways to do better in life. The Skills Academy is focused on working with the support staff to build their capacities and help them for better roles at UPES and elsewhere.

[Improving digital literacy through DigitalDhaam](#)

This program is intended for all teachers, middle school students, homemakers or anyone from nearby villages to learn how to use computers and the internet for various day-to-day functions like accessing information.

[Spreading the joy of giving with DaanUtsav](#)

A book can turn someone's life around; a garment can bring happiness to someone's life. UPES celebrated a first-of-its-kind festival called DaanUtsav where the university's staff and students donated vast amount of clothes, books, stationary, toys, and electronic items, which were distributed to the underprivileged in a nearby slum. UPES will also kickstart a student and staff volunteering program soon.

The CSR initiatives by UPES are an attempt to achieve greater economic, social, and gender equality and tackle the disproportionate barriers that hold the disadvantaged further behind. Ultimately, building a better world will require systemic changes. These initiatives are a step in that direction.

[Experiential learning for students during visits to ISRO, Bharat Dynamics Limited and Skyroot Aerospace](#)

<https://blog.upes.ac.in/experiential-learning-for-students-during-visits-to-isro-bharat-dynamics-limited-and-skyroot-aerospace/> [6]

SHRUTI KHARE · MAY 12, 2023

UPES students at ISRO's Remote Sensing Data Reception Facility

The industrial tour of the Aerospace & Avionics Engineering students to Hyderabad from April 11 to 15 was an incredible experience for all students



UPES students embarked on a trip organised by the Aerospace Engineering department – led by faculty members Dr. Sudhir Kumar Chaturvedi, Dr. Om Prakash, Mr. Ramesh Kumar, and Dr. Geetanjali Raghav – to gain hands-on knowledge of the principles they had learnt in class. The tour included stops at several aerospace firms and research facilities in Hyderabad.

The first day of the visit began with a visit to the Indian Space Research Organization's (ISRO) National Remote Sensing Centre (NRSC). The NRSC is in charge of supplying satellite data to various organisations and institutes in India and throughout the world. The students were given a tour of the centre's activities and facilities, as well as an explanation of the remote sensing technology used to collect and interpret satellite data. The students had the opportunity to meet with the scientists and engineers at NRSC and learn about the applications of remote sensing technology in many sectors.

The second day of the programme included a stop at Bharat Dynamics Limited (BDL). BDL is a public sector undertaking of the Government of India's Ministry of Defence. The corporation primarily manufactures guided missile systems and related defence equipment. The pupils were shown around the manufacturing plant and they experienced the various phases of missile development. The

students also had the opportunity to meet with BDL engineers and learn about the issues they confront during the manufacturing process.

On the third day, the students went to Skyroot Aerospace, a Hyderabad-based business that creates rocket propulsion systems for tiny satellites. The students were given a presentation on the company's numerous projects as well as its future plans. They were also given a tour of the manufacturing plant and had the opportunity to see the rocket engine manufacturing process. The students met with Skyroot Aerospace engineers and scientists, learning about the company's work culture and approach to innovation.



The tour was not just limited to industrial visits. The students also got a chance to explore the city of Hyderabad and its rich cultural heritage. The students went to several historical sites, including the Charminar. The students also sampled the city's food, including the famed Hyderabadi biryani. The Aerospace Engineering students gained valuable knowledge during the industrial tour. They were able to see the actual application of the principles they learnt in class. The visit also gave them an understanding of how the aerospace business works and the issues it encounters. The visit taught the kids the value of innovation and how it propels the industry ahead. The students also had the opportunity to connect with industry engineers and scientists and learn from their experiences.

Overall, it was a wonderful learning opportunity for them. It impressed upon them the importance of innovation to thrive in the fast-evolving digital world.

[German govt awards UPES student for device that plugs oxygen leakage](https://blog.upes.ac.in/upes-student-develops-device-to-plug-oxygen-leakage/)

<https://blog.upes.ac.in/upes-student-develops-device-to-plug-oxygen-leakage/> [7]



PRADEEP JAGWAN · JANUARY 28, 2022

Healthhack award by German Government

Screengrab from the International Health Competition: HealthHack 2021 awards

The metropolitan region of Hanover Braunschweig Göttingen Wolfsburg, Government of Germany, organised the International Health Competition: HealthHack 2021 to tackle various challenges in the healthcare sector. Suraj Singh, a student from UPES School of Engineering, won the prize for designing a device that reduces oxygen wastage and leakage

When the wastage and leakage of oxygen in hospitals became a matter of concern during the second wave of COVID-19, Suraj Kumar Singh, a student at UPES School of Engineering, proposed an effective solution to minimize the wastage, leakage, and misuse of oxygen at all levels and ensure the best utilization of oxygen for patients.

Recognising his innovation, the Metropolitan region of Hanover Braunschweig Göttingen Wolfsburg, Government of Germany, awarded Suraj with a prize money of 750 EUR at the International Health Competition: HealthHack 2021.

HealthHack 2021, the fourth edition in the series, was organised to tackle various challenges in the healthcare sector. The event had 223 participants from 39 countries, 20 submitted projects, three winning teams and an audience award.

The judging was conducted by Kai Florysiak, Management Metropolregion GmbH, Germany; Rifat Fersahoglu-Weber, Chairman of the AWO district association in Braunschweig, Germany; Prof. Dr. Thomas M. Deserno, Deputy Executive Director of the Peter L. Reichertz Institute; Raphael Koßmann, Head of Regional Contracts, Lower Saxony at TK Dirk Engelmann Head of TK State Representation Lower Saxony.

Health hack award 2021

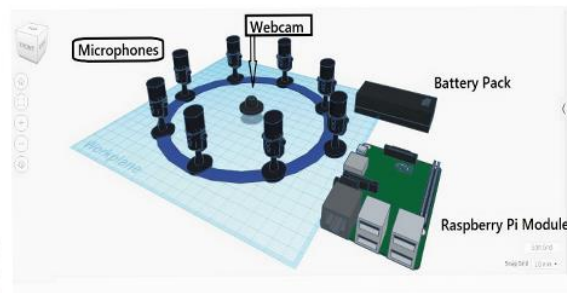
Screengrab from the award ceremony

Talking about the motivation behind building this technology, Suraj said, “The world is going through a severe health crisis, and in today’s era of innovation, the youth can help overcome the challenges posed by the pandemic by being problem solvers and creating solutions.”

“I was watching the news and saw that there was an oxygen gas leakage while transferring from the Capsule Mobile Tank to a hospital in Maharashtra. I wanted to contribute my bit for mitigating the suffering around me. This is when I started brainstorming, read various books and started thinking of a low-cost and productive method that could be implemented immediately,” he added.

Suraj had his eureka moment when he noticed that his household gas cylinder was leaking. “The cylinder was making an audible hissing sound, and I inferred that if the leakage is too low, it would at least generate an ultrasonic noise source that is distinguishable from mechanical noise sources,” he said.

“I decided to design an acoustic camera that can be used to detect the sources of these noises by increasing the number of microphones. I also created multiple layers of wide array microphones to capture the leakage. I aimed to make the leakage (sound of leakage) visible through the coordination of camera and microphone,” Suraj explained.



Oxygen leakage plug device

Suraj conceptualised the design of a Low-Cost High-Sensitivity Acoustic Camera under the guidance of Dr. Rishi Dewan

Suraj conceptualised the design of a Low-Cost High-Sensitivity Acoustic Camera under the guidance of Dr. Rishi Dewan from the Department of Physics, School of Engineering. The equipment can detect Oxygen Leakage Hotspot when the patient is asleep with the oxygen mask as improper placement of mask on the face is the primary reason for oxygen leakage. Also, if the mask is not properly fixed, some amount of oxygen is not inhaled by the patient, and it is wasted. To compensate for the need of the patient, the flow rate of oxygen is increased which further increases the wastage of oxygen.

In addition, the device can also be used in transferring Liquid Medical Oxygen (LMO) from a capsule (mobile tank) to tanks installed in hospitals.

To capture the leakage sound, Suraj used a Dish Antenna to place the large microphones to create a web of microphones, increasing the sensitivity due to its concave shape. The equipment consisted of a camera for capturing the image, a group of digital microphones and a Raspberry Pi Model 3 to measure data from the digital microphones simultaneously and then transfer the data to a desktop post processing.

Suraj said, "I have proposed a 3D Model of the Design. During my research, I found that such devices are used in the Railway organisations in the US and Europe to detect leakage in the mobile tanks that are carried, and the result comes in the form of this image."

"I believe that such technology needs to be worked on urgently to make the device available for immediate use, especially when we are currently in shortage of cryogenic tanks and oxygen is being transferred at a massive scale. When we start questioning the things around us, the quest for learning begins and leads to innovation. I had enrolled myself in the geosciences program but worked on projects from different fields such as aviation, automotive, blockchain, and many others," he added.

Rishi Dewan, Department of Physics, UPES School of Engineering, said, "Nearly four years back in 2017 when I first interacted with Suraj in the classroom, I could easily differentiate him from others due to his technical and innovative approach in academics. He is brilliant in many fields and is known for his do-or-die attitude. During the pandemic when he had put forward his practical solution to tackle the oxygen crisis, I was excited to help and support him. This project seems to be technically sound, commercially viable, and can save human lives during this crucial time."

Awards galore for UPES design project

<https://blog.upes.ac.in/this-upesite-is-making-renting-items-the-new-cool/> [8]

EKTA KASHYAP · MARCH 27, 2023



UPES Design students who designed 'Renteco'

Mentored by experts from IBM and IKEA, a project by UPES design students has won several awards, including the 'The CII Young Designer Award 2022', the D'source DIC-BHU Award hosted by IIT Bombay, and an honourable mention at the Student Service Design Challenge 2022, announced at Barcelona Design Week. The project is essentially a hyper-local renting service, focussing on making college essentials accessible sustainably

A shift in thinking can move mountains. Ishaan Gupta, Kousik Dutta, Lakshya Agarwal, and Aditya Rajput, who have always been curious students, wanted to bring about a change in the world by changing people's mindsets. Their passion to make a difference was not sparked by a single event, but a series of experiences.

So, when they were tasked with designing a new service that would revolutionise the industry, they knew exactly what they wanted to do. They designed 'Renteco' for Student Service Design Challenge, an international competition hosted by Philips Experience Design in collaboration with Service Design College. The global contest aims to celebrate, encourage, and inspire the next generation of designers.

"From the very beginning, we were determined to solve a problem that was both local and global," says Ishaan, a B.Des. student at UPES with a specialisation in User Experience and Interaction Design (UI/UX).

Designed for students, Renteco is C2B2C (Consumer to Business to Consumer) used item hyper-local renting service focussing on making college essentials accessible while taking care of the planet by decreasing waste. They are fully circular, as they rent only used items. After their lifecycle is complete, they dispose of the items with the help of recycling plants and scrap dealers.

Phone and website

Renteco

They all had their unique set of skills and expertise. The task was designing a new service that would push the boundaries of what was possible. And as a team of four highly skilled and motivated individuals, they were determined to make it happen.

Their team was assigned two industry mentors – one from IBM and one from IKEA, who constantly guided them throughout the process.

Talking about his role in the team, Kousik Dutta, a fourth-year UI/UX student says, “I was responsible for the overall documentation, storytelling and had an important role to play in designing the overall service blueprint of Renteco.”

Lakshya Agarwal, a fourth-year Graphic Design student says, “I was mostly responsible for the video documentation and graphic design part of the project.” While Ishaan was responsible for understanding the needs and wants of the target audience, gather data and insights, perform competitor analysis to identify the gaps in the market, and find opportunities for innovation.

Sharing his experience, Aditya Rajput says, “I had an exciting six-month experience working with industry leaders and mentors to design digital experiences, create a viable and profitable business model, and create system maps and mental models. It was a challenging opportunity to push our limits and showcase ourselves on an international stage.”

Given that the project required extensive groundwork, they had regular team meetings daily at 7 am. “We had to start together, discuss everything from the challenges that we faced while doing our tasks to the progress we had made so far. It took six-months of intense hard work to build the final product,” Ishaan recounts.

Their diligence paid off and how! Project Renteco received an honourable mention at the Student Service Design Challenge 2022, announced at Barcelona Design Week. About 90 teams from prestigious universities and schools around the world participated in the competition to create more ‘people-centric, planet-positive’ services.

The project also won India’s most prestigious design award ‘The CII Young Designer Award 2022’ and the ‘D’source DIC-BHU award’, hosted by IIT Bombay in the same year.

How did the team manage to make renting not buying ‘the new cool’ among college goers? Ishaan reveals, “Bringing a change in mindset is always a challenge. Hence, to encourage more renting, we incorporated a fun gamified system that rewards people who return the items in good condition. We made sure that our service appealed to the masses while still being practical.”

[UPES becomes NSS Nodal Centre: What the students stand to gain](https://blog.upes.ac.in/upes-becomes-nss-nodal-centre-what-the-students-stand-to-gain/)

<https://blog.upes.ac.in/upes-becomes-nss-nodal-centre-what-the-students-stand-to-gain/> [9]

[PREETI ANEJA](#) · SEPTEMBER 21, 2020



UPES has added yet another feather to its cap by becoming the Nodal Centre of National Service Scheme (NSS) for Uttarakhand

Since its inception, UPES has made enormous strides in the higher education landscape. It created yet another milestone in its epochal journey recently when it was chosen to serve as the NSS Nodal Centre for all other private universities/colleges in Uttarakhand. UPES NSS will now be a government-funded NSS unit. UPES has received sanction for an NSS team of 250 student volunteers as a fully government-funded NSS unit, in addition to the already existing two units, each with 100 student volunteers in self-financed mode. Not only this, UPES NSS wing would collaborate with the NSS Regional Directorate, Uttar Pradesh and Karnataka, for organising two national programs during the celebration of Fit India Movement under the banner of Ek Bharat Shrestha Bharat.

It is only in 2018 that UPES started its association with NSS and within a short span, it has made a mark for itself in the community service schemes and projects of the state.

UPES started its association with NSS and within a short span, it has made a mark for itself in the community service schemes and projects of the state

Talking about how this accomplishment would benefit UPES students, Dr Shailey Singhal, Programme Coordinator, UPES NSS, says, "Being the nodal centre of NSS for all the private universities in Uttarakhand is a big responsibility and simultaneously an opportunity to connect at the national level. I strongly believe that it will



provide our students an expanded platform for experiential learning and enrich their leadership skills. They will get a chance to contribute towards societal development, helping in their overall grooming."

Reflecting on the reasons that actually helped the team to bag this honour, Prof. Amar Shukla, Program Officer, UPES NSS, explains, "We, at UPES, believe that teaching and learning should go beyond classrooms and students should be nurtured to become future leaders and responsible members of the society and nation at large."

"NSS team at UPES made the most of every opportunity that came their way. The unconditional support from our Vice-Chancellor Dr. Sunil Rai and our registrar Dr. Veena Dutta also encouraged us to aspire higher and deliver," he adds.

UPES NSS has organised a number of activities during the last two years (2018-2020), including blood donation camps, nukkad nataks on road safety, awareness drives on health and hygiene, banking awareness programs in various villages; teaching in primary schools, tree plantations, etc. The team, comprising faculty members like Dr. Shalini Vohra, Dr. Shilpi Agarwal, Deepesh Kumar, Neeti Goyal, Rehan Sheikh and Shambhavi Kurtkoti (student presidents), mentored the teams to ensure timely execution of the planned activities.

UPES NSS has organised a number of activities during the last two years (2018-2020), including blood donation camps, teaching in primary schools, tree plantations, etc.

“Our active contribution helped us in building credibility and faith that eventually led to this big responsibility of nurturing and supporting all the private universities in Uttarakhand and we are indeed looking forward to a lot of good work together,” says Prof Shukla.

Sharing details of their upcoming plans and activities, Prof Ashish Jain, Program Officer, UPES NSS, explains, “The responsibility of being a Nodal Centre of NSS in Uttarakhand is a testimony to the trust in Brand UPES.

As NSS aims at fostering social responsibility, inculcating dedication, commitment to solving social problems and developing a personality through community service, we aspire to take forward the legacy and would be extending the desired nurturing and mentoring to NSS units of other private universities.”



[UPES alumni shine in Bihar Judiciary Examination 2022](https://blog.upes.ac.in/upes-alumni-shine-in-bihar-judiciary-examination-2022/)

<https://blog.upes.ac.in/upes-alumni-shine-in-bihar-judiciary-examination-2022/> [10]



DIANA GEORGE · DECEMBER 16, 2022

UPES alumni Hari Priya and Divyanshu Gupta have cleared the Bihar Judiciary Examination 2022

UPES alumni Hari Priya and Divyanshu Gupta

UPES School of Law graduates Divyanshu Gupta, Hari Priya, and Kartikey Kesarwani describe their journey to success

UPES alumna Divyanshu Gupta (B.A. LL.B. with specialisation in Energy Laws, 2013-18), fresh from his success at the Bihar Judiciary Examination 2022 – he secured 2nd rank – reminisces the day he made up his mind to join the legal profession.

It was the day in 2000 when the Madhya Pradesh government decided to retrospectively stop the salaries of employees in government-aided schools. The decision hit families hard and Divyanshu's father lost about 15 years' worth of salary.

"I grew up watching my family suffer through a financial crisis," Divyanshu says. "I kept my faith alive in the judiciary, continuously hoping and waiting for relief," he adds.

The succour came in 2015 when the Supreme Court set aside the government decree and ruled in favour of the employees.

"That is when I decided to be a part of the judiciary, to contribute towards maintaining this trust the public has in the institution and towards making the justice delivery system swift and efficient," the Bihar Judiciary Examination topper says.

Divyanshu credits UPES with providing him the opportunity to participate in various national and international moot court competitions which greatly expanded his skills repertoire.

"UPES played a constructive role in helping me improve my knowledge and analytical skills," he says. "I was raised in a small town, but the exposure at college boosted my confidence. I befriended bright minds from across the country which greatly changed my cultural and social outlook and trained me to deal with the day-to-day challenges of life," he adds.

Divyanshu, a first-generation lawyer in his family, had a rigorous schedule when it came to preparing for the competitive examination. He moved to Delhi for coaching and succeeded in clearing the Prelims. For the Mains, he decided to go back to his hometown and rely on self-study. His hard work yielded results when he secured Rank 2 in the Bihar Judicial Services this year.

For the last two years, Divyanshu has also been guiding college students and judicial service aspirants to prepare for these exams. He holds pro-bono classes online and wants to create a platform where selected officers and teachers can guide aspirants from socially and economically disadvantaged backgrounds.

Hari Priya's success story is no different. Graduate of B.Com. LL.B. with specialisation in Taxation Laws, Hari Priya secured 117th rank in the Bihar Judiciary Examination 2022.

The UPES alumna also expresses gratitude towards the university for her success and glory.

"My dream of becoming a judicial officer and bringing about change in society is finally coming true," Hari Priya gushes. She attributes her practical training and courtroom learning experiences to the School of Law and advises law aspirants to persevere and exercise patience.

"Patience and perseverance are the keys to success. Above all, the right mindset is a prerequisite to becoming a great judge. Compassion and kindness are added imperatives," she asserts.

She hopes to serve the nation to the best of her abilities and write a book when she can on life inside a courtroom.

Kartikey Kesarwani pursued B.A. LL.B. with specialisation in Energy Laws from 2012 to 2017. He is jubilant about obtaining Rank 31 in the Bihar Judiciary Examination and is keen to bring about social change through his work.

He advises law aspirants to read a lot, be exceptionally organised, maintain a healthy perspective and not be too hard on themselves even if they stand face-to-face with failure.

About his alma mater, he says, “The numerous moot court competitions helped me hone my skills. Our teachers were always available with advice and words of encouragement whenever we needed them. My success wouldn’t have been possible without them.”

STI Forum 2023

<https://twitter.com/DrSKrishnan/status/1654360058854080520> [11]

Co-organised #STIForum 2023 event with @IndiaDST on Community Resilience Resource Centres for Post-Covid Socioeconomic Recovery. Organized an event at #STI Forum on role of Community Resilience Resource Centres for SDGs & post COVID-19 recovery.

Over 100 participants from 40 countries participated in the forum.



UPES takes a step towards supporting adolescent girls

<https://blog.upes.ac.in/upes-takes-a-step-towards-supporting-adolescent-girls/> [12]



EKTA KASHYAP · DECEMBER 15, 2021

Adolescent Reproductive and Sexual Health (ARSH) drive by UPES

ARSH drive in progress

UPES Social Internship Team and student society GS3, in collaboration with an NGO, organised a drive in Than village of Uttarakhand to inform adolescent girls about reproductive and sexual health

In 2020, the World Health Organisation (WHO) released a fact sheet on adolescent reproductive health. The statistics were alarming.

It was found that at least 10 million unintended pregnancies occur each year among adolescent girls. Complications during pregnancy and childbirth were the leading cause of death for 15–19-year-olds globally. WHO further estimated that two-thirds of all sexually-transmitted diseases worldwide occurred in teenagers and people in their early 20s.

According to the International Journal of Gynaecology and Obstetrics, Adolescent Reproductive and Sexual Health (ARSH) forms a major part of the global burden of sexual ill-health. This, unfortunately, is a consequence of a knowledge gap among the youth. Therefore, there is an urgent need to educate adolescents in a safe and healthy environment, where they can freely communicate their concerns.

The ARSH awareness drive

On this matter, UPES Social Internship Team and student society GS3, in collaboration with the Global Organisation for Research, Education, and Development (GORED), organised a drive in Uttarakhand's Than village. The event took place at a government school.

Adolescent Reproductive and Sexual Health (ARSH) drive by UPES

The team created a supportive space to interact with girls of age groups 13-18. They informed them about sexual health and provided them with sanitary kits that were sponsored by GORED.



Talking about how the stigma surrounding the issue hinders discussion, Shramishtha Tomar, Social Internship Officer, Career Services, UPES, said, “ARSH is rarely discussed with the right beneficiaries. It is the fear of the unknown and the stigma surrounding menstruation that prevents young girls from having a dialogue about periods. Through the ARSH workshop, hopefully, we could clear clouds surrounding the topic. As expected, the audience was initially reserved and quiet. However, as the session progressed and we shared our experiences with them, we could notice a significant difference in their demeanour. It ended up being an informative and interactive workshop. We also demonstrated how to use the reusable sanitary kit. I am hopeful that through these sessions, we can also include other genders in the dialogue, and debunk the taboo surrounding menstruation.”

Mani Chaudhary, a first-year student at the School of Design, was grateful to be a part of this drive. She said, “ARSH was a successful event. It was a valuable experience for me to enhance the knowledge of young girls. The sweet and innocent souls of those girls filled my heart with joy. It was an extraordinary experience for me, and I am looking forward to more opportunities like this.”

For Shivani Yadav, Social Internship Officer, UPES Career Services, this was a learning experience. She said, “ARSH was one of the best sessions I had attended and delivered in months. This session taught me how to connect with young girls, debunk the myths, and break the stereotypes. I also learnt how difficult it can be for young girls to talk about healthcare and menstrual hygiene. I tried to put my knowledge into practice.”

Adhering to its values of being a ‘University with a Purpose’, UPES continues to lead the discourse on significant matters that shape society. Such awareness campaigns broaden the students’ mindset and benefit the community at large.

[UPES collaborates with NGOs to celebrate the joy of giving](https://blog.upes.ac.in/upes-collaborates-with-ngos-to-celebrate-the-joy-of-giving/)

<https://blog.upes.ac.in/upes-collaborates-with-ngos-to-celebrate-the-joy-of-giving/> [13]

EKTA KASHYAP · OCTOBER 28, 2021

An NGO displaying products made by the underprivileged at the UPES fair

Spreading cheer among the underprivileged, UPES Social Internship Team in collaboration with Dehradun-based NGOs organised a two-day fair, which displayed products made by orphaned children, marginalised women and promising artists



Sometimes, the biggest changes begin with a simple act of selflessness. Lives can be transformed, and futures built by restoring hope among the most vulnerable. Such deeds are anything but ordinary.

To celebrate the spirit of giving, UPES' Social Internship Team under the Career Services Department organised a two-day fair, wherein Dehradun-based NGOs exhibited their products made by the underprivileged communities. Other attractions included 'Rangoli-making' competition, 'Best-out-of-waste' contest and a 'nukkad natak'.



Image credit: Law student Divya Vasudev

The Diwali Mela was held on October 26 at the Kandoli campus and October 27 at the Bidholi campus. Displayed products included exquisite handicrafts, candles and other gift items.

Products made from waste

Ayurvedic Product

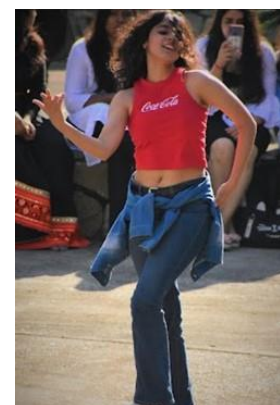


The response of students and faculty was overwhelming as they came out wholeheartedly to support the cause.

A student performing at the 'Diwali mela'; Image credit: Divya Vasudev

BBA LLB student Divya Vasudev was happy that she got a chance to give back to the society and connect with various NGOs. She says, "We need to bring consciousness to remove unconsciousness from within us; we need to bring wisdom to remove ignorance from within us. This can happen if we all help each other in whichever way we can."

Highlighting the intention behind the fair, Kirti Chandani, student of School of Computer Science, says, "The main motive of this initiative was to help less



privileged people and small-scale business by promoting their work. UPES gave a wonderful platform to them for showcasing their work.”

The profits earned were channelized towards social causes of the participating NGOs such as:

- I.D.E.A.L Foundation: Inclusive Development for Education and Learning (I.D.E.A.L) is an initiative formed and led by activists from different spheres of life. It works towards climatic resilience and conservation of environment by focusing on building sustainable societies.
- Building Dreams Foundation: Promoting the social development of disadvantaged children and communities, Building Dreams Foundation serves the deprived sections in India. Their focus areas include food, education, environment and empowerment.
- Him Foundation: The institution was established in the year 2013 to bridge the gap between contributors and the underprivileged. Anybody who wants to help others can freely walk into their centre and discuss the ways in which he/she can contribute towards the cause they care for.
- Shuruwat Foundation: This NGO has been working consistently on some of the most pressing issues of society such as education, environment protection, animal welfare and healthcare. Their list of initiatives includes Shuruwat ki Paathshala that promotes education among the disadvantaged groups; creating awareness on cleanliness and environmental protection among the local residents; supporting street animals by providing them food and shelter; and organising regular events and camps with doctors and health experts to facilitate proper medical help to those who cannot afford to pay for medical facilities.
- Vichar Samiti: This NGO works towards improving ecological, economic, social as well as cultural aspects of the lives of the needy. They aspire to create a model of sustainable, participative development through awareness and social action for overall growth leading to better living standards.

Through such programs, UPES intends to do its part for the community and inculcate among students a sense of compassion. To make the world better, education must be inclusive and equitable and work towards eliminating all forms of discrimination.

[9 engineering projects at UPES that created a social impact](https://blog.upes.ac.in/9-engineering-projects-at-upes-that-created-a-social-impact/)

<https://blog.upes.ac.in/9-engineering-projects-at-upes-that-created-a-social-impact/> [14]

DIANA GEORGE · DECEMBER 22, 2021

UPES School of Engineering students demonstrating drone technology

UPES School of Engineering students demonstrating drone technology

The students of UPES School of Engineering showcased projects on drones, waste management, women empowerment, water security and fire and safety, among others



Students of UPES School of Engineering recently showcased nine highly ambitious flagship projects at five of the University’s adopted villages – Bidholi, Bishanpur, Upper Kandoli, Pondha and Donga. The projects were named Flying Cars, Electric Cycle, Waste Management, Water Security, First Aid, Fire

and Safety, Women Empowerment through Cultivation of Medicinal and Aromatic Plants, Solar Driers and Biochar Bio Briquette.

In his address to the gathering, Vice-Chancellor Dr Sunil Rai thanked the Panchayat and the Gram Pradhans for providing UPES with an opportunity to help the villages. The Dean of the School of Engineering, Professor Gurvinder Singh Virk took the opportunity to explain the projects to the community members and thanked the faculty and the students for undertaking projects which will help the villages.

Flying Cars

Under the Flying Cars project, the students demonstrated drones to the audience to show them how UAVs (Unmanned Aerial Vehicles) can help with community life by transporting materials like medicine and food as well as aiding agricultural activities. The project aims to develop flying cars as a future mode of transport.

Electric Cycle



This project plans to convert ordinary bicycles into electric ones which can be highly useful in hilly and mountainous areas. These cycles come with a chargeable battery system that can last a distance of 20-25 km and recharge while going downhill.

Waste Management



Under this project, the students showed different methods to reduce waste production, such as recycling biodegradable waste to make compost. They also spoke about different types of waste materials and the correct methods for their disposal.

Water Security



Water Security aims to provide clean drinking water to everyone in the village. Students showcased a novel water filter that uses dried orange and sugarcane peels to purify water. The peels soak up the impurities making the water fit for drinking. The project plans to install eco-friendly filters in every house in the village.

First Aid

As part of the First Aid project, the students gave a brief presentation on various first aid equipment. They demonstrated CPR and other safety measures. In future, the project aims to provide 24*7 immediate medical assistance.

Fire and Safety

The students conducted a mock drill, providing insights on what safety steps should be taken during a fire.

Women Empowerment Through Cultivation of Medicinal and Aromatic Plants

Students spoke about different medicinal plants that are easily available in the village such as chamomile, stevia, tulsi and lemongrass which women can use to manufacture medicines and cosmetics and become financially independent. The project aims to develop natural products and reduce the use of high-cost chemical products.

Solar Dryers



Solar dryers will be used to remove moisture from household food items like cereals, vegetables and pickles. The device runs on solar power and has various fan speed levels which help in quick drying. It saves time and space and is cost-efficient.

Biochar Bio Briquette

Biochar Bio Briquette is an alternate energy source that is efficient and produces less smoke. The briquettes are made of half-burnt wood and cow dung which will convert orange flames to blue flames

with less smoke. Biochar Bio Briquette aims to use energy sources that can prevent health-related problems.

UPES CSR EDUDHURMA impacts communities in Dehradun

<https://blog.upes.ac.in/upes-csr-edudhurma-impacts-communities-in-dehradun/> [15]



DIANA GEORGE · NOVEMBER 8, 2021

A team from UPES donated 30 chairs and 30 tables to RPV Bidholi under its CSR EDUDHURMA initiative

A team from UPES donated 30 chairs and 30 tables to RPV Bidholi under its CSR EDUDHURMA initiative

UPES runs four projects under its CSR EDUDHURMA policy – Protsaahan, Utkarsh, Dronasthali and Utthan – which aim to elevate the lives of citizens and communities around its Bidholi campus

UPES has impacted the lives of over a hundred families, students from underprivileged backgrounds, government teachers as well as local schools in Dehradun under its CSR EDUDHURMA initiative.

EDUDHURMA stands for Education for Developing Humans for Righteousness and Mindful Actions.

It is UPES' CSR policy and it aims to elevate the lives of the citizens and communities by building a better place to live a blissful, purposeful life.

As part of EDUDHURMA, UPES runs four projects: Protsaahan, Utkarsh, Dronasthali and Utthan.

Protsaahan

Project Protsaahan was launched in 2018 to help the underprivileged meritorious students of Purkal Youth Development Society (PYDS) Learning Academy, Dehradun, pursue higher education at UPES.

Protsaahan was institutionalized in 2019 and now supports two PYDS students every year.

The courses for which support is available include all programs of B.Tech., Integrated LLB, BBA and B.Des.

Under the project, UPES provides all costs, including academic and tuition fee, hostel charges, uniforms, laptops, one-time charges as well as the refundable security for the entire tenure of the course.

The annual bursary under this project is Rs 10 to 15 lakh per PYDS candidate. This includes a stipend of Rs 20,000 to be given to the candidate during his industry internship as per the curriculum.

Utkarsh

Project Utkarsh aims to achieve overall progress of the society through holistic education to the neediest segment of the society.

The project aims to support overall development of 14 local schools, which include eight RPVs, one Gurukul, one Samvedna school (another of UPES CSR initiatives) and four schools in the village of Dhalani Koti.

The project will focus on developing school infrastructure, apart from providing academic and co-curricular activity support as well as career counselling sessions.

Dronasthali

Dronasthali aims to support the professional development of government schoolteachers.

It organized its first workshop on June 4-5, 2021, on “WhatsApp – A Tool for Teaching and Learning” for elementary school (Rajkiya Prathamik Vidhyalaya – RPVs) teachers and principals.

Over 30 primary teachers from 15 schools of Dehradun participated, majority of whom found the workshop effective and were satisfied with the activities, the trainers’ knowledge and preparedness as well as their content delivery.

The project next plans to set up a Centre of Excellence for Teachers’ Development (CoETD) which shall provide training to teachers to strengthen the human resource pool that will contribute to raising the standards of government school education.

It aims to achieve this by developing the digital and technical skills of the teachers so that they can teach students through a blended learning model in virtual spaces.

Utthan

Utthan is about the application of knowledge in the local community, to harness the scarce resources to their optimum level, raising the bar of development and to light up self-confidence of individuals.

Utthan has impacted close to 155 families so far by focusing on community development in and around Dehradun.

They have held three medical camps, distributed ration kits to villagers and been listed in the Unnat Bharat Abhayaan. They have managed to capture basic data, sensitise the villagers towards development, hold trust building exercises and identify various projects in consultation with stakeholders.

Utthan ultimately plans to co-create a gram panchayat that will have the potential to undertake sustainable development, create local opportunities, higher capacities for governance, and a lively community to tackle current and future challenges.

[Good Samaritan from UPES supplies free meals in Dehradun](https://blog.upes.ac.in/good-samaritan-from-upes-supplies-free-meals-in-dehradun/)

<https://blog.upes.ac.in/good-samaritan-from-upes-supplies-free-meals-in-dehradun/> [16]



Offering humanitarian service in the midst of surging Covid cases, Prof. Jharna Joshi from UPES School of Design is making doorstep delivery of meals to affected people

With the nation reeling under the impact of the Covid-19 pandemic, several individuals are coming forward to help the affected, poor, and migrant labourers. While some are helping people get oxygen cylinders and medication, others are inquiring about the availability of hospital beds.

Prof. Jharna Joshi from UPES School of Design is one such example of compassion. She has been providing doorstep delivery of cooked meals for the patients and their families. After seeing several family members and relatives struggling for a healthy diet and medicines during their treatment, Prof. Joshi decided to supply home-cooked food to them, all free of cost.

“The food is cooked at my home. I provide simple food consisting of one daal, green vegetable, and salad. This is healthy and nutritious. Till now I have managed to arrange for 10-15 families every day. I deliver the food myself in disposable food containers so there is no hassle of washing and cleaning afterwards, says she.”



I provide simple food consisting of one daal, green vegetable, and salad.

Jharna Joshi is an Associate Professor in UPES School of Design. She holds an M.Des degree from National Institute of Fashion Technology (NIFT), New Delhi. Her area of specialisation is knitwear technology, pattern making and crafts.

Juggling between online classes and taking orders through WhatsApp to making sure the food is delivered to the houses of the Covid-19 patients, Prof. Joshi does it all by herself. She says that these are difficult times and we all must do our bit to help each other.

The procurement of ration and cooking is not a big task for Prof. Joshi as she has done this before as well. It is the delivery of the food which sometimes becomes an issue. But despite that this one-woman army makes sure that the food reaches people who need it and on time.

Is she worried about putting herself at risk of infection by going out for deliveries? To this, Prof. Joshi says, "I am taking all the precautionary measures. I have been administered both shots of the vaccination. Also, I wear double masks and a face shield to protect myself. While delivering the food, I just keep the packets at the doorstep without meeting anyone."

So, what prompted her to go out of her way to lend a helping hand? Prof. Joshi says, "It is difficult for virus-infected people to get meals while living in self-isolation. There is a sense of complete satisfaction that I get when I can help Covid-19 patients who need assistance. Moreover, it keeps me away from negativity and acts as a stressbuster. I do not charge people anything for food. The only request I make is that people who have tested positive should come clean about their status. Not disclosing this information is wrong."

Prof. Joshi has always believed that serving people in distress is equal to serving humanity and serving humanity is the best form of worship. "I started this initiative on my own and now I am glad my friends and colleagues are extending help," she says, before rushing off to make good on her commitments for the day.