



Mewar University

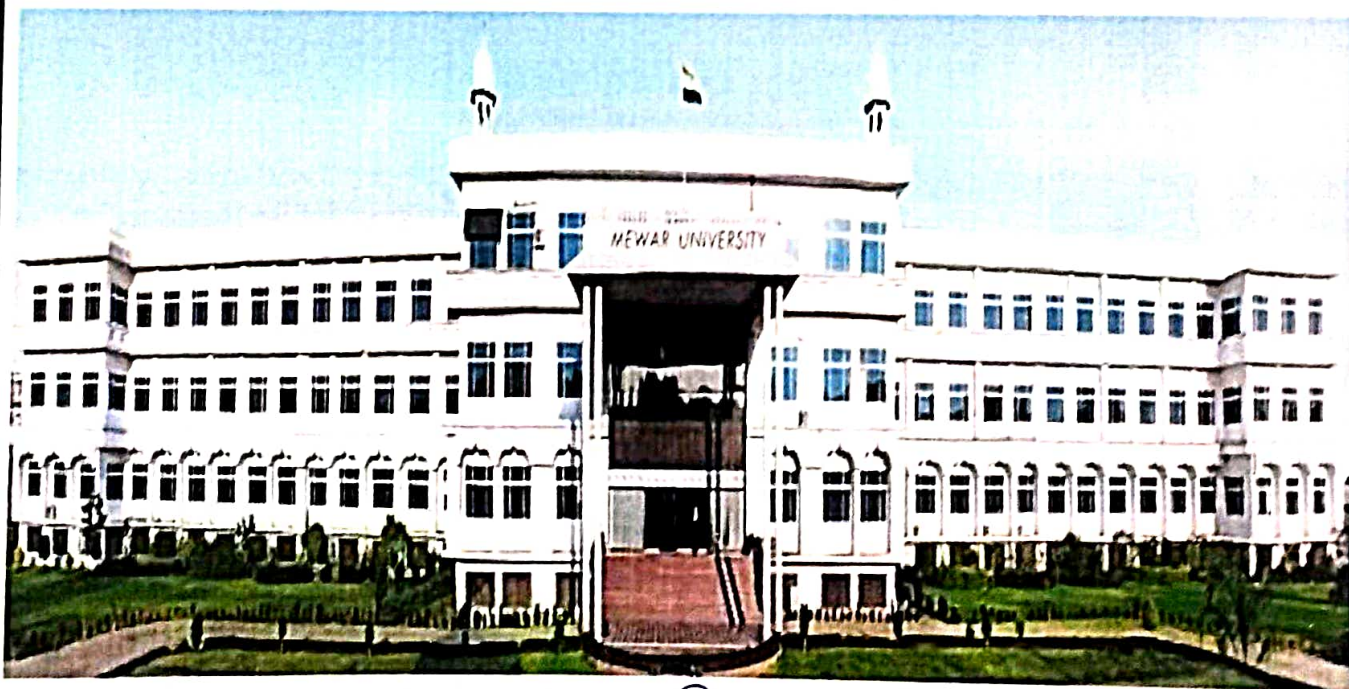
Knowledge to Wisdom

Mewar University

Gangrar, Chittorgarh (Raj.)

5.1.3

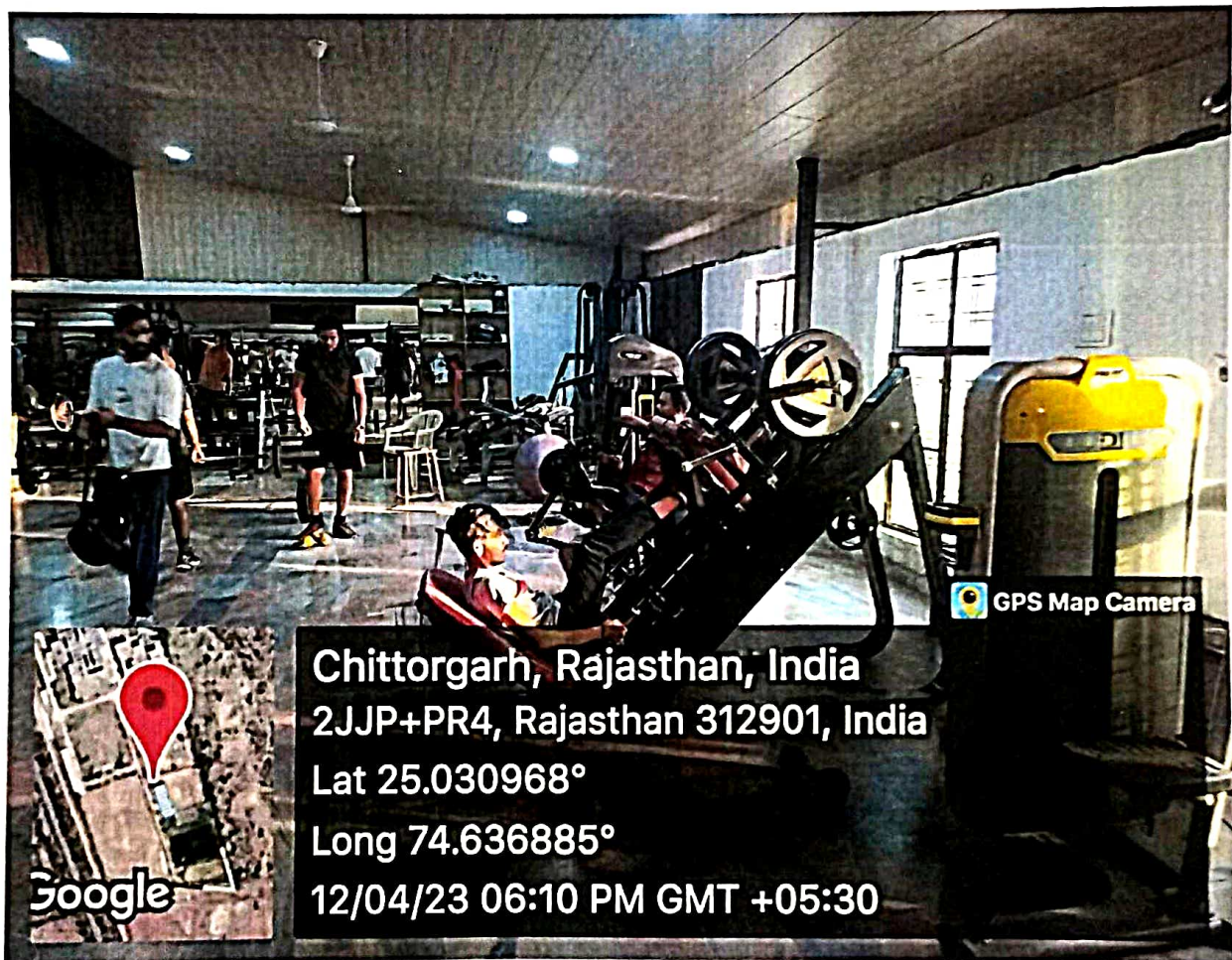
**Life skills (Yoga, physical fitness, health and hygiene,
self-employment and entrepreneurial skills)**



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Mewar University
Gangrar, (Chittorgarh)

Mewar University recognizes the importance of physical fitness in maintaining overall well-being and academic success. To cater to the fitness needs of its students, faculty, and staff, the university has established a comprehensive physical fitness facility. With its well-equipped infrastructure, diverse fitness activities, qualified instructors, personalized training options, and engaging sports events, the facility encourages students, faculty, and staff to lead an active and healthy lifestyle. The facility's contribution to physical fitness enhances not only the overall well-being of individuals but also creates a vibrant and energetic campus environment.

1. **Infrastructure:** The physical fitness facility at Mewar University boasts a well-equipped and modern infrastructure to support a wide range of fitness activities. It includes a spacious gymnasium, workout areas, indoor and outdoor sports facilities, and dedicated spaces for group exercise classes. The facility is designed to accommodate diverse fitness goals and preferences.

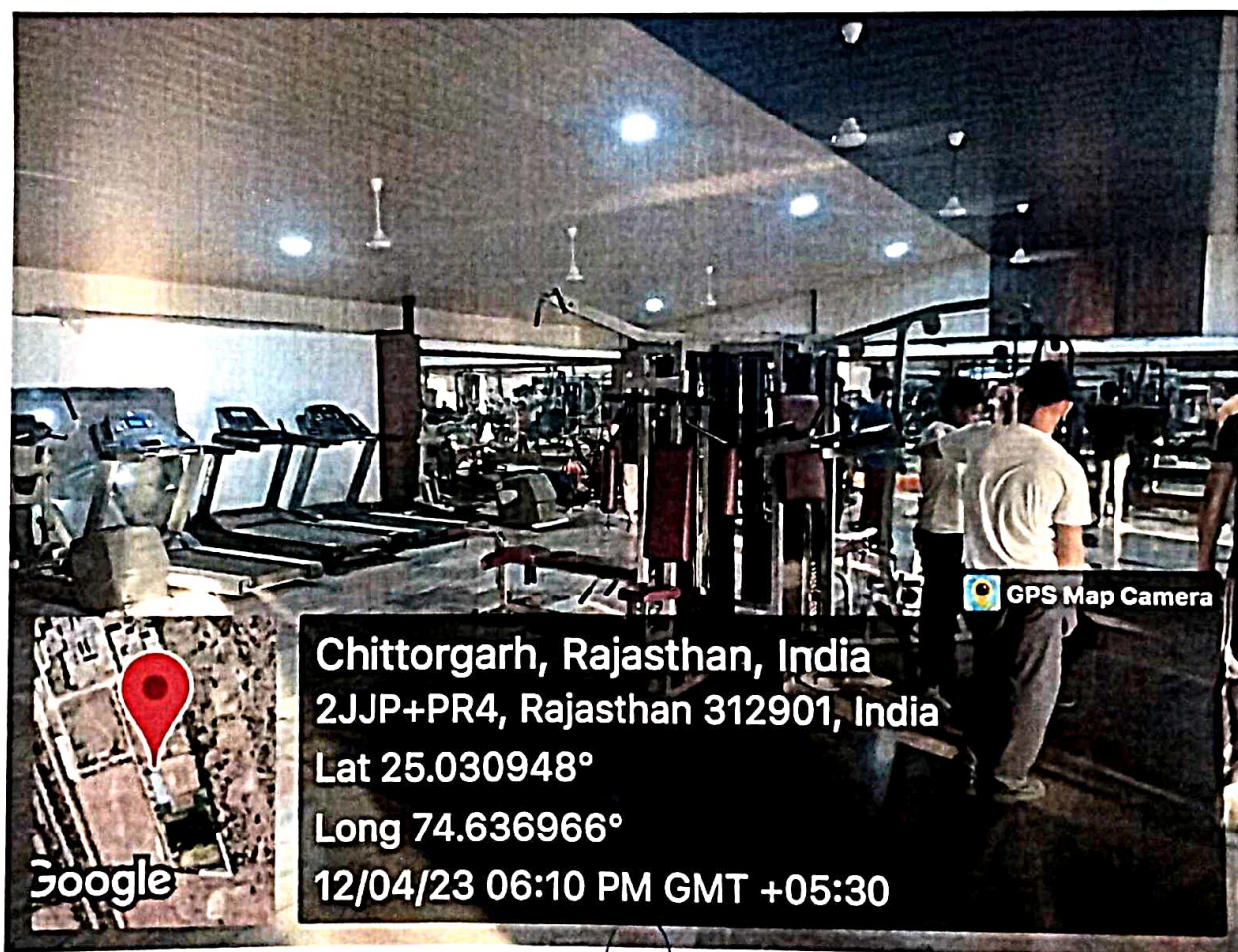


Chittorgarh, Rajasthan, India
2JJP+PR4, Rajasthan 312901, India
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Long 74.636885°
12/04/23 06:10 PM GMT +05:30

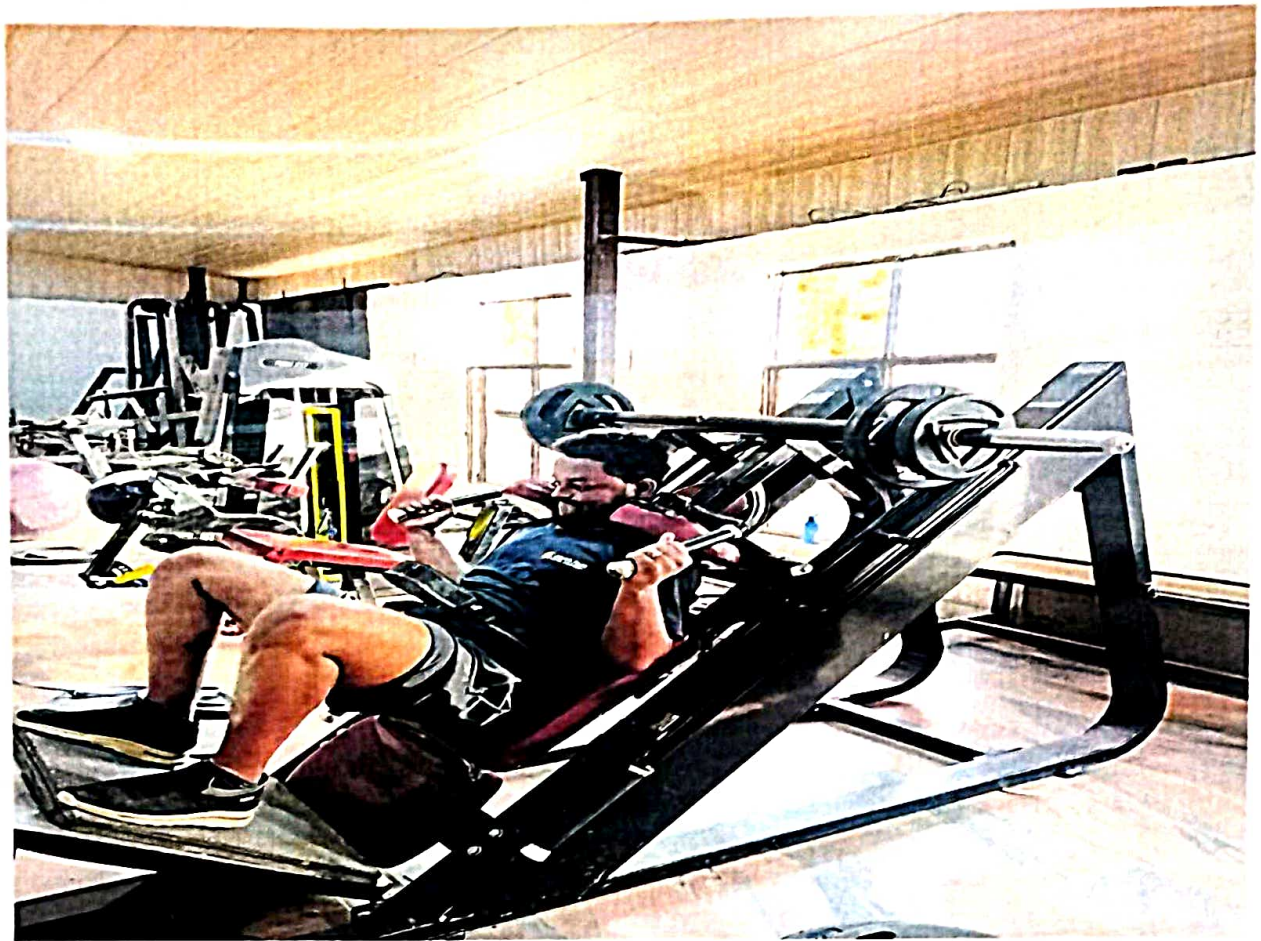
Mewar University Gymnasium infrastructure

2. **Gymnasium:** The gymnasium within the fitness facility is equipped with state-of-the-art exercise machines, free weights, and cardiovascular equipment. It provides students, faculty, and staff with an opportunity to engage in strength training, cardiovascular workouts, and functional exercises. Trained fitness professionals are available to assist and guide users in utilizing the equipment effectively and safely.

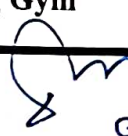
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Students Doing Gym


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3. **Indoor and Outdoor Sports Facilities:** Mewar University's physical fitness facility offers a range of indoor and outdoor sports facilities, catering to various interests and skill levels. Indoor facilities may include badminton courts, basketball courts, table tennis tables, and squash courts. Outdoor spaces may include tennis courts, football fields, cricket pitches, and athletic tracks. These facilities encourage participation in team sports, individual sports, and recreational activities



Mewar University Badminton Court



Mewar University Basketball Court



Mewar University Volleyball Court

4. **Sports Events and Competitions:** Mewar University's physical fitness facility actively engages students, faculty, and staff in sports events and competitions. Inter-departmental tournaments, intramural sports leagues, and friendly matches are organized, encouraging participation, healthy competition, and team spirit. These events provide opportunities for skill development, stress release, and social interaction.



Interdepartmental Football Tournament

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Interdepartmental Football Tournament



Interdepartment Basketball Tournament

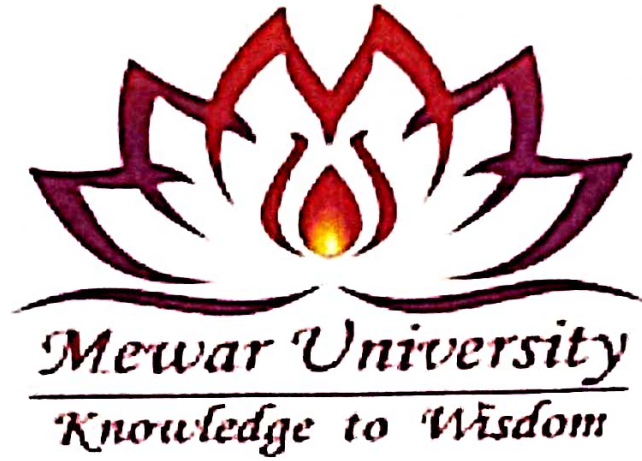

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Interdepartment Vollyball Tournament

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**Life skills (Yoga, Physical fitness, Health and hygiene,
Self-employment and entrepreneurial skills)**



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The yoga facility at Mewar University is a dedicated space for students, faculty, and staff to engage in the practice of yoga and experience its profound benefits. The facility offers a serene and tranquil environment, providing the perfect setting for individuals to cultivate mind-body wellness. With experienced and qualified yoga instructors, participants can explore various yoga styles, including Hatha, Vinyasa, and Ashtanga, and receive guidance in proper alignment and technique. The facility promotes holistic well-being by integrating mindfulness, breathing exercises, and meditation practices into yoga sessions, facilitating stress reduction, increased self-awareness, and improved mental clarity. Through regular practice, individuals can enhance their flexibility, strength, and balance, while experiencing a greater sense of inner calm and overall physical and mental well-being.

Furthermore, the yoga facility actively engages the Mewar University community through workshops, seminars, and community yoga sessions, fostering a sense of unity and shared growth. It provides a platform for individuals to connect, share experiences, and support each other on their yoga journey. The yoga facility at Mewar University serves as a catalyst for personal transformation, promoting a balanced and healthy lifestyle while nurturing a harmonious connection between mind, body, and spirit

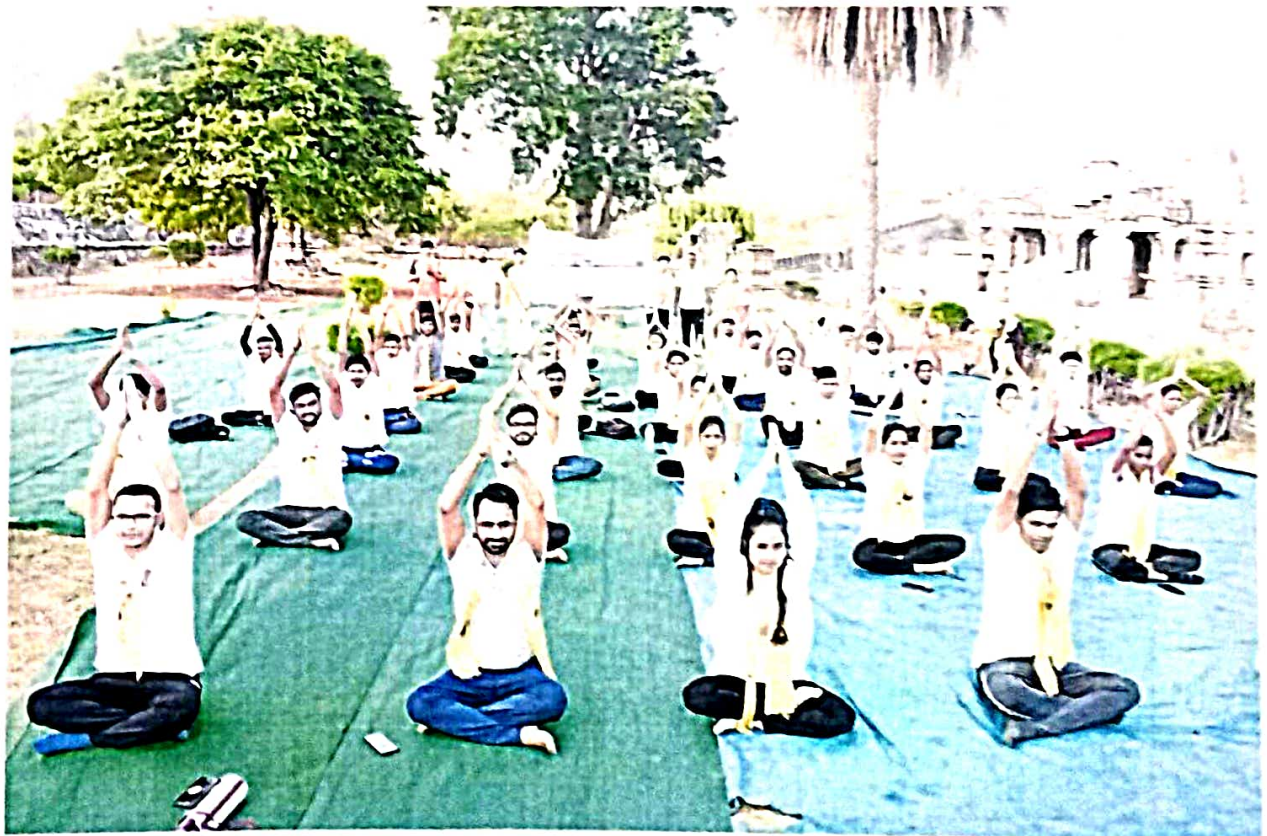


Students Doing yoga at University Football Ground

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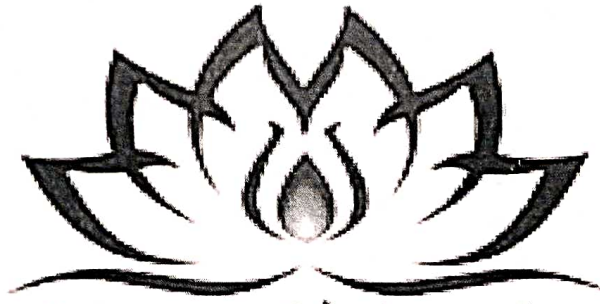
Yoga at Chittorgarh Fort



Students doing Yoga at Chittorgarh Fort

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Noida University
Gangrar (Chittorgarh)



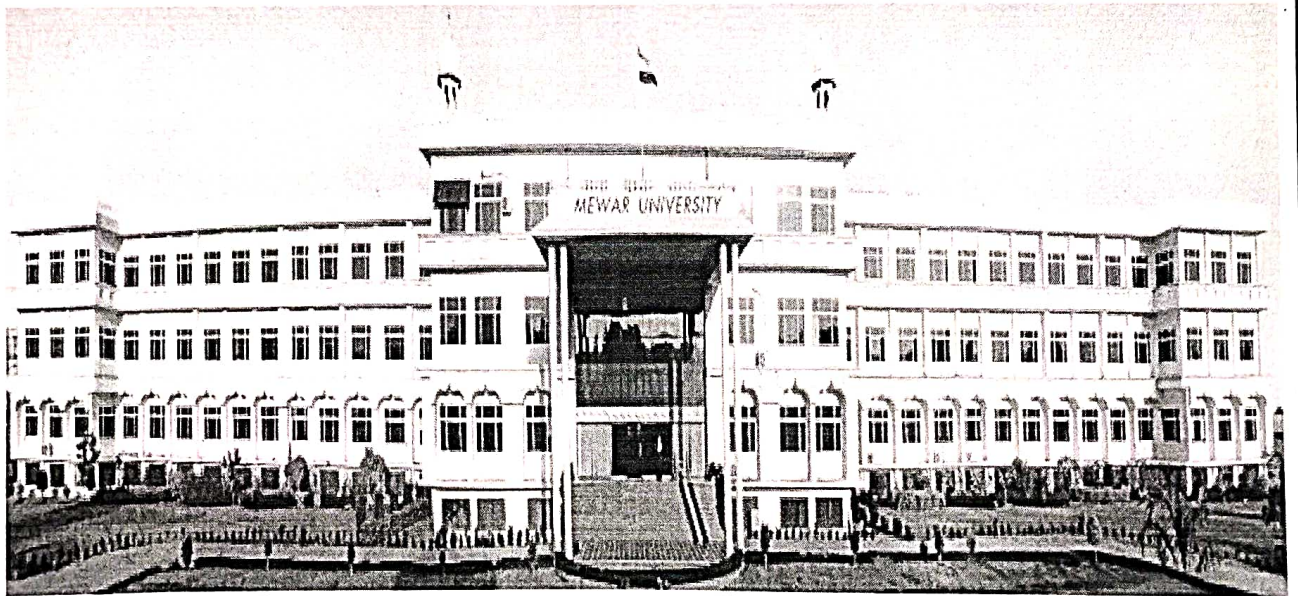
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**Life Skills (Yoga, Physical fitness, health and hygiene and
Self-employment)**



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Life skills are essential abilities that enable individuals to live a healthy and fulfilling life. Among the critical life skills are yoga, physical fitness, health and hygiene, and self-employment.

Yoga is an ancient practice that combines physical postures, breathing techniques, and meditation to promote physical and mental wellbeing. The benefits of yoga include reduced stress and anxiety, improved flexibility, strength, and balance, and enhanced focus and concentration. Regular practice of yoga can lead to improved overall health and quality of life.

Physical fitness is another essential life skill. Regular physical activity can help prevent chronic diseases such as heart disease, diabetes, and obesity. In addition, physical activity can improve mood, reduce stress, and enhance overall wellbeing. Incorporating physical activity into daily life can lead to improved health outcomes and a better quality of life.

Health and hygiene are also critical life skills. Good hygiene practices, such as handwashing, can prevent the spread of infectious diseases. Additionally, maintaining a healthy lifestyle, such as eating a balanced diet and getting enough sleep, can help prevent chronic diseases and promote overall wellbeing.

Self-employment is another important life skill that involves starting and running a business independently. Self-employment can provide individuals with financial independence, flexibility, and control over their career paths. However, self-employment also requires skills such as business planning, marketing, and financial management. Developing these skills can increase the chances of success for those pursuing self-employment.

In conclusion, life skills such as yoga, physical fitness, health and hygiene, and self-employment are essential for living a healthy and fulfilling life. Incorporating these skills into daily life can lead to improved overall health outcomes and quality of life


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Gangrar, (Chittorgarh)

OFFICE OF THE REGISTRAR,
MEWAR UNIVERSITY,
GANGRAR, CHITTORGARH, (RAJASTHAN)

Ref. No.: MU/RO/2022/990

21st March, 2022

OFFICE ORDER


Subject: A seminar on MU Start-UP.

All Teaching, Non-Teaching staff members and students are hereby informed that a seminar is going to be organised by MU Start-UP committee, under UNI-FEST 2022, on 22nd March 2022 at 2:30 PM in Maharana Pratap Seminar Hall. Mr. Sunil Kumar Katheria, Assistant Professor, Department of Mechanical Engineering will coordinate to this program.

So, all, Teaching & Non-Teaching staff members and students have to attend the same.

Keynote speakers

1. Shri Sahi Ram, GM, DIC, Chittorgarh (Raj)
2. Mr. Vijay Godara, Director, Godara People Solutions Pvt. Ltd., Jaipur (Raj)


29/3/22

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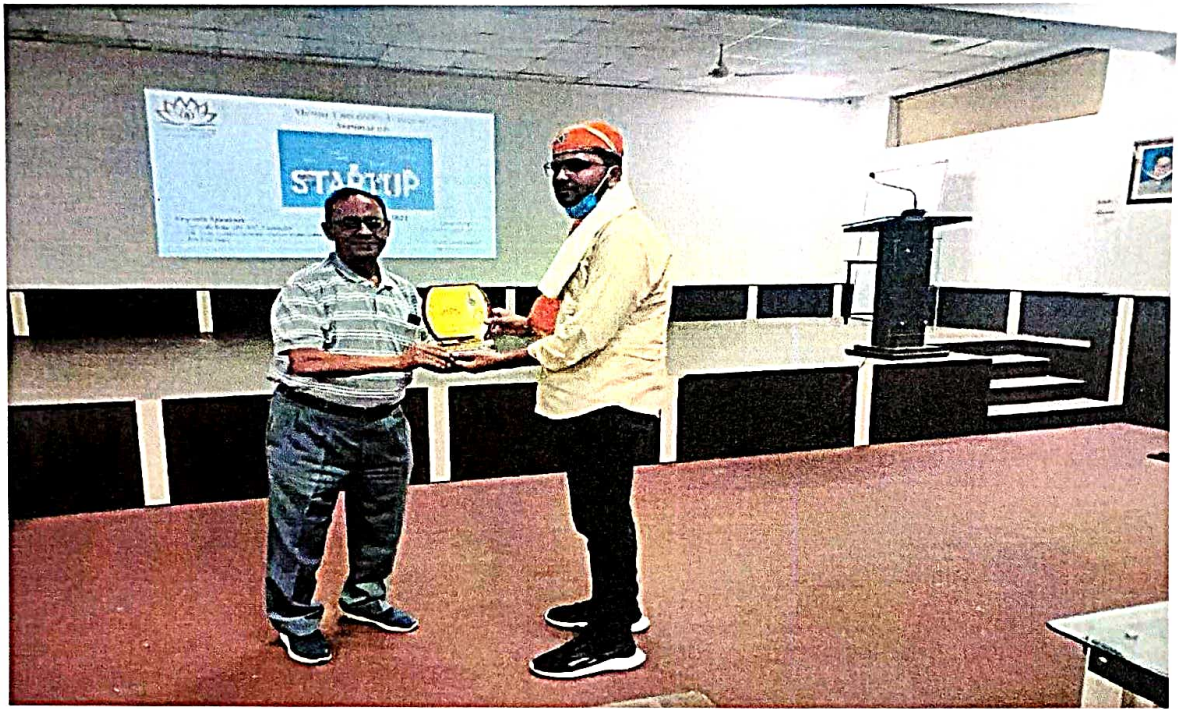
- PS to Hon'ble Chancellor (for kind information)
- PS to Hon'ble President/Vice Chancellor (for kind information)
- All Officers/Deans/Directors/Hod's
- IT Section/Accounts Dept./All Staff
- Coordinator – IQAC Cell
- Record File

Seminar on Start-Up in Mewar University, Chittorgarh

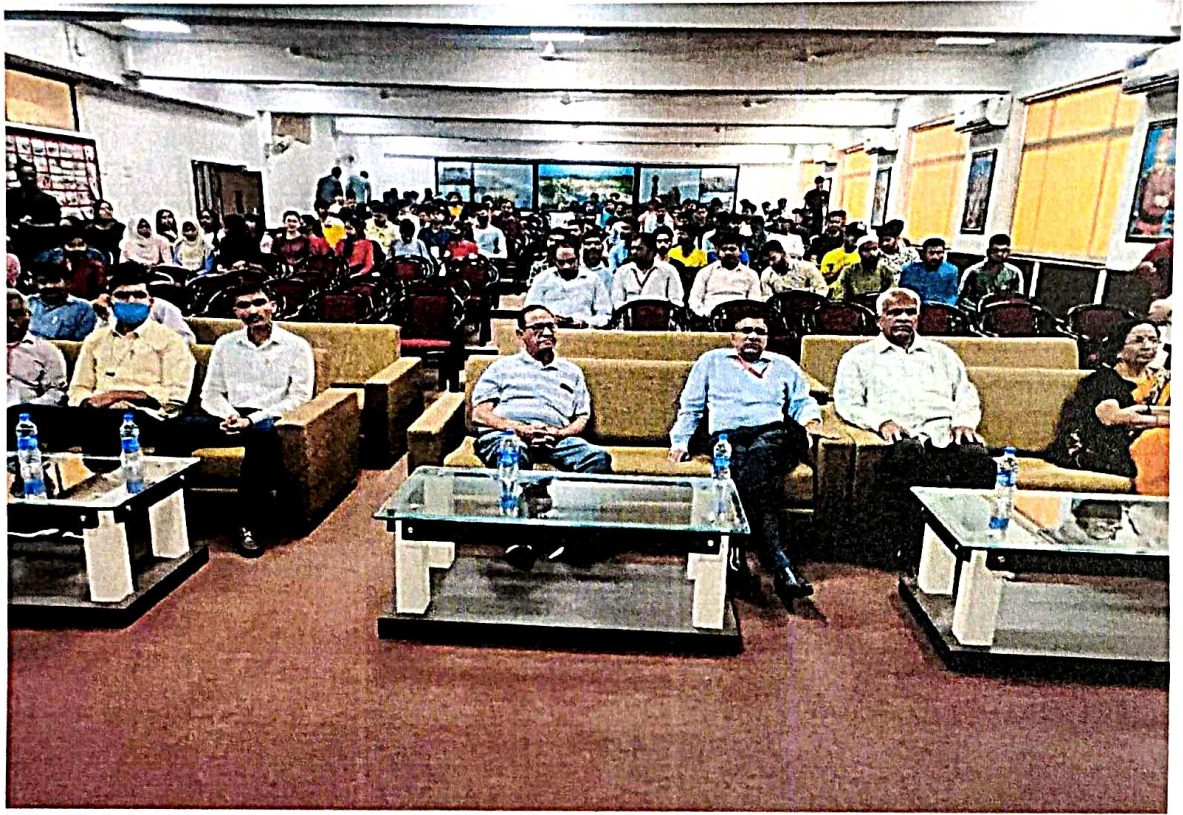
'Start up' workshop was organized by MU-Start-UP committee members at Mewar University, Gangrar, Chittorgarh on 22 March 2022. The objective of the program was to develop an understanding of the working methodology of beginning a start up amongst the faculty members and students. Chief speaker Mr. Sahiram ji, General Manager, District Industries Centre, Chittorgarh gave detailed information on start up and entrepreneurship. He threw light on the various schemes of MSME departments so that the students can get inspiration to develop their own enterprises. The second speaker was Mr. Vijay Godara, an alumnus of Mewar University, who Described the entire struggle journey of his own start up, (Godara Peoples Solution Pvt Ltd ,Jaipur), and he also acquainted the difficulties faced while doing a turnover of one crore. The Registrar, Mr. B.L Swarnkar, OSD H. Vidhani, Director Training and Placement Mr. Harish Gurunani, Dean Agriculture Y Sudarshan and Professor Mrs. Chitralkha were present in the program. This seminar was organized by Faculty members, Mr. Sunil Kumar Katheria, Mr. Champalal Mr. Vijay Upadhyay and Mr. Anubhav Rathor on the part of Uni-fest 2022. Prof. Hari Singh Chouhan while giving vote of thanks emphasized the importance of starts up in universities.



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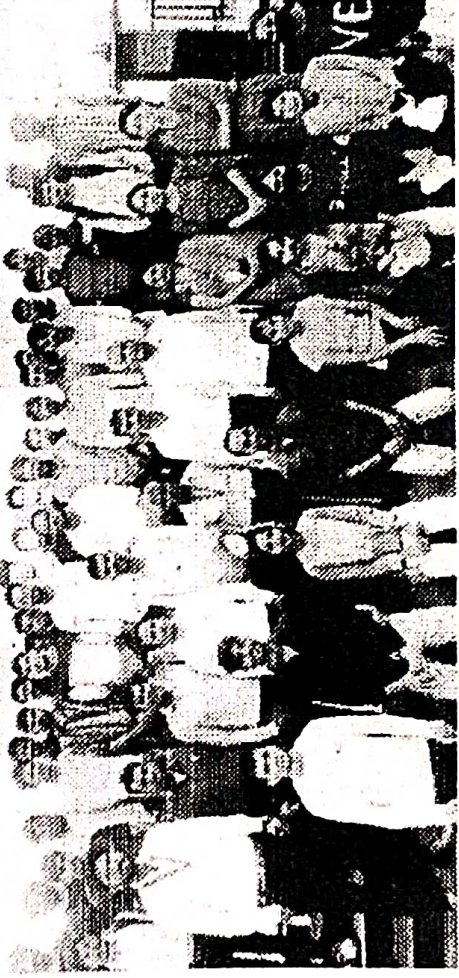



29/5/23
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मेवाड़ विश्वविद्यालय में एमयू व स्टार्ट-अप पर संगोष्ठी

गंगरार, 23 मार्च (जसं.)। मेवाड़ विश्वविद्यालय में स्टार्ट-अप कार्यशाला का आयोजन एमयू-स्टार्ट-अप समिति के सदस्य सुनील कुमार कंठेरिया, चम्पा लाल, विजय उपाध्याय और अनुभव राठौड़ द्वारा महाराणा प्रताप सभागार में किया गया।

संगोष्ठी के मुख्य वक्ता जिला उद्योग केन्द्र के महाप्रबंधक सहाराम ने स्टार्ट अप एवं उद्यमिता पर विस्तृत जानकारी दी। उन्होंने विद्यार्थियों को उद्यम के लिये प्रेरित करने हेतु एमएएमई विभाग द्वारा संचालित विभिन्न योजनाओं पर

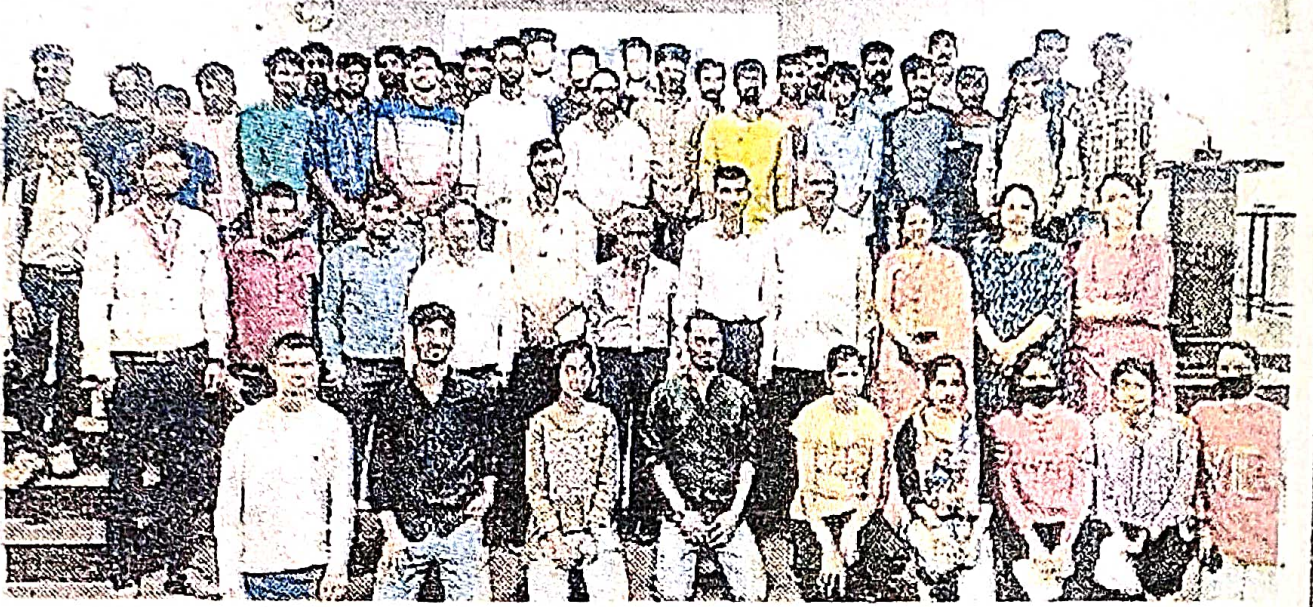


प्रकाश डाला। अन्य वक्ता मेवाड़ विश्वविद्यालय के पूर्व छात्र विजय गोदारा ने अपने स्टार्टअप (गोदारा पीपल्स सॉल्यूशन प्राइवेट लिमिटेड, जयपुर) की संपूर्ण संघर्ष यात्रा का वर्णन किया। उन्होंने अपनी कम्पनी द्वारा एक करोड़ का टर्नओवर पूर्ण करने में आई कठिनाइयों और संघर्षों से अवगत कराया। कार्यक्रम में कुलसचिव बीएल

स्वर्णकार, ओएसडी एच विधानी, प्रशिक्षण एवं प्लेसमेंट विभाग के डायरेक्टर हरीश गुरनानी, कृषि संकाय के डीन प्रोफेसर वाई सुदर्शन और ललित कला संकाय की डीन प्रोफेसर चित्रलेखा सिंह आदि उपस्थित थे। इस संगोष्ठी का आयोजन यूनी-फेस्ट 2022 के अवसर पर किया गया। प्रो. हरि सिंह चौहान ने धन्यवाद प्रस्ताव देते हुए विश्वविद्यालयों में स्टार्ट अप शुरुआत के महत्व पर जोर दिया एवं सभी उपस्थित संकाय सदस्यों से कम से कम 5-10 स्टार्ट अप शुरु करने का आव्हान किया।

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मेवाड़ विश्वविद्यालय एमयू-स्टार्टअप संगोष्ठी



गंगारार। मेवाड़ विश्वविद्यालय, गंगारार, चित्तौड़गढ़ में स्टार्टअप कार्यशाला एमयू-स्टार्टअप समिति के सदस्य सुनील कुमार कठेरिया, चम्पालाल, विजय उपाध्याय और अनुभव राठौड़ के आतिथ्य में महाराणा प्रताप सभागार में किया गया था। कार्यक्रम का उद्देश्य संकाय सदस्यों एवं विद्यार्थियों के बीच स्टार्टअप शुरू करने की कार्य पद्धति के बारे में समझ विकसित करना था। मुख्य वक्ता सहीराम, महाप्रबंधक, जिला उद्योग केंद्र चित्तौड़गढ़ ने स्टार्टअप एवं उद्यमिता पर जानकारी दी। उन्होंने विद्यार्थियों को उद्यम के लिए प्रेरित करने के लिए एमएसएमई विभाग द्वारा संचालित विभिन्न योजनाओं के बारे में बताया। मेवाड़ विश्वविद्यालय के पूर्व छात्र विजय गोदारा ने स्वयं के स्टार्टअप, (गोदारा

पीपल्स सॉल्यूशन प्राइवेट लिमिटेड, जयपुर) की संपूर्ण संघर्ष यात्रा का वर्णन करते हुए कम्पनी द्वारा एक करोड़ का टर्नओवर पूर्ण करने में आई कठिनाइयों से अवगत कराया। कार्यक्रम में कुलसचिव श्री बीएल स्वर्णकार, ओएसडी एच विधानी, प्रशिक्षण एवं प्लेसमेंट विभाग के डायरेक्टर हरीश गुरनानी, कृषि संकाय के डीन प्रोफेसर वाई सुदर्शन और ललित कला संकाय की डीन प्रोफेसर चित्रलेखा सिंह आदि उपस्थित थे। इस संगोष्ठी का आयोजन यूनी-फेस्ट 2022 के अवसर पर किया गया था। प्रो. हरिसिंह चौहान ने धन्यवाद प्रस्ताव देते हुए विश्वविद्यालयों में स्टार्ट अप शुरुआत के महत्व पर जोर दिया। उपस्थित संकाय सदस्यों से कम से कम 5-10 स्टार्ट अप शुरू करने का आह्वान किया।