

7.1.8: Institutional Efforts for Inclusive Environment

At Amity University Gwalior, we are deeply committed to fostering an inclusive environment that respects diversity and promotes equity among all stakeholders, including students, faculty, and staff. The institution recognizes the importance of creating a culture that values difference, ensures equal opportunities, and actively eliminates discrimination on any grounds.

Key Initiatives and Practices

1. Policies Promoting Inclusivity

- Implementation of comprehensive policies addressing gender equality, caste and religious harmony, and special needs for differently abled individuals.
- Adherence to the constitutional values of secularism, justice, and equality through the adoption of non-discriminatory practices in admissions, recruitment, and academic engagements.

2. Diversity and Inclusion in Student Population

- Students from diverse cultural, social, and economic backgrounds are admitted through transparent admission policies.
- Scholarship schemes are provided for economically weaker sections, meritorious students, and students belonging to reserved categories to promote equal access to education.

3. Support for Differently Abled Students

- Campus infrastructure includes ramps, elevators, accessible washrooms, and other amenities to support physically challenged individuals.
- The provision of scribes during examinations, assistive devices, and dedicated support services ensures academic ease for students with disabilities.

4. Sensitization Programs

- Regular workshops, seminars, and awareness drives are conducted to promote harmony and reduce biases related to gender, caste, religion, and economic status.

- Observance of important days like International Women's Day, National Unity Day, and Constitution Day instils values of inclusivity and patriotism.

5. Cultural and Religious Harmony

- Celebrations of festivals from different religions and regions encourage cultural exchange and foster mutual respect among students and staff.
- Student clubs and societies actively engage in promoting diversity through cultural events, interfaith dialogues, and heritage programs.

6. Capacity Building and Sensitization for Faculty and Staff

- Regular training sessions and workshops for faculty and administrative staff to sensitize them toward inclusivity and address unconscious biases.
- Encouragement of faculty research and projects in areas related to diversity, inclusivity, and societal impact.

7. Grievance Redressal Mechanisms

- An active Equal Opportunity Cell (EOC) and Internal Complaints Committee (ICC) address concerns related to discrimination and harassment.
- A robust grievance redressal mechanism ensures that issues are resolved promptly, maintaining a healthy and inclusive campus environment.

Outcomes of Inclusive Practices

- Enhanced social and cultural harmony among students and faculty members.
- Empowerment of underprivileged and marginalized groups through education and skill-building initiatives.
- Development of a campus ethos that celebrates diversity, ensuring students graduate as socially responsible global citizens.

Amity University Gwalior remains committed to its vision of fostering an environment where inclusivity is not just a principle, but a practice embedded in the institution's ethos.

Metric 7.1.8 Institutional efforts/ initiatives in providing an inclusive environment

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AMITY UNIVERSITY

MADHYA PRADESH

(Established by Ritnand Balved Education Foundation)

"The Amitian" newsletter and Youtube channel The Amitian: आपकी अपनी आवाज़"

The Amity School of Communication conducts mentor mentee sessions regularly, where students can learn about inclusivity and discuss issues related to cultural, regional, and linguistic matters. In addition to mentor mentee sessions, Amity School of Communication encourages students to contribute creatively through it's "The Amitian" newsletter and Youtube channel The Amitian: आपकी अपनी आवाज़" so that they can learn to work in groups in a cohesive environment.





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Amity University Madhya Pradesh celebrated the International Day of Yoga on 21st June 2024 with great enthusiasm and overwhelming participation.

The theme of this year's Yoga Day celebrations was "**Yoga for Self and Society**"

The added focus was on Yoga for Women Empowerment.

The aim of the programme was to promote overall well-being and encourage a sustainable lifestyle through the practice of Yogic Postures, Meditation and Prayers.

The event began at 6 AM in the sports complex of the University.

Hon'ble Pro-Chancellor, Officiating Vice Chancellor, all the senior functionaries of the University as well as faculty, staff and students participated in the Yoga Day Celebrations.

Dr. Malkhan Singh, the Sports Officer was the chief instructor of the event.

LIST OF ASANAS PERFORMED:

1) Yoga Asana (posture).

- a) Standing Posture (Five Asana)
 - i) Tadasana
 - ii) Ardha Chakrasana (Half Wheel Pose)
 - iii) Veerabhadrasana
 - iv) Trikonasana
 - v) Vrikshasana

b) Sitting Posture (Five Asana)

- i) Malasana
- ii) Paschimottanasana
- iii) Badhkonasana
- iv) Balasana
- v) Chakkichalanasana

c) Prone lying (Five Asana)

- i) Makrasana
- ii) Bhujanasana
- iii) Bhekasana
- iv) Nourkasana
- v) Dhanurasana Swing

d) Supine lying (Five Asana)

- i) Subasana
- ii) Setubandhasana
- iii) Pavanmuktasana
- iv) Uttapadsana
- v) Vasisthasana

2) Kriya.

- i) Kapalbhati
- ii) Tratak

3) Pranayama.

- i) Shitali
- ii) Anuloma – Viloma (Nadishodhan)

4) Dhayan / Meditation inVajrasna.

The session was well received and highly appreciated by all the faculty and staff.







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MADHYA PRADESH

(Established by Ritmand Balved Education Foundation)

Date: 15th June 2024

Event Type: Open-Mic

Venue: Hotel Golden Palace, City Centre Gwalior

Organised by (School): Amity School of Communication, AUMP

Student Participation: 50 participants

Faculty Participation: 10 Faculties from ASCO

Event Coordinator(s) with designation: Dr Gaurav Chhabra, Assistant Professor
Amity school of Communication, AUMP

An Open-Mic Extravaganza was organized by Amity School of Communication for the students of class 9th to 12th and 12th passing out students. The event was conducted in three different categories which includes Singing, Poetry and Stand-up Comedy. This Open-Mic was organized to provide a platform to the school students to showcase their talents.

Objectives of the Event

The Open-Mic aims to connect with school going students and make them Introduce with Amity School of Communication, Gwalior.

This was an initiative by ASCO to gather potential students who have knee interest in the field of Journalism and Mass Communication.

To Introduce the students with B.Sc. Animation course, which is a new course added to our curriculum.

The students were told about Summer School Program 2024, where ASCO faculty take session on different interactive subjects like Photography, News reading, Digital media and others.

Key Outcomes.

The Open-Mic Extravaganza gain a positive response from students as well from their parents and guardian.

In each category participation of students were in good numbers. In total 25+ students presented their performances enthusiastically.

Awards were given in each category. Ms. Rushda puri received Best Performer in Singing, Ms. Krishna Pathak received Best Performer in Poetry and Mr. Shiva Thakur was the Best Performer in Stand-up Comedy.

Students and parents asked quires about Summer School Program 2024 and were eager to know about it.









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The event **“Learning Through Movies”** aimed at improving reasoning skills, decision-making, and motivation of students. The event aimed at professional development of students and improving their communication skills. The purpose of the event was to provide a good learning experience for students by helping them in developing their critical thinking skills and analytical abilities. Total 49 students of MBA participated in the activity. The students said that the emotional response that motivating films produce might boost cognitive functions like decision-making and problem-solving. They appreciated the activity and shared their experiences of learning through movies through presentations. They expressed that by analysing the decisions and behaviours of the characters, they got encouraged to reflect on themselves and hone their judgement and decision-making abilities. Their perspective is widened, and they are inspired to consider their own situation and goals more critically because of this exposure. They also said that their perspective is widened, and they are inspired to consider their own situation and goals more critically because of this exposure.

Following is the list of both Hollywood and Bollywood movies selected that were given to groups of students one week before the final presentations: -

1. 3 Idiots (2009)- Bollywood
2. Taare Zameen Par (2007)- Bollywood
3. Fighter (2024) -Bollywood
4. Sam Bahadur- Bollywood
5. Forrest Gump (1994)-Hollywood
6. Chak De! India (2007)- Bollywood
7. Dangal (2016)- Bollywood
8. English Vinglish (2012)- Bollywood
9. Rang De Basanti (2006)- Bollywood
10. Swades (2004)-Bollywood

- 11. Rocky (1976)-Hollywood**
- 12. Manjhi-Bollywood**
- 13. Bhaag Milkha Bhaag-Bollywood**
- 14. Ajab Singh Ki Gajab Kahani-Bollywood**
- 15. Dead Poets Society-Hollywood**
- 16. The Walk-Hollywood**
- 17. Good Will Hunting-Hollywood**
- 18. Trapped-Bollywood**
- 19. 438 Days-Hollywood**
- 20. A Wednesday (2008)**

Also, the students were given the opportunity to select a movie of their choice for the presentation.

The students presented on the movies like Padman, Forrest Gump, Pursuit of Happiness, 12th Fail, Dangal, Gunjan Saxena, 3 Idiots, Trapped, Poets Society, Taare Zameen Par and Rocky.

The event was appreciated by all the participants of MBA. They enjoyed a lot, and it was a wonderful learning experience for them. Amity Business School remains committed to organizing such enriching events to continually support and empower its students.

Event Coordinators:

Dr Shweta Saxena, Associate Professor, Amity Business School, AUMP and Dr Anuradha Kushwaha, Associate Professor, Amity Business School, AUMP









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MADHYA PRADESH

(Established by Ritnand Balved Education Foundation)

Celebrating Psychology Day: Fostering Positive Interaction through Responsible Hedonism “Know 2 No”

Objective:

Facilitate a vibrant celebration of Psychology Day, promoting positive interaction and mental well-being among students, staff, and faculty through engaging activities rooted in responsible hedonism, while reducing stigma and raising awareness about psychological principles.

Need & relevance: The celebration of Psychology Day, centred around the theme of responsible hedonism and featuring engaging activities for students, staff, and faculty members, yielded several positive outcomes:

1. **Promotion of Positive Interaction:** The activities, including the banana eating competition, balloon bursting, tam bola, ball toss, and dumb charades, facilitated positive interactions among participants. Laughter, camaraderie, and friendly competition were prevalent throughout the event, fostering a sense of community and belonging.
2. **Emphasis on Mental Well-being:** By incorporating elements of mindfulness, stress relief, and teamwork, the activities underscored the importance of mental well-being. Participants were encouraged to prioritize self-care and seek support when needed, promoting a culture of psychological resilience and support within the academic community.
3. **Reduction of Stigma:** Through interactive workshops, informative sessions, and open discussions about mental health issues, the celebration helped reduce the stigma associated with seeking help. Participants were empowered to address their mental health concerns openly and seek assistance from available resources.

4. Enhanced Awareness: The event raised awareness about the significance of psychology in understanding human behaviour and promoting mental health. Participants gained insights into various psychological concepts and techniques while engaging in fun and meaningful activities.

5. Building Relationships: The celebration provided opportunities for participants to build new relationships and strengthen existing ones. By fostering teamwork, communication, and mutual understanding, the activities promoted the development of supportive networks within the academic community.

Overall, the outcome of the Psychology Day celebration was overwhelmingly positive, leaving a lasting impact on participants and reinforcing the importance of fostering a culture of well-being, positivity, and mutual support within the field of psychology and beyond.

Outcome of the activity: The event focused allowed people to interact to allow celebrate psychology day. It allowed to interact with each other taking a break from their mundane lives and focus on positive interactions.

Mode: Offline

Venue: Amity University, Madhya Pradesh

Number of Participants: 100 participants (faculties, students, and staff) took part in the event apart from volunteers.

Summary of the Session:

Event: Celebrating Psychology Day: Fostering Positive Interaction through Responsible Hedonism

On the 26th of April 2024, the corridors of academia were abuzz with excitement as students, staff, and faculty members alike gathered to celebrate Psychology Day. This annual event, marked by a jubilant spirit and a commitment to mental well-being, served as a testament to the vibrant community within the field of psychology. However, this year's celebration took on a special significance as it highlighted the theme of responsible hedonism—a philosophy that advocates for the pursuit of pleasure and happiness while ensuring the well-being of oneself and others.

The festivities kicked off with an array of engaging activities carefully curated to promote fun, positive interaction, and meaningful connections among participants. Among the highlights were the banana eating competition, balloon bursting, tam bola, ball toss, and dumb charades. These activities, while seemingly light-hearted, carried deeper connotations that resonated with the principles of psychology and the importance of fostering a supportive community.

The banana eating competition, for instance, served as a playful reminder of the need for balance and moderation in life. Participants enthusiastically indulged in the sweet fruit, all the while mindful of the importance of mindful eating—a concept deeply rooted in psychology that encourages individuals to savor each moment and be present in the experience.

Meanwhile, the balloon bursting activity symbolized the release of pent-up stress and tension—a cathartic experience that mirrored the therapeutic techniques often employed in psychology to promote emotional well-being. As balloons burst with laughter and cheers, participants found solace in the simple act of letting go and embracing the joyous moments of life.

Tam bola, a traditional game of chance and skill, brought people together in a spirit of camaraderie and friendly competition. As participants eagerly awaited their turn to unravel the colorful prizes hidden within the intricately woven cloth, bonds were formed, and laughter filled the air—a testament to the power of shared experiences in fostering connections and strengthening social ties.

The ball toss and dumb charades, on the other hand, encouraged teamwork, communication, and creativity—key components of effective interpersonal relationships and psychological well-being. Whether collaborating to successfully pass the ball or using gestures and expressions to convey a message, participants found themselves immersed in the joy of collective achievement and mutual understanding.

Beyond the laughter and camaraderie, the significance of these activities lay in their ability to promote positive mental health and well-being among students, staff, and faculty members. By engaging in activities that encouraged mindfulness, stress relief, social interaction, and teamwork, participants were reminded of the importance of self-care, community support, and resilience—a message that lies at the heart of psychology.

Moreover, the celebration of Psychology Day served as a platform for raising awareness about mental health issues and reducing the stigma associated with seeking help. Through interactive workshops, informative sessions, and open discussions, participants were encouraged to prioritize their mental well-being and seek support when needed—a crucial step towards creating a more compassionate and inclusive society.

As the day drew to a close, and participants bid farewell to the festivities with smiles on their faces and memories in their hearts, the celebration of Psychology Day left a lasting impression—a reminder that amidst the rigors of academic life, there lies a community bound together by a shared passion for understanding the complexities of the human mind and a commitment to promoting happiness, resilience, and well-being for all.



Director Dr. Novrattan Sharma and Dr. Deepak Kumar awarding the Prize to the winner



Dr. Novrattan Sharma, Director, AIBAS and Dr. Deepak Kumar awarding the Prize to the winner