

Rishihood's 100 KM Trek for Transformation



We introduced an annual 100KM walk - a unique transformative ritual symbolizing our dedication to community, connection, and change. This incredible journey through Haryana's villages is more than just covering distance; it's about learning, empathizing, and personal growth. As we walk together, our bond with the people of Haryana deepens, understanding their challenges and dreams.

The 100km trek in 36 hours is a tremendous mental and physical challenge, pushing participants beyond their comfort zones. It's a test of patience and stamina.

At Rishihood, we don't just talk about change; we **#WalkTheTalk**

The Global Indian Diaspora: A Dynamic Force for India's Growth

We want to express our deep appreciation to Mr. Vijay Chauthaiwale (In-Charge, Foreign Affairs Department, BJP) for his enlightening discussion on the Global Indian Diaspora. His insights highlighted the power of our worldwide community, emphasizing the importance of unity, culture, and our shared identity. Together, we are shaping a more interconnected and promising future.



Baichung Bhutia Launches Learners Arena at Rishihood University!

Rishihood University has unveiled the Learners Arena—a cutting-edge sports complex dedicated to boosting student involvement in sports and related activities. .



Inaugurated by the legendary Indian footballer, Shri Baichung Bhutia, this arena includes a swimming pool, a multipurpose hall with a badminton court, a top-notch gym, a squash court, and much more. Get ready for a thrilling new era of sports excellence and learning at Rishihood

6th Rishi Sabha

A big shoutout to everyone who played a part in making the 6th Rishi Sabha a resounding success! From Prof. Sanjeev Kumar's inspiring poem to our students' powerful playlet "Purush Pariksha," not to mention the thrilling prize distribution for Samvaad and Cook & Serve competition – the event was filled with moments of pure creativity and passion. Together, we celebrated the essence of integrity and beauty.



Path to Harmony



The 'Path to Harmony' event was a transformative journey that featured esteemed Chief Guests, including Dr. Chinmay Pandya Ji, Pro Vice Chancellor of Dev Sanskriti Vishwavidyalaya, IPS Gaurav Kumar Ji, Prof. Dhananjay Joshi Ji, Vice-Chancellor of Delhi Teachers University, and Prof. saroj sharma, Chairperson, National Institute of Open Schooling (NIOS).

Throughout the event, various aspects of mental health, education, family dynamics, and resilience were explored through engaging sessions and artistic presentations such as nukkad natak, psyche play, and demonstration by Human Augmentation Lab. The event successfully brought together a diverse range of perspectives, fostering a deeper understanding of the importance of mental health.

Workshop on Role of Languages in Education and Life

Dr. Sampadananda Mishra, Director of the Centre for Human Sciences at Rishihood University, had an enriching day at Shiv Nadar School in Faridabad. Language teachers from Noida, Gurugram, and Faridabad explored the profound role of languages, including Sanskrit, in shaping lives and learning journeys. They recognized how languages connect us to culture, enhance communication, and deepen our understanding of the world.



The dedicated language teachers who joined the conversation were thanked for their contributions. Together, they sculpted the future of education.

Sarathi



Unveiling Sarathi - Rishihood's Center Fostering Wellbeing! At Rishihood University, we deeply value the overall health of our community. We're delighted to introduce Sarathi, our Counseling Center, providing guidance in essential life dimensions: Psychological, Spiritual, and Career. Rooted in Rishihood's fundamental principles of comprehensive development, Sarathi offers a secure space to delve into your inner world, determine your career direction, and nurture your mental equilibrium.

Fashion Journey: Expression 2023

Let's talk style and self-expression at Expression 2023! Rishihood hosted a captivating fashion journey, celebrating the strength, style, and shakti of our talented students' designs. The event was a resounding success, and our students' imaginative talents left everyone in awe.



Admissions & Marketing Team: Spreading the Word!



Our Admissions & Marketing team went the extra mile! We reached out to 70 different career fairs and school sessions across a spectrum of cities, from bustling Mumbai to serene Darjeeling. We had meaningful conversations with around 2000 students, and we didn't stop there. Online events were organized to guide even more aspiring young minds.

Mentor Meeting with Sai Phanindra

Our recent mentor meeting with Sai Phanindra left a lasting impact! Students, staff, and faculty all found valuable insights as we delved into the art of making sound career decisions, handling peer pressure, and building authentic friendships. It was a truly enriching experience that has inspired us all to strive for personal and professional growth



Navigating Subtle Signs of Bullying

Explore a multi-faceted approach to address subtle bullying in education.

In this article, Vice Chancellor Shobhit Mathur advocates recognizing, documenting, and fostering resilience to combat bullying's impact, offering actionable solutions for a safer, inclusive education.

Are you being bullied? Read the subtle signs

Summary Mainpoints

In today's educational landscape, the issue of bullying has gained significant attention. However, while most studies of bullying are relatively recent, it is important to identify and address subtle bullying—a more insidious form—often goes unnoticed.

Subtle bullying can manifest in various ways: exclusion, backhanded compliments, or passive-aggressive behavior. To name a few, it can have a profound impact on a student's mental health, academic performance, and overall well-being. Therefore, it is crucial for educators to recognize and effectively deal with this form of bullying.

Recognize the signs

The first step in combating subtle bullying is recognizing its occurrence. Unlike overt bullying, which is conspicuous, subtle bullying is often masked as casual conversation.



Don't ignore it

Document the incidents

Documenting a record of bullying incidents can serve as evidence in case of future escalation. Documenting the date, time, place, people involved, and the nature of the incident can be helpful when seeking help from authorities or parents.

Emotional resilience pays

Emotional resilience is the ability to adapt and bounce back from adversity. Students can cultivate this by developing coping mechanisms such as deep breathing, positive affirmations, and visualization techniques.

Seek support

Students can escalate the effects of bullying. Therefore, it is essential for students to seek support from trusted individuals, be it family, friends, or teachers. Sharing experiences can not only provide emotional relief but also offer different perspectives on how to handle the situation.

Report to authorities

If the bullying persists despite taking the above measures, it may be necessary to involve the school's administrative authorities. Schools often have protocols for dealing with bullying and taking formal action can ensure that the issue is addressed comprehensively.

Empowerment activities

Participation in activities that boost self-esteem can be a powerful antidote to the effects of bullying. Whether it's sports, arts, or community service, participating in activities that build a sense of accomplishment can help students regain their confidence.

Anti-bullying programmes

Students can also take a proactive role by advocating for anti-bullying programs in their educational institutions. These programs can educate the school community about the different forms of bullying, including the subtle types, and equip them with tools to combat it effectively.

Subtle bullying is a pervasive issue that can have long-lasting repercussions on a student's life. By adopting a multi-faceted approach that includes recognition, documentation, emotional resilience, and formal reporting, students can effectively mitigate its impact.

no more subtle bullying can be a reality.



Join us at Rishihood University's Ashok Goel Library for an exciting International Conference on AI-Driven Advances in Intellectual Property Rights & Knowledge Management. Explore the impact of AI on these fields, connect with industry experts, and stay updated on the latest innovations. For additional details, check out the Publication link below.

[For additional details, check out the Publication link](#)

Join Rishihood Family

Rishihood runs on generous contributions received from corporates, individuals, and institutions. Rishihood leadership is a unique group of entrepreneurs, educationists, social workers, and spiritual leaders. The group includes Padma Shri awardees, parliamentarians, global professionals, venture investors, policy makers and more. We invite you to co-create India's first impact university and join us in Creating the Future.

[Join Now](#)



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