

SCHOOL OF PHARMACEUTICAL SCIENCES
Integral University, Kursi Rd, Lucknow, Uttar Pradesh 226026
Summary Report

Activity: Short Essay Writing

Held on: 12-01-2021

On the occasion of *Swami Vivekanand Jayanti*, '**National Youth Day**' was celebrated by School of Pharmaceutical Sciences (SPS) as per guidelines received from the Ministry of Education. An online Essay Writing Competition was organized. The competition was open for both I year and II year students of SPS to participate.

In the competition, the participants had the opportunity to choose any one of the given topics to write their views. *Topics included:* 1. True Education to Youth; Rise of Nation, 2. Action Brings Reaction, 3. Unique Ideas of Swami Vivekanand as a Motivation in Pandemic Crisis, 4. Meditation as a Medicine, 5. Power of Mind. Participants were given details of formatting (.pdf format) for submission of the writing.

Out of the *ten participants* (6 from I Year and 4 from II Year), *4 were recommended* by the expert panel of evaluators (2 from I Year and 2 from II year) where first & second position holders were from II year and third position was a tie between two participants from first year.

The *panel of evaluators* included Ms. Neha Jaiswal (Lecturer, Department SPS), Ms. Ambareen Fatima (Lecturer, Department SPS) and Mr. Asad Ahmad (Lecturer, Department SPS).

The judgement was concluded and *approved & certified* by Ms. Widhilika Singh (Activity Coordinator, Department SPS) and *Mr. Irfan Aziz* (Principal, Department SPS) respectively.

Winners:

First Position: (II Year)

Second Position: Deepak Gupta (II Year)

Third Position: Siddhant Singh (I Year), Vivek Kumar (I Year)

Topic-Medication as a Medicine

.Meditation, a type of mind-body medicine, has been practiced for thousands of years. During meditation, you develop intentional focus — minimizing random thoughts about the past or future.

.Meditation may offer many benefits, such as helping with concentration, relaxation, inner peace, stress reduction and fatigue.

Name- Vivek Kumar Enrollment No.- 2002300060

Session-1st

MEDITATION AS A MEDICINE

Meditation is an art of self realization.

Meditation is where we train attention and awareness, and achieve a mentally clear and emotionally clam and stable state.

Meditation helps us to reduce our anxiety, negative emotions.

Meditation gives peace of mind and brings inner healing.

Meditation is good for health.

POWER OF MIND

Man is considered the highest intellectual in living things on earth. Man has the desire and knowledge to inspire creatures with power and immense potential. As Swami Vivekananda said, "We are responsible for whatever we are and have the power to make ourselves what we want."

HAPPY NATIONAL YOUTH DAY

NAME -SIDDHANT SINGH

ENROLLMENT No -2002300061

SESSION - 2020 - 2021