

## Report on SAARTHI Activity- February 2026

As per the SAARTHI Activity Calendar 2026, the activity scheduled for the month of February was “**Connecting with Traditional Practices (Indian Knowledge Systems – IKS)**” at Era University. The programme was conducted by the Department of Liberal Education and coordinated by Dr. Saurabh Tiwari and Dr. Samreen Naqvi, Assistant Professors in the Department of Liberal Education, along with Ms. Noor Manshiya (SAARTHI). The program was headed under the guidance of Prof. Sheeba Rizvi, Head, Department of Liberal Education.

A Quiz Competition was conducted on 23 February 2026. Approximately 140 students from different faculties participated in the competition. The questions were based on Arts, Architecture, Medicine, Philosophy, and Vedic Scriptures. **In this competition, Iffat Fatima from Biotechnology (2nd Semester) secured the first position, followed by Haider from BCA (2nd Semester) who secured the second position, while Shreyansh Singh from BCA (2nd Semester) achieved the third position. Kainat Abidi from Biotechnology (2nd Semester) was awarded the consolation prize.**

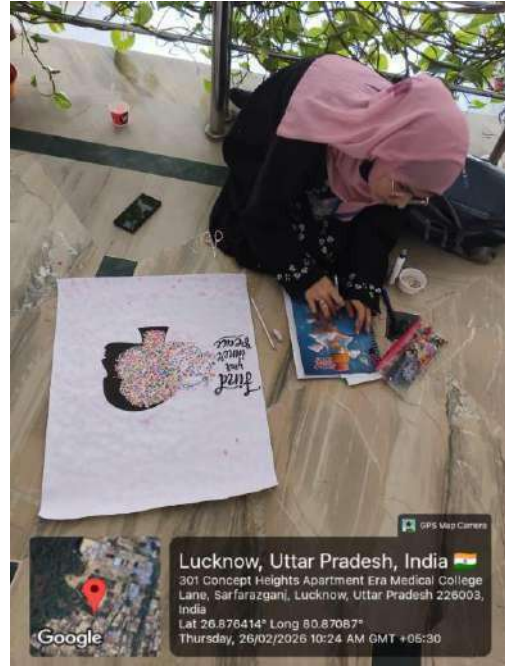
An on-the-Spot Poster Making Competition was organized on 26 February 2026 on the first floor of the University Building. Approximately 14 students from different faculties participated. The themes included Bharatavarsha: The Legacy of Wisdom; Panchamahabhuta (Five Elements) and Ecological Balance; Ayurveda and Preventive Healthcare; Yoga, Meditation, and Mindfulness; Concept of Balance (Sattva, Rajas, Tamas); Stress Management through Indian Philosophy; and Tridosha: The Ayurvedic Blueprint of Body-Mind Balance. In this competition, **Mohd. Farman and Pratik Prabhat from D. Pharm (2nd Year) secured the first position, while Ali Mirza and Arisha Danish from BCA (2nd Semester) secured the second position. Anamta Butool from BCA (4th Semester) was awarded the third position, and Arzoo and Zainab from Biotechnology (2nd Semester) received the consolation prize.**

A Guest Lecture on “Indian Knowledge System and Sustainable Development: Lessons for the 21st Century” was organized on 28 February 2026 at the Mini Auditorium. The session was delivered by Dr. Siddharth Shankar Rai, Assistant Professor at Babasaheb Bhimrao Ambedkar Central University. The lecture witnessed participation from over 120 students and faculty members. The programme was conducted under the guidance of Prof. Sheeba Rizvi, Head, Department of Liberal Education, and coordinated by Dr. Samreen Naqvi and Dr. Saurabh Tiwari. Prof. A. K. Srivastava welcomed the guest speaker, and Ms. Insiya and Ms. Inshara from the Department of Biotechnology assisted in conducting the programme.





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