

<b>Life skills (Yoga, physical fitness, health and hygiene)</b>			
<b>Idol Immersion Awareness Programme</b>	<b>15/9/2022</b>	<b>50</b>	<b>IIMT ECO CLUB</b>
<b>Anti-Fire Campaign on Pledge on Crackers Free Diwali &amp; Poster Galley on Say No to Crackers</b>	<b>17/10/22</b>	<b>44</b>	<b>IIMT ECO CLUB</b>
<b>Celebration of World Environment Day on the Theme "Beat Plastic pollution"</b>	<b>05-06-23</b>	<b>32</b>	<b>IIMT ECO CLUB &amp; School of Law</b>
<b>International Yoga Day Celebration</b>	<b>21/06/ 2023</b>	<b>34</b>	<b>IIMT</b>



# IDEAL INSTITUTE OF MANAGEMENT AND TECHNOLOGY



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Under the Aegis of Internal Quality Assurance Cell (IQAC)  
Ref. No.-IIMT/2022/LAW/IEC/SEPT /REPORT/01



15<sup>th</sup> Sept, 2022

## SCHOOL OF LAW REPORT

### IDOL IMMERSION AWARENESS PROGRAMME

An activity on "Idol Immersion Awareness Programme" for students of BALLB 2<sup>nd</sup> Year organized by IIMT Eco Club on 15th Sept, 2022 at 11.45 A.M. onwards in Room No. 105 of IIMT. Total 50 students of BALLB 2<sup>nd</sup> Year attended the programme.

Prof. (Dr.) Hemlata Sharma, President of IIMT Eco Club highlighted purpose and creation about the biodegradable, innovative and Eco friendly Idols and steps taken to reduce the environmental damage. She encouraged the students about eco-friendly idol immersion. On that day, documentary with video was showed on the theme "Pollution created by Idol immersion" and "Ideas behind Eco-friendly idol immersion" for the students.

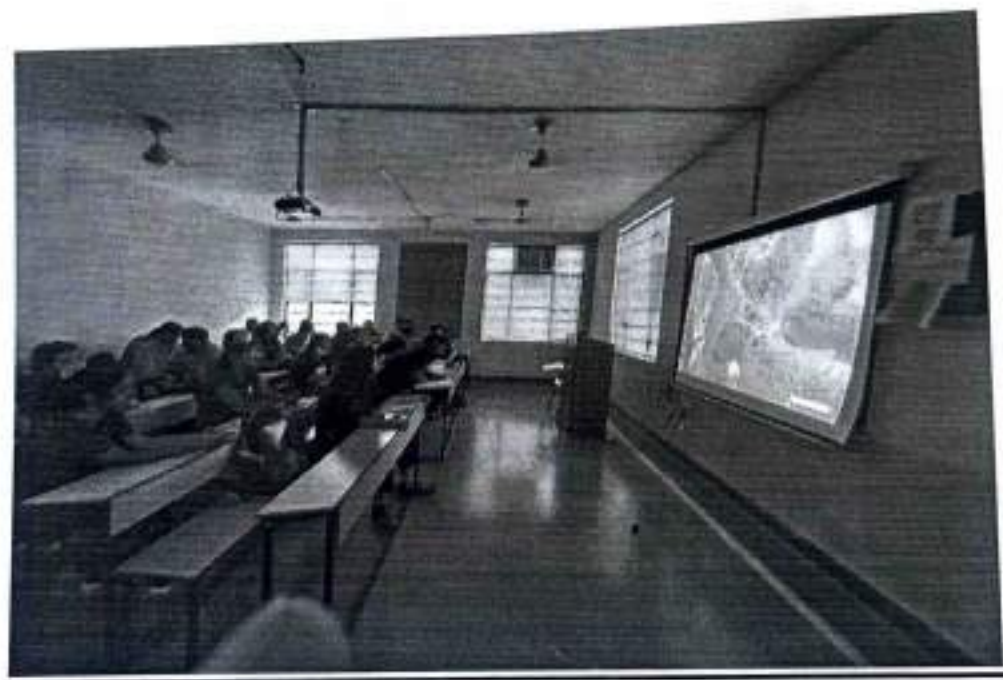
The learning outcomes of the programme were:

The primary outcome was that students learned about guidelines and instructions on idol immersion during Ganesh Chaturthi/ Durga Pooja/ Saraswati Pooja etc.  
The secondary outcome was in terms of various use and importance of biodegradable idols during festive occasions. The students understood the concept of various eco friendly Idol Immersion with the help of the documentary and videos.  
The students participated enthusiastically and learned about importance of biodegradable and Eco friendly Idols.

Prepared By: *Mansi*  
Ms. Mansi Khanna *15/9/2022*  
Assistant Professor, Law

*Hsharma*  
*15/9/2022*  
Prof. (Dr.) Hemlata Sharma  
(Vice Principal, School of Law &  
President, IIMT Eco Club)

**IDOL IMMERSION AWARENESS PROGRAMME**  
**organized by IIMT Eco Club on 15th Sept, 2022**





**IDEAL INSTITUTE OF MANAGEMENT AND TECHNOLOGY**



Under the Aegis of Internal Quality Assurance Cell (IQAC)



Ref. No.-IIMT/2022/IEC/OCT/REPORT/01

18<sup>th</sup> Oct, 2022

**IIMT ECO CLUB, IIMT**

**REPORT**

**“Anti- Fire Campaign”  
on  
“Pledge on Crackers Free Diwali and  
Poster Gallery on Say No to Crackers”**

IIMT Eco Club, IIMT organized “Anti- Fire Campaign” on “Pledge on Crackers Free Diwali and Poster Gallery on Say No to Crackers” on 17th Oct, 2022 (Monday) at 2:00 P.M. onwards in IIMT Campus.

The programme was a two-fold event in which the first part was initiated by “Pledge on Crackers Free Diwali” to the students with slogans, posters and banners in the Front Garden Area of IIMT and total 44 students participated along with faculty members of IIMT.

Hon’ble Director Prof. (Dr.) Anil Parkash Sharma congratulated each and everyone and encouraged the students for celebrating Diwali with Sweets, Diyas and lights. He emphasized upon the pollution free Diwali and suggested the steps to minimize these serious environmental issues. He recommended celebrating eco-friendly Diwali and Say No to Crackers.

With respect to the pledge on crackers free Diwali, all the students took a pledge in English as well as in Hindi Language.

**Pledge on Crackers Free Diwali**

- I will do my best to protect earth and its natural environment by avoiding fire crackers.**
- I will also adopt such practices that would minimize pollution.**
- I will make people around me aware about pollution.**
- I will avoid spreading Air pollution of any kind.**
- I will use Diyas and Lights more.**
- I will take care of Clean-up the environment.**
- I will reduce the waste, If created any.**
- I will plant more trees to make Diwali eco- Friendly.**
- I will conserve energy and water also on Diwali Days.**

I pledge about having a wonderful time with family, friends, and good food and happiness!  
So join us for heart Lighted Diwali.

मैं पटाखों को त्यागते हुए पृथ्वी और उसके प्रकृतिक पर्यावरण की रक्षा करने की पूरी कोशिश करूँगा  
मैं ऐसी आदते अपनाऊँगा जिससे प्रदूषण कम से कम हो  
मैं प्रदूषण के बारे में लोगों के अंदर जागृति लाऊँगा  
मैं वायु प्रदूषण को कम करने का प्रयास करूँगा  
मैं दिया और रोशनी को ज्यादा से ज्यादा इस्तेमाल करूँगा  
मैं पर्यावरण की सफाई का विशेष ध्यान रखूँगा  
मैं ज्यादा से ज्यादा पेड़ लगाऊँगा ताकि पर्यावरण के अनुकूल दिवाली बने  
मैं दिवाली के दिनों में उर्जा और पानी का संरक्षण करूँगा।  
मैं परिवार, दोस्तों, और अच्छे भोजन और खुशियों के साथ शानदार समय बिताने की प्रतिज्ञा करता हूँ!  
इसलिए दिल से प्रकाशित दिवाली के लिए हम साथ जुड़ें। .

The second part of the programme was a Poster Gallery on Say No to Crackers organized in Main Auditorium, IIMT in which 18 students registered themselves and participated with vigour and zeal. The 1st Position secured by Lavanya Aggarwal (BALLB 1st Year), 2nd Position secured by Priyanka Ojha (BALLB 2nd Year and 3rd Position secured by Rajshree (BALLB 2nd Year)

The organizing committee of IIMT Eco club as Prof. (Dr.) Hemlata Sharma (President), Mr. Jasdeep Singh (Vice-President), Ms. Jasmandeep Kaur (Joint-Secretary – BBA 1st shift), Dr. Jitender Yadav (Coordinator), Dr. Satpal Arora (Tree Graphics Designer/Treasurer) and Mr. Gagandeep Singh (Event Manager, BBA 2nd shift) organized this event successfully with enthusiastic zeal.

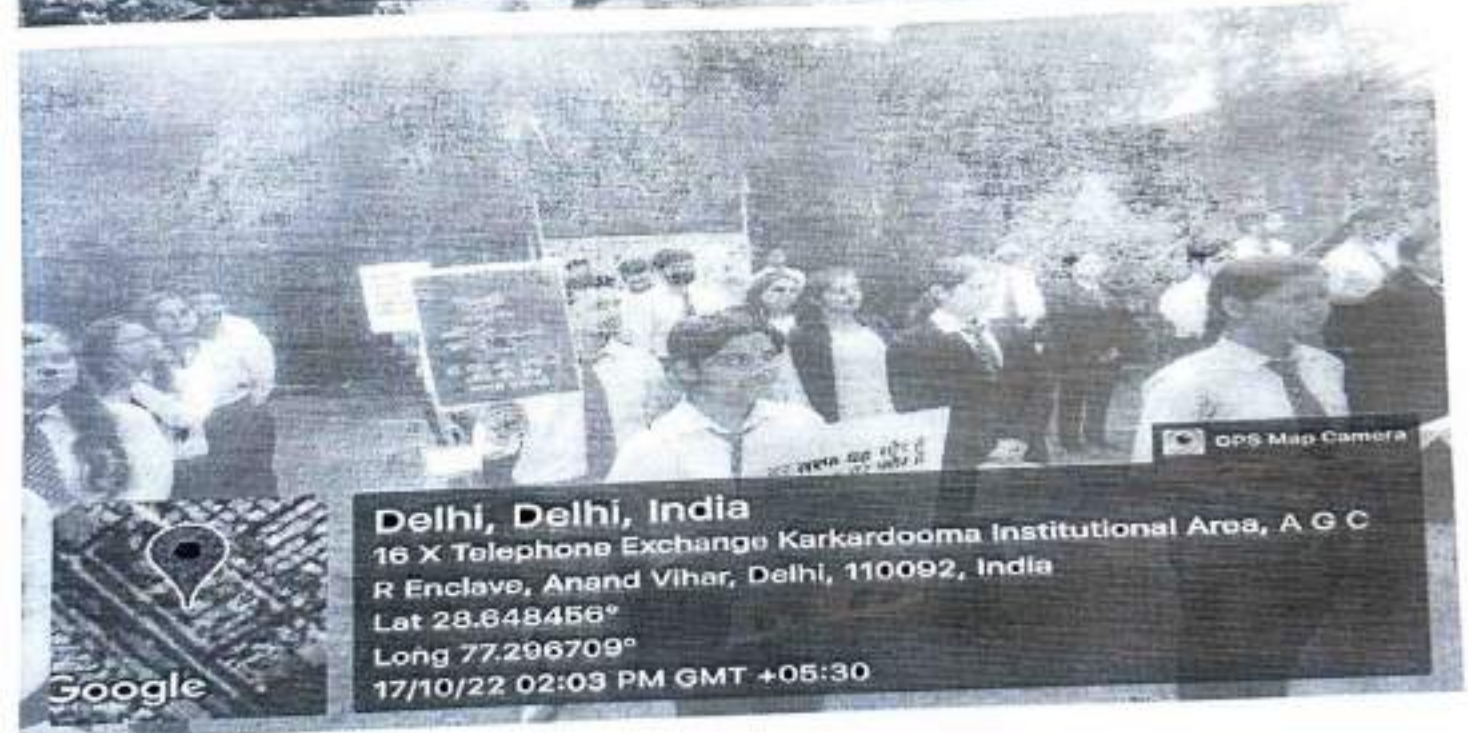
Hsharma  
18/10/2022  
Prof. (Dr.) Hemlata Sharma  
(President, IIMT Eco Club)

  
Prof. (Dr.) Anil Parkash Sharma  
(Director, IIMT)

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## GLIMPSES

Pledge on Crackers Free Diwali, 17<sup>th</sup> Oct, 2022





## IDEAL INSTITUTE OF MANAGEMENT AND TECHNOLOGY

### Event Report

<b>Name of the Activity:</b>	"CELEBRATION OF WORLD ENVIRONMENT DAY"		
<b>Theme of the Activity:</b>	"BEAT PLASTIC POLLUTION"		
<b>Activity Date(s):</b>	5 <sup>th</sup> JUNE 2023	<b>No. of Participants:</b>	15
		<b>No. of attendees including participants</b>	32

**Brief Description of the Guests/Participants (like industry experts, students, faculty etc):**

The IIMT ECO CLUB and School of law, IIMT organized this event for spreading awareness about world environment day. The participants were from 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year students from B.A.LLB. The judges of this event were Prof. (Dr.) Arun Gupta (Principal School of law) and Prof. (Dr.) Hemalata Sharma (Vice-principal school of law) of the institute along with other faculty, student coordinators and audience.

**Brief Description of Activity:**

The event was conducted by IIMT ECO CLUB and School of law, IIMT. The aim behind organizing this program was to give awareness to students about keeping the environment clean and safe from pollution. For this purpose, plant more trees to purify the air and make the earth green. The program started at 12.30 pm, thereafter participants started their performances on spreading awareness for save our environment. All students performed very well. After the activity was over, the judges of event expressed their thoughts regarding the environment day. They told the students how can they make the environment beautiful and clean. In the end students awarded by giving 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and consolation positions for performing well in this event.

**Share Weblink of social media posts of the Activity, if any:**

**Twitter:**

**Facebook:**

[https://m.facebook.com/story.php?story\\_fbid=pfbid0vNccYXntntWuBccb2nNVBnscJZnYebMs2r6ESPGjZsBTnq35qCTTnyTNYmwpHXfNI&id=100010052739342&mibextid=Nif5oz](https://m.facebook.com/story.php?story_fbid=pfbid0vNccYXntntWuBccb2nNVBnscJZnYebMs2r6ESPGjZsBTnq35qCTTnyTNYmwpHXfNI&id=100010052739342&mibextid=Nif5oz)

**Instagram:**

Director Signature

*Xvi. vni. Xxi*

*Hsharma*  
5/8/2023  
In-Charge Signature



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75  
महोत्सव

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जाजादीक  
अमृत महोत्सव

**Report**  
**International Yoga day Celebration**  
**on**  
**21<sup>ST</sup> JUNE 2023, WEDNESDAY**  
**(Timings: 11:30 am onwards)**  
**Under the Aegis of Internal Quality Assurance Cell (IQAC)**

<b>Name of the Activity:</b>	International Yoga Day Celebration		
<b>Theme of the Activity:</b>	Yoga Session		
	Venue: IIMT Main Auditorium(hybrid mode)		
	Cisco webex Link: <a href="https://iimt.webex.com/meet/seemanath.iimt">https://iimt.webex.com/meet/seemanath.iimt</a>		
<b>Activity Date(s):</b>	21 <sup>st</sup> June 2023	<b>No. of Participants:</b>	34
<b>Brief Description of the Participants:</b>	Iimtions along with honorable Director of the institution, Principals and Vice- Principals.		
<b>Brief Description of Activity:</b>	IIMT successfully conducted very insightful and enriching session of Yoga on the occasion of International Yoga Day on the 21 <sup>st</sup> June 2023, in hybrid mode with the motto of IDY 2023 is 'Vasudhaiva Kutumbakam'.		
	Ms Harsh Kalra and Ms. Jasmandeep Kaur initiated the programme by making all aware the importance of yoga. It was followed by the felicitation of all the dignitaries. After the Felicitation process, Honourable Director Prof.(Dr.) Anil Parkash Sharma presented his valuable thoughts regarding Yoga. Two yoga video were played during session by the technical team to know about the origin of yoga. After that faculty members also performed warm up exercises and sitting yoga asanas.		



It not only gave the spiritual enlightenment by Self- Realisation but also discussed the benefits and proper timings of various asanas.

Honourable Director of the institute concluded the session by sharing his views about Yoga and the connection between Mind, Body and Soul. Ms. Harsh Kalra, Sr. Assistant Professor proposed vote of thanks and session was ended by spiritual song.

**Share Weblink of social media posts of the Activity, if any:**

**Twitter:** NA

**Facebook:** [https://m.facebook.com/story.php?story\\_fbid=pfbid02RDwcKTC9RS5gwkBjXHJ22FAnAUZFAcTVZ23GGPXrR6Rgg2hCdegepzLzdBU1cnXJl&id=100064113816415&mibextid=Nif5oz](https://m.facebook.com/story.php?story_fbid=pfbid02RDwcKTC9RS5gwkBjXHJ22FAnAUZFAcTVZ23GGPXrR6Rgg2hCdegepzLzdBU1cnXJl&id=100064113816415&mibextid=Nif5oz)

**Instagram:** NA


**Others:** NA

Report Prepared by:  
Dr. Parminder Kaur  
(Associate Professor)

*Parminder*  
*24/6/23*

Mr. Mayank Gupta  
(Sr. Assistant Professor)

*Mayank*  
*103/07/23*

  
Prof. (Dr.) Anil Parkash Sharma  
(Director, IIMT)

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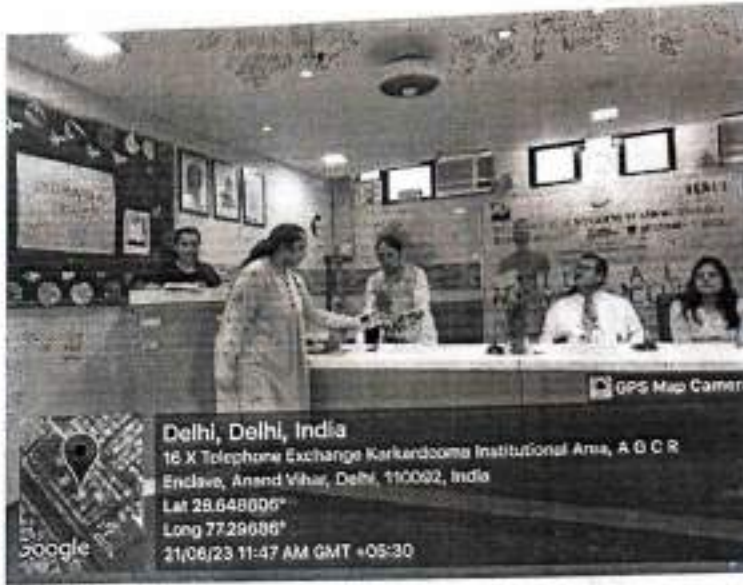
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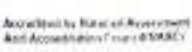
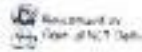


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Life Skill(Yoga)					
“Green Pledge and Eco-Friendly March as Awareness Programme to Avoid the Use of Single Use Plastics”	8th Oct, 2021	31		organized by IIMT Eco Club	
Vigilance Awareness Week (26th Oct. - 1st Nov. 2021) and organized “Debate Competition on Vigilance Awareness” on the topic ‘When bribery was required, but you did not bribe”	1st Nov, 2021	36		organized by IIMT Eco Club	
“CELEBRATION OF EARTH DAY- AWARENESS ON PLASTIC POLLUTION”	22nd April 2022	50		Organized by Ideal Photography Club	
workshop on “Reuse of Waste Material Around us and Art of Origami” organized by IIMT Eco Club, IIMT	5th May, 2022	41		Mr. Rajender Rai, Artist Head, Preshit Social Foundation, Pune organized by IIMT Eco Club	
Plantation Drive cum Legal Awareness Programme on the Eve of Vanmahotsav Celebration	07-07-2022	19		organized by School of LAW	
Internal Seminar: Fitness Mantra During Corona Pandemic .	27 April,2022	37		Speaker: Dr.Jitender Yadav, Sr. Assistant Professor, IIMT	



Under the Aegis of Internal Quality Assurance Cell (IQAC)

Ref. No.-IIMT/2021/IEC/OCT/REPORT/02

8<sup>th</sup> OCTOBER, 2021

**IIMT ECO CLUB**  
**REPORT**

on

**Azadi Ka Amrit Mahotsav**  
**Iconic Week (4<sup>th</sup> to 10<sup>th</sup> October, 2021)**

**"Green Pledge and Eco-Friendly March as Awareness Programme to Avoid the Use of Single Use Plastics"**

IIMT Eco Club celebrated Azadi Ka Amrit Mahotsav, Iconic Week (4<sup>th</sup> to 10<sup>th</sup> Oct, 2021) on Green Pledge and Awareness Programme to Avoid the Use of Single Use Plastics" on 8<sup>th</sup> Oct, 2021 (Friday) at 12:00 P.M. onwards. Total 31 students from BALLB, BBA and BBA (CAM) department attended the march and 19 faculty members of IIMT. The session was initiated by green pledge to the students and followed by a Eco Friendly March (inside the college as well as outside the college from gate to Kottakal Hospital to Laxmi Public School and back to IIMT) with slogans, posters and banners.

Connecting with the students from various departments on the issue of elimination of Single Use Plastic. Hon'ble Director Prof. (Dr.) Anil Parkash Sharma said that one of the most important Climate Actions that we can take individually is to bring in conscious changes to our lifestyles and stressed that there is no Planet B reminding all that that what we have is not a parental property rather a loan from our future generations.

The organizing committee of IIMT Eco club as Dr. Hemlata Sharma (President), Mr. Jasdeep Singh (Vice-President), Mr. Sumit Kumar Debnath (Secretary -2<sup>nd</sup> Shift), Ms. Jasmandeep Kaur (Joint-Secretary -1<sup>st</sup> shift), Mr. Jitender Yadav (Coordinator), Mr. Satpal Arora (Tree Graphics Designer/ Treasurer) organized this event very successfully and with enthusiastic zeal.

Prepared by:

**Ms. Jasmandeep Kaur**  
(Joint - Secretary, IIMT ECO CLUB)

*Jasmandeep kaur*  
22/10/21

**Dr. Hemlata Sharma**  
(President, IIMT ECO CLUB)

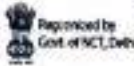
*Hsharma*  
22/10/21

*Anil Parkash Sharma*  
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**Prof. (Dr.) Anil Parkash Sharma**  
(Director, IIMT)



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## **SCREENSHOTS**

### **IIMT ECO CLUB**

**Under the Aegis of IQAC**

**Azadi Ka Amrit Mahotsav Iconic Week (4<sup>th</sup> to 10<sup>th</sup> October, 2021)**

**"Green Pledge and Eco-Friendly March Awareness Programme  
To Avoid the Use of Single Use Plastics"**

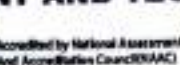
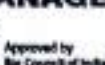
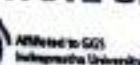
**ON**

**9<sup>th</sup> October' 2021**





## IDEAL INSTITUTE OF MANAGEMENT AND TECHNOLOGY



Under the Aegis of Internal Quality Assurance Cell (IQAC)

Ref. No.-IIMT/2021/IBC/NOV/REPORT/03

1<sup>st</sup> Nov, 2021

### IIMT ECO CLUB REPORT

on

### **Vigilance Awareness Week (26<sup>th</sup> Oct. - 1<sup>st</sup> Nov. 2021) "Debate Competition on Vigilance Awareness"**

IIMT Eco Club, Ideal Institute of Management & Technology celebrated Vigilance Awareness Week (26<sup>th</sup> Oct. - 1<sup>st</sup> Nov. 2021) and organized "Debate Competition on Vigilance Awareness" on 1<sup>st</sup> Nov, 2021 (Monday) at 11:00 A.M. onwards in the Main Auditorium, IIMT.

For the achievement of producing responsiveness with earnest enthusiasm as a solemn responsibility towards Nation building and as a step ahead to sensitize students and faculty members for creating awareness to eradicate corruption in public life.

Total 73 students from BALLB, BBA and BBA (CAM) department including all the faculty members of IIMT attended the programme.

The programme was a two-fold event in which the first part was initiated by Integrity Pledge for Citizens and Integrity Pledge for organization by students as well as faculty members of IIMT as part of Vigilance Awareness Week – 2021.

The second part of the programme was a Debate Competition on the topic "When bribery was required, but you did not bribe", in which 12 students registered themselves and participated with vigour and zeal. The judgment of the Debate Competition was declared by the Judges as Dr. Vineeta Sharma (Principal, BBA 1<sup>st</sup> Shift), Dr. Hemlata Sharma (Associate Professor, Law) and Ms. Shailja Khosla (Sr. Assistant Professor BBA 2<sup>nd</sup> Shift).

The students were allowed to speak in English or Hindi and were given 3 minutes to speak.

The winners are as follows-

1<sup>st</sup> Position- Mr. Saksham Gupta (BALLB 2<sup>nd</sup> Year)

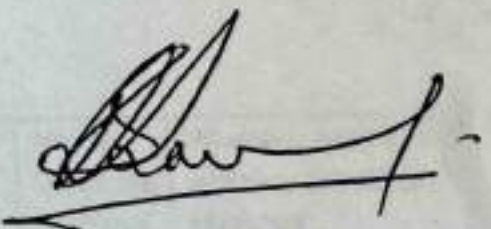
2<sup>nd</sup> Position-Mr. Devansh Dimri (BBA 2<sup>nd</sup> shift Gen 5) and

Directors Commendation Award- Mr. Deepanshu Kaushik (BALLB 3<sup>rd</sup> Year)

On the occasion of Vigilance Awareness Week and the issue of Vigilance awareness, Hon'ble Director Prof. (Dr.) Anil Parkash Sharma congratulated the winners and inspired the students as well as faculty members to create an atmosphere towards weeding out corruption and unethical practices. He elucidated the definition of bribery with the punishment provisions as Section 171 B and Section 171E of Indian Penal Code 1860. The spirit behind the observance of vigilance week was to sensitize the students and faculty members of IIMT against the menace of corruption as it is the collective fight involving everyone against corruption.

The organizing committee of IIMT Eco club, IIMT as Dr. Hemlata Sharma (President), Mr. Jasdeep Singh (Vice-President), Mr. Sumit Kumar Debnath (Secretary -2<sup>nd</sup> Shift), Ms. Jasmandeep Kaur (Joint- Secretary -1<sup>st</sup> shift), Mr. Jitender Yadav (Coordinator), Mr. Satpal Arora (Tree Graphics Designer/ Treasurer) organized this event very successfully and with enthusiastic zeal.

*H Sharma.*  
*12/11/2021*  
**Dr. Hemlata Sharma**  
**(President, IIMT ECO CLUB)**

  
**Prof. (Dr.) Anil Parkash Sharma**  
**(Director, IIMT)**

*Xii. M. Xii*



**IDEAL INSTITUTE OF MANAGEMENT AND TECHNOLOGY**



Under the Aegis of Internal Quality Assurance Cell (IQAC)



Ref. No.-IIMT/2022/APRIL/IEC/REPORT/01

26<sup>th</sup> April, 2021

**IIMT ECO CLUB**  
**REPORT**

on

**“CELEBRATION OF EARTH DAY- AWARENESS ON PLASTIC POLLUTION”**

An event on “Celebration of Earth Day- Awareness on Plastic Pollution” by IIMT Eco Club, Ideal Institute of Management & Technology organized on 22<sup>nd</sup> April, 2022 (Friday) at 2:30 P.M. onwards in Main Auditorium of IIMT.

The objective of the event is “Say No to Plastic and Save Mother Earth”.

The purpose of this event was to draw attention to the harmful effects of plastic in our environment. Through this event, our students understood the impacts of plastic pollution on human health, ecosystem and how everyday actions can lessen the problem. Plastic free environment is the need of the hour and it is required to aware and sensitize the students and faculty members of IIMT about reducing the plastic pollution and say ‘No’ to Plastic and adopt alternatives like Jute, Cloth & Recycled plastics

Total 50 students from BALLB, BBA and BBA (CAM) department including all the faculty members of IIMT attended the programme.

The programme was a two-fold event in which the first part was initiated by Essay writing competition and 28 students registered themselves and participated. The 1<sup>st</sup> Position secured by Aditi Sahni –BALLB 1<sup>st</sup> Year and 2<sup>nd</sup> Position secured by Ginni Tyagi- BALLB 1<sup>st</sup> Year. The second part of the programme was a Speech Competition in which 10 students registered themselves and participated with vigour and zeal. The 1<sup>st</sup> Position secured by Kartikey Gupta - BALLB 1<sup>st</sup> Year and 2<sup>nd</sup> Position secured by Doyal Mehta - BALLB 1<sup>st</sup> Year.

The judgment of these competitions was declared by the Judges as Prof. (Dr.) Hemlata Sharma (Vice Principal, Law & President of IIMT Eco Club) and Dr. Mahesh Sharma (Vice Principal, BBA 1<sup>st</sup> Shift). The students were allowed to speak in English or Hindi for 3 minutes.

On the occasion of Celebration of Earth Day and the awareness about plastic pollution, Hon’ble Director Prof. (Dr.) Anil Parkash Sharma congratulated the winners and encouraged



the students as well as faculty members to create an atmosphere to reduce the plastic pollution. He shared his views that Pollution due to single use plastic items had become an important environmental challenge confronting all countries. Plastic Pollution was affecting the whole earth, including mankind, wildlife, and aquatic life. It was spreading like a disease which has no cure. He emphasized upon 'No' to Plastic and used alternatives like jute, cloth and recycled plastics.

The organizing committee of IIMT Eco club, IIMT as Prof. (Dr.) Hemlata Sharma (President), Mr. Jasdeep Singh (Vice-President), Mr. Sumit Kumar Debnath (Secretary -2<sup>nd</sup> Shift), Ms. Jasmandeep Kaur (Joint- Secretary -1<sup>st</sup> shift), Mr. Jitender Yadav (Coordinator), Mr. Gagandeep Singh (Event Manager) and Mr. Satpal Arora (Tree Graphics Designer/ Treasurer) organized this event very successfully and with enthusiastic zeal.

*Hsharma*  
*26/4/2022*  
Prof. (Dr.) Hemlata Sharma  
(President, IIMT ECO CLUB)

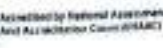
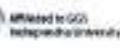
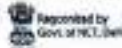
  
Prof. (Dr.) Anil Parkash Sharma  
(Director, IIMT)

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Ref. No.-IIMT/2022/MAY/REPORT/IEC/2

5<sup>th</sup> MAY, 2022

## IIMT ECO CLUB

### REPORT

### Workshop

on


### “Reuse of Waste Material Around us and Art of Origami”

A workshop on “Reuse of Waste Material Around us and Art of Origami” organized by IIMT Eco Club, IIMT on 5<sup>th</sup> May, 2022 (Thursday) at 11:45 A.M. onwards in Room No 003 of IIMT. This initiative was taken by IIMT Eco Club to promote art, craft and culture among the students. And also to educate various forms of performing craft in order to build aesthetic values and appreciate the beauty of paper, as well as to recycle paper in order to preserve Mother Nature.

Mr. Rajender Rai, Artist Head, Preshit Social Foundation, Pune demonstrated the reuse of waste materials into a new decorative items. He used the waste material into impressive art work. The workshop was very impressive and informative for the students. As Origami is all around us and can be a source of inspiration for our students. Origami is a way to get students engaged to improve their skills, and makes them appreciate the world around them more.

Mr. Rajender Rai also discussed how art might benefit underprivileged students, such as those with disabilities or special needs. Students learned about sustainable surroundings and waste materials can be recycled into useful items. Faculty members as well as students participated with zeal to learn skills, get insights, and obtain experiences that would help them grow and flourish in their lives.

*Hsharma*  
*5/5/22*  
Prof. (Dr.) Hemlata Sharma  
(President, IEC)

  
Prof. (Dr.) Anil Parkash Sharma  
(Director, IIMT)

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**Mr. Rajinder Rai showed reuse of Waste material into impressive art work.**



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Ref. No.-IIMT/2022/JUL/REPORT/LAC/07

7.7.2022

**Report**

**Plantation Drive cum Legal Awareness Program  
on the eve of Van Mahotsav Celebration**

**jointly organized by**

**Legal Aid Clinic, IIMT**

**in collaboration with**

**DLSA (Shahdara, North-East, East)**

**on**

**Thursday, July 7, 2022**

Legal Aid Clinic, School of Law, IIMT in association DLSA Shahdara celebrated Van Mahotsav in the institute premises on Thursday, July 7 2022 for the students of Law. The celebration was organized in the presence of the revered guests, Smt. Patil Pranjal Lahensingh (District Magistrate, Shahdara), Sh. Pranat Kumar (Secretary, Shahdara DLSA), Sh. Vinik Jain, (Secretary, North-East, DLSA), Ms. Saema Jamil, (Secretary, East DLSA), Ms. Shisba Chawla, LAC, Shahdara DLSA, Prof. (Dr.) Anil Parkash Sharma (Director, IIMT), Dr. Vineeta Sharma (Principal, BBA 1st Shift, IIMT), Prof. (Dr.) Arun Gupta (Principal, School of Law, IIMT) and Prof. (Dr.) Hemlata Sharma (Vice- Principal, School of Law, IIMT).

The program was organized for students to make them aware and imbibe in them a sense of awareness towards the sustenance of the environment as an essential towards a better life. The session also included speeches by the revered speakers about the topic and into the domain of associated laws.

The celebration started firstly with the lighting of the lamps followed by the felicitation of the guests which was carried further with welcome address of the Hon'ble guests for the day. The session then continued with the address by the guests about the topic and a detailed presentation on the same by Ms. Shisba Chawla, LAC, Shahdara DLSA. The event ended with a closing remark by the Principal, School of Law, IIMT, Prof. (Dr.) Arun Gupta and vote of thanks by Ms. Perna Gulati, Sr. Assistant Professor, IIMT followed by a National Song.

The celebration was in turn a highly educational event for the students as they were exposed to the real legal intricacies revolving around the environment and how the same is dealt by the administration and what more can be done in the same regard by the community at large.

**Total Number of Students - 19**

**Prepared By:-**

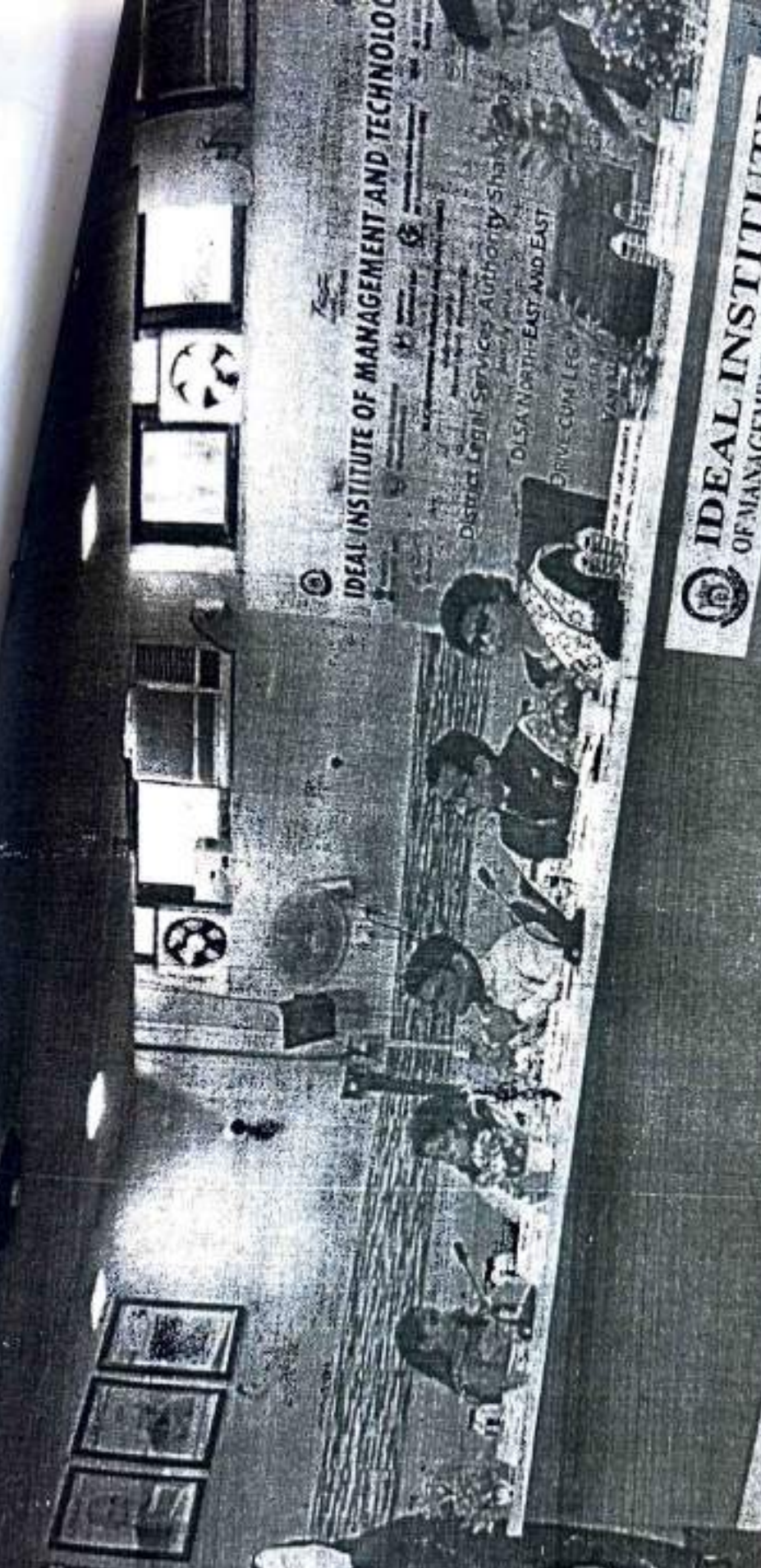
*Ees*  
8/7/22  
**Mr. Eesh Singh,**  
Member, LAC, IIMT

*Job*  
8/7/22  
**Mr. Jasdeep Ahuja**  
In-charge, LAC, IIMT

*Arun*  
8/7/22  
**Prof. (Dr.) Arun Gupta**  
Principal, School of Law, IIMT



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District Login Services Authority  
DLSA NORTH-EAST AND EAST  
DRIVE-CUM-LEO

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<http://ideal institute.edu.in>

(NAAC Accredited)

Ref.-IIMT/REPORT/2021-22/SDP/IS04

**REPORT  
ON  
INTERNAL SEMINAR  
(Fitness Mantra during Corona Pandemic)  
(27<sup>TH</sup> APRIL 2022)**

**OBJECTIVE**

1. To study the impact of fitness on managing stress level.
2. To reduce the stress through sport Activities
3. To focus on identification of causes of Stress.

Ideal Institute of Management and Technology, BBA/BBA(CAM) first shift conducted an INTERNAL SEMINAR on the topic "Fitness Mantra during Corona Pandemic" on 27<sup>TH</sup> April 2022 in Mini Auditorium for Second and Third year, students. Keynote Speaker of the day was **Dr. Jitender Yadav, Sports Officer, IIMT**. Internal seminar was organized by **Ms. Sonal Goel, Ms. Harsh Kalra** along with faculty members and a total of 37 students were present for the session.

\*This seminar presents the importance of fitness mantra on managing Stress. This session will help students in understanding the concept of sports in the real life.

**OUTCOME**

A student passing this module would be able to:

1. Understand that Sport Activities can also act as medicine to cure stress.
2. Analyze that stress is causing more problem than actual covid 19.

Internal Seminar Incharges:

Ms. Sonal Goel

Ms. Harsh Kalra

*Sonal*  
*Harsh*  
*10/5/22*  
*10/5/22*

*Sharma*  
*10/5/22*  
Dr. Vineeta Sharma  
(BBA,HOD)

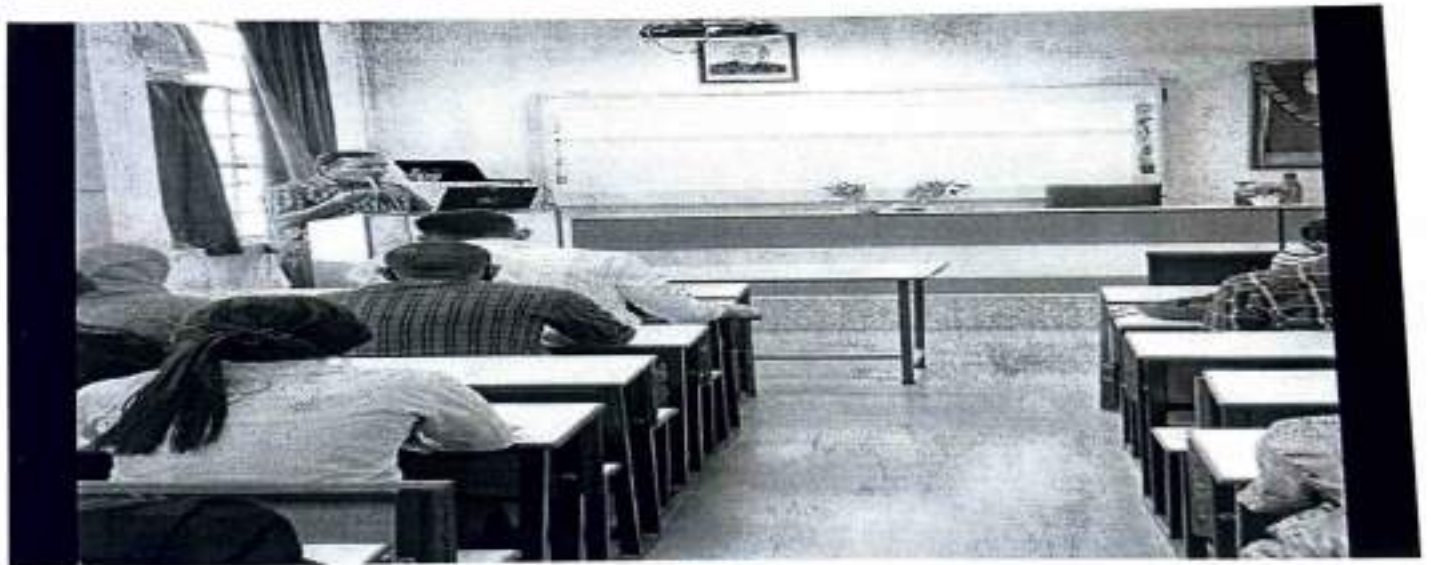
Prof. (Dr.) Anil Parkash Sharma  
(Director)

*Vineeta*



**Fitness Mantra during Covid Pandemic By Jitendra Yadav**

**On 27<sup>th</sup> April , 2022**





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**REPORT**  
**SKILL DEVELOPMENT PROGRAMME**  
**External Seminar-Ask To Achieve**

**Keynote Speaker- Ms. Nitika Parashar Kumar**  
**(Co-founder and Training Chief-MICE EMPORIO)**

**ON**  
**26<sup>th</sup> Nov' 2020**

**Under the Aegis of Internal Quality Assurance Cell (IQAC)**

Skill Development Programme- **External Seminar** was organised on topic -“ **Ask To Achieve**” for Second Year students of BBA and BBA(CAM). And session was taken by esteemed speaker of the Day: **Ms. Nitika Parashar Kumar, (Co-founder and Training Chief-MICE EMPORIO)**. The event was organised **ONLINE** using **CISCO Webex Platform** on 26<sup>th</sup> Nov at 10:00 am, in which **25** students were present.

Ms. Ruchi initiates the session with the welcome note for our speaker of the day. After that Ms. Nitika, starts her session with term Goal setting Model. She briefed about skills, attitude, knowledge. she shared his experience as a knowledge expert. she ended the session by answering all the questions asked by our students.

Mr. Mayank Gupta, Sr. Assistant Professor presented vote of thanks and Letter of Appreciation as a small token of appreciation to our valuable guest.

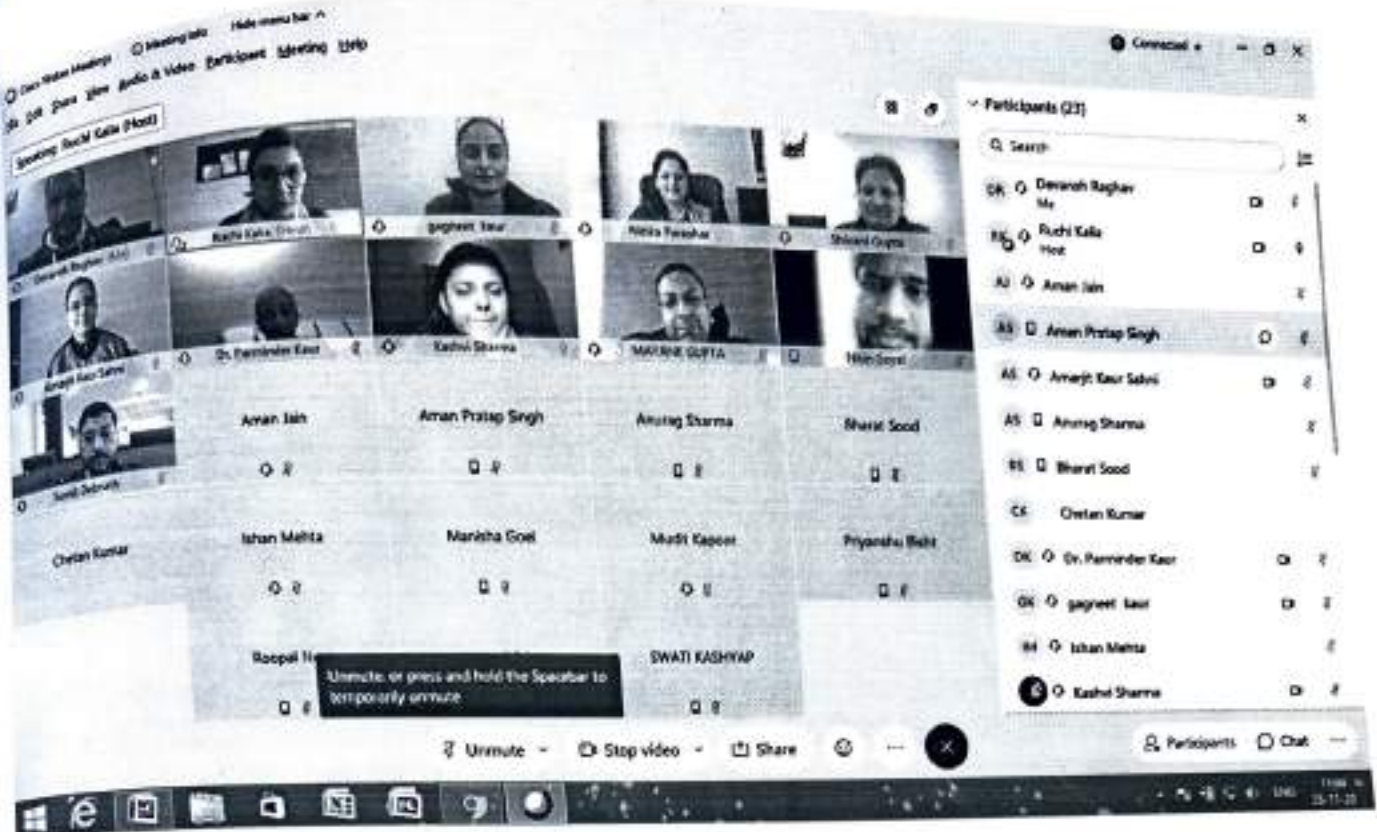
As per the feedback received from the Students it was very good learning experience.

Report Prepared by:

**Dr. Parminder Kaur**  
Sr. Assistant Professor

*Seema*  
*27/11/2020*  
**Ms. Seema Nath Jain**  
(HoD, BBA 2<sup>nd</sup> Shift)

**Prof. (Dr.) Anil Parkash Sharma**  
(Director, IIMT)



Mute, or press and hold the Speaker to temporarily unmute



*Seema*  
27/11/2020

Ms. Seema Nath Jain  
HoD, BBA 2<sup>nd</sup> shift

Prof. (Dr.) Anil Parkash Sharma  
Director, IIMT



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## REPORT

### SKILL DEVELOPMENT PROGRAMME

#### WORKSHOP ON - MANAGING STRESS- HEALTHY WAYS

#### KEY NOTE SPEAKER- MS APURVA GUPTA

*YOGA EVANGELIST & HOLISTIC WELLNESS SPEAKER  
ASSTT. PROFESSOR, SCHOOL OF COMPUTER SCIENCE, UPES*

ON

30<sup>TH</sup> JAN 2021

Under the Aegis of Internal Quality Assurance Cell (IQAC)

Skill Development Programme - **Workshop** was organised on topic - "**Managing Stress**" for First Year students of BBA and BBA(CAM). And session was taken by esteemed speaker of the Day: Ms. Apurva Gupta, (UPES). The event was organised ONLINE using CISCO Webex Platform on 30<sup>th</sup> January 2021 at 12:00noon.

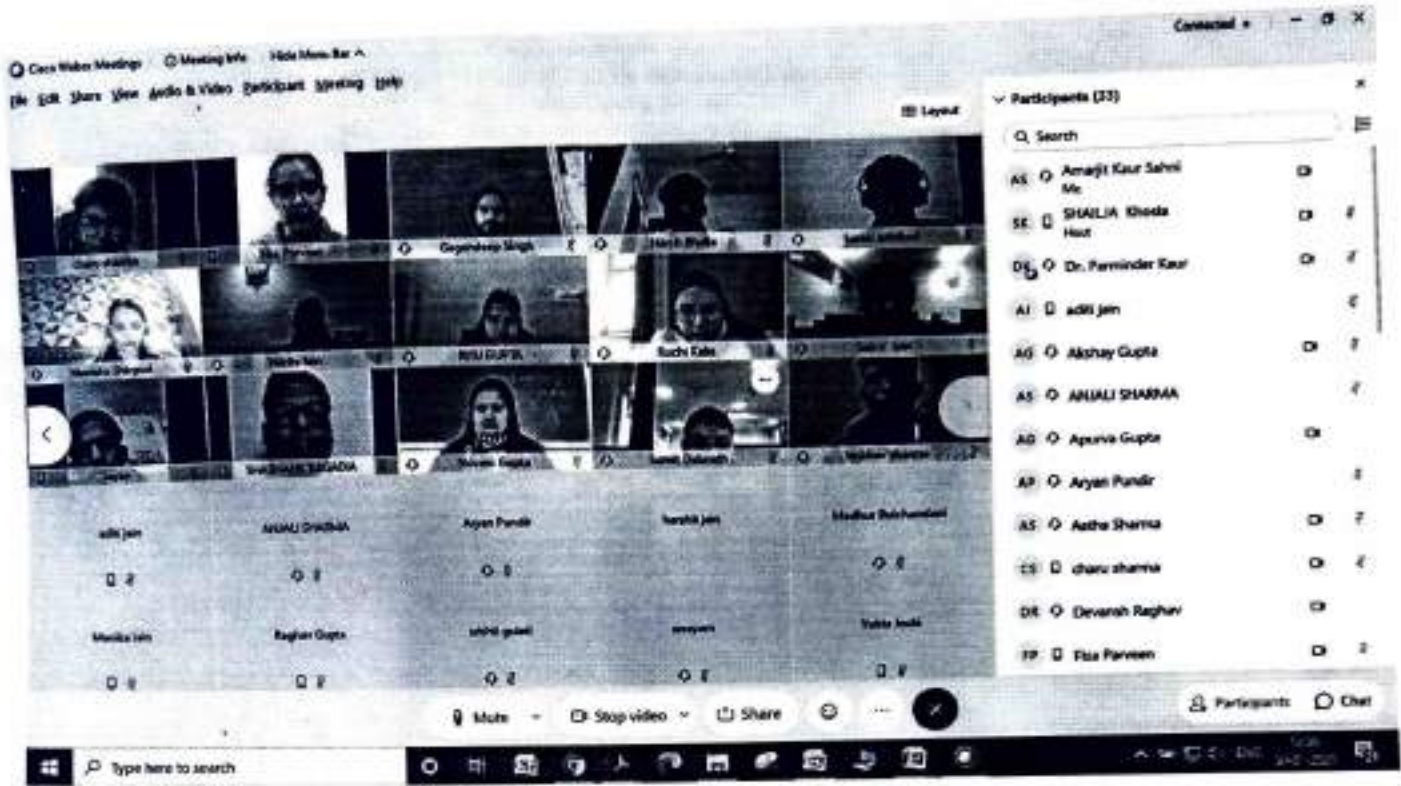
The speaker briefed about various stress management tactics and shared her experience as a knowledge expert. The speaker ended the session by answering all the questions asked by our students.

*Sumit*  
01/02/2021  
Report Prepared by:  
Sumit Kumar Debnath  
Sr. Assistant Professor

*Seema*  
01/02/2021  
Dr Seema Nath Jain  
(HoD, BBA 2<sup>nd</sup> Shift)

*Anil Parkash Sharma*  
Prof(Dr.) Anil Parkash Sharma  
(Director, IIMT)

*ix. 11. xxi*



Drafted By: *Shailja*  
 Ms. Shailja Khosla *11/2/2021*  
 (Sr. Assistant Professor)

*Amarjit*  
 Ms. Amarjit Kaur *11/2/2021*  
 (SDP Incharge, First Year)

*Saina Jain*  
 Ms. Saina Jain *11-02-2021*  
 (Overall Head, SDP)

*Seema*  
 Dr. Seema Nath Jain *11/2/2021*  
 (HoD, BBA 2<sup>nd</sup> Shift)

*Anil Parkash Sharma*  
 Prof. (Dr.) Anil Parkash Sharma  
 (Director, IIMT)

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Ref. No.-IIMT/2021/JUNE/REPORT/IEC/03

5<sup>th</sup> JUNE, 2021

## IIMT ECO CLUB

### REPORT

On

### “Conservation of Ecosystem: Re-Imaging, Recreation, Restore”

Ideal Eco club, under the aegis of IQAC organised webinar on the occasion of World Environment Day on the topic “Conservation of Ecosystem: Re-Imaging, Recreation, Restore”, 2021, on 5<sup>th</sup> June 2021 (Saturday) at 3:00 PM online on Cisco WebEx platform. Total 71 students from BALLB, BBA and BBA (CAM) department attended the webinar including all the faculty members of IIMT. The session was conducted by the Guest Speaker Dr. Avdesh Pratap (Water Law Expert, Ministry of Jal Shakti, Govt. of India).

The programme was very informative and thought-provoking for everyone. The whole event was organized very well and the insightful information was shared by the guest speaker Dr. Avdesh Pratap.

The organizing committee of IIMT Eco club as Dr. Hemlata Sharma (President), Mr. Jasdeep Singh (Vice-President), Mr. Sumit Kumar Debnath (Secretary -2<sup>nd</sup> Shift), Ms. Jasmandeep Kaur (Joint-Secretary -1<sup>st</sup> shift), Mr. Jitender Yadav (Coordinator), Mr. Satpal Arora (Tree Graphics Designer/ Treasurer) organized this event very successfully and with enthusiastic zeal.

*Hsharma*  
6/6/2021  
Dr. Hemlata Sharma  
(President, IIMT ECO CLUB)

*Anil Parkash Sharma*  
Prof. (Dr.) Anil Parkash Sharma  
(Director, IIMT)

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## CAPABILITY ENHANCEMENT AND DEVELOPMENT SCHEMES Report on "POSTER MAKING COMPETITION"

A "Poster Making Competition" is a second activity organised by Tagore House for BBA II year Students and was judged by Mr. Mayank Gupta.

The Competition was conducted for BBA II Shift to give the students limelight on different emerging issues or technology advancement our economy is facing or achieving nowadays. This provided an opportunity to students to depict their creativity on the recent emerging challenges, global competences, innovative business practices, etc and provide information and awareness through their artistry. Students were judged on the basis of their knowledge regarding topic and their effectiveness to spread awareness through their posters.

In the nutshell it was a good time for students to learn and find out their hidden creativity through this activity and also the last round of explaining the poster and topic make them introspect how good they can convey their thoughts to the audience and aware them.

*Gagneet*  
16/feb/2020  
Ms. Gagheet K Bhatia  
Ms. Amarjit Kaur  
(Activity In-charges)

*Seema*  
16/2/2020  
Ms. Seema Nath Jain  
(HOD, BBA II Shift)

*Anil Parkash Sharma*  
Prof.(Dr.) Anil Parkash Sharma  
(Director, IIMT)

*Xip. 11/2/20*

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Dated 8-8-19



# Ideal Institute of Management and Technology

BBA & BBA (CAM) Morning Shift

(Under the aegis of Internal Quality Assurance Cell)

Ref. No. IIMT/2019/AUG/SSD/ 02

## Vivekanand House Activity Report

Vivekanand house organized an activity "Logo Designing and Presentation Contest on Contemporary Issues related with environment" on 8<sup>th</sup> August 2019 in Mini Audi. BBA & BBA(CAM) second year students were the participants of the Activity. The in charges for the activity were Ms Renu Yadav and Ms Shilpa Khurana. The winners for the activity were:

First Position: Ms Ruchi Gupta & Ms Vanshika Gupta (CAM3)

Second Position: Mr. Arnav Sharma & Mr. Harsh (GEN 3)

Best Presenters: Ms Mehrunisa & Mr. Harshit Jhamb (GEN3)

### Learning Outcomes of the Activity:

1. The primary outcome was that students understood about the concept of Logo Designing. The concept of logo designing can help students to work through new industry applications of the framework.
2. The secondary outcome was that students understood a complex concept the environmental issues on contemporary topics.
3. The third and most important outcome of the activity was that students engaged while learning about theory through experiential learning.

Ms Renu Yadav

Dr. Vineeta Sharma

Prof.(Dr.) Anil Parkash Sharma

Ms Shilpa Khurana

(Principal, 1<sup>st</sup> Shift)

(Director, IIMT)

(Vivekanand House In-charges)



101



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## REPORT Soft Skill Development Under the Aegis of Internal Quality Assurance Cell (IQAC)

BBA II Shift Tagore House organized a House Activity in the form of Power Point Competition for GEN and CAM II Year students on 25<sup>th</sup> September 2019. The competition was based on the Theme "Save Environment" in which various sub themes were given to the students. The students presented innovative presentations and they also encouraged others as how environment can be saved by using properly the available resources which are already limited in nature. Students enthusiastically participated in the activity.

Ms. Amarjit Kaur *Amarjit Kaur*  
Ms. Gagneet K. Bhatia *Gagneet*  
(House In-Charge)

*Seema*  
Ms. Seema Nath Jain  
(HoD, BBA 2<sup>nd</sup> Shift)

180



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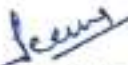
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## REPORT Skill Development Programme Under the Aegis of Internal Quality Assurance Cell (IQAC)

Ideal Institute of management and Technology organized skill development program for BBA II Shift GEN and CAM students on 27<sup>th</sup> September 2019. Topic for the session was “Sources of finance” and the speaker for the session was Ms. Shilpi Bhatia (Finance consultant). The speaker focussed on how finance can be useful to various people and can be used in various situations. She also defined and explained various types of assets such as Shares, Debentures, Equity, Debt, Retained Earning etc. The students were able to understand the practical aspect of finance. Overall the session was fruitful for the students as they were able to clear their doubts by asking various questions from the speaker. This was an interactive session where many students clear their doubts from her.

  
Ms. Ruchi Kafia  
Ms. Gagneet K. Bhatia   
(Seminar In-Charge)

  
Ms. Seema Nath Jain  
(HoD, BBA 2<sup>nd</sup> Shift)



## Yoga Event Report (Sports Day)


### Under the Aegis of Internal Quality Assurance IQAC

The Yoga Event organized on Sports Day on 14 January 2020 at Common Wealth Games Complex, Akshardham. The Chief Guest for the day was Mr. Ranjit Singh IAS, Deputy Commissioner, Excise Duty and Former Secretary Education Cell. The Yoga Committee members prepared the students to perform Suryanamaskar as welcoming performance. Without the sun, there will be no life on earth. Surya Namaskar or 'Sun Salutation' is a very ancient technique of paying respect or expressing gratitude to the sun that is the source of all forms of life on the planet. Symbolically, the sun becomes our source of energy as well. So for paying the gratitude to the Sun yoga committee prepared students for the same. The Suryanamaskar was well prepared by the efforts of Yoga Committee members Dr. Vineeta Sharma (President), Ms. Seema Nath Jain (Vice- President), Ms. Chandrika Sharma (Secretary), Dr. Hemlata Sharma (Joint Secretary), Mr. Jitender Yadav (Coordinator) and Ms Harsh Kalra, Ms. Saina Jain and Ms. Ayushi Gupta (Members). It was also well coordinated among the students of Law, BBA Ist Shift and BBA IInd Shift wherein around 30-35 students participated from each department total amounting to 120 students approx. The entire session delighted the soul and mind of the participants.

Prepared By-

  
20/01/2020  
Ms. Chandrika Sharma

(Secretary)

  
20.1.2020  
Dr. Vineeta Sharma

(President)

  
Prof. (Dr.) Anil Parkash Sharma

(Director)

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Ref. No.-IIMT/2019/MAR//IPC/REPORT/01

28<sup>th</sup> March, 2019

**IDEAL PHOTOGRAPHY CLUB**  
**FIELD INTERACTION VISIT**

**Under the aegis of Internal Quality Assurance Cell (IQAC)**

**REPORT ON SURAJGARH FARMS, GURUGRAM ON 27<sup>TH</sup> MARCH, 2019**  
**ORGANIZED BY IDEAL PHOTOGRAPHY CLUB**

Ideal Photography Club organized FIELD INTERACTION VISIT under the aegis of Internal Quality Assurance Cell (IQAC) to Surajgarh Farms, Gurugram on 27<sup>th</sup> March, 2019 (Wednesday).

The objective of Field Interaction Visit was to study a project of hospitality and tourism industry while maintaining the eco friendly atmosphere keeping in view the native environmental issues and applicable laws and pictorial adventure of the nature.

The 43 members of Ideal Photography Club along with seven faculty members of Ideal Photography Club visited to Surajgarh Farms, Gurugram.

The students learned the following outcomes -

- i) It was a great place for clicking photos and also adventure activities.
- ii) The natural flora and fauna surrounded by small hillocks,
- iii) The knowledge of Indian rural culture and its affiliating ingredients,
- iv) Students learned about the rural cuisines, its preparations and delicacies and hospitality,
- v) Thrilled from photogenic surroundings,
- vi) life of villages and their hospitality,
- vii) inculcation of Patriotic feeling through commandos activities, and
- viii) sportsmanship.

The Following objectives and outcomes were achieved.

Mr. Mahesh Sharma

Dr. Arun Gupta

Mr. Satpal Arora

Mr. Jasdeep Singh

Ms. Seema Nath Jain

(Addl. President, IPC)

Vice-President, IPC

Vice-Principal, School of Law

Technical adviser, IPC

Member, IPC

Dr. Hemlata Sharma  
 (President, IPC)

Prof. (Dr.) Anil Parkash Sharma  
 (Director, IIMT)

xxiii.iii.



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Ref. No.-IIMT/2019/MAR/IEC/REPORT/01

28<sup>th</sup> March, 2019

**IIMT ECO CLUB  
 FIELD INTERACTION VISIT  
 Under the aegis of Internal Quality Assurance Cell (IQAC)  
 REPORT ON SURAJGARH FARMS, GURUGRAM ON 27<sup>TH</sup> MARCH, 2019**

IIMT ECO CLUB organized FIELD INTERACTION VISIT under the aegis of Internal Quality Assurance Cell (IQAC) to Surajgarh Farms, Gurugram on 27<sup>th</sup> March, 2019 (Wednesday).

The 43 members along with seven faculty members of IIMT ECO CLUB visited Surajgarh Farms, Gurugram.

The objective was to study a project on the eco friendly and pollution free environment with social issues and applicable laws and tree plantation and pictorial adventure of the nature.

The Students of IIMT Eco Club learned the following-

- i) Effective eco-friendly environment,
- ii) Natural and local habitant,
- iii) Pollution free culture,
- iv) Open sky,
- v) Mountainous surrounding,
- vi) Healthy and pollution free air and water, and
- vii) Learned about Folk culture.

The Following objectives and outcomes were achieved through FIELD INTERACTION VISIT.

Ms. Deepa Jain Secretary  
 Mr. Jitender Yadav Treasurer  
 Ms. Parminder Kaur Coordinator  
 Mr. Satpal Arora Tree Graphics Designer

Mr. Mayank Gupta Vice-President  
 28/3/19

Dr. Hemlata Sharma 28/3/19  
 President

Prof. (Dr.) Anil Parkash Sharma  
 (Director, IIMT)

xxiii. iii. xix



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Ref.-IIMT/REPORT/2019/FIVP1

**REPORT  
ON  
FIELD INTERACTION VISIT AT LOHAGARH FARM  
(19<sup>th</sup> March 2019)**

**Objective:**

- To promote, propagate and popularize Indian culture, tradition, Food & rural livelihood.
- To protect & promote national heritage, culture, traditional arts, food, folk music, dance and handicrafts.
- To promote ecological balance, protection of flora and fauna & agro forestry.
- To promote, popularize and provide training for rural games & sports.
- To empower women by enhancing their contribution to household income by providing them suitable employment.
- To support people engaged in handicrafts work and help them in marketing and selling of their products by providing them appropriate platform.
- Promoting rural dance and music by providing them appropriate platform to perform before general public, guests and visitors and thereby enabling them to supplement their income.

- To make the provisions for rural and urban recreational facilities and organizing such recreational activities for general public, guests and visitors, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended.

Ideal institute of management and technology conducted a field interaction visit on 19th march 2019 at Lohagarh Farms, Gurugram. A total of 36 students along with Dr. Vineeta Sharma (Principal, BBA MORNING) and faculty members Dr. Seema Gupta(Head), Ms. Deepa Jain(Associate Head) and Ms. Sonal Goel(Member) participated in this field interaction visit by BBA First Shift. All the visiting team members were welcomed with a chandan tikka and dhol entry. The food was delicious and environment was homely and pure. There were many arcade activities followed by tubewell ,mud bath,Tug of war, ethnic beauty, Bullock cart rides, Camel rides etc.

It was a great place for clicking photos and also adventure activities like Burma Bridge, Commando Net, Running Bungee and other activity and outdoor activities are cricket, table tennis, football, volleyball, Badminton and Boxing etc.

At lohagarh, a trip down the memory lanes of childhood was provided to students and members.A place for urban dwellers who seek solitude and peace far from maddening cities,who are looking for authentic rural experiences to refresh their memories.At lohagarh farms employment opportunity for local villagers and artists were created by providing them with a platform to showcase and promote their talent to the general public,guests and visitors, where guests can not only experience and enjoy local art and tradition but also feel the ways of life of rural india.

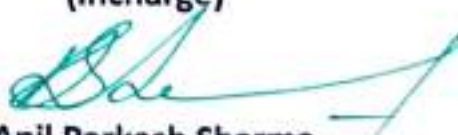
#### Outcome:

After having done field Interaction visit to Lohagarh,all the members,students & staff were able to learn how to promote and popularize indian culture and food, how to empower women by enhancing their contribution to household income and how to provide training for games. It helped us in providing right platform to people in handicrafts work and help them in marketing and selling of their products.

  
Dr. Seema Gupta  
(Incharge)

  
Ms. Deepa Jain  
(Incharge)

  
Dr. Vineeta Sharma  
(Principal)

  
Prof.(Dr.) Anil Parkash Sharma  
(Director)

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## **Ideal Institute of Management and Technology**

**BBA & BBA (CAM) Morning Shift**

**(Under the aegis of Internal Quality Assurance Cell)**

Ref. No. IIMT/2019/MAR/SSD/ 02

### **Soft Skill Development Activity**

**Organized by**

**Drucker House**

#### **Activity Report**

Drucker house organized an activity "Stress Interview for Policy Makers" based on **Porter's five forces** on 26 march 2019 in Main Audi. BBA & BBA(CAM) final year students were the participants of the Activity. The in charges for the activity were Ms Renu Yadav and Ms Shilpa . The winners for the activity were:

First Position: Ms Parul, Ms Kanika, Ms Simran Nagpal(BBA Gen 6)

Second Position: Ms Kriti Sharma, Ms Nancy Chugh, Ms Apoorva(BBA Gen 6)

#### **Learning Outcomes of the Activity:**

1. The primary outcome is that students understood how to apply Porter's Five Forces much more thoroughly after playing the game than before. Knowing the motivations of each of the forces can help students work through new industry applications of the framework..
2. The secondary outcome is that students understood a complex concept – that of the supply chain– after playing this game. If students have not been in the workforce long, or have not had exposure to the purchasing function or



to distribution, the concept of marketing channels may be unclear for them. This game allows them to learn by doing.

3. The third and most important outcome of the game is that students were engaged while learning about theory through experiential learning.

Ms Renu Yadav *Renu Yadav*

Ms Shilpa *Shilpa*

(Drucker House In-charges)

*Sharma*  
30.3.19

Dr. Vineeta Sharma

(Principal; 1<sup>st</sup> Shift)

*Anil Parkash Sharma*

Prof.(Dr.)Anil Parkash Sharma

(Director, IIMT)

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# Ideal Institute of Management and Technology

BBA & BBA (CAM)

(Under the aegis of Internal Quality Assurance Cell)

Ref. No. IIMT/2018/AUG/SSD/ 01

## Activity Report

Drucker house organized an activity "Fitness Mantra" on 24<sup>th</sup> August 2018 in Main Audi. BBA & BBA(CAM) final year students were the participants of the Activity. The winners of the activity were :

1<sup>st</sup> position : Rehmat Nawaz , Pursharth Kwatra & Ayushi Jain(gen 5)

2nd position: Nitya & Pyush(Cam 5)

### Outcomes of the Activity:

The implications of using this game are numerous. Fitness helps to boost concentration and the breathing techniques (pranayama) soothe the mind and increase body's strength and flexibility. The primary implication is that the fitness which was earlier considered an exercise regime for the elderly, has now gained prominence.

The secondary implication is that students will understand a complex concept -mid body and soul. This game allows them to learn by doing.

The third and most important implication of the game is that students will be engaged while learning about theory through experiential learning.

*Renu yadav*  
Ms Renu yadav

*Surbhi*  
Ms Surbhi Khullar

(House Incharges)

*Shafina*  
24.8.19  
Dr. Vineeta Shafina

(HOD,BBA)


## INTERNATIONAL YOGA DAY


*"Yoga without requiring to be paid pays you with a sound health leading to great wealth!"*

The Institute celebrated International Yoga day on 21<sup>st</sup> June 2019. Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. The institute invited Ms. Mifnal Kaushik, Yoga Expert to conduct the event. She also provides training in various East Delhi schools. She is also associated with other countries as yoga trainer. The event was organised by Yoga Committee members, Dr. Vineeta Sharma (President), Ms. Seema Nath Jain (Vice- President), Ms. Chandrika Sharma (Secretary), Dr. Roopa Sharma (Joint Secretary), Mr. Jitender Yadav (Coordinator). The session was very fruitful for all. She made us aware about various benefits of yoga like, it increases endurance, strength, and flexibility, arm and shoulder strength is increased as you use your own body weight for resistance, posture begins to correct itself over time. Many Asanas were learnt like, vajrasan, shavasan, suryanamaskar, etc. Event also stressed upon the importance of yoga that no matter what ails your aching body, or if you just want to take your fitness to a higher level, yoga's ability to build muscle has an undeniable effect on the total body. The entire session delighted the soul and mind of the participants. The event was very rejuvenating for all.

Prepared By-

  
Ms. Chandrika Sharma  
(Secretary)

  
Dr. Vineeta Sharma  
(President)

  
Prof. (Dr.) Anil Parkash Sharma  
(Director)

