
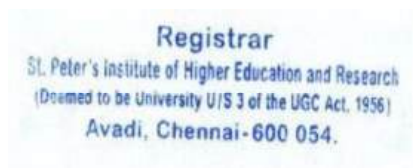




Policy for Life-Long Learning Measures

Policy Created on:	11/09/2019	Approved by:
Revision 1 :	24/11/2021	
Revision 2 :	01/02/2024	 REGISTRAR



SDGs Directly Supported:

- SDG 4 – Quality education

SDGs Indirectly Supported:

- SDG 10 - Reduced Inequalities
- SDG 17 - Partnerships for the Goals

Life-Long Learning Measures Policy

SPIHER is committed to promoting lifelong learning and ensuring inclusive access to education for all, regardless of age, background, or status. The university supports the United Nations Sustainable Development Goal 4 (Quality Education), focusing on inclusive and equitable education and lifelong learning opportunities for all.

Library Access: The SPIHER library is open to the public, offering free access to books, journals, and digital resources during designated hours. This supports research, self-study, and skill development for the local community, including rural, low-income, and marginalized groups.

Computers and Internet: Free access to computers and high-speed internet is provided in public areas to facilitate online learning, research, and digital skill-building for non-students.

Online Courses and Lectures: SPIHER shares free online courses and open lectures through its e-learning platform. These resources cover technology, sustainable development, and general education, accessible to anyone.

Community Workshops: The University organizes free workshops, seminars, and awareness campaigns for the public. Topics include digital literacy, environmental awareness, career guidance, and sustainable living.

Executive Education and Vocational Training: SPIHER offers certificate courses and skill development workshops for working professionals, alumni, and community members. These are often delivered in partnership with industry and through online platforms to ensure flexibility and inclusivity.

Educational Outreach: SPIHER regularly visits local schools, especially in rural and marginalized areas, to conduct interactive sessions, career guidance, and subject-specific demonstrations. Student-led outreach projects, such as literacy drives and environmental campaigns, are encouraged and supported.

Public Awareness Campaigns: Public lectures, seminars, and exhibitions are held on topics like climate change, gender equality, and sustainable living. These events are open to all and often feature external experts, NGOs, and government representatives.

Inclusive Access and Non-Discrimination

SPIHER ensures barrier-free access to all academic, research, and extracurricular activities. The campus is wheelchair accessible, and special accommodations are available for individuals with disabilities.

The university upholds a Non-Discrimination and Equal Opportunity Policy, prohibiting discrimination based on ethnicity, religion, disability, immigration status, gender, sexual orientation, or any other personal characteristic.

Gender equality is actively promoted through gender sensitivity training, safe campus policies, and support networks for women.



01.02.2024

REGISTRAR

4.3.2 - Does your university as a body host events at university that are open to the general public: public lectures, community educational events?

Yes. St. Peter's Institute of Higher Education and Research (SPIHER) regularly hosts a variety of educational and community-oriented events that are open to the general public, thereby fostering lifelong learning and community engagement.

SPIHER organizes enhancement programmes from time to time that focus on life skills development aimed at improving the overall quality of life. These sessions cover vital aspects such as healthy living, physical and psychological well-being, stress management, nutrition, and immunity building. The goal is to empower participants with practical skills for a balanced and productive lifestyle.

The institution also takes pride in strengthening soft skills among participants through workshops and events emphasizing leadership, decision-making, communication, and critical reasoning. One of the key initiatives supporting this effort is the SPIHER Radio Channel, which serves as a unique platform where education meets community. It broadcasts discussions, awareness programmes, and interviews that reach both students and the general public.

In addition, SPIHER conducts health awareness camps, medical check-up drives, and fitness campaigns in collaboration with local healthcare providers. These initiatives promote health consciousness and community well-being. The university also emphasizes sports, yoga, and recreational activities as integral to holistic education and community interaction. Through these public events, SPIHER ensures that education extends beyond academic boundaries and contributes meaningfully to the social, physical, and emotional enrichment of the wider community.

The session included interactive discussions and guided meditation practices, helping students experience mindfulness and inner calm. Participants expressed that the session was refreshing and beneficial for improving concentration and emotional balance.

The event successfully emphasized the importance of incorporating meditation into daily routines for better learning outcomes and holistic well-being.

NATIONAL SERVICE SCHEME (NSS)



Organizes

NASHA MUKT BHARAT ABHIYAN



Serenity Sessions: Exploring Yoga and Meditation



04.09.2024



10.00AM



Yoga & Meditation Centre, SPIHER

Guest



Mr. L. Saravanan

DME, MSc

THE art of living Teacher

Sky Yoga Professor

Coordinators

Dr.P.Periyasamy

NSS Coordinator
SPIHER

Dr.S.Akila

Asst. Prof. CSA
SPIHER

Mrs. R. Vijayalakshmi

NSS Event Coordinator
SPIHER



Event at university that are open to the general public – Community Educational Events

Reference Link:

https://www.instagram.com/p/C_xFlWuPmYO/?igsh=M2huOHV4ODNxYzN3

[https://x.com/SpiherIndia/status/1833756606221197520?t=o2-](https://x.com/SpiherIndia/status/1833756606221197520?t=o2-Sun20nNw5RkYXVPUUpw&s=19)

<https://www.facebook.com/share/p/96N8d15yufKNr1MT/?mibextid=qi2Omg>

[https://www.linkedin.com/posts/spiherchennai_nashamuktbharat-yogaandmeditation-serenitysessions-activity-7239522068180934657-](https://www.linkedin.com/posts/spiherchennai_nashamuktbharat-yogaandmeditation-serenitysessions-activity-7239522068180934657-Kkkn?utm_source=share&utm_medium=member_android)

[Kkkn?utm_source=share&utm_medium=member_android](https://www.linkedin.com/posts/spiherchennai_nashamuktbharat-yogaandmeditation-serenitysessions-activity-7239522068180934657-Kkkn?utm_source=share&utm_medium=member_android)

Publicity on Newspaper - SPIHERS conducts Yoga, Meditation for General Public

02.10.2024

REPORT

Nasha Mukta Bharat Abhiyan - Serenity Sessions: Exploring Yoga and Meditation

Date: September 4th, 2024

Venue: Yoga and Meditation Centre, SPIHER

Beneficiary: Public

To promote a healthy lifestyle and stress management through yoga and meditation practices for Public.

The NSS unit of SPIHER successfully organized the "Nasha Mukta Bharat Abhiyan - Serenity Sessions: Exploring Yoga and Meditation" on September 4th, 2024, at the Yoga and Meditation Centre, SPIHER. The event aimed to create awareness about the benefits of yoga and meditation in achieving a balanced lifestyle.

The session commenced with a welcome address by Dr. P. Periyasamy, NSS Coordinator, who emphasized the importance of yoga and meditation in today's fast-paced world. The guest speaker, Mr. L. Saravanan, DME, MSc., an Art of Living Teacher and Sky Yoga Professor, led the yoga and meditation practice. He guided the participants through various asanas, pranayama, and meditation techniques, highlighting their benefits for physical, mental, and emotional well-being. The participants, actively engaged in the practice, demonstrating their enthusiasm for adopting a healthy lifestyle. Dr. S. Akila, Assistant Professor, and Mrs. R. Vijayalakshmi successfully coordinated the event, ensuring its smooth execution. Approximately 50 participants participated in the event.

The key highlights of the session include:

- Breathing techniques (pranayama) for stress management
- Yoga asanas for physical flexibility and strength
- Meditation techniques for mental clarity and focus
- Discussion on the importance of mindfulness and self-awareness

The participants expressed their gratitude for the opportunity to learn and practice yoga and meditation techniques. The event concluded with a vote of thanks by Dr. P. Periyasamy, acknowledging the support of the guest speaker, coordinators, and participants.

The NSS unit of SPIHER aims to continue organizing such events, promoting holistic well-being beyond the SPIHER community.

Extension and Community Outreach Event Schedule – 2024

S.No	Date	Title of the Events
1.	12.01.24	Pongal Celebrations
2.	23.01.24	Workshop on Microsoft Excel & Creation of Gmail Account
3.	14.02.24	Workshop titled “Electronics Mastery
4.	08.03.24	Women’s Day Celebration
5.	24.07.24	Awareness on Blood Cancer and Blood Stem Cell Transplantation
6.	30.07.24	Sapling Plantation Drive - Ek Ped Maa Ke Naam - One Tree in the Name of Mother
7.	14.08.24	Food Safety Measures
8.	28.08.24	Mass Anti-drug Awareness Programme (Nasha Mukh Bharat Abhiyan)
9.	04.09.24	Nasha Mukh Bharat Abhiyan - Serenity Sessions: Exploring Yoga and Meditation
10	05.09.24 & 06.09.24	Aadhaar Camp
11	12.09.24	Water conservation and rain water harvesting
12	20.09.24	Onam Celebrations
13	24.09.24	National Service Scheme Day
14	30.09.2024	Enhancing Environmental Awareness on the Impact of Plastic Pollution”
15	01.10.24	From Calm to Clarity: How Meditation Improves Student Learning and Well-being
16	03.10.24 – 09.10.24	Navarathri – Golu Celebrations
17	07.10.24	How Computers Work: Demystifying Hardware for Young Minds
18	09.10.24	Swachhata Hi Seva 2024 - Swachhata Pledge and Sapling Plantation
19	18.10.24	Walk for Freedom – Human Trafficking
20	25.10.24	Field Research on Rural Livelihood
21	29.10.24	Quiz competition-vigilance awareness week
22	05.11.24	Integrity Pledge for Citizens - vigilance awareness week

23	29.10.24	Corruption Free India for developed nation- poster and slogan contest
24	06.11.24	Culture of Integrity for Nations Prosperity
25	07.11.24	Comprehensive dental screening camp
26	11.11.24	Stay Safe, Stay Smart: The Vigilant Youth Initiative
27	20.11.24	Swachhata Hi Seva Campaign- Plastics Free Campus
28	19.12.24	Christmas Celebrations