



Report of Swachh Bharat Summer Internship 2018

Ministry of Water and Sanitation
&
Ministry of Human Resources Development
Government of India



Submitted by

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Our Guide and Mentor



Dr. Punam Suri Ji, Padma Shree Awardee

Hon'ble President

DAV College Managing Committee

New Delhi

Mehr Chand Mahajan DAV College for Women, Chandigarh

Established in 1968, MCM DAV College for Women stands tall as a leader in the field of higher education. The inception of this prestigious institution was a dedication to the exemplary contribution of Justice Mehr Chand Mahajan, the former Chief Justice of India. Befittingly, the college was named MCM after this great visionary and educationist. The college today boasts of a prestigious legacy that has been built over the past 50 glorious years since its establishment. The President of India, His Excellency, Shri Ram Nath Kovind himself graced the precincts of college to celebrate the Golden Jubilee of the College. At present the college is progressing at an unprecedented pace. Accomplishing new heights, MCM is embracing latest innovations with open arms and transforming the scope of education. What makes MCM an education maestro is its optimistic approach that strikes a fine balance between, 'Education for life as well as Education for living'.

Owing to its excellent infrastructure and futuristic vision of the Principal Dr Nisha Bhargava, the college has been awarded Grade A by NAAC. College has also brought to it a grant of Rupees 80 lakhs under STAR College Scheme of Ministry of Science and Technology, Department of Bio-Technology, Government of India. Our eminent principal has been a pillar of strength and a real visionary behind the social outreach endeavors at MCM. Under her flagship, the College has scaled new heights in execution and implementation of various projects related to the benefit of society and environment. Her main thrust is on the inculcation of behavioral changes in the youngsters through example and training. In this direction, the initiatives like installation of Solar Panels, Biogas Plant, Rainwater Harvesting System, Waste Segregation, Plantation of Spice Garden and Artificial Forest, are envisaged and have been successfully carried out by team MCM. Dr. Nisha Bhargava's dedicated and focused leadership has given community outreach a new dimension at MCM. Students get involved in community service on a regular basis. Her insight, open door policy, and capacity to see situations from various perspectives make it easy for facilitators and students to carry out the allotted tasks with perfection and ease.

SWACHH BHARAT SUMMER INTERNSHIP 2018

“Be the Change you wish to see in the World.” – Mahatma Gandhi

Swachh Bharat Summer Internship 2018, the hundred hour program of Swachhata, has been organized by the Ministry of Water and Sanitation in association with the Ministry of Human Resources Development, Government of India. The objective of this internship programme was to engage the youth across the country and develop their skill and orientation for sanitation related work, amplifying mass awareness on cleanliness and cement the people’s movement (*Jan Andolan*) aspect of Swachh Bharat Mission. This is in line with the Prime Minister Narendra Modi’s call on October 2, 2014 for each individual to devote 100 hours to Swachhata through the year. The programme was expected to not only provide a great learning experience to students but hopes to also further the existing measures undertaken by the government in ensuring a clean and healthy India.

As a part of the internship, the awareness that interns constructed were divided into two segments: first, (IEC) Information, Education and Communication activities and second, (SWM) Solid Waste Management related activities that targeted generation of awareness around waste collection, segregation, disposal and waste free environment. IEC activities are oriented towards increasing awareness among people about sanitation related issues and trigger a change in sanitation related behaviour.

The main endeavour of the program was to integrate students in the community service in rural areas. The college prepared an action plan on “Swachh Bharat Summer Internship 2018” and organised various activities during summer vacation and has planned to organise many more in the forthcoming session 2018-19. A team of 30 interns, who got registered under the summer internship, was formed in the month of June 2018 to support and compliment 'Swachh Bharat Mission' of the Government of India. Through the said program, MCM DAV College for Women, Chandigarh initiated a campaign to make the public, especially in rural areas, aware about the mission of Swachhata. During this 100 hour program, the interns were given the opportunity to perform cleanliness related activities. The registered students of MCM DAV College for Women, Chandigarh began their summer internship in the first week of June 2018 in the selected villages namely: Kishangarh, Dhanas and Kaimbwala of UT Chandigarh and Vikasnagar of Utrakhnad. Under the Information, Education and Communicative activities, our interns have done following activities during SBSI program:

1. Organized awareness campaigns around better sanitation practices like using a toilet, hand washing, health and hygiene awareness etc
2. Organized Swachhata mela and dance performances
3. Conducted door-to door meetings to drive behaviour change with respect to sanitation practices
4. Conducted school and village level rallies to generate awareness about sanitation
5. Wall painting in public places on the theme of Swachhata
6. Organised swachhata related movie screenings in public places. Community screening of these films were organised in Panchayat Ghars in the villages to help spread the messages of swachhata

The second category, Solid Waste Management related activities targeted generation of awareness around waste collection, segregation, disposal and waste free environment:

1. Organized waste collection drives in households and shared spaces.
2. Organized lectures on solid waste management
3. Engaged community and gram panchayats to build compost pits, (where organic matter decomposed to form organic manure)
4. Piloted awareness drives of cleaning of streets, drains and back alleys.

The internship program was conducted successfully under the able guidance of Dr. Nisha Bhargava, Principal, MCM DAV College for Women, Chandigarh. She provided her whole hearted support to the volunteers and was the main guiding force behind the success of this program. The volunteers participated enthusiastically in the internship under the supervision of their nodal officers, Dr. Namita Bhandari and Ms. Manjot Kaur. The volunteers were further guided by their respective faculty incharges from MCM DAV College namely: Dr Kanika Malhotra, Dr Nidhi Tanwar, Dr Madhuri Patil, Dr Rishu, Ms Pallavi, Dr Nisha Sharma, Dr Ramandeep Kaur and Dr Sonica. More than 30 volunteers turned up and willingly participated in the internship with full cooperation, zeal and enthusiasm. Through their sincere and innovative efforts, the registered students made this endeavour successful and effective. A highlight of this event was to inculcate a sense of social service in students and also motivate them to indulge in the development of highly skilled co-curricular tasks.

NSS-MCM DAV Team 2018

Nodal Officers:

1. Dr Namita Bhandari
2. Ms Manjot Kaur

NSS Team MCM:

1. Dr Kanika Malhotra
2. Dr Nidhi Tanwar
3. Dr Madhuri Patil
4. Dr Rishu
5. Ms Pallavi
6. Dr Nisha Sharma
7. Dr Ramandeep Kaur
8. Dr Sonica

Selected Villages:

1. Kishangarh(UT Chandigarh)
2. Dhanas (UT Chandigarh)
3. Kaimbwalla (UT Chandigarh)
4. Balongi (Mohali)
5. Vikas Nagar (Uttarakhand)

Duration: 01 June 2018 to 20 June 2018

Hours Spent: 100

No of Registered Interns: 30

No of Nodal officers: 2

No of Faculty members participated: 12

Table: Swachh Bharat Summer Internship Conducted Under NSS Committee of MCM DAV College for Women Chandigarh

Location	SBSI Volunteers	Activities Undertaken
Kaimbwalla	Pranika Sharma Jolly Soni Nikita Pahuja DrishtiKharbandaAnushka Pratiksha Gupta	Swachhata Awareness, Personal and Menstrual hygiene Awareness, Distribution of Sanitary Napkins, Swachhata rally, Swachhata Mela, Arranged Lectures on Solid Waste Management, Hygiene, Digging of Compost pit, Cleanliness Drives, Yoga Session, Awareness drive on prevention of Malaria
Dhanas	Timmerpreet Kaur Manya Aparna Shah Samridhi Singh Anandita Saini Priya Sagar Aarti Kanika	Swachhata Awareness, Personal and Menstrual hygiene Awareness, Distribution of Sanitary Napkins, Swachhata rally, Arranged Lectures on Solid Waste Management, Hygiene, Digging of Compost pit, Cleanliness Drives, Yoga Session, Awareness drive on prevention of Malaria
Kishangarh	Satvikaa Singh Vaishali Bansal Gauri Kansal Kajal Pradhan Harsimrat Kaur Simran Ambika Bali Aditya	Swachhata Awareness, Personal and Menstrual hygiene Awareness, Distribution of Sanitary Napkins, Swachhata rally, Arranged Lectures on Solid Waste Management, Hygiene, Digging of Compost pit, Cleanliness Drives, Yoga Session, Awareness drive on prevention of Malaria
Vikas Nagar	Pragya and Nadini	Swachhata Awareness, Personal and Menstrual hygiene Awareness, Distribution of Sanitary Napkins, Swachhata rally, Arranged Lectures on Solid Waste Management, Hygiene, Digging of Compost pit, Cleanliness Drives, Yoga Session, Awareness drive on prevention of Malaria
Balongi (Mohali)	Namrita	Swachhata Awareness, Personal and Menstrual hygiene Awareness, Cleanliness Drives, Organized a series of one act plays and Swachhata rally,

Apart from this, following activities have been conducted by our volunteers under SBSI 2018:

- Conducted awareness drives and programs on Menstrual Hygiene and Sanitation
- Special lecture and demonstrations on Solid Waste Management and Eco Enzymes
- World Environment Day was celebrated by conducting Swachhata awareness programs and rallies on "Say No to Plastic".
- Awareness Campaigns/Programs/lectures on Underground Drainage System.
- Special lectures were conducted on Vermicompost Pits

Summary of Swachh Bharat Summer Internship-2018

1. AWARENESS CAMPAIGNS AND INTERACTIVE SESSIONS

The IEC activities undertaken by the interns tended to target behaviour around open defecation, hygiene practices, solid/liquid waste management among others behaviour and public awareness campaigns were strategically planned to reach the target audience and to communicate specific messages tailored to that group. Under this initiative, our volunteers selected four different villages: Kishangarh, Dhanas and Kaimbwala of UT Chandigarh and Vikasnagar of Utrkhand. Interactive sessions are more successful if they are tailored to the context, values language and resources available to local audience. The awareness campaigns were conducted keeping in mind the objective of the internship i.e. Swachhata. Various campaigns were conducted oriented towards personal hygiene, health, cleanliness, segregation of waste and its disposal, and prevention of vector borne diseases like malaria, dengue and digging of compost pits were conducted. The awareness programs were categorised in three fragments: (i) Door to Door visits (ii) Awareness rallies (iii) Special lectures and interactive public talks.



Initially, the focus was on observing and analysing the condition of the selected villages through field work. Our nodal officers visited the said villages and had several meetings with the sarpanches and other members of Gram panchayat so that the summer internship could produce the desired results. Gram panchayats, the local administrator, play an important role in the development of the villages. The Panchayats are playing a strategic role in



creating awareness and imparting key messages on hygiene and sanitation for behaviour change. They are committed and ready to contribute towards making their village clean and open defecation free and to sustain the open defecation free status of their villages. They are the bridge between effective development policies and viable practical action on the ground. Moreover, special lectures and informal talks with Sarpanches helped us not only in the planning of our action to be taken during the internship but also helped us to execute our plans as we intended to perform. Eventually the internship played a key role in promoting and taking initiatives towards making the said villages clean and open defecation free zone. During the awareness drives, our volunteers

made use of various tools such as hand-made posters, pamphlets and placards displaying the basic ideas, slogans and taglines of Swachhata like “Green India, Clean India”, “Hum Sabka Ek Hi Nara, Saaf Suthra Ho Desh Humara, “Geela Kachra Hare Dustbin Mai”, Sukha Kachra Neele Dustbin Mai”. This methodology engrossed the above stated goals and focussed specifically on prohibition of the use of polythene bags as well. Our interns also conducted numerous interactive sessions with the students, teachers of Government schools and the caretakers/helpers/workers of Aganwadis and Gram Panchayat. While scrutinizing the condition of the village including the Aganwadis and streets, we persuaded the teachers and workers to introduce hygienic habits among children.



2. DOOR-TO-DOOR MEETINGS



The main objective was to create awareness among rural public, identifying problems in rural area and specifically engaging community in cleanliness drives. Door to Door campaigning was done for creating awareness about female hygiene and cleanliness. Our volunteers spread the awareness on various epidemic diseases that are caused by the filthy and unhygienic surroundings. During such meetings interns asked the residents to keep the area in and around houses clean.



3. AWARENESS RALLIES

The awareness rallies aimed at promoting among the public the concept of swachhata and its significance. During the rally participants raised slogans of Swachh Bharat while carried placards with messages about the harmful effects of using plastic. In the Dhanas rally, more than 150 people participated.



Students and staff of the Government school also participated in the march to create awareness about cleanliness among local people. Our interns of Kaimbwala organised a road show on Swachh Bharat Abhiyan by taking out a rally from the village Aganwadi. The theme of World Environment Day 2018, "Beat Plastic Pollution", tended to spread the message among the community to come together and explore sustainable alternatives and urgently reduce the production and excessive use of single-use plastic polluting our oceans, damaging marine life and threatening human health. People of different groups took part in the rallies. Under the Swachhata Internship, on 5th June, special rallies were organized in the selected villages to mark the 'World Environment day' .



4. SPECIAL LECTURES ON SOLID WASTE MANAGEMENT AND PERSONAL HYGIENE



Special lectures, followed by demonstration sessions, were organised on Solid Waste Management development of compost pits, edible mushroom farming using waste and personal hygiene by the MCM faculty members. Under the aegis of the 'Swachhata' Mission introduced by the Government of India, a series of workshops on 'How to Make your own Compost' was organized by Dr Purnima Bhandari, Assistant Professor,

Department of Botany, MCM DAV College for Women. The first workshop was conducted in Village Kaimbwala, Chandigarh on 13th June, 2018 where around 50 children addressed and training on compost making. The second workshop of the series was conducted in Government

Model Senior Secondary School, Dhanas, Chandigarh, on 14th June, 2018 where around 25 people including Safai Karamcharis and waste collectors of that area were given basic training about the waste segregation and importance of composting. The main aim of such workshops was to sensitize people about waste management and give training about process of compost making from the daily waste generated in their kitchen as well as house. Composting is the best way to handle our food and green waste via which one is able to convert our daily dustbin contents into rich, organic manure and grow flowers, vegetables or plants with it, thus lowering carbon



footprint. In addition, Dr. Purnima Bhandari gave demonstration to NSS students about the making of compost units in school so that the green waste generated in the premises could be handled recycled and reused efficiently. Other lectures on personal hygiene and solid waste management were given by Dr Vandana, Dr Sandeep and Dr. Shafila from science department of MCM College.

The endeavour was to inform the receiving end (the villagers) how kitchen waste can be utilised in creating manure by digging compost pit. On 13 June 2018, Dr Vandana Sharma from the department of Food Science, MCM DAV College for Women, Chandigarh delivered a lecture on solid waste management at village Kaimbwala where she elaborated on the segregation of biodegradable and non-biodegradable wastes. And also explained how kitchen waste can be utilised in creating manure by digging compost pit. The sarpanches were persuaded that they should instruct that all waste generators should segregate their waste at source; Gram Panchayat bodies should provide solutions for dealing with segregated waste and create effective Solid Waste Management plants. Information was given on how to recycle plastic waste. These drives



made the sweepers aware to understand the segregation of waste. To attain this purpose, a presentation was conducted by professors of MCM DAV College for Women, Chandigarh. Also the residents were made aware of this practise and the colour of dustbins for the disposal. Second, the lectures were given about women health issues, diseases and suggestions for the same.

Along with this Dr Sandeep from the department of Food Science established a substantial note on awareness among villagers about personal hygiene, proper way of washing hands, patient management during diarrhoea. Dr Vandana and Dr Sandeep also gave lectures on growing of mushrooms with the help of kitchen waste at village Kishangarh along with lectures on Solid Waste Management and personal hygiene. Dr Poornima and Dr Shafila Assistant Professor from Science Department of MCM DAV College for Women, Sector-36, Chandigarh, delivered a lecture on 14 June 2018 at Village Kaimbwala and Dhanas where they imparted knowledge about the construction of compost pits. The villagers were given demonstrations how to make sanitary napkins from cotton cloth and to dispose the napkins in the dustbins in proper manner. They were instructed to make newspaper bags if they wanted to generate some income from this venture. Our volunteers had interactive sessions with village women and female workers on menstrual hygiene at Brahmkumari Centre, Kaimbwala. It helped us to create awareness about women health issues, diseases and suggestions for the same.

With a mix of audio-visual aids, reflections and discussions, this methodology of demonstrations opened up minds to look at selves in a different perspective and gear up for a change. Participants benefited from an understating about personal hygiene and how to make oneself happy and empower themselves with life skills. A total of 350 villagers attended the lectures and benefited with the knowledge of segregation of waste and their key role and involvement in the change of society. More than 180 women including the Aganwadi staff and workers participated in these sessions and had been assured for preventing use of cloth and unhygienic means during menstrual cycles and make others also aware of the hygienic means.

5. INTERACTIVE SESSIONS ON MENSTRUAL HYGIENE AND SANITATION



The objective of the interactive sessions was to increase awareness among adolescent girls and women on menstrual hygiene, build self-esteem, and empower girls for greater localisation and to ensure safe disposal of sanitary napkins in an environment friendly manner. Most of the sessions were conducted at Aganwadis and community centres of the selected villages during the internship.

It is rightly said that Aganwadi is a kind of rural mother in India. A typical Aganwadi centre provides basic health care system. The centre provides basic health care activities including contraceptive counselling and supply nutrition education and supplementation. Our college



interns arranged interactive and informative talks on menstrual hygiene. In many areas of Kishangarh and Dhanas, there is complete neglect of menstrual hygiene due to low awareness levels and lack of access to sanitary products. Majority of the women, especially in slum areas, prefer using reusable unhygienic cloth, sand, rags, newspapers etc.,

as sanitary napkins are expensive. The silence may finally be broken at many levels as the effect of internship comes to the forefront and waste management becomes the next key area of focus after this.



Our programme was targeted at adolescent girls in the age group of 10 to 15 years residing in rural areas to ensure that they have an adequate knowledge and information about the use of sanitary napkins. Apart from this, the major objective was to provide hygienic menstrual solutions

to the women in rural and slum areas. Not only registered students but our faculty members also contributed in this sensitive women cause. The response came out very positively as women put forth their personal views and were accepting the idea of hygiene very openly. Sanitary Napkins were also collected and donated among adult girls and women in the slums. This was done in response to a special cause of providing basic necessities to the ones incapable of tackling the daily life demands.



Some group of SBSI volunteers from MCM DAV visited the homeless and the underprivileged girls and also distributed the sanitary pads to the needy one. The event turned out to be a great success as the team distributed around 50-60 sanitary napkin packs. Also the drive encouraged women and girls for charity and helped regarding donating napkins to someone who needed them.



Frequent aganwadi visits helped the volunteers to know more about their hygiene activities and practices and they were instructed to follow healthy practices and lifestyle. Volunteers analysed the condition of their room and gave some suggestions so that they could improve the deteriorated conditions of aganwadis.



The workers of Aganwadis were addressed by our college interns so that they could come out of orthodox/traditional mind-sets and motivated both genders (in all age groups) in their villages to promote importance of hygiene and sanitation practices for healthy lives. The respective college teachers also conducted several interactive sessions for the target audience. The awareness methods used by our interns helped them to understand importance of hygiene and good sanitation practices during pregnancy and motherhood. It was found that to inculcate critical hand-washing behaviour, demonstration is an effective tool. The volunteers conducted the hand wash awareness campaign with children as well as with the aganwadi students and teacher. Also, we taught the groups of children how to wash hands and the importance of sanitation.

Our students also distributed disposable chef caps to promote hygienic cooking at village eateries during their visits to local dhabas and restaurants. Volunteers spread awareness about the benefits of having a hand wash and separate dustbins. Also, they scrutinized the kitchen of the restaurants, suggested them the ways to keep it clean and promote hygienic eating and cooking. Volunteers traced their actions for one week and made frequent checks over their hygienic practices. They were informed about the segregation of waste and to dispose it pertinently and in the right place. Lectures endorsed to increase awareness about good sanitation practices and the hazards of open

defecation. Beneficiaries who participated in the swachhata drives reported that the interactive session was an entertaining alternative for knowledge dissemination. Although the target audience of the awareness program were the mothers, even children benefited a lot from it.



6. WALL PAINTINGS

To reinforce the key messages from time to time, wall paintings, a canvass for awareness and change, can play a key role as people they are in the vicinity all the time during their daily routines. They have a great potential to emphasize on key and correct hygiene and sanitation messages.

The burst of oil color on a stained wall and wise words on a stained wall and wise words on it can definitely attract and stall any passer-by. Under this initiative,



seven wall paintings were done in the selected villages for a wider impact. The beneficiaries who had seen the wall paintings claimed that they reinforced learning relevant to



good hygiene and sanitation. Another advantage of the wall painting is that it does not targeting a single group of stakeholders but in fact triggers thought in anyone who sees them. Our volunteers

made inspiring wall paintings for the promotion of cleanliness. We believed that if they would paint a wall and put messages of cleanliness, people would think twice before spoiling.

To make sure that the areas are well maintained after our hard work, the team identified local residents who can monitor the place on a regular basis. Our interns made frequent checks for a few days and then assigned the work to locals who keep in touch with them. The interior and exterior walls of Aganwadi were arranged and given a new look by pasting the wall papers



along with slogans of swachhata and swachh bharat. More than seven wall paintings were done in four different villages by our volunteers under this program. The aim of targeting a person's mind-set through our paintings has hit the right chord as we have observed the success rate during the internship.



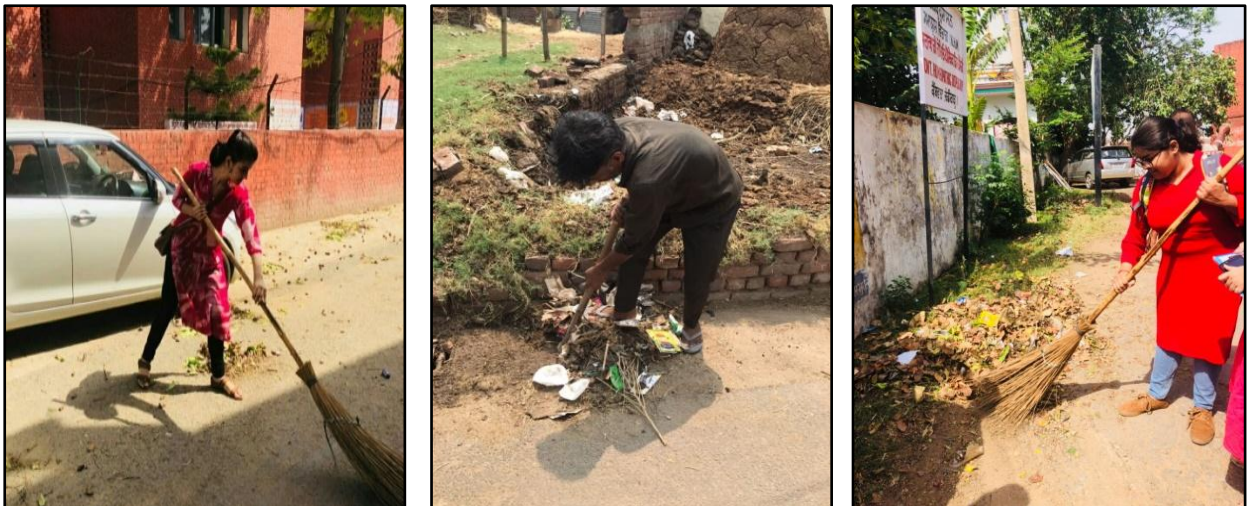
7. CONSTRUCTION OF COMPOST PITS



Composting is a natural way of recycling and is one of the simplest ways to manage garbage. The important point is that it can be done at home. Composting involves decomposing everyday kitchen waste into a rich soil known as compost. Basically, when you compost your organic or kitchen waste we are returning nutrients back into the soil, as a result, the life cycle continues. Safai Karamcharis and the villagers were given demonstration on digging of compost pits. The compost pits were made from the kitchen waste with the help of sweepers and cooperation of village Gram Panchayat. The teams also contributed by collecting the household waste/garbage. The advantages of compost pits were explained to the residents. Our volunteers have constructed eight compost pits in the said villages with the help of Gram Panchayats.

8. STREET CLEANING, DRAIN CLEANING, CLEANING OF BACK ALLEYS

To emphasise the idea of community engaged tasks, the cleanliness drives aimed to inculcate in the community the importance of cleanliness of shared and public space. Cleanliness drives were conducted with the active participation of the residents.



The teams cleaned the streets along with the sweeper of Gram panchayat and also convinced people to participate in this community based program. SBSI Volunteers along with workers of UT administration malaria control department actively participated in these sensitization drives and created awareness among villagers about prevention of vector borne diseases like Malaria, Dengue. The Dhanas team with Aganwadi staff and workers participated in these awareness programs and distributed pamphlets and explained the mode of spread of dengue/ malaria viruses. The Kaimbwala team along with Malaria Control Department, Chandigarh, inspected the water stored container and discarded the containers in different houses, village dispensaries and school buildings. Fogging was done for mosquito control and advised people to remove unwanted waste material, tiles, flower pots where rainwater accumulates and acts as a storehouse for mosquito breeding. With the efforts of our volunteers we could see the change and transformation among the villagers particularly kids and youth. Eventually the beneficiaries, the age group between 10-25, got involved in these awareness campaigns.

9. MOVIE SCREENINGS



Our SBSI Volunteers visited Aganwadis and showed videos to children about sanitation, and importance of cleanliness and washing hands, sessions of movie screenings related to ‘Swachh Bharat Mission’ were also held in the Panchayat Ghars of the selected villages. Movie screenings were done for the female workers of Aganwadi relating to the use of sanitary pads and cleanliness. Videos were shown to the children about sanitation, self-cleaning, use of dustbins and recycling of waste. In a country where movies are religiously followed, movies with Swachh Bharat themes are probably one of the most effective ways of preaching the benefits of swachhata. During the film screening sessions, the following films have been screened: *Toilet*, *Ek Prem*

Katha, *Mere Pyare Prime Minister*, *Meet Phullu* and *Padman*. The February release of Akshay Kumar starrer *Padman* based on the real-life story of low-cost sanitary pad machine inventor Arunachalam Muruganantham has helped bring the conversation into the mainstream. Apart from these films, various awareness videos regarding clean Bharat were also showcased.

10. CLEANLINESS AND WASTE COLLECTION DRIVES



Various cleanliness drives were held in the selected villages. It comprised of volunteers actively performing cleaning activities at different places in Kishangarh as a part of Swachh Bharat Abhiyan. Students with the help of village people were successful in cleaning the local areas dumped with garbage. The use of dustbins was promoted throughout the summer internship. While collecting the solid waste, plastic glass and bottles, our students simultaneously used to the residents to segregate the dry and wet waste. The collection of dry waste from houses like plastic bottles and paper was also done. Likewise they collected the waste from shops and cleaned the market streets along with the help of sweepers of Gram panchayat. Various awareness rallies were therefore driven to make people aware of the importance of cleanliness. Subsequently, waste collection drives were held in all the selected villages on regular basis.



During the internship days, SBSI volunteers, generally, helped to transfer the solid waste from the point of use and disposal to the point of treatment and landfill. Making the people of the village aware about separation of two types of waste i.e. “gilla kachara and sukha kachara”, the dry waste (recyclable plastic) was sold to recyclers. We discovered heaps of waste that occupied the alleys of these villages. With the help of Gram Panchayats we involved people in cleaning the areas specifically the area around the schools, dispensaries and community centres. Simultaneously, our interns ran door-to-door campaigns for ensuring awareness about wet garbage and street cleaning.



This data based survey was also held door to door in order to understand how much impact the program launched by government had on the residents.

11. ORGANISED SWACHHATA MELA AND PERFORMANCES OF ONE ACT PLAYS AND POETRY RECITATION





With the sole mission of spreading happiness and awareness, Swachhata Mela was held at Kaimbwala on 17th June 2018. Through a very entertaining carnival, kids were given a message of Swachhata which was the sub-theme of the summer internship and the venture was very much appreciated by the villagers. The Swachhata Mela was well accepted and appreciated by the local people particularly children as a source of entertainment and information to follow good hygiene and sanitation practices for better health. Most of the kids found this carnival extremely entertaining and informative. A lot of fun filled yet learning activities were organised where kids from various slums and village schools came to participate. It has been well said the vision of our country lies in the hands of our sons and daughter. It will be a great wastage of human resources if these kids were not given an opportunity to exercise their talent. India, the beautiful land, needs the contribution of the efficient and resourceful youth for our soil to become a brighter one. A message was spread all around the villages to promote the

spirit of happiness among the children. Hundreds of eager faces were seen in these events.

12. YOGA SESSIONS

To make and develop an understanding of meditation, yoga and health and develop self-empowering life skills through dynamic meditations. Yoga practices improve health, give mental strength, improve physical strength, protect from injury and detoxify the body. It is generally believed that behavioural changes in





society about healthy sanitation practices can come if the community is empowered. Thus, our volunteers assisted villagers in recognising their problems, and using their knowledge to find effective solutions.

Similar activities are pursued in healthcare centres, schools, aganwadi centres, so that good habits are adopted by everyone on sanitation, toilet usage and hand washing. Capacity building programmes were also conducted in the said villages for ensuring better planning and implementation of these practices. To accomplish the sanitation goals, several departments of MCM DAV worked with the NSS volunteers, namely Department of Chemistry, Botany, Sociology and Home Science.



CHALLENGES FACED AND RECOMMENDATIONS



A common sight or practice in the countryside of a developing country is people going out of their homes to defecate in the open. Generally, toilets are not constructed within premises due to a number of reasons. Some households are either not in a position to construct and maintain hygienic toilets, or do not have sufficient space to construct; or face a deficit water for cleansing. It is realised that behavioural changes in the society about healthy sanitation practices are needed to achieve the cleanliness mission goals. Hence, emphasis should be laid on conducting specific awareness generation programs, and community engagement in the reform process. The key element of Swachh Bharat Summer Internship particularly in the context of rural areas is a shift from conducting cleanliness drives to engaging/engrossing the community in cleanliness services by triggering a behavioural change at community level. It is envisaged that this will enable communities to talk about personal hygiene, waste management and sustainability. The importance is also laid on doing multiple

levels of initiatives and engrossing people to ensure that people start following the above mentioned practices in their day today lives. Also, many people would tend to return to old practices. To make Swachhata drives sustainable, monitoring and spot-checking is required. Motivating volunteers to check the condition of sanitation, and offering them good incentives is necessary. For a behavioural change of the society, a trained workforce is needed that can trigger communities. This involves taking the community through a participatory process of self-analysis where people are informed about the ill effects of inadequate sanitation how it can adversely affect human life if proper facilities are not used. Another problem is the presence of open ponds

(water pools) in rural and semi-urban areas along road corridors. In Kaimbwala, the pond is used by people, livestock for various purposes. The poor quality of water in the pond gives rise to diseases.

Besides, many persons are also left behind from among the beneficiary community. Local administrative bodies should try to identify such groups so that these have access to adequate sanitation. Proper facilities for disposal of excreta should be created. People should begin to use toilets but the faecal material goes untreated which harms the environment. Other usage-related challenges include: tackling cultural and mind-set issues, providing water in rural areas, addressing the problem of small and dingy toilets, stigma associated with pit-emptying, and making-men use toilets. With the emerging concern on large quantity of the waste being produced both in the form of solid and liquid waste, the concept of waste management becomes one of the key focus of sustainable development principles which is based on policies and practices. The quantities of solid wastes are increasing and if the wastes are disposed in an uncontrolled manner these may cause adverse impact on public health and environment. Hence these wastes need to be managed efficiently so as to safeguard public health and environment. In order to improve the quality of life of the rural population, environmental sanitation needs to be improved.

FIELD EXPERIENCE

The concluding days of summer internship ended on a high note of feeling of service for humanity. Keeping the present day environmental challenges in view people are sensitized towards environment, traditions and human values. The moderate, re-use, re-cycle slogan remains a mere rhetoric in a world that generates approximately 450 million tonnes of waste annually. Under the



dusk of these four villages, the participation of volunteers and other villagers especially the gram panchayat and their representatives, aganwadi workers, was highly commendable.

The volunteers were instructed to write their learning skills and experience acquired each day, their field experiences and feedback. Our volunteers learned a lot in this internship and are looking for much more of such experiences in the future. With the heaping concern of the on the large quantity of the waste being produced both in the form of solid and liquid waste, the concept of waste management has become one of the key focus of sustainable development principles which is further based on policies and practices.

The quantities of solid wastes are increasing and if the wastes are disposed in an uncontrollable manner these may cause adverse impact on public health and environment. Hence this waste needs to be managed efficiently so as safeguard public health and environment. In order to improve the quality of life of the rural population, environmental sanitation needs to be improved. There are still no proper dumping facilities due to which people throw their waste on streets carelessly. There is no proper channelization of funds in gram panchayats for installing blue and green dustbins so that dry and wet waste can be segregated.

CONCLUSION

The 100 hour Summer Internship exposed our students to various aspects of community services and helped them to understand how to engage the community in such social outreach programs. We spent the initial week on the field work and interacted with the village sarpanches. During the field work in the villages of Chandigarh, we learnt about the behaviour of villagers and ways to enhance awareness in the rural area. Interactive sessions, rather than monotonous lectures or demonstrations, helped us to transform their minds and actions towards cleanliness drives. During the internship period students were given a crucial responsibility of changing particularly the minds of women and the illiterate class of the



society who are unable to break the shackles of orthodox/traditional mind-sets and superstitions. By this endeavour, our own students have learnt the important aspects of Swacchata, cleanliness and hygiene. Overall, the SBSI 2018 turns out as a great success to make people aware of healing practices through counselling and discussions.

Acknowledgement

We are thankful to Dr. Nisha Bhargava, our worthy principal, for lending her strong support all through the journey of SBSI 2018. We are also grateful to all faculties, staff, students, NSS volunteers and non-teaching staff for creating a deep and meaningful impact of the events/drives/programs and initiatives that were undertaken during SBSI 2018. We would also like to extend mighty accolades to the following faculty members: Dr Kanika Malhotra, Dr Nidhi Tanwar, Dr Madhuri Patil, Dr Rishu, Ms Pallavi, Dr Nisha Sharma, Dr Ramandeep Kaur and Dr Sonica. We are also grateful to Mr. Ashish for his technical support and timely help. And last but not the least, without the support of our college non-teaching staffs, workers and bus drivers, it was impossible to reach this stage and lay a strong foundation of internship practices in various villages.

For more updates and glimpses of activities, visit our

Official MCM DAV Website : www.mcmdavcw-chd.edu

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NOT ME BUT YOU!

MCM students participate in 'Swachh Bharat Summer Internship 2018'

CHANDIGARH, JULY 3

More than 30 students of MCM DAV College for Women have got registered for 'Swachh Bharat Summer Internship 2018' organized by the Ministry of Water and Sanitation in association with the Ministry of Human Resources



गांववासियों को साफ-सफाई रखने के लिए जागरूक करते हुए एन.एस.एस. स्वयंसेवक। (छाया : गुरिन्दर सिंह)

संक्रामक बीमारियों व स्वच्छता संबंधी गांववासियों को किया जागरूक

चंडीगढ़, 12 अगस्त (फटानिया): स्वच्छ भारत के उद्देश्य को प्रभावी रूप से कार्यान्वित करने की दिशा में एमसीएम सामाजिक समस्याओं का समाधान ढूंढने की आवश्यकता पर बल दिया। इसके लिए उन्होंने छात्राओं को तकनीक की

एम.सी.एम. की छात्राओं ने शुरू की नई पहल

▶▶ स्वच्छ भारत समर इंटरनशिप में गांववासियों को किया जागरूक

चंडीगढ़, 3 जुलाई (राकेश) : एम.सी.एम. डी.ए.वी. कॉलेज फॉर वूमैन की छात्राओं ने स्वच्छ भारत समर इंटरनशिप 2018 के लिए स्वयं को पंजीकृत किया। यह इंटरनशिप भारत सरकार के मानव संसाधन विकास मंत्रालय के सहयोग से जल एवं स्वच्छता मंत्रालय के द्वारा आयोजित किया गया था। इसका मुख्य उद्देश्य ग्रामीण क्षेत्रों में सामुदायिक सेवा के लिए छात्राओं को एकसूत्र में बांधना था। पंजीकृत छात्राओं ने जून 2018 के पहले सप्ताह में चंडीगढ़ के चुने हुए गांवों (किशनगढ़, धनास और कैम्बवाला) में अपनी इंटरनशिप की शुरुआत की। गांवों के सरपंचों की मदद से भूमिगत निकास व्यवस्था, गीले-कचरे एवं गली सफाई आदि से संबंधित अनेक अभियान एवं सजगता कार्यक्रम आयोजित किए

से नो तो प्लास्टिक पर रैलियां निकाल कर किया जागरूक

कचरा प्रबंधन पर गांव वालों को जानकारी देते हुए उन्होंने कम्पोस्ट गट्टे बनाने के लिए प्रोत्साहित किया। छात्राओं ने गांवों में पूर्णतः सफाई रखने के लिए स्वच्छ भारत समर इंटरनशिप 2018 के तहत हमेशा कायम रहने वाली साफ सफाई व्यवस्था कार्यान्वित करने में भी सहयोग दिया। इसी कार्यक्रम के तहत विश्व पर्यावरण दिवस पर प्लास्टिक के नुकसानदेह प्रभाव को बताने के लिए से नो तो प्लास्टिक पर विशिष्ट रैलियां भी निकाली गयीं। स्वच्छता मेला में कई मनोरंजक व शिक्षाप्रद गतिविधियां भी आयोजित हुईं जिसमें कई गांवों के स्कूलों के बच्चों ने जमकर भाग लिया। चुने हुए गांवों के पंचायत घरों में स्वच्छ भारत मिशन से सम्बंधित पिक्चरों पर बातचीत सत्र भी रखा गया। कॉलेज की छात्राओं ने आंगनवाड़ी की दीवारों को चित्रित किया और स्वच्छता पर नारे लिखे। उन्होंने निवासियों को मशरूम की खेती और इको फंडली-एंजाइम बनाने पर भी प्रकाश डाला। कॉलेज की प्राध्यापिकाओं ने भी स्वच्छता, पर्यावरण संरक्षण और सस्टेनेबिलिटी पर व्याख्यान दिये। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने इंटरनर्स और उनके मेटर्स को उनके प्रयासों के लिए सराहना करते हुए कि यह कार्यक्रम न केवल छात्राओं के लिए एक ज्ञानवर्धक अनुभव रहा अपितु यह सरकार द्वारा एक स्वच्छ एवं स्वस्थ भारत बनाने के लिए किये जा रहे प्रयासों की ओर आशा का एक बड़ा हुआ कदम भी है।

गए। इतनी निर्धारित गतिविधियों के अतिरिक्त छात्राओं ने कुछ अभियान अपनी स्वेच्छ से भी चलाये जैसे मासिक धर्म संबंधित साफ सफाई को

लेकर जागरूकता अभियान, इतना ही नहीं घरों की बेकार वस्तुओं को एकत्रित करना, दुकानों, रेस्त्राओं एवं ढाबों से व्यर्थ पड़ी सामग्री एकत्रित करना आदि। कई अभियान

जनता को इस बात के लिए सजग करने हेतु आयोजित हुए, की इस प्रकार कूड़े और नॉन बायोडिग्रेडेबल और बायोडिग्रेडेबल कचरे में अलग अलग किया जा सकता है।

एमसीएम डीएवी कॉलेज में स्वच्छता पखवाड़ा शुरू



एम.सी.एम. की छात्राओं ने स्वच्छ भारत समर इंटरनशिप में लिया हिस्सा

पंजीकृत होने के बाद चंडीगढ़ के किशनगढ़, धनास और कैम्बवाला इलाकों में इंटरनशिप की शुरुआत की

एनएसएस स्वयंसेवकों ने की कॉलेज की सफाई

चंडीगढ़ (ट्रिन्व्यू) : एमसीएम में आयोजित स्वच्छता अभियान के तहत 15 दिन के लिए अलग-अलग गतिविधियां निर्धारित की गयी हैं। कॉलेज की एनएसएस यूनिट के इस अभियान में स्वच्छता के प्रति व्यवहारत्मक बदलाव लाने के लिए जागरूक किया जाएगा। लगभग 400 एनएसएस स्वयंसेवकों ने कॉलेज में क्लास रूम, लेबोरेट्री, बगीचे की सफाई की। एक अन्य कार्यक्रम में कॉलेज की रिस्कल डेवलपमेंट कमेटी ने सड़क सुरक्षा मट्ट से भूमिगत निकास व्यवस्था



छात्राओं ने चंडीगढ़ के चुने हुए गांवों में इंटरनशिप की शुरुआत की। धर्म संबंधित साफ-सफाई को लेकर प्रयासों के लिए सराहना करते हुए

एम.सी.एम. में स्वच्छता अभियान, प्राथमिक चिकित्सा पर एक व्याख्यान



एमसीएम कॉलेज में छात्रा स्वच्छता अभियान में कॉलेज की सफाई करती हुई।

चंडीगढ़ (राकेश) : एम.सी.एम. में आयोजित स्वच्छता अभियान में 15 दिनों के लिए अलग अलग गतिविधियां निर्धारित की गई हैं। कॉलेज के एन.एस.एस. यूनिट द्वारा आयोजित इस अभियान में स्वच्छता के प्रति व्यवहारत्मक बदलाव लाने के उद्देश्य से जागरूकता पैदा करना ही मुख्य बिंदु है। लगभग 400 एन.एस.एस. स्वयंसेवकों ने कॉलेज परिसर के अलग अलग क्षेत्रों जैसे क्लासरूम, लेबोरेट्री, बगीचे आदि की सफाई की। एक अन्य कार्यक्रम में कॉलेज की रिस्कल डेवलपमेंट कमेटी ने सड़क सुरक्षा एवं प्राथमिक चिकित्सा पर एक व्याख्यान एवं प्रदर्शन आयोजित किया। संभव फॉरेंसेशन बंगलुरु के मिशन सलामती की प्रोजेक्ट कोऑर्डिनेटर अमोल कोर ने सड़क सुरक्षा पर ज्ञानवर्धक जानकारी दी। कॉलेज की प्रिंसिपल डॉ. निशा भार्गव ने कॉलेज को हमेशा से ही जागरूक और जिम्मेदार नागरिक निर्माण के ओर प्रयत्नशील बताते हुए कहा कि विशेषज्ञों के साथ बातचीत, व्याख्यान एवं सामाजिक कारणों के प्रति व्यवहारत्मक एवं सकारात्मक रुख जगाने के लिए भिन्न भिन्न प्रकार की गतिविधियां निश्चित रूप से हमारी हमारी



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