

Unnat Bharat Abhiyan

Annual Report

2020 - 2021

The UBA cell of Mehr Chand Mahajan DAV College for Women, Chandigarh executed a wide spectrum of activities in the arenas of health, education and hygiene throughout 2020, in its adopted villages of Attawa, Kajheri, Maloya, Badheri and Buterla, with the concerted and wholehearted efforts of the team members and student volunteers.

The activities ensuing from the month of January 2020 entailed programs like Community Meetings and Lectures on Health and Hygiene, Educational Awareness Drives, Demonstration of Skill related opportunities like stitching, teaching etc. and Deliberation via Talks on Aanganwadi Development/Infrastructure.

An **'Awareness Session on Maintenance of Personal Hygiene'** was conducted in Government Model School, Badheri in January wherein the relevance of a hygiene regimen residents was illustrated comprehensively by 20 student volunteers of UBA cell, to around 50-60 students of classes 7, 8 and 9, in the school with a view to reinforce the tenets of good health. The relevance of a hygiene regimen to be intertwined in the daily chores of the residents was illustrated comprehensively by 20 student volunteers of UBA cell, with a view to encourage people to keep diseases at bay.



Furthermore, with an objective to disseminate information and instil awareness amongst young children, pertaining to the importance of education and the various academic opportunities available, an **'Education Awareness Drive'** was conducted in the Aanganwadi of Village Attawa. The UBA team of the College, assisted by student volunteers visited the Aanganwadi and held an interactive session with the children, who were in the age bracket of 1 – 6 years, motivating them to study diligently in order to secure a bright and financially stable future.

The UBA cell also conducted a **'Demonstration of Skill Related Opportunities'** at Government High School, Kajheri, with an objective to create opportunities, space and scope for the development of talent amongst the youth. The primary objective of the activity was to identify and develop more of skill-related sectors and to provide training information about skill-related avenues available to the youth thereby enabling them to take up industry-relevant skill training that would help them in securing a better livelihood. The UBA team members, assisted by the NSS volunteers, demonstrated and delivered information regarding skill related activities/courses being run under Pradhan Mantri Kaushal Vikas Yojana (PMKVY) – a flagship scheme of the Ministry of Skill Development and Entrepreneurship (MSDE) implemented by National Skill Development Corporation.

The skill of creating trendy jewellery by using less expensive and easily available material like ribbons, cords, beads, shells, threads, pompoms, gotta etc. was also shared with the students.



Ms Rati Arora giving a practical demonstration about the concept of creating trendy jewellery using cost-effective materials



Hands-on Training to students learning to create trendy jewellery

In addition to this, the students were also given insights about the various skill-related courses being run under Pradhan Mantri Kaushal Vikas Yojana (PMKVY) such as data entry operator, beauty and wellness sector, IT sector etc. These courses being available in Mehr Chand Mahajan DAV College for Women, Chandigarh, and being completely funded by the Government of India, the students were motivated by the UBA team to enrol for these courses in the forthcoming session alongside their academic session.



Dr Minakshi Rana giving insights about the various skill-related courses being run under Pradhan Mantri Kaushal Vikas Yojana (PMKVY)

A hallmark feature of January was the ‘**Gram Sabha**’ organized in grandeur at the Govt. School of the village, Badheri commemorating the **Republic Day**. The village councillors came forward full steam with active participation of school children through the soulful rendition of patriotic songs and speeches narrating the struggle of our freedom fighters. The objective of the activity was to instil a feeling of pride and patriotism amongst the school children and to reinforce the need of becoming responsible citizens of the society.

The videos of the activity may be viewed at the following web links:

<https://youtu.be/pg-htO2cyWE>

<https://youtu.be/nFEIBNddpwY>



Republic Day Celebrations at Village Badheri

The UBA Cell worked in tandem with the NSS Wing of the college to undertake ‘**Plastic Free Campaign**’ in the villages under the Government of India initiative viz. **Swachhata Pakhwada 2020**. The residents of the villages were made aware about the hazardous effects of plastic on health and environment. An earnest endeavor was undertaken to combat the rampant use of plastic bags in the daily lives of the villagers with the UBA members and volunteers teaching the respondents the art of making cloth and paper bags. As a part of the activities held under the ambit of Swachhata Pakhwada 2020, **awareness rallies** advocating a strong message against the use of plastic were organized and a **nukkad natak** was also staged to reinforce the message of cleansing our lives of the bane of plastic.



Furthermore, a ‘Lecture on Personal Health and Hygiene’ was also conducted by the UBA cell of the College at the Anganwadi of Village Buterla, in order to create awareness amongst the residents of the village about hygiene, balanced diet, cancer and its precautions. For this purpose, it was considered pertinent to deliver a lecture particularly to the women residents and girls of the village regarding observance of menstrual hygiene. An attempt was made to apprise the residents regarding other critical issues of health viz. balanced diet, symptoms of cancer and its precautions.



MCM observes World Cancer Day at Buterla

ISHA UPADHYAY
CHANDIGARH, FEB 6

The Unnat Bharat Abhiyan (UBA) Committee of Mehra Chand Mahajan DAV College for Women organized a session on Health and Hygiene at adopted village Buterla to mark World Cancer Day. Through an informative lecture at the Anganwari centre of the village, Dr. Gyan Sud, Assistant Professor, Botany Department, MCM DAV College sensitized the women of the village about hygiene, balanced diet and cancer and its preventive

measures. Around 30 women attended the lecture and found the information provided highly beneficial. On this occasion, sanitary pads were also distributed to the women present. In another event, the Swachhata Committee (Commerce) of the college organized a lecture on Menstrual Hygiene by Dr. Jaspreet Kaur, Gynaecologist and Laproscopic Surgeon, Bedi Hospital, Chandigarh. Dr. Kaur sensitized the students about the importance of menstrual hygiene and also shed light on the myths associated with menstruation.



रांचीगढ़ | एमसीएम कॉलेज फॉर वुमन सेक्टर 36 की उन्नत भारत अभियान (यूबीए) समिति ने विश्व कैंसर दिवस के उपलक्ष्य में अपने गौद लिए गए गांव बुटेरला में स्वास्थ्य और स्वच्छता पर एक बातचीत सत्र का आयोजन किया। गांव के आंगनवाड़ी केंद्र में आयोजित इस महत्वपूर्ण जागरूकतापूर्ण व्याख्यान में कॉलेज के वॉटनी विभाग की सहायक प्रोफेसर डॉ. गुंजन सुदने गांव की महिलाओं को स्वच्छता, संतुलित आहार और कैंसर और इसके निवारक उपायों के बारे में जागरूक किया।

Lecture on Personal Health & Hygiene in Buterla

UBA’s commitment to environmental conservation was reinforced with a ‘Tree Plantation Drive’ conducted in Badheri wherein around 25 Black Ficus plants were sown in a park outside Government Senior Secondary School, Sector 41, Chandigarh. The UBA team also rolled out two bags of cow dung in the flower beds of the village park and offered a proposal to the village councillor, of setting up a Biogas plant in the village.

Since the year 2020 was witness to the ravaging effects of the pandemic Covid-19, the UBA cell of the college rose to the call of duty and re-structured the implementation of its activities and drives keeping in view the radically changed scenarios. The UBA cell conducted various drives and activities in its adopted villages through the virtual medium and disseminated vital information related to the prevention of Covid-19 and precautionary measures to keep the same at bay.

The month of March seized the entire world in the clutches of the deadly pandemic Covid-19 which brought all ground activities to a halt because of a nationwide lockdown and various SOPs. The UBA Cell upheld its commitment to the betterment of the villages notwithstanding the extraneous adverse conditions created by the dreaded Covid-19. The UBA team members and student volunteers created online audio-video tutorials, clippings, posters and pamphlets sharing information related to causes of virus transmission and combative measures and safeguards to keep the risk of transmission at bay. The same were shared with the residents of the villages through mediums of social media and by maintaining open communication channels with the village councillors.

A sequel to this was a survey conducted by the UBA Cell wherein all the village in charges designed a special awareness-related **‘Covid-19 specific’ questionnaire** covering vital aspects like use of hand sanitizers, wearing masks, installation of Aarogya Setu App, role of Municipal Corporation, causes of the spread of the disease etc. The analysis of the sample survey of the village respondents brought to the fore, the status of the villages on the aforesaid criteria measuring the levels of awareness of Covid-19. Some student volunteers also distributed hand sanitizers and masks amongst their neighbourhood areas (Lane/Apartment), while observing maximum social distancing and wearing a mask themselves.

The detailed activities may be accessed through the following links:

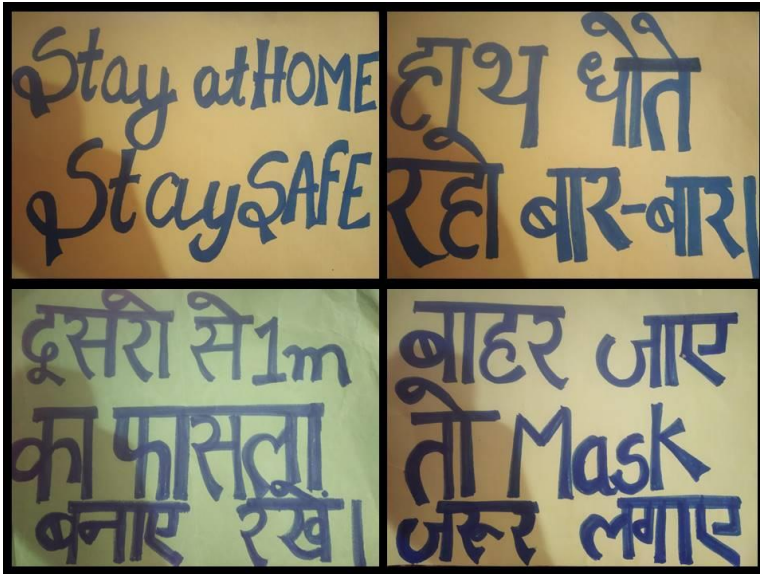
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<https://youtu.be/guM-WIAC244>

<https://youtu.be/-IHw60uGXdM>

https://youtu.be/l_WtiVcDa_U

<https://youtu.be/qHvPIIWsZg>



**Unnat bharat
abhiyan**

MCM DAV COLLEGE

VILLAGE - BUTERLA

STOP EPIDEMIC

इसी तरह हम साथ रहे।
एक दूसरे का साहस करें।
बस अब कोतवाल को आसे इस विजयवा
शरी सतेगा कोई ठहाना
बंद करो, खुद खुद के बाहर जाना
बहुत ईई मतसानी है
अब कोरोना को है हयना।

UNNAT BHARAT ABHIYAN
VILLAGE = BUTERLA.

STAY HOME, SAVE LIVES.
Help stop coronavirus

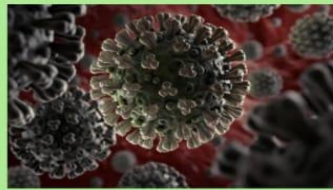
- 1 STAY home
- 2 KEEP a safe distance
- 3 WASH hands often
- 4 COVER your cough
- 5 SICK? Call the helpline

UNNAT BHARAT ABHIYAN
VILLAGE = BUTERLA.
घर रहो,
बिंदा रहो।

UNNAT BHARAT ABHIYAN

MCM DAV COLLEGE VILLAGE BADHERI

**MASK DISTRIBUTION AND AWARENESS SPREAD BY
STUDENTS OF MCM DAV
COLLEGE REGARDING COVID-19**



WE CARE WE HELP

- 1) STAY HOME STAY SAFE**
- 2) WEAR MASKS**
- 3) CLEAN HANDS**



UNNAT BHARAT ABHIYAN MCM DAV COLLEGE VILLAGE BADHERI

COVID-19

(Coronavirus Disease 2019)

The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:

WASH YOUR HANDS.

Wash your hands with soap and water regularly.

Cover a cough or sneeze

Cover your cough or sneeze with your sleeve or disposable tissue.

Don't touch

Avoid touching eyes, nose or mouth with unwashed hands.

Keep your distance

Avoid close contact with people who are sick.

Stay home

If you experience respiratory symptoms like a fever or cough, stay home.

Get help

If you experience symptoms of COVID-19, CALL your health care provider.

More information

Follow the California Department of Public Health: @caphpublichealth and www.cdph.ca.gov.

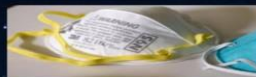
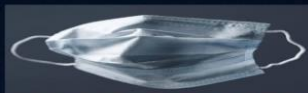


**VOLUNTEERS DISTRIBUTED HAND SANITIZERS
AND HELPING TO SPREAD AWARENESS REGARDING COVID-19**



UNNAT BHARAT ABHIYAN MCM DAV COLLEGE VILLAGE BADHERI

**SPREADING AWARENESS REGARDING COVID-19
TEACHING WAYS TO MAINTAIN SOCIAL
DISTANCE
AND MAINTENING
CLEAN ENVIRONMENT**



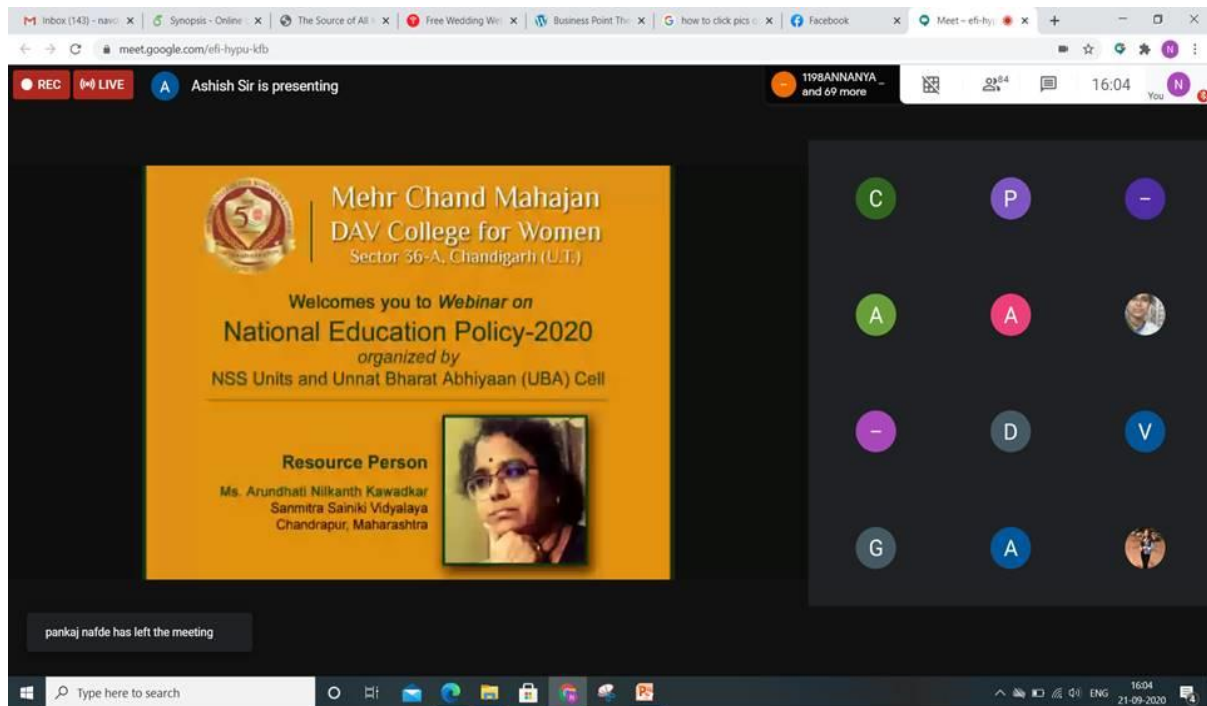
VOLUNTEERS DISTRIBUTED MASKS



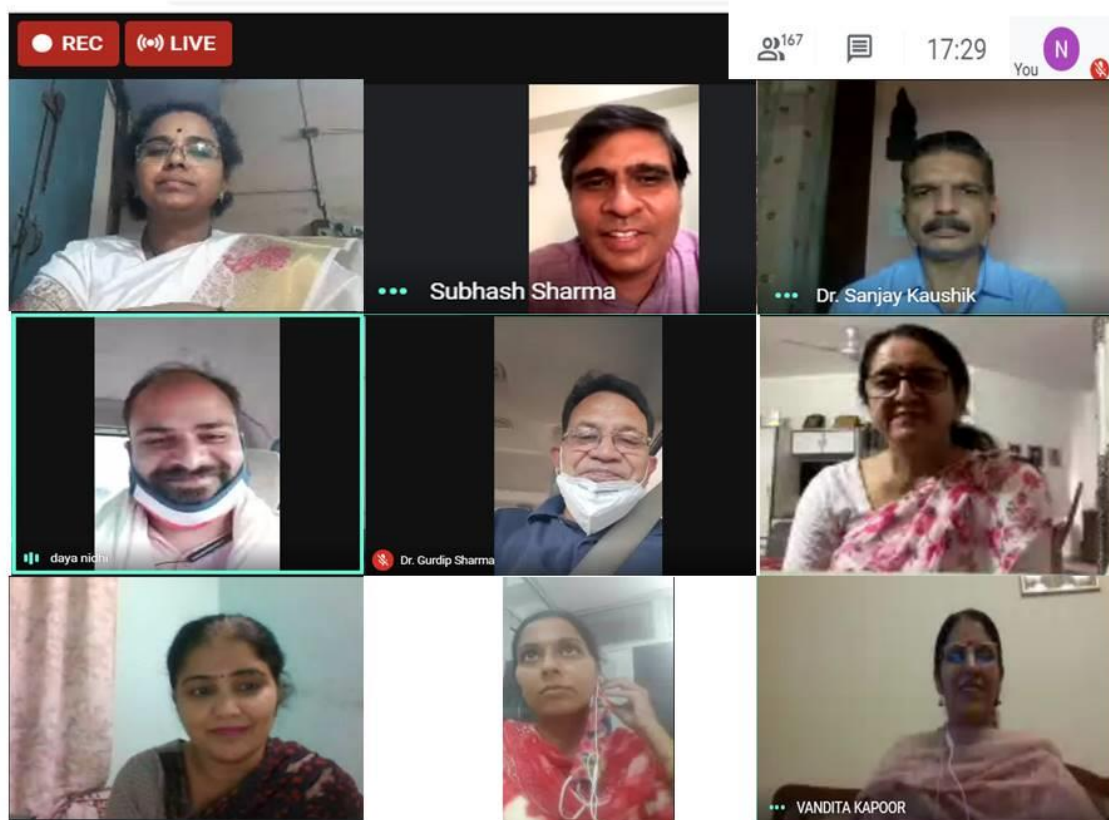
STAY HOME STAY SAFE

The UBA cell also conducted some education-centric activities to cater to the doubts related to recent shifts in the Education sector and to address the rising insecurities of students pertaining to the employment sector as a result of the pandemic. With an objective to deliberate upon the newly introduced National Education Policy, the UBA cell together with the NSS units of the college organized a ‘**Webinar on National Education Policy-2020**’, in September. The resource person for the webinar was Ms Arundhati Nilkanth Kawadkar, an educationist at Sanmitra Sainiki Vidyalaya, Chandrapur, Maharashtra. The webinar also

witnessed a host of other renowned academicians from across the country. The objective of organizing the webinar was to familiarize the participants with the various elements of the National Education Policy-2020.



‘Webinar on National Education Policy-2020’



‘Webinar on National Education Policy-2020’

Furthermore, an ‘**Online Career Counselling Session**’ was also organized for the students of Government Senior Secondary School, Maloya in November. The resource person for the session, Dr Manoj Kumar, Associate Professor, PGGCG, Sector 11, Chandigarh shared information regarding various professional career options available for the students along with their respective financial viability. The session was organized with the objective of bridging the gap between the jobs available and their awareness of the same.

The UBA Cell of the college comprising Dr. Gunjan, Coordinator and Dr.Gunjan Sud, Assistant Professor, visited the parks in the precincts of the village and spent over two hours in overseeing the plants and gaining knowledge of the same. They were accompanied and assisted in this activity by the village Councillor, Mr. Hardeep Singh, his daughter, some senior citizens, gardeners, and other employees. Around 25 ‘Black Ficus’ plants were sown in the park outside Govt. Senior Secondary School, sector 41, Chandigarh. The UBA team also rolled out two bags of cow dung in the flower beds of this particular village park. A view of

all the three parks of the village exhibited a remarkable sense of team spirit apparent in their upkeep and maintenance.

