

## Report of Initiatives taken under



उन्नत भारत अभियान

**UNNAT BHARAT ABHIYAN**

शिक्षित भारत-स्वस्थ भारत-स्वच्छ भारत-स्वावलंबी भारत-संपन्न भारत  
(July 2022- March 2023)



Submitted by

**Mehr Chand Mahajan**  
**DAV College for Women**  
Sector 36-A, Chandigarh (U.T.)

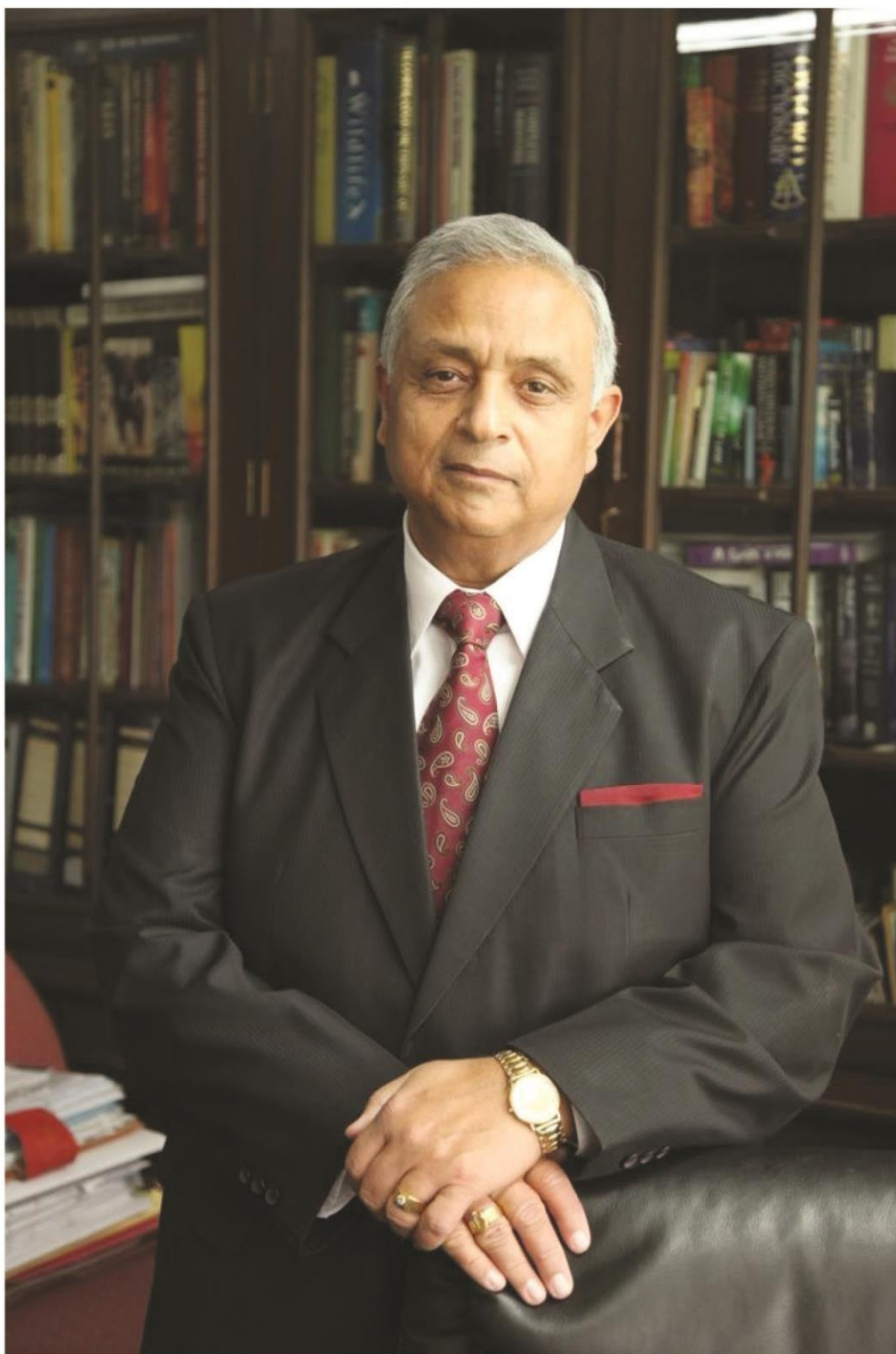


# Our Beacon of Light



MAHARISHI SWAMI DAYANAND SARASWATI

## *Our Guide and Mentor*



*Dr. Punam Suri Ji, Padma Shree Awardee*

*Hon'ble President*

*DAV College Managing Committee*

*New Delhi*

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## MESSAGE FROM THE PRINCIPAL

Upholding the saying “Attention to details is the breeding ground for perfection”, the UBA Cell of Mehr Chand Mahajan DAV College for Women, has been holding high the baton of progress in villages by making calibrated efforts to seep through the economic and dynamic needs of the society with goal oriented and time bound actions. The UBA team has displayed exceptional commitment towards the upliftment and betterment of the adopted villages viz. Maloya, Kajheri, Attawa, Badheri and Buterla falling in the basket of the college. Activities related to outreach programs have been the hallmark of our institution, as Swami Dayanand Saraswati has said, “The highest form of service is to help a person who is incapable of thanking in return.”. Our college staff has always been upbeat in holding a sensitized approach to the promotion of ventures and projects that address the essential requirements of the under-privileged sector. The prism of the villages showcases a reality check to judge the pace of development of our country. The UBA Cell of the college is a cohesive quorum that lays focus on a multitude of targeted activities, events and programs that are specially designed and administered according to the needs of the villages. The pragmatism that flows into the planning and organizing of the activities has a fundamental

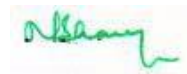
influence on the sustainability of environment. I appreciate the meticulous efforts of the UBA Cell Coordinator and the team members who are working with an unstinted spirit to contribute to the rural development with wholehearted attention and determination. It is indeed my proud privilege to have dotted the lines of the rural soil in propelling it forward to the desired national standards.

I take this opportunity to express my deep gratitude to our guide and mentor, our worthy President Dr. Punam Suri Ji, Padma Shree Awardee, DAV College Managing Committee (DAV CMC), New Delhi, for his wholehearted involvement and selfless service to the cause of education. I am indebted to Shri. H.R. Gandhar, Hon'ble Vice President and Sr. Governing Body Member DAV CMC, New Delhi and also to Sh. Shiv Raman Gaur, Director Higher Education, DAV CMC, New Delhi for their efforts in promoting the DAV philosophy of selfless service of humanity.

It is a matter of immense gratification for me to see the UBA Cell of the college, perform with all the enthusiasm to reach out to the village masses with novel ideas and initiatives. The close-knit efforts of the UBA team send across the prominent message of universal brotherhood with a sense of social responsibility reigning high.

“UBA crosses the borders to a fertile community of the greens”.

Best Wishes !



**Dr. Nisha Bhargava**  
**[ Principal ]**



**Dr. Gunjan**  
**Coordinator, UBA Cell**  
**Mehr Chand Mahajan DAV College for Women**

Unnat Bharat Abhiyan (UBA) is an offspring of the Govt of India flagship program targeting the large base community, that forms the heart of India's soul- the villages of India. It is inspired by the vision of transformational change in rural development processes by associating with knowledge institutions to help in building the architecture of an Inclusive India. The Mission of UBA is to enable higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth. This concept was nurtured at IIT, Delhi in 2014 via consultation with the representatives of technical institutions viz. Rural Technology Action Group (RuTAG) coordinators, Voluntary organizations and Government agencies, actively involved in rural development work.

Mehr Chand Mahajan DAV College for Women joined the noble crusade by becoming a participating member in 2019 and adopted five villages viz. Maloya, Kajheri, Attawa, Badheri and Buterla falling in the periphery of Chandigarh. The UBA Cell of the College promptly came into action, upholding the Gandhian vision of self-sufficient 'village republics', based on local resources and using decentralized, eco-friendly technologies so that the basic needs of food, clothing, shelter, sanitation, health care, energy, livelihood, transportation, and education are locally met. It is rightly said "It takes a village to raise a child and lead it to full bloom". The role of youth in any catalytic developmental activity is paramount, and the student volunteers of UBA Cell, under the guidance of their teachers have played a commendable role in all community programs with their involvement right from the stage of planning to the culmination of every event. The informal and structured interaction with the villagers on various issues have triggered the emotional and psychological quotient of the student volunteers to understand the deprived sector at a profound level. The mission of UBA Cell is to keep moving forward with continuous growth-related activities in order to scotch the huge developmental disconnects between the rural and urban sectors such as inequity in health, education, income, basic amenities and employment opportunities.

To sum it up, all my gratitude goes to our worthy Principal Dr. Nisha Bhargava who is our mentor in all the initiatives. It is her foresight and meticulous approach that translates into the attainment of the desired objectives. She is the backbone of our mission, with her lofty intellect being our guiding light all the way.

# UNNAT BHARAT ABHIYAN

## (TEAM MEMBERS)

<b>Dr. Punam Suri Ji, Padma Shree Awardee, Hon'ble President DAVCMC</b>	<b>:</b>	<b>Patron</b>
<b>Dr. Nisha Bhargava</b>	<b>:</b>	<b>Convener</b>
<b>Dr. Gunjan</b>	<b>:</b>	<b>Coordinator</b>
<b>Dr. Navdeep Kaur</b>	<b>:</b>	<b>Assist Coordinator</b>

### **Village Coordinators**

Dr. Amardeep Kaur (Village: Maloya)  
Dr. Arshdeep Kaur (Village: Buterla)  
Dr. Rishu (Village: Badheri)  
Dr. Gurjeet Virk Sidhu (Village Kajheri)  
Dr. Kanika Sofat (Village: Attawa)

### **Organizing Team**

Dr. Ketaki Dwivedi  
Dr. Sarabjeet Kaur  
Dr. Amandeep Kaur  
Dr. Gunjan Sud  
  
Dr. Ramandeep Kaur  
Dr. Purnima Bhandari  
Dr. Aanchal  
Dr. Madhuri Tanaji Patil  
Dr. Nisha Dawra

### **Reports and Data Management**

Dr. Navdeep Kaur  
Dr. Vandita Kapoor

### **Non- Teaching**

Mr. Kuldeep Singh  
Mr. Surjit Thakur

## **Plantation Activity**

**July 04,2022**

### **Need of the Activity:**

A sensitization to the global call of depletion in tree cover was addressed by the Buterla village of Unnat Bharat Abhiyan Cell of Mehr Chand Mahajan DAV College for Women. It organized a “Plantation Activity” on a grand scale in the village. The objective of the activity was an opportune step in the direction of green cover contribution to the threatening world environmental issue of atmospheric imbalance.

### **Description in 200 words (along with the Pictures):**

The Plantation Drive of 300 plants was sponsored by the Department of Forests and Wildlife, Chandigarh Administration. The plants were procured from the Sarangpur Botanical Garden and Nursery. The plantations included 100 saplings each of ‘Rat ki Rani’ and ‘Kaner’ along with 50 plants each of ‘Chandni’ and ‘Cassia Glauca’. The team headed by UBA Coordinator and Assistant Professor, Deptt. of Commerce, Dr. Gunjan, engaged the village Councillor Shri Hardeep Singh, to be a part of the noble activity. He was accompanied by 30 village residents of Buterla. Dr. Gunjan Sud, Assistant Professor, Deptt. of Botany, and the activity coordinator, rendered a yeoman’s service of fetching the plants with her strenuous efforts and time. There were two people from the non-teaching staff and three male workers from the college who too took active participation in the activity. It was indeed a befitting plunge into the Mother Nature’s lap and landscape.



## Session on Independence Day celebrations under “Azadi ka Amrit Mahotsav” in the context of Gram Sabha.

**Date: 15<sup>th</sup> August, 2022**

**Description:** Our nation, India’s history of independence is a chain of unbroken events laced with a prolonged arduous battle against suppression meted out to the masses by the Britishers. The ‘never say die’ spirit of our freedom fighters earned us the victorious day of reckoning i.e., 15<sup>th</sup> August, 1947. The present generation of students being oblivious of the grave atrocities faced by the freedom fighters, this 75<sup>th</sup> year of independence “Azadi ka Amrit Mahotsav”, UBA Cell of the college deemed it appropriate to conduct a session on the history of freedom struggle and significance of Independence Day and the National Flag.

Commemorating the celebration of 75 years of India’s independence, “Azadi ka Amrit Mahotsav” the UBA Cell of the college organized a session for the students of the Government Model School, Badheri; to revive in them the knowledge of the sacrifices made by the freedom fighters. Dr. Ashima and Dr. Ramandeep planned the program, and the talk was delivered by Dr. Ashima, from the department of Political Science of the college. She highlighted the significance of Independence Day with the background of historic events that led up to the momentous day, and, underscored the importance to be accorded to the National Flag. The session was attended by 150 school children who paid rapt attention to the energetic narrative of the sacrifices made by the great heroes. The program concluded with the singing of the National Anthem in unison. The zeal and fervour of independence was felt by everyone present in the school premises.

### Photographs of the Activity





### Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh



## **“Tree Plantation cum Plant Distribution Drive” on 75 Years of Independence “Azadi ka Amrit Mahotsav” in the context of Gram Sabha.**

**Date: 15<sup>th</sup> August 2022**

**Description:** Natural resources are the greatest gift of nature to mankind. Creating awareness about saving these resources with their unparalleled utility is a challenging task which requires continuous efforts. Spreading a message of the judicious use of the natural resources for sustainability of the ecological balance of the mother earth, as well as for the prosperity of our nation is the foremost duty of every responsible citizen. More so, with India celebrating 75 years of independence, this pursuit found manifestation in a Tree Plantation cum Plant Distribution drive, marking the glorious occasion of “**Azadi ka Amrit Mahotsav**”.

Committed to the cause of “Greener and Sustainable Earth” and, fortifying the celebration of 75 years of India’s independence, the UBA Cell of the college in conjunction with the Department of Botany & Add on course in Floriculture and Landscaping of the college, undertook dual celebration of the annual tree plantation festival of Van Mahotsav and 75<sup>th</sup> year of India’s independence under the caption “Azadi ka Amrit Mahotsav”. A tree Plantation cum Plant Distribution Drive was organized as a part of the Gram Sabha agenda of the village. The drive commenced with the plantation of saplings by the area councilor Sardar Hardeep Singh Buterla along with the locals of the village community. Dr. Gunjan Sud and Ms. Kajal Loria of the UBA Cell anchored and executed the entire program. About 200 saplings of plants having medicinal and ornamental importance were distributed to the locals. The saplings comprised Kaner, Chandani (single and double), Tecoma, Cupressus, Jatropha, Palms, Tulsi, Safed Musli, Khus and Mint that were provided by the Department of Forests and Wildlife, Chandigarh Administration. The activity drew an overwhelming appreciation from the village councillor and the residents who were all agog to be a part of the plantation drive.

### **Photographs of the Activity**








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### Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh

## **Donation of Motivational books on 75 Years of Independence “Azadi ka Amrit Mahotsav” in the context of Gram Sabha.**

**Date: 15<sup>th</sup> August 2022**

**Description:** The entire nation, gripped in the spirit of patriotism, called for the celebration of 75 years of India's independence. It being a milestone to recount the facets of the journey traversed in this long span of time, the polity of the country envisaged a plethora of events at both the micro and the macro level, captioned under “Azadi ka Amrit Mahotsav”. The occasion is best suited to paying a befitting tribute to the struggle of the freedom fighters. Hence, the children of the government school of Kajheri were sought to be brought home the significance of reading good books; by undertaking the activity of distribution of motivational books. The objective was to achieve the desired target of lofty thinking rooted in reading good books.

The trio of three student volunteers from the UBA Cell of the village Kajheri, accompanied by Dr. Gurjeet Virk Sidhu and Dr. Aanchal Batra took forward the banner of encouraging the habit of reading among the students of the Government Model High school of the village, by executing the novel idea of distributing motivational books to the school children. Ms. Gurmeet Kaur, Principal of the school emphasized in her speech that the role of the books was to infuse a mindset, that encouraged the habit of reading among the students, thus overcoming the learning barriers with the empowerment unleashed by motivational books. The village councillor, Mr. Lakhbir Singh, and the staff members of the school appreciated the concept of sublime thinking process, being reinforced by the activity. All the people present at the school, appreciated the efforts of the UBA Cell of the college in its meaningful outreach pursuits. The activity was a great success with the powerful message of books boosting the confidence of the students and helping them develop a positive outlook towards life.

### **Photographs**







## Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh



## Celebration of Independence Day and Awareness Lecture on Independence and Indian Flag under “Azadi ka Amrit Mahotsav” in the context of Gram Sabha.

Date: 15<sup>th</sup> August 2022

**Description:** The UBA Cell of the college, under the aegis of “Azadi ka Amrit Mahotsav” considered it appropriate to give the voice of awareness to the history of independence by holding a session on the Indian freedom struggle. The ‘never say die’ spirit of our freedom fighters earned the victorious day of reckoning i.e., 15<sup>th</sup> August, 1947. The activity aimed at spreading awareness among the village students and inculcate in them, respect towards their country, India’s freedom struggle, importance of upholding patriotic ideals, sacrifices made by the leaders and, the significance of the National Flag. Commemorating 75 years of India’s independence, “Azadi ka Amrit Mahotsav” the UBA Cell of the college organized a session for the students of the Government Model Senior Secondary School, Maloya; to revive in them the knowledge of the sacrifices made by the freedom fighters. Dr. Sarbjeet Kaur and Dr. Ketaki Dwivedi conceptualized the program. The Resource person who delivered the talk was Dr. Ketaki Dwivedi, from the department of Sociology of the college. She highlighted the significance of Independence Day with the background of historic events that led up to the momentous day, and also emphasized on the symbolic meaning of the National Flag. The session was attended by a total of 80 people comprising school children, teachers and non-teaching staff of the school. The session drew an enthusiastic response to the narration of the heart-rending talk about the sacrifices made by the great heroes. The children caught overwhelmingly by the spirit of patriotism, waved the National Flag and sang the National Anthem in chorus.

### Photographs of the Activity





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### Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh

## DONATION DRIVE OF NOTE-BOOKS

**Date: 21 September 2022**

**Description:** The noble initiative backed by the raising of funds at the college level, targeted the bridging of the gap between students and their education by providing them note books, and thus contributing to lessening the financial hiccups acting as constraints in the ability of the students to buy the books. The aim of the activity was to sensitize the younger generation about the importance of quality education.

The activity rolled out with 10 student volunteers of UBA Cell, steering the activity of the distribution of 300 notebooks comprising 99 complete sets (each set consisting of 3 note books for the subjects viz. English, Hindi & Maths respectively) to students of Nursery class and Primary classes respectively. Ms. Gurmeet Kaur, Principal of the school, while addressing the students, appreciated the noble initiative undertaken by the UBA Cell of the college and underscored the role played by the spread of literacy in triggering economic growth at the grassroots level. She highlighted the pivotal role played by education towards attainment of stability both at personal as well as national level. The activity saw the presence of 110 people from teaching and non-teaching staff members of the school along with the esteemed support of the School Principal Ms. Gurmeet Kaur and Ms. Pooja Sharma from the faculty of the school. Dr. Gurjeet Kaur Virk and Dr. Anchal Batra of the UBA Cell were at the helm of the event who ensured the smooth conduct of the activity. The activity traced the path of fulfilling the social responsibility of achieving quality education goals by giving an impetus to the learning instincts of the underprivileged fabric of the school.

### Photographs







## Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh





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### Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh

## Free Mammography Screening Camp for Early Diagnosis of Breast Cancer

**Date: 10<sup>th</sup> November 2022**

**Description:** The objective of the activity was to generate awareness among the females of the villages to be conscious of their health and give necessary importance to medical check-ups. A set up with the Sohana Multi Speciality Hospital was planned to have a smooth execution of the medical tests. The interaction of the hospital staff, and NSS wing of the college with the village community at Government Model Senior Secondary School, Maloya, worked towards apprising the rural women, of the rising instances of breast cancer, and the importance of its early diagnosis with prompt treatment.

It was a befitting endeavour undertaken in collaboration with Sohana Multi Speciality Hospital, teamed up with the involvement of the NSS unit of the school. The camp spanned from 10 AM to 3:30 PM. The medical team, constituting 12 members of the Sohana hospital, engaged the women of the village in a healthy interaction to make them aware of the rising instances of breast cancer and the importance of its early diagnosis with prompt treatment. About 39 women of the village along with the staff members of the school, falling in the age bracket of post 40 years, were convinced with the medical counselling imparted to them, and thereby, got themselves screened. The camp proved to be a very productive initiative with the cohesive efforts of the Sohana medical team and 10 NSS student volunteers. Dr Sarabjeet Kaur and Dr Ketaki Dwivedi steered the camp under the guidance of their village in-charge, Dr Amardeep Kaur.

### Photographs of the Activity







## Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh

## Awareness Campaign on Good and Bad Touch

**Date: 18th November, 2022**

**Description:** The objective of the activity was to generate awareness among the children of the village to be alert in their surroundings with the covert prevalence of social crimes, regarding sleazy and ill-intentioned physical dealings. Moral turpitude having set in the society as a means of exploitation, the campaign was a step in the right direction to spread awareness with the knowledge of the ways to identify the evil and nip it in the bud.

The campaign held at the Anganwari of the village, touched on the sensitive issue of awakening the village children to the social evil of the touch-related unscrupulous malaise plaguing the society in hidden ways. The program entailed a one hour and a half activity which covered a power point presentation with detailed information and related explanation to the nuances attached with deciphering the signals flagging the evil practice. The students of the village were made to note down and remember the helpline number for registering a complaint. The campaign navigated the necessary awareness among the students of the Anganwari. The campaign steered in the right direction with the active participation of 10 student UBA volunteers of the college. Dr Madhuri Tanaji Patil and Dr. Nisha Dawra took all the necessary steps to ensure the smooth delivery of the session.

### Photographs







Chandigarh, CH, India

Sector 42 Attawa Village, Chandigarh,  
160036, CH, India

Lat 30.725693, Long 76.750586

11/18/2022 11:34 AM GMT+05:30

Note : Captured by GPS Map Camera



## **Magnificent Millets: An Awareness Session**

**Date: 21<sup>st</sup> January 2023**

### **Need of the Activity:**

Commemorating PM Modi's call on declaring 2023 as the International Year of Millets, the main objective of the activity was to make the school students of the village at Government Model Senior Secondary School, and the members of the staff of the school, gain the requisite knowledge of millets, their classification, and their nutritional benefits that superimpose the diet based on cereals. It was sought to make the village residents roll in millets in their daily diet and capitalize on their disease resistant quotient, thereby generating an atmosphere of healthy living via a healthy diet.

### **Description in 200 words (along with the Pictures):**

The three-hour activity made the school students of the Government Model Senior Secondary School of the village, and members of the staff of the school, gain knowledge of millets, their classification, and their nutritional benefits that superimpose the diet based on cereals. The Resource Person, Dr Harjot Kaur Mann, Assistant Professor, Department of Home Science of the college, brought home the significance of millets, their climate resilient methods of production, and their different types, to the school students and members of the staff. She engaged and introduced the stakeholders to several simple and rich in nutrition food recipes made from millets. The students got enveloped into some easy to cook recipes that were put across the table. Around 70 students of the village accompanied by five members of the staff of the school, participated in the session with keen interest. Dr Amardeep Kaur, village incharge, and Assistant Professor, Department of Punjabi, ensured the smooth conduct of the session in her canopy of the layout of the program.







## Workshop on Demonstration of Millets-based Tiffin Recipes

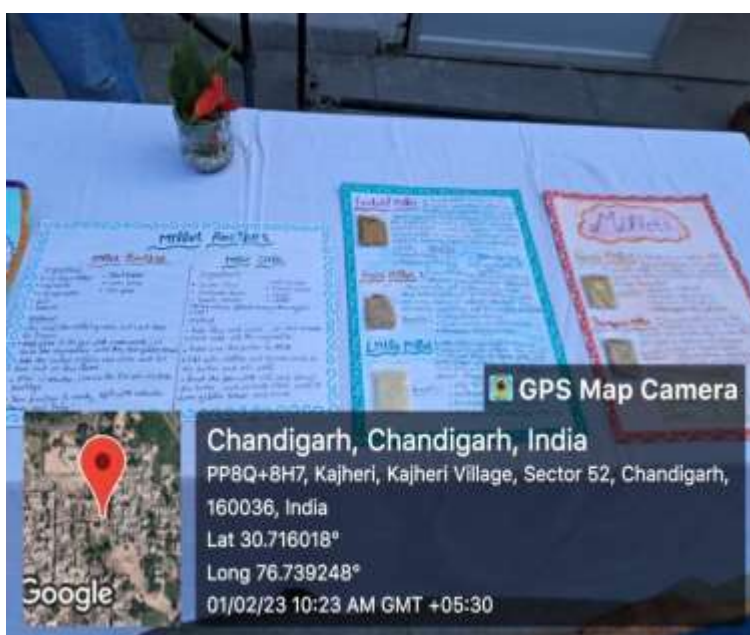
Date: 1<sup>st</sup> February 2023

**Description:** Commemorating PM Modi's call on declaring 2023 as the International Year of Millets, the main objective of the activity was to make the school students of the village at Government Model Senior Secondary School, and the members of the staff of the school, gain the requisite knowledge of millets, their non-glutinous potency, and their nutritional benefits that superimpose the diet based on cereals. It was sought to make the village residents roll in millets in their daily tiffin recipes and capitalize on their easily digestible quotient, thereby generating an atmosphere of healthy living via a healthy diet.

The three-hour activity made the school students and members of the staff gain knowledge of millets, their classification, composition, and their nutritional benefits that superimpose the diet based on cereals. The Resource Person, Dr Gurpreet Kaur, Assistant Professor, Department of Food Science of the college, highlighted the non-glutinous potency and rich nutritional value of different classes of millets in their composition of zinc, magnesium, calcium, iron and phosphorous. She illustrated the session with four millet-based delicacies presented by two students of third year, B.Sc. MFT, viz. Gurpriya Kaur and Shruti Pasricha. The Principal of the school, Ms Gurmeet Kaur was all praises of the innovative style of familiarizing millets with the sumptuous recipes being tasted by about 50 village school students and their teachers. The scintillating flavour of millets of dalia, bhelpui, chilla and idli carried the day. Dr Nisha Bhargava, Principal of the college appreciated the efforts of her UBA team in their meticulous planning of programs to reach out to the village community.

### Photographs of the Activity





## Unnat Bharat Abhiyan- Action Taken Report

Mehr Chand Mahajan DAV College for Women, Chandigarh



## Millets and Entrepreneurship

Date: 25<sup>th</sup> February 2023

**Need:** The objective of the program was to kindle the entrepreneurial streak in the students of senior classes of the Government Senior Secondary School, by advocating the cause of mainstreaming millets in the food and industry basket, much in consonance with the world-wide call of the year- 2023, being the International Year of Millets. The thrust of the program was to target the twin objectives of familiarising the nutritional benefits of consuming millets-based items along with the pecuniary returns accruing in the form of business proposals arising therefrom.

**Description:** The UBA Cell under the aegis of Institution's Innovation Council (IIC 5.0) of Mehr Chand Mahajan DAV College for Women organised a one-day visit for Innovation and Entrepreneurship Outreach Program at Government Senior Secondary School of the village. The Resource Person, Ms. Harinder Jaspal, Millets Chef and Expert, gave an interesting presentation on various millets-based recipes in respect of palatable dishes and desserts to the students. She also highlighted the marketing strategies that would propagate the multiple benefits of millets. Some examples of successful entrepreneurs like Chef Natasha Gandhi (Owner of the bakery 'House of Millets') were narrated. About 90 students from grade VII and higher classes of the school interacted with the resource person and felt motivated to add millets to their diet, and also explore them as an option of making a living. The career opportunities channelling into small business proposals and ventures caught the attention of the students in a good way. There were four staff members of the school and two faculty members from the college who facilitated the smooth conduct of the activity to produce a desired impact on the young impressionable minds. Overall, it was an educative program with a spotlight on the fringe of self-employment.

### Photographs of the Activity



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