

Report of Initiatives taken under



उन्नत भारत अभियान

UNNAT BHARAT ABHIYAN

शिक्षित भारत-स्वस्थ भारत- स्वच्छ भारत- स्वावलंबी भारत- संपन्न भारत

(July 2023- June 2024)



Submitted by

Mehr Chand Mahajan
DAV College for Women

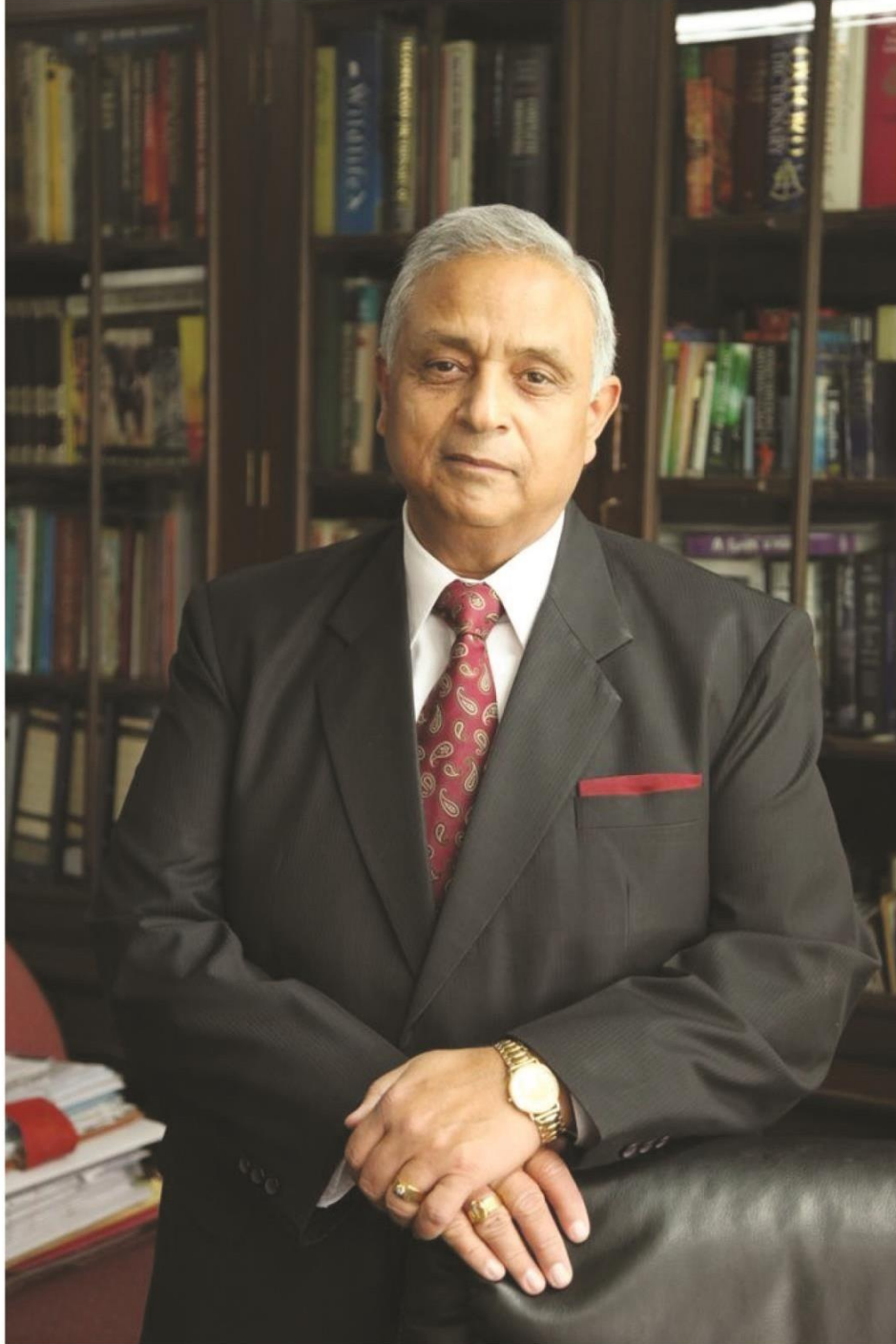
Sector 36-A, Chandigarh (U.T.)

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





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

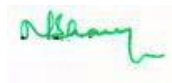
influence on the sustainability of environment. I appreciate the meticulous efforts of the UBA Cell Coordinator and the team members who are working with an unstinted spirit to contribute to the rural development with wholehearted attention and determination. It is indeed my proud privilege to have dotted 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)

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

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

Philanthropist endeavour 'Kitaban Da Langar'- Book Donation Drive

Village: Kajheri

Date: August 29, 2023

Description: The drive on 'Kitaban Da Langar'- Book Donation Drive took off under the esteemed guidance and presence of Dr. Nisha Bhargava, Principal, Mehr Chand Mahajan DAV College for Women, Chandigarh, and UBA Coordinator, Dr. Gunjan, in the college premises.

The books were donated to the school Principal Ms. Gumeet Kaur and her accompanying eight members of the staff during the event. She proudly highlighted the efforts put in by the college authorities in the field of education and mentioned that education not only imparts knowledge but also helps in the economic growth and stability of the citizens both at personal and national level.

In this drive, college Principal Dr. Nisha Bhargava, donated 15 books of classes 1st and 2nd respectively to the school principal Ms. Gurmeet Kaur and her faculty members who had accompanied her during the event. Dr. Gurjeet Kaur Virk, Dr. Anchal Batra, and 10 volunteers of the UBA Cell of the college participated in the event.

Photographs of the Activity



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An Awareness Session to beat Dengue, Malaria and Eye flu

Village: Maloya

Date: September 02, 2023

Description: In view of the alarming rise in the number of Dengue, Malaria and Eye-flu cases in the city, it was important to create awareness among the public to control these vector borne diseases. The activity aimed to promote public awareness for prevention and control of these diseases via door-to-door campaigns. The students and staff members interacted with the residents of Maloya Village and educated them on how to break the mosquito life cycle by destroying its possible breeding sites, to not let water stagnate anywhere, to empty, scrub and dry coolers every week before refilling, to keep their surroundings clean and to maintain a proper personal hygiene. The health education and awareness programmes are valuable to uplift the level of awareness of diseases like dengue, malaria and eye-flu etc. A two hour door-to-door campaign was organized in the Maloya Village which was undertaken by both the students and the staff members of the college. The students interacted with the residents of the village and educated them about “symptoms and patient care” and “control and prevention practices” for these diseases. They made them aware of practicing personal hygiene, cleaning the surroundings and provided them the knowledge on cause and symptoms of the diseases. Such health education based interventions are instrumental in increasing people’s knowledge and behaviour. Dr Sarabjeet Kaur and Dr Ketaki Dwivedi steered the rally under the guidance of their village in-charge, Dr Amardeep Kaur.

Photographs of the Activity



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Awareness drive on Environment and Sustainability

Village: Buterla

Date: September 22, 2023

Description: A team of 13 students and teachers initiated a dynamic awareness drive in Buterla village, driven by the compelling need to cultivate environmental awareness and sustainable practices. The primary aim was to illuminate the community about the crucial role of preserving the environment for future generations. The team embarked on an engaging campaign, targeting various groups in the village—children, villagers, street vendors, and shopkeepers. Their approach involved a spirited rally that traversed through the village, creating opportunities for direct interaction and dialogue. During these encounters, students energetically communicated the importance of afforestation and urged the adoption of eco-friendly habits. Slogans resonated in the air, conveying the proper use of colored bins and advocating the reduction of plastic waste through the 3R's: Reduce, reuse, and recycle. Complementing these efforts, a student delivered a succinct speech on the significance of hygiene and maintaining clean surroundings.

In a visual reinforcement of the message, the team strategically placed vibrant posters, capturing attention and driving home the key points of the campaign. The collective objective was not merely to disseminate information but to inspire tangible action within the community. The culmination of these endeavors marked a successful awareness drive that instilled motivation among the villagers to embrace sustainable habits. This grassroots initiative lays the groundwork for a community committed to environmental preservation, exemplifying the transformative power of education and engagement in effecting positive change.

Photographs of the Activity



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Empowering Underprivileged Children through Education and Support

Village: Attawa

Date: February 28, 2024

Description:

Our tomorrow depends on the vision we offer to our children today. It is one's prime duty to give every child a dream to have a good future and that is only possible by providing them with proper education. In view of this a two-hour activity was undertaken by both the students and the staff members of the college in the Aanganwadi Center of Attawa Village. An initiative was taken to distribute basic stationery items among the underprivileged children to motivate them towards learning and education. Notebooks, pens and pencils were distributed among more than 35 children. Also, an initiative was taken to create an awareness on the importance of balanced diet since a healthy mind resides in a healthy body. A healthy diet is crucial for the physical and cognitive development of children. The benefits of fruits, vegetables, proteins in the diet and the harmful effects of excessive consumption of junk food was discussed. The children were asked to maintain proper hygiene conditions and to keep their surrounding clean to have a better quality of life. Such health education-based interventions are instrumental in increasing their knowledge and holistic development that create a brighter future for the entire community.

Photographs of the Activity



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Blood Donation and Medical Camp

Village: Badheri and Buterla

Date: March 03, 2024

Description:

A four-hour blood donation and Medical Camp was held at Community Centre Sector 41-B, Chandigarh, organized by the Amrit Cancer Foundation and MCM DAV College, under the guidance of Hardeep Singh Buterla, President of Shiromani Akali Dal, Chandigarh, Former Sr. Deputy Mayor, and Chandigarh Councillor. The event featured various sub-events that aimed at promoting health and well-being among the residents, including mammography for women, blood checkups, eye checkups and health & wellness assessments. Emphasizing the importance of blood donation, the event aimed to raise awareness about the critical need for blood donations to save lives. Additionally, the inclusion of mammography for women underscored the importance of early detection in combating breast cancer, highlighting the significance of regular screenings. The eye checkups provided an opportunity for attendees to monitor their ocular health and address any concerns promptly. Moreover, the bone density assessments emphasized the importance of maintaining bone health, particularly among women, to prevent osteoporosis and related complications.

Throughout the event, volunteers played a pivotal role in coordinating activities, demonstrating their dedication and commitment to promoting community health initiatives and ensuring the smooth execution of the event. Their collective efforts contributed to the success of the blood donation camp and its associated health initiatives, fostering a sense of unity and service within the community.

Photographs of the Activity



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Steps towards Water Conservation

Village Maloya

Date: March 22, 2024

Description:

Water is an important life sustaining resource and is the fundamental requirement for the nourishment of all life. The exponential growth in the population has led to decrease in the sources of water drastically. This scarcity of water is an alarming situation and is to be checked as soon as possible. In view of this a two-and-a-half-hour activity was undertaken by both the students and the staff members of the college in the Maloya Village. UBA along with NSS student volunteers participated in a rally as well as a door to door campaign in the village to spread awareness about water conservation through practical methods among the village residents. Students interacted with the residents and spread the message that water is precious and should be conserved by every individual. Some important and easy ways were discussed to conserve water including:

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- To close the tap when not in use.
- To check the openings or leak in water distribution pipes.
- To avoid wasting water while washing clothes and utensils.
- To keep a check on the number of buckets used while bathing.

By following these simple yet effective steps an awareness was created to conserve water. It's our duty to maintain balance between our need and natural water resources so that the future demands fulfil prosperously. To save our earth it's our responsibility to conserve the natural resources without which we cannot survive.



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Awareness drive on cleanliness

Village: Buterla

Date: March 30, 2024

Description:

Maintaining cleanliness is the essential part of healthy living because it is the cleanliness only that helps to improve our personality both externally and internally. It is everybody's responsibility to keep themselves and their surroundings clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases. It is important as it prevents spread of dangerous diseases like Dengue, typhoid, hepatitis, and other diseases caused by mosquito bite, etc. The student volunteers conducted rally in the Buterla village and discussed about the need of cleanliness with small kids, local residents, street vendors and shopkeepers. Various slogans were raised by students to motivate people and aware them. Posters were made to attract people. Speech was also delivered on importance of pollution free surroundings and sustainable practices. Such interventions help to create awareness among people to maintain cleanliness and hygiene.

Photographs of the Activity



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Creating the herbal Corner and Plant Distribution Drive

Village: Buterla

Date: April 22, 2024

Description:

Increased Global warming has tremendously affected the climate. This climatic change is so alarming that it is leading to intense droughts, water scarcity, severe fires, rising sea levels, flooding, melting polar ice, catastrophic storms and declining biodiversity. It is necessary to fight this climatic change by planting more and more trees. In this view, a plantation drive was performed at Government Primary School, Village Buterla, Sector 41, Chandigarh where both the students and the staff members of the college planted various plants like Tulsi, Brahmi, Vacha, Stevia and others with medicinal value and also a herbal corner was created in the school campus. Some of the plants were also distributed amongst faculty members. Posters were made to motivate students and speech was also given to the school students about the importance of pollution free surroundings. Children were very happy after getting knowledge about plants and their importance in our surroundings. They were also motivated to keep the environment clean and green. To save our planet it's our responsibility to conserve these resources. It will not only help us to restore the quality of life in our community but also contribute to the environment and help find climate change.

Photograph:



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