Report on Seminar Conducted at Siswan Village under Unnat Bharat Abhiyan
Date: 22 September 2026
Venue: Siswan Village

A seminar was organised at **Siswan Village on 22 September 2026** under the **Unnat Bharat Abhiyan (UBA)** programme with the objective of creating awareness among the villagers about important aspects of health, healthy lifestyle practices, and sustainable livelihood opportunities through organic farming. The programme brought together experts from the fields of medicine, education and agriculture, who interacted with the local community and discussed practical issues relevant to their daily lives. The programme was coordinated under the Unnat Bharat Abhiyan initiative, which aims to develop meaningful connections between higher educational institutions and rural communities through knowledge sharing, awareness and community-oriented activities.

Inaugural Session

The seminar began with an introductory session led by **Prof. Satvinder Pal Kaur f**rom the **Department of Education, Panjab University**. She welcomed the participants and introduced the resource persons who had joined the programme to interact with the villagers. The introductory address highlighted the importance of such community-based programmes in creating awareness and sharing expert knowledge with rural populations. The presence of specialists from different fields provided an opportunity for villagers to discuss issues related to health, agriculture and livelihood directly with the experts.



First Session: Health Awareness

The first session of the seminar focused on health and well-being, with particular attention to the needs of adolescents and elderly people. The session was delivered by **Dr. Bhavneet Bharti**, who discussed several physical, mental and lifestyle-related concerns affecting these two age groups. A significant part of the discussion focused on the changing lifestyle of adolescents. The increasing use of social media and the growing tendency towards short-video and reels addiction were discussed as issues that can influence attention, behaviour and communication within families. The importance of healthy communication between parents and adolescents was emphasised. The discussion highlighted the need for young people to maintain a balanced routine and develop healthy habits rather than becoming excessively dependent on social media.
The session also addressed health concerns associated with old age. Four important areas were highlighted: **mobility, medication, meditation and mental health**. Dr. Bharti emphasised the importance of remaining

physically active in old age, with walking being discussed as a simple and beneficial form of exercise. Regular movement and physical activity can help older adults maintain mobility and independence. The discussion on medication highlighted the importance of taking medicines appropriately and responsibly. For elderly individuals, who may often require multiple medicines, proper guidance and regular medical attention are important. The role of meditation and mental well-being was also discussed, particularly in relation to common age-related concerns such as forgetfulness and mental stress.



The importance of healthy lifestyle habits was another major aspect of the session. Participants were encouraged to avoid excessive junk food and maintain healthier dietary practices. The harmful effects of excessive or negative exposure to social media were also discussed. In the context of adolescents, cyberbullying was identified as an important concern, highlighting the need for awareness, responsible use of digital platforms and supportive communication between children, parents and teachers. The health session therefore provided a broad understanding of preventive health and the importance of addressing both physical and mental well-being across different age groups.

Second Session: Organic Farming

The second session focused on organic farming and sustainable agricultural practices. The lecture was delivered by **Dr. Manisha Bhatia** from Krishi Vigyan Kendra along with **Dr. Guranshpreet Singh Sethi.** The session began with a discussion on the importance of soil in agriculture. The participants were informed about the need for timely inspection and proper understanding of soil conditions in order to maintain soil fertility and identify issues related to soil toxicity. Maintaining healthy soil was presented as an essential foundation for successful and sustainable farming. The resource persons also discussed the importance of using good-quality seeds and seedlings for better agricultural production. Proper selection of planting material can help farmers improve crop performance and productivity. Another important topic was insect and pest prevention, with emphasis on appropriate and timely measures, including suitable medicinal or organic sprays, to protect crops while maintaining healthy farming practices.

The session also covered the stages of harvesting, value addition and selling of agricultural products. The participants were encouraged to think beyond primary agricultural production and explore ways of preparing products that can be marketed and sold. This approach can create additional livelihood opportunities and increase the economic value of farm-based activities. Examples such as homemade sweets and dairy products were discussed as possible products that could be prepared for sale. The resource persons also discussed the cultivation of medicinal plants such as gooseberry (amla), which can provide useful agricultural and commercial opportunities.

Special emphasis was placed on training programmes and alternative rural livelihood activities, including mushroom cultivation, beekeeping, livestock management and dairy farming. Such activities can supplement traditional farming and provide additional sources of income for rural households. The discussion encouraged villagers to explore diversified agricultural activities suited to their local conditions and available resources. Overall, the organic farming session provided practical information about soil management, crop protection, quality planting material, value addition and diversification of rural livelihoods.

Interaction with Villagers and Concluding Session

The seminar concluded with an interactive session in which the villagers had the opportunity to speak directly with the team of doctors and other resource persons about their health-related concerns and problems. The experts listened to the participants and provided guidance and suggestions according to the

issues raised by them. This direct interaction made the programme more participatory and helped connect the information shared during the lectures with the actual concerns of the community.

The seminar was successful in bringing together health awareness, mental well-being, adolescent and elderly care, organic farming and rural livelihood development on a common platform. It also demonstrated the importance of direct community engagement under the Unnat Bharat Abhiyan programme. By combining expert lectures with an open interaction with villagers, the programme provided an opportunity for knowledge exchange and practical guidance. The seminar at Siswan Village was therefore an important step towards strengthening awareness among rural communities and promoting healthier lifestyles, responsible social practices and sustainable agricultural activities. The participation of experts from medicine, education and agriculture made the programme comprehensive and relevant to the diverse needs of the villagers.

