

Report of Initiatives taken under



उन्नत भारत अभियान

UNNAT BHARAT ABHIYAN

शिक्षित भारत-स्वस्थ भारत- स्वच्छ भारत- स्वावलंबी भारत- संपन्न भारत
(April 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



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



Stationery Donation Drive

Date: 20 May 2022

Description: This activity was undertaken by UBA Cell of the College to give an impetus to the students of the Anganwari of the village, that they are motivated with the gifts of new stationery items and that they are spurred to devote more time to studying and other creative engagements associated with the myriad applications of stationery ensembles. The objective of the activity was to encourage the young minds to enjoy while learning and at the same time ensue a healthy interaction of the village students with the UBA volunteers.

The activity took place at the Anganwari of the village, Attawa. About seven student volunteers of the UBA team of the college donated crayons, colouring books, notebooks, pencils and other stationary items to the students of the Anganwari and also talked and played with them. The teaching staff of the Anganwari cooperated in a winsome spirit with the village in charge teacher Dr. Kanika Sofat and students of the UBA team to carry out the activity. The overall outcome of the activity was very satisfying. The little children were overjoyed to receive the stationery gift items and felt encouraged to devote greater time to their studies with the creativity of colours. The staff and the students of the villages were overwhelmed and the little students of the Anganwari exhilarated with the gifts they received. The entire activity exuded the contemplated response of igniting a spark for learning with enthusiasm in the hearts of the little children.

Photographs:





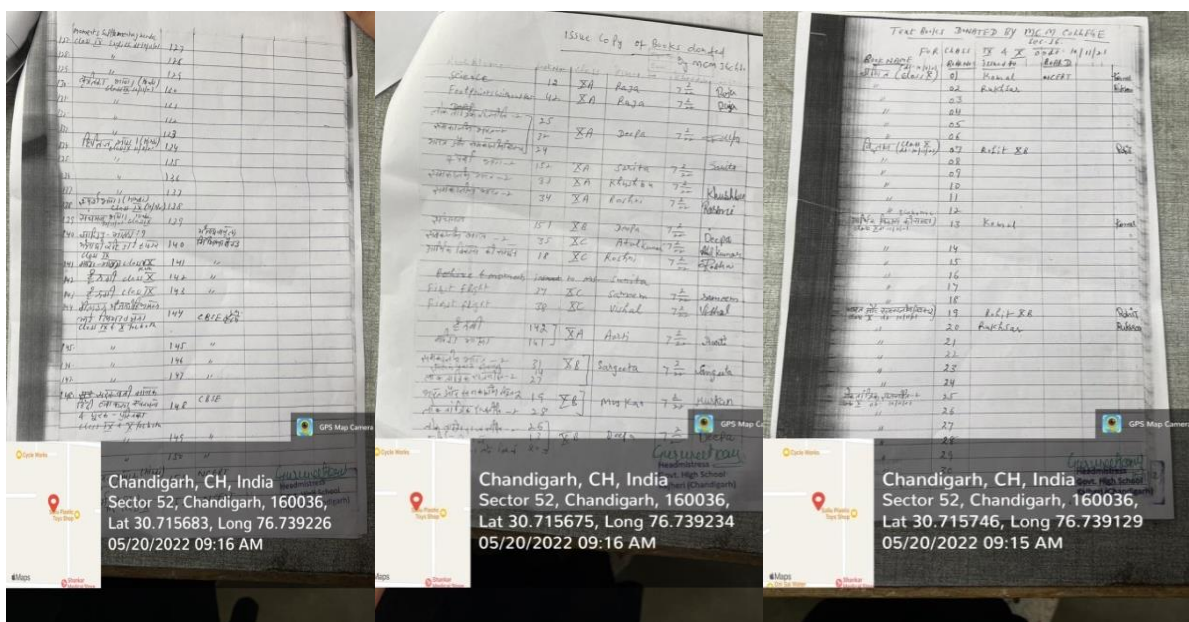
Inspection of Donated NCERT Text Books in Government High School

Date: 20 May 2022

Description: The Unnat Bharat Abhiyan Cell of Mehr Chand Mahajan DAV College for Women, organized an Inspection of the NCERT Text Books donated in the Government High School of the village Kajheri on May 20, 2022. The objective of the activity was to find out the usefulness of the books provided to the students under the Book Bank Facility and the level of satisfaction derived. The activity sought to monitor the procedure adopted by the school authorities to collect, store, organize and retrieve the donated books to the students.

The activity took place at the Government High School of the village, Kajheri. It was a follow up entourage of the UBA team of Kajheri to its prelusive activity of having established a Book Bank in the school of the village. The school official, Ms. Diljeet Kaur (In-charge) of the Book Bank, explained the accurate manual record keeping of the books followed in the school, to the UBA team members of the college comprising six student volunteers and the village in charges, Dr. Purnima Bhandari & Dr. Gurjeet Virk Sidhu. The inspection took off successfully with the forthcoming support of the school headmistress Ms. Gurmeet Kaur and ten school teachers who came forward with their ancillary services. Ms. Gurmeet Kaur appreciated the praiseworthy initiative of the college authorities in establishing the Book Bank. She also suggested that besides the NCERT Text Books, other books such as story books, motivational books, inspirational books, poetry books and novels too must be part of the basket to offer variety to the students and spur their reading habits. The inspection endorsed the desired objective of providing a fertile atmosphere of developing the literacy skills of the village school students and achieve the lofty goals of Quality Education in a well graded manner.

Photographs:





Donation Drive- “Ripples in the Fun Pond” (Buterla)

Date: 21 May 2022

Description: The activity was designed to take place at the Govt. Model School, Buterla. It entailed the involvement of about seven student volunteers of the UBA team of the college who embarked on the execution of the activity with great zeal and fervour. They donated a multitude of gift items like crayons, colouring books, stuff toys, games and stationary items to the students of the village school. The atmosphere of the school was enlivened with the chirpy exchange of niceties by the student volunteers with the school children. It all snowballed into a spirit of gaiety and playful ambience. The teaching staff of the school joined hands in an engaging and forthcoming manner with the village in- charge viz. Dr. Arshdeep Kaur, along with her team of students. The activity exhibited fruition in the validation of the famous adage “All work and no play makes Jack a dull boy.” The village students imbibed the importance of playing games to brush up their cognitive skills and thus pursue academic learning in a comprehensive and well-rounded fashion. The staff and the students of the village were all smiles with the joy that permeated the environment, and the little children of the school were extremely delighted to receive the gifts. The entire activity trickled an overwhelming response of igniting a spark for learning in the hearts of the little children.

Photographs:







Donation Drive- “Ripples in the Fun Pond” (Badheri)

Date: 21 May 2022

Description: The activity took place at the Govt. Model School, Badheri. It entailed the involvement of about eight student volunteers of the UBA team of the college who donated crayons, colouring books, stuff toys, games and stationary items to the students of the village school and also talked and played with them. The teaching staff of the school cooperated in a winsome spirit with the village in charge viz. Dr. Nidhi Tanwar, along with the students of the UBA team to carry out the activity. The overall outcome endorsed the famous anecdote “All work and no play makes Jack a dull boy.” The students understood the importance of playing games as an integral part of honing their cognitive skills and academic learning in a holistic manner. The staff and the students of the villages were overwhelmed and little children of the school were exhilarated with the gifts they received. The entire activity exuded the contemplated response of igniting a reward for learning with enthusiasm in the hearts of the little children.

Photographs:







Plantation Activity

Village: Buterla

Date: July 04,2022

Description: 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.

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.

Photographs of the Activity

MCM UBA holds plantation drive at Buterla

The Aman Sandesh Times Network

MEHR CHAND MAHAJAN DAY COLLEGE FOR WOMEN, CHANDIGARH
PLANTATION DRIVE AT ADOPTED VILLAGE BUTERLA

Chandigarh : In response to the universal call of replenishing our planet's sylvan quotient, the Unnat Bharat Abhiyan (UBA) Cell of Mehr Chand Mahajan DAV College for Women, Chandigarh organised a massive plantation activity at the adopted village Buterla, Sector 41, Chandigarh. About 300 plants, sponsored by the Department of Forests and Wildlife, Chandigarh Administration, were planted on this occasion. The activity was an earnest endeavour in the direction of contributing towards enhancing of the Earth's green cover so as to aid in the fight against the issue of global warming. The saplings planted included 100 saplings each of 'Rat ki Rani' and 'Kaner', along with 50 plants each of 'Chandni' and 'Cassia Glauca'.

Dr. Nisha Bhargava
Principal

Village Councillor Shri Hardeep Singh was also a part of this noble activity.

Principal Dr. Nisha Bhargava lauded the yeoman's service being rendered by the college's UBA team

in the area of rural upliftment. She added that the problem of global warming has become a cause of grave concern and concerted efforts are required to save our planet from further damage.



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

Village: Badheri

Date: 15th 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., 15th August, 1947. The present generation of students being oblivious of the grave atrocities faced by the freedom fighters, this 75th 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







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

Village: Buterla

Date: 15th 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 75th 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







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

Village: Kajheri

Date: 15th 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 of the Activity





overcast clouds 26.0 °C

PP8Q+8H7, Kajheri,
Kajheri Village, Sector 52,
Chandigarh, Assam 160036,
15 Aug 2022 08:56 am





overcast clouds 26.0 °C

PP8Q+8H7, Kajheri,
Kajheri Village, Sector 52,
Chandigarh, Assam 160036,
15 Aug 2022 09:35 am




overcast clouds 26.0 °C

PP8Q+8H7, Kajheri,
Kajheri Village, Sector 52,
Chandigarh, Assam 160036,
15 Aug 2022 08:23 am




overcast clouds

PP8Q+8H7, Kajheri,
Kajheri Village, Sector 52,





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

Village: Maloya

Date: 15th 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., 15th 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:







DONATION DRIVE OF NOTE-BOOKS

Village: Kajheri

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 of the Activity









Free Mammography Screening Camp for Early Diagnosis of Breast Cancer

Village: Maloya

Date: 10th 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







Awareness Campaign on Good and Bad Touch

Village: Attawa

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 of the Activity





GPS Map Camera



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

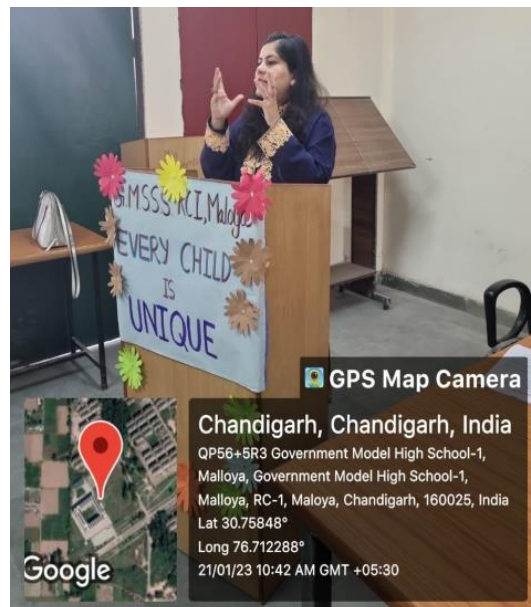
Village: Maloya

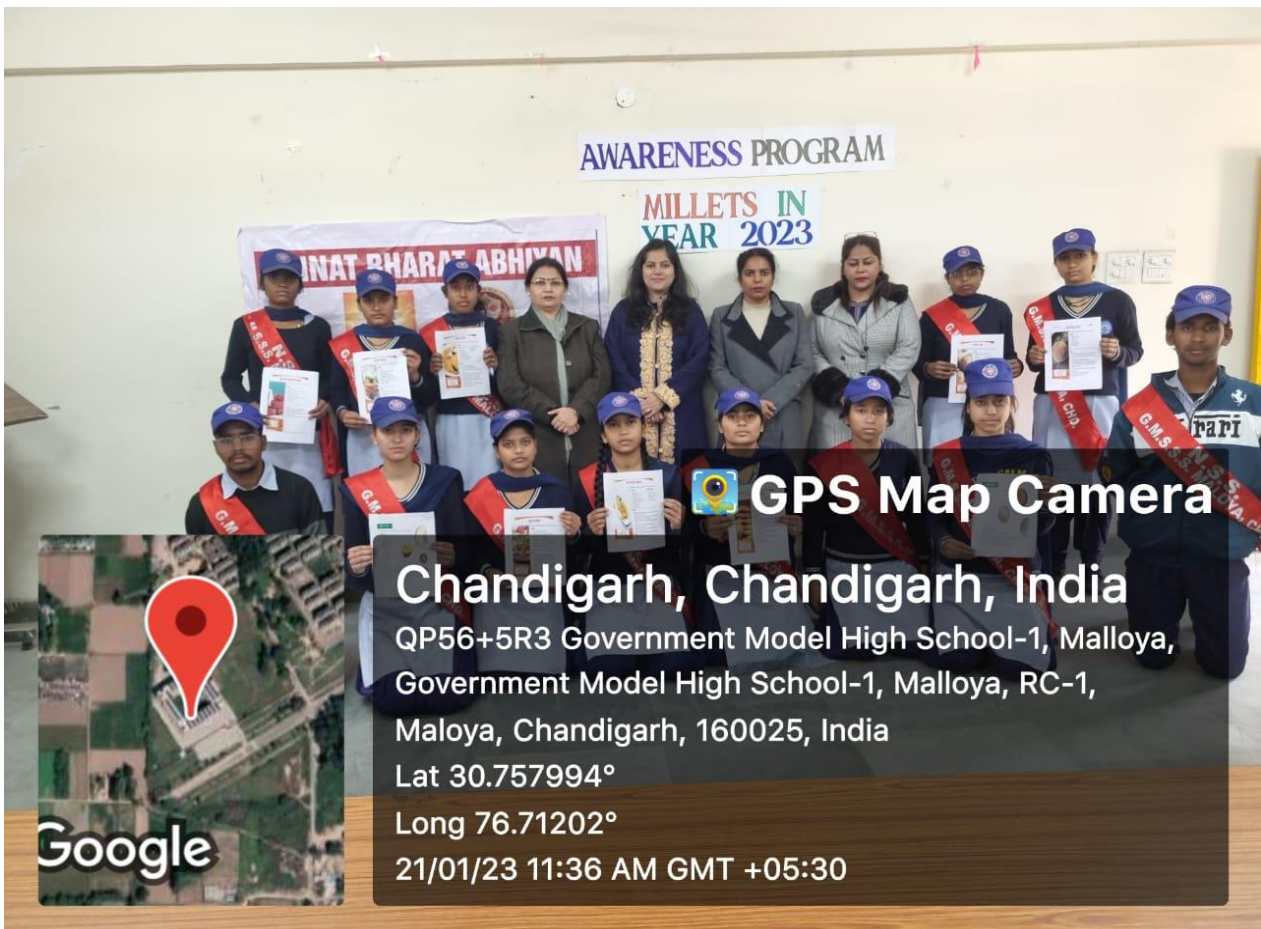
Date: 21st January 2023

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 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.

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.

Photographs of the Activity







Workshop on Demonstration of Millets-based Tiffin Recipes

Village: Kajheri

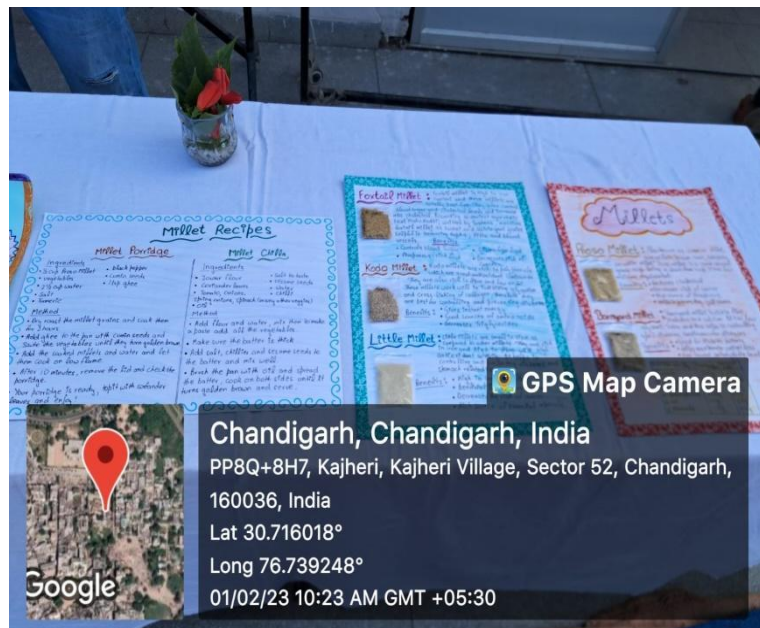
Date: 1st February 2023

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







Millets and Entrepreneurship

Village: Badheri

Date: 25th February 2023

Description: 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.

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





Millets and Aahar

Village: Attawa

Date: 25th February 2023

Description: The year 2023 being declared ‘The International Year of Millets’, the campaign aimed at popularising the consumption of millets among the village students and apprise them of the inbuilt natural health benefits accruing from millet-based food items.

A collaboration for the visit was clinched with Kheti Virasat Mission (KVM), wherein their health supervisor explained the rich nutrients present in millets to the students of the Anganwadi, while at the same time, encouraging them to make millets a part of their daily diet. On a complimentary note, KVM-UBA Cell tie-up sponsored a gracious serving of a scrumptious palate of millet halwa and khichdi to about 78 small students, their parents and the staff of the Anganwadi. The campaign pleasantly caught the attention of the students, staff members and other spectators in the vicinity of the premises. The two-hour campaign navigated the targeted ‘millet’ interest, with the active participation of 8 student UBA volunteers of the college, and 3 personnel from KVM. Dr. Gunjan, Coordinator of the UBA Cell of the college took the baton of millets forward with the village team comprising Dr Kanika Sofat and Dr Madhuri Tanaji.



