

UNNAT BHARAT ABHIYAN: REPORT (2022-23)



Submitted by:

Hans Raj Mahila Maha Vidyalaya, Jalandhar

Medicinal Tree Plantation by Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya



Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar organized Medicinal Tree Plantation at Village Dhaliwal under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. Various medicinal plants like neem, arjun chhal, Mango, jamun, sugrefree, tulsi, amla and kadi patta were planted by the esteemed Sarpanch of Dhaliwal village, Mr. Mandeep Singh. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Unnat Bharat Abhiyan team comprising Dr. Minakshi Duggal Mehta, Dr. Anjana Bhatia, Mr. Sushil Kumar, Mrs. Urvashi, Mrs. Shefali Kashyap, Mrs. Alka Sharma (Incharge, Legal Literacy Cell) and motivated them to continue such efforts in future also. Mr. Arvind Chandi (staff member) was also present with the team.

Nukkad Natak on 'Swatchhta' by Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar



The Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar performed nukkad natak on 'Swatchhta' in Gillan Village. The students of college made the villagers aware about the importance of cleanliness and explained that every little effort can contribute to a great extent for achieving the objective of clean and green India. The members comprising Dr. Minakshi Duggal Mehta (Coordinator Unnat Bharat Abhiyan), Mrs. Alka Sharma (Member Unnat Bharat Abhiyan Team, Incharge Legal Literacy Cell) and students were welcomed by the Sarpanch of village, Mrs. Balwinder Kaur. Dr. Minakshi Duggal Mehta also motivated the villagers to avoid using plastic and throwing the garbage in open. The students presented the slogan 'Bharat Swachh ho, Sabse Swasth Ho'. Dr. Minakshi Duggal Mehta expressed gratitude to Mrs. Balwinder Kaur, Sarpanch Gillan Village for providing the opportunity to interact with the villagers. Mr. Arvind Chandi from Hans Raj Mahila Maha Vidyalaya also accompanied the team. Principal, Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team.

HMV Celebrated Children's Day with Students of Government School, Gillan Village



The Unnat Bharat Abhiyan Team and Legal Literacy Cell of Hans Raj Mahila Maha Vidyalaya, Jalandhar celebrated Children's Day with the students of Government Primary-Middle Smart School, Gillan Village under the able guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen. The team distributed notebooks to the students of primary wing. The members comprising Dr. Minakshi Duggal Mehta (Coordinator Unnat Bharat Abhiyan), Mrs. Alka Sharma (Member Unnat Bharat Abhiyan Team, Incharge Legal Literacy Cell) and students were welcomed by the Sarpanch of village, Mrs. Balwinder Kaur, Teachers and students of the school. The tiny tots presented various items like poems, group dance and solo dance on this event. Dr. Minakshi Duggal Mehta addressed the students and motivated them to follow the footsteps of Pandit Jawaharlal Nehru who was a great supporter for the rights of children and always focused on a system of all-inclusive education where knowledge is accessible to all. She also encouraged the students to always speak for their rights. Mrs. Alka Sharma also made the villagers aware about the facility of legal aid and motivated them to avail the benefit in case they need the same. Ms. Neha, student of B.Com 2nd Year from college presented a poem titled 'Vidya da Chanan' to highlight the importance of education. Dr. Minakshi Duggal Mehta expressed gratitude to Mrs. Balwinder Kaur, Sarpanch Gillan Village for providing the opportunity to interact with the students. Mr. Arvind Chandi from Hans Raj Mahila Maha Vidyalaya also accompanied the team. Principal, Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team.

Students of HMV Shine in Quiz Competition on Millets Organised under Unnat Bharat Abhiyan



The students of Hans Raj Mahila Maha Vidyalaya, Jalandhar brought laurels to the college by participating in the quiz on millets organized by NITTTR the Regional Coordinating Institute (RCI) for Unnat Bharat Abhiyan as the year 2023 has been declared as the International Year of Millets. The PIs of Punjab participated in the quiz. Based on this, the students of Hans Raj Mahila Maha Vidyalaya were placed in the third category. The students were given prizes in the form of different products made from millets. They were encouraged to make use of millets and also motivate others to use the same as it has number of health benefits. Students. The prizes were distributed by Dr. Hemant Kumar Vinayak, Coordinator - RCI UBA, NITTTR Chandigarh. Principal Prof. Dr. (Mrs.) Ajay Sareen congratulated the students and the team members of Unnat Bharat Abhiyan comprising Dr. Minaskshi Duggal Mehta, Dr. Anjana Bhatia, Mr.Sushil Kumar, Mrs. Urvashi and Mrs. Shefali Kashyap and Mrs. Alka Sharma for this achievement.

**Workshop on Millets organised by Unnat Bharat Abhiyan Team in
Collaboration with Institution Innovation Council of Hans Raj Mahila
Maha Vidyalaya, Jalandhar**



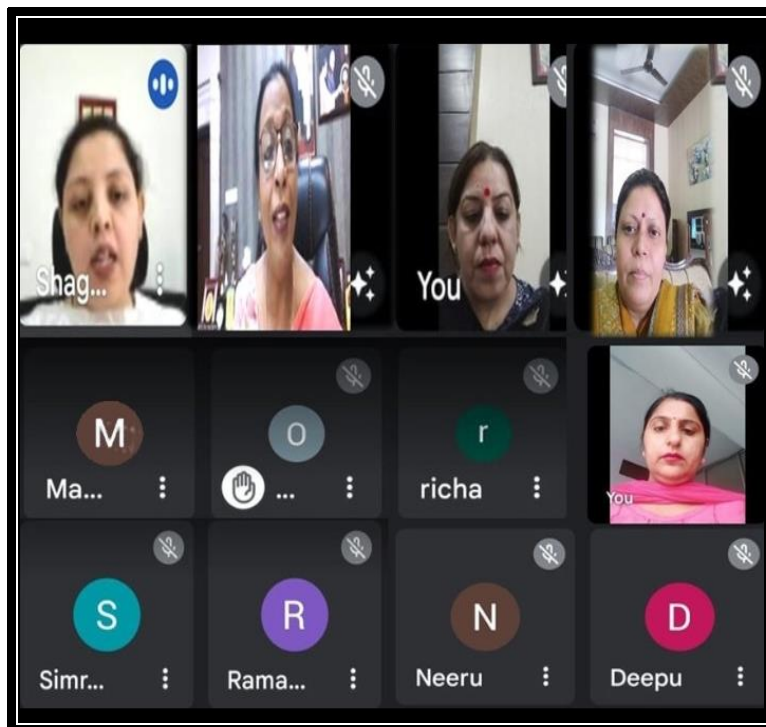
The Unnat Bharat Abhiyan Team and Institution Innovation Council of Hans Raj Mahila Maha Vidyalaya, Jalandhar organised a workshop on Millets in Gillan Village under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. As the year 2022-23 has been declared as the International Year of Millets, the workshop aimed at educating the villagers about the nutritional benefits of millets and also to explain them different recipes of millets. UBA Coordinator Dr. Minakshi Duggal Mehta addressed the students of Government School, Gillan and other villagers. She explained that health problems are on rise these days and the main reason is wrong eating habits of people. She further said that besides having nutritional values, millets also have taste value. They help to boost our immunity level and hence are instrumental in having a healthy life. The different types of millets were also explained to the participants. The students from Home Science Department gave live demonstration of the different food items made from millets like snacks and shake made from Raagi. Dr. Minakshi Duggal Mehta expressed gratitude to Mrs. Balwinder Kaur, Sarpanch Gillan Village for always being cooperative and for providing an opportunity to interact with the villagers. The workshop ended with an interactive session with the villagers. They expressed their interest

to introduce millets in their diet and requested to organize such programmes in future also. College Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of Unnat Bharat Abhiyan Team, Dr. Anjana Bhatia, Incharge Institution Innovation Council and Ms. Vandana from Home Science Department. Mr. Parminder Singh from English Department was also present

UBA Team of HMV Celebrated Prakaram Diwas

Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar celebrated Prakaram Diwas in collaboration with NITTTR, Chandigarh in online mode to celebrate 126th birth anniversary of Netaji Subhash Chandra Bose. Inaugural address was presented by Prof. Shyam Sunder Patnaik, Director NITTTR, Chandigarh. He highlighted the contribution of Netaji towards struggle of freedom and formation of Aazad Hind Fauj. Dr. Binayak Dutta from the Department of History talked on the topic “Role of Netaji in making of Modern India.” He emphasized on the importance of Nationalisation of Netaji and the sacrifices made by him. He further said that Neta ji was not only a freedom fighter but a visionary leader also, who could develop the blueprint of Independent India. The celebration ended with paying tribute to Netaji. The programme was attended by members of Unnat Bharat Abhiyan team comprising Dr. Anjana Bhatia, Dr. Minakshi Duggal Mehta, Mrs. Urvashi, Mr. Sushil Kumar, Mrs. Shefali Kashyap and Mrs. Alka Sharma. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team and motivated them to be a part of such programmes in future.

HMV Organized Legal Awareness Programme



Legal literacy Club of Hans Raj Mahila Maha Vidyalaya, Jalandhar participated in online Legal Awareness Programme organised by District Legal Services Authority, DLSA, Jalandhar under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Resource Person of the webinar was Ms. Shagun, CJJD. She guided the students how legal assistance is provided to the managerial sections of the society and poor beneficiaries to resolve their long standing legal issues under the umbrella of empowerment of citizens through legal awareness. She also motivated the students to give awareness about free legal aid to the needy people of their surroundings. She discussed in detail that due to the expensive procedure of judiciary poor people remain devoid of legal benefits. This cell helps such kind of needy people by providing them free legal aid. Students attended the session with great interest and they were motivated to share this information with the needy people. Dr. Anjana Bhatia, Dean Innovation and Research, Mrs. Alka Sharma Incharge Legal Literacy Club and Dr. Meenakshi Duggal Mehta, Incharge Unnat Bharat Abhiyan also attended the webinar.