

UNNAT BHARAT ABHIYAN: REPORT (2023-24)



Submitted by:

Hans Raj Mahila Maha Vidyalaya, Jalandhar

Martyrdom Day of Shaheed Bhagat Singh, Rajguru and Sukhdev

The martyrdom day of Bhagat Singh, along with Rajguru and Sukhdev, is a significant occasion in India. Paying a tribute to the sacrifice of these heroes, Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya celebrated this day with the school children of Gillan village. The students were reminded about the struggle and sacrifice of these freedom fighters. They participated actively in the event. UBA incharge, Dr. Minakshi Duggal Mehta addressed the students and said that all of us should learn lessons from these great leaders and that everyone can contribute in one way or other to make our country proud. We should learn from them to be fearless and raise our voice if something wrong happens around us. She also expressed her gratitude to the village Sarpanch, Mrs. Balwinder Kaur for allowing to organise the event. Kriti, College Head girl also shared the life stories of Bhagat Singh and his struggle for freedom. College Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team and said that these kinds of events not only honour the sacrifice of such great personalities but also promote awareness about their ideals, courage and patriotism specially among youth.



Workshop on “Aahaar Kranti: Uttam Aahar-Uttam Vichar” attended by Unnat Bharat Abhiyan



The Unnat Bharat Abhiyan team of Hans Raj Mahila Maha Vidyalaya, Jalandhar attended a workshop on “AAhaar Kranti: Uttam Aahar-Uttam Vichar” organized by Unnat Bharat Cell of NITTTR, Chandigarh. While giving a brief introduction about the workshop, Prof. U N Roy, Head, Rural Development Department stated that it aims at creating awareness about the use of traditional food and nutritional value of millets as GOI launched the initiative AAHAR KRANTI to meet the UN Sustainable Development Goal 3. Dr. Vishita Khanna from Anand Agriculture University, Gujrat talked about prospects of traditional food business and startups. She discussed about some start-ups such as Swati Snacks, Go Desi, Daddi’s jeera Khakra etc in the traditional food industry. Dr. Pummy Kumari from Chaudhary Charan Singh University, Hissar discussed about Millets: Climate resilient grains cultivation and improvemene. She highlighted the benefits of millets since traditional times and the health benefits associated with the same. Dr. Asha Kwatra from the Department of Food and nutrition, CCS, Hissar explained about millets and their nutritional value for better human health. She also focused on the preservative value of millets. During the workshop, questions regarding millets were also raised by the participants from college. Principal Prof. Dr. (Mrs.) Ajay Sareen appreciated the team for attending the workshop. It was attended by members of Unnat Bharat Abhiyan Team comprising Dr. Anjana Bhatia, Dr. Urvashi, Dr. Minakshi Duggal Mehta, Mrs. Alka Sharma and 51 students.

HMV Organized a Workshop on “Diet and Ayurveda”

The IQAC and Unnat Bharat Team of Hans Raj Mahila Maha Vidyalaya organized a workshop on “Diet and Ayurveda” under the able guidance of Principal Prof. Dr. (Mrs.) Ajay Sareen. The Resource Person was Dr. Nishu Raina, Deputy Medical Superintendent, Associate Prof. Kayachakre, Dayanand Ayurvedic College, Jalandhar.. Dr. Nishu Raina told the faculty members about Aahar Kranti in detail. She made them aware about taking appropriate and healthy diet. She said that by incorporating minor changes in our dietary habits, we can save ourselves from diseases, our wrong dietary habits affect our health. Principal Prof. Dr. (Mrs. Ajay Sareen congratulated IQAC Coordinator Dr. Ashmeen Kaur, Dean Academics Dr. Seema Marwaha, Unnat Bharat Abhiyan Advisor Dr. Anjana Bhatia and Incharge Dr. Meenkashi Duggal Mehta for successfully organizing the workshop. She said that such workshops enlighten us about our diet and health issues caused by taking wrong diet. On this occasion, all the faculty members were present. Stage was conducted by Dr. Anjana Bhatia.

Distribution of Notebooks to Students of Government School



With the motto of spreading education amongst the village children and discharging its social responsibility, Unnat Bharat Abhiyan Team of Hans Raj Mahila Maha Vidyalaya, Jalandhar distributed notebooks to the students of Government Primary- Middle Smart School, Gillan Village under the able guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen. Dr. Minakshi Duggal Mehta, incharge Unnat Bharat Abhiyan Team addressed the students and motivated them to put their heart and soul into studies so that they can make their nation proud of them. The students were motivated with the success stories of people who have outperformed even in odd situations and have made the nation proud such as our President Honourable, Ms. Droupadi Murmu. Dr. Minakshi Duggal Mehta expressed gratitude to Mrs. Balwinder Kaur, Sarpanch Gillan Village for providing the opportunity to interact with the students. Principal, Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team and said such initiatives are the need of the hour to attain the objective of quality education through the students who are the real ambassadors of education.

Awareness Programme on ‘Segregation of Domestic Waste’



An awareness Programme on ‘Segregation of Domestic Waste’ was organized by Unnat Bharat Abhiyan team of Hans Raj Mahila Maha Vidyalaya, Jalandhar under the able guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen. . Dr. Minakshi Duggal Mehta, incharge Unnat Bharat Abhiyan Team explained that there are different types of domestic waste and it is very important to ensure that that these are disposed off in a proper way. Ms. Garima, (Student, M.Com) Office bearer, UBA explained the concept of different colour dustbins for the disposal of waste i.e. dry waste, wet waste, hazardous waste, and e waste. A demonstration of disposal of different types of wastes was also given. Principal, Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of UBA team.

**Awareness Programme for Paddy Straw Burning by UNnat Bharat
Abhiyan Team of Hans Raj Mahila Maha Vidyalaya Jalandhar**



The Unnat Bharat Abhiyan team of Hans Raj Mahila Maha Vidyalaya organised an awareness programme in Gillan Village regarding burning Paddy Straw in the fields under the able guidance of Principal, Prof. Dr. (Mrs.) Ajay Sareen. Dr. Minakshi Duggal Mehta, incharge UBA addressed the villagers and explained that each one of us play the role of a responsible citizen and work for the safety of environment. The harmful effects of burning paddy straw such as pollution of environment, reducing the fertility of land were also explained to the villagers. They were also told that paddy straw can be used as fertilizer instead of burning. Dr. Minakshi Duggal Mehta expressed gratitude to Mrs. Balwinder Kaur, Sarpanch Gillan Village for providing the opportunity to interact with the villagers. Prof. Dr. (Mrs.) Ajay Sareen appreciated the efforts of team and said such initiatives are the need of the hour to achieve the objective of clean and green environment and hence contribute for the growth of the nation.

