

VELLALAR COLLEGE OF EDUCATION



(Approved by NCTE, New Delhi and Affiliated to Tamilnadu Teachers Education University, Chennai)

Maruthi Nagar, Thindal, Erode - 638 012. Tamil Nadu, India

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EVENT NO.: 1

POST EVENT REPORT

Name of the Event : Temple Cleaning Service and Sanitation Awareness Initiative

Name of the Cell : Unnat Bharat Abhiyan

Programme Officer : Mrs.M.Kavitha

Date : 15.03.2024

Venue : Rayapalayam Village

Objectives

- to create awareness on health and wellbeing.
- to promote cleanliness and hygiene in temples.
- to raise awareness about sanitation practices.
- to inculcate community participation.
- to encourage environmental consciousness.

On March 15, 2024, a Temple Cleaning Service was organized at Rayapalayam village as part of the Gandhi Jayanti celebrations, led by the Unnat Bharat Abhiyan (UBA) initiative of Vellalar College of Education. The event brought together students, faculty, and members of the local community to engage in a communal effort to clean and maintain the temple premises. This initiative not only focused on cleanliness but also aimed to promote key aspects of community hygiene, sanitation, and environmental awareness. Inspired by the teachings of Mahatma Gandhi, who emphasized cleanliness and hygiene as a key component of social responsibility, this service demonstrated the power of collective action and reinforced the values of unity, responsibility, and sustainability.

This initiative included various cleaning activities such as:

- **Sweeping:** Volunteers swept the temple courtyard and surrounding areas, removing dirt, dust, and debris to create a neat and clean space.
- **Washing:** The temple floors, walls, and common areas were washed to ensure they were free from stains and dirt, improving the overall cleanliness of the temple environment.

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- **Organizing the Temple Surroundings:** Items in and around the temple were properly arranged and organized, making the space more welcoming and accessible for visitors.

This cleaning service was a reflection of Mahatma Gandhi's values of cleanliness and his belief that "Sanitation is more important than independence." Gandhi always emphasized that maintaining cleanliness in our surroundings was crucial for personal health and a thriving community. In this context, the temple cleaning service served as a powerful reminder of the need for consistent and conscientious efforts toward hygiene, especially in public spaces.



Vellalar College of Education volunteers, under the UBA initiative, engage in temple cleaning at Rayapalayam village as part of the Gandhi Jayanti celebrations

In addition to cleaning the temple, the event was an opportunity to engage with the villagers and raise awareness about important sanitation practices. The students and faculty took the time to educate the villagers on several essential aspects of health and hygiene, focusing on sustainable practices that could improve the overall cleanliness of their homes and the village. Some of the key topics discussed were:

1. **The Importance of Closed Toilets:** A significant portion of the discussion was dedicated to the importance of closed toilets and proper sanitation facilities. Open defecation is a common issue in many rural areas, leading to the spread of diseases and poor hygiene. Students encouraged the villagers to build and maintain closed toilets that

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ensure privacy and sanitation, preventing contamination of water sources and reducing health risks.

2. **Developing Hygienic Health Habits:** The villagers were educated on the importance of developing hygienic health habits, such as regular handwashing, especially before eating and after using the toilet. The significance of keeping personal spaces and public areas clean was also highlighted. Students shared practical tips on creating hygienic living spaces, such as using clean water for drinking and cooking, regularly cleaning homes and kitchens, and ensuring that food is prepared in safe and sanitary conditions.
3. **The Need for a Clean Environment:** The villagers were encouraged to keep their surroundings clean by ensuring that garbage was properly disposed of and not left in open spaces. Students discussed how the accumulation of waste can lead to the spread of harmful bacteria, pests, and diseases. The concept of keeping homes and public areas free of clutter, waste, and debris was reinforced as an essential practice for ensuring good health and well-being.
4. **Avoiding Stagnated Water Around Homes:** Stagnant water is a breeding ground for mosquitoes and other pests, which can cause diseases like malaria and dengue. Students educated the villagers about the importance of draining stagnant water around their homes and removing any sources of water accumulation. Simple measures, such as ensuring that water containers are tightly covered and cleaning gutters regularly, were shared as effective ways to prevent the spread of diseases.
5. **Waste Classification:** An important part of the sanitation awareness session involved teaching the villagers how to classify waste into **degradable** and **non-degradable** categories. Degradable waste, such as food scraps and vegetable peels, can be composted, while non-degradable waste, such as plastic and glass, needs to be disposed of properly. Students demonstrated how waste segregation can be implemented effectively in their daily lives to reduce pollution and improve waste management.
6. **Creating Fertilizer from Biodegradable Waste:** To address the issue of waste management and sustainability, the students introduced the villagers to the concept of

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creating **biodegradable waste into compost** or organic fertilizer. By composting food waste, leaves, and other biodegradable materials, the villagers can produce their own natural fertilizer for gardening or farming. This not only helps reduce waste but also contributes to sustainable agricultural practices. The students provided step-by-step guidance on how to set up small composting systems at home, using basic materials such as bins or compost pits. The idea was to show the villagers that waste can be transformed into a valuable resource rather than being discarded.

The Temple Cleaning Service and the sanitation awareness sessions were not only about cleanliness but also about fostering a sense of community involvement and responsibility. The collaborative nature of the event allowed students, faculty, and villagers to work together, strengthening social bonds and creating a sense of shared purpose. Everyone, regardless of age or background, contributed to the effort, reinforcing the idea that community development begins with collective action.



UBA volunteers from Vellalar College of Education contribute to community welfare by cleaning the temple in Rayapalayam village.

Through the active participation of the villagers in cleaning the temple and engaging in the sanitation discussions, the event demonstrated the importance of shared responsibility in maintaining a clean and healthy environment. The villagers realized that personal efforts toward cleanliness and hygiene have far-reaching effects on the entire community. The initiative also

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highlighted the role of education in raising awareness about sanitation and environmental sustainability. By teaching villagers simple, effective, and sustainable practices, the students were empowering them to take charge of their health and environment, thereby creating a more sustainable and self-reliant community.

The Temple Cleaning Service and sanitation awareness initiative at Rayapalayam village was a meaningful and impactful event that aligned with the values of Mahatma Gandhi. The cleaning of the temple, along with the awareness campaigns on sanitation and hygiene, created a platform for villagers to learn and adopt healthier and more sustainable practices. The collaboration between students, faculty, and villagers not only contributed to the upkeep of the temple but also promoted a sense of unity and responsibility. Through discussions on closed toilets, waste classification, waste recycling into fertilizers, and keeping the environment clean, the event successfully encouraged a shift toward better health habits and a cleaner, healthier community.

This initiative exemplifies the core objectives of the Unnat Bharat Abhiyan: empowering rural communities through education, involvement, and sustainable practices, while reinforcing the importance of Mahatma Gandhi's vision for a cleaner, more self-sufficient India.

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EVENT NO.: 2

POST EVENT REPORT

Name of the Event : Stationery Contribution Program

Name of the Cell : Unnat Bharat Abhiyan

Programme Officer : Mrs.M.Kavitha

Date : 19.04.2024

Venue : Kathirampatti Village

Objectives

- to provide access to essential supplies.
- to encourage community support and involvement
- to promote equal opportunities for education
- to promote long-term sustainability

On April 19, 2024, the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education organized a Stationery Contribution Program in Kathirampatti village, aiming to support the educational needs of school students, particularly those from underprivileged families. This initiative focused on providing essential stationery items such as notebooks, pens, pencils, and other study materials to ensure that financial constraints would not hinder students' access to education. The program was part of the college's ongoing commitment to fostering education and improving the academic prospects of students in rural areas.

The program was a collaborative effort involving the active participation of both the students and faculty members of Vellalar College of Education. College students took on the responsibility of collecting, organizing, and distributing the stationery items. They worked diligently to ensure that every child in the village school received the necessary materials for the upcoming academic term. In addition to the distribution, the students and faculty members interacted with the students and their families, gaining insight into their educational challenges and offering support where needed. This personal interaction helped build a sense of trust and understanding between the college students and the villagers. It also reinforced the message that

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education is a shared responsibility, and the village community was not alone in its efforts to improve the educational opportunities for its children.

Beyond the provision of stationery, the college students took a proactive approach to encourage the schoolchildren to stay committed to their studies. They delivered short lectures highlighting the importance of education and its significant role in shaping a bright future. Through these lectures, the students emphasized how education is the key to breaking the cycle of poverty and building a better life. They also spoke about the importance of perseverance, hard work, and dedication in achieving academic success. The students shared personal stories of how education had transformed their own lives and opened up opportunities. Their message was clear: education is not just a pathway to knowledge, but a means of empowerment and self-improvement. By engaging the children in discussions about their future aspirations and showing them the scope of opportunities available through education, the college students hoped to instill a sense of purpose and motivation in the children.



Stationery contributed by our students to 35 children Kathirampatti village

The overarching goal of the Stationery Contribution Program was to remind the students that education is the foundation for a better future, regardless of their backgrounds. By providing them with the tools they needed to succeed academically, the program aimed to empower the students of Kathirampatti village to take charge of their education and build a brighter future for themselves. The distribution of stationery materials was more than just a charitable act; it was an

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investment in the students' potential and a step toward bridging the educational gap between rural and urban communities.

The Stationery Contribution Program organized by the Unnat Bharat Abhiyan at Kathirampatti village on April 19, 2024, was a significant step in supporting the educational needs of underprivileged students in the community. The initiative not only provided essential study materials to students but also inspired them to engage more fully in their learning and to envision a future made brighter through education. The active involvement of Vellalar College's students and faculty members highlighted the college's dedication to rural development and the promotion of education in underserved areas. The success of the program reinforced the belief that education is a powerful tool for social change and that every child, regardless of their background, deserves the opportunity to succeed.

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EVENT NO.: 3

POST EVENT REPORT

Name of the Event	:	Drug Abuse Awareness Rally
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	25.06.2024
Venue	:	Rayapalayam Village

OBJECTIVES

- To shed light on the growing issue of drug abuse, particularly among youth and to emphasize the importance of prevention and rehabilitation.
- To create a sense of urgency and responsibility within the community, highlighting the collective role that villagers, families and local leaders can play in combating this issue.

REPORT

On June 25, 2024, a Drug Abuse Awareness Rally was organized at Rayapalayam village, under the auspices of the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education. The rally aimed to raise awareness about the dangers of drug abuse and its devastating impact on individuals and the community. With the support of local residents, students, and faculty, the rally sought to educate the youth and the broader community on the harmful consequences of substance misuse and to encourage the adoption of healthy, drug-free lifestyles.

The event was not only a march through the village but also an opportunity to initiate an open dialogue about drug addiction, its signs, and effective prevention strategies. Through this initiative, the college aimed to create a lasting impact in the community and empower individuals to make informed decisions about their health and well-being.

The rally began with an enthusiastic procession through the village, with participants holding up banners, posters, and chanting powerful slogans such as “Stop Drug Usage, Start a

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New Life” and “Say No to Drugs, Say Yes to Life.” The students took the lead, marching in unison while shouting these phrases aloud, drawing the attention of residents, and engaging them in the cause. Their energetic participation and the bold messages displayed on the posters helped convey the seriousness of the issue, making a strong statement against the use of drugs.

The rally served as a public demonstration of the community’s commitment to preventing drug abuse. As the procession moved through the village, the visibility of the event and the impactful slogans spread the message of drug-free living to every corner of Rayapalayam, encouraging local families to talk about the harmful effects of drugs.



The Drug Abuse Awareness Rally is flagged off in Rayapalayam village, led by UBA volunteers from Vellalar College of Education

Following the rally, an informative session was conducted where experts on drug abuse prevention shared valuable insights with the participants. The session provided detailed information on the signs of drug abuse, the physical and mental consequences of drug misuse, and the importance of early intervention. Local health professionals and counselors highlighted preventive strategies such as community engagement, mental health support, and creating safe spaces for youth to discuss their concerns.

The session also focused on providing information about rehabilitation resources available to individuals struggling with addiction, ensuring that the community was aware of the

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support systems in place for those in need. By addressing both prevention and rehabilitation, the event encouraged a holistic approach to tackling the issue of drug abuse.



Students of Vellalar College of Education, under UBA, march through Rayapalayam village to raise awareness about the dangers of drug abuse and promote a drug-free society

The Drug Abuse Awareness Rally was well-received by the villagers, who expressed their gratitude for the timely and important initiative. Many community members appreciated the open discussion on such a sensitive issue and acknowledged the need for greater awareness and action. The rally also fostered a sense of unity, as villagers came together to support the cause of a drug-free environment for their children and families.

The involvement of students and faculty from Vellalar College of Education reinforced the college's commitment to social responsibility and its role in promoting community health and well-being. The rally successfully sparked important conversations about the dangers of drug abuse, as well as the significance of education, prevention, and rehabilitation in combating substance misuse.

The Drug Abuse Awareness Rally held on June 25, 2024, in Kathirampatti village was a highly impactful event that not only raised awareness about the dangers of drug abuse but also encouraged the community to take collective action in creating a drug-free environment. Through the passionate participation of students, faculty, and local residents, the rally served as a powerful reminder of the importance of prevention, education, and support systems in addressing

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the issue of substance abuse. The informative session further reinforced the message of the rally, providing valuable tools and resources for individuals and families to combat drug misuse. The event successfully fostered a greater sense of community responsibility and contributed to the ongoing efforts of the Unnat Bharat Abhiyan in promoting the health and well-being of rural communities.

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EVENT NO.: 4

POST EVENT REPORT

Name of the Event	:	AIDS Awareness - Street Play
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	12.07.2024
Venue	:	Pavalathampalayam Village

OBJECTIVES

- To educate the villagers about HIV/AIDS and its transmission while challenging the prevailing stigmas and misconceptions surrounding the disease.
- To encourage the villagers to adopt healthier lifestyles and seek medical advice or support when needed.

REPORT

On July 12, 2024, an AIDS Awareness Street Play was organized at Pavalathampalayam village as part of an effort to educate the community about the prevention, treatment, and impact of HIV/AIDS. The event, conducted under the guidance of the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education, sought to raise awareness and eliminate the stigma surrounding HIV/AIDS. Through this creative approach, the students and faculty aimed to foster a deeper understanding of the disease and promote healthy practices within the community.

The street play format was chosen to engage the community in an interactive and impactful manner. It provided an opportunity to discuss important topics related to HIV transmission, prevention, and regular testing in an entertaining yet educational way. The performance was followed by an informative session where health experts addressed misconceptions and highlighted essential preventive measures.

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The street play featured a group of students performing a series of scenes that portrayed common misconceptions about HIV/AIDS, the consequences of unsafe practices, and the importance of getting tested and seeking treatment. The play was designed to break down barriers of fear and ignorance that surround the disease, using humor and drama to engage the audience while also delivering critical health messages.



Our students raise awareness about HIV/AIDS prevention and treatment through a street play in Pavalathampalayam village.

The students performed skits that demonstrated how HIV is transmitted, the importance of safe sex practices, and the role of support systems for people living with HIV. They also highlighted the significance of regular testing and early diagnosis in managing the disease effectively. The play also included a segment that focused on the impact of stigma and discrimination, emphasizing the need for compassion and empathy toward people living with HIV/AIDS.

The villagers were actively engaged during the performance, reacting to the scenes and participating in discussions, which helped reinforce the play's messages and foster a sense of shared responsibility for health and well-being.

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After the street play, an informative session was conducted, where health experts addressed common questions and misconceptions about HIV/AIDS. The experts explained the various preventive measures available, such as safe sexual practices, needle exchange programs, and the importance of education in reducing transmission rates. They also highlighted the significance of antiretroviral therapy (ART), which can help people living with HIV maintain a healthy life and prevent the transmission of the virus.



A powerful street play by UBA students educates Pavalathampalayam on HIV/AIDS prevention

The session also focused on the resources available for those living with HIV/AIDS, including counseling services, treatment centers, and support groups that provide care and assistance. The health experts encouraged the villagers to seek regular testing and to visit local healthcare facilities for more information and guidance.

The AIDS Awareness Street Play had a significant impact on the community. Many villagers expressed their appreciation for the initiative, as it provided them with accurate and accessible information about HIV/AIDS in a manner that was engaging and easy to understand.

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The performance helped remove some of the fear and misunderstanding that often surrounds the disease, and it opened up important conversations about prevention and treatment options.

The event also fostered a more compassionate and supportive environment in the village, encouraging people to treat those affected by HIV/AIDS with greater empathy and understanding. By addressing the issue through a street play, the initiative reached a wide audience, including those who might not have attended a formal health seminar, ensuring that the message was spread throughout the community.

The AIDS Awareness Street Play held on July 12, 2024, in Pavalathampalayam village was a highly successful initiative in raising awareness about HIV/AIDS, its prevention, and treatment. Through an engaging and interactive performance, the villagers were provided with accurate information while also being encouraged to eliminate stigma and adopt safer health practices. The post-performance session with health experts further solidified the key messages and provided the community with access to essential resources for both prevention and support. This initiative exemplified the commitment of the Unnat Bharat Abhiyan to public health and community welfare, ensuring that villagers were better informed and more equipped to make health-conscious decisions for themselves and their families.

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EVENT NO.: 5

POST EVENT REPORT

Name of the Event	:	Gandhi Jayanti Celebration
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	02.10.2024
Venue	:	Kathirampatti, and Kanthampalayam Villages

OBJECTIVES

- to promote the values of nonviolence and peace.
- to educate on mahatma Gandhi's life and legacy
- to encourage active participation in nation building
- to commemorate historical and cultural contributions

REPORT

On October 2, 2024, the Vellalar College of Education, through its Unnat Bharat Abhiyan (UBA), organized a meaningful meeting at Kathirampatti, and Kanthampalayam villages in celebration of Gandhi Jayanti. The purpose of the event was to promote community development in alignment with Gandhian principles of self-reliance, rural empowerment, and sustainability. The gathering provided a platform for villagers to discuss important issues affecting their lives and to share ideas about how to further their development in a sustainable and self-sufficient manner. This report reflects on the key takeaways from the meeting, focusing on the Gandhian philosophy that underpinned the discussions and activities, as well as how self-help skills, such as art and craftsmanship, were integrated into the event.

Mahatma Gandhi's vision of a self-reliant rural India forms the cornerstone of the Unnat Bharat Abhiyan's efforts in fostering community growth. Gandhi believed in the power of rural India to uplift itself through simplicity, sustainable practices, and self-sufficiency. In his view, true freedom was not just political, but also economic and social, achieved through local empowerment, self-help, and community participation.

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His principles of Swaraj (self-rule), Sadhana (simple living), and Sarvodaya (the welfare of all) are deeply relevant to rural development. Gandhi emphasized that local communities should produce what they consume, engage in handcrafts, practice sustainable farming, and rely on collective efforts to overcome societal challenges. The meeting held in these villages was a direct reflection of this philosophy, with an emphasis on fostering self-reliance through the development of various skills, especially traditional arts and crafts. The event aimed at reinforcing Gandhian values of community collaboration, skill development, and the importance of preserving local traditions while also working toward modern solutions.



honoring his legacy of peace and non-violence

Kathirampatti Village: Addressing Social Issues and Embracing Skill Development

Kathirampatti village, one of the key adopted villages under the Unnat Bharat Abhiyan initiative, engaged in rich discussions about several social issues affecting the community. The focus of the meeting was on social improvement, including access to education, sanitation, and healthcare. Residents shared their concerns, actively participating in dialogues that explored how they could improve their quality of life while staying true to Gandhian principles.

One significant aspect discussed was the need for vocational training and skill development, which would enable individuals to be economically self-sufficient and reduce

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dependency on external resources. The villagers identified several areas where skills could be developed, such as:

- **Wire Bag Knitting:** This craft, which involves weaving wire into functional bags, was suggested as a viable skill to learn. It is an affordable and accessible craft that can provide income for women and others in the community. Not only does it create useful items, but it also allows villagers to tap into the growing demand for handmade, sustainable products.
- **Traditional Art Forms:** The meeting emphasized the importance of reviving and promoting traditional arts such as pottery, weaving, and block printing. These crafts not only hold cultural significance but also provide economic opportunities. Gandhi believed that by promoting local craftsmanship, villages could sustain themselves both culturally and economically.
- **Sustainable Farming Practices:** Drawing from Gandhian thoughts, the importance of organic and sustainable farming was discussed. By focusing on practices that protect the environment and reduce dependency on harmful chemicals, villagers could ensure long-term food security and self-sufficiency.

The overall message was clear: empowering villagers with practical, sustainable skills was essential for building a self-reliant community in Kathirampatti. These discussions served as a reminder of Gandhi's belief in local production and consumption, as well as the dignity of labor.

Kanthampalayam Village: A Model of Contentment and Sustainable Development

In contrast to Kathirampatti, Kanthampalayam village reported a more content and satisfied community. The villagers stated that they faced no major issues or struggles and expressed a high level of satisfaction with their living conditions and community resources. This feedback spoke volumes about the success of previous developmental initiatives in the village.

Nevertheless, the meeting in Kanthampalayam focused on continuous improvement and growth. Even though the villagers felt they had sufficient resources, there was an interest in further enhancing their skills and contributing to the overall sustainability of the village.

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Some key suggestions from the Kanthampalayam villagers included:

- **Expanding Vocational Training:** While they were generally satisfied with their conditions, the villagers expressed interest in acquiring more diverse skills, such as weaving, pottery, and herbal medicine, which would complement the existing economic activities and ensure long-term self-sufficiency.
- **Promoting Cultural and Craft Preservation:** The village also expressed a desire to continue promoting and preserving local art forms, as these crafts form a crucial part of their identity. Workshops were proposed to teach traditional crafts to younger generations, fostering a sense of pride in their heritage.
- **Sustainability in Agriculture:** Continuing with the Gandhian philosophy of sustainable practices, the residents of Kanthampalayam suggested that the village adopt more eco-friendly farming techniques and water conservation practices. This would ensure a lasting and harmonious relationship between the community and the environment.

Encouraging Local Participation and Strengthening Community Bonds

One of the central themes of the meeting was the importance of strengthening community bonds and ensuring active participation from all members. Gandhi advocated for **Swaraj** at the grassroots level, which meant that the village should be self-sustaining, with each individual playing a role in contributing to the collective good. In both Kathirampatti and Kanthampalayam, the discussions emphasized the need for unity, mutual cooperation, and local leadership in achieving common goals. Residents were encouraged to take ownership of their community's development, participate in decision-making processes, and engage in collective action. Gandhi's principle of **Ahimsa** (non-violence) was also highlighted as a guide for maintaining peaceful relations within the community, fostering an environment of mutual respect, and promoting collective well-being.

The meeting in Kathirampatti and Kanthampalayam villages, organized by the Unnat Bharat Abhiyan on Gandhi Jayanti, successfully aligned with Gandhian ideals of rural self-reliance, sustainable development, and community empowerment. The active participation of villagers in discussing issues and offering solutions demonstrated the potential of rural communities to address their challenges through local knowledge and collective action. The

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integration of skill development, such as wire bag knitting, traditional crafts, and sustainable farming, proved to be valuable tools in promoting self-sufficiency and economic independence. These activities not only contribute to the preservation of local traditions but also open avenues for income generation and community solidarity.

By continuing to promote Gandhian principles and incorporating skills-based training into community development efforts, the villages of Kathirampatti and Kanthampalayam are poised for continued growth. The Unnat Bharat Abhiyan's initiatives in these villages reflect the timeless relevance of Gandhian thought in achieving sustainable and inclusive development in rural India.

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EVENT NO.: 6

POST EVENT REPORT

Name of the Event : Nutrition Awareness Program
Name of the Cell : Unnat Bharat Abhiyan
Programme Officer : Mrs.M.Kavitha
Date : 09.10.2024
Venue : Kathirampatti Village

Objectives

- to increase knowledge of nutritional needs.
- to promote healthy eating habits
- to understand the impact of poor nutrition
- to promote the benefits of physical activity

On October 9, 2024, the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education organized a Nutrition Awareness Program in Kathirampatti village, which is one of the villages adopted by the UBA initiative. The program aimed to educate the local community about the importance of proper nutrition and healthy eating habits, and it was held as part of the college's ongoing efforts to promote rural development and improve the health and well-being of the villagers. The event was marked by a series of informative sessions led by nutrition experts and health professionals, interactive activities, and a special exhibition hosted by the college's students to engage the community in practical ways to incorporate healthy food choices into their daily lives.

The program also aimed to demonstrate the benefits of consuming locally available nutritious foods, many of which are often overlooked in favor of processed or less healthy options. Empowering the community with knowledge about proper nutrition was seen as a vital step toward improving public health and reducing the risk of diet-related diseases such as malnutrition, obesity, and other chronic conditions. The event kicked off with a series of interactive and informative sessions led by nutrition experts and health professionals.

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These sessions focused on a range of important topics, such as:

1. **Balanced Diets and Nutritional Needs:** The experts explained the concept of a balanced diet, emphasizing the importance of incorporating all the essential food groups—fruits, vegetables, grains, proteins, and dairy—into daily meals. The villagers were educated about the nutritional requirements for different age groups, particularly for children, pregnant women, and the elderly, and how to meet these needs through locally available foods.
2. **Benefits of Locally Available Nutritious Foods:** A key part of the program was dedicated to discussing the benefits of locally grown foods such as pulses, green leafy vegetables, fruits, and traditional grains like millet. The experts encouraged villagers to make use of these nutritious and affordable options, rather than relying on processed or imported foods, which are often less healthy and more expensive.
3. **Impact of Nutrition on Health:** The health professionals highlighted the profound impact of good nutrition on overall well-being. Topics included how a nutritious diet can strengthen the immune system, improve energy levels, prevent common illnesses, and promote growth and development in children. The connection between nutrition and mental health was also discussed, underscoring the importance of food in supporting cognitive function and emotional well-being.

In addition to the expert sessions, interactive activities and demonstrations were an integral part of the event. These hands-on activities aimed to engage the participants and give them practical tools for improving their eating habits. Some of the key activities included:

1. **Healthy Cooking Demonstrations:** Health professionals and volunteers demonstrated how to prepare simple, nutritious meals using locally available ingredients. These demonstrations helped villagers understand how they could make healthier food choices without significant changes to their traditional cooking methods. Recipes for easy-to-make dishes, rich in nutrients, were shared with the audience.

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- Interactive Q&A Sessions:** An interactive question-and-answer session allowed the villagers to ask specific questions regarding their dietary habits, health issues, and ways to improve nutrition in their homes. The nutrition experts provided tailored advice based on the community's needs, answering questions on topics ranging from weight management to addressing nutritional deficiencies.



Nutrition Awareness given to public by our students

One of the highlights of the event was the **student-led exhibition** that showcased the importance of healthy and nutritious food. The exhibition, organized by the college students, included informative displays, charts, and visual aids aimed at educating the villagers, especially the schoolchildren of Kathirampatti, on the significance of good nutrition. The students displayed various charts and posters that illustrated the components of a balanced diet, the benefits of different food groups, and the consequences of poor nutrition. These visual aids were designed to be easy to understand, using simple language and vibrant images to catch the attention of both children and adults. The charts also included tips on portion control, the importance of drinking water, and the need to limit the consumption of sugary snacks and drinks.

In addition to the charts, the students set up interactive learning stations where villagers could participate in games and activities that reinforced key nutritional concepts. The aim was to make the learning process fun and engaging, especially for the younger audience, so that they would retain the information and apply it in their daily lives. In line with the program's goal of

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promoting healthy eating, the students of Vellalar College of Education also contributed fresh fruits to the villagers and school students. The fruits, including bananas, oranges, and guavas, were distributed as a healthy snack, offering a practical example of nutritious food that can be easily incorporated into daily diets.

This gesture not only supported the program's theme but also provided an opportunity for the villagers to taste the benefits of consuming fresh, locally available produce. The act of giving out fruits reinforced the message of healthy eating and encouraged participants to make similar choices for their own diets. The Nutrition Awareness Program successfully fostered a sense of health consciousness among the villagers, as it provided them with the tools and knowledge needed to make better food choices. The event empowered the community to take charge of their health and well-being, with a focus on nutrition as a key factor in achieving long-term health.

By raising awareness about the link between nutrition and overall health, the program also aimed to reduce the prevalence of nutrition-related diseases, particularly among children. The involvement of schoolchildren in the program was especially impactful, as it ensured that healthy eating habits would be instilled at a young age, setting the foundation for a healthier future generation.

The Nutrition Awareness Program conducted at Kathirampatti village on October 9, 2024, was a resounding success, with meaningful engagement between the villagers, students, and health experts. Through informative sessions, interactive activities, and the student-led exhibition, the program made a lasting impact by educating the community about the importance of proper nutrition, healthy eating habits, and the benefits of locally available foods. The initiative not only fostered a deeper understanding of nutrition but also encouraged the villagers to adopt healthier lifestyles, contributing to the long-term health and well-being of the community. The event reflected the commitment of Vellalar College of Education's Unnat Bharat Abhiyan in promoting rural development and supporting the holistic growth of rural communities.

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EVENT NO.: 7

POST EVENT REPORT

Name of the Event	:	Preventive Health Initiative
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	23.10.2024
Venue	:	Kathirampatti Village

OBJECTIVE OF THE PROGRAM

- To boost the immune systems of the villagers through the consumption of Nilavembu Kashayam, which is a natural and widely respected remedy used in traditional medicine.
- To educate the community about simple, natural measures they could take to safeguard their health during high-risk seasons.

REPORT

On October 23, 2024, a **Preventive Health Initiative** was conducted in Kathirampatti village, as part of the college's ongoing efforts to support the health and well-being of the local community. The focus of the initiative was the distribution of **Nilavembu Kashayam**, a traditional herbal drink that is widely known for its immune-boosting and fever-preventing properties. This program aimed to provide the villagers with a natural preventive measure against seasonal illnesses, particularly those caused by fevers and infections that are common during certain times of the year. Local health experts, along with volunteers from Vellalar College of Education, played an active role in preparing and distributing the Nilavembu Kashayam. In addition to distributing the herbal drink, the program included educational sessions on the importance of maintaining good health practices, preventing disease, and using natural remedies to support overall well-being.

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Nilavembu Kashayam has long been used in traditional medicine to treat and prevent seasonal fevers and infections. Rich in antioxidants and anti-inflammatory properties, the herbal drink is known for its ability to enhance the body's immunity, making it an effective preventive measure against viral infections like dengue, malaria, and flu. The villagers were informed about how regularly consuming Nilavembu Kashayam could help bolster their immune system, helping to protect them from the harsh effects of seasonal diseases.



Volunteers from Vellalar College of Education distribute Nilavembu Kashayam to villagers as a natural preventive measure against seasonal illnesses

During the program, local health experts explained how Nilavembu Kashayam can act as a natural remedy, reducing the likelihood of fever outbreaks and infections, which are particularly prevalent during the monsoon and post-monsoon seasons. The distribution of the drink was an effort to ensure that villagers had access to this traditional remedy to prevent illnesses that often strain local healthcare resources.

In addition to Nilavembu Kashayam, the initiative also highlighted the importance of **Neem water** as a natural remedy for maintaining a clean and hygienic environment. The villagers were educated about how neem, a well-known medicinal plant, can be used to kill harmful bacteria around the home. Neem water has long been used in rural communities to disinfect spaces, particularly in areas where access to chemical disinfectants may be limited. The volunteers demonstrated how to make neem water by boiling neem leaves in water and using it

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to wash and clean household surfaces. The idea was to encourage villagers to adopt this simple, eco-friendly method to reduce the risk of infections and keep their homes safer from bacteria.

The initiative also focused on the dangers of **stagnated water**, which can serve as a breeding ground for mosquitoes and other disease-carrying pests. Health experts discussed the impact of stagnant water on public health, particularly in the spread of mosquito-borne diseases like malaria and dengue. The villagers were encouraged to take preventive measures such as regularly emptying containers that collect water, cleaning gutters, and ensuring that water storage containers were tightly covered. By preventing the accumulation of stagnant water, the villagers could significantly reduce the risk of these diseases.



Spreading Wellness: Our Student Distributes Nilavembu Kashayam

The Preventive Health Initiative was well-received by the villagers, who expressed appreciation for the college's efforts to promote health and well-being in the community. Many villagers were eager to learn about traditional remedies like Nilavembu Kashayam and neem water and were grateful for the opportunity to access these resources. The program not only provided practical health solutions but also emphasized the importance of maintaining good health practices and protecting oneself from preventable diseases.

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The initiative also underscored the college's ongoing commitment to community health and rural development. By promoting the use of natural remedies and educating the villagers on preventive health practices, the program helped empower them to take control of their own health and well-being, reducing their reliance on external medical interventions and improving overall community resilience.

The Preventive Health Initiative conducted in Kathirampatti village on October 23, 2024, was a successful program that helped to educate and empower the local community in preventing seasonal illnesses. Through the distribution of Nilavembu Kashayam, the promotion of neem water for hygiene, and discussions on the dangers of stagnant water, the initiative provided the villagers with valuable tools to protect their health. The program not only introduced effective traditional remedies but also reinforced the importance of adopting preventive health measures to improve the quality of life in rural areas. The active participation of the villagers and the positive reception of the program further highlighted the importance of such initiatives in rural community development.

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EVENT NO.: 8

POST EVENT REPORT

Name of the Event	: Awareness Rally
Name of the Cell	: Unnat Bharat Abhiyan
Programme Officer	: Mrs.M.Kavitha
Date	: 25.06.2024
Venue	: Pavalathampalayam Village

OBJECTIVES

- To create widespread awareness about the harmful effects of child labour and the importance of education for every child.
- To actively support initiatives that ensure children can receive quality education in a safe and nurturing environment.
- To take responsibility in eradicating child labour from the village and promoting a healthier, more prosperous future for the next generation.

REPORT

On November 14, 2024, an Awareness Rally was organized at Pavalathampalayam village, adopted by the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education, in observance of Children's Day. The primary goal of the rally was to raise awareness about the prevention of child labour and to highlight the importance of providing every child with access to education. This initiative, which included participation from college students, faculty members, and local villagers, aimed to create a greater understanding of child rights and the need for a child-friendly environment in rural areas.

The event also focused on educating the community about the dangers and consequences of child labour and the vital role education plays in empowering children and securing their future. The rally, which marched through the heart of Pavalathampalayam village, was a significant step in ensuring that the message of child welfare reached every corner of the community.

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The rally involved a procession through the village with participants carrying placards and banners bearing powerful messages such as “Say No to Child Labour,” “Education is Every Child’s Right,” and “Empower Children Through Education.” These visual aids were strategically placed to capture attention and prompt conversations within the community. The villagers were encouraged to join the rally, showing their solidarity for the cause, while students led chants and slogans that reinforced the importance of protecting children’s rights.

This march served as a vibrant and engaging way to make the message resonate within the village and to ensure that the cause of child welfare was brought to the forefront of the community's attention.



Students of Vellalar College of Education, under the Unnat Bharat Abhiyan (UBA), lead an awareness Rally at Pavalathampalayam village

In addition to the rally, the event featured speeches and discussions led by faculty members and local community leaders. These discussions focused on the legal provisions against child labour, with emphasis on the Child Labour (Prohibition and Regulation) Act and the Right to Education Act. The speakers highlighted the legal obligations of families and the community to protect children from exploitation and ensure they are enrolled in schools.

A key part of the awareness session was a special talk by a lawyer who was invited by the UBA to educate the villagers about the Prevention of Sexual Offenses against Children (POCSO)

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Act and the concepts of good touch and bad touch. The lawyer explained the legal measures in place to protect children from sexual harassment and abuse, empowering both children and adults with the knowledge of how to recognize and report incidents of abuse. This session was crucial in reinforcing the importance of creating a safe environment for children, free from any form of exploitation, be it physical or emotional.



Spreading awareness on child labour prevention and the right to education

The talk about good touch and bad touch was aimed at schoolchildren, helping them understand their rights over their own bodies and how to protect themselves in situations that might involve inappropriate conduct. By raising awareness about these critical issues, the program helped to instill a sense of security and confidence in the children, while also educating the community about their roles in ensuring child safety.

The rally was well-received by the residents of Pavalathampalayam, who expressed their gratitude for the initiative and the critical information shared during the event. The active participation of both students and faculty, along with the legal expert's insights, made the rally a truly impactful educational event.

By combining awareness about child labour prevention, legal protections for children, and safeguarding children from sexual abuse, the rally addressed a comprehensive range of child welfare concerns that are relevant to the community. The event encouraged a collective commitment from the villagers to contribute to the creation of a child-friendly environment and

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to ensure that every child in the village has the opportunity to thrive through education and protection from harm.

The Awareness Rally at Pavalathampalayam village on November 14, 2024, was a highly successful initiative that highlighted the pressing issues of child labour, child protection, and the importance of education. Through the rally, speeches, and expert legal discussions, the event helped to foster a greater sense of responsibility among the villagers in protecting their children's rights. The involvement of a lawyer to discuss the POCSO Act and issues surrounding good touch and bad touch further strengthened the program's impact by equipping both children and the broader community with essential knowledge about safety and legal protection. This program exemplified Vellalar College of Education's commitment to social causes and the overall development of rural communities, ensuring that children's voices are heard, their rights protected, and their futures secured through education.

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EVENT NO.: 9

POST EVENT REPORT

Name of the Event	:	Youth Parliament session
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	27.11.2024
Venue	:	Rayapalayam Village

OBJECTIVES

- To help participants understand the processes of law-making, policy formation and the role of elected representatives in addressing community concerns.
- To encourage political awareness among the villagers, empowering them to become active participants in their democratic rights and responsibilities.

REPORT

On November 27, 2024, a Youth Parliament session was organized at Rayapalayam village under the guidance of the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education. The event aimed to create awareness among the villagers, particularly the youth, about the functioning of the real Parliament, its procedures, and the importance of democratic participation in governance. The session featured students simulating a parliamentary debate and discussions on various social issues, providing the villagers with valuable insights into the legislative process and democratic principles.

The Youth Parliament session not only focused on educating the community about the workings of a democracy but also aimed to enhance political awareness and civic knowledge, encouraging active participation in the democratic process. Through this initiative, the UBA aimed to bridge the gap between governance structures and rural communities, fostering greater civic engagement and informed decision-making.

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During the session, the students enacted a mock Parliament, with various roles assigned to them, including that of Members of Parliament (MPs), the Speaker, and other parliamentary officials. The students engaged in debates and discussions on key social issues, such as education, healthcare, sanitation, and rural development. These topics were chosen based on their relevance to the villagers' lives, ensuring that the debates resonated with the local community's concerns.



UBA volunteers from Vellalar College of Education conduct a Youth Parliament session in Rayapalayam village, encouraging active civic participation and policy discussions

The participants discussed and deliberated on policies that could address these pressing issues, simulating how bills are introduced, debated, and passed in Parliament. This interactive process not only demonstrated the functioning of a parliamentary system but also encouraged the villagers to think critically about issues that directly impact their lives.

In addition to the simulation, the session included an interactive discussion where the villagers were invited to ask questions and share their views. This was an opportunity for them to gain further insights into how laws are made and how they can influence the democratic process. The students and faculty members answered questions regarding the roles of elected representatives, the importance of voting, and the significance of participating in elections.

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By engaging with the villagers in this manner, the session aimed to demystify the workings of Parliament and make the political process more accessible to the common people. The villagers, particularly the youth, were encouraged to stay informed about political developments, understand the significance of their vote, and actively participate in local and national elections.

The Youth Parliament session had a profound impact on the community, as it not only educated them about the functioning of the real Parliament but also instilled a deeper understanding of the democratic process. The villagers were able to learn about the importance of informed voting, active participation, and the role of the government in shaping public policies. This initiative also created an opportunity for political dialogue within the village, enabling residents to express their concerns and engage in meaningful discussions about governance.



Future leaders in action at Rayapalayam!

The event successfully raised political awareness among the villagers, making them more conscious of their rights and responsibilities as citizens of a democratic country. It also inspired the youth to consider their role in shaping the future of the nation and emphasized the importance of being well-informed and politically active.

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The Youth Parliament session held on November 27, 2024, at Rayapalayam village was a significant initiative that enhanced political awareness and civic education within the community. By simulating a parliamentary session and engaging in discussions about social issues, the event helped demystify the workings of democratic governance and empowered the villagers, especially the youth, to become active participants in the political process. Through this event, the Unnat Bharat Abhiyan not only promoted political literacy but also fostered a sense of responsibility and involvement in the democratic system, encouraging the community to actively contribute to the growth and development of the nation.

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EVENT NO.: 10

POST EVENT REPORT

Name of the Event	:	Awareness Program on "Success of Agriculture Leads to Rural Development"
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	26.12.2024
Venue	:	Rayapalayam Village

OBJECTIVES

- To educate the villagers about the various dimensions of agriculture and its direct impact on their lives.
- To demonstrating how successful agriculture can lead to enhanced income and better living standards for rural families.

REPORT

On December 26, 2024, an awareness program titled "Success of Agriculture Leads to Rural Development" was held at Rayapalayam village, organized by the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education. The program was graced by the esteemed Chief Guest Dr.R.Kavitha, Professor in the Department of Biotechnology at Periyar University, Salem. The event aimed to underscore the crucial role of agriculture in driving rural development and improving the living standards of the villagers. It also focused on modern agricultural practices, sustainable farming, and the broader impact of agriculture on the economic empowerment of rural communities. Agriculture has always been the backbone of rural India, and the purpose of this awareness program was to highlight how advancements in farming methods, when combined with innovation and sustainability, can uplift rural populations economically and socially.

Dr.R.Kavitha played a pivotal role in delivering valuable insights that enriched the program. She emphasized the significance of innovative agricultural techniques and the need to

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adopt sustainable farming practices to improve productivity while maintaining environmental balance. One of the key points she highlighted was the concept of crop diversification, which helps to mitigate risks associated with monocropping, such as crop failure due to pests or adverse weather conditions.



Resource person Dr.R.Kavitha addresses the community at Rayapalayam village, sharing insights on how the success of agriculture contributes to rural development

The resource person also spoke about some innovative practices that could be implemented to increase agricultural productivity and profitability:

- 1. Fish Oil Preparation from Fish Waste:** She shared an innovative idea of utilizing fish waste collected from local fish shops to prepare fish oil, which has a wide range of medicinal benefits. This oil can be used for various health benefits such as lowering blood pressure, enhancing vision (helpful for improving eyesight), and even controlling sudden cardiac arrest. Dr. Kavitha stressed that this could be a sustainable way of utilizing fish byproducts, creating a secondary source of income for the villagers, while also promoting health.
- 2. Vermicomposting:** Another important topic that Dr. Kavitha covered was the preparation of vermicompost, an effective and eco-friendly alternative to chemical fertilizers. She explained the benefits of vermicomposting, not only in improving soil fertility but also in reducing agricultural costs. She encouraged the villagers to consider

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starting small-scale vermiculture businesses to produce organic compost for their crops, leading to healthier produce and better yields.

3. **Breeding of Goats and Cows:** Dr. Kavitha also elaborated on the benefits of animal husbandry, particularly the breeding of goats and cows. She explained how these animals could serve as valuable assets for rural farmers, providing both income and manure for fertilizing the land. Goats, in particular, were highlighted for their relatively low maintenance and fast reproduction cycle, making them an ideal livestock option for rural families.

The program was highly interactive, with the villagers actively participating in discussions and asking questions about the topics presented. Many villagers expressed their curiosity about the practical aspects of implementing some of the innovative farming techniques and were keen to explore ways to enhance their agricultural practices. Questions about local crop varieties, water management, and alternative income sources such as fish oil preparation and animal husbandry were raised.



The community of Rayapalayam listens attentively to the resource person

The discussions provided valuable insights into the challenges faced by the local community, and potential solutions were explored through dialogue with the experts. This helped in building a deeper understanding of the potential that agriculture holds for rural development.

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The awareness program on "Success of Agriculture Leads to Rural Development" on December 26, 2024, was a resounding success. The insights provided by Dr. R. Kavitha, particularly on innovative and sustainable farming practices such as fish oil preparation, vermicomposting, and animal husbandry, left the villagers with a wealth of knowledge and practical solutions to improve their agricultural practices.

The program not only highlighted the direct link between successful agriculture and rural development but also encouraged the villagers to adopt modern techniques that would help them achieve greater economic empowerment. By introducing innovative practices, the session empowered the villagers to think beyond traditional farming methods and explore new avenues for improving their livelihoods.

The event was a step forward in creating awareness about the role of agriculture in shaping a prosperous rural future, with the potential to uplift the community both economically and socially.

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EVENT NO.: 11

POST EVENT REPORT

Name of the Event	:	Digital Literacy Awareness Program
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	27.12.2024
Venue	:	Rayapalayam Village

OBJECTIVES

- Raising awareness about the benefits of digital education, including access to online resources and learning platforms.
- Promoting online safety, ensuring villagers understand how to protect themselves from online threats and scams.

REPORT

On December 27, 2024, an awareness program on Digital Literacy was conducted at Rayapalayam village under the guidance of the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education. The program aimed to highlight the importance of digital education and equip the villagers with basic digital skills necessary to navigate today's increasingly technology-driven world. In line with the vision of the Modi Government to promote digital literacy for the welfare of common people, this initiative sought to bridge the digital divide in rural communities, fostering greater access to education, communication, and new opportunities.

The session emphasized the critical role of technology in various aspects of life, from education and communication to personal and professional development. By enabling villagers to understand and use digital tools effectively, the program aimed to empower them to thrive in a rapidly evolving digital landscape.

The program was conducted through interactive demonstrations, where the villagers were introduced to basic functions of smart phones and other digital devices. The faculty and students

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used their own mobile phones to provide practical examples of how to navigate smartphones, access the internet, and use popular digital tools such as social media platforms, e-commerce websites, and government portals.



Our students gave digital awareness to the public in Rayapalayam

The demonstrations were hands-on, allowing villagers to actively participate and practice the skills being taught. They were shown how to search for information online, use mobile applications for education, and access government schemes and services that were previously difficult for them to reach due to a lack of digital knowledge.

The students and faculty also took the time to clarify doubts and answer questions, ensuring that every participant was comfortable using the new tools. This direct engagement helped in addressing individual concerns and provided personalized support to ensure that villagers felt confident in using digital technologies.

The initiative aligned with the Modi Government's vision to promote Digital India, particularly in rural areas where access to technology has been limited. The government has made significant efforts to empower the rural population by providing affordable internet services, digital devices, and promoting digital education. The Digital Literacy Program at Rayapalayam village was part of this broader national initiative, aimed at ensuring that every

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citizen, irrespective of their location, can benefit from the opportunities offered by the digital world.

The villagers were encouraged to leverage digital tools for enhancing their knowledge and accessing government services, including agricultural support, healthcare, and educational resources. By promoting digital literacy, the program also aimed to reduce the digital divide and contribute to inclusive development across rural India.

The program was met with a positive response from the villagers, who expressed eagerness to adopt digital practices and improve their skills. Many participants acknowledged the importance of digital literacy for personal and community development, particularly in areas such as education and communication. They also appreciated the hands-on approach of the program, as it allowed them to learn at their own pace and address their specific concerns.

Some villagers, who were initially unfamiliar with smart phones or the internet, reported feeling more confident about using these tools after the demonstration. The interactive sessions also encouraged discussions about the role of technology in modern education, health, and business, inspiring several individuals to explore how they could use digital tools to improve their own lives and contribute to their community's development.

The Digital Literacy Awareness Program held on December 27, 2024, in Rayapalayam village was a significant step in promoting digital inclusion in rural areas. Through practical demonstrations and interactive sessions, the program equipped the villagers with essential digital skills, enabling them to take full advantage of the opportunities offered by the digital world. The initiative not only supported the villagers' personal development but also aligned with the Digital India vision of the Indian government to ensure that technology empowers all citizens, regardless of their location or socio-economic status. By fostering digital literacy, the program contributed to the creation of a more connected, informed, and empowered community, bridging the gap between rural and urban India.

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EVENT NO.: 12

POST EVENT REPORT

Name of the Event	:	Eye Camp
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	27.12.2024
Venue	:	Rayapalayam Village

OBJECTIVES

The primary objectives of the Eye Camp were:

1. To provide free eye check-ups for villagers, especially those who cannot afford regular eye exams.
2. To educate the community about common eye diseases, their prevention, and the importance of maintaining eye health.
3. To offer free prescriptions for spectacles and referrals for further treatment to those in need.
4. To raise awareness about the availability of affordable eye care services in the region, particularly for people who may be unaware of such options.

REPORT

On December 27, 2024, an Eye Camp was organized at Rayapalayam village for the benefit of the local community, aimed at providing free eye check-ups and raising awareness about eye health. The event was conducted by the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education in collaboration with Arasan Eye Hospital and local health organizations. The camp focused on ensuring that villagers had access to comprehensive eye examinations and received necessary treatment, including free prescriptions for spectacles and referrals for further care.

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The initiative was a significant step in addressing the pressing need for eye care services in rural areas, where access to medical facilities is often limited. It also aimed at raising awareness about the importance of regular eye check-ups, common eye diseases, and preventive measures to maintain good vision.



Children of Rayapalayam undergo eye check-ups at the free Eye Camp, receiving essential care and guidance on eye health

The Eye Camp was a collaborative effort between Arasan Eye Hospital and Vellalar College of Education, combining the expertise of medical professionals with the outreach capabilities of the college and the Unnat Bharat Abhiyan initiative. The event was structured to provide a holistic approach to eye care, which included:

- **Comprehensive Eye Examinations:** The medical professionals from Arasan Eye Hospital conducted thorough eye exams for the villagers. Each participant was assessed for common eye conditions such as cataracts, refractive errors, and other vision impairments.
- **Free Consultations and Prescriptions:** A total of 60 villagers received free consultations, and those requiring glasses were provided with free prescriptions for spectacles. The prescriptions were tailored to each individual's needs, ensuring that they could access the vision correction services they required.

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- **Eye Surgeries:** For those with more severe vision problems, 10 villagers were identified as candidates for eye surgery. These surgeries were performed free of cost, thanks to the support and collaboration of Arasan Eye Hospital. This was particularly beneficial for elderly villagers suffering from cataracts, a common affliction in rural areas. The surgeries were aimed at restoring vision and improving their quality of life.
- **Educational Sessions:** In addition to the medical services, the camp included educational sessions on eye health. Topics covered included the importance of regular eye check-ups, understanding common eye diseases like cataracts and glaucoma, and preventive measures such as proper nutrition and hygiene. Villagers were educated on how to recognize early symptoms of eye conditions and seek timely medical attention.

The Eye Camp was a resounding success, with the villagers expressing their gratitude for the free eye care services provided. The camp not only helped those with vision problems but also raised awareness about the importance of maintaining eye health. The villagers who underwent eye surgeries were especially appreciative, as they had previously struggled with impaired vision and were unable to afford the necessary treatment.



A free eye check-up camp at Rayapalayam village, organized by UBA of Vellalar College of Education in collaboration with Arasan Eye Hospital

The camp also served as a platform for educating the community about preventive eye care, emphasizing the need for regular eye exams, especially for the elderly and those with a family history of eye diseases. Through these efforts, the program contributed to the overall well-

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being of the rural population, helping to ensure that their vision-related health issues were addressed effectively.

The Eye Camp held on December 27, 2024, at Rayapalayam village was a vital initiative in improving the eye health of the local community. Thanks to the collaborative efforts of Arasan Eye Hospital and Vellalar College of Education, the camp successfully provided 60 villagers with free consultations and 10 villagers with necessary eye surgeries, all free of cost. The event also raised awareness about the importance of eye health and encouraged the community to take proactive steps in maintaining their vision.

This initiative was another demonstration of the college's commitment to rural development, aligning with its goal of enhancing the overall health and well-being of underserved populations. The success of the Eye Camp not only addressed immediate health concerns but also laid the foundation for continued efforts to promote eye care and health awareness in rural communities.

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EVENT NO.: 13

POST EVENT REPORT

Name of the Event	:	Recreational Competitions
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	27.12.2024
Venue	:	Rayapalayam Village

OBJECTIVES

The key objectives of the recreational competitions were:

1. To offer a relaxing and enjoyable break from the pressures of academic exams.
2. To foster a sense of creativity, teamwork, and healthy competition among children.
3. To promote the overall development of children by encouraging activities that engage both their minds and bodies.
4. To enhance mental health by creating a positive and supportive environment during the exam period.
5. To strengthen the sense of community and camaraderie among the children and their families.

REPORT

On December 27, 2024, a series of recreational competitions were organized for school students and children at Rayapalayam village during their half-yearly exam holidays. The event, arranged by the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education, aimed to offer the children a fun and engaging break from their studies, while fostering their creativity, teamwork, and healthy competition. With academic pressures often overwhelming students during exam periods, this initiative provided an opportunity for relaxation and enjoyment, contributing to the overall well-being of the young participants.

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The competitions, which included drawing, storytelling, quiz contests, and sports, were designed to provide a balanced break from academic stress while encouraging personal growth and development. The event also aligned with the principle of "sound mind in a sound body", aiming to improve not only the mental health of the students but also their physical and emotional well-being.



School students and children from Rayapalayam village enjoy a series of fun-filled competitions organized during their half-yearly exam holidays

The recreational event featured a variety of activities that catered to different interests, allowing students to express themselves in a relaxed and non-competitive setting:

- Drawing Competitions:** Children were invited to participate in drawing competitions, where they could showcase their artistic skills. The themes were varied, ranging from nature to dreams and future aspirations, providing them with an outlet to express their creativity and imagination. This activity was designed to not only improve their artistic abilities but also help them relax and de-stress.
- Storytelling Sessions:** A popular activity among the children was the storytelling contest. Students shared their favorite stories or even created original ones, which helped them

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develop their communication skills and confidence. The storytelling sessions encouraged them to think critically, improve their vocabulary, and practice public speaking.

3. **Quiz Contests:** The quiz contests focused on various topics, including general knowledge, history, and science, with the aim of enhancing students' awareness and knowledge in a fun and engaging manner. This activity encouraged healthy competition and allowed the children to showcase their intellectual talents outside the classroom environment.
4. **Sports Activities:** In line with the principle of "sound mind in a sound body", sports activities were also an integral part of the event. Games like running races, ball throw, and relay races were conducted, encouraging the children to engage in physical exercise and teamwork. These activities promoted physical fitness and coordination, fostering a sense of discipline and sportsmanship.

The event aimed not only at fostering physical well-being but also at improving the mental health of the children. With the pressures of exams often affecting students' emotional health, this break provided an important opportunity for children to unwind and engage in activities that stimulated their minds in a positive direction.

The principle of "sound mind in a sound body" was reinforced throughout the event, with children encouraged to participate in activities that helped in their overall development. The competitions allowed them to experience joy, creativity, and success outside of their academic achievements, contributing significantly to their emotional and psychological well-being. By balancing intellectual stimulation with physical exercise and creative expression, the event helped students feel more relaxed and energized, improving their focus and outlook as they prepared for their upcoming exams.

The event was a massive success, with the participation of both children and their families. It created a strong sense of community and camaraderie, as parents and children came together to support each other in the activities. The villagers appreciated the initiative, recognizing the importance of providing children with recreational outlets, especially during stressful exam periods.

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The recreational competitions held on December 28, 2024, at Rayapalayam village were a resounding success in promoting the overall development of the community's children. By providing an engaging break from the pressures of exams, the event emphasized the importance of balancing academic achievement with emotional and physical well-being. Through activities such as drawing, storytelling, quiz contests, and sports, children were able to express their creativity, improve their skills, and foster healthy competition.

The event was a reminder of the significance of mental health and holistic development, aligning with the "sound mind in a sound body" concept. It was an excellent opportunity for the children to relax, socialize and rejuvenate, ultimately benefiting both their academic performance and personal growth. The event also strengthened the sense of unity within the village, contributing to a healthier and more connected community.

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EVENT NO.: 14

POST EVENT REPORT

Name of the Event	:	Awareness Program on “Napkin Usage and Menopause Issues”
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	28.12.2024
Venue	:	Rayapalayam Village

OBJECTIVES

The primary goals of the program were:

1. To provide knowledge about menopause and the symptoms that women may experience during this phase of life.
2. To discuss the expected age for menopause and how it varies among individuals.
3. To raise awareness about the importance of hygiene in managing menstrual health, especially during and after menopause.
4. To educate women on how to properly use and dispose of napkins, promoting better health and hygiene practices.
5. To create a platform for open discussions where women could address their health concerns without stigma.

REPORT

On December 28, 2024, an awareness program was organized for middle-aged women at Rayapalayam village, focusing on napkin usage and menopause-related issues. The program, conducted by the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education, aimed to educate the participants about the physical, emotional, and psychological changes associated with menopause. The session also highlighted the importance of clean and hygienic napkin usage and proper disposal methods, fostering awareness on personal hygiene and health management.

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- 1. Understanding Menopause:** Healthcare professionals shared important information about menopause, including common symptoms such as hot flashes, mood swings, irregular periods, and sleep disturbances. The session emphasized that menopause typically occurs between the ages of 45 and 55, though this can vary. The discussion aimed to reduce the stigma around this natural stage in a woman's life and empower them to manage the changes with confidence.
- 2. Hygiene Practices:** In addition to menopause-related discussions, the program also focused on menstrual hygiene. The women were educated on how to use clean and hygienic napkins, ensuring that they understand the importance of regularly changing napkins to prevent infections. The session also covered proper disposal methods, promoting the use of environmentally friendly practices and the disposal of napkins in a sanitary manner.
- 3. Open Discussions and Q&A:** The program encouraged open dialogue between the healthcare professionals and the participants. Many women shared their experiences and asked questions about how to manage menopause symptoms and maintain good health. This interactive approach helped break down the barriers surrounding discussions of women's health issues and created a supportive environment for the participants.



Our students educate middle-aged women on napkin usage and menopause-related health issues, promoting well-being and self-care.

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The awareness program on napkin usage and menopause issues held on December 28, 2024, was a significant step in educating the women of Rayapalayam village about the importance of menstrual hygiene and managing the changes associated with menopause. The initiative fostered a better understanding of this natural life phase and helped women take control of their health and well-being with newfound confidence. The open discussions and practical advice shared during the program empowered the women to embrace menopause as a part of life, while also ensuring that they practice safe and hygienic habits for overall health.

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EVENT NO.: 15

POST EVENT REPORT

Name of the Event	:	Awareness Program on “Mushroom Cultivation”
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	28.12.2024
Venue	:	Rayapalayam Village

OBJECTIVES

The main objectives of the program were as follows:

1. Promote women entrepreneurship by introducing mushroom farming as a profitable business venture.
2. Empower local women with the necessary skills and techniques to begin their own mushroom cultivation.
3. Foster self-reliance within the community by encouraging people to take up farming as a means of earning a livelihood.
4. Provide practical knowledge and guidance on the steps involved in mushroom cultivation.
5. Help the participants gain confidence in their ability to start and manage their own businesses.

REPORT

On December 28, 2024, an awareness program on mushroom cultivation was organized at Rayapalayam village as part of the ongoing efforts to empower women and promote self-reliance. The session, led by Miss R. Pon Uthra, an esteemed alumna of Vellalar College of Education, focused on introducing the villagers, particularly women, to the potential of mushroom farming as a sustainable and profitable agricultural venture.

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The event aimed not only to equip the local women with the knowledge and skills needed for mushroom cultivation but also to inspire them to become entrepreneurs and financially self-sufficient. It provided valuable insights into the benefits of mushroom farming and how it could become a viable source of income, thereby contributing to the overall economic development of the village.



Miss R. Pon Uthra, an alumna of Vellalar College of Education, leads an empowering session at Rayapalayam village, showcasing mushroom farming with a live demo for women.

- 1. Expert Guidance from Miss R. Pon Uthra:** The session was led by Miss R. Pon Uthra, a successful entrepreneur with extensive experience in mushroom farming. Her practical knowledge and success in this field made her the perfect person to lead the session. She began by explaining the varieties of mushrooms suitable for cultivation in the local environment and their nutritional and economic benefits. Miss Uthra's own journey of starting and expanding her mushroom farming business served as an inspiring example to the participants.
- 2. Step-by-Step Demonstration:** Miss Uthra provided a live demonstration of the mushroom cultivation process. She walked the participants through the entire process, from selecting the right mushroom varieties and preparing the cultivation beds to maintaining the right conditions for optimal growth. She also highlighted key aspects such as temperature control, humidity, and proper irrigation techniques. The practical

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demonstration ensured that participants could follow the instructions and replicate the process at home.

3. **Empowering Women:** The program was designed to inspire and empower women in the community. By introducing them to a low-investment, high-return business like mushroom farming, the initiative aimed to encourage women to earn independently and contribute to the economic well-being of their families. The session encouraged the women to take initiative and build confidence in their abilities to create their own businesses.
4. **Promoting Sustainability:** One of the key messages of the program was the sustainability of mushroom farming. Unlike traditional crops that may require significant investment in land and water resources, mushroom farming can be done in small spaces and requires minimal investment, making it a perfect option for women in rural areas. The cultivation process is also eco-friendly and can contribute to sustainable agricultural practices.
5. **Entrepreneurial Spirit:** Throughout the program, there was a clear emphasis on entrepreneurship. Miss Uthra motivated the participants by sharing insights on how they could turn mushroom farming into a profitable business. She explained the market potential for mushrooms and how they could sell their products in local markets, grocery stores, or even restaurants, enhancing their earning potential.
6. **Encouraging Self-Earning and Confidence:** The program was aimed at boosting the confidence of the participants by showing them that they could start their own businesses with minimal resources. Many participants expressed their enthusiasm about starting their own mushroom cultivation ventures, with several asking for further guidance on setting up their own mushroom beds. The session successfully created an atmosphere where women felt empowered to step out of their comfort zones and embark on entrepreneurial ventures.

The Mushroom Cultivation Awareness Program, held on December 28, 2024, in Rayapalayam village, was an inspiring and insightful initiative that helped foster women's empowerment and self-reliance. By equipping local women with the knowledge and skills required for mushroom farming, the program provided them with an opportunity to start their

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own businesses and improve their economic standing. The practical demonstration, expert guidance, and motivational discussions helped instill confidence in the participants and encouraged them to explore entrepreneurial avenues. The initiative successfully contributed to the broader goal of promoting sustainable agriculture and economic independence within rural communities.



Resource person Miss R. Pon Uthra, speaks to the women of Rayapalayam village about the benefits of mushroom farming

The program has left a lasting impact on the women of Rayapalayam village, giving them the tools and encouragement needed to explore mushroom farming and create new sources of income. With continued support and guidance, many of these women are now poised to venture into the world of entrepreneurship, bringing about positive change in their lives and the community at large.

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EVENT NO.: 16

POST EVENT REPORT

Name of the Event	:	Creation of "Herbal Garden"
Name of the Cell	:	Unnat Bharat Abhiyan
Programme Officer	:	Mrs.M.Kavitha
Date	:	31.12.2024
Venue	:	Rayapalayam Village

OBJECTIVES

The primary objectives of the event were:

1. To educate the community about the medicinal and culinary uses of various herbal plants.
2. To encourage the local community to incorporate herbal remedies into their daily lives, making use of natural resources for better health.
3. To enhance the green spaces within the school campus, thus promoting a healthy and eco-friendly environment for both students and villagers.
4. To instill a sense of responsibility in students towards nature and sustainability.

REPORT

On December 31, 2024, an insightful and impactful event took place at Rayapalayam village, where a Herbal Garden was established within the school campus as part of a broader initiative to promote environmental awareness and sustainable living. This project, organized by the Unnat Bharat Abhiyan (UBA) of Vellalar College of Education, aimed to introduce the local community, particularly students, to the myriad health benefits of using herbal plants for medicinal and culinary purposes.

The creation of the herbal garden served not only as an educational tool for the students but also as a step toward fostering environmental consciousness and promoting a sustainable lifestyle among the residents of Rayapalayam village.

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1. **Community Participation:** The event saw active participation from students, teachers, and villagers, all of whom worked together to plant various herbal plants such as aloe vera, mint, tulasi (holy basil), and turmeric in designated areas of the school campus. The event also provided an opportunity for members of the village community to engage with students, teachers, and experts on the importance of incorporating these plants into their daily routines for health and wellness.



Herbal Garden established within the school campus by our students

2. **Educational Sessions on Herbal Plants:** Experts in herbal medicine were invited to share insights on the benefits and uses of the plants being planted in the garden. For example, aloe vera is renowned for its skin care properties, mint is known for its digestive benefits, tulasi is considered a sacred herb with multiple health benefits, and turmeric is widely used for its anti-inflammatory and antioxidant properties. These sessions helped the participants gain a deeper understanding of how these common plants can be used as effective natural remedies.
3. **Promoting Herbal Usage in Daily Life:** One of the key goals of this initiative was to motivate the villagers to adopt herbal plants in their daily life. The event encouraged the community to consider growing and using these plants for everyday health concerns, such as coughs, cold, digestive issues, and skin problems. It was emphasized that using herbal remedies, which are often more accessible and cost-effective, could significantly improve health outcomes and reduce dependence on chemical-based medicines.

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4. **Fostering Environmental Awareness:** In addition to promoting the medicinal and culinary uses of herbal plants, the establishment of the garden aimed to instill a sense of responsibility among students and villagers toward environmental sustainability. The garden provides a living, ongoing example of how even small steps can make a significant impact on promoting green practices. By nurturing these plants, the students and community members learned how to take care of nature and use natural resources responsibly.
5. **Long-term Educational Resource:** The herbal garden is designed to be a sustainable educational resource for years to come. It will continue to serve as a place for students to learn about horticulture, medicinal plants, and the importance of maintaining a healthy environment. The garden also holds the potential to inspire future generations to explore the benefits of herbal remedies and sustainable agricultural practices.

The Herbal Garden initiative held on December 31, 2024, at Rayapalayam village was a successful and meaningful event that brought together students, teachers, and villagers to learn about the benefits of herbal plants for health and well-being. By introducing the community to the many medicinal uses of plants like aloe vera, mint, tulasi, and turmeric, the event not only educated the participants but also encouraged the use of natural remedies in their daily lives. This initiative was a step towards promoting self-sufficiency in healthcare, reducing dependency on commercial pharmaceuticals, and fostering an eco-conscious mindset among the villagers. The creation of the herbal garden will continue to serve as a long-term educational resource, ensuring that the knowledge shared during this event will benefit the community for years to come. By instilling a sense of responsibility towards nature and sustainable living, the event contributed to building a stronger, more health-conscious, and environmentally aware community in Rayapalayam village.