




उन्नत भॆरत अभभयान UNNAT BHARAT ABHIYAN

Unnat Bharat Abhiyan was launched by the Ministry of Human Resource Development (MHRD). It is based on the premise to promote development of rural areas in tune with Gandhian vision of self-sufficient 'village republics' eco-friendly technologies so that the basic needs of food, clothing, shelter, sanitation, health care, energy, livelihood, transportation, and education are locally met.

The Mission of Unnat Bharat Abhiyan is to enable higher educational institutions to work with the people of rural India in identifying development challenges and evolving appropriate solutions for accelerating sustainable growth. It also aims to create a virtuous cycle between society and an inclusive academic system by providing knowledge and practices for emerging professions and to upgrade the capabilities of both the public and the private sectors in responding to the development needs of rural India.

Institutes through their faculty and students, will carry out studies of living conditions in the adopted villages, assess the local problems and needs, workout the possibilities of leveraging the technological interventions and the need to improve the processes in implementation of various government schemes, prepare workable action plans for the selected villages. Such knowledge inputs would make their way into the development programs in rural areas. The Institutes would be expected to closely coordinate with the district administration, elected public representatives of panchayat / villages and other stakeholders and will become very much a part of the process of development planning and implementation.


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TIRUCHIRAPPALLI-620 021.

Gram Panchayat : P N Chathiram

Block / Taluka : Srirangam

District : Tiruchirappalli

State : Tamil Nadu

Pincode : 620009

Area : 166.32 hectares

Population : 936

Households : 229

Assembly
Constituency : Srirangam

Parliament
Constituency : Tiruchirappalli

Nearest Town : Tiruchirappalli



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Activity : 1

Name of Activity:

Pre Survey Meetings with concerned Government Officials,
Villagers & Placing UBA Boards.


Need of the Activity:

To establish rapport with the local government officials and to seek their cooperation for village survey (s) and implementation of UBA activities subsequently.

Description:

To sensitize the residents of the identified villages about UBA and also to learn critical issues and local constraints/problems as faced by them.




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Distribution of Coconut Sapling to build rapport between Village People & Members
UBA AIMAN TEAM
with village counsellor Mr.PalRaj- Periyamayakichatram


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Activity:2

Name of Activity:

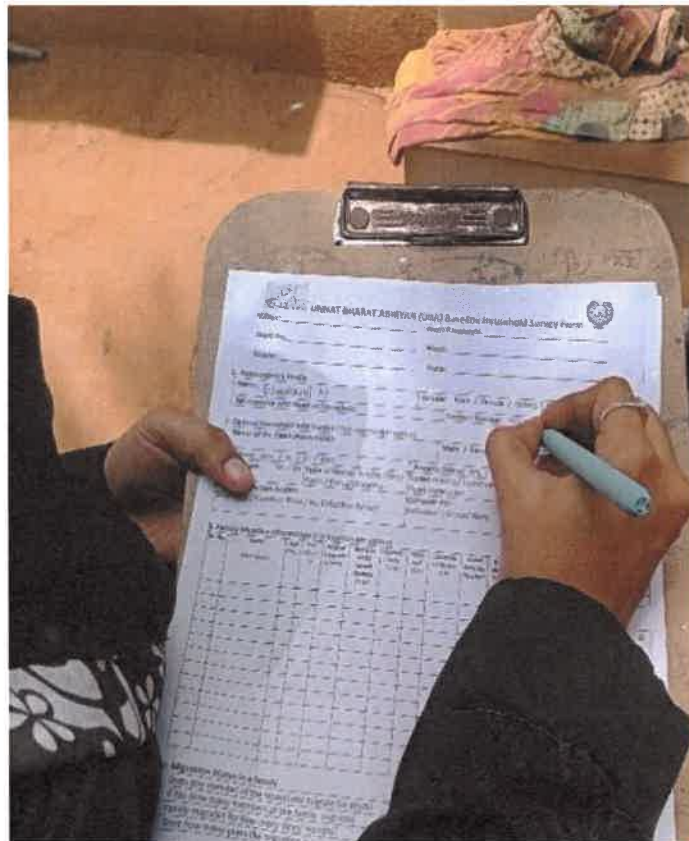
Household Survey (initiative in Periyannayakichtram)


Need for the Activity:

To get an idea about the problems faced by the villagers in order to find respective solutions.

Description:

Household Survey of adopted villages to determine General Household Information, Family Member Information, Migration Status in a family, Information of Government Schemes, Source of Water, Source of Energy and Power, Landholding Information, Agricultural Inputs & Production, Any other major problems etc.




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Students while taking survey with the native village people

Activity: 3

Name of Activity:

Awareness given on the topic “DRUG AWARENESS”

Need for the Activity:

To spread awareness about risk factors for drug abuse to the students and villagers.

Description:

Drugs have different effects depending on the drug itself, the person taking it and their surroundings. Students of AIMAN College gave awareness for Periyanyakichtram school students to avoid drugs and to make them to aware others. They explained Common risk factors for drug abuse for school students like

- A family history of substance abuse
- A mental or behavioral health condition, such as depression, anxiety or attention-deficit/hyperactivity disorder (ADHD)
- Impulsive or risk-taking behavior
- A history of traumatic events, such as experiencing a car accident or being a victim of abuse
- Low self-esteem or feelings of social rejection

Also they explained some types of drugs and and their impacts.




Tiruchirappalli, Tamil Nadu, India
 Government High school, Inam Periyayagi chathiram, +GH7,
 Tiruchirappalli, Tamil Nadu 620009, India
 Lat 10.743302°
 Long 78.581017°
 09/09/22 12:02 PM



Tiruchirappalli, Tamil Nadu, India
 Government High school, Inam Periyayagi chathiram, +GH7,
 Tiruchirappalli, Tamil Nadu 620009, India
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 Long 78.581017°
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Drug Awareness program at Government High School with
 Principal Mr.Anbarasan, Periyayakichtram


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Activity: 4

Name of Activity:

SANITATION AWARENESS

Need for the Activity:

The primary purpose of sanitation is to protect public health. To create a sanitation awareness to the government school students of Periyanyakichatram.

Description:

In order to promote health and hygiene and raise awareness about good hygiene habits such as washing hands five times a day, using a toilet for defecation and adopting safe drinking water practices, Students of AIMAN College gave awareness for Periyanyakichatram school students. Students explained some Benefits of improving sanitation

These include:

- reducing the spread of intestinal worms, schistosomiasis and trachoma, which are neglected tropical diseases that cause suffering for millions;
 - reducing the severity and impact of malnutrition;
 - promoting dignity and boosting safety, particularly among women and girls;
 - promoting school attendance: girls' school attendance is particularly boosted by the provision of separate sanitary facilities;
 - reducing the spread of antimicrobial resistance;
 - potential recovery of water, renewable energy and nutrients from faecal waste;
- and

- potential to mitigate water scarcity through safe use of wastewater for irrigation especially in areas most affected by climate change.



Students while creating awareness about sanitation Government High School at Periyanyagi Chatrma

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Activity: 5

Name of Activity:

Importance of Healthy Foods

Need for the Activity:

To raise awareness about the Healthy eating to prevent childhood obesity.

Description:


With the aim of promoting healthy eating, portion size awareness, eating fewer calorie dense, nutrient-poor foods and to raise awareness of weight as a health issue, Students of AIMAN College gave awareness for Periyanaayakichtram school students.

Diseases are reduced when food intake is healthy and balanced.

- The green leafy vegetable is good for increasing body strength.
- Healthy food prevents obesity and can even promote fat loss.
- Junk food is the opposite of healthy eating and contains too much sugar, salt, and fat.
- Healthy food is cheaper and affordable.
- Students will no longer want to spend a lot of money on junk food.
- Consumption of junk food leads to a lack of concentration.
- Junk food consumption can cause digestive problems and stomach ulcers.
- Healthy food has a lot of nutrients and promotes building headspace.
- Healthy food can cause a definite increase in the brain's functionality.



UBA Team while explaining students with diagrammatic representation
About healthy foods


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Activity: 6

Name of Activity:

Career Guidance for school students.

Need for the Activity:

To provide opportunity for the village students to study in school and recognize their academic talent

Description:

Students need career guidance to explore and plan for future career endeavor. Participation in career guidance enhances linkage of academic and career experiences and thus, improves career preparation and management. An important step before planning a career strategy is understanding the qualities and abilities of a child. AIMAN College students gave an career guidance counselling for the Periyanyakichtram village school students. These students were advised to choose their career on the basis of aptitude and interest. Besides these, the students were also advised to set a goals which includes the long term goals and short term goals which helps them to achieve their goals. The students were further suggested to link their attributes to the available career options to create a personalized roadmap. The students' queries regarding career options were also answered.



UBA Team explaining about goals & career to students of Government High School Peryanyaki Chatram


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Activity: 7

Name of Activity:

Say "NO PLASTIC"

Need for the Activity:


To create awareness among school students about hazards of
Plastics.

Description:

Plastic pollution is a problem that the whole world is facing together. Plastic is a synthetic item which does not naturally decompose, this is the main obsession that plastics are not eco friendly. Plastics are non- biodegradable, it does not decay with the time in the environment for this reason it can stay as it is upto the several years. The used plastic can stay up to 100s of years and it is only increasing the pollution over the earth. Plastic is the main reason of the pollution and that's why the earth is facing ecological crises. To provide solution to this, AIMAAN Students explain about hazards of Plastics. They explained as plastic on burning, force out many of the dangerous gases into the air. These gases contain many harmful contents such as CO₂, CO, etc. On inhaling these gases people can have several dangerous breathing problems such as asthma and bronchitis, also it can lead to the higher level lungs infection. When these used plastic bags are filed over the road, the animals like cow, buffalo, and many of the street dogs eat these plastic bags, when they are in search of the food. These also causes harm to the animals, as they could die due to the plastic remain as it is in their stomach. The students' queries regarding pollution were also answered.



Students while explaining hazardous substances in Plastics.


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