

**UNNAT BHARAT ABHIYAN**  
**VASANTA COLLEGE FOR WOMEN**  
**ANNUAL REPORT**  
**2020-2021**



**उन्नत भारत अभियान**  
**UNNAT BHARAT ABHIYAN**



**अप्य दीपो भव**

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**PARTICIPATING INSTITUTE**  
**VASANTA COLLEGE FOR WOMEN**  
**RAJGHAT, VARANASI**



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## INTRODUCTION

Vasanta College for Women, Rajghat, Varanasi selected as **Participating Institute (PI)** under **Unnat Bharat Abhiyan**, a flagship program of **Ministry of Human Resource Development (MHRD) Government of India** through a challenge mode application. **The Mission of Unnat Bharat Abhiyan** is to enable participating 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. With this motive Vasanta College for Women under Unnat Bharat Abhiyan adopted five villages- **Kotwa, Sarai Mohana, Khalispur, Rajapur** and **Dinapur**. According to the challenge mode Vasanta College for Women conduct monthly activities under UBA.



**JULY- 2020**

## **Seven-Days Awareness Campaign To Boycott China's Various Apps 04-07-2020 to 10-07-2020**

Coordinator-Dr. Subhash Meena under the auspices of Vasanta College for Women, Rajghat, Varanasi, on the first day of the seven-day awareness campaign, dated **04-07-2020 to 10-07-2020** under the Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi Ji on Saturday (**Vishvas Jeetega Corona Se Jung**) campaign awareness was conducted to delete and stop the use of various apps of China in the smartphone of the villagers with the help of the students studying in the five villages adopted by the college from Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively. This campaign will remove or delete at least 8 or 10 Chinese apps per day. Because a total of 59 apps from China were launched, which are mostly used by Indians. Social media was used to do this task, and the same rural people who had smartphones and who were using various apps of China. Following this social distance to do this task, we told all the villagers that if we want to upgrade our India, then for this we have to boycott all the goods of China, and use the materials made in India. We have to do this only then will our country really progress and the Unnat Bharat Abhiyan will succeed. In the first phase of this seven-day campaign, the names of the students who gave their support were Autoshi Banerjee, Aditi Priya, Madhuri Priya, Stuti Verma, Deeksha Mishra, Ishita Shrivastava, Shraddha Mishra and Aditi Chandel, etc., took an increased part in this work.



Under the direction of Dr. Subhash Meena and Dr. Ved Prakash Rawat, various apps of China deleted by the students in the first phase



## AAJ EXPRESS

05<sup>th</sup> July 2020

News Link: छात्राओं की अपील, न करे चाइनीज वस्तुओं का उपयोग, “Vocal For Local” के

लिए किया जागरूक <http://aajexpress.com/students-appealed-not-to-use-chinese-goods-aware-for-vocal-for-local/>





**अपर मुख्य सचिव ने पं. दीनदयाल कोविड अस्पताल, रामनगर नगरपालिका का किराया निरीक्षण**

वाराणसी (सन्मार्ग) : अपर मुख्य सचिव ने पं. दीनदयाल कोविड अस्पताल, रामनगर नगरपालिका का किराया निरीक्षण के लिए रामनगर नगरपालिका के अधिकारियों के साथ मिलकर अस्पताल का दौरा किया।

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**मिथिलांचल का चौदह दिवसीय महसुपद मधुश्रावणी पारम्भ**

वाराणसी (सन्मार्ग) : मिथिलांचल का चौदह दिवसीय महसुपद मधुश्रावणी पारम्भ हुआ।

**दो बेटियों संग लगाई फर्सी माँ की जीव, एक जमीर**

वाराणसी (सन्मार्ग) : दो बेटियों संग लगाई फर्सी माँ की जीव, एक जमीर।

**विकारवा बहुरी जलखंडवा देरा के लिए धारणा**

वाराणसी (सन्मार्ग) : विकारवा बहुरी जलखंडवा देरा के लिए धारणा।

**मण्डलीय चिकित्सालय में बने आरटीसीपीआर बीएसएल-2 लैब का किराया मुख्यमंत्री ने किराया उद्घाटन**

वाराणसी (सन्मार्ग) : मण्डलीय चिकित्सालय में बने आरटीसीपीआर बीएसएल-2 लैब का किराया मुख्यमंत्री ने किराया उद्घाटन किया।

**डेकार्बों के दबाव में हटाए गए ईओ**

वाराणसी (सन्मार्ग) : डेकार्बों के दबाव में हटाए गए ईओ।

**विकास दुबे एनकाउंटर प्रकरण का राजनीतिकरण**

वाराणसी (सन्मार्ग) : विकास दुबे एनकाउंटर प्रकरण का राजनीतिकरण।

**जागरूकता अभियान चलाकर हटवाया गया प्रतिबंधित चाइनीज ऐप**

वाराणसी (सन्मार्ग) : जागरूकता अभियान चलाकर हटवाया गया प्रतिबंधित चाइनीज ऐप।

**पुलिस दुर्घटना घटने की रसिदियायत जारी शुरू**

वाराणसी (सन्मार्ग) : पुलिस दुर्घटना घटने की रसिदियायत जारी शुरू।

**पर्यटन की सुरक्षा करना हम सभी का दायित्व : शैलेंद्र श्रीवास्तव**

वाराणसी (सन्मार्ग) : पर्यटन की सुरक्षा करना हम सभी का दायित्व : शैलेंद्र श्रीवास्तव।

**कोविड -19 से लड़ने में आधी आबादी की भी रही बड़ी भूमिका**

वाराणसी (सन्मार्ग) : कोविड -19 से लड़ने में आधी आबादी की भी रही बड़ी भूमिका।

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वाराणसी (सन्मार्ग) : पर्यटन की सुरक्षा करना हम सभी का दायित्व : शैलेंद्र श्रीवास्तव।

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**जागरूकता अभियान चलाकर हटवाया गया प्रतिबंधित चाइनीज ऐप**



**वाराणसी । प्रधानमंत्री नरेंद्र मोदी के द्वारा निर्देशित उन्नत भारत अभियान के तहत बसंत महिला महाविद्यालय के तत्वाधान में आयोजित सात दिवसीय जागरूकता अभियान के सातवें और अंतिम दिन रविवार को को आर्इनेटर डॉ. सुभाष मीणा (असिस्टेंट प्रोफेसर) तथा को-कोआर्इनेटर डॉ. वेद प्रकाश रावत (असिस्टेंट प्रोफेसर, मनोविज्ञान विभाग) की द्वारा चलाए गए अभियान विश्वास जीतेगा कोरोना से जंग के तहत महाविद्यालय की तरफ से गोद लिए हुए पांचों गांव में पढ़ने वाली छात्राओं की मदद से ग्रामीणवासियों के स्मार्टफोन में चाइना के विभिन्न ऐप को डिलीट करने तथा उसका प्रयोग ना करें हेतु जागरूक किया। इस अभियान के तहत अंतिम और सातवें दिन यू विडियो, डीयू पराइवसी, मोबाइल लीजेंड्स, वी फ्लाय स्टेटस वीडियो, क्यू क्यू लॉन्चर, क्यू क्यू सिक्योरिटी सेंटर सहित अन्य एप्प डिलीट करवाया गया। इस कार्य को करने के लिए सोशल मीडिया का सहारा लिया गया तथा उन्हीं ग्रामीण वासियों को चुना गया जिनके पास स्मार्टफोन थे। सहयोग देने वालों में तुलिका सिंह, श्रद्धा मिश्रा, ईशाना दुबे, अदिति चंदेल, दीक्षा मिश्रा, अश्विनी पांडे, इशिता श्रीवास्तव, प्रज्ञा उपाध्याय, कृष्णा व्यास, विराली प्रकाश, मौसम प्रकाश, अदिति प्रिया, माधुरी प्रिया, स्तुति वर्मा, श्रद्धा मिश्रा इत्यादि छात्राएं शामिल रही।**



## Plantation Week on National Students Day (15<sup>th</sup> July 2020)

**Dr. Kalpana Agrawal** (Associate Professor, Department of Home Science, under the aegis of Vasanta College for Women, Rajghat, Varanasi, under the Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi ji on Wednesday, dated **15-07-2020** organized a sapling plantation week on the occasion of **National Students Day**. Under this event, about 50 saplings were planted with the help of the girl students of the college from village Sarai Mohana adopted by the college, and made the villagers aware about the importance of plants. Dr. Aggarwal, following social distance, made all the girl students resolves with the help of social media that whatever saplings have been planted by them, she will take care of them till it takes the form of a tree. In this program the girls of Sarai Mohana village and various college students took their part and some girls planted saplings in their home made beds in pots etc. and made the people around them aware.

## वसंत महिला के शिक्षक व बच्चों ने किया पौधरोपण

वाराणसी (एसएनबी)। प्रधानमंत्री नरेंद्र मोदी के उन्नत भारत अभियान के तहत वसंत महिला महाविद्यालय राजघाट, वाराणसी के तत्वाधान में इस के डॉ. कल्पना अग्रवाल एसोसिएट प्रोफेसर प्रोफेसर, गृह विज्ञान विभाग, वसंत महिला महाविद्यालय राजघाट ने राष्ट्रीय विद्यार्थी दिवस के अवसर पर पौधरोपण सप्ताह का आयोजन किया। इस आयोजन के तहत महाविद्यालय की तरफ से गोद लिए हुए गांव सरायमोहना से महाविद्यालय में पढ़ने वाली छात्राओं की मदद से लगभग 50 पौधे लगाए। इस कार्यक्रम में सरायमोहना गांव की छात्राओं तथा महाविद्यालय के विभिन्न छात्राओं ने अपनी सहभागिता दी। कुछ छात्राओं ने अपने घर बने क्यारी में गमले में आदि विभिन्न जगहों पर पौधे लगाए और अपने आसपास पड़ोस के लोगों को जागरूक किया।







## AUGUST- 2020

Dated 15-08-2020 on Independence Day, result declared for the national competition “Unnati Ki Kahani, Chitro Ki Jubani” under Unnat Bharat Abhiyan. Vasanta College for Women, Rajghat participated in this national competition as participating institute of Unnat Bharat Abhiyan and won the prize.

 Name of the Institute	Vasanta College for Women, Rajghat, Varanasi
AISHE Code	C-21248



Caption: नून रोटी हाथ में है तो क्या? खड़े होने का जज़्बा तो है।



Caption: घूंघट की ओट से ही बांधती आत्मनिर्भरता की डोर..!!



Caption: खिडकी से फुदकती रोशनी में वर्तमान की नींव पर चहकता भविष्य..!!



Caption: लगी है क्लास, बिना किसी डर के फेल हो या पास..!!





*List of Participating Institute who won for  
Unnati Ki Kahani Chitro Ki Jubani*

AISHE Code	Institute Name	State	District	RCI name
U-0049	Assam Don Bosco University	Assam	Kamrup Metropolitan District	IIT Guwahati
C-32837	Institute of Information Technology & Management	Delhi	Janakpuri, New Delhi	IIT Delhi
C 25045	M.A.M. College of Engineering and Technology	Tamil Nadu	Tiruchirapalli	TNAU CBE
C-41151	St. Mary's College (Autonomous), Thoothukudi	Tamil Nadu	Thoothukudi	GRI TN
C-21248	Vasanta College for Women, Rajghat	Uttar Pradesh	Varanasi	IIT BHU



## Gram Sabha

Dated **30-08-2020** on **Sunday**, under the auspices of the Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi ji, under the auspices of Vasanta College For Women, Rajghat, Varanasi, its Co-Coordinator- Dr. Ved Prakash Rawat (Assistant Professor, Psychology, organized a **Gram Sabha** with the help of the village head (**Pradhan**) **Mr. Balakaran** and his son **Shashi Kumar of Rajapur**, adopted by the college under **Vishvas Jeetega Corona se Jung**, whose aim was to make the villagers aware of the Corona virus infection and to know the different ideologies of the villagers. The introduction of all the villagers who participated in the Gram Sabha was first received and everyone was adorned to avoid the infection of the corona virus by wearing masks while following the social distance. The hand was repeatedly sanitized while wearing the mask. After that various topics were discussed with the villagers. The villagers provided various information and also told some problems. According to the villagers, among the information given is the following, about 70% of the households in the village have benefited from the Ujjwala scheme and all people use LPG. No people have been infected with the corona ever since the corona transition period began in Rajapur and Tatepur villages. Along with this, he said that the problem of village drainage is very big, due to lack of drainage, water accumulates in different places and excessive mosquitoes are produced from it. In this sequence, he told that the electric wire which has come in the village is open and is at the very bottom, which poses a danger of electrocution. Also, due to the disputed land, the way of the village is not being connected to the main road, which causes a lot of trouble to the villagers. It is ready for the last 2 years but still it is not getting water distribution to the villagers. At the end of the Gram Sabha organized under the Unnat Bharat



Abhiyan, the village head Shri Balakaran Ji said that it is our good fortune that Dr. Ved Prakash Rawat is always associated with the people of the Unnat Bharat Abhiyan and we know the problems and understand. At the same time, he also said that the houses of some villagers have collapsed, it is not worth living if the government had run the rural housing development scheme in the village and provided houses to some poor people, it would have benefited the villagers immensely. In the Gram Sabha held in Rajapur village, the following villagers gave their participation to Shri Balkaran, Shashi Kumar, Surendra Yadav, Nathu Yadav, Munnalal, Mukesh Pal, Anshu Sahni, Dharendra Pal, Guddu Pal, Bachalu Pal and Lal Bahadur Pal respectively.





**Co-coordinator Dr Ved Prakash Rawat wearing a mask and sanitizer to the villagers of Rajapur before the Gram Sabha is organized under the Unnat Bharat Abhiyan.**





**Co-coordinator Dr. Ved Prakash Rawat in conversation with villagers in Gram Sabha organized under Unnat Bharat Abhiyan**

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**SEPTEMBER- 2020**

**World Water Monitoring Day**

Dr. Subhash Meena (UBA-PI Coordinator, Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and Co-Coordinator - Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and with the huge support and guidance from the **Principal Prof. Alka Singh** under the Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi Ji organized a program on **Friday 18-09-2020**, under the campaign “**Vishwas Jeetega Corona Se Jung**” on the occasion of **World Water Monitoring Day** was organized as a **Water Conservation Day** with the help of girl students studying in the colleges from adopted villages Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively in five villages, and various girl students of five villages participated in different ways. By planting various types of plants, it was conveyed to our villagers that by planting saplings we can do a good job of water conservation and at the same time we can make our village green and prosperous by planting these plants. The villagers participated extensively in this work and this work was done separately in five villages as well as the girls studying in the college made various charts to make the villagers aware and advised them to save water. The most important thing is that the head of the five villages gave immense support in this and all the rules related to Covid-19 were followed while doing this work. Before undertaking this work, the villagers were informed through WhatsApp and the girls who could be contacted through WhatsApp and those who were attached to the village were taken full support and they took part in this work. The rural girls who





contributed in this work are mainly Kumari Shashi, Kumari Kiran Singh, Kumari Deepmala, Kumari Deepa, Kumari Khushboo, Kumari Babita, Kumari Archana, Sunebala, Ragini, Urmila, Meera, Kusum, Lalitha, and some Prominent villagers who participated in this work respectively Jagannath, Suresh, Rajbali, Sundar, Anil, Rambali, Suresh, Keshav, Shiv Shankar, Rambahadur, Ajay Bahadur, Jugnu Yadav, Ram Charan, Ashok etc.





**To conserve water on the occasion of World Water Monitoring Day under the Unnat Bharat Abhiyan various girls of the village planting saplings to spread awareness**





**Under the Unnat Bharat Abhiyan, the occasion of World Water Monitoring Day to women and men various students explaining the importance of water conservation**





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**OCTOBER- 2020**

**World Mental Health Day**

Dr. Subhash Meena (UBA-PI Coordinator, Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and Co-Coordinator - Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and with the help of the **Principal Prof. Alka Singh** under the Unnat Bharat Abhiyan organized a program on **Saturday 10-10-2020**, under the campaign “**Vishwas Jeetega Corona Se Jung**” on the occasion of **World Mental Health Day** in collaboration with the villagers and with the help of girl students studying in the college from adopted villages Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively. In this program various girl students of five villages participated in different ways.

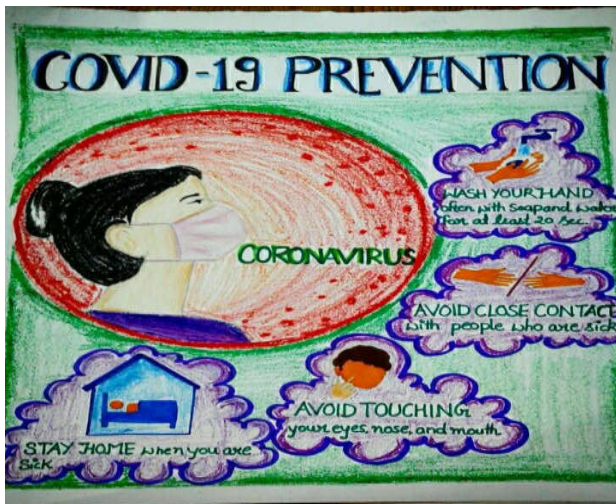
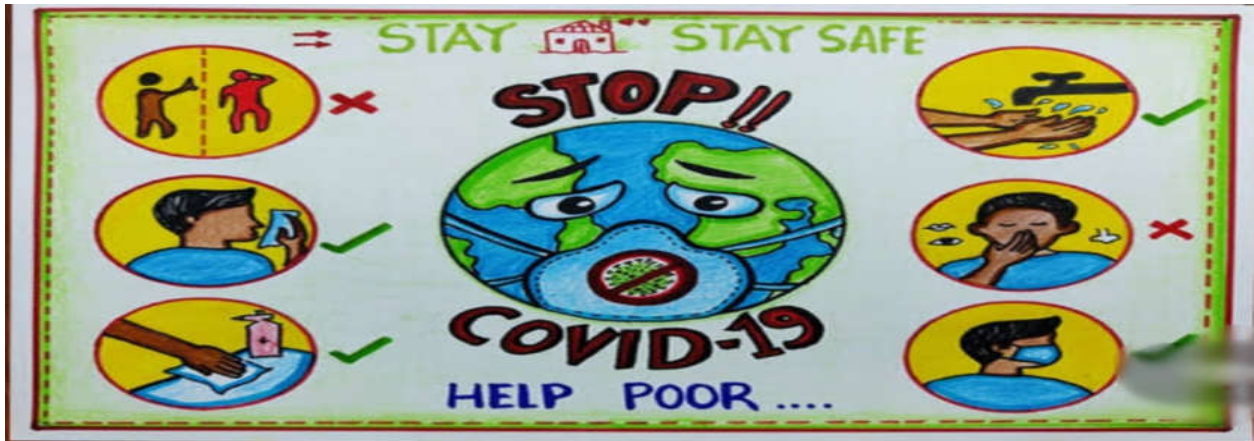
Under this event, various girl students of the village were asked to create a collage by making a small chart about various Ayurvedic elements, substances, and plants to increase the immunity of the person and to avoid infection with coronavirus. With the help of which the villagers can be made aware because there is still very little coronavirus ordering in the village. So if the people of the village use all these ayurvedic ingredients, then their physical health will be good and their immunity will increase and by doing this, when their body is healthy, then their mental health will automatically recover, because this statement given by an important person. It has been found that a healthy mind resides in a healthy body, and it develops, so this work was done. The village students made the villagers aware of the Corona virus by making



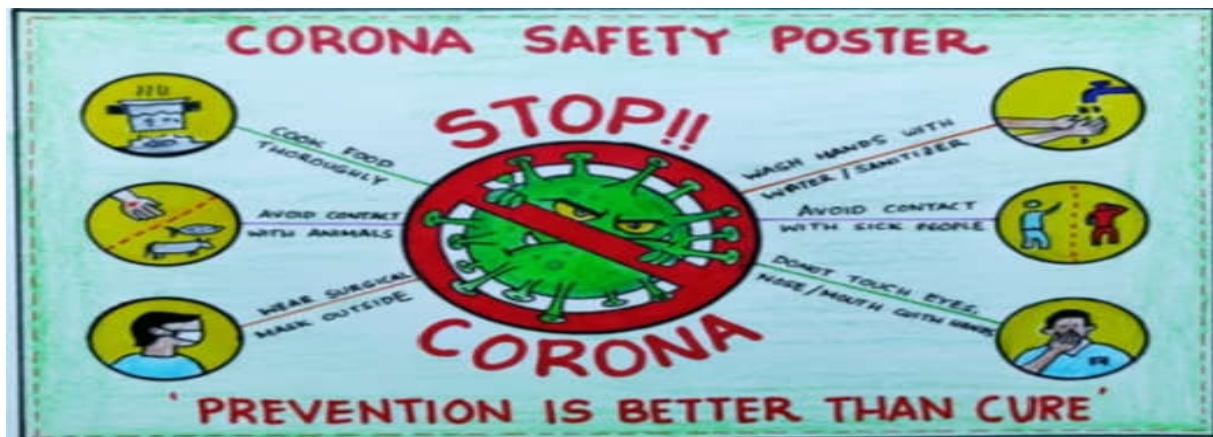
colorful posters to avoid infection. The charts made by the rural girl students were very attractive and a very beautiful expression in every chart which can be easily understood by looking at how we have to avoid coronavirus and how different people try to protect from it. In this way, under the direction of Dr. Subhash Meena and Dr. Ved Prakash Rawat, and with the support of Principal Prof. Alka Singh this work was done on the occasion of World Mental Health Day. All guidelines related to Covid-19 were followed in doing this work.

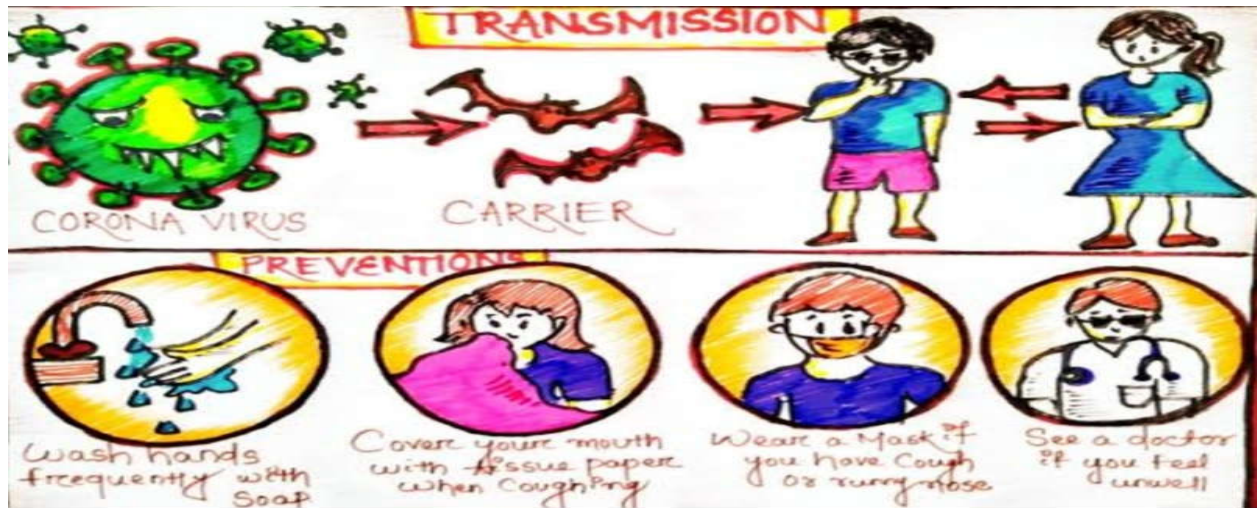


On the occasion of World Mental Health Day under the Unnat Bharat Abhiyan small collages made by girl students of five adopted villages









On the occasion of World Mental Health Day under the Unnat Bharat Abhiyan various attractive posters made by girl students of five adopted villages

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**NOVEMBER- 2020**

**Clean India Healthy India and Leprosy Awareness Campaign  
(Swachh Bharat Swasth Bharat Abhiyan)**

Dr. Subhash Meena (UBA-PI Coordinator, Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and Co-Coordinator - Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and with the motivation & guidance of the **Principal Prof. Alka Singh** under the Unnat Bharat Abhiyan organized a program on **Friday 27-11-2020**, under the campaign **“Vishwas Jeetega Corona Se Jung”** on **Clean India Healthy India and Leprosy Awareness Campaign**, a rally was taken out with the help of girl students studying in the five villages adopted by the college from Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur, respectively, who passed out of the college through the padyatra and crossing the Varuna bridge. Reached Sarai Mohana and Kotwa village. In this rally, girl students from five villages participated in a big way and tried to make people aware through various slogans. Through this rally, the villagers were informed about the **Swachh Bharat Swasth Bharat Abhiyan** and the cleanliness campaign was launched. At the same time, the villagers were also made aware of Leprosy disease. Leprosy - What are the problems in Leprosy and what measures should be taken to prevent it. In order to do this work properly, the students from villages made the villagers aware by making colorful posters of various kinds. The rally was taken to various hamlets and parts of the village where the students interacted with the rural residents and informed them about the



Swachh Bharat Swasth Bharat Abhiyan and leprosy, and requested that they also make aware and cooperate other people about this disease.

The charts created by the rural girl students were very attractive. In this way, this work was done under the direction of Dr. Subhash Meena and Dr. Ved Prakash Rawat. All guidelines related to Covid-19 were followed in doing this work.



**Under the Unnat Bharat Abhiyan with girl students of UBA studying in the college taking the rally towards the village by a padyatra**









**Under the aegis of Swachh Bharat Swasth Bharat Abhiyan, under the Unnat Bharat Abhiyan, girl students from five adopted villages studying in the college, making the villagers aware of Leprosy**

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**DECEMBER- 2020**

**National Farmer's Day**

**23<sup>rd</sup> December 2020**

Dr. Subhash Meena (UBA-PI Coordinator, Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and Co-Coordinator - Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) under the Unnat Bharat Abhiyan organized a program on **Wednesday 23-12-2020**, under the campaign “**Vishwas Jeetega Corona Se Jung**” on **National Farmer's Day**, in collaboration with the villagers and with the help of girl students studying in the college from adopted villages Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively. In this program various girl students of five villages participated in different ways. The main purpose of organizing this day was to help the villagers to save the river Ganges. Had to be made aware, and the benefits that the farmers have received till date from the river Ganga, continue to be available for life. At the same time, through the various charts made by the students are displayed on topics like Beti Bachao Beti Padhao, Swasth Bharat Swachh Bharat, etc. and all the villagers were made aware that after finishing this work, the villagers were in order to take lifetime benefits from the Ganges River, with the help of the girls who come from the five adopted villages studying in the college, a message was given to keep the Ganga pollution-free and save the Ganges river by creating a human chain. And all the villagers were administered an oath that they would also make all the other villagers of the five villages aware of this, and motivate them to keep the Ganges pollution free. On the occasion of Farmers Day, the girl students of the five



villages made different posters. They made the people aware of various issues and gave them the message that if we all work together and try for every task, then there is nothing in this world that we cannot complete. Thus, on the occasion of Farmers Day, this work was done under the direction of Dr. Subhash Meena and Dr. Ved Prakash Rawat. All the rules related to Covid-19 were followed in doing this work.



**Under the Unnat Bharat Abhiyan, on the occasion of Farmers Day, the display of various posters made by the students to create awareness among villagers**





**Under Unnat Bharat Abhiyan, on the occasion of Farmers Day, with the help of girl students studying in the college from five adopted villages creating human chain to make Ganga pollution free**

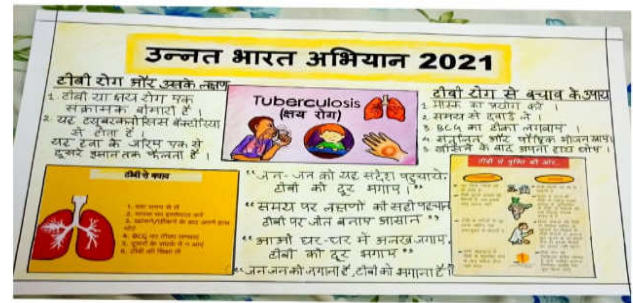
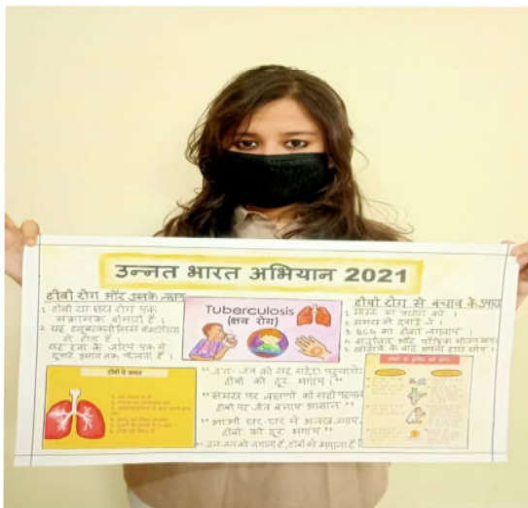
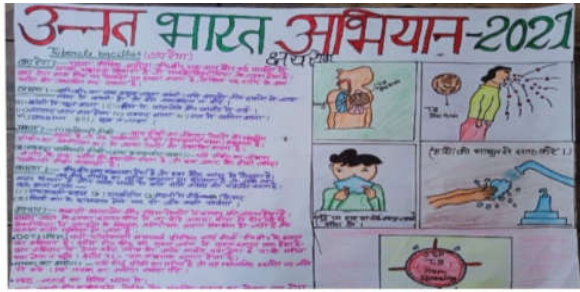
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**JANUARY- 2021**

**International Education Day**

Under the Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi ji on **Sunday 24-01-2021**, under the aegis of Vasanta College for Women, Rajghat, Varanasi, its coordinator- Dr. Subhash Meena (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi,) and Co-Coordinator- Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) about the campaign under “**Vishwas Jeetega Corona Se Jung**” on behalf of the college. The villagers were made aware about **Tuberculosis (TB)** on the occasion of **International Education Day** with the help of the girl students studying in the college from five villages namely Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively. It was explained to the villagers that Tuberculosis (TB) is not an incurable disease. Its treatment is possible. At the same time, he was also told that if you have been coughing for a long time, and it is not getting better, and there is a lot of mucus coming with the cough, then you should go to the government hospital and get it checked. Its test is done free of cost at the dot center of any government hospital. Medicines for the treatment of TB are also given free of cost at this dot center. In this way, with the help of girl students, rural residents were made aware about Tuberculosis (TB) and measures were given to avoid it. For this work, the students had made various attractive posters, which were related to tuberculosis. This work was done under the guidance of Dr. Subhash Meena and Dr. Ved Prakash Rawat following all the rules related to Covid-19.





## उन्नत भारत अभियान 2021

### टीबी रोग और उसके लक्षण

1. टीबी या क्षय रोग एक संक्रामक बीमारी है।
2. यह ट्यूबरकुलोसिस बैक्टीरिया से होता है। यह टूटा के जरिए एक से दूसरे इंसान तक फैलता है।

### Tuberculosis (क्षय रोग)

### टीबी रोग से बचाव के उपाय

1. मास्क का प्रयोग करें।
2. समय से टूटाई लें।
3. BCG का टीका लगवाएं।
4. संतुलित और पौष्टिक भोजन खाएं।
5. खांसने के बाद अपना हाथ धोएं।

### टीबी से बचाव

1. ठीका समय से लें
2. मास्क का इस्तेमाल करें
3. खांसने/टीकाने के बाद अपने हाथ धोएं
4. BCG का टीका लगवाएं
5. दूसरों के संपर्क में न आएं
6. टीबी की शिक्षा लें

“जन-जन को यह संदेश पहुंचाये, टीबी को दूर भगाएं।”

“समय पर लक्षणों की सही पहचान टीबी पर जीत बनाए जासान”

“आजो घर-घर में अलख जगाएं, टीबी को दूर भगाएं”

“जन-जन को जगाना है, टीबी को भगाना है”

### टीबी से मुक्ति की ओर...

## उन्नत भारत अभियान-2021

क्षय रोग

**टीबी रोग** - एक संक्रामक बीमारी है जो शरीर के अंगों में छिपी रहती है। यह शरीर को कमजोर करता है और अंततः मृत्यु का कारण बन सकता है।

**लक्षण** - खांस, खांस में खून, लंबा समय तक खांस, शरीर में कमजोरी, वजन कम होना, रात में पसीना आना, और शरीर में दर्द।

**बचाव** - मास्क पहनना, खांसने के बाद हाथ धोना, BCG टीका लगवाना, और स्वस्थ भोजन खाना।

**उपचार** - डॉक्टर की सलाह से दवाएं लेना और समय से दवाएं लेना।









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**FEBRUARY- 2021**

**International Nurses Day**

Under the Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi on **Saturday, 20-02-2021**, its coordinator- Dr. Subhash Meena (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat) and Co-Coordinator- Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) about the campaign under “**Vishwas Jeetega Corona Se Jung**” on behalf of the college, on the occasion of **Balanced Diet Awareness Campaign**, villagers were made aware about balanced diet with the help of girl students studying in the college and associated with UBA. In fact this awareness program was related to balanced diet of women. Talking to all the rural women, the girl students said that it has often been seen that this civilization is already going on in the village that when all the people of the house have eaten, then the women of the house eat food. What actually happens is that rural women feel self-satisfied by feeding everyone, but due to such self-satisfaction, she eats the leftover food. In such a situation, rural women do not get complete food. Due to lack of balanced diet, rural women become victims of various diseases and also become the cause of premature death. Therefore, all of you should eat a balanced diet to take care of your health. A person's health remains fine by taking a balanced diet, and he does not have any kind of disease. For this work, the girls had made colorful posters, and made the villagers aware through the posters. The charts made by the rural girls were very attractive. Thus, under the guidance of Dr. Subhash Meena and Dr. Ved Prakash Rawat, this work was completed, all the guidelines related to Covid-19 were followed in doing this work.







## उन्नत भारत अभियान 2021

### संतुलित भोजन

1. वो भोजन जिसमें सभी पोषक तत्व पाए जाते हैं उसे संतुलित भोजन कहते हैं।  
 2. संतुलित भोजन में प्रोटीन, कार्बोहाइड्रेट, फेट, कैल्शियम, फाइबर आदि उचित मात्रा में पाया जाता है।

**संतुलित आहार**

**संतुलित आहार के फायदे**

1. शरीर को ऊर्जा मिलता है।
2. बीमारियों का खतरा कम हो जाता है।
3. बच्चे ननद्यमित रहते हैं।
4. मानसिक स्वास्थ्य अच्छा रहता है।
5. मन अच्छा रहता है।

**स्वस्थ संतुलित हो आहार, फलजों दे शरीर को प्रपार।**  
**“पौष्टिक भोजन, संतुलित आहार, कुपोषण परकर जोरदार वार।”**  
**“संतुलित भोजन, जीवन उत्तम।”**

**स्वस्थ भोजन की धाली**





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**MARCH- 2021**

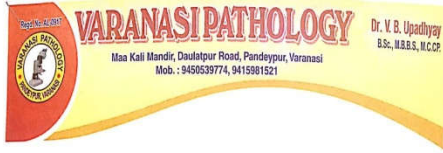
**One Day Health Camp**

**06<sup>th</sup> March 2021**

Under the Unnat Bharat Abhiyan directed by our Honorable Prime Minister Shri Narendra Modi ji on **Saturday 06-03-2021**, under the aegis of Vasanta College for Women, Rajghat, Varanasi, its **co-cordinator- Dr. Ved Prakash Rawat** (Assistant Professor, Department of Psychology), organized a **One Day Health Camp** for girl students studying from the five adopted villages and women of the five villages namely Dinapur, Sarai Mohana, Kotwa, Rajapur and Khalispur, respectively, under the campaign “**Viahwas Jeetega Corona Se Jung**”. This health camp was organized in collaboration with **Bharat Vikas Parishad** at the prayer meeting place of the college. Before starting the program, Dr. Ved Prakash Rawat apprised all the participants about this health camp. Thereafter, the Principal of the college, **Professor Alka Singh**, welcomed **Dr. Shipra Dhar**, the **President of the Development Council of India** and gave her best wishes for her commendable work. Dr. Shipra Dhar explained the importance of hemoglobin level in the blood to the rural women and various participants and also discussed various nutrients for how to increase the hemoglobin in the blood or the amount of blood in the body. In the health camp, the hemoglobin level in the blood of rural women and girl students belonging to rural villages was checked and they were explained about various diseases caused by anemia. And to increase the amount of blood in the body, various measures were also told by the doctors. Hemoglobin level of about 130 people were checked in this health camp. Various teachers of the college who are associated with Unnat Bharat Abhiyan also gave their participation in this program.







DATE: 06 MARCH 2021

- 1: KALPANA AGRAWAL 57YRS/F: 10.4 GM%
- 2: ALKA SINGH 60YRS/F: 11.7 GM%
- 3: DR. USHA DIXIT 54YRS/F: 11.2 GM%
- 4: YUKTA JAISWAL 22YRS/F: 11.0 GM%
- 5: SANA KHAN 21YRS/F: 12.1 GM%
- 6: DR. USHA VERMA 63YRS/F: 11.8 GM%
- 7: SWATI SINHA 20YRS/F: 11.4 GM%
- 8: JYOTI PANDEY 22YRS/F: 11.2 GM%
- 9: KAJAL PANDEY 21YRS/F: 12.0 GM%
- 10: ANNAPURNA KESHARI 19YRS/F: 10.9 GM%
- 11: VERSHA SINGH 18YRS/F: 11.5 GM%
- 12: ASHANA JAISWAL 20YRS/F: 11.2 GM%
- 13: KHUSHABOO MAURYA 20YRS/F: 11.0 GM%

- 14: KUMARI SADHANA 20YRS/F: 10.6 GM%
- 15: KRITI TIWARI 19YRS/F: 10.0 GM%
- 16: GARIMA ANAND 20YRS/F: 12.0 GM%
- 17: JYOTI 19YRS/F: 9.7 GM%
- 18: RUMAN 19YRS/F: 11.1 GM%
- 19: RIYA TANDON 20YRS/F: 11.2 GM%
- 20: JYOTI KUMARI 19YRS/F: 12.1 GM%
- 21: RASHMI JAISWAL 20YRS/F: 11.6 GM%
- 22: KUMARI RINKI 19YRS/F: 11.2 GM%
- 23: SHIVANI SINGH 21YRS/F: 10.0 GM%
- 24: KAJAL NISHAD 19YRS/F: 12.0 GM%
- 25: SHAFIQUE 19YRS/F: 11.0 GM%
- 26: PALAK KUMARI JAISWAL 19YRS/F: 9.2 GM%
- 27: NITU KUMARI 19YRS/F: 10.2 GM%
- 28: AMRITA PATHAK 21YRS/F: 10.5 GM%

- 44: SMT. BABY 29YRS/F: 11.1 GM%
- 45: SMT. SITA 35YRS/F: 11.1 GM%
- 46: SHIVANI MISHRA 22YRS/F: 10.5 GM%
- 47: LUXMI KUMARI 20YRS/F: 11.8 GM%
- 48: KUMARI SHIVANI JAISWAL 19YRS/F: 10.0 GM%
- 49: VIBHA PATEL 20YRS/F: 11.9 GM%
- 50: SUNIDHI 20YRS/F: 11.5 GM%
- 51: PRIYA MAURYA 18YRS/F: 12.5 GM%
- 52: KAVYA PANDEY 20YRS/F: 11.5 GM%
- 53: RUBY PRAJAPATI YRS/F: 12.0 GM%
- 54: KHUSHABOO SONKER 20YRS/F: 11.2 GM%
- 55: JAYA SINGH 20YRS/F: 11.0 GM%
- 56: TRIPTI SINGH 20YRS/F: 11.4 GM%
- 57: SULTANA BANO 18YRS/F: 12.1 GM%
- 58: TANYA SINGH 19YRS/F: 11.6 GM%

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**APRIL 2021**

**COVID-19 LOCKDOWN PHASE**

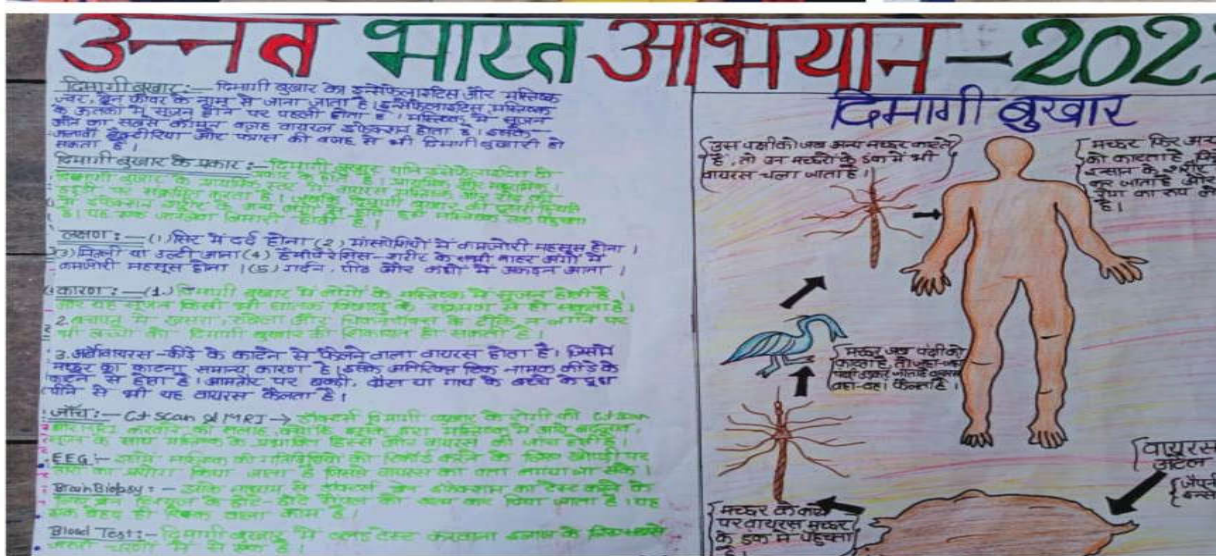
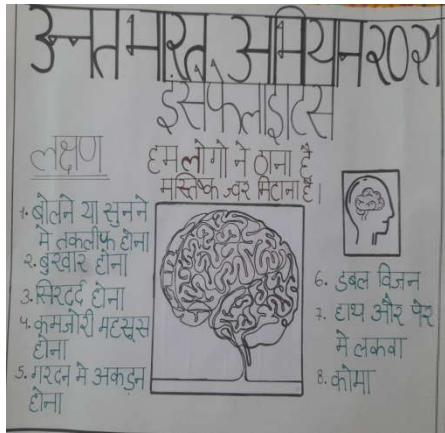
**World Health Organization Day**

**Encephalitis/Japanese Encephalitis/Encephalitis Awareness Campaign**

On **Wednesday, 07-04-2021**, under the aegis of Unnat Bharat Abhiyan, its coordinator- Dr. Subhash Meena and Co-Coordinator- Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) about the campaign adopted by the college under “**Vishwas Jeetega Corona Se Jung**” On the occasion of **World Health Organization Day**, villagers were made aware about **Encephalitis/Japanese Encephalitis/Encephalitis Awareness Campaign** with the help of girl students studying in the college and associated with UBA from five villages namely Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur. Since Japanese encephalitis is most prevalent in the village, this topic was chosen for the awareness campaign. Although the villagers already knew about this fever. But still the students told that – Japanese encephalitis is a virus spread by infected mosquitoes. It is more common in rural and agricultural areas. This virus is spread through the bite of infected mosquitoes. It is more common in rural and agricultural areas. In this way, the girls told the villagers how Japanese encephalitis spreads? What should be done to avoid this? And if a person becomes a victim of it, how should he get treatment? Keeping all these questions in mind, the rural girls studying in the college made the villagers aware.



The charts made by the rural girls were very attractive. Thus, under the guidance of Dr. Subhash Meena and Dr. Ved Prakash Rawat, this work was completed, all the guidelines related to Covid-19 were followed in doing this work.





### उन्नत भारत अभियान 2021

**जापानी इन्स्फलाइडिस**

- इसोफ्लाइडिस एक दिनमगो बुखार है।
- ये फ्लू विजायरस के कारण होता है।
- ये मच्छरों से इंसानों में होता है।
- मेज बुखार और स्त्रिटूट है।
- उकान, लान जोक और दूद।

**क्या है इसके लक्षण**

- बुखार
- सर्द
- कंठ
- सिर दर्द
- ज्वर
- कंठ
- सिर दर्द
- ज्वर

एक व्यक्ति को एक मच्छर काटने के बाद एन्सेफलाइटिस का कारण बन सकता है।

एक व्यक्ति को एक मच्छर काटने के बाद एन्सेफलाइटिस का कारण बन सकता है।

**जापानी बुखार से क्या बचाव और उपचार :**

- कच्चे का इन्स्फलाइडिस टीकाकरण जरूर करवाना है।
- छरों को प्रासपास सफाई रखें।
- मच्छरों से बचाव करें।
- टोल नोटार और सफाई करें।
- साफ पानी पीएं।

**तथा है जापानी बुखार**

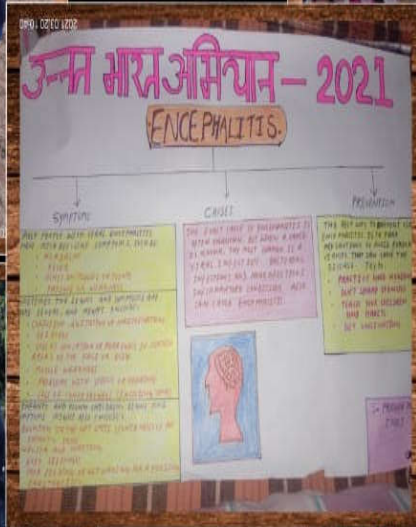
एक व्यक्ति को एक मच्छर काटने के बाद एन्सेफलाइटिस का कारण बन सकता है।

“वक्र पे टीकाकरण और उचित सफाई, जापानी इन्स्फलाइडिस को रूद दबाई।”

“स्वच्छता, सफाई और पोषण का रखे ध्यान, कसों के जीवन का ता हो मुकसान।”

“सफाई से प्यार, दूर रखे जापानी बुखार।”



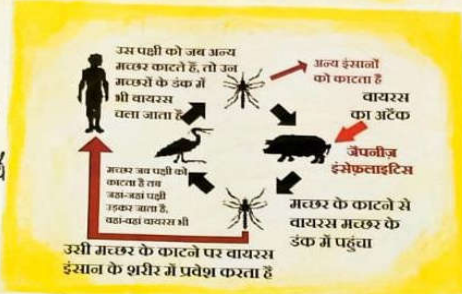




# उन्नत भारत अभियान 2021

## जापानी इन्सेफलाइटिस

1. इन्सेफलाइटिस एक दिमागी बुखार है।
2. ये फ्लू वि वायरस के कारण होता है।
3. ये मच्छरों से इंसानों में होता है।
4. तेज बुखार और सिरदर्द।
5. थकान, लाल आँखें और दर्द।



## जापानी बुखार से बचाव और उपचार :

1. बच्चों का इन्सेफलाइटिस टीकाकरण जरूर करवाना।
2. घरों को ब्रासपास सफाई रखें।
3. मच्छरों से बचाव करें।
4. रोज नहाएँ और सफाई रखें।
5. साफ पानी पियें।



“ वक्त पे टीकाकरण और उचित सफाई, जापानी इन्सेफलाइटिस की यह दवाई।”

“ स्वच्छता, सफाई और पोषण का रखे ध्यान, बच्चों के जीवन का ना हो नुकसान।”

“सफाई से घ्यार, दूर रखे जापानी बुखार।”



\*\*\*\*\*



**MAY- 2021**

**COVID-19 LOCKDOWN PHASE**

**International Nurses Day**

Dr. Subhash Meena (UBA-PI Coordinator, Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and Co-Coordinator - Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) under the Unnat Bharat Abhiyan organized a program on **Wednesday 12-05-2021**, under the campaign “**Vishwas Jeetega Corona Se Jung**” on the **International Nurses Day**, in collaboration with the villagers and with the help of girl students studying in the college from adopted villages Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively. In this program various girl students of five adopted villages participated in different ways. The main purpose of organizing this day was to develop sense of service and respect towards medical professionals among all the villagers.

Inaugurating the program, Dr. Ved Prakash Rawat while addressing all the students said that today we all have gathered to celebrate this important day through online medium as we all know that **International Nurses Day** is celebrated on the birthday of **Florence Nightingale** and is also famous as Lady with the Lamp. The day is celebrated to honor the birth anniversary of Florence Nightingale and to thank the nurses for their tireless efforts and contributions. In this sequence, he also said that all of you girls can easily introduce their service at this time, so on the occasion of this auspicious day, all of you should take a pledge that you are as old as the village and whose age is more than 45 years, let's help them in vaccination, and make them aware about



vaccination only then our Unnat Bharat Abhiyan will be successful and we can save ourselves and others from horrific infections like Covid-19. The students had created some charts and posters related to the Covid-19 vaccination, through which they sensitized the villagers to get vaccinated and to avoid infection with corona viruses.

In the next phase of the program, Coordinator of Unnat Bharat Abhiyan Dr. Subhash Meena once again clarified to the students about the Unnat Bharat Abhiyan and made them resolve that all of you students in this difficult time can really work for the UBA. You can do it and when you girls are ready to do this work, then the truly Inclusive India will definitely be successful, so all of you should try tirelessly as much as possible but at the same time keeping yourself safe, and the women of the village whose age is 18 or more than eighteen, make them aware about vaccinations.


In this way, various girl students also sensitized the villagers for the Covid-19 vaccination through the chart they created. This work was done under the direction of Dr. Subhash Meena and Dr. Ved Prakash Rawat. All the rules related to Covid-19 were followed in doing this work.

**News Link:** अंतरराष्ट्रीय नर्स दिवस : वसंत महिला महाविद्यालय की छात्राओं ने ग्रामीणों को वैक्सीनेशन के लिए किया जागरूक


<https://livevns.news/varanasi/on-the-occasion-of-international-nurses-day-the-girl/cid2966468.htm>







Vasanta College for Women  
Admitted to the Privileges of Banaras Hindu University  
Krishnamurti Foundation India, Rajghat Fort, Varanasi-221001  
वसन्त महिला महाविद्यालय  
काशी हिन्दू विश्वविद्यालय के विशेषाधिकार के अन्तर्गत  
कृष्णमूर्ति फाउण्डेशन इण्डिया, राजघाट फोर्ट, वाराणसी-221001




## UNNAT BHARAT ABHIYAN

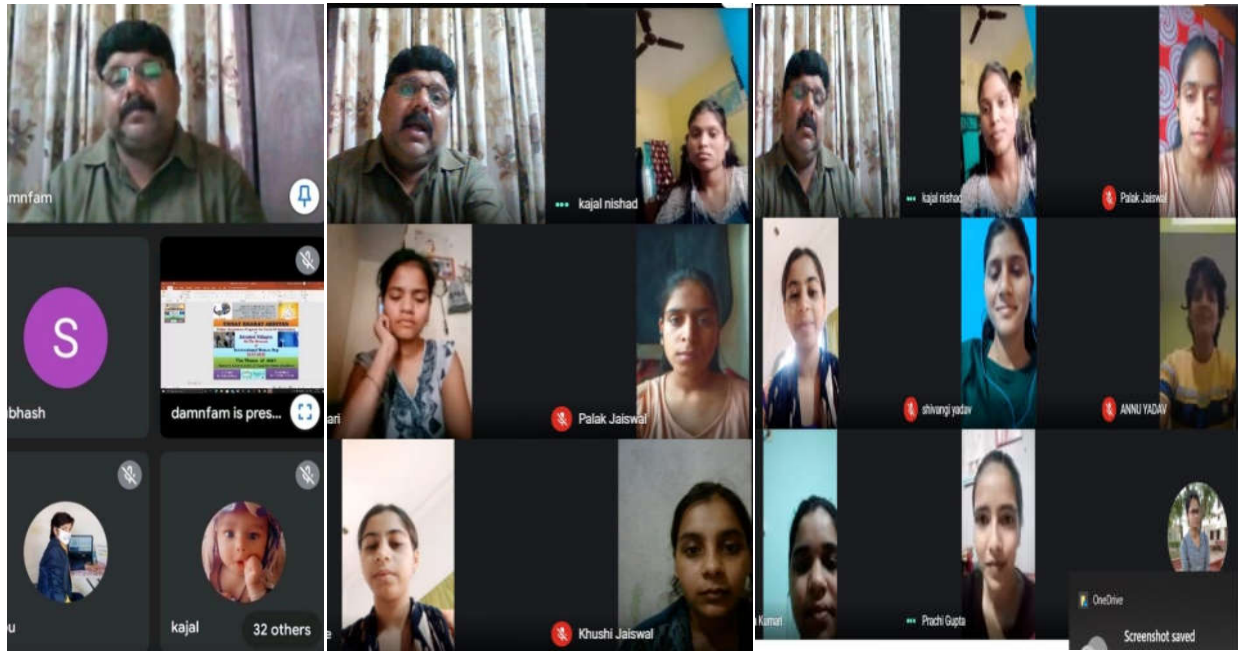
**Online Awareness Program for Covid-19 Vaccination**  
for  
**Adopted Villages**  
On The Occasion  
of  
**International Nurses Day**  
**12-05-2021**

**The Theme of 2021**  
*Nurses: A Voice to Lead - A Vision For Future Healthcare*

Coordinator  
**Dr. Subhash Meena**

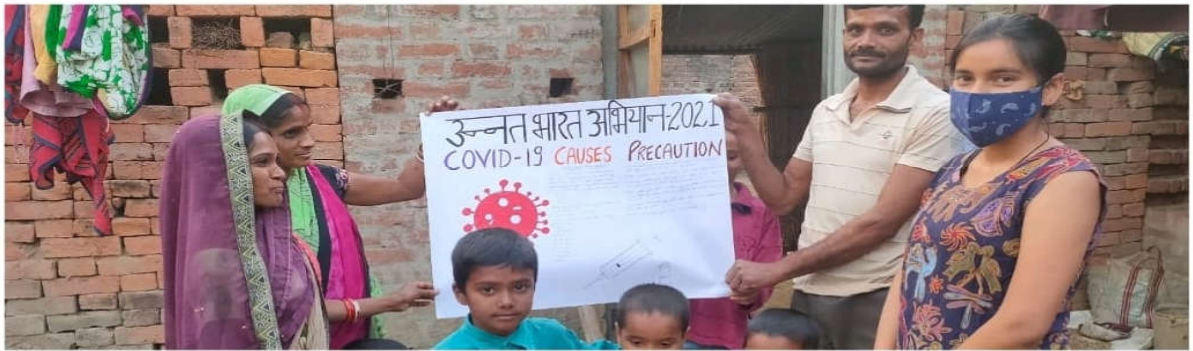
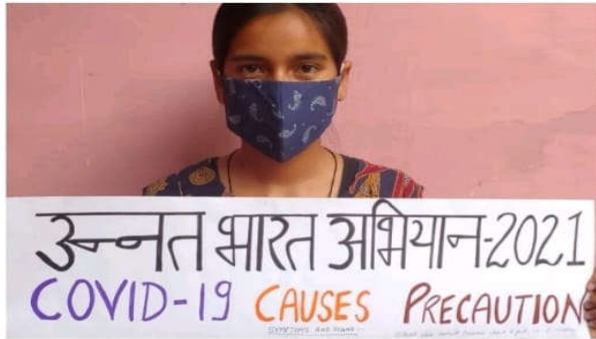


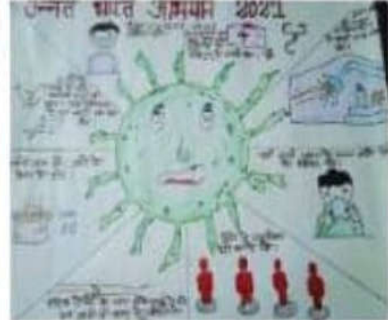
Co-coordinator  
**Dr. Ved Prakash Rawat**





2021.03.19 17:13







**उन्नत भारत अभियान 2021**

**कैसे फैलता है?**

- इंसानों के जानबूझ संपर्क में आने पर
- खांसने, छींकने, हाथ मिलाने से

**कहाँ से आया वायरस ?**

- चीन के बुडान में पहला केस

**WHO की सलाह**

- हाथ धोए
- मांस खाने से बचें
- खाँसते या छींकते वक़्त मँह को ढक ले
- 2 गज की दूरी बनाये रखें
- मास्क लगाए

**इलाज संभव है ?**

- कोरोना की वैक्सीन

**क्या है कोरोना वायरस ?**

- 1) नाक बंदना
- 2) कर्फ और खाँसी
- 3) हल्ले में दर्द
- 4) फिर दर्द
- 5) कई दिनों तक रहने वाला दुख्खार
- 6) निश्चिन्ता
- 7) दीर्घ आना
- 8) आलस्य व कमजोरी

→ मह वायरस पशुओं में पाया जाता है, पशु से इंसान में फैलने वाला नया वायरस है।





## World No Tobacco Day

Dated **31-05-2021**, on **Monday**, under the aegis of Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi, its coordinator- Dr. Subhash Meena (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat) and Co-Coordinator- Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) under the campaign “**Vishwas Jeetega Corona Se Jung**” through the slogan “**गुटखा खाकर पान चबाकर बढ़ाना चाहते मान, कैंसर होगा बीमारी बढ़ेगी चली जाएगी जान**” with the help of girl students from adopted villages studying in the college and in association with the villagers organized a program on **World No Tobacco Day**.

Initiating the program, **Dr. Ved Prakash Rawat** while addressing all the students said that today on the occasion of **World No Tobacco Day**, we all together take an oath that we will neither smoke ourselves nor will anyone else do it, if someone else If the person smokes, then tell him about the disadvantages of smoking and try to motivate him to quit smoking.

In the next phase of the program, **Dr. Subhash Meena**, the coordinator of Unnat Bharat Abhiyan once again clarified about the Unnat Bharat Abhiyan to the girls and made them resolve that all of you students are witnessing themselves in the present time that we are all facing a terrible epidemic and this pandemic has caused immense destruction to humanity, in which many people have lost their lives, so why not all of us give up the addiction of smoking and save people from the untimely and premature death caused by it. So neither we ourselves will smoke,



nor will we allow others to do so. In the next phase of the program, **Dr. Rajesh Kumar Chaudhary** (Assistant Professor, Hindi Department, Vasanta College for Women, Rajghat, Varanasi) while addressing the rural girl students said that I want to give this message to the villagers especially women on this day with the help of own self that they should also not consume tobacco because nowadays rural women are also consuming tobacco excessively, so you should make them aware and motivate them not to do this work. Various students had written very meaningful slogans and made attractive charts, the girls made the villagers aware through the charts made by them. This work was completed under the direction of Dr. Subhash Meena and Dr. Ved Prakash Rawat and Dr. Rajesh Kumar Choudhary. In doing this work, all the rules related to Covid-19 were followed.



Vasanta College for Women  
Admitted to the Privileges of Banarās Hindu University  
Krishnamurti Foundation India, Rajghat Fort, Varanasi-221001  
**वसन्त महिला महाविद्यालय**  
काशी हिन्दू विश्वविद्यालय के विशेषाधिकार के अन्तर्गत  
कृष्णमूर्ति फाउण्डेशन इण्डिया, राजघाट फोर्ट, वाराणसी-221001



## उन्नत भारत अभियान

**पान पत्ती छोड़कर  
खाओ सब अनार,  
उम्र बढ़ाने का सपना  
कर लेना साकार!**

**विश्व तंबाकू निषेध दिवस**  
World No Tobacco Day  
31-05-2021  
के अवसर पर  
**ऑनलाइन जागरूकता कार्यक्रम**

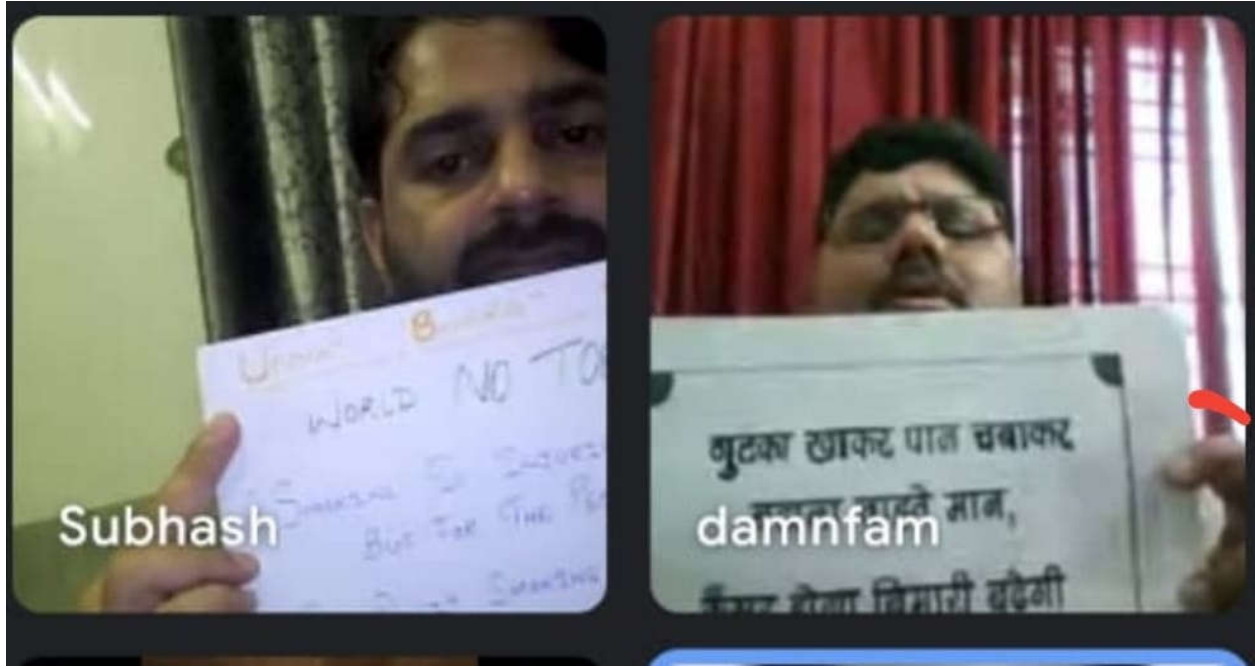


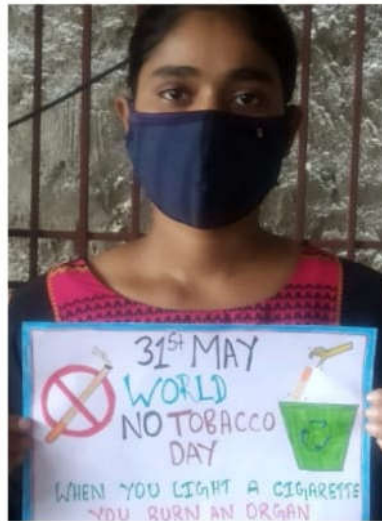
“आओ मिलकर यह ऐलान  
करें तम्बाकू का खुले रूप से  
बहिष्कार करें।”

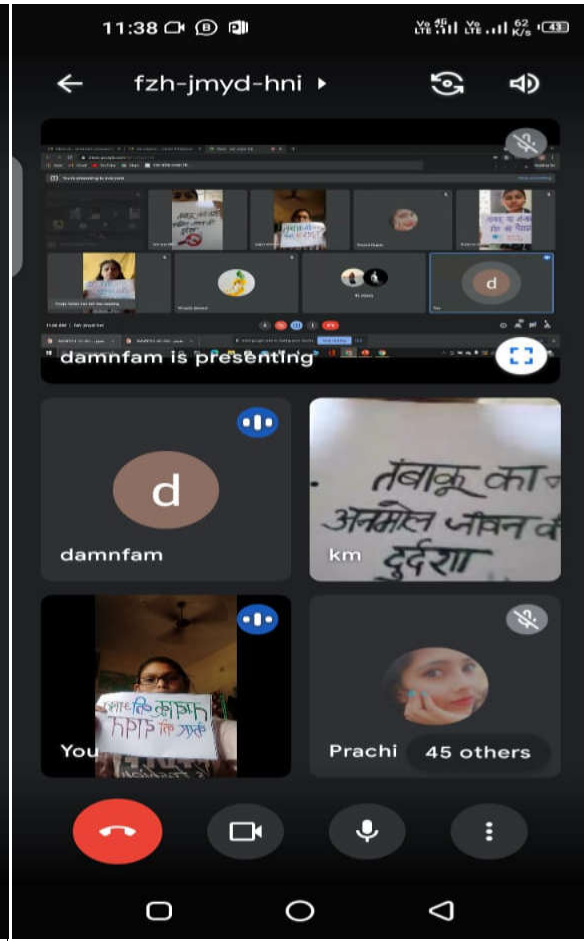
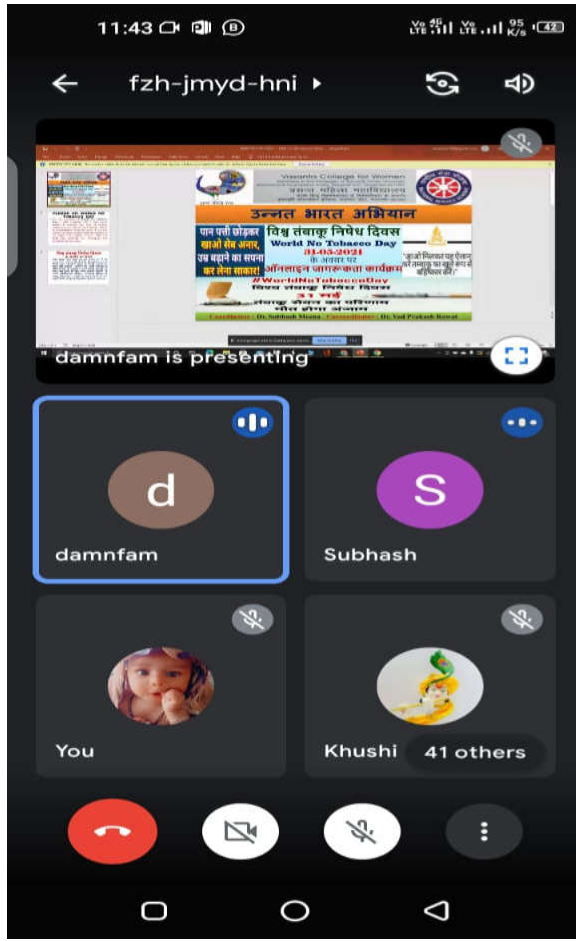
**#WorldNoTobaccoDay**  
**विश्व तंबाकू निषेध दिवस**  
**31 मई**  
**तंबाकू सेवन का परिणाम**  
**मौत होगा अंजाम**

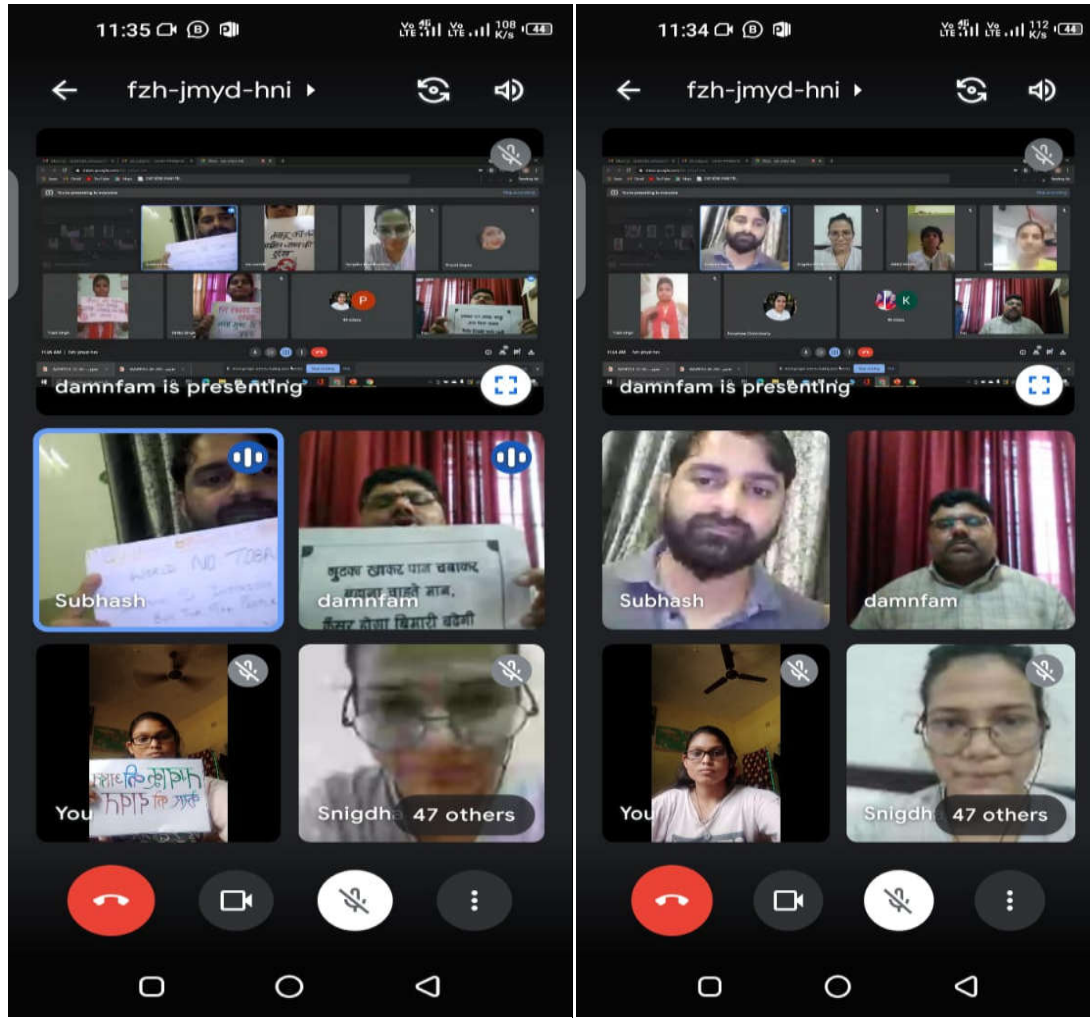
**Coordinator : Dr. Subhash Meena    Cocoordinator : Dr. Ved Prakash Rawat**











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**JUNE- 2021**

**World Environment Day**

Dated **05-06-2021**, on **Saturday**, under the aegis of Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi, its coordinator- Dr. Subhash Meena (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat) and Co-Coordinator- Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) under the campaign “**Vishwas Jeetega Corona Se Jung**” with the help of girl students from adopted villages studying in the college and in association with the villagers organized a program on **World Environment Day**.

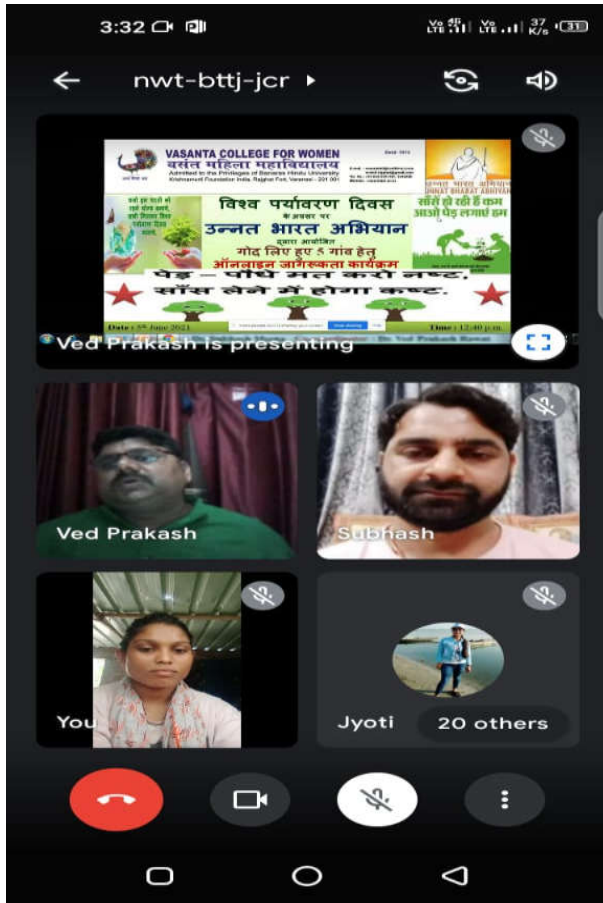
Initiating the program, Dr. Ved Prakash Rawat while addressing all the students said that today we all together take this oath on the occasion of **World Environment Day** that we will get one sapling planted by all the members of our family and that Until the plant becomes a tree, it will continue to serve it, that is, while taking care of it, we will definitely pour water into it.

In the next phase of the program, Dr. Subhash Meena, Coordinator of Unnat Bharat Abhiyan while addressing to the girl students said that as we all know 5 villages have been adopted by our college and we are all trying and ready for the development of these villages, but at present the situation is not such that we all go to the village and do any kind of awareness program or other program, so it is not that the five villages we are associated with think about them, I want to say to all of you through this platform that wherever you are, in whatever area, in whichever village you are, do as much effort as you can to purify your environment. And inspire



others to clean the environment with your work. Under this program Kajal Nishad, Amrita and Jyoti also recited poetry on environment. On the occasion of this auspicious day, various students along with the villagers made beautiful charts in which they gave the message of love for nature and inspired them to plant more trees. In this program, about 84 girl students had given their participation under the direction of Dr. Ved Prakash Rawat and Dr. Subhash Meena. All the rules related to Covid-19 were followed in doing this work. Some photos related to the program are attached.







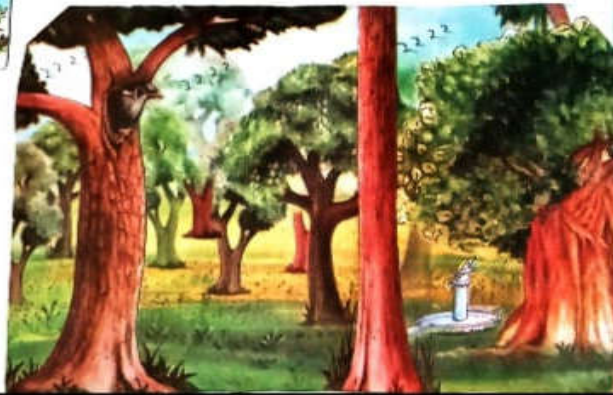
# उन्नत भारत अभियान

## World Environment Day

5/06/2021



“साँसें हो रही हैं कम  
आओ पेड़ लगाएं हम”







## International Yoga Day

Under the Unnat Bharat Abhiyan directed by Hon'ble Prime Minister Shri Narendra Modi on **Monday, 21-06-2021**, its coordinator- Dr. Subhash Meena (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi) and Co-Coordinator- Dr. Ved Prakash Rawat (Assistant Professor, Department of Psychology, Vasanta College for Women, Rajghat, Varanasi), five villages adopted by the college and the campaign run under the Unnat Bharat Abhiyan “**Vishwas Jeetega Corona Se Jung**” on **International Yoga Day** organized a program with the help of Google Meet platform in association with the students studying in the college from adopted villages and villagers from Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively.

Initiating the program, **Dr. Ved Prakash Rawat** while addressing all the students said that today we all together take this oath on the occasion of International Yoga Day that we all will inspire all the members of our family to do yoga and I will also try to bring it into my lifestyle.

Key speaker **Dr. Vibha Joshi** (Associate Professor, Department of Economics, Vasanta College for Women, Rajghat, Varanasi) while addressing all the people associated with Unnat Bharat Abhiyan said that we must include yoga in our daily routine, if we give it to soul or consciousness by feeling it, it will keep us free from disease and our mental and physical health will be fine.



In the next phase of the program, **Dr. Subhash Meena**, the coordinator of Unnat Bharat Abhiyan, explained the importance of yoga to the students and villagers, that if we adopt yoga in the right way in our life and keep doing all the asanas related to yoga, so we will be saved from various diseases.

Villagers of 5 adopted villages in this program adopted different postures of yoga and also sent their pictures while doing various asanas. Simultaneously, slogans and slogans related to yoga were displayed through various pictures of the villagers, and efforts were made to make the villagers aware. Under this program, a distinguished villager gathered various children and told them the importance of yoga and also told them to do some yoga postures.

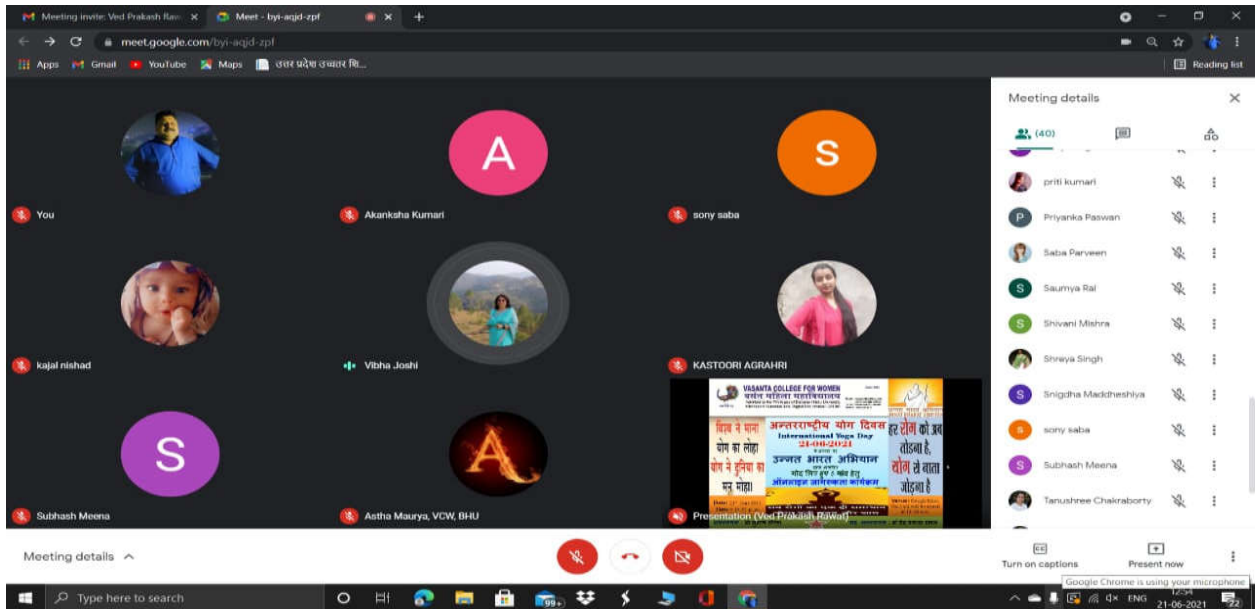
About 42 girl students and 30 villagers participated in this program under the guidance of **Dr. Kalpana Agarwal, Dr. Parveen Sultana, Dr. Ved Prakash Rawat and Dr. Subhash Meena**. Apart from this program, the number of girl students of the college who are associated with Unnat Bharat Abhiyan was about six hundred (600). It was difficult to collect all these girl students on a single platform, so on the occasion of International Yoga Day, various tasks were given to these girl students under Unnat Bharat Abhiyan such as slogans, short remarks related to yoga, benefits of yoga, posters, The task of videos, different postures of yoga etc. was given. For which the first, second and third prizes were also announced. Along with this, certificates were also given for 10 commendable works. On the occasion of this Yoga Day, various girl students of the village, rural residents and college students gave their participation with great enthusiasm. In this way the program of International Yoga Day was successfully organized, in doing this

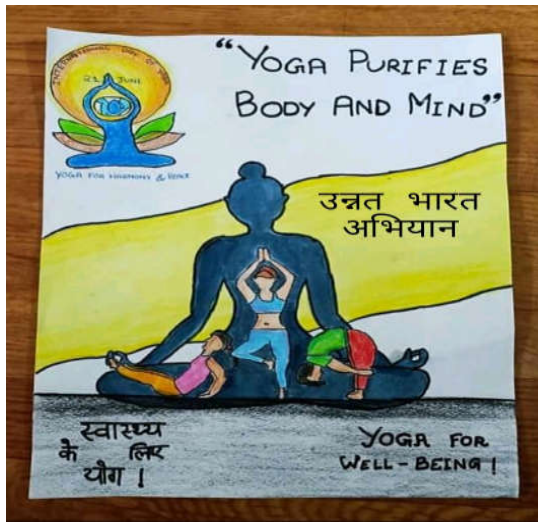


work all the rules related to Covid-19 were followed. Some photos related to the program are attached.

 <p><b>VASANTA COLLEGE FOR WOMEN</b> <b>वसंत महिला महाविद्यालय</b> Admitted to the Privileges of Banaras Hindu University Krishnamurti Foundation India, Rajghat Fort, Varanasi - 221 001</p>	<p>Estd: 1913</p> <p>E-mail : <a href="mailto:vasantakfi@rediffmail.com">vasantakfi@rediffmail.com</a> <a href="mailto:vcwktf.rajghat@gmail.com">vcwktf.rajghat@gmail.com</a> Tel. No.: +91-542-2441187, 2440408 Website : <a href="http://vasantakfi.ac.in">vasantakfi.ac.in</a></p>	 <p><b>उन्नत भारत अभियान</b> UNNAT BHARAT ABHIYAN</p>
<p><b>विश्व ने माना</b> <b>योग का लोहा</b> <b>योग ने दुनिया का</b> <b>मन मोहा।</b></p>	<p><b>अन्तरराष्ट्रीय योग दिवस</b> International Yoga Day <b>21-06-2021</b> के अवसर पर <b>उन्नत भारत अभियान</b> द्वारा आयोजित गोद लिए हुए 5 गांव हेतु <b>ऑनलाइन जागरूकता कार्यक्रम</b></p>	<p><b>हर रोग को अब</b> <b>तोड़ना है,</b> <b>योग से नाता</b> <b>जोड़ना है</b></p>
<p><b>Date:</b> 21<sup>st</sup> June 2021 <b>Time :</b> 12:30 p.m.</p>	 <p><b>सब रोगों का एक ही समाधान</b> <b>योगा करो सुबह और शाम</b></p>	<p><b>Venue :</b> Google Meet, The Link will be shared at 12: 20 a.m.</p>
<p><b>समन्वयक : डॉ सुभाष मीणा</b></p>		<p><b>सह समन्वयक : डॉ वेद प्रकाश रावत</b></p>







Vrikshasana




## उन्नत भारत अभियान




Vrikshasana (Sanskrit: वृक्षासन; IAST: vrkṣāsana) or Tree Pose is a balancing asana. It is one of the very few standing poses in medieval hatha yoga, and remains popular in modern yoga as exercise.




Sreshtha singh  
B.A social science  
honours- political  
science (4th semester)  
19239po040



## उन्नत भारत अभियान






**International  
Yaga  
Day  
2021**

**Name - Arpana Patel**  
**Course - B.A. (Hons.) Social Science**  
**Semester - IV**  
**Contact No.-9235650115**



  
**उन्नत भारत अभियान**  
**UNNAT BHARAT ABHIYAN**

चलो -चले योग करने हम  
 स्वस्थ रहेगा की और -ले रहे।  
 जग मे तो रहे हैं अभी पहचान  
 पर हमने तेरा पहिचान है अपना प्रान।  
 आओ -दले प्रयास करे हम  
 दिनचर्या मे शामिल करने का आवास करे हम।  
 दुनिया को है अब जागरूक करना  
 ई-साभिधान का है धर्म निधान।  
 रहे विरोध दुनिया मे कभी  
 योग करे लो रोज कभी।




संघिका रात्र  
 २०२०२०४, दुबोर्गाविकर  
 20437E(C) 028

Name -  
 Saumya Rai  
 B-A II Sem  
 Roll No - 1923950093

**Unnat Bharat Athiyan**  
 7th  
**International**  
**Yoga Day**

Yoga is a great way to increase your spiritual health and social health. Youth - You're only as young as your spine is flexible.

Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.

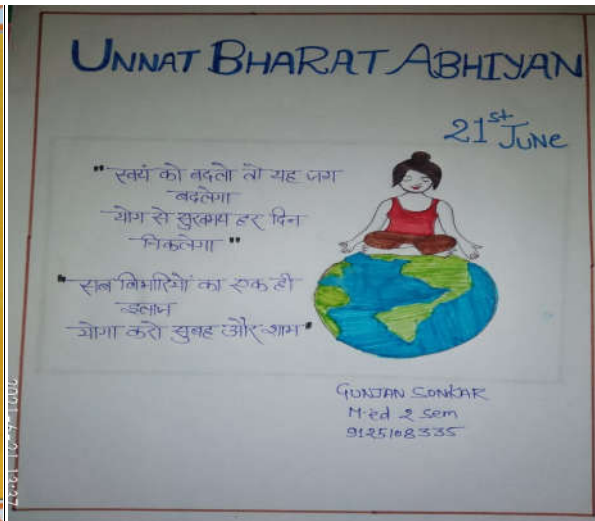
  
  


**उन्नत भारत अभियान**  
**अन्तर्राष्ट्रीय योग दिवस**

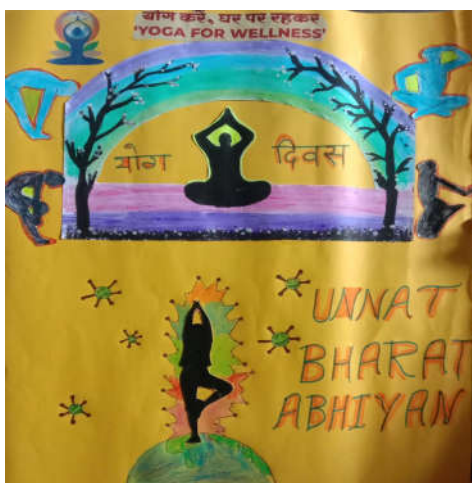
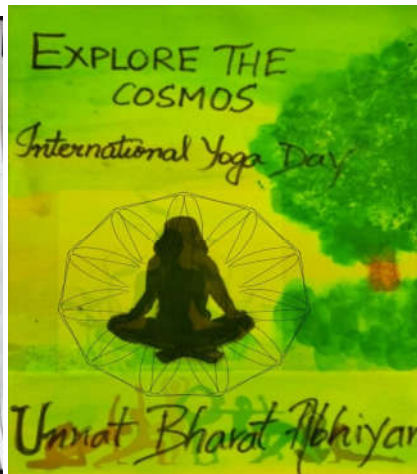
**योग से लाभ**

- \* नियमित योग करने से शरीर के सभी अंग सुचारु रूप से कार्य करते हैं।
- \* योग से मन शान्त रहता है और तनाव व चिंता से दूर रहता है। योग विचार को निर्गमित कर देता है।
- \* योग समूल जीवन जीने के लिए शरीर को सुकारणक बनाता और मानसिक शक्ति देता है।
- \* योग से प्रतिरोधक क्षमता बढ़ती है।
- \* योग से शरणात्मता में वृद्धि होती है।

नाम - दिप्ती पटेल  
 सेमेस्टर - ५  
 नोवाडल - 3125532311









# Unnat Bharat Abhiyan



Dhanurasana



Chakrasana



Trikonasana



Sarvangasana



Bhujangasana



Halasana



Anulom Vilom

International  
Yoga Day

Name - Srishti Madhwani  
Semester- 2nd (B.A 1st year)  
Honours - Sociology  
Phn no. - 6386813510



# Unnat Bharat Abhiyan

## International Yoga Day, 2021

*Theme of 2021 : "Yoga for Well-being"*



**Sahasrara  
universe**



**Vishuddha  
Articulate**



**Svadhithana  
Creativity**



**Ajna  
Intuition**



**Manipura  
Power**



**Anahata  
Love**

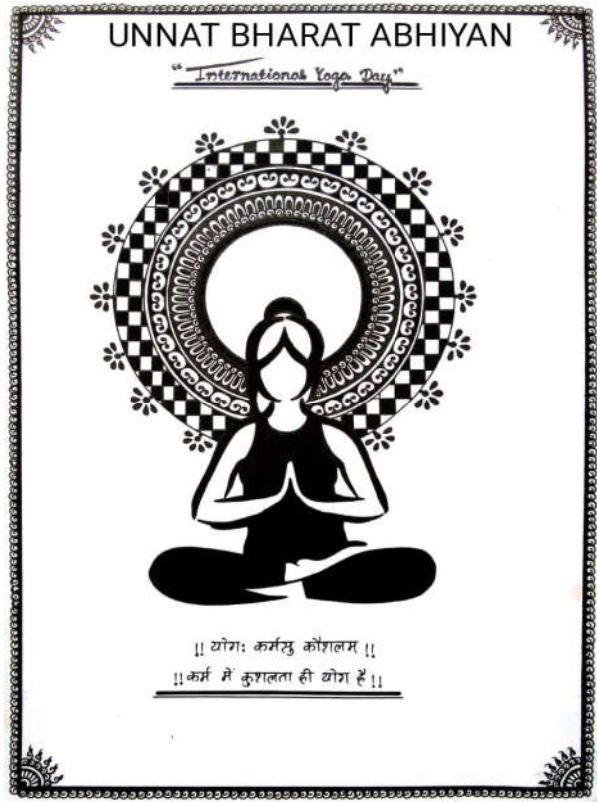
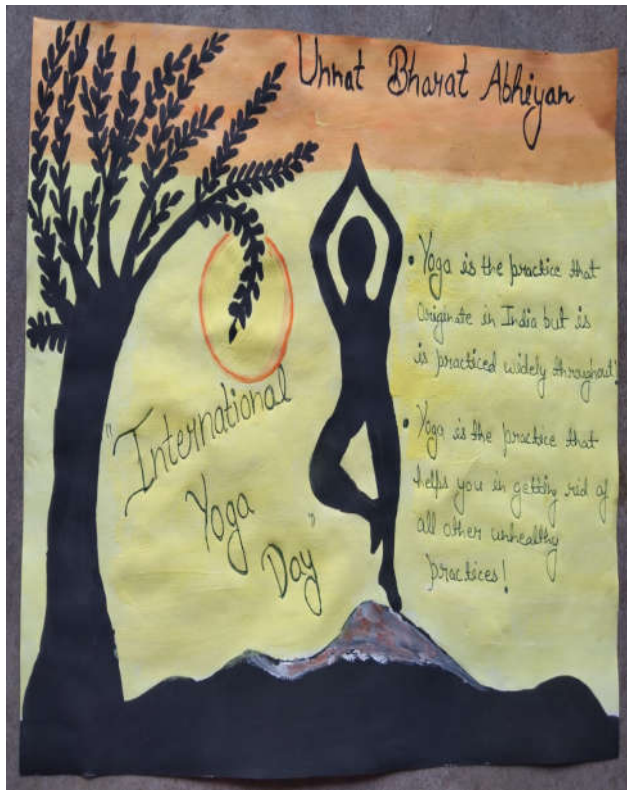


**Muladhara  
Grounding**

**7 chakras**

*"Yoga" a ray of hope during pandemic*

Sunidhi Sharma  
BA (2nd sem)  
Mob. 8204849085





# Unnat Bharat Abhiyan



Name- Antra Mitra  
BA Arts, Semester - 2nd  
Mobile no. - 6204541397



## UNNAT BHARAT ABHIYAN



Natarajasan



vipreet karni asan

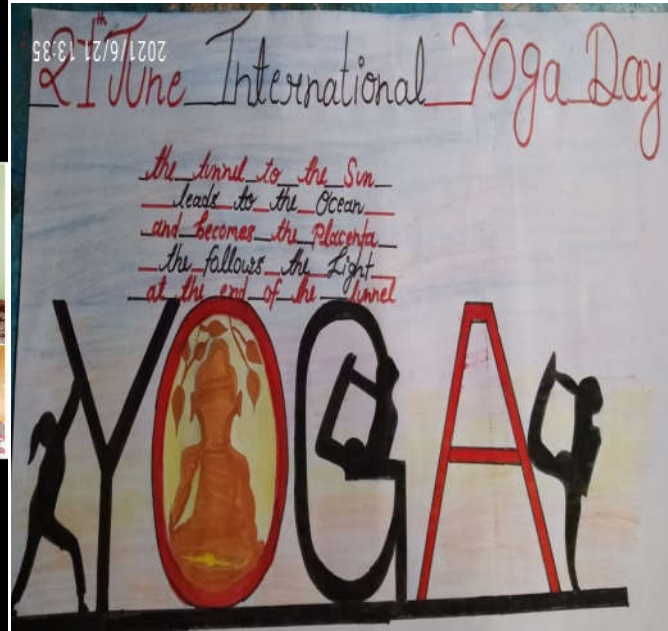


vashishthaasan



vyaghrasan

Name: Sinu Kumari  
M.A.(2nd semester)  
contact  
no:7004811545



## UNNAT BHARAT ABHIYAN



Natarajasana



Karna Pidasana

Name Amrita maurya  
Semester- 2nd (sociology)  
Mo. No- 9120195806



Purna Dhanurasana



Purna chakrasana



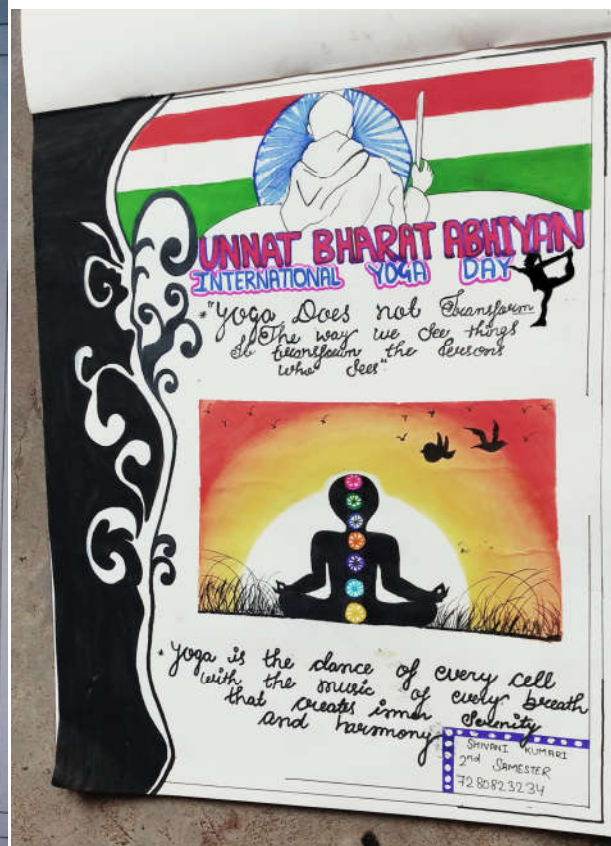
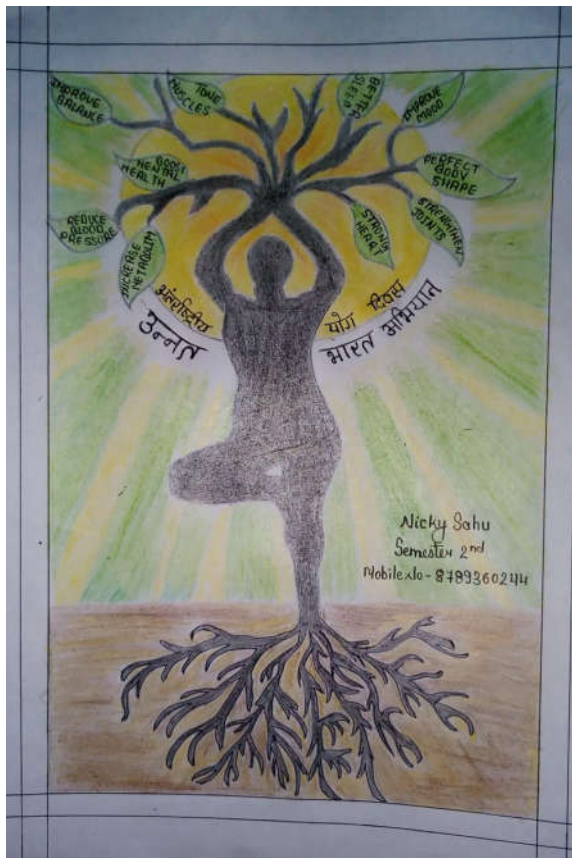
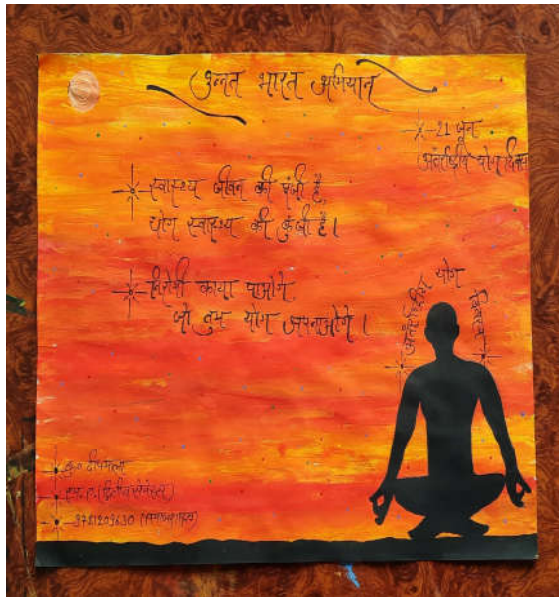
Viparita Karani



Eka Pada Rajakapotasana



Purna Natarajasana





# UNNAT BHARAT ABHIYAN

## अन्तर्राष्ट्रीय योग दिवस

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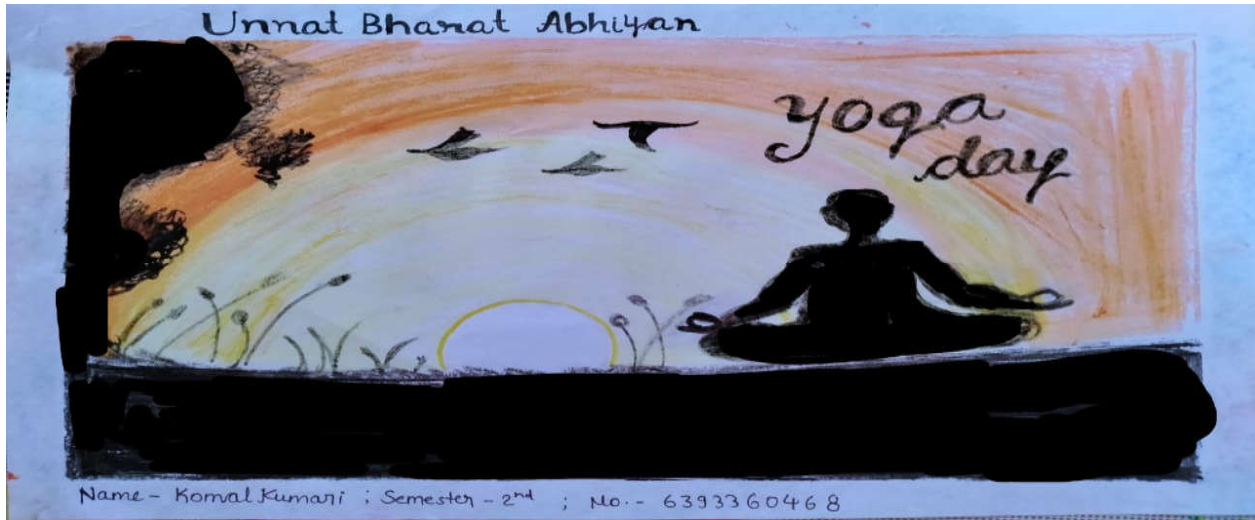
**UNNAT BHARAT ABHIYAN**  
**YOGA BENEFITS**

Improves YOUTH HEALTH BONE	Increase Your Blood flow	Helps better digestion and Immune System	Grounded and Better focus Overall Health	Increase Energy	Less chance of Heart Disease	Better Respiration	Relieves Depression Helps You to Relax
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**INTERNATIONAL YOGA DAY**  
NAME - Rashmi Mani  
B.A. SEMESTER 2ND  
Roll No. 21021212

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Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.



**उन्नत भारत अभियान**

Grounded and Better Focus	Increase Oar Blood flow	Strong Immune System	Increase Metabolism	Helps better digestion	Overall Mental Health	Increase Energy	Increase Flexibility	Less chance of Heart Disease	Improve Our Bone Health	Better Respiration	Release Depression Keep You Calm Helps to Relax
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**INTERNATIONAL YOGA DAY 2021**  
Ph.No-8240627183, Name : Katha Gokosh , M.A. Fourth Semester, Roll No. 19435 GIG R011



**UNNAT BHARAT ABHIYAN  
INTERNATIONAL YOGA DAY  
21st JUNE**

**सब रोगों का अब एक ही समाधान,  
योग करो सुबह और शाम।**

**हर रोग को अब तोड़ना है,  
योग से नाता जोड़ना है।**

**विश्व ने माना योग का लोहा,  
योग ने दुनिया का मन मोहा।**

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