

UNNAT BHARAT ABHIYAN
VASANTA COLLEGE FOR WOMEN
ANNUAL REPORT
2019-2020



उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN



अप्य दीपो भय

SUBMITTED BY
DR. SUBHASH MEENA
UNNAT BHARAT ABHIYAN
PARTICIPATING INSTITUTE (PI) COORDINATORE
VASANTA COLLEGE FOR WOMEN
RAJGHAT, VARANASI



CONTENTS

S.NO.	TITLE	PAGE
1.	Introduction	3
2.	July- 2019	4-5
3.	August- 2019	6-7
4.	September- 2019	8-18
5.	October- 2019	19-27
6.	November- 2019	28-31
7.	December- 2019	32-38
8.	January- 2020	39-49
9.	February- 2020	50-54
10.	March- 2020	55-60
11.	April & May- 2020 (COVID-19 Lockdown Phase)	61-65
12.	June- 2020	66-74



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- 2019

In July-2019, Kotwa and Khalispur villages are visited by Dr. Subhash Meena, UBA PI-Coordinator, Dr. Ved Prakash Rawat, UBA PI- Co-coordinator, Dr. Rajiv Jaiswal, UBA Cell Member, Mr. Shambhu Ji, staff member belong to these village from our college to inform the Gram Panchayat members and officials about selection of the college as a Participating Institute under Unnat Bharat Abhiyan and to request their cooperation for the implantation of the scheme in the villages. On **30th July 2019**, **Khalispur village** was visited by the team and they met the Gram Pradhan, Sahayak Gram Pradhan and officials at the Gram Panchayat and explained about the Unnat Bharat Abhiyan scheme. During the discussions held at Khalispur village with the Gram Pradhan UBA team came across with many issues, related to their daily challenges and so as the potentials for development of the village. Team conducted village survey with Gram Pradhan. On the next day i.e. **31st July 2019**, UBA Team visit **Kotwa village** to meet Gram Pradhan and officials at the Gram Panchayat. After explaining the Unnat Bharat Abhiyan Scheme, team conducted village survey and collect all information related to village. UBA Team also informs that after this village survey our whole team of UBA Cell will visit next month to collect the important household informations through Household Survey.



Khalispur Village Survey



Kotwa Village Survey





AUGUST- 2019

In August-2019, Rajapur (02nd August 2019), Dinapur (03rd August 2019) and Sarai Mohana (08th August 2019), villages are visited by UBA Team to inform the Gram Panchayat members and officials about selection of the college as a Participating Institute under Unnat Bharat Abhiyan and to request their cooperation for the implantation of the scheme in the villages. During this visit UBA Team conduct village survey and collect data from Gram Pradhan of respective villages. In this month UBA PI-Coordinator **Dr. Subhash Meena** also participates in **Tech4Seva** held at **IIT Delhi** from **10/08/2019 to 12/08/2019**. He attend many technical sessions in three days which are relevant to adopted villages and have interactive session with Prof. Virendra K. Vijay, National Coordinator, UBA, IIT Delhi and gain knowledge regarding various technologies which are very useful for these villages for better development.

Rajapur Village Survey



Dinapur Village Survey



Sarai Mohana Village Survey





Dr. Subhash Meena interactive session with Prof. Virendra K. Vijay, National Coordinator, UBA, IIT Delhi at Tech4Seva





SEPTEMBER- 2019

In September 2019, the coordinator constitutes a team including five units of NSS of college under UBA Cell. **Orientation Programme** was organized and conducted **09th September 2019**, by UBA PI- Coordinator Dr. Subhash Meena for all UBA Cell members along with students. This programme helps all the members to understand the work to be done under UBA Cell. Coordinator also informs about household survey at each village level by respective teams and provides all materials related to survey.





On 12th September 2019, the Team- A including one NSS Unit with incharge Dr. Kalpana Agarwal and two faculty members Dr. Meenakshi Biswal, Dr. Manisha Mishra and six supporting staff of college along with 100 students visit the Sarai Mohana village. As a logistic three buses are provided by the college to reach the village. All the team members reached there at 11:00 am and start their work till 5:00pm. Whole team members including Faculty members meet Gram Pradhan and Panchayat members and after this they divided in many sub-groups to cover the whole village for village survey. While conducting village survey whole team also create awareness regarding different government schemes and providing cloth and paper bags to make plastic free environment. All students after collecting polythenes and plastic bags from villagers then they provide paper/cloth bags to all of them.



व कई सड़कों पर जलजमाव की वजह से चलना दुभर हो गया।

वालेंटियर्स ने 'उन्नत भारत अभियान' को चढ़ाया परवान

एवरेस्ट

सराय मुहाना गांव में प्लान्टिक से होने वाले नुकसान की दी जानकारी बीईटी/बाराणसी

राजघाट स्थित सर्वत महिला महाविद्यालय राष्ट्रीय सेवा योजना की स्वयंसेविकाओं ने 'उन्नत भारत अभियान' के तहत प्लान्टिक का उपयोग नहीं करने का आवाहन किया है। कार्यक्रम अधिकारी डॉ. कल्पना अग्रवाल, डॉ. मनीषा मिश्रा और डॉ. मीनाक्षी बिस्वाल के साथ ग्रामपंचायत के वालेंटियर्स बर से सराय मुहाना गांव में पहुंची। शिक्षिकाओं के निर्देशन में छात्राओं के विभिन्न समूह बनाए गए और उनका एक समूह नेता नियुक्त किया गया। इस दौरान प्लान्टिक से होने वाले नुकसान के बारे में ग्रामीणों को बताया गया। स्वयंसेविकाओं ने करीब 106 घरों में कपड़े के 5-5 सेले दिए। इस दौरान ग्रामीणों को होने वाले दिक्कत की जानकारी भी दी गई। पहले



सराय मुहाना गांव में प्लान्टिक उपयोग बंद करने का आवाहन करतीं सर्वत महिला कॉलेज की पम्परेटरएस स्वयंसेविकाएं

से ही निर्मित सर्वेक्षण ग्रामीणों की सहायता से ग्रामीणों से सर्वेक्षण ग्रामपंचायत में दिए गए प्रश्न पूछे गए और उनका जवाब जाना। सर्वेक्षण प्रपत्र में जिन प्रश्नों का छात्राओं को समाधान में परेशानी हुई उन्होंने अपने-अपने समूह नेता से पूछा और जवाबत होने पर शिक्षिकाओं से भी सहायक साधन। ग्रामपंचायत में दिए गए सभी प्रश्नों का उत्तर हासिल करने के बाद छात्राओं ने ग्रामीण परिवारों से उनकी तीन समस्याओं को पूछा तथा उनको उस सर्वेक्षण प्रपत्र पर डींगित किया।

एवरेस्ट

'बाबू जी' ने दिलाई बनाएस को विशिष्ट पहचान





News Link:- <https://www.varanasinews.today/varanasi-news/vasant-college-students-launched-awareness-campaign-on-plastic/>

On 13th September 2019, the Team- E including one NSS Unit with incharge Dr. Ved Prakash Rawat (UBA PI Co-coordinator) and three faculty members Dr. Vibha Joshi, Dr. Shweta, Dr. Ranjan Bhattacharya and six supporting staff of college along with 100 students visit the Dinapur village. As a logistic three buses are provided by the college to reach the village. All the team members reached there at 10:30 am and start their work till 5:00pm. Whole team members including Faculty members meet Gram Pradhan and Panchayat members and after this they divided in many sub-groups to cover the whole village for village survey. While conducting village survey whole team also create awareness regarding different government schemes and providing cloth and paper bags to make plastic free environment. All students after collecting polythenes and plastic bags from villagers then they provide paper/cloth bags to all of them.



PIONEER NEWS PAPER PAGE-2
15/09/2019





Date of 16th September 2019 under the **Unnat Bharat Abhiyan**, Vasanta College for Women, Rajghat, Varanasi, jointly by the volunteers of the National Service Scheme, conducted village survey, survey of work related to plastic prohibition and nutrition month in **Kotwa village** block Chiraigaon Unit done under the direction of the **Team-B** incharge, **Dr. Parveen Sultana** including two faculty members **Dr. Vibha Singh**, **Dr. Laique Ahmad** and six supporting staff of college and about 100 girl students were upgraded by College Bus at 10:00 am in about 800 houses in Kotwa village. First, Parveen Sultana divided her girl students into major groups. The main purpose of forming the group was to go in all the four directions of the Kotwa village and establish contact with each of the village residents. After that, the students made the villagers aware of the use of plastic and each volunteer gave five bags of clothes to each house and a 1 kg plastic back rule from each household, healthy food plate, balanced diet, nutritious food, chart on topics on healthy life etc. rural women were made aware by team members.

On the same day **Alumni Association** of Vasanta College for Women, visited Kotwa and Saray Mohana village for awareness campaign to make the society plastic free. Campaign was initiated under Unnat Bharat Abhiyan. It was a great experience interacting with the people and explaining them about the hazardous impact of plastic.



On 17th September 2019, the Team- D including one NSS Unit with incharge Dr. Rajesh Choudhary and Principal Prof. Alka Singh, faculty members Dr. Rajiv Jaiswal, Dr. Brihaspati Bhattacharya, Ms. Priyanka, Ms. Swati Pandey and six supporting staff of college and around 100 girl students were taken by the college bus to **Rajapur village** at 11:00 am where the residents were contacted in connection with the plastic-free campaign and the volunteers also carried out the survey of the village. Whole team members including Faculty members meet Gram Pradhan and Panchayat members and after this they divided in many sub-groups to cover the whole village for village survey. The survey on plastic prohibition and objectivity and prospects of the village was carried out. The 13 groups (about 8 students in each



group) along with their group chiefs made the villagers aware of not using plastic and each volunteer volunteered to withdraw the discarded plastic bags from each house, giving them bags of clothes. Along with this, they were also informed about various government schemes and were also made aware of sending children to school. Under Shiksha Jagaran, the primary school of the village was also surveyed and talks were held with the teachers there and the volunteers also had a conversation with the children.

In Rajapur village block Chiraigaon, many problems of people came up during the interaction with people -

- (1) The villagers are not getting the full benefits of government schemes
- (2) The village is completely on the banks of the Ganges river, due to which, every year there is flooding even if there is a slight flood and the cultivable land is submerged in water which causes a lot of damage.
- (3) The sewer facility is either not available or is unsatisfactory.
- (4) All the beneficiaries of Pradhan Mantri Awas Yojana have not received the benefit of the scheme.
- (5) There is a large number of unemployed youth here. Therefore, the village head suggested that a skill development centre should be established.



On 24th September 2019, Survey on plastic prohibition and survey on the status and prospects of the village was carried out in **Khalispur village block Chiraigaon** under the **Unnat Bharat Abhiyan** under the aegis of volunteers of National Service Scheme Unit of Vasanta College for Women, Rajghat, Varanasi. About 100 students along with **Dr. Brihaspati Bhattacharya, Dr. Swati Pandey** and **Ms. Jyoti** were taken by college bus to **Khalispur** village at 11:00 am under the direction of **Team-C** incharge **Dr. Mohammad Akhtar** where residents in reference to plastic free campaign. Contact was established with the volunteers and survey of the village was also done by the volunteers. 13 groups (about 8 students in each group), along with their group chief, made the villagers aware of not using plastic. Each volunteer gave away



the forbidden bags of plastic from each house while giving them bags of clothes in each house. Along with this, they were also informed about various government schemes and were also made aware of sending children to school. Under **Shiksha Jagaran**, the primary school of the village was also surveyed and talks were held with the teachers there and the volunteers also had a conversation with the children.

In Khalispur village block Chiraigaon, many problems of people came up during the interaction with people -

- (1) The villagers are not getting the full benefits of government schemes.
- (2) People from backward class do not have private house and those who have it are not sure.
- (3) The sewer facility is either not available or is unsatisfactory.
- (4) All the beneficiaries of Pradhan Mantri Awas Yojana have not received the benefit of the scheme.
- (5) The work of expansion of primary school has been pending for the last six months and incomplete construction work has been looked into.

News Link:- <https://www.varanasinews.today/varanasi-news/vasant-college-girls-reached-khalishpur-village-varanasi/>



8

गूंज उठी रणभेरी

वाराणसी, बुधवार 26 सितंबर 2019



बनारस

इसरो के बाद अब अर्दली बाजार में बन रहा 'चंद्रयान'!

» 100 फीट ऊंचा व 50 फीट चौड़ा होगा भव्य पूजा मण्डप

दरमियों को विद्यालय संभरता

शिक्षक के अभाव में ही प्रभुचर 2019 में संभर विद्यालय पर छात्राओं ने जल संरक्षण के विषय में जागरूकता अभियान चलाया। इस अवसर पर छात्राओं ने जल संरक्षण पर भोजपुरी में नुक्कड़ नाटक का भी मंचन किया।



वाराणसी (वाराणसी)। अर्दली बाजार में भव्य नूतन पूजा मण्डप का निर्माण कार्य चल रहा है। इसका उद्घाटन 2020 में होगा।

खालिसपुर के लोगों ने सीखे पर्यावरण संरक्षण के गुर

» वसंत महिला महाविद्यालय, राजघाट की छात्राओं ने घर-घर जाकर किया जागरूकता



वाराणसी (वाराणसी)। वसंत महिला महाविद्यालय, राजघाट की छात्राओं ने घर-घर जाकर जागरूकता अभियान चलाया। छात्राओं ने लोगों को पर्यावरण संरक्षण के गुर सिखाए।

खालिसपुर के लोगों ने सीखे पर्यावरण संरक्षण के गुर। छात्राओं ने लोगों को पर्यावरण संरक्षण के गुर सिखाए।

नुक्कड़ नाटक से दिया जल संरक्षण का संदेश

वाराणसी | वरिष्ठ संवाददाता

उन्नत भारत अभियान के तहत वसंत महिला महाविद्यालय की छात्राओं ने मंगलवार को भुल्लनपुर गांव में प्लास्टिक से होने वाले नुकसान के बारे में जानकारी दी। जल संरक्षण के विषय में गांव में जागरूकता अभियान चलाया।

वहीं से कपड़े से बने झोली का विपणन किया। इस अवसर पर छात्राओं ने जल संरक्षण पर भोजपुरी में नुक्कड़ नाटक का भी मंचन किया।

कालेज की प्राचार्य प्रो. रचना दुबे ने छात्राओं का उत्साहवर्धन किया तथा सम्पूर्ण कार्यक्रम का निदेशन किया। इस कार्यक्रम का संयोजन उन्नत भारत अभियान की नोडल ऑफिसर डॉ. अरुणा मिश्रा तथा डॉ. अशुभिका सिंह ने किया। इस कार्यक्रम में महाविद्यालय से डॉ. मंजू मेहरोत्रा, एच.डी. दीपिका बरनवाल का सहयोग रहा।

कालेज ने पांच गांव गोद लेने का दावा किया है।

दूसरी ओर वसंत महिला महाविद्यालय, राजघाट की छात्राओं ने उन्नत-भारत-अभियान के अंतर्गत चिरईगांव ब्लाक के खालिसपुर गांव में प्लास्टिक का उपयोग न करने का संदेश दिया। इसी के साथ उन्हें विभिन्न सरकारी योजनाओं के विषय में भी जानकारी दी गयी। बच्चों को स्कूल भेजने के लिए जागरूक किया। डॉ. मोहम्मद अख्तर, डॉ. बृहस्पति

भुल्लनपुर गांव में मंगलवार को स्वच्छता पर नुक्कड़ नाटक के जरिये संदेश देती छात्रा।

सभी विश्वविद्यालयों और कालेजों से उन्नत भारत अभियान के प्रगति की रिपोर्ट मांगी है। मानव संसाधन विकास मंत्रालय का मानना है कि इस अभियान की प्रगति काफी धीमी है।

एनएसएस की छात्राओं ने चिरईगांव ब्लाक का किया भ्रमण, अनेकों खामियां हुई उजागर

प्लास्टिक का प्रयोग न करने को किया जागरूक

वाराणसी (वाराणसी)। वसंत महिला महाविद्यालय द्वारा राष्ट्रीय सेवा योजना की स्वयं सेविकाओं की अग्रुपों में पीएम मोदी द्वारा निर्देशित उन्नत-भारत-अभियान के अंतर्गत चिरईगांव के खालिसपुर में प्लास्टिक निषेध तथा गांव की वसुधैव कुटुम्बकत्व का संदेश दिया। कार्यक्रम अधिकारी डॉ. मोहम्मद अख्तर के निर्देशन में डॉ. बृहस्पति भट्टाचार्य, डॉ. स्वाति पांडेय एवं ज्योति के साथ लगभग 100 छात्राओं का एक दल प्रातः 11:00 बजे खालिसपुर गांव पहुंच कर प्लास्टिक मुक्त अभियान के सन्दर्भ में ग्रामीणों से सर्वांगीण स्थापित किया साथ ही गांव के सर्वेक्षण का भी कार्य भी स्वयंसेविकाओं द्वारा किया गया। इस दौरान ग्रामवासियों को प्लास्टिक का प्रयोग न करने के प्रति जागरूक किया तथा प्रत्येक घर में कपड़े के थैले देते हुए प्लास्टिक को खर्जित धोलाई वापस ली। इसी के साथ उन्हें विभिन्न सरकारी योजनाओं के विषय में भी जानकारी देकर उन्हें जागरूक किया।



भेजने के प्रति भी जागरूक किया। गांव के प्राथमिक विद्यालय का

सर्वेक्षण करते हुए वहां की अर्थसाधिकाओं से बातों की तथा बच्चों के साथ भी स्वयंसेविकाओं ने बातचीत की। इस दौरान गांव में सरकारी योजनाओं का लाभ न मिल पाया, पिछड़े वर्ग के लोगों के पास निजी घर न होना, सीबू को जटिलताओं सहित पीएम आवास योजना का लाभ लाभार्थियों को न मिलना एवं प्राथमिक विद्यालय के विस्तारिकरण का कार्य लंबित होने से छात्रों को पठन-पाठन में असुविधा का सामना जैसे अनेकों जटिलताओं का सामना ग्रामीणों को करना पड़ रहा है।

आपके नगर ओबरा में केक व पैस्ट्री व भव्य शोरूम न्यू ओबरा केक कार्नर

केक	बर्गर
पैस्ट्री	हॉट ड्रॉम
पेटेरीज	बिस्किट
आइसक्रीम	पिज्जा

सभी आइटम हमारे यहां ब्रांड से नहीं बल्कि हमारे अपने ब्रांड में ही बनाए जाते हैं। हमारे पास है -

सर्वोत्कृष्ट क्वालिटी का सामान।
सर्वोत्कृष्ट क्वालिटी का सामान।
सर्वोत्कृष्ट क्वालिटी का सामान।

नुव्दान कॉम्प्लेक्स, सोपन रोड बीरियर (सिडिकेट बैंक के बगल में), ओबरा-सोनभद्र मो. 8009841222

प्लास्टिक मुक्त भारत बनाएं वाराणसी।

राजघाट स्थित वसंत महिला महाविद्यालय की राष्ट्रीय सेवा योजना इकाई की स्वयंसेविकाओं ने प्लास्टिक मुक्त भारत की अलख जगाई। कार्यक्रम अधिकारी डॉ. मोहम्मद अख्तर, उर्दू विभाग के निर्देशन में डॉ. बृहस्पति भट्टाचार्य, डॉ. स्वाति पांडेय और ज्योति के नेतृत्व में करीब सौ छात्राओं ने चिरईगांव ब्लाक के खालिसपुर गांव में सर्वे किया। इस दौरान स्वयं सेविकाओं ने प्रत्येक घर में कपड़े के थैले देते हुए घर से प्लास्टिक की बर्तन धोलाई वापस ली। उन्हें सरकारी योजनाओं की जानकारी दी गई और बच्चों को स्कूल भेजने के प्रति भी जागरूक किया।

जल संरक्षण के बताए तरीके

वाराणसी। वसंत महिला महाविद्यालय में पर्यावरण और जल संरक्षण से जुड़ी कार्यशाला का आयोजन किया गया। इसमें एक्शन प्लान के प्रमुख व चीफ गेस्ट ब्रातिंडी जेना ने जल प्रदूषण और जल संरक्षण से संबंधित कई महत्वपूर्ण मुद्दों पर चर्चा की। एक्टिविस्ट उर्पेड शुक्ल ने शहरों में जल संरक्षण के समाधान के टिप्स दिए। डॉ. राज जालान और डॉ. विभा सिंह ने मुख्य अतिथि का स्थिति चिह्न देकर सम्मान किया। संचालन आकांक्षा त्रिवेदी व धन्यवाद ज्ञापन डॉ. सतीष मिश्रा ने किया।





OCTOBER- 2019

In October 2019, Dr. Subhash Meena, UBA PI-Coordinator, Dr. Ved Prakash Rawat, UBA PI-Co-coordinator & Dr. Rajesh Chaudhary, UBA Cell Member, on Thursday, **17-10-2019** under the Unnat Bharat Abhiyan with the help of students studying in the college belonging to the 5 adopted villages i.e. **Kotwa, Sarai Mohana, Khalispur, Rajapur and Dinapur** respectively, all village heads Gram Pradhan were contacted by phone and apprised of the main program before their action plan. And requested them that all the five people should send five-five illiterate women or girls from their village, irrespective of their religion or caste, to "Achutha Patwardhan School Kotwa" by 10:00 am, where with the help of a voluntary organization, joint efforts will be made to make women literate. After getting consent from the village head, about 54 girl students who volunteered to participate in the "**Unnat Bharat Abhiyan**" were taken to the college by padyatra and according to the scheduled program "**Sampark**" NGO headed by Dr. Smita Premchandra & their colleagues. Various activities were carried out together which is as follows.

Under the direction of Dr. Subhash Meena, Dr. Ved Prakash Rawat and Dr. Rajesh Chaudhary, the women, men and children of the selected villages were first introduced and given. Some people were not able to introduce themselves properly, some were blushing, and some were not ready to speak, after getting all the information, all the students of the group already allotted were instructed to establish a cordial relationship with the people come from the village and motivate and trained them to learn the following tasks, such as self-introduction, speaking correctly, addition and subtraction, knowledge of Hindi and English alphabet letters,



menstrual cycle information, toilets awareness, use of sanitary pads, etc. were prominent. The total number of members from the village was around 30 to 35 and their age spread was from 22 to 65 years.

Under the direction of Dr. Ved Prakash Rawat all the students were asked to work by giving different grades to the girl students already classified in groups, thus all the girls along with their groups did various tasks and also showed their enthusiasm.

- Students of the **"Swachhta Prahari Group"** got together with rural women, Malti, Anita Sahni, Babita Yadav, Radha Devi and Durgavati Devi, to know about their living and write their names, keep them thinking and sign and remain positive for every problem are taught. Together they made women aware to use hygiene and sanitary pads in menstrual cycle. The girls then collaborated with rural women to present a street play titled **"Soch Me Badlav (Change in thinking)"**.
- The students of the **"Udaan"** group discussed rural women Kanta Devi, Maina Rani, Phoolmati and Dheena Devi on various topics related to physical health and made women aware and together with those women a street play titled **"Swach Rahenge Swasth Rahenge (Clean will remain Will be healthy) "**.
- The students of the **"Parivartan"** group taught rural women Ramgya Devi, Sunaravati, and Anita to acquire, subtract, drive mobiles, and various English words such as Sorry, thank you, bye bye, etc. And staged a street play titled **"Sikenge and Sikayenge (Will Learn and Make Learn)"**.



- The students of the "**Kilkari**" group knew the rural women, Manni Devi, Phula Devi Sahni, Kamali Rani and Bala Devi already adding, signing, etc., but they still wanted to do it again when the volunteers again taught all these works to all women. Along with this, the rural women were made aware about toilet hygiene, health and cleanliness of the menstrual cycle. Some women were obsessed with conservatism and prejudice, the volunteers tried to remove this feeling and made them aware. Along with this, talking about "family planning" also made them aware for the small family and they also became aware to make the next generation of their household aware. The rural women then staged a street play with the girl students entitled "**Masik Chakra (Menstrual Cycle)**".
- The students of the "**Nayi Urja-Nayi Kranti (New Energy-New Revolution)**" group were taught to sign some women - Geeta Rani, Mannar Kumari, Laxmina Devi and Pudina Devi first, they were getting very happy when they signed again and again. When she learned to do it, she said that she would sing a folk song in her village, she happily sang a song and started dancing. After that she urged to learn to count, she started to teach happily to the students, after which all the students together with the rural women staged a street play titled "**Milegi Kamyabi-Kabhi Na Kabhi**".
- The students of the "**Nayi Soch (New Thinking)**" group established contact with some women - Kamalavati Devi, Bittan, Urmila, Guddi, Pappan Devi and mixed with them to make them aware of food hygiene as they are mostly rancid talking about eating food, along with this, made the women aware to use the toilet and to maintain cleanliness in it. A woman who had also seen the film Toilet: A Love Story said that she got a lot of



inspiration from the film and then the students staged a street play with rural women titled **"Toilet"**.

- The students of the **"Nayi Disha (New Direction)"** group interacted with some women, Chanda Devi, Bela Devi, Deepmala Devi, and Chanfirti Devi, these women were very joking and they were expected to do what the students would say. But when the students came to know that there would be some financial benefit, they removed this misconception and they were successful in removing it, after that they talked to them about the irregularities related to the menstrual cycle and made them aware by talking to them on the sanitary and sanitary pad. Later, the students staged a street play titled **"Masik Chakra Aur Swachta (Menstrual cycle and cleanliness)"** in collaboration with rural women.

After all the students of the group were asked to share their personal experience after doing various tasks, everyone narrated the account of their different experiences and everyone said that we are lucky and lucky to have the opportunity to do such work. All of us students would like that whenever we get the opportunity, we will always be ready to do this work, the students became very emotional after interacting with the rural women and listening to their problems, Program Officer Dr. Ved Prakash Rawat understood their emotionality and this sentiment was reduced, then the national anthem was also sung.



Under the Unnat Bharat Abhiyan under the direction of Co-Coordinator - Dr. Ved Prakash Rawat, college students are marching towards Achyut Patwardhan School, Kotwa.



“SAMPARK” NGO Head Dr. Smita Premchandra and Colleagues





Students associated with Uphaar Bharat Abhiyan interacting with rural women



Students associated with Unnat Bharat Abhiyan teaching rural women to introduce themselves







Students of various groups associated with the Unnat Bharat Abhiyan, teaching rural women writing, reading, subtracting, signing, etc.







NOVEMBER- 2019

On 14th November 2019, under the Unnat Bharat Abhiyan, Dr. Ved Prakash Rawat, UBA PI-Co-coordinator, Dr. Kalpana Agarwal, UBA Cell Member & NSS Unit Incharge and Dr. Rajesh Chaudhary, UBA Cell Member & NSS Unit Incharge, Vasanta College for Women, Rajghat, Varanasi, organised **Health Camp** for all the 5 adopted villages on behalf of the college. The Gram Pradhan were informed by phone about their action plan. And requested to all Gram Pradhan of five villages that they must send women or girls from their village, irrespective of their religion or caste, to the Achutha Patwardhan School, Kotwa, till 10:00 am in the morning, where jointly with the help of an NGO A free health test medical camp will be organized for women. After getting the consent from the village head, about 45 girl students who volunteered to participate in the Unnat Bharat Abhiyan were taken from the college on a padyatra and headed by a voluntary organization “**SAMPARK**” as per schedule. Dr. Smita Premchandra, Head of NGO along with her colleagues have done various tasks to make this camp a success which are as follows.

First, the students were instructed by Dr. Kalpana Agarwal, Dr. Ved Prakash Rawat and Dr. Rajesh Kumar Chaudhary to start working as per the schedule. All the students established contact with women from 5 villages, namely Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur villages. Some numbers of rural women were around 57. And the age spread of these women was about 25 to 62 years. All these women were tested for blood pressure, diabetes, hemoglobin, weight gain and various minor ailments. The biggest feature of this camp was that along with free medical test they also distributed free medicines to the villagers. Some rural



women were not ready to get the tests done. They were blushing and repeatedly saying that what is the benefit of having this test, we have no diseases. All the girls after talking to them again got them ready to get tested and after that Dr. Ved Prakash Rawat directed all the students that if they considered necessary, they could also get their free check done, thus a large number of students after getting the medical examination done. After this Dr. Ved Prakash Rawat discuss on the topic what is stress and how we can manage it? with the girl students and rural women were also involved in this discussion on stress management. The rural women gave various reasons for stress and shared their experiences with the girl students. After that Dr. Rawat gave various measures of stress management. After this activity, the rural women gave many thanks and blessings to the girl students, some rural women wanted to learn to operate smart phones, while the girls taught them to operate smart phones too. Then everyone sang the "National Anthem". Photo of the program is attached.





Various eminent doctors examining rural women



Medicine delivery by employees

All doctors with Dr. Kalpana Aggarwal



Dr. Ved Prakash Rawat and girl students explaining to women for investigation





Various women from five adopted villages along with Dr. Ved Prakash Rawat and Dr. Rajesh Kumar Chaudhary





DECEMBER- 2019

On **Thursday 19th December 2019**, under the auspices of the Unnat Bharat Abhiyan, Dr. Ved Prakash Rawat, UBA PI-Co-coordinator and Dr. Rajesh Chaudhary, UBA Cell Member & NSS Unit Incharge, Vasanta College for Women, Rajghat, Varanasi, contacting all the Gram Pradhan of five villages adopted by the college, namely Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur for their action plan for **“Attitude Towards Alcoholism and Substance Abuse”** Informed about the purpose and purpose of survey work related to attitude towards consumption.

Vasanta College for Women, Rajghat Fort, Varanasi on Thursday, **19.12.2019**, the students were gathered in the ground of the college and were told to carry out survey work related to attitude towards alcoholism and substance abuse and its purpose. After this all the students was taken to the village by padyatra. All the villagers of Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur were collected under the shadow of a banyan and peepal tree, whose number was between 30 to 40. After this students informed them the harmful effects of alcohol consumption and intoxicants. And also told the villagers that excessive consumption of alcohol causes physical damage as well as social, economic and emotional damage.

Along with this, the girl students also made the villagers aware by telling them that when a person consumes excessive alcohol, then he becomes very impulsive and aggressive, which has an effect on his family and causes family distractions and others. They keep distance from those who consume alcohol. When the girls made the villagers aware, they started working with a



questionnaire about their aptitude for alcohol and alcohol based on the already formed group. There were a total of 26 questions in this questionnaire, all questions related to alcohol and substance abuse which was to be answered on the basis of the rating, some people said that drinking is an integral part of their life and they said that we want to leave it but we could not live without it. Some people who had gathered there had already drunk. They had done it and they were also making fun of the students. The students were frightened by this joke and started refusing to do survey work. Dr. Ved Prakash Rawat enlisted the help of Gram Pradhan, the village head Shri Balakaran Ji handled the matter and requested the villagers to complete the survey work. Nearly all rural residents showed positive and negative attitudes towards alcoholism and substance abuse, but the number of positive attitudes was high.

After the completion of the survey work, the students told Dr. Ved Prakash Rawat and Dr. Rajesh Kumar Chaudhary, in a very anxious mood, that what can they do to stop alcohol addiction and to stop alcohol altogether? His second question was how can our youth avoid this alcohol addiction? To find out the answer to this question, Dr. Rawat and Dr. Chaudhary formed two groups of students. After adopting the process of mental mutilation, the students of both the groups instructed that you people avoid drinking alcohol and drug addiction. What can I suggest for? Whatever suggestions you can give, do not worry about right and wrong, feel free to give your suggestions.

In this suggestion process, all the students made their own subgroups and gave various suggestions. The most important thing in this suggestion process was that the villagers also gave various suggestions against drinking alcohol and drugs. Due to this suggestion process, the



students got very excited and with great enthusiasm the students informed the program officials that our awareness campaign was successful.

In this way, the students of both groups gave very specific and valuable suggestions by the villagers, which were very commendable. Few suggestions are-

- Penalty of 500/- or 1000/- rupees should be imposed on the drinker.
- A liquor liberation camp should be organized on the government side.
- The government should increase the distance of liquor shops from populated areas.
- All the "bars" in the city should be closed.
- Alcohol, songs, films and promotions should be stopped.
- More than the price of alcohol, tax should be imposed on it.
- The younger generation should be motivated in advance not to consume alcohol.
- Those who are willing to give up alcohol should provide incentive money by the government.
- Government should open various rehabilitation centers.
- In schools and colleges, students should conduct awareness campaigns for drugs and drugs.
- The harm due to substance abuse should be added to the students' curriculum.
- Women should be educated and aware going from village to village and they should protest against the consumption of alcohol by the family members.
- The government should honor such women who oppose alcoholism and intoxicants and provide them appropriate incentives.



- The government should ban the purchasing of liquor to people below 18 years, and it should increase the age to 35 years.
- The government should first motivate the rich people to give up alcohol and then small groups.
- The government should encourage employment so that the focus of youth is diverted from consuming alcohol.
- The government should stop alcohol in every state.
- The government should also fill a statement in the Employment Form - Do you consume alcohol? If the person says yes, then make him non-eligible.
- The government should open various counseling centers for those who consume alcohol.
- If the police raids somewhere and catch illegal liquor, then it should be canceled/sealed/banned that place.

In this way various suggestions of the girl students were collected in a gradual manner and the national anthem was sung with the students. Attach various photos related to the program.

Students going to the village by Padyatra





Dr. Rawat and Dr. Chaudhary explaining the action plan to the girl students



Doing survey work with villagers





Students doing survey work



In view of the large crowd in the survey work, the patrolling police come and interact with the students and also students request them to participate in the survey work.





Carrying out survey work with various villagers





JANUARY- 2020

In January 2020, under the Unnat Bharat Abhiyan two activities carried out in the adopted villages. On **17th January 2020**, Dr. Ved Prakash Rawat, UBA PI-Co-coordinator and Dr. Rajesh Chaudhary, UBA Cell Member & NSS Unit Incharge, Vasanta College for Women, Rajghat, Varanasi, with the help of students studying in the colleges of Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur villages respectively, all the village heads Gram Pradhan were contacted by phone and made aware of their action plan. And requested them to send the five illiterate women or girls from their village irrespective of their religion or caste to "Achyut Patwardhan School Kotwa" by 10:00 am, where an attempt will be made to make women literate. After getting the consent from the village head, about 49 girls who volunteered to participate in the "Unnat Bharat Abhiyan" were taken from the college on a padyatra and various activities were carried out as per the schedule.

- The alphabet of the Hindi alphabet was introduced.
- Knowledge of English alphabet was made.
- Women were taught to sign.
- Women were taught addition and subtraction.
- In the Saakshar Abhiyan of the Unnat Bharat Abhiyan, the rural women of all five adopted villages who had learned earlier to sign for female literacy in October, 2019, they again repeated this work with great enthusiasm and thanked the girl students. .
- The students also informed the women about family planning.



The women told the students that you girls work very hard and try to teach us a lot. Then everyone sang the "National Anthem". Photo of the program is attached.

College students making women know the letters of the Hindi alphabet

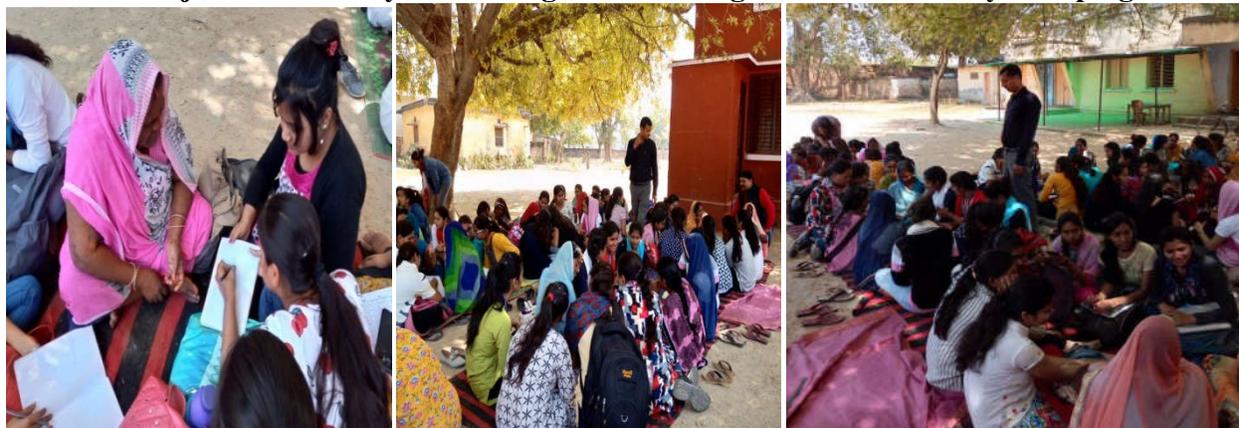




College students making women know the letters of the English alphabet



Dr. Rajesh Choudhary instructing women and girls under Literacy Campaign





Dr. Rawat explaining to women and girls under Literacy Campaign



College students making women aware of letters





**Rural women with college students who post October
Participated in Literacy Campaign in January and learned a lot**





On Saturday 25th January 2020, under the “**Matdata Diwas**” of Unnat Bharat Abhiyan, Dr. Ved Prakash Rawat, UBA PI-Co-coordinator & NSS Unit Incharge, Dr. Kalpana Agarwal, UBA Cell Member & NSS Unit Incharge, Dr. Mohammad Akhtar, UBA Cell Member & NSS Unit Incharge, Dr. Parveen Sultana, UBA Cell Member & NSS Unit Incharge and Dr. Rajesh Chaudhary, UBA Cell Member & NSS Unit Incharge launched a campaign of National Voters' Day awareness with the help of girl students who coming from cycle and studying in the college of Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur village, respectively, adopted by the Vasanta College for Women, Rajghat, Varanasi. In this awareness campaign a cycle rally was started which started from the college campus and crossed the Varuna bridge and returned to the college campus at around 2:00 pm, sensing the various villagers to vote. This work was started from the college campus at 10 am. This work was done under the direction of various teachers associated with the Unnat Bharat Abhiyan. About 25 girl students participated in this national voter awareness campaign with their consent. Photo of the program is attached.



Gathering various girl students in the college campus by teachers associated with the Unnat Bharat Abhiyan







Under the direction of all the five teachers associated with the Unnat Bharat Abhiyan, the National Voters Awareness Campaign rally with students going ahead









FEBRUARY- 2020

On **Monday 24th February 2020**, under the Unnat Bharat Abhiyan, Dr. Ved Prakash Rawat, UBA PI-Co-coordinator & NSS Unit Incharge, Dr. Kalpana Agarwal, UBA Cell Member & NSS Unit Incharge, Dr. Mohammad Akhtar, UBA Cell Member & NSS Unit Incharge, Dr. Parveen Sultana, UBA Cell Member & NSS Unit Incharge and Dr. Rajesh Chaudhary, UBA Cell Member & NSS Unit Incharge launched a **National Filaria Eradication Campaign** from **February 17 to February 29, 2020**, with the help of girl students who studying in the college of Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur village, respectively, adopted by the Vasanta College for Women, Rajghat, Varanasi. All the illiterate women, men, boys and girls of all villages, irrespective of religion or caste, with the help of girl students an attempt was made to make them aware to avoid the disease caused or spread by filariasis. To make this awareness campaign a success, about 40 girl students of the college volunteered to participate in it and at the same time, **Dr. Sarita Mishra (Filaria Coordinator, Banaras Hindu University, Varanasi)** gave her full support in carrying out this program.

As part of this campaign, Dr. Ved Prakash Rawat, while addressing the students, said that the filariasis virus mostly infects children at school going age, and this reduces the child's energy and ability to work, and make them lethargy and are not able to do proper running etc., and then as they get older their employment opportunities are very less. Dr. Kalpana Aggarwal told that the symptoms of filarial disease appear after 8 to 10 years or 15 years, which develop in the form of Hathipaon or any other deformity. Dr. Mohammad Akhtar while addressing the students said that the medicines being given by the government to protect against filariasis are completely safe



and sometimes there is no reaction or side effect from them, that is, if any person should not panic. If symptoms such as dizziness, nausea, vomiting, body rash, etc. are seen after eating the medicine, then this is evidence that the person had Filaria virus, and he is ending with the effect of the medicine. In the same sequence, Dr. Parveen Sultana also said that we all need to be aware about filarial disease so that more and more people can avoid the risk of this disease. Carrying forward the program, Dr. Rajesh Kumar Choudhary said that the scheme run by the government is absolutely free, and medicines are also being fed door-to-door by the government absolutely free. The most important thing for this is that the medicine dispenser should give the medicine in his presence. Under this campaign, the girls made their 15 presentations through various posters. Everyone tried to make each other aware of filaria awareness campaign. Subsequently, a rally of Filaria Mukti Abhiyan under the direction of Dr. Ved Prakash Rawat, Dr. Kalpana Agarwal, Dr. Mohammed Akhtar, Dr. Parveen Sultana, Dr. Rajesh Chaudhary was taken out from Vasanta College for Women, Rajghat campus, and through this rally all 5 villages were made aware of the campaign freed from filaria. In this program, all the students played their role with great enthusiasm and they also said that they will make their homes, villages, neighborhoods etc. aware about filaria liberation campaign. Following are the various photos related to this program.



Under the Unnat Bharat Abhiyan Raising slogans by collecting girls in the college campus



Dr. Ved Prakash Rawat and Dr. Kalpana Aggarwal associated with Unnat Bharat Abhiyan taking the girl students out of the college campus





Under Unnat Bharat Abhiyan in the directions of Dr. Kalpana Agarwal & Dr. Ved Prakash Rawat taking the girl students out of the college campus for Filaria Eradication Campaign





Under the direction of Dr. Ved Prakash Rawat and Dr. Kalpana Aggarwal, the students of the Unnat Bharat Abhiyan are going towards the village to spread awareness for filaria liberation campaign using the road adjacent to the college.





MARCH- 2020

On **3rd March 2020**, under the aegis of the Unnat Bharat Abhiyan on the auspices of **International Women's Day**, from **1st March 2020 to 8th March 2020**, Dr. Ved Prakash Rawat, UBA PI-Co-coordinator & NSS Unit Incharge, Dr. Kalpana Agarwal, UBA Cell Member & NSS Unit Incharge, Dr. Parveen Sultana, UBA Cell Member & NSS Unit Incharge, Dr. Akhter, UBA Cell Member & NSS Unit Incharge, & Dr. Rajesh Chaudhary, UBA Cell Member & NSS Unit Incharge, Vasanta College for Women, Rajghat, Varanasi was made aware of hygiene and health of villagers of Sarai Mohana, Rajapur & Kotwa Village. In this, public awareness rally was organized by various girl students and everyone filled the attitude of cleanliness and health survey from all the villagers and provided them with information about cleanliness and health and finally made women aware of using sanitary pads so that they can lead a healthy and good life in the society. Subsequently, the students of Dr. Parveen Sultana team presented a short drama based on blood donation Mahadan in Primary School of Sarai Mohana Village which had an impact on the students of Primary School.



UBA Cell Members & NSS Unit Incharge distributing sanitary pads, conducting cleanliness and health survey, creating awareness about hygiene & health in all five adopted villages under Unnat Bharat Abhiyan on celebrating One Week International Women's Day





In March 2020, Dr. Subhash Meena, UBA PI-Coordinator & Dr. Ved Prakash Rawat, UBA PI-Co-coordinator, on Saturday, **14th March 2020**, under the Unnat Bharat Abhiyan with the help of girl students studying in college belonging to five adopted villages by the college, Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur respectively, the villagers of the five villages launched an awareness campaign to clean and hygiene the Ganga river. To carry out this program, two girl students from each village and third year and postgraduate students of Psychology Department were included and organized with their help. Dr. Subhash Meena asked all the students to make their entire village aware of the cleanliness of the Ganges, and also the girls who are residents of the city, whether it is from Varanasi or other cities, we should also try



to make other people aware, because the Unnat Bharat Abhiyan is a campaign that speaks for the whole of India and is striving to empower us. Dr. Ved Prakash Rawat addressing all the students under his direction, he said that we all know that Ganga is not only a river, it is an idea of spiritual thought, we call it our mother and today our Ganga mother has become so polluted that we have to be clean and hygiene it again to return its power of trust and faith. In the same order to keep at Adi Keshav Ghat the human chain oath on the river was taken. And it is resolved to continue to strive for it. Adi is close to and adjoining Keshav Ghat College and five villages. About 40-45 students participated in this awareness campaign, which included girls from all five villages.







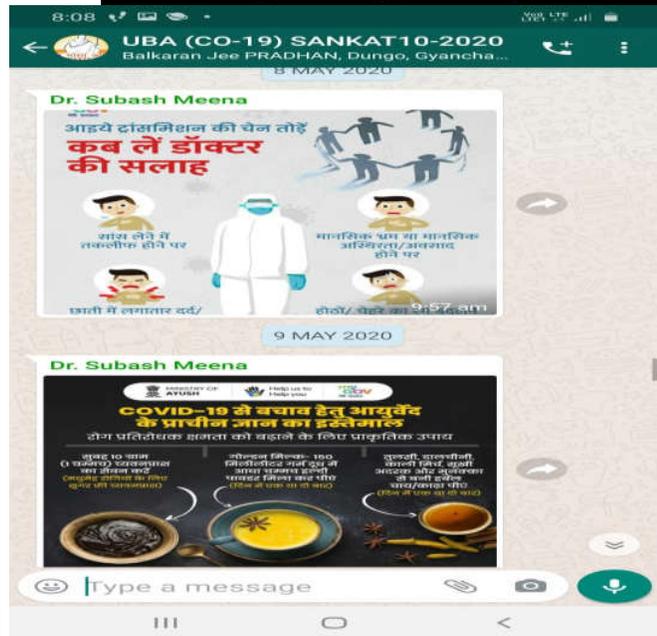
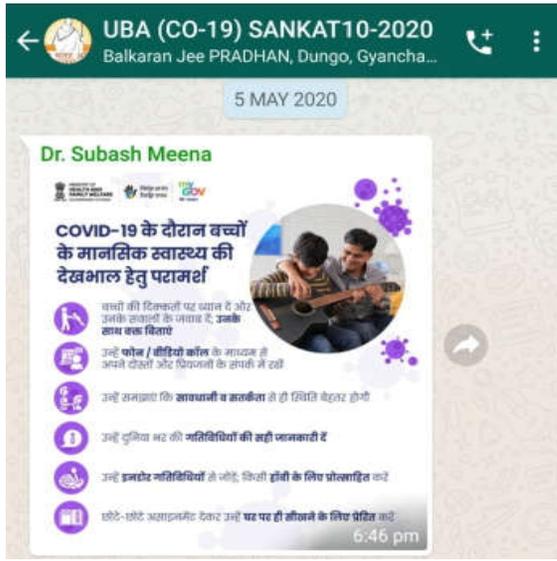


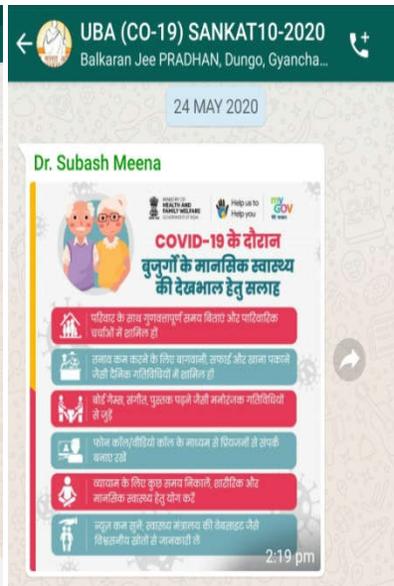
APRIL & MAY- 2020

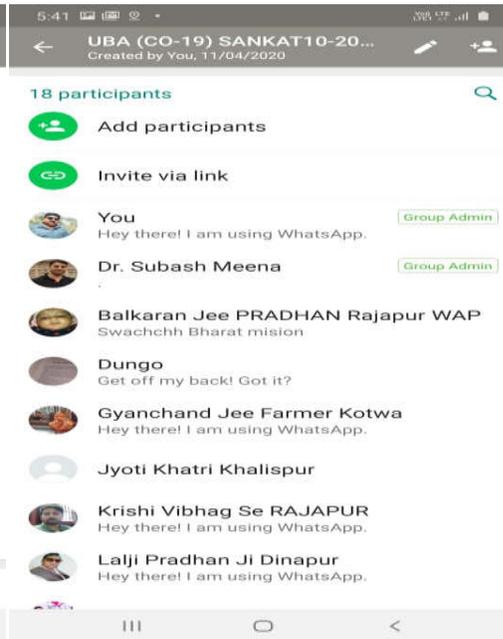
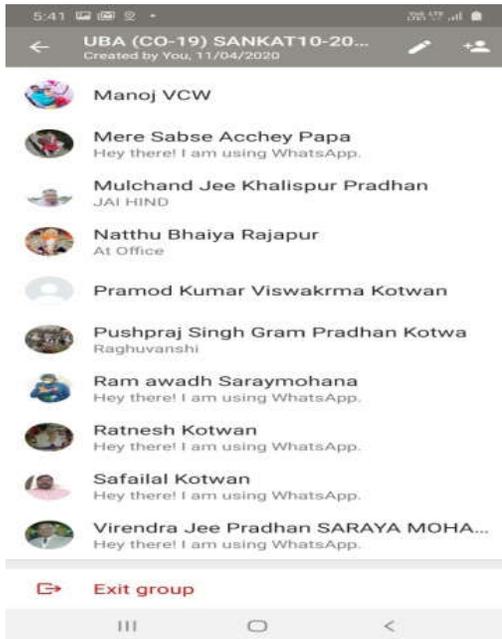
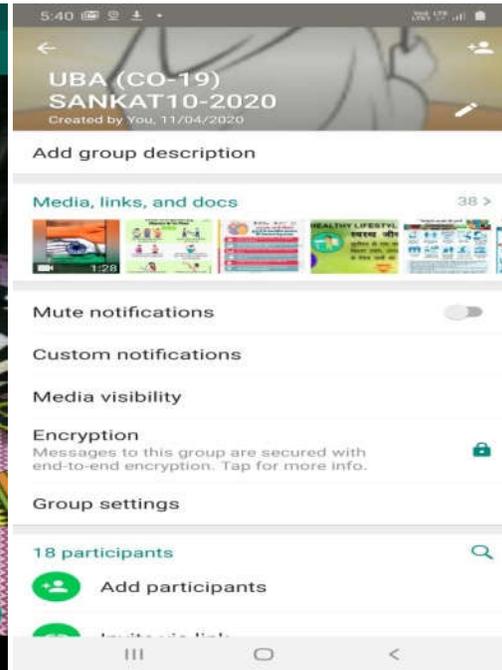
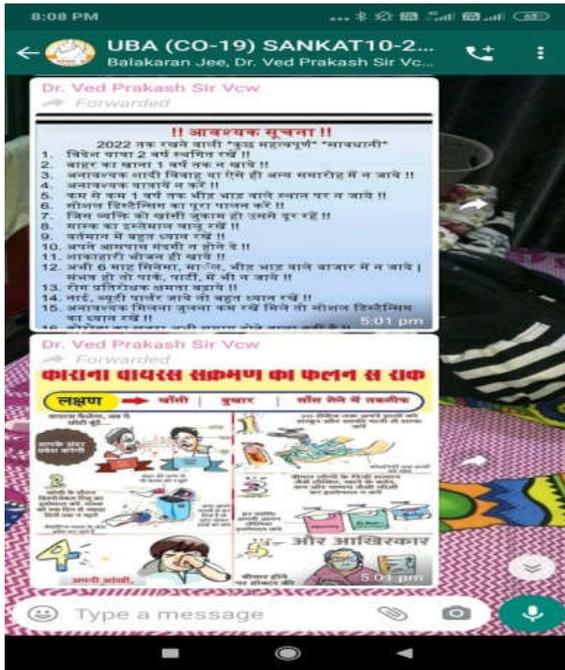
COVID-19 LOCKDOWN PHASE

In April 2020, Dr. Subhash Meena, UBA PI-Coordinator & Dr. Ved Prakash Rawat, UBA PI-Co-coordinator, on Saturday, 11th April 2020, under the Unnat Bharat Abhiyan contacted all five Gram Pradhan of adopted villages, Kotwa, Sarai Mohana, Rajapur, Khalipur, and Dinapur respectively through phone and asked their WhatsApp mobile number. A **WhatsApp group** named **UBA (Covid-19) Sankat-2020** was created, in which the village head Gram Pradhan of the village as well as some villagers were added, and a "**Vishwas Jeetega Corona Se Jung**" campaign was launched. With the help of social media, awareness was given to avoid the corona virus infection. Under this campaign, efforts were made to make aware with the help of various Hindi posters. The five village heads greatly assisted in this task, and from time to time, the villagers in the village were made aware to avoid the infection of corona virus. UBA (Covid-19) Sankat-2020 group has people belonging to five villages, which number 18. And through this group we are constantly in communication, and the villagers are being made aware.

The various areas of awareness spread through WhatsApp- UBA (Covid-19) Sankat-2020 are attached.









JUNE- 2020

On **Monday, 15th June 2020**, Dr. Subhash Meena, UBA PI-Coordinator & Dr. Ved Prakash Rawat, UBA PI-Co-coordinator, Vasanta College for Women, Rajghat, Varanasi, given the relevance of the present times in the first phase of Corona period. In the first phase, along with the girl students willing to go voluntarily, following the social distance, the villagers started an awareness campaign for prevention related to corona virus infection and distributed around **340 Masks in the adopted villages** of the college. In the mask distribution program, **Mausam Prakash, a Class 7 student of Sunbeam Mughalsarai School**, also gave her participation and explained the benefits to the villagers by wearing masks and wearing masks. The rules were also followed by various experts who have made it necessary to take necessary precautions to perform this task. At the beginning of this mask distribution program, villagers were not ready to wear masks and said that there is no corona crisis in the village, nor is there any kind of infection. But Coordinator of this program Dr. Subhash Meena and Co-coordinator Dr. Ved Prakash Rawat made it clear to the villagers that the corona virus is an invisible virus whose infection can happen to anyone if care is not taken. Knowing all this, villagers were happily prepared and the children of the village were also the main focus of this mask distribution awareness program. The villagers were also told to use masks only when you are leaving the house for any work. After coming to work, remove the mask carefully and wash your hands with soap. In this sequence, it was also explained to the villagers that they should not wear the mask continuously and remove it when not needed. The mask used by one person should not be used by the other person, the different person should use different mask. Gram Pradhan gave his continuous help in carrying out this task.



News Link; Varanasi : ग्रामीणों को कोरोना संक्रमण से बचने के बताए गए उपाय, वितरण किया गया मास्क <http://aajexpress.com/varanasi-villagers-told-to-avoid-corona-infection-distributed-masks/>

Dr. Ved Prakash Rawat & Ms. Mausam Prakash following social distance distributing mask and creating awareness about corona virus to the adopted villages under Unnat Bharat Abhiyan during Covid-19 Pandemic Crisis





On **Tuesday 16th June 2020**, under the Unnat Bharat Abhiyan its Coordinator Dr. Subhash Meena and Co-Coordinator- Dr. Ved Prakash Rawat in the second phase of corona virus awareness in the 5 adopted villages, respectively Rajapur, Dinapur, Kotwa, Sarai Mohana and Khalispur around **415 masks were distributed**. Some masks were worn by the coordinators of UBA themselves and some masks were given to the village head Gram Pradhan to direct them to distribute it by following social distance, and to take necessary action to prevent infection of the corona virus, and to make the villagers aware. In the second phase of the program, the parents of the girl students who voluntarily were part of the mask distribution program in the first phase, refused to participate in the mask distribution. Because her parents were afraid of the Corona virus, and for this the Co-Coordinator - Dr. Ved Prakash Rawat did not put any pressure



on the girl students, and went and did the work himself. Simultaneously, in this Phase II program, the villagers were once again made aware to avoid the infection of corona virus.

News Link: Covid-19 से बचाव के लिए किया गया जागरूक, मास्क का हुआ वितरण

<http://aajexpress.com/conscious-masked-distribution-to-protect-against-covid-19/>

Dr. Ved Prakash Rawat following social distance distributing mask and creating awareness about corona virus to the adopted villages under Unnat Bharat Abhiyan during Covid-19 Pandemic Crisis





On Saturday 20th June 2020, Dr. Meenakshi Biswal, UBA Cell Member & NSS Unit Incharge, Vasanta College for Women, Rajghat, Varanasi, in the context of the current Covid-19, under Unnat Bharat Abhiyan distributed sanitizer, soap and mask to residents and urban dwellers. During this work, awareness campaign was carried out by taking the necessary precautions to avoid the infection of corona virus and following social distance.

Dr. Meenakshi Biswal distributing mask, hand sanitizer & soaps to the adopted villages under Unnat Bharat Abhiyan during Covid-19 Pandemic Crisis





On Sunday 21st June 2020, under the Unnat Bharat Abhiyan on **International Yoga Day**, Dr. Kalpana Agarwal, UBA Cell Member & NSS Unit Incharge, Vasanta College for Women, Rajghat, Varanasi, followed social distance and using social media under her direction explained the importance of yoga to various female students studying in the college and belonging to the adopted villages and motivated them to do yoga and also instructed them to explain and make them aware of the importance of yoga to all the nearby family members living nearby.

Rashtriya Sahara 22/06/2020

कार्य
रंत
गा।
नों
जन
डॉ
गोम

**छात्राओं
को
समझाया
योग का
महत्व**

वाराणसी। गृह विज्ञान विभाग, एसोसिएट प्रोफेसर डॉ कल्पना अग्रवाल ने प्रधानमंत्री नरेंद्र मोदी द्वारा चलाए गए उन्नत भारत अभियान के तहत अपने निर्देशन में सामाजिक दूरी का पालन करते हुए तथा सोशल मीडिया का उपयोग करते हुए विभिन्न छात्राओं को योग का महत्व समझाया और उन्हें योग करने के लिए प्रेरित किया। उन्हें यह भी निर्देश दिया कि वह सभी अपने आसपास रहने वाले पास पड़ोस परिवार के लोगों को योग का महत्व समझाएं और उन्हें जागरूक करें।
सेनेटाइजर व मास्क बांटा : डॉ मीनाक्षी बिस्वाल एसोसिएट प्रोफेसर, शिक्षा विभाग, वसंत महिला महाविद्यालय, राजघाट ने वर्तमान कोविड-19 के परिप्रेक्ष्य में कुछ ग्रामीण वासियों तथा शहरी वासियों को सैनिटाइजर, साबुन तथा मास्क का वितरण किया। इस कार्य के दौरान कोरोना वायरस के संक्रमण से बचने के लिए जितनी आवश्यक सावधानियां बरतनी चाहिए उसे करते हुए और सामाजिक दूरी का पालन करते हुए जागरूकता अभियान चलाया।

Dr. Kalpana Agarwal on International Yoga Day using Social Media creating awareness towards yoga to the students studying in the college and belonging to adopted villages under Unnat Bharat Abhiyan during Covid-19 Pandemic Crisis







