

**GOVT. HOLKAR (MODEL AUTONOMOUS)  
SCIENCE COLLEGE, INDORE**



(An ISO 9001:2015 & ISO 14001:2015 Certified Institution)



# SSR DOCUMENT

2017-18 to 2021-22

## CRITERION –3

### Research, Innovations and Extension

Metric No. : 3.6.1

**Outcomes of extension activities in the neighbourhood community in terms of impact and sensitizing the students to social issues and holistic development, and awards received**

तमसो मा ज्योतिर्गमय



**Outcomes of extension activities in the neighbourhood  
community in terms of impact  
and sensitizing the students to social issues and holistic  
development and awards received  
Academic Year - 2017–2022**

***No. of Case Study (06)***  
**Content**

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# Govt. Holkar (Model, Autonomous) Science College, Indore



## CASE STUDY-1

### **Empowering Minds: Institutional Literacy & Educational Enhancement Initiatives**

- **Literacy Activities of Student Group “Aksharam”**
- **Literacy Initiatives of NSS**
- **Phoneshala Activities**
- **College Chalo Abhiyan**



**I. Propagating the Light of Education to  
the Unprivileged Kids through  
“Aksharam” Classes  
(Activity)**





# AKSHARAM OUTREACH --- ACTIVITIES

PROPAGATING THE LIGHT OF EDUCATION TO THE  
UNPRIVILEGED KIDS THROUGH “AKSHARAM” CLASSES

## EXTENSION / OUTREACH ACTIVITIES

### **Name of the Activity: Propagating the Light of Education to the Unprivileged Kids through “Aksharam” Classes**

**The Slum Areas Covered:** Lohar Patti, Tejaji Nagar, Sajan Nagar, Chitawaad, Slum Area near GACC, Slum Area near Bhawarkuan (Professor Colony), Vidya Nagar, Riddhi-Siddhi Slum Area.

**The Collaborating Bodies/NGOs:** Rang De Jindagi, Robin Hood Army, Golden Future, Lion's Club, NSS, & NCC

**Functional Years: 2016 -2021**

List of Participants who volunteered the Akshram Classes	
Students who volunteered from Holkar Science College:	Other Participants from different institutions who volunteered for the Good Cause
<ol style="list-style-type: none"><li>1. Lalu Lokendra Yadav</li><li>2. Prachi Jain</li><li>3. Shubham Meharu</li><li>4. Abhisekh Deshmukh</li><li>5. Gourav Dubey</li><li>6. Gulshan Carpenter</li><li>7. Shivani Sakte</li><li>8. Hariram Patel</li><li>9. Preet Vyas</li><li>10. Mousam Rajput</li><li>11. Yogendra</li><li>12. Ganesh Yadav</li><li>13. Aman</li><li>14. Goutam</li><li>15. Sakshi</li><li>16. Vasundhara</li><li>17. Mohit kannoj</li><li>18. Jitendra Maheshwari</li><li>19. Nandini</li><li>20. Tarun</li><li>21. Vineeta</li></ol>	<ol style="list-style-type: none"><li>1. Ashutosh Tripathi</li><li>2. Pallavi Jain</li><li>3. Harish Ranawat</li><li>4. Eti Mehta</li><li>5. Pranjul Gupta</li><li>6. Ayushi Thakur</li><li>7. Balmukund Sahu</li><li>8. Rahul Dawar</li><li>9. Chavindra Panse</li><li>10. Neha Unhale</li><li>11. Chetan Chouhan</li><li>12. Praveen Patel</li><li>13. Manish Ramnani</li></ol>

***“The objective of Aksharam is to infuse the spirit of learning and providing quality education among children who are so far deprived of it.”***

**Aksharam** was started with the aim to engage children in a preliminary learning experience through educational and interactive activities at their doorstep or nearest center to make them eager and interested to learn further. *They reach out the non-enrolled/dropout children in their locality and conduct regular evening classes for the children as a first step towards connecting them to mainstream education.*

Aksharam group worked in 08 slums with more than 500 underprivileged kids who were deprived of education because of their socio-economic background. Initially, they started with a very small group of students in the Holkar premises under the guidance of Dr. Suwarna Tanwani and slowly flourished in an active self-help group with multifaceted goals. Their further goals lead to the initiation of following activity:

**Prerak:** The objective of Prerak is to make efforts for improving the quality of life of marginalized sections of society, along with integrating mainstream education with children and collaborating with government schools to facilitate the services provided by the administration to children.

**Navkriti:** The objective of Navkriti is to enhance the skill development of children and to make favourable conditions in government schools for the management and inculcation of quality education.

**“Shaurya - An Expression of Pride”**

### **The impact of this activity:**

The impact of the Aksharam initiative is profound and far-reaching, as it has successfully addressed the educational needs of underprivileged children and brought positive changes in their lives and communities. Some of the key impacts include:

**Increased Access to Education:** Aksharam has provided access to education for over 500 underprivileged children in 08 slums. By conducting regular evening classes in their localities, the initiative has reached out to non-enrolled and dropout children, bridging the gap between them and mainstream education.

**Promoting Learning Interest:** Through interactive and educational activities, Aksharam has instilled eagerness and interest in learning among the children. By providing a preliminary learning experience, the initiative has encouraged them to further pursue education.

**Empowering the Community:** The initiative's self-help group model has empowered the community to take ownership of the educational development of their children. By engaging parents and community members, Aksharam has fostered a sense of responsibility and involvement in the children's education.

**Socio-economic Upliftment:** Education is a powerful tool for socio-economic upliftment. By enabling underprivileged children to access education, Aksharam is contributing to breaking the cycle of poverty and creating opportunities for a better future.

**Fostering a Positive Learning Environment:** Aksharam's evening classes provide a safe and nurturing environment for the children to learn. This positive atmosphere encourages children to explore their potential and develop essential skills.

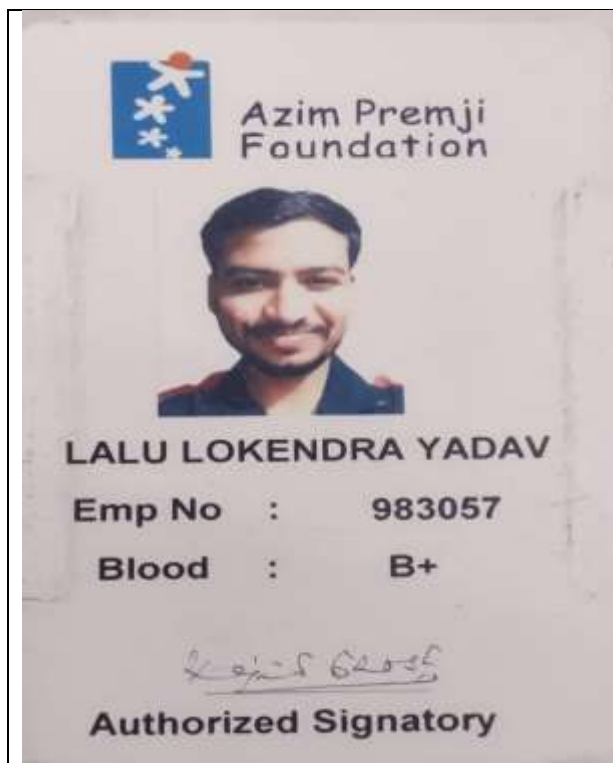
**Transforming Lives:** The initiative has brought about a transformation in the lives of the underprivileged children it serves. By equipping them with education, Aksharam is opening doors to better opportunities and a brighter future.

**Creating Role Models:** Through the guidance of Dr. Suwarna Tanwani and other mentors, Aksharam is creating role models for children. These mentors serve as inspiration and guidance, motivating the children to dream big and aim high.

**Community Building:** Aksharam has brought together various stakeholders, including students, parents, mentors, and volunteers, to work collectively towards a common goal of education and community development. This community-building aspect strengthens social bonds and fosters a sense of belonging.

The Aksharam initiative has made a significant impact in the lives of underprivileged children by providing them with educational opportunities and igniting a passion for learning. Through its multifaceted approach and active community involvement, Aksharam has become a beacon of hope and empowerment for the children and communities it serves.

**“The impact of their work lead to the selection of four students in the prestigious Azim Premji Foundation, which work towards a just equitable, human and sustainable society.”**





**PHOTOGALLERY OF AKSHARAM CLASSES:**



































**WE WORK FOR THESE PRICELESS SMILES**





**Activity II. Empowering Minds: NSS**  
**Volunteers' "Let's Learn Together"**  
**Literacy Campaign**



4 QUALITY EDUCATION



# SHAKSHARTA ABHIYAN

"lets learn together"

10 REDUCED INEQUALITIES



Volunteer of NSS ran **Literacy campaign/ shaksharta abhiyan** at schools, anganwari, slum areas. children of the locality, anganwari, primary schools were taught by the volunteers.



कार्यालय ग्राम पंचायत, दतोदा  
तह. जनपद पंचायत डॉ. अम्बेडकर नगर (महू), जिला इन्दौर (म.प्र.)

क्रमांक...देवेंद्र  
दिनांक 20/02/2023

प्रति,  
श्री डॉ. सीमावती सिंसोदिया कार्यक्रम अधिकारी  
विभागीय बोर्डर मस्विद्यालय प्रसंशा प्रमाण पत्र

विषय

यह प्रमाणित किया जाता है कि 2022-23 में शासकीय होलकर विद्यालय महोदय की राष्ट्रीय सेवा योजना ईकाई द्वारा ग्राम दतोदा को गोद लिया गया। महोदय की राष्ट्रीय सेवा योजना ईकाई (एन.एस.एस.) के स्वयंसेवकों द्वारा ग्राम दतोदा के प्राथमिक स्कूलों छात्र-छात्राओं को साक्षरता द्वारा आधारित ज्ञान समय-समय पर निरंतर दिया गया तथा वे छात्र-छात्राएं जो प्राथमिक स्कूल जाते थे उन्हें अतिरिक्त समय में स्वयंसेवकों द्वारा ग्रुप बनाकर विधिवत साक्षर किया गया जिससे निश्चय रूप से ग्रामीण छात्र-छात्राएं लाभान्वित हुये हैं।

इस साक्षरता अभियान को एस.एस.एस. कार्यक्रम अधिकारी डॉ. सीमावती सिंसोदिया द्वारा चलाया गया जो अत्यंत सराहनीय एवं उत्कृष्ट कार्य रहा। इनके उज्जवल भविष्य की अनेक-अनेक शुभकामनाएं।

सत्यमेव जयते  
ग्राम पंचायत, दतोदा  
तह. जनपद पंचायत, डॉ. अम्बेडकर नगर  
महू, जिला-इन्दौर (म.प्र.)





4 QUALITY EDUCATION



# SHAKSHARTA ABHIYAN

"lets learn together"

4 QUALITY EDUCATION



11/09/2022



20/03/2022



Indore, Madhya Pradesh, India

245 sri Krishna Paradise Rau phase, 1, Indore, Madhya Pradesh 453331, India  
Lat 22.621343°  
Long 75.812128°  
23/07/22 11:39 AM



Indore, Madhya Pradesh, India

245 sri Krishna Paradise Rau phase, 1, Indore, Madhya Pradesh  
453331, India  
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Long 75.812138°  
23/07/22 11:35 AM





4 QUALITY EDUCATION



# SHAKSHARTA ABHIYAN

"lets learn together"

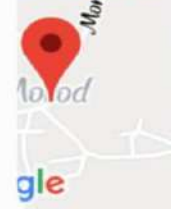
4 QUALITY EDUCATION



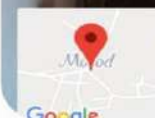
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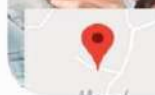
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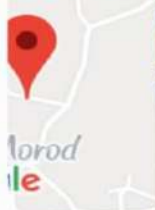
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India  
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13/11/21 02:10 PM



Asarawad, Madhya Pradesh, India  
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India  
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Morod - Machala Rd, Anuradha Nagar, Morod, Madhya Pradesh  
452020, India  
Lat 22.622834°



Morod, Madhya Pradesh, India  
Morod - Machala Rd, Anuradha Nagar,  
452020, India  
Lat 22.622869°  
Long 75.867848°  
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## **Activity III: Bridging Education Through** **PhoneShala: Empowering Learning in** **the Digital Age**





# PHONE SHALA EDUCATION

“Teaching in internet age means we must teach tomorrow’s skills today”

Phone shala education was an opportunity to young students for online education of school children during the covid19 pandemic. NSS volunteer Apurva Kumari took part as an educator given lecture to the students through digital learning platform of phone shala community.

VoLTE 56% 2:26 PM

← apurva karahe in PhoneShaala X

FILTERS POSTS YOU'VE SEEN MOST RECENT POST

**Vaishali Singh** ▶ PhoneShaala Community  
Aug 2, 2020 •

Hi team!  
I just wanted to give a huge shoutout to our team member **Apurva Karahe** who turned out to be a real multitasker this week. She has been creating lessons, translating lessons as well as moderating lessons!

You are a superstar Apurva and we are so happy to have you on our team! – 😊 feeling proud.

Attached topics **#edumodsoftheweek**

👍👍👍 You, Jagriti Dubey and 13 others 1 Comment

Love Comment Share

Matching comment

24 Apurva Karahe  
Thanks lot 🙏🙏🙏 It's the hard work and

VoLTE 55% 2:29 PM

PhoneShaala  
Aug 22, 2020 •

We are so pleased to introduce our incredible team member **Apurva Karahe**!

Apurva Karahe is an EduModerator at PhoneShaala who b... See More

**PHONE SHALA**

Our Phoneshaala Educreator Apurva Karahe has done a lovely lesson on colours of the rainbow through storytelling. We appreciate her optimism!

आतंकी मॉड्यूल का मुंबई कनेक्शन, पेशे से ड्राइवर है आतंकी समीर, जमा कर रहा था हथियार

FILTERS POSTS YOU'VE SEEN MOST RECENT POST

**PhoneShaala Community**  
PhoneShaala • Oct 4, 2020 •

Watch as our PhoneShaala team comprising- Ms. **Apurva Karahe**, Student (B.Sc.), EduCreator at PhoneShaala,... See More

**PHONE SHALA**

**The Magic Behind lessons at PhoneShaala**  
What does it take to make a perfect lesson?

**Apurva Karahe**  
Student (B.Sc.), EduCreator at PhoneShaala

**Vaishali Singh**  
Incumbent Asst Commissioner & Asst. Registrar, UPPSC, Educator at PhoneShaala

**Sujata Kumari**  
Student (B.L.B.), Subject Manager at PhoneShaala

**Jagriti Kumari**  
Student (L.L.B.), Subject Managers' Coordinator at PhoneShaala

Join the Live Charcha with PhoneShaala team on 7th October, @ 3:30 PM

👍👍👍 You, Jagriti Dubey and 12 others 1 Comment

Like Comment Share





# PHONE SHALA EDUCATION

**“Teaching in internet age means we must teach tomorrow’s skills today”**

Phone shala education was an opportunity to young students for online education of school children during the covid19 pandemic. NSS volunteer Apurva Kumari took part as an educator given lecture to the students through digital learning platform of phone shala community.





## **IV. “College Chalo Abhiyan”:**

### **Institution's Drive for College Access**

### **(Activity)**



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर  
**Govt. Holkar (Model Autonomous) Science College, Indore**

“कॉलेज चलो अभियान” (College chalo Abhiyan)

शैक्षणिक सत्र-2021-2022



**Dr. Suresh T. Silawat**  
**Principal & Additional Director**  
**Indore Division**



**Dr. R.C. Dixit**  
**Administrative Officer**



**Dr. G.D. Gupta**  
**Vice Principal**



**Dr. Pradeep Sharma**  
**HOD, Department of Computer Science**  
**“Incharge of College Chalo Abhiyan”**

# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Marthoma Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Jineshwar international school



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

S.I.C.A Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Little Wonders Convent School



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Adarsh Bouddhik higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Daily Mirror Public Higher Secondary School

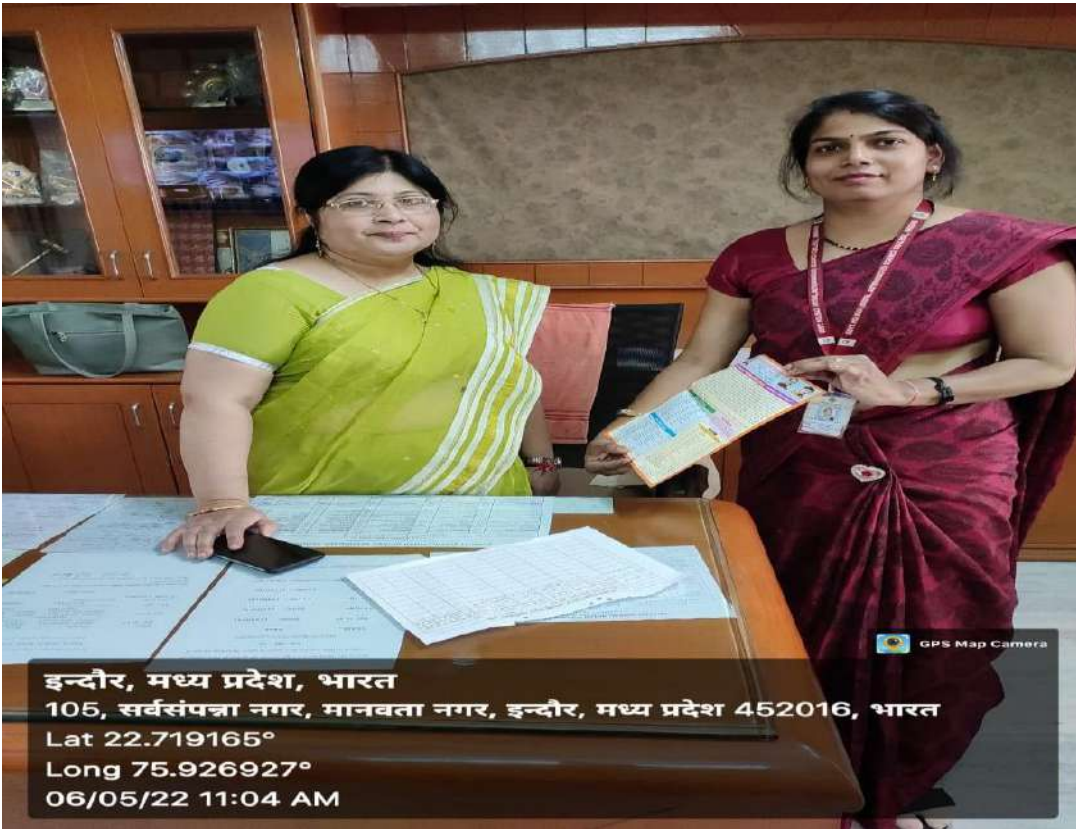


# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Adarsh Shiksha Niketan Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Columbia Convent School



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Garments Public School



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Sunshine Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Guru Harkrishan Public School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Guru Nanak Public School

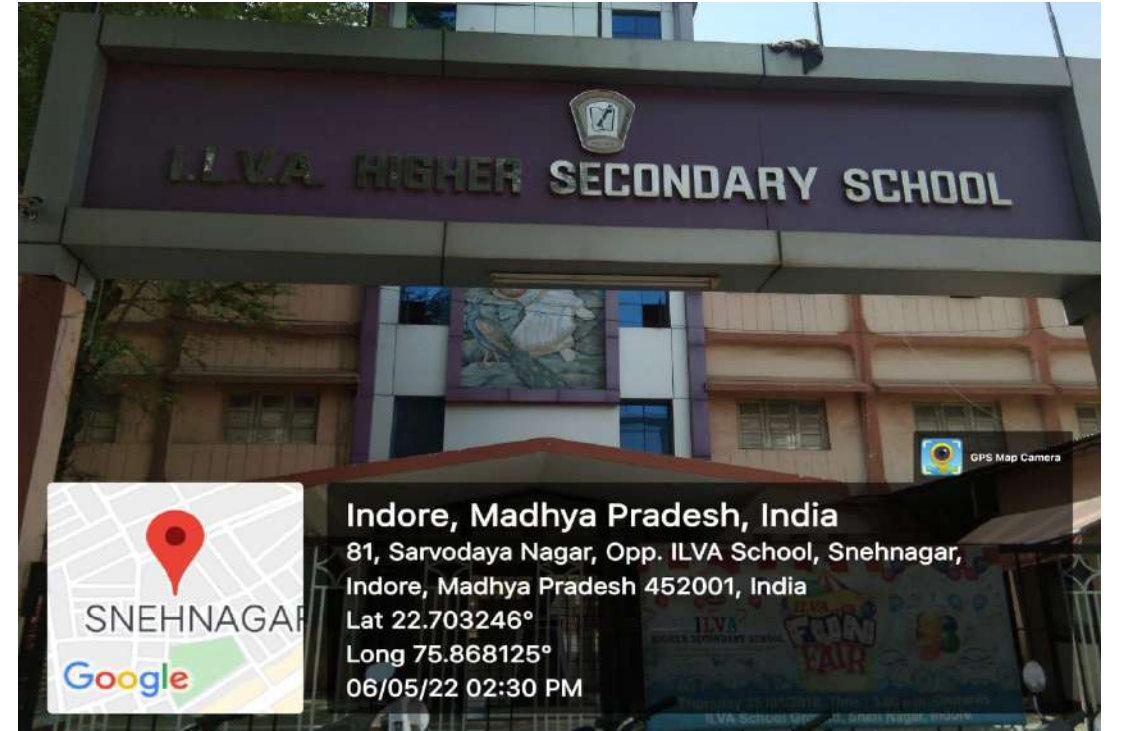


# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Ilva Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Shri Agrasen Vidyalyaya



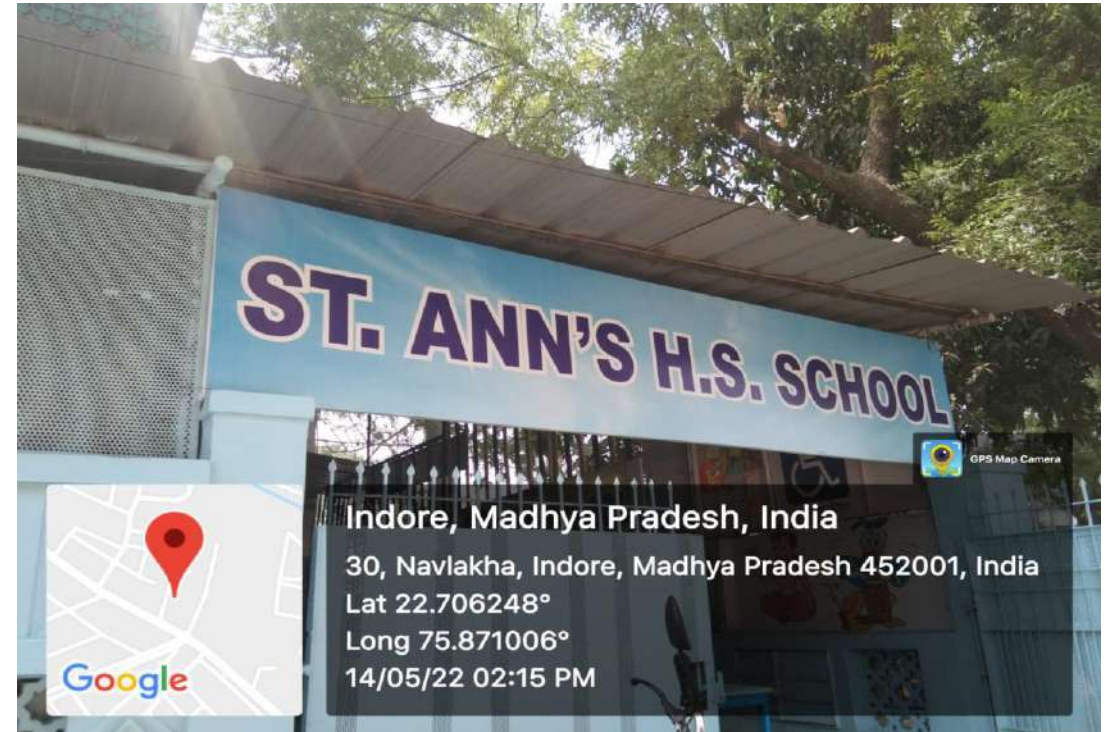


# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

ST. ANN'S Higher Secondary school



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Brilliant Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Surya Public Higher Secondary School



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

ST. JOHN'S Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Maharaja Yeshwanat Higher Secondary School



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Malva Public Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

शासकीय कन्या उच्चतर महाविद्यालय इंदौर



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Alpine Public School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Apline Academy school



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Tirthbai Kalachand Higher Secondary School





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Bal Niketan School



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Ganesh Bal Mandir higher Secondary School





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Brilliant Higher Secondary School

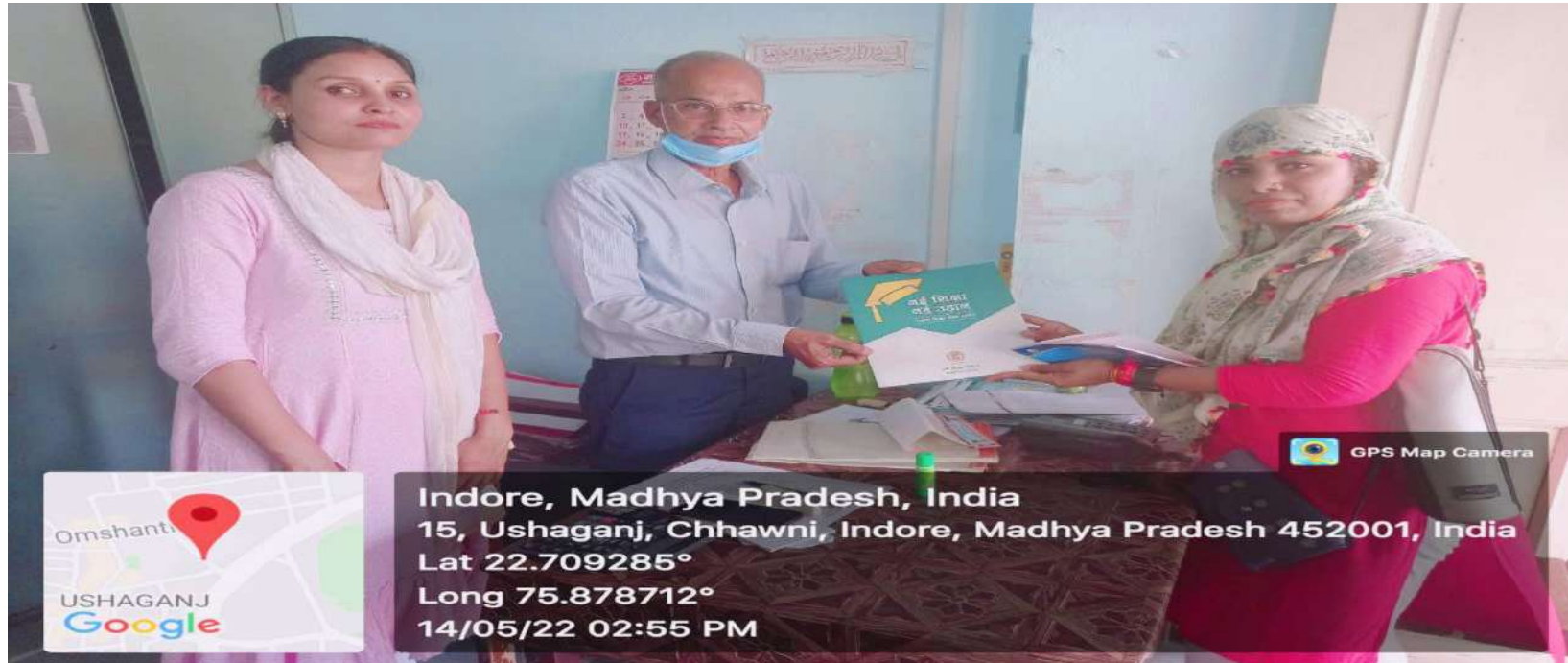


# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### I.K. Girls Higher Secondary School



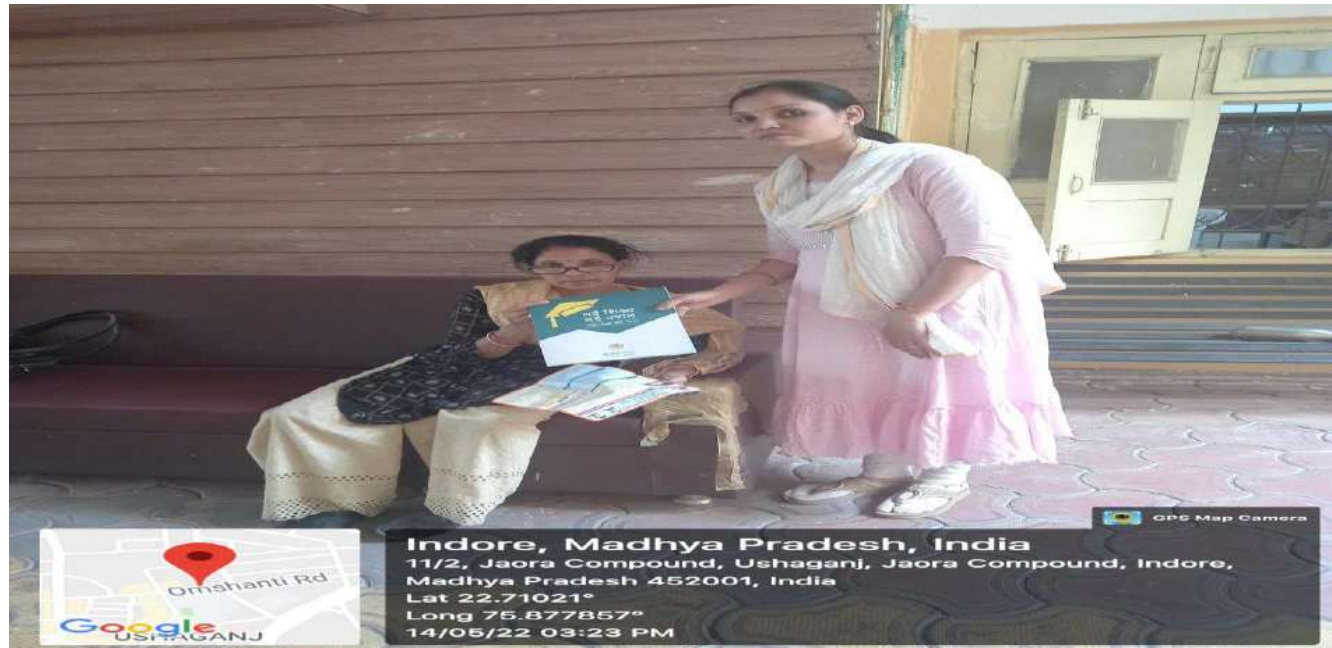


होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Bright Higher Secondary School



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

B.K.B public School





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-

Shri Maheshwari Higher Secondary School

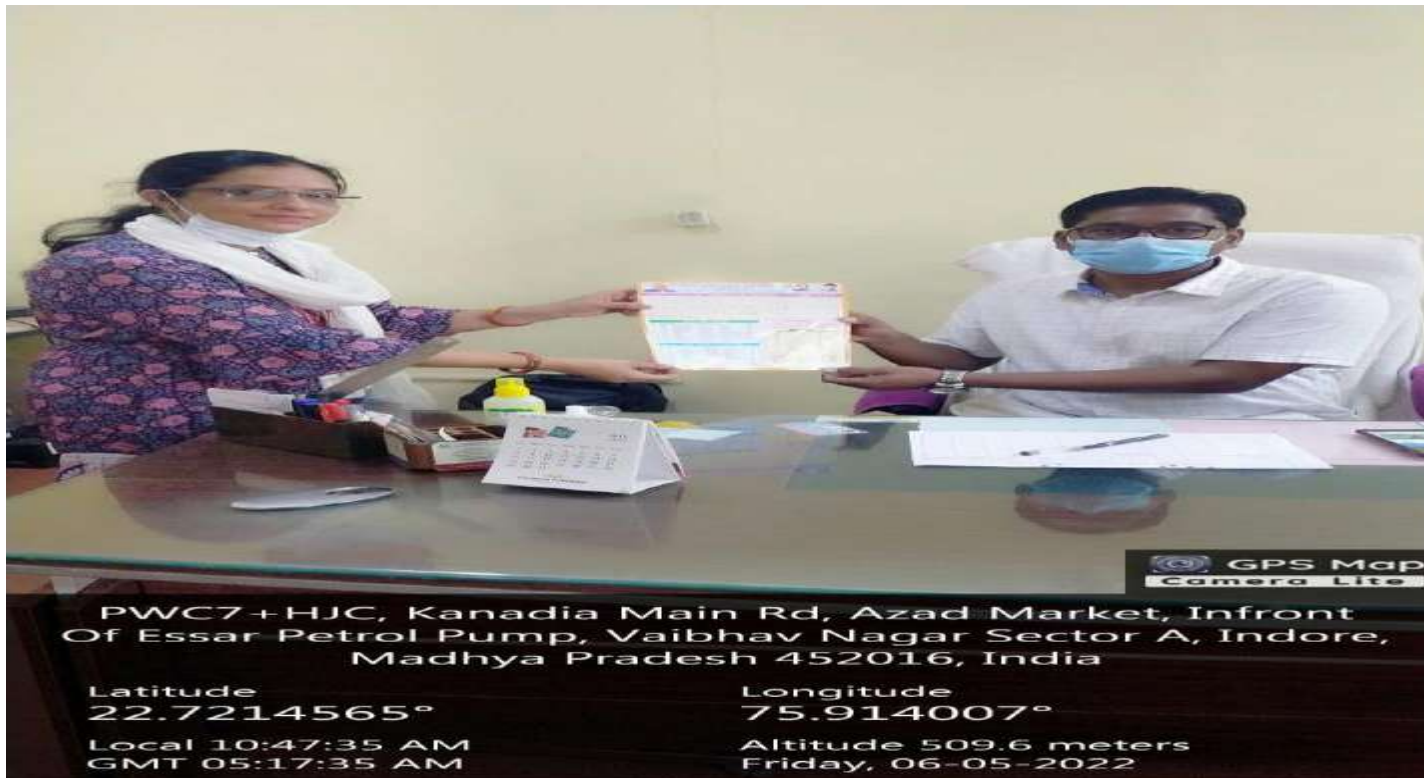


होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Seventh Day Adventist Higher Secondary School



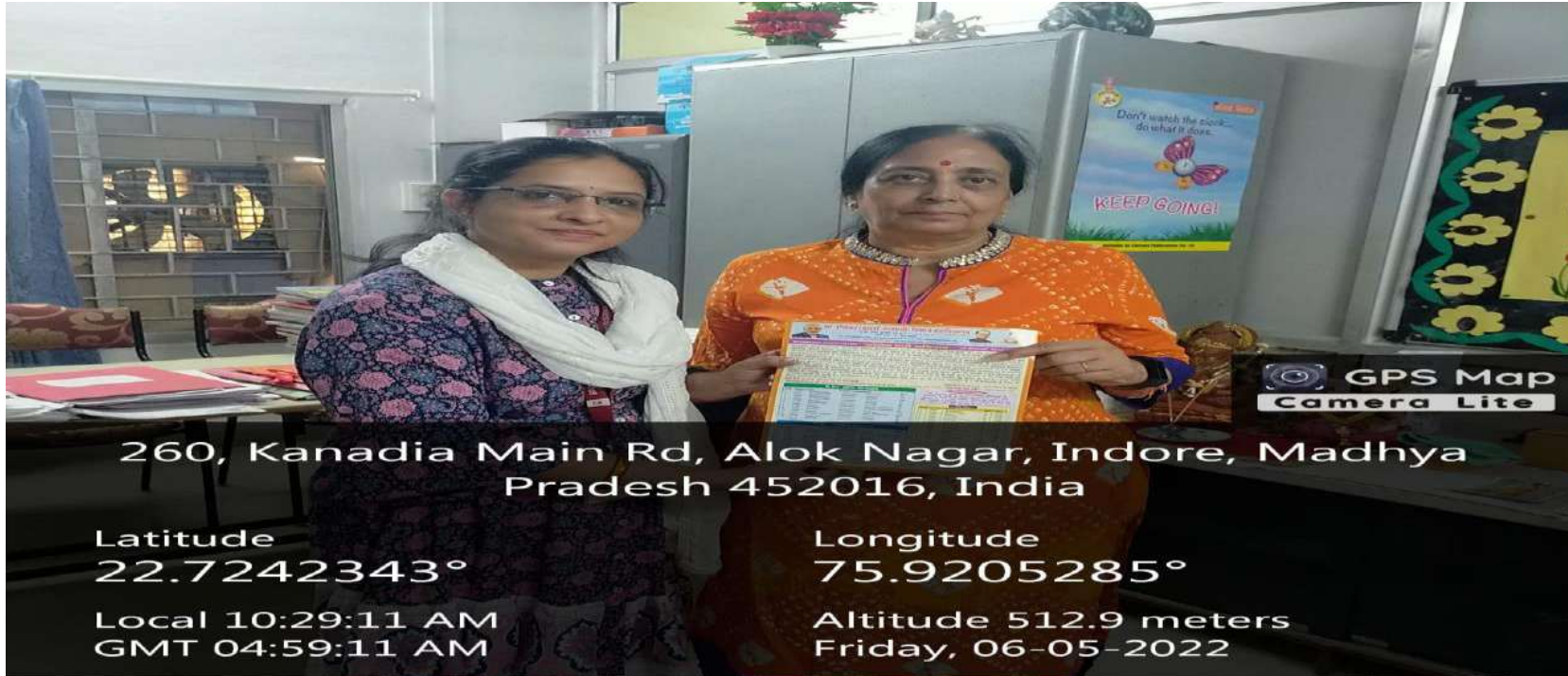


होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Karnataka Vidhya Niketan school



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Tagore Public School





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Lav-Kush Vidhya Vihar higher Secondary School



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “કૉલેજ ચલો અભિયાન”

## शैक्षणिक सत्र-2021-2022

## शासकीय शारदा कन्या हाईयर सेकंडरी विद्यालय





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Saraswati Vidhya Mandir School



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Little Angel Higher Secondary school





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Shiksha Niketan Higher Secondary School



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Kendriya Vidhyalaya Kramank 1





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

सरस्वती शिशु मंदिर उच्चतर विद्यालय



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Ajanta Bal Vidhya Mandir Higher Secondary school





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

मसीही कन्या विद्यालय



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Angel Hearts Academy





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“ कॉलेज चलो अभियान ”

शैक्षणिक सत्र-2021-2022

सीता देवी हाईयर सेकंडरी विद्यालय



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### परसरामपुरिया उच्चतर विद्यालय





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### मारवाड़ी कन्या विद्यालय



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

हंसदास हायर सेकंडरी विद्यालय





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“ कॉलेज चलो अभियान ”

शैक्षणिक सत्र-2021-2022

श्री क्लॉथ मार्केट कन्या विद्यालय



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“ कॉलेज चलो अभियान ”

शैक्षणिक सत्र-2021-2022

Kanyakubj Higher Secondary School





होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Garima Vidhya Vihar School, Indore



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### शासकीय नवीन कन्या उच्चतर माध्यमिक विद्यालय





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### Sunshine Higher Secondary School



होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

“कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Swami pritamdas Higher Secondary School



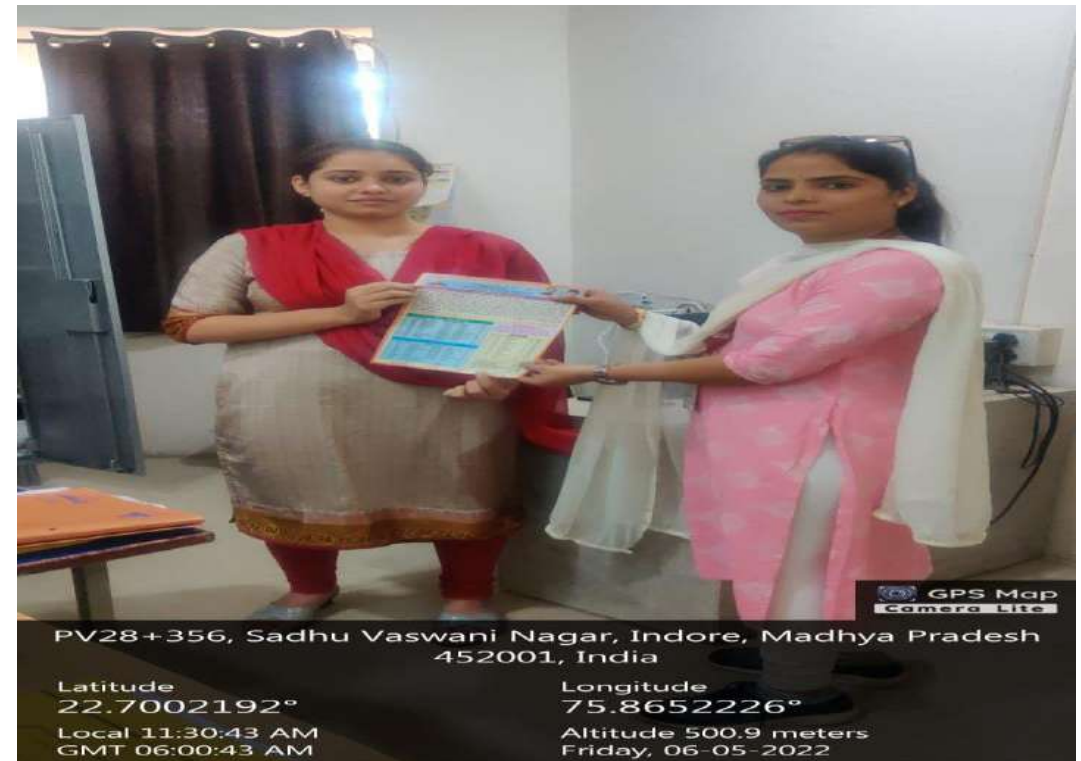


# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Namdev Panjwani Higher Secondary School



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Malav Kaniya Higher Secondary School





# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

Surya Higher Secondary School



# होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

## “कॉलेज चलो अभियान”

शैक्षणिक सत्र-2021-2022

### New Trinity Higher Secondary School









## 3.6.1: Impact analysis (Case Study-1)

### Empowering Minds: Institutional Literacy & Educational Enhancement Initiatives

#### I. Propagating the Light of Education to the Unprivileged Kids through “Aksharam” Classes

The impact of the Aksharam initiative is profound and far-reaching, as it has successfully addressed the educational needs of underprivileged children and brought positive changes in their lives and communities. Some of the key impacts include:

1. **Increased Access to Education:** Aksharam has provided access to education for over 500 underprivileged children in 08 slums. By conducting regular evening classes in their localities, the initiative has reached out to non-enrolled and dropout children, bridging the gap between them and mainstream education.
2. **Promoting Learning Interest:** Through interactive and educational activities, Aksharam has instilled eagerness and interest in learning among the children. By providing a preliminary learning experience, the initiative has encouraged them to further pursue education.
3. **Empowering the Community:** The initiative's self-help group model has empowered the community to take ownership of the educational development of their children. By engaging parents and community members, Aksharam has fostered a sense of responsibility and involvement in the children's education.
4. **Socio-economic Upliftment:** Education is a powerful tool for socio-economic upliftment. By enabling underprivileged children to access education, Aksharam is contributing to breaking the cycle of poverty and creating opportunities for a better future.
5. **Fostering a Positive Learning Environment:** Aksharam's evening classes provide a safe and nurturing environment for the children to learn. This positive atmosphere encourages children to explore their potential and develop essential skills.
6. **Transforming Lives:** The initiative has brought about a transformation in the lives of the underprivileged children it serves. By equipping them with education, Aksharam is opening doors to better opportunities and a brighter future.
7. **Creating Role Models:** Through the guidance of Dr. Suwarna Tanwani and other mentors, Aksharam is creating role models for children. These mentors serve as inspiration and guidance, motivating the children to dream big and aim high.
8. **Community Building:** Aksharam has brought together various stakeholders, including students, parents, mentors, and volunteers, to work collectively towards a common goal of education and community development. This community-building aspect strengthens social bonds and fosters a sense of belonging.

The Aksharam initiative has made a significant impact in the lives of underprivileged children by providing them with educational opportunities and igniting a passion for learning. Through its multifaceted approach and



active community involvement, Aksharam has become a beacon of hope and empowerment for the children and communities it serves.

## **II. Empowering Minds: NSS Volunteers' "Let's Learn Together" Literacy Campaign**

NSS volunteers embarked on a transformative journey with the "Let's Learn Together" Literacy Campaign, spreading the light of education across local schools, Anganwadi centers, and slum areas. Their selfless efforts brought about a profound impact, shaping young minds and fostering a community-wide appreciation for learning.

1. **Empowerment Through Education:** Volunteers took on the noble role of educators, dedicating their time and expertise to nurture the minds of children in the locality. Through engaging sessions, they imparted foundational knowledge and essential skills, helping young learners unlock their potential and fostering a love for learning.
2. **Inclusivity and Outreach:** The campaign's reach extended to diverse settings, including schools, Anganwadi centers, and underserved slum areas. This inclusive approach ensured that education transcended socio-economic barriers, empowering children from various backgrounds with the gift of literacy.
3. **Community Building:** NSS volunteers played a pivotal role in building a sense of community through their interactions with young learners. By bridging gaps in education, they helped strengthen the social fabric, instilling a shared commitment to uplifting the next generation.
4. **Nurturing Lifelong Learners:** The impact of the campaign goes beyond the immediate lessons taught. By igniting a passion for learning, NSS volunteers sowed the seeds for lifelong curiosity and intellectual growth, equipping children with the tools they need to become informed and empowered citizens.
5. **Confidence and Self-Esteem:** As volunteers patiently guided children through their educational journey, they also boosted their confidence and self-esteem. The newfound skills and knowledge instilled a sense of accomplishment, motivating children to believe in their capabilities.
6. **Community Recognition:** The "Let's Learn Together" campaign garnered recognition and respect within the community, highlighting the vital role played by NSS volunteers in shaping the educational landscape. Their dedication and impact resonated, inspiring others to join the cause of literacy.

7. **Multi-Generational Impact:** The campaign's ripple effect extended beyond the immediate learners. As educated children shared their newfound knowledge with family members, the cycle of empowerment continued, creating a multiplier effect that enriched the entire community.
8. **Foundation for Progress:** NSS volunteers laid a strong foundation for future progress by equipping young learners with essential skills. Through their efforts, they paved the way for these children to pursue further education, break the cycle of poverty, and contribute positively to society.

Thus the "Let's Learn Together" Literacy Campaign by NSS volunteers stands as a testament to the power of education and community engagement. By nurturing young minds, breaking barriers, and fostering a culture of learning, they have created a legacy of empowerment that will resonate for generations to come.

### **III. Bridging Education Through PhoneShala: Empowering Learning in the Digital Age**

The "**Phone Shala**" initiative emerged as a crucial educational opportunity for young students during the challenging times of the COVID-19 pandemic. With schools facing closures and traditional learning disrupted, this innovative approach, supported by dedicated NSS volunteer Apurva Kumari, played a significant role in ensuring continuous learning for school children. By delivering lectures through the digital learning platform of Phone Shala, Apurva Kumari and educators like her helped bridge the gap and mitigate the adverse effects of the pandemic on education.

1. **Accessibility and Inclusivity:** Phone Shala enabled broader access to education, reaching students who might not have had easy access to traditional classroom settings. This inclusivity helped minimize educational disparities and ensured that even those from remote or underprivileged backgrounds could continue learning.
2. **Technological Proficiency:** The initiative forced a rapid adoption of digital tools, both for educators and students. This exposure empowered young learners with essential digital skills, preparing them for an increasingly technology-driven world.
3. **Flexibility and Adaptability:** Teaching through Phone Shala encouraged educators to adapt their teaching methods to suit online platforms. This flexibility enhanced their ability to cater to different learning styles and engage students effectively.
4. **Future-Ready Skills:** The shift to digital learning emphasized the importance of acquiring 21st-century skills, such as critical thinking, problem-solving, and digital literacy. Educators like Apurva Kumari could integrate these skills into their lessons, equipping students with capabilities vital for their future success.
5. **Community and Collaboration:** Phone Shala demonstrated the strength of community collaboration. NSS volunteers, teachers, parents, and students worked together to ensure a conducive learning environment, fostering a sense of shared responsibility for education.



6. **Lifelong Learning:** The pandemic reinforced the concept of lifelong learning, not only for students but also for educators. Apurva Kumari's participation in Phone Shala underscored the importance of continuous professional development and adapting teaching methods to suit evolving educational landscapes.
7. **Digital Divide Awareness:** While Phone Shala aimed to bridge the digital divide, it also highlighted the challenges faced by those without access to reliable internet and devices. This awareness prompted discussions and efforts to address this divide for a more equitable education system.
8. **Resilience and Innovation:** The pandemic underscored the necessity of resilience and innovation in education. Apurva Kumari's role as an educator on Phone Shala exemplified the ability to adapt, find creative solutions, and remain committed to nurturing the minds of the future despite unprecedented challenges.

In essence, the impact of initiatives like Phone Shala, with dedicated volunteers goes beyond the immediate context of the pandemic. It has paved the way for a more digitally inclusive and adaptable education system, preparing students to thrive in the ever-evolving landscape of the Internet age. Teaching tomorrow's skills today ensures that students are better equipped to face the challenges and opportunities of the future.

#### **IV. "College Chalo Abhiyan": Institution's Drive for College Access**

In our endeavor to promote higher education, Holkar Science College faculties annually visit different Higher Secondary Schools to engage 11th & 12th Year students. We enlighten them about the college's contemporary infrastructural facilities and provide guidance on institution choices, available options, government schemes, and facilities. We emphasize the institution's inclusive atmosphere and accommodations for girls. Prior to the NEP-2020 implementation, we highlighted NEP's key features. We particularly motivated students from socioeconomic backgrounds to pursue higher education at the college level, underscoring skill-enhancement opportunities during graduate studies. This comprehensive effort not only bolstered college admissions but also had a positive impact on the state and national Gross Enrolment Ratio (GER).

The "College Chalo Abhiyan" has yielded significant outcomes in promoting higher education access and inclusivity. Through our annual visits to Higher Secondary Schools, we have reached and sensitized a substantial number of 11th & 12th Year students, providing them with essential insights into their educational journey. This initiative's impact is multifaceted:

1. **Enhanced Awareness:** Our engagement has facilitated a broader understanding of the diverse choices and opportunities available to students at Holkar Science College. This awareness has empowered students to make well-informed decisions about their higher education.

2. **Inclusive Environment:** By highlighting our institution's inclusive atmosphere and dedicated facilities for girls, we have fostered an environment where every student feels welcome and supported, contributing to a more diverse and vibrant student community.
3. **NEP-2020 Integration:** Early exposure to the highlights of the National Education Policy 2020 (NEP-2020) has prepared students for the changing landscape of education, equipping them with insights that align with modern educational philosophies.
4. **Socioeconomic Empowerment:** Our motivational efforts targeting students from socioeconomic backgrounds have encouraged them to envision and pursue higher education. This empowerment has opened doors to a brighter future and increased upward mobility.
5. **Skill Development:** By informing students about skill-enhancement avenues during their graduate studies, we have planted the seeds of holistic personal and professional growth, aligning their education with real-world demands.
6. **Positive Impact on GER:** The "College Chalo Abhiyan" has not only contributed to increased admissions at our institution but has also had a far-reaching positive impact on the Gross Enrollment Ratio (GER) at both the state and national levels. This underscores the broader significance of our efforts in shaping the educational landscape.

In conclusion, the "College Chalo Abhiyan" initiative stands as a beacon of Holkar Science College's commitment to education, access, and inclusivity. By sensitizing and guiding students, we have sowed the seeds of knowledge, empowerment, and progress, contributing to a stronger educational foundation for individuals and society as a whole.

## **Summative Conclusion:**

The institution's commitment to education is exemplified through its transformative initiatives. "Aksharam" Classes illuminate the path of knowledge for underprivileged children, fostering inclusive growth. The NSS Volunteers' "Let's Learn Together" campaign embodies empowerment, bridging literacy gaps. In the digital era, "PhoneShala" bridges education disparities, nurturing learning through technology. "College Chalo Abhiyan" propels access to higher education, enriching aspirations.

In essence, these initiatives collectively weave a tapestry of educational empowerment. They reflect the institution's dedication to nurturing minds, breaking barriers, and cultivating a brighter future for all. Through "Aksharam," the institution bestows the gift of education. NSS volunteers, with "Let's Learn Together," ignite the spark of learning. "PhoneShala" harmonizes education and technology, fostering modern pedagogy. "College Chalo Abhiyan" paves the way for students' academic journey. Together, they embody the institution's unwavering commitment to uplifting lives, spreading knowledge, and shaping a more equitable, educated society.



# Govt. Holkar (Model, Autonomous) Science College, Indore



## CASE STUDY-2

### Proactive Participation in Camps and Activities in Adopted Villages:

- Extending  
Holkarian Helping Hand (H-H-H)



# **Case study -2**

**Proactive Participation in Camps and Activities in  
Adopted Villages: Extending Holkarian Helping Hand  
(H-H-H)**





# ORGANISING UNIT CAMPS

- ❖ NSS Unit Camp is organized every year with the main aim of bringing the youth/volunteers face to face with the community/rural areas/God Gram to understand their problems and take initiatives/efforts to make improvement in their life.

राष्ट्रीय सेवा योजना होल्कर विज्ञान महाविद्यालय दिनचर्या		
जागरण	— 4:30	
प्रभात फेरी	— 5:15	— 6:15
व्यायाम योग	— 6:15	— 7:30
सवलपहार	— 7:30	— 8:30
परियोजना कार्य	— 8:30	— 11:30
श्रम-सीकर	— 11:30	— 11:50
स्नान	— 12:00	— 12:30
भोजन	— 12:30	— 13:30
विश्राम	— 13:30	— 14:15
बौद्धिक कार्यक्रम	— 14:30	— 16:30
चाय	— 16:30	— 17:00
खेलकूद	— 17:00	— 18:30
समीक्षा बैठक	— 18:30	— 19:00
रात्रि भोजन	— 19:00	— 20:00
सांस्कृतिक कार्यक्रम	— 20:30	— 22:00
शयन	— 22:00	— 4:30



2017-18 :-Swachhta awareness, HIV/AIDS awareness, Sarv Shiksha abhiyan, Literacy campaign. Leprosy patients residence wall construction labor of worth RS 1650 and Cricket pitch construction labor of worth RS 1200



2018-19 :-Cashless transaction awareness, NGO Nayan Mitra eye checkup, Swachhta abhiyan. Sadak nirman in God Gram.



2019-20 :-Literacy survey, Swachhta abhiyan, Nyan Mitra Eye checkup camp, road repair labor of worth 3500, school boundary wall construction of RS 1800.



2021-22 :-Plastic free campaign, Beti Bachao Beti Padhao, Nayan Mitra eye checkup and awareness against social evils, 1500 plant beds were constructed, pond digging (talab gehrikaran) labor of worth RS 2500



# UNIT CAMP

## SESSION 2017 – 2018

18<sup>th</sup> January 2018 - 24<sup>th</sup> January 2018

Village :- Asrawad, khurd [Indore]

**Total No. of Students:- 100 , 50 volunteers from each unit have participated in 7 day special unit camp at Asrawad**



- ❖ The camp was inaugurated by the chief guest **Dr. Rooplekha Vyas madam, Principal of the college.** On this occasion **Mr. Surendra Singh Chabra Janbhagidari president, Dr. R.C. Dixit, Administrative officer, Dr. M.M.P. Shrivastav, Dr. Pradeep Sharma & Shri Bhojraj Sarpanch of the village** were present.
- ❖ During the stay of 7 days in the adopted village the Sarpanch of the village gave us support and guidance for conducting various activities.





# UNIT CAMP

## SESSION 2017 – 2018

Cricket pitch for village kids was prepared, shram of worth Rs 1200/- [Shram daan/labor donation].



An effort to repair the boundary wall of leprosy patients residence worth Rs 1650/- [Shram daan/ labor donation].







# UNIT CAMP

## SESSION 2017 – 2018



Other than parijojna karya/ shram daan, various camp activities as per the camp schedule were performed like yoga, exercise, baudhik session, cultural program and trekking etc.







# UNIT CAMP

## SESSION 2018 – 2019

11<sup>th</sup> January 2019 -17<sup>th</sup> January 2019

Village :- Asrawad ,khurd [Indore]

**Total No. of Students:- 114 (from both unit) have participated in 7 day special unit camp at Asrawad.**



During the camp, Dr. Prakash Garhwal (NSS Coordinator, DAVV, Indore), Dr. Sachin Sharma (District Coordinator, Indore), Dr. Indu Tiwari (Senior Prof. of English Dept.) , Dr. Swarna Tanwani (Senior Prof. of English Dept), Dr. Poonam Bhatnagar (Senior Prof. of Geology) & Dr. Angoorbala Bafna (HOD & (Senior Prof. of Bio-Chemistry Dept.) were invited to address the volunteers in Baudhik session.



# UNIT CAMP

## SESSION 2018 – 2019

**Awareness rally for motivating people to use cashless transaction payment method and Shram daan / labor donation was done by NSS Volunteers in repairing of raw road in adopted village.**







# UNIT CAMP

## SESSION 2018 – 2019

Eye check up camp was organized with the help of NGO Nayan mitra, and spectacles were distributed to the villagers at low price, apart from that literacy survey was organized by NSS volunteers in God Gram Asrawad.







# UNIT CAMP

## SESSION 2019 – 2020

**21<sup>st</sup> November 2019 - 27<sup>th</sup> November 2019**

**Village :- Asrawad khurd, Indore**

**Total No. of Students:- 100 (from both unit) have participated in 7 day special unit camp at Asrawad.**



The opening & closing ceremony was Jointly chaired by Chief Guest Dr. S. Qureshi (High Court judiciary official) & our Principal Dr. Suresh T. Silawat sir while Dr. Anamika Jain (HOD Chemistry Dept.), Dr. Sanjida Iqbal (HOD Botany Dept.), Dr. Angoorbala Bafna ((HOD Bio- Chemistry Dept.) & Dr Abeeda Qureshi were among the invited guest. All the activities in the camp were performed in association with the SARPANCH & the villagers of the village.





# UNIT CAMP

## SESSION 2019 – 2020

Free Health Checkup Camp, Eye Check Up Camp by NGO Nayan mitra and literacy survey were done during the camp for the welfare of the community/God Gram (adopted Village).







# UNIT CAMP

## SESSION 2019 – 2020

To strengthen the volunteers, various activities like yoga, drill, self defense training, trekking were organized during the camp. With this students have to prepare their own food to promote group working and then cultural programs were organized.







# UNIT CAMP

## SESSION 2021 – 2022

21<sup>st</sup> March 2022 - 27<sup>th</sup> March 2022

Village :- Morud, Indore

**Total No. of Students:- 100 (from both unit) have participated in 7 day special unit camp at Morud.**



Dr. Renu Jain, Vice Chancellor D.A.V.V. Indore was invited as chief guest & Dr. Suresh T. Silawat, AD of Indore Division & Principal of the college, Dr. Prakash Garhwal NSS Coordinator D.A.V.V., Dr. G.D. Gupta, Dr. R.C. Dixit, Dr. Anupam Sharma visited the camp for closing ceremony. The entire camp was organised successfully under the supervision of NSS programme officers Dr. Seemavati Sisodiya and Dr. Sandeep Kumar Gohar. All the activities were performed with the cooperation of the village sarpanch Mrs. Sangeeta Vijay Biloniya.





# UNIT CAMP

## SESSION 2021 – 2022



Various awareness programs like HIV/AIDS awareness, Beti Padhao Beti Bachao, polythene free India was done through Nukkad Nagak and interaction with residents of the God Gram.

### स्वच्छता अभियान, प्लास्टिक मुक्त परिसर, बाल विवाह आदि गतिविधियां चली

इंदौर। शासकीय होलकर विज्ञान महाविद्यालय इंदौर की राष्ट्रीय सेवा योजना इकाई 1 व 2 द्वारा सत्र 2022 का सात दिवसीय विशेष शिविर गोद ग्राम बस्ती मोरोद (उमरीखेड़ा) में आयोजित किया गया। समापन ग्राम मोरोद में किया गया।

ग्राम सरपंच संगीता विजय बिलोनिया द्वारा शिविर को विशेष

सहयोग दिया गया। श्रमदान परियोजना में तालाब का गहरीकरण, स्वच्छता अभियान, नुककड़ नाटक, आंगनवाड़ी प्राथमिक शाला, मंदिरों में स्वच्छता अभियान चलाया गया। साथ ही साथ शहीद दिवस टीवी दिवस पर विभिन्न जागरूकता रैलियां एवं कार्यक्रम आयोजित किए गए। इस अवसर पर राष्ट्रीय सेवा योजना के स्वयंसेवकों द्वारा ग्रामवासियों के लिए कई प्रकार के संदेश जैसे स्वच्छता अभियान, प्लास्टिक मुक्त परिसर, कोरोना से सावधानी, बाल विवाह, बेटियों को पढ़ाओ एवं आदि विषयों पर सांस्कृतिक प्रस्तुतियां दी गईं।

इस अवसर पर देवी अहिल्या महाविद्यालय की कुलपति डॉ. रेनू जैन, कार्यक्रम समन्वयक डॉ. प्रकाश गढ़वाल, शासकीय होलकर विज्ञान महाविद्यालय के प्रशासनिक अधिकारी डॉ. आर.सी. दीक्षित कीड़ा अधिकारी डॉ. अनुपम शर्मा, डॉ. मनोज मिश्रा, डॉ. अनिल फतेह चंदानी जी एवं समस्त ग्रामवासी उपस्थित थे। शिविर का मार्गदर्शन डॉ. सुरेश टी. सिलवट प्राचार्य शासकीय होलकर विज्ञान महाविद्यालय द्वारा किया।











# ONE DAY CAMP

## SESSION 2021-2022



3<sup>rd</sup> September 2021  
Village :- Morud, Indore

**Total No. of Students:- 22 (from both unit) have participated in one day camp at Morud.**









## Nasha Mukti awareness programme in village school of God Gram Datoda



Indore, MP, India

Dr Ambedkar Nagar, Indore, 452020, MP, India

11/19/2022 03:52 PM

Note : Captured by GPS Map Camera



## दतोदा में एक दिवसीय शिविर

इन्दौर। शासकीय होलकर विज्ञान महाविद्यालय की राष्ट्रीय सेवा योजना (इकाई 1 और 2), रेड रिबन क्लब द्वारा गोद ग्राम बस्ती दतोदा जिला इंदौर में एक दिवसीय शिविर, प्लास्टिक प्रदूषण मुक्त जागरूकता एवं स्वच्छता अभियान, नशा मुक्ति अभियान एवं नुक्कड़ नाटक, नशा मुक्ति पर स्कूल के छात्र/छात्राओं एवं ग्रामीणों द्वारा नशा ना करने के लिये शपथ ग्रहण की गई, ग्राम दतोदा के सरपंच प्रहलाद बबरीवाल मुख्य अतिथि के रूप में उपस्थित थे सम्पूर्ण मार्गदर्शन डॉ. सुरेश टी सिलावट, प्राचार्य शासकीय होलकर विज्ञान महाविद्यालय के द्वारा किया गया कार्यक्रम प्रभारी एवं अधिकारी डॉ. सीमावती सिसोदिया एवं डॉ. संदीप कुमार गोहर के द्वारा कार्यक्रम आयोजित किया गया तथा विशेष सहयोग डॉ. अनुपम शर्मा, अनमोल वागडे ने किया ग्रामवासियों में जागरूकता लाने के उद्देश्य से, पोलिथिन मुक्त ग्राम, स्वच्छता अभियान, नशा मुक्ति अभियान पर लघु कथा चित्र प्रोजेक्टर द्वारा दिखाया गया।



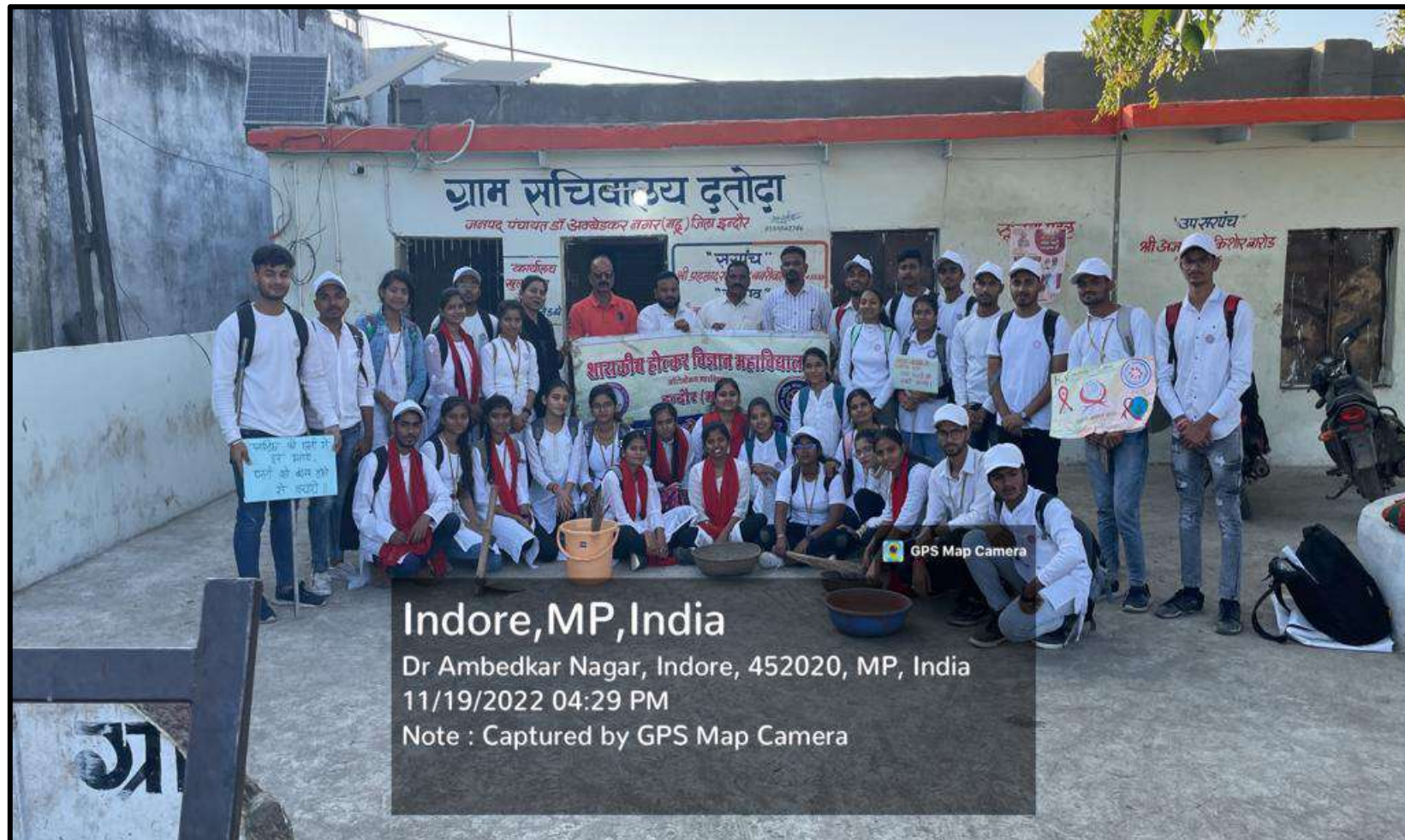


# ONE DAY CAMP

19<sup>th</sup> November 2022

Village :- Datoda, Indore

**Total No. of Students:- 40 (from both unit) have participated in one day camp at Datoda.**







# ONE DAY CAMP



**Nukkad Natak performed by NSS volunteers on the topic of NASHA MUKTI ABHIYAAN**







# ONE DAY CAMP

## SESSION 2022-2023



One day camp was organized at Shivnagar where awareness rally was on netritva Vikas/ leadership development by NSS volunteers







# ONE DAY CAMP

## SESSION 2022-2023



One day camp was organized at Shivnagar where awareness rally was on Netritva Vikas/ leadership development by NSS volunteers







# APPRECIATION LETTER FROM GRAM PANCHAYAT SURPANCH



**ग्राम पंचायत असरावद खुर्द**  
जनपद पंचायत व जिला पंचायत इन्दौर (म.प्र.)

आपक ३२३ दिनांक २३/०१/१८

प्रमाण पत्र  
सत्र २०१७-१८

शा. होलकर विज्ञान, महा. विद्यालय द्वारा ग्राम असरावद (उमरखेडा) में दिनांक १८/०१/१८ से २५/०१/१८ तक राष्ट्रीय सेवा योजना (एन.एस.एस.) इकाई द्वारा ७ दिवसीय शिविर का आयोजन किया गया। इस शिविर का संचालन कार्यक्रम अधिकारी डॉ. सीमावती सिंसोदिया द्वारा किया गया, कार्यक्रम अधिकारी ने शिविर गतिविधियों जिनमें स्वच्छता अभियान, (पीने के पानी के आस पास गीदड़ों से ड बनाकर) मृत वृक्षों को सजीव बनाने की जागरूकता, एड्स के प्रति जागरूकता, ग्रामिण जनगणना, निशुल्क नेत्र परीक्षण आदि शिविर श्रमदान गतिविधियों द्वारा ग्रामिणों का सहयोग एवं ग्रामिणों को जागरूक किया और यह कार्य बहुत ही सरलानेय एवं उत्कृष्ट रहे।

डॉ. सीमावती सिंसोदिया (कार्यक्रम अधिकारी) की उज्जवल भविष्य की शुभकामनाओं के साथ।

ग्राम पंचायत असरावद खुर्द  
जिला-इन्दौर (म.प्र.)

**ग्राम पंचायत असरावद खुर्द**  
जनपद पंचायत व जिला पंचायत इन्दौर (म.प्र.)

आपक ३२३ दिनांक २३/०१/१८

प्रमाण पत्र  
सत्र २०१८-१९

इन्दौर नगर के सर्वश्रेष्ठ महाविद्यालय, शा. होलकर विज्ञान, महा. विद्यालय द्वारा ग्राम असरावद (उमरखेडा) में दिनांक २५/०१/१८ से ३१/०१/१८ तक राष्ट्रीय सेवा योजना (एन.एस.एस.) इकाई द्वारा ७ दिवसीय शिविर का आयोजन, सानदार रूप से किया किया गया। इस शिविर कि गतिविधियों में विशेष रूप से निशुल्क नेत्र परीक्षण, शीव के प्राथमिक स्कूल में शिविर लगाकर लगभग ७८७ स्कूली छात्र-छात्राओं, ग्रामिणों एवं शिक्षितवर्गों ने अपनी सहभागिता दि। साथ ही रासन कि विभिन्न योजनाओं का ज्ञान एवं स्वच्छता जागरूकता, एड्स जागरूकता अभियान प्रमुख रूप से अव्योक्त किये गये इस शिविर का संचालन डॉ. सीमावती सिंसोदिया द्वारा किया गया। इस अव्योक्त द्वारा ग्रामिणवर्गी अत्यधिक सामान्यतः हुए।

डॉ. सीमावती सिंसोदिया (कार्यक्रम अधिकारी) की कार्यकुशलता एवं कर्मवता के लिये इनके उज्जवल भविष्य की शुभकामनाओं के साथ।

ग्राम पंचायत असरावद खुर्द  
जिला-इन्दौर (म.प्र.)

**कार्यालय: ग्राम पंचायत मोरोद**  
जनपद व जिला पंचायत, इन्दौर (म.प्र.)

आपक १/५०२ प्रमाणित प्रमाण पत्र दिनांक २०/०२/१८

शासकीय होलकर विज्ञान महाविद्यालय द्वारा दिनांक से तक सर्वोदय शिक्षण स्कूल में राष्ट्रीय सेवा योजना का सात दिवसीय शिविर का आयोजन दिनांक २१.०३.२२ से २७.०३.२२ तक किया गया, जिनकी कार्यक्रम अधिकारी डॉ. सीमावती सिंसोदिया की कार्यशीली एवं शिविर की गतिविधियां निरन्तर रूप से मोरुद पंचायत के लिए अत्यंत लाभदायक रहा है, भविष्य में ऐसे शिविर लगाते रहे उनके उज्जवल भविष्य की कामना के साथ बधाई के पात्र हैं।

ग्राम पंचायत मोरोद  
जनपद पंचायत, इन्दौर

**कार्यालय ग्राम पंचायत, दतोदा**  
तह. जनपद पंचायत डॉ. अम्बेडकर नगर (मह.), जिला इन्दौर (म.प्र.)

आपक ३२३ दिनांक २०/०२/२०२३

प्रति,  
श्री. डॉ. सीमावती सिंसोदिया कार्यक्रम अधिकारी  
जिला-इन्दौर महाविद्यालय प्रसंसा प्रमाण पत्र  
विषय

यह प्रमाणित किया जाता है कि २०२२-२३ में शासकीय होलकर विज्ञान महाविद्यालय की राष्ट्रीय सेवा योजना इकाई द्वारा ग्राम दतोदा को मोद लिया गया। महाविद्यालय की राष्ट्रीय सेवा योजना इकाई (एन.एस.एस.) के स्वयंसेवकों द्वारा ग्राम दतोदा के प्राथमिक स्कूली छात्र-छात्राओं को साक्षरता द्वारा आधारभूत ज्ञान समय-समय पर निरंतर दिया गया तथा वे छात्र-छात्राएं जो प्राथमिक स्कूल जाते थे उन्हें अतिरिक्त समय में स्वयं सेवकों द्वारा ग्रुप बनाकर विधेदत साक्षर किया गया जिससे निरक्षर रूप से ग्रामीण छात्र-छात्राएं लाभान्वित हुये हैं।

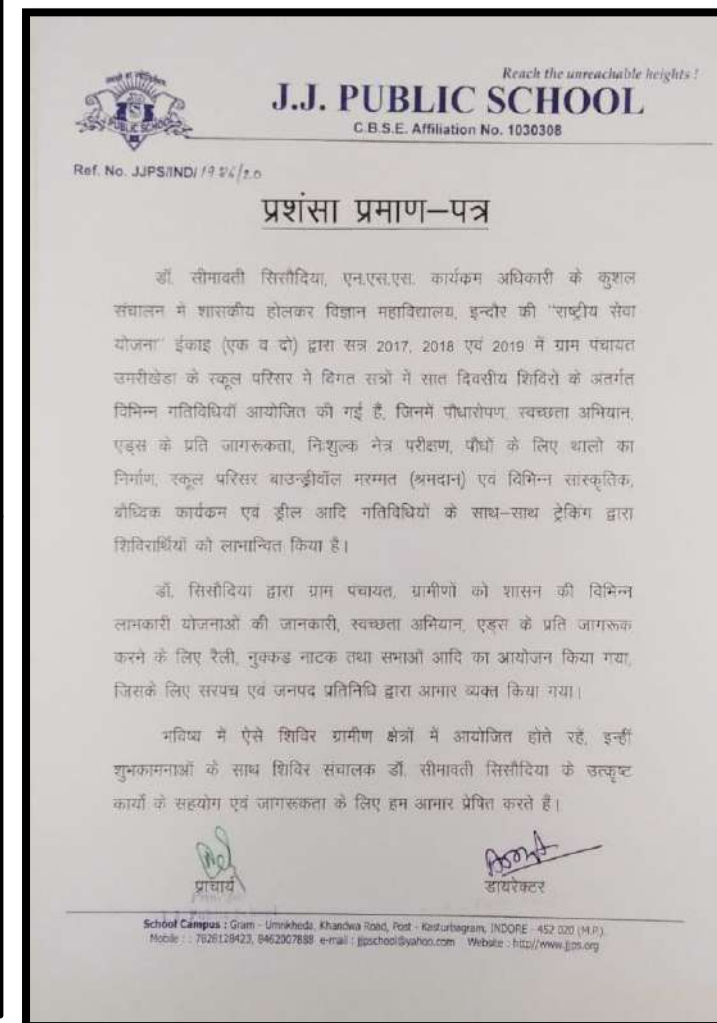
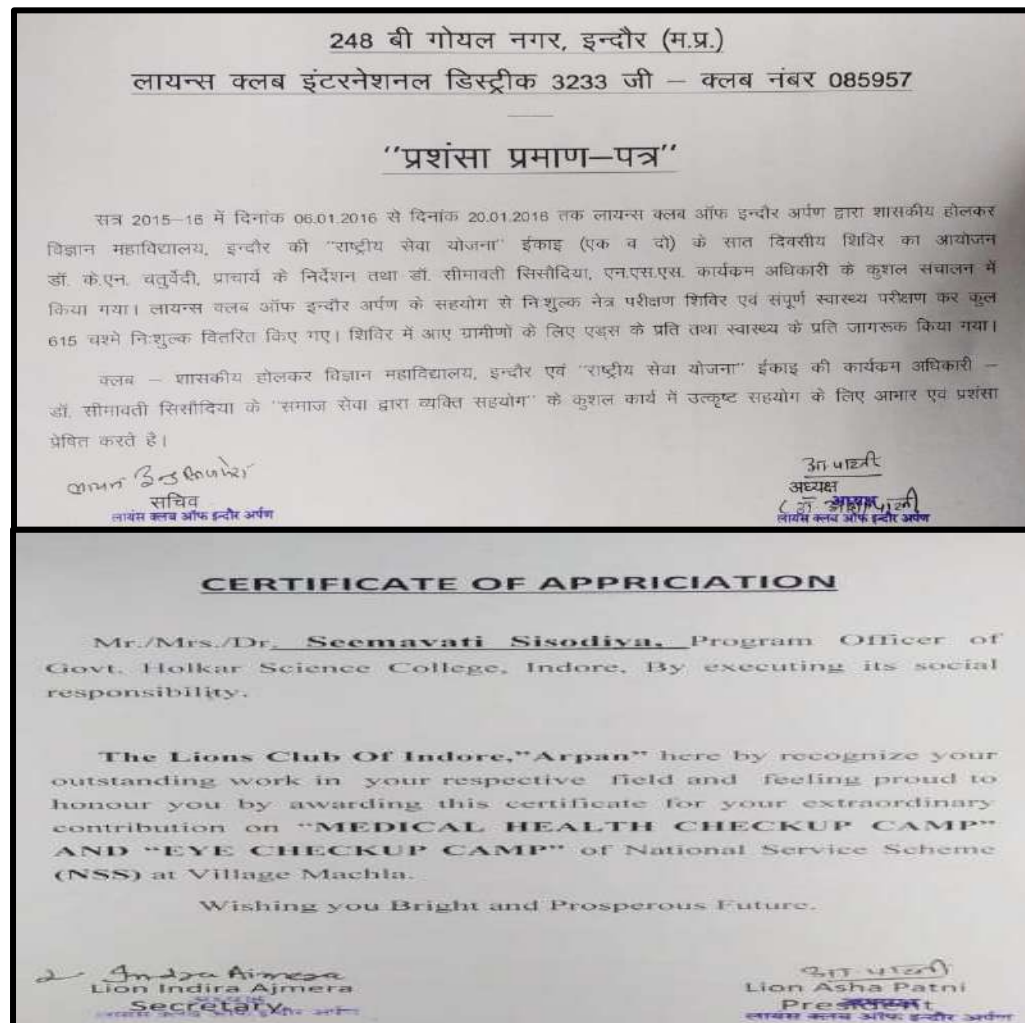
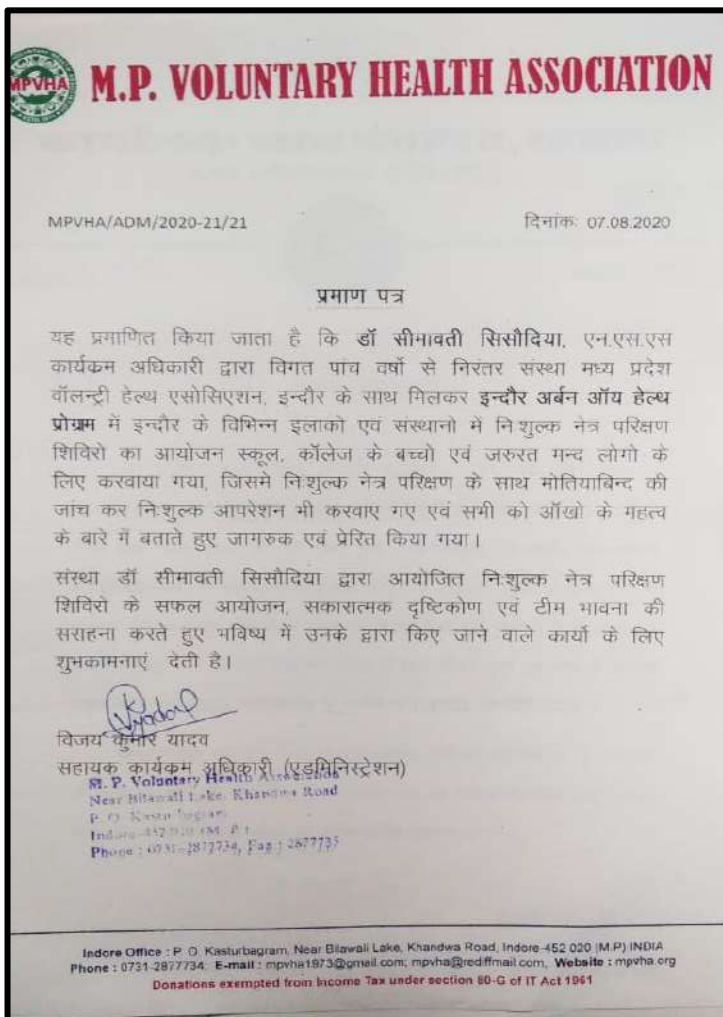
इस साक्षरता अभियान को एस.एस.एस. कार्यक्रम अधिकारी डॉ. सीमावती सिंसोदिया द्वारा चलाया गया जो अत्यंत सरलनीय एवं उत्कृष्ट कार्य रहा। इनके उज्जवल भविष्य की अनेक-अनेक शुभकामनाएं।

ग्राम पंचायत, दतोदा  
तह. जनपद पंचायत, डॉ. अम्बेडकर नगर  
मह., जिला-इन्दौर (म.प्र.)

APPRECIATION LETTER FROM THE GRAM PANCHAYAT (GOD GRAM)



# APPRECIATION LETTER FROM OTHER ASSOCIATIONS







## 3.6.1: Impact analysis (Case Study-2)

### Proactive Participation in Camps and Activities in Adopted Villages: Extending Holkarian Helping Hand (H-H-H)

In the villages of Asrawad Khurd, Indore, Morud, and Datoda, Indore, the institution's Holkarian Helping Hand (H-H-H) initiative has left a lasting imprint. One-day camps at Shivnagar and Datoda, Indore, featured awareness rallies on Netritva Vikas (leadership development) by dedicated NSS volunteers.

An annual cornerstone, the NSS Unit Camp fosters a crucial connection between the youth/volunteers and the rural community, offering a profound understanding of their challenges and a platform for transformative initiatives. The journey through these years has witnessed impactful endeavors:

**\*The values in Rupees mentioned below correspond to dedicated equivalent Human Hours**

**2017-18:** A diverse array of activities included Swachhta awareness, HIV/AIDS awareness, Sarv Shiksha Abhiyan, and a literacy campaign. Notably, efforts translated into constructing leprosy patients' residence walls (**valued at Rs. 1650**) and a cricket pitch (**valued at Rs. 1200**).

**2018-19:** Initiatives ranged from promoting cashless transactions and Nayan Mitra eye checkups to Swachhta Abhiyan. Infrastructure development took the form as Sadak Nirman in God Gram.

**2019-20:** A comprehensive literacy survey, Swachhta Abhiyan, Nayan Mitra Eye checkup camp, road repairs (**valued at Rs. 3500**), and school boundary wall construction (**valued at Rs. 1800**) enhanced village life.

**2021-22:** Noteworthy campaigns encompassed plastic-free drives, Beti Bachao Beti Padhao (Save the Girl Child, Educate the Girl Child), Nayan Mitra eye checkups, and combat social evils. The village landscape was transformed through the creation of 1500 plant beds and pond rejuvenation (**valued at Rs. 2500**).

The resounding success of these initiatives was made possible through the steadfast support and guidance offered by the Sarpanch, the local leader, and the tightly-knit adopted village community. However, the impact of these endeavors goes far beyond just tangible changes in infrastructure or facilities. It extends deep into the hearts and minds of the volunteers who wholeheartedly engaged in these activities.

**As volunteers immersed themselves in the communities they served, they underwent a transformative journey that went beyond the realm of volunteerism. They imbibed invaluable qualities such as leadership,**

**empathy, and a heightened sense of community awareness. Through firsthand experiences and interactions, they learned to lead by example, to understand the challenges faced by marginalized communities, and to extend a helping hand with genuine care and compassion.**

In this **sybiotic exchange**, the communities themselves were the beneficiaries of this burgeoning awareness within the volunteers. The initiatives triggered elevated levels of hygiene, making a tangible difference in the health and well-being of the villagers. Accessibility to essential services and facilities improved, creating new avenues for growth and development. Most importantly, a renewed sense of unity and cohesion blossomed within these communities, as they witnessed outsiders genuinely invested in their progress.

The impact of the Holkarian Helping Hand (H-H-H) is not confined to the geographical boundaries of the adopted villages alone. It radiates outward, igniting empowerment and fostering sustainable progress in the lives it touches. Beyond the immediate changes brought about by the initiatives, the lasting impression left on the volunteers and the communities serves as a catalyst for positive change, influencing mindsets and attitudes for years to come.

In essence, the Holkarian Helping Hand (H-H-H) is not just a series of activities, but a testament to the profound impact that collective efforts driven by empathy and solidarity can have on society. It exemplifies the potential for transformative change when individuals come together with a shared vision of creating a better and more inclusive world.

**The initiatives described align with several United Nations Sustainable Development Goals (SDGs), highlighting the comprehensive approach towards community development and empowerment:**

**SDG 1: No Poverty:** The activities, such as awareness campaigns and infrastructure improvements, contribute to poverty alleviation by enhancing access to essential services and creating economic opportunities within the adopted villages.

**SDG 3: Good Health and Well-being:** Through initiatives like hygiene awareness campaigns and eye checkup camps, the well-being of the community is promoted, thereby addressing health inequalities.

**SDG 4: Quality Education:** Literacy campaigns, educational empowerment, and school-related activities contribute to enhancing educational opportunities and fostering a culture of learning.

**SDG 5: Gender Equality:** Initiatives like the "Beti Bachao Beti Padhao" campaign promote gender equality by advocating for girls' education and empowerment.

**SDG 6: Clean Water and Sanitation:** Hygiene awareness campaigns and initiatives for pond rejuvenation align with the goal of ensuring access to clean water and sanitation facilities.



**SDG 8: Decent Work and Economic Growth:** Infrastructure improvements, road repairs, and other activities contribute to creating economic opportunities and sustainable livelihoods within the communities.

**SDG 10: Reduced Inequality:** By working directly with marginalized communities and addressing their needs, these initiatives contribute to reducing inequalities.

**SDG 11: Sustainable Cities and Communities:** The holistic development approach, including infrastructure improvements and environmental initiatives, contributes to creating more sustainable and resilient communities.

**SDG 17: Partnerships for the Goals:** Collaboration between the institution, volunteers, and the local community exemplifies the importance of partnerships in achieving sustainable development.

These activities collectively demonstrate a commitment to addressing multiple dimensions of sustainable development, illustrating the potential of community-driven initiatives in contributing to the broader global agenda for positive change.



# Govt. Holkar (Model, Autonomous) Science College, Indore



## CASE STUDY-3

### Empowering Wellness: Institution's Health and Awareness Initiative

- Blood Bank Donation Initiatives
- Health Camps & Nayanmitra Initiatives
- AIDS Awareness Initiatives
- Organ Donation Awareness Initiatives





# **Case study -3**

## **Empowering Wellness: Institution's Health and Awareness Initiative**

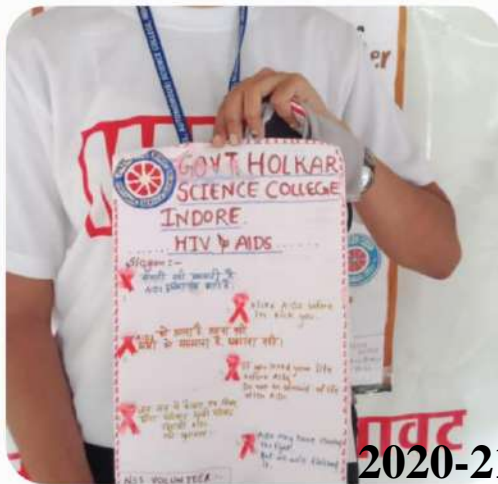
- Blood Bank Donation Initiatives
- Health Camps & Nayanmitra Initiatives
- AIDS Awareness Initiatives
- Organ Donation Awareness Initiatives



# BLOOD DONATION

**'Help to save a life : Donate blood'**

**WE ALL HAVE THE ABILITY TO SAVE SOMEONE'S LIFE, WE MUST USE IT TO BRING SMILES ON FACES, WITH SAME MOTIVE, BLOOD DONATION IS ORGANIZED EVERY YEAR BY NCC, NSS UNITS & RED RIBBON CLUB TO HELP THE NEEDY ONES.**



- ❖ Session 2017-18, the blood donation camp was organized in the college campus ( 68 Units)along with it a complete health checkup camp was also organized.
- ❖ Session 2018-19, we organized a blood donation camp at Maharaja Yashwant Rao Hospital with the successful donation of 125 units of blood by our volunteers.
- ❖ Session 2019-20, the blood donation camp was organized at Maharaja Yashwant Rao Hospital and a total of 164 units of blood was donated by NSS unit.
- ❖ Session 2020-21: COVID period.
- ❖ Session 2021-22, we organized four blood donation camps at Maharaja Yashwant Rao Hospital. In first and second camp, a total of 44 and 51 units of blood was donated respectively. In third camp, on the occasion of AIDS day 46 units of blood and fourth time the camp was organized under Azadi ka Amrut Mahotsav in which 50 units of blood was donated.
- ❖ Session 2022-23, the blood donation camp was organized twice in a year at Maharaja Yashwant Rao Hospital and a total of 102 units of blood was donated.





3 GOOD HEALTH  
AND WELL-BEING



# EYE CHECK UP CAMPS

"Eye are the jewels of the body"

3 GOOD HEALTH  
AND WELL-BEING



Eye check up camps are organized in collaboration with NAYAN MITRA NGO, the main motive is to ensure **free eye check** and provide free eye spectacle to the needy people.



2021-22



2022-23



122

2022-23



2019-20





3 GOOD HEALTH  
AND WELL-BEING



# EYE CHECK UP CAMPS

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निःशुल्क ! निःशुल्क !! निःशुल्क !!!



म. प्र. वॉलन्ट्री हेल्थ एसोसिएशन

द्वारा

निःशुल्क आँखों की जाँच



समय : प्रातः 10 बजे से शाम 4 बजे तक  
स्थान :

विशेष सेवाएं :

1. ऑप्टोमेट्रिस्ट द्वारा मोलियाबिंद इत्यादि नेत्र रोगों की निःशुल्क जाँच।
2. नेत्र जाँच के माध्यम से निकट दृष्टिदोष एवं दूर दृष्टिदोष का निःशुल्क परिक्षण।
3. पास की नज़र के चश्मे प्रदान किये जाते हैं।
4. मोलियाबिंद की निःशुल्क जाँच की जाती है।
5. मोलियाबिंद का निःशुल्क आपरेशन प्रायवेट अस्पताल में करवाया जाता है।

"आँखों की जाँच करवाकर स्वस्थता की ओर बढ़ाये कदम"

सम्पर्क सूत्र

विजय यादव - मो. 97521-22520, प्रणोती जोशी - 8225076064  
एवं भरत शुक्ला - मो. 8859261223 (मध्य प्रदेश वॉलन्ट्री हेल्थ एसोसिएशन)



M.P. VOLUNTARY HEALTH ASSOCIATION

प्रमाण पत्र

यह प्रमाणित किया जाता है कि डॉ. सीमावती सिस्सोदिया, एन.एस.एस. कार्यक्रम अधिकारी द्वारा सत्र 2021-22 में संस्था मध्य प्रदेश वॉलन्ट्री हेल्थ एसोसिएशन, इन्दौर के साथ मिलकर इन्दौर अर्बन ऑय हेल्थ प्रोग्राम में इन्दौर के विभिन्न इलाकों एवं संस्थानों में निःशुल्क नेत्र परिक्षण शिविरो का आयोजन स्कूल, कॉलेज के बच्चों एवं जरूरत मन्द लोगों के लिए करवाया गया, जिसमें निःशुल्क नेत्र परिक्षण के साथ मोलियाबिंद की जाँच कर निःशुल्क आपरेशन भी करवाए गए एवं सभी को आँखों के महत्व के बारे में बताते हुए जागरूक एवं प्रेरित किया गया।

संस्था डॉ. सीमावती सिस्सोदिया द्वारा आयोजित निःशुल्क नेत्र परिक्षण शिविरो के सफल आयोजन, सकारात्मक दृष्टिकोण एवं टीम भावना की सराहना करते हुए भविष्य में उनके द्वारा किए जाने वाले कार्यों के लिए शुभकामनाएं देती है।

Apo, Adminy



M.P. VOLUNTARY HEALTH ASSOCIATION

प्रमाण पत्र

यह प्रमाणित किया जाता है कि डॉ. सीमावती सिस्सोदिया, एन.एस.एस. कार्यक्रम अधिकारी द्वारा सत्र 2022-23 में संस्था मध्य प्रदेश वॉलन्ट्री हेल्थ एसोसिएशन, इन्दौर के साथ मिलकर इन्दौर अर्बन ऑय हेल्थ प्रोग्राम में इन्दौर के विभिन्न इलाकों एवं संस्थानों में निःशुल्क नेत्र परिक्षण शिविरो का आयोजन स्कूल, कॉलेज के बच्चों एवं जरूरत मन्द लोगों के लिए करवाया गया, जिसमें निःशुल्क नेत्र परिक्षण के साथ मोलियाबिंद की जाँच कर निःशुल्क आपरेशन भी करवाए गए एवं सभी को आँखों के महत्व के बारे में बताते हुए जागरूक एवं प्रेरित किया गया।

संस्था डॉ. सीमावती सिस्सोदिया द्वारा आयोजित निःशुल्क नेत्र परिक्षण शिविरो के सफल आयोजन, सकारात्मक दृष्टिकोण एवं टीम भावना की सराहना करते हुए भविष्य में उनके द्वारा किए जाने वाले कार्यों के लिए शुभकामनाएं देती है।

Apo, Adminy





# EYE CHECKUP CAMPS

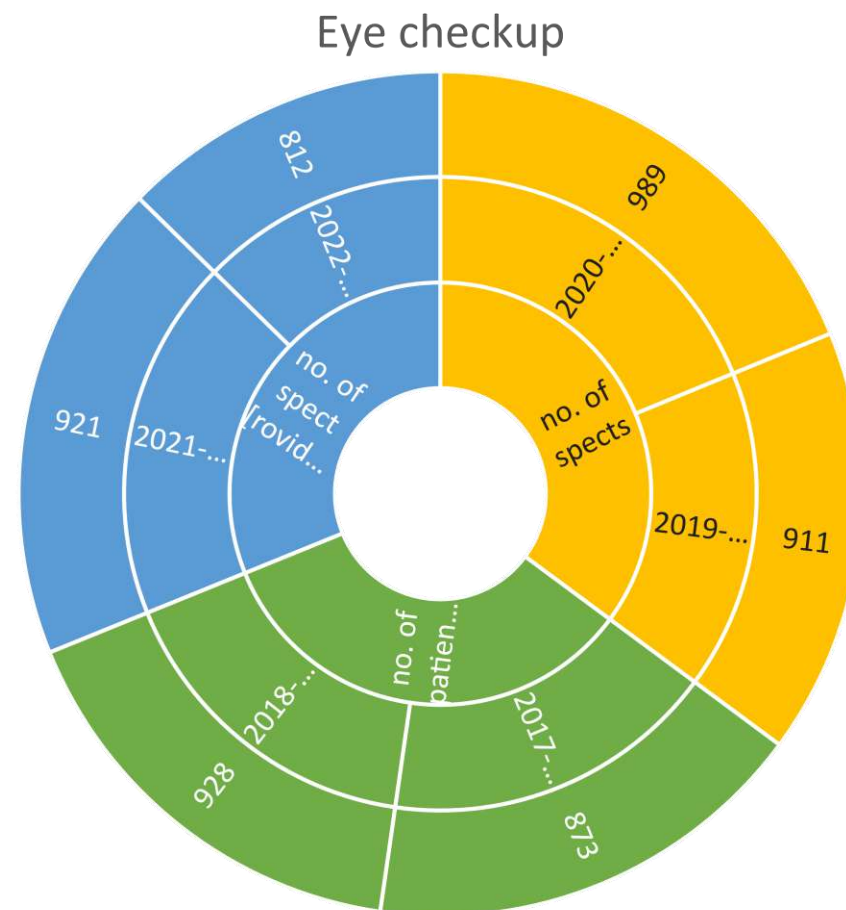
"Eye are the jewels of the body"



Eye check up camps are organized in collaboration with NAYAN MITRA NGO, the main motive is to ensure free eye check and provide free eye spectacle to the needy people.

S.NO.	YEAR	NO. OF PATIENTS	NO. OF SPECTACLES PROVIDED
01	2017-18	873	850
02	2018-19	928	822
03	2019-20	921	915
04	2020-21	812	628
05	2021-22	911	809
06	2022-23	989	932

124





3 GOOD HEALTH  
AND WELL-BEING



# AIDS AWARENESS

**‘AIDS: Prevention is the only cure’**

3 GOOD HEALTH  
AND WELL-BEING



- HIV/AIDS is a major threat for humans in the world especially in the developing countries young people are vulnerable to HIV AIDS infection therefore it is very important to create awareness regarding this deadly and transmittable disease. following this line of thinking every year we organize AIDS awareness programme on 1<sup>st</sup> December.



- ❖ The purpose of organizing activity on this day is to bring awareness about HIV/ AIDS in the society.
- ❖ Rallies are conducted which helps the volunteers as well as the neighbouring community to know how to protect their health from the dangerous diseases like HIV/AIDS.
- ❖ Various competitions are organized like poster making for the volunteers.
- ❖ Nukkad natak are performed by volunteers in college campus, adopted village, slum area.
- ❖ Oath is taken every year by principal, volunteers and all staff members of the college to fight against the deadly infectious disease





3 GOOD HEALTH  
AND WELL-BEING



# AIDS AWARENESS

‘AIDS: Prevention is the only cure’

3 GOOD HEALTH  
AND WELL-BEING



**AIDS से सुरक्षा हेतु जागरूकता अभियान**















# शासकीय होलकर विज्ञान महाविद्यालय इंदौर(म.प्र.)



## NATIONAL SERVICE SCHEME ORGAN DONATION PROGRAM

अंगदान महादान

Donate organ  
save lives





# ORGAN DONATION



## Orientation workshop on Brain-stem Death & counseling

Date- 06.02.2020

### CERTIFICATE



Indore Society For Organ Donation

This is to certify that Dr./Mr./Mrs. **Chetna Sisodiya**.....from **Holkar S. College**.....  
attended the Orientation workshop of social workers, counselors and organ transplant coordinators on  
"Brain-stem Death & counseling" organised by State Organ & Tissue Transplant Organisation (SOTTO)  
M.P. & Indore Society For Organ Donation (ISOD) M.P. at M.G.M. Medical College, Indore.

**Dr. Manish Purohit**  
Associate Professor  
Nodal Officer SOTTO-MP  
MGM Medical College, Indore (M.P.)

**Dr. Sanjay Dixit**  
Dean & CEO  
Appropriate Authority-SOTTO-MP  
Secretary, ISOD  
MGM Medical College, Indore (M.P.)

**Dr. Pawan Kumar Sharma**  
Commissioner  
Indore Division Indore  
Chairman, ISOD



## Orientation workshop on Brain-stem Death & counseling

Date- 06.02.2020

### CERTIFICATE



Indore Society For Organ Donation

This is to certify that Dr./Mr./Mrs. **Kanika Nawle**.....from **Holkar S. College**.....  
attended the Orientation workshop of social workers, counselors and organ transplant coordinators on  
"Brain-stem Death & counseling" organised by State Organ & Tissue Transplant Organisation (SOTTO)  
M.P. & Indore Society For Organ Donation (ISOD) M.P. at M.G.M. Medical College, Indore.

**Dr. Manish Purohit**  
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**Dr. Pawan Kumar Sharma**  
Commissioner  
Indore Division Indore  
Chairman, ISOD



# ORGAN DONATION







# ORGAN DONATION





## **3.6.1: Impact analysis (Case Study-3)**

### **Empowering Wellness: Institution's Health and Awareness Initiative**

#### **REPORT:**

**Most of the Wellness initiatives were initiated by NCC/NSS/Red Ribbon Club.**

#### **Blood Bank Donation Initiatives:**

The institution's commitment to community health is exemplified through its blood donation initiatives. In the academic year 2017-18, a successful blood donation camp within the campus resulted in the collection of 68 units. In subsequent years, the camp's impact expanded with 125 units in 2018-19 and a remarkable 164 units in 2019-20. Despite the challenges posed by the COVID-19 pandemic in 2020-21, the institution's dedication remained unwavering, and in the year 2021-22, four camps collectively amassed 141 units. Continuing this momentum, the academic year 2022-23 witnessed two successful blood donation camps, gathering a total of 102 units. These efforts serve as a testament to the institution's commitment to saving lives and nurturing a culture of altruism.

#### **Health Checkup Camps and Nayanmitra Initiatives:**

Collaborating with the **NAYAN MITRA NGO**, the institution organized eye checkup camps, providing free eye examinations and spectacles to those in need. This partnership underscores the institution's dedication to holistic well-being and community care. Moreover, these health checkup camps offer invaluable preventive healthcare insights, fostering health awareness and empowering individuals to make informed choices about their well-being.

#### **AIDS Awareness Initiatives:**

The institution's proactive approach to AIDS awareness involves a multifaceted strategy. Rallies, poster-making competitions, nukkad nataks (street plays), and annual oaths demonstrate a comprehensive effort to raise awareness and educate both volunteers and the community about the critical importance of HIV/AIDS prevention. By fostering a culture of knowledge and proactive health practices, the institution plays a pivotal role in safeguarding public health.



### **Organ Donation Awareness Initiatives:**

Addressing the need for organ donation awareness, the institution took a significant step by training students in workshops led by State Organ and Tissue Transplant Organisation (SOTO) M.P. and Indore Society for Organ Donation (ISOD). These students emerged as advocates, spreading awareness through engaging methods such as slide shows, poster making, rangolis, and street shows. This campaign yielded tangible results, with a substantial number of pledges for organ donation, exemplifying the institution's impact on fostering compassion and life-saving contributions.

In summation, the institution's initiatives transcend beyond traditional academic boundaries, touching lives, and contributing to the betterment of society. These efforts exemplify the institution's commitment to holistic education and community well-being, making a significant impact on health awareness, public education, and ultimately, the broader landscape of societal well-being.

### **IMPACT:**

The institution's health and awareness initiatives have yielded a substantial and multifaceted impact, reaching far beyond the immediate activities themselves. Through proactive engagement, education, and empowerment, these initiatives have positively transformed the lives of individuals, the community, and the broader society.

**Blood Bank Donation Initiatives:** These initiatives have had a direct impact on saving lives and addressing the constant need for blood supply. By collecting a significant number of blood units through regular camps, the institution has contributed to enhancing the availability of blood for medical emergencies. The awareness campaigns surrounding these drives have also sensitized volunteers and community members to the critical importance of blood donation, fostering a culture of compassion and altruism.

**Health Checkup Camps and Nayanmitra Initiatives:** The collaborative health checkup camps with NAYAN MITRA NGO have provided essential healthcare services to the underprivileged and marginalized sections of society. By offering free eye examinations and spectacles, the institution has not only improved the vision and overall well-being of individuals but has also contributed to increased productivity and quality of life. These initiatives have promoted health awareness, encouraging individuals to take a proactive role in managing their health and seeking timely medical interventions.

**AIDS Awareness Initiatives:** The institution's efforts to raise awareness about HIV/AIDS have had a profound impact on both volunteers and the community. By organizing rallies, competitions, street plays, and taking an annual oath, the institution has demystified HIV/AIDS, dispelling myths and misconceptions. This has led to increased understanding, reduced stigma, and improved preventive practices. The community is now better equipped to protect their health and make informed decisions, contributing to a healthier and more informed society.

**Organ Donation Awareness Initiatives:** The institution's advocacy for organ donation has led to a notable shift in public perception and willingness to pledge organs. By training students as ambassadors and utilizing engaging awareness methods, the institution has effectively communicated the importance of organ donation. As a result,

more individuals have come forward to pledge their organs, potentially saving numerous lives in the future. This initiative has not only created a lasting impact on individuals but has also contributed to the advancement of organ donation practices in the region.

In summary, the detailed impact analysis of these health and awareness initiatives reveals a multifaceted positive transformation. Lives have been saved through increased blood donation, vision has been restored, health awareness has been heightened, and the stigma around HIV/AIDS has been reduced. Moreover, the institution's efforts in organ donation have laid the foundation for future life-saving contributions. These initiatives collectively embody the institution's commitment to fostering a healthier, informed, and compassionate society, with far-reaching implications for individual well-being and community welfare.

### **SDGs Addressed:**

The activities described align with several United Nations Sustainable Development Goals (SDGs), demonstrating the institution's commitment to addressing a wide range of global challenges and contributing to sustainable development:

**SDG 3: Good Health and Well-being:** Blood Bank Donation Initiatives, Health Checkup Camps, Nayanmitra Initiatives, and AIDS Awareness Initiatives directly promote good health and well-being by providing essential healthcare services, raising awareness about diseases, and encouraging preventive measures.

**SDG 4: Quality Education:** Organ Donation Awareness Initiatives involve educational workshops and awareness campaigns, promoting informed decision-making and public understanding about organ donation.

**SDG 5: Gender Equality:** Health and awareness initiatives, including Nayanmitra Initiatives and AIDS Awareness Initiatives, contribute to gender equality by ensuring that both men and women have access to essential healthcare services and information.

**SDG 10: Reduced Inequality:** Health initiatives target marginalized and underprivileged communities, helping to reduce inequalities in healthcare access and outcomes.

**SDG 17: Partnerships for the Goals:** Collaborative efforts with organizations like NAYAN MITRA NGO and State Organ and Tissue Transplant Organisation (SOTO) M.P. demonstrate a commitment to forming partnerships to achieve shared goals, such as promoting health and awareness.

Overall, the institution's health and awareness initiatives are aligned with multiple SDGs, showcasing a holistic approach to sustainable development that encompasses health, education, gender equality, and collaboration. These activities contribute to the broader global effort to create a more just, equitable, and healthy world for all.





# Govt. Holkar (Model, Autonomous) Science College, Indore



## CASE STUDY-4

**"Holkar Swachhata Abhiyan in Swaccha Indore: Paving the Way for Cleanliness Excellence"**



# **Case study - 4**

**“Holkar Swachhata Abhiyan in Swaccha Indore: Paving the Way for Cleanliness Excellence”**





# SWACHHTA ABHIYAN

**'Keep our motherland clean, it keeps you healthy.'**



- MAHATMA GANDHI DREAMT OF AN INDIA WHICH SHOULD NOT ONLY BE FREE BUT ALSO CLEAN AND DEVELOPED. IN LINE OF THIS THINKING SWACHHTA ABHIYAN IS ORGANIZED EVERY YEAR BY NSS.



**Kailash Vijayvargiya** @Kai... · 10m

इंदौर होलकर कॉलेज के छात्र-छात्राओं के साथ स्वच्छता अभियान में शामिल होकर माननीय प्रधानमंत्री श्री @narendramodi जी के स्वच्छता संदेश को बताया और अपने आसपास के वातावरण को स्वच्छ रखने का संकल्प दिलाया।

#स्वच्छ\_भारत #स्वच्छ\_इंदौर



- ❖ Session 2017-18 : The volunteers conducted cleanliness drive in Rajbara Chhatri the Historical monument of Indore city, adopted village, adjoining slum areas & also in the college campus.
- ❖ Session 2018-19 : Our volunteers went to the slum areas for the counseling of the people living in slum areas and started a swachhta campaign which includes cleaning of choked drains, cleaning of slum surroundings, removing polythene thereby set an example for the people to follow the same.
- ❖ Session 2019-20 : Under this activity our volunteers worked to clean the campus and the football ground situated in the campus. The volunteers initiated a cleanliness drive in the campus, the football ground and the adapted village by cleaning the village premises and clearing the choked drains.



# SWACHHTA ABHIYAN

‘Keep our motherland clean, it keeps you healthy.’



- MAHATMA GANDHI DREAMT OF AN INDIA WHICH SHOULD NOT ONLY BE FREE BUT ALSO CLEAN AND DEVELOPED. IN LINE OF THIS THINKING SWACHHTA ABHIYAN IS ORGANIZED EVERY YEAR BY NSS.



- ❖ Session 2021-22 : Swachhta Abhiyan was organized in the **college campus** as well as at some **historical places** of Indore city. With this a polythene-free campaign was organized in which volunteers contributed in making the campus polythene free.





# SWACHHTA ABHIYAN

'Keep our motherland clean, it keeps you healthy.'

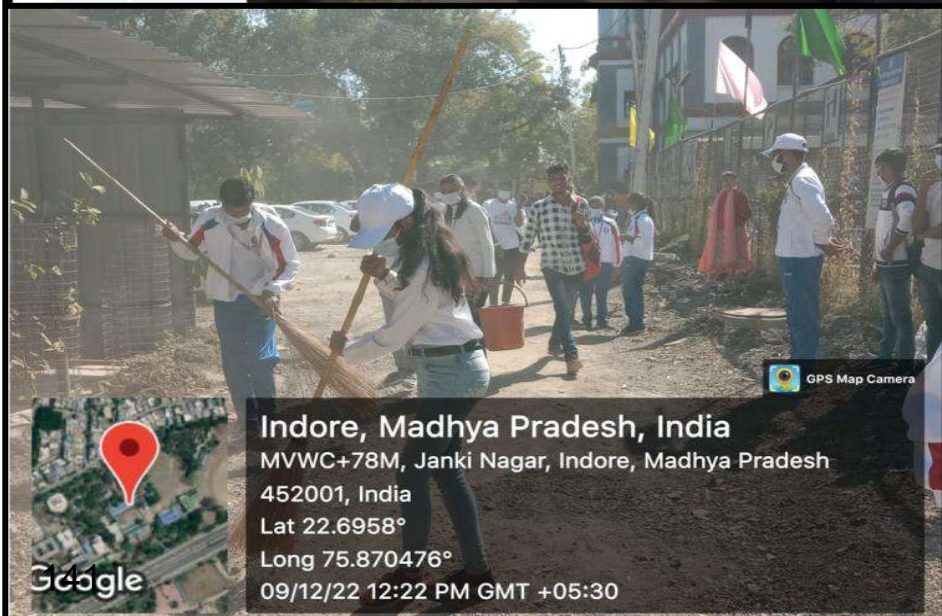






# SWACHHTA ABHIYAN

'Keep our motherland clean, it keeps you healthy.'





## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	09 MP BN NCC HSC INDORE
2	Name of the Activity:	SWACHHTA RALLY: UNDER SWACCHATA PAKHWADA (16.06.2019-30.06.2019)
3	Date and Year of the Activity:	17.06.2019
4	Number of Students Participated in the activity:	30
5	<p><b>Report of the Activity:</b></p> <p>we organised rally to promote swachh bharat mission known as swachta rally. Mass awareness created with Various slogan : “ ham sb ka ek nara- saaf sutra des hamara, sathi rhe hath batana- gandgi ko he dur bhagana, apni mitti apna des- swachh bharat swasth bharat...etc. Shramdan activities also been carried out at various streets and villages . we encouraged community people to join in swachhta activity. They have participated in shramdan activity and shown their willingness and interest to keep surrounding clean.</p> <p><b>Impact of the Activity:</b></p> <p>The "Swachta Rally" organized to promote the Swachh Bharat Mission had a significant impact on raising mass awareness about cleanliness and hygiene. The various slogans used during the rally, such as "ham sb ka ek nara- saaf sutra des hamara" and "apni mitti apna des- swachh bharat swasth bharat," resonated with the community, instilling a sense of responsibility towards keeping their surroundings clean.</p> <p>The rally succeeded in encouraging community participation, with many people actively joining in shramdan activities to clean streets and villages. This collective effort showcased their willingness and interest in maintaining cleanliness in their locality.</p> <p>The Swachta Rally played a vital role in fostering a cleaner and healthier environment, making a positive impact on the overall well-being and quality of life for the community</p>	

	members involved. It also demonstrated the power of collective action in achieving the goals of the Swachh Bharat Mission and promoting a cleaner and greener India.	
6	<b>Photo of Activity:</b>	
	<b>Cadets Participated</b>	<p>Total cadets participated: 30</p> <ol style="list-style-type: none"> <li>1. CDT. NIKHLESH PATIDAR – MP18SDA43350</li> <li>2. CDT. PRATHMESH UPADHYAY – MP18SDA43352</li> <li>3. CDT. SHANTANU RAM – MP18SDA43353</li> <li>4. CDT. SOMESH PAREEK – MP18SDA43354</li> <li>5. CDT. TEJAS ISHI – MP18SDA43355</li> <li>6. CDT. ARADHANA DHAKAD – MP18SWA433656</li> <li>7. CDT. MANISHA PRAJAPAT – MP18SWA433658</li> <li>8. CDT. POORNIMA PATHAK – MP18SWA433660</li> <li>9. CDT. RAJ RAJESHWARI BHOSLE – MP18SWA433661</li> <li>10. CPL REENA BARFA – MP18SWA433662</li> <li>11. UO SONALI CHAWDA – MP18SWA433663</li> </ol>



		<p>12. SGT. SURBHI JOSHI – MP18SWA433664</p> <p>13. SGT PRANJAL YADAV – MPSW17A433654</p> <p>14. CPL SHALINI SINGH – MPSW17A433655</p> <p>15. CDT RAHUL PARMAR – MPSD17A433648</p> <p>16. CDT ANJALI BATHAM – MPSW17A433652</p> <p>17. CDT KISHORE RAJPUT – MPSD17A433645</p> <p>18. CDT KAMAL NAYAN DWIVEDI – MP18SDA43347</p> <p>19. CDT OMENDRA PATLE – MP18SDA43351</p> <p>20. CDT MANISHA PRAJAPATI –MP18SWA433658</p> <p>21. CDT SHASHWAT PAL – MP19SDA433648</p> <p>22. LCPL ASHIVANI KUMAR BHADVIYA – MPSD17A433642</p> <p>23. UO BHAGENDRA KUMAR – MPSD17A433644</p> <p>24. SUO SANJAY JATAV – MPSD17A433649</p> <p>25. UO PRANJALASATI – MPSW17A433653</p> <p>26. CDT. AFROJ – MP18SDA433641</p> <p>27. CDT. CHETAN – MP18SDA43343</p> <p>28. CDT. DEWRAJ – MP18SDA43346</p> <p>29. CDT. GAJENDRA SINGH TOMAR – MP18SDA43346</p> <p>30. CDT. KULDEEP ASTAYA – MP18SDA43348</p>
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NCC Activity In charge

### 3.6.3-EXTENSION ACTIVITIES

S. No.	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	Botany
2	Name of the Activity:	Cleanliness drive under Swachh Bharat Mission
3	Name of the Scheme:	Extension Activity
4	Date and Year of the Activity:	26/11/2020
5	Number of Students Participated in the activity:	25
6	<p><b>Report of the Activity:</b></p> <p>Swachh Bharat Mission or Swachh Bharat Abhiyaan is a country-wide campaign initiated by the Government of India in 2014 to eliminate open defecation and improve solid waste management. Cleanliness is a must around us to work in a healthy and happy environment which increases the good work atmosphere and decreases the incidence of diseases. The department organized swachhta Abhiyan for staff and students on 26.11.2020 to join the People with Clean India mission. These activities created awareness in students to know about the importance of cleanliness.</p> <p><b>Impact of the Activity:</b></p> <p>The Swachh Bharat Abhiyan organized by the department on 26.11.2020 had a positive impact on staff and students. By actively participating in the extension activity of the cleanliness drive, they contributed to the nationwide effort to eliminate open defecation and improve solid waste management. The initiative fostered a sense of responsibility toward maintaining cleanliness and hygiene in the college premises and beyond. It created awareness among students about the importance of cleanliness in promoting a healthy and disease-free environment. The Swachh Bharat Mission not only enhanced the college's appearance but also instilled a culture of cleanliness and social responsibility, empowering students to become agents of positive change for a cleaner and healthier India.</p>	
<b>S.No</b>	<b>NAME OF THE PARTICIPANT</b>	7 Photos of Activity:
1	RITU VERMA	
2	ADITYA SHUKLA	
3	SHIKHA UPADHYAY	
4	ARJUN DODWE	
5	BHUPENDRA	



6	TANISHA MAJHI
7	EKTA HATKAR
8	NIKITA VISVKARMA
9	JITENDRA VERMA
10	KU. KIRAN PATIDAR
11	KUWAR SINGH DAWAR
12	LAKSHMI MEHTA
13	MAHENDRA PATLIYA
15	ADITI YADAV
16	PRIYA MUKATI
17	RAJENDRA
18	ANCHAL
19	ROHAN SINGH DHURVE
20	SAGAR CHOUHAN
21	YASHI SHRIVASTAVA
22	SHEETAL GOUR
23	DIKSHA PATIDAR
24	SHIVANGI GAUTAM
25	GAURAV SHARMA



**Activity incharge  
Department of Botany**

## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	09 MP BN NCC HSC INDORE
2	Name of the Activity:	<b>Cleanliness drive at historic Monuments: “ My Clean India”</b>
3	Date and Year of the Activity:	02.11.2018
4	Number of Students Participated in the activity:	29
5	<p><b>Report of the Activity:</b></p> <p>My Clean India’ has now become a mass movement which aims to create an awareness about cleanliness and hygiene. To encourage the spirit of cleanliness across the nation. Cadets, on this day went to historic monuments of Indore and other public places has a cleanliness drive. They also made aware the visitors to keep such heritage areas very clean.</p> <p><b>Impact of the Activity:</b></p> <p>The "My Clean India" mass movement organized by the Cadets with a cleanliness drive at historic monuments in Indore has had a significant impact:</p> <div style="background-color: #f0f0f0; padding: 10px; margin-top: 10px;"> <p><b>Awareness and Education:</b> The activity brought attention to the importance of cleanliness and hygiene, not only in public spaces but also at historic monuments. By engaging with visitors and educating them about the significance of keeping these heritage areas clean, the cadets created awareness about responsible tourism and the preservation of cultural sites.</p> <p><b>Behavioral Change:</b> The cleanliness drive and interactions with visitors likely resulted in behavioral changes among both the cadets and the visitors. The cadets, through their active participation, set an example of responsible citizenship and cleanliness, inspiring others to follow suit and adopt cleaner habits.</p> <p><b>Sensitization to Heritage Preservation:</b> By focusing on historic monuments, the activity helped sensitize people to the need for preserving our cultural heritage. It fostered a sense of responsibility and pride among the visitors towards their nation's history and heritage, leading to a collective effort to maintain these sites in pristine condition.</p> <p><b>Community Participation:</b> The involvement of NCC cadets and interactions with visitors created a sense of community participation in the cleanliness drive. It</p> </div>	



	<p>demonstrated the power of collective action and the role individuals can play in maintaining cleanliness in public spaces.</p> <p>Ripple Effect: The impact of the activity is likely to extend beyond the immediate participants. The visitors who were made aware of the importance of cleanliness at historic monuments might carry this message with them and apply it in other places they visit, creating a ripple effect of cleanliness and hygiene awareness.</p> <p>Government Support: The mass movement gained momentum, garnering support from various stakeholders, including local authorities and the government. This may lead to the allocation of more resources and initiatives for cleanliness and heritage preservation in the city and beyond.</p> <p>Promoting Tourism: The cleanliness drive and awareness activities at historic monuments contribute to promoting tourism by creating a positive and welcoming environment for visitors. Clean and well-maintained heritage sites enhance the overall tourism experience and encourage more people to visit such places.</p> <p>In conclusion, the "My Clean India" mass movement organized by the NCC Cadets in Indore, focusing on cleanliness and heritage preservation, has had a positive impact on creating awareness, promoting behavioral change, and fostering community participation. It contributes to the larger goal of creating a clean and hygienic environment across the nation and preserving our rich cultural heritage for future generations.</p>
6	Photo of Activity:





**Total cadets participated: 30**

1. CDT. NIKHLESH PATIDAR – MP18SDA43350
2. CDT. PRATHMESH UPADHYAY – MP18SDA43352
3. CDT. SHANTANU RAM – MP18SDA43353
4. CDT. SOMESH PAREEK – MP18SDA43354
5. CDT. TEJAS ISHI – MP18SDA43355
6. CDT. ARADHANA DHAKAD – MP18SWA433656
7. CDT. MANISHA PRAJAPAT – MP18SWA433658
8. CDT. POORNIMA PATHAK – MP18SWA433660
9. CDT. RAJ RAJESHWARI BHOSLE – MP18SWA433661
10. CPL REENA BARFA – MP18SWA433662
11. UO SONALI CHAWDA – MP18SWA433663
12. SGT. SURBHI JOSHI – MP18SWA433664
13. SGT PRANJAL YADAV – MPSW17A433654
14. CPL SHALINI SINGH – MPSW17A433655
15. CDT RAHUL PARMAR – MPSD17A433648
16. CDT ANJALI BATHAM – MPSW17A433652
17. CDT KISHORE RAJPUT – MPSD17A433645
18. CDT KAMAL NAYAN DWIVEDI – MP18SDA43347
19. CDT OMENDRA PATLE – MP18SDA43351
20. CDT MANISHA PRAJAPATI –MP18SWA433658

	21. CDT SHASHWAT PAL – MP19SDA433648
	22. LCPL ASHIVANI KUMAR BHADVIYA – MPSD17A433642
	23. UO BHAGENDRA KUMAR – MPSD17A433644
	24. SUO SANJAY JATAV – MPSD17A433649
	25. UO PRANJALASATI – MPSW17A433653
	26. CDT. AFROJ – MP18SDA433641
	27. CDT. CHETAN – MP18SDA43343
	28. CDT. DEWRAJ – MP18SDA43346
	29. CDT. GAJENDRA SINGH TOMAR – MP18SDA43346

NCC Activity In charge



## EXTENSION/OUTREACH ACTIVITY

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	1 MP Girls Battalion NCC, Indore
2	Name of the Activity:	<b>Swachha Bharat Abhiyan (Rally)</b>
3	Name of the Scheme:	Swachha Bharat Abhiyan
4	Year of the Activity:	2-10-2019
5	Number of Students Participated in the activity:	35
6	<p><b>Report of the Activity :</b></p> <p>In support of Swach Bharat Abhiyan carried by the Honourable Prime Minister Narendra Modi, the cadets of 1MP Girls Battalion took out a rally for convincing and encouraging people for maintaining cleanliness in their locality. They asked people to throw the garbage in litter boxes and dustbins and clean their surroundings. Slogans were held in support of Swachhta Abhiyan and clean city, green city.</p> <p>The activity has been conducted by NCC organisation under <b>SUO Palak Rajput</b>.</p> <p>Impact of the Activity:</p> <p>The rally conducted by the cadets of 1MP Girls Battalion in support of Swachh Bharat Abhiyan had a profound impact on promoting cleanliness and environmental consciousness. By actively engaging with the community, they effectively conveyed the importance of maintaining cleanliness in their localities. Encouraging people to use litter boxes and dustbins for proper waste disposal, the cadets instilled a sense of responsibility towards their surroundings. The slogans in support of Swachhta Abhiyan and clean city, green city further reinforced the message. Through this NCC-organized activity led by SUO Palak Rajput, the cadets demonstrated their commitment to national campaigns and inspired others to actively participate in building a cleaner, greener, and healthier India. The initiative left a lasting impression, contributing to positive behavioral changes and a cleaner environment.</p>	

**Evidence of Activity:**



**SWACHHA BHARAT ABHIYAN (Cadets Participation in Rally)**

S NO.	REGIMENTAL NO.	NAME
1	MP19SWA409425	AKANSHA MALVIYA
2	MP19SWA409426	DIVYA CHOUHAN
3	MP19SWA409427	MUSKAN VERMA
4	MP19SWA409428	PRIYA CHOUHAN



5	MP19SWA409429	RIMA PANCAHAL
6	MP19SWA409431	CHANCHAL MAKERE
7	MP19SWA409432	SONALI SONI
8	MP19SWA409464	BHAGYASHREE SISODIYA
9	MP19SWA409458	SAKSHI BHATELE
10	MP19SWA409462	SHIVANI SAHU
11	MP19SWA409472	PINKEY DHAKAD
12	MP19SWA409492	VARSHA CHOUHAN
13	MP19SWA409433	MUSKAN YADAV
14	MP19SWA409434	POOJA RAO
15	MP19SWA409435	PRIYANKA CHOUDHARY
16	MP19SWA409436	RITIKA VAISHNAV
17	MP19SWA409437	KASHISH PANDEY
18	MP19SWA409438	PRIYANKA LODI
19	MP19SWA409439	PALAK SHARMA
20	MP19SWA409443	DEEPA VINOD SAHU
21	MP19SWA409445	PRATIKSHA VAISHNAV
22	MP19SWA409446	MEHAK SHAIKH
23	MP19SWA409447	AYUSHI KARWADIYA

24	MP19SWA409449	NISHITA LOKHANDE
25	MP19SWA409450	VESHNAVI TEPAN
26	MP19SWA409452	PRIYANKA SINGH JADOUN
27	MP19SWA409453	ISHITA MODI
28	MP19SWA409454	SHIWANGI KUSHWAHA
29	MP19SWA409455	RANI BIRLA
30	MP19SWA409457	CHANDA DODVE
31	MP19SWA409459	ESHA CHOUHAN
32	MP19SWA409460	PUSHPANJALI KOL
33	MP19SWA409462	SHIVANI SAHU
34	MP19SWA409466	VAISHNAVI TIWARI
35	MP19SWA409469	PRIYATA MARATHE

TOTAL 35 CADETS PRESENT ON 2-10-2019

**NCC, Activity Incharge**



S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	1 MP Girls Battalion NCC, Indore.
2	Name of the Activity:	Activity under Swachh Bharat Abhiyan in association with "Health Care Soldier" on Kargil Vijay Diwas
3	Year of the Activity:	14.07.2019
4	Number of Students Participated in the activity:	20
5	<p>Report of the Activity: On Kargil Vijay Diwas, the cadets of 1 MP Girls Battalion gave their performances in Battalion related to the Swachh Bharat Abhiyan in association with "Health Care Soldier" and also performed dance to show their talent in cultural Activity in Basket ball Complex, Race-Course Road. The cadets performed actively and enthusiastically. This activity was conducted under the guidance of ANO MAJ (Dr.) PREETI CHATURVEDI Ma'am.</p> <p><b>Impact of the Activity:</b></p> <p>On Kargil Vijay Diwas, the cadets of 1 MP Girls Battalion made a remarkable impact with their performances related to the Swachh Bharat Abhiyan and cultural activities. Collaborating with "Health Care Soldier," they demonstrated their dedication to cleanliness and public health. By showcasing their talents in dance during the cultural activity at the Basketball Complex, Race-Course Road, they not only entertained the audience but also inspired patriotism and pride. The active and enthusiastic participation of the cadets highlighted their commitment to national causes and showcased the positive influence of NCC training on their overall development. Their performances left a lasting impression on the community, fostering a sense of responsibility towards the nation's well-being and cultural heritage.</p>	

6	Photo of Activity:	 
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### Swachh Bharat Abhiyan on Kargil Vijay Diwas (14.07.2019)

1	MP19SWA409462	SHIVANI SAHU
2	MP19SWA409472	PINKEY DHAKAD
3	MP19SWA409492	VARSHA CHOUHAN
4	MP19SWA409433	MUSKAN YADAV
5	MP19SWA409434	POOJA RAO
6	MP19SWA409435	PRIYANKA CHOUDHARY
7	MP19SWA409436	RITIKA VAISHNAV
8	MP19SWA409437	KASHISH PANDEY
9	MP19SWA409438	PRIYANKA LODI
10	MP19SWA409439	PALAK SHARMA
11	MP19SWA409443	DEEPA VINOD SAHU
12	MP19SWA409445	PRATIKSHA VAISHNAV



13	MP19SWA409446	MEHAK SHAIKH
14	MP19SWA409447	AYUSHI KARWADIYA
15	MP19SWA409449	NISHITA LOKHANDE
16	MP19SWA409450	VESHNAVI TEPAN
17	MP19SWA409452	PRIYANKA SINGH JADOUN
18	MP19SWA409453	ISHITA MODI
19	MP19SWA409454	SHIWANGI KUSHWAHA
20	MP19SWA409455	RANI BIRLA


**TOTAL 20 CADETS PRESENT ON 14-07-2019**

**NCC activity Incharge**

## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	09 MP BN NCC HSC INDORE
2	Name of the Activity:	SWACHHTA RALLY: UNDER SWACCHATA PAKHWADA (16.06.2019-30.06.2019)
3	Date and Year of the Activity:	17.06.2019
4	Number of Students Participated in the activity:	30
5	<p><b>Report of the Activity:</b></p> <p>we organised rally to promote swachh bharat mission known as swachta rally. Mass awareness created with Various slogan : “ ham sb ka ek nara- saaf sutra des hamara, sathi rhe hath batana- gandgi ko he dur bhagana, apni mitti apna des- swachh bharat swasth bharat...etc. Shramdan activities also been carried out at various streets and villages . we encouraged community people to join in swachhta activity. They have participated in shramdan activity and shown their willingness and interest to keep surrounding clean.</p> <p><b>Impact of the Activity:</b></p> <p>The "Swachta Rally" organized to promote the Swachh Bharat Mission had a significant impact on raising mass awareness about cleanliness and hygiene. The various slogans used during the rally, such as "ham sb ka ek nara- saaf sutra des hamara" and "apni mitti apna des- swachh bharat swasth bharat," resonated with the community, instilling a sense of responsibility towards keeping their surroundings clean.</p> <p>The rally succeeded in encouraging community participation, with many people actively joining in shramdan activities to clean streets and villages. This collective effort showcased their willingness and interest in maintaining cleanliness in their locality.</p> <p>The Swachta Rally played a vital role in fostering a cleaner and healthier environment, making a positive impact on the overall well-being and quality of life for the community</p>	



	members involved. It also demonstrated the power of collective action in achieving the goals of the Swachh Bharat Mission and promoting a cleaner and greener India.	
6	<b>Photo of Activity:</b>	
	<b>Cadets Participated</b>	<p>Total cadets participated: 30</p> <ol style="list-style-type: none"> <li>1. CDT. NIKHLESH PATIDAR – MP18SDA43350</li> <li>2. CDT. PRATHMESH UPADHYAY – MP18SDA43352</li> <li>3. CDT. SHANTANU RAM – MP18SDA43353</li> <li>4. CDT. SOMESH PAREEK – MP18SDA43354</li> <li>5. CDT. TEJAS ISHI – MP18SDA43355</li> <li>6. CDT. ARADHANA DHAKAD – MP18SWA433656</li> <li>7. CDT. MANISHA PRAJAPAT – MP18SWA433658</li> <li>8. CDT. POORNIMA PATHAK – MP18SWA433660</li> <li>9. CDT. RAJ RAJESHWARI BHOSLE – MP18SWA433661</li> <li>10. CPL REENA BARFA – MP18SWA433662</li> <li>11. UO SONALI CHAWDA – MP18SWA433663</li> </ol>

		<p>12. SGT. SURBHI JOSHI – MP18SWA433664</p> <p>13. SGT PRANJAL YADAV – MPSW17A433654</p> <p>14. CPL SHALINI SINGH – MPSW17A433655</p> <p>15. CDT RAHUL PARMAR – MPSD17A433648</p> <p>16. CDT ANJALI BATHAM – MPSW17A433652</p> <p>17. CDT KISHORE RAJPUT – MPSD17A433645</p> <p>18. CDT KAMAL NAYAN DWIVEDI – MP18SDA43347</p> <p>19. CDT OMENDRA PATLE – MP18SDA43351</p> <p>20. CDT MANISHA PRAJAPATI –MP18SWA433658</p> <p>21. CDT SHASHWAT PAL – MP19SDA433648</p> <p>22. LCPL ASHIVANI KUMAR BHADVIYA – MPSD17A433642</p> <p>23. UO BHAGENDRA KUMAR – MPSD17A433644</p> <p>24. SUO SANJAY JATAV – MPSD17A433649</p> <p>25. UO PRANJALASATI – MPSW17A433653</p> <p>26. CDT. AFROJ – MP18SDA433641</p> <p>27. CDT. CHETAN – MP18SDA43343</p> <p>28. CDT. DEWRAJ – MP18SDA43346</p> <p>29. CDT. GAJENDRA SINGH TOMAR – MP18SDA43346</p> <p>30. CDT. KULDEEP ASTAYA – MP18SDA43348</p>
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NCC Activity In charge



## EXTENSION/OUTREACH RALLY

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	1 MP Girls Battalion NCC, Indore.
2	Name of the Activity:	<b>Swachha Bharat Abhiyan Rally (2019-2020)</b>
3	Name of the Scheme:	Swachha Bharat Abhiyan
4	Year of the Activity:	02.10.2020
5	Number of Students Participated in the activity:	45
6	<p>Report of the Activity (in 100 words):</p> <p>In support of Swachha Bharat Abhiyan carried by the Honourable Prime Minister Narendra Modi, the cadets of 1MP Girls Battalion took out a rally from Holkar Science College, Bhawarkua to G.P.O to convince and encourage people to maintain cleanliness in their locality. They asked people to throw the garbage in litter boxes and dustbins and clean their surroundings. Slogans were said in support of Swachhhta Abhiyan and a clean city, green city.</p> <p>The NCC organization has conducted the activity under <b>SUO Anjali Badle</b>.</p> <p><b>Impact of the Activity:</b></p> <p>The rally organized by the cadets of 1MP Girls Battalion in support of Swachh Bharat Abhiyan had a significant impact on the local community and the city. Firstly, the rally served as an effective awareness campaign, encouraging people to maintain cleanliness in their surroundings and dispose of garbage responsibly in litter boxes and dustbins. This initiative promoted a culture of cleanliness and hygiene, contributing to a cleaner and healthier environment.</p> <p>Secondly, the slogans raised in support of Swachhhta Abhiyan and a clean city, green city resonated with the public, inspiring them to participate in the cleanliness drive actively. The rally instilled a sense of civic responsibility, encouraging people to take ownership of their localities and contribute to the nation's cleanliness mission.</p> <p>Thirdly, the active participation of the cadets, led by SUO Anjali Badle, demonstrated the NCC organization's commitment to social causes and community service. The rally showcased the youth's dedication to positively impacting society and contributing to the vision of a clean and green India.</p>	

	Overall, the activity had a ripple effect, inspiring individuals to become agents of change and actively work towards maintaining cleanliness in their neighborhoods and contributing to the Swachh Bharat Abhiyan's objectives.
7	<p>Photo of Activity:</p>   



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**NCC CADETS IN SWACCHATA RALLY 02.10.2020**

S NO.	REGIMENTAL NO.	NAME
1	MPSW17A409320	BHAVANA SISODIYA
2	MPSW17A409321	DEEPALI SAHU
3	MP19SWA409427	MUSKAN VERMA
4	MP19SWA409450	VESHNAVI TEPAN
5	MP18SWA403259	LAKSHITA MISHRA
6	MPSW17A409327	JAYA CHAVDA
7	MP18SWA409318	RANU PANVAR
8	MP18SWA409350	JAYSHREE SATAWAT
9	MP19SWA409429	RIMA PANCAHAL
10	MP19SWA409431	CHANCHAL MAKERE
11	MPSW17A409326	HEMLATA VISHVKARMA
12	MP19SWA409432	SONALI SONI
13	MP19SWA409428	PRIYA CHOUHAN
14	MP19SWA409453	ISHITA MODI
15	MP18SWA409371	PRAGYA DESHMUKH
16	MP18SWA409381	SADHNA UIKEY
17	MP19SWA409433	MUSKAN YADAV
18	MP19SWA409426	DIVYA CHOUHAN
19	MP18SWA409394	TANU DATODIYA
20	MP18SWA409400	VAISHNAVI VERMA
21	MP19SWA409459	ESHA CHOUHAN
22	MP18SWA409362	NAINA SINGH

23	MP18SWA409365	NISHA GATHE
24	MP19SWA409438	PRIYANKA LODI
25	MP19SWA409439	PALAK SHARMA
26	MPSW17A409333	NEHA BHAGEL
27	MP18SWA409362	NAINA SINGH
28	MP18SWA409365	NISHA GATHE
29	MPSW17A409332	NEHA CHOUDHARY
30	MP18SWA409386	SHIVANI LODHI
31	MP19SWA409445	PRATIKSHA VAISHNAV
32	MP19SWA409446	MEHAK SHAIKH
33	MPSW17A409334	NIKITA PUROHIT
34	MP18SWA409340	BHUMIKA NARVARE
35	MP18SWA409342	CHANCHAL SONI
36	MP19SWA409447	AYUSHI KARWADIYA
37	MP18SWA409390	SWETA GEETE
38	MP19SWA409449	NISHITA LOKHANDE
39	MP18SWA409351	KAJAL BAGANIYA
40	MP18SWA409349	JYOTI SINGAD
41	MP18SWA409343	DURGA VERMA
42	MP18SWA409394	TANU DATODIYA
43	MP18SWA409346	GARIMA CHORASIYA
44	MP18SWA409360	MANSI RAWAT
45	MPSW17A409336	NILU MORYA

NCC-ACTIVITY IN CHARGE





### **3.6.1: Impact analysis (Case Study-4)**

#### **“Holkar Swachhata Abhiyan in Swaccha Indore: Paving the Way for Cleanliness Excellence”**

In the session of 2017-18, the volunteers embarked on a comprehensive cleanliness drive encompassing the historic Rajbara Chhatra monument, the adopted village, adjoining slum areas, and our college campus.

During the session of 2018-19, our dedicated volunteers ventured into the slum areas to counsel and inspire the residents, initiating a robust Swachhta campaign. This endeavor encompassed unclogging choked drains, tidying slum environs, and eradicating polythene waste, serving as a model for the community.

In the session of 2019-20, our volunteers fervently cleaned the campus and the football ground, extending their efforts to the adopted village. A rigorous cleanliness drive spanned across the campus, football ground, and the village premises, effectively addressing choked drains.

In the session of 2021-22, the Swachhta Abhiyan extended across the college campus and historic landmarks in Indore. A notable achievement was the campus-wide polythene-free campaign, where volunteers actively contributed to fostering sustainability.

The Swachh Bharat Abhiyan organized on 26.11.2020 had a profound positive impact on our staff and students. By actively engaging in the extension of the cleanliness drive, they participated in the nationwide movement to eliminate open defecation and enhance solid waste management. This initiative cultivated a sense of responsibility towards cleanliness and hygiene, resonating within the college premises and beyond. It effectively heightened awareness among students about the pivotal role of cleanliness in fostering a healthy, disease-free environment. The Swachh Bharat Mission not only improved the college's aesthetics but also inculcated a culture of cleanliness and social responsibility, empowering students as catalysts for a cleaner and healthier India.

In alignment with the Swachh Bharat Abhiyan championed by Prime Minister Narendra Modi, the cadets of the NCC orchestrated rallies to motivate and persuade people to uphold cleanliness in their localities. Encouraging proper waste disposal and clean surroundings, slogans championed the cause of Swachhta Abhiyan and a green, clean city.

On Kargil Vijay Diwas, the NCC cadets furthered their commitment of promoting Swachh Bharat Abhiyan through engaging performances and a dance showcase as part of cultural activity at Abhayprashal, showcasing their dedication and talents.

Additionally, Swachhata Pakhwada saw the organization of a rally from Holkar Science College, Bhawarkua, to G.P.O, resonating with the call for community-wide cleanliness. Promoting the use of litter boxes and dustbins, this endeavor aimed to inspire cleanliness consciousness.

This report underscores the holistic impact and transformative outcomes of the Holkar Swachhata Abhiyan, showcasing its influence on individuals, communities, and the overarching environment.

### **IMPACT:**

The "Holkar Swachhata Abhiyan in Swaccha Indore" has played a significant role in contributing to the selection of Indore as the cleanest city for consecutive six times. The detailed impact and initiatives of the Abhiyan align closely with the criteria and goals set by the Swachh Survekshan program, which evaluates and ranks cities based on their cleanliness and sanitation efforts. Here's how the Abhiyan's activities relate to Indore's consecutive cleanest city titles:

**Community Participation:** The Abhiyan's emphasis on involving volunteers and community members in cleanliness drives resonates with the Swachh Survekshan's focus on community engagement and participation. Indore's sustained efforts to mobilize citizens and create awareness through rallies, counseling, and campaigns showcase active community involvement.

**Cleanliness Initiatives:** The Abhiyan's diverse initiatives, such as historical monument restoration, slum area cleanups, waste management, and hygienic campus drives, directly address the cleanliness and sanitation aspects evaluated by the Swachh Survekshan program. These efforts contribute to Indore's clean and well-maintained environment.

**Health and Hygiene Awareness:** Abhiyan's health checkup camps, AIDS awareness, and hygiene campaigns align with Swachh Survekshan's criteria of promoting health and hygiene awareness. These activities contribute to creating a healthier and more informed community, reducing the prevalence of diseases and unhygienic practices.

**Behavioral Change:** Abhiyan's focus on behavioral change, community responsibility, and sustainable practices is in line with Swachh Survekshan's objective of fostering long-term positive behaviors. Indore's consistent efforts to educate and empower citizens lead to lasting cleanliness habits.

**Government and NGO Collaboration:** The involvement of organizations like NAYAN MITRA NGO and NCC Cadets reflects collaboration between the government, institutions, and civil society, a key component of the Swachh Survekshan program. Indore's ability to rally various stakeholders amplifies the impact of its cleanliness initiatives.

**Cultural Integration:** The Abhiyan's incorporation of cultural activities, performances, and awareness campaigns during events like Kargil Vijay Diwas aligns with the Swachh Survekshan's recognition of cultural and behavioral aspects of cleanliness. These efforts contribute to a comprehensive approach to cleanliness.



**Sustainable Impact:** Abhiyan's holistic impact on cleanliness, hygiene, waste management, and community engagement resonates with Swachh Survekshan's goal of achieving sustainable and measurable results. Indore's consecutive cleanest city titles showcase its ability to maintain these efforts over time.

By consistently demonstrating a commitment to cleanliness, community engagement, and holistic development, the "Holkar Swachhata Abhiyan in Swaccha Indore" has significantly contributed to Indore's recognition as the cleanest city for six consecutive times. The Abhiyan's initiatives mirror the Swachh Survekshan's objectives and have played a pivotal role in elevating Indore's status as a model city for cleanliness and sanitation.

#### **SDGs INVOLVED:**

*The activities of the "Holkar Swachhata Abhiyan in Swaccha Indore" align with several United Nations Sustainable Development Goals (SDGs), contributing to broader global efforts for sustainable development and well-being. Here's how the activities relate to specific SDGs:*

**SDG 3: Good Health and Well-being:** The health checkup camps, AIDS awareness initiatives, and hygiene campaigns directly contribute to promoting good health and well-being within the community. By raising awareness and providing essential health services, the initiative helps prevent diseases and improve overall well-being.

**SDG 6: Clean Water and Sanitation:** The cleanliness drives, waste management efforts, and campaigns to clear choked drains all contribute to improving water quality and sanitation within Indore. By addressing cleanliness and sanitation issues, the initiative supports access to clean and safe water sources.

**SDG 11: Sustainable Cities and Communities:** The "Swaccha Indore" initiative's focus on cleanliness, waste management, and community engagement aligns with creating sustainable, inclusive, and resilient cities. The drive for clean surroundings contributes to enhancing urban living conditions and creating a more sustainable community.

**SDG 12: Responsible Consumption and Production:** The polythene-free campaign, waste management efforts, and cleanliness initiatives encourage responsible consumption and proper waste disposal practices. These actions promote sustainable consumption patterns and reduce environmental pollution.

**SDG 17: Partnerships for the Goals:** Collaborations with NAYAN MITRA NGO, the cadets of 1MP Girls Battalion, and other stakeholders demonstrate partnerships for achieving common goals. The involvement of multiple entities highlights the importance of collaborative efforts for sustainable development.

**SDG 13: Climate Action (Indirectly):** By promoting cleanliness, waste reduction, and sustainable practices, the initiative indirectly contributes to mitigating environmental impacts and fostering climate resilience within the community.

**SDG 4: Quality Education (Indirectly):** The awareness campaigns, counseling sessions, and educational activities create opportunities for learning and understanding the importance of hygiene, sanitation, and community engagement.

**SDG 5: Gender Equality (Indirectly):** The initiatives empower both men and women to participate in cleanliness drives, health awareness, and community activities, contributing to a more gender-inclusive and equitable society.

**Overall, the "Holkar Swachhata Abhiyan in Swaccha Indore" touches upon multiple SDGs by addressing health, sanitation, community engagement, responsible consumption, and partnerships, ultimately contributing to the broader global agenda of sustainable development and well-being.**





# Govt. Holkar (Model, Autonomous) Science College, Indore



## CASE STUDY-S

### **"Nourishing Minds: Spreading Awareness on Food Conservation and Nutritive Value"**

- Zero Food Waste Initiatives
- Poshan Aahar (Food with Nutritional Value)



# NO FOOD LEFT OVER CAMPAIGN



‘Don’t waste food, someone is sleeping on empty stomach’

GOVT. HOLKAR (MODEL AUTONOMOUS) SCIENCE COLLEGE, INDORE

PLATTER TO PLANET MOVEMENT  
(ZERO FOOD WASTE INITIATIVE)

Join Our

*No food left over - Campaign*

"जूठन न छोड़े-अभियान"

हमने अपनी थाली में जूठन न छोड़ने का संकल्प ले लिया है..... आप कब ले रहे हैं?

संकल्प-पत्र भरने के लिए QR CODE स्कैन करें।

मैं भोजन ग्रहण करने से पूर्व संकल्प लेती / लेता हूँ कि :

- मैं सदैव अन्न के प्रत्येक दाने का सम्मान करूंगी / करूंगा।
- मैं कभी भी स्वयं की थाली में भोजन नहीं छोड़ूंगी / छोड़ूंगा।
- मैं किसी से भी अतिरिक्त भोजन लेने के लिए अनावश्यक अनुरोध नहीं करूंगी / करूंगा।
- मैं इस संकल्प अभियान के सदस्य के रूप में सक्रिय भागीदारी करूंगी / करूंगा।

21.04.2022 to 21.05.2022

Dr. Suresh T Silawat  
Principal  
Govt. Holkar (Model, Autonomous) Science College, Indore



- ❖ This was an initiative by our college to aware the people about food wastage and to achieve the goal of “Zero Food Waste”
- ❖ NSS volunteers participated in the “no food left over” campaign, by running the awareness drive in the hotels, restaurants and food mess.
- ❖ From the big restaurants to the local food hubs, NSS volunteers interacted with the managers to discuss about the campaign and to join this movement





# NO FOOD LEFT OVER CAMPAIGN

‘Don’t waste food, someone is sleeping on empty stomach’



2022-23

172



2022-23



2022-23





# NO FOOD LEFT OVER CAMPAIGN



‘Don’t waste food, someone is sleeping on empty stomach’







# POSHAN AAHAR



**‘A healthy outside starts from the inside’**

- Every year an activity on poshan aahar is organized by both the NSS units of the college. The aim of the programme is to spread awareness in reducing malnutrition from the society.



- ❖ The goals of POSHAN Abhiyaan also involves to achieve improvement in the nutritional status of Children from 0-6 years, Adolescent Girls, Pregnant Women and Lactating Mothers.
- ❖ Keeping these goals in mind the NSS volunteers went to the different Anganwadi centre near their residential areas followed by counselling and spreading of knowledge regarding the importance of Poshan Aahar especially among the malnourished children and girls.
- ❖ The volunteers also shared the information like the requirement of nutritional content in the food.
- ❖ This programme also ensures that adequate awareness regarding this activity is brought in the respective god gram by the volunteers.





HOLKAR SCIENCE COLLEGE











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 164, Anil Nagar, Ward 35, Indore, Madhya Pradesh 452010, In  
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 Long 75.899799°  
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Indore, Madhya Pradesh, India  
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 India  
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## **REPORT OF THE ACTIVITY**

**Name of Activity:- Poshan Aahar (Healthy Food for All) (September Month)**

**No. of Students:- 38**

**No. of Teachers:-02**

### **Poshan Aahar (Healthy Food for All) Campaign: Nurturing Nutrition Awareness**

The Poshan Aahar Week activity, organized by both NSS units of the college in September 2021, was a dedicated effort to raise awareness about reducing malnutrition across the country. This initiative aligned with the goals of POSHAN Abhiyaan, which aims to improve the nutritional status of various segments of the population, particularly children, adolescent girls, pregnant women, and lactating mothers.

During the Poshan Aahar Week, NSS volunteers engaged in a comprehensive campaign to spread awareness about the significance of nutrition and healthy eating. Focusing on the life cycle concept, the volunteers adopted a strategic and results-driven approach to address malnutrition and promote better health practices.

#### **Key Objectives:**

- To raise awareness about malnutrition and its impact on different segments of the population.
- To educate and counsel communities about the importance of Poshan Aahar (healthy food) in combating malnutrition.
- To provide nutritional guidance and knowledge to malnourished children, adolescent girls, pregnant women, and lactating mothers.
- To empower communities with information about balanced diets and nutritional requirements.

#### **Implementation:**

**Anganwadi Centre Visits:** NSS volunteers visited various Anganwadi centers located in their residential areas. Through interactive sessions, they engaged with beneficiaries, shared nutritional knowledge, and counseled parents and caregivers.

**Nutrition Counseling:** Volunteers conducted counseling sessions, emphasizing the need for a balanced and diverse diet. They provided insights into the nutritional content required for optimal health and development.

**Awareness Campaigns:** The campaign included awareness drives, discussions, and talks on radio and social media platforms to reach a wider audience and amplify the importance of Poshan Aahar.

**Information Sharing:** Volunteers disseminated information about local and affordable sources of nutrient-rich foods, encouraging families to make informed dietary choices.

**Supervision and Guidance:**

The success of the Poshan Aahar campaign was attributed to the dedicated guidance and supervision of our esteemed Programme Officers, Dr. Seemavati Sisodiya and Dr. Sandeep Kumar Gohar. Their leadership ensured the effective implementation of the initiative, making a positive impact on the community.

**Principal's Vision:**

We extend our gratitude to Dr. Suresh T. Silawat, the Principal of the college, for his unwavering support and guidance. His commitment to community welfare and health initiatives played a crucial role in the successful execution of the Poshan Aahar campaign.

**Conclusion:**

**The Poshan Aahar (Healthy Food for All) campaign stands as a testament to the college's dedication to nurturing nutrition awareness and combating malnutrition. By engaging with communities, sharing knowledge, and advocating for healthy eating habits, this initiative contributes to building healthier and more resilient societies.**

Activity Incharge



## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	Red Cross Society
2	Name of the Activity:	Nutritional awareness in Slum area
3	Name of the Scheme:	-
4	Date and Year of the Activity:	08/08/19
5	Number of Students Participated in the activity:	60
6	Report of the Activity (in 100 words):	Red Cross Society and Department of Biochemistry, Government Holkar College organized Cleanliness drive and awareness program in slum area of musakhedi, Indore on 08/08/19. Under this programme students gave information about nutritious diet and health related issues through charts to the people living there. On this occasion, the students also distributed soap, toothpaste, napkins etc..to the children of the slum area.

7	Photo of the activity	
8	Media Report of Activity:	<p><b>बस्ती के बच्चों से मिले होलकर कॉलेज के छात्र</b></p> <p>इंदौर। रेडक्रॉस सोसायटी और शासकीय होलकर महाविद्यालय के जीव रसायन विभाग द्वारा गत दिवस स्वच्छता संदेश और जागरूकता कार्यक्रम चलाया गया। इसके तहत महाविद्यालय के विद्यार्थी मूसाखेड़ी स्थित झुग्गी-झोपड़ी में रहने वाले बच्चों से मिलने पहुंचे। यहां विद्यार्थियों ने उन्हें खान-पान, पौष्टिक आहार और स्वास्थ्य संबंधित जानकारी चार्ट के माध्यम से दी। इस मौके पर विद्यार्थियों ने बस्ती के बच्चों को साबुन, दूधपेस्ट, नेपकिन आदि भी वितरित किए। कार्यक्रम में रेडक्रॉस सोसायटी और जीव रसायन विभाग की प्रमुख डॉ. अंगूरबाला बाफना, प्रो. एआर बॉथम सहित 60 विद्यार्थी शामिल हुए।</p>






Signature of Activity In charge

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## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	09 MP BN NCC HSC INDORE
2	Name of the Activity:	<b>No Food Waste Awareness Programme in the University Campus</b>
3	Date and Year of the Activity:	16.10.2017
4	Number of Students Participated in the activity:	25
5	<p><b>Report of the Activity :</b></p> <p>The NCC Cadets of Holkar science college, organized a drive in the University campus to make students and staff aware about the consequences of food wastage and asked them not to waste food and counseled other students in the cafeteria, mess and campus premises not to waste food and realize the need of the time.</p> <p>Impact of the Activity: The food wastage awareness drive organized by the NCC Cadets of Holkar Science College had a positive impact on both students and staff within the university campus.</p> <div style="background-color: #e6f2ff; padding: 10px; margin-top: 10px;"> <p><b>Increased Awareness:</b> The activity successfully raised awareness among the students and staff about the consequences of food wastage. Many individuals might not have been fully aware of the environmental, social, and economic implications of wasting food. Through the drive, they were sensitized to the importance of reducing food wastage.</p> <p><b>Behavior Change:</b> The counseling and awareness sessions conducted in the cafeteria, mess, and campus premises played a significant role in motivating students to change their behavior towards food consumption. The cadets' efforts might have encouraged individuals to be more mindful while serving food, leading to reduced plate wastage and overall food wastage.</p> <p><b>Cultivation of Responsible Habits:</b> By counseling students in various food service areas, the NCC cadets promoted the development of responsible habits among the university community. Being mindful of food consumption and minimizing wastage not only benefits the environment but also cultivates a sense of responsibility towards resource conservation.</p> <p><b>Ripple Effect:</b> The impact of the activity may extend beyond the university campus. Students who were counseled during the drive might have shared the knowledge and awareness with their friends and family outside of the campus, creating a ripple effect of responsible food consumption practices.</p> </div>	



	<p>Institutional Commitment: The drive showcases the institution's commitment to promoting sustainable practices and creating a culture of conscious consumption. By organizing such initiatives, the college sends a strong message about its dedication to addressing environmental issues and sustainable development.</p> <p>In conclusion, the food wastage awareness drive organized by the NCC Cadets had a positive and significant impact on creating awareness, promoting responsible habits, and fostering a culture of sustainability within the university community. It contributes to the larger goal of reducing food wastage and promoting environmental consciousness in society.</p>
6	<p>Photo of Activity:</p> 
	<p>Number of Cadets:20</p> <ol style="list-style-type: none"> <li>1. SGT. SURBHI JOSHI – MP18SWA433664</li> <li>2. LCPL ASHIVANI KUMAR BHADVIYA – MPSD17A433642</li> <li>3. UO BHAGENDRA KUMAR – MPSD17A433644</li> <li>4. SUO SANJAY JATAV – MPSD17A433649</li> <li>5. UO PRANJALASATI – MPSW17A433653</li> </ol>

	<p>6. SGT PRANJAL YADAV – MPSW17A433654</p> <p>7. CPL SHALINI SINGH – MPSW17A433655</p> <p>8. CDT. SHANTANU RAM – MP18SDA43353</p> <p>9. CDT. SOMESH PAREEK – MP18SDA43354</p> <p>10. CDT. TEJAS ISHI – MP18SDA43355</p> <p>11. CDT. ARADHANA DHAKAD – MP18SWA433656</p> <p>12. CDT. MONIKA PANWAR – MP18SWA433657</p> <p>13. CDT. POORNIMA PATHAK – MP18SWA433660</p> <p>14. CDT. RAJ RAJESHWARI BHOSLE – MP18SWA433661</p> <p>15. CPL REENA BARFA – MP18SWA433662</p> <p>16. UO SONALI CHAWDA – MP18SWA433663</p> <p>17.CDT RAHUL PARMAR – MPSD17A433648</p> <p>18. CDT ANJALI BATHAM – MPSW17A433652</p> <p>19. CDT KISHORE RAJPUT – MPSD17A433645</p> <p>20. CDT KAMAL NAYAN DWIVEDI – MP18SDA43347</p> <p>21. CDT OMENDRA PATLE – MP18SDA43351</p> <p>22. CDT. AFROJ – MP18SDA433641</p> <p>23. CDT. CHETAN – MP18SDA43343</p> <p>24. CDT. DEWRAJ – MP18SDA43346</p> <p>25. CDT. PRATHMESH UPADHYAY – MP18SDA43352</p>
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NCC Activity In charge



## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	Department of Forensic Science in association with Robin Hood Army (NGO)
2	Name of the Activity:	Collection of Extra fresh food from hotels, parties and its distribution to the needy, Blood Donation
3	Name of the Scheme:	Helping-Hand
4	Date and Year of the Activity:	15/02/2020
5	Number of Students Participated in the activity:	12
6	<p><b>Report of the Activity:</b> Students &amp; faculty of the Department of Forensic Science work as volunteers in Robin Hood Army. They collect extra fresh food from hotels and parties and distribute it among needy people in the street and rural area. Apart from that they also teach poor kids who can't afford tuition fees and also teach some sports activities i.e. Cricket. Faculty with the Students had also organized an Exhibition based on basic scientific experiments. Staff &amp; Students participated in Blood Donation Camp.</p> <p><b>Impact of te Activity:</b> By collecting surplus fresh food and distributing it to those in need, they addressed the issue of food insecurity and helped alleviate hunger in the street and rural areas. Their efforts extended beyond food distribution as they also provided education to underprivileged children who couldn't afford tuition fees and taught them sports activities like cricket. The organization of an exhibition based on basic scientific experiments showcased their commitment to promoting scientific knowledge and creating awareness. Additionally, their participation in a Blood Donation Camp demonstrated their dedication to saving lives and contributing to the community's well-being. Through these activities, the students and faculty exemplified compassion, social responsibility, and a commitment to making a positive impact on society</p>	

7

Photo of Activity:





8	List of Participants	1. Prof. Ankesh Ahirwar 2. Ms. Aditi Tripathi 3. Ms. Shreya Chourasiya 4. Ms. Pragya 5. Ms. Pooja 6. Mr. Kamlesh Wankhede 7. Ms. Nimisha Dubey 8. Mr. Kunal Mahobiya 9. Ms. Mahak Malviya 10. Ms. Aaradhana Singh 11. Ms. Arti Girnare 12. Malay Panchakshari
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Dr. Vijay R. Chourey  
HOD  
Department of Forensic Science  
Name of Activity In charge

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## 3.6.1: Impact analysis (Case Study-5)

### "Nourishing Minds: Spreading Awareness on Food Conservation and Nutritive Value"

"Cultivating Conscious Consumption: Promoting Zero Food Waste and Nutritional Awareness"

#### Report:

The "No Food Left Over" campaign, led by NSS volunteers, initiated an impactful drive against food wastage in hotels, restaurants, and food messes. Envisioned as the "Platter to Planet Movement," this mass-level endeavor engaged local eateries, restaurants, and food hubs, urging them to participate in the mission to achieve "Zero Food Waste." Through interactions and awareness-building, volunteers encouraged online management for effective food utilization.

Simultaneously, NCC Cadets at Holkar Science College orchestrated an awareness campaign within the university premises, highlighting the repercussions of food wastage. This initiative spurred conversations and instilled responsibility among students and staff to avoid food wastage, particularly in cafeterias and mess facilities.

In a bid to combat malnutrition, the Department of Forensic Science collaborated with NGO Robin Hood Army, collecting surplus food from hotels and events to distribute among those in need, both in urban and rural settings.

Aimed at eradicating malnutrition, the "Poshan Aahar" initiative, in partnership with Anganwadi centers, targets villagers, children, and women. NSS volunteers proactively spread awareness about nutritive value, emphasizing the nutritional needs of children, adolescent girls, pregnant women, and lactating mothers. Volunteers offer personalized counseling, educate about nutritional content, and ensure information reaches the target audience, fostering healthier habits.

Collaboration between the Red Cross Society and the Department of Biochemistry at Government Holkar College resulted in a cleanliness drive and awareness program in the Musakhedi slum area of Indore. Beyond hygiene, students shared information on nutrition and health through charts, distributing essentials such as soap, toothpaste, and napkins to children, fostering holistic well-being.

#### Detailed Impact of the Activities:

The initiatives aimed at creating awareness about food conservation and the nutritive value of food have had a profound impact on both the community and the volunteers involved.

**1. leadership and communication skills:** The campaign raised awareness about the significance of reducing food wastage, involving hotels, restaurants, and food messes. NSS volunteers engaged with managers and personnel



to promote the "Platter to Planet Movement," emphasizing responsible food consumption. The campaign's impact led to a notable decrease in food wastage in local eateries, contributing to the goal of "Zero Food Waste." Volunteers gained leadership and communication skills by interacting with businesses and advocating for sustainable practices.

**2. Initiating positive behavioral change:** NCC cadets sensitized students and staff within the university premises about the consequences of food wastage. The initiative led to a heightened sense of responsibility among the campus community, resulting in reduced food wastage in cafeterias and mess areas. Students became more conscious of their food choices, leading to a positive behavioral change toward food consumption.

**3. Inclusive Nutritional Awareness:** Volunteers actively engaged with Anganwadi centers, targeting malnourished children, women, and adolescents. Nutritional counseling and educational sessions were conducted, emphasizing the importance of a balanced diet. The initiative contributed to improved nutritional awareness, especially among vulnerable populations, reducing malnutrition rates. Community members developed a deeper understanding of the nutritive value of food, leading to healthier dietary practices.

**4. Empathetic Attitude:** Students and faculty collaborated with the NGO to collect surplus food and distribute it to those in need, addressing food scarcity. The initiative effectively reduced food wastage while simultaneously providing meals to underserved populations. Students gained empathy and a deeper understanding of societal challenges while actively participating in community service.

**5. Creating well-being impact:** Awareness programs and cleanliness drives in the Musakhedi slum area addressed both hygiene and nutritional awareness. Sharing information through charts empowered the community to make informed choices about nutrition and health. The distribution of essentials further enhanced the well-being of children in the slum area.

#### Impact on Sustainable Development Goals (SDGs):

**SDG 2: Zero Hunger:** By reducing food wastage and distributing surplus food, these initiatives contribute to minimizing hunger and improving food security.

**SDG 3: Good Health and Well-being:** The focus on nutritional awareness and health education promotes healthier lifestyles, leading to improved overall well-being.

**SDG 12: Responsible Consumption and Production:** Through campaigns against food wastage and promoting responsible food consumption, these activities align with sustainable production and consumption practices.

These initiatives collectively exemplify the institution's commitment to fostering responsible and sustainable practices related to food consumption, wastage reduction, and nutritive value awareness. The impact extends beyond immediate communities, inspiring positive behavioral changes that contribute to a healthier and more sustainable society. Through education, engagement, and collaboration, these efforts empower individuals to make informed choices and collectively work towards achieving the Sustainable Development Goals.

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# Govt. Holkar (Model, Autonomous) Science College, Indore



## CASE STUDY-6

### **"Community Resilience in the Face of Crisis: COVID Awareness Drive and Institutional Support"**





# COVID AWARENESS



**“Being Aware, Saves You”**

In the year 2020-21 various drives in the context of covid involving awareness regarding mask and social distancing, vaccination and other preventive measures were being taught to the people of the society.



Indore, Madhya Pradesh, India

24, Ada Bazar, Indore, Madhya Pradesh 452004, India

Lat N 22° 43' 6.4704"

Long E 75° 51' 20.2212"

25/03/21 12:16 PM





# COVID AWARENESS

“Being Aware, Saves You”



Indore, Madhya Pradesh, India  
24, Ada Bazar, Indore, Madhya Pradesh 452004, India  
Lat N 22° 43' 6.4704"  
Long E 75° 51' 20.2212"  
25/03/21 12:06 PM

**शासकीय होलकर (आदर्श, स्वशारी) विज्ञान महाविद्यालय, इन्दौर**

**आज़ादी का अमृत महोत्सव**  
के तहत स्वामी विवेकानंद जयंती  
अंतर्राष्ट्रीय युवा दिवस

के अवसर पर राष्ट्रीय सेवा योजना (इकाई 01/02), रेड रिबिन क्लब, क्रीड़ा विभाग तथा मुख्य चिकित्सा एवं स्वास्थ्य अधिकारी, जिला इन्दौर के संयुक्त तत्वाधान में **15 से 18 वर्ष के छात्रों व छात्राओं को कोविड-19 से संबंधित टीकाकरण (वैक्सीनेशन) कैम्प का आयोजन**

क्र.	दिनांक	समय	स्थान
1.	12-01-2022	11:00 से 04:00	यशवंत हॉल
2.	13-01-2022	11:00 से 04:00	टीकाकरण केन्द्र

डॉ. सीमावती सिखोदिया संयोजक    डॉ. अनुपम शर्मा सह-संयोजक    डॉ. आर.सी. दीक्षित प्रशासनिक अधिकारी    डॉ. जी.डी. गुप्ता उप प्राचार्य    डॉ. सुरेश टी. सिलावट प्राचार्य



Indore, Madhya Pradesh, India  
24, Ada Bazar, Indore, Madhya Pradesh 452004, India  
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Long E 75° 51' 20.2212"  
25/03/21 12:15 PM



Indore, Madhya Pradesh, India  
24, Ada Bazar, Indore, Madhya Pradesh 452004, India  
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Long E 75° 51' 20.2212"  
25/03/21 12:13 PM



2020-21





# COVID AWARENESS

“Being Aware, Saves You”



Indore, Madhya Pradesh, India  
MVW9+4Q4, Janki Nagar, Indore, Madhya Pradesh 452001, India  
Lat 22.695016°  
Long 75.86973°  
17/09/21 12:58 PM



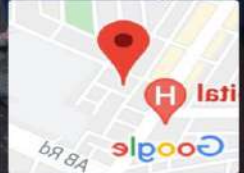
Indore, Madhya Pradesh, India  
Yashwant hall, AB Rd, Ashok Nagar, Indore, Madhya Pradesh 452001, India  
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Long 75.871216°  
17/09/21 12:55 PM



Indore, Madhya Pradesh, India  
24, Ada Bazar, Indore, Madhya Pradesh 452004, India  
Lat N 22° 43' 6.4704"  
Long E 75° 51' 20.2212"  
25/03/21 12:16 PM



Indore, Madhya Pradesh, India  
14 Vidya Nagar, Behind Sabra Sangeeta, Vidya Nagar, Indore, Madhya Pradesh 452001, India  
Lat 22.694983°  
Long 75.88738°  
01/01/21 01:18 PM







# COVID AWARENESS

“Being Aware, Saves You”



शासकीय होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

निःशुल्क कोविड-19 टीकाकरण केन्द्र

कोविड-19 का टीका सुरक्षित है टीका है जरूरी, लगाए मास्क, धोते रहे हाथ, रखे दो गज की दूरी

हेल्पलाइन नंबर : 1075

लक्ष्य समिति जिला-इन्दौर

शासकीय होलकर (आदर्श, स्वशासी) विज्ञान महाविद्यालय, इन्दौर

निःशुल्क कोविड-19 टीकाकरण केन्द्र

कोविड-19 का टीका सुरक्षित है टीका है जरूरी, लगाए मास्क, धोते रहे हाथ, रखे दो गज की दूरी

हेल्पलाइन नंबर : 1075

लक्ष्य समिति जिला-इन्दौर





# COVID AWARENESS

“Being Aware, Saves You”



200

2020-21



2020-21

## EXTENSION/OUTREACH ACTIVITY

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	1 MP Girls Battalion NCC, Indore.
2	Name of the Activity:	Motivating people for Tika Karan (2020)
3	Name of the Scheme:	Mission Indradhanush 2.0
4	Year of the Activity:	06.01.2020
5	Number of Students Participated in the activity:	27
6	<p><b>Report of the Activity :</b></p> <p>The cadets of 1MP Girls Battalion visited Arogyam Government Hospital, Annapurna and motivated the people for tikakaran of their children. Also, they helped by making list of medicines not available in the hospital and provided free medicines to the people. The cadets learned PCR First aid method from the nursing students present there so in case of any emergency they will be able to help them. The cadets participated calmly and actively in the activity organised by NCC.</p> <p><b>Impact of the Activity:</b></p> <p>The impact of the cadets of 1MP Girls Battalion visiting Arogyam Government Hospital, Annapurna, to motivate people for tikakaran (vaccination) under Mission Indradhanush 2.0 was profound. Their efforts resulted in increased awareness and acceptance of vaccination among the community members, leading to improved immunization rates for children. By assisting in creating a list of medicines unavailable in the hospital and providing free medicines, they addressed immediate healthcare needs and positively impacted the lives of the people. Learning PCR First aid method equipped the cadets to handle emergencies effectively, further contributing to the well-being of the community. The calm and active participation of the cadets in the NCC-organized activity showcased their dedication to public service and instilled a sense of responsibility and empathy in them.</p>	





MOTIVATING PEOPLE FOR TIKA KARAN 2020 (Cadet List)

S NO.	REGIMENTAL NO.	NAME
1	MP19SWA409425	AKANSHA MALVIYA
2	MP19SWA409426	DIVYA CHOUHAN
3	MP19SWA409427	MUSKAN VERMA
4	MP19SWA409428	PRIYA CHOUHAN
5	MP19SWA409429	RIMA PANCAHAL
6	MP19SWA409431	CHANCHAL MAKERE
7	MP19SWA409432	SONALI SONI
8	MP19SWA409464	BHAGYASHREE SISODIYA
9	MP19SWA409458	SAKSHI BHATELE
10	MP19SWA409462	SHIVANI SAHU
11	MP19SWA409472	PINKEY DHAKAD
12	MP19SWA409492	VARSHA CHOUHAN
13	MP19SWA409433	MUSKAN YADAV
14	MP19SWA409434	POOJA RAO
15	MP19SWA409435	PRIYANKA CHOUDHARY
16	MP19SWA409436	RITIKA VAISHNAV
17	MP19SWA409437	KASHISH PANDEY
18	MP19SWA409438	PRIYANKA LODI
19	MP19SWA409439	PALAK SHARMA
20	MP19SWA409443	DEEPA VINOD SAHU
21	MP19SWA409445	PRATIKSHA VAISHNAV
22	MP19SWA409446	MEHAK SHAIKH
23	MP19SWA409447	AYUSHI KARWADIYA
24	MP19SWA409449	NISHITA LOKHANDE

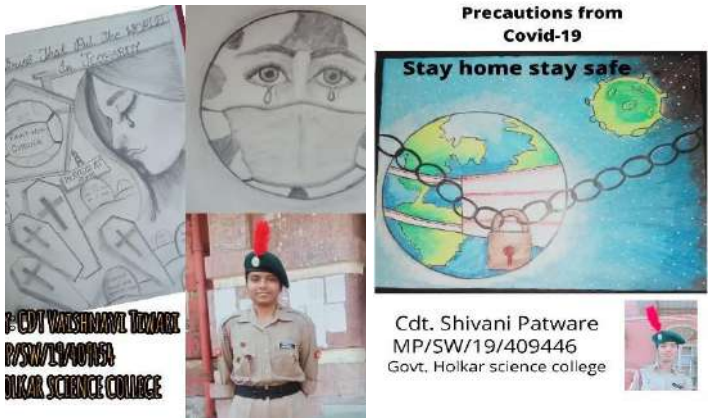


25	MP19SWA409450	VESHNAVI TEPAN
26	MP19SWA409452	PRIYANKA SINGH JADOUN
27	MP19SWA409453	ISHITA MODI

TOTAL 27 CADETS PRESENT ON 6-1-2020

NCC Activity Incharge

### EXTENSION/OUTREACH ACTIVITY

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	1 MP Girls Battalion NCC, Indore
2	Name of the Activity:	Spreading Community Awareness and taking precautions against Covid-19 through Digital Poster Making
3	Date and Year of the Activity:	25 <sup>th</sup> September 2020
4	Number of Students Participated in the activity:	40 Cadets
5	<p><b>Report of the Activity :</b> Due to the increase in covid cases on a daily basis, in the country, it was very necessary for everyone to follow covid protocols and take precautions to stay safe and healthy. So, 1 MP Girls Battalion conducted an awareness program through virtual platforms where cadets made digital posters to spread awareness on different social media platforms and showed excellent work by performing this task. This Activity has been carried out by <b>SUO Rashmi Kumari Singh</b>.</p> <p><b>Impact of the Activity:</b></p>	
6	Photo of Activity:	 <p>The collage includes a digital poster on the left with a girl's face and text, a central photo of a cadet in uniform, and a digital poster on the right titled 'Precautions from Covid-19 Stay home stay safe' featuring a globe and a virus. Below the posters, the text reads: 'P: CDT VISHWANATH TENDRE P/SW/19/409446 HOKAR SCIENCE COLLEGE' and 'Cdt. Shivani Patware MP/SW/19/409446 Govt. Holkar science college'.</p>





Spreading Community Awareness and taking precautions against Covid-19 25.09.2020

#### CADETS PARTICIPATED IN THE EXTENSION EVENT


S NO.	REGIMENTAL NO.	NAME
1	MPSW17A409316	AARTI YADAV
2	MPSW17A409317	AAYUSHI NIGAM
3	MPSW17A409318	ANJALI CHANDHA
4	MPSW17A409319	AAYUSHI VAISHNAV
5	MP19SWA409432	SONALI SONI
6	MP19SWA409428	PRIYA CHOUHAN
7	MPSW17A409322	DEEPIKA CHOUHAN
8	MPSW17A409324	DURGA DHOATE
9	MPSW17A409325	GEETAMJALI MISHRA

10	MP18SWA409371	PRAGYA DESHMUKH
11	MP18SWA409381	SADHNA UIKEY
12	MPSW17A409328	KANAK VERMA
13	MPSW17A409329	KANKESHWARI CHOUDHARY
14	MPSW17A409330	MOHINI GANDHARE
15	MPSW17A409331	MUSKAN VERMA
16	MP18SWA409394	TANU DATODIYA
17	MP18SWA409400	VAISHNAVI VERMA
18	MP19SWA409459	ESHA CHOUHAN
19	MPSW17A409335	NNIKITA CHOUHAN
20	MP19SWA409438	PRIYANKA LODI
21	MP19SWA409439	PALAK SHARMA
22	MPSW17A409333	NEHA BHAGEL
23	MP18SWA409362	NAINA SINGH
24	MP18SWA409365	NISHA GATHE
25	MP19SWA409469	PRIYATA MARATHE
26	MP18SWA409386	SHIVANI LODHI
27	MP19SWA409445	PRATIKSHA VAISHNAV
28	MP19SWA409446	MEHAK SHAIKH
29	MPSW17A409334	NIKITA PUROHIT
30	MP18SWA409340	BHUMIKA NARVARE
31	MP18SWA409342	CHANCHAL SONI
32	MP19SWA409457	CHANDA DODVE
33	MP18SWA409351	KAJAL BAGANIYA
34	MP18SWA409349	JYOTI SINGAD
35	MP19SWA409492	VARSHA CHOUHAN
36	MP18SWA409371	PRAGYA DESHMUKH



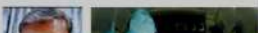
37	MP18SWA409381	SADHNA UIKEY
38	MP19SWA409460	PUSHPANJALI KOL
39	MP19SWA409462	SHIVANI SAHU
40	MP19SWA409466	VAISHNAVI TIWARI

## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	Red cross Society
2	Name of the Activity:	Webinar on Mental Health and COVID 19
3	Name of the Scheme:	-
4	Date and Year of the Activity:	21/7/20
5	Number of Students Participated in the activity:	1017
6	Report of the Activity (in 100 words):	The Yuva Red Cross Society in collaboration with Women Empowerment cell organized one day online webinar on the topic "Mental Health and COVID 19". The aim of the webinar was to aware people about crisis during corona virus spread and also make them familiar with the ways in which they can maintain their mental health in good position. Lectures of two eminent speakers- Dr. Ashok Jain and Dr Sandeep Atre were proved to be very helpful for participants to overcome mental trauma. The topic of Dr. Ashok Jain was Managing stress during corona crisis and Dr. Sandeep Atre spoke about Emotional well Being.
7	Photo of Activity:	



रक्षा बंधन पर सर्वे में  
लगी सभी महिलाओं  
को किया मुक्त

[illegible][illegible]

दीर्घ = राज न्यूज नेटवर्क इसमें देशभर के 15 राज्यों 1000 से अधिक प्रतिभागियों

[illegible]

दिनचर्या को नियमित व नियंत्रित रखें

[illegible]

10 से अधिक युवाओं ने भाग लिया प्रदर्शन करेंगे

कि जल्द काम पूरा हो जाएगा। सकती है।

## मानसिक व भावनात्मक संतुलन कोरोना काल की आवश्यकता

6pm नगर प्रतिनिधि, डोहर

शा. होकर विमान महाविद्यालय को युवा रेडक्रस सेसा. व महिला सहायककर्ता इकाई द्वारा 30 जुलाई को मेडल हेतु 2 कोविड-19 विषय पर वैबिनार का आयोजन किया। इसमें देशभर के 15 राज्य से 1000 से अधिक प्रतिभागियों ने पंजीयन कराया।

वैबिनार कोरोना काल में हमारा मानसिक स्वास्थ्य को कैसे संतुलित रखे, इस उद्देश्य से आयोजित किया गया। जहाँ पूरी दुनिया कोरोना वायरस से जुड़ रही है एवं विश्वभर में महामारी से निजात के लिए बहुत से कदम उठाए जा रहे हैं। हर व्यक्ति में डर का महसूस है। प्रश्न उठता है कि इस विषय पर योग्यविशेषों में मानसिक स्वास्थ्य को कैसे ठीक रखे। वैबिनार के उत्पष्टन अवसर पर डॉ. सुरेश ठी. सिसावट, अतिरिक्त संचालक उच्च शिक्षा इंद्र प्रसाध व प्राचार्य होलकर विमान महाविद्यालय ने उद्बोधन में कहा कि कोरोना संक्रमण अधिक से वैबिनार को रद्दतार को कम करने के लिए समाजिक दूर नये तथा सतत अलग है।

निम्नके कारण नीसता का भय पैदा हो रहा है। अतः मानसिक भावनाओं को संतुलित बनाने रखने के लिए इस तरह के विषय पर विचार आवश्यक है। इसी तरह बना ड. अशोक जैन ने मैसूरियन ट्रेड्स क्वार्टर कोरांग इन्डिया पर बना ही मानसिकता व्यक्त किया। इसमें उन्होंने बताया कि प्रभावशाली स्वास्थ्य के लिए जरूरी है कि हम ट्रेड्स एंजाइव और डिग्रेशन को काबू में रखें। मानसिक स्वास्थ्य के लिए अच्छा महसूस करें व नकारात्मक भावनाओं से प्रभावित न हों। इस मानव शरीर को बहुत सौ जैव रसायन क्रियाओं को प्रभावित करता है, यह मानस असंतुलन को बनाए रखे। निम्नसे कई तरह को बीमारियाँ एवं नकारात्मक भीतक व्यापक रूप से होते हैं। यह बहुत आवश्यक है कि कोरांग के लोगों से बेहतर हुए आंकड़ों के साथ में मुक्त हमें भयभीत नहीं होना चाहिए। औरनु सोशल डिस्टेंसिंग में रहना अन्य निर्देशों का पालन करने एवं अनुशासन में रहना चाहिए। इस कोरांग काल में नकारात्मक ऊर्जा से बचने के लिए सच व्यस्त रहे एवं वीरता मुक्तगरी हो। कैंबोना के

द्वितीय अर्थीय वक्ता सामाजिक एवं भावनात्मक बुद्धिमत्ता विशेषज्ञ डॉ. संदीप अत्रे ने इमोशनल वेल् वेंडिंग ह्यूमन कोरोगा क्राइसिस पर अपना व्याख्यान दिया। उन्होंने बताया हमारे विवाह, भोजन एवं व्यवहार अन्तःइमोशनल वेल् वेंडिंग को नियंत्रित करते हैं। अच्छा काम करने में हमें अच्छा महसूस होगा। अपनी दिनचर्या को नियमित व निर्वाचित रखना जो भी काम करो, वो पूर्ण तबियत होकर करो। भावनात्मक तौर पर अपने लिए समय निकालें और साथ ही सभी के साथ अच्छा समय व्यतीत करें। वैचारिक दृष्टिकोण से एक समय पर एक कार्य को एवं अपने विचारों पर हमेशा जवाब रखें एवं उन्हें अच्छे दिशा में न जाने दें, बल्कि उन्हें सकारात्मक दिशा देने की कोशिश करें। कार्यक्रम का आयोजन डा. पुनन भटनगर, प्रभावी महिला सार्वजनिकरण के निदेशन में डॉ. आशुबाला बफना, प्रभावी कुबेर रेडक्रास सोसायटी के द्वारा स्वयंसेवक परिचय डॉ. आनमिका सिंह, विभागध्यक्ष रसायन शास्त्र ने किया। अंतिम प्रश्न श्रोत उद्देश्य ने किया व आभार प्र. लक्ष्मी गिराला ने माना।

## List of participants For Webinar On Mental Health and Covid 19

183	Archie Mitchell	214	Jack Martin	238	Donna Jean "Donna" Mitchell	268	Stanley Post	303	Heather Gibson
185	Isabel Martinez	215	FRANCIS SHAW "Francis"	239	Theresa Ann "Theresa" Mitchell	272	John Mitchell	304	John Stanton
186	Yvonne Martinez	216	FRANCIS SHAW "Francis"	240	John Mitchell	281	John Mitchell	311	Arthur "Arthur" Mitchell
187	Phyllis Davis	217	Charles "Charlie" "Charles"	241	Donna Jean "Donna" Mitchell	283	Robert Barker	312	Michael Stanton
188	Laurette "Laurette" Parker	218	Robert Reddy	242	Donna Jean "Donna" Mitchell	284	Michael Barker	313	John Stanton
189	Alfred Martinez	219	James Louis "James"	243	Donna Jean "Donna" Mitchell	285	Michael Barker	314	John Stanton
190	Robert Davis	220	Donna Jean "Donna" Mitchell	244	Donna Jean "Donna" Mitchell	286	Michael Barker	315	John Stanton
191	Robert Davis	221	Donna Jean "Donna" Mitchell	245	Donna Jean "Donna" Mitchell	287	Michael Barker	316	John Stanton
192	Robert Davis	222	Donna Jean "Donna" Mitchell	246	Donna Jean "Donna" Mitchell	288	Michael Barker	317	John Stanton
193	Robert Davis	223	Donna Jean "Donna" Mitchell	247	Donna Jean "Donna" Mitchell	289	Michael Barker	318	John Stanton
194	Robert Davis	224	Donna Jean "Donna" Mitchell	248	Donna Jean "Donna" Mitchell	290	Michael Barker	319	John Stanton
195	Robert Davis	225	Donna Jean "Donna" Mitchell	249	Donna Jean "Donna" Mitchell	291	Michael Barker	320	John Stanton
196	Robert Davis	226	Donna Jean "Donna" Mitchell	250	Donna Jean "Donna" Mitchell	292	Michael Barker	321	John Stanton
197	Robert Davis	227	Donna Jean "Donna" Mitchell	251	Donna Jean "Donna" Mitchell	293	Michael Barker	322	John Stanton
198	Robert Davis	228	Donna Jean "Donna" Mitchell	252	Donna Jean "Donna" Mitchell	294	Michael Barker	323	John Stanton
199	Robert Davis	229	Donna Jean "Donna" Mitchell	253	Donna Jean "Donna" Mitchell	295	Michael Barker	324	John Stanton
200	Robert Davis	230	Donna Jean "Donna" Mitchell	254	Donna Jean "Donna" Mitchell	296	Michael Barker	325	John Stanton
201	Robert Davis	231	Donna Jean "Donna" Mitchell	255	Donna Jean "Donna" Mitchell	297	Michael Barker	326	John Stanton
202	Robert Davis	232	Donna Jean "Donna" Mitchell	256	Donna Jean "Donna" Mitchell	298	Michael Barker	327	John Stanton
203	Robert Davis	233	Donna Jean "Donna" Mitchell	257	Donna Jean "Donna" Mitchell	299	Michael Barker	328	John Stanton
204	Robert Davis	234	Donna Jean "Donna" Mitchell	258	Donna Jean "Donna" Mitchell	300	Michael Barker	329	John Stanton
205	Robert Davis	235	Donna Jean "Donna" Mitchell	259	Donna Jean "Donna" Mitchell	301	Michael Barker	330	John Stanton
206	Robert Davis	236	Donna Jean "Donna" Mitchell	260	Donna Jean "Donna" Mitchell	302	Michael Barker	331	John Stanton
207	Robert Davis	237	Donna Jean "Donna" Mitchell	261	Donna Jean "Donna" Mitchell	303	Michael Barker	332	John Stanton
208	Robert Davis	238	Donna Jean "Donna" Mitchell	262	Donna Jean "Donna" Mitchell	304	Michael Barker	333	John Stanton
209	Robert Davis	239	Donna Jean "Donna" Mitchell	263	Donna Jean "Donna" Mitchell	305	Michael Barker	334	John Stanton
210	Robert Davis	240	Donna Jean "Donna" Mitchell	264	Donna Jean "Donna" Mitchell	306	Michael Barker	335	John Stanton
211	Robert Davis	241	Donna Jean "Donna" Mitchell	265	Donna Jean "Donna" Mitchell	307	Michael Barker	336	John Stanton
212	Robert Davis	242	Donna Jean "Donna" Mitchell	266	Donna Jean "Donna" Mitchell	308	Michael Barker	337	John Stanton
213	Robert Davis	243	Donna Jean "Donna" Mitchell	267	Donna Jean "Donna" Mitchell	309	Michael Barker	338	John Stanton
214	Robert Davis	244	Donna Jean "Donna" Mitchell	268	Donna Jean "Donna" Mitchell	310	Michael Barker	339	John Stanton
215	Robert Davis	245	Donna Jean "Donna" Mitchell	269	Donna Jean "Donna" Mitchell	311	Michael Barker	340	John Stanton
216	Robert Davis	246	Donna Jean "Donna" Mitchell	270	Donna Jean "Donna" Mitchell	312	Michael Barker	341	John Stanton
217	Robert Davis	247	Donna Jean "Donna" Mitchell	271	Donna Jean "Donna" Mitchell	313	Michael Barker	342	John Stanton
218	Robert Davis	248	Donna Jean "Donna" Mitchell	272	Donna Jean "Donna" Mitchell	314	Michael Barker	343	John Stanton
219	Robert Davis	249	Donna Jean "Donna" Mitchell	273	Donna Jean "Donna" Mitchell	315	Michael Barker	344	John Stanton
220	Robert Davis	250	Donna Jean "Donna" Mitchell	274	Donna Jean "Donna" Mitchell	316	Michael Barker	345	John Stanton
221	Robert Davis	251	Donna Jean "Donna" Mitchell	275	Donna Jean "Donna" Mitchell	317	Michael Barker	346	John Stanton
222	Robert Davis	252	Donna Jean "Donna" Mitchell	276	Donna Jean "Donna" Mitchell	318	Michael Barker	347	John Stanton
223	Robert Davis	253	Donna Jean "Donna" Mitchell	277	Donna Jean "Donna" Mitchell	319	Michael Barker	348	John Stanton
224	Robert Davis	254	Donna Jean "Donna" Mitchell	278	Donna Jean "Donna" Mitchell	320	Michael Barker	349	John Stanton
225	Robert Davis	255	Donna Jean "Donna" Mitchell	279	Donna Jean "Donna" Mitchell	321	Michael Barker	350	John Stanton
226	Robert Davis	256	Donna Jean "Donna" Mitchell	280	Donna Jean "Donna" Mitchell	322	Michael Barker	351	John Stanton
227	Robert Davis	257	Donna Jean "Donna" Mitchell	281	Donna Jean "Donna" Mitchell	323	Michael Barker	352	John Stanton
228	Robert Davis	258	Donna Jean "Donna" Mitchell	282	Donna Jean "Donna" Mitchell	324	Michael Barker	353	John Stanton
229	Robert Davis	259	Donna Jean "Donna" Mitchell	283	Donna Jean "Donna" Mitchell	325	Michael Barker	354	John Stanton
230	Robert Davis	260	Donna Jean "Donna" Mitchell	284	Donna Jean "Donna" Mitchell	326	Michael Barker	355	John Stanton
231	Robert Davis	261	Donna Jean "Donna" Mitchell	285	Donna Jean "Donna" Mitchell	327	Michael Barker	356	John Stanton
232	Robert Davis	262	Donna Jean "Donna" Mitchell	286	Donna Jean "Donna" Mitchell	328	Michael Barker	357	John Stanton
233	Robert Davis	263	Donna Jean "Donna" Mitchell	287	Donna Jean "Donna" Mitchell	329	Michael Barker	358	John Stanton
234	Robert Davis	264	Donna Jean "Donna" Mitchell	288	Donna Jean "Donna" Mitchell	330	Michael Barker	359	John Stanton
235	Robert Davis	265	Donna Jean "Donna" Mitchell	289	Donna Jean "Donna" Mitchell	331	Michael Barker	360	John Stanton
236	Robert Davis	266	Donna Jean "Donna" Mitchell	290	Donna Jean "Donna" Mitchell	332	Michael Barker	361	John Stanton
237	Robert Davis	267	Donna Jean "Donna" Mitchell	291	Donna Jean "Donna" Mitchell	333	Michael Barker	362	John Stanton
238	Robert Davis	268	Donna Jean "Donna" Mitchell	292	Donna Jean "Donna" Mitchell	334	Michael Barker	363	John Stanton
239	Robert Davis	269	Donna Jean "Donna" Mitchell	293	Donna Jean "Donna" Mitchell	335	Michael Barker	364	John Stanton
240	Robert Davis	270	Donna Jean "Donna" Mitchell	294	Donna Jean "Donna" Mitchell	336	Michael Barker	365	John Stanton
241	Robert Davis	271	Donna Jean "Donna" Mitchell	295	Donna Jean "Donna" Mitchell	337	Michael Barker	366	John Stanton
242	Robert Davis	272	Donna Jean "Donna" Mitchell	296	Donna Jean "Donna" Mitchell	338	Michael Barker	367	John Stanton
243	Robert Davis	273	Donna Jean "Donna" Mitchell	297	Donna Jean "Donna" Mitchell	339	Michael Barker	368	John Stanton
244	Robert Davis	274	Donna Jean "Donna" Mitchell	298	Donna Jean "Donna" Mitchell	340	Michael Barker	369	John Stanton
245	Robert Davis	275	Donna Jean "Donna" Mitchell	299	Donna Jean "Donna" Mitchell	341	Michael Barker	370	John Stanton
246	Robert Davis	276	Donna Jean "Donna" Mitchell	300	Donna Jean "Donna" Mitchell	342	Michael Barker	371	John Stanton
247	Robert Davis	277	Donna Jean "Donna" Mitchell	301	Donna Jean "Donna" Mitchell	343	Michael Barker	372	John Stanton
248	Robert Davis	278	Donna Jean "Donna" Mitchell	302	Donna Jean "Donna" Mitchell	344	Michael Barker	373	John Stanton
249	Robert Davis	279	Donna Jean "Donna" Mitchell	303	Donna Jean "Donna" Mitchell	345	Michael Barker	374	John Stanton
250	Robert Davis	280	Donna Jean "Donna" Mitchell	304	Donna Jean "Donna" Mitchell	346	Michael Barker	375	John Stanton
251	Robert Davis	281	Donna Jean "Donna" Mitchell	305	Donna Jean "Donna" Mitchell	347	Michael Barker	376	John Stanton
252	Robert Davis	282	Donna Jean "Donna" Mitchell	306	Donna Jean "Donna" Mitchell	348	Michael Barker	377	John Stanton
253	Robert Davis	283	Donna Jean "Donna" Mitchell	307	Donna Jean "Donna" Mitchell	349	Michael Barker	378	John Stanton
254	Robert Davis	284	Donna Jean "Donna" Mitchell	308	Donna Jean "Donna" Mitchell	350	Michael Barker	379	John Stanton
255	Robert Davis	285	Donna Jean "Donna" Mitchell	309	Donna Jean "Donna" Mitchell	351	Michael Barker	380	John Stanton
256	Robert Davis	286	Donna Jean "Donna" Mitchell	310	Donna Jean "Donna" Mitchell	352	Michael Barker	381	John Stanton
257	Robert Davis	287	Donna Jean "Donna" Mitchell	311	Donna Jean "Donna" Mitchell	353	Michael Barker	382	John Stanton
258	Robert Davis	288	Donna Jean "Donna" Mitchell	312	Donna Jean "Donna" Mitchell	354	Michael Barker	383	John Stanton
259	Robert Davis	289	Donna Jean "Donna" Mitchell	313	Donna Jean "Donna" Mitchell	355	Michael Barker	384	John Stanton
260	Robert Davis	290	Donna Jean "Donna" Mitchell	314	Donna Jean "Donna" Mitchell	356	Michael Barker	385	John Stanton
261	Robert Davis	291	Donna Jean "Donna" Mitchell	315	Donna Jean "Donna" Mitchell	357	Michael Barker	386	John Stanton
262	Robert Davis	292	Donna Jean "Donna" Mitchell	316	Donna Jean "Donna" Mitchell	358	Michael Barker	387	John Stanton
263	Robert Davis	293	Donna Jean "Donna" Mitchell	317	Donna Jean "Donna" Mitchell	359	Michael Barker	388	John Stanton
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265	Robert Davis	295	Donna Jean "Donna" Mitchell	319	Donna Jean "Donna" Mitchell	361	Michael Barker	390	John Stanton
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268	Robert Davis	298	Donna Jean "Donna" Mitchell	322	Donna Jean "Donna" Mitchell	364	Michael Barker	393	John Stanton
269	Robert Davis	299	Donna Jean "Donna" Mitchell	323	Donna Jean "Donna" Mitchell	365	Michael Barker	394	John Stanton
270	Robert Davis	300	Donna Jean "Donna" Mitchell	324	Donna Jean "Donna" Mitchell	366	Michael Barker	395	John Stanton
271	Robert Davis	301	Donna Jean "Donna" Mitchell	325	Donna Jean "Donna" Mitchell	367	Michael Barker	396	John Stanton
272	Robert Davis	302	Donna Jean "Donna" Mitchell	326	Donna Jean "Donna" Mitchell	368	Michael Barker	397	John Stanton
273	Robert Davis	303	Donna Jean "Donna" Mitchell	327	Donna Jean "Donna" Mitchell	369	Michael Barker	398	John Stanton
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277	Robert Davis	307	Donna Jean "Donna" Mitchell	331	Donna Jean "Donna" Mitchell	373	Michael Barker	402	John Stanton
278	Robert Davis	308	Donna Jean "Donna" Mitchell	332	Donna Jean "Donna" Mitchell	374	Michael Barker	403	John Stanton
279	Robert Davis	309	Donna Jean "Donna" Mitchell	333	Donna Jean "Donna" Mitchell	375	Michael Barker	404	John Stanton
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281	Robert Davis	311	Donna Jean "Donna" Mitchell	335	Donna Jean "Donna" Mitchell	377	Michael Barker	406	John Stanton
282	Robert Davis	312	Donna Jean "Donna" Mitchell	336	Donna Jean "Donna" Mitchell	378	Michael Barker	407	John Stanton
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285	Robert Davis	315	Donna Jean "Donna" Mitchell	339	Donna Jean "Donna" Mitchell	381	Michael Barker	410	John Stanton
286	Robert Davis	316	Donna Jean "Donna" Mitchell	340	Donna Jean "Donna" Mitchell	382	Michael Barker	411	John Stanton
287	Robert Davis	317	Donna Jean "Donna" Mitchell	341	Donna Jean "Donna" Mitchell	383	Michael Barker	412	John Stanton
288	Robert Davis	318	Donna Jean "Donna" Mitchell	342	Donna Jean "Donna" Mitchell	384	Michael Barker	413	John Stanton
289	Robert Davis	319	Donna Jean "Donna" Mitchell	343	Donna Jean "Donna" Mitchell	385	Michael Barker	414	John Stanton
290	Robert Davis	320	Donna Jean "Donna" Mitchell	344	Donna Jean "Donna" Mitchell	386	Michael Barker	415	John Stanton
291	Robert Davis	321	Donna Jean "Donna" Mitchell	345	Donna Jean "Donna" Mitchell	387	Michael Barker	416	John Stanton
292	Robert Davis	322	Donna Jean "Donna" Mitchell	346	Donna Jean "Donna" Mitchell	388	Michael Barker	417	John Stanton
293	Robert Davis	323	Donna Jean "Donna" Mitchell	347	Donna Jean "Donna" Mitchell	389	Michael Barker	418	John Stanton
294	Robert Davis	324	Donna Jean "Donna" Mitchell	348	Donna Jean "Donna" Mitchell	390	Michael Barker	419	John Stanton
295	Robert Davis	325	Donna Jean "Donna" Mitchell	349	Donna Jean "Donna" Mitchell	391	Michael Barker	420	John Stanton
296	Robert Davis	326	Donna Jean "Donna" Mitchell	350	Donna Jean "Donna" Mitchell	392	Michael Barker	421	John Stanton
297	Robert Davis	327	Donna Jean "Donna" Mitchell	351	Donna Jean "Donna" Mitchell	393	Michael Barker	422	John Stanton
298	Robert Davis	328	Donna Jean "Donna" Mitchell	352	Donna Jean "Donna" Mitchell	394	Michael Barker	423	John Stanton
299	Robert Davis	329	Donna Jean "Donna" Mitchell	353	Donna Jean "Donna" Mitchell	395	Michael Barker	424	John Stanton
300	Robert Davis	330	Donna Jean "Donna" Mitchell	354	Donna Jean "Donna" Mitchell	396	Michael Barker	425	John Stanton
301	Robert Davis	331	Donna Jean "Donna" Mitchell	355	Donna Jean "Donna" Mitchell	397	Michael Barker	426	John Stanton
302	Robert Davis	332	Donna Jean "Donna" Mitchell	356	Donna Jean "Donna" Mitchell	398	Michael Barker	427	John Stanton
303	Robert Davis	333	Donna Jean "Donna" Mitchell	357	Donna Jean "Donna" Mitchell	399	Michael Barker	428	John Stanton
304	Robert Davis	334	Donna Jean "Donna" Mitchell	358	Donna Jean "Donna" Mitchell	400	Michael Barker	429	John Stanton
305	Robert Davis	335	Donna Jean "Donna" Mitchell	359	Donna Jean "Donna" Mitchell	401	Michael Barker	430	John Stanton
306	Robert Davis	336	Donna Jean "Donna" Mitchell	360	Donna Jean "Donna" Mitchell	402	Michael Barker	431	John Stanton
307	Robert Davis	337	Donna Jean "Donna" Mitchell	361	Donna Jean "Donna" Mitchell	403	Michael Barker	432	John Stanton
308	Robert Davis	338	Donna Jean "Donna" Mitchell	362	Donna Jean "Donna" Mitchell	404	Michael Barker	433	John Stanton
309	Robert Davis	339	Donna Jean "Donna" Mitchell	363	Donna Jean "Donna" Mitchell	405	Michael Barker	434	John Stanton
310	Robert Davis	340	Donna Jean "Donna" Mitchell	364	Donna Jean "Donna" Mitchell	406	Michael Barker	435	John Stanton
311	Robert Davis	341	Donna Jean "Donna" Mitchell	365	Donna Jean "Donna" Mitchell	407	Michael Barker	436	John Stanton
312	Robert Davis	342	Donna Jean "Donna" Mitchell	366	Donna Jean "Donna" Mitchell	408	Michael Barker	437	John Stanton
313	Robert Davis	343	Donna Jean "Donna" Mitchell	367	Donna Jean "Donna" Mitchell	409	Michael Barker	438	John Stanton
314	Robert Davis	344	Donna Jean "						

## List of participants For Webinar On Mental Health and Covid 19

1	Shirone Gakuen	26	Dr. Jirochi TAKAMI	76	Dr. HANGULA DAVE GASTMAN	112	James Gwynett	146	Laurencia Adams
2	Shirone Uchiy	27	Shirone Topya	77	Wiley Jansen	113	Dr. Pauline HARRIS	147	Rebecca Sullivan
3	Shirone Hara	28	Dr. Shigeno TAKAMI	78	Dr. James Cheney	114	Dr. James Uppendy	148	Natalia Prud'homme
4	DR. SHIRONE A. P. GASTMAN SHIRONE	29	DR. KENNETH FRANKLIN TAKAMI	79	Dr. Kevin Russell	115	Reynolds Parker	149	Harriet McGee
5	Shirone Jiro	30	Dr. Art Cheney	80	DR. JAMES WILSON TAKAMI	116	Dr. James Gwynett	150	SHIRONE JIRO
6	DR. SHIRONE KIMURA DAVE DAVE DAVE	31	Shirone Topya	81	Dr. Francis Ward	117	Nancy Russell Parker	151	Harriet McGee
7	Shirone Gakuen	32	Shirone Topya	82	Shirone Jiro	118	SHIRONE KIMURA DAVE	152	Shirone Topya
8	Dr. Shirone Gakuen	33	Shirone Topya	83	Shirone Jiro	119	Shirone Topya	153	Shirone Topya
9	Dr. Shirone Gakuen	34	Shirone Topya	84	Shirone Jiro	120	Shirone Topya	154	Shirone Topya
10	Dr. Shirone Gakuen	35	Shirone Topya	85	Shirone Jiro	121	Shirone Topya	155	Shirone Topya
11	Dr. Shirone Gakuen	36	Shirone Topya	86	Shirone Jiro	122	Shirone Topya	156	Shirone Topya
12	Dr. Shirone Gakuen	37	Shirone Topya	87	Shirone Jiro	123	Shirone Topya	157	Shirone Topya
13	Dr. Shirone Gakuen	38	Shirone Topya	88	Shirone Jiro	124	Shirone Topya	158	Shirone Topya
14	Dr. Shirone Gakuen	39	Shirone Topya	89	Shirone Jiro	125	Shirone Topya	159	Shirone Topya
15	Dr. Shirone Gakuen	40	Shirone Topya	90	Shirone Jiro	126	Shirone Topya	160	Shirone Topya
16	Dr. Shirone Gakuen	41	Shirone Topya	91	Shirone Jiro	127	Shirone Topya	161	Shirone Topya
17	Dr. Shirone Gakuen	42	Shirone Topya	92	Shirone Jiro	128	Shirone Topya	162	Shirone Topya
18	Dr. Shirone Gakuen	43	Shirone Topya	93	Shirone Jiro	129	Shirone Topya	163	Shirone Topya
19	Dr. Shirone Gakuen	44	Shirone Topya	94	Shirone Jiro	130	Shirone Topya	164	Shirone Topya
20	Dr. Shirone Gakuen	45	Shirone Topya	95	Shirone Jiro	131	Shirone Topya	165	Shirone Topya
21	Dr. Shirone Gakuen	46	Shirone Topya	96	Shirone Jiro	132	Shirone Topya	166	Shirone Topya
22	Dr. Shirone Gakuen	47	Shirone Topya	97	Shirone Jiro	133	Shirone Topya	167	Shirone Topya
23	Dr. Shirone Gakuen	48	Shirone Topya	98	Shirone Jiro	134	Shirone Topya	168	Shirone Topya
24	Dr. Shirone Gakuen	49	Shirone Topya	99	Shirone Jiro	135	Shirone Topya	169	Shirone Topya
25	Dr. Shirone Gakuen	50	Shirone Topya	100	Shirone Jiro	136	Shirone Topya	170	Shirone Topya
26	Dr. Shirone Gakuen	51	Shirone Topya	101	Shirone Jiro	137	Shirone Topya	171	Shirone Topya
27	Dr. Shirone Gakuen	52	Shirone Topya	102	Shirone Jiro	138	Shirone Topya	172	Shirone Topya
28	Dr. Shirone Gakuen	53	Shirone Topya	103	Shirone Jiro	139	Shirone Topya	173	Shirone Topya
29	Dr. Shirone Gakuen	54	Shirone Topya	104	Shirone Jiro	140	Shirone Topya	174	Shirone Topya
30	Dr. Shirone Gakuen	55	Shirone Topya	105	Shirone Jiro	141	Shirone Topya	175	Shirone Topya
31	Dr. Shirone Gakuen	56	Shirone Topya	106	Shirone Jiro	142	Shirone Topya	176	Shirone Topya
32	Dr. Shirone Gakuen	57	Shirone Topya	107	Shirone Jiro	143	Shirone Topya	177	Shirone Topya
33	Dr. Shirone Gakuen	58	Shirone Topya	108	Shirone Jiro	144	Shirone Topya	178	Shirone Topya
34	Dr. Shirone Gakuen	59	Shirone Topya	109	Shirone Jiro	145	Shirone Topya	179	Shirone Topya
35	Dr. Shirone Gakuen	60	Shirone Topya	110	Shirone Jiro	146	Shirone Topya	180	Shirone Topya
36	Dr. Shirone Gakuen	61	Shirone Topya	111	Shirone Jiro	147	Shirone Topya	181	Shirone Topya
37	Dr. Shirone Gakuen	62	Shirone Topya	112	Shirone Jiro	148	Shirone Topya	182	Shirone Topya
38	Dr. Shirone Gakuen	63	Shirone Topya	113	Shirone Jiro	149	Shirone Topya	183	Shirone Topya
39	Dr. Shirone Gakuen	64	Shirone Topya	114	Shirone Jiro	150	Shirone Topya	184	Shirone Topya
40	Dr. Shirone Gakuen	65	Shirone Topya	115	Shirone Jiro	151	Shirone Topya	185	Shirone Topya
41	Dr. Shirone Gakuen	66	Shirone Topya	116	Shirone Jiro	152	Shirone Topya	186	Shirone Topya



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130	Bahula shree	355	Arundhati	417	Utkal Shree	447	Uttara shree	475	Prerna shree
131	Bahula prajna	356	Arundhati	418	Arundhati shree	448	Uttara shree	476	Prerna shree
132	Bahula shree	357	Arundhati	419	Arundhati shree	449	Uttara shree	477	Prerna shree
133	Bahula shree	358	Arundhati	420	Arundhati shree	450	Uttara shree	478	Prerna shree
134	Bahula shree	359	Arundhati	421	Arundhati shree	451	Uttara shree	479	Prerna shree
135	Bahula shree	360	Arundhati	422	Arundhati shree	452	Uttara shree	480	Prerna shree
136	Bahula shree	361	Arundhati	423	Arundhati shree	453	Uttara shree	481	Prerna shree
137	Bahula shree	362	Arundhati	424	Arundhati shree	454	Uttara shree	482	Prerna shree
138	Bahula shree	363	Arundhati	425	Arundhati shree	455	Uttara shree	483	Prerna shree
139	Bahula shree	364	Arundhati	426	Arundhati shree	456	Uttara shree	484	Prerna shree
140	Bahula shree	365	Arundhati	427	Arundhati shree	457	Uttara shree	485	Prerna shree
141	Bahula shree	366	Arundhati	428	Arundhati shree	458	Uttara shree	486	Prerna shree
142	Bahula shree	367	Arundhati	429	Arundhati shree	459	Uttara shree	487	Prerna shree
143	Bahula shree	368	Arundhati	430	Arundhati shree	460	Uttara shree	488	Prerna shree
144	Bahula shree	369	Arundhati	431	Arundhati shree	461	Uttara shree	489	Prerna shree
145	Bahula shree	370	Arundhati	432	Arundhati shree	462	Uttara shree	490	Prerna shree
146	Bahula shree	371	Arundhati	433	Arundhati shree	463	Uttara shree	491	Prerna shree
147	Bahula shree	372	Arundhati	434	Arundhati shree	464	Uttara shree	492	Prerna shree
148	Bahula shree	373	Arundhati	435	Arundhati shree	465	Uttara shree	493	Prerna shree
149	Bahula shree	374	Arundhati	436	Arundhati shree	466	Uttara shree	494	Prerna shree
150	Bahula shree	375	Arundhati	437	Arundhati shree	467	Uttara shree	495	Prerna shree
151	Bahula shree	376	Arundhati	438	Arundhati shree	468	Uttara shree	496	Prerna shree
152	Bahula shree	377	Arundhati	439	Arundhati shree	469	Uttara shree	497	Prerna shree
153	Bahula shree	378	Arundhati	440	Arundhati shree	470	Uttara shree	498	Prerna shree
154	Bahula shree	379	Arundhati	441	Arundhati shree	471	Uttara shree	499	Prerna shree
155	Bahula shree	380	Arundhati	442	Arundhati shree	472	Uttara shree	500	Prerna shree
156	Bahula shree	381	Arundhati	443	Arundhati shree	473	Uttara shree	501	Prerna shree
157	Bahula shree	382	Arundhati	444	Arundhati shree	474	Uttara shree	502	Prerna shree
158	Bahula shree	383	Arundhati	445	Arundhati shree	475	Uttara shree	503	Prerna shree
159	Bahula shree	384	Arundhati	446	Arundhati shree	476	Uttara shree	504	Prerna shree
160	Bahula shree	385	Arundhati	447	Arundhati shree	477	Uttara shree	505	Prerna shree
161	Bahula shree	386	Arundhati	448	Arundhati shree	478	Uttara shree	506	Prerna shree
162	Bahula shree	387	Arundhati	449	Arundhati shree	479	Uttara shree	507	Prerna shree
163	Bahula shree	388	Arundhati	450	Arundhati shree	480	Uttara shree	508	Prerna shree
164	Bahula shree	389	Arundhati	451	Arundhati shree	481	Uttara shree	509	Prerna shree
165	Bahula shree	390	Arundhati	452	Arundhati shree	482	Uttara shree	510	Prerna shree
166	Bahula shree	391	Arundhati	453	Arundhati shree	483	Uttara shree	511	Prerna shree
167	Bahula shree	392	Arundhati	454	Arundhati shree	484	Uttara shree	512	Prerna shree
168	Bahula shree	393	Arundhati	455	Arundhati shree	485	Uttara shree	513	Prerna shree
169	Bahula shree	394	Arundhati	456	Arundhati shree	486	Uttara shree	514	Prerna shree
170	Bahula shree	395	Arundhati	457	Arundhati shree	487	Uttara shree	515	Prerna shree
171	Bahula shree	396	Arundhati	458	Arundhati shree	488	Uttara shree	516	Prerna shree
172	Bahula shree	397	Arundhati	459	Arundhati shree	489	Uttara shree	517	Prerna shree
173	Bahula shree	398	Arundhati	460	Arundhati shree	490	Uttara shree	518	Prerna shree
174	Bahula shree	399	Arundhati	461	Arundhati shree	491	Uttara shree	519	Prerna shree
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178	Bahula shree	403	Arundhati	465	Arundhati shree	495	Uttara shree	523	Prerna shree
179	Bahula shree	404	Arundhati	466	Arundhati shree	496	Uttara shree	524	Prerna shree
180	Bahula shree	405	Arundhati	467	Arundhati shree	497	Uttara shree	525	Prerna shree
181	Bahula shree	406	Arundhati	468	Arundhati shree	498	Uttara shree	526	Prerna shree
182	Bahula shree	407	Arundhati	469	Arundhati shree	499	Uttara shree	527	Prerna shree
183	Bahula shree	408	Arundhati	470	Arundhati shree	500	Uttara shree	528	Prerna shree
184	Bahula shree	409	Arundhati	471	Arundhati shree	501	Uttara shree	529	Prerna shree
185	Bahula shree	410	Arundhati	472	Arundhati shree	502	Uttara shree	530	Prerna shree
186	Bahula shree	411	Arundhati	473	Arundhati shree	503	Uttara shree	531	Prerna shree
187	Bahula shree	412	Arundhati	474	Arundhati shree	504	Uttara shree	532	Prerna shree
188	Bahula shree	413	Arundhati	475	Arundhati shree	505	Uttara shree	533	Prerna shree
189	Bahula shree	414	Arundhati	476	Arundhati shree	506	Uttara shree	534	Prerna shree
190	Bahula shree	415	Arundhati	477	Arundhati shree	507	Uttara shree	535	Prerna shree
191	Bahula shree	416	Arundhati	478	Arundhati shree	508	Uttara shree	536	Prerna shree
192	Bahula shree	417	Arundhati	479	Arundhati shree	509	Uttara shree	537	Prerna shree
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195	Bahula shree	420	Arundhati	482	Arundhati shree	512	Uttara shree	540	Prerna shree
196	Bahula shree	421	Arundhati	483	Arundhati shree	513	Uttara shree	541	Prerna shree
197	Bahula shree	422	Arundhati	484	Arundhati shree	514	Uttara shree	542	Prerna shree
198	Bahula shree	423	Arundhati	485	Arundhati shree	515	Uttara shree	543	Prerna shree
199	Bahula shree	424	Arundhati	486	Arundhati shree	516	Uttara shree	544	Prerna shree
200	Bahula shree	425	Arundhati	487	Arundhati shree	517	Uttara shree	545	Prerna shree
201	Bahula shree	426	Arundhati	488	Arundhati shree	518	Uttara shree	546	Prerna shree
202	Bahula shree	427	Arundhati	489	Arundhati shree	519	Uttara shree	547	Prerna shree
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205	Bahula shree	430	Arundhati	492	Arundhati shree	522	Uttara shree	550	Prerna shree
206	Bahula shree	431	Arundhati	493	Arundhati shree	523	Uttara shree	551	Prerna shree
207	Bahula shree	432	Arundhati	494	Arundhati shree	524	Uttara shree	552	Prerna shree
208	Bahula shree	433	Arundhati	495	Arundhati shree	525	Uttara shree	553	Prerna shree
209	Bahula shree	434	Arundhati	496	Arundhati shree	526	Uttara shree	554	Prerna shree
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212	Bahula shree	437	Arundhati	499	Arundhati shree	529	Uttara shree	557	Prerna shree
213	Bahula shree	438	Arundhati	500	Arundhati shree	530	Uttara shree	558	Prerna shree
214	Bahula shree	439	Arundhati	501	Arundhati shree	531	Uttara shree	559	Prerna shree
215	Bahula shree	440	Arundhati	502	Arundhati shree	532	Uttara shree	560	Prerna shree
216	Bahula shree	441	Arundhati	503	Arundhati shree	533	Uttara shree	561	Prerna shree
217	Bahula shree	442	Arundhati	504	Arundhati shree	534	Uttara shree	562	Prerna shree
218	Bahula shree	443	Arundhati	505	Arundhati shree	535	Uttara shree	563	Prerna shree
219	Bahula shree	444	Arundhati	506	Arundhati shree	536	Uttara shree	564	Prerna shree
220	Bahula shree	445	Arundhati	507	Arundhati shree	537	Uttara shree	565	Prerna shree
221	Bahula shree	446	Arundhati	508	Arundhati shree	538	Uttara shree	566	Prerna shree
222	Bahula shree	447	Arundhati	509	Arundhati shree	539	Uttara shree	567	Prerna shree
223	Bahula shree	448	Arundhati	510	Arundhati shree	540	Uttara shree	568	Prerna shree
224	Bahula shree	449	Arundhati	511	Arundhati shree	541	Uttara shree	569	Prerna shree
225	Bahula shree	450	Arundhati	512	Arundhati shree	542	Uttara shree	570	Prerna shree
226	Bahula shree	451	Arundhati	513	Arundhati shree	543	Uttara shree	571	Prerna shree
227	Bahula shree	452	Arundhati	514	Arundhati shree	544	Uttara shree	572	Prerna shree
228	Bahula shree	453	Arundhati	515	Arundhati shree	545	Uttara shree	573	Prerna shree
229	Bahula shree	454	Arundhati	516	Arundhati shree	546	Uttara shree	574	Prerna shree
230	Bahula shree	455	Arundhati	517	Arundhati shree	547	Uttara shree	575	Prerna shree
231	Bahula shree	456	Arundhati	518	Arundhati shree	548	Uttara shree	576	Prerna shree
232	Bahula shree	457	Arundhati	519	Arundhati shree	549	Uttara shree	577	Prerna shree
233	Bahula shree	458	Arundhati	520	Arundhati shree	550	Uttara shree	578	Prerna shree
234	Bahula shree	459	Arundhati	521	Arundhati shree	551	Uttara shree	579	Prerna shree
235	Bahula shree	460	Arundhati	522	Arundhati shree	552	Uttara shree	580	Prerna shree
236	Bahula shree	461	Arundhati	523	Arundhati shree	553	Uttara shree	581	Prerna shree
237	Bahula shree	462	Arundhati	524	Arundhati shree	554	Uttara shree	582	Prerna shree
238	Bahula shree	463	Arundhati	525	Arundhati shree	555	Uttara shree	583	Prerna shree
239	Bahula shree	464	Arundhati	526	Arundhati shree	556	Uttara shree	584	Prerna shree
240	Bahula shree	465	Arundhati	527	Arundhati shree	557	Uttara shree	585	Prerna shree
241	Bahula shree	466	Arundhati	528	Arundhati shree	558	Uttara shree	586	Prerna shree
242	Bahula shree	467	Arundhati	529	Arundhati shree	559	Uttara shree	587	Prerna shree
243	Bahula shree	468	Arundhati	530	Arundhati shree	560	Uttara shree	588	Prerna shree
244	Bahula shree	469	Arundhati	531	Arundhati shree	561	Uttara shree	589	Prerna shree
245	Bahula shree	470	Arundhati	532	Arundhati shree	562	Uttara shree	590	Prerna shree
246	Bahula shree	471	Arundhati	533	Arundhati shree	563	Uttara shree	591	Prerna shree
247	Bahula shree	472	Arundhati	534	Arundhati shree	564	Uttara shree	592	Prerna shree
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249	Bahula shree	474	Arundhati	536	Arundhati shree	566	Uttara shree	594	Prerna shree
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251	Bahula shree	476	Arundhati	538	Arundhati shree	568	Uttara shree	596	Prerna shree
252	Bahula shree	477	Arundhati	539	Arundhati shree	569	Uttara shree	597	Prerna shree
253	Bahula shree	478	Arundhati	540	Arundhati shree	570	Uttara shree	598	Prerna shree
254	Bahula shree	479	Arundhati	541	Arundhati shree	571	Uttara shree	599	Prerna shree
255	Bahula shree	480	Arundhati	542	Arundhati shree	572	Uttara shree	600	Prerna shree
256	Bahula shree	481	Arundhati	543	Arundhati shree	573	Uttara shree	601	Prerna shree
257	Bahula shree	482	Arundhati	544	Arundhati shree	574	Uttara shree	602	Prerna shree
258	Bahula shree	483	Arundhati	545	Arundhati shree	575	Uttara shree	603	Prerna shree
259	Bahula shree	484	Arundhati	546	Arundhati shree	576	Uttara shree	604	Prerna shree
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261	Bahula shree	486	Arundhati	548	Arundhati shree	578	Uttara shree	606	Prerna shree
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263	Bahula shree	488	Arundhati	550	Arundhati shree	580	Uttara shree	608	Prerna shree
264	Bahula shree	489	Arundhati	551	Arundhati shree	581	Uttara shree	609	Prerna shree
265	Bahula shree	490	Arundhati	552	Arundhati shree	582	Uttara shree	610	Prerna shree
266	Bahula shree	491	Arundhati	553	Arundhati shree	583	Uttara shree	611	Prerna shree
267	Bahula shree	492	Arundhati	554	Arundhati shree</				

List of participants, For Webinar On Mental Health and Covid 19

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## List of participants For Webinar On Mental Health and Covid 19

100	Chloroform	91	BORON DIBORANE	99	Chloroform Benzonitrile	107	Benzoic acid	104	Hexachloride
101	CHLORINE TRICHLORIDE	92	Carbon Dichloride	100	Formic Acid	108	Formic Acid	105	Formic Acid
102	Chloroform	93	Carbon Dichloride	101	Formic Acid	109	Formic Acid	106	Formic Acid
103	Chloroform	94	Carbon Dichloride	102	Formic Acid	110	Formic Acid	107	Formic Acid
104	Chloroform	95	Carbon Dichloride	103	Formic Acid	111	Formic Acid	108	Formic Acid
105	Chloroform	96	Carbon Dichloride	104	Formic Acid	112	Formic Acid	109	Formic Acid
106	Chloroform	97	Carbon Dichloride	105	Formic Acid	113	Formic Acid	110	Formic Acid
107	Chloroform	98	Carbon Dichloride	106	Formic Acid	114	Formic Acid	111	Formic Acid
108	Chloroform	99	Carbon Dichloride	107	Formic Acid	115	Formic Acid	112	Formic Acid
109	Chloroform	100	Carbon Dichloride	108	Formic Acid	116	Formic Acid	113	Formic Acid
110	Chloroform	101	Carbon Dichloride	109	Formic Acid	117	Formic Acid	114	Formic Acid
111	Chloroform	102	Carbon Dichloride	110	Formic Acid	118	Formic Acid	115	Formic Acid
112	Chloroform	103	Carbon Dichloride	111	Formic Acid	119	Formic Acid	116	Formic Acid
113	Chloroform	104	Carbon Dichloride	112	Formic Acid	120	Formic Acid	117	Formic Acid
114	Chloroform	105	Carbon Dichloride	113	Formic Acid	121	Formic Acid	118	Formic Acid
115	Chloroform	106	Carbon Dichloride	114	Formic Acid	122	Formic Acid	119	Formic Acid
116	Chloroform	107	Carbon Dichloride	115	Formic Acid	123	Formic Acid	120	Formic Acid
117	Chloroform	108	Carbon Dichloride	116	Formic Acid	124	Formic Acid	121	Formic Acid
118	Chloroform	109	Carbon Dichloride	117	Formic Acid	125	Formic Acid	122	Formic Acid
119	Chloroform	110	Carbon Dichloride	118	Formic Acid	126	Formic Acid	123	Formic Acid
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## List of participants For Webinar On Mental Health and Covid 19

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List of participants For Webinar On Mental Health and Covid 19

804	Vandana Sahay
805	Aruna Sharma
806	Suman Datta
807	Sandeep Singh
808	Dr. Sushma Nehra
809	Dr. Jay Ghosh
810	Aditi Bhattacharya
811	Dr. Pooja Patel
812	Dr. Pooja Patel
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900	Dr. Pooja Patel

Signature of Activity In charge

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2). Delete extra rows if data is not available.

3). Preserve the word file in your computer.

## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	Department of Biochemistry
2	Name of the Activity:	COVID Vaccination e-Awareness Programme for Students and Parents
3	Name of the Scheme:	Online Extension Activity
4	Date and Year of the Activity:	8/4/21
5	Number of Students Participated in the activity:	85
6	<p><b>Report of the Activity:</b> As most of the people in India were not aware of the benefits of having COVID vaccination and were afraid of vaccination. With the aim of making students and their parents aware of vaccination and convincing them for the same, the department of Biochemistry organized an online program. In this faculties of biochemistry interacted with students and parents and clear their doubts about COVID vaccination. Parents were convinced to have COVID vaccination for them and their entire family and also assured that they will spread this awareness in their neighborhood also.</p> <p><b>Impact of the Activity:</b> The online program organized by the Department of Biochemistry had significant impacts on raising awareness and dispelling fears related to COVID vaccination:</p> <p><b>Increased Awareness:</b> The program successfully educated students and parents about the benefits of COVID vaccination. Many people in India, especially in rural areas, might not have access to accurate information about vaccines. By interacting with faculty members, they gained valuable insights and reliable information.</p> <p><b>Dispelling Misconceptions:</b> The session provided an opportunity to address misconceptions and doubts surrounding COVID vaccination. Faculty members could clarify any misunderstandings and provide evidence-based information, which helped in dispelling fears and hesitations.</p> <p><b>Building Trust:</b> The interaction between faculty members and students' parents helped build trust in the vaccination process. Trust in the credibility of information sources is</p>	



essential for people to make informed decisions about their health.

**Increased Acceptance:** By addressing doubts and concerns, the program increased acceptance of COVID vaccination among students and their parents. This could lead to a higher number of people getting vaccinated, contributing to the overall vaccination drive in India.

**Ripple Effect:** The assurance given by parents to spread awareness in their neighborhoods created a positive ripple effect. It is likely that the knowledge gained from the program would be shared with others, further enhancing vaccination awareness and acceptance in the community.

**Health Protection:** By convincing parents to get vaccinated for themselves and their entire family, the program contributed to the protection of their health. Wider vaccination coverage helps in curbing the spread of the virus and reducing the severity of COVID-19 cases.

**Support for Vaccination Drive:** As more people become aware of the importance of vaccination and overcome their fears, they are likely to support and participate in vaccination drives actively. This can lead to an increase in vaccination rates in the region.

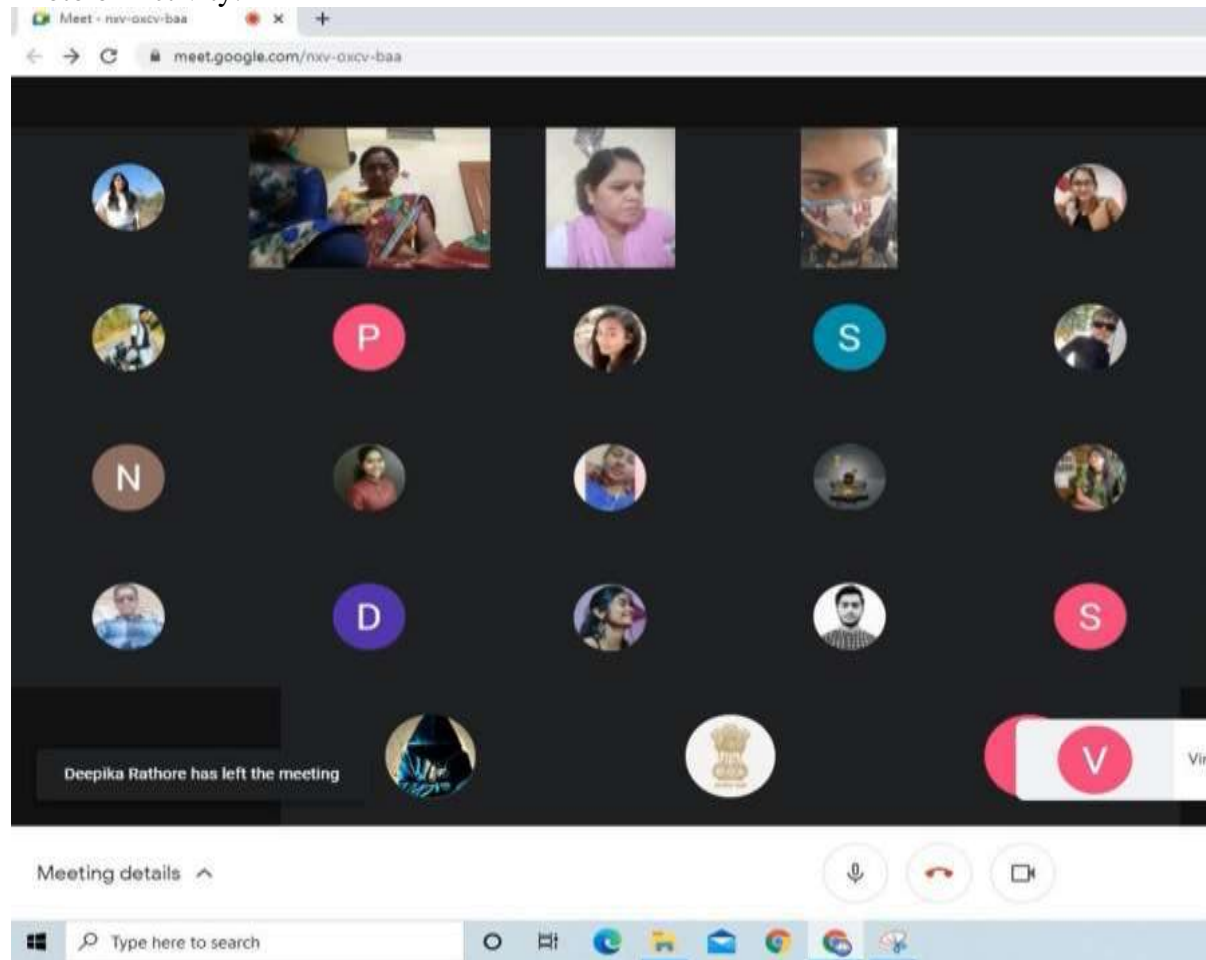
**Contribution to Herd Immunity:** By encouraging families to get vaccinated, the program contributes to the achievement of herd immunity, which is essential for controlling the spread of COVID-19 in the population.

**Reducing Vaccine Hesitancy:** The program's success in convincing people to get vaccinated can contribute to reducing vaccine hesitancy overall. As more individuals receive vaccines and share positive experiences, others may be motivated to follow suit.

Overall, the online program organized by the Department of Biochemistry had a positive impact on vaccine awareness, acceptance, and vaccination rates among students and their parents. By providing accurate information and addressing concerns, the program played a crucial role in contributing to the fight against COVID-19 and promoting public health.

7

Photo of Activity:



List of Students

<b>ADARSH SHAH JAGET</b>
<b>ANKIT YADAV</b>
<b>ANKITA TONGYA</b>
<b>ARTI TIWARI</b>
<b>BABALU</b>
<b>BHARAT GURJAR</b>
<b>CHETNA JAISWAL</b>
<b>DEEPAK MISHRA</b>
<b>DHEERAJ RAJPUT</b>
<b>DIKSHIKA</b>
<b>DIPIKA</b>
<b>DURGESH KEVAT</b>
<b>GUNJAN TALWANIYA</b>
<b>KAJAL MATWA</b>
<b>KAVITA PARMAR</b>
<b>LOKESH HATAGLE</b>
<b>MAHESH JAMRA</b>
<b>MAYURI BISEN</b>
<b>MONIKA PATIDAR</b>
<b>MUKESH</b>
<b>NANDINI KASHYAP</b>
<b>PINKY DODVE</b>



		<b>POOJA BORASI</b>	
		<b>PRACHI CHOUDHARY</b>	
		<b>PREETI SARATHE</b>	
		<b>PRIYA MALVIYA</b>	
		<b>PRIYANKA TOMAR</b>	
		<b>RADHIKA GAUHAR</b>	
		<b>RAGINI MISHRA</b>	
		<b>RAMESH WAHNE</b>	
		<b>REENA</b>	
		<b>RINKI SHAH</b>	
		<b>RIYA KEWADE</b>	
		<b>ROSHANI</b>	
		<b>SAJJAN MUJALDE</b>	
		<b>SHIKHA GUPTA</b>	
		<b>SHIVANI MISHRA</b>	
		<b>SHIVANI SONI</b>	
		<b>SHWETA MALVIYA</b>	
		<b>SONAM VISHWAKARMA</b>	
		<b>SURABHI AGRAWAL</b>	
		<b>SURBHI ROY CHOUDHARY</b>	
		<b>SWATI MALI</b>	
		<b>VAIDEHEE PATEL</b>	
		<b>VARSHA PATHAK</b>	
		<b>VARUN VISHWAKARMA</b>	
		<b>VEENA MALVIYA</b>	
		<b>YENUKA DHURVE</b>	
		<b>SUBHASH SINGARE</b>	
		<b>AASHEE GOUR</b>	
		<b>AAYUSHI GOSWAMI</b>	
		<b>AKANSHA BATHAM</b>	
		<b>AKASH TIWARI</b>	
		<b>AMISHA JAIN</b>	
		<b>ANAMIKA SINGH</b>	
		<b>ANJALI GURJAR</b>	
		<b>ANKITA CHOUHAN</b>	
		<b>ARATI DAMOR</b>	
		<b>ARTI SHAH</b>	
		<b>ASHU CHOUHAN</b>	
		<b>ASTHA PARDESHI</b>	
		<b>ASTHA PATLE</b>	
		<b>BHAVESH CHOUDHARY</b>	
		<b>DIPIKA UPADHYAY</b>	
		<b>DIPTI SINGH</b>	
		<b>DURGA KUSHWAH</b>	
		<b>GUNJA RAJPUT</b>	
		<b>HARSH THAKUR</b>	
		<b>HARSHIT GUPTA</b>	

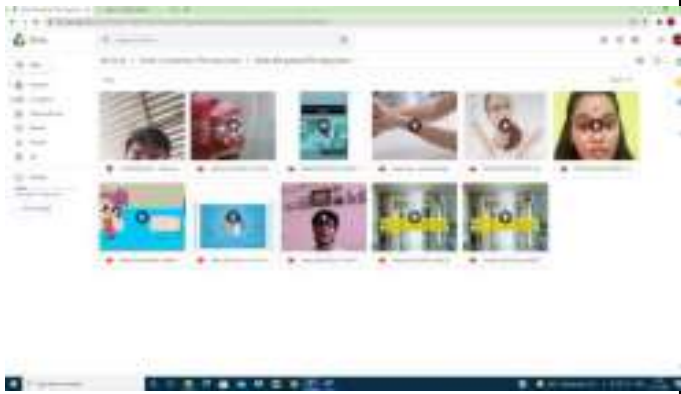
		<b>JANHVI TIWARI</b>	
		<b>JAYA VISKUTE</b>	
		<b>JAYPRAKASH BITTOLIYA</b>	
		<b>JAYSHREE KUSHWAH</b>	
		<b>KAMAKSHI KUSHWAH</b>	
		<b>KUNAL SOLANKI</b>	
		<b>KUNDAN</b>	
		<b>LATA LACHHETA</b>	
		<b>MINALI BAIRAGI</b>	
		<b>NAIZA PAUL</b>	
		<b>NAMAN KUMAR VAISHNAV</b>	
		<b>NEETU VERMA</b>	
		<b>NIKKI GOYAL</b>	
		<b>NIMIKA RATHOR</b>	
		<b>PALAK KANOJIYA</b>	
		<b>PAYAL PATIDAR</b>	


Activity In charge




## EXTENSION AND OUTREACH PROGRAM

S. No	Component/Activities	Details of event
1	Name of the Department / Unit / Agency:	Biochemistry
2	Name of the Activity:	Creating Public Awareness through Video competition on the topic "Measures to avoid corona infection".
3	Name of the Scheme:	Public Awareness Drive- Extension Activity
4	Date and Year of the Activity:	20/05/2021
5	Number of Students Participated in the activity:	11
6	<p>Report of the Activity :</p> <p>A public awareness drive was carried out by Department of Biochemistry, Holkar Science College and the department organized a video competition on the topic "Measures to avoid corona infection". Considering the COVID-19 situation, all students of biochemistry were encouraged to participate in video competition as an initiative to spread awareness and keeping active participation during pandemic. Students prepared variety of videos and have shown their understanding and creative skills. The best three videos were awarded and were used to float them in various social media to create awareness.</p>	

7	Photo of Activity:	
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8.	Circular of Activity	<p style="text-align: center;"><b>वीडियो प्रतियोगिता</b></p> <p>सभी विद्यार्थियों को सूचित किया जा रहा है, की जीवनसाधन विभाग द्वारा मांसाहारी व्यसन की परीक्षितियों को बढ़ावा देने एवं जन जागरूकता अभियान शुरू किया जा रहा है। जिसमें की विभाग के द्वारा वीडियो " जलरोधी संकल्पना से बढ़ने से-उपपत्ती " पर एक हार्ड वीडियो क्लिप प्रसारण विभाग को भेज सकते हैं। सर्वश्रेष्ठ तीन वीडियो को प्रस्तुत किया जाएगा।</p> <p><b>नोट :</b></p> <ol style="list-style-type: none"> <li>1. वीडियो का समय अधिकतम दो मिनट होना चाहिए।</li> <li>2. वीडियो का संकुल 20 एम्पी. से अधिक न हो।</li> <li>3. प्रतिभागी वीडियो को खुद से तैयार से बना सकते हैं जैसे- Self recording, pictorial recording, slide show etc.,</li> </ol> <p>वीडियो रिजल्ट किए गए हार्ड वीडियो को दो मई तक पर उपलब्ध करें।</p> <p><b><a href="https://forms.gle/av5iyY4w6nig946bA">https://forms.gle/av5iyY4w6nig946bA</a></b></p> <p>वीडियो उपलब्ध करने की अंतिम तारीख 20 अप्रैल 2021 है।</p> <p style="text-align: right;">   <b>विभागाध्यक्ष</b>  <b>जीवनसाधन विभाग</b> </p>
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10

List of Participants

Department of biochemistry

Video competition on the topic "Measures to avoid corona infection"

List of participants

S.No.	Email address	Full Name	Mobile No.
01	swatimal262@gmail.com	Swati Mali	7089280271
02	sonika210@gmail.com	Lali Soni	9869608640
03	shrutisane789@gmail.com	Shruti Simartar	8788576459
04	purnotamashah2525@gmail.com	Purnotama shah	9891903347
05	kashyapnandini947@gmail.com	Nandini kashyap	9179684244
06	patidaradrika2001@gmail.com	Radrika patidar	7470991151
07	mayurbisen22@gmail.com	Mayuri bisen	7509150967
08	mahiverna57572018@gmail.com	Mohi Verma	9039920191
09	vikasjwariya2000@gmail.com	Vikash	9981180483
10	khushi@harada@gmail.com	Khushi @harada	8239705400
11	vidhi20verma@gmail.com	Vidhi Verma	9179672009

Activity In charge



### Extension and outreach programme

S.No.	Component Activities	Details
01	Name of the Department	Department of Chemistry
02	Name of Activity	Extension Activity
03	Name of the Scheme	Awareness programme
04	Date of the year of activity	27 <sup>th</sup> September 2021
05	Number and year of the activity	64 & Year 2021
06	Report of the activity	<p>Department of chemistry, Govt. Holkar Science College, Indore has organized an awareness programme. The main objective of the programme was to create awareness and perform survey of Covid-19 vaccination among the slum area people. And the activity was done in the slum area of bhanwarkua Indore. HOD, Dr. Anamika Jain guided the students of M.Sc. chemistry and the students went to slum area. Nearly 60 students participated in this activity.</p> <p>The students explained about safety measure and protocol. We came to know that more than 80% people were vaccinated. The entire program was accomplished by Dr.Sandeep Gohar, Dr. Pushpa Makwane, Prof. Vinita Khare and Dr. Namita Bende under the supervision of Dr.Anamika Jain, HOD, Chemistry department.</p>

07	Photo of activity					
08	List of participants	S NO	ROLL NO	PRE	STUDENTS NAME	
		1	202158	M	AASHISH RATHORE	
		2	202159	M	ALOK PATIDAR	
		3	202161	M	AMUL CHOUHAN	
		4	202162	F	ANJALI	
		5	202164	F	ANKITA SINGH	
		6	202166	F	ARATI KATARA	
		7	202168	F	ARTI MANSARE	
		8	202169	M	ASHIK	
		9	202170	M	ASHWIN GUPTA	
		10	202171	M	ASHWIN MORE	
		11	202173	F	AYUSHI YADAV	
		12	202174	M	BASANT CHANGOD	
		13	202177	F	DAMINI JIRATI	
		14	202181	F	DIKSHA NAMDEV	
		15	202184	F	DIPALEE MANDLOI	
		16	202186	F	DIVYA SINGH	
		17	202187	F	DIVYA SINGH	
		18	202188	M	GANESH YADAV	
		19	202190	F	GITIKA PATIDAR	
		20	202191	M	HARSH GUJAR	
		21	202192	F	HEMLATA	
		22	202193	M	ISHWAR DABI	
		23	202194	F	JAYA DWIVEDI	
		24	202195	F	KAJAL PANDEY	
		25	202196	F	KALA TADWAL	
		26	202198	F	KAVITA PRAJAPATI	
		27	202199	F	KU.SHIVANI	
		28	202201	M	MAHESH	
		29	202202	F	MANALI KUSHWAH	
		30	202203	F	MANISHA MEENA	
		31	202205	M	MUKESH GURJAR	
		32	202208	F	NEHA SHARDE	
		33	202209	F	NIDHI YADAV	
		34	202213	F	NISHA SEN	



		35	202214	M	PARAG BHATI
		36	202216	F	POOJA
		37	202218	F	POOJA MOURYA
		38	202219	F	POOJA MUWEL
		39	202220	M	PRABHAT KUMAR MISHRA
		40	202221	F	PRACHI DAVE
		41	202223	F	PRAGYA TOMAR
		42	202225	M	PRAVIN JAMOD
		43	202226	F	PREMLATA DESHMUKH
		44	202227	F	PRITHMI PANDIT
		45	202228	M	RAHUL PAWAR
		46	202229	M	RAJESH SITOLE
		47	202236	M	SAURABH UDDHAO ANBHORE
		48	202237	M	SAURAV KUMAR TRIPATHI
		49	202238	F	SHALINI NAIR
		50	202240	F	SHILPA TEMBHARE
		51	202241	F	SHITAL
		52	202242	M	SHIV KUMAR SINGH PARASTE
		53	202244	F	SHIVANI
		54	202245	F	SHIVANI SINDAL
		55	202246	M	SHIVANSH SINGH RAJPUT
		56	202255	F	SONU BARPETE
		57	202256	M	SUBHASH SOLIYA
		58	202257	M	SUNIL PATIDAR
		59	202258	F	SUNITA MALVIYA
		60	202259	F	SUPRABHA SHARMA
		61	202260	F	SUSHMITA CHOUHAN
		62	202264	F	VAISHNAVI JAT
		63	202265	F	VANDANA CHOUHAN
		64	202266	F	VANDANA PATIDAR



**Government Holkar (Model Autonomous) Science College, Indore (M.P.)**  
**Bhawarkuan, A.B. Road, Indore (M.P.) 452001**

**7.1.8 on-campus Arrangement of Concentrators & Oxygen Cylinder for Assistance provided to all irrespective of any background during the COVID-19 Pandemic**







 **GPS Map Camera**

**Indore, Madhya Pradesh, India**

**Yashwant hall, AB Rd, Janki Nagar, Indore, Madhya Pradesh 452001, India**

**Lat 22.695588°**

**Long 75.871228°**

**04/08/23 12:08 PM GMT +05:30**

Google



### 3.6.1: Impact analysis (Case Study-6)

#### "Community Resilience in the Face of Crisis: COVID Awareness Drive and Institutional Support"

Amid the unprecedented challenges posed by the COVID-19 pandemic, our institution initiated a multifaceted campaign to foster community resilience. Recognizing the importance of knowledge and preparedness, our efforts encompassed vital aspects of the pandemic response.

The cornerstone of our initiative was a rigorous COVID awareness drive, targeting critical preventive measures. Collaborating with NCC, NSS, Red Ribbon Club, sports department, and the office of the Chief Medical Officer, we orchestrated informative sessions on mask usage, social distancing, and vaccination. Our teams ventured into slum areas and nearby villages, educating residents about these precautions through workshops and one-on-one interactions. Furthermore, we organized vaccination camps, not only within our college premises but also as centralized centers, ensuring accessibility for all age groups.

Our commitment extended beyond physical health. Recognizing the emotional toll of the pandemic, various departments conducted webinars addressing psychological challenges during and post-COVID periods. These sessions provided coping strategies and support, contributing to the holistic well-being of our community.

The impact of our activities has been profound. The awareness drive resulted in increased compliance with safety measures and vaccination, contributing to a safer environment. The vaccination camps significantly boosted immunization rates, particularly among vulnerable populations. As a testament to our commitment, our institution itself became a vaccination center, facilitating efficient inoculation.

We extended a helping hand to those in need by providing financial assistance and on-campus arrangements of concentrators and oxygen cylinders. This timely aid alleviated distress and underscored our institution's role as a pillar of support during trying times.

#### **Impact:**

The impact of our "COVID Awareness Drive and Institutional Support" initiative has been far-reaching, leaving a profound imprint on both the local community and our institution.

**Increased Awareness and Adherence:** Our rigorous awareness campaign yielded significant results in promoting COVID-safe behaviors. Through workshops, seminars, and one-on-one interactions, we educated a wide cross-section of society about the importance of wearing masks, practicing social distancing, and getting vaccinated.



As a result, we observed a noticeable increase in the number of people adhering to these preventive measures, contributing to a safer environment.

**Enhanced Vaccination Rates:** The collaboration between NCC, NSS, Red Ribbon Club, sports department, and the Chief Medical Officer's office in organizing vaccination camps played a pivotal role in increasing vaccination rates. By making vaccines accessible and providing information about their importance, we witnessed a surge in vaccine uptake, particularly among marginalized and underserved populations.

**Community Empowerment:** Our initiative empowered the community by imparting knowledge and skills to mitigate the pandemic's impact. Workshops on emotional well-being and psychological resilience equipped individuals with coping mechanisms to navigate the emotional challenges arising from the crisis.

**Institutional Support:** The institution's role as a center for vaccinations underscored its commitment to community well-being. By offering on-campus vaccination facilities, we streamlined the vaccination process and provided a convenient option for community members, thus contributing to higher vaccination coverage.

**Timely Assistance:** The provision of financial aid to those in need and the availability of concentrators and oxygen cylinders on campus demonstrated our institution's responsiveness to urgent requirements. This support not only eased financial burdens but also provided a lifeline to individuals struggling with health challenges.

**Positive Community Sentiment:** Our active engagement and support during the pandemic generated a strong sense of gratitude and solidarity within the community. This positive sentiment has fostered a deeper connection between the institution and the local population, establishing a foundation for future collaboration and mutual support.

**Long-Term Preparedness:** The initiative left a lasting impact on the community's preparedness for future crises. By equipping individuals with information and resources, we have contributed to building a more resilient and informed community that is better equipped to respond to health emergencies.

**Model for Collaboration:** Our comprehensive approach, which involved multiple departments and community partners, serves as a model for effective collaboration in crisis management. The success of this initiative demonstrates the power of collective efforts in addressing complex challenges.

Thus, this initiative has had a transformative impact on various fronts. From raising awareness and enhancing vaccination rates to providing timely assistance and fostering community empowerment, the initiative has reinforced our institution's commitment to serving as a pillar of support and fostering unity during challenging times.

### **SDGs Involved:**

The "Strengthening Community Resilience: A Comprehensive COVID Awareness Drive and Institutional Support" initiative aligns with several Sustainable Development Goals (SDGs), contributing to broader global efforts for sustainable development:

**SDG 3: Good Health and Well-being:** The initiative directly addresses this goal by promoting COVID-19 awareness, preventive measures, and vaccination. By providing health-related support, offering emotional well-being resources, and facilitating medical assistance, the activity contributes to ensuring healthier lives and well-being for community members.

**SDG 4: Quality Education:** The initiative's educational webinars on emotional and psychological well-being during COVID-19, along with information dissemination about vaccination and preventive measures, support the goal of providing inclusive and equitable quality education that empowers individuals with relevant knowledge.

**SDG 10: Reduced Inequality:** The initiative's focus on marginalized and underserved populations, along with financial aid and medical support, contributes to reducing inequalities within the community. By ensuring access to resources and information, the activity promotes more inclusive and equitable societies.

**SDG 17: Partnerships for the Goals:** The collaboration between various departments, community organizations, and the Chief Medical Officer's office exemplifies the importance of multi-stakeholder partnerships. This initiative showcases how working together can amplify impact and achieve common goals, emphasizing the significance of global partnerships.

**SDG 16: Peace, Justice, and Strong Institutions:** By offering support, guidance, and assistance during a crisis, the initiative contributes to building resilient institutions that can effectively respond to emergencies and promote social stability.

**SDG 6: Clean Water and Sanitation:** While not the primary focus, awareness of preventive measures and hygiene practices, including handwashing, contributes to promoting clean water and sanitation.

This activity demonstrates how a comprehensive approach can address multiple dimensions of well-being, equity, and sustainability during times of crisis.

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