

Best Practice 1

7.2.1 Unnat Bharat Abhiyan

Objectives of the Practice

- To strategies a development agenda within institutes of Higher Education, and training them to fulfill the national needs, especially among the rural population
- It also aims at emphasizing on the need for fieldwork and stakeholder interactions to design the basis of higher education with societal benefits.
- It also aims to develop a sense of collective destiny between the urban and rural parts of the country
- To foster a new dialogue within the larger community on science, society and the environment and to develop a sense of dignity and collective destiny.
- To use eco-friendly technologies that could be easily accessed by the people of villages and help them lead a decent livelihood and provide them with shelter, food, and basic necessities.
- To identify the basic developmental and productive needs of a village and find ways and means to meet these needs.

Context

This cell predominantly aims to develop rural areas with a Gandhian vision of self-sufficient ‘village republics’, based on local resources and using decentralized, eco-friendly technologies so that the basic needs of food, clothing, shelter, sanitation, health care, energy, livelihood, transportation, and education are locally met. It also aims to minimize the developmental disconnects between the rural and urban sectors such as inequity in health, education, incomes and basic amenities as well as employment opportunities - all causing great discontent and large-scale migration to urban areas. The UBA Cell also strives for the eco-friendly development of the villages and creation of appropriate employment opportunities locally. Several professional higher education institutions have largely been oriented to cater to the mainstream industrial sector and, barring a few exceptions, have hardly contributed directly to the development of the rural sector. Unnat Bhārat Abhiyan (UBA) is a much needed and highly challenging initiative in this direction. College has

volunteered to be a part of UBA and thereby contribute to the development of the nearby needy villages.

Practice

College, with the AISHE number C-31044, literally is a UBA Participating Institute (PI). Unnat Bharat Abhiyan is inspired by the vision of kind of transformational change in rural development processes by leveraging knowledge institutions to help build the architecture of an Inclusive India. The team of Unnat Bharat Abhiyan of Dasmesh Girls college Mukerian has been visiting the five adopted village Mehatpur, Madinpur Dalel, Khanpur, Aima Mangat and Sherpur for survey purposes from **31st oct to 4th November 2022**. The team of students assessed the impact of these various important schemes / programmes and adequacy of these schemes in solving and providing solutions to problems of rural development. The team also visited to village Sarpanch, Nambardar and people of village. This initiative has directed by Respected Principal Dr. Karamjit Kaur and coordinated by Asst Prof. Ms. Monica (UBA Co-ordinator), and Asst. Prof. Satwant Kaur (NSS Officer). Team has done the survey under the supervision of Dr. Rajwinder kaur (NCC Officer), Asst. Prof Dr. Maninderjit kaur (incharge of Red Ribbon Club), Asst. Prof. Surbhi (NSS office er school wing), Asst. Prof. Satwant Kaur (NSS Officer), Ms. Suman Devi (in-charge of Student council) Asst. Prof. Priyanka (Member, UBA), Asst. Prof Sadhna and Asst. Prof Sushma Devi.

In this year, the UBA cell develops a detailed plan of action for carrying out UBA initiated activities. The UBA volunteers also conduct various societal programs particularly such as awareness campaigns on the importance of sustainable sanitation, water conservation rallies, tree plantation drives, health and hygiene programmes etc for the villagers in a phased manner. Constructive and continuous efforts definitely are also taken to promote organic farming by interacting with farmers on a regular basis. Such initiatives have greatly helped the villages during the pandemic situation in a major way.

Evidence of Success

- UNNAT BHARAT ABHIYAN cell in collaboration with NSS unit has organised “One day Training Programme” on the topic “Demonstration of Millets based Tiffin Recipes for students, faculty and staff” on **25/01/2023**. 10 Participated teams of students have

enlightened the other students with their valuable knowledge about importance of Millets so that they can add up these important grain in their food for healthy lifestyle.

- *Unnat Bharat Abhiyan Cell* of College, participated in an Online Quiz Competition via Google Meet to observe *International Year of Millets* under the guidelines issued by Ministry of Education, Government of India organized by Regional Institute of Technical Teachers Training and Research Chandigarh on **18/11/2022**.
- UNNAT BHARAT ABHIYAN cell in collaboration with NSS unit has organised one day Extention lecture on the topic “ Awareness on Potential of Millets”on **04/11/2022**.
- UNNAT BHARAT ABHIYAN cell in collaboration with NSS unit has organized one day Recipe formulation Competition on ‘Traditional recipes from millets’ on **20/09/2022**.
- UNNAT BHARAT ABHIYAN cell in collaboration with NSS unit and Department of physics has organised one day Extention lecture on the topic “Awareness on Millets”on **10/09/2022**.

Pictures

Extention lecture on the topic “Awareness on Potential of Millets”

ਐਨ. ਐਸ.ਐਸ. ਵਿਗ ਵੱਲੋਂ ਐਕਸਟੈਂਸ਼ਨ ਲੈਕਚਰ ਲਗਾਇਆ

ਪੰਜਾਬ ਟਾਇਮਜ਼ ਵਿਸ਼ੇਸ਼

ਮੁਕੇਰੀਆ, 10 ਨਵੰਬਰ (ਹਰਦੀਪ ਸਿੰਘ ਭੰਮਰਾ)- ਦਸ਼ਮੇਸ਼ ਗਰਲਜ਼ ਕਾਲਜ ਚੌਕ ਔਲਾ ਬਖਸ਼ ਮੁਕੇਰੀਆ ਵਿਖੇ ਉੱਨਤ ਭਾਰਤ ਅਭਿਆਨ ਅਤੇ ਐਨ.ਐਸ.ਐਸ. ਵੱਲੋਂ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ ਸੀਮਤੀ ਬਰਮਜੀਤ ਕੌਰ ਬਰਾੜ ਦੀ ਅਗਵਾਈ ਹੇਠ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਮਿਲਟਸ ਦੀ ਮਹੱਤਤਾ ਪ੍ਰਤੀ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਐਕਸਟੈਂਸ਼ਨ ਲੈਕਚਰ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ ਤੇ ਸ੍ਰੀ ਗਗਨ ਰਾਣਾ ਜੋ ਕਿ ਬਤੌਰ ਸਮਾਜ ਸੇਵਕ ਭੂਮਿਕਾ ਨਿਭਾ ਰਹੇ ਹਨ ਵਿਭਾ ਮਾਹਿਰ ਦੇ ਤੌਰ ਤੇ ਹਾਜ਼ਰ ਹੋਏ ਅਤੇ ਉਨ੍ਹਾਂ ਨੇ ਵਿਦਿਆਰਥਣਾਂ ਨੂੰ ਭੋਜਨ ਅੰਦਰ ਬਾਜਰਾ ਅਤੇ ਹੋਰ ਅਨਾਜ ਸ਼ਾਮਲ ਕਰਨ ਦੀ ਮਹੱਤਤਾ ਨੂੰ ਸਮਝਾਉਣ ਲਈ ਆਪਣੇ ਭੋਜਨ ਨੂੰ ਪੇਸ਼ਕਾਰ ਕਰਦੇ ਹੋਏ ਸਹਾਇਕ ਪ੍ਰੋ. ਪਿੰਕੀ ਅਤੇ ਕਾਲਜ ਪ੍ਰੋ. ਮੋਨਿਕਾ, ਐਨ.ਐਸ. ਐਸ. ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਪ੍ਰੋ. ਸਤਵੰਤ ਕੌਰ, ਸਹਾਇਕ ਪ੍ਰੋ. ਸੁਰਜੀਤ ਅਬੋਲ ਅਤੇ ਸਹਾਇਕ ਪ੍ਰੋ. ਪਿੰਕੀ ਅਤੇ ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਹਾਜ਼ਰ ਸਨ।




College

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 04/11/22 11:20 AM GMT +05:30

Visit to Adopted Villages



ਕੋਆਰਡੀਨੇਟਰ ਪ੍ਰੋ. ਮੋਨਿਕਾ ਦੀ ਅਗਵਾਈ 'ਚ ਪਿੰਡ ਐਮਾਂ ਮਾਂਗਟ ਵਿਖੇ ਸਰਵੇਖਣ ਕਰਦੀਆਂ ਹੋਈਆਂ ਵਿਦਿਆਰਥਣਾਂ।

ਪੰਜਾਬੀ ਜਾਗਰਣ

ਵਿਦਿਆਰਥਣਾਂ ਵੱਲੋਂ ਵਿਕਾਸ ਕੰਮਾਂ ਦਾ ਸਰਵੇ

ਪੱਤਰ ਪ੍ਰੇਰਕ, ਮੁਕੇਰੀਆਂ : ਦਸਮੇਂਸ਼ ਗਰਲਜ਼ ਕਾਲਜ ਚੰਕ ਐਲੂ ਬਖਸ਼ ਮੁਕੇਰੀਆਂ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਉਨਤ ਭਾਰਤ ਮੁਹਿੰਮ ਅਧੀਨ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਕਰਮਜੀਤ ਕੌਰ ਬਰਾੜ ਦੀ ਦੇਖ-ਰੇਖ ਵਿਚ ਪ੍ਰੋਗਰਾਮ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਪ੍ਰੋਫੈਸਰ ਮੋਨਿਕਾ ਦੀ ਅਗਵਾਈ ਵਿਚ ਪਿੰਡ ਐਮਾਂ ਮਾਂਗਟ ਦਾ ਸਰਵੇਖਣ ਕੀਤਾ। ਜਾਣਕਾਰੀ ਦਿੰਦੇ ਹੋਏ ਪ੍ਰਿੰ. ਡਾ. ਬਰਾੜ ਨੇ ਦੱਸਿਆ ਕਿ ਇਸ ਸਰਵੇਖਣ ਦੌਰਾਨ ਕਾਲਜ ਦੀਆਂ ਵਿਦਿਆਰਥਣਾਂ ਨੇ ਘਰ-ਘਰ ਜਾ ਕੇ ਪਿੰਡਾਂ ਵਿਚ ਚਲਾਈਆਂ ਜਾ ਰਹੀਆਂ ਵਿਕਾਸ ਸਕੀਮਾਂ ਸਬੰਧੀ ਜਾਣਕਾਰੀ ਹਾਸਲ ਕੀਤੀ ਤੇ ਪਿੰਡਾਂ ਅੰਦਰ ਹੋ ਰਹੇ ਵਿਕਾਸ ਦਾ ਸਤਹੀ ਪੱਧਰ 'ਤੇ ਗਿਆਨ ਹਾਸਲ ਕੀਤਾ। ਇਸ ਦੌਰਾਨ ਉਨਤ ਭਾਰਤ ਅਭਿਆਨ ਦੇ ਕੋਆਰਡੀਨੇਟਰ ਪ੍ਰੋ. ਮੋਨਿਕਾ ਦੇ ਨਾਲ ਐਨਐਸਐਸ ਦੇ ਇੰਚਾਰਜ ਪ੍ਰੋ. ਸਤਵੰਤ ਕੌਰ ਤੇ ਹੋਰ ਅਧਿਆਪਕ ਵੀ ਹਾਜ਼ਰ ਰਹੇ।

Recipe formulation Competition on 'Traditional recipes from millets



Demonstration of Millets based Tiffin Recipes



Extension lecture on the topic “Awareness on Millets”



Online Quiz Competition



Problems Encountered

- In the current scenario, the UBA volunteers were unable to visit the adopted communities on a regular basis for all intents.
- Sometimes it is difficult to collect the relevant data from the villages authorities.
- People of villages hesitate to interact with the UBA team Members.

Best Practice-II

Title: Swachhta Action Plan

Objectives:

- To make youth aware of cleanliness, sanitation, elimination of manual scavenging and importance of maintenance of ODF+ status through voluntary efforts throughout the year.
- To conduct intensive cleaning activities under the Clean India Campaign focussing on Single Use Plastics.
- To observe Swachhta Pakhwada for imbibing sense of civic duty among youth and public and engage them in Swachhta activities with voluntary spirit.
- To promote a culture of cleanliness and hygiene in the society through youth.
- To generate awareness through Behavioral Change Communication (BCC) to ensure that open defecation free behaviours are sustained and no one is left behind.
- To disseminate message IEC/Awareness that Solid and liquid waste management facilities can be adopted at household, institutional and village levels in coordination with PRIs.
- To share models of cost effective and appropriate technologies for ecologically safe and sustainable sanitation.

- To create a positive impact on gender and promote social inclusion by campaigning for improving sanitation facilities for females, especially in marginalized communities.
- To inculcate the spirit of Shramdaan (voluntary labour) with Sewa Bhav, Nishkam Sewa and promotion of dignity of Manual Labour.
- To focus on water conservation, creation of soak pits, maintaining ponds, water reservoirs, check dams, and on water harvesting activities.

Context: Swachhta Action Plan is a step in that direction to rejuvenate the glorious past practices for a solution to modern problems. Our societies have played an important role in teaching us to respect and nurture our environment. We have been taught to love, respect and take care of living as well as non-living things. Swachhta Action Plan is a milestone initiative in mainstreaming Swachhta elements across all sectors of the Government in an elaborate, accountable, and sustained manner to realize the Swachh Bharat of Prime Minister's vision and Gandhiji's dream.

Practice: The year-long engagement of Youth Clubs in cleaning activities is expected to be through voluntary efforts by Youth Clubs and enrolled volunteers with minimal organizational support. The Clean India Campaign for the year 2022-23 is scheduled to be conducted from 1st October to 21st October, 2022. The focus of the campaign shall be on eliminating the use of Single use plastics (SUPs), bringing a behavioral change towards using plastic alternatives and collection, recycling/disposal of plastic waste. Cleaning Activities: Cleaning of village, college campus, Door to door plastic collection, Beautification and cleaning of surrounding areas.

Har Ghar Tiranga Campaign: Display and Hoisting of National Flag of India.
Display of Swachhta Messages.

Evidence of Success:

- Creation of Sanitation infrastructure.
- IEC (Information, Education and Communication) activities/events.
- Clean habitations/Clean surroundings.
- Solid Waste Management.
- Liquid Waste Management.

- E-Waste Management.
- Swachhta Awards.
- Support to Open Defecation Free (ODF) work.
- Pledge Ceremony to Save Environment.
- **Certificate of Appreciation under “Showcase! The Success of Sustainability” Programme by MGNCRE on 1st March 2023**
- Certificate of District Green Champion Certificate by MGNCRE on July 16, 2022.
- 1st Prize by Municipal Council Mukerian under Swachh Bharat Mission Urban Swachhta Ranking on 16th March 2023.

Problems Encountered and Resources Required

- **Active Collaboration**-Implementation of the practice requires active collaboration between student, staff and society which faces few bottlenecks.
- **Breaking old habits** - Changing the attitude and public mind set towards green practices is the biggest challenge.
- **Resource Constraint** – Sustainable practices come with a high budget maintenance cost Time constraint - Faculty members have to dedicate time beyond class and their research pursuit.

Pictures:

Creation of Sanitation infrastructure



IEC (Information, Education and Communication) activities/events.



Clean habitations/Clean surrounding



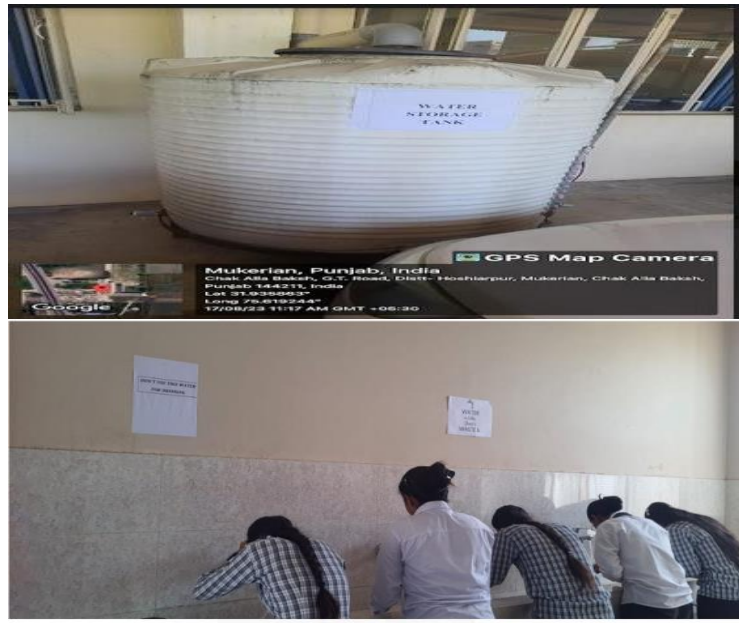
Solid Waste Management



Activity on Regular Waste Management



Liquid Waste Management



E-Waste Management



**Certificate of Appreciation Under “Showcase! The Success Of Sustainability”
Programme By Mgncre On Dated July 16, 2022**



**Ist Prize by Municipal Council Mukerian under Swach Bharat Mission Urban
Swachta Ranking**

