

# QUANTUM UNIVERSITY



## SDG GOALS PROGRESS REPORT



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## QUANTUM UNIVERSITY SDG PROGRESS REPORT

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 Registrar  
 Quantum University

# 1 NO POVERTY



## ENTREPRENEURSHIP Awareness Camp (Quantum University in House)

Quantum Global Campus, Roorkee in collaboration with Entrepreneurship Development Institute of India, Ahmadabad is organizing an Entrepreneurship Awareness Camp for students under the DST-NIMAT program of Government of India from August 30<sup>th</sup> 2018 to September 1<sup>st</sup> 2018. Prof. Vivek Kumar, Vice Chancellor-Quantum University and Prof. (Dr.) Gulshan Chauhan, Director- Quantum School of Technology, jointly inaugurated the event. The awareness camp started with the lamp lighting ceremony. The objective of the program is to create awareness among faculty and students of different courses about various facts of entrepreneurship as an interesting career option and also to highlight the merits of pursuing such an option. Dr. Gulshan Chauhan, Director - Quantum School of Technology, in his address described the objective of Entrepreneurship Awareness Camp. He emphasized on the advantages of entrepreneurship and gave idea about pursuing entrepreneurship. He also thanked Government of India for providing required financial support for the event. Prof. Vivek Kumar, Vice Chancellor-Quantum University, shared his views on the idea of business growth. He said that the quality of product is very important for a good business. He motivated students to be a job creator rather than job seeker. The Entrepreneurship Awareness Camp further proceeded by Dr. Rajeev Ranjan. He emphasized on the need of Entrepreneurship. He said that "The one who is creative, innovative and has risk taking ability is an entrepreneur". He said, to start a venture, an innovative idea is the first step. Self confidence, risk taking ability, perseverance, creativity and personality are the most important parts of trait theory. Business Plan and funding are the important part of entrepreneurship. He also told students about the banks, investors and venture capitalist.

### **First Day**

The first day of the Entrepreneurship Awareness Camp covered several aspects related to entrepreneurship including identification of opportunities for entrepreneurship, mechanism of product selection and technology-assistance from R&D labs and others on choice of Technology, how to start SSI unit, Tech. and commercial aspects of SSI unit including salient features of a project report, support and financial assistance from government agencies, banks, financial institutions, SFCs and others- securities demanded by FIs/banks, creativity and business, communication skills, lecture by practicing entrepreneur's success stories and common problem faced by entrepreneurship.

### **Second Day**

The second day of the camp was boosted by Dr. Rajat Agarwal, Associate Professor, Department of Management Studies, IIT Roorkee. Dr. Agrawal worked on various sponsored research projects of THDC India Limited and Government of India and supervised more than 20 PhDs, published numerous research project in various national and international journals. He has been awarded "Best Professor in General Management" by Dainik Bhaskar Group as well. In his session he described the importance of failure in



order to being a successful entrepreneur. He elaborated his theory with the famous example of discovery of bulb by Thomas Edison. He explained the concept of “Challenge Book” and Lean Manufacturing. He described the methods to first identify a problem and then create a solution for it. He focused on regional problems and growing sector like renewable sources of energy. He gave the example of European countries like Germany and west Asian countries like Israel who are inculcating Start-ups in their university curriculum and utilizing maximum available sources in a sustainable manner. Dr. Agarwal told students that as on August 1, 2018 we have now exhausted Earth & total annual resource budget for 2018. This is known as Earth Overshoot Day and it represents the day of the year where we have moved past consuming just the resources Earth can produce in that year, to pick away at more of the surplus Earth has been able to build up over time. He said we are blessed with the mother earth’s abundant resources but they are to be used in a sustainable manner. He emphasized on the opportunities available in the renewable energy sector by giving an example of Solar energy. He concluded his session by saying in order to achieve something big, you have to dream big. Mr. Vaibhav Gupta- Assistant professor, Quantum School of Technology, shared his experience of building a business and importance of communication skills in getting the work completed and that has better results.

### **Third (Last) Day**

The last day of the Entrepreneurship Awareness Camp started with the intellectual session of Dr. Indu Gautam, Associate Professor – Doon University. In her session she focused on the need of creativity in entrepreneurship. She described innovation as the process of bringing the best ideas into reality and creativity as marked by the ability to create bring into existence, to invent into a new form, to produce through imaginative skill, to make to bring into existence something new. She discussed the challenges in innovation among the students and described the 15 signs of an entrepreneur based upon her research. Under Entrepreneurship Awareness Camp, participating students got the opportunity to visit the Ambuja Cement Ltd., Bhagwanpur. In this industrial visit they came to know about the processes that are involved in making the raw material to the final product. Students were excited to see the actual work line in the industry. They interacted with the Production engineers. Managers and HR team in order to understand the working culture of the industry. Story of success of Ambuja cements Ltd which was founded in 1983 by two entrepreneurs was shared by the HR team. They also motivated budding engineer to take up the path of being an Entrepreneur. In the concluding session, Mr. M. Kannan, organizer for the Entrepreneurship Awareness Camp expressed his vote of thanks to eminent personalities for making this event a success. He expressed his gratitude towards EDII & DST-NIMAT for providing such platform to Quantum Global Campus. He said the main objective of this camp is to produce such entrepreneurs who can contribute to the society through their innovations.



**Glance at pictures from the 3<sup>rd</sup> Entrepreneurship Development Institute of India, Ahmedabad supported workshop**

## **FOSTERING Social Entrepreneurship and Venture Management among Youth**

The Quantum School of Business organized a one day workshop on starting a venture on 29<sup>th</sup> January 2019 for some 60 students coming from B.Com and B.A. (Eco) who are in their first year of graduation. The guest lecturer for the seminar was Dr. Rajeev Ranjan who has a profound past experience in training budding entrepreneurs in starting a venture from scratch and building it into a sizeable business.

The foresaid seminar started with a welcome speech from respected Dr. Vivek Kumar (Vice Chancellor) Quantum University and welcoming the esteemed guest speaker to enlighten the audience with his experience and guide young students on their path to become entrepreneurs. Vice Chancellor sir also shared his vision about the Genesis Entrepreneur Development program managed by the university to provide incubation to the startups at a nascent stage and help them grow their venture. He pledged to support more than 50 startups through the Genesis Innovation Council and graduate them in another 3 years into independent business enterprises. Before leaving the stage he invited Dr. Rajeev Ranjan to come and interact with young students.

Dr. Rajeev Ranjan in a classical way did an introduction round with the attendees to break the ice and lighten the ambience, so that students can feel comfortable while interacting with him. He focused on topics like SME project selection, preparing a business proposal, Market survey and launching the startup. His address explained all the essentials of a start up venture; he explained entrepreneurship as the ability to build a business enterprise from just an idea to a profit making enterprise while also handling the uncertainties with courage and strategy. With regard to building a business it is imperative to get the right support as per the niche of the startup, for example technology based startups require technological expert to test the product and same is for agri-based product startups. Perhaps right support can refine the product to the likes of its end users by removing faults and delivering the best to the market. Likewise, growing a business requires financial support; timely fund resource is very crucial in expanding a business to increase the production, hire new employees, maintain the logistics and also funds the marketing campaign.

Entrepreneurs should not wait too long to arrange funds for their venture but they should convince the funders in advance to ensure early success. There are many ways to find funding for a startup, one should have a project proposal handy with a clear cut budget and submitting it to banks, angel funders and investors so that your venture does not have to take a set back if your product or service is ready to launch. As the day came to finishing, a final QnA round was conducted to deliver the doubts of students and make the event a success.





**Dr. Rajeev Ranjan deeply explaining steps involved in developing a business enterprises.**

## WORKSHOP on Developing a Startup Community

Startups has the potential to contribute significantly to poverty elevation through various means, however, they may not completely impact the poverty directly but they can improve the situation by providing employment to needy section of the society or doing charity work that can help eradicate poverty indirectly.

On 29th November, The Genesis QUIC conducted its second session of "Arambh Start-Up Execute- Scale" in support of Startup Uttarakhand and Headstart Network Foundation. The Faculty Development Program commences with the session by the guest speaker Mr. Vasishta Chary, an Entrepreneur who spoke on the topic "Building a Startup Community".

In his address he mentioned following important that impacts the significance of developing a startup community

1. **Collaboration and Knowledge Sharing:** A startup community brings together entrepreneurs, innovators, and industry experts, creating an environment that fosters collaboration and knowledge sharing. By connecting with like-minded individuals, startups can exchange ideas, learn from each other's experiences, and gain valuable insights. This collaboration can lead to the development of new and innovative solutions, as well as the sharing of best practices.
2. **Access to Resources and Support:** Startups often face challenges such as limited funding, lack of expertise, or operational issues. A startup community can provide access to various resources and support systems that can help address these challenges. These resources may include mentorship programs, co-working spaces, incubators, accelerators, funding opportunities, and networking events. Being part of a community increases the chances of finding the necessary support and resources to overcome obstacles and succeed.
3. **Talent Pool and Recruitment:** Startups require talented individuals with diverse skill sets to build successful businesses. A vibrant startup community attracts talented entrepreneurs, developers, designers, marketers, and other professionals who are interested in working on innovative projects. By fostering a strong startup community, entrepreneurs can tap into this talent pool, find potential co-founders, team members, or advisors, and recruit the right people to help their ventures grow.
4. **Economic Growth and Job Creation:** Startups play a crucial role in driving economic growth and job creation. A thriving startup community can stimulate the local economy by generating employment opportunities, attracting investments, and contributing to the overall business ecosystem. Startups often bring disruptive ideas and technologies that can transform industries and create new markets, resulting in economic development and increased competitiveness.
5. **Inspiration and Motivation:** Entrepreneurship can be a challenging and lonely journey. Being part of a startup community provides inspiration, motivation, and emotional support. Interacting with fellow entrepreneurs who are going through similar experiences can help alleviate the stress and isolation often

associated with building a startup. Additionally, witnessing the success stories of others within the community can serve as a source of inspiration and encouragement, fostering a positive mindset and determination to persevere.

6. **Advocacy and Policy Influence:** A well-established startup community can have a collective voice and advocate for policies and regulations that support entrepreneurship and innovation. By uniting as a community, startups can influence local, regional, and even national policies to create a favorable business environment. This can include advocating for startup-friendly regulations, tax incentives, intellectual property protections, and access to funding sources.

Overall, building a startup community provides numerous benefits, including collaboration opportunities, access to resources and support, talent acquisition, economic growth, inspiration, and advocacy power. It creates an ecosystem that nurtures and accelerates the growth of startups, leading to innovation, job creation, and economic prosperity.



Mr. Vasishtha Chary addressing the audience on Developing Startup Community.

# 2 ZERO HUNGER





## ENSURING Food Security & Prevention during COVID-19 outbreak

In our efforts to combat the global crisis of Corona Novel Virus the PAHAL social welfare club volunteers after consulting the experts in the epidemiological studies and viruses in general organized a program on COVID-19 awareness for the villagers of Badkala.

The program was hosted on 2<sup>nd</sup> March 2020 among 120 villagers with the aim to give people information on the biological aspects of the virus, its infection process and symptoms involved post infection. Making people understand the functioning of the virus attack will help them to take precautionary measures.

There is a panic like situation almost everywhere due to so many myths and misconceptions floating around, not many have the right information on how to combat the virus. It is a critical to educate people on the right information to sooth their fears and anxiety. The PAHAL team is making the most sincere efforts in disseminating knowledge and clearing the myths at the same time.

This is an evolving situation, and timely and accurate information is critical. Educating students and staff about positive & preventive measures, discussing their fears, and giving them a sense of control over risk of infection will certainly help in reducing their anxiety. The students and faculty of Allied Health Sciences put sincere efforts in creating awareness on the deadly disease.

To extensively train people of village Badkala the PAHAL team invited Dr. Rastogi to accompany them for a robust session on safety precautions. Dr. Rastogi is a renowned virologist who is an expert in the domain of viruses. The program was attended by more than 100 villagers to whom the doctor explained how the world has come down to its knees and the virus has crippled the daily routines of every one. Immediate response by the health experts is to prevent everyone from infection, it is very imperative to know that the spread of virus is through air, and people must wear masks and sanitize hands can bring down the chances of infection to negligible.

Following the discussion on prevention method the focus was now on to home isolation for infected person. Doctor Rastogi clearly stated that if the symptoms look out of control and the patient is also feeling breathlessness than they must be hospitalized and should be given immediate medical attention.

For the ones who have mild to moderate symptoms, home isolation is the best strategy. During home isolation the person should follow social distancing with the family members, use handkerchief, adults should follow a 2000 calorie diet plan with a balance of protein and carbohydrates. Drinking water and use of vitamin C was also advised by the doctor along with taking rest and avoiding hard physical activity.

The theme of our program was "Prevention is better than cure" it's true to its each word because of the disease you get by Novel Corona Virus as also evident through the media, the virus infection have different effect on different people. Although symptoms might be the same among infected people but some people are experiencing heavy discomfort and breathlessness that can also lead to painful death. The wise would definitely want to avoid contact with covid-19 virus.

An open house Q&A was held just before the end of the session where the community leaders cleared their doubts with the health expert. The session was ended with the vote of thanks to the doctor and the participants. At the end, distribution of essential goods and grocery items was accomplished to the poorest of the poor villagers, who are not able to earn anything at the moment due to the pandemic crisis.



**Ensuring distribution of essential food kit among poorest of poor villagers during COVID-19 outbreak**

# 3 GOOD HEALTH AND WELL-BEING



## FOSTERING Physical Health with Yoga and Training (Jaysingha Village)

Health is wealth” is one of the most over used phrases in the world; still many people neglect it like health is something secondary to them. In modern India not only the people living in cities live an unhealthy lifestyle but folks from villages have also become sedentary. This is affecting their health.

WHO defines health as "**Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity?**" one cannot enjoy life without a healthy body and sound mind.

To educate children on healthy lifestyle and also for the overall growth of the children the PAHAL social welfare team decided to focus on to provide Physical health sessions to the children of Jaysingha village. On 28<sup>th</sup> October 2018 the team gathered village children in the school premises where around 35 children came to attend the Physical fitness session. The physical instructor from the Quantum University led the session and it was a complete success.

During the session, lessons were given on full body exercises, which help in toning the muscles and improves overall body strength. He also shared health related key steps that the children can pursue on a daily basis and these were rising early, going for runs, working out every day, eating a balanced diet, rest in free time to help the body recover and avoid junk food at all cost.







**Meaningful engagement of children in learning physical exercises for a healthy life**

## INITIATIVE for Cancer Awareness among Rural Community (Badkala Village)

India is among those developing countries where a non-communicable disease which also includes cancer is on the rise and creating a major public health problem. The burden is so high that there is a fierce competition of resource sharing to treat the patients with efficacy and affordability.

If one take a closer look at the cancer registry figures the estimation are quite frightening, every year we witness 800,000 new cancer cases. Tobacco eating is the largest contributing factor for cancer and it is estimated that it contributes to 35% to 50% of overall cancer in men and 17% of cancers in women.

On the contrary non-communicable diseases like cancer and diabetes can be prevented by making changes in the lifestyle and choosing healthy options at the same time. Primary prevention strategy would be to eat healthy, follow an exercise regime, avoid alcohol and stay away from stress.

As part of our social responsibility to generate awareness on health and cancer in particular PAHAL social welfare club organized a health campaign especially focusing on cancer as a disease for village members and community children of Jaysingha village.

On 9<sup>th</sup> December 2018 the volunteers reached our second village ie. Badkala Village and announced to gather in central point of the village, we also requested to bring in the children for the health campaign. An expert doctor on the topic lead the session and shed light on reasons of developing cancer, types of cancer and how it can be prevented with approximate 48 members of the community.

***Below following points were discussed with community residents.***

- ***Shared about epidemiological studies that 70-90% of all cancers are due to environmental exposures to toxins.***
- ***Tobacco is the number one cause of cancer***
- ***Pollution is also a contributing factor for cancer***
- ***Poor diet***
- ***Unhealthy lifestyle (sedentary)***
- ***Superabundance use of alcohol***
- ***Types of cancer (breast cancer in women), cancer of the head and neck, stomach cancer, cancer of the large intestine, cancer of the uterine cervix etc***

The doctor also shared his perspective on how to avoid cancer by making positive changes in the life style. He also discussed on the ***cancer detection at an early stage, treatment plan for those diagnosed with the disease, palliative care for long term cancer patients, government treatment facilities for poor people.*** The program ended with sharing of IEC material in the village and convincing villagers to make a lifestyle change from now on wards to improve health indicators of the village.





**"Prevention is better than cure" the same has motivated us to spread awareness on cancer.**

## EDUCATING Rural Children on Personal Hygiene

Observing the month of September as Poshan Maah (Nutrition Month) by our varsity to accelerate the information campaign on nutrition education, in the same lines the whole month was focused on creating awareness on informed food choices, inculcating habits that's keep you active and developing good eating patterns. All these efforts are been regularly carried out by the Quantum University PAHAL social welfare club chapter.

Quantum University PAHAL team and department of Health Sciences under the leadership of Mrs. Saloni Arora organized a Nukkad Natak on theme of Personnel Hygiene to generate awareness around the topic among the Badkala village community. The street play was executed on the 7<sup>th</sup> September 2019, the Nutrition and Dietetics department was the main lead in the street play where 45 students enrolled in the health courses performed upon a script for about 300 number of rural population. A door to door information drive was also done in which the teachers from the department Madam Shradha Singh, Madam. Renu Bala Sharma and Madam Saloni Arora spoke about personal hygiene topics with the villagers.

The rural community per say is always left behind in terms of new age information and other practices in general and therefore they practice old age routines and often become susceptible to health issues and others. PAHAL has been working in the Badkala village for a year now and their observation have been the same, we observed that the children here often fall sick due to unexplained reasons; adults also show signs of low immunity, they visit village doctors with coughing and sneezing every now and then.

Personal hygiene is explained as maintaining cleanliness of body and clothing, and to do so a person performs various activities which are general acts of self care like washing, bathing, keeping toilets clean, up-keep of oral hygiene and intentionally using only clean and washed clothes.

***In retrospect, the department of health sciences focused on below key messages in Badkala village to accelerate our campaign of healthy living.***

- 1. Personal hygiene is a must**
- 2. Brushing the teeth two times every day**
- 3. Washing hands before and after meals**
- 4. Bathing and cleaning on a daily basis**
- 5. Wearing clean and washed clothes**
- 6. Trimming nails when required**
- 7. Use of dustbins at home and outside home**
- 8. Keeping their room clean**
- 9. Washing the toilet after every use**
- 10. Cover the mouth while sneezing or coughing**





"Ek Kadam Swachta Ki Aur" a message that cleaned India.

## FREE Medical Health Checkup Camp

The PAHAL Social Welfare Club and Quantum School of Health Sciences organized a free medical health camp to benefit the community members of adopted villages Jaysigha and Badkala. The health camp was executed on 23<sup>rd</sup> November 2019 inside the premises of the Quantum University, it started around 9:30 am in the morning and OPD was functional till the 4:00 pm in the evening, a total of 208 patients received various medical facilities like health check up, blood sugar test, BP, BMI. Medicines were distributed to patients free of cost.

The whole event was possible because of the collective efforts from the students of Quantum School of health Sciences and the camp coordinators Dr. Praveen Kumar and Mrs. Hema Seliya among these were guest doctors who ran the OPD on the day, the team of doctors comprised of Dr. Swarnika, Dr. Kamran, Dr. Tanvee Fatima and Dr. Deepti Dogra and Dr. Naman Akhtar. The doctors have affiliation from the Aarogyam Medical College and Hospital, Chuttmalpur, Roorkee, they also hold intensive experience in their domains like Dermatology, General Physician, Dentistry and ENT.

PAHAL team also played a significant role in the publicity of the event; they round up villages the whole week and informed the villagers to attend the camp on the mentioned date. On the day, the camp was opened with an inaugural speech from the honorable Vice Chancellor of the university and all the guest doctors were welcomed with a bouquet and a shawl as a mark of respect.

The objective of organizing the health camp was to provide health care services free of cost to the poor villagers, educate them on taking care of general health, and provide counseling on diet and healthy lifestyle adaptations. Our organizing committee left no stone unturned to educate the villagers, audio and video aids were used in the OPD to make people aware of many diseases like Diarrhea, Dengue, Hygiene and Typhoid etc. It has always been our motto that “prevention is better than cure”.

It is a common factor that was observed that weak immunity and drinking polluted water was the main reason why villagers are falling sick. The patients were diagnosed with various diseases like Sugar, flu, weight loss, dermatological problems, discharge in women and tooth decay. Post diagnoses free medicines were distributed to all the patients and for few patients who had serious problem were referred to a higher center.

The success of the free medical health camp goes to the Quantum School of Health Sciences, the coordinators and PAHAL team their day and night planning and efforts manifested in reality.





**Beneficiaries flooded the health camp; they received health screening and diagnostics under one roof for free.**

## AUGMENTING awareness on Cancer Disease & its Prevention in Badkala village

An initiative was taken by the NSS and Agriculture students to augment knowledge and awareness on Cancer disease and methods to prevent it. The event was performed on 2<sup>nd</sup> January 2020 in the form of huge possession which constituted of more than 100 members of Badkala village society which ended at the corridors of the village Panchayat Bhawan where a team of doctors namely Dr. N Muruglatha, Dr. Pooja Barathwal and Mr. Saurabh Sharma verbalized in-depth details on Oncology, its development in the humans and how it can be prevented. Opening of discourse was initiated with the early symptoms of disease, prevention methods and available modern day treatment. Focused topic for the campaign was Cancer and specifically breast Cancer which is a very common form of Cancer among Indian women. She therefore shed light on reasons of developing Cancer, types of Cancer and how it can be prevented and staying healthy for a longer period of time.

Her message was clear; she spoke about how India is among those developing countries where a non-communicable disease which also includes cancer is on the rise and creating a major public health problem. The burden is so high that there is fierce competition of resource sharing to treat the patients with efficacy and affordability.

If one take a look at the cancer registry figures the estimation are quite frightening, every year we witness 800,000 new cancer cases. Tobacco eating is the largest contributing factor for cancer and it is estimated that it contributes to 35% to 50% of overall cancer in men and 17% of cancers in women.

On the contrary non-communicable diseases like cancer and diabetes can be prevented by making changes in the lifestyle and choosing healthy at the same time. Primary prevention strategy would be to eat healthy, follow an exercise regime, avoid alcohol and stay away from stress.

Making village community members aware, the guest doctor highlighted the fundamentals of Cancer as a disease and its burden on the public health system of India. She discoursed and elaborated on the below mentioned following points.

***Below following points were discussed with community folks.***

- ***Shared about epidemiological studies that 70-90% of all cancers are due to bad environmental exposures.***
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- ***Poor diet***
- ***Unhealthy lifestyle (sedentary)***
- ***Superabundance use of alcohol***



- ***Types of cancer (breast cancer in women), cancer of the head and neck, stomach cancer, cancer of the large intestine, cancer of the uterine cervix etc.***

The doctor also shared his perspective on how to avoid cancer by making changes in the life style. She also discussed on the ***cancer detection at an early stage, treatment plan for those diagnosed with the disease, palliative care for long term cancer patients, available government treatment facilities for poor people.*** The program ended with sharing of IEC material in the village and convincing villagers to make a lifestyle change from now on wards to improve health indicators of the village.

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**A powerful initiative by Quantum University to fight back Cancer, ensuring flourishing and healthy community.**

## TEACHING Essential Principals of Good Health

Quantum University and its PAHAL social welfare club as a counterpart jointly organized a Health Awareness Program on 16<sup>th</sup> February 2020 for the village children of Badkala village where 35 village children participated in the campaign and learned about various implications of poor health choices and it's detrimental.

It is our duty to create awareness among the poor children of the village where there are a lot of misconceptions around the topic of health. Thus, the main objective of the program was to promote conscious good choices, maintain a healthy lifestyle, change bad practices, and endorse the sense of well being among the rural children.

The health and science department of the Quantum University was the lead contributor of the program; the department invited Dr. Snehal (Roorkee Hospital) to address the children of the Badkala village, and to highlight key issues that hinder the health of the children that leads to poor immunity and hence they fall prey to frequent illnesses.

The invited doctor was an expert pediatrician, her resume reflects a vast experience of successfully diagnosing and treating children with a number of ailments, the children were enormously benefited from her knowledge and experience.

She spoke about a number of diseases that a child can face during their growing years, her topics for discourse included gastrointestinal problems, asthma, skin problems, obesity in children, diabetes, allergies, common cold, **conjunctivitis, malnutrition and hearing and vision impairments.**

The program continued to shed light on the various aspects of human health, mental health was also the part of the deliberation. It is very common to observe anxiety and depression among children due to environmental or genetic reasons.

It takes a skilled counselor to identify the reason behind the problem but as part of the discussion it was made clear to the participants that the village children are also vulnerable to mental illnesses and any child having symptoms of mental illness should seek consultation from the expert doctor.

It is trivial to know that a child's mind is not able to handle a great deal of stress which can also lead to a state of prolonged anxiety, due to which, it is difficult to take care of oneself in such situation, you can completely avoid eating food or fail to follow the daily routine.

This becomes a vicious cycle when a person's well being is compromised and both mental and physical health gets deteriorate slowly. Hence it becomes imperative for everyone to scrutinize their mental health and accept professional help if one feels they are in the deadly grip of anxiety, depression or phobias.

The doctor also imparted a motivational speech to the participants on health benefits that can be reaped by just staying positive in life, she added, how positivity helps release good chemicals in the human brain that injects the person with feel good factor happy chemicals in brain which in turn promotes quality of life and health.

She briefed the gathering on how to stay healthy, and later on, focused her dialogue points on building a daily routine with light exercises and yoga sessions in the morning time. Active morning regime will help build strong immunity towards disease and it will also inculcate positive mindset towards life.

Maintaining a Personal hygiene is a necessity for children, many illness are manifested because of the dirty hands, she emphasized, washing hands before eating, taking bath every day, wearing clean clothes, keeping the home environment and toilets clean can also evade many ailments. On a positive note, the speaker with a grateful heart thanked the children for listening patiently throughout the program. In the end, the guest lecturer Dr. Snehal was felicitated with a memento as a thanksgiving gesture from PAHAL team.



**Positive reinforcement breeds more hard work, recognizing their hard efforts and indomitable spirits.**



## **A Walk through Session on Mental Health and Prevention**

A walk through session on mental health & prevention was organized by the Quantum University PAHAL Social Welfare Club, on the 31<sup>st</sup> October 2020 among a crowd of 250 university students; students were showing the signs of distress post Covid pandemic, desperation had reached its peak, leaving students completely in distress and defocused. University management had to intervene, so they decided to hold up a counseling and mental health workshop for students and provide them with some relief.

Here is the story of Rahul, he was a second year agri-school student who haven't slept for nights after the pandemic was over. He was showing signs of PTSD as during the COVID lockdown he was stuck in the college hostel separated from his family, overlapping the situation, one of his family members got infected with covid virus, he wanted to be there with the family but was restricted to travel home due to lock down. Even though the member effectively recovered but that left him in a completely shattered mental health state. Some relief came by spending time with friends and resuming to normal life after lockdown but it didn't help him much, experiencing separation anxiety crippled him with insomnia facing sleepless night.

The case of Rahul is not an isolated one, besides him, there are countless others who are facing more or less similar tribulations, raising alarm, management become thoughtful and took action to organize a mental health cum counseling workshop for all the students present in the college. This piece captures the facts about awareness workshop on dealing with the mental health issues using the modern psychology and support students in maintaining their psychological well being at the same time overcome stress.

Ms. Shivani Arora invited psychologist discussed the wide spectrum of problems that can manifest among youngsters like anxiety, fear, depression, suicidal ideation, substance abuse and low self esteem. A number of students came up with complaints of depression and other psychological distress. She trained faculty staff on counseling tips to help students come out of distress and maintain a positive outlook on life. A lot of emphasis was given to physical exercise and strength training in order to be better equipped to handle hard situations. The day came to an end with discussion on early identification and encouragement to students to seek help before their condition become worse.



**Mental Health is one of the essentials and one of the human right "WHO"**

## Therapeutic Intervention Physical Fitness Workshop

To educate children on healthy lifestyle and also for the overall growth of the children the PAHAL Social Welfare Club team decided to focus on to provide Physical health sessions to the children of Jaysingha village. On 16<sup>th</sup> October 2022 the team gathered village children in the school premises where around 35 children came to attend the Physical fitness session. The physical instructor from the Quantum University headed the session and it was a complete success.

Health is wealth" is one of the most over used phrases in the world; still many people neglect it like health is something secondary to them. In modern India not only the people living in cities live an unhealthy lifestyle but folks from villages have also become sedentary. This is affecting their health.

WHO defines health as "**Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity?**" one cannot enjoy life without a healthy body and sound mind.

During the session, lessons were given on full body exercises, which help in toning the muscles and improves overall body strength. He also shared health related key steps that the children can pursue on a daily basis and these were rising early, going for runs, working out every day, eating a balanced diet, rest in free time to help the body recover and avoid junk food at all cost.





Children learning the value of fitness and health, it helps when one of your peers becomes your coach.



## CONGNIZANCE on “ANEMIA CONDITION” through an Awareness Program

The PAHAL social Welfare Club and Quantum School of Health Science in collaboration with NSS volunteers on 10<sup>th</sup> September 2022 took cognizance of anemia condition through an awareness program in Badkala Village, to commence the camp community members were mobilized by the volunteers to gather in government school premises (Purv Madhyamic Vidyalaya) for the experts to give a health checkup and render correct information on Anemia Condition especially among women. A cohort of 60 villagers occupied the premises for checkup and professional information session. A fervent team of volunteers was backed by a highly professional physician Dr. Ridhima Gosh, her outlandish confidence reflects her 7 years of clinical experience.

Indian context has common scenarios across rural communities; same is the case for anemia condition that explains the lower amount of hemoglobin concentrations in blood or simply less number of red blood cells, this condition hinders the body's capacity to carry oxygen as red blood cells are carrier of oxygen to the body's tissue. The outcome of which is weakness, fatigue, dizziness and shortness of breath. There are factors that influence the anemia condition, if we look closely nutritional deficiencies is the common factor, their diet lacks food that are rich in iron, folate and vitamins B12.

The anemia awareness camp was commenced at 10 am in the morning where in the first half of the day patients were screened for hemoglobin with the help of charity service from a nearby diagnostic center, technician from the laboratory, draw blood samples of the attendees to test their hemoglobin levels and same samples were used to check blood sugar levels. Patients were advised to wait for the lab reports and in the mean time they were counseled on improving their diet. A comprehensive strategy was used for counseling, IEC (information education & counseling) printed material was used to demonstrate the onset cause of anemia deficiency and what types of foods they can introduce in their diets to eliminate the cause. The cohort was also educated upon use of supplements as a support to bring their health back

In the meantime the laboratory reports were analyzed by Dr. Ridhima Gosh and patients were prescribed with medicines which was mostly iron folic acid supplements. As a mark of generous gesture Quantum University distributed free iron folic acid supplements to the patients. On the successful commencement of the camp, co-coordinator Mr. Mintinder Arya extended his heartfelt gratitude to NSS volunteers and Physician Dr. Ridhima Gosh.



Ordinary day turned into a successful one with more than 60 patients screened for anemia and blood sugar; in addition, counseling on healthy diet and supplement regime was also undertaken.



## STREET Play (Nukkad Natak) on Risk Related to Diagnostic X-Ray

On 9<sup>th</sup> December 2022 PAHAL Social Welfare Club and Quantum School of Health Sciences Faculty of Radiology members ventured into the unexplored territory of disseminating information on risk related to diagnostic X-Ray. It was first ever distinctive attempt to share information through street play, target village identified was Badkala Village and the Nukkad Natak aimed to spread awareness among local population living in the Badkala.

To have the public known for the street play mouth to mouth advertisement was done a day before the event, this was done by the student who are the members of the PAHAL social club. The street play covered all the intricate details of the risk involved with the exposure of X – Ray Procedures as well as the benefits of radiation in accurate diagnosis of various diseases to provide better treatment of the patients at initial stage. The exposure to nuclear rays in the diagnostic X rays and nuclear medicine examinations can increase the risk of cancer and if repeated procedure are involved then the magnitude of risk increases further.

The actors in the street play were all radiology students so disseminated knowledge was concrete and was researched backed. The script allowed the actors to lay the background of the mishaps happened in the past during the early 90s because the technology was new at that time and even doctors were unaware of the uncertain risk, things have changed since then recent advancements in technology have reduced the radiation risks among population. More than 100 villagers were also introduced about various radiological modalities such as Fluoroscopy, Ultrasound, CT Scan and MRI through the Nukkad Natak.





One of a kind attempt to disseminate scientific information through Nukkad Natak.



# 4 QUALITY EDUCATION



## TEACHING Rural Children on Basics of Computers (JaySingha)

All set and preparation done, a team of 5 members from PAHAL social welfare club left for Jaysingha Village on 23<sup>rd</sup> September 2018 where they gathered children in a common government school which was already announced in the last visit of the PAHAL members.

The team divided the students into 2 batches comprising of 8 students in each batch and first they took the pre-test, it was like a mock session, to check the knowledge level of the students. To our surprise none of the students knew anything about computers and then we realized that we have to start from the very basics of the computers.

***Approximately near about 80 children were trained on the basics of computers where they learned about the following topics***

1. What is a computer?
2. Computer parts & peripherals like the mother board, processor, monitor, keyboard, mouse and speakers.
3. Learned about software like windows, applications, games and other utilities (calculators) etc.
4. How does a computer work? Use of computers in our lives



**PAHAL team in action teaching "Basics of computers" to rural children**

## **SPOKEN English Coaching Class for Rural Children in Badkala Village**

The importance of English language is increasing due to its acceptability around the world. Also, the usage of the language has become so common in India, so much so that, the students and working class unconsciously feel pressure to learn the language.

The Indian population who can proficiently speak the English language, as general thumb of rule comes from the urban geographical area, whereas the rural class does not demonstrates proficiency in the language which is obviously due to the choice of Hindi language as the medium of teaching in rural schools. Although, the school has a separate subject of English language in the curriculum but the teachers here lacks expert skills as their foundation of the language is also feeble.

The other reason that the rural folks tends to lack in the English language proficiency is also because that learning a language is a repetitive skill and it requires opportunities to practice speaking the language, urban population living in city areas can interact in English language with peers, family members, café staff etc. but this is not the case in villages, there one can hardly find anyone with whom you can converse in the English language. Numbers of de-motivating factors are more and it also hinders the confidence of the rural community.

The process of addressing the problem is long term and requires a lot of efforts starting from recruitment of efficient teachers and enhancing school curriculum to raise better standard of learning the English language.

In the meantime PAHAL social welfare club decided to intervene and tackle the problem in a different way; they organized an English speaking competition for community students on 10<sup>th</sup> February 2019 in the Badkala village to check their current ability of English language proficiency and confidence to face the crowd, approximately 20 students participated in the competition and turn into a successful event.

***Students were asked to give their introduction in English language and 10 lines on their favorite book, teacher, and food or about anything they are absolutely fond of, and share about it with all of us using English language sentences.***

**Underneath is the name of students who occupied first second and third positions respectively.**

- 1. Naveen Sajwan**
- 2. Pritam Saini**
- 3. Yashpal Singh**







## ELOCUTION Class and Competition for Rural Children

Ambedkar Jayanti is one of the most awaited occasions in India as it is the birth anniversary of the India's most iconic civil rights activist this country has ever known. Dr Bhim Roa Ambedkar is also remembered as the father of the Indian constitution, he was praised as a prodigy and a man of a stature who in his time was a visionary and fought against injustice towards the Dalit community.

His birth anniversary falls on 14<sup>th</sup> of April and on this day the PAHAL Social Welfare Club of Quantum University organized a Speech Competition for the children of Jaysingha village where 32 school children participated in the contest. The speech competition had two clear objectives where we wanted to pay our utmost respect to our colossal Leader Dr. Bhim Roa Ambedkar Sahab and at the same time provide opportunity to village kids to display their confidence and present a speech on his life time achievements and works. Speech competitions per say is a legit way to compel the participants to improve on their presentation skills, confidence, oratory skills, and eliminate shyness. It is a platform where young kids can practice the art of oration and build conviction in them. These skills once mastered will help them face existence challenges with confidence in oneself and navigate life with ease.

The PAHAL volunteers had announced the date of speech competition long ago and gave kids ample time to prepare, the volunteers also provided with Hindi literature on Dr. Ambedkar Sahab so that kids can use factual information during the oratory contest. On the day of the challenge a panel of two Judges was constituted, participants were given a time of 6 to 7 minutes to finish off their speeches, and the following judgment criteria were designed to judge the competition.

1. **Voice Modulation**
2. **Presentation Skills**
3. **Confidence while facing the crowd**
4. **Content of the speech**
5. **Expressions**

Children gave their best efforts and each one of them narrated a unique version of their speeches, the level of passion in their speeches these little kids have displayed is beyond explanation, they took us back into the era of our beloved leader and reminded us on how he stood against the evil of casteism and produced astounding results. The panel of judges was flabbergasted to see such young kids perform beyond their expectations. Although, three children were selected for the winning positions of first, second and third but for us all are winners because efforts matters more than just winning.



**Quantum University believes in not just imparting education but emphasis on quality of education and over all development of a child.**

## **“KHULA MANCH” Drawing Competition among Rural Children**

Drawing is a way to express oneself creatively and turning it into a competition takes it to another level as the competitors are challenged to perform better from one another and still they try to retain the artistry at the same time. The challenge was to change the narrative that the village children are not much creative and does not possess skills of an artist, was the inspiration behind to organize a drawing competition in the Jaysingha village.

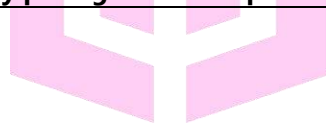
On 21<sup>st</sup> April 2019 PAHAL Social Welfare team organized a drawing competition in the Jaysingha village where around 32 children picked up their crayon colors to fill the white paper with beautiful artistry and created art that was worth satisfying your soul. Before PAHAL's intervention children were deprived of such platforms where they can showcase their talent without any hindrance. PAHAL team fully sponsored the competition providing children with all the necessary paraphernalia to create the most beautiful art of their lifetime. The theme for the drawing competition was My Beautiful Village, Village Haat (Bazar) Scene and Sunset in the outskirts of village.

Platforms like these allow children to throw themselves into creative illustrations of their imaginations, there were no rules and children were allowed to create a scene whatever their minds imagined at that point of time. Jaysingha village children had no qualms expressing themselves in drawing their selected themes, every child surprised us, as they drew pictures that identified with their own unique personalities, moreover they were very happy to play with the crayons and every face had a smile on their face which showed that they just loved being themselves playing with the colors.

A proud day for everyone, some children did exceptionally well and that made us realize that if we foster their skills and provide them with right kind of resources then we can expect a next generation star painter in the making. These children only require right guidance, they have all the talent in themselves we only need to make them self- believe and nurture their abilities to transform them from a seed to a tree. Learning and growing is part of human life and in the same way PAHAL club is also evolving realizing that life is precious and not everyone gets a fair chance so we should make the most out of the opportunities provided us on a daily basis?



**"Khula Manch" a Quantum University prerogative to inspire the artist inside the village children.**





## Evoking Intelligence and Competitive Skills by IQ building of Rural Children

PAHAL Social Welfare Club volunteers on 28<sup>th</sup> April 2019 successfully commenced an Intelligent Quotient (IQ) Competition for the village children of Badkala village, where almost 35 children from the rural community took part to relish their IQ skills in the organized contest. Badkala village has quite a significant number of children that falls in the age group of between 6 to 14 years. Moreover, these children should regularly attend school, they have one government school in the village but unfortunately this school is only able to provide bare minimum service and lack quality education.

Never the less, our team was curious to see whether these children have abilities to pass our designed Intelligent Quotient Test and prove some mental mettle. The aim of the competition was also to determine whether the rural children are developing reasoning power and cognitive abilities. These assets not only help in achieving success academically but it goes a long way in their lives, a child with sound IQ will better able to handle life challenges, demonstrate confidence in times of crisis instead of succumbing to their circumstances.

As history has it, Intelligent Quotient Tests were particularly designed to assess and identify weak students so that they can be provided with remedial work. In 1904, a renowned French Psychologist Alfredo Binetti along with his collaborator Theodore Simon first devised a practical IQ test also known as the Binet-Simon test for students in their own country.

The IQ test paper implemented in the contest was designed by the Quantum University Faculty Psychologist; it was created for the age group of children for class 5<sup>th</sup>. Special care was taken on preparing the IQ test paper as it was been aimed at the rural community children and was also our very first attempt, keeping all this in mind the assessment was kept reasonable.

The IQ competition was initiated by explaining all the rules and time line of the assessment to the children and just moments later the test papers were distributed, volunteers were assigned to a group of children so that they can help them understand questions as to what is been asked. An hour time was given to the students to finish the assessment, we found that many children struggled through the test and there were only minority of students that were able to better understand the questions and were also able to select the right options.

Concisely, children did reasonably well in the competition, overall result was very satisfactory, and Papers were collected to be corrected at the later time by the University Psychologist. PAHAL team decided to formally arrange a second event to felicitate the winners and distribute prizes to the deserving candidates.



**Completely immersed in the moment, children trying to figure out answers for their questions in the IQ contest.**

## DELIVERING Career Counseling and Guidance for Students in Rural

On 26<sup>th</sup> January 2020, Team PAHAL hosted a career counseling program for 24 village children who either are in 11<sup>th</sup> standard or are at the verge of completing 10+2 school, and will be ready to choose a career path to gain employment in future. The program is also important in the view that the rural children are neglected in many areas of their life, guidance is scarce and there is no clarity as to what path would be best for them.

Education in rural parts of the country is majorly supported by the government funds but still they face many barriers in providing quality education to the rural children, although, a large majority of population lives in the rural areas of India but the challenges faced here have forced the literacy rate to be behind the national average. The schools and colleges in the rural part of India lacks proper infrastructure and quality of the teachers is tremendously compromised. The whole education system feels paralyzed, children have nowhere to go for guidance and hence bearing in mind no future in these schools, they tend to dropout without even completing high school.

Considering the above facts true for the rural students, Quantum students made a counseling plan for the Jaysingha village children where they created a list of skill sets and appropriate career options were assigned to match those skills. If the process is followed diligently, each child will be empowered to choose a career path according to their stream and competence. The initiation of the program was done with a debriefing on the importance of education, children need to realize the importance of education and it is the only way they can predict a secure future that is in their control.

Education empowers individuals to take correct decisions and enable them understand laws and policies so that they can also be part of the consultation for amending the same when required. The usefulness of education is not just limited to external rewards but also it helps individuals to shape into better individuals that have faith in their own capabilities and become a prolific member of the society.

Post energetic session on importance of education the students were encouraged to share information about themselves like current stream they are enrolled in, interest for career and skills if any they possess were solicited. The session was completely one on one basis where every student detail was noted down by the PAHAL volunteers. To evaluate the provided data a one hour break was announced, in the meantime the PAHAL members thoroughly analyzed every child's interest, stream and competency, and based on the information provided, jotted career options for each student from which they can choose from

**Below are few suggestion given to the aspirants as per their need**

- **Interest wise career choice**



- Science, commerce, humanities stream
- Polytechnic
- Job oriented diploma courses
- ITI
- Career in sports
- Engineering
- Doctor
- Indian Army
- Simple graduation
- Government jobs
- Bank Jobs
- Long term academic goals
- Making a career beyond degrees

At the end, students thanked the whole team for such a deep session and for the clarity which they felt following the whole process.



**The village counseling team creating powerful memories only to cherish for years to come.**

## TEACHING Class on Elementary English for Rural Children

Quantum University and PAHAL club members jointly organized a teaching class on Elementary English for rural children on 28<sup>th</sup> August 2022, this class was attended by approximate 60 students from both the villages Badkala and Jaysingha, the rationale behind to cover event was to that usage of English language has become so common in India, so much so that, the students and working class unconsciously feel pressure to learn the language. The Indian population who can proficiently speak the English language, as general thumb of rule comes from the urban geographical area, whereas the rural class does not demonstrates proficiency in the language which is obviously due to the choice of Hindi language as the medium of teaching in rural schools. Although, the school has a separate subject of English language in the curriculum but the teachers here lacks expert skills as their foundation of the language is also feeble.

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To make the competition interesting one, students were asked to give their introduction in English language and 8 lines on their favorite book, teacher or their favorite food they are absolutely fond of, and share about it with all of us using English language sentences. A sufficient time of two hour was provided to rural students to prepare for their presentation, NSS volunteers and PAHAL team members provided hand holding support to rural adolescents in framing the sentences and orating with flair of self-assurance. The team from Quantum University always strives to add value to village level intervention where ever possible. The final presentation give way to children to showcase their innate talent, every child gave in optimum performance; they spoke clear English sentences with precise pronunciation. Competition is a place where you have to outperform others to come up on top, here three children were selected for the first, second and third position as they fearlessly thrived to the top three positions. The coordinator of the program gave prizes to the winners and motivated others to perform better next time.





Children are taught English prayer as they embark in the journey of learning communicative English.



## DRAWING Classes for Rural Children in Badkala Village

On October 4, 2022, the PAHAL Social Welfare Club team organized an educational camp in Badkala Village to provide rural children with drawing classes. The aim of this camp was to nurture their artistic skills and creativity, fostering confidence among 25 village children.

In the context of the challenges faced by government schools in rural India, including the Badkala village, where outdated teaching methods, curriculum, and study materials persist, this drawing camp aimed to offer an alternative educational experience.

Many parents in these rural areas are hesitant to send their children to government schools, knowing that such schools often fail to equip students with the skills needed for future employment. Consequently, many students drop out before completing their high school education, opting for labor jobs or migrating to cities in search of employment opportunities, such as waiting tables, daily wage labor, or working as shop assistants.

To enhance the knowledge and creative abilities of village children, the PAHAL team organized a drawing intervention. Before visiting the village, PAHAL members conducted preparatory classes to select drawing topics tailored to the children's interests. Badkala village was chosen as the intervention location.

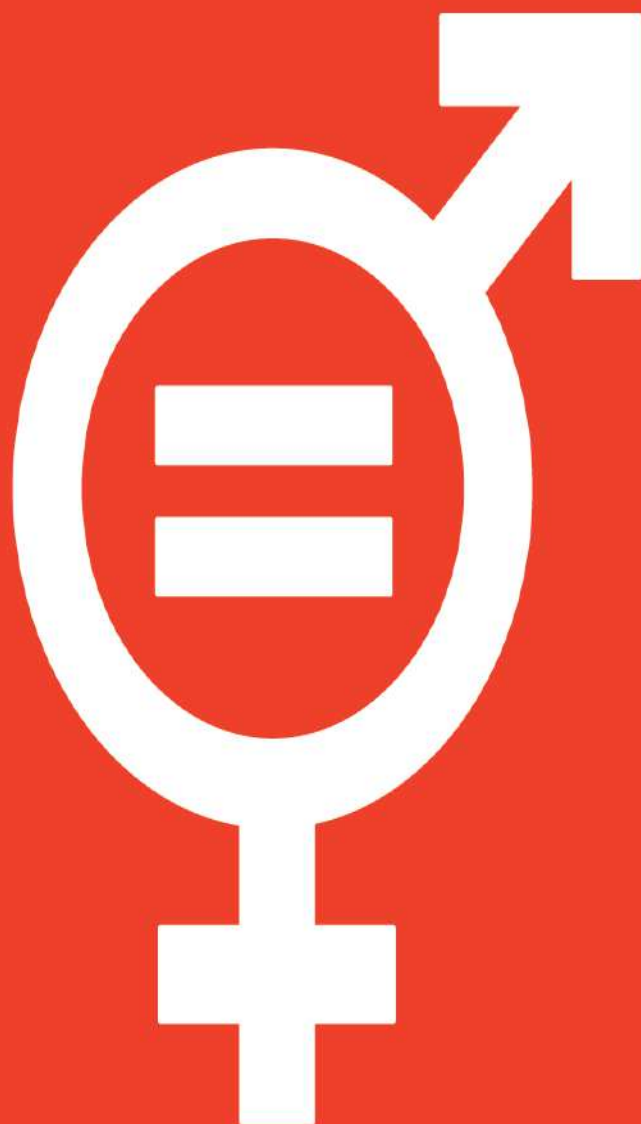
The educational drawing camp was a resounding success among the students. Topics were chosen based on their interests, and the lessons were delivered in a simple and engaging manner. The children thoroughly enjoyed the process of learning to draw and were sincerely appreciative of the volunteer team's efforts.



Expanding their horizons by giving them new lessons for growth and encouragement.

**5**

**GENDER  
EQUALITY**





## EDUCATING Girls on “Good & Bad Touch” (Jaysingha Village)

The rise in the cases of child molestation makes us feel disgusted and hateful at the same time, and we pray that such instances of abuse should come down, but to our despair, the accounts of cases are alarmingly increasing.

In many instances, the cases are unreported. In the majority of cases, victims or their families are too scared to report the abuse. Moreover, unreported cases encourage the offender to repeat the abuse with the victim or someone else.

With that been said, also the victims of the abuse are young children who cannot tell between a touch having intention of love and respect or it is to satisfy ones sexual desire?

To address the issue, we have to work in two directions. Police and administration should stringently take steps to ensure justice and enforce law and order secondarily as responsible citizens we have to sensitize the target group on how to recognize offenders by recognizing the good and the bad touch.

### **We believe it is the precise time to act, If not now, then when?**

We need to create an opportunity where we can train girl child on how to perceive the intention of a person by telling the inappropriate touch and taking prompt action right away to stop the abuse there and then.

Starting off from Jayasingha village on 27<sup>th</sup> January 2019, around 35 girl child with their parents congregated in village community hall for the “Good and Bad Touch” training workshop. Initially, the group was reserved and apprehensive but as the training programme progressed, parents and children soon realized the magnitude of the problem and they started to actively participate in the workshop and become receptive of the training programme.

**In a two hour long workshop under mentioned pointers were discussed with the target group to make sure we achieve the objective of the training program.**

1. Stressed on creating a bond of trust between the child and both the parents so that they can share everything that happens in their lives without any hindrance or fear.
2. Parents and children were taught about private body parts, and no one should be allowed to touch those parts.

3. Trained them on the concept of maintaining physical boundaries, keeping an appropriate distance while interacting with people and strangers in particular. Taking ownership of their body and allowing no one to try to touch them like patting on their back or so.
4. Sensitized them on safe touch, the way a healthy parent touches the body of the children. In any case, no parent touches the private parts or keeps hands on their body for a longer period of time like deliberately massaging if not in pain or disease in particular.
5. Made them understand the concept of sexually grooming of a child, a technique particularly used by molesters to make their victim comfortable to their touch over a period of time, which unconsciously prepares the child for the sexual activity, and later finding opportunity, manifesting their sexual intentions.
6. Suggested to ensure that the children wear full undergarments and make sure that they never try to change or remove their clothes whilst playing, someone asks them to remove their clothes or in any other situation where their parents are not present.
7. Emphasized on saying no to an inappropriate touch, screaming to grab attention of passersby, and similarly others, if the molester does not stop after saying no.
8. Suggested to run away from the place to a safer place or to some person that a child can trust and narrate the incident as is and get protection.
9. Parents were advised not to punish their child (in case of molestation) for someone else's fault, as young children they are innocent and they perceive the world as innocent as themselves.



**Role Play is an effective way of engaging students and help them think critically and learn with both verbal and visual inputs.**



## EDUCATING Rural Girl Child on Menstrual Hygiene

Menstrual Health and Hygiene has been a major concern especially for a girl child living in a rural setting where myths around the topic are still clouded and are from old age. As a social organization it becomes our duty to share the responsibility of bringing awareness and to form strategies to empower the rural girls managing their menstruation especially in an education setting where they feel most vulnerable and weak.

Responding to the needs of the adolescent girls, Team PAHAL organized a workshop to shed light on the subject matter, on 12<sup>th</sup> January 2020 a session was held in Jaysingha village for rural girl participants where 26 minor girls benefited from the lessons taught.

The objective of the workshop was to empower these young girls to increase their access for high quality sanitary pads, confidently access health care facility if required, safe disposal of sanitary pads, use of iron pills while menstruating and discussed about increase of UTIs during periods etc.

The session was conducted by a doctor from Urban Health Center Roorkee Dr. Usha Tiwari, deeply discussed the issues faced by these girls at home and also while at the school, At first, Dr. Usha inspired all the girls to speak and tell their side of the challenges faced by them during the menstruating cycle, she also discussed on how their mothers help handle the situation and role of fathers during the same period. To reach out to the core of the problem she even interviewed the girls if they face any stigma and discrimination in and outside the home.

Before we can start the discourse it was very important to understand the root cause of the problem so that right solution and information can be solicited during the meeting. The two way conversation brought forth issues that needs to be addressed, it was learned that the school girls faces many challenges to a hygienic, safe and dignified menstruation.

There was little to no information on the menstrual onset and its management, most of the girls were practicing use of reusable piece of cloth instead of quality sanitary pads, lack of information on puberty and health education, negligible support from family or teachers of the girls, discrimination and shame was a common norm, menstruating girls were considered as a taboo during the menses, the girls are forced to dropout from school as they were teased by the boys in the school, many a times they stay back home while on periods and even some girls loses health as no proper nutrition is ensured for these girls. Such issues promote gender equality and hinder girl child human rights.

All concerned issues raised was addresses by Dr. Usha Tiwari, during her discourse she emphasized that menstruating is a part of the natural cycle of experiencing woman hood and there is nothing unnatural about it. Adolescent girls were made aware of government scheme to provide sanitary pads on subsidiary

rates, National Health Mission through State Programme Implementation Plan (PIP) route, the scheme allows that Accredited Social Health Activist (ASHA) will provide a pack of sanitary napkin at the subsidized rate of Rs. 6 per pack.

She also shared about nutrition and iron supplementation to safeguard their health and combat general debility during menses. As for the stigma and discrimination, it was decided to conduct a separate sensitization workshop for male members of the society to change their perspective and give women the respect they deserve. The session was concluded with a vote of thanks to our facilitator Dr. Usha Tiwari and all the participants who made this workshop a success.



**An expert doctor addressing every concern on the menstrual hygiene of a girl child.**

## EDUCATING Rural Girl Child on Menstrual Hygiene

Quantum University never misses an opportunity to shower love and respect to all the girls and women in our society and for the same cause the university students from various departments organized a Poster making competition on two issues namely Swatchhta and National Girl child day.

On 29<sup>th</sup> January 2022 approximately 50 students joined hands and congregated in the varsity conference hall for a poster competition which was themed on Government of India Swatchhta mission and National Girl child day. Enthralled students exhibited both skills and feelings through their art work on the themes given to them. Through their artwork, children expressed views that supported the idea to bestow equal rights to the female gender in our society.

Seizing the opportunity, Vice chancellor sir Dr. Vivek Kumar addressed the gathering of the students and briefed them about current situation of cleanliness in India and the situation of girl child and female gender in particular. In his address, he urged the gathering of students to spread the message of love and equality for females in particular and every family should treat the females as a gift from God. He further emphasized, we firmly believe that our society is not complete or does not reach its complete development without been able to provide equal growth opportunities to both men and women. In flourishing societies empowered, happy and strong women are indications of remarkable growth and progress.

The posters made by the students had messages of clean India, importance of hygiene and gender equality for a girl child. Also, the messages said a lot about female foeticide and the illustrations urged the public to stop female foeticide. Our society should honor girls and embrace every girl child born into the families, they should not be considered as the unwanted burden on the parents.

Vice chancellor sir also selected the winner of the competition with two runners up; the prize for the winner was Rs. 1000 Amazon gift voucher and for two runners up, Rs 500 each Amazon gift voucher was distributed.





Powerful pictures on gender equality came out of artistic persuasions of the participants of the competitions.

## EDUCATING Girl Child on Sanitary Hygiene

Hygiene, as defined by the WHO refers to ***“the conditions and practices that help maintain health and prevent the spread of diseases.”***

The concept of hygiene is related to its various contexts like as stated under

1. **Food Hygiene**
2. **Personal Hygiene**
3. **Sanitary Hygiene**
4. **Mind or Mental Hygiene**

Human Beings are creatures of habit and once they form a habit, weather good or bad it is not easy to change it under any given circumstances. Same is the case for behaviors related to hygiene and its practices. Apparently all the above mentioned context of hygiene should be immediately catered to but our priority is sanitation and women’s health, our target group or beneficiaries in particular require attention essentially on Sanitary Hygiene for women, because village community lacks proper understanding on the issue and requires someone to guide them for staying clean and healthy.

The PAHAL Social Welfare Club of Quantum University holding on to the agenda and organized a workshop on 4<sup>th</sup> December 2022 Badkala Village related to menstrual health with 25 attendees in the workshop, hygiene and disposal of sanitary products. The major focus of the workshop was educating young girls and their mothers on Menstruation hygiene management, where below mentioned topics were dealt with knowledge and awareness.

1. **Taking care of their health and dignity**
2. **Use of high quality sanitary pads**
3. **Accessing health care system in any menstruation health issues**
4. **Safe disposable method of Sanitary pads**
5. **Weekly supplementation of iron pills**
6. **Safe use of toilets during periods**
7. **Increased chances of Reproductive tract infection during the cycle**
8. **Attending school life during menstruation period**

In the discourse the host said, sanitation and health for girl child are very important factors during the growing years, and it is often seen that these important topics are time and again neglected due to feelings of embarrassment. Girls have every right to access health, maintain self respect and raise their concerns if need be in the areas of their menstrual health and practices in general. Speaking of periods and menstruation, it is forbidden to speak, let alone asking questions around it. Neglected sanitation hygiene in rural India is a common deal and is a major reason for girl's dropout of school as they are being teased during the periods. Confusion runs them all, they miss school during periods, and stay back home due to fear, shame and guilt, mother of a girl child are of no help because they are also raised in the same conservative environment, ignorant themselves, how they can help their daughters?

The hardest part on the journey of educating young girls and their families about the sanitation and hygiene is changing the old narrative around it especially among male members of the society. The plight of the village young girls is fairly bad and practices during period are still from ice age. They still use a washable piece of cloth while menstruating and reuse it, many a times they cannot afford quality sanitary pads and other time there is no guidance from their mothers on making right choices.

Young girls were also sensitized about feeling normal during the menstrual period and taking it as a part of a women's natural biological life. It was stressed that they need to change narrative around it, to reduce shame and increase tolerance for a female biological process, accepting them as natural and normal. The other factors that hinder the safe and hygienic practices are the social, cultural and religious perspective attached to it. It is the duty of the parent to mentally prepare the girl child and educate her before she enters puberty and start to menstruate but nothing of this sort happens in rural India. There is still a lot of work to be done overcome challenges of Menstruation management.





**Collectivizing crowd for menstruation management workshop for girl child and their mother.**

6

# CLEAN WATER AND SANITATION



## EDUCATING Villagers on Rain Water Harvesting

PAHAL Social Welfare Club on 15<sup>th</sup> September 2019 conducted the most needed workshop on Rain Water Harvesting in the village Jaysingha in which approximately 50 villagers participated to learn about as to why we should save rain water for later use and what techniques can be implemented to effectively collect and store the rain water. Perhaps answers to such questions were provided to the present rural community in the interactive session. The campaign was not just limited to in-house session but a small possession was also carried out with slogans raised to save the mother earth from deforestation and hence reverse climate change.

### Why save water?

The useable water or the clean and fresh water is only available in limited quantity on earth and by and large the available mass of water (97.5%) that we learn in text books is mostly salt water. Apparently, if we think of purifying such large quantity of water, it will be an insurmountable task and even if we are able to achieve it, then transporting it from one place to another would be another great challenge altogether. It's best to conserve what's available and protect the water resources for the generations to come.

Human needs water 24/7 and survival without water is nearly impossible, water is also a universal solvent therefore its requirement in the biological process is necessary. We need water for cooking and drinking, and both the activities are vital for existence. However, PAHAL club have raised the issue of saving the water at the first place by avoiding its misuse or wastage during daily chores in many occasions. If today's situation doesn't scare you then what will? Scarcity of water will make humans fight for whatever left resources of water, so it's better to act now.

### Rationale for rain water harvesting?

Rainwater Harvesting could be an alternative for fresh water, to use the rain water for various purposes by storing water during rainy season. Simply put, rain water is collected from the roof of our homes in a container for later usage in things like gardening, washing clothes, cleaning homes and toilets etc. The rain water can also be collected filtered and charged for better purposes too. PAHAL team shared tips on collecting the rain water for harvesting by installation of rain barrel which is a very cheap option; one can also channel rain water directly into the bore wells.

Jaysingha villagers seem excited with the proposition of practicing rain water harvesting in their own homes. Few of the villagers also shared that they have been using rain water but they never knew about its storage and using it in a later period of time. They learned a lot in this training session and promised to invest on equipments for rain water harvesting, there is a lot of identified use of rain water in the village as almost every household has kitchen garden in their backyard.





Joined by the young little force from the village, they raised slogan to save water and preserve the mother earth.

## **AWARENESS Rally on World's Water Day (Evaluating Water Quality)**

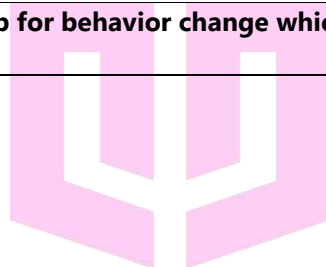
Celebrating the opportunity on World's Water Day on 22<sup>nd</sup> March 2021, Quantum University with its socio development chapter PAHAL Social Welfare Club arranged a rally in collaboration of local leaders from Badkala & Jaysingha village, life was infused in the rally by the children of both the villages, holding placards they raised slogans that shook the souls of the community to save and conserve water. In matters of social awareness Quantum students has never missed a chance, around 40 students from the university took part in the rally. The main objective of the rally was to educate and advocate with village community members to save water, conserve water through rain water harvesting and to regularly check the quality of water by calling government appointed technical staff.

Accelerating change in society is must to achieve long term goals of water management as the lack of water has serious adverse effects on every other socio and economic factors of life, creating a completely dysfunction in society, affecting hunger, education, job security and gender issues. Even so there is a chance of collapse of society without fresh drinking water, imagine the burden on public health. Timely action is our only choice and the problem once manifested will take years to reverse. United Nations has a clear vision through its Sustainable Development Goal Six to ensure clean water and sanitation as part of healthy global society. The ongoing circumstances has presented itself as an opportunity to assess the situation combine stakeholders coming from both private and government segments to hasten the progress on SDG 6.

The procession went through every street and ally of the villagers, embracing each opportunity, students performed counseling on conservation of rain water, recharging ground water and keeping the taps closed when not in use. For larger groups, Chaupal meeting strategy was implemented and a group of men and women was disposed to colossal knowledge on saving water and improving hygiene around sanitation. Using their skill and knowledge they tried to bring across information in the easiest way possible. High in enthusiasm they left no stone unturned demonstrating their love and care for their society at the same time bridging gap between youth, society and awareness. Their efforts did not go unnoticed; crowd also appreciated the efforts of students presenting them with praise and applause. A successful event, they conveyed the message of save water awareness by becoming a vessel to bring 'Jagrukta' in the society.

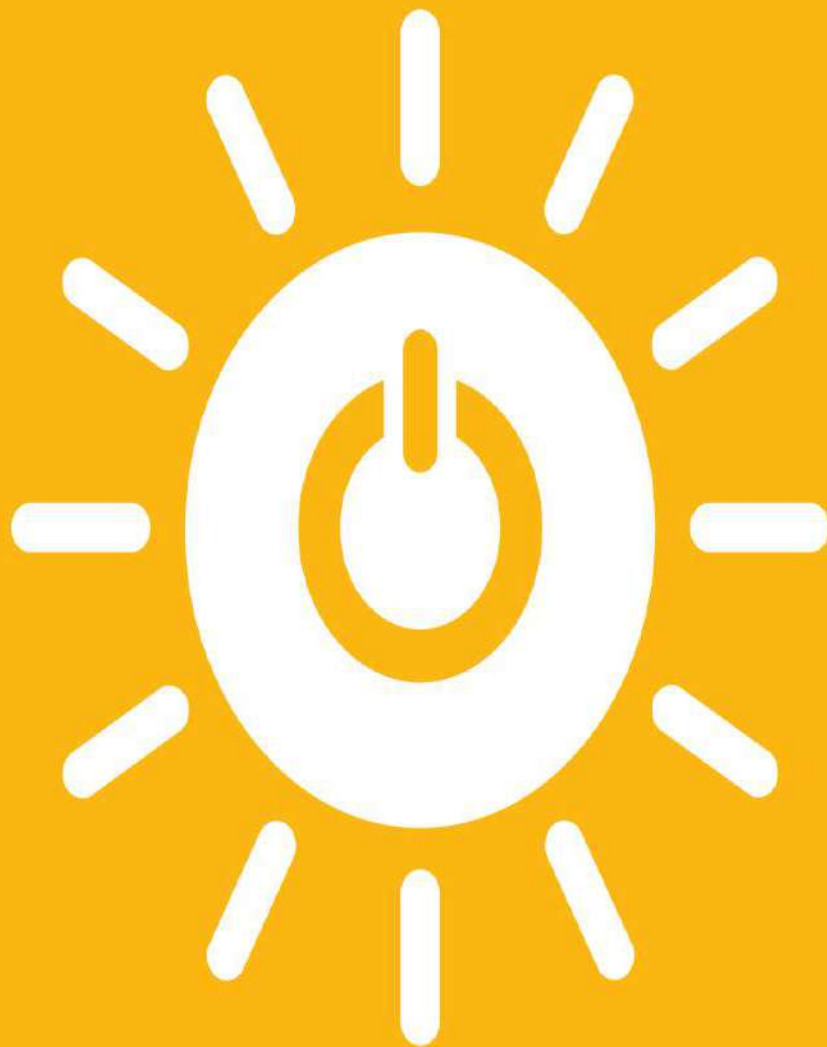


**Awareness generation is the key step for behavior change which is followed by the desired outcome.**





# 7 AFFORDABLE AND CLEAN ENERGY



### **INSTALLATION of Solar Lights in Villages by Pahal Social Club at Badkala Village**

On 21st November 2018, the PAHAL Social Welfare Club of Quantum University undertook an impactful initiative by installing solar lights in Badkala Village. The project aimed to address the lighting needs of the village and improve the overall living conditions for the rural community. The objective of the intervention was to provide sustainable lighting solutions and enhance the quality of life in Badkala Village through the installation of solar street lights.

The dedicated members of PAHAL successfully installed 30 household lighting system powered by solar energy throughout Badkala Village. The solar lights were carefully placed to ensure adequate illumination of households, enhancing safety and security for the villagers during nighttime. The installation of solar lights provided a sustainable and environmentally friendly alternative to conventional lighting sources. By harnessing solar energy, the project aimed to reduce dependence on non-renewable energy sources, lower electricity costs, and contribute to a greener future for the community.

The rural children and villagers expressed deep gratitude towards the members of PAHAL social club of Quantum University for their efforts in bringing this solar project to their village. The solar lights significantly improved visibility in the village, allowing for safer movement during evenings and providing a sense of security for the residents. The establishment of solar lights in Badkala Village by the social club of Quantum University on 21st November 2018 has had a significant positive impact on the rural community. The project not only provided sustainable lighting solutions but also improved the overall quality of life for the villagers.

The initiative serves as a testament to the commitment of PAHAL social welfare club members of Quantum University to make a meaningful difference in the lives of those in need. The successful installation of solar lights highlights the importance of renewable energy solutions in rural areas and sets an example for other communities to follow.





**The PAHAL club is not just lightening their world but giving them an opportunity to use it and study to male their future bright.**



# 8 DECENT WORK AND ECONOMIC GROWTH



## GROUP DISCUSSION on “Should India Become Cashless Economy”

On 26<sup>th</sup> November 2019 School of Business, Quantum University organized a Group Discussion on India should be cashless economy or not. Since the inception of the new government and its thought to promote Indian economy to be more or more relying on the cashless transaction has evoked debate among Indians, some are in favor of promoting the cashless economy and many oppose the idea of cashless transaction with their logical reasons. To find out the thoughts on the foresaid topic of young Quantum mates the School of Business has organized a group discussion where more than 120 business school students participated and put forth their thoughts, whether the Indian government is been reasonable and rational in making India a cashless economy.

India been the second most populated country in the world and one of the biggest economies in the world, the transaction of at the grass root level is mostly cash based, which means a majority of transaction has the ability to go un scrutinized by the tax authorities. The idea to reduce the tax evasion and concurrently reduce the use of hard cash a new term was coined as Cashless Economy. Perhaps the elephant in the room is the question that cashless economy can really solve the problem and help boost safe economy. Cashless economy involves transaction of money for purchases of commodities or services through online transaction using the NEFT, Wire transfer, and use of credit and debit cards or through third party applications like UPIs.

To make the group discussion interesting the students were divided into two groups the first groups were asked to give their rational in favor of cashless economy and the other group was asked to speak against cashless economy expressing their judgment. The first group eloquently expressed their views on the favor of cashless economy where they rationalized the cashless economy by putting forth points like as given below.

### Rationale In favor of Cashless Economy

1. **Cost Effective:** The government save money on printing less currency and hence can utilize saved money on development of nation.
2. **Reduce Tax Evasion:** Using cashless transaction can help Tax authorities to track the transaction from the source and receiver which reduces the chances of tax evasion.
3. **Decreased risk of stolen money:** When people have lots of cash there is chance of it to get stolen, lost or robbed the cashless transaction can decrease the chance and citizens can reduce the amount of cash they keep with themselves.
4. **Scrutiny on Black Money:** Cashless transaction can help curb the problem of black money, hoarding of cash at home and using it for black trades like drug peddling, gambling, terrorism etcetera can be minimized through cashless transaction, by promoting via banks and UPIs.

**The second group judged the cashless economy as a negative factor by expressing their rational as follows.**

### Rationale against Cashless Economy

1. **Frauds:** Using cards and online transaction create risk for fraudulent attacks, these attackers who can steal your money is a big risk.
2. **Internet Unavailability:** Cashless transaction requires internet services, not all places in India especially our villagers does not have fast and safe internet services which can hinder the cashless drive.
3. **High Transaction Fees:** Bank charges a small amount for online transaction, for some they might ignore but poor people are unable to bear the charges, so long term use of cashless transaction in not a feasible option for poor people.
4. **Illiterate population:** India is the second biggest population in the world, and there are a huge number of populations that is illiterate, for them it is very difficult to handle online transaction or to gain knowledge about payment gateways, hence a complete big chunk of Indian population cashless transaction is irrelevant.

The group discussion apportioned a nurturing platform; students came well researched and geared up for the day. Group discussion is a best way to increase the cognitive thinking among youngsters and foster memory retention. Fired up students gave their best and left no stone un- turned in expressing their view. The Day was ended with great satisfaction and heaps of learning.







**Group Discussion, a battle of opinions where logic is used as ammunition and the stage as battle field.**

## QUANTUM UNIVERSITY Contribution in Startup Acceleration

Quantum University is a visionary institution at the forefront of revolutionizing education and empowering the next generation of entrepreneurs and innovators. With a strong commitment to fostering startups and driving economic growth, Quantum University has become a pioneering hub for those seeking to unlock the potential of quantum technologies.

In today's rapidly changing world, quantum technologies have emerged as a transformative force, capable of disrupting industries and unlocking new frontiers of scientific understanding. Recognizing this immense potential, Quantum University has taken a bold step forward by integrating quantum principles into its core curriculum and research initiatives. By doing so, we are equipping our students with the skills and knowledge needed to harness the power of quantum mechanics and apply it to real-world problems.

At Quantum University, we believe that startups play a vital role in driving economic growth and societal progress. We understand that entrepreneurship is not just about starting a business, but about creating innovative solutions that address pressing challenges and create new opportunities. With this in mind, we have established a robust ecosystem that supports the development and growth of startups.

Our university provides a unique blend of academic rigor, hands-on training, and mentorship programs that empower students to translate their ideas into viable businesses. Through our dedicated entrepreneurship center, students have access to a vast network of experienced mentors, investors, and industry experts who provide guidance and support at every stage of their entrepreneurial journey.

Moreover, Quantum University actively fosters collaboration and partnerships between academia, industry, and government entities. By connecting students and researchers with industry leaders and policymakers, we facilitate knowledge exchange and create an environment conducive to innovation and commercialization. This collaborative approach ensures that our startups receive the necessary resources, expertise, and exposure to thrive in the competitive business landscape.

Beyond startups, Quantum University plays a pivotal role in driving economic growth on a larger scale. Through groundbreaking research and development initiatives, we are pushing the boundaries of quantum technologies, enabling advancements in fields such as computing, communication, and sensing. These breakthroughs have the potential to reshape entire industries, attract investments, and create job opportunities that contribute to the overall economic prosperity of our region and beyond.

In conclusion, Quantum University stands at the forefront of innovation, entrepreneurship, and economic growth. By integrating quantum principles into our educational framework, fostering startups, and facilitating collaboration, we are nurturing a new generation of visionary leaders who will shape the future and drive positive change. Together, we are building a vibrant ecosystem that harnesses the immense potential of quantum technologies and creates a brighter, more prosperous future for all.

***Below are the brief details of incubates already supported and nurtured by the Quantum University and providing decent economic growth in the state.***

<b>S No.</b>	<b>Name of Startup</b>	<b>Brief Description</b>
1	<b>Zeromonk Private Limited</b>	Zeromonk Pvt Ltd caters to client software solutions & provides marketing aid with the main goal to create an educational community for the betterment of students' life and provide them good quality courses, internships, mentorships & jobs.
2	<b>DreamQuark</b>	Dream Quark which works in empowering the students in robotics by providing hands-on training and experience on various robots. They provide courses in robotics like Mechanical, Civil, Electronics, and Computer Science for solving the entire task be it designing the robots programming part and circuits.
3	<b>Macle Soft</b>	Macle Soft is a start-up that provide professional services in the field of Website, Mobile Applications, IoT, Native Software, and other IT Solutions. Macle Soft is a team of creative professionals who will bring your small business to the next level.
4	<b>Mini Meal'z</b>	Mini Meal'z targets the students of colleges/universities situated on the outskirts of cities. They aim to provide pocket-friendly meals to the students who can enjoy the best food while residing in their respective outskirts.
5	<b>Daze infinity</b>	Dazeinfinity harnesses the power of cognitive computing, hyper-automation, robotics, cloud, analytics, and emerging technologies to help clients successfully adapt to the digital world. Its mission is to build a platform to connect clients with IT companies.
	<b>Anonic Technologies</b>	Anonic Technologies services are designed to simplify the IT environment for the customers globally via different services like Website Designing & Development, Graphic & Animation Designing & Mobile Application Development & Web Application Security.
	<b>Kumas Fabric</b>	Founder of Kumas Fabric, Nikunj Garg has started his startup dealing in stain-free and durable fabric with 20 years of shelf life.





Genesis is the Quantum University brain child to foster ecosystem in the campus for startup generation

# 9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



### INNOVATION Competition (Junkyard Impulse)

On 8<sup>th</sup> September 2018 Junkyard Impulse, The club of Mechanical and Mechatronics Engineering conducted the competitive event Junkyard Impulse with 8 teams consisting of 4 members each. Now a days, waste is the major problem in India so it is very important to aware our students to utilize the junk waste material in an effective and efficient manner. The students are asked to utilize the waste and make productive products. The students used waste plastic bottles of cold drinks and water, Bangles; charcoal etc. to make productive items. Few teams made very productive products and models. The students from B.Sc. first year made water purifier and the students from Mechanical 2nd year made a working bike.

The objective of the program was to promote creative thinking and utilize the waste material that are hard to decompose and will take up space for many years to come. The students were asked to finish a final product that should be created using the junk provided to them and the product should also prove its utility. The product should be useful and at the same time is able to express your inspiration, understanding, ideas and creativity. The team should also be able to explain its usefulness and productivity.

The Junkyard program helped the students to gain insights of learning implementations, team work, time management and how to organize work from beginning to end till showcase. The final models are judged by the faculty members and the runner up and winner were declared. The student from B.Sc 1<sup>st</sup> year Saurabh Kumar and Malay Mishra were declared as winner and were facilitated accordingly.







**Glance at pictures from the 3<sup>rd</sup> workshop endorsed by the Entrepreneurship Development Institute of India, Ahmedabad**



## **NATIONAL CONFERENCE on Trends & Innovations in Mechanical Engineering (TIME)**

Two days National Conference on Trends and Innovations in Mechanical Engineering (TIME-2018) had been successfully organized at the School of Technology, Quantum University on October 5<sup>th</sup> & 6<sup>th</sup> 2018. Prof. (Dr.) Dinesh Khanduja, Dept. of Mech. Engineering, National Institute of Technology, Kurukshetra, Mr. Ajay Goyal, Chancellor-Quantum University, Prof. (Dr.) Vivek Kumar, Vice Chancellor-Quantum University, Prof. (Dr.) Gulshan Chauhan, Director-School of Technology, Quantum University, Prof. (Dr.) Rohit Kushwaha-Director-School of Business, Quantum University, Faculty, and Students were present on the inaugural session. The conference was started with the traditional lamp lighting ceremony followed by the Saraswati Vandana.

Then, the Proceedings of the National Conference were launched. Prof. (Dr.) Gulshan Chauhan, in his address, mentioned that this is the 6th National conference organized by the School of the Technology and 2<sup>nd</sup> under the badge of Dept. of Mechanical & Mechatronic Engineering. He also mentioned the various steps which were taken by the Quantum University in the field of innovations for the overall development of its budding engineers.

He expressed his gratitude towards the entire researcher who is presenting their research work in this National Conference. Prof. (Dr.) Dinesh Khanduja, the keynote speaker of the session, addressed the students on the topic "Are We Innovative and Enterprising", he is currently working as a Professor in the Department of Mechanical Engineering, In the National Institute of Technology, Kurukshetra. He motivated students to become an entrepreneur by illustrating examples of successful startups like eBay, Fab India etc. He also told students about the essential attributes of an entrepreneur. After the inaugural session, the technical session was started in the second half of the day.

The first day was a technical session was chaired by Dr. Indradeep Singh, Associate Professor, Dept. of Mechanical Engineering Indian Institute of Technology, Roorkee. He discussed the trends and challenges in the field of Green Composites. He mentioned that the technology is evolving at a rapid pace and in order to sustain India need to match the speed at the global level. Various researchers from different parts of India like Rajasthan, Gujarat, Haryana, Chandigarh, Himachal Pradesh, Punjab etc. presented their research work related to the trends and Innovation in the Mechanical Engineering. On the second day, the first technical session was preceded by session chairman Dr A.K. Sharma on the topic of Protecting Innovation: Realigning our thoughts on IPR during his presentation, he focused on the Intellectual Property Rights at the National & International level.

He discussed the National IPR policy and its various objectives. He explained the various domains under IPR like copyright, patents, trademarks, industrial designs and geographical indications. After Dr A.K. Sharma session, various eminent research scholars presented their research work. Some of the topics are, Hand anthropometric overview of industrial worker of the northern part of India by Raghuraj Panwar, NIT Kurukshetra, Study on water production from atmospheric air using various desiccant materials through different concentrators by Shobhit Srivastava, NIT Kurukshetra and Fulfill Student Energy Need in Matraiye Hostel of K.N.I.T Sultanpur by Vipin Singh, Quantum University.

The second technical session was preceded by session chairman Dr Satyendra Singh and discussed the topic Enhancement of heat transfer characteristics in a tubular heat exchanger using different inserts. He

discussed the research methodology and the prospect of development in this sector. Papers were presented on topics like Damped Vibrations of an Isotropic Circular Plate of Parabolically Varying Thickness Resting on Elastic Foundation by Dr Renu Chaudhry; Quantum University, Effect of Ethanol on the Two Stroke Petrol Engine by Ravi Goel, Quantum University and Study of throwing power and hardness of Electrodeposited Zinc-Nickel-Alumina Nano coating on Mild Steel -AISI 1144 by M. Kannan, Quantum University.

In the valedictory function, organizing Secretary Mr M. Kannan expressed his vote of thanks towards all the authors who presented their research work, management, faculty and students for their kind support. He said the main objective of this conference is too aware and impart knowledge about the trends and innovation in mechanical engineering field which can contribute towards the overall development of the society. He also mentioned that Quantum University always looks forward to such events which are an essential requirement for the development of the research activities in India.





**Glance at pictures from National Conference on Trends & Innovations in Mechanical Engineering (TIME 2018)**



## PLANNING Meet for Sustainable and Smart City

A one day SMART CITY planning event was organized on 16<sup>th</sup> February 2019 for more than 60 Quantum University students from civil engineering department to foster their growth to plan, create and solve problems and become leaders in the civil engineering industry. The event was totally hypothetical and the participants were asked to create a civil engineering plan that is able to deliver a city that provides a high quality of life to its citizens while also able to foster economic growth. At a nascent stage it is crucial to let students become aware of challenges that they will face in the onset of their journey, it is wise to get them a prior exposure to catalyze their growth as capable engineers with demonstrated abilities.

Presentation for the SMART CITY was headed by a group of men from the civil engineering department namely Mr. Karan Babbar, Mr. Himanshu Kandpal, Mr. Vinod Balmiki & Mr. Paras Negi their presentation included a lot of innovation and ambitious construction projects. The plan was focused on developing infrastructure that improves the quality of life of its residents, providing them with smart and durable roads; solve drainage problems, decrease pollution, availability of accommodation and creating environmental sustainable cities.

### Highlights of the presentation and topics covered in the SMART CITY plan.

- Design concepts involved in different types of models, area used
  - Structural responses due to different loads
  - Analysis & Design of residential and industrial buildings
  - Study of different smart city projects
  - Design and Fabricate construction techniques
  - Exposure to new technologies involved for construction of residential, industrial, roadways, entertainment hub etc.
  - Understanding the concepts of different new innovative ideas for smart city with case studies

The learning of the SMART CITY event was undeniably precise and gave an overview of a city that delivers strong governance on physical, social, economic and infrastructure that is also sustainable for the years to come. The presenters were applauded by the audience and the faculty members for coming up with such an intricate plan that also included the diversity of civil engineering topics considered while making the presentation.



Faculty and students from Quantum school of civil engineering grasping key knowledge from the presentation.

## WORKSHOP on Innovative Robotics Technology & Its Application

Innovative Robotics industry is one of the key industries that have seen a higher growth rate than any other sphere, use of robots has transformed the way a business enterprise operate and the interaction of business with its customer. Countries like America and Japan are implementing robots for jobs like house hold cleaning to assisting in human surgeries and packaging industry. Apparently robots have increased the productivity while decreased dependency on humans.

The industry has also opened avenues and their hiring rate has gone up many times, if school goers are interested in the robotics field than they have to start developing skill set starting from now. To introduce children to the Robotics industry and its career avenue a one day seminar was conducted on 22<sup>nd</sup> December 2020 in Jain College, Saharunpur. Quantum University hired Mr. Mahesh Mishra to coach the students on the topic, to our surprise a huge number of students turned up and more than 80 students gained clarity on Robotics industry. The collaborating partner for the workshop is Bahadrabad Industry Association, Roorkee who believes that development of our country's youth is our highest calling.

The main objective of the workshop was (i) To expose students to current developments in the field of robotics, (ii) Introduce students with fundamentals of Robotics and its applicability in the business world, (iii) Help students understand the design and development challenges in the field of robotics (iv) Stir curiosity among students to contemplate future in the Robotics industry.

The guest Lecturer Mr. Mahesh Mishra in his opening session explained briefly about Robotics and described as that branch of engineering that deals with the conception, design, manufacture and operation of robots. The main objective to work in the field of robotics is to develop smart machines that are capable of performing tasks similar to human by just providing them with logical instructions. He further explained that the robot may resemble a human, animal or objects that are capable of performing tasks using their own intelligence or it may be designed as intelligent application to carry the robotic process automation (RPA).

### Below are the major highlights of the discussion of the workshop

- Introduction to Robotics and its applicability in the real world
- Introduction to the Embedded Systems



- Installation of Arduino IDE and required drivers
- Applications of IR Sensors (Examples of lift mechanism, Smart Tap etc)

In the final analysis, the workshop was concluded with feedback from the students and they ensured that they are motivated to explore new dimension in the area of Robotics and are certainly to take up projects, research work and promise to develop robots for industrial use and competitions.



**Learning is a lifelong process where teachers and students coached on Innovative world of robotics**

## **GUEST LECTURE on “Process of Innovation Development & Technology Readiness Level (TRL) & Commercialization of Lab Technologies & Tech Transfer**

School of Technology Quantum University, Roorkee conducted an exciting Expert Lecture on “Process of Innovation Development & Technology Readiness Level (TRL) and Commercialization of Lab Technologies & Tech Transfer” on 28th February 2023. The main objectives of the program are – the inculcating spirit of ideas generation in minds of students, innovate the design and implementation of prototype systems, develop oneself as an entrepreneur using an effective strategic approach, and use data analysis for better insights into the business.

The guest speaker is Mr. Munishwar Gulati, Founder, and Director of IT Firms and Startups, Alumni IIT Roorkee who have a lot of valuable insights to share with the students. During the lecture, esteemed experts in the field of innovation and technology transfer will guide participants through the process of innovation development. He discussed the systematic approach required to transform a laboratory concept into a market-ready product or service. This involves identifying promising ideas, conducting rigorous research and development, and iteratively refining the technology to enhance its readiness for commercialization.

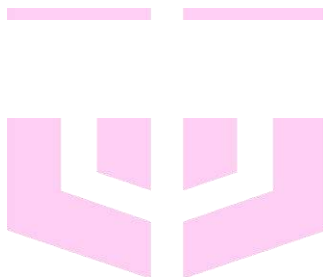
The lecture will also delve into the concept of Technology Readiness Levels (TRLs), a widely adopted framework that assesses the maturity of a technology. Attendees will gain a deep understanding of the different TRL stages and the associated criteria used to evaluate the technological readiness for market deployment. This knowledge will prove invaluable in gauging the progress and potential of various innovations, as well as identifying the necessary steps to advance them to higher TRL levels.

Furthermore, the lecture will address the critical aspect of tech transfer and commercialization. Participants will learn about the strategies, processes, and resources required bridging the gap between academia and industry. The guest speakers will share insights on effective technology transfer models, intellectual property considerations, licensing agreements, and the role of incubators, accelerators, and funding opportunities in supporting the commercialization journey.

This guest lecture promises to be an eye-opening experience for aspiring entrepreneurs, researchers, and innovators. It will equip participants with the knowledge and tools necessary to navigate the intricate path of innovation development, TRL assessment, and successful commercialization. By harnessing the expertise of industry leaders and technology transfer professionals, attendees will be inspired to take their lab technologies from concept to market, contributing to economic growth and societal advancement.

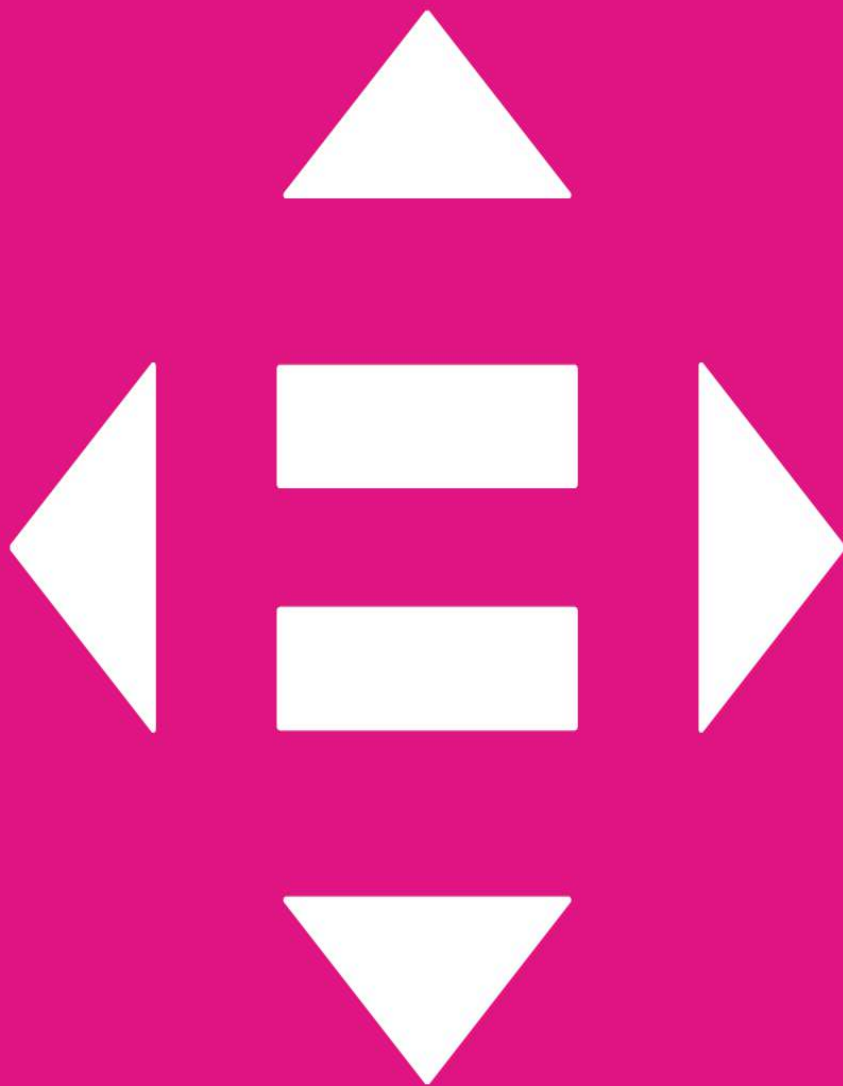


Flyer image of the Event





# 10 REDUCED INEQUALITIES



## QUANTUM UNIVERSITY Hosted International Women's Day Celebration

Women's day is a time of a year when both genders come together over one platform, On 8<sup>th</sup> March 2021 Quantum University hosted International Women's Day which is celebrated as a global clambake, rhapsodically dedicated to eulogize the spirit of womanhood, recognizing her ultimate contribution to the society sometimes as a care giver and other time as a professional, in both fronts she rose like a north star, symbolizing shine, constancy and strength.

As history mummurs the story rooted in 1900s, inequality for women was at its peak that instigated the fire to fight the injustice; women vocalized their demand to recognize them as equal to men, pressed their need for equal rights. United Nation interfered, and it is then in 1945 UN declared the principle of equality between women and men. Few years later, on 8<sup>th</sup> March 1975 United Nation celebrated its first International Women's Year.

Our varsity's Literary Society co-hosted the event which was joined by the dignitaries like chief guest and speaker Ms. Namami Bansal, SDM of Roorkee accompanied by her parents and family members and other 100 distinguished guest and children. As our honored guest and mark of respect, first opportunity to speak from the podium was given to her.

Thundering the auditorium with her strong voice, she wished everyone on the International Women's Day and pointed to the significance of the day and why it is eminent. The audience also had a chance to glimpse into the excerpts from her personal memories of struggle and pain and how she cracked the most difficult UPSC exam in India to become a proud IAS officer. Indeed her personal story touched every soul present in the auditorium

To stimulate the day and entertain the audience Quantum Students related to various clubs of the varsity came up with beautiful and dazzling performances like poetries, dance masque and singing performances.

An outstanding day where we learned and entertained at the same time, the festivity came to closure with last key note by our Chancellor Dr. Vivek Kumar, he gave vote of thanks to all the present members in the quorum and the performing artists, his last words were "Love and Respect" for women is the foundation for equality and justice for both genders.



**An inequality of gender is a human mind made concept and it can be erased through process of building new concepts.**

# 11 SUSTAINABLE CITIES AND COMMUNITIES





## A WORKSHOP on Sustainable and Secure Cyber World (Quantum Campus)

The TechPro club from Quantum University has successfully organized a Cyber Security session on 25<sup>th</sup> August, 2018 in which the mentor of the club Azhar Ali and Aryan Singh briefly described about Cyber Security in which more than 56 students participated and learned about latest information on Cyber Security, its career scope & its importance, etc. The collaborating partner for the workshop was Bahadradabad Industries Association, Roorkee who believes that development of our country's youth is our highest calling. The main aim for this session was to aware the students about the Cyber Attacks and its causes. In this session, it was focused on the Cyber Attacks and its Prevention. The types of Cyber Attacks like Denial-of -Services (DoS), Distributed-Denial-of -Services (DDoS), Man-in-the-middle (MitM), Phishing, SQL injection has been discussed. It has also been explained that the above attacks can be done with the help of Social Engineering and also through Malicious Link, etc.

In the modern world everyone is immersed in the world of internet and is interacting with applications, websites and software in some sort or the other and hence they also become prone to come across cyber malice like cyber fraud, cyber bullying or cyber crimes. Things become grave where huge amount of money or even life is at stake of an internet user, looking at the concerns it becomes imperative to teach young children on how to prevent cyber attacks and what all actions they can take if they come face to face with a cyber crime.

Aryan Singh is one of the mentors that have vast experience in handling cases of cyber security and its related issues, over the years he has also honed great programming skills and have developed software that prevents malicious attacks over the cyber world. He opened the workshop by shedding light on how black hat hackers gain access to critical information by finding loophole in the security programs of a system. A live demonstration was given by Sir Aryan Singh who demonstrated how black hat hackers slip into your systems like smart phones, admin panel bypass, and website hack and social accounts hacking. He also brought forth issues of unemployment among computer engineers, it is difficult to find jobs and for that reason ethical hacking and cyber security is presenting opportunities for individuals who are skilled to stop and ensure safe and secure cyber systems.

The workshop was concluded by handing out Ethical Hacking Toolkit and HackIN handouts, it included all the Tools and Techniques covered in the workshop. The resource person also gave their contact details to the participating students and ensured them to provide help all through their graduation process and also promised to help with placements and industrial projects.



**One can only imagine sustainable cities when they are secure; cyber security is one of the major concerns in developing safe environment.**

## SMART CITY Presentation from CIVIL Engineering Students Quantum School

A one day SMART CITY planning event was organized on 26<sup>th</sup> April 2019 for more than 100 Quantum University students from civil engineering department to foster their growth to plan, create and solve problems and become leaders in the civil engineering industry. The event was totally hypothetical and the participants were asked to create a civil engineering plan that is able to deliver a city that provides a high quality of life to its citizens while also able to foster economic growth. At a nascent stage it is crucial to let students become aware of challenges that they will face in the onset of their journey, it is wise to get them a prior exposure to catalyze their growth as capable engineers with demonstrated abilities.

Presentation for the SMART CITY was headed by a group of men from the civil engineering department namely Mr. Karan Babbar, Mr. Himanshu Kandpal, Mr. Vinod Balmiki & Mr. Paras Negi their presentation included a lot of innovation and ambitious construction projects. The plan was focused on developing infrastructure that improves the quality of life of its residents, providing them with smart and durable roads; solve drainage problems, decrease pollution, availability of accommodation and creating environmental sustainable cities.

### Highlights of the presentation and topics covered in the SMART CITY plan.

- Design concepts involved in different types of models, area used  
Structural responses due to different loads  
Analysis & Design of residential and industrial buildings  
Study of different smart city projects  
Design and Fabricate construction techniques  
Exposure to new technologies involved for construction of residential, industrial, roadways, entertainment hub etc.  
Understanding the concepts of different new innovative ideas for smart city with case studies

The learning of the SMART CITY event was undeniably precise and gave an overview of a city that delivers strong governance on physical, social, economic and infrastructure that is also sustainable for the years to come. The presenters were applauded by the audience and the faculty members for coming up with such an intricate plan that also included the diversity of civil engineering topics considered while making the presentation.





**Pictures from the SMART CITY event, presenting team was awarded with certificates and mementoes.**



### **SURVEY CAMP organized by (Civil Engineering Department)**

The Department of Civil Engineering organized a survey camp for diploma 6<sup>th</sup> Semester students; the survey camp is the essential part of their course and is also made mandatory part of their curriculum as prescribed by the UBTER. The total duration of the camp was for 6 days which lasted from 7<sup>th</sup> January 2019 to 12<sup>th</sup> January 2019. Survey camp work included Map Design, Field Work, Office work, Preparation of drawings, Exposure to the sites and Extra-curricular activities. Survey camp included participation from more than 40 students from the school of Civil Engineering and staying arrangements was done at Youth Hostel, Mussoorie. The site selection for the survey was Jharipani, Mussoorie and an approximate 100000 m<sup>2</sup> area was surveyed.

As part of their curriculum and to make the students learn through practical work this survey camp was organized and executed as planned. A team leader was appointed for the trip to guide students on the premises of field survey and help them learn about scientific equipments which are used in the process. Er. Mitendra Arya was appointed as the team leader and on the morning of the first day of the camp he briefed students on following topics like reading contour maps, methodologies used, observations and making calculations. The team leader also exposed students to the scientific instruments that are used in the survey process, students discovered instruments like Alidade, Alidade Table, Cosmolabe, Dioptra, Dumpy Level, Engineer's Chain, Geodimeter, Graphometer, Gramo (Surveying), Laser Scanning, Level Staff, Measuring tape, Plane table, Pole (surveying), Prism (surveying), corner cube retroreflector and Prismatic compass etc. The debriefing finished with making students understand the field and to survey road alignment and bridge site surveying. The camp's sole objective was to make the students gain practical insight on field of surveying and hone skills to use the instruments.

The camp stood for 6 consecutive long days where students were challenged to test their theoretical knowledge into practical field work. Selected area of Jahripani Mussoorie was surveyed and a total of 100000 m<sup>2</sup> area was covered on foot and surveyed by the students. Apparently, the survey report submitted by the campers has a complete profile of the area surveyed and the project report can be used by any other third party to confirm their data/values (R.L contours) with our values. The report also includes the blocks, trees, water tanks and electric poles that can also be verified by the project report.

The days of the camp were filled with hectic foot walk and hard survey work while the nights were filled with relaxing music and borne fire. The magic of the camp fire burnt all the stress and helped students to spin their focus on fun and relaxation while they enjoy their dinner beside the warmth of wood fire. Student in the six day camp inculcate field knowledge and enjoyed concomitantly and thanked Quantum University for providing with such a nurturing opportunity.



**Quantum University School of civil engineering students doing a 6 day survey camp, work and fun at the same time.**

**QUANTUM UNIVERSITY Organizes Guest lecture & Quiz on “Design Thinking for Innovation, Better Future & Sustainable Development” to celebrate National Engineer’s Day**

Department of Computer Science and Engineering & Computer Application, Quantum University, Roorkee, is conducting a Guest Lecture and a Technical Quiz on the occasion of National Engineer’s Day. The guest speaker for the program was Dr. Suyash Bhardwaj, Asst. Prof. Dept. of Computer Science and Engineering, Faculty of Engineering & Tech, GKV who verbalized on the topic “Design Thinking for Innovation, Better Future & Sustainable Development.”

In celebration of National Engineer's Day, Quantum University is delighted to organize a thought-provoking guest lecture and quiz on the topic of "Design Thinking for Innovation, Better Future & Sustainable Development." This event aims to honor the invaluable contributions of engineers and inspire the next generation of innovators to think critically and creatively about addressing global challenges.

The guest lecture will feature distinguished experts who have made significant strides in applying design thinking principles to drive innovation and sustainable development. They will share their insights on how design thinking can revolutionize problem-solving by placing the human experience at the center of the process. Attendees will gain a deep understanding of the various stages of design thinking, including empathizing with users, defining problem statements, ideating creative solutions, prototyping, and testing. Through real-world examples and case studies, participants will witness the power of design thinking in creating meaningful and impactful solutions.

In addition to the lecture, a lively quiz session will engage participants in a friendly competition that tests their knowledge and understanding of design thinking concepts. This interactive activity will encourage critical thinking, collaboration, and quick decision-making, fostering a dynamic learning environment.

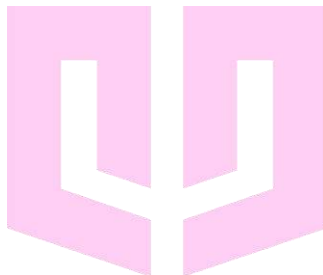
By organizing this event, Quantum University aims to cultivate a culture of innovation and sustainable development among its students and the wider engineering community. The lecture and quiz will provide a platform for individuals to explore the potential of design thinking as a transformative tool for creating a better future. Participants will be inspired to apply design thinking principles in their engineering endeavors, leveraging technology, and creativity to address pressing global challenges such as climate change, healthcare, and urbanization.

As we celebrate National Engineer's Day, let us embrace the spirit of innovation, sustainable development, and design thinking. Through this guest lecture and quiz, Quantum University strives to empower engineers to become agents of positive change, driving progress, and shaping a brighter and more sustainable future for all.





Flyer Image of the event





# 12

# RESPONSIBLE CONSUMPTION AND PRODUCTION



## Save Food Campaign among Rural Community

In our fight against food loss and wastage the PAHAL Social Welfare Club team on 8<sup>th</sup> December 2019 instigated an awareness drive in the Badkala village to save food and inculcate practice to reduce food wastage, ensure storage of extra food and maintain the hygiene of the food. Hitherto, our country is struggling with food insecurity; it is a matter of great concern that India is ranking high on the global hunger index and in 2019 the index ranked India on 102<sup>nd</sup> position out of 117 countries. The country is presenting the signs of disparity, in one hand there is enormous wealth growth and the GDP is flourishing while on the other hand there is a population who is malnourished due to low income and poverty. A fraction of people that cannot afford food is the major concern of the socio economist and civic societies like us have been dealing it at our end through empowering people to save food and its wastage.

In our journey to work towards food security, our organization has been working in generating awareness on saving food, for the same a camp was organized in the Badkala village where 50 members from the rural village community participated and learned about techniques on saving food. The main objective of the awareness drive was to motivate behavior change among our beneficiaries to curb the problem of valuable food loss and wastage. We also focused on making the participants understand the value of nutritious food and how sadly there is a cohort of population who are forced to go to sleep without food as they are not able to afford it and the villagers should respect the fact that they are fortunate enough to have sufficient and healthy food at their disposal.

In the same day we worked on working strategies and action plan to achieve our goal of saving food at the first place. The PAHAL coordinator enunciated the idea of cooking food by measuring its quantity, by smart cooking one can stop the undesirable amount of cooking and hence reduce wastage. In addition, storage of extra food in the refrigerator was also discussed; first in and first used should be their strategy to ensure the use of extra stored food is done first, he further added. Also wastage of food grain during the agricultural yields, transportation and poor storage methods were also among the main highlights of the conversation. The PAHAL coordinator shed light on the fact that a lot of food grain is lost in the raised issues, sometimes crops like potatoes, onions and vegetables go to waste for a simple reason that they are stored for more time than their shelf life, he also emphasized, keeping these factors in mind will help in control the loss of food in the longer run.

The workshop was concluded with an oath ceremony, the present community members took pledge to save food in whatever way possible.

They also promised to reach out to their friends, peers and family members in order to join them with the awareness drive and also encourage them to do the same.



**Volunteers and children both are the torchbearers of our Save Food Campaign in the Rural community.**

# 13 CLIMATE ACTION





## TREE Plantation Drive in Jaysingha Village

Increasing human population have over burdened the nature, to accommodate, human require desolate lands to build homes. This has led to mercilessly cutting of trees and consequently encouraging the phenomena of deforestation. Deforestation has created havocs and returned humans with vengeance, many wild exotic species of fur and fauna are extinguishing from our forests. Perhaps, it does not end here, change in whether and the increase in green house gases are catalyzing changes that are threatening to human lives. We need to do something to reverse the situation or else face the dire consequences, the solution is to promote tree plantation more and more. Tree plantation is the only and long term solution to the problem, it will be like an advance blessing, for the future generations to come.

In the continuum to the global solution for the deforestation it is imperative and also a necessity to do the tree plantation and on the other hand raise consciousness about saving the environment in any way possible. Looking at the other facets of problems for instance like air pollution and global warming planting new trees provides a long term solution to brimming issues and is also backed by substantial scientific evidences.

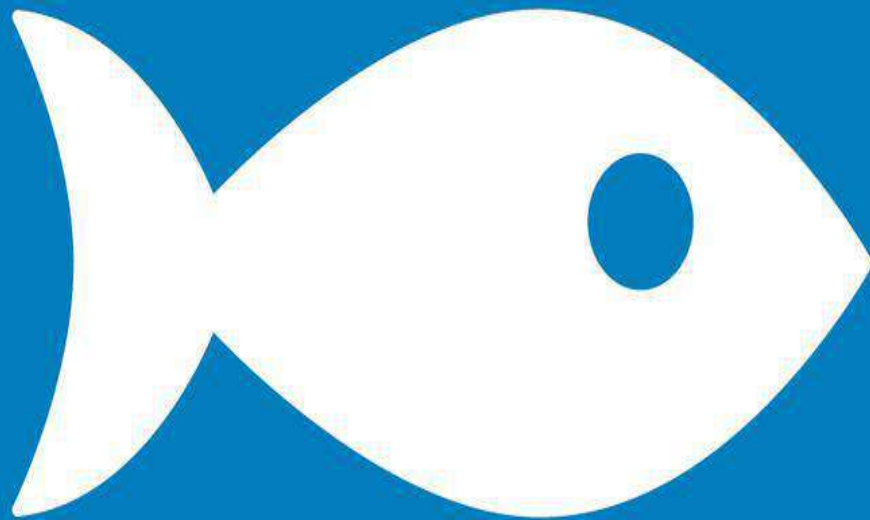
To contribute to the tree plantation drive Quantum University and PAHAL club jointly organized a Tree Plantation event on 18<sup>th</sup> November in the presence of Jayasingha village Pradhan, it is the best time of the year to plant saplings, and soon they will turn into strong plants with deep roots, ready to face the storms of rainy season. That said, community leaders offered prayers to the nature with an ode crafted by their ancestors and is been used in auspicious occasion while weeding the soil with lifeless looking seeds and with patience watch them grow into adult plants. As a matter of today a 500 sapling plantation was targeted was achieved in just one day, free labor was offered from the villagers as a token of kind gesture, using it as leverage the plantation campaign was able to achieve its desired goals.

Successful campaign like these are only possible when organization and community members join hands in synergy, 100 members of the village community attended the event and approximately 500 saplings of trees were planted. Students contributed in the event with raising awareness about saving the mother earth and chanting slogans to make earth a beautiful livable place again. Before the event got over all the community members of the village were gathered once again to discuss the post plantation care of the saplings like timely watering, protection form free gazing animals and nurturing them with organic manure, so that a strong tree can grow out from those small saplings in near future.



**Quantum Students and Villagers join hands to create synergy in the plantation drive raising beautiful and meaningful slogans to save the mother earth.**

# 14 LIFE BELOW WATER



## PROTECTING Life under water from Plastic Pollution

Much of the plastic collected in any area end up in water bodies, nearby rivers and lakes and hence polluting and choking these bodies at the same time threatening the life under it, needless to say that cleanliness drive has been an integral part of our mission at PAHAL Social Welfare Club for which various campaigns are executed by the CSR wing of the Quantum University from time to time. In the same pretext, on 1<sup>st</sup> December 2019 a village cleaning drive was carried through by PAHAL volunteers in the Badkala village with 30 village children and their elders. It is noteworthy that the cleanliness drive has been the Government of India's most successful missions; approximately more than 4050 towns in India participated in the drive where our respected prime minister himself initiated the movement from Raj Ghat, New Delhi.

Badkala village is comprised of more than 500 residents which make it quite a heavily populated village; with such significant number of population the village is liable to produce waste as garbage which is dejectedly collected at a place in the open streets. Alike most Indian villages, Badkala also does not have a proper waste management infrastructure. Only few places have public waste bins and the mechanism to lift the waste on timely basis is completely absent. The safai karamchari scarcely visit the village and only in special occasions does cleaning drive happen. One can spot piles of garbage mounted by the road sides and no attention to it whatsoever is given.

Therefore campaigns like this are very special when we utilize the opportunity to clean the village and teach the villagers on the hazards of collecting plastic and other waste material. The drive in the Badkala village was commenced with the delivery of a short lecture on waste materials, types of waste materials and methods by which we can dispose those waste materials. The project coordinator of PAHAL also explained how cleanliness is good for social health; he also added that cleanliness can also positively and negatively affect our mental health. Basic cleanliness begins when we keep ourselves clean, take bath every day, wear clean clothes, and also keep our environment clean.

Shortly after the delivery of lecture the coordinator then distributed bags and broom to the village children to clean the village and collect the garbage in the bags, for almost two hours children and Quantum volunteers sweated to clean the streets of Badkala village, plastic stuck in vegetation and bushes was also removed for further disposal. The students were able to collect almost a trolley full of garbage from the village, municipal tractor was arranged to throw the garbage to the place where it can be safely disposed off by the government contracted waste management agency.

Further, a procession on keeping the village clean was carried out by the children of the village. This is just our small contribution in enriching the life of the rural population where focus of the program is to empower the communities to solve their own problem and make them self sustainable.





Youngsters raising awareness to reduce the use of plastic to save the environment and also the life under water.

## REMOVAL of Plastic to Prevent Ending It in Local Water Bodies

Plastic pollution has become a grave threat to life underwater, endangering marine organisms such as fishes and other marine life forms. The persistent presence of plastic waste in our oceans poses numerous hazards, including entanglement, ingestion, and disruption of ecosystems. There it becomes essential to remove plastic through collection and proper disposal.

On 24<sup>th</sup> September 2022 Quantum University, PAHAL Social Welfare Club joined hands together to commemorate the NSS day. Historians suggest that on 24<sup>th</sup> September 1969 the birth centenary year of Father of the Nation, the day was chosen to be dedicated to celebrate National Service Scheme day. Back in the day, significance of forming NSS in the first place was to involve students pursuing higher education in universities and colleges to augment their participation in community service. University years are highly crucial year for any student, it is the best time to lay the foundation, once they will inculcate the habit of community service it is also expected that they will continue to do so in future.

The university NSS chapter formed a strong work force of 45 NSS volunteers, with a formal speech on the significance of the day by vice chancellor sir Professor Dr. Vivek Kumar, in his address he congratulated the youth of the varsity for coming in many numbers showing their strength. The further he went into his discourse; he explained the day's agenda, as NSS is built on community service and hence it becomes imperative to NSS to take up service work today. In continuum to the Prime Minister Narendra Modi "Swach Bharat Mission" vice chancellor sir suggested for a cleanup drive as today's agenda.

Quantum University believes in progressive youth where one develops values while studying in their institution, the main objective for the cleanliness drive was to tackle the issue of garbage litter, hygiene and dust pollution. To role model for students, university faculty and NSS program Officer Mr. Pradeep Kumar Verma, Registrar Sir and Director Sir initiated the cleanliness drive by themselves, right of the bat; they picked up plastic, water bottles, and cans to clean up the space NSS volunteers joined the regime later.

Embarking on the same journey, the NSS volunteers cleaned the University campus and collected plastic garbage from every nook and corner of the college premises. They also carried out a campaign and raised slogans 'Say No to Plastic' and urged every fellow student to make the campus plastic free.

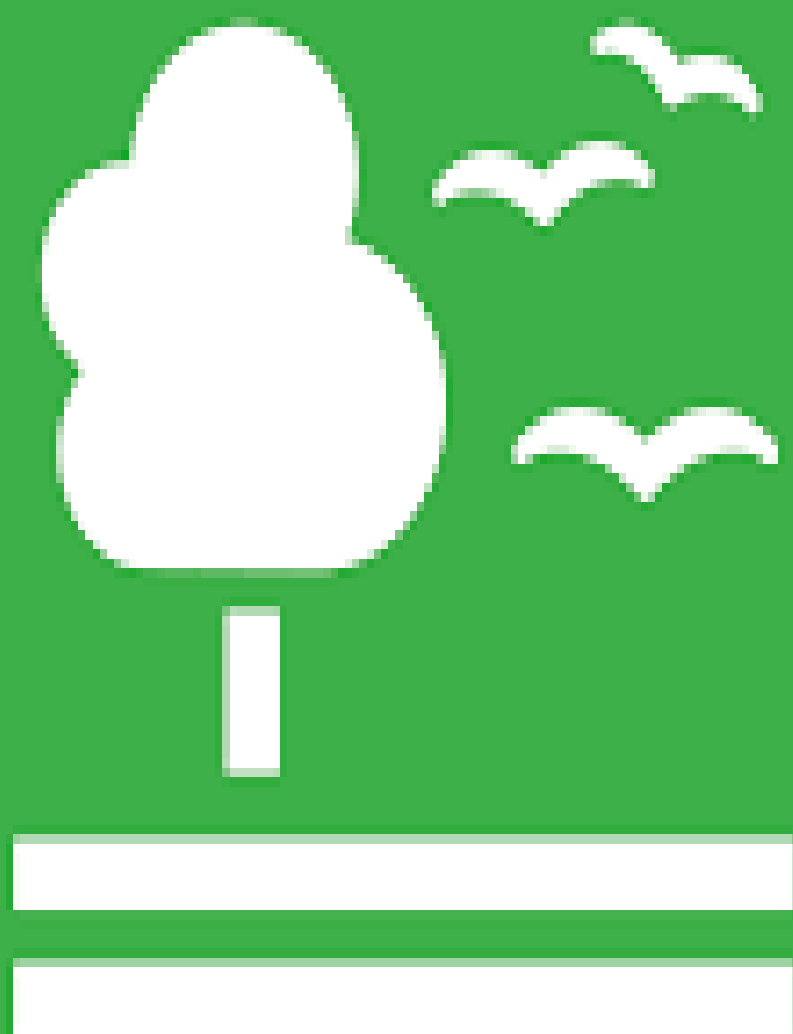
The day was packed with action, emotions and learning values of hygiene and cleanliness, NSS volunteers is the backbone for community service and also seen as the workforce that creates the necessary momentum to accomplish any work in the institution premises. Everybody had to endure the humid September month and working hard on the day had left them with no energy, to finish of the day refreshments like juices, cold drinks and sandwiches were distributed to refill their energy tanks. None the less, the university head vice chancellor sir shared his gratitude towards NSS volunteers for their selfless service and hard labor knowing in hearts their favor can't be returned.





**NSS day commemorated as cleanliness drive as volunteers cleaning every nook and corner of the university campus.**

# 15 LIFE ON LAND





### TRAINING Session on Micro Green Cultivation Process

On 2<sup>nd</sup> February 2019 Quantum School of Agriculture Studies organized a high impact workshop on Microgreen Cultivation Process for the students enrolled in the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year of B.Sc. agri-school. The workshop was headed by the faculty members Dr. N. Murugalatha , Dr. R.P.Srivastava & Mr. Vivek Ujjwal who are teachers from the school of agriculture. The fact of the matter is that not all farming enthusiasts have acres of agriculture land to fulfill their dream of growing crops or vegetables. Here lies the opportunity to learn about Microgreens that are commonly used in households in salads and main dishes. The microgreens are referred to as young and tender greens that are consumed in common households for their virtue of enhancing texture, color or flavor of main dishes and salads. It is fairly easy to grow microgreens as they can be grown indoors, in balconies and controlled environment. As agriculture land is now getting scarce, as it is being used for building accommodation for human beings, indoor farming has become a viable option for feeding the increasing populations.

On the day of the workshop, Students were taught about microgreen and its beneficial effects. Microgreens are young vegetable greens that are approximately 1–3 inches (2.5–7.5 cm) tall. They have an aromatic flavor and concentrated nutrient content and come in a variety of colors and textures. Microgreens are considered baby plants, falling somewhere between a sprout and baby green. The key nutrients measured were ascorbic acid (vitamin C), tocopherols (vitamin E), phyllloquinone (vitamin K), and beta-carotene (a vitamin A precursor), plus other related carotenoids in the cotyledons.

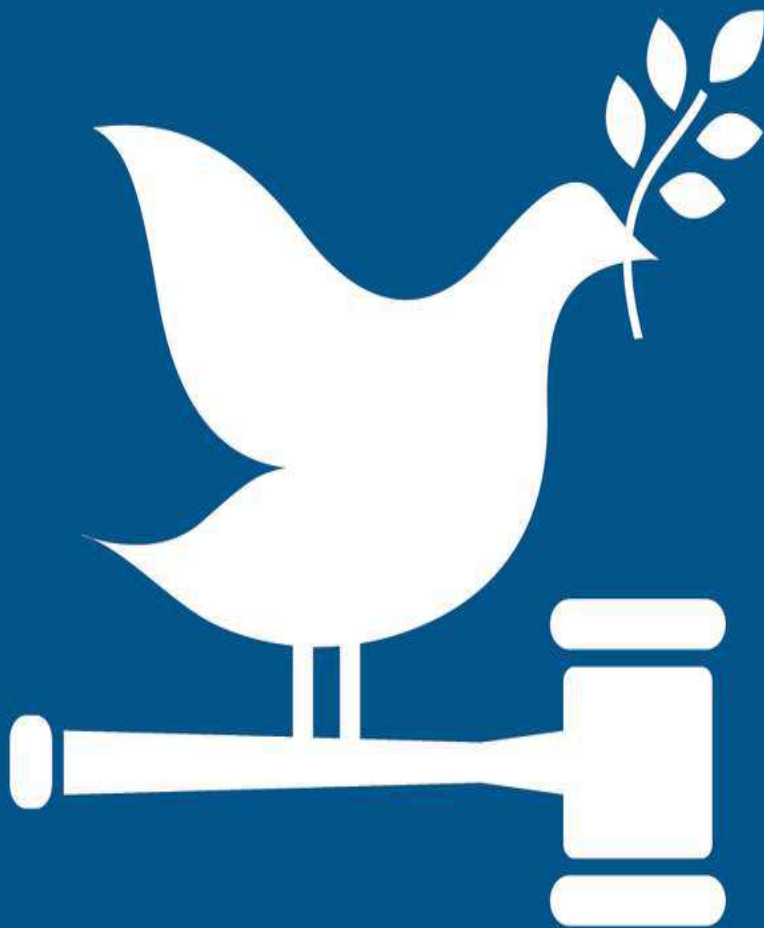
Micro greens are also a great source of beneficial plant compounds like antioxidants and tend to be rich in potassium, iron, zinc, and magnesium and copper. Students were given hands-on training on how to grow micro greens in their kitchen and how it can be taken as food.





**School of Agriculture studies conducting a practical session on growing micro green at venue: B 204.**

# 16 PEACE, JUSTICE AND STRONG INSTITUTIONS





## TRAINING Workshop on Road Safety

India is the most populated country in the world and therefore the number of vehicles on the road is quite overwhelming, it is also alarming to know the fact that the road accidents are the major cause of death than any other factor in India. If we analyze the data compiled by the Ministry of road transport and highways transport research wing shows that the number of road accidents is decreasing but the fatality of the road accidents are increasing. On the contrary, these accidents can be prevented by taking precautions and following road safety rules.

To address the problem PAHAL Social Welfare Club on 19<sup>th</sup> January 2019 hosted a one day road safety awareness program for the rural children and adult villagers of the Badkala panchayat. Approximately 30 rural community members learned about road safety, precautions to be taken to avoid accidents, first aid lessons during an accident, helping victims of accidents and common traffic rules to be followed to avoid accidents. The session was enunciated by our road safety expert and PAHAL coordinator Mr. Mitendra Arya, during his discourse he specifically focused on the prevention of accident rather than fearing or avoiding the commute altogether.

The coordinator did his best to make children and villagers understand that once you are commuting on road things can be out of control so it's wise to follow traffic rules, take precautionary measures like wearing of helmet and other safety gears. Most commonly people try to underestimate the safety norms and slightest of ignorance can lead to fatality on the road. More stress was given on wearing the head gear, he explained that the brain is the most delicate organ and any injury to brain can lead to hemorrhage of brains, memory loss, death, paralysis and even permanent brain damage in which a person is alive but lives like a vegetable.

Use of safety belt while driving a car is also essential for safety, careful attention should also be given before buying a car and only cars with air bags in it should be purchased.

Safety for pedestrians was also in the agenda of discussion, in which he told that the pedestrians should avoid traffic heavy traffic routes, they should walk on the extreme left of the road and should carefully cross the roads. Particularly children should avoid running, walking alone on the road, or even playing on the road. Parents need to take special care for children and strictly discipline them on road safety.

The second focus of the session was on the administration of first aid to the victim of road accident. Our instructor of the session disseminated information on the "Golden Hour", this is the first hour of the accident where victims succumb to their injuries, if timely medical aid is given in this first hour the chances of survival of the victims increases many times.



The injured person should be handled with care and if you are not aware of the first aid process for an accident person than one must avoid handling situation on their own, instead they should call an ambulance or help immediately. He also explained the ABC formula which can be used as guiding principle to be followed to help the injured person.

**A: (Airway) Clearing the Airway**

**B: (Breathing) Provide mouth to mouth resuscitation**

**C: (Circulation) Stop any bleeding**

In any case, every accident should be taken seriously, He added. The first response should always be to call the 108 ambulance or to take the victims to nearby hospital where they can be thoroughly checked and right treatment can be provided. In the end of the program the instructor concluded the workshop by expressing his gratitude towards the participants for patiently listening and turning the session into a fruitful day.



**Taking a moment to make memories that will last for a life time.**

## Legal Awareness Camp "Chetna 2022" organized at Badkala Village

On 6<sup>th</sup> April 2022, PAHAL Social Welfare Club and Quantum School of Law organized a one-day Legal Awareness Camp - 2022 under the auspices of Pahal, a social cause initiative, in conjunction with the celebration of "Dharohar 2022." The Legal Awareness Camp aimed to empower individuals to understand and resolve legal issues by bringing them to the attention of the Legal Aid Cell. The camp focused on providing legal awareness at the grassroots level, ensuring that individuals have access to essential legal knowledge.

The team from PAHAL and Quantum School of Law embarked on their journey to Badkalan village at 2:45 PM. The village school served as the venue for the Legal Awareness Camp. The QSL team had the opportunity to meet Mr. Moti Lal, the head of the village, and engaged in a fruitful interaction with approximately 75 villagers. Noteworthy individuals present at the camp included Pal Singh, Ramesh Chand, Raju Kumar, Telu Ram, and Sanjay Kumar.

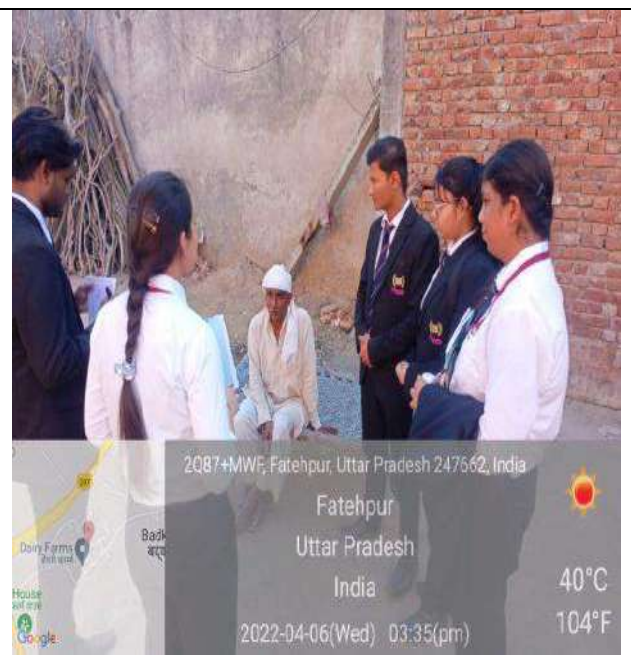
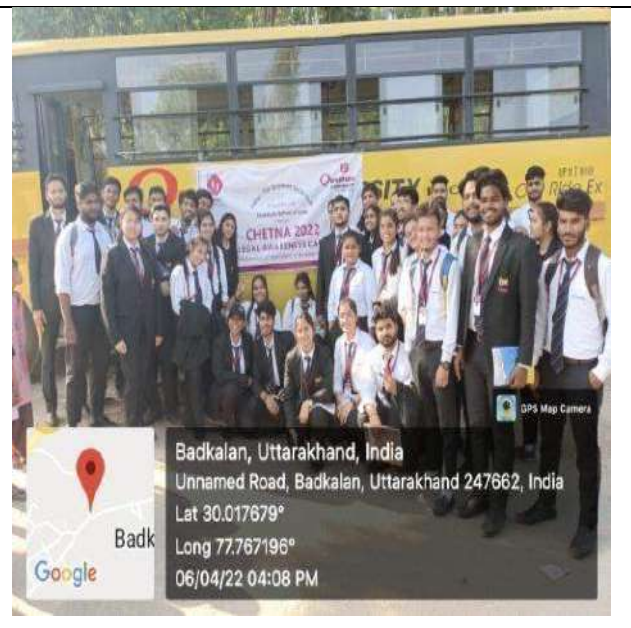
**Topics Discussed:** The Law students initiated discussions on critical legal issues that required basic awareness among individuals. The topics covered during the camp included:

1. **Right to Information:** The importance of citizens' right to access information and how it can empower them to hold public authorities accountable.
2. **FIR (First Information Report):** The process of filing an FIR, its significance in reporting crimes, and the rights of individuals involved in criminal cases.
3. **Free Legal Aid:** Awareness about the availability of free legal aid services for individuals who cannot afford legal representation.
4. **Right to Education:** Understanding the fundamental right to education and the importance of ensuring equal educational opportunities for all.

The primary objective of the Legal Awareness Camp was to promote a better understanding of legal rights and procedures among individuals at the grassroots level. By raising awareness about these critical legal issues, the camp aimed to ensure that justice is served in its true sense. True justice lies in creating awareness and empowering individuals to protect their rights.

The Legal Awareness Camp organized by Quantum School of Law, in collaboration with Pahal, was a successful initiative that aimed to provide legal knowledge to individuals at the grassroots level. The camp facilitated discussions on essential legal topics, including the right to information, FIR, free legal aid, and the right to education. By spreading awareness, the camp strived to promote justice and empower individuals to resolve legal issues effectively. The event not only showcased the commitment of Quantum School of Law to social causes but also provided an opportunity for students to interact with the local community and make a positive impact. The Legal Awareness Camp - 2022 marked an important step towards creating legal awareness and ensuring access to justice for all.





**Law students honing their skills for advocacy and at the same time educating villagers on legal rights under Indian law**

## Quantum University Organizes Two Day National Moot Court Competition (Jurisprudence)

"JURISPRUDENCE 22" a two-day Moot Court Competition on Space Law was organized by Quantum School of Law, Quantum University, Roorkee in the memory of Hon'ble Justice V.R. Krishna Iyer – the pioneer of Judicial Activism in India. The event had 18 teams participating from Pan India, including many National Law Universities and reputed private universities. The students from various universities like O. P. Jindal University, National Law University (Shimla), Bennett University, Symbiosis University (Hyderabad), etc presented appropriate arguments on the given subject keeping pros and cons.

Justice (R.) Rakesh Garg, Punjab, Haryana High Court, Justice Sh. V K Maheshwari, Former Registrar General, High Court of Uttarakhand, and Advocate Lalita Chaudhary, Supreme Court of India, together with other 13 judges presided over the opening of the 1st Edition of the National Moot Court Competition at the University. The greatest gift that a person can provide to the coming generation is to pass on the unique knowledge and experience that he or she has accrued in a life of learning. In his speech, Justice Rakesh Garg said, "One must cite proper authorities and analyze every aspect of facts and related law." Justice Sh. V K Maheshwari advised and guided the students to build their careers in litigation and judicial services.

The two-day Moot Court competition was segregated into 4 rounds from the preliminary round to the final. Out of a total of 18 teams, 8 teams qualified for the quarter-finals followed by O.P.Jindal Global University and LLOYD Law College who reached the finals. The team from LLOYD Law College was adjudged as the Winner of the Moot Court Competition with a cash prize of Rs 11000 succeeded by the Best Researcher award presented to Muskaan Garg from RGNLU, Patiala, the Best Speaker Award to Tarun Natrajan from O.P Jindal Global University & the Best Memorial Award felicitated to the Presidency University, Bangalore.

Law programs at Quantum University are creatively designed that focus on equipping students with both business administration and legislative skills as well as fulfilling the professional requirements. University provides its students with a valuable opportunity to hone both their written and oral advocacy skills in this competitive field. QSL Debating Society provides students with a sense of understanding in the practical arena of law and prepares them to face the reality of a courtroom.





**A moot court acts exactly like a simulator for law students to sharpen their skills**

## PROMOTING Community Stability through Government Scheme Awareness

On 24<sup>th</sup> March 2019, the PAHAL team with few volunteers organized a general camp in Jaysingha village, to create awareness on government schemes available so that the villagers may get empowered and use these schemes to grow and improve their life. The participation was overwhelming and 35 members from the community joined the forum, also among them were school children from the village.

The beneficiary target community of Quantum University has rural background and the communities living there are facing many problems like geographical isolation, poverty, unemployment, poor infrastructure in terms of schools, health, roads and electricity. Life on the edge is not easy and the PAHAL club realized the fact soon and decided to intervene. There are a significant number of populations in India which comprises of both children and adults who are in some way or the other underprivileged and require an outside support to empower them to live life of dignity and equality.

Indian government, especially are concerned with such disadvantaged cross section of society and support them with welfare schemes so that they may also rise from their circumstances. These schemes are designed and sponsored by the central government, also referred as "central sector scheme" on the contrary the schemes which are sponsored by the center but implemented by the state are referred to as "centrally sponsored schemes". These government schemes are focused on improving the life of the neglected members of the civil society and for those who are living a life of despair and frustration. Perhaps, such welfare schemes do not solve their entire problem but they to some extent improve their lives and provide them with a sense of security.

The team discussed below mentioned welfare schemes in thorough detail with the villagers and also described all the action steps to be taken to avail the schemes. The volunteers divided the scheme into two categories first one was for children and the second category was for the adult villagers.

Government Schemes for Children	Government Schemes for Villagers
Rashtriya Madhyamik Shiksha Abhiyan	MGNREGA
Girls Hostel Scheme	PMAY-G
National Scheme of Incentives to Girls for Secondary Education	PMGSY
Inclusive Education for Disabled at Secondary Stage	DDUGKY
Scheme of Vocational Education	Mission Antyodaya
National Merit-cum-Means Scholarship Scheme	NSAP
Scheme for construction and running of Girls' Hostel for students of secondary and higher	SAGY

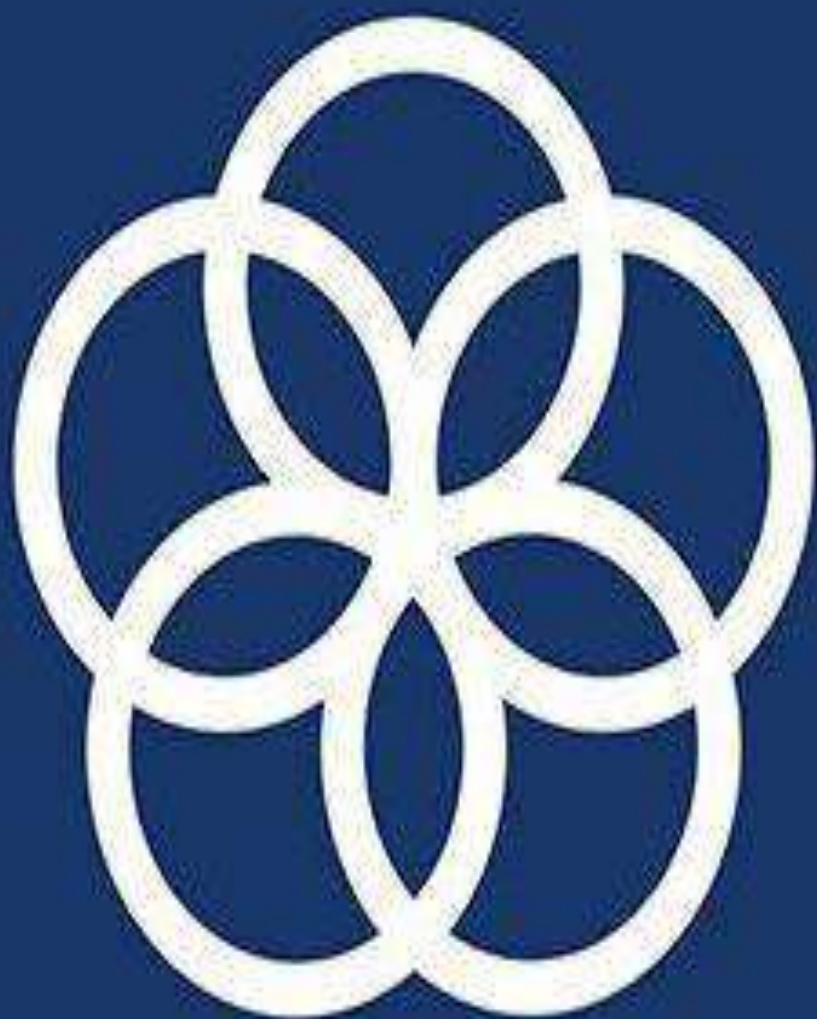
secondary schools	
Scholarship schemes for Minority students	DAY-NRLM
National Scholarships	SPMRM (RURBAN)

In a nutshell, social development should be inclusive and it should not be limited to the urban society, therefore it is necessary to create awareness on social welfare and security schemes to catalyze the progress of the rural community. With that been said, the objective of the workshop was also to empower and encourage village members to work towards their own development through education, startups and promoting village products so that they create their own new sources of revenue generation and not depend much on the government.





# 17 PARTNERSHIPS FOR THE GOALS





## QUANTUM UNIVERSITY Partnership for SDG 17, Nurturing Partnership for Sustainable

In alignment with the United Nations Sustainable Development Goal 17, Quantum University has embarked on a transformative journey, forging impactful partnerships aimed at fostering sustainable development and social progress. These collaborative efforts underscore Quantum University's commitment to creating a positive impact in the community and advancing the global agenda for sustainable development.

**1. Initiation of PAHAL Social Welfare Club:** Quantum University takes pride in the initiation of the PAHAL social welfare club, a beacon of social change. PAHAL serves as a hub for social initiatives, channeling the energy and enthusiasm of students towards various Sustainable Development Goals. Through this club, Quantum University encourages a culture of empathy, social responsibility, and active citizenship among its student body, fostering a sense of shared purpose and commitment to community welfare.

**2. Bhagwanpur Industries Association:** In collaboration with the Bhagwanpur Industries Association, Quantum University has sponsored Blood Donation and Health Camps, addressing critical healthcare needs in the community. Additionally, the partnership has facilitated industrial visits for students, providing them with real-world insights and enhancing their academic learning experiences. This partnership epitomizes the spirit of SDG 3 (Good Health and Well-being) and SDG 9 (Industry, Innovation, and Infrastructure).

**3. Entrepreneurship Development Institute of India (EDI) Ahmedabad:** Quantum University's partnership with EDI Ahmedabad has provided invaluable sponsorship for entrepreneurship training and direct mentorship. By nurturing budding entrepreneurs, this collaboration contributes significantly to SDG 8 (Decent Work and Economic Growth), fostering an entrepreneurial ecosystem that empowers individuals and drives economic development.

**4. Networking with Local Community Leaders:** Through strategic networking with local community leaders, such as Gram Pradhans, Quantum University is enhancing community engagement. This collaborative approach ensures the active involvement of rural communities in conducting awareness and sensitization sessions, promoting SDG 16 (Peace, Justice, and Strong Institutions) by empowering communities to be active participants in their own development.

**5. Partnering with Farmers Group:** Quantum University's collaboration with local Farmers Groups focuses on promoting Green Action and Clean Energy Production. By encouraging sustainable agricultural practices and clean energy initiatives, this partnership directly contributes to SDG 7 (Affordable and Clean Energy) and SDG 13 (Climate Action), supporting environmental sustainability and mitigating climate change impacts.

**6. Memorandums of Understanding (MoUs) with Industry Leaders:** Quantum University has established strategic partnerships with industry leaders such as Headstart Network, QUICK HEAL, Tech Mahindra, PALO ALTO Networks Cyber Security Academy, Xebia, Om Logistics, CSRBOX, ICT Academy,

iNurture Education Solutions Pvt. Ltd., and Siliconmedia.Org. These collaborations provide crucial technical support for innovations, research, and training, driving advancements in SDG 9 (Industry, Innovation, and Infrastructure) and SDG 4 (Quality Education).

**7. Funds Support and Investments through Entrepreneurship Pitching Events:** Quantum University, through its dedicated chapter Genesis, has pioneered a dynamic entrepreneurship ecosystem, fostering innovation and creativity among its students. One of the cornerstones of this initiative is the organization of Entrepreneurship Pitching Events, where budding entrepreneurs showcase their innovative ideas and startups. These events attract a diverse array of established entrepreneurs, industry leaders, and investors.

During these pitching events, Quantum University provides a platform for students to present their entrepreneurial ventures to these experienced professionals. These visiting entrepreneurs, with their wealth of knowledge and financial resources, actively engage with the budding entrepreneurs. They not only offer invaluable mentorship but also extend financial support through investments and funds.

**Quantum University's multifaceted approach** to sustainable development through collaborative partnerships stands as a testament to the power of collective action. By engaging with diverse stakeholders and fostering a culture of innovation, social responsibility, and inclusivity, Quantum University continues to make substantial strides towards the achievement of the United Nations Sustainable Development Goals. These partnerships not only benefit the immediate community but also inspire a future generation of leaders committed to building a more sustainable and equitable world.



## **INITIATION of PAHAL social welfare club in the Quantum University to Contribute**

In the interest of the corporate social responsibility of the Quantum University and out of the desire to serve the underprivileged from the rural, the PAHAL Social Welfare Club was born on 29<sup>th</sup> August 2018. At any given point of time there are more than 60 members in the PAHAL chapter, these members are the current university students who are enrolled in the diverse academic programs of the varsity.

A field coordinator is also present in the campus to support these students in carrying out PAHAL activities in the field. As far as special skills are concerned, consultation from domain experts is solicited that are sometimes accompanied by field visits and conducting sessions in the field.

In a nutshell, the PAHAL have pre-identified areas of social concern where they would like to focus on current year and these domains are namely child & youth development, general awareness and gender equality. These concerned areas have been identified by thorough surveying in the field where noticeable need for intervention has been identified long ago. The plight of children and the youth is dreadful, social precarity is the rule of the land and helping them becomes our first priority. A strong foundation for youth is developed in the childhood days, and education is one of the founding stones of the child's development, there are few government schools in the backward area of the Roorkee municipal but these schools only provide bare minimum facilities which are not sufficient for the overall development of the child

The PAHAL club is now one year old and has learned a lot about social disparity, inadequacies in our system to deliver services to those who need it the most. Learning also comes with an Inspiration and depravity comes with an opportunity to bring about positive change that can have major impact on lives of individuals who are living in desperation with no hope. At least we can guide them on the right path even if we cannot solve all their problems at once and that's exactly the PAHAL team envisions to achieve in the time to come.

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**PAHAL team posing post planning meeting session**



## **PAHAL social welfare club partners with other Like Minded NGOs for Winter Clothes**

Department of Media Studies and Design, Quantum University Roorkee organized PRAYAS-2022 – a Clothing Donation Drive in collaboration with Aasharaya NGO. In the event, a collection desk was set up for the 29th and 30th of November 2022, where students from the university donated their clothes.

The PAHAL Social Welfare Club, in collaboration with other like-minded NGOs, recently organized a heartwarming initiative to help those in need during the winter season. A winter clothes donation drive was undertaken with the aim of providing warmth and comfort to the underprivileged members of our community. Recognizing the pressing need for warm clothing during the harsh winter months, the PAHAL Club took the initiative to organize this donation drive. Partnering with other NGOs who shared the same vision of making a positive impact, they sought to collect and distribute winter clothes to those who couldn't afford them.

The campaign started with a robust communication strategy to spread awareness about the donation drive. Flyers, social media posts, and word-of-mouth promotion were used to reach out to the community and encourage them to contribute. Donation centers were set up in various locations, including community centers, schools, and public spaces, to facilitate easy drop-offs. The response from the community was overwhelming, with people generously donating winter clothes such as jackets, sweaters, shawls, hats, gloves, and blankets. The outpouring of support showcased the compassion and empathy of the community towards the less fortunate.

Once the donation drive concluded, the PAHAL Club and their partnering NGOs worked tirelessly to sort, clean, and organize the donated items. They ensured that the clothes were in good condition and suitable for immediate use. In cases where minor repairs were needed, volunteers skillfully mended the garments, making them ready for distribution. To maximize the impact of the winter clothes donation drive, the partnering NGOs collaborated with local community centers, homeless shelters, and orphanages. The clothes were distributed directly to those in need, ensuring that the donated items reached the most vulnerable individuals and families. The donation drive not only provided warmth and comfort to those in need but also fostered a sense of unity and solidarity within the community. It served as a reminder of the power of collective action and the positive change that can be achieved when organizations and individuals come together for a common cause.

The success of the winter clothes donation drive by the PAHAL Club and their partnering NGOs is a testament to the incredible impact that grassroots initiatives can have on the lives of those in need. By providing winter clothing to the underprivileged, they not only addressed a basic necessity but also instilled hope and resilience in the hearts of the recipients. In conclusion, the winter clothes donation drive organized by the PAHAL Club in partnership with other NGOs exemplified the spirit of giving and compassion within the community. Through their collective efforts, they brought warmth and happiness to the lives of many during the cold winter months. This initiative stands as a shining example of how small actions can make a big difference in the lives of others.



**A kind initiative by the Quantum mates to distribute winter clothes for the needy section of the society**

# THE FUTURE IS EXCITING



**SUSTAINABLE DEVELOPMENT GOALS**