

QUANTUM UNIVERSITY



PAHAL SOCIAL WELFARE CLUB A DETAILED COMPREHENSIVE REPORT

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Overview of PAHAL

At Quantum University, the spirit of community service is not just an ideal but a living reality. The institution places a significant emphasis on sensitizing its students, molding them into responsible global citizens through active engagement in community service. This ethos finds its vibrant manifestation in the form of PAHAL, the Social Welfare Club of Quantum University, a beacon of altruism and social change on campus.

A Hub of Purposeful Engagement: PAHAL stands tall as one of the most dynamic and impactful clubs within the university's vibrant ecosystem. It serves a dual purpose – nurturing the holistic development of students and contributing meaningfully to the surrounding communities. This club acts as a sanctuary, providing students with a profound sense of purpose, offering a lifeline for those combating stress, anxiety, and depression.

Aiding Holistic Development: PAHAL functions as more than just a club; it's a catalyst for transformation. By engaging students in a myriad of social and civic development activities, it facilitates their holistic growth. Through the club's initiatives, students learn the value of empathy, compassion, and community building. It's not merely a club; it's a philosophy in action.

Active Community Outreach: One of the cornerstones of PAHAL's impact lies in its active community outreach programs. Students, guided by dedicated faculty members, venture regularly into nearby villages. These visits are not mere trips but profound experiences where knowledge meets social consciousness. The students don't just impart education; they create awareness, conduct classes, host workshops, and provide counseling sessions to village children and youth.

Focused Social Welfare Activities: The university has embraced the motto 'Service before self,' a guiding principle that has defined its trajectory. This commitment to service has been unwavering over the past five years, as Quantum University has tirelessly served both its students and the community. During this time, the university has identified five villages in the vicinity for targeted social welfare activities. PAHAL's efforts in these areas have been nothing short of transformative. Education, health, environment, women's welfare, and hygiene – these pivotal aspects of community well-being have been addressed meticulously, creating ripples of positive change.

Integrated Learning and Social Responsibility: PAHAL's impact extends to the very core of Quantum University's academic fabric. During orientation programs at the commencement of each semester, students are sensitized to their social responsibilities. Education, health, environment, women's welfare, and hygiene are not just buzzwords; they're pathways toward creating a better society. PAHAL integrates these values into the learning journey, making social responsibility an inherent part of the students' educational experience.



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Initiation of PAHAL club (First Step towards Rural Intervention)

PAHAL, the social welfare club at Quantum University, embarked on its transformative journey in 2018, marking a significant stride in the university's commitment to corporate social responsibility. On the 29th of January 2018, the club organized its inaugural event, a Focus Group Discussion (FGD), laying the foundation for its rural intervention initiatives.

During this pivotal event, Quantum University displayed its dedication to social welfare by engaging in a comprehensive dialogue. The university students actively participated in the FGD, showcasing their eagerness to contribute meaningfully to society. Through this discussion, a group of enthusiastic students was identified and selected to be part of the PAHAL club.

At its inception, the club welcomed 60 passionate students. To acquaint these students with the goals and objectives of PAHAL, an in-depth orientation session was conducted. The orientation delved into various social issues prevalent in the community, elucidating how interventions could address these challenges. The session provided insights into the methods through which the club could enhance the lives of the village residents.

The students exhibited remarkable enthusiasm, surpassing all expectations. Their genuine interest was palpable as they posed numerous questions to the facilitators. They sought clarity on the nature of fieldwork, the practical aspects of their interventions, and how their efforts would impact the lives of the village inhabitants. In response, the facilitators patiently addressed each query, fostering a sense of confidence and purpose among the students.

The orientation session culminated with a promise – the facilitators assured the students of an imminent journey to a nearby village, marking their first hands-on experience in the field. This commitment infused the students with a renewed vigor and determination, igniting the spark of social change within them.

Thus, with the inaugural FGD, PAHAL embarked on its mission to create a positive impact in the lives of the less privileged. Quantum University's vision of nurturing socially responsible citizens found tangible expression through this initiative, laying the groundwork for a future marked by empathy, compassion, and transformative social welfare efforts. PAHAL, as the torchbearer of this vision, continues to illuminate the path toward a more equitable and compassionate society."



Picture from the early initiation of PAHAL social welfare club, students engaged in focus group discussion deciding the road map of future community interventions.


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PAHAL Social Welfare Club Volunteers First Rural Community Visit at (Jaisingha village)

On the 9th of February 2018, PAHAL, the social welfare club volunteers from Quantum University, took their first significant step towards forging connections with the local community. In a carefully planned introductory visit, a dedicated team of more than 17 student volunteers embarked on a transformative journey to Jaisingha village. The rendezvous took place at the heart of the village, the Panchayat Bhawan, where eager students met with both male and female members of the community.

This meeting wasn't just a formal gathering; it was a genuine attempt to bridge the gap between the students and the villagers. The students actively engaged in discussions, carefully noting down the concerns and aspirations of the villagers. Immersed in this dialogue, they started comprehending the grassroots problems that the villagers faced daily. This interaction was not just an exchange of words; it was a profound insight into the realities of village life, setting the stage for future interventions.

Spending time in the village was an eye-opener for the students. They witnessed firsthand the challenges that the residents grappled with on a daily basis. The visit extended beyond mere conversations; the students ventured into the heart of the village, exploring the mud homes that sheltered the families. This firsthand experience was essential; it provided the students with a tangible understanding of the living conditions and struggles faced by the villagers.

The exploration didn't stop at homes; the students also made a stop at the village community health center. This visit offered them an insight into the healthcare facilities available to the villagers, highlighting another crucial aspect of rural life.

This exposure visit served as a cornerstone for the students. It laid the foundation for their future endeavors, offering them a clear perspective on how they could contribute meaningfully to the community. The visit wasn't just a field trip; it was a transformative experience that etched the realities of rural life in their minds. This newfound understanding became the driving force, propelling them toward future interventions with a profound sense of purpose and direction.

In essence, this inaugural visit to Jaisingha village was more than an excursion; it was the beginning of a deep-rooted connection. It ignited a passion within the students, nurturing a commitment to create lasting change in the lives of the villagers. PAHAL, through this visit, not only broke the ice but also ignited a spark – a spark that would illuminate the path toward a brighter, more inclusive future for both the students and the community they aimed to serve."



PAHAL social welfare club members have a picture moment with rural community children of Jaisingha village

Computer Literacy Class for Community Children at (Jaysingha Village)

On the 3rd of September 2018, a dedicated team of four members from the PAHAL social welfare club embarked on a transformative mission to Jaysingha Village. The primary objective was clear: to empower the young minds of the village with essential computer literacy skills.

Upon their arrival, the team gathered the children in a common government school, a place already familiar to the villagers due to PAHAL's previous visit. The team, recognizing the importance of structured learning, divided the students into four batches, each comprising 20 eager learners. The session commenced with a pre-test, serving as a mock session to assess the students' existing knowledge levels.

To their astonishment, the team discovered that none of the students possessed any prior knowledge about computers. This revelation underscored the significance of starting from the absolute basics. Undeterred, the PAHAL members embraced this challenge with determination and enthusiasm.

Over the course of their training, approximately 20 children were introduced to the fundamental concepts of computers. The curriculum covered essential topics, including:

1. **Understanding Computers:** Students were acquainted with the basic definition of a computer, demystifying the enigma surrounding this technological marvel.
2. **Computer Hardware:** The participants delved into the intricate components of a computer, learning about vital elements such as the motherboard, processor, monitor, keyboard, mouse, and speakers.
3. **Software Awareness:** The students were introduced to software, including operating systems like Windows, various applications, games, and utilities like calculators. This exposure broadened their understanding of the digital world.
4. **Computer Functionality:** A comprehensive explanation was provided on how a computer operates, demystifying the processes that occur behind the screen.

The initiative didn't merely impart technical knowledge; it ignited a curiosity and enthusiasm for the digital realm among the young learners. The PAHAL team's dedication and the children's eagerness created a synergistic learning environment, fostering a sense of empowerment and possibility.

In essence, this initiative in Jaysingha Village was not just about teaching computer skills; it was about opening windows of opportunity and breaking down barriers. Through education, PAHAL illuminated the path for these children, equipping them with essential skills that could potentially shape their future endeavors. This endeavor was a testament to PAHAL's commitment to bridging the digital divide and creating a more inclusive, knowledgeable society, one village at a time.



Rural children are first introduced to computers through text books, here PAHAL social welfare club members putting in efforts to teach basic concepts of computers.

Essay Writing Competition among Village Children at Jaysingha Village

On the vibrant day of 10th September 2018, Jaysingha village came alive with intellectual fervor as more than 26 children from the village gathered to participate with 19 students from PAHAL Social club members in an inspiring Essay Writing Competition. The topic of the competition was none other than the revered freedom Fighter Mahatma Gandhi Ji – an exploration of his profound impact on their lives, personal justifications of his contributions, and reflections on his remarkable journey as a freedom fighter.

The essence of the event extended far beyond mere competition; it was a platform designed to instill rational thinking, enhance writing skills, and kindle a passion for learning among the village children. The event, wholeheartedly supported by Quantum University, was meticulously planned, ensuring a seamless experience for the participants.

The atmosphere buzzed with anticipation as stationary materials, including writing pads, pens, and boards, were thoughtfully arranged, thanks to the proactive efforts of the organizers. Acknowledging the energy exerted during the competition, refreshing fruit juices were generously distributed among all participants, ensuring they remained energized and focused throughout the event.

In the welcoming embrace of the village's community hall, the event commenced with the formal registration of students. As writing materials were distributed, an air of excitement and determination settled in. The participants were generously granted two hours to pour their thoughts onto paper. At the cue of the coordinators, the competition officially began.

The hall was filled with palpable enthusiasm and energy as the children dived into the task at hand. Their essays were not mere words; they were expressions of their thoughts, reflections, and perspectives on the topic. It was heartening to witness the meticulous structuring of their essays, featuring well-defined introductions, elaborative body content, and their unique viewpoints.

As the event drew to a close, the judges faced the challenging task of evaluating the essays. Each piece stood out for its distinctiveness and creativity, reflecting the individuality of every participant. Among the cluster of talented students, three outstanding individuals emerged victorious:

First Position: Raman Lal Singh

Second Position: Nirdesh Saini

Third Position: Alok Kaushik

These young scholars, with their exceptional essays, were not only acknowledged but also felicitated with genuine appreciation and applause. Their achievement was not merely in securing positions; it was in voicing their thoughts eloquently, showcasing a depth of understanding and insight that was truly commendable.



Snapshot from the Essay Writing Competition from Jaysingha Village

Awareness Program on Cleanliness and Basics of Hygiene (Jaysingha Village)

In a determined effort to cultivate awareness about cleanliness and the fundamentals of hygiene, a transformative initiative unfolded on the 16th of October 2018 within the rural embrace of Jaysingha village. This initiative, orchestrated by the PAHAL social welfare club, drew spontaneous participation from over 15 members of the village community, illuminating the pathway towards a cleaner, healthier future.

The program commenced with a proactive cleaning drive, where volunteers, with unwavering dedication, swept the streets and alleys of the village. What made this endeavor truly impactful was the active involvement of the village representative, epitomizing the spirit of community collaboration. The collected waste was meticulously sorted into degradable and non-degradable categories, aligning with cleanliness guidelines. The volunteers further extended their outreach by demonstrating to the villagers how to segregate waste, marking a crucial step towards effective waste management.

Amidst the backdrop of picturesque rural life, a pressing reality surfaced – pollution had seeped into the very heart of the village. Despite efforts to improve Water, Sanitation, and Hygiene (WASH) indicators, the situation remained far from ideal. The Swachh Bharat Mission, a flagship initiative by the Indian government, aimed to enhance the quality of rural life through hygiene, cleanliness, and waste management. However, the enormity of this challenge required collective efforts from not just the government but also NGOs, volunteers, and civic organizations.

The problem statement in rural villages became evident:

1. Waste materials, ranging from household waste to vehicular emissions and stubble burning residues, accumulated in the village.
2. Segregating this waste into biodegradable and non-biodegradable categories posed a significant challenge, especially with the proliferation of single-use plastics.
3. Awareness about pollution was lacking, compounded by scarce resources.
4. Basic hygiene and personal cleanliness practices were absent, leading to frequent illnesses, especially in children, indicative of low immunity.

Preparation preceded action in a brainstorming session, outlining the topics to be covered during the field visit. A one-day garbage collection drive was planned to catalyze the village's cleanliness drive. Post-cleaning, the team engaged the children in an enlightening session on the fundamentals of hygiene and cleanliness. Key points emphasized included the importance of personal hygiene, regular dental care, handwashing before and after meals, daily bathing, wearing clean clothes, nail care, proper use of dustbins, maintaining clean rooms, regular toilet cleaning, and covering one's mouth while sneezing or coughing.

The session achieved its purpose, leaving the children enlightened and enthusiastic about their newfound knowledge. They not only vowed to implement these practices in their lives but also pledged to share this invaluable information with their family members and peers. The initiative didn't just teach hygiene; it sowed the seeds of knowledge and responsibility, nurturing a generation that understands the critical connection between cleanliness, hygiene, and overall well-being. PAHAL's campaign was more than just an event; it was a transformative experience, instilling values and practices that will resonate through generations, making Jaysingha village a cleaner, healthier haven for all.



Empowering Young Minds Teaching the Importance of Personal Hygiene and Cleanliness

Story Telling Competition among Rural Children (Jaisingha Village)

In the realm of a child's mind, stories serve as the magical gateway to boundless imagination. They not only infuse the sense of fun but also carry profound moral values, shaping young minds into individuals of character and integrity. Acknowledging this power of storytelling, the PAHAL social welfare club orchestrated a captivating story reciting competition for the children of Badkala village on 4th of March 2019.

Preceding the event, the rural children dedicated themselves to crafting stories at home, preparing diligently for the competition. Understanding the challenges faced by these young storytellers, volunteers stepped in as guiding lights. They not only aided in the selection of stories but also provided valuable pointers, alleviating the pressure and ensuring the participants were well-prepared for their oral presentations.

On the competition day, the atmosphere buzzed with excitement as approximately 26 students gathered to share their meticulously prepared stories. Tales like "The Thirsty Crow," "The Lion and The Mouse," "The Five Friends," "The Ant Thief," "The Midas Touch," and "The Empty Pot" came to life through the vibrant narrations of the children. Their storytelling skills were remarkable, showcasing not only their dedication but also their improved confidence, a testament to the impact of previous public speaking programs.

Each child, with unwavering conviction, recounted their chosen story, focusing on voice modulation and engaging delivery. The highlight of each narration was the moral value embedded within the tale, shared eloquently by the participants. While the journey of growth is not uniform, with some facing challenges, there were standout performances that illuminated the event.

Among the participants, Adesh Saini emerged as a beacon of storytelling brilliance. His narration of "The Thirsty Crow" not only captivated the audience but also added a touch of humor as he mimicked the crow, leaving the spectators in awe. His exceptional performance earned him the first prize, a testament to his storytelling finesse and creativity.

Beyond the competition, this event was a celebration of creativity, imagination, and the moral fabric woven into stories. It wasn't merely a competition; it was a platform where young voices found expression, where imaginations soared, and where the seeds of moral wisdom were sown. PAHAL's story reciting competition wasn't just an event; it was a journey into the enchanting world of stories, where every tale became a stepping stone towards a future generation of imaginative, empathetic, and morally grounded individuals.



Small children reading and memorizing their selected stories during the story telling competition

Public Speaking Training and Career counselling for Rural Children (Badkala Village)

In the heart of Roorkee Township, the transformative echoes of education resounded as the PAHAL social welfare club organized a pioneering Public Speaking training practicum in Badkala Village on the 5th March 2019. With unwavering determination and passion, the dedicated 33 PAHAL members conducted this workshop, illuminating the lives of community children.

Public Speaking, the art of addressing live audiences to convey a message, is a skill that not only influences but also empowers. However, for many, facing an audience, especially in a rural setting, is a daunting challenge. The key to overcoming this challenge lies in confidence, a trait often lacking among young individuals.

The workshop was conceived with a dual purpose: to chisel the public speaking skills of the participating adolescents and, more importantly, to amplify their confidence and sharpen their oratory prowess. PAHAL members, observing that the village children hesitated to answer questions even when they knew the answers, recognized the need to instill confidence in them. Thus, the Public Speaking class emerged as a beacon of empowerment.

The session was graced by the presence of Mr. Manoj Yadav, an expert in the realm of Public Speaking. His knowledge and experience dominated the session, guiding the children through the intricacies of this art form. The workshop covered essential domains of public speaking, providing comprehensive insights into:

1. **Learning about the Topic:** Understanding the subject matter thoroughly.
2. **Voice Control:** Mastering the art of modulating one's voice for impact.
3. **Delivery:** Perfecting the delivery to captivate the audience.
4. **Body Language:** Utilizing body language to enhance communication.
5. **Engaging the Audience:** Techniques to involve the audience actively.
6. **Practice:** Emphasizing the importance of consistent practice.
7. **Confidence:** Cultivating confidence to face any audience.
8. **Controlling Anxiety:** Overcoming nervousness and anxiety.
9. **Developing a Positive Mindset:** Fostering a positive outlook towards public speaking.
10. **Increasing Knowledge Base:** Continuously expanding one's knowledge for informed speeches.

For the participants, this experience was transformative. It was more than just a workshop; it was a rare opportunity that kindled their interest and exposed them to new horizons of learning. Mr. Yadav's guidance inspired them to practice public speaking in various contexts, urging them to recite stories and poems in front of their siblings and parents, thereby honing their skills in everyday scenarios.

This workshop wasn't just about teaching public speaking; it was about instilling confidence, nurturing self-belief, and empowering young voices. In the rustic setting of Badkala Village, PAHAL and Mr. Yadav collectively created an environment where words became tools of empowerment, paving the way for these children to express themselves with conviction and clarity. This initiative was more than training; it was a stepping stone toward a future where these children can stand tall and speak their truths, unafraid and empowered.



Confidence building training was imparted during public speaking career counselling class for rural children

Therapeutic Intervention Physical Fitness Workshop (Jaysingha Village)

In a conscious effort to prioritize the holistic well-being of the children in Jaysingha village, the PAHAL social welfare club embarked on a mission to impart vital knowledge about healthy living. Recognizing the significance of physical health in the overall growth of children, the PAHAL team organized a series of Physical fitness sessions. On the 28th of October 2018, this initiative came to life as approximately 29 PAHAL students with 50 eager children gathered in the school premises, forming an attentive audience for the session.

Guided by a skilled physical instructor from Quantum University, the session became a beacon of enlightenment and inspiration. The focus was not just on physical exercises but also on instilling a deeper understanding of the crucial link between a healthy body and a sound mind. As the saying goes, "Health is wealth," and this session aimed to engrain this wisdom in the young hearts of Jaysingha village.

Modern lifestyles, even in rural India, have taken a toll on physical health, making it imperative to address this issue. The World Health Organization's definition of health as "a state of complete physical, mental, and social well-being" was the guiding principle behind the session. The aim was to empower the children to understand that health is not merely the absence of disease but a state of complete well-being.

During the session, the children were introduced to a range of full-body exercises designed to tone muscles and enhance overall body strength. The physical instructor didn't just stop at exercises; he shared key steps for maintaining a healthy lifestyle on a daily basis. Rising early, engaging in regular runs and workouts, consuming a balanced diet, allowing the body adequate rest for recovery, and avoiding junk food were emphasized as essential practices for a healthy life.

The impact of this session was profound. It wasn't just about physical exercises; it was about equipping these young minds with the knowledge and habits necessary for a healthier future. The children absorbed these lessons eagerly, realizing the importance of a healthy lifestyle. They left the session not just with a few exercises to practice but with a newfound understanding of the value of their health.

PAHAL's physical health session became more than just an event; it became a foundation for healthier choices and a brighter future. By investing in the physical well-being of these children, PAHAL not only imparted crucial life lessons but also sowed the seeds for a generation that understands the importance of a healthy body and mind. This initiative was not just a session; it was an investment in the long-term well-being of Jaysingha village, nurturing a community that cherishes and prioritizes health as the true wealth of life.



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

Educational Class for Rural Children on General Studies (Badkala Village)

On the 30th of November 2018, 15 members of the PAHAL social welfare club of Quantum University orchestrated a transformative educational camp in Badkala Village. The purpose was clear: to provide education and knowledge on various topics falling under General Studies enthusiastic children. This initiative aimed not just to impart knowledge but to instill confidence and scholarly vigor within the village's young minds.

Preceding the camp, a comprehensive assessment was conducted by dedicated volunteers to gauge the baseline knowledge of the rural children of Badkala. Sadly, the results reflected a significant gap below the standard knowledge parameters expected of students ranging from class five to twelfth standard. This disparity illuminated the persistent challenges faced by government schools in rural India, including outdated teaching methods, old curriculum, ineffective evaluation systems, and obsolete study materials.

In the face of these challenges, Quantum University recognized the need for intervention. The PAHAL members meticulously planned the camp, aiming to bridge the knowledge gap and provide the children with the tools necessary to navigate the complexities of modern education.

The chosen focus areas for the educational camp were strategically aligned with the children's needs and interests:

1. **English Vocabulary:** Enhancing language skills to broaden their vocabulary.
2. **Sentence Writing:** Fostering the art of constructing coherent and meaningful sentences.
3. **Grammatical English Language:** Delving into the nuances of English grammar for effective communication.

The intervention in Badkala Village wasn't a mere class; it was a well-thought-out strategy aimed at empowering the children with practical knowledge. PAHAL members conducted preparatory classes before visiting the village, meticulously selecting relevant topics and tailoring their teaching methods to suit the children's learning styles.

The impact of this educational camp was not merely academic. It was about instilling a love for learning, sparking curiosity, and nurturing the seeds of future aspirations. Through this initiative, PAHAL and Quantum University have sowed the seeds of knowledge, cultivating a future where these children can dream big, aspire high, and break free from the constraints of limited opportunities. This camp was not just an event; it was a stepping stone toward a brighter, more educated tomorrow for the children of Badkala Village.



PAHAL members individually focused on each children so that they grasp the concepts well

Sports Event Race Competition (Badkala Village)

In an enthusiastic display of athleticism and camaraderie, Quantum University's PAHAL social welfare project orchestrated an exhilarating race competition on the 23rd of December 2018. The event, held in high regard, tested the mettle of young participants in three riveting categories: the 100m, 200m, and 400m sprint races. Over 25 enthusiastic children enthusiastically embraced the challenge, showcasing their speed, endurance, and determination on the track.

The winners of the day were not merely awarded; they were celebrated for their remarkable achievements. First, second, and third prizes were rightfully bestowed upon the deserving champions in all three categories, recognizing their exceptional talent and sportsmanship.

The significance of sports in the lives of children cannot be overstated. It goes beyond the physical realm, contributing profoundly to their psychological and emotional growth. Experts unanimously agree that engaging in sports activities at a young age offers unparalleled benefits. These activities enhance lung capacity, cardiovascular fitness, and bone health. Moreover, they improve coordination, elevate mood, and boost confidence. The advantages don't stop there; sports also hone physical skills, foster new friendships, enhance confidence, provide entertainment, elevate mood, and fortify immunity against diseases.

Throughout the event, one remarkable aspect was evident: the unwavering display of energy and determination by the young participants. Their performance not only met but exceeded expectations, showcasing their incredible potential. The air was thick with motivation as participants cheered and encouraged one another, creating an atmosphere of mutual support and encouragement.

Beyond the individual achievements, events like these play a pivotal role in instilling the values of healthy competition and nurturing a sports culture among the students. The PAHAL sports event wasn't just a race; it was a testament to the spirit of sportsmanship, camaraderie, and determination. It wasn't merely a competition; it was a celebration of the boundless potential residing within the young hearts, echoing the belief that with determination and teamwork, every finish line is just the beginning of a new race.



Image from Sports race competition where children are waiting in que for their turn to race in their choice of event.

A Workshop on Sanitary and Hygiene (Jaysingha Village)

Hygiene, the cornerstone of health, stands as a sentinel against diseases, preserving the vitality of communities. However, in the realm of habits, change is a daunting task, especially in areas where ignorance prevails. Quantum University's PAHAL club, cognizant of this, addressed a pressing concern – menstrual hygiene management in rural communities.

On the 10th of February 2019, a workshop unfolded, focusing primarily on the menstrual health of young girls and women. With 15 attendees, the workshop delved into crucial topics surrounding menstruation hygiene management:

1. **Health and Dignity:** Educating attendees on the significance of maintaining both health and dignity during menstruation, emphasizing the importance of self-care.
2. **Quality Sanitary Pads:** Stressing the usage of high-quality sanitary pads, ensuring a safe and hygienic experience during menstruation.
3. **Accessing Healthcare:** Providing insights into accessing healthcare systems for any menstrual health-related issues, fostering a culture of proactive healthcare.
4. **Safe Disposal Methods:** Educating on safe disposal methods for sanitary pads, highlighting the importance of environmental consciousness.
5. **Supplementation:** Emphasizing the weekly supplementation of iron pills, addressing the unique nutritional needs of women during menstruation.
6. **Safe Toilet Usage:** Promoting the safe use of toilets during periods, dispelling myths and encouraging proper sanitation practices.
7. **Reproductive Health:** Discussing the increased vulnerability to reproductive tract infections during the menstrual cycle, emphasizing the need for preventive measures.
8. **Education Continuity:** Encouraging attendance at school during menstruation, debunking societal myths and fostering a supportive educational environment.

The workshop confronted deeply ingrained taboos and societal norms, challenging the status quo that shrouded menstruation in shame and silence. Addressing young girls, the workshop advocated a natural acceptance of this biological process, dispelling myths and encouraging open dialogue.

The challenges faced were not just sanitary but also cultural, social, and religious. Breaking these barriers requires persistent effort, not only in educating the young girls but also their families, especially the male members of the community. A crucial aspect of this initiative was the mental preparedness of young girls before puberty, ensuring that they embraced this natural cycle with confidence and pride.

The workshop was not merely about imparting knowledge; it was a call to change narratives, reduce shame, and enhance tolerance. Empowering women in rural India with the right information and fostering a culture of understanding and acceptance is the cornerstone of Quantum University's initiative, marking a significant step towards a healthier, more enlightened society.



PAHAL volunteer gathering target community in the school premises for sanitation and hygiene workshop for girl child.

Debate Competition among Rural Children (Jaysingha Village)

Debate competitions are renowned for nurturing articulate oratory skills, logical arguments, and unwavering self-confidence among participants. The essence of successful debating lies in the rigorous preparation process, where critical thinking, well-structured arguments, and unshakable confidence come together. This process not only deepens participants' understanding of the topic but also challenges them to expand their knowledge in ways previously unexplored. Recognizing the educational value of debates, institutions utilize this medium to sharpen students' academic acumen and bolster their self-assurance.

Quantum University, both a social organization and an academic institution, comprehends the power of debate as a transformative tool for young minds. Debates serve as catalysts, encouraging students to step beyond their comfort zones and cultivate unyielding self-belief. This transformative potential was recently put to the test in Jaysingha village on February 24, 2019, where a village-level debate competition was organized for a group of 15 school children. For many, this marked their inaugural participation in such an intellectually stimulating activity. To ease the experience for these village children, they were allowed to select social topics themselves, topics that were simultaneously accessible yet thought-provoking. Five engaging topics were chosen, and ten children emerged as the spirited debaters for the contest.

The selected topics for the competition included:

1. **Use of smartphones by children: Good or bad?**
2. **Examinations: A necessary evil? (Yes or no)**
3. **Reservation for women in colleges: (Yes or no)**
4. **Should schools operate year-round with no breaks allowed?**
5. **Village vs. City life: Which is a better place to live?**

Debates, historically embedded in educational institutions and democratic systems, serve a multitude of purposes beyond the classroom. They provide a platform for individuals to express their thoughts, resolve issues, and stimulate intellectual discourse.

During the competition, the participants exceeded expectations. The fundamental skill sought was the ability to think critically and present arguments that were both personal and unique, and this is precisely what transpired. The children demonstrated exceptional skill, surprising everyone involved. Their performances were a testament to their intellectual prowess and determination. In our eyes, every participant emerged victorious. We wholeheartedly commend their dedication and effort within the limited timeframe. Despite the unexpected challenges, the children exhibited remarkable intellectual resilience and determination. Undoubtedly, the program achieved its lofty goals, leaving a lasting impact on all those involved.



Children Posing with a PAHAL club volunteer post completion of the debate program

Career Guidance for Rural Students at (Badkala Village)

In the pivotal juncture of a student's life, the pressure to chart a career path often feels like an insurmountable mountain. This challenge intensifies for students completing their 10+2 education, where the absence of role models in their village compounds their confusion. In the absence of guidance, these young minds find themselves adrift in a sea of possibilities, desperately seeking a beacon to illuminate their way forward.

Recognizing this critical need, the PAHAL social welfare team stepped in as guiding lights, orchestrating a transformative counseling session for 10+2 students in Badkala Village. On the 4th of March 2019, PAHAL organized a comprehensive counseling camp, a sanctuary where 15 eager students could find answers to their career-related queries.

The objective was clear: to dissolve the clouds of confusion and provide these aspiring souls with a roadmap towards fulfilling and productive lives. The session began with meticulous one-on-one interactions with each student, delving deep into their interests and their current stream of subjects. Through these conversations, the PAHAL team aimed to understand the unique aspirations and aptitudes of each student.

The counseling camp acted as a reservoir of information, where students were enlightened about the diverse post-12th standard career courses available to them. From various streams like science, commerce, and humanities to specialized paths like polytechnic, job-oriented diploma courses, ITI, and careers in sports, the spectrum of opportunities was vividly laid out. Moreover, avenues in engineering, medicine, Indian Army, simple graduation, government jobs, and banking sectors were presented, allowing students to glimpse the vast landscape of possibilities. Long-term academic goals were also discussed, igniting dreams of higher education.

The impact was profound. Students, once mired in confusion, left the counseling session with clarity and confidence. The personalized guidance, tailored to their interests and aspirations, provided them with a direction, a purpose. Gratitude filled the air as satisfied students thanked the PAHAL team, their doubts dissolved, their paths illuminated. The counseling session wasn't just an event; it was a transformative experience, a compass guiding these young minds towards a future brimming with promise and potential. PAHAL didn't just provide information; they nurtured dreams, fostering a generation empowered to make informed, confident career choices.



PAHAL social welfare members having a picture moment post successful career guidance session in the village

Legal Literacy Camp (Jaysingha Village)

In the light of India's legal system, even the most informed individuals often find themselves in the dark. There's a pervasive misconception that legal literacy is the realm of legal professionals and those directly involved in the judicial system. However, this misconception is not just limiting; it's detrimental. Every citizen, regardless of their profession or social status, should be acquainted with the legal system, their rights, and the processes that safeguard their interests. Legal literacy isn't an option; it's a fundamental necessity.

Recognizing this imperative, Quantum University's PAHAL social welfare club, in collaboration with the Department of Law, embarked on a noble mission to disseminate legal awareness. Their mission was clear: educate, empower, and enable the community, especially the younger generation, with the knowledge of their legal rights and entitlements. Legal literacy, after all, is the cornerstone of a just society.

On the 7th of March 2019, in the heart of Jaysingha village Roorkee, the PAHAL team and students of Law department, Quantum University orchestrated a transformative event – a Legal Awareness Camp. More than just a workshop, this event was a beacon of knowledge, illuminating the legal landscape for approximately 50 eager school children and their parents.

The camp delved deep into vital aspects of the legal system, tailoring the discussions to the needs of the villagers:

1. **Right to Information:** Empowering individuals with the right to access information.
2. **FIR (First Information Report):** Understanding the crucial first step in legal proceedings.
3. **Child Rights:** Ensuring the protection and welfare of the younger generation.
4. **Girl Child Rights:** Advocating for gender equality and safeguarding the rights of girls.
5. **Domestic Violence and Remedy:** Addressing a critical societal issue and avenues for legal recourse.
6. **Free Legal Aid:** Making legal assistance accessible to everyone, regardless of financial status.
7. **Right to Education:** Championing the fundamental right to education for all.

The workshop was more than just an information session; it was an eye-opener for the villagers, a rare exposure to legal literacy that had been absent for far too long. The legal experts meticulously disseminated crucial information, equipping the participants with tools to safeguard their rights in critical situations.

The session didn't end with a monologue; it blossomed into a dialogue during a spirited Q&A round. The doubts and uncertainties that shrouded the participants' minds were dispelled, leaving them with clarity and confidence.

The gratitude in the air was palpable as the community members expressed their heartfelt thanks. For the first time, legal literacy had reached their doorsteps, bringing with it not just knowledge but also empowerment. PAHAL's Legal Awareness Camp wasn't just an event; it was a catalyst for change, a transformative experience that empowered the community with the knowledge to navigate the complex legal landscape of India. By fostering understanding and awareness, PAHAL didn't just impart legal knowledge; they sowed the seeds of empowerment, nurturing a community of informed, empowered citizens, ready to uphold their rights and contribute meaningfully to the society they are a part of.



PAHAL social welfare volunteers and students of Law Department capturing collective memory after the successful commencement of legal literacy

Good and Bad Touch Workshop for Girl Safety at (Jaysingha Village)

In the quiet community hall of Jaysingha village, a powerful initiative unfolded on the 9th of March 2019. Approximately 35 young girls, accompanied by their concerned parents, gathered for a crucial training workshop on the topic of "Good and Bad Touch." Initially hesitant, the group soon found themselves engaged and receptive as the workshop progressed.

The grim reality of rising cases of child molestation casts a dark shadow on our society. Often unreported, these incidents are perpetuated due to fear and silence. Addressing this pressing issue head-on, the workshop aimed to empower young girls with knowledge and confidence to identify inappropriate situations and take immediate action to prevent abuse.

Throughout the two-hour workshop, key points were discussed to achieve the program's objectives:

1. **Building Trust:** Emphasized the importance of trust between parents and children, creating an environment where open communication is encouraged without fear.
2. **Understanding Private Body Parts:** Educated parents and children about private body parts, stressing that no one should be allowed to touch these areas without consent.
3. **Maintaining Physical Boundaries:** Taught the concept of physical boundaries, encouraging children to maintain appropriate distances, especially with strangers, and take ownership of their bodies.
4. **Recognizing Safe Touch:** Highlighted what constitutes a safe touch, ensuring parents do not touch private parts or engage in prolonged physical contact without a valid reason.
5. **Awareness of Grooming Techniques:** Informed about grooming techniques used by offenders, making children comfortable with their touch over time, paving the way for potential abuse.
6. **Ensuring Proper Attire:** Advised children to wear full undergarments and never change clothes in situations where their parents are absent or when someone else insists.
7. **Assertiveness and Seeking Help:** Encouraged saying 'no' to inappropriate touch, screaming to attract attention if necessary, and running away to a safe place or a trusted person to report the incident.
8. **Avoiding Victim-Blaming:** Urged parents not to punish their children in case of molestation, emphasizing the innocence of young children and the importance of supporting them in such situations.

By imparting this knowledge, the workshop not only equipped the young girls with the tools to protect themselves but also fostered an environment of awareness and vigilance within the community. Through understanding, communication, and empowerment, the workshop aimed to break the silence surrounding child abuse, creating a safer space for every child, one workshop at a time.



In the picture a child is learning through enactment about good and bad touch

General Knowledge Quiz Competition (Badkala Village)

On March 23, 2019, the PAHAL team of Quantum University orchestrated a General Knowledge competition for the children of Badkala village. A total of 32 enthusiastic young minds participated in this event, which unfolded in the heart of the village at the community center. The theme for this intellectually stimulating competition revolved around Science and History, specifically designed for class 5 students. The PAHAL team meticulously crafted a questionnaire tailored to their age, featuring questions that tested their knowledge, such as alternative names for Mahatma Gandhi, the red planet in our solar system, the scientist credited with discovering gravity, and the birthplaces of eminent personalities like Swami Vivekananda and Rabindranath Tagore.

Participating in quiz competitions holds inherent advantages. The preparation process necessitates the acquisition of knowledge, a trait often regarded as a mark of profound intelligence. But does possessing vast knowledge truly place you ahead of others? The answer is a resounding yes, and in manifold ways. Knowledge profoundly influences your social standing; peers and communities appreciate individuals who possess in-depth knowledge on various subjects. The process of gathering information engages mental faculties such as imagination, memory, willpower, and thought. It's not just about accumulating facts; the individual also develops a heightened level of cognitive function. This cognitive intelligence enables individuals to judge the quality and reliability of information. Consequently, individuals can solve complex problems, explore new avenues, hone new skills, and apply these developed abilities to smartly navigate everyday life.

In the realm of academics, general knowledge plays a pivotal role in a student's life. It not only bolsters their academic prowess but also enhances their personality, boosting confidence and elevating their state of being. General knowledge encompasses a vast array of human experiences, spanning Arts, Current Affairs, History, Science, Sports, Politics, Culture, Cinema & Entertainment, Medicine, and Nature.

Competitions of this nature compel students to delve into curriculum textbooks, seek guidance from their teachers, and foster curiosity within the classroom. The primary objective of this program was not merely to provide a platform for the village's children. It was designed to nurture their growth, promote self-learning, and create an environment conducive to intellectual curiosity. The PAHAL team went above and beyond, distributing General Knowledge books to all participants. Additionally, they encouraged each child to maintain a separate notebook for writing down GK questions and answers, enhancing the learning experience. The team's vision extends beyond this single event; they are committed to organizing more such programs. Their aim is to create an enabling environment within the village community, safeguarding children's rights to quality education, while also providing the young learners with the resources and platforms necessary for their holistic growth.



Glimpse from the General Knowledge Quiz competition among rural talent

Expert Talk on Exam Guidance (Jaysingha Village)

On March 26, 2019, PAHAL volunteers organized a crucial session in Jaysingha Village, aiming to empower 40 school children from the village to prepare effectively for their examinations. The session, conducted as an expert talk by Mr. Mitendra Kumar Arya, the coordinator, provided invaluable pointers to guide students towards better performance during exams.

In a brainstorming session among PAHAL team members, it became apparent that both urban and rural students face the pressure of examinations, but their attitudes and available support systems significantly differ. Urban students often benefit from abundant resources and expert guidance, while their rural counterparts lack such privileges.

Challenges Faced by Jaysingha Village School Children: The children in Jaysingha village come from financially disadvantaged backgrounds. Private tutoring, common in urban areas, is a luxury they cannot afford. With limited guidance and parental support, they struggle to perform well in school tests. Many barely pass, while some succumb to their circumstances, leading to exam failures and grade repetition. Moreover, the village school teachers, when compared to their urban counterparts, lack quality in teaching methods. Textbooks, resources, and teaching techniques are often inadequate, hindering meaningful learning.

Traditional Examination System: Traditionally, examinations have been the primary mode of assessing students, determining their promotion to the next grade based on minimum passing marks. This method, although stressful, ensures that deserving candidates progress. Mr. Arya highlighted key strategies during the session:

1. **Create a Daily Schedule:** Develop a disciplined daily timetable and adhere to it consistently.
2. **Take Detailed Notes:** Prepare comprehensive notes on essential topics for easy reference.
3. **Prioritize Difficult Subjects:** Focus on challenging subjects like Mathematics and Science first.
4. **Adopt the 'Learn-Test-Revise' Approach:** Master the material, test your knowledge, and then revise regularly.
5. **Study in Groups:** Collaborate with peers to enhance understanding and share knowledge.
6. **Teach Others:** Teaching subjects to peers reinforces your own understanding of the material.
7. **Finish the Syllabus Early:** Complete the course ahead of exams to focus on revision closer to the examination date.
8. **Read Exam Papers Carefully:** Understand the questions thoroughly before attempting them.
9. **Stay Calm:** Manage exam stress and approach the test confidently.
10. **Review Answers:** Allocate time to review your answer sheet before submitting it.

Evaluating Teachers and Pedagogy: While exams place immense psychological pressure on students, they are essential for assessing not only the students but also the effectiveness of teachers. Teachers can be evaluated through systematic processes, including student interviews and analyzing class performance data against predefined parameters. The goal is not only to provide education but also to ensure its quality. Continuous improvements in teaching methods are essential to achieving the desired outcomes. By implementing these strategies, rural students can navigate the challenges of examinations more effectively, ensuring a brighter educational future.



Mr. Mitendra Kumar Arya, edifying children in gaining right perspective for the examination

Free Medical Camp during Kanwar Yatra, Haridwar

On 17th July 2019, a free medical camp was organized at Haridwar for the pilgrims participating in the annual Kanwar Yatra, a religious pilgrimage to offer prayers to Lord Shiva at Neelkanth. The medical camp aimed to provide essential healthcare services to the pilgrims and ensure their well-being during the yatra. This report provides an overview of the medical camp, including the number of pilgrims treated, the services provided, and the key personnel involved.

The free medical camp was organized by PAHAL social welfare Group Quantum University and was sponsored by Bhagwanpur Industries Association, it was held in Haridwar, which is a significant location for the Kanwar Yatra due to its proximity to Neelkanth. The camp was set up to cater to the healthcare needs of the pilgrims, who embark on this religious journey in large numbers.

During the day, approximately 50 tired pilgrims were treated at the medical camp. The camp provided a range of services to address the pilgrims' healthcare needs. These services included first aid treatment for minor injuries and illnesses, as well as general health check-ups to identify any underlying health issues. The aim was to promptly address any medical concerns and ensure the well-being of the pilgrims during their pilgrimage.

Ms. Saloni Arora led the health camp, along with a doctor from the Community Health Center (CHC) Bhagwanpur. Their expertise and experience in healthcare management were instrumental in organizing and executing the medical camp successfully. The coordination between Ms. Saloni Arora and the doctor ensured the smooth functioning of the camp and the provision of appropriate medical assistance to the pilgrims.

The medical camp proved to be highly beneficial for the Kanwar Yatra pilgrims. They were provided with free medical treatments, including first aid services and health check-ups. This not only addressed their immediate healthcare needs but also helped in identifying any underlying health conditions that required further attention. The medical camp played a vital role in ensuring the safety and well-being of the pilgrims during their spiritual journey.

The free medical camp organized for the Kanwar Yatra pilgrims at Haridwar on 17th July 2019 was a significant initiative to cater to the healthcare needs of the pilgrims during their religious journey. The camp successfully treated approximately 50 pilgrims, providing them with first aid and health check-up services. The presence of Ms. Saloni Arora and the doctor from CHC Bhagwanpur ensured the smooth functioning of the camp and the delivery of effective medical assistance. Such medical camps are vital in promoting the well-being of pilgrims and ensuring a safe and healthy experience during religious gatherings.



Images from the Medical Camp Held during Kanwar Yatra

Awareness program on Child Marriage and Female Feticide at Badkala village

On August 14, 2019, the PAHAL Social welfare Club in collaboration with Department of Applied Medical Sciences, Quantum University, organized an awareness program on child marriage and female feticide in Badkala village. The program aimed to educate 40 members from the village community and create awareness among girls and women of the village about these critical social issues. This report provides an overview of the awareness program, including the date, participants, activities, and impact on the community.

The awareness program on child marriage and female feticide organized by the Department of Applied Medical Sciences, PAHAL Social welfare Club, along with other Students aimed to address two pressing social issues that affect the well-being and rights of girls and women. Through informative sessions and discussions, the program sought to empower participants with knowledge and encourage them to take a stand against these practices. Forty female members from the Badkala village community actively participated in the awareness program. The participants were invited to attend the forum, which provided them with an opportunity to learn about child marriage and female feticide, engage in discussions, and share their experiences and perspectives. Their presence reflected their interest in addressing these social issues and their commitment to driving positive change in their community.

The awareness program commenced with expert presentations on child marriage and female feticide. Qualified professionals from the Department of Applied Medical Sciences delivered informative sessions, providing an in-depth understanding of the detrimental effects of these practices on girls and society as a whole. The presentations highlighted the legal aspects, health consequences, and societal implications of child marriage and female feticide.

Following the presentations, interactive discussions were facilitated to encourage active participation from the attendees. The participants were encouraged to ask questions, share their opinions, and express their concerns related to child marriage and female feticide. These discussions aimed to create a safe and inclusive environment for dialogue, fostering a collective understanding of the issues at hand. The program also focused on equipping the participants with strategies to prevent and combat child marriage and female feticide. Information on legal rights, available support systems, and the importance of education and empowerment were shared. Practical tips and resources were provided to help the attendees take action in their individual capacities and as a community.

The awareness program on child marriage and female feticide made a significant impact on the participants and the Badkala village community as a whole. By providing knowledge and fostering discussions, the program increased awareness about these social issues and their consequences. It empowered the female members of the community with information and resources to take a stand against child marriage and female feticide. The program also encouraged community engagement and collective efforts to eradicate these harmful practices.

The awareness program on child marriage and female feticide organized by the Department of Applied Medical Sciences was a significant step towards addressing these pressing social issues. By educating and engaging the female members of the community, the program aimed to bring about positive change and promote gender equality. The active participation of the attendees and their willingness to learn and discuss reflect their commitment to ending child marriage and female feticide in their community. The collaboration between the organizations and the involvement of community members were crucial in making the program successful. Continued efforts and collective action will be essential to creating



Celebrating womanhood and at the same time empowering them with crucial information on demons of early marriage and female feticide.

Awareness Campaign on Nutrition at Badkala village

In commemoration of Nutrition Month (Poshan Maah), the PAHAL Social Welfare Club and Department of Applied Medical Sciences jointly organized a street play on September 7, 2019, in Badkala village. The aim was to educate the village community about personal hygiene and the importance of a nutritious diet. The Department of Applied Medical Sciences played a crucial role in the awareness campaign. Faculty members, Ms. Saloni Arora, Shradha Singh, and Renu Bala Sharma, coordinated the program, which sensitized over 40 villagers to these critical health issues. The participation of department students in counseling sessions further contributed to the success of the program.

The street play and awareness campaign organized by the Department of Applied Medical Sciences and PAHAL Club aimed to promote the significance of personal hygiene and a nutritious diet in maintaining good health. The event leveraged the medium of street theater to engage and educate the village community, creating awareness and empowering them to make informed choices regarding their health and nutrition.

Over 40 villagers actively participated in the street play and awareness campaign. Their presence and engagement demonstrated their interest in understanding and adopting healthier practices related to personal hygiene and nutrition. The program also provided an opportunity for participants to interact with faculty members and students, fostering a sense of community engagement and shared responsibility.

The program commenced with a street play performance by the PAHAL Club. The play depicted real-life scenarios related to personal hygiene and nutrition, highlighting the importance of these aspects for individual and community well-being. Through the use of engaging storytelling and dramatic performances, the street play effectively conveyed the key messages and captured the attention of the audience.

Following the street play, faculty members from the Department of Applied Medical Sciences shared valuable information on personal hygiene and nutritious diets. They discussed the importance of proper handwashing techniques, regular bathing, dental care, and maintaining clean surroundings. The significance of consuming a balanced diet, including fruits, vegetables, proteins, and vitamins, was emphasized to promote good health and prevent nutritional deficiencies.

Department students enthusiastically conducted counseling sessions with the villagers, providing personalized guidance on nutrition and personal hygiene. They addressed individual queries and concerns, offering practical advice and suggestions for incorporating healthy habits into their daily lives. These one-on-one interactions allowed for a deeper understanding of the participants' specific needs and helped them develop personalized strategies for improvement.

The street play and awareness campaign had a significant impact on the participants and the Badkala village community. The event successfully raised awareness about the importance of personal hygiene and nutrition, promoting positive behavior change among the villagers. By involving faculty members and students, the program provided valuable expertise and guidance to the community, fostering a sense of trust and collaboration.

The counseling sessions proved particularly beneficial as they addressed individual concerns and provided tailored advice, enabling participants to make informed decisions about their health and nutrition. The program created a platform for dialogue and knowledge sharing, empowering the villagers to take ownership of their well-being and adopt healthier practices.

The street play and awareness campaign organized by the Department of Applied Medical Sciences and PAHAL Club, effectively promoted personal hygiene and the importance of a nutritious diet in Badkala village. The involvement of faculty members, Ms. Saloni Arora, Shradha Singh, and Renu Bala Sharma, along with the enthusiastic participation of department students, contributed to the success of the program. The event sensitized over 40 villagers, providing them with the necessary knowledge and guidance to make

positive changes in their daily lives. Continued efforts and community engagement will be crucial in ensuring the long-term impact of the awareness campaign on personal hygiene and nutrition in the village.





Pictures says it all, PAHAL club and our departments joined hands to combat social issues and sensitize the locals

Soil Testing Camp for Rural Farmers in Badkala Village

On September 11, 2019, the PAHAL Social Welfare Club and Department of Agricultural Studies organized a Soil Testing Camp at Panchayat Bhawan in Badkala village, Roorkee. The camp aimed to raise awareness among farmers about the importance of soil health for sustainable development. Around 20 farmers participated in the program, which involved soil sampling, analysis, and demonstrations by students. The camp emphasized the significance of soil testing and soil reclamation in achieving higher productivity and sustainable agricultural practices.

The Soil Testing Camp organized by the PAHAL club and Department of Agricultural Studies, provided farmers with firsthand knowledge and practical demonstrations on soil testing and its impact on agricultural productivity. The program focused on raising awareness about the importance of maintaining soil health and adopting sustainable agricultural practices for long-term development. Approximately 20 farmers actively participated in the Soil Testing Camp. Their engagement demonstrated their interest in understanding the significance of soil testing and its benefits for crop cultivation. The program provided a platform for farmers to interact with students and gain insights into soil sampling techniques, analysis methods, and strategies for soil reclamation.

Students from the PAHAL Club and Department of Agricultural Studies demonstrated the correct method of soil sampling to the farmers. They explained the importance of collecting representative soil samples from different areas of the fields to obtain accurate results. Farmers were guided on how to collect soil samples and package them properly for testing. Two soil samples collected from the farmers' fields were analyzed on-site using a Soil Testing Kit. The students performed the analysis in front of the farmers, showcasing the step-by-step process and explaining the significance of each parameter measured. The analysis covered essential aspects such as pH level, nutrient content, and organic matter, providing insights into the current soil health status.

Students engaged in interactive sessions with the farmers, highlighting the importance of soil testing and its role in optimizing agricultural practices. They discussed the benefits of soil reclamation techniques, such as organic farming, proper nutrient management, and crop rotation. Farmers were encouraged to ask questions and seek clarifications, allowing for a comprehensive understanding of soil health management. The Soil Testing Camp had a positive impact on both the participating farmers and the overall agricultural community of Badkala village. The program raised awareness about the significance of soil health and its direct influence on crop productivity and sustainable development. By actively involving the farmers in the soil sampling process and on-site analysis, the program empowered them with practical knowledge and the ability to make informed decisions regarding their farming practices.

The direct interaction between the students and the farmers fostered a sense of trust and mutual learning. Farmers gained insights into the importance of soil testing, which can guide them in implementing appropriate soil management practices to enhance productivity and optimize resource utilization. The camp served as a platform for knowledge exchange, enabling farmers to adopt sustainable agricultural techniques and contribute to the overall development of the farming community.

The Soil Testing Camp organized by the PAHAL Club and Department of Agricultural Studies successfully created awareness among farmers in Badkala village about the importance of soil health for sustainable agricultural development. The active participation of farmers and the practical demonstrations provided by students allowed for a better understanding of soil testing techniques and its relevance in optimizing crop productivity. The camp emphasized the significance of soil reclamation and the adoption of sustainable practices for long-term agricultural sustainability. Continued efforts in promoting soil health and education among farmers will contribute to the overall growth and prosperity of the agricultural sector in Badkala village.



This was the very first time that the farmers were able to see soil testing almost before their eyes; they learned a lot that day.

Campaign for Rain Water Harvesting at Jaysingha village

PAHAL social welfare club on 15th September 2019 conducted the most needed workshop on Rain Water Harvesting in the village Jaysingha in which approximately 25 villagers participated to learn about why we should save rain water for later use and what techniques can be implemented to effectively collect and store the rainwater. 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 sessions but a small possession was also carried out with slogans raised to save the mother earth from deforestation and hence reverse climate change.

The usable water or the clean and fresh water is only available in limited quantities on earth and by and large the available mass of water (97.5%) that we learn in textbooks is mostly salt water. Apparently, if we think of purifying such a 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.

Humans need 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 clubs have raised the issue of saving the water in the first place by avoiding its misuse or wastage during daily chores on 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.

Rainwater Harvesting could be an alternative for fresh water, to use the rain water for various purposes by storing water during the 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 rainwater for harvesting by installation of rain barrels 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 rainwater 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 equipment for rain water harvesting. There is a lot of identified use of rain water in the village as almost every household has a kitchen garden in their backyard.



In the picture PAHAL club members campaigning for rain water harvesting

Plantation Drive in Badkala Village

PAHAL social welfare club team, on 3rd November 2019 and about 34 villagers participated and took the initiative of taking the Quantum University Tree Plantation Drive ahead in its journey by organizing a successful campaign of planting trees in the Badkala village with approximately 12 members of the village community. This plantation drive was also successful because it was carried out in the presence of the village sarpanch (head). Apparently before we move on with further information on the aforesaid campaign let us give a short background about the deforestation problem in India.

With the increase in the human population and necessity of desolate land to build human homes have pressured us to cut down trees, this is the major cause of deforestation, even so, increased human population requires food for survival to suffice the need to grow crops, more agricultural land is needed which also increase the pressure the take up the forest land by removing trees and vegetation pre existing there.

The phenomenon of deforestation is creating a situation where humans have to face consequences more than the loss of trees and plants. Perhaps, deforestation can lead to climate change, change in weather conditions and permanent loss of exotic plants and animals. The negative effects of cutting down trees does not stop here and other problems like soil erosion, floods and increase in greenhouse gases cannot be ignored either.

The problem statement is clear enough to bring in some action to reverse the situation of deforestation or at-least do our bit to plant more trees so that the coming generation can enjoy the shade of the trees. As a social organization we also believe that the advocacy with the government department should also be carried out on a regular basis to pressure them to make stringent laws on cutting trees, promoting plantation drives, promoting the alternative for wood, strictly protecting reserved forests and its animals etc.

With that being said, the plantation drive in the Badkala village was even more successful because of the community support, the rural population here wholeheartedly supported the campaign and more than 20 saplings for plantation were donated by them. Community children also joined our campaign and whilst they carried out a procession and raised slogans to save the mother earth and plant more trees.

Approximately 20 saplings were planted on the day and community members took the responsibility to take care of the sapling till the time they grow up into a sizeable strong tree, they promised to water the plants on a daily basis, protect it from free grazing animals and nurture them with cow dung and manure



“He who plants a tree, plants a hope” believing in the quote, Quantum University ensures meaningful engagement of their students in the mass plantation program.

Awareness Program on Agricultural Problems faced by the Farmers of village Hasanpur

On 8th November 2019, PAHAL social welfare club members belonging to B.Sc. Agriculture 3rd year embarked on an extension education visit to the village Hasanpur. The objective of this visit was to provide students with practical exposure and an opportunity to interact with farmers, learn about their agricultural challenges, and educate them on effective solutions.

The visit aimed to enhance the students' understanding of the socio-economic conditions of farmers and enable them to apply their theoretical knowledge in a real-world setting. A total of 18 farmers were visited during the visit, with the students going from home to home to engage with the farming community. The students actively observed and analyzed the agricultural practices followed by the farmers in Hasanpur village. They identified the challenges faced by the farmers, such as crop diseases, irrigation issues, soil fertility problems, and pest control. The students utilized their knowledge and skills acquired through their academic coursework to assess the situation and suggest appropriate remedies.

During the visit, the students actively engaged in discussions with the farmers, gaining valuable insights into their farming techniques, traditional practices, and challenges they face. The students also provided guidance and education on various aspects of agriculture, such as modern farming techniques, crop rotation, organic farming, and the importance of balanced fertilization. Through this extension education visit, the students learned how to effectively communicate with farmers, understand their needs, and provide suitable solutions to their agricultural problems. The visit also served as an opportunity for the students to develop empathy and a deeper understanding of the realities and hardships faced by farmers in rural areas.

The farmers in Hasanpur village greatly appreciated the students' visit and the knowledge-sharing sessions. They found the interactions with the students to be informative and beneficial for improving their agricultural practices. The visit not only provided the students with practical experience but also facilitated the exchange of knowledge between the academic community and the farming community. Overall, the extension education visit to Hasanpur village was a fruitful and enriching experience for the PAHAL club members belonging to B.Sc. Agriculture 3rd year.

It allowed them to witness firsthand challenges faced by farmers and provided them with an opportunity to contribute to the development of the farming community. The visit served as a platform for bridging the gap between theoretical learning and practical implementation, ensuring that the students are well-equipped to make a positive impact in the field of agriculture in the future.



Farmers were visited door to door by PAHAL club members belonging to B.Sc. Agriculture 3rd year understand about grass root problems pertaining to agriculture.

Awareness Campaign at Anganwadi to Promote Healthy Growth of Rural Children at Badkala Village

On 14th November 2019, the students of PAHAL Social Welfare Club and Department of Applied Medical Sciences organized a visit to the Anganwadi center in Badkala village. The purpose of this visit was to create awareness among rural children about the importance of nutrition and a healthy diet for promoting good health and a sound mind. The students aimed to educate the Anganwadi workers on healthy recipes that would contribute to the healthy growth of the rural children.

The visit began with a warm welcome from the Anganwadi workers, who were enthusiastic about collaborating with the students and Pahal members to enhance the nutritional well-being of the children. The students shared their knowledge and expertise in the field of Allied Medical Science to raise awareness about the significance of a balanced and nutritious diet in ensuring optimal physical and mental development.

During the visit, the students conducted interactive sessions and workshops to engage the children and Anganwadi workers with discussions about the importance of various food groups, micronutrients, and the benefits of a diverse diet. They emphasized the need for consuming fruits, vegetables, dairy products, and protein-rich foods to ensure proper growth and development. To facilitate practical implementation, the students demonstrated the preparation of healthy recipes that are affordable and easily accessible in the village. They showcased simple and nutritious meal options that could be incorporated into the children's daily diets. The Anganwadi workers actively participated in the demonstration and expressed their enthusiasm to implement these recipes in their daily meal planning.

The visit had a positive impact on the children and the Anganwadi workers alike. The children showed enthusiasm and curiosity as they learned about the importance of nutrition for their overall well-being. The Anganwadi workers appreciated the efforts of the students and Pahal members in providing them with valuable knowledge and practical strategies to enhance the nutrition provided at the center.

In total, around 12 Anganwadi workers, benefitted from this visit. The collaborative effort between the students of Applied Medical Sciences and the Pahal Club successfully spread awareness about nutrition and healthy eating habits, ensuring a healthier future for the rural children.

The visit to the Anganwadi center in Badkala village served as a platform to promote the significance of a healthy diet in rural communities. It not only empowered the Anganwadi workers with new knowledge and skills but also instilled a sense of responsibility in the students to contribute to the well-being of the community.



It's a two way learning experience where villagers and Aganwadi workers learned about the healthy diet for children and students learned about how to interact with community members with low levels of knowledge.

Vaccination Drive for Villagers in association with Village Pradhans and CMO at QU Campus

On 29th September 2021, a vaccination drive for immunity from the corona virus was organized by the PAHAL social welfare club of Quantum University and by Dr. Praveen Kumar. The drive aimed to provide the first dose of the vaccine to community members and promote awareness about the importance of vaccination. The careful planning and dedication of the organizers ensured the success of the program.

The vaccination drive was meticulously planned to ensure a smooth and efficient process. The university B.Tech auditorium was dedicated as the venue for the drive, providing a spacious and organized environment for the team of vaccinators to set up their equipment and vaccination paraphernalia. This allowed for the proper management of resources and facilitated the vaccination process.

More than 25 community members participated in the vaccination drive and received their first dose of the vaccine. The team of vaccinators, led by Dr. Praveen Kumar, efficiently administered the vaccines and ensured that all necessary safety protocols were followed. The process was carried out with utmost care and professionalism, ensuring the well-being and comfort of the recipients.

The vaccination drive received a highly positive response from the villagers and their leaders. The program was appreciated for its efforts in providing easy access to vaccines and promoting community health. The villagers recognized the importance of vaccination in building immunity against the coronavirus and expressed gratitude for the opportunity to receive the vaccine in a convenient location.

The vaccination drive organized by team PAHAL and Dr. Praveen Kumar on 29th September 2021 was a successful initiative to promote immunity from the coronavirus. The careful planning and utilization of the university auditorium as a dedicated vaccination center allowed for an organized and efficient process. The drive's impact was evident in the participation of over 50 community members who received their first dose of the vaccine. The program was highly appreciated by the villagers and their leaders for its efforts in promoting community health and providing easy access to vaccines. This vaccination drive played a crucial role in advancing public health and combating the spread of the coronavirus in the community.



An overwhelming community participation was seen during the vaccination drive

Communication Skills Training for Rural Children at Badkala Village

On 10th October 2021, a communication skills training program was organized at Badkala village. The training was executed by PAHAL social welfare club volunteers that aimed to equip rural children with effective communication skills, an essential life skill in today's world. The program was coordinated and executed by Ms. Deeksha Chandel, who expertly guided the students through various communication techniques. This report provides an overview of the training program, the participation of village students, and the significance of communication skills in children's development.

The communication skills training program focused on teaching rural children the fundamentals of effective communication. Ms. Deeksha Chandel, a skilled teacher in the field, facilitated the learning process and provided guidance to the students. The program aimed to enhance the students' ability to express themselves clearly and confidently, conveying their thoughts and feelings in a better manner.

The training program witnessed a significant participation of 50 village students who were eager to learn the art of effective communication. The students actively engaged in the training sessions and grasped the know-how of communication skills under the guidance of Ms. Deeksha Chandel. The program provided a platform for the students to develop their communication abilities, helping them in both personal and academic domains.

Effective communication skills offer numerous benefits to children, and it is essential to teach and nurture these skills from an early age. The following are some reasons why communication skills are crucial for children:

- **Expressing oneself clearly:** Communication skills enable children to articulate their thoughts, ideas, and emotions effectively.
- **Facilitating learning and information exchange:** Strong communication skills aid in meaningful exchanges of information and enhance the learning process.
- **Building healthy relationships:** Good communication skills boost a child's social IQ, enabling them to build healthy relationships and interact positively with others.
- **Academic performance:** Proficient verbal communication often translates into good written communication, contributing to better academic performance.
- **Psychological well-being:** Children with communication difficulties may experience behavioral disorders such as depression, social withdrawal, and low self-esteem. Developing strong communication skills can mitigate these challenges and promote healthy emotional well-being.

Under the guidance of Ms. Deeksha Chandel, 50 students actively participated and learned various communication techniques. The program aimed to help students express themselves clearly, facilitate learning, and develop strong social relationships. By honing their communication skills, the students are better equipped to succeed academically and navigate social interactions effectively. The initiative emphasized the significance of communication skills in children's holistic development and highlighted the dedication of the organizers in providing valuable learning opportunities to rural students.



Effective communication skill is also important in the light that communication is the foundation for an amazing life

Kisan Goshti by Agriculture Department for farmers by Badkala Village

On 23rd December 2021, PAHAL social welfare club and Department of Agricultural Studies, in collaboration with Sankalp Uthan Ka, organized a Farmers' Meet Gosthi to commemorate Kisan Diwas (Farmers' Day) and celebrate the birth anniversary of Choudhary Charan Singh, the 5th Prime Minister of India and a prominent farmer leader. The event aimed to highlight the latest developments in agricultural technology and emphasize the role of agricultural graduates in assisting farmers in accessing these technologies.

The event was graced by esteemed dignitaries including Prof. Vivek Kumar, Vice Chancellor; Major General Sanjay Sharma, Pro-Vice Chancellor; Directors Prof. Gulshan Chauhan and Prof. Brijesh Kumar Yadav; and Registrar Dr. Manish. Their presence added significance to the occasion and demonstrated the university's commitment to the agricultural sector.

Dr. Gaurav Aggarwal, Head of the Department of Agricultural Studies, delivered the welcome address to a gathering of more than 200 farmers and esteemed guests. He emphasized the importance of agricultural technologies in improving farmers' income and highlighted the role of students in transferring these technologies to the farmers' fields. Dr. Aggarwal discussed the various ways in which farmers can benefit from different agricultural technologies, ultimately leading to increased income per unit of cultivated area.

Several experts presented informative sessions during the Farmers' Meet Gosthi. Dr. Anjay Bisht spoke about natural farming, highlighting its sustainable and eco-friendly practices. Dr. Aditya Lama discussed different agricultural apps available to farmers, showcasing how these technological tools can assist in enhancing farming practices. Mr. Naveen Chandra Bahuguna focused on nursery preparation techniques, providing valuable insights on how to establish successful plant nurseries. Lastly, Mr. Pradeep Kumar Verma shared his expertise on insect pests and diseases of cole crops, along with their management strategies.

The Farmers' Meet Gosthi organized by the Department of Agricultural Studies in collaboration with Sankalp Uthan Ka on the occasion of Kisan Diwas was a significant event to commemorate the birth anniversary of Choudhary Charan Singh. The presence of esteemed dignitaries and agricultural experts added value to the event. The technical sessions provided valuable information on topics such as natural farming, agricultural apps, nursery preparation, and pest and disease management. The event served as a platform for agricultural graduates to learn and understand the latest developments in agricultural technology and their practical implementation in the field. The Department of Agricultural Studies demonstrated its commitment to empowering farmers and promoting sustainable agricultural practices. The Farmers' Meet Gosthi was a successful initiative in fostering knowledge exchange and collaboration between academia and the agricultural community.



Educating farmers on latest technological advancement in modern day farming

Interaction with Farmers Concerning Livestock Management at Badkala Village

On 9th March 2022, Team PAHAL and Department of Agriculture Studies organized a group interaction session conducted in Badkala village to address the importance of raising healthy livestock and managing them using scientific knowledge. The session was organized by Dr. Aditya Lamba, Department of Agriculture Studies, Quantum University. Prior to the session, Dr. Lamba had trained students in the department on animal husbandry and provided them with valuable lessons on effective communication with villagers.

Importance of Livestock in Indian Agriculture Livestock plays a vital role in Indian agriculture and contributes significantly to the nutritional security of the population. The livestock sector also serves as a major source of livelihood for more than two-thirds of the rural population in India. Recognizing its significance, livestock is considered the second-largest asset in rural India, following land and irrigation.

During the session, Dr. Aditya Lamba and the students engaged with 20 villagers to discuss various aspects of raising healthy livestock. The following key points were emphasized:

a) Optimal Nutrition with Nutrient-Rich Feedstuffs: The importance of selecting feedstuffs that are rich in nutrients was highlighted. A balanced diet, including a smaller proportion of red meat and a varied feed selection, can maximize both milk and meat production. Encouraging animals to graze on pastures with high-fiber content improves their overall nutrition intake and enhances their resistance to diseases.

b) Benefits of Animal Health Supplements: The use of supplements to improve animal health and productivity was discussed. Supplements promote the growth of beneficial microbes in the rumen, leading to enhanced digestion and nutrient utilization. Specific examples, such as the enzyme *Trifolium pratense* found in red clover, were provided to illustrate how these supplements can increase livestock's ability to absorb dietary protein.

c) Effective Management of Imported Livestock: Animals imported from moderate climates often lack resistance to local environmental conditions, such as heat, humidity, ticks, parasites, and tropical diseases. It was emphasized that providing clean and hygienic stalls for imported animals is essential to minimize their exposure to disease vectors.

The group interaction session on raising healthy livestock and scientific management in Badkala village proved to be a valuable platform for exchanging knowledge and promoting effective practices. The session, led by Dr. Aditya Lamba and facilitated by students from the Department of Agriculture Studies, emphasized the significance of nutrient-rich feed, supplements for animal health, and appropriate management practices for imported livestock. By implementing these recommendations, farmers in Badkala village can enhance the productivity and well-being of their livestock, contributing to the overall rural economy and nutritional security of the region.



Raising livestock is the lifeline of Indian farmers, caring for them is like caring for gold.

Health Awareness Camp during DHAROHAR Event

On 16th March 2022, PAHAL social welfare club at Quantum University, availing the opportunity during the DHAROHAR event organized a health awareness program at the Quantum University campus for the residents of Jaysingha and Badkala villages. The program aimed to educate villagers about various diseases and prevention methods. Approximately 20 villagers attended the health camp, where they received valuable information and insights.

Discussion on Stress and its Impact on Health One of the key topics addressed during the program was stress and its impact on health. It was emphasized that stress has been identified as a root cause of many diseases. Participants were made aware that stress not only affects them emotionally but can also exacerbate various health conditions. Studies have found a correlation between stress and health problems such as obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems, and asthma. It was explained that experiencing anxiety or depression can make it difficult to maintain a healthy diet, but good nutrition is essential for mental well-being.

The guest lecturers stressed the significance of leading a healthy lifestyle to promote mental health. They highlighted that making healthy lifestyle choices can have a positive impact on psychological well-being and help prevent mental disorders. In particular, regular physical activity was emphasized as a crucial aspect of a healthy lifestyle. Participants were informed that engaging in activities like walking, running, or playing sports can improve mood, distract from worries, relieve tension and stress, and enhance overall health. It was recommended to aim for at least 30 minutes of exercise regularly, gradually building up to this duration.

The health awareness program conducted for the residents of Jaysingha and Badkala villages on 16th March 2022 successfully disseminated knowledge on disease prevention and emphasized the importance of addressing stress and maintaining a healthy lifestyle. Participants were made aware of the detrimental effects of stress on their health and learned about the connection between mental and physical well-being. By promoting healthy lifestyle choices and regular exercise, the program aimed to empower the villagers to combat mental stress and physical weaknesses, leading to a more enthusiastic and energetic approach to life.



Making India healthy and disease free again, a small step towards mindful living

Blood Donation Camp in Quantum Campus

On March 28, 2022, a Blood Donation Camp was organized at Quantum University in association with the PAHAL social welfare club along with the Department of Paramedical Sciences. The camp aimed to collect blood from Quantum mates and nearby villagers for a noble social cause. Dr. Shivam Gupta from Vinayvishal Healthcare, Roorkee, coordinated with the Mother Teresa Blood Bank to facilitate the event. The camp took place at the Moot Court in A Block and witnessed great enthusiasm among the students.

The Blood Donation Camp was a collaborative effort between the Department of Paramedical Sciences, Pahal, and Vinayvishal Healthcare, Roorkee. The event was planned days ahead and was executed with precision, ensuring a smooth process for the donors and volunteers. Dr. Shivam Gupta played a vital role in coordinating with the Mother Teresa Blood Bank to organize the camp.

The camp commenced at 9:30 am with the arrival of the members from the blood bank and Vinayvishal Healthcare, Roorkee. Students from all departments of Quantum University actively participated in the blood donation process. A total of 150 students registered themselves for blood donation, and 107 of them generously donated their blood.

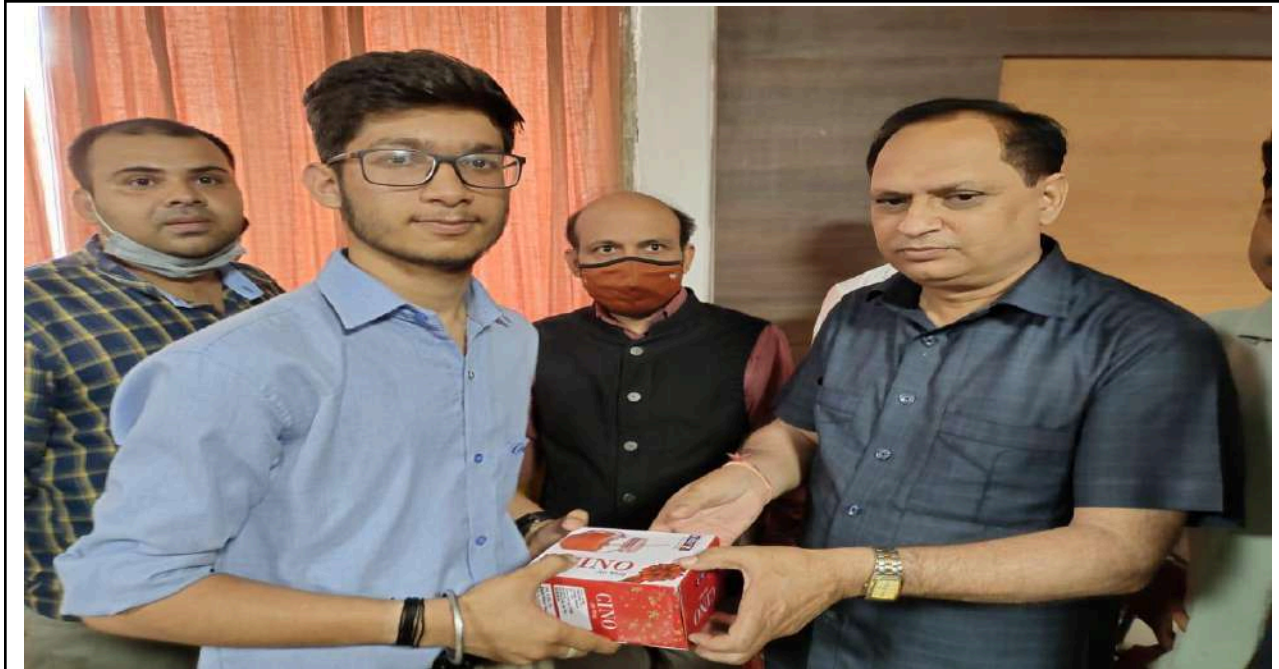
The event witnessed remarkable enthusiasm among the students, who recognized the importance of contributing to a social cause. Each donor received a certificate of appreciation and refreshments during the blood donation process. The blood reports, along with donor cards, will be distributed to all donors within a week.

Event Outcomes: The Blood Donation Camp yielded several positive outcomes, including:

- **Active Participation:** All the students demonstrated great enthusiasm and actively participated in the event, highlighting their commitment to the cause of blood donation.
- **Social Impact:** The camp, organized with a noble cause in mind, will assist those in need during challenging situations, potentially saving lives.
- **Donor Cards:** All donors will receive donor cards, providing them access to blood in case of emergencies within the next six months from the Mother Teresa Blood Bank.
- **Awareness and Education:** The camp helped raise awareness among students about the importance of blood donation. It also addressed doubts and concerns of hesitant students, encouraging them to contribute in the future.

The Blood Donation Camp at Quantum University, organized by the Department of Paramedical Sciences and Pahal in collaboration with Vinayvishal Healthcare, Roorkee, was a resounding success. The event witnessed active participation from students, demonstrating their commitment to serving the community. The camp not only collected a significant number of blood units but also raised awareness about the importance of blood donation. The distribution of donor cards will further enhance the accessibility of blood for the donors in times of emergency. The success of this camp reflects the collective efforts and dedication of all stakeholders involved.





"We want to save lives", said Abhay. With that intention the donation camp received 120 life saving units of blood.

Awareness Program on Tuberculosis and Precaution at Badkala Village

On 31st March 2022, the PAHAL Social Welfare Club and Department of Applied Medical Sciences, Quantum university organized a sensitization cum awareness workshop on Tuberculosis (TB) in collaboration with the Aganwadi center in Badkala Village. The workshop aimed to educate 15 Aganwadi workers and villagers about TB, its prevention methods, and the management of the disease. The workshop included a poster presentation and the use of information and education materials to effectively convey the information.

Students from the team PAHAL and Department of Applied Medical Sciences, accompanied by two faculty members, Ms. Niharika Vardhan and Ms. Sneha Sarkar, actively participated in the awareness program. In total, a cohort of fifteen Aganwadi workers from the village was educated on Tuberculosis and prevention methods.

The students from the Department of Applied Medical Sciences conducted a well-prepared poster presentation to raise awareness about Tuberculosis. The presentation covered various aspects of the disease, including its causes, symptoms, transmission, and prevention methods. The villagers were educated about the importance of early detection and treatment of TB, as well as the significance of maintaining good hygiene practices. The students actively counseled the villagers, providing them with information on the management of the disease and offering advice on how to prevent its spread.

The faculty members and students engaged with the Aganwadi workers at the grassroots level, ensuring a deep and meaningful understanding of the local context. By working closely with the Aganwadi workers, the workshop fostered a collaborative environment for knowledge exchange and effectively disseminated information about TB to the target audience.

The sensitization cum awareness workshop on Tuberculosis organized by the Department of Applied Medical Sciences in collaboration with the Aganwadi center in Badkala Village was a successful initiative. The active participation of the faculty members, students, and Aganwadi workers contributed to the effective dissemination of information about TB and its prevention methods. The well-prepared poster presentation and the counseling sessions conducted by the students played a crucial role in raising awareness among the villagers. The workshop demonstrated the university's commitment to community health and showcased the students' dedication to making a positive impact at the grassroots level. By providing education and advice on Tuberculosis management and prevention, the workshop aimed to contribute to the overall well-being of the villagers and promote a healthier community.





Our brain think in terms of pictures so it's easy to remember when education is given through pictorial representation

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

PAHAL Social Welfare Club and Department 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.

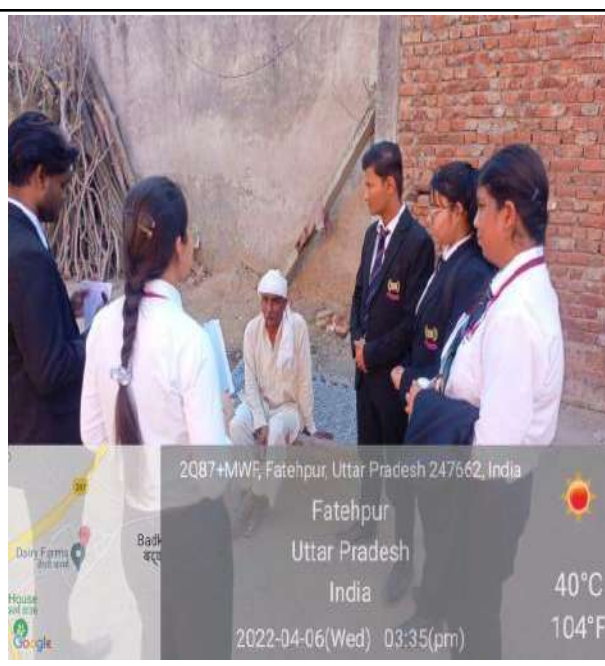
The team from PAHAL and the Department of Law embarked on their journey to Badkalan village at 2:45 PM. The village school served as the venue for the Legal Awareness Camp. The team from the Department of Law had the opportunity to meet Mr. Moti Lal, the head of the village, and engaged in a fruitful 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 the Department 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 the Department 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 and the celebration of Dharohar 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

"Soil Testing and Earth Awareness Camp" organized at Jaysingha Village

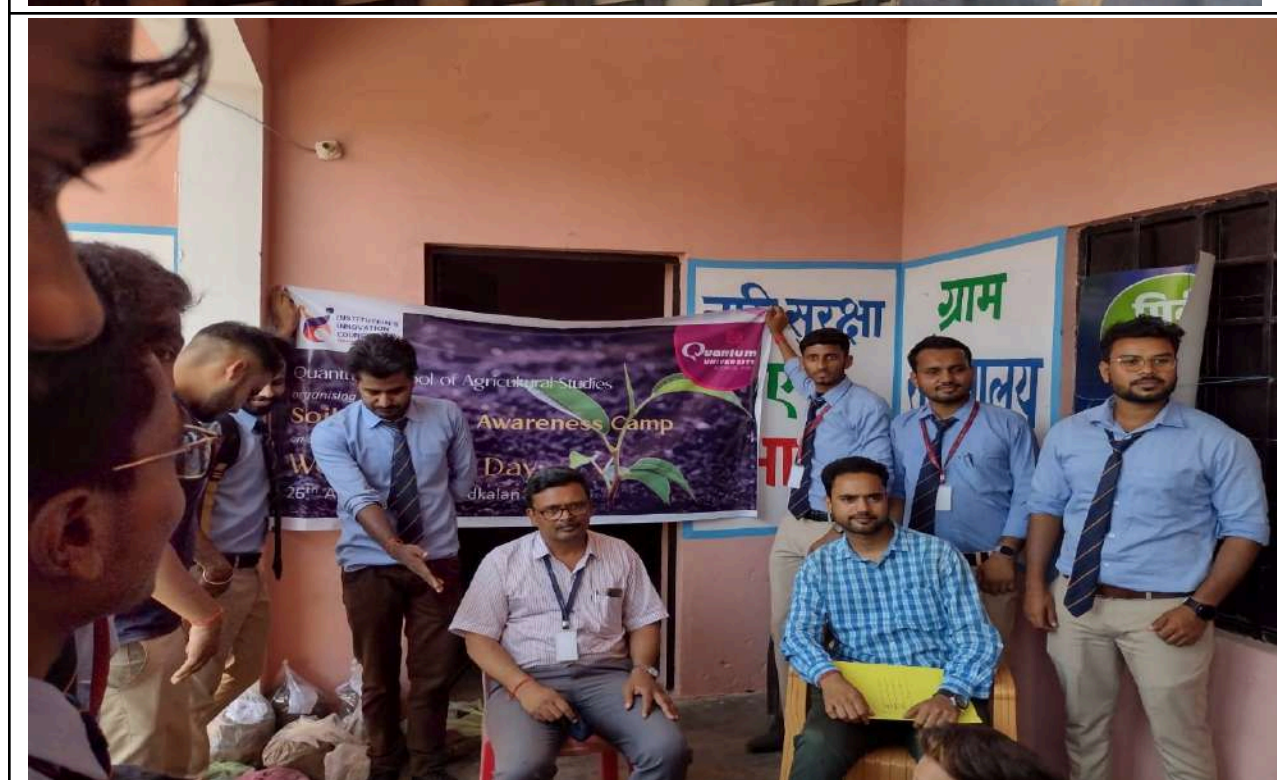
The PAHAL social welfare club and the Department of Agricultural Studies celebrated "Earth Day" on 22nd April 2022 at Quantum University, Roorkee. As part of the celebration, a Soil Testing Camp was organized at the Panchayat Bhawan in Badkala village. The camp aimed to raise awareness among farmers about the importance of soil health for sustainable development. Approximately 60 farmers from the village participated in the program.

Soil Testing and Demonstration: During the camp, soil samples were collected from the fields of the participating farmers. Students from the Department of Agricultural Studies demonstrated the correct method of soil sampling to the farmers, ensuring that they understood the process. Two samples were then analyzed using a Soil Testing Kit.

Dr. A.S. Bisht, Assistant Professor at Quantum University, Roorkee, and Dr. A. Varma emphasized the significance of soil testing and soil reclamation for sustainable development and higher productivity. They highlighted the role of soil health in crop growth, nutrient availability, and overall agricultural sustainability. The farmers were educated about the benefits of soil testing in optimizing fertilizer application, reducing costs, and improving crop yields.

Students from Quantum University actively participated in the Soil Testing Camp. They performed the soil tests in front of the farmers, showcasing their practical skills and knowledge. The students answered the farmers' queries and provided them with valuable insights on soil health management and remediation strategies.

The celebration of Earth Day at the Department of Agricultural Studies included a Soil Testing Camp aimed at creating awareness about the importance of soil health for sustainable development. The active participation of approximately 60 farmers from Badkala village demonstrated their interest in learning about soil testing and its benefits. The demonstration of correct soil sampling techniques and the analysis of samples using a Soil Testing Kit provided practical insights to the farmers. The explanations given by Dr. A.S. Bisht and Dr. A. Varma reinforced the significance of soil testing for improving agricultural productivity. The students' participation and their interaction with the farmers facilitated knowledge exchange and promoted the adoption of sustainable soil management practices. The celebration of Earth Day through the Soil Testing Camp at Quantum University showcased the institution's commitment to environmental awareness and its efforts to empower farmers with valuable knowledge for sustainable farming practices.



Empowering the farmers with modern technology by teaching soil testing as a boon for better yield.

Free Health Check-Up Camp for Rural Community at QU Campus

On 14th May 2022, a free health check-up camp was organized with the aim of providing healthcare services to the sick community members in nearby villages. The camp offered free consultations, diagnoses, laboratory tests, BMI tests, sugar tests, and the distribution of medicines. The camp was made possible by the participation of doctors from the Community Health Center in Haridwar, namely Dr. Vikrant Sirohi, CMO, and Dr. Kumar Khagendra Singh, the chief doctor. Dr. Kumar Khadendra inaugurated the free clinic, which was set up within the premises of Quantum University.

The health check-up camp provided a range of services to the community members. Doctors and medical professionals conducted free consultations and diagnoses, addressing the health concerns and queries of the patients. Laboratory tests, including BMI tests and sugar tests, were carried out to assess the overall health and well-being of the attendees. Additionally, free medicines were distributed to those in need.

Dr. Kumar Khadendra, the chief doctor from the Community Health Center, inaugurated the free clinic organized inside Quantum University. More than 20 patients availed themselves of the services provided at the camp. The patients expressed their gratitude to the team from Quantum University and the doctors from the Community Health Center for organizing the camp and providing much-needed healthcare services.

The free health check-up camp organized by PAHAL club at Quantum University on 14th May 2022 was a commendable initiative to cater to the healthcare needs of the community members in nearby villages. The active participation of doctors from the Community Health Center, including Dr. Vikrant Sirohi and Dr. Kumar Khagendra Singh, ensured the provision of high-quality medical services to the patients. The camp encompassed free consultations, diagnoses, laboratory tests, BMI tests, sugar tests, and the distribution of medicines. The presence of Dr. Kumar Khadendra at the inauguration of the clinic emphasized the commitment of both Quantum University and the Community Health Center to the well-being of the community. The successful implementation of the free health check-up camp served as a platform for the community members to access essential healthcare services and seek professional medical advice.



The success of the health camp proved to be the lifeline of the Badkala villagers as the sick were diagnosed and healed

Coaching to rural students on Exam Guidance at Badkala Village

On 16th October 2022, a coaching class was organized by PAHAL Social Welfare Club, Quantum University to provide guidance and support to rural children from the underprivileged families of Badkala village. These children face various challenges, including lack of educational background and support from their parents, who are typically laborers or engaged in petty jobs. Additionally, the government school teachers in the village have limited educational qualifications, making it difficult for them to effectively assist the students. The coaching class aimed to address these issues and boost the confidence and exam preparation of 50 children from the community.

Objectives:

1. Provide expert guidance and support to underprivileged children in exam preparation.
2. Boost the confidence and self-esteem of the students.
3. Address anxiety and stress related to exams.
4. Bridge the educational gap between the students and their parents and teachers.

The coaching class was conducted by university students who possess a strong educational background and expertise in various subjects. They volunteered to share their knowledge and provide guidance to the rural children. The class covered subjects such as Mathematics, Science, English, and Social Studies. The students were given individual attention and personalized guidance based on their specific needs and areas of improvement.

The coaching class had a significant impact on the students' exam preparation and overall confidence. By receiving guidance from university students, who have a higher level of education and expertise, the children were able to gain valuable insights and knowledge. The personalized attention helped them understand difficult concepts and address their individual challenges. Moreover, the coaching class created a supportive environment that encouraged the students to ask questions, seek clarification, and overcome their anxieties related to exams.

The coaching class received support from the community members, parents, and local authorities. They recognized the importance of education and appreciated the efforts to provide additional support to the children. The collaboration between Quantum University and the community showcased the collective commitment to empowering the underprivileged children and bridging the educational gap.

The coaching class organized by Quantum University for rural children from Badkala village was a commendable initiative to provide guidance and support in their exam preparation. The involvement of university students as mentors and the personalized attention given to each student contributed to their overall growth and confidence. By addressing the educational challenges faced by these children and providing them with expert guidance, the coaching class aimed to create a positive impact on their academic performance and future prospects. The collaboration between the university, community, and parents demonstrated the collective commitment to uplift the educational standards and opportunities for underprivileged children.



Underprivileged children are learning to change their destiny through coaching classes, PAHAL Social Club Quantum University making sure they have a bright future.

Drawing Competition at Badkala Village

On the 14th of November 2022, a heartwarming event unfolded in the quaint village of Badkala, as the PAHAL social Welfare club from Quantum University came together to celebrate Children's Day in a unique and meaningful way. The occasion was marked by a soul-stirring drawing competition that aimed to foster self-expression among 22 rural community children.

Ms. Diksha Chandel, a dedicated faculty member from the Department of Paramedical Sciences, took charge of the event and infused it with an abundance of energy and motivation, keeping in mind the spirit of Children's Day. The competition was designed to be playful, allowing children to freely depict whatever their hearts desired on paper.

This drawing competition held a deeper purpose for the adolescent participants. It delved into the recesses of their cerebellums, helping them hone their artistic skills and allowing them to convey their emotions through the vibrant palette of colors. Moreover, it boosted their self-esteem, offering well-deserved recognition for their artistic endeavors. The significance of such a competition extended beyond art; it tapped into the same area of the brain responsible for motor and cognitive abilities.

In the grand scheme of life, where mastering life skills is of paramount importance to overcome the challenges that lie ahead, the cerebellum's involvement becomes even more crucial. Childhood is the ideal time to lay the foundation for a child's holistic development. It is during this period that a child can evolve into a highly competent individual, given the right opportunities.

At Quantum University, we recognize the importance of providing external stimuli to help children realize their innate strengths and the talents bestowed upon them by nature. This drawing competition was a testament to our commitment to nurturing young minds and empowering them to unleash their potential. As we celebrated Children's Day, We also celebrated the limitless possibilities that each child carries within them waiting to be explored and celebrated.



Glimpses from the drawing Competition, children showcasing their art work

Awareness Campaign on Indian Child Welfare at Badkala Village

In 1978, the Indian Child Welfare Act (ICWA) was passed in order to "protect the best interests of Indian children and to promote the stability and security of Indian tribes and families." Since then, various awareness camps have been held in order to educate people about the act and its importance. On 20th November 2022 an awareness camp was held at Badkala village by PAHAL Social Welfare club Quantum University. During the camp, 30 participants were informed about the various provisions of the ICWA and how it applies to the tribal community. They were also sensitized about the importance of the act and how it can help in the protection of the rights of tribal children.

Key highlights of the Event

1. India's Child Welfare Act and its implications

2. Why the need for awareness camps

3. Case study of Badkala village

The village children and their wards were educated on the full grain of the act and how it is implemented in India. The discourse opened about when it comes to the welfare of children, the government of India has been proactive in introducing and implementing various laws and programmes. The most recent of these is the Indian Child Welfare Act (ICWA), which was enacted in 2015. The ICWA is a response to the large number of cases of child trafficking and exploitation in the country. It aims to protect the rights of children and help them grow up in a safe and secure environment. The Act provides for the registration of all children below the age of 18 years, and for the setting up of child welfare committees (CWCs) in each district. These committees are responsible for the welfare of children in their jurisdiction, and have the power to place children in foster or adopt them.

The ICWA also provides for the setting up of special homes for abandoned, neglected or abused children. The Act has been widely welcomed by child welfare organizations, as it provides a much-needed legal framework for the protection of children's rights. However, there are also some concerns about its implementation. One of the main concerns is that the Act does not define 'child trafficking'. This means that it is not clear what activities will be considered as child trafficking, and this could lead to confusion and delays in the implementation of the Act. Another concern is that the process of setting up the CWCs is taking longer than expected. This is because each district has to first identify a suitable location for the committee, and then appoint members to it.

The final concern is that the Act does not provide for any financial support for the setting up of the CWCs or for their day-to-day operations. This could make it difficult for the committees to function effectively. Despite these concerns, the ICWA is a significant step forward in the protection of children's rights in India. It is hoped that with time, these issues will be resolved and the Act will be fully implemented across the country.

At the awareness camp, community children learned about the history of the Act and why it is so important. They also learned about the rights of Native families and children under the Act. Most importantly, they learned how to advocate for Native families in the child welfare system. The need for awareness camps like this one is clear. Too often, Native families are not aware of their rights under the Act. As a result, their children are taken from them needlessly. By educating the community about the Act, we can help to keep Native American families together.



Picture says it all, a successful session on child right was executed by the PAHAL social club members at Badkala village

Child Rights Day Celebration at Jaisingha Village

Child Rights Day, celebrated on November 20th 2022, commemorates the anniversary of the International Convention for Children's Rights, which was adopted on November 20th, 1989. To honor this important day, the PAHAL social welfare club of Quantum University initiated an awareness program aimed at educating and raising awareness about children's rights. The program, known as "Child Awareness Program," targeted approximately 30 rural children.

The Child Rights Day celebration organized by the PAHAL club of Quantum University aimed to educate children about their rights. Through the educational program, the children were provided with information and knowledge about their fundamental rights as outlined in the International Convention for Children's Rights.

Key Activities completed during the time space of the program

1. **Awareness Program:** The awareness program conducted on Child Rights Day focused on educating the children about their rights. The program highlighted the various aspects covered under children's rights, including the right to health, education, family life, play and recreation, an adequate standard of living, and protection from abuse and harm.
2. **Educative Sessions:** The educative sessions were designed to engage and captivate the children, making the learning experience interactive and enjoyable. Through creative and interactive activities, the program aimed to effectively convey the importance of children's rights and empower the children to recognize and assert their entitlements.
3. **Knowledge Sharing:** The children were provided with age-appropriate information about their rights. The program included discussions, visual aids, and storytelling sessions to facilitate their understanding of the significance and relevance of children's rights in their lives.

Outcome: The Child Rights Day celebration at Quantum University yielded the following outcomes:

1. **Awareness and Education:** Approximately 30 rural children were educated about their rights through the "Enigma" program. They gained a better understanding of the different rights they possess, including the right to health, education, family life, play and recreation, an adequate standard of living, and protection from abuse and harm.
2. **Empowerment:** The program aimed to empower the children, enabling them to recognize and assert their rights. By educating them about their entitlements, the children were empowered to voice their needs, seek support, and actively participate in decisions that affect their lives.

Through the engaging educational program, the children were educated about the various aspects of children's rights and empowered to assert their entitlements. It is anticipated that this knowledge and empowerment will contribute to creating a supportive environment that respects and upholds the rights of children, fostering their overall well-being and development.



The enthusiasm of children exploded the environment, they felt happy and confident upon learning about their rights

Good Touch & Bad Touch Awareness Camp at Jaysingha Village

On 26th November 2022 PAHAL volunteers from Quantum University attempted a workshop over a sensitive topic of girl child molestation. Teaching village girls on how to distinguish between a good and a bad touch with an attendance of more than 30 beneficiaries in Jaysingha Village. This comes in a time when child pornography is on the rise and at a very easy disposal, and today's fact reflects a very alarming data of girl child molestation with no chance of stopping, 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.

That said, victims of the abuse are young children who cannot tell between a touch having the intention of love and respect or it is to satisfy one's sexual desire. To address the issue, we have to work in two directions: firstly, police and administration should stringently take steps to ensure justice and enforce law and order. Secondly, 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 a 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. At the start, 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 to 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 sexual 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 are innocent and they perceive the world as innocent as themselves.



A Female PAHAL volunteer teaching rural girls about Good and Bad Touch and also taught them prevention strategies to keep them safe

Awareness about Sanitary Hygiene for rural women at Badkala Village

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, whether 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 club of Quantum University held on to the agenda and organized a workshop on 4th December 2022 in Badkala Village related to menstrual health with 15 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 through them all, they miss school during periods, and stay back home due to fear, shame and guilt. The mother of a girl-child is of no help because they are also raised in the same conservative environment, ignorant themselves, how can they help their daughters?

The hardest part of the journey of educating young girls and their families about 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 this period are still from the 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 times 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 woman's natural biological life. It was stressed that they need to change the 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 to overcome challenges of Menstruation management.



Menstruation Management workshop for girl children and their mother.

Radiation Awareness Program (Risk in Diagnostic X ray) at Jaysingha Village

On 9th December 2022 the PAHAL Social Welfare Club and the Department of Paramedical Sciences ventured into the unexplored territory of disseminating information on risk related to diagnostic X-Ray. It was the first ever distinctive attempt to share information through street play, the target village identified was Jaysingha Village and the Nukkad Natak aimed to spread awareness among the local population living in the Jaysingha.

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 students 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 the initial stage.

Through the Street Play PAHAL volunteers conveyed the message that the exposure to nuclear rays in the diagnostic X rays and nuclear medicine examinations can increase the risk of cancer and if repeated procedures 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. The script allowed the actors to lay the background of the mishaps that 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 the population. More than 25 villagers were also introduced to various radiological modalities such as Fluoroscopy, Ultrasound, CT Scan and MRI through the Nukkad Natak.





Memories captured through lens of Nukkad Natak on harms of Radiation during the X-Ray process

Quiz competition Among Rural Children at Badkala Village

PAHAL Social Welfare Club members of Quantum University, Roorkee actively participated in **"Quiz Competition for village children "** organized by PAHAL Team, Quantum University at Badkala village on 25th December, 2022. The purpose of the event is to serve the society by teaching the children about the current affairs and general knowledge of both villages for their overall development. It was a collective activity that took place in the village community center. The theme for this competition was Science and History for class five students with more than 32 students participating. The PAHAL team prepared a questionnaire according to their age and questions like 'what is the other name for Mahatma Gandhi', 'Which planet is called the red planet', 'name of famous scientist who discovered gravity', 'name of the birth place of Swami Vivekananda', 'name of the birth place of Rabindranath Tagore', etc. were put forth as quiz questions.

Quiz competitions have advantages; preparation for the same compels oneself to acquire knowledge which is considered as a sign of immense intelligence, however, does having exponentially scholarly knowledge put you ahead of others? Answer to this question is yes and in many ways. Truly, knowledge has an impact on your social value; you are appreciated for inculcating great knowledge on subjects among your peers and community in general. The process of acquiring information involves use of mental faculties like the imagination, memory, will and thought. Merely assimilating new information is not the supreme goal, on the other hand, the person also develops a high level of cognitive function where he can also judge the quality and reliability of the information, the then developed cognitive intelligence foster individuals capacity to solve complex problems, explore new things, polish new skill set and all these developed skills helps in smart day to day living.

In the academic sphere, general knowledge plays a significant role in the life of a student; it not only helps them academically but also enhances their personality, makes them more confident and hence one can enjoy a higher state of being. General knowledge is the umbrella term used for information on almost every facet of human life that it covers and it can be broadly categorized into Arts, Current Affairs, History, Science, Sports, Politics, Culture, Cinema & Entertainment, Medicine and Nature.

Competitions like this compel students to search for information in curriculum textbooks, ask their teachers or be inquisitive while in class. The objective of the program was not to provide a platform for children in villages but to also foster their growth and promote self learning as much as possible. PAHAL team also distributed General Knowledge books to all the participants and they also made sure that each child should make a separate copy to write down GK question and answers for better learning because the team is going to organize more such program to create an enabling environment in the village community to safeguard the right of children for quality education while also providing school children with resources and platform for a conducive growth.



Competition like these provides a foreground that helps children develop cognitive function and confidence at the same time.

Farmers Home Visit Concerning Live Stock Management at Mandawar

On 3rd March 2023, a Farmer's home visit was organized in Mandawar village to educate and assist 10 farmers in understanding animal husbandry science and managing their livestock for optimal profitability. Dr. Aditya Lamba, Department of Agricultural studies at Quantum University, played a key role in training the B.Sc. (Hons) in Agriculture 2nd year students who also happen to be members of the PAHAL social welfare club of the university. He trained them on various aspects of livestock management who in-turn trained the villagers. These students then visited villages, including Mandawar, to conduct interactive sessions with the local farmers.

Training and Interaction with Farmers under the guidance of Dr. Aditya Lamba, the PAHAL club members engaged with the farmers of Mandawar village to provide valuable insights on livestock management.

The following topics were discussed during the home visits:

a) Employment Opportunities: Livestock farming was highlighted as an excellent source of employment for the farmers. The discussion emphasized how raising and managing animals, including draught animals used for agricultural work and milk-producing animals, can generate a steady income to support families.

b) Role of Animals in Agriculture: The importance of animals in labor-intensive agricultural work was emphasized. Farmers were educated about how draught animals can assist in plowing fields and other farming activities, enhancing productivity and reducing manual labor.

c) Income Generation through Milk Production: The potential of milk production as a profitable venture was discussed. Farmers were informed about the financial benefits of raising animals that provide milk. They were provided with knowledge on effective management practices to maximize milk production and improve overall profitability.

d) Utilization of Animal Waste as Natural Manure: The significance of utilizing animal waste as a natural source of manure to maintain soil fertility was explained. Farmers were encouraged to adopt sustainable practices by properly managing animal waste and incorporating it into their farming activities.

e) Disease Management and Symptoms: Farmers were educated about common animal diseases and their management. Recognizing disease symptoms and implementing appropriate measures for prevention and treatment were emphasized to ensure the well-being and productivity of livestock.

PAHAL social club members from Department of Agricultural studies, actively engaged with the farmers, highlighting the employment opportunities associated with livestock farming, the importance of animals in agricultural work, and the income potential of milk production. Additionally, the utilization of animal waste as natural manure and disease management practices were discussed. Through these interactions, the farmers of Mandawar village gained valuable insights to optimize their livestock management practices and improve their overall profitability and agricultural productivity.



During the Farmers Home visit PAHAL volunteers interacting on maintenance of livestock management

Awareness Program on Food Hygiene at Badkala Village

On 11th March 2023, an awareness campaign on food hygiene was conducted in Badkala village. The campaign aimed to educate the villagers, including 25 guest students, about the importance of food hygiene. Students from the PAHAL Social Welfare Club, Quantum University organized and facilitated the program, which took the form of a workshop. The focus of the workshop was to educate both children and adults on essential food hygiene practices.

Indigenous Food Storage and Consumption Practices: In rural areas like Badkala village, where owning refrigerators is not widespread, traditional methods of food storage and consumption are prevalent. The campaign acknowledged that practices such as storing leftover food and cooking in small quantities to avoid storage are commonly followed. It emphasized the need to better understand the safety implications of these practices and effectively communicate the associated risks. Feasible alternatives for safe food storage were encouraged.

Hand Washing as a Key Practice: The campaign recognized that hand washing is closely linked to food safety and is a routine behavior in India. It highlighted the cultural norm of washing hands before handling food, emphasizing its importance in preventing the spread of food borne illnesses. The workshop reinforced the practice of thorough hand washing as a fundamental aspect of food hygiene.

Inadequate Cooking as a Common Threat: Inadequate cooking is identified as a common threat to food safety. However, in the Indian context, where food is generally cooked and served hot, this risk may not be as significant. The campaign aimed to strengthen this cultural practice by educating participants about the scientific basis for thorough heating of food rather than simple warming. By emphasizing the importance of proper cooking techniques, the workshop aimed to further enhance food safety practices in the community.

The food hygiene awareness campaign conducted in Badkala village on 11th March 2023 successfully educated the participants, including children and adults on the importance of food hygiene. The workshop focused on indigenous food storage practices, hand washing as a routine behavior, and the significance of thorough cooking. By promoting safe food handling and storage practices, the campaign aimed to enhance the overall food safety awareness and practices in the village.



Demolishing the age old practices and replacing it with new healthy norms that will set the tone of food hygiene in future.

Awareness about Immunization at Hasanpur Village

On 16th March 2023, PAHAL Social Welfare club of Quantum University and the Department of Applied Medical Sciences organized a camp in collaboration to raise awareness on immunization and its benefits in Hasanpur village with 25 villagers and some school students in total. The goal of the sensitization workshop was to educate the villagers about the importance of immunization and its potential to save millions of lives. In this report, we will discuss the significance of immunization, its role in preventing infectious diseases, and the necessity of conducting such sensitization workshops.

Immunization is widely recognized as one of the most successful and cost-effective health interventions in the world. It plays a crucial role in saving millions of lives each year by preventing infectious diseases. Vaccines are designed to stimulate the immune system and protect individuals from specific diseases by creating immunity against them, this time it was specifically focused on COVID-19 vaccination.

Immunization has been successful in combating diseases such as hepatitis, diphtheria, tetanus, pertussis (whooping cough), measles, and polio. Vaccines have proven to be highly effective in preventing these diseases and reducing their transmission. By receiving essential vaccinations, individuals can significantly reduce the risk of contracting these infections and protect themselves and their communities.

The camp organized by PAHAL Social Welfare Club and the Department of Applied Medical Sciences had a vital role in sensitizing the Hasanpur villagers about immunization. The workshop provided a platform for open discussions, interactive sessions, and informative presentations. Leading experts from the Department of Applied Medical Sciences shared their knowledge and expertise in the field, addressing the concerns and queries of the villagers.

The camp focused on dispelling common myths related to immunization, such as vaccine side effects, vaccine-induced diseases, and their long-term impact. By presenting scientific evidence and real-life examples, the workshop aimed to build trust and establish immunization as a safe and effective measure.

Immunization has had a significant impact on public health globally. By reducing the incidence of infectious diseases, vaccines have saved millions of lives. Vaccination campaigns, like the one organized in Hasanpur village, contribute to the larger goal of eradicating diseases such as polio and measles.

Immunization not only benefits individuals by protecting them from specific diseases but also creates herd immunity. When a significant portion of the population is vaccinated, it reduces the spread of infections, making it challenging for the diseases to establish themselves within a community. This indirectly protects vulnerable individuals who cannot receive vaccines due to age or medical conditions.

The sensitization workshop on immunization conducted by the Department of Applied Medical Sciences and PAHAL Club in collaboration with the Hasanpur villagers was a commendable effort to raise awareness about the importance of vaccination. Immunization saves millions of lives globally and remains one of the most successful health interventions. Through educational initiatives like sensitization workshops, we can bridge the vaccination gap and ensure that essential vaccines reach every child, ultimately leading to healthier communities and a brighter future.



Images from immunization workshop with community participants



Glimpses from the immunization workshop PAHAL volunteers helping rural children understand the importance of vaccination and immunity

Water Conservation Awareness Camp at Badkala Village

On March 22, 2023, PAHAL social welfare club Quantum University organized a well-planned water conservation and awareness camp in the heart of Badkala village. The event aimed to address the importance of sustainable water management and raise awareness about the limited availability of drinking and safe water. With the theme "Water is Life," the camp emphasized the need to mindfully use water and to ensure its availability for a longer period of time. The event saw active participation from more than 20 villagers, students, faculty members, staff, and PAHAL members.

Objectives of the water conservation and awareness camp: a. Educate villagers about the significance of water conservation and sustainable water management. b. Raise awareness about the limited quantity of drinking and safe water. c. Encourage the community to adopt mindful water usage practices. d. Empower villagers to actively participate in water conservation efforts.

Activities of the event were focused on various topics, faculty members, and staff, aimed at engaging and educating the participants:

a. Water Crisis Awareness Drive: Students of the Department of Civil Engineering and PAHAL members visited Badkala village to conduct a Water Crisis Awareness Drive. They interacted with villagers, distributed informational pamphlets, and discussed the challenges associated with water scarcity.

b. Awareness Campaign: A comprehensive awareness campaign was conducted to highlight the significance of World Water Day and the theme "Water is Life." This campaign involved informative presentations, videos, and posters displaying water conservation techniques and the importance of responsible water management.

c. Interactive Sessions: The camp organized interactive sessions where experts from the Department of Civil Engineering shared insights on water conservation practices, rainwater harvesting, and wastewater treatment. These sessions encouraged active participation and allowed participants to ask questions and share their experiences.

d. Demonstrations: Practical demonstrations of water-saving technologies, such as low-flow faucets, water-efficient appliances, and rainwater harvesting systems, were showcased to inspire the community to adopt sustainable practices.

e. Group Discussions: Small group discussions were held to encourage participants to share their thoughts, experiences, and ideas regarding water conservation. This fostered a sense of community ownership and motivated individuals to take action in their daily lives.

The water conservation and awareness camp in Badkala village yielded several positive outcomes:

a. Increased Awareness: The camp successfully raised awareness among the villagers about the significance of water conservation and the limited availability of drinking and safe water. Participants gained a better understanding of the need for sustainable water management practices.

b. Behavior Change: Through interactive sessions and group discussions, participants were encouraged to adopt mindful water usage practices in their daily lives. The event motivated individuals to minimize water wastage and adopt water-saving techniques.

c. Community Engagement: The active participation of villagers, students, faculty members, and staff created a sense of community engagement and ownership in water conservation efforts. The event served as a platform for collaboration and inspired individuals to collectively work towards a sustainable future.

d. Knowledge Transfer: The exchange of knowledge and expertise between the Department of Civil Engineering and the villagers enabled the dissemination of practical techniques and solutions for water conservation. Villagers gained valuable insights that they can apply in their homes and community.

The event effectively highlighted the significance of sustainable water management and encouraged the community to adopt mindful water usage practices. Through interactive sessions, awareness campaigns, and practical demonstrations, participants gained valuable knowledge and insights to address the water crisis. By fostering community engagement and ownership, the camp paved the way for a more sustainable and water-conscious future in Badkala village and beyond.





"Prevention is better than cure" save water now so that our coming generations be thankful

Consumer Awareness Campaign at Sakoti, Narsan

On March 23, 2023, a one-day extension activity titled "Consumer Awareness Campaign" was organized by PAHAL Social Welfare Club, the Department of Business Administration and the Department of Law, Narsan-Uttarakhand. The campaign aimed to educate the rural population about consumer rights, duties, and the grievance redressal processes. Faculty members and students actively participated in the event, providing valuable information and assistance to approximately 18 attendees from the local community.

The main objective of the extension activity was to create awareness among the people of Sakoti village regarding their rights and duties as consumers. Additionally, the campaign aimed to familiarize them with the grievance redressal machinery available to address their concerns and issues.

The campaign began with facilitation provided by PAHAL club volunteers, Department of Business Administration and the Department of Law by addressing the audience. Dr. Nirmesh Sharma, a faculty member specializing in Business Law, and Ms. Shruti Rawat, an expert in Consumer Behaviour, played pivotal roles in sensitizing the attendees about consumer rights and the processes involved in grievance redressal.

The students actively participated in the campaign, employing visual aids such as labeled diagrams and charts to facilitate understanding. They explained the step-by-step procedure of filing complaints and obtaining timely resolutions for consumer-related problems. The audience, consisting of rural residents, was receptive to the informative and engaging presentation.

Key Highlights of the program.

1. **Consumer Rights and Duties:** The faculty members and students emphasized the importance of consumer rights and responsibilities. Attendees were educated about their entitlements, such as the right to safety, right to choose, right to be informed, right to redressal, and right to consumer education. They were also made aware of their duties as consumers, including fair and honest dealings.
2. **Grievance Redressal Processes:** The extension activity provided a comprehensive overview of the grievance redressal processes available to consumers. The attendees were guided through the chronological steps involved in filing complaints and seeking resolutions. The aim was to empower the rural population with the knowledge and confidence to address their concerns effectively.

As part of the campaign, Dr. Nirmesh Sharma and Ms. Shruti Rawat engaged with the Anganwadi Head and the Gram Pradhan. They highlighted the role of Business Management and Law students in assisting the rural population with filling redressal forms, filing complaints, and other related procedures. This engagement aimed to establish a collaborative approach and foster support from local authorities in addressing consumer grievances.

The Consumer Awareness Campaign conducted in Sakoti village, Narsan-Uttarakhand, was successful in raising awareness among the rural population regarding consumer rights, duties, and grievance redressal processes. The informative sessions delivered by faculty members and students, along with the visual aids utilized, ensured that the attendees gained a clear understanding of their rights as consumers. The engagement with local authorities aimed to establish a sustained support system for resolving consumer-related issues in the village. The campaign's positive impact is expected to empower the rural community in making informed consumer choices and seeking prompt redressal when needed.





Pictures taken during the "Consumer Awareness Campaign" where PAHAL social welfare club, the Department of Business Administration and the Department of Law played a vital role

Female Health Awareness Campaign: Concern & Consciousness at Sakoti, Narsan Village

On March 24, 2023, a one-day extension activity was organized by PAHAL social welfare club of Quantum University in Sakoti village, Narsan-Uttarakhand. The campaign focused on promoting health and hygiene awareness among rural women in Sakoti. Faculty members and students from Quantum actively participated in the event, aiming to educate and empower approximately 16 women from the village.

The primary objective of the extension activity was to increase awareness among rural women in Sakoti about the importance of health and hygiene, specifically focusing on menstrual hygiene management. The goal was to provide them with the necessary knowledge and understanding to ensure satisfactory menstrual hygiene practices.

The campaign began with faculty members and students engaging with the attendees, delivering informative sessions on various aspects of health and hygiene. The sessions focused on addressing the physical and mental health needs of women and providing guidance on dietary requirements during menstruation.

Faculty members and students emphasized the significance of maintaining good health and hygiene practices. Attendees were informed about the impact of proper health and hygiene on their overall well-being, highlighting the connection between physical health and mental well-being. The extension activity aimed to increase awareness about menstrual hygiene management among rural women in Sakoti. Attendees were educated about the importance of using sanitary pads and the potential health threats associated with the non-usage of such products. Information was provided on the proper usage, disposal, and regular changing of sanitary pads to ensure adequate menstrual hygiene. The campaign also addressed the dietary needs of women during the menstrual cycle. Attendees were informed about the importance of a balanced diet and the inclusion of specific nutrients to support their overall well-being during menstruation. They were provided with guidance on the types of food and beverages that could be beneficial and promote better physical and mental health during this time.

Outcome: The extension activity yielded the following outcomes:

A. Increased Awareness of Health Threats: Attendees gained a heightened awareness of the health threats associated with the non-usage of sanitary pads. They learned about the potential risks of infection and other menstrual health complications and the importance of using hygienic menstrual products.

B. Informed and Educated Women: The campaign successfully informed and educated rural women in Sakoti about their physical and mental health needs during menstruation. They were empowered with knowledge regarding proper hygiene practices and dietary requirements, enabling them to make informed decisions for their well-being.

The one-day extension activity conducted in Sakoti village, Narsan-Uttarakhand, focused on promoting health and hygiene awareness among rural women. By emphasizing the significance of menstrual hygiene management, the campaign aimed to ensure satisfactory menstrual hygiene practices among the women of Sakoti. The outcomes included increased awareness of health threats associated with non-usage of sanitary pads and informed knowledge about physical and mental health needs during the menstrual cycle. It is expected that these outcomes will contribute to the overall well-being and empowerment of the rural women, enabling them to lead healthier lives.





PAHAL social welfare club Quantum University left no stone unturned to empower women with the right kind of knowledge and to improve women health indicators in the region.

Awareness Program on Tuberculosis at Fatehpur

On March 24, 2023, the PAHAL Social Welfare club and Department of Paramedical Science Club organized an awareness program on Tuberculosis (TB) in Fatehpur village. The event aimed to educate more than 25 villagers about the root causes of TB, prevention methods, and available treatment options. With the theme "Yes We Can End TB," students from the department of Paramedical Sciences and members of the Pahal Club actively participated in celebrating World Tuberculosis Day by raising awareness about this infectious disease.

Objectives The Tuberculosis Awareness Programs: a. Educate villagers about the root causes of Tuberculosis. b. Raise awareness about prevention methods and the importance of early detection. c. Provide information about the existing TB treatment drugs. d. Inform villagers about government schemes and initiatives available for TB treatment. e. Promote the importance of BCG vaccination for Tuberculosis prevention.

The event comprised various activities conducted by students and Pahal Club members to engage and educate the participants:

a. Interactive Sessions: Students from the BMRIT and BMLT, along with Pahal members conducted interactive sessions with the villagers. They used posters and visual aids to explain the prevention and cure of Tuberculosis. These sessions encouraged active participation and facilitated an exchange of knowledge between the students and the villagers.

b. Symptom Awareness: The students highlighted the common symptoms of TB, such as persistent cough, weight loss, fever, and night sweats. They emphasized the importance of recognizing these symptoms and seeking medical attention for early diagnosis and treatment.

c. Directly Observed Treatment Short Course (DOTS): The students explained the DOTS strategy, which is a widely recommended treatment approach for TB. They discussed the benefits of adhering to the prescribed medication regimen and the significance of completing the entire course to ensure effective treatment.

d. Government Schemes: Villagers were informed about the various government schemes available in India for the treatment of tuberculosis at no cost. The students provided details about these schemes, including how to access them and the benefits they offer to individuals diagnosed with TB.

e. BCG Vaccination: The importance of BCG (Bacillus Calmette-Guérin) vaccination for Tuberculosis prevention was highlighted. The students explained the significance of this vaccine in reducing the risk of TB infection, particularly among children.

The Tuberculosis Awareness Program in Badkala and Jaysingha villages achieved several positive outcomes:

a. Increased Awareness: The program successfully raised awareness among the villagers about the root causes of Tuberculosis and the importance of prevention. Participants gained a better understanding of the disease and its impact on individuals and communities.

b. Knowledge Sharing: Through interactive sessions and discussions, students and Pahal Club members shared valuable information about existing TB treatment drugs, government schemes, and BCG vaccination. Villagers gained insights into available resources and preventive measures.

c. Empowerment: By providing information about government schemes and initiatives, the program empowered villagers to access TB treatment services without financial burden. This knowledge allowed them to make informed decisions about their health and well-being.

d. Community Engagement: The event facilitated an interactive and engaging session between students and villagers. The exchange of information and experiences fostered a sense of community engagement, encouraging individuals to take ownership of their health and participate in TB prevention efforts.

The program effectively educated villagers about the root causes of Tuberculosis, prevention methods, and available treatment options. By promoting early detection, informing about government schemes, and emphasizing the importance of BCG vaccination, the event aimed to contribute to the reduction of TB cases in the communities. Through active participation and knowledge sharing, the program empowered individuals to take proactive steps towards ending TB in their villages.





"Yes we can end TB" this quote was the motivating factor behind the tuberculosis awareness program

Rural Awareness Program on Financial Inclusion at Bhrampur Village

In an effort to promote financial inclusion and generate awareness among the villagers, B. Com second-year students and the PAHAL Social Welfare Club organized a unique intervention in Bhrampur village in the Roorkee region on 25th March 2023, the only inclusion criteria for the session was the participant should be 18+ years, more than 35 adults used the opportunity to learn about Financial inclusion. The intervention aimed to test the knowledge of commerce students while providing valuable insights to the villagers on the theme of financial inclusion. This report outlines the objectives, activities, and outcomes of the program.

The financial inclusion awareness program had the following key objectives: a. Educate students and villagers about the concept of financial inclusion. b. Explain the benefits and importance of financial inclusion in improving individuals' lives. c. Create awareness about various financial schemes available to protect the interests of rural people. d. Contribute to reducing the number of adults without access to basic financial services.

Activities the program consisted of various activities designed to engage students and villagers and facilitate their understanding of financial inclusion:

a. Knowledge Sharing Session: The intervention began with a presentation explaining the concept of financial inclusion in a simple and easily understandable manner. Students and members of the PAHAL Social Club shared information on how financial inclusion works and the benefits it offers in day-to-day life.

b. Importance of Financial Inclusion: The presentation highlighted the significance of financial inclusion in helping families and businesses plan for long-term goals and unexpected emergencies. It emphasized how being part of the formal financial system enables individuals to access various financial services such as savings, credit, and insurance, ultimately improving their overall quality of life.

c. Rural Financial Schemes: The program also focused on educating the villagers about specific financial schemes that are aimed at protecting the interests of rural people. This included schemes such as old age pension, widows pension, Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), Pradhan Mantri Kisan Samman Nidhi (PM-KISAN), and Pradhan Mantri Fasal Bima Yojana (PMFBY). The participants were informed about the benefits and eligibility criteria of these schemes.

The financial inclusion awareness program in Bhrampur village yielded several positive outcomes:

a. Increased Awareness: The program successfully increased awareness among both students and villagers about the concept of financial inclusion. Participants gained a better understanding of the importance of being part of the formal financial system and the advantages it offers.

b. Knowledge Enhancement: Commerce students had the opportunity to test their knowledge and gain practical insights into financial inclusion through the intervention. This experience allowed them to strengthen their understanding of the subject and its real-world implications.

c. Empowerment: By providing information about specific financial schemes, the program empowered villagers by making them aware of the available resources and opportunities. They were equipped with knowledge about how to access and benefit from these schemes, which could improve their financial well-being.

d. Potential Impact: The program aimed to contribute to the reduction of adults without access to basic financial services. By increasing awareness about financial inclusion and the schemes available, the intervention had the potential to encourage more individuals to become part of the formal financial system and avail the benefits it provides.

The financial inclusion awareness program organized by B. Com second-year students and the PAHAL Social Welfare Club in Bhrampur village proved to be a successful initiative. By educating students and villagers about financial inclusion and specific financial schemes, the program aimed to create awareness and empower individuals to improve their financial well-being. With the potential to reduce the number of individuals without access to basic financial services, this intervention played a significant role in promoting financial inclusion in the rural community.





This intervention played a significant role in promoting financial inclusion in the rural community.

Coaching Classes for Rural Children from Badkala

On March 26, 2023, the PAHAL Social Welfare Club of Quantum University organized a coaching class on general studies for children in the villages of Badkala. The purpose of this coaching class was to empower 25 children with comprehensive academic knowledge and enhance their overall confidence. The report provides an overview of the rationale behind the coaching class, the activities conducted, and the key takeaways from the intervention.

The coaching class aimed to address the educational challenges faced by children in the villages. Many children solely rely on government schools, which often provide substandard education. This situation limits their prospects and can lead to early employment in labor-intensive or menial jobs. The intervention sought to empower the children by providing them with quality education in the form of general studies.

Activities:

a. Curriculum Focus: The coaching class focused on teaching general studies to the children. General studies encompass various subjects and provide students with opportunities to develop critical thinking abilities, communication skills, and mathematical knowledge. The curriculum aimed to broaden their understanding of social, cultural, and natural aspects of the world.

b. Comprehensive Development: The teaching approach emphasized holistic development, fostering skills that demand cognitive and emotional resources. It aimed to enhance problem-solving abilities, critical thinking, and knowledge of cultural, artistic, and scientific advancements. The students were encouraged to apply their knowledge to real-world scenarios and effectively express their thoughts through rhetorical analysis.

c. Personal Growth: The coaching class went beyond academic knowledge, fostering a positive outlook on life, empathy, respect for others, and an appreciation for the surrounding environment. It aimed to promote comprehensive understanding and knowledge among the students, helping them make informed, logical, and critical decisions regarding social justice, individual welfare, and the environment.

Key Takeaways From the intervention:

a. Enhanced Curriculum: The coaching class provided children with a comprehensive curriculum designed to improve their interpersonal communication skills and general knowledge. The students gained exposure to various subjects and acquired essential skills.

b. Global Knowledge and Positive Attitude: The coaching class aimed to develop global knowledge, essential skills, and a positive attitude toward life among the rural children. By broadening their horizons and instilling a thirst for knowledge, the intervention sought to inspire the children to navigate their future career paths wisely.

c. Confidence and Personality Development: The coaching class aimed to enhance the overall personality of the children, equipping them with the necessary skills to thrive in the competitive real world. By developing their confidence and providing a solid foundation of general knowledge, the intervention sought to prepare the children for future challenges.

The coaching class on general studies organized by the PAHAL Club of Quantum University in the villages of Badkala proved to be a valuable intervention. By providing comprehensive education and focusing on personal growth, the coaching class aimed to empower children with the knowledge and skills necessary for success. The key takeaways included a broad curriculum, the development of a positive attitude, and an overall enhancement of personality. The coaching class aimed to create a positive impact on the lives of rural children and equip them for a brighter future.





The coaching class aimed to create a positive impact on the lives of rural children and equip them for a brighter future.

Crop Insurance and Microfinance Awareness Program at Takavhari Village

On March 28, 2023, students from the PAHAL Social Welfare Club and the department of Commerce & Finance and the PAHAL Social Club at Quantum University organized an intervention on Crop Insurance and Microfinance in Takavhari village, Roorkee. The intervention aimed to educate approximately 15 villagers about government schemes related to microfinance and crop insurance, empowering them with financial inclusion and protecting the interests of rural people. This report outlines the key activities conducted during the intervention and provides information on the Pradhan Mantri Fasal Bima Yojana.

The intervention had the following objectives: a. Create awareness among villagers about microfinance schemes for empowering women and strengthening the rural population through financial inclusion. b. Educate farmers about the Pradhan Mantri Fasal Bima Yojana, a crop insurance scheme to protect against crop failure due to natural calamities. c. Highlight the eligibility criteria and application process for the scheme.

Activities Performed as a part of the intervention

a. Presentation on Microfinance Schemes: B.Com second-year students led the session by presenting various microfinance schemes implemented by the Indian and Uttarakhand state governments. The focus was on schemes that empower women and promote financial inclusion in rural areas.

b. Pradhan Mantri Fasal Bima Yojana: The students introduced the Pradhan Mantri Fasal Bima Yojana, a crop insurance scheme. They explained that the scheme is implemented by the Agriculture Insurance Company of India and covers natural disasters such as drought and hailstorms. Farmers were informed about the budget allocated for the scheme (Rs 8800 crore) and the premium rates (2% for Kharif crop and 1.5% for Rabi crop).

c. Eligibility and Application Process: The presentation emphasized the eligibility criteria for the scheme. All farmers in the country were deemed eligible, provided they were not already benefiting from any other insurance scheme. The scheme covered farming on owned land as well as farming on rented land. The students guided the villagers on how to apply for the scheme by visiting the official website and following the outlined steps.

The intervention on Crop Insurance and Microfinance organized by the department of Commerce & Finance and the PAHAL Social Welfare Club at Quantum University in Takavhari village was successful in raising awareness among the villagers. By highlighting the Pradhan Mantri Fasal Bima Yojana and microfinance schemes, the intervention aimed to empower rural communities and protect the interests of farmers. The key takeaways included access to crop insurance coverage and information on eligibility criteria for the scheme. By equipping villagers with knowledge of these schemes, the intervention aimed to enhance financial inclusion and contribute to the economic well-being of the community.



PAHAL social welfare club and Department of Commerce & Finance teaching farmers on crop insurance and microfinance, it could be life saving for a farmer whose life depends solely on the outcome of the harvest.

"Anukaran: Recognizing the Achievements of Rural Children in Previous Year's Competitions at Quantum University Campus"

On April 5th, 2023, PAHAL members of Quantum University actively participated in the Annual Fest "ANKURAN" organized by the PAHAL Team at Shyamji Auditorium. The event aimed to celebrate the achievements of rural children from Badkalan and Jaysingha villages. The Chief Guest, Ms. Shikha, along with Vice-Chancellor Dr. Vivek Kumar and other dignitaries, graced the occasion. A total of 35 village children accompanied by their parents attended the event.

Event Highlights

a. Inauguration: The event began with the traditional lighting of the lamp by the Chief Guest, Vice-Chancellor, and other dignitaries. This marked the official commencement of the program.

b. Cultural Performances: Students from both villages showcased their talents through various dance programs. PAHAL members also presented singing performances and recited poems, adding to the vibrant atmosphere of the event.

c. Prize Distribution: Prizes were awarded to children who excelled in academics and other extracurricular activities during competitions held at the village level in Badkala and Jaysingha villages. The recognition aimed to motivate and encourage their continued efforts.

d. Certification Program: Senior students who had contributed to social welfare over the past 3-4 years were honored with certificates in recognition of their dedication and service.

e. Inspirational Speeches: The Chief Guest, Vice-Chancellor, and other dignitaries took turns to deliver speeches emphasizing the importance of social services and the impact that individuals can make in their communities. Their words aimed to inspire and instill a sense of social responsibility among the attendees.

The ANKURAN Annual Fest organized by PAHAL members of Quantum University served as a platform to celebrate the achievements of rural children from Badkala and Jaysingha villages. The event provided an opportunity for students to showcase their talents and receive recognition for their efforts in academics and extracurricular activities. The presence of esteemed guests, including the Chief Guest and Vice-Chancellor, added prestige to the occasion. Through cultural performances and inspirational speeches, the event aimed to inspire and empower the rural children, instilling in them a sense of pride and motivation. The program concluded with a vote of thanks extended by the Faculty Coordinator of PAHAL, expressing gratitude to all participants for their valuable contributions.





“Anukaran” is an initiative to recognize rural children for their incorrigible participation and engagement with PAHAL activities.

Survey and Health Awareness Campaign Among Nearby Villages of Quantum University

PAHAL social welfare club of Quantum University conducted a survey and carried out a health awareness campaign that gained a significant importance in urban, suburban, and rural areas, including Haridwar, Chhutmalpur, Saharanpur, and the University campus. These programs aim to promote healthy living habits and prevent diseases by educating individuals about healthy lifestyles and equipping them with the necessary resources to make informed decisions regarding their health. PAHAL team of 50 students from the Faculty of Health Sciences actively conducted surveys and distributed informative pamphlets related to diseases, their management, and possible treatments.

Program Activities: The health awareness and built-up programs took place from 5th to 8th April 2023 in various locations, including urban, suburban, and rural areas. The following activities were undertaken:

1. **Surveys:** The students conducted surveys to gather data and assess the health-related knowledge and behaviors of individuals in different communities. The surveys helped in identifying gaps and areas that required specific attention and intervention.
2. **Pamphlet Distribution:** The team distributed informative pamphlets that covered various diseases, their management, and potential treatments. The aim was to educate individuals about preventive measures and encourage them to seek appropriate healthcare when needed.

Key Findings: The surveys conducted in urban, suburban, and rural areas provided valuable insights into the impact of health awareness programs. The findings include:

1. **Effectiveness of Health Awareness Programs:** The surveys indicated that health awareness programs can be effective in promoting healthy behaviors and reducing the incidence of preventable diseases. The dissemination of information through pamphlets proved to be a valuable tool for increasing awareness among the target population.
2. **Community Engagement and Resources:** The success of health built-up programs was found to be influenced by factors such as community engagement and access to resources. Programs that actively involved community members and provided accessible resources were more likely to achieve positive outcomes.

Learning Outcome: The participation of students in these health awareness and built-up programs yielded significant learning outcomes, including:

1. **Survey Competencies:** The PAHAL students gained practical experience in conducting surveys, enhancing their skills in data collection, analysis, and interpretation. These competencies are vital for their future roles as healthcare professionals.
2. **Understanding of Health Challenges:** Through engagement with diverse communities, the students developed a deeper understanding of the challenges and different types of diseases prevalent in various areas. This exposure fueled their interest in the field of health sciences and expanded their knowledge base.

The health awareness and built-up programs conducted in Haridwar, Chhutmalpur, Saharanpur, and the University campus demonstrated the importance of such initiatives in promoting healthy behaviors and preventing diseases. The active involvement of the student team in conducting surveys and distributing informative pamphlets contributed to the success of the programs. The findings emphasized the need for tailored health initiatives that address the unique challenges faced by different communities. Overall, the programs provided valuable learning experiences for the students and reinforced their commitment to becoming successful healthcare professionals dedicated to promoting a healthier society.





During the 4 day program students completed surveys and educated villagers on vitals of healthy living and good behavior.

Legal Awareness Camp at Hasanpur Madanpur

On April 6th, 2023, the PAHAL Social Welfare Club, the Department of Law at Quantum University, Roorkee, organized a Legal Awareness Programme with the aim of educating the rural population about their rights and duties. The camp was held at Hasanpur Madanpur village, where 30 members of the community participated. The primary objective was to promote equality, justice, and empower the rural population through legal knowledge.

Key Focus Areas Addressed in the intervention program

a. Equality and Access to Power: The session emphasized the importance of sharing power equally and providing full access to resources and opportunities for development. The participants were encouraged to work together towards achieving equality and justice within their community.

b. Right to Information (RTI) Act: The attendees were educated about the provisions and applications of the Right to Information Act. The discussion revolved around using the act to obtain information that is under the control of public authorities. Key takeaways included the various purposes for which the RTI Act can be utilized, such as inspecting work, documents, records, taking certified copies, and obtaining information in electronic formats.

Empowering Rural Communities

Understanding Legal Rights: The students of the Department of Law engaged the participants in understanding their legal rights. Topics such as identifying and standing against corruption, registering a police complaint in case of a crime, and taking legal action to ensure the protection of their rights were discussed in detail. This knowledge aimed to empower the rural population to take appropriate legal steps when necessary.

The Legal Awareness Programme conducted by the Department of Law at Hasanpur Madanpur village proved to be a significant step towards empowering the rural community. By providing knowledge about their legal rights and duties, the programme aimed to promote equality, justice, and informed decision-making. The participants gained insights into the Right to Information Act, which can be a powerful tool for obtaining public information. Additionally, they learned about taking legal action to address issues such as corruption and crime. Through this initiative, the Department of Law fulfilled its primary mandate of spreading legal awareness and contributed to building a society where every individual is aware of their rights and empowered to exercise them.



The workshop aimed to empower the rural population to take appropriate legal steps when necessary.

Tree Plantation at Jaisingha Village

On April 26th, 2023, the PAHAL social welfare club and the Department of Agriculture Science at Quantum University organized a Tree Plantation Drive in the presence of 20 villagers. The primary goal of this drive was to plant 500 saplings of BAANs (Bamboos) trees, focusing on carbon credits footprint plantation. The students actively participated in this initiative, contributing to reducing greenhouse gas emissions and creating a healthier environment.

Trees play a vital role in sustaining life on Earth by providing oxygen, improving air quality, and creating a disease-free atmosphere. Despite their significance, human activities, particularly in the name of infrastructure and development, have led to widespread deforestation. Quantum University, through its initiative called Save Green, aims to protect and restore environmental elements, especially trees, to ensure a sustainable future.

The Tree Plantation Drive conducted by Quantum University aimed to address the decades of deforestation that have affected the green pastures of our villages. By actively engaging in reforestation and conservation efforts, the university strives to reverse the environmental damage caused by human actions. The plantation of BAANs (Bamboos) trees was chosen due to their positive impact on carbon sequestration and their potential to reduce greenhouse gas emissions.

The drive witnessed active participation from students of Quantum University, who worked hand in hand with the villagers to plant the saplings. Their enthusiasm and dedication towards creating a greener future were commendable. The initiative not only raised awareness about the importance of trees but also fostered a sense of responsibility towards environmental conservation among the participants.

While tree plantation alone may not be the sole solution to climate change, it is undeniably a significant step towards creating a greener and healthier future. Each tree planted brings us closer to restoring the balance in our ecosystems and mitigating the effects of deforestation. The Tree Plantation Drive conducted by Quantum University, in collaboration with PAHAL social club and the Department of Agriculture Science, symbolizes a collective effort to heal nature through reforestation and plant conservation.

The active participation of students and villagers exemplified the shared responsibility we hold towards environmental conservation. By planting 100 saplings, the drive aimed to reduce greenhouse gas emissions and contribute to the restoration of our natural habitats. Quantum University remains committed to such philanthropic projects that prioritize the healing of nature through reforestation and the preservation of our precious plant life.



GPS Map Camera

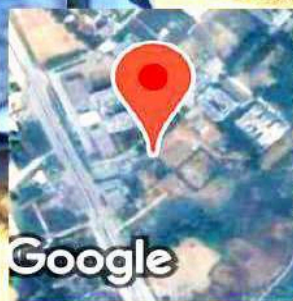
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Red Cross Day Celebration at Chauli Village

A PAHAL Social Welfare Club initiative, Red Cross Day was celebrated at Chauli, Roorkee, on 8th May 2023. The event aimed to commemorate the importance and significance of Red Cross Day. It witnessed the active participation of distinguished individuals, including Prof. Vivek Kumar, Vice Chancellor of Quantum University, Prof. Amit Dixit, Registrar of Quantum University, and Prof. Manish Sharma, Director of the Quantum School of Technology (QST).

During the event, Prof. Vivek Kumar, Prof. Amit Dixit, and Prof. Manish Sharma delivered speeches emphasizing the humanitarian values and the critical role played by the Red Cross in providing assistance during crises and emergencies.

An awareness camp on First Aid and COVID-19 was organized in Chauli and Badkala villages. Volunteers from the Pahal performed a street show on First Aid and COVID-19 at the Government Primary and High School in Chauli and the Government Primary School in Badkala where more than 55 school children and rural community members participated with great attention. The objective was to educate and create awareness among the local community.

The workshop sessions focused on essential first aid techniques, including wound management, bleeding control, musculoskeletal injuries, burns, heatstroke, poisoning, bites, drowning, fainting, seizures, and unconsciousness. Participants actively engaged in practical exercises, such as dressing wounds, applying various bandages, splinting injured body parts, providing cardiopulmonary resuscitation (CPR), and proper victim transfer. The teachers expressed their appreciation for the workshop, recognizing its value in addressing emergencies within the school.

Additionally, a session on COVID-19 was conducted, considering the ongoing pandemic. The session aimed to raise awareness about the virus, preventive measures, and necessary precautions.

As part of the event, 200 masks were distributed among the students of rural community schools, prioritizing their health and safety. The presence of Quantum University students, faculty, staff, and villagers added to the program's success and received appreciation.

The Red Cross Day celebration at Quantum University, Roorkee, proved to be a successful event. It effectively raised awareness about first aid techniques and COVID-19 prevention while fostering a spirit of humanitarianism among the participants. The university's commitment to community engagement and proactive approach to societal challenges were evident throughout the event.

Acknowledgements go to Prof. Vivek Kumar, Prof. Amit Dixit, Prof. Manish Sharma, the University volunteers, Pahal volunteers, and the dedicated staff members involved in organizing this event.





On the red cross day, effectively raising awareness about first aid techniques and COVID-19 prevention while fostering a spirit of humanitarianism among the participants.

Organ Donation Awareness Drive at Badkala Village

PAHAL Social Welfare club and under the leadership of Ms. Dishka Chandel from the Department of Paramedical Science, Quantum University initiated an effort to sensitize villagers about organ donation. On 19th May 2023, the Department of Paramedical Science organized an Organ Donation Awareness workshop. Throughout the event, the focus of their efforts was to touch the hearts and minds of the community and inspire them to commit to organ donation in the foreseeable future.

The Organ Donation Awareness workshop was organized by the Faculty of Radiology, Department of Paramedical Sciences, the Department of Health Sciences, in collaboration with PAHAL Club. The event included an extension activity aimed at creating awareness regarding organ donation.

A visit was arranged to the nearby village of Badkala, where the Radiology students performed a Nukkad Natak (street play) to educate 20 students about organ donation. Through their engaging street play, the students effectively addressed myths and queries surrounding organ donation and motivated the villagers to consider organ donation.

Key Takeaways from the Nukkad Natak

During the Nukkad Natak, the following key aspects regarding organ donation were highlighted:

1. Organ donation and its types.
2. The concept of brain death and natural death.
3. Types of death: Brain death and Circulatory death.
4. The procedure for eye and whole body donation.
5. Discussion on the Transplantation of Human Organs (THO) Act of 1994.
6. The significance of carrying a donor card.

Event Outcomes:

The Organ Donation Awareness workshop yielded several positive outcomes:

- The participating students developed motivating skills and acquired the ability to effectively convey the importance of organ donation.
- The students enhanced their communication skills by interacting with the villagers and addressing their concerns and queries.
- The event served as an encouragement for students to participate more actively in social activities, fostering a sense of responsibility towards the community.

The Organ Donation Awareness workshop organized by the PAHAL Social Welfare Club and support from the Department of Paramedical Science at Quantum University, under the leadership of Ms. Dishka Chandel, was a significant step towards raising awareness about organ donation in the community. The Nukkad Natak performance proved to be an impactful medium for dispelling myths and inspiring the villagers to consider organ donation.

The event's success can be attributed to the efforts of the Faculty of Radiology, the Department of Paramedical Sciences, and the collaboration with PAHAL Club. Their dedication and commitment to community engagement were evident throughout the workshop.

The positive response from the villagers reflects their enthusiasm and motivation towards organ donation. The workshop not only educated them about the importance of organ donation but also encouraged them to take action.

Acknowledgements go to Ms. Dishka Chandel, the Faculty of Radiology, the Department of Paramedical Sciences, and Pahal Social Club for their efforts in organizing and executing this event successfully.



Pictures from awareness campaign on organ donation, PAHAL volunteers persuaded villagers to pledge to donate their organ to gift a life to someone else

Blood Donation Camp for Nearby Villagers

The PAHAL social welfare club of Quantum University successfully organized a philanthropic event, a Blood Donation Camp, on 20th May 2023. The event was held under the auspices of the Department of Paramedical Sciences at the the Department of Health Sciences. It aimed to promote the noble cause of blood donation among university students, staff, faculties, and nearby villagers.

The Blood Donation Camp was organized at Quantum University, and its success can be attributed to the leadership of Ms. Diksha Chandel. The event witnessed active participation from university students, staff, faculties, and villagers residing in the vicinity. To ensure maximum participation, the Pahal social welfare club students informed the villagers about the blood donation camp a day prior to the event.

The villagers responded enthusiastically to the blood donation camp, actively participating in the donation process. A total of 20 units of blood were collected during the camp. After donating blood, the participants were provided with refreshments, ensuring their well-being and recovery post-donation. The Blood Donation Camp at Quantum University, organized under the guidance of Ms. Diksha Chandel, proved to be a successful philanthropic endeavor. The active participation of university students, staff, faculties, and nearby villagers highlights the community's commitment to the noble cause of blood donation. The collection of 20 units of blood during the camp demonstrates the impact and effectiveness of such initiatives in meeting the critical blood supply needs.

Acknowledgments go to Ms. Diksha Chandel and the Department of Paramedical Sciences for their leadership and organization of the event. The collaboration with Pahal students in spreading awareness among the villagers was instrumental in ensuring active participation.





Successful blood donation camp that witnessed active participation from nearby village community

Awareness Campaign on World No Tobacco Day at Quantum University

World No Tobacco Day (WNTD) is observed globally on May 31 2023 every year to promote 24 hours of abstinence from all forms of tobacco consumption. The theme for this year's campaign is "Grow food, not tobacco," which focuses on raising awareness about alternative crop production and marketing opportunities for tobacco farmers to cultivate sustainable and nutritious crops. The PAHAL Social Welfare Club of Quantum University celebrated World No Tobacco Day on May 31, 2023.

The PAHAL Social Welfare Club organized an awareness campaign on World No Tobacco Day within the university campus where 40 students were aggressively taught about harms about tobacco use and how to abstain from it. The main highlight of the event was a street show performed by the members of PAHAL Social Club to educate the audience about the harmful effects of tobacco on human health.

The members of the PAHAL Club actively engaged in the awareness campaign, emphasizing the harmful effects of tobacco consumption. Through the street show, they creatively portrayed the risks and dangers associated with tobacco use, aiming to educate and inform the audience about the detrimental impact on overall health and well-being. Honorable VC Sir, Registrar Sir, and Director Sir delivered speeches on the occasion, addressing a gathering of approximately 40 students.

They highlighted the various health risks involved in using tobacco products, including the hazards of chewing tobacco. The dignitaries urged the students to refrain from using such products and emphasized the importance of leading a tobacco-free lifestyle. The event witnessed active participation from students, faculty, and staff members. Their involvement contributed to the success of the campaign and demonstrated their commitment to promoting a healthy and tobacco-free environment within the university campus.

The celebration of World No Tobacco Day at Quantum University, organized by the PAHAL Social Welfare Club, successfully raised awareness about the harmful effects of tobacco consumption. Through the street show and speeches delivered by esteemed dignitaries, the campaign effectively conveyed the risks and dangers associated with tobacco use. The active participation of students, faculty, and staff members further underscored the commitment to promoting a tobacco-free lifestyle and creating a healthy campus environment. The event served as a reminder to everyone about the importance of choosing a life free from tobacco and its detrimental effects on individual and community well-being.



On the occasion of “No Tobacco Day” defeating tobacco in Quantum University by pledging to abstain from all kinds of tobacco substances.

Mental Health Awareness through Nukkad Natak at CHC Fatehpur

On 8th June 2023 PAHAL Social Welfare Club in collaboration with Department Humanities and Social Sciences (HSS) organized a Nukkad Natak on the theme of "Mental Health Awareness." The event aimed to raise awareness about mental health issues and promote a positive attitude towards mental well-being among the community members, 35 members were thoroughly sensitized on the issue. The Nukkad Natak took place at the Community Health Center in Fatehpur and involved the participation of students from the Psychology discipline.

The event commenced with an inaugural address by Dr. Mukesh Kumar, the Chief Medical Officer-In charge. Dr. Kumar appreciated the initiative taken by Quantum University and delivered valuable and motivational words to the team. His presence and support added significance to the event and encouraged the participants to continue their efforts in promoting mental health awareness.

The Nukkad Natak consisted of three scenes, each focusing on different aspects of mental health and well-being. The team head, Ms. Taniska Jain, guided the performances and ensured a smooth flow of the play.

Scene 1: Quality and Characteristics of Mentally Healthy Individuals In the first scene, the team depicted the qualities and characteristics of mentally healthy individuals. The performance aimed to educate the audience about the importance of maintaining good mental health and fostering positivity in their lives. Through their portrayal, the team highlighted the significance of practices such as self-care, stress management, and seeking support when needed.

Scene 2: Reducing Stigmatization of Mental Health The second scene of the Nukkad Natak focused on addressing the stigma associated with mental health. The team highlighted the negative attitudes and misconceptions prevalent in society regarding mental illness. They portrayed situations where individuals with mental health issues faced discrimination and judgment. By doing so, the team aimed to create awareness and encouraged the audience to foster empathy and understanding towards those experiencing mental health challenges.

Scene 3: Mental Health Services and Helpline Numbers In the final scene, the team shed light on the various mental health services available at the block and district levels. They provided information about the resources and support systems that the community could access for mental health assistance. Additionally, the team shared important helpline numbers for mental health counseling and support, empowering the villagers with valuable resources for seeking help when required.

Through the Nukkad Natak, an estimated 35 villagers from rural backgrounds in Fatehpur were sensitized about mental health issues. The performances effectively engaged the audience and conveyed the essential messages related to mental well-being. The interactive nature of the Nukkad Natak allowed for a deeper impact on the viewers, ensuring better understanding and retention of the information presented.

During the Nukkad Natak, several distinguished guests were present to support and observe the event. Dr. Mukesh Kumar, the Medical Officer In-charge, provided continuous encouragement and motivation to the participants. Dr. Ravindra Kumar, an Associate Professor of Psychology at Quantum University, and Dr. Noopur Jaiswal, an Assistant Professor of Psychology at Quantum University, were also in attendance, lending their expertise and knowledge to the event.

The Nukkad Natak on Mental Health Awareness organized by the Department of Humanities and Social Sciences (HSS) at Quantum University and PAHAL social club was a successful endeavor. The event effectively highlighted the importance of mental health and aimed to reduce the stigma surrounding mental illness. Through engaging performances, the Nukkad Natak sensitized the rural community members and

provided them with information about available mental health services and helpline numbers. The support of Dr. Mukesh Kumar and the presence of esteemed guests added to the significance of the event. This initiative demonstrates the commitment of Quantum University and the HSS Department to contribute to the well-being of the community and promote mental health awareness.





Nukkad Natak sensitized the rural community members and provided them with information about available mental health services