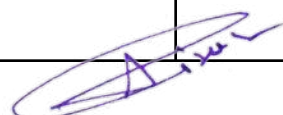# Quantum
UNIVERSITY
ROORKEE, UTTARAKHAND

Annual Report on
"Community Outreach Programs"
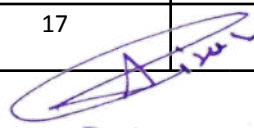## Academic Year 2018-2019

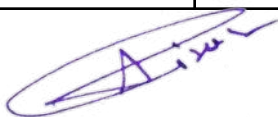The Future is exciting..

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PROJECT AREA PROFILE

Roorkee is a small city and is considered a municipal corporation in the Haridwar district of the State of Uttarakhand. The city headquarters liesin the Haridwar district and the distance of Roorkee city from Haridwar is almost 31 kms. The city is also known because of the famous Ganges canal passes through the Roorkee city and Indian Army cantonment also covers a large part of the city.

The population of the Roorkee is scattered across its wide geographical area which includes urban and rural areas. The majority of population that is not literate comes from the rural area of Roorkee. The target area of our organization is focused on the rural population where they are deprived of modern amenities and facilities of today's time. Although there are education and health facilities in the rural areas but that does not suffice the resident's need and only provide them with bare minimum facilities.

COMMUNITY INTERVENTION PROGRAM

The literacy rate of Roorkee cluster is estimated to be 84.44%, as compared to the national average of 85% the literacy rate of the Roorkee Cluster is lower. Further if we bifurcate the literacy rate for male and Female the data stand out to be 89.77% and 78.08% respectively. Speaking in numbers, the total literates that participated in the survey was 177,211 out of which males were 102,494 and remaining 74,717 were females.

Quantum University, Madawar Roorkee, Uttarakhand

An introduction of PAHAL Club Students with villagers of Jaisingha(First Batch)

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

To break the ice between the students and the village beneficiaries, an introductory visit was organized on 9th February 2018 where a team consisting of 17 PAHAL Social Welfare Club students visited the Jaisingha village and met the villagers in the Panchayat Bhawan of the village. Excited students conducted their first focus group discussion with both male and female members of the village and noted their concerns as well.

Spending time in the village helps them learn about the challenges the residents face on a day to day basis. Students didn't stop here and they went to see some villager's mud homes and whilst they also stopped at the village community health center. This exposure visit laid the foundation for the students and gave them the much needed clarity on how they can help these people in the near future.

The young and energetic first team of PAHAL Club did an exhibition visit to Jaisingha village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

A Second introductory visit was organized on 16th February 2018 where a team of 15 PAHAL Social Welfare Club students visited the Jaya Singha village and met the villagers in the Panchayat hawan of the village. Excited students conducted their first focus group discussion with both male and female members of the village and noted their concerns as well.

The proceedings of the Jaya Singha village were almost identical to the first one, they spent time in the village, which helped them learn about the challenges the residents face on a day to day basis. Students didn't stop here and they went to see some villager's mud homes and also stopped at the village community health center. This exposure visit laid the foundation for the students and gave them the much needed clarity on how they can help these people in the near future.

The young and energetic second team of PAHAL club did exposure visit to Jaya Singha village.

Computer Literacy Class for community children (Jaysingha Village)

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

All set and preparation done, a team of 16 students from The PAHAL Social Welfare Club left for Jaysingha Village on 3rd September 2018 where they gathered children in a common government school which was already announced in the last visit of the PAHAL members.

The team divided the students into two batches, with seven students in each batch. Initially, a pre-test was conducted, serving as a mock session to assess the students' knowledge. To our surprise, none of the students had any prior knowledge of computers. This realization prompted us to begin teaching from the very basics of computer theory.

Approximately near about 14 children were trained on the basics of computers where they learned about the following topics
1. What is a computer?
2. Computer parts & peripherals like the motherboard, processor, monitor, keyboard, mouse and speakers.
3. Learned about software like windows, applications, games and other utilities (calculators) etc.
4. How does a computer work?
5. Use of computers in our lives

A step towards computer literacy among Jay Singha Village Children

Computer Literacy Class for community children (Badkala Village)

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On September 5, 2018, a group of 22 members from PAHAL Social Welfare club embarked on a journey to Badkala Village. Their mission was to gather the local children at a government school, which had been previously announced during PAHAL's last visit.

Upon arrival, the team organized the students into 2 separate batches, each consisting of 11 children. They began by conducting a pre-test, akin to a mock session, in order to assess the students' existing knowledge about computers. To their astonishment, none of the students possessed any prior understanding of the subject. It became apparent that the team would need to commence from the very basics of computer literacy.

Over the course of the training, children were introduced to fundamental computer concepts. The topics covered included:

1. Definition and functionality of a computer.
2. Identification and explanation of computer parts and peripherals, such as the motherboard, processor, monitor, keyboard, mouse, and speakers.

3. Familiarization with various software applications, including operating systems like Windows, as well as games and other utilities like calculators.
4. Insight into the inner workings of a computer.
5. Exploration of the practical applications of computers in our daily lives.

Through their efforts, the team equipped these children with the foundational knowledge required to engage with computers and foster digital literacy within the community.

"Empowering Badkala Village: Transforming Young Minds through Computer Literacy"

Essay Writing Competition among Village Children (Topic: Mahatma Gandhi)

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 10th September 2018 an Essay Writing competition was organized by 19 students from PAHAL Social Welfare Club members in Jaisingha village where children from village participated with vigor and enthusiasm. Topic was Mahatma Gandhi Ji, how do they justify the contribution of Mahatma Gandhi Ji in their personal sense and what are their thoughts on his remarkable journey as freedom fighter.

The purpose of the event was to inspire village children to inculcate rational thinking and writing skills, develop passion for learning and evolve as a great scholar. The event was fully endorsed by Quantum University, stationary materials for competition engagement like writing pads, pens and boards were pre-arranged for the event. Competing is a tiring event therefore fruit juice was arranged and distributed among all the participants equally.

In the community hall of the village all the students gathered for the event, a formal registration of students was done at the same time writing material was distributed. Sufficient two hours time was given to the community children to complete the essay, at the cue of the co-coordinator the competition officially opened. Enthusiasm and energy prevailed throughout the competition; children wrote enticing essays.

Everyone gave their best in writing; it was surprising to see how well village students have structured their essay that had introduction, middle body and finally their own view over the topic. Event judges really had a hard time checking the essays and giving them points. Every piece of essay reflected uniqueness and creativity, a sign of individual perspective. From the cluster of 19 students 3 children stood out in the essay competition. These were awarded with first, second and third positions and were felicitated with appreciation and applause.

Name of children rank wise

- **First Position:** Raman Lal Singh
- **Second Position:** Nirdesh Saini
- **Third Position:** Alok Kaushik

Rural children are engrossed in writing the most enticing essay of their life.

Awareness Program on Dengue at Badkala Village by Pahal Students

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 13th September 2018, a Dengue Awareness Program was successfully conducted by 21 PAHAL Social Welfare Club members in Badkala Village, near Roorkee. The program aimed to educate rural children from the local government school about the causes of dengue and how to prevent its spread.

The awareness program commenced with an introduction to dengue, its symptoms, and the mosquitoes responsible for its transmission. The children actively participated in the discussions, sharing their knowledge and experiences related to dengue.

The causes of dengue were explained in a simplified manner, emphasizing the importance of stagnant water as breeding grounds for mosquitoes. The children were educated on how stagnant water provides a conducive environment for mosquito breeding and the subsequent transmission of the dengue virus.

Various preventive measures were highlighted during the program to instill good practices in the children. They were taught the importance of:

1. Eliminating stagnant water sources, such as uncovered containers, old tires, and unused containers, that could serve as breeding grounds for mosquitoes.
2. Properly covering water storage containers to prevent mosquito access.
3. Using mosquito repellents, bed nets, and wearing protective clothing to avoid mosquito bites.
4. Keeping the surroundings clean and maintaining proper sanitation practices.

The significance of maintaining a clean environment to prevent the spread of diseases was stressed upon during the program. The children were educated about the correlation between a clean environment and reduced mosquito breeding. They were encouraged to take responsibility for keeping their surroundings clean, promoting hygiene, and preventing the accumulation of garbage and stagnant water.

The Dengue Awareness Program in Badkala Village on 13th September 2018 proved to be an effective initiative in educating 21 rural children about dengue prevention. By providing them with knowledge about the causes of dengue and emphasizing the importance of environmental cleanliness, the program aimed to empower the children to take proactive measures in preventing mosquito-borne diseases. It is expected that the awareness created through this program will have a lasting impact on the community's health and well-being.

Spreading Dengue Awareness in Badkala village and building a strong defense against the disease.

Essay Writing Competition among rural children of Jaisingha

Organizing Unit/Agency/Collaborating Agency: Pahal Social Welfare Club, Quantum University

On 18th September 2018, 25 students of PAHAL Social Welfare Club organized an engaging and educational event in Jaysingha Village—an Essay Writing Competition. The competition aimed to provide a platform for village children to showcase their writing skills, nurture their creativity, and encourage their participation in literary activities.

Competition Details:

The essay writing competition commenced at 11:00 am, attracting the enthusiastic participation of 26 village children. The event was held in a conducive environment that encouraged the children to express their thoughts and ideas through writing.

The participants were given a range of topics to choose from, allowing them to explore their interests and showcase their unique perspectives. The topics covered a wide array of themes, including nature, education, community, and dreams for the future. The children were given a specified time limit to complete their essays, encouraging them to think critically, organize their thoughts, and express themselves effectively within the given timeframe.

The children exhibited remarkable creativity and expression throughout the competition. Their essays reflected their diverse backgrounds, experiences, and aspirations. The event provided an opportunity for them to sharpen their writing skills, enhance their vocabulary, and develop their ability to communicate effectively.

A panel of judges carefully evaluated each essay, considering factors such as content, coherence, creativity, and language proficiency. The efforts and talents of the participants were acknowledged and appreciated during the evaluation process.

The Essay Writing Competition organized by Team PAHAL in Jaysingha Village on 18th September 2018 not only encouraged the children to explore their writing skills but also fostered their self-expression and creativity. The event served as a platform for the village children to showcase their talents, develop their communication abilities, and gain confidence in their writing abilities. It is expected that such initiatives will contribute to their overall academic and personal growth, inspiring them to pursue a love for literature and storytelling. As Team PAHAL continues its efforts in empowering and uplifting the community, the Essay Writing Competition serves as a stepping stone toward nurturing the children's talents and nurturing their love for the written word.

Nurturing Young Writers through Creativity and Expression through the Essay Writing Competition in Jaysingha Village.

Plantation with Gram Sarpanch & Village Children by Pahal Members by Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

To contribute to the tree plantation drive Quantum University and 23 members of The PAHAL Social Welfare club jointly organized a Tree Plantation event on 1st October 2018 in the presence of Badkala village Pradhan, some 17 members of the village community attended the event and approximately 50 saplings of trees were planted. Students contributed to the event by raising awareness about saving the mother earth and chanting slogans to make earth a beautiful livable place again.

Increasing human population have overburdened nature, to accommodate, humans require desolate lands to build homes. This has led to mercilessly cutting of trees and consequently encouraging the phenomena of deforestation. Deforestation has created havoc and returned humans with vengeance, many wild exotic species of fur and fauna are extinguishing from our forests. Perhaps, it does not end here, change in weather and the increase in greenhouse gasses are catalyzing changes that are threatening to human lives.

We need to do something to reverse the situation or else face dire consequences, the solution is to promote tree plantation more and more. Tree plantation is the only and long term solution to the problem, it will be like an advance blessing, for the future generations to come. Before the event got over all the community members of the village were gathered once again to discuss the post plantation care of the saplings like timely watering, protection form free gazing animals and nurturing them with organic manure, so that a strong tree can grow out from those small saplings in near future.

Village children carrying the beautiful message of save the mother earth during the plantation drive

Establishment of Solar Lights in Villages by Pahal Social Club at Badkala Village
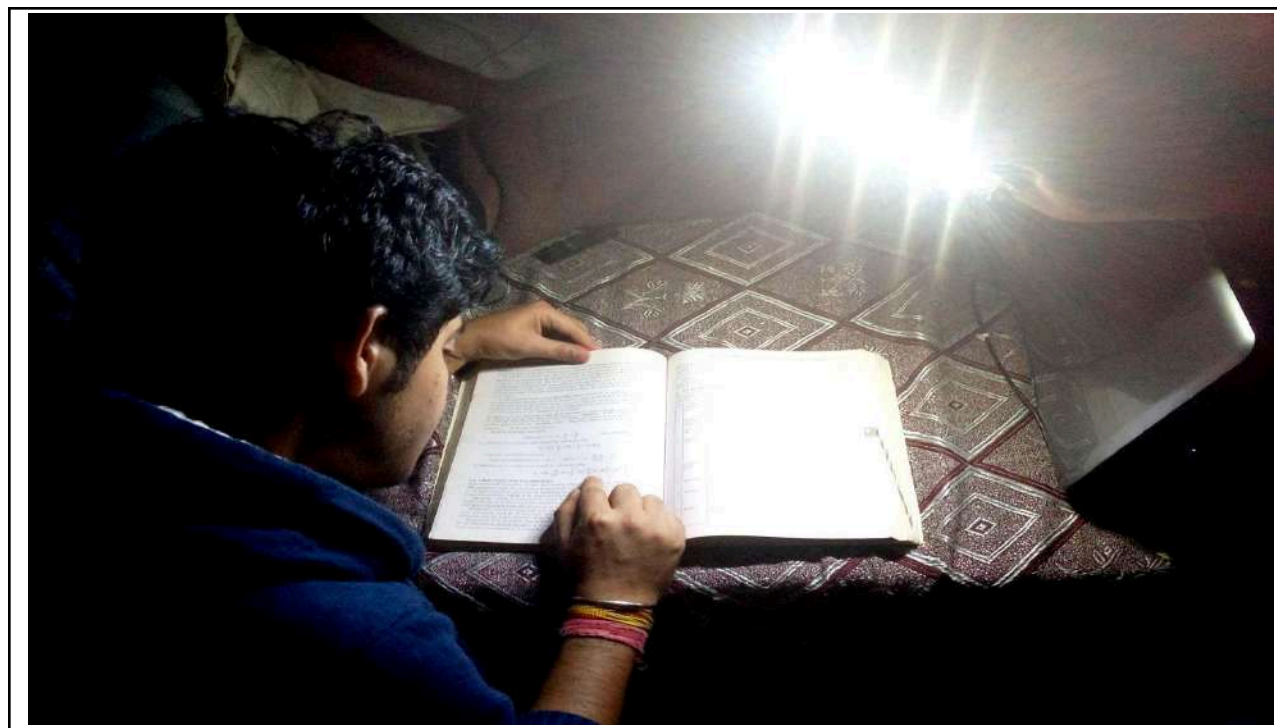
Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

Introduction: On 3rd October 2018, 15 members of the PAHAL Social Welfare club of Quantum University undertook an impactful initiative by establishing solar lights in Badkala Village. The project aimed to address the lighting needs of the village and improve the overall living conditions for the rural community. The objective of the intervention was to provide sustainable lighting solutions and enhance the quality of life in Badkala Village through the installation of solar street lights.

Dedicated 15 members of PAHAL successfully installed 31 household lighting systems powered by solar energy throughout Badkala Village. The solar lights were carefully placed to ensure adequate illumination of households, enhancing safety and security for the villagers during nighttime. The installation of solar lights provided a sustainable and environmentally friendly alternative to conventional lighting sources. By harnessing solar energy, the project aimed to reduce dependence on non-renewable energy sources, lower electricity costs, and contribute to a greener future for the community.

The rural children and villagers expressed deep gratitude towards the members of PAHAL social club of Quantum University for their efforts in bringing this solar project to their village. The solar lights significantly improved visibility in the village, allowing for safer movement during evenings and providing a sense of security for the residents. The establishment of solar lights in Badkala Village by the social club of Quantum University on 3rd October 2018 has had a significant positive impact on the rural community. The project not only provided sustainable lighting solutions but also improved the overall quality of life for the villagers.

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

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

A workshop on elementary English and Communication Skills for Rural School Children at Jay Singha village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club members includes from Department of English

On 8th October 2018, 24 students from Pahal Social Welfare Club organized a workshop focused on elementary English and communication skills in Jaisingha Village. The workshop aimed to empower 41 rural school children by providing them with essential language and communication tools for their personal and academic growth.

Under the leadership of Mr. Saurabh, the workshop commenced with the active involvement of 41 enthusiastic rural children. The one-day session was designed to be interactive and engaging, ensuring maximum participation and learning outcomes. Enhancing communication abilities throughout the workshop, the children participated in various activities aimed at enhancing their communication abilities in English. These activities included interactive discussions, role-playing exercises, group presentations, and language games. The emphasis was on building vocabulary, improving pronunciation, and enhancing their overall confidence in English communication.

The workshop focused on fundamental English language skills such as reading, writing, listening, and speaking. The children were provided with simplified learning materials and were guided in developing basic grammar, sentence structure, and comprehension skills. The interactive nature of the workshop encouraged the children to practice their language skills in a supportive and encouraging environment.

The workshop on elementary English and communication skills organized by Pahal Club on 8th October 2018 made a positive impact on the participating rural school children. The interactive activities and exercises provided a platform for them to actively engage with the English language and develop their communication abilities. The workshop aimed to empower the children with essential skills that would support their academic and personal growth, opening doors to broader opportunities in the future.

As the students from Pahal Club continue their endeavors to uplift and educate the community, the workshop on elementary English and communication skills played a vital role in equipping the rural school children with the tools they need to succeed in their educational journey and beyond.

Empowering adolescent minds on elementary english and communication skills for a richer future.

An initiative taken by PAHAL Social Club to Teach Village Children at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 13th October 2018, 18 members of Pahal Social Welfare Club of Quantum University organized a well-planned teaching class for Badkala Village children aimed at improving the over learning skills of 15 rural children. The objective was to equip these children with effective learning techniques that would facilitate their understanding, retention, and accurate recall of the curriculum content.

The objective of the class was to enhance the over learning skills of 15 rural children, enabling them to grasp curriculum content more easily, retain information effectively, and recall it with 100% accuracy.

The teaching class was meticulously organized, with a focus on creating an optimal learning environment for the rural children. The session incorporated a combination of interactive teaching methods, practical exercises, and engaging activities to enhance their learning experience. The teaching class was designed to address the specific needs of the rural children, aiming to improve their over learning skills. Emphasis was placed on techniques and strategies that promote effective comprehension, retention, and recall of academic material. The children were introduced to memory-enhancing techniques, such as mnemonic devices, visual aids, and active learning methodologies, to facilitate their learning process.

Easier Learning and Enhanced Memorization: Through the teaching class, the rural children were provided with tools and approaches that enabled them to learn the curriculum content more easily and rapidly. The strategies employed aimed to make complex concepts more understandable, breaking them down into simpler components. Additionally, the session focused on enhancing their memorization abilities, ensuring accurate recall of information when needed.

The teaching class organized by the Pahal Social Club of Quantum University on 13th October 2018 made a significant impact on the learning abilities of the rural children. By equipping them with effective over learning techniques, the class aimed to enhance their academic performance and instill confidence in their learning capabilities.

It is expected that the skills acquired during the teaching class will benefit the rural children in their educational journey, enabling them to grasp curriculum content more easily, retain information effectively, and recall it with 100% accuracy. The Pahal Social Club remains committed to empowering these children by providing them with valuable tools for academic success and personal growth.

Improving their chances of better performance in future, the team is confident that students are empowered with wizard-like learning capabilities.

An initiative taken by PAHAL Social Club for General Studies Class for Children Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 14th October 2018, an educational camp was organized by 17 students of the Department of Health Sciences and PAHAL Social Welfare Club in Jaisingha Village, focusing on teaching 40 children various topics falling under General Studies. The camp aimed to boost scholarly confidence and enhance knowledge in multiple areas, addressing the existing gaps in rural education. Prior to the camp, a baseline assessment conducted by PAHAL volunteers revealed that the children's knowledge level was below the expected standards for students in grades five to twelve. Despite the challenges faced by government schools in rural India, such as outdated teaching methods, curriculum, evaluation systems, and study materials, the educational camp aimed to bridge the knowledge gap. The camp covered topics including Basics of Computers, English Vocabulary, Grammatical English Language, and Pre-college Counseling for 10+2 students.

Even the parents of the children in these rural areas are reluctant to send their wards to these schools, they already knew that studying in these schools will not support their children in inculcating skills required to become employable, and as a result many students drop out from school before completing their high school. After which they take up petty labor jobs in the paddy field or migrate to metropolitans to search for employment as waiters, daily wage laborers or work as helpers in shops.

Mentioned below is the general focused area of the teaching program.

1. *Basics of Computers*
2. *English Vocabulary*
3. *Grammatical English Language*
4. *Pre college counseling for 10+2 students*

The intervention was well-received, with the children actively participating in the learning process and expressing gratitude towards the dedicated team of volunteers from PAHAL.

In the pictures PAHAL members are teaching village students various skills like computers, basic of languages and writing expertise.

Workshop on Adult Literacy for the Illiterate Villagers and Community Elders at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 17th October 2018, 13 members of PAHAL Social Welfare Club of Quantum University, Roorkee organized a Workshop on Adult Literacy in Badkala Village. The workshop aimed to address the issue of adult illiteracy by providing guidance and support to villagers, including senior individuals, in their journey towards acquiring literacy skills.

The workshop was meticulously planned and executed by the PAHAL Social Club of Quantum University, in collaboration with the guidance of Pahal Social Club. It aimed to create a supportive and conducive learning environment for the adult participants, encouraging their active participation and engagement in the literacy program. The workshop primarily focused on promoting adult literacy among illiterate villagers and senior individuals. It provided them with basic reading, writing, and numeracy skills essential for daily life. The workshop employed interactive teaching methods, practical exercises, and tailored learning materials to ensure effective learning outcomes.

With imparting literacy skills to the participants, the workshop aimed to empower the community as a whole. Literacy opens doors to opportunities, enhances personal growth, and improves overall well-being. The workshop not only aimed to develop the participants' reading and writing abilities but also emphasized the importance of education and lifelong learning.

The Workshop on Adult Literacy conducted by the Social Club of Quantum University on 17th October 2018 made a positive impact on the illiterate villagers and senior individuals of Badkala Village. The participants were provided with essential literacy skills and knowledge, fostering a sense of empowerment and confidence.

It is expected that the workshop's efforts in promoting adult literacy will have a long-lasting effect on the participants' lives, enabling them to actively engage in the community, access information, and make informed decisions. The Social Club of Quantum University remains committed to contributing to the development and upliftment of the community through educational initiatives and empowering individuals through literacy.

PAHAL volunteers doing a collectivizing activity going on for the adult literacy workshop in the Badkala Village.

Essay Writing Competition among Village Children by Pahal Members at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On October 20, 2018, 29 members of the PAHAL Social Welfare Club of Quantum University organized an inspiring essay writing competition for village children in the Badkala region. The event aimed to provide a platform for the young talents of the rural community to showcase their writing abilities, foster competitive skills, and encourage self-discovery.

A remarkable turnout of enthusiastic children from the village enthusiastically participated in the event. The children ranged in age from 8 to 15 years old, showcasing the diverse range of talents within the local community.

The success of the event was made possible through the generous support of Quantum University, which provided the necessary materials and resources for the competition. Mr. Saurav Sharma, a dedicated leader, and volunteers from the PAHAL Social Club played a pivotal role in ensuring the event's smooth execution.

The essay writing competition was divided into different age categories to ensure fairness and to cater to the varying levels of expertise among the participants. The topics for the essays were carefully chosen to inspire creativity and critical thinking.

Throughout the competition, the children exhibited their writing skills with great enthusiasm and determination. It was evident that they had been working diligently on their essays, as their submissions were both thoughtful and well-structured.

Essay writing competitions such as this one hold immense value for rural children. They not only help children discover their own internal writing capabilities but also encourage healthy competition. These events push participants to explore the boundaries of their abilities and offer a platform for personal growth and self-expression.

After a meticulous evaluation of the essays by a panel of judges, winners were selected in each age category. The winners were awarded prizes to recognize their outstanding efforts. Additionally, all participants received participation certificates to acknowledge their hard work and dedication.

The essay writing competition organized by PAHAL Social Club of Quantum University on October 20, 2018, was a resounding success. It not only provided a platform for rural children to showcase their writing talents but also emphasized the importance of education and self-discovery. The event was a testament to the power of community collaboration and support in nurturing the potential of young minds.

Glimpses from the successful essay writing competition from Badkala Village

Expert Talk on Public Speak for Village Children by Pahal Members at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

A Public Speaking training practicum was organized for rural children in the Badkala Village of Roorkee by 13 students of Pahal Social Club. This workshop was held on 21st October 2018, ambitious PAHAL Social Welfare club members fired the workshop with grit and enthusiasm for community children, organizers chiseled the public speaking skills of participating adolescents that amplified their confidence and sharpened their oratory skills.

Public Speaking is an oratory art that is related to speaking to live audiences to deliver a message; it could also be used to influence the audience or to simply convey your thoughts to a mass audience. Basically public speaking is related to oratory function but not all have the courage to face a big audience and that is where the role of confidence comes in.

The key word here is confidence. Many of our volunteers noticed that the village children when asked a question are not able to answer in front of their peers even if they know the answer, the reason being that they fear public speaking and lack the confidence to stand up to face a live audience. It is then our volunteers decided to conduct a Public Speaking Class. The aim was to develop oratory skills and simultaneously develop confidence in them.

Mr. Manoj Yadav, an expert in the area of Public Speaking was invited to the Badkala village for the leadership session; his supremacy dominated the session, with his expertise, he trained the children on the art of public speaking.

Key domains of public speaking were discussed during the session as mentioned here under.

1. *Learning about the topic*
2. *Voice Control*
3. *Delivery*
4. *Body Language*
5. *Engaging Audience*
6. *Practice*
7. *Confidence*
8. *Controlling anxiety*
9. *Develop a positive mindset*
10. *Increase knowledge base*

Such experiences are very rare to them, their interest grew more, and they learned many new things during the session. The expert stressed to the children to practice public speaking more and more by

grabbing the opportunity during their class or at home like reciting stories and poems in front of their siblings and parents.

Such experiences are very rare to them, PAHAL volunteers debriefing community children on pointers for confidently facing a crowd.

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 24th October 2018, 11 members of PAHAL Social Welfare club of Quantum University, in collaboration with the Creative Club, organized a workshop on Creative Art & Craft workshop aimed to inspire creativity and enhance the artistic skills of school children from rural areas. The objective of the workshop was to nurture creative arts skills among rural schools in Jaisingha village children by conducting a workshop focused on designs.

The workshop was thoroughly planned to create an interactive and engaging learning environment. It brought together the expertise of the PAHAL social club and the creative club to provide a comprehensive learning experience for the participating children. The workshop focused on nurturing the creative arts skills of the rural school children. They were encouraged to express their ideas and emotions through artistic portraits centered on designs and models they like. The children were provided with guidance and support to develop realistic portraits, capturing the essence of various social issues.

The workshop aimed to enhance the children's ability to create imaginative and visually appealing designs. They were encouraged to explore different techniques, use of paper, glue and colors, to bring their artwork to life. The children were given the freedom to express their thoughts and ideas while incorporating social causes into their artistic creations. The Workshop on "Realistic Portraits on Social Causes" conducted by the social club of Quantum University in collaboration with the Creative Club on 24th October 2018 proved to be a remarkable experience for the participating school children. The workshop not only nurtured their artistic skills but also instilled cognitive skills by focusing on creating their own design element.

The children enthusiastically participated in the workshop, showcasing their creativity and artistic flair. The experience empowered them to use their craft as a medium for spreading awareness and initiating conversations around modeling. The social club of Quantum University, along with the Creative Club, remains committed to fostering the artistic talents of the children and inspiring them to become agents of positive change through their creativity.

In the picture Jaisingha community children displaying their prepared craft models

Physical Fitness Activity among Rural Children by Pahal Club at Jaisingha village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

To educate children on a healthy lifestyle and also for the overall growth of the children, 29 members of PAHAL Social Welfare team decided to focus on providing Physical health sessions to the children of Jaysingha village. On 28th October 2018 the team gathered village children in the school premises where around 43 children came to attend the Physical fitness session. The physical instructor from Quantum University led the session and it was a complete success.

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

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

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

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

Awareness Camp on Child education and Eradication of Child Labor at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University
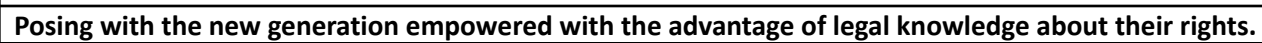
To raise awareness about child education and eradicate child labor practices in rural areas, while promoting education among village children. On 5th November 2018, 21 members of PAHAL Social Welfare Club members from Quantum University, Roorkee, organized an awareness program in Badkala Village, focusing on child education and the eradication of child labor practices. The program aimed to educate 41 village children on child labor laws, the Indian constitution, and promote education as a means to uplift their future.

The awareness program was thoughtfully planned and executed by the dedicated PAHAL members. Mr. Saurav, the camp co-coordinator, took the lead in educating the children about the laws surrounding child labor and the fundamental rights enshrined in the Indian constitution. The program also included coaching classes to encourage and promote education among the village children.

The program emphasized the significance of child education and aimed to create awareness about the detrimental effects of child labor. By providing coaching classes, the children were empowered with knowledge and skills essential for their educational development. The program aimed to inspire and motivate the children to prioritize their education and pursue a brighter future. The awareness program highlighted the importance of eradicating child labor practices and emphasized the rights of children to receive quality education. Through discussions and interactive sessions, the children were encouraged to understand the value of education and the role they can play in breaking the cycle of child labor in their community.

The child education and eradication of child labor awareness program conducted by the PAHAL members of Quantum University on 5th November 2018 had a positive impact on the village children in Badkala Village. The program not only provided them with essential knowledge about child labor laws and their rights but also inspired them to prioritize education as a means to transform their lives.

It is expected that the awareness program will contribute to the eradication of child labor practices in the community and promote a culture of education. The PAHAL members of Quantum University remain committed to empowering rural children through education and creating a brighter future for them.

Posing with the new generation empowered with the advantage of legal knowledge about their rights.

A workshop on Poetry Recitation for Rural Children at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

To foster an interest in poetry among rural school children, develop their skills in poetry recitation, and provide motivation through a prize distribution ceremony. On 7th November 2018, 17 members of PAHAL Social Welfare from Quantum University, Roorkee, organized a workshop on Poetry Writing and Recitation for 37 rural children in Badkala Village. The workshop aimed to inspire creativity, enhance their skills in poetry writing and recitation, and recognize their efforts through a prize distribution ceremony.

The workshop was attentively designed to create an engaging and interactive learning environment for the rural children. PAHAL members facilitated the workshop, providing guidance and support throughout the sessions.

The workshop focused on nurturing the children's interest in poetry and honing their skills in writing and reciting poetry. They were introduced to different forms and styles of poetry and guided on various techniques to express their thoughts and emotions through words. The children actively participated in writing and reciting their own poems, enhancing their creativity and communication skills.

To encourage the children's enthusiasm and efforts, a prize distribution ceremony was held at the end of the workshop. The participants were recognized and rewarded for their achievements, instilling a sense of accomplishment and motivating them to continue exploring their talent in poetry.

The Poetry Writing and Recitation Workshop conducted by PAHAL members of Quantum University on 7th November 2018 had a positive impact on the rural children in Badkala Village. The workshop provided a platform for the children to express their creativity, develop their poetry writing and recitation skills, and gain confidence in public speaking.

The workshop not only enhanced the children's artistic abilities but also fostered their self-expression and communication skills. The prize distribution ceremony served as a source of motivation, encouraging the children to continue their poetic journey and explore the world of literature. PAHAL members of Quantum University remain committed to empowering rural children through creative initiatives, nurturing their talents, and providing them with opportunities to thrive and succeed.

In the picture receiving awards for excellent recitation performance and making memories with their peers, Badkala village children have come a long way.

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 30th November 2018, 15 members of PAHAL Social Welfare Club team organized an educational camp in Badkala Village to teach children on the topics that come under the General Studies. The purpose of the educational camp was to foster knowledge on multiple topics to increase the scholarly confidence among village children. As a general thumb of rule, an assessment was conducted days before the camp, by the PAHAL volunteers to check the baseline knowledge of the rural children of Badkala and with no surprise it was found to be below the existing parameters of the knowledge base of class five to twelfth standard students.

In the wake of the modern education system in India the government schools in rural India still have their own struggle and loopholes. It is quite evident that Quantum university's adopted villages have common loopholes in the established government schools in rural Uttarakhand. The Badkala village has the similar story; use of outdated methods of teaching is still prevalent, old curriculum in place, ineffective evaluation system and outdated study material. Even the parents of the children in these rural areas are reluctant to send their wards to these schools, they already knew that studying in these schools will not support their children in inculcating skills required to become employable, and as a result many students drop out from school before completing their high school. After which they take up petty labor jobs in the paddy field or migrate to metropolitans to search for employment as waiters, daily wage laborers or work as helpers in shops.

To improve the knowledge base of the village children on general studies, we plan an intervention (class). Before going to the village PAHAL members did a preparation class to select the topics for the children and in the same session selected Badkala village as their intervention village.

Mentioned below is the general focused area of the teaching program.

1. *Basics of Computers*
2. *English Vocabulary*
3. *Grammatical English Language*

The educational camp was a great success among students, topics were chosen according to the area of their interest and lessons were provided in a very easy methodological manner. Children really enjoyed the process of learning new lessons and were very thankful to the team of volunteers.

Team of volunteers engaged with the group of students and gave them lesson on general studies

Health Camp for Nearby Villages in Association with CMO Roorkee & PAHAL Members (QU Campus)

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

To provide a free health check-up, consultation, and medical test to the University students, faculty, staff, and nearby villagers and to promote wellness and healthcare awareness. Dedicated 33 students of the Health Sciences Department on 23rd November 2018, in collaboration with PAHAL Social Welfare Club members, organized a Health Check-Up Camp at Quantum University. The camp aimed to cater 73 University students, faculty, staff, and villagers from nearby Badkala and Jaisingha villages. The event provided free health check-ups, consultations, and various medical tests, benefiting all the visitors.

The Health Check-Up Camp was carefully planned and executed by the dedicated students of Health Sciences, under the guidance of PAHAL members. The camp was open to University students, faculty, staff, and residents of the neighboring villages.

Dr. Saloni, Dr. Kumar Khagendra Singh, and Dr. Vikrant Sirohi served as the chief doctors of the health camp. The presence of these experienced medical professionals ensured quality healthcare services and expert consultations. Dr. Vikrant Sirohi, the Chief Medical Officer (CMO) of Haridwar, formally inaugurated the health camp, symbolizing the start of the event and underscoring its significance.

Over 73 villagers from Badkala and Jaisingha villages received free consultations from the doctors at the camp. The medical professionals provided thorough check-ups and addressed various health concerns. Additionally, the camp offered medical tests such as blood pressure (BP) measurement, body mass index (BMI) calculations, and other measurements to assess overall health and well-being.

The Health Check-Up Camp organized by the students of Health Sciences and PAHAL members at Quantum University was a resounding success. University students, faculty, staff, and villagers from nearby villages availed themselves of the opportunity to receive free health check-ups and consultations. The camp provided vital healthcare services, fostering wellness and promoting healthcare awareness among the participants.

The event showcased the dedication and commitment of the Health Sciences students and PAHAL members to the well-being of the community. By offering free consultations and medical tests, the camp contributed to the overall health and welfare of the University and neighboring villages.

The Health Check-Up Camp at Quantum University served as a significant step toward bridging the gap in healthcare accessibility and fostering a culture of proactive health management. The organizers remain committed to organizing such initiatives in the future, ensuring the well-being and healthcare needs of the community are met effectively.

The health camp that day witnessed more than 70 village beneficiaries participating and availed the benefits of the absolutely free health camp.

Health Awareness Campaign Educating on Cancer for Rural Community at Jaisingha Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 25th November 2018, 25 dedicated members of Pahal Social Welfare Club jointly executed a health awareness campaign on disease such as cancer for village community members of Jaysingha Village. Dr. Sujata, an oncology expert, discussed health, early symptoms of disease, prevention methods and available modern day treatment. Focused topic for the campaign was Cancer and specifically breast Cancer which is a very common form of Cancer among Indian women. She therefore shed light on reasons of developing Cancer, types of Cancer and how it can be prevented and staying healthy for a longer period of time.

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

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

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

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

The following points were discussed with community folks.

- *Shared about epidemiological studies that 70-90% of all cancers are due to bad environmental exposures.*
- *Tobacco is the number one cause of cancer*
- *Pollution is also a contributing factor for cancer*
- *Poor diet*
- *Unhealthy lifestyle (sedentary)*
- **Superabundance** *use of alcohol*

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

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

Pictures from Health campaign in progress generating awareness about cancer, its causes, prevention and treatment plan.

> **A Workshop on "Realistic Portraits on social causes" at Jaisingha village**

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 23ʳᵈ November, 2018, the Pahal Social Welfare Club of Quantum University,Roorkee with 17 dedicated students, collaborated with the Creative Club to organize a workshop on "Realistic Portraits on Social Causes." The event aimed to promote artistic expression among 27 attendees of the program and raise awareness about social issues among village children. This report provides an overview of the workshop, including the date, participants, activities, and its impact on the rural children of Jay Singha village.

The workshop on "Realistic Portraits on Social Causes" organized by the Pahal Social Club in collaboration with the Creative Club aimed to provide a platform for artistic expression and raise awareness about important social issues. Through the medium of art, the workshop encouraged participants to creatively depict social causes and express their thoughts and emotions regarding these issues. Twenty-five village children actively participated in the drawing competition held during the workshop. The participants were selected from Jay Singha village, with a diverse range of ages and artistic abilities. The workshop aimed to inspire and engage the rural children, fostering a sense of creativity and social consciousness.

The workshop began with an introduction to realistic portraits and techniques. Participants were familiarized with the fundamental concepts of capturing realistic facial features and expressions in their drawings. The children were provided with information and resources about various social causes, such as gender equality, environmental conservation, education, poverty alleviation, and more. The aim was to raise awareness and help them understand the significance of these issues in their community and society as a whole. Following the introduction and understanding of social causes, the participants engaged in a drawing competition. They were encouraged to choose a social cause that resonated with them and create a realistic portrait reflecting that cause. The competition aimed to enhance their artistic skills, creativity, and critical thinking while promoting awareness about social issues.

The workshop on "Realistic Portraits on Social Causes" had a significant impact on the rural children of Jay Singha village. The participants were exposed to the world of art and encouraged to express their thoughts and emotions through their drawings. The workshop not only enhanced their artistic skills but also increased their awareness and understanding of important social issues. Additionally, the drawing competition fostered a sense of healthy competition and instilled a competitive attitude among the rural children.

The workshop on "Realistic Portraits on Social Causes" organized by the Pahal Social welfare Club of Quantum University, in collaboration with the Creative Club, provided a valuable platform for artistic expression and awareness about social issues. By engaging the rural children of Jay Singha village in a drawing competition, the workshop fostered creativity, critical thinking, and a sense of social

consciousness among the participants. The event's success highlights the importance of utilizing art as a medium for both personal expression and creating awareness about significant social causes. The efforts of the organizing teams and the participation of the village children deserve appreciation for their dedication to promoting artistic skills and social awareness among the rural community.

Children submitting their art work for evaluation to PAHAL members

An Art Competition organized for the Rural Children PAHAL club students at Badkala village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 28th November 2018, 15 members of the PAHAL Social Welfare club of Quantum University organized an Art Competition for the rural children of Badkala Village. The competition aimed to provide a platform for the children to showcase their artistic talents, promote creativity, and encourage their participation in artistic endeavors. The objective of the competition was to foster creativity and enhance the artistic skills of rural children in Badkala Village through an Art Competition.

The Art Competition was designed to engage and inspire the rural children, encouraging them to express their creativity through various art forms. The competition welcomed enthusiastic participants from Badkala Village, who eagerly showcased their artistic skills and imagination.

The competition served as an avenue for the rural children to explore their artistic potential and develop their creative skills. Participants were given the freedom to choose their preferred art medium and subject, allowing them to express their unique perspectives and ideas through their artwork. The event aimed to nurture their artistic talents and inspire a passion for art.

To recognize and appreciate the efforts of the participants, an exclusive prize distribution ceremony was held at Quantum University. The winners of the Art Competition were announced, and they were rewarded with prizes, acknowledging their artistic achievements. The prize distribution ceremony not only encouraged the winners but also motivated all participants to continue exploring and honing their artistic skills.

The Art Competition conducted by the social club of Quantum University on 28th November 2018 had a positive impact on the rural children of Badkala Village. The competition provided a platform for them to express their creativity, build confidence, and develop their artistic abilities.

By fostering creative skills and encouraging participation in artistic endeavors, the competition helped to unleash the children's imagination and cultivate their artistic talents. The event also served as a source of inspiration and motivation for the participants to further explore the world of art. The social club of Quantum University remains committed to nurturing creativity and providing opportunities for rural children to develop their artistic skills. Through such initiatives, they aim to empower the younger generation and create an environment that fosters artistic expression and appreciation in the community.

Glimpses from the ART competition, a POV of rural children artistic perspective

Blood Donation Camp at Bhagwanpur

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club and Bhagwanpur Industries Association and

On 6th December 2018, a Blood Donation Camp was organized in collaboration between the 21 members of The PAHAL Social Welfare Club of Quantum University and the Bhagwanpur Industries Association. The primary objective of the camp was to encourage voluntary blood donation and contribute to the noble cause of saving lives. This report provides an overview of the camp, including the number of blood bottles collected, the testing protocols followed, and the provision of post-donation refreshments.

The Blood Donation Camp witnessed active participation from both students of Quantum University and members of the Bhagwanpur Industries Association. The camp was conducted in a well-equipped facility, ensuring the safety and comfort of the donors throughout the process.

During the camp, approximately 21 bottles of blood were collected from 21 voluntary donors. The donors underwent a thorough screening process to ensure their eligibility and safety for blood donation. This screening included pre-testing for various diseases such as HIV/AIDS, Syphilis, Hepatitis C (Hep-C), and Hepatitis B (Hep B). These precautionary measures were taken to protect the health of both the donors and the recipients.

To guarantee the safety of the donated blood, all donors underwent rigorous testing protocols. The collected blood samples were screened and tested for infectious diseases and other potential health risks. This step was crucial in preventing the transmission of any blood-borne infections and ensuring the well-being of the recipients who would receive the donated blood.

Following the blood donation process, the donors were provided with post-donation refreshments. These refreshments were aimed at replenishing the energy and fluids lost during the donation. The donors were encouraged to rest and recover while enjoying the refreshments, ensuring their well-being before resuming their daily activities.

The Blood Donation Camp organized by the PAHAL Social Club of Quantum University and the Bhagwanpur Industries Association resulted in several positive outcomes. These outcomes included:

a. **Blood Collection:** The camp successfully collected approximately 21 bottles of blood. This generous contribution from the donors can potentially save numerous lives in need of blood transfusions.

b. **Disease Screening:** Through the pre-testing protocols, the organizers ensured that the donated blood was free from infectious diseases, thereby safeguarding the recipients from potential health risks.

c.**Donor Well-being:** The provision of post-donation refreshments prioritized the well-being of the donors. The refreshments helped replenish their energy levels and ensured their quick recovery after blood donation.

The Blood Donation Camp organized in collaboration between the PAHAL Social Club of Quantum University and the Bhagwanpur Industries Association successfully promoted voluntary blood donation. The event not only collected a significant number of blood bottles but also prioritized the health and well-being of the donors through strict testing protocols and post-donation refreshments. Such initiatives play a crucial role in saving lives and fostering a culture of altruism and community service.

Pictures from the blood donation camp, it was received with warm heart and active participation

A Workshop on Sanitary and Hygiene (Jaisingha Village)

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

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 Social Welfare club of Quantum University with 23 volunteers, held on to the agenda and organized a workshop on 10th February 2019 related to menstrual health. The workshop was conducted in Jaisingha village, on the subject of 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 children 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 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.

Collectivizing target communities in the school premises for sanitation and hygiene workshops for girl children.

Calligraphy Competition for rural Children at Jaisingha village By Pahal Club Students.

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 19th February 2019, 35 members of the PAHAL social welfare club of Quantum University organized a Calligraphy Competition for the children of Jaisingha village, where school children participated. The competition aimed to honor the legacy of Dr. Bhim Rao Ambedkar Sahab and provide an opportunity for village kids to showcase their artistic skills through calligraphy.

Calligraphy competitions are a great way to encourage participants to improve their artistic skills, confidence, and creativity. They provide a platform for children to practice and enhance their calligraphy skills, which can be a valuable asset in their personal and professional lives.

PAHAL volunteers had announced the date of the competition well in advance, giving the children ample time to prepare. They also provided resources on calligraphy and Dr. Ambedkar Sahab's life and work to help the children create meaningful pieces. On the day of the competition, a panel of two judges was assembled to evaluate the entries. Participants were given a specified time to complete their calligraphy pieces, and judging criteria included creativity, neatness, adherence to the theme, and overall impression.

The children put forth their best efforts, each creating a unique and beautiful piece of calligraphy. Their passion and dedication were evident in their work, reflecting the values and ideals of Dr. Ambedkar Sahab. The judges were impressed by the talent and creativity displayed by the young participants, highlighting the importance of such competitions in nurturing artistic expression and confidence in children.

Community students practicing their calligraphy

An Essay Writing Competition organized for Community Children at Jaisingha Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

The PAHAL social welfare club of Quantum University with 14 volunteers organized an essay writing competition for 19 rural children from Jaisingha village. The purpose of the competition was to enhance the participants' writing skills and foster a competitive and positive attitude among the village children. This report provides an overview of the essay writing competition, including the date, participants, focus areas, and the impact of the program.

The essay writing competition organized by the social club of Quantum University on February 28, 2019, aimed to encourage the village children of Jaisingha to develop their writing skills and cultivate a competitive and positive mindset. The competition provided a platform for the participants to showcase their creativity, critical thinking, and express their thoughts effectively through written communication.

Participant Involvement: Twenty rural children actively participated in the essay writing competition. The participants were selected based on their interest in writing and their potential to benefit from the competition. The social club created a supportive and inclusive environment where the children felt encouraged to express their ideas and engage in healthy competition.

The competition focused on enhancing the participants' writing skills. The children were provided with a specific topic or theme for their essays and were encouraged to explore their creativity and express their thoughts in a structured manner. The competition aimed to improve their vocabulary, grammar, sentence construction, and overall writing abilities. The essay writing competition aimed to instill a competitive spirit among the participants. By encouraging healthy competition, the children were motivated to strive for excellence, showcase their individual talents, and develop a positive attitude towards challenges. The competition served as a platform for the children to learn from each other's writing styles and inspire one another.

The competition emphasized the importance of maintaining a positive attitude towards challenges and setbacks. The participants were encouraged to view the competition as an opportunity for personal growth and improvement rather than solely focusing on winning. The social club members provided guidance and feedback to help the children identify areas for improvement and foster a positive mindset. The essay writing competition conducted by the social club of Quantum University had a positive impact on the rural children of Jaisingha village. By promoting writing skills and cultivating a competitive and positive attitude, the competition aimed to empower the participants and enhance their overall development. The opportunity to express their thoughts and receive feedback from the social club members encouraged the children to explore their creativity and strive for excellence in their writing.

The essay writing competition organized by the social club of Quantum University on February 28, 2019, played a significant role in enhancing the writing skills and fostering a competitive and positive attitude

among the rural children of Jaisingha village. By providing a platform for the children to express their ideas and compete in a healthy manner, the competition aimed to promote their overall development.

Exploring the pathways to newer learning community children expanding their horizons with competitive edge

A workshop on Elementary English and Communication Skills for Jaisingha village students

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On February 27, 2019, 12 members of the Pahal social welfare club of Quantum University organized a workshop on elementary English and communication skills for rural school children residing in Jaisingha village. The objective of the workshop was to enhance the participants' confidence in speaking English, improve their writing skills, and develop their reading abilities. This report provides an overview of the workshop, including the date, participants, and the key focus areas covered during the session.

The workshop on elementary English and communication skills took place on February 27, 2019 by 12 students of the Pahal Social Club, where the members initiated efforts to strengthen the participants' English language proficiency. The workshop aimed to provide the children with essential language skills that would empower them to communicate effectively. A total of 15 rural school children actively participated in the workshop. The participants were selected based on their interest in improving their English and their potential to benefit from the workshop. The Pahal social club ensured a supportive and inclusive environment where the children could learn and practice their English language skills.

Focus of the workshop are mentioned below

1. **Speaking with Confidence:**

The workshop focused on boosting the participants' confidence in speaking English. The children were encouraged to engage in conversations, ask questions, and express their thoughts in English. Through interactive activities and role plays, the workshop aimed to provide a platform for the children to practice their spoken English skills.

2. **Writing Short Sentences:**

The participants were guided on how to construct and write short sentences in English. They learned basic grammar rules, sentence structure, and vocabulary usage. The workshop emphasized the importance of practicing writing skills through exercises and assignments. The aim was to enhance their ability to express ideas in written form.

3. **Reading Difficult Words:**

The workshop aimed to improve the children's reading abilities by focusing on difficult words and their pronunciation. The participants were introduced to phonics and effective reading strategies. Through engaging reading materials, the workshop encouraged the children to develop reading fluency and comprehension skills.

The workshop on elementary English and communication skills conducted was a valuable initiative that aimed to empower 15 rural school children from Jaisingha village. By providing guidance on speaking English with confidence, writing short sentences, and reading difficult words, the workshop aimed to

enhance the participants' language skills. The engagement and active participation of the children reflect their eagerness to learn and develop their English language proficiency. The Pahal social club's efforts in organizing such workshops deserve appreciation for their commitment to community development and education.

Jaisingha resident children learning to write long English sentences so that can inculcate appropriate skills for a better future in academics

Radio Talk on Basics of Hygiene and Cleanliness at Jaisingha

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

An awareness program on cleanliness and basics of hygiene was planned and executed on 1st March 2019 among the rural community of Jaysingha village, a spontaneous participation of 15 members of the village community was observed on the day. The program was initiated with PAHAl volunteers doing a village cleaning drive by sweeping the streets and alleys of the village, village representative also joined the campaign and helped the volunteers on doing the chore, collected garbage was sorted into degradable and non-degradable category for further disposal as per the cleanliness guidelines. The outreach team also demonstrated to villagers on how to segregate the garbage on the basis of biodegradable and nonbiodegradable categories.

Problems related to pollution have now reached our villages and they are no exception. Even though many steps have been taken to improve the indicators of water, sanitation, and Hygiene (WASH), despite efforts the condition is not improving as expected by the policy makers.

Indian government initiative program Swachh Bharat Mission that aims to improve the quality of living among the rural population of India and has objectives like hygiene, cleanliness, and waste management. This kind of movement also requires additional support from NGOs, Volunteers, Civic organization as government efforts are not enough.

The problem statement in rural villages:

1. There is a collection of waste material in the village through multiple processes and sources, these mainly consists of cow dung & pee, household waste material, kitchen waste, dust by vehicle movement and emission of gasses by stubble burning.
2. This waste material can be segregated into two types biodegradable and nonbiodegradable. Biodegradable does not possess much threat but non-biodegradables are a major source of problem, like single use plastic and other polymers.
3. There is lack of proper awareness around the problem of pollution among the rural community, furthermore scarcity of resources adds more to the problem.
4. There is no proper practice of basics of hygiene and personal cleanliness. This results in frequent sickness of children, a sign of low immunity is also observed in adults.

A brainstorming session was done prior to the visit; on what all topics will be covered during the field visit. It was also decided to catalyze the process of cleanliness drive in the village; a one day garbage collection drive was put on the agenda.

Post cleaning the village the team took the 15 children for a brief session for basics of hygiene and cleanliness.

Team leader emphasized on the important pointers as mentioned below.

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

The session achieved its objective and the children were excited about the new knowledge they gained from the team. They also promised to share it with their family members and with peers not present today in particular.

Demonstrating and teaching children on benefits of personal hygiene and overall cleanliness

Story Telling Activity for the Village Children of Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 4th March, 2019, 26 members of the PAHAL Social Welfare team of Quantum University organized a storytelling activity for the children of Badkala village. The purpose of this event was to engage the village children in a creative and educational activity, fostering their imagination and promoting literacy skills. This report aims to provide an overview of the event, including the schedule, participation, and the announcement of the winners.

The storytelling activity commenced at 12:00 pm in the afternoon and continued until 04:00 pm in the evening. The PAHAL team, consisting of dedicated volunteers from Quantum University, prepared a series of engaging and captivating stories to entertain and educate the participating children. The stories were carefully selected to inspire creativity, impart moral values, and enhance the children's communication skills.

Participant Involvement: Approximately 23 children from Badkala village participated in the storytelling activity. The age range of the participants varied from 6 to 12 years. The PAHAL team ensured that the stories were age-appropriate and accessible to all children, regardless of their literacy levels. The event aimed to create an inclusive environment where children could actively engage in the storytelling process.

The PAHAL team employed various interactive storytelling techniques, such as props, gestures, and voice modulation, to make the stories more captivating and interactive for the children. This approach encouraged active participation and stimulated the children's imagination. The selected stories were carefully crafted to convey important moral lessons and values. Through these narratives, the children learned about empathy, honesty, bravery, and the significance of friendship. The stories sparked meaningful discussions among the participants, facilitating a deeper understanding of moral concepts.

To enhance the overall experience, the PAHAL team organized group activities related to the stories. These activities included drawing competitions, role-playing, and group discussions. Such activities promoted teamwork, creativity, and critical thinking among the children.

At the end of the storytelling activity, the winners were announced. The PAHAL team evaluated the participants based on their active participation, engagement, and creativity displayed during the event. The first, second, and third-place winners were recognized and awarded prizes to acknowledge their enthusiasm and effort.

The storytelling activity organized by the PAHAL team of Quantum University proved to be a successful and engaging event for the children of Badkala village. By nurturing their imagination, promoting literacy skills, and imparting moral values, the activity contributed to the holistic development of the participating children. The PAHAL team's commitment and efforts in organizing this event deserve appreciation for their dedication to community engagement and education.

In the picture rural students preparing to read and then recite their favorite stories

Career Counseling Session for Rural Students at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 5th March 2019, Team PAHAL Social Welfare Club with 33 volunteers hosted a career counseling program for village children to help them decide what career path they can choose and how they can prepare as early as possible, and will be ready to choose a career path to gain employment in future. The program is also important in the view that the rural children are neglected in many areas of their life, guidance is scarce and there is no clarity as to what path would be best for them.

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

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

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

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

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

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

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

Taking a brief moment with children while counseling them on career options they can choose from when they grow up

Legal Awareness Camp at Jaisingha Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

When it comes to legal awareness even the most knowledgeable person of them all will somehow lack understanding about our country's legal system. This is because almost every person assumes that they don't require legal literacy and it is only limited to people who work as a part of the judiciary system or provide their services underneath the same system as lawyers. Whereas it is very important for every individual to learn about the legal system, rights and its process to safeguard their own interest and also to make sure that they are aligned with the legal system of our country.

Consequently, there is a great need to educate people, through legal awareness camps, so that they may realize their entitlements and basic legal rights. At times, Legal awareness becomes critical so that an aware individual can fight for justice and ensure accountability of persons by getting the right justice. At the same time they can also be part of civil society consultation to improvise rules and regulations of law.

PAHAl social welfare club volunteers and Quantum University Law College students took the onus to disseminate legal awareness among school children in the Jaysingha village of Roorkee.

On 7th March 2019, 7 members of the PAHAL team and 8 students from Quantum University Law College organized a Legal awareness camp where around 24 school children and some of their parents attended the program and learned about the various legal rights, gained insights on how to solve legal problems, their entitlements during legal crises etc.

The team thoroughly discussed the below thrust areas of Legal Systems directly related to the selected target group of the village.

1. *Child Rights*
2. *Girl Child Rights*
3. *Right to Education*

The workshop proved to be an eye opener as this was the first time the peasants were exposed to legal literacy in a long time. The legal expert put forth every vital information out there that could be used in critical situations to safeguard their legal and human rights. Before the formal winding up of the session a half an hour Q&A round was conducted that cleared the cloud of doubts in the participants mind. Present community, having been fully content, showed their gratitude to the legal interventionist at the end and thanked him for fostering their mind with vital legal remedies according to the law and order of the Indian constitution.

Images from during and post legal literacy session in Jaisingha village

Awareness Program on Girl Exploitation at Jaisingha Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

The rise in the cases of child molestation makes us feel disgusted and hateful at the same time, and we pray that such instances of abuse should come down, but to our despair, the accounts of cases are alarmingly increasing. In many instances, the cases are unreported. In the majority of cases, victims or their families are too scared to report the abuse. Moreover, unreported cases encourage the offender to repeat the abuse with the victim or someone else.

With that being said, also the victims of the abuse are young children who cannot tell between a touch having intention of love and respect or it is to satisfy one's sexual desire? To address the issue, we have to work in two directions. Police and administration should stringently take steps to ensure justice and enforce law and order secondarily as responsible citizens we have to sensitize the target group on how to recognize offenders by recognizing the good and the bad touch.

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

We need to create an opportunity where we can train 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. Starting from Jayasingha village on 9th March 2019, around 11 girl children with their parents congregated in the village community hall for the "Good and Bad Touch" training workshop by PAHAL social welfare club of Quantum University. Initially, the group was reserved and apprehensive but as the training programme progressed, parents and children soon realized the magnitude of the problem and they started to actively participate in the workshop and become receptive 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.

Girl child learning through role play with PAHAL club members

A Workshop on Elementary English & Communication Skills (Badkala Village)

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 12th March, 2019, 26 members of the PAHAL Social Welfare team of Quantum University organized an English recitation competition for the children of Badkala village. The aim of this event was to provide a platform for the village children to showcase their English language skills and boost their confidence for future academic endeavors. This report presents an overview of the competition, including the schedule, participation, and the significance of the event.

The English recitation competition commenced at 11:00 am and lasted until 01:00 pm. The PAHAL team, composed of dedicated volunteers from Quantum University, organized the event with the objective of encouraging the children's interest in English language learning. The competition aimed to foster their public speaking abilities, pronunciation, and fluency.

Approximately 21 students from Badkala village participated in the English recitation competition. The students ranged in age and represented different grade levels. The PAHAL team ensured a fair and inclusive competition by dividing the participants into different age groups, allowing them to compete within their respective categories. This approach created a supportive environment for all participants to showcase their skills. Each participant was given the opportunity to recite a pre-selected English poem or passage. The children were encouraged to choose pieces that suited their individual capabilities and interests. The competition aimed to promote self-expression, creativity, and linguistic proficiency.

The English recitation competition emphasized the importance of accurate pronunciation, intonation, and understanding of the content. The participants demonstrated their language proficiency by delivering their recitations with clarity, confidence, and proper diction. This aspect of the competition aimed to enhance the students' English language skills and boost their self-confidence. The performances were evaluated by a panel of judges who assessed the participants based on various criteria, including pronunciation, expression, voice modulation, and overall presentation. Constructive feedback was provided to each participant, highlighting their strengths and areas for improvement. This feedback aimed to encourage growth and development in their language skills.

The English recitation competition organized by the PAHAL team of Quantum University on March 12, 2019, was a significant event for the children of Badkala village. By providing a platform to showcase their English language skills, the competition fostered confidence, encouraged public speaking abilities, and promoted a positive learning environment. The participation of 21 students reflects their eagerness to improve their language skills and their willingness to take on challenges. The PAHAL team's dedication to organizing such events to nurture the potential of village children deserves commendation for their commitment to community engagement and education.

Picture taken during the elementary English session being done in Badkala Village

Coaching to Rural students on Exam Guidance at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On March 14, 2019, Dedicated 17 members of the Pahal social welfare club from Quantum University organized an exam guidance coaching session for rural students residing in Badkala rural community. The purpose of this initiative was to provide support and motivation to students from the village, encouraging them to approach their school exams with confidence and efficiency. This report aims to provide an overview of the coaching session, including its objectives, student participation, and the support provided by Quantum University.

The exam guidance coaching session was designed to equip the rural students with effective study strategies, time management techniques, and confidence-building exercises. The Pahal social club members, comprising dedicated volunteers from Quantum University, conducted interactive sessions to engage the students and help them overcome exam-related challenges.

Fifteen students from the village actively participated in the coaching session. The students were selected based on their academic needs and their willingness to receive guidance and support. The Pahal social club ensured that the coaching session catered to the specific requirements of each student, addressing their individual strengths and areas for improvement.

Coaching Session Highlights:

1. **Study Strategies:** The coaching session focused on providing effective study strategies to help the students optimize their exam preparation. Techniques such as note-taking, summarizing, and revision methods were discussed and practiced. The students were encouraged to adopt these strategies to enhance their understanding and retention of study materials.
2. **Time Management Techniques:** Recognizing the importance of time management, the coaching session offered practical tips and tools to help the students allocate their study time efficiently. The participants were guided on creating study schedules, setting realistic goals, and prioritizing tasks. These time management skills aimed to improve their overall productivity and reduce exam-related stress.
3. **Confidence-Building Exercises:** The coaching session included activities to boost the students' self-confidence and reduce exam anxiety. Public speaking exercises, group discussions, and mock exams were conducted to familiarize the students with exam-like situations and build their confidence in expressing their knowledge. The activities aimed to create a positive mindset and instill belief in their abilities.

Quantum University provided support for the coaching session by distributing study materials such as pens and notebooks to the participating students. This gesture aimed to equip them with essential tools for their exam preparation. The university's support demonstrated its commitment to empowering rural students and facilitating their academic growth.

The exam guidance coaching session conducted by the Pahal social club of Quantum University on March 14, 2019, was a valuable initiative that supported 13 rural students in their exam preparation. By

providing study strategies, time management techniques, and confidence-building exercises, the coaching session aimed to enhance the students' performance and reduce exam-related stress. The support provided by Quantum University through the distribution of study materials further contributed to the students' academic journey. The Pahal social club's dedication to empowering rural students and nurturing their potential deserves recognition for their commitment to community development and education.

Empowering children with both knowledge and right equipments so that they can prepare themselves better for upcoming exams

Organizing Unit/Agency/Collaborating Agency: NSS Unit, Quantum University

On March 16, 2019, the NSS unit of Quantum University with 19 students organized an awareness camp on road safety for the children of Badkala village. The objective of this camp was to raise awareness among the village children about the unfortunate accidents that occur on the roads near their village. The report provides an overview of the awareness camp, including the schedule, attendance, and the key messages conveyed by the university students.

The road safety awareness camp started at 12:00 pm and concluded at 03:00 pm. The NSS team, comprising dedicated volunteers from Quantum University, organized the camp to educate and empower the children with knowledge and preventive measures regarding road accidents. The camp aimed to instill a sense of responsibility and safety consciousness among the participants.

Approximately 39 rural students attended the road safety awareness camp. The children were selected based on their interest and the potential impact of the camp on their lives. The NSS team ensured that the camp was interactive and engaging, allowing the participants to actively participate in discussions and ask questions.

Awareness Camp Highlights:

1. **Understanding Road Safety:** The volunteer students delivered informative presentations to help the children understand the importance of road safety. They discussed the common causes of accidents, the significance of following traffic rules, and the potential consequences of reckless behavior on the roads. The aim was to create awareness and foster a culture of responsible road usage.
2. **Preventive Measures:** The awareness camp focused on providing practical tips and preventive measures to avoid road accidents. The university students emphasized the importance of wearing helmets, using seat belts, and being cautious while crossing roads. The participants were educated about the significance of obeying traffic signals, using pedestrian crossings, and avoiding distractions while walking or cycling on the road.
3. **Response to Accidents:** The university students also educated the children about the appropriate response in case of accidents. They explained the importance of immediate reporting to authorities, seeking medical assistance, and providing necessary aid to the injured. The aim was to equip the children with the knowledge and confidence to act responsibly during emergency situations.

The road safety awareness camp organized by the NSS unit team of Quantum University on March 16, 2019, played a crucial role in spreading awareness among the children of Badkala village. By educating them about the causes of road accidents and emphasizing preventive measures, the camp aimed to empower the participants with the knowledge and skills necessary to ensure their safety. The engagement of 39 rural students in the camp reflects their eagerness to learn and make a positive impact in their community. The PAHAL team's efforts in organizing such camps to promote road safety deserve appreciation for their commitment to community engagement and education.

Students lined up to enter the class room for the road safety radio talk show in Badkala village.

A Computer Training Program for Rural School children of Jaisingha Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare club and Department of Humanities, Quantum University

This report covers the details of a Computer training program held On March 20, 2019 by 21 members of the Pahal social welfare club from Quantum University conducted a computer training program for rural school children in Jaisingha village. The objective of this program was to provide basic computer education and equip the children with the necessary skills to utilize computers for educational purposes and exam preparation. This report provides an overview of the training program, including the date, participation, and the key topics covered during the session.

The computer training program commenced on March 20, 2019, with the Pahal social club members taking the initiative to provide basic computer education to the rural school children. The program aimed to introduce the children to computers, familiarize them with their usage, and emphasize their potential for educational purposes and exam preparation.

Fifteen rural school children actively participated in the computer training program. The participants were selected based on their interest in computer education and their potential to benefit from the program. The Pahal social club ensured a supportive and inclusive environment where the children could learn and practice their computer skills.

Following topics were covered during the session.

1. **Introduction to Computers:** The training program began with an introduction to computers, explaining their components and basic functionalities. The children were familiarized with computer hardware, including the monitor, keyboard, mouse, and CPU. The aim was to develop a foundational understanding of computers.
2. **Computer Operations:** The participants were taught how to operate computers effectively. They learned basic skills such as turning the computer on and off, using the mouse and keyboard, navigating the desktop, and launching applications. This practical training aimed to build their confidence in using computers.
3. **Educational Applications:** The training program focused on showcasing the educational potential of computers. The children were introduced to educational applications and websites that could support their learning and exam preparation. They were guided on accessing online resources, researching topics, and utilizing educational software. The program aimed to highlight the benefits of computer usage in their academic pursuits.

The computer training program conducted by the Pahal social club of Quantum University on March 20, 2019, made a significant impact on the rural school children of Jaisingha village. By providing basic computer education, the program aimed to bridge the digital divide and equip the children with essential skills for their educational journey. The participation of children reflects their eagerness to learn and adapt to technological advancements. The Pahal social club's efforts in organizing such programs deserve appreciation for their commitment to community development and education.

Moments like these are very rare, rural children introduced to a computer (laptop) for the first time in their life.

Debate Competition among Jaisingha Village children

Organizing Unit/Agency/Collaborating Agency: PAHAL social welfare club, Quantum University

On March 22, 2019, 10 members of the PAHAL social welfare team of Quantum University organized a debate competition for the rural children of Jaysingha village. The aim of this event was to promote critical thinking, public speaking skills, and social awareness among the participants. This report provides an overview of the debate competition, including the date, participation, topic selection, and the role of Quantum University students in conducting the event.

The debate competition took place at Jaisingha village, with the PAHAL team taking the initiative to organize an engaging and thought-provoking event for the rural children. The competition aimed to provide a platform for the participants to express their opinions, engage in healthy debates, and enhance their communication skills.

 A total of 13 rural children actively participated in the debate competition. The participants were divided into teams based on their interests and were assigned different social awareness topics to debate on. The PAHAL team ensured fair and equal participation, allowing all children to showcase their debating skills.

The debate competition focused on social awareness topics that were relevant to the village community. Topics such as environmental conservation, gender equality, education, and health awareness were chosen to stimulate meaningful discussions among the participants. The topics were selected to encourage critical thinking and address important social issues.

The participants were divided into teams, ensuring a healthy mix of students with different perspectives. The team formation aimed to foster collaboration, cooperation, and teamwork among the children. Each team was encouraged to present well-researched arguments, supporting their stance on the given topic.

The debate competition was conducted by students from Quantum University who acted as moderators and judges. These university students provided guidance, facilitated the debate sessions, and evaluated the participants based on their content, delivery, and overall performance. Their involvement helped create a conducive environment for learning and growth.

The debate competition organized by the PAHAL team of Quantum University was a successful event that engaged and empowered 13 rural children from Jaysingha village. By providing a platform for debate and expression, the competition enhanced the participants' critical thinking, public speaking, and teamwork skills. The selection of social awareness topics and the involvement of Quantum University students as moderators and judges added value to the event. The PAHAL team's efforts in organizing such competitions to promote social awareness and skill development deserve commendation for their commitment to community engagement and education.

Coordinator of the program posing with first and second runner ups winners of the Debate Competition

General Knowledge Competition for Jaisingha village Children

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

The PAHAL Social Welfare team of 21 students, Quantum University organized a General Knowledge competition for the Jaysingha village children on 23rd march 2019. In total 45 children participated in the ordeal, it was a collective activity that took place in the village community center. The theme for this competition was Science and History for class 5 students. 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.

Creating the future of Uttarakhand by polishing their skills and upgrading their general knowledge

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On March 25, 2019, 11 students of the Pahal social welfare club from Quantum University organized an awareness camp for the villagers to promote child education and eradicate child labor practices in rural areas. The objective of this camp was to raise awareness about the importance of education, inform the community about child rights and legal laws, and provide coaching classes to improve education among village children. This report provides an overview of the awareness camp, including the date, participants, focus areas, and the impact of the program.

The awareness camp on child education and eradication of child labor practices commenced with the aim of creating awareness and fostering positive change in the community. The camp focused on educating the participants about the importance of education and their rights as children.

14 community children actively participated in the awareness camp. The participants were selected based on their interest in education and the potential impact of the camp on their lives. The Pahal social club students created a supportive and engaging environment where the children could learn and actively participate in the program.

The camp emphasized the significance of education for the overall development of children. The Pahal social club students conducted sessions to highlight the benefits of education, including increased opportunities, improved quality of life, and better future prospects. The children were encouraged to prioritize education and set goals for their academic journey.

The participants were educated about child rights and legal laws that protect them from child labor practices. The Pahal social club students provided information on the legal framework and regulations aimed at preventing child labor and ensuring child education. The aim was to empower the children and their families with knowledge to protect their rights.

As part of the awareness camp, coaching classes were provided to the community children to improve their education. The Pahal social club students offered academic support, including tutoring and mentoring, to enhance the participants' knowledge and skills. The coaching classes aimed to bridge any learning gaps and improve educational outcomes.

The awareness camp conducted by the Pahal social club of Quantum University had a positive impact on the community. By raising awareness about child education and eradicating child labor practices, the camp aimed to foster a supportive environment for children's education. The program not only provided knowledge about child rights and legal laws but also offered coaching classes to enhance the participants' education. The active participation of 11 community children signifies their interest and commitment to learning and improving their educational prospects.

The awareness camp organized by the Pahal social club of Quantum University on March 25, 2019, played a significant role in promoting child education and eradicating child labor practices in the rural

area. By providing knowledge about child rights, legal laws, and coaching classes, the camp aimed to empower the community children and their families.

Every child has the right to education Quantum University takes pride in educating the children from their adopted villages.

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

On 24th March 2019, the PAHAL social welfare team with 13 volunteers organized a general camp in Jaysingha village, to create awareness on government schemes available so that the villagers may get empowered and use these schemes to grow and improve their life. The participation was overwhelming and 22 children from the community joined the forum, also among them were school children from the village.

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

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

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

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

Scheme for construction and running of Girls' Hostel for students of secondary and higher secondary schools	SAGY
Scholarship schemes for Minority students	DAY-NRLM
National Scholarships	SPMRM (RURBAN)

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

Educating children on privileges government of India give them through their various creamy schemes

Expert Talk on Exam Guidance to Community Children of Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

PAHAL social welfare club team on March 26 2019, with 16 students organized an exam guidance camp for the community children of Badkala village. The purpose of the camp was to provide guidance and support to village children who often lack access to proper guidance for their examinations. The camp aimed to address exam-related stress and equip the participants with strategies to prepare for exams with confidence. This report provides an overview of the exam guidance camp, including the date, participants, focus areas, and the impact of the program.

The exam guidance camp organized by the PAHAL team of Quantum University on March 26, 2019, aimed to assist the community children of Badkala village in their exam preparation. Recognizing the lack of guidance available to these children, the camp focused on providing support and strategies to overcome exam-related stress and perform well in their upcoming exams.

A total of 33 community children actively participated in the exam guidance camp. The participants were selected based on their educational background and the need for guidance in exam preparation. The PAHAL team created a supportive and encouraging environment where the children could openly discuss their concerns and seek guidance from experienced mentors.

The camp focused on addressing exam-related stress and anxiety that the participants may experience. Expert facilitators provided guidance on stress management techniques, time management, and effective study habits. The aim was to help the children develop a positive mindset and approach exams with confidence. The participants were provided with practical strategies to enhance their exam preparation. The camp covered topics such as effective study techniques, organization skills, and creating study schedules. The children learned how to break down their subjects, set realistic goals, and revise effectively. They were also guided on how to utilize available resources and seek help when needed.

To simulate exam conditions and provide a realistic exam experience, mock exams were conducted during the camp. The participants received feedback and guidance from the mentors on areas where improvement was needed. This helped the children identify their strengths and weaknesses, enabling them to focus their efforts on areas that required more attention.

The exam guidance camp conducted by the PAHAL team of Quantum University had a positive impact on the community children of Badkala village. By providing guidance on exam preparation, stress management, and study techniques, the camp aimed to empower the participants to perform well in their exams. The interactive sessions and practical strategies provided the children with the necessary tools to approach their exams with confidence.

The exam guidance camp organized by the PAHAL team of Quantum University on March 26, 2019, was a precious initiative to support the community children of Badkala village in their exam preparation. By addressing exam stress, providing strategies for effective study habits, and conducting mock exams, the camp aimed to equip the children with the necessary skills and mindset to perform well in their exams.

Through PAHAL club Quantum University initiative community children are robustly prepared for upcoming exams

Blood Donation Camp in Jaisingha Community

Organizing Unit/Agency/Collaborating Agency: NSS Unit, Quantum University

To set an example among society and to foster philanthropy among young students Quantum University organized a blood donation camp on 31st March 2019 in the Jaisingha community area, among blood donors were students and faculty members who proved that the humanity still lives in our heart and we love to save the God's creation, even nearby rural community members joined drive and contributed in the donation camp. Our university students have always been the first to contribute towards any campaign initiated by the NSS unit, 13 units of blood was donated by the students from Quantum University and the rest 10 units came from the community members from Jaysingha village, a total of 23 units were collected on that particular day.

Blood transfusion can be the deciding factor between life and death during blood loss in emergency cases, complex operations of patients and critical illnesses. The transfusion of blood into a patient's body depends upon the blood type needed and availability of that particular blood type in the reachable geographical area at that point of time. Every two seconds someone needs blood, because of the same reason there is a lot of effort put in by the government and civil societies to donate blood, and many blood donation camps are organized to collect as many types (Rh factor) of blood as possible for patients in need. Donating blood is a form of life gift, as there is no substitute for blood and at times it is very critical to receive blood, in order to save the life of the patient.

Perhaps, the gap between the demand and supply is outsized enough and more number of blood donations is required, nevertheless, through hospitals and blood banks significant numbers of blood donation camps are organized but people need to realize that they do not need to wait for donations camps to happen, they can themselves approach the hospital to donate blood.

Surprisingly, people are not aware of health benefits that accompany donating blood. According to experts, if you donate blood then you might prevent diseases like Hemochromatosis, increase new blood cell production, a lower risk of cancer, keep heart and liver healthy, and get free health screening. You will be flabbergasted to know that in India, there are a number of tests done to check for infectious diseases such as HIV, HBsAg, VDRL & HCV and blood group serology. All of the TTI tests are free of cost and the charge is borne by the collection center, and by all means, the donor get to know about their health for free, there are many instances where people are living with an infection and they are not aware about it until they get sick or their body started to show symptoms.

In the pics NSS Volunteers donating blood, they are always the first one to stand up to the occasion

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

Uttarakhand is a disaster prone state because it gets more share of rain during the monsoon season than its neighboring state, the plain area of the Uttarakhand state are the most affected places during rains, Roorkee Municipal corporation is also among the most awful hit places during the monsoon season, to face flood situations, and operations during such time becomes especially hard for villagers than the people living in the city where help is readily available. In worst case scenarios people lose lives, property and belongings which they might never be able to recover in their life. Uttarakhand state also lies at the cross section of seismic activity and has faced earthquakes in past years and the residents dread that it never happens again.

On 7th April 2019, 18 members of the PAHAL social welfare club conducted a workshop on disaster management & mitigation for the villagers of the Jaisingha where about 21 members of the community congregated for the workshop. The session opened with making the participants understand about the disaster and how serious the problem is. The villagers agreed with the statement as they themselves have experienced floods like the situation in their village before. During the session it was stressed that preparation ahead of a disaster is more important to minimize loss of life and material.

Disaster & Climate Change

A word on climate change was also shared with the participants, an expert on the topic explained the implications of climate change, he added, and that climate change refers to the changes in the average conditions affecting the earth temperature or rainfall. NASA has been observing climate change for a while and there is an unexplained warming of the surface of the earth that could lead to either no rain or heavy rains respectively that could lead to life threatening water clogging like floods or drought like situations.

Additionally, in a crisis like disaster the burden on resource sharing is increased which consequently puts pressure on the government to first send rescue operations to the most prioritized places. India is an excessively populated country which has stressed its every public service system and the most burdened is its health care infrastructure, and as a result during high pressure times they underperform. We cannot neglect the achievement of the individual states of our country, on the development of creating task and rescue forces for disaster management but still at times looking at the size of population relief

work for each and every individual becomes next to impossible. It's always best to prepare oneself to manage on their own till the time relief from the government arrives.

In the later time of the day the focus of the workshop then turned on to developing strategies to manage the disaster. A brainstorming session was done during which it was decided to prepare a list of contact numbers to reach out in the aftermath of the situation, explain exact action to be taken to each and every member of the family and divide responsibilities during the time of crisis. It was also emphasized that the safety of children and the elders of the family should be ensured first. PAHAL members used chart papers to easily make them understand the execution of the mitigation plan at the time of disaster.

As a precautionary measure, PAHAL volunteers surveying the village homes ensuring safety of lives and stocks.

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

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

On 21st April 2019, 11 members of PAHAL team organized a drawing competition in the Jaysingha village where around 15 children picked up their crayon colors to fill the white paper with beautiful artistry and created art that was worth satisfying your soul. Before PAHAL's intervention children were deprived of such platforms where they can showcase their talent without any hindrance. The PAHAL team fully sponsored the competition providing children with all the necessary paraphernalia to create the most beautiful art of their lifetime. The theme for the drawing competition was My Beautiful Village, Village Haat (Bazar) Scene and Sunset in the outskirts of the village.

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

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

Helping children understand the value of creativity, right stimulation at right age can go a long way.

IQ competition among Rural Children of Jaisingha

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

PAHAL social welfare club with their 15 volunteers on 28th April 2019 successfully commenced an Intelligent Quotient (IQ) Competition for the village children of Jaisingha village, where almost 23 children from the rural community took part to relish their IQ skills in the organized contest. Badkala village has quite a significant number of children that fall in the age group of between 6 to 14 years. Moreover, these children should regularly attend school. They have one government school in the village but unfortunately this school is only able to provide bare minimum service and lack quality education.

Nevertheless, our team was curious to see whether these children have abilities to pass our designed Intelligent Quotient Test and prove some mental mettle. The aim of the competition was also to determine whether the rural children are developing reasoning power and cognitive abilities. These assets not only help in achieving success academically but it goes a long way in their lives, a child with a sound IQ will better be able to handle life challenges, demonstrate confidence in times of crisis instead of succumbing to their circumstances.

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

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

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

Concisely, children did reasonably well in the competition, overall result was very satisfactory, and Papers were collected to be corrected at a later time by the University Psychologist. PAHAL team decided to

formally arrange a second event to felicitate the winners and distribute prizes to the deserving candidates.

Engrossed in the moment, children are busy involved in contemplating the right answers for IQ questions asked in the test.

Final IQ Competition and Prize Distribution by Pahal Students at Badkala Village

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University

In the continuum to the IQ competition done in the Jaisingha village a formal prize distribution ceremony was hosted by the PAHAL social welfare club on 5th May 2019 under the proud guidance of the PAHAL coordinator Mr. Mitendnra Kumar Arya. The event was graced by 16 students with teachers from the Quantum University, 23 IQ competition participants and few parents were also part of the quorum.

The prize distribution ceremony was opened with a concise speech from Dr. Chandini Sharma (faculty quantum), in her speech she pointed out the importance of child development and the right nurturing and guidance a child requires in its developing stage. She also shared a few points on how we can catalyze child development and turn them into a fully functional individual by the time they reach their adulthood. To conclude, she thanked the participants, patted the back of the children for participating in the contest and giving their best and also appreciated the efforts of PAHAL club volunteers for successfully finishing a great IQ competition.

With the end of the guest speech, the ceremony moved to its intended destination, which was the prize distribution, to do the honors of presenting prizes to the winners, faculty member Quantum University Mrs Hemalata was invited on the stage. The names of the first, second and third winners of the competition are mentioned below

1. **First Prize: Mr. Anurag Singh**
2. **Second Prize: Mr. Shakur Ahmed**
3. **Third Prize: Mr Palash Saini**

We did not let down other children and distributed pens for their participation. In that way all the participants received something for their presence in the contest. Our intention was to encourage children to participate more in such events. Events like these will motivate them to learn and improvise. After such events, they insist their parents get them learning material other than the school course material so that they can learn new things, grasp new concepts and become individuals of enormous potential.

The highly applauded PAHAL club team of Quantum University posing after the completion of the Prize Distribution Ceremony in the Jaisingha Village.