

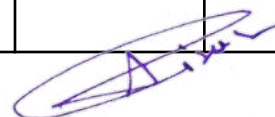
Annual Report on
“Community Outreach Programs”
Academic Year 2019-2020

The Future is
exciting..

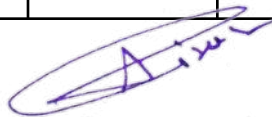


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PROJECT AREA PROFILE

Roorkee is a small city and is considered a municipal corporation in the Haridwar district of the State of Uttarakhand. The city headquarters lies in 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. 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, Mandawar, Roorkee,
Uttarakhand**

Free Medical Camp during Kanwar Yatra, Haridwar

Organizing Unit/Agency/Collaborating Agency: PAHAL Social Welfare Club, Quantum University in Collaboration with Bhagwanpur Industries Associations

On 17th July 2019, a free medical camp was organized by 12 socially dedicated students of PAHAL social welfare club at Haridwar for the pilgrims participating in the annual Kanwar Yatra, a religious pilgrimage to offer prayers to Lord Shiva at Neelkanth. The medical camp aimed to provide essential healthcare services to the pilgrims and ensure their well-being during the yatra and was able to treat more than 51 yatra patients. This report provides an overview of the medical camp, including the number of pilgrims treated, the services provided, and the key personnel involved.

The free medical camp was held in Haridwar, which is a significant location for the Kanwar Yatra due to its proximity to Neelkanth. The camp was set up to cater to the healthcare needs of the pilgrims, who embark on this religious journey in large numbers.

During the day, approximately 51 tired pilgrims were treated at the medical camp. The camp provided a range of services to address the pilgrims' healthcare needs. These services included first aid treatment for minor injuries and illnesses, as well as general health check-ups to identify any underlying health issues. The aim was to promptly address any medical concerns and ensure the well-being of the pilgrims during their pilgrimage.

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

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

The free medical camp organized for the Kanwar Yatra pilgrims at Haridwar on 17th July 2019 was a significant initiative to cater to the healthcare needs of the pilgrims during their religious journey. The camp successfully treated approximately 51 pilgrims, providing them with first aid and health check-up services. The presence of Ms. Saloni Arora and the doctor from CHC Bhagwanpur ensured the smooth functioning of the camp and the delivery of effective medical assistance. Such medical camps are vital in

promoting the well-being of pilgrims and ensuring a safe and healthy experience during religious gatherings.



Images from the Medical Camp Held During Kanwar Yatra

Awareness program on Child Marriage and Female Feticide for the villagers of Badkala.

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

On August 14, 2019, the Social Welfare Club and Health Science Department of Quantum University organized an awareness program on child marriage and female feticide in Badkala village. The program aimed to educate 43 members from the village community and create awareness among girls and women of the village about these critical social issues. This report provides an overview of the awareness program, including the date, participants, activities, and impact on the community.

The awareness program on child marriage and female feticide, jointly organized by the Health Science Department, PAHAL Social Club, and other students, aimed to tackle two critical social issues affecting the well-being and rights of girls and women. Through informative sessions and discussions, the program aimed to empower participants with knowledge and inspire them to take a stand against these harmful practices. A total of 23 students from PAHAL Social Club and the Health Science Department were actively involved in organizing and participating in the program, which predominantly attracted female members from the Badkala village community. The participants were invited to attend the forum, which provided them with an opportunity to learn about child marriage and female feticide, engage in discussions, and share their experiences and perspectives. Their active participation underscored their keen interest in addressing these social issues and their dedication to fostering positive change in their community. The awareness program commenced with expert presentations on child marriage and female feticide. Qualified professionals from the Health Science Department delivered informative sessions, providing an in-depth understanding of the detrimental effects of these practices on girls and society as a whole. The presentations highlighted the legal aspects, health consequences, and societal implications of child marriage and female feticide.

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

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

The awareness program on child marriage and female feticide organized by the Health Science Department was a significant step towards addressing these pressing social issues. By educating and engaging the female members of the community, the program aimed to bring about positive change and promote gender equality. The active participation of the attendees and their willingness to learn and

discuss reflect their commitment to ending child marriage and female feticide in their community. The collaboration between the organizations and the involvement of community members were crucial in making the program successful. Continued efforts and collective action will be essential to creating



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

Awareness Campaign on Personal Hygiene and Nutrition at Badkala village

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

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

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

Over 41 villagers actively participated in the street play and awareness campaign. Their presence and engagement demonstrated their interest in understanding and adopting healthier practices related to personal hygiene and nutrition. The program also provided an opportunity for participants to interact with faculty members and students, fostering a sense of community engagement and shared responsibility.

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

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

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

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

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

The street play and awareness campaign organized by the PAHAL Club, in collaboration with the Department of Nutrition and Dietetics, effectively promoted personal hygiene and the importance of a nutritious diet in Badkala village. The involvement of faculty members, Ms. Saloni Arora, Shradha Singh, and Renu Bala Sharma, along with the enthusiastic participation of department students, contributed to the success of the program. The event sensitized over 41 villagers, providing them with the necessary knowledge and guidance to make positive changes in their daily lives. Continued efforts and community engagement will be crucial in ensuring the long-term impact of the awareness campaign on personal hygiene and nutrition in the village.





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

Soil Testing Camp for Rural Farmers in Badkala Village

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

On September 11, 2019, the PAHAL Social Welfare Club and Quantum Faculty of Agricultural Studies collaborated to host a Soil Testing Camp at Panchayat Bhawan in Badkala village, Roorkee. The primary objective of the camp was to educate farmers about the critical role of soil health in sustainable development. The event saw the active participation of 23 farmers, who engaged in soil sampling, analysis, and demonstrations conducted by students. The camp underscored the importance of soil testing and reclamation in achieving higher agricultural productivity and promoting sustainable farming practices. Additionally, a total of 15 students from PAHAL Social Club and the Health Science Department were actively involved in organizing and supporting the event, further demonstrating their commitment to community welfare and environmental sustainability.

The Soil Testing Camp organized by the Faculty of Agricultural Studies provided farmers with firsthand knowledge and practical demonstrations on soil testing and its impact on agricultural productivity. The program focused on raising awareness about the importance of maintaining soil health and adopting sustainable agricultural practices for long-term development. Approximately 23 farmers actively participated in the Soil Testing Camp. Their engagement demonstrated their interest in understanding the significance of soil testing and its benefits for crop cultivation. The program provided a platform for farmers to interact with students and gain insights into soil sampling techniques, analysis methods, and strategies for soil reclamation.

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

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

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

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





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

Campaign for Rain Water Harvesting at Jaisingha village

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

On September 15, 2019, 13 members of the PAHAL Social Welfare Club conducted a crucial workshop on Rainwater Harvesting in the village of Jaysingha. Approximately 25 villagers participated in the workshop, eager to learn about the importance of saving rainwater for future use and the various techniques available for effective collection and storage. The interactive session provided answers to their questions and engaged the rural community in discussions about sustainable water management practices. The campaign extended beyond informational sessions, featuring a small procession with slogans advocating for the protection of Mother Earth from deforestation, aiming to reverse climate change. Additionally, a total of 13 students from PAHAL Social Club and the Health Science Department actively participated in organizing and facilitating the workshop, highlighting their commitment to environmental conservation and community engagement.

Why save water?

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

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

Rationale for rain water harvesting?

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

Jaysingha villagers seem excited with the proposition of practicing rainwater harvesting in their own homes. Few of the villagers also shared that they have been using rain water but they never knew about

its storage and using it in a later period of time. They learned a lot in this training session and promised to invest on equipment for rain water harvesting. There is a lot of identified use of rain water in the village as almost every household has a kitchen garden in their backyard.



In the picture PAHAL club members campaigning for rain water harvesting

Campaign for Rain Water Harvesting at Badkala village

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

On September 29, 2019, the PAHAL Social Welfare Club conducted a crucial workshop on Rainwater Harvesting in Badkala village, drawing the participation of approximately 35 villagers. The workshop aimed to educate the community about the importance of conserving rainwater for future use and provided insights into effective techniques for collecting and storing rainwater. The interactive session addressed various questions raised by the rural community, offering practical solutions and fostering engagement. Additionally, a total of 17 students from PAHAL Social Club and the Health Science Department actively participated in organizing and facilitating the workshop, showcasing their dedication to community development and environmental sustainability.

The campaign extended beyond the workshop session itself, as a small procession was conducted with slogans advocating for the preservation of Mother Earth through the prevention of deforestation and the reversal of climate change. The workshop emphasized the significance of water conservation due to the limited availability of usable and clean freshwater on Earth. The majority of the world's water (97.5%) is in the form of saltwater, making its purification and transportation arduous tasks. Therefore, it is crucial to conserve the available freshwater resources and protect them for future generations.

Water is an essential element for human survival, and its scarcity poses significant challenges. PAHAL club has been raising awareness about the importance of water conservation and the avoidance of wastage during daily activities. The current situation should serve as a warning, urging individuals to act promptly. The scarcity of water can lead to conflicts over the limited resources, making proactive measures even more crucial. Rainwater harvesting offers a viable solution to alleviate freshwater scarcity. The process involves collecting rainwater from rooftops and storing it for various purposes such as gardening, laundry, cleaning, and toilet usage. The collected rainwater can also be filtered and charged for additional applications. The PAHAL team provided practical tips on rainwater collection and suggested affordable options such as rain barrels or direct channeling into bore wells.

The villagers of Badkala showed enthusiasm towards implementing rainwater harvesting in their homes. Some villagers expressed that they had been using rainwater previously but were unaware of the proper storage and utilization methods. The training session provided valuable knowledge, and the participants pledged to invest in rainwater harvesting equipment. Given the prevalence of kitchen gardens in the village, rainwater has significant potential for various household uses.

The workshop on rainwater harvesting in Badkala village facilitated a transformative learning experience for the community. The initiative not only raised awareness about the importance of conserving water but also equipped villagers with practical techniques for sustainable water management. The enthusiasm and commitment demonstrated by the participants indicate a positive shift towards embracing rainwater harvesting as a valuable resource for a greener and more water-efficient future.



Community children came together to raise slogans to save our crying mother earth and also save the precious water on earth.

Awareness Program To Stop The Use of Single Use Plastics at Badkala village

at Badkala village

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

On 10th October 2019, 40 students of first-year B.Sc Agriculture students of Quantum University organized a public awareness programme in Badkala village to address the issue of single-use plastic. The objective of the programme was to educate the local community about the harmful effects of single-use plastic and promote sustainable alternatives. The students actively participated in rallies throughout the village, holding placards with messages against plastic usage. The campaign received an enthusiastic response from the community, with approximately 27 residents taking a pledge to support the anti-plastic campaign. Additionally, the Gram Pradhan (village leader) facilitated meetings to educate school children and the public on the importance of avoiding single-use plastic.

Objectives:

1. Raise awareness among the local community about the detrimental effects of single-use plastic.
2. Promote sustainable alternatives to single-use plastic.
3. Engage the community in taking a pledge to support the anti-plastic campaign.
4. Educate school children and the public about the importance of avoiding single-use plastic.

The public awareness programme against single-use plastic organized by the PAHAL Members belonging to first-year B.Sc Agriculture students of Quantum University involved various activities and initiatives aimed at educating and engaging the community.

Students took out rallies in different parts of the locality, holding placards with messages emphasizing the need to reduce single-use plastic consumption. The visually impactful display attracted the attention of community members and encouraged conversations around the issue. Approximately 27 residents of Badkala village participated in a pledge ceremony, where they committed to support the anti-plastic campaign. This collective effort aimed to create a sense of responsibility and foster a community-wide commitment towards reducing single-use plastic.

The Gram Pradhan arranged meetings to educate school children and the public about the adverse effects of single-use plastic and the importance of adopting sustainable alternatives. These sessions aimed to create awareness from an early age and foster a sense of environmental responsibility among the community members.

The public awareness programme against single-use plastic organized by the B.Sc Agriculture students of Quantum University yielded positive outcomes for both the community and the environment.

The public awareness programme against single-use plastic organized by the first-year B.Sc Agriculture students of Quantum University in Badkala village was a commendable initiative. The students' active

participation in rallies, the community's involvement in the pledge ceremony, and the education sessions conducted for school children and the public collectively contributed to the success of the campaign. The programme successfully raised awareness about the adverse effects of single-use plastic and promoted sustainable alternatives, fostering a sense of environmental responsibility within the community. Such initiatives are crucial in addressing the global issue of plastic pollution and striving towards a cleaner and greener future.



A devoted initiative of PAHAL club members to completely eradicate the menace of single use plastic.

Problem Solving Coaching Class for Rural Children at Jaisingha Village

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

On 12th October 2019, 11 dedicated student members of Pahal Club at Quantum University organized problem-solving coaching classes for rural children. The coaching classes aimed to provide valuable problem-solving skills and techniques to children from rural areas. This report provides an overview of the coaching classes, including the number of participants and the impact of the sessions on the children.

The problem-solving coaching classes were conducted by the student members of Pahal Club at Quantum University. The classes were specifically designed to cater to the needs of rural children who often face limited access to educational resources and opportunities. The coaching classes were structured to deliver practical and effective problem-solving methods to enhance the children's learning capabilities.

Approximately 19 village children attended the coaching classes. These children, who may have had limited exposure to problem-solving techniques, were provided with a valuable opportunity to learn and apply various problem-solving methods in a short span of time.

The coaching classes focused on teaching the children a range of problem-solving methods. The objective was to equip them with techniques that would help them approach and solve problems in an efficient and systematic manner. The methods taught were designed to be easily understandable and accessible to the children, allowing them to grasp the concepts quickly.

The problem-solving coaching classes had a positive impact on the participating children. They were able to learn different problem-solving techniques that they could apply to real-life situations. The classes not only enhanced their critical thinking skills but also instilled confidence in their ability to tackle challenges. The opportunity to learn from student members of Pahal Club also provided the children with role models and inspiration for their own educational and personal growth.

The problem-solving coaching classes organized by the student members of Pahal club at Quantum University served as a valuable initiative to empower rural children with problem-solving skills. The participation of approximately 19 village children allowed them to learn various problem-solving methods in a short period. The sessions provided the children with the tools necessary to approach challenges and find effective solutions. Such classes made a positive impact on the educational development and problem-solving abilities of rural children, contributing to their overall growth and empowerment.



Images where rural children getting acquainted to new methodologies of learning

Problem Solving Coaching Class for Rural Children at Jaisingha Village

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

On 15th October 2019, a Mathematical problem-solving coaching class was conducted for the rural children of Jaisingha village. The coaching class aimed to provide valuable techniques and tricks to solve mathematical problems quickly. This report provides an overview of the coaching class, including the number of participants and the impact of the session on the students.

The mathematical problem-solving coaching class was organized specifically for the rural children of Jaisingha village. The class was designed to enhance their mathematical problem-solving skills and teach them effective techniques to solve problems efficiently. The session focused on imparting knowledge that would enable the students to mentally calculate equations without relying on calculators.

Approximately 21 students from Jaisingha village benefited from the coaching class. These students, who may have had limited exposure to advanced mathematical problem-solving methods, were provided with an opportunity to learn and apply tricks that would enable them to solve problems quickly.

The coaching class aimed to achieve the following objectives: a. Teach students various tricks and techniques to solve mathematical problems quickly. b. Enable students to mentally calculate equations without relying on calculators. c. Empower students with problem-solving skills that can be applied to real-life situations. d. Boost the confidence and mathematical abilities of the students.

The coaching class introduced students to a range of techniques and tricks to solve mathematical problems efficiently. These methods were designed to simplify complex calculations and make problem-solving more accessible and enjoyable. The students were taught how to approach different types of mathematical problems using easy-to-understand methods.

The coaching class had a positive impact on the participating students. They were delighted to learn new techniques and tricks that allowed them to solve mathematical problems quickly. The sessions not only improved their problem-solving skills but also enhanced their mental calculation abilities. The newfound confidence in their mathematical abilities will likely benefit the students in their academic pursuits and daily life.

This was a valuable opportunity for participation and to learn and apply tricks to solve mathematical problems efficiently. The coaching class enhanced their problem-solving skills and mental calculation abilities, empowering them to tackle mathematical challenges with ease. By organizing this coaching class, the organizers contributed to the educational development and confidence-building of the rural students, enabling them to approach mathematics with a positive mindset.



Breaking new barriers in the learning odyssey ruler children are learning tricks used in mental math to solve problems without the use of calculator

Plantation Drive in Badkala Village

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

Team PAHAL on 3rd November 2019 and about 33 villagers participated and took the initiative of taking the Quantum University Tree Plantation Drive ahead in its journey by organizing a successful campaign of planting trees in the Badkala village where the village community was present. This plantation drive was also successful because it was carried out in the presence of the village sarpanch (head). Apparently before we move on with further information on the aforesaid campaign let us give a short background about the deforestation problem in India.

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

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

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

With that being said, the plantation drive in the Badkala village was even more successful because of the community support, the rural population here wholeheartedly supported the campaign and more than 50 saplings for plantation were donated by them. Community children also joined our campaign and whilst they carried out a procession and raised slogans to save the mother earth and plant more trees.

Approximately 50 saplings were planted on the day and community members took the responsibility to take care of the sapling till the time they grow up into a sizeable strong tree, they promised to water the plants on a daily basis, protect it from free grazing animals and nurture them with cow dung and manure.



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

Cleanliness Campaign at Jaisingha village

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

On 4th November 2019, 12 members of the NSS unit of Quantum University, Roorkee, organized a Cleanliness Campaign in Jaisingha Village. The objective of the campaign was to raise awareness among villagers about the importance of maintaining cleanliness and promoting a plastic-free environment. The students actively participated in the campaign and motivated the villagers to take responsibility for keeping their village clean.

The campaign began with an interactive session, where the students sensitized more than 29 villagers about the detrimental effects of unclean surroundings and the hazards posed by plastic waste. They emphasized the significance of cleanliness in maintaining good health and creating a pleasant living environment for everyone in the village.

To demonstrate their commitment to the cause, NSS students actively engaged in cleaning activities throughout the entire rural area. They worked together in teams, ensuring that every nook and corner of the village was thoroughly cleaned. The students actively collected and disposed of waste, including plastic items, to promote a cleaner and greener environment. During the campaign, the students also interacted with the villagers and explained the reasons behind the importance of cleanliness and being plastic-free. They highlighted how unmanaged waste and plastic pollution adversely impact the ecosystem, water sources, and overall well-being of the community. The students encouraged the villagers to adopt sustainable practices such as proper waste management, recycling, and reducing the use of single-use plastics.

The Cleanliness Campaign was successful in creating a positive impact on the villagers. The active participation of the students and their dedication to cleaning the village inspired the community members to take ownership of their surroundings. The campaign served as a reminder to the villagers that cleanliness is a collective responsibility and that each individual's actions can contribute to a cleaner and healthier environment. By the end of the campaign, a significant transformation was observed in the village. The efforts put forth by the students, along with the awareness created among the villagers, resulted in a cleaner and more hygienic living environment. The campaign not only focused on immediate cleanliness but also aimed to instill long-term habits and values among the villagers.

The Cleanliness Campaign organized by the NSS Unit of Quantum University in Jaisingha Village proved to be an impactful initiative. It successfully brought together students and villagers to work towards a common goal of promoting cleanliness and reducing plastic waste. The campaign served as a reminder of the importance of maintaining a clean and healthy environment, ensuring the well-being of the community and fostering a sense of pride in their surroundings.



Every nook and cranny of the jaisingha village was cleaned and plastic was disposed of with the help of municipal corporation workers.

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

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

On November 8, 2019, members of the PAHAL Social Welfare Club, specifically B.Sc. Agriculture III-year students undertook an extension education visit to the village of Hasanpur. The purpose of this visit was to provide students with practical exposure and an opportunity to interact with farmers, understand their agricultural challenges, and educate them about effective solutions. A total of 11 students from PAHAL Social Club and the Health Science Department actively participated in the visit, enriching their learning experience and contributing to community engagement and development efforts.

The visit aimed to enhance the students' understanding of the socio-economic conditions of farmers and enable them to apply their theoretical knowledge in a real-world setting. A total of 17 farmers were visited during the visit, with the students going from home to home to engage with the farming community. The students actively observed and analyzed the agricultural practices followed by the farmers in Hasanpur village. They identified the challenges faced by the farmers, such as crop diseases, irrigation issues, soil fertility problems, and pest control. The students utilized their knowledge and skills acquired through their academic coursework to assess the situation and suggest appropriate remedies.

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

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

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



Farmers were visited door to door by PAHAL club members belonging to III year of Agriculture department to understand about grass root problems pertaining to agriculture.

Good Health through and Yoga and Fitness Shivir at Jaisingha Village

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

In the pursuit of promoting a healthy lifestyle, 27 members of the PAHAL Social Welfare Club organized a dynamic Yoga Shivir and Physical Fitness camp for the children of Jaisingha village on November 10, 2019. Approximately 43 community children participated in the camp, where they learned about yoga and fitness exercises to stay fit and active. The camp aimed to emphasize that living a perfectly healthy life, free from disease, should be the ultimate goal of every individual. Additionally, a total of 27 students from PAHAL Social Club and the Health Science Department actively participated in organizing and conducting the camp, highlighting their commitment to promoting health and well-being in the community.

Speaking of health, though a lot of people like to have a great discussion over the topic, there will be only a handful who are really interested in investing the hard work and time to achieve a sound state of well being. Modern India has some very astonishing statistics around health, non communicable diseases are on the rise, diabetes has become the most common of them all, even the people living in rural India are complaining of diabetes. Many of the problems arise with the sedentary lifestyle of people, where one could easily avoid health issues through exercise and clean eating.

Young age is the right time to lay the strong foundation of creating the discipline of exercise and train oneself to eat healthy. Keeping this in mind a Yoga and Fitness camp was organized for the rural children. In the fitness camp a brief introduction of Yoga was given to the children in which they were taught about Yoga as an art and science for sound mind, body and soul, it was discussed that Yoga is practiced since ages and is used to create harmony between the three dimensions of the human beings.

During the course of the day a full body Yoga poses and stretches were taught by our instructor Mr. Mitendra Arya, at first the poses felt difficult for the children to practice as this was the first time they were doing it but slowly they started to grasp the technique and later they were able to do the exercises with full dexterity and confidence.

Besides Yoga, our instructor Mr. Mitendra Arya also educated children on full body exercises that they can incorporate in their daily routine; these exercises are very helpful in toning the muscles and improving the overall strength of the body. The camp concluded with a discourse on developing a routine for exercise, disciplined living and how in the long run it will help children become healthy individuals.



Splendid health is the foundation for incredible life, instilling the value of fitness and health among as young as preadolescent rural children.

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

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

On 14th November 2019, 7 students of PAHAL Social Welfare Club and 5 students from Applied Medical Science Dept. along with others, organized a visit to the Anganwadi center in Badkala village. The purpose of this visit was to create awareness among rural children about the importance of nutrition and a healthy diet for promoting good health and a sound mind. The students aimed to educate the 15 Anganwadi workers on healthy recipes that would contribute to the healthy growth of the rural children.

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

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

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

In total, around 15 Anganwadi workers, benefitted from this visit. The collaborative effort between the students of Allied Medical Science and the Pahal Club successfully spread awareness about nutrition and healthy eating habits, ensuring a healthier future for the rural children.

The visit to the Anganwadi center in Badkala village served as a platform to promote the significance of a healthy diet in rural communities. It not only empowered the Anganwadi workers with new knowledge and skills but also instilled a sense of responsibility in the students to contribute to the well-being of the community. The event was a resounding success, marking a step forward in promoting good health and a prosperous future for the rural children of Badkala village.



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

Awareness about Children's rights at Badkala village

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

On 20th November 2019, the Child Rights Day was celebrated by Team PAHAL to commemorate the anniversary of the international convention for Children's rights, which was adopted on November 20th, 1989. The event aimed to raise awareness about children's rights and the importance of protecting and promoting their well-being.

The workshop conducted by 23 students of Quantum University, this day was focused on creating awareness about various aspects of children's rights. The participants were educated about the fundamental rights of children, including the right to health, education, family life, play and recreation, an adequate standard of living, and protection from abuse and harm. The workshop was designed to sensitize the community members and upgrade their knowledge on legal laws and regulations related to child rights. The session included interactive discussions, presentations, and case studies to facilitate a better understanding of the rights and responsibilities concerning children's welfare.

More than 31 community children actively participated in the workshop, including parents, teachers, community leaders, and representatives from local organizations. The diverse group of participants contributed to enriching discussions and exchange of ideas, ensuring a comprehensive understanding of the subject matter. The workshop emphasized the significance of providing a safe and nurturing environment for children, where their rights are respected and upheld. It shed light on the role of society in creating a conducive atmosphere that promotes the well-being and development of children.

Through the workshop, participants gained insights into the importance of advocacy and collective responsibility in safeguarding the rights of children. They were encouraged to become advocates for children's rights in their respective roles and to take appropriate actions to address any violations or neglect of these rights. The Child Rights Day celebration and the workshop served as a platform for community members to come together and reaffirm their commitment to protecting the rights of children. It not only increased awareness but also empowered individuals with the knowledge and tools needed to create a positive impact on the lives of children in the community.

By sensitizing more than 31 community children, the workshop successfully upgraded their understanding of child rights and their legal implications. The event created a ripple effect, inspiring participants to become change agents in promoting and advocating for the rights of children.

Overall, the Child Rights Day celebration and workshop were instrumental in fostering a sense of responsibility and accountability towards children's well-being. It served as a reminder that every child deserves to be treated with dignity, respect, and provided with the necessary support to thrive and reach their full potential.



Gracious and big moment for children learning about their own rights, it's a foundation that will save them from any kind of abuse.

Health Camp for nearby villages in Alliance with CMO, Haridwar (Quantum University)

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

On 23rd November 2019, as part of the National Pharmacy Week-2019 celebrations, the PAHAL social welfare club and Department of Health Sciences jointly organized a free health camp aimed at providing medical services to the community. The health camp, inaugurated by Dr. K C Pandey, Dr. Gulshan Chauhan, Director of Faculty of Business Management, Quantum University, and a doctor from Aerogram Medical College and Hospital Chhutmalpur, aimed to offer free check-ups and medication to individuals in need. The event took place at a designated venue and welcomed a total of 53 patients from nearby villages and the university.

Objectives:

1. Provide free medical services to the community during National Pharmacy Week-2019.
2. Offer check-ups and consultations by specialized doctors in various fields.
3. Distribute medicines to patients free of cost.
4. Provide an opportunity for pharmacy students to gain practical experience in dealing with patients.

Inauguration: The health camp was inaugurated by Dr. K C Pandey, Dr. Gulshan Chauhan, Director of Faculty of Technology, Quantum University, and a doctor from Aerogram Medical College and Hospital Chhutmalpur. Their presence added prestige and credibility to the event.

Services Provided:

1. Check-ups and consultations: Patients received check-ups and consultations from a team of specialized doctors, including General Physicians, ENT specialists, Dentists, and Skin specialists. These doctors offered their expertise to address various health concerns presented by the patients.
2. Pharmacy student assistance: Students from the Pharmacy department actively participated in the health camp, assisting the doctors in conducting blood sugar tests, measuring blood pressure, and calculating Body Mass Index (BMI). Their presence was crucial in ensuring the smooth running of the program.
3. Medicine distribution: Free medicines were distributed to the patients after their consultations. The medicines were provided at no cost to the patients, further enhancing the impact and reach of the health camp.

Benefits:

The health camp received an overwhelming response from the community, with 53 patients availing themselves of the free check-ups and medicines. This initiative showcased the commitment of the Department of Health Sciences towards the well-being of the community.

The participation of pharmacy students in the health camp provided them with valuable practical exposure to dealing with patients. This experience will help them develop the necessary skills required for their future careers in the healthcare field. The presence of esteemed doctors from different medical institutions fostered collaboration and networking opportunities among healthcare professionals. Such interactions are vital for knowledge sharing and professional development.

The National Pharmacy Week-2019 Free Health Camp organized by team PAHAL and the Department of Health Sciences was a resounding success. The event provided much-needed medical services to the community, with 53 patients benefiting from free check-ups and medicines. The active involvement of pharmacy students ensured the smooth operation of the camp, offering them valuable practical experience in patient care. The collaborative effort of doctors from various medical institutions further enhanced the impact of the health camp. Overall, the event exemplified the importance of community engagement and showcased the dedication of the Department of Health Sciences towards improving healthcare accessibility and promoting the role of pharmacists in patient care.





A successful health camp conducted with Quantum University prerogative a privilege and a blessing at the same time to do the needful

HIV/AIDs Awareness Campaign at Mandawar Village

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

On 2nd December 2019, 35 members of the Social Welfare Club and the Department of Health Sciences organized an awareness rally in Mandawar Village, near the University, to commemorate the occasion of World HIV/AIDS Day. The primary objective of the rally was to educate the local community about HIV/AIDS and dispel any misconceptions surrounding the disease. The campaign aimed to deeply impact the lives of more than 21 villagers by providing them with thorough education on preventive measures to avoid HIV/AIDS.

Objectives:

1. Raise awareness about HIV/AIDS in the local community.
2. Educate villagers on the causes and prevention methods of HIV/AIDS.
3. Address misconceptions and myths surrounding the disease.
4. Promote a sense of empathy, understanding, and support for individuals living with HIV/AIDS.

The awareness rally commenced at the designated venue with the active participation of PAHAL students and from the Department of Health Sciences and members of the local community. The event was structured to effectively communicate key information and foster a sense of solidarity among the attendees. During the rally, several educational sessions were conducted by healthcare professionals and students specializing in HIV/AIDS awareness. These sessions covered various aspects of the disease, including transmission, prevention, and the importance of early diagnosis and treatment. The experts clarified common misconceptions related to HIV/AIDS and answered questions from the villagers, ensuring that accurate information was disseminated.

One of the essential components of the rally was to debunk myths and misconceptions surrounding HIV/AIDS. Students from the Department of Health Sciences actively engaged with the villagers, addressing their concerns and clarifying any false beliefs. By doing so, the rally aimed to eradicate stigma and discrimination associated with HIV/AIDS, fostering a more inclusive and supportive community. To engage the participants and reinforce the information shared, various awareness activities were organized. These included distributing informative pamphlets and brochures, displaying educational posters, and showcasing audiovisual materials that emphasized the importance of safe practices and regular testing.

The awareness rally deeply impacted the lives of more than 21 villagers by providing them with accurate information about HIV/AIDS. The educational sessions and myth dispelling efforts helped to reduce stigma, increase awareness, and promote prevention methods within the community. The campaign also fostered a sense of empathy and understanding towards individuals living with HIV/AIDS.

The World HIV/AIDS Awareness Rally organized by the Department of Health Sciences in Mandawar Village was a successful initiative to commemorate World HIV/AIDS Day. The rally effectively educated the local community about the causes, prevention, and management of HIV/AIDS. By dispelling myths and misconceptions, the event contributed to reducing stigma and fostering a more supportive environment for individuals living with the disease. The active participation of students and healthcare professionals showcased the commitment of the Department of Health Sciences towards public health awareness. Overall, the rally played a significant role in empowering the community with knowledge to prevent the spread of HIV/AIDS and promote a more informed and compassionate society.





Debunking the myths surrounding HIV/AIDs and reducing the stigma surrounding the topic, PAHAL club members take it as their prerogative to enlighten the villagers.

A Workshop on Poetry Writing for Rural Children at Jaisingha Village

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

On January 22, 2020, a workshop on poetry writing and recitation was conducted for rural children from Jaisingha village. These children, currently attending the government school in the village, lack a modern education curriculum and adequate teaching standards for the English language. The workshop aimed to equip them with knowledge and skills in poetry. This report provides an overview of the workshop, including the number of participants and the efforts made by Mr. Saurav in organizing the program. Additionally, a total of 11 students from PAHAL Social Club and the Health Science Department actively participated in organizing and supporting the workshop, demonstrating their commitment to enhancing educational opportunities for rural children.

The poetry writing and recitation workshop were specifically designed for the rural children of Jaisingha village. The workshop aimed to enhance their understanding of poetry and develop their skills in writing and reciting poems. The program was structured to provide the children with valuable insights into the art of poetry and foster their creative expression.

Approximately 15 students from Jaisingha village participated in the workshop. These children, who attend the government school in the village, have limited exposure to modern teaching methods and resources. The workshop provided them with an opportunity to explore the world of poetry and enhance their English language skills.

The workshop on poetry writing and recitation had the following objectives:

- a. Introduce the children to the intricacies of poetry writing.
- b. Enhance their understanding of poetic devices, such as rhyme, rhythm, and metaphor.
- c. Encourage creative expression and imagination through poetry.
- d. Improve their English language skills, particularly in writing and pronunciation.
- e. Boost their confidence in reciting poems in front of an audience.

Mr. Saurav played a pivotal role in organizing the workshop. He facilitated the gathering of the children and secured a suitable location within the village for the workshop to take place. His efforts in coordinating the logistics and providing guidance to the children ensured the smooth execution of the program.

The workshop consisted of various activities designed to engage the children and develop their skills in poetry writing and recitation. The children were taught about different types of poems, such as rhymes, lyrics, and free verse. They were guided in understanding the structure and techniques of poetry and were given opportunities to write their own poems. The workshop also included sessions on recitation, where the children practiced delivering their poems with clear pronunciation and effective presentation.

The participation of approximately 15 students from the government school provided them with an opportunity to explore poetry and enhance their English language skills. The workshop, led by Mr. Saurav, successfully achieved its objectives of fostering creativity, improving writing skills, and boosting confidence in recitation. By organizing this workshop, the organizers contributed to the educational and artistic development of the rural children, empowering them to express themselves through the art of poetry.



Rural children learning about writing poems for instance Lyrical, Free verse and Rhymes

A Drawing Competition at Jaisingha Village

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

On January 29, 2020, the Creative and PAHAL Social Welfare Clubs of Quantum University organized a drawing competition in Jaisingha village. The competition aimed to provide a platform for young artists to showcase their creativity and talent. This report provides an overview of the drawing competition, including the number of participants, the role of Mr. Saurav in organizing the event, and the positive impact it had on the participants. Additionally, a total of 9 students from PAHAL Social Club and the Health Science Department actively participated in organizing and supporting the competition, highlighting their commitment to promoting artistic expression and community engagement.

The drawing competition was organized by the Creative and PAHAL Club of Quantum University. The event focused on encouraging and nurturing the artistic abilities of children in Jaisingha village. The participants were provided with a chance to exhibit their drawing skills and express their creativity through art.

Approximately 25 young artists participated in the drawing competition. These children, with their budding artistic talents, enthusiastically showcased their creativity and imagination during the event. The competition provided them with an opportunity to gain recognition for their artistic abilities and foster their passion for art.

Mr. Saurav played a vital role in organizing the drawing competition. He took charge of securing a suitable location in the village for the event and made all the necessary arrangements. This included arranging white art paper, colors, and pencils for the participants. Mr. Saurav's efforts ensured the smooth execution of the competition and provided the children with a conducive environment to showcase their artistic skills.

The drawing competition had the following objective to a. Provide a platform for young artists to exhibit their creativity and talent. b. Encourage artistic expression and imagination. c. Foster a sense of healthy competition among the participants. d. Promote the importance of art and creativity in the development of children. e. Create a positive and engaging environment for the participants.

Competitions like the drawing competition have a positive impact on the participants. They provide an avenue for children to explore their artistic skills and boost their confidence. The event stimulates their cognitive development by enhancing their observation, concentration, and problem-solving abilities. Additionally, participating in such competitions fosters a sense of camaraderie among the participants and encourages them to appreciate the artistic abilities of their peers.

The participation of approximately 25 young artists showcase their talent and creativity. The leadership and arrangements made by Mr. Saurav contributed to the smooth execution of the competition. The event had a positive impact on the participants by nurturing their artistic abilities, stimulating their cognitive development, and fostering a sense of healthy competition. By organizing this drawing competition, the Creative and PAHAL Social Welfare Club of Quantum University promoted the importance of art and creativity among children, leaving a lasting impact on their artistic journey.



Leaving a lasting impact on their artistic journey

Awareness on Anti Leprosy Day & Dietetics Day at Badkala Village

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

On January 30, 2019, the PAHAL Social Welfare Club and the Department of Applied Medical Sciences jointly organized an awareness campaign on Anti-Leprosy & Dietetics Day. The campaign aimed to educate the local community about the complications of leprosy and the importance of proper nutrition for maintaining health. More than 43 villagers participated in the event, expressing appreciation for the valuable information provided by the faculty and students. The campaign successfully dispelled misconceptions about leprosy and highlighted preventive measures. Additionally, the display of healthy recipes with nutritive values garnered interest and appreciation from the attendees. Moreover, a total of 23 students from PAHAL Social Club and the Health Science Department actively participated in organizing and supporting the campaign, underscoring their dedication to community health and welfare.

The awareness campaign organized by the Department of Applied Medical Sciences comprised several activities and presentations aimed at educating the community. Faculty members and students provided comprehensive information about leprosy, its complications, and how it spreads. The participants, many of whom were previously unaware, gained valuable insights into the disease and its preventive measures. The awareness sessions were well-received and appreciated by the attendees.

A play was enacted by students to demonstrate the facts and realities of leprosy. The performance aimed to engage the audience emotionally and leave a lasting impact. The villagers enjoyed the play and showed genuine interest in learning more about the disease. The significance of proper nutrition in maintaining health was highlighted during the campaign. The faculty and students emphasized the role of a balanced diet in preventing various health conditions. To promote this message, healthy recipes with nutritive values were displayed, showcasing the importance of incorporating nutritious food into daily meals.

The Anti-Leprosy & Dietetics Awareness Campaign organized by the Department of Applied Medical Sciences proved to be a valuable initiative with numerous benefits for the community. The campaign successfully educated more than 43 villagers about the complications of leprosy and the preventive measures to be taken. Participants appreciated the newfound knowledge and gained a better understanding of the disease. By addressing misconceptions about leprosy, the campaign helped eradicate stigma and fostered a more inclusive and compassionate attitude towards individuals affected by the disease. This contributed to creating a supportive environment within the community. The emphasis on nutrition and the display of healthy recipes helped raise awareness about the importance of a balanced diet. The attendees were inspired to adopt healthier eating habits and incorporate nutritious food choices into their daily lives.

The active involvement of students in organizing and executing the campaign provided them with valuable practical experience in community engagement and health education. They demonstrated their ability to effectively communicate health-related information to the public.

The Anti-Leprosy & Dietetics Awareness Campaign organized by the PAHAL social welfare club and the Department of Applied Medical Sciences on 30th January 2019 was a successful event that achieved its objectives. The campaign effectively educated the community about the complications of leprosy and promoted preventive measures. It also emphasized the significance of proper nutrition in maintaining overall health, with the display of healthy recipes generating interest and appreciation. The campaign helped dispel misconceptions, fostered a supportive environment, and empowered individuals to make healthier lifestyle choices. The active participation of faculty members and students showcased their commitment to community well-being and highlighted the importance of such initiatives in promoting public health awareness.





Dedicated to the social cause PAHAL volunteers creating ripples and transforming lives

Cancer Awareness Camp at Badkala village

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

On February 1, 2020, the NSS Unit of Quantum University organized a Cancer Awareness Program and Rally in Badkala village as part of their Saturday activity. A total of 25 villagers participated in the event, which was initiated by Dr. N. Muruglatha. The objective of the program was to raise awareness about cancer, its causes, ill-effects, and precautions. The rally, held from 03:00 PM to 04:00 PM, allowed students to interact with villagers and brief them about the disease. Additionally, a total of 15 students from PAHAL Social Club and the Health Science Department actively participated in organizing and supporting the program, highlighting their commitment to promoting health awareness in the community.

The Cancer Awareness Program/Rally organized by the NSS students involved various activities and interactions with the villagers. The students left the university premises at 02:30 PM and reached Badkala village by 02:50 PM. They organized themselves in rows and started the rally, covering the entire village. The purpose of the rally was to grab the attention of the villagers and create awareness about cancer. As the students went around the village, they interacted with the residents, distributing informative pamphlets and engaging in conversations about the disease.

After completing the rounds of the village, the students and villagers gathered at a common place (roundel). Here, the students delivered a briefing session, educating the villagers about cancer. They discussed the causes of cancer, its ill-effects on health, and the importance of taking precautions. The session aimed to dispel myths and provide accurate information to the community. After completing the awareness program, the students started their journey back to the university at 04:30 PM and reached at approximately 05:15 PM. The students felt a sense of happiness and motivation from their participation in the program, as they were able to contribute to raising awareness about cancer and its prevention.

The Cancer Awareness Program/Rally organized by the NSS student members from the university, the process of organizing an event had several positive impacts on both the students and the community. The program effectively educated the villagers about cancer, its causes, and the precautions that can be taken to reduce the risk. By dispelling misconceptions and providing accurate information, the students contributed to raising awareness and empowering the community. The rally and interactions with the villagers helped engage them in meaningful conversations about cancer. The distribution of informative materials and the briefing session created an open platform for discussions and inquiries, fostering a sense of community participation.

The students involved in organizing the program felt a sense of happiness and motivation. By actively participating in a meaningful activity, they were able to contribute to society and make a positive impact on the lives of the villagers.

. The students actively engaged with the community, raising awareness about cancer, its causes, and the necessary precautions. The rally and briefing session effectively disseminated valuable information and

dispelled misconceptions about the disease. The program not only benefited the villagers by providing them with crucial knowledge but also left the students motivated and satisfied with their contribution to society. Such awareness programs play a vital role in promoting public health and empowering communities to take proactive steps towards disease prevention and well-being.



Glimpses from the Cancer Awareness Rally

Development of Innovative Skills among Rural Children at Badkala village

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

On February 5, 2020, the PAHAL Social Welfare Club at Quantum University organized a unique workshop aimed at developing innovative skills among rural children in Badkala village. The workshop was part of the university's commitment to social empowerment and the upliftment of rural children. This report provides an overview of the workshop, including the number of participants, the leadership of Mr. Saurav, and the importance of developing innovative skills for children's future success. Additionally, a total of 27 students from PAHAL Social Club and the Health Science Department actively participated in organizing and supporting the workshop, demonstrating their dedication to fostering creativity and empowerment in rural communities.

The innovative skills workshop was designed specifically for rural children in Badkala village. The workshop aimed to cultivate and nurture their ability to think innovatively and generate creative ideas. The program emphasized the development of independent problem-solving skills through innovative thinking.

Approximately 17 village students actively participated in the workshop. These students eagerly joined the workshop to learn the art of innovation, honing their skills and ideas. The workshop provided them with a unique opportunity to enhance their innovative thinking abilities.

Leadership of Mr. Saurav: Mr. Saurav, the coordinator of Pahal, played a significant role in leading and organizing the workshop. His expertise and dedication ensured the successful execution of the program. Under his guidance, the participants were introduced to various innovative techniques and encouraged to think outside the box.

In today's rapidly changing world, innovative thinking is a crucial skill for children's future success. It enables them to identify opportunities, utilize creative ideas, and develop independent problem-solving skills. By fostering innovative skills, children become not only "work ready" but also "life ready." It is essential to recognize that innovation is not an innate talent; rather, it is a skill that can be developed and nurtured through proper guidance and practice.

The workshop focused on a range of activities and discussions aimed at developing innovative thinking skills. The participants were encouraged to explore their creativity, think critically, and find unique solutions to problems. The workshop included interactive sessions, brainstorming exercises, and hands-on activities to stimulate creative thinking and problem-solving abilities.

The participating students in the workshop demonstrated their enthusiasm to learn and develop innovative thinking abilities. Under the leadership of Mr. Saurav, the workshop provided the children

with practical tools and techniques to foster their creative thinking and problem-solving skills. By emphasizing the importance of innovation, the workshop aimed to equip the participants with valuable skills for their future endeavors. Quantum University's commitment to social empowerment through such initiatives ensures the holistic development of rural children, preparing them for a competitive and rapidly evolving world.



A snap from Innovative skill class for rural children

Plantation Program to Fight Global Warming in nearby villages

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

On 8th February 2019, 34 members of The PAHAL Social Welfare Club and university students from first-year organized a tree plantation drive in a nearby village to raise awareness about global warming and promote social responsibility. The initiative aimed to sensitize the local community about the impact of global warming and actively contribute to environmental conservation. The day was divided into two parts, with a session conducted to sensitize nearby villagers about global warming, followed by the plantation of approximately 101 saplings by the students.

The tree plantation drive organized by the PAHAL members and first-year students of Quantum University comprised two main activities to address the issue of global warming. The day began with a sensitization session conducted for 45 nearby villagers. During this session, the students provided information about global warming, its causes, and the environmental impact. The objective was to raise awareness among the villagers and encourage them to take necessary steps to mitigate global warming in their daily lives.

In the second half of the day, the students actively participated in the plantation of approximately 101 saplings. The saplings were carefully chosen and included a variety of indigenous trees. The students were guided by faculty members on proper planting techniques to ensure the saplings' survival and growth. The plantation drive aimed to contribute to reforestation efforts and combat the adverse effects of global warming.

The tree plantation drive for global warming awareness organized by the first-year students of Agriculture at Quantum University had several positive impacts on both the environment and the participants. The sensitization session helped educate 45 nearby villagers about global warming, enabling them to understand its causes and impact. This knowledge empowered the villagers to make informed decisions and take action to combat global warming in their surroundings. The plantation of approximately 100 saplings contributed to reforestation efforts and helped mitigate the effects of global warming. The newly planted trees would absorb carbon dioxide, provide shade, and support the local ecosystem.

The students actively participated in the tree plantation drive, gaining hands-on experience in environmental conservation. They learned about the importance of preserving biodiversity, the significance of planting native trees, and the positive impact their actions can have on combating global warming.

The initiative fostered a sense of community engagement and social responsibility. By involving the local villagers in the sensitization session and tree plantation drive, the students encouraged them to actively participate in environmental conservation efforts.

The tree plantation drive organized by the team PAHAL and first-year students of Agriculture at Quantum University on 8th February 2019 was a significant initiative aimed at raising awareness about global warming and promoting social responsibility. The sensitization session helped educate nearby villagers

about the causes and impact of global warming, while the tree plantation drive contributed to reforestation efforts and environmental conservation. The participation of the students showcased their commitment to sustainable practices and their understanding of the importance of addressing global environmental issues. Such initiatives play a crucial role in creating a greener and more aware society, ensuring a sustainable future for generations to come.





Our charter is to replenish back mother earth as a duty to take care of mother earth

Preparation for Awareness Program on COVID 19 at Jaisingha village

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

On 2nd February 2020, PAHAL volunteers at Quantum University organized a preparation activity for a Coronavirus awareness program/rally as part of their Saturday activity. The activity took place in the B-002 auditorium and involved 9 students. The objective was to prepare for a rally that would inform the villagers of Jaysingha about the deadly disease caused by Coronavirus. The rally was successfully organized on (09-02-2020), and the students expressed happiness and motivation in their participation.

The preparation activity for the Coronavirus awareness program/rally involved several key components to ensure its success. During the preparation activity, students worked on preparing speeches to be delivered during the rally. These speeches aimed to provide important information about the Coronavirus, including its causes, symptoms, and preventive measures. Students conducted research and collaborated to create impactful speeches that would effectively convey the necessary information to the villagers.

As part of the preparation, students engaged in creating posters to display during the rally. These posters were designed to visually communicate key messages about the Coronavirus, such as hand hygiene, social distancing, and the importance of wearing masks. The posters were intended to catch the attention of the villagers and reinforce the information delivered through the speeches. The students also strategize for the rally day, discussing the logistics, timing, and route for the awareness program. They coordinated among themselves to ensure a smooth and organized rally, maximizing the impact of their efforts in spreading awareness about the Coronavirus.

On Sunday (09-02-2020), the students successfully organized the Coronavirus awareness rally in Jaysingha village. They took to the streets, carrying the prepared posters and delivering speeches to the villagers. The rally aimed to educate the residents about the risks associated with the Coronavirus and promote preventive measures to reduce its spread. The students interacted with the villagers, answering questions and clarifying any misconceptions.

The Coronavirus awareness program/rally organized by the PAHAL club students had several positive impacts. The rally effectively conveyed important information about the Coronavirus to the villagers of Jaysingha. The speeches and posters raised awareness about the disease, its causes, symptoms, and preventive measures. This knowledge empowered the villagers to make informed decisions and take necessary precautions. The rally aimed to influence behavior change among the villagers, encouraging them to adopt preventive measures such as hand hygiene, social distancing, and mask-wearing. By directly engaging with the residents, the students played a crucial role in promoting responsible behavior and reducing the risk of infection.

The participation of the students in the preparation and organization of the rally fostered a sense of responsibility and motivation among them. Their active involvement in spreading awareness about the Coronavirus instilled a sense of purpose and contributed to their personal growth. The awareness rally

had a positive impact on the Jaysingha village community as a whole. By educating the villagers about the Coronavirus and its preventive measures, the rally contributed to the overall safety and well-being of the community. It also demonstrated the dedication and social responsibility of the PAHAL students.

The Coronavirus awareness program/rally organized by the PAHAL students at Quantum University effectively raised awareness about the disease in Jaysingha village. The preparation activity, including speech creation and poster making, laid the foundation for a successful rally. The students' efforts in organizing the rally and engaging with the villagers resulted in valuable knowledge dissemination, behavior change, student engagement, and a positive impact on the community. The initiative not only served its purpose of informing the villagers about the Coronavirus but also motivated the students to actively participate in such social awareness activities.



Quiz Competition on Elementary General Knowledge at Jaisingha village

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

On 17th February 2019, a Quiz competition on elementary general knowledge was organized by 8 PAHAL Social Welfare Club members and the Department of Basic Science at Jaisingha village. The initiative was taken by the PAHAL Club, with the aim of promoting knowledge acquisition and fostering a spirit of healthy competition among rural children. This report provides an overview of the Quiz competition, including the number of participants, the organizing entities, and the recognition of winners through prize distribution.

The Quiz competition focused on elementary general knowledge, providing an opportunity for rural children to showcase their knowledge and enhance their learning in various subject areas. The event aimed to motivate the participants to engage in intellectual activities and develop a passion for acquiring knowledge.

Approximately 15 rural children actively participated in the Quiz competition. These children eagerly took part in the event, showcasing their understanding of elementary general knowledge. The competition served as a platform for them to exhibit their learning and problem-solving skills.

The Quiz competition was organized by the PAHAL club and Department of Basic Science at Jaisingha village. The joint efforts of these organizations played a crucial role in ensuring the successful execution of the event.

The Quiz competition aimed to achieve the following objectives: a. Promote knowledge acquisition among rural children. b. Foster a spirit of healthy competition and intellectual engagement. c. Encourage participants to enhance their learning in various subject areas. d. Provide a platform for students to showcase their knowledge and problem-solving skills.

The winners of the Quiz competition were recognized for their outstanding performance. Prizes were awarded to the winners through the village Pradhan, adding a sense of accomplishment and motivation among the participants. The prize distribution ceremony served as a moment of celebration for the winners and further encouraged them to continue their pursuit of knowledge.

The collaboration between PAHAL Club and other department students demonstrated the collective efforts made to ensure the success of the event. Through the Quiz competition, the organizers provided a platform for students to showcase their knowledge and problem-solving skills. The recognition of winners through prize distribution added a sense of achievement and motivation among the participants. The event contributed to the holistic development of rural children and emphasized the importance of continuous learning and intellectual growth.



Proud moment for the winners of Quiz competition been felicitated by the village Pradhan

Mask Distribution Campaign during Covid-19 at Chuttmalpur

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

On 5th May, 36 members of The PAHAL Social Welfare Club of Quantum University conducted a Mask Distribution Campaign in Chhutmalpur Village to support the frontline workers during the Covid-19 pandemic. The campaign aimed to provide masks to essential workers, including police personnel and municipal workers, to promote the reduced spread of Covid-19 among the rural population. The University took precautions to minimize contact by directly contacting the heads of departments, and an estimated 17 people were covered during the campaign, with over 1000 masks distributed.

The Mask Distribution Campaign conducted by the PAHAL Social Welfare Club involved several key aspects to achieve its objectives.

The campaign specifically targeted frontline workers, including police personnel and municipal workers, who played a crucial role in maintaining essential services during the Covid-19 pandemic. These workers are at higher risk of exposure to the virus due to their job requirements, making it important to provide them with protective masks.

To prioritize safety and minimize contact, the campaign organizers directly contacted the heads of departments responsible for frontline workers. This approach ensured that the masks were distributed efficiently and reduced the risk of unnecessary exposure. Covid-19 safety protocols, such as maintaining social distancing and wearing masks during the distribution process, were strictly followed.

Over 1000 masks were distributed during the campaign to support the frontline workers. The masks provided an essential layer of protection and aimed to reduce the spread of Covid-19 among the rural population. The campaign organizers ensured that the masks were of good quality and met the necessary safety standards.

Alongside the mask distribution, the campaign aimed to create awareness about the importance of wearing masks as a preventive measure against Covid-19. Information and educational materials were shared with the frontline workers to highlight the significance of masks in reducing the transmission of the virus. This awareness-building component aimed to encourage responsible behavior and reinforce the importance of wearing masks in public settings.

The Mask Distribution Campaign organized by the PAHAL Social Welfare Club had several positive impacts on both the frontline workers and the community.

By providing masks to frontline workers, the campaign contributed to their safety and well-being during the Covid-19 pandemic. The masks acted as a barrier against the virus, reducing the risk of transmission and protecting the workers in their line of duty.

The distribution of masks among the rural population aimed to reduce the spread of Covid-19 in Chhutmalpur Village. By promoting mask usage, the campaign played a crucial role in preventing the transmission of the virus and protecting the community at large. The campaign helped raise awareness among frontline workers about the importance of wearing masks. This knowledge equipped them with the necessary information to make informed decisions and encourage mask usage among their peers and the community. The Mask Distribution Campaign demonstrated the University's commitment to supporting the community during the pandemic. By providing masks to frontline workers, the University showcased its dedication to public health and safety.

The Mask Distribution Campaign organized by the PAHAL Club of Quantum University successfully provided masks to frontline workers in Chhutmalpur Village. The campaign aimed to enhance safety, reduce the spread of Covid-19, and create awareness about mask usage as a preventive measure. By prioritizing safety measures and directly contacting department heads, the campaign ensured efficient distribution while adhering to Covid-19 guidelines. The campaign's impact extends beyond the distribution of masks, fostering a sense of community support and reinforcing the importance of responsible behavior during the pandemic.



Distribution of Masks to the Police Department as they were the most vulnerable front line workers that took the blow of coronavirus.

Mask Distribution Campaign during Covid-19 at Badkala village

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

On 12th May 2020, the PAHAL Social Welfare Club of Quantum University organized a Mask Distribution Campaign in Badkala Village to support the frontline health workers during the Covid-19 pandemic. The campaign aimed to provide masks to these workers to promote the reduced spread of Covid-19 among the rural population. To prioritize safety and minimize contact, only 11 individuals were contacted, although masks for more than 500 people were distributed.

The Mask Distribution Campaign organized by the PAHAL Social Welfare Club involved several key aspects to achieve its objectives.

The campaign focused on frontline health workers appointed for Badkala Village who played a critical role in providing healthcare services during the Covid-19 pandemic. These workers are at higher risk of exposure to the virus due to their profession, necessitating the provision of masks to ensure their safety.

To prioritize safety and minimize contact, only 11 individuals were contacted for mask distribution. This approach aimed to reduce unnecessary exposure while ensuring that the masks reached the frontline health workers efficiently. Covid-19 safety protocols, such as maintaining social distance and wearing masks, were strictly followed during the distribution process.

Masks for more than 500 people were distributed during the campaign, focusing on providing them to frontline health workers in Badkala Village. The masks were of good quality and adhered to the necessary safety standards. They served as a protective barrier against Covid-19, reducing the risk of transmission among the rural population.

Alongside the mask distribution, the campaign aimed to raise awareness about the importance of wearing masks and practicing preventive measures. Information and educational materials were shared with the frontline health workers to emphasize the significance of masks in reducing the transmission of the virus. This component aimed to promote responsible behavior and reinforce the importance of following guidelines to protect oneself and others. The Mask Distribution Campaign organized by the PAHAL Social Club had several positive impacts on both the frontline health workers and the community.

By providing masks to frontline health workers, the campaign contributed to their safety and well-being while serving the community during the pandemic. The masks acted as a protective barrier, reducing the risk of infection and transmission. The distribution of masks among the rural population, particularly frontline health workers, aimed to minimize the spread of Covid-19 in Badkala Village. By equipping them with masks, the campaign played a crucial role in reducing the transmission of the virus and protecting the community.

The campaign helped raise awareness among frontline health workers about the importance of wearing masks and practicing preventive measures. This knowledge empowered them to act as role models and encourage the adoption of responsible behavior within the community. The Mask Distribution Campaign demonstrated the University's commitment to supporting the community during the pandemic. By providing masks to frontline health workers, the University showcased its dedication to public health and safety, fostering a sense of community support and collaboration.

The Mask Distribution Campaign organized by the PAHAL Social Welfare Club successfully provided masks to frontline health workers in Badkala Village. The campaign aimed to enhance safety, reduce the spread of Covid-19, and create awareness about the importance of wearing masks and practicing preventive measures. By prioritizing safety measures and minimizing contact, the campaign ensured efficient distribution while adhering to Covid-19 guidelines.



A grateful heart of municipal head of Badkala village accepting a package of masks and bottles of sanitizers