

Annual Report on “Community Outreach Programs” Academic Year 2022-2023

The Future is
exciting..



NSS DAY, 2022

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 Registrar
 Quantum University

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



Anemia Awareness Campaign in Badkala Village

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

On the 10th of September 2022, 22 dedicated members of PAHAL Social Welfare Club of Quantum University organized an awareness program in Badkala Village to address the issue of anemia within the community. The program aimed to provide correct information about anemia, particularly among young children and females.

To kickstart the event, NSS volunteers mobilized local community children and gathered them at the premises of the government school, Madhyamic Vidyalaya. The gathering served as the venue for experts to deliver informative lectures on anemia. A total of 45 village students attended the event, where they received valuable insights from a team of dedicated volunteers and a highly experienced physician, Dr. Ridhima Gosh. Dr. Gosh's expertise was evident through her seven years of clinical experience, and she passionately addressed the audience.

During her discourse, Dr. Gosh covered various aspects of anemia, including preventive strategies. She emphasized the importance of exercise and a balanced diet in preventing anemia. Dr. Gosh also gave special attention to young girls, offering guidance on how to take care of themselves during menstruation and how to replenish lost blood through a diet rich in iron.

She specially emphasized on an iron-rich Indian diet that plays a pivotal role in addressing anemia and ensuring overall health. India's diverse cuisine offers a plethora of options for those seeking to increase their iron intake naturally. Fruits like guavas, pomegranates, and apricots, along with vegetables such as spinach, kale, and beetroot, are excellent sources of iron. Legumes like lentils, chickpeas, and black-eyed peas are also rich in this essential mineral.

Additionally, incorporating foods like jaggery (unrefined sugar), sesame seeds, and dried fruits into the diet can further boost iron levels. These nutrient-packed options not only provide a delicious variety of flavors but also serve as an effective dietary strategy to combat anemia and promote overall well-being.

The event was a significant step towards raising awareness about anemia and equipping the local community, especially young children and females, with the knowledge and tools to combat this health condition effectively.







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Ordinary day turned into a successful one with more than 45 patients screened for anemia and blood sugar; in addition, counseling on healthy diet and supplement regime was also undertaken.

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

The NSS volunteers of Quantum University, in collaboration with faculty members, made a remarkable impact on NSS Day, celebrated on September 24th, 2022. Guided by esteemed personalities including Mr. Pradeep Kumar Verma (NSS Programme Officer), Hon'ble VC Sir, Registrar Sir, and Director Sir, the volunteers orchestrated a series of events dedicated to promoting cleanliness and environmental awareness.

The day commenced with a fervent campus Cleanliness Drive, where approximately 33 NSS volunteers, fueled by enthusiasm and dedication, meticulously combed through every inch of Quantum University. Armed with a collective determination, they diligently collected plastic garbage and other waste materials, transforming the campus into a cleaner and more hygienic space for all.

Simultaneously, an impactful Awareness Campaign on 'Say No to Plastic' was launched. The volunteers passionately highlighted the detrimental effects of plastic on the environment and advocated for eco-friendly alternatives. Their mission was to instill a sense of responsibility, encouraging everyone to reduce plastic usage and embrace a plastic-free lifestyle.

But their efforts didn't stop at the university gates. The NSS volunteers extended their helping hands to Jai Singha village, partnering with 21 villagers, faculty members, and staff. Together, they orchestrated a transformative Cleanliness Drive, significantly enhancing the village's cleanliness and hygiene. Alongside this, an Awareness Campaign on 'Say No to Plastic' was conducted, enlightening the community about the harmful consequences of plastic and the urgent need to eradicate it from their daily lives.

The true beauty of these events lay in the collective spirit of the participants—students, faculties, staff, and villagers alike. Their active involvement, boundless enthusiasm, and unwavering commitment elevated the NSS Day celebrations to unparalleled heights. These celebrations were not mere events; they were a testament to the power of unity in addressing pressing issues and driving positive change.

The collaboration between Quantum University and Pahal Social Club exemplified the essence of community service and environmental consciousness. The combined efforts of everyone involved demonstrated the extraordinary impact that can be achieved when a community unites for a common cause. The NSS volunteers' dedication shone brightly, illuminating the path towards a cleaner, greener, and more sustainable future for all.



NSS Volunteers cleaning the Jaysingha village and also running the Say No to Plastic Campaign

Keep Village Clean and Say no to Plastic Campaign Badkala Village

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

On September 24th, 2022, 22 NSS volunteers of Quantum University came together to celebrate NSS Day with great fervor. The day was brimming with activities aimed at fostering cleanliness and environmental consciousness. Guided by esteemed figures such as Mr. Pradeep Kumar Verma (NSS Programme Officer), the Hon'ble VC, Registrar, and Director, NSS volunteers enthusiastically engaged in a campus Cleanliness Drive and launched an impactful Awareness Campaign advocating 'Say No to Plastic'.

Amidst the campus Cleanliness Drive, the NSS volunteers passionately carried out an Awareness Campaign centered on the theme 'Say No to Plastic'. Their message resonated, emphasizing the detrimental impact of plastic on the environment and encouraging the adoption of eco-friendly alternatives. The campaign fervently sought to underscore the importance of reducing plastic usage, promoting a lifestyle devoid of plastic.

Taking their mission beyond the university borders, NSS volunteers extended their efforts to not just Jaysingha village but also to Badkala village. Teaming up with villagers, dedicated faculty members, and staff, the volunteers conducted a thorough Cleanliness Drive. This joint endeavor left an indelible mark on the cleanliness and hygiene of the villages. Simultaneously, an Awareness Campaign on 'Say No to Plastic' echoed through the villages, enlightening residents about the harmful effects of plastic and the imperative need to eradicate it from their daily lives.

The success of these initiatives was a testament to the active involvement and unwavering commitment of students, faculties, staff, and villagers. Their collective enthusiasm breathed life into the NSS Day celebrations, rendering them not just memorable but profoundly impactful.

In collaboration with Pahal Social Club, the NSS Day celebrations at Quantum University exemplified the essence of community service and environmental awareness. The campus Cleanliness Drive and the 'Say No to Plastic' campaign stood as a testament to the NSS volunteers' resolute dedication to crafting a cleaner, greener environment. The harmonious collaboration of all participants underscored the immense power of unity in tackling critical issues and driving positive change.



Say no To Plastic Campaign in Saharanpur

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

The NSS Unit of Quantum University extended its celebration of NSS Day on 26th September 2022. The day was marked by a series of activities aimed at promoting cleanliness and creating awareness about the harmful effects of plastic. A dedicated workforce of 25 NSS volunteers, under the supervision of NSS Program Officer Mr. Pradeep Kumar Verma, actively participated in the campus cleanliness drive and conducted an awareness campaign in Saharanpur, a place located 45 km away from the university campus. The event witnessed active participation from students, faculty members, staff, and villagers.

Say No to Plastic: As part of the NSS Day celebrations, the volunteers conducted an awareness campaign on 'Say No to Plastic' during the cleanliness drive in Saharanpur. They interacted with the local community, educating them about the environmental hazards associated with plastic usage and promoting the adoption of eco-friendly alternatives. Through discussions and distribution of informational materials, the volunteers emphasized the importance of reducing plastic consumption and promoting sustainable practices.

The NSS Day celebration witnessed active participation from students, faculty members, staff, and villagers. The collective efforts of the volunteers, along with the support and involvement of various stakeholders, made the event a success. Their enthusiasm and commitment to the cause of cleanliness and plastic pollution awareness contributed to the positive impact of the initiative.

Under the guidance of NSS Program Officer Mr. Pradeep Kumar Verma, volunteers showcased their dedication to community service and their sense of responsibility towards maintaining a clean environment. The campus cleanliness drive and the extension of the initiative to Saharanpur exemplified the volunteers' commitment to promoting cleanliness beyond the university campus. The awareness campaign on 'Say No to Plastic' aimed to educate the local community and encourage sustainable practices. The active involvement of students, faculty, staff, and villagers further emphasized the collective efforts in creating a cleaner and greener society. The NSS Day celebration served as a reminder of the importance of community service and the impact of individual actions in fostering positive change.



NSS volunteers went to Saharanpur to Push “Say no to Plastic” campaign

Coaching to rural students on Exam Guidance at Badkala village

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

On 16th October 2022, a coaching class was organized by 32 students of PAHAL Social Welfare Club Quantum University to provide guidance and support to rural children from the underprivileged families of Badkala village. These children face various challenges, including lack of educational background and support from their parents, who are typically laborers or engaged in petty jobs. Additionally, the government school teachers in the village have limited educational qualifications, making it difficult for them to effectively assist the students. The coaching class aimed to address these issues and boost the confidence and exam preparation of children from the community.

Objectives:

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

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

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

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

The coaching class organized by Quantum University for rural children from Badkala village was a commendable initiative to provide guidance and support in their exam preparation. The involvement of university students as mentors and the personalized attention given to each student contributed to their

overall growth and confidence. By addressing the educational challenges faced by these children and providing them with expert guidance, the coaching class aimed to create a positive impact on their academic performance and future prospects. The collaboration between the university, community, and parents demonstrated the collective commitment to uplift the educational standards and opportunities for underprivileged children.



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

Drawing Competition at Badkala village

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

On the 14th of November 2022, a heartwarming event unfolded in the quaint village of Badkala, as 23 socially dedicated members of the PAHAL social Welfare club from Quantum University came together to celebrate Children's Day in a unique and meaningful way. The occasion was marked by a soul-stirring drawing competition that aimed to foster self-expression among rural community children.

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

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

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

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



Glimpses from the drawing Competition, children showcasing their art work

Awareness Campaign on Indian Child Welfare at Badkala Village

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

In 1978, the Indian Child Welfare Act (ICWA) was passed in order to "protect the best interests of Indian children and to promote the stability and security of Indian tribes and families." Since then, various awareness camps have been held in order to educate people about the act and its importance. On 20th November 2022 an awareness camp was held at Badkala village by 35 members of The PAHAL Social Welfare club Quantum University. During the camp, participants were informed about the various provisions of the ICWA and how it applies to the tribal community. They were also sensitized about the importance of the act and how it can help in the protection of the rights of tribal children.

Key highlights of the Event

1. India's Child Welfare Act and its implications 2. Why the need for awareness camps 3. Case study of Badkala village

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

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

The final concern is that the Act does not provide for any financial support for the setting up of the CWCs or for their day-to-day operations. This could make it difficult for the committees to function effectively.

Despite these concerns, the ICWA is a significant step forward in the protection of children's rights in India. It is hoped that with time, these issues will be resolved and the Act will be fully implemented across the country.

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





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

Child Rights Day Celebration at Jaisingha Village

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

Child Rights Day, celebrated on November 20th 2022, commemorates the anniversary of the International Convention for Children's Rights, which was adopted on November 20th, 1989. To honor this important day, 31 students of the PAHAL social welfare club of Quantum University initiated an awareness program aimed at educating and raising awareness about children's rights. The program, known as "Child Awareness Program," targeted approximately 45 rural children.

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

Key Activities completed during the time space of the program

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

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

1. **Awareness and Education:** Approximately 45 rural children were educated about their rights through the "Enigma" program. They gained a better understanding of the different rights they possess, including the right to health, education, family life, play and recreation, an adequate standard of living, and protection from abuse and harm.
2. **Empowerment:** The program aimed to empower the children, enabling them to recognize and assert their rights. By educating them about their entitlements, the children were empowered to voice their needs, seek support, and actively participate in decisions that affect their lives.

Through the engaging educational program, the children were educated about the various aspects of children's rights and empowered to assert their entitlements. It is anticipated that this knowledge and

empowerment will contribute to creating a supportive environment that respects and upholds the rights of children, fostering their overall well-being and development.



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

Good Touch & Bad Touch Awareness Camp at Jaisingha village

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

On 26th November 2022, 16 PAHAL volunteers from Quantum University attempted a workshop over a sensitive topic of girl child molestation teaching village girls on how to distinguish between a good and a bad touch with an attendance of more than 35 beneficiaries in Jaysingha Village. This comes in a time when child pornography is on the rise and at a very easy disposal, and today's fact reflects a very alarming data of girl child molestation with no chance of stopping, the accounts of cases are alarmingly increasing. In many instances, the cases are unreported. In the majority of cases, victims or their families are too scared to report the abuse. Moreover, unreported cases encourage the offender to repeat the abuse with the victim or someone else.

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

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

We need to create an opportunity where we can train a girl child on how to perceive the intention of a person by telling the inappropriate touch and taking prompt action right away to stop the abuse there and then. At the start, the group was reserved and apprehensive but as the training programme progressed, parents and children soon realized the magnitude of the problem and they started to actively participate in the workshop and become receptive to the training programme.

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

1. Stressed on creating a bond of trust between the child and both the parents so that they can share everything that happens in their lives without any hindrance or fear.
2. Parents and children were taught about private body parts, and no one should be allowed to touch those parts.
3. Trained them on the concept of maintaining physical boundaries, keeping an appropriate distance while interacting with people and strangers in particular. Taking ownership of their body and allowing no one to try to touch them like patting on their back or so.
4. Sensitized them on safe touch, the way a healthy parent touches the body of the children. In any case, no parent touches the private parts or keeps hands on their body for a longer period of time like deliberately massaging if not in pain or disease in particular.
5. Made them understand the concept of sexual grooming of a child, a technique particularly used by molesters to make their victim comfortable to their touch over a period of time, which

unconsciously prepares the child for the sexual activity, and later finding opportunity, manifesting their sexual intentions.

6. Suggested to ensure that the children wear full undergarments and make sure that they never try to change or remove their clothes whilst playing, someone asks them to remove their clothes or in any other situation where their parents are not present.
7. Emphasized on saying no to an inappropriate touch, screaming to grab attention of passersby, and similarly others, if the molester does not stop after saying no.
8. Suggested to run away from the place to a safer place or to some person that a child can trust and narrate the incident as is and get protection.
9. Parents were advised not to punish their child (in case of molestation) for someone else's fault, as young children are innocent and they perceive the world as innocent as themselves.



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

Awareness about Sanitary Hygiene for rural women at Badkala village

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

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

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

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

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

The PAHAL club of Quantum University held on to the agenda and organized a workshop on 4th December 2022 Badkala Village related to menstrual health with 15 students. In the workshop, hygiene and disposal of sanitary products. The major focus of the workshop was educating young girls and their mothers on Menstruation hygiene management, where below mentioned topics were dealt with knowledge and awareness.

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

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

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

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



In the Picture Menstruation Management workshop for rural girl child

Radiation Awareness Program (Risk in Diagnostic X ray) at Jaisingha village

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

On 9th December 2022, 23 members of the PAHAL Social Welfare Club and Department of Health Sciences Faculty of Radiology ventured into the unexplored territory of disseminating information on risk related to diagnostic X-Ray. It was the first ever distinctive attempt to share information through street play, the target village identified was Jaysingha Village and the Nukkad Natak aimed to spread awareness among local populations living in the Jaysingha.

To have the public known for the street play mouth to mouth advertisement was done a day before the event, this was done by the students who are the members of the PAHAL social club. The street play covered all the intricate details of the risk involved with the exposure of X – Ray Procedures as well as the benefits of radiation in accurate diagnosis of various diseases to provide better treatment of the patients at the initial stage.

Through the Street Play PAHAL volunteers conveyed the message that the exposure to nuclear rays in the diagnostic X rays and nuclear medicine examinations can increase the risk of cancer and if repeated procedures are involved then the magnitude of risk increases further.

The actors in the street play were all radiology students so disseminated knowledge was concrete and was researched. The script allowed the actors to lay the background of the mishaps that happened in the past during the early 90s because the technology was new at that time and even doctors were unaware of the uncertain risk, things have changed since then recent advancements in technology have reduced the radiation risks among the population. More than 34 villagers were also introduced to various radiological modalities such as Fluoroscopy, Ultrasound, CT Scan and MRI through the Nukkad Natak.





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

Career Awareness Program for Children of village Bhallia (UP)

Organizing Unit/Agency/Collaborating Agency: Quantum University

On 19th December 2022, a career counseling program was conducted in the village of Bhallia, Uttar Pradesh. The program aimed to guide students of 10th and 12th grades in choosing the right career path after completing their respective examinations. The session also focused on introducing the students to new courses and providing them with information to make informed decisions about their future. The event saw active participation of 26 students from Quantum University in creating awareness among children.

Objectives:

1. To provide career guidance to students of 10th and 12th grades in the village of Bhallia.
2. To introduce students to new courses and career opportunities available.
3. To address the queries and doubts of students regarding their career choices.
4. To create an interactive and engaging session between the students and the Quantum team.

The career counseling program was organized by Quantum University, with a team of experienced professionals guiding the students. The session began with an introduction to various career options available after completing 10th and 12th grades. The students were provided with insights into different courses and their potential career prospects. The session also focused on understanding the students' interests, strengths, and aspirations to guide them towards suitable career paths.

The event emphasized interactive communication, allowing students to actively participate and ask questions. The Quantum team addressed all the queries raised by the students, providing them with detailed information and clarifications. The session aimed to create a supportive environment where students felt comfortable discussing their career concerns.

Event Outcomes: The career counseling program achieved several positive outcomes:

1. **Increased Awareness:** The students were able to gain awareness about new courses and career opportunities beyond traditional options. They were exposed to a broader range of choices and were better informed about the available paths.
2. **Personalized Guidance:** Through the interactive session, students had the opportunity to ask specific questions and receive personalized guidance based on their individual interests, strengths, and aspirations. This helped them make more informed decisions regarding their career choices.
3. **Doubt Clarification:** The session addressed the doubts and concerns of the students, allowing them to have a clear understanding of various career paths and associated requirements. Students were provided with the necessary information to make confident decisions about their future.
4. **Interactive Communication:** The session facilitated a two-way communication channel, enabling students to actively engage with the Quantum team. This interactive approach enhanced the learning experience and created a supportive environment for the students.

The career counseling program conducted in Bhallia village provided valuable guidance to students of 10th and 12th grades in choosing their career paths. The interactive session allowed students to explore new courses, clarify doubts, and receive personalized guidance. The event successfully achieved its objectives of increasing awareness, addressing student concerns, and fostering interactive communication. By empowering students with knowledge and information, the career counseling program aimed to assist them in making informed decisions about their future endeavors.



In an effort students are guided through the maze of unlimited career opportunities to a path suits them the best

Career Awareness Program for Children of village Bhallia (UP) (Second)

Organizing Unit/Agency/Collaborating Agency: Quantum University

On 20th December 2022, a career counseling session was conducted at a second location in Bhallia, Uttar Pradesh. The session aimed to guide students of 10th and 12th grades in choosing the right career path after their respective examinations. The program focused on providing information about different courses and addressing students' queries to help them make informed decisions about their future. The session was designed to be interactive, allowing for two-way communication between the students and the Quantum team.

Objectives:

1. To provide career guidance to students of 10th and 12th grades in Bhallia.
2. To familiarize students with new courses and career opportunities.
3. To address students' doubts and concerns regarding their career choices.
4. To facilitate an interactive session where students actively participate and engage with the Quantum team.

The career counseling session was organized by Quantum University, with a team of experienced professionals guiding the students. The session commenced with an introduction to various career options available after completing 10th and 12th grades. The students were provided with insights into different courses and their potential career prospects. The session emphasized the importance of aligning their interests, skills, and aspirations with their chosen career paths.

The session encouraged active participation and engagement from the students. They were given the opportunity to ask questions, express their concerns, and seek clarification. The Quantum team answered all the queries raised by the students, providing them with detailed information and suggesting better options based on their individual preferences.

Event Outcomes: The career counseling session yielded the following outcomes:

1. Increased Awareness: The students became more aware of new courses and career opportunities beyond conventional choices. They were introduced to a wider range of options, enabling them to make informed decisions about their future paths.
2. Doubt Clarification: The session addressed the doubts and concerns of the students, providing them with clear insights into various career paths and their requirements. Students gained a better understanding of their options and were able to make more confident decisions regarding their careers.
3. Interactive Communication: The session fostered a two-way communication channel, allowing students to actively engage with the Quantum team. This interactive approach facilitated a meaningful and productive exchange of information, enhancing the students' learning experience.

The career counseling session conducted at the second location in Bhallia successfully provided guidance to 114 students of 10th and 12th grades in selecting their career paths. The interactive nature of the

session allowed students to explore new courses, seek clarifications, and receive personalized guidance. The session effectively achieved its objectives of increasing awareness, addressing student concerns, and fostering interactive communication. By empowering students with knowledge and information, the career counseling session aimed to assist them in making well-informed decisions about their future endeavors.



With expert guidance students are walking through the ample of opportunities that lay ahead them in future

Quiz competition Among Rural Children at Badkala village

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

PAHAL Social Welfare Club members of Quantum University, Roorkee actively participated in **“Quiz Competition for village children ”** organized by PAHAL Team, Quantum University at Badkala village and Jaysingha village on 20th November, 2022. The purpose of the event is to serve the society by teaching the children about the current affairs and general knowledge of both villages for their overall development. It was a collective activity that took place in the village community center. The theme for this competition was Science and History for class 5 students with more than 35 students participating. The team of 11 PAHAL members prepared a questionnaire according to their age and questions like what is the other name for Mahatma Gandhi, Which planet is called the red planet, name of famous scientist who discovered gravity, name of the birth place of Swami Vivekananda, name of the birth place of Rabindranath Tagore etc. were put forth as quiz questions.

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

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

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



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

Career Awareness Program for Children of village at Jagadhri

Organizing Unit/Agency/Collaborating Agency: Quantum University

On 27th December 2022, a career counseling program was organized with the aim to guide students of 10th and 12th grades in choosing the right course after their respective examinations. The program focused on providing valuable information about different courses and helping 39 students make informed decisions regarding their career paths. The session emphasized interactive communication, allowing students to actively participate and engage in discussions with the Quantum team.

The career counseling program was organized by 27 students of Quantum University, with the purpose of assisting students in making informed decisions about their career paths. The session commenced with an introduction to various courses available after completing 10th and 12th grades. The Quantum team provided detailed information about the courses, highlighting their potential career prospects and opportunities.

The program encouraged active participation from the students, allowing them to ask questions and seek clarification on their doubts and concerns. The Quantum team patiently answered all the queries raised by the students, providing them with valuable insights and suggesting better options based on their interests and aspirations. The session also emphasized the importance of aligning their skills and passions with their chosen career paths.

Event Outcomes:

1. **Increased Awareness:** The students became aware of new courses and career options beyond traditional choices. They were introduced to a variety of fields and were able to explore the possibilities available to them.
2. **Doubt Clarification:** The session addressed the students' doubts and concerns regarding their career choices. The interactive nature of the session allowed students to seek clarification, helping them gain a better understanding of their options and make more informed decisions.
3. **Interactive Communication:** The session fostered two-way communication between the students and the Quantum team. Students actively engaged in discussions, asked questions, and received personalized guidance. This interactive approach enhanced the learning experience and ensured that students felt heard and supported.

The career counseling program organized on 27th December 2022 successfully provided guidance to 39 students of 10th and 12th grades in selecting the right courses after their examinations. The interactive and informative session allowed students to explore new courses, ask questions, and receive personalized advice. The program achieved its objectives of increasing students' awareness, clarifying their doubts, and fostering interactive communication. By empowering students with knowledge and guidance, the career counseling program aimed to assist them in making well-informed decisions about their future careers.



Images from the career guidance program held at a school in Jagadhri

Farmers Home Visit Concerning Live Stock Management at Mandawar

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

On 3rd March 2023, a Farmer's home visit was organized in Mandawar village to educate and assist 11 farmers' families in understanding animal husbandry science and managing their livestock for optimal profitability. Dr. Aditya Lamba, Head of the Agriculture Science Department at Quantum University, played a key role in training the B.Sc. Agri. 19 2nd-year students who also happen to be members of the PAHAL social welfare club of the university, he trained them on various aspects of livestock management who in-turn trained the villagers. These students then visited villages, including Mandawar, to conduct interactive sessions with the local farmers.

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

The following topics were discussed during the home visits:

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

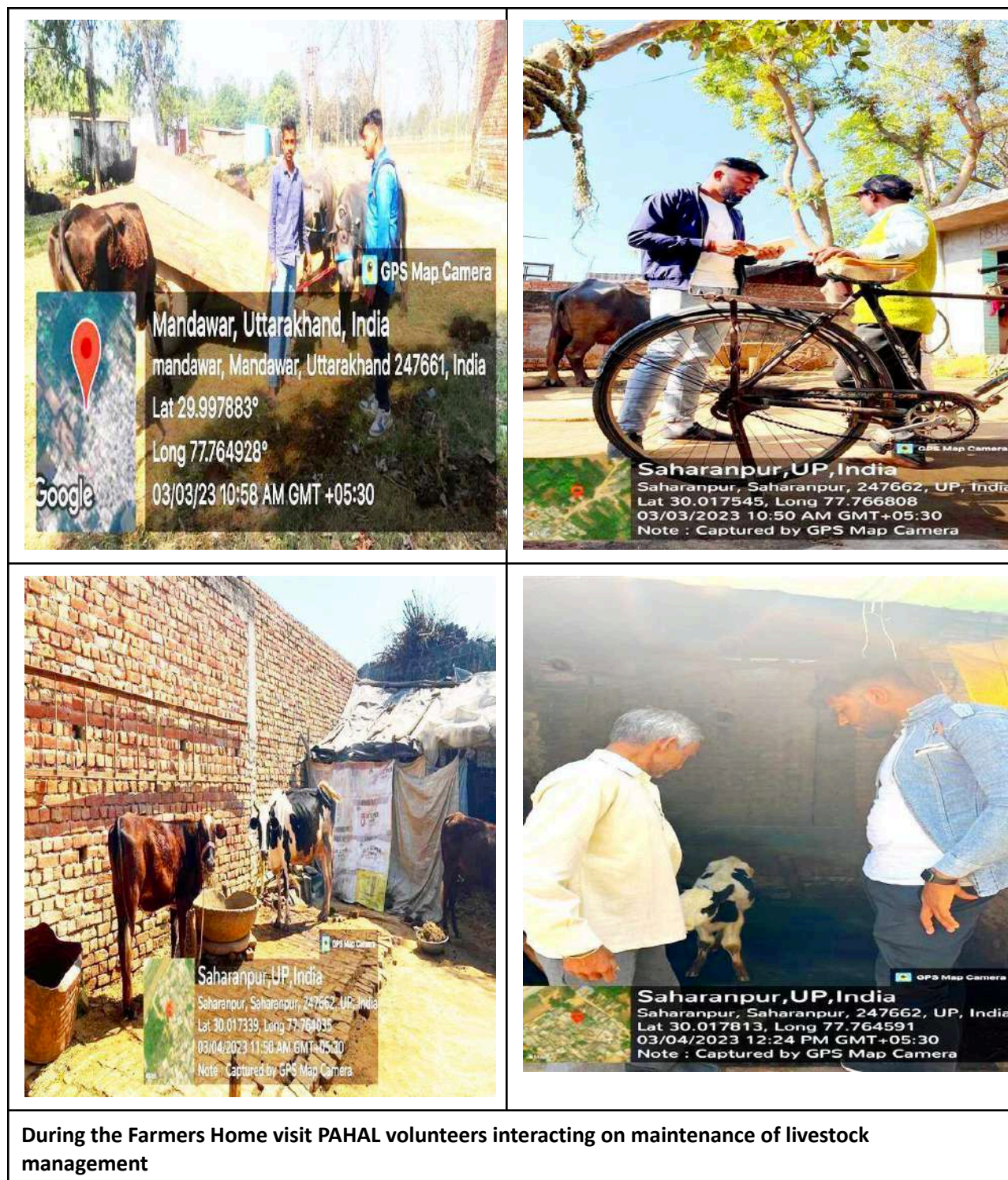
b) Role of Animals in Agriculture: The importance of animals in labor-intensive agricultural work was emphasized. Farmers were educated about how draught animals can assist in plowing fields and other farming activities, enhancing productivity and reducing manual labor.

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

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

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

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



Awareness Program on Food Hygiene at Badkala Village

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

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

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

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

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

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



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

Awareness about Immunization at Hasanpur Village

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

On 16th March 2023, 23 members of PAHAL Social Welfare club of Quantum University and Faculty of Health Science organized a camp in collaboration to raise awareness on immunization and its benefits in Hasanpur village with. The goal of the sensitization workshop was to educate the villagers about the importance of immunization and its potential to save millions of lives. In this report, we will discuss the significance of immunization, its role in preventing infectious diseases, and the necessity of conducting such sensitization workshops.

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

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

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

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

Immunization has had a significant impact on public health globally. By reducing the incidence of infectious diseases, vaccines have saved millions of lives. Vaccination campaigns, like the one organized in Hasanpur village, contribute to the larger goal of eradicating diseases such as polio and measles. Immunization not only benefits individuals by protecting them from specific diseases but also creates herd immunity. When a significant portion of the population is vaccinated, it reduces the spread of infections, making it challenging for the diseases to establish themselves within a community. This indirectly protects vulnerable individuals who cannot receive vaccines due to age or medical conditions.

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



Images from immunization workshop with community participants



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

Career Counseling for Village Students of Bilaspur, Haryana

Organizing Unit/Agency/Collaborating Agency: Quantum University

On 18th March 2023, 18 students of the Department of Computer Science and Engineering organized a career counseling session for village students in Bilaspur, Haryana. The primary objective of the session was to provide guidance and information about various career opportunities available to students who were about to complete their 12th grade and pursue higher education in universities and colleges.

The career counseling session was attended by approximately 33 students from the village. The session began with a presentation that highlighted the diverse range of career avenues open to students based on their interests and career choices. The focus was not only on traditional courses but also on new and emerging courses that have gained prominence in recent times.

During the session, the organizers discussed a wide array of topics with the students. Some of the key areas covered were:

The students were made aware of the new courses that have recently emerged in various fields. This information allowed them to explore unconventional career paths and make informed decisions about their future.

The presentation highlighted the different career opportunities available in various industries, emphasizing the demand for skilled professionals in the current job market. It aimed to broaden the students' horizons and encourage them to consider diverse career paths.

The students were encouraged to actively participate in the session by asking questions and seeking clarification on any doubts they had regarding their career choices. The organizers ensured that the session was interactive, facilitating a two-way communication flow.

The career counseling session yielded several positive outcomes for the participating students. These outcomes included:

The students gained valuable insights into new courses that they may not have been previously aware of. This knowledge expanded their understanding of available educational pathways and broadened their options for higher education.

The students had the opportunity to ask questions and have their doubts regarding their careers addressed. This personalized guidance allowed them to make more informed decisions and alleviate any concerns they may have had.

The session fostered a knowledgeable and interactive environment. The students actively engaged with the organizers, resulting in a fruitful exchange of information, ideas, and experiences.

The career counseling session organized by the Department of Computer Science and Engineering proved to be a valuable initiative for the village students of Bilaspur, Haryana. Through the presentation

and interactive discussions, the students were exposed to new courses and received guidance on potential career paths. The session enabled them to make informed decisions regarding their future academic pursuits and instilled confidence in their career choices. Such initiatives play a crucial role in empowering students and facilitating their transition from school to higher education and beyond.



The image shows how our expert guide is empowering children on the career avenues open in today's contemporary education world

Soil Testing Camp at Jaisingha Village

On 21st March 2023, 32 students of the PAHAL social welfare club and Department of Agricultural Studies organized a Soil Testing and Awareness Camp at Jaysingha, Roorkee, Uttarakhand. The primary objective of the camp was to educate and raise awareness among the farmers of the village about the significance of soil health for sustainable development. The event aimed to empower farmers with knowledge and skills related to soil testing and its impact on agricultural productivity. This report provides an overview of the camp and its outcomes.

The Soil Testing and Awareness Camp were attended by approximately 25 farmers from the village. The camp began with a demonstration of the correct method of soil sampling by the students. The farmers were shown how to collect soil samples from their fields to obtain accurate results. Subsequently, two samples were selected for analysis using a Soil Testing Kit. Parameters such as pH, organic carbon, and ammoniacal nitrogen were measured.

Expert Presentations: During the camp, Dr. A.S. Bisht, Assistant Professor at Quantum University, Roorkee, and Dr. A. Varma, provided valuable insights on the importance of soil testing and soil reclamation for sustainable development and higher productivity. The experts emphasized the significance of maintaining healthy soil conditions to maximize crop yields and reduce environmental degradation. Their presentations shed light on the various techniques and strategies that can be implemented to enhance soil health and optimize agricultural practices.

Students from Quantum University actively participated in the camp by performing soil tests in front of the farmers. They showcased the process of analyzing the collected soil samples using the Soil Testing Kit. This hands-on demonstration allowed the farmers to observe and understand the testing procedure. Additionally, the students answered queries and addressed concerns raised by the farmers, ensuring that their doubts were resolved and knowledge gaps were filled.

The Soil Testing and Awareness Camp resulted in several positive outcomes for the participating farmers. These outcomes included:

The farmers gained a deeper understanding of the importance of soil health and its impact on agricultural productivity. They became aware of the significance of regular soil testing and its role in sustainable development.

The farmers acquired knowledge about the correct method of soil sampling and the essential parameters to be tested. This skill development empowers them to monitor and improve the health of their soil effectively.

The presentations delivered by Dr. A.S. Bisht and Dr. A. Varma provided expert guidance on soil testing and soil reclamation techniques. The farmers received valuable insights and practical advice to implement in their agricultural practices.

The interactive session facilitated open communication between the farmers and the students, enabling a two-way exchange of information. The farmers' queries were addressed, ensuring that they gained clarity on soil testing and related topics.

The Soil Testing and Awareness Camp organized by the Department of Agricultural Studies proved to be a valuable initiative for the farmers of Mandawar, Roorkee, Uttarakhand. The event successfully raised awareness about the significance of soil health for sustainable development and enhanced agricultural productivity. The demonstrations, expert presentations, and interactive discussions provided the farmers with the necessary knowledge and skills to assess their soil health effectively. Such camps play a crucial role in promoting sustainable agricultural practices and empowering farmers with the tools needed to optimize their crop production and contribute to overall environmental conservation.



Water Conservation Awareness Camp at Badkala Village

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

On March 22, 2023, 26 members of PAHAL social welfare club Quantum University organized a well-planned water conservation and awareness camp in the heart of Badkala village. The event aimed to address the importance of sustainable water management and raise awareness about the limited availability of drinking and safe water. With the theme "Water is Life," the camp emphasized the need to mindfully use water and to ensure its availability for a longer period of time. The event saw active participation from more than 21 villagers, students, faculty members, staff, and PAHAL members.

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

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

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

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

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

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

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

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

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

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

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

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

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





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

Consumer Awareness Campaign at Sakoti, Narsan

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

On March 23, 2023, a one-day extension activity titled "Consumer Awareness Campaign" was organized by 40 students of The PAHAL Social Welfare Club and Department of Business and Law, Narsan-Uttarakhand. The campaign aimed to educate the rural population about consumer rights, duties, and the grievance redressal processes. Faculty members and students actively participated in the event, providing valuable information and assistance to the local community.

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

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

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

Key Highlights of the program.

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

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

The Consumer Awareness Campaign conducted in Sakoti village, Narsan-Uttarakhand, was successful in raising awareness among the rural population regarding consumer rights, duties, and grievance redressal processes. The informative sessions delivered by faculty members and students, along with the visual aids utilized, ensured that the attendees gained a clear understanding of their rights as consumers. The

engagement with local authorities aimed to establish a sustained support system for resolving consumer-related issues in the village. The campaign's positive impact is expected to empower the rural community in making informed consumer choices and seeking prompt redressal when needed.





Pictures taken during the “Consumer Awareness Campaign” where PAHAL social club and Quantum Department of Business and Law played a vital role

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

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

On March 24, 2023, a one-day extension activity was organized by 19 members of The PAHAL social welfare club of Quantum University in Sakoti village, Narsan-Uttarakhand. The campaign focused on promoting health and hygiene awareness among rural women in Sakoti. Faculty members and students from Quantum actively participated in the event, aiming to educate and empower women from the village.

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

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

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

Outcome: The extension activity yielded the following outcomes:

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

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

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







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

Awareness Program on Tuberculosis at Fatehpur

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

On March 24, 2023, 23 members of the PAHAL Social Welfare club and Department of Para Medical Science Club organized an awareness program on Tuberculosis (TB) in Fatehpur villages. The event aimed to educate villagers about the root causes of TB, prevention methods, and available treatment options. With the theme "Yes We Can End TB," students from the Paramedical Sciences department and members of the Pahal Club actively participated in celebrating World Tuberculosis Day by raising awareness about this infectious disease.

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

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

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

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

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

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

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

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

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

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

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

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

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





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

Rural Awareness Program on Financial Inclusion at Bhrampur village

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

In an effort to promote financial inclusion and generate awareness among the villagers, 10 students from B. Com second-year and 7 members of the PAHAL Social Welfare Club organized a unique intervention in Bhrampur village in the Roorkee region on 25th March 2023, the only inclusion criteria for the session was the participant should be 18+ years, more than 35 adults used the opportunity to learn about Financial inclusion. The intervention aimed to test the knowledge of commerce students while providing valuable insights to the villagers on the theme of financial inclusion. This report outlines the objectives, activities, and outcomes of the program.

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

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

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

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

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

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

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

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

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

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

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





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

Coaching Classes for Rural Children from Badkala

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

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

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

Activities

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

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

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

Key Takeaways From the intervention:

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

b. Global Knowledge and Positive Attitude: The coaching class aimed to develop global knowledge, essential skills, and a positive attitude toward life among the rural children. By broadening their horizons

and instilling a thirst for knowledge, the intervention sought to inspire the children to navigate their future career paths wisely.

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

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





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

Crop Insurance and Microfinance Awareness Program at Takavhari village

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

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

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

Activities Performed as a part of the intervention

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

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

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

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



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

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

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

On April 5th, 2023, 58 PAHAL members of Quantum University actively participated in the Annual Fest "ANKURAN" organized by the PAHAL Team at Shyamji Auditorium. The event aimed to celebrate the achievements of rural children from Badkalan and Jaisingh villages. The Chief Guest, Shikha Mam, along with Vice-Chancellor Dr. Vivek Kumar and other dignitaries, graced the occasion. A total of 35 village children, accompanied by their parents, attended the event.

Event Highlights

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

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

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

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

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

The ANKURAN Annual Fest organized by PAHAL members of Quantum University served as a platform to celebrate the achievements of rural children from Badkalan and Jaysingha villages. The event provided an opportunity for students to showcase their talents and receive recognition for their efforts in academics and extracurricular activities. The presence of esteemed guests, including the Chief Guest and Vice-Chancellor, added prestige to the occasion. Through cultural performances and inspirational speeches, the event aimed to inspire and empower the rural children, instilling in them a sense of pride

and motivation. The program concluded with a vote of thanks extended by the Faculty Coordinator of PAHAL, expressing gratitude to all participants for their valuable contributions.





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

Survey and Health Awareness Campaign Among Nearby Villages of Quantum University

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

PAHAL social welfare club of Quantum University conducted a survey and carried out a health awareness campaign that gained a significant importance in urban, suburban, and rural areas, including Haridwar, Chhutmalpur, Saharanpur, and the University campus. These programs aim to promote healthy living habits and prevent diseases by educating individuals about healthy lifestyles and equipping them with the necessary resources to make informed decisions regarding their health. PAHAL team of 51 students from the Health Sciences department actively conducted surveys and distributed informative pamphlets related to diseases, their management, and possible treatments.

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

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

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

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

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

1. **Survey Competencies:** The PAHAL students gained practical experience in conducting surveys, enhancing their skills in data collection, analysis, and interpretation. These competencies are vital for their future roles as healthcare professionals.

2. **Understanding of Health Challenges:** Through engagement with diverse communities, the students developed a deeper understanding of the challenges and different types of diseases prevalent in various areas. This exposure fueled their interest in the field of health sciences and expanded their knowledge base.

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





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

Legal Awareness Camp at Hasanpur Madanpur

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

On April 6th, 2023, 27 members of the PAHAL Social Welfare Club and Department of Law at Quantum University, Roorkee, organized a Legal Awareness Programme with the aim of educating the rural population about their rights and duties. The camp was held at Hasanpur Madanpur village, where 33 members of the community participated. The primary objective was to promote equality, justice, and empower the rural population through legal knowledge.

Key Focus Areas Addressed in the intervention program

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

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

Empowering Rural Communities

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

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



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

Tree Plantation at Jaisingha village

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

On April 26th, 2020, 56 members of The PAHAL social welfare club and the Department of Agriculture Science at Quantum University organized a Tree Plantation Drive in the presence of 25 villagers. The primary goal of this drive was to plant 500 saplings of BAANs (Bamboos) trees, focusing on carbon credits footprint plantation. The students actively participated in this initiative, contributing to reducing greenhouse gas emissions and creating a healthier environment.

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

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

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

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

The active participation of students and villagers exemplified the shared responsibility we hold towards environmental conservation. By planting 500 saplings, the drive aimed to reduce greenhouse gas emissions and contribute to the restoration of our natural habitats. Quantum University remains committed to such philanthropic projects that prioritize the healing of nature through reforestation and the preservation of our precious plant life.





Picture from plantation drive in Jaysingha, a PAHAL club initiative and Quantum University Senior Faculty members

Awareness Campaign Concerning Importance of Voting at Fatehpur village

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

On May 4th, 2023, 25 members of the NSS Unit of Quantum University, Roorkee, conducted an Awareness Campaign at Chhutmalpur to educate the villagers on the importance of voting. The campaign aimed to encourage the villagers to enroll themselves in the Electoral rolls and actively participate in the democratic process by exercising their right to vote during elections.

The campaign successfully reached out to villagers of Fatehpur, enlightening them about the merits of utilizing their right to vote. The significance of voting was emphasized, highlighting its role as an integral part of democracy and the necessity for individuals to have a voice in shaping their nation. Every Indian citizen possesses the right to vote, allowing them to select the Prime Minister of their choice. By casting their vote, individuals can initiate change and make a difference in their community. It is essential to recognize that the power to repeal a law lies in the hands of the majority who agree or disagree with it.

Voting is a means to actively engage with the government and play a vital role in decision-making. By casting a vote, individuals become more civically engaged, ensuring that their voice is heard and representing the views of those who may not have a platform to express themselves. Voting is an effective way to bring about change and contribute to the betterment of society. It empowers citizens to shape the future and secure enhanced rights and protection for the country.

Voting is not only a right but also a civic duty with far-reaching implications for the nation. It ensures that politicians are held accountable for their actions and decisions, providing a framework for a robust democracy. Through voting, citizens exercise their authority in determining how public officials are paid and how tax money is spent. This accountability guarantees that public funds are allocated responsibly and transparently, with citizens having the power to influence the government's budget and expenditure. By voting, individuals contribute to a system that upholds transparency and prevents misuse of public money.

The Awareness Campaign conducted by the NSS unit of Quantum University effectively conveyed the importance of voting to the villagers of Chhutmalpur. By highlighting the significance of voting as a fundamental pillar of democracy, the campaign aimed to empower the villagers to participate actively in the democratic process. Voting enables individuals to make a difference, ensure accountability, and shape the future of the country. The campaign served as a reminder that voting is not merely a right but a crucial civic duty that can significantly impact the nation's progress and well-being.



The campaign served as a reminder that voting is not merely a right but a crucial civic responsibility

Awareness Campaign Concerning Importance of Voting at Chhutmalpur

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

On May 4th, 2023, 23 members of the NSS unit of Quantum University, Roorkee, conducted a dynamic Awareness Campaign in Chhutmalpur, highlighting the importance of voting. The campaign aimed to inspire the villagers to actively participate in the democratic process by enrolling in the Electoral rolls and exercising their right to vote during elections.

With an enthusiastic response from the villagers of Chhutmalpur, the campaign successfully shed light on the merits of utilizing the right to vote. Emphasizing the integral role of voting in democracy, the campaign underscored the necessity for individuals to have a voice in shaping their nation. Every Indian citizen possesses the power to select the Prime Minister of their choice, and by casting their vote, they have the potential to initiate change and make a positive impact on their community. It is crucial to recognize that the majority's agreement or disagreement holds the power to repeal or enact laws.

Voting serves as a powerful means to engage with the government and actively participate in decision-making processes. By casting their vote, individuals become more civically engaged, ensuring that their voices are heard and representing the views of those who may lack a platform for self-expression. Voting is an effective tool for driving social change and contributing to the betterment of society. It empowers citizens to shape the future and secure enhanced rights and protections for the country.

Beyond being a right, voting is a civic duty with profound implications for the nation. It ensures that politicians are held accountable for their actions and decisions, establishing a robust framework for democracy. Through voting, citizens exercise their authority in determining how public officials are remunerated and how tax money is allocated. This system of accountability guarantees responsible and transparent allocation of public funds, allowing citizens to influence the government's budget and expenditure. Voting enables individuals to contribute to a system that upholds transparency and prevents the misuse of public money.

The Awareness Campaign conducted by the NSS club of Quantum University effectively conveyed the importance of voting to the villagers of Chhutmalpur. By highlighting voting as a fundamental pillar of democracy, the campaign aimed to empower the villagers to actively participate in the democratic process. Voting enables individuals to make a meaningful difference, ensures accountability, and shapes the future of the country. The campaign served as a powerful reminder that voting is not merely a right but a crucial civic duty with significant implications for national progress and well-being.



Pictures on awareness campaign on voting in the Chhutmalpur region by NSS unit of Quantum University

Red Cross Day Celebration at Chauli Village

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

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

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

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

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

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

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

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

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





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

Mental Health Awareness through Nukkad Natak at CHC Fatehpur

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

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

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

The Nukkad Natak consisted of three scenes, each focusing on different aspects of mental health and well-being. The team head, Ms. Taniska Jain, guided the performances along with 17 team members, and ensured a smooth flow of the play.

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

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

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

Through the Nukkad Natak, an estimated 35 villagers from rural backgrounds in Fatehpur were sensitized about mental health issues. The performances effectively engaged the audience and conveyed the

essential messages related to mental well-being. The interactive nature of the Nukkad Natak allowed for a deeper impact on the viewers, ensuring better understanding and retention of the information presented.

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

The Nukkad Natak on Mental Health Awareness organized by the Department of Humanities and Social Sciences (HSS) at Quantum University and PAHAL social club was a successful endeavor. The event effectively highlighted the importance of mental health and aimed to reduce the stigma surrounding mental illness. Through engaging performances, the Nukkad Natak sensitized the rural community members and provided them with information about available mental health services and helpline numbers. The support of Dr. Mukesh Kumar and the presence of esteemed guests added to the significance of the event. This initiative demonstrates the commitment of Quantum University and the HSS Department to contribute to the well-being of the community and promote mental health awareness.





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

Organ Donation Awareness Drive at Badkala village

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

PAHAL Social Welfare club under the leadership of Ms. Dishka Chandel from the Department of Paramedical Science, Quantum University initiated an effort to sensitize villagers about organ donation. On 19th May 2023, 21 students of the Department of Paramedical Science organized an Organ Donation Awareness workshop. Throughout the event, the focus of their efforts was to touch the hearts and minds of the community and inspire them to commit to organ donation in the foreseeable future.

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

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

Key Takeaways from the Nukkad Natak

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

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

Event Outcomes:

The Organ Donation Awareness workshop yielded several positive outcomes:

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

The Organ Donation Awareness workshop organized by the PAHAL Social Welfare Club and support from the Department of Paramedical Science at Quantum University, under the leadership of Ms. Dishka

Chandel, was a significant step towards raising awareness about organ donation in the community. The Nukkad Natak performance proved to be an impactful medium for dispelling myths and inspiring the villagers to consider organ donation.

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

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

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



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

Blood Donation Camp for Nearby Villagers

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

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

The Blood Donation Camp was organized at Quantum University, and its success can be attributed to the leadership of Ms. Diksha Chandel. The event witnessed active participation from 63 university students, staff, faculties, and villagers residing in the vicinity. To ensure maximum participation, the Pahal social welfare club students informed the villagers about the blood donation camp a day prior to the event.

The villagers responded enthusiastically to the blood donation camp, actively participating in the donation process. A total of 78 units of blood were collected during the camp. After donating blood, the participants were provided with refreshments, ensuring their well-being and recovery post-donation. The Blood Donation Camp at Quantum University, organized under the guidance of Ms. Diksha Chandel, proved to be a successful philanthropic endeavor. The active participation of university students, staff, faculties, and nearby villagers highlights the community's commitment to the noble cause of blood donation. The collection of 78 units of blood during the camp demonstrates the impact and effectiveness of such initiatives in meeting the critical blood supply needs.

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





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

Awareness Campaign on World No Tobacco Day at Quantum University

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

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

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

The members of the PAHAL Club actively engaged in the awareness campaign, emphasizing the harmful effects of tobacco consumption. Through the street show, they creatively portrayed the risks and dangers associated with tobacco use, aiming to educate and inform the audience about the detrimental impact on overall health and well-being. Honorable VC Sir, Registrar Sir, and Director Sir delivered speeches on the occasion, addressing a gathering of approximately 75 students.

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

The celebration of World No Tobacco Day at Quantum University, organized by 41 members of The PAHAL Social Welfare Club, successfully raised awareness about the harmful effects of tobacco consumption. Through the street show and speeches delivered by esteemed dignitaries, the campaign effectively conveyed the risks and dangers associated with tobacco use. The active participation of students, faculty, and staff members further underscored the commitment to promoting a tobacco-free lifestyle and creating a healthy campus environment. The event served as a reminder to everyone about the importance of choosing a life free from tobacco and its detrimental effects on individual and community well-being.



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

