

Rural Entrepreneurship Development Cell Proforma
Ministry of Education
Government of India

Date:- 30-09-2022

1	Name of the Institution	Government Degree College Nainbagh
2	Address of the Institution	N.G.Road Nainbagh, Post office- Segunisera Dist- Tehri Garhwal Uttarakhand Pin Code-249186
3	Affiliated to	Sri Dev Suman Uttarakhand University Badshahithaul Tehri Garhwal
4	Name of the Principal	Prof. Sumita Srivastava
5	Principal Phone Number	8077919619
6	Email Id	Principalgdcnainbagh2001@gmail.com

S. No.	Role in Cell	Name	Designation/ Assigned Faculty	Mobile No.	E-mail ID
1	Chairman	Dr. Sumita Srivastava	Principal	8077919619	Sumita_uki1@rediffmail.com
2	Internship and Apprenticeship with Rural Enterprises (Training and Placement Wing)	Dr. Dinesh Chandra	Asst. Prof. Department of History	9639397085	dineshchandra.dc11@gmail.com
3	Initiating Rural Entrepreneurship (Entrepreneurship wing)	Dr. Madhu Bala Juwantha	Asst. Prof. Department of Political Science	7895506080	madhujuwantha77@gmail.com
4	Networking with Rural Manufacturers (Rural Engagement wing)	Dr. Brish Kumar	Asst. Prof. Department of Geography	9411511139	kumarbrish2013@gmail.com
5	Developing Rural Technological Interventions (Technology wing)	Dr. Parmanand Chauhan	Asst. Prof. Department of Economics	9897935084	parmanandchauhan073@gmail.com
6	Grooming students to be Rural Entrepreneurs (Personality Development wing)	Mr. Sandeep Kumar Mr. Chatar Singh	Asst. Prof. Department of Sociology & English	9457138649 9012659368	sandeepkumarraj4@gmail.com chatarsinghsahiya@gmail.com

(Signature)

*Sumita
30.09.2022*

(Prof. Sumita Srivastava)

Principal

Government Degree College

Nainbagh (T.G.)

राजकीय महाविद्यालय

बैबाग (ठिरी गढ़वाल)

RECOGNISED SES REC (SOCIAL ENTREPRENEURSHIP, SWACHHTA & RURAL ENGAGEMENT CELL) ACTION PLAN INSTITUTION
Ministry of Education, Government of India

1.	Name of Institution	Government Degree College Nainbagh
2.	Address of the Institution	N.G.Road Nainbagh, Post office- Segunisera Dist- Tehri Garhwal Uttarakhand Pin Code-249186
3.	University Affiliated to	Sri Dev Suman Uttarakhand University, Badshahithaul (T.G.)
4.	District & State	Tehri Garhwal Uttarakhand
5.	Name of Principal/HoI (Convenor of SES REC)	Prof. Sumita Srivastava
6.	Contact Number (WhatsApp Number)	8077919619
7.	E Mail ID	Principalgdcnainbagh2001@gmail.com

Proposed Activities

#	AREA	IDEAS/SUGGESTED ACTIVITIES FOR THE TEAM; PLEASE MODIFY AS PER LOCAL NEED	COMMITTEE HEAD (FACULTY) NAME, CONTACT NUMBER, EMAIL
1.	SANITATION AND HYGIENE (CAMPUS)	<ul style="list-style-type: none"> ● Post COVID19 Sanitation Measures and Drill ● Clean and functional toilets (365x24) ● Safe drinking water (365 x24) ● Clean surroundings ● Clean buildings/rooms ● Campus Landscaping ● Zero Littering 	Mr. Sandeep Kumar Asst. Prof. Sociology sandeepkumarraj4@gmail.com 9457138649 , Mr. Chattar Singh Asst. Prof. English chatarsinghsahiya@gmail.com 9012659368, Mr. Vinod Kumar Asst. Liberian vinodchauhan2216@gmail.com 818090267. Mr. Mohan Lal Sweeper mohanlaltator@gmail.com 7351535655 03 boys and 03 girls student of Sociology and English
2.	SANITATION & HYGIENE (COMMUNITY/ ADOPTED VILLAGES – To Promote Rural Social Entrepreneurship and Community Engagement)	<ul style="list-style-type: none"> ● Organize awareness programmes for better sanitation practices like using the toilet, hand washing, health and hygiene awareness and garbage disposal ● Work with SHGs for mask making and other similar activities ● Perform NukkadNataksor street plays around Swachhta and Covid 19 ● Conduct surveys and door-to-door meetings to drive behavioral change with respect to sanitation behaviour ● Participate in Monitoring committees is to stop open defecation in villages ● Prepare Information Education Communication Material(IEC) or wall paintings to promote Swachhta Activities 	Mr. Sandeep Kumar Asst. Prof. Sociology sandeepkumarraj4@gmail.com 9457138649 , Mr. Chattar Singh Asst. Prof. English chatarsinghsahiya@gmail.com 9012659368, Mr. Vinod Kumar Asst. Liberian vinodchauhan2216@gmail.com 818090267. Mr. Mohan Lal Sweeper mohanlaltator@gmail.com 03 boys and 03 girls student of Sociology and English Village Tator Pradhan- Mr. Sanjay Singh Rawat, Block Development Candidate (B.D.C Member) Smt. Anjali Kaintura, Member of Mahilamangaldal Sanitation

#	AREA	IDEAS/SUGGESTED ACTIVITIES FOR THE TEAM; PLEASE MODIFY AS PER LOCAL NEED	COMMITTEE HEAD (FACULTY) NAME, CONTACT NUMBER, EMAIL
		<ul style="list-style-type: none"> • Set up RO plants in villages for safe and clean drinking water • Setting up telemedicine and mobile health care centres • Support Asha workers with innovative tools to ease their work • Partner with local NGOs and CSR organizations in this field 	water Tank in village tator Adopted Village – Tator
3.	WASTE MANAGEMENT (CAMPUS)	<ul style="list-style-type: none"> • Campus/Dept wise wasteaudit • Campus/Deptwaste segregation • Reduction in waste, month-on-month • Recycling waste (paper, organic waste form canteens and kitchens) • Set up compost pit for recycling waste • Ban plastic use in the campus • Banflexi banners (Only cloth banners to be used) • Paperless work – use of email, WhatsApp for communication 	Dr. Dinesh Chandra Asst. Prof. History dineshchandra.dc11@gmail.com 9639397085 Mr. Sushil Chandra , office Clerk sushilkukreti84@gmail.com 9690947464 Roshan Singh Rawat Peon Roshanrawat7100@gmail.com 9411572429 Mohan Lal Sweeper mohanlaltator@gmail.com 03 boys and 03 girls student of History and Hindi
4.	WASTE MANAGEMENT (COMMUNITY/ ADOPTED VILLAGES - To Promote Rural Social Entrepreneurship and Community Engagement)	<ul style="list-style-type: none"> • Village households' & public offices' waste audit • Village households' & public offices' waste segregation • Village households' & public offices' waste recycling mechanisms to be set up • Recycling Farm waste • Setting up community compost pits in villages • Awareness camps for Clean and Green Village (Zero Littering – IEC Material) including banning single-use plastic • Installing bio-gas plants • Innovative Technology based solutions for rural waste recycling (eg cow dung cake making machine, converting solid waste into bricks, etc) • Partner with local NGOs and CSR organizations in this field 	Dr. Brish Kumar Asst. Prof. Geography kumarbrish2013@gmail.com , 9411511139, Dinesh singh , panwardinesh373@gmail.com 9411396868 Anil singh Negi, negianilnegi1976@gmail.com , 7060465708 Roshanrawat7100@gmail.com 9411572429 03 boys and 03 girls student of History and Hindi Village Tator Pradhan- Mr. Sanjay Singh Rawat, Block Development Candidate (B.D.C Member) Smt. Anjali Kaintura asha karyakatri and vyapar mandal nainbagh. Adopted is nainbagh Market
5.	WATER MANAGEMENT (CAMPUS)	<ul style="list-style-type: none"> • Audit of water sources in the campus • Audit of monthly water use in the campus • Audit of drinking water on campus (bottled water) • Constructing/Increasing no. of Rain Water Harvesting pits in the campus • Fixing leaky taps • Recycling water (grey, brown and black) 	Dr. Brish Kumar Asst. Prof. Geography kumarbrish2013@gmail.com , 9411511139, Dinesh singh , panwardinesh373@gmail.com 9411396868 Anil singh Negi, negianilnegi1976@gmail.com , 7060465708

#	AREA	IDEAS/SUGGESTED ACTIVITIES FOR THE TEAM; PLEASE MODIFY AS PER LOCAL NEED	COMMITTEE HEAD (FACULTY) NAME, CONTACT NUMBER, EMAIL
		• Activities for recharging dry borewells	Roshanrawat7100@gmai.com 9411572429 03 boys and 03 girls student of Geography
6.	WATER MANAGEMENT (COMMUNITY/ ADOPTED VILLAGES - To Promote Rural Social Entrepreneurs hip and Community Engagement)	<ul style="list-style-type: none"> • Audit of water sources in the village • Audit of drinking water in the village • Setting up soak pits • Constructing/Increasing no. of Rain Water Harvesting pits in the villages • IEC and flow chart for fixing leaky taps • Recycling water (grey, brown and black) • Activities for recharging dry borewells • Constructing check dams • Converting villages into water plus areas • Partner with local NGOs and CSR organizations in this field 	Dr. Brish Kumar Asst. Prof. Geography <u>kumarbrish2013@gmail.com</u> , 9411511139, Dinesh singh <u>panwardinesh373@gmail.com</u> 9411396868 Anil singh Negi, <u>negianilnegi1976@gmail.com</u> , 7060465708 Roshanrawat7100@gmai.com 9411572429 03 boys and 03 girls student of Geography Village Tator Pradhan- Mr. Sanjay Singh Rawat, Block Development Candidate (B.D.C Member) Smt. Anjali Kaintura, Anganbadi worker, Sanitation water Tank in village tator
7.	ENERGY MANAGEMENT (CAMPUS)	<ul style="list-style-type: none"> • Audit of energy efficient heating, cooling, lighting and water systems in the campus • Audit of building wise monthly use of electricity • Incentivize reduced electricity usage by depts/buildings • Create short-term and long-term plan for the use of solar energy on the campus • Cycles on the campus (reducing carbon footprints) • Reducing carbon footprints via intelligent Purchase Standard Operating Procedures(SOPs) • Partner with local NGOs and CSR organizations in this field 	Mr. Parmanand Chauhan Asst. Prof. Economics <u>parmanandchauhan073@gmail.com</u> <u>9897935084</u> , Bhuwan Chand Lab Assistant <u>bhuwandimri4@gmail.com</u> 7017503618 Roshan Singh Rawat Peon Roshanrawat7100@gmai.com 9411572429 03 boys and 03 girls student of Economics
8.	ENERGY MANAGEMENT (COMMUNITY/ ADOPTED VILLAGES - To Promote Rural Social Entrepreneurs hip and Community Engagement)	<ul style="list-style-type: none"> • Wind and Solar Energy Plants • Creating Sustainable Rural Energy Plans • Survey of CFL/ LED lamps, electric fan regulator and electronic ballast for tube light to conserve electricity • Frictionless foot valves to considerably reduce the consumption of diesel in running the pump sets. • Feasibility of using rechargeable battery-operated systems across various occupations and institutions • Mechanical washing machines to empower women 	Mr. Parmanand Chauhan Asst. Prof. Economics <u>parmanandchauhan073@gmail.com</u> <u>9897935084</u> , Bhuwan Chand Lab Assistant <u>bhuwandimri4@gmail.com</u> 7017503618 Roshan Singh Rawat Peon Roshanrawat7100@gmai.com 9411572429 03 boys and 03 girls student of Economics Asha karyakarti Village Tator Block Development Candidate (B.D.C Member) Smt. Anjali Kaintura,

#	AREA	IDEAS/SUGGESTED ACTIVITIES FOR THE TEAM; PLEASE MODIFY AS PER LOCAL NEED	COMMITTEE HEAD (FACULTY) NAME, CONTACT NUMBER, EMAIL
		<ul style="list-style-type: none"> • Awareness camps on energy efficient electrical appliances • Partner with local NGOs and CSR organizations in this field • IEC about benefits of related government Programmes 	Vyapar Mandal Nainbagh waste management in Nainbagh Market.
9.	GREENERY (CAMPUS)	<ul style="list-style-type: none"> • Setting up a nursery/kitchen garden • Setting up a seed bank • Setting up a compost pit • Researching trees that take up minimal water and are good for the ecosystem (local, resilient species) and planting them during monsoon and taking care of them (Vanamahotsav) • Landscaping in the campus • Use of organic manure for the plants • New buildings on the campus will follow green building norms 	Dr. Madhu Bala Juwantha Asst. Prof. Political Science madhujawantha77@gmail.com 7895506080 Reshma Bisht Administrative Officer reshmabisht1912@gmail.com 7017503618 Roshan Singh Rawat Peon Roshanrawat7100@gmail.com 9411572429 03 boys and 03 girls student of Political Science
10.	GREENERY (COMMUNITY/ ADOPTED VILLAGES - To Promote Rural Social Entrepreneurship and Community Engagement)	<ul style="list-style-type: none"> • Growing Miyawaki forests/Nakshatravanam on barren land/Village Greenery Programme • Eco friendly agricultural practices • Smokeless Stoves • Village landscaping • Documenting indigenous knowledge • Partner with local NGOs and CSR organizations in this field • Lok Vidya 	Dr. Madhu Bala Juwantha Asst. Prof. Political Science madhujawantha77@gmail.com 7895506080, Reshma Bisht Administrative Officer reshmabisht1912@gmail.com 7017503618 Roshanrawat7100@gmail.com 9411572429 03 boys and 03 girls student of Political Science Sri Kundan Singh Panwar, village Pardhan Koti Pav Adopted Village is Koti Pav

We will observe a minimum of **three** of the following Environment, Entrepreneurship & Community Engagement Related Days to inculcate and internalize in our faculty, students and community, the values of Mentoring, Social Responsibility, Swachhta and Care for Environment and Resources(**tick any three**)

#	Day	Date
1.	National Youth Day	Jan 12
2.	International Mentoring Day	Jan 17
3.	Global Community Engagement Day	Jan 28
4.	World Wetlands Day	Feb 2
5.	World CSR Day	Feb 18
6.	World NGO Day	Feb 27
7.	World Water Day	Mar 22
8.	CSR Day India	Apr 1
9.	Earth Day	April 22
10.	World Environment Day	June 5
11.	No Plastic Day	July 3
12.	World Population Day	July 11
13.	World Entrepreneurs Day	Aug 21
14.	World Habitat Day	1 st Monday of October
15.	National Mentoring Day	Oct 27
16.	Women's Entrepreneurship Day	Nov 19
17.	World Toilet Day	Nov 19
18.	National Pollution Control Day	Dec 2
19.	World Soil Day	Dec 5

Date: 30-09-2022

*Sumita
30.09.2022*
(Prof. Sumita Srivastava)
 Principal
Government Degree College
 रामनगर (रामपुरालय)
 लैलगांग (ठिहरी गढ़वाल)



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Department of Geography

Title of Activity: Workshop on “Sustainable Practices” and Survey on Sustainable Practices

Date: 30 September 2022

Organized by: Dr. Brish Kumar, Department of Geography

Place: Government Degree College Nainbagh, Tehri Garhwal, Uttarakhand

Nature of Participants: Teaching and non-teaching staff and Students

No. of Participants: 35

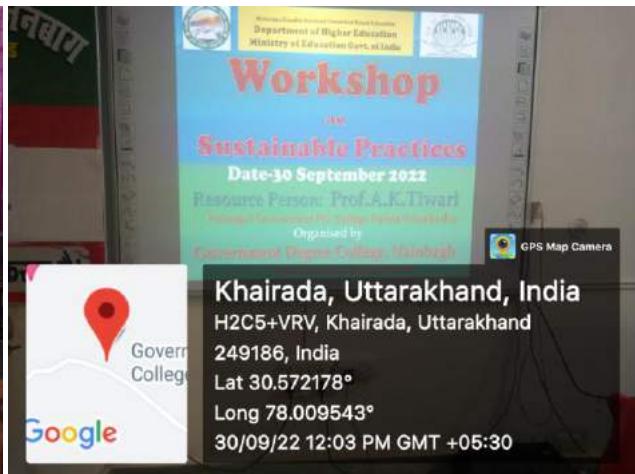
Resource Person

1: Name: Prof. A.K.Tiwari, **Designation:** Principal, **Name of Institute/Office:** Government Post Graduate College Purola Uttarkashi, **Contact No:** 8958538395,

Title of Lecture: Sustainable Practices

About the activity

Workshop was organized entitled “Sustainable Practices” under Mahatma Gandhi National Council of Rural Education (MGNCRE). Resource person Prof. Tiwari discussed about Sanitation and hygiene, waste management, Water management, Energy management and greenery inside the campus and in local community. After that he took a survey in the college campus for practices adopted by college on above mentioned issues. This college green audit report was submitted by him to MGNCRE. Further in his direction ten committees were constituted in the college for executing above five issues in college campus as well as in nearby community. The teaching, non-teaching staff and students are members of these committees.





Prof. Sumita Srivastava
 Principal
 Government Degree College, Nainbagh
 Tehri Garhwal
 Mobile No. 8077919619

Principal
Govt. Degree College
Nainbagh (Tehri Garhwal)

Convener
 Department of Geography
 Dr. Brish Kumar
 Mobile No: 9411511139



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Title of Activity: Workshop on “Organic Farming and Environment Protection”

Date: 16-17 March 2022

Organized by: Dr. Madhu Bala Juwantha, Assistant Professor of Political Science

Place: Government Degree College Nainbagh, Tehri Garhwal, Uttarakhand

Nature of Participants: Local farmers, Teaching and non-teaching staff and Students

No. of Participants: 57

Chief Guest: Hon MLA, Dhanaulti ,Shri Pritam Singh Panwar (Inaugural Function)

Chief Guest: Ms Sakshi Upadhyaya (Valedictory Function)

Special Guest: Shri Premchandra Sharma, Padmshree

In Collaboration with: Uttarakhand Science Education and Research Council Dehradun (Major collaborator), Uttarakhand Organic Commodity Board Dehradun, SBI Nainbagh, Zila Sahkari Samiti Nainbagh, PNB Nainbagh

Resource Persons

1: Name: Shri Premchandra Sharma, **Designation:** Padmshree, **Name of Institute/Office:** Self employed, **Contact No:** 9412932004,

Title of Lecture: Organic farming for healthy life

2: Name: Shri Amit Srivastava, **Designation:** Technical Manager, **Name of Institute/Office:** Uttarakhand Organic Commodity Board Dehradun, **Contact No:** 9410728083,

Title of Lecture: Facilities provided by Uttarakhand Organic Commodity Board Dehradun

3: Name: Shri Kundan Singh Panwar, **Designation:** Orchard Expert, **Name of Institute/Office:** Self employed, **Contact No:** 9411313306,

Title of Lecture: Type of farming in Nainbagh area

4: Name: Shri Jagmohan Singh Kandari, **Designation:** Farming Expert, **Name of Institute/Office:** Self employed, Gram Pradhan Ghansi, **Contact No:** 9690563364,

Title of Lecture: Innovation in farming

5: Name: Shri Balbir Singh Sajwan, **Designation:** Organic compost trainer **Name of Institute/Office:**, Uttarakhand Organic Commodity Board Dehradun **Contact No:** 8477986316,

Title of Lecture: On hand training on Organic Compost farming

6: Name: Ms Ruchi Mehta, **Designation:** Manager **Name of Institute/Office:**, SBI Nainbagh, **Contact No:** 9837617660,

Title of Lecture: Facilities of SBI in promoting self employment

7: Name: Mr Diwan Singh, **Designation:** Manager **Name of Institute/Office:**, Zila Sahkari Bank Nainbagh, **Contact No:** 9458907560

Title of Lecture: Possibilities of Organic Farming in Nainbagh



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8: Name: Mr Kailash Rawat, **Designation:** Manager **Name of Institute/Office:**, Punjab National Bank Nainbagh, **Contact No:** 7017859742

Title of Lecture: Loan Facility for organic farming

About the activity

Workshop was organized entitled “Organic Farming and Environment Protection” in collaboration of Uttarakhand Science Education and Research Council on 16-17 March 2023. Major participants were local farmers of Nainbagh. Several resource persons were delivered their talk on the title as mentioned above. A vibrant discussion was held among participants and experts.

Geo tag photos, News and Attendance





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जैविक खेती की उपयोगिता पर डाला प्रकाश

कार्यशाला

- जैविक खेती-पर्यावरण संरक्षण विषय पर दोदिवसीय कार्यशाला का आयोजन

मसूरी, लोकसत्य।

राजकीय महाविद्यालय नैनबाग एवं यू-सर्क उत्तराखण्ड विज्ञान शिक्षा एवं अनुसंधान केंद्र के संयुक्त तत्त्वावधान में नैनबाग डिग्री कॉलेज में जैविक खेती पर्यावरण संरक्षण विषय पर आयोजित दो दिवसीय कार्यशाला का किया गया।

कार्यशाला का उद्घाटन मुख्य अतिथि विधायक प्रीतम सिंह पंवार ने किया। कार्यक्रम में विशिष्ट अतिथि पद्मश्री प्रेमचंद शर्मा एवं मुख्य वक्ता उत्तराखण्ड जैविक उत्पाद बोर्ड के टेक्निकल मैनेजर अमित श्रीवास्तव ने अपने महत्वपूर्ण विचार रखे। उद्घाटन सत्र में विधायक प्रीतम सिंह पंवार ने महाविद्यालय की वेबसाइट का भी उद्घाटन किया। उन्होंने जैविक खेती को मानव हित में बताते हुए कहा कि यदि इस प्रकार की कार्यशाला प्रदेश के समस्त महाविद्यालयों द्वारा कराई जाए



तो हम पहाड़ों में जैविक खेती को पूरे तरीके से लागू कर सकते हैं। इस मौके पर विधायक प्रीतम सिंह पंवार ने महाविद्यालय में सेमिनार हॉल की साज-सज्जा के लिए दो लाख रुपए देने की घोषणा की। कार्यशाला में पद्मश्री प्रेमचंद शर्मा ने कहा कि प्रत्येक परिवार को अपना एक ऐसा किचन गार्डन जो पूरी तरह से जैविक पर आधारित हो तैयार करना चाहिए। यह बहुत ही आसानी से किया जा सकता है। उन्होंने द्विप सिंचाइ के तरीके भी बताए।

प्रथम तकनीकी सत्र के मुख्य वक्ता उत्तराखण्ड जैविक उत्पाद परिषद देहरादून से अमित श्रीवास्तव ने कहा कि हमें अपना एक परिवारिक किसान मित्र भी रखना चाहिए तथा उत्पाद उसी से खरीदना चाहिए। इससे उपभोक्ता

और उत्पादक दोनों को लाभ होगा। ग्राम प्रधान घनसी जगमोहन सिंह कंडारी ने जैविक खेती के संबंध में अपने अनुभव को किसानों के साथ साझा किया। प्रथम सत्र की अध्यक्षता उद्यान पंडित कुंदन सिंह पंवार ने की। प्राचार्य सुमिता श्रीवास्तव ने कहा कि आने वाले दिनों में इस तरह के और भी कार्यक्रमों का आयोजन किया जाएगा। द्वितीय तकनीकी सत्र में मुख्य वक्ता उद्यान पंडित कुंदन सिंह पंवार ने पावर पॉइंट द्वारा जैविक खेती की विधि को किसानों से साझा किया। कार्यशाला के दूसरे दिन नैनबाग तहसील के तहसीलदार साक्षी उपाध्याय ने मुख्य अतिथि के रूप में कार्यक्रम का शुभारंभ किया। विशिष्ट अतिथि के रूप में कार्यक्रम में एसबीआई शाखा प्रबंधक रुचि महता पीएनबी बैंक शाखा

प्रबंधक कैलाश एवं सहायी बैंक शाखा प्रबंधक दीवान सिंह उपस्थित रहे। प्रशिक्षक के रूप में दूसरे दिन जैविक उत्पाद परिषद देहरादून के प्रशिक्षक बलबीर सिंह सजवान ने किसानों एवं छात्र-छात्राओं को व्यवहारिक प्रशिक्षण के माध्यम से जैविक खाद व वर्मी कंपोस्ट एवं जैविक कीटनाशक तैयार करने के तरीके सिखाए। कार्यक्रम की आयोजक सचिव डॉ. मधुबाला जुवाँठा ने मुख्य अतिथि व विशिष्ट अतिथि, विषय विशेषज्ञों, महाविद्यालय की प्राचार्य, समस्त सहयोगी प्राध्यापकों, कर्मचारियों, नारायणी उद्यान, उत्तराखण्ड जैविक उत्पाद बोर्ड व कार्यशाला में प्रतिबाध करने वाले किसानों, छात्र-छात्राओं का आभार व्यक्त किया। कार्यक्रम का संचालन डॉ. दिनेश चंद्र द्वारा किया गया। कार्यशाला में डॉ. ब्रॉश कुमार, परमानंद चौहान, संदीप कुमार, चतर सिंह तथा शिक्षणेत्र कर्मचारी रेशमा बिष्ट, विनोद चौहान, सुशील चंद्र, दिनेश सिंह, भुवन चंद्र, अनिल सिंह नेगी, रोशन सिंह, रीना, मोहन लाल उपस्थित रहे।

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Outreach Activities under Mahatma Gandhi National Council for Rural education

1. First program on 25 April 2023-MGNCRE program in Tator village on Sanitation and hygiene, waste management and water conservation and de-addiction.

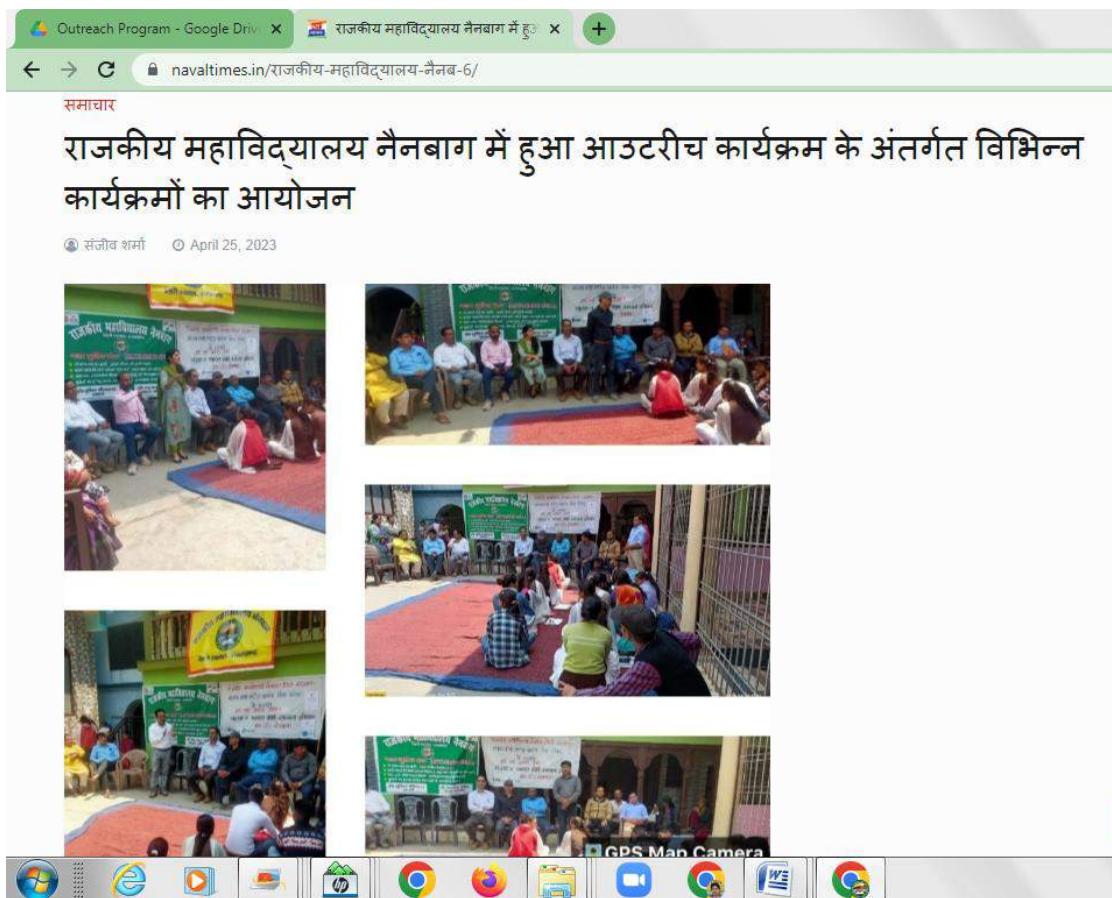
External experts:

- PHC Nainbagh- Dr.Vineet Rohila
- Jal Sansthan- Ms. Sonika Rawat
- Mahila Mangal Dal-Ms Sapna

News

<https://navaltimes.in/राजकीय-महाविद्यालय-नैनब-6/>

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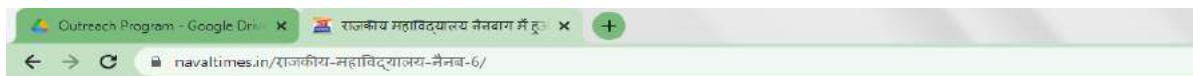


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आज दिनांक 25 अप्रैल 2023 को राजकीय महाविद्यालय नैनबाग टिहरी गढ़वाल द्वारा गोद लिए हुए ग्राम – टटोर में महात्मा गांधी राष्ट्रीय ग्रामीण शिक्षा परिषद के अंतर्गत स्वच्छता व स्वास्थ्य, जल प्रबंधन, कचरा प्रबंधन और नशा मुक्ति सबधी कार्यक्रम का आयोजन किया गया।

जिसमें एटी ड्रग सेल के नोडल अधिकारी डॉ मधु बाला जुवांठा ने बताया कि महाविद्यालय द्वारा निरंतर नशा मुक्ति हेतु जन जागरूकता सबधी कार्य संचालित किए जा रहे हैं।

स्वास्थ्य विभाग के आयुर्वेदिक चिकित्सक डॉ० विनीत रोहिता ने बताया कि स्वच्छता ही स्वास्थ्य का मूल है, शारीरिक और मानसिक विचारों की स्वच्छता का होना आवश्यक है एवं स्वास्थ्य पर्यावरण की हरभजन रिहैं जो ने बताया कि नशा हमारी पूरी जिंदगी को खराब कर देता है जिसके लिए एटी ड्रग सेल द्वारा स्थानीय लोगों को नशे से होने वाले अध्यकर दुष्प्रभाव के संबंध में जन जागरूकता अभियान चलाये जा रहे हैं।

ग्रामीण वासियों से अधीक्षा की गई कि शादी समारोह में परोसे जाने वाले नशे सम्बन्धी सामग्री पर रोक लगाने हेतु सभी को एकजुट होकर प्रयास करना होगा।

अतः सामूहिक प्रयास से ही हम अपने समाज को व संपूर्ण उत्तराखण्ड को नशा मुक्त कर सकते हैं। छात्र-छात्राओं ने नुककड़ नाटक के माध्यम से ग्राम टटोर के लोगों को यह बताने का प्रयास किया कि नशा सभी तरह से परिवार को तथा व्यक्ति को नुकसान पहुंचाता है। यदि हम खुशहाल परिवार तथा स्वस्थ जीवन चाहते हैं तो हमें नशे से दूर रहना सीखना होगा। जल संस्थान की प्रतिनिधि सोनिका रावत ने बताया कि जल ही जीवन है, जल मनुष्य एवं जीव जंतुओं के लिए आवश्यक है तथा सभी को जल का सदुपयोग करने हेतु प्रोत्साहित किया।

महिला मंगल की अध्यक्षा श्रीमती सपना ने बताया कि स्वच्छता, स्वास्थ्य, पर्यावरण को स्वच्छ रखने, कूड़े कचरे का निस्तारण करने एवं जल को संरक्षण करना चाहिए। डॉ० बीश कुमार ने कचरा प्रबंधन हेतु सिंगल यूज प्लास्टिक एवं पॉलिथीन को नष्ट करने और अनावश्यक जल का दुरुपयोग करना के लिए जल प्रबंधन के संबंध में जागरूक किया।



महिला मंगल की अध्यक्षा श्रीमती सपना ने बताया कि स्वच्छता, स्वास्थ्य, पर्यावरण को स्वच्छ रखने, कूड़े कचरे का निस्तारण करने एवं जल को संरक्षण करना चाहिए। डॉ० बीश कुमार ने कचरा प्रबंधन हेतु सिंगल यूज प्लास्टिक एवं पॉलिथीन को नष्ट करने और अनावश्यक जल का दुरुपयोग करना के लिए जल प्रबंधन के संबंध में जागरूक किया।

इस कार्यक्रम में संदीप कुमार ने ग्रामीण वासियों को अपने आसपास के वातावरण को स्वच्छ रखने संबंधी विचार साझा किए एवं अपने स्वास्थ्य के प्रति जागरूक रहने के लिए प्रयास किया। कार्यक्रम का संचालन डॉ० दिनेश चंद्र ने किया।

इस अवसर पर श्री परमानंद चौहान, चतर सिंह, विनोद कुमार, दिनेश सिंह, रोशन सिंह रावत, अनिल सिंह, मोहनलाल, ज्योति रावत, शिवानी, तनीषा, निशा, कंचन चौहान, आशिका, अनुज कुमार, वेदिका, मोनिका, उज्जवल नौरियाल, संध्या रावत, रंजीता, पिंकी, सोनम आदि छात्र-छात्राओं के साथ ही ग्रामीण महिलाएं उपस्थित रही।





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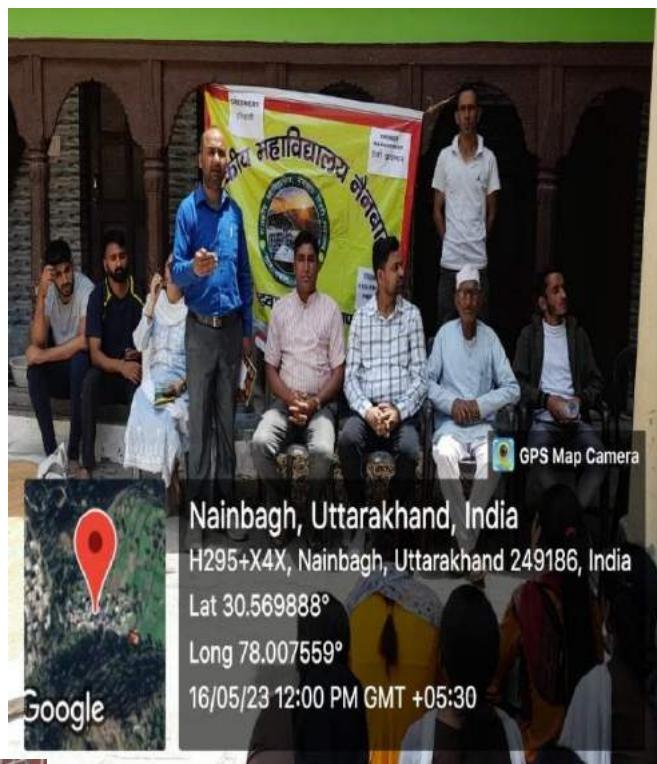
2. Second program on 16 May 2023-MGNCRE program in Tator village on
Grenery, plantation, energy conservation and Uttarakhand .

External experts:

- HYDEL Nainbagh- Mr. Atul Kumar (JE)

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