

Criterion - 7

Institutional Values and Best Practices

NAAC- SSR (2nd Cycle)



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

7.1.9(2)

Swatch Bharat Abhiyan



ETERNAL UNIVERSITY

BARU SAHIB, SIRMOUR-173101
HIMACHAL PRADESH

Date: 2-09-2019

Eternal University/18/

Schedule for Swachhata Pakhawada, Eternal University, Baru Sahib, Date: 04thSept-18thSept 2019

Swachhata Pakhawada-2019 will be celebrated in the university premises w.e.f 4-18th Sept 2019. As per the guidelines given in the circular the Jal Shakti team comprising following members has been constituted.

- Chief Patron:** Dr. H. S. Dhaliwal, Honourable Vice Chancellor, Eternal University, Baru Sahib
- Patrons:** Dr. Davinder Singh, Registrar Eternal University and Secretary Kalgidhar Trust, Baru Sahib
Dr. B. S. Boparai, Dean Academics, Eternal University, Baru Sahib
Dr. Neelam Kaur, Principal Akal Academy cum Dean ACHAS, Baru Sahib
Dr. B. S. Sohal, Dean ACBS, Eternal University, Baru Sahib
Dr. P. S. Cheema, Dean ACET, Eternal University, Baru Sahib
Dr. S. K. Chauhan, Dean ACECM, Eternal University, Baru Sahib
Dr. Purvi Luniyal, Dean ACASC, Eternal University, Baru Sahib
Dr. Jaswant Singh, DSW, Eternal University, Baru Sahib
Dr. Harpreet Kaur, Kalgidhar Trust, Baru Sahib
S. Bakshish Singh (Veer Ji), Kalgidhar Trust, Baru Sahib
- Convenor:** Dr. S. K. Sharma, Professor, Horticulture, Eternal University, Baru Sahib
- Co-Convenors:** Dr. Neelam Thakur, Assistant Professor, Eternal University, Baru Sahib
Dr. Mahesh Prasad Tripathi, Assistant Professor, Eternal University, Baru Sahib
- Coordinator:** Mr. Paramjeet Singh, Secretary, Vice Chancellor (SVC)
Mrs. Rupinder Kaur, Pradhan, Gram Panchayat, Lana Bhalta

For successful conduct of the programme following committees have been formed:

Day	Date/Day	Time	Events	Adviser	Members	Venue/Location
Day-1	04-09-2019 Wednesday	4-5 pm	Inauguration of Swachhata Pakhawada -2019	Dr. S. K Sharma	Dr. Jaswant Singh, DSW(Chairman) Dr. Sunil Kumar (Co. Chairman) Dr. Vivek Sharma Dr. Neelam Thakur Dr. Nidhish Gautam	Auditorium, Eternal University
Day-2	05-09-2019 Thursday	4-5 pm	Clean campus day	Dr. Jaswant Singh, DSW	Er. Anita Chaudhary (Chairman) NCC and NSS officer All hostel Wardens	Eternal University Campus
Day-3	06-09-2019 Friday	4-5 pm	Green Campus Day	Dr. B. S. Boparai	Dr. Pritesh Vyas (Chairman) Dr. Imran Shaikh Dr. D. K. Shrivastva Mr. Ravinderjeet Singh	Baru Sahib Campus
Day-4	07-09-2019 Saturday	4-5 pm	Essay Writing competition Theme: Conservation of traditional water resources	Dr. Pritesh Vyas	Dr. Mahesh Tripathi (Chairman) Dr. Virendra Kumar Dr. Imran Sheikh	Room No 407, Eternal University
Day-5	08-09-2019 Sunday	4-5 pm	Swachhata awareness programme, its role in human health	Dr. Vivek Sharma	Dr. Nasib Singh (Chairman) Dr. Poonam Sharma Dr. Deep Suyal	Surroundings villages of Eternal University Campus
Day-6	09-09-2019 Monday	4-5 pm	How to dispose Biomedical waste	Dr. Ranjeet Kaur, Principal, Nursing	Mr. Santosh Shukla (Chairman) Er. Anita Chaudhary Dr. Neelam Kumar Mr. Balbinder Singh	Bio-Medical Waste Management unit, Baru Sahib
Day-7	10-09-2019 Tuesday	4-5 pm	Water conservation and rain harvesting	Dr. S. K. Sharma	Dr. Mahesh Tripathi (Chairman) Dr. Virender Kumar Dr. Santosh Bhatt	Auditorium, Eternal University

Day 8	11-09-2019 Wednesday	4-5 pm	Renovation of traditional water bodies/ tanks in Jal Shakti village, Lana Bhalta	Dr. Vivek Sharma	Mrs. Rupinder Kaur, Pradhan, Gram Panchayat, Lana Bhalta (Chairperson) Dr. Virender Kumar Dr. Gunjan Tiwari	Surroundings villages of Eternal University Campus
Day 9	12-09-2019 Saturday	4-5 pm	Water Shed Development	Dr. Virender Kumar	Dr. Santosh Bhatt (Chairman) Dr. Neeraj Vashist Dr. Shiv Kumar	Agriculture Field
Day 10	13-09-2019 Sunday	4-5 pm	Water Harvesting and water recycling plants	Dr. Ajar Nath Yadav	Dr. M. P. Tripathi (Chairman) Dr. Puneet Negi Dr. Sunil Kumar	STP of University Campus
Day 11	14-09-2019 Sunday	4-5 pm	Promotion of efficiency in utilization of water in campus	Dr. Puneet Negi	Dr. Imran Sheikh (Chairman) Dr. Sushma Sharma Dr. Ajar Nath Yadav Dr. Sunil Kumar	University Auditorium
Day 12	15-09-2019 Sunday	Working Hours	Audit of existing rain water harvesting facility	Dr. Surjan Singh	Dr. D. K. Srivastava (Chairman) Dr. Pradeep Kumar Dr. Alok Gupta	Nearby adopted villages (at least three)/School/ Eternal University Campus
Day 13	16-09-2019 Monday	4-5 pm	Ban of single use of plastic	Dr. Karan Singh	Dr. Kamal Kishore (Chairman) Dr. Anil Kumar Dr. Manpreet Singh Mr. Balbinder Singh	Auditorium, Eternal University
Day 14	17-09-2019 Tuesday	4-5 pm	Clean hostel day	Dr. Jaswant Singh	Er. Anita Chaudhary (Chairperson) All Hostel Warden	All Hostels

Day 15	18-09-2019 Wednesday	4-5 pm	Closing ceremony and prize distribution	Dr. S. K. Sharma	Dr. Jaswant Singh (Chairman) Dr. Sunil Kumar Dr. Vivek Sharma, Dr. Neelam Thakur	Auditorium, Eternal University
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Note: Each and every event must be recorded and photographed and submitted in the following Email after completion of events:

neelam.panwar2@gmail.com, maheshagrieng@gmail.com, In Emergency, Contact Us: 8351871241, 8839463167

Neelam

Dr. Neelam Thakur
Co-Convenor

M. P. Tripathi

Dr. M. P. Tripathi
Co-Convenor

S. K. Sharma
Dr. S.K. Sharma
Convenor

Pradip

Report on Swachhata Pakhwada 2019

Eternal University, Baru Sahib, Sirmour- 173101, Himachal Pradesh, India

Date – 4th September-19th September, 2019

1. Introduction:

Eternal University, Baru Sahib celebrated “Swachhata Pakhwada-2019” from 4th September to 19th September 2019 under the mentorship of Dr. H. S. Dhaliwal, Honourable Vice Chancellor, Eternal University, Baru Sahib. Dr. H. S. Dhaliwal, the Honourable Vice Chancellor, Eternal University and **Chief Patron** for Swachhata Pakhwada constituted Jal Shakti team with Dr. S. K. Sharma, Dean, Akal College of Agriculture, Eternal University, Baru Sahib **as Convenor** for this Swachhata Pakhwada. The **Co-Convenors** were Dr. Neelam Thakur, Assistant Professor and Dr. Mahesh Prasad Tripathi, Assistant Professor, Eternal University, Baru Sahib. The **Coordinators** assigned were Mr. Paramjeet Singh, Secretary to Vice Chancellor (SVC) and Mrs. Rupinder Kaur, Pradhan, Gram Panchayat, Lana Bhalta as listed in annexure I. For successful completion of the event, an organising committee was formed in which each event was assigned with one adviser and chairman along with their team members.

In these fifteen days, various events were designed and celebrated exclusively as listed in annexure II.

2. Details of the planned events and technical sessions:

2.1. Inauguration Ceremony of Swachhata Pakhwada -2019 (04-09-2019)

Dr. B.S. Boparai, Dean of Academics, Eternal University, Baru Sahib inaugurated the Swachhata Pakhwada-2019 celebrated at Eternal University Baru sahib. The ceremony was started with welcome address by Dr. S.K. Sharma, Convenor, Swachhata Pakhwada-2019. He summarized the details of upcoming events planned for the 15 day long Swachhata Pakhwada and also encouraged the faculty members & students to actively take part in the awareness programmes of the Pakhwada. After the welcome address, Dr. B. S. Sohal, Dean Post-graduate Studies took over the stage and emphasized on the importance of water with real with life examples. This was followed by the speech of Dr. Jaswant Singh, Dean Student Welfare, who stressed the importance of hygiene, water and their connection in spiritual way. Dr. B.S. Boparai, Dean of Academics, Eternal University, Baru Sahib gave his opening remarks stating the necessity of water, hygiene & sanitation and also asked for supporting such events with full enthusiasm. All the Deans, HODs, Faculty members and students were present for the ceremony. Dr. Neelam Thakur, Co-convenor proposed the vote of thanks and Dr. S. K. Sharma ended the inaugural ceremony with Swachhata pledge. The inaugural session was nicely conducted by Ms. Simranjeet Kaur and Ms. Samiksha Jhamta, Ph. D Scholar, Department of Zoology, Eternal University.





2.2 Clean Campus Day (05-09-2019)

The Clean Campus Day was celebrated at Eternal University with a very nice co-ordination by Dr. Jaswant Singh, Dean Student Welfare and Er. Anita Chaudhary. All hostel wardens and students from NSS and NCC units of Eternal University have participated in the events. They had cleaned the entire campus of the University as well as the nearby areas.





2.3 Green Campus Day (06-09-2019)

The Green Campus was celebrated as per the schedule of the Swachha Pakhwada at Eternal University, Baru Sahib Campus. The team constituted for this event was Dr. B.S. Boparai (Advisor), Dr. Pritesh Vyas (Chairman), Dr. Imran Sheikh (Member), Dr. D. K. Srivastava (Member) and Mr. Ravinderjit Singh (Member). This day marked the importance of planting trees and to stop the over exploitation of the nature by the human kind. Students from various colleges participated and prepared banners and posters for the purpose. A march was flagged off by the Dean, Academics Dr. B.S. Boparai from the University main gate. The students along with faculty members marched to herbal garden with the slogans like ‘Save Tree Save Nation’ and ‘Swachha Bharat Sunder Bharat’. A huge enthusiasm was observed among the students. Tree plantation was done by the students and faculty at the herbal garden and importance of tree plantation and its effect on environment was discussed among the students.



2.4 Essay Writing Competition (07-09-2019)

During the Swachhata Pakhwada 2019 at Eternal University, Baru Sahib essay writing competition was held for the students on 7th September, 2019. The students were asked to write on the topic “**Conservation of traditional water resources**”. The essay was judged on the basis of the student’s vocabulary, subject knowledge and creativity. The purpose of the competition was to encourage the students to enhance their thinking and writing skills on the most valuable topic. The essays were well written by the students. Ms. Ridhima Jasrotia (B.Sc Agriculture 5th Sem.) won first prize, Ms. Shailja (M. Sc Physics 2nd Year) won second prize and Ms. Ashia Rana won third prize (B.Sc Agriculture 5th Sem). The winners were awarded with certificates and mementos.



2.5 Swachhata Awareness Programme, its Role in Human health (08-09-2019)

An awareness programme on “Swachhata and its role in human health” was organized on 08/09/2019 (Sunday) from 4:00 PM to 6:00 PM in village Bagroti. This group comprised the students of [M.Sc. Microbiology](#), [M.Sc. & Ph.D. Botany](#), [B.Sc. \(Hons\) Microbiology](#), [B.Sc. Medical](#) and [B.Sc. Non-Medical](#) accompanied by Dr. Vivek Sharma (Advisor), Dr. Nasib Singh, Dr. Poonam Sharma and Dr.

Deep Chandra Suyal assembled at University main gate at 3:45 PM. In the auspicious presence of Worthy Vice-Chancellor, Dr. H. S. Dhaliwal and Capt. Paramjeet Singh, (PA to VC& Co-ordinator), the contingent marched ahead towards village Bagroti which is located outside university campus. The students and faculty members actively participated in cleanliness drive in which single-use plastic wastes; papers, bottles etc. were collected and disposed in specific dustbins. Several posters, charts and slogans related to “Swachhata and its role in human health” were also prepared by the students. Around 40 participants were there to celebrate this special event with their active involvement.

Dr. Nasib Singh demonstrated the importance of frequent hand washing for ensuring protection against germs and communicable infectious diseases. Dr. Singh also highlighted the necessity of household hygiene, routine brushing, sanitation, disinfection, mosquitoes and flies control, vaccination, deworming practices etc. to keep the infants, adolescents and adult members of the family healthy and disease-free. Dr. Vivek Sharma emphasized the need for cleanliness in our surroundings, localities and cities so as to prevent vector-borne diseases such as malaria, dengue, to stop excessive use of plastics for protecting the lives of precious livestock and aquatic species. Dr. Poonam Sharma and Dr. Deep Chandra Suyal motivated the children and their parents to maintain swachhata at home & surroundings and to regularly follow the good hygiene practices.



2.6 How to dispose Biomedical waste (09-09-2019)

An event to know the technique of disposal of Biomedical waste management was organized at Akal Charitable Hospital & Akal Waste Management Complex on 2019-09-10 between 4pm- 5pm by the team Mrs. Ranjit Kour (Adviser), Mr. Santosh Shukla (Chairman), Er. Anita Chaudary (Member), Dr

Neelam Kumari (Member), Mr. Balbinder Singh (Member) and Ms. Simarjot Kaur (Member). The **participants** were students of B.Sc. Nursing 4th year (57 students) and B.Sc. Psychology final year (5 students). Ms. Rashpinder Kaur & Parneet Kaur explained about the Biomedical Waste Management. They elaborately discussed about the BMW guidelines, color coding, collection of waste, benefits of BMW and disposal of infectious waste. After this session, Mrs. Ranjit Kour, Principal, ACN, Eternal University, Baru Sahib took reviews from students about the session. Ms. Sarbjeet & Ms. Pooja explained about the chemical treatment of infectious waste. Mr. Shukla explained about the Syringe Mutilator and Patent machine for disposal of syringes. He also demonstrated the process of mutilation. Mr. Shukla along with Ms. Navneet & Ms. Sakshi explained the group about manual segregation of the solid waste of campus of Baru Sahib. He also demonstrated about the formation of paper file covers from waste paper. He also explained about the formulation of brick from PVC 3 plastic wastes. Lastly, Mr. Shukla has demonstrated on incinerator i.e. how to dispose yellow category waste & sanitary napkins. At the end, the reviews were taken by Ms. Simarjot kaur, Dr. Neelam Kumari & Mr. Balbinder Singh from the students about the visit. The students narrated that it was a useful initiative for better learning i.e. learning by doing.

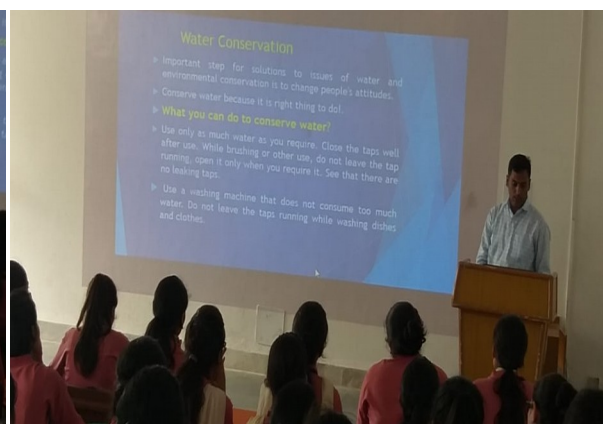
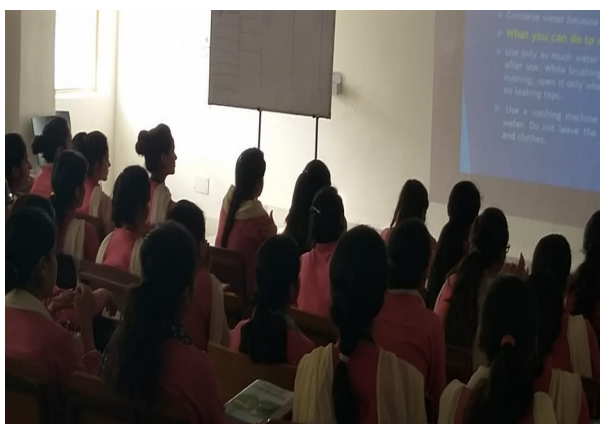


2.7 Water Conservation and Rainwater harvesting (10-09-2019)

The event was nicely co-ordinated by Dr, Mahesh Tripathy, Assistant professor of Akal college of Agriculture with his team. Dr. Virender Kumar and Dr. Santosh Bhatt were the other members of the event. The importance of Water conservation and rain harvesting was discussed among the faculty and students at Eternal University. The various issues pertaining to traditional water conservation and water harvesting were discussed.



2.8



Renovation of traditional water bodies/ tanks in Jal Shakti village, Lana Bhalta (11-09-2019)

This event which was celebrated on 11-09-19 on the topic of “Renovation of traditional water bodies/tanks in Jal Shakti Village, Lana Bhalta” the advisor of the event Dr. Vivek Sharma (Associate Prof. Botany-Medicinal Plants), introduced the Chief Guest Dr. B. S. Boparai (Dean, Academics EU) to the distinguished guests who came from three Blocks of Distt. Shimla (Rampur, Nankheri and Narkanda), the Chairperson of the event Mrs. Rupinder Kaur, Pradhan Gram Panchayat Lana Bhalta, Panchayat Representatives/ Officials, Mahila Mandal G.P. Lana Bhalta, Navyuvak Mandal G.P. Lana Bhalta, special invitee Dr. Jaswant Singh (Dean, Students Welfare) and S. Simranjeet Singh (Fire Officer and Maintenance Incharge EU). On this special occasion various Block coordinators/officials from Panchayati Raj H.P.viz., Smt. Ranju Mehta from Rampur, Smt. Sukarma Thakur from (Narkanda) and Sh. Dyal from (Nankheri) delivered their dialogues and also steered the audience to save traditional water sources of the state and particularly in the G.P. Lana Bhalta of Distt. Sirmour.

The Chairperson of the event Mrs. Rupinder Kaur, Pradhan Gram Panchayat Lana Bhalta guided and updated the guests including youth of Navyuvak Mandal, Mahila Mandal members, local villagers and students about the various innovative activities of the Gram Panchayat Lana Bhalta w.r.t Swachhata Pakhawada. Likewise, Dr. Jaswant Singh (Dean, Students Welfare), Dr. Virender Kumar (Asst. Prof.), Dr. Gunjan Tiwari (Asst. Prof.) and Ms. Aashiya Rana (UG Student) also enriched the audience with their valuable words. Many students had also participated by preparing and displaying charts and posters depicting the actual theme of the celebration. More than 55 participants were there

to celebrate this particular event “Renovation of traditional water bodies/tanks in Jal Shakti village, Lana Bhalta”. Our group was also comprised with the students of Ph.D. Botany, [M.Sc. Botany](#), [B.Sc. Medical](#) and B.Sc. Agriculture accompanied by Dr. Vivek Sharma (Advisor), Mrs. Rupinder Kaur, Pradhan, Gram Panchayat, Lana Bhalta (Chairperson), Dr. Virender Kumar (Member) and Dr. Gunjan Tiwari (Member).



2.9 Water Shed Development (12-09-2019)

On the 9th day of swachhata pakhwada programme, students and people of nearby village of university participated in the awareness programme on watershed development and management. Dr. Virendra Kumar and Dr. S.C. Bhatt have shared the knowledge on the importance of watershed and how to manage the watershed system. They visited the agricultural fields and also learned that topography of the area is hilly so during the rainfall season there is uneven distribution of huge quantity of precipitation that rain water can be harvested for further use or rain water flowing in number of streams could be channelized in such a way that all the rain water could meet the near water bodies so that water bodies can be recharged. The advantage of watershed also discussed with students and nearby people. A lecture was also given by Dr. Virendra to the farmers assembled in University Auditorium about watershed development and its management.



2.10 Water harvesting and water recycling plant (13-09-2019)

A visit was coordinated by the advisor and team member along with students to the Waste Water Treatment Plant Kalgidhar Trust, Baru Sahib. The functioning of converting waste water into clean water into clean was explained to the students.



2.11 Promotion of Efficiency in Utilization of water in campus (14-09-2019)

Dr. Jaswant Singh, DSW, Chief Guest delivered informative talk on how to promote efficiency in utilization of water in campus and in our daily life. In this session various students from Eternal University participated in speech completion on the same theme. The students of M.Sc. Physics performed skit on the present and future state of water utilization. A useful video was shown by Dr. Mahesh Tripathi on the theme of water use efficiency and its importance. At the end of session, Dr. Puneet Negi advisor of the session gave vote of thanks to all the participants and audience.





2.12 Audit of existing rain water harvesting facility (15-09-2019)

On September 15, 2019, four faculty members of the Eternal University, Baru Sahib visited for survey on Rainwater Harvesting Facilities in the nine villages / localities namely; Lana macher, Macher Teachers Building, Macher Top (near Butchery shop), Bhalta Macher, Lana Bhalta, Baru Sahib, Kakhali, Chhapang, and Bagroti. In this visit, few cemented ponds for water collection through rainfall were available. It has been observed that the residents of the most of the villages/ localities do not have sufficient knowledge of Rainwater Harvesting methods. They usually follow the traditional and conventional methods as per the need and requirement during the seasons.

Details of cemented ponds are as follows:

1. Lana Macher	:	1
2. Macher Teachers Building	:	1
3. Macher Top (near Butchery shop)	:	2
4. Bhalta Macher	:	2
5. Lana Bhalta -	:	3
6. Baru Sahib	:	3
7. Kakhali	:	1
8. Chhapang	:	1
9. Bagroti	:	0

There is a need of implementation of Rainwater Harvesting technologies in the nearby villages by educating the people.





2.13 Ban of single use of plastic (16-09-2019)

13th day of Swachhata Pakhawada was celebrated with huge enthusiasm in Bhai Gurdas Hall at Eternal University on one of the most important topic related to pollution i.e “Ban of single use of plastic”. The program started at 4:00 pm with a motivating speech by Dr. B.S. Sohal (Dean, PGS) regarding the problems and general awareness about the topic followed by an interesting and detailed presentation by Dr. Kamal Kishore (Chairman) emphasizing the importance, drawbacks and possible preventive measures of plastic pollution. Students of Akal College of Basic Sciences actively participated in the event via presenting talks, poems and play. Dr. Sandipan Gupta (Dean Akal College of Badic Science), Dr. Karan Singh (Advisor), Dr. Manpreet Singh (Member) , Dr Anil Kumar (Member), Dr. Madan Lal and Dr. Yashpal supported the event . The program ended at 5: 00 pm.



2.14 Clean Hostel Day (17-09-2019)

This event was conducted under the leadership of Er. Anita Chaudhary and her team which includes NCC, NSS officers and all hostel wardens. All the hostel students of the university participated in the event.





2.15 Closing ceremony (19-09-2019)

The closing ceremony was started with sum up of the activities held in the last 14 days of Swachhata Pakhwada by Dr. Neelam Thakur, Co-convenor, Swachhata Pakhwada-2019. She summarized the details of events/ activities organized in the last 14 days with a presentation and also praised all the faculty members & students who actively took part in the programme of the Pakhwada with such enthusiasm. After her, Dr. Karan Singh HOD, Department of Chemistry took over the stage and emphasized the importance of Swachhata. This was followed by a wonderful skit performance on the theme Water Conservation and Its importance by the students of M.Sc. Physics. Then, Dr. Pritesh Vyas HOD Akal College of Agriculture beautifully explained the importance of judicious use of water with his experiences of life. The prize winners of essay competition and skit performances were honored with token of appreciation by the Chief guest and Convenor of Swachhata Pakhwada. Dr. S.K.Chauhan, Dean of Akal College of Management, Commerce and Economics as the Chief Guest of closing ceremony addressed the audience with his valuable knowledge and also stated some important facts about this Swachhata Pakhwada 2019. All the Deans, HODs, Faculty members and students were present in the ceremony. Dr. Neelam Thakur, Co-convenor proposed the vote of thanks and the stage handling for the closing ceremony were well performed by Ms. Simranjeet Kaur and Ms. Samiksha Jhamta Ph.D Scholars, Department of Zoology, Eternal University.



Thanking You

Dr. S. K. Sharma, Dean Akal College of Agriculture
Convenor, Swachhata Pakhawada -2019 Eternal University Baru Sahib
Dr. Neelam Thakur, Assistant Professor, Department of Zoology
Dr. Mahesh Tripathy, Assistant Professor, Akal College of Agriculture
Co-Convenors , Swachhata Pakhawada -2019 Eternal University, Baru Sahib









Eternal University, Baru Sahib

Report of NSS-EU Activities (Unit-1)

“Month of September, 2022”



National Service Scheme

Ministry of Youth Affairs and Sports

Govt. of India

“Swachhata Pakhwada” Activities of NSS

(Unit-1)

<u>Sr. No.</u>	<u>Date</u>	<u>Activity</u>
1.	14-09-2021	Hand Wash Day
3.	14-09-2021	Extension lecture on Personal Hygiene Day
2.	15-09-2021	Nukkad Natak, Swachhata Awareness & Cleanliness Drive

1. Hand Washing Activity (14/09/2022)

NSS unit of Eternal University organised “**Hand Washing Activity**” under “**Swachhata Pakhwara**” in Akal Model School, Baru Sahib and A Block students on September 14, 2022 from 9:30 am to 11:00 am. NSS volunteers make students aware of Key Times to Wash Hands.

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Objectives:-

1. To reduce germs and bacteria found on the hands to safe levels.
2. To prevent or to eliminate the spread of bacteria and viruses.
3. To reinforce and practice personal hygiene practices with all students.





2. Extension Lecture on Personal Hygiene (14.09.2022)

NSS Unit of Eternal University, Baru Sahib organized “**Extension Lecture on Personal Hygiene**” by Nursing mentors in association with Akal College of Education on September 14, 2022 from 11:30 am to 1:00 pm to promote importance of hygiene in our surroundings. And also, to make them aware of healthy habits and follow protocols to being healthy.

Objectives:-

- Good personal hygiene involves keeping all parts of the external body clean and healthy.
- It is important for maintaining both physical and mental health.
- In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection.







3. Nukkad Natak, Swachhata Awareness & Cleanliness Drive (15.09.2022)

Objectives:-

- **To aware the people about cleanliness.**
- **To conveyed the message of Swachh Bharat.**

Number of participants: 78

NSS unit of Eternal University, Baru Sahib has organized a Nukkad Natak on the theme of “Swachh Bharat Swasth Bharat” at the University campus in the morning and at Kheri Market in the evening under “Swachhata Pakhwada” on dated 15.9.2022. The event was organized and directed by the Er. Anita Chaudhary, NSS Programme officer. The play was performed with an aim to focus on generating awareness among people about nationwide campaign “Clean India”. A total number of 14 students participated in the Nukkad Natak and left the audience spell bound by their each performance at different venues. Students also requested audience to contribute in this noble mission. The students conveyed the message of Waste Segregation that "just taking one step could lead to our destination of Clean India". The students were divided into different groups and provided them gloves for their safety. All students collected the waste material from different sides of Kheri. Then students reached back at Eternal University at 5:00 pm and refreshment was distributed among the students.







Regards

Er. Anita Chaudhary

NSS Programme Officer (Unit-1)

Eternal University, Baru Sahib

Sustaining Swachhata: A Recap of “Swachhata Hi Sewa' Activities - September, 2023”

<u>Sr. No.</u>	<u>Date</u>	<u>Activities</u>
1	26-09-2023	Door to Door Awareness Campaign - Swachhata Hi Sewa
2	26-09-2023	Short meeting regarding "Swachhta Hi Sewa Campaign"
3	27-09-2023	Hand Wash Day
4	27-09-2023	Langar Sewa & Cleanliness drive at community kitchen
5	28-09-2023	Personal Hygiene Day (Extension lecture)
6	28-09-2023	Parthenium Eradication & Cleanliness Drive (Barrier to Machher)

1. Door to Door Awareness Campaign - Swachhata Hi Sewa on 23/09/2023 at Bagroti Village

On September 23, 2023, a dedicated team of volunteers, in collaboration with the local authorities, embarked on a door-to-door awareness campaign in Bagroti Village as part of the "Swachhata Hi Seva" initiative. The campaign's primary aim was to create awareness about cleanliness, hygiene, and the importance of maintaining a clean environment, aligning with the nationwide movement for cleanliness and sanitation.

Campaign Activities:

The door-to-door campaign in Bagroti Village was conducted in a systematic and organized manner, with the following activities being carried out:

Distribution of Educational Material: Volunteers distributed informative pamphlets and brochures that highlighted the significance of cleanliness and hygiene. The material also contained guidelines on waste management and proper sanitation practices.

Interactive Sessions: In several households, volunteers engaged in interactive discussions with the residents to address their queries, provide guidance, and emphasize the importance of keeping their surroundings clean.

Demonstrations: In some instances, practical demonstrations were given on waste segregation, composting, and the construction of cost-effective sanitary facilities.

Promotion of Sanitation Infrastructure: During the campaign, residents were informed about various government schemes and incentives available for the construction of toilets and other sanitation infrastructure. This aimed to encourage them to avail of these facilities.

The door-to-door awareness campaign conducted in Bagroti Village under the "Swachhata Hi Seva" initiative was a meaningful step towards promoting a clean and hygienic environment. The active participation and receptiveness of the community indicate a positive shift in mindset and a growing awareness of the importance of cleanliness and sanitation.

This initiative has not only created awareness but has also sown the seeds of change within the community, encouraging them to take proactive measures towards a cleaner and healthier living environment.

We extend our heartfelt thanks to all the volunteers, local authorities, and residents of Bagroti Village who made this campaign a success, and we look forward to further efforts in our collective journey towards a Swachh Bharat.

Activity Photographs:







2. Short meeting regarding "Swachhta Hi Sewa Campaign"

Date: 26.09.2023

Time: 04:45 pm

Venue: In front of Admission Cell

Agenda:

1. Overview of Swachhta Hi Sewa Campaign
2. Roles and Responsibilities of NSS Volunteers
3. Planning and Execution of Cleanliness Drives

3. Hand Wash Activity (11:00 - 12:00)

On 27.09.2023, the National Service Scheme (NSS) conducted a one-hour Hand Wash Activity from 11:00 AM to 12:00 PM at Model School Baru Sahib. The event aimed to raise awareness about the importance of proper hand hygiene. Volunteers provided practical demonstrations on the correct hand washing techniques, stressing the role of cleanliness in preventing the spread of diseases. Students and staff actively participated, and the event served as a valuable educational opportunity, promoting a culture of health and hygiene within the school community.

Activity Photographs:







4. Langar Sewa and Cleanliness Drive at the community kitchen

Date and Time: 27.09.2023, 12:00 Noon - 2:00 PM

A Langar Sewa and Cleanliness Drive at the community kitchen were organized with great enthusiasm and participation from the local residents. The event, held on a sunny Saturday morning, brought together a diverse group of volunteers who tirelessly worked to ensure the kitchen and its surrounding areas were spotless. Amidst the clang of utensils and the aroma of freshly cooked meals, volunteers scrubbed, swept, and sanitized the kitchen, creating a hygienic environment that promotes the health and well-being of all beneficiaries. This collaborative effort not only improved the cleanliness of the community kitchen but also fostered a sense of unity and responsibility within the community, highlighting the power of collective action in addressing vital issues like hygiene and sanitation.

Activity Photographs:









5. Extension lecture on "Health & Personal Hygiene"

Date and Time: 27.09.2023, 3:00 PM - 5:00 PM

Guest Speakers: Nursing Professionals

On 28.09.2023, an enlightening extension lecture on "**Health & Personal Hygiene**" was organized by the National Service Scheme (NSS) for the benefit of our volunteers and the broader community. The lecture featured expert insights from nursing professionals, offering valuable guidance on maintaining good health and personal hygiene.

Highlights of the Lecture:

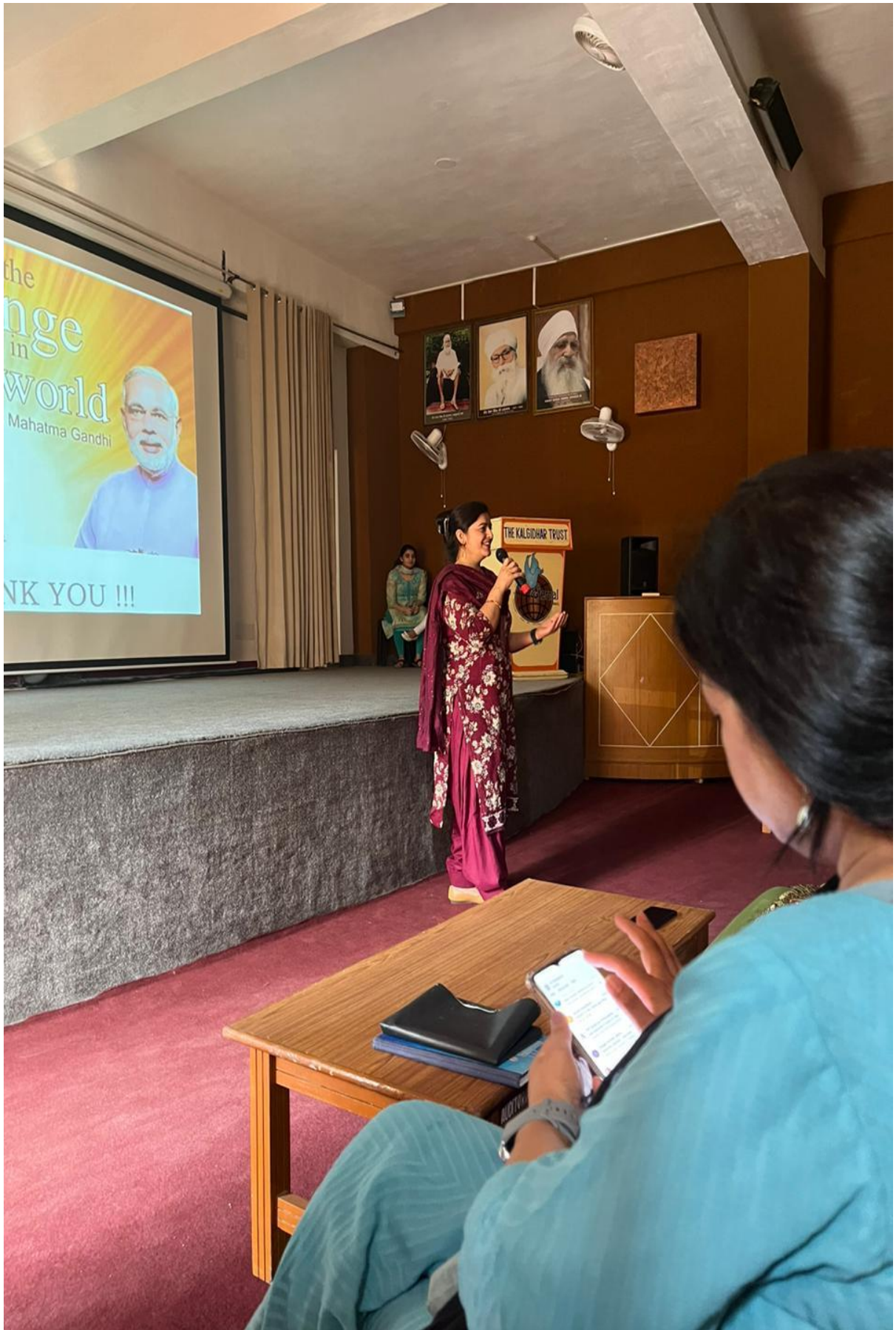
Comprehensive Health Awareness: The lecture provided a comprehensive overview of the importance of health, covering physical, mental, and emotional well-being. The nursing professionals emphasized the significance of maintaining a balanced and healthy lifestyle.

Personal Hygiene Practices: Attendees received valuable information on proper personal hygiene practices. The experts explained the significance of hand washing, dental care, skincare, and the role these practices play in preventing diseases.

Nutrition and Diet: The lecture also touched upon the significance of a well-balanced diet and the impact of nutrition on overall health. Practical tips for maintaining a healthy diet were shared.

Question and Answer Session: The session included an interactive question and answer segment where attendees could seek clarification and advice on specific health and hygiene concerns.

The extension lecture on "Health & Personal Hygiene" from nursing professionals was a valuable and informative session that contributed to our NSS volunteers' knowledge of maintaining good health and hygiene. We extend our gratitude to the nursing professionals for their insightful presentation, and we look forward to more such educational initiatives in the future.







6. Organized “Parthenium Eradication & Cleanliness Drive” from university Barrier to Lana Machher on 28.09.2023

The Parthenium Eradication and Cleanliness Drive from University Barrier to Lana Machher was a resounding success, showcasing the remarkable commitment of the community to both environmental preservation and public hygiene. A dedicated team of volunteers, equipped with protective gear and tools, embarked on a rigorous mission to rid the entire stretch of Parthenium, a noxious weed known for its adverse effects on agriculture and human health. The arduous work paid off as the area underwent a remarkable transformation, with native plants beginning to reclaim their territory and restore the ecosystem's balance. Simultaneously, the volunteers meticulously collected and disposed of trash, leaving the surroundings free from litter and promoting a cleaner and healthier environment for all.

This initiative not only exemplified the power of collective action but also served as a valuable educational platform, raising awareness about the importance of environmental stewardship and the need for responsible waste disposal. The University Barrier to Lana Machher area now stands as a shining example of what can be achieved through community engagement and a shared commitment to a sustainable and clean ecosystem.

Regards

Er. Anita Chaudhary

NSS Programme Officer

Eternal University, Baru Sahib