



UNNAT BHARAT ABHIYAAN CELL

MIRANDA HOUSE, UNIVERSITY OF DELHI

ANNUAL REPORT UBA CELL.

In the vibrant landscape of college life, few entities shine as brightly as Uba Cell. This dynamic organization has become synonymous with activity and engagement on campus, leaving an indelible mark on both students and faculty alike. With a passion for fostering talent, promoting diversity, and embracing creativity, Uba Cell has embarked on numerous initiatives that have transformed the college experience for all. From organizing electrifying events to championing social causes, Uba Cell has proven itself as a powerhouse of energy and innovation, continually pushing the boundaries of what's possible within the collegiate realm.

1.ANAEMIA SURVEY IN JAGATPUR VILLAGE ∴ The event took place on 18th of August 2023 , from 3:15 pm IST to 5:45 pm. The new fresher first year students also joined the visit with a lot

of with a lot of enthusiasm. The students also did an **anaemia survey** in the Jagatpur.



2.HOUSEHOLD SURVEY IN DHIRPUR VILLAGE :Five groups of seven students in each did a household survey to know the grievancea that people were facing in dheerpur village. Students came to know about the problems that people were facing there and tried to find solution from them.

3.STALL FOR TOTE BAGS AND MASK IN MIRANDA HOUSE :MH UBA Cell set up a stall showcasing various handmade products which were made by the village woman, various items such as the tote bags, masks were available at the stall . The MH UBA cell, held this stall on 24th of August from 12:30 in the afternoon till 3pm



4.COLLECTION DRIVE :The uba cell of miranda house organized a collection drive on 24th of August, 2023 , where many students took part. The students of miranda house donated their pen and stationary in the collection drive. It started from 11:30 in the morning till 3 pm in the evening.

5.MH UBA VISIT TO CSIR, NATIONAL PHYSICAL LABORATORY FOR GRASSROOT INNOVATION AND SKILL ENHANCEMENT FOR RURAL DEVELOPMENT CONCLAVE:Grassroot innovation and skill development are vital components of rural development programs. In rural areas, where resources can be limited, harnessing local creativity and expertise is crucial. Grassroot innovation refers to the bottom-up approach of identifying and nurturing innovative solutions that emerge from within communities. This encouraging individuals to come up with new ideas, technologies, or practices that address local challenges.The program commenced at 9:30 in the morning and featured the presence of numerous dignitaries, including esteemed scientists, who shared their innovations and expertise in renewable sources of energy.



6.SELF DEFENSE WORKSHOP:Self defence training is a very significant as it aims to improve the confidence ,courage and physical fitness among students .The Unnat Bharat ABHIYAAN CELL in collaboration with National Service Scheme and SAMVARDHINI NYAS organised a self defence workshop, it was organised on 15th of September , 2023 at the sports ground.



7.BLOOD DONATION CAMP:The importance of blood has again been again emphasized by UBA,Unnat bharat abhiyan in collaboration with NSS,National service scheme and Chandra laxmi hospital of Gaziabad by conducting a Blood donation drive cum campaign on 18th of September 2023,from 10 am to 5 pm at Seminar hall in Miranda house ,for which, registrations were opened .The Volunteers from UBA were very active in the campaigning and encouraging people around the college premises to donate blood by throwing light on how important donating blood could be to make a life saving difference.At the end, the event was a huge success by the contributions of both UBA and NSS ,the volunteers, the heads ,the conveners and various authorities and dignitaries.



8.CARDIAC HEALTH CAMP: On September 21, 2023, Miranda House, UBA in collaboration with NSS hosted a unique event - a Cardiac Health Camp and CPR Training session. The day was graced by the presence of skilled doctors from the prestigious Ganga Ram Hospital in Delhi, who turned it into an enlightening experience for both students and teachers.

There was extensive active campaigning done by students for the session, where they contacted students personally to interact with them and reach out to them for the workshop. Thereafter, we saw a huge turnout at the event. The event was conducted in the seminar hall with an attendance of over 100+ students and many teachers. Even our honourable principal ma'am, Professor. Bijaylakshmi Nanda graced us at the event

Dr. Kavita Tyagi who is a renowned doctor in the field of cardiology explained the students about various heart diseases and to do your heart check regularly. She wanted to make each student learn to do CPR which can save the life of individual in need.



UBA conducted more activities too and is Upsurging towards doing more activities for rural development and skill enhancement.

9.CLEANLINESS DRIVE (swaachta pakwara)

Two cleanliness drives were held on 3rd October ,2023 from 11 Am to 12 pm and 4rth October 6am to 8am .A noteworthy cleanliness drive was meticulously organized at Miranda House, spanning from Gate No. 3 to Patel Chest. This ambitious undertaking brought together a commendable total of 40 dedicated students who were resolute in their mission to transform the environment. These students, driven by a profound sense of responsibility

towards the campus, were equipped with essential tools for their task. They donned gloves and carried polybags, all ready to embark on this environmental revival journey.



Throughout the day, these 40 participants worked tirelessly, each one contributing their time and effort to ensure that the designated area was cleaned and revitalized. Their collective dedication was a testament to their commitment to preserving the cleanliness and aesthetics of the campus. As they meticulously collected litter and debris, they also collected admiration from onlookers who recognized their noble endeavor.

Apart from there Uba cell also held competition of best out of waste ,reel making and plantation drive were also held online .

10.SPEAKER SESSION AND DEBATE COMPETITION ON IMPLEMENTATION OF WOMEN RESERVATION BILL

We had an event organised by UBA cell in collaboration with National service scheme on 24th October, in the event, speaker of session was Ashu Bidhari, legal figure and advisory member of the commission for Other backward classes, Govt. of NCT Delhi.

The session began with an insightful address by Adv. Bidhuri who shared his wealth of knowledge and experience with the eager audience. His perspective on (implementation of women reservation bill) resonated with the 40 students who attended the event, fostering an atmosphere of intellectual curiosity and engagement. The highlight of the event was the debate competition followed by speaker session. There was also prize distribution ceremony held to encourage students.



11.MULTIDISCIPLINARY FREE HEALTH CAMP ORGANISED IN JAGATPUR VILLAGE

On 17th December 2023, UBA Cell Miranda House in collaboration with Om Help Foundation and Yuva Samiti organized a multidisciplinary free health camp in Jagatpur village from 10 am to 2 pm. The camp included examination of the villagers by Dr. Kavita Tyagi, senior cardiologist, Sir Ganga Ram Hospital, ENT specialist, Dr. Shweta Ghogia, physiotherapist, Dr. Meera Verma, homeopathy physician, Dr. Anil Tripathi, acupressure Specialist, Dr. Amar Chaudhary and their team. It started sharp at 10 am and the enthusiastic villagers began registering themselves from the start. It included check-up for Blood Pressure, Pulse Rate, Blood Sugar, Lipid profile, Height, Weight, ENT, ECG and Physiotherapy. The registrations and the tests were performed by UBA volunteers from Miranda House and two pharmacists. After getting themselves registered, the villagers then went for the aforementioned tests one by

one. They then showed the results to the doctors who co-related the data, examined their health conditions and prescribed the necessary medications, if needed. The medicines were distributed free of cost to them. The camp also included an awareness session on the rising threat of cardiovascular diseases in the country, led by Senior Cardiologist at Ganga Ram Hospital Dr. Kavita Tyagi and assisted by her colleague. The villagers were given an opportunity to raise their queries on various health-related aspects including daily food habits and the importance of exercise and yoga. The session was followed by CPR training where Mr. Sunny first demonstrated the technique of giving CPR during emergencies. He also called some of the attendees to practice on the CPR training tool. This was then followed by more registrations and check-ups till 2 pm. By the end of the camp, 150 villagers had availed themselves of the opportunity to get screened by such an efficient team.



12.CONCLAVE AT IIT DELHI

Unnat Bharat Abhiyan has organized a 2 day Conclave "Unnat Bharat: Nurturing Inclusive Development for Amrutkal". The conclave held a dialogue on Confronting and Crafting Responses to Evolving & Unprecedented Challenges Bharat is facing. In the conclave, exemplary leaders of the society those whom have broken the barriers with "beyond the horizon" vision shared about their live journeys. The conclave commemorated the spirit of diversity and i nclusiveness of Bharat from 13th -14th Jan. 2024 at IIT Delhi campus.

13.AN IDEAL VISIT TO MEHENDIPUR VILLAGE IN COLLABORATION WITH BHARAT VIKAS PARISHAD

On 28th January ,2024, Suresh Jain ,National Secretary of Bharat Vikas Parishad , Nisha Vashishta ,Coordinator Uba of miranda House along with the students has a visit to mehendipur village .

14.WORSHOP FOR ELDERLY IN DHIRPUR VILLAGE

Miranda House students recently organized a workshop in Dheerpur village aimed at addressing the mental health and physical fitness of the elderly population. The initiative involved engaging with an interaction with elderly people to gain insights into their well-being.



Workshop Highlights:

1. Interaction with Anganwadi Workers:

- Students actively engaged with Anganwadi workers to understand the challenges and concerns related to the mental health and physical fitness of the elderly in Dhirpur village.
- Valuable insights were gathered through open discussions, allowing students to tailor their approach to the specific needs of the community.

2. Focus on Mental Health:

- Participants in the workshop emphasized the importance of mental health for the elderly population.
- Students conducted activities and discussions to address mental well-being, offering strategies and coping mechanisms for common issues.

3. Physical Fitness Assessment:

- A component of the workshop involved assessing the physical fitness levels of the elderly residents.

15.HEALTH CAMP ORGANISED BY UBA IN DHIRPUR VILLAGE

On 11 February ,from 10am to 2pm a health camp was organised in dhirpur village.The Unnat Bharat Abhiyan (UBA) cell of Miranda House organized a comprehensive healthcamp in a remote village, where 160 individuals received extensive medical attention. Thecamp, led by a team of dedicated professionals, aimed to address prevalent health issues andprovide essential medical services to the underserved community. The presence ofspecialists including cardiologists, dentists, eye specialists, and ENT specialists ensured aholistic approach to healthcare delivery, catering to diverse medical needs.



16.ANTI DRUG AWARENESS CAMPAIGN ALONG WITH NUKKAD NATAK

On 22nd february the unnat Bharat abhiyaan cell of Miranda house organised a anto drug awareness campaign by performing nukkad natak in principal lawns

The Nukkad Natak on drug awareness at Miranda House served as a platform for meaningful dialogue and action against substance abuse. Through collaborative efforts, the event successfully educated and engaged the audience, fostering a sense of responsibility and advocacy for a drug-free society. It underscored the importance of collective action in addressing pressing social issues and highlighted the pivotal role of education and community partnerships in effecting positive change. Moving forward, such initiatives are essential for raising awareness, promoting prevention, and ultimately, safeguarding the well-being of individuals and communities alike.



17.ANAEMIA PROGRAM

A haemoglobin test (udbhav) was held on 6th March ,2024 from 10 am to 2pm . The venue was Bank Foter ,Miranda House .

The esteemed guest Suresh Jain ,Ms Rajni and Deepa Mehra came arrived in the college for the test.The UBA team was managed to contribute to the success of the event by administering 375-400 test .Those who were found with low haemoglobin levels were were adviced include protein and fibre rich food in their diet.through this Miranda house was able to aware people about how to maintain their haemoglobin level and health



18. INAUGURAL CEREMONY OF AWARENESS CAMPAIGN ON CERVICAL CANCER

The Inaugural Ceremony of the Cervical Cancer Awareness Campaigns commenced with great enthusiasm and participation in collaboration with UBA (unnat Bharat abhiyaan) MIRANDA HOUSE Department of zoology, MH Vatavaran, NSS MH, UBA MH, Miranda House and ImmunifyMe. Professor Dr. Rekha Kumari, Dr. Nisha Vashishta, Dr. Malti ma'am graced the auditorium with their presence. The event aimed to raise awareness about cervical cancer, its prevention, and the importance of early detection. Dr. Om Prakash Kansal, Country Advisor of Global HPV Cancer Free, graced the occasion as the keynote speaker.

The speakers advised the students about the prevention and cure about the cervical cancer.

"Together we can make a difference and pave the path for a healthier tomorrow "