

UNNAT BHARAT ABHIYAAN CELL
MIRANDA HOUSE, UNIVERSITY OF DELHI
ANNUAL REPORT 2024-2025

Convenor: Dr. Nisha Vashishtha
Co-Convenor: Dr. Namrata Singh

Overview

Unnat Bharat Abhiyan (launched on 11th November 2014) is a flagship programme under the Ministry of Education (MoE), where the Higher Educational Institutions (HEIs) of the country link with villages to contribute to the economic and social betterment of these communities, using their knowledge base.

Mission of UBA

1. Develop necessary mechanisms & proper coordination among educational institutes, implementation agencies, and grassroots level stakeholders to enable effective intervention at the field level.
2. Effectively participate in the sustainable, holistic development of select rural clusters using local resources, creating employment opportunities in the process, and harnessing multifarious government schemes.
3. Reorienting academic curricula and research programs in higher educational institutes in alignment with local needs to bring about development and enrich the knowledge of students about issues of villages/society.

In this vision of transformational change in building an inclusive India, Miranda House, the UBA cell is trying to leverage its knowledge base to our partners in five villages.

Our partners are:

- 1. Burari CT (North Delhi)***
- 2. Majra Badarpur***
- 3. Jagatpur (North Delhi)***
- 4. Dhirpur (North Delhi)***
- 5. Anantpura (Alwar, Rajasthan)***

In this partnership of knowledge, it is imperative to build an understanding of the developmental agenda, interactions with stakeholders, dialogue within the larger community, design societal objectives, improve developmental outcomes, and engage the community for sustainable growth. Community engagement rests on five distinct practices - *reaching out, informing, consulting, involving, collaborating, and empowering*. In order to be an effective link, it is essential that we train ourselves in participatory methods and skills and also ensure that we, as knowledge partners, have a clear understanding of the process of supporting local and partnership learning.

Student Union 2024-25

Amisha Mishra	President
Shipra Tiwari	Vice President
Supriya	General Secretary
Gogula Deepthi Priya	Treasurer

Activities

1. International Yoga Day Celebration:

The Department of Physical Education & Sports, in collaboration with Unnat Bharat Abhiyan (UBA), NCC, and NSS of Miranda House, University of Delhi, organized a Yoga session on the occasion of the 10th International Yoga Day 2024. The event aimed to spread awareness about the physical, mental, and spiritual benefits of yoga and to motivate participants to adopt it as part of their daily lifestyle. Conducted by Yogacharya Shri Manish Kapoor, the session included various yoga asanas such as Tadasana, Vrikshasana, Bhujangasana, Shalabasana, Dandasana, Savasana, and pranayama techniques like Kapalbharti, Anulom Vilom, and Bhramari. Each posture was explained with a focus on alignment, breathing, and benefits. The event was attended by around 60 participants, including students, faculty, and non-teaching staff. It concluded with meditation, a group photograph, and refreshments. The outcome of the event was highly positive, as participants found the session rejuvenating and informative. It not only enhanced awareness of yoga's holistic benefits but also fostered a sense of well-being and community spirit among the attendees.



2. Collection Drive:

The Unnat Bharat Abhiyan Cell of Miranda House successfully organized a Collection Drive on 9th August 2024 with the objective of securing essential resources for village students. The event

was held at the Bank Foyer from 10 AM to 4 PM and saw active participation from students. A total of 63 students contributed generously, bringing donations such as stationery, books, and other useful items. These collected resources are to be distributed among school students of the partnered villages – Jagatpur, Dhirpur, Burari, and Anatapura. The initiative reflected the spirit of social responsibility and aimed at creating positive change by supporting the educational needs of underprivileged children. By extending their support, the students contributed to building a brighter future for village learners. The event not only encouraged collective effort but also highlighted the importance of community participation in fulfilling the mission of Unnat Bharat Abhiyan.

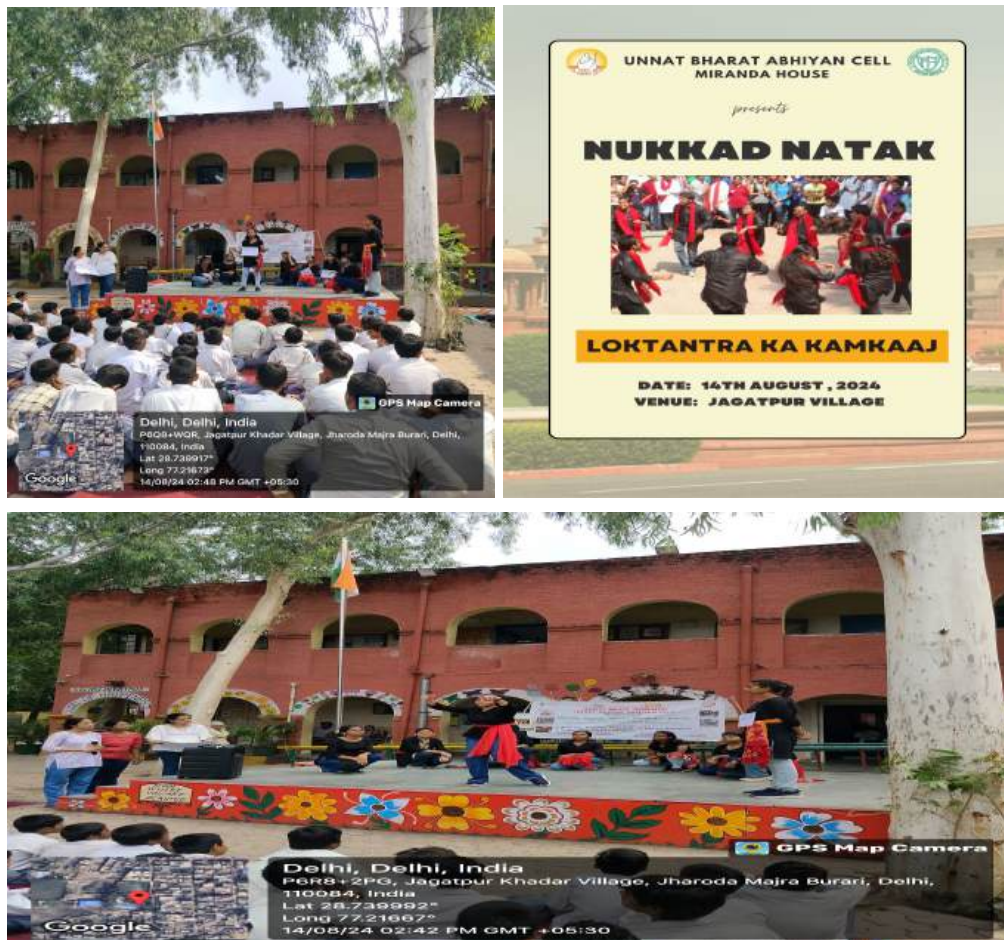


3. Nukkad Natak on “Loktantra ka Kaamkaaj” (Workings in a Democracy):

On 14th August 2024, the Unnat Bharat Abhiyan (UBA) Cell of Miranda House organized a Nukkad Natak at Jagatpur Government Boys’ School as part of the 78th Independence Day celebrations. The aim of this activity was to spread awareness among school children about the functioning of democracy in India and the role of different institutions.

The natak highlighted the workings of the Lok Sabha, Rajya Sabha, and Gram Sabha, the process of elections, the role of ministers such as Education, Social Justice, and Agriculture, and the passing of bills into laws. It also addressed how grievances are resolved by sarpanches at the panchayat level. To ensure clarity, a questionnaire session was conducted where the children actively participated with great enthusiasm and curiosity. The session fulfilled its objective as the students were responsive and eager to learn. The outcome of the event was insightful. Children gained first-hand knowledge of democratic processes. They understood the importance of elections, law-making, and local self-governance. The session made learning interactive and engaging through performance and questions. Feedback was positive. The children showed keen

interest and active participation. Teachers and the school principal appreciated the initiative for its educational value. The event was praised for making complex topics simple and relatable for young learners.



4. Plantation Drive under “Ek Ped Maa Ke Naam” Campaign:

The UBA Cell conducted a Plantation Drive under the national campaign “*Ek Ped Maa Ke Naam*” as a tribute to mothers. This event was organized in collaboration with the school’s Eco Club. The aim was to promote environmental awareness, encourage students to value nature, and instill responsibility towards sustainable living. Together, the principal, teachers, volunteers, and Eco Club members planted 14 saplings in the village. The outcome of the event was that it created awareness about the importance of trees and environmental conservation.

Strengthened the spirit of collective responsibility for nature among students & promoted the values of sustainability and respect for the environment. Feedback on the activity was positive. The plantation activity was appreciated by the principal and teachers for its long-term impact.

Students showed enthusiasm and interest in being part of an eco-friendly initiative. Volunteers felt motivated, as the drive gave a sense of meaningful contribution to society and nature. Together, both activities—the Nukkad Natak and Plantation Drive—were successful in combining educational awareness with social responsibility, marking the 78th Independence Day as both informative and impactful.



5. Har Ghar Tiranga Campaign:

On 15th August 2024, the Unnat Bharat Abhiyan Cell of Miranda House organized the “Har Ghar Tiranga” campaign as part of the Independence Day celebrations. The aim of the campaign was to foster patriotism, civic pride, and national unity by encouraging citizens to display the Indian national flag in their homes and to spread awareness about its importance as a symbol of India’s identity, sacrifices, and progress. A large number of people, including volunteers and citizens, actively participated by capturing their pictures with the Tiranga and sharing them through social media, which further enhanced the campaign’s outreach and inclusiveness. The outcome of the event was highly successful as it not only promoted respect and awareness for the national symbol but also strengthened the spirit of nationalism and unity among people. The enthusiastic participation and positive response ensured that the campaign achieved its goals, making it a memorable and impactful celebration of Independence Day.



6. Workshop On Becoming A Responsible Citizen:

The Unnat Bharat Abhiyan (UBA) of Miranda House, in collaboration with brand sponsors Gillette Venus and Whisper, organized a workshop titled “*Empower Your Future: Embrace Responsibility, Shape Tomorrow*” on 27th August. The aim of the event was not only to encourage students to become responsible citizens but also to instill in them values of empathy, dignity, and social responsibility, while creating awareness about mental well-being and personal rights such as consent, safety, and privacy. The objectives also included bridging the gap between theoretical learning and real-life application by sensitizing students to the challenges faced by marginalized communities, fostering leadership qualities, and motivating them to actively participate in community welfare initiatives. The workshop witnessed the active participation of more than 150 students along with faculty members & Principal, showing wide enthusiasm and engagement. The outcome of the event was a stronger understanding among students of their responsibility towards society, greater awareness of their personal rights and well-being, and renewed motivation to contribute meaningfully through collective efforts. The feedback from participants was overwhelmingly positive, with many highlighting how the interactive nature of

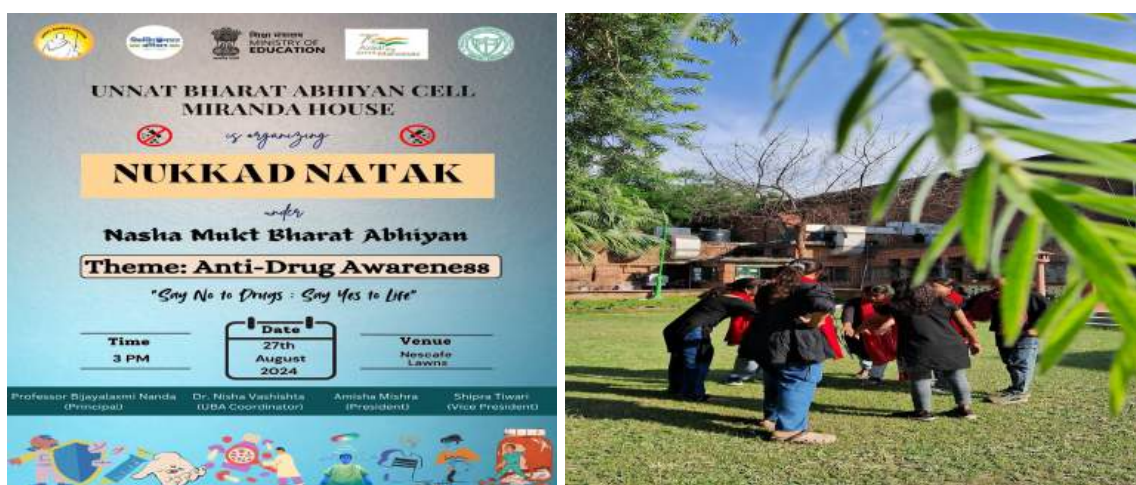
the workshop and the blend of personal development with social responsibility made it both insightful and empowering.



7. Nukkad Natak on Anti-Drug Awareness:

The Unnat Bharat Abhiyan (UBA) Cell of Miranda House, University of Delhi, in collaboration with the National Service Scheme (NSS), organized a “Nukkad Natak” campaign under the Nasha Mukta Bharat Abhiyan to spread awareness about the harmful effects of substance abuse. The aim of the activity was to sensitize students and the larger community about the dangers of addiction and to encourage collective efforts towards building a drug-free society. With the participation of 67 enthusiastic volunteers, the event combined creativity and social responsibility to deliver impactful messages through street theatre. The objectives of the campaign were to highlight the health risks, emotional struggles, and social consequences of substance abuse, as well as to emphasize the importance of resilience, awareness, and

community support. The natak presented powerful scenes showcasing peer pressure among friends, the health crisis of a young cancer patient caused by addiction, the courage to fight back and inspire others, and the devastating impact of drug abuse on families through domestic violence and financial hardships. The outcome of the performance was highly positive, as it left a strong impression on students and community members, making them realize the urgency of addressing substance abuse. The feedback received reflected appreciation for the impactful storytelling and emotional depth of the performance, and many participants pledged their support to the Nasha Mukht Bharat Abhiyan. Overall, the event was successful in meeting its objectives by raising awareness, fostering dialogue, and motivating collective action for a healthier and addiction-free future.



8. Plantation Drive:

The Unnat Bharat Abhiyan (UBA) Cell, in collaboration with the National Service Scheme (NSS) of Miranda House and the Sant Nirankari Foundation's Green Initiative, organized a Plantation Drive in the college's herbal gardens on August 27th at 3 PM. The primary aim of the event was to foster environmental awareness, promote greenery, and encourage students to take responsibility for tree plantation and conservation. The drive was inaugurated by the Principal with an inspiring speech on collective responsibility, which greatly motivated the students. The motto *"1000 to the workforce and 10000 trees to the environment"* left a strong impression. Adding to the energy, a live band performed motivational songs, creating a vibrant and inspiring environment. The enthusiastic participation of students and faculty ensured that the plantation drive became a meaningful step toward a sustainable and eco-friendly campus. The event was highly appreciated by both participants and faculty members. Students felt encouraged and proud to contribute to the environment. The blend of music and purpose was praised as unique, making the activity not just impactful but also enjoyable.



9. Ideal Village Visit: Mehndipur

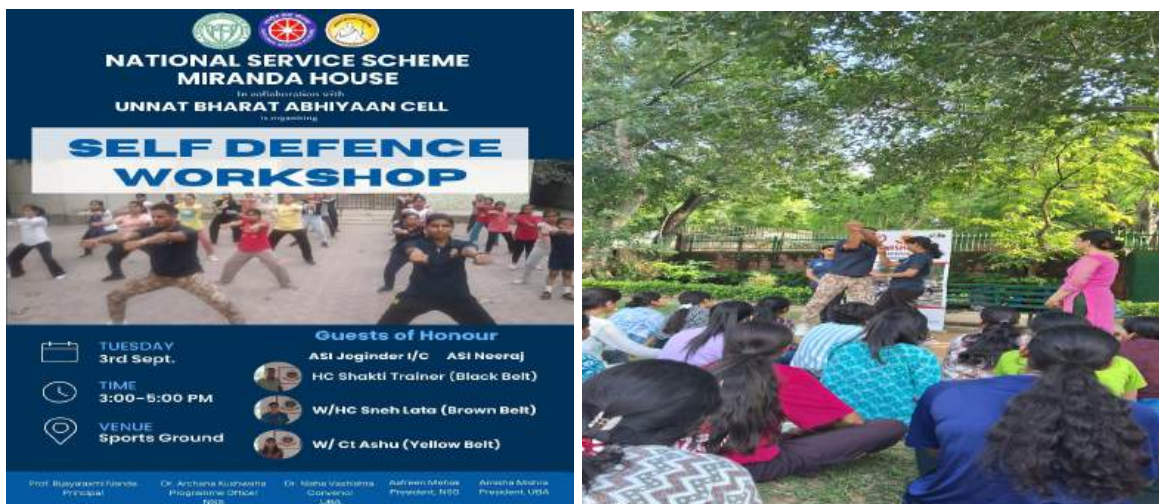
On 28 August 2024, the Unnat Bharat Abhiyan (UBA) Cell of Miranda House, in collaboration with the NSS, organized a village visit to Mehadiipur, Sonipat, to provide freshers with an insightful experience of rural life and development practices. The visit was attended by five teachers and forty students, who were warmly welcomed by the villagers. The main objective of the visit was to study the socio-cultural, political, and economic aspects of the village, with a special focus on women's status, education, sanitation, and sustainable agricultural practices. The students were divided into groups and guided by village women to their homes, where they interacted with the residents and discussed key issues. The outcome of the visit was highly enriching, as students observed progressive elements such as the election of a woman sarpanch, women's active role in agriculture and skilled professions, commendable sanitation and waste management practices, use of modern farming machinery, and awareness about water conservation and rainwater harvesting. They also noted the presence of uninterrupted electricity, good connectivity, functional Anganwadis, primary schools, and access to higher secondary education nearby. The use of a village WhatsApp group for communication highlighted the community's tech-savvy nature. The feedback from both students and teachers was very positive, as the visit provided practical learning beyond textbooks and fostered awareness of rural resilience, gender equality, and sustainable development. With active participation and enthusiastic engagement, the event successfully met its objectives, leaving the participants with valuable insights and appreciation for rural life.



10. Self-Defence Workshop:

The Unnat Bharat Abhiyan (UBA) Cell, in collaboration with the National Service Scheme (NSS), Miranda House, organized a Self-Defence Workshop on 3rd September 2024 at the college sports ground. The aim of the workshop was to equip students with practical self-defence skills and instill confidence to protect themselves in threatening situations. The session was conducted by experts, including ASI Joginder I/C, ASI Neeraj, HC Shakti (black belt trainer), W/HC Sneh Lata (brown belt), and W/CT Anshu (yellow belt). Beginning at 3 p.m., the experts emphasized the importance of self-defence through motivational words under the slogan “*One Step To Save You.*” A total of 50 students participated in the workshop. The training focused on practical techniques such as escaping when attacked from behind, defending against multiple attackers, identifying vulnerable body parts, and freeing oneself from strong grips. Students were also advised to remain alert, trust their instincts, use verbal assertiveness, and avoid unsafe areas. Participants received hands-on training, ensuring active involvement and personal attention. The key learning outcome was the development of both confidence and practical self-defence

strategies, empowering participants to face real-life threats. The feedback from the students was overwhelmingly positive, with many expressing gratitude for the valuable and empowering experience.



11. Cleanliness Drive:

The Cleanliness Drive, organized on 12th September 2024 by the Unnat Bharat Abhiyan Cell of Miranda House in collaboration with MH Vatavaran and NSS, aimed to spread the message of cleanliness around the campus while promoting sustainable practices through digital campaigning. With the active participation of around 45 student volunteers, 5–6 professors, and the Principal, the drive focused on cleaning the premises of the college. Waste like pamphlets and paper was collected and sent to MH Vatavaran's Recycling Unit, ensuring eco-friendly processing. Additionally, posters and pamphlets made from recycled materials were used to raise awareness, reflecting a strong commitment to sustainability. The event lasted for about an hour and achieved its objective of not only improving cleanliness but also fostering environmental consciousness. The feedback from participants was highly positive, with students and faculty appreciating the collective effort and the reinforcement of recycling practices. Overall, the drive was a resounding success, demonstrating the importance of teamwork, responsibility, and eco-friendly initiatives in building a sustainable environment.



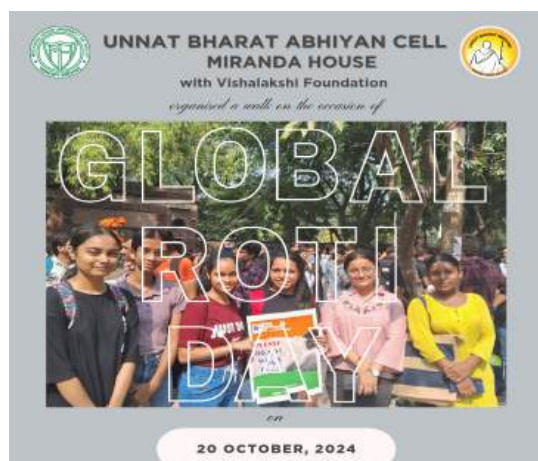
12. Career Abroad Workshop:

On 17 September 2024, the Unnat Bharat Abhiyan Cell of Miranda House organized a workshop on career counselling titled *“Think Beyond the Box: Unlocking Your Critical Thinking Power”* to guide students about opportunities to pursue higher education abroad. The aim of the event was to provide information on admission processes, scholarships, financial assistance, and the role of standardized tests like GRE, GMAT, and IELTS in securing admission to prestigious universities worldwide. With the participation of around 50 enthusiastic students, the session was led by eminent speakers—Shreya Lala, a British Council-certified UK counsellor, and Sneha, a senior manager at IDP with over 13 years of experience—who shared valuable insights on studying abroad and encouraged students to think beyond conventional career paths. The outcome was highly fruitful, as students gained clarity on global educational opportunities, fee waivers, and support systems available for pursuing international education. Feedback from attendees was very positive, with students appreciating the interactive discussions, the practical guidance, and the motivational approach of the speakers. Overall, the workshop was a great success, broadening horizons and inspiring participants to consider diverse possibilities for their future careers.



13. Global Roti Day:

On 20th October 2024, the Unnat Bharat Abhiyan Cell of Miranda House, in collaboration with the Vishalakshi Foundation, organized a Food Distribution Drive on Global Roti Day from Vidhan Sabha to the Arts Faculty. The aim of the drive was to raise awareness about hunger and distribute food to the needy, thereby fostering social responsibility and community engagement. With active participation from volunteers and generous support from Bangla Sahib Gurudwara, which donated over 1000 meals, the event combined a walkathon with food distribution. By the end, all meals were successfully distributed without wastage, spreading joy and satisfaction among both volunteers and recipients. The outcome was highly impactful, as it not only raised awareness about hunger but also encouraged collaboration for sustainable food security. Feedback from participants was overwhelmingly positive, highlighting the sense of fulfillment, teamwork, and the importance of such humanitarian initiatives. Overall, the drive was a resounding success, setting a strong example for future community-centered efforts against hunger.



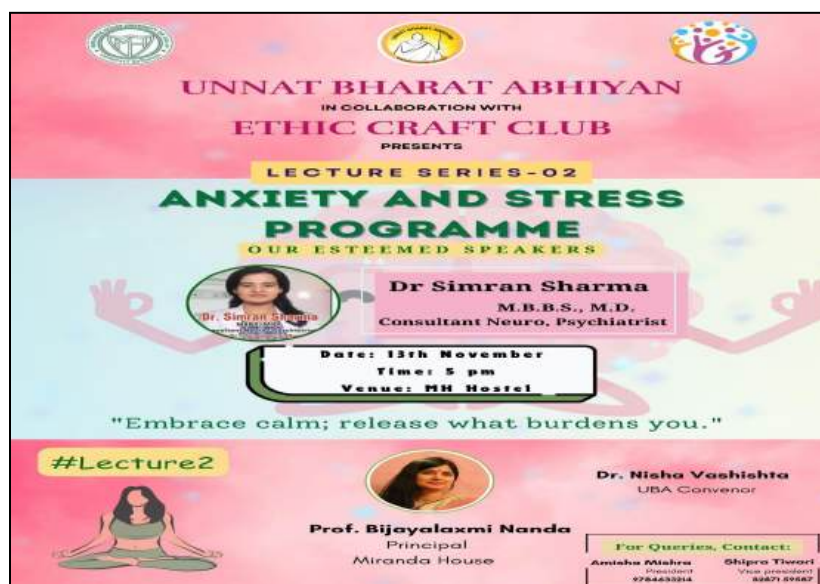
14. Lecture Series 1: "Addiction, Mental Wellness & Mindfulness"

On 30th September 2024, the Unnat Bharat Abhiyan Cell of Miranda House, in collaboration with the Ethic Craft Club, organized a lecture series on "Addiction, Mental Wellness & Mindfulness" under the Nasha Mukta Bharat Campaign. Attended by 50 volunteers, faculty, and hostel residents, the event featured Dr. Simran Sharma, Consultant Neuro-Psychiatrist; Mrs. Vijaya Sri, mindfulness expert; and Mansi Chaurasiya, yoga instructor. Discussions highlighted the mental health challenges of Gen Z, addiction trends, and alarming statistics on prison occupancy, suicide rates, and alcohol consumption. Dr. Sharma addressed the science of addiction, while Mrs. Sri emphasized mindfulness for productivity, relationships, and wellness. Mansi Chaurasiya led a yoga session, teaching poses like Vrikshasana and Trikonasana to support mental health and addiction recovery. The event concluded with interactive Q&A and announcements for the upcoming Udgaar Festival, leaving participants informed, engaged, and motivated towards healthier lifestyles.



15. Lecture Series 2: Anxiety & Stress Programme

November 2024, aimed to address rising stress and anxiety among students, raise mental health awareness, and debunk myths. Led by Dr. Simran Sharma, the session covered the definitions, causes, and impacts of stress and anxiety, using models like the Yerkes-Dodson curve. Myths were countered with scientific facts, and symptoms were explained using the “5 A’s” framework. Participants learned about the psychological and physical consequences of chronic stress, such as cardiovascular issues and behavioral changes. Practical management strategies included self-observation, cognitive restructuring, relaxation techniques, time management, and positive surroundings. Holistic approaches like chanting, reading the Bhagavad Gita, gratitude, and philosophical principles were also discussed. Future initiatives include integrating stress management into curricula, wellness programs, and community support systems. The program successfully promoted mental well-being, encouraged open dialogue, and fostered a supportive campus environment.



16. Breast Cancer Awareness:

The Breast Cancer Awareness activities at Miranda House in October 2024 aimed to mark Pink October by spreading awareness on breast health and supporting cancer survivors. The Hair Donation Drive, organized on 8th October in collaboration with Makeover Tree, saw around 50 students donating a minimum of 12 inches of hair, with professional stylists offering free haircuts. Donors were appreciated with certificates and gifts, and many shared heartfelt testimonials. The event successfully raised awareness through both on-campus engagement and

social media, fostering empathy, social responsibility, and solidarity with survivors. Feedback from participants and organizers was overwhelmingly positive, making the initiative a meaningful success and paving the way for future collaborations and awareness drives.



17. Workshop on Cervical Cancer Awareness & Menstrual Hygiene:

On 16th October 2024, the Unnat Bharat Abhiyan Cell of Miranda House, in collaboration with Ritva, organized a Workshop on Menstrual Hygiene and Cervical Cancer Awareness at Dheerpur Village. The main aim and objective of the event were to spread awareness about menstrual hygiene, reproductive health, and the prevention of cervical cancer among rural women. Around 60 participants, including local women, volunteers, and faculty members, attended the workshop. A Nukkad Natak was performed to convey information about cervical cancer, its causes, symptoms, and prevention through an engaging and simple narrative. Sessions on menstrual hygiene management and awareness about PCOD/PCOS educated participants on hygiene practices, healthy diets, lifestyle changes, and early detection of health issues. The event also included a pad distribution drive to provide practical support for maintaining hygiene.

The key learnings included understanding the importance of proper menstrual hygiene, the need for early diagnosis of cervical cancer, and adopting a healthy lifestyle for reproductive well-being. The outcome of the workshop was highly positive, as it empowered women with knowledge and practical tools to manage their health effectively. Participants shared positive feedback, appreciating the interactive sessions and suggesting more such informative programs in the future. Overall, the workshop successfully combined education and community service, promoting awareness and fostering a sense of empowerment among women in Dheerpur Village.



18. Nukkad Natak & Presentation: Awareness on Consumer Rights:

The Unnat Bharat Abhiyan (UBA) Cell, Miranda House, in collaboration with TULA MHCCC, organized an awareness campaign on consumer rights and corruption through a *Nukkad Natak* and presentation on 8th February 2025 at Dhirpur Village. The aim of the initiative was to empower villagers with knowledge about their rights as consumers, protect them from scams, and make them aware of corruption-related issues. The highlight of the event was the street play “*Imandari ki Shakti*”, which simplified the concepts of consumer rights and corruption, making them easily understandable for the community. A presentation further explained key points such as minimum retail price, expiry and manufacturing dates, billing, fraud calls, and cybercrime. Active interaction between volunteers and villagers helped in identifying their level of awareness and resolving queries.

The outcome of the event was significant as it successfully engaged villagers and enhanced their knowledge about consumer protection. The act and presentation created better clarity and practical understanding of the issue, encouraging people to safeguard themselves from fraud and unfair practices. Feedback from villagers showed appreciation for the engaging and relatable approach of the *natak* and the detailed presentation. Volunteers also gained valuable insights into community issues, making the event impactful and relevant.

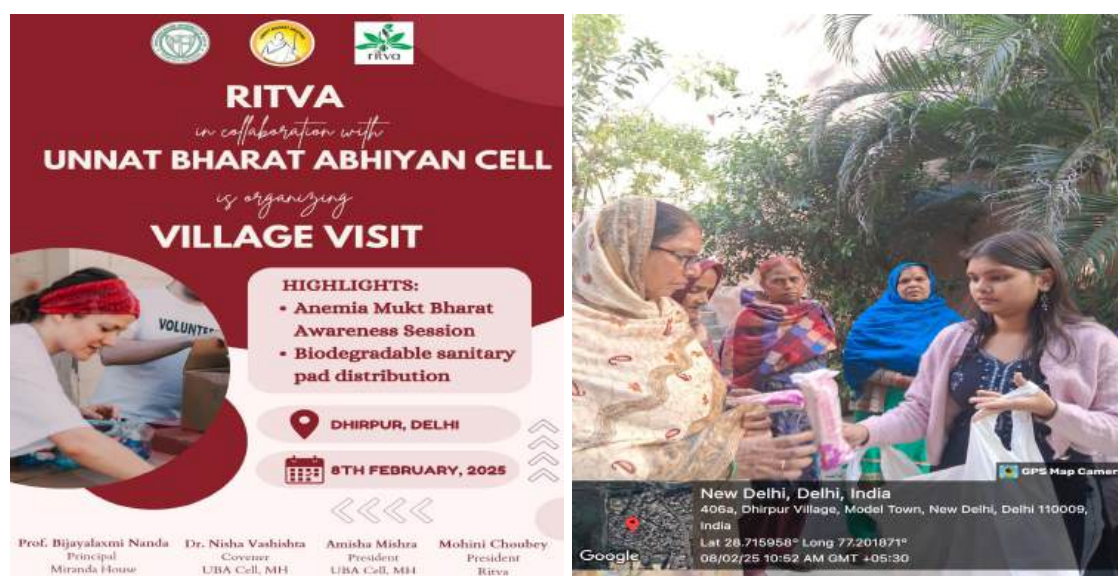


19. Anaemia Awareness Session and Sanitary Pad Distribution:

On the same day, 8th February 2025, the UBA Cell, Miranda House, in collaboration with Ritva, organized a health awareness campaign in Dhirpur Village, focusing on anaemia prevention, menstrual health, and sanitary pad distribution. The aim was to educate women and adolescents about the causes, consequences, and prevention of anaemia, while also promoting menstrual hygiene. The session included a presentation on dietary deficiencies, chronic illnesses, infections, and other causes of anaemia, along with their symptoms and preventive measures. Participants were also informed about the availability of free iron tablets at government

hospitals. In addition, a sanitary napkin distribution drive was conducted to provide essential resources to women in the community.

The outcome of the session was highly successful as it spread awareness about anaemia, encouraged healthy practices, and ensured access to menstrual hygiene products. Women and adolescents actively participated, showing great interest in the discussions. The feedback was very positive, with attendees expressing gratitude for the valuable information and resources provided. The initiative not only addressed immediate needs but also laid the foundation for future health awareness sessions and sustainable sanitary product distribution in the village.



20. Longest Chain of Used Plastic Bags Contest:

Unnat Bharat Abhiyan Cell actively participated in the Longest Chain of Used Plastic Bags Contest organized under the Harit Umang Program of Panasonic and hosted by Daulat Ram College on National Science Day (February 28, 2025). The initiative aimed to raise awareness about plastic waste management and promote the Three R's – Refuse, Reduce, and Recycle to encourage responsible recycling practices. Students of Miranda House enthusiastically contributed to this environmental cause by collecting used, clean, single-use plastic bags on a daily basis from their homes, local markets, and neighborhoods. Through consistent efforts and teamwork, the students propagated the message of refusing unnecessary plastic, reducing usage, and reusing available materials to minimize waste. Their active participation not only strengthened community awareness but also inspired sustainable habits within and beyond the campus. Under this initiative, Miranda House successfully collected 4,800 used plastic bags, forming a significant part of the two-kilometre-long chain aimed to break records with 6,000

bags in total. Owing to their dedication and collective spirit, Miranda House secured the 4th position in this National-level competition.

The event concluded with a felicitation ceremony on April 22, 2025 (World Earth Day) by Panasonic, recognizing the commendable contributions of all participating institutions. The initiative proved to be an enriching experience, offering key learnings about the urgency of environmental conservation, the importance of individual responsibility in managing waste, and the value of teamwork in achieving sustainability goals. The main objective—to instill eco-conscious behavior and promote plastic-free living—was effectively achieved. The positive feedback from both organizers and participants highlighted how such initiatives motivate youth to take active roles in environmental protection. Overall, this contest served as a successful reminder that small, consistent actions can collectively lead to a greener, cleaner planet.





21. Walkathon:

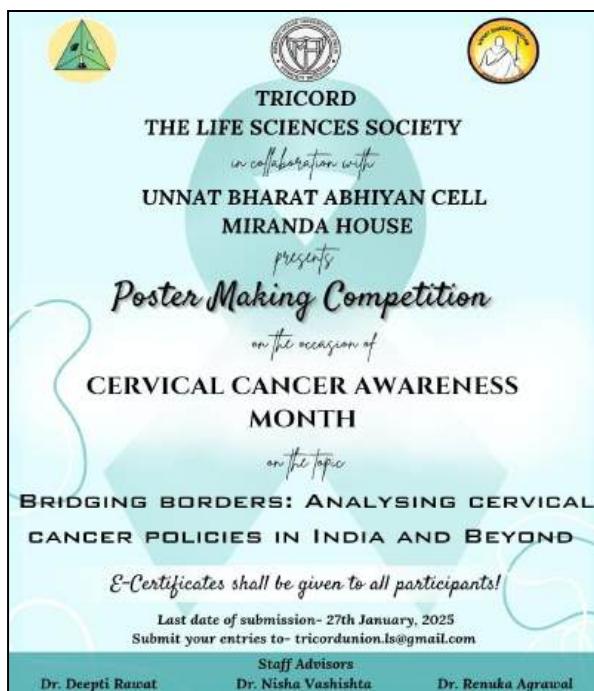
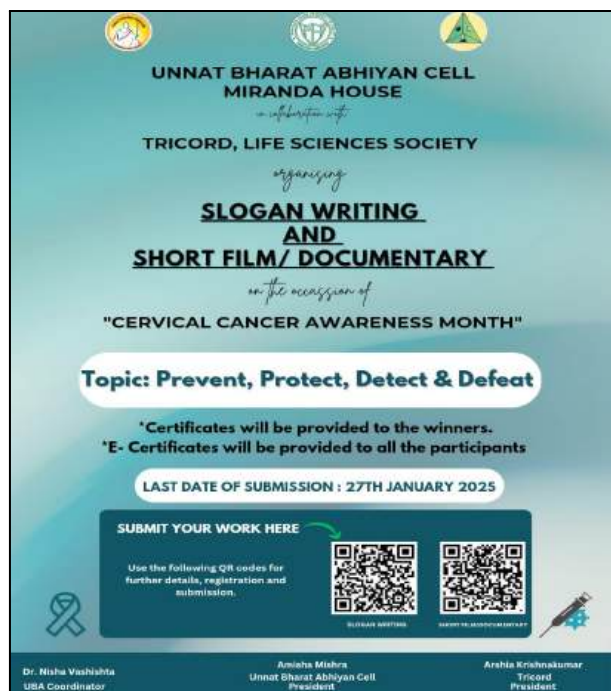
On 28th February, 2025, a Green Walkathon was organised by Unnat Bharat Abhiyan Cell in collaboration with Miranda House Students' Union, TULA MHCCC, MH Vatavaran, and SDG Club under HARIT PROGRAM - Panasonic. The Walkathon began at Daulat Ram College, Delhi University and followed a designated route through the north campus of Delhi University. With environmental sustainability as the central theme, the walk aimed to raise awareness and promote green initiatives among students and the wider community. Throughout the event, participants proudly carried informational boards that shared valuable tips on reducing waste, conserving energy and protecting natural resources. The Walkathon aligned perfectly with UBA's broader goal of promoting sustainable consumption, encouraging individuals to adopt environmentally responsible habits and embrace a more sustainable way of life. The event was a resounding success, not just in terms of participation but also in fostering a sense of community involvement and collective responsibility towards environmental issues. The atmosphere was filled with camaraderie as participants walked together with a shared purpose, reflecting the power of unity in making a positive difference.



22. Cervical Cancer Awareness cum Republic Day Celebration:

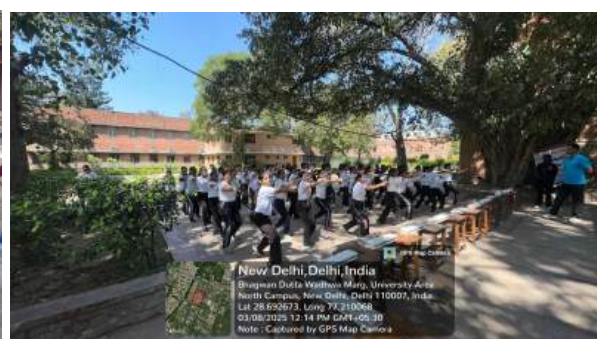
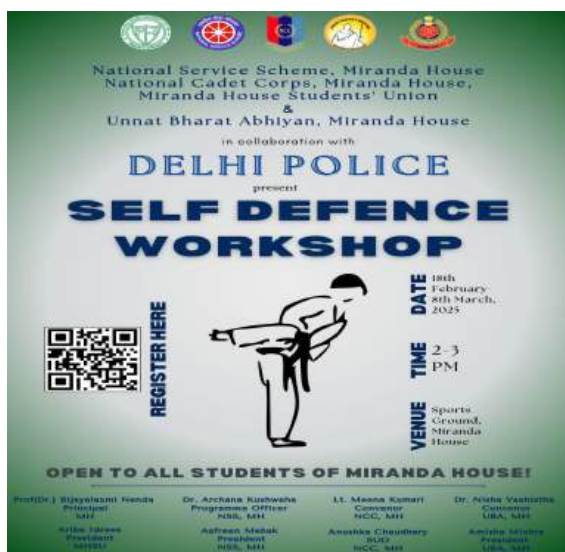
The Unnat Bharat Abhiyan (UBA) Cell of Miranda House, in collaboration with Tricord, the Life Sciences Society, organized *Cervical Cancer Awareness Competitions* from January 21st to January 26th, 2025, to mark Republic Day and Cervical Cancer Awareness Month. The aim was to spread awareness on prevention, early detection, and women's health through creative student engagement under the theme "*Prevent, Protect, Detect & Defeat.*" The competitions included slogan writing, poster making, and short film/documentary entries, all submitted online for wider participation.

The event received 28 enthusiastic entries that highlighted awareness messages through impactful slogans, creative posters, and informative films. The activities successfully raised awareness about cervical cancer and HPV prevention while also encouraging students to use art and media for health advocacy. Feedback from participants was positive, with many appreciating the platform for creative expression on such an important health issue. Overall, the event effectively combined awareness with Republic Day's theme of *Swarnim Bharat: Virasat aur Vikas*, reinforcing the value of women's health in national progress.



23. Self Defence Workshop:

UBA, in collaboration with NSS, MH NCC, MH Student Union, and Delhi Police which was to all students, the daily sessions from 2–3 PM at the Sports Ground aimed to equip participants with practical techniques to handle threatening situations. Training included escaping from rear grabs, defending against multiple attackers, identifying vulnerable points, and breaking free from tight holds. Experts also stressed safety awareness—staying alert, trusting instincts, using verbal assertiveness, and avoiding isolated areas. The program not only imparted physical skills but also boosted participants' confidence and mental resilience. Students appreciated the initiative for making them feel more secure and prepared. The workshop set a precedent for future sessions focusing on advanced techniques and situational awareness, reinforcing Miranda House's commitment to personal safety.



24. Udbhav:

The Anemia Checkup Camp was held on 21st March 2025 at the Bank Foyer, Miranda House, organized by the Unnat Bharat Abhiyan Cell and Tricord (Lifesciences) in collaboration with Bharatiya Vikas Parishad, to spread awareness about anemia, promote early detection, and educate participants on prevention and management. The camp offered free hemoglobin screening, medical consultations, and dietary guidance, drawing the active participation of 222 students and faculty, many of whom underwent anemia testing for the first time. The event was smoothly conducted with the support of medical professionals and volunteers, who also engaged in awareness drives and feedback collection. Participants benefited from early detection of low hemoglobin levels and received advice on adopting healthy lifestyles, with feedback highlighting both the efficiency of the process and the supportive nature of the staff. Overall, the camp was a resounding success, achieving its objective of fostering health consciousness, preventive care, and social responsibility, while also paving the way for future initiatives such as regular screenings, nutrition workshops, and broader outreach programs.



The Unnat Bharat Abhiyan Cell of Miranda House, under the aegis of World University Services (DUC), organized a Multidisciplinary Free Health Camp on 20th April 2025 at Dheerpur in collaboration with OM Help Foundation, Bharat Vikas Parishad, Sir Ganga Ram Hospital, and Clove Dental. The camp aimed to promote community welfare by providing free access to essential healthcare while also serving as a valuable experiential learning opportunity for students and faculty. The event witnessed active participation from medical professionals and volunteers, with over 120 local residents benefitting from services such as ECG, blood sugar and cholesterol tests, thyroid checkups, blood pressure and weight monitoring, eye and dental checkups, oxygen level checks, and anemia screening. Dignitaries like Dr. Kavita Tyagi, Dr. Vijay Pal Singh, Mrs. Deepa Mehra, and Councillor Neha Aggarwal graced the event, adding to its significance. The camp achieved notable outcomes by offering free medical consultation,

raising health awareness, and addressing the needs of underserved communities, while also fostering empathy and social responsibility among students. Beneficiaries expressed satisfaction and appreciation for the accessibility and quality of services provided. The success of the camp has encouraged plans for more such initiatives in the future, focusing on specialized areas like maternal health, nutrition, and mental wellness, ensuring both community impact and enhanced student learning.



26. 3-Day Bootcamp under Nasha Mukta Bharat Abhiyan by Ethic Craft Club:

The Unnat Bharat Abhiyan Cell of Miranda House, in collaboration with the Ethic Craft Club, successfully organized a three-day Bootcamp on Yoga and Mindfulness from 11th to 13th April at MH Hostel. The program aimed to promote physical well-being, mental health, and mindfulness among students through yoga, meditation, and expert-led interactive sessions. On Day 1 (11th April), the camp began with a yoga session by Ms. Mansi Chaurasia, a certified instructor from MDNIY, Ministry of Ayush, followed by meditation and a mindfulness questionnaire. Later, Ms. Akshita Garg and Ms. Vashundhra Singh, Convenor of the Ethiccraft Club, conducted an engaging session on mindfulness, while Dr. Simran Sharma delivered an insightful lecture on mental health management and stress reduction. On Day 2 (12th April), the day opened with yoga and meditation led by Ms. Priti Yadav, a Gold Medalist from Uttarakhand

University. This was followed by the introduction and felicitation of Dr. Simran Sharma, who then conducted a highly interactive session on stress and anxiety management, where participants explored techniques for emotional balance, stress relief, and self-care practices. On Day 3 (13th April), participants practiced advanced yoga with Ms. Mansi Chaurasia, followed by guided meditation. The highlight of the day was the “Mind Your Mind” lecture by Mrs. Divya Joshi, focusing on techniques for mental discipline and personal growth. Fun activities on mindfulness were later conducted by Ms. Akshita and Ms. Heena, making the session lively and interactive. The event concluded with the announcement of the next course by Ms. Vashundhra Singh, on-the-spot registrations, and a farewell breakfast. Across the three days, the bootcamp combined yoga, meditation, expert lectures, and interactive exercises, receiving highly positive feedback from participants who found it transformative for both their physical and mental well-being.



Students Achievements:



Felicitation by the Vishlakshi Foundation for UBA Cell MH contribution towards Hunger Eradication Campaign on Global Roti Day



4th Position in Longest Chain Plastic Bags Competition by Panasonic



Felicitation by the Panasonic Team for Harit Umang 2024-25



Poster Making Competition on Cervical Cancer Awareness



Gandhi Jayanti Video-Making Competition