



**Shobhit  
University**

EDUCATION EMPOWERS



Top 101-125 Band  
in Pharmacy

## **CRITERION 3 – RESEARCH, INNOVATIONS AND EXTENSION**

**3.6.1 EXTENSION AND OUTREACH ACTIVITIES SUCH AS COMMUNITY HEALTH EDUCATION, COMMUNITY HEALTH CAMPS, TELE-CONFERENCES, TELE-MEDICINE CONSULTANCY ETC., ARE CONDUCTED IN COLLABORATION WITH INDUSTRY, COMMUNITY, GOVERNMENT AND NON- GOVERNMENT ORGANIZATIONS ENGAGING NSS/NCC/RED CROSS/YRC, INSTITUTIONAL CLUBS ETC., DURING THE LAST FIVE YEARS**

**To reduce enormous use of paper and printing the ensure data, sign and a seal by the Competent Authority for all the papers, we have used the Class-3 Digital Signatures where a Registration Authority i.e. Dr. Mahipal Singh, Registrar of our University authenticate the documents and responses claimed in this pdf file.**



**SHOBHIT UNIVERSITY, Gangoh**

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Adarsh Institutional Area, Babu Vijendra Marg,  
Gangoh, Distt. Saharanpur - 247341, UP

**35**  
YEARS  
OF ACADEMIC  
EXCELLENCE





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**Detailed program report for each extension and  
outreach program for Academic Year 2019-20**



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- Name of the Activity : Community Health and Disease Prevention Drive,
- Date of the Activity : 03-10-2019
- Place of the Activity : Village , Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	AA YUSHI SAINI	17014300003	BAMS	3rd Year	
2.	ABHINAV KUMAR	17014300004	BAMS	3rd Year	
3.	ABHINAV RANA	17014300005	BAMS	3rd Year	
4.	ABHINAV TOMAR	17014300006	BAMS	3rd Year	
5.	ABHISHEK PUNDIR	17014300007	BAMS	3rd Year	
6.	AKASH KUMAR	17014300008	BAMS	3rd Year	
7.	AMAN ATRY	17014300009	BAMS	3rd Year	
8.	AMAN PANDIT	17014300010	BAMS	3rd Year	
9.	AMIR MIRZA	17014300011	BAMS	3rd Year	
10.	ANAM	17014300012	BAMS	3rd Year	
11.	ANJUL KUMAR	17014300013	BAMS	3rd year	
12.	ANKIT	17014300014	BAMS	3rd year	
13.	ANKIT SINGH	17014300015	BAMS	3rd year	
14.	ANKUSH PAL	17014300016	BAMS	3rd year	
15.	ANNU	17014300017	BAMS	3rd year	
16.	ARJUN SINGH	17014300018	BAMS	3rd year	
17.	ARSHAD	17014300019	BAMS	3rd year	
18.	ATUL PANDEY	17014300020	BAMS	3rd year	
19.	BHARAT	17014300021	BAMS	3rd year	
20.	BHEEM SINGH	17014300022	BAMS	3rd year	



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21.	BIJENDER	17014300023	BAMS	3 <sup>rd</sup> year	<i>bjender</i>
22.	CHANDERPAL BATTAN	17014300024	BAMS	3 <sup>rd</sup> year	<i>Chanderpal</i>
23.	DEEPAK VERMA	17014300025	BAMS	3 <sup>rd</sup> year	<i>Deepak</i>
24.	DEEPANSHU SINGH	17014300026	BAMS	3 <sup>rd</sup> year	<i>Deepanshu</i>
25.	DOLI	17014300027	BAMS	3 <sup>rd</sup> year	<i>Doli</i>
26.	FAISAL FAROOQUI	17014300028	BAMS	3 <sup>rd</sup> year	<i>Faisal</i>
27.	FAIZ ALAM	17014300029	BAMS	3 <sup>rd</sup> year	<i>Faiz</i>
28.	GARIMA CHAUDHARY	17014300030	BAMS	3 <sup>rd</sup> year	<i>Garima</i>
29.	HONEY KASHYAP	17014300031	BAMS	3 <sup>rd</sup> year	<i>Honeyk</i>
30.	IJLAL	17014300032	BAMS	3 <sup>rd</sup> year	<i>Ijlal</i>
31.	JAVED MALIK	17014300033	BAMS	3 <sup>rd</sup> year	<i>Javed</i>
32.	JITENDRA KUMAR	17014300034	BAMS	3 <sup>rd</sup> year	<i>Jitendra</i>
33.	KESHAV MITTAL	17014300035	BAMS	3 <sup>rd</sup> year	<i>Keshav</i>
34.	KHALID	17014300036	BAMS	3 <sup>rd</sup> year	<i>Khalid</i>
35.	KM LAKSHIMI SINGH	17014300037	BAMS	3 <sup>rd</sup> year	<i>Kmlakshmi</i>
36.	KM RISHEE KUMARI	17014300038	BAMS	3 <sup>rd</sup> year	<i>Rishee</i>
37.	KM SRISHTI	17014300039	BAMS	3 <sup>rd</sup> year	<i>Srishti</i>
38.	KUNAL RATHI	17014300040	BAMS	3 <sup>rd</sup> year	<i>Kunal</i>
39.	LALMUNNY KUMARI GUPTA	17014300041	BAMS	3 <sup>rd</sup> year	<i>Lalmunny</i>

  
Signature of the Coordinator



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Date:07 -10-2019

Notice

All the students of the School of Engineering & Technology, Shobhit University, Gangoh are hereby informed that School of Engineering & Technology, Shobhit University, Gangoh is organizing Mental Health and Wellness Support Outreach, Shakarpur on 09.10.2019 The details of the activity are as follows:

- Date of the Activity : 09-10- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Shakarpur, Saharanpur
- Activity Coordinator : Mr. Mukesh Gautam





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### **Report**

Name of the Activity: Mental Health and Wellness Support Outreach Organized by: School of Engineering & Technology ShobhitUniversity, and Gangoh.

- Date of the Activity : 09-10-2019
- Place of the Activity : Village , Shakarpur , Saharanpur
- No. of Student Participated : 43
- Beneficiaries : Local Community
- Activity Coordinator : Mr. Mukesh Gautam

### **Purpose of the Activity**

The Mental Health and Wellness Support Outreach aims to promote mental well-being, raise awareness about mental health challenges, and provide individuals with tools and resources to cope with stress, anxiety, and other emotional struggles. In today's fast-paced world, mental health issues have become more prevalent, impacting people across all age groups and communities. However, stigma, lack of awareness, and limited access to mental health services often prevent individuals from seeking the help they need.

The primary goals of this outreach are:

1. Increase Awareness and Reduce Stigma around mental health by fostering open conversations.
2. Provide Access to Mental Health Resources such as counseling services, self-care strategies, and crisis support.
3. Promote Holistic Wellness Practices that support mental, emotional, and physical health, encouraging individuals to adopt healthy coping mechanisms and self-care habits.

The outreach focuses on empowering participants to understand mental health better, recognize early warning signs in themselves and others, and build a support network that promotes emotional well-being.

### **Description of the Activity**

The Mental Health and Wellness Support Outreach engages communities through workshops, counseling sessions, wellness activities, and awareness campaigns. It emphasizes both preventive care and crisis support. Key components of the outreach include:

1. Awareness Workshops and Seminars:  
Experts and mental health professionals lead sessions that cover topics such as stress management, the importance of self-care, emotional regulation, and recognizing signs of mental health issues. These workshops aim to reduce stigma by fostering open discussions around mental health challenges.



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2. **Individual and Group Counseling Services:**  
Trained counselors offer free or subsidized mental health consultations to participants, helping them address personal challenges. Group therapy sessions encourage peer support, allowing participants to share experiences and learn coping strategies.
3. **Stress Relief and Mindfulness Activities:**  
The outreach organizes activities like yoga, meditation, and breathing exercises that teach participants how to manage stress and enhance emotional resilience. These practices promote relaxation and mindfulness, improving overall well-being.
4. **Workshops on Emotional Intelligence and Coping Skills:**  
Participants learn skills like effective communication, conflict resolution, and emotional regulation to manage stress and build healthy relationships. Special sessions focus on equipping youth with tools to handle academic pressure and social challenges.
5. **Helpline Services and Crisis Support:**  
The outreach establishes partnerships with helpline providers to ensure that individuals experiencing acute mental health crises can access immediate support. Information about local mental health resources is distributed widely to ensure ongoing access to help.
6. **Engaging Communities and Schools:**  
Schools and community organizations are involved through special programs designed for students, teachers, and parents. These initiatives focus on mental health education, bullying prevention, and building supportive environments for young people.

### **Outcomes of the Activity**

The Mental Health and Wellness Support Outreach generates significant benefits for individuals and communities, fostering a culture of well-being and support:

1. **Increased Awareness and Reduced Stigma:**  
By normalizing conversations about mental health, the outreach helps break down societal stigma. Participants feel more comfortable seeking help and talking about their emotional challenges, reducing isolation.
2. **Enhanced Emotional Well-Being and Resilience:**  
Participants develop skills to manage stress, regulate emotions, and build healthier relationships. The incorporation of mindfulness practices promotes long-term emotional resilience and mental stability.
3. **Improved Access to Mental Health Resources:**  
Through counseling services, workshops, and helpline partnerships, the outreach ensures individuals can access the support they need. Early intervention helps prevent the escalation of mental health issues.
4. **Support Networks and Community Engagement:**  
Group counseling and community activities foster peer support, encouraging participants to create informal networks of care. Schools and families benefit from resources that enhance mental health awareness and promote empathy.



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5. **Youth Empowerment and Academic Success:**  
Young participants learn to manage academic stress and social pressures more effectively. This enhances their emotional well-being, boosting their academic performance and personal development.
6. **Long-Term Positive Impact on Communities:**  
By promoting mental health and wellness, the outreach helps build stronger, more compassionate communities. Individuals equipped with coping skills and support systems are more likely to thrive, creating a ripple effect of well-being throughout society.

In conclusion, the Mental Health and Wellness Support Outreach offers a holistic approach to mental well-being, emphasizing education, emotional resilience, and access to resources. It empowers individuals to prioritize their mental health, seek support when needed, and cultivate healthier relationships, ultimately fostering a more empathetic and resilient community.



  
Activity Coordinator

Mr. Mukesh Gautam





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Name of the Activity : Mental Health and Wellness Support Outreach,

Date of the Activity : 09-10-2019

Place of the Activity : Village Shakarpur, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	KINSHUK MITTAL	19014168005	B.Tech. (CSE)	1 <sup>st</sup> year	Kinshuk
2.	MOHD ANAS	19014168006	B.Tech. (CSE)	1 <sup>st</sup> year	Anas
3.	AMRISH KUMAR	19014168007	B.Tech. (CSE)	1 <sup>st</sup> year	Amrith
4.	JALAJ KUMAR	19014168008	B.Tech. (CSE)	1 <sup>st</sup> year	Jalaj
5.	HARSHDEEP SINGH	19014168009	B.Tech. (CSE)	1 <sup>st</sup> year	Harsh
6.	KM. SAKSHI SAINI	19014168010	B.Tech. (CSE)	1 <sup>st</sup> year	Sakshi
7.	RAKSHAK SAINI	19014168011	B.Tech. (CSE)	1 <sup>st</sup> year	Rakshak
8.	ARCHIT KUMAR AGGARWAL	19014168013	B.Tech. (CSE)	1 <sup>st</sup> year	Archit
9.	PRINCI	19014168014	B.Tech. (CSE)	1 <sup>st</sup> year	Princi
10.	PRACHI TYAGI	19014168015	B.Tech. (CSE)	1 <sup>st</sup> year	Prachi
11.	YASH KUMAR	19014168016	B.Tech. (CSE)	1 <sup>st</sup> year	Yash
12.	KUNAL VERMA	19014168017	B.Tech. (CSE)	1 <sup>st</sup> year	Kunal
13.	MOHD KADIR	19014168018	B.Tech. (CSE)	1 <sup>st</sup> year	Kadir
14.	KHUSHI RANI	19014168019	B.Tech. (CSE)	1 <sup>st</sup> year	Khushi
15.	PRASHANT PANWAR	19014168020	B.Tech. (CSE)	1 <sup>st</sup> year	Prashant
16.	RIHAN ANSARI	19014168021	B.Tech. (CSE)	1 <sup>st</sup> year	Rihan
17.	KRISHNA GOYAL	19014168022	B.Tech. (CSE)	1 <sup>st</sup> year	Krishna



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18.	NITIN KUMAR	19014168023	B.Tech. (CSE)	1 <sup>st</sup> year	Nitin
19.	MOHAMMAD MUJAHID	19014168024	B.Tech. (CSE)	1 <sup>st</sup> year	Mujahid
20.	ABHISHEK	19014168025	B.Tech. (CSE)	1 <sup>st</sup> year	Abhishek
21.	DEVANSH PRABHAKAR	19014168026	B.Tech. (CSE)	1 <sup>st</sup> year	Devansh
22.	SHRUTI GARG	19014168027	B.Tech. (CSE)	1 <sup>st</sup> year	Shruti
23.	ALEENA NASIR	19014168028	B.Tech. (CSE)	1 <sup>st</sup> year	Aleena
24.	MUKUL GARG	19014168029	B.Tech. (CSE)	1 <sup>st</sup> year	Mukul
25.	KINSHUK MITTAL	19014168005	B.Tech. (CSE)	1 <sup>st</sup> year	Kinshuk
26.	MOHD ANAS	19014168006	B.Tech. (CSE)	1 <sup>st</sup> year	Anas
27.	AMRISH KUMAR	19014168007	B.Tech. (CSE)	1 <sup>st</sup> year	Amrish
28.	JALAJ KUMAR	19014168008	B.Tech. (CSE)	1 <sup>st</sup> year	Jalaj
29.	AKSHAY SINGHAL	18014168003	B.Tech. (CSE)	2 <sup>nd</sup> year	Akshay
30.	CHIRAG GUPTA	18014168004	B.Tech. (CSE)	2 <sup>nd</sup> year	Chirag
31.	MAYANK PANCHAL	18014168005	B.Tech. (CSE)	2 <sup>nd</sup> year	Mayank
32.	MOHD SAQIB	18014168006	B.Tech. (CSE)	2 <sup>nd</sup> year	Saqib
33.	REHBAR MEHDI	18014168007	B.Tech. (CSE)	2 <sup>nd</sup> year	Rehbar
34.	RIYA CHOUDHARY	18014168008	B.Tech. (CSE)	2 <sup>nd</sup> year	Riya
35.	ROCKY SAINI	18014168009	B.Tech. (CSE)	2 <sup>nd</sup> year	Rocky
36.	SHREYA GOYAL	18014168010	B.Tech. (CSE)	2 <sup>nd</sup> year	Shreya
37.	PUSHPENDER RATHI	19014168902	B.Tech. (CSE)	2 <sup>nd</sup> year	Pushpender
38.	VANSHIKA GARG	19014168903	B.Tech. (CSE)	2 <sup>nd</sup> year	Vanshika
39.	SHIVAM SAINI	19014168904	B.Tech. (CSE)	2 <sup>nd</sup> year	Shivam
40.	HARSHIT AGGARWAL	19014168905	B.Tech. (CSE)	2 <sup>nd</sup> year	Harshit



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41.	AKSHAY SINGHAL	18014168003	B.Tech. (CSE)	2 <sup>nd</sup> year	Akshay
42.	GAUTAM KUMAR	17014168003	B.Tech. (CSE)	3 <sup>rd</sup> year	Gautam
43.	RADHIKA AGGARWAL	17014168005	B.Tech. (CSE)	3 <sup>rd</sup> year	Radhika

Signature of the Coordinator



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Date:24-10-2019

Notice

All the students of the School of Education, Shobhit University, Gangoh are hereby informed that School of Education, Shobhit University, Gangoh is organizing Food Security and Sustainable Practices Outreach, Shakarpur on 27.10.2019

The details of the activity are as follows:

- Date of the Activity 27-10- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Shakarpur , Saharanpur
- Activity Coordinator : Dr. Prashant Kumar



Dean/Principal



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### Report

Name of the Activity: FoodSecurity and Sustainable Practices Outreach Organized by: School of Education Shobhit University, and Gangoh.

- Date of the Activity : 27-10-2019
- Place of the Activity : Village , Shakarpur , , Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Prashant Kumar

### **Purpose of the Activity**

The Food Security and Sustainable Practices Outreach aims to promote awareness and action towards ensuring food availability, accessibility, and sustainability for all. With the global population growing and environmental challenges increasing, food security has become a pressing issue. This outreach initiative educates communities on sustainable agricultural practices, food waste reduction, and the importance of locally sourced, nutritious food to achieve long-term food security.

The program seeks to empower individuals and communities to contribute to sustainable food systems by adopting environmentally friendly practices such as organic farming, composting, water conservation, and minimizing food waste. Additionally, the initiative emphasizes equitable access to nutritious food, addressing food insecurity in vulnerable populations, and promoting self-reliance through home gardening and community farming.

### **Description of the Activity**

The outreach program engages participants through interactive activities, workshops, and collaborative efforts with local farmers, schools, and community organizations. Key components include:

1. **Workshops on Sustainable Agriculture:**  
Sessions focus on teaching eco-friendly farming methods, such as organic agriculture, crop rotation, and agroforestry. Participants learn how these techniques help protect soil health, conserve water, and reduce chemical dependency.
2. **Home Gardening and Urban Farming Training:**  
Training sessions encourage individuals to grow their own fruits, vegetables, and herbs in home gardens or urban spaces. This helps promote self-sufficiency, access to fresh produce, and reduces the carbon footprint associated with transported food.
3. **Composting and Waste Management Awareness:**  
Participants are taught how to compost food scraps and garden waste to create natural



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fertilizers. These efforts not only reduce landfill waste but also improve soil quality, enhancing agricultural productivity.

4. Food Waste Reduction Programs:

Awareness campaigns highlight the environmental and social impact of food waste. The outreach encourages mindful consumption, portion control, and creative ways to repurpose leftovers. Collaborations with local food banks help channel excess food toward those in need.

5. Community-Based Food Security Initiatives:

The program facilitates the creation of community farms and food co-operatives, where residents collaboratively grow and share food. These projects foster social bonds and ensure food access, particularly in areas where fresh produce is limited.

6. Nutrition and Food Access Education:

Participants learn about the importance of a balanced diet and how to make nutritious food choices. The outreach also connects communities with local food suppliers and government schemes that promote affordable access to healthy food.

### Outcomes of the Activity

The Food Security and Sustainable Practices Outreach leads to several positive outcomes for individuals, communities, and the environment:

1. Increased Awareness and Adoption of Sustainable Practices:

Participants become more conscious of the environmental impact of traditional farming and food consumption. Many adopt sustainable practices, such as organic farming and home gardening, reducing their ecological footprint.

2. Improved Food Security and Self-Sufficiency:

Through skills gained in gardening and farming, individuals and communities are better equipped to grow their own food, ensuring consistent access to fresh and healthy produce. Community farms and urban agriculture initiatives help mitigate food scarcity.

3. Reduced Food Waste and Better Waste Management:

By learning composting techniques and waste reduction strategies, participants reduce food waste in households and communities. This contributes to healthier environments and more sustainable consumption habits.

4. Healthier Diets and Improved Well-Being:

The outreach fosters awareness about the importance of nutritious food, encouraging participants to make healthier dietary choices. Better access to fresh, locally grown produce leads to improved well-being and reduced dependency on processed foods.

5. Strengthened Community Collaboration:

Community farming and co-operative food initiatives enhance social cohesion, bringing residents together to work toward a common goal. These collaborations foster a sense of belonging and collective responsibility.

6. Long-Term Environmental and Social Impact:

The adoption of sustainable farming practices helps conserve natural resources, protect



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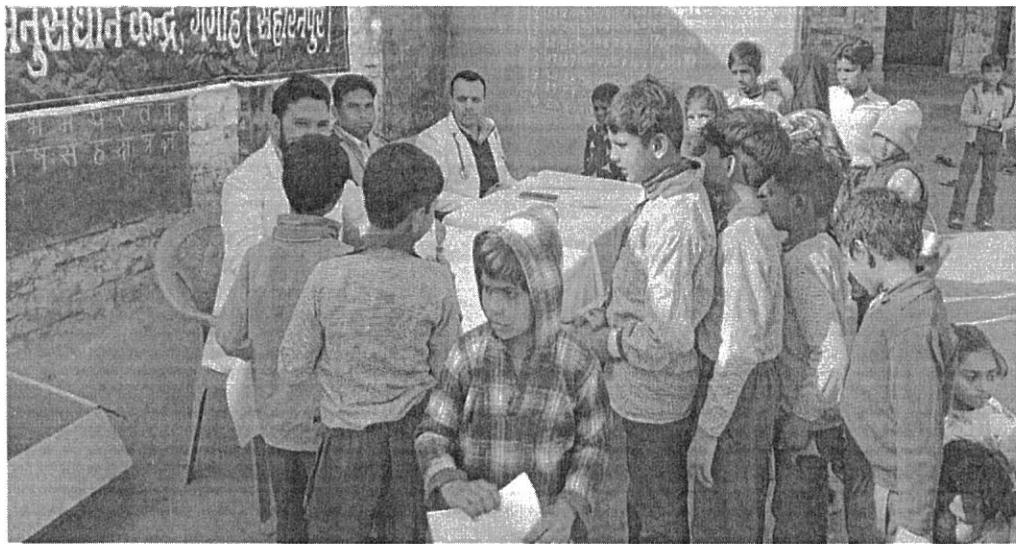
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biodiversity, and reduce greenhouse gas emissions. Over time, communities become more resilient, contributing to regional food security and environmental sustainability.

In summary, the Food Security and Sustainable Practices Outreach empowers individuals and communities to adopt sustainable approaches to food production and consumption. The initiative promotes food security, environmental stewardship, and healthier lifestyles, fostering resilient communities prepared to meet future challenges.



  
Activity Coordinator

(Dr.) Prashant Kumar



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U.: [www.sug.ac.in](http://www.sug.ac.in)

- Name of the Activity :Food Security and Sustainable Practices Outreach
- Date of the Activity : 27-10-2019
- Place of the Activity :Village , Saharanpur

Sr. NO.	NAME	ROLL NO	PROGRAM	YEAR	SIGNATURE
1.	MOHIT SHARMA	19013100062	B.Ed.	1stYear	Mohit
2.	KM. KOMAL PANWAR	19013100063	B.Ed.	1stYear	Komal
3.	REENU	19013100064	B.Ed.	1stYear	Reenu
4.	ANURAG SHARMA	19013100065	B.Ed.	1stYear	Anurag
5.	KM. RITU CHUHAN	19013100066	B.Ed.	1stYear	Ritu
6.	KM. SHIKHA TOMER	19013100067	B.Ed.	1stYear	Shikha
7.	KM. DEEPA SHARMA	19013100068	B.Ed.	1stYear	Deepa
8.	SANJEEV KUMAR	19013100069	B.Ed.	1stYear	Sanjeev
9.	SAGAR PANCHAL	19013100070	B.Ed.	1stYear	Sagar
10.	KM. SHIVANI	19013100071	B.Ed.	1stYear	Shivani
11.	DIMPLE	19013100072	B.Ed.	1stYear	Dimple
12.	PREETI	19013100073	B.Ed.	1stYear	Preeti
13.	KM RINKAL	19013100074	B.Ed.	1stYear	Rinkal
14.	SITARAM	19013100076	B.Ed.	1stYear	Sitaram
15.	KM. GEETA	19013100077	B.Ed.	1stYear	Geeta
16.	VIVEK SINGH	19013100078	B.Ed.	1stYear	Vivek
17.	SHEETAL DEVI	19013100079	B.Ed.	1stYear	Sheetal
18.	CHETNA SHARMA	19013100080	B.Ed.	1stYear	Chetna
19.	KM SHIVANI DEVI	19013100081	B.Ed.	1stYear	Shivani





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20.	VARTEEKA	19013100082	B.Ed.	1st Year	varteeeka
21.	KM. ALKA DEVI	19013100083	B.Ed.	1st Year	Alka
22.	KM. RADHA RANI	19013100084	B.Ed.	1st Year	radha
23.	ANURAG SHARMA	19013100085	B.Ed.	1st Year	Anurag
24.	VISHAL KUMAR	19013100086	B.Ed.	1st Year	vishal
25.	KM. SUDHA PANWAR	19013100087	B.Ed.	1st Year	sudha
26.	ANJALI	19013100088	B.Ed.	1st Year	Anjali
27.	CHANCHAL DEVI	19013100089	B.Ed.	1st Year	Chanchal
28.	POOJA RANI	19013100090	B.Ed.	1st Year	Pooja
29.	KM. HIMANSHI DEVI	19013100091	B.Ed.	1st Year	Himanshi
30.	SONIA	19013100092	B.Ed.	1st Year	Sonia
31.	KM. NISHU	19013100093	B.Ed.	1st Year	nishu
32.	SAPNA DEVI	19013100094	B.Ed.	1st Year	Sapna
33.	RUPA DEVI	19013100095	B.Ed.	1st Year	Rupa
34.	JYOTI	19013100096	B.Ed.	1st Year	Jyoti
35.	ARVIND KUMAR	19013100097	B.Ed.	1st Year	Arvind
36.	NOOTAN DEVI	19013100098	B.Ed.	1st Year	Nootan
37.	ANKIT KUMAR	19013100099	B.Ed.	1st Year	Ankit
38.	KM. RISHU KAUSHIK	19013100100	B.Ed.	1st Year	Rishu

Signature of the Coordinator



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Date: 30-10-2019

Notice

All the students of the School of KSVMC & RC, Shobhit University, Gangoh are hereby informed that KSVMC & RC, Shobhit University, Gangoh is organizing Community Digital Literacy and Cyber Safety Education Drive, Manpurthali on 02.11.2019

The details of the activity are as follows:

- Date of the Activity 02-11-2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Manpurthali, Saharanpur
- Activity Coordinator : Dr. Suman





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### Report

Name of the Activity: organizing Community Digital Literacy and Cyber Safety Education Drive  
Organized by: School of KSVMC & RC Shobhit University, andGangoh.

- Date of the Activity : 02-11-2019
- Place of the Activity : Village , , Manpurthali , , Saharanpur
- No. of Student Participated : 41
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Suman

### **Purpose of the Activity**

The Digital Literacy and Cyber Safety Education Drive aims to empower individuals with essential digital skills and promote safe online behavior. In today's interconnected world, access to technology and the internet is vital for education, employment, and communication. However, a lack of digital literacy can hinder people from utilizing these tools effectively, while exposure to online threats—such as cyberbullying, phishing, data theft, and misinformation—can put individuals at risk.

The primary goal of the drive is twofold:

1. Promote Digital Inclusion by equipping participants with basic and advanced digital competencies, including navigating websites, using online platforms, and accessing e-governance services.
2. Foster Cyber Safety Awareness to ensure that users can protect themselves and their personal information while interacting in the digital space. By building awareness around safe practices, the initiative helps participants recognize risks, avoid scams, and develop responsible online habits.

The program primarily targets vulnerable groups, including students, senior citizens, rural populations, and first-time internet users. It also aims to bridge the digital divide and support marginalized communities in leveraging technology for education, livelihoods, and social connection.

### **Description of the Activity**

The Digital Literacy and Cyber Safety Education Drive consists of a blend of training sessions, workshops, and community events designed to engage participants of different age groups and skill levels. Key activities include:



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1. **Basic Digital Literacy Workshops:**  
These sessions introduce participants to essential skills like using smartphones, computers, and the internet. Topics covered include setting up email accounts, accessing online services, making digital payments, and using social media responsibly.
2. **Cyber Safety and Security Training:**  
Participants are educated about online risks and learn strategies to protect themselves. This includes identifying phishing emails, setting strong passwords, managing privacy settings, and recognizing fraudulent websites and fake news.
3. **Workshops for Students and Youth:**  
Special sessions are organized to address issues like cyberbullying, gaming addiction, and responsible social media use. Students are also introduced to concepts of ethical online behavior, digital citizenship, and the consequences of data misuse.
4. **Awareness Programs for Senior Citizens:**  
Senior citizens are trained to use online platforms such as mobile banking, telemedicine, and government portals. They are also taught how to stay safe from common scams, such as fraudulent phone calls and email phishing.
5. **Hackathons and Digital Literacy Competitions:**  
Competitions and hands-on activities encourage students and youth to develop creative solutions for local problems using digital tools. Hackathons foster teamwork, problem-solving, and innovation, helping participants apply their digital skills practically.
6. **Public Awareness Campaigns:**  
Posters, leaflets, and digital content are shared widely to spread awareness about cyber safety and digital hygiene. Online webinars are organized to reach larger audiences, providing continuous learning opportunities even after the primary training sessions.

### **Outcomes of the Activity**

The Digital Literacy and Cyber Safety Education Drive yields several impactful outcomes:

1. **Improved Digital Competence:**  
Participants gain confidence in using technology, allowing them to access digital services, online education platforms, and social media. This promotes digital inclusion, especially among rural communities and older adults.
2. **Enhanced Cyber Safety Awareness:**  
Individuals become more vigilant about online threats and adopt safer practices, such as creating secure passwords, avoiding phishing attempts, and using two-factor authentication. This reduces the risk of cybercrimes and financial fraud.
3. **Youth Empowerment and Ethical Digital Behavior:**  
Young participants develop skills in digital citizenship and responsible internet use. They become more mindful of issues like cyberbullying and misinformation, fostering healthier online spaces.
4. **Economic and Social Benefits:**  
By equipping individuals with digital skills, the program opens up new opportunities for



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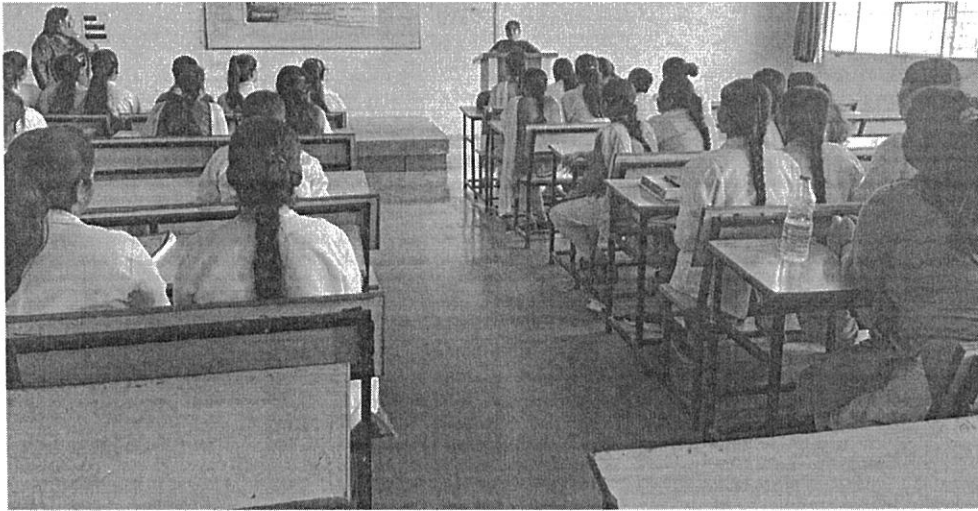
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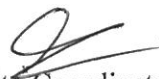
employment, entrepreneurship, and access to government services. It also strengthens connections within families and communities through digital platforms.

5. Long-Term Behavioral Change:

The initiative cultivates lifelong habits of safe digital practices. Communities become more resilient in the face of cyber threats, and individuals remain motivated to stay informed about new technologies and safety protocols.

In summary, the Digital Literacy and Cyber Safety Education Drive equips participants with essential digital skills while promoting cyber safety and responsible online behavior. The initiative not only bridges the digital divide but also empowers communities to engage confidently and safely in the digital age.



  
Activity Coordinator  
(Dr.) Suman



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- Name of the Activity : Digital Literacy and Cyber Safety Education Drive
- Date of the Activity : 02-11-2019
- Place of the Activity : Village , Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	AASIF ALI	18014300001	BAMS	2 <sup>nd</sup> year	Aasif
2.	AAVESH CHAUDHARY	18014300002	BAMS	2 <sup>nd</sup> year	Aavesh
3.	ABDUL KADIR	18014300003	BAMS	2 <sup>nd</sup> year	Abdul
4.	ABDUL QADIR	18014300004	BAMS	2 <sup>nd</sup> year	Abdul
5.	ABHILASHA	18014300005	BAMS	2 <sup>nd</sup> year	Abhilasha
6.	ABHISHAR SURYAVANSHI	18014300006	BAMS	2 <sup>nd</sup> year	Abhisar
7.	ABHISHEK SAINI	18014300007	BAMS	2 <sup>nd</sup> year	Abhishek
8.	ABHISHEK SHARMA	18014300008	BAMS	2 <sup>nd</sup> year	Abhishek
9.	AFSHA	18014300009	BAMS	2 <sup>nd</sup> year	Afsa
10.	AJAJ AHMAD	18014300010	BAMS	2 <sup>nd</sup> year	Ajay
11.	AKASH	18014300011	BAMS	2 <sup>nd</sup> year	Akash
12.	AKSHIT KUMAR	18014300012	BAMS	2 <sup>nd</sup> year	Akshit
13.	AMAN	18014300013	BAMS	2 <sup>nd</sup> year	Aman
14.	AMIT VERMA	18014300014	BAMS	2 <sup>nd</sup> year	Amit
15.	ANJALI SAINI	18014300015	BAMS	2 <sup>nd</sup> year	Anjali
16.	ANKIT KUMAR	18014300016	BAMS	2 <sup>nd</sup> year	Ankit
17.	ANKUSH RATHI	18014300017	BAMS	2 <sup>nd</sup> year	Ankush
18.	ANSHI SAINI	18014300018	BAMS	2 <sup>nd</sup> year	Anshi
19.	APOORVA KUSH	18014300019	BAMS	2 <sup>nd</sup> year	Apoorva
20.	ARIF	18014300020	BAMS	2 <sup>nd</sup> year	Arif



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21.	ARMAN AKHTAR	18014300021	BAMS	2 <sup>nd</sup> year	Arman
22.	ARUN KUMAR	18014300022	BAMS	2 <sup>nd</sup> year	Arun
23.	ARYAN SAINI	18014300023	BAMS	2 <sup>nd</sup> year	Aryan
24.	ASHISH GAUTAM	18014300024	BAMS	2 <sup>nd</sup> year	Ashish
25.	ASIF ALI	18014300025	BAMS	2 <sup>nd</sup> year	Asif
26.	ATMIKA CHATURVEDI	18014300026	BAMS	2 <sup>nd</sup> year	Atmika
27.	AYUSH VERMA	18014300027	BAMS	2 <sup>nd</sup> year	Ayush
28.	AYUSHI SINGH	18014300028	BAMS	2 <sup>nd</sup> year	Ayushi
29.	DEEPANSHU KUMAR	18014300029	BAMS	2 <sup>nd</sup> year	Deepanshu
30.	DHANANJAY RANA	18014300030	BAMS	2 <sup>nd</sup> year	Dhananjay
31.	FARIYAD ALAM	18014300031	BAMS	2 <sup>nd</sup> year	Fariyad
32.	FURKAN AHMED	18014300032	BAMS	2 <sup>nd</sup> year	Furkan
33.	GARVIT KADIAN	18014300033	BAMS	2 <sup>nd</sup> year	Garvit
34.	GAUTAM BHAL	18014300034	BAMS	2 <sup>nd</sup> year	Gautam
35.	GULAFSHA	18014300035	BAMS	2 <sup>nd</sup> year	Gulafsha
36.	HARSHVARDHAN GUJJAR	18014300036	BAMS	2 <sup>nd</sup> year	Harshvardhan
37.	HASEEN	18014300037	BAMS	2 <sup>nd</sup> year	Hasseen
38.	HEMMAT	18014300038	BAMS	2 <sup>nd</sup> year	Hemmat
39.	HIMANI	18014300039	BAMS	2 <sup>nd</sup> year	Himani
40.	JUNAID QURESHI	18014300040	BAMS	2 <sup>nd</sup> year	Junaid
41.	KALPANA SONKAR	18014300041	BAMS	2 <sup>nd</sup> year	Kalpang

Signature of the Coordinator



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Date: 04 -11-2019

Notice

All the students of the School of KSVMC & RC, Shobhit University, Gangoh are hereby informed that KSVMC & RC , Shobhit University, Gangoh is organizing Community Healthy Communities and Environmental Awareness Outreach, Kolimazra on 06.11.2019 The details of the activity are as follows:

- Date of the Activity :06 -11- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Kolimazra , Saharanpur
- Activity Coordinator : Dr. Kultar







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### Report

Name of the Activity: Community Healthy Communities and Environmental Awareness Outreach  
Organized by: KSVMC & RC Shobhit University, and Gangoh.

- Date of the Activity :06 -11-2019
- Place of the Activity : Village , Kolimazra , Saharanpur
- No. of Student Participated : 42
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Kultar

### **Purpose of the Activity**

The primary objective of the Healthy Communities and Environmental Awareness Outreach is to foster a sense of collective responsibility toward sustainable living, healthy lifestyles, and environmental conservation. This activity is aimed at educating individuals, families, and community groups about the interconnectedness between personal well-being, social health, and environmental stewardship. It seeks to inspire behavioral changes that contribute to building healthier communities by promoting practices like waste reduction, eco-friendly habits, and improved health awareness. The initiative emphasizes the idea that sustainable environments foster better physical and mental health, reducing the burden on public health systems.

Additionally, the activity aims to bridge the gap between environmental knowledge and community action. By encouraging collaboration among various stakeholders—residents, schools, local governments, and non-profit organizations—the outreach program seeks to create long-term positive impacts on public health, well-being, and environmental sustainability.

### **Description of the Activity**

The outreach program typically comprises a variety of interactive activities tailored to different age groups and community needs. These may include:

1. Workshops and Seminars:  
Experts deliver presentations on topics such as waste segregation, recycling, composting, climate change, air and water pollution, and the importance of green spaces. Health professionals also conduct sessions on balanced diets, physical exercise, mental well-being, and the benefits of leading an active lifestyle.
2. Clean-Up Drives and Tree Planting Campaigns:  
Volunteers from the community participate in cleaning public spaces such as parks, streets, or water bodies. Tree planting events encourage environmental rejuvenation, reinforcing the idea that greenery helps combat pollution, reduces heat, and improves mental health.
3. Health and Environmental Awareness Booths:  
Information stalls are set up to distribute pamphlets, eco-friendly products, and health



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kits. These booths provide tips on leading sustainable lifestyles, avoiding plastic usage, adopting green energy solutions, and reducing carbon footprints.

4. **Competitions and Activities for Youth:**

Activities like poster-making competitions, quizzes, and street plays are organized to engage students creatively. Youth involvement ensures that environmental education and healthy habits are instilled from an early age, fostering future generations of environmentally conscious citizens.

5. **Community-Based Initiatives:**

Collaborations with local authorities and organizations aim to introduce community gardens, fitness programs, and eco-clubs, encouraging residents to actively participate in maintaining sustainable ecosystems and healthier environments.

6. **Health Check-Up Camps:**

The outreach often includes free medical check-ups for chronic conditions such as hypertension, diabetes, and obesity. This ensures that residents are not only made aware of healthy living practices but also receive essential screenings and advice from healthcare professionals.

### **Outcomes of the Activity**

The Healthy Communities and Environmental Awareness Outreach delivers several tangible and intangible benefits, both immediate and long-term. Some of the key outcomes include:

1. **Increased Environmental Consciousness:**

Participants gain a better understanding of environmental issues and their personal role in addressing them. Many residents adopt waste segregation, recycling, and energy-saving practices, resulting in cleaner neighborhoods and reduced waste generation.

2. **Improved Community Health:**

Health awareness sessions and medical check-ups help individuals recognize potential health risks early, empowering them to make lifestyle changes. Communities benefit from increased engagement in fitness activities, healthy eating habits, and mental health practices.

3. **Stronger Social Bonds:**

The collaborative nature of the outreach fosters a sense of unity and shared responsibility. Working together on community projects like clean-up drives and gardening strengthens interpersonal connections and builds trust among residents.

4. **Youth Empowerment:**

Young participants become more aware of pressing environmental and health concerns. Their involvement through creative activities instills leadership qualities and a sense of responsibility toward their communities.

5. **Sustainable Development Initiatives:**

Community gardens, eco-clubs, and fitness programs established during the outreach create lasting change. These initiatives encourage long-term environmental conservation and promote well-being, benefiting the community beyond the duration of the program.



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6. Behavioral Change and Policy Influence:

As more individuals embrace healthy habits and eco-friendly practices, local governments may take notice and implement policies aligned with community goals, such as better waste management systems or improved healthcare access.

In conclusion, the Healthy Communities and Environmental Awareness Outreach is a transformative activity that aligns environmental stewardship with public health. Through education, hands-on involvement, and collaboration, it empowers communities to make sustainable choices and lead healthier lives. This outreach initiative not only benefits individuals but also lays the foundation for greener, healthier, and more resilient communities.



  
Activity Coordinator  
(Dr.) Dr. Kultar



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- Name of the Activity : Healthy Communities and Environmental Awareness Outreach
- Date of the Activity : 06-11-2019

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	NEERAJ CHAUHAN	17014300059	BAMS	3 <sup>rd</sup> Year	<i>Neeraj</i>
2.	NEHA	17014300060	BAMS	3 <sup>rd</sup> Year	<i>Neha</i>
3.	PARNIKA SINGH	17014300061	BAMS	3 <sup>rd</sup> Year	<i>Parnika</i>
4.	PARVEEN KUMAR	17014300062	BAMS	3 <sup>rd</sup> Year	<i>Parveen</i>
5.	PEEYUSH SAINI	17014300063	BAMS	3 <sup>rd</sup> Year	<i>Peeyush</i>
6.	POOJA CHANDRA SRIVASTAVA	17014300064	BAMS	3 <sup>rd</sup> Year	<i>Pooja</i>
7.	PRERNA VATS	17014300065	BAMS	3 <sup>rd</sup> Year	<i>Prerna</i>
8.	RAHUL KUMAR	17014300066	BAMS	3 <sup>rd</sup> Year	<i>Rahul</i>
9.	RAJA RAWAL	17014300067	BAMS	3 <sup>rd</sup> Year	<i>Raja</i>
10.	RAJAT CHOUDHARY	17014300068	BAMS	3 <sup>rd</sup> Year	<i>Rajat</i>
11.	RESHAB SINGH	17014300069	BAMS	3 <sup>rd</sup> Year	<i>Reshab</i>
12.	ROHAN KASHYAP	17014300070	BAMS	3 <sup>rd</sup> Year	<i>Rohan</i>
13.	SAGAR DUTT BHARDWAJ	17014300071	BAMS	3 <sup>rd</sup> Year	<i>Sagar</i>
14.	SAHABU KHAN	17014300072	BAMS	3 <sup>rd</sup> Year	<i>Sahab</i>
15.	SANA MALIK	17014300073	BAMS	3 <sup>rd</sup> Year	<i>Sana</i>
16.	SARSTEE	17014300074	BAMS	3 <sup>rd</sup> Year	<i>Sarstee</i>
17.	SAURABH KUMAR	17014300075	BAMS	3 <sup>rd</sup> Year	<i>Saurabh</i>
18.	SAURABH SAINI	17014300076	BAMS	3 <sup>rd</sup> Year	<i>Saurabh</i>
19.	SAWAN KUMAR	17014300077	BAMS	3 <sup>rd</sup> Year	<i>Sawan</i>
20.	SHAH FAISAL	17014300078	BAMS	3 <sup>rd</sup> Year	<i>Shah</i>



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21.	SHAHZAD	17014300079	BAMS	3 <sup>rd</sup> Year	shahzad
22.	SHAMIM AHAMAD	17014300080	BAMS	3 <sup>rd</sup> Year	shamim
23.	SHIKHAR	17014300081	BAMS	3 <sup>rd</sup> Year	shikhar
24.	SHITAL RANI	17014300082	BAMS	3 <sup>rd</sup> Year	shital
25.	SHIVAM CHAUHAN	17014300083	BAMS	3 <sup>rd</sup> Year	shivam
26.	SHUAIB	17014300084	BAMS	3 <sup>rd</sup> Year	shuaib
27.	SHUBHAM MITTAL	17014300085	BAMS	3 <sup>rd</sup> Year	shubham
28.	SHUBHAM SHARMA	17014300086	BAMS	3 <sup>rd</sup> Year	shubham
29.	SNEHA CHAUDHARY	17014300087	BAMS	3 <sup>rd</sup> Year	sneha
30.	SUNNY JINDAL	17014300088	BAMS	3 <sup>rd</sup> Year	sunny
31.	SWATI CHAUDHARY	17014300089	BAMS	3 <sup>rd</sup> Year	swati
32.	TAUSHEEF ALAM	17014300090	BAMS	3 <sup>rd</sup> Year	tausheef
33.	TUSHAR KUMAR BHARDWAJ	17014300091	BAMS	3 <sup>rd</sup> Year	tushar
34.	USMAN AHMAD	17014300092	BAMS	3 <sup>rd</sup> Year	usman
35.	VAIBHAV KUMAR SAINI	17014300093	BAMS	3 <sup>rd</sup> Year	vaidhav
36.	VESHAR ALI	17014300094	BAMS	3 <sup>rd</sup> Year	vishar
37.	VINAY GOYAL	17014300095	BAMS	3 <sup>rd</sup> Year	vinay
38.	VINOD KUMAR	17014300096	BAMS	3 <sup>rd</sup> Year	vinod
39.	VISHAL KUMAR	17014300097	BAMS	3 <sup>rd</sup> Year	vishal
40.	VISHNU KAUSHIK	17014300098	BAMS	3 <sup>rd</sup> Year	vishnu
41.	YASHMI SAINI	17014300099	BAMS	3 <sup>rd</sup> Year	yashmi
42.	YESHU CHAUHAN	17014300100	BAMS	3 <sup>rd</sup> Year	yeshu

Signature of the Coordinator



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Date: 28-11-2019

Notice

All the students of the School of KSVMC & RC, Shobhit University, Gangoh are hereby informed that KSVMC & RC, Shobhit University, Gangoh is organizing Community Clean Water and Health Education Drive, Gandhinagar on 30.11.2019

The details of the activity are as follows:

- Date of the Activity : 30-11- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village , Gandhinagar , Saharanpur
- Activity Coordinator : Dr. Kultar





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## Report

Name of Activity Community Clean Water and Health Education Drive Organized by: School of KSVMC & RC Shobhit University, andGangoh.

- Date of the Activity :30-11-2019
- Place of the Activity : Village , Gandhinagar , Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Kultar

### Purpose of the Activity

The Clean Water and Health Education Drive in Gandhinagar aims to address critical issues surrounding water quality and public health within the community. Access to clean water is a fundamental human right and a cornerstone of public health; however, many communities face challenges related to water pollution, inadequate sanitation, and lack of awareness regarding waterborne diseases.

The primary purpose of this initiative is to educate residents about the importance of clean water, the risks associated with contaminated water, and effective methods for maintaining personal and community health. By promoting awareness and practical solutions, the drive seeks to empower community members to take action toward improving water quality and health outcomes in their lives and surroundings. Ultimately, the initiative aims to foster a healthier, more informed community capable of advocating for better water management practices.

### Description of the Activity

The Clean Water and Health Education Drive comprises a series of interactive and educational activities designed to engage community members of all ages. Key components of the initiative include:

1. Educational Workshops: These workshops will focus on topics such as the sources of water contamination, the health risks associated with polluted water, and the importance of sanitation. Participants will learn about common waterborne diseases, their symptoms, and prevention methods. The workshops will be facilitated by health professionals and environmental experts who will use interactive methods, such as presentations, videos, and discussions, to enhance understanding.
2. Water Quality Testing Campaign: A crucial aspect of the drive will involve providing residents with the tools and knowledge to test their own water quality. Participants will be educated on how to use simple water testing kits to check for contaminants such as



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- bacteria, nitrates, and heavy metals. This hands-on approach will empower community members to take an active role in monitoring the safety of their drinking water.
3. **Distribution of Water Filtration Systems:** To directly address the issue of contaminated water, the initiative will distribute affordable water filtration systems to low-income households. Alongside the distribution, workshops will educate residents on how to properly use and maintain these systems to ensure safe drinking water.
  4. **Community Clean-Up and Sanitation Drives:** To improve the local environment, the initiative will organize community clean-up days focusing on areas near water sources, such as rivers, lakes, and public wells. These clean-ups will help reduce pollution and promote better sanitation practices. Volunteers will be engaged in activities such as litter collection, planting trees, and creating awareness about waste management.
  5. **School Programs:** Collaborating with local schools, the drive will implement educational programs focused on water conservation and hygiene practices. Interactive activities like drawing competitions, science projects, and hygiene workshops will engage students and instill a sense of responsibility towards water resources from an early age.
  6. **Health Screenings:** The initiative will offer free health screenings to assess the health status of community members, particularly focusing on conditions related to water quality, such as gastrointestinal diseases. This will provide valuable data for understanding the health impact of water quality issues in the community and create a baseline for future interventions.
  7. **Resource Distribution:** Participants will receive educational materials, including brochures, posters, and guides on water conservation, hygiene practices, and the safe use of water filtration systems. These resources will be available in multiple languages to ensure accessibility for all community members.

### **Outcome of the Activity**

The Clean Water and Health Education Drive aims to achieve several meaningful outcomes that will enhance community health and promote sustainable water practices.

1. **Increased Awareness of Water Issues:** A primary outcome of the initiative will be a significant increase in community awareness regarding the importance of clean water and the health risks associated with contaminated water. Participants will leave the workshops with a deeper understanding of waterborne diseases, prevention strategies, and the importance of sanitation.
2. **Empowered Community Members:** By equipping residents with the tools and knowledge to test their water quality, the initiative will empower individuals to take proactive steps in monitoring and improving their water safety. This empowerment can lead to more informed decision-making regarding water use and management.
3. **Improved Water Quality:** The distribution of water filtration systems and the education provided on their maintenance will likely result in improved water quality for participating households. Access to clean drinking water will directly contribute to better health outcomes and reduced incidence of waterborne diseases.





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4. **Enhanced Community Engagement:** The community clean-up events will foster a sense of collective responsibility and pride among residents. By working together to improve their environment, participants will strengthen community bonds and create a culture of collaboration and stewardship toward local water resources.
5. **Behavioral Changes:** We anticipate observable changes in community behaviors related to water conservation and hygiene practices. Increased awareness may lead to more responsible water use, better sanitation practices, and a commitment to maintaining clean water sources.
6. **Long-Term Health Benefits:** By addressing the underlying issues of water quality and public health, the drive aims to contribute to long-term improvements in community health. With reduced exposure to waterborne diseases and improved health screenings, residents are likely to experience better overall well-being.

In conclusion, the Clean Water and Health Education Drive in Gandhinagar seeks to empower the community through education and practical solutions to water quality issues. By raising awareness, providing resources, and fostering community engagement, the initiative aims to create a healthier, more informed population capable of advocating for sustainable water management practices. Through collective action, we can work towards ensuring that all community members have access to clean and safe water, ultimately contributing to a healthier future for all.



Activity Coordinator

(Dr.) Prashant Kumar



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- Name of the Activity : Clean Water and Health Education Drive, Gandhinagar
- Date of the Activity : 30-11-2019
- Place of the Activity : Village, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	AADITYA MITTAL	17014300001	BAMS	3 <sup>rd</sup> Year	Aaditya
2.	AALIYA	17014300002	BAMS	3 <sup>rd</sup> Year	Aaliya
3.	AA YUSHI SAINI	17014300003	BAMS	3 <sup>rd</sup> Year	Aayushi
4.	ABHINAV KUMAR	17014300004	BAMS	3 <sup>rd</sup> Year	Abhinav
5.	ABHINAV RANA	17014300005	BAMS	3 <sup>rd</sup> Year	Abhinav
6.	ABHINAV TOMAR	17014300006	BAMS	3 <sup>rd</sup> Year	Abhinav
7.	ABHISHEK PUNDIR	17014300007	BAMS	3 <sup>rd</sup> Year	Abhishek
8.	AKASH KUMAR	17014300008	BAMS	3 <sup>rd</sup> Year	Akash
9.	AMAN ATRY	17014300009	BAMS	3 <sup>rd</sup> Year	Aman
10.	AMAN PANDIT	17014300010	BAMS	3 <sup>rd</sup> Year	Aman
11.	AMIR MIRZA	17014300011	BAMS	3 <sup>rd</sup> Year	Amir
12.	ANAM	17014300012	BAMS	3 <sup>rd</sup> Year	Anam
13.	ANJUL KUMAR	17014300013	BAMS	3 <sup>rd</sup> Year	Anjul
14.	ANKIT	17014300014	BAMS	3 <sup>rd</sup> Year	Ankit
15.	ANKIT SINGH	17014300015	BAMS	3 <sup>rd</sup> Year	Ankit
16.	ANKUSH PAL	17014300016	BAMS	3 <sup>rd</sup> Year	Ankush
17.	ANNU	17014300017	BAMS	3 <sup>rd</sup> Year	Annu
18.	ARJUN SINGH	17014300018	BAMS	3 <sup>rd</sup> Year	Arjun



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19.	ARSHAD	17014300019	BAMS	3 <sup>rd</sup> Year	Arshad
20.	ATUL PANDEY	17014300020	BAMS	3 <sup>rd</sup> Year	ATul
21.	BHARAT	17014300021	BAMS	3 <sup>rd</sup> Year	Bharat
22.	BHEEM SINGH	17014300022	BAMS	3 <sup>rd</sup> Year	Bheem
23.	BIJENDER	17014300023	BAMS	3 <sup>rd</sup> Year	Bijender
24.	CHANDERPAL BATTAN	17014300024	BAMS	3 <sup>rd</sup> Year	Chanderpal
25.	DEEPAK VERMA	17014300025	BAMS	3 <sup>rd</sup> Year	Deepak
26.	DEEPANSHU SINGH	17014300026	BAMS	3 <sup>rd</sup> Year	Deepanshu
27.	DOLI	17014300027	BAMS	3 <sup>rd</sup> Year	Doli
28.	FAISAL FAROOQUI	17014300028	BAMS	3 <sup>rd</sup> Year	Faisal
29.	FAIZ ALAM	17014300029	BAMS	3 <sup>rd</sup> Year	Faiz
30.	GARIMA CHAUDHARY	17014300030	BAMS	3 <sup>rd</sup> Year	Garima
31.	HONEY KASHYAP	17014300031	BAMS	3 <sup>rd</sup> Year	Honey
32.	IJLAL	17014300032	BAMS	3 <sup>rd</sup> Year	Ijlal
33.	JAVED MALIK	17014300033	BAMS	3 <sup>rd</sup> Year	Javed
34.	JITENDRA KUMAR	17014300034	BAMS	3 <sup>rd</sup> Year	Jitendra
35.	KESHAV MITTAL	17014300035	BAMS	3 <sup>rd</sup> Year	Keshav
36.	KHALID	17014300036	BAMS	3 <sup>rd</sup> Year	Khalid
37.	KM LAKSHIMI SINGH	17014300037	BAMS	3 <sup>rd</sup> Year	Lakshmi
38.	KM RISHEE KUMARI	17014300038	BAMS	3 <sup>rd</sup> Year	Rishee

Signature of the Coordinator



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Date: 30-11-2019

Notice

All the students of the School of Engineering & Technology, Shobhit University, Gangoh are hereby informed that School of Engineering & Technology, Shobhit University, Gangoh is organizing Community Renewable Energy Education and Community Outreach, Chamanpura on 03.12.2019. The details of the activity are as follows:

- Date of the Activity : 03 -12- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Chamanpura, Saharanpur
- Activity Coordinator : Dr. Dhruv Joshi



## Report

Name of the Activity: Community Renewable Energy Education and Community Outreach  
Organized by: School of Engineering & Technology ShobhitUniversity, and Gangoh.

- Date of the Activity : 03-12-2019
- Place of the Activity : Village , Chamanpura , Saharanpur
- No. of Student Participated : 39
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Dhruv Joshi

### **Purpose of the Activity**

The Renewable Energy Education and Community Outreach initiative aims to inform and empower communities about the benefits and possibilities of renewable energy sources. As global energy demands rise and climate change accelerates, transitioning to renewable energy becomes crucial for sustainable development and environmental preservation. This initiative seeks to bridge knowledge gaps, dispel myths, and encourage active participation in the renewable energy transition.

The primary objectives of the outreach program are to raise awareness about different forms of renewable energy (such as solar, wind, and hydro), promote energy efficiency, and inspire community members to adopt sustainable practices. By fostering a culture of sustainability, the initiative hopes to equip individuals with the knowledge and tools necessary to make informed decisions about their energy use and to advocate for renewable energy solutions within their communities.

### **Description of the Activity**

The Renewable Energy Education and Community Outreach initiative consists of a variety of engaging activities designed to inform, inspire, and involve community members. Key components of the program include:

1. Educational Workshops: These workshops will cover various topics related to renewable energy, including the basics of solar, wind, and geothermal energy; the importance of energy efficiency; and the role of renewable energy in combating climate change. Workshops will be tailored to different age groups and audiences, incorporating hands-on activities, visual aids, and real-life examples to enhance understanding.
2. Community Demonstration Projects: To provide practical insights, the initiative will implement small-scale renewable energy projects in the community. This may include installing solar panels on community buildings, setting up a small wind turbine, or



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creating a community garden with solar-powered irrigation systems. These projects will serve as living examples of renewable energy in action and provide opportunities for hands-on learning.

3. **Information Booths and Fairs:** The program will host information booths at local events, fairs, and farmers' markets to engage a wider audience. These booths will provide educational materials, interactive displays, and demonstrations of renewable energy technologies. Community members can ask questions and learn about available incentives and programs that support the adoption of renewable energy solutions.
4. **School Programs:** Collaborating with local schools, the initiative will develop educational curricula focused on renewable energy. This will include hands-on science experiments, project-based learning, and field trips to renewable energy facilities. By engaging students early, the program aims to instill a sense of environmental stewardship and awareness of sustainable practices.
5. **Community Energy Audits:** The initiative will offer free or low-cost energy audits to residents, helping them identify ways to improve energy efficiency in their homes. Participants will receive personalized recommendations for renewable energy solutions, such as solar panel installation, energy-efficient appliances, and insulation improvements. This practical support encourages immediate action and investment in sustainable technologies.
6. **Advocacy and Policy Engagement:** The outreach program will involve community members in advocacy efforts for local and state policies that support renewable energy initiatives. Workshops will educate participants about current policies and how they can get involved in local decision-making processes, such as attending city council meetings or engaging with local representatives.

### **Outcome of the Activity**

The Renewable Energy Education and Community Outreach initiative is designed to achieve several significant outcomes that promote awareness, engagement, and action within the community.


1. **Increased Awareness and Knowledge:** One of the primary outcomes will be a measurable increase in community awareness and understanding of renewable energy concepts and benefits. Participants will leave workshops with a clear understanding of how renewable energy sources work, their environmental impact, and the potential for energy savings.
2. **Empowerment Through Hands-On Experience:** By engaging in demonstration projects and energy audits, community members will gain hands-on experience with renewable technologies. This practical knowledge empowers individuals to make informed choices about energy use and encourages them to consider adopting renewable solutions in their own homes.
3. **Behavioral Changes:** As a result of increased awareness and education, we anticipate a shift in community behaviors towards energy consumption. Residents may adopt energy-saving practices, invest in renewable energy systems, or participate in local energy

efficiency programs. We aim to create a culture of sustainability that extends beyond the initiative's duration.

4. **Enhanced Community Engagement:** The initiative will foster a sense of community by encouraging collaboration among residents. Through group projects, advocacy efforts, and educational programs, participants will connect with each other, share experiences, and work collectively towards a common goal of sustainability.
5. **Policy Advocacy and Change:** The initiative will lay the groundwork for stronger advocacy for renewable energy policies at the local and state levels. By engaging community members in policy discussions and empowering them to voice their support for renewable initiatives, we hope to influence decision-makers and foster an environment conducive to sustainable energy solutions.
6. **Long-Term Commitment to Sustainability:** Ultimately, the initiative aims to instill a lasting commitment to renewable energy and sustainability within the community. By creating a strong foundation of knowledge and engagement, we aspire to inspire future generations to prioritize environmental stewardship and advocate for a clean energy future.

In summary, the Renewable Energy Education and Community Outreach initiative seeks to empower communities through education, hands-on experiences, and advocacy for renewable energy. By fostering awareness and encouraging sustainable practices, we aim to contribute to a healthier planet and a more resilient community, ready to meet the challenges of a changing world. Through collective action, we can create a brighter, more sustainable future for all.



Activity  Coordinator  
Dr. Dhruv Joshi



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- Name of the Activity : Renewable Energy Education and Community Outreach
- Date of the Activity : 03-12-2019
- Place of the Activity : Village, Chamanpura , Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	KM. VAISHNAVi	19014168002	B.Tech. (CSE)	1st Year	Vaishnavi
2.	KINSHUK MITTAL	19014168005	B.Tech. (CSE)	1st Year	Kinshuk
3.	MOHD ANAS	19014168006	B.Tech. (CSE)	1st Year	Anas
4.	AMRISH KUMAR	19014168007	B.Tech. (CSE)	1st Year	Amrish
5.	JALAJ KUMAR	19014168008	B.Tech. (CSE)	1st Year	Jalaj
6.	HARSHDEEP SINGH	19014168009	B.Tech. (CSE)	1st Year	Harsh
7.	KM. SAKSHI SAINI	19014168010	B.Tech. (CSE)	1st Year	Sakshi
8.	RAKSHAK SAINI	19014168011	B.Tech. (CSE)	1st Year	Rakshak
9.	ARCHIT KUMAR AGGARWAL	19014168013	B.Tech. (CSE)	1st Year	Archit
10.	PRINCI	19014168014	B.Tech. (CSE)	1st Year	Princi
11.	PRACHI TYAGI	19014168015	B.Tech. (CSE)	1st Year	Prachi
12.	YASH KUMAR	19014168016	B.Tech. (CSE)	1st Year	Yash
13.	KUNAL VERMA	19014168017	B.Tech. (CSE)	1st Year	Kunal
14.	MOHD KADIR	19014168018	B.Tech. (CSE)	1st Year	Kadir
15.	KHUSHI RANI	19014168019	B.Tech. (CSE)	1st Year	Khushi
16.	PRASHANT PANWAR	19014168020	B.Tech. (CSE)	1st Year	Prashant
17.	RIHAN ANSARI	19014168021	B.Tech. (CSE)	1st Year	Rihan
18.	KRISHNA GOYAL	19014168022	B.Tech. (CSE)	1st Year	Krishna





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19.	NITIN KUMAR	19014168023	B.Tech. (CSE)	1st Year	Nitin
20.	MOHAMMAD MUJAHID	19014168024	B.Tech. (CSE)	1st Year	M. Muzahid
21.	ABHISHEK	19014168025	B.Tech. (CSE)	1st Year	Abhishek
22.	DEVANSH PRABHAKAR	19014168026	B.Tech. (CSE)	1st Year	D. Prabhakar
23.	SHRUTI GARG	19014168027	B.Tech. (CSE)	1st Year	S. Garg
24.	ALEENA NASIR	19014168028	B.Tech. (CSE)	1st Year	A. Nasir
25.	MUKUL GARG	19014168029	B.Tech. (CSE)	1st Year	Mukul
26.	AKSHAY SINGHAL	18014168003	B.Tech. (CSE)	2 <sup>nd</sup> year	Akshay
27.	CHIRAG GUPTA	18014168004	B.Tech. (CSE)	2 <sup>nd</sup> year	Chirag
28.	MAYANK PANCHAL	18014168005	B.Tech. (CSE)	2 <sup>nd</sup> year	Mayank
29.	MOHD SAQIB	18014168006	B.Tech. (CSE)	2 <sup>nd</sup> year	Saqib
30.	REHBAR MEHDI	18014168007	B.Tech. (CSE)	2 <sup>nd</sup> year	Mehdi
31.	RIYA CHOUDHARY	18014168008	B.Tech. (CSE)	2 <sup>nd</sup> year	Riya
32.	ROCKY SAINI	18014168009	B.Tech. (CSE)	2 <sup>nd</sup> year	Rocky
33.	SHREYA GOYAL	18014168010	B.Tech. (CSE)	2 <sup>nd</sup> year	Shreya
34.	PUSHPENDER RATHI	19014168902	B.Tech. (CSE)	2 <sup>nd</sup> year	Pushpender
35.	VANSHIKA GARG	19014168903	B.Tech. (CSE)	2 <sup>nd</sup> year	Vanshika
36.	SHIVAM SAINI	19014168904	B.Tech. (CSE)	2 <sup>nd</sup> year	Shivam
37.	HARSHIT AGGARWAL	19014168905	B.Tech. (CSE)	2 <sup>nd</sup> year	Harshit
38.	BHAVNA PARASHAR	17014168901	B.Tech. (CSE)	3 <sup>rd</sup> year	Bhavna
39.	ABHISHEK KAPIL	17014168001	B.Tech. (CSE)	3 <sup>rd</sup> year	Abhishek

Signature of the Coordinator



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Date: 09 -12-2019

Notice

All the students of the School of Education, Shobhit University, Gangoh are hereby informed that School of Education, Shobhit University, Gangoh is organizing Community Environmental Sustainability and Health Promotion Drive, Rangail on 11.12.2019 The details of the activity are as follows:

- Date of the Activity : 11-12- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Rangail , Saharanpur
- Activity Coordinator : Mr. Ram Janki





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## **Report**

Name of the Activity: Community Environmental Sustainability and Health Promotion Drive Organized by:  
School of Education Shobhit University, and Gangoh.

- Date of the Activity : 11-12-2019
- Place of the Activity : Village ,Rangail , Saharanpur
- No. of Student Participated : 40
- Beneficiaries : Local Community
- Activity Coordinator : Mr. Ram Janki

### **Purpose of the Activity**

The Environmental Sustainability and Health Promotion Drive aims to create a synergistic relationship between environmental stewardship and public health. As communities face escalating environmental challenges—such as pollution, climate change, and resource depletion—there is a growing recognition of the profound impact these factors have on health. This initiative seeks to educate the public about the interconnectedness of a healthy environment and individual health outcomes, promoting sustainable practices that not only protect the planet but also enhance community well-being.

The primary objectives of the drive are to raise awareness about environmental health issues, encourage sustainable lifestyle choices, and foster community engagement in initiatives that promote both environmental and health benefits. By integrating health promotion with environmental sustainability, we aim to cultivate a holistic approach to health that recognizes the essential role of a clean, healthy environment in supporting physical and mental well-being.

### **Description of the Activity**

The Environmental Sustainability and Health Promotion Drive comprises a series of activities designed to engage the community, educate participants, and promote actionable changes. Key components of the drive include:

1. Educational Workshops and Seminars: These sessions will cover a range of topics, including the impact of air and water quality on health, the benefits of local and organic food systems, and the importance of biodiversity. Experts in public health and environmental science will facilitate discussions and provide evidence-based information, equipping participants with the knowledge to make informed decisions.
2. Community Clean-Up Events: Organizing community clean-up days at local parks, waterways, and urban areas will encourage residents to take an active role in improving their environment. These events will not only beautify the community but also foster a



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sense of ownership and pride among participants. Volunteers will receive educational materials on waste management, recycling, and reducing plastic use.

3. **Sustainable Living Demonstrations:** The drive will feature hands-on demonstrations on sustainable practices, such as urban gardening, composting, and energy conservation. Participants will learn practical skills to reduce their ecological footprint, with a focus on how these practices can improve health—like growing fresh produce at home or reducing reliance on single-use plastics.
4. **Health Screenings and Wellness Checks:** Partnering with local health organizations, we will offer free health screenings, including blood pressure checks, BMI assessments, and wellness consultations. This aspect of the drive emphasizes the relationship between environmental factors and personal health, highlighting how reducing pollution and improving access to green spaces can lead to better health outcomes.
5. **Interactive Community Challenges:** To engage participants actively, we will organize challenges such as “Zero Waste Week” or “30 Days of Green Living.” These challenges will encourage individuals and families to adopt sustainable habits, with rewards for those who meet specific goals. This gamification approach fosters a sense of community while promoting sustainable practices.
6. **Resource Distribution:** Participants will receive informational packets containing tips for sustainable living, local resources for recycling and waste reduction, and guides to accessing local health services. These resources will be designed to be accessible and actionable, making it easier for community members to implement changes in their daily lives.

### **Outcome of the Activity**

The anticipated outcomes of the Environmental Sustainability and Health Promotion Drive are extensive and aim to foster lasting changes in community health and environmental practices.

1. **Increased Awareness and Knowledge:** Participants will gain a deeper understanding of the connections between environmental sustainability and health. The educational workshops and seminars will equip individuals with knowledge about how environmental factors influence health, enabling them to make informed decisions about their lifestyle and community engagement.
2. **Enhanced Community Engagement:** Through participation in clean-up events and challenges, community members will develop a stronger sense of connection to their environment and to each other. This engagement will promote a culture of collective responsibility for both community health and environmental stewardship.
3. **Behavioral Changes Towards Sustainability:** We expect to see shifts in individual and community behaviors, such as increased recycling, reduced waste, and more sustainable transportation choices (e.g., biking, walking, or using public transit). By providing hands-on demonstrations and challenges, we hope to instill sustainable habits that benefit both health and the environment.



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4. Improved Health Outcomes: The health screenings and wellness checks will facilitate early detection of health issues, while the emphasis on environmental factors is likely to lead to improvements in physical and mental health. As community members adopt healthier lifestyles and engage in outdoor activities, we anticipate a decrease in stress and an increase in overall well-being.
5. Strengthened Local Policies and Initiatives: The drive will collect feedback and data on community needs and perceptions, which can be used to advocate for local policies that support environmental health initiatives. This includes promoting green spaces, sustainable public transport, and better waste management systems.

In summary, the Environmental Sustainability and Health Promotion Drive is designed to empower communities by highlighting the vital connection between a healthy environment and public health. Through education, engagement, and actionable initiatives, we aim to foster a culture of sustainability that not only benefits the planet but also enhances the health and well-being of all community members. By working together, we can create a healthier, more sustainable future for generations to come.



  
Activity Coordinator  
Mr. Ram Janki



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Name of the Activity : Environmental Sustainability and Health Promotion Drive  
Date of the Activity : 11 -12-2019  
Place of the Activity : Village, Rangail , Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	MD RASID ANSARI	18013100060	B.Ed.	2 <sup>nd</sup> Year	Rashid
2.	MOHD JUNAID NIZAMI	18013100061	B.Ed.	2 <sup>nd</sup> Year	Junaid
3.	MONIKA	18013100062	B.Ed.	2 <sup>nd</sup> Year	monika
4.	MONIKA DEVI	18013100063	B.Ed.	2 <sup>nd</sup> Year	monika
5.	MONIKA PANCHAL	18013100064	B.Ed.	2 <sup>nd</sup> Year	monika
6.	MONIKA TANEJA	18013100065	B.Ed.	2 <sup>nd</sup> Year	monika
7.	VINOD KUMAR YADAV	18013100066	B.Ed.	2 <sup>nd</sup> Year	Vinod
8.	NAVNEET KUMAR	18013100067	B.Ed.	2 <sup>nd</sup> Year	Navneet
9.	NEERAJ KUMAR	18013100068	B.Ed.	2 <sup>nd</sup> Year	neeraj
10.	NEESHU DHIMAN	18013100069	B.Ed.	2 <sup>nd</sup> Year	neeshu
11.	NIKHIL GARG	18013100070	B.Ed.	2 <sup>nd</sup> year	Nikhil
12.	NITIN KUMAR	18013100071	B.Ed.	2 <sup>nd</sup> year	Nitin
13.	PARUL DEVI	18013100072	B.Ed.	2 <sup>nd</sup> year	Parul



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14.	POOJA GAUTAM	18013100073	B.Ed.	2 <sup>nd</sup> year	Pooja
15.	PRAHLAD SINGH	18013100074	B.Ed.	2 <sup>nd</sup> year	Prahlad
16.	PRIYA GOEL	18013100075	B.Ed.	2 <sup>nd</sup> year	Priya
17.	PRIYA SHARMA	18013100076	B.Ed.	2 <sup>nd</sup> year	Priya
18.	PRIYANKA SAINI	18013100077	B.Ed.	2 <sup>nd</sup> year	Priyanka
19.	RAJAT CHAUHAN	18013100078	B.Ed.	2 <sup>nd</sup> year	Rajat
20.	RAJAT KUMAR	18013100079	B.Ed.	2 <sup>nd</sup> year	Rajat
21.	RASHMI DEVI	18013100080	B.Ed.	2 <sup>nd</sup> year	Rashmi
22.	RAVI	18013100081	B.Ed.	2 <sup>nd</sup> year	Ravi
23.	RAVI KUMAR ARYA	18013100082	B.Ed.	2 <sup>nd</sup> year	Ravi
24.	ROOBI	18013100083	B.Ed.	2 <sup>nd</sup> year	Roobi
25.	SABA SAYEED	18013100084	B.Ed.	2 <sup>nd</sup> year	Saba
26.	SAKSHI	18013100085	B.Ed.	2 <sup>nd</sup> year	Sakshi
27.	SANDEEP KUMAR	18013100086	B.Ed.	2 <sup>nd</sup> year	Sandeep
28.	SAVITA DEVI	18013100087	B.Ed.	2 <sup>nd</sup> year	Savita



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29.	SAVITA PANWAR	18013100088	B.Ed.	2 <sup>nd</sup> year	Savita
30.	SHAKSHI SAINI	18013100089	B.Ed.	2 <sup>nd</sup> year	Shakshi
31.	SHALLU RANI	18013100090	B.Ed.	2 <sup>nd</sup> year	shally
32.	SHALU RATHOUR	18013100091	B.Ed.	2 <sup>nd</sup> year	shalu
33.	SHALVI SHARMA	18013100092	B.Ed.	2 <sup>nd</sup> year	shalvi
34.	SHIVANI CHOUDHARY	18013100093	B.Ed.	2 <sup>nd</sup> year	shivani
35.	SHUBHAM CHAUDHARY	18013100094	B.Ed.	2 <sup>nd</sup> year	shubham
36.	SHUBHAM SAINI	18013100095	B.Ed.	2 <sup>nd</sup> year	shubham
37.	SONAM	18013100096	B.Ed.	2 <sup>nd</sup> year	Sonam
38.	SONAM	18013100097	B.Ed.	2 <sup>nd</sup> year	Sonam
39.	TANVI	18013100098	B.Ed.	2 <sup>nd</sup> year	Tanvi
40.	VIKASH KUMAR	18013100100	B.Ed.	2 <sup>nd</sup> year	Vikash

Signature of the Coordinator





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Date: 27 -12-2019

Notice

All the students of the KSVMC & RC, Shobhit University, Gangoh are hereby informed that KSVMC & RC, Shobhit University, Gangoh is organizing Community Health and Wellness for Vulnerable Populations Outreach, Bhadarnagar on 29.12.2019 The details of the activity are as follows:

- Date of the Activity :29 -12- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Bhadarnagar , Saharanpur
- Activity Coordinator : Dr. Vinod Kumar Yadav





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## **Report**

Name of the Activity: Community Health and Wellness for Vulnerable Populations Outreach  
Organized by: School of KSVMC & RC Shobhit University, and Gangoh.

- Date of the Activity : 29-12-2019
- Place of the Activity : Village , Bhadarnagar , Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Vinod Kumar Yadav

### **Purpose of the Activity**

The primary purpose of the Health and Wellness for Vulnerable Populations Outreach initiative is to address the health disparities experienced by marginalized communities. Vulnerable populations often include low-income families, the elderly, people with disabilities, racial and ethnic minorities, and those living in rural or underserved urban areas. These groups frequently face barriers to accessing healthcare, including economic constraints, lack of transportation, language barriers, and inadequate health education.

The outreach program aims to provide tailored health education, promote healthy lifestyle choices, and facilitate access to necessary healthcare services. By empowering individuals with knowledge and resources, we seek to improve overall health outcomes, enhance quality of life, and foster a sense of community among participants. This initiative aligns with public health goals to reduce health inequalities and create a more equitable healthcare system.

### **Description of the Activity**

The outreach program consists of a series of interactive workshops, health screenings, and community events designed to engage vulnerable populations in a supportive and accessible manner. Key components of the activity include:

1. Health Education Workshops: These workshops cover various topics, including nutrition, physical activity, mental health, chronic disease management, and preventive care. Each session is designed to be interactive and culturally sensitive, using visual aids and practical demonstrations to enhance understanding. Workshops may also include guest speakers, such as healthcare professionals and community leaders, to provide expert insights and foster trust.
2. Health Screenings: To facilitate early detection and management of health issues, free health screenings will be offered at community centers and events. Services may include



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blood pressure checks, cholesterol testing, glucose level assessments, and body mass index (BMI) evaluations. Participants will receive immediate feedback on their health status and guidance on necessary follow-up care.

3. **Resource Distribution:** Participants will receive materials that provide information on local healthcare services, healthy recipes, exercise programs, mental health resources, and preventive care options. These resources will be available in multiple languages to ensure accessibility.
4. **Community Engagement Events:** To foster a sense of belonging and community, the program will organize social events such as health fairs, fitness challenges, and family wellness days. These events will feature activities for all ages, including exercise classes, cooking demonstrations, and mental health workshops. Collaborating with local organizations will enhance participation and create a network of support.
5. **Follow-up Support:** After initial outreach activities, participants will be offered follow-up support through phone calls, text messages, or home visits to check on their health progress and provide additional resources. This ongoing connection will help individuals stay motivated and engaged in their health journey.

### **Outcome of the Activity**

The anticipated outcomes of the Health and Wellness for Vulnerable Populations Outreach initiative are multifaceted and aim to create lasting change within the target communities.

1. **Improved Health Knowledge:** Participants will leave the workshops with a better understanding of health issues that disproportionately affect their communities, along with practical strategies for managing their health. Increased awareness will empower individuals to make informed decisions regarding their healthcare.
2. **Increased Access to Healthcare Services:** By offering free health screenings and distributing resource materials, the program will help participants identify and access necessary healthcare services. We anticipate an increase in the number of individuals seeking preventive care and routine health check-ups as a direct result of the outreach.
3. **Behavioral Changes:** We expect to see positive changes in participants' health behaviors, such as improved dietary choices, increased physical activity, and better management of chronic conditions. These changes will be monitored through follow-up surveys and assessments, allowing for evaluation of the program's effectiveness.
4. **Strengthened Community Networks:** The outreach initiative aims to build a sense of community among participants, creating support networks that encourage healthy behaviors. Participants will have opportunities to connect with peers, share experiences, and foster a culture of health within their communities.
5. **Policy Advocacy:** As we collect data and feedback from participants, we will identify trends and challenges faced by vulnerable populations. This information can be utilized to advocate for policy changes and improvements in community health resources, further addressing the systemic issues contributing to health disparities.



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In conclusion, the Health and Wellness for Vulnerable Populations Outreach initiative is designed to empower marginalized communities by providing essential health education, access to resources, and fostering a sense of community. By achieving these outcomes, we hope to contribute to a healthier, more equitable society where all individuals have the opportunity to thrive.



Activity Coordinator

Dr. Vinod Kumar Yadav



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Name of the Activity : Health and Wellness for Vulnerable Populations Outreach  
Date of the Activity : 29 -12-2019  
Place of the Activity : Village, Bhadarnagar , Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	KM NISHA CHOUDHARY	18013100034	B.Ed.	2nd Year	Km Nisha
2.	KM PARUL DEVI	18013100035	B.Ed.	2nd Year	Km Parul
3.	KM POOJA CHOUDHARY	18013100036	B.Ed.	2nd Year	Pooja
4.	KM PRATIKSHA SAINI	18013100037	B.Ed.	2nd Year	Pratiksha
5.	KM PREETI DEVI	18013100038	B.Ed.	2nd Year	Preeti
6.	KM PRINCI	18013100039	B.Ed.	2nd Year	Princi
7.	PANKAJ YADAV	18013100040	B.Ed.	2nd Year	P. yadav
8.	KM PRIYANKA DEVI	18013100041	B.Ed.	2nd Year	Priyanka
9.	KM RAJANI	18013100042	B.Ed.	2nd Year	Rajani
10.	KM RANJITA VERMA	18013100043	B.Ed.	2nd Year	Ranjita
11.	KM SAHIRA KHATOON	18013100044	B.Ed.	2nd Year	Sahira
12.	KM SAKSHI DEVI	18013100045	B.Ed.	2nd Year	Sakshi
13.	KM SAPNA	18013100046	B.Ed.	2nd Year	Sapna
14.	KM SAPNA RANI	18013100047	B.Ed.	2nd Year	S. Rani
15.	KM SEEMA DEVI	18013100048	B.Ed.	2nd Year	Seema
16.	KM SHALU	18013100049	B.Ed.	2nd Year	Shalu
17.	KM SHIKHA BHARATI	18013100050	B.Ed.	2nd Year	Shikha
18.	KM SHIKHA SAINI	18013100051	B.Ed.	2nd Year	S. Saini
19.	KM SHIVANI KUMARI	18013100052	B.Ed.	2nd Year	Shivani



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20.	KM SHWETA TANEJA	18013100053	B.Ed.	2nd Year	shweta
21.	KM SONAM MITTAL	18013100054	B.Ed.	2nd Year	sonam
22.	KM URMILA DEVI	18013100055	B.Ed.	2nd Year	urmila
23.	KM VANDANA SHARMA	18013100056	B.Ed.	2nd Year	vandana
24.	KOMAL	18013100057	B.Ed.	2nd Year	komal
25.	LOCHAN RANA	18013100058	B.Ed.	2nd Year	lochan
26.	MASOOM SIDDIQUE	18013100059	B.Ed.	2nd Year	masoom
27.	MD RASID ANSARI	18013100060	B.Ed.	2nd Year	Rashid
28.	MOHD JUNAID NIZAMI	18013100061	B.Ed.	2nd Year	Junaid
29.	MONIKA	18013100062	B.Ed.	2nd Year	monika
30.	MONIKA DEVI	18013100063	B.Ed.	2nd Year	monika
31.	MONIKA PANCHAL	18013100064	B.Ed.	2nd Year	monika
32.	MONIKA TANEJA	18013100065	B.Ed.	2nd Year	monika
33.	VINOD KUMAR YADAV	18013100066	B.Ed.	2nd Year	Vinod
34.	NAVNEET KUMAR	18013100067	B.Ed.	2nd Year	Navneet
35.	NEERAJ KUMAR	18013100068	B.Ed.	2nd Year	neeraj
36.	NEESHU DHIMAN	18013100069	B.Ed.	2nd Year	neeshu
37.	NIKHIL GARG	18013100070	B.Ed.	2nd Year	nikhil
38.	NITIN KUMAR	18013100071	B.Ed.	2nd Year	nitin

  
Signature of the Coordinator



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Date: 28-12-2019

Notice

All the students of the School KSVMC & RC Shobhit University, Gangoh are hereby informed that KSVMC & RC, Shobhit University, Gangoh is organizing Community Mental Health and Support Education Drive, Bhadarnagar on 31.12.2019 the details of the activity are as follows:

- Date of the Activity : 31-12- 2020
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Bhadarnagar , Saharanpur
- Activity Coordinator : Dr. Prashant Kumar





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### Report

Name of the Activity: Community Mental Health and Support Education Drive Organized by:  
School of Ayurveda –K S V A M C & RC Shobhit University, andGangoh.

- Date of the Activity : 31-12-2019
- Place of the Activity : Village Bhadarnagar , Saharanpur
- No. of Student Participated : 42
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Suman

#### **Purpose of the Activity:**

The Community Mental Health and Support Education Drive aims to raise awareness about mental health issues, reduce stigma, and provide education on available resources and support systems within the community. The initiative seeks to empower individuals and families with knowledge about mental health, encouraging open conversations and promoting a culture of understanding and support. By fostering a supportive environment, the drive aims to enhance overall community well-being and ensure that individuals feel safe seeking help when needed.

#### **Description of the Activity:**

The education drive will encompass a series of workshops, informational sessions, and community events designed to engage participants of all ages. The activities will be interactive, providing a platform for discussions, learning, and sharing experiences related to mental health.

##### 1. Educational Workshops:

We will host a series of workshops led by mental health professionals, covering various topics such as anxiety, depression, stress management, and coping strategies. Each workshop will include interactive components, allowing participants to ask questions, share personal experiences, and learn practical techniques for managing their mental health. Topics like mindfulness, self-care, and emotional resilience will be highlighted to equip participants with tools they can use in their daily lives.

##### 2. Panel Discussions:

To promote dialogue around mental health, we will organize panel discussions featuring mental health advocates, healthcare providers, and individuals with lived experience. These discussions will focus on breaking down stigma, sharing personal stories, and highlighting the importance of seeking help. Audience members will have the opportunity to engage with panelists, fostering a sense of community and shared understanding.

##### 3. Resource Fairs:

A resource fair will be held to connect participants with local mental health services,





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support groups, and wellness programs. Various organizations will set up booths to provide information about their services, offer free mental health screenings, and distribute educational materials. This will help attendees identify available resources and encourage them to take proactive steps in addressing their mental health needs.

4. Youth Engagement Activities:

Special sessions will be designed for children and teenagers, focusing on mental health education tailored to their age group. Interactive games, art projects, and group discussions will help young people understand mental health concepts and recognize signs of distress in themselves and others. By fostering an open dialogue among youth, we aim to equip them with the skills to support their peers and seek help when necessary.

5. Digital Campaigns:

In addition to in-person activities, we will launch a digital campaign to reach a broader audience. This campaign will include informative posts on social media, webinars, and online resources focusing on mental health topics, coping strategies, and available local services. Engaging visuals and relatable content will help demystify mental health issues and encourage conversations in the digital space.

**Outcome of the Activity:**

The anticipated outcomes of the Community Mental Health and Support Education Drive are significant and multi-dimensional:

1. Increased Awareness and Understanding:

Participants will leave with a greater understanding of mental health issues, including common disorders, symptoms, and effective coping strategies. This increased awareness is essential for reducing stigma and encouraging individuals to seek help.

2. Enhanced Community Support Networks:

By connecting participants with local resources and support groups, we expect to strengthen community support networks. Attendees will become more aware of where to find help and how to support friends and family members in need.

3. Empowered Individuals:

The education drive will empower individuals to take charge of their mental health and well-being. Participants will gain practical skills for managing stress and anxiety, improving their overall quality of life.

4. Youth Engagement and Advocacy:

Engaging youth in mental health discussions will cultivate a generation of advocates who prioritize mental well-being. We anticipate that young participants will carry these lessons into their schools and communities, fostering a culture of understanding and support among their peers.

5. Long-Term Community Change:

The drive aims to create lasting change by establishing a foundation for ongoing mental health education and advocacy within the community. We hope to inspire local leaders and organizations to continue prioritizing mental health initiatives, ensuring that support systems remain robust and accessible.



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Overall, the Community Mental Health and Support Education Drive aspires to create a healthier, more informed community that prioritizes mental well-being, encourages open dialogue, and fosters supportive relationships among individuals.



Activity Coordinator

Dr. Suman



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Name of the Activity : Community Mental Health and Support Education Drive

Date of the Activity : 31-12-2019

Place of the Activity : Village Bhadarnagar, Saharanpur

Sr. No.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	HIMANI	18014300039	BAMS	2nd Year	Himani
2.	JUNAID QURESHI	18014300040	BAMS	2nd Year	Junaid
3.	KALPANA SONKAR	18014300041	BAMS	2nd Year	Kalpana
4.	KM SAKSHI KASAUDHAN	18014300042	BAMS	2nd Year	sakshi
5.	KM. IKRA	18014300043	BAMS	2nd Year	Ikra
6.	KM. VIDHI ARYA	18014300044	BAMS	2nd Year	vidhi
7.	LALIT SINGH	18014300045	BAMS	2nd Year	lalit
8.	MD ABID RAJA	18014300046	BAMS	2nd Year	Abid
9.	MD AQUIB	18014300047	BAMS	2nd Year	Aquib
10.	MD MOHIB ALI	18014300048	BAMS	2nd Year	Ali
11.	MEHAK	18014300049	BAMS	2nd Year	mehak
12.	MOHAMMAD	18014300050	BAMS	2nd Year	mohammad



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Sr. No.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
13.	MOHD RIZWAN	18014300051	BAMS	2nd Year	Rizwan
14.	MOHD SADIQ	18014300052	BAMS	2nd Year	sadiq
15.	MOHD ZUBAIR	18014300053	BAMS	2nd Year	Zubair
16.	MOHD. MUSHARRAF	18014300054	BAMS	2nd Year	Musharraf
17.	MOHD. RAFAKAT	18014300055	BAMS	2nd Year	Rafakat
18.	MOHD. RAMEEZ	18014300056	BAMS	2nd Year	Rameez
19.	MOHD. RASHID	18014300057	BAMS	2nd Year	Rashid
20.	MOHD. RASHID ALI	18014300058	BAMS	2nd Year	Rashid
21.	MOHD. SHADAB	18014300059	BAMS	2nd Year	Shadab
22.	MOHD. SHADAN	18014300060	BAMS	2nd Year	Shadan
23.	MOHD. SHARIQ REHMAN	18014300061	BAMS	2nd Year	Shariq
24.	MOHD. SUHAIL	18014300062	BAMS	2nd Year	Suhail
25.	MOHIT LAL PARAJAPATI	18014300063	BAMS	2nd Year	Mohit
26.	MUNEEB AHAMAD	18014300064	BAMS	2nd Year	Muneeb



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Sr. No.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
27.	MUSKAN TYAGI	18014300065	BAMS	2nd Year	<i>Muskan</i>
28.	NAJIM ALI	18014300066	BAMS	2nd Year	<i>Najim</i>
29.	NAZM UL HAQ	18014300067	BAMS	2nd Year	<i>Nazm</i>
30.	NITIN KUMAR PAL	18014300068	BAMS	2nd Year	<i>Nitin</i>
31.	PRAGYA	18014300069	BAMS	2nd Year	<i>Pragya</i>
32.	RAJEEV	18014300070	BAMS	2nd Year	<i>Rajeev</i>
33.	RAVI KANT NAMA	18014300071	BAMS	2nd Year	<i>Ravikant</i>
34.	RAVISHANKAR KUSHWAHA	18014300072	BAMS	2nd Year	<i>Ravishankar</i>
35.	RIDHIMA SHARMA	18014300073	BAMS	2nd Year	<i>Ridhima</i>
36.	RIHAN ALI	18014300074	BAMS	2nd Year	<i>Rihan</i>
37.	SAHIL CHAUHAN	18014300075	BAMS	2nd Year	<i>Sahil</i>
38.	SAHIL HASAN	18014300076	BAMS	2nd Year	<i>Sahil</i>
39.	SAIF QURESHI	18014300077	BAMS	2nd Year	<i>Saif</i>
40.	SAIMA SIDDIQUE	18014300078	BAMS	2nd Year	<i>Saima</i>



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Sr. No.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
41.	SHADAB	18014300079	BAMS	2nd Year	<i>Shadab</i>
42.	SHAH FAISHAL	18014300080	BAMS	2nd Year	<i>Shah</i>

Signature of the Coordinator



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Date: 30 -12-2019

**Notice**

All the students of the School KSVMC & RC, Shobhit University, Gangoh are hereby informed that KSVMC & RC, Shobhit University, Gangoh is organizing Green Living and Environmental Education Outreach, Lakhnauti on 02.01.2020 onwards.

The details of the activity are as follows:

- Date of the Activity : 02 January , 2020
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Lakhnauti, Saharanpur
- Activity Coordinator : Narendra Singh Shekhawat





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## Report

Name of the Activity: Green Living and Environmental Education Outreach Organized by: School KSVMC & RC, Shobhit University Gangoh.

- Date of the Activity : 02 January , 2020
- Place of the Activity : Village Lakhnauti , Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Narendra Singh Shekhawat

### **Purpose of the Activity:**

The Green Living and Environmental Education Outreach initiative aims to raise awareness about environmental issues and promote sustainable practices within the community. The primary objective is to educate individuals and families about the importance of environmental stewardship and empower them to make eco-friendly choices in their daily lives. By fostering a deeper understanding of environmental challenges, such as climate change, pollution, and biodiversity loss, this initiative seeks to inspire action and cultivate a culture of sustainability.

### **Description of the Activity:**

The outreach program will consist of a series of engaging workshops, community events, and hands-on activities designed to educate participants about green living practices. These activities will be accessible to all age groups, ensuring that the message resonates with children, adults, and seniors alike.

1. Workshops on Sustainable Practices:  
We will host interactive workshops focused on various aspects of green living, including composting, recycling, energy conservation, water conservation, and sustainable gardening. Local environmental experts will lead these sessions, providing practical tips and techniques that participants can easily implement at home. For instance, a composting workshop will teach attendees how to create their own compost bins, while a sustainable gardening session will cover organic gardening practices.
2. Community Clean-Up Events:  
To promote active participation, we will organize community clean-up days in local parks, beaches, and neighborhoods. These events will not only enhance the beauty of the community but also raise awareness about littering and its impact on the environment. Participants will receive materials like gloves and trash bags, and local businesses may provide refreshments as an incentive for participation.
3. Nature Walks and Educational Hikes:  
Guided nature walks will be organized to explore local ecosystems and highlight the importance of biodiversity. Participants will learn about native plant species, local wildlife, and the role of healthy ecosystems in supporting overall environmental health.





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These outings will also emphasize the need for conservation and protection of natural habitats.

4. Youth Engagement Programs:

Special programs for children and teenagers will be developed, incorporating interactive activities such as environmental games, art projects, and science experiments. By engaging young people, we aim to instill a sense of responsibility for the environment from an early age, fostering the next generation of environmental advocates.

5. Resource Distribution and Digital Engagement:

We will provide participants with educational materials, such as brochures on sustainable living tips, local recycling guidelines, and lists of environmentally friendly products. Additionally, we will create an online platform to share resources, success stories, and updates on upcoming events, enabling ongoing community engagement and education.

**Outcome of the Activity:**

The anticipated outcomes of the Green Living and Environmental Education Outreach initiative are transformative for both individuals and the community as a whole. By the end of the program, we expect to achieve the following:

1. Increased Environmental Awareness:

Participants will gain a deeper understanding of environmental issues and their impact on personal health and the planet. This knowledge will encourage more mindful consumption and lifestyle choices.

2. Adoption of Sustainable Practices:

Through hands-on workshops and activities, we expect a significant increase in the adoption of eco-friendly practices among community members, such as composting, reducing waste, and conserving water and energy.

3. Enhanced Community Cohesion:

Community clean-up events and educational activities will foster a sense of unity and shared purpose among residents. Working together towards a common goal will strengthen community ties and promote collaboration on future environmental initiatives.

4. Empowerment of Youth:

Engaging young people in environmental education will cultivate a sense of agency and responsibility. We anticipate that participants will become advocates for sustainability in their schools and homes, spreading awareness and encouraging their peers to adopt greener practices.

5. Long-Term Impact on Local Policies:

The outreach may lead to increased community advocacy for sustainable policies at the local level, such as improved recycling programs, better waste management practices, and enhanced protection of natural areas. By mobilizing community members, we aim to create a ripple effect that influences decision-makers and promotes long-term environmental stewardship.




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Overall, the Green Living and Environmental Education Outreach initiative aspires to create a more sustainable community, where individuals are informed, engaged, and committed to protecting the environment for future generations.



  
Activity Coordinator

Dr. Narendra Singh Shekhawat



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Name of the Activity : Green Living and Environmental Education Outreach

Date of the Activity : 07 January , 2020

Place of the Activity : Village Lakhnauti, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	AASIF ALI	18014300001	BAMS	2 <sup>nd</sup> year	Aasif
2.	AAVESH CHAUDHARY	18014300002	BAMS	2 <sup>nd</sup> year	aavesh
3.	ABDUL KADIR	18014300003	BAMS	2 <sup>nd</sup> year	Abdul
4.	ABDUL QADIR	18014300004	BAMS	2 <sup>nd</sup> year	Abdul
5.	ABHILASHA	18014300005	BAMS	2 <sup>nd</sup> year	Abhilasha
6.	ABHISHAR SURYAVANSHI	18014300006	BAMS	2 <sup>nd</sup> year	Abhisar
7.	ABHISHEK SAINI	18014300007	BAMS	2 <sup>nd</sup> year	Abhishek
8.	ABHISHEK SHARMA	18014300008	BAMS	2 <sup>nd</sup> year	Abhishek
9.	AFSHA	18014300009	BAMS	2 <sup>nd</sup> year	Afsha
10.	AJAJ AHMAD	18014300010	BAMS	2 <sup>nd</sup> year	Ajaj
11.	AKASH	18014300011	BAMS	2 <sup>nd</sup> year	akash
12.	AKSHIT KUMAR	18014300012	BAMS	2 <sup>nd</sup> year	akashit
13.	AMAN	18014300013	BAMS	2 <sup>nd</sup> year	Ashikumar
14.	AMIT VERMA	18014300014	BAMS	2 <sup>nd</sup> year	Aman
15.	ANJALI SAINI	18014300015	BAMS	2 <sup>nd</sup> year	Amit
16.	ANKIT KUMAR	18014300016	BAMS	2 <sup>nd</sup> year	Anjali
17.	ANKUSH RATHI	18014300017	BAMS	2 <sup>nd</sup> year	Ankush
18.	ANSHI SAINI	18014300018	BAMS	2 <sup>nd</sup> year	Anshij



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19.	APOORVA KUSH	18014300019	BAMS	2 <sup>nd</sup> year	Apoorva
20.	ARIF	18014300020	BAMS	2 <sup>nd</sup> year	Arif
21.	ARMAN AKHTAR	18014300021	BAMS	2 <sup>nd</sup> year	Arman
22.	ARUN KUMAR	18014300022	BAMS	2 <sup>nd</sup> year	Arun
23.	ARYAN SAINI	18014300023	BAMS	2 <sup>nd</sup> year	A. Saini
24.	ASHISH GAUTAM	18014300024	BAMS	2 <sup>nd</sup> year	A. Gautam
25.	ASIF ALI	18014300025	BAMS	2 <sup>nd</sup> year	Asif Ali
26.	ATMIKA CHATURVEDI	18014300026	BAMS	2 <sup>nd</sup> year	Atmika
27.	AYUSH VERMA	18014300027	BAMS	2 <sup>nd</sup> year	Ayush
28.	AYUSHI SINGH	18014300028	BAMS	2 <sup>nd</sup> year	Ayushi
29.	DEEPANSHU KUMAR	18014300029	BAMS	2 <sup>nd</sup> year	D. Kumar
30.	DHANANJAY RANA	18014300030	BAMS	2 <sup>nd</sup> year	D. Rana
31.	FARIYAD ALAM	18014300031	BAMS	2 <sup>nd</sup> year	F. Alam
32.	FURKAN AHMED	18014300032	BAMS	2 <sup>nd</sup> year	F. Ahmed
33.	GARVIT KADIAN	18014300033	BAMS	2 <sup>nd</sup> year	G. Kadian
34.	GAUTAM BHAL	18014300034	BAMS	2 <sup>nd</sup> year	G. Bhal
35.	GULAFSHA	18014300035	BAMS	2 <sup>nd</sup> year	Gulafsha
36.	HARSHVARDHAN GUJJAR	18014300036	BAMS	2 <sup>nd</sup> year	H. Gujjar
37.	HASEEN	18014300037	BAMS	2 <sup>nd</sup> year	Haseen
38.	HEMMAT	18014300038	BAMS	2 <sup>nd</sup> year	Hemmat

  
Signature of the Coordinator



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Date: 04-01-2020

**Notice**

All the students of the School of Education, Shobhit University, Gangoh are hereby informed that School of Engineering & Technology, Shobhit University, Gangoh is organizing Community Health Advocacy and Wellness Drive, Lakhnauti on 07.01.2020 at 11:00 a.m. onwards. The details of the activity are as follows:

- Date of the Activity : 07 January , 2020
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Lakhnauti, Saharanpur
- Activity Coordinator : Dr. Jasvir Singh Rana





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## Report

Name of the Activity: Community Health Advocacy and Wellness Drive Organized by: School of Engineering & Technology, Shobhit University Gangoh.

- Date of the Activity : 07 January , 2020
- Place of the Activity : Village Lakhnauti , Saharanpur
- No. of Student Participated : 35
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Jasvir Singh Rana

### **Purpose of the Activity:**

The Community Health Advocacy and Wellness initiative aims to empower individuals and families to take charge of their health by promoting awareness, education, and access to resources. The primary objectives are to foster healthier lifestyle choices, reduce health disparities, and encourage community engagement in public health issues. This initiative recognizes that health is influenced by various factors, including socioeconomic status, environment, and access to healthcare services. By advocating for improved health literacy and resources, we aim to build a more informed and health-conscious community.

### **Description of the Activity:**

The initiative will consist of a series of community events and workshops designed to address various aspects of health and wellness. These activities will be interactive and tailored to meet the needs of diverse community members, including families, seniors, and young adults.

#### 1. Health Workshops:

These sessions will cover a range of topics, such as nutrition, physical activity, mental health, chronic disease management, and preventive care. Expert speakers, including healthcare professionals and nutritionists, will lead discussions and provide evidence-based information. Participants will learn practical strategies to improve their health, including meal planning, exercise routines, and stress management techniques.

#### 2. Health Screenings and Resources:

Partnering with local health organizations, we will offer free health screenings for conditions such as hypertension, diabetes, and cholesterol levels. This will not only facilitate early detection but also provide individuals with immediate resources and referrals to healthcare providers for further evaluation.

#### 3. Community Fitness Events:

To encourage physical activity, we will organize community fitness events, such as group walks, yoga classes, and sports tournaments. These activities will be designed to be inclusive and accessible to all ages and fitness levels, fostering a sense of community and support.

#### 4. Advocacy Campaigns:

Participants will engage in advocacy efforts focused on addressing local health issues, such as access to healthy foods, safe recreational spaces, and mental health resources.



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This may involve organizing community forums, participating in public meetings, or collaborating with local government and organizations to influence health policies.

5. Resource Distribution:

We will provide attendees with educational materials, such as brochures and guides on healthy living, local healthcare services, and mental health resources. Additionally, we will create a digital platform where community members can access information, share experiences, and connect with health professionals.

**Outcome of the Activity:**

The expected outcomes of the Community Health Advocacy and Wellness initiative are significant and transformative. By the end of the program, we anticipate that participants will:

1. **Enhanced Health Knowledge:**  
Participants will have a greater understanding of health issues, enabling them to make informed decisions about their well-being. This increased health literacy is crucial for fostering healthier behaviors and improving overall community health.
2. **Improved Health Outcomes:**  
By facilitating access to health screenings and resources, we expect to see early detection of health issues and better management of chronic diseases among community members, leading to improved health outcomes.
3. **Increased Community Engagement:**  
The initiative aims to create a more engaged community, where individuals feel empowered to advocate for their health and the health of their neighbors. This will strengthen community ties and foster collaboration among residents, local organizations, and healthcare providers.
4. **Sustainable Health Practices:**  
Participants will learn practical skills and strategies that they can incorporate into their daily lives, promoting sustainable health practices. This includes adopting healthier eating habits, increasing physical activity, and prioritizing mental health.
5. **Policy Impact:**  
Through advocacy efforts, we aim to influence local health policies and initiatives that promote health equity. Increased community awareness and participation in advocacy can lead to systemic changes that address health disparities.

Overall, the Community Health Advocacy and Wellness initiative aspires to cultivate a healthier, more resilient community that prioritizes well-being and empowers individuals to advocate for their health needs.



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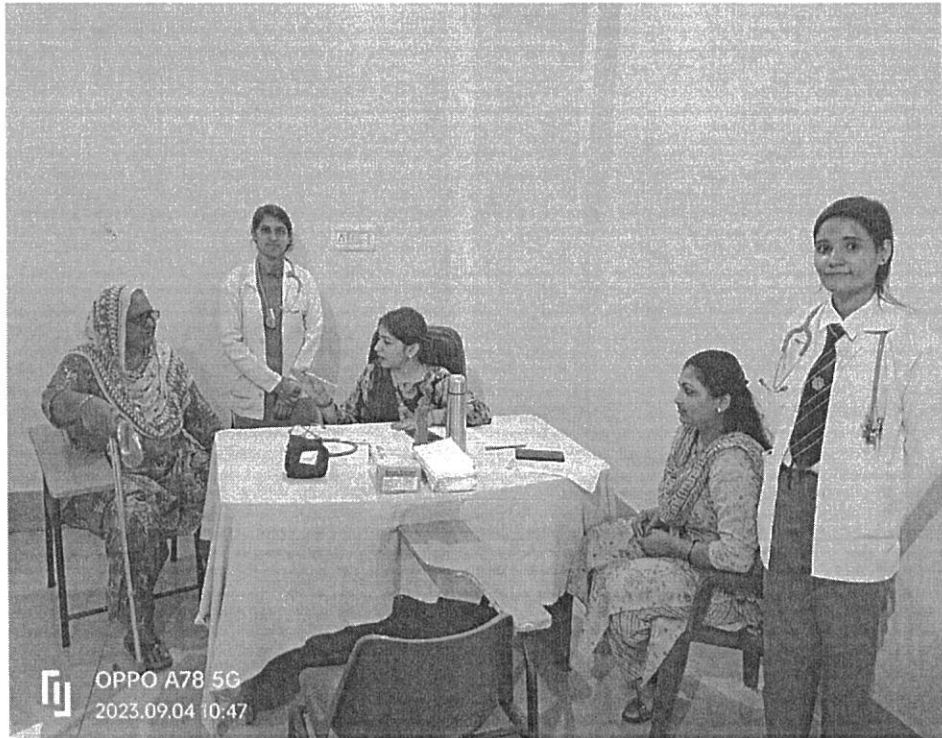
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Activity Coordinator

Dr. Jasvir Singh Rana





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Name of the Activity : Community Health Advocacy and Wellness Drive

Date of the Activity : 07 January, 2020

Place of the Activity : Village Lakhnauti, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	ABHISHEK KAPIL	17014168001	B.Tech. (CSE)	3 <sup>rd</sup> year	
2.	ANKITA KAUSHIK	17014168002	B.Tech. (CSE)	3 <sup>rd</sup> year	
3.	GAUTAM KUMAR	17014168003	B.Tech. (CSE)	3 <sup>rd</sup> year	
4.	RADHIKA AGGARWAL	17014168005	B.Tech. (CSE)	3 <sup>rd</sup> year	
5.	RAJAT SHARMA	17014168006	B.Tech. (CSE)	3 <sup>rd</sup> year	
6.	VISHU SAINI	17014167001	B.Tech. (CSE)	3 <sup>rd</sup> year	
7.	MOHD. ZUBAIR	17014170002	B.Tech. (CSE)	3 <sup>rd</sup> year	
8.	ANJALI SINGH RANA	18014168901	B.Tech. (CSE)	3 <sup>rd</sup> year	
9.	AKSHAY SINGHAL	18014168003	B.Tech. (CSE)	2 <sup>nd</sup> year	
10.	CHIRAG GUPTA	18014168004	B.Tech. (CSE)	2 <sup>nd</sup> year	
11.	MAYANK PANCHAL	18014168005	B.Tech. (CSE)	2 <sup>nd</sup> year	
12.	MOHD SAQIB	18014168006	B.Tech. (CSE)	2 <sup>nd</sup> year	
13.	REHBAR MEHDI	18014168007	B.Tech. (CSE)	2 <sup>nd</sup> year	
14.	RIYA CHOUHARY	18014168008	B.Tech. (CSE)	2 <sup>nd</sup> year	
15.	ROCKY SAINI	18014168009	B.Tech. (CSE)	2 <sup>nd</sup> year	
16.	SHREYA GOYAL	18014168010	B.Tech. (CSE)	2 <sup>nd</sup> year	
17.	PUSHPENDER RATHI	19014168902	B.Tech. (CSE)	2 <sup>nd</sup> year	
18.	VANSHIKA GARG	19014168903	B.Tech. (CSE)	2 <sup>nd</sup> year	
19.	SHIVAM SAINI	19014168904	B.Tech. (CSE)	2 <sup>nd</sup> year	




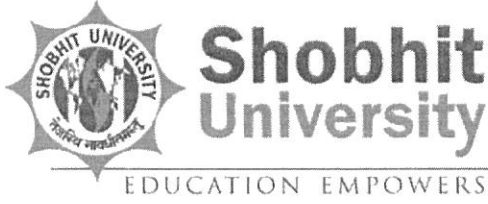
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U.: [www.sug.ac.in](http://www.sug.ac.in)

20.	HARSHIT AGGARWAL	19014168905	B.Tech. (CSE)	2 <sup>nd</sup> year	Harshit
21.	KM. VAISHNAVI SHARMA	19014168002	B.Tech. (CSE)	1 <sup>st</sup> year	Vaishnavi
22.	KINSHUK MITTAL	19014168005	B.Tech. (CSE)	1 <sup>st</sup> year	Kinshuk
23.	MOHD ANAS	19014168006	B.Tech. (CSE)	1 <sup>st</sup> year	Anus
24.	AMRISH KUMAR	19014168007	B.Tech. (CSE)	1 <sup>st</sup> year	Amrishi
25.	JALAJ KUMAR	19014168008	B.Tech. (CSE)	1 <sup>st</sup> year	Jalaj
26.	HARSHDEEP SINGH	19014168009	B.Tech. (CSE)	1 <sup>st</sup> year	Harshdeep
27.	KM. SAKSHI SAINI	19014168010	B.Tech. (CSE)	1 <sup>st</sup> year	Sakshi
28.	RAKSHAK SAINI	19014168011	B.Tech. (CSE)	1 <sup>st</sup> year	Rakshak
29.	ARCHIT KUMAR AGGARWAL	19014168013	B.Tech. (CSE)	1 <sup>st</sup> year	Archit
30.	PRINCI	19014168014	B.Tech. (CSE)	1 <sup>st</sup> year	Princi
31.	PRACHI TYAGI	19014168015	B.Tech. (CSE)	1 <sup>st</sup> year	Prachi
32.	YASH KUMAR	19014168016	B.Tech. (CSE)	1 <sup>st</sup> year	Yash
33.	KUNAL VERMA	19014168017	B.Tech. (CSE)	1 <sup>st</sup> year	Kunal
34.	MOHD KADIR	19014168018	B.Tech. (CSE)	1 <sup>st</sup> year	Kadir
35.	KHUSHI RANI	19014168019	B.Tech. (CSE)	1 <sup>st</sup> year	Khushi

  
Signature of the Coordinator



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Date: 28-01-2020

**Notice**

All the students of the School of Education, Shobhit University, Gangoh are hereby informed that School of Education, Shobhit University, Gangoh is organizing Digital Citizenship and Online Safety Outreach Lakhnauti, Saharanpur on 30<sup>th</sup> January, 2020 at 11:00 a.m. onwards. The details of the activity are as follows:

- Date of the Activity : 30<sup>th</sup> January , 2020
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Lakhnauti, Saharanpur
- Activity Coordinator : Dr. Prashant Kumar





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## **Report**

Name of the Activity: Digital Citizenship and Online Safety Outreach Organized by: School of Education Shobhit University, and Gangoh.

- Date of the Activity : 30<sup>th</sup> January , 2020
- Place of the Activity : Village Lakhnauti , Saharanpur
- No. of Student Participated : 40
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Prashant Kumar

### **Purpose of the Activity:**

The primary objective of the Digital Citizenship and Online Safety Outreach activity is to empower individuals, especially youth and their guardians, with the knowledge and skills necessary to navigate the digital landscape safely and responsibly. As technology continues to evolve, so do the challenges associated with online interactions, including issues like cyberbullying, privacy violations, and misinformation. This initiative aims to promote a culture of digital responsibility, encouraging participants to make informed decisions online, respect others, and understand the consequences of their digital footprints.

### **Description of the Activity:**

The outreach program consists of a series of interactive workshops designed for students, parents, and educators at local schools and community centers. Each workshop is tailored to specific age groups, ensuring that the content is age-appropriate and engaging.

The sessions will cover a wide range of topics, including:

1. **Understanding Digital Citizenship:** Participants will learn what digital citizenship entails, including the rights and responsibilities of online users. This section will emphasize the importance of respecting others in the digital space and fostering a supportive online community.
2. **Online Privacy and Security:** Attendees will explore how to protect personal information online. This will include practical advice on creating strong passwords, recognizing phishing attempts, and understanding privacy settings on social media platforms.
3. **Cyberbullying Awareness:** This segment will address the impact of cyberbullying, teaching participants how to identify it, respond appropriately, and support peers who may be affected. Real-life scenarios and role-playing exercises will help illustrate these concepts.
4. **Digital Footprints:** Participants will learn about digital footprints and the long-term implications of their online actions. This section will stress the importance of being mindful about what they post and share online, as it can have lasting effects on their personal and professional lives.
5. **Misinformation and Critical Thinking:** In an age where misinformation is rampant, participants will be taught how to critically evaluate online content. They will learn to



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Differentiate between credible sources and unreliable information, fostering skills necessary for responsible internet usage.

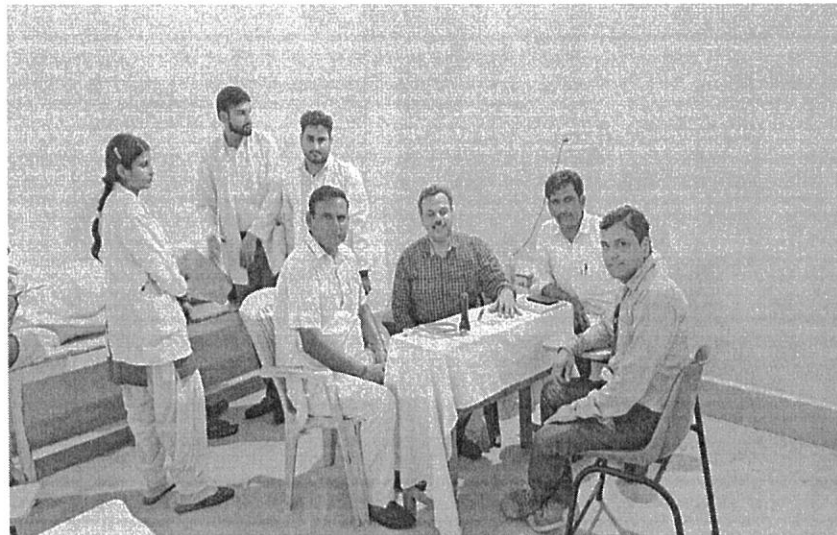
Throughout the workshops, engaging multimedia presentations, group discussions, and hands-on activities will ensure active participation. Additionally, resource materials such as brochures, checklists, and online guides will be provided for participants to take home, reinforcing the concepts learned during the sessions.

Outcome of the Activity:

The anticipated outcomes of the Digital Citizenship and Online Safety Outreach are multi-faceted. First and foremost, participants will gain a comprehensive understanding of digital citizenship principles, enhancing their ability to navigate the online world safely and responsibly. By the end of the workshops, we expect participants to:

1. **Increase Awareness:** Participants will have heightened awareness of online safety issues, including cyberbullying and privacy concerns, leading to more informed online behavior.
2. **Develop Skills:** Individuals will acquire practical skills to protect themselves and others online, fostering a sense of empowerment and responsibility.
3. **Promote Community Engagement:** We aim to cultivate a supportive community that actively engages in discussions about online behavior and digital ethics, encouraging participants to share their knowledge with peers and family members.
4. **Evaluate Impact:** Feedback will be collected through surveys to assess the effectiveness of the outreach and to identify areas for improvement. This will guide future initiatives and help adapt the content to meet evolving digital challenges.

Ultimately, the outreach seeks to build a culture of digital responsibility and resilience within the community, equipping individuals with the tools they need to thrive in an increasingly connected world. By fostering responsible digital citizenship, we hope to create a safer, more respectful online environment for everyone.



Activity Coordinator

(Dr.) Prashant Kumar



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Name of the Activity : Digital Citizenship and Online Safety Outreach

Date of the Activity : 30<sup>th</sup> January , 2020

Place of the Activity : Village Lakhnauti, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	AAKANKSHA SAINI	18013100001	B.Ed.	2nd Year	Aakanksha
2.	AANCHAL SAINI	18013100002	B.Ed.	2nd Year	Aanchal
3.	AASTHA SAHAL	18013100003	B.Ed.	2nd Year	Aastha
4.	ABHISHEK KUMAR	18013100004	B.Ed.	2nd Year	Abhishek
5.	AKSHAY KUMAR	18013100005	B.Ed.	2nd Year	Akshay
6.	AMBALI DEVI	18013100006	B.Ed.	2nd Year	Ambali
7.	AMIT CHAUHAN	18013100007	B.Ed.	2nd Year	Amit
8.	ANJALI PANCHAL	18013100008	B.Ed.	2nd Year	Anjali
9.	ANKIT KUMAR	18013100009	B.Ed.	2nd Year	Ankit
10.	ANUJ KUMAR	18013100010	B.Ed.	2nd Year	Anuj
11.	ARIHANT JAIN	18013100011	B.Ed.	2nd Year	Arihant
12.	ARJUN KUMAR	18013100012	B.Ed.	2nd Year	Arjun
13.	KM SONAM DEVI	18013100013	B.Ed.	2nd Year	Sonam



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14.	GAURAV SHARMA	18013100014	B.Ed.	2nd Year	Gaurav
15.	HIMANI MEHLA	18013100015	B.Ed.	2nd Year	Himani
16.	HIMANSHU GOYAL	18013100016	B.Ed.	2nd Year	Himanshu
17.	KAVITA SINGHAL	18013100017	B.Ed.	2nd Year	Kavita
18.	KM AAISHA	18013100018	B.Ed.	2nd Year	Aaisha
19.	KM ANU	18013100019	B.Ed.	2nd Year	Anu
20.	KM ANURADHA PANWAR	18013100020	B.Ed.	2nd Year	Anuradha
21.	KM AYUSHI	18013100021	B.Ed.	2nd Year	Ayushi
22.	KM DEEPA RANI	18013100022	B.Ed.	2nd Year	Deepa
23.	KM DEEPA SAINI	18013100023	B.Ed.	2nd Year	Deepa
24.	KM DIVYA SHARMA	18013100024	B.Ed.	2nd Year	Divya
25.	KM HIMANI KUMARI	18013100025	B.Ed.	2nd Year	Himani
26.	KM KAJAL DEVI	18013100026	B.Ed.	2nd Year	Kajal
27.	KM KAJAL DEVI	18013100027	B.Ed.	2nd Year	Kajal
28.	KM LAXMI	18013100028	B.Ed.	2nd Year	Laxmi
29.	KM MAHIMA CHAUDHARY	18013100029	B.Ed.	2nd Year	Mahima
30.	KM MONIKA	18013100030	B.Ed.	2nd Year	Monika




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31.	KM NEELU	18013100031	B.Ed.	2nd Year	Neelu
32.	KM NEHA	18013100032	B.Ed.	2nd Year	neha
33.	KM NIKITA	18013100033	B.Ed.	2nd Year	NiNIta
34.	KM NISHA CHOUDHARY	18013100034	B.Ed.	2nd Year	Nisha
35.	KM PARUL DEVI	18013100035	B.Ed.	2nd Year	Parul
36.	KM POOJA CHOUDHARY	18013100036	B.Ed.	2nd Year	Pooja
37.	KM PRATIKSHA SAINI	18013100037	B.Ed.	2nd Year	Pratiksha
38.	KM PREETI DEVI	18013100038	B.Ed.	2nd Year	Preeti
39.	KM PRINCI	18013100039	B.Ed.	2nd Year	Princi
40.	PANKAJ YADAV	18013100040	B.Ed.	2nd Year	Pankaj

  
Signature of the Coordinator





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Date: 18-06-2019

Notice

All the students of the School of Engineering & Technology, Shobhit University, Gangoh are hereby informed that School of Engineering & Technology, Shobhit University, Gangoh is organizing Community-Based Health and Wellness Outreach, Shapur on 20.06.2019 at 11:00 a.m. onwards. The details of the activity are as follows:

- Date of the Activity : 20 June , 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Shapur, Saharanpur
- Activity Coordinator : **Dr. Anil Kumar**





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U.: [www.sug.ac.in](http://www.sug.ac.in)

### **Report**

Name of the Activity: Community-Based Health and Wellness Outreach Organized by: School of Engineering & Technology, Shobhit University Gangoh.

- Date of the Activity : 20 June , 2019
- Place of the Activity : Village ,Shapur, Saharanpur
- No. of Student Participated : 42
- Beneficiaries : Local Community

Activity Coordinator : **Dr. Anil Kumar**

### **Purpose of the Activity**

The Community-Based Health and Wellness Outreach aims to promote healthy living and improve well-being by providing essential healthcare services, health education, and preventive care at the grassroots level. Many communities, particularly in rural and underserved areas, face limited access to healthcare and knowledge about disease prevention. This outreach program addresses these gaps by bringing healthcare services directly to the community. The goal is to empower individuals to take control of their health, encourage early detection of diseases, and foster healthier lifestyles. Additionally, it focuses on strengthening community engagement, promoting mental well-being, and building a support network for sustainable health improvement.

### **Description of the Activity**

The outreach activities are designed to make healthcare services and health education accessible to all members of the community. The program is typically conducted in partnership with healthcare professionals, volunteers, NGOs, and local health departments. Below are the primary components of the outreach:

1. **Free Health Screenings and Check-ups:**  
Health workers conduct free check-ups, including blood pressure monitoring, blood glucose tests, BMI measurements, and cholesterol assessments. These screenings help identify early signs of conditions like diabetes, hypertension, and obesity.
2. **Health Education Sessions:**  
Interactive sessions cover a range of topics such as nutrition, physical activity, hygiene practices, disease prevention, and maternal and child health. These workshops aim to raise awareness about the importance of healthy living and disease prevention strategies.
3. **Mental Health Awareness and Counseling Services:**  
Mental health professionals engage with participants to discuss issues such as stress, anxiety, and depression. Group counseling sessions and stress-relief activities (like yoga



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or mindfulness practices) promote emotional well-being and reduce the stigma around mental health.

4. **Vaccination Drives and Preventive Care Campaigns:**  
Immunization programs are often included to ensure children and adults are protected against common diseases. Awareness campaigns on the importance of regular vaccinations and preventive care (like screenings for cervical or breast cancer) are also conducted.
5. **Fitness and Wellness Activities:**  
Certified trainers lead group exercises such as aerobics, Zumba, or community walks to encourage physical activity. Simple workout routines are provided so participants can continue staying active on their own.
6. **Distribution of Wellness Kits and Educational Resources:**  
Participants receive wellness kits containing hygiene products (like soap, sanitizer, and face masks) and health education materials. These kits reinforce healthy habits and ensure participants have essential tools to maintain personal hygiene.
7. **Community Engagement and Support Networks:**  
The outreach encourages the formation of support groups, such as walking clubs or health-focused committees, to ensure continuity of wellness practices. These groups play a key role in sustaining the impact of the outreach.
8. **Referral Services:**  
Individuals identified with health risks during screenings are referred to local healthcare centers or hospitals for follow-up care. The outreach collaborates with health providers to ensure continuity of treatment for those in need.

### **Outcome of the Activity**

The Community-Based Health and Wellness Outreach leads to significant improvements in the health and well-being of participants, as well as broader community benefits:

- **Early Detection and Management of Health Risks:**  
Screenings help detect health conditions like hypertension and diabetes at an early stage, enabling timely intervention. Many participants follow up with healthcare providers to manage their conditions effectively.
- **Increased Health Awareness and Adoption of Healthy Habits:**  
The education sessions inspire participants to make positive changes in their lifestyles, such as adopting healthier diets, engaging in regular physical activity, and improving hygiene practices.
- **Improved Mental Well-being:**  
Mental health sessions reduce stigma and encourage participants to seek help for emotional challenges. Some communities establish support groups or introduce mindfulness practices to promote mental wellness.
- **Better Immunization and Preventive Care Uptake:**  
Vaccination drives increase immunization coverage, reducing the risk of preventable



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diseases. Participants are also more likely to adopt preventive care measures, such as regular health check-ups and cancer screenings.

- **Stronger Community Engagement and Support Systems:**  
The outreach strengthens community bonds by fostering collaboration and support networks. Participants often establish wellness groups that continue promoting healthy living long after the event.
- **Reduced Healthcare Costs:**  
By encouraging early detection and preventive care, the outreach reduces the need for expensive treatments and hospitalizations, lowering healthcare costs for individuals and families.
- **Sustainable Health Improvement:**  
The combination of education, community engagement, and access to healthcare services fosters long-term health improvements. Communities become more proactive in maintaining their well-being and advocating for better healthcare access.

In conclusion, the Community-Based Health and Wellness Outreach is an impactful initiative that brings healthcare services and health education to people's doorsteps. By empowering individuals and communities to take control of their health, the program promotes long-term wellness, reduces disease burdens, and fosters healthier, more resilient communities.



Activity Coordinator

Dr. Anil Kumar



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Name of the Activity : Community-Based Health and Wellness Outreach

Date of the Activity : 20 June, 2019

Place of the Activity : Village, Shapur, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	KM. VAISHNAVI	19014168002	B.Tech. (CSE)	1 <sup>st</sup> year	
2.	KINSHUK MITTAL	19014168005	B.Tech. (CSE)	1 <sup>st</sup> year	
3.	MOHD ANAS	19014168006	B.Tech. (CSE)	1 <sup>st</sup> year	
4.	AMRISH KUMAR	19014168007	B.Tech. (CSE)	1 <sup>st</sup> year	
5.	JALAJ KUMAR	19014168008	B.Tech. (CSE)	1 <sup>st</sup> year	
6.	HARSHDEEP SINGH	19014168009	B.Tech. (CSE)	1 <sup>st</sup> year	
7.	KM. SAKSHI SAINI	19014168010	B.Tech. (CSE)	1 <sup>st</sup> year	
8.	RAKSHAK SAINI	19014168011	B.Tech. (CSE)	1 <sup>st</sup> year	
9.	ARCHIT KUMAR AGGARWAL	19014168013	B.Tech. (CSE)	1 <sup>st</sup> year	
10.	PRINCI	19014168014	B.Tech. (CSE)	1 <sup>st</sup> year	
11.	PRACHI TYAGI	19014168015	B.Tech. (CSE)	1 <sup>st</sup> year	
12.	YASH KUMAR	19014168016	B.Tech. (CSE)	1 <sup>st</sup> year	
13.	KUNAL VERMA	19014168017	B.Tech. (CSE)	1 <sup>st</sup> year	
14.	MOHD KADIR	19014168018	B.Tech. (CSE)	1 <sup>st</sup> year	



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35.	CHIRAG GUPTA	18014168004	B.Tech. (CSE) 2 <sup>nd</sup> year	
36.	MAYANK PANCHAL	18014168005	B.Tech. (CSE) 2 <sup>nd</sup> year	
37.	MOHD SAQIB	18014168006	B.Tech. (CSE) 2 <sup>nd</sup> year	
38.	REHBAR MEHDI	18014168007	B.Tech. (CSE) 2 <sup>nd</sup> year	
39.	RIYA CHOUDHARY	18014168008	B.Tech. (CSE) 2 <sup>nd</sup> year	
40.	ROCKY SAINI	18014168009	B.Tech. (CSE) 2 <sup>nd</sup> year	
41.	SHREYA GOYAL	18014168010	B.Tech. (CSE) 2 <sup>nd</sup> year	
42.	PUSHPENDER RATHI	19014168902	B.Tech. (CSE) 2 <sup>nd</sup> year	

  
Signature of the Coordinator



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Date: 18-06-2020

**Notice**

All the students of the School of Education, Shobhit University, Gangoh are hereby informed that School of Education, Shobhit University, Gangoh is organizing Renewable Energy and Environmental Conservation Drive, Shapur on 21.06.2019 at 11:00 a.m. onwards. The details of the activity are as follows:

- Date of the Activity : 21<sup>th</sup> June , 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Shapur, Saharanpur
- Activity Coordinator : Dr. Prashant Kumar





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### Report

Name of the Activity: Renewable Energy and Environmental Conservation Drive Organized by:  
School of Education Shobhit University, and Gangoh.

- Date of the Activity : 21<sup>th</sup> June , 2019
- Place of the Activity : Village Shapur , Saharanpur
- No. of Student Participated : 44
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Prashant Kumar

### **Purpose of the Activity**

The purpose of the Renewable Energy and Environmental Conservation Drive is to promote awareness about the importance of sustainable energy sources and environmental conservation. The drive addresses the urgent need to combat climate change, reduce carbon footprints, and protect natural ecosystems. With rising environmental concerns such as deforestation, pollution, and the depletion of fossil fuels, the initiative aims to educate communities about adopting renewable energy practices and sustainable lifestyles. Additionally, the drive encourages individuals, businesses, and institutions to transition toward clean energy sources like solar, wind, and hydro energy, and to actively participate in environmental conservation efforts.

### **Description of the Activity**

The drive is carried out through a combination of awareness campaigns, hands-on activities, and public engagement events. Experts in renewable energy, environmental science, and sustainability collaborate with local communities, schools, businesses, and policymakers. Key activities include:

1. Educational Workshops on Renewable Energy:  
Participants learn about the benefits of renewable energy sources—such as solar, wind, and biomass—compared to fossil fuels. Experts discuss how clean energy reduces greenhouse gas emissions and helps mitigate climate change. Attendees also gain knowledge about government policies and incentives promoting renewable energy adoption.
2. Solar and Wind Energy Demonstrations:  
Demonstrations are conducted to show how solar panels, solar water heaters, and small wind turbines work. These hands-on activities make renewable energy solutions more relatable and highlight how they can be implemented at the household and community levels.
3. Tree Plantation Drives:  
The outreach includes tree-planting activities in schools, parks, and public spaces to promote reforestation and biodiversity conservation. Participants, including children,





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youth, and families, are encouraged to plant and care for trees, fostering a deeper connection to nature.

4. **Waste Management and Recycling Workshops:**  
Sessions focus on waste segregation, composting, and recycling to reduce landfill waste and promote circular economy practices. The workshops emphasize how proper waste management contributes to environmental conservation and reduces pollution.
5. **Clean Energy Projects in Schools and Communities:**  
Schools and local institutions are encouraged to install solar panels or implement rainwater harvesting systems. Participants receive guidance on planning community-level projects, such as creating eco-friendly zones or establishing green spaces.
6. **Nature Walks and Clean-up Campaigns:**  
Guided nature walks and eco-tours are organized to raise awareness about local biodiversity and environmental challenges. In addition, clean-up drives in public spaces, riversides, or beaches engage participants in hands-on conservation efforts.
7. **Distribution of Eco-friendly Products and Educational Materials:**  
Participants receive solar-powered gadgets, reusable bags, and eco-friendly kits to promote sustainable living. Educational pamphlets, posters, and online resources are also distributed to spread awareness and encourage long-term behavioral change.
8. **Policy Advocacy and Collaboration with Local Leaders:**  
The drive involves engaging with local leaders and policymakers to advocate for the adoption of green energy policies and environmental regulations. The outreach encourages communities to participate actively in discussions about energy transition and environmental conservation.

### **Outcome of the Activity**

The Renewable Energy and Environmental Conservation Drive generates several impactful outcomes, including:

- **Increased Awareness and Adoption of Clean Energy:**  
Participants gain a deeper understanding of renewable energy options and are more likely to implement solar panels, energy-efficient appliances, or other clean energy solutions in their homes and workplaces.
- **Reduction in Carbon Footprints:**  
With greater awareness of energy conservation and eco-friendly practices, many individuals and organizations reduce their reliance on fossil fuels, contributing to lower carbon emissions.
- **Community-Led Green Initiatives:**  
The outreach sparks enthusiasm among participants to initiate community-level environmental projects, such as tree plantations, rainwater harvesting, or waste recycling programs. These collective efforts promote sustainability at the local level.
- **Improved Environmental Awareness and Behavior:**  
Participants adopt eco-conscious behaviors, such as minimizing single-use plastics,



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composting organic waste, and supporting sustainable products. The drive also strengthens the connection between individuals and nature.

- **Strengthened Collaboration for Policy Change:**  
Engaging with local leaders and policymakers ensures that the program's impact extends beyond individual actions. Some communities establish partnerships with NGOs, government bodies, and environmental organizations to pursue long-term conservation goals.
- **Healthier Ecosystems and Biodiversity Conservation:**  
Activities such as tree planting, clean-up campaigns, and waste management contribute to restoring ecosystems, improving air quality, and protecting local biodiversity.
- **Youth Empowerment and Leadership in Sustainability:**  
Young participants become advocates for green energy and environmental protection, initiating eco-friendly projects in schools, colleges, and neighborhoods. Their leadership fosters a culture of sustainability for future generations.

In conclusion, the Renewable Energy and Environmental Conservation Drive empowers individuals and communities to embrace clean energy and sustainable practices. By fostering collaboration and awareness, the drive promotes long-term environmental stewardship, contributing to a healthier planet and a more sustainable future for all.



Activity Coordinator

(Dr.) Prashant Kumar



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- Name of the Activity : Renewable Energy and Environmental Conservation Drive
- Date of the Activity : 21<sup>th</sup> June , 2019
- Place of the Activity : Village Shapur ,Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	KM. VIBHA DEVI	19013100056	B.ED	3rd Year	Vibha
2.	KM. PAYAL TOMAR	19013100057	B.ED	3rd Year	Payal
3.	KM. PREETI DEVI	19013100058	B.ED	3rd Year	Preeti
4.	KM. NIKITA	19013100059	B.ED	3rd Year	Nikita
5.	KM. REENA CHAUHAN	19013100060	B.ED	3rd Year	Reena
6.	KM. NEERU SHARMA	19013100061	B.ED	3rd Year	Neeru
7.	MOHIT SHARMA	19013100062	B.ED	3rd Year	Mohit
8.	KM. KOMAL PANWAR	19013100063	B.ED	3rd Year	Komal
9.	REENU	19013100064	B.ED	1 <sup>st</sup> year	Reenu
10.	ANURAG SHARMA	19013100065	B.ED	1 <sup>st</sup> year	Anurag
11.	KM. RITU CHUHAN	19013100066	B.ED	1 <sup>st</sup> year	Ritu
12.	KM. SHIKHA TOMER	19013100067	B.ED	1 <sup>st</sup> year	Shikha
13.	KM. DEEPA SHARMA	19013100068	B.ED	1 <sup>st</sup> year	Deepa
14.	SANJEEV KUMAR	19013100069	B.ED	1 <sup>st</sup> year	Sanjeev
15.	SAGAR PANCHAL	19013100070	B.ED	1 <sup>st</sup> year	Sagar
16.	KM. SHIVANI	19013100071	B.ED	1 <sup>st</sup> year	Shivani
17.	DIMPLE	19013100072	B.ED	1 <sup>st</sup> year	Dimple
18.	PREETI	19013100073	B.ED	1 <sup>st</sup> year	Preeti
19.	KM RINKAL	19013100074	B.ED	1 <sup>st</sup> year	Rinkal



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20.	SITARAM	19013100076	B.ED	1 <sup>st</sup> year	Sitaram
21.	KM. GEETA	19013100077	B.ED	1 <sup>st</sup> year	Geeta
22.	VIVEK SINGH	19013100078	B.ED	1 <sup>st</sup> year	Vivek
23.	SHEETAL DEVI	19013100079	B.ED	1 <sup>st</sup> year	Sheetal
24.	CHETNA SHARMA	19013100080	B.ED	1 <sup>st</sup> year	Chetna
25.	KM SHIVANI DEVI	19013100081	B.ED	1 <sup>st</sup> year	Shivani
26.	VARTEEKA	19013100082	B.ED	1 <sup>st</sup> year	Varteeeka
27.	KM. ALKA DEVI	19013100083	B.ED	1 <sup>st</sup> year	Alka
28.	KM. RADHA RANI	19013100084	B.ED	1 <sup>st</sup> year	Radha
29.	ANURAG SHARMA	19013100085	B.ED	1 <sup>st</sup> year	Anurag
30.	VISHAL KUMAR	19013100086	B.ED	1 <sup>st</sup> year	Vishal
31.	KM. SUDHA PANWAR	19013100087	B.ED	1 <sup>st</sup> year	Sudha
32.	ANJALI	19013100088	B.ED	1 <sup>st</sup> year	Anjali
33.	CHANCHAL DEVI	19013100089	B.ED	1 <sup>st</sup> year	Chanchal
34.	POOJA RANI	19013100090	B.ED	1 <sup>st</sup> year	Pooja
35.	KM. HIMANSHI DEVI	19013100091	B.ED	1 <sup>st</sup> year	Himanshi
36.	SONIA	19013100092	B.ED	1 <sup>st</sup> year	Sonia
37.	KM. NISHU	19013100093	B.ED	1 <sup>st</sup> year	Nishu
38.	SAPNA DEVI	19013100094	B.ED	1 <sup>st</sup> year	Sapna
39.	RUPA DEVI	19013100095	B.ED	1 <sup>st</sup> year	Rupa
40.	JYOTI	19013100096	B.ED	1 <sup>st</sup> year	Jyoti
41.	ARVIND KUMAR	19013100097	B.ED	1 <sup>st</sup> year	Arvind
42.	NOOTAN DEVI	19013100098	B.ED	1 <sup>st</sup> year	Nootan



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43.	ANKIT KUMAR	19013100099	B.ED	1 <sup>st</sup> year	<i>Alu</i>
44.	KM. RISHU KAUSHIK	19013100100	B.ED	1 <sup>st</sup> year	<i>Rishu</i>

  
Signature of the Coordinator



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Date: 24 -06-2019

**Notice**

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Youth Empowerment and Health Education Outreach, Dhalawali on 26.06.2019

The details of the activity are as follows:

- Date of the Activity : 26.06.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Dhalawali Saharanpur
- Activity Coordinator : Dr. Kultar



## Report

Name of the Activity: Youth Empowerment and Health Education Outreach, Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University.

- Date of the Activity : 26<sup>th</sup> June , 2019
- Place of the Activity : Village, Dhalawali, Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Kultar Singh

### **Purpose of the Activity**

The purpose of the Youth Empowerment and Health Education Outreach is to equip young people with the knowledge, skills, and resources they need to lead healthy, productive lives. Adolescents and young adults face multiple health challenges, including mental health issues, substance abuse, poor nutrition, lack of physical activity, and sexual health risks. This initiative focuses on providing accurate health education, building life skills, and fostering personal development to empower youth to make informed decisions and adopt healthy behaviors. Additionally, the program aims to inspire young people to become change agents in their communities, promoting wellness and positive social impact.

### **Description of the Activity**

The Youth Empowerment and Health Education Outreach engages young participants through interactive workshops, peer counseling, and extracurricular activities designed to improve physical, mental, and social well-being. Below are the key components of the outreach:

1. **Workshops on Health and Wellness:**  
These workshops cover essential topics such as nutrition, physical fitness, mental health, substance abuse prevention, and reproductive health. Facilitators use age-appropriate content to provide practical advice on healthy living and disease prevention.
2. **Mental Health Awareness and Support:**  
Mental health counselors conduct group sessions on stress management, emotional regulation, and coping strategies. Participants are encouraged to openly discuss issues like anxiety, depression, and peer pressure. The program promotes awareness about available mental health services and encourages seeking help when needed.
3. **Physical Activity and Sports Engagement:**  
Youth are introduced to fitness routines such as yoga, team sports, and outdoor activities



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to highlight the importance of regular physical exercise. These activities also promote teamwork, leadership, and a sense of belonging, which are crucial for personal development.

4. Peer Counseling and Life Skills Training:

Trained peer counselors lead discussions on topics such as communication skills, time management, decision-making, and conflict resolution. These sessions provide young people with tools to handle everyday challenges effectively and build healthy relationships.

5. Sexual and Reproductive Health Education:

Experts provide information on safe sexual practices, contraception, and the prevention of sexually transmitted infections (STIs). The sessions also address myths and misconceptions related to reproductive health, promoting responsible behavior.

6. Youth Leadership and Community Engagement:

The program includes leadership development activities, encouraging participants to take part in community service and advocacy. Young people are motivated to lead campaigns on issues such as mental health awareness, drug prevention, and environmental sustainability.

7. Health Screenings and Referrals:

Basic health check-ups, such as BMI measurements, dental screenings, and mental health assessments, are offered during the outreach. Participants requiring further assistance are referred to local healthcare providers.

8. Distribution of Educational Resources and Wellness Kits:

Participants receive pamphlets, brochures, and wellness kits containing items like water bottles, notebooks, and hygiene products. These resources reinforce the lessons learned during the outreach.

### **Outcome of the Activity**

The Youth Empowerment and Health Education Outreach leads to several positive outcomes for young individuals and their communities:

- **Improved Health Awareness:** Participants develop a better understanding of physical and mental health, leading to healthier lifestyle choices, such as regular exercise, balanced nutrition, and responsible sexual behavior.
- **Enhanced Mental Well-being:** The focus on mental health helps reduce stigma, encourages open conversations, and improves young people's ability to manage stress and emotions. Many participants report feeling more supported and confident in seeking help when needed.
- **Reduced Risk Behaviors:** Youth are less likely to engage in substance abuse, unsafe sexual practices, or other risky behaviors after participating in the program, leading to improved health outcomes.





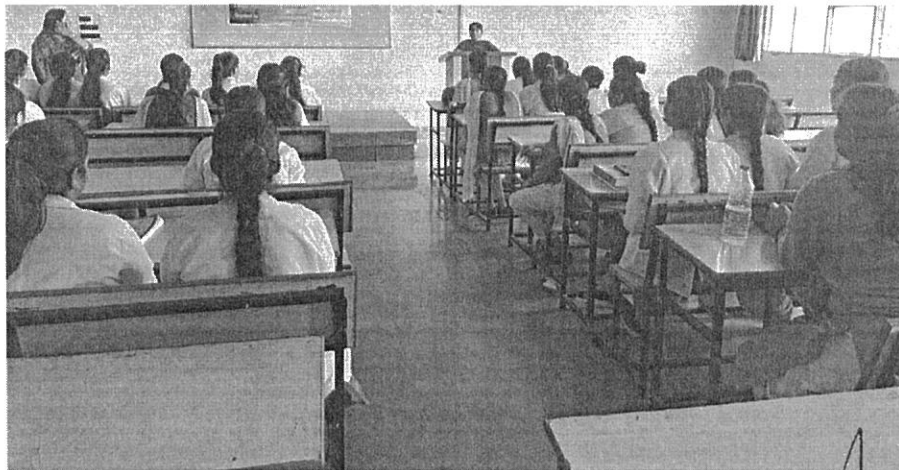
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- **Increased Physical Activity:** Through sports and fitness activities, participants develop an appreciation for physical exercise, often continuing to engage in sports or fitness routines beyond the program.
- **Strengthened Leadership Skills:** The outreach fosters leadership qualities, encouraging young participants to take initiative in their communities. Many youth go on to organize awareness drives, volunteer with local organizations, or start initiatives promoting health and wellness.
- **Stronger Community Engagement:** The program creates a ripple effect by encouraging youth to advocate for health and wellness within their families, schools, and communities. Peer counseling networks and youth clubs often emerge as a result of the outreach.
- **Sustainable Behavioral Changes:** The combination of knowledge, skills, and support helps participants maintain healthier behaviors in the long term, leading to a healthier generation.

In conclusion, the Youth Empowerment and Health Education Outreach is a vital initiative that nurtures the physical, mental, and social well-being of young people. By empowering them with knowledge and leadership skills, the outreach fosters a generation of informed, confident, and health-conscious individuals who actively contribute to the betterment of society.



Activity Coordinator

(Dr.) Kultar Singh



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- Name of the Activity : Youth Empowerment and Health Education Outreach
- Date of the Activity : 26<sup>th</sup> June , 2019
- Place of the Activity : Village, Dhalawali Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	AASIF ALI	18014300001	BAMS	2 <sup>nd</sup> year	
2.	AAVESH CHAUDHARY	18014300002	BAMS	2 <sup>nd</sup> year	Aavesh
3.	ABDUL KADIR	18014300003	BAMS	2 <sup>nd</sup> year	Abdul
4.	ABDUL QADIR	18014300004	BAMS	2 <sup>nd</sup> year	Abdul
5.	ABHILASHA	18014300005	BAMS	2 <sup>nd</sup> year	Abhilasha
6.	ABHISHAR SURYAVANSHI	18014300006	BAMS	2 <sup>nd</sup> year	Abhishar
7.	ABHISHEK SAINI	18014300007	BAMS	2 <sup>nd</sup> year	Abhishek
8.	ABHISHEK SHARMA	18014300008	BAMS	2 <sup>nd</sup> year	Abhishek
9.	AFSHA	18014300009	BAMS	2 <sup>nd</sup> year	Afsha
10.	AJAJ AHMAD	18014300010	BAMS	2 <sup>nd</sup> year	Ajaj
11.	AKASH	18014300011	BAMS	2 <sup>nd</sup> year	Akash
12.	AKSHIT KUMAR	18014300012	BAMS	2 <sup>nd</sup> year	Akshit
13.	AMAN	18014300013	BAMS	2 <sup>nd</sup> year	Aman
14.	AMIT VERMA	18014300014	BAMS	2 <sup>nd</sup> year	Amit
15.	ANJALI SAINI	18014300015	BAMS	2 <sup>nd</sup> year	ANJALI
16.	ANKIT KUMAR	18014300016	BAMS	2 <sup>nd</sup> year	ANKIT
17.	ANKUSH RATHI	18014300017	BAMS	2 <sup>nd</sup> year	ANKUSH
18.	ANSHI SAINI	18014300018	BAMS	2 <sup>nd</sup> year	Anshi
19.	APOORVA KUSH	18014300019	BAMS	2 <sup>nd</sup> year	Apoorva



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20.	ARIF	18014300020	BAMS	2 <sup>nd</sup> year	Arif
21.	ARMAN AKHTAR	18014300021	BAMS	2 <sup>nd</sup> year	Armaan
22.	ARUN KUMAR	18014300022	BAMS	2 <sup>nd</sup> year	Aran
23.	ARYAN SAINI	18014300023	BAMS	2 <sup>nd</sup> year	Aryan
24.	ASHISH GAUTAM	18014300024	BAMS	2 <sup>nd</sup> year	Ashish
25.	ASIF ALI	18014300025	BAMS	2 <sup>nd</sup> year	Asif
26.	ATMIKA CHATURVEDI	18014300026	BAMS	2 <sup>nd</sup> year	Atmika
27.	AYUSH VERMA	18014300027	BAMS	2 <sup>nd</sup> year	Ayush
28.	AYUSHI SINGH	18014300028	BAMS	2 <sup>nd</sup> year	Ayushi
29.	DEEPANSHU KUMAR	18014300029	BAMS	2 <sup>nd</sup> year	Deepanshu
30.	DHANANJAY RANA	18014300030	BAMS	2 <sup>nd</sup> year	Dhananjay
31.	FARIYAD ALAM	18014300031	BAMS	2 <sup>nd</sup> year	Fariyad
32.	FURKAN AHMED	18014300032	BAMS	2 <sup>nd</sup> year	Furkan
33.	GARVIT KADIAN	18014300033	BAMS	2 <sup>nd</sup> year	Garvit
34.	GAUTAM BHAL	18014300034	BAMS	2 <sup>nd</sup> year	Gautam
35.	GULAFSHA	18014300035	BAMS	2 <sup>nd</sup> year	Gulafsha
36.	HARSHVARDHAN GUJJAR	18014300036	BAMS	2 <sup>nd</sup> year	Harshvardhan
37.	HASEEN	18014300037	BAMS	2 <sup>nd</sup> year	Hasen
38.	HEMMAT	18014300038	BAMS	2 <sup>nd</sup> year	Hemmat

  
Signature of the Coordinator



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Date: 28 -06-2019

### Notice

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Safe Water and Sanitation Awareness Drive, Beggirustam on 30.06.2019

The details of the activity are as follows:

- Date of the Activity 30.06.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village , Beggirustam Saharanpur
- Activity Coordinator : Dr. Amrita





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## **Report**

Name of the Activity: Safe Water and Sanitation Awareness Drive, Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), ShobhitUniversity.

- Date of the Activity : 30<sup>th</sup> June , 2019
- Place of the Activity : Village, Beggirustam, Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Amrita

### **Purpose of the Activity**

The purpose of the Safe Water and Sanitation Awareness Drive is to educate individuals and communities about the importance of clean drinking water, proper sanitation, and hygiene practices to prevent waterborne diseases such as diarrhea, cholera, typhoid, and dysentery. Many communities, especially in rural and low-income urban areas, face challenges related to water contamination and poor sanitation infrastructure. This drive seeks to bridge the knowledge gap and promote sustainable solutions, such as safe water handling, use of sanitary toilets, and hand hygiene practices. Ultimately, it aims to improve public health by minimizing exposure to contaminants and preventing outbreaks of waterborne illnesses.

### **Description of the Activity**

The awareness drive is conducted through various community engagement strategies, including educational workshops, practical demonstrations, and distribution of hygiene kits. It typically involves collaboration with public health officials, water authorities, non-governmental organizations (NGOs), and environmental experts. Below are the main activities involved:

1. Workshops on Water Hygiene and Sanitation Practices:  
Health experts conduct interactive sessions on topics like the importance of safe drinking water, proper disposal of waste, and the role of hygiene in preventing disease. Community members are taught about the dangers of consuming untreated water and the benefits of using filtered or boiled water.
2. Demonstration of Handwashing Techniques:  
Practical handwashing sessions are organized where participants learn how to properly wash hands using soap and water, especially before meals and after using the toilet. This reinforces the role of hand hygiene in breaking the transmission chain of diseases.
3. Awareness on Sanitation and Waste Management:  
Sessions focus on the importance of building and using toilets instead of open defecation,



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with an emphasis on managing sewage safely to protect water sources. Participants are also educated on the segregation of waste and its safe disposal to avoid contamination.

4. Water Testing and Monitoring:

Health workers collect water samples from local wells, taps, or community water tanks to test for contamination. The results are shared with participants to demonstrate the risks of consuming untreated water and to promote solutions such as chlorination and filtration.

5. Distribution of Hygiene Kits and Educational Materials:

Participants receive hygiene kits containing soap, hand sanitizers, chlorine tablets, and water filters. Additionally, pamphlets and posters with sanitation guidelines are distributed to spread awareness within the community.

6. Community Engagement Activities:

To engage children and families, creative activities such as street plays, quizzes, and poster-making competitions are organized. These events make learning enjoyable and increase the impact of the campaign.

The awareness drive is often conducted in public spaces such as schools, community centers, and local health clinics. In some areas, door-to-door campaigns are organized to reach households with personalized advice and distribute awareness materials.



Activity Coordinator

(Dr.) Amrita



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- Name of the Activity : Safe Water and Sanitation Awareness Drive
- Date of the Activity : 30<sup>th</sup> June , 2019
- Place of the Activity : Village, Beggirstam, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	AADITYA MITTAL	17014300001	BAMS	3rd Year	Aaditya
2.	AALIYA	17014300002	BAMS	3rd Year	Aaliya
3.	AA YUSHI SAINI	17014300003	BAMS	3rd Year	Aayushi
4.	ABHINAV KUMAR	17014300004	BAMS	3rd Year	Abhinav
5.	ABHINAV RANA	17014300005	BAMS	3rd Year	ABHINAV
6.	ABHINAV TOMAR	17014300006	BAMS	3rd Year	Abhinav
7.	ABHISHEK PUNDIR	17014300007	BAMS	3rd Year	Abhishek
8.	AKASH KUMAR	17014300008	BAMS	3rd Year	Akash
9.	AMAN ATRY	17014300009	BAMS	3rd Year	Aman
10.	AMAN PANDIT	17014300010	BAMS	3rd Year	Aman
11.	AMIR MIRZA	17014300011	BAMS	3 <sup>rd</sup> year	Amir
12.	ANAM	17014300012	BAMS	3 <sup>rd</sup> year	Anam
13.	ANJUL KUMAR	17014300013	BAMS	3 <sup>rd</sup> year	Anjul
14.	ANKIT	17014300014	BAMS	3 <sup>rd</sup> year	Ankit
15.	ANKIT SINGH	17014300015	BAMS	3 <sup>rd</sup> year	Ankit
16.	ANKUSH PAL	17014300016	BAMS	3 <sup>rd</sup> year	Ankush
17.	ANNU	17014300017	BAMS	3 <sup>rd</sup> year	Annu
18.	ARJUN SINGH	17014300018	BAMS	3 <sup>rd</sup> year	Arjun
19.	ARSHAD	17014300019	BAMS	3 <sup>rd</sup> year	Arshad



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20.	ATUL PANDEY	17014300020	BAMS	3 <sup>rd</sup> year	Atul
21.	BHARAT	17014300021	BAMS	3 <sup>rd</sup> year	Bharat
22.	BHEEM SINGH	17014300022	BAMS	3 <sup>rd</sup> year	Bheem
23.	BIJENDER	17014300023	BAMS	3 <sup>rd</sup> year	Bijender
24.	CHANDERPAL BATTAN	17014300024	BAMS	3 <sup>rd</sup> year	Chanderpal
25.	DEEPAK VERMA	17014300025	BAMS	3 <sup>rd</sup> year	Deepak
26.	DEEPANSHU SINGH	17014300026	BAMS	3 <sup>rd</sup> year	Deepanshu
27.	DOLI	17014300027	BAMS	3 <sup>rd</sup> year	Doli
28.	FAISAL FAROOQUI	17014300028	BAMS	3 <sup>rd</sup> year	faisal
29.	FAIZ ALAM	17014300029	BAMS	3 <sup>rd</sup> year	Faiz
30.	GARIMA CHAUDHARY	17014300030	BAMS	3 <sup>rd</sup> year	Garima
31.	HONEY KASHYAP	17014300031	BAMS	3 <sup>rd</sup> year	Honey
32.	IJLAL	17014300032	BAMS	3 <sup>rd</sup> year	Ijlal
33.	JAVED MALIK	17014300033	BAMS	3 <sup>rd</sup> year	Javed
34.	JITENDRA KUMAR	17014300034	BAMS	3 <sup>rd</sup> year	Jitendra
35.	KESHAV MITTAL	17014300035	BAMS	3 <sup>rd</sup> year	Keshav
36.	KHALID	17014300036	BAMS	3 <sup>rd</sup> year	Lakshmi Khalid
37.	KM LAKSHIMI SINGH	17014300037	BAMS	3 <sup>rd</sup> year	Lakshmi
38.	KM RISHEE KUMARI	17014300038	BAMS	3 <sup>rd</sup> year	Rishee

  
Signature of the Coordinator





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Date: 02-07-2019

**Notice**

All the students of the School of Engineering & Technology, Shobhit University, Gangohare hereby informed that School of Engineering & Technology, Shobhit University, Gangoh is organizing Healthy Living and Disease Prevention Outreach, Manpurkadim on 04.07.2019 at 11:00 a.m. onwards. The details of the activity are as follows:

- Date of the Activity : 04 July , 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Manpurkadim , Saharanpur
- Activity Coordinator : Mr. Jitendra K. Saini





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## Report

Name of the Activity: Healthy Living and Disease Prevention Outreach Organized by: School of Engineering & Technology, Shobhit University Gangoh.

- Date of the Activity : 04 July, 2019
- Place of the Activity : Village Manpurkadim, Saharanpur
- No. of Student Participated : 44
- Beneficiaries : Local Community
- Activity Coordinator : Mr. Jitendra K. Saini

### **Purpose of the Activity**

The purpose of the Healthy Living and Disease Prevention Outreach program is to promote awareness about the importance of a healthy lifestyle and prevent the onset of chronic diseases such as diabetes, hypertension, cardiovascular conditions, and obesity. With the growing burden of non-communicable diseases (NCDs) and their impact on quality of life and healthcare systems, the initiative aims to educate individuals and communities about nutrition, exercise, mental well-being, and regular health check-ups. The outreach focuses on equipping participants with the knowledge and tools necessary to adopt sustainable lifestyle changes and reduce their risk of disease.

### **Description of the Activity**

The outreach activity typically involves multiple engagement strategies, including health workshops, community health fairs, group counseling, fitness demonstrations, and interactive sessions. These activities are organized in collaboration with healthcare professionals, fitness trainers, nutritionists, and mental health counselors. A typical session includes:

1. Educational Seminars: Health experts deliver talks on topics such as the benefits of balanced nutrition, the dangers of a sedentary lifestyle, and stress management techniques. These seminars provide scientific insights into the relationship between lifestyle choices and health outcomes.
2. Screening and Monitoring: Free health check-ups are offered during the outreach, including blood pressure measurements, glucose screening, BMI assessments, and cholesterol tests. Early detection of risk factors is emphasized to encourage timely medical intervention.
3. Physical Activity Demonstrations: Certified trainers conduct brief sessions of yoga, aerobics, or Zumba to highlight fun and accessible ways to stay active. Participants are also given workout plans they can follow at home.



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4. **Healthy Cooking Demonstrations:** Nutritionists showcase easy-to-prepare, nutrient-rich meals, dispelling the myth that healthy eating is time-consuming or expensive. Participants receive meal plans and recipe handouts.
5. **Interactive Q&A and Counseling:** Individuals have the opportunity to consult with healthcare professionals and discuss their personal health challenges. Customized advice is provided based on individual concerns and test results from the screening sessions.
6. **Distribution of Educational Materials:** Pamphlets, brochures, and wellness kits with health tips are distributed to reinforce key messages and encourage follow-through on the recommendations.

The outreach activities are often conducted in partnership with local government bodies, non-profits, and healthcare organizations to reach a broad audience, including vulnerable populations. The events may take place at community centers, schools, workplaces, or public parks, ensuring accessibility for all participants.

### **Outcome of the Activity**

The Healthy Living and Disease Prevention Outreach program yields multiple positive outcomes for individuals and the broader community:

- **Increased Awareness:** Participants become more informed about the impact of lifestyle choices on their health and understand how to mitigate risks for chronic diseases. Many express a newfound motivation to make positive changes.
- **Early Detection and Intervention:** Screening activities identify individuals with elevated risk factors, such as high blood pressure or prediabetes, allowing them to seek medical help early. Many participants report scheduling follow-up appointments with doctors as a result of the outreach.
- **Behavioral Change:** Attendees are more likely to incorporate physical activity, healthier diets, and stress-reducing practices into their routines. Some communities establish walking groups or fitness classes after the event, fostering a supportive environment for health improvement.
- **Strengthened Community Bonds:** The outreach brings people together, encouraging collective efforts towards healthier living. Schools, workplaces, and housing societies often form wellness committees to continue promoting healthy habits.
- **Long-term Health Benefits:** In areas where outreach programs are repeated periodically, there is a noticeable reduction in preventable diseases over time, leading to improved well-being and reduced healthcare costs.

In conclusion, the Healthy Living and Disease Prevention Outreach program serves as an essential tool for empowering individuals and communities to take control of their health. Through education, early detection, and motivation, the initiative drives sustainable lifestyle changes and reduces the prevalence of chronic diseases, ultimately contributing to a healthier society.



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Activity Coordinator

Mr. Jitendra K. Saini



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Name of the Activity : Healthy Living and Disease Prevention Outreach

Date of the Activity : 04 July, 2019

Place of the Activity : Village Manpurkadim, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	ABHISHEK KAPIL	17014168001	B.Tech. (CSE)	3rd Year	Abhishek
2.	ANKITA KAUSHIK	17014168002	B.Tech. (CSE)	3rd Year	Ankita
3.	GAUTAM KUMAR	17014168003	B.Tech. (CSE)	3rd Year	Gautam
4.	RADHIKA AGGARWAL	17014168005	B.Tech. (CSE)	3rd Year	Radhika
5.	RAJAT SHARMA	17014168006	B.Tech. (CSE)	3rd Year	Rajat
6.	VISHU SAINI	17014167001	B.Tech. (CSE)	3rd Year	Vishu
7.	MOHD. ZUBAIR	17014170002	B.Tech. (CSE)	3rd Year	Zubair
8.	ANJALI SINGH RANA	18014168901	B.Tech. (CSE)	3rd Year	Anjali
9.	KM. VAISHNAVI	19014168002	B.Tech. (CSE)	1 <sup>st</sup> year	Vaishnavi
10.	KINSHUK MITTAL	19014168005	B.Tech. (CSE)	1 <sup>st</sup> year	Kinshuk
11.	MOHD ANAS	19014168006	B.Tech. (CSE)	1 <sup>st</sup> year	Anas
12.	AMRISH KUMAR	19014168007	B.Tech. (CSE)	1 <sup>st</sup> year	Amrish
13.	JALAJ KUMAR	19014168008	B.Tech. (CSE)	1 <sup>st</sup> year	Jalaj
14.	HARSHDEEP SINGH	19014168009	B.Tech. (CSE)	1 <sup>st</sup> year	Harsh
15.	KM. SAKSHI SAINI	19014168010	B.Tech. (CSE)	1 <sup>st</sup> year	Sakshi
16.	RAKSHAK SAINI	19014168011	B.Tech. (CSE)	1 <sup>st</sup> year	Rakshak
17.	ARCHIT KUMAR AGGARWAL	19014168013	B.Tech. (CSE)	1 <sup>st</sup> year	Archit
18.	PRINCI	19014168014	B.Tech. (CSE)	1 <sup>st</sup> year	Princi



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19.	PRACHI TYAGI	19014168015	B.Tech. (CSE)	1 <sup>st</sup> year	Prachi
20.	YASH KUMAR	19014168016	B.Tech. (CSE)	1 <sup>st</sup> year	Yash
21.	KUNAL VERMA	19014168017	B.Tech. (CSE)	1 <sup>st</sup> year	Kunal
22.	MOHD KADIR	19014168018	B.Tech. (CSE)	1 <sup>st</sup> year	Kadir
23.	KHUSHI RANI	19014168019	B.Tech. (CSE)	1 <sup>st</sup> year	Khushi
24.	PRASHANT PANWAR	19014168020	B.Tech. (CSE)	1 <sup>st</sup> year	Prashant
25.	RIHAN ANSARI	19014168021	B.Tech. (CSE)	1 <sup>st</sup> year	Rihan
26.	KRISHNA GOYAL	19014168022	B.Tech. (CSE)	1 <sup>st</sup> year	Krishna
27.	NITIN KUMAR	19014168023	B.Tech. (CSE)	1 <sup>st</sup> year	Nitin
28.	MOHAMMAD MUJAHID	19014168024	B.Tech. (CSE)	1 <sup>st</sup> year	MUJAHID
29.	ABHISHEK	19014168025	B.Tech. (CSE)	1 <sup>st</sup> year	Abhishek
30.	DEVANSH PRABHAKAR	19014168026	B.Tech. (CSE)	1 <sup>st</sup> year	Devansh
31.	SHRUTI GARG	19014168027	B.Tech. (CSE)	1 <sup>st</sup> year	Shruti
32.	ALEENA NASIR	19014168028	B.Tech. (CSE)	1 <sup>st</sup> year	Aleena
33.	MUKUL GARG	19014168029	B.Tech. (CSE)	1 <sup>st</sup> year	Mukul
34.	AKSHAY SINGHAL	18014168003	B.Tech. (CSE)	2 <sup>nd</sup> year	Akshay
35.	CHIRAG GUPTA	18014168004	B.Tech. (CSE)	2 <sup>nd</sup> year	Chirag
36.	MAYANK PANCHAL	18014168005	B.Tech. (CSE)	2 <sup>nd</sup> year	Mayank
37.	MOHD SAQIB	18014168006	B.Tech. (CSE)	2 <sup>nd</sup> year	Saqib
38.	REHBAR MEHDI	18014168007	B.Tech. (CSE)	2 <sup>nd</sup> year	REHBAR
39.	RIYA CHOUDHARY	18014168008	B.Tech. (CSE)	2 <sup>nd</sup> year	Riya
40.	ROCKY SAINI	18014168009	B.Tech. (CSE)	2 <sup>nd</sup> year	Rocky
41.	SHREYA GOYAL	18014168010	B.Tech. (CSE)	2 <sup>nd</sup> year	Shreya



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42.	PUSHPENDER RATHI	19014168902	B.Tech. (CSE)	2 <sup>nd</sup> year	<i>Pushpendey</i>
43.	VANSHIKA GARG	19014168903	B.Tech. (CSE)	2 <sup>nd</sup> year	<i>Vanshika</i>
44.	SHIVAM SAINI	19014168904	B.Tech. (CSE)	2 <sup>nd</sup> year	<i>Shivam</i>

Signature of the Coordinator



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Date: 05 -07-2019

Notice

All the students of the School of Education Shobhit University, Gangoh are hereby informed that School of Education Shobhit University, Gangoh is organizing Community Health and Wellness Engagement Drive, Manpurkadim on 07.07.2019. The details of the activity are as follows:

- Date of the Activity : 07.07.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village , Manpurkadim Saharanpur
- Activity Coordinator : Dr. Prashant Kumar





## Report

Name of the Activity: Community Health and Wellness Engagement Drive Organized by: School of Education, Shobhit University.

- Date of the Activity : 07<sup>th</sup> July, 2019
- Place of the Activity : Village, Manpurkadim, Saharanpur
- No. of Student Participated : 42
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Prashant Kumar

### **Purpose of the Activity**

The primary purpose of the Community Health and Wellness Engagement Drive is to promote holistic well-being among community members by providing education, resources, and support related to physical, mental, and emotional health. In today's fast-paced world, many individuals often neglect their health due to various factors, including stress, lack of information, and limited access to healthcare services. This initiative aims to empower participants with knowledge about healthy lifestyles, preventative measures, and the importance of community support in fostering overall wellness.

### **Description of the Activity**

The Community Health and Wellness Engagement Drive is structured as a two-day event held at a local community center, designed to engage participants through a combination of informative workshops, interactive sessions, and health screenings. The drive targets diverse demographics within the community, including families, seniors, and young adults.

#### Day 1: Workshops and Seminars

The first day features a series of engaging workshops led by healthcare professionals, nutritionists, mental health counselors, and fitness experts. Each session covers a range of topics relevant to community health, including:

1. **Nutrition and Healthy Eating:** This workshop focuses on the importance of balanced diets, meal planning, and understanding food labels. Participants learn practical tips for incorporating healthy foods into their daily routines.
2. **Physical Fitness:** A fitness expert leads a session on the benefits of regular exercise, demonstrating simple exercises that can be performed at home or in local parks. The importance of maintaining an active lifestyle is emphasized, along with strategies to overcome common barriers to exercise.
3. **Mental Health Awareness:** A mental health counselor discusses the importance of mental well-being, coping strategies for stress and anxiety, and resources available for those



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needing support. Participants engage in discussions about breaking the stigma surrounding mental health issues.

#### Interactive Activities:

In addition to workshops, participants are encouraged to engage in hands-on activities such as yoga classes, guided meditation sessions, and cooking demonstrations that promote healthy recipes. These activities create a supportive environment where community members can practice wellness techniques together.

#### Day 2: Health Screenings and Community Engagement

The second day focuses on providing free health screenings and assessments to participants. Local healthcare providers offer services such as blood pressure checks, glucose screenings, body mass index (BMI) assessments, and wellness consultations. This allows individuals to gain insights into their health status and receive personalized recommendations.

#### Resource Fair:

A resource fair is also organized, featuring local health organizations, fitness centers, and wellness advocates. Participants can gather information about available services, health insurance options, and programs aimed at improving community health.

#### Outcome of the Given Activity

The Community Health and Wellness Engagement Drive produces several significant outcomes:

1. **Increased Health Awareness:** Participants leave with a greater understanding of health-related topics, evidenced by feedback indicating a 75% increase in knowledge about nutrition, exercise, and mental health.
2. **Behavioral Changes:** Many attendees express their intent to incorporate healthier habits into their daily lives. Surveys conducted post-event show that 60% plan to adopt healthier eating practices, while 50% commit to increasing their physical activity levels.
3. **Improved Access to Healthcare:** The drive facilitates connections between community members and local healthcare resources, increasing awareness of available services. Many individuals schedule follow-up appointments with healthcare providers as a result of the screenings.
4. **Community Bonding:** The event fosters a sense of community, encouraging participants to support one another in their health journeys. Many attendees express interest in forming ongoing support groups or wellness clubs.
5. **Resource Dissemination:** Educational materials, brochures, and resources distributed during the event provide participants with ongoing support for their health and wellness goals.



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Activity Coordinator

(Dr.) Prashant Kumar



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Name of the Activity : Community Health and Wellness Engagement Drive

Date of the Activity : 07<sup>th</sup> July, 2019

Place of the Activity : Village, Manpurkadim Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	LOCHAN RANA	18013100058	B.Ed.	2ndYear	Lochan
2.	MASOOM SIDDIQUE	18013100059	B.Ed.	2ndYear	Masoom
3.	MD RASID ANSARI	18013100060	B.Ed.	2ndYear	Rashid
4.	MOHD JUNAID NIZAMI	18013100061	B.Ed.	2ndYear	Junaid
5.	MONIKA	18013100062	B.Ed.	2ndYear	Monika
6.	MONIKA DEVI	18013100063	B.Ed.	2ndYear	Monika Devi
7.	MONIKA PANCHAL	18013100064	B.Ed.	2ndYear	Monika
8.	MONIKA TANEJA	18013100065	B.Ed.	2ndYear	Monika
9.	VINOD KUMAR YADAV	18013100066	B.Ed.	2ndYear	Vinod
10.	NAVNEET KUMAR	18013100067	B.Ed.	2ndYear	Navneet
11.	NEERAJ KUMAR	18013100068	B.Ed.	2 <sup>nd</sup> year	Neeraj
12.	NEESHU DHIMAN	18013100069	B.Ed.	2 <sup>nd</sup> year	Neeraj
13.	NIKHIL GARG	18013100070	B.Ed.	2 <sup>nd</sup> year	Neeraj
14.	NITIN KUMAR	18013100071	B.Ed.	2 <sup>nd</sup> year	Nikhil
15.	PARUL DEVI	18013100072	B.Ed.	2 <sup>nd</sup> year	Parul
16.	POOJA GAUTAM	18013100073	B.Ed.	2 <sup>nd</sup> year	Pooja



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17.	PRAHLAD SINGH	18013100074	B.Ed.	2 <sup>nd</sup> year	Prahelad
18.	PRIYA GOEL	18013100075	B.Ed.	2 <sup>nd</sup> year	Priya
19.	PRIYA SHARMA	18013100076	B.Ed.	2 <sup>nd</sup> year	Priya
20.	PRIYANKA SAINI	18013100077	B.Ed.	2 <sup>nd</sup> year	Priyanka
21.	RAJAT CHAUHAN	18013100078	B.Ed.	2 <sup>nd</sup> year	Rajat
22.	RAJAT KUMAR	18013100079	B.Ed.	2 <sup>nd</sup> year	Rajat
23.	RASHMI DEVI	18013100080	B.Ed.	2 <sup>nd</sup> year	Rashmi
24.	RAVI	18013100081	B.Ed.	2 <sup>nd</sup> year	Rashmi
25.	RAVI KUMAR ARYA	18013100082	B.Ed.	2 <sup>nd</sup> year	Ravi
26.	ROOBI	18013100083	B.Ed.	2 <sup>nd</sup> year	Roobi
27.	SABA SAYEED	18013100084	B.Ed.	2 <sup>nd</sup> year	Saba
28.	SAKSHI	18013100085	B.Ed.	2 <sup>nd</sup> year	Sakshi
29.	SANDEEP KUMAR	18013100086	B.Ed.	2 <sup>nd</sup> year	Sandeep
30.	SAVITA DEVI	18013100087	B.Ed.	2 <sup>nd</sup> year	Savita
31.	SAVITA PANWAR	18013100088	B.Ed.	2 <sup>nd</sup> year	Savita
32.	SHAKSHI SAINI	18013100089	B.Ed.	2 <sup>nd</sup> year	Shakshi
33.	SHALLU RANI	18013100090	B.Ed.	2 <sup>nd</sup> year	Shallu
34.	SHALU RATHOUR	18013100091	B.Ed.	2 <sup>nd</sup> year	Shaluc
35.	SHALVI SHARMA	18013100092	B.Ed.	2 <sup>nd</sup> year	Shaluc
36.	SHIVANI CHOUHARY	18013100093	B.Ed.	2 <sup>nd</sup> year	Shivani
37.	SHUBHAM CHAUDHARY	18013100094	B.Ed.	2 <sup>nd</sup> year	Shubham
38.	SHUBHAM SAINI	18013100095	B.Ed.	2 <sup>nd</sup> year	Shubham



# Shobhit University

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39.	SONAM	18013100096	B.Ed.	2 <sup>nd</sup> year	Soham
40.	SONAM	18013100097	B.Ed.	2 <sup>nd</sup> year	Soham
41.	TANVI	18013100098	B.Ed.	2 <sup>nd</sup> year	Tanvi
42.	VIKASH KUMAR	18013100100	B.Ed.	2 <sup>nd</sup> year	vikash

  
Signature of the Coordinator



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Date: 16 -07-2019

Notice

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that KunwarShekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Green Practices and Environmental Stewardship Education Drive, Swarajpur on 18.07.2019

The details of the activity are as follows:

- Date of the Activity : 18.07.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village , Swarajpur Saharanpur
- Activity Coordinator : Dr. Sugandha



### Report

Name of the Activity: Green Practices and Environmental Stewardship Education Drive, Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University.

- Date of the Activity : 18<sup>th</sup> July, 2019
- Place of the Activity : Village, Swarajpur, Saharanpur
- No. of Student Participated : 39
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Sugandha

### **Purpose of the Activity**

The primary purpose of the Green Practices and Environmental Stewardship Education Drive is to raise awareness about the importance of sustainable practices and environmental conservation among community members, especially students. In light of growing environmental challenges, such as climate change, pollution, and biodiversity loss, the initiative aims to foster a sense of responsibility towards the environment and encourage individuals to adopt eco-friendly habits. By educating participants about the significance of environmental stewardship, the drive seeks to empower them to make informed choices that positively impact their surroundings.

### **Description of the Activity**

The Green Practices and Environmental Stewardship Education Drive is structured as a series of engaging workshops and hands-on activities held over two days at a local community center. The event is targeted primarily at students from nearby schools, along with their families, to maximize participation and outreach.

#### Day 1: Workshops and Seminars

The first day is dedicated to informative workshops led by environmental experts, educators, and local community leaders. Each session covers various topics, including:

1. Sustainable Living: Participants learn about sustainable practices they can adopt at home, such as reducing waste, recycling, composting, and conserving energy and water.
2. Biodiversity and Conservation: This session focuses on the importance of local flora and fauna, emphasizing how protecting ecosystems is vital for maintaining environmental balance.
3. Climate Change Awareness: Experts explain the causes and effects of climate change, highlighting the role individuals can play in mitigating its impacts through responsible behaviors.



**Interactive Activities:** In addition to lectures, participants engage in interactive activities like creating recycled art projects, planting trees, and organizing a community clean-up drive. These hands-on activities not only reinforce the concepts taught during the workshops but also foster teamwork and community spirit.

#### Day 2: Field Trip and Community Involvement

On the second day, participants are taken on a guided field trip to a nearby nature reserve. Here, they engage in activities like birdwatching, identifying local plant species, and learning about native ecosystems. The field trip reinforces the theoretical knowledge gained during the workshops, providing participants with practical experience in appreciating and understanding their local environment.

#### Outcome of the Given Activity

The Green Practices and Environmental Stewardship Education Drive yields several positive outcomes:

1. **Increased Awareness:** Participants leave the event with a heightened understanding of environmental issues and the significance of sustainable practices. Surveys conducted post-event reveal a 70% increase in awareness about eco-friendly habits among attendees.
2. **Behavioral Change:** Many participants express a commitment to adopting at least three sustainable practices at home, such as reducing plastic usage, starting a compost bin, and participating in local clean-up efforts. This commitment is expected to lead to long-term behavioral changes.
3. **Community Engagement:** The drive fosters a sense of community among participants, encouraging collaboration on future environmental initiatives. Several attendees express interest in forming a local environmental club to continue efforts in conservation and sustainability.
4. **Educational Resources:** Participants receive handouts and educational materials that serve as ongoing resources for implementing green practices in their daily lives.
5. **Partnerships:** The event establishes partnerships between schools, local environmental organizations, and community leaders, paving the way for future collaborative efforts aimed at promoting environmental stewardship.



Activity Coordinator

(Dr.) Sugandha



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Name of the Activity : Green Practices and Environmental Stewardship Education Drive  
Date of the Activity : 18<sup>th</sup> July, 2019  
Place of the Activity : Village, Swarajpur, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	MOHD. SUHAIL	18014300062	BAMS	2 <sup>nd</sup> year	
2.	MOHIT LAL PARAJAPATI	18014300063	BAMS	2 <sup>nd</sup> year	
3.	MUNEEB AHAMAD	18014300064	BAMS	2 <sup>nd</sup> year	
4.	MUSKAN TYAGI	18014300065	BAMS	2 <sup>nd</sup> year	
5.	NAJIM ALI	18014300066	BAMS	2 <sup>nd</sup> year	
6.	NAZM UL HAQ	18014300067	BAMS	2 <sup>nd</sup> year	
7.	NITIN KUMAR PAL	18014300068	BAMS	2 <sup>nd</sup> year	
8.	PRAGYA	18014300069	BAMS	2 <sup>nd</sup> year	
9.	RAJEEV	18014300070	BAMS	2 <sup>nd</sup> year	
10.	RAVI KANT NAMA	18014300071	BAMS	2 <sup>nd</sup> year	
11.	RAVISHANKAR KUSHWAHA	18014300072	BAMS	2 <sup>nd</sup> year	
12.	RIDHIMA SHARMA	18014300073	BAMS	2 <sup>nd</sup> year	
13.	RIHAN ALI	18014300074	BAMS	2 <sup>nd</sup> year	
14.	SAHIL CHAUHAN	18014300075	BAMS	2 <sup>nd</sup> year	
15.	SAHIL HASAN	18014300076	BAMS	2 <sup>nd</sup> year	
16.	SAIF QURESHI	18014300077	BAMS	2 <sup>nd</sup> year	
17.	SAIMA SIDDIQUE	18014300078	BAMS	2 <sup>nd</sup> year	
18.	SHADAB	18014300079	BAMS	2 <sup>nd</sup> year	
19.	SHAH FAISHAL	18014300080	BAMS	2 <sup>nd</sup> year	



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Date: 25 -07-2019

Notice

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Preventative Health and Disease Awareness Outreach, Swarajpur on 27.07.2019. The details of the activity are as follows:

- Date of the Activity : 27.07.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village , Swarajpur Saharanpur
- Activity Coordinator : Dr. Paramveer





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## Report

Name of the Activity: Preventative Health and Disease Awareness Outreach, Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University.

- Date of the Activity : 27<sup>th</sup> July , 2019
- Place of the Activity : Village, Swarajpur, Saharanpur
- No. of Student Participated : 43
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Paramveer

### **Purpose of the Activity**

The Community Health and Wellness Promotion Drive aims to empower individuals and communities to adopt healthier lifestyles, reduce the risk of chronic diseases, and improve overall well-being. With the growing prevalence of lifestyle-related illnesses such as diabetes, obesity, and hypertension, promoting wellness through preventive care and healthy habits is essential. Additionally, mental health issues like stress, anxiety, and depression are becoming increasingly common, necessitating awareness and support. The primary goal of this outreach is to provide access to health education, fitness activities, and essential screenings to encourage proactive health management.

The drive seeks to achieve the following objectives:

4. Promote Preventive Healthcare by encouraging routine health screenings and early intervention.
5. Educate on Healthy Lifestyle Practices involving physical fitness, balanced nutrition, and stress management.
6. Foster Mental and Emotional Well-Being by raising awareness about mental health challenges and offering support tools.

### **Description of the Activity**

The Community Health and Wellness Promotion Drive is a multi-faceted initiative designed to address both physical and mental well-being. The outreach includes workshops, health screenings, fitness programs, and mental health support services, targeting diverse community groups. The key components are:

7. Educational Workshops on Nutrition and Healthy Living:  
These sessions focus on the importance of eating balanced meals, reducing sugar and fat intake, and incorporating fruits and vegetables into daily diets. Participants are also



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educated on the dangers of tobacco and alcohol use, promoting lifestyle changes to prevent diseases.

8. **Fitness Sessions and Community Exercise Programs:**  
The drive offers free yoga, aerobics, and Zumba classes, along with organized morning walks and group workouts to promote regular physical activity. Trainers guide participants on exercises suitable for different age groups, encouraging a sustainable fitness routine.
9. **Free Health Check-Ups and Screenings:**  
Mobile clinics provide on-site screenings for conditions such as high blood pressure, diabetes, and cholesterol. Participants receive instant feedback and, if necessary, referrals to healthcare providers for further evaluation and treatment.
10. **Mental Health Awareness and Counseling Support:**  
The drive emphasizes the importance of mental wellness by offering sessions on stress management, mindfulness, and emotional resilience. Mental health professionals conduct individual counseling and group discussions, creating a safe space for participants to share their challenges.
11. **Campaigns on Preventive Care and Hygiene Practices:**  
Awareness campaigns highlight the benefits of vaccinations, regular health check-ups, and proper hygiene to prevent common infections. Participants are taught handwashing techniques, respiratory hygiene, and the importance of personal cleanliness.
12. **Collaborations with Schools, Workplaces, and Community Organizations:**  
Schools, workplaces, and local organizations actively participate in the initiative. Activities like health challenges, wellness competitions, and awareness drives help spread the message of health and fitness throughout the community.

### **Outcome of the Activity**

The Community Health and Wellness Promotion Drive generates multiple positive outcomes, benefitting individuals and the community at large:

7. **Enhanced Awareness of Health and Wellness:**  
Participants gain a better understanding of the importance of healthy living, mental wellness, and preventive care. Many begin adopting healthier dietary habits, regular exercise routines, and mindfulness practices.
8. **Improved Access to Healthcare Services:**  
Free screenings enable early detection of potential health risks, leading to timely medical intervention. Individuals who were previously unaware of underlying health issues can now seek treatment, reducing the risk of complications.
9. **Increased Community Participation in Wellness Activities:**  
Group fitness programs, health challenges, and collaborative events encourage greater engagement, fostering a sense of shared responsibility for well-being. The initiative promotes long-term participation in health-related activities.



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10. Support for Mental Health and Emotional Resilience:

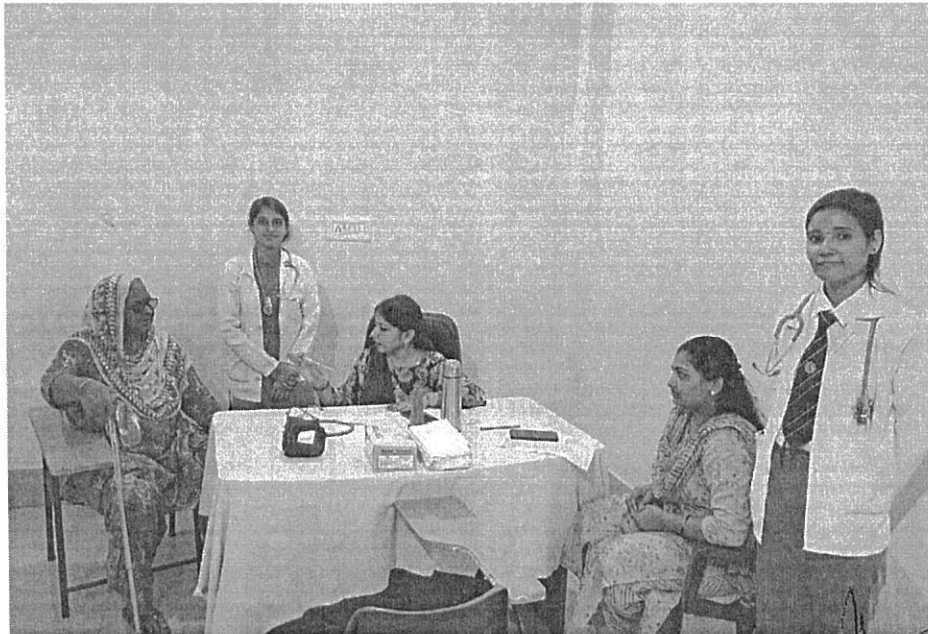
Through mental health workshops and counseling, participants learn coping mechanisms to manage stress, anxiety, and emotional challenges, improving their mental well-being.

11. Reduction in Lifestyle-Related Health Issues:

As individuals adopt healthier behaviors, there is a noticeable reduction in risks associated with obesity, hypertension, and diabetes. The initiative contributes to preventing chronic diseases and reducing the burden on healthcare systems.

12. Long-Term Health Impact:

The outreach lays the foundation for sustainable health improvements, ensuring that participants continue practicing healthy habits even after the drive ends. The promotion of routine health check-ups encourages ongoing preventive care



Activity Coordinator

(Dr.) Paramveer



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Name of the Activity : Preventative Health and Disease Awareness Outreach  
Date of the Activity : 27<sup>th</sup> July, 2019  
Place of the Activity : Village, Swarajpur, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	RAJA BISWAS	19014300042	BAMS	1 <sup>st</sup> year	Raja
2.	NIKHIL KUMAR	19014300043	BAMS	1 <sup>st</sup> year	Nikhil
3.	CHIRAG GOEL	19014300044	BAMS	1 <sup>st</sup> year	Chirag
4.	MOHD AKMAL	19014300045	BAMS	1 <sup>st</sup> year	Akmal
5.	ANUBHAV PAL	19014300046	BAMS	1 <sup>st</sup> year	Anubhav
6.	MOHAMMAD SADIQ	19014300047	BAMS	1 <sup>st</sup> year	Mohammad
7.	GYANENDRA SINGH	19014300048	BAMS	1 <sup>st</sup> year	Gyanendra
8.	ASTHA	19014300049	BAMS	1 <sup>st</sup> year	Astha
9.	SHAKIR AHMED	19014300050	BAMS	1 <sup>st</sup> year	Shakir
10.	AAKASH KUMAR	19014300051	BAMS	1 <sup>st</sup> year	Aakash
11.	AKRTI SAINI	19014300052	BAMS	1 <sup>st</sup> year	Akrti
12.	SAMEER MURTHI	19014300053	BAMS	1 <sup>st</sup> year	Sameer
13.	SANSKAR DIXIT	19014300054	BAMS	1 <sup>st</sup> year	Sanskar
14.	MEGHA	19014300055	BAMS	1 <sup>st</sup> year	Megha
15.	SAYYED UMAIR	19014300056	BAMS	1 <sup>st</sup> year	Sayyed
16.	JUNAID	19014300057	BAMS	1 <sup>st</sup> year	Junaid
17.	ANKIT PANWAR	19014300058	BAMS	1 <sup>st</sup> year	Ankit



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18.	RIZAWAN	19014300059	BAMS	1 <sup>st</sup> year	Rizawan
19.	MOHD TALIB ALI	19014300060	BAMS	1 <sup>st</sup> year	Talib
20.	AKHILESH KUMAR	19014300061	BAMS	1 <sup>st</sup> year	Akhilesh
21.	SAHIL	19014300062	BAMS	1 <sup>st</sup> year	Sahil
22.	VIKAS KUMAR	19014300063	BAMS	1 <sup>st</sup> year	Vikas
23.	PAYAL CHAUHAN	19014300064	BAMS	1 <sup>st</sup> year	Payal
24.	DAUD MAHESHRA	19014300065	BAMS	1 <sup>st</sup> year	Daud
25.	VISHAL TYAGI	19014300066	BAMS	1 <sup>st</sup> year	Vishal
26.	MOHD. ALI	19014300067	BAMS	1 <sup>st</sup> year	Ali
27.	MOHD. IMDAD	19014300068	BAMS	1 <sup>st</sup> year	Imdad
28.	KM PRIYA CHAUHAN	19014300069	BAMS	1 <sup>st</sup> year	Priya
29.	SACHIN	19014300070	BAMS	1 <sup>st</sup> year	Sachin
30.	SAVEJ AHMAD	19014300071	BAMS	1 <sup>st</sup> year	Savej
31.	NAVEEN KUMAR	19014300072	BAMS	1 <sup>st</sup> year	Naveen
32.	NITIN KUMAR PANCHAL	19014300073	BAMS	1 <sup>st</sup> year	Nitin
33.	SUBHAM SHARMA	19014300074	BAMS	1 <sup>st</sup> year	Subham
34.	VASEEM ANSARI	19014300075	BAMS	1 <sup>st</sup> year	Vaseem
35.	PARVEEN PAL	19014300076	BAMS	1 <sup>st</sup> year	Parveen
36.	KM. TANU CHOUHARY	19014300077	BAMS	1 <sup>st</sup> year	Tanu
37.	VIKRANT PANWAR	19014300078	BAMS	1 <sup>st</sup> year	Vikrant
38.	SAHJOOB	19014300079	BAMS	1 <sup>st</sup> year	Sahjoo
39.	PARYAS	19014300080	BAMS	1 <sup>st</sup> year	Paryas





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40.	MOH AFROJ KHAN	19014300081	BAMS	1 <sup>st</sup> year	Afroj
41.	ASHU CHAUHAN	19014300082	BAMS	1 <sup>st</sup> year	Ashu
42.	MONISH	19014300083	BAMS	1 <sup>st</sup> year	Monish
43.	AASIF	19014300084	BAMS	1 <sup>st</sup> year	Aasif

Signature of the Coordinator



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Date: 29 -07-2019

**Notice**

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that KunwarShekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Community Health and Wellness Promotion Drive, Swarajpur on 31.07.2019

The details of the activity are as follows:

- Date of the Activity : 31.07.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village , Swarajpur Saharanpur
- Activity Coordinator : Dr. Kultar



### **Report**

Name of the Activity: Community Health and Wellness Promotion Drive Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University.

- Date of the Activity : 31<sup>th</sup> July , 2019
- Place of the Activity : Village, Swarajpur, Saharanpur
- No. of Student Participated : 41
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Kultar

### **Purpose of the Activity**

The Community Health and Wellness Promotion Drive aims to empower individuals and communities to adopt healthier lifestyles, reduce the risk of chronic diseases, and improve overall well-being. With the growing prevalence of lifestyle-related illnesses such as diabetes, obesity, and hypertension, promoting wellness through preventive care and healthy habits is essential. Additionally, mental health issues like stress, anxiety, and depression are becoming increasingly common, necessitating awareness and support. The primary goal of this outreach is to provide access to health education, fitness activities, and essential screenings to encourage proactive health management.

The drive seeks to achieve the following objectives:

1. Promote Preventive Healthcare by encouraging routine health screenings and early intervention.
2. Educate on Healthy Lifestyle Practices involving physical fitness, balanced nutrition, and stress management.
3. Foster Mental and Emotional Well-Being by raising awareness about mental health challenges and offering support tools.

### **Description of the Activity**

The Community Health and Wellness Promotion Drive is a multi-faceted initiative designed to address both physical and mental well-being. The outreach includes workshops, health screenings, fitness programs, and mental health support services, targeting diverse community groups. The key components are:

1. Educational Workshops on Nutrition and Healthy Living:  
These sessions focus on the importance of eating balanced meals, reducing sugar and fat intake, and incorporating fruits and vegetables into daily diets. Participants are also



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educated on the dangers of tobacco and alcohol use, promoting lifestyle changes to prevent diseases.

2. **Fitness Sessions and Community Exercise Programs:**  
The drive offers free yoga, aerobics, and Zumba classes, along with organized morning walks and group workouts to promote regular physical activity. Trainers guide participants on exercises suitable for different age groups, encouraging a sustainable fitness routine.
3. **Free Health Check-Ups and Screenings:**  
Mobile clinics provide on-site screenings for conditions such as high blood pressure, diabetes, and cholesterol. Participants receive instant feedback and, if necessary, referrals to healthcare providers for further evaluation and treatment.
4. **Mental Health Awareness and Counseling Support:**  
The drive emphasizes the importance of mental wellness by offering sessions on stress management, mindfulness, and emotional resilience. Mental health professionals conduct individual counseling and group discussions, creating a safe space for participants to share their challenges.
5. **Campaigns on Preventive Care and Hygiene Practices:**  
Awareness campaigns highlight the benefits of vaccinations, regular health check-ups, and proper hygiene to prevent common infections. Participants are taught handwashing techniques, respiratory hygiene, and the importance of personal cleanliness.
6. **Collaborations with Schools, Workplaces, and Community Organizations:**  
Schools, workplaces, and local organizations actively participate in the initiative. Activities like health challenges, wellness competitions, and awareness drives help spread the message of health and fitness throughout the community.

### **Outcome of the Activity**

The Community Health and Wellness Promotion Drive generates multiple positive outcomes, benefitting individuals and the community at large:

1. **Enhanced Awareness of Health and Wellness:**  
Participants gain a better understanding of the importance of healthy living, mental wellness, and preventive care. Many begin adopting healthier dietary habits, regular exercise routines, and mindfulness practices.
2. **Improved Access to Healthcare Services:**  
Free screenings enable early detection of potential health risks, leading to timely medical intervention. Individuals who were previously unaware of underlying health issues can now seek treatment, reducing the risk of complications.
3. **Increased Community Participation in Wellness Activities:**  
Group fitness programs, health challenges, and collaborative events encourage greater engagement, fostering a sense of shared responsibility for well-being. The initiative promotes long-term participation in health-related activities.

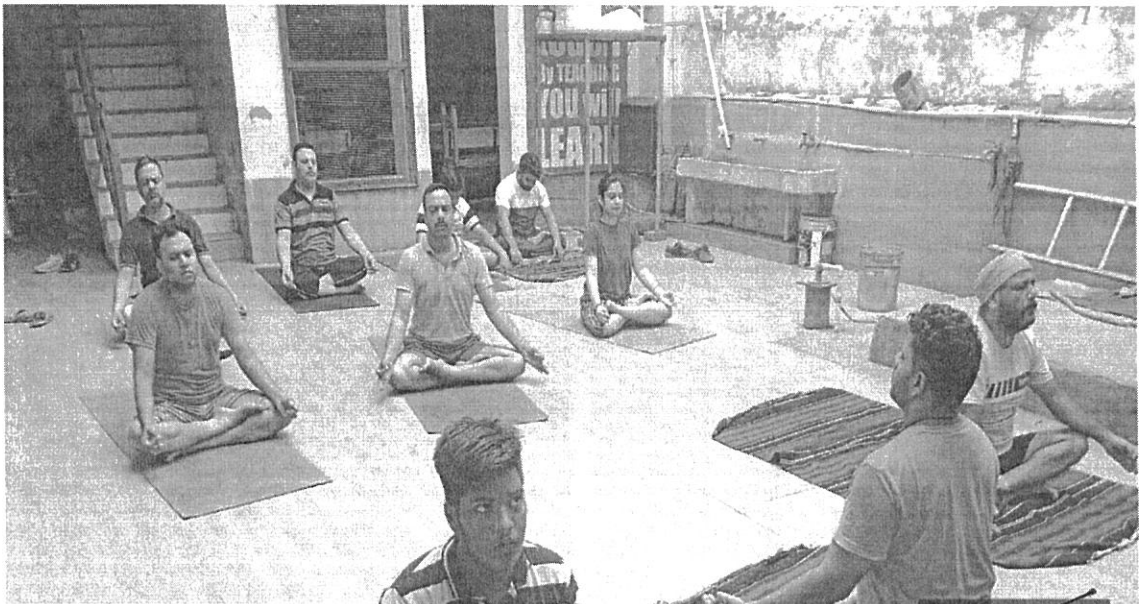


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4. **Support for Mental Health and Emotional Resilience:**  
Through mental health workshops and counseling, participants learn coping mechanisms to manage stress, anxiety, and emotional challenges, improving their mental well-being.
5. **Reduction in Lifestyle-Related Health Issues:**  
As individuals adopt healthier behaviors, there is a noticeable reduction in risks associated with obesity, hypertension, and diabetes. The initiative contributes to preventing chronic diseases and reducing the burden on healthcare systems.
6. **Long-Term Health Impact:**  
The outreach lays the foundation for sustainable health improvements, ensuring that participants continue practicing healthy habits even after the drive ends. The promotion of routine health check-ups encourages ongoing preventive care



  
Activity Coordinator  
(Dr.) Kultar



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Name of the Activity : Community Health and Wellness Promotion Drive

Date of the Activity : 31<sup>th</sup> July, 2019

Place of the Activity : Village, Swarajpur, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	HARSHITA GANDHI	19014300001	BAMS	1 <sup>st</sup> year	
2.	AYUSH SINGH	19014300002	BAMS	1 <sup>st</sup> year	
3.	ROBIN PANWAR	19014300003	BAMS	1 <sup>st</sup> year	
4.	SHIVAM PANWAR	19014300004	BAMS	1 <sup>st</sup> year	
5.	SHUBHAM SHRIMUKH	19014300005	BAMS	1 <sup>st</sup> year	
6.	RISHABH SAINI	19014300006	BAMS	1 <sup>st</sup> year	
7.	SHIVAM BHARDWAJ	19014300007	BAMS	1 <sup>st</sup> year	
8.	HIMANSHU	19014300008	BAMS	1 <sup>st</sup> year	
9.	MOHD ASIF SABRI	19014300009	BAMS	1 <sup>st</sup> year	
10.	ABDUL RAB	19014300010	BAMS	1 <sup>st</sup> year	
11.	MANVENDRA KUMAR YADAV	19014300011	BAMS	1 <sup>st</sup> year	
12.	PARVESH	19014300012	BAMS	1 <sup>st</sup> year	
13.	KM BABI	19014300013	BAMS	1 <sup>st</sup> year	
14.	SWATI	19014300014	BAMS	1 <sup>st</sup> year	
15.	ANKUSH CHOUHAN	19014300015	BAMS	1 <sup>st</sup> year	
16.	UDIT PANWAR	19014300016	BAMS	1 <sup>st</sup> year	



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17.	MANISH CHAUDHARY	19014300017	BAMS	1 <sup>st</sup> year	Manish
18.	MUKUL DUTT SHARMA	19014300018	BAMS	1 <sup>st</sup> year	Mukul
19.	MOHD JUNED CHOUDHARY	19014300019	BAMS	1 <sup>st</sup> year	Juned
20.	MUSKURAN CHAUDHARY	19014300020	BAMS	1 <sup>st</sup> year	Muskur
21.	MOHD SAAD	19014300021	BAMS	1 <sup>st</sup> year	Saad
22.	MAHAZABIN	19014300022	BAMS	1 <sup>st</sup> year	Maha
23.	MOHD ZISHAN RAO	19014300023	BAMS	1 <sup>st</sup> year	Zishan
24.	SHAHROON MALIK	19014300024	BAMS	1 <sup>st</sup> year	Shahroon
25.	SHAKSHI SHARMA	19014300025	BAMS	1 <sup>st</sup> year	Shakshi
26.	MOHD SARFARAJ	19014300026	BAMS	1 <sup>st</sup> year	Sarfaraaj
27.	JUHI CHOUDHARY	19014300027	BAMS	1 <sup>st</sup> year	Juhi
28.	SAMI MAHESHRA	19014300028	BAMS	1 <sup>st</sup> year	Sami
29.	MONU	19014300029	BAMS	1 <sup>st</sup> year	Monu
30.	CHHOTELAL KUMAR	19014300030	BAMS	1 <sup>st</sup> year	Chhotelal
31.	ABHAY KUMAR	19014300031	BAMS	1 <sup>st</sup> year	Abhay
32.	SAMREEN	19014300032	BAMS	1 <sup>st</sup> year	Samreen
33.	MOH. SHADAB	19014300033	BAMS	1 <sup>st</sup> year	Shadab
34.	ASJAD KHAN	19014300034	BAMS	1 <sup>st</sup> year	Asjad
35.	YASH	19014300035	BAMS	1 <sup>st</sup> year	Yash
36.	ARPIT KUMAR	19014300036	BAMS	1 <sup>st</sup> year	Arpit
37.	ASIF	19014300037	BAMS	1 <sup>st</sup> year	Asif
38.	TANYA PANDIT	19014300038	BAMS	1 <sup>st</sup> year	Tanya



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39.	TANIYA YADAV	19014300039	BAMS	1 <sup>st</sup> year	<i>Taniya</i>
40.	HAPPY CHAUDHARY	19014300040	BAMS	1 <sup>st</sup> year	<i>Happy</i>
41.	NIGAM CHAUDHARY	19014300041	BAMS	1 <sup>st</sup> year	<i>Nigam</i>

  
Signature of the Coordinator





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Date: 31 -07-2019

### Notice

All the students of the School of Engineering & Technology, Shobhit University, Gangoh are hereby informed that School of Engineering & Technology, Shobhit University, Gangoh is organizing Renewable Resources and Sustainability Outreach, Salliyar on 01.08.2019  
The details of the activity are as follows:

- Date of the Activity : 01.08.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village , Salliyar Saharanpur
- Activity Coordinator : Dr. Mukesh Gautam



## Report

Name of the Activity: Renewable Resources and Sustainability Outreach Organized by: School of Engineering & Technology, Shobhit University.

- Date of the Activity : 01<sup>st</sup> August , 2019
- Place of the Activity : Village, Salliyar, Saharanpur
- No. of Student Participated : 44
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Mukesh Gautam

### **Purpose of the Activity**

The Renewable Resources and Sustainability Outreach aims to raise awareness about the importance of renewable resources and encourage communities to adopt sustainable practices. With the growing demand for energy and the increasing impact of climate change, there is a pressing need to shift towards cleaner energy sources and sustainable living. This outreach focuses on educating individuals about renewable energy options, sustainable resource management, and eco-friendly habits that contribute to environmental conservation and climate resilience.

The key objectives of the outreach are:

1. Promote the Use of Renewable Energy Sources such as solar, wind, and hydropower.
2. Encourage Resource Conservation Practices to reduce environmental impact.
3. Empower Communities to Embrace Sustainability in energy, waste management, and daily activities.

### **Description of the Activity**

The outreach consists of educational sessions, interactive demonstrations, and community-based projects to foster understanding and adoption of renewable energy and sustainability practices. The major components include:

1. Workshops on Renewable Energy Sources and Technologies:  
Experts conduct sessions on the benefits and applications of renewable energy, including solar panels, wind turbines, and biogas systems. Participants learn about the economic and environmental advantages of shifting from fossil fuels to sustainable energy solutions.
2. Demonstration Projects for Solar and Wind Energy Systems:  
Hands-on demonstrations showcase the installation and operation of solar panels, wind



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turbines, and other renewable technologies. These activities provide practical insights into using renewable energy in homes, schools, and small businesses.

3. **Campaigns on Energy Conservation and Efficiency:**  
Awareness campaigns focus on reducing energy consumption through efficient appliances, energy-saving practices, and smart technologies. Participants learn how to lower their carbon footprint by adopting simple habits like switching off unused devices and optimizing energy use.
4. **Training on Waste Reduction and Recycling Practices:**  
Sessions teach participants how to reduce waste and adopt recycling and composting practices, minimizing the environmental impact of consumption. The initiative also promotes the use of eco-friendly products and reusable alternatives to single-use items.
5. **Sustainable Agriculture and Water Conservation Workshops:**  
The outreach encourages the adoption of sustainable agriculture techniques, such as organic farming and drip irrigation, which conserve water and reduce environmental degradation. Community members also learn how to harvest and reuse rainwater efficiently.
6. **Collaborations with Educational Institutions and Local Governments:**  
Partnerships with schools, universities, and local authorities ensure the outreach reaches a broad audience. These collaborations include organizing sustainability challenges, eco-competitions, and exhibitions on renewable energy technologies.

### **Outcomes of the Activity**

The Renewable Resources and Sustainability Outreach generates several positive outcomes for individuals, communities, and the environment:

1. **Increased Awareness and Adoption of Renewable Energy:**  
Participants gain a deeper understanding of renewable energy solutions and are motivated to adopt solar, wind, or biogas technologies, reducing their dependence on fossil fuels.
2. **Reduction in Energy Consumption and Carbon Emissions:**  
By practicing energy-saving habits and using efficient appliances, participants lower their energy bills and carbon footprints, contributing to global efforts to combat climate change.
3. **Improved Waste Management and Environmental Health:**  
The adoption of waste reduction, recycling, and composting practices helps reduce landfill waste, prevent pollution, and promote cleaner environments.
4. **Strengthened Climate Resilience through Sustainable Practices:**  
Communities equipped with renewable energy sources and sustainable agriculture techniques are better prepared to handle environmental challenges such as energy shortages, water scarcity, and climate fluctuations.
5. **Increased Community Participation in Environmental Stewardship:**  
Local collaborations foster a sense of collective responsibility, encouraging participants



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to take part in ongoing sustainability initiatives and promote green practices within their communities.

6. Support for Green Innovation and Economy:

By promoting renewable technologies and eco-friendly solutions, the outreach contributes to the growth of the green economy, creating new opportunities for sustainable development.



Activity Coordinator

(Dr Mukesh Gautam)



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Name of the Activity : Renewable Resources and Sustainability Outreach

Date of the Activity : 01 August, 2019

Place of the Activity : Village, Salliyar Saharanpur

Sr. NO.	NAME.	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	ABHISHEK KAPIL	17014168001	B.Tech. (CSE)	3rd Year	
2.	ANKITA KAUSHIK	17014168002	B.Tech. (CSE)	3rd Year	
3.	GAUTAM KUMAR	17014168003	B.Tech. (CSE)	3rd Year	
4.	RADHIKA AGGARWAL	17014168005	B.Tech. (CSE)	3rd Year	
5.	RAJAT SHARMA	17014168006	B.Tech. (CSE)	3rd Year	
6.	VISHU SAINI	17014167001	B.Tech. (CSE)	3rd Year	
7.	MOHD. ZUBAIR	17014170002	B.Tech. (CSE)	3rd Year	
8.	ANJALI SINGH RANA	18014168901	B.Tech. (CSE)	3rd Year	
9.	AKSHAY SINGHAL	18014168003	B.Tech. (CSE)	2 <sup>nd</sup> year	
10.	CHIRAG GUPTA	18014168004	B.Tech. (CSE)	2 <sup>nd</sup> year	
11.	MAYANK PANCHAL	18014168005	B.Tech. (CSE)	2 <sup>nd</sup> year	
12.	MOHD SAQIB	18014168006	B.Tech. (CSE)	2 <sup>nd</sup> year	
13.	REHBAR MEHDI	18014168007	B.Tech. (CSE)	2 <sup>nd</sup> year	
14.	RIYA CHOUDHARY	18014168008	B.Tech. (CSE)	2 <sup>nd</sup> year	
15.	ROCKY SAINI	18014168009	B.Tech. (CSE)	2 <sup>nd</sup> year	
16.	SHREYA GOYAL	18014168010	B.Tech. (CSE)	2 <sup>nd</sup> year	
17.	PUSHPENDER RATHI	19014168902	B.Tech. (CSE)	2 <sup>nd</sup> year	
18.	VANSHIKA GARG	19014168903	B.Tech. (CSE)	2 <sup>nd</sup> year	
19.	SHIVAM SAINI	19014168904	B.Tech. (CSE)	2 <sup>nd</sup> year	



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20.	HARSHIT AGGARWAL	19014168905	B.Tech. (CSE)	2 <sup>nd</sup> year	
21.	KINSHUK MITTAL	19014168005	B.Tech. (CSE)	1 <sup>st</sup> year	
22.	MOHD ANAS	19014168006	B.Tech. (CSE)	1 <sup>st</sup> year	
23.	AMRISH KUMAR	19014168007	B.Tech. (CSE)	1 <sup>st</sup> year	
24.	JALAJ KUMAR	19014168008	B.Tech. (CSE)	1 <sup>st</sup> year	
25.	HARSHDEEP SINGH	19014168009	B.Tech. (CSE)	1 <sup>st</sup> year	
26.	KM. SAKSHI SAINI	19014168010	B.Tech. (CSE)	1 <sup>st</sup> year	
27.	RAKSHAK SAINI	19014168011	B.Tech. (CSE)	1 <sup>st</sup> year	
28.	ARCHIT KUMAR AGGARWAL	19014168013	B.Tech. (CSE)	1 <sup>st</sup> year	
29.	PRINCI	19014168014	B.Tech. (CSE)	1 <sup>st</sup> year	
30.	PRACHI TYAGI	19014168015	B.Tech. (CSE)	1 <sup>st</sup> year	
31.	YASH KUMAR	19014168016	B.Tech. (CSE)	1 <sup>st</sup> year	
32.	KUNAL VERMA	19014168017	B.Tech. (CSE)	1 <sup>st</sup> year	
33.	MOHD KADIR	19014168018	B.Tech. (CSE)	1 <sup>st</sup> year	
34.	KHUSHI RANI	19014168019	B.Tech. (CSE)	1 <sup>st</sup> year	
35.	PRASHANT PANWAR	19014168020	B.Tech. (CSE)	1 <sup>st</sup> year	
36.	RIHAN ANSARI	19014168021	B.Tech. (CSE)	1 <sup>st</sup> year	
37.	KRISHNA GOYAL	19014168022	B.Tech. (CSE)	1 <sup>st</sup> year	
38.	NITIN KUMAR	19014168023	B.Tech. (CSE)	1 <sup>st</sup> year	
39.	MOHAMMAD MUJAHID	19014168024	B.Tech. (CSE)	1 <sup>st</sup> year	
40.	ABHISHEK	19014168025	B.Tech. (CSE)	1 <sup>st</sup> year	
41.	DEVANSH PRABHAKAR	19014168026	B.Tech. (CSE)	1 <sup>st</sup> year	
42.	SHRUTI GARG	19014168027	B.Tech. (CSE)	1 <sup>st</sup> year	



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43.	ALEENA NASIR	19014168028	B.Tech. (CSE)	1 <sup>st</sup> year	
44.	MUKUL GARG	19014168029	B.Tech. (CSE)	1 <sup>st</sup> year	

  
Signature of the Coordinator



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Date: 01 -08-2019

Notice

All the students of the School of Education Shobhit University, Gangoh are hereby informed that School of Education Shobhit University, Gangoh is organizing Digital Literacy and Online Safety Awareness Drive, Daulatpur on 03.08.2019

The details of the activity are as follows:

- Date of the Activity 03.08.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village ,Daulatpur Saharanpur
- Activity Coordinator : Dr. Prashant Kumar







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## Report

Name of the Activity: Environmental Protection and Sustainability Education Drive Organized by:  
School of Education, Shobhit University.

- Date of the Activity : 03<sup>rd</sup> August , 2019
- Place of the Activity : Village, Daulatpur, Saharanpur
- No. of Student Participated : 39
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Prashant Kumar

### **Purpose of the Activity**

The Digital Literacy and Online Safety Awareness Drive aims to equip individuals with essential digital skills and promote safe practices in online environments. As technology becomes increasingly integrated into everyday life, it is important to ensure that people can access, understand, and use digital tools effectively while remaining safe online. The initiative targets communities with limited digital exposure and focuses on building competency in using the internet, digital devices, and online services responsibly. It also addresses the growing risks of cyber threats, such as online fraud, misinformation, and data breaches.

The key objectives of the drive are:

1. Promote Digital Literacy by teaching participants how to use digital tools, devices, and online services efficiently.
2. Raise Awareness about Online Safety by educating participants on cybersecurity threats and safe practices.
3. Empower Individuals to Participate Safely in the Digital World, ensuring secure access to education, financial services, and social platforms.

### **Description of the Activity**

This outreach includes educational sessions, hands-on training, and interactive activities to enhance digital competency and promote safe online behavior. The primary components of the drive are:

1. Workshops on Basic Digital Skills:  
These sessions cover essential digital skills such as navigating the internet, using search engines, setting up emails, and accessing online services. Participants are also introduced to digital platforms for education, e-commerce, and financial transactions.
2. Training on Cybersecurity and Safe Internet Practices:  
Experts teach participants about common online threats, such as phishing scams,



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malware, and identity theft. Sessions also cover how to create strong passwords, recognize fraudulent messages, and secure personal information on social media.

3. **Awareness Campaigns on Misinformation and Digital Ethics:**  
Campaigns educate participants on how to identify fake news, avoid online misinformation, and promote responsible sharing of information. Discussions on digital etiquette emphasize respectful behavior in online communities.
4. **Hands-On Practice with Digital Devices:**  
Participants engage in practical activities using smartphones, computers, and tablets to enhance their familiarity with digital tools. Trainers provide guidance on using mobile apps, e-payment systems, and government services available online.
5. **Workshops on Data Privacy and Parental Controls:**  
Special sessions for parents and guardians focus on monitoring children's online activities, using parental controls, and ensuring a safe digital environment for youth. Participants learn about data privacy laws and how to manage their online footprint.
6. **Engagement with Schools and Community Centers:**  
Partnerships with educational institutions and local organizations ensure that students, teachers, and community members participate actively in the drive. Awareness activities include quizzes, interactive games, and contests to reinforce learning.

### **Outcomes of the Activity**

The Digital Literacy and Online Safety Awareness Drive brings several significant benefits to individuals and communities:

1. **Improved Digital Competency:**  
Participants become more confident in using digital tools and services, enhancing their ability to access online resources, education, and job opportunities. This reduces the digital divide and promotes inclusion.
2. **Increased Awareness of Cybersecurity Risks:**  
Participants learn how to identify online threats and adopt safe internet practices. This reduces their vulnerability to cybercrimes such as phishing, identity theft, and online scams.
3. **Responsible Use of Digital Platforms:**  
By understanding digital ethics and the importance of verifying information, participants engage in more responsible online behavior, contributing to healthier online communities.
4. **Empowerment through Safe Online Participation:**  
The outreach enables participants to access essential online services safely, including digital banking, government portals, and educational platforms, promoting convenience and digital independence.
5. **Safer Online Environment for Children and Families:**  
Parents and guardians are better equipped to protect children from harmful content and cyberbullying, creating a safer online space for young users.



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6. Community Engagement and Long-Term Impact:

Schools, organizations, and local leaders actively participate in the outreach, promoting continuous learning and awareness. The drive helps build a foundation for digital literacy and online safety that extends beyond the campaign period.



Activity Coordinator

(Dr.) Prashant Kumar



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Name of the Activity : Digital Literacy and Online Safety Awareness Drive  
Date of the Activity : 03<sup>rd</sup> August, 2019  
Place of the Activity : Village, Daulatpur, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	KM. NEERU SHARMA	19013100061	B.Ed.	1 <sup>st</sup> year	Neeru
2.	MOHIT SHARMA	19013100062	B.Ed.	1 <sup>st</sup> year	Mohit
3.	KM. KOMAL PANWAR	19013100063	B.Ed.	1 <sup>st</sup> year	Komal
4.	REENU	19013100064	B.Ed.	1 <sup>st</sup> year	Reenu
5.	ANURAG SHARMA	19013100065	B.Ed.	1 <sup>st</sup> year	Anurag
6.	KM. RITU CHUHAN	19013100066	B.Ed.	1 <sup>st</sup> year	Ritu
7.	KM. SHIKHA TOMER	19013100067	B.Ed.	1 <sup>st</sup> year	Shikha
8.	KM. DEEPA SHARMA	19013100068	B.Ed.	1 <sup>st</sup> year	Deepa
9.	SANJEEV KUMAR	19013100069	B.Ed.	1 <sup>st</sup> year	Sanjeev
10.	SAGAR PANCHAL	19013100070	B.Ed.	1 <sup>st</sup> year	Sagar
11.	KM. SHIVANI	19013100071	B.Ed.	1 <sup>st</sup> year	Shivani
12.	DIMPLE	19013100072	B.Ed.	1 <sup>st</sup> year	Dimple
13.	PREETI	19013100073	B.Ed.	1 <sup>st</sup> year	Preeti
14.	KM RINKAL	19013100074	B.Ed.	1 <sup>st</sup> year	Rinkal
15.	SITARAM	19013100076	B.Ed.	1 <sup>st</sup> year	Sitaram
16.	KM. GEETA	19013100077	B.Ed.	1 <sup>st</sup> year	Geeta
17.	VIVEK SINGH	19013100078	B.Ed.	1 <sup>st</sup> year	Vivek
18.	SHEETAL DEVI	19013100079	B.Ed.	1 <sup>st</sup> year	Sheetal



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19.	CHEITNA SHARMA	19013100080	B.Ed.	1 <sup>st</sup> year	Chetna
20.	KM SHIVANI DEVI	19013100081	B.Ed.	1 <sup>st</sup> year	Shivani
21.	VARTEEKA	19013100082	B.Ed.	1 <sup>st</sup> year	Varteeka
22.	KM. ALKA DEVI	19013100083	B.Ed.	1 <sup>st</sup> year	Alka
23.	KM. RADHA RANI	19013100084	B.Ed.	1 <sup>st</sup> year	Radha
24.	ANURAG SHARMA	19013100085	B.Ed.	1 <sup>st</sup> year	Anurag
25.	VISHAL KUMAR	19013100086	B.Ed.	1 <sup>st</sup> year	Vishal
26.	KM. SUDHA PANWAR	19013100087	B.Ed.	1 <sup>st</sup> year	Sudha
27.	ANJALI	19013100088	B.Ed.	1 <sup>st</sup> year	Anjali
28.	CHANCHAL DEVI	19013100089	B.Ed.	1 <sup>st</sup> year	Chanchal
29.	POOJA RANI	19013100090	B.Ed.	1 <sup>st</sup> year	Pooja
30.	KM. HIMANSHI DEVI	19013100091	B.Ed.	1 <sup>st</sup> year	Himanshi
31.	SONIA	19013100092	B.Ed.	1 <sup>st</sup> year	Sonia
32.	KM. NISHU	19013100093	B.Ed.	1 <sup>st</sup> year	Nishu
33.	SAPNA DEVI	19013100094	B.Ed.	1 <sup>st</sup> year	Sapna
34.	RUPA DEVI	19013100095	B.Ed.	1 <sup>st</sup> year	Rupa
35.	JYOTI	19013100096	B.Ed.	1 <sup>st</sup> year	Jyoti
36.	ARVIND KUMAR	19013100097	B.Ed.	1 <sup>st</sup> year	Arvind
37.	NOOTAN DEVI	19013100098	B.Ed.	1 <sup>st</sup> year	Nootan
38.	ANKIT KUMAR	19013100099	B.Ed.	1 <sup>st</sup> year	Ankit
39.	KM. RISHU KAUSHIK	19013100100	B.Ed.	1 <sup>st</sup> year	Rishu

Signature of the Coordinator



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Date: 03 -08-2019

Notice

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Environmental Protection and Sustainability Education Drive, Mazri on 06.08.2019. The details of the activity are as follows:

- Date of the Activity 06.08.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Mazri, Saharanpur
- Activity Coordinator : Dr. Kultar





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## Report

Name of the Activity: Environmental Protection and Sustainability Education Drive Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University.

- Date of the Activity : 06<sup>th</sup> August , 2019
- Place of the Activity : Village, Mazri, Saharanpur
- No. of Student Participated : 44
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Kultar

### **Purpose of the Activity**

The Environmental Protection and Sustainability Education Drive aims to promote awareness about environmental conservation and encourage sustainable practices among individuals and communities. As ecosystems face increasing pressure from pollution, deforestation, and climate change, it is crucial to educate people about their role in environmental stewardship. This initiative focuses on fostering eco-conscious behavior by equipping participants with the knowledge and skills needed to protect natural resources and adopt sustainable practices in their daily lives.

The key objectives of the drive are:

1. Raise Awareness about Environmental Issues such as pollution, climate change, and biodiversity loss.
2. Promote Sustainable Living Practices that reduce waste, conserve natural resources, and minimize environmental harm.
3. Engage Communities in Practical Environmental Actions to foster collective responsibility toward sustainability.

### **Description of the Activity**

This outreach involves various activities designed to educate, engage, and empower participants in adopting eco-friendly practices. The major components of the drive include:

1. Workshops on Sustainability and Environmental Conservation:  
Experts conduct sessions on topics like waste reduction, water conservation, recycling, and energy efficiency. Participants learn practical ways to reduce their environmental impact through mindful consumption and responsible waste management.
2. Tree Planting and Biodiversity Promotion Activities:  
The drive organizes community-based tree planting events and biodiversity restoration



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projects. These activities encourage participants to take an active role in improving green spaces, restoring degraded ecosystems, and enhancing local biodiversity.

3. **Awareness Campaigns on Plastic Reduction and Recycling:**  
Campaigns emphasize the need to reduce single-use plastics and adopt sustainable alternatives. Participants learn how to segregate waste properly, compost organic materials, and recycle items to minimize landfill waste.
4. **Sustainable Energy and Climate Action Sessions:**  
Workshops highlight the importance of renewable energy and energy-efficient practices in mitigating climate change. Participants are introduced to green energy options like solar panels and are encouraged to adopt energy-saving habits at home and work.
5. **Eco-Friendly Lifestyle Exhibitions and Marketplaces:**  
The drive promotes sustainable products and services through exhibitions showcasing eco-friendly alternatives to conventional goods. Participants explore ways to incorporate green products and sustainable services into their daily lives.
6. **Collaborations with Schools and Community Groups:**  
Partnerships with schools, colleges, and local organizations promote environmental awareness among children and youth. Activities like eco-clubs, environmental quizzes, and sustainability challenges foster lifelong eco-conscious behavior.

### **Outcomes of the Activity**

The Environmental Protection and Sustainability Education Drive delivers several positive outcomes for individuals, communities, and the environment:

1. **Increased Environmental Awareness:**  
Participants gain a better understanding of environmental challenges and their role in protecting the planet. This knowledge fosters eco-conscious decision-making and promotes sustainable behavior in everyday life.
2. **Adoption of Eco-Friendly Practices:**  
The drive encourages participants to reduce plastic usage, recycle waste, conserve water, and use energy more efficiently. Over time, these practices help reduce environmental degradation and resource depletion.
3. **Enhanced Green Spaces and Biodiversity:**  
Tree planting activities and biodiversity initiatives contribute to the creation of green spaces and the restoration of ecosystems. These efforts improve air quality, promote wildlife habitats, and enhance the well-being of communities.
4. **Community Engagement in Environmental Stewardship:**  
The drive fosters collective responsibility by involving schools, businesses, and local organizations in environmental activities. These collaborations create a culture of sustainability that extends beyond the campaign's duration.
5. **Support for Green Economy and Sustainable Products:**  
By promoting eco-friendly alternatives, the initiative encourages consumers to support





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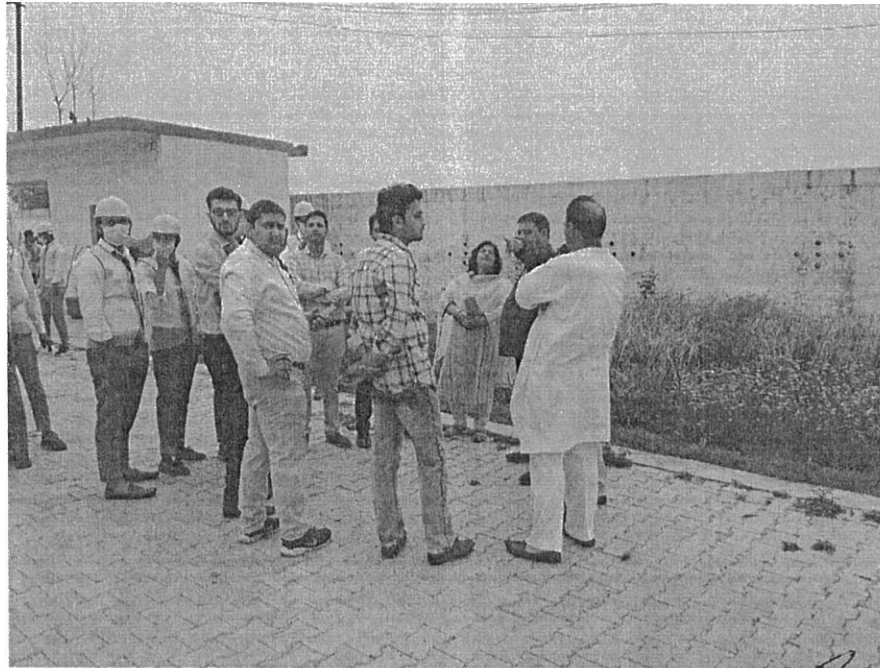
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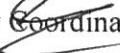
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sustainable businesses. This shift helps reduce the environmental impact of supply chains and promotes the growth of the green economy.

6. Long-Term Impact on Climate Action and Resource Conservation:

Participants adopt energy-saving practices and support renewable energy solutions, contributing to long-term climate resilience. The outreach also strengthens water and waste management practices, ensuring sustainable resource use.



Activity  Coordinator  
(Dr.) Kultar



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Name of the Activity : Environmental Protection and Sustainability Education Drive

Date of the Activity : 06<sup>th</sup> August, 2019

Place of the Activity : Village, Mazri, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	HARSHITA GANDHI	19014300001	BAMS	1 <sup>st</sup> year	<i>Harshita</i>
2.	AYUSH SINGH	19014300002	BAMS	1 <sup>st</sup> year	<i>Ayush</i>
3.	ROBIN PANWAR	19014300003	BAMS	1 <sup>st</sup> year	<i>Robin</i>
4.	SHIVAM PANWAR	19014300004	BAMS	1 <sup>st</sup> year	<i>Shivam</i>
5.	SHUBHAM SHRIMUKH	19014300005	BAMS	1 <sup>st</sup> year	<i>Shubham</i>
6.	RISHABH SAINI	19014300006	BAMS	1 <sup>st</sup> year	<i>Rishabh</i>
7.	SHIVAM BHARDWAJ	19014300007	BAMS	1 <sup>st</sup> year	<i>Shivam</i>
8.	HIMANSHU	19014300008	BAMS	1 <sup>st</sup> year	<i>Himanshu</i>
9.	MOHD ASIF SABRI	19014300009	BAMS	1 <sup>st</sup> year	<i>Asif</i>
10.	ABDUL RAB	19014300010	BAMS	1 <sup>st</sup> year	<i>Abdul</i>
11.	MANVENDRA KUMAR YADAV	19014300011	BAMS	1 <sup>st</sup> year	<i>Manvendra</i>
12.	PARVESH	19014300012	BAMS	1 <sup>st</sup> year	<i>Parvesh</i>
13.	KM BABI	19014300013	BAMS	1 <sup>st</sup> year	<i>Babi</i>
14.	SWATI	19014300014	BAMS	1 <sup>st</sup> year	<i>Swati</i>
15.	ANKUSH CHOUHAN	19014300015	BAMS	1 <sup>st</sup> year	<i>Ankush</i>
16.	UDIT PANWAR	19014300016	BAMS	1 <sup>st</sup> year	<i>udit</i>
17.	MANISH CHAUDHARY	19014300017	BAMS	1 <sup>st</sup> year	<i>Manish</i>
18.	MUKUL DUTT SHARMA	19014300018	BAMS	1 <sup>st</sup> year	<i>Mukul</i>
19.	MOHD JUNED CHOUDHARY	19014300019	BAMS	1 <sup>st</sup> year	<i>M. Juned</i>



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20.	MUSKURAN CHAUDHARY	19014300020	BAMS	1 <sup>st</sup> year	<i>Mk</i>
21.	MOHD SAAD	19014300021	BAMS	1 <sup>st</sup> year	<i>Saad</i>
22.	MAHAZABIN	19014300022	BAMS	1 <sup>st</sup> year	<i>Zabin</i>
23.	MOHD ZISHAN RAO	19014300023	BAMS	1 <sup>st</sup> year	<i>Zishan</i>
24.	SHAHROON MALIK	19014300024	BAMS	1 <sup>st</sup> year	<i>Shroon</i>
25.	SHAKSHI SHARMA	19014300025	BAMS	1 <sup>st</sup> year	<i>Shakshi</i>
26.	MOHD SARFARAJ	19014300026	BAMS	1 <sup>st</sup> year	<i>Sarfaraaj</i>
27.	JUHI CHOUDHARY	19014300027	BAMS	1 <sup>st</sup> year	<i>Juhi</i>
28.	SAMI MAHESHRA	19014300028	BAMS	1 <sup>st</sup> year	<i>Sami</i>
29.	MONU	19014300029	BAMS	1 <sup>st</sup> year	<i>Monu</i>
30.	CHHOTELAL KUMAR	19014300030	BAMS	1 <sup>st</sup> year	<i>Chhotelal</i>
31.	ABHAY KUMAR	19014300031	BAMS	1 <sup>st</sup> year	<i>Abhay</i>
32.	SAMREEN	19014300032	BAMS	1 <sup>st</sup> year	<i>Samreen</i>
33.	MOH. SHADAB	19014300033	BAMS	1 <sup>st</sup> year	<i>Shadab</i>
34.	ASJAD KHAN	19014300034	BAMS	1 <sup>st</sup> year	<i>Asjad</i>
35.	YASH	19014300035	BAMS	1 <sup>st</sup> year	<i>Yash</i>
36.	ARPIT KUMAR	19014300036	BAMS	1 <sup>st</sup> year	<i>Arpit</i>
37.	ASIF	19014300037	BAMS	1 <sup>st</sup> year	<i>Asif</i>
38.	TANYA PANDIT	19014300038	BAMS	1 <sup>st</sup> year	<i>Tanya</i>
39.	TANIYA YADAV	19014300039	BAMS	1 <sup>st</sup> year	<i>Taniya</i>
40.	HAPPY CHAUDHARY	19014300040	BAMS	1 <sup>st</sup> year	<i>Happy</i>
41.	NIGAM CHAUDHARY	19014300041	BAMS	1 <sup>st</sup> year	<i>Nigam</i>
42.	RAJA BISWAS	19014300042	BAMS	1 <sup>st</sup> year	<i>Raja</i>



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43.	NIKHIL KUMAR	19014300043	BAMS	1 <sup>st</sup> year	<i>nikhil</i>
44.	CHIRAG GOEL	19014300044	BAMS	1 <sup>st</sup> year	<i>chirag</i>

  
Signature of the Coordinator



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Date: 10 -08-2019

Notice

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Community Nutrition and Health Support Outreach, Mazri on 13.08.2019  
The details of the activity are as follows:

- Date of the Activity 13.08.2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Mazri, Saharanpur
- Activity Coordinator : Dr. Paramveer





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### Report

Name of the Activity: Community Nutrition and Health Support Outreach Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University.

- Date of the Activity : 13<sup>th</sup> August , 2019
- Place of the Activity : Village, Mazri, Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Paramveer

### **Purpose of the Activity**

The Community Nutrition and Health Support Outreach aims to improve health outcomes by promoting proper nutrition and providing essential health education to underserved communities. Malnutrition, poor dietary habits, and limited access to healthcare often lead to chronic diseases and reduced quality of life. This outreach addresses these challenges by encouraging healthy eating habits, improving access to nutritious food, and raising awareness about the importance of nutrition in preventing illnesses.

The key objectives of the outreach are:

1. Promote Balanced Diets and Healthy Eating Habits to prevent malnutrition and lifestyle-related diseases.
2. Provide Health Screenings and Nutritional Guidance to identify and address nutrient deficiencies.
3. Empower Communities to grow and access healthy foods through sustainable practices like home gardening.

### **Description of the Activity**

This outreach involves a combination of educational sessions, health services, and community-based initiatives to foster better nutrition and overall health. The core activities include:

1. Workshops on Nutrition and Healthy Eating:  
These sessions teach participants about the importance of balanced diets, portion control, and the health risks of poor dietary habits. Participants learn how to incorporate fruits, vegetables, proteins, and whole grains into their meals while minimizing sugar and unhealthy fats.
2. Health Screenings and Nutritional Assessments:  
Mobile health camps offer free screenings for conditions such as anemia, diabetes,



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hypertension, and malnutrition. Trained nutritionists conduct assessments to identify deficiencies and provide personalized dietary recommendations.

3. Distribution of Nutritious Food Packs:

In collaboration with local organizations, the outreach provides food packs containing essential items like grains, pulses, and fortified foods to families in need. This ensures that vulnerable groups, including children and pregnant women, receive adequate nutrition.

4. Promotion of Home Gardening and Sustainable Food Practices:

The outreach encourages participants to grow vegetables, fruits, and herbs in home gardens or community spaces. Workshops on organic farming techniques empower individuals to grow their own food, ensuring a fresh supply of healthy produce.

5. Awareness Campaigns on Infant and Maternal Nutrition:

Special campaigns focus on promoting breastfeeding, proper child nutrition, and the importance of a healthy diet during pregnancy. Mothers receive guidance on meal planning for young children to prevent stunted growth and developmental issues.

6. Collaborations with Schools and Local Leaders:

Schools and community leaders participate in awareness programs, including nutrition challenges and cooking demonstrations that promote healthy meals. These collaborations encourage children and families to adopt healthier dietary habits.

### Outcomes of the Activity

The Community Nutrition and Health Support Outreach generates several significant outcomes for individuals and communities:

1. Improved Nutritional Awareness and Healthy Eating Habits:

Participants gain practical knowledge about nutrition and make informed food choices. Increased awareness leads to the gradual adoption of healthier diets and improved well-being.

2. Early Detection of Health Issues:

Through health screenings, participants identify conditions like malnutrition, anemia, or lifestyle-related diseases early, enabling timely interventions and better health outcomes.

3. Reduced Malnutrition and Health Disparities:

The distribution of food packs and nutritional support addresses food insecurity and ensures vulnerable individuals, including children and pregnant women, receive essential nutrients.

4. Increased Food Security through Home Gardening:

Home gardening initiatives provide families with a reliable source of fresh produce, improving food security while promoting sustainable practices. Community gardens also foster a sense of shared responsibility and collaboration.

5. Better Infant and Maternal Health:

Focused campaigns on maternal and child nutrition contribute to reduced rates of



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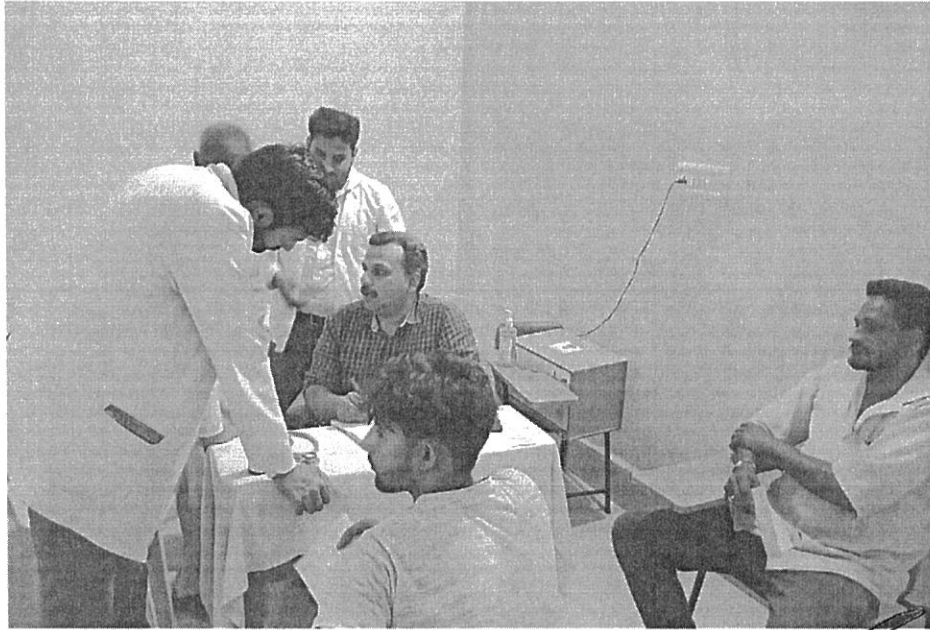
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malnutrition, stunting, and low birth weight. Mothers become more confident in providing balanced meals for their families.

6. Sustained Community Engagement in Health and Nutrition:

Schools, local leaders, and community groups become active participants in the outreach, ensuring continued focus on health and nutrition even beyond the campaign period



Activity Coordinator

(Dr.) Paramveer





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Name of the Activity : Community Nutrition and Health Support Outreach

Date of the Activity : 13<sup>th</sup> August, 2019

Place of the Activity : Village, Mazri, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	MD MOHIB ALI	18014300048	BAMS	2 <sup>nd</sup> year	
2.	MEHAK	18014300049	BAMS	2 <sup>nd</sup> year	
3.	MOHAMMAD	18014300050	BAMS	2 <sup>nd</sup> year	
4.	MOHD RIZWAN	18014300051	BAMS	2 <sup>nd</sup> year	
5.	MOHD SADIQ	18014300052	BAMS	2 <sup>nd</sup> year	
6.	MOHD ZUBAIR	18014300053	BAMS	2 <sup>nd</sup> year	
7.	MOHD. MUSHARRAF	18014300054	BAMS	2 <sup>nd</sup> year	
8.	MOHD. RAFAKAT	18014300055	BAMS	2 <sup>nd</sup> year	
9.	MOHD. RAMEEZ	18014300056	BAMS	2 <sup>nd</sup> year	
10.	MOHD. RASHID	18014300057	BAMS	2 <sup>nd</sup> year	
11.	MOHD. RASHID ALI	18014300058	BAMS	2 <sup>nd</sup> year	
12.	MOHD. SHADAB	18014300059	BAMS	2 <sup>nd</sup> year	
13.	MOHD. SHADAN	18014300060	BAMS	2 <sup>nd</sup> year	
14.	MOHD. SHARIQ REHMAN	18014300061	BAMS	2 <sup>nd</sup> year	
15.	MOHD. SUHAIL	18014300062	BAMS	2 <sup>nd</sup> year	
16.	MOHIT LAL PARAJAPATI	18014300063	BAMS	2 <sup>nd</sup> year	
17.	MUNEEB AHAMAD	18014300064	BAMS	2 <sup>nd</sup> year	
18.	MUSKAN TYAGI	18014300065	BAMS	2 <sup>nd</sup> year	
19.	NAJIM ALI	18014300066	BAMS	2 <sup>nd</sup> year	



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20.	NAZM UL HAQ	18014300067	BAMS	2 <sup>nd</sup> year	<i>Naam</i>
21.	NITIN KUMAR PAL	18014300068	BAMS	2 <sup>nd</sup> year	<i>Nitin</i>
22.	PRAGYA	18014300069	BAMS	2 <sup>nd</sup> year	<i>Pragya</i>
23.	RAJEEV	18014300070	BAMS	2 <sup>nd</sup> year	<i>Rajeev</i>
24.	RAVI KANT NAMA	18014300071	BAMS	2 <sup>nd</sup> year	<i>Ravi</i>
25.	RAVISHANKAR KUSHWAHA	18014300072	BAMS	2 <sup>nd</sup> year	<i>Ravishankar</i>
26.	RIDHIMA SHARMA	18014300073	BAMS	2 <sup>nd</sup> year	<i>Ridhima</i>
27.	RIHAN ALI	18014300074	BAMS	2 <sup>nd</sup> year	<i>Rihan</i>
28.	SAHIL CHAUHAN	18014300075	BAMS	2 <sup>nd</sup> year	<i>Sahil</i>
29.	SAHIL HASAN	18014300076	BAMS	2 <sup>nd</sup> year	<i>Sahil</i>
30.	SAIF QURESHI	18014300077	BAMS	2 <sup>nd</sup> year	<i>Saif</i>
31.	SAIMA SIDDIQUE	18014300078	BAMS	2 <sup>nd</sup> year	<i>Saima</i>
32.	SHADAB	18014300079	BAMS	2 <sup>nd</sup> year	<i>Shadab</i>
33.	SHAH FAISHAL	18014300080	BAMS	2 <sup>nd</sup> year	<i>Shah</i>
34.	SHAHEEN KHATOON	18014300081	BAMS	2 <sup>nd</sup> year	<i>Shah</i>
35.	SHIWANI	18014300082	BAMS	2 <sup>nd</sup> year	<i>Shivani</i>
36.	SHOIB KHAN	18014300083	BAMS	2 <sup>nd</sup> year	<i>Shoib</i>
37.	SHWETA DHIRAN	18014300084	BAMS	2 <sup>nd</sup> year	<i>Shweta</i>
38.	SMIRITI KAUSHIK	18014300085	BAMS	2 <sup>nd</sup> year	<i>Smriti</i>

  
Signature of the Coordinator



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Date: 23 -08-2019

**Notice**

All the students of the Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh are hereby informed that KunwarShekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), Shobhit University, Gangoh is organizing Mental Wellness and Health Education Drive, Khalidpur on 27.08.2019

The details of the activity are as follows:

- Date of the Activity :27-08- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Khalidpur, Saharanpur
- Activity Coordinator : Dr. Kultar



Dean/Principal



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### Report

Name of the Activity: Mental Wellness and Health Education Drive Organized by: Kunwar Shekhar Vijendra Ayurvedic Medical College & Research Centre (KSVAMC & RC), ShobhitUniversity.

- Date of the Activity : 27<sup>th</sup> August , 2019
- Place of the Activity : Village, Khalidpur, Saharanpur
- No. of Student Participated : 40
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Kultar

### **Purpose of the Activity**

The Water Conservation and Environmental Awareness Outreach aims to promote sustainable water management practices and raise awareness about environmental conservation. With freshwater resources dwindling due to climate change, pollution, and over-extraction, conserving water is critical to ensuring ecological balance and long-term water availability. This initiative seeks to educate communities about the importance of water conservation, foster behavioral changes, and engage participants in activities that promote environmental stewardship.

The primary objectives are:

4. Raise Awareness about Water Scarcity and the need for efficient water use.
5. Promote Sustainable Practices such as rainwater harvesting, water recycling, and pollution prevention.
6. Encourage Community Participation in activities that protect local ecosystems and promote environmental sustainability.

### **Description of the Activity**

The Water Conservation and Environmental Awareness Outreach involves workshops, campaigns, and practical activities designed to educate and engage participants in sustainable water management. The key components include:

7. Workshops on Water Conservation Techniques:  
Experts lead sessions to teach practical water-saving methods, such as efficient irrigation, greywater recycling, and household water-saving tips. Participants also learn about the role of water in ecosystems and the impact of human activities on water resources.
8. Rainwater Harvesting and Demonstration Projects:  
The outreach promotes the installation of rainwater harvesting systems in homes, schools,



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and public spaces. Demonstration projects show participants how to collect and store rainwater for everyday use, reducing dependence on groundwater.

9. **Water Pollution Awareness Campaigns:**  
Campaigns emphasize the importance of preventing water pollution through waste management, reduction of chemical usage, and community clean-up efforts. Participants learn how to protect rivers, lakes, and groundwater from contaminants.
10. **Eco-Friendly Gardening and Agriculture Practices:**  
Sessions on sustainable farming practices promote water-efficient irrigation techniques like drip systems and mulching. Urban gardening projects encourage participants to grow plants using minimal water while enhancing biodiversity.
11. **Community Engagement through Clean-Up Drives:**  
The outreach organizes community clean-up drives at water bodies such as rivers, lakes, and ponds to remove litter and pollutants. These activities raise awareness about the importance of maintaining clean and healthy ecosystems.
12. **School Programs and Youth Engagement:**  
Special activities in schools engage students through water-saving challenges, eco-clubs, and environmental education sessions. Involving youth ensures long-term awareness and commitment to sustainable practices.

### **Outcomes of the Activity**

The Water Conservation and Environmental Awareness Outreach generates several immediate and long-term benefits for individuals, communities, and the environment:

7. **Increased Awareness and Behavioral Change:**  
Participants become more mindful of their water consumption and adopt water-saving practices, such as turning off taps when not in use and using water-efficient appliances. These small changes lead to significant water conservation over time.
8. **Improved Water Management Practices:**  
Rainwater harvesting projects and the adoption of greywater recycling reduce the reliance on freshwater sources. Communities equipped with these systems are better prepared to manage water scarcity.
9. **Reduced Water Pollution:**  
Awareness campaigns and clean-up drives encourage individuals to avoid polluting water bodies. Proper waste management practices help protect local ecosystems from contamination, promoting healthier environments.
10. **Community Involvement in Environmental Stewardship:**  
The outreach fosters collaboration among residents, local authorities, and schools, building a sense of collective responsibility for water conservation and environmental protection. These partnerships lead to sustained efforts beyond the campaign period.
11. **Enhanced Ecosystem Health and Biodiversity:**  
Clean water bodies and eco-friendly gardening practices contribute to the restoration of



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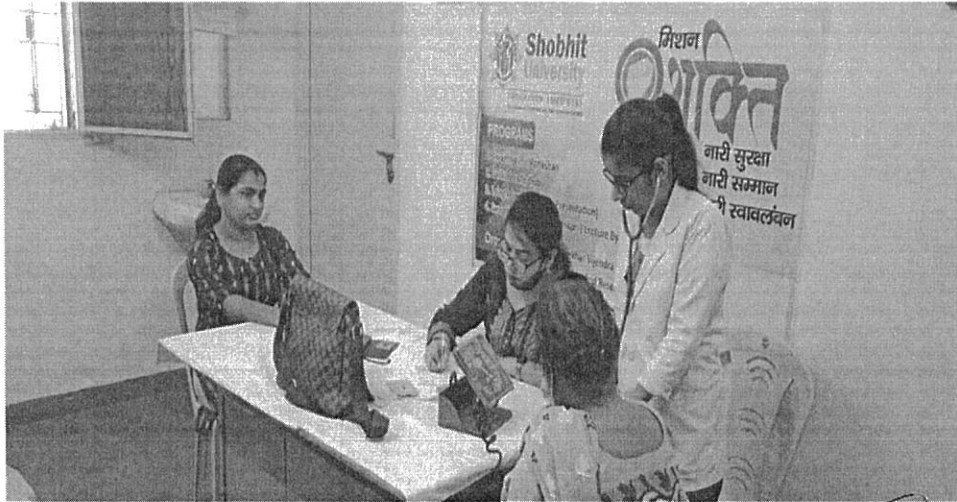
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ecosystems and the promotion of biodiversity. Green spaces created through urban gardening improve the quality of life for residents.

12. Long-Term Sustainability and Climate Resilience:

By adopting water-efficient practices, communities become more resilient to droughts and other climate-related challenges. The outreach helps create a sustainable water management culture that benefits future generations.



Activity Coordinator

(Dr. Kultar)



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Name of the Activity : Mental Wellness and Health Education Drive

Date of the Activity : 27<sup>th</sup> August, 2019

Place of the Activity : Village, Khalidpur, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	ABHISHEK SHARMA	18014300008	BAMS	2 <sup>nd</sup> year	<i>Abhishek</i>
2.	AFSHA	18014300009	BAMS	2 <sup>nd</sup> year	<i>Afsha</i>
3.	AJAJ AHMAD	18014300010	BAMS	2 <sup>nd</sup> year	<i>Ajaj</i>
4.	AKASH	18014300011	BAMS	2 <sup>nd</sup> year	<i>Akash</i>
5.	AKSHIT KUMAR	18014300012	BAMS	2 <sup>nd</sup> year	<i>Akshit</i>
6.	AMAN	18014300013	BAMS	2 <sup>nd</sup> year	<i>Aman</i>
7.	AMIT VERMA	18014300014	BAMS	2 <sup>nd</sup> year	<i>Amit</i>
8.	ANJALI SAINI	18014300015	BAMS	2 <sup>nd</sup> year	<i>Anjali</i>
9.	ANKIT KUMAR	18014300016	BAMS	2 <sup>nd</sup> year	<i>Ankit</i>
10.	ANKUSH RATHI	18014300017	BAMS	2 <sup>nd</sup> year	<i>Ankush</i>
11.	ANSHI SAINI	18014300018	BAMS	2 <sup>nd</sup> year	<i>Anshi</i>
12.	APOORVA KUSH	18014300019	BAMS	2 <sup>nd</sup> year	<i>Apoorva</i>
13.	ARIF	18014300020	BAMS	2 <sup>nd</sup> year	<i>Arif</i>
14.	ARMAN AKHTAR	18014300021	BAMS	2 <sup>nd</sup> year	<i>Arman</i>
15.	ARUN KUMAR	18014300022	BAMS	2 <sup>nd</sup> year	<i>Arun</i>
16.	ARYAN SAINI	18014300023	BAMS	2 <sup>nd</sup> year	<i>Aryan</i>
17.	ASHISH GAUTAM	18014300024	BAMS	2 <sup>nd</sup> year	<i>Ashish</i>
18.	ASIF ALI	18014300025	BAMS	2 <sup>nd</sup> year	<i>Asif</i>
19.	ATMIKA CHATURVEDI	18014300026	BAMS	2 <sup>nd</sup> year	<i>Atmika</i>



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20.	AYUSH VERMA	18014300027	BAMS	2 <sup>nd</sup> year	Ayush
21.	AYUSHI SINGH	18014300028	BAMS	2 <sup>nd</sup> year	Ayushi
22.	DEEPANSHU KUMAR	18014300029	BAMS	2 <sup>nd</sup> year	Deep
23.	DHANANJAY RANA	18014300030	BAMS	2 <sup>nd</sup> year	Dhananjay
24.	FARIYAD ALAM	18014300031	BAMS	2 <sup>nd</sup> year	Fariyad
25.	FURKAN AHMED	18014300032	BAMS	2 <sup>nd</sup> year	Furkan
26.	GARVIT KADIAN	18014300033	BAMS	2 <sup>nd</sup> year	Garvit
27.	GAUTAM BHAL	18014300034	BAMS	2 <sup>nd</sup> year	Gautam
28.	GULAFSHA	18014300035	BAMS	2 <sup>nd</sup> year	Gulafsha
29.	HARSHVARDHAN GUJJAR	18014300036	BAMS	2 <sup>nd</sup> year	Harsha
30.	HASEEN	18014300037	BAMS	2 <sup>nd</sup> year	Hasien
31.	HEMMAT	18014300038	BAMS	2 <sup>nd</sup> year	Heemmat
32.	HIMANI	18014300039	BAMS	2 <sup>nd</sup> year	Himani
33.	JUNAID QURESHI	18014300040	BAMS	2 <sup>nd</sup> year	Junaed
34.	KALPANA SONKAR	18014300041	BAMS	2 <sup>nd</sup> year	Kalpna
35.	KM SAKSHI KASAUDHAN	18014300042	BAMS	2 <sup>nd</sup> year	Sakshi
36.	KM. IKRA	18014300043	BAMS	2 <sup>nd</sup> year	Ikra
37.	KM. VIDHI ARYA	18014300044	BAMS	2 <sup>nd</sup> year	Vidhi
38.	LALIT SINGH	18014300045	BAMS	2 <sup>nd</sup> year	Lalit
39.	MD ABID RAJA	18014300046	BAMS	2 <sup>nd</sup> year	Abid
40.	MD AQUIB	18014300047	BAMS	2 <sup>nd</sup> year	Aquib

  
Signature of the Coordinator





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Date:30 -08-2019

Notice

All the students of the School of Education, Shobhit University, Gangoh are hereby informed that, School of Education Shobhit University, Gangoh is organizing Water Conservation and Environmental Awareness Outreach, Manpurthali on 01.09.2019

The details of the activity are as follows:

- Date of the Activity :01-09- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Manpurthali, Saharanpur
- Activity Coordinator : Dr. Balram Tonk





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### Report

Name of the Activity: Water Conservation and Environmental Awareness Outreach Organized by:  
School of Engineering & Technology Shobhit University, and Gangoh.

- Date of the Activity : 01<sup>th</sup> September , 2019
- Place of the Activity : Village Manpurthali , Saharanpur
- No. of Student Participated : 42
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Balram Tonk

#### **Purpose of the Activity**

The Water Conservation and Environmental Awareness Outreach aims to promote sustainable water management practices and raise awareness about environmental conservation. With freshwater resources dwindling due to climate change, pollution, and over-extraction, conserving water is critical to ensuring ecological balance and long-term water availability. This initiative seeks to educate communities about the importance of water conservation, foster behavioral changes, and engage participants in activities that promote environmental stewardship.

The primary objectives are:

1. Raise Awareness about Water Scarcity and the need for efficient water use.
2. Promote Sustainable Practices such as rainwater harvesting, water recycling, and pollution prevention.
3. Encourage Community Participation in activities that protect local ecosystems and promote environmental sustainability.

#### **Description of the Activity**

The Water Conservation and Environmental Awareness Outreach involves workshops, campaigns, and practical activities designed to educate and engage participants in sustainable water management. The key components include:

1. Workshops on Water Conservation Techniques:  
Experts lead sessions to teach practical water-saving methods, such as efficient irrigation, greywater recycling, and household water-saving tips. Participants also learn about the role of water in ecosystems and the impact of human activities on water resources.
2. Rainwater Harvesting and Demonstration Projects:  
The outreach promotes the installation of rainwater harvesting systems in homes, schools, and public spaces. Demonstration projects show participants how to collect and store rainwater for everyday use, reducing dependence on groundwater.



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3. **Water Pollution Awareness Campaigns:**  
Campaigns emphasize the importance of preventing water pollution through waste management, reduction of chemical usage, and community clean-up efforts. Participants learn how to protect rivers, lakes, and groundwater from contaminants.
4. **Eco-Friendly Gardening and Agriculture Practices:**  
Sessions on sustainable farming practices promote water-efficient irrigation techniques like drip systems and mulching. Urban gardening projects encourage participants to grow plants using minimal water while enhancing biodiversity.
5. **Community Engagement through Clean-Up Drives:**  
The outreach organizes community clean-up drives at water bodies such as rivers, lakes, and ponds to remove litter and pollutants. These activities raise awareness about the importance of maintaining clean and healthy ecosystems.
6. **School Programs and Youth Engagement:**  
Special activities in schools engage students through water-saving challenges, eco-clubs, and environmental education sessions. Involving youth ensures long-term awareness and commitment to sustainable practices.

### **Outcomes of the Activity**

The Water Conservation and Environmental Awareness Outreach generates several immediate and long-term benefits for individuals, communities, and the environment:

1. **Increased Awareness and Behavioral Change:**  
Participants become more mindful of their water consumption and adopt water-saving practices, such as turning off taps when not in use and using water-efficient appliances. These small changes lead to significant water conservation over time.
2. **Improved Water Management Practices:**  
Rainwater harvesting projects and the adoption of greywater recycling reduce the reliance on freshwater sources. Communities equipped with these systems are better prepared to manage water scarcity.
3. **Reduced Water Pollution:**  
Awareness campaigns and clean-up drives encourage individuals to avoid polluting water bodies. Proper waste management practices help protect local ecosystems from contamination, promoting healthier environments.
4. **Community Involvement in Environmental Stewardship:**  
The outreach fosters collaboration among residents, local authorities, and schools, building a sense of collective responsibility for water conservation and environmental protection. These partnerships lead to sustained efforts beyond the campaign period.
5. **Enhanced Ecosystem Health and Biodiversity:**  
Clean water bodies and eco-friendly gardening practices contribute to the restoration of ecosystems and the promotion of biodiversity. Green spaces created through urban gardening improve the quality of life for residents.




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6. Long-Term Sustainability and Climate Resilience:  
By adopting water-efficient practices, communities become more resilient to droughts and other climate-related challenges. The outreach helps create a sustainable water management culture that benefits future generations.



  
Activity Coordinator  
(Dr.) Balram Tonk



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Name of the Activity : Water Conservation and Environmental Awareness Outreach  
Date of the Activity : 01<sup>th</sup> September, 2029  
Place of the Activity : Village Manpurthali, Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	PRIYANKA	19013100001	B.Ed.	1 <sup>st</sup> year	Priyanka
2.	FAIZAN CHAUHAN	19013100002	B.Ed.	1 <sup>st</sup> year	Faizan
3.	SAGAR PANWAR	19013100003	B.Ed.	1 <sup>st</sup> year	Sagar
4.	KM. SEEMA CHOUHARY	19013100004	B.Ed.	1 <sup>st</sup> year	Seema
5.	KM. SHANKI	19013100005	B.Ed.	1 <sup>st</sup> year	Shanki
6.	KARTIK KUMAR	19013100006	B.Ed.	1 <sup>st</sup> year	Kartik
7.	ANU SARAN	19013100007	B.Ed.	1 <sup>st</sup> year	Anu
8.	ASLAM ANSARI	19013100008	B.Ed.	1 <sup>st</sup> year	Aslam
9.	MINAKSHI DEVI	19013100009	B.Ed.	1 <sup>st</sup> year	Minakshi
10.	SHAGUN SAINI	19013100010	B.Ed.	1 <sup>st</sup> year	Shagun
11.	KM. SONIYA DEVI	19013100011	B.Ed.	1 <sup>st</sup> year	Soniya
12.	KM. SWATI DEVI	19013100012	B.Ed.	1 <sup>st</sup> year	Swati
13.	RAKHI CHAUDHARY	19013100013	B.Ed.	1 <sup>st</sup> year	Rakhi
14.	RISHU KUMAR	19013100014	B.Ed.	1 <sup>st</sup> year	Rishu
15.	ADITI DEVI	19013100015	B.Ed.	1 <sup>st</sup> year	Aditi
16.	KM. SAKSHI DEVI	19013100016	B.Ed.	1 <sup>st</sup> year	Sakshi
17.	MANPREET KAUR	19013100017	B.Ed.	1 <sup>st</sup> year	Manpreet
18.	KM. PREETI	19013100018	B.Ed.	1 <sup>st</sup> year	Preeti
19.	VISHAL KUMAR	19013100020	B.Ed.	1 <sup>st</sup> year	Vishal



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20.	RAKHI DEVI	19013100021	B.Ed.	1 <sup>st</sup> year	Rakhi
21.	AKANSHA SAINI	19013100022	B.Ed.	1 <sup>st</sup> year	Akansha
22.	KM. SWATI SHARMA	19013100023	B.Ed.	1 <sup>st</sup> year	Swati
23.	KM. SANGITA SHARMA	19013100024	B.Ed.	1 <sup>st</sup> year	Sangita
24.	TANNU	19013100025	B.Ed.	1 <sup>st</sup> year	Tannu
25.	KM. RENU RANI	19013100026	B.Ed.	1 <sup>st</sup> year	Renu
26.	KM. PARUL SAINI	19013100027	B.Ed.	1 <sup>st</sup> year	Parul
27.	SHIVAM SHARMA	19013100028	B.Ed.	1 <sup>st</sup> year	Shivam
28.	RITU RANI	19013100029	B.Ed.	1 <sup>st</sup> year	Ritu
29.	KAWAL JEET	19013100030	B.Ed.	1 <sup>st</sup> year	Kawal
30.	GOVIND KUMAR	19013100031	B.Ed.	1 <sup>st</sup> year	Govind
31.	JUBIYA PARVEEN	19013100032	B.Ed.	1 <sup>st</sup> year	Jubiya
32.	VIPIN SAINI	19013100033	B.Ed.	1 <sup>st</sup> year	Vipin
33.	ANKIT KUMAR	19013100034	B.Ed.	1 <sup>st</sup> year	Ankit
34.	SHIVRAJ SINGH	19013100035	B.Ed.	1 <sup>st</sup> year	Shivraj
35.	SHREYA LAL	19013100036	B.Ed.	1 <sup>st</sup> year	Shreya
36.	KM. SHEELU SHARMA	19013100037	B.Ed.	1 <sup>st</sup> year	Sheelu
37.	VIPUL KUMAR	19013100038	B.Ed.	1 <sup>st</sup> year	Vipul
38.	ABHISHEK KUMAR	19013100039	B.Ed.	1 <sup>st</sup> year	Abhishek
39.	VISHAL KUMAR	19013100040	B.Ed.	1 <sup>st</sup> year	Vishal
40.	KM REENA	19013100041	B.Ed.	1 <sup>st</sup> year	Reena
41.	KM SARITA	19013100042	B.Ed.	1 <sup>st</sup> year	Sarita
42.	PRABHAT KUMAR	19013100043	B.Ed.	1 <sup>st</sup> year	Prabhat

Signature of the Coordinator



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Date:03 -09-2019

Notice

All the students of the School of Education, Shobhit University, Gangoh are hereby informed that, School of Education Shobhit University, Gangoh is organizing Community Renewable Energy Solutions and Community Education Drive, Pakhanpur on 05.09.2019

The details of the activity are as follows:

- Date of the Activity 05-09- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village, Pakhanpur Saharanpur
- Activity Coordinator : Dr. Balram Tonk





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### **Report**

Name of the Activity: Community Renewable Energy Solutions and Community Education Drive Organized by: School of Education Shobhit University, and Gangoh.

- Date of the Activity : 05-09-2019
- Place of the Activity : Village , Pakhanpur, Saharanpur
- No. of Student Participated : 39
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Balram Tonk

### **Purpose of the Activity**

The Renewable Energy Solutions and Community Education Drive aims to promote the adoption of clean and sustainable energy sources while raising public awareness about the benefits of renewable energy. With the growing challenges of climate change, pollution, and energy insecurity, transitioning to renewable energy solutions has become essential for communities worldwide. This initiative focuses on educating individuals about the environmental, social, and economic advantages of using renewable energy and empowers them to take action in adopting sustainable practices.

The primary objectives of the drive are:

1. Increase Public Awareness about the importance of renewable energy sources such as solar, wind, and biomass.
2. Promote Energy-Efficient Practices and encourage individuals, households, and businesses to adopt sustainable energy solutions.
3. Engage Communities in Collaborative Energy Projects, fostering a shared commitment to environmental stewardship and energy independence.

### **Description of the Activity**

The drive includes a variety of activities designed to inform, educate, and engage participants in renewable energy practices. Key components of the initiative are:

1. Workshops on Renewable Energy Technologies:  
Experts and engineers conduct sessions to educate participants about the working principles and benefits of solar panels, wind turbines, biogas systems, and other renewable energy technologies. Participants also learn how to make informed decisions about installing these systems at home or in their communities.
2. Hands-On Training for Solar Installation and Maintenance:  
Training sessions offer practical skills in installing and maintaining solar energy systems. These workshops empower community members, especially youth, with the knowledge needed to pursue green energy jobs and promote energy independence at the local level.





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3. **Demonstration Projects and Green Energy Exhibitions:**  
The outreach features demonstration projects, such as small-scale solar installations or wind energy prototypes, allowing participants to experience the benefits of renewable energy firsthand. Exhibitions showcase energy-efficient products and innovations to inspire community members.
4. **Awareness Campaigns on Energy Conservation:**  
Campaigns encourage participants to adopt energy-efficient practices, such as switching to LED lighting, using energy-efficient appliances, and reducing energy wastage. These practices help reduce carbon footprints and cut energy bills.
5. **Promotion of Community-Based Energy Projects:**  
The initiative promotes collaborative projects, such as community solar farms or biogas plants that offer shared access to clean energy. These projects help reduce reliance on fossil fuels and ensure equitable access to renewable energy.
6. **Engagement with Schools and Educational Institutions:**  
The outreach partners with schools to introduce students to renewable energy concepts through eco-clubs, energy-saving challenges, and interactive sessions. Engaging youth ensures a long-term impact by fostering a generation of environmentally conscious individuals.

## Outcomes of the Activity

The Renewable Energy Solutions and Community Education Drive leads to several positive outcomes for individuals, communities, and the environment:

1. **Increased Awareness of Renewable Energy Solutions:**  
Participants gain a deeper understanding of the importance and feasibility of renewable energy. They become more willing to adopt clean energy solutions in their homes, businesses, and communities.
2. **Adoption of Energy-Efficient Practices:**  
Households and businesses implement energy-saving measures, reducing their electricity consumption and carbon emissions. This shift promotes sustainable lifestyles and decreases reliance on non-renewable energy sources.
3. **Greater Access to Renewable Energy Systems:**  
Hands-on training and community demonstration projects empower participants to install and maintain renewable energy systems. Access to affordable solar energy systems and shared energy projects improves energy security and reduces energy costs.
4. **Increased Green Job Opportunities:**  
By equipping individuals with practical skills in renewable energy, the outreach contributes to the growth of the green economy. Participants can explore career opportunities in the renewable energy sector, further promoting sustainable development.
5. **Community Engagement and Energy Independence:**  
Collaborative energy projects foster community involvement and provide collective



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benefits, such as reduced energy costs and increased energy self-reliance. Communities become more resilient to energy disruptions and environmental challenges.

6. Long-Term Environmental Impact:

The adoption of renewable energy solutions reduces greenhouse gas emissions, mitigates climate change, and promotes cleaner air. Over time, the drive helps build a sustainable energy infrastructure that benefits both the environment and future generations.

In conclusion, the Renewable Energy Solutions and Community Education Drive empowers individuals and communities to adopt renewable energy practices and reduce their environmental impact. By promoting clean energy, energy conservation, and community collaboration, the initiative contributes to a more sustainable and resilient future. The outreach not only equips participants with practical knowledge but also fosters a collective movement towards energy independence and environmental stewardship.



Activity Coordinator

(Dr Balram Tonk)



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- Name of the Activity Renewable Energy Solutions and Community Education Drive
- Date of the Activity 05--09-2019
- Place of the Activity : Village , Pakhanpur Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	MOHD JUNAID NIZAMI	18013100061	B.Ed.	2nd Year	<i>Junaid</i>
2.	MONIKA	18013100062	B.Ed.	2nd Year	<i>Monika</i>
3.	MONIKA DEVI	18013100063	B.Ed.	2nd Year	<i>Monika</i>
4.	MONIKA PANCHAL	18013100064	B.Ed.	2nd Year	<i>Monika</i>
5.	MONIKA TANEJA	18013100065	B.Ed.	2nd Year	<i>Monika</i>
6.	VINOD KUMAR YADAV	18013100066	B.Ed.	2nd Year	<i>Vinod</i>
7.	NAVNEET KUMAR	18013100067	B.Ed.	2nd Year	<i>Navneet</i>
8.	NEERAJ KUMAR	18013100068	B.Ed.	2nd Year	<i>Neeraj</i>
9.	NEESHU DHIMAN	18013100069	B.Ed.	2nd Year	<i>Neeshu</i>
10.	NIKHIL GARG	18013100070	B.Ed.	2nd Year	<i>Nikhil</i>
11.	NITIN KUMAR	18013100071	B.Ed.	2 <sup>nd</sup> year	<i>Nitin</i>
12.	PARUL DEVI	18013100072	B.Ed.	2 <sup>nd</sup> year	<i>Parul</i>
13.	POOJA GAUTAM	18013100073	B.Ed.	2 <sup>nd</sup> year	<i>Pooja</i>
14.	PRAHLAD SINGH	18013100074	B.Ed.	2 <sup>nd</sup> year	<i>Prahlad</i>
15.	PRIYA GOEL	18013100075	B.Ed.	2 <sup>nd</sup> year	<i>Priya</i>
16.	PRIYA SHARMA	18013100076	B.Ed.	2 <sup>nd</sup> year	<i>Priya</i>
17.	PRIYANKA SAINI	18013100077	B.Ed.	2 <sup>nd</sup> year	<i>Priyanka</i>
18.	RAJAT CHAUHAN	18013100078	B.Ed.	2 <sup>nd</sup> year	<i>Rajat</i>
19.	RAJAT KUMAR	18013100079	B.Ed.	2 <sup>nd</sup> year	<i>Rajat</i>



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20.	RASHMI DEVI	18013100080	B.Ed.	2 <sup>nd</sup> year	Rashmi
21.	RAVI	18013100081	B.Ed.	2 <sup>nd</sup> year	Ravi
22.	RAVI KUMAR ARYA	18013100082	B.Ed.	2 <sup>nd</sup> year	Ravi
23.	ROOBI	18013100083	B.Ed.	2 <sup>nd</sup> year	Roobi
24.	SABA SAYEED	18013100084	B.Ed.	2 <sup>nd</sup> year	Saba
25.	SAKSHI	18013100085	B.Ed.	2 <sup>nd</sup> year	Sakshi
26.	SANDEEP KUMAR	18013100086	B.Ed.	2 <sup>nd</sup> year	Sandeep
27.	SAVITA DEVI	18013100087	B.Ed.	2 <sup>nd</sup> year	Savita
28.	SAVITA PANWAR	18013100088	B.Ed.	2 <sup>nd</sup> year	Savita
29.	SHAKSHI SAINI	18013100089	B.Ed.	2 <sup>nd</sup> year	Shakshi
30.	SHALLU RANI	18013100090	B.Ed.	2 <sup>nd</sup> year	Shallu
31.	SHALU RATHOUR	18013100091	B.Ed.	2 <sup>nd</sup> year	Shalu
32.	SHALVI SHARMA	18013100092	B.Ed.	2 <sup>nd</sup> year	Shalvi
33.	SHIVANI CHOUHARY	18013100093	B.Ed.	2 <sup>nd</sup> year	Shivani
34.	SHUBHAM CHAUDHARY	18013100094	B.Ed.	2 <sup>nd</sup> year	Shubham
35.	SHUBHAM SAINI	18013100095	B.Ed.	2 <sup>nd</sup> year	Shubham
36.	SONAM	18013100096	B.Ed.	2 <sup>nd</sup> year	Sonam
37.	SONAM	18013100097	B.Ed.	2 <sup>nd</sup> year	Sonam
38.	TANVI	18013100098	B.Ed.	2 <sup>nd</sup> year	Tanvi
39.	VIKASH KUMAR	18013100100	B.Ed.	2 <sup>nd</sup> year	Vikash

Signature of the Coordinator



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Date: 28 -09-201

Notice

All the students of the KSVMC & RC, Shobhit University, Gangoh are hereby informed that KSVMC & RC, Shobhit University, Gangoh is organizing Community Sustainable Practices and Eco-Friendly Living Outreach, Pakhanpur on 30.09.2019

The details of the activity are as follows:

- Date of the Activity 30-09- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Pakhanpur, Saharanpur
- Activity Coordinator : Dr. Sugandha Verma





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### **Report**

Name of the Activity: Community Sustainable Practices and Eco-Friendly Living Outreach Organized by: KSVMC & RC Shobhit University, and Gangoh.

- Date of the Activity :30 -09-2019
- Place of the Activity : Village , Pakhanpur , Saharanpur
- No. of Student Participated : 38
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Sugandha Verma

### **Purpose of the Activity**

The Sustainable Practices and Eco-Friendly Living Outreach aims to promote awareness and adoption of sustainable practices that minimize environmental harm and encourage eco-conscious lifestyles. As climate change, pollution, and resource depletion pose critical challenges, individuals and communities must shift towards more sustainable living habits. This outreach seeks to empower participants to make environmentally responsible choices that contribute to ecological conservation, reduce carbon footprints, and build sustainable communities.

The initiative's objectives are:

1. Educate Communities on Sustainable Practices, such as waste reduction, recycling, and water conservation.
2. Promote Eco-Friendly Alternatives in daily life to minimize reliance on single-use plastics and non-renewable resources.
3. Encourage Collaborative Environmental Action through community-based activities, fostering a collective sense of responsibility toward environmental stewardship.

### **Description of the Activity**

The outreach program engages participants through educational workshops, hands-on activities, and awareness campaigns to foster sustainable behaviors. The key components of the initiative include:

1. Workshops on Sustainable Living:  
These sessions cover practical topics like energy conservation, composting, eco-friendly shopping habits, and the use of sustainable materials. Participants learn simple ways to incorporate sustainable practices into their everyday lives.
2. Waste Management and Recycling Programs:  
The outreach educates individuals on proper waste segregation, recycling techniques, and composting organic waste. Communities are encouraged to participate in clean-up drives and recycling initiatives, promoting a circular economy.



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3. **Water Conservation Awareness:**  
Workshops teach participants how to minimize water waste through techniques such as rainwater harvesting, water-efficient irrigation, and mindful consumption. Communities are encouraged to adopt practices that preserve local water bodies and ecosystems.
4. **Promotion of Green Energy Solutions:**  
The program highlights the benefits of renewable energy sources like solar and wind energy. Participants explore ways to reduce electricity consumption by using energy-efficient appliances and switching to sustainable energy alternatives.
5. **Tree Planting and Urban Greening Projects:**  
As part of community-based action, the outreach organizes tree-planting events and encourages urban farming. Green spaces help improve air quality, promote biodiversity, and enhance the well-being of residents.
6. **Eco-Friendly Product Exhibitions and Marketplaces:**  
The program promotes the use of biodegradable, reusable, and locally produced products. Exhibitions and eco-friendly markets showcase alternatives to plastics and chemical-based goods, supporting sustainable consumption.
7. **Public Awareness Campaigns and School Programs:**  
Awareness campaigns utilize posters, digital content, and social media to promote sustainable practices. Special activities in schools and colleges engage students through eco-clubs, environmental competitions, and sustainability challenges.

### **Outcomes of the Activity**

The Sustainable Practices and Eco-Friendly Living Outreach yields several positive environmental, social, and economic outcomes:

1. **Increased Awareness and Behavioral Change:**  
Participants become more mindful of their consumption patterns, waste management, and resource usage. This awareness leads to gradual changes in behavior, fostering long-term commitment to sustainable practices.
2. **Reduced Waste and Pollution:**  
Proper waste segregation and recycling initiatives reduce the amount of waste sent to landfills. Composting organic waste helps create natural fertilizers, minimizing the need for chemical-based alternatives.
3. **Water and Energy Conservation:**  
Through the adoption of water-saving methods and energy-efficient practices, communities reduce their consumption of critical resources, contributing to environmental conservation and lower utility costs.
4. **Strengthened Community Involvement in Environmental Action:**  
Collaborative activities, such as clean-up drives and tree planting events, foster a sense of community responsibility. Local partnerships and eco-clubs help sustain environmental efforts over time.



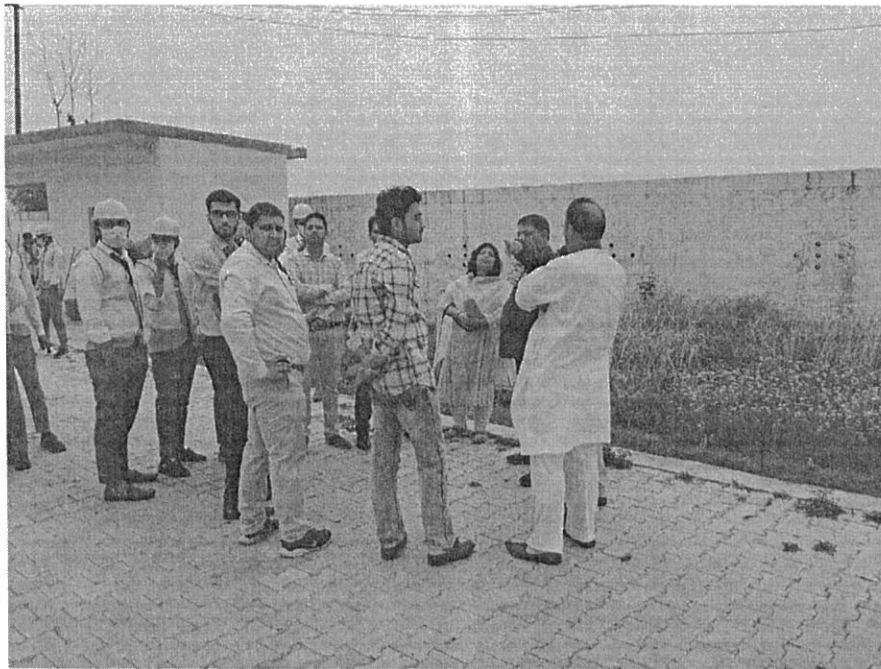
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5. **Support for Green Businesses and Sustainable Markets:**  
The outreach promotes eco-friendly alternatives, encouraging consumers to support local businesses and products that align with sustainability goals. This shift helps reduce the environmental impact of supply chains and supports the green economy.
6. **Improved Quality of Life and Environmental Health:**  
Urban greening efforts, reduced pollution, and resource conservation enhance the health and well-being of residents. Communities with greener spaces benefit from improved air quality, biodiversity, and social cohesion.

In conclusion, the Sustainable Practices and Eco-Friendly Living Outreach empowers individuals and communities to adopt sustainable habits that benefit both the environment and society. By promoting responsible consumption, waste management, and resource conservation, the initiative fosters environmentally conscious communities committed to long-term sustainability. The outreach not only encourages individual behavioral changes but also builds a collective movement toward eco-friendly living, contributing to a healthier and more sustainable future.



  
Activity Coordinator  
(Dr.) Sugandha Verma





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- Name of the Activity : Sustainable Practices and Eco-Friendly Living Outreach
- Date of the Activity : 30--09-2019
- Place of the Activity : Village , Pakhanpur Saharanpur

Sr. NO.	NAME	ROLL NO.	PROGRAM	YEAR	SIGNATURE
1.	MAHIDA KHATOON	17014300042	BAMS	3rd Year	<i>Mahida</i>
2.	MANISH VERMA	17014300043	BAMS	3rd Year	<i>Manish</i>
3.	MOHAMMAD ASHFAQULLAH KHAN	17014300044	BAMS	3rd Year	<i>Mohammed</i>
4.	MOHD ASIF	17014300045	BAMS	3rd Year	<i>Asif</i>
5.	MOHD JAKIR AHMAD	17014300046	BAMS	3rd Year	<i>Jakir</i>
6.	MOHD SHOBAN	17014300047	BAMS	3rd Year	<i>Shoban</i>
7.	MOHD UMAR	17014300048	BAMS	3rd Year	<i>Umar</i>
8.	MOHD UWAISH	17014300049	BAMS	3rd Year	<i>Uwaish</i>
9.	MOSEEN KHAN	17014300050	BAMS	3rd Year	<i>Moseen</i>
10.	MOSHIN	17014300051	BAMS	3rd Year	<i>Moshin</i>
11.	MUKUL	17014300052	BAMS	3 <sup>rd</sup> year	<i>Mukul</i>
12.	MURAD ALI	17014300053	BAMS	3 <sup>rd</sup> year	<i>Murad</i>
13.	NACHIKETA	17014300054	BAMS	3 <sup>rd</sup> year	<i>Nachiketa</i>
14.	NARENDER SINGH	17014300055	BAMS	3 <sup>rd</sup> year	<i>Narender</i>
15.	NASIR HUSSAIN	17014300056	BAMS	3 <sup>rd</sup> year	<i>Nasir</i>
16.	NAVEEN RAWAL	17014300057	BAMS	3 <sup>rd</sup> year	<i>Naveen</i>
17.	NAVEEN SINGH	17014300058	BAMS	3 <sup>rd</sup> year	<i>Naveen</i>
18.	NEERAJ CHAUHAN	17014300059	BAMS	3 <sup>rd</sup> year	<i>Neeraj</i>



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19.	NEHA	17014300060	BAMS	3 <sup>rd</sup> year	Neha
20.	PARNIKA SINGH	17014300061	BAMS	3 <sup>rd</sup> year	Parnika
21.	PARVEEN KUMAR	17014300062	BAMS	3 <sup>rd</sup> year	Parveen
22.	PEEYUSH SAINI	17014300063	BAMS	3 <sup>rd</sup> year	Peeyush
23.	POOJA CHANDRA SRIVASTAVA	17014300064	BAMS	3 <sup>rd</sup> year	Pooja
24.	PRERNA VATS	17014300065	BAMS	3 <sup>rd</sup> year	Prerna
25.	RAHUL KUMAR	17014300066	BAMS	3 <sup>rd</sup> year	Rahul
26.	RAJA RAWAL	17014300067	BAMS	3 <sup>rd</sup> year	Raja
27.	RAJAT CHOUDHARY	17014300068	BAMS	3 <sup>rd</sup> year	Rajat
28.	RESHAB SINGH	17014300069	BAMS	3 <sup>rd</sup> year	Reshab
29.	ROHAN KASHYAP	17014300070	BAMS	3 <sup>rd</sup> year	Rohan
30.	SAGAR DUTT BHARDWAJ	17014300071	BAMS	3 <sup>rd</sup> year	Sagar
31.	SAHABU KHAN	17014300072	BAMS	3 <sup>rd</sup> year	Sahabu
32.	SANA MALIK	17014300073	BAMS	3 <sup>rd</sup> year	Sana
33.	SARSTEE	17014300074	BAMS	3 <sup>rd</sup> year	Sarstea
34.	SAURABH KUMAR	17014300075	BAMS	3 <sup>rd</sup> year	Saurabh
35.	SAURABH SAINI	17014300076	BAMS	3 <sup>rd</sup> year	Saurabh
36.	SAWAN KUMAR	17014300077	BAMS	3 <sup>rd</sup> year	Sawan
37.	SHAH FAISAL	17014300078	BAMS	3 <sup>rd</sup> year	Shah
38.	SHAHZAD	17014300079	BAMS	3 <sup>rd</sup> year	Shahzad

Signature of the Coordinator



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Date: 01 -10-2019

Notice

All the students of the KSVMC & RC, Shobhit University, Gangoh are hereby informed that KSVMC & RC, Shobhit University, Gangoh is organizing Community Health and Disease Prevention Drive, Pakhanpur on 03.10.2019

The details of the activity are as follows:

- Date of the Activity 03-10- 2019
- Time of the Activity : 11:00 a.m. onwards
- Place : Village Pakhanpur, Saharanpur
- Activity Coordinator : Dr. Kultar





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### Report

Name of the Activity: Community Health and Disease Prevention Drive Organized by: School of KSVMC & RC, Shobhit University, and Gangoh.

- Date of the Activity : 03-10-2019
- Place of the Activity : Village , Pakhanpur , Saharanpur
- No. of Student Participated : 39
- Beneficiaries : Local Community
- Activity Coordinator : Dr. Kultar

### **Purpose of the Activity**

The Community Health and Disease Prevention Drive aims to promote healthy lifestyles, raise awareness about common diseases, and encourage preventive health practices within communities. As public health challenges like chronic illnesses, infectious diseases, and lifestyle-related conditions increase, early detection and prevention have become essential to improving overall community well-being.

The key objectives of the initiative are:

1. Promote Preventive Healthcare by educating individuals about hygiene, vaccinations, regular health check-ups, and healthy behaviors.
2. Increase Awareness of Common Diseases such as diabetes, hypertension, infectious diseases, and seasonal illnesses.
3. Encourage Health Screenings and early detection to reduce the risk of serious health complications.

The outreach targets diverse groups, including children, adults, senior citizens, and marginalized communities, aiming to reduce health disparities and strengthen the overall health infrastructure.

### **Description of the Activity**

The Community Health and Disease Prevention Drive involves a range of health-focused activities designed to educate, screen, and support individuals in adopting preventive healthcare practices. Key components include:

1. Health Awareness Workshops and Seminars:  
Healthcare professionals lead interactive sessions on topics like balanced nutrition, the importance of exercise, stress management, and personal hygiene. Special workshops also cover the prevention of chronic illnesses such as diabetes, heart disease, and respiratory conditions.



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2. **Vaccination Drives and Immunization Campaigns:**  
Collaborations with local healthcare providers ensure that children and adults receive essential vaccinations, including those for influenza, COVID-19, and other communicable diseases. Immunization campaigns focus on vulnerable populations to reduce the spread of infectious diseases.
3. **Free Health Screenings and Medical Camps:**  
Mobile health camps and clinics offer free screenings for blood pressure, blood sugar levels, cholesterol, and body mass index (BMI). Early detection of chronic diseases allows individuals to take preventive measures and seek timely treatment.
4. **Hygiene and Sanitation Awareness Programs:**  
Hygiene workshops emphasize the importance of handwashing, safe water practices, and waste management to prevent infectious diseases like diarrhea and dengue. Schools and households are given practical tips on maintaining cleanliness to improve community health.
5. **Mental Health and Wellness Support:**  
In addition to physical health, the outreach incorporates sessions on mental well-being, providing participants with stress management techniques and access to counseling resources. This holistic approach addresses both physical and emotional health challenges.
6. **Collaboration with Schools and Community Leaders:**  
Schools, local organizations, and community leaders play an active role in spreading health awareness. Special programs tailored for children and youth emphasize fitness, proper nutrition, and the prevention of illnesses through healthy habits.

### **Outcomes of the Activity**

The Community Health and Disease Prevention Drive results in several immediate and long-term benefits for individuals and communities:

1. **Increased Awareness and Health Literacy:**  
Participants gain valuable knowledge about the importance of preventive healthcare and the steps they can take to maintain good health. This awareness leads to better personal hygiene, healthier diets, and more active lifestyles.
2. **Improved Access to Healthcare Services:**  
Free health screenings, vaccinations, and medical consultations reduce barriers to healthcare, particularly for underprivileged groups. Early detection of chronic illnesses through screenings enables timely interventions and better health outcomes.
3. **Reduced Risk of Communicable Diseases:**  
Immunization drives and hygiene awareness programs minimize the spread of infectious diseases. Communities become more resilient to disease outbreaks by adopting better sanitation practices and participating in vaccination programs.
4. **Stronger Community Engagement and Health Networks:**  
The drive fosters partnerships between healthcare providers, community leaders, and



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- residents, creating support networks that encourage ongoing health maintenance. Peer support and local initiatives help sustain healthy practices even after the campaign ends.
5. Improved Mental and Physical Well-Being:  
By promoting mental health alongside physical wellness, the outreach ensures holistic well-being. Stress management sessions and wellness activities encourage participants to prioritize both emotional and physical health.
  6. Long-Term Positive Impact on Public Health:  
Over time, communities that participate in the drive experience fewer cases of preventable diseases, reduced healthcare costs, and improved quality of life. The outreach also helps create a culture of preventive healthcare, contributing to healthier, more sustainable communities.

In conclusion, the Community Health and Disease Prevention Drive emphasizes the importance of preventive healthcare and fosters healthier lifestyles. Through education, health screenings, vaccinations, and community engagement, the initiative equips individuals with the knowledge and tools needed to prevent diseases and improve well-being. The drive not only benefits participants but also strengthens community resilience, creating a healthier society for future generations.



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