



BHAVAN'S VIVEKANANDA COLLEGE

of Science, Humanities & Commerce
Sainikpuri, Secunderabad - 500094
Autonomous College, Affiliated to Osmania University.
Re-Accredited with 'A' grade by NAAC.



UNNAT BHARAT ABHIYAN



EACH ONE REACH ONE

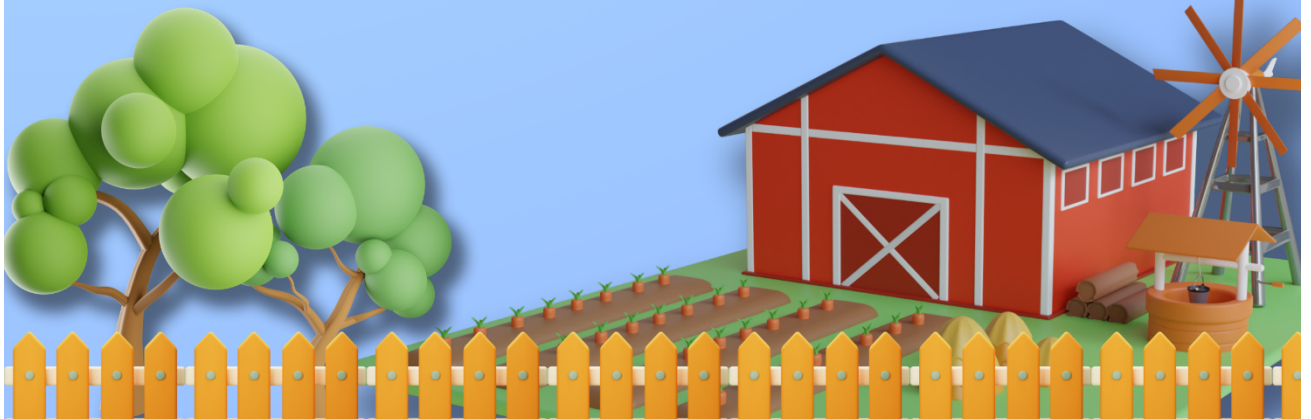
Bhavan's Vivekananda College is organizing a Outreach program
under Unnat Bharat Abhiyan.

The aim of this event is to discuss about the environment of the village
and create awareness among the villagers.

DATE: 4TH AUGUST, 2023

VENUE: NEMARUGOMULA VILLAGE

TIME: 8:00AM ONWARDS



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**EACH ONE REACH ONE- Rural Engagement
Program**

REPORT

Name of the event: Each One Reach One Rural Engagement

Date of the event: 4th August 2023

Venue: Nemarugomula Village ,BB Nager Mdl, Nalgonda
Dist

No. of boys: 15

No. of girls: 36

Total no. of Volunteers: 51

Unnat Bharat Abhiyan unit of Bhavan's Vivekananda College has organised an Outreach program with the theme "Each One Reach One Rural Engagement". The Aim of this program was to spread awareness and educate the residents of the village regarding health, hygiene and their surrounding environment. It was a one day outreach program to Nemarugomula Village. The school Mandal Parishath Pradamika unnatha Patashala which provided us with the stay in the school. They were kind enough to lets us interact with the students and educate them.

Coordinators divided the volunteers into groups. We were about 7 groups. The topics given to us were Cloth Bag, Organic Farming, E-Waste, Yoga, Millet Lunch box, Junk Food, Water Management.

Water Management & Clean And Safe Drinking Water

This team took initiative of educating the residents about water management and sanitization. They examined all the sources of water supplies in the village and examined the problems. They even took the initiative to spread awareness about the sanitization of an individual.

We gave awareness to the villagers on drinking Clean and Safe water. We observed that the villages are not drinking clean water due to leakage of water in several places of the Village.

PROBLEMS:

- High pressure of water
- dirty water
- Leakage

SOLUTIONS: -

Turn off the water sources when there is no need

- Check water pipe lines for leaks

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Nemarugomula, Telangana, India
FPFG+QH, Nemarugomula, Telangana 508126, India
Lat 17.479231°
Long 78.730804°
04/08/23 09:41 AM GMT +05:30



Dayara, Telangana, India
FPPH+549, Awshapur - Jameelapet Rd, Dayara, Telangana 508126, India
Lat 17.484309°
Long 78.726896°
04/08/23 11:30 AM GMT +05:30

Exercise for Health and YOGA Asanas:

The team took the initiative to educate the school students and the residents about the importance of health and yoga. They made the school students do yoga asanas and even demonstrated asanas. The asanas they demonstrated were focused mainly on health benefits like Diabetes. They not only educated the school students but even the residents of the village.

PROBLEM:

Not making the students and residents do yoga everyday

SOLUTIONS:

The residents can include yoga in their daily life.

Need to Start a Yoga centre in the village





Preparation of Diet Chart- Millet Lunch Box:

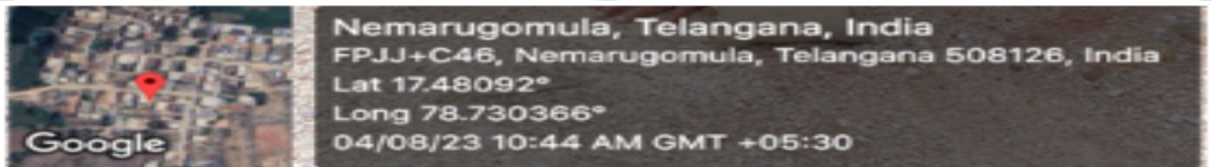
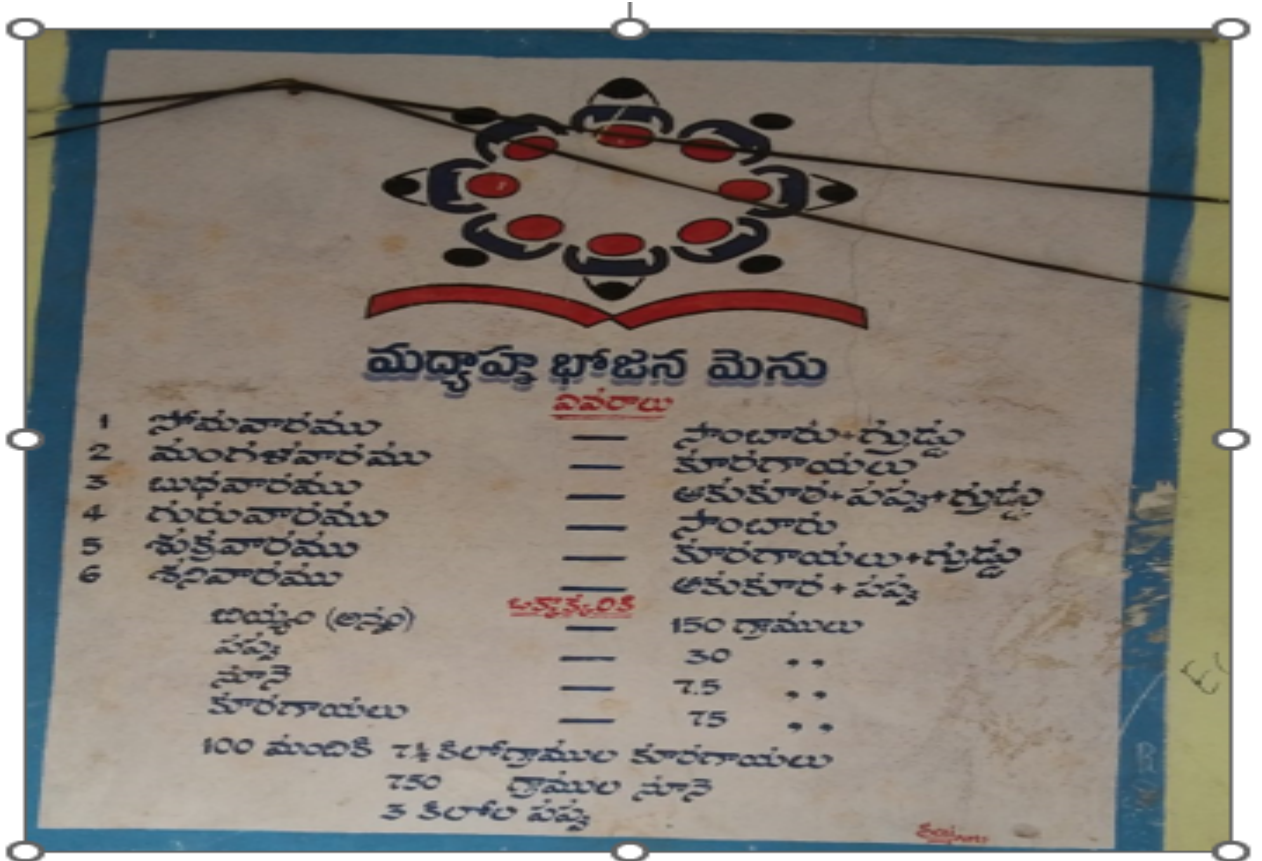
The team took initiative to educate the residents of the village about diet and millets. They educated the residents about the health benefits of millets. The volunteers prepared millet lunch boxes and showed as an example to the residents. They even went an extra mile by preparing a healthy diet chart. They covered topics like diabetes, HDL, anemia, constipation, cardiac diseases.

PROBLEMS:

Residents complained about the availability of millets.
No proper diet chart following

SOLUTIONS: Educate the shopkeepers of the village about millets.

Proper Diet chart to be followed for good health.



Diet chart displayed at School



Problems with JUNK FOOD:

This team took initiative of educating the school students about junk food. They shot a video which covered topics on health problems caused by junk food and importance of maintaining a neat and clean environment. The volunteers even involved the school students in the video.

PROBLEM: Consumption of junk food is quite frequent.

SOLUTIONS: Encouraging the students to bring fruit boxes for snacks.



CLOTH BAG:

The volunteers of this team took the initiative to educate the residents of the village and spread awareness regarding the usage of cloth bag. Volunteers made sure to visit every shop. They took an extra mile and visited the Mahila Bhavan to educate them about the use of cloth bag. To the knowledge of

the volunteers they were shops which made paper bags out of books which made us very proud to know .

PROBLEM: The residents were adamant and naive towards the usage of cloth bags.

SOLUTION: To conduct frequent surveys by educating the residents of the village.

ORGANIC FARMING:

This team took the initiative to spread awareness about the importance of organic farming and how it can effect the environment. They observed that most of the residents preferred chemical fertilizer's but were glad to know atleast few of the residents practiced organic farming. Volunteers also educated the residents about the usage of mineral water and cleanliness of the environment.

PROBLEM: 1) Municipal workers are not regular to the village.

2) Lack of knowledge regarding organic farming.

SOLUTIONS: Engage with the Community.



E-WASTE:

The team took the initiative to educate the residents about E-WASTE and how it can harm the environments. The volunteers collected the electronic waste from each resident in the village. They collected electronic gadgets like Phones, Remotes, CCTV cameras, Chargers etc. They even reassured them by letting them know that the gadgets they collected will be sent for recycling.

PROBLEM: Lack of black dust bins for discarding E-WASTE.

SOLUTIONS: Providing black dust bins in the village.

At the whole it was a wonderful interactive session with the residents of Nermarugomula Village. The residents were really welcoming and interested in the topics we were educating them about. We as volunteers felt hospitable.





Details of the volunteers:

SL NO.	NAME	CLASS	ROLL NO.
1	P. KOMAL	BSC MECS 3A	107221474039
2	P. UJWALA	BSC MECS 3A	107221474043
3	B. VENKATA TEJA	BSC MECS 3A	107221474002
4	D. NANDHINI	BSC MECS 3B	107221474052
5	VINISHA	BCOM COMPUTERS 3A1	107221402038
6	RAKSHITHA	BCOM COMPUTERS 3A1	107221402005
7	KRISHNA KOMALI	BCOM GENERALS 3C	107221471112
8	RAHUL REDDY	BCOM GENERALS 3C	107221471078
9	THANMUSHA. A	BCOM HBA 3	107221437002

10	SINDHUJA	BCOM HBA 3	107221437057
11	SWETHA. B	BCOM COMPUTERS 3A1	107221402014
12	D. MOUNIKA	BCOM COMPUTERS 3A1	107221402003
13	M. SOWMYA	BCOM COMPUTERS 3A1	107221402008
14	B. SAI DIVYA	BCOM HONOURS 3H2	107221407068
15	CH. DURGA BHAVANI	BCOM COMPUTERS 3A1	107221402044
16	S. KAJOL	BCOM HONOURS 3H2	107221407109
17	R. HARSHITHA	BCOM COMPUTERS 2A2	107222402086
18	K. SHALINI	BCOM COMPUTERS 2A2	107222402073
19	P.R. THARSHANA	BCOM COMPUTERS 2A2	107222402104
20	K. JAYADEEPTHI	BCOM COMPUTERS 2A2	107222402074
21	K. GEETHIKA	BCOM COMPUTERS 2A2	107222402076
22	K. UJWALA RANI	BCOM COMPUTERS 2A2	107222402108
23	D. SANDEEP	BCOM COMPUTERS 2A2	107222402117
24	DURGA CHOUDARY	BCOM COMPUTERS 2A2	107222402097
25	SHREYA. M	BCOM GENERALS 2C	107222401098
26	KEERTHANA. A	BCOM COMPUTERS 2A1	107222402026
27	PUJITHA	BCOM COMPUTERS 2A1	107222402017
28	KEISHA	BCNDC 2 nd YEAR	107222555016
29	VAMIKA	BCNDC 2 nd YEAR	107222555022
30	SREEMA	BCNDC 2 nd YEAR	107222555021
31	M. AKASH	BCOM GENERALS 3B	107221401045

32	V. K. ASHWIN	BCOM GENERALS 3B	107221401004
33	G. TEJA RAGHVENDRA	BCOM COMPUTERS 3A2	107221402109
34	S. DEVI BHAVANI	BA 3	107221391057
35	ANISH YADAV	BA 2	107222392010
36	SURAJ YADAV	BCOM HONOURS 2H1	107222407113
37	RAHUL CHOUDARY	BCOM GENERALS 2B	107222401040
38	M. KAVYA	BCOM HONOURS 1H2	107223407090
39	M. THRISHA	BCOM GENERALS 1B	107223401056
40	DIVYA	BA MPE	107223391056
41	T. MERVIN ABHINAV	BBA HONOURS	4413612(51)
42	ADARSH TIWARI	BBA HONOURS	107223684046
43	DURGESH	BCOM HONOURS	107223407075
44	SNIGDHA REDDY	BA MPSE	1072233008004
45	HARINI	BA MPSE	1072233008057
46	SINDHU PRIYA	BA MPSE	1072233008006
47	MEGHANA. J	BA MPSE	1072233008005
48	HARSHITHA. P	BCOM COMPUTERS 1A2	107223402112
49	SRAVANI. B	BBA HONOURS	52(4487012)
50	P. SAI RAM	BCOM HONOURS 3H2	107221407100
51	M. SAI TEJA	BCOM HONOURS 3H2	107221407092

PICTURES OF THE EVENT:



Group picture of all the volunteers



Interactive session with the mahila sangam in the village



Yoga session with the school students



Interacting with villagers



Organic gardening

[Drive Link:](https://drive.google.com/drive/folders/1yjW2FRzIS96EP-cYX5gr1DzJOpEfJLoP)

<https://drive.google.com/drive/folders/1yjW2FRzIS96EP-cYX5gr1DzJOpEfJLoP>