Index

Criterion No: 3.4.3 & 3.4.4

Criterion Details: 3.4.3 Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc.) and/or those organised in collaboration with industry, community and NGOs during the year

Criterion Details: 3.4.4 Number of students participating in extension activities at 3.4.3. above during year

S. No.	Particulars	Annexure No.
1.	Tree plantation drive	I.
2.	Independence day	II.
3.	Librarian Day	III.
4.	Cloth donation drive	IV.
5.	Harela Divas(Plantation)	V.
6.	International Yoga Day	VI.
7.	Nirjala Ekadashi	VII.
8.	world environment day	VIII.
9.	Seminar on Menstrual Hygiene	IX.
10.	Public Awareness Lecture on Road Safety	X.
11.	NSS Camp	XI.
12.	Women Hygiene Awarness Drive	XII.
13.	Cleanliness Drive	XIII.
14.	Awareness Rally on Earth Day	XIV.
15.	Awareness Drive on Women's Hygiene	XV.
16.	Yoga Session for Girls	XVI.

Director
Tula's Institute, Dehradun

17.	Medical Kits Distribution on World's Health Day	XVII.
18.	International Women's Day	XVIII.
19.	Cloth donation drive	XIX.
20.	Republic Day	XX.
21.	National Girl Child Day	XXI.
22.	Blood donation drive	XXII.
23.	Blanket distribution drive	XXIII.
24.	Awareness drive on Women Hygiene	XXIV.
25.	Shramdaan (Cleanliness Drive)	XXV.

Director
Tula's Institute, Dehradun

Annexure 1

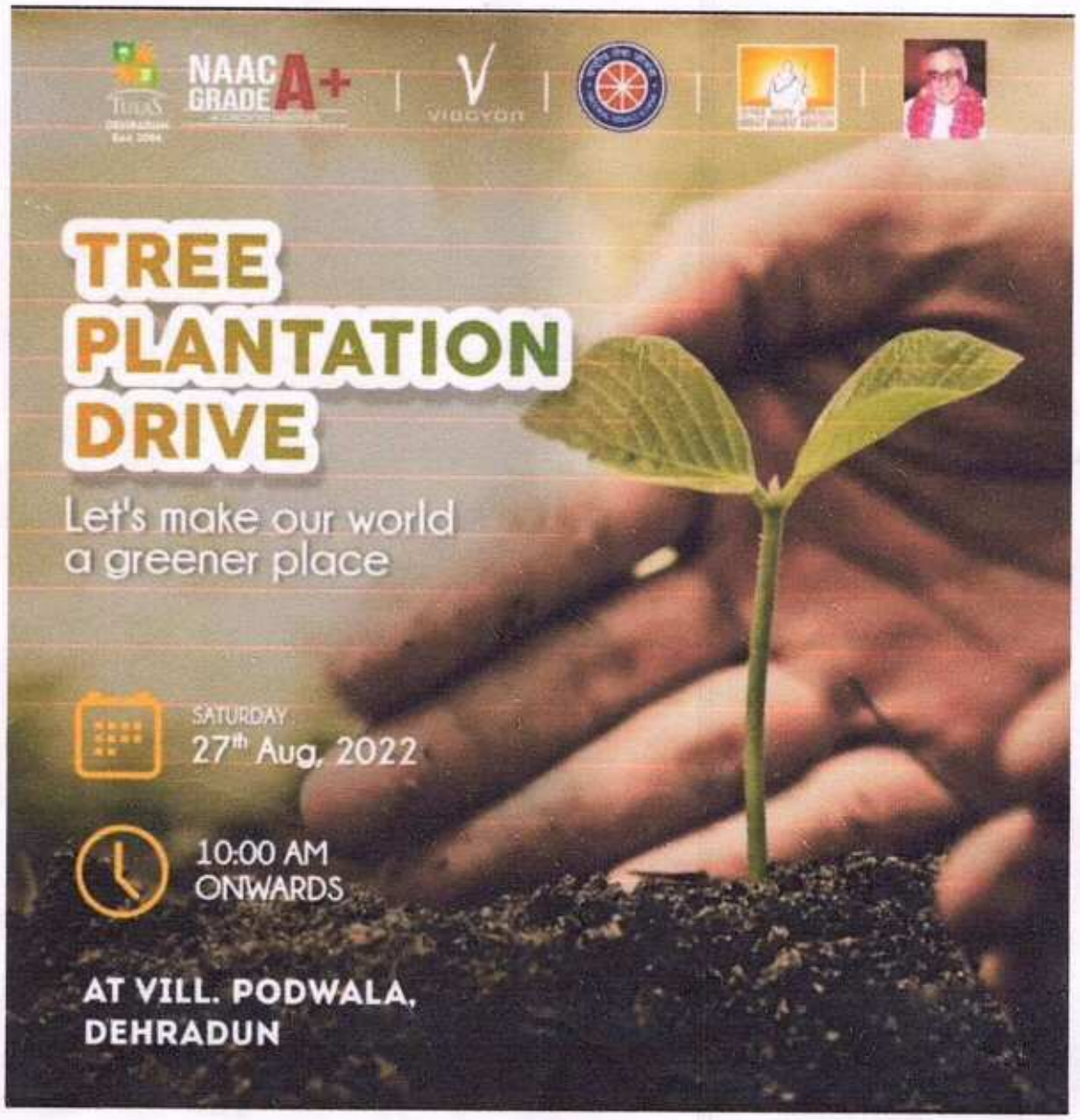
Tree Plantation Drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 27th August 2022

'TREE PLANTATION DRIVE' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at VILL. PODWALA, DEHRADUN



Trees represent life, growth, peace, and nature. They produce oxygen, clean soil, prevent drought, control flood-related disasters, prevent soil erosion, improve physiological, mental and spiritual health, and also reduce carbon footprints. Keeping this in mind the campaign for the One-Student One-Tree program was initiated by the Tula's Institute, Dehradun and Shri Nityanand Swami Jan Seva Samiti on 27th August 2022 by the NSS unit at vill. Podwala, and adopted village under Unnat Bharat Abhiyan.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

1. To beautify the areas for scenic beauty.
2. To reduce the surface run-off discharge and checking soil erosion along the embankments.
3. To reduce temperature and increase humidity.

Outcomes of the Event

1. More than 120 trees were planted in the locality.
2. Students were given education on how to plant a tree and how to take care of them.

Summary Report

An Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

Venue: *Vill. Podwala, Dehradun*

Date: 27th August 2022

The NSS team of Tula's institute did a plantation drive along with Shri Nityanand Swami JSS NGO at Podwala village, Dehradun 27th August 2022. It was the participation of 45 students and 10 faculty members who have done a great job. The drive started with an introduction address by Mr. Vinayak Sharma, youth wing president of the NGO, who shared the basic process of planting a tree. The students planted Mountain Ebony, and Indian blackberry saplings. There were also discussions during the drive about how we can save the forest and contribute to wildlife and the environment. The drive was a great success, and NSS will keep doing such activities to spread awareness among students and society. Emmanuel Gabriel, Sandeep Gautam along with other faculties participated in the plantation drive..

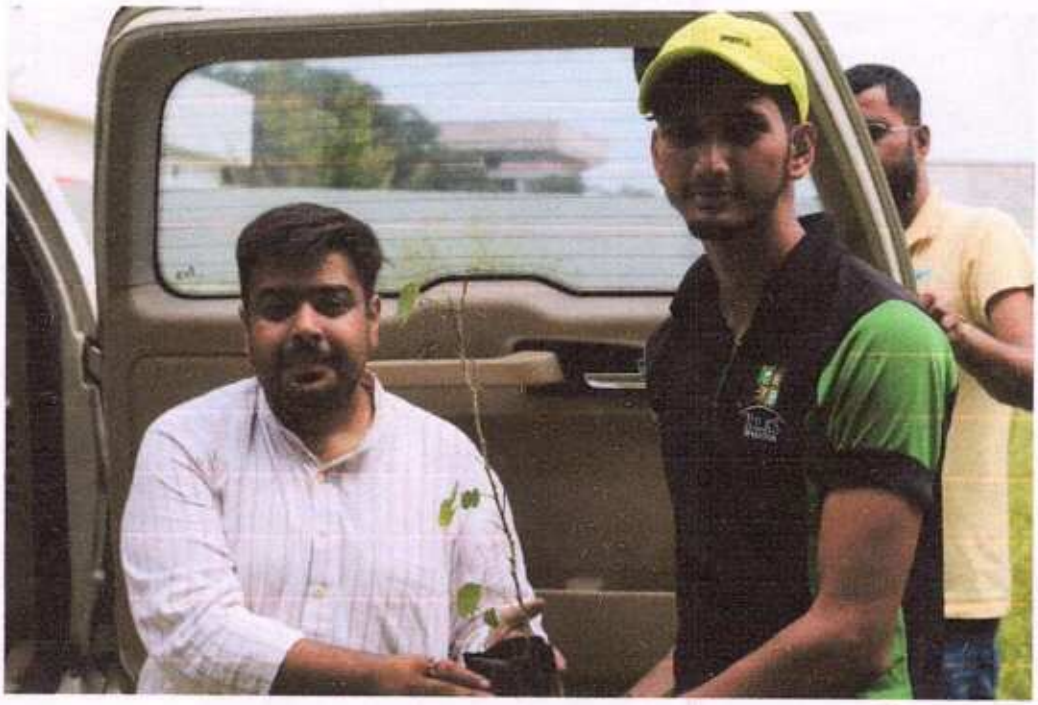
Gabriel

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS

1 Mr. Vinayak from NGO teaching the student about how to plant a tree in correct way

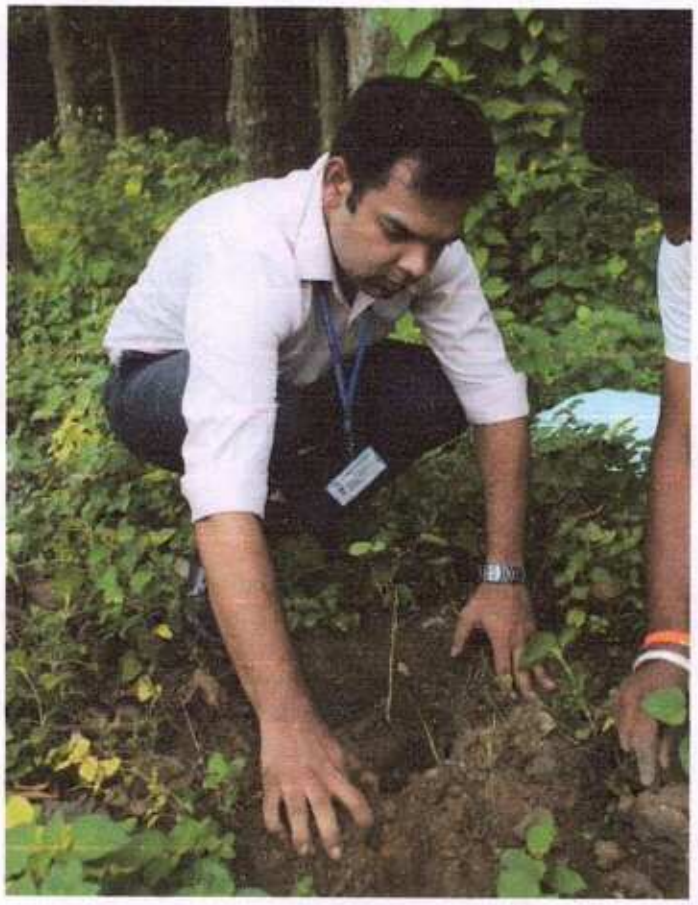


2 Students participated with full enthusiasm, 27th Aug 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

3Faculty members planting tree, 27th Aug 2022



4 Faculty member planting the sapling, 27th Aug 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

5 Tree plantation drive at vill Podwala, 27th Aug 2022

6 Students planting the sapling during the drive, 27th Aug 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

7 Students preparing for tree plantation, 27th Aug 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

GEO TAGGED PHOTOGRAPHS

faculties of tula's posing for group photo

Mr. Vinayak explaining about the process of tree plantation to the students

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students and Staff planting trees.

Students and Staff planting trees.

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Tree plantation Drive Date: 27/08/22

S. No	College ID	Name	Branch and Year	Signature
1	2020016051	KUMARKARAN PD	BTech III 5th yr	Karan
2.	2020016036	SAURABH YADAV	BBA - III yr	Saurabh
3.	2020016025	Vibhas kumar	BBA = III rd yr	[illegible]
4.	2020016016	Shambhavi singh	CSE 2nd yr	[illegible]
5.	2020016054	Shashank Raj	BBA 1st yr	Shashank
6.	2020016024	ABHISHEK KUMAR	Agri 2nd yr	Abhishek
7	2020016004	Mohini Kumari	B.Com 3rd yr	Mohini
8	2020016018	Badal Kumar	ECE 1st yr	Badal
9.	2020016002	Juhi	BBA 2nd yr	[illegible]
10.	2020016012	Sanjana Rana	Agri 2nd yr	Sanjana
11.	2020016020	Shruti Kumari	BBA 2nd	Shruti
12.	2020016058	Ankit kumar Ranjan	BBA 1st	Ankit
13.	2020016040	Bablu kumar	BBA 1st	Bablu
14	~~Sunil K~~			
15.	2020016026	Sunil Kumar	Agriculture/3rd	[illegible]
16.	2020016027	Ankit Kumar	Agriculture/3rd	[illegible]
17.	2020016028	Sanjay Kumar.	BBA 1st	Sanjay
18.	2020016005	Ritesh Singh.	BBA 1st	Ritesh
19.	2020016042	Khushi Shina	BBA 1st	Khushi
20.	2020016046	Mousumi Paul	BBA 1st	Mousumi

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Tree Plantation Drive **Date:** 27/08/22

S. No	College ID	Name	Branch and Year	Signature
1	2021013015	Sneha Sikarwar	BBA 2nd yr	Sneha
2	2021013001	Sneha Kolya	BBA 2nd yr	Snehakolya
3	2021013025	Shagun Chaudhary	BBA 2nd yr	Shagun
4	2021013022	Stuti Jain	BBA 2nd yr	Stuti
5	2021013121	Anand	BTech 2nd	
6	2021013028	Preeti	MBA 2nd	Preeti
7	2021013041	Anupam	B.tech. 2nd	Anu
8	2021013044	Ankit	MBA. Ist	Ankit
9.	2021013048	Prashant	BBA. 2nd	prashant
10	2021013044	Priya	MBA 2nd	Priya
11.	2021013042	Raj	B.tec 3rd	Raj
12.	2021013009	Amrita	BBA 2nd	Amrita
13.	2021013059	Palak	BBA 2nd	Palak
14.	2021013042	Rajat	BTech. 3rd.	
15.	2021013051	Priyesh Ghosh	BBA 2nd	Ghosh
16	2021013109	Apurva Dhar	BBA 2nd	Apurva Dhar
17.	2021013058	Aditya Pandey	BBA 2nd	
18.	2021013052	Mayank Pal	BBA 2nd	
19.	2021013043	Ashish Pawar	BBA 2nd	
20	2021013050	Jatin Singh Rawat	BBA 2nd	Jatin Rawat

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: TREE Plantation Drive

Date: 27/08/22

S. No	College ID	Name	Branch and Year	Signature
1	2021013078	MD IRFAN GAUS	BBA 2nd yr	Irfan
2.	2021013073	SIDDHARTHA	BBA 2nd yr	[illegible]
3.	2020013065	Satyam Sini	BBA 3rd yr	Sini
4.	2021013060	Lovepreet Kaur	BBA 2nd year	Lovepreet
5	2021013110	vimal farmer	BBA 2nd year	[illegible]
6.	2021013091	Ajeet prasad kurmi	BBA 2nd year	Ajeet
7	2021013112	Omesh prasad pant	BBA 2nd year	[illegible]
8	2020013027	Md. Mahabuddin	BBA 3rd yr	[illegible]
9	2021013086	Sanjana Kumari	BBA 2nd yr	Sanjana
10.	2021013057	Ekta yadav	BBA 2nd yr	Ekta
11.	2020018017	Aayushi Shah	B. Com 3rd yr	Aayushi.
12.	2020018002	Priya Arya	B. Com 3rd yr	Priya
13.	2020018004	Samkirti Negi	B. Com 3rd yr	[illegible]
14.	2020018014	Vaishali Patwal	B. Com 3rd year	[illegible]
15	2020018012	Shipra Chauhan	B. Com 3rd year	[illegible]

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 2

Celebration of 75th Independence Day

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 15th August 2022

'75th INDEPENDENCE DAY CELEBRATION' BY NSS, NCC, AND TULA'S INSTITUTE, DEHRADUN

About Independence Day

On the memorable day of 15th August 1947, our motherland dawned to the greatest victory of freedom paving the path for a brighter and more promising future for our nation. To mark this glorious triumph, India blissfully celebrates Independence Day with great zeal on 15th August every year. Reminiscing the indomitable spirit of our freedom fighters and partaking in the splendid victory of freedom, Tula's Institute celebrates Independence Day every year with great grandeur and pomp.

Initiative by Tula's Institute, Dehradun

On 15th August 2022 celebrated as independence day, India achieved independence from British colonization. The day holds national pride and honour in the heart of every Indian citizen living in India and abroad as on this day, the nation secured full autonomy from the British. Tula's independence day began with a speech, followed by the chairman hosting a flag and everyone singing the national anthem. The Chairman of Tula's Institute presented NCC Cadets with badges and expressed his appreciation. Scouting was done by NCC cadets. The chairman of the committee.

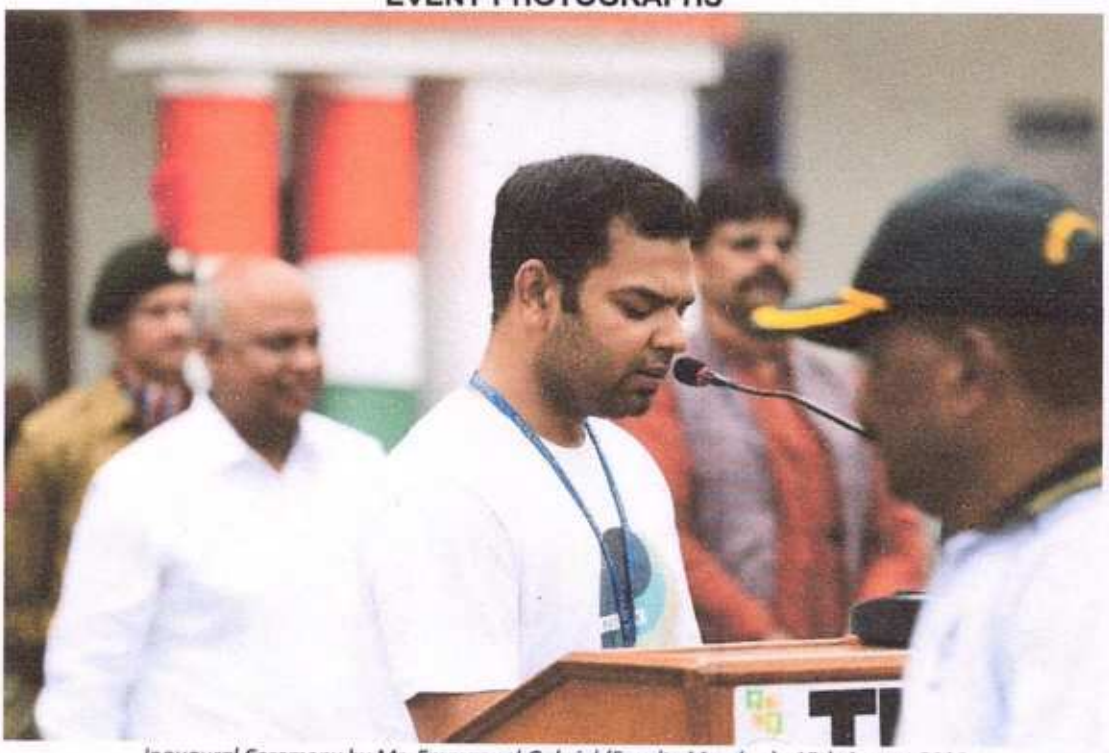
Objectives of the Event

Indian Independence Day is observed as a national holiday throughout the country. It **reminds us of the many sacrifices our freedom fighters made for the freedom movement and to get Independence from British rule**.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS



Inaugural Ceremony by Mr. Emmanuel Gabriel (Faculty Member) , 15th August 2022

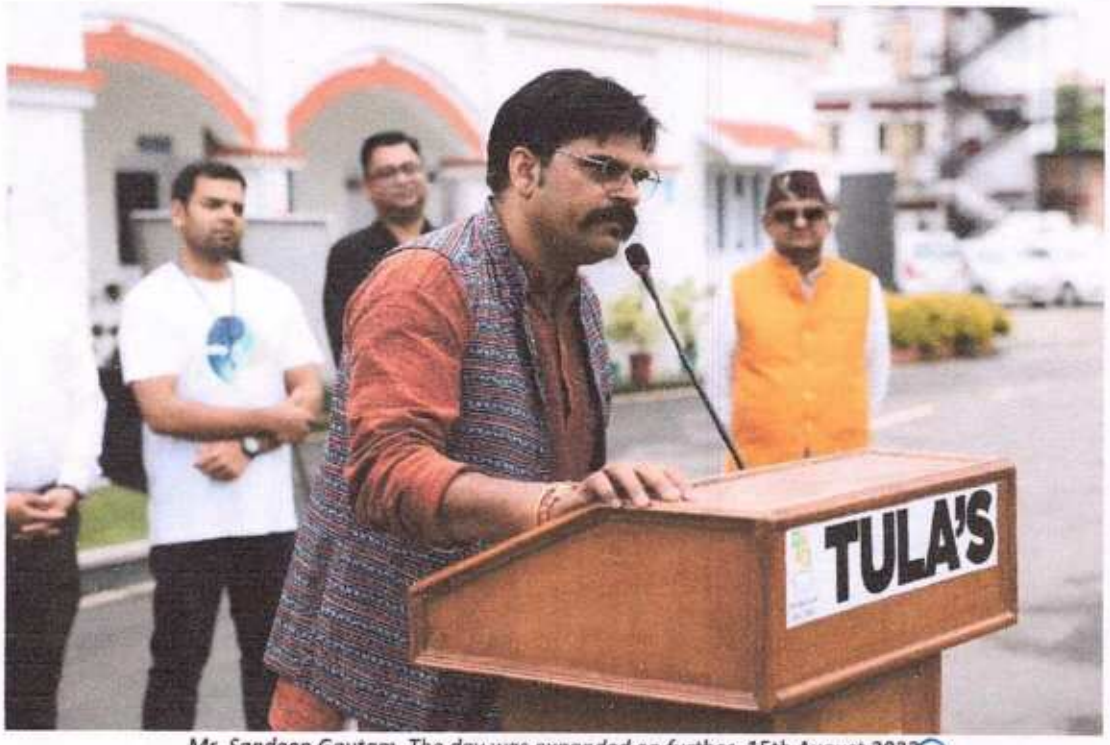
NCC cadets present during the inaugural ceremony 15th August 2022

Gabriel

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

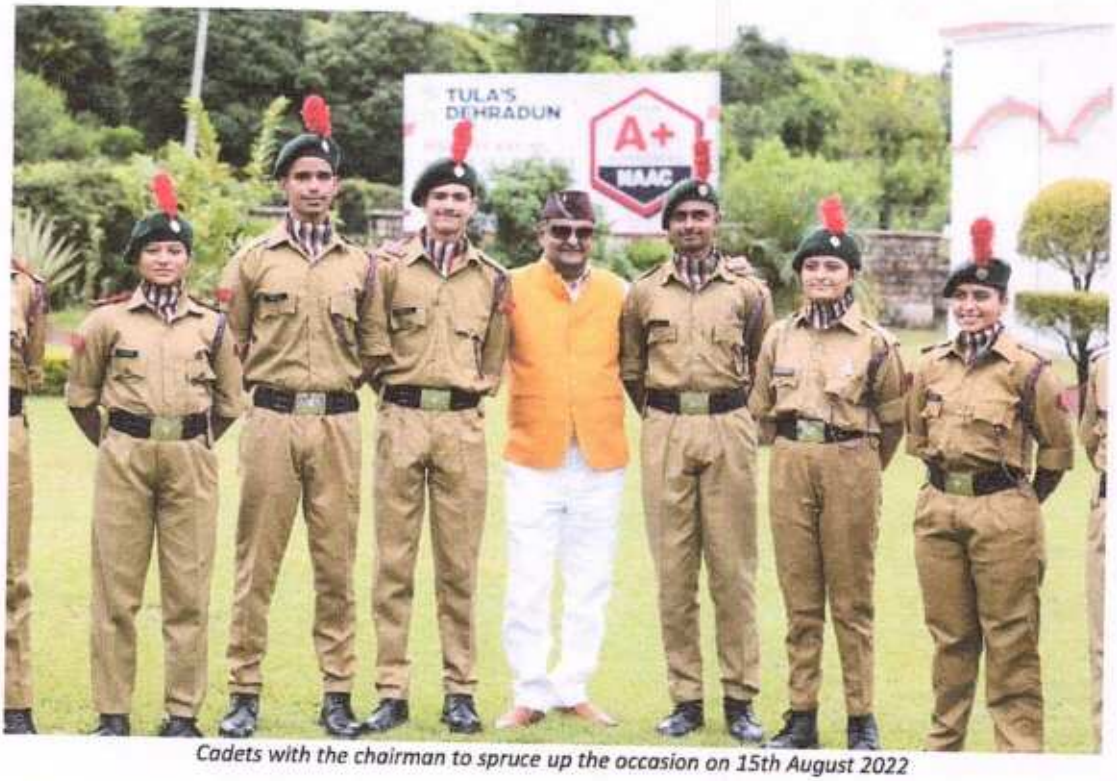
All faculty presented on independence day 15th August 2022



Mr. Sandeep Gautam ,The day was expanded on further. 15th August 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Cadets with the chairman to spruce up the occasion on 15th August 2022

Tula's family comes together to celebrate the day 15th August 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

GEO TAGGED PHOTOGRAPHS

Chairman Mr. Sunil Jain presenting Promotion badge to NCC Cadet

Mr. Sachin Kumar presenting promotion badge to NCC Cadet

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Independence day celebration at Tula's

Independence day celebration at Tula's Institute

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Independance Day **Date:** 15/08/22

S. No	College ID	Name	Branch and Year	Signature
1.	2021013102	Saurabh Dhanraj	BBA 2nd year	Dhanraj
2.	2021013010	Nandani Kumari	BBA 2nd Year	Nandani
3.	2021013100	Nishant kr Chandel	BBA 2nd year	Nishant kr Chandel
4	2021013045	Dipesh Patel	BBA 2nd year	Dipesh Patel
5.	2021013106	DHRUV. RAJ	BBA 2nd year.	Dhruv Raj.
6.	2021013080	Aishwar Anar	BBA 2nd year	Anar
7.	2021013085	Soniya Priya kumari	BBA 2nd year	Soniya
8.	2021013067	Shruti Rana	BBA 2nd Year	Rana
9.	2021013081	SHIVANGANI DOBHAL	BBA 2nd year	[illegible]
10	2021013086	Sanjana Kumari	BBA 2nd Year	Sanjana
11.	2021013057	Ekta yadav	BBA 2nd y.	Ekta yadav
12,	2021013089	Divyansh Sahu	BBA 2nd y.	[illegible]
13.	2021013083	Aryan khanari	BBA 2nd y.	[illegible]
14	2020013001	Ancy Albert	BBA 3rd y/r	[illegible]
15	2020013015	Nitisha	BBA 3rd yr	Nitisha
16	2020013066	Yadi	BBA 3rd	[illegible]
17	2021013030	Gurdeep Sahni	BBA 2nd	[illegible]
18	2021018020	Uttawal Saini	B.COM (H)nd	Saini
19	2021018007	Vishal Kushwaha	B.com (H)nd	Vishal.
20	2021018013	Shristi Negi	B. com (H)	[illegible]
21	2021018029	Shruti	B.com (H)	Shruti
22	2021018021	Abhinav Aryan	B. com (H) 2nd yr	Abhi
23	2021018006	Pooja Pal	B.Com (Hon) 2nd yea	Pooja

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 3

Librarian's Day

TULA' S INSTITUTE, DEHRADUN

Date: 12th August 2022

'LIBRARIAN DAY CELEBRATION' BY TULA'S INSTITUTE, DEHRADUN

Women Librarian Daty

The 12th of August is being celebrated as National Librarian's Day **in remembrance of Dr S.R Ranganathan** who has immense contribution in the field of Library and information science and known as the father of Library Science of India. Ranganathan was awarded Padma Shri for his valuable contributions to Library Science.

Initiative by Tula's Institute, Dehradun

National librarian's day was commemorated on 12th August 2022 on Tula's Institute to honour Dr. S.R. Ranganathan, who's the 'Father of Library Science' in India. The ceremony, which took place at the library, was attended by the faculties. They presented flowers to Dr. S.R. Ranganathan out of deep thanks.

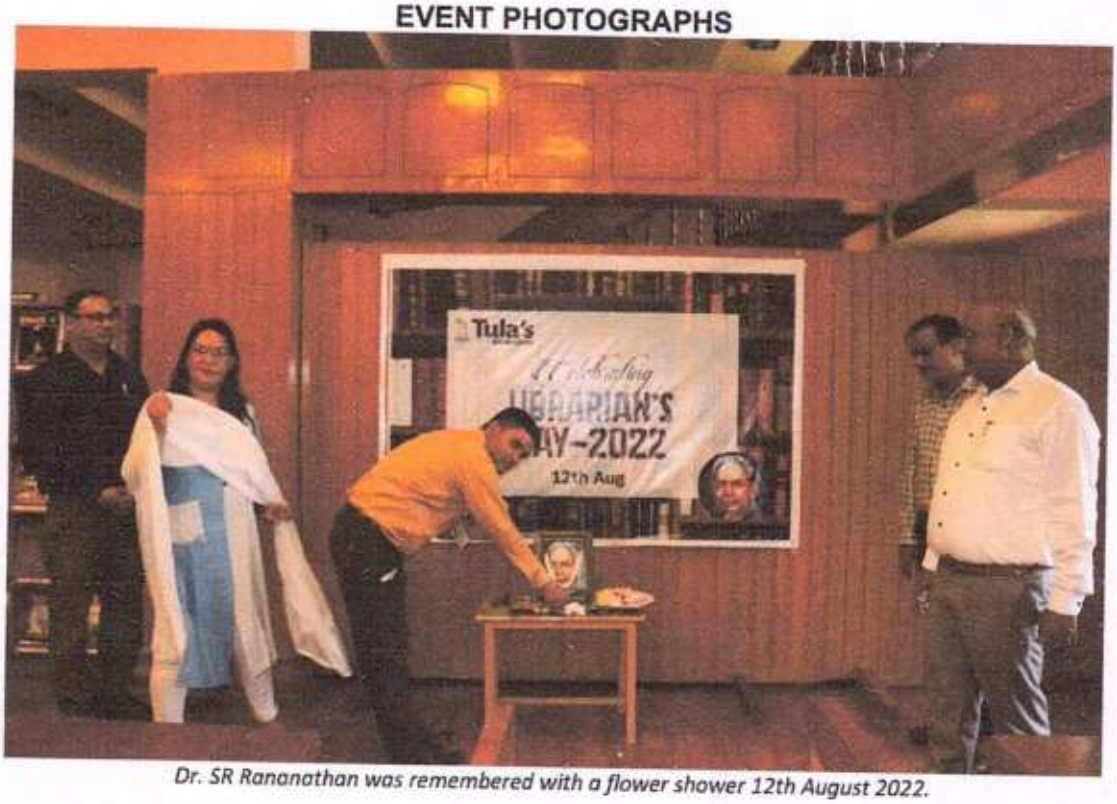
Objectives of the Event

Every year 12 th of August, the birthday day of Dr. S.R. Ranganathan, the Father of Library science in India, is celebrated as the 'Librarian's day' with the aim to **promote the use of libraries.**

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS

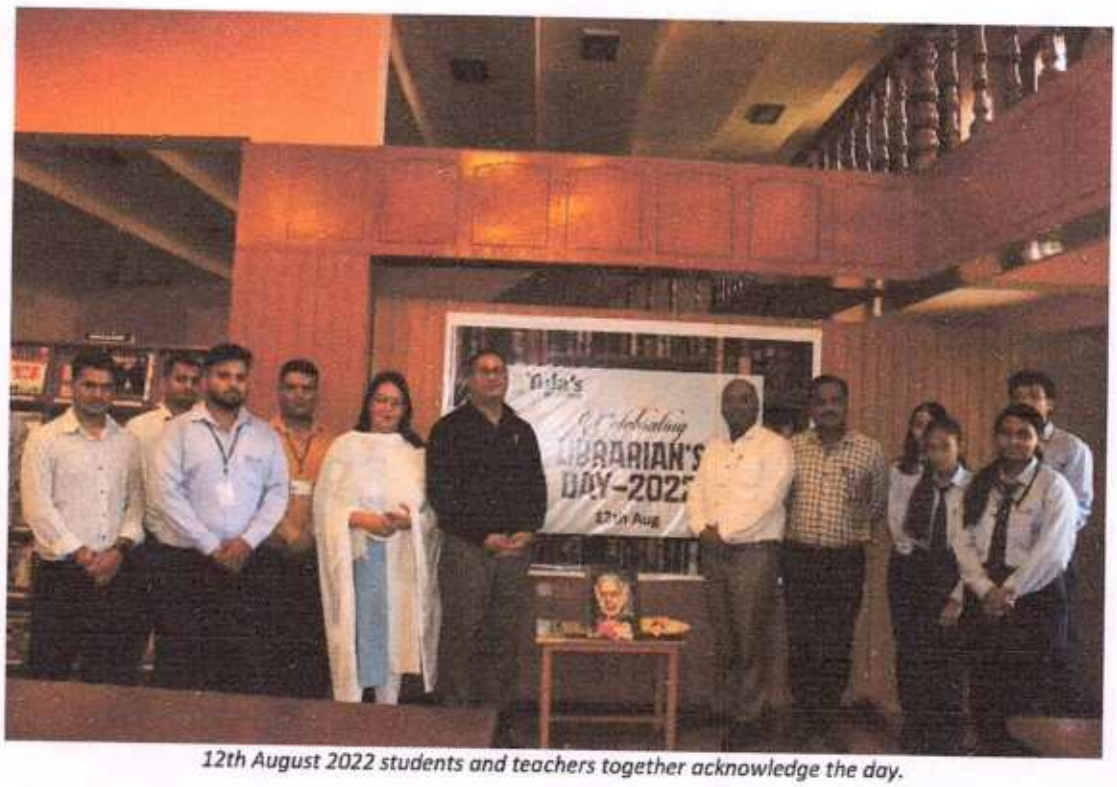


Dr. SR Rananathan was remembered with a flower shower 12th August 2022.

shower the flower with respect and admiration 12th August 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



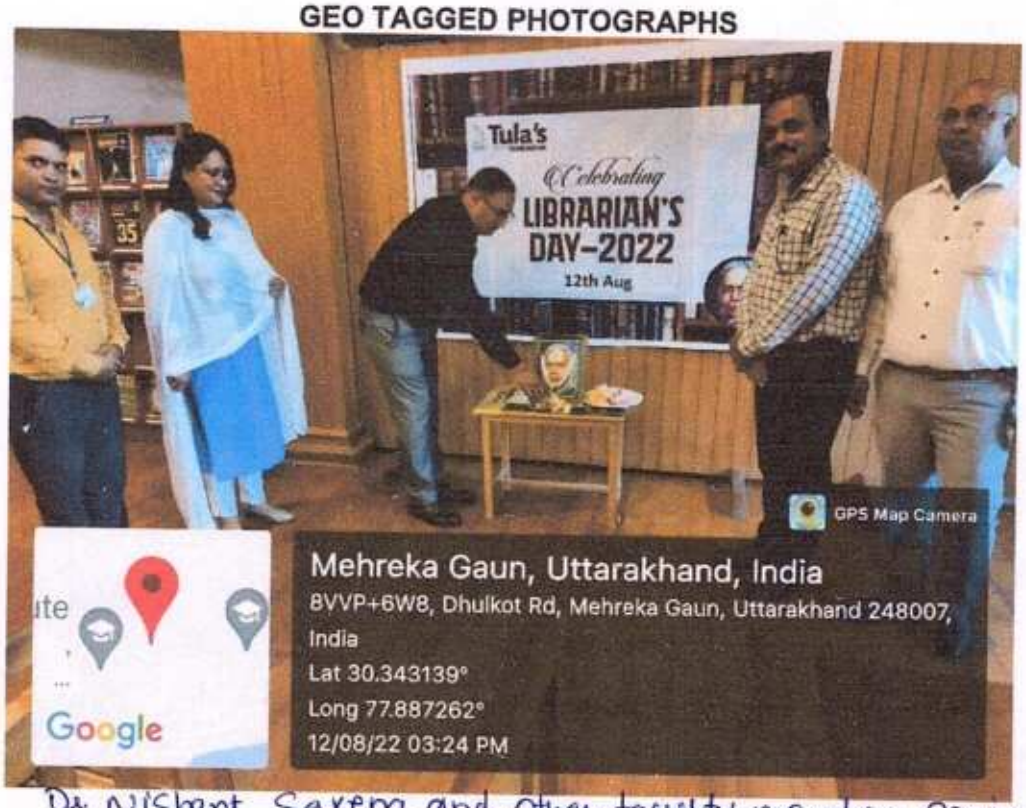
12th August 2022 students and teachers together acknowledge the day.

12th August 2022 students and teachers together acknowledge the day.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

GEO TAGGED PHOTOGRAPHS



Dr Nishant Saxena and other faculty members paying gratitude.

Librarian Day celebration.

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Librarian Day

Date: 12 Aug 2022

S. No	College ID	Name	Branch and Year	Signature
1	2020016051	KUMAR KARAN PD	Btech 3rd	
2	2020016036	Saurabh Yadav	Btech 3r	
3	2020016025	Vilekhas Kumar	Btech 3rd	
4	2020016054	Shashank Raj	Btech 3rd	
5	2020016024	Abhishek Kumar	Btech 3rd	
6	2020016004	Mohini Kumari	Btech 3rd	
7	2020016018	Badal Kumar	Btech 3rd	Badal
8	2020016002	Tuhi	Btech 3rd	
9	2020016012	Sanjana Rana	Btech 3rd	
10	2020016020	Shruti Kumari	Btech 3rd	
11	2020016058	Ankit Kumar Ranjan	Btech 3rd	
12	2020016040	Babloo Kumar	Btech 3rd	
13	2020016026	Sunil Kumar	Btech 3rd	
14	2020016027	Ankit Kumar	Btech 3rd	
15	2020016028	Sanjay Kumar	Btech rd	Sanjay Kr
16	2020016005	Ritesh Singh	Btech 3rd	Ritesh Singh
17	2020016042	Khushi Sinha	Btech 3rd	Khushi Sinha
18	2020016046	Mousumi Paul	BSC Agri 2nd	Mousumi Paul
19	2020016017	Gaurav Singh Rawat	BSC Agri 2nd	Gaurav
20	2020016043			

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Librarian Day

Date: 12 Aug 2022

S. No	College ID	Name	Branch and Year	Signature
1	2020016017	Gaurav Singh Rawat	BSC	Gaurav Singh
2.	2020016043	Kangkunam Dai.	BBA	Kangkunam
3	2020016049	Obang yirang	BBA	Obang
4.	2020016007	Hakam Riang	BBA	Hakam
5.	2020016030	Roshni	BCA	Roshni

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 4

Clothes Donation Drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

NAAC GRADE A+

*Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015

Affiliated: *Uttarakhand Technical University * Sri Dev Suman Uttarakhand University* Uttarakhand Board of Technical Education

Ref: Tula's/EC/0722/ **Date: 14th July 2022**

NOTICE

The NSS unit of Tula's Institute and the student council in collaboration with Shri Nityanand Swami Jan Seva Samiti have decided to take up a clothes donation drive at Sahastradhara road, Dehradun on 16th July 2022. All the students and faculty members who want to participate can give their names to the coordinator for the event, details are mentioned below.

Event Coordinator: Ms. Chhaya Chaudhary
BBA 2nd Year

Emmanuel Gabriel
Head
Extension Committee
Tula's Institute, Dehradun

Cc to: Director / Dean (A)/ Dean M & A/ Registrar / All Notice Boards

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

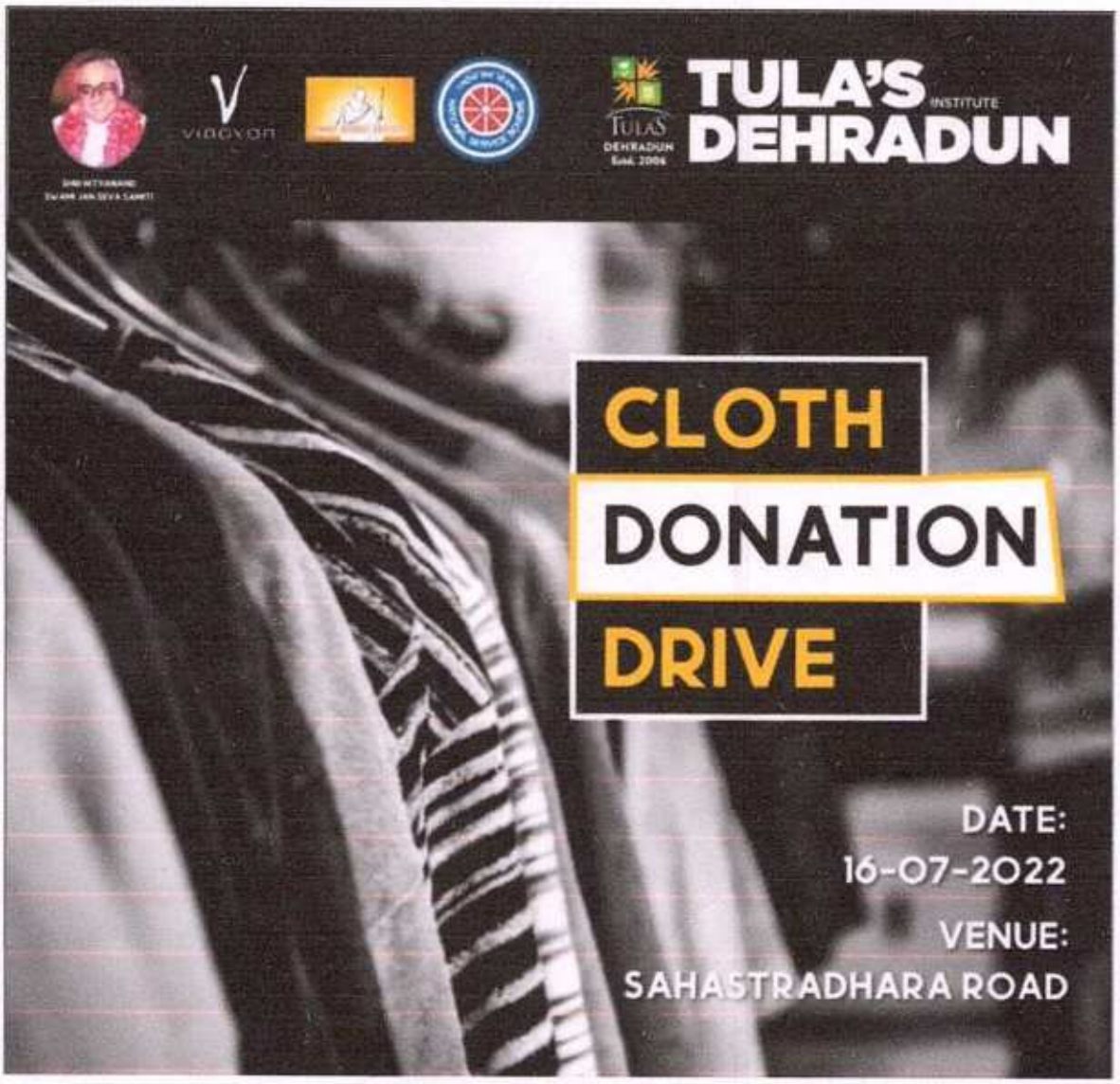
Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 16th July 2022

'CLOTHES DISTRIBUTION DRIVE' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at SAHASTRADHARA ROAD, DEHRADUN



Trees represent life, growth, peace, and nature. They produce oxygen, clean soil, prevent drought, control flood-related disasters, prevent soil erosion, improve physiological, mental and spiritual health, and also reduce carbon footprints. Keeping this in mind the campaign for the One-Student One-Tree program was initiated by the Tula's Institute, Dehradun and Shri Nityanand Swami Jan Seva Samiti on 27th August 2022 by the NSS unit at vill. Podwala, and adopted village under Unnat Bharat Abhiyan.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

1. The main objective behind cloth distribution was to **provide clothes to needy people** and it became a reason for someone's fathomless happiness that could put them to fair use. Tula's Institute through its NSS unit works to ensure the health and improve the quality of life of the poor and downtrodden.

Outcomes of the Event

1. Clothes were distributed to more than 200 people.

Summary Report

An Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

Venue: *Sahastradhara road,, Dehradun*

Date: 16th July 2022

Tula's Institute, Dehradun – NSS Unit in association with Shri Nityanand Swami Jan Seva Samiti (NGO) took an initiative and organized NSS Clothes Distribution Drive at the slums of Sahastradhara road and ATS Dehradun. The Drive was on 16th July 2022. This activity aims to provide clothes to needy and poor children and their families.

Volunteers kept boxes near the entrances of the slums. There was an overwhelming response from the students of the Tula's Institute to the donation drive. Volunteers took sincere efforts in collecting all the clothes and segregated them as per age groups.

The students were very enthusiastic about the drive as they were happy after experiencing the cheerful and happy faces of the children in the slum area. The villagers accepted all the clothes without any grudging which were distributed by NSS Volunteers.

On the whole, the drive was very fruitful for the villagers. As a result, they appeared very much positive and supportive of the program when they witnessed sympathy and painstaking efforts for children and people living around it. They also thanked and appreciated all the NSS Volunteers and NGO for taking the kind initiative.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS

Clothes donation drive at Sahastradhara road, 16 July 2022

Students distributing clothes to the needy people, 16 July 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students distributing clothes at the clothes donation drive, 16 July 2022

Needy people collecting clothes during the donation drive, 16 July 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Clothes donation drive at Sahastradhara road, 16 July 2022

Students helping the people during the donation drive, 16 July 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

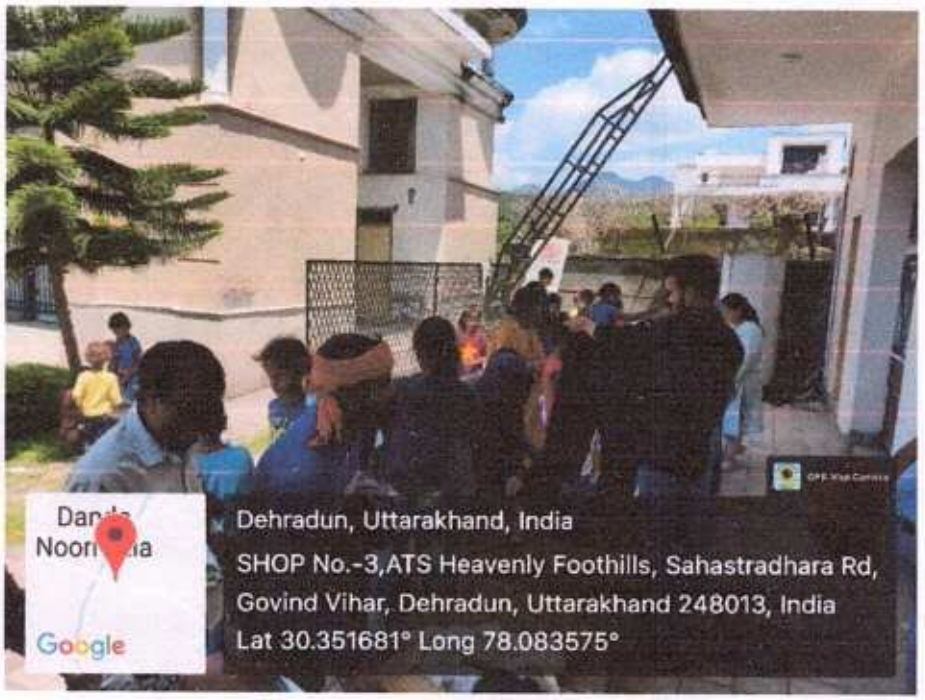
GEO TAGGED PHOTOGRAPHS

People selecting clothes during the donation drive

Students and volunteers during the drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Clothes donation drive Date: 16/July/22

S. No	College ID	Name	Branch and Year	Signature
1	2021016030	Yakshesh	Agri 1st year	Yakshesh
2	2021016031	Ajay	Agri 1st year	Ajay
3	2021016032	Purushtum	Agri 1st year	Purushtum
4	2021016033	Amit	Agri 1st year	Amit
5	2021016034	Rishikesh	Agri 1st year	Rishikesh
6	2021016035	Dipanshu	Agri 1st year	Dipanshu
7	2021016036	Isha	Agri 1st year	Isha
8	2021016037	Nisha	Agri 1st year	Nisha
9	2021016038	Aditya	Agri 1st year	Aditya
10	2021016039	Ankit	Agri 1st year	Ankit
11	2021016030	Akhilesh	Agri 1st year	Akhilesh
12	2021016031	Sneha Panwar	Agri 1st year	Sneha
13	2021016029	Shristi Saumya	Agri 1st year	Shristi Saumya
14	2021016028	Kritambar Saikar	Agri 1st year	Kritambar
15	2021016027	Harrison	Agri 1st year	Harrison
16	2021016017	Mibom	Agri 1st year	Mibom
17	2021016016	Zamil	Agri 1st year	Zamil
18	2021016011	Anubhav	Agri 1st year	Anubhav
19	2021016022	Vinita	Agri 1st year	Vinita
20	2021016039	Ajay	Agri 1st year	Ajay

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Cloth donation drive **Date:** 16/July/22

S. No	College ID	Name	Branch and Year	Signature
01	2021013046	Lavanya singh	BBA 2nd year	Lavanya.
02	2021013003	Sneha Goel	BBA 2nd year	Sneha.
03	2021013021	Rohit kumar	BBA 2nd year	Rohit Kumar
04	2021013092	Purushottam Kr Pandey	BBA 2nd year	[illegible]
05	2021013111	kapil Awasthi	BBA 2nd year	[illegible]
06	2021013071	vikash singh	BBA 2nd year	Vikash
07	2020013036	Arun Gupta	BBA 2nd yr	Arun Gupta
08	2020013060	Vicky kumar	BBA 3rd yr	Vicky
09	2020018003	Riya chand	B.Com (Hons) 3rd	Riya
10	2020018013	Suraj Bhatt	B.Com (H) 3rd year	[illegible]
11	2020018010	Preeti Bora	B.Com (H) 3rd year	Preeti
12	2020018009	Sakshi Chand	B.Com (H) 3rd year	Sakshi
13	2020018011	Anjali Bisht	B.Com (H) 3rd year	Anjali
14	2021018016	Ambika Rawat	B.Com (H) 2nd	Ambika
15	2021018010	Honey Chaudhary	B.Com (H) 2nd	Honey
16	2021018008	Himanshu Kumar	B.Com (H) 2nd	Himanshu
17	2021018018	Rohan Rawat	B.Com (H) 2nd	Rohan Rawat.
18.	2020013080	Gautam chauhan.	BBA 3rd year	[illegible]
19.	2020013006	Andrew Grindler	BBA 3rd year	Andrew.
20	2021013050	Fatin Rawat	BBA 2nd year	Fatin

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 5

Harela Divas

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 16th July 2022

'HARELA DIWAS CELEBRATION' BY TULA'S INSTITUTE, DEHRADUN

Importance Harela Diwas

Harela is a Hindu festival celebrated annually on July 16 in the Kumaon region of Uttarakhand — a festival of peace, prosperity, greenery, and environmental protection. It coincides with the religious celebration of the wedding of Lord Shiva and Goddess Parvati.

Initiative by Tula's Institute, Dehradun

Tula's Institute celebrated Herala Day with great zeal on July 16, 2022. Students and faculty took the initiative to plant plants in various locations throughout Tula. The theme of the celebration was "Save the Environment."
Students bed out the plants and poured water for the healthy life of our Tula's environment with the help of the working staff.

Objectives of the Event

This festival **marks the onset of the Rainy-Season (Monsoon)**. They pray for a good harvest and prosperity. Harela means "Day of Green", and Agriculture-based communities in the region consider it highly auspicious, as it marks the beginning of the sowing cycle in their fields.

EVENT PHOTOGRAPHS

Planting plants over the campus 16th july 2022.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Aiding and Abetting nature's beauty to blossom 16th july 2022.

pouring water to plants to grow 16th july 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Staff celebrating the day herala divas 16th july 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

GEO TAGGED PHOTOGRAPHS

Student planting tree during the Hareka Divas

Student planting tree on the occasion

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Tree plantation Drive on Harela Divas

Tree plantation Drive on Harela Divas

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Plantation Day

Date: 16/July/22

S. No	College ID	Name	Branch and Year	Signature
1	2021016011	Shivangi	Agri 1st year	
2	2021016009	Alak	Agri 1st year	
3	2021016008	Anubhav K	Agri 1st year	
4	2021016006	Karan	Agri 1st year	
5	2021016007	Ayush	Agri 1st year	
6	2021016011	Sonu	Agri 1st year	
7	2021016012	Devika	Agri 1st year	
8	2021016013	Aryan	Agri 1st year	
9	2021016014	Anchal	Agri 1st year	
10	2021016015	Arjun	Agri 1st year	
11	2021016005	Shambhavi	Agri 1st year	
12	2021016004	Anand	Agri 1st year	
13	2021016003	Khushi	Agri 1st year	
14	2021016002	Urmila	Agri 1st year	
15	2021016001	Titas	Agri 1st year	
16	2021016027	Harrison	Agri 1st year	
17	2021016028	Kritambar	Agri 1st year	
18	2021016029	Shrishti	Agri 1st year	
19	2021016030	Sneha	Agri 1st year	
20	2021016031	Akhilesh	Agri 1st year	

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 6

International Yoga Day

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

NAAC GRADE A+ ACCREDITED INSTITUTE HIGHEST RATING AMONGST COLLEGES & UNIVERSITIES IN UTTARAKHAND

*Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015

Affiliated: *Uttarakhand Technical University * Sri Dev Suman Uttarakhand University*Uttarakhand Board of Technical Education

Ref: Tula's/ EC /0722/ **Date: 20th June 2022**

NOTICE

It is to inform all the students and staff that, the NSS unit of Tula's Institute with Sukamana Foundation is going to organize a yoga session at Tula's Institute, Dehradun for all students on 21st June 2022 on the occasion of International Yoga Day. The chief guest for the event will be Shri Satpal Maharaj, Cabinet Minister of Uttarakhand.

Students of the NSS unit and student council will be volunteers for the event.

Director
Tula's Institute, Dehradun

Emmanuel Gabriel
Head
Extension Committee
Tula's Institute, Dehradun

Cc to: Director / Dean (A)/ Dean M & A/ Registrar / All Notice Boards

Vision

- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:

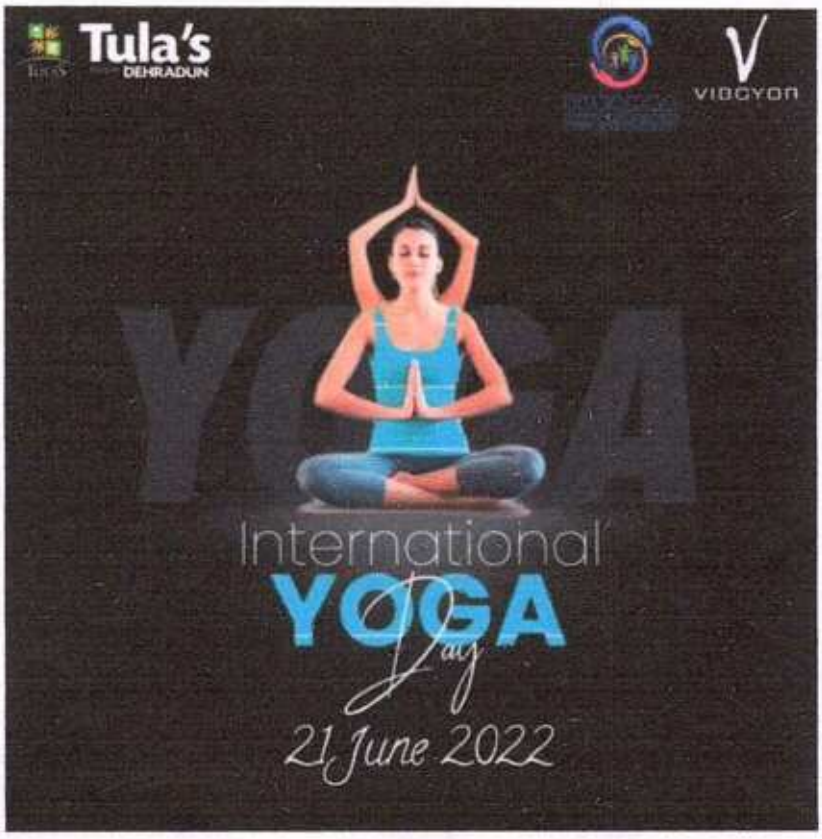
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699300
0135-2699309

TULA' S INSTITUTE, DEHRADUN

Date: 21st June 2022

'INTERNATIONAL YOGA DAY' CELEBRATION BY TULA'S INSTITUTE AND SUKAMANA FOUNDATION at TULA'S INSTITUTE, DEHRADUN



Objectives of the Event

1. To enable the students to have good health.
2. To practice mental hygiene
3. To possess emotional stability
4. To integrate moral values.

Outcomes of the Event

1. Yoga improves strength, balance, and flexibility
2. Slow movements and deep breathing increase blood flow and warm up muscles while holding a pose can build strength.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Summary Report

An Initiative by Tula's Institute and Sukamana Foundation

Venue: *Tula's Institute, Dehradun*

Date: 22nd May 2022

Tula's Institute celebrated the 8th International Yoga Day on 21st June 2022 with the enthusiastic participation of more than 200 participants including NCC cadets, NSS volunteers, college students, faculty, and staff.

The celebration on Tuesday was started with the lighting of the lamp by the Honorable Chief Guest and Cabinet Minter of the Government of Uttarakhand Shri Satpal Maharaj, Vice President of Tula's Institute Mr. Raunak Jain, Vice President Technology Dr. Raghav Garg, and Dr. Sandip Vijay, Director of Tula's Institute. Shri Satpal Maharaj addressed the gathering about yoga and the benefits of practicing Yoga to the individual in everyday life and highlighted the potential for customization to suit the individual. He, along with other participants, actively participated in the meditation session.

Mr. BL Semwal, and Mr. RS Chauhan, heartfulness meditation trainers, Dehradun, were invited on this occasion to conduct the meditation session. Yoga instructors Mrs. Supreet Arora, Mr, Shekhar Bisht, and Mrs, Anita Sharma gave Yoga training to all participants during the practice sessions. The whole program was organized by Dr. Sachin Kumar and Mr. Emmanuel Gabriel, faculty coordinators of student affairs with active support from all the volunteers of NCC and NSS of the institute and Sukamana Foundation and Trust (NGO). The purpose of yoga is to build strength, awareness as well as harmony in both mind and body. Tula's Institute gives a lot of importance to the well-being of its faculty and staff members. A vote of thanks concluded the session by Mr. Raunak, where he congratulated all the participants and thanked the efforts of the team to conduct such an amazing event.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS

Shri Satpal Maharaj, Cabinet Minister and Mr. Raunak Jain, Vice President, Tula's Institute during the yoga session at Tula's Institute, 21st June 2022

Students doing yoga during the yoga session at Tula's Institute, Dehradun 21st June 2022

Director
Tula's Institute, Dehradun

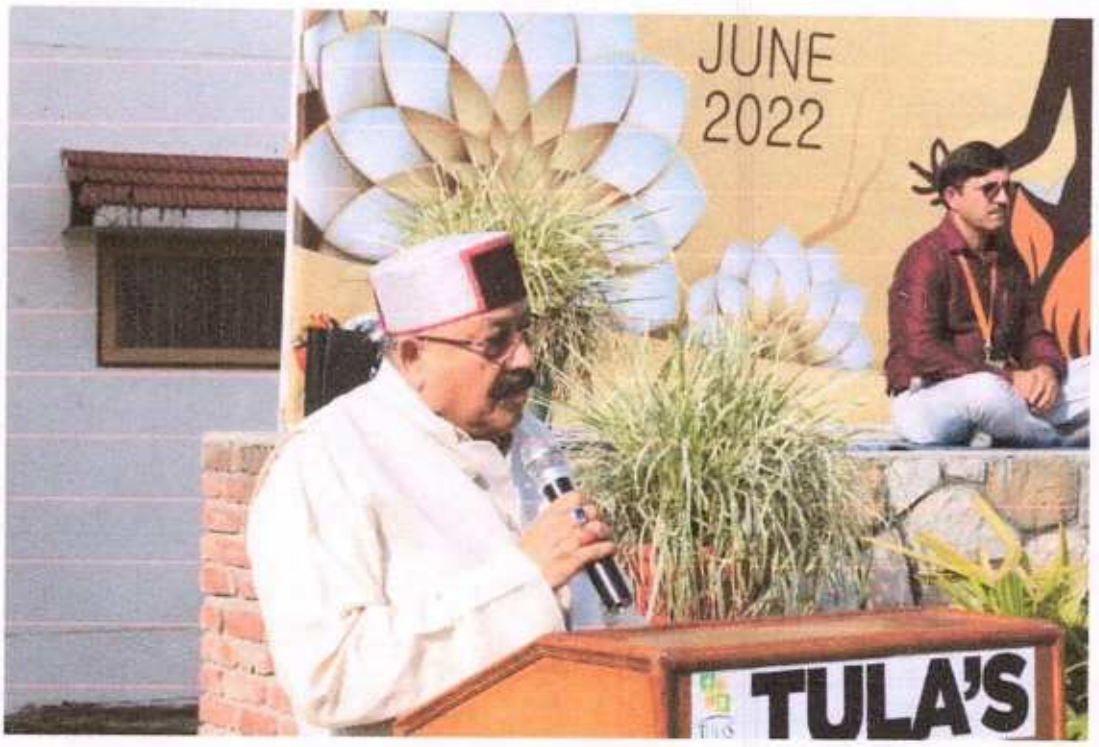
TULA' S INSTITUTE, DEHRADUN

Dr. Raghav Garg, VP Tech welcoming Chief Guest with the bouquet, 21st June 2022

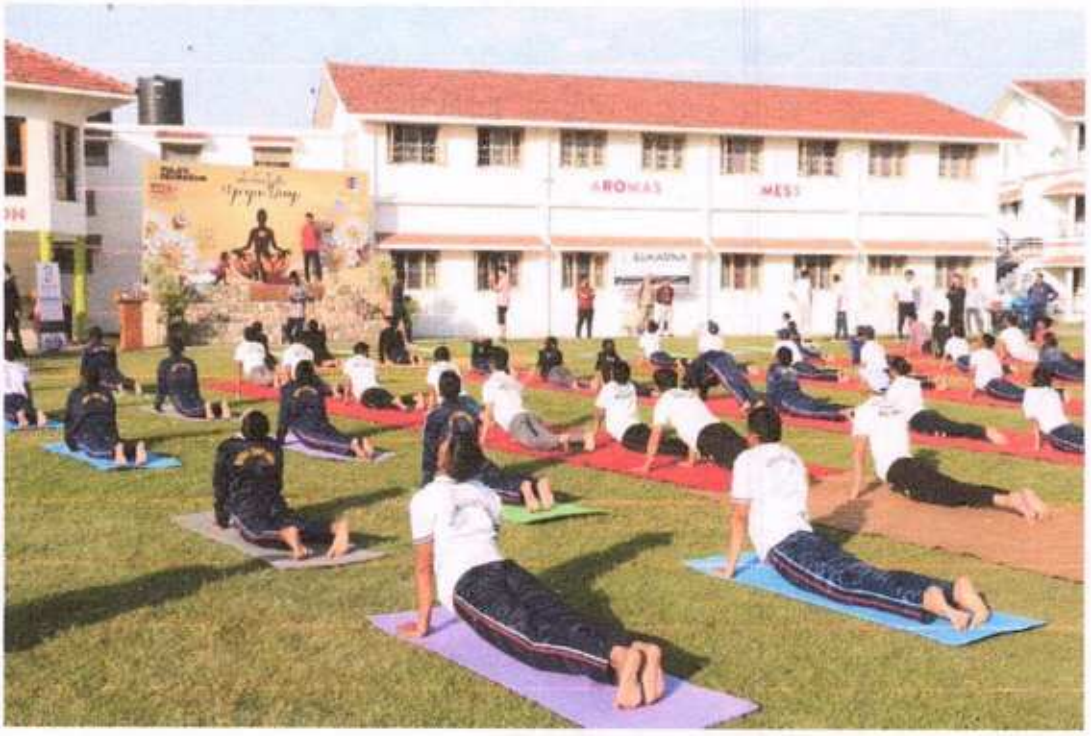
Dean Academic and Dean M & A doing yoga suring the session, 21st June 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Shri Satpal Maharaj addressing the audience on the occasion of International Yoga Day, 21st June 2022

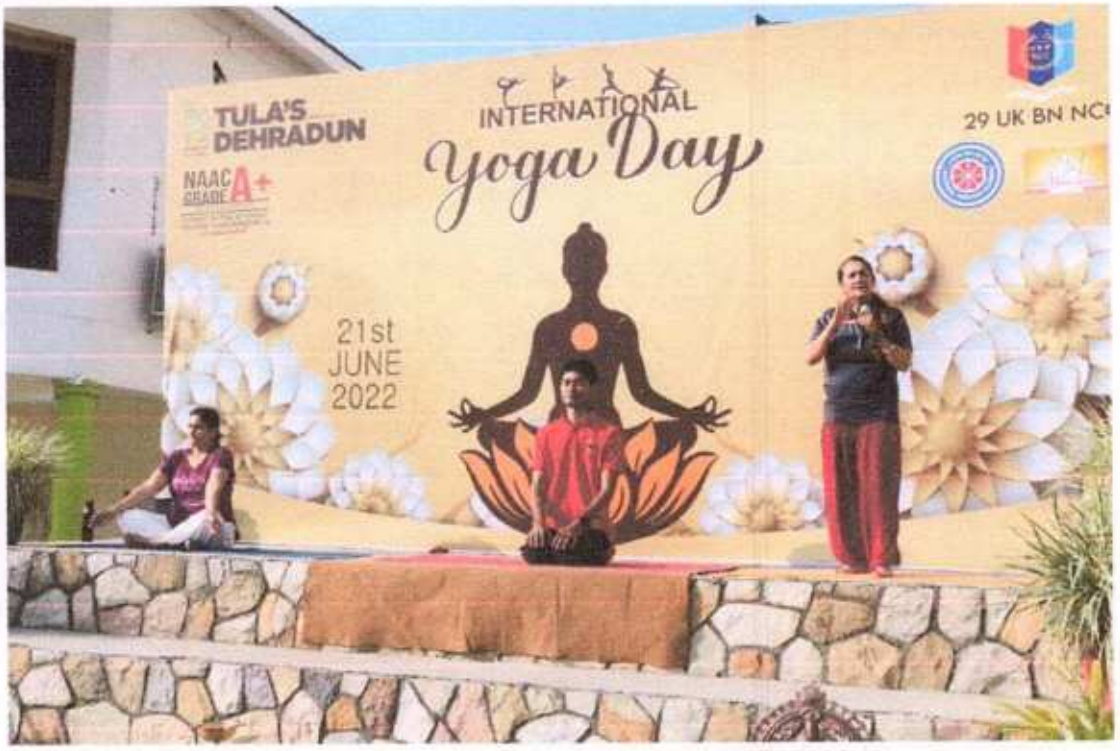


NCC students performing yoga during the yoga session, 21st June 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Shri Satpal Maharaj presenting certificate to the volunteers, 21st June 2022

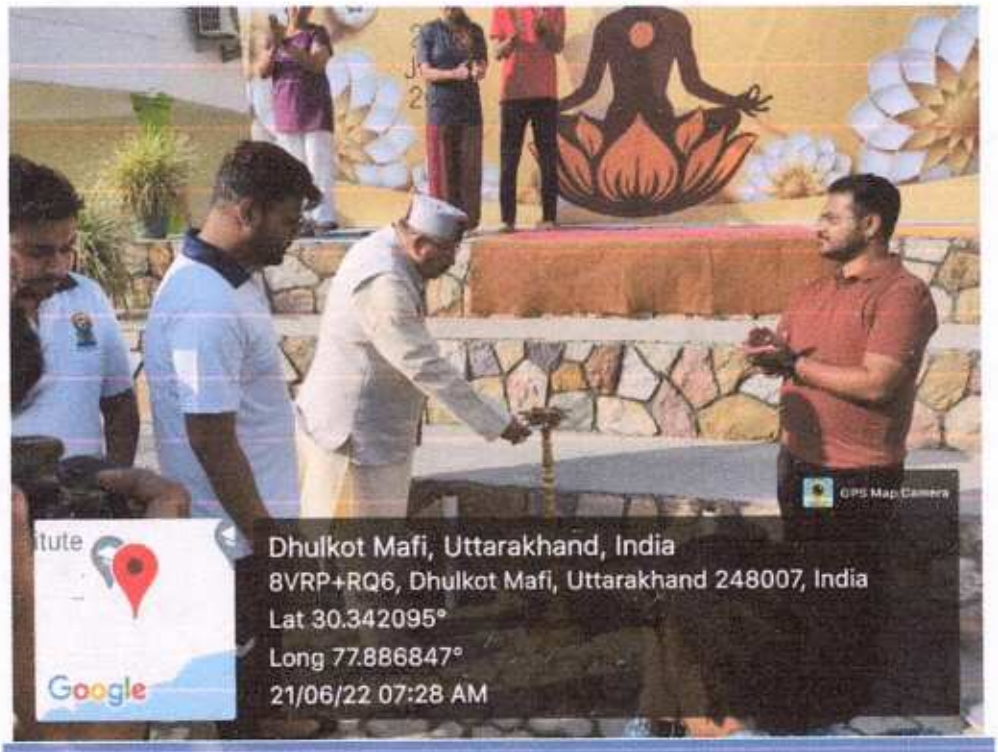


Yoga instructor teaching yoga during the yoga session on International Yoga Day, 21st June 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

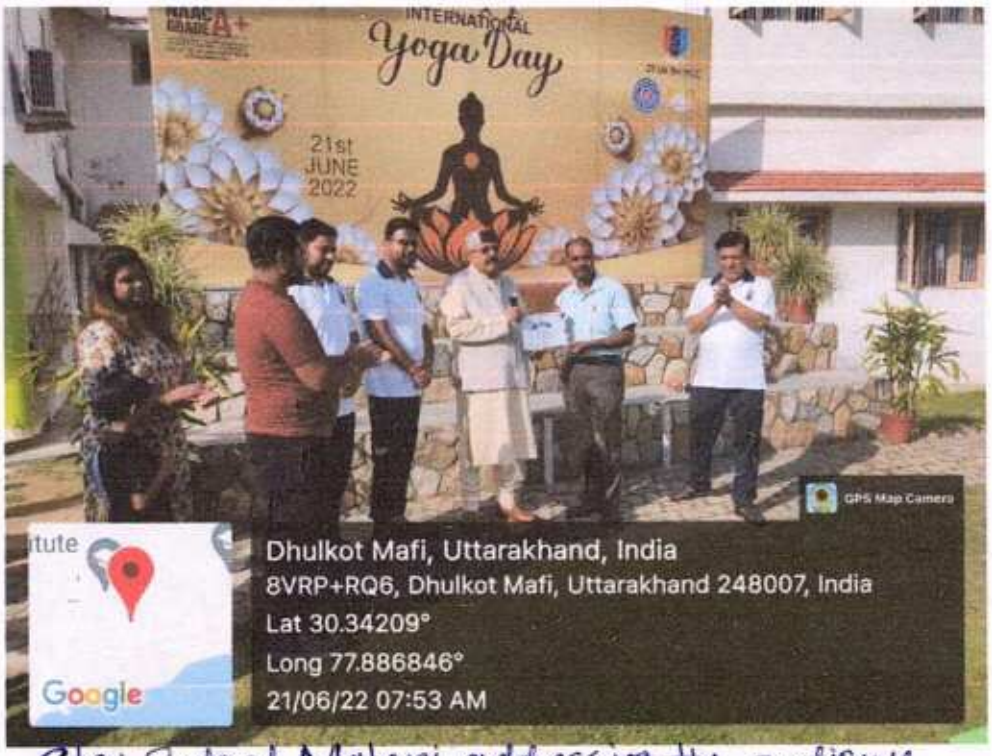
GEO TAGGED PHOTOGRAPHS



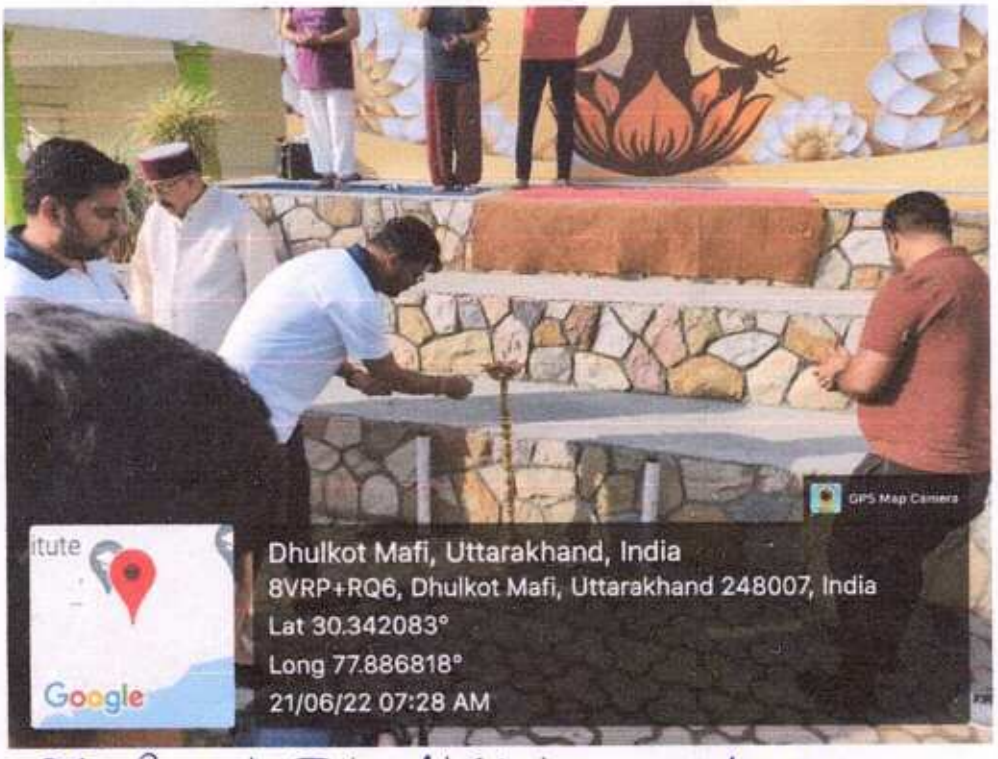
Students and Staff members doing yoga

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Shri Satpal Maharaj addressing the audience



Mr. Raunak Jain lightening the lamp.

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: International yoga Day Date: 21/06/22

S. No	College ID	Name	Branch and Year	Signature
1.	202004064	Pratik kumar Ojha	BTECH CSE 2nd	Pratik
2.	202004069	Prateek Mishra	BTECH CSE 2nd	Pratik
3.	202004037	Himanshu Ranjan	BTECH CSE 2nd	Himanshu
4.	202004011	Harsh Raj	BTECH CSE 2nd	Harsh
5.	2021018003	Kashish Choudhary	Bcom (H) 1st	Kashish
6.	20210180	Anmol Ratnam	Bcom (H) 1st	Anmol
7.	2021013051	Priyesh Ghosh	BBA 1st	Priyesh
8.	2021013043	Ashish Poudel	BBA 1st	Ashish
9.	2021018021	Abhinav Aryan	Bcom (H) 1st	Abhinav
10.	202108022	Ankit Bartwal	Bcom (H) 1st	Ankit
11.	202006020	Mohit kumar	BTECH Civil 2nd	Mohit
12.	202010 4019	Saurav Sandilya	BTECH CSH 1st	Saurav
13.	202104033	Hafeez Pattan	BTECH CSE 1st	Hafeez
14.	2021019029	Shruti Tyagi	Bcom (H) 1st	Shruti
15.	202004065	Ujjwal Singh	BTECH CSE 2nd	Ujjwal
16.	202104086	Sashwat Singh	BTECH CSE 1st	Sashwat
17.	2020013040	Ishan Pratap Singh	BBA 2nd	Ishil
18.	202104055	Nikhil Chaudhary	BTECH CSE 1st	Nikhil
19.	2021018001	Kavita Bisht	B.com (H) 1st	Kavita
20.	20210180	Jasvinder kaur	MCA 1st	Jasvinder

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: International yoga Day Date: 21/06/22

S. No	College ID	Name	Branch and Year	Signature
1.	202004011	Harsh Raj	BTECH CSE 2nd	Harsh
2.	202004064	Pratik Kumar Ojha	BTECH CSE 2nd	Pratik
3.	202004069	Prateek Mishra	BTECH CSE 2nd	Prateek
4.	202004065	Ujjwal Singh	BTECH CSE 2nd	Ujjwal
5.	202104055	Nikhil Chaudhary	BTECH CSE 1st	Nikhil
6.	202104019	Saurav Sandilya	BTECH CSE 1st	Saurav
7.	202104033	Hafeez Pattan	BTECH CSE 1st	Hafeez
8.	202104086	Sashwat Singh	BTECH CSE 1st	Sashwat
9.	202006020	Mohit kumar	BTECH Civil 2nd	Mohit
10.	2021013051	Priyesh Ghosh	BBA 1st	Priyesh
11.	2021020	Jasvinder kaur	MCA 1st	Jasvinder
12.	202004037	Himanshu Rajan	BTECH CSE 2nd	Himanshu
13.	2021018001	Kavita Bisht	B.Com(H) 1st	Kavita
14.	2021018029	Shruti Tyagi	B.Com (H) 1st	Shruti
15.	2021018021	Abhinav Aryan	B.Com (H) 1st	Abhinav
16.	2021018022	Ankit Bartwal	B.Com (H) 1st	Ankit
17.	2021013043	Ashish Poudel	BBA 1st	Ashish
18.	20210180	Anmol Rathkam	B.Com (H) 1st	Anmol
19.	2021018003	Kashish Chaudhary	B.Com (H) 1st	Kashish
20.	202001 3040	Ishir Pratap Singh	BBA 2nd	Ishir

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 7

Nirjala Ekadashi

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 11th June 2022

'WATER DISTRIBUTION ON THE OCCASION OF NIRJALA EKADASHI' BY TULA'S INSTITUTE, DEHRADUN

Importance Nirjala Ekadashi

Harela is a Hindu festival celebrated annually on July 16 in the Kumaon region of Uttarakhand — a festival of peace, prosperity, greenery, and environmental protection. It coincides with the religious celebration of the wedding of Lord Shiva and Goddess Parvati.

Initiative by Tula's Institute, Dehradun

Nirjala Ekadashi was observed on June 11th at Tula's Institute. Juice and other delicious drinks were distributed to the public, the Tula Institute delivered blessings, and everyone was showered with gratitude at the camp that faculties and students organised together.

Objectives of the Event

This ekadashi derives its name from the water-less (Nir-jala) fast observed on this day. It is considered to be the most austere and hence the most sacred of all 24 Ekadashis. **If observed religiously, it is said to be the most rewarding and granting the virtue gained by the observance of all 24 ekadshis in the year.**

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS

The drinks were distributed to the general public on June 11, 2022.

NSS cadets celebrated Nirjala Ekadasi by distributing the juice on 11th june 2022.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Faculties and students camped out the sweet drinks for all 11th June 2022.

All the members joint hands for the same 11th june 2022.

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Water Distribution Nirjala **Date:** 11th June 2022

S. No	College ID	Name	Branch and Year	Signature
1	2021016018	Anubhav Maithani	Agri, 1st Yr	
2	2021016019	Zamil	Agri, 1st Yr	
3	2021016020	Mibom	Agri, 1st Yr.	
4	2021016027	Harrison	Agri, 1st Yr	
5	2021016028	Kritambor	Agri, 1st Yr.	
6	2021016029	Jhism	Agri, 1st Yr.	
7	2021016030	Sneha	Agri, 1st Yr.	
8	2021016031	Akhilesh	Agri, 1st Yr.	
9	2021016032	Ankit	Agri, 1st Yr.	
10	2021016033	Aditya	Agri, 1st Yr.	
11	2021016034	Nisha	Agri, 1st Yr.	
12	2021016012	Isha	Agri, 1st Yr.	
13	2021016030	Diponsha	Agri, 1st Yr.	
14	2021016001	Rishikesh	Agri, 1st Yr.	
15	2021016002	Amit	Agri, 1st Yr.	
16	2021016003	Purushotom	Agri, 1st Yr.	
17	2021016004	Ajay	Agri, 1st Yr.	
18	2021016005	Yakshesh	Agri, 1st Yr.	
19	2021016001	Titas	Agri, 1st Yr.	
20	2021016002	Urmila	Agri, 1st Yr.	

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 8

World Environment Day

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 5th June 2022

'WORLD ENVIRONMENT DAY' BY NCC CADETS AND TULA'S INSTITUTE, DEHRADUN

Importance world environment day

1972. The UN General Assembly designates 5 June as World Environment Day, **marking the first day of the Stockholm Conference on the Human Environment**. Another resolution, adopted by the General Assembly the same day, leads to the creation of UN Environment Programme.

Initiative by Tula's Institute, Dehradun

World Environment Day was marked on June 5th 2022 at the Tula Institute. Faculty members and NCC cadets took charge of cleaning up the area and adding greenery. To encourage people to appreciate nature, staff members and cadets planted trees throughout the campus.

Objectives of the Event

The purpose of World Environment Day is **to increase public awareness of environmental problems such as wildlife crime, marine pollution, population growth, and global warming.**

The day was enlightened by NCC Cadets 5th June 2022.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Cadets planted trees to encourage sustainable health on June 5, 2022.

Eradicate pollution, Save the environment. 5th june 2022.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

making a fresh environment on 5th june 2022 by cadets and faculty.

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: World Environment Day **Date:** 5 June 2022

S. No	College ID	Name	Branch and Year	Signature
1	202101 6035	Yakshesh	Agri, 1st Yr.	
2	202101 6001	Titas	Agri, 1st Yr.	
3	202101 6002	Urmila	Agri, 1st Yr.	
4	202101 6003	Khushi	Agri, 1st Yr.	
5	202101 6004	Anand	Agri, 1st Yr.	
6	202101 6005	Shambhari	Agri, 1st Yr.	
7	202101 6006	Titas	Agri, 1st Yr.	
8	202101 6002	Urmila	Agri, 1st Yr.	
9	202101 6003	Khushi	Agri, 1st Yr.	
10	202101 6004	Anand	Agri, 1st Yr.	
11	202101 6005	Shambhari	Agri, 1st Yr.	
12	202101 6012	Devika	Agri, 1st Yr.	
13	202101 6013	Sonu	Agri, 1st Yr.	
14	202101 6014	Ayush	Agri, 1st Yr.	
15	202101 6015	Karan	Agri, 1st Yr.	Karan.
16	202101 6016	Anubhav K.	Agri, 1st Yr.	
17	202101 6017	Alak	Agri, 1st Yr.	
18	202101 6018	Shiwangi	Agri, 1st Yr.	
19	202101 6019	Ajay	Agri, 1st Yr.	
20	202101 6020	Vinita	Agri, 1st Yr.	

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 9

Seminar on Menstrual Hygiene

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 20th June 2022

'SEMINAR ON MENSTRUAL HYGIENE' BY NCC CADETS AND TULA'S INSTITUTE, DEHRADUN

Initiative by Tula's Institute, Dehradun

On May 20, the Tula Institute held a symposium on menstrual hygiene. where Mrs. Poonam Sharma took the initiative to raise awareness by instructing the crowd on good hygiene. Girls and women who congregated there developed conventions to preserve sanitary conditions.

Objectives of the Event

To increase awareness among adolescent girls on Menstrual Hygiene. To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas. To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner.

seminar on menstrual hygiene on 20th may 2022.

Director
Tula's Institute, Dehradun

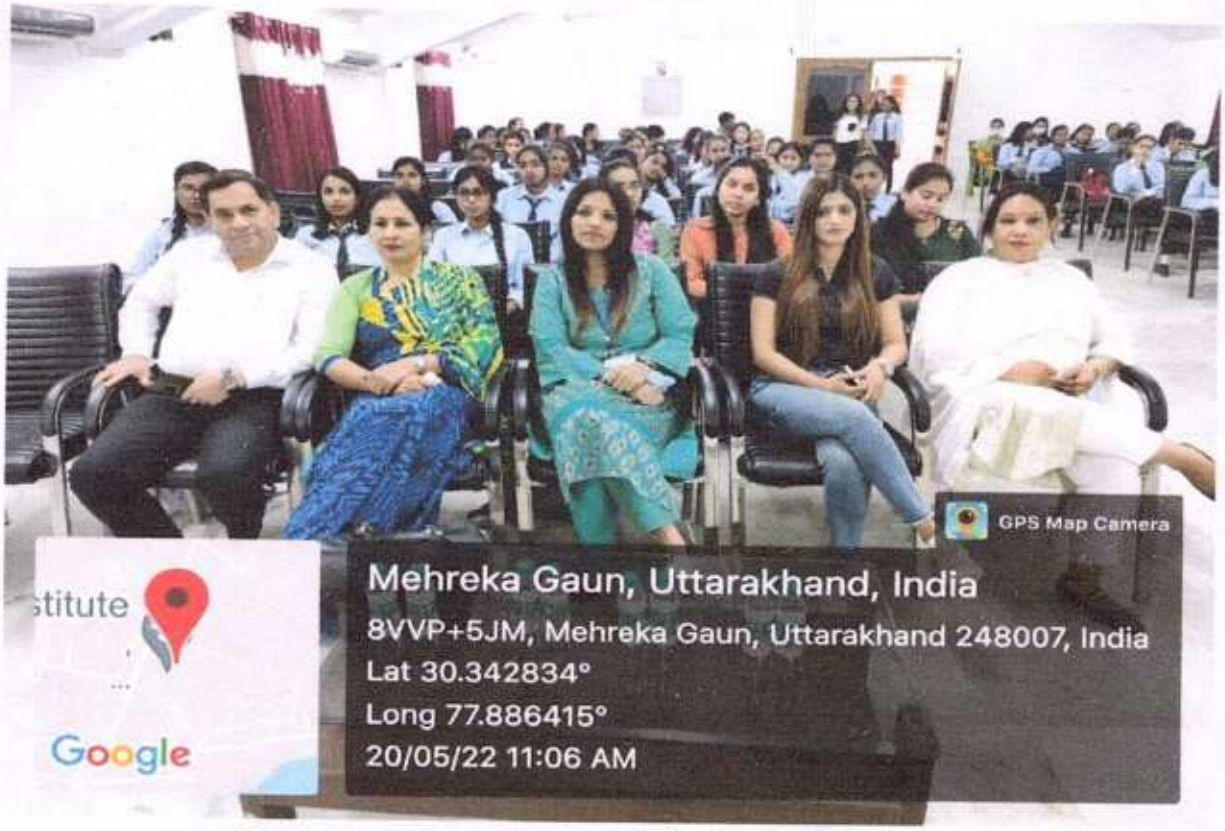
TULA' S INSTITUTE, DEHRADUN

On 20th may 2022 Mrs. Poonam Sharma addressed everyone on the subject of hygiene

Female faculty and students were to be acknowledged. 20th may 2022.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Director
Tula's Institute, Dehradun

Annexure 10

Public Awareness Lecture on Road Safety

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 17TH July 2022

'PUBLIC AWARENESS LECTURE ROAD SAFETY TULA'S INSTITUTE, DEHRADUN

Initiative by Tula's Institute, Dehradun

On May 12, a talk on a noteworthy issue was delivered at Tula's Institute. To educate the pupils about safety protocols. Perhaps the safety guidelines were explained, and the pupils were made aware of the potential harm that road accidents might cause.

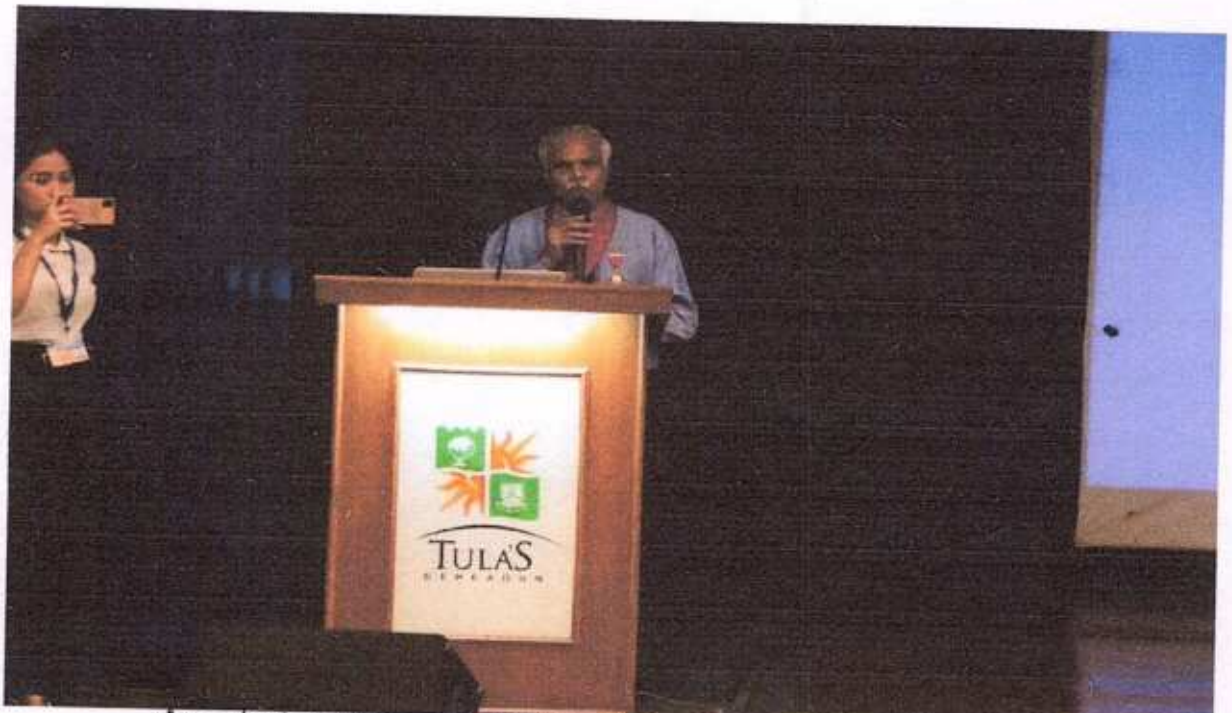
Objectives of the Event

Road safety education is as essential as any other basic skill of survival. Our aim is to provide road safety information for road users to encourage safer road user behaviour among current and prospective road users and reduce the number of people killed and injured on our roads every year.

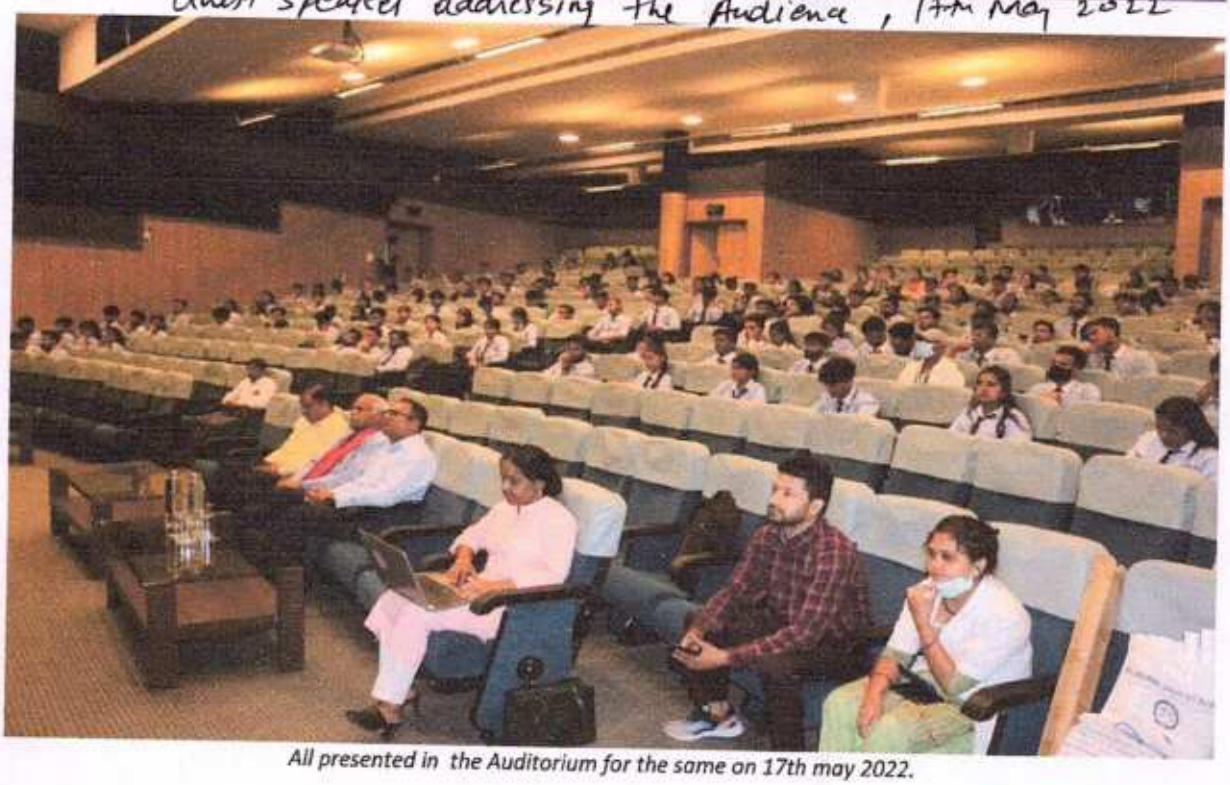
public awareness speech on road safety, 17th may 2022.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



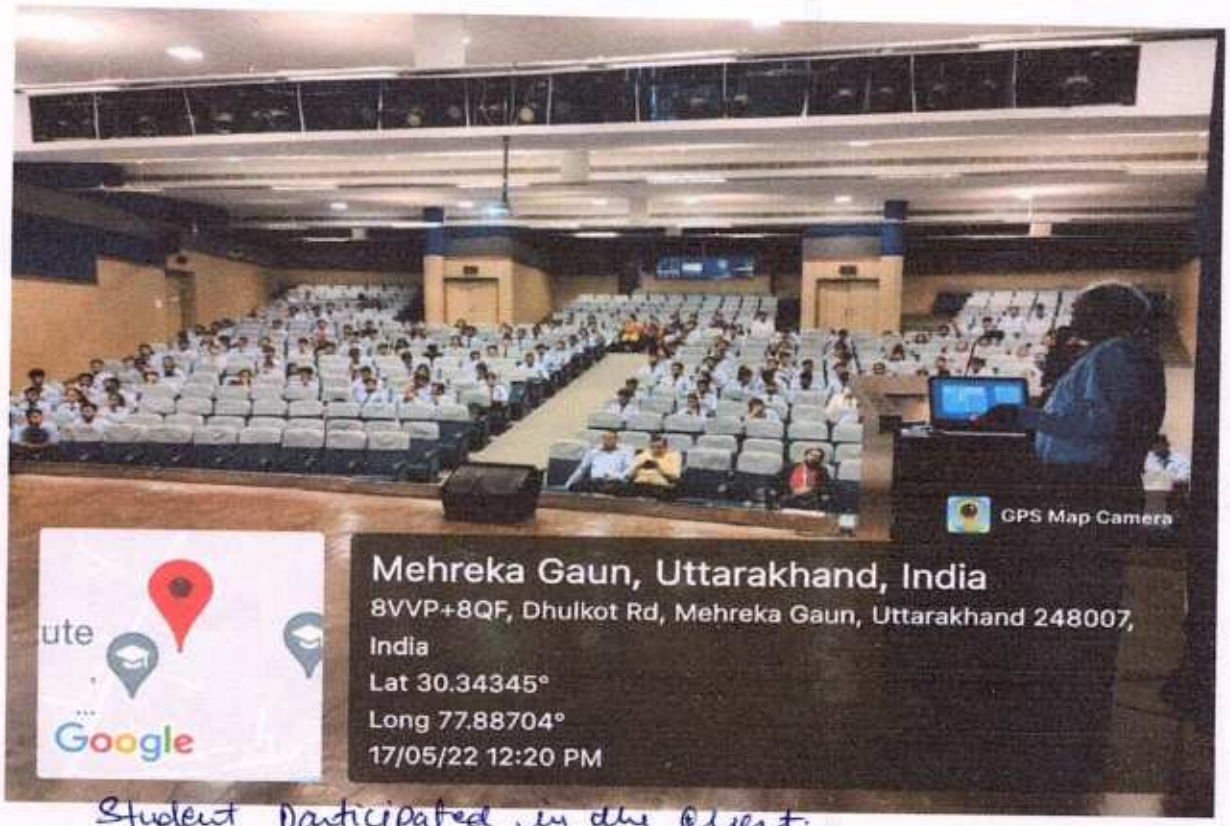
Guest Speaker addressing the Audience, 17th May 2022



All presented in the Auditorium for the same on 17th may 2022.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Student participated in the event.

Director Dr. Sandip Vijay welcoming the guest.

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Public Awareness Lecture Date: 17/May/22

S. No	College ID	Name	Branch and Year	Signature
	2021016018	Anubhav Maithani	Agri, 1st Yr.	
	2021016019	Zamil	Agri, 1st Yr.	Zamil
	2021016020	Mibom	Agri, 1st Yr.	mibom
	2021016027	Harrison	Agri, 1st Yr.	
	2021016028	Kritambar	Agri, 1st Yr.	Kritambar
	2021016029	Shristi	Agri, 1st Yr.	
	2021016030	Sneha	Agri, 1st Yr.	
	2021016031	Akhilesh	Agri, 1st Yr.	
	2021016032	Ankit	Agri, 1st Yr.	ankit
	2021016033	Aditya	Agri, 1st Yr.	Aditya
	2021016037	Nisha	Agri, 1st Yr.	nisha
	2021016021	Isha	Agri, 1st Yr.	J. Shrivastava
	2021016027	Dipanshu	Agri, 1st Yr.	deepa
	2021016007	Rishikesh	Agri, 1st Yr.	
	2021016008	Amit	Agri, 1st Yr.	
	2021016037	Purushotam	Agri, 1st Yr.	Purushotam
	2021016038	Ajay	Agri, 1st Yr.	Ajay
	2021016036	Yakshesh	Agri, 1st Yr.	Yaksh
	2021016001	Titas	Agri, 1st Yr.	Titas
	2021016002	Urmila	Agri, 1st Yr.	Urmila

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 11

NSS Camp

Director
Tula's Institute, Dehradun

REPORT

ON

SEVEN SPECIAL NSS SEVEN DAYS CAMP

At Vill. Dhoolkot, Dehradun

From

24th March to 30th March 2022

TULA'S
DEHRADUN
Estd. 2006

TULA'S INSTITUTE

DEHRADUN

Director
Tula's Institute, Dehradun

FOREWORD

The NSS Unit at Tula's Institute, Dehradun has been trying to follow and nurture the ideology of NSS in a manner that ensures meaningful participation of all stakeholders under Unnat Bharat Abhiyan (UBA). The activities carried out in Seven Day/Night Special Camp- 2022 have served as an eye opener for the young volunteers about the contemporary problems that our country is facing. The special initiatives, lectures and activities undertaken during the camp have served as a milestone in fostering social responsibility and nationalism among young volunteers. Tula's institute has always had a strong vision and commitment toward the service of the society and its weaker sections. With deep sense of gratification, we take pride in the successful completion of the camp by the volunteers of the Tula's Institute. Our students worked with great enthusiasm and zeal. There are some remarkable social service activities done by the unit. For instance, sensitization programs on sanitation, hygiene, cleanliness, Drug abuse, in adopted village Dhoolkot. The insemination of these activities, we believe will go long way in dispersing the seeds of Clean, Healthy and Green surroundings throughout the world through our NSS volunteers. We are pledged to social service and to take this initiative beyond the stipulated time frame. The principles on which NSS as an organization is built, has inherent characters in line with the cause of nation building through service. The activities done by the NSS volunteers during the camp helped them to equip themselves with an insight, sensitivity and close understanding of the problems that are faced at the grass root level. With the field experiences, our volunteers have learnt how to lead a life of dignity with positive mind set and contribute to the growth of Nation by one or the other way. The enthusiasm which our volunteers put their

Director
Tula's Institute, Dehradun

heart into the NSS initiatives, this learning experience is bound to become a movement in itself in the times to come.

We take this opportunity to express our gratitude to Dr. Sachin Kumar and Mr Emmanuel Gabriel our worthy faculty coordinators for their valuable inputs, guidance and support throughout the camp. We congratulate and extend our best wishes to the students, teaching and Non-Teaching staff who have made this journey a success due to sincere and sustained efforts and for their keen efforts to accomplish the targets in the planned activities.

Tula's institute

Director
Tula's Institute, Dehradun

Seven Day/ Night Special Camp under UBA

Introduction

Special Camping forms an integral part of National Service Scheme. It has a special appeal to the youth as it provides unique opportunities to the students for group living, collective experience sharing and constant interaction with the community.

The primary objectives of the special camping programs are:

1. Making education more relevant to the present situation, to meet the felt needs of the communities and supplement the education of university/college/school students by bringing them face to face with the prevailing situation of the community.
2. To provide opportunities for students to play their due roles in the implementation of various development programs by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in the improvement of the condition of weaker sections of the communities.
3. Encouraging the students and non-student to work along with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community.
4. Building potential youth leaders by exploring the latent potential among the campers, both students as well as local youth (rural and urban), with a view to involve them more intimately in development projects for longer periods. The local leadership generated during the camps would also be useful in ensuring proper maintenance of the assets created as a result of the camps.
5. Emphasizing the dignity of labor and self-help and the need for combining physical work with intellectual pursuits, and encouraging youth to participate enthusiastically in the process of national development, and promote national integration through democratic living and cooperative action.

Director
Tula's Institute, Dehradun

INDEX

NSS Special Camp 24th March to 30th April 2022

Day	Activities	Resource Person	Pg. No.
Day 1	Inaugural Session Cultural Program	Dr. Sachin Kumar Mr. Emmanuel Gabriel	
Day 2	Health Check-Up Camp at Vill Dhoolkot Guest Lecture	Arihant Hospital Mr. Sanjay Juyal	
Day 3	Health Check-Up Camp at Meheraka Gaon Cleanliness Drive Nukkad Natak	Arihant Hospital NSS Volunteers NSS Volunteers	
Day 4	Health Check-Up Camp at Vill. Banshiwala	Arihant Hospital	
Day 5	Health Check-Up Camp at Vill. Podwala Rally on awareness on Cleanliness	Arihant Hospital NSS Volunteers	
Day 6	Activites for school student at primary school, vill dhoolkot Rally on awareness on drug abuse	NSS Volunteers	
Day 7	Valedictory Session.	Dr. Sachin Kumar Mr. Emmanuel Gabriel	

Director
Tula's Institute, Dehradun

Day 1

Inauguration Ceremony at Vill. Dhoolkot

24th March 2022

Inauguration ceremony of Seven days special NSS Camp, 24th March 2022

On the 24th day of march 2022, The valedictory ceremony of the seven days NSS camp started with the kind presence of the Gram Pradhan of Vill. Dhoolkot, Mrs. Kusum Panwar, Pradhan Banchiwala, Mrs. Pinki Devi, Mr. Sanjay Kumar, Gram Pradhan Podwala, President of youth wing, Shri Nityanand Swami Jan Seva Samiti, Mr Vinayak Sharma, Registrar Dr. Pavan Kumar Chaubey, Dean Academic Dr. Nishant Saxena, Director IQAC Dr. M.K. Arora.

Director
Tula's Institute, Dehradun

Day 3

Health Check-up Camp and Guest Lecture on Swachh Bharat Abhiyan

26th March 2022

The third day of NSS camp on 26th March started at 6 'O' clock which was followed by yoga and bhajan.A free Health check-up camp was organized for the villagers of Meher ka gaon, Dhoolkot,Selaqui. For setting up the medical camp Tula's Institute collaborated with the Arihant hospital. Free full body checkup camp was set up inside the Panchayat ghar of village Meher ka Gaon.

Volunteers performing anoulom-vilom asana in the early morning at NSS camp, 26th March 2022

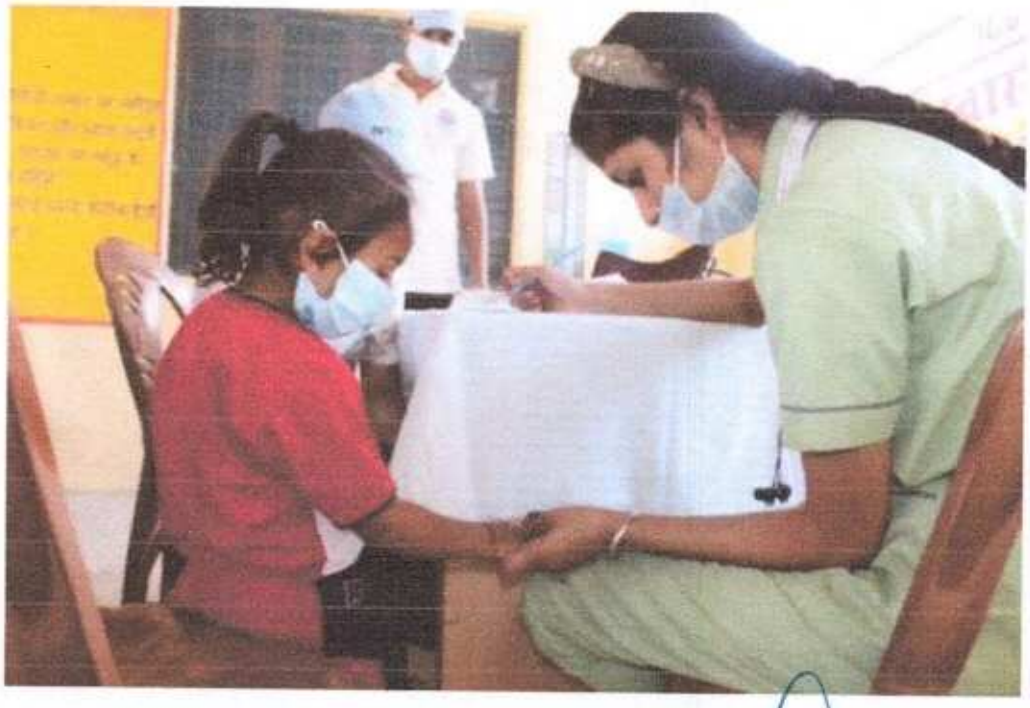
The students of the NSS worked as volunteers to help and manage the crowd.
Team for this camp included DR Sartaj(RMO) and DR Pooja(RMO),Nursing staff, Clinical Coordinator and a Pharmacist. The villagers participated in the camp whole heartedly with close to 43 patients were examined.During this camp it was felt that people were really suffering due to lack of even a minor level of health care delivery which was reflected by the nature and spectrum of disease that they presented with in the camp. The motive of camp was not only to treat the acute and treatable cause but also to counsel people about their health condition and the measure they are suppose

Director
Tula's Institute, Dehradun

to take to avoid future health related disastrous outcome.

After the Health check up Health care team along with volunteers proceeded for the lunch.

Patient consulting the doctors from Arihant Hospital, 26th March 2022



Medical assistant examining the little girl, 26th March 2022

Director
Tula's Institute, Dehradun

Keeping in mind the significance of clean surrounding a swachhta rally was organized at 5 P.M. which witnessed the active participation of volunteers under the guidance and supervision of Shri Nityanand Swami Jan Sewa Samiti (NGO Team). The activity embodied through cleaning of the entire Village.

Volunteers performing cleanliness drive, 26th March 2022

Director
Tula's Institute, Dehradun

Nukkad Natak by NSS unit of Tula's institute, 26th March 2022

Nukkad natat by NSS unit of Tula's Institute, 26th March 2022

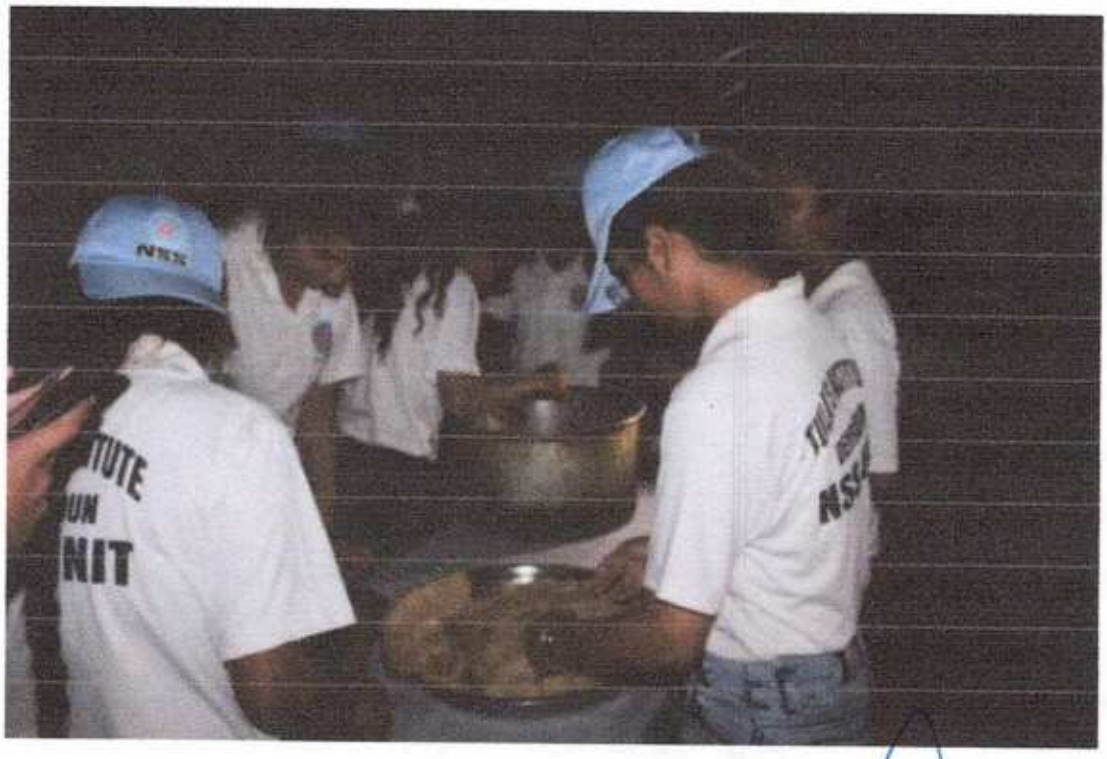
Director
Tula's Institute, Dehradun

Volunteers of NSS and NGO collected around 30 garbage bags during the cleanliness drive, 26th March 2022

Along with the drive a Nukkat Natak was also performed by the Volunteers on "drug abuse" in which volunteers showcased the drastic effects of drugs. The day ended with the dinner on a high note by receiving Halwa and Poori.

Director
Tula's Institute, Dehradun

Volunteers of NSS preparing dinner, 26th March 2022



Volunteers of NSS preparing dinner, 26th March 2022

Director
Tula's Institute, Dehradun

Day 4

Health Check-up Camp and Guest Lecture on Swachh Bharat Abhiyan

27th March 2022

The fourth day of camp began with an excitement yoga class and Bhajans at 6:00 A.M. After yoga classes volunteers proceed for the breakfast at 8:A.M. By 9:00 A.M.

Yoga and zumba session, 27th March 2022

Yoga and zumba session, 27th March 2022

Director
Tula's Institute, Dehradun

Volunteers along with gram pradhan banshiwala, 27th March 2022

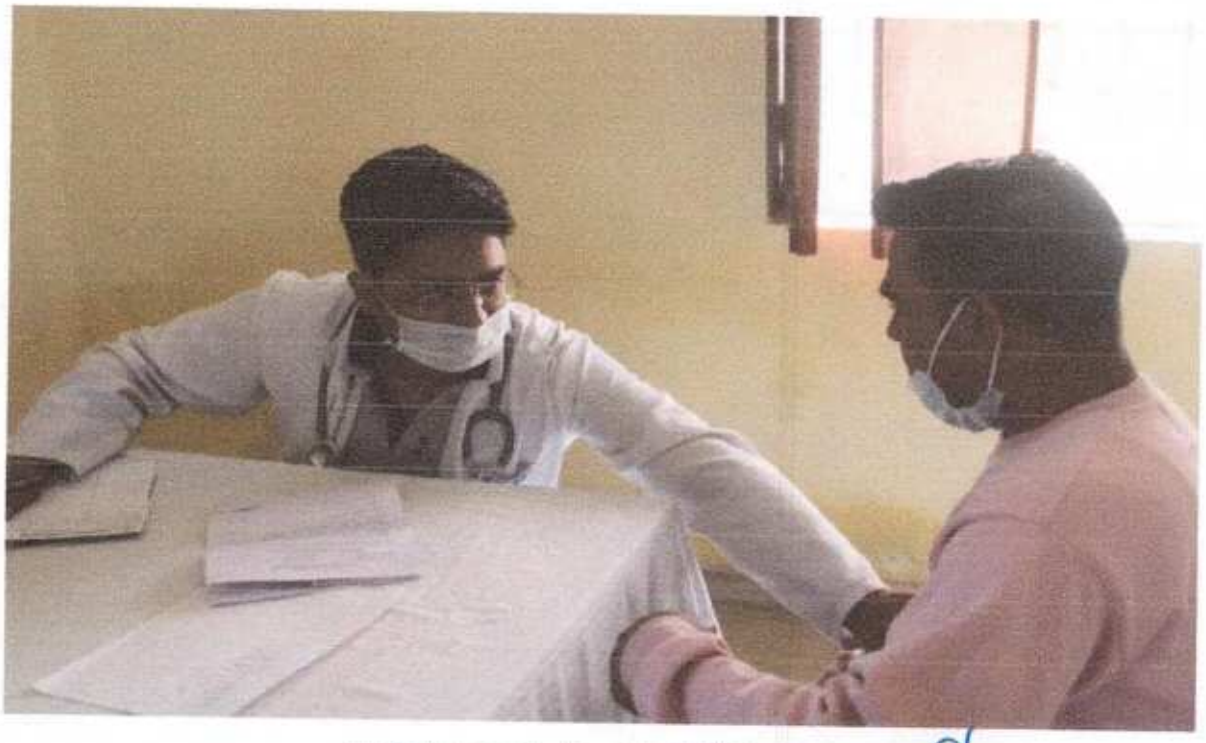
Volunteers went to the village Bansiwala for free health check up camp organized by Tula's Institute in collaboration with Arihant Hospital.

The 8 team members of Hospital including RMO Dr.Sartaj and Dr. Pooja, Clinical coordinators, Nursing staff and Pharmacist. About 45 patients of all ages availed of free medical facilities.

Knowledge on common health condition, healthy diet and preventive measures was also given to the villagers. The Medical camp Started at 11'O clock and end at 2'O clock followed by the lunch of volunteers. Then after they counducted a meeting to discuss further plans.

Director
Tula's Institute, Dehradun

NSS volunteer giving masks and sanitizer to visitor in order to follow covid norms, 27th March 2022



Dr. Sartaj examining the patient, 27th March 2022

Director
Tula's Institute, Dehradun

Day 5

Health Check-up Camp and Guest Lecture on Swachh Bharat Abhiyan

28th March 2022

1 Dr. MK Arora felicitating the staff of primary school, 28th March 2022

The day started with yoga and bhajan for our volunteers and after that they moved towards the government upper primary school dhoolkot for teaching, games and cultural activities.

From Tula's Institute director (IQAC) Dr. M.K Arora and Dean (Agriculture and Management) Dr. Ranit Kishor thanked the school administration for this opportunity to our volunteers.

They also witnessed the hidden talent of the school kids and then after the students moved to classrooms.

Director
Tula's Institute, Dehradun

Dr. MK Arora addressing the school students, 28th March 2022

NSS Volunteers teaching the student of primary school, 28th March 2022

Director
Tula's Institute, Dehradun

Students participating in the quiz competition, 28th March 2022

Some volunteers indulged themselves in teaching to the kids on topics like benefits of computer, agriculture, quiz sessions etc. after that there was painting and games compition for them

with prizes. There were many types of games and the kids participated enthusiastically.

Glimpses of Sports events, 28th march 2022

Director
Tula's Institute, Dehradun

Glimpses of Sports events, 28th March 2022

Our volunteers also illustrated many picture in the campus of that school to make it more beautiful.

Director
Tula's Institute, Dehradun

Gabriel

Faculty coordinator and student of Tula's Institute doing wall-painting at school, 28th March 2022

Tree Plantation by Dr. Arora, Dr. Ranit Kishore and Principal of School, 28th March 2022

Director
Tula's Institute, Dehradun

Day 6

Health Check-up Camp and Guest Lecture on Swachh Bharat Abhiyan

29th March 2022

Volunteers doing survey work in village dhoolkot, 29th March 2022

Volunteers doing survey work in village dhoolkot, 29th March 2022

The day started with yoga and then after a hawan in the temple nearby, and soon after the breakfast the volunteers moved for survey work in the village dhoolkot and covered more than 100 houses in it. After the survey they enjoyed lunch and then after planned

Director
Tula's Institute, Dehradun

for a rally on topic of swacch bharat and jal hi jeevan hai. More than 50 volunteers participated with full josh and zeal and raised the slogans loudly.

NSS Volunteers in rally along with NCC cadets, 29th March 2022

NSS Volunteers in rally along with NCC cadets 29th March 2022

Director
Tula's Institute, Dehradun

Day 7

Health Check-up Camp and Guest Lecture on Swachh Bharat Abhiyan

30th March 2022

With a stern commitment to serve the nation, the 7-day National service scheme (NSS) camp ended successfully. The ongoing NSS camp ended up with great valour and enthusiasm. In the concluding ceremony Gram Pradhan Dhoolkot, Ms Kusum Panwar, Director of Tula's Institute Dr. Sandip Vijay, Director IQAC Tula's Dr. M.K. Arora, NSS Coordinators Dr. Sachin Kumar and Mr. Emmanuel Gabriel, NCC Coordinator Mr. Karan Kumar, and PTI Mr. Dinesh Negi were present.

At the conclusion ceremony, Dr. Arora started off with counting uncountable successes of the NSS camp and gave a warm hearth welcome to everyone.Later NSS student volunteer Ms. Ekta Yadav from BBA 1st yr presented the 7 Day report of the NSS camp, wherein the stern hard work and the pious work done by the volunteers was truly appreciated.The ongoing NSS camp completed its 7th day in which the volunteers cleaned the village surroundings, made graffiti in panchayat ghar, and upper primary school of vill. Dhoolkolkotplanted tree, organized awareness rallies on water conservation, drug abuse, cleanliness. Apart from this, Everyday certain specialists from various fields visited the volunteers and gave them important lessons of life. During the 7 days camp there were special health check up camp were also setup in the nearby villages in collaboration with Arihant Hospital, Dehradun.

Volunteers from Shri Nityanand Swami Jan Seva Samiti visited the camp and helped in cleaning the surrounding of the village along with NSS volunteers of Tula's Institute. Mr. Sanjay Juyal from NGO named Saksham also visited the camp and delivered a lecture on cleanliness and hygiene to the NSS volunteers and the nearby people of village. At the last day all the students shared their experience. Ekta Yadav, Chhaya Chaudhary and Pratik Ojha were awarded the best student volunteers. Cooking team and nukkad natak team were given the best team of the camp award. Sunil Kumar, Preeti Negi and Rupam Kumar were given the best team leader award.

Director
Tula's Institute, Dehradun

NSS unit of Tula's Institute after closing ceremony, 30th March 2022

Ms Kusum Pawar addressing volunteers, 30th March 2022

Director
Tula's Institute, Dehradun

Ms Kusum Pawar giving best student coordinator certificate to Ekta Yadav, 30th March 2022

Sunil Kumar getting appreciated for being yoga instructor, 30th March 2022

Director
Tula's Institute, Dehradun

Nkkad Natak Team, 30th March 2022

Director
Tula's Institute, Dehradun

PRESS AND MEDIA

Everyone's News, Everyone's Views
www.thehawk.in
The Hawk

National Service Scheme Unit Holds Camp To Spread Awareness

दैनिक
क्राईम स्टोरी

तुलाज इंस्टीट्यूट के एनएसएस यूनिट ने जागरूकता फैलाने के लिए लगाया शिविर

देहरादून (नगर संवाददाता)। तुलाज इंस्टीट्यूट के एनएसएस यूनिट ने जागरूकता फैलाने के लिए आज सात दिवसीय विशेष शिविर की शुरुआत की। शिविर का आयोजन बेलाकुई के ग्राम सूलकोट के पंचायत भवन में किया गया। इस अवसर पर शिविर की शुरुआत सभी गणमान्य व्यक्तियों द्वारा गीत के सुंदर में दीप प्रज्वलन के साथ हुई। शिविर का उद्देश्य ग्रामीण जनता में जागरूकता फैलाना और उन्हें समुदाय की जरूरतों और समस्याओं को समझाना है।

इस अवसर पर शिविर में 70 से अधिक छात्रों ने पूरे जोश और उत्साह के साथ भाग लिया। सात दिवसीय एनएसएस शिविर के दौरान उपस्थित गणमान्य व्यक्तियों में सूलकोट की ग्राम प्रधान कुसुम पंवार, चौधरीवाला की प्रधान पिंकी देवी, राजपाला, गोदावाला के ग्राम प्रधान सुरेश सिंह पाल, निरंजनपुर स्वामी जन सेवा समिति के सुभा सिंह के अध्यक्ष विधायक शर्मा, तुलाज इंस्टीट्यूट के रजिस्ट्रार डॉ. पवन कुमार सौंधे, अकादमिक के डीन डॉ निशांत सक्सेना, और असोसिएशन के निदेशक डॉ एमके अरोड़ा शामिल रहे।

इस अवसर पर उद्घाटन के दौरान, डॉ. सौंधे ने सभा का स्वागत किया और सम्बोधन किया। उन्होंने अपने भाषण में कहा कि भारत के युवा देश का भविष्य हैं। इस प्रकार की सामाजिक गतिविधियाँ और शिविर विभिन्न मुद्दों जैसे स्वच्छता, शिक्षा, नैतिक मूल्यों आदि के बारे में लोगों में जागरूकता पैदा करते हैं। इस अवसर पर कुछ छात्रों ने कविता और भाषण के माध्यम से शिविर के बारे में अपने विचार प्रस्तुत किए। इस अवसर पर उद्घाटन सम्बोधन के बाद, छात्रों को विभिन्न समूहों में विभाजित किया गया और सर्वेक्षण कार्य के लिए गांव भेजा गया। दिन का समापन एनएसएस के छात्रों द्वारा एक सांस्कृतिक कार्यक्रम के साथ हुआ जहां उन्होंने गुण, गायन और अभिनय की प्रस्तुति दी।

Director
Tula's Institute, Dehradun

दैनिक
लोक संहिता
विश्वास उद्घोष

तुलाज इंस्टिट्यूट के एनएसएस यूनिट ने जागरूकता फैलाने के लिए लगाया शिविर

लोक संहिता ब्यूरो

देहरादून। तुलाज इंस्टिट्यूट के राष्ट्रीय सेवा योजना यूनिट ने 7 दिवसीय विशेष शिविर की शुरुआत करते। शिविर का आयोजन सेलाकुई के ग्राम भूलकोट के पंचायत भवन में किया गया। शनिवार को आयोजित शिविर की शुरुआत सभी गणमान्य व्यक्तियों द्वारा गांव के मंदिर में दीप प्रज्वलन के साथ हुई। शिविर का उद्देश्य ग्रामीण जनता में जागरूकता फैलाना और उन्हें समुदाय की जरूरतों और समस्याओं को समझाना है।

शिविर में 70 से अधिक छात्रों ने पूरे जोश और उत्साह के साथ भाग लिया। सात दिवसीय एनएसएस शिविर के दौरान उपस्थित गणमान्य व्यक्तियों में भूलकोट की ग्राम प्रधान कुसुम पंवार, बंजीवाला की प्रधान पिंकी देवी, राजवाला, पोखरवाला के ग्राम प्रधान सुरेश सिंह पाल, श्री शिवानंद स्वामी जन सेवा समिति के पंडाल सीके पंत भूलकोट की ग्राम प्रधान कुसुम पंवार, बंजीवाला की प्रधान पिंकी देवी, राजवाला, पोखरवाला के ग्राम प्रधान सुरेश सिंह पाल, श्री शिवानंद स्वामी जन सेवा समिति के अध्यक्ष चिन्मयानंद शर्मा, तुलाज इंस्टिट्यूट के रजिस्ट्रार डॉ. पवन कुमार चौबे, अकादमिक के डीन डॉ निशांत सक्सेना, और आईक्यूएसी के निदेशक डॉ एमके अरोड़ा शामिल रहे।

उद्घाटन के दौरान, डॉ. चौबे ने सभा का स्वागत किया और सम्बोधन किया। उन्होंने अपने भाषण में कहा कि भारत के युवा देश का भविष्य हैं। इस प्रकार की सामाजिक गतिविधियों और शिविर विभिन्न मुद्दों जैसे स्वच्छता, शिक्षा, लैंगिक समानता आदि के बारे में लोगों में जागरूकता पैदा करते हैं।

कुछ छात्रों ने कविता और भाषण के माध्यम से शिविर के बारे में अपने विचार प्रस्तुत किए। उद्घाटन समारोह के बाद, छात्रों को विभिन्न समूहों में विभाजित किया गया और सर्वेक्षण कार्य के लिए गांव भेजा गया। दिन का समापन एनएसएस के छात्रों द्वारा एक सांस्कृतिक कार्यक्रम के साथ हुआ जहां उन्होंने नृत्य, गायन और अभिनय की प्रस्तुति दी।

देवपथ

तुलाज़ इंस्टिट्यूट के एनएसएस यूनिट ने जागरूकता फैलाने के लिए लगाया शिविर

देहरादून, 26 मार्च (नि०स०)। तुलाज़ इंस्टिट्यूट के एनएसएस यूनिट ने आज 7 दिवसीय विशेष शिविर की शुरुआत करते। शिविर का आयोजन सेलाकुई के ग्राम भूलकोट के पंचायत भवन में किया गया।

शिविर की शुरुआत सभी गणमान्य व्यक्तियों द्वारा गांव के मंदिर में दीप प्रज्वलन के साथ हुई। शिविर का उद्देश्य ग्रामीण जनता में जागरूकता फैलाना और उन्हें समुदाय की जरूरतों और समस्याओं को समझाना है।

शिविर में 70 से अधिक छात्रों ने पूरे जोश और उत्साह के साथ भाग लिया। सात दिवसीय एनएसएस शिविर के दौरान उपस्थित गणमान्य व्यक्तियों में भूलकोट की ग्राम प्रधान कुसुम पंवार, बंजीवाला की प्रधान पिंकी देवी, राजवाला, पोखरवाला के ग्राम प्रधान सुरेश सिंह पाल, श्री शिवानंद स्वामी जन सेवा समिति के अध्यक्ष चिन्मयानंद शर्मा, तुलाज़ इंस्टिट्यूट के रजिस्ट्रार डॉ. पवन कुमार चौबे, अकादमिक के डीन डॉ निशांत सक्सेना, और आईक्यूएसी के निदेशक डॉ एमके अरोड़ा शामिल रहे।

उद्घाटन के दौरान, डॉ. चौबे ने सभा का स्वागत किया और सम्बोधन किया। उन्होंने अपने भाषण में कहा कि भारत के युवा देश का भविष्य हैं। इस प्रकार की सामाजिक गतिविधियों और शिविर विभिन्न मुद्दों जैसे स्वच्छता, शिक्षा, लैंगिक समानता आदि के बारे में लोगों में जागरूकता पैदा करते हैं।

कुछ छात्रों ने कविता और भाषण के माध्यम से शिविर के बारे में अपने विचार प्रस्तुत किए। उद्घाटन समारोह के बाद, छात्रों को विभिन्न समूहों में विभाजित किया गया और सर्वेक्षण कार्य के लिए गांव भेजा गया। दिन का समापन एनएसएस के छात्रों द्वारा एक सांस्कृतिक कार्यक्रम के साथ हुआ जहां उन्होंने नृत्य, गायन और अभिनय की प्रस्तुति दी।

Director
Tula's Institute, Dehradun

Everyone's News, Everyone's Views
www.thehawk.in
The Hawk

Special Camp By NSS Unit

Dehradun (The Hawk): The 7 day long National Service Scheme (NSS) camp by the NSS unit of Tula's Institute concluded successfully today.

The concluding ceremony of the camp commenced with an appreciation speech by the Director IQAC Tula's Dr. M.K. Arora.

Later, an NSS student volunteer Ekta Yadav from BBA 1st year presented the 7-day report of the camp, wherein the pious work done by the volunteers was appreciated.

During the last day of the NSS camp, the volunteers cleaned the village surroundings, made graffiti in the Panchayat Ghar, and upper primary school of Dhoolkot, planted trees, and organized awareness rallies on water conservation, drug abuse, cleanliness.

On the final day, Ekta Yadav, Chhaya Chaudhary, and Pratik Ojha were awarded as the best student volunteers. The cooking team and the Nukkad Natak team were given the best team of the camp award. Sunil Kumar, Preeti Negi, and Rupam Kumar were given the best team leader award.

The NSS camp also had various health check-up camps that were organized in the nearby villages in collaboration with Arihant Hospital, Dehradun. Volunteers from Shri Nityanand Swami Jan Seva Samiti also visited the camp and helped in cleaning the surrounding village along with NSS volunteers of Tula's Institute.

Sanjay Joyal from NGO Sakshum also visited the camp and delivered a lecture on cleanliness and hygiene to the NSS volunteers and the nearby people of the village. The concluding ceremony was attended by the Gram Pradhan Dhoolkot Kusum Panwar, Director Tula's Institute Dr. Sandip Vijay, Director IQAC Tula's Dr. M.K. Arora, NSS Coordinators Dr. Sachin Kumar and Emmanuel Gabriel, NCC Coordinator Karan Kumar, and PTI Dinesh Negi.

The Himachal Times

Special Camp by NSS Unit of Tula's Institute concludes

Dehradun, April 07 (HTNS): The 7 day long National Service Scheme (NSS) camp by the NSS unit of Tula's Institute concluded successfully today. The concluding ceremony of the camp commenced with an appreciation speech by the Director IQAC Tula's Dr. M.K. Arora. Later, an NSS student volunteer Ekta Yadav from BBA 1st year presented the 7-day report of the camp, wherein the pious work done by the volunteers was appreciated.

During the last day of the NSS camp, the volunteers cleaned the village surroundings, made graffiti in the Panchayat Ghar, and upper primary school of Dhoolkot, planted trees, and organized awareness rallies on water conservation, drug abuse, cleanliness. On the final day, Ekta Yadav, Chhaya Chaudhary, and Pratik Ojha were awarded as the best student volunteers. The cooking team and the Nukkad Natak team were given the best team of the camp award. Sunil Kumar, Preeti Negi, and Rupam Kumar were given the best team leader award.

The NSS camp also had various health check-up camps that were organized in the nearby villages in collaboration with Arihant Hospital, Dehradun. Volunteers from Shri Nityanand Swami Jan Seva Samiti also visited the camp and helped in cleaning the surrounding village along with NSS volunteers of Tula's Institute.

Sanjay Joyal from NGO Sakshum also visited the camp and delivered a lecture on cleanliness and hygiene to the NSS volunteers and the nearby people of the village.

The concluding ceremony was attended by the Gram Pradhan Dhoolkot Kusum Panwar, Director Tula's Institute Dr. Sandip Vijay, Director IQAC Tula's Dr. M.K. Arora, NSS Coordinators Dr. Sachin Kumar and Emmanuel Gabriel, NCC Coordinator Karan Kumar, and PTI Dinesh Negi.

Gen BC Joshi

Director
Tula's Institute, Dehradun

दैनिक भास्कर

स्वयंसेवकों ने की गांव के आसपास की सफाई

भास्कर समाचार सेवा

देहरादून। तुलाज इंस्टिट्यूट की एनएसएस यूनिट की ओर से 7 दिवसीय राष्ट्रीय सेवा योजना (एनएसएस) शिविर का शुक्रवार को समापन हुआ। शिविर के समापन समारोह की शुरुआत निदेशक आईक्यूएसी तुलाज डॉ. एमके अरोड़ा के प्रशंसा भाषण के साथ हुई। एनएसएस शिविर के अंतिम दिन स्वयंसेवकों ने गांव के आसपास की सफाई की, पंचायत घर में चित्र बनवाए, धूलकोट के उच्च प्राथमिक विद्यालय में वृक्षारोपण किया और जल संरक्षण, नशाखोरी, स्वच्छता पर जागरूकता रैलियों का आयोजन किया। अंतिम दिन एकता यादव, छाया चौधरी और प्रतीक ओझा को सर्वश्रेष्ठ छात्र स्वयंसेवक के रूप में सम्मानित किया गया। सुनील कुमार, प्रीति नेगी और रूपम कुमार को सर्वश्रेष्ठ टीम लीडर का पुरस्कार दिया गया। एनएसएस शिविर में अतिरिक्त अस्पताल के सहयोग से आसपास के गांवों में विभिन्न स्वास्थ्य जांच शिविर भी आयोजित किए गए। निस्वार्थ सहायी जन सेवा समिति के स्वयंसेवकों ने भी शिविर का दौरा किया। एनजीओ सहाय के संजय जुयाल ने भी शिविर का दौरा किया और एनएसएस स्वयंसेवकों और गांव के आसपास के लोगों को स्वच्छता पर व्याख्यान दिया। समापन समारोह में ग्राम प्रधान धूलकोट कुसुम पंवार, निदेशक तुलाज इंस्टिट्यूट डॉ संदीप विजय, निदेशक आईक्यूएसी तुलाज डॉ एमके अरोड़ा, डॉ सचिन कुमार और इमैनुएल, एनएसएस समन्वयक करण कुमार आदि मौजूद रहे।

देवपथ

तुलाज़ इंस्टिट्यूट की एनएसएस यूनिट द्वारा विशेष कैंप का समापन

देहरादून 07 अप्रैल (वि०म०)। तुलाज़ इंस्टिट्यूट की एनएसएस यूनिट द्वारा 7 दिवसीय राष्ट्रीय सेवा योजना (एनएसएस) शिविर का आज सकुशलतापूर्वक समापन हुआ। शिविर के समापन समारोह की शुरुआत निदेशक आईक्यूएसी तुलाज़ डॉ. एम.के. अरोड़ा के प्रशंसा भाषण के साथ हुई। इसके बाद कोर्डीनेटर प्रथम वर्ष की एनएसएस छात्र स्वयंसेवक एकता यादव ने शिविर की 7 दिवसीय रिपोर्ट प्रस्तुत की, जिसमें स्वयंसेवकों द्वारा किए गए विभिन्न कार्यों की सराहना की गई।

एनएसएस शिविर के अंतिम दिन स्वयंसेवकों ने गांव के आसपास की सफाई की, पंचायत घर में चित्र बनवाए, धूलकोट के उच्च प्राथमिक विद्यालय में वृक्षारोपण किया और जल संरक्षण, नशाखोरी, स्वच्छता पर जागरूकता रैलियों का आयोजन किया।

अंतिम दिन एकता यादव, छाया चौधरी और प्रतीक ओझा को सर्वश्रेष्ठ छात्र स्वयंसेवक के रूप में सम्मानित किया गया। कुकिंग टीम और चुकड़ चालक टीम को कैंप की सर्वश्रेष्ठ टीम का पुरस्कार दिया गया। सुनील कुमार, प्रीति नेगी और रूपम कुमार को सर्वश्रेष्ठ टीम लीडर का पुरस्कार दिया गया। एनएसएस शिविर में अतिरिक्त अस्पताल, देहरादून के सहयोग से आसपास के गांवों में विभिन्न स्वास्थ्य जांच शिविर भी आयोजित किए गए। स्वे निस्वार्थ सहायी जन सेवा समिति के स्वयंसेवकों ने भी शिविर का दौरा किया और तुलाज़ इंस्टिट्यूट के एनएसएस स्वयंसेवकों के साथ आसपास के गांव की सफाई में भाग लिया।

एनजीओ सहाय के संजय जुयाल ने भी शिविर का दौरा किया और एनएसएस स्वयंसेवकों और गांव के आसपास के लोगों को स्वच्छता पर व्याख्यान दिया।

समापन समारोह में ग्राम प्रधान धूलकोट कुसुम पंवार, निदेशक तुलाज़ इंस्टिट्यूट डॉ संदीप विजय, निदेशक आईक्यूएसी तुलाज़ डॉ एम.के. अरोड़ा, एनएसएस समन्वयक डॉ सचिन कुमार और इमैनुएल मंडिवाल, एनएसएस समन्वयक करण कुमार, और प्रीति नेगी उपस्थित रहे।

Director
Tula's Institute, Dehradun

Annexure 12

Women Hygiene

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/0522/

Date: 13-05-2022

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize awareness Drive on **Women Hygiene** at Vill. Podwala, Dehradun. The drive will be carried along with the collaboration of Shri Nityanand Swami Jan Seva Samiti (Reg.) NGO on 15th May 2022 Female students NSS and student council will take part in the cleanliness drive, students list shall be confirmed by the event coordinator.

Event Coordinator: Chhaya Chaudhary
Designation: Club Manager, GreenX, Vibgyor
Contact Number: 8218658350

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Director
Tula's Institute, Dehradun

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2669300
0135-2669309

TULA' S INSTITUTE, DEHRADUN

Date: 15th May 2022

'AWARENESS DRIVE ON WOMEN HYGIENE' BY TULA'S INSTITUTE AND SUKAMNA FOUNDATION AND TRUST at VILL. DHOOLKOT, DEHRADUN

An awareness drive on Women Hygiene by Tula's Institute on 15th May 2022

Women Menstrual Hygiene

In many societies around the world, taboos associated with menstruation, combined with an overall culture of silence around the topic, limit the ability of women and girls to fully and equally participate in society, undermining their overall social status and self-esteem.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

The Challenge

At least 500 million women and girls globally lack adequate facilities for menstrual hygiene management (MHM). Inadequate WASH (water, sanitation and hygiene) facilities, particularly in public places, such as in schools, workplaces or health centers, can pose a major obstacle to women and girls. The lack of separate toilets with doors that can be safely closed, or the unavailability of means to dispose of used sanitary pads and water to wash hands, means that women and girls face challenges in maintaining their menstrual hygiene in a private, safe and dignified manner. A growing body of evidence shows that girls' inability to manage their menstrual hygiene in schools, results in school absenteeism, which in turn, has severe economic costs on their lives and on the country.

Women and especially schoolgirls in India face the daunting task of maintaining their sanitary health during the ongoing pandemic. In 2018, the Indian Government launched its 'Ujjwala Sanitary Napkin' initiative under which women were to get access to low-cost sanitary pads. To provide school-going girls with free sanitary pads, vending machines were installed in government schools. However, due to the continued closure of such schools in the nationwide lockdown, a critical part of the supply chain of these pads has been compromised causing a sudden deprivation of sanitary pads. This exposes economically weak women to a high risk of sanitation-related diseases and complications.

Menstrual hygiene education is a taboo in India. Women find it difficult to openly ask for sanitary products from a male family member (who generally fetches goods from the market). Women, especially in rural areas, are confined to their homes and depend on male or elderly female household members for procuring sanitary products.

Due to the lack of clean, private, safe water and sanitation facilities, women are unable to practice personal sanitary hygiene like changing the menstrual pads, washing cloth pads, and drying them in sunlight for proper disinfection. Due to the scarcity of pads, girls limit their food and water intake to minimize their use of the toilet so that they don't have to change pads as regularly. These practices could lead to severe health issues in the longer run.

Initiative by Tula's Institute and Sukamana Foundation and Trust

The NSS unit of Tula's Institute, Dehradun and Sukamna Foundation and Trust performed an awareness drive on women hygiene at the village Dhoolkot on 15th May 2022. The students went door to door and distributed the sanitary napkins and made the village women aware about the hygiene during the menstruation cycle. After that a session by the coordinators of Sukamana Trust taught the villagers about various health related issues and eating habits. The Tula's team was lead by student coordinators and faculty coordinators.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

1. To increase awareness among adolescent girls on Menstrual Hygiene.
2. To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.
3. To educate about safe disposal of Sanitary Napkins in an environmentally friendly manner.

Outcomes of the Event

1. 100 sanitary pads were distributed among the women living at Vill. Podwala, Dehradun.
2. Women were provided education about personal hygiene.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 15th May 2022

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 15th May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

A talk session about women hygiene at Women Hygiene Drive, 15th May 2022

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 15th May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Distribution of sanitary napkins at Women Hygiene Drive, 15th May 2022

Women Hygiene Drive, 15th May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Geo Tag Photographs of the event

Students distributing Sanitary pads.

Students distributing Sanitary pads.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Session about women hygiene

Yoga session for women.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Group photo of all the volunteers and students

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

ATTENDANCE

VISITOR Attendance

Event Name: Women Hygiene

Date: 20/10/2021

S. No	College ID	Name	Branch and Year	Signature
01.	202104001/B	Paroni Sinha	B.Tech CSE 1st year	Paroni
02	202104066	Shreya Srivastava	B.Tech CSE 1st year	Shreya.
03.	202103065	Aditi Singh	BBA 1st year	Aditi
04	202104075	Shikha Verma	B.Tech CSE	Shikha Verma
05	202104014	Anushka Kumari	B Tech CSE	Anushka
06	202101 6012	Devika Anand	B.Sc Agri	[illegible]
07	2019016084	Kundan Kumar	Bsc Agri	Kundan Ku
08	201904075	Anuj Osha	B.tech CSE	Anuj Osha.
09	202004011	Harsh Raj	CSE 2nd y	[illegible]
10	201801 61 01	Anjali Kumari	B.Sc.Agri	Anjali Kumari
11	201901 61050	Diksha khandelwal	B.Sc Agri	Diksha
12	201804075	Anurag Chauhan	BTech CSE	[illegible]
13	202001 3033	Shivendra. V.	BBA 2nd	[illegible]
~~14~~	~~202001 3067~~	Singh		
14	202001 3067	Shashank P. Singh	BBA 2nd	Shashank
15	202001 3001	Anny Albert	BBA 2nd	Anny
16	202001 3015	Nishtha Verma	BBA 2nd	[illegible]
17	Sweta Singh	202108004	MBA (1st)	[illegible]
18	Jabbasum	202108009	MBA 1st	[illegible]
19	~~202~~ 202108011	Hemlata Rajbanshi	MBA 1st	[illegible]

Signature of Head 22/10/2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

VIBGYOR Attendance

Event Name: Women Hygiene Drive Date: 20/10/21

S. No	College ID	Name	Branch and Year	Signature
1	202108020	Shikha Chaudhary	MBA 1st	
2.	202108005	Falguni Gupta	MBA 1st	
3.	202101 3073	Siddharth Goswami	BBA 1st	
4.	202101 3078	Md. Irfan Gaus	BBA 1st	
5.	202108002	Jyoti	MBA 1st	
6.	202001 8007	Sakshi Chand	BCom 1st	
7.	Priya Arya	202001 8002	BCom 1st	Priya
8.	202001 8012	Shipra Chauhan	BCom 1st	Shipra
9.	Aanchal Chauhan	202018028	BBA 2nd	
10.	Shiskha Verma	202104095	BTech CSE	
11.	202102040	Priya Sahu	BCA	Priya
12.	202101 8001	Kavita Bisht	BCom	
13.	202104048	Pauri Sinha	BTech CSE	Pauri
14.	202001 8014	Vaishali Patwal	BCom 2nd	Vaishali
15.	202001 8010	Preeti Bora	BCom 2nd	Preeti
16.	Chhaya Chaudhary	202101 3033	BBA 2nd	Chhaya
17.	Ankita Kumari	201801 3033	BBA 2nd	Ankita
18.	202104081	Preeti Kumari	BTech CSE	
19.	Anjali	201801 6101	Agri BSc	Anjali
20.	202104055	Sneha	BTech CSE	

Signature of Head: 22/10/2021

Director
Tula's Institute, Dehradun

Annexure 13

Cleanliness Drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/0522/ Date: 20-05-2022

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize cleanliness drive at the Rajpur Road, Dehradun, near Clock Tower. The drive will be carried along with the collaboration of Shri Nityanand Swami Jan Seva Samiti (Reg.) NGO on 22nd May 2022. Volunteers of NSS and Student council will take part in the cleanliness drive.

Event Coordinator: Pratik Ojha
Designation: Club Member, PR, Vibgyor
Contact Number: 8406986592

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

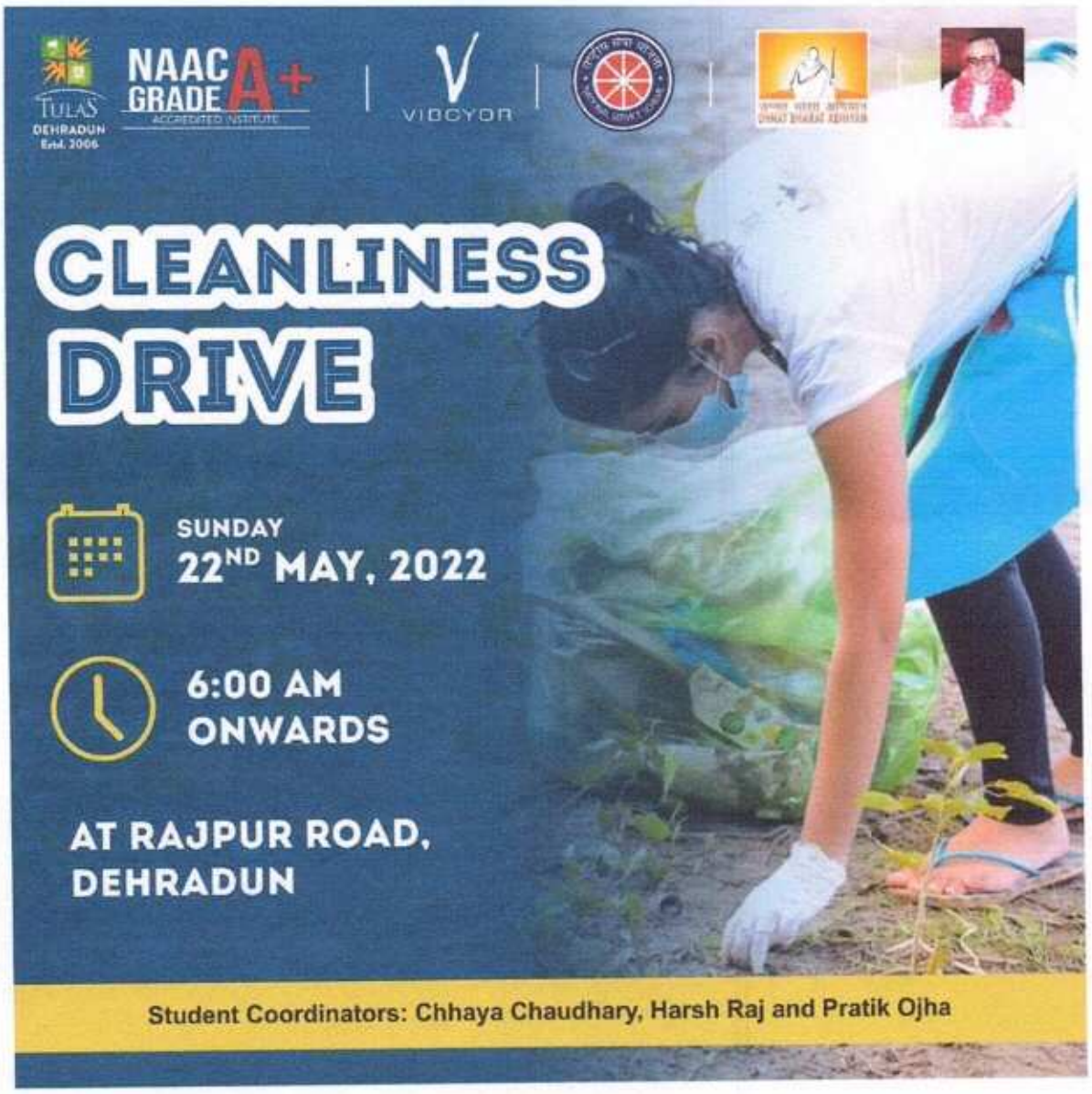
Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K.India)
www.tulas.edu.in
0135-2699000
0135-2699009

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 22nd May 2022

'CLEANLINESS DRIVE' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at RAJPUR ROAD, DEHRADUN



Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

The 'Cleanliness Drive' would promote the values of cleanliness, discipline and respect for the environment in the children and educate and sensitize them about the importance of cleanliness for a healthy, socially responsible, economically dynamic and progressive nation.

Outcomes of the Event

1. All the students NSS and Student council and faculties of Tula's Institute participated in the event with great gusto.
2. Around 20 bags of garbage were collected from the venue.

List of Measures

1. Masks, Hand Sanitizers, Hand Gloves were distributed among the students and all the volunteers.
2. Recyclable bin bags were given to the students and volunteers.
3. Arrangement of refreshment was done for the students and all the volunteers

Summary Report

An Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

Venue: *Near Clock Tower, Rajpur Road, Dehradun*

Date: 22nd May 2022

Aligning itself with cleanliness campaign initiated by Govt of India, The NSS unit of Tula's Institute, the dynamic leadership of Executive Director Ms. Silky Jain Marwah, has conducted cleanliness drive in collaboration with Shri Nityanand Swami Jan Seva Samiti, an NGO as a part of Extension and Outreach Program under 'Swachh Bharat Abhiyan' initiatives of Government of India at Rajpur road, Dehradun on 22nd May 2022. More than 70 participants including faculty members and students, enthusiastically participated in the cleanliness drive as part of Swachh Bharat Abhiyan.

More than 20 bags of garbage (paper waste/Plastic waste/ Plastic bottles) are collected from various locations of the Rajpur Road. The participants cleaned the area and raised the slogan 'One step towards cleanliness'.

Speaking on the occasion, Mr. Vinayak Sharma from NGO highlighted the significance and importance of cleanliness in the lives. He shared that individual responsibility is of essence in realizing the dream of a clean India and thus, each individual should voluntarily shoulder this responsibility. The institution has also initiated healthy refreshment initiatives along with a cleanliness drive for societal wellbeing awareness.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

The programme was coordinated by Mr. Emmanuel Gabriel, Assistant Professor in the Graduate School of Business at Tula's Institute. During the said program The Standard Operating Procedures (SOPs) on preventive measures including physical/ social distancing, use of face masks, hand gloves, hand sanitizations has been followed to contain the spread of COVID-19.

EVENT PHOTOGRAPHS

Group Photo at the start of the cleanliness drive, 22nd May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students of Tula's Institute on Rajpur road for cleanliness drive, 22nd May 2022

NSS Volunteers picking up roadside garbage during the cleanliness drive, 22nd May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Volunteers picking up roadside garbage during the cleanliness drive, 22nd May 2022

Volunteers picking up roadside garbage during the cleanliness drive, 22nd May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

NGO Volunteers guiding the students about the cleanliness drive, 22nd May 2022

More than 20 bags of garbage was collected from the area nearby clock tower, Rajpur road, Dehradun, 22nd May 2022

Director
Tula's Institute, Dehradun

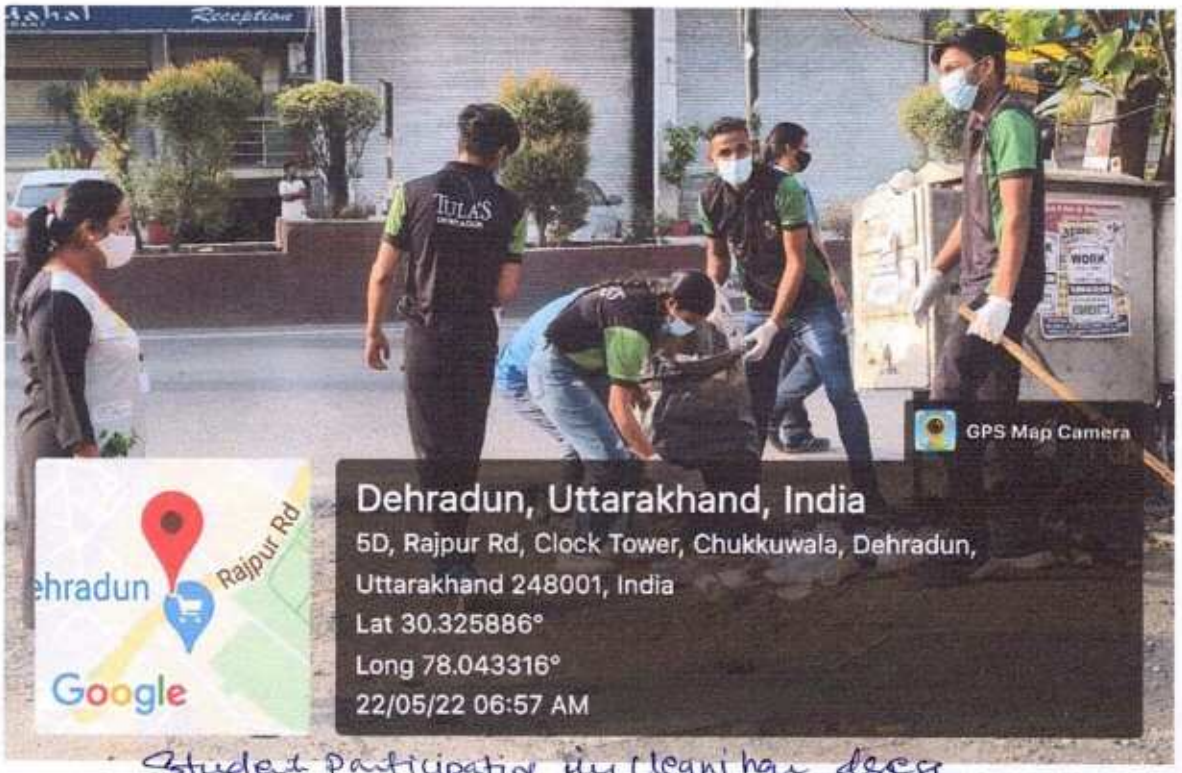
TULA' S INSTITUTE, DEHRADUN

Cleaning of blocked sewage, 22nd May 2022

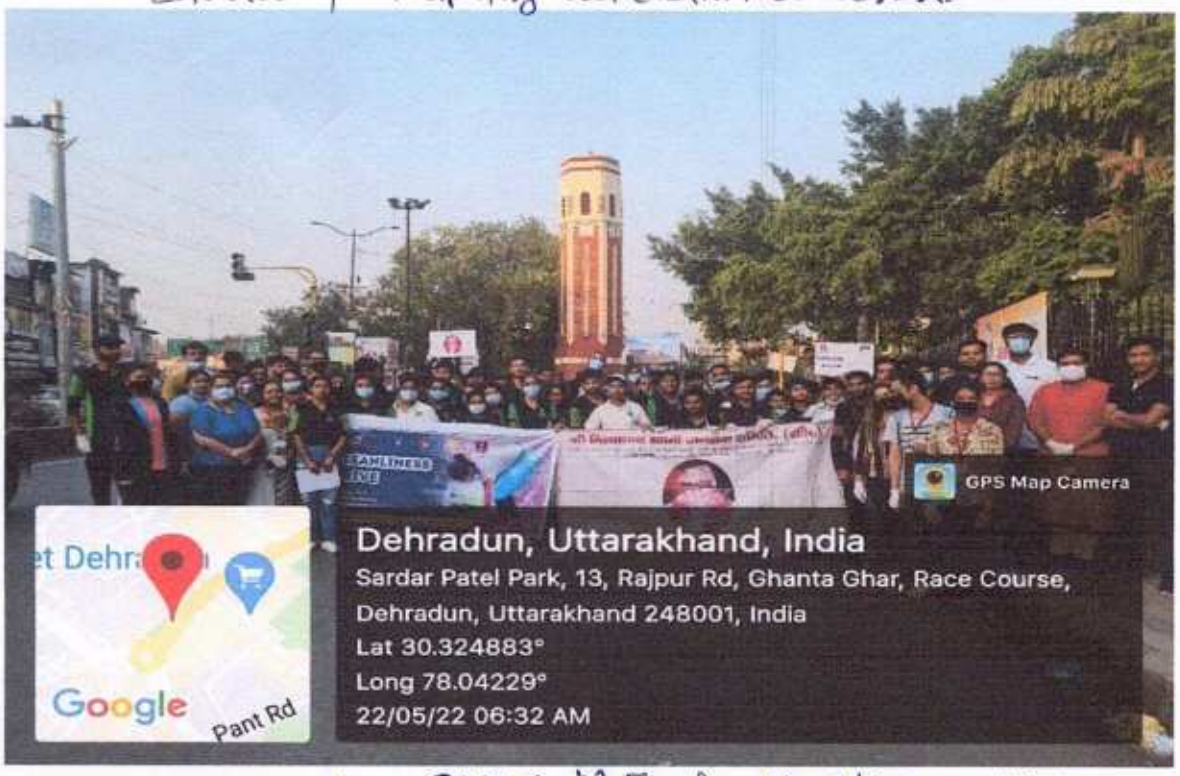
Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

GEO TAGGED PHOTOGRAPHS



Student participating in cleanliness drive.

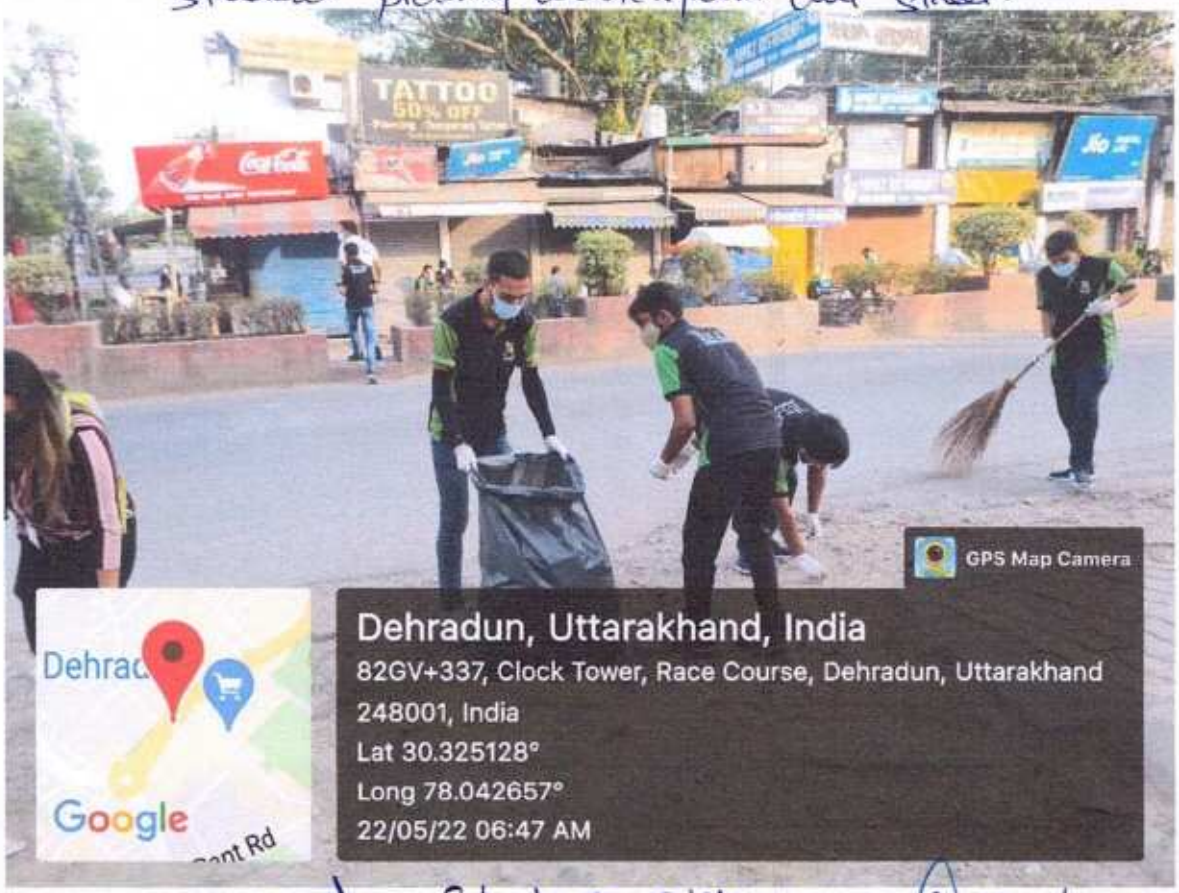


group photo of all the participating in cleanliness drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

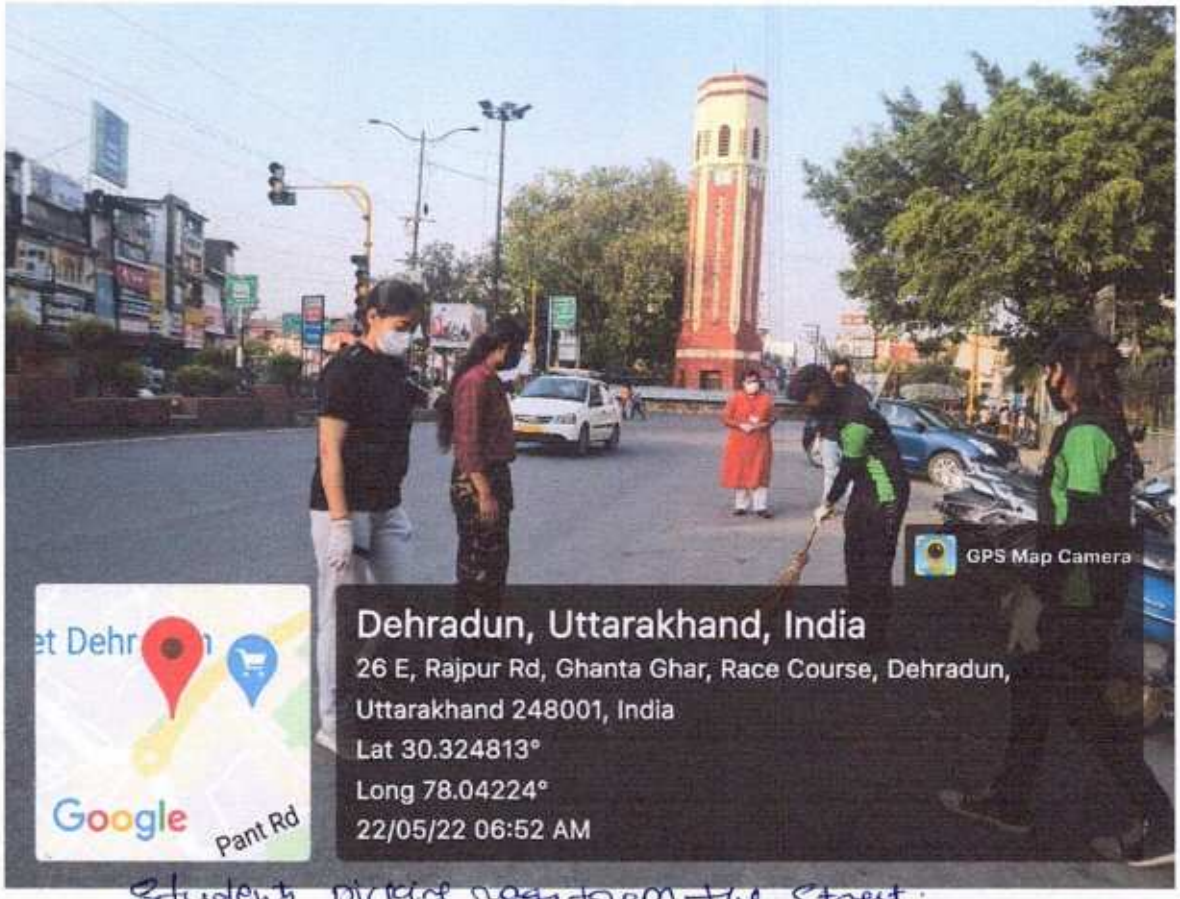
Student picking waste from the street.



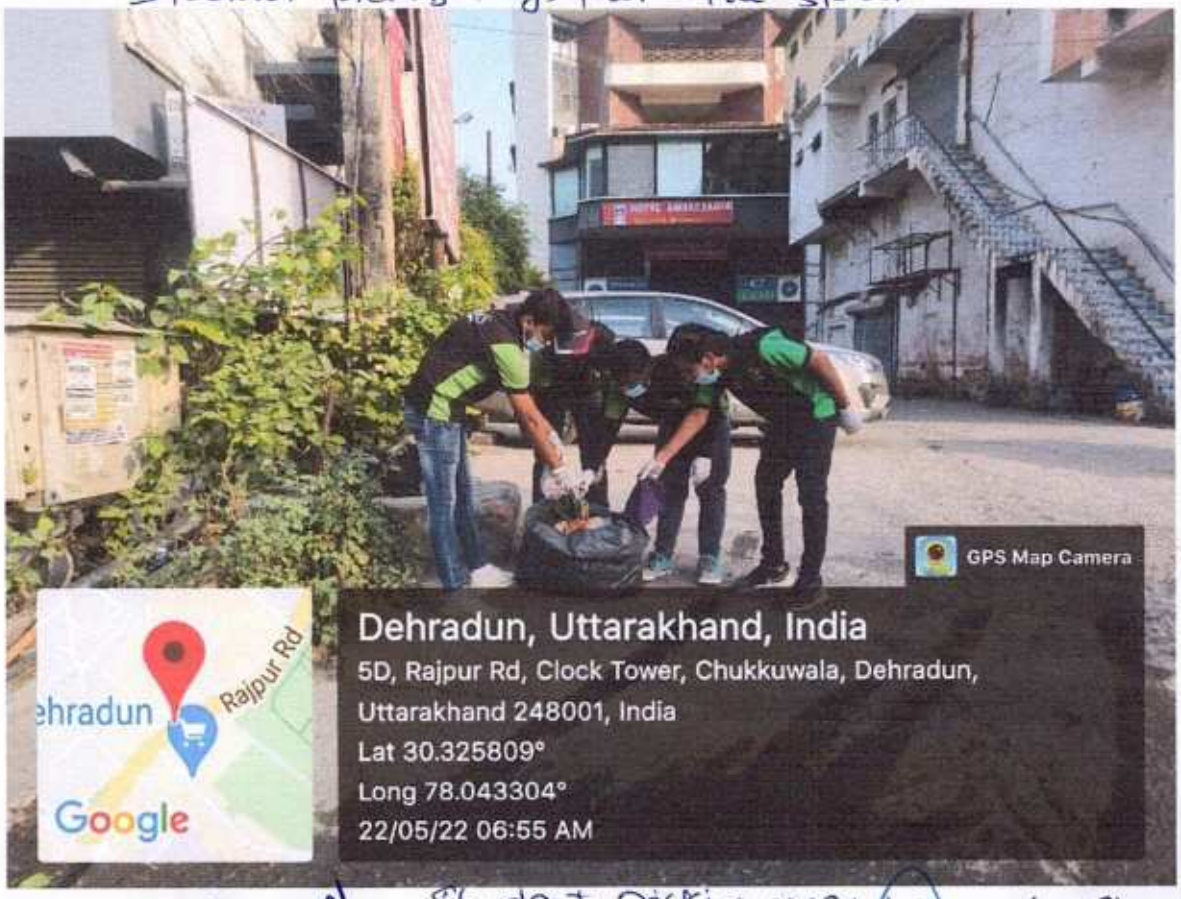
Students picking the bags from the street.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Student picking rags from the Street.



Student picking rags from the Street

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

students picking rags from the street

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Cleanliness Drive

Date: 20-5-22

S. No	College ID	Name	Branch and Year	Signature
1	2021013078	Md Irfan Gaus	BBA 1st yr	Irfan
2	2021013100	Nishant kr Chandel	BBA 1st year	Nishant
3	2021013046	Lavanya singh	BBA 1st yr.	lavanya
4	2021013073	Siddhartha	BBA 1st yr.	[illegible]
5	2021013087	Manu	BBA 1st yr.	Manu
6	2021013054	Krishna	BBA 1st yr	Krishna
7	2021013008	Dibyansh Sahu	BBA 1st yr	Dibyansh
8	2021013035	Aditya Raj	BBA 1st yr.	Aditya
9	2021013102	Saurabh	BBA 1st yr.	Saurabh
10	2021013091	Ajeet	BBA 1st yr.	Ajeet
11	2021013074	Ankit Kumar	BBA 1st yr	Ankit
12	2021013083	Aryan	BBA 1st yr.	Aryan
13	2021013092	Purushotam	BBA 1st yr.	Purushotam
14	2021013017	Nitin Prajapati	BBA 1st yr	[illegible]
15	2021013016	Anmol Chaudhary	BBA 1st yr	[illegible]
16	2021013056	Mohd Afnan	BBA 1st y	[illegible]
17	2021013011	Himanshu	"	[illegible]
18	2021013038	Prajjwal	"	[illegible]
19	2021013037	Athar	BBA 1st year	[illegible]
20	2021013105	Abhishek	BB 1st year	[illegible]

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Cleanliness Drive

Date: 20-05-2022

S. No	College ID	Name	Branch and Year	Signature
1	2021012044	Nitin latwal	BCA 1st year	Nitin
2	2021016011	Aryan kumar	Agri 1st year	[illegible]
3	2021012011	Deepa fartiyal	BCA 1st year	Deepa
4	2021016010	Aanchal	Agri 1st year	[illegible]
5	2020016011	Karan Gupta	Agri 2nd year	[illegible]
6	2021013050	Jatin Singh Rawat	BBA 1st year	[illegible]
7	201902005	Mira khan	B.tech 3rd	[illegible]
8	2021012064	Aditya Narayan	BCA 1st	[illegible]
9	2021013109	Apurva Dhan	BBA 1st	Apurva
10	2021013166	Chhavi Choudhary	BBA 1st	chavi
11	2021012042	Suzan	BCA 1st	Suzan
12	2020013045	Subrato chandra	BBA 2nd	Subrato
13	201906019	Aditya	BBA	[illegible]
14	2020012039	Preeti Negi	BBA 2nd	[illegible]
15	2020013005	Muskan ~~khan~~	BBA 2nd	Muskan
16				

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 14

Awareness Rally on Earth Day

Director
Tula's Institute, Dehradun

उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

Awareness Rally on Earth Day
(Plastic Free Campaign)

ON

Date: 19-04-2022

By

TULA'S
DEHRADUN
Estd. 2006

TULA'S INSTITUTE

Dehradun

Director
Tula's Institute, Dehradun

Report on Awareness Rally on Plastic Free Surrounding by Students of Tula's Institute on Earth Day under Unnat Bharat Abhiyan (UBA).

Tula's Institute, Dehradun celebrated Earth Day to spread awareness and show a great concern for preserving our planet "The Earth" for ourselves and future generations. Awareness Rally was organized in the village Dhoolkot and adopted village by the institute under Unnat Bharat Abhiyan (UBA) was organized by the students. Students wrote slogans and made posters to save the environment and spared the message of a plastic-free country among the villagers.

On this great occasion students enthusiastically took part in the rally to spread the message of keeping our earth green and stop using polythene. They also interacted with the villagers to spread the message to save the environment. To teach the students and village people the value of clean surroundings, a cleanliness drive was also carried out in the village.

Dr. Sandip Vijay, Director of Tula's Institute was overwhelmed to see the future volunteers of the blue planet. He said that it is our duty to save the environment's beauty. We all must be sensitive towards our environment and earth. In the present situation, we have to be very careful about our surrounding that is gifted by the nature. It is our prime duty to nurture nature and save for our future so that the Eco system could not get disturbed. Due to some irregularities, we shall be affected badly.

Objective:

1. Ensuring as many people as possible are aware of the campaign and issue of single-use plastics, offers the best chance for change, reducing the amount of plastic pollution in our environment.
2. To spread awareness about the hazards of plastic.
3. To impart knowledge about the reduction and reuse of plastic.

Director
Tula's Institute, Dehradun

EARTH DAY REPORT

Figure 1Students of Tula's Institute did awareness rally for plastic free surroundings.

Figure 2 Awareness Rally by Tula's Institute Students

Director
Tula's Institute, Dehradun

Figure 3 Awareness Rally Under Unnat Bharat Abhiyan on Earth Day

Figure 4 Students displaying slogs to promote green planet on Earth Day

Director
Tula's Institute, Dehradun

GEO TAGGED PHOTOS

Figure 5 Awareness on Plastic Free Surroundings on Earth Day

Figure 6 Awareness on Plastic Free Surroundings on Earth Day

Director
Tula's Institute, Dehradun

Figure 7 Awareness on Plastic Free Surroundings on Earth Day

Figure 8 Awareness on Plastic Free Surroundings on Earth Day

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Awareness rally on Earth Day Date: 19-04-22

S. No	College ID	Name	Branch and Year	Signature
1		Ishir Pratap Singh	BBA 2nd	Ishir
2		Sandeep Kambij	B.Com 2nd	Sandeep
3		Anushka Kumari	CSE 1st	Anuska
4		Supriya Yadav	CSE 1st	Supriya
5		Harsh Raj	CSE 2nd	Harsh
6		Mridul Agnihotry	BBA 2nd	Mridul
7		Aditya Raj	BBA 2nd	Aditya
8		Shivam Kumar	ECE 3rd	Shivam
9		Vaibhav Tewari	CSE 3rd	Vaibhav
10		Deepak Sharma	CSE 3rd	Deepak
11		Vivek Sharma	CSE 3rd	Vivek
12		Achyut Shah	CSE 3rd	Achyut
13		Akshaya kr. Arya	CSE 3rd	Akshaya
14		Sneha Panwar	BSC Agri 1st	Sneha
15		Devika Anand	BSC Agri 1st	Devika
16		Apoorva Arya	ECE 3rd	Apoorva
17		Prabhanshu kr.	ECE 3rd	Prabhanshu
18		Nikhil Bhardwaj	CSE 3rd	Nikhil
19		Nikhil Mathur	CSE 3rd	Nikhil
20		Vinit	BSC Agri 2nd	Vinit

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Awareness rally on earth day Date: 19-04-2022

S. No	College ID	Name	Branch and Year	Signature
21		Sneha Panwar	BSC Agri 1st	Sneha
22		Akshya kr. Arya	CSE 3rd	Akshaya
23		Achyut Shah	CSE 3rd	Achyut
24		Vivek Sharma	CSE 3rd	Vivek
25		Deepak Sharma	CSE 3rd	Deepak
26		Vaibhav Tewani	CSE 3rd	Vaibhav
27		Shivam kumar	ECE 3rd	Shivam.
28		Aditya Raj	BBA 2nd	Aditya
29		Hridul Agnihotry	BBA 2nd	Hridul
30		Harsh Raj	CSE 2nd	Harsh
31		Anushka kumari	CSE 1st	Anushka
32		Supriya Yadav	CSE 1st	Supriya
33		Sandeep kambij	B.Com 2nd	Sandeep
34		Ishu Pratap Singh	BBA 2nd.	Ishu Pratap

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Awareness Rally on Earth Day **Date:** 19-04-2022

S. No	College ID	Name	Branch and Year	Signature
1	202101305	Ekta	BBA 2nd	Ekta
2	~~Sarget~~ 202004066	Sarget	Btech 3rd	Sarget
3	~~Adity~~ 202201302	Aditya kumar	BBA 1st	Aditya
4	202201302	Anurag kumar	BBA 1st	Anuk
5	202201301	Aman kumar	BBA 1st	Aman
6	202201303	Anjali kumari	BBA 1st	Anuk
7	202201304	Mallay kishore	BBA 1st	Malkishore
8	202201305	Ranjee sharma	BBA 1st	Rani
9	202201304	Anupam Singh	BCA 2nd	Anupam
10	202201306	Raj Bhandari	BCA 2nd	Raj
11	202201302	Sundram Sinha	BBA 1st	Sundram
12	202201304	Abhiskek Pandey	BCA 2nd	Abhiskek
13	202201300	Shivam	BCA 2nd	Sh
14	202101309	Ashish	BBA 2nd	Ash
15	202201308	Nishi Joshi	B.tech 1st	Nishi
16	202101304	Abhinav rai	BBA 2nd	Abhi
17	202101304	Anupam	BCA 2nd	Anupam
18	202201304	Ujjwal	BCA 1st	Ujj
19	202201309	Ankit	BBA 1st	Ankit
20	202201308	Ashish	BBA 1st	Ash

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 15

Awareness Drive on Women Hygiene

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/0522/ Date: 13-05-2022

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize awareness Drive on **Women Hygiene** at Vill. Podwala, Dehradun. The drive will be carried along with the collaboration of Shri Nityanand Swami Jan Seva Samiti (Reg.) NGO on 15th May 2022 Female students NSS and student council will take part in the cleanliness drive, students list shall be confirmed by the event coordinator.

Event Coordinator: Chhaya Chaudhary
Designation: Club Manager, GreenX, Vibgyor
Contact Number: 8218658350

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699000
0135-2699309

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 15th May 2022

'AWARENESS DRIVE ON WOMEN HYGIENE' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at VILL. PODWALA, DEHRADUN

An awareness drive on Women Hygiene by Tula's Institute on 15th May 2022

Women Menstrual Hygiene

In many societies around the world, taboos associated with menstruation, combined with an overall culture of silence around the topic, limit the ability of women and girls to fully and equally participate in society, undermining their overall social status and self-esteem.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

The Challenge

At least 500 million women and girls globally lack adequate facilities for menstrual hygiene management (MHM). Inadequate WASH (water, sanitation and hygiene) facilities, particularly in public places, such as in schools, workplaces or health centers, can pose a major obstacle to women and girls. The lack of separate toilets with doors that can be safely closed, or the unavailability of means to dispose of used sanitary pads and water to wash hands, means that women and girls face challenges in maintaining their menstrual hygiene in a private, safe and dignified manner. A growing body of evidence shows that girls' inability to manage their menstrual hygiene in schools, results in school absenteeism, which in turn, has severe economic costs on their lives and on the country.

Women and especially schoolgirls in India face the daunting task of maintaining their sanitary health during the ongoing pandemic. In 2018, the Indian Government launched its 'Ujjwala Sanitary Napkin' initiative under which women were to get access to low-cost sanitary pads. To provide school-going girls with free sanitary pads, vending machines were installed in government schools. However, due to the continued closure of such schools in the nationwide lockdown, a critical part of the supply chain of these pads has been compromised causing a sudden deprivation of sanitary pads. This exposes economically weak women to a high risk of sanitation-related diseases and complications.

Menstrual hygiene education is a taboo in India. Women find it difficult to openly ask for sanitary products from a male family member (who generally fetches goods from the market). Women, especially in rural areas, are confined to their homes and depend on male or elderly female household members for procuring sanitary products.

Due to the lack of clean, private, safe water and sanitation facilities, women are unable to practice personal sanitary hygiene like changing the menstrual pads, washing cloth pads, and drying them in sunlight for proper disinfection. Due to the scarcity of pads, girls limit their food and water intake to minimize their use of the toilet so that they don't have to change pads as regularly. These practices could lead to severe health issues in the longer run.

Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

The NSS unit of Tula's Institute, Dehradun and Shri Nityanand Swami Jan Seva Smiti performed an awareness drive on women hygiene at the village Podwala on 15th May 2022. The students went door to door and distributed the sanitary napkins and made the village women aware about the hygiene during the menstruation cycle. After that the yoga instructor taught them various exercises and also taught them about their eating habits. The Tula's team was lead by student coordinator Ms. Chhaya Chaudhary of BBA 2 nd Year and Ms Ekta Yadav of BBA 1st yr supported by team of teaching faculty Mr. Emmanuel Gabriel, Head of Extension Committee. The event was successful at the end of the day.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

1. To increase awareness among adolescent girls on Menstrual Hygiene.
2. To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.
3. To educate about safe disposal of Sanitary Napkins in an environmentally friendly manner.

Outcomes of the Event

1. 100 sanitary pads were distributed among the women living at Vill. Podwala, Dehradun.
2. Women were provided education about personal hygiene.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 15th May 2022

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 15th May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 15th May 2022

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 15th May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

A session about basic hygiene by Ms. Geetika at Women Hygiene Drive, 15th May 2022

Teaching Yoga at Women Hygiene Drive, 15th May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Women Hygiene Drive in collaboration with Shri Nityand Swami Jan Seva Samiti (Reg.), 15th May 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Geo Tag Photographs of the event

Students distributing the sanitary pads to the vill. people.

Students distributing the pads to the vill. people

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Trainer teaching about the yoga pose.

Trainer teaching yoga to other people

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

group photo of the NSS volunteers & the staff and student

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

ATTENDANCE

VIBGYOR Attendance

Event Name: Women Hygiene

Date: 20/10/2021

S. No	College ID	Name	Branch and Year	Signature
01.	202104048	Paromi Sinha	B Tech CSE 1st year	Paromi
02	202104066	Shreya Srivastava	B.Tech CSE 1st year	Shreya.
03.	202103065	Aditi Singh	BBA 1st year	Aditi
04	202104075	Shikha Verma	B.Tech CSE	Shikha Verma
05	202104014	Anishka Kumari	B Tech CSE	Anishka
06	202101 6012	Devika Anand	B.Sc Agri	[illegible]
07	2019016084	Kundan Kumar	Bsc Agri	Kundan Ku
08	201904075	Anuj Ojha	B.Tech CSE	Anuj Ojha
09	201004011	Harsh Raj	CSE 2nd y	Harsh Raj.
10	201801 6101	Anjali Kumari	B.Sc Agri	Anjali Kumari
11	201901 6050	Diksha Khandelwal	B.Sc Agri	Diksha
12	201604075	Anurag Chauhan	B Tech [illegible]	[illegible]
13	202001 3033	Shivendra V.	BBA 2nd	[illegible]
~~14~~	~~202001 3067~~	Singh		
14	202001 3067	Shashank P. Singh	BBA 2nd	Shashank
15	202001 3001	Anuj Dubey	BBA 2nd	Anuj
16	202001 3015	Nishita Verma	BBA 2nd	[illegible]
17	Sweta Singh	202108004	MBA (Lt)	[illegible]
18	Jabbasum	202108007	MBA 1st	[illegible]
19	~~1103~~ 202108001	Hemlata Rajbanshi	MBA 1st	[illegible]

Signature of Head: [illegible] 22/10/2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

VIBGYOR Attendance

Event Name: Women Hygien Drive Date: 20/10/21

S. No	College ID	Name	Branch and Year	Signature
1	202108020	Shikha chaudhary	MBA 1st	
2.	202108005	Falguni Gupta	MBA 1st	
3.	202101 3073	Siddhartha Goswami	BBA 1st	
4.	202101 3078	Md. Irfan Gaus	BBA 1st	
5.	202108002	Jyoti	MBA 1st	
6.	202001 8009	Sakshi Chand	BCom 1st	
7.	Priya Arya	202001 8002	BCom 1st	Priya
8.	202 8001 8012	Shipra Chauhan	Bcom 1st	Shipra
9.	Aanchal Chauhan	202013028	BBA 2nd	
10.	Shiskha Verma	202104075	Btech CSE	
11.	202102040	Priya Shahu	BCA	Priya
12.	202101 8001	Kavita Bisht	Bcom	Kavita
13.	202104046	Pauri Sinha	Btech CSE	Pauri
14.	202001 8014	Vaishali Patwal	Bcom 2nd	Vaishali
15.	202001 8010	Preeti Bora	Bcom 2nd	Preeti
16.	Chhaya chaudhary	202013033	BBA 2nd	chaya
17.	Ankita Kumari	201801 3033	BBA 2nd	Ankita
18.	202104081	Preeti Kumari	Btech CSE	
19.	Anjali	201801 6101	Agri BSc	Anjali
20.	202104055	Sneha	Btech CSE	

Signature of Head: 22/10/2021

Director
Tula's Institute, Dehradun

Annexure 16

Yoga Session for Girls

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

• Approved by AICTE, Ministry of HRD, Govt. of India • ISO 9001:2015

Affiliated: • Uttarakhand Technical University • Sri Dev Suman University • Uttarakhand Board of Technical Education

Date: 12-04-2022

Ref: Tulas/Vibgyor/0422/

Notice

It is to inform all the students and staff that, NSS unit of Tula's Institute with Shri nityanand swami jan seva samiti are going to organize a yoga session at Akhil Bharatiya Mahila Ashram, Dehradun for female students on 14th April 2022.

Students of NSS unit and student council will be the volunteers for the event.

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Vision
• To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
• Promote intellectual and skilled human capital generation employment and entrepreneurship.
• Be educational centre of excellence of multi ethnicity and diversity.
• Establish as technology driven teaching learning institution.
• Provide world class platform for research and innovation.
• Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699000
0135-2699309

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 14th April 2022

'YOGA SESSION FOR GIRLS' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at AKHIL BHARTIYA MAHILA ASHRAM, DEHRADUN

Yoga Session for Female student at Akhil Bhartiya Mahila Ashram, Dehradun, 14th April 2022

Objectives of the Event

The 'Cleanliness Drive' would promote the values of cleanliness, discipline and respect for the environment in the children and educate and sensitize them about the importance of cleanliness for a healthy, socially responsible, economically dynamic and progressive nation.

Outcomes of the Event

1. Total of 65 girls participated in the yoga session.
2. The students were taught different asans by the trainers.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

List of Measures

1. Arrangement of refreshment was done for the students and all the volunteers

Summary Report

An Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

Venue: *Near Clock Tower, Rajpur Road, Dehradun*

Date: 22nd May 2022

Aligning itself with cleanliness campaign initiated by Govt of India, The NSS unit of Tula's Institute, the dynamic leadership of Executive Director Ms. Silky Jain Marwah, has conducted cleanliness drive in collaboration with Shri Nityanand Swami Jan Seva Samiti, an NGO as a part of Extension and Outreach Program under 'Swachh Bharat Abhiyan' initiatives of Government of India at Rajpur road, Dehradun on 22nd May 2022. More than 70 participants including faculty members and students, enthusiastically participated in the cleanliness drive as part of Swachh Bharat Abhiyan.

More than 20 bags of garbage (paper waste/Plastic waste/ Plastic bottles) are collected from various locations of the Rajpur Road. The participants cleaned the area and raised the slogan 'One step towards cleanliness'.

Speaking on the occasion, Mr. Vinayak Sharma from NGO highlighted the significance and importance of cleanliness in the lives. He shared that individual responsibility is of essence in realizing the dream of a clean India and thus, each individual should voluntarily shoulder this responsibility. The institution has also initiated healthy refreshment initiatives along with a cleanliness drive for societal wellbeing awareness.

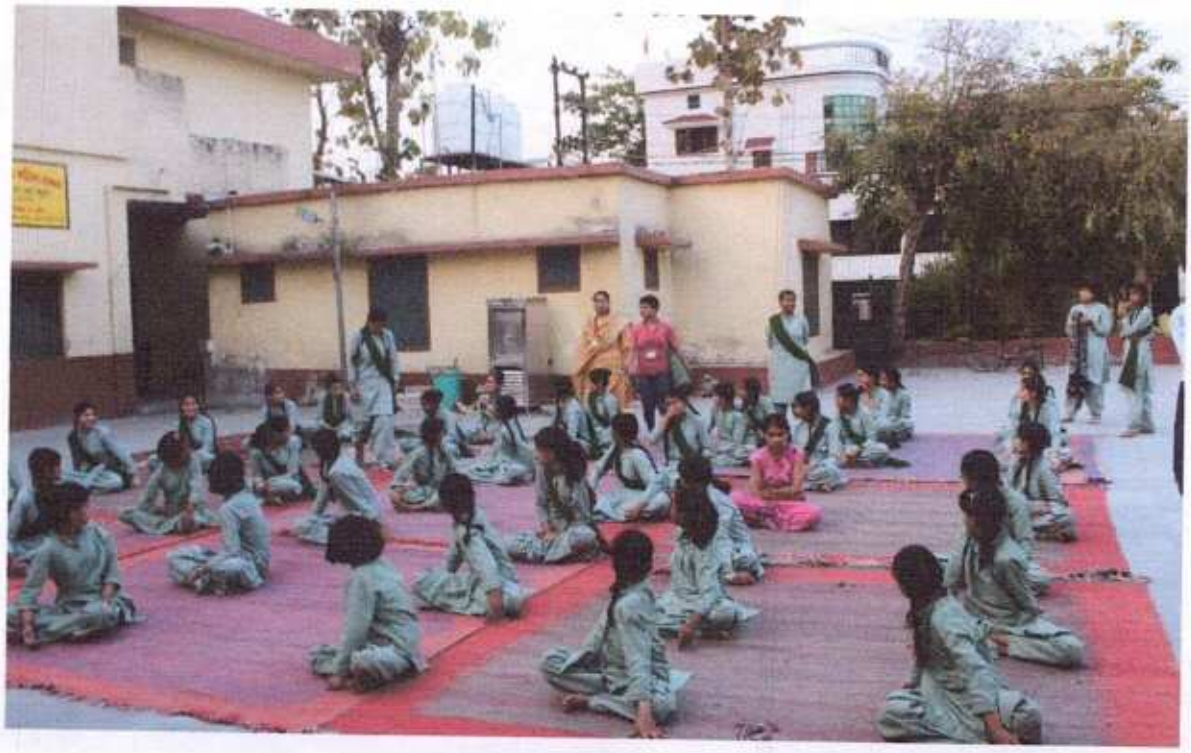
The programme was coordinated by Mr. Emmanuel Gabriel, Assistant Professor in the Graduate School of Business at Tula's Institute. During the said program The Standard Operating Procedures (SOPs) on preventive measures including physical/ social distancing, use of face masks, hand gloves, hand sanitizations has been followed to contain the spread of COVID-19.

Gabriel

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS



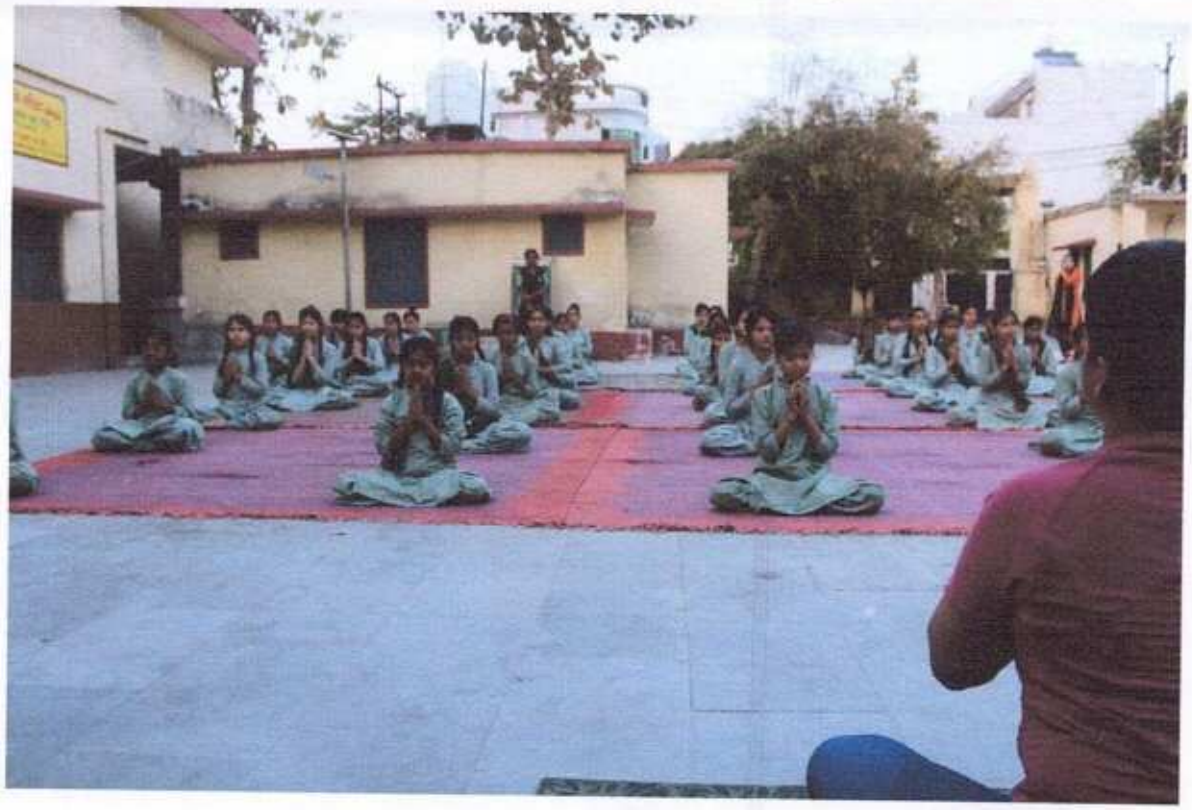
Yoga session at Akhil Bhartiya Mahila Ashram, Dehradun, 14th April 2022

Yoga Session at Akhil Bhartiya Mahila Ashram, Dehradun, 14th April 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students doing namaskar during the yoga session, 14th April 2022

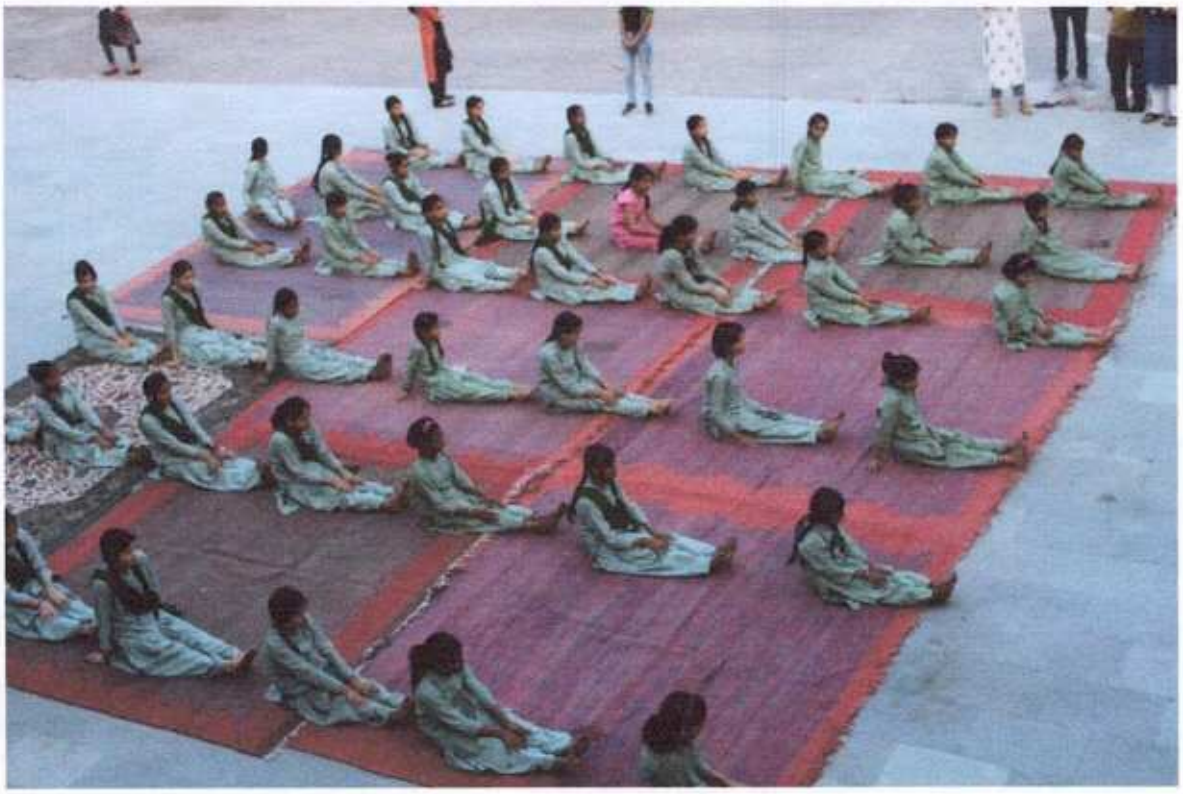


Yoga Session at Akhil Bhartiya Mahila Ashram, Dehradun, 14th April 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Yoga Session at Akhil Bhartiya Mahila Ashram, Dehradun, 14th April 2022



Yoga Session at Akhil Bhartiya Mahila Ashram, Dehradun, 14th April 2022

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Yoga Session

Date: 12-04-22

S. No	College ID	Name	Branch and Year	Signature
1.	202004037	Himanshu Ranjan	BTECH CSE 2nd	Himanshu
2.	202004064	Pratik kumar Ojha	BTECH CSE 2nd	Pratik
3.	202004069	Prateek Mishra	BTECH CSE 2nd	Prateek
4.	202004011	Harsh Raj	BTECH CSE 2nd	Harsh
5.	202104055	Nikhil Chaudhary	BTECH CSE 1st	Nikhil
6.	2021020	Jasvinder Kaur	MCA 1st	Jasvinder
7.	2021018001	Kavita Bisht	B.Com (H) 1st	Kavita
8.	2021018029	Shruti Tyagi	B.Com (H) 1st	Shruti
9.	2021013043	Ashish Pandey	BBA 1st	Ashish
10.	202013040	Ishwar Pratap Singh	BBA 2nd	Ishwar
11.	2021018003	Kashish Choudhary	B.Com (H) 1st	Kashish
12.	2021018 0	Amol Ratnam	B.Com (H) 1st	Amol
13.	202004065	Ujjwal Singh	BTECH CSE 2nd	Ujjwal
14.	202104019	Saurav Sandilya	BTECH CSE 1st	Saurav
15.	202104033	Hafeez Pattan	BTECH CSE 1st	Hafeez
16.	202104086	Sashwat Singh	BTECH CSE 1st	Sashwat
17.	202006020	Mohit kumar	BTECH Civil 2nd	Mohit
18.	2021013051	Priyesh Ghosh	BBA 1st	Priyesh
19.	2021018022	Ankit Bartwal	B.Com (H) 1st	Ankit
20.	2021018021	Abhinav Aryan	B.Com (H) 1st	Abhinav

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Yoga Session **Date:** 12-04-22

S. No	College ID	Name	Branch and Year	Signature
1.	2021013015	Sneha Sikarwar	BBA 2nd year	Sneha
2.	202204036	Shreshth Sharma	CSE 1st year	Shreshth
3.	2022010 12	Vidhiti Mehra	MBA 1st year	[illegible]
4.	2021013008	Sneha Kolya	BBA 2n year	Sneha
5.	2021013043	Ashish paudel	BBA 2nd year	[illegible]
6.	2022013018	Raj Singh	BBA 1st year	[illegible]
7.	2022013088	Nishi Joshi	BBA 1st year	[illegible]
8.	202204036 1	Mayank Gupta	BBA 1st year	Mayank
9.	201204021	Pathan Hafees	CSE 2nd year	[illegible]
10.	202204026	Nikhil	CSE 2nd year	[illegible]
11.	202204027	Anmol	B.COM 2nd year	[illegible]
12.	202204039	Abhinav	BBA 2nd year	[illegible]
13.	202204040	Anas Malik	CSE 1st year	[illegible]
14.	202204 02	Nishant thakur	BCOM 1st year	Nishant Thakur
15.	202204103	Altaf khan	BJMC 1st year	[illegible]
16.	202204201	Syed haider	BBA 2nd year	[illegible]
17.	202203208	Rehbar Ali	BBA 3rd year	[illegible]
18.	202201204	Nasir Qaur	BBA 2nd year	[illegible]
19.	202201208	Gulmohammad	BCSE 2nd year	[illegible]
20.	202205161	Ifran khan	BBA 2nd year	[illegible]

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Yoga Session **Date:** 12-04-22

S. No	College ID	Name	Branch and Year	Signature
1.	2021013088	Ashish	BBA	
2.	2021013092	Sneha	BBA	
3.	2021013044	Nishi	B.tech	
4.	2021013042	Raj	B.tech	Raj
5.	2021013044	Shreshth	B.tech	Shresth
6.	2021013048	Preeti	MBA	Preeti
7.	2021013099	Shivam rai	B.tech	Shiv
8.	2021013011	Abhivam	B.tech	
9.	2022013012	Abhivam rai	BBA	
10.	2022013014	Anupam	BBA	
11.	2022013019	Ujjwal	MBA	
12.	2022013020	Ankit	MBA	
13.	2022013112	Ashish	MBA	
14.	2021013141	Reena	B.tech	
15	2021013048	Mona	B.tech	
16.	2021013088	Aditya Pandey	BBA	
17.	2021013041	Abhishek	BBA	
18.	2021013044	Raj bhandari	BBA	Raj
19.	2021013011	Tarique	BBA	
20.	2021013018	Anjali bist	B.tech	

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 17

World Health Day Celebration

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/0422/ Date: 06-04-2022

Notice

NSS unit of Tula's Institute will organize one day First Aid Kit Training Programme for the people of adopted village, vill. Podwala, Dehradun on 7th April 2022 on the occasion of World Health Day at 05:00pm.

Volunteers and committee members of extension committee are hereby informed to attend the program and should remain present at the venue before time.

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

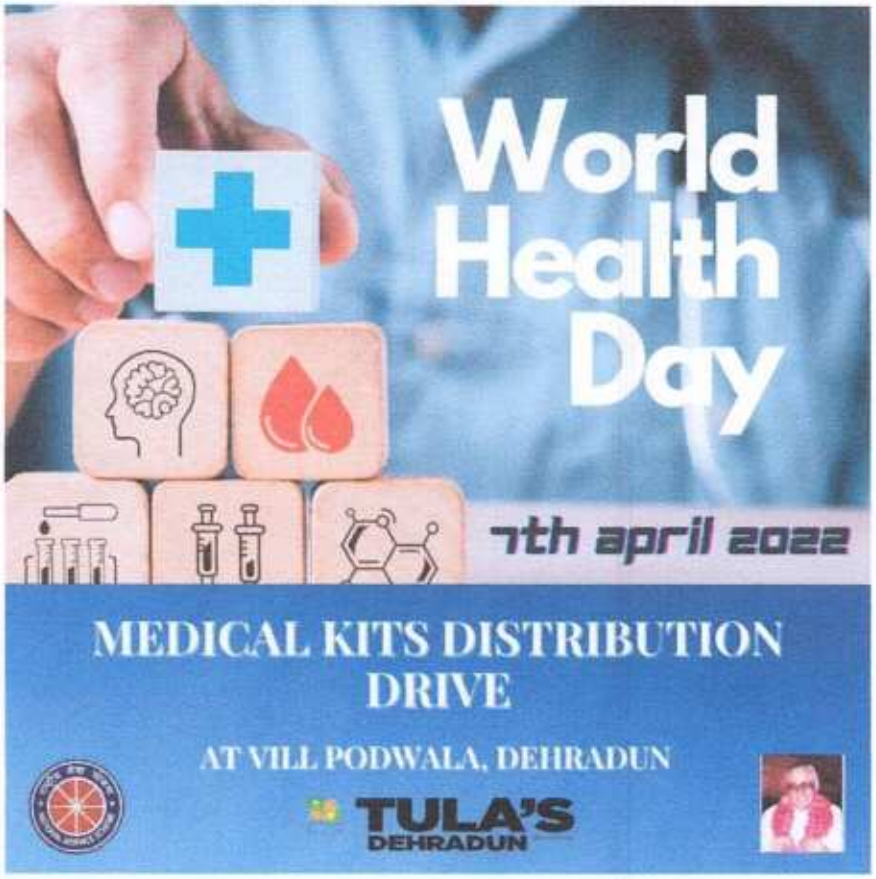
Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699000
0135-2699009

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 7th April 2022

'WORLD HEALTH DAY' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at VILL PODWALA, DEHRADUN



World Health Day is celebrated every year on 7 April to commemorate the anniversary of the founding of the World Health Organization (WHO) in 1948.

Each year for this date, a theme is chosen that highlights an area of priority concern for WHO. In the face of the current pandemic, a polluted planet, and an increasing incidence of diseases, the theme for World Health Day 2022 is **Our Planet, Our Health**. This call from PAHO, the WHO, and partners, presents a unique opportunity for a green and healthy recovery from the COVID-19 pandemic, that puts the health of individuals and the planet at the center of actions and fosters a movement to create societies focused on well-being.

n recent decades, enhancements in health services, environmental protection, economic development, and other factors have led to improvements in the health of people across the Region of the Americas. Nevertheless, an estimated one million premature deaths per year are attributable to known avoidable environmental risks.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Air pollution, contaminated water, inadequate sanitation including solid waste management, risks related to certain hazardous chemicals, and negative impacts of climate change are the most pressing environmental public health threats in the Region. These threats to public health are compounded by weak governance practices and potential inequities in health as well as by limited leadership, expertise, and resources in the health sector.

However, this theme of **Our Planet, Our Health** should be a powerful reminder to us that the resolution of many of these issues are beyond the exclusive purview of the health sector and, as a consequence, an effective response will demand whole- of- government and whole- of-society approaches.

Join us to the **World Health Day** commemoration. We will be presenting the Region's vision together with inspiring stories from countries of the Americas about the actions that they are taking to build a world with clean air, safe water, and sanitation, where healthy food is available to all, cities are livable, economies are climate-resilient and focused on health and well-being. Furthermore, they are contributing to a world where all people, including those living in situations of vulnerability, can live longer, happier and thrive.

Objectives of the Event

World Health Day is celebrated every year to raise awareness about the ongoing health issues that concern people across the world.

Outcomes of the Event

1. Total 180 first aid kits were distributed to the people of vill. podwala
2. Education regarding the first aid was provided to the people.

Summary Report

An Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

Venue: *Vill. Podwala, Dehradun*

Date: 7th April 2022

On 7th April 2022, the NSS unit of Tula's institute organised a medical kit distribution drive in collaboration with Shri Nityanand Swami JSS (NGO) in the village Podwala, Dehradun. The drive was organised for educating the general public for first aid awareness. The participants of the unit approached the general public of the village and demonstrated the correct procedure for dressing. The unit highlighted the small underrated first aid procedures that make a significant difference like

Director
Tula's Institute, Dehradun

taking paracetamol only after eating, folding the cotton in bandages to avoid serum(pus) formation. The complete focus of the drive was to educate people about the awareness of first aid and how it can benefit in the situations of delicate conditions in the delay before reaching a doctor. A total of 180 first aid kits were distributed among the village people. The drive ended with a photograph session of the NSS unit along with the NGO.

EVENT PHOTOGRAPHS

Group Photo after the distribution of first aid kits to the village people, 7th April 2022

Students of Tula's Institute explaining providing the first aid kits to the people, 7th April 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

NSS Volunteers explaining the about the first aid kit, 7th April 2022

Volunteers explaining about the first aid kit, 7th April 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Volunteers explaining about the first aid kit, 7th April 2022

Volunteers explaining about the first aid kit, 7th April 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

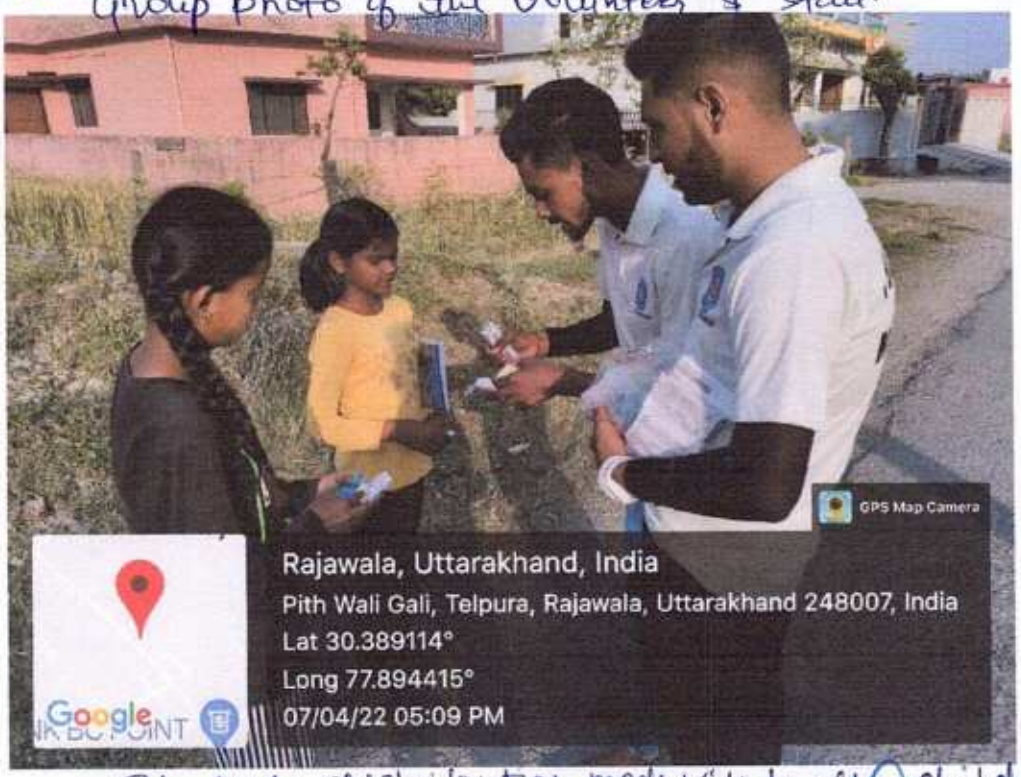
Volunteers explaining about the first aid kit, 7th April 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

GEO TAGGED PHOTOGRAPHS

Group Photo of the Volunteers & Staff.



Students distributing medicines to the children.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students teaching about the ~~the~~ medi kits.

Volunteers teaching about the first aid kits.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

NSS volunteers teaching about the medi - kits.

First aid kit distribution

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: World Health day Date: 6-04-22

S. No	College ID	Name	Branch and Year	Signature
1		Simarjyot Kaur	BSC Agri 3rd	Simarjyot
2		Rati Maurya	BSC Agri 3rd	Rati
3		Ayan Chakraborty	BSC Agri 3rd	Ayan
4		Rajvi Sharma	BSC Agri 3rd	Rajvi
5		Gaurang Agrawal	BSC Agri 3rd	Gaurang
6		Sandhya kumari	BSC Agri 3rd	Sandhya
7		Shaik Abdul	BSC Agri 3rd	Shaik
8		Ishir Pratap Singh	BBA 2nd	Ishir
9		Sandeep kambij	Bcom 2nd	Sandeep
10		Supriya	BBA 2nd	Supriya
11		Anushka kumari	CSE 1st	Anushka
12		Harsh Raj	CSE 2nd	Harsh
13		Hridul Agnihotry	BBA 2nd	Hridul
14		Aditya Raj	BBA 2nd	Aditya
15		Shivam kumar	ECE 3rd	Shivam
16		Vaibhav Tewani	CSE 3rd	Vaibhav
17		Deepak Sharma	CSE 3rd	Vaibhav
18		Vivek Sharma	CSE 3rd	Vivek
19		Achyut Shah	CSE 3rd	Achyut
20		Akshay kr. Arya	CSE 3rd	Akshay

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: World Health day Date: 6-04-2022

S. No	College ID	Name	Branch and Year	Signature
21		Sneha Panwar	BSc Agri 1st	Sneha Panwar
22		Devika Anand	BSc Agri 1st	Devika Anand
23		Apoorv Arya	ECE 3rd	Apoorv
24		Prabhanshu kumar	ECE 3rd	Prabhanshu
25		Nikhil Bhardwaj	CSE 3rd	Nikhil
26		Nikhil Mathur	CSE 3rd	Nikhil
27		Vinit	BSc Agri 3rd	Vinit
28		Nitin	BCA 1st	Nitin
29		Titas Chowdhry	BSc Agri 1st	Titas
30		Jatin	BBA 1st	Jatin
31		Urmila Gawate	BSc Agri 1st	Jatin
32		Anchal	BSc Agri 1st	Anchal
33		Kritika	BSc Forestry 3rd	Kritika
34		Geetika	BSc Forestry 3rd	Geetika

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 18

International Women's Day

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Date: 06-03-2022

Notice

This is to notify that NSS unit and student council of Tula's Institute is going to celebrate the **International Women's Day** with great enthusiasm on the upcoming **8th March, 2022** from 11:00AM onward at the Auditorium. On this occasion we would like to have all our students, specifically female students to participate on the celebration. We encourage our students' and staff presence wholeheartedly!

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Director
Tula's Institute, Dehradun

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699300
0135-2699309

TULA' S INSTITUTE, DEHRADUN

CELEBRATION OF INTERNATIONAL WOMEN'S DAY AT TULA'S INSTITUTE

8th March 2022

About International Women's Day

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on **March 8th**, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity

Objectives of the event:

Summary Report

To mark the occasion, a talk session was organized wherein key speakers including DIG Law & Order, IPS P Renuka Devi, Social Worker & Chairperson at Foundation for Holistic Development in Academic Field, Madhuri Sahasrabudhe, Scientist, Vrije University Amsterdam, Dnyanada Sahasrabudhe, and Entrepreneur, Techno HUB Labs, Professor Reema Pant.

The program commenced with a dance performance by girl students on 'Kari Kari Raina Saari' and 'Aigiri Nandini'. Commencing with the talk session, Prof Reema Pant said, "Women play a huge role in molding the nation. Ours is the nation to have numerous females as nation builders as well as to have the first woman Prime Minister." Later, the students of Tula's International School showcased several forms of women, including Maa Durga, Rani Laxmi Bai, Lata Mangeshkar, Mari Kom, Kalpana Chawla, Gunjan Saxena, Mithali Raj, among others. Addressing the students, IAS P Renuka Devi said, "In earlier times, women were confined to their homes and were recognized as homemakers. But now the times have changed. Today, women are there in all the fields and are preferred as they are more hardworking and focused. Women are excellent multitaskers as they manage their homes as well as their professional lives faultlessly."

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Followed by this was a mesmerizing dance performance by the girls of Tula's International School, which was appreciated by one and all. Later, Madhuri Sahasrabuddhe spoke about how women are the torch bearers in every profession today. She said, "Breaking the Bias is the theme for this year's International Women's Day, but I feel that we don't have any biasedness in our country. Women are equally strong and capable as men in every field today."

Lastly, Dnyanada Sahasrabudhe addressed the audience and said, "In my career, I found out that there were very few females in the science or engineering field. Thus I took up the challenge to train 50 girls in a month to take up careers in the field of science, and urge every woman present here to opt for such career options." This was followed by a skit by schoolgirls, depicting women empowerment through self-defense. Several women faculty, as well as staff members, were also facilitated during the occasion for exceptional work in their respective fields.

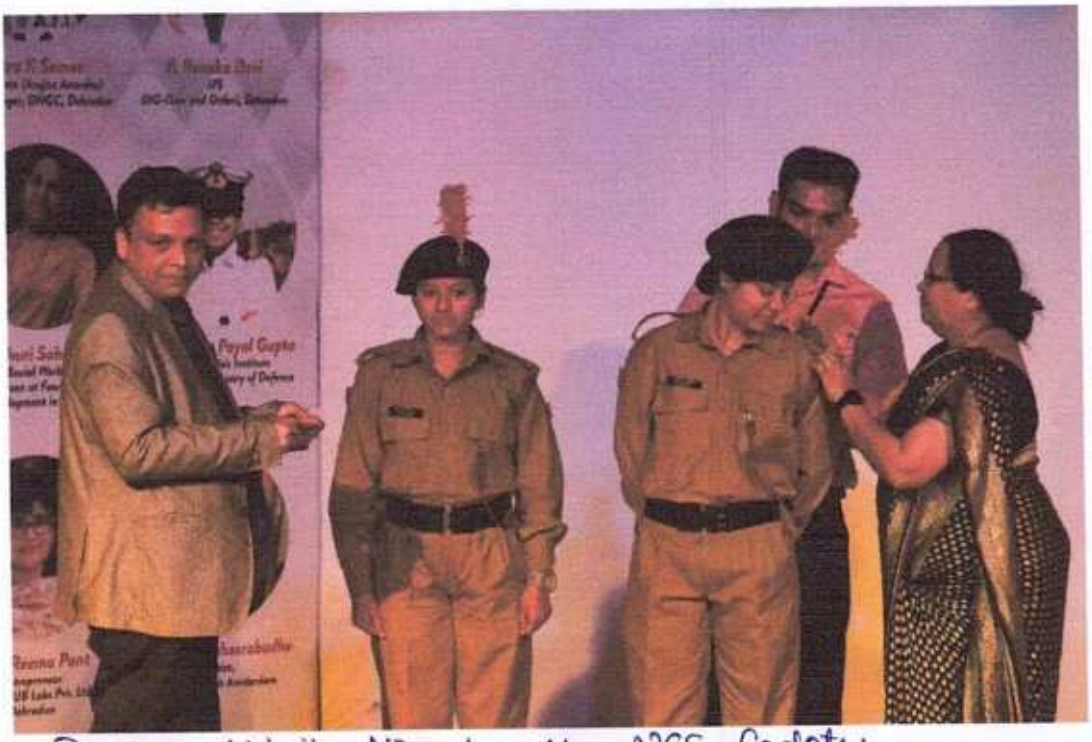
Present on the occasion were Vice President Tula's Group Raunak Jain, Director Tula's Institute Dr. Sandeep Vijay, Registrar Pawan Kumar Choubey, Vice President Technology, Tula's Institute Dr. Raghav Garg, Manju Garg, Dean Dr. Nishant Saxena, Dean Management & Agriculture Dr. Ranit Kishore, Principal Tula's International School Shaline Sharma, Vice Principal Raman Kaushal, and Dean Gurcharan Kaur.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS

Inauguration of International Women's Day Celebration at Tula's Institute, 8th March 2022



Badge distribution to the NCC Cadets.

Director
Tula's Institute, Dehradun

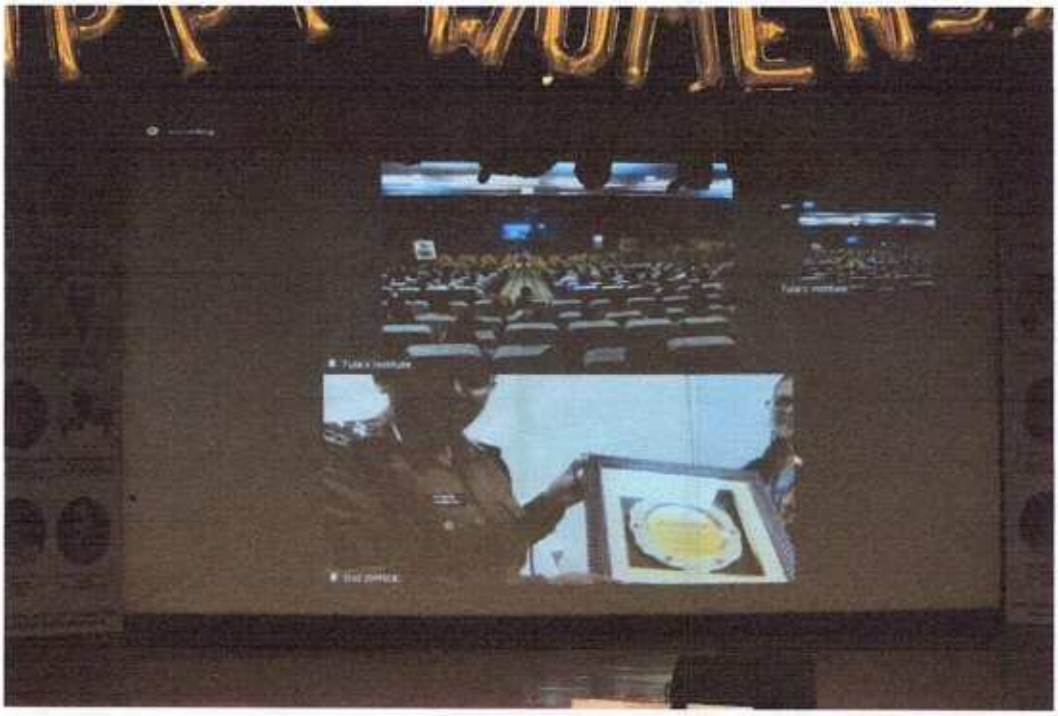
TULA' S INSTITUTE, DEHRADUN

Mr. Raunak Jain, Vice President of Tula's Institute felicitating Ms. Madhuri Sahasrabudhe, 8th March 2022

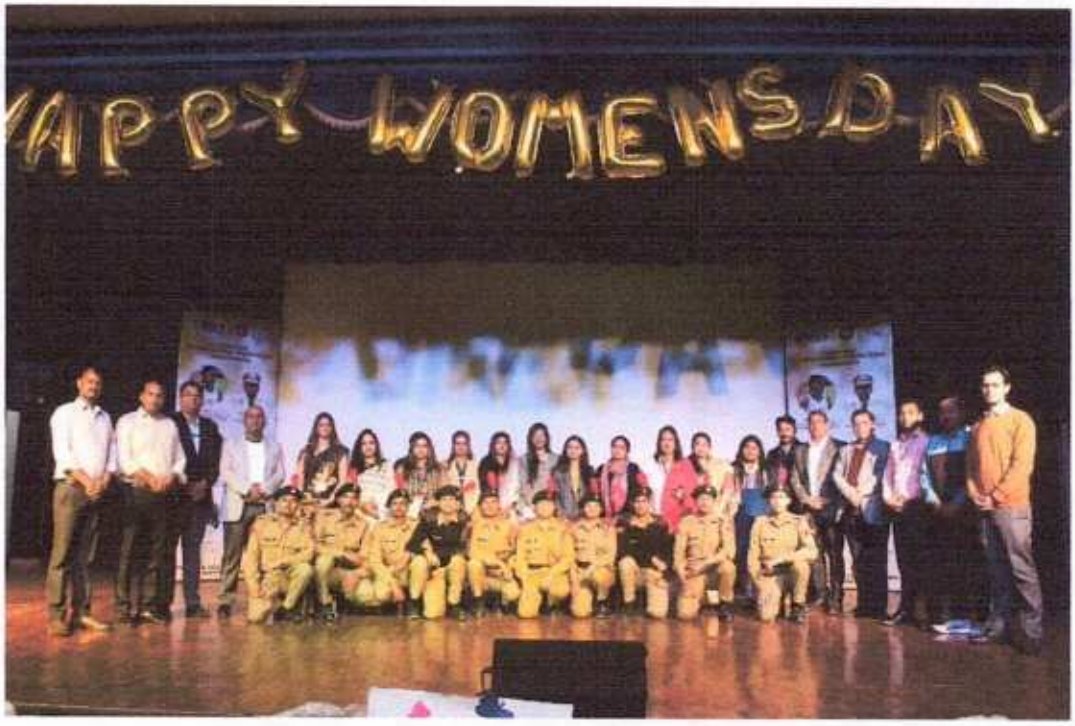
Students of Tula's Institute presented fashion show and depicted various famous women of India, 8th March 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



On this occasion DIG Law and Order, Dehradun Ms. P. Renuka Devi marked her presence virtually, 8th March 2022



Group photo on the occasion with Director, Dean, faculty members and students of NCC, 8th March 2022

Director
Tula's Institute, Dehradun

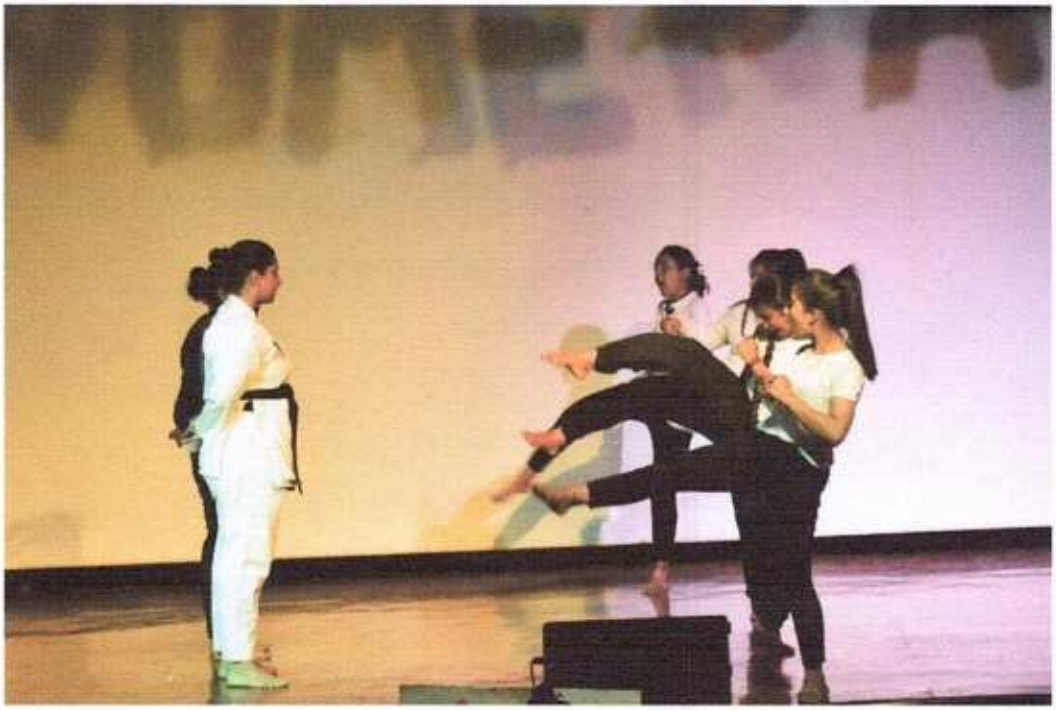
TULA' S INSTITUTE, DEHRADUN

Female staff of Tula's Institute were felicitated with awards in various fields, 8th March 2022

Faculty member recieving appreciation award from Chief Guest 8-03-22

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Students showing the self defense technics on the occasion, 8th March 2022

Dance performance by the students of Tula's International School, 8th March 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

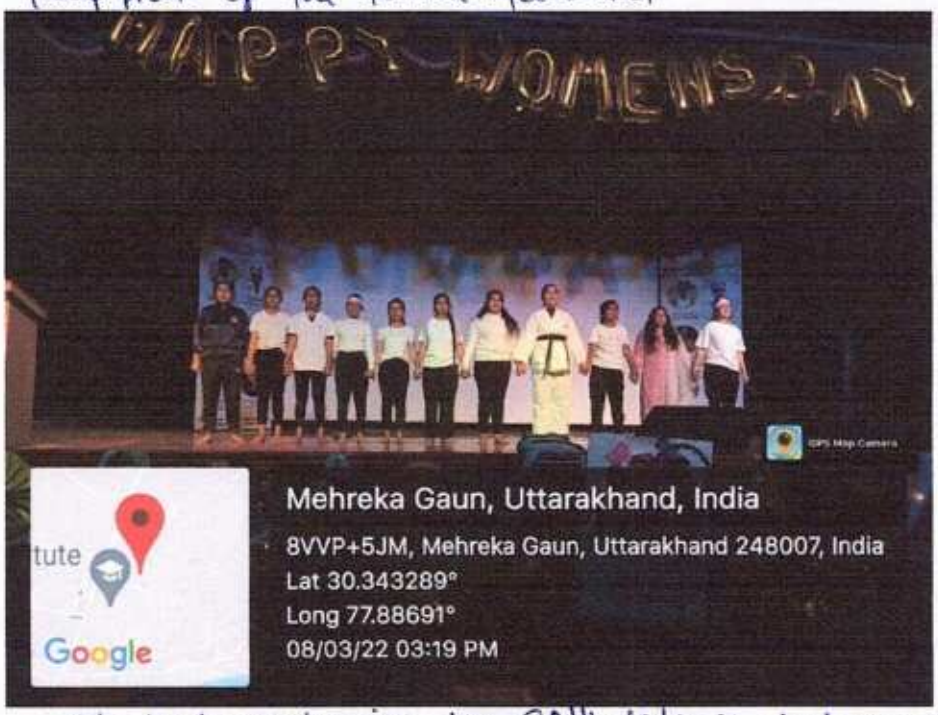
Dance performance by the students, 8th March 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

GEO-TAGGED PHOTOGRAPHS

Group photo of the female faculties.



Students performing the self defence techniques.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Faculty members were given appreciation certificate

Students of NCC getting the badge of Promotion

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

PRESS RELEASE

www.thehawk.in
The Hawk

Dehradun Institute Celebrates International Women's Day

दैनिक जागरण
Inext

तुलाज़ में भी आयोजन

तुलाज़ इंस्टिट्यूट ने कॉलेज परिसर में अंतरराष्ट्रीय महिला दिवस के समारोह का आयोजन किया. जिसमें डीआईजी कानून और व्यवस्था पी रेनुका देवी, सामाजिक कार्यकर्ता और फाउंडेशन फॉर होलिस्टिक डेवलपमेंट इन अकादमिक क्षेत्र में अध्यक्ष माधुरी सहस्त्रबुद्धे समेत कई मौजूद रहे. स्टूडेंट्स ने प्रस्तुतियां दी.

हिन्दुस्तान
तरक्की को चाहिए नया नजरिया

CS Scanned with CamScanner

तुलाज में मनाया गया महिला दिवस

देहरादून। तुलाज इंस्टीट्यूट में मंगलवार को महिला दिवस मनाया गया। यहां वार्ता सत्र भी हुआ, जिसमें डीआईजी कानून व्यवस्था पी रेणुका देवी, सामाजिक कार्यकर्ता फाउंडेशन फॉर होलिस्टिक डेवलपमेंट इन अकादमी की अध्यक्ष माधुरी सहस्त्रबुद्धे, ब्रीजे विश्वविद्यालय एम्स्टर्डम के वैज्ञानिक दयांदा सहस्त्रबुद्धे और टेक्नो हब लैब्स की प्रोफेसर रीमा पंत उपस्थित रहीं। इस कार्यक्रम की शुरुआत छात्रों ने नृत्य की प्रस्तुति दी।

इस दौरान आईपीएस पी रेणुका देवी ने कहा कि पहले के समय में महिलाएं अपने घरों तक ही सीमित थीं और उन्हें गृहिणी के रूप में पहचाना जाता था। लेकिन अब समय बदल गया है। आज महिलाएं हर क्षेत्र में हैं। उन्हें प्राथमिकता दी जाती है। माधुरी सहस्त्रबुद्धे ने बताया कि महिलाएं हर पेशे में मशाल वाहक हैं। इस दौरान तुलाज समूह के वाइस प्रेजिडेंट रौनक जैन, निदेशक डॉ. संदीप विजय, रजिस्ट्रार पवन चौबे मौजूद थे।

The Himachal Times

Tula's Institute celebrates International Women's Day

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

अमर उजाला

विकास में महिलाओं की भूमिका अहम

देहरादून। अंतर्राष्ट्रीय महिला दिवस के मौके पर तुलाज इंस्टीट्यूट में संगोष्ठी का आयोजन किया गया जिसमें डीआईजी कानून व्यवस्था पी रेणुका देवी सामाजिक कार्यकर्ता और फाउंडेशन फॉर हॉलिस्टिक डेवलपमेंट इन अकादमी की अध्यक्ष माधुरी सहस्त्रबुद्धे, प्रोफेसर रीमा पंत व दयांडा सहस्त्रबुद्धे इसमें कई वक्ताओं ने संबोधित किया। प्रोफेसर रीमा पंत ने कहा कि महिलाएं राष्ट्र के विकास में बहुत बड़ी भूमिका निभाती हैं। तुलाज समूह के वाइस प्रेसिडेंट रौनक जैन, निदेशक डॉ संदीप विजय, रजिस्ट्रार पवन कुमार चौबे , उपाध्यक्ष प्रौद्योगिकी डॉ राघव गर्ग, मंजू गर्ग, डीन डॉ निशांत सक्सेना, डॉ अमित किशोर, प्रिंसिपल तुलाज इंटरनेशनल स्कूल शालिनी शर्मा , उप प्रधानाचार्य रमन कौशल, डीन गुरचरण कौर उपस्थित थे। मा.सि.रि.

देवपथ

तुलाज़ में मनाया गया अंतर्राष्ट्रीय महिला दिवस

देहरादून, 8 मार्च, (वि०सं०)। तुलाज इंस्टीट्यूट ने आज कॉलेज परिसर में अंतर्राष्ट्रीय महिला दिवस के समारोह का आयोजन किया। कार्यक्रम को चिह्नित करने के लिए, एक खास सत्र का आयोजन किया गया जिसमें डीआईजी कानून और व्यवस्था, सामाजिक कार्यकर्ता और फाउंडेशन फॉर होलिस्टिक डेवलपमेंट इन अकादमी की अध्यक्ष माधुरी सहस्त्रबुद्धे, नैसर्गिक क्षेत्र के विश्वविद्यालय एम्प्लॉईज एसोसिएशन सहस्त्रबुद्धे और उसमें टेक्नो हब लैब्स प्रोफेसर रीमा पंत उपस्थित रहे। कार्यक्रम की शुरुआत खाली हाथ आने वाली रेड साड़ी और आईरिश गॉर्डेन्स पर नृत्य प्रस्तुति के साथ हुआ। खास सत्र की शुरुआत करते हुए, प्रोफेसर रीमा पंत ने कहा, महिलाएं राष्ट्र के विकास में बहुत बड़ी भूमिका निभाती हैं। हमारा भारत एक ऐसा राष्ट्र है जहाँ कई महिलाएं राष्ट्र-निर्माता के रूप में मौजूद हैं। बाद में तुलाज इंटरनेशनल स्कूल की छात्राओं ने भी दुर्गा, सती लक्ष्मी बाई, नारी मंगलाचरण, गोरी कौन, कल्पना चावला, मुंशन सरकोरन और मिताली राज सहित महिलाओं के विभिन्न रूपों का प्रदर्शन किया। छात्रों को संबोधित करते हुए, आईपीएस पी रेणुका देवी ने कहा, पहले के समय में, महिलाएं अपने घरों तक ही सीमित थीं और उन्हें गृहिणी के रूप में पहचाना जाता था। लेकिन अब समय बदल गया है। आज, महिलाएं सभी क्षेत्रों में हैं और उन्हें प्राथमिकता दी जाती है क्योंकि वे मेहनती और कर्मठ हैं। महिलाएं बहुत अच्छे मल्टीटास्कर होती हैं क्योंकि वे अपने घरों के साथ-साथ अपने पेशेवर जीवन का प्रबंधन करती हैं। तुलाज स्कूल की छात्राओं द्वारा मनमोहक नृत्य प्रस्तुत किया गया, जिसे सभी ने सराहा। बाद में, माधुरी सहस्त्रबुद्धे ने कहा कि कैसे महिलाएं आज हर पेशे में मजबूत चट्टान हैं। उन्होंने कहा, प्रकृति द्वारा प्रदान इस अंतर्राष्ट्रीय महिला दिवस को शोध है, लेकिन मुझे लगता है कि हमारे पास कोई पहचान नहीं है। महिलाएं आज भी पुरुषों की तरह ही मजबूत और सक्षम हैं। अंत में, दयांडा सहस्त्रबुद्धे ने दर्शकों को संबोधित करते हुए कहा, मेरे कहिए में, मैंने देखा है कि विज्ञान या इंजीनियरिंग क्षेत्र में बहुत कम महिलाएं लेकिन दिखाती हैं। यही देखते हुए मैंने 50 महिलाओं को विज्ञान के क्षेत्र में करियर बनाने की चुनौती दी।

जनभारत मेल

तुलाज़ में मनाया गया अंतर्राष्ट्रीय महिला दिवस

हिन्दी दैनिक भारत विचार

तुलाज़ में मनाया गया अंतर्राष्ट्रीय महिला दिवस

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

दैनिक भास्कर

महिला सशक्तिकरण का चित्रण किया

देहरादून। तुलाज इंस्टीट्यूट ने मंगलवार को कॉलेज परिसर में अंतर्राष्ट्रीय महिला दिवस के समारोह का आयोजन किया। कार्यक्रम को चिह्नित करने के लिए एक वार्ता सत्र का आयोजन किया गया जिसमें डीआईजी कानून व्यवस्था, आईपीएस पी रेनुका देवी, सामाजिक कार्यकर्ता माधुरी सहस्रबुद्धे, वैज्ञानिक दयांदा सहस्रबुद्धे और उद्यमी प्रोफेसर रीमा पंत उपस्थित रहे। कार्यक्रम की शुरुआत छात्रों के नृत्य प्रदर्शन के साथ हुई। इसके बाद स्कूली छात्राओं ने आत्मरक्षा के माध्यम से महिला सशक्तिकरण का चित्रण किया गया। इस अवसर पर कई महिला शिक्षकों के साथ-साथ स्टाफ सदस्यों को भी अपने-अपने क्षेत्रों में उत्कृष्टतापूर्ण कार्य के लिए सम्मानित किया। इस अवसर पर तुलाज समूह के वाईस प्रेजिडेंट रौनक जैन, तुलाज इंस्टीट्यूट के निदेशक डॉ संदीप विजय, रजिस्ट्रार पवन कुमार चौबे, उपाध्यक्ष प्रौद्योगिकी डॉ. राघव गर्ग, मंजू गर्ग, डीन डॉ. निशांत सक्सेना, डीन पढ़ाई, रणित किशोर, प्रिंसिपल शालीनी शर्मा, रमन कौशल और डीन गुरचरण कौर उपस्थित रहे।

शाह टाइम्स
खबरें छुपाता नहीं, छापता है

तुलाज में समारोह का आयोजन

शाह टाइम्स संवाददाता

देहरादून। तुलाज इंस्टिट्यूट ने मंगलवार को कॉलेज परिसर में अंतर्राष्ट्रीय महिला दिवस के समारोह का आयोजन किया। कार्यक्रम को चिह्नित करने के लिए, एक वार्ता सत्र का आयोजन किया गया जिसमें डीआईजी कानून और व्यवस्था, आईपीएस पी रेनुका देवी, सामाजिक कार्यकर्ता और फाउंडेशन फॉर होलिस्टिक डेवलपमेंट इन अकादमिक क्षेत्र में अध्यक्ष माधुरी सहस्रबुद्धे, वैज्ञानिक वीजे विश्वविद्यालय एम्स्टर्डम दयांदा सहस्रबुद्धे और उद्यमी टेक्नो हब लैब्स प्रोफेसर रीमा पंत उपस्थित रहे।

इस अवसर पर तुलाज समूह के वाईस प्रेजिडेंट रौनक जैन, तुलाज इंस्टिट्यूट के निदेशक डॉ संदीप विजय, रजिस्ट्रार पवन कुमार चौबे, तुलाज इंस्टिट्यूट के उपाध्यक्ष प्रौद्योगिकी डॉ. राघव गर्ग, मंजू गर्ग, डीन डॉ. निशांत सक्सेना, डीन प्रबंधन और कृषि डॉ. रणित किशोर, प्रिंसिपल तुलाज इंटरनेशनल स्कूल शालीनी शर्मा, वाइस प्रिंसिपल रमन कौशल और डीन गुरचरण कौर उपस्थित रहे।

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: International Women's Day **Date:** 6-03-2022

S. No	College ID	Name	Branch and Year	Signature
01	2021016001	Titas Chawdhary	Agri, 1st Yr.	
02	2021016002	Urmila Gawate	Agri, 1st Yr.	
03	2021016003	Khushi Tiwari	Agri, 1st Yr.	
04	2021016004	Anand Weshi	Agri, 1st Yr.	
05	2021016005	Shambhavi	Agri 1st Yr.	
06	2021016006	Arjun Gupta	Agri, 1st Yr.	
07	2021016007	Anchal	Agri, 1st Yr.	
08	2021016008	Aryan Kumar	Agri 1st Yr.	
09	2021016009	Devika Anand	Agri, 1st Yr.	
10	2021016010	Sonu Dugtal	Agri, 1st Yr.	
11	2021016011	Ayush Tiwari	Agri, 1st Yr.	
12	2021016012	Karan Singh	Agri, 1st Yr.	
13	2021016013	Anubhav Kumar	Agri, 1st Yr.	
14	2021016014	Alak Das	Agri, 1st Yr.	
15	2021016015	Shiwangi Kumari	Agri, 1st Yr.	
16	2021016016	Ajay Bhatt	Agri, 1st Yr.	
17	2021016017	Vinita Rawat	Agri, 1st Yr.	
18	2021016018	Anubhav Maithani	Agri, 1st Yr.	
19	2021016019	Md. Zamil Ansari	Agri, 1st Yr.	
20	2021016020	Mibom Yirang	Agri, 1st Yr.	

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: International Women's Day **Date:** 6-03-22

S. No	College ID	Name	Branch and Year	Signature
21.	2021016021	Irengbam Harrison	Agri, 1st Yr.	
22.	2021016022	Kritamber Sarkar	Agri, 1st Yr.	
23.	2021016029	Shristi Saumya	Agri, 1st Yr	
24.	2021016030	Sneha Panwar	Agri, 1st Yr.	
25.	2021016031	Akhilesh	Agri, 1st Yr.	
26.	2021016032	Ankit	Agri, 1st Yr	
27.	2021016027	Aditya	Agri, 1st Yr.	
28.	2021016028	Nisha	Agri, 1st Yr.	
29.	2021016029	Isha	Agri, 1st Yr.	
30.	2021016030	Dipanshu	Agri, 1st Yr.	
31.	2021016031	Rishikesh	Agri, 1st Yr.	
32.	2021016032	Amit	Agri, 1st Yr	
33.	2021016033	Purushtum	Agri, 1st Yr.	
34.	2021016034	Ajay	Agri, 1st Yr.	
35.	2021016035	Yakshesh	Agri, 1st Yr.	
36	2021016001	Titas Chaudhary	Agri, 1st Yr.	
37	2021016002	Urmila Gawade	Agri, 1st Yr.	
38	2021016003	Khushi Tiwari	Agri, 1st Yr.	
39	2021016004	Anand Weshi	Agri, 1st Yr.	
40	2021016005	Shambhavi	Agri, 1st Yr.	

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 19

Clothes Donation Drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/0222/ Date: 21-02-2022

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize a clothes distribution drive at Vill. Podwala, Dehradun. The drive will be carried along with the collaboration of Shri Nityanand Swami Jan Seva Samiti (Reg.) NGO on 24th February 2022. Volunteers of NSS and the Student council will take part in the cleanliness drive.

Event Coordinator: Pratik Ojha
Designation: Club Member, PR, Vibgyor
Contact Number: 8406986592

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

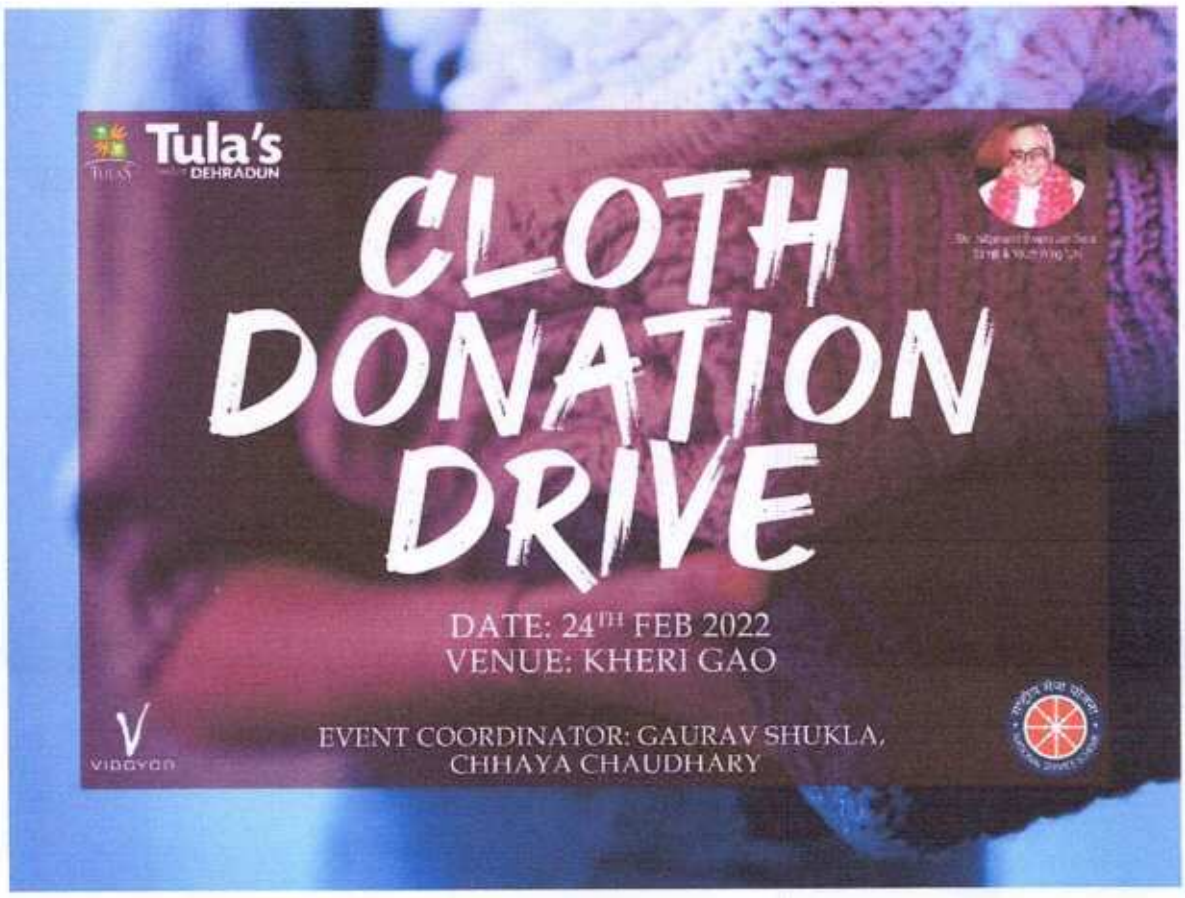
Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699300
0135-2699309

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 24th February 2022

'CLOTHES DONATION DRIVE AT VILL. KHERI, DEGRADUN



Cloths donation drive at Vill. Kheri, Dehradun on 22nd February 2022

Objectives of the event

The objectives of this activity are to engage staff in a clothing collection drive to support a local charity and to raise awareness of the environmental impact of clothes.

Summary Report

Venue: Slums of Selaqui and Premnagar

Student Council 'Vibgyor' and NSS unit of Tula's Institute Dehradun distributed warm clothes among the needy people at Vill. Kheri, Premanagar, Dehradun on 24th Feb 2022.

Tula's Institute with the collaboration of Nityanand Swami Jan Seva Samiti (NGO), NSS volunteers organized a warm cloth distribution drive in the adopted slum area.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

NSS volunteers collected warm clothes, packed them and distributed them at the onset of winter and the upcoming summer season. Clothes were sorted out according to size, gender and type and then washed and ironed.

After the sorting and cleaning of collected clothes, the distribution was carried out successfully. NSS volunteers visited the slums area early on Wednesday and started with the cloth distribution 24th February 2022

Gaurav Shukla MCA 1st yr, Nikhil Saxena Btech ME 3rd yr, Chhaya Chaudhary BBA 2nd yr and other NSS volunteers participated in the cloth distribution drive.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

EVENT PHOTOGRAPHS

Cloths donation drive at Vill. Kheri, Dehradun, 24th February 2022

Cloths donation drive at Vill. Kheri, Dehradun, 24th February 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Happy faces after a successful cloth donation drive at vill. Kheri, 24th Feb 2022

NSS Volunteers distributing cloths to the needy people of Vill. Kheri, Dehradun, 24th February 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Cloths donation drive at vill. Kheri, Dehradun, 24th February 2022

Around 150 people were benefitted from this drive, 24th February 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Cloths donation drive at vill. Kheri, 24th February 2022

Cloths donation drive at Vill. Kheri, 24th February 2022

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Cloth donation drive Date: 21-02-22

S. No	College ID	Name	Branch and Year	Signature
1	2021018031	Akhil Negi	B.Com(H)	Akhil
2	2021018023	Ayush Kotnala	B.com(H)	[illegible]
3	2021018015	Nadeem Ahmad	B.Com(H) 1st	Nadeem Ahmad
4	2021018017	Shivam Negi	B.Com(H) 1st	[illegible]
5	2021018018	Rohan Rawat	B.Com(H) 1st	Rohan Rawat
6	2021018002	Anmol Ratram	B.Com(h) 1st	[illegible]
7	2021018003	Kashish Chaudhary	B.Com(h) 1st	[illegible]
8	2021018006	Pooja Pal	B.Com(h) 1st	[illegible]
9.	2021018016	Ambika Rawat	B.Com(H) 1st	[illegible]
10.	2021018010	Honey Chaudhary	B.Com(H) 1st	[illegible]
11	2021018025	Vartika Mittal	B.Com (H) 1st	Vartika
12	2021018033	Poonam	B.Com(H) 1st	[illegible]
13	2021018013	Khushi Negi	B.Com (H) 1st	Khushi
14	2021018034	Yashi Gaur	B.Com(H) 1st	[illegible]
15	2021018020	Ujjawal Saini	B.Com(H) 1st	Ujjawal
16	2021018022	Ankit Bartwal	B.Com(H) 1st	Ankit
17	2021018037	Shradha Saini	B.Com (H) 1st	[illegible]
18	2021018014	Siddharth Ahuja	B.Com (H) 1st	[illegible]

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Cloth donation drive Date: 21-02-2022

S. No	College ID	Name	Branch and Year	Signature
1.	202104055	Nikhil Chaudhary	B.TECH CSE 1st	Nikhil
2.	20200437	Himanshu Ranjan	BTECH CSE 2nd	Himanshu
3.	2021018001	Kavita Bisht	B.Com (H) 1st	Kavita
4.	20210 8022	Ankit Barthwal	B.Com (H) 1st	Ankit
5.	2021018021	Abhinav Aryan	B.com (H) 1st	Abhinav
6.	2021013043	Ashish Pandel	BBA 1st	Ashish
7.	2020013040	Ishion Pratap Singh	BBA 2nd	Ishion
8.	20200469	Prateek Mishra	Btech CSE 2nd	Prateek
9.	2021013051	Priyesh Ghosh	BBA 1st	Priyesh
10.	20200 6020	Mohit Kumar	BTECH Civil 2nd	Mohit
11.	202104086	Sashwat Singh	BTECH CSE 1st	Sashwat
12.	202104033	Hafeez Pattan	BTECH CSE 1st	Hafeez
13.	2020104019	Saurav Sandilya	BTECH CSE 1st	Saurav
14.	20200 4065	Ujjwal Singh	BTECH CSE 2nd	Ujjwal
15.	20210180	Anmol Ratnam	B.Com (H) 1st	Anmol
16.	2021018003	Kashish Choudhary	B.com (H) 1st	Kashish
17.	2021018029	Shruti Tyagi	B.Com (H) 1st	Shruti
18.	2021020	Jasvinder Kaur	MCA 1st	Jasvinder
19.	2020040 64	Pratik Kumar Ojha	BTECH CSE 2nd	Pratik
20.	20200 4011	Harsh Raj	BTECH CSE 2nd	Harsh

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Cloth Donation Drive **Date:** 21-02-2022

S. No	College ID	Name	Branch and Year	Signature
1.	202204036	Shreshth Sharma	CSE 1st year	
2.	202010401	Pratik Ojha	CSE 3rd year	
3.	202204001	Kartik	CSE 1st year	
4.	202204029	Divyanshu	CSE 1st year	
5.	202204088	Vipul	CSE 1st year	
6.	202101039	Ayushi	BBA 1st year	
7.	202107001	Anjali	MBA 1st year	
8.	20230104	Ashish	BBA 2nd year	
9.	202204088	Tulsi gupta	BBA 1st year	
10.	202201061	Gunjan	MBA 1st year	
11.	202100102	Ankriti	BCOM 1st year	
12.	20220405	Raj	BBA 1st year	
13.	20220409	Nishi	BBA 1st year	
14.	202201012	Aditya pandey	BBA 2nd year	
15.	202208036	Pathan	CSE 2nd year	
16.	20230409	haider	BBA 2nd year	
17.	202201004	Madhika	CSE 1st year	
18.	20220404	Mahesh	Agri 1st year	
19.	202204032	Vikas Negi	CSE 1st year	
20.	202204037	Bragwal	CSE 2nd year	

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Cloth Donation Drive **Date:** 21-02-2022

S. No	College ID	Name	Branch and Year	Signature
1	202104104	Vishwesh	CSE 1st	
2	202103090	Amaan	BBA 1st	
3	202104045	Rohit	BBA 2nd	Rohit
4	202103038	Parjwal	CSE 2nd	prajwal
5	202103611	Himansho	BBA 1st	Himansho
6	202104090	Badal kumar	CSE 1st	Badal
7	202104067	Utkarsh kumar	CSE 1st	
8	202104009	Ansh Verma	CSE 1st	
9	202104024	Agam Singh	CSE 1st	Agam
10	202104053	Ayush kumar	CSE 1st	
11	202104048	Pawni Sinha	CSE 1st	Pawni
12	2022018005	Sandeep	BCom 2nd	
13	202103075	Aaditya	BBA 2nd	
14	202103075	Priyansh Bisht	BBA 2nd	
15	202012034	Manoj kumar	BCA 2nd	
16	202109076	Baijesh Sharma	CSE 2nd	BSha
17	202103050	Jatin	BBA 2nd	Jatin
18	20190016084	Kundan kumar	Agri 3rd	
19	202103065	Aditi Singh	BBA 2nd	
20	202016010	Anchal	BBA 2nd	Anchal

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 20

Republic Day Celebration

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

Estd. 2006

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015

Affiliated: * Uttarakhand Technical University * Sri Dev Suman Uttarakhand University * Uttarakhand Board of Technical Education

Ref. No: Tula's/Director/0122/06 25th January, 2022

NOTICE

73rd Republic Day flag hoisting ceremony will be held tomorrow **i.e. 26.01.2022 (Wednesday)** in the premises of our Institute. All the teaching and non-teaching staff members of our Institute are hereby requested to grace this occasion by their valuable presence.

Kindly note that your presence is **compulsory**.

25/01/2022

Director

Dhoolkot, P.O. Selaqui, Chakrata Road Dehradun - 248011 (U.K. India)

www.tulas.edu.in

0135-2699300
0135-2699309

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 26th January 2022

REPUBLIC DAY CELEBRATION AT TULA'S INSTITUTE

Republic Day celebration at Tula's Institute on 26th January 2022

Significance of Republic Day

The Constitution of India, which was adopted by the Constituent Assembly on November 26, 1949, came into effect on January 26, 1950. This completed India's movement towards becoming an independent republic with a democratic government system. January 26 was also selected as the day to mark Republic Day because it had been on this day that the Indian National Congress (INC) proclaimed the Declaration of Indian Independence in 1929. This was opposite to the 'dominion' status offered by the British.

Facts about Republic Day

Republic Day is one of three Indian national holidays and it commemorates the enactment of the constitution of India, which occurred on January 26, 1950. India had achieved independence from Britain on August 15, 1947 (which is celebrated as a separate national holiday), but for its first three years the country remained governed largely by the colonial Government of India Act of 1935.

Shortly after independence was declared, a constituent assembly elected by provincial assemblies went about drafting a constitution that would govern the newly independent nation. After more

Director
Tula's Institute, Dehradun

than two years, the constitution of India was completed and solidified the establishment of India's independent democratic government. January 26 was chosen as the official enactment date as a nod to the Purna Swaraj (complete self-rule) declaration of independence by the Indian National Congress in 1930 — considered the first concrete step toward independence from Britain.

With the 1950 constitution, the country was officially known as the Republic of India — a "sovereign socialist secular democratic republic" that "secures all its citizens justice, liberty, equality, and fraternity," according to its preamble.

Objectives of the Event

1. January 26, 1950 marked the establishment of India's Constitution as it emerged from a brutal colonial past

Outcome of the Event

1. All the students and faculties of Tula's Institute participated in the event with great gusto.

Summary (Press Release)

The 73rd Republic Day is being celebrated on January 26 following the COVID-19 safety rules at Tula's Institute on 26th January 2022.

The 73rd Republic Day of India was celebrated with gaiety and patriotic fervour at Tula's Institute, Dehradun amidst the foggy morning of 26th January, 2022. The ceremony took place in the presence of Dr. Sandip Vijay, Director, Dr. Nishant Saxena, Dean Academics, Dr. Ranit Kishore, Dean Agriculture and Management, Dr. Pavan Kumar Chaubey, Registrar, Dr. M. K. Arora, Director IQAC, HoDs of various departments, faculty, staff members and students.

The ceremony commenced with the unfurling of the National Flag by the Director. This was accompanied by the rendition of National Anthem.

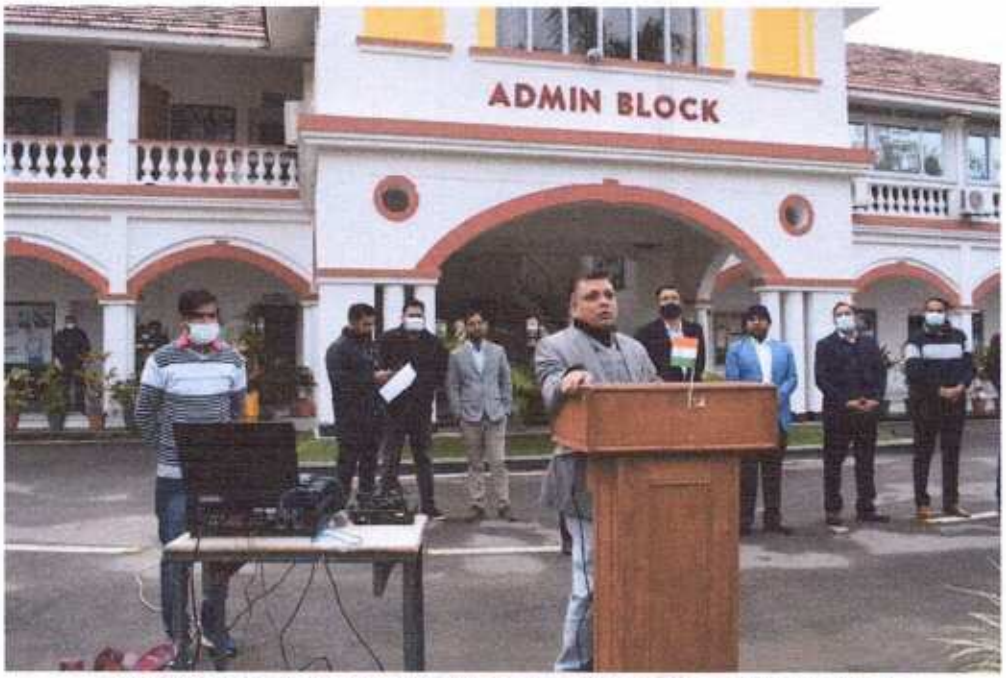
Dr. Sandip Vijay addressed the gathering and highlighted the achievements of the college. He underscored the steps the college has taken to ensure an overall development of its students and took pride in mentioning that the college is well ahead of the academic standards that are now being enforced by the government with New Education Policy (NEP).

He emphasized upon the quality education which would help in the development of the city and the country at large. He briefly discussed the issues that the nation is currently facing and urged everyone to unite and stand against them. The hour-long ceremony culminated with sweets distribution and high tea.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs



(Director's Speech) Republic Day Celebration at Tula's Institute, 26th January 2022

Republic Day Celebration at Tula's Institute, 26th January 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Republic Day Celebration at Tula's Institute, 26th January 2022

(Group Photo) Republic Day Celebration at Tula's Institute, 26th January 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

(Director unfurling the National Flag) Republic Day Celebration at Tula's Institute, 26th January 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Geo Tag Photographs of the event

Republic Day Celebration at Tula's Institute, 26th January 2022

Republic Day Celebration at Tula's Institute, 26th January 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Republic Day Celebration at Tula's Institute, 26th January 2022

Republic Day Celebration at Tula's Institute, 26th January 2022

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Republic Day

Date: 26 January 2021

S. No	College ID	Name	Branch and Year	Signature
1	1	Simarjyot Kaur	BSC Agri 3rd	Simarjyot
2.	2	Rati Maurya	BSC Agri 3rd	Rati
3		Ayan Chakraborty	BSC Agri 3rd	Ayan chakraborty
4		Rajvi Sharma	BSC. Agri 3rd	Rajvi sharma
5		Gaurang Agrawal	BSC Agri 3rd	Gaurang Agarwal
6		Shandhya Kumari	BSC Agri 3rd	Shandhya Kumari
7		Shaik Abdul Rauf	BSC Agri 3rd	Shaik
8		Geetika	BSC Forestry 3	Geetika
9		Kritika	BSC Forestry 3rd	Kritika
10		Anchal	BSC Agri 1st	Anchal
11		Urmila Gawate	BSC Agri 1st	Urmila
12		Jatin	BBA 1st	Jatin
13		Titas Chowdhry	BSC Agri 1st	Titas
14		Nitin	BCA 1st	Nitin
15		Vinit	BSC Agri 2nd	Nitin
16		Nikhil Mathur	CSE 3rd	Nikhil
17		Nikhil Bhardwaj	CSE 3rd	Nikhil
18		Prabhanshu Kumar	ECE 3rd	Prabhanshu
19		Apoorva Arya	ECE 3rd	Apoorva
20		Devika Anand	BSC Agri 1st	Devika

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Republic Day

Date: 26 Jan 2022

S. No	College ID	Name	Branch and Year	Signature
21		Nitin	BCA 1st	Nitin
22		Titas Chowdhry	BSC Agri 1st	Titas
23		Jatin	BBA 1st	Jatin
24		Urmila Gwate	BSC Agri 1st	Urmila
25		Anchal	BSC Agri 1st	Anchal
26		Kritika	BSC Agrestry 3rd	Kritika
27		Geetika	BSC Forestry 3rd	Geetika
28		Shaik Abdul	BSC Agri 3rd	Shaik Abdul
29		Sandhya kumari	BSC Agri 3rd	Sandhya
30		Gaurang Agrawal	BSC Agri 3rd	Gaurang
31		Rajvi Sharma	BSC Agri 3rd	Rajvi
32		Ayan Charabotty	BSC Agri 3rd	Ayan
33		Rati Maurya	BSC Agri 3rd	Rati
34		Simarjyot Kaur	BSC Agri 3rd	Simranjyoti

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 21

National Girl Child Day

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/0122/ Date: 23-01-2022

Notice

It is to inform all the students and staff that, Tula's Institute is going to the National Girl Child Day at the IQACon 24th January 2022.

All the female faculty and students are invited to come for the celebration.

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

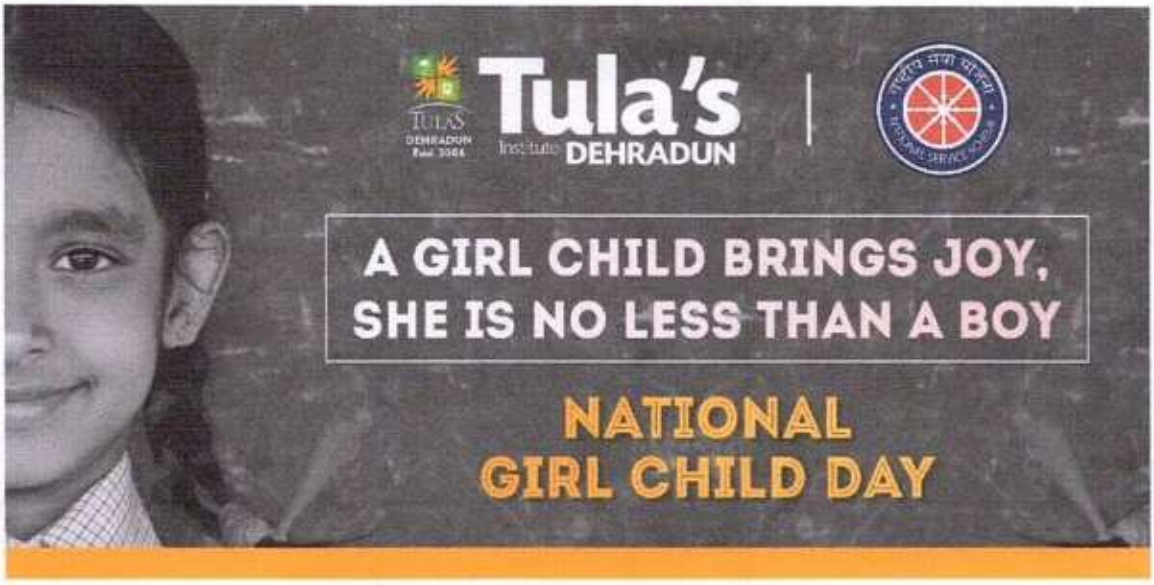
Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699000
0135-2699009

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 24th January 2022

NATIONAL GIRL CHILD DAY CELEBRATION AT TULA'S INSTITUTE



Navrang Celebration at Tula's Institute on 24th January 2022

Significance of National Girl Child Day

The National Girl Child Day is celebrated in India every year on January 24th. It was initiated in 2008 by the Ministry of Women and Child Development and the government of India, in order to spread public awareness about inequities that girls face in Indian society.

Facts about National Girl Child Day

India is celebrating National Girl Child Day on Monday (January 24). It is an initiative undertaken by the ministry of women and child development with an objective to provide support and opportunities to the girls of India.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

History of National Girl Child Day

The government of India, in 2008, declared January 24 to be celebrated as the National Girl Child Day every year with the objective of raising the consciousness of the society towards the girl child so that she can be valued and respected.
The government of India, in 2008, declared January 24 to be celebrated as the National Girl Child Day every year with the objective of raising the consciousness of the society towards the girl child so that she can be valued and respected.

Steps taken by the government to fulfill the objectives of National Girl Child Day
The women and child development ministry listed a number of steps taken by the government in this regard, like:

- Save the Girl Child,
- Beti Bachao Beti Padhao,
- Sukanya Samriddhi Yojana
- CBSE Udaan Scheme
- Free or subsidized education for girl child,
- Reservation for women in colleges and universities

The day is marked by various events all across the country, though the ministry has decided to organise all the programmes in virtual mode this year in view of the coronavirus disease (Covid-19) pandemic.

Pradhan Mantri Rashtriya Bal Puraskar 2022

On the occasion of National Girl Child Day and as part of Azadi Ka Amrit Mahotsav, Prime Minister Narendra Modi will virtually interact with Rashtriya Bal Puraskar awardees. The programme will recognise the exemplary achievements of the children.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of National Girl Child Day

1. According to women and child development ministry, National Girl Child Day is meant to create awareness about the rights a girl owns and to give them opportunities like everyone else, and to support the girl child of the nation and remove gender-based biases.
2. It also calls for promoting awareness about the inequalities that a girl child faces and educate people about girl's education.
3. The main focus is on changing society's attitude towards girls, decrease female feticide and create awareness about the decreasing sex ratio, the ministry further said.

Outcomes of the Event

1. Due to lockdown and covid few students and faculty members were able to attend the program.
2. The students were presented mementoes.
3. On the occasion the lecture was delivered address the issues related to the women safety.

Summary (Press Release)

Ever since 2008, the date of January 24 is celebrated as the National Girl Child Day in India every year. The celebrations across the country are led by the Ministry of Women and Child Development. The objective of the day is to spread awareness among the public about inequities faced by girls in Indian society, to promote awareness about the rights of the girl child and the importance of female education, health, and nutrition.

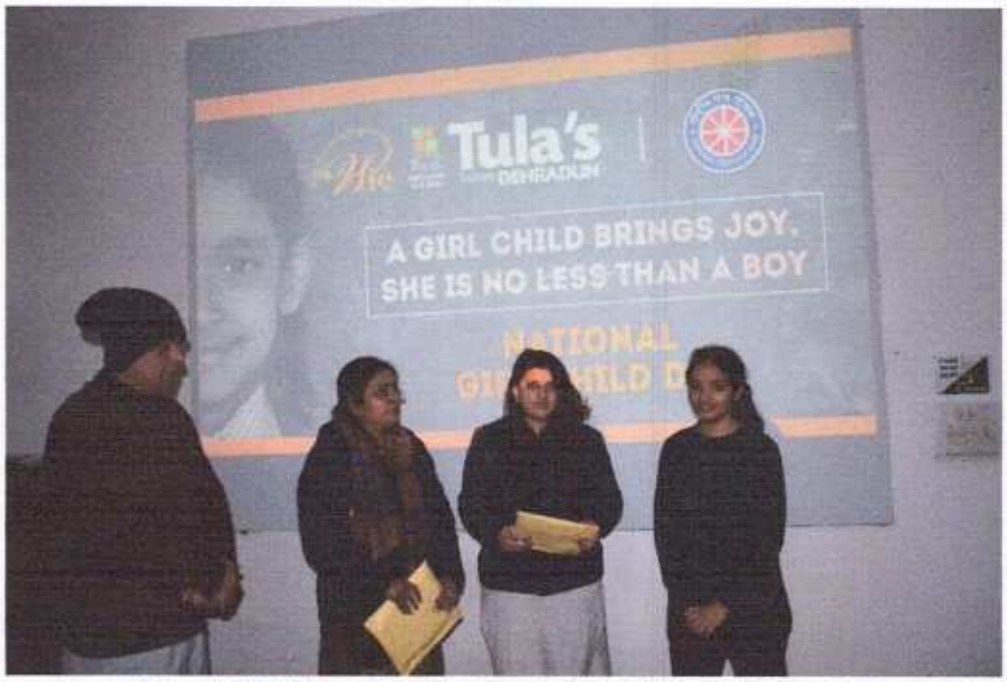
Tula's Institute celebrated National Girl Child Day, with cooperation from National Service Scheme (NSS), with a motive to enhance people's conscience towards the girl children in the Indian society.

In his welcome speech, Director Dr. Sandip Vijay addressed the gathering with his welcome message, where he told the importance of celebrating this day.
Later, Ms. Richa Mishra from computer science department created an emotional moment for all, when she recited a poem on girl child. According to Richa Mishra, National Girl Child Day has been started as a national girl's development mission by the Government of India. This mission raises the awareness among people all over the country about the importance of girl's promotion. It enhances the meaningful contribution of the girls in decision making processes through the active support of the parents and other community members. At the end there was a gift distribution ceremony for all the girls present in the event as token of love and respect

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs



National Girl Child Day Celebration Day at Tula's Institute, 24th January 2022

National Girl Child Day Celebration Day at Tula's Institute, 24th January 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

National Girl Child Day Celebration Day at Tula's Institute, 24th January 2022

National Girl Child Day Celebration Day at Tula's Institute, 24th January 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

National Girl Child Day Celebration Day at Tula's Institute, 24th January 2022

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

National Girl Child Day Celebration Day at Tula's Institute, 24th January 2022

National Girl Child Day Celebration Day at Tula's Institute, 24th January 2022

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: National Girl Child Day **Date:** 23-01-22

S. No	College ID	Name	Branch and Year	Signature
1	2021013015	Sneha Sikarwar	BBA 1st yr	Sneha
2	2021016029	Shrist Saumya	BSCAgri 1st yr	Shristi
3	2021018019	Sakshi Chandel	BCom 1st yr	Sakshi
4	2021013001	Sneha Kalya	BBA 1st yr	Snehakalya
5	2021018009	Pooja Pal	BCom 1st yr	Pooja
6	2021013059	Palak Medhani	BBA 1st yr	Palak
7	2021018006	Ambika Rawat	BCom 1st yr	Ambika
8	2021014002	Priya Sahu	BCA 1st yr	Priya
9	2021013042	Ankita	BBA 1st yr	Ankita
10	2021013055	Shambhavi	BBA 1st yr	Shambhavi

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 22

Blood Donation Drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/1221/ Date: 20-12-2021

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize blood donation camp on 22nd December 2021, at 11:00 am in the seminar hall in collaboration with IMA blood bank.

Hence, the members of staff and students' council are requested to coordinate all the students and staff to voluntarily donate their blood to save life and to make the camp a success.

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Director
Tula's Institute, Dehradun

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2699300
0135-2699309

TULA' S INSTITUTE, DEHRADUN

Date: 22nd December 2021

BLOOD DONATION CAMP AT TULA'S INSTITUTE

Tula's Institute DEHRADUN

IMA bloodbank of Uttarakhand
We Help Save Lives...

Blood Donation Drive

A gift straight from your heart

Date: 22nd December, 2021 | **Time:** 10:00 am onwards
Venue: Seminar Hall, Tula's Institute

Blood Donation Camp at Tula's Institute on 22nd December 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Importance of Blood Donation

Each day, thousands of people need donated blood and blood products to keep them in good health or allow them to stay alive.
If a person's blood levels fall due to an accident or illness, or if their blood is not functioning properly, there will not be enough oxygen or other nutrients to maintain their vital organs.
Donating whole blood can help these people.
A similar process to whole blood donation is apheresis. This provides other blood components, such as platelets. A donation of platelets can help people who have issues related to clotting. It may also provide antibodies to help fight a disease, such as COVID-19.
Giving blood can be a lifesaving action, but it may also have benefits for the donor. In this article, learn about the effects of giving blood.

Objectives of Blood Donation Camp

1. Provide safe and quality blood and blood components collected from voluntary donors, round the clock, at affordable cost to the general public and free of cost to the poor. Ensure safety and quality of blood.
2. To wipe off the scarcity of blood and ensure availability of safe and quality blood and other blood components, round the clock and throughout the year. This will lead to alleviation of human sufferings, even to the far-flung remote areas in the country

Summary (Press Release)

A blood donation drive was organized Tula's Institute, Dehradun in collaboration with National Service Scheme (NSS) on 22nd November 2021. Numerous students showed up for the for the blood donation drive held at Seminar Hall of the Institute. The drive was inaugurated by Dr. Raghav Garg, Vice President Technology, Tula's Institute in the presence of Director Dr. Sandip Vijay, Dean Academics Dr. Nishant Saxena, Dean Management and Agriculture Dr. Ranit Kishore. A team from IMA Blood Bank of Uttarakhand came for the conduction of the blood donation drive. During the whole drive more than 70 units of blood were collect from the students and staff of the Institute.
The donors were encouraged by the by Dr. Raghav Garg and he expressed his gratitude and thanked one and all for keeping the Tula's Institute flag high.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs

Inauguration of Blood Donation Camp by Vice President Technology Dr. Raghav Garg 22nd December 2021

Blood Donation Camp Organized at Tula's Institute 22nd December 2021

Director
Tula's Institute, Dehradun

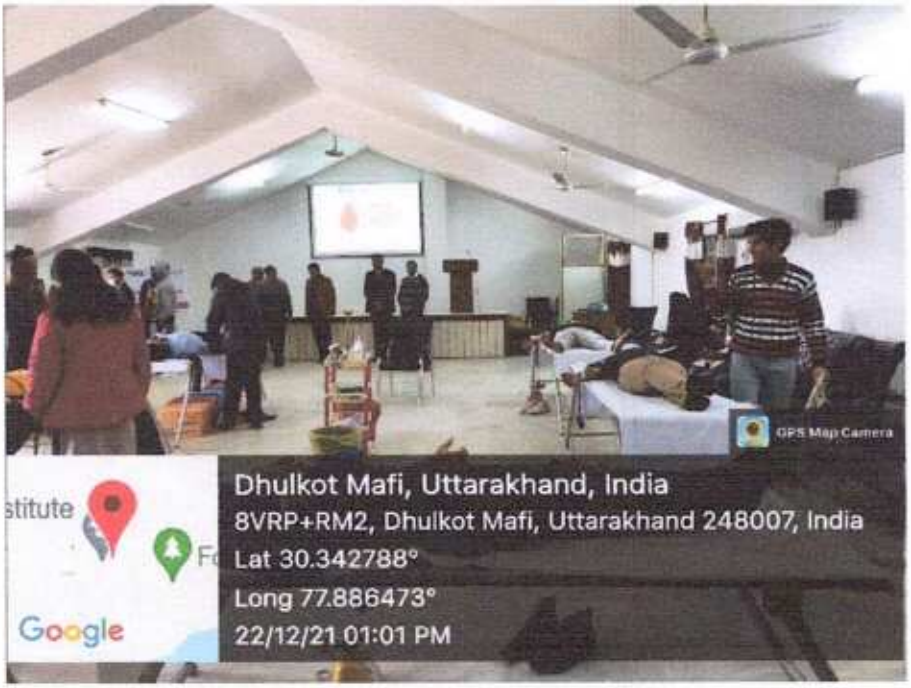
TULA' S INSTITUTE, DEHRADUN

Blood Donation Camp Organized at Tula's Institute 22nd December 2021

Blood Donation Camp Organized at Tula's Institute 22nd December 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Blood Donation Camp Organized at Tula's Institute 2021

Blood Donation Camp Organized at Tula's Institute 2021

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Blood Donation

Date: 20/12/22

S. No	College ID	Name	Branch and Year	Signature
1	2020013032	Jatin Kumar	BBA 3rd year	Jatin
2	2020013049	Aryan	BBA 3rd Year	Aryan
3.	2020013009	Aditya Raj	BBA 3rd year	[illegible]
4	2020013084	Remy	BBA 3rd Year	Remy
5.	2020013062	Sidhant Raj Soni	BBA 3rd year	Sidhant
6.	2020013088	Siddharth Kumar	BBA 3rd year	Sidd
7.	2020013031	Vaibhav Chawasiya	BBA 3rd year	[illegible]
8.	2020013053	Shashank Gupta	BBA 3rd year	[illegible]
9.	2021013059	Palak Medhavi	BBA II year	Palak
10.	2021013009	Amrita Kumari	BBA 2nd	Amrita
11.	2021013015	Sneha Sikarwar	BBA 2nd yr	Sneha
12	2021013001	Sneha Kolya	BBA 2nd year	Sneha Kolya
13	2021013025	Shagun Chaudhary	BBA 2nd year	Shagun
14	2021013022	Stuti Jain	BBA 2nd year	Stuti
15	2021018011	Dixit Pal	B.Com 2nd year	Dixit
16	2021018030	Aman Choudhary	B.COM 2nd year	[illegible]
17	2021018019	Astitva Shah	B.COM 2nd year	Astitva
18	2021018023	Ayush Kotnala	B.COM 2 year	Ayush
19	2021013034	Abhinav Rawat	BBA 2 year	[illegible]
20	2021013035	Aditya Raj	BBA 2 yr	[illegible]

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Blood Donation

Date: 20/12/22

S. No	College ID	Name	Branch and Year	Signature
	201904122	Siddhanth Chauhan	III rd yr Btech	
	2021013015	Sneha Sikarwar	2nd yr Btech	Sneha
	2020013056	Sharon Francis	3rd yr BBA	Sharon
	2019016050	Diksha Khandelwal	III rd Year	
	2021013034	Abhinav Rawat	BBA 2nd yr	
	2021013101	Anjali Mishra	BBA 2nd year	Anjali
	2021013035	Aditya Raj	BBA 2nd yr.	
	2021013001	Sneha Kolya	~~Btech~~ BBA 2nd yr	
	201904075	Anuj Ojha	3rd yr Btech	Anuj

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Blood Donation Camp Date: 20-12-2021

S. No	College ID	Name	Branch and Year	Signature
1	202004011	Harsh Raj	BTECH(CSE) 2nd	Harsh Raj
2	202004064	Pratik Kumar ojha	BTECH(CSE) 2nd	Pratik Kumar
3	202004069	Prateek Mishra	BTECH(CSE) 2nd	[illegible]
4	202004065	Ujjwal Singh	BTECH(CSE) 2nd	Ujjwal Singh
5	202104055	Nikhil Chaudhary	BTECH(CSE) 1st	Nikhil Chau
6	202104019	Saurav Sandilya	BTech(CSE) 1st	Saurav
7	202104033	Hafeez Pattan	BTech(CSE) 1st	Hafez
8	202104086	Sashwat Singh	BTech(CSE) 1st	Shashwat
9	202006020	Mohit Kumar	BTech(civil) 2nd	Mohit Kum
10	202103051	Priyesh ghosh	BBA 1st	Priyesh ghosh.
11	2021020	Jashvinder Kaur	MCA 1st	[illegible]
12	202004037	Himanshu Ranjan	BTech(CSE) 2nd	Himanshu
13	202101800l	Kavita Bisht	Bcom(Hon) 1st	Kavita Bisht
14	202101802g	Shruti Tyagi	BCOM(Hon) 1st	Shruti
15	202101802l	Abhinav Aryan	BCOM(Hon) 1st	Abhinav
16	202108022	Ankit Bartwal	BCOM(Hon) 1st	Ankit
17	202103043	Ashish Poudel	BBA 1st	Ashish Poudel
18	20210180	Anmol Ratnam	BCOM(Hon) 1st	Anmol
19	202101800 3	Kashish choudhary	BCOM(Hon) 1st	Kashish
20	202001304 0	ishin Pratap Singh	BBA 2nd	[illegible]

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 23

Blanket Distribution Drive

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/1221/01 Date: 03-12-2021

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize blanket distribution drive at Premnagar, Dehradun. The drive will be carried along with the collaboration National Service Scheme on 5th December 2021.
Interested students who wants to participate in the distribution drive from all the courses can give their names to the below given contact person.

Event Coordinator: Chhaya Chaudhary
Designation: Club Manager, GreenX, Vibgyor
Contact Number: 8218658350

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Director
Tula's Institute, Dehradun

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

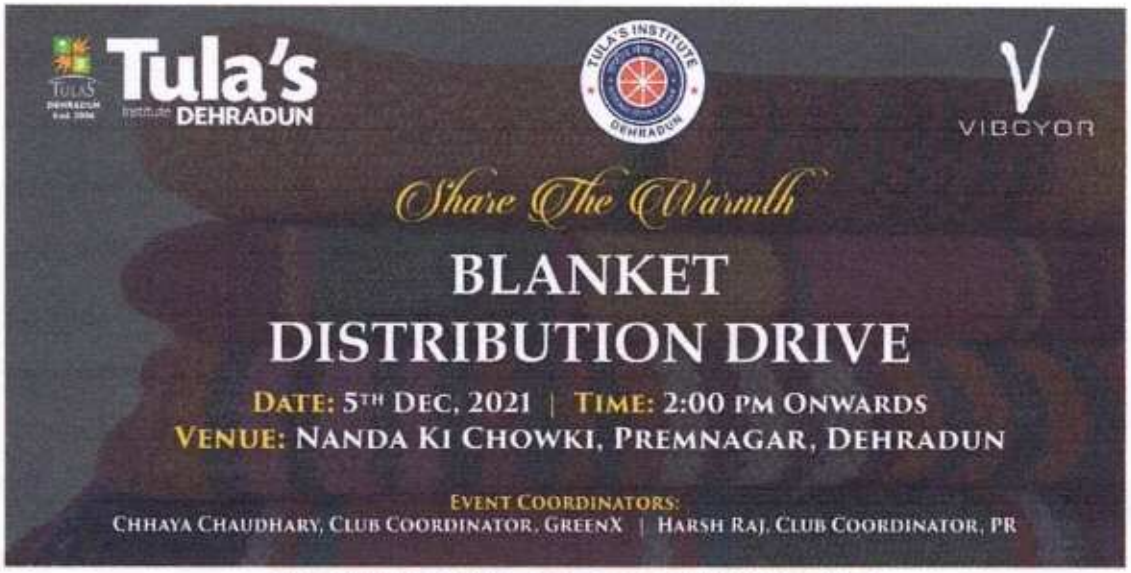
Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K. India)
www.tulas.edu.in
0135-2669300
0135-2669309

TULA' S INSTITUTE, DEHRADUN

Date: 5th December 2021

BLANKET DISTRIBUTION DRIVE AT PREMNAGAR ON 5TH DECEMBER 2021



Blanket distribution drive at Premnagar on 5th December 2021

Blanket Distribution Drive

People usually say that **thousands of people die of cold, but we say that they die due to lack of woolen clothes** and blankets. Poor and helpless people sleep in rags at footpath and roadside and die of cold. These poor people sleep close to each other during cold waves but how one can sleep sound without blanket or quilt in such conditions. **They shiver due to cold breeze** all the night and some old age persons die of these waves.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

1. To provide the blankets to the needy by distributing them on streets, slum areas.
2. The purpose of distributing blankets to the needy spreads the message of sympathy, love and sacrifices to the society.

Outcomes of the Event

1. Around 50 blankets were distributed among the needy living in the slums of Premnagar, Dehradun
2. Needy people praised the cause and were happy by getting the winter essential.

List of Measures

1. Masks, Hand Sanitizers, Hand Gloves were distributed among the students and all the volunteers.
2. Arrangement of refreshment was done for the students and all the volunteers

Summary Report

An Initiative by Tula's Institute and National Service Scheme

Venue: *Premnagar, Dehradun*

Tula's Institute conducted a blanket distribution drive in the remote village of Premnagar, Dehradun. In efforts to offer warmth against the biting cold, blankets were distributed to the underprivileged. The distribution drive was conducted in collaboration with **National Service Scheme (NSS)** on 5th December 2021. To make the distribution drive successful 20 students and along with faculties participated and distributed over 50 blankets to the needy people.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs

Students participating in distribution drive, 5th December 2021

Students participating in distribution drive, 5th December 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students participating in distribution drive, 5th December 2021

Students participating in distribution drive, 5th December 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students participating in distribution drive, 5th December 2021

Group Photo after the successful completion of the blanket distribution drive, 5th December 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students participating in distribution drive, 5th December 2021

Students participating in distribution drive, 5th December 2021

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Blanket Distribution

Date: 3-12-2021

S. No	College ID	Name	Branch and Year	Signature
1	201904044	Swapnil Ahlawat	CSE 3rd year	
2	202004030	Anjali Prasad	B.tech 2nd year	
3	2020013082	Raj Deep	BBA 2nd.	
4	202001 9006	Jamyang Choden	BBA 2nd	
5	2020013075	Pema wango	BBA 2nd	
6	202004082	Sneha Joshi	B.tech 2nd	
7	2021013058	Aditya Pandey	BBA 1st	
8	2020013059	Vishal Singh	BBA 2nd	
9	2021013114	Abhinav Rai	BBA 1st	
10	202101 6030	Sneha Panwar	Agri 1st	
11	2020013084	Renu Rawat	BBA 2nd	
12	202004037	Himanshu Ranjan	B.tech 2nd	
13	2021013075	Priyanshu Bisht	BBA 1st	
14	202	Priyanshu Upadhyay	B.tech 3rd	
15	2021013096	Lavanya Sengar	BBA 1st	
16	2020013026	Aditi Tamta	BBA 2nd	
17	201904043	Ananya Mishra	B.tech 3rd	
18	201904011	Ehtesham Khan	B.tech 3rd	
19	202001 6055	Hrithik Raushen	Agri 2nd	
20	2019013079	Mohd. Musharraf	BBA 2nd	

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Blanket Distribution **Date:** 3-12-2022

S. No	College ID	Name	Branch and Year	Signature
1.	2021013044	Preti negi	BBA-2nd	
2.	2021013015	Seemi singh	BBA-2nd	
3.	2021013082	Sneha	BBA-3rd	
4.	2021013088	Raj	B.tech-2nd	
5.	2021013128	Ashish	B.tech-3rd	
6.	2021013144	Nishi	BBA-2nd	
7.	2021013142	Prashant	BBA-2nd	
8.	2021013144	Ankit	BBA-2nd	
9.	2021013122	Suraj	B.tech-3rd	
10.	2021013001	Pooja Singh	MBA-2nd	
11.	2021013002	Ramneek kaur	MBA-3rd	
12.	2021013004	Avinash singh	BBA-2nd	
13.	2021013044	Divya shankar	MBA-3rd	
14.	2021013082	shivam gupta	MBA-3rd	
15.	2021013052	Anupam kishor	B.tech-2nd	
16.	2021013062	shital	B.tech-2nd	
17.	2021013021	Prerna singh	MBA-3rd	
18.	2021013041	Prateek mishra	BBA-2nd	
19.	2021013069	Aditya Pandey	MBA-3rd	
11.	2021013021	Shena jashi	B.tec-2nd	

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Blanket Distribution **Date:** 3-12-2021

S. No	College ID	Name	Branch and Year	Signature
1	202104033	Pattan Hafeez	B.tech CSE - 2nd	P.Hafeez
2	202104055	Nikhil	B.tech CSE - 2nd	Nikhil
3	202104019	Saurav Sandilya	B. Tech CSE - 2nd	Saurav
4	202104086	Shaswat Singh	B. Tech CSE - 2nd	SHAKWAT
5	202013030	Gurdeep Singh	BBA - 2nd	[illegible]
6	202018007	Vishal kushwaha	B.Com(H) - 2nd	[illegible]
7	202013054	krishna kumar	BBA - 2nd	[illegible]
8	~~Aditya~~ 202013039	Aditya	BBA - 2nd	Adity
9	202016010	Anchal	Agriculture - 2nd	Anchal
10	202013022	Stuti Jain	BBA - 2nd	SJain
11	202013025	Shagun	BBA - 2nd	Shagun
12	202104056	Shreya shrivastava	CSE 1st	Shreya
13	202013008	Dibyans Sahu	BBA 1st	[illegible]
14	202104108	Shriya Bharduwaj	B. Tech 2nd	Shriya
15	202018001	Ravita Bisht	Bcom 1st	RBisht
16	202012005	Abdul Rahman	BCA - 2nd	[illegible]
17	202013089	Abhishek	BBA - 1st	Abhishek
18	202013114	Abhinav Rai	BBA - 2nd	[illegible]
19	202104060	Yash Goyal	CSE - 1st	Yash
20	202104022	Vishal Parmar	CSE - 1st	[illegible]

Signature of Head .....

Director
Tula's Institute, Dehradun

Annexure 24

Awareness drive on Women's Hygiene

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/1021/03 Date: 19-10-2021

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize awareness Drive on **Women Hygiene** at Indreshnagar, Dehradun. The drive will be carried along with the collaboration of Shri Nityanand Swami Jan Seva Samiti (Reg.) NGO on 20th October 2021.

Female students from 1st year of all the branches will take part in the cleanliness drive, students list shall be confirmed by induction committee members.

Event Coordinator: Chhaya Chaudhary
Designation: Club Manager, GreenX, Vibgyor
Contact Number: 8218658350

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K. India)
www.tulas.edu.in
0135-2699300
0135-2699309

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Date: 20th October 2021

'WOMEN HYGIENE DRIVE' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at INDRESHNAGAR, DEHRADUN

An awareness drive on Women Hygiene by Tula's Institute on 20th October 2021

Women Menstrual Hygiene

In many societies around the world, taboos associated with menstruation, combined with an overall culture of silence around the topic, limit the ability of women and girls to fully and equally participate in society, undermining their overall social status and self-esteem.

The Challenge

At least 500 million women and girls globally lack adequate facilities for menstrual hygiene management (MHM). Inadequate WASH (water, sanitation and hygiene) facilities, particularly in public places, such as in schools, workplaces or health centers, can pose a major obstacle to women and girls. The lack of separate toilets with doors that can be safely closed, or the unavailability of means to dispose of used sanitary pads and water to wash hands, means that women and girls face challenges in maintaining their menstrual hygiene in a private, safe and dignified manner. A growing body of evidence shows that girls' inability to manage their

Director
Tula's Institute, Dehradun

menstrual hygiene in schools, results in school absenteeism, which in turn, has severe economic costs on their lives and on the country.

Women and especially schoolgirls in India face the daunting task of maintaining their sanitary health during the ongoing pandemic. In 2018, the Indian Government launched its 'Ujjwala Sanitary Napkin' initiative under which women were to get access to low-cost sanitary pads. To provide school-going girls with free sanitary pads, vending machines were installed in government schools. However, due to the continued closure of such schools in the nationwide lockdown, a critical part of the supply chain of these pads has been compromised causing a sudden deprivation of sanitary pads. This exposes economically weak women to a high risk of sanitation-related diseases and complications.

Menstrual hygiene education is a taboo in India. Women find it difficult to openly ask for sanitary products from a male family member (who generally fetches goods from the market). Women, especially in rural areas, are confined to their homes and depend on male or elderly female household members for procuring sanitary products.

Due to the lack of clean, private, safe water and sanitation facilities, women are unable to practice personal sanitary hygiene like changing the menstrual pads, washing cloth pads, and drying them in sunlight for proper disinfection. Due to the scarcity of pads, girls limit their food and water intake to minimize their use of the toilet so that they don't have to change pads as regularly. These practices could lead to severe health issues in the longer run.

Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

Tula's Institute organized Women's hygiene drive in association with Shri Nityanand Swami Jan Seva Samiti in the village of Indreshnagar, Dehradun on 20/10/21. Students of Tula's interacted with dwelling all the women of Indreshnagar & sensitized them about menstrual health and hygiene. Students distributed 600 sanitary pads in the village and stressed on the importance of awareness. The Tula's team was lead by student coordinator Ms. Chhaya Chaudhary of BBA 2 nd Year supported by team of teaching faculty Ms. Navjyoti Singhal, Dr. Pooja Rawat Thapliyal, Ms. Tanuja, and Ms. Poonam. The event was successful at the end of the day..

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

1. To increase awareness among adolescent girls on Menstrual Hygiene.
2. To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.
3. To educate about safe disposal of Sanitary Napkins in an environmentally friendly manner.

Outcomes of the Event

1. 600 sanitary pads were distributed among the women living at Indreshnagar, Dehradun.
2. Women were provided education about personal hygiene.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 20th October 2021

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 20th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 20th October 2021

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 20th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 20th October 2021

Students of Tula's Institute distributing sanitary pads at Women Hygiene Drive, 20th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Women Hygiene Drive in collaboration with Shri Nityand Swami Jan Seva Samiti (Reg.), 20th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

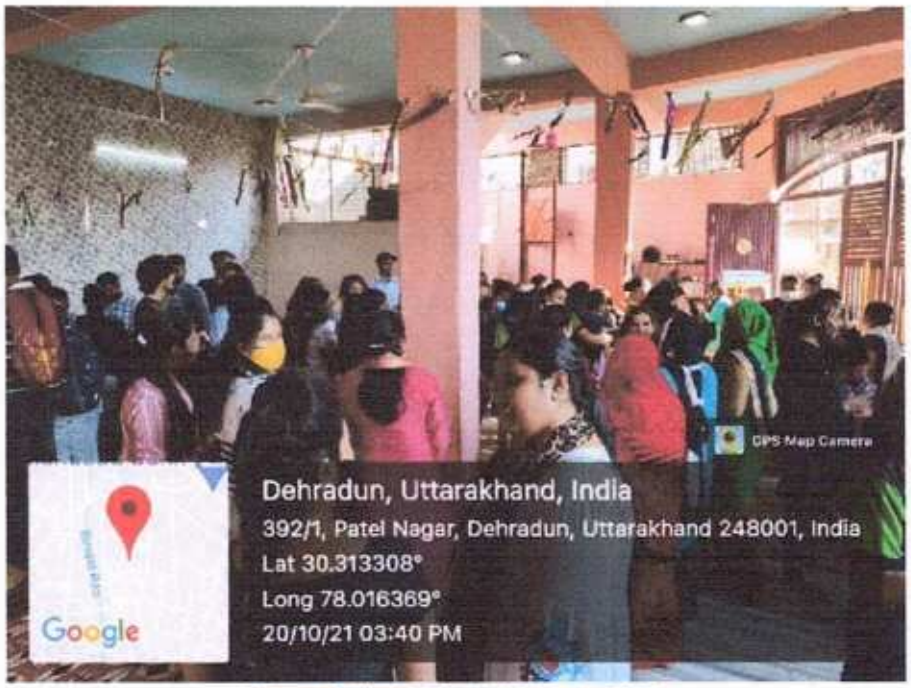
Geo Tag Photographs of the event

600 Sanitary Pads distributed on Women Hygiene Drive, 20th October 2021

A talk on Women Hygiene Drive, 20th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Women Hygiene Drive, 20th October 2021

Women Hygiene Drive, 20th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Women Hygiene Drive, 20th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

ATTENDANCE

Event Name: Women Hygiene VIBGYOR Attendance Date: 20/10/2021

S. No	College ID	Name	Branch and Year	Signature
01	202104018	Paromi Sinha	B.Tech CSE 1st year	Paromi
02	202104056	Shreya Srivastava	B.Tech CSE 1st year	Shreya
03	202103065	Aditi Singh	BBA 1st year	Aditi
04	202104075	Shikha Verma	B.Tech CSE	Shikha Verma
05	202101014	Anushka Kumari	B Tech CSE	Anushka
06	202101 6012	Devika Anand	B.Sc Agri	[illegible]
07	2019016084	Kundan Kumar	Bsc Agri	Kundan Ku
08	201904075	Anuj Ojha	B.tech CSE	Anuj Ojha
09	202004011	Harsh Raj	CSE 2nd y	Harsh Raj
10	2018016101	Anjali Kumari	B.Sc Agri	Anjali Kumari
11	201901 1050	Diksha Khandelwal	B.Sc Agri	Diksha
12	201904075	Anurag Chauhan	B.Tech CSE	[illegible]
13	202001 3033	Shivendra V.	BBA 2nd	[illegible]
~~14~~	~~202001 3067~~	Singh		
14	202001 3067	Shashank P. Singh	BBA 2nd	Shashank
15	202001 3001	Anuj Dubey	BBA 2nd	Anuj
16	202001 3015	Nishita Verma	BBA 2nd	[illegible]
17	Sweta Singh	202108004	MBA (1st)	[illegible]
18	Jabbasum	202108007	MBA 1st	[illegible]
19	~~[illegible]~~ 202108021	Hemlata Bojalwan	MBA 1st	[illegible]

Signature of Head: [illegible] 22/10/2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

VIBGYOR Attendance

Event Name: Women Hygien Drive Date: 20/10/21

S. No	College ID	Name	Branch and Year	Signature
1	202108020	Shikha chaudhary	MBA 1st	Shikha
2.	202108005	Falguni Gupta	MBA 1st	Falguni
3.	202101 3073	Siddharth Goswami	BBA 1st	[illegible]
4.	202101 3078	Md. Irfan Ansari	BBA 1st	Irfan
5.	202108002	Jyoti	MBA 1st	Jyoti
6.	202001 8009	Sakshi Chand	BCom 1st	Sakshi
7.	Priya Arya	202001 8002	BCom 1st	Priya
8.	202 8001 8012	Shipra Chauhan	BCom 1st	Shipra
9.	Aanchal Chauhan	202013028	BBA 2nd	[illegible]
10.	Shiskha Verma	202104095	BTech CSE	Shipra
11.	202102040	Priya Shahu	BCA	Priya
12.	202101 8001	Kavita Bisht	BCom	Kavita
13.	202104048	Pauri Sinha	BTech CSE	Pauri
14.	202001 8014	Vaishali Patwal	BCom 2nd	Vaishali
15.	202001 8010	Preeti Bora	BCom 2nd	Preeti
16.	Chhaya chaudhary	202101 3033	BBA 1st	Chhaya
17.	Ankita Kumari	201801 3037	BBA 1st	Ankita
18.	202104081	Preeti Kumari	BTech CSE	[illegible]
19.	Anjali	201801 6101	Agri BSc	Anjali
20.	202104055	Sneha	BTech CSE	[illegible]

Signature of Head: Gabriel 22/10/2021

Director
Tula's Institute, Dehradun

Annexure 26

Shramdhan

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

TULA'S DEHRADUN INSTITUTE

* Approved by AICTE, Ministry of HRD, Govt. of India * ISO 9001:2015
Affiliated: * Uttarakhand Technical University * Sri Dev Suman University * Uttarakhand Board of Technical Education

Ref: Tulas/Vibgyor/1021/02 Date: 14-10-2021

Notice

It is to inform all the students and staff that, Tula's Institute is going to organize cleanliness drive at the riverbed , near vigyan bhawan, Jhajhra, Dehradun. The drive will be carried along with the collaboration of Shri Nityanand Swami Jan Seva Samiti (Reg.) NGO on 19th October 2021.

Students from 1st year of all the branches will take part in the cleanliness drive, students list shall be confirmed by induction committee members.

Event Coordinator: Chhaya Chaudhary
Designation: Club Manager, GreenX, Vibgyor
Contact Number: 8218658350

Regards

Emmanuel Gabriel
Assistant Professor, GSB
Vibgyor Head
Tula's Institute

Director
Tula's Institute, Dehradun

Vision
- To emerge as an academic centre producing world class professionals promoting innovation and research.

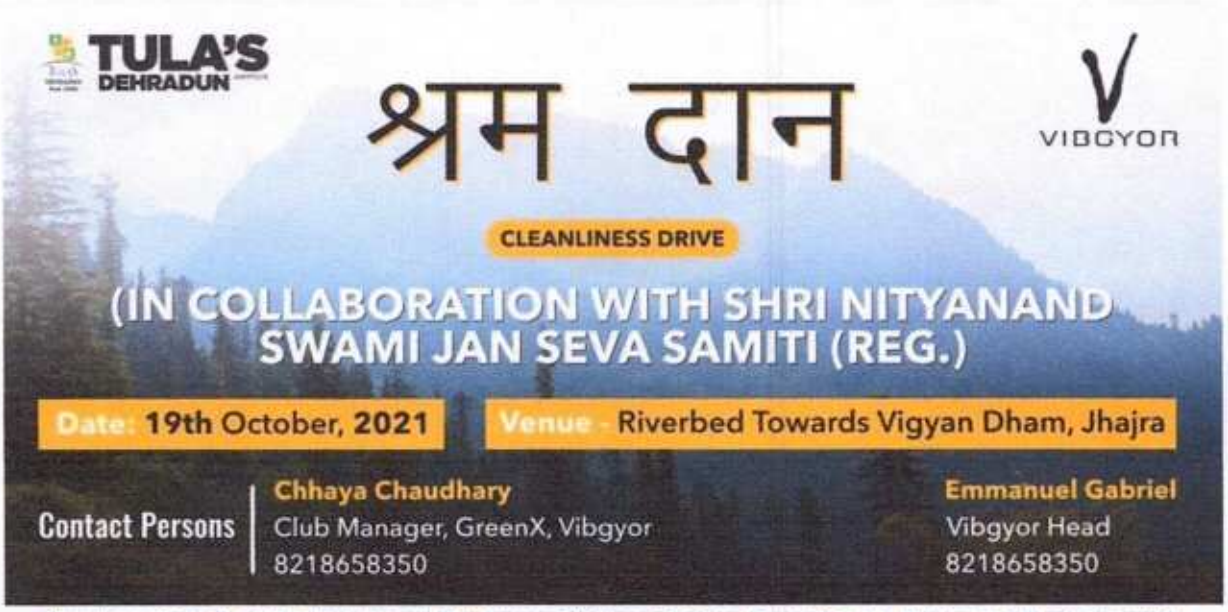
Mission:
- Promote intellectual and skilled human capital generation employment and entrepreneurship.
- Be educational centre of excellence of multi ethnicity and diversity.
- Establish as technology driven teaching learning institution.
- Provide world class platform for research and innovation.
- Inculcate social, environmental, heritage values.

Dhoolkot, P.O. Selaqui, Chakrata Road
Dehradun - 248011 (U.K India)
www.tulas.edu.in
0135-2609300
0135-2690309

TULA' S INSTITUTE, DEHRADUN

Date: 19th October 2021

'CLEANLINESS DRIVE' BY TULA'S INSTITUTE AND SHRI NITYANAND SWAMI JAN SEVA SAMITI (REG.) at JHAJRA, DEHRADUN



Cleanliness Drive by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.) at Jhajhra on 19th October 2021

About Swachh Bharat Abhiyan

Cleanliness is next to Godliness. We've heard this phrase many times. But do we follow this? A lot of people don't, even though we should. However, some of us don't even respect the people who clean the trash. There are a lot of cons for not maintaining cleanliness. Cleanliness should be followed by everyone. Let's find out more about it.

Cleanliness means that there is no dirt, no dust, no stains, no bad smells. The goals of cleanliness are health, beauty, absence of offensive odour and to avoid the spreading of dirt and contaminants to oneself and others.

With the help of cleanliness, we can keep our physical and mental health clean, which will make us feel good. Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is the

Gabriel

Director
Tula's Institute, Dehradun

cleanliness only which helps to improve our personality by keeping clean externally and internally.

It is everybody's responsibility, and one should keep themselves and their surroundings clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases.

Swachh Bharat Mission by Government of India

"A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary in 2019," said Shri Narendra Modi as he launched the Swachh Bharat Mission at Rajpath in New Delhi. On 2nd October 2014, Swachh Bharat Mission was launched throughout length and breadth of the country as a national movement.

While leading the mass movement for cleanliness, the Prime Minister exhorted people to fulfil Mahatma Gandhi's dream of a clean and hygienic India. Shri Narendra Modi himself initiated the cleanliness drive at Mandir Marg Police Station. Picking up the broom to clean the dirt, making Swachh Bharat Abhiyan a mass movement across the nation, the Prime Minister said people should neither litter, nor let others litter. He gave the mantra of 'Na gandagi karenge, Na karne denge.' Shri Narendra Modi also invited nine people to join the cleanliness drive and requested each of them to draw nine more into the initiative.

By inviting people to participate in the drive, the Swachhta Abhiyan has turned into a National Movement. A sense of responsibility has been evoked among the people through the Clean India Movement. With citizens now becoming active participants in cleanliness activities across the nation, the dream of a 'Clean India' once seen by Mahatma Gandhi has begun to get a shape.

The Prime Minister has helped spread the message of Swachh Bharat by urging people through his words & action. He carried out a cleanliness drive in Varanasi as well. He wielded a spade near River Ganga at Assi Ghat in Varanasi under the Clean India Mission. He was joined by a large group of local people who cooperated in the Swachhta Abhiyan. Understanding the significance of sanitation, Prime Minister, Shri Narendra Modi has simultaneously addressed the health problems that Indians families have to deal with due to lack of proper toilets in their homes.

People from different sections of the society have come forward and joined this mass movement of cleanliness. From government officials to jawans, bollywood actors to the sportspersons, industrialists to spiritual leaders, all have lined up for the noble work. Millions of people across the country have been day after day joining the cleanliness initiatives of the government departments, NGOs and local community centres to make India clean. Organising

Director
Tula's Institute, Dehradun

frequent cleanliness campaigns to spreading awareness about hygiene through plays and music is also being widely carried out across the nation.

Bollywood celebrities to television actors came forward and actively joined the initiative. Noted personalities like Amitabh Bachchan, Aamir Khan, Kailash Kher, Priyanka Chopra and entire cast and crew of SAB TV show 'Taarak Mehta Ka Ooltah Chashmah' lend a hand to Swachh Bharat Abhiyan. Numerous sportspersons like Sachin Tendulkar, Sania Mirza, Saina Nehwal and Mary Kom's contribution the clean India drive have been commendable.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Objectives of the Event

The 'Cleanliness Drive' would promote the values of cleanliness, discipline and respect for the environment in the children and educate and sensitize them about the importance of cleanliness for a healthy, socially responsible, economically dynamic and progressive nation.

Outcomes of the Event

1. All the students and faculties of Tula's Institute participated in the event with great gusto.
2. Around 100 bags of garbage were collected from the venue.

List of Measures

1. Masks, Hand Sanitizers, Hand Gloves were distributed among the students and all the volunteers.
2. Recyclable bin bags were given to the students and volunteers.
3. Arrangement of refreshment was done for the students and all the volunteers

Summary Report

An Initiative by Tula's Institute and Shri Nityanand Swami Jan Seva Samiti (Reg.)

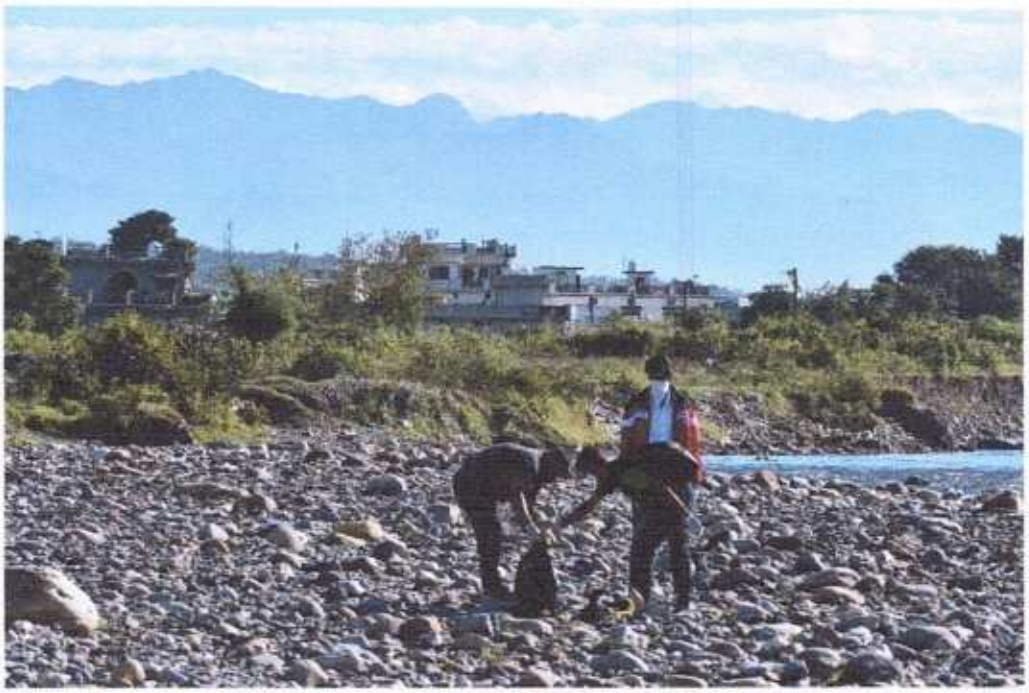
Venue: *Advani Bridge, Jhajhra*

Tula's Institute successfully conducted cleanliness drive in the riverbed of Asan River on 19/10/21. The drive was carried out in association with Shri Nityanand swami Jan Seva Samiti. Students gathered under the Advani Bridge, built across the river Asan at 7 AM in the morning and started cleaning the nearby areas of the bridge with full zeal and motivation to contribute for a cause. People tend to toss the garbage from the bridge leading to accumulation of garbage in the entire riverbed area. The newly enrolled students were made to clean the area in order to realize the importance of human labor and cleanliness. Students realized that very random act of throwing a piece of trash can lead to a very modern challenge of solid waste management. Student's were equipped with mask, gloves, sanitizer to ensure safety and hygiene. The drive was lead by Tula's Vibgyor (A student Cultural wing of Tula's) and was carried out in the presence of Assistant Professor Karan Oberoi, Aditya Kumar, Neeraj Kotiyal, Navjyoti Singhal. The representatives of Nityanand Sewa Samiti were also present at the time of drive. Students were served with refreshment at the end of the exhaustive drive.

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Event Photographs



Students participating in cleanliness drive, 19th October 2021

Students participating in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Students participating in cleanliness drive, 19th October 2021

Students participating in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

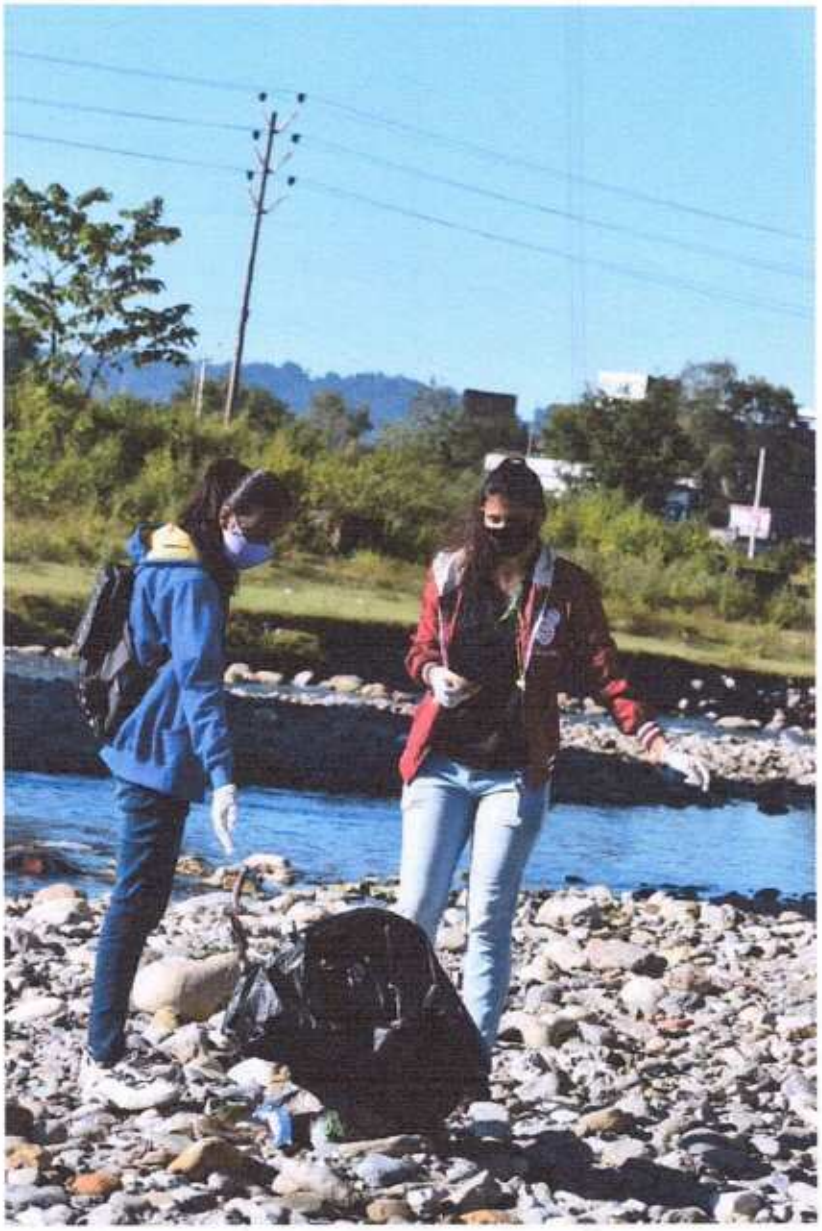
TULA' S INSTITUTE, DEHRADUN

Students participating in cleanliness drive, 19th October 2021

Around 100 bags of garbage was collected in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Students participating in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN

Geo Tag Photographs of the event

Students participating in cleanliness drive, 19th October 2021

Students participating in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

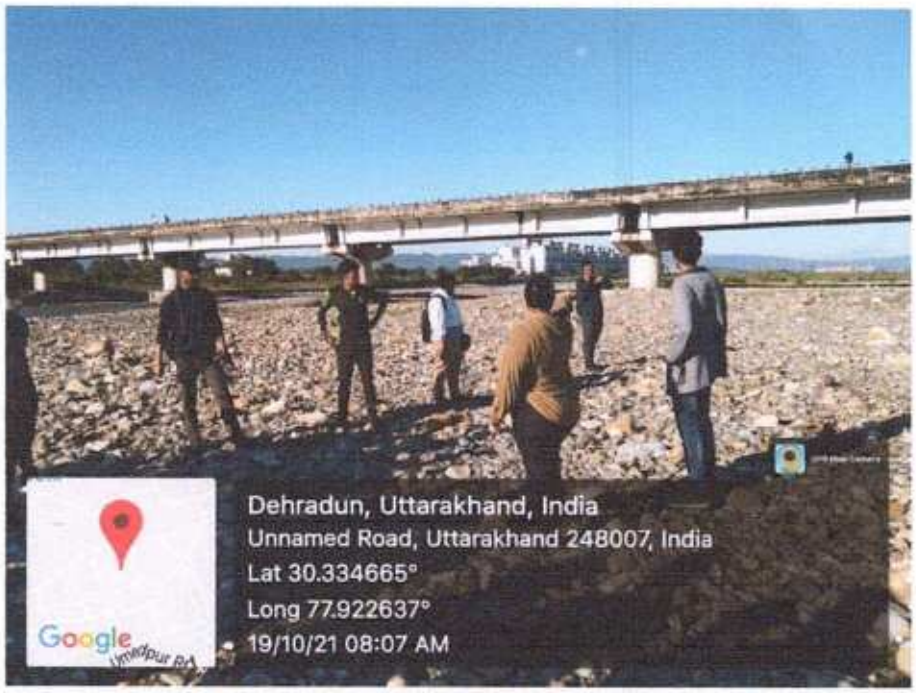
TULA' S INSTITUTE, DEHRADUN

Students participating in cleanliness drive, 19th October 2021

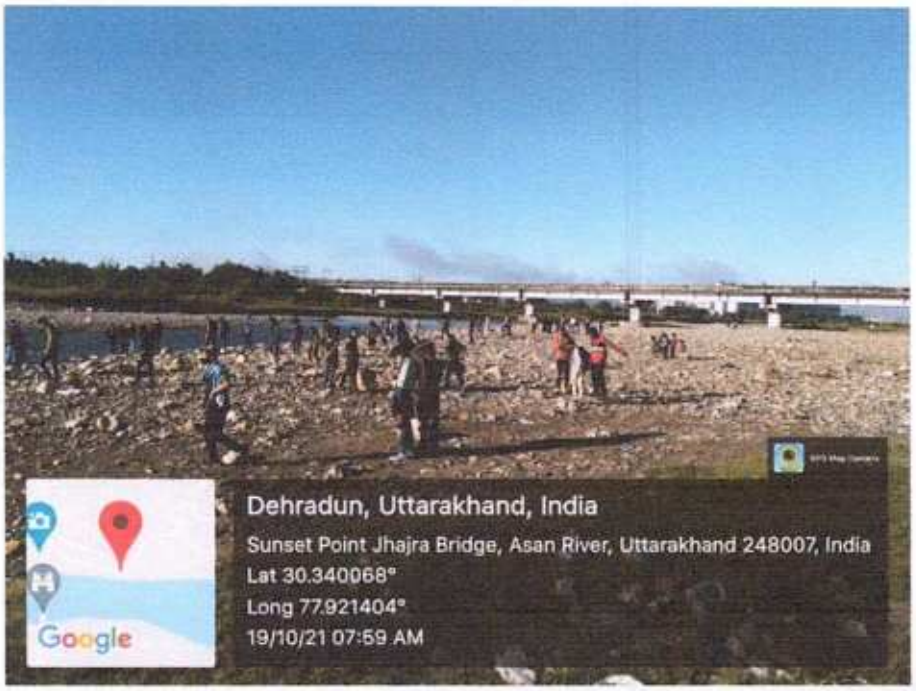
Students participating in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



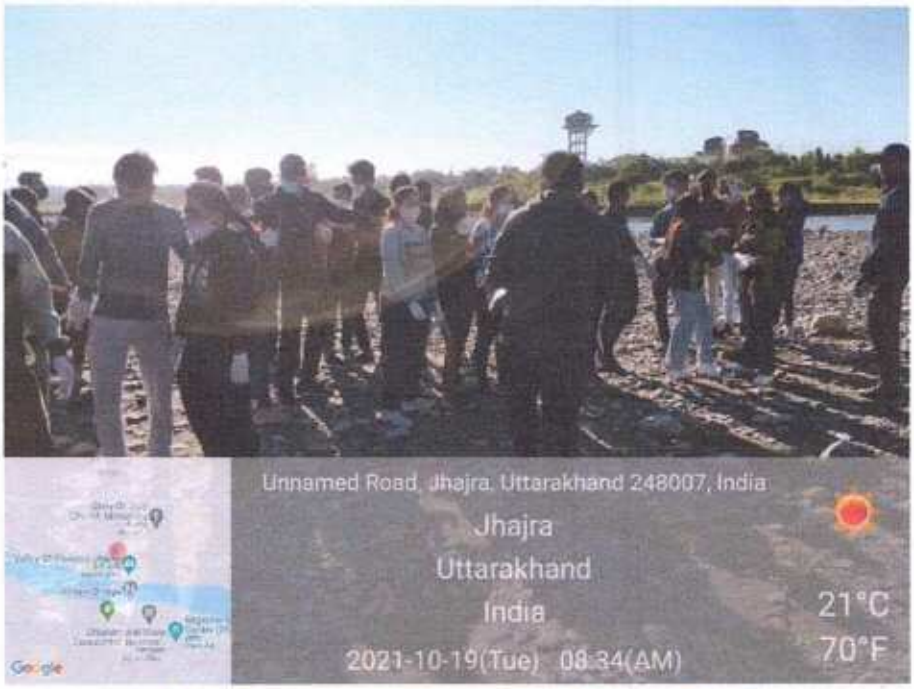
Students participating in cleanliness drive, 19th October 2021



Students participating in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

TULA' S INSTITUTE, DEHRADUN



Students participating in cleanliness drive, 19th October 2021

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Shram Dhan (श्रम दान)

Date: 19th October 2021

S. No	College ID	Name	Branch and Year	Signature
1	2021013021	Rohit kumar	BBA 1 year	Rohit kumar
2	2021013108	Aadarsh Soni	BBA 1st year	Aadarsh Soni
	2021073110	Vimal Kumar	BBA 1st	Vimal Kumar
	~~Dipesh Patel~~			
3.	2021013111	Kapil Awasthi	BBA 1 yr	
4	2021013045	Dipesh Patel	BBA 1 year	
~~5~~	~~Umesh~~			
5	2021013112	Umesh P. Pant	BBA 1st yr	
6.	2021013026	Rahul Yadav	BBA 1st year	
7	2021013087	Shivangani	BBA 1st	Shivangani
8	2021013115	Jatin Singh Rawat	BBA 1st yr	Jatin Singh
9	2021013116	Aman Khan	BBA 1st yr	Aman Khan
10	2021013117	Haider	BBA 1st yr	Haider
11	2021013118	Jyoti	BBA 1st yr	Jyoti
12	2021013119	Khushi	BBA 1st yr	Khushi
13	2021013120	Sakshi	BBA 1st yr	Sakshi
14	2021013121	Swati	BBA 1st yr	Swati
15	2021013385	Kriti	BBA 1st yr	Kriti
16	2021013391	Mihan	BBA 1st yr	Mihan
17	2021013141	Ojash	BBA 1st yr	Ojash

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: Shram Dhan (श्रम दान) Date: 19 October 2021

S. No	College ID	Name	Branch and Year	Signature
1.	2021013067	Shruti Rana	1st	Shruti
2	2021013085	Somya Poliya kumari	1st	Soumya
3	2021013080	Alisha Khan	1st	Alisha
4	2021013009	Amrita	1st	Amrita
5	2021013022	Shetti Jain	1st	[illegible]
6	2021013058	Aditya Pandey	1st	[illegible]
7	2021013043	Ashish Poudel	1st	[illegible]
8	2021013064	Aakash Kumar	1st	[illegible]
9	2021013074	Amit Kumar	1st	Amit
10	2021013059	Palak Medhavi	1st	Palak
11	2021013060	Lovepreet Kaur	1st	Lovepreet
12	2021013090	Amaan Akhtar	BBA 1st year	[illegible]
13	2021013089	Abhishek Sigh N.	BBA 1st year	Abhishek
14	2021013015	Sneha Sikarwar	BBA I yr	Sneha
15	2021013001	Sneha kolya	BBA I st yr	Snehakolya
16	2021013023	Sahil kumar	BBA I st yr.	Sahil
17	2021013098	Mukul chaudhary	BBA I st yr	[illegible]
18	2021013119	Yash Raj	BBA I st yr	Yash
19	2021013770	Anand	BBA I st yr	Anand
20	2021013411	Harsh	BBA I st yr	Harsh

Signature of Head .....

Director
Tula's Institute, Dehradun

Event Attendance

Event Name: गीता जयंती

Date: 19 October 2021

S. No	College ID	Name	Branch and Year	Signature
1	2021018015	Nadeem Ahmad	B.com(H) 1st	Nadeem Ahmad
2	2021018017	Shivam Komas	B.com(H) 1st	
3	2021018021	Akhil Negi	B.Com(H)	
4	2021018023	Ayush Kothiala	B.com(H)	
5	2021018011	Dixit Pal	B.Com(H)	
6	2021018016	Ambika Rawat	B.Com (H)	
7	2021018010	Honey Chaudhary	B.Com (H)	
8	2021018018	Rohan Rawat	B.COM(H) Ist	Rohan Rawat
9.	2021018020	Ujjawal Saini	B.Com(H)	Ujjawal
10	2021018006	Pooja Pal	B.Com(H) Ist	
11	2021018039	Vani Garg	B.Com(H)	
12	2021018022	Ankit Bartwal	B.Com(H) Ist	
13	2021018002	Anmol Ratnan	B.Com H 1st	Anmol
14	2021018003	Kashish Chaudhary	B.Com h 1st	
15	2021018027	Shradha Saini	B.Com(H) 1st	
16	2021018014	Siddharth Athwal	B.Com(H) 1st	
17	2021018013	Shristi Negi	B.Com (H) 1st	Shristi
18	2021018025	Vartika Mittal	B.Com (H) 1st	Vartika

Signature of Head .....

Director
Tula's Institute, Dehradun