

## **Activity No-1**

### **AIM: EXPLAIN INTRODUCTION OF NSS IN DETAILED ?**

#### **➤ Introduction:-**

National Service Scheme (NSS) was introduced in 1969 with the primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. Very appropriately, the motto of NSS is "NOT ME, BUT YOU". An NSS volunteer places the 'community' before 'self'.

#### **➤ Objectives of NSS:**

NSS aims at developing the following qualities/ competencies among the volunteers:

- a) To understand the community in which the NSS volunteers work and to understand themselves in relation to their community;
- b) To identify the needs and problems of the community and involve themselves in problem-solving exercise;
- c) To develop among themselves a sense of social and civic responsibility;
- d) To utilize their knowledge in finding practical solutions to individual and community problems;
- e) To gain skills in mobilizing community participation;
- f) To acquire leadership qualities and democratic values;
- g) To develop capacity to meet emergencies and natural disasters; and
- h) To practice national integration and social harmony.

NSS attempts to establish meaningful linkages between 'Campus and Community', 'College and Village' and 'Knowledge and Action'.

#### **• LOGO OF NSS:-**



## ➤ **MOTTO**

The motto of National Service Scheme is **NOT ME BUT YOU**.

## ➤ **BENEFITS OF BEING A NSS VOLUNTEER**

A NSS volunteer who takes part in the community service programme would either be a college level or a senior secondary level student. Being an active member these student volunteers would have the exposure and experience to be the following

- an accomplished social leader
- an efficient administrator
- a person who understands human nature
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## • **MAJOR ACTIVITIES**

### **National Integration Camp (NIC):**

The National Integration Camp (NIC) is organized every year and the duration of each camp is of 7 days with day-night boarding & lodging. These camps are held in different parts of the country. Each camp involves 200 NSS volunteers to undertake the scheduled activities.

## ➤ **Objectives of the National Integration Camp**

Make the NSS volunteers aware of the following:-

- Rich cultural diversity of India
- History of our diversified culture
- National pride through knowledge about India
- To integrate the nation through social service
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### **Adventure Program:**

The camps are held every year which are attended by approximately 1500 NSS volunteers with at least 50% of the volunteers being girl students. These camps are conducted in Himalayan Region in the North and Arunachal Pradesh in North East region. The adventure activities undertaken in these camps includes trekking of mountains, water rafting, Para-sailing and basic skiing.

## ➤ **Objectives of Adventure Program**

- Promote various adventure activities among NSS volunteers
- Infuse the sense of love towards the various regions of India
- Enhance leadership qualities, fraternity, team spirit and risk taking capacity.
- Improvement of physical and mental strength
- Exposure to new vocational possibilities

## ➤ **NSS Republic Day Parade Camp**

The first Republic Day Camp of NSS Volunteers was held in 1988. The camp takes place in Delhi between 1st and 31st January every year with 200 NSS selected volunteers who are good in discipline, March-past and cultural activities.

A Contingent of selected NSS volunteers participates in the Republic Day Parade at Rajpath, New Delhi on 26th of January every year in accordance with the guidelines and requisition of the Ministry of Defense.

## **Objectives of NSS Republic Day Parade Camp**

- Enable the volunteers to interact with fellow members hailing from various parts of India.
- Experience the tradition, custom, culture, language of all states of India.
- Provide a chance to develop overall personality of the Student volunteers.
- Constitute the bond of patriotism, national integration, brotherhood and communal harmony.

### ➤ **National Youth Festivals**

National Youth Festivals are organized every year from 12th to 16th January by the Government of India, Ministry of Youth Affairs & Sports in collaboration with the State Governments in different parts of the country. Eminent guests, speakers and youth icons are invited to address and interact with about 1500 participating NSS volunteers during the National Youth Festivals.

### ➤ **Objectives of National Youth Festivals**

- Make the volunteers aware of the various festivals celebrated in the country
- Remind the volunteers of the cultural importance of festivals celebrated in our country
- Provide a chance to the NSS volunteers to interact with the resource person/speaker/youth icons

### ➤ **MEMBERSHIP RULE AND REGULATIONS**

- Any student who is willing to contribute in the society can join the NSS.
- Any student who wants to bring changes in the society can join the NS

## Activity No-2

### **AIM: FOOD WASTE POSTER MAKING ACTIVITY ?**

#### ➤ **Food waste Poster making:-**

- Food waste refers to food appropriate for human consumption being discarded, whether or not after it is kept beyond its expiry date or left to spoil
- Food waste is food that is intended for human consumption that is wasted and lost, and refers not only to food that consumers don't finish at restaurants and are thrown out at home, but also raw materials and produce that are lost in the farming stage, harvesting processes, during transportation, and storage. Food waste can occur anywhere throughout the entire supply chain
- Food waste has significant effects on the environment, global and national economies, food security and nutrition. The increasing and persistent global demand for food is also driving fertile land useless while contributing to more land degradation and deforestation, which as a result, destroys our precious natural habitats and biodiversity, limiting the services that they provide and disrupting entire ecosystems.
- By mid-century, the world population will likely hit 9 billion people, which means global food production must increase by 70% to meet this demand. The failure to keep up with food demand will create a food shortage and a humanitarian crisis not seen before on this scale. It is urgent for us to address the global food waste problem and ensure the world adopts a global sustainable food supply.



#### ➤ **Countries that Waste the Most Food**

- In developed countries, more than 40% of food losses occur at the retail and consumer levels and in households. While dense population countries such as China and India produce the most household waste every year, the biggest food waste countries per capita are countries like Nigeria, Greece and Australia. In comparison, the average volume of food waste generated per capita in China is about 64 kg, while the people in Australia produce an average of 102 kg of food waste a year.

- Fresh fruits and vegetables are the most commonly disposed of food, many of which are thrown out at the retail level due to quality standards, emphasising appearance over its functionality. Half of all produce is thrown away in the US because it is deemed too “ugly” to eat, amounting to 60 million tons of fruits and vegetables every year.

### ➤ **Why is lot of food waste in present day ?**

- There are several reasons for the significant amount of food waste in the present day:

#### **Overproduction and Oversupply:**

Food production often exceeds demand, leading to surplus food that can end up going to waste due to inadequate storage or lack of buyers.

#### **Consumer Behavior:**

In many developed countries, consumers often purchase more food than they can consume, leading to food spoilage and waste at the household level. Factors like bulk buying, expiration dates, and improper storage contribute to this.

#### **Supply Chain Issues:**

Food waste can occur at various stages of the supply chain, including during harvesting, transportation, storage, and distribution. Inadequate infrastructure, improper handling, and logistical inefficiencies can lead to significant wastage.

#### **Quality Standards:**

Strict quality standards set by retailers often result in the rejection of produce that does not meet aesthetic or cosmetic criteria, despite being perfectly edible. This leads to a considerable amount of food being discarded.

#### **Lack of Awareness and Education:**

Many individuals and businesses may not be fully aware of the environmental and social impacts of food waste. This lack of understanding contributes to irresponsible disposal practices.

#### **Economic Factors:**

In some cases, food waste may be seen as economically more viable than attempting to redistribute surplus food due to the costs involved in collection, storage, and redistribution. Addressing food waste requires a multifaceted approach involving changes in consumer behavior, improved supply chain management, policy interventions, better education about food management, and technological innovations to reduce waste throughout the food system. Efforts to redistribute surplus food to those in need, repurpose food waste for animal feed or compost, and implement better preservation techniques are also crucial in mitigating this global issue

### ☐ **How to protect food waste?**

Protecting food waste involves various strategies aimed at minimizing and managing the amount of food that gets wasted. Here are several ways to protect against food waste:

#### **Meal Planning:**

Plan your meals ahead of time to buy only what you need. Create a shopping list based on planned meals to avoid overbuying.

#### **Proper Storage:**

Store food properly to extend its shelf life. Use airtight containers, store perishables in the fridge, and freeze items that won't be consumed immediately.

#### **Understand Expiry Dates:**

Understand the difference between "use by," "sell by," and "best before" dates to avoid unnecessarily discarding food that is still safe to eat.

#### **Portion Control:**

Serve appropriate portions to reduce leftover food that may end up being wasted.

**Preservation Techniques:**

Learn preservation methods like canning, pickling, fermenting, and drying to extend the life of perishable items.

**Creative Cooking:**

Use leftover ingredients to create new meals or repurpose them in creative ways. For instance, vegetable scraps can be used for making broth, and stale bread can be turned into breadcrumbs or croutons.

**Donate Surplus Food:**

Consider donating excess food to food banks, shelters, or community kitchens to help those in need and prevent it from going to waste.

**Composting:**

Set up a composting system for food scraps and organic waste. Composting turns these items into nutrient-rich soil, reducing the amount of waste sent to landfills.

**Education and Awareness:**

Educate yourself and others about food waste issues, the environmental impact, and ways to prevent it. Spread awareness in your community or workplace.

### Activity No: 3

#### **AIM: CLEANING DRIVE ACTIVITY-I?**

##### ➤ **Clean Drive:-**

On the occasion of NSS day, the National Service Scheme (NSS) in collaboration with Swachhta Action Plan (SAP) organise a cleanliness drive on 21 August 2023 inside the college campus. The main objective of the cleanliness drive was to address the issues of hygiene, public sanitation conditions, and to create awareness towards cleanliness inside the college campus. The cleanliness drive starts at 1 pm with the interactive session with faculty members i.e. Dr Adesh Tripathi. Vedanth vasta ,regarding the need and importance of sanitation and cleanliness in life. Ingrained with the pure spirit of the Swachh Bharat, faculty members motivate the volunteers to keep up the efforts of a clean environment on a personal level. After the interactive session, the cleanliness drive starts at 2 pm with the help of more than 30 volunteers of NSS. With the motto of “Swachh Bharat”, all volunteers pick plastic and waste papers from the college campus and dump them in the garbage bags.



Month-long Clean India Drive in full swing throughout the country  
More than 25 key iconic heritage sites included in the campaign

## **Campus Cleanliness Drive conducted by NSS Volunteers of the College**

MMDU: 21 august 2023

Campus Cleanliness Drive conducted by NSS Volunteers of the College

NSS volunteers of the college conducted campus cleanliness drive under the supervision of NSS Programme Officer Dr. Adesh tripathi and guidance of College Principal Dr.Sumit mittal. The students cleaned the college campus and collected plastic garbage from every nook and corner of the college premises. They also carried out a campaign on 'Say No to Plastic' and emphasized to make the campus plastic free. Around 20 NSS volunteers participated in this cleanliness drive.



## **Activity No-4**

### **AIM: CLEANING DRIVE ACTIVITY-II?**

Our College MMICT&BM organized Cleanliness Drive. The main purpose of this program was to create awareness among the students regarding Cleanliness and its benefits. Under this program, all the students from BCA first year had to participate. Our Dr. Adesh Tripathi professor was the essential part of this drive. As a part of this Cleanliness Drive, we had to clean the whole campus. The sweepers of the school had to be the observers.

Our Director started the program by cleaning the corners of the playground. Then the teachers and students followed her. And others went to the playground and started picking wrappers lying scattered there. After collecting them they threw them in to the dustbins. After doing this job for two hours, we all assembled in the common room. Swachh Bharat Abhiyan was started on October 2, 2014, on the occasion of Gandhi Jayanti.

- The dream of clean and beautiful India was seen by Mahatma Gandhi.
- It comes to clean the street, the neighborhood and the city.
- In the Sanitation Campaign, it is forbidden to throw waste on roads.
- In place of different types of garbage have been kept for different types of the dustbin.
- There is a vehicle to take the garbage of houses and shops.
- Many toilets have been constructed under the cleanliness campaign.
- People have been aware of Swachh Bharat Abhiyan by camping.
- A budget of Rs. 600 crores were prepared for the Swachh Bharat Abhiyan.
- It is our duty to make India clean, beautiful and healthy, therefore, we must connect to Swachh Bharat Abhiyan.

➤ **Objective of clean drive:-** These are main objectives of clean drive.

1. First we clean department front of field.
2. All student with us cleaning road rafter and etc.
3. We clean engineering small field .



## Activity No-5

### **AIM:-HAR GHAR TRINGA RAILY ACTIVITY**

- **Har Ghar Tringa:-**“Har Ghar Tiranga" is a Hindi phrase that translates to "Every Home, The Tricolor Flag." It signifies the sentiment and pride of having the Indian national flag, known as the Tricolor, flying or displayed at every home. This phrase is often used to emphasize patriotism, national unity, and the sense of belonging to the nation of India. It symbolizes the idea of every household in the country displaying the national flag as a mark of respect and love for the country.
- **Objective:-**

The objective of "Har Ghar Tiranga" (Every Home, The Tricolor Flag) is to instill a sense of patriotism, national pride, and unity among the citizens of India. The initiative aims to encourage every household in the country to display or hoist the Indian national flag, known as the Tricolor, as a symbol of their love and respect for the nation.



The underlying goal is to create a collective feeling of belonging and attachment to the country's values, heritage, and identity. By promoting the display of the national flag in every home, the initiative seeks to reinforce the spirit of unity, diversity, and pride among the people of India, fostering a stronger sense of national unity and solidarity.

#### ☐ **Why it's government need ?**

The government may support or encourage initiatives like "Har Ghar Tiranga" for several reason

#### ☐ **National Unity:**

Promoting the display of the national flag in every home can foster a sense of unity and patriotism among the diverse population of India, emphasizing a common identity and allegiance to the nation.

□ **Cultural Symbol:**

The Indian Tricolor is a powerful symbol representing the country's rich cultural heritage, values, and freedom struggle. Encouraging its display aims to reinforce these values and historical significance.

□ **Patriotic Spirit:**

By encouraging citizens to display the national flag, the government aims to evoke a sense of pride and love for the country among its people, promoting a deeper connection with national symbols.

□ **Symbol of Respect:**

Encouraging the display of the national flag is a way of showing respect and honor to the country and its principles. It's a visual representation of loyalty and allegiance to the nation.

□ **Awareness and Education:**

The initiative might involve educational campaigns about the significance of the national flag and the values it represents, aiming to raise awareness among citizens, especially younger generations.

While "Har Ghar Tiranga" may not be a mandatory government requirement, it aligns with the government's goals of fostering patriotism, national unity, and a shared sense of pride and identity among the people of India. It's a voluntary initiative that aims to encourage citizens to express their love for the country by displaying its national flag.

## **Activity-6**

### **AIM:- SWACHHATA PAKHWADA ACTIVITY?**

#### **□ Swachhata Pakhwada:-**

It seems you're referring to "Swachhata Pakhwada," which translates to "Cleanliness Fortnight" in English. Swachhata Pakhwada is an initiative or campaign in India that focuses on promoting and ensuring cleanliness and hygiene across various sectors of society.

□ Organized by the Government of India, particularly through the Ministry of Housing and Urban Affairs, Swachhata Pakhwada is observed for a fortnight (a period of 15 days) and involves various activities, programs, and campaigns aimed at spreading awareness about cleanliness, sanitation, and hygiene practices.

During Swachhata Pakhwada, different stakeholders such as government agencies, educational institutions, non-governmental organizations (NGOs), local communities, and individuals actively participate in cleanliness drives, workshops, seminars, and other events to emphasize the importance of cleanliness in both urban and rural areas.

The campaign encourages people to adopt cleanliness as a habit in their daily lives, promoting initiatives such as waste management, sanitation, proper disposal of garbage, the importance of clean water, and maintaining cleanliness in public spaces.

Swachhata Pakhwada serves as a reminder and a call to action for citizens to contribute to the larger goal of achieving a clean and hygienic environment, aligning with the objectives of the Swachh Bharat Abhiyan (Clean India Mission) launched by the Indian government to make India clean and open defecation-free



**Objective:-**

The primary objective of Swachhata Pakhwada is to promote and instill a culture of cleanliness, hygiene, and sanitation across various sectors of society in India. This initiative aims to raise awareness about the importance of cleanliness and encourage active participation from individuals, communities, government agencies, educational institutions, and other stakeholders.

**Some of the key objectives of Swachhata Pakhwada include:****Creating Awareness:**

The campaign aims to educate people about the significance of cleanliness in maintaining a healthy environment and preventing diseases. It emphasizes the need for proper waste management, sanitation practices, and cleanliness in public spaces.

**Behavioral Change:**

Swachhata Pakhwada seeks to bring about a behavioral shift among individuals and communities towards adopting cleanliness as a way of life. It encourages people to take responsibility for keeping their surroundings clean and promoting good hygiene practices.

**Participation and Engagement:**

The initiative promotes active involvement from various stakeholders, including government bodies, schools, colleges, NGOs, local communities, and citizens. It encourages them to organize and participate in cleanliness drives, workshops, seminars, and other activities aimed at promoting cleanliness.

**Implementing Best Practices:**

Swachhata Pakhwada serves as a platform to showcase and implement best practices in waste management, sanitation, water conservation, and cleanliness. It focuses on sharing successful models and strategies that can be replicated in different regions across the country.

**Supporting Swachh Bharat Abhiyan:**

The fortnight-long campaign aligns with the broader objectives of the Swachh Bharat Abhiyan, the national cleanliness mission initiated by the Indian government. It contributes to the larger goal of making India clean, open defecation-free, and promoting a healthy environment for all.

Overall, Swachhata Pakhwada aims to bring about a significant societal change by encouraging active participation, fostering a sense of responsibility towards cleanliness, and promoting a cleaner and healthier environment for present and future generations.

## **Activity-07**

### **AIM:-EXPLAIN G20 SIKHAR SAMMELAN IN INDIA 2023?**

#### **G20 Summit:-**

The 2023 G20 New Delhi summit was the eighteenth meeting of G20. It was held in Bharat Mandapam International Exhibition-Convention Centre, Pragati Maidan, New Delhi on 9–10 September 2023. It was the first G20 summit held in India.

Under the Indian Presidency, the G20 in 2023 will focus on the theme, ‘One Earth, One Family, One Future’. The theme affirms the value of human, animal, plant, and microorganisms and their interconnectedness on planet Earth and in the wider universe.

The Leaders’ Summit is the climax of the G20 process and the work carried out over the year through Ministerial Meetings, Working Groups, and Engagement Groups.

The Indian Presidency will also spotlight Lifestyle for Environment (LiFE), with an emphasis on environmentally sustainable and responsible choices at both the individual lifestyle and the national development level, with the aim of achieving a cleaner, greener, and bluer future.

The Working Groups will focus on the following tracks: agriculture, anti-corruption, culture, digital economy, disaster risk reduction, development, education, employment, environment and climate sustainability, energy transitions, health, trade and investment, and tourism.

The G20 is expected to adopt a Leaders’ Declaration at the conclusion of the Summit that states Leaders’ commitment towards the priorities discussed and agreed upon during the Ministerial and Working Group Meetings.

The G20 is made up of 19 countries and the EU. The 19 countries are Argentina, Australia, Brazil, Canada, China, Germany, France, India, Indonesia, Italy, Japan, the Republic of Korea, Mexico, the Russian Federation, Saudi Arabia, South Africa, Turkey, the UK, and the US. India holds the Presidency of the G20 from 1 December 2022 to 30 November 2023.

#### **G20 Membership**

India	France	Mexico	Republic of Korea
Australia	Germany	Saudi Arabia	South Africa
Russia	Argentina	Turkiye	African Union
Italy	Indonesia	United Kingdom	European Union
China	Japan	USA	Brazil



## G20 INVITEES CONTRY NAME

Bangladesh	Egypt	Mauritius	Netherlands
Nigeria	Oman	Singapore	Spain
UAE			

**Note:-Spain is invited as a permanent guest.**

Recently the Ministry of External Affairs (MEA) announced that India will host the G-20 leaders' summit in New Delhi in the year 2023. The 17th G20 Heads of State and Government Summit will be held in Indonesia in November 2022, after which India will assume the Presidency of the G20 from December 2022.

India will chair the G20 for a period of one year.



## KEY POINTS:

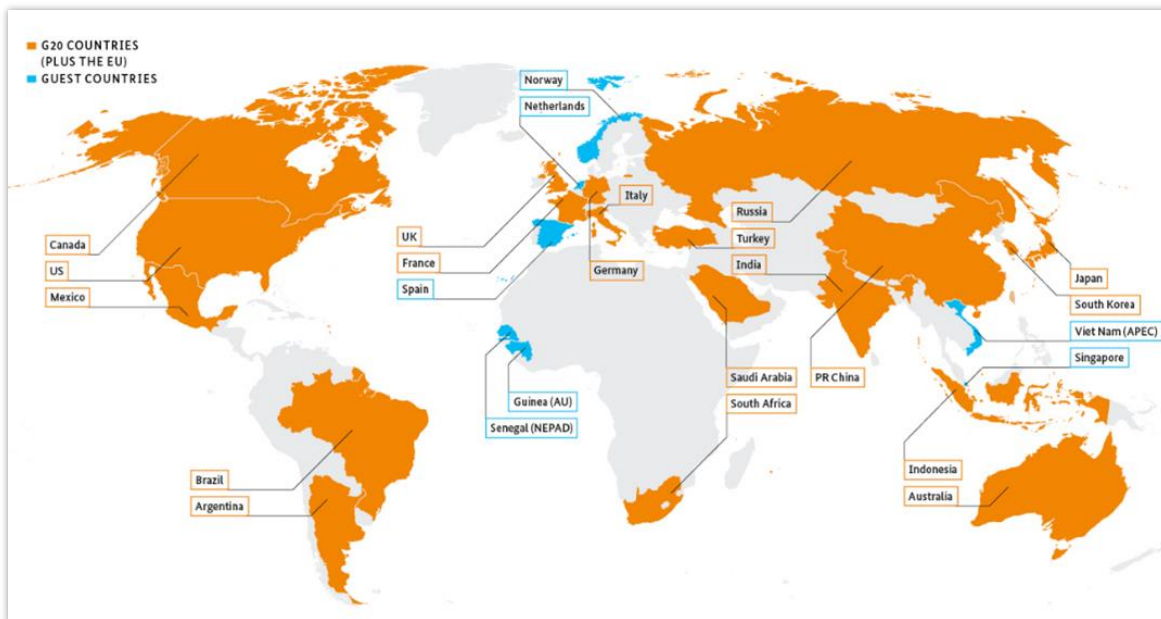
### host country:

India, as G20 chair, will invite Bangladesh, Egypt, Mauritius, Netherlands, Nigeria, Oman, Singapore, Spain and UAE as guest countries.

### G-20 Group:

The G20 was formed against the backdrop of the financial crisis of the late 1990s, which particularly affected East Asia and South-East Asia. Its objective is to secure global financial stability by including middle-income countries. Together the G20 countries account for 60% of the world's population, 80% of global GDP and 75% of global trade.





### **Chair:**

The presidency of the G20 is awarded annually on a rotational basis among the members and the country holding the presidency, together with the previous and next chair holder, forms a 'troika' to ensure continuity of the G20 agenda.

Italy, Indonesia and India are currently the Troika countries and Indonesia holds the current presidency.

### **Mandate:**

The G20 has no permanent secretariat. The agenda and work is coordinated by representatives of G20 countries, known as 'Sherpas', who work closely with finance ministers and governors of central banks. The group's primary mandate is for international economic cooperation, with a particular emphasis on preventing future financial crises around the world. It plays an important role in shaping the global economic agenda. From 1999–2008, the forum was strengthened from a group of central bank governors and finance ministers to heads of states.

### **How G20 work?**

The G20 Summit is held annually with a rotating presidency, and in 2023, India will hold the presidency. The Group of Twenty, commonly known as the G20, is an international forum for governments and central bank governors from 19 countries and the European Union. The G20 was established in 1999 in response to the financial crises of the late 1990s, with the goal of promoting international financial stability and fostering sustainable economic growth. The member countries represent a mix of advanced and emerging economies.

### **The G20 generally works:**

#### **Membership:**

The G20 consists of 19 individual countries: Argentina, Australia, Brazil, Canada, China, France, Germany, India, Indonesia, Italy, Japan, Mexico, Russia, Saudi Arabia, South Africa, South Korea, Turkey, the United Kingdom, and the United States.

The European Union is also represented. The heads of major international organizations, such as the International Monetary Fund (IMF) and World Bank, are invited to participate in G20 meetings.

**Leaders' Summit:**

The G20 holds an annual Leaders' Summit, where the heads of state or government of the member countries gather to discuss and coordinate on global economic issues.

The agenda for the summit typically includes topics such as economic growth, financial regulation, trade, climate change, and development.

**Ministerial Meetings:**

Throughout the year, various ministerial meetings are held to address specific issues. These may include meetings of finance ministers, foreign ministers, and others.

These meetings provide an opportunity for member countries to engage in more focused discussions and negotiations on specific topics.

**Working Groups and Committees:**

The G20 operates through various working groups and committees that focus on specific areas, such as finance, labor, digitalization, and sustainable development.

These groups work on policy recommendations and proposals that are then presented to the leaders for consideration.

**Coordination with International Organizations:**

The G20 works closely with international organizations, including the International Monetary Fund (IMF), World Bank, World Trade Organization (WTO), and others.

Cooperation with these organizations helps to ensure that G20 policies are aligned with broader global economic governance efforts.

**Declaration and Action Plans:**

At the conclusion of the Leaders' Summit, a joint declaration or communique is typically issued. This document outlines the agreed-upon policies, initiatives, and commitments.

Action plans may be developed to address specific challenges or goals identified during the summit.

**Implementation:**

Member countries are responsible for implementing the agreed-upon policies within their own national contexts.

The G20 operates on the principle of consensus, and decisions are made through negotiations and dialogue rather than voting. The host country for each year's summit plays a significant role in shaping the agenda and facilitating discussions. The G20 is an important forum for addressing global economic challenges and fostering cooperation among major economies.

## **Activity : 8**

### **AIM: MERA MATI MERA DESH**

**'Meri Mati Mera Desh'** campaign was launched at the Swami Vivekanand Subharti University, Meerut by the **National Service Scheme (NSS)** Cell on 9<sup>th</sup> August 2023 on the occasion of the anniversary of Quit India Movement. Hon'ble vice Chancellor **Maj. Gen.(Dr) G.K. Thapliyal**, SM(Retd) administered the **Panch Pran Pledge** to the NSS volunteers on the occasion followed by the Trees plantation drive.



**'Meri Mati Mera Desh' campaign will be launched to honour our martyred braveheart men and women: PM'Amrit Vatika' to be made under 'Meri Maati Mera Desh' in New Delhi to become a grand symbol of 'Ek Bharat Shresth Bharat' .**

Prime Minister Shri Narendra Modi, in his address to the people of the country during the popular programme 'Mann ki Baat' has always accorded prominence to the beautiful cultural fabric of the country and how the diversity also acts as a unifying force . In his latest address of Mann ki Baat, the Prime Minister said that in the midst of the ongoing reverberations of Amrit Mahotsav and the 15th of August round the corner, another great campaign is on the verge of being launched in the country. 'Meri Maati Mera Desh' campaign will be launched to honour our martyred braveheart men and women.

He also informed, "Under this, many programs will be organized across the country in the memory of our immortal martyrs. In the memory of these luminaries, special inscriptions will also be installed in lakhs of village panchayats of the country. Under this campaign, 'Amrit Kalash Yatra' will also be organised across the country."

He further said that this 'Amrit Kalash Yatra' carrying soil in 7500 urns from every corner of the country will reach Delhi, the capital of the country. This journey will also carry with it saplings from different parts of the country. 'Amrit Vatika' will be built near the National War Memorial by fusing the soil and saplings that would arrive in 7500 urns. This 'Amrit Vatika' will also become a grand symbol of 'Ek Bharat Shrestha Bharat'.

Ek Bharat Shreshtha Bharat programme aims to enhance interaction & promote mutual understanding between people of different states/UTs through the concept of state/UT pairing.

Speaking about Amrit Sarovars, Shri Narendra Modi said that this phase of rain is equally important for 'tree plantation' and 'water conservation'. More than 60 thousand Amrit Sarovars built during the 'Azaadi ka Amrit Mahotsav' are increasingly radiating their glow. Presently, the work of building more than 50 thousand Amrit Sarovars is going on. Our countrymen are making novel efforts for 'water conservation' with full awareness and responsibility.

Mission Amrit Sarovar has been launched on 24<sup>th</sup> April 2022 with an objective to harvest and conserve water for future generation. The salient features of the Mission Amrit Sarovar is as follows-

- Mission Amrit Sarovar is based on “Whole of Government” approach with the participation from the Ministry of Rural Development, Ministry of Jal Shakti, Ministry of Culture, Ministry of Panchayati Raj, Ministry of Environment, Forest & Climate Change and technical organizations.
- Under the Mission every district of the country will construct or rejuvenate at least 75 Amrit Sarovars.
- Every Amrit Sarovar will have a pondage area of at least 1 acre with a water holding capacity of about 10,000 cubic metre.
- Every Amrit Sarovar will be surrounded by trees like Neem, Peepal and Banyan etc.
- Every Amrit Sarovar will be a source of generation of livelihoods by using the water for different purposes like irrigation, fisheries, duckery, cultivation of water chestnut, water tourism and other activities. The Amrit Sarovar will also act as a social gathering point in that locality.
- Mission Amrit Sarovar is a visible manifestation of the action during Azadi ka Amrit Mahotsav.

Art and Culture forms an important part of India’s rich and diverse heritage. Speaking about the rich heritage of India in the 103<sup>rd</sup> episode of Mann ki Baat, the Prime Minister said, “Let us not only embrace our heritage, but also present it responsibly to the world. And I am happy that one such effort is going on in Ujjain these days. Here 18 painters from all over the country are making attractive picture story books based on the Puranas. These paintings will be made in many distinctive styles such as the Bundi style, Nathdwara style, Pahari style and Apabhramsh style. These will be displayed in Ujjain's Triveni Museum.”

The Prime Minister also highlighted that since ancient times, our scriptures and books have been preserved on Bhojpatras. Mahabharata was also written on the Bhojpatra. Today, the women of Devbhoomi (Uttarakhand) are making very beautiful artefacts and souvenirs from the Bhojpatra. Today, the products of Bhojpatra are very much liked by the pilgrims coming here and are also buying it at good prices. This ancient heritage of Bhojpatra is filling new hues of happiness in the lives of the women of Uttarakhand.

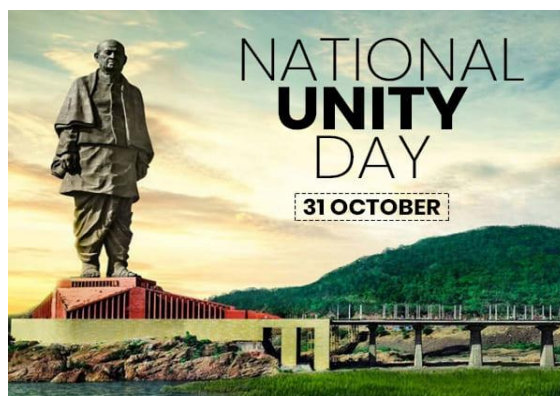
PM also mentioned that last year on the occasion of Independence Day, the whole country came together for 'Har Ghar Tiranga Abhiyan', and said similarly this time too we have to hoist the Tricolor at every house, and continue this tradition.

## **Activity : 9**

### **AIM: NATIONAL UNITY DAY (31 OCTOBER).**

#### **Introduction:**

National Unity Day or Ekta Diwas in India is celebrated to commemorate the birth anniversary of Sardar Vallabhbhai Patel – the first home minister of India. His efforts in the integration of the princely states were commendable, and therefore earned him the title of 'Iron Man of India'. Rashtriya Ekta Diwas in India is recognized annually on 31 October to appreciate the valiant efforts of Sardar Vallabhbhai Patel in keeping the independent India United, and honor his legacy.



#### **Aim:**

The main aim of this event is to pay homage to Sardar Vallabhbhai Patel for his remarkable efforts in integrating India by bringing all princely states together after Independence. In 2014, Prime Minister Narendra Modi led the celebrations of the first Rashtriya Ekta Diwas with the 'Run for Unity' programme in Delhi.

#### **My Experience:**

I feel very joyful while I participate in this program and learn something or I can say that I learn something from my ideal "Sardar Vallabhbhai Patel" that, at which time a person have to use muscles power and when to use mind power. I learn From him that how a good leadership and good decision is helpful not only for single person but for whole society and a nation.

## **ACTIVITY-10**

### **AIM: SWACHHTA PLEDGE?**

#### **Mahatma Gandhi:-**

Prime Minister Shri Narendra Modi exhorted people to fulfill Mahatma Gandhi's vision of Clean India. The 'Swachh Bharat Abhiyan' is a massive mass movement that seeks to create a Clean India. Cleanliness was very close to Mahatma Gandhi's heart. A clean India is the best tribute we can pay to Bapu when we celebrate his 150th birth anniversary in 2019. Mahatma Gandhi devoted his life so that India attains 'Swarajya'. Now the time has come to devote ourselves towards 'Swachchhata' (cleanliness) of our motherland.

- As part of this abhiyan, “The Swachhta Pledge Taking Ceremony” was organized by MMICT&BM College on october 2, 2023 at Agariculture Seminar Hall, Ground Floor.

#### **Objectives of Swachh Bharat Mission:-**

- Swachh Bharat Abhiyan set a lot of objectives to achieve so that India could become cleaner and better. In addition, it not only appealed the sweepers and workers but all the citizens of the country. This helped in making the message reach wider. It aims to build sanitary facilities for all households. One of the most common problems in rural areas is that of open defecation. Swachh Bharat Abhiyan aims to eliminate that.
- Moreover, the Indian government intends to offer all the citizens with hand pumps, proper drainage system, bathing facility and more. This will promote cleanliness amongst citizens.
- Similarly, they also wanted to make people aware of health and education through awareness programs. After that, a major objective was to teach citizens to dispose of waste mindfully.

## Why India Needs Swachh Bharat Abhiyan?

- India is in dire need of a cleanliness drive like Swachh Bharat Abhiyan to eradicate dirtiness. It is important for the overall development of citizens in terms of health and well-being. As the majority of the population of India lives in rural areas, it is a big problem.

### **SWACHHTA PLEDGE**

Mahatma Gandhi dreamt of an India which was not only free but also clean and developed.

Mahatma Gandhi secured freedom for Mother India.

Now it is our duty to serve Mother India by keeping the country neat and clean.

“I take this pledge that I will remain committed towards cleanliness and devote time for this.

I will devote 100 hours per year, that is two hours per week, to voluntarily work for cleanliness.

I will neither litter nor let others litter.

I will initiate the quest for cleanliness with myself, my family, my locality, my village and my work place.

I believe that the countries of the world that appear clean are so because their citizens don't indulge in littering nor do they allow it to happen. With this firm belief, I will propagate the message of Swachh Bharat Mission in villages and towns.

I will encourage 100 other persons to take this pledge which I am taking today. I will endeavour to make them devote their 100 hours for cleanliness.

I am confident that every step I take towards cleanliness will help in making my country clean”.



## Activity-11

### AIM:KHO-KHO EVENT (FIT-INDIA-WEEK)

- **KHO-KHO:-** Kho Kho is a tag game of India. Its origins are as old as Mahabharata, with strategies and tactics likely derived from Mahabharata itself. On the 13<sup>th</sup> day of the war, the Kaurava Guru Dronacharya planned the unique tactics Chakravyu a special military defensive strategy breached by the expert warrior Abhimanyu. He died as he had to fight alone against 7 other warriors and he received heavy casualties. His style of fighting reflects the concept of ring play: a defensive tactic in the game.
- This game fosters many desirable traits such as sportsmanship, teamwork, loyalty, competitiveness, and self-esteem as well as speed, agility, strategy and quick thinking. This game in itself is a personal development tool for the athlete that takes up the challenge.
- First ever Kho Kho competition was held in the year 1914. In 1959 first National Championship was held under KKFI was set up in the year 1955.

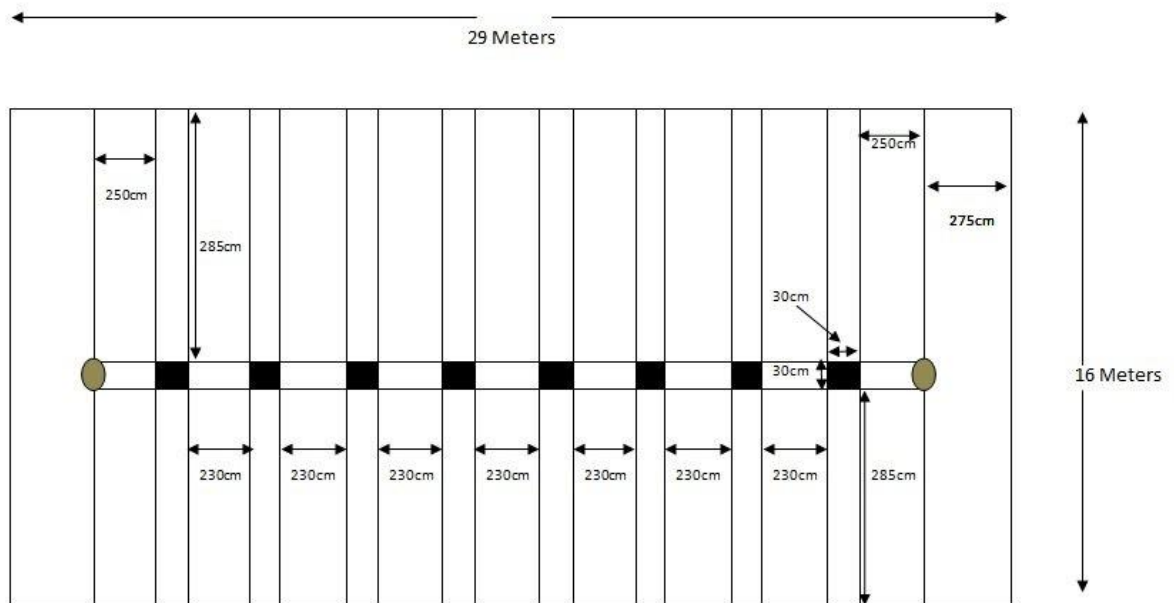


### Rules of Game

- Two teams face each other in this game (Team A and Team B)
- The game starts with toss between two team captain. The winning captain decides who will chase Team A or Team B. Both the team consists of 12 players. If Team A won the toss and decides to chase. 9 players from team A enters the playground. All 9 players sit/kneel in the middle of the



court facing opposite direction in a straight row. A match consists of two innings of running and chasing turns of 9 minutes.



- **Required Skills:-**

Basic Skills required is running and chasing

## ACTIVITY-12

### AIM:- INDIAN CONSTITUTION PREAMBLE?

- Preamble declares India to be a sovereign, socialist, secular and democratic republic. The objectives stated by the Preamble are to secure justice, liberty, equality to all citizens and promote fraternity to maintain unity and integrity of the nation.
- The 'Preamble' of the Constitution of India is a brief introductory statement that sets out the guiding purpose and principles of the document, and it indicates the source from which the document derives its authority, meaning, the people. It was adopted on 26 November 1949 by the Constituent Assembly of India and came into effect on 26th January 1950.

#### **Keywords in the Preamble of the Indian Constitution:-**

- **We, the people of India:** It indicates the **ultimate sovereignty of the people of India**. Sovereignty means the independent authority of the State, not being subject to the control of any other State or external power.
- **Sovereign:** The term means that India has its own independent authority and it is not a dominion of any other external power. In the country, the legislature has the power to make laws which are subject to certain limitations.
- **Socialist:** The term means the **achievement of socialist ends through democratic** means. It holds faith in a mixed economy where both private and public sectors co-exist side by side.
  - It was added in the Preamble by 42<sup>nd</sup> Amendment, 1976.
- **Secular:** The term means that all the religions in India get equal respect, protection and support from the state.
  - It was incorporated in the Preamble by 42<sup>nd</sup> Constitutional Amendment, 1976.
- **Democratic:** The term implies that the Constitution of India has an established form of Constitution which gets its authority from the will of the people expressed in an election.
- **Republic:** The term indicates that the head of the state is elected by the people. In India, the President of India is the elected head of the state.

## INDIAN CONSTITUTION PREAMBLE

### **THE CONSTITUTION OF INDIA PREAMBLE**

**WE, THE PEOPLE OF INDIA**, having solemnly resolved to constitute India into a <sup>1</sup>**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

**JUSTICE**, social, economic and political;

**LIBERTY** of thought, expression, belief, faith and worship;

**EQUALITY** of status and of opportunity; and to promote among them all

**FRATERNITY** assuring the dignity of the individual and the <sup>2</sup>[unity and integrity of the Nation];

**IN OUR CONSTITUENT ASSEMBLY** this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

