

Content

Criteria:- 7.2.1

Criteria Detail: Describe two practices successfully implemented by the institution as per NAAC format provided in the manual.

S.No	Particulars	Annexure No.
1	Best Practice- I (Encouraging blood donation through Regular and On- Call drives) <ul style="list-style-type: none"> • Appreciation letters • Event reports with photographs- Blood Donation drives) • Certificates 	Annexure - I
2	Best Practice -II (Encouraging Social Services through NSS & NCC Campaigns) Event reports with photographs <ul style="list-style-type: none"> ➢ NCC day- Cleanliness and plantation drive. ➢ Combined Arms Training Camp ➢ Army attachment Camp. ➢ Awareness on FWG Government & Social issues. ➢ Combined Arms Training Camp ➢ Cleanliness drive at Tapkeshwar temple. ➢ Nukkad natak & Cleanliness drive. ➢ Cleanliness drive at Mehetka Village. ➢ 7 Days NSS Camp at Tapowan. ➢ Cleanliness drives at Dhoolkot river. ➢ International Yoga Day ➢ Trekking at Santla Devi ➢ Plantation drive at Vigyan Dham ➢ Awareness session on Women's safety and grievances ➢ Cloth donation drive ➢ Trekking and Cleanliness drive. ➢ Event on Suicidal prevention ➢ Awareness program on Road safety 	Annexure -II

Vision

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

Mission:

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



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0135-2699309
 0135-2699309

- | | | |
|--|---|--|
| | <ul style="list-style-type: none">➤ Plantation drive at Regional Science Centre➤ Food donation drive at Premnagar➤ Cloth donation drive at Podwala➤ Awareness of One Nation One Election➤ Trekking & Cleanliness drive in Rishikesh | |
|--|---|--|

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Annexure - I

Best Practice – I

**(Encouraging blood donation through
Regular and On Call drives)**

Title of Practice: Encouraging Blood Donation through Regular and On-Call Drives

1. Objectives of the Practice: Tula's Institute is committed to shaping the next generation into socially responsible citizens. The practice of promoting blood donation is designed to address critical global challenges, including public health crises, climate change, and discrimination. By integrating this initiative into its educational framework, the Institute aims to:

- Foster a sense of responsibility among students by emphasizing core values like cleanliness, road safety, and blood donation.
- Promote empathy and community engagement by encouraging students to participate actively in solving societal challenges.
- Provide students with the opportunity to contribute directly to saving lives through regular and on-call blood donation drives.

This initiative ensures that students develop the skills and mindset necessary to address broader social challenges, making them proactive contributors to society.

2. The Context: Participation in social activities has consistently shown a positive impact on students' motivation to excel academically while fostering a sense of community responsibility. Recognizing this, Tula's Institute highlights blood donation as an essential practice to:

- Strengthen students' understanding of their role in addressing public health challenges.
- Provide practical exposure to the importance of giving back to the community.
- Encourage students to act as responsible citizens by taking initiative to save lives.

By exposing students to real-world challenges like blood shortages, this practice not only equips them to be empathetic but also helps them develop leadership and teamwork skills. Students become active participants in their communities, prepared to address diverse societal issues with compassion and responsibility.

3. Practice: This initiative fosters empathy, understanding, and self-awareness among students by promoting regular and on-call blood donation drives. The practice involves:

- Educating students on the importance of voluntary blood donation through workshops, seminars, and interactive sessions led by healthcare professionals.
- Organizing frequent blood donation drives on campus in collaboration with reputed organizations such as the IMA Blood Bank.

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TULAS DEHRADUN

*Approved by AICTE, Ministry of HRD, Govt. of India *ISO 9001:2015, ISO 14001:2015, ISO 50001:2018
Affiliated: VMSB Uttarakhand Technical University · Sri Dev Suman Uttarakhand University · Uttarakhand Board of Technical Education

- Establishing an on-call volunteer network that mobilizes students quickly during emergencies to meet urgent blood requirements.
- Providing recognition and certificates to motivate participants and highlight their contributions to the community.

Through these activities, students experience a direct connection between their efforts and the lives they save, reinforcing their commitment to social causes.

4. Evidence of Success: Tula's Institute's efforts have garnered significant recognition and appreciation from various stakeholders, including organizations like the IMA Blood Bank, the Village Pradhan, and local communities. Key indicators of success include:

- A measurable increase in student participation in blood donation drives.
- Enhanced collaboration with external organizations, strengthening the overall reach and impact of the initiative.
- Positive testimonials from beneficiaries who directly benefited from timely blood donations facilitated by the Institute's efforts.
- Increased awareness and enthusiasm among students to engage in other social service activities.

This success is attributed to a well-coordinated approach that combines awareness campaigns, logistical planning, and strong organizational support.

5. Problems Encountered and Resources Required: Despite its achievements, the initiative has faced challenges that require strategic solutions:

- **Geographical Limitations:** The nearest IMA Blood Bank is located at a significant distance from the campus, requiring efficient logistics and planning to ensure the smooth execution of drives.
- **Time Constraints:** Students' busy academic schedules pose a challenge to their participation in blood donation drives. Flexible scheduling and creative engagement strategies are needed to accommodate their availability.
- **Awareness Issues:** Many students lack adequate knowledge about the importance of blood donation, which limits their motivation to participate. To address this, the Institute plans to implement additional workshops, social media campaigns, and peer-to-peer engagement initiatives.

Vision

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

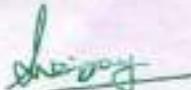
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Director
Tula's Institute, Dehradun

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By overcoming these challenges through targeted interventions and continuous improvement, Tula's Institute aims to scale this initiative and set an example for other institutions to follow.



Director
Tula's Institute, Dehradun

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bloodbank
of Uttarakhand

We help saves lives...

President Appreciation Award

Presented on the occasion of

15th Annual Conference Raft Pravah - 2024

to

**Tula's Institute
Dehradun**

*for their valuable contribution to the noble cause of
Voluntary Blood Donation Movement*

Dr. Lijay Krania
President

IMA Blood Banks Society of Uttarakhand

Dr. D. D. Choudhury
Director

Dr. D. D. Choudhury
Hon. Secretary
IMA Blood Banks Society of Uttarakhand

IMA BLOOD BANK OF UTTARAKHAND

President's Appreciation Award

Presented on the occasion of

National Voluntary Blood Donation Day

on

1st October, 2022

to

**Tula's Institute
Dehradun**

*for valuable contribution to the noble cause of
Voluntary Blood Donation Movement*


IMA

(Dr. Ajay Khanna)

President

IMA Blood Bank Society of Uttarakhand

Director
Tula's Institute, Dehradun



Director
Tula's Institute - Dehradun



TULA'S
DEHRADUN
INSTITUTE

NAAC A+

TULA'S
DEHRADUN

NAAC A+



2006
BloodBank
of Uttarakhand
Go Big, Give Blood

BLOOD DONATION DRIVE

Donate Blood, Save Lives



9TH SEPTEMBER, 2023

Time: 10:00 AM ONWARDS

Venue: SEMINAR HALL, TULA'S INSTITUTE



Call to find out more
91-6366937159



www.tulas.edu.in
VISIT OUR WEBSITE

Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Blood Donation Drive
- **Date of the Event:** 09-09-2023
- **Time:** 10:00 AM
- **Location/Venue:** Tula's Institute
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Save Lives: Collect blood to meet the urgent needs of patients requiring transfusions due to medical conditions, surgeries, or accidents.
- **Objective 2:** Promote Awareness: Educate participants about the importance of regular blood donation and its life-saving potential.
- **Objective 3:** Encourage Volunteering: Instill a sense of civic duty and compassion among students by actively engaging them in community service.

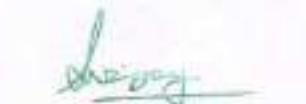
3. Summary

Event Overview: On September 9, 2023, Tula's Institute in Dehradun organized a very successful blood donation event. Around 125 students and faculty members took part, which was a great turnout. They worked together with the NSS wing and the IMA Blood Bank.

To appreciate the generous donors, they received certificates for their commitment to saving lives. They also got some nice surprises - goodies and snacks - as a way to say thank you and encourage more acts of kindness in the future.

4. Participants

- **Total Number of Participants:** 110
- **Type of Participants:** Students and Faculty members



Director
Tula's Institute, Dehradun

5. Photographs



Registration, Blood Donation Drive, 9th Sept 2023



Check-up, Blood Donation Drive, 9th Sept 2023



Director

Tula's Institute, Dehradun



Blood Donation Drive, 9th Sept 2023



Blood Donation Drive, 9th Sept 2023



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Tula's Institute, Dehradun

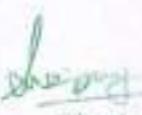
6. Geotagged Photographs



Blood Donation Drive, 9th Sept 2023



Blood Donation Drive, 9th Sept 2023


Director
Tula's Institute



Blood Donation Drive, 9th Sept 2023



Blood Donation Drive, 9th Sept 2023

Director

Tula's Institute, Dehradun

7. Event Outcome

- **Outcome 1:** Contribute to local blood banks, ensuring a steady supply for emergencies and critical medical cases.
- **Outcome 2:** Participants gain knowledge about the health benefits and eligibility criteria for blood donation.
- **Outcome 3:** Builds a sense of pride and accomplishment in participants for their life-saving contributions, fostering a culture of giving.



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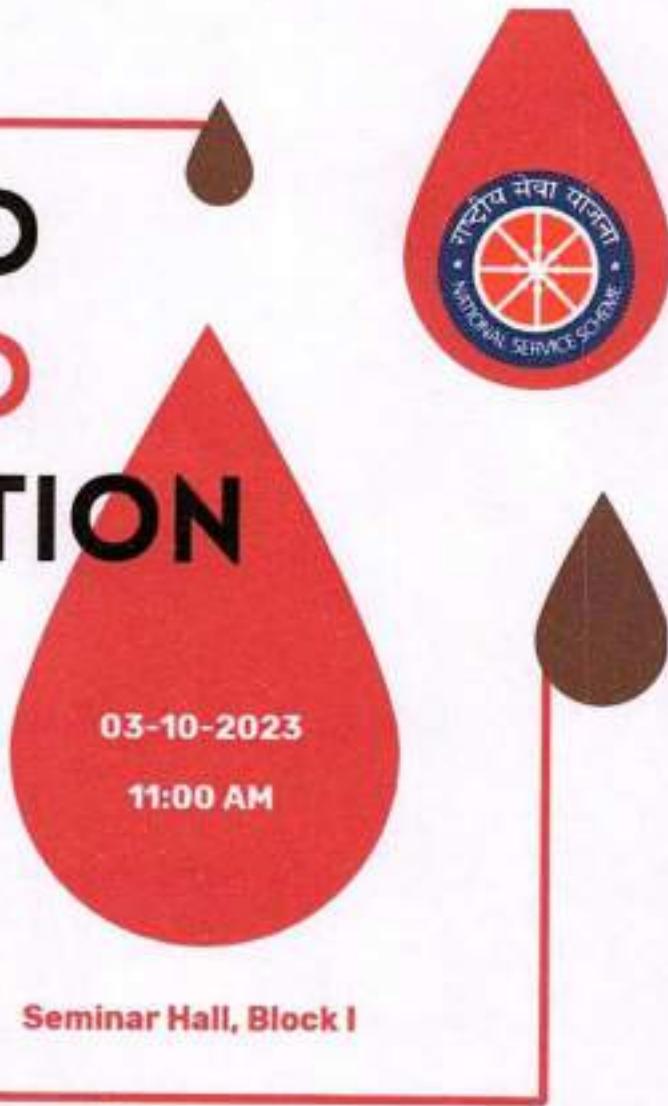
WORLD BLOOD DONATION DAY

Drop Blood Now,
For Those Who
Need It Later

03-10-2023

11:00 AM

Seminar Hall, Block I




Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Blood Donation Drive in collaboration with Akhil Bhartiya Aggarwal Sammelan
- **Date of the Event:** 03-10-2023
- **Time:** 11:00 AM
- **Location/Venue:** Tula's Institute
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Save Lives: Collect blood to meet the urgent needs of patients requiring transfusions due to medical conditions, surgeries, or accidents.
- **Objective 2:** Promote Awareness: Educate participants about the importance of regular blood donation and its life-saving potential.
- **Objective 3:** Encourage Volunteering: Instill a sense of civic duty and compassion among students by actively engaging them in community service.

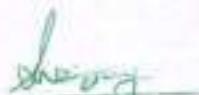
3. Summary

Event Overview: A Blood Donation Drive was organized by the NSS Unit in collaboration with the Akhil Bhartiya Aggarwal Sammelan on 3rd October 2023 at Tula's Institute, starting at 11:00 AM. The event was aimed at encouraging students, faculty, and staff to donate blood, thereby contributing to saving lives and supporting local healthcare needs.

The drive was actively supported by Mr. Sunil Kumar Jain, Chairman of Tula's Institute, and Mrs. Sangeeta Jain, Secretary of Tula's Institute, who participated in the initiative alongside volunteers. Representatives from the Akhil Bhartiya Aggarwal Sammelan also attended, further strengthening the community engagement. The event saw a large number of donors, and the collected blood was sent to local hospitals and blood banks to support those in need. The event not only promoted a sense of social responsibility but also reinforced the importance of collective efforts in addressing critical health needs in society. The success of the drive highlighted the commitment of Tula's Institute and the Aggarwal Sammelan to serve the community.

4. Participants

- **Total Number of Participants:** 75
- **Type of Participants:** Students and Faculty members



Director

Tula's Institute, Dehradun

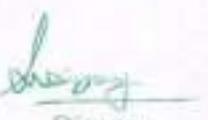
5. Photographs



Lamp lighting ceremony, Blood Donation drive 3rd October 2023



Registration and check-up, Blood Donation drive 3rd October 2023


Director
Tula's Institute, Dehradun



Blood Donation drive 3rd October 2023



Blood Donation drive 3rd October 2023



Director
Tula's Institute, Dehradun

6. Geotagged Photographs



Blood Donation drive 3rd October 2023



Blood Donation drive 3rd October 2023



Blood Donation drive 3rd October 2023



Blood Donation drive 3rd October 2023



Director
Tula's Institute, Dehradun



7. Event Outcome

- **Outcome 1:** Contribute to local blood banks, ensuring a steady supply for emergencies and critical medical cases.
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Director
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TULA'S INSTITUTE, DEHRADUN

Date: 26th November 2022

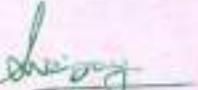
BLOOD DONATION CAMP AT TULA'S INSTITUTE



Blood Donation Camp at Tula's Institute on 26th November 2022

Importance of Blood Donation

Director
Tula's Institute, Dehradun


Director
Tula's Institute, Dehradun

Ref:TI/EC/1122/05

Date:25-11-2022

NOTICE

We are pleased to announce that Tula's Institute is organizing a Blood Donation Drive in collaboration with the IMA blood bank. This noble event aims to contribute to saving lives by encouraging blood donation.

Date: 26th November 2022

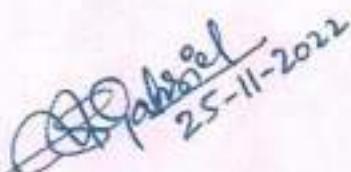
Venue: Seminar Hall, Tula's Institute

Time: 10:00 AM

We invite all students and faculty members to participate in this life-saving initiative. Your contribution can make a significant difference to those in need.

Let us come together and make this event a success!

Head



25-11-2022

Extension Committee



Director
Tula's Institute, Dehradun



Director
Tula's Institute, Dehradun

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- To Inculcate social, environmental, heritage values.



TULA'S INSTITUTE, DEHRADUN

in the camp, individuals demonstrate solidarity and compassion for those in need, fostering a sense of community and social responsibility.

2. Health Awareness: Blood donation camps also serve as an opportunity to raise awareness about the importance of regular blood donations and the impact they can have on saving lives. Educational materials and discussions at the camp can help dispel myths and misconceptions about blood donation and encourage more people to become regular donors.

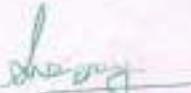
3. Promotion of Volunteerism: Organizing and staffing a blood donation camp requires volunteers to assist with various tasks, such as registration, donor screening, and refreshments. Participation in these volunteer roles can promote a sense of civic duty and encourage individuals to engage in future volunteer opportunities within their community.

Event Photographs



Inauguration of Blood Donation Camp by Vice President Technology Dr. Raghuram Gangi 2020 November 2022

Dr. Raghuram Gangi
Tula's Institute Dehradun


Director
Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Lamp lighting ceremony Blood Donation Camp Organized at Tula's Institute 22nd December 2022



Blood Donation Camp Organized at Tula's Institute 20th November 2022

Director
Tula's Institute, Dehradun



Director
Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Blood Donation Camp Organized at Tula's Institute 22nd December 2022



Doctor doing necessary formalities before proceeding for the blood donation, 22nd November 2022

Director
Tula's Institute, Dehradun

Director
Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Deputy Inspector Dr. Neelam Sehrawi visited the venue during the donation drive, 26th November 2022.

The banner features the following text:
TULA'S
INSTITUTE
DEHRADUN
The bloodbank
of Uttarakhand
in the green.
**BLOOD
DONATION DRIVE**
A gift straight from your heart
26TH NOV, 2022

Students got certification for participating in Blood Donation Camp Organized at Tula's Institute 26th November 2022.

Thank you Dehradun

Director
Tula's Institute, Dehradun



IMA Blood Bank of Uttarakhand

IMABBUA/ADMIN/PR&LM/2022-23/5793/123

08/2/2023

To,

The Director

Tulas Institute

Dehradun, Uttarakhand

IMA Blood Bank of Uttarakhand wishes to thank you and your members for whole hearted participation in the noble cause of donating blood. In the blood donation camp organized by Tulas Institute on 22nd Dec 2021 we have collected 68 blood units. We expect the same level of support & cooperation from you in future blood donation camps.

We look forward to have a long association with you.

Thanking you once again.

Regards

Dr. Sanjay Upreti

(Director Technical & Operation)

IMA Blood Bank Of Uttarakhand

Director

Tula's Institute, Dehradun

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 blood and blood components collected from voluntary donors, round the clock
2. To wipe off the scarcity of blood and ensure availability of 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

A blood donation drive was organized at Tula's Institute, Dehradun in collaboration with National Service Scheme (NSS) on 22nd December 2021. Numerous students showed up 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. Ramit Kishore. A team from IMA Blood Bank of Uttarakhand came for the conduction of the blood donation drive. During the whole drive 68 units of blood were collected from the students and staff of the Institute.

The donors were encouraged 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

Director

Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN

Date: 22nd December 2021

BLOOD DONATION CAMP AT TULA'S INSTITUTE



Tula's
DEHRADUN



TMA
bloodbank
of Uttarakhand
The Pulse Of Life



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

Director
Tula's Institute, Dehradun



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

Ref. Tulas/Vilgyot/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 Gottlieb
Assistant Professor, GSB
Vilgyot Head
Tula's Institute

Director

Tula's Institute, Dehradun

Director

Tula's Institute, Dehradun

Vision

- To emerge as an academic centre providing world class education by involving students and faculty.

Mission

- Promote application and skilled human capital generation through vocational and entrepreneurial skills.
- Be an authentic centre of excellence of research, consultancy and services.
- Function as technology driven teaching learning institution.
- Resolve social and professional problems.
- Encourage research and innovation in teaching and learning.

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Director: 24621124@tulais.ac.in

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TULA'S INSTITUTE, DEHRADUN

Event Photographs



Inauguration of Blood Donation Camp by Vice President Prof. Dr. M. Venkaiah Naidu, 11th December 2023



Blood Donation Camp Organized at Tula's Institute, 11th December 2023

Director

Tula's Institute, Dehradun

Director

Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Blind Drawing Camp Organized at Tula's Institute 23rd December 2021



Blind Drawing Camp Organized at Tula's Institute 23rd December 2021

Director

Director

Tula's Institute, Dehradun

Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Blood Donation Camp Organized at Tula's Institute 22nd December 2022

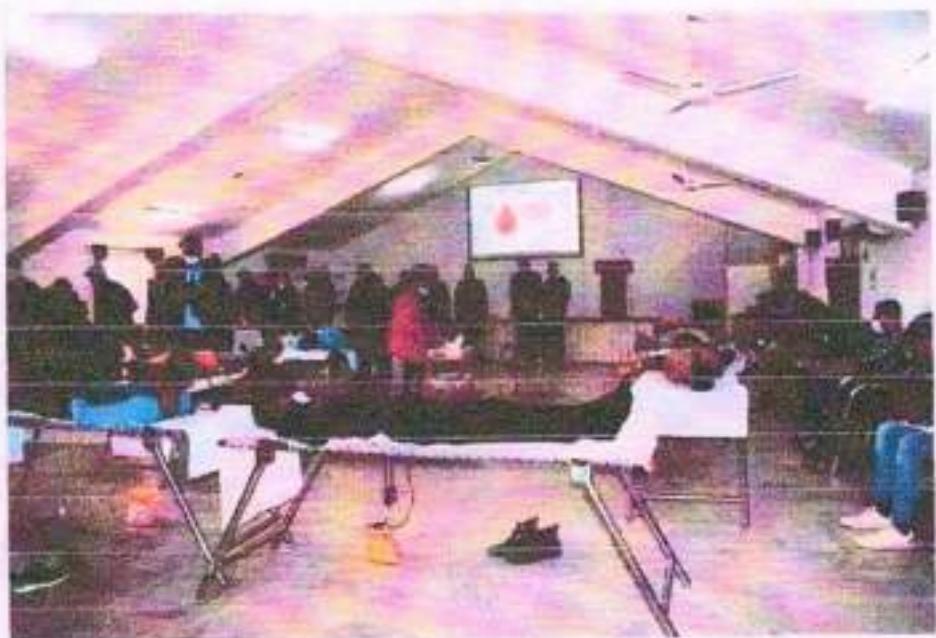


Blood Donation Camp Organized at Tula's Institute 22nd December 2022

Director
Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Blood Donation Camp Organized at Tula's Institute on 22nd December 2015



Blood Donation Camp Organized at Tula's Institute, 22nd December 2015

A handwritten signature in black ink, which appears to read "Joy".

Director

Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN

Geo Tag Photographs of the event



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



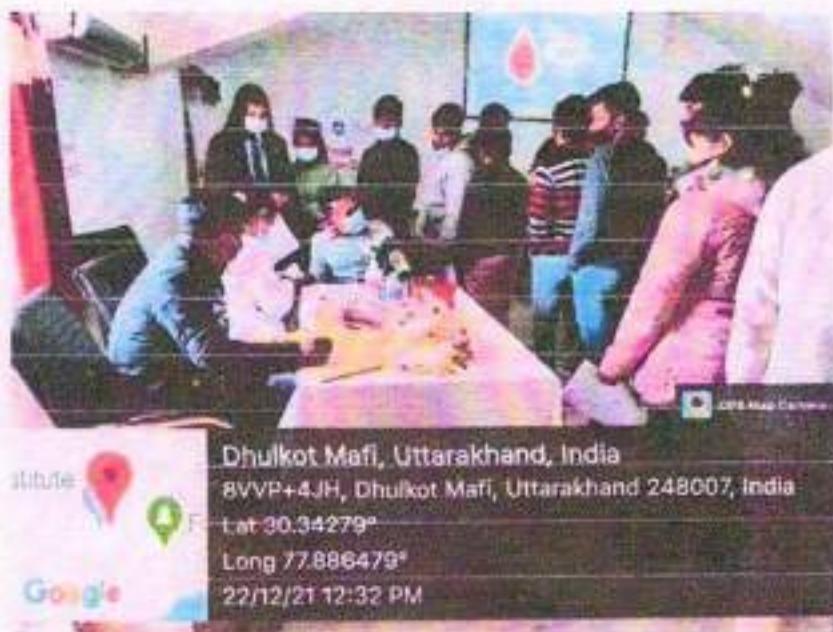
Blood Donation Camp Organized at Tula's Institute 22nd December 2021

[Signature]

Director
Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Mixed Education Camp Organized at Tula's Institute 22nd December 2021



Mixed Education 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.

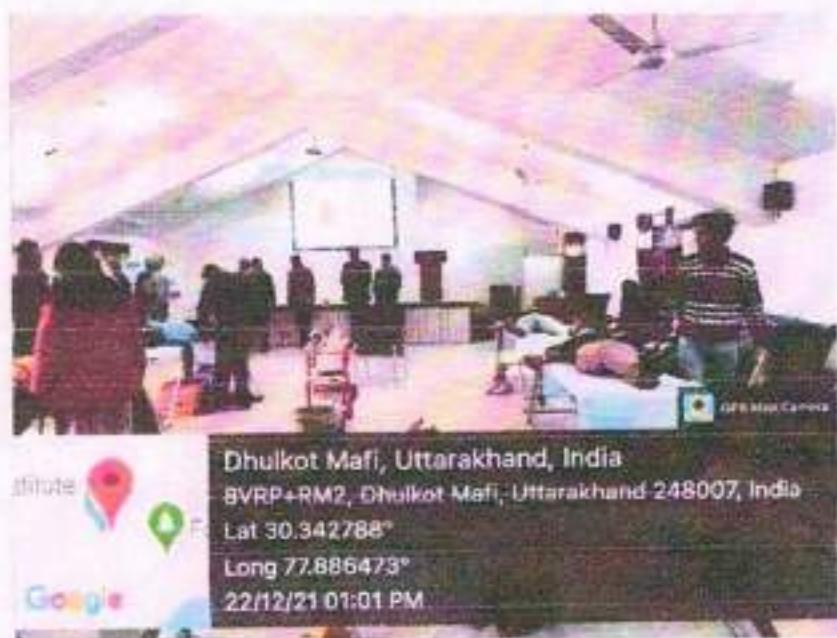


Blood Donation Camp Organized at Tula's Institute 22nd December 2021.


Director
Tula's Institute, Dehradun



TULA'S INSTITUTE, DEHRADUN



Virtual Classroom Camp Organized at Tula's Institute 2021



Virtual Classroom Camp Organized at Tula's Institute 2021


Director
Tula's Institute, Dehradun



IMA Blood Bank of Uttarakhand

No. IMABB/ADMIN/PR&CM/2021-22/5498/61

Date : 23/07/2021

TO WHOM IT MAY CONCERN

To,

The Director
Tula's Institute
Dehradun
Uttarakhand

Dear Sir,

This to certify that Tulas Institute Dhoon kot, Dehradun has organized various voluntary blood donation camps on regular basis with IMA Blood Bank of Uttarakhand, Dehradun since 2007. They are also helping in providing donors on immediate requirement basis.

The details of donation done by Tulas Institute:

Year	No. of donations
2007-2009	344
2010-2012	570
2013-2015	473
2016	151
2017	178
2018	98
2019	171

Regards,

(Dr. Sanjay Upreti)

Director Technical & Operations
IMA Blood Bank of Uttarakhand

Director
Tula's Institute, Dehradun



IMA Blood Bank of Uttarakhand

No. IMABB/ADMIN/PR&M/2020-21/5432/302/02

Date : 25/03/2021

To,

The Director
Tula's Institute
Dehradun, Uttarakhand

Sub: Letter of Appreciation

Dear Sir,

IMA Blood Bank of Uttarakhand wishes to thank you and your members for whole hearted participation in the noble cause of donating blood. In the blood donation camp organized by Tula's Institute on 16th September, 2019, we have collected 171 blood units. We expect the same level of support & cooperation from you in future blood donation camps.

We look forward to have a long association with you.

Thanking you once again,

Regards,

(Dr. Sanjay Upreti)
Director Technical & Operation
IMA Blood Bank of Uttarakhand

Director
Tula's Institute, Dehradun



IMA Blood Bank of Uttarakhand

No. IMABB/ADMIN/PR&CM/2020-21/5433/303/02

Date : 25/03/2021

To,

The Director
Tula's Institute
Dehradun, Uttarakhand

Sub: Letter of Appreciation

Dear Sir,

IMA Blood Bank of Uttarakhand wishes to thank you and your members for whole hearted participation in the noble cause of donating blood. In the blood donation camp organized by Tula's Institute on 2nd May 2018, we have collected 98 blood units. We expect the same level of support & cooperation from you in future blood donation camps.

We look forward to have a long association with you.

Thanking you once again,

Regards

(Dr. Sanjay Upreti)
Director Technical & Operation
IMA Blood Bank of Uttarakhand

Director
Tula's Institute, Dehradun



IMA
bloodbank
of Uttarakhand

We Help Save Lives...

IMA Blood Bank of Uttarakhand

No. IMABB/ADMIN/PR&M/2020-21/5434/304/02

Date : 25/03/2021

To,

The Director
Tula's Institute
Dehradun, Uttarakhand

Sub: Letter of Appreciation

Dear Sir,

IMA Blood Bank of Uttarakhand wishes to thank you and your members for whole hearted participation in the noble cause of donating blood. In the blood donation camp organized by Tula's Institute on 19th April 2017, we have collected 178 blood units. We expect the same level of support & cooperation from you in future blood donation camps.

We look forward to have a long association with you.

Thanking you once again,

Regards,

(Dr. Sanjay Upadhyay)
Director Technical & Operation
IMA Blood Bank of Uttarakhand

Director
Tula's Institute, Dehradun

47, Ballupur Road, Dehradun - 248001 Ph.: 0135 - 2755010-11-12
Website : - www.imabbua.org.in, email : - info@imabbua.org.in



IMA Blood Bank of Uttarakhand

No. IMABB/ADMIN/PR&CM/2020-21/5436/306/02

Date : 25/03/2021

To,

The Director
Tula's Institute
Dehradun, Uttarakhand

Sub: Letter of Appreciation

Dear Sir,

IMA Blood Bank of Uttarakhand wishes to thank you and your members for whole hearted participation in the noble cause of donating blood. In the blood donation camp organized by Tula's Institute on 15th February, 2016, we have collected 151 blood units. We expect the same level of support & cooperation from you in future blood donation camps.

We look forward to have a long association with you.

Thanking you once again,

Regards,

(Dr. Sanjay Uptri)
Director Technical & Operation
IMA Blood Bank of Uttarakhand

Director
Tula's Institute, Dehradun



IMA
bloodbank
of Uttarakhand

We Help Save Lives...

IMA Blood Bank of Uttarakhand

No. IMABB/ADMIN/PR&DM/2020-21/5435/305/02

Date : 25/03/2021

To,

The Director
Tula's Institute
Dehradun, Uttarakhand

Subject: Letter of Appreciation

Dear Sir,

IMA Blood Bank of Uttarakhand wishes to thank you and your members for whole hearted participation in the noble cause of donating blood. In the blood donation camp organized by Tula's Institute on 11th February, 2015, we have collected 179 blood units. We expect the same level of support & cooperation from you in future blood donation camps.

We look forward to have a long association with you.

Thanking you once again,

Regards

(Dr. Sanjay Upadhyay)
Director Technical & Operation
IMA Blood Bank of Uttarakhand

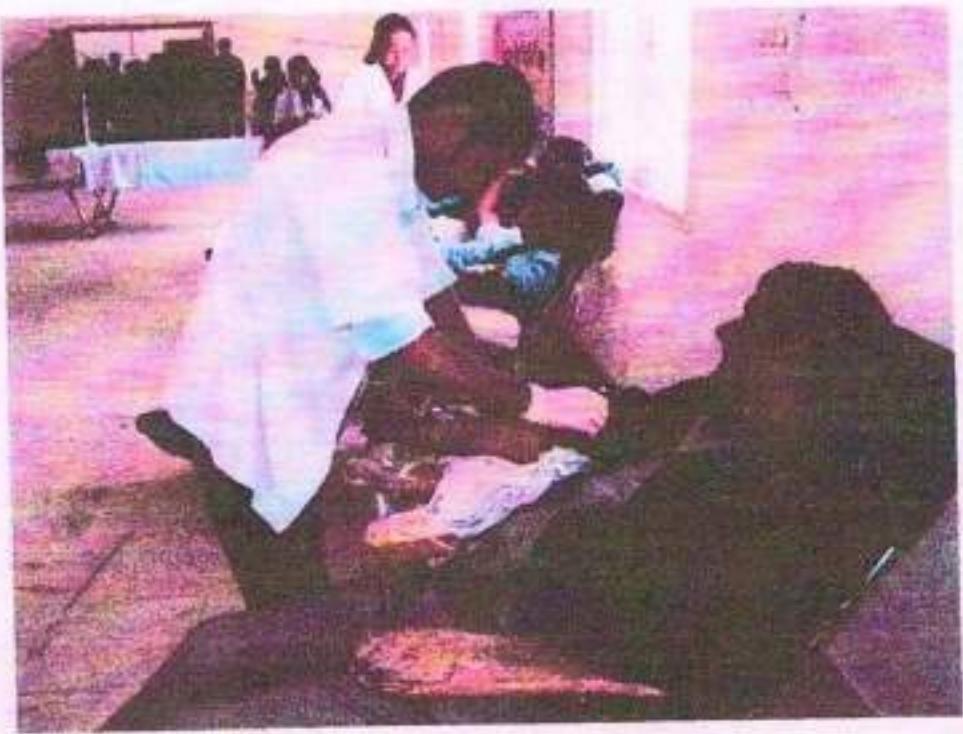
Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

21.02.2011



IMA BLOOD DONATION AT TULAS INSTITUTE ON 21.02.2011



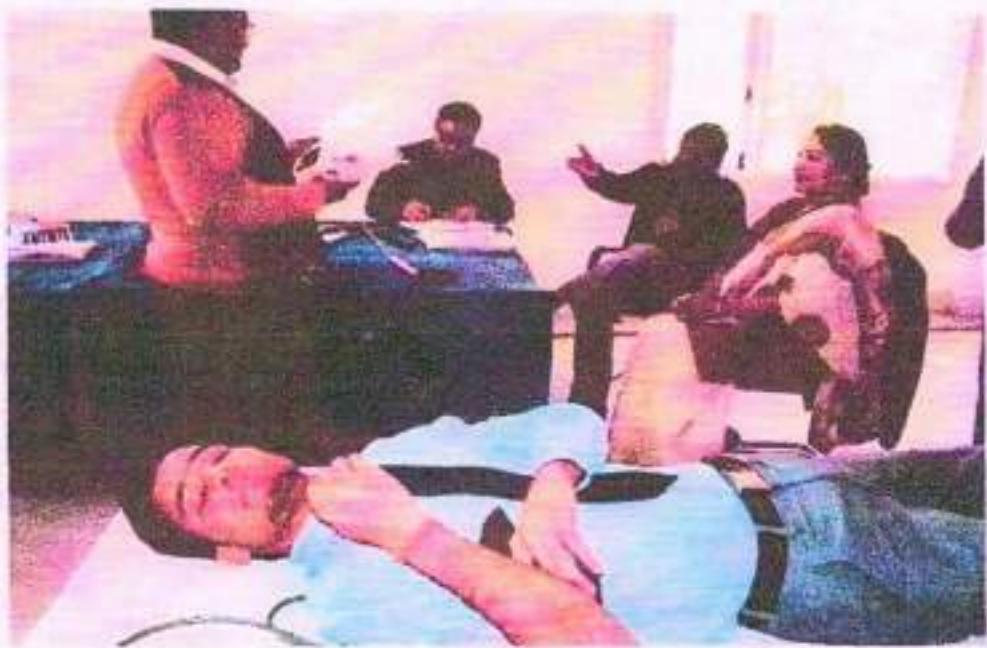
IMA BLOOD DONATION AT TULAS INSTITUTE ON 21.02.2011

Director
Tula's Institute, Dehradun

A handwritten signature in blue ink, appearing to read "Joy". It is signed with a blue pen and includes a small checkmark at the end.



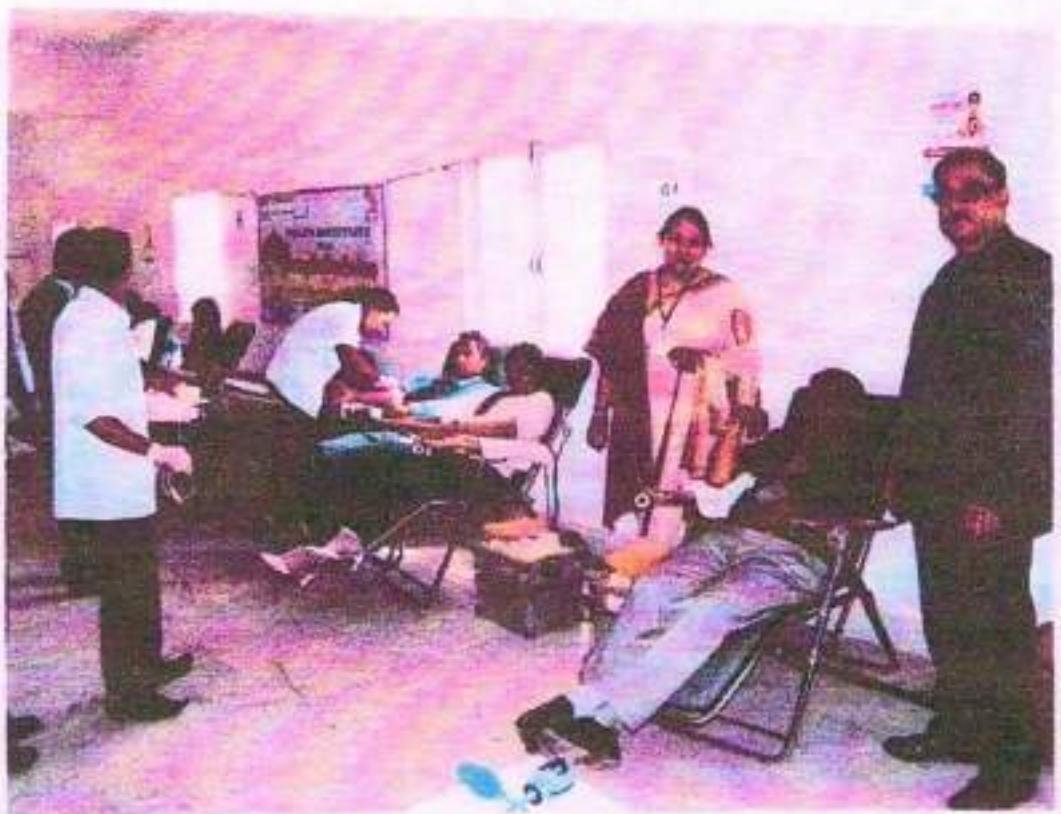
IMA BLOOD DONATION AT TULAS INSTITUTE ON 21.02.2011



IMA BLOOD DONATION AT TULAS INSTITUTE ON 21.02.2011

A handwritten signature in blue ink, which appears to be "H.S. Tuli".

Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 21.02.2011

A handwritten signature in blue ink.

Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

19.09.2011

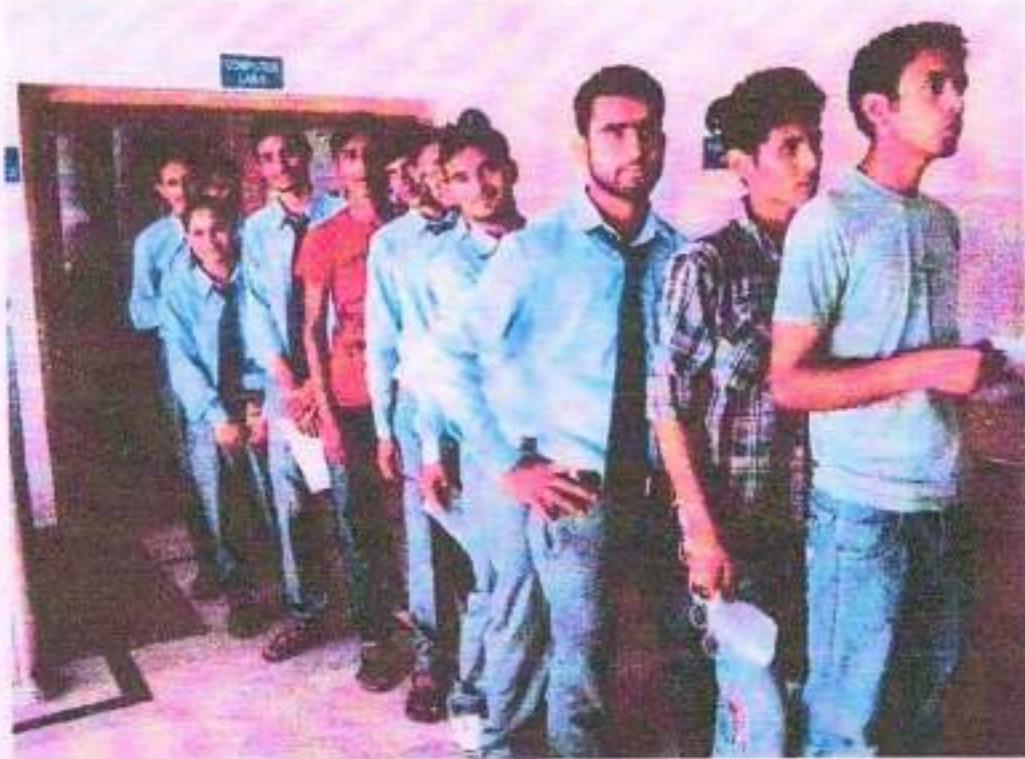


IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.09.2011

Director
Tula's Institute, Dehradun



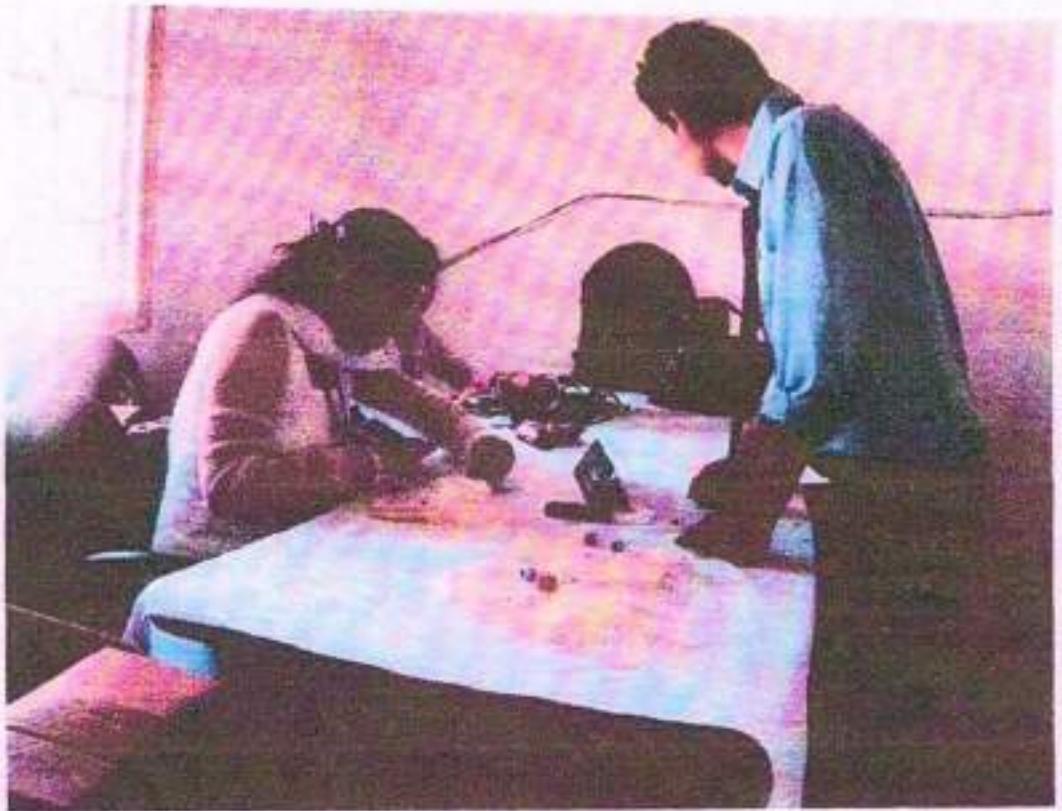
IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.09.2011



IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.09.2011

Director

Tulas Institute, Dehradun



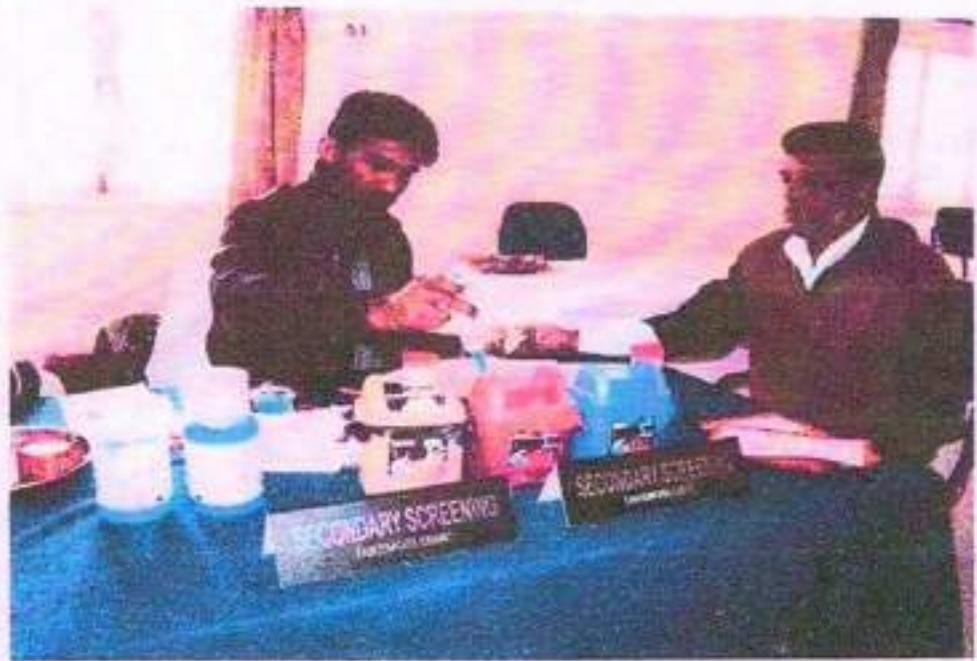
IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.09.2011

A handwritten signature in blue ink, which appears to be "S. K. Singh".

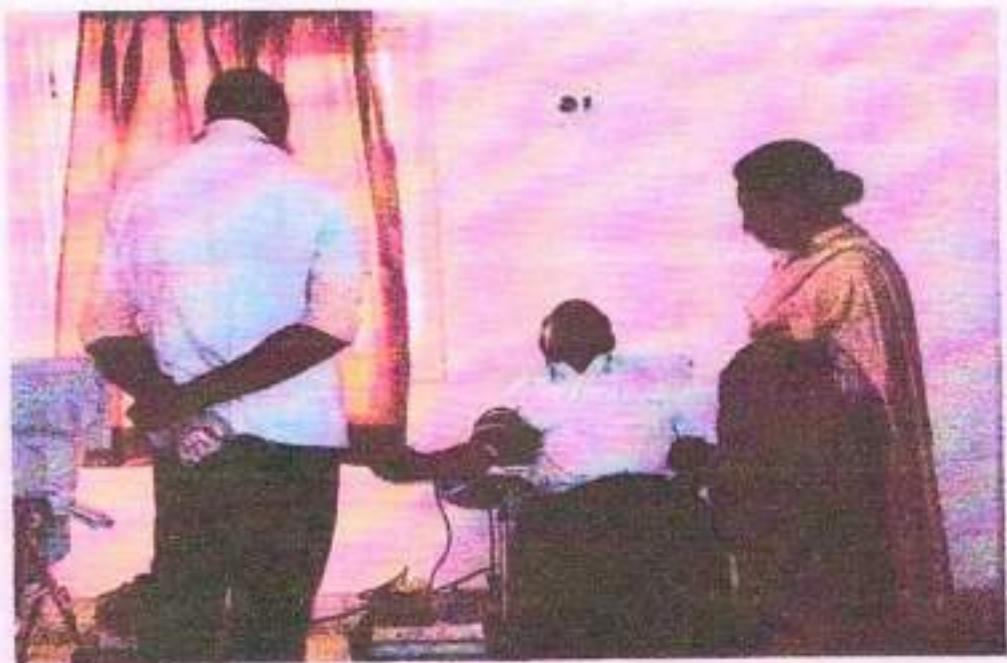
Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

06.02.2012



IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2012



IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2012

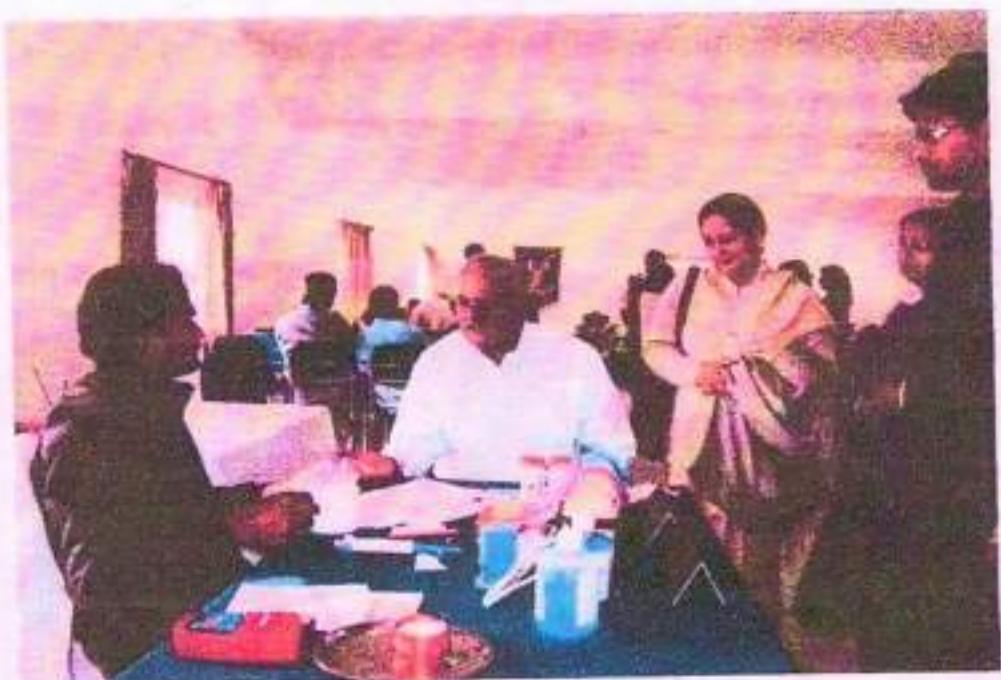
A handwritten signature in blue ink, appearing to read "Tulsi" or a similar name.

Director

Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2012

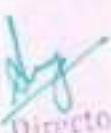


IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2012

 Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2012


Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

07.02.2013



IMA BLOOD DONATION AT TULAS INSTITUTE ON 07.02.2013



IMA BLOOD DONATION AT TULAS INSTITUTE ON 07.02.2013


Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 07.02.2013




Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

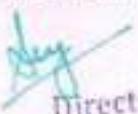
06.02.2014



IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2014

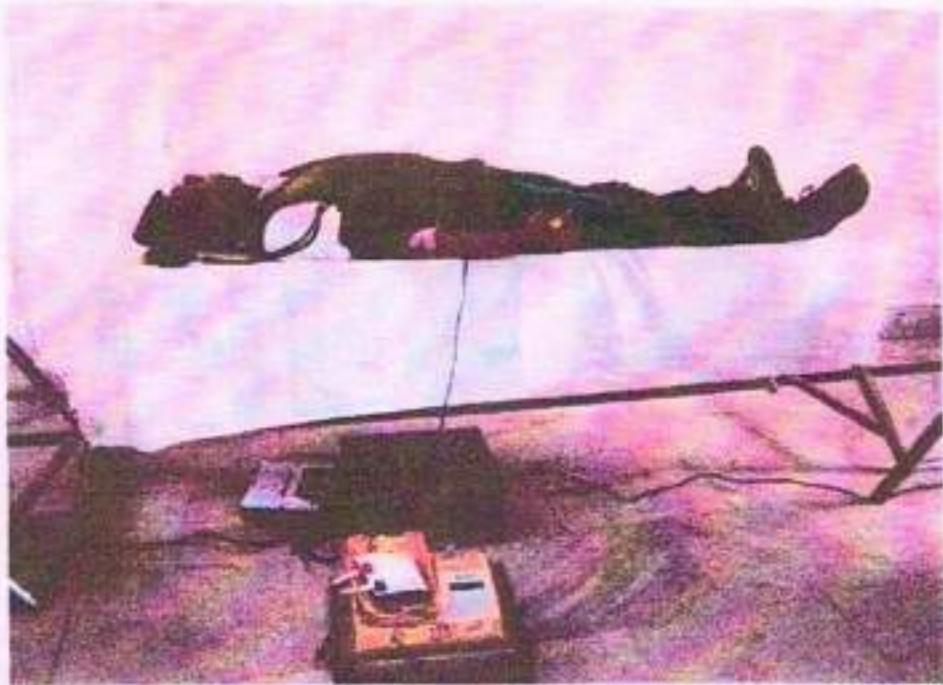


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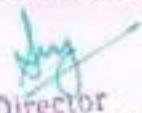

Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2014



IMA BLOOD DONATION AT TULAS INSTITUTE ON 06.02.2014


Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

ON

11.02.2015



IMA BLOOD DONATION AT TULAS INSTITUTE ON 11.02.2015



IMA BLOOD DONATION AT TULAS INSTITUTE ON 11.02.2015


Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 11.02.2015



IMA BLOOD DONATION AT TULAS INSTITUTE ON 11.02.2015

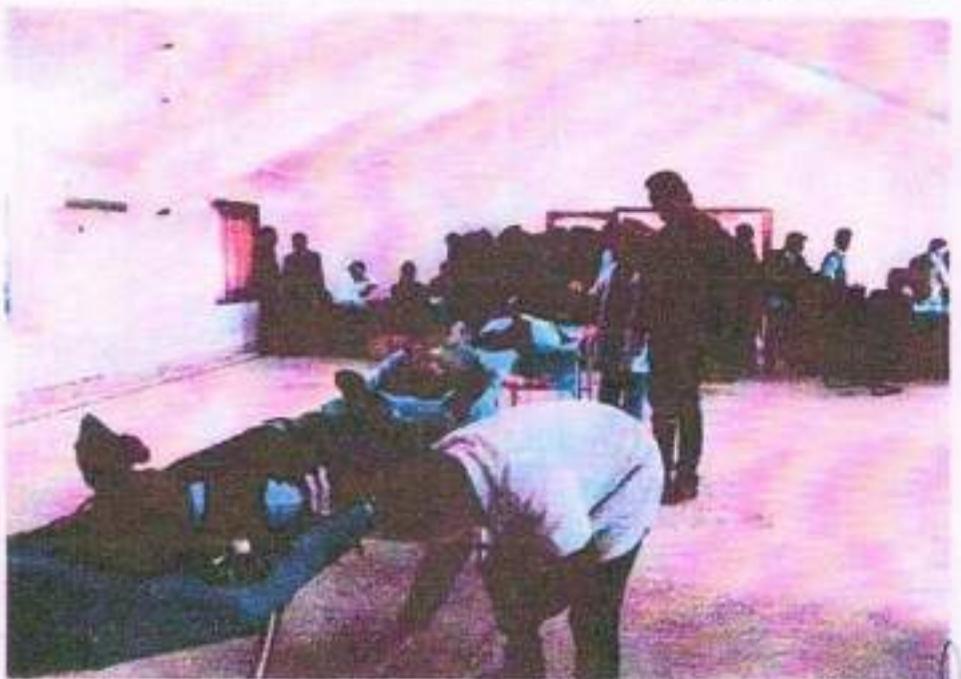
Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

16.02.2016



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.02.2016



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.02.2016

A handwritten signature in blue ink, appearing to read "T.S. Deoraj".

Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.02.2016



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.02.2016


Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.02.2016


Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

19.04.2017

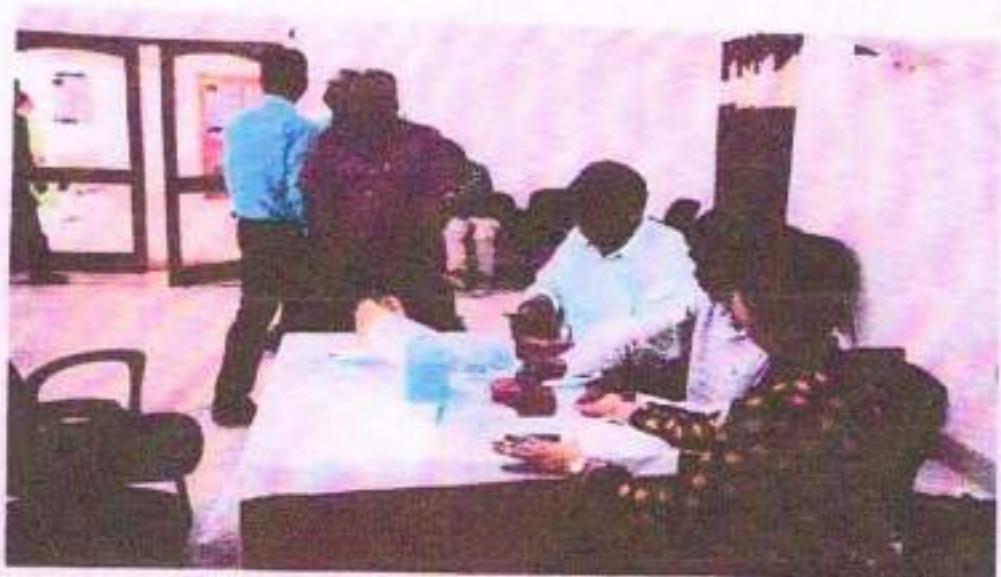


IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.04.2017

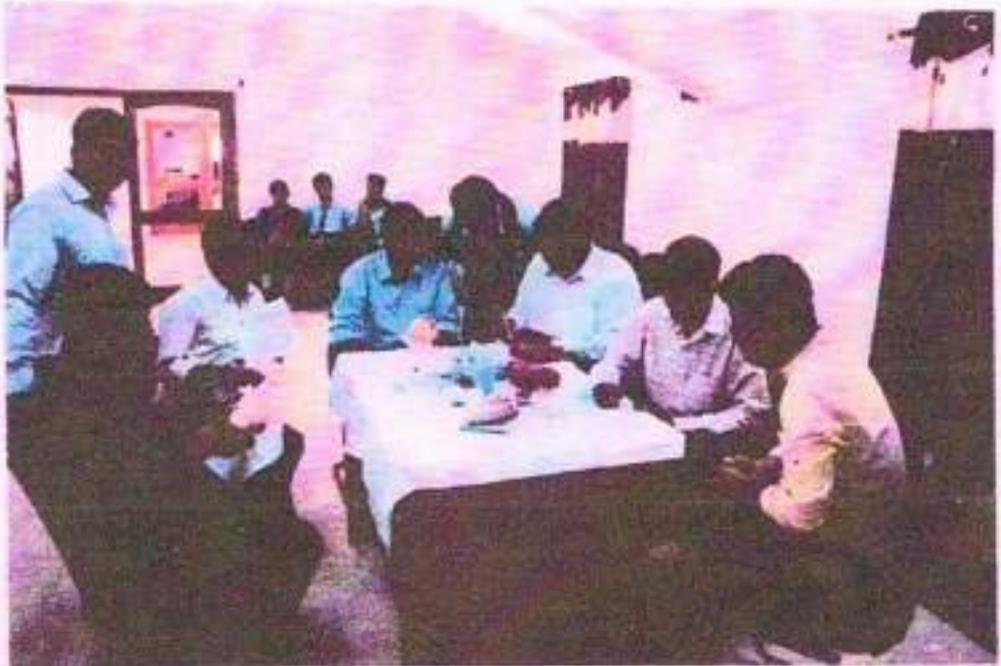


IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.04.2017


Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.04.2017



IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.04.2017

A handwritten signature in blue ink, likely belonging to the Director of Tula's Institute.

Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 19.04.2017



Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.09.2019

A handwritten signature in blue ink, appearing to read "S. G. Jaiswal".

Director
Tula's Institute, Dehradun

IMA BLOOD DONATION AT TULA'S INSTITUTE

16.09.2019



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.09.2019



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.09.2019

A handwritten signature in blue ink, which appears to be "DD".

Director
Tula's Institute, Dehradun



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.09.2019



IMA BLOOD DONATION AT TULAS INSTITUTE ON 16.09.2019

A handwritten signature in black ink, likely belonging to the Director of Tula's Institute.

Director
Tula's Institute, Dehradun



IMA Blood Bank of Uttarakhand



Certificate of Appreciation

Presented to Mr / M/s Tarun Kumar of Tulsi's Institute
for voluntary blood donation on 16th of Sep 2019
We thank you for your contribution towards the noble cause


Dr. Manish Shrivastava
Name & Designation

47, Balapur Road, Dehradun - 248006, Ph. : 0135-2755010, 11, 12 www.imabbnk.org.in


Director
Tulsi's Institute, Dehradun

YASHPAL SINGH RAMORE

Safe blood begins with me



Donate Blood - Save Lives

*We highly appreciate your invaluable support for the
noble cause of Voluntary Blood Donation.
The Society stands indebted to you.*

Managing Director

IMA
bloodbank
of uttarakhand

We Help Save Lives



47 Ballupur Road, Dehradun,
Ph. : 0135 2755010, 11,12 93591 284

website :-www.imabbua.org.in
email:-info@imabbua.org

From: *Local Marketing of Voluntary Blood Donation*
Supported by
SIR RATAN TATA TRUST



*Dinesh Kumar
Deputy Commissioner
District Magistrate, Dehradun*

YASHPAL SINGH RATHORE

TULA'S INSTITUTE

We highly appreciate your invaluable support for the
noble cause of Voluntary Blood Donation.
The Society stands indebted to you.

Qureshi
Managing Director



47 Ballupur Road, Dehradun, Phone No. - 0135 255010, 2755011


Director
Tula's Institute, Dehradun

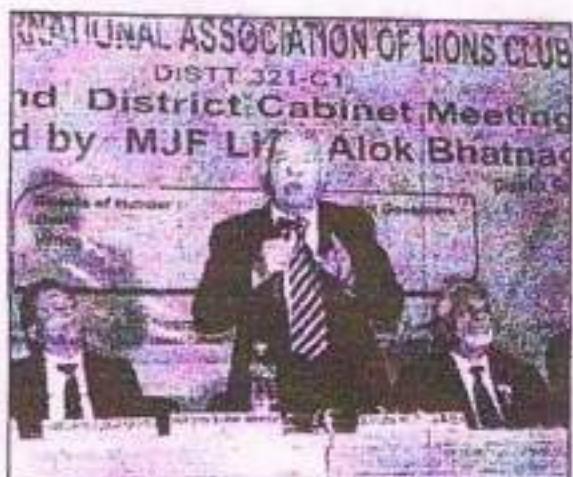
नेत्र और रक्तदान के लिए जागरूकता पर जोर

देहरादून (एसएनडी)। लायन्स इंटरनेशनल की द्वितीय डिस्ट्रिक्ट कैम्बिनेट मीटिंग में नेत्रदान व रक्तदान के प्रति जागरूकता लाने का आह्वान किया गया। मीटिंग में फलब के कार्यों व आध्यात्मिक ज्योरा प्रस्तुत किया गया। इस मीके पर तुलाज

► लायंस इंटरनेशनल की डिस्ट्रिक्ट कैम्बिनेट की मीटिंग

इस्टीट्यूट के चेयरमैन व लायन्स क्लब के रीजनल चेयरपर्सन लायन सुनील कुमार जैन को पीएमजेएफ के पद से सम्मानित किया गया। रविकार को भूकोट सिया तुलाज इस्टीट्यूट में आयोगित मीटिंग में डिस्ट्रिक्ट चेयरपर्सन लायनेस राज विष्णुले व डिस्ट्रिक्ट लिपोज चेयरपर्सन विजय ताथल ने कार्यों का विवरण प्रस्तुत किया।

उन्होंने कहा कि कल्याण द्वारा अपेक्षित लोगों की आर्थिक मदद, मुफ्त दवाइयों का वितरण, विकलांगों को इड साइकिल उपलब्ध करने समेत कई कार्य किए जा रहे हैं। कार्यक्रम अभ्यास एमजेएफ लायन आलोक घटनार ने कहा कि कल्याण निवारण व गरीबाय लोगों की सहायता के



लायंस इंटरनेशनल की द्वितीय डिस्ट्रिक्ट कैम्बिनेट की मीटिंग में विचार व्यवस्था करते वक्त।

दिए सदैव तत्पर है। उन्होंने नेत्रदान के साथ-साथ रक्तदान के लिए लोगों को जागरूक करने के लिए एककूटता के साथ कार्य करने का आह्वान किया। तुलाज इस्टीट्यूट के चेयरमैन व पीएमजेएफ लायन सुनील कुमार जैन ने कहा कि लायन्स क्लब पूर्ण निष्ठा व ईमानदारी के साथ समझ की सेवा कर रहा है।

इस मीके पर कैम्बिनेट सेकेटरी विजय कुमार शर्मा, नीरज कुमार, डिस्ट्रिक्ट कौ-ऑफिनेटर सुनील निषाम, जिरोन्द्र प्रकाश, जीएम जयवाल, मुकेश गोयल, मुर्हिद जनमेज़ा, अनु लाल्हा व मंगेत जैन समेत अनेक लोगों ने विचार व्यवस्था किए।

देखा २१ दिनांक २७ जुलाई २०१४


Director,
Tula's Institute, Dehradun

हिन्दूस्तान लायंस ने कहा करें रक्तदान

देहरादून। तुलकोट स्थित नुलाज ईस्टीट्यूट में लायंस इंटरनेशनल की ड्रिटीय डिस्ट्रिक्ट कैबिनेट में नेत्र व रक्तदान का आह्वान किया गया। मीटिंग का आयोजन नुलाज ईस्टीट्यूट के चेयरमैन सुनील जैन ने किया, जबकि अध्यक्षता भालोक भट्टनागर ने की।

आयोजन का मुख्य उद्देश्य कलव के कार्यों का व्योरा था फाइनेंशियल रिपोर्ट बनाने व जमा करने से संबंधित रहा डिस्ट्रिक्ट लायंस चेयरपर्सन गज लिपल, डिस्ट्रिक्ट लियोंज चेयरपर्सन विजय तायल ने खुद के कार्यों का विवरण पेश किया। उस पौके पर सुनील कुमार जैन को पीएमज़ेन के पद में सम्मानित किया गया। बैठक में विजय कुमार शर्मा, नीरज कुमार, सुनील निगम, जितन्द्र प्रकाश, मुकेश, सुधार जनमंजा, एन ए बर्द्दा जैन उपस्थित थे।

गवर्नर की यात्रा



Director
Tula's Institute, Dehradun

अंबर ३७/०१

पुस्तकालय

तुलाज में रक्तदान शिविर आयोजित

देहरादून। तुला इस्टीट्यूट में रक्तदान शिविर में छात्र-छात्राओं ने उत्साहपूर्वक भाग लिया। शिविर में 500 छात्र-छात्राओं ने रक्तदान किया। संस्थान के डायरेक्टर सुनील कुमार जैन ने रक्तदान कर शिविर की विधिवत शुरुआत की। सभी रक्तदान करने वालों को डॉनर कार्ड प्रदान किया गया। साथ ही खन की जांच के बाद हेपेटाइटिस सी, एचआईवी, एडस, एमलेरिया, मिस्फैलस और रें में कोई ब्लड ग्रुप आदि की रिपोर्ट दी गई। शिविर में संस्थान के रेजिस्ट्रार अशोक भारद्वाज, अमित शर्मा, पवन कुमार लौबे, रवि प्रिया मौजूद थे।


Director
Tula's Institute, Dehradun

दृष्टि जूलाइ

www.jagnan.com



निवासी
2 दुर्गा बाजार
321 दुर्गा
7721260000
२ गोपनीय
जामोरी भवन
मिल्ट



तुलाज इंस्टीट्यूट में आयोजित डिविर में रक्तदान करते लगा।
जुगरण

आदेश
निवासी
में, फिल्म
कोड, जामोरी
569603 दुर्गा बाजार
३४९०२१ जामोरी
संबंधी यात्रा

MISSION TULAJ
UNSELL निवासी
BD
/BIS

DN BUD
DAMUP
cesslon
nomlo
ps.
OMISS
IREGO
6 368
3 823
8 480
N OP
DARIN
61 107
1 011
3 126
8 91

तुलाज इंस्टीट्यूट में 500 ने किया रक्तदान

देखदान: रक्त को वृत्तिम रूप से हैयार नहीं किया जा सकता। ऐसे में जालन्तमद लोगों के लिए रक्तदान के माध्यम से ग़ाक़त रक्त ही जीवन बनाता है। तुलाज इंस्टीट्यूट ने आयोजित रक्तदान डिविर में संस्थान के चैयरमैन सुनील बैन ने कहा कि रक्तदान के लिए हम किसी भी आगे आना चाहिए। डिविर में संस्थान के चैयरमैन सभेत 500 से ज्यादा छात्रों, शिक्षकों व कामचारियों ने रक्तदान किया।

संस्थान के नियंत्रण बोर्ड बैन के सहयोग से तुलाज इंस्टीट्यूट में रक्तदान डिविर का शुभारंभ संस्थान के चैयरमैन सुनील बैन व पाणीयप्रौद्योगिक डॉक्यूमेंटर चिल्की बैन ने रक्तदान कर किया। इस मौके पर उन्होंने कहा कि रक्तदान जीवनदान के समान है। दृष्टिना, बीमारी का किसी अन्य कारण से न्यून की जरूरत को पूरा करने का एकमात्र माध्यम रक्तदान है।

इस मौके पर संस्थान ने छात्रों व समस्त रक्तदाताओं के रक्त की जांच कराई। साथ ही रक्तदान करने वालों की संस्थान व उत्तराखण्ड की ओर से प्रशासन इवान किए गए। डिविर में संस्थान के निदेशक एसके गुरुता, गंजस्टार अशोक भारहाज, अमित शर्मा, पवन कुमार और समेत उम्मीद शिक्षकों, कामचारियों व छात्रों ने रक्तदान किए।

Director
Tula's Institute, Dehradun

I Next

Blood donation camp organised

DEHRADUN :

तुला के दूसरी इन्स्टीट्यूट में भवित्व को बढ़ाव दोनों कैप प्रोफेशनल किया गया कैप का दूसरी इन्स्टीट्यूट के लायब्रारी मुख्यालय के लायब्रारी मुख्यालय ने किया। कैप में 540 में अकादमी भेजी न बढ़ाव दोनों तिथि इस सीके पर इन्स्टीट्यूट के अग्रन्ति अधिकारियों से सेहर वर्षभारियों ने भी गोगदान दिया। इस दौरान सहजा में स्टडेंट्स नहीं रहे।



प्राइंटर का टाइप में प्राप्त करने वाले उत्तिर्ण के लिए चला गया। इस का नाम चर्च इंडिया


Director
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देश के लिए जीवन देने का अधिकार है।

लोकों को जीवन का लकड़ा देना चाहिए।

प्रतिभाव
मनुष्यों का
उत्तर विवरण
निम्न उत्तर

कुलदीप
काम्पकन के
पैदायन के पूर्ण
दार्शनिकता
द्वारा प्रतिष्ठित
सम्बन्धों को सु
प्रतिष्ठानके
की जातियों।

काम्पकन
प्रतिष्ठानके
द्वारा प्रतिष्ठित
द्वारा प्रतिष्ठित
सम्बन्धों को सु
प्रतिष्ठानके
की जातियों।

ब्लड बैंक को दान की मोबाइल वैन

देहरादून (एसएनबी)। दि इंडियनसन्ट
एसोसिएशन भौम लाइस कलब ने अवृद्धि
ब्लड बैंक को बुधवार को ब्लड डांगेशन
मोबाइल वैन उभेंट (दान) को। मोबाइल वैन
चिकित्सा डाक्टरों से सुसज्जित है।



इस अवसर पर चक्रवाच रोड सिक्क
इंडियन नेटवर्क एवं सिंहलन के समन्वय में
लाय को हीडगओवर से भवनी जायेंगी को

लायन बल्डीन गुलाम ने बोहे मुख्य
अधिकारी सेवाओं का शुभारंभ किया। उन्हें
उम्मीद जर्ड ने लायन कलब व भारतीय
ब्लड बैंक गिलकर लोगों को सहीचक्र
रक्तदान के लिए प्रोत्त किये। भारतीय ब्लड
बैंक के अध्यक्ष डा. धीम
सिंह वर्षी, प्रबोध निर्देशक
डा. उमेश शर्मा, डा. भगवन
सिंह, डा. एश्वर असदानन्
लायन सुशील भास्करन,
एसएन जयनाल, गुरु
डुमेय, लायन एचएस जयम
आदि वे इस अवसर पर
उपस्थित हैं। इसमें जर्ड
पूर्णान को आर्टिफिशियल वेंक में रक्तदान
सिविर का अध्योजन किया गया। विभिन्न
कालों के छात्र-छात्राओं ने रक्तदान किया।

शिविर में 400 लोगों ने किया रवतांडा

दलाल-दूर (लाल-मंडी): यह सब ज़िला के दक्षिण
पश्चिमी हिस्से में स्थित काशीवाला में अवस्थित है। इसके
पास एक 400 लोगों के रखाकुण्ड निवास है। इसके पास
रखाकुण्ड की निवास गाँव राह-राहालीड़ी ने जौत के बाहर
स्थित हैं। इस गाँव पर छाती-छापाएँ की
रखाकुण्ड की मालाएँ से थीं अन्यथा कानूनी नहीं।

कृष्णलीला यो अपार्यन् वाह जीके समयों
में तुलसी परिसर में जगदिना असरोंका राजा
सिंहर यह उपहरन दुर्घट अधिक दायर जारी है
ने किया

■ लायरेन्स चलव व सुलज
हंसटीट्यूट ने आयोजित
किया इतनाहर मिशन

किया रवतनन् प्रयोग् । व तुलन
संस्कृत के लेखनमें प्रयोग हुए तथा अन्य संस्कृत कामक
प्रयोग में कठीन लिख अनुभव है जिसे कठीन अवधि से भी
उच्चारण नहीं सकता । ऐसे में एकलान लिखने वाल्यहर
को क्षमा देना है । उन्हें जाग-जागतों के
एकलान के प्रीति सम्बन्ध में व्यापकता देने का भी
अनुभव किया । विविध में संस्कृत के प्रयोगका विव
द्वाये कर वह हृत करनेवाला लिखकी तैयारी
पौरी तरह एकलान किया । उन्होंने कहा कि एकलान
“कठोर से अपार अनुभव का अनुभव होता है । एकलान के
उच्चारण मिलने वाला कठोर कठोर अनुभव कुछ
नहीं । उन्हें अविष्य में प्रयोग करने की एक एकलान



मिलिन देव गोपी का यह इतिहास लंबायस अन्तर्राष्ट्रीय उत्तम वृत्तिमुद्रण के अधिकारी ।

द्वितीय में एकादश को लेकर अनेक ग्रन्थों के साथ नियम-भी इससे बहराहित नहीं आते। अतएव राजाचार, राजनीतिक संस्कृता वर्ष और परालिंग्य के साथ कुछ ही राजकथा नहीं कह सके। नियम में एकादशमों को ही दूसरे कई चर्चावे द्वापर की उपलब्धि कहते हैं।

उक्रांद सहित विभिन्न संगठनों ने दी
राजेन्द्र टोडरिया को श्रद्धांजलि



देखाये (एकात्मी)। उन्होंने अपनी दृष्टि का नियन्त्रण लिया है।

19. 1995-1996 學年上學期第 1 次定期評量

Wingate had been unable to find an inch *Mosquitofish* in existence, he thought that there was a chance that he might find some.

2010-06

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Director

Institute, Dehra

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रक्तदान, महादान

मुलाज इंस्टीट्यूट में ब्लड डोनेशन कैंप

DEHRADUN (21 Feb) : तुलाज इंस्टीट्यूट में भेदे तो ब्लड डोनेशन कैंप का आयोजन किया गया। कैप का उन्नीसरेशन संस्थान ने चेयरमैन शुभेश कुमार जैन ने इस ब्लड डोनेशन कैंप में लगाए गए 500 लोगों ने ब्लड डोनेट किया। इसका निकाल तो सभी वार लकड़ियां कर रही हैं, तभ मध्ये वो रक्तदान करने वाले व्यक्ति जिनमें एक कदम पहुँच लोगों को बता चाहा सकता है। अपने ब्लड डोनेट करने के लिए एक गुणा और स्ट्रिप्स अलाइ भव्यात्मक अभियान आयोजित किया गया, जिसके द्वारा लोगों को ब्लड डोनेट करते लोग।



ब्लड डोनेट करते लोग।


Director
Tula's Institute, Dehradun

रक्तदान में दिखाया छात्रों ने उत्साह

देहरादून (एलएनआई)। दुलाज इन्स्टीट्यूट में जागीरिका शिविर में करीब 100 से ज्यादा छात्र-छात्राओं ने रक्तदान किया। साथ ही छात्र-छात्राओं ने रक्त की कमी को दूर करने के लिए रक्तदान के प्रौद्योगिक समाज में जागरूकता नामे का संकल्प लिया।

सीफार जो भूल्कोट में विद्युत परिवर्तन में आयोजित निविर कर इन्स्टीट्यूट का संस्थान के बेचालैन सुनील कुमार बैरे ने किया। छात्रों की श्रद्धित वादें के लिए जीवं ने उन्हें बधाये रक्तदान किया। उन्होंने कहा रक्तदान एवं अल्पदान को करने की लिंगार्थी द्वारा विद्युत ज्ञान रक्तदान विद्यों की विवेदन द्वारा मंजूरी है। इसलिए रक्तदान जैसे पुण्य कार्य में समर्पण के बारे वाले वो अपने विद्यार्थियों करने का निर्णयन करना रक्तदान शिविर नाही। शिविर में छात्र-छात्राओं के उद्दृश्य जो देखते हुए विद्यकों ने रक्तदान किया। इसके बाद उसका रक्तदान करने वालों पर अंकड़ा 500 पार कर रहा। शिविर की एक्सीक्युटिव डायरेक्टर शिष्यों जीवं ने नीमारी वा रक्तदान किया। उन्होंने कहा कि रक्तदान से एक अलग अलग अंकड़ा का अनुभूति होता है। वहाँ वीरगत रक्तदान करने वाले छात्र-छात्राओं ने रक्तदान की सेवा समाज में वैष्णव धर्मियों को दूर करने के लिए लोगों को जगाकर करने पर जोर दिया। शिविर में रक्तदानों को प्रशंसन पत्र के साथ ही होने काढ़ भी दिया रहा। इससे पूर्व लोगों के स्वास्थ्य का वर्तावन किया गया जिसमें रक्तचाप, हिमोनेत्रियन और दिक्कतों के कारण वर्द्ध होने रक्तदान करने से बचत रह गया। इस पैकी पर सुन्दरान के उपरेक्ष्य एवं गुण, रक्तदान अवशेष वरदान, अभिज्ञान,

प्रबन्ध कुमार नीचे अपेक्षित किया गया।

स्वयंसेवियों ने भी किया रक्तदान

जो नृन राज्याधीश पीठी कालों में रक्तदान संबंधी घोषणा द्वारा रेड रिक्सा व्यापार के अन्तर्गत रक्तदान विद्या का अध्ययन किया गया जिसमें ज्ञान 30 लिंगों रक्त एवं विषयों गया। रक्तदान के लिए 60 से अधिक विद्यमानोंने नामोदीन कराया। एलएनआई द्वारा समर्पक अधिकारी, डा.

एस. उमियाल ने लक्षणोंवाले को रक्तदान करने के लिए

प्रेरित किया। द्वारोंमें ज्ञान के रक्तदान

संबंधी विषयोंवाले को देखा गया। लोगों का स्वास्थ्य नहीं नहीं पाया जा रहा है, जोरीमोरी चिंता का विषय है।

इसलिए एलएनआई द्वारा नोडों की स्वास्थ्य के प्रति जागरूक करने का अभियान भी चलाया जा रहा है। शिविर में जारी 80 लोगों ने एक्सीक्युटिव डायरेक्टर, लैंडिंग बोर्डर्स जान के बाद विषय 30 लोग ही रक्तदान कर लिया।

एलएनआई के अधिकारी अधिकारी डा. संजय कुमार नाथीया ने स्वयं सेवकों को रक्तदान से सेवे वाले लोगों से अवलत कराया। इन लोगों पर उन अविळ कुमार नाथीया जी नुस्खाएँ द्वारा भेजकर फालोंवाले जनसुखायक अधिकारी द्वारा दिया गया, उदाहरण अली, उमेश लिवारी समेत अनेक दोष नीकूद दें।



शिविर में छात्र-छात्राओं के साथ रक्तदान करने वालों के निर्देशक। छोटी - उमेश

ग्रामीण

पत्रोंक: 2654/एस

प्राप्तिपद्धति राज्य

दिनांक 04.03.20

आमंत्रित की जाती

द्वारा उपराष्ट्र का

समवान्यांतर्गत नियोगि

करने का उत्तिकर्ता

क्र. क्रांति का नं.

सं.

1. देवीय आण्डे

केन्द्र तेजम से

2. बनाती चंडे से

मरमत कार्य

निविदा की शर्तें

1. उपरोक्त सभा

निविदा प्रक्रि

योग।

3. निविदा केवा



Director

Ruta's Institute, Dehradun

तुलाज के ५५० छात्र-छात्राओं ने किया रक्तदान



छात्रों को तुलाज इंस्टीट्यूट के द्वारा

देखभाल (एस्प्रेसो) : तुलाज इंस्टीट्यूट ने २०१३-१४ वर्ष के दौरान सभी छात्रों को अपनी दाना देने की अवसरा दिया। इसका उद्देश्य यह था कि छात्रों ने अपने दानों को अपनी जीवन की एक अनिवार्य घटना में शामिल होने के लिए बढ़ावा दें। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन की एक अनिवार्य घटना में शामिल होने के लिए बढ़ावा दें। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन की एक अनिवार्य घटना में शामिल होने के लिए बढ़ावा दें।

५५० छात्र-छात्राओं ने इसी दैनिक देव नेटवर्क द्वारा देखभाल के दौरान सभी छात्रों को अपनी जीवन में शामिल होने की अवसरा दिया। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन में शामिल होने की अवसरा दिया। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन में शामिल होने की अवसरा दिया।

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छात्रों ने किया स्वैच्छिक रक्तदान

देखभाल (एस्प्रेसो) : यह एक अवधि वर्षाकाल ने तुलाज इंस्टीट्यूट के द्वारा छात्रों को अपनी जीवन में शामिल होने की अवसरा दिया। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन में शामिल होने की अवसरा दिया।

छात्रों को अपनी जीवन में शामिल होने की अवसरा दिया। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन में शामिल होने की अवसरा दिया। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन में शामिल होने की अवसरा दिया। इसका उद्देश्य यह था कि छात्रों ने अपनी जीवन में शामिल होने की अवसरा दिया।



छात्रों को अपनी जीवन में शामिल होने की अवसरा दिया।


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तुलाज इंस्टीट्यूट में रक्तदान शिविर का आयोजन

550 लोगों ने किया रक्तदान



स्वास्थ्य रिपोर्ट

तुलाज इंस्टीट्यूट के अधिकारी एवं शिविर के अधिकारी ने बताया कि इस शिविर में लगभग 550 लोगों ने रक्तदान किया। इनमें से लगभग 500 लोगों ने अपने रक्त की अवास्था को अनुमति दी है।

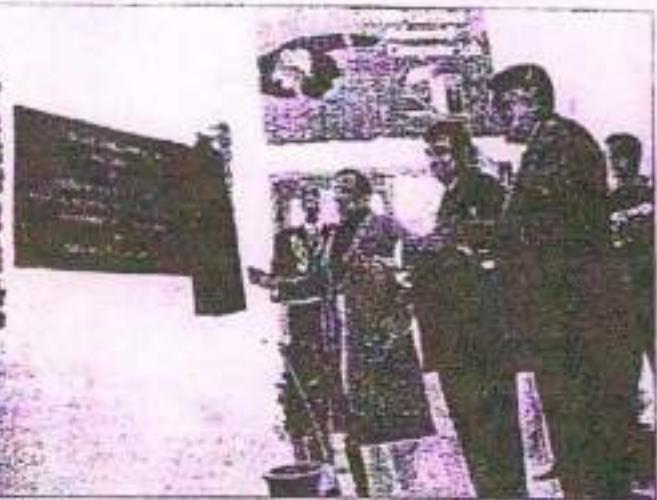
रक्तदान के प्रति जापानी जगत् की ओर एक और बड़ा बदलाव जलाया गया। इंस्टीट्यूट ने जाह्नवी सोमवार को अपनी शिविर के अधिकारी ने रक्तदान किया। जापानी शिविर को सुनाया गया। इस शिविर का

आयोजन किया गया। शिविर के अधिकारी ने जापानी सोमवार को अपने रक्त की अवास्था को अनुमति दी। इस शिविर में लगभग 550 लोगों ने अपने रक्त की अवास्था को अनुमति दी। इस शिविर के अधिकारी ने अपने रक्त की अवास्था को अनुमति दी। इस शिविर के अधिकारी ने अपने रक्त की अवास्था को अनुमति दी। इस शिविर के अधिकारी ने अपने रक्त की अवास्था को अनुमति दी।

सके तो इससे बढ़कर और कह नहीं, तब वारे भी रक्तदान करती रहीं। और रक्तदान के बाहर सोमवार के जापानी रक्तदान करती रहीं। जलाया बारे रक्तदान कर रहे इन्डियनिंग के साथ हिंदू भट्ट का कहना है कि इन लोगों को रक्तदान करना चाहिये, इससे न केवल जिसी की जान बचाई जा सकती है बल्कि अपने ज्यात्यक्ष के लिए भी उपयोग है। इलेक्ट्रिकल का ज्ञान भी उपयोग का मतलब है कि लोगों को इस प्रम में बाहर निकलना चाहिए कि रक्तदान करने से उनके स्वास्थ्य पर कोई दुरा प्रभाव नहीं।

जाईसगर बुद्ध जीके लिए एवं रेतोड़ा जितेन दोनों सिंह तुलाज के प्रति लोगों की जापानी की देख अनुकूल इस ज्ञान को अपने प्रश्नों की ओर बढ़ा कि ऐसे जापानी को कारण ही असहाय की जान बच पाती है। यह अपने कुमार ने जापान कि थे तत्त्व जीवी, एवं कार्ड-गोरक्षो को व देलिसिनिंग, हिमोफिलिक व निकल जैसी अमीर जीम्मारियों से एस्ट्रो रोगियों को बुला दिया जाता है। शिविर में संख्यान के लिदेशक 300 प्रमाण कुमार, रेतोड़ा, 300 पवन कुमार जीवे के साथ-साथ अन्य कर्मचारियों ने भी रक्तदान किया।

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Tula's Institute, Dehradun



मुख्यमंत्री ने देशवासियों की विरोधी दृष्टिकोण से जीवन के असुख के बारे बहुत खोला गोला किया।

पाच सौ छात्रों ने किया रक्तदान

‘देवदार’ (प्राचीनतम्)। इनका विवरण में लोकों के द्वारा उनके बहुत सारे गुण उल्लेख जैसे विशेषज्ञता, विशेषज्ञता, विशेषज्ञता आदि भी दर्शाये गये हैं। इन उल्लेखों में सुनिश्चित रूप से लोकों का अनुभव यह है कि उनका विवरण एक विशेषज्ञता की विशेषज्ञता है। इनका विवरण विशेषज्ञता की विशेषज्ञता है। इनका विवरण विशेषज्ञता की विशेषज्ञता है।

प्राणों के ज्ञान विद्यामें न बहुत अचूक है।
विद्यार्थी अपने जीवन के लिए इस ज्ञान-विद्या का
प्रयोग करना चाहिए। इस विद्यामें ज्ञान की वृद्धि विद्यार्थी
का जीवन के लिए बहुत सारा फल होता है। यह ज्ञान के
प्रयोग के लिए विद्यार्थी को विद्यार्थी बनाता है। इस विद्यामें
ज्ञान की वृद्धि के लिए विद्यार्थी को विद्यार्थी बनाता है। इस विद्यामें
ज्ञान की वृद्धि के लिए विद्यार्थी को विद्यार्थी बनाता है।

अंतिम संस्करण दिया

अब ली विस्थापितों की खोज-खबर

विषयात् ८ वर्षावधी : जाति के विवरण के अनुसार ८-१० वर्षों, एक विवरणीय श्री और उपर्युक्त ४०५ वर्षों का वर्ष है। विवरणीय श्री के वर्षावधी में वर्षों की विवरण की श्री की समीक्षा का लक्षण बनता है। विवरणीय श्री के वर्षावधी में वर्षों की समीक्षा का लक्षण बनता है।

मानो है यह वास्तव में अपनी भूमि। इसी बात के अनुरूप वह
दौड़ी है और दूरवाला राजा भी उसकी ओर आगे आया है।

प्रायः विद्युत् विनाशक योग्य वस्तु एवं इन विभिन्न विधियों का अभ्यास
में विद्युत् विनाशक योग्य वस्तु का उपयोग विनाशकीय विधियों
में विद्युत् विनाशक योग्य वस्तु का उपयोग विनाशकीय विधियों
में विद्युत् विनाशक योग्य वस्तु का उपयोग विनाशकीय विधियों

- गांधी की समिति ने विभिन्न दलों को बुलाकर एक विशेष सत्र का आयोजन किया है।
- गांधी की समिति ने विभिन्न दलों को बुलाकर एक विशेष सत्र का आयोजन किया है।

विवरण के लिए देखें अन्त में दी गई विवरणों की सूची।

— अनुष्ठान करके ही एवं
सम्पूर्ण दो वर्षावाह में लिखी जा सकती है। यह अनुष्ठान करके ही एवं
उपर दो वर्षावाह में लिखी जा सकती है।

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Tutor Support

Annexure - II

Best Practice – II

**(Encouraging Social Services through
NCC & NSS Campaigns)**

Title of Practice: Encouraging Social Services through NSS & NCC Campaigns

Introduction

Social service is an integral part of community development, fostering empathy, responsibility, and a sense of belonging among individuals. The National Service Scheme (NSS) and National Cadet Corps (NCC) play pivotal roles in engaging youth in social service activities, shaping them into responsible citizens while addressing societal issues. By conducting targeted campaigns and activities, NSS and NCC contribute significantly to nation-building and community welfare.

NSS Campaigns

1. Awareness Sessions

NSS volunteers organize awareness sessions on pressing societal issues such as:

- **Health and Hygiene:** Promoting the importance of personal and community hygiene, disease prevention, and healthy living habits.
- **Environment Conservation:** Educating communities about the impact of pollution, benefits of tree plantation, and water conservation techniques.
- **Education:** Campaigning against illiteracy and encouraging enrollment in schools, particularly in underserved areas.

2. Cleanliness Drives

In alignment with the Swachh Bharat Abhiyan, NSS teams:

- Conduct regular cleanliness drives in public places, such as parks, schools, and community centres.
- Mobilize communities to participate in waste segregation and proper disposal.
- Clean rivers, lakes, and other natural water bodies to restore their ecological balance.

3. Cloth Distribution

NSS units often organize collection and distribution drives to provide clothing for underprivileged communities. These drives involve:

Vision

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

Mission:

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

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- Collaborating with local NGOs and donors.
- Ensuring equitable distribution of clothes to those in need, particularly during winter months or in disaster-affected areas.

4. Food Donation

Tackling hunger and food insecurity is a priority for NSS. Volunteers:

- Collect surplus food from households, restaurants, and events.
- Distribute food to the homeless, orphanages, and old-age homes.
- Work with food banks and other organizations to maximize impact.

5. NSS Camps

NSS organizes camps in rural and semi-urban areas to:

- Engage in developmental activities such as building roads, constructing toilets, and setting up community libraries.
- Conduct workshops on skill development and self-employment.
- Promote community health by setting up free medical and vaccination camps.

NCC Campaigns

1. Army Camps

NCC cadets participate in army-oriented training camps to develop discipline, leadership, and resilience. These camps also include:

- Community outreach programs to assist disaster-stricken areas.
- Relief distribution and rebuilding efforts during floods, earthquakes, and other calamities.

2. Combined Annual Training Camps (CATC)

CATC is a cornerstone activity where cadets:



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- Learn the importance of teamwork and service.
- Organize programs for local communities, such as medical check-ups and blood donation drives.
- Conduct tree plantation activities to enhance environmental awareness.

Impact of NSS and NCC Campaigns

The collaborative efforts of NSS and NCC instill a spirit of selfless service and patriotism in the youth. Key outcomes include:

- **Improved Community Welfare:** Enhanced living standards in rural and urban communities.
- **Youth Empowerment:** Development of leadership, organizational, and interpersonal skills among volunteers and cadets.
- **Nation-Building:** Cultivation of a socially conscious and proactive generation ready to contribute to societal progress.

Conclusion

Encouraging social services through NSS and NCC campaigns is an impactful practice that fosters community development and individual growth. By actively involving youth in these programs, the dual goals of societal betterment and personal development are achieved, creating a robust foundation for a progressive and inclusive society.



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TULA'S NAAC A+



NCC Day

NCC day with cleanliness & plantation drive

26-11-2023

10:00 AM

Director
Tula's Institute, Dehradun

responsibilities as citizens. It was an opportunity for participants to learn about the history and contributions of the NCC in shaping disciplined and responsible citizens.

One of the primary activities of the day was the cleanliness drive held at Dhoolkot Road. This initiative aimed to raise awareness about the importance of maintaining clean and healthy surroundings. Students, along with faculty members, actively participated in cleaning the area, picking up litter, and beautifying the environment. The drive not only aimed to enhance the aesthetic appeal of the locality but also sought to instill a sense of ownership and responsibility among participants regarding their surroundings. By engaging in this community service, students learned the significance of cleanliness and its direct impact on public health and community well-being.

In conjunction with the cleanliness drive, a plantation initiative was organized on the Tulas Institute campus. Participants were encouraged to plant trees and shrubs, contributing to the beautification of the campus while promoting biodiversity. The plantation drive aimed to enhance the green cover of the area, improve air quality, and create a more sustainable environment for future generations. This initiative aligned with the growing global emphasis on environmental conservation and sustainability, reinforcing the importance of individual actions in addressing climate change and ecological degradation.

The event had several key objectives, including promoting national awareness, encouraging environmental responsibility, enhancing community engagement, and developing leadership and teamwork skills among participants. By actively participating in the cleanliness and plantation drives, students were able to cultivate these essential skills, learning to collaborate effectively and lead initiatives that benefit the community.

Moreover, the event aimed to raise awareness about pressing environmental issues such as pollution, deforestation, and climate change. Through educational discussions and activities, participants were encouraged to understand the urgency of these challenges and the importance of taking proactive steps to address them. This emphasis on environmental education was vital in fostering a sense of urgency and responsibility towards protecting the planet.

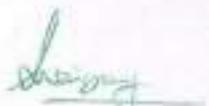
Ultimately, the NCC Day celebration at Tulas Institute successfully instilled a culture of service and social responsibility among students. The positive participation and enthusiasm displayed by attendees set a strong foundation for future initiatives focused on community service and sustainability. By aligning the celebration with actionable community service activities, the event not only commemorated the significance of the National Cadet Corps but also made a tangible impact on the local community and the campus environment.

In conclusion, the event highlighted the importance of active citizenship and environmental stewardship, encouraging participants to continue engaging in similar activities beyond the

celebration. The NCC Day at Tulas Institute was a true testament to the power of collective action and the impact that dedicated individuals can make in their communities.

4. Participants

- **Total Number of Participants: 28**
- **Type of Participants: Students and Faculty members**



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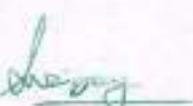
5. Photographs



NCC cadets come together to celebrate the NCC day.27-11-2023



NCC cadets tributing the warriers.27-11-2023



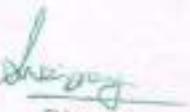
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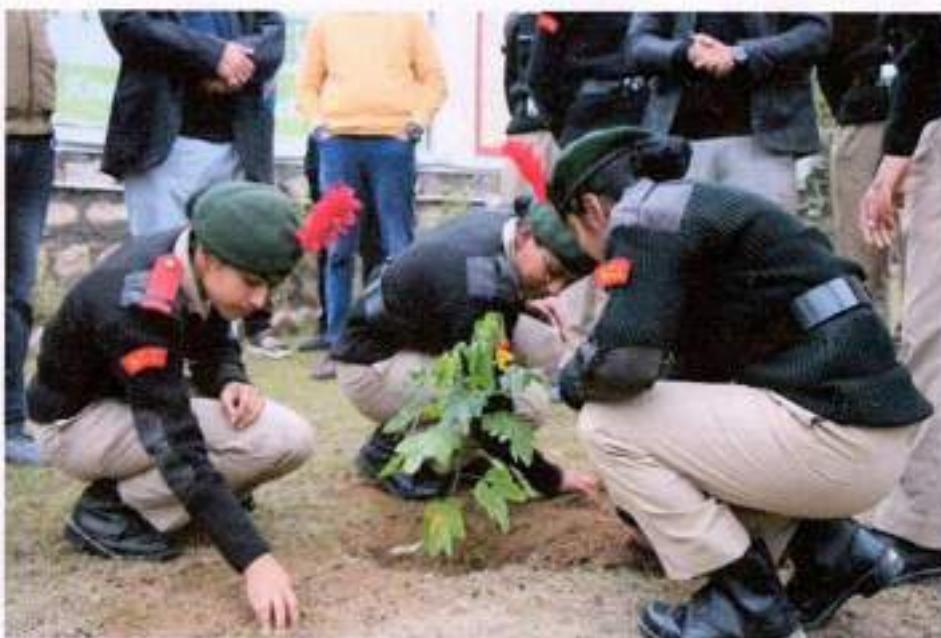


NCC cadets cleaning the river.27-11-2023



NCC cadets cleaning the road.27-11-2023


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NCC cadets planting a tree. 27-11-2023



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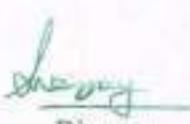
6. Geotagged Photographs



Tree plantation by NCC cadets



Group photo of the cadets



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National Anthem



Paying homage to the martyrs


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Tula's Institute, Dehradun

7. Event Outcome

- **Outcome 1:** The plantation drive on campus successfully resulted in the planting of numerous trees and shrubs, contributing to the beautification of the institute and enhancing its biodiversity. This initiative not only improved the aesthetic value of the campus but also played a role in improving air quality and promoting ecological balance.
- **Outcome 2:** The collaborative nature of the event fostered a sense of camaraderie and teamwork among participants. Students and faculty members worked together towards common goals, strengthening relationships and building a sense of community within the institute.
- **Outcome 3:** The event encouraged participants to embrace their roles as active citizens. By engaging in community service and environmental initiatives, students learned the importance of contributing to society and the positive impact they can have on their surroundings.



Director
Tula's Institute, Dehradun

1. Event Details

- Title of the Event: CATC Camp
- Date of the Event: 02 July 2024
- Location/Venue: Uttaranchal University, Dehradun Uttarakhand 248011
- Event Coordinator(s): Lt. Anushka Kala

2. Event Objectives

The **CATC (Combined Arms Training Camp)** is typically organized to provide individuals, especially cadets, with hands-on training in military operations, tactics, and leadership in a real-world, field-like environment. The objectives of a CATC camp are designed to help participants develop essential military skills and competencies. These objectives include:

1. Enhance Military Skills

- **Tactical Training:** To expose participants to combined arms tactics, where they can understand how different military units (infantry, artillery, armor, etc.) work together in combat scenarios.
- **Weapons Handling:** To provide training in the use of firearms, combat equipment, and military vehicles in a controlled environment.
- **Fieldcraft:** To teach survival skills, navigation, camouflage, first aid, and other essential military field techniques.

2. Develop Leadership Abilities

- **Leadership Challenges:** To give participants the opportunity to take leadership roles in various exercises, helping them build confidence, decision-making, and team management skills.
- **Command and Control:** To train cadets in commanding and controlling troops, making decisions under pressure, and managing battlefield operations.

3. Strengthen Teamwork and Cooperation

- **Collaboration Under Pressure:** To foster teamwork through cooperative exercises, where participants must rely on each other to complete tasks and missions.
- **Communication Skills:** To enhance communication and coordination among team members, which are critical in military operations.

4. Understand Combined Arms Operations

- **Integration of Combat Arms:** To educate participants on how different combat arms (e.g., infantry, artillery, tanks) operate together in joint operations to achieve a common goal.
- **Realistic Combat Simulations:** To simulate real-life combat scenarios where cadets can experience

and understand the challenges of integrated military operations.

5. Improve Physical Fitness and Endurance

- **Physical Conditioning:** To build participants' physical strength and endurance through rigorous training routines, obstacle courses, and physical challenges.
- **Toughness and Resilience:** To help participants improve their ability to handle physical and mental stress, increasing their resilience in both combat and real-life challenges.

6. Foster Discipline and Military Etiquette

- **Adherence to Military Protocol:** To teach the importance of military discipline, respect for authority, and adherence to military rules and regulations.
- **Building Self-Discipline:** To help cadets develop the discipline to manage themselves and their actions in both training and operational settings.

3. Summary

- **Event Overview:**

Overall, CATC is designed to prepare participants for the challenges of military service by fostering leadership, teamwork, physical fitness, tactical skills, and mental resilience. It provides a comprehensive training environment that blends realistic military experiences with the development of essential life skills. The camp is valuable for anyone pursuing a career in the military, as it equips participants with the knowledge, skills, and values necessary for success in military operations.

Key Aspects of CATC:

1. **Combined Arms Training:** Participants learn how different military units (e.g., infantry, artillery, Armor) work together in joint operations, providing a comprehensive understanding of combined arms tactics and strategies.
2. **Leadership Development:** CATC places a strong emphasis on leadership, offering participants opportunities to lead teams, make decisions under pressure, and develop command and control skills.
3. **Physical Fitness:** The camp incorporates rigorous physical training to build endurance, stamina, and mental resilience. Activities such as obstacle courses, long-distance marches, and physical conditioning are central to this aspect.
4. **Teamwork and Cohesion:** Through collaborative exercises, participants strengthen teamwork, communication, and cooperation, which are essential in military settings.
5. **Tactical and Combat Training:** Participants engage in realistic combat simulations and field exercises, enhancing their tactical and combat skills, including weapons handling, fieldcraft, survival techniques, and navigation.
6. **Mental Toughness and Stress Management:** The camp challenges participants both physically and



mentally, helping them develop resilience, focus, and the ability to perform under stress.

7. **Discipline and Military Etiquette:** Strict routines and adherence to military protocols help instill discipline, respect for authority, and personal responsibility in all participants.
8. **Ethical and Moral Leadership:** CATC also focuses on the development of character, integrity, and ethical decision-making in leadership roles.



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Benefits

The Combined Arms Training Camp (CATC) offers a wide range of benefits to participants, particularly cadets or individuals in military training programs. These benefits extend beyond basic military skills and provide valuable experiences that contribute to personal and professional development. Some of the key benefits include:

1. Enhanced Leadership Skills

- **Leadership Experience:** Participants are given opportunities to lead teams in practical exercises and real-time scenarios, which helps develop decision-making, responsibility, and effective leadership techniques.
- **Command and Control:** Training in managing and directing different military units or teams helps improve a participant's ability to control and lead during stressful and high-pressure situations.

2. Improved Physical Fitness

- **Endurance and Strength:** The rigorous physical training and challenges, such as obstacle courses and endurance tests, improve physical fitness, stamina, and overall health.
- **Mental Resilience:** The physical demands of the camp also promote mental toughness, helping participants to push through discomfort and build resilience.

3. Teamwork and Collaboration

- **Team-Building:** CATC fosters a strong sense of teamwork as participants work together to complete tasks and missions. This strengthens collaboration and communication skills, as each participant relies on their teammates.
- **Improved Interpersonal Skills:** Working with others in challenging environments builds better communication, conflict resolution, and interpersonal relationship skills.

4. Practical Military Experience

- **Exposure to Real Combat Situations:** Participants engage in realistic combat simulations and field exercises, offering practical exposure to military operations, tactics, and decision-making.
- **Understanding Combined Arms Operations:** Participants learn how different military units (infantry, armor, artillery, etc.) operate together in joint missions, giving them a broader understanding of military strategy.

5. Increased Discipline and Structure

- **Strict Military Protocol:** The camp instills discipline by requiring participants to follow strict schedules, adhere to military protocol, and respect authority. This structure helps foster a sense of responsibility and personal accountability.
- **Time Management:** Adhering to the camp's structured routine improves participants' ability to manage time effectively and prioritize tasks.

6. Enhanced Decision-Making and Critical Thinking

- **Real-World Tactical Challenges:** During combat simulations and training exercises, participants are required to make quick, well-informed decisions under pressure, which hones their decision-making and critical thinking abilities.
- **Problem-Solving:** Participants face a variety of challenges that test their problem-solving skills, encouraging them to think strategically and adapt to changing circumstances.

7. Improved Communication Skills

- **Clear Communication:** Effective communication is crucial in military operations, and CATC focuses on helping participants improve their ability to convey instructions, ideas, and feedback clearly and assertively.
- **Coordinating Teams:** Training in command and control emphasizes the importance of maintaining constant communication with team members and other military units

Strategies

The strategies of a Combined Arms Training Camp (CATC) are designed to provide a comprehensive, practical, and immersive training experience that prepares participants for the realities of military life and operations. These strategies focus on building physical fitness, leadership, teamwork, combat readiness, and tactical skills while encouraging personal growth and discipline. Here are some key strategies commonly employed in a CATC camp:

1. Integration of Combined Arms Training

- **Tactical Joint Operations:** A core strategy of CATC is teaching participants how to effectively work within a combined arms team. This includes the integration of different military units, such as infantry, artillery, tanks, and air support, to accomplish mission objectives. Participants are trained to understand how these different forces cooperate and synchronize their efforts during military operations.
- **Realistic Combat Simulations:** The camp uses realistic simulations and exercises to give participants a practical understanding of how combined arms operations are executed in real combat scenarios. These simulations often involve live exercises with different arms working together, such as joint infantry and artillery operations.

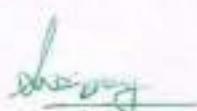
2. Physical Fitness and Endurance

- **Intensive Physical Training:** Physical conditioning is a major component of the CATC strategy. Participants engage in rigorous fitness regimens, including obstacle courses, long-distance marches, strength training, and endurance exercises. This strategy aims to build stamina, agility, and mental toughness in preparation for the physical demands of military life.
- **Building Resilience:** The camp challenges participants physically and mentally to develop resilience, teaching them how to handle stress, fatigue, and adversity both in training and in potential combat scenarios.

3. Leadership Development and Command Training

- **Leadership Opportunities:** One of the key strategies is to provide participants with leadership roles during training exercises. By taking charge of teams or specific tasks, cadets learn leadership skills such as decision-making, responsibility, and managing personnel under pressure.
- **Command and Control Simulations:** The camp uses realistic command-and-control scenarios, where participants practice managing units, making real-time decisions, and overseeing the execution of military operations. This strategy aims to develop effective leadership and operational command abilities in a controlled yet challenging environment.

4. Teamwork and Cohesion Building



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- **Team-Based Exercises:** CATC emphasizes teamwork through collaborative tasks that require participants to rely on one another. These exercises help build trust, communication, and cooperation within teams, which are essential for success in military operations.
- **Bonding Activities:** Through shared hardships such as long training hours, challenging physical tasks, and mission-critical assignments, participants build strong bonds with their teammates, fostering camaraderie and a collective sense of purpose.

5. Real-World Military Environment Exposure

- **Field Exercises:** A key strategy is immersing participants in field exercises that replicate real military operations. These exercises are designed to expose cadets to the complexities of military life and operations, including field navigation, setting up camp, tactical movements, and reacting to combat scenarios.

4. Participants

- **Total Number of Participants:** 10
- **Notable Attendees (if any):** NA
- **Students/participants attendance with signature**



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5. Photographs

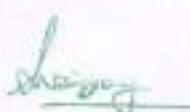
Cadets Group Photograph



Cadets Group Photograph



Winning Trophy



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Outcomes

The outcomes of a Combined Arms Training Camp (CATC) are centred around the development of key skills, competencies, and personal attributes that are crucial for success in military operations and leadership. By the end of the camp, participants typically experience significant growth in several areas:

1. Enhanced Leadership Abilities

- **Improved Decision-Making:** Participants gain experience in leading teams and making strategic decisions under pressure, which builds their confidence in decision-making.
- **Leadership Under Stress:** The camp provides opportunities to lead in high-pressure situations, helping cadets develop the ability to stay calm, focused, and effective in stressful environments.

2. Physical Fitness and Resilience

- **Increased Physical Endurance:** Participants develop better stamina, strength, and agility through rigorous physical training, including obstacle courses, long-distance marches, and fitness routines.
- **Mental Toughness:** The camp fosters resilience, teaching participants how to cope with mental and physical stress, enhancing their ability to perform under difficult conditions.

3. Teamwork and Cohesion

- **Stronger Collaboration Skills:** Participants learn how to work effectively in teams, improving their communication, coordination, and problem-solving skills in collaborative environments.
- **Enhanced Camaraderie:** The camp creates strong bonds among participants as they work together to achieve common goals, fostering a sense of unity and mutual support.

4. Tactical and Combat Skills

- **Proficiency in Military Tactics:** Through hands-on exercises and simulations, participants develop a strong understanding of military tactics, combat readiness, and how combined arms units operate together in missions.
- **Combat and Fieldcraft Skills:** Participants gain essential military skills, such as weapons handling, camouflage, navigation, and survival techniques, preparing them for real-world field operations.

5. Improved Decision-Making and Critical Thinking

- **Strategic Thinking:** The camp challenges participants to think critically and strategically, improving their ability to make informed decisions quickly and effectively in dynamic and challenging environments.
- **Problem-Solving:** Participants refine their problem-solving abilities by working through complex military scenarios and learning how to adapt to changing circumstances on the battlefield.

6. Discipline and Professionalism

- **Increased Personal Discipline:** The structured environment of CATC reinforces discipline,



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punctuality, responsibility, and adherence to military protocols, instilling habits that are essential for success in the military.

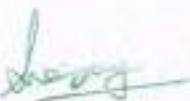
- **Professional Military Conduct:** Participants develop a deeper understanding of military etiquette, including respect for authority, proper conduct, and the importance of following orders.

7. Ethical and Moral Leadership

- **Ethical Decision-Making:** The camp emphasizes the importance of ethics and integrity in leadership, helping participants develop a strong sense of moral responsibility in both military and personal decisions.
- **Leadership with Integrity:** Participants learn to lead by example, demonstrating honesty, respect, and accountability in their actions and decisions.

8. Increased Confidence and Self-Esteem

- **Self-Confidence:** Successfully completing challenging exercises and missions boosts participants' self-esteem and belief in their own capabilities, both as leaders and team members.
- **Empowerment:** The skills and experiences gained at the camp empower participants to tackle future challenges with a greater sense of competence and assurance.



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1. Event Details

- **Title of the Event:** Army Attachment Camp
- **Date of the Event:** 01 August 2023
- **Location/Venue:** Tula's Institute Mehre Ka Gaon PO Selaqui Dhoolkot Dehradun Uttarakhand 248011
- **Organizing Department/Committee:** NCC Unit 29UKBN Dehradun
- **Event Coordinator(s):** PI Staff of 29,UK Battalion NCC Dehradun

2. Event Objectives

The objective of an Army Attachment Camp is to provide training and exposure to participants—of ten students, cadets, or other personnel—so that they can understand military life, discipline, and operations. These camps are typically designed to give non-professional soldiers or civilians a closer look at the military environment and its functioning.

Key objectives of an Army Attachment Camp include:

1. **Exposure to Military Life:** Participants gain a firsthand experience of military routines, discipline, hierarchy, and operational structures. It gives them a clear understanding of the physical and mental demands of military life.
2. **Enhancement of Leadership Skills:** Attachment camps often involve leadership training and provide opportunities to practice decision-making, teamwork, and problem-solving under pressure.
3. **Physical Fitness:** These camps focus on building physical endurance, fitness, and strength, as physical preparedness is a key component of military operations.
4. **Team Building and Collaboration:** Participants learn the importance of teamwork, cooperation, and camaraderie in achieving common goals. Military activities foster strong bonds among participants.
5. **Skill Development:** Some camps offer specialized training, such as weapons handling, navigation, first aid, or tactical exercises, to develop practical skills relevant to military operations.
6. **Cultural Understanding:** Participants may also learn about the history, values, and culture of the military, helping to foster respect for the armed forces.

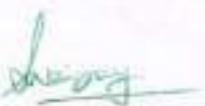


3. Summary

- **Event Overview:**

Overall, The ACT camp aim is transforming the cadet into confident disciplined and responsible individuals who can contribute positively to society.

1. Teamwork and Communication: Build strong relationships, improve communication, and enhance collaboration.
2. Leadership and Personal Growth: Develop leadership skills, confidence, and self-esteem.
3. Environmental Awareness and Conservation: Promote environmental sustainability, conservation, and eco-friendly practices.



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Benefits

An Army Attachment Camp offers several benefits, both for individuals participating in the program and for the military itself. Here are some key advantages:

1. Leadership Development

- Participants develop essential leadership qualities, such as decision-making, responsibility, and accountability. They are often put in positions where they must lead a team or make quick decisions, which enhances their leadership skills.

2. Improved Physical Fitness

- The camp involves intense physical training, which improves participants' physical fitness, stamina, and overall health. It encourages discipline, regular exercise, and maintaining a high level of physical conditioning.

3. Enhanced Teamwork and Camaraderie

- The camp emphasizes the importance of teamwork, as participants often work in groups to complete tasks and missions. This fosters mutual trust, cooperation, and builds strong bonds between team members, which is crucial in both military and civilian life.

4. Understanding Military Discipline and Values

- Exposure to the military's strict discipline, structure, and values such as respect, responsibility, and honour helps participants appreciate the significance of these principles in both personal and professional settings.

5. Cultural and Practical Exposure

- Participants gain a deeper understanding of military culture, operations, and the roles that armed forces play in national security. They may also develop specific skills like weapon handling, first aid, navigation, and survival tactics, which are valuable in various contexts.

6. Confidence Building

- Overcoming challenges and completing difficult tasks builds confidence and self-reliance. Participants learn to push past their comfort zones and face challenges head-on.

Strategies

The strategies of an Army Attachment Camp are designed to maximize the participants' learning experiences, enhance their personal growth, and prepare them for various aspects of military life. These strategies often include structured training, teamwork, leadership development, and exposure to real-life military environments. Here are key strategies commonly implemented in such camps:

1. Structured Training Programs

- Basic Military Training:** Participants undergo physical training, drills, and instruction on military procedures such as marching, saluting, and military etiquette. This helps familiarize them with the

fundamentals of military life.

- **Physical Fitness Regimen:** Rigorous fitness exercises and obstacle courses are conducted to improve physical endurance, strength, and stamina, ensuring that participants can handle the physical demands of military life.

2. Leadership and Responsibility

- **Leadership Roles:** Participants are given leadership opportunities in various activities, such as leading teams during exercises or taking charge of specific tasks. This helps to build confidence, decision-making abilities, and responsibility.
- **Team-Based Exercises:** Teams are formed to encourage collaboration, communication, and problem-solving. Each participant has the chance to develop leadership skills and learn to work effectively with others.

3. Simulated Combat and Tactical Training

- **Field Exercises:** Practical, hands-on training is conducted through field exercises that simulate combat situations, tactical operations, and mission planning. These activities help participants understand military strategy and decision-making under pressure.
- **Survival Skills:** Participants may be trained in basic survival skills, such as first aid, navigation, and fieldcraft, which are crucial for military personnel operating in challenging environments.

4. Discipline and Time Management

- **Strict Timetable and Routine:** The camp follows a rigorous schedule, emphasizing discipline, punctuality, and adherence to routine. This strategy instills a sense of order and responsibility among participants, teaching them the importance of time management.
- **Respect for Authority:** Participants are taught to respect the military hierarchy, following orders from superiors, and understanding the chain of command, which is a fundamental aspect of military structure.

4. Participants

- **Total Number of Participants:** 3
- **Type of Participants :** NCC and NSS students, NCC Faculty Members
- **Notable Attendees (if any):** NA
- **Students/participants attendance with signature**



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5. Photographs



Cadets Group Photograph



Kho-Kho Winning Medals


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Complete Group Photograph


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Outcomes

The outcomes of an Army Attachment Camp are designed to provide participants with both personal and professional growth. These outcomes often go beyond the immediate military context, contributing to a variety of skills that benefit individuals in various aspects of their lives. Some key outcomes of an Army Attachment Camp include:

1. Improved Leadership Abilities

- **Enhanced Decision-Making:** Participants improve their ability to make quick, informed decisions under pressure, often in leadership roles during camp activities. This sharpens their critical thinking and problem-solving skills.
- **Increased Confidence:** As they take on leadership roles and successfully complete tasks, participants build self-confidence in their ability to lead and manage teams.

2. Stronger Physical Fitness

- **Better Health and Endurance:** The physical training in the camp leads to improved physical fitness, endurance, and strength. Many participants experience weight loss, increased stamina, and better overall health.
- **Discipline in Physical Training:** The consistent physical routines help participants develop long-term habits of staying fit and healthy, which can benefit them beyond the camp.

3. Enhanced Teamwork and Collaboration

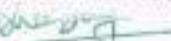
- **Improved Team Dynamics:** Participants learn to effectively collaborate, communicate, and support one another in group tasks and exercises. This enhances their ability to work well in diverse teams.
- **Stronger Interpersonal Skills:** Through teamwork and shared experiences, participants develop better communication and conflict-resolution skills, which are valuable in both military and civilian settings.

4. Better Stress Management and Mental Resilience

- **Increased Mental Toughness:** The rigorous challenges participants face, both physically and mentally, build resilience. They learn to manage stress and pressure more effectively, developing a stronger mindset.
- **Coping with Adversity:** Participants gain tools to remain calm and focused under difficult circumstances, which helps them face future challenges with a more composed attitude.

5. Practical Military Skills and Knowledge

- **Basic Combat Training:** Participants gain fundamental military skills such as tactical drills,



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navigation, and weapon handling. These skills provide a deeper understanding of military operations.

- **Survival and First Aid Skills:** Training in basic survival tactics and first aid prepares participants for emergency situations and enhances their practical knowledge.

6. Increased Discipline and Time Management

- **Respect for Routine:** The camp's strict timetable helps participants become more disciplined in managing their time. They learn how to prioritize tasks, meet deadlines, and work efficiently under time constraints.
- **Adherence to Rules:** Exposure to the military's hierarchical structure fosters respect for authority, protocols, and rules, which can translate into improved behavior and responsibility.



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1. Event Details

- Title of the Event: Observe Special week for spreading Awareness on FWG Government Schemes and social
- Date of the Event: 18 Nov 2024
- Location/Venue: Tula's Institute Mehre Ka Gaon PO Selaqui Dhoolkot Dehradun Uttarakhand 248011
- Organizing Department/Committee: NSS and NCC
- Event Coordinator(s): Lt. Karan Kumar

2. Event Objectives

• Primary Objectives

1. Raise Awareness: Educate citizens about FWG schemes, social issues, and their rights and entitlements.
2. Promote Inclusive Growth: Inform citizens about government schemes and initiatives aimed at promoting inclusive growth and social welfare.
3. Empower Citizens: Equip citizens with knowledge and skills to access FWG schemes and services, promoting self-reliance and empowerment.

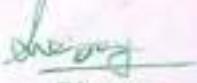
Social Objectives

1. Promote Health and Wellness: Raise awareness about FWG schemes and initiatives aimed at promoting health and wellness, particularly for vulnerable populations.
2. Support Education and Skills Development: Inform citizens about FWG schemes and initiatives aimed at promoting education and skills development.
3. Empower Women and Girls: Raise awareness about FWG schemes and initiatives aimed at promoting women's empowerment, gender equality, and girls' education.

3. Summary

• Event Overview:

Increased Awareness: Enhance citizens' understanding of FWG schemes, social issues, and their rights and entitlements. Empowered Citizens: Equip citizens with knowledge and skills to access FWG schemes and services, promoting self-reliance and empowerment. Improved Governance: Foster transparency, accountability, and efficiency in governance, encouraging citizens to



Director



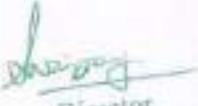
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participate in the decision-making process. Promoted Inclusive Growth: Support inclusive growth and social welfare by promoting FWG schemes and social issues.

Event Highlights

- **Participation:** A total of 20 students actively participated in the drive, demonstrating enthusiasm and commitment to community service.
- **Faculty Guidance:** Lt. Karan Rathore and Mr. Vijay, esteemed faculty members of Tulas Institute, served as coordinators. Their guidance and support were instrumental in organizing and conducting the event smoothly.



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Benefits

1. Informed Citizenship: Educate citizens about their rights and entitlements, promoting informed decision-making.
2. Improved Quality of Life: Enhance citizens' quality of life by promoting access to FWG schemes and services.
3. Enhanced Transparency and Accountability: Foster transparency, accountability, and efficiency in governance, reducing corruption and mismanagement.
4. Strengthened Democracy: Promote active citizenship, transparency, and accountability, strengthening India's democratic foundations.

Strategies

1. Awareness Campaigns and Events: Organize awareness campaigns, events, and activities to educate citizens about FWG schemes and social issues.
2. Collaborations and Partnerships: Collaborate with government agencies, NGOs, community groups, and private sector organizations to support awareness efforts.
3. Social Media and Media Outreach: Utilize social media, traditional media, and other communication channels to disseminate information and promote awareness.
4. Capacity-Building and Training Programs: Conduct capacity-building and training programs for citizens, government officials, and other stakeholders to promote awareness and empowerment.



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4. Participants

- Total Number of Participants: 20
- Type of Participants : NCC and NSS students, NCC Faculty Members
- Notable Attendees (if any): NA
- Students/participants attendance with signature

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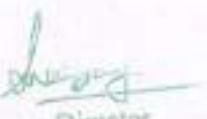
5. Photographs



Event photographs



Event photographs


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Event photographs



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6. Event Outcome

- Increased awareness about fundamental duties
- Improved civic engagement and participation
- Enhanced transparency and accountability in governance

Stronger democracy and better governance

1. FWG Schemes and Services: Raise awareness about government schemes and services aimed at promoting welfare, social justice, and equality.
2. Social Issues: Focus on critical social issues, including health, education, women's empowerment, and environmental conservation.
3. Governance and Transparency: Promote transparency, accountability, and efficiency in governance, encouraging citizens to participate in the decision-making process.



Director
Tula's Institute, Dehradun

1. Event Details

- Title of the Event: CATC Camp
- Date of the Event: 04 September 2024
- Location/Venue: Sardar Bhagwan Singh University, Balawala.
- Organized by: NCC Unit 29, UK Battalion NCC Dehradun
- Event Coordinator(s): Lt. Anushka Kala

2. Event Objectives

The **CATC (Combined Arms Training Camp)** is typically organized to provide individuals, especially cadets, with hands-on training in military operations, tactics, and leadership in a real-world, field-like environment. The objectives of a CATC camp are designed to help participants develop essential military skills and competencies. These objectives include:

1. Build Character: Develop values, ethics, and morals in participants, promoting good character and citizenship.
2. Foster Teamwork and Collaboration: Encourage teamwork, communication, and problem-solving skills, preparing participants for future challenges.
3. Promote Adventure and Exploration: Provide opportunities for adventure, exploration, and experiential learning, helping participants develop new skills and confidence.

Social Objectives

1. Promote Social Cohesion and Harmony: Foster social connections, understanding, and harmony among participants from diverse backgrounds.
2. Develop Emotional Intelligence and Empathy: Help participants develop emotional intelligence, empathy, and conflict resolution skills.
3. Encourage Community Service and Volunteerism: Inspire participants to engage in community service and volunteerism, promoting a sense of social responsibility.

Overall Objective

1. Transform Lives and Communities: Empower participants with the skills, knowledge, and values necessary to become active, responsible, and engaged citizens, transforming lives and communities.

Summary

- **Event Overview:**

Overall, CATC is designed to prepare participants for the challenges of military service by fostering leadership, teamwork, physical fitness, tactical skills, and mental resilience. It provides a comprehensive training environment that blends realistic military experiences with the development of essential life skills. The camp is valuable for anyone pursuing a career in the military, as it equips participants with the knowledge, skills, and values necessary for success in military operations.

Key Aspects of CATC:

1. **Combined Arms Training:** Participants learn how different military units (e.g., infantry, artillery, Armor) work together in joint operations, providing a comprehensive understanding of combined arms tactics and strategies.
2. **Leadership Development:** CATC places a strong emphasis on leadership, offering participants opportunities to lead teams, make decisions under pressure, and develop command and control skills.
3. **Physical Fitness:** The camp incorporates rigorous physical training to build endurance, stamina, and mental resilience. Activities such as obstacle courses, long-distance marches, and physical conditioning are central to this aspect.
4. **Teamwork and Cohesion:** Through collaborative exercises, participants strengthen teamwork, communication, and cooperation, which are essential in military settings.
5. **Tactical and Combat Training:** Participants engage in realistic combat simulations and field exercises, enhancing their tactical and combat skills, including weapons handling, fieldcraft, survival techniques, and navigation.
6. **Mental Toughness and Stress Management:** The camp challenges participants both physically and mentally, helping them develop resilience, focus, and the ability to perform under stress.
7. **Discipline and Military Etiquette:** Strict routines and adherence to military protocols help instill discipline, respect for authority, and personal responsibility in all participants.
8. **Ethical and Moral Leadership:** CATC also focuses on the development of character, integrity, and ethical decision-making in leadership roles.



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Tula's Institute, Dehradun

Benefits

The Combined Arms Training Camp (CATC) offers a wide range of benefits to participants, particularly cadets or individuals in military training programs. These benefits extend beyond basic military skills and provide valuable experiences that contribute to personal and professional development. Some of the key benefits include:

1. Enhanced Leadership Skills

- **Leadership Experience:** Participants are given opportunities to lead teams in practical exercises and real-time scenarios, which helps develop decision-making, responsibility, and effective leadership techniques.
- **Command and Control:** Training in managing and directing different military units or teams helps improve a participant's ability to control and lead during stressful and high-pressure situations.

2. Improved Physical Fitness

- **Endurance and Strength:** The rigorous physical training and challenges, such as obstacle courses and endurance tests, improve physical fitness, stamina, and overall health.
- **Mental Resilience:** The physical demands of the camp also promote mental toughness, helping participants to push through discomfort and build resilience.

3. Teamwork and Collaboration

- **Team-Building:** CATC fosters a strong sense of teamwork as participants work together to complete tasks and missions. This strengthens collaboration and communication skills, as each participant relies on their teammates.
- **Improved Interpersonal Skills:** Working with others in challenging environments builds better communication, conflict resolution, and interpersonal relationship skills.

4. Practical Military Experience

- **Exposure to Real Combat Situations:** Participants engage in realistic combat simulations and field exercises, offering practical exposure to military operations, tactics, and decision-making.
- **Understanding Combined Arms Operations:** Participants learn how different military units (infantry, Armor, artillery, etc.) operate together in joint missions, giving them a broader understanding of military strategy.

5. Increased Discipline and Structure

- **Strict Military Protocol:** The camp instills discipline by requiring participants to follow strict schedules, adhere to military protocol, and respect authority. This structure helps foster a sense of responsibility and personal accountability.
- **Time Management:** Adhering to the camp's structured routine improves participants' ability to manage time effectively and prioritize tasks.

6. Enhanced Decision-Making and Critical Thinking

- **Real-World Tactical Challenges:** During combat simulations and training exercises, participants are required to make quick, well-informed decisions under pressure, which hones their decision-making and critical thinking abilities.
- **Problem-Solving:** Participants face a variety of challenges that test their problem-solving skills, encouraging them to think strategically and adapt to changing circumstances.



Director

Tula's Institute, Dehradun

7. Improved Communication Skills

- **Clear Communication:** Effective communication is crucial in military operations, and CATC focuses on helping participants improve their ability to convey instructions, ideas, and feedback clearly and assertively.
- **Coordinating Teams:** Training in command and control emphasizes the importance of maintaining constant communication with team members and other military units

Strategies

The strategies of a Combined Arms Training Camp (CATC) are designed to provide a comprehensive, practical, and immersive training experience that prepares participants for the realities of military life and operations. These strategies focus on building physical fitness, leadership, teamwork, combat readiness, and tactical skills while encouraging personal growth and discipline. Here are some key strategies commonly employed in a CATC camp:

1. Integration of Combined Arms Training

- **Tactical Joint Operations:** A core strategy of CATC is teaching participants how to effectively work within a combined arms team. This includes the integration of different military units, such as infantry, artillery, tanks, and air support, to accomplish mission objectives. Participants are trained to understand how these different forces cooperate and synchronize their efforts during military operations.
- **Realistic Combat Simulations:** The camp uses realistic simulations and exercises to give participants a practical understanding of how combined arms operations are executed in real combat scenarios. These simulations often involve live exercises with different arms working together, such as joint infantry and artillery operations.

2. Physical Fitness and Endurance

- **Intensive Physical Training:** Physical conditioning is a major component of the CATC strategy. Participants engage in rigorous fitness regimens, including obstacle courses, long-distance marches, strength training, and endurance exercises. This strategy aims to build stamina, agility, and mental toughness in preparation for the physical demands of military life.
- **Building Resilience:** The camp challenges participants physically and mentally to develop resilience, teaching them how to handle stress, fatigue, and adversity both in training and in potential combat scenarios.

3. Leadership Development and Command Training

- **Leadership Opportunities:** One of the key strategies is to provide participants with leadership roles during training exercises. By taking charge of teams or specific tasks, cadets learn leadership skills such as decision-making, responsibility, and managing personnel under pressure.
- **Command and Control Simulations:** The camp uses realistic command-and-control scenarios, where participants practice managing units, making real-time decisions, and overseeing the execution of military operations. This strategy aims to develop effective leadership and operational command abilities in a controlled yet challenging environment.

4. Teamwork and Cohesion Building

- **Team-Based Exercises:** CATC emphasizes teamwork through collaborative tasks that require participants to rely on one another. These exercises help build trust, communication, and cooperation within teams, which are essential for success in military operations.
- **Bonding Activities:** Through shared hardships such as long training hours, challenging physical tasks, and mission-critical assignments, participants build strong bonds with their teammates, fostering camaraderie and a collective sense of purpose.

5. Real-World Military Environment Exposure

- **Field Exercises:** A key strategy is immersing participants in field exercises that replicate real military operations. These exercises are designed to expose cadets to the complexities of military life and operations, including field navigation, setting up camp, tactical movements, and reacting to combat scenarios.

3. Participants

- **Total Number of Participants:** 3
- **Notable Attendees (if any):** NA



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4. Photographs



Participants



Group Photograph

A handwritten signature in black ink, appearing to read "Shashi Shekhar".

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Outcomes

The outcomes of a Combined Arms Training Camp (CATC) are centred around the development of key skills, competencies, and personal attributes that are crucial for success in military operations and leadership. By the end of the camp, participants typically experience significant growth in several areas:

1. Enhanced Leadership Abilities

- **Improved Decision-Making:** Participants gain experience in leading teams and making strategic decisions under pressure, which builds their confidence in decision-making.
- **Leadership Under Stress:** The camp provides opportunities to lead in high-pressure situations, helping cadets develop the ability to stay calm, focused, and effective in stressful environments.

2. Physical Fitness and Resilience

- **Increased Physical Endurance:** Participants develop better stamina, strength, and agility through rigorous physical training, including obstacle courses, long-distance marches, and fitness routines.
- **Mental Toughness:** The camp fosters resilience, teaching participants how to cope with mental and physical stress, enhancing their ability to perform under difficult conditions.

3. Teamwork and Cohesion

- **Stronger Collaboration Skills:** Participants learn how to work effectively in teams, improving their communication, coordination, and problem-solving skills in collaborative environments.
- **Enhanced Camaraderie:** The camp creates strong bonds among participants as they work together to achieve common goals, fostering a sense of unity and mutual support.

4. Tactical and Combat Skills

- **Proficiency in Military Tactics:** Through hands-on exercises and simulations, participants develop a strong understanding of military tactics, combat readiness, and how combined arms units operate together in missions.
- **Combat and Fieldcraft Skills:** Participants gain essential military skills, such as weapons handling, camouflage, navigation, and survival techniques, preparing them for real-world field operations.

5. Improved Decision-Making and Critical Thinking

- **Strategic Thinking:** The camp challenges participants to think critically and strategically, improving their ability to make informed decisions quickly and effectively in dynamic and challenging environments.
- **Problem-Solving:** Participants refine their problem-solving abilities by working through complex military scenarios and learning how to adapt to changing circumstances on the battlefield.

6. Discipline and Professionalism

- **Increased Personal Discipline:** The structured environment of CATC reinforces discipline, punctuality, responsibility, and adherence to military protocols, instilling habits that are essential for success in the military.
- **Professional Military Conduct:** Participants develop a deeper understanding of military etiquette, including respect for authority, proper conduct, and the importance of following orders.

7. Ethical and Moral Leadership

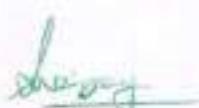
- **Ethical Decision-Making:** The camp emphasizes the importance of ethics and integrity in leadership, helping participants develop a strong sense of moral responsibility in both military and personal decisions.
- **Leadership with Integrity:** Participants learn to lead by example, demonstrating honesty, respect, and accountability in their actions and decisions.

8. Increased Confidence and Self-Esteem

- **Self-Confidence:** Successfully completing challenging exercises and missions boosts participants' self-esteem and belief in their own capabilities, both as leaders and team members.
- **Empowerment:** The skills and experiences gained at the camp empower participants to tackle future challenges with a greater sense of competence and assurance.



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Director
Tula's Institute, Dehradun

1. Event Details

- Title of the Event:** Cleanliness Drive at Tapkeshwar Temple
- Date of the Event:** 21-01-2024
- Time:** 11:00 AM
- Location/Venue:** Tapkeshwar Temple, Dehradun, Uttarakhand
- Organizing Department/Committee:** NSS Unit
- Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- Objective 1:** Ensure the temple and its surroundings are clean, providing a pleasant experience for devotees.
- Objective 2:** Educate visitors and local vendors about the importance of maintaining hygiene at public religious places.
- Objective 3:** Encourage students and devotees to actively participate in preserving the cleanliness of sacred spaces.

3. Summary

Event Overview: The NSS Unit of Tula's Institute organized a *Cleanliness Drive* on 21st January 2024 at the Tapkeshwar Temple in Dehradun, Uttarakhand. The drive, which commenced at 11:00 AM, was conducted in collaboration with the Shri Nityanand Swami Jan Seva Samiti, aiming to preserve the sanctity of the holy site and promote environmental cleanliness.

Volunteers from the NSS Unit enthusiastically participated in the event, cleaning the temple premises and nearby areas along the river. Equipped with gloves, garbage bags, and other materials, they collected a substantial amount of waste, ensuring its proper disposal. The activity also involved educating visitors and devotees about the importance of maintaining cleanliness at religious and public sites. This collaborative effort showcased the commitment of the NSS Unit and Shri Nityanand Swami Jan Seva Samiti toward creating a cleaner and healthier environment, making the event a meaningful and impactful initiative.

4. Participants

- Total Number of Participants:** 37
- Type of Participants:** Students and Faculty members



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5. Photographs



Group photo of the NSS volunteers 21st Jan 2024



NSS volunteers during cleanliness drive 21st Jan 2024



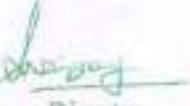
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Volunteers during the cleanliness drive, 21st Jan 2024



Around 12 bags of garbage collected during the drive, 21st Jan 2024


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6. Geotagged Photographs



Cleanliness Drive at Tapkeshwar Temple



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Cleanliness Drive at Tapkeshwar Temple



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Cleanliness Drive at Tapkeshwar Temple

7. Event Outcome

- **Outcome 1:** A visibly clean temple area improves the spiritual atmosphere and minimizes the spread of infections.
- **Outcome 2:** Visitors learn to take responsibility for keeping the temple clean and reduce littering.
- **Outcome 3:** The collaboration fosters a sense of unity and responsibility among participants and the local community.

Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Clothes distribution drive
- **Date of the Event:** 07-09-2023
- **Time:** 11:00 AM
- **Location/Venue:** Vill. Podwala
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Provide essential clothing to those in need, improving their quality of life.
- **Objective 2:** Encourage students to actively participate in community service and develop empathy for societal challenges.
- **Objective 3:** Advocate for reusing and recycling clothes to minimize waste and promote eco-friendly practices.

3. Summary

Event Overview: A Clothes Distribution Drive was organized by the NSS Unit on 7th September 2023 at Vill. Podwala, starting at 11:00 AM. The primary objective of the drive was to support the underprivileged members of the community by providing them with essential clothing items.

The event saw active participation from NSS volunteers who, along with community members, distributed a variety of clothes including shirts, trousers, sweaters, and other garments to individuals and families in need. The drive was well-received, with many beneficiaries expressing their gratitude for the assistance. This initiative helped improve the living conditions of those facing financial hardships, demonstrating the commitment of the NSS Unit to uplift the community. The success of the event reinforced the importance of giving back to society and highlighted the positive impact of collective efforts in supporting the underprivileged.

4. Participants

- **Total Number of Participants:** 25
- **Type of Participants:** Students and Faculty members



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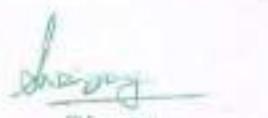
5. Photographs



Clothes distribution drive 7th Sept 2023



Clothes distribution drive 7th Sept 2023


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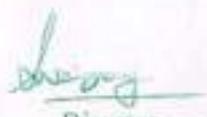
6. Geotagged Photographs



Clothes distribution drive 7th Sept 2023



Clothes distribution drive 7th Sept 2023



Director
Tula's Institute, Dehradun

7. Event Outcome

- **Outcome 1:** Beneficiaries receive much-needed clothing, which helps them manage weather conditions and feel valued.
- **Outcome 2:** Volunteers build connections with the local community, fostering a sense of solidarity and mutual support.
- **Outcome 3:** NSS members gain organizational and communication skills while collaborating on planning and executing the drive.



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TULA'S DEHRADUN NAAC A+

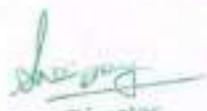
**NUKKAD NATAK &
CLEANLINESS DRIVE**

2ND OCTOBER, 2023

Time: 10:30 AM Onwards
Venue: Dehradun Railway Station

**Call to find out more
91-6366937159**

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Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Cleanliness Drive and Nukkad Natak on Gandhi Jayanti
- **Date of the Event:** 02-10-2023
- **Time:** 07:00 AM
- **Location/Venue:** Dehradun Railway Station
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Reduce litter and pollution at the railway station to create a clean and healthy environment.
- **Objective 2:** Educate commuters and vendors about the importance of cleanliness and waste management.
- **Objective 3:** Motivate students and community members to actively participate in maintaining public spaces.

3. Summary

Event Overview: On the occasion of Gandhi Jayanti on October 2, 2023, a highly enthusiastic cleanliness drive was organized at Dehradun Railway Station, in tribute to Mahatma Gandhi's sanitation and community service principles. The event, jointly arranged by Vibgyor (The student body of Tula's), NSS, and Shri Nityanand Swami JSS (NGO), received immense support from the local community. Before the event, the students performed a Nukkad-Natak to raise awareness about cleanliness and hygiene among local citizens. The event motivated various age groups, including students, local residents, and police personnel to join the cleanliness drive. Students cleaned Dehradun Railway Station's areas, with separate bins for recyclables and non-recyclables, and promoted waste segregation and eco-friendly practices. A cleanliness pledge inspired by Gandhiji's teachings was recited by all participants for a cleaner environment. Local businesses and municipal authorities collaborated by providing resources, and waste disposal facilities. The results were impressive, with tons of waste collected and appropriately disposed of, displaying the society's interest in cleanliness and environmental conservation.

4. Participants

- **Total Number of Participants:**
- **Type of Participants: Students and Faculty members**



Director

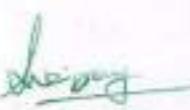
Tula's Institute, Dehradun

5. Photographs



Students heading towards railway station for the participation in cleanliness drive 02-10-2023




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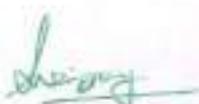
Portrait of Gandhiji 02-10-2023



Student of Tula's Institute attending the inauguration ceremony 02-10-2023



Student displaying poster 02-10-2023



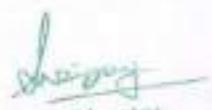
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Nukkad Natak by NSS students 02-10-2023



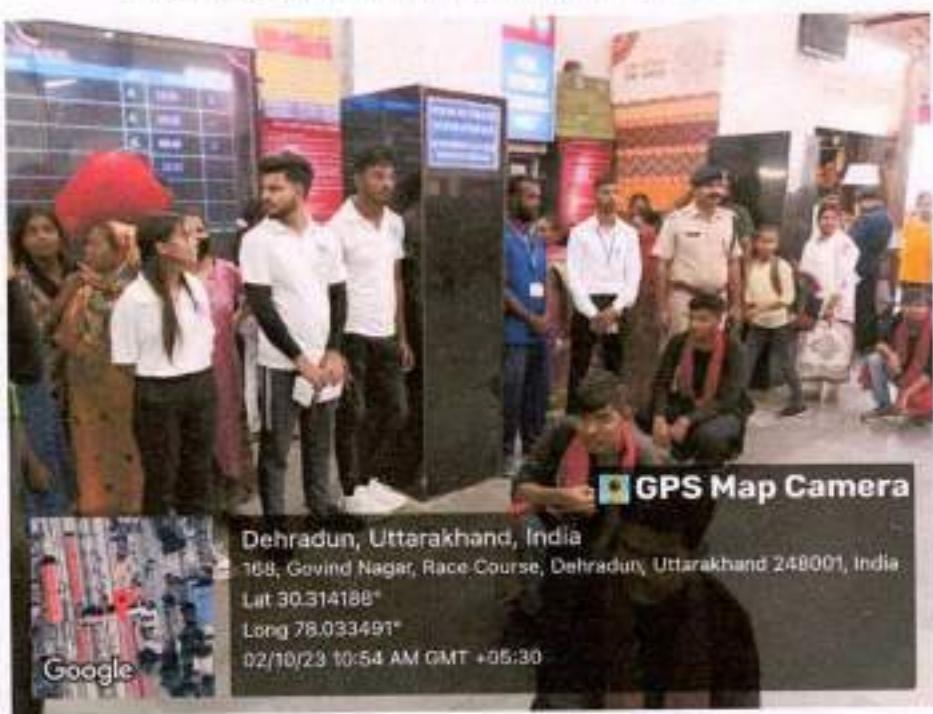
Cleanliness Drive at railway station Dehradun 02-10-2023


Director
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6. Geotagged Photographs



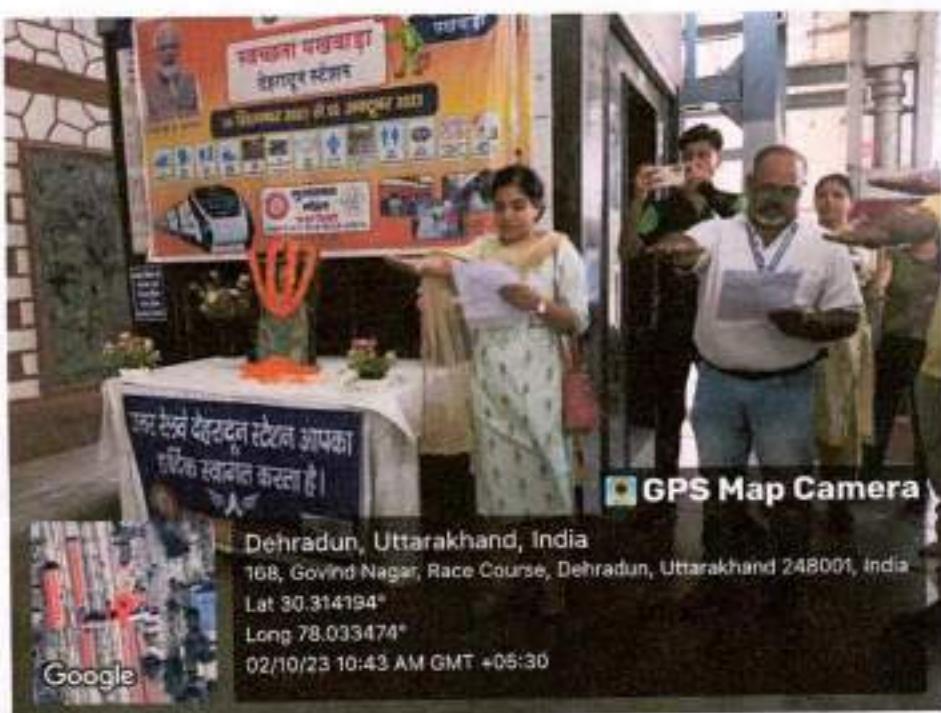
NSS student gathered at the railway station, Dehradun



Nukkad Natak by the students of Tula's



Cleanliness Drive



Gandhi Jayanti

7. Event Outcome


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Tula's Institute, Dehradun

- **Outcome 1:** A visibly cleaner and more hygienic station that promotes a sense of pride and responsibility among users.
- **Outcome 2:** Vendors, passengers, and station staff become more conscious of their role in maintaining cleanliness.
- **Outcome 3:** Establishing a model for regular cleanliness drives and inspiring others to take similar initiatives.



Director
Tula's Institute, Dehradun



NAACA+



Cleanliness Drive

01-01-2024

07:00 AM

Meherka Village




Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Cleanliness Drive
- **Date of the Event:** 01-01-2024
- **Time:** 07:00 AM
- **Location/Venue:** Meherka Village
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Enhance the cleanliness of public spaces, homes, and surroundings in the village.
- **Objective 2:** Educate villagers on the importance of cleanliness, waste segregation, and hygiene.
- **Objective 3:** Introduce and promote practices like composting, reducing plastic usage, and proper waste disposal.

3. Summary

Event Overview: On 1st January 2024, a successful cleanliness drive was conducted at Village Meherka, Dehradun, in collaboration with *Shri Nityanand Swami Jan Seva Samiti* and enthusiastic participation from NSS volunteers. The event commenced at 7:00 AM with a briefing session, emphasizing waste segregation and safe cleaning practices. Volunteers were provided with gloves, garbage bags, and cleaning tools to undertake the task efficiently. The initiative aimed to restore the cleanliness of public spaces while spreading awareness about the importance of a clean and green environment. Groups of volunteers diligently covered streets, public areas, and nearby spots, ensuring thorough cleaning and collection of litter.

By the end of the drive, a total of 10 large bags of garbage were collected, including plastic waste, biodegradable waste, and other refuse. Proper segregation and disposal of the collected waste were ensured in coordination with local waste management authorities. This initiative not only transformed the village surroundings but also inspired residents to adopt cleaner habits. The collaborative effort with *Shri Nityanand Swami Jan Seva Samiti* and the NSS volunteers' dedication underscored the power of community action in creating a sustainable and hygienic environment.



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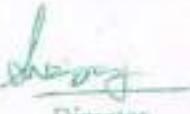
4. Participants

- Total Number of Participants: 18
- Type of Participants: Students, Faculty members and Shri Nityanand Swami Jan Seva Samiti (Reg.)

5. Photographs



More than 10 bags of garbage was collected from the village in cleanliness drive 01-01-2024



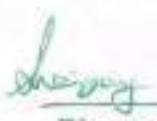
Director
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Volunteer during the cleanliness drive, 01-01-2024



Volunteer during the cleanliness drive, 01-01-2024

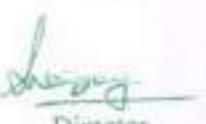

Director
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Volunteer during the cleanliness drive, 01-01-2024

6. Geotagged Photographs




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Cleanliness drive by NSS

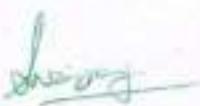


Cleanliness drive by NSS

7. Event Outcome

- **Outcome 1:** A healthier and more visually appealing village environment with reduced litter and pollution.
- **Outcome 2:** Villagers gain knowledge about maintaining cleanliness and its benefits for health and well-being.
- **Outcome 3:** Closer relationships between the college's NSS unit and the village community, fostering mutual respect and collaboration.

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Tula's Institute, Dehradun



Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** 7 Days NSS Camp
- **Date of the Event:** 19 to 24 Feb 2024
- **Time:** 10:00 AM
- **Location/Venue:** Vill. Podwala and Tapowan
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Provide essential clothing to those in need, improving their quality of life.
- **Objective 2:** Encourage students to actively participate in community service and develop empathy for societal challenges.
- **Objective 3:** Advocate for reusing and recycling clothes to minimize waste and promote eco-friendly practices.

3. Summary

Event Overview: Our college NSS unit recently embarked on a memorable adventure, participating in a six-day camp from February 19th to 26th, 2024. Filled with opportunities for service, learning, and camaraderie, the camp instilled in us a deeper sense of social responsibility and fostered connections within our group.

The journey began with an Inauguration Ceremony on the 19th February, marking the official start of the camp. We kickstarted our efforts with a cleanliness drive, dedicating ourselves to making a positive impact on the local environment. The act of giving back fostered a sense of unity and purpose within the group.

On the second day, we ventured into a nearby village to spread awareness about the dangers of drug abuse. We organized a Drug Awareness Rally, using engaging visuals and slogans to educate the community. The experience was both impactful and rewarding, leaving us with a sense of responsibility towards creating a healthier society.

Day three saw us embarking on a trek to Bhadraj Temple, a serene and historic landmark. The challenging journey tested our physical and mental endurance, but the breathtaking views and spiritual significance of the temple made it all the more worthwhile.



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The fourth day focused on further contributing to the community. We organized a Cleanliness Drive at Tapovan Ashram, dedicating our efforts to maintaining a clean and hygienic space for others. The day concluded with a relaxing night stay, complete with a movie night along with bonfire, strengthening our bonds through shared experiences and laughter.

On day five, we embarked on another challenging trek to the Kalinga War Memorial, a historical site commemorating a significant battle. The experience deepened our understanding of local history and sparked discussions about bravery and sacrifice.

The camp culminated on the sixth day with a closing ceremony. We proudly showcased our accomplishments and celebrated the success of the camp. Prize distribution acknowledged the outstanding contributions of volunteers, encouraging continued dedication to service.

This NSS Camp was a transformative experience that instilled in us valuable lessons about teamwork, commitment, and the importance of social responsibility. We returned with newfound perspectives, strengthened bonds, and a commitment to making a positive difference in the world. We are grateful for the opportunity to have participated and look forward to contributing further through future endeavors.

4. Participants

- **Total Number of Participants:**
- **Type of Participants: Students and Faculty members**



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Day 2 (Cleanliness Drive at Vill. Dhulkot and Awareness Rally)



Cleanliness Drive at Vill. Dhulkot



Awareness Rally at Vill. Dhulkot


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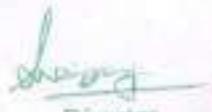
Day 1 (Cleanliness Drive at Vill. Podwala)



Cleanliness Drive at Vill. Podwala



Cleanliness Drive at Vill. Podwala


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Tula's Institute, Dehradun

5. Photographs



Clothes distribution drive 7th Sept 2023



Clothes distribution drive 7th Sept 2023


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Day 3 (Trekking at Santla Devi Temple)



Trekking at Santala Devi



Sanala Devi Temple


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Day 4 (Bonfire Night and Awareness on Environmental Issues)



Bonfire Nights



Trekking



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Day 5 (Visit to Khngla Yudh Smarak)



Visit to Khngla Yudh Smarak



Visit to Khngla Yudh Smarak


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Closing Ceremony



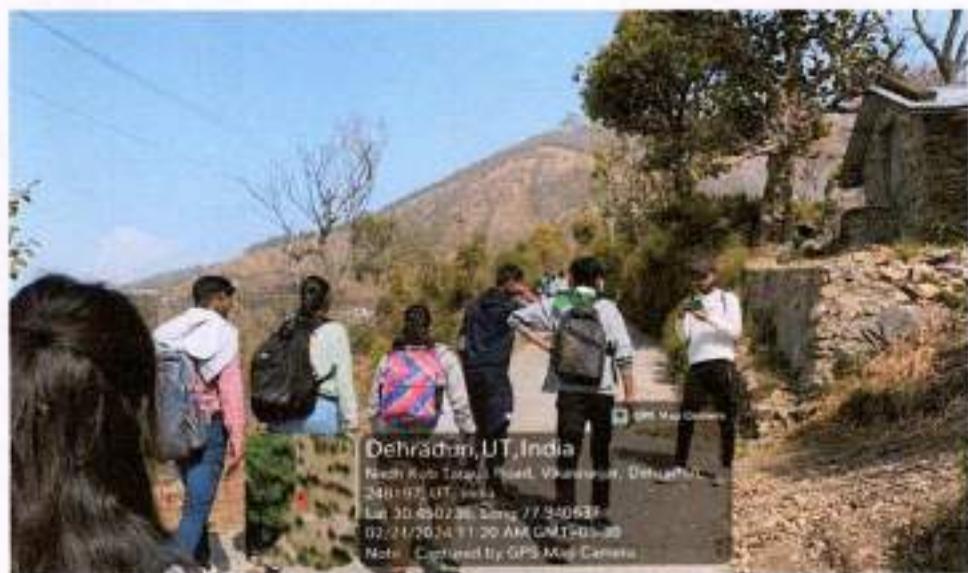
Cultural Performance



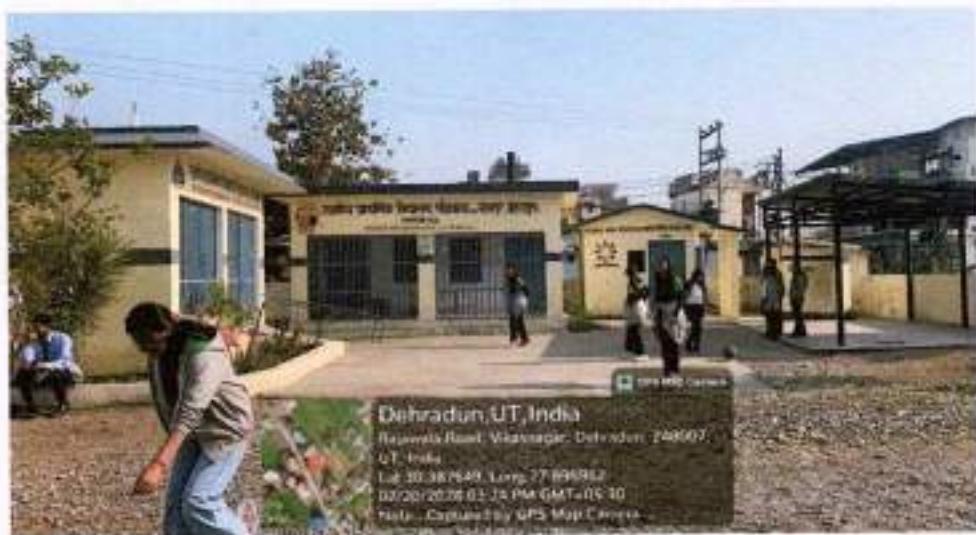
Prize distribution ceremony


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6. Geotagged Photographs



7 Days NSS Camp



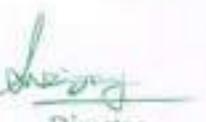
7 Days NSS Camp



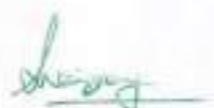
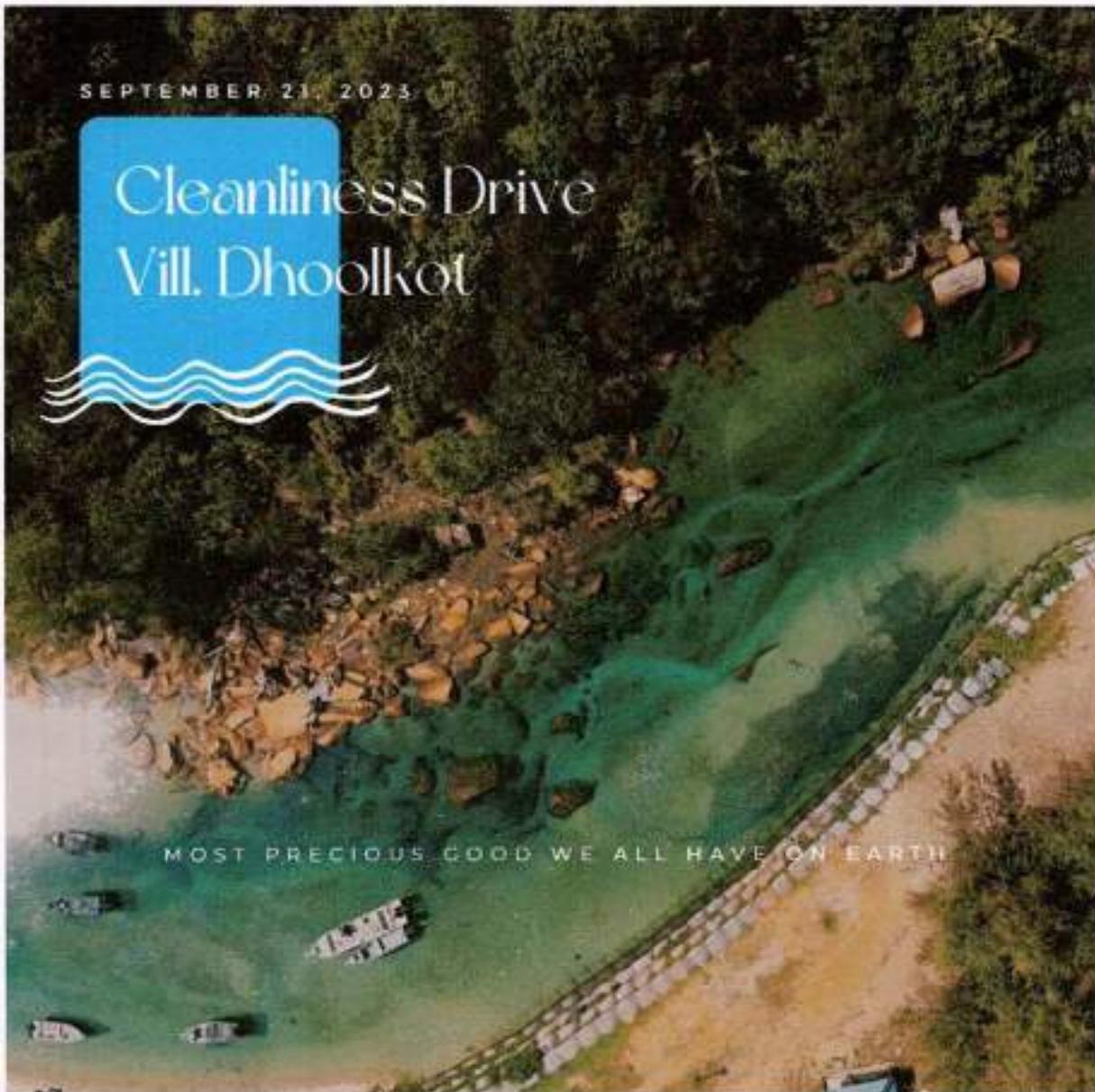
Director
Tula's Institute, Dehradun

7. Event Outcome

- **Outcome 1:** Beneficiaries receive much-needed clothing, which helps them manage weather conditions and feel valued.
- **Outcome 2:** Volunteers build connections with the local community, fostering a sense of solidarity and mutual support.
- **Outcome 3:** NSS members gain organizational and communication skills while collaborating on planning and executing the drive.



Director
Tula's Institute, Dehradun



Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Cleanliness Drive at vill. Dhoolkot river
- **Date of the Event:** 21-09-2023
- **Time:** 11:30 AM
- **Location/Venue:** Vill. Dhoolkot
- **Organizing Department/Committee:** NSS Unit and NCC Unit of Tula's Institute
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Remove waste and pollutants from the river and its surroundings to improve water quality and ecosystem health.
- **Objective 2:** Educate participants and the local community about the harmful effects of littering and water pollution.
- **Objective 3:** Encourage students and community members to contribute actively to environmental protection efforts.

3. Summary

Event Overview:

The NSS Unit and NCC Unit of Tula's Institute organized a *Cleanliness Drive* on 21st September 2023 at Vill. Dhoolkot River. The drive, which commenced at 11:30 AM, aimed to create awareness about environmental conservation and to promote the importance of cleanliness in rural areas. NCC cadets and NSS volunteers actively participated in cleaning the riverbank and surrounding areas, collecting garbage, and disposing of it responsibly. Participants were equipped with gloves, trash bags, and other tools to ensure efficient execution of the activity. The event not only resulted in the collection of a significant amount of waste but also served as a motivational initiative to encourage community members to adopt eco-friendly habits. The combined efforts of the NSS and NCC units underscored the importance of maintaining a clean and healthy environment, making the event a resounding success.

4. Participants

- **Total Number of Participants:** 36
- **Type of Participants:** Students and Faculty members



Director
Tula's Institute, Dehradun

5. Photographs



Group photo of the NSS volunteers 21st Sept 2023



Group photo of the NSS and NCC volunteers 21st Sept 2023



Director
Tula's Institute, Dehradun



Volunteers during the cleanliness drive, 21st Sept 2023



Around 15 bags of garbage collected during the drive, 21st Sept 2023



Director
Tula's Institute, Dehradun



School students of TIS also participated in the drive, 21st Sept 2023



Cleanliness drive, 21st Sept 2023


Director
Tula's Institute, Dehradun

6. Geotagged Photographs



Cleanliness Drive at Vill Dhoolkot




Director
Tula's Institute, Dehradun

Cleanliness Drive at Vill Dhoolkot



Cleanliness Drive at Vill Dhoolkot

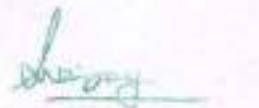


Cleanliness Drive at Vill Dhoolkot


Director
Tula's Institute, Dehradun

7. Event Outcome

- **Outcome 1:** Visible reduction in waste around the river, improving its aesthetic and ecological value.
- **Outcome 2:** Participants and local residents gain knowledge about the importance of keeping water bodies clean and the impact of pollution on biodiversity.
- **Outcome 3:** Strengthened sense of ownership and responsibility among participants to maintain cleanliness and sustainability.

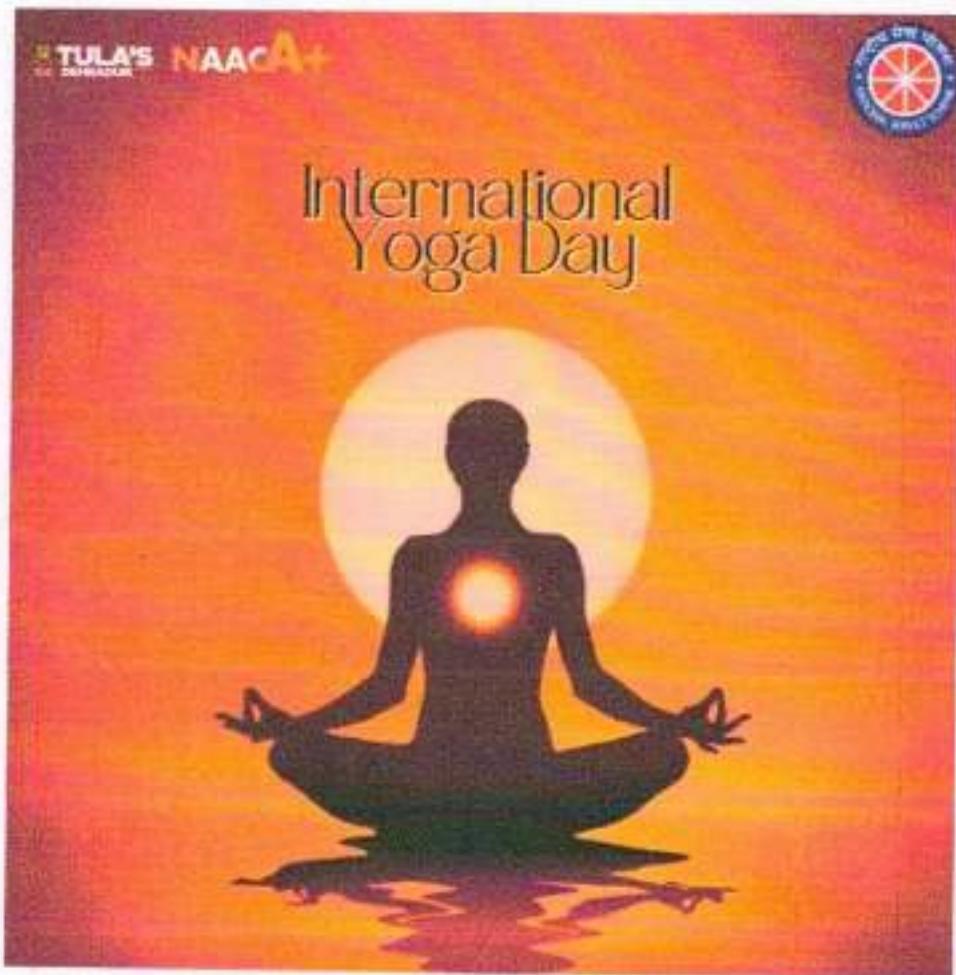


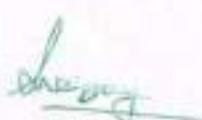
Director
Tula's Institute, Dehradun



TULA'S
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INSTITUTE

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Director
Tula's Institute, Dehradun



1. Event Details

- **Title of the Event:** International Yoga Day
- **Date of the Event:** 21-06-2024
- **Time:** 02:00 PM
- **Location/Venue:** Seminar Hall, Block A
- **Organizing Department/Committee:** Extension Committee
- **Event Coordinator(s):**

2. Event Objectives

- **Objective 1:** Spread awareness about the physical and mental health benefits of regular yoga practice.
- **Objective 2:** Highlight yoga as a universal practice that transcends boundaries, fostering harmony and peace worldwide.
- **Objective 3:** Motivate individuals to incorporate yoga into their daily routines to achieve a balanced lifestyle.

3. Summary

Event Overview:

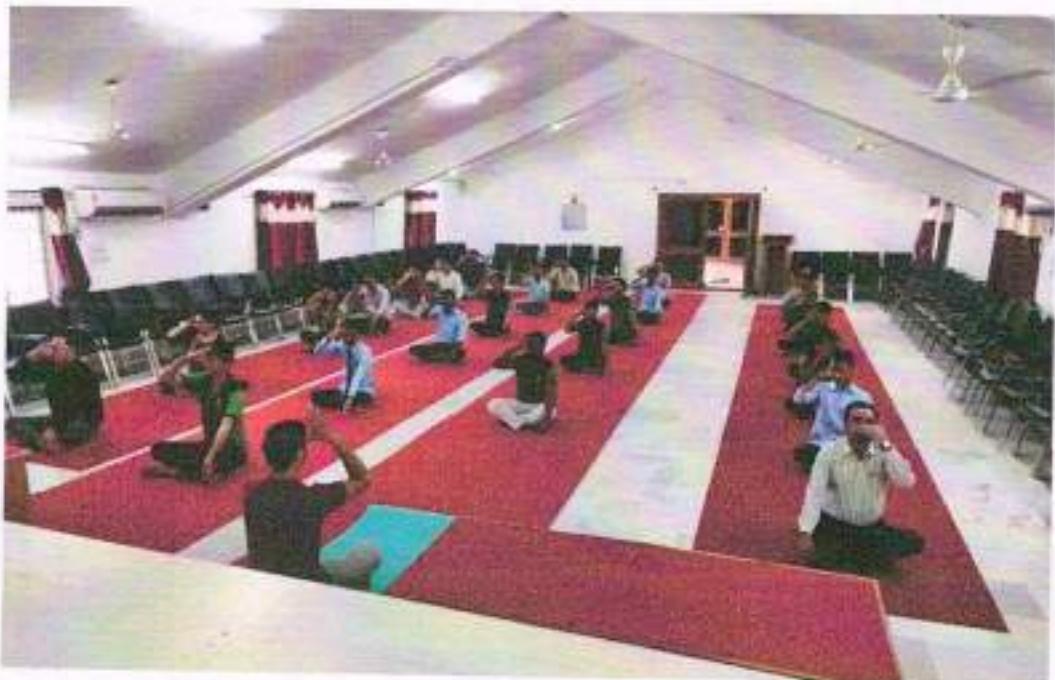
4. Participants

- **Total Number of Participants:** 30
- **Type of Participants:** Students and Faculty members

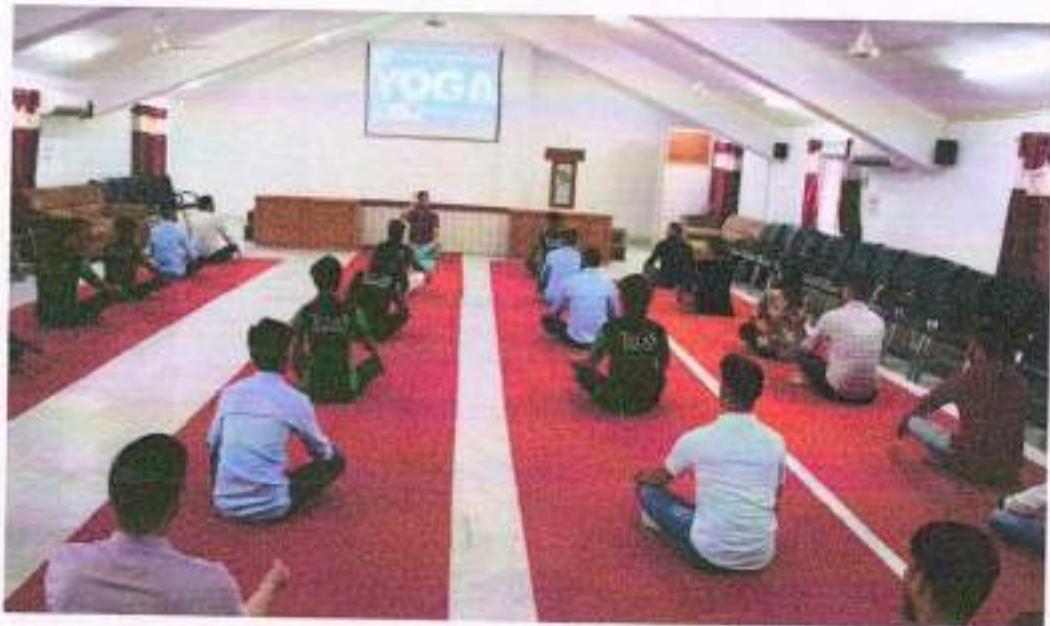


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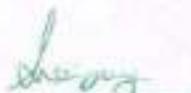
5. Photographs



International Yoga Day, 21st June 2024



International Yoga Day, 21st June 2024

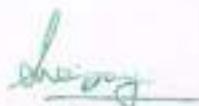

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International Yoga Day, 21st June 2024

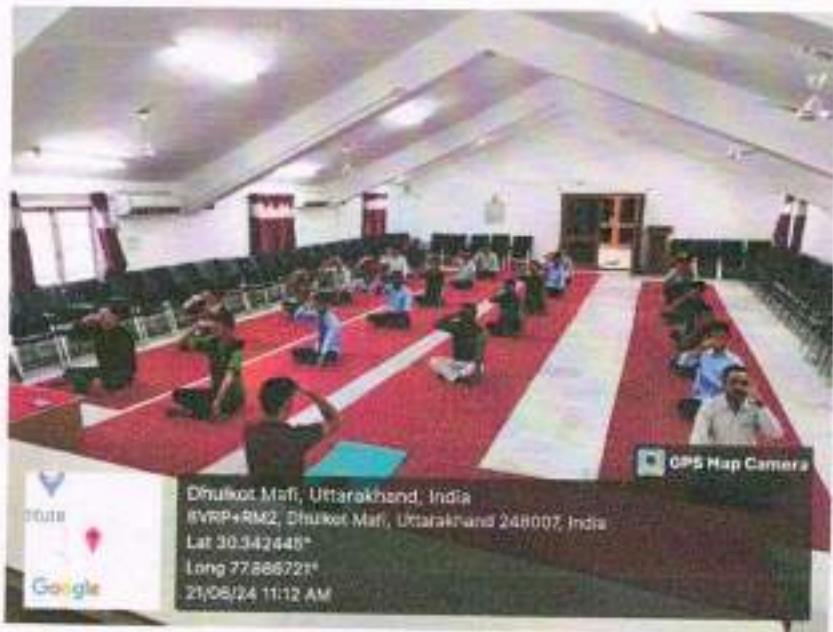


International Yoga Day, 21st June 2024

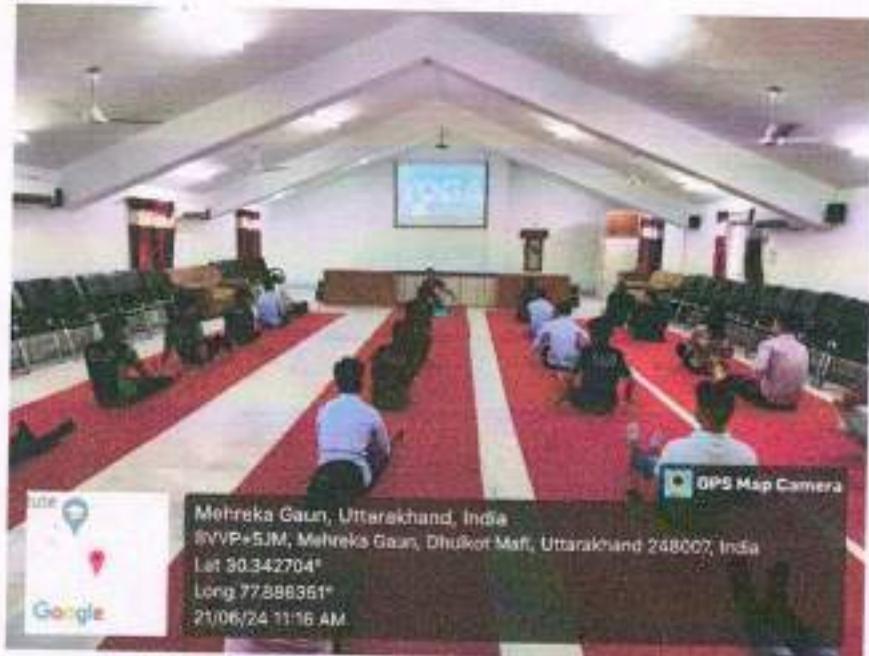


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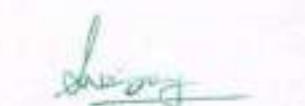
6. Geotagged Photographs



International Yoga Day



International Yoga Day



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Tula's Institute, Dehradun



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7. Event Outcome

- **Outcome 1:** Participants gain knowledge about yoga and mindfulness, leading to healthier habits.
- **Outcome 2:** Shared yoga sessions foster a sense of unity and collective well-being among participants.
- **Outcome 3:** Many attendees are inspired to integrate yoga into their lives, resulting in long-term health benefits.

A handwritten signature in black ink, appearing to read "Shashi".

Director

Tula's Institute, Dehradun



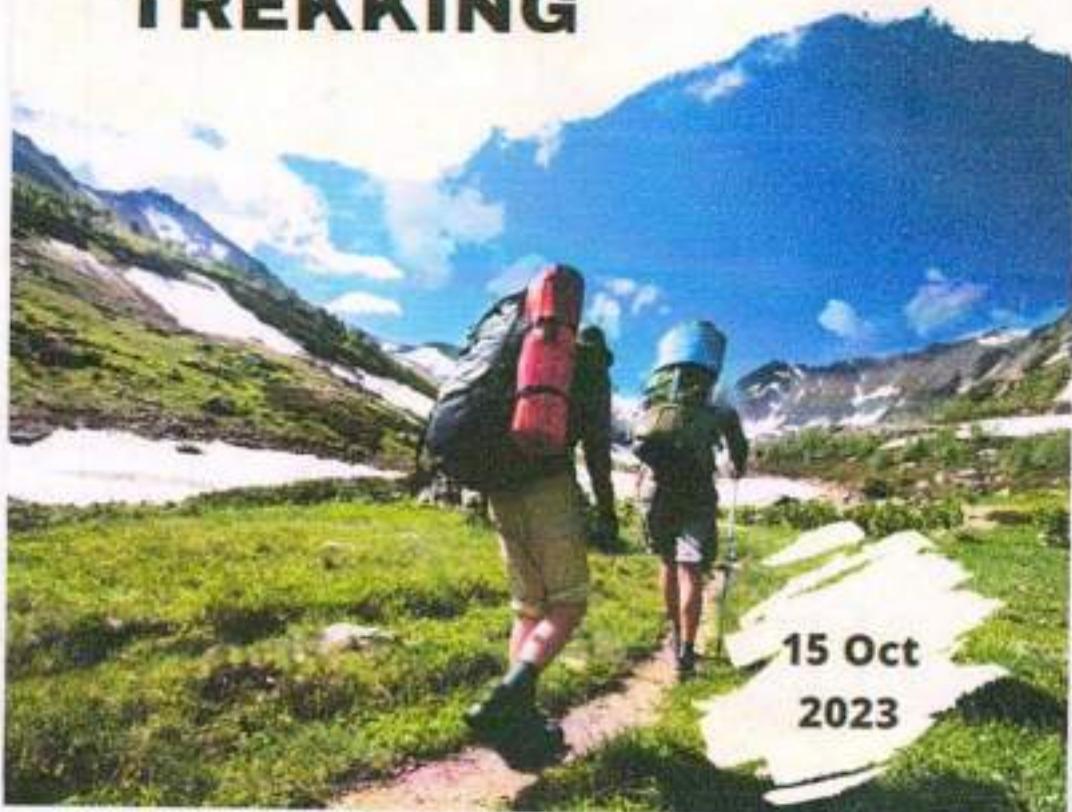
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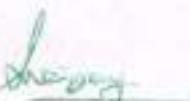
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SANTALA DEVI TREKKING




Director
Tula's Institute, Dehradun



1. Event Details

- **Title of the Event:** Cleanliness Drive and Trekking at Santala Devi
- **Date of the Event:** 15-10-2023
- **Time:** 11:00 AM
- **Location/Venue:** Santala Devi, Dehradun, Uttarakhand
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** To promote environmental conservation by cleaning up trekking trails and surrounding areas, preserving the natural beauty and ecosystem.
- **Objective 2:** To encourage outdoor activities like trekking, which promote physical fitness, mental well-being, and appreciation for nature.
- **Objective 3:** To foster a sense of community among participants, encouraging teamwork and cooperation while creating a positive impact on the environment.

3. Summary

Event Overview: On October 15, a remarkable trekking event was organized at Santala Devi in Dehradun, by the National Service Scheme (NSS) unit of Tula's Institute. This adventure was not only an opportunity for students to connect with nature but also served as a platform for a small-scale cleanliness drive. The event drew the participation of more than 50 enthusiastic students from Tula's Institute, who were joined by dedicated faculty members.

The trip to Santala Devi for trekking was really exciting for everyone who took part. Santala Devi is a beautiful place in the hills of Dehradun, and it was the ideal spot for this adventure. Students and teachers got to enjoy the lovely scenery, the greenery, and the peaceful environment. It was a great way to be in nature and have a wonderful time.

4. Participants

- **Total Number of Participants:** 50
- **Type of Participants:** Students and Faculty members



Director
Tula's Institute, Dehradun

5. Photographs



Group Photograah before goinf for the trekk, 15 Oct 2023



Student doing the cleanliness drive during the trekk, 15 Oct 2023

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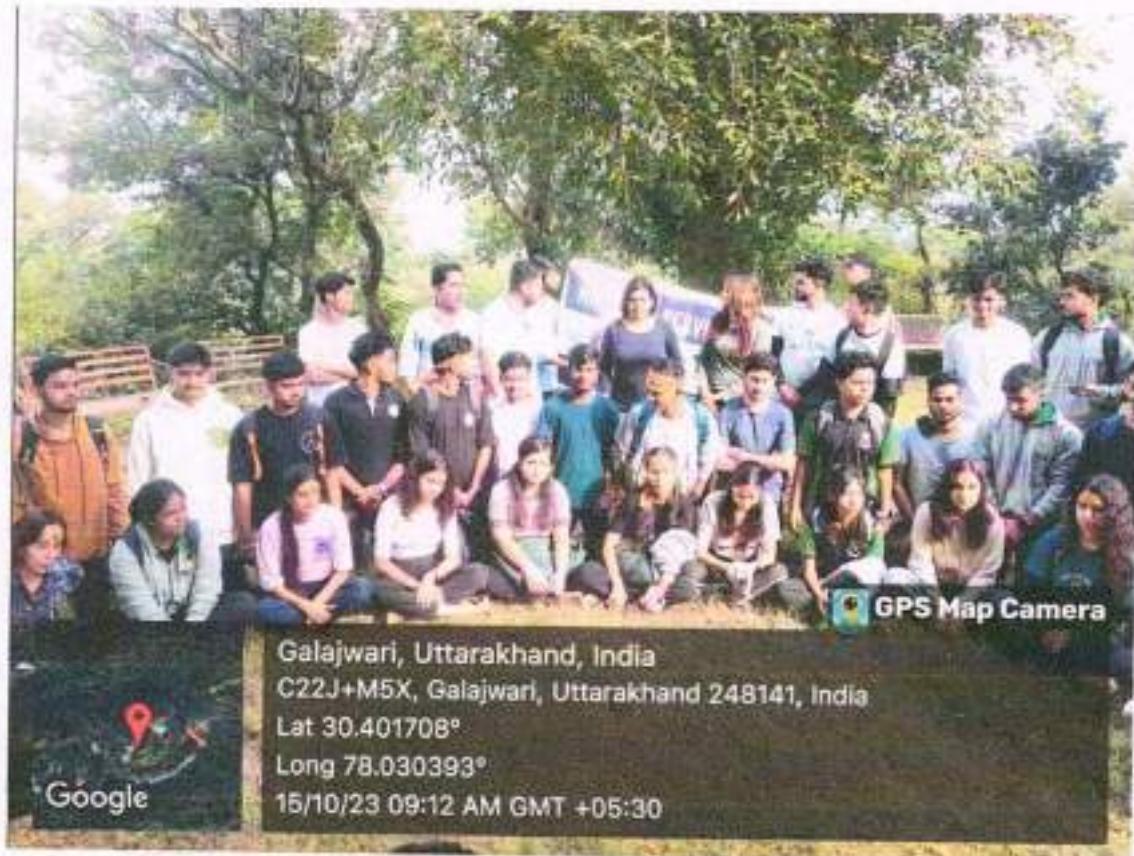
GPS Map Camera
Galajwari, Uttarakhand, India
C22J+M5X, Galajwari, Uttarakhand 246141, India
Lat 30.401805°
Long 78.030381°
15/10/23 09:27 AM GMT +05:30

Cleanliness Drive at Santala Devi Temple

Director

Tula's Institute, Dehradun

6. Geotagged Photographs



Cleanliness Drive at Santala Devi Temple


Director
Tula's Institute, Dehradun



Faculty members of Tula's Institute, 15 Oct 2023



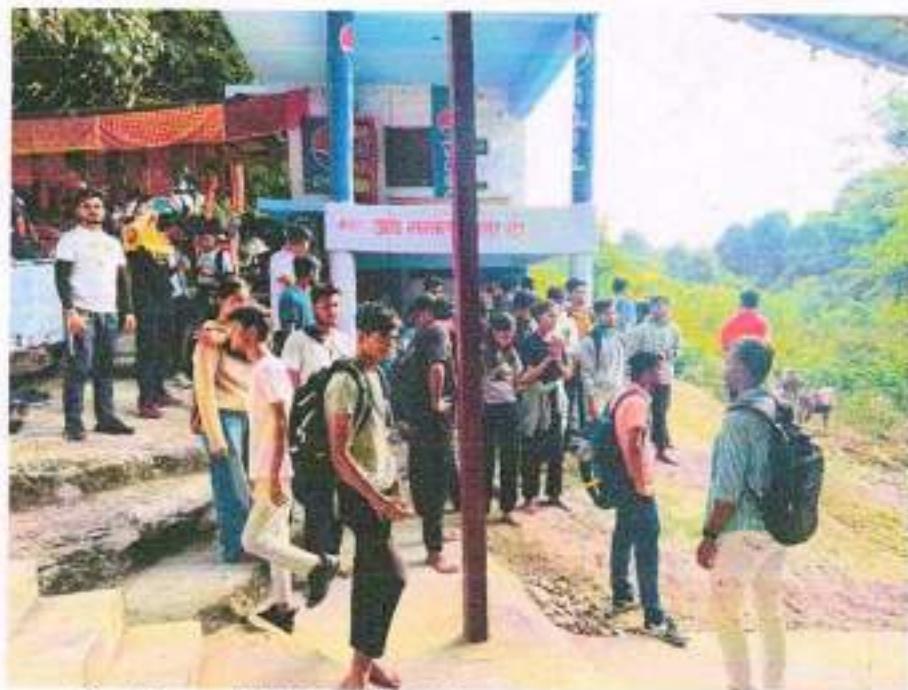
Students collecting garbage during the trekk, 15 Oct 2023



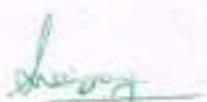
Director
Tula's Institute, Dehradun



Student enjoying the trekk, 15 Oct 2023



Student prayed at the Santala Devi Temple during the trekk, 15 Oct 2023



Director

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Cleanliness Drive at Santla Devi Temple

7. Event Outcome

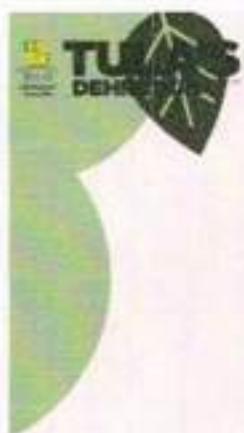
- **Outcome 1:** The drive likely resulted in a cleaner and more beautiful trekking trail, enhancing the natural surroundings and preserving the environment.
- **Outcome 2:** Trekking promotes physical activity and outdoor engagement, contributing to improved fitness and overall well-being among participants.
- **Outcome 3:** The drive likely fostered a sense of community among participants, as they worked together to clean up the trail and enjoyed the trekking experience, potentially leading to stronger social bonds and a greater appreciation for nature.

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SAVE THE FUTURE

LET'S PLANT A TREE



DATE AND TIME

16th September 2023
10:30 AM

VENUE

Vigyan Dham, Dehradun

Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Tree Plantation at Vigyan Dhaam
- **Date of the Event:** 16-09-2023
- **Time:** 10:30 AM
- **Location/Venue:** Vigyan Dhaam, Dehradun
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Educate participants about the significance of trees in combating climate change and preserving biodiversity.
- **Objective 2:** Encourage students and faculty to adopt sustainable habits and take responsibility for the environment.
- **Objective 3:** Beautify the surroundings by planting trees that provide shade, reduce pollution, and create a serene atmosphere.

3. Summary

Event Overview: On September 16, 2023, Tula's Institute in Dehradun successfully concluded a Tree Plantation Drive as part of the National Service Scheme at the Regional Science Center (RSC) in Dehradun. Trees are a crucial source of oxygen production and help reduce the levels of CO₂ in the environment. Given the global warming issue facing the world, tree planting has become one of the most essential activities today. The event commenced with a warm welcome for the NSS volunteers by the RSC team. Subsequently, the students received guidance on how to conduct the tree planting activity correctly. In total, more than 145 trees were planted by students, teachers, and volunteers. Everyone involved felt a sense of happiness and pride after the successful tree planting event, as it is truly gratifying to contribute positively to nature. The entire event was skillfully coordinated under the leadership of NSS volunteers Arpita Chauhan, a second-year B.Com student, and Ayush Kumar Jha, a second-year BCA student.

4. Participants

- **Total Number of Participants:** 38
- **Type of Participants:** Students and Faculty members



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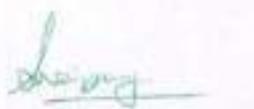
5. Photographs



Group photo of the NSS volunteers 16th Sept 2023



Tree plantation by the NSS volunteers 16th Sept 2023


Director
Tula's Institute, Dehradun



Tree plantation by the NSS volunteers 16th Sept 2023



Tree plantation by the NSS volunteers 16th Sept 2023



Director
Tula's Institute, Dehradun



7. Event Outcome

- **Outcome 1:** Increased greenery contributes to better air quality, reduced carbon footprint, and improved ecosystem health.
- **Outcome 2:** Strengthened collaboration among students, faculty, and staff through active participation in a shared cause.
- **Outcome 3:** Awareness created during the event motivates ongoing care for planted trees and inspires similar initiatives in the future.

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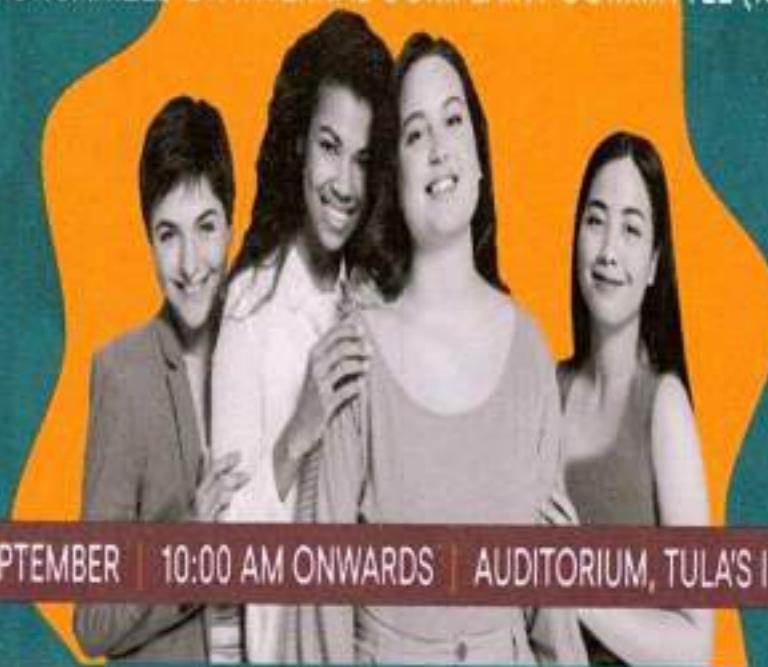
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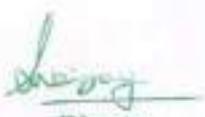
INSTITUTION'S
INNOVATION
COUNCIL
IIC-Tula's Institute

"AWARENESS SESSION ON WOMEN'S SAFETY AND GRIEVANCES"

ORGANIZED BY: INTERNAL COMPLAINT COMMITTEE (ICC)



21ST SEPTEMBER | 10:00 AM ONWARDS | AUDITORIUM, TULA'S INSTITUE


Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Awareness session on women's safety and grievances
- **Date of the Event:** 21-09-2023
- **Time:** 10:00 AM
- **Location/Venue:** Tula's Institute, Dehradun, Uttarakhand
- **Organizing Department/Committee:** NSS Unit and ICC
- **Event Coordinator(s):** Dr. Prerna Badoni and Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Provide information on legal rights, safety apps, and mechanisms available for women's protection.
- **Objective 2:** Encourage women to voice their grievances and seek help without hesitation.
- **Objective 3:** Highlight the role of police, helplines, and organizations in addressing women's safety and grievances.

3. Summary

Event Overview: An awareness session on Women's Safety and Grievances was organized at Tula's Institute, Dehradun, on 21st September 2023, at 10:00 AM. The event was jointly organized by the NSS Unit and the Internal Complaint Committee (ICC) with the support of the institute's administration. Dr. Prerna Badoni, Head of ICC, and Mr. Emmanuel Gabriel, Head of the Extension Committee, served as the event coordinators.

The session aimed to raise awareness about the safety and rights of women, highlighting the importance of understanding legal frameworks and institutional support for addressing grievances. The speakers discussed various safety measures, self-defense strategies, and the process of lodging complaints in case of harassment or discrimination. The session also provided practical insights into creating a safer and more inclusive environment for women both on and off-campus. The event concluded with an open floor for students to ask questions, seek advice, and discuss ways to promote gender equality and women's empowerment in society. The session was a valuable initiative towards empowering individuals and ensuring a safe and respectful community at the institute.

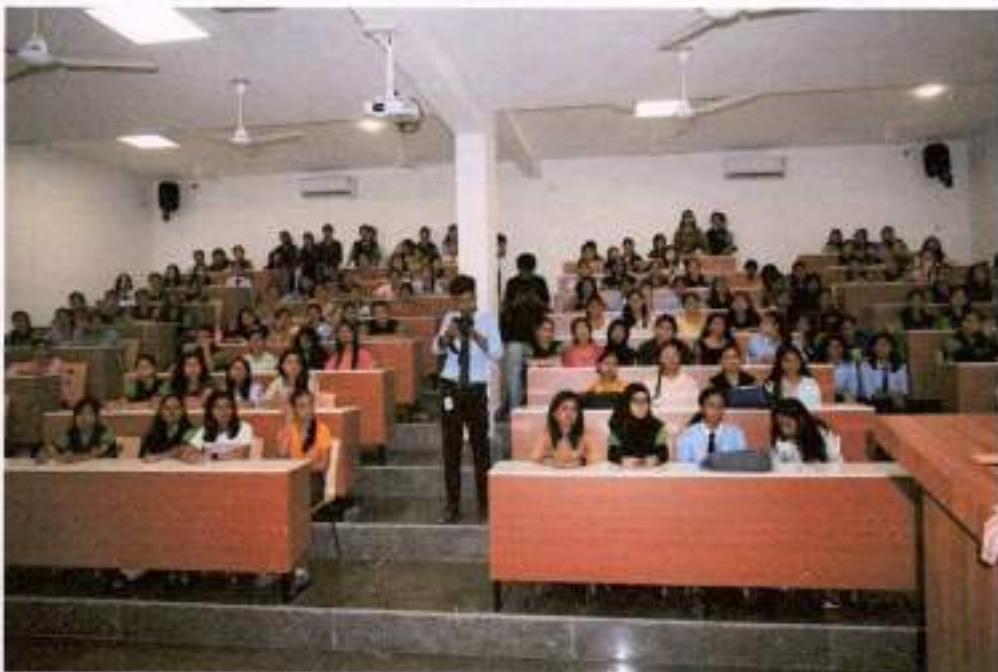
4. Participants

- **Total Number of Participants:** 110
- **Type of Participants:** Students and Faculty members



Director
Tula's Institute, Dehradun

5. Photographs



Session on women safety, 21st Sept 2023



Session on women safety, 21st Sept 2023


Director
Tula's Institute, Dehradun



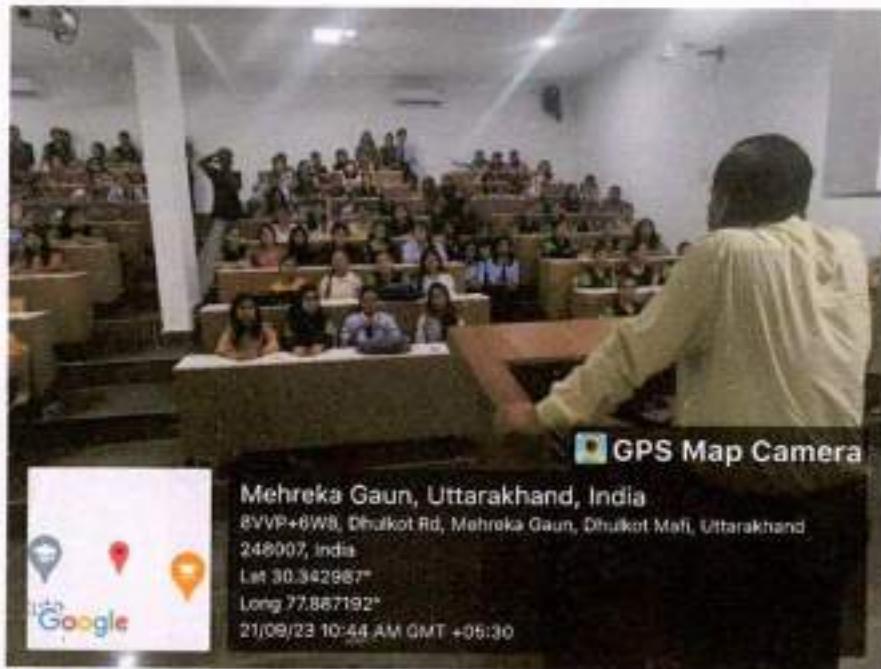
Session on women safety, 21st Sept 2023



Session on women safety, 21st Sept 2023


Director
Tula's Institute, Dehradun

6. Geotagged Photographs



Awareness session on women's safety and grievances



Awareness session on women's safety and grievances



Director
Tula's Institute, Dehradun



Awareness session on women's safety and grievances

7. Event Outcome

- **Outcome 1:** Participants gain knowledge about safety tools, legal provisions, and grievance redressal systems.
- **Outcome 2:** Women feel more confident and prepared to handle unsafe situations and seek justice.
- **Outcome 3:** Encourages men and women to collaborate in creating a supportive and safe environment.



Director
Tula's Institute, Dehradun

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Your small help can
make a big change.

*Clothes Donation
Drive*

23-03-2024

11:00 AM

Vill. Rampur, Dehradun




Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Clothes distribution drive
- **Date of the Event:** 23-03-2024
- **Time:** 11:00 AM
- **Location/Venue:** Vill. Rampur
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Provide essential clothing to those in need, improving their quality of life.
- **Objective 2:** Encourage students to actively participate in community service and develop empathy for societal challenges.
- **Objective 3:** Advocate for reusing and recycling clothes to minimize waste and promote eco-friendly practices.

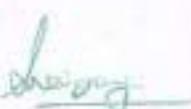
3. Summary

Event Overview: A *Clothes Distribution Drive* was organized by the NSS Unit on 23rd March 2024 at Vill. Rampur, starting at 11:00 AM. The event aimed to provide clothing assistance to underprivileged individuals and families in the area, ensuring that they had access to basic necessities, especially during the colder months.

Through the collective efforts of the volunteers and organizers, more than 60 underprivileged people benefited from the drive. The clothes distributed included warm garments, shirts, pants, and other essential items, which were collected through donations from students and staff. The drive not only helped address the immediate needs of the community but also fostered a sense of solidarity and empathy among the participants. The success of this initiative highlighted the importance of community service and demonstrated the power of collective action in improving the lives of those in need.

4. Participants

- **Total Number of Participants:** 27
- **Type of Participants:** Students and Faculty members



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5. Photographs



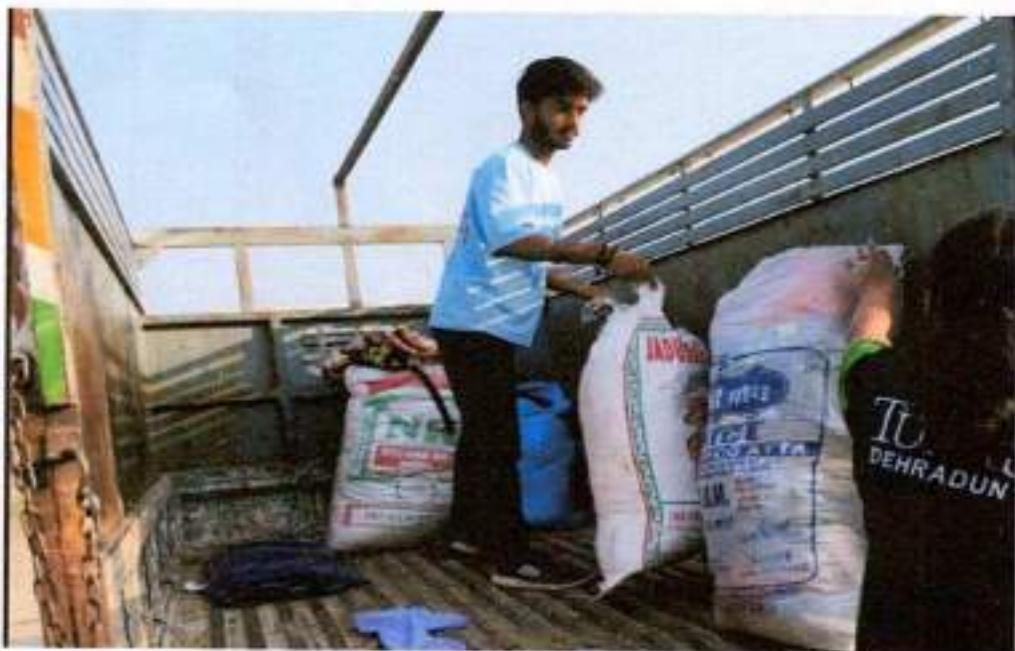
Clothes distribution drive 23rd March 2024



Clothes distribution drive 23rd March 2024



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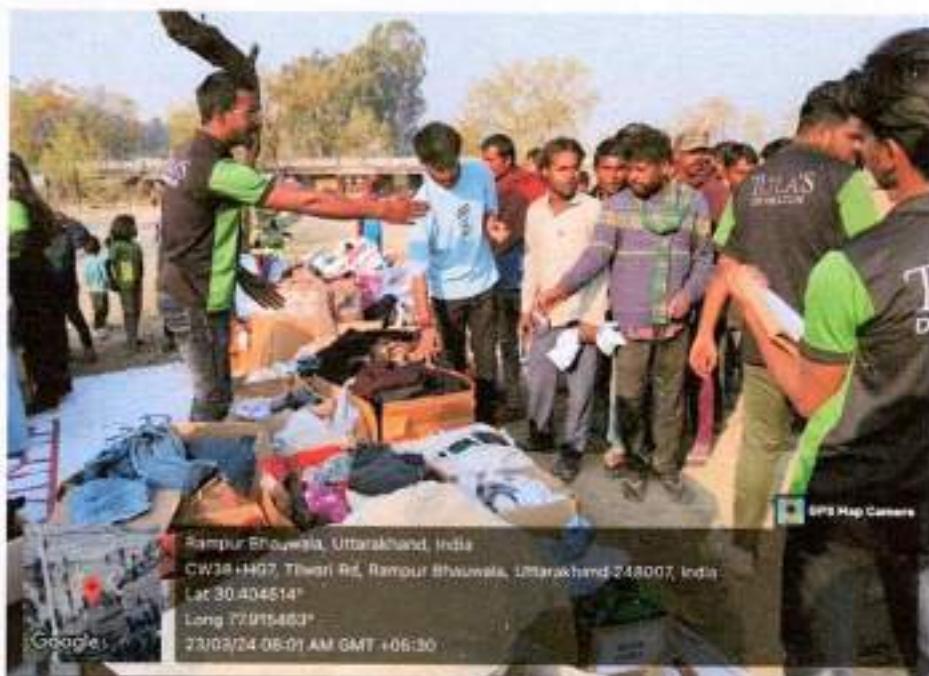
Clothes distribution drive 23rd March 2024



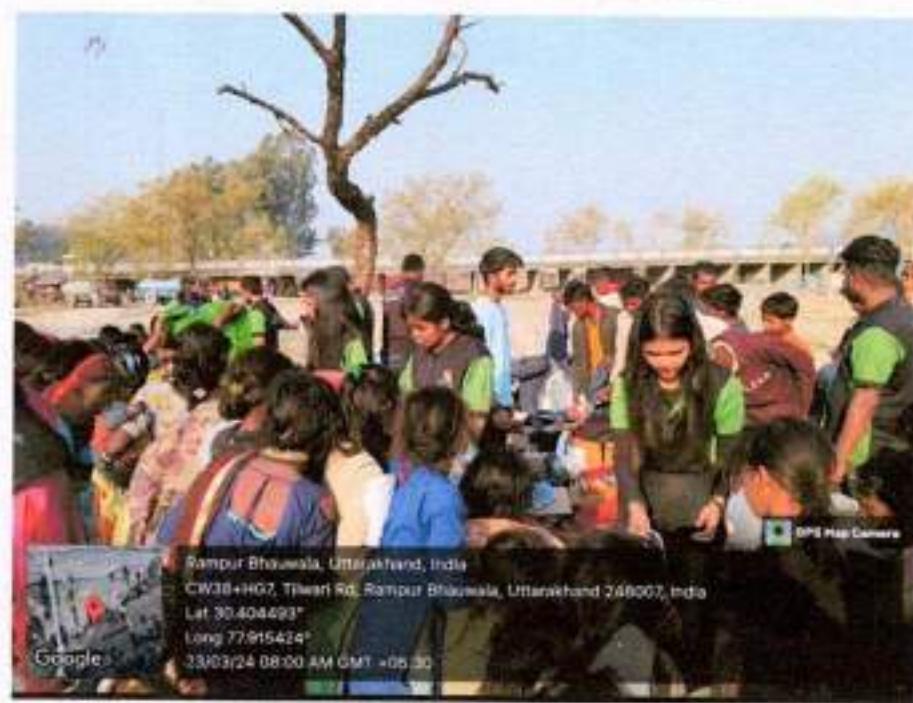
Clothes distribution drive 23rd March 2024


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Tula's Institute, Dehradun

6. Geotagged Photographs



Clothes distribution drive 23rd March 2024



Clothes distribution drive 23rd March 2024


Director
Tula's Institute, Dehradun

7. Event Outcome

- **Outcome 1:** Beneficiaries receive much-needed clothing, which helps them manage weather conditions and feel valued.
- **Outcome 2:** Volunteers build connections with the local community, fostering a sense of solidarity and mutual support.
- **Outcome 3:** NSS members gain organizational and communication skills while collaborating on planning and executing the drive.



Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Trekking and Cleanliness
- **Date of the Event:** 15 Oct 2023
- **Location/Venue:** Santala Devi
- **Organizing Department/Committee:** NSS Tulas with Swami Nitya NGO
- **Event Coordinator(s):** Ayush Kumar Jha, Mr. Shivendra Mishra, Ms. Shipra Thapliyal, Ms. Ankita Vats.

2. Event Objectives

The Santla Devi Trek is a popular trekking route in the Himachal Pradesh region, known for its scenic beauty and spiritual significance. The objectives of trekking to Santla Devi and promoting cleanliness during the trek are:

1. Environmental Conservation and Cleanliness

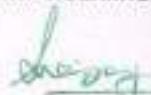
- **Reduce Pollution:** One of the main objectives of promoting cleanliness during the trek is to reduce pollution in the region, particularly plastic waste. Trekking routes are often affected by littering, which can harm the environment and wildlife.
- **Protect the Ecosystem:** The pristine natural environment of Santla Devi is home to diverse flora and fauna. By maintaining cleanliness and avoiding littering, trekkers help preserve the natural habitat and biodiversity of the region.
- **Encourage Eco-Friendly Practices:** Promoting cleanliness encourages trekkers to use biodegradable products and reduce their carbon footprint, such as carrying reusable water bottles and avoiding single-use plastics.

2. Promoting Sustainable Trekking Practices

- **Leave No Trace:** One of the key principles of sustainable trekking is the "Leave No Trace" concept, which encourages trekkers to leave the trail as they found it. This includes picking up trash, using eco-friendly products, and disposing of waste properly.
- **Raising Awareness:** Trekking to Santla Devi can serve as a platform for raising awareness about the importance of cleanliness in mountain environments and the broader context of eco-tourism.

3. Enhancing the Trekking Experience

- **Aesthetic Beauty:** Clean trails make the trekking experience more enjoyable for all participants, offering clear views of the landscape and a serene environment. Cleanliness



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ensures that trekkers can fully appreciate the beauty of nature without being distracted by litter and waste.

- **Spiritual Significance:** Santla Devi is a religious and spiritual site for many trekkers. Maintaining cleanliness not only shows respect for the sacredness of the location but also enhances the experience of those on a spiritual journey.

4. Promoting Community Responsibility

- **Fostering a Sense of Responsibility:** Encouraging trekkers to participate in cleanliness drives creates a sense of community responsibility. It encourages individuals to take ownership of their actions and understand their impact on the environment.
- **Engagement of Locals:** Local communities and guides can play an important role in cleanliness initiatives by educating trekkers and providing practical solutions like trash bags or waste disposal bins along the trek.

5. Health and Safety

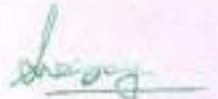
- **Reduced Health Risks:** Clean environments reduce the risk of diseases and health hazards that can result from improper waste disposal. Littering, especially near water sources, can lead to contamination, posing a risk to trekkers and local communities.
- **Safe Trekking Experience:** Clean trails with proper waste management reduce the chances of accidents or injuries caused by discarded objects like broken glass, plastic, or metal items.

6. Preserving Cultural Heritage

- **Respect for Sacred Spaces:** Santla Devi, as a pilgrimage destination, holds cultural and spiritual significance. Keeping the site clean helps preserve its sanctity and promotes respect for the local culture and traditions.
- **Cultural Awareness:** Cleanliness drives can involve educating trekkers about the local customs, rituals, and the importance of maintaining the spiritual purity of such locations.

7. Long-Term Sustainability of Trekking Tourism

- **Sustaining Tourism Growth:** Sustainable trekking practices, including cleanliness, contribute to the long-term viability of trekking as a tourist activity. A clean environment attracts more visitors, boosting the local economy while preserving the natural beauty of Santla Devi.
- **Government and NGO Involvement:** Local governments and NGOs can work together to implement initiatives that promote cleanliness and sustainability, ensuring that the area remains an attractive destination for trekkers and pilgrims alike.



Director
Tula's Institute, Dehradun

3. Summary

The Santla Devi Trek is not only an adventure through beautiful landscapes but also an opportunity to promote cleanliness and environmental conservation. The primary objective of trekking to Santla Devi is to enjoy the natural beauty while maintaining a clean environment along the route. This involves encouraging trekkers to reduce waste, practice eco-friendly habits, and respect the sacredness of the area, which is significant both spiritually and culturally.

Promoting cleanliness during the trek helps protect the local ecosystem, preserves wildlife habitats, and ensures that the environment remains pristine for future generations. Practices like "Leave No Trace" reduce pollution, prevent contamination of water sources, and provide a more enjoyable and safe trekking experience for all.

Additionally, cleanliness fosters community responsibility, encourages local involvement, and raises awareness about the importance of sustainable tourism. It also enhances the spiritual atmosphere of Santla Devi, ensuring a peaceful and respectful environment for those visiting the area for spiritual reflection.

Overall, maintaining cleanliness during the trek to Santla Devi contributes to environmental sustainability, the preservation of cultural heritage, and ensures the trekking destination remains attractive and safe for both tourists and locals.

Strategies

To ensure a successful and sustainable trekking experience at Santla Devi, it is essential to implement strategies that focus on both trekking and cleanliness. Here are some effective strategies for maintaining cleanliness while trekking to Santla Devi:

1. Promote "Leave No Trace" Principles

- **Encourage Minimal Impact:** Trekkers should be educated about the "Leave No Trace" principles, which include not leaving litter, minimizing campfire use, and avoiding any damage to the natural environment.
- **Waste Management:** Ensure that all trekkers are equipped with waste bags to carry their trash back down the trail. There should be a zero-tolerance policy for littering along the trek.

2. Provide Proper Waste Disposal Infrastructure

- **Install Trash Bins:** Set up trash collection points at key stops or campsites along the trekking route. Ensure that these bins are regularly emptied to prevent overflow.
- **Segregated Waste Bins:** Provide separate bins for organic and non-organic waste to make recycling easier and encourage eco-friendly waste management practices.
- **Composting Facilities:** Consider installing composting facilities for biodegradable waste at trekking points and rest areas.

3. Organize Regular Cleanliness Drives



Director

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- **Community Involvement:** Organize clean-up drives with local communities and trekkers to pick up litter from popular trekking routes and campsites.
- **Volunteer Opportunities:** Offer trekkers the chance to participate in cleanliness initiatives by giving them tasks such as picking up trash along the trail or helping to clean up sacred sites.

4. Promote Eco-Friendly Trekking Practices

- **Use of Eco-Friendly Products:** Encourage trekkers to bring biodegradable toiletries, reusable water bottles, and eco-friendly camping gear to reduce their environmental footprint.
- **Ban Single-Use Plastics:** Implement policies to discourage the use of single-use plastic items like bottles, wrappers, and bags during the trek. Provide alternatives, such as water refill stations and eco-friendly packaging.

5. Educate Trekkers on Environmental and Cultural Significance

- **Spiritual Significance of Cleanliness:** Emphasize the spiritual importance of maintaining cleanliness in sacred places like Santla Devi, which is often visited for its religious significance.
- **Awareness Campaigns:** Before the trek, provide trekkers with information on the environmental sensitivity of the Santla Devi area, including the importance of protecting local ecosystems and preserving cultural heritage.
- **Guided Tours with Environmental Education:** Include brief sessions on eco-conscious trekking practices, the significance of the local flora and fauna, and the value of clean trekking.

6. Encourage Sustainable Transportation to the Trek Starting Point

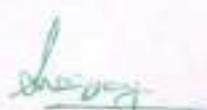
- **Carpooling and Shared Transport:** Promote shared transportation options (such as buses or carpooling) to reduce the carbon footprint of individuals traveling to Santla Devi.
- **Eco-Friendly Vehicles:** Encourage the use of electric or hybrid vehicles for transportation to the base of the trek, if available.

7. Collaboration with Local Authorities and NGOs

- **Local Partnerships:** Collaborate with local authorities, tourism departments, and environmental NGOs to ensure regular maintenance of the trekking trail, installation of waste disposal infrastructure, and enforcement of cleanliness rules.
- **Funding for Cleanliness Programs:** Seek funding for cleanliness campaigns, environmental education, and sustainable tourism development initiatives.

4. Participants

- **Total Number of Participants:** 39
- **Type of Participants :** NCC and NSS students, NCC Faculty Members
- **Notable Attendees (if any):** NA
- **Students/participants attendance with signature**



Director
Tula's Institute, Dehradun

5. Photographs



Trekking & Cleanliness Photographs



Trekking & Cleanliness Photographs

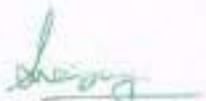

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Tula's Institute, Dehradun



Trekking & Cleanliness Photographs



Trekking & Cleanliness Photographs


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Tula's Institute, Dehradun



Trekking & Cleanliness Photographs



Trekking & Cleanliness Photographs



sherry
Director
Tula's Institute, Dehradun

Outcomes

The outcomes of trekking and cleanliness initiatives at Santla Devi can have significant positive impacts on the environment, local community, and trekkers. Here are the key outcomes that can arise from implementing effective cleanliness strategies during trekking to Santla Devi:

1. Environmental Protection and Conservation

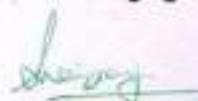
- **Reduced Pollution:** By encouraging trekkers to follow cleanliness practices, littering and waste accumulation along the trekking route can be minimized. This helps keep the environment clean and free from pollution, protecting the natural beauty of the area.
- **Preservation of Ecosystems:** Cleaner trails and campsites contribute to the preservation of the local flora and fauna. Reducing waste and avoiding harmful practices ensures that the area remains a safe habitat for wildlife and that the ecosystem remains balanced.
- **Protection of Water Sources:** With proper waste management and cleanliness, the risk of water sources being contaminated with pollutants like plastics or chemicals is reduced. This ensures that water remains clean for both trekkers and local communities.

2. Enhanced Trekking Experience

- **Aesthetic Beauty:** Clean and well-maintained trekking paths allow trekkers to fully enjoy the stunning natural landscapes, making the journey more pleasant and memorable. Cleanliness ensures unobstructed views and a serene trekking environment.
- **Health and Safety:** A clean environment is safer for trekkers. Removing hazards such as broken glass, plastic, or metal objects from the trail reduces the risk of injuries. Proper sanitation also prevents health risks related to improper waste disposal or contamination of water sources.
- **More Enjoyable and Comfortable Experience:** Clean campsites, proper waste disposal systems, and fresh air contribute to a more comfortable and enjoyable trekking experience. This can make the trek more relaxing and fulfilling, leading to better overall satisfaction.

3. Promotion of Sustainable Tourism

- **Long-Term Viability of the Trek:** By maintaining cleanliness, the trek to Santla Devi remains a viable tourist attraction for years to come. The region can attract more eco-conscious travelers, ensuring that tourism remains sustainable and that the area is preserved for future generations.
- **Raising Awareness of Eco-Tourism:** Encouraging sustainable practices like cleanliness during the trek can lead to a broader awareness of eco-tourism principles, encouraging



Shivay

Director

Tula's Institute, Dehradun

trekkers to adopt more sustainable habits beyond just the Santla Devi trek.

- **Increased Positive Reputation:** The reputation of Santla Devi as a clean and eco-friendly destination may attract more tourists, boosting local tourism and creating economic opportunities for local communities without compromising environmental integrity.

4. Community Engagement and Empowerment

- **Involvement of Local Communities:** Cleanliness initiatives provide opportunities for local communities to get involved in maintaining the trekking route, offering them a sense of ownership and pride in their environment. This can also lead to better local stewardship of natural resources.
- **Creation of Employment Opportunities:** The promotion of cleanliness can lead to jobs related to waste management, tourism services, and guiding, benefiting the local economy and creating sustainable livelihoods.
- **Improved Local Economy:** As the trek remains a popular and clean destination, local businesses, such as hotels, restaurants, and souvenir shops, can benefit from an increase in tourism, contributing to the overall economic development of the region.

5. Preservation of Spiritual and Cultural Integrity

- **Respect for Sacred Sites:** Santla Devi holds spiritual significance for many trekkers. Maintaining cleanliness at sacred sites shows respect for the cultural and spiritual heritage of the region, preserving its sanctity and promoting a peaceful environment for religious practices.
- **Cultural Awareness and Sensitivity:** Trekkers who are educated on the importance of cleanliness are also more likely to respect the local customs, traditions, and cultural practices, ensuring that the trekking experience is not only environmentally but also culturally responsible.

6. Positive Behaviour and Attitudes Among Trekkers

- **Building Environmental Responsibility:** Trekking with a focus on cleanliness encourages trekkers to adopt responsible behaviour, including not littering, using sustainable products, and actively participating in eco-friendly initiatives.
- **Increased Awareness of Environmental Issues:** Through engagement in cleanliness efforts, trekkers may develop a greater understanding of the environmental challenges faced by natural areas and be more inclined to adopt eco-conscious habits in their daily lives.

7. Enhanced Health and Well-being



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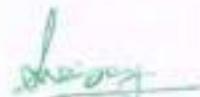
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- **Cleaner Air and Environment:** By reducing waste and pollution, the air quality in the trekking region improves, contributing to better health for trekkers. Clean surroundings also promote mental well-being, as exposure to a pristine environment can reduce stress and anxiety.
- **Promoting a Healthy Lifestyle:** Engaging in a clean and eco-conscious trekking experience encourages trekkers to prioritize health and sustainability. This can have long-lasting effects on their physical and mental well-being.

8. Inspiration for Other Trekking Destinations

- **Model for Other Regions:** The cleanliness and sustainability practices at Santla Devi can serve as a model for other trekking destinations. By demonstrating the benefits of cleanliness and environmental stewardship, it can inspire other trekking sites to adopt similar practices, contributing to a broader movement of responsible trekking tourism.



Dr. S. K. Srivastava
Director
Tula's Institute, Dehradun



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ACCREDITATION
COMMITTEE
UGC Tula's Institute

Forgiveness
Foundation India

NEP

INTERNAL COMPLAINT COMMITTEE (ICC)
is organizing a workshop on

SUICIDAL PREVENTION



Dr. Pawan Sharma

(The Psychedelic)

NLP Master Practitioner & Psychologist

13TH OCTOBER, 2023

Time: 10:00 AM Onwards

Venue: Auditorium, Tula's Institute

Event Coordinators:

Dr. Prerana Badoni, Dr. Sugarn Gupta, Ms. Nanse & Mrs. Babita Sharma



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Director

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1. Event Details

- **Title of the Event:** Suicidal Prevention Workshop
- **Date of the Event:** 13-10-2023
- **Time:** 10:00 AM
- **Location/Venue:** Tula's Institute, Dehradun, Uttarakhand
- **Organizing Department/Committee:** NSS Unit and ICC
- **Event Coordinator(s):** Dr. Prerna Badoni and Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Educate participants about the importance of mental health and dispel myths surrounding suicide.
- **Objective 2:** Train individuals to identify signs of emotional distress or suicidal tendencies in themselves or others.
- **Objective 3:** Empower participants to access professional support and encourage open communication about mental health.

3. Summary

Event Overview: A *Suicidal Prevention Workshop* was conducted on 13th October 2023 at Tula's Institute, Dehradun, starting at 10:00 AM. The workshop was organized by the NSS Unit and the Internal Complaint Committee (ICC) with the goal of raising awareness about mental health issues and providing practical strategies for suicide prevention.

The session was led by experts in mental health, who shared vital information about recognizing the signs of distress, understanding risk factors, and offering support to individuals in crisis. The workshop also highlighted the importance of seeking professional help and creating a supportive environment for individuals struggling with mental health challenges. Attendees actively participated in discussions, learning how to approach sensitive situations and provide the right kind of support to those in need. The event concluded with a message of hope and the importance of mental well-being, empowering participants to make a difference in their communities by promoting mental health awareness and support.

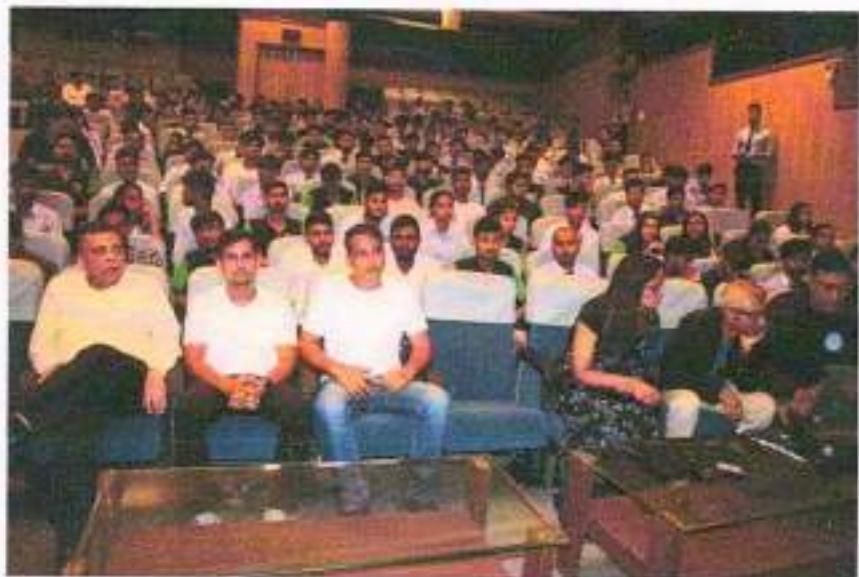
4. Participants

- **Total Number of Participants:** 367
- **Type of Participants:** Students and Faculty members



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5. Photographs



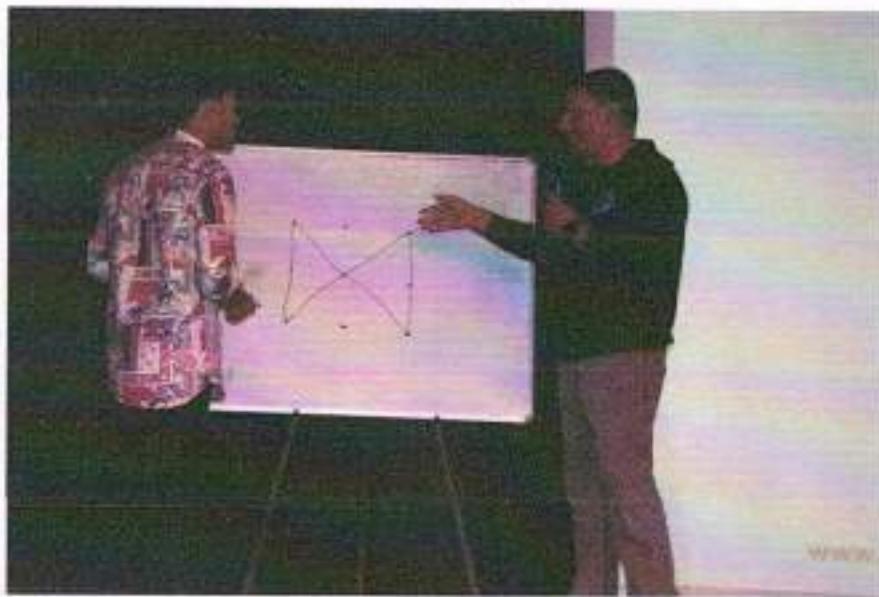
Workshop on suicidal prevention for student, 13th Oct 2023



Welcome of the speaker by Dean Dr. Nishant Saxena, 13th Oct 2023



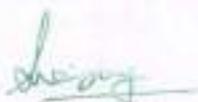
Director
Tula's Institute, Dehradun



Workshop on suicidal prevention for student, 13th Oct 2023

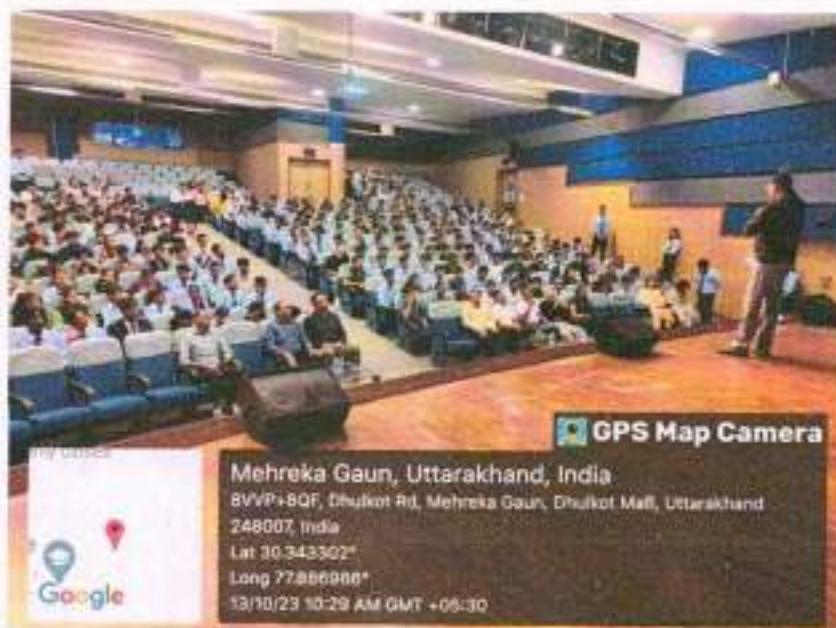


Workshop on suicidal prevention for student, 13th Oct 2023



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Tula's Institute, Dehradun

6. Geotagged Photographs



Dr. Pawan Sharma addressing the audience



Felicitations ceremony


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Tula's Institute, Dehradun



Activity with the students



Group discussion with students and faculty members


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Tula's Institute, Dehradun



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7. Event Outcome

- **Outcome 1:** Participants understand the significance of early intervention and the resources available for mental health support.
- **Outcome 2:** Attendees learn techniques to manage stress and negative emotions effectively.
- **Outcome 3:** A collaborative environment that fosters empathy and support for individuals in distress.

A handwritten signature in black ink, appearing to read "Shivay".

Director

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06 SEPTEMBER 2023

RAISE AWARENESS.

An Awareness Session on Road Safety

Director

Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Session on Road Safety
- **Date of the Event:** 06-09-2023
- **Time:** 11:00 AM
- **Location/Venue:** Tula's Institute, Dehradun, Uttarakhand
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Dr. Vijay Upadhyay

2. Event Objectives

- **Objective 1:** Educate students about safe driving, pedestrian behavior, and the importance of following traffic rules.
- **Objective 2:** Raise awareness about common causes of road accidents and how they can be avoided.
- **Objective 3:** Equip students with the knowledge to act responsibly on roads and advocate for safety within their communities.

3. Summary

Event Overview: On 6th September 2023, Tula's Institute hosted an informative *Road Safety Awareness Session* in collaboration with the Uttarakhand Police. The event aimed to educate students and faculty about the importance of adhering to traffic rules and fostering a culture of safety on the roads. Sub-Inspector Deepak Maithani, accompanied by Mr. Amit Kavi and Mr. Neeraj Ghildiyal, led the session, sharing critical insights and real-life examples to emphasize road safety practices.

Key topics covered included the significance of wearing helmets, giving way to ambulances, avoiding distractions while driving, and adhering to traffic signals. The speakers engaged the audience with practical tips and the consequences of neglecting traffic rules. The interactive session also allowed attendees to ask questions and clarify doubts. The event concluded with a resounding message: "Road safety is everyone's responsibility," inspiring participants to prioritize safety in their daily commutes.

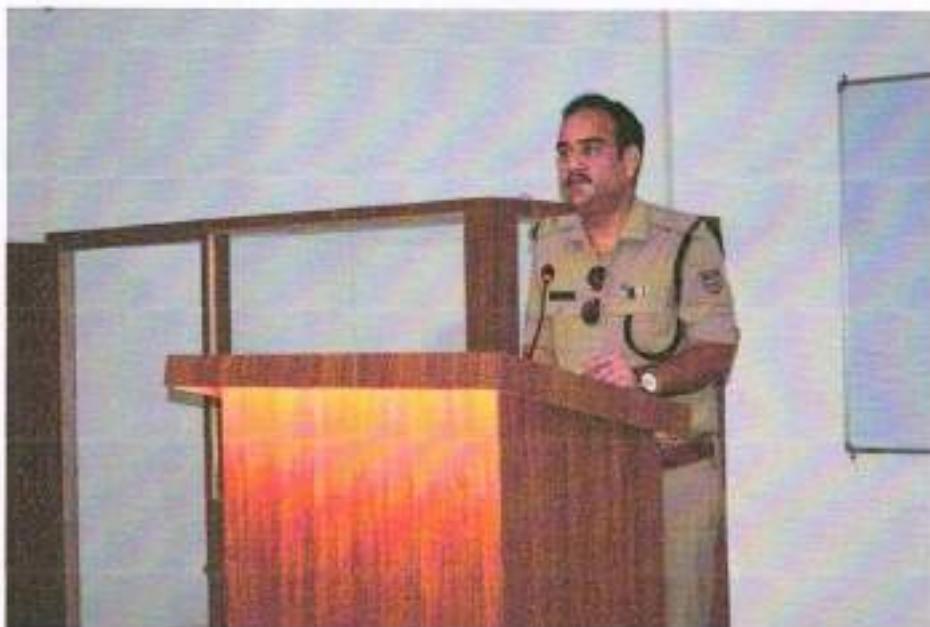
4. Participants

- **Total Number of Participants:** 120
- **Type of Participants:** Student, Faculty members and Uttarakhand Police

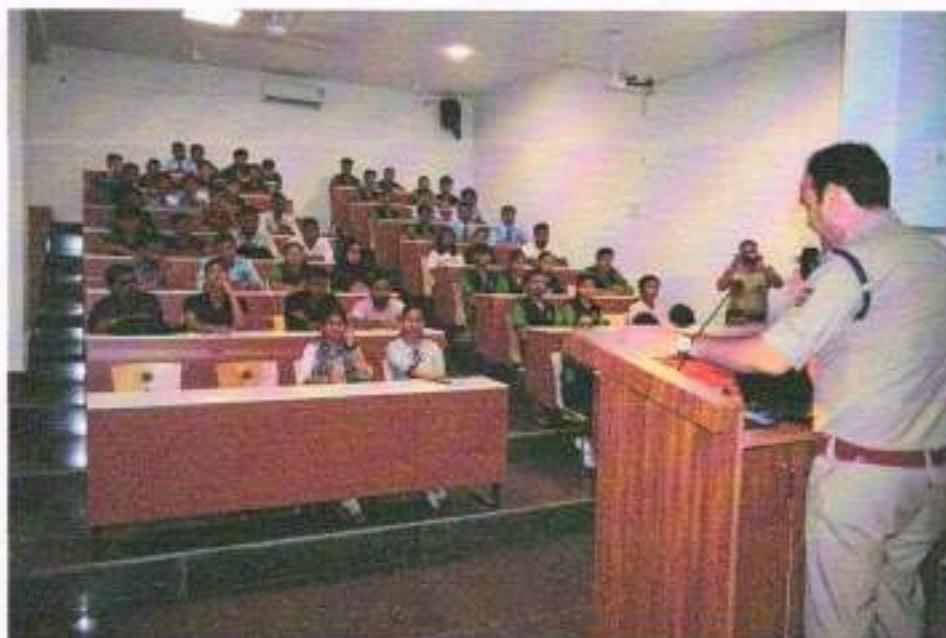


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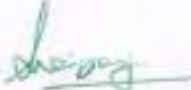
5. Photographs



Session on road safety for students by police personnel, 6th Sept 2023



Session on road safety for students by police personnel, 6th Sept 2023


Director
Tula's Institute, Dehradun



Session on road safety for students by police personnel, 6th Sept 2023

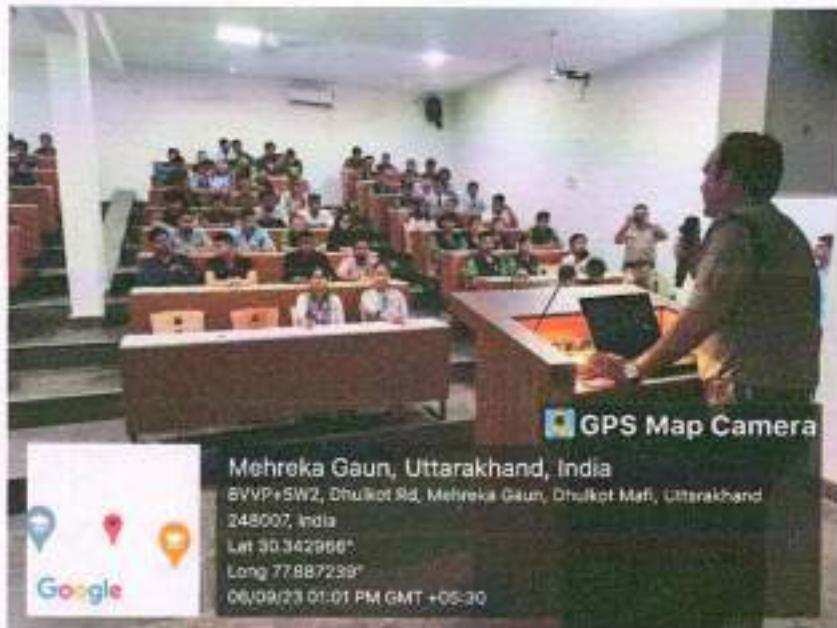


Oath ceremony during the session, 6th Sept 2023

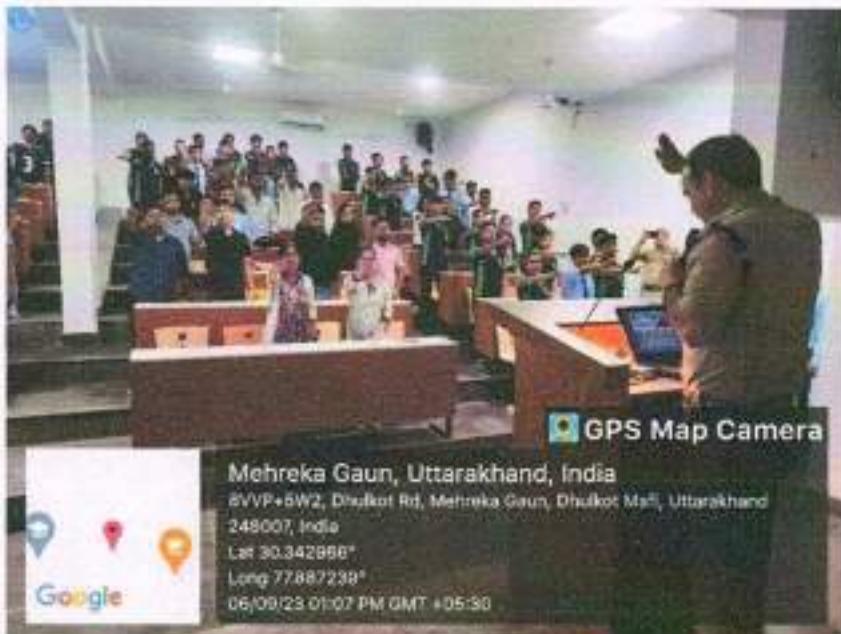
Director

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6. Geotagged Photographs



Session on Road Safety



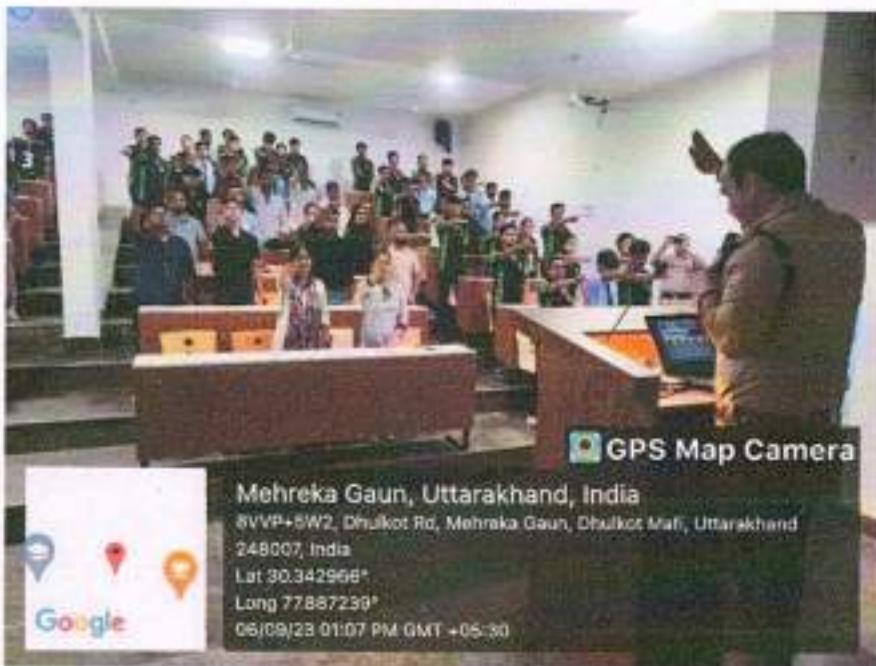
Session on Road Safety



shrawan

Director

Tula's Institute, Dehradun



Session on Road Safety



Session on Road Safety


Director
Tula's Institute, Dehradun



7. Event Outcome

- **Outcome 1:** Students gain a clear understanding of road safety measures and the consequences of neglecting them.
- **Outcome 2:** Encourages students to adopt safe practices, such as wearing helmets, seat belts, and avoiding distractions while commuting.
- **Outcome 3:** Strengthens collaboration between the police department and the student community, fostering mutual respect and trust.



Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Plantation Drive
- **Date of the Event:** 16 Sep 2023
- **Location/Venue:** Regional Science center
- **Organizing Department/Committee:** NSS
- **Event Coordinator(s):** Ayush Kumar Jha, Mr. Emmanuel Gabriel

2. Event Objectives

The objectives of a Plantation Drive are focused on environmental conservation, promoting sustainability, and raising awareness about the importance of trees and green spaces. Such drives aim to improve the ecological balance, address climate change, and create awareness about the need for preserving and expanding forests and green areas. Below are the key objectives of a plantation drive:

1. Environmental Conservation

- **Promoting Biodiversity:** Plantation drives help enhance the biodiversity of an area by increasing the variety of plant species and providing habitats for various species of wildlife, such as birds, insects, and small mammals.
- **Combatting Deforestation:** By planting trees, the drive helps counter the effects of deforestation, which is a major issue leading to the loss of natural habitats, soil erosion, and reduced air quality.
- **Restoring Ecosystems:** Plantation drives can help restore degraded ecosystems, such as barren lands, flood-prone areas, or regions affected by mining, by reintroducing native plant species that help stabilize the environment.

2. Climate Change Mitigation

- **Reducing Carbon Footprint:** Trees absorb carbon dioxide (CO₂) from the atmosphere and release oxygen. Planting more trees helps mitigate the effects of climate change by reducing greenhouse gas concentrations and improving air quality.
- **Increasing Carbon Sequestration:** Large-scale plantation drives contribute to carbon sequestration, a process by which trees and other plants absorb and store carbon, helping to combat global warming.
- **Cooling Effect:** Green spaces and tree canopies contribute to local cooling, reducing the urban heat island effect and lowering the need for energy-intensive air conditioning.

3. Soil Conservation

- **Preventing Soil Erosion:** Trees help to bind the soil together with their roots, preventing erosion caused by wind and water. This is particularly important in areas prone to floods and landslides.

- Improving Soil Fertility: The roots of trees help improve soil structure, reduce compaction, and contribute to better water retention, making the soil more fertile for other plants.

4. Enhancing Air and Water Quality

- Purification of Air: Trees absorb pollutants like nitrogen oxides, ammonia, and sulfur dioxide, improving the quality of the air. They also reduce dust and particulate matter in the air.
- Water Conservation and Regulation: Trees play a crucial role in the water cycle. They help with groundwater recharge, reduce surface runoff, and prevent waterlogging, while also contributing to the moderation of water temperatures in surrounding areas.

5. Aesthetic and Psychological Benefits

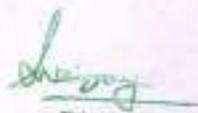
- Beautification of Public Spaces: Trees enhance the aesthetic appeal of cities, towns, and rural areas, making them more pleasant to live in. Greener spaces are visually inviting and improve the overall urban or rural landscape.
- Improved Mental Health: Exposure to green spaces and natural surroundings has been shown to reduce stress, anxiety, and mental fatigue. Trees and nature contribute to the well-being of individuals by providing peaceful and therapeutic environments.
- Creating Green Belts: Plantation drives can help create green belts around urban areas, promoting healthy spaces for relaxation, recreation, and physical activities like walking and cycling.

3. Summary

A Plantation Drive is an organized effort to plant trees and create green spaces in order to promote environmental sustainability, enhance public health, and combat climate change. It typically involves the participation of communities, schools, local organizations, and government agencies to plant trees in public areas, along roadsides, or in deforested or barren regions.

Key Aspects of a Plantation Drive:

1. **Environmental Benefits:** The primary goal of a plantation drive is to contribute to environmental conservation by reducing pollution, enhancing biodiversity, preventing soil erosion, and improving air and water quality.
2. **Climate Change Mitigation:** Trees absorb carbon dioxide, helping to combat global warming. A large-scale plantation drive can help sequester carbon, reduce the urban heat island effect, and moderate local temperatures.
3. **Community Engagement:** Plantation drives involve communities in planting trees and raise awareness about environmental issues. They foster a sense of responsibility and empower individuals to contribute to the protection of their local environment.
4. **Aesthetic and Health Improvements:** Green spaces created through plantation efforts improve the aesthetic appeal of urban and rural areas. Trees also provide psychological and health benefits, offering spaces for relaxation, reducing stress, and promoting mental well-being.
5. **Sustainability:** The drive supports long-term ecological balance by ensuring that future generations benefit from the environmental, social, and economic advantages provided by trees.



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Strategies

The strategies of a Plantation Drive are essential for ensuring the success of the initiative, ensuring long-term sustainability, and effectively engaging the community. These strategies focus on planning, community involvement, proper care of the planted trees, and creating awareness. Here are key strategies for conducting a successful plantation drive:

1. Planning and Preparation

- **Identifying Suitable Locations:** Choose areas that require greening, such as barren land, roadways, parks, or deforested regions. Locations should also be accessible for volunteers and have the necessary conditions for tree growth.
- **Selecting the Right Tree Species:** It's crucial to choose native or climate-appropriate tree species that will thrive in the local environment and contribute to the ecosystem. Native species are better suited to local soil, weather, and biodiversity.
- **Setting Clear Objectives:** Define the objectives of the plantation drive, such as the number of trees to be planted, specific areas to be covered, and the expected environmental impact (e.g., reducing carbon footprints, preventing soil erosion).

2. Collaboration and Partnerships

- **Involve Local Authorities:** Collaborate with local government bodies, municipalities, and environmental agencies for support in permissions, resources, and coordination of activities.
- **Partner with NGOs and Environmental Groups:** Work with local environmental NGOs, schools, and colleges to gather volunteers, resources, and expertise.
- **Engage Corporate Sponsors:** Seek sponsorships or partnerships with companies that align with environmental sustainability to help fund and provide materials for the plantation drive.

3. Community Engagement and Awareness

- **Raise Public Awareness:** Use posters, social media, and community meetings to inform people about the importance of the plantation drive, the role of trees in environmental conservation, and the drive's goals.
- **Educate the Community:** Organize educational workshops or campaigns that explain the benefits of trees and the environment, such as reducing pollution, conserving water, and providing habitats for wildlife.
- **Promote Volunteer Participation:** Encourage local residents, students, and organizations to actively participate in the tree planting. Create incentives such as certificates or recognition for their involvement.

4. Logistics and Resources

- **Organize Tools and Materials:** Ensure that enough tools (shovels, watering cans, gloves, etc.), saplings, and irrigation resources are available for the drive. The quality of the saplings and soil preparation are essential for the trees' survival.
- **Arrange for Transportation:** Plan for transporting saplings to the planting sites, especially if large quantities of trees are being distributed over wide areas.
- **Watering and Maintenance:** Set up systems for watering the saplings and ensuring their survival



after planting. Establish a maintenance schedule to monitor the growth of the trees and provide necessary care.

5. Post-Plantation Care and Maintenance

- **Regular Monitoring:** Organize regular visits to the plantation sites to monitor the growth of the trees. This can include checking for signs of disease, ensuring proper watering, and removing weeds or pests.
- **Involve Local Communities in Aftercare:** Encourage local communities to take responsibility for caring for the trees after the drive. Community groups or volunteers can adopt a tree or an area for regular upkeep.
- **Survival and Replacement Plans:** If trees fail to thrive, replace them with new saplings to ensure the long-term success of the drive.

6. Incorporating Technology

- **Use of Drones and Apps:** Leverage technology such as drones to monitor the progress of the plantation and apps to track tree planting locations and care routines.
- **Data Collection:** Collect data on the number of trees planted, survival rates, and environmental benefits (e.g., carbon sequestration) to measure the impact of the plantation drive.

4. Participants

- **Total Number of Participants:** 45
- **Type of Participants :** NCC and NSS students, NCC Faculty Members
- **Notable Attendees (if any):** NA
- **Students/participants attendance with signature**



Director
Tula's Institute, Dehradun

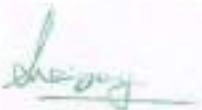
5. Photographs



Plantation Drive Photographs

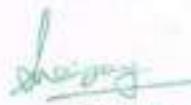


Plantation Drive Photographs


Dr. Jayant K. Srivastava
Director
Tula's Institute, Dehradun



Plantation Drive Photographs



Director
Tula's Institute, Dehradun

Outcomes

The outcomes of a Plantation Drive are wide-ranging and have a significant positive impact on the environment, public health, and the community. These drives, focused on planting trees and increasing green spaces, lead to both immediate and long-term benefits. Here are the key outcomes:

1. Environmental Benefits

- **Improved Air Quality:** Trees absorb carbon dioxide (CO₂) and release oxygen, improving the air quality. They also trap pollutants such as nitrogen oxides, ammonia, and sulfur dioxide, contributing to cleaner air.
- **Carbon Sequestration:** Trees act as carbon sinks, absorbing carbon from the atmosphere, thus helping to mitigate the effects of climate change by reducing greenhouse gas concentrations.
- **Biodiversity Enhancement:** Planting trees creates habitats for a variety of wildlife, including birds, insects, and small mammals, supporting the local ecosystem and enhancing biodiversity.
- **Soil Conservation:** Tree roots help prevent soil erosion by binding the soil, reducing the risk of landslides, and improving water retention, which is particularly important in areas prone to flooding or drought.
- **Restoration of Ecosystems:** Plantation drives help restore degraded ecosystems, such as barren lands or areas impacted by deforestation, by reintroducing plant life that supports environmental balance.

2. Climate Change Mitigation

- **Reduction in Greenhouse Gases:** Trees absorb CO₂ from the atmosphere, which directly helps in reducing global warming and controlling climate change.
- **Reduction of Urban Heat Island Effect:** Tree canopies provide shade and reduce the ambient temperature in urban areas, making cities cooler and less dependent on air conditioning, thereby reducing energy consumption.
- **Increased Rainwater Absorption:** Tree cover improves the absorption of rainwater, reducing surface runoff, and preventing flooding, especially in urban areas.

3. Social and Community Benefits

- **Increased Community Engagement:** Plantation drives involve local communities, schools, organizations, and volunteers, fostering a sense of collective responsibility and collaboration toward environmental conservation.
- **Public Awareness and Education:** These drives raise awareness about the importance of trees, environmental protection, and sustainability, educating people about their role in combating climate change and maintaining green spaces.
- **Community Empowerment:** When communities participate in planting and caring for trees, they feel a greater sense of ownership and responsibility for their local environment, which leads to more sustainable practices.
- **Promoting Civic Responsibility:** Plantation drives encourage people to take proactive roles in improving the environment and maintaining public spaces.

4. Health and Psychological Benefits

- **Improved Mental Health:** Green spaces and exposure to nature have been shown to reduce stress, anxiety, and mental fatigue. The presence of trees and natural areas provides spaces for relaxation and recreation.
- **Better Physical Health:** Green spaces encourage outdoor activities like walking, jogging, and cycling, promoting physical well-being. Additionally, trees improve air quality, which can reduce respiratory issues.
- **Therapeutic Effects:** Trees in urban areas contribute to cleaner environments, offering psychological benefits for people living in cities by providing tranquility and opportunities for connection with nature.

5. Economic Benefits

- **Cost Savings on Energy:** Trees in urban areas reduce the need for air conditioning in hot climates by providing shade, thereby lowering energy consumption and reducing electricity bills.
- **Boost to Local Economies:** Green spaces often attract tourists, boosting local tourism and providing a source of income for local businesses. Additionally, forests and tree plantations can create jobs related to forestry, maintenance, and environmental tourism.
- **Increased Property Value:** Areas with more green spaces or tree cover often experience an increase in property values, as people are drawn to live in cleaner, more attractive environments.

6. Aesthetic and Quality of Life Improvements

- **Beautification of Public Spaces:** Trees enhance the aesthetic appeal of cities, towns, and rural areas, creating more visually pleasing landscapes and enhancing the overall environment.
- **Creation of Recreational Areas:** Plantation drives often transform barren or unused areas into parks, playgrounds, or community spaces, providing areas for social interaction, sports, and relaxation.
- **Enhanced Urban Living:** Trees provide an aesthetic and natural balance in urban environments, which helps in making the city more liveable and inviting for residents and visitors.

7. Sustainability and Long-Term Environmental Impact

- **Long-Term Ecological Stability:** As trees grow and mature, they contribute to long-term ecological balance, providing resources like timber, fruit, and shade, while continuing to help with carbon sequestration and soil conservation.
- **Improved Water Management:** Trees help maintain the water cycle by improving groundwater recharge, reducing runoff, and preventing waterlogging, particularly in urban areas where stormwater management is a challenge.
- **Creation of Green Corridors:** Plantation drives help in the creation of green corridors that link different habitats, facilitating wildlife movement and supporting ecological connectivity across regions.



Shashi
Director
Tula's Institute, Dehradun

1. Event Details

- Title of the Event: Observe Special week for spreading Awareness on FWG Government Schemes and social
- Date of the Event: 18 Nov 2024
- Location/Venue: Tula's Institute Mehre Ka Gaon PO Selaqui Dhoolkot Dehradun Uttarakhand 248011
- Organizing Department/Committee: NSS and NCC
- Event Coordinator(s): Lt. Karan Kumar

2. Event Objectives

• Primary Objectives

1. Raise Awareness: Educate citizens about FWG schemes, social issues, and their rights and entitlements.
2. Promote Inclusive Growth: Inform citizens about government schemes and initiatives aimed at promoting inclusive growth and social welfare.
3. Empower Citizens: Equip citizens with knowledge and skills to access FWG schemes and services, promoting self-reliance and empowerment.

Social Objectives

1. Promote Health and Wellness: Raise awareness about FWG schemes and initiatives aimed at promoting health and wellness, particularly for vulnerable populations.
2. Support Education and Skills Development: Inform citizens about FWG schemes and initiatives aimed at promoting education and skills development.
3. Empower Women and Girls: Raise awareness about FWG schemes and initiatives aimed at promoting women's empowerment, gender equality, and girls' education.

3. Summary

• Event Overview:

Increased Awareness: Enhance citizens' understanding of FWG schemes, social issues, and their rights and entitlements. Empowered Citizens: Equip citizens with knowledge and skills to access FWG schemes and services, promoting self-reliance and empowerment. Improved Governance: Foster transparency, accountability, and efficiency in governance, encouraging citizens to



participate in the decision-making process. Promoted Inclusive Growth: Support inclusive growth and social welfare by promoting FWG schemes and social issues.

Event Highlights

- Participation:** A total of 20 students actively participated in the drive, demonstrating enthusiasm and commitment to community service.
- Faculty Guidance:** Lt. Karan Rathore and Mr. Vijay, esteemed faculty members of Tulas Institute, served as coordinators. Their guidance and support were instrumental in organizing and conducting the event smoothly.



Director
Tula's Institute, Dehradun

Cover Page

Name of Event: Food Donation Drive

Date: 9th September 2023

Venue: Premnagar, Dehradun

Organized by: NSS Unit and Environmental Club (GreenX)

Event Coordinators (Faculty and Students):

Faculty Coordinator: Mr. Emmanuel Gabriel

Student Coordinators: Ayush Kumar and Ayush Mishra

Name of Experts/ Guests/ Speakers etc. (if any):

Total Registered Student: 20

Total Student Participants: 20

Total Registered Faculty: 2

Total Faculty Participants: 2

Total Registered External (if any): Total External Participants (if any):

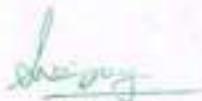
Mode of Event (Online/ Offline / Hybrid):Expenditure Amount (if any):

Social Media Links:

- Twitter:
- Facebook:
- LinkedIn:
- Instagram:
- IEEE V-Tools:
- Other:

Remarks:

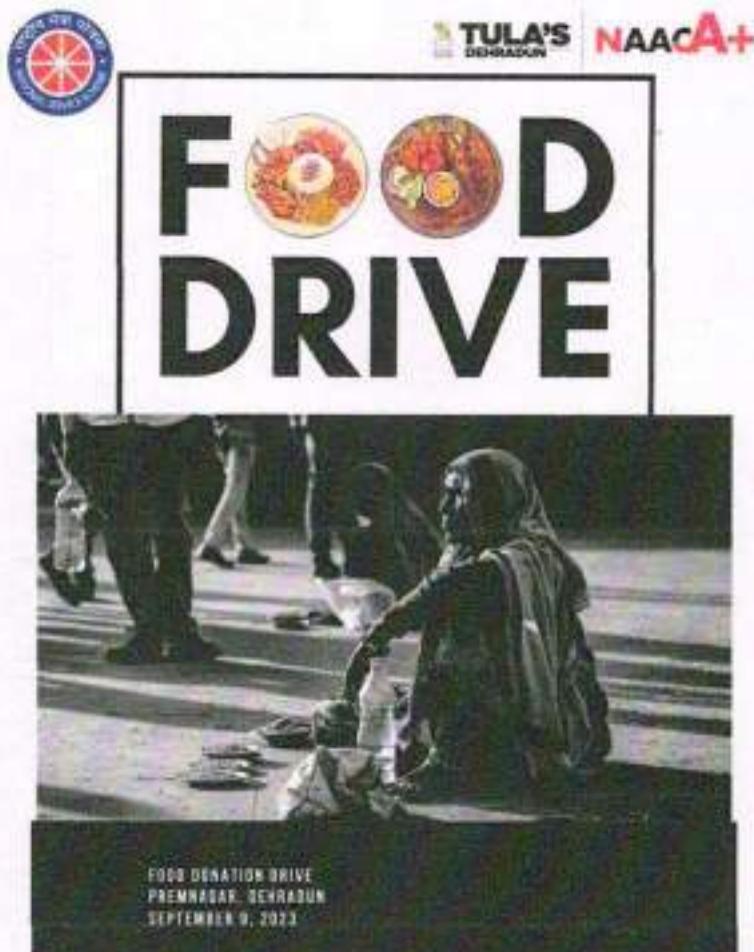
On October 2nd, 2023, commemorating Gandhi Jayanti, the National Service Scheme (NSS) unit of Tula's Institute, Dehradun, organized a Cleanliness Drive at the Dehradun railway station. This initiative aimed to pay homage to Mahatma Gandhi's vision of cleanliness and sanitation while fostering community engagement in maintaining public hygiene.



Director

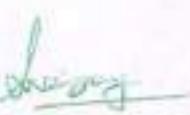
Tula's Institute, Dehradun

Cleanliness Drive and Nukkad Natak



Objective:

1. The objective of the food donation drive held by the college was to address food insecurity and support vulnerable communities. This initiative aimed to collect non-perishable food items from students, faculty, and staff to create care packages for local shelters or food banks. The drive sought to raise awareness about the prevalence of hunger, encourage a sense of social responsibility, and foster empathy within the college community. By organizing the food donation drive, the college aimed to make a meaningful impact on alleviating hunger and promoting a spirit of solidarity, emphasizing the importance of collective efforts in contributing to the well-being of those in need.



Director
Tula's Institute, Dehradun

Summary:

Introduction:

Tula's Institute organized a Food Donation Drive on November 15th, 2023, aiming to contribute to alleviating hunger and supporting the underserved communities in Dehradun. The drive focused on collecting and distributing food items to those in need, aligning with the institute's commitment to social welfare..

Event Details:

The Food Donation Drive was a significant initiative by Tula's Institute to address food insecurity in the region. The drive aimed to collect non-perishable food items such as rice, pulses, canned goods, and other essential food supplies to create meal packages for distribution among the disadvantaged.

Participants:

The drive witnessed enthusiastic participation from students, faculty, staff, and local community members, showcasing a collective dedication to supporting those facing food insecurity. Their involvement and contributions were instrumental in the success of the donation drive.

Event Report:

Club GreenX orchestrated an impactful food donation drive, displaying a profound commitment to community welfare. The primary objective was to combat food insecurity by mobilizing students, faculty, and staff to contribute non-perishable food items. GreenX diligently organized the drive, strategically collecting items that would form essential care packages for local shelters and food banks. This initiative not only aimed to address immediate hunger needs but also sought to raise awareness about food insecurity within the college community.

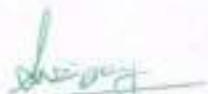
The drive successfully fostered a sense of social responsibility among participants, highlighting the power of collective action in making a positive impact. By engaging the college community in philanthropic endeavors, GreenX aimed to instill a lasting spirit of empathy and altruism.

Beyond the tangible donations, GreenX implemented educational elements within the drive, conducting awareness campaigns about the prevalence of hunger and the critical role of food banks. Workshops and informational sessions provided context and encouraged a deeper understanding of the issues surrounding food insecurity.

Looking ahead, GreenX continues to be planning future initiatives that contribute to the well-being of the community. The food donation drive stands as a shining example of how a student-led organization can inspire collective action, making a significant difference in addressing social issues and fostering a sense of compassion within the college community.

Outcomes:

1. Addressing Food Insecurity: The Food Donation Drive effectively contributed to mitigating hunger by collecting and distributing essential food supplies to disadvantaged communities, providing them with much-needed sustenance.
2. Community Engagement: The active participation of students, faculty, staff, and local community members underscored their commitment to social welfare and community service, fostering a spirit of compassion and support.
3. Promoting Collaboration: The drive's success stemmed from collaborative efforts between Tula's Institute and local organizations, emphasizing the power of partnerships in addressing societal challenges.
4. Creating Social Impact: The donation drive had a direct and positive impact on the lives of those facing food insecurity, demonstrating the institute's dedication to social responsibility and making a meaningful difference in the community.



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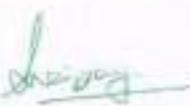
Event Photographs



Group photo after distributing the food to the needy 09-09-2023



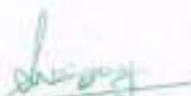
Students distributed the food to the needy 09-09-2023



Director
IIC-Tula's Institute, Dehradun



Students distributed the food to the needy 09-09-2023



Director
Tula's Institute, Dehradun

Event Photographs (Geo-Tagged)



Students distributed food to the needy at premnagar, Dehradun 09-09-2023



Students distributed food to the needy at premnagar, Dehradun 09-09-2023


 Director
 Tula's Institute, Dehradun



GPS Map Camera

Rampur Bhauwala, Uttarakhand, India
CW37+CP, Rampur Bhauwala, Uttarakhand 248007, India
Lat 30.403943°
Long 77.913736°
16/10/23 11:16 AM GMT +05:30

Google

Students distributed food to the needy at premnagar, Dehradun 09-09-2023



Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Clothes distribution drive
- **Date of the Event:** 07-09-2023
- **Time:** 11:00 AM
- **Location/Venue:** Vill. Podwala
- **Organizing Department/Committee:** NSS Unit
- **Event Coordinator(s):** Mr. Emmanuel Gabriel

2. Event Objectives

- **Objective 1:** Provide essential clothing to those in need, improving their quality of life.
- **Objective 2:** Encourage students to actively participate in community service and develop empathy for societal challenges.
- **Objective 3:** Advocate for reusing and recycling clothes to minimize waste and promote eco-friendly practices.

3. Summary

Event Overview: A Clothes Distribution Drive was organized by the NSS Unit on 7th September 2023 at Vill. Podwala, starting at 11:00 AM. The primary objective of the drive was to support the underprivileged members of the community by providing them with essential clothing items.

The event saw active participation from NSS volunteers who, along with community members, distributed a variety of clothes including shirts, trousers, sweaters, and other garments to individuals and families in need. The drive was well-received, with many beneficiaries expressing their gratitude for the assistance. This initiative helped improve the living conditions of those facing financial hardships, demonstrating the commitment of the NSS Unit to uplift the community. The success of the event reinforced the importance of giving back to society and highlighted the positive impact of collective efforts in supporting the underprivileged.

4. Participants

- **Total Number of Participants:** 25
- **Type of Participants:** Students and Faculty members



Director
Tula's Institute, Dehradun

5. Photographs



Clothes distribution drive 7th Sept 2023



Clothes distribution drive 7th Sept 2023


Director
Tula's Institute, Dehradun

6. Geotagged Photographs



Clothes distribution drive 7th Sept 2023



Clothes distribution drive 7th Sept 2023


Director
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7. Event Outcome

- **Outcome 1:** Beneficiaries receive much-needed clothing, which helps them manage weather conditions and feel valued.
- **Outcome 2:** Volunteers build connections with the local community, fostering a sense of solidarity and mutual support.
- **Outcome 3:** NSS members gain organizational and communication skills while collaborating on planning and executing the drive.



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**INSTITUTION'S
INNOVATION
CENTRE
BATCH-IV MEMBER**

Department of Applied Science & Engineering
is organizing Debate Competition on

ONE NATION, ONE ELECTION



13TH OCTOBER, 2023

Time: 2:00 PM Onwards
Venue: Seminar Hall-A, Tula's Institute

Event Coordinators:
Ms. Yamini Goyal, Mr. Sachin Arora

Call to find out more
91-6366937159

www.tulasindia.in
VISIT OUR WEBSITE


Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Debate Competition on One Nation One Election
- **Date of the Event:** 13-10-2023
- **Time:** 02:00 PM
- **Location/Venue:** Tula's Institute, Dehradun, Uttarakhand
- **Organizing Department/Committee:** NSS & Department of Applied Science and Engineering
- **Event Coordinator(s):** Ms. Yamini Goyal and Mr. Sachin Arora

2. Event Objectives

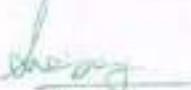
- **Objective 1:** Educate students about the concept of "One Nation, One Election" and its potential impact on governance and democracy.
- **Objective 2:** Inspire participants to analyze the advantages and challenges of implementing such a system.
- **Objective 3:** Develop students' oratory and argumentation skills in a structured, competitive setting.

3. Summary

Event Overview: The Department of Applied Science and Engineering at Tula's Institute organized a *Debate Competition* on the topic '*One Nation, One Election*' on 13th October 2023. The event began at 10:00 AM and was held in the institute premises. Coordinated by Ms. Yamini Goyal and Mr. Sachin Arora, the competition aimed to provide a platform for students to critically analyze and present diverse perspectives on this significant policy proposal. Participants passionately debated the potential benefits and challenges of implementing a unified election system in India. While some highlighted its efficiency in reducing electoral costs and ensuring stability in governance, others expressed concerns over its feasibility in a diverse nation like India. The event was marked by well-researched arguments and insightful counterpoints, fostering an environment of intellectual engagement. The competition successfully achieved its goal of enhancing students' public speaking skills and encouraging them to engage in meaningful discussions on current socio-political issues.

4. Participants

- **Total Number of Participants:** 49
- **Type of Participants:** Students and Faculty members



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Tula's Institute, Dehradun



Debate competition, 13th Oct 2023



Debate competition, One Nation One Election, 13th Oct 2023

6. Geotagged Photographs



Debate competition



Group discussion


Director
Tula's Institute, Dehradun

5. Photographs



Students participated in the debate competition, 13th Oct 2023



Students were divided into teams, 13th Oct 2023


Director
Tula's Institute, Dehradun



Group photograph after the event

7. Event Outcome

- **Outcome 1:** Participants and the audience gain a deeper knowledge of the concept, implications, and challenges of "One Nation, One Election" in the context of India's democracy.
- **Outcome 2:** Students develop analytical skills as they evaluate complex political, economic, and administrative aspects of the topic from multiple perspectives.
- **Outcome 3:** Participants enhance their public speaking, argumentation, and rebuttal skills through structured competition.



Dr. Shashi Shekhar
Director
Tula's Institute, Dehradun

1. Event Details

- **Title of the Event:** Trekking and Cleanliness
- **Date of the Event:** 15 Oct 2023
- **Location/Venue:** Santala Devi
- **Organizing Department/Committee:** NSS Tulas with Swami Nitya NGO
- **Event Coordinator(s):** Ayush Kumar Jha, Mr. Shivendra Mishra, Ms. Shipra Thapliyal, Ms. Ankita Vats.

2. Event Objectives

Rishikesh is often referred to as the "Yoga Capital of the World." It is known for its spiritual atmosphere and the practice of traditional yogic disciplines. Below are the key objectives of a Rishikesh trip:

1. Deepening Yogic Practice

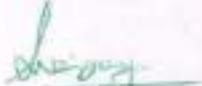
- **Immersion in Yoga:** Rishikesh offers an opportunity to immerse oneself in the practice of Yoga in its truest form. The trip is aimed at deepening personal practice, whether it is Hatha Yoga, Vinyasa, Ashtanga, Kundalini, or Karma Yoga. The serene environment is perfect for focused practice.
- **Learning from Experienced Teachers:** Rishikesh is home to numerous renowned yoga schools and ashrams. A trip here allows participants to learn from experienced and authentic yoga teachers, often gurus who have deep spiritual and philosophical knowledge.

2. Spiritual Growth and Enlightenment

- **Connection with the Divine:** Yoga in Rishikesh is often intertwined with spiritual practices. The trip may focus on spiritual growth, learning meditation, and connecting with the higher self. The sacred river Ganges, temples, and ashrams contribute to a spiritual experience.
- **Pranayama and Meditation:** The trip aims to learn and practice advanced techniques of Pranayama (breath control) and Dhyana (meditation) to calm the mind, reduce stress, and enhance mindfulness.

3. Yoga Philosophy and Ancient Wisdom

- **Study of Yogic Texts and Philosophy:** Many yoga retreats in Rishikesh include classes on ancient texts such as the Yoga Sutras of Patanjali, Bhagavad Gita, and Upanishads, allowing participants to understand the deeper philosophical foundations of Yoga.



Director

Tula's Institute, Dehradun

- **Integration of Theory and Practice:** The trip may focus on integrating theoretical knowledge from yoga philosophy with practical application on the mat, bringing balance to both aspects of yoga practice.

4. Physical Wellness and Healing

- **Holistic Healing:** Yoga in Rishikesh is not just a physical practice but also a holistic approach to healing the body, mind, and soul. The trip allows participants to improve flexibility, strength, and overall health while fostering a sense of well-being.
- **Ayurvedic Practices:** Rishikesh is also home to many Ayurvedic practitioners. The trip may include exposure to **Ayurveda**, a traditional system of medicine, which complements yoga practice for health, detoxification, and rejuvenation.

5. Connecting with Nature

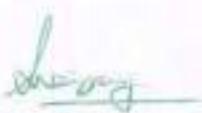
- **Serenity of the Himalayan Region:** The location of Rishikesh, surrounded by the majestic Himalayas and the Ganges, provides a tranquil setting for deep introspection and practice. Nature's peace and quiet help to elevate the practice of yoga by allowing practitioners to feel grounded and connected.
- **Nature Walks and Treks:** Rishikesh offers beautiful trekking routes and natural surroundings that foster a deeper connection with the environment, promoting balance and inner peace.

6. Detoxification and Rejuvenation

- **Detoxing Mind and Body:** Many yoga retreats in Rishikesh emphasize detoxification, helping individuals reset both physically and mentally. Yoga, combined with proper diet, rest, and mindfulness practices, can cleanse and rejuvenate participants.
- **Yoga for Stress Reduction:** The trip can be a way to relieve the mental and physical stress accumulated in daily life, using the serene environment and yoga techniques to restore mental clarity and energy.

7. Building Community and Supportive Relationships

- **Creating Yogic Community:** Rishikesh brings together people from around the world with similar interests in yoga and spirituality. The trip may focus on fostering a sense of community, learning from fellow practitioners, and forming lasting bonds.
- **Cultural Exchange:** Exposure to different cultures, as Rishikesh attracts people from all over the globe, can help broaden one's worldview, offering new insights into the practice and lifestyle of yoga.
- **8. Budget and Manage Finances**



Shivayogi
Director

Tula's Institute, Dehradun

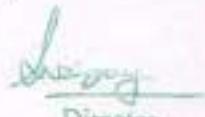
- **Cost of Programs:** Yoga retreats and teacher training programs can vary widely in cost. Research prices, inclusions, and reviews beforehand to select a program within your budget.
- **Currency and Payments:** Carry some cash in Indian Rupees, especially for small purchases in local shops. Some places may not accept cards, so it's wise to be prepared.
- **9. Health and Safety Preparations**
- **Vaccinations and Health:** Make sure to check any health advisories or vaccinations needed before traveling to India. Bring any necessary medications, and keep a basic first-aid kit.
- **Water Safety:** Avoid drinking tap water. Always drink filtered or bottled water to stay healthy during your trip.
- **10. Post-Trip Integration**
- **Reflect and Journal:** After returning home, take time to reflect on your experiences in Rishikesh. Journaling about your learnings, transformations, and goals can help you integrate the trip into your daily life.
- **Maintain Your Practice:** Incorporate the practices you learned—whether yoga, meditation, or Ayurvedic habits—into your routine after returning home.
- **Conclusion:**
- To have a fulfilling and transformative experience in Rishikesh, plan ahead, choose the right programs, embrace the spiritual culture, engage in outdoor activities, and stay mindful throughout your journey. The blend of yoga, spirituality, natural beauty, and community will help you return feeling rejuvenated and connected to yourself.

3. Summary

A Rishikesh trip, particularly for those interested in Yoga, offers a unique opportunity to deepen one's practice and connect with the spiritual essence of yoga. Known as the "Yoga Capital of the World," Rishikesh provides a serene and sacred environment for individuals to explore yoga, meditation, and holistic wellness.

Key Highlights of a Rishikesh Trip:

1. **Yoga Practice:** Participants can immerse themselves in various yoga styles (Hatha, Vinyasa, Ashtanga) under the guidance of experienced teachers.
2. **Spiritual Growth:** The trip offers a chance to connect spiritually through meditation, pranayama (breath control), and learning ancient yogic texts like the *Bhagavad Gita* and *Yoga Sutras of Patanjali*.
3. **Holistic Healing:** Rishikesh integrates Ayurveda with yoga to promote physical wellness and



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Director

Tula's Institute, Dehradun

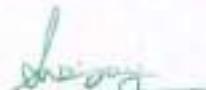


detoxification, focusing on mind-body harmony.

4. **Natural Beauty:** Set against the backdrop of the Himalayas and the Ganges River, the peaceful surroundings enhance the yogic experience.
5. **Cultural Experience:** Visitors can engage in cultural exchanges, meet like-minded people from around the world, and experience traditional rituals, especially the evening Ganga Aarti.
6. **Yoga Teacher Training:** Many yoga schools in Rishikesh offer Yoga Teacher Training (YTT) programs for those seeking certification.

4. Participants

- **Total Number of Participants:** 51
- **Type of Participants :** NCC and NSS students, NCC Faculty Members
- **Notable Attendees (if any):** NA
- **Students/participants attendance with signature**



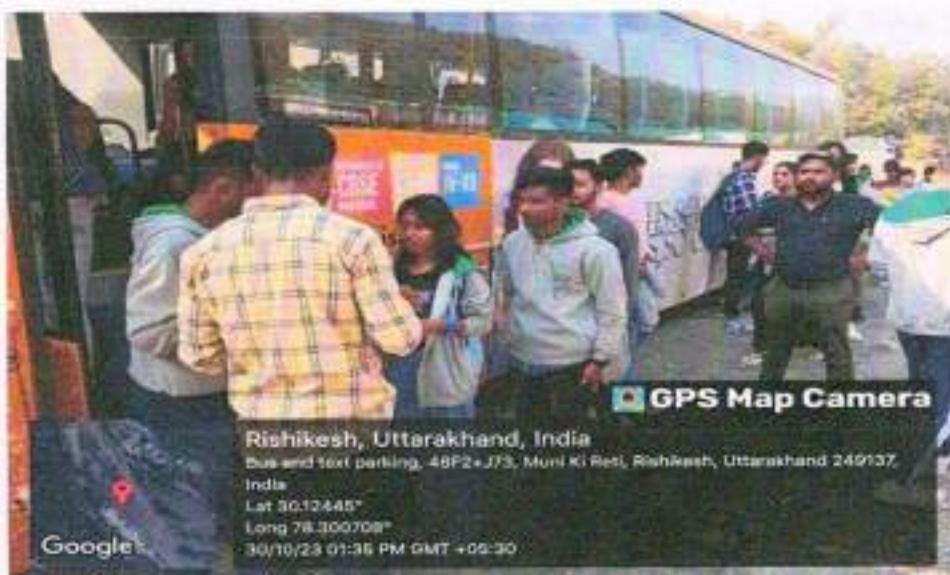
Director
Tula's Institute, Dehradun



5. Photographs



Trekking and Cleanliness photographs



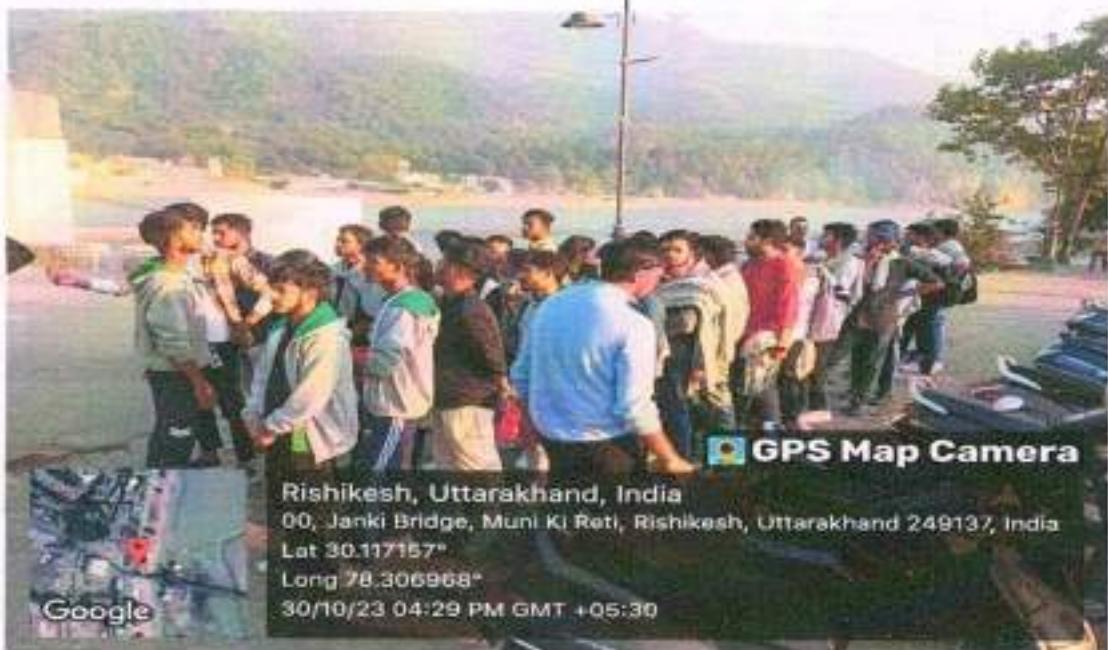
Trekking and Cleanliness photographs


Director
Tula's Institute, Dehradun



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GPS Map Camera

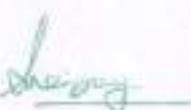
Rishikesh, Uttarakhand, India
00, Janki Bridge, Muni Ki Reti, Rishikesh, Uttarakhand 249137, India
Lat 30.117157°
Long 78.306968°
30/10/23 04:29 PM GMT +05:30

Google

Trekking and Cleanliness photographs



Trekking and Cleanliness photographs



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Outcomes

A trip to Rishikesh can result in numerous positive outcomes, particularly in areas of personal growth, well-being, and spiritual development. Below are some key outcomes that you can expect from a Rishikesh trip:

1. Physical Well-being and Fitness

- **Improved Yoga Practice:** If you engage in yoga during your trip, you'll likely experience a noticeable improvement in flexibility, strength, and posture. Many travelers report an increased sense of physical well-being and a deeper understanding of yoga practices, whether through a retreat, classes, or personal practice.
- **Increased Energy Levels:** Daily yoga, meditation, and physical activities like trekking or rafting boost your overall energy levels. This improved vitality often continues after the trip.
- **Detoxification:** Participating in wellness programs, Ayurvedic treatments, or adopting a clean, plant-based diet during your stay in Rishikesh can help detoxify your body and mind, leading to improved digestion, clearer skin, and better overall health.

2. Mental Clarity and Stress Relief

- **Reduced Stress and Anxiety:** The peaceful atmosphere of Rishikesh, combined with yoga and meditation, is known to help reduce stress levels. Many people report feeling significantly more relaxed and balanced after spending time in the tranquil environment of the town.
- **Improved Focus and Clarity:** Meditation and mindfulness practices taught in Rishikesh enhance concentration and mental clarity. This often leads to better decision-making and a more centered approach to challenges in daily life.
- **Emotional Healing:** For many, Rishikesh offers an opportunity to confront emotional issues in a supportive, reflective space. The peaceful environment helps people work through emotions, heal from past traumas, and develop a more positive outlook.

3. Spiritual Growth and Awareness

- **Deeper Connection to Self:** Spending time in Rishikesh, practicing meditation, and attending spiritual talks or Satsang's can help you connect with your inner self. This connection often leads to a sense of inner peace and spiritual awakening.
- **Heightened Spiritual Awareness:** For those seeking spiritual growth, participating in rituals like the Ganga Aarti, visiting sacred sites, or learning from experienced yogis can deepen your understanding of spirituality, Hindu philosophy, and the interconnectedness of all

beings.

- **Mindfulness and Present Living:** Many travelers leave Rishikesh with a renewed commitment to living more mindfully and being present in their daily lives. The mindfulness practices you learn during your trip can help you deal more effectively with stress and enhance your quality of life.

4. Cultural and Personal Transformation

- **Cultural Immersion:** Spending time with local communities and engaging with the rich culture of Rishikesh often leaves travelers with a broader understanding of Indian traditions, spirituality, and community life. The insights gained can lead to greater cultural awareness and sensitivity.
- **Broader Perspective:** Meeting fellow travelers and sharing experiences in an international setting exposes you to diverse viewpoints. This can help you develop a more global perspective, fostering a deeper appreciation for different cultures and philosophies.
- **Personal Growth:** Many people report profound changes in their attitudes toward life after a trip to Rishikesh. Whether it's increased self-confidence, emotional resilience, or a sense of purpose, the combination of yoga, adventure, and spirituality in Rishikesh often leads to significant personal transformation.

5. Improved Social Connections

- **New Friendships:** Rishikesh is a hub for travelers, yogis, and spiritual seekers from all over the world. Many people leave with lasting friendships formed during group yoga sessions, community events, or simply while exploring the town together.
- **Sense of Community:** Being surrounded by like-minded individuals in an ashram or yoga retreat fosters a sense of belonging and connection. This can be especially fulfilling for those who feel disconnected in their everyday environments.

6. Enhanced Adventure and Outdoor Skills

- **Outdoor Adventure Experiences:** Rishikesh is famous for activities like white-water rafting, trekking, and camping. These adventure activities not only promote physical fitness but also increase confidence, teamwork, and a deeper connection with nature.
- **Environmental Appreciation:** Rishikesh, with its stunning landscapes and proximity to the Himalayas, often instils in travellers a greater respect for nature. Many visitors leave with a stronger desire to preserve the environment and engage in eco-friendly practices.



Director

Tula's Institute, Dehradun