

## “YUGA PARIVARTAN KI VELA”

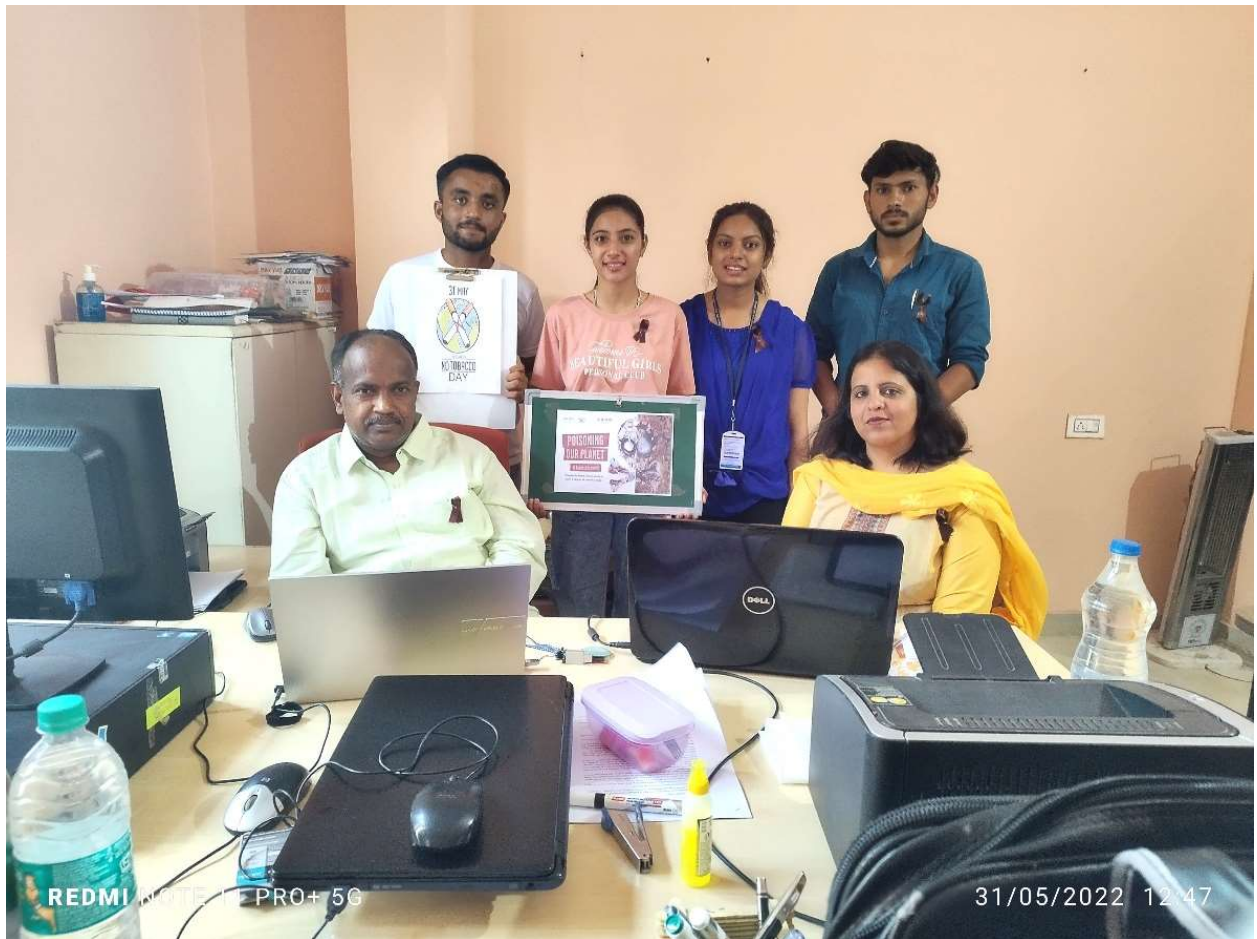
A week long programme titled **Yuga Parivartan ki Vela** was organized by the Department of Social Work and Unnat Bharat Abhiyan in which series of activities were organized listed below:

1. Video Making Contest based on theme ‘Protect the Environment’ to celebrate World No Tobacco day (31-05-2022- 03-06-2022).
2. World Environment Day celebration (03-06-2022- 06-06-2022) to promote theme: ‘Only One Earth’.

The programme began on 31<sup>st</sup> May 2022 with the Brown Ribbon tagging campaign where



students visited different departments of the University and invited students to take part in the



Video Making Contest.

**Brown Ribbon tagging campaign on dated 31-05-2022**

## 1. Video Making Contest

A Video Making Contest was organized by the Department of Social Work & Unnat Bharat Abhiyan as part of Yuga Parivartan ki Vela, a departmental level programme to celebrate World No Tobacco day (May 31, 2022) based on the theme 'Protect the Environment'. The registration start date was May, 31, 2022 and the closing date was 01-06-2022. Participants had to capture short video having content linked with the theme and had to post the content on atleast one social media account to maximize the reach of their voices. The last date of submission of the video was 02-06-2022 (02:00 Pm).



The flyer features a background of colorful hands in various colors (red, blue, green, yellow, purple) reaching upwards. At the top left is the logo of the Department of Social Work, Central University of Himachal Pradesh, with the motto 'कर्म बलै चरतेति धर्मशास्त्रम्'. At the top right is the 75th anniversary logo of India with the motto 'आज़ादी का अमृत महोत्सव'. The main text reads: 'DEPARTMENT OF SOCIAL WORK CENTRAL UNIVERSITY OF HIMACHAL PRADESH is organizing VIDEO MAKING CONTEST'. The theme is 'PROTECT THE ENVIRONMENT'. Registration details include: 'REGISTRATION STARTING DATE : MAY 31, 2022 CLOSING DATE : JUNE 1, 2022 (UNTIL 11:59AM)'. The last date for posting the video is 'JUNE 2, 2022 (UNTIL 2:00 PM)'. The result declaration is on 'JUNE 3, 2022'. A QR code is provided for registration. A man in a suit is shown speaking at a podium with a 'No Smoking' sign. A speech bubble says 'Raise Voice Save Lives'.

**DEPARTMENT OF SOCIAL WORK**  
**CENTRAL UNIVERSITY OF HIMACHAL PRADESH**  
is organizing  
**VIDEO MAKING CONTEST**  
THEME  
"PROTECT THE ENVIRONMENT"  
**REGISTRATION**  
**STARTING DATE : MAY 31, 2022**  
**CLOSING DATE : JUNE 1, 2022**  
**(UNTIL 11:59AM)**  
**LAST DATE FOR POSTING VIDEO : JUNE 2, 2022**  
**(UNTIL 2:00 PM)**  
**RESULT DECLARATION : JUNE 3, 2022**  
Scan QR code/fill up G-form to register yourself for the event.  
<https://forms.gle/5ZVz8CSxJM8C9U1h6>  
**FOR MORE INFORMATION**  
Contacts :  
Nishant :- 8580423273  
Deeksha :- 8278738878  
Abhimanyu :- 8019577800

Flyer of the Video Making Contest

## World Environment Day Celebration- “Only One Earth”

Day 1

Friday June 3, 2022

A plantation drive was organized by the Department of Social Work, Unnat Bharat Abhiyan & Seva Bharti as part of series of department level activities “Yuga Parivartan ki Vela” to promote this year’s World Environment day theme “ Only one Earth” on June 3, 2022 at Government Primary School Sanot, Dehra (H.P) and office of Fisheries Officer, Department of Fisheries, Sanot, Dehra (H.P) under the guidance of Dr Shashi Punam, Head (Department of Social Work) and Nodal Officer of Unnat Bharat Abhiyan. The Chief Guest of the event was Prof. Narayan Rao, Dean, School of Social Sciences. Other guests present were: Smt. Rajeshwari Principal, Government Primary School, Sanot (H.P)



Firstly, Swachhta pledge taking ceremony took place at the school in which pledge was taken to remain committed towards cleanliness and devote time for cleanliness. After the pledge, saplings were planted by the Chief Guest and others. After that refreshment was offered. Nukkad Natak was enacted by the MSW II semester students



to engage the school students.



Plantation drive at the Office of the fisheries officer on dated 03-06-22

In addition to this, saplings were also planted at the office of Dr Kavita Thakur, Fisheries officer (Dehra, Pong Reservoir), Department of Fisheries, Sanot (H.P). All the students, Research scholars, and Faculty members of different departments were part of the programme.

### **Day 2 : Cleanliness drive at Talai Kuru,**



### **Dehra, HP**

On the eve of World Environment Day June 4, 2022, a cleanliness drive was organised by the Department of social work, Central university of Himachal Pradesh under the guidance of Dr. ShashiPoonam, Head, Department of Social Work.

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#### **Students cutting weeds extra grass on dated 04-06-2022**

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All the students of the department arrived early at 6:30 am with the required tools. Tasks were divided among students in teams. One team collected wastes, other team cleaned water tank and pathways, third team cut the weeds and extra grasses whereas fourth team started digging areas for the plantation of plants. One person was given task of documenting and maintaining attendance. The cleanliness drive ended around 1 pm.

#### **Students collected wastes during plantation drive on dated 04-06-2022**

### **Day 3 Plantation drive at TalaiKuru, Dehra, HP**

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A plantation drive organized by the Department of Social Work as part of series of department level activities “Yuga Parivartan ki vela” programme on the auspicious occasion of World Environment day, June 5, 2022 at TalaiKuru, Dehra (H.P) to promote this year’s theme “ Only one Earth” under the guidance of Dr Shashi Punam, Head (Department of Social Work) who delivered the welcome note. The Chief Guest of the programme was Prof. Narayan Rao, Dean, School of Social Sciences and other guest members were: Prof. Asutosh Pradhan, Head, Department of Sociology and Social Anthropology, Sh. Surinder Sood, Distt. Coordinator, SewaBharati, Capt. Dilbag (Retd.), Dr RanbirJaswal, Smt. Anjana Thakur, Pradhan (PanchayatSanot)



## स्वच्छता शपथ

मैं शपथ लेता/लेती हूँ कि, मैं स्वयं स्वच्छता के प्रति सजग रहूंगा/रहूंगी और उसके लिए समय दूंगा/दूंगी। हर वर्ष सौ घंटे यानी हर सप्ताह दो घंटे श्रम दान करके स्वच्छता के इस संकल्प को चरितार्थ करूंगा/करूंगी।

मैं न गंदगी करूंगा/करूंगी, न किसी और को करने दूंगा/दूंगी। सबसे पहले मैं स्वयं से, मेरे परिवार से, मेरे मोहल्ले से, मेरे गांव से और मेरे कार्यस्थल से शुरुआत करूंगा/करूंगी। मैं यह मानता/मानती हूँ कि, दुनिया के जो भी देश स्वच्छ दिखते हैं उसका कारण यह है कि वहां के नागरिक गंदगी नहीं करते और न ही होने देते हैं। इस विचार के साथ मैं गाव-गांव और गली-गली स्वच्छ भारत मिशन का प्रचार करूंगा/करूंगी। मैं आज जो शपथ ले रहा/रही हूँ वह अन्य सौ व्यक्तियों से भी करवाउंगा/करवाउंगी ताकि वे भी मेरी तरह सफाई के लिए सौ घंटे प्रयास करें। मुझे मालूम है कि सफाई की तरफ बढ़ाया गया एक कदम पूरे भारत को स्वच्छ बनाने में मदद करेगा।  
जय हिंद।

### SWACHHTA PLEDGE

I take this pledge that I will remain committed towards cleanliness and devote time for this. I will devote 100 hours per year, That is two hours per week, to voluntarily work for cleanliness.

I will neither litter nor let others litter. I will initiate the quest for cleanliness with myself, my family, my locality, my village and my work place. I believe that the countries of the world that appear clean are so because their citizens don't indulge in littering nor do they allow it to happen. With this firm belief I will propagate the message of Swachh Bharat Mission In Villages and towns. I will encourage 100 other persons to take this pledge which I am taking today. I will endeavor to make them devote their 100 hours for cleanliness. I am confident that every step I take towards cleanliness will help in making my country clean.

Unnat Bharat Abhiyan  
Central University of Himachal Pradesh



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04/06/2022 07:51

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**Swachhta pledge taking ceremony and Nukkad Natak enactment on dated- 05-06-22**

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After the welcome note, Swachhta pledge taking ceremony took place. Nukkad Natak based on theme “Plant Trees, Save Environment” was enacted by Bhavana, Deeksha, Kartar, KunzangLhamo, Nikita, Nishant (MSW II semester students). After the Nukkad Natak, plantation drive started in which all the guests along with faculty members, students and community influencers participated in which around 30 saplings each of Mango, Guava, Blackberry, medicinal plants like neem and many more were planted.





**Chief Guest along with other guests planted saplings on dated 05-06-22**

**Students singing patriotic songs on dated 05-06-2022**

**Dr DigvijoyPhukan, Assistant Professor, Department of Social Work sung patriotic song on dated 05-06-22**

After the Nukkad Natak, everyone gathered for recreational activities where patriotic songs were sang by the students and faculty members (Department of Social Work). After the recreational activities, results of Video making contest, organized by Department of Social Work as part of “Yuga Parivartan Ki Vela” programme was declared and certificates of appreciation was awarded to the winners. Rohit Gupta, Research Scholar (Social Work) bagged I<sup>st</sup> position, Deeksha (MSW II semester student) ) bagged II<sup>nd</sup> position, Ruchika Thakur (MA 2<sup>nd</sup> semester student, Department of Sociology and Social Anthropology) bagged 3<sup>rd</sup> position. After declaration of results, refreshment was offered to all.







**Rohit**  
bagged



**Gupta, Research**  
**Scholar (Social Work)**  
**I<sup>st</sup> position in Video**

**Making Contest and received certificate of appreciation on dated- 05-06-22**

**Deeksha (MSW II semester student) bagged II<sup>nd</sup> position in Video Making Contest and received certificate of appreciation on dated 05-06-2022**



In total there were around 50 individuals including Chief Guest, other guests, faculty members, research scholars, and students of the Department of Social Work, faculty members and students from other departments, ABVP volunteers who were a part of the Environment day celebration. A formal vote of thanks was offered by Prof. Narayan Rao, Dean, School of Social Sciences.

**World Environment Day celebration at TalaiKuru on dated 05-06-2022**

