



**REPORT FOR AZADI KA AMRUT MAHOTSAV**

**AND**

**PANCH PRAKALP**

**ACADEMIC YEAR 2022-23**

**SUBMITTED BY**

**PRINCIPAL-HETAL SUSHILCHANDRA TANDEL**

**NODAL OFFICER-PROF.VISHAKHA MODI**

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## Brief about the event

### Yoga Workshop - Fit India

On 04/01/2022, a Yoga workshop was conducted at GACC Kachhal by NSS dept., in which 143 participated, under the aegis of Fit India Prakar initiative of Azadi Ka Amrit Mahotsav. Dr.Priti from District Ayurvedic Hospital, Bardoli, and Shri Sunilbhai, a Yoga teacher from Bhagwanpura, had come to guide the participants through the workshop. The workshop gave theoretical training and practical sessions on various Asanas, such as Ardh-Chakrasan, Taadasan, Bhujangasan, PAdmasan, AnulomVilom, Bhramari, Kapalhati, Bhastrika, etc., as well as made the students aware of various immunity-boosting methods that are useful during Covid-19. The participants as well as staff were given herbal decoctions to drink. The programme was conducted with great enthusiasm while maintaining Covid Protocols.





## Vaccination Program

Under the aegis of Covid Awareness Prakalp of Azadi Ka Amrit Mahotsav, a vaccination camp was held in the premises of GACC Kachhal for students on January 07, 2022, as joint initiative between of the college and Bartad Sub-center. 16 students were vaccinated, encouraged by Smt. Sejalben Chaudhary, Sarpanch of Bartad. The programme was assisted by Prof. Pravin Chaudhari of GACC Kachhal.



### Vaccination Program for Students aged 15-18

Under the aegis of Covid Awareness Prakalp of Azadi Ka Amrit Mahotsav, a vaccination camp was held in the premises of GACC Kachhal for students aged 15-18 on January 08, 2022, as joint initiative between NSS dept of the college and PHC Karcheliya. 143 students were vaccinated, encouraged by Smt. Kalpanaben Chaudhary, Sarpanch of Kachhal, Shri Narenbhai Chaudhary, former Sarpanch of Kachhal, and Dr.Hetal S, Tandel, Principal of GACC Kachhal. The programme was assisted by Ms.Alka Mistry, Librarian of GACC Kachhal, and PHC officials Shri Hiren B. Mehta, Shri Rakesh D. Patel, Chetna Patel and Neha Patel. NSS Dept is heralded by Shri Urvik Patel and Dr.PADma Tadvi.





## Fit India Program

Under the aegis of Azadi ka Amrit Mahotsav, Government Arts & Commerce College organized a sports event as part of the Fit India Initiative on January 09, 2022 at Kachhal village. The residents of the village participated in various activities such as 100 mts, 200mts and 400 mts race, long jump and Volleyball. The participation was in huge numbers and very enthusiastic. The college authorities ensured that the residents were made aware of the benefits and necessity of mental and physical fitness.



### **Drawing Competition:**

#### **Environment, Cleanliness, Water Conservation and**

Under the aegis of Azadi ka Amrit Mahotsav, Government Arts & Commerce College organized a school activity in Bilakhadi village as part of the Environment, Cleanliness, Water Conservation and Protection Initiative From January 11-13, 2022 at GACC Kachhal, as part of a joint initiative of GACC Kachhal and the Gram Panchayats of Bilakhadi village. The students of High School Bilakhadi participated enthusiastically.



### **Essay competition lecture:**

#### **DRUG abuse and Curiosity (dowry and feticide prevention)**

Under the aegis of Azadi ka Amrit Mahotsav, Government Arts & Commerce College organized a school activity at public high school Fulvadi Village as a part of "DRUG abuse and Curiosity (dowry and feticide prevention)" Lecture as well as essay competition was organized from 11/01/2022 to 12/01/2022. In which about 15 students enthusiastically participated. The principal of the school as well as the experts gave interesting information about drug addiction as well as curiosity (prevention of dowry and feticide). The students of High School Fulvadi participated enthusiastically. The role of the judge in the competition Gunjan Shah and



Dr. Tejalben v. Chaudhary did it. The entire program was conducted in strict compliance with Corona's guidelines.



**Essay Competition:**  
**Environment, Cleanliness, Water Conservation and Protection**

Under the aegis of AzadikaAmritMahotsav, Government Arts & Commerce College organized a school activity in Bilakhadi village as part of the Environment, Cleanliness, Water Conservation and Protection Initiative From January 11-13, 2022 at GACC Kachhal, as part of a



joint initiative of GACC Kachhal and the Gram Panchayats of Bilakhadi village. The students of High School Bilakhadi participated enthusiastically.



**Elocution Competition:**  
**Environment, Cleanliness, Water Conservation and Protection**

Under the aegis of AzadikaAmritMahotsav, Government Arts & Commerce College organized a school activity in Bilakhadi village as part of the Environment, Cleanliness, Water Conservation and Protection Initiative From January 11-13, 2022 at GACC Kachhal, as part of a joint initiative of GACC Kachhal and the Gram Panchayats of Bilakhadi village. The students of High School Bilakhadi participated enthusiastically.





### Positive Lifestyle Program

The Positive Lifestyle Program was organized by the department with the joint effort of Nehru Youth on January 20, 2022 for girl students of Govt. Arts & Commerce College, Kachhal at the college, under the aegis of Azadi Ka Amrit Mahotsav. A total of 60 students had actively participated in the same. Dr. Padma Tadvi and Shri Urvik Patel facilitated the workshop as part of NSS with great enthusiasm. They were given information about what kind of leader they should be, how to solve the problem of youth, what to do to increase the immunity of the body, yoga, etc. and also gave certificates to the students.





## FIT INDIA INITIATIVE (Surya Namaskar Program)

On February 4, 2022, a Surya Namaskar session was conducted in the premises of Govt. Arts & Commerce College, Kachhal, to commemorate the 75 Crores Surya Namaskar Agenda under the Fit India Initiative as part of Azadi ka Amrit Mahotsav. The session commenced at 9 AM and was attended by and participated in by the staff and students of the college with full covid protocols and social distancing being maintained. Over 20 students had participated in the session and they were given an insightful, informative and useful theoretical session as well on the importance of Yoga, especially Surya Namaskars, and the correct way of doing it.



## A Women's safety Training Programme

A Women's Safety Training Programme was conducted on February 6-7, 2022 for girl students of Govt. Arts & Commerce College, Kachhal at the college, under the aegis of Azadi Ka Amrit Mahotsav. A total of 41 students had actively participated in the same. Shri Rahul from Mahuva Police Station taught the students maneuvers for self-defense, such as hand-locking, spot lock, hand techniques, throw, simple techniques, etc. Information was also given on which phone numbers to call in case of emergencies, and how to defend oneself with small, common items such as hairpins. Dr. Padma Tadvi and Shri Urvik Patel facilitated the workshop as part of NSS with great enthusiasm, with Dr. Ankrit Patel as Coordinator of the Prakalp.





### **Essay competition lecture:**

**DRUG abuse and Curiosity (dowry and feticide prevention)12/02/2022**

Under the aegis of Azadi ka Amrit Mahotsav, Government Arts & Commerce College organized a Essay Competition as part of the Environment, Cleanliness, Water Conservation and Protection Initiative on February 12, 2022 at GACC Kachhal. In which a total of 15 villagers took part. Mrs.Kalpanaben Chaudhary, Sarpanch of the Kachhal village gave guidance to the villagers on environment and hygiene. Dr.Tejal Chaudhary played the role of judge in the competition. The winners were given certificates and encouraged by the principal of the college. The entire program was conducted in strict compliance with Corona's guidelines.



**One Day Seminar**  
**Cow Based Natural Farming Practice**

Government Arts & Commerce College Kachhal, Kachhal Village, Dungari Village and Karcheliya Village have jointly organizes One Day Seminar on "Cow Based Natural Farming Practice" on February 14, 2022. In pursuance of the notification issued by the ministry of education and ministry of Information and Broadcasting dated 5<sup>th</sup> march & 24<sup>th</sup> March, Government of Arts & Commerce College Kachhal is celebrating 75years of India's Independence in collaboration with Dungari village, Karcheliya Village and Kachhal Village. The latter is an imitative of the Government of India to celebrate and commemorate 75 years of freedom of progressive India and glory history of its people, culture and achievements.





## One Day Seminar

### Environment, Sanitation, Water Conservation and Conservation

Under the aegis of Azadi ka Amrit Mahotsav, Government Arts & Commerce College organized a seminar as part of the Environment, Cleanliness, Water Conservation and Protection Initiative on February 14, 2022 at GACC Kachhal, as part of a joint initiative of GACC Kachhal and the Gram Panchayats of Kachhal, Karcheliya and Dungri villages. The residents of the village attended the seminar and were made aware of pressing health issues and remedies.



### Contribution and Life Story of Freedom Fighters in Attaining Independence

Under the aegis of Azadi ka Amrit Mahotsav, Government Arts & Commerce College organized Drawing and Essay Competition in Kadiya village as part of the "Contribution and Life Story of Freedom fighters in Attaining Independence" Initiative From March 5, 2022 at GACC Kachhal, as part of a joint initiative of GACC Kachhal and the Gram Panchayats of Kadiya village. The students of Primary School Kadiya participated enthusiastically.



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