Name of Department :- Sashastra Seema Bal(SSB).

SI	Month _	Activities as per action plan	Number of	
No.		•	participants	
No.	Dec' a) 19 b)	Cultural Exchange programmes by CAPFs Cultural Troupes teams to be prepared which are capable of presenting a panorama of intr-state cultural activities. These teams can be named as Ek Bharat Shreshtha Bharat(EBSB) Cultural Teams and trained in such a manner so that they may be read to showcase cultural programmes of different states in various Forces/State-level exhibitions/functions.		Cultural exchange programme on the theme of "Ek Bharat Shreshtha Bharat" performed by Unit personnel and their family members and conducted Bihu dance of Assam, Mompa dance of Arunanchal Pradesh and Khambu-Thoibi dance of Manipur. The School children were also educated about the importance of social and cultural activities in real life and strengthening their personal skills. In addition to its intrinsic value, culture provides important social and economic benefits. Conducted Nukkad Natak on the theme of important historical social-cultural events as well as major initiatives of the Government like Swachh Bharat, Rainwater harvesting and water conservation. The programme highlighted the importance of water conservation and methods to be adopted for Rain water harvesting. Organized awareness programme for utilization of single use plastic at Colleges and among local populace of nearby villages in AOR of Units and displayed slogans of Plastic Ban in all prominent places in the AOR of Units. Organized culinary festivals to showcase the culinary practices of different states during Unit Raising Days/Meals/Exhibitions of the Force. During the events, Cuisines of different States namely Punjab, Bihar, Uttar Pradesh, Arunanchal Pradesh Assam, Manipur, Kerala, Himanchal Pradesh and Bengal etc were prepared at various units. Organized Swachh Bharat Campaign, plogging (Cleanness drive while jogging) in and around the premises of Units and nearby villages in AOR of Units to aware Force personnel and Border population about maintaining cleanness