

HD EXTENSION ACTIVITIES (2021-2022)

EXTENSION ACTIVITY: WORKSHOP ON ‘SELF-CARE AND SELF-AWARENESS - UNWIND IN MY MIND

Name of the Collaborating Organization: Vidhyadeep Community College –Bharuch

Date of Activity: 9-2-2022 (2.30 to 3.30 pm)

Target Group: Adolescent girls (Approx 60)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person Sr Asha, Principal, 7405712407, vidhyadeepb@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON MONEY MATTERS - FINANCIAL LITERACY

Name of the Collaborating Organization: Vidhyadeep Community College – Bharuch and Nirmala Niketan Junior College College of Home Science

Date of Activity: 9-2-2022 (3.30 to 4.30 pm)

Target Group: Adolescent girls (Approx. 60)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Sr Asha, Principal, 7405712407, vidhyadeepb@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON ‘ALTRUISM – THE BEST SOURCE OF HAPPINESS

Name of the Collaborating Organization: Vidhyadeep Community College –Bharuch and Nirmala Niketan Junior College College of Home Science

Date of Activity: 9-2-2022 (4.30 to 5.30 pm)

Target Group: Adolescent girls (Approx. 60)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Sr Asha, Principal, 7405712407 vidhyadeepb@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON BREAKING STEREOTYPES

Name of the Collaborating Organization: Vidhyadeep Community College –Bharuch and Nirmala Niketan Junior College College of Home Science

Date of Activity: 11-2-2022 (2.30 to 3.30 pm)

Target Group: Adolescent girls (Approx 60)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Sr Asha, Principal, 7405712407 vidhyadeepb@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON BEAUTY LIES WITHIN

Name of the Collaborating Organization: Vidhyadeep Community College –Bharuch and Nirmala Niketan Junior College College of Home Science

11-2-2022 (3.30 to 4.30 pm)

Target Group: Adolescent girls(Approx 60)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Sr Asha, Principal, 7405712407 vidhyadeepb@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON BUILDING AND MAINTAINING RELATIONSHIPS

Name of the Collaborating Organization: Muktangan, NGO at Gokhale Road, Municipal School, Khedgalli, Dadar West

Date of Activity: 12-3-2022 (12.30 to 1.30 pm)

Target Group: Teacher Trainees (Approx 20)

Students Involved: 13 TYBSc + 3 MSc2

Contact Person: Ms Kiran Parab, 9702534075, kiranangane@muktanganedu.org

EXTENSION ACTIVITY: WORKSHOP ON SELF-AWARENESS – ROAD TO SELF-DISCOVERY

Name of the Collaborating Organization: Vidhyadeep Community College –Bharuch

17-3-2022 (1.15 to 2.15 pm)

Target Group: Adolescent girls (Approx 50)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Sr Asha, Principal

7405712407 vidhyadeepb@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON MATE SELECTION, DATING AND SAFE SEX PRACTICES

Name of the Collaborating Organization: Vidhyadeep Community College –Bharuch

Date of Activity: 17-3-2022 (1.15 to 2.15 pm)

Target Group: Adolescent girls (Approx 50)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Sr Asha, Principal, 7405712407 vidhyadeepb@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON IMPORTANCE OF EMPATHY, ALTRUISM AND SERVICE ORIENTATION.

Name of the Collaborating Organization: Muktangan, NGO at Gokhale Road Munisipal School, Khedgalli, Dadar West

Date of Activity: 19-3-2022 12.30 to 1.30 pm

Target Group: Teacher Trainees Approx 20

Students Involved: 12 TYBSc + 2 MSc2

Contact Person: Ms Kiran Parab, 9702534075, kiranangane@muktanganedu.org

EXTENSION ACTIVITY: SESSION ON SELF-AWARENESS, AND IT'S IMPORTANCE (EMOTIONAL SELF-AWARENESS AND AWARENESS ABOUT PHYSICAL HEALTH)

Name of the Collaborating Organization: Chium Community Centre, Khar West

Target Group: Women/mothers from the community (Approx 15)

Students Involved: 12 TYBSc + 2 MSc2

Contact Person: Sr Benny Saldanha, 9167594235

EXTENSION ACTIVITY: SESSION ON DATING, MATE SELECTION, SAFE SEX PRACTICES

Name of the Collaborating Organization: Chium Community Centre

Khar West

Target Group: Adolescent female students (Approx 15)

Students Involved: 13 TYBSc + 3 MSc 2

Contact Person: Sr Benny Saldanha, 9167594235

EXTENSION ACTIVITY: WORKSHOP ON CONFIDENCE AND MOTIVATION BUILDING

Name of the Collaborating Organization: Yuva Parivartan, Kandivali East

Date of Activity: 12-4-2022

Target Group: Nursing course – Youth (Approx 20)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Ms Dhanashri, Counsellor, 9820221569

EXTENSION ACTIVITY: WORKSHOP ON PROBLEM SOLVING

Name of the Collaborating Organization: Yuva Parivartan, Malvani

Date of Activity: 12-4-2022

Target Group: Nursing course – Youth (Approx 10)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Ms Dhanashri, Counselor, 9820221569

EXTENSION ACTIVITY: WORKSHOP ON BUILDING RESILIENCE

Yuva Parivartan, Marol

Date of Activity: 12-4-2022

Target Group: Beautician course – Youth (Approx 20)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Ms Dhanashri, Counselor, 9820221569

EXTENSION ACTIVITY: WORKSHOP ON TAKING RESPONSIBILITIES

Name of the Collaborating Organization: Yuva Parivartan, Vikroli

Date of Activity: 12-4-2022

Target Group: Tally course – Youth (Approx 20)

Students Involved: 5 TYBSc + 1 MSc2

Contact Person: Ms Dhanashri, Counselor, 9820221569

EXTENSION ACTIVITY: TALK BY ADHATA TRUST ON THEIR WORK WITH SENIOR CITIZENS

Name of the Collaborating Organization: Online Session by Adhata Trust 1st floor, Raj Industrial Estate, A - wing, 59, Marol, Andheri East, Mumbai 400059

Date of Activity: 19-4-2022, 2-3 pm

Students Involved: TYBSc and MSc2 students 50 TYBSc + 10 MSc2

Contact Person: Ms Sneha Gala, 9820583524, snehagala.adhatatrust@gmail.com

EXTENSION ACTIVITY: WORKSHOP ON SELF AWARENESS & SELF MANAGEMENT

Name of the Collaborating Organization: Yuva Parivartan Livelihood Development Centre

Contact Person: Ms. Apurva Walgude 96198 70579, apurva.walgude@yuvaparivartan.org

Main Centre Address: Social Welfare Association, Ram Mandir Rd, opp. Kherwadi, Kherwadi, Bandra East, Mumbai, Maharashtra 400051

EXTENSION ACTIVITY: WORKSHOP ON COPING STRATEGIES

Name of the Collaborating Organization: VIDYA- Integrated development for youth & adults

Contact Person: Coordinator: Mr. Ankit Bhuptani, +91 81697 52681, ankit.bhuptani@vidya-india.org,

Main Centre address: Nair Welfare Society, Navy Compound Near Powai English High School, Next to Shiv Krishna Dairy IIT Market Area, Powai, Mumbai, Maharashtra 400076

EXTENSION ACTIVITY: WORKSHOP ON EFFECTIVE COMMUNICATION

Name of the Collaborating Organization: Institute of Social Service -Prabhatara

Church Road, Mohammadpur, near R. K. Puram sector 1, New Delhi 110066

Contact Person: Sr. Shimi Varghese, 011 47015286, issptara@gmail.com





YUVA PARIVARTAN



MUKTAGAN



CHUIM CENTRE KHAR DANDA