

**EXTENSION AND ISR ACTIVITIES OF THE DEPARTMENT OF FOODS,
NUTRITION AND DIETETICS (FND)**

2014-2015

- Workshop on Nutrition at Karazgaon- M.Sc. II FND (for adolescent boys, girls and youth on aspects of Nutrition). Students demonstrated low-cost nutritious recipes to the villagers and created nutrition awareness through street plays and oral sessions 10th December 2014.
- Rural camp to Kolad -T.Y.B.Sc. (FND) (Total No. of students: 36) participated in a rural camp from 9th to 11th December, 2014. Students visited various 'Padas' of the location and conducted various sessions for women and children to create awareness about good nutrition and hygiene.
- Rural camp to Umbergaon - PGD Dietetics and Applied nutrition (Total No. of students: 16) participated in a rural camp from 12th to 14th February, 2015.

2015-2016

- Camp at Mangaon, district Raigad, Maharashtra -T.Y.B.Sc. (FND) students participated in a rural camp on 3rd and 4th December, 2015 in collaboration with Sarva Vikas Deep and ICDS. The focus area was that of nutrition education and the beneficiaries included Anganwadi workers (ICDS) and children and adolescents residing in hostels run by Sarva Vikas Deep.
- Rural Camp at Igatpuri – The PG Dietetics and Applied Nutrition students (Total No= 20) participated in a rural camp on the 26th of February, 2016. Their extension activities included: nutrition education programs, recipe demonstration and a street play. The beneficiaries were 200 children and 120 women from the tribal area.

2016-2017

- Rural camp of 3-days was organised on 22nd -25th January, 2016, in collaboration with B.K.L Walawalkar Trust, Derwan, Chiplun, during which nutritional assessment was conducted of 200 beneficiaries, including children below 6 years, adolescent girls, pregnant and lactating women. Based on the information collected, nutrition education programmes were developed and conducted for the benefit of the participants.
- Rural camp was organised at Gyan Jyoti Community College, Karazgaon, Maharashtra, from 2nd to 8th November, 2016, during which awareness on health, nutrition and hygiene was provided to tribal adolescent girls and adult women from the surrounding villages.
- Rural camp was organised at the Institute of Social Service [Run by Daughters of the Heart of Mary (DHM) congregation] at Kolad, Maharashtra, on 14th, 15th & 16th February, 2017, during which awareness programmes were conducted on health, hygiene and nutrition for school children, adolescent girls, pregnant and lactating mothers.

2017-2018

- Gyan Jyoti Community College, Karazgaon, Dist. Palghar (DHM centre for extension work with youth and families from tribal communities): MSc2 FND students conducted nutrition education programmes for members of Gram Sabha, women and children in three villages (24th to 27th January, 2018).

- Institute of Social Service (ISS), Jeevandhara, Kolad District, Raigad (DHM Centre for extension work with children, women and families from tribal communities): TY BSc FND students conducted nutrition education programmes for school children, adolescent girls, and pregnant/lactating mothers in tribal villages around Kolad (15th to 17th February, 2018).

2018-2019

- Rural Camp at Nandurbar, Maharashtra conducted for 12 FND MSc students Nutrition awareness programs for tribal women and adolescent girls In collaboration with Jeevan Vidya Trust, Nandurbar, Maharashtra (DHM Centre)
- Rural camp at Kolad, Maharashtra for 38 FND TY students Nutrition awareness programs for tribal women, adolescent girls & children in collaboration with Jeevan Dhara Institute of Social Work, Kolad, DHM Centre
- Rural camp at Dervan, Maharashtra for 20 FND PG Dietetics Students Nutrition awareness program for Preschool children, Lactating mothers, Adolescent girls from 21st - 24th February, 2019, in collaboration with B. K. L. Walawalkar Rural Medical College & Hospital, Dervan, Maharashtra.

EXTENSION AND ISR ACTIVITIES OF THE DEPARTMENT OF HUMAN DEVELOPMENT (HD)

2014-2015

- Activities for Children at an NGO, 17-9-2014, conducted by the TY BSc and MSc2 students of the Department of Human Development for children at Hamara Foundation, an NGO catering to street children.
- Activities for Children at a Remand Home, 17-9-2014, conducted by the TY BSc and MSc2 students of the Department of Human Development for the children at the Dongri Children's Remand Home.
- Vaijapur Extension Trip of the TYBSc students of the Department of Human Development, 9-12-14 to 11-12-14. Activities conducted through the DHM Institute at Vaijapur, Maharashtra. Key activities included: Visits to many villages (e.g., Maski, Loni, Indira Nagar, Hingoni, Kanaksagaj) and conduction of games and action songs for the village children, role plays for the adult villagers (on alcoholism, child marriage, female infanticide and other socially-relevant topics), and teaching of crafts using indigenously available material and dances to women and children; teaching crafts and dances to the hostelites at the DHM centre; conduction of a workshop on Positive Thinking with the older girls in the hostel; conduction of workshops on Family Life Education and Building Self-Esteem with the students of standards VIII, IX, and X at the Karuna Niketan School at Vaijapur; conduction of a Mela and cultural-exchange programme for the children of the Durgawadi slum area.
- Karazgaon Extension Trip of the MSc students of the Department of Human Development, 9-12-14: Workshop on "Making storybooks for young children" conducted for 17 students of the Gyan Jyoti Community College at Karasgaon (a DHM College), (tribal area) Maharashtra.

2015-2016

- Extension Activities at Karasgaon, in collaboration with the DHM Centre, Karasgaon: These activities were conducted on the 16th December, 2015. The T.Y. BSc HD students, along with the MSc 2 students and faculty went to Karasgaon, a tribal area in Maharashtra. The students were divided into two groups; one group performed various activities with I - III grade school children at the Zilla Parishad School. Art and craft activities (with the theme of Christmas) and educational games were mainly conducted with these children. Two skits were also performed, one on the theme of "The Christmas Festival", as the festival was just 2 weeks away, and the second on "Health and Hygiene". The second group conducted different activities with the teacher trainees, such as a workshop on "How to create and write a story" and a session on "Using different techniques for telling stories to children."

2016-2017

- MSc2 students under the guidance of a staff member conducted a workshop on communication, self-worth and loving oneself with the animators and teachers of primary schools in Kolad, Maharashtra, on 28th November, 2016.
- MSc2 students under the guidance of a staff member conducted craft activities which can be used to generate income with women from tribal villages in Kolad district, Maharashtra, on 29th November, 2016.
- MSc2 students under the guidance of a staff member conducted organised learning centres for children in the community (e.g., books, puzzles, manipulative toys) from tribal villages in Kolad district, Maharashtra, on 29th November, 2016.

- MSc2 students under the guidance of a staff member conducted organised learning centres for children in a primary school (e.g., books, puzzles, manipulative toys) in Kolad district, Maharashtra, on 29th November, 2016.

2017-2018

- Extension activities at the Vidhyadeep Community College, DHM Centre, Bharuch: HD TY BSc students and MSc2 students conducted extension activities for the 276 residential college students who were studying one of the following: Secretarial Practice, Home Science, English, Computers and Nursing (16th to 19th February, 2018). The students conducted four workshops namely 'Awareness on Child Sexual Abuse', 'Enhancing Self-esteem and Assertiveness Skills', 'Leadership and Communication Skills', and 'Group Dynamics and Team Work.' Students also demonstrated and taught self-help income generation activities, using multiple learning centres, where the students came in small groups: The centres included teaching and learning to make items like jewellery box, lip balm, key chain, rugs, flowers, and learning skills like scarf styling, cup decoration etc. Students also conducted an 'Each One Teach One' cultural exchange activity. They taught various things like dance, skits, songs, body percussions etc. to the girls and the Vidhyadeep students taught them many art forms from their culture which was showcased in the evening.

2018-2019

- Educational & Recreational activities conducted for underprivileged children - Activity corners (reading, science, math, clay, art and craft, water play, cooking) and Puppet show on 23rd January, 2019 in collaboration with Bhal Vikas Kendra's (Dist. Ahmedabad), Marie Adelaide Preschool, Vattaman, Vadodara District, Gujarat

EXTENSION AND ISR ACTIVITIES OF THE DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY (TFT)

2014-2015

The Department of Textile and Fashion Technology organized workshops on a weekly basis as fieldwork conducted by the TYBSc students. 34 TYBSc students were grouped (into four groups) and assigned one community centre each for conducting workshops on a weekly basis as fieldwork and Two-Day Extension Education Programmes (for TYBSc and MSc students separately). The following are the details:

- A two-day Extension programme to Gyanjyoti Community College, Karazgaon on 9th and 10th December 2014. Students of M. Sc. I and M. Sc. II along with two faculty members Dr. Ritu Madhan and Ms. Vibhuti Barve participated in the programme. It involved teaching pattern making (basic and adaptations for variety in styles) and garment construction skills to the target group (48 participants). Samples and drafts were made and donated as resource material for their future reference. Various finishing and quality improvisations in techniques used for stitching and advanced sewing techniques were shared (with special reference in making bags and cholis).
- A two day extension program at Baal Rashmi (Varana) Vataman 8th (night) and 12th (morning) December 2014 at Nirmala Niketan Institute situated at Vataman, Vadodara. Students of T. Y. B Sc. were accompanied by two faculty members Dr. Ela Dedhia and Dr. Pratima Goyal. The skills taught included techniques of dyeing and printing of tie n dye, batik, natural dyeing, block and screen printing.

It involved making small samples and full length dupattas. Various techniques of quilting were also taught and then used to make accessories like pen-stands, decorating bangles, neck piece using left-over materials and newspapers.

2015-2016

TFT in Collaboration with the Centre for Lifelong Learning and Extension of the University of Mumbai. The TYBSc students of the Department of Textile and Fashion Technology organized and conducted workshops on a weekly basis as part of their field work. 33 TYBSc students were grouped and assigned to one community centre for conducting these workshops.

- A two-day workshop, was organized by the T.Y.B.Sc. TFT students on the 14th and 15th December, 2015 to Gnyanjyoti Community College Kharasgaon under the guidance of the faculty. The programme was well-planned after a need assessment was conducted. The target group (comprising 54 students and 4 teacher trainees) were taught to draft and stitch three styles of garments: Night Gown, Pyjama and Churidar. Tie and dye and embroidery demonstrations were also carried out. The making and costing procedures were explained in detail so that the target group would be able to pursue these activities as an income generating occupation
- A two-day workshop to Vidyadeep Community College, Bharuch was organized on the 14th and 15th December, 2015 by the MSc I and MSc II students and coordinated by the faculty. It included teaching simple and different styles of basic kurtis and embellishments. Students visited small village settlements to get acquainted with the rural lifestyle. They put up a short entertainment and game session for the college boarders.

2016-2017

- Gyan Jyoti Community College, Karazgaon, 5th & 6th December 2016. Various Tie and Dye Techniques Drafting & Stitching of Nehru Kurta, Pyjama and Churidar were taught to tribal students and teachers of Gyan Jyoti Community College under the aegis of the Daughters of the Heart of Mary.

2017-2018

The TFT department has undertaken social initiatives and training programmes to impart income generating hand skills in embroidery, stencil printing, tie and dye, block printing, screen making and printing, display, product finishing, pattern making, cutting and stitching of katori choli, surface embellishment techniques, organizing display and imparting marketing skills through the various fieldwork and extension activities that were conducted on weekly basis and two-day programmes in rural and urban set-ups. These included:

- Training underprivileged children of the sex workers at Navjeevan Center, Murbad. Underprivileged youth (children of sex workers) were taught tie and dye, block printing, screen making, printing, and display by one group of TY TFT students on 1st and 2nd December, 2017. The youth were taught embroidery, stencil printing, product finishing, and display by the second group of TY BSc students on 15th and 16th December, 2017.
- Training students and faculty members of Gyanjyoti Community College, Kharasgaon. TFT MSc students (both MSc1s and MSc2s) taught pattern making, cutting and stitching of Katori choli, and surface embellishment techniques to students and teachers at the Community college on 13th and 14th December, 2017.

2018-2019

- Rural Camp at Kharasgaon Textile craft and product development skills for training Tribal youth by TFT students on 13th December and 14th December, 2018 in collaboration with Gyanjyoti Community College, Kharasgaon, Maharashtra

EXTENSION AND ISR ACTIVITIES OF THE DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT (CRM)

2014-2015

- camp to Kolad -T.Y.B.Sc. (CRM) (Total No. of students: 35) participated in a rural camp organised on 10th and 11th December 2014 at Mangaon Taluka Seva Vikas Deep Sanstha, Mangaon. Awareness programmes were conducted in 5 different villages Koshimble, Kardi, Bhale, Tasgaon and Yerad. The main objective of the rural camp was learning outside the four walls of college. Programmes conducted by students were income-generating activities (e.g., diya painting for women), entertainment activities for women and children, demonstration of low-cost nutritious food (sukhabhel) and also appropriate cooking methods and their importance, art and craft activities for school-going children, and awareness programmes (i.e., talk on breast feeding, child marriage, sanitation)

2015-2016

- camp: The students went to Kolad, Raigad District, from the 3rd to 5th of December. They visited the following villages: Devkhane, Dankhane, Yashwant Wadi, Tadavli and Konda. They imparted information to the women about Gujarat and the Gujarati culture and taught women marketing strategies/ entrepreneurial skills, recipes from Gujarat, simple techniques of packaging and labelling with a low budget. Role plays were performed to spread awareness on personal hygiene and cleanliness.

2016-2017

- Rural camp of students under guidance of department staff: 3rd, 4th and 5th Dec 2016, at the Nirmala Niketan Institute at Kolad, Maharashtra (3 villages Devkane, Guhve and Shatpure) Activities included the following: Awareness programme on Health and Sanitation to children age group 4 yrs. to 9 yrs. and women through Puppet show Art and craft activities to balwadi children (Finger printing, making of cap and face mask) Entrepreneurial skills (Making of doormat from old sari or old dupatta, low cost nutritious food (Khakhara Bhel, Thepala, Thalipeath, Peanut Bhel) & their packaging and costing Interactive games for women and children

2017-2018

- Rural camp 13th, 14th and 15th February, 2018, at Institute of Social Service (ISS) Jeevandhara, Kolad, Dist. Raigad (DHM centre for extension work in tribal communities). Keeping the theme "Reaching the Unreached", the following activities were conducted by the CRM TY BSc students: For Women: Entrepreneurial skills: Jewellery making, Low cost nutritious recipes (e.g. Peanut chaat) Bowls made of paper. For Balwadi children (age 6yrs to 10 yrs) Art and craft activities: Finger painting, ear bud painting. Same paper was used for origami. Puppet show on Personal Hygiene Animators: First Aid procedure: Different types of Bandages Home technique of making Sanitary Pads Multi grain masala puri (low cost nutritious recipe)

- Rural camp 13th, 14th and 15th February, 2018, at GyanJyoti Community College, Karazgaon (DHM Centre). The following activities were conducted by CRM TY BSc students for Warli tribe students of the community college:
Introduction to Housekeeping Operations. Importance of housekeeping in Hotels, Hospitals and other institutions. Career opportunities. Grooming and language skill. Cleaning procedures Guestroom cleaning, Cleaning of other articles Napkin folds. Table setting Bed making. Other skill development training.

2018-2019

- Rural camp at Kolad 24 CRM TY Students included visits to villages of Yashwantvadi, Dhankanhe, Mandavsheth. The activities conducted involved those planned for children Art & Craft Activities, Painting Competition; Puppet Show On Health And Sanitation, & Importance of Nutrition in Diet, for women with income generating activities of Foam Sheet Flower Making, Low- Cost Nutritious Recipes and Animators: Workshops On Making Paperbags, Food Adulteration; Demonstration Of Nutritious Recipes on 4th, 5th And 6th February' 19 in collaboration with Jeevan Dhara Institute Of Social Work, Kolad, DHM Centre.