

REPORT

KARAJGAON RURAL CAMP 2021 – 2022

Gnanajyoti Community College, located at Patilpada Karajgaon, Palghar district is managed by the Nirmala Niketan Institute. Sr. Clera Gonsalves is the in-charge of the College. The college caters to the Warli tribal youth. The Warlis are an indigenous tribe or Adivasis living in mountainous as well as coastal areas of the Maharashtra-Gujarat border and surrounding areas. They have their own animistic beliefs, life, customs, and traditions. The Warli language is a dialect spoken by this tribe.



Sixteen students and two faculty members Dr. Roopa Rao & Ms. Saniya Pai from the Department of Community Resource Management, College of Home Science Nirmala Niketan, Mumbai – 20 visited the Gnanajyoti Community College from 23rd to 24th March 2022.



The group planned and organized various skill-building as well as knowledge-filled sessions for the sixty-four students of the community college. The planning and rehearsing began on the 7th of March 2022. Marathi speaking students from the department opted to participate and gain practical skills. Six sessions including the feedback session were planned. Students were divided into groups and each group was delegated the responsibility to handle one session each.



The group boarded the Gujarat Super-fast Express to Umergam in Gujarat State on 23rd March 2022 at 5.45 am from Mumbai Central station. Local transportation – autorickshaw was taken to reach the interior rural area located at Patilpada, Karajgaon. The sisters (Sr. Clera Gonsalves, Sr. Shirley, Sr. Ramila Dodhia, and Sr. Mary Colaco) were very happy to welcome the group of students at 8.00 am. After breakfast, the group attended the assembly and were then taken around for a facility tour by Sr. Mary. She also oriented the group to the work of the community college.



The 'Warli Art Centre' located on the ground floor of the college building, provides skill-based training to the local womenfolk. It exhibits the Warli painted artifacts such as kurtas, stoles, bags, handkerchiefs, cups/mugs, and home décor accessories.

Once the group settled, they started organizing the community college hall for the icebreaker session. The tables were laid, floor mats for the students were placed and the LCD projector – laptop connected. The excited group was anxiously waiting to start the session at 10.00 am.

The schedule planned (session-wise) for the 2-day visit was as follows:

23rd March 2022 (Wednesday)	
10.00 - 11.00 am	Session 1 - Icebreaker
11.00 - 1.00 pm	Session 2 - Decision Making and Time Management
1.00 - 1.30 pm	Lunch
1.30 - 3.00 pm	Session 3 - Skill Development - Rug Making
3.00 - 4.00 pm	Session 3 – Skill Development - Veg Pickle bottling and Packaging
4.00 - 5.30 pm	Session 3 – Skill Development Session - Tie n Dye
8.30 – 10.00 pm	Informal bonding Skill Development Session session with community college students
24th March 2022 (Thursday)	
8.30 – 11.00 am	Session 4 – E-marketing, Marketing Skills, Packaging
11.00 - 1.00 pm	Session 5 – Stress Management & Mental Health
1.30 – 2.30 pm	Session 6 – Feedback and Good bye

Session 1 – Icebreaker

Organizing students: Sneha Bhosale, Tanaya Naik, Tanisha Kadam, Vijaya Bhaigade, Fatema Motiwala

The session began the session with a short prayer invoking God's blessings by Sneha Bhosale. They then briefly introduced themselves and mentioned the purpose of their visit. Three icebreakers/games were conducted in this session - 4 and 7, sky (Aakash)- earth (Dharti)- land (Paatal), and Rangecha Khel. The ice breaker session was planned to break the ice among the students from the 2 institutes. In the beginning, the students of the community college were hesitant and very shy to even speak but as the session progressed, participation increased, a competitive spirit to excel was observed and they also started asking questions to ensure everyone got the instructions right. It was fun seeing the students gel together and become comfortable with each other.



Tanisha Kadam started the next game “4 and 7” by mentioning the rules. Participants were asked to stand in a big circle and call out numbers aloud. For numbers that have 4 and 7, they were to clap instead of calling them loud. E.g. 44 would be a double clap and the next participant had to call out the number 45. The rule was that if they forget to clap at the appropriate number as indicated, they would be eliminated. If they clapped but also mention the number, that would be considered a reason for elimination. The eliminated participant would have to introduce themselves aloud and also mention their favourite hobby. Initially, the participants were extremely shy and had to be coaxed to



speak, but after about 45 mins, they seemed more comfortable and also became extremely alert and avoided calling out 4 and/or 7 consciously.

The 3rd game Aakash-Dharti-Paatal was an action game conducted by Tanaya and Sneha. The rules of the game were spelled out as well as demonstrated by the organizers. Participants had to put their hands up towards the sky when Aakash was called aloud; keep their hands on their waist when Dharti was called aloud and touch the ground with both their hands when Paatal is called aloud. They had to hear the instructions and act accordingly and not copy Sneha who was not only calling out aloud Aakash-Dharti-Paatal but also displaying the actions (not always the appropriate action). E.g., If she said sky the hands will be up but she might put her hands on her waist or ground to confuse others. Students should only concentrate on verbal instructions and not copy the visual actions of Sneha who was standing in the centre of the circle. The person who remained till the end was declared a winner and a gift was given. The gift was also given to 1st and 2nd runner-ups as well. The participants thoroughly enjoyed this game.



Rangecha Khel: Vijaya and Fatema Motiwala conducted the next game which was a game of arranging self in ascending or descending order. Participants were instructed to stand forming a huge circle. They were then divided into 7 groups. Once the groups were formed, the rules were explained by the organizers.

- The first situation was to stand in line as per ascending order of their height/stature (i.e., the shortest person stands first and the tallest person last).
- The second situation was to rearrange themselves in the descending order of their age. (i.e., the oldest student stands first and the youngest one last)
- The third situation was to stand in ascending order of the length of their hair. (i.e., the participant with the shortest hair length would stand first and the one with the longest hair will be last).
- The fourth situation was to stand in descending order of the birth month (i.e., participants born in December will stand first and those born in January last)



Every group was very quick to complete the game. The organizers found it extremely difficult to decide on the winning team. Hence the game had to be repeated several times before one group was announced as the winner.

At the end of the session Sneha, Tanaya and Tanisha sang the song “Aazadi ki khuli hawa mein nikale sina taan ke hum bachhe hindustan ke”..... to cheer up the students. The overall icebreaker session was filled with enjoyment, fun, and learning.

Session 2 - Decision Making and Time Management

Organizing students: Poonam Dalvi, Samiksha Malusare, Corinna Pereira and Nutanna Bale.

The session started at around 11.15 am. The aim was to help participants understand the importance of taking the right decisions at the right time. Poonam and Samiksha led the session as they could speak Marathi fluently. Nutanna and Corinna helped with the demonstration.

“Jeevanacha bhande” – the Jar of Life: The session started with an activity called “Jeevanacha bhande – the Jar of Life.” A participant from the community college volunteered to fill up the big bottle jar with big stones, and placed next to the jar. He was then asked to fill the remaining space with pebbles and sand. After filling the jar, the volunteer was asked about the relevance of this action.

The audience was asked about the meaning/relevance of this activity to the topic of the session. Many answered that the big stones were filled first to fill the jar faster. Many others replied that the right method is to pour the sand first then the pebbles and last the big stones.



The group was then asked to think of the big stones as “Life’s big decisions” such as education, marriage, etc., the pebbles represented the smaller decisions that are necessary to accomplish the big/major goals in our life. And that the sand represented the decisions taken daily. These may not be very impactful or prominent ones, such as watching TV, Social Media usage, etc.

The group was later asked to note down the major decisions in their life. Later the group explained to them the meaning of decision making, time management, and their importance in one's life. The need to prioritize the most important goal and the need to take the right decision at the right time. Gifts were distributed to the volunteers and the active participants in the group.

SWOT Analysis: The next activity of the session was to introduce the concept of self-evaluation through a SWOT Analysis. SWOT aids in taking the right decisions and prioritizing things in life. The community college students were asked to write at least 2 points for each - Strengths, Weaknesses, Opportunities, and Threats. The concept was explained by giving relatable and real-life examples and by showing a video (in Marathi) to make the concept clear. A story on procrastination was narrated.

Jenga Blocks activity: The Jenga blocks activity was used as a medium to wind up the session with a summary of learning. A short Marathi video on Decision Making was shown. In the end, the group explained the rules for playing with Jenga blocks. Two volunteers were called to play. They were asked to pull one block each carefully. When the fifth block was pulled randomly without much thought, the building collapsed. This is when the importance of prioritizing, thinking, and carefully gauging the available resources before making decisions was explained. This activity cleared the residual doubts the students had. Active participants were awarded small tokens of appreciation.



Session 3 - Skill Development

Organizing students: Poonam Dalvi, Samiksha Malusare, Corinna Pereira and Nutanna Bale.
The 3-hour session was divided as follows:

- 1.30 – 3.00 pm: Session 3 – Rug Making
- 3.00 - 4.00 pm: Session 3 – Skill Development - Veg Pickle bottling and Packaging
- 4.00 - 5.30 pm: Session 3 – Skill Development Session - Tie n Dye

Rug Making

The session started at 2.00 pm. All materials required for the session like needles, threads, cloths, and also 2-3 samples of the completed mats were taken along. Rukaiya, Fatema, Grace, and Tanisha conducted this session. The session started with an introduction on how to recycle and use old clothes or small cut pieces of cloth. Rukaiya then started with the demonstration supported by a Marathi explanation by Tanisha. After the demonstration, the students were divided into six groups with 9 – 10 students and 1 volunteer in each group to help them. The



groups were given colour coordinated cloth then each of them started making circles with help of a bowl they had to make around 30-40 circles. Next, they started sewing the circles in running stitches and filled them with small pieces of cloth to make it in form of a potli. They made 10-20 potlis at given times. Later we collected the potlis to colour coordinate them for making the mats. There were 2 small mats for hot pots and 1 big as a doormat.



Each potli was sewed together in a different style to make it look more attractive such as different colour potli were put alternating or one row of the same colour and flower design as it was decided by the students. All the members of the group helped to attach each potli to the other to form a row of its according to the style of mat. Then each row was attached to another row to make the mat. An old gunny grain bag was cut in the required size and shape to sew the stitched potlis on it. 4 girls and 2 boys volunteered to attach the sewed potlis/rug to the jute/gunny base. The student was even We even taught the students how to make



Different methods can be used to create such mats/rugs. A few were demonstrated and others were discussed with the enthusiastic learners. Some of the methods discussed/demonstrated were the braiding method; loose knitting and twist rope method. Braids were also used to decorate and create a solid border for the potli rug. It was an enriching skill-building session. The participants gave very good feedback for this session.

Veg Pickle bottling and Packaging

Sneha Bhosale and Fatima Ganjifrockwala conducted a Pickle making workshop at 4.30 pm. It was pre-decided that 3 pickle recipes would be explained and demonstrated to the participants, and hence the required ingredients to make 200 gms of the pickles were bought along. The purpose of this workshop is mainly to develop entrepreneurial skills among the Warli Tribal youth at Kharasgaon. The student volunteers not only lucidly explained and demonstrated the pickle making but also discussed the possibility of the participants starting a small but also the importance of a small home-based business.



Once the pickles were made, they were allowed to cool down. This cooling time was effectively used to explain the importance of good packaging and marketing skills. Sneha Bhosale demonstrated the first variety of pickle i.e. lemon pickle.



Lemon Pickle: The group was informed of the nutritional benefits of lemon. The ingredients required were displayed and then the steps of the recipe were explained. 8 lemons were washed and cut into small pieces. These cut lemons were pressure cooked (for 5 whistles). The cooked lemons were added to a hot Kadai and where they were continuously stirred along with then took a Kadai and add in cooked lemon and stir continuously after adding jaggery, salt, and red chili powder for about 10 – 15 mins. It was kept aside to cool before pouring it to

the then keep it aside for cool and then the lemon pickle is ready to serve for all and also all the staff and students tested it and they like it very much this pickle is stored for 6 months and it's not harmful to our body. They understood very well and also all students write in our notebooks about that pickle recipe they also understood how to do the packing and marketing also.

Brinjal Pickle: Fatema Ganjifrockwala demonstrated and explained the next pickle, i. e., the brinjal pickle. Sr. Clera had specifically requested us to include the brinjal pickle recipe as the community college usually gets a bumper crop of brinjals every season. It is a very simple and delicious recipe and can be made with a minimum of ingredients. 5 – 6 brinjals were cut into small pieces, and marinated with salt and red chili powder for approximately 15 mins. It was then sauteed with oil in a Kadai. Homemade garam masala was added and the brinjals stirred continuously. The mixture was allowed to cool well before bottling it Staff and students appreciated the easy tasty pickle recipe.

Carrot and Raddish Pickle: Radishes were unfortunately not available in the Karajgaon market hence Samiksha Malusare explained the recipe and the students made a careful of the many steps to prepare it. briefly about carrot pickle and all the students wrote the recipe.

Sneha Bhosale and Poonam Dalvi mentioned packaging benefits and the importance of marketing. They explained about pricing mechanism and about making a logo that represents the product as well as the value of the organization/entrepreneurs. The workshop got over at around 5.40 pm.

Tie n Dye:

The tie and Dye topic was decided so that the students at Karajgaon get to learn a new way which can be used to dye the clothes that they make and use this innovation to come up with a new variety of apparel for selling. Tie and Dye is a way of resist dyeing which includes folding, twisting, or crumpling the fabric, tying rubber bands, and then applying dyes of choice. Few girls from the group knew the technique and were given the responsibility to take the session for the students. Supriya Waghmare, Tanaya Naik, Corinna Pereira, and Nutanna Bale were

selected to demonstrate the technique to the students. Akanksha Gaikwad was selected to narrate the technique and its details. It was decided that apparel like t-shirts, joggers, and masks previously made with the technique will be taken to be displayed as samples to the participants.

4 techniques were to be demonstrated – Vertical Stripes, Crumble, Spiral and Shibori. A Tie and Dye kit was brought by Tanaya for the demonstration. Some white fabric was also cut in rectangles and the techniques were to be demonstrated on these pieces of fabric. A t-shirt was also brought on which the technique will be carried out. Other supplies like Rubber bands, zip lock bags, gloves, and aprons were also to be carried. All of these materials were carefully packed in a box and were taken to Karajgaon.

The Tie and Dye workshop was scheduled for the 23rd from 3.30 – 4.30 pm. The demonstrators had worn their aprons, and gloves, and all the material was arranged at the table. A tub of water was also kept ready. Akanksha started the session by introducing everyone and talking in brief about the technique and the materials needed for the technique. There were in total 4 techniques that were demonstrated live. Vertical Stripes, Crumble, Spiral, and Shibori methods were demonstrated by Supriya, Tanaya, Nutanna, and Corinna respectively. Each demonstration started with soaking the fabric followed by tying (crumble, spiral, vertical stripes method) or folding (Shibori method) depending on the design.



The next step was the application of the dye on the tied fabric based on the design, followed by the placement of the dyed fabric in a plastic zip-lock bag. Vertical Stripes involved accordion pleating and folding of the fabric vertically. The fabric was then tied with rubber bands with adequate space between two consecutive bands to create a stripes pattern. The dye was then poured on the fabric followed by placement of the fabric in a zip lock bag. Green dye was used for this method. Crumple method involved roughly scrunching up the fabric to give a crumpled effect. Spots of dye were then poured on the fabric to create a design. The fabric was then placed in a zip lock bag. The dyes used for this method were purple and orange. The spiral method involved pinching the fabric and then twisting it to give a spiral effect. The fabric was twisted until it completely rolled up in a spiral. Rubber bands were then used to hold the fabric together. Two rubber bands were used so that the fabric holds its shape during the dyeing process. This was followed by the placement of fabric in a zip lock bag. The dyes used were purple, green, and orange. The Shibori method involved folding the fabric in half forming a rectangle and then again folding it to form a smaller square. The process was repeated depending on the design. The dye was poured on the edges and a spot in the centre. It was then placed in a zip lock bag. The dyes used were orange and green.

The demonstrators also explained how the dyes can be made at home from onions, beetroots, Jamun, turmeric, spinach, etc. Finally, a white t-shirt was also used to demonstrate the spiral pattern. For this, the participants were divided into 2 groups so they could have a closer view of the demonstration. Supriya Waghmare, Nutanna Bale, and Tanaya Naik demonstrated to one group while Corinna Pereira demonstrated to the other group. The instructions for drying the fabric and readying it for use were also shared with the audience by the demonstrators. The session concluded with answering the questions asked by the participants and their reviews of the workshop. The dyed fabrics were taken out of the bag the next day and were rinsed, washed, and dried. Once dried, the final product was shown to the participants the next day. The participants were very fascinated by the designs and were eager to try them out later. The session ended with a question-and-answer round.

Session 4 – E-marketing, Marketing Skills, Packaging

The session on **social media marketing or E-marketing** was conducted by Akanksha Gaikwad, Tanaya Naik, Fatema Motiwala, and Neha Jadhav. The session was conducted on day 2 i.e., March 26, 2022, it was the first session of day 2 at 9:00 am, the whole session was conducted in the Marathi language for a better understanding of students of community college. first, the group members asked whether they have a small business run by their family or of their own to earning their living, later the group members asked whether they wish to earn their living on their own they answered they would love to, later the group also asked if they ever own their own business if they want to grow their business all over India in big cities of India like Mumbai, Kolkata, Chennai, etc if they wish too then how they would do it?



After that, the group members introduced the concept of marketing. What are traditional marketing and digital marketing? The group gave an example of Parle - G biscuits and how popular that brand is, though it was initially started as a small business. The students were asked how many owned a cellphone and how many of them had social media accounts. Most of them did not own a cell phone., but had one common one used by the entire family. Whatsapp was accessed by most of them but only 2 had Instagram accounts. The group was given a real-time example of E-Marketing, by demonstrating the social media handle of Gyan Jyoti Community college made by one of the group members. The screenshots of the same were taken and displayed for the students and later students were also taught how to create an Instagram page for their business.



With the help of the pickle bottles made on the previous day, the group taught them about packaging, and brand identity, with the help of a proper logo for eg, how the pickle was named Swad Pickle/ Swad Lonche, and a logo was also given for the pickle, a detailed product description was also given on the pickle bottle about the ingredients. The group was also informed about how to click proper images for posting on Instagram so that product displayed is appealing to the viewers. The group displayed a few different pamphlets as well as a label for the pickle bottles.

Cultural Tourism and its relevance to the Warli tribe was the next discussion.

A discussion was initiated with the question “ Why does Mumbai attract a large number of tourists/visitors?”



This led to the next question about if Karajgaon can be a place of tourist interest? They were also asked about which local places they most visited? The students answered that there is a mountain which they often love to visit and the river. Beach was said by another student. This initiated the next discussion of how the number of people frequenting the nearby areas has increased. Beaches attract a variety of people and can be an important start for small businesses. The community college students then discussed how small stalls that started a few years ago are now flourishing and giving rise to other small food and toy stalls. One of them also mentioned that one stall that started a few months ago earns a thousand rupees every hour on weekends and holidays. One of the group members made a tourist brochure showing the students how it is made and what all details must be mentioned: the maps, the address of the Community College, and how to reach from Mumbai to Karajgaon. The tourist brochures were made in two languages Marathi and English.

Lastly, the participants were given an activity to make a brochure on a business venture they would like to set up. All students performed very well in the activity. The overall session was remarkable according to the group members, the students understood the concept clearly. The Group members hope the session would help the students in the future.

Session 5 – Stress Management & Mental Health

Stress Management and Mental Health which was held on 24th March from 11.00 am to 1.00 pm. Organizers for this session were Vijaya, Supriya, Ruqqaiya, and Sakina. The session started with a role-play focusing on the topic of how to deal with stress effectively. This role play was enacted by Vijaya, Tanisha, Sneha, and Supriya where Supriya was the narrator and the other three played the role of 3 friends. Through this act, it was depicted how sharing your feelings with close ones can help you manage stress, and also doing the activities or hobbies which you are interested in can help to lower your stress level and even sometimes it can eradicate stress. To support the whole idea a video of a small school-going girl was also shown which again showcased the method of dealing with stress.

The next part of the session mostly focused on mental health, it was reported to students that there is a high number of suicide cases taking place in the village due to deteriorating mental well-being of the population caused due to poverty, lack of facilities, etc. So to pass on the message of the importance of mental health again a role play was done by Vijaya and Supriya showing how much one person's suicidal decision affects other people around him/her. After the death of a person how his/her friends and family go through mental trauma and even sometimes depression. Through this role play, several techniques were also introduced by which one can maintain good mental well-being and help oneself as well as others around to lead a better life. A 7-mins meditation exercise was also taken through the help of audio aid to demonstrate how it helps in calming the mind of a person and relieving the mental pressure. The session was concluded by briefly explaining the motive of the whole session with some insights on what other possible things and techniques can be done to prevent stress and maintain mental well being

Feedback and Goodbye

At 1.30 on 24th March 2022, all participants, students of NNCHSc, Sisters, Teachers of Community college, and other staff gathered for the feedback session. The participants were asked to give written feedback, as it was felt that it would be very authentic and straight from their hearts.

The participants from the Community college as well as the sisters appreciated the efforts put in to organize the session. Sr. Clera specifically mentioned that she liked the meticulously planned 2-day coursework. Gifts were distributed to the most active participant and also to those participants who did not receive any gifts on the previous day.

The participants appreciated the skill-building sessions specifically and the games. They also were very happy with the multiple gifts that they got during the two days. Two students (Fatema Motiwala and Sakina Sadriwala) were in-charge of the gifts and had an account of it all. Students enthusiastically had started collecting relevant gifts two weeks in advance, The collected gifts/goodies were sorted and packed as per the sessions by the two in-charge students. They gift-wrapped the gifts using old wrappers as well as newspapers and placed them in different boxes. Rich/good saris and dresses/trousers were separated and gift-wrapped for teachers and other staff. Five carton boxes were filled with gifts and the student group was excited about having collected them all. During the rural camp, gifts were distributed to encourage participation and active involvement. This strategy helped break the ice. Towards the end of the session, almost 50% of the participants had received a gift. Names of the awardees were noted to ensure that all 100% received at least one gift. Community college staff, mausi (cook), Mr. James (driver), and the helping staff were gifted with sarees and coffee mugs as a token of our love for their hospitality.

Sr. Clera expressed her happiness when the participants volunteered to give verbal feedback themselves. She said that this move itself was an improvement. The NNCHSc group was thrilled with this single compliment from Sr. Clera. Sr. Mary and Sr. Shirley also mentioned that the group had taken great efforts to ensure that every participant understood all details. The sisters also thanked Dr. Roopa Rao and Ms. Saniya Pai for the efforts and mentioned once again that the 2-day camp was well designed and also well-executed.

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