

Rural Camp report

Ashramshala, Pinglas.



The rural camp, 2023 was organised by College of Home Science, Nirmala Niketan, which provided an opportunity to the students to gain practical exposure of working with people in rural area. The rural camp was held on 16th February, 2023. Ms. Ratna the coordinator of rural camp helped the team in conducting rural camp successfully. The faculty in charges were Dr. Tasneem Ravat, Ms. Simran Khandagale, Mr. Tejas, Ms. Ranjana, who also visited the camps with the allotted group to evaluate and assess the program.

The objective of the rural camp was,

1. To expose the students to rural life.
2. To enable the students to learn about strengthening the village community by educating them about microgreens, Food hygiene through various fun activities.
3. To inculcate the spirit of community participation and working in a team.

The groups were divided into 4 parts, and each group had students from Msc Food processing and preservation 1, Msc Sports Nutrition 1 and Msc Sports Nutrition 2. Among them, the 3rd group went to शासकीय माध्य व उच्च माध्य. आश्रमशाळा पिंगळस.

Starting with the day at 7:30am from CSMT station, the students reached Neral station at 9:25 am, and from there the students reached Pinglas at 10:40am. Immediately, the students were called upon and an introduction was given to the school.



Activities conducted during rural camp:

An icebreaker activity was planned for the school students wherein they were asked to introduce themselves as well as what they liked the most about themselves and what do they like to do. After that, a PowerPoint presentation was shown to them which talked a bit about Nutrition and introduced them to microgreens followed by an activity to show them how to grow microgreens. The last two activities included making Lemon squash and making the Lemon pickle which was loved by the students.



Icebreaker activity



PowerPoint presentation



Making lemon squash and Lemon Pickle



Growing microgreens.

Learning outcome of the rural camp:

The school students were really excited to learn and explore new things, which made things easy for us. The school cooperated very well and also helped in whatever matter they could. The students got an experience of working in and with the community, educating them, participating with them. This rural camp created opportunities for every student to develop a sense of team work. They also learned to take responsibilities, gain management skills, gain skills in planning. organizing programs in the community.

