

Department of Community Resource Management
Community Extension Camp to Bharuch
2023 -2024

A community extension programme was organised by department of Community Resource Management College of Home Science Nirmala Niketan at Vidhyadeep **Community** college at Bharuch (29th Feb, 1st and 2nd March 2024) as a part of student extension education programme.

The rural camp organized in Bharuch at Vidhyadeep College was a remarkable event designed to empower and educate young girls through a series of workshops. Conducted by the enthusiastic students of the College of Home Science, Nirmala Niketan, Department of Community Resource Management the camp spanned over a few days filled with learning, creativity, and physical activities. The initiative aimed at fostering new skills, confidence, and a sense of community among the participants.

Aim of the extension Camp: To train and empower young girls of adivasi community with various entrepreneurial skills and help them become self-sufficient financially.

Objective is to establish a connection with the rural community in Bharuch and gain insights into their specific needs.

Plan of action for Bharuch Rural camp Activities

Date	Activities/workshops			
	Prebreakfast	Pre-lunch	Post lunch	Pre-dinner
29-2-2024				Ice Breaker games
1- 3- 2024	<ul style="list-style-type: none"> • Self defence 	Orientation <ul style="list-style-type: none"> • First aid & Types of Bandages • Candle making • Clay jewellery 	<ul style="list-style-type: none"> • Scrunches making • Stationary pouch • Personal grooming workshop 	<ul style="list-style-type: none"> • Zumba dance (recreational Activity)
2-3-2024	Return journey			

Day 1: Ice Breaker Games: Conducted by Ms Krisha and Ms Kameswari

The camp started with a series of ice breaker games, setting a friendly and comfortable atmosphere. These activities were crucial in helping the girls loosen up and bond with each other, laying a solid foundation for the days to come.

[1] Eke Machli Chapaak: This game taught them about how necessary alertness is and the way we played the game it also taught them team work because even if one person went wrong the entire team loses.

[2] Head, Shoulder, Knees and Toes: It promotes listening and following instructions, making it an interactive and educational activity for childhood development. It also develops motor skills.

Recognition and rewards were given to the winners, adding an extra layer of excitement to the atmosphere



Day 2: Educational and Creative Workshops:

On the second day of the camp, a series of learning workshops were conducted at Vidhyadeep College. These workshops spanned the entire day and encompassed a diverse range of topics aimed at equipping individuals with new skills and promoting self-care. The workshops included self-defence training, particularly focusing on empowering women to ensure their safety. Additionally, participants had the opportunity to learn the art of making clay jewellery, which could serve as both a recreational activity and a potential source of income. Furthermore, sessions conducted were on creating hair scrunches (women accessories), grooming and job skills, candle-making, and crafting canvas pouches. These workshops aimed to enhance participants' creativity, self-confidence, and entrepreneurial spirit.

In addition to the workshops, students also conducted an assessment of the existing infrastructure in the nearby villages. This evaluation aimed to identify areas that required improvement, such as access to clean water, electricity, and well-maintained roads. By identifying these needs, one could develop strategies to address the infrastructure gaps and work towards enhancing the overall living conditions of the rural communities

Lastly, we organized activities that facilitated the sharing of cultures between college students and villagers. These activities aimed to foster a sense of unity and understanding among the participants

The main day of the camp was packed with a variety of workshops designed to cater to different interests and skill sets. The workshops conducted were:

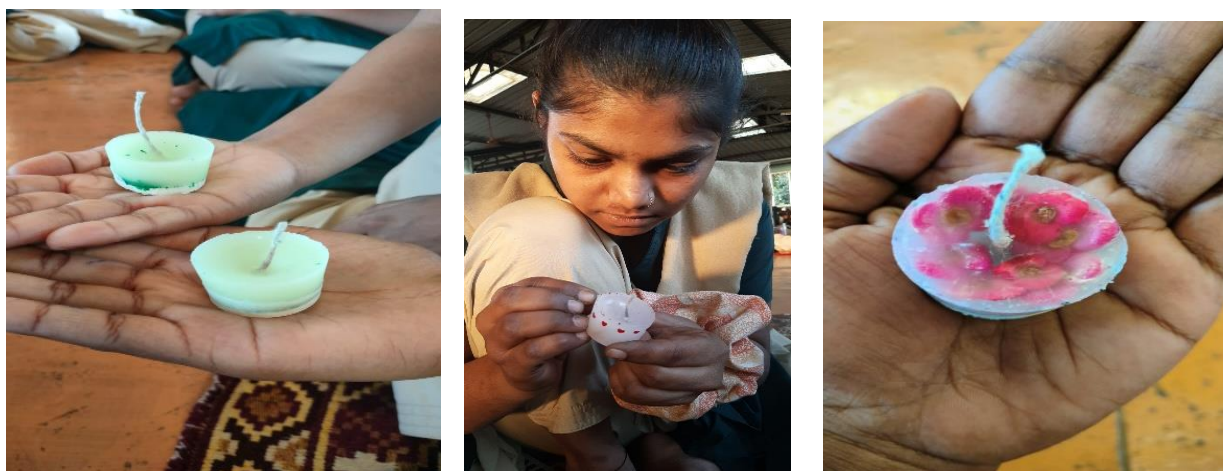
1. Self-Defence: Conducted by Ms Aafiyah.

A vital session empowering girls with basic self-defence techniques, enhancing their sense of security and confidence in handling precarious situations. Students also learnt about simple punches and kicks. Session started early morning 6.30 am and ended with simple warm up exercises.



2. Candle Making: Conducted by Ms. Niyati and Ms. Rashida

A crafty workshop where the girls learned the art of making candles, fostering creativity and providing them with a potential entrepreneurial skill. Candle making workshops often emphasize using natural and sustainable materials, such as beeswax or soy wax,



which promotes environmentally friendly practices and encourages girls to adopt sustainable lifestyles. By learning how to make candles, girls in rural areas can explore entrepreneurial opportunities. They can sell their handmade candles locally or online, contributing to their financial independence and economic empowerment. The entire batch of 170 girls were divided in the group of 16 each girl got an opportunity to make

candle. They came out with innovative ideas, the final product was awesome showcasing their innovative ideas and creativity.

3. **Clay Art:** Facilitated by Ms Dyuti and Ms Kritika.

This workshop allowed the participants to express themselves through clay, honing their artistic skills and creativity, participants had the opportunity to learn the art of making clay jewellery, which could serve as both a recreational activity and a potential source of income. We taught them about to make a pair of earrings and a pendant out of clay. We gave each group certain amount of clay and they were asked to roll the clay in the respective shape they wanted. After they made their designs we asked them to keep it aside and later gave them acrylic paints to paint their jewellery.



4. **Scrunches Making:** Conducted by Ms Arwa and Ms Khadija.

The day continued with accessory making workshop where scrunches were demonstrated. Girls were introduced to valuable sewing skills and entrepreneurial insights. They learned to create handmade scrunches, empowering them to pursue income-generating ventures and nurture their creativity. It was fun and fashionable craft workshop teaching the girls how to make their scrunchies, combining creativity with practical skills.



5. Canvas Pouch Making: Led by Ms Amatullah.

Another creative session where the participants learned to make canvas pouches, encouraging them to explore their artistic talents further. Participants honed their crafting skills in a sustainable stationary pouch workshop, adding personal flair to their creations. Stationary materials were provided consisting of canvas, acrylic paints and brushes. They were then asked to use their imagination and paint on the pouch.



6. Personal grooming and Communication Skill: Facilitated by Ms Miloni, Ms Aqsa, Ms Kameswari, and Ms. Amithi.

Workshop consisted of Introduction to hospitality industry and proceeded by demonstration of Sari Draping, Basic makeup at workplace followed by personal grooming and hygiene, this session was aimed at boosting the girls' self-esteem and personal care routines. This crucial workshop designed to enhance communication skills, particularly in interview settings, preparing the girls for future career opportunities.



7. First Aid Workshop: led by Ms Charisma and Ms Rashida

This essential workshop provided participants with basic knowledge on how to respond to common injuries and emergencies. Covering topics like bandaging minor wounds and handling more severe conditions, it emphasized the importance of quick and effective action to ensure safety and potentially save lives, enhancing the participants' confidence and responsibility in emergency situations.

Participants in this crucial session left with a foundational understanding of how to handle common injuries and emergencies. It addressed small wounds and more serious ailments, stressing the need for prompt action to protect safety and possibly save lives. This helped to increase participant confidence and sense of responsibility in emergency circumstances.



8. Zumba Workshop – Conducted by Ms Vidhi, Ms Kameswari, Ms Avandhika and Ms Janhavi



The community extension camp concluded on a high note with a fun Zumba workshop, ensuring the participants left with not only new skills but also a memorable experience

of joy and camaraderie. The fruitful day ended by distribution of chocolates to all the girls and special gifts to the winners of various activities, adding a sweet end to the camp.

In conclusion, the collaborative effort between Vidhyadeep College Bharuch and College of Home Science Nirmala Niketan Department of Community Resource Management Mumbai has proven to be a valuable initiative. By addressing challenges and promoting skill development, the camp not only narrowed the gap between urban and rural populations but also laid the foundation for sustainable growth. The positive impact of all the workshops conducted emphasizes the importance of practical learning experiences in creating lasting impressions and fostering meaningful connections between diverse communities.

This extension programme not only equipped the participants with new skills but also played a significant role in enhancing their confidence and interpersonal relationships. Such initiatives are pivotal in empowering the youth, especially in rural settings, paving the way for their holistic development.

The day concluded with expressions of gratitude towards the organizers for providing the opportunity to contribute to society and delivering exceptional hospitality.

The extension program was a resounding success, with both the participants and organizers thoroughly enjoying the diverse workshops. Skills in scrunches making, canvas pouch creation, clay art, and jewellery making were imparted, enhancing the entrepreneurial spirit of the attendees. The camp not only provided valuable knowledge but also fostered a sense of community and shared learning.





Report by:

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