

CHUIM NIRMALA NIWAS REPORT

COMMUNITY EXTENSION ACTIVITIES

Chuim Community Centre, Nirmala Niwas, Chuim Village Road, Khar- Danda works for the upliftment of underprivileged class of women. Their main goal is empowering of the marginalized urban slum dwellers. The main objectives of this centre is encouraging self-reliance through self-help groups, awareness programs, Helping people become responsible creative agents of social change and enhancing quality life through their own participation. Promote community health through preventive measures and welfare child-care service.

To facilitate these objective of the institute College of Home Science Department of Community Resource Management took initiative and collaborated with the centre and conducted 4 sessions on various awareness programs and enhance Entrepreneurial skills.

Following were the sessions conducted:

Session 1: 18th August 23rd - Friday

- Product Making: Fridge Magnets. Jewellery and key chains made of Clay
- Awareness programme on Environment and Consumers

Session 2: August 25th - Friday.

- Product Making: Envelope making with quilling and bookmarks
- Consumer Awareness programme on Malpractices in Market

Session 3: September 1st - Friday:

- Product Making: Bottle Art
- Simple Healthy Nutritious recipes for school tiffin's

Session 4: September 8st - Friday

- Product Making: Best out of waste.
- Demonstration to detect adulterants in food

Session 1: 18th August 23rd - Friday - Timing- 1.30pm to 4.30pm



The students of Nirmala Niketan College of Home science from T.Y.B.Sc Department of Community Resource Management visited CHUIM Centre for conducting workshop on development of entrepreneurial skills. There are several activities organised as well as many courses offered for children and ladies in Chuim. It is a free education service provided through this centre for those people who cannot pursue education due to different reasons. As Chuim is also known as Nirmala Nivas, it is also connected with the College of Home Science Nirmala Niketan.

Activity 1 - The entrepreneurial skills development activity for which the students of T.Y.CRM had visited to Chuim was clay art activity, different ornaments, jewellery, key chains had been demonstrated by students to the women. This workshop was planned by the students, the

articles were made as a sample got its approval, demonstration practice all this took 15 days to get ready for the session. Scripts were made which was to be delivered to the ladies while demonstrating the clay art. The clay used for making jewellery and key chain was acrylic mould it on which painting was done with acrylic painting.



The workshop was organised and students had collected and purchased necessary materials that were used for making clay art such as key chain rings, earring hooks, hooks for making pendants etc. there were 35 women in the centre. Two students first



introduced themselves and then gave a brief introduction on clay art and its benefits that how is it environmentally friendly and can be useful for women. It doesn't break easily nor does it spoil in a short span hence can be used for a longer period of time and people don't throw away such creative things of piece of art as well they are cheap and is affordable and anyone can master the skills including housewives, hence they can make jewellery or house accessory through clay art which can be used as part of income generating activity. As the session continued and the products were kept for drying for second coat of paint another group of students performed flash card presentation.

Each participants were excited seeing their final products. Many ladies came out with their own creative ideas and design.



Activity 2 –Flash card presentation –Theme ENVIRONMENTAL ISSUES-

The primary aim of this session was to raise awareness about crucial environmental challenges and promote sustainable practices among participants. Students covered a range of topics that addressed environmental concerns such as- pollution, climate change, etc.

The presentation consisted of introduction of 4 main topics of environment that is Natural Resources, Pollution, Climate Changes and Environmental Health. Followed by information about other natural resources which includes Air, Water, Land and Animals. The information consisted of exploring the significance of natural resources and importance of conservation, Biotic and Abiotic organisms'. It was an interactive question answer session. A brief portion of each natural resources was explained to the audience.

Next information through flashcard, was about pollution. Different types of pollution such as- Air, Water, Land and Noise were discussed. The sources, consequences, and potential solutions for each type of pollution were highlighted.

The 4th flashcard consisted of climate changes, global warming, floods, droughts and melting polar ice.

Lastly 5th flashcard consisted of the crucial connection between the environment and human health, impact of pollution on public health, the importance of clean water and air, and the role of responsible waste management. How people should segregate dry waste and wet waste. Everyone should keep their surroundings clean. What all diseases can be caused due to untidy environment? Eat healthy and fresh fruits and vegetables. Everyone should be aware about basic environmental knowledge.

Each flashcard contained information, key statistics and visually engaging graphics to demonstrate the concepts. The interactive nature of the presentation allowed participants to ask questions and actively participate in discussions. The audience showcased enthusiastic participation throughout the session. Engaging questions were raised, sparking insightful discussions on topics such as individual contributions to pollution reduction and the potential of renewable energy resources. The use of flashcards made it easier for participants to grasp intricate details and retain the information presented.

KEY TAKEAWAYS-

- The importance of safeguarding natural resources for future generations.
- The urgent need to address pollution to protect ecosystems and public health.
- The global impact of climate change and the role of individuals in mitigating its effects.
- The link between environmental health and overall well-being.



In conclusion the session marked a significant step towards fostering a deeper understanding of environmental issues among participants. By utilizing the flashcard approach, the content was presented effectively and captured the audience's attention. The active engagement and insightful discussions reflect the success of the session in achieving its educational goals.

Session 2: August 25th – Friday. Timing- 1.30pm to 4.30pm

Activity 1- The quilling activity conducted aimed to foster entrepreneurial skills among ladies by combining the art of quilling with business principles. Quilling is a paper art form involving rolling and shaping paper strips to create intricate designs. Entrepreneurial skills, such as creativity, time management, marketing, and problem-solving, are crucial in today's dynamic business landscape. Combining quilling with entrepreneurship can be an innovative way to nurture these skills



The quilling activity was a one day workshop, with a diverse group of ladies. They learned different quilling techniques from basic shapes to complex designs and making an envelope from a A4 size paper.

The participants showcased remarkable creativity by designing unique quilled products, from greeting cards to Rakhi. Each participant was so eager to learn that they managed their time effectively to complete quilling envelopes demonstrated by the students. This workshop enabled the participants to Overcoming challenges, like paper tearing or design flaws, thus strengthened problem-solving skills.

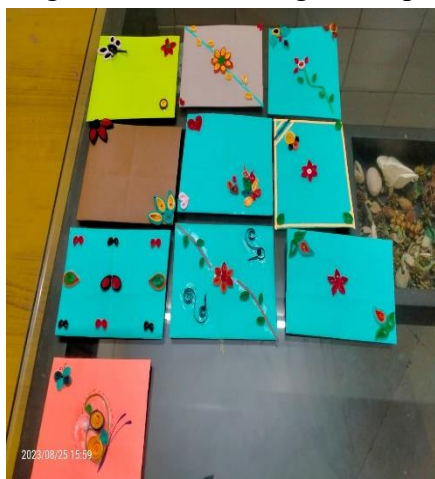


Activity 2: Consumer Awareness on Malpractices in Market: The event aimed to educate individuals about their rights as consumers and provide insights into making informed purchasing decisions.

The primary objectives of the consumer awareness activity were as follows:

- To raise awareness about consumer rights and responsibilities.
- To inform participants about common consumer issues and how to address them.
- To promote ethical and responsible consumer behaviour.

Event Highlights: Interactive Workshops: Participants were divided into small groups and engaged in interactive workshops. These workshops covered topics likes (corruption, food adulteration, menstrual cups and ovarian cancer, laws) .



Q&A Session: A question-and-answer session allowed attendees to seek clarification on consumer-related issues. The session facilitated an open dialogue between participants and experts. **Consumer Rights flashcards:** Informative flashcards summarizing consumer rights and how to exercise them were displayed to all attendees.

Key Takeaways:

- Consumers have the right to demand safe and quality products and services.
- Being an informed consumer involves reading labels, understanding warranties, and researching products before purchasing.
- If faced with a consumer issue, individuals can file complaints with relevant authorities for resolution.

It was a valuable learning experience for all participants. It emphasized the importance of being vigilant consumers and knowing one's rights in the marketplace. By disseminating knowledge about consumer protection, this event contributes to a more empowered and responsible consumer base.



Session 3: September 1st - Friday: Timing- 1.30pm to 4.30pm

Activity 1- Day 3 activity was a creative workshop on bottle art. The workshop aimed to empower the local women by teaching them various bottle art techniques, including jute wrapping, glitter embellishments, Warli art, and traditional painted designs. The event commenced promptly at 1.30pm and concluded at 5.00 PM.

Workshop Highlights:

Jute Wrapping: The workshop began with an introduction to jute wrapping techniques. The participants learned how to use jute strings creatively to cover the bottles, adding a rustic and eco-friendly touch to their artworks. They practiced different patterns and styles to personalize their creations.

Glitter Embellishments: Following the jute wrapping session, the attendees were introduced to the world of glitter. They were shown how to use glue and glitter to create sparkling and



vibrant designs on their bottles. This segment allowed the women to experiment with various colors and patterns.

Warli Art: To enrich the cultural aspect of the workshop, a session on Warli art was conducted. The participants were taught the basic elements of this tribal art form, which they applied to their bottles. Warli art not only added an ethnic charm to the creations but also shared the cultural significance of this traditional form.

Painted Bottle Art: The final segment of the workshop involved painting techniques. The women were provided with a variety of paints and brushes to express their creativity on the bottles. They painted intricate patterns, landscapes, and abstract designs, turning simple bottles into works of art.



The ladies of Chium Village actively engaged in the workshop, displaying immense enthusiasm and eagerness to learn new art forms. They asked questions, shared ideas, and actively participated in all the sessions. The workshop fostered a sense of community and collaboration among the participants.

The bottle art workshop conducted was a resounding success. It provided the local women with a platform to explore their artistic talents, learn new skills, and embrace their creativity. The event not only empowered the participants but also promoted cultural exchange through Warli art.

Session on Low cost Nutritious recipe



Students told them about nutritious recipes why is nutrition important for our body? Recipe on MRF powder, was demonstrated and distributed to the entire group. It's a multigrain Atta which can be added or mixed with any recipe. Second recipe was peanut butter, recipe was demonstrated. Every one enjoyed the taste. Chana chaat was the third recipe. Students told them about advantages, and how easily it is prepared. They told about the different variations. Fourth recipe was pan cake, with eno instead of baking soda Program ended with an appreciative note.

Key Takeaways

- Participants learnt the concept of designing and its application.

- Importance of nutrition in their regular diet.
- Innovative ideas of making low cost and easy recipes.



Day 4 September 8th - Friday: Timing- 1.30pm to 4.30pm

ACTIVITY 1:-BEST OUT OF WASTE (ENTREPRENEURAL ACTIVITY)

The objective of this activity was to teach the women how they can reuse the items and make new things out of it. Concept of reuse and recycling was taught.

Students introduced their first article **pen stand** which was made out of the used paper glasses. They taught them how they can reuse the already used paper glass. Students taught them step by step. Participants enjoyed making this product. The audience were energetic as well as creative in making the artistic handicrafts. They came out of it making the items more attractive.



Second item was **piggy bank** which was made out of small plastic bottles. And some glittery papers were used to decorate the product. The item was taught step by step. They learn how small bottles of the aerated drinks can be reused again.



Both the items taught was for their children which they can make easily and make them happy.



ACTIVITY 2:

Consumer Awareness Program on Food Adulteration:

Food Adulteration awareness program Community Service Project is an experiential learning strategy that integrates meaningful community service with instruction, participation, learning and community development. It involves students in community development and service activities and it not only applies the experience to personal and academic development but also community development by upliftment of the underprivileged society.

These days food contamination is one of the major problems that is affecting the health of people. There are adverse effects on the health of people when they consume adulterated food. Significant food hazards include pesticide residues, microbial hazards, misuse of additives, chemical contaminants, including biological toxins and adulteration.

Food adulteration occur due to the following reasons:

- To attract the consumers by giving more taste to the products by adding hazardous chemicals.
- To increase the quantity of products with less cost.
- To get more profit.



- To increase the life of food

Objectives of food adulteration workshop

- 1) To study and create the awareness about food adulteration.
- 2) To study the effects of food adulterants and let people know about them.
- 3) To know the adulteration in selected food products through various testing procedures.

Students conducted workshop by demonstrating simple tests to detect adulterants in masala like Red chilli powder, Haldi powder, Coriander powder, Tea powder.

Brief lecture was also given on Consumer protection Act, Consumers Right to file a complaints, and also about different consumer Organization such as CGSI (Consumer Guidance Society of India).

The participants were very appreciates about this informative session.



Key Takeaways

- Participants now knew that they should not be buying unpacked products.
- They now knew what food adulteration is and how harmful it is to their health.
- They learnt the simple techniques to detect adulterants in food item especially masala.

Acknowledgment:

We would like to express our gratitude to the College of Home Science faculty, the village authorities, and all the participants for their support and active involvement in making this workshop a memorable and enriching experience.

The College of Home Science is committed to organizing more such workshops to uplift and empower communities through art and education.

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