

REPORT ON EXTENSION PROGRAM KHARASGAON (M.Sc. Part 1 - Human Development)

The Extension programme organised by the Department of Human Development, College of Home Science Nirmala Niketan (Autonomous), Mumbai University for M.Sc. part 1 was held on the 1st(Friday) and 2nd(Saturday) of December 2023, at Gnanajyoti Community College, Karajgaon, Umargam.

The students of M.Sc. part 1 of Human Development were given the task to conduct two workshops. Workshop 1, Teacher training - “Panchaadi, Teaching Aids and Use of Technology” and Workshop 2, Youth - “ Self-awareness, Self-esteem, Emotional awareness, Family dynamics, Puberty changes and Use of Technology” at the above mentioned college, for the Anganwadi teachers and youth residing there under the guidance of Dr. Kamini Rege. A month before conducting the workshop, planning commenced. All the 12 students were divided into two groups with 6 members each, for planning the workshop. The first group who was responsible for the teacher training workshop for the Anganwadi teachers was lead by Saloni Rane and Khushboo Thakkar and the members were Greta D’costa, Rukaiyah Karachiwala, Aishwarya Jagtap and Abeera shaikh. and the second group with the other 6 members, planned a workshop for the youth on various topics to enhance their awareness about self was lead by Sana Qureshi and Disha Patil with the members, Midhatfatema, Afra Mashhadi, Haley Chheda and Shalki Hirave. The whole class gathered and took up the various roles. In Diwali vacations, Students worked on gathering the materials, doing rehearsals and finding information from all the available authentic sources for the workshops and combining the huge chunk of information into fun and interesting games and activities, for easier and better understanding under the guidance of Dr. Kamini Rege. In all the activities planned, students made sure to make it multilingual by adding English, Hindi and Marathi. The M.Sc. part 1 trainees had put in 60 hours into planning and rehearsing for the workshops.

DAY 1

The group of M.Sc. part 1, 12 trainees along with 1 teacher started their journey early in the morning at 5:40 am on 1st of December 2023, Friday by Gujrat Sf Exp train. They reached Umargam station at 8:30 am (figure.1) and took auto rickshaws and by 9:00 am they were in Karajgaon at Gnanajyoti Community College. Sister Claire and Sister Gracie gave the group a warm welcome and made the group familiar and comfortable with the area. As it was a two day program, residing arrangements for the trainees and the teacher were made in their community hostel. The students had their breakfast and started their preparation for their 1st workshop.

Workshop 1, Teacher training - “Panchaadi, Teaching Aids and Use of Technology”

The teachers from different anganwadis started gathering and the workshop began at 10:00 am with 24 teachers. After a small introduction with each other, the students introduced and explained the concept of lesson planning, Panchaadi, and the five steps - ADITHI, BODH, ABHYAS, PRAYOG and PRASAR and its importance to the teachers with engaging activities. (Figure.2). Continuing with the workshop, the teachers were divided into 5 groups for best out of waste activity. These groups rotated on 6 different stations where teaching aids from different materials were displayed for various activities and then the teachers made one teaching aid at each station. The M.Sc. 1 trainees had brought best out of waste materials like cardboard boxes,

plastic, coloured papers, bottle caps, leaves, sticks, paper cups and stationery items for the teachers to make teaching aids(Figure 3,4,5,6). The stations were as following:

Station 1 - Bottle caps

Teaching aids displayed: colour matching, colour sorting, counting

Material provided: Bottle caps, chart papers, stationery

Teaching aid made by teachers: Counting activity

Station 2 - Paper cups

Teaching aid displayed: marathi vyanjan, colour sorting, emotions, addition, chicken puppet

Materials provided: paper cups, paints, stationery

Teaching aid made by teachers: Penguin puppet

Station 3 - Box

Teaching aid displayed: Clock, dice, puppet theatre, Abcd box

Materials provided: cardboard boxes, chart papers, stationery

Teaching aid made by teachers: Crocodile box puppet

Station 4 - Plastic

Teaching aid displayed: Lungs, cut-out painting

Materials provided:plastic bag, white papers, stationery

Teaching aid made by teachers: Pattern tracing

Station 5 - Sticks and leaves

Teaching aid displayed:frame, Thick, thin branches, dragonfly, stick figure

Materials provided: leaves, boxboard, stationery

Teaching aid made by teachers: shadow leaf

Station 6 - Sponge and String

Teaching aid displayed: string painting, cut out painting

Materials provided: paints, paper plates, rope, stationery

Teaching aid made by teachers: Stamp painting

After this around, the teachers took the initiative to recite some rhymes that are sung in the anganwadi centres in Hindi and Marathi along with the students. The last part of the workshop was about introducing technology and giving hands on experience as to how to use computers and make interesting teaching aids on PowerPoint presentations(Figure 7). The teachers were taken to the computer lab. With 5 computers working, the teachers were divided in 5 small groups guided by 1 M.Sc. trainee in each group for better understanding. The workshop ended with appreciation and feedback from the teachers. They were happy to learn new concepts and participate in activities(Figure 8). Some educational books were also donated to the teachers. After a successful workshop the students had their lunch and rested.

Later, in the evening they all went out in the village to explore their surroundings. Students gained a good insight about the lifestyle of the villagers, their homes, schools, and agriculture and leisure activities. The students also gained knowledge about the different medicinal plants and the flora and fauna found there. Students returned back before sunset at the centre with snacks, plucked fruits and lots of fun. (Figure 10)

In the late evening, all the students, hostel girls and other members gathered on the ground. The hostel girls performed a wonderful dance related to agriculture and so did the college students on Navratri festival. The girls there, taught the students, flowers making art with different leaves. The art form was very unique and beautiful. The students lost track of time while making flowers and bouquets out of those leaves together with only the torchlight available. Everyone was so engaged in coming up with their own unique flowers and having fun. After a long productive day, everyone had dinner and the students prepared for the next day.

DAY 2

On the second day, 2nd of December 2023, Saturday, early morning, M.Sc. part 1 trainees had their breakfast and shopped for fabric products such as napkins, sling, laptop covers, and caps that Community College students had made.

Workshop 2, Youth - “Self-awareness, Self-esteem, Emotional awareness, Family dynamics, Puberty changes and Use of Technology”

At 10.30 am, M.Sc. part 1 trainees started with the workshop by warmly welcoming the participants. The participants were youth of age around 16 to 22 years. There were 30 participants out of which 7 were boys and 23 were girls. The focus of the workshop was youth being aware about themselves. The workshop started by dividing the group into six smaller groups and naming them with six colours, and the games / activities were conducted in the same groups. The concepts of self-awareness, self-esteem, emotional awareness, and its importance were explained to them with a lot of fun and energetic games / activities. Here participants showed a lot of energy by skillfully engaging in those games and activities (Figure 11,12,13).

Two interesting skits were performed by the students to teach participants about their own bodily changes and to increase awareness about the same. The second skit was about how to effectively manage all different relationships in life (Figure 14). Participants enjoyed the skit and responded well about their learnings through it. Lastly, a discussion was conducted among the groups about technology, its advantages, disadvantages, appropriate and authentic content to be seen with regard to different situations. The participants came up with appropriate arguments for the respective situations and these points were discussed with all. The workshop was concluded by thanking the participants and taking their feedback on the session.(Figure 15). Participants gave their honest feedback to the group, regarding the knowledge they gained from the workshop. Participants enjoyed the workshop because it was full of activities. They were happy to clarify the myths regarding menstruation. They gained a sense of self satisfaction, confidence and resilience after the workshop. The participants asked for such fun-filled workshops to be conducted more frequently for them so they can get a platform regularly to participate, try, learn and enjoy with each other.

Students were later served lunch and then left for the railway station and boarded the train for Mumbai at 4:20 pm. Immense effort over the month made by the M,sc part 1 trainees of the department of human development came to fruition on these eventful days. (Figure 16)

Haley Chheda & Rukaiyah Karachiwala MSc - 1 Human Development



Fig:1 Reached Umargam Station on 01st of December 2023



Fig:2 - Day 1 - Teacher Training Workshop



Fig: 3,4 -Teachers making teaching aids at different stations



Fig: 5 - Teachers showing the things they made in the workshop

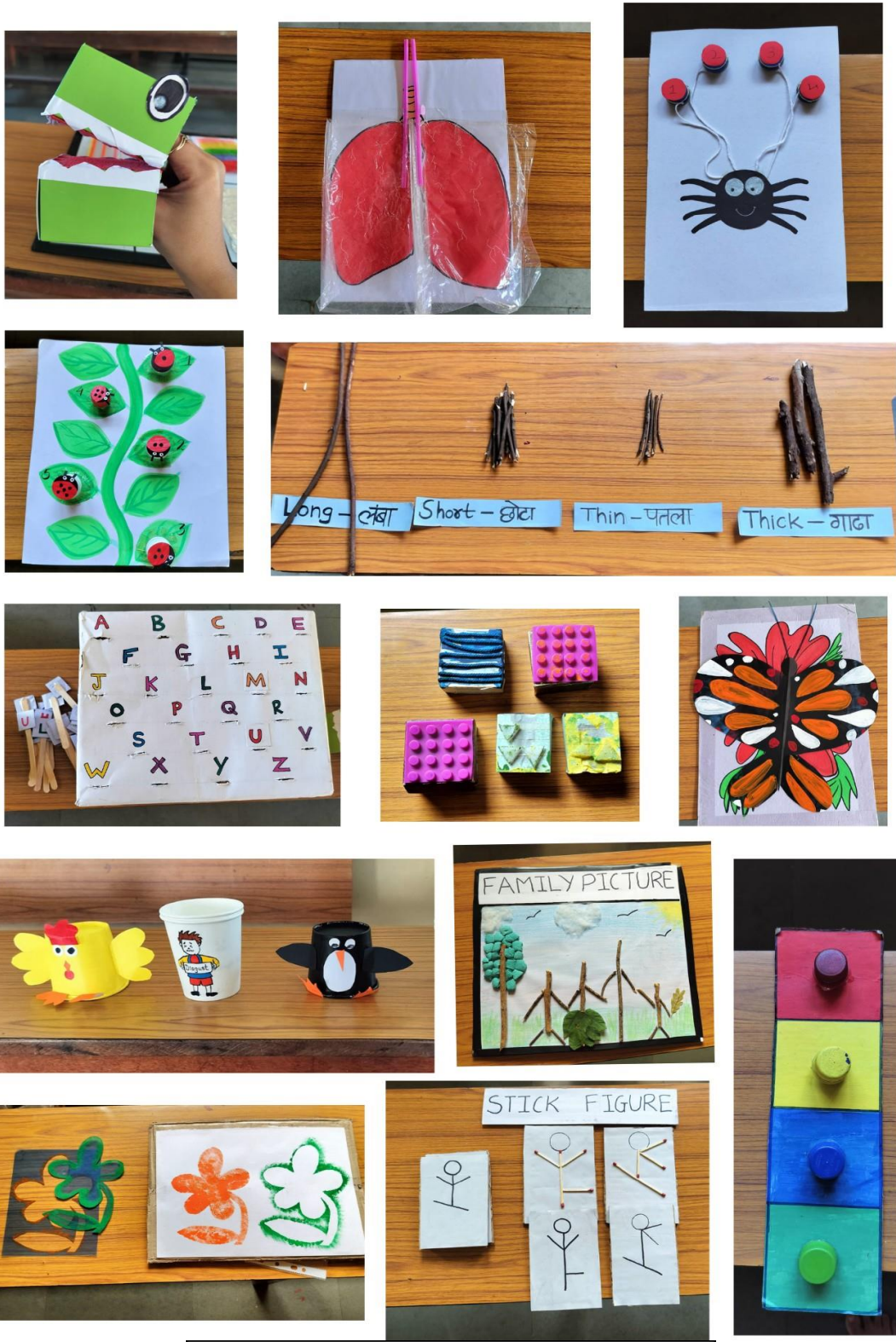


Fig:6 - Teaching aids displayed



Fig:7 - Teachers were taught to use technology as a medium for teaching

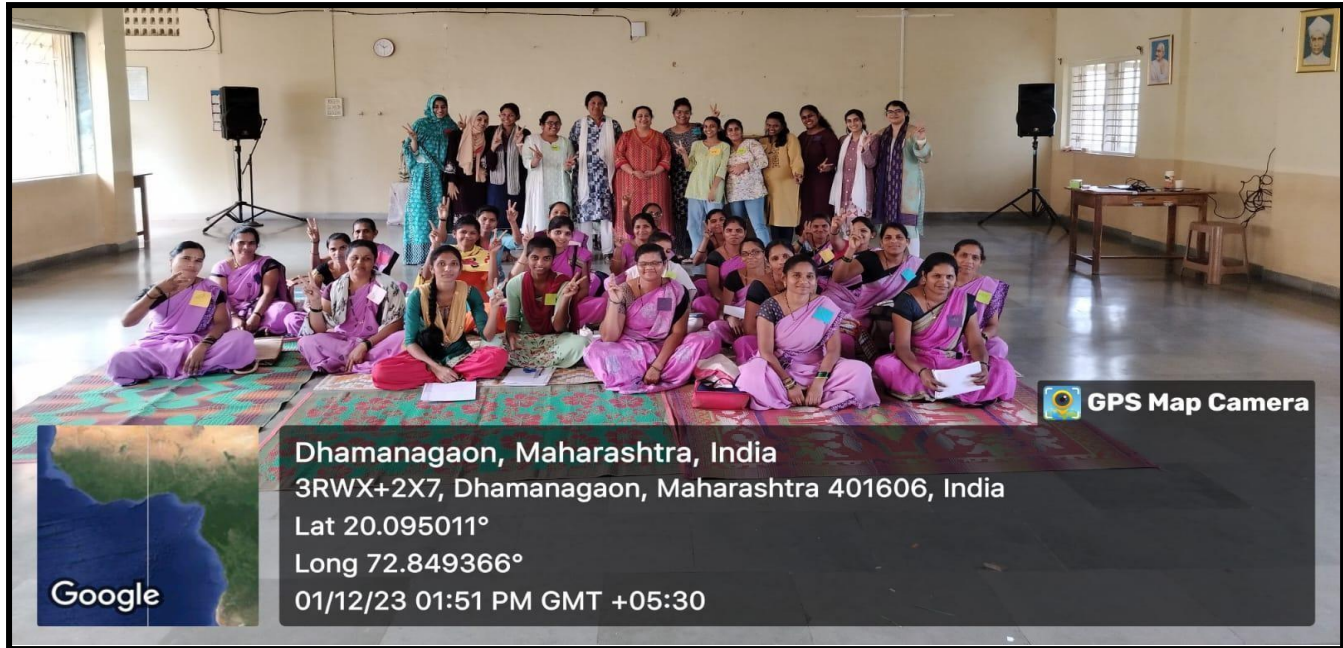


Fig: 8 - The workshop ended with positive feedback & happy smiles



Fig:9 - Visit to the lake in the evening



Fig:10 - Celebration of Sister Gracie's Birthday



Fig:11,12 - Day 2 – Youth Workshop



Fig:13 - Participants engaging in activities



Fig:14 - Skit performed for better understanding of concepts



GPS Map Camera



Dhamanagaon, Maharashtra, India
 3RWX+2X7, Dhamanagaon, Maharashtra 401606, India
 Lat 20.095011°
 Long 72.849366°
 02/12/23 10:50 AM GMT +05:30

Fig: 15 - Sharing experiences



Fig: 16 - End of the Program with a great experience