

## SAPHALE RURAL EXTENSION WORK 2023-2024

- ❖ **Name of the college:** College of Home Science Nirmala Niketan
- ❖ **Affiliation:** University of Mumbai
- ❖ **Name of The Event:** Saphale Rural Extension Work
- ❖ **Name of the organizing Department:** Textile and Fashion Technology
- ❖ **Level:** Local
- ❖ **Organizing Team (Chairperson, Convener, Co-Conveners and members):**  
HoD Dr Pratima Goyal Dr Neha Mulchandani and Ms Vibhuti Khedekar
- ❖ **Name of the Collaborators (if any):** Sakhya Women's Guidance Cell (Self help group)
  - **Day and Date:** 29<sup>th</sup> and 30<sup>th</sup> January 2024
  - **Time** 11.00 am till 3.00 pm
  - **Platform used (if online):** Offline
  - **Venue (Meeting Link, if Online):** Saphale
  - **Beneficiaries/ Participants and number:** 35-40
    - **Staff (In-House / Out-House):**2
    - **Students (In-House / Out-House):**12 of M.Sc I

Dr Pratima Goyal (HOD) coordinated with Sr Nattie of Sakhya. Dr Neha Mulchandani and Ms Vibhuti Khedekar accompanied students for the extension activity.

The extension activity was held on 29<sup>th</sup> and 30<sup>th</sup> January 2024. The journey started by boarding local train. After reaching Saphale, students were divided in two groups as there were two villages-Umarpada and Naroda with total 35- 40 beneficiaries.

The two groups adhered to the schedule for the day with utmost diligence. On 29<sup>th</sup>, first day of extension activity, an introduction round was held for rapport building with the beneficiaries. The program commenced with an introduction to the planned activities. Following activities were conducted for the beneficiaries.

**Tie-dye on cotton dupattas:** The first activity involved tie-dye on cotton dupattas, wherein participants were taught different tying techniques using different materials like thread, clips, rubber band, beads etc. along with a comprehensive explanation of the procedure. As per prior discussions, arrangement of the raw material was carried in Mumbai and the payment was done by the center. Following the explanation, the tied dupattas were immersed in a dye bath for 40 minutes. The dyed dupattas were removed, tied again and the process was repeated for second color. The most anticipated moment was the reveal of the dyed color on dupattas. The participants eagerly awaited the outcome, and the dupattas turned out to be beautiful, with colors of yellow and rose pink.

**Stencil printing on T-shirts:** The students created stencils, taught the beneficiaries the process, and demonstrated it to them. The activity was enjoyed by all.



**Envelope making and printing:** The third activity was envelope making and printing. The participants were taught various techniques such as rose printing with plastic bags, eco printing with leaves and flowers, and thread art. The products that resulted from the activity were awe-inspiring as many creative techniques were discovered in the process. The beneficiaries were content with their creative work. The first day ended with successful and colorful results with everyone satisfied with themselves, students, teachers as well as participants.

**Block Printing on pillow cases and stoles:** On the second day, beautiful pillow covers and dupattas were block printed with various combinations of blocks. The beneficiaries were taught block printing using pigments and binders on pillow cases and stoles.



**Jewelry making:** Jewelry making was taught from scrap fabrics. The focus was to teach the concept of sustainability and eco friendliness. Students explained how these scraps can be converted into something valuable and sellable.



**Fabric and yarn tassels:** Lastly student taught how to make fabric tassels and yarn tassels after which dyed samples were opened and all the items made were displayed on table. The participants were delighted to learn these new things and appreciated each moment with all the students. At the end of the program, the products were displayed for the NGO with whom we collaborated (Sr Natty and her team), who appreciated the hard work of the students and participants. The second day of the program ended successfully, with amazing and positive feedback. The staff of the centers worked tirelessly to organize the two-day program, and the learners of the tribal villages invested their time in learning new skills. The program was successful due to the support of the teachers at the centers, as well as the authorities who worked behind the scenes to provide this opportunity.



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# NIRMALA INSTITUTE

## SAKHYA - WOMEN'S GUIDANCE CELL

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To

Date: 30<sup>th</sup> Jan 2024

Dr Pratima Goyal,  
Head of the Department  
Textile and Fashion Technology  
Nirmala Niketan, College of Home Science  
49, New Marine Lines  
Mumbai, 400 020

Sub: Thanks for the collaboration with Sakhya Women's Guidance Cell

This is to inform you that the rural extension work in Saphale collaboration with Department of Textile and Fashion Technology, Nirmala Niketan, College of Home Science was well planned and successfully accomplished. The combined efforts have surely benefited both the organizations. The learners have gained skills, talent and experience, which can then be taken further for livelihood and can be a source of income generation.

We're fortunate to benefit from your contributions. We are thankful to faculties Dr Neha Mulchandani and Ms Vibhuti Khedekar to accompany students for the day.

I would like to thank the team of students and staff for their contribution towards extension programme conducted on 29 Jan 2024 and 30 Jan 2024.

Thanking you!

Regards

Dr. Natty Lopes  
Director  
Sakhya Women's Guidance Cell

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