

Name of the Activity – T.Y.B.Sc (FND) Extension Education Activities

College: College of Home Science Nirmala Niketan

Date: 23rd Jan to 25th Jan 2024 (Jeevandhara, Institute of Social Service, Kolad)

30th Jan and 2nd Feb 2024 (SNEHA Foundation, Dharavi)

Target beneficiaries – Women and Children

No of beneficiaries – Approx 100

Day 1:

On the 23rd of January 2024, a group of 22 students from TYB.Sc FND visited Kolad, Raigad for conducting various extension activities in collaboration with the Jeevandhara Institute of Social Service, Kolad.

The students were given a comprehensive description of the institution, its achievements, and future goals. The Jeevandhara Institute works towards education and community health of the surrounding underprivileged villages.

Students presented a Puppet show highlighting the ill effects of anemia and under-nutrition highlighting the concept of “My Plate”. Students demonstrated 2 low cost recipes – Moong salad and ragi ladoos. This cultural exchange and collaborative efforts strengthened the bond and provided us with a deeper understanding of community engagement.

Day 2: 24th Jan 2024 Students were divided in 3 groups who were scheduled to go at 3 different villages Koladwadi, Garbatwadi, Devkhane

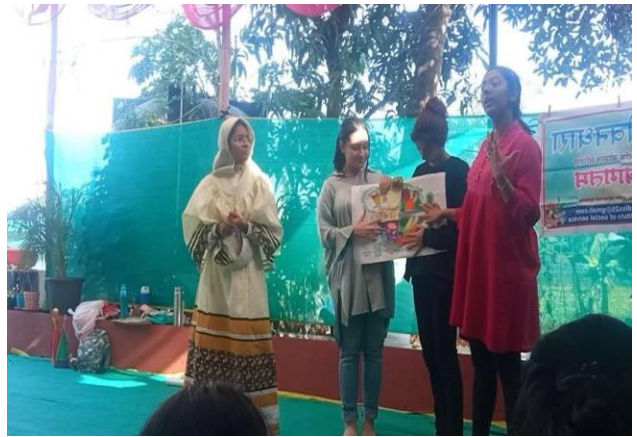
Students presented skits and puppet show related to topics on balanced diets, anemia and under nutrition. Students also collected data about the lifestyle and dietary habits from different households of the villages. Students also learned a lot about the challenging situations and the daily struggles faced by rural communities with regards to water shortages, toilets and other infrastructure related problems.

Students visited Zilla Parishad schools as well and conducted various fun based learning activities with the students.

One group visited Garbat, a village nestled in the heart of Raigad Kolad. With a population of 500 residents and a total of 95 houses, Garbat presented a snapshot of rural life in Raigad. Led by Ms. Shraddha Gujar, a dedicated social worker, and her team member from a neighbouring tribal village, our visit aimed to understand the socio-economic dynamics, nutritional and health challenges faced by the villagers.

Students also witnessed the implementation of the "Har Ghar Nal Jal Yojna" water tank project showcased government initiatives for infrastructure development, albeit with concerns regarding adequacy for the entire village's needs. Students also we encountered instances of elderly residents living in solitary conditions, facing food insecurity with meagre provisions of 35 kg rice annually.

All in all this extension camp was very successful and fruitful for the students.





The students who were unable to go to the rural camp went to SNEHA Foundation. The students went to Dharavi and conducted various health education activities with women and children. Concepts of health, hygiene and nutrition were explained using puppet show and skits. The Department obtained prior permission from SNEHA.

Permission for students to come for Fieldwork External Inbox x



Sat, Jan 27, 10:56 AM ☆ ↶ ⋮



FND Department <fnddept@nnchsc.edu.in>
to shalini.shetty@snehamumbai.org, shalmalee.potdar ▾

Dear Mam,
Further to our conversation regarding 10 students from the Department of Foods, Nutrition and Dietetics, College of Home Science Nirmala Niketan coming for Fieldwork to your esteemed organisations. Requesting you to please grant the students to come for Fieldwork on the 30th and 31st January. They will conduct health and nutrition education activities in the target areas.

Dr. Sheetal Joshi
Department of Foods, Nutrition and Dietetics,
College of Home Science, Nirmala Niketan,
Affiliated to University of Mumbai,
NAAC Accreditation - A Grade,
49, New Marine Lines,
Mumbai 20



Shalini Shetty <shalini.shetty@snehamumbai.org>
to Sushma, me, shalmalee.potdar ▾

Mon, Jan 29, 10:49 AM ☆ ↶ ⋮

Dear Ma'am,

Thank you for your request.

Yes, please come. Your fieldwork will greatly contribute to building awareness in our intervention area on nutrition.

We look forward to collaborating with the students from the Department of Foods, Nutrition, and Dietetics at the College of Home Science, Nirmala Niketan, on the 30th and 31st of January.

Shalini Jagdish

Associate Programme Director
MCH - Aahar
SNEHA (Society for Nutrition, Education and Health Action)
Positivity/Connectedness/Ideation/Arranger/Responsibility

Address: 1, Ground Floor, E 6 Municipal Chawl,
Dr. Babasaheb Ambedkar Road,
Matunga labor camp,
Ambedkar Road, Matunga (W),
Mumbai - 400019.

SNEHA (Society for Nutrition, Education and Health Action)
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www.snehamumbai.org



Shalini Shetty

INCHARGE PRINCIPAL
COLLEGE OF HOME SCIENCE
Nirmala Niketan,
49, New Marine Lines,
Mumbai - 400 020.

ACTIVITIES AT SNEHA



Attendance of students for Extension activities

TYBSc. (Home Science) Foods, Nutrition and Dietetics - Semester VI (2023-2024)																																			
Month:		Total No. of Working Days:																																	
S. No.	Name of the Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	AB	PR	TOT
1	Abuji Ahlam Shaiman Roshanara	P		P	-		P						P	P			P								P										
2	Ansari Kaizeen Shahid Husain Farzana					-	-							P																					
3	Bachwani Vanshika Suresh Jyoti			P		P	P					P		P											P										
4	Bhabra Amandeep Kaur Harjit Singh Kirandeep Kaur												P						P																
5	Chavan Tarvi Padmakar Prerna																																		
6	Chowdhari Samiya Shehbaz Kaneez Fatema				P	-	P					P													P		P								
7	Diveito Cheril Elias Philomina			P								P																							
8	Dedhia Rajvi Korshi Jigna					P							P	P																					
9	Dharwala Hawra Yusuf Munira			P								P																							
10	D'Mello Natlyn Adelaide Marlin			P								P																							
11	Jain Bhoomi Nilesh Asha			P		P						P																							
12	Kazi Shifa Iqbal Zahoon																																		
13	Khan Anam Khalil Rubina					P						P							P							P		P							
14	Khan Madiha Talha Umar Hanifa			P		P	P					P							P							P		P							
15	Khan Mariam Afaf Rafiqun Khanam					P						P															P		P						
16	Khan Simin Hafizullah Shaheda	P				P						P		P					P							P		P							
17	Khanrahim Sarah Yusuf Jumana			P		P		P						P																					
18	Moolia Safiya Ismail Hafiza			P				P				P																							
19	Paramban Tanviya Rajeevan Reji							P				P		P																					
20	Parikh Aayushi Anurish Trupti					P								P					P																
21	Parmar Grishma Mukesh Kanchan					P	P					P	P						P																

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22	Pevekar Kirti Shrikant Sanjana			P																																
23	Purkait Vishaka Sukumar Rina													P	P																					
24	Savla Khushi Piyush Poonam	P																																		
25	Sayyad Zeenat Anwar Zarina					P		P						P																						
26	Shah Hirak Sandip Varsha	P		P				P						P																						
27	Shaikh Aneeqa Suhail Fauzia				P								P	P																						
28	Shaikh Zoya Mohd Sagheer Shabana					P																					P	P								
29	Siddiqui Laila Nizam Husna	P			P	P							P	P													P	P								
30	Singh Mahima Virendra Priya	P		P	P	P	P	P					P	P	P																					
31	Soni Nafisa Martuza Nishrin			P																																
32	Takulla Inshiya Shabbir Shirin			P		P																														
33	Vora Khushi Rajesh Preeti			P										P	P																					
34	Yadav Menka Anil Singh Nirmala			P	P									P	P																					

Practical camp - 23/12 to 25/12

to 25/12

SNEHA VISIT

SNEHA



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