



**SNDT College of Home Science, Karve Road, Pune,411038**

### **Criterion-III**

**3.4.3: Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.**

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## **Outcome of extension and outreach program**

SNDT College of Home Science conducts various extension activities for the holistic development of the students. The syllabus is designed to help the community at large. Apart from the regular syllabus, the extension activities and community outreach programs help students to gain practical knowledge. Every department organizes an extension activity in a nearby neighbourhood.

Outcome of the extension activities is that students are sensitized to understand the needs of the society. Demonstrations should be in the regional language. So students decide to take responsibilities of sharing work and demonstration. They realize difficulties faced by the people, young children and women in society.

Teachers and students arrange demonstrations for the inhabitants living in the neighbourhood. Health Rallies were conducted in areas like Shaniwarwada, Pune. Organizing Job Fair exposed students of the process involved in preparing and selecting candidates for the Job. They learn how their knowledge can help people in the society and they can work as consultant.

Students create awareness among the community people about best out of the waste. They conducted street play workshops for delivering social messages on Saving the Girl Child, Gender Equality, Environment Conservation and Tree Plantation etc., in the neighbourhood community.

NSS aimed at developing student's personality through community service, NSS is a voluntary association of young people in colleges. The programme aims to instil the idea of social welfare in students, and to provide service to society without bias. Students were participated in the NSS and they were send to various villages for NSS residential camp.

NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity.

The activities were done under the NSS residential camp

1. Cleanliness drive
2. Street plays on women empowerment, women education, women health issues and gender bias etc.
3. Awareness rallies

Teachers play an important role in implementing the theoretical knowledge with the practical experience. Students were made to understand the impact of personal or face to face interaction in extension activities. They understood the skills required while working with society members.

## 1. NSS Residential Camp- 13<sup>th</sup> February 2023 to 19<sup>th</sup> February 2023 at Phulgaon

NSS Special Residential Camp Was Held at Netaji Shubhash Chandra Bose Army School, Phulgaon, Near Alandi, Pune, Maharashtra from 13th to 19th February 2023. The objective of the camp was to identify the needs and problems of the community and to develop a sense of social and civic responsibility among the students. The activities included performance of street plays, cleanliness drive etc. the following activities were conducted date wise

### Date-wise activities performed in the NSS camp are as:

- ✓ **On 13 February** students attended the inauguration program on the topic of youth development.
- ✓ **14<sup>th</sup> February** Day started with online yoga classes. We went to Grampanchayat at Phulgaon village and presented the street play in front of 'Anganwadi' kids and at Dhotre school at 2 P.M.
- ✓ **15<sup>th</sup> February** We started online yoga. Then went to inform the villagers to attend the program of youth development. social worker Mr. Wagaskar sir gave information related to Kamini ghat and the history of Peshwa.
- ✓ **16<sup>th</sup> February** We started online yoga. All went to DadasahebKudale's farming then went to Chhatrapati Sambhaji Maharaj Samadhi place and learnt the historical details of the place. In the evening students participated in a game building the tallest pyramid.
- ✓ **17<sup>th</sup> February** We started online yoga. Then students went to Triveni ashram art of Living. Volunteers gave information about panchakarma, and then we visited Shala, where we got knowledge about desi cows. They conducted a session on meditation.
- ✓ **On 18<sup>th</sup> February** students went near the river area and collected dry garbage and we participated in the cleanliness drive. Later, we visited Lok Seva School and junior college and performed a street play.
- ✓ **19<sup>th</sup> February** On the last day we conducted a cleanliness drive in the campus area Netaji Shubhash Chandra Bose Army School till 4 pm. Girls gave speeches about their experiences.

**Number of Participants:** 100

### Students creating awareness about Sustainability





Students performed Street play in the school on the importance of education and women empowerment



NSS Cleanliness Drive at Phulgaon





## 2. NSS Cleanliness and Sustainable Development Campaign- 13<sup>th</sup> February to 19<sup>th</sup> February 2023 at Megacity Community, Pune.

The students participated and worked to increase cleanliness and spread awareness about sustainable development in the community.

The girls of SNTD College of Home Science, Pune performed various activities such as sweeping in the residing areas of the community, extension and community outreach activities in Mega City Community, Karve Road, Pune.

They also performed street plays on the women empowerment and presented a poster on women helpline in the Megacity community.

**Number of Participants: 40**

**The students participated and worked to increase cleanliness and spread awareness about sustainable development in the community.**

**Students also performed the street play on women health issues and women empowerment**



### 3. NSS Camp from 7<sup>th</sup>-13<sup>th</sup> June 2022

NSS camp was held from 7th June 2022 to 13th June 2022. Advocate Rohini Bodhani inaugurated the camp and also the Green Club and Environment awareness week activities. Dr. Vishnu Shrimangale, SWACH NGO and the team members from 'National Centre for Environment Education' conducted a workshop for the students from 8th June to 12th June 2022. The students experienced the need of mindful living and a sense of empathy towards every job and individuals employed on those jobs and treat them with respect.

This camp gave the students insights on various areas such as environmental awareness, sapling plantation, street plays etc. The students planted saplings in the college campus and took care by watering them.

Students were taken to a nearby 'Megacity Community' where they performed street plays to create awareness regarding waste management and reuse of plastic. Along with waste management, the students covered various areas under sustainable development such as biodiversity, water management, electricity management, etc. They also taught the children from the community how to create something useful and beautiful using technique of 'Best out of Waste'. This included techniques like quilling, preparing bottle stands, reel stands, ice cream stick whistles etc.

NSS camp was a new and reliving experience for students. The camp helped the students in their overall development. NSS PO Dr. L Bbhagat and Dr.P.Patankar guided the students during the camp.

**Number of Participants:** 100





#### 4. Extension Activity was carried out in Mega City on 12th April, 2022.

Teachers and students from SNDT College of Home Science interacted with the women and school going children.

Teachers from the Food Science and Nutrition Department guided the young women (homemakers) to cook healthy food for good health. A teacher from Human Ecology and Consumer Services briefed about the importance of study habits in school life and career opportunities in Home Science courses after 10<sup>th</sup> Standard. Language teacher conducted an interactive session on the importance of reading habits. Teachers from the *Higher Secondary Vocational Courses* briefed about the courses offered after 10<sup>th</sup> standard, fee structure and the facilities offered at SNDT College of Home Science. Students from the Textile Science Apparel Design Department demonstrated how to make bags out of old T-shirts. Students from Interior Space Design specialization gave demonstration on paper bags. The students learnt to make paper bags from newspapers. 60 participants, including women and school going children participated in the Extension Activity. Mr. Mokate, Chairman of Srushti Foundation, active members of Mega City, Mr. Manoj and Mrs. Manisha Pawar helped to arrange the activities for the residents of Mega City.

**Number of Participants: 60**

**Students guided the young home makers to cook healthy foods.**



**Students demonstrated making of bags from old T shirts**





**Students taught making paper bags from old newspapers at Mega City on 12th April, 2022.**



**5. Extension outreach activity at St. Crispin’ Home on 24<sup>th</sup> December 2020.**

A team of faculty members and students of SNTD College of Home Science visited ‘St. Crispin’s Home’, Pune on 24th December 2020. St. Crispin promotes Child Social, Welfare and Development programmes for destitute, orphan and marginalized children, girls and women of all communities, with a special focus on the girl child. Students interacted with children and women. Nutritious snacks and gifts were distributed to all the inmates on the occasion of Christmas.

Number of Participants: 20



## 6. Online community reach activities during pandemic 2020

During the year 2021-2022 in the month of May and June 2021 due to the pandemic situations offline extension and outreach activities could not be conducted, but considering the needs and challenges faced by society various online extension activities were conducted by NSS volunteers nearby their residence in Pune city. People from various age groups such as adolescent boys and girls, adults, senior citizens were the target group for the extension activities.

Activities broadly covered the following areas

- Health Awareness
- Women Empowerment
- Environment Awareness
- Population Control

106 NSS volunteers conducted the above programmes and need based surveys, submitted the detailed report to NSS PO.

**Number of Participants: 50**

NAME OF STUDENT	PHONE NUMBER	EXTENSION AND COMMUNICATION NAME OF TOPIC	LINK OF CHATS, POSTERS PDF	NO. OF PARTICIPANTS	DATE
AWANTIKA YADAV	899637990	WASTE DISPOSAL	<a href="https://docs.google.com/join/2j4m0V4Vf9aX3037gmTgGub/view?usp=sharing">https://docs.google.com/join/2j4m0V4Vf9aX3037gmTgGub/view?usp=sharing</a>	6	26/5/21
ASHWARYA DEVARGUDI	837981023	WOMEN EDUCATION	<a href="https://docs.google.com/join/2F4zy0V9z1Z0L14F1B18ePw02Ae2dGfA/view?usp=sharing">https://docs.google.com/join/2F4zy0V9z1Z0L14F1B18ePw02Ae2dGfA/view?usp=sharing</a>	7	28/5/21
AKASHI GARKIND	881647690	IMPORTANCE OF YOGA AND PRANAYAM	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26/5/21
DIKSHA SHEKAR	582328517	STOP CORONA	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	26/5/21
ISHA MANHEDKAR	957903662	BODY SHAPING	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	28/5/21
MADHANI MANENDRAKAR	7038144181	FOOD WASTE	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	28/5/21
MAYURI JADHAV	730523442	FOOD WASTE	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	28/5/21
MIRIAMAYEE SALUNKHE	832987198	THE RIGHT TO EQUAL RIGHTS IN LAW	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	29/5/21
MEGHA MIRANE	913072071	HEALTHY DIET	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	10	21/5/21
MANVISH KHAN	932464335	COVID-19 EFFECTS	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	7	26/5/21
PRADNYA BANDAL	703063664	MENTRUAL HYGIENE MANAGEMENT	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	27/5/21
PRATIKSHA MAHAJAN	77489 02687	MENTAL ILLNESS AND ITS SIDE EFFECT	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	10	26/5/21
PIKAL THORJE	965729662	HEALTHY LIFESTYLE IN PREGNANCY	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26/5/21
PREETI DADAPURE	68480 68379	STOP DRINKING ALCOHOL	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	27/5/21
SAYLEE BORSE	73854 78844	WHY SOCIAL MEDIA IS ADDICTING	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	26/5/21
SAKSHI BUNGADA	70387 56611	HARMFUL EFFECT OF PESTICIDES	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26/5/21
SAKSHI MIRASHI	77259 94419	HARMFUL EFFECT OF PESTICIDES	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26/5/21
SHRAWANI PAWAR	75593 47909	HARMFUL EFFECT OF PESTICIDES	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26/5/21
SAKSHI SALVI	902781812	HARMFUL EFFECT OF PESTICIDES	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26/5/21
SHRUTI BHANDARI	51 98166 95640	FOOD AND NUTRITION	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	26/5/21
SHRUTI TATULTE	76866 41929	ANIMAL RIGHTS	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	21/5/21
SHRUTI GHODKE	88874 54829	SUBSTANCE ABUSE	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	29/5/21
RIYA NAJDU	78878 70984	SUBSTANCE ABUSE	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	29/5/21
VADHEE GARAD	91425 40787	MENTRUAL HYGIENE AWARENESS	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	26/5/21
VISHNUPADMARAS	86889 74852	MENTRUAL HYGIENE	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26 5 21
YASHESHREE NANNENDER	956242165	HYPERVIGILANCE BLENDING	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	26/5/21
YASHESHREE BHELKAR	896682738	VITAMINS AND HEALTHY LIFE	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	6	29/5/21
PURVA CHOUDHARI	77994 99099	SAVE GIRL CHILD	<a href="https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w">https://docs.google.com/join/281002020u6g_nu3K1811211gq4n4d10w</a>	5	26/5/21

Name	Owner	Last modified	File size
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## 7. NSS Residential Camp- 9<sup>th</sup> January 2020 to 15<sup>th</sup> January 2020

During the NSS Residential Camp which was held from 9<sup>th</sup> January 2020 to 15<sup>th</sup> January 2020 at the Village Ambi, Pune the following activities were conducted-

1. Students conducted street plays to create awareness among people about sustainable development, integrated farming, and eco-friendly lifestyle, Women empowerment and Education .
2. Students arranged an exhibition to create awareness among the people of the village about the four R's- Reduce, Reuse, Recycle, and Rejuvenation of resources.
3. Students conducted a skill based activity for the community people on the theme of- Best out of waste.
4. Students conducted a skill based activity for the community people to make paper bags out of waste papers to make a plastic-free India.
5. Students conducted a skill based activity for the community people to make bags out of old T-shirts.
6. Students conducted an environment awareness rally.

**Number of Participants:** 100

**Students created awareness about women empowerment and education**



**Students performed street plays on women's' health issues.**



**Students created the awareness about the best out of the waste and demonstrated of making bags from unused T- shirts and newspapers.**





**8. Extension outreach activities were carried out in the year of 2018-2019 at Kelewadi Community, Pune.**

Students participated in the community outreach activities under the scheme of NSS. Students performed street play on women issues and gender barriers at Kelewadi Community, Pune. Students created awareness about the importance of education and gender equality. Students' activities were published in Pune Times mirror news paper article also.

**Number of Participants: 80**

**Students performed street play on women's issues and gender barriers at Kelewadi Community, Pune.**





## The Appreciation letter from Ambi Village, Pune.

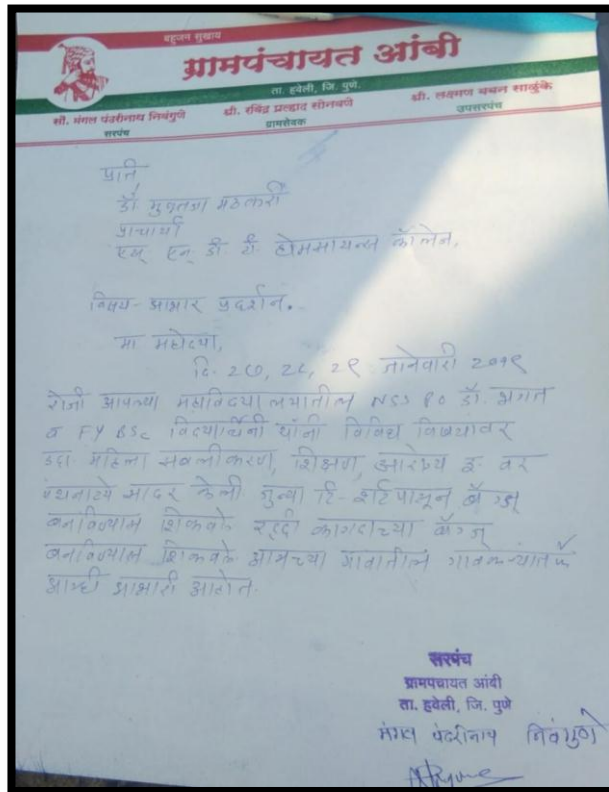
The College has not received any awards in the last five years from the period 2018 – 2019 to 2022 - 2023. The College has not applied for any awards nor received awards for the work done in the neighbourhood community.

However, the authorities at Ambi village, Pune have given appreciation letter where NSS Camp was organised during 9<sup>th</sup> -15<sup>th</sup> January 2020.

The contents in the letter were appreciated for the work done by our NSS committee, teachers and students.

Following activities were covered in the Camp.

1. Women empowerment and Education.
2. Street plays on women's' health issues.
3. Demonstrations of bags from unused T- shirts.
4. Demonstrations of newspapers.



*Devi*  
**Principal (Add. Charge)**  
SNDT College of Home Science,  
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