

3.3.4 Outreach activities  
in the community in  
terms of influencing and  
sensitizing students to  
social issues and  
contribute to community  
development

**Describe the way in which outreach activities conducted sensitized students to social issues and community development in not more than 500 words.**

Nirmala Memorial Foundation College of Education organized outreach programs to the community where students are involved in education, health awareness, current issues, women's empowerment, environmental protection etc.

❖ **Awareness Programs and Meetings:**

Students are involved in environmental protection, women's health, etc. public health awareness programs.

❖ **"Literacy/Education" service under community work:**

Some students worked to educate the poor. The students worked to teach the children around the campus. The idea behind this is to reach and educate the broadest youth audience with the help of our students. This was not very effective during the epidemic, when children had problems with online learning and our students were teaching children to use new learning tools such as cell phones for learning.

❖ **Nukkad-Natak/ Street Play**

Nukkad-Natak/ Street Play are part of the Indian tradition. The idea of the game is to present the social and political message and build the consensus of the masses in a completely different style.

❖ **Research on Social Issues:**

In order to influence social change, it is important to hear the public's views on social issues. For this purpose, students participated in a competition and conducted an online survey to investigate their smoking habits.

❖ **Importance of Food:**

Plan to distribute food to poor children. Through the initiative of "Ghar ke Bhojan Mein Hai Poshan" students were taught proper nutrition.

❖ **Environmental Awareness Program:**

TEI organized community sessions to celebrate World Environment Day. Under the leadership of the United Nations Environment Program (UNEP), the college organized various events to raise awareness about the importance of the environment in life. It has become the largest environmental consulting platform. Students and people are aware of the fact of "Vasudhaiva Kutumbakam".

Every year's Environment Day slogan is different just like "Vasudhaiva Kutumbakam" Better Environment, Better Tomorrow. Save the planet Earth. TEI tries to focus on sustainable life in harmony with nature. TEI celebrates Environment Day to bring students together and

work together to protect and improve the planet. The competition draws international, national and regional attention to the environmental problems of our time. Protecting our planet is our sole moral responsibility and the main purpose of these services.

#### ❖ **Women's Literacy:**

Women's education is important for the general development of the country. It is like a powerful medicine that knows how to heal and heal the sick. Well-educated women can manage their personal and professional lives better. The physical and mental development of the child is the goal of the integrity of education. The main purpose of education is to provide students with "complete knowledge" or "diversity of knowledge". TEI is preparing a Women's Employment Program. Educated women have the skills, knowledge and confidence to be good housewives, workers and citizens. Educated women also work better at work and earn better. In fact, the return on investment in education for women tends to be greater than for men.

#### ❖ **Community Service:**

The importance of community service is often overlooked. It can affect our physical and mental health and help people feel valued. The key to a healthy and happy life is to be grateful for what you do. It encourages people to volunteer or donate their time to make this happen.

Community service can also create purpose and value in life and help people realize that their efforts have an impact on others. Making a donation to a charity or non-profit organization can have a positive impact on society. Students can help raise awareness for a cause, promote social justice, strengthen bonds in your community, or improve your physical and mental health. Community service is important to people of all ages.

Community service helps children identify their values, gain understanding, develop relationships, and learn about their communities. Volunteering can also open the door to many career opportunities after college. For someone to grow up, they have to quit their own life and do something to help others. Community service gives people a sense of accomplishment and expands their knowledge in various fields by volunteering time and money. A person who wants to grow must first understand the importance of community service and then how to do it.

#### ❖ **Gender Sensitivity:**

The first and most important aspect of gender sensitivity is being open to the thoughts and feelings of a colleague of the opposite sex. This can be a simple way to understand all their personal issues and a better understanding of gender specifics such as offensive remarks or jokes. As knowledge continues to grow and organizations are beginning to identify behavioral restrictions, the responsibility lies with the individual. More and more men and women are starting to work together in management positions, and teams will not work unless there is harmony and comfort.

## LIST OF OUTREACH PROGRAMMES

Year	Name of the activity	Nature of the activity	Dates
<b>2017- 2018</b>	Community Service at Assesi bhavan Old age home	Community service	17/8/2017
	Visit to Special School- Abhang at vasai	Inclusive Awareness	20/9/2017
	Expert talk on sexual harassment	Social Awareness	8/3/2018
	International Yoga day	Health awareness	21/6/2018
	AIDS Awareness program	Social Awareness	1/12/2017
<b>2018- 2019</b>	Rally on Safety Awareness	Social Awareness	11/9/2018
	Helping differently able children's	Inclusive Awareness	3/10/2018
	Reaching the unreachable Street Children	Community service	16/11/2018
	World Environmental Day	Awareness Programme	5/6/2018
	Intentional Yoga day	Health awareness	21/6/2018
<b>2019- 2020</b>	Mask Making competition /Nai Talim	Health Awareness	9/7/2019
	Food distribution to underprivileged kids	Community service	14/9/2019
	Community Service in old age home	Environmental Awareness	6/10/2019
	International Yoga day virtual program	Health Awareness	22/6/2019
	AIDS awareness virtual program	Awareness Programme	1/12/2019
<b>2020-2021</b>	Community Service in Special School in Vasai : Abhang School	Social upliftment	17/8/2020
	International Yoga Day : Virtual program	Inclusive Awareness	21/6/2021
	Community Service in Old age home	Social awareness	22/10/2021

	Workshop on 'Stress management'	Awareness Programme	
<b>2021-2022</b>	Pada cleaning activity	Environmental Awareness	8/2/2022
	Eco brick Making	Environmental Awareness	23/3/2022
	Role play on water conservation	Awareness Programme	11/4/2021
	Visit to old age home	Community service	5/5/2022

## REPORTS OF OUTREACH PROGRAMMES

**2017- 2018**

### **1. Community Service at Assesi bhavan Old age home : 17th August 2017**



Assisi Bhavan is an Old Age home where senior citizens just need our time and attention! There are over 70 seniors citizens there. The NMFC volunteers are planning to spend quality time with the senior citizens.

Community work is voluntary service provided by anyone to people who are less privileged or fortunate. **Nirmala Memorial Foundation college of Education at Kandivali**, engages the interns in community service, to become active members of their community and thus have a lasting, positive impact on society at large. Community service or volunteerism enables students to acquire life skills and knowledge, as well as provide services to those who need it most.

In the two years B. Ed course, we get this opportunity twice – Semester 1 and Semester 3. We get divided into manageable groups, so that everyone gets a chance to do their fair bit. We carried out our community work in the following places:-

1. Aadhaar Vruddha Ashram
2. Abhang Bhavan
3. Assisi Bhavan Home For The Aged
4. Punarvas

5. Sadaphuli Karnbadhir Shaala

6. Sashi Mangalyam School

Located at Goregaon East, Mumbai, this is a home for the old and neglected citizens of our society. It belongs to the St. Joseph Training Institute and commenced in 1987. This home can house up to 100 people and provides all the necessary amenities including medical care.

**Activities done** – Most of our time was spent in cleaning the premises, since there was no one to look into those matters. We swept floors, cleaned the dormitories, changed bed furnishings and curtains. We also interacted with the elders. On the last day, we gave them some essential commodities like food, toiletries, diapers etc. as required by them.

**Learning** – Time, the most precious commodity in today’s world. We gave these abandoned people our time, and it gave us immense satisfaction. The saying rings true – ‘Recognise that every interaction you have is an opportunity to make a positive impact on others. – Shep Hyken’

## 2. Visit to Special School- **Abhang** at Vasai

26 September 2017



Situated in green lush fields of Naigaon, Vasai West is the school for the mentally retarded and handicapped children ‘AbhangBhavan.’ This school, formerly called “ApangSeva” was started by Cynthia Baptista under the direction of Father Michael Gonsalves in 1988. It runs a school and other welfare activities for these special children.



**Activities done** – We played games, cooked breakfast, helped in making paper bags and celebrated Christmas.

**Learning** – “The only disability in life is a bad attitude. – Scott Hamilton.” These are words that ring true. The children at Abang Bhavan may be handicapped or have limitations, but their hearts are brimming with love – pure love which they want to share with anyone who spends even half a day with them.

### 3. AIDS Awareness program 1st December 2017



A rally was carried out using banners and placards for creating awareness regarding the deadly AIDS by the students of **Nirmala Memorial Foundation college of Education at Kandivali**. A **short street play**, 'NUKKAD NATAK' was the main attraction of the event. The rally started from the lecture hall on the seventh floor of Nirmala memorial foundation college of education to Thakur Shyamnarayan international school at Kandivali. The skit, placards and the slogans highlighted the preventive mechanisms to prevent occurrence of AIDS among women



4. Expert talk on sexual harassment  
8th March 2018



**Nirmala Memorial Foundation college of Education at Kandivali** took effort to organize an expert talk on sexual harassment against women in the main hall. The resource person for the session was **Prof. Nilam Mandal**. One of the causes for sexual harassment against women is ignorance and lack of education among women.

It is defined as unwelcome behavior of a sexual nature that if allowed to continue could create a QUID PRO QUO and/or a Hostile Work Environment for the recipient. For example, unwelcome sexual comments, jokes, innuendoes. Actual or attempted rape or sexual assault. · Unwanted pressure for sexual favors. · Unwanted deliberate touching, leaning over, cornering, or pinching. Unwanted sexual looks or gestures. Unwanted letters, telephone calls, or materials of a sexual nature.

5. International Yoga day :  
6. 21st June 2018



**Nirmala Memorial Foundation college of Education at Kandivali** organized a Yoga session in the ground floor auditorium as part of the value added course. This Yoga session was conducted by **Yoga expert Ms. Bindu Yadav**, from a well known Yoga institution, Vedas Yoga studio in Mumbai. It was a well conceived and an enriching experience as this session included thorough practice of breathing exercises followed by the exercises of the joints in the body and mainly stability of the body. Meditation at the end of the session completed the physical and mental training of the body. It added value in student life and the students were further recommended to practice the process for at least 10 minutes every day for complete benefit to body and soul.

**2018- 2019**

**1. Rally on Safety Awareness : 11<sup>th</sup> September 2018**



A rally for safety awareness was carried out using banners and placards by the students of **Nirmala Memorial Foundation college of Education at Kandivali**. The purpose of the rally was to make students, local people aware about safe travel. Safety while traveling is of utmost importance in a place like Mumbai where traffic is huge to manage at peak times. The F.Y.B.Ed. students of NMFCE took the initiative to create awareness about road safety in front of schools and colleges.



## 2. Helping differently abled children as part of Community outreach 3<sup>rd</sup> October 2018



**Nirmala Memorial Foundation college of Education at Kandivali** took the **initiative to visit** Punarvas Education Society's Shri Devrajji Gundecha Punarvas Special School & Vocational Training Centre for the Mentally Handicapped). Under the leadership of Shri Prabhkar Modak & other stalwarts of Goregaon, Punarvas joined other NGOs in trying to reach out to a small portion of Mentally Challenged that needed to be taken care of.

The B.Ed. interns interacted with the students, helped them in their daily classes like writing practice, art and craft, yoga and occupational therapy. We also took part in their Christmas party celebration and gave the children a colouring book, crayons and chocolates. The students further helped in a curriculum activity Swar Vyanjam for Class 4 along with art and craft. We also assisted in the Girls Workshop helping them with jigsaw puzzles, envelope making etc. and the Boys Workshop for toran making. Learning from the Teaching is truly the noblest of all professions. We taught these innocent minds, helped them a little bit and made a slight difference to their lives.

### 3. Reaching the unreached- Street Children : 16<sup>th</sup> November 2018

The F.Y.B.Ed students of Nirmala Memorial Foundation college of Education at Kandivali paid a visit to Prayas Foundations Trust. School at Mithanagar, Mumbai. This school aims at serving individuals and families in the poorest communities in the society. To work for the cause and care of disadvantaged individuals, families & society, Prayas Foundations Trusts works rigorously on the following missions that is, creating lasting solutions to poverty & hunger, Education to every individual everywhere, and empowering people affected by cancer or chronic disease and supporting Clean India (Swachh Bharat Abhiyan). School books distribution for childrens, Dustbin & Broom distribution for cleanliness was the activities which were undertaken by the students. The B.Ed. interns conducted classes and took lessons of poor school children in the open. It was an experience to remember and the students were eager to visit the place and provide their service again in future.

### 4. International Yoga day : 21<sup>st</sup> June 2018



· Yoga can help us to improve the quality of education, methods of teaching and morals of teachers with a bright future of students. **The F.Y.B.Ed students of Nirmala Memorial Foundation college of Education at Kandivali** participated in the Yoga program with full enthusiasm expecting teachers to become *Jnānyogi* as discussed in *Gītā* but teachers may involve themselves committedly in teaching to build a bright future for their students. Teachers should impart knowledge in such a way that inner capabilities of the learners can be

brought out. One thing should be kept in mind that knowledge gained by a person regarding any area of life is a result of his efforts with creative cooperation of society either seen or unseen. Therefore, knowledge must be used for one's all round development as well as betterment of society.

**2019- 2020**

**1. Mask Making competition : 9th July 2019 Nai Talim**



**The F.Y.B.Ed students of Nirmala Memorial Foundation college of Education at Kandivali** organized the Mask Making Competition for Bachelor of Education (B.Ed.) students with the aim of fostering creativity, promoting safety practices, and raising awareness about the environment amidst the COVID-19 pandemic. The event took place on [Date] and was jointly organized by [Organizing Committee/Institution Name]. The competition provided an opportunity for participants to showcase their artistic talents while emphasizing the importance of wearing masks in public spaces to prevent the spread of infections. The Mask Making Competition for B.Ed. students successfully achieved its goals of promoting creativity, safety practices, and environmental awareness. Through this activity, participants learned about the importance of wearing masks, enhanced their artistic talents, and gained valuable insights into the broader implications of the pandemic. The competition not only showcased the creativity of the students but also instilled in them a sense of responsibility towards public health and the environment, making it a truly enriching and meaningful experience for all involved.



## 2. Food distribution to underprivileged kids : 14th September 2019



The "Food for Hope" food distribution activity served as a beacon of hope for underprivileged kids, addressing their immediate needs while empowering them with a sense of dignity and inclusivity. **The F.Y.B.Ed students of Nirmala Memorial Foundation college of Education at Kandivali** organized the event not only provided nourishment but also served as a catalyst for fostering compassion, empathy, and community engagement. The experience of organizing and participating in this activity left a profound impact on the organizers, volunteers, and community members, inspiring them to continue their efforts in creating a more compassionate and supportive society. By coming together to tackle food insecurity, the "Food for Hope" initiative demonstrated the potential of collective action in uplifting the lives of underprivileged children and instilling a sense of hope for a brighter future.

### **3. Community Service in old age home 6th October 2019**



The community service activity at an old age home took place in the month of September at Assisi Bhavan and Maruganj. The primary goal of the activity was to bring joy, companionship, and support to the elderly residents of the home. Volunteers engaged in various activities such as spending time with the elderly, playing games, and sharing stories. Through this experience, participants learned the value of intergenerational connections and the importance of providing emotional care to the elderly. The activity aimed to create a sense of belonging and enhance the well-being of the elderly while fostering empathy and understanding among the volunteers.

### **4. International Yoga day virtual program 22nd June 2020**

The virtual program on International Yoga Day for B.Ed. students was held on [Date], organized by [Organizing Committee/Institution Name]. The primary goal of the activity was to promote physical and mental well-being among the participants through yoga and mindfulness practices. The program included virtual yoga sessions, guided meditation, and informative talks on the benefits of yoga in education. B.Ed. students learned various yoga techniques, breathing exercises, and relaxation methods, equipping them with tools to manage stress and cultivate a healthier lifestyle. The activity fostered a deeper understanding of the connection between yoga, education, and overall personal development.

## 5. AIDS awareness virtual program 1st December 2019



The AIDS awareness virtual program for B.Ed. Students was organized on 16 th of December with the objective of raising awareness about HIV/AIDS and promoting preventive measures among future educators. The program featured informative presentations, expert talks, and interactive discussions on the global impact of HIV/AIDS and its implications in educational settings. B.Ed. students learned about the importance of inclusive and non-discriminatory teaching practices for students affected by HIV/AIDS. The activity aimed to equip them with knowledge and empathy to address AIDS-related issues sensitively and to become advocates for HIV prevention and support. Through this program, the participants gained insights into their role in creating a stigma-free and compassionate society.

**2020-2021**

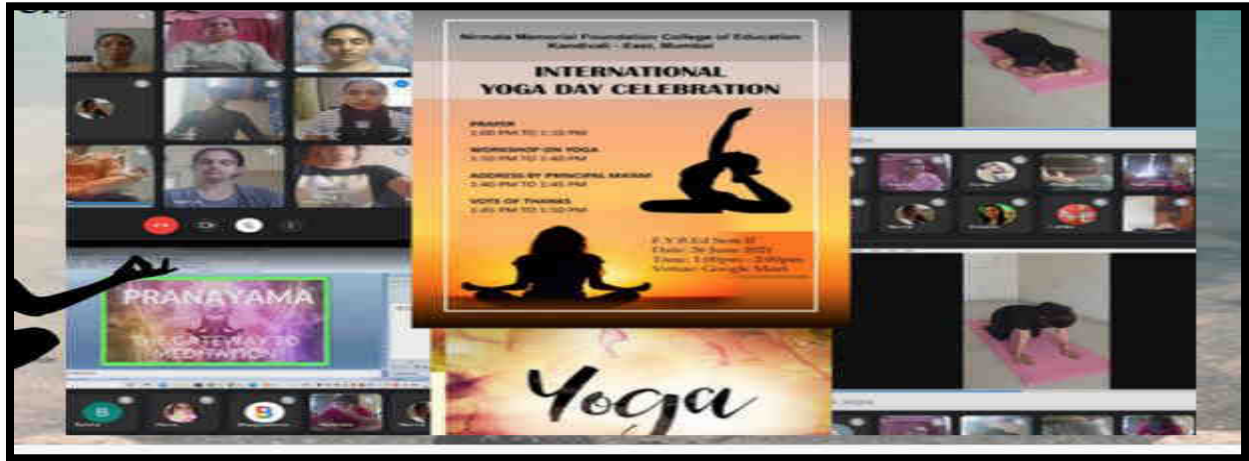
**1. Community Service in Special School in Vasai : Abhang School  
17th August 2020**



The community service activity at Abhang School, a special school in Vasai, was organized by BED students on [Date]. The goal of the activity was to engage with and support children with special needs in their educational journey. BED students volunteered their time and skills to assist teachers, conduct inclusive activities, and provide individualized attention to the students. Through this experience, participants learned about the unique challenges faced by children with special needs and gained a deeper appreciation for inclusive education. The activity aimed to promote empathy, foster a sense of responsibility, and inspire BED students to become compassionate and inclusive educators in the future.



## 2. International Yoga Day : Virtual program : 21st June 2021



The virtual program on International Yoga Day for B.Ed. students were organized on [Date] with the aim of promoting physical and mental well-being through yoga and mindfulness practices. The goal of the activity was to introduce B.Ed. students to the benefits of yoga in education and its potential to enhance overall well-being. The program featured virtual yoga sessions, guided meditation, and informative talks on incorporating yoga in educational settings. Participants learned various yoga techniques, breathing exercises, and relaxation methods, equipping them with tools to manage stress and create a positive learning environment. The activity fostered a deeper understanding of the importance of self-care and holistic approaches to education.

## 3. Community Service in Old age home : 22 October 2021



The community service activity at an old age home took place in the month of September at Assisi Bhavan and Maruganj. The primary goal of the activity was to bring joy, companionship, and support to the elderly residents of the home. Volunteers engaged in various activities such as spending time with the elderly, playing games, and sharing stories. Through this experience, participants learned the value of intergenerational connections and the importance of providing emotional care to the elderly. The activity aimed to create a sense of belonging and enhance the well-being of the elderly while fostering empathy and understanding among the volunteers.

**4. Seminar on 'Elimination of violence against women on International Women's Day :  
8th March 2021**





The objective of Women's Day is to express love and gratitude towards women's contribution to our lives and society. It honors the power and struggles of women who have broken all barriers and reached the pinnacle of success in every sphere of life. Today, women across the globe actively participate in politics, education, social work, corporate, sports, IT, research & development, innovation and diverse fields, and have left their footprints.

At NMFC the day was celebrated on 8<sup>th</sup> March 2020. Various activities were conducted as a part of this event. Dress code for this event was green, purple and white. The event was started by an inspirational speech followed by a skit on how women were forced to stay behind. Another interesting activity was describing women at every phase of her life in different Indian languages. A dance performance was also done on problems faced by a woman in her day to day life. After the various activities one of the games was played that is identifying the childhood photos of all the female teachers and students. Another game was randomly picking up chits and describing that particular person in 2 to 3 lines. Thus the event was really very enthusiastic and overwhelming for all of us. Teachers and Principal took a photo holding the selfie card of balance for better. Balance for better was the tagline for the women's day celebration.

**2021-2022**

### **1.Pada cleaning activity :**

**8th February 2022**



A pada cleaning initiative at Thakur Village was organized for B.Ed students to promote responsibility, civic engagement, and environmental consciousness. The event aimed to develop leadership, teamwork skills, and understanding of waste management, recycling, and public spaces. Students also learned about community collaboration and the importance of addressing local issues. The event encouraged students to become proactive change agents in their future

roles as educators, emphasizing the importance of cleanliness, environmental responsibility, and community engagement in nurturing socially responsible citizens. The students realized that even small efforts, like cleaning a local "pada," can have a positive impact on the community's well-being.

## 2.Eco Brick Making Workshop :

23th March 2022



The primary objective of the workshop was to raise awareness about environmental issues, particularly plastic pollution, and its impact on ecosystems, wildlife, and human health. **Nirmala Memorial Foundation college of Education at Kandivali undertook this endeavor** by engaging in pada cleaning. Participants witnessed firsthand the consequences of littering and learned about the importance of keeping public spaces clean. The eco-making workshop conducted by B.Ed. students successfully achieved its goals of promoting environmental

awareness, responsible waste management, and creative problem-solving through pada cleaning and plastic upcycling. The event served as an impactful platform to inspire environmental consciousness and encourage positive change within the community. By empowering the participants with knowledge and hands-on experience, the workshop created a ripple effect, inspiring them to become active agents of change in safeguarding the environment for future generations.

### 3. Storytelling and Role Play on Water conservation :

11th April 2022



**Nirmala Memorial Foundation college of Education at Kandivali organized ‘Storytelling and Role Play on Water conservation.’** The main objective of the activity was to raise awareness about the scarcity of water resources and the environmental challenges posed by water wastage. Through storytelling, the B.Ed. students aimed to illustrate the interconnectedness of water with various aspects of life and the environment, fostering a sense of responsibility towards water conservation. The storytelling and role play activity conducted by B.Ed. students proved to be a successful and engaging approach to teach water conservation. By employing



creative methods, the students effectively achieved the goals of raising environmental awareness, inspiring behavioral change, transferring knowledge, empowering participants, and fostering community engagement. Through this interactive learning experience, the participants gained a deeper understanding of the significance of water conservation and emerged as motivated advocates for sustainable water practices in their homes and communities. The activity not only contributed to the students' professional development but also had a positive impact on creating a more water-conscious and environmentally responsible society.

#### 4. Visit to old age home: 5th May 2022



The community service activity at an old age home took place in the month of September at Assisi Bhavan and Maruganj. The primary goal of the activity was to bring joy, companionship, and support to the elderly residents of the home. Volunteers engaged in various activities such as spending time with the elderly, playing games, and sharing stories. Through this experience, participants learned the value of intergenerational connections and the importance of providing

emotional care to the elderly. The activity aimed to create a sense of belonging and enhance the well-being of the elderly while fostering empathy and understanding among the volunteers.

### **5. Communicative English program at Prayas NGO 13th June 2022**



The communicative English program conducted at Prayas NGO for B.Ed. students was aimed at enhancing their English language proficiency and communication skills. The primary goal of the activity was to equip future educators with the ability to effectively communicate with diverse learners and foster an inclusive learning environment. Through interactive sessions, language games, and practical exercises, students learned to express themselves confidently and articulate their thoughts clearly. The program at Prayas NGO instilled a sense of cultural sensitivity and appreciation for diverse communication styles, empowering B.Ed. students to bridge language barriers and create a more engaging and inclusive learning experience for their future students.