



**NIRMALA MEMORIAL
FOUNDATION COLLEGE
OF EDUCATION, Kandivali
East, Mumbai**

Organises

***MoE - MGNCRE Online Workshop
for Student-Teachers on VENTEL***

Action Plan

SPEAKER

**Dr. Yogita Mandole,
Assistant Professor,
Gandhi Shikshan Bhavan's, Smt. Surajba College
Of Education, Mumbai**

Date : 05th November 2020 (Thursday)

Timing : 04:00 pm to 06:00 pm

(Please join by 03.50 pm)

Workshop Link

Join with Google Meet: Meeting link:

<https://meet.google.com/ctr-ewwr-spp>



All the Student-Teachers and faculty members are cordially invited to join the session to attend the workshop of VENTAL (VOCATIONAL EDUCATION-NAI TALIM: EXPERIENTIAL LEARNING) ACTION PLAN.

**Convenor ,
Dr. Tandra
Bandyopadhyay
(Principal),
NMFCE, Kandivali
East, Mumbai.**

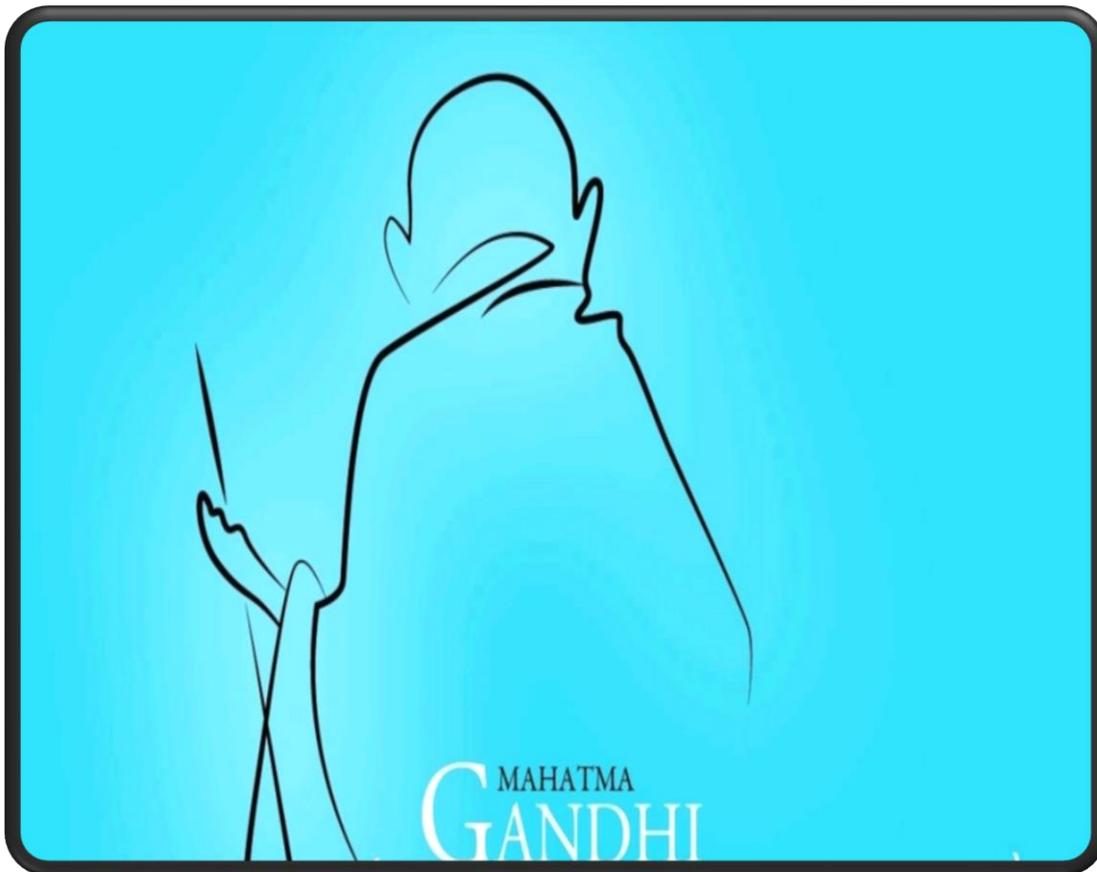


**NIRMALA MEMORIAL FOUNDATION COLLEGE OF
EDUCATION
KANDIVALI EAST, MUMBAI**



(VENTEL) Workshop

Vocational Educational Nai Talim Experiential Learning



INTRODUCTION

Established under the Mahatma Gandhi National Council of Rural Education, the Nai-Talim, VENTAL Action Plan stands for Vocational Education Nai- Talim Experiential Learning. It fosters not only the true meaning of Education, but includes the innovative ways of teaching in the class room. It has immense benefit in teaching rural areas with a view of training them self-reliant and self sufficient.

Activities under VENTEL include, weaving, gardening, stitching, pot making, book binding, flower making, recycling, and horticulture, creating biogas and fertilizers and much more. They help the students to develop an activity which can be used to earn a living and make them independent and help them to grow.

VENTAL activities also encourage innovation and imagination in students, help them create their own unique style of discovering new knowledge and techniques, which help them, boost confidence and achieve positive results.

Thus teachers are trained in involving VENTAL techniques in their lesson to help explain lesson better.

PURPOSE OF VENTAL ACTIVITIES

- ✓ To understand the vision and philosophy of NEP 2020, Gandhiji's Nai Talim and their links to VENTEL
- ✓ To appreciate the need for Vocational Education as a means of Productive work with Economic value and Its integration with the 4 methodologies of Science, Mathematics, Social Studies and Language
- ✓ To understand the vision of VENTEL Action Plan
- ✓ To identify aspects relevant to Vocational Education, Self-Reliance, Swachhta & Health and Community/Field Engagement in a VENTEL Campus
- ✓ To appreciate the importance of institutionalising VENTEL Action Plan for sustainable action in the four identified areas of Vocational Education, Self-Reliance, Swachhta & Health and Community/Field Engagement in the institution
- ✓ To become aware of/Share a few best practices in the four areas of Vocational Education (Productive Work with Economic Value), Self-Reliance, Swachhta & Health and Community/Field Engagement
- ✓ To implement the listed activities at /from home and make online presentations to peer group and faculty
- ✓ To understand the reporting for VENTEL Activities for submission and presentation at the Institutional Level, Regional Level and National Level Competitions

- ✓ To train the new age teachers to involve different and innovative ways of interacting with the students and creating an environment where they enjoy learning and achieve holistic development.
- ✓ To help the students to inculcate new and improved hobbies which help them achieve success in the field they wish to or try anything new to grow and learn.
- ✓ To help to focus and increase the creative mind of the students as well as teachers,
- ✓ To train students in improving their communication skills by providing them vocational training and teaching them practical approach to achieve the goals in the life.
- ✓ To facilitate teaching, which will enable the rural population to find an employment and earn a better standard of living which will help the country's growth and development.

OBJECTIVES

- To understand the vision and philosophy of NEP 2020, Gandhiji's Nai Talim and their links to VENDEL
- Appreciate the need for Vocational Education as a means of Productive work with Economic value and its integration with the 4 methodologies of Science, Mathematics, Social Studies and Language,
- Understand the vision of VENDEL Action Plan,
- Appreciate the need for a VENDEL Action Plan Committee in the Institution,
- Identify aspects relevant to Vocational Education, Self-Reliance, Swachhta & Health and Community/Field Engagement in a VENDEL Campus,
- Appreciate the importance of institutionalising VENDEL Action Plan for sustainable action in the four identified areas of Vocational Education, Self-Reliance, Swachhta & Health and Community/Field Engagement in the institution,
- Become aware of/Share a few best practices in the four areas of Vocational Education (Productive Work with Economic Value), Self-Reliance, Swachhta & Health and Community/Field Engagement,
- Gain clarity on the documentation of VENDEL Activities,
- Prepare for implementation of VENDEL Action Plan as soon as HEIs reopen post Covid 19,
- Understand the activities to be conducted during the Nai Talim Week for 1 to 7 Oct 2020.

GROUP NO. 1

Group Members: Seeta Negi, Sonal Pawar, Manisha Pasi, Priyanka Sharma, Charmi Virani, Soniya Bhootra, Nisha Jaiswal, Mansi Shah

Activities:

1. Handmade creative masks
2. Sanitizer/ Handmade Soap
3. Growing medicinal and herbal plants

Teacher incharge: Mrs. Celine Rodrigues

MATERIAS USED:

Mask

1. Four 10"x6" rectangles of cotton fabric
2. Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
3. Needle and thread (or bobby pin)
4. Scissors
5. Sewing machine

Hand made Sanitizer

1. Aloe Vera gel
2. Glycerine
3. Essential oil, such as tea tree oil or lavender oil
4. Lemon juice
5. Clean containers for mixing and an air-tight container for storage.
6. Spoon or whisk for mixing.
7. Spray Bottle

Growing medicinal and herbal plants

1. Pots
2. Herbal Plant seedlings or seeds
3. Topsoil
4. Water
5. Garden trowel/ Shovel /Spade/ Fork / Spoon
6. Hand till
7. Compost

PROCEDURE

Mask

1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down
3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

Make sure your mask:

- fits snugly but comfortably against the side of the face
- completely covers the nose and mouth
- is secured with ties or ear loops
- includes multiple layers of fabric
- allows for breathing without restriction
- can be laundered and machine dried without damage or change to shape

Handmade Sanitizer

- Start with a spray bottle.
- Fill it about $\frac{3}{4}$ full with sterile water.
- Add 1 TBSP of aloe vera gel.
- Add 10 drops of essential oils.
- Add 20 drops of either lemon, orange or grapefruit essential oil – whatever aroma fits your mood.
- Place the spray dispenser top on securely and mix thoroughly.
- Spray two or three times on your hands and rub together.

Growing Herbal Plant

- Pick some pot. Material of your container can vary. Clay, wood, resin, etc
- Choose your plant (Tulsi/ Mint/ Aloe Vera/ Hibiscus/Chamomile/Curry leaves, etc)
- Fill the container with the compost-soil mix about three quarters of the way up.

- Moisten the soil lightly with water until moist but not wet.
- Sprinkle the seeds on the soil.
- Cover the seeds by sprinkling some soil over them.
- Taking care not to damage the roots, evenly space the herbs in the container and sprinkle enough potting soil to cover to the roots completely
- Spray water and put in partial sun.





PARTICIPATION/REFLECTION

Charmi Virani (B 36)

“I have been exhilarated the entire time from having taken up such self-reliance activities. I feel it was informative, comprehensive and empowering and I am truly grateful for having the opportunity to participate.”

It has been such great journey and learning where values learned are going to stay with us lifelong.

I feel grateful towards such great mentor for all the support and guidance provided.

We had to indulge ourself in activities such as Mask making, Sanitizer making or soap making and third which was most interesting i.e Growing Plant which inculcated value of care, nurture and being responsible just like mother cares for child , I took care of our little plant.

I felt gratitude towards nature for taking care of us and each day observing little plant grow and after two months I really feel attached to this little wonder (My Plant)

I feel very proud and grateful to be part of such an important and successful activity.

Priyanka Sharma (B 21)

- 1) In this pandemic situation Mask and sanitizer play vital role in human life.
- 2) Instead of mask and sanitizer, herbs plant activity i.e Tulsi tree also very helpful for

understanding how its growth day by day.
3) Thanks to my college staff and Activity in charge who gives to us opportunity.

Mansi Shah(A 46)

I m grateful to principal madam and teachers for giving us this opportunity for doing this ventel activities. I got an experience of growing a medicinal plant, making handmade masks and most important handmade sanitizer.

Seeta Negi (B 01)

We have given 3 activities for our assignment. As I am not very much perfect in all the 3 activities, so I decided to skip the activities. But after few days, I just thought to try for once. Without trying I can't say NO to anything coz I am in a teaching profession. So I tried to do. When I prepared my mask, it was not so good but I loved it and my plant of curry leaves, don't want to give to anyone. And also I have prepared pure Made in India sanitizer. Overall my experience was so good and I enjoyed it

Nisha Jaiswal (A 26)

Vental activities are most enjoyable and a very good experienced for us. In that we make two hand made mask with cotton clothes and also we make home made sanitizer with only two ingredients like alovera and detol. And lastly we planted the medicinal plant Tulsi. It was very good experience by staying at home make something which we not thinking of it but it was memorable for us.

Sonal Pawar (B 08)

We all the Students have Vental Activity in Our College. So i am also Participate in this Activity. This is One New and good Experience for me. I made two handmade mask and made Sanitizer than i am Complete One Activity that is to grow Herbal Plant at home. So as per the instructions i have Complete this three Activities. This three Activities i have Done and this is good and One New Experience For me. Thanks !!

GROUP NO. 2

PARTICIPANTS : Shraddha Chavan, Arti Gupta, Ashwini Jain, Jahanvi Jani, Namrata Adhia, Rachana Agarwal, Seema Choudhary, Somi Kachot.

Teacher incharge: Mrs. Sweety Singh

A REPORT ON VENTAL ACTIVITY

We, the students of Nirmala Memorial Foundation College of Education under the guidance of Mrs. Sweety Singh Madam participated in the activity of Vental which included Handmade Mask, Homemade Sanitizer and Herbal/medicinal plant or yoga poses. We are thankful to our Principal Dr.Tandra Bandyopadhyay for providing us such a wonderful opportunity.

Below is the procedure for the activity mentioned below:-

MASK MAKING

WITH A SEWING MACHINE

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

STEP 1:- Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

STEP2:- Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.

STEP 3:- Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.

STEP 4:- Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

WITHOUT A SEWING MACHINE

- Cotton fabric (10-11-inches or 25-28cm in diameter)
 - 2 x 6-inch (15cm) pieces of elastic or rubber bands, hair ties or strips of cloth
 - A plate, or something round to use as a template
 - Needle and thread
 - Scissors
 - Pins
 - Jewellery wire or similar (optional)
-
- Iron your material if necessary, and then place your material face down on a flat surface. Place a plate, which is roughly 10-12-inches or 25-28cm in diameter, on top of it, and draw around the plate. Then cut out your circle shape. Once it is cut out, fold it twice, so you get four curved triangles on top of each other, and then cut down the sides of your triangles, so you have four separate shapes (watch the video if you're unsure about this and all will become clear!).
 - Next, place one shape face up, and another face down on top of it, so the wrong sides of the material are on the outside. Pin together if you have pins. Do the same with the other two shapes.
 - Then, stitch along the curved edge of your fabric with a needle and thread, using running stitch or similar. You ideally don't want any gaps between your stitches. Once you have done this, unfold your triangles, so you get a sort of dome-like structure. Place the domes on top of each other, front sides together.
 - If you want to insert some sort of wire into your face mask – this is useful for stopping your glasses fogging up when you're wearing your face mask – then insert it now by placing it along the nose (or middle) section of the top side of your mask and folding down the material. Jewellery wire works well, something like sandwich bag ties can also work. Then sew along the top edge of the mask, encasing the wire into your face mask.
 - Whether or not you have inserted your nose wire, the next step is to pin your mask in place and sew round the edges of your face mask, leaving a small gap at one end.
 - Next, pull your material through the gap (carefully), until you have the front sides of your material on the outside of your face mask, then stitch up the small gap – it is probably easiest to do this by hand.

- All you need to do now is insert your ties into your face mask. To do this, fold one of the pointy edges of your mask over itself and then sew it down. Then do the same on the other side.
- You should now have created a little pocket, or hem, to insert your ties into. You can then insert your elastic or ties, using a safety pin or needle to thread them through the hem. Tie up your elastic and you are done. You can pull the ties so that the knots are inside your face mask if you want to, and you are done.

HOMEMADE SANITIZER

PROCEDURE:-

MATERIAL:- Rubbing Alcohol (easily available at a medical store)-100ML

Aloe Vera-50grams

Rose water (optional for smell).

PROCEDURE:-

STEP 1:- Take a bowl and Pour 100 ml of rubbing alcohol.

STEP 2:- Add 50 grams (half bowl) of Aloe Vera gel

STEP 3:- Add Rose water as per your preference

STEP 4:- Mix all the ingredients well and let it set for 5-10 minutes till the mixture turns thick.

STEP 5:- Add the mixture in a Sanitizer bottle and it is all set to use.

HOMEMADE SOAP

MATERIALS:-

SOAP BASE(100 GRAMS)

COCONUT OIL(2-3 SPOONS)

ALOEVERA GEL(2-3 SPOONS)

DISPOSABLE CUPS(2-3 CUPS)

STEPS:-

1. Take 100 grams soap base and cut it in to small pieces.

2. Make a mixture of 2 tablespoon aloe Vera gel and add 1 table spoon coconut oil to it and mix it well.
3. Melt the soap base using double boiler method. Once it melts add the mixture of aloe Vera gel and coconut oil to it. Add food colour to it keep stirring the mixture meanwhile.
4. Grease two disposable plastic cups with coconut oil and the mixture prepared in it.
5. Set it for 1 hour at room temperature and once done take the soap out of the plastic cups.

HERBAL/MEDICINAL PLANT.

INGREDIENTS:-Soil, water, pot and small root of plant of aloe Vera or Ajwain seeds or any seed of your choice(holding medicinal properties).

PROCEDURE:-

1. Add some soil in the pot.
2. Then add the small root of the plant aloe Vera or seed of fennel or any seed of your choice into it.
3. Then add more soil on it.
4. Then water little water to it every day regularly.

Below are the images attached of the above written activity done by the group member.

D R E A M S









GROUP NO. 3

Participants: Chanda Bhojwani, Drashti Lad, SnehaBawaskar, Dolly Tiwari, Manisha Gupta, Pooja Chauhan, ReshamKarvir, Richa Kharwar, Sanjivani Goyani, Sujata Maurya, Vikrant Sawant

Guidance In-charge: Mrs. Shubham Patil

MATERIALS USED

In our group, three activities were assigned.

1. Mask making: Small piece of cotton cloth, scissor, thread, elastic thread.
2. Sanitizer: Bottle, distilled water, Iso Propyl Alcohol, 3% hydrogen peroxide, glycerin.
3. Composting: Kitchen vegetable waste, dried leaves, container, spatula, soil.

PROCEDURES

1. MAKING MASK: First make a circular cloth piece of 28 cm. Fold it in triangle shape. Cut the triangle from both the sides. Now, we will get four pieces of triangle. We have to make pair of two from these four pieces.

Now, sew the cloth from the round side of both the pairs. After this we will combine both the pieces and sew it from all the sides leaving a little opening. Then, turn around so that the design of cloth is on outer side.

Now, make a fold from both the corners from where elastic thread will be tied. The mask is ready to use.

2. Making Sanitizer: Take 1 cup of isopropyl alcohol (91 – 99 percent alcohol). Add 85 mL of distilled water and add 1 tablespoon of 3% hydrogen peroxide. Now, add 1 teaspoon of glycerin. Mix, all ingredients well. Fill this liquid in a bottle and sanitizer is ready to use.
3. Making Compost: Take a container. Make small holes in the container for air. Accumulate all the kitchen vegetable waste of 2-3 days. Put some soil as the base layer for compost. Then, add all the vegetable waste accumulated at home. Then,

again a layer of soil. Now, put some water in it. Keep adding little water every day. It takes at least two months to get it ready.

After 2 months, this soil will turn into a fine compost which can be used in the home garden. It enhances the growth of plants.

PARTICIPATION

All the group members participated in the Ventel activity. Sharing experiences of all the participants:

Chanda: It was a wonderful experience preparing all the things at home. I was thrilled to see the compost made at home by me. It is such a useful activity I learnt. Now I do not dump vegetable waste, instead I make compost. It is a skill I learned through Ventelprogramme. I enjoyed making mask and sanitizer at home.

Vikrant: Ventel activity provided me the opportunity of learning by doing. First time after school, I prepare a compost for that I had went through different videos on youtube which help me to understand the process of preparation of compost. Sanitizer and mask become part and parcel offer life during this pandemic times.

Sneha: For the Ventelprogramme we were assigned the task of making face mask, hand sanitizer and compost. Through this activity, self reliance, community service, cleanliness, waste management can be aligned together. Thus, it can be said that such task assigned to students can generate employment opportunities according to their area of interest.

Manisha: It was nice experience of making mask. I used cotton clothes to make hand made mask. I made sanitizer using aloe vera, neem leaves and tulsi leaves. I enjoyed these doing these activities.

Resham: I started preparing compost by collecting all kitchen vegetable waste. It was fun making the compost. I had seen many youtube videos and read articles before making compost. I suggested even my friends about how to prepare compost.

Dolly: It was rich experience that our senses bring from which we construct the ideas, the concepts, the generalization that give meaning and order to our lives.

Pooja: By the Ventel activity, I learned by doing. I learned how to make mask at home. When I made compost, I used kitchen waste. I enjoyed making sanitizer at home.

I learned learning by doing is very good method for learning something new.

Richa: My experience was good. First time in my life I learnt to make soap and mask. I was so happy to see the outcome. Now, I can make mask at home without wasting money.

Sanjeevni: Ventel activity was a wonderful experience for me. I got to learn how to create various things like mask, sanitizer, and compost at home. While making these things at home, I was completely involved and was finally satisfied with the outcome of this activity.

Sujata: My experience was good. Making compost through vegetable waste and leaves in the best experience. I was thrilled to see the outcome. I can make mask at home. Overall, I learnt a lot of skills through this activity.





REFLECTION

Ventel activity provided us opportunity of learning by doing. We went through different videos on youtube for making sanitizer and cotton cloth mask. It helped us to understand the process of preparation of making these important things at home during this pandemic times.

After preparing, it was a special feeling that we have made these things by ourselves. It was an enriching experience, which will remain with us throughout our lives.

Also, we learnt to make compost at home. The procedure of making compost is so easy and so ecofriendly, never realized while throwing vegetable waste in dustbin.

We learnt how to use the vegetable waste and make such a useful nutritious compost for plants.

Ventel activity made us independent by preparing at our end. We would like to thank University of Mumbai, our Principal madam and all professors of NMFCE to provide us hands on experience for the same.

GROUP NO. 4

Names of the Students.	Div And Roll No.	ACTIVITIES			
		Handmade masks	Hand sanitizer/ Soap.	Flower Bouquet	Book Binding.
Lekha Trivedi (Leader)	B-32	✓	Sanitizer	-----	✓
Dhara Wadhera	B-37	✓	Sanitizer	✓	-----
Aarti Vegad	B-34	✓	Sanitizer	✓	-----
Shivani Maurya	A-47	✓	Sanitizer	✓	-----
Kinnari Rita	B-13	✓	Soaps	-----	✓
Anitha Justus	A-13	✓	Sanitizer	✓	-----
Archana Verma	B-35	✓	Sanitizer	-----	✓

Guidance In-charge: Mrs. Usha Iyer

MATERIALS USED:

The materials used for the activities performed by our group are:

1) **Handmade Masks:**

- ✓ A cotton cloth cut in the measurement of 50cm by 55cms.
- ✓ Scissors, chalk or marker, ruler, strings to tie.
- ✓ Needle and thread or sewing machine.

2) **Hand sanitizers:**

- ✓ Rubbing Alcohol
- ✓ Glycerin
- ✓ Hydrogen Peroxide Solution.
- ✓ Essential oils/ Coconut oil.
- ✓ 100 ml bottle

3) **Hand Made Soap:**

- ✓ Red wine and Pomegranates extracts
- ✓ Coconut or Castor Oil or palm oil
- ✓ Glycerin
- ✓ Skin sage fragrance
- ✓ Sodium chloride
- ✓ Soap flakes





4) Book Binding:

- ✓ Old Books with extra or non-used papers.
- ✓ Needle and thread, Stapler.
- ✓ Scissors, Glue, Scale, makers, nail for making holes.

5) Flower Bouquet:

- ✓ Flower wire, wire cutter.
- ✓ Flower tape, colorful papers.
- ✓ Scissors, Thread, scale, ribbons.
- ✓ Chart paper.

The materials used were all best out of waste and cost effective to learn to optimize the utilization of the available resources and create something useful.

We learned how old things can be useful and helpful in day to day activity and it helps us to teach the value of resources to our students even better.

PARTICIPATION:

Prof .Usha Iyer selected Lekha Trivedi with the responsibility of the leadership of the group and guided the group for the activities and how to plan them and preparing of report. We are group of 8 members.

We then took a group meeting on Google meet and decided what activities we will be performing and divided activities in equal proportion.

Each of us was supposed to perform THREE activities and submit the pictures and procedures to Lekha Trivedi, which were as follow:

- ✓ The making of handmade masks was compulsory for all the participants.
- ✓ The activity of hand sanitizer was taken by Lekha Trived, Dhara Wadhera, Aarti Vegad, Shivani Maurya, Anitha Justus and Archana Verma. (100 ml, each)
- ✓ Kinnery Rita took the activity of making handmade soap. (2 soaps)
- ✓ The flower bouquet was prepared by Dhara Wadhera, Aarti Vegad, Shivani Maurya and Anitha Justus.
- ✓ Lekha Trivedi, Kinnery Rita and Archana Verma prepared book Binding activity.

We completed our activities in time for submission.



REFLECTION & CONCLUSION:

Through this activity we learned that all the resources can be reused with a little innovation and techniques. We learned how to optimize the resources and reduce wasting them.

We also learnt the benefits of using natural products that help us in health care, also enables us to use our creativity and find new possibilities to learn and earn through these activities.

As teachers we have learnt that through using innovative techniques in the class room the students will enjoy the learning process and they grasp better when they enjoy learning. We also learned how to co relate these activities with our respective subjects and making learning better.

We learnt how to create best out of waste by using old note books, craft papers, making cost friendly hand sanitizers and soaps. We learnt how to protect ourselves and take care of health using a mask and learnt how to make one as well as teach how to make these activities children friendly and adaptive.

GROUP NO. 5

PARTICIPANTS NAME :

1.Sumaiya Shah 2.Khushboo Kothari 3.Manju Chaudhary 4.Nirmala Nadar 5.Jagruti 6. KajalSingh 7.R. Shridhar 8.Tapan Parikh 9.VinitaSanischariya 10.Pooja Rajesh Kumar

SUBMITTED TO: _Prof. Damanjit Rihal

Material Used (Best out of Waste)

Required material for handmade sanitizer: neem leaves, turmeric powder, camphor, alovera leaf, bowl, spoon, spray bottle, rubbing alcohol, Dettol, tulsi leaves.

Hand washing is one of the most effective ways a person can protect themselves and their family from getting sick. However, soaps and water are not immediately available, people can also use hand sanitizer. Due to a potential shortage of hand sanitizer in stores, some people may try to make it at home.

Material requirements for mask making: one piece of cloths, measurement tapes, scale, chalk for marking.

For making mask you can take any piece of cloth which you are not using, it may any

type of fabric. Before starting work or sewing masks all volunteers need to be symptoms free. Wash hand thoroughly and sanitize their work station with disinfection (it must indicate that it kills viruses) as per the instruction on the label. The finalized mask should be packaged in a proper and clean bag.

PROCEDURE:

➤ **Mask making:**

Steps:

1. Take a handkerchief
2. Fold It diagonally (like a right-angle triangle).
3. Mark a point from the longest side 5cm.
4. Fold that side with the length of 5cm.
5. Take 1.5 cm from the top and draw the line.
6. Draw 1.5 cm * 10 cm rectangle in the top of the folded longest side.
7. Cut the rectangle and open the folded side.
8. Stich the other sides and the portion which had been cut. Handmade mask is ready.

➤ **Sanitizer making:**

Steps:

1. Take a bowl add some water and dip neem leaves to wash.
2. Take a pan and add some glass of water.
3. Boil the water on medium flame
4. Wash neem leaves and add in boiling water.
5. Add some Turmeric powder.
6. Add 2 cubes of camphor
7. Mix it well.
8. After 10 minutes turn off the flame and let it cool.
9. Take aloe Vera leaf and remove peel and collect the pulp.
10. Take the pulp into jar and blend it.
11. Now strain it with strainer.
12. Take boiled neem water and strain it.
14. Now add Aloe Vera gel in boiled neem water.
15. Mix it well
16. Fill it in a 100 ML bottle and your sanitizer is ready.

PARTICIPATION:

Total number of students in our class is 100. teacher divides the students in several group with some equal number of participants. Teachers made total 11 groups with one respective teacher incharge.in each group there were 10 numbers of students.in each group there was a group leader who will update to the group .each group were given 3 activity to done in this there were 2 common activity .in 1st activity there was a mask making, in 2nd activity we had to made 2 handmade mask or 2 handmade soaps and in 3rd activity for our group was food distribution among local community.so we divide the work among us.10 members of the group made the mask for 1st activity and in 2nd activity 8 members made the sanitizer and 2 members made the soaps.in group everyone done their activity on time and nicely.

CONCLUSION:

The idea is to impart the whole education of the body, mind and soul through the handcraft that is thought to the children. Traditional colonial forms of education had emphasized literacy and abstract, text-based knowledge.





REFLECTION:

Pandemic scenarios like the current corona outbreak shows the vulnerability of both globalized markets and just in time production process for urgent medical equipment. even usually cheap personal protection equipment becomes effectively expensive. The assignment was very new for us and challenging because we had never made such things at home specially sanitized and soap. But it was very fun and we all enjoyed a lot while making masks, sanitizer and soaps. This also gave a chance to start a small business. Many of them have sold homemade mask and sanitizers.

GROUP NO. 6

**Group Members – Priyam Gupta (A20), Mohnish Khan (A35), Pooja Shukla (B23),
Sadhna Yadav (B42), Preeti Tiwari (B31), Shikha Singh (B26)**

Guidance Group of Mrs Glanny Gonsalves

Guided by Mrs. Navita Sood

Materials Required:-

A.) Mask Making:-

Cotton Cloth, Scissors, Needle, Thread, Elastic Bands and Lace for Decoration.

B.) Sanitizer Making:-

A small empty bottle, Isopropyl Alcohol (99% alcohol / Ethanol), aloe vera Gel, Glycerine, a bowl, a spoon.

C.) Plantation of Medicinal Plant:-

Small Pot, Soil/Mud, Seeds of Tulsi (*Ocimum tenuiflorum*), Insecticides, Water.

Procedure:-

A.) Mask Making:-

Find an piece of fabric, preferably cotton. Cut out a rectangle measuring approximately 22cm by 36cm . Create a small folds in the fabric, about each 1cm long that runs across the short width of the material. With a needle and thread

hem both short sides with a simple running stitch to hold the folds you've just made in place. Add ties, these can be elastic, ribbon or even shoelaces on both the short sides of the rectangle. Adjust its size as per your face ears distance. Stitch the lace on all four sides of the rectangle. The DIY Face mask is ready.

B.) Sanitizer Making:-

Take the Isopropyl Alcohol (Ethanol) and Aloe vera gel in the ratio of 2:1. That is to say if you take two cups of Alcohol then take one cup of Aloe vera gel. Mix them in a clean bowl with help of a spoon. Then add few drops of Glycerine to it and blend them well. Pour the mixture in the empty bottle and close the bottle tightly.

The DIY homemade sanitizer is ready.

C.) Plantation of Medicinal Plant:-

Ocimumtenuiflorum is the Botanical name for Tulsi. Tulsi has several mythological, holy aspects as well as medicinal properties. It is famously used to prepare "Kadha" (medicinal tonic) which is considered very good to boost immunity. TulsiLeafs powder is also used to cure cough and cold.

Tulsi is grown by seed sowing method. Take a pot and put some soil in it. Tulsi seeds or the spikes of any old Tulsi Plant can be used to grow a plant . Here, I have used spikes of an old Tulsi Plant. Break one or two spikes from an old Tulsi Plant and sprinkle it on the soil. With light hands cover them with 1 cm of soil. Add some water. Place the pot in a place that receives direct or even partial sunlight. Keep adding a very little water on alternate day basis.

In a span of 40-45 days you will see small Tulsi sapling growing.

Participation:

We are the group of 6 members lead by me (Priyam Gupta) under the guidance of our mentors Glanny Ma'am and Navita Ma'am. The group members are Priyam Gupta (A20), Mohnish Khan (A35), Pooja Shukla (B23), Sadhna Yadav (B42), Preeti Tiwari (B31), Shikha Singh (B26). Each member has participated in the activity diligently and has prepared two face masks each and 100 ml of sanitizers. Also, some has done weaving and some has planted medicinal plants. We have attached the picture collage of their respective activities.

Conclusion:

The above mentioned 3 VENTEL activities has taught each one of us a new skill of making, masks and sanitizers. All the group members have participated in the activity enthusiastically and has created some wonderful masks and sanitizers. It also taught us to make the best utilisation of waste products or the left over products. Through these activities we have learned a new skill by gaining experience and it definitely aids to all round development of each one of us.

Reflection:

The above mentioned 3 VENTEL activities done focuses on our all-round development. The best part is that when we do these activities on our own, we learn by experience. It definitely promotes dignity of labour and social equality. Achieving it is indeed the essence of education.

During the recent Corona Pandemic, we learnt the importance of using Masks, sanitizers and the medicinal values of Tulsi. There was a period when there was shortage of Masks and Sanitizers in market. Or the shops were charging a lot of money for it. In such scenarios, these learnings through the VENTEL activities will prove to be very helpful. When can make their own, masks, sanitizers and immunity boosting tonics.

Hence, the NaiTalim, VENTEL absolutely focus on all-round development and learning through experience.





GROUP NO. 7

GROUP MEMBER'S NAME

- ✓ DEEPALI SHARDA B-20
- ✓ KULDEEP MISHRA A-49
- ✓ RENUKA PUROHIT B- 11
- ✓ RASHIDA KHAN A-36
- ✓ LAXMI PAL B-53
- ✓ OZAL SOLANKI B-27

GUIDED BY - NAVITA SOOD

Material Used

- **Sanitizer:-** 100ml bottle, Aloe Vera gel, Spirit, Measurement Cup, Spoon Essential oil (optional).

- **Mask :-** Cotton cloths, Elastic bands, Stones, Scissors, Needle and Thread
- **Hand weaving:** - {Crochet} Pink and white woollen, Hook.
- **Kitchen Garden:** - small pot, seeds of methi, coriander or saplings (mint, curry leaves, tulsi) mud, household fertilizer like tea water.

Procedure

- **Sanitizer:** - In a bowl add 60 ml Spirit and add 30 ml Aloe Vera gel and add 2-3 drops of Essential oil (optional) mix it well then pour it into 100ml bottle and shake it well, our homemade sanitizer is ready.
- **Mask:** - Firstly cut two cloth rectangle 25cmx15cm then place on top of each other lengthways and fold over the top of the fabric 0.6cm and stitch all the way across after that fold the bottom up and stitch 2.5 cm inward from the edge on either side and fold the shorter sides in about 1cm and stitch leaving a gap to thread elastic, thread a 12 cm piece of elastic through the hem on one side and stitch it. Repeat on the other side. Our mask is ready, now stitch knot bow and stick Stones on it.
- **Hand weaving:** - {Crochet pouch} First round your base, put your crochet hook through the next loop, wrap the yarn around it and pull it through both loops. When we finished the first row of double crochets from there on there are two loops the crochet hook should go through 'V'. Put the long tail.
- **Kitchen Garden:** - In a small pot put some mud then put some seeds or saplings and then again put mud till the top of the pot. Daily water the pot. after few days you can also put tea water as a fertilizer.

Participation and Conclusion

Appreciate the need for Vocational Education as a means of Productive work with Economic value and its integration with the 4 methodologies of Science, Mathematics, Social Studies and Language. Develop knowledge, skills, attributes and values necessary to shape a sustainable future. Prepare an Action Plan for activities in the four identified areas of VENTEL Action Plan – Vocational Education, Self-Reliance, Swatch& Health and Community/Field Engagement.

Reflection

It's a very new experience for all of us. We all enjoyed doing this activity as a group activity. This activity has helped each one of them to learn something new like stitching, planting trees and it helped us to become self- reliant. This activity has helped us to

understand the importance of waste materials as we made some activities from waste materials. It was a good learning activity and a great experience. We have learned to make masks and sanitizer at home. We have gain more knowledge about plants and crochet work. We did research about plants and we have come to know about snake plant which is good indoor plant and purifies oxygen in the air.



GROUP NO. 8

NAME	CLASS	Roll no.
Simran Almeida	A	03
Yesha Jani	A	28
LaukikaMandavkar	A	44
Juliet Bhatt	A	6
Neelam Hanswar	A	24
Pooja shah	B	16

Incharge teacher: Mrs. Nitisha Jha

Flower Making

Material

- Colorful craft papers
- A single half chart paper(any colour)
- Scissors
- Glue
- Scale
- Pencil
- Stapler
- Newspaper
- Ribbon

Procedure

- Take 1 colorful craft paper, fold it in half triangle.
- Make another fold
- Make one more fold
- Make a small fold from the triangles tip by turning half at the right side
- Now cut that small triangle with the help of scissor. As you open the fold you will get a big flower
- Now cut into half, 4 and 3
- Apply glue to each cuts
- No go on putting one inside the other starting from 2, 3, 4, 5

- Now take newspaper and roll it into straw sticks with the help of glue.
- Now put each flower in each straw stick
- Now take a half plain paper fold it and put all flowers in it and staple it.
- Put a small ribbon bow on staple pin. Your Flower Bouquet is ready.

Mask Making

Material

- Cloth material (any colour)
- Scissor
- Pencil
- Scale
- Big bowl
- Needle and thread
- Beads
- Elastic

Procedure

1. Cut 2 cloth rectangles (25*15cm)
 2. Place on top of each other length wise
 3. Fold over the top of the fabric (0.6cm) and stitch all the way across
 4. Fold the bottom up an stitch (2.5cm)inwards from the edge on either side- this will create a filter pocket
 5. Fold the shorter sides in about (1cm)and stitch- leaving a gap to thread elastic
 6. Thread a (15cm) piece of elastic through the hem on one side and tie the ends. Repeat on the other side.
- You can even stick beads on the outer side of mask. Your Mask is ready.

Sanitizer making

Material

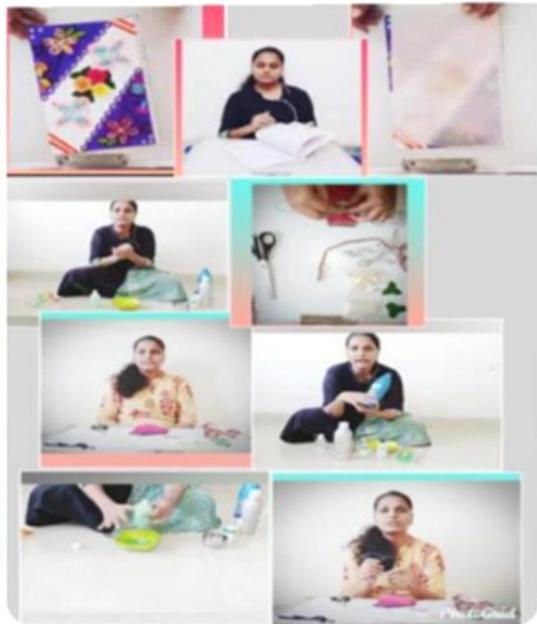
- Rubbing alcohol (100 ml)
- Aloe vera gel (1/2 cup)
- Essential oil (almond or any)
- Stirrer

Procedure

1. Add rubbing alcohol in a bowl(100ml)
2. ½ cup aloe vera gel
3. Mix well
4. Now add few drops of essential oil
5. Mix all 3 well
6. Add it in a spraying 100ml bottle
7. Your home made Sanitizer is ready.

Reflection

All the things used in all the 3 activity are home based materials. Most of the things are made used from best out of waste. Rather than spending money it is cost efficient. Most of the things are found home itself like Aloe-Vera plant or gel, newspaper, glue etc. Even in sanitizer there is no use of harmful chemicals. Mask can be made from any cloth material or even old tee-shirts at home. All the 3 activities take time and patience and can be made easily by following few steps at home. All the 3 things are eco-friendly and can be made use of it in our daily life. As mask and sanitizer is become the main necessity in our life. Flowers can be kept as showpiece in flower pot. So it's fun and easy to make it at home.



GROUP NO. 9

PARTICIPANTS : Panchami Gaikwad A-16, Priya Padhi B-02, Khushboo Shaikh A-41, Neha Kadam A-31, Samuel Mangam A-45, Grishma Paul B-07, Chaitra Shetty B-22, Farheen Khan A-34, Zareen Khan A-37, Sumi Jeevan A-29, Ruchi Yadhav B-41

GUIDANCE INCHARGE : DR. RUPALI WADKAR

MATERIALS USED (BEST OUT OF WASTE) /PROCEDURE

Mask making activity :-

Making a mask enables creator to explore various aspects of his or her own persona – it can be revealing as it takes the mask maker out of the realm of words and employs imagination and nonverbal action.

mask making can be a simple pleasure on its own. Mask making and working with masks can help unlock basic playfulness and sense of creative adventure.

Materials used :-

- 1)Two 10”x6” rectangle fabric**
- 2)4 Elastic threads**
- 3) scissors**
- 4) fabric glue**
- 5)needle and thread**

Sanitizer making activity :-

Quicker than washing hands

The easiest way to get rid of microorganisms

Bacteria on your hands can be minimized

Easier access compared to using soap and water

Good for the skin compared to the use of soap and water

No side effects

- 1) Aloe vera gel
- 2) Rose water
- 3) Alcohol
- 4) Glycerine

Waste segregation and recycling :-

The three words commonly associated with recycling are “Reduce,” “Reuse,” and “Recycle.” We will look at what recycling really is, how you can benefit from it, and also the environmental benefits. You will be able to make some money and also help reduce the negative impacts on the environment through recycling, even if you have no prior knowledge.

(Pen stand)

- 1) non use-able shoe box
- 2) news paper
- 3) decorative papers
- 4) Fevicol.

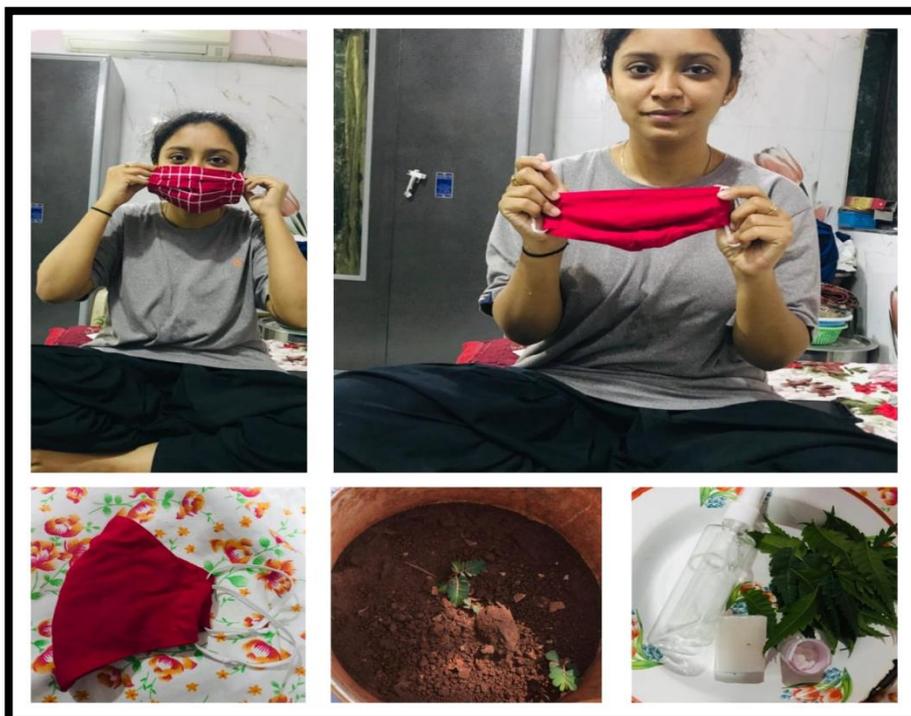
CONCLUSION

-Therefore, with the help of the idea of Vermiculture and many such activities that involved best out of waste materials, we can say that we have saved our mother earth and with our willingness to contribute towards nature’s beauty and bounty we can say that nature prevails.

-I acknowledge all the group members who have put their 100% percent effort towards such a task where we altogether have understood each one’s strong as well as weak points and stand together in harmony and accomplishing this task on time.

-I am grateful to our respected Principal and all our mentor-cum-professors who have always shown a sense of motivation through their thought-provoking statements.

-I, hereby, declare, that the above write-up stands true to its knowledge.





GROUP NO. 10

Sr. No.	Name of participant (Student)	Roll No.	Division
1.	Anju Khawa	40	A
2.	Ashita Karkare	32	A
3.	Chris Thomas	29	B
4.	Husneara Sheikh	19	B
5.	Muskaan Pandey	46	B
6.	Pooja Yadav	39	B
7.	Priyanka Gupta	21	A
8.	Sadhna Yadav	43	B
9.	Seema Gupta	23	A
10.	Sonam Yadav	45	B

GUIDE- Mrs. Shubhangi Kore

▪ **Material Required :**

★ **Mask Making :**

Spare cotton cloth, sewing machine, thread, needle
and elastic string taken from paper bag.

★ **Sanitizer Making :**

Clinical spirit - 100 ml

Water - 100 ml

Empty spare bottle of Lifebuoy hand-sanitizer 250 ml

★ **Nurturing decorative plant :**

Any decorative plant (Money plant etc), medium size pot, compost and soil.

▪ **Procedure**

★ **Mask Making :**

Step 1 : For mask making, we used square spare cloth of cotton of 40 cm length.

Step 2: Cut the cloth in two equal halves of 20 cm. Again , folded and cut 20 cm into two parts i.e.,10cm each.**Step 3 :** Now by placing both 10 cm length cloth one over other, sewed it from all four sides. **Step 4 :** Lastly, pleated from two parallel sides and stringed along same sides by attaching and stitching strings.

★ **Sanitizer making :**

Step 1: For making sanitizer we took Surgiclin clinical spirit of 100 ml quantity and 100 ml of water. **Step 2 :**Mixed both Clinical spirit and water in equal amounts i.e.,100 ml. **Step 3 :** Shake the mixture little after mixing. Now its ready to use. **Step 4 :**Filled the mixture into 250 ml used empty bottle of Lifebuoy hand-sanitizer.

★ **Nurturing decorative plant :**

Step 1 : We bought a sapling of decorative plant with soil and used medium size pot.**Step 2**

: In pot, we mixed soil along with compost. Step 3 : Now, planted the sapling into the soil.

Step 4 :Watered it a little bit as per requirement daily.

▪ **Participation and Conclusion:**

1. Appliance of experiential learning technique in science curriculum used effectively.

2. Organizing experiential learning helped us to have experience and become interested in science.The experiential activity is the basis of selecting and organizing the type of experiential learning activities into learning cycle.

3. We have analyzed that Gandhiji's NaiTalim mode have come to the definition of Experiential Learning Activities. It is the basis for selecting and organizing the type of experiential activities which helps us to have interesting experience and become interested in science and maths.

4. We as learners are exposed to four stages like: concrete experience, abstract conceptualization reflective observation and active experimentation during the process of experiential learning activities.

5. Well organized learning activities will able to teach all of us the skills to apply knowledge into practice, motivation, positive learning and we are interested in learning.

NaiTalim is not a fixed system, method or curriculum. It is a philosophy of learning and living and not just pedagogy. It is not restricted to any vocation. It is a flexi approach, which can be moulded as per local requirements. It has two main components namely:

1. Holistic development of an individual; and
2. Developing non-violent, just, co-operative and sustainable society.



▪ Reflection

Buniyadi Shiksha or NaiTalim is basically formed to draw student's creative-self, and to inculcate the habit of learning by doing. In this workshop of ventel activities we had done 3 activities that is we learnt, how to make mask, sanitizer and nurture a decorative plant. These all are fun-learning activities, we got immense pleasure when we prepared our own masks and sanitizer which we use to purchase from market usually but now we understood how we can simply make all these.

For stitching mask, we need to take first its measurement. This involves mathematics. Numeracy skills such as additions, subtraction, multiplication and division are used before cutting the cloth. Through this we found that we used maths when we had to measure quantity and length of the spirit and cloth or how much compost or water is required for plant to grow. We actually used science also by Nurturing a plant. We look after it and its growth. Also we used alcoholic substance which is part of chemistry. So, along with doing such activities we used Maths, Science and Art. We all have learnt that how following meagre steps with some guidance can lead to creating new things and knowledge.

GROUP NO. 11

Sr. No.	Name	Unit	Roll No.
1	Dona D'Souza	A	15
2	Radhika Angawalkar	A	04
3	Ankita Tilway	B	30
4	Reenu Yadav	B	40
5	Minakshi Prasad	B	09
6	Anita Yadav	B	38
7	Shilpa Yadav	B	44

Teacher incharge: Dr. Sushmita Patro

Materials used -

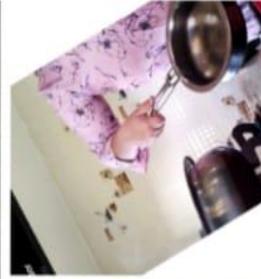
- 1) Mask – Cloth, thread, needle, elastic bands or cloth straps and sewing machine.
- 2) Soap – Glycerine soap base, essential oils and flavour (aloe vera and orange)
- 3) Sanitizer –Dettol, aloe vera, neem, clinical spirit, savlon, coconut oil, rose water etc

Participation –

- 1) For **Mask making**, the members used a scrap cloth which was in very good condition and stitched two masks personally attaching elastic to make it functional mask.
- 2) **Soaps** were made using glycerin soap base, essential oils and required flavours. Radhika used rosemary essential oil and sundried and coarsely ground orange peels for making her soap, where as Dona used coconut oil and aloe vera gel for preparing her soap.
- 3) **Sanitizers** were made using various materials. Shilpa used aloe vera jel, gulab jel, savlon, coconut oil and glycerin. Anita used clinical spirit, aloe vera jel and rose water. Ankita made use of Tulsi, Neem leaves, Dettol and Aleovera Gel. Minakshi used aloe vera jel and dettol where as Renu used Aloe vera gel, Rose water and Dettol.
- 4) The students involved themselves in **food distribution** by personally preparing food and sweets during festive season. Some also distributed biscuits and food grains. Minakshi, Ankita, Shilpa and Radhika distributed food to the people along roadsides in their locality. Dona distributed it to the students of Z.P.School and the children from padas, whereas Reenu and Anita feed the children at their homes.

Reflection and conclusion -

The ventel activities helped us all to get at work with simple activities which provided us with experience into making of mask, soaps and sanitizers. We often just go out and purchase these things, but actually getting involved and preparing them on ourselves gave joy and built up confidence that we could make and easily use these without wasting more money. The food distribution activity gave rise to the sense of responsibility towards society and also gave opportunity for a good deed.



Dona's activities







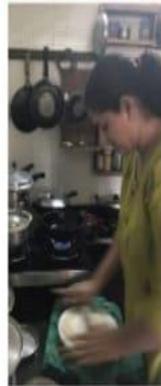
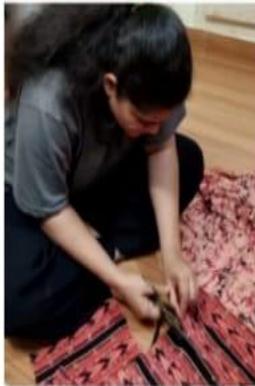
Ankita's activities



Sanitizer making



Mask Making





Shilpa's activities





Reenu's activities







Minakshi's activities



Thank
you