

CRITERIA 3.3.1

Average number of outreach activities organised by the institution during the last five years




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3.3.1 Average number of outreach activities organised by the institution during the last five years

Year	2017- 18	2018- 19	2019-20	2020- 21	2021-22	Total
Number of outreach activities	4	5	7	10	5	31

Average per year= Total Number of outreach activities organised by the institution during the last five years

$$\frac{31}{5} = 6.2$$




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REPORTS OF OUTREACH PROGRAMMES

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OUTREACH ACTIVITIES FOR 2017- 2022

INCLUSIVE education



16-03-2018

The visit to the inclusive school- Shree Trust's Swami Parijnanashram Educational & Vocational Centre for the Handicapped, Virar was an enriching experience. The school had developed a positive and accepting culture that valued and respected diversity. The students appeared to be happy, engaged, and confident in their abilities. The staff demonstrated professional competence and commitment in providing inclusive and equitable education to all learners. The B.Ed. staff and students donated the amount of Rs. 5000 as a token of help to fulfil their needs and requirements.




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JOURNEY INTO SERENITY- PRACTISING MINDFULNESS FOR SEL CLASSROOMS



21st March, 2018

A visit to a pagoda was a wonderful opportunity for our B.Ed. (Bachelor of Education) students to engage in mindful practice and deepen their understanding of different cultural and spiritual traditions. Mindfulness is a practice that involves being fully present in the current moment, cultivating awareness, and paying attention to one's thoughts, feelings, and surroundings without judgment. Our B. Ed. Students were engaged with mindful practices such as mindful observations, walking meditation, silent reflection, mindful listening. This in turn will benefit them to create SEL (Social Emotional classrooms).




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ENVIRONMENT AWARENESS PROGRAMME

The Environmental Awareness Day was celebrated with great zeal and enthusiasm in our college on **5th June, 2018**. The main objective of this event was to create awareness among students about environmental issues, pollution, and global warming focussing on using substitutes for plastic bags.

The Environmental Awareness Day was a great success, and it played a significant role in sensitizing students about environmental issues and motivating them to take positive steps to conserve the environment and make a positive impact on the planet.




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INTERNATIONAL YOGA DAY



21- 06- 2018

The International Yoga Day was celebrated in our college was a great success, and it helped all of us to understand the importance and benefits of practicing yoga regularly. It was a great way to promote healthy living and encourage mindfulness among students who would be future teacher and lead to guide future generation for healthy mind and healthy body.




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Service to humanity at Handmaids of the Blessed Trinity, Vasai West



26th November, 2018

Handmaids of the Blessed Trinity

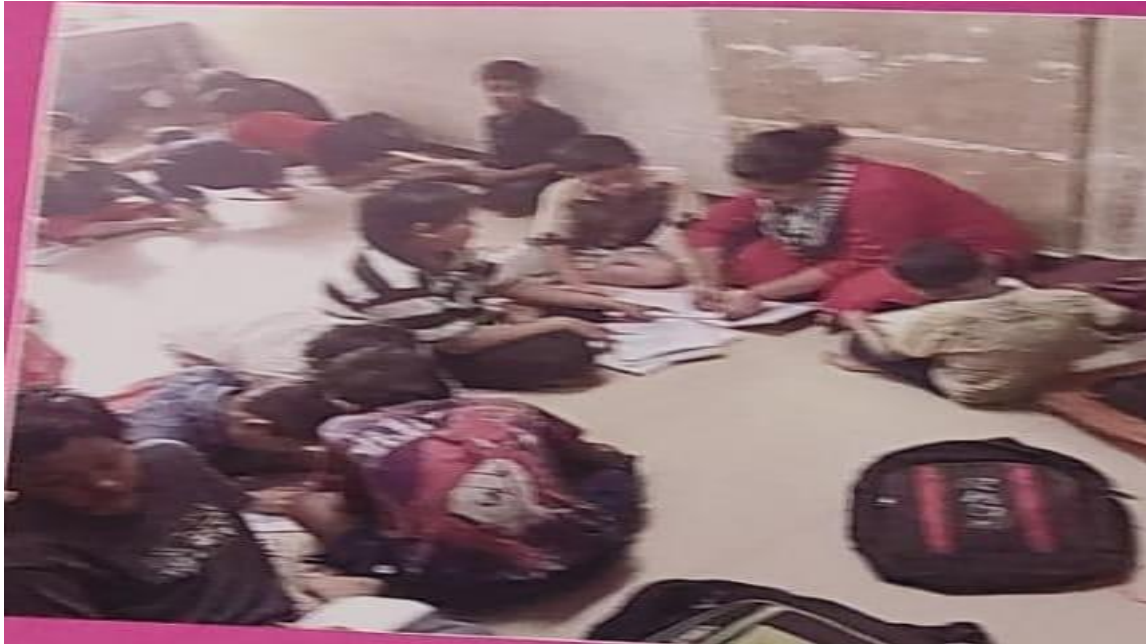
The community work project carried out by B.Ed. students for orphans has demonstrated the transformative power of education.




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CHILDREN'S CREATION ACTIVITIES AT SHREE RAJENDRA HONEYCOMB CHARITABLE TRUST



3rd December, 2018

Shree Rajendra honeycomb trust

The combination of academic support, skill development, recreational activities, and career guidance helped in nurturing the overall growth of the children. They exhibited improved creativity, physical fitness, and emotional well-being.




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PALLIATIVE CARE TRAINING AT BHAKTIVEDANTA HOSPITAL AND RESEARCH CENTRE



Palliative care

28th December 2018

Bhakti Vedant Institute

The project undertaken by the B.Ed. student provided valuable insights into palliative care, fostering a deeper understanding of the principles, challenges, and impact of this specialized field. The student's engagement in volunteer work and interactions with healthcare professionals and patients facilitated the development of essential skills required to provide compassionate care in palliative settings. The project emphasized the significance of incorporating palliative care education into the curriculum of future educators to enhance their ability to support students and families facing end-of-life situations.




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**SERVICE TO THE ELDERLY AT PARASH GYAN SHIKSHAN PRASARAK
MANDAL, MIRA ROAD**



1st Jan 2019

Parash Dhyan Shikshan Mandal

The community work conducted by the B.Ed student successfully addressed the needs of the elderly population, focusing on social interaction, well-being, and community engagement. Despite challenges, the project achieved positive outcomes, resulting in improved quality of life for the older adults involved. The experience provided the B.Ed student with valuable insights into the importance of community involvement and the unique challenges faced by the elderly.




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DREAM GIRL FOUNDATION



3 January 2019

Dream girl foundation

The community work undertaken by B.Ed. students for the upliftment of underprivileged girls has made significant strides in promoting education, empowerment, and gender equality. Through a range of activities focused on education, life skills development, awareness programs, and community engagement, these students have positively impacted the lives of underprivileged girls in their community. By fostering sustainable change and building lasting relationships, this initiative has paved the way for a brighter future for the girls involved.




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KAVACH- A MOVEMENT, PROTECTION FROM SOCIAL STIGMA (FOR MENSTRUAL HYGIENE)



13th July, 2019

Kavach- is an umbrella of menstrual health and hygiene and a safe space for conversations and support for a lifecycle of a women -from Menarche the first menstrual cycle to her child bearing ages till menopause and old age. Mrs. Bharti Trivedi, the founder educated the B.Ed. students about the need for creating social awareness about promoting menstrual hygiene. The donations given by the students are used by the founder for distributing free sanitary kits among the girl students of Municipal schools in Mumbai.




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YOU ARE WHAT YOU EAT- HEALTH THROUGH NUTRITION



16th July, 2019

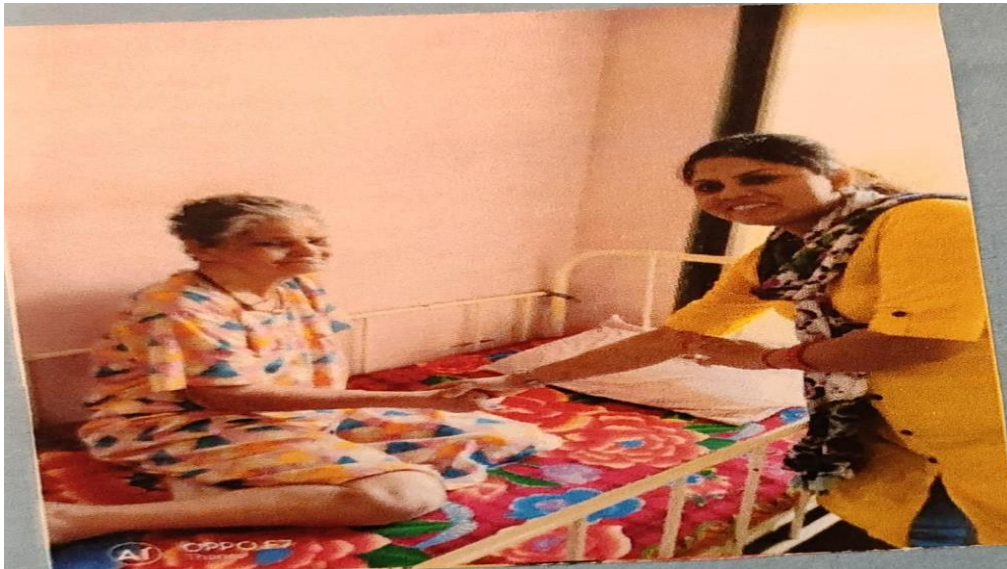
The Food festival was a great initiative that not only provided nutritious food to the children but also helped in creating awareness about healthy eating habits. It also showcased the creativity and culinary skills of the B.Ed students. The proceeds of the food sale were distributed among the helping staff of the college after briefing them on the benefits of planned diet.




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Service to the elderly at Mercy John Memorial Public Trust, Mira Road



19th November 2018

Mercy John memorial public trust

The community work carried out by the B.Ed. students for the old age home successfully achieved its objectives of enhancing the well-being of the elderly residents, fostering a sense of community, and promoting intergenerational understanding. The project not only benefited the residents but also provided invaluable learning experiences for the students involved. Such initiatives contribute to building a compassionate and inclusive society where individuals of all ages are valued and supported.

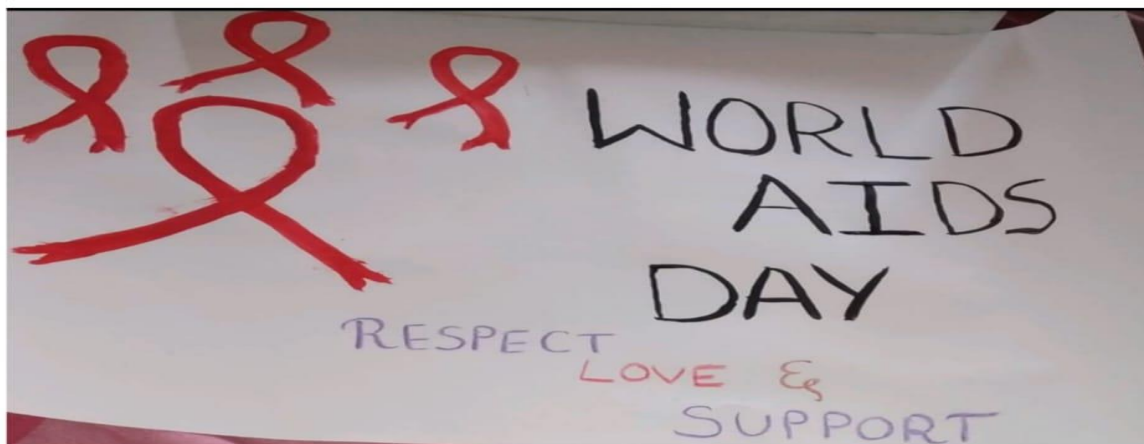
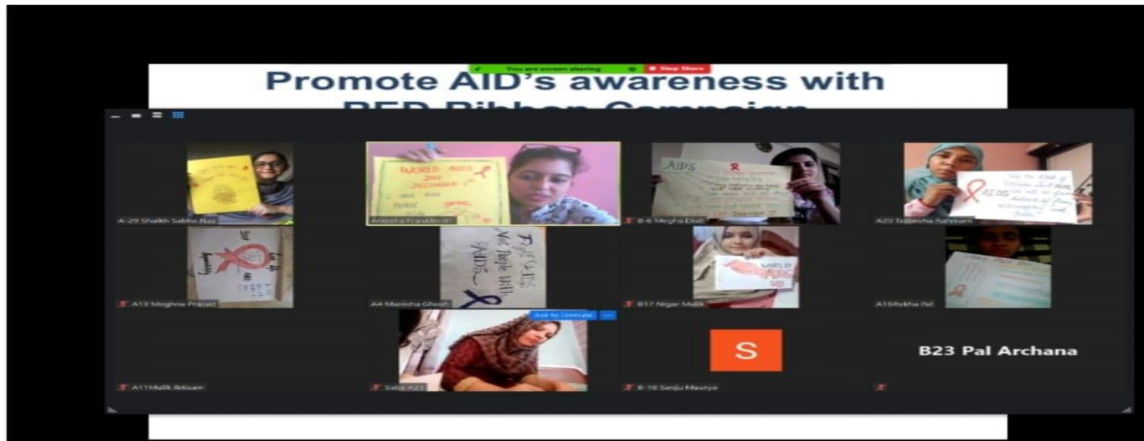



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OUTREACH ACTIVITIES FOR 2017- 2022

NOT ALL TOUCH ARE BAD- AIDS DOES NOT SPREAD THROUGH TOUCH



2nd December, 2019

The F.Y. B.Ed. students conducted an Online programme for holding expository discussions on Aids Awareness. Many misconceptions were cleared and a new outlook towards the much-dreaded disease.



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Community outreach- YOGA for healthy living

Date: 7th February 2020
Venue: Shantinagar High School.

Yoga is the way of living that aims towards a healthy mind in a healthy mind. Yoga helps students to increase their level of concentration and increase their immunity and energy level. Therefore we students of S.Y.B.ed decided to conduct a Yoga session on 7th February 2020. Mrs. Manjushree nam was called for conducting the session. This session was conducted for students of class V. The session began with a warm up exercise. We students of S.Y.B.ed looked upon the discipline of the students. Further exercises were explained by nam and were performed.

Mrs. Manjushree nam also explained various types of Yoga to improve the concentration level and to reduce stress factors.




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not all students were able to do properly but many tried doing it. I felt yoga subject should be included in the curriculum so that students understand the importance of it. The session ended with vote of thanks given by Ms. Shabana. Principal of the school Mr. Pooja mam also thanked the trainer. It was a very enhancing and helpful session for children.



Mrs. Manjushree Ma'am guiding about sound body in a sound mind through YOGA




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14-04-2020

Session on effect of Corona Virus on Mental Health of school students, conducted by B.Ed. students

Due to the outbreak of COVID - 19 there is lot of anxiety and uncertainty among people. The students of our college conducted an online session for school students of Vidya Vikasini School, Vasai. They created awareness about maintaining Mental Health during pandemic. The one who are mentally strong have good ideal self and are able to complete their daily tasks diligently. But there were few students who were mentally stress and were unable to cope up with the current situation. They discussed constructive strategies self-coping mechanism, pursue hobbies, meditation, Yoga, sharing etc. to cope up with the present lockdown. It gave importance to each one and also emphasized to preserve their mental health.




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**DISTRIBUTION OF COVID SAFETY KITS AT ANKUR CHILDREN'S HOME,
MIRA ROAD**



20-05-2021

B. Ed. students are taught to practice empathy with the deprived children and community by large.

As a part of Community Service, they distributed Covid- safety kits to the orphanage children at Ankur. They got the great deal of satisfaction by lending a helping hand to the needy.




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Distribution of food for underprivileged students

Date: 2 January 2021

विद्यार्थी निर्माण विद्यालय, मीरा रोड

The distribution of food for underprivileged students by B.Ed. students has made a significant difference in the lives of those facing food insecurity. Through their commitment and dedication, the B.Ed. students have not only provided nourishment but also created an environment conducive to learning and personal growth.




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Helping differently abled children-Inclusivity

Umed charitable Trust

Date: 8 January 2021

The involvement of B.Ed. students in supporting differently-abled students is instrumental in creating inclusive educational environments. Through their efforts in assistive technology integration, differentiation, sensitization programs, and peer mentoring, B.Ed. students contribute to empowering students with diverse abilities and promoting a culture of inclusivity. Their initiatives have a lasting impact on the academic and social well-being of differently-abled students, fostering their growth and success.



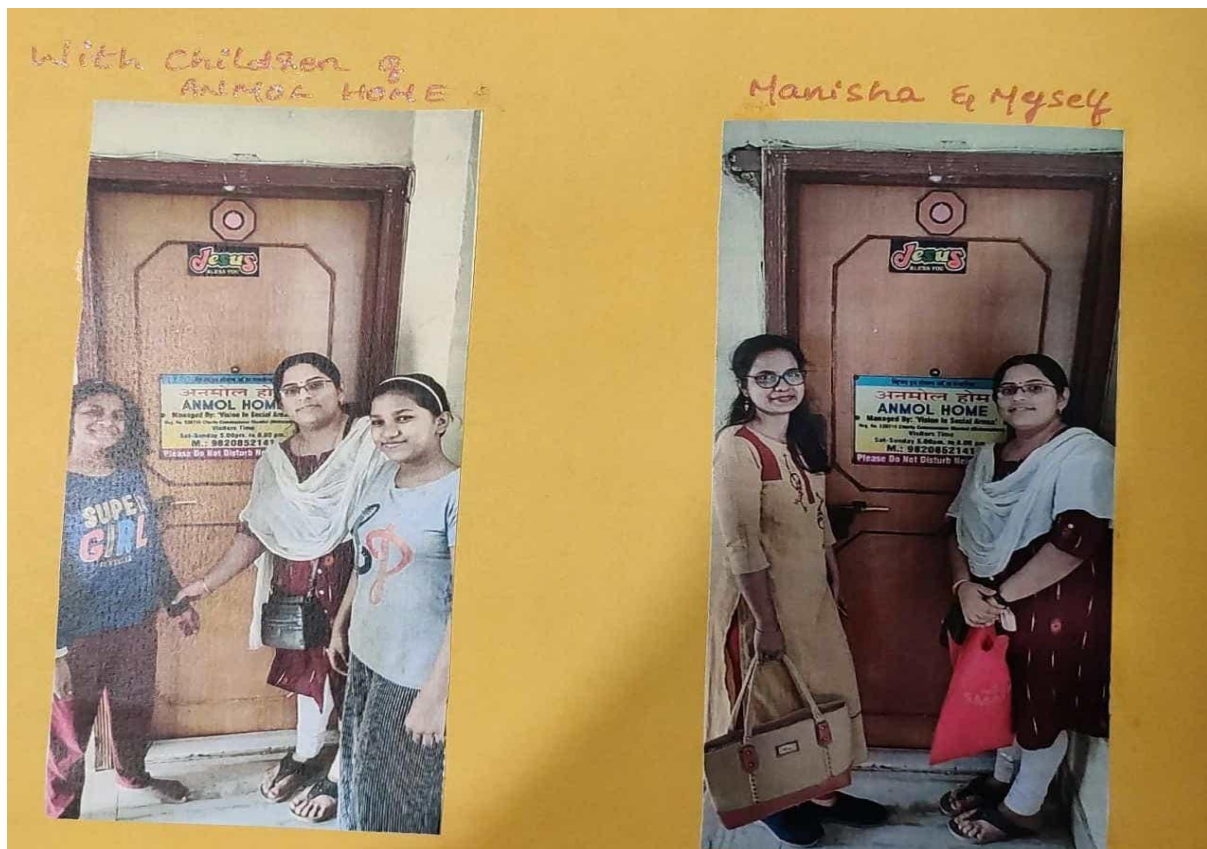

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Reaching the Unreached

Date: 9 January 2021

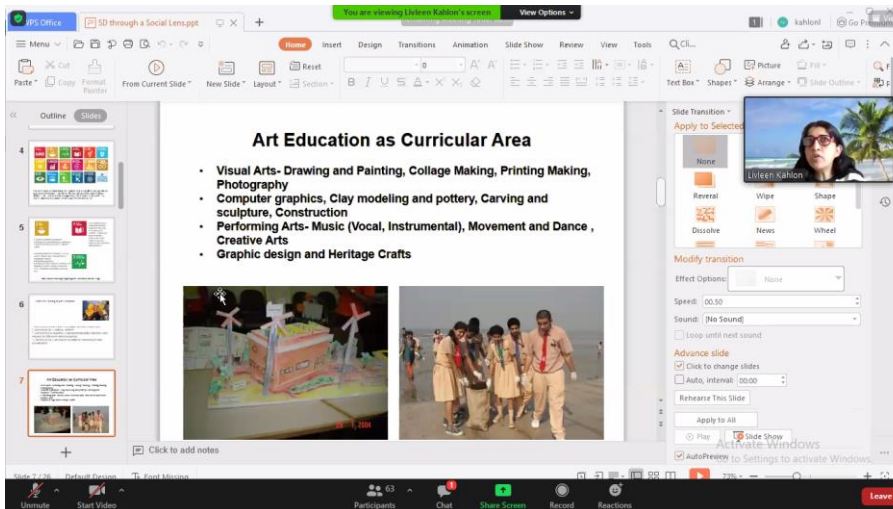
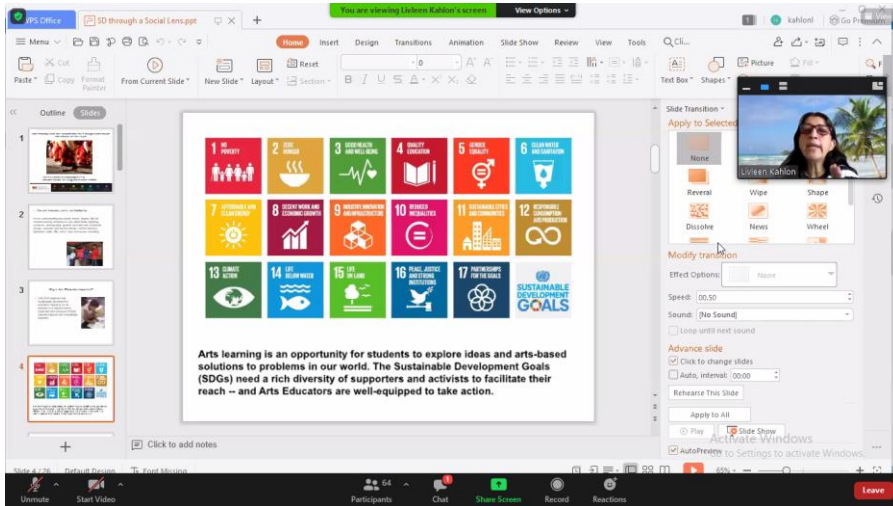
The B.Ed. student's efforts in extending a helping hand to street children of Anmol home, mira road were commendable. B.Ed. students reached the unreached through food, stationery, daily use items like towel, napkins, etc. The street children were taught basics of mathematics and communicative English. The initiative provided immediate relief and long-term support to vulnerable children, empowering them to break free from the cycle of poverty and exploitation. The collaborative approach and community engagement fostered a sense of responsibility and raised awareness about the rights and potential of street children. It is hoped that these efforts will inspire others to address the issue and work towards a more inclusive and compassionate society.




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SUSTAINABLE DEVELOPMENT GOALS- TERI



January 30, 2021

Keeping in lines with the national and international requirement of following the Sustainable Developmental Goals- practices. Dr. Livleen Kahlon, Senior Fellow & Associate Director at The Energy and Resources Institute (TERI) was invited for an Online Zoom Meeting to address the B.Ed. students and brief them about the urgency of environment conservation for a better world future.




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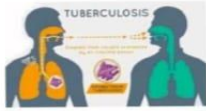

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Virtual session on World Tuberculosis Day

Date: 24/03/2021

World Tuberculosis Day is observed on March 24, every year to raise awareness about this infectious disease and to emphasize the need for continued efforts to control its spread. The students at Raval conducted a virtual session on the theme - The Clock is Ticking- Conveying the sense that the world is running out of time to act on the commitments to end TB.

Causes - Preeti Shroff

<p><u>Causes of tuberculosis</u></p> <ul style="list-style-type: none"> • Have HIV /Aids . • Use IV drugs . • Are in contact with infected person . • Are in a country where Tuberculosis is normal such as several countries in Africa, Latin America and Asia. • Live or work in areas where TB is normal such as prisons or nursing homes . • Work in health care and treat people with high risk of TB. • Are children who are exposed to adults at a risk of TB. 	<p>TUBERCULOSIS BACTERIA</p> 	<p><u>What causes Tuberculosis ?</u></p> <p>Tuberculosis is caused by bacteria that spread from person to person through microscopic droplets released into the air. This can happen when someone with the untreated, active form of tuberculosis coughs, sneezes, speaks, laughs or sings.</p> 
		<p><u>Factors that causes TB</u></p> <ul style="list-style-type: none"> • Using Substances • Using tobacco • Working in health care • Living or working in residential care facility • Living with someone infected with TB 



Virtual session on World Tuberculosis Day on 24-3-21

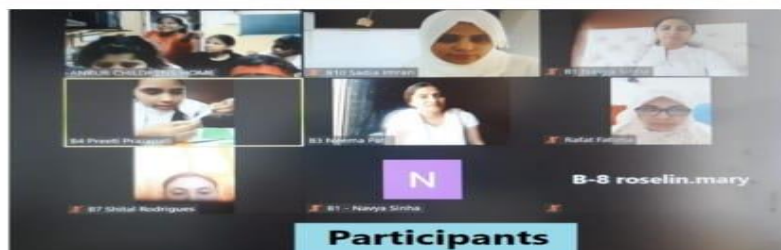
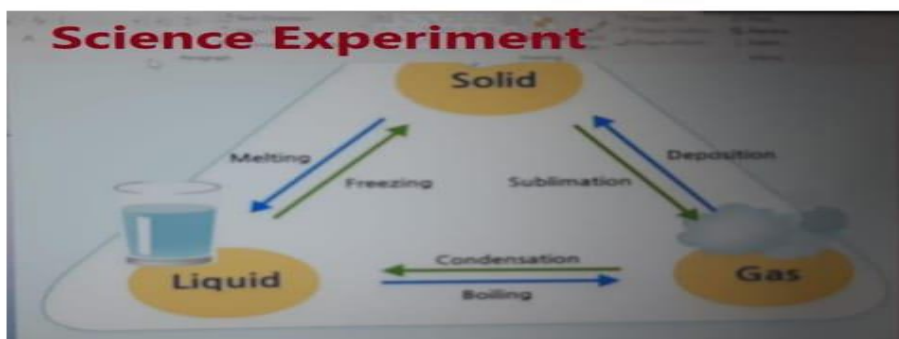



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**Inculcation of scientific temper on National Science Day for the homeless children-
Virtual Session on 28/04/2021**

The main objective of conducting an online session on National Science Day for the homeless children was to encourage them to develop an interest and understand the importance of science. This session was activity based where students were involved virtually. B.Ed. students have performed many experiments to develop scientific temper.



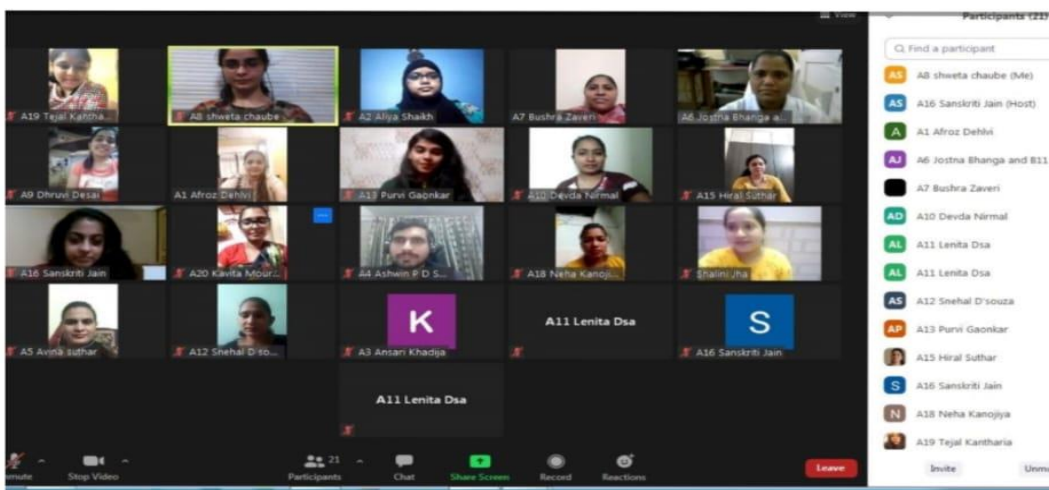
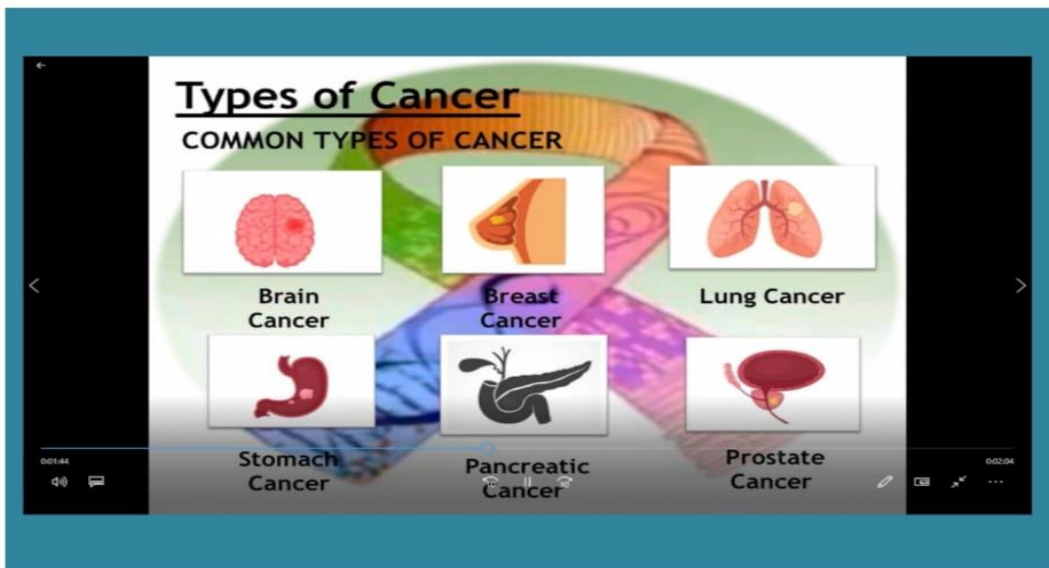
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Mode - Online Zoom Session

Date: 30/04/2021

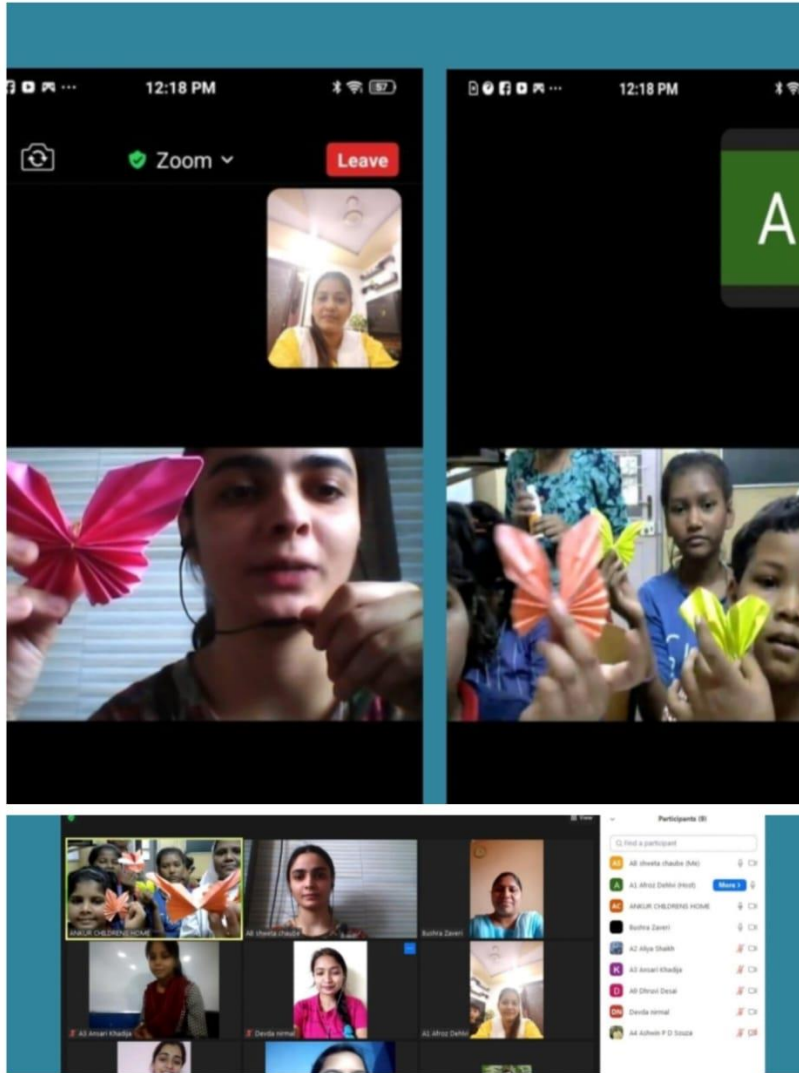
Our S.Y.B.Ed. students conducted a health awareness program for school students on Cancer. The session was very informative where types, preventive measures of cancer were discussed. Students were given an activity where they were asked to find out symptoms of any two common cancers.




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ART AS A MEANS AND END TO EDUCATION



01-05-2021

The B.Ed. students conducted an online session for the children at Ankur Orphanage, Mira Road to train them in use of ART for creation of items that can be sold for a decent return. The act is a means to empower students by having confidence in their own creative power.




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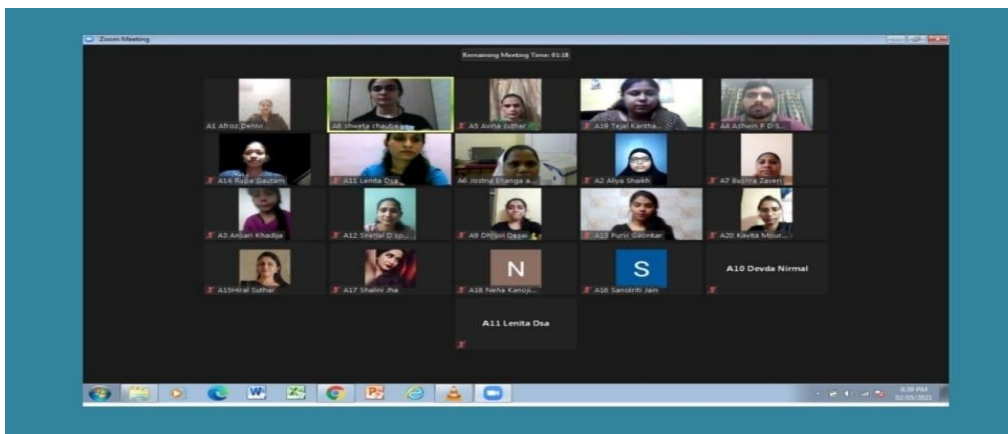
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SOCIAL AWARENESS ON SEXUAL HARASSMENT

Date: 02/05/2021

Sexual harassment is a type of harassment involving the use of explicit or implicit sexual overtones including the unwelcome and inappropriate promises of rewards in exchange of sexual favors. To sound this our B.Ed. students conducted an online discussion on 02/05/2021 with their peers.

This outreach program has created awareness among B.Ed. students on work place sexual harassment and also other types of sexual harassment.



PRESENTATION



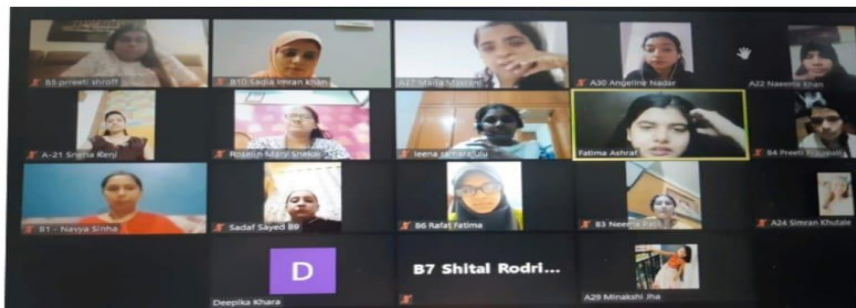
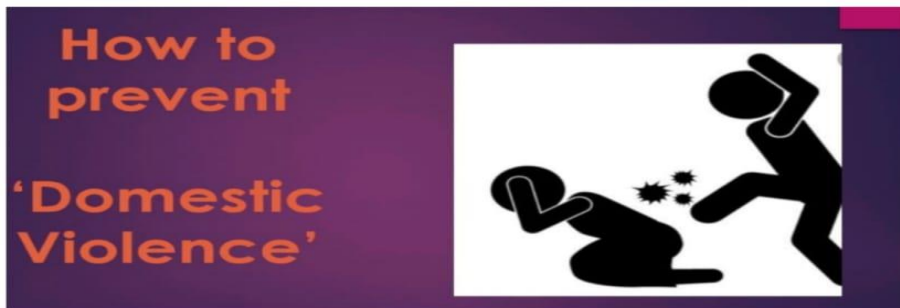

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International Day for the elimination of violence against women-

Virtual Session on 25-11-21

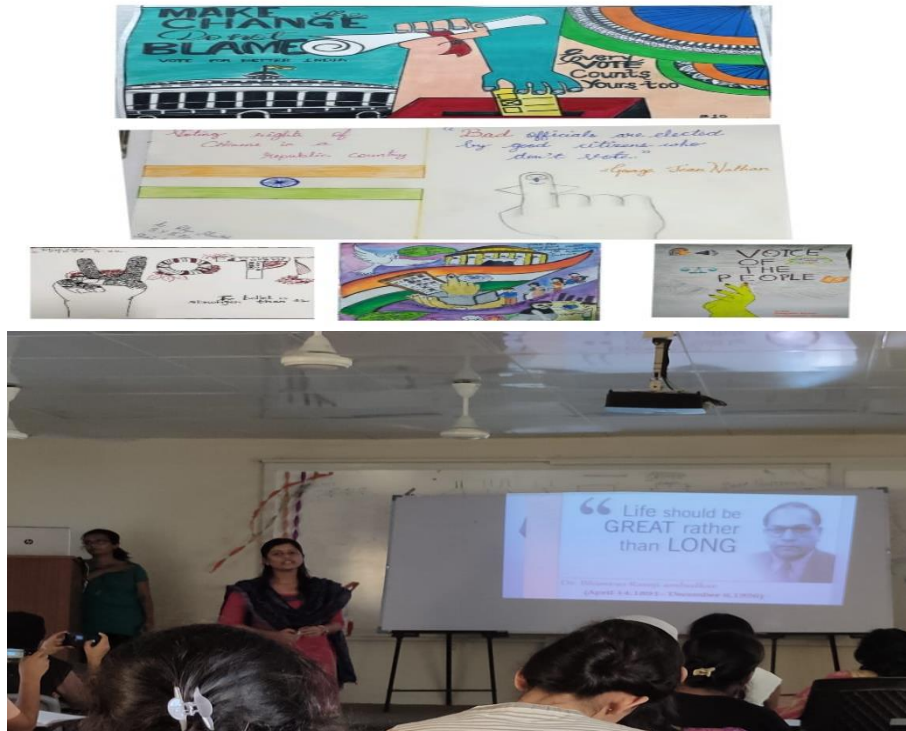
India is a diverse country with complex social structure comprises of male and female which helps to build a healthy society but at present we see that male is dominating over female. This violence against women is seen in physical or sexual forms. It includes domestic abuse, sexual assault, murder etc. The teachers and future teachers can only bring change through the instrument of education. B.Ed. students sensitised their fellow mates through online presentation followed by discussion.




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PLEDGE FOR NATIONAL UPLIFTMENT FOR STD 12



12th January, 2022

The B. Ed. Students took up the task of familiarising the school students of Raval Junior College with the Indian Constitution ahead of Republic Day. The objective was to sensitize them towards Constitutional rights and duties through speeches, slogans and posters.




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OUTREACH ACTIVITIES FOR 2017- 2022

Session on Mental Health by Mr. Satish Bendre

On 05th February,2022, **Mr. Satish Bendre** took a session on mental health with the students of F.Y. and S.Y. B.Ed. he laid special emphasis on the use of Rational Emotive Behaviour Therapy (REBT) as proposed by Carl Rogers and gave examples of how the ABCDE Model can be applied to real life situations.

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heartily
invites you
to the
workshop on

"REBT"
(Rational
Emotive
Behaviour
Therapy)

People and things do
not upset us, rather
we upset ourselves
by believing that
they can upset us.
-Albert Ellis

Training expert: Mr.
Satish Bendre
(visiting faculty
professor, trainer &
writer with over twenty
five years' experience
in the corporate world)

TIME: 2:30
P.M.

DATE:
FEBRUARY 5,
2022

DAY:
SATURDAY

ONWARDS

MODE:
OFFLINE

VENUE: B.ED.
LECTURE
HALL, 3RD
FLOOR




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Kanyadan Trust for mass wedding of underprivileged girls



The community work undertaken by the B.Ed. students in organizing a group marriage for underprivileged girls on **30-03- 2022** showcases their commitment to social welfare and empowerment. Through their efforts, they provided financial assistance, emotional support, and valuable skills to young women who faced economic and social challenges. The initiative not only alleviated the burden of marriage expenses but also promoted awareness, gender equality, and inclusivity within the community. The students' dedication and compassion have positively impacted the lives of the underprivileged girls and contributed to creating a more equitable society.




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PRACTISING INCLUSIVITY



22nd April, 2022

B.Ed. students have visited an inclusive school to match with New Education Policy to make society and other formal centres more inclusive. Students have taught children Mathematics. B. Ed. students have donated to the trust as a financial help.




PRINCIPAL
SHRI L. P. RAVAL COLLEGE OF
EDUCATION & RESEARCH
Raval Nagar, Mira Road (E).

Shri L.P. Raval College of Education and Research
Mira Road (East)
OUTREACH ACTIVITIES FOR 2017- 2022

INTERNATIONAL YOGA DAY



21st June, 2022

INTERNATIONAL YOGA DAY was celebrated by performing and learning yoga exercises with trainer Mrs. Madhu Sharma. She took session with B. Ed. students as well as Junior College students. She explained the importance of different breathing exercises to cope up lung disorders. Stretching exercises, Surya Namaskar, Anulom Vilom, etc were taken up by all students. Trainer insisted to spare at least one hour every day for Yoga and healthy living.




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