

3.4.3.1: Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc.) and/or those organised in collaboration with industry, community and NGOs during the year 2020-2021

S.No.	Name of the Activity	Organizing unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
1	Demonstration of chair yoga	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	21-06-2020	22
2	Internet and Me	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	11-07-2020	234
3	National education policy	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	28-08-2020	
	Planning for “STAY FIT MOMENT”	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	07-09-2020 to 14-09-2020	
4	Fitness Awareness Campaign - "STAY FIT MOMENT”	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	09-09-2020 to 14-09-202	35
5	Planning for Webinar on “Nutrition in India: Our Role to Combat Malnutrition”	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	22-09-2020 to 30-09-2020	105
6	Instagram poster making Competition	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	21-09-2020 to 02-10-2020	4976
7	Planning for Online Quiz “Investment to Healthy Life”,	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	26-09-2020 to 03-10-2020	
8	Online Quiz “Investment to Healthy Life”	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	28-09-2020 to 03-10-2020	404
9	Webinar on “Nutrition in India: Our Role to Combat Malnutrition”	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	30/09/20	105
	Planning Report MACHINLESS BAG MAKING.	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	12-10-2020 to 13-10-2020	
10	Machine-less Bag Making	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	14/10/20	122

11	Cartoon Making Poster Competition	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	30-10-2020 to 07-11-2020	91
12	Planning for Essay Writing Competition: Vigilance Week	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	30-10-2020 to 31-10-2020	
	Essay Writing Competition for Vigilance Week	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	30-10-2020 to 04-11-2020	108
13	Planning for Testing our knowledge Quiz on Unity Day	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	31-10-2020 to 04-11-2020	
14	Planning Report for 'Internet And Me'	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	03-11-2020 to 06-11-2020	
15	National Youth Day Celebration	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	01-12-2020	35
	HIV and AIDS-Video Making, National youth day, NN	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	05-01-2021 to 12-01-2021	257
16	Planning on Essay Writing Competition on Misconception against HIV/AIDS and Blood Donation	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	05-01-2021 to 12-01-2021	103
17	Essay writing competition on MISCONCEPTION AGAINST HIV/AIDS & BLOOD DONATION: SAVE A LIFE	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	12-01-2021	2
18	Poster making for Road safety	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	20-01-2021	53
	Poster making for Republic Day	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	26-01-2021	54
19	Webinar on Communal Harmony For Peace	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	20-02-2021	
20	Mission Compassion	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	25-02-2021	456
21	Webinar on Kitchen Gardening & Compost	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	20-05-2021	47

	Webinar on Conservation of Water	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	20-05-2021	41
22	Webinar on E - Waste Management	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	22-05-2021	34
23	Webinar on Renewable Energy Resources	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	22-05-2021	40
24	World No Tobacco Day Pledge	Organizing Unit: NSS Unit, College of Home Science, Nirmala Niketan	NSS	31-05-2021	643

3.4.4: Number of Students participating in extension activities conducted in collaboration with industry, community and Non- Government Organizations such as Swachh Bharat, AIDs awareness, Gender issue etc. year wise during year 2020-2021

S.NO.	Name of the activity	Organising unit	Name of the scheme	Year of the activity	No. of teachers participating in such activities	No. of students participating in such activities
25	From Seed to Spoon: The journey of a Breakfast Cereal	Organizing unit: FND Department, College of Home science, Nirmala Niketan; Assisting Unit: NSS, College of Home science, Nirmala Niketan		2020	8+1	200
26	Cooking Healthy for Children: Principles and Practices	Organizing unit: FND Department, College of Home science, Nirmala Niketan; Assisting Unit: NSS, College of Home science, Nirmala Niketan		2021	8+1	175
27	Nourishment and Vitality for Senior Citizens: Dietary Applications, Exercise, Yoga and Attitudes	Organizing unit: FND Department, College of Home science, Nirmala Niketan; Assisting Unit: NSS, College of Home science, Nirmala Niketan		2020	8+1	180
28	“Key Concepts of Public Health Nutrition	Organizing unit: FND Department, College of Home science, Nirmala Niketan	National Nutrition Month	14-09-2020	8+1	50
29	Importance of 1000 Days – Preventive Strategies for SAM” and “Initiating a Kitchen Garden	Organizing unit: FND Department, College of Home science, Nirmala Niketan	National Nutrition Month	21-09-2020	8+1	46
30	Nutritional Approach to Fat Loss and Muscle Gain - How to modify based on Body Type and Training Intensity	Organizing unit: FND Department, College of Home science, Nirmala Niketan	National Nutrition Month	26-09-2020	8+1	49
31	Facility Based Management of Severe Acute Malnutrition	Organizing unit: FND Department, College of Home science, Nirmala Niketan	National Nutrition Month	28-09-2020	8+1	150

32	Nutrition in Metabolic Health- A practical Approach	Organizing unit: FND Department, College of Home science, Nirmala Niketan Collaborating unit: SVT College of Home Science, SNDTWU, Maniben Nanavati Women's College, Mumbai, Dr. BMN College of Home Science, Mumbai Supporting agency: California Walnut Commission.		05-11-2020	8+1	900
33	Diet prescription and counselling in Type 2 diabetes	Organizing unit: FND Department, College of Home science, Nirmala Niketan		05-07-2021	8+1	60
34	O2: Overcoming Obstacles	Organizing unit: HD Department, College of Home science, Nirmala Niketan Assisting Unit: NSS, College of Home science, Nirmala Niketan		21-05-2020		
35	Sustainable Social Entrepreneurship	Organizing unit: TFT Department, College of Home science, Nirmala Niketan Assisting Unit: NSS, College of Home science, Nirmala Niketan Collaborating agency: Shree Gauranga's Foundation Trust, Vasai West, Apne Aap Collective, Grant Road; MBA, Airoli	Field work	2020-21		10
36	Sustainable Social Entrepreneurship		Field work	2020-21		10
37	Sustainable Social Entrepreneurship		Field work	2020-21		16
38	Community Awareness Programme	Organizing unit: CRM Department, College of Home science, Nirmala Niketan Assisting unit: Consumer Guidance Society of India	"Consumer Guidance & Financial literacy in the times of Covid-19".	Jun-20		75
39	Contemporary issues in space design	Organizing unit: CRM Department, College of Home Science, Nirmala Niketan: Assisting Unit: NSS, College of Home science, Nirmala Niketan				
40	Key Legal Issues	Organizing unit: CRM Department, College of Home science, Nirmala Niketan: Assisting Unit: NSS, College of Home science, Nirmala Niketan		6-10-2020	2	

41	Fevicryl One stroke painting	Organizing unit: CRM Department, College of Home science, Nirmala Niketan: Assisting Unit: NSS, College of Home science, Nirmala Niketan. Collaborating agency: NSS unit of K. C. College		6-10-2020	3	
42	Consumer Guidance and Financial Literacy	Organizing unit: CRM Department, College of Home science, Nirmala Niketan Assisting Unit: NSS, College of Home science, Nirmala Niketan		6-11-2020	3	
43	Fevicryl creative mix media workshop	Organizing unit: CRM Department, College of Home science, Nirmala Niketan Assisting Unit: NSS, College of Home science, Nirmala Niketan			2	
44	Impact of covid 19 on travel and tourism industry	Organizing unit: CRM Department, College of Home science, Nirmala Niketan Assisting Unit: NSS, College of Home science, Nirmala Niketan			2	
45	AAROHAN – ASPIRING TO ACHIEVE	Organizing unit: CRM Department, College of Home science, Nirmala Niketan Assisting Unit: NSS, College of Home science, Nirmala Niketan		17-04-2021		
46	Community Awareness Programme	Organizing unit: CRM Department, College of Home science, Nirmala Niketan Assisting unit: DLLE (Department of Life Long Learning and Extension)	SWS (Status of Women In Society)	2020-2021		39
47	Competition on "Covid-19 Hackathon"	Organising unit: Institution's Innovation Council, College of Home Science, Nirmala Niketan		Jul-20		15
48	Session on: "Education Policy"- Pre-primary to Higher Education"	Organising unit: Institution's Innovation Council, College of Home Science, Nirmala Niketan		28-08-2020		51
49	Orientation to the Institution's Innovation Council for students of FND	Organising unit: Institution's Innovation Council, College of Home Science, Nirmala Niketan		26-10-2020		69

50	Orientation to Institution's Innovation Council for students and staff	<u>Organising unit:</u> Institution's Innovation Council, College of Home Science, Nirmala Niketan		04-01-2021		129
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