

3.4.1. EXTENSION ACTIVITIES

For Shri L.P. Raval College of Mass Media
& Management Studies

Principal





List Of Inreach Activities

No.	Activities	Date	Venue
1.	Tree Plantation Drive	16th August, 2017	Raval College, Mira Road
2.	Campus Cleanliness Drive	16th November, 2017	Raval College, Mira Road
3.	Environment Awareness Programme	5th June, 2018	Raval College, Mira Road
4.	The International Yoga Day	21st June, 2018	Raval College, Mira Road
5.	Palliative Care Training	28th December, 2018	Bhaktivedanta Hospital And Research Centre, Mira Road
6.	Service To The Elderly At Parash Gyan Shikshan Prasarak Mandal	1st January, 2019	Mira Road
7.	Kavach- A Movement, Protection From Social Stigma (For Menstrual Hygiene)	13th July, 2019	Raval College, Mira Road
8.	You Are What You Eat- Health Through Nutrition	16th July, 2019	Raval College, Mira Road
9.	Service To The Elderly At Mercy John Memorial Public Trust	19th November, 2019	Mira Road
10.	Not All Touch Are Bad- Aids Does Not Spread Through Touch Raval College of Mass Media & Management Studies	2nd December, 2019	Raval College, Mira Road

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11.	Sound Body In A Sound Mind Through Yoga At Shantinagar High School	7th February, 2020	Shanti Nagar High School, Mira Road
12.	Online Session On Effect Of Corona Virus On Mental Health Of School Students	14th April, 2020	Virtual Session
13.	Virtual Health Awareness Programme On Cancer	30th April, 2021	Virtual Session
14.	Covid-19 Vaccination Awareness Program By Students	15th July, 2021	Mira Road
15.	Quizzes On Covid-19 Awareness	20th August, 2021	Virtual Session
16.	Street Plays On Social Issues	14th September, 2021	Mira Road
17.	Pledge For National Upliftment	12th January, 2022	Raval College, Mira Road
18.	Session On Mental Health By Mr. Satish Bendre	05th February, 2022	Raval College, Mira Road
19.	Kanyadan Trust For Mass Wedding Of Underprivileged Girls	30th March, 2022	Mira Road

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Key Indicator-3.4.1-Extension Activities

Extension activities are carried out in the neighbourhood community, sensitizing students to social issues, for their holistic development, and impact thereof during the last five years.

INTRODUCTION:

The institution takes the initiative to conduct the activities that extend beyond the traditional classroom setting and curriculum. These activities are designed to engage students in practical experiences that contribute to their personal, social, and intellectual development. As they are carried out in the neighborhood community, they are highly effective in sensitizing students to social issues and fostering a sense of civic responsibility.

- Extension activities often require students to develop skills such as teamwork, communication, leadership, and problem-solving.
- These skills are valuable not only for their personal growth but also for their future careers.
- Through engagement in community-based activities, students learn about their role as responsible citizens. They understand the importance of contributing to the betterment of society.
- Extension activities can spark a lifelong interest in social issues and community involvement. Students may continue to engage in such activities even after leaving the college, making a lasting impact.
- Engaging with the local community fosters a sense of belonging and responsibility. Students learn about the challenges and strengths of their community, helping them become more empathetic and socially aware.

EXTENSION ACTIVITIES

1. TREE PLANTATION DRIVE

16th August, 2017

Tree plantation drive was organized by IQAC and BMS Department of Shri. L.P. Raval College of Mass Media and Management Studies. Students Participated in the plantation drive with full enthusiasm. Plants were planted in the College campus under the green campus initiative. Tree plantation drive is being conducted consecutively for 5 years.

2. CAMPUS CLEANLINESS DRIVE

16th November, 2017

A campus cleanliness drive in the college was an organized effort to promote cleanliness and hygiene within the college campus. This initiative typically involves students, faculty, and staff working together to clean up various areas of the campus and raise awareness about the importance of maintaining a clean and healthy environment.

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3. ENVIRONMENT AWARENESS PROGRAMME

5th June, 2018

An Environment Awareness Programme by the college was an organized initiative aimed at educating students, faculty, and staff about environmental issues, promoting sustainable practices, and encouraging active participation in conservation efforts. Such a program helps raise awareness about the importance of protecting the environment and equips individuals with the knowledge and tools to make informed decisions that contribute to a more sustainable future.

4. THE INTERNATIONAL YOGA DAY

21st June, 2018

International Yoga Day was celebrated in our college and 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 and helped them for a healthy mind and healthy body.

5. PALLIATIVE CARE TRAINING AT BHAKTIVEDANTA HOSPITAL AND RESEARCH CENTRE

28th December, 2018

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised Palliative Care Training. The project undertaken by the Degree and B.Ed. students provided valuable insights into palliative care, fostering a deeper understanding. 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 to support the community and families facing end-of-life situations.

6. SERVICE TO THE ELDERLY AT PARASH GYAN SHIKSHAN PRASARAK MANDAL

1st Jan 2019

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised a visit to Parash Dhyan Shikshan Mandal. The community work conducted by the students 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 students with valuable insights into the importance of community involvement and the unique challenges faced by the elderly.

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7. 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 life cycle of a woman -from Menarche the first menstrual cycle to her child bearing ages till menopause and old age. Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised Kavach- A Movement, Protection From Social Stigma (For Menstrual Hygiene). Mrs. Bharti Trivedi, the founder, educated the 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.

8. YOU ARE WHAT YOU EAT- HEALTH THROUGH NUTRITION

16th July, 2019

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised the Food festival. It 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 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.

9. SERVICE TO THE ELDERLY AT MERCY JOHN MEMORIAL PUBLIC TRUST, MIRA ROAD, 19th November, 2019

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised this community work at Mercy John memorial public trust. It was carried out by the students for the old age home and has 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.

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

2nd December, 2019

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised 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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11. SOUND BODY IN A SOUND MIND THROUGH YOGA AT SHANTINAGAR HIGH SCHOOL, MIRA ROAD

7th February, 2020

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised a Yoga session on 7th February, 2020. This session was conducted for the students of Class V. Our students helped in maintaining discipline. 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 and helped them for a healthy mind and healthy body.

12. ONLINE SESSION ON EFFECT OF CORONA VIRUS ON MENTAL HEALTH OF SCHOOL STUDENTS, CONDUCTED BY THE STUDENTS

14-04-2020

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised a Session on the effect of CoronaVirus on Mental Health of school students, conducted by the students. Due to the outbreak of COVID - 19 there is a 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 ones who are mentally strong have a good ideal self and are able to complete their daily tasks diligently. But there were few students who were mentally stressed and were unable to cope up with the current situation. They discussed constructive strategies, self-coping mechanisms, pursuing 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.

13. VIRTUAL HEALTH AWARENESS PROGRAM ON CANCER

30th April, 2021

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised a Health Awareness Program. Our 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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14. COVID-19 VACCINATION AWARENESS PROGRAM BY STUDENTS

15th July, 2021

A well-organized COVID Vaccination Awareness Programme led by college students helped build trust in vaccines, combat misinformation, and contribute to achieving higher vaccination rates within the college community and beyond.

15. QUIZZES ON COVID-19 AWARENESS

20th August, 2021

Quizzes were shared on social media and Whatsapp groups during awareness campaigns, as a part of educational initiatives to help spread accurate information and encourage responsible behaviors.

16. STREET PLAYS ON SOCIAL ISSUES

14th September, 2021

Street plays are an impactful way for college students to raise awareness about social issues and engage the community in thought-provoking discussions. Street plays can serve as a powerful medium to convey messages and inspire change on important social issues. With creativity, passion, and effective execution, college students made a significant impact on their community's awareness and attitude toward these issues.

17. PLEDGE FOR NATIONAL UPLIFTMENT FOR STD 12

12th January, 2022

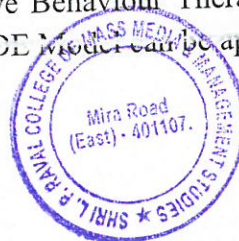
Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised an awareness programme for National Upliftment. The Students took up the task of familiarising the 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.

18. SESSION ON MENTAL HEALTH BY MR. SATISH BENDRE

5th February, 2022

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised a Session on Mental Health. On 05th February, 2022, Mr. Satish Bendre took a session on mental health with the students of Degree and 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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19. KANYADAN TRUST FOR MASS WEDDING OF UNDERPRIVILEGED GIRLS

30th March, 2022

Internal Quality Assurance Cell (IQAC) and Community work Committee of 'Shri. L.P. Raval College of Mass Media and Management Studies' in association with 'Shri. L.P. Raval College of Education and Research' organised a visit to Kanyadan Trust. The community work undertaken by the 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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