

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

**SALAAM  
BAALAK  
TRUST****TO WHOMSOEVER IT MAY CONCERN**

This is to certify that, **Ms. Raunak Upadhyay** from **Maniben Nanavati Women's college Vile Parle (W) Mumbai – 400056** has volunteered 30 Hours from 14<sup>th</sup> June to 2<sup>nd</sup> July 2022 at our Shelter.

She has made a fine contribution to the organization by helping kids in their academics study. She showed a real enthusiasm for the work assigned to her.

We are thankful to **Ms. Raunak Upadhyay** for her time and volunteer ship and wish her success in all her future ventures.

Regards

For Salaam Baalak Trust



Zarin Gupta  
Chairperson & founder Trustee  
31/07/2022



**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that, **Ms. Saima Ansari** from **Maniben Nanavati Women's college** Vile Parle (W) Mumbai – 400056 has volunteered 30 Hours from 14<sup>th</sup> June to 2<sup>nd</sup> July 2022 at our Shelter.

She has made a fine contribution to the organization by helping kids in their academics study. She showed a real enthusiasm for the work assigned to her.

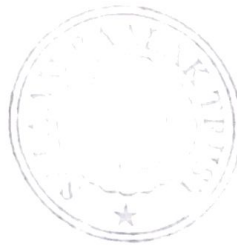
We are thankful to **Ms. Saima Ansari** for her time and volunteer ship and wish her success in all her future ventures.

Regards

For Salaam Baalak Trust



Zarin Gupta  
Chairperson & founder Trustee  
31/07/2022



**TO WHOMSOEVER IT MAY CONCERN**


This is to certify that, **Ms. Gitanjali Kule** from **Maniben Nanavati Women's college** Vile Parle (W) Mumbai – 400056 has volunteered 30 Hours from 14<sup>th</sup> June to 2<sup>nd</sup> July 2022 at our Shelter.

She has made a fine contribution to the organization by helping kids in their academics study. She showed a real enthusiasm for the work assigned to her.

We are thankful to **Ms. Gitanjali Kule** for her time and volunteer ship and wish her success in all her future ventures.

Regards

For Salaam Baalak Trust

  
Zarin Gupta  
Chairperson & founder Trustee  
31/07/2022





**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that, **Ms. Shagufta Khan** from **Maniben Nanavati Women's college** Vile Parle (W) Mumbai – 400056 has volunteered 30 Hours from 14<sup>th</sup> June to 2<sup>nd</sup> July 2022 at our Shelter.

She has made a fine contribution to the organization by helping kids in their academics study. She showed a real enthusiasm for the work assigned to her.

We are thankful to **Ms. Shagufta Khan** for her time and volunteer ship and wish her success in all her future ventures.

Regards

For Salaam Baalak Trust



Zarin Gupta  
Chairperson & founder Trustee  
31/07/2022



# MANIBEN NANAVATI WOMEN'S COLLEGE

DEPT OF COMMERCE

ACTIVITY REPORT

YEAR: 2021-2022

**NAME OF THE ACTIVITY:** Extension activities for Students

**DD/MM/YY:** March 2022 to June 2022

**TARGET GROUP:** F.Y.B.com.

**NAME OF FACULTY:** Ms. Madhuri Ayker

**NO OF STUDENTS:** 64

**SPEAKER/RESOURCE PERSON (WITH DESIGNATION):** -

**OBJECTIVES:**

- To develop an awareness and knowledge of social realities to have concern for the well being of the community and engage in creative and constructive social action.
- To give them the opportunities for their personality development.
- Understand the community in which they work.

**METHODOLOGY:** Participatory & Experiential Learning

**OVERVIEW:** A variety of extension activities were undertaken by F.Y. B.Com. students such as Cleanliness drive, Teaching in BMC school & underprivileged children, Working with NGO's, Preparing compost, Distribution of paper bags to vendors, Rally on awareness about women violence, to sensitize students towards promoting a healthy environment for sustainable development.

**OUTCOME:** Arousing social consciousness amongst students by providing them opportunities to work with and for the community.

**ANY OTHER REMARKS:** Nil

**Department of Commerce**  
**EXTENSION ACTIVITIES**  
2021-22

**Teaching in BMC School :**

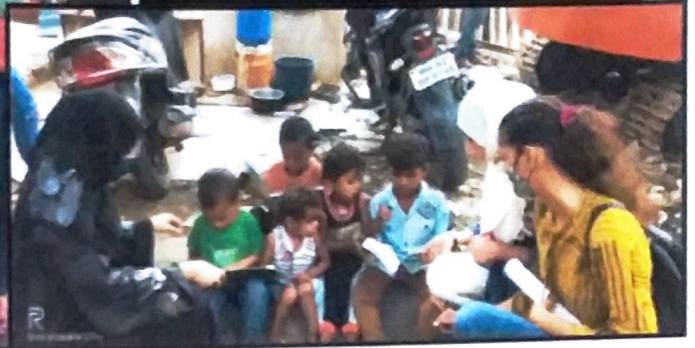


**Juhu Beach Cleaning:**





## Teaching in Slum:



## Compost Making





## Paper Bag Distribution:



## Women Empowerment:





### Extension Activity Details 2021-22, F.Y.B.Com.

Sr. No.	Name of the Students	Name of the Project	Roll No.	Name of the Group Leader	Duration Of the Project (How many days you worked)	Dates
1	Krishna Dubariya	Beach Cleaning, Food Distribution, Poster Rally	20	Aaliya Badgujar and Mahek Prajapati	5 days	1st March to 5th March 2022
2	Karuna D Jangid		30			
3	Sejal manikant jha		33			
4	Mahima Kewat Santram		36			
5	Mahek Prajapati		51			
6	Sarita Murti Ramswami		55			
7	Roshani shivprasad Yadav		81			
8	Badgujar Aaliya Sikandar		8			
9	Sonali Dubey		21			
10	Iqra Mohd Iqbal dalkhaniya		14			
11	Khan Gulnara		38			
10	Gupta Anjali Mangal	Beach cleaning , food distribution and rally on Women's Right	23	Kinjal Jethwa	6 days	5th March to 11th March 2022
11	Rubi Dayasagar Gupta		27			
12	Kinjal Jethwa		31			
13	Sheetal Durga singh		70			
14	Ugreja Priti		73			
15	Alina Fernandes	Clothes and Food distribution	119	Alina Fernandes	2 days	2nd April to 3rd April
16	Megha Chavan					
17	Sonal Belose					
18	Sravani waradkar					
19	Rachel Fernandes					
20	Ritika Devadiga	Food distribution	88	Ayesha Shaikh	One day	7th March 2022
21	Joshi Janki		90			
22	Priya mishra		96			
23	Angel Nancy Nadar		98			
24	Shaikh Ayesha		102			
25	Fatima Shaikh		103			
26	Humerah Shaikh		104			
27	Sakshi ravindra Vishwakarma		111			
28	Ritu tribhuvan		110			
29	Sheetal Santosh Vishwakarma		112			
30	Stanzin Deldan	Preparation of Compost	117	Stanzin Deldan ( solo)	4 months	8 mar-28 June
31	Divya Ghatbane	Distribution of Paper Bags To Vendors	22	Naaz Naved Shaikh	6 Days	1st March to 6th March 2022
32	Sonali kadam		35			
33	Kaveri mohan		43			
34	Niyati Sachin Naik		45			
35	Drushti Kishor Parte		47			
36	Naaz Naved Shaikh		65			
37	Bharati Khodidas Walodara		77			
38	Jaya K Walodra		78			
39	Aanchal Gorakhnath Yadav		79			

### Extension Activity Details 2021-22, F.Y.B.Com.

Sr. No.	Name of the Students	Name of the Project	Roll No.	Name of the Group Leader	Duration Of the Project (How many days you worked)	Dates
40	Ansari Saima Abrar	Working with Salam Balak Trust NGO	7	SHAGUFTA KHAN	17days	From 13th June to 30th June 2022
41	Gitanjali Ashok Kule		39			
42	Khan Shagufta		41			
43	Raunak Upadhyay		74			
44	Alfiya Ansari Iqbal	Teaching in BMC School, Andheri (W)	3	Juverya Ansari	8 days (30 hours)	29th March to 13th April 2022
45	Ansari Reshma		6			
46	Qureshi Fiza Mohammed		53			
47	Amrin haidar shaikh		62			
48	Khan Naeema Ahmed		91			
49	Juverya Ansari		4			
50	Khansa Qureshi					
51	Shanti Devasi	Teaching Children in Slum Areas	16	Kulsum Shaikh	2 days	24th March to 25th March 2022
52	Khan simran farid		37			
53	Shaikh Umme Kulsum		68			
54	Purva Tarfe		72			
55	Bhakti Kudtarkar					
55	Mohini chandaliya	Beach Cleaning	85	Nisha Sharma	One Day	13th March 2022
56	Shubhangi arjun chougule		87			
57	Nisha Dubey		89			
58	Nisha Sharma		108			
59	Deepa Sharma		106			
60	Dimpal Sharma		107			
61	Harshali lad		94			
62	Vaishnavi kotkar		93			
63	Avantika Gupta	learning about Solid Waste Management in Vasai-Virar Mahanagar Palika	24	Krinjal and Avantika	3 days	24th May to 26th May 2022
64	Krinjal Surti		71			



**REPORT ON**  
**“TEACHING IN BMC SCHOOL”**  
**2022**

Submitted in fulfillment of the requirements of First Year  
PROJECT of BCOM

by

MS. JUVERYA ANSARI	(04)
MS. FIZA QURESHI	(53)
MS. ALFIYA ANSARI	(03)
MS. NAEEMA KHAN	(91)
MS. AMREEN SHAIKH	(62)
MS. RESHMA ANSARI	(06)
MS. KHANSA QURESHI	(54)

Under the guidance of

**MRS. MADHURI AYKER**



Estd 1972

NAAC Reaccredited 'A' grade

**MANIBEN NANAVATI WOMEN'S**  
**COLLEGE**

## REPORT

*Every child need—and deserves—dedicated, outstanding teachers, who know their subject matter, are effectively trained, and know how to teach to high standards and to make learning come alive for students.*

We the students of Maniben Nanavati Women's College had started to work at Andheri West Mumbai Public School, Dawood Baugh from 29<sup>th</sup> March, 2022 to 13<sup>th</sup> April, 2022 as a volunteer for 30 hours to provide social service activities, which include teaching, drawing, craft and yoga.



We were divided in two group and allotted different primary classes from 1std to 5std by the Head Ministress of that school.

The First day (i.e. on 29<sup>th</sup> of March) of us going to the school, we spent our time with children's over there to know them. The children's were very co-operative, as they were also very much interested to know there new teachers.

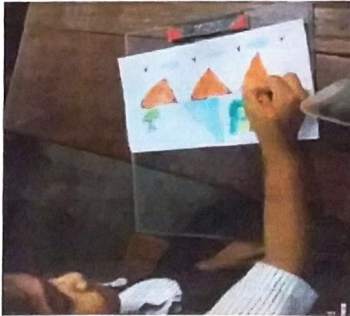
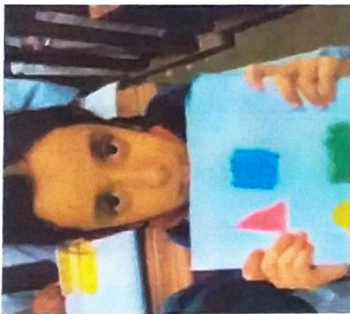


Further days we started our activities. The childrens of 1 and 3 std were so intelligent, as they catch things very fast. The childrens were super excited to do different activities.



# Various Activities conducted for Children's

## • DRAWING





# • CRAFT





# • YOGA and P.T



## • TEACHING



It was fun to be with them and it was a bit difficult to handle so many students but we enjoyed it. We got to learn how to handle students and how to teach them.





# BRIHANMUMBAI MAHANAGARPALIKA

## DEPT- EDUCATION

SCHOOL - Andheri West Mumbai Public School

WARD- K / West

UDISE – 27220400461

E -mail: [andheriwestmps@gmail.com](mailto:andheriwestmps@gmail.com)

since 2008

Phone no.: 022-26760031

Principal – Riya Nikhil Gharat

Date: 23<sup>rd</sup> April 2022

To,  
The Principal  
Maniben Nanavati Women's College

Respected Madam,

This is to certify that the students of FYBCOM of Maniben Nanavati Women's College conducted various activities at Andheri West Mumbai Public School, Dawood Baugh.

They have completed 30 hours from 29<sup>th</sup> March, 2022 to 13<sup>th</sup> April, 2022.

During their hours they have contributed their efforts to activities like craft, drawing, P.T, dance, etc.

We would like to express our sincere thanks to the following students: -

	Std	Div.
1. Juverya Ansari	3 <sup>rd</sup>	A,B
2. Fiza Qureshi	4 <sup>TH</sup>	A,B
3. Alfiya Ansari	1 <sup>ST</sup>	A
4. Naeema Khan	1 <sup>st</sup>	B
5. Amreen Sheikh	2 <sup>nd</sup>	A
6. Reshma Ansari	2 <sup>nd</sup>	B
7. Khansa Qureshi	5 <sup>th</sup>	B

We acknowledge their work contributed to Andheri West Mumbai Public School, Dawood Baugh.

We wish them the very best for their future endeavours.

Thanking you,

Yours faithfully,

Head Mistress  
Mrs. Riya Nikhil Gharat

H. M.

MCGM

Andheri West Mumbai

Public School,

Dawood Baugh, Andheri (West),

400 068.

# ATTENDANCE SHEET

Date	Timings	Names														
29/3/2022	2:00pm-5:15pm	FIZA QURESHI	ALFIYA ANSARI	JUVERYA ANSARI	SIDDHI PAWAR	NAEEMA KHAN	MANTASHA ANSARI	RESHMA ANSARI	AMREEN SHAIKH	KHANSA QURESHI	P	P	P	P	P	P
31/3/2022	1:35pm-4:00pm	P	P	P	A	P	A	P	P	P	P	P	P	P	P	
6/4/2022	1:00pm-5:10pm	P	P	P	A	A	A	A	P	P	P	P	P	P	P	
8/4/2022	1:30pm-5:00pm	P	P	P	A	P	A	A	P	P	P	P	P	P	P	
9/4/2022	12:00pm-3:15pm	P	P	P	P	P	P	A	P	P	P	P	P	P	A	
11/4/2022	1:00pm-5:30pm	P	P	P	A	A	A	A	P	P	P	P	P	P	P	
12/4/2022	1:00pm-5:30pm	P	P	P	A	P	A	A	P	P	P	P	P	P	A	
13/4/2022	1:00pm-5:20pm	P	P	P	A	P	A	A	P	P	P	P	P	P	A	
Signature																

**H. M.**  
**MCGM**  
 Andheri West Mumbai  
 Public School,  
 Darwood Baug, Andheri (West)  
 400 059



Estd.: 1972  
NAAC Reaccredited 'A' grade

## **MANIBEN NANAVATI WOMEN'S COLLEGE**

### **SOCIAL ACTIVITY REPORT 2021-2022 ON**

- Beach Cleaning Drive.
- Snacks Distribution.
- Rally on Awareness on Women's Allowance and Rights

**Submitted by the First-Year Students of F.Y.B.COM.**

- 1. KINJAL JETHWA (31)**
- 2. RUBI GUPTA (27)**
- 3. PRITI UGREJA (73)**
- 4. SHEETAL SINGH (70)**
- 5. ANJALI GUPTA (23)**

**Under the guidance of  
MRS. MADHURI AYKER**

# Beach Cleaning Drive

## INTRODUCTION

Beach cleaning drive is the process of removing solid litter, dense chemicals, and organic debris deposited on a beach or coastline by the tide, local visitors and tourists. Humans pollute beaches with materials such as plastic bottles and bags, plastic straws, surgical masks and gloves and many other items that often leads to environmental degradation. Every year hundreds and thousands of volunteers come to beaches and coastline around the world to clean this debris. Many tourists leave their litter behind on the beaches after their picnic and activities. These pollutants harm marine life ecology, human health and coastal tourism. Clean-up is the process of removing solid litter, dense chemicals, and organic debris deposited on a beach or coastline by the tide, local visitors, or tourists. Humans pollute beaches with materials such as plastic bottles and bags, plastic straws, fishing gear, cigarette filters, six pack rings, Surgical mask and many other items that often lead to environmental degradation. Every year hundreds of thousands of volunteer's comb beaches and coastlines around the world to clean this debris. These materials are also called "marine debris" or "marine pollution" and their quantity has been increasing due to anthropocentric activities.



# Snacks Distribution

## INTRODUCTION

Enough food is produced today to feed everyone on the planet, but hunger is on the rise in some parts of the world, and some 821 million people are considered to be “chronically undernourished”. Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. There are many reasons why people may not have access to food even when enough is available in the aggregate. One of the most fundamental is that there is no guarantee that a market economy will generate a distribution of income that provides enough income for all to purchase the food they need. Food distribution is the process where a general population is supplied with food. The Food and Agriculture Organization (FAO) considers food distribution as a subset of the food system. The process and methodology behind food distribution varies by location. Food distribution has been a defining characteristic of human behaviour in all societies, and recordings of food distribution date back for thousands of years. Most governments and societies are highly shaped by the systems created to support food distribution.

## Rally on Awareness on Women's Allowance and Rights.

### INTRODUCTION

Women's rights are the rights and entitlements claimed for women and girls worldwide. They formed the basis for the women's rights movement in the 19<sup>th</sup> century and the feminist movements during the 20<sup>th</sup> and 21<sup>st</sup> centuries. In some countries, these rights are institutionalized or supported by law, local custom, and behaviour, whereas in others, they are ignored and suppressed. They differ from broader notions of human rights through claims of an inherent historical and traditional bias against the exercise of rights by women and girls, in favour of men and b Women in ancient Sumer could buy, own, sell, and inherit property. They could engage in commerce and testify in court as witnesses. Nonetheless, their husbands could divorce them for mild infractions, and a divorced husband could easily remarry another woman, provided that his first wife had borne him no offspring. Female deities, such as Inanna, were widely worshipped. Old Babylonian law codes permitted a husband to divorce his wife under any circumstances, but doing so required him to return all of her property and sometimes pay her a fine. Most law codes forbade a woman to request her husband for a divorce and enforced the same penalties on a woman asking for divorce as on a woman caught in the act of adultery.

# REPORT

## Day 1: -

Last month we went beach cleaning! On Saturday 5<sup>th</sup> March, our team dedicated our day to making a beach beautiful again. We arrived at Juhu beach situated in western suburbs of Mumbai, around 12p.m. After getting suited up with our gloves and trash bags, our group set off to roam around the beach. We aimed to cover every spot of sand we could see. We wandered along the water and trekked all the way up to the dunes while collecting the garbage present on the beach. It was a true team effort. We found a lot of wastes trapped in amongst the plants and rocks further away from the water. Plastic cup, food wrappers, rubber gloves and surgical masks, polythene bags, big chunks of polystyrene (thermocool) were littered all over the landscape, turning the beautiful beach to scary hell. After collecting the garbage, we took a small break in shabby place. Later we separated our collected waste to recyclable and disposable ones to lessen the landfill load and then put the segregated wastes into the respective bins. It feels good to do something like a beach clean-up and therefore we celebrated as a group before leaving the site. We ended the day by having some snacks and chats with lots of enjoyment after our hard work.



## Day 2: -

On 8<sup>th</sup> March, 2022 we went for snacks distribution for poor people (Bandra). In Bandra station we distributed some snacks and also went near mosque and distributed there too. We did this activity in the afternoon between 12 to 2pm. All of us brought different snacks like Poha, Thepla and vegetable, Idli and water bottles, Wafers, chocolate, etc. All of us had a very great experience. In conclusion we would like to say that we are so blessed that we are having food, clothing and shelter, so we should thank God for that and should also help the poor and needy people you can hardly survive in this expensive world.

## Day 3: -

On 11<sup>th</sup> March, 2022 we performed the topic of women's rights. On that day we went around the college and to the garden for the awareness of Women's Right. Everyone brought different types of poster and banners, we placed some of the poster and took some photos. In the group we were five but weren't less than anyone. All of us had fun but at the same time also gave the ways to stop the wrong things happening to girls. While performing the activity the people who were watching us especially the girls and ladies were very much happy and overwhelmed after seeing us. In conclusion I and my group would like to say that this is not just an activity, we all should respect women and should give attention.

## Experience / Conclusion team members experience:

1. **ANJALI GUPTA**: My experience on our EVS project was just amazing. It was a great opportunity for me to interact with people and do great work like beach cleanup, food distribution and breaking stereotypes between men and women. Due to which I came to know that our mother suffers so much because of carelessness and unhygienic behavior of us humans against our planet. I also came to know that there are many people in the world who do not even get food to get energy so they could stand their day and I was truly happy for supporting women and standing against violence woman.
2. **KINJAL JETHWA**: My experience on food distribution and beach cleanup was very fantastic. I was very happy after cleaning up the beach with my group. It was a great pleasure for me to distribute food to people who live on streets and survive their life in starvation. I was very happy after seeing the bright smile on their faces.
3. **PRITI UGREJA**: As for my experience I was very happy after distributing food to people. I am very glad that I went with my group for beach clean up and contributed my efforts in making our beach clean and beautiful. Thank you.

4. **RUBI GUPTA**: My experience on our EVS project was very wonderful. By doing such a great deed like food distribution I developed a sense of gratitude within myself and was very happy. I understood the importance of our environment and ways to clean and protect our environment. It was a great day for me to do a rally on women's right and spread awareness about rights of women.

5. **SHEETAL SINGH**: I had a great time while doing our EVS project. It was a very happy day for me today do a beach cleanup and distribute foods amongst small kids and their family. I was very happy and glad to take a stand on raising awareness happening against women in the world and telling everyone in the society about rights of girls and taking a step forward for their cause and their better future. Thank you.



# Photos of Beach Cleaning Drive





# Photos of Snacks Distribution





# Photos of Women's Allowance Rights





NAAC Reaccredited 'A' grade

## MANIBEN NANAVATI WOMEN'S COLLEGE

(Affiliated to S.N.D.T. Women's University)

Conducted by : SHREE CHANDULAL NANAVATI WOMEN'S INSTITUTE & GIRLS' HIGH SCHOOL

Vallabhbaai Road, Vile Parle (West), Mumbai-400 056

Tel.: 2612 8640, Telefax : 91-22-2617 6188

E-mail : mnwcollege@hotmail.com e Website : www.mnwc-sndt.org, www.mnwc-sndt.com

Chairman Mg. Committee  
Smt. Himadri S. Nanavati

Principal  
Dr. (Mrs.) Rajshree Trivedi

12/3/22

To,

The Principal

Matruchhaya High School, Dahisar (E)

### Sub: Extension Activity for B.A.-II Students

Dear Madam

Greetings from Maniben Nanavati Women's College, Vile Parle (W).

The students of BA II from the Department of Economics are required to undertake an Extension Activity of 30 hours duration. We shall be highly obliged if our students can join your school. The following students will come for Extension Activity.

1. Barbie Chaudhary
2. Rohini Verma
3. Heena Shaikh
4. Jagruti Anavadiya
5. Khushi Patel

Our students will get hands-on experience in teaching and dealing with the students, which shall be immensely helpful to them in future.

We request you to kindly sign the attendance sheet which we keep for our records. We request you to issue an appreciation letter for the same after the project is over.

Once again we thank you for your cooperation in this matter.

Thanking you,

**Dr. (Mrs.) Rajshree P. Trivedi**  
Principal

Maniben Nanavati Women's College,  
Vile Parle (West), Mumbai - 400 056.



**DEPARTMENT OF ECONOMICS  
EXTENSION ACTIVITY  
YEAR 2021-22**

