

**EXTENSION EDUCATION IN
RESOURCE MANAGEMENT
(FCR 2301)**

Submitted to:Dr. Sarjoo Patel

Submitted by:Aayushi .M. Saini

Alefiya .S. Lokhandwala

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Nupur .Y. Shah

Urvashi. J. Patel

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Details of the activities performed by the senior master's students under their Extension education

Sr.no	Name of the student	Skill performed	Lecture delivered
1.	Saini Aayushi .M.	Best out of waste (Plastic bottle)	
2.	Lokhandwala Alefiya .S.	Fabric painting	Importance of nutrients in day to day to diet
3.	Tailor Chaitali .K.	Salad making	Basic traffic rules
4.	Shah Nupur .Y.	Paper craft	First Aid
5.	Patel Urvashi .J.	Glass painting	Basic Health and Hygiene habits

EXTENSION PROGRAMME 1

The first extension programme was conducted at Gorwa, which had the target group of 30 homemakers. The programme was conducted by Alefiya Lokhandwala by delivering a speech on “Importance of nutrients in day to day diet” and was followed by Chaitali Tailor, showing the skills in preparing various salads, salad dressings and its decoration.



Speech on importance of nutrients covered information about vitamin rich foods, calcium rich foods, carbohydrates rich foods, iron rich foods and protein rich foods. A “nutrition pyramid” was prepared which helped the target group to understand the importance of each food item very easily. Nutrition pyramid mainly comprised of the order of food in which they should be consumed.

Keeping in mind the nutritive information delivered by Alefiya, Chaitali Tailor then demonstrated three different easy and healthy salads for day to day diet with

different salad decorations and carvings. The salads were “Herbed potato salad” comprising of boiled potatoes, jeera and basic ingredients with olive oil, mix herbs as salad dressing and capsicum, tomato rose as salad decoration for attractive presentation.



Herbed Potato Salad

Next easy and healthy salad demonstrated was “Moong sprouts salad” which included sprouted moong, onion, tomato, brown chana and basic ingredients with lemon juice for dressing and capsicum for salad decoration.



Moong Sprouts Salad

Last salad demonstrated was “Sweet corn salad” comprising of boiled sweet corns, tomato, onion and basic ingredients with green chatni made of coriander and mint leaves, sweet chatni made up of dates and jaggery for salad dressing and cucumber chain as salad decoration.



Sweet Corn Salad

EXTENTION PROGRAMME 2

The second extension programme was conducted at Government school “Sir Sayajirao Gayekwad Gujarati medium school, located at Fatehgunj. The students of the second and third standards were the target group who were taught the “Basic Health and Hygiene habits” by Urvashi Patel through the interactive speech session and pictorial game. Moreover Nupur Shah imparted the creative skills by making them learn the basic paper craft techniques.





The speech for awareness among these small school going children on “Basics Health and Hygiene Habits” was given by Urvashi Patel through pictorial game. A brief awareness was given to the students about health and hygiene habits. The most common pictorial game was used i.e. “match the following”. The students were called to match the pictures stick on one side of the posters with their appropriate aids from the other side.



Another game was also used in which four pictures of an activity were stick and the students needed to number them in proper order.



After the session on “Basic Health and Hygiene Habits”, Nupur Shah showed the creative skills by making them learn the basic paper craft techniques. In these, she taught students different paper crafts like book marks, paper lanterns and creative masks.



EXTENTION PROGRAMME 3

The third extension programme was conducted at Gotri. The students of fifth to seventh standards were the target group who were taught the “Use of First Aid” by Nupur Shah through the interactive speech session and pictorial game. Aayushi Saini imparted the creative skills by making decorative items out of waste bottles and the programme was named “Best out of Waste”.



Nupur Shah had given speech on how to use first aid kit at home. First aid is most important to keep at home because before going to doctor at least we should get pre-treatment from home. There are several techniques to use first aid kit for e.g. When hand is burn you should keep hand in cold running water, on scratch we should apply bandaged, shown first aid sign etc. And also enhance student's knowledge by showing puzzle game to them.



Aayushi Saini had given demonstration on best out of waste. She had shown how to make different types of decorative pen stand, sparrow feeder, grain storage, utensils holder, flower and many other things by using waste bottles, colour papers, glue and cutter. The session was made interactive by including the students to make different paper cut outs which can be used in preparing different items from the waste bottles. The session was enjoyed as it helped the target group to learn creative things in easy manner with waste things which are easily available, the interest of doing the same was aroused as they found it interesting and it enhanced their creative skills.



EXTENTION PROGRAMME 4

All the students of Senior Masters under the subject of Extension program were taken to the visit of Non-Government Organisation at “Tribhuvandas Foundation” at Annad, to learn and know about its foundation, working and services provided by the foundation.

During the visit of the NGO we were briefed regarding the founder of the “Tribhuvandas Foundation” Mr Tribhuvandas Patel, the foundation was a result of his immense contribution towards the up liftment of women and children of the village. The services of the foundation catered various needy through establishing various centres in the nearby villages and medication is given at the minimal cost.

The foundation serves the later with sonography centre, physicians, paediatrician, dentist, orthopaedist, ophthalmist and the meditation room which heals the patients

mentally. The foundation worked with the human resources which are willing to serve the society for a better cause.

Through this visit we were encouraged to undertake the service for the society to make it a better place to live, and serve the needy by our future extension works.