

EXTENSION ACTIVITIES CONDUCTED DURING 2021-22

WORKSHOP ON MENTAL

HEALTH

On the occasion National girl child day 24th January 2022 ,DLLE in collaboration with Internal complaint committee (ICC) and IQAC of Akbar Peerbhoy college of commerce and economics, grant road Mumbai celebrated girl child week and organised a webinar and training workshop on “thriving during current phase of pandemic” from 24th January 2022 to 29th January 2022 for girls and boys students of the college ,help them cope better during this pandemic

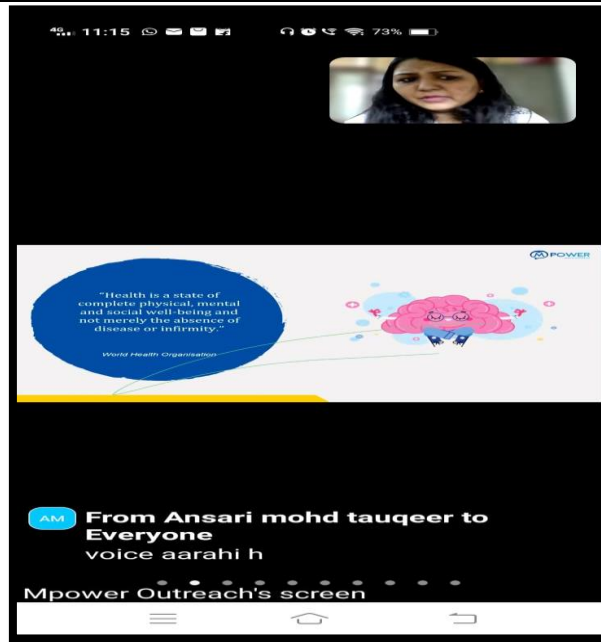


Program on Emotional intelligence

Department of life long learning extension of Akbar Peerbhoy college of commerce and economics, grant road Mumbai organised a webinar on Emotional intelligence on 12th February at 10.30 A.M. The guest speaker Prof. Dr. Amar Sontakke, Department of Business communication Of NSS college, Tardeo Mumbai was expert in Emotional intelligence. Dr.Sontakke had expertisation on human psychology and done various diplomas on emotional intelligence 50 students have attended the webinar . The program was successful



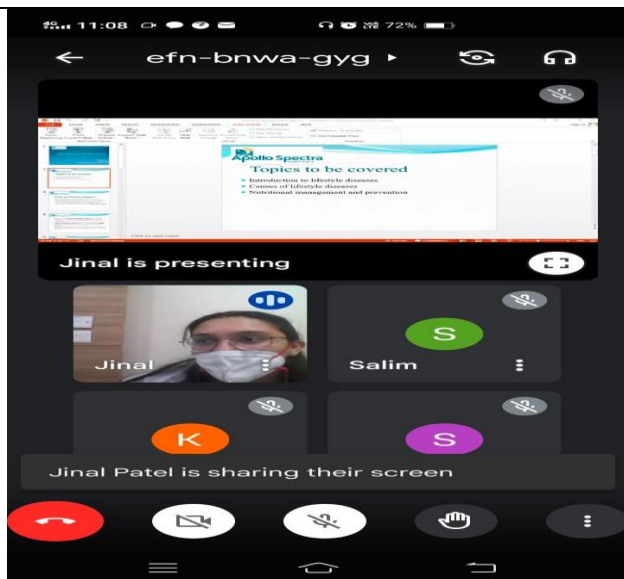
1. Three day webinar on "**Being Aware Of Your Mental Health**" was organized in the month of August 2022 for SYJC, SYBCOM and TYBCOM students and ... The resource person of the webinar were Ms. Nazneen Chunawala, Ms. Alpa Doshi Psychologist & counselor from NGO- Mpower. In the webinar ,they discussed about importance of maintaining mental health as well as encouraged help seeking behavior.



To spread **Awareness About Hygiene And Cleanliness Behavior To Be Followed During Menstrual Cycle By The Adolescent (GIRLS STUDENTS)** of neighboring school, two days program was conducted by Snehal Vacha under URJJA project of Aditya Birla Education Foundation, where she spoke about natural changes in the female productive system and precautions and hygiene habits to be followed to avoid infections or diseases. She gave the demo of how to use sanitary napkin as well as free sanitary napkin were distributed to encourage the use for health and hygiene.



The webinar on the topic "**The significance of nutrition**" by Chief Nutritionist Ms.Jinal Patel from Apollo Spectrum Hospital was organized on 8th February 2022. The speaker presented the topic in a very lucid manner. The speaker highlighted the significance of diet and exercise to keep oneself healthy. She advised to avoid fast food and flavored food. She attended questions of female students and gave satisfactory answer.



To help the students to overcome the stress and anxiety during or before SSC and HSC examination counseling session was conducted with the male and female students of neighboring school. She asked the difficulties faced by the students and gave certain suggestions to overcome examination phobia.



On eve of International Women's Day, the gender sensitization programs was organized. On the first day, **Short Films On Gender Issues** were screened. The students were asked to share their observation and learning out of movie. On the second day the **Talk Show- How To Remain Fit** was conducted. The resource person focused on sport activity and proper diet. The entrance and girls common room were decorated and rangoli was drawn at the entrance of the college .Along with teaching and non teaching staff as well as students, the day was celebrated with fun and message







To empower the female students, **Two Days Self Defense Workshop** was organized. On the first day, the resource person gave information about kickboxing to male and female students. On second day, he took workshop on self defense for female students. He asked the girls to learn self defense mechanism to develop confidence and self protection. This will help you to handle various uninvited challenges of daily life. He gave the demo of certain technique and asked the girls to actively participate.



In association with IT department, the ICC **Celebrated International Day Of Women & Girls's Science In Science** on 11th February 2022. On this occasion our team visited for Anjuman-I-Islam's Junior colleges offering science to provide hands-on-training practical session on Internet of Things (IOT) exclusively for girl's students to promote awareness about science & technology among girl students.



<p>On Friday, 24th September 2019, the Internal Complaint Committee with the help of Nagpada Police station conducted the program on “Safety Measures for female students against cyber crime & Frauds” for the female students of all section of the college through virtual platform. The purpose of the program was to create awareness against on line crimes & frauds.</p>	
<p>Seerat-un-Nabi</p>	<p>https://www.youtube.com/watch?v=ADSwqAH_1pg</p>
<p>Eco-Friendly Bakra Eid</p>	<p style="text-align: center;">Akbar Peerbhoy college of commerce & Economics Maulana Shaukat Ali road, Mumbai 400008</p> <p style="text-align: center;">Launches it's 14th Environmental friendly Bakra Eid.</p> <div style="display: flex; align-items: center;"> <div style="background-color: black; color: white; padding: 10px; margin-right: 10px;"> <p>BASIC OBJECTIVE OF THE CAMPAIGN:</p> <p>Create awareness in Muslim neighborhood</p> <p>To maintain cleanliness during the entire period of festival, particularly where qurbani animals are kept and promote hygiene</p> </div>  </div>
<p>Nature’s Club, NSS and Department of Information Technology of our college has organized an E-Waste collection drive from college campus to Kamathipura, Madanpura, Arablane and back to college campus. Total</p>	<p style="text-align: center;">You Tube Link for Report</p> <p style="text-align: center;">https://youtu.be/ITGQCaBizqs</p>

<p>40 (30 Boys + 10 Girls) students participated in the rally along with the teaching staff members from the college on Tuesday, 29th March 2022.</p>	
--	--

