

3.4.1_2. Impact of Extension activities on students

Sr. no	Title of Activities	Beneficiaries	Impact
1	Yoga Training Sessions	330	The campaign aimed to raise awareness among individuals about the importance of regularly practicing yogic asanas. It sought to educate people about the numerous benefits that can be attained through consistent yoga practice, such as improved physical health, mental well-being, and overall balance in life. The campaign emphasized the significance of incorporating yogic asanas into daily routines and encouraged individuals to explore and experience the transformative effects of yoga. By spreading this message, the campaign aimed to inspire individuals to prioritize their well-being and embrace yoga as a holistic practice for achieving harmony in mind, body, and spirit.



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2	Rally For Save Rivers	39	<p>Rally for Rivers effectively mobilizes public support for river conservation through various means. Signature campaigns are organized to gather widespread public endorsement for the cause. Social media platforms are utilized to create awareness and engage a larger audience in discussions about the importance of river conservation. Additionally, public consultations are conducted, allowing people to voice their concerns and opinions, which further strengthens the movement. By demonstrating the collective support of the public, Rally for Rivers aims to influence decision-makers and policymakers to prioritize river conservation efforts and take necessary actions to protect and preserve these vital natural resources.</p>
3	Voter ID awareness campaign	185	<p>The campaign has a significant educational impact as it raises awareness about democracy, voting rights, and the electoral process. It serves to inform individuals about the importance of their votes and the role they play in shaping the future of their nation. By providing information and resources, the campaign empowers people to understand the significance of their participation in the democratic process. It helps individuals recognize the value of their voices and encourages them to exercise their voting rights responsibly. Through this educational initiative, the campaign aims to foster an informed and engaged citizenry, promoting active participation in democratic decision-making and contributing to the overall well-being of the nation.</p>



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4	Tree Plantation, Preservation And Awareness	204	The tree plantation initiative led to the successful planting of a substantial number of trees, playing a crucial role in the restoration and preservation of the local environment. The initiative encompassed not only the act of planting trees but also emphasized the importance of preservation and creating awareness about the significance of trees in our ecosystem. By promoting tree plantation, the initiative sought to address environmental concerns, combat deforestation, and raise awareness about the benefits of trees in terms of oxygen production, carbon sequestration, and enhancing biodiversity. Overall, the initiative aimed to foster a sense of environmental responsibility and inspire individuals to take proactive measures for a greener and healthier planet.
5	Awareness Rally on Road Safety	74	During the session, students acquire a comprehensive understanding of road safety rules and regulations. They are educated about the importance of adhering to traffic signs, signals, and road markings. The session also covers safe practices for pedestrians, cyclists, and motorists. By gaining this knowledge, students are equipped to become responsible road users, promoting safety and minimizing risks on the roads. The session instils a sense of awareness and responsibility, empowering students to make informed decisions and contribute to creating a safer road environment for themselves and others.



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6	Awareness, Webinar and Rally for Cancer Patients	205	Through awareness campaigns, webinars, and rallies, students became more sensitized to the challenges faced by cancer patients. They gained a deeper understanding of the physical, emotional, and financial hardships experienced by individuals battling cancer. The sessions highlighted the importance of creating a supportive and inclusive environment for cancer patients, emphasizing the need for empathy, compassion, and practical support. By raising awareness and organizing events such as webinars and rallies, students actively contributed to the cause, fostering a sense of solidarity and promoting a greater understanding of the needs and experiences of cancer patients.
7	Blood Donation Drive	790	The blood donation drive encouraged community participation, fostering unity and collective action. Individuals from diverse backgrounds united to address critical needs and save lives. Participants recognized the power of their actions in making a positive impact, creating a shared sense of purpose. The drive provided a platform for selfless giving, forging connections and nurturing a spirit of unity among participants. 827 blood bottles were collected in last five years



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8	Organ Donation Awareness Drive	94	Through the campaign, participants gained valuable education and information regarding organ donation. They were provided with comprehensive knowledge about the procedures involved, the eligibility criteria for becoming a donor, and the positive impact that organ donation has in saving lives. The campaign served as a platform for spreading awareness and debunking myths surrounding organ donation, empowering individuals with the necessary information to make informed decisions. Participants were equipped with the understanding that their willingness to donate organs can have a profound and life-saving effect on those in need.
9	Cleanliness Drive	440	By participating in the cleanliness drive, both the participants and community members developed a strong sense of ownership and responsibility towards maintaining cleanliness in their surroundings. The drive fostered a collective understanding that each individual plays a crucial role in ensuring a clean and hygienic environment. It instilled a deep sense of pride and accountability, motivating everyone to actively contribute to the cleanliness and well-being of their community.



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10	Lecture on stress management	362	The guest speaker delivered a lecture on stress management, enlightening both students and staff about its importance. They gained valuable insights into the significance of effectively managing stress in their personal and professional lives. The speaker shared various techniques and strategies for stress management, equipping the audience with practical tools to cope with and alleviate stress. The session provided a comprehensive understanding of the impact of stress on overall well-being and empowered participants with the knowledge to implement effective stress management practices in their daily lives.
11	Run for unity	99	The Marathon serves as an outstanding example of how an entire community can come together seamlessly. It showcases the collective spirit and unity of participants, highlighting the growing awareness and consciousness about health and fitness. With an increased focus on personal well-being, running has emerged as an essential sport. The Marathon not only promotes physical fitness but also fosters a sense of camaraderie and shared goals among participants. It serves as a platform for individuals to challenge themselves, celebrate achievements, and inspire others to embrace an active and healthy lifestyle.



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12	Self-defence workshop	204	In the session, the trainer imparted self-defense skills to the girls, providing them with valuable knowledge on how to protect themselves and navigate difficult situations. The students learned a range of techniques and maneuvers, including punching and kicking, that equipped them with the ability to defend themselves with confidence. Through this training, the girls gained the necessary skills and empowerment to ensure their personal safety and well-being in challenging circumstances.
13	Breast cancer awareness	87	Physicians conducted a session to raise awareness about the causes and prevention of breast cancer among women. During this session, students gained knowledge about the factors that contribute to breast cancer and learned effective strategies to prevent its occurrence. The session emphasized the importance of early detection, self-examinations, and regular screenings, empowering students with valuable information to protect themselves and promote breast health.



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14	IGNOU awareness	35	In the session, students were given brochures from IGNOU and were tasked with disseminating information about the institution. They were instructed to visit households door-to-door, sharing comprehensive details about IGNOU's offerings and programs. Through this activity, students not only promoted awareness about IGNOU but also acquired valuable skills in effective communication, public speaking, and community engagement. They learned how to effectively convey information to diverse audiences and engage in meaningful conversations to generate interest and encourage individuals to explore the educational opportunities provided by IGNOU.
15	Citizen awareness	66	During the session, the speaker provided students with valuable knowledge on outdoor security, equipping them with skills to ensure their personal safety and assist others. The speaker shared essential guidelines on how to respond effectively when confronted with unexpected critical situations. Moreover, the audience was enlightened about the two powerful weapons possessed by females: their voice and sixth sense, emphasizing the importance of utilizing these resources during challenging circumstances. The session instilled in the students a heightened awareness of their surroundings and empowered them to take proactive measures to protect themselves and others.



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16	E-waste management and Rethink plastic workshop	106	<p>Through initiatives such as e-waste management and a workshop on rethinking plastic, efforts are made to tackle the detrimental impacts of plastic pollution. E-waste management focuses on responsibly handling electronic waste to prevent harmful substances from contaminating the environment. The workshop on rethinking plastic aims to raise awareness and promote sustainable alternatives to single-use plastics. By actively managing e-waste and re-evaluating our plastic consumption, we can mitigate the adverse effects of plastic pollution on ecosystems and safeguard the livelihoods and well-being of communities. These initiatives contribute to creating a more sustainable future by reducing plastic waste and promoting environmentally friendly practices.</p>
17	Human trafficking lecture	162	<p>During the session, a guest speaker delivered a lecture on the topic of human trafficking, specifically focusing on its prevalence in India. The speaker provided detailed insights into the various aspects of human trafficking, including its causes, methods, and consequences. The lecture aimed to raise awareness among the audience about this grave issue and shed light on the challenges faced in combating human trafficking. Following the lecture, a doubt-solving session was conducted, allowing participants to seek clarifications and deepen their understanding of the topic. The session served as an opportunity for attendees to engage in meaningful discussions, share concerns, and gain valuable knowledge on how to address and prevent human trafficking in their communities.</p>



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18	Joy of Giving	239	The "Joy of Giving" initiative created an opportunity for students to experience the joy and fulfilment that comes from giving back to others. Through this initiative, students learned the importance of generosity, empathy, and compassion towards those in need. They gained a deeper understanding of the challenges faced by marginalized communities and the impact of their contributions on improving lives. The initiative fostered a spirit of altruism and taught students the value of selflessness and making a positive difference in society. By participating in the "Joy of Giving," students developed a greater appreciation for the power of giving and the profound impact it can have on both the giver and the recipient.
19	Visit to Hiranandani hospital for helping disable patients and Exhibition of Products by Disabled Individuals	50	The visit to Hiranandani Hospital was organized to provide assistance and support to disabled patients. During the visit, students engaged in various activities aimed at improving the well-being and quality of life of the patients. They offered physical assistance, emotional support, and companionship to the individuals, promoting inclusivity and compassion. Additionally, an exhibition was organized to showcase products created by disabled individuals. This exhibition aimed to highlight the talent, creativity, and capabilities of disabled individuals, challenging societal stereotypes and promoting their empowerment. Students learned about the unique skills and achievements of disabled individuals, gaining a deeper appreciation for their abilities and resilience. Overall, the visit to Hiranandani Hospital and the exhibition of products by disabled individuals provided students with meaningful experiences, fostering empathy, promoting inclusivity, and creating awareness about the capabilities and contributions of disabled individuals in society.



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20	Crowd Management (Ganpti Immersion)	148	During the Ganpati immersion, students learn various crowd management techniques and strategies to effectively handle the influx of people. They are educated on aspects such as crowd control, communication, coordination with authorities and implementing safety measures. Students also acquire skills in managing queues, directing traffic and providing assistance to individuals in need.
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