



MIER College of Education (Autonomous)
Recognised by the Govt. of J&K
Permanently Affiliated to the University of Jammu
Accredited by the NAAC with 'A+' Grade

Extension Unit Activity
Session 2020-2021

QF – 101-C
DATE: - 01-10-2020

REPORT

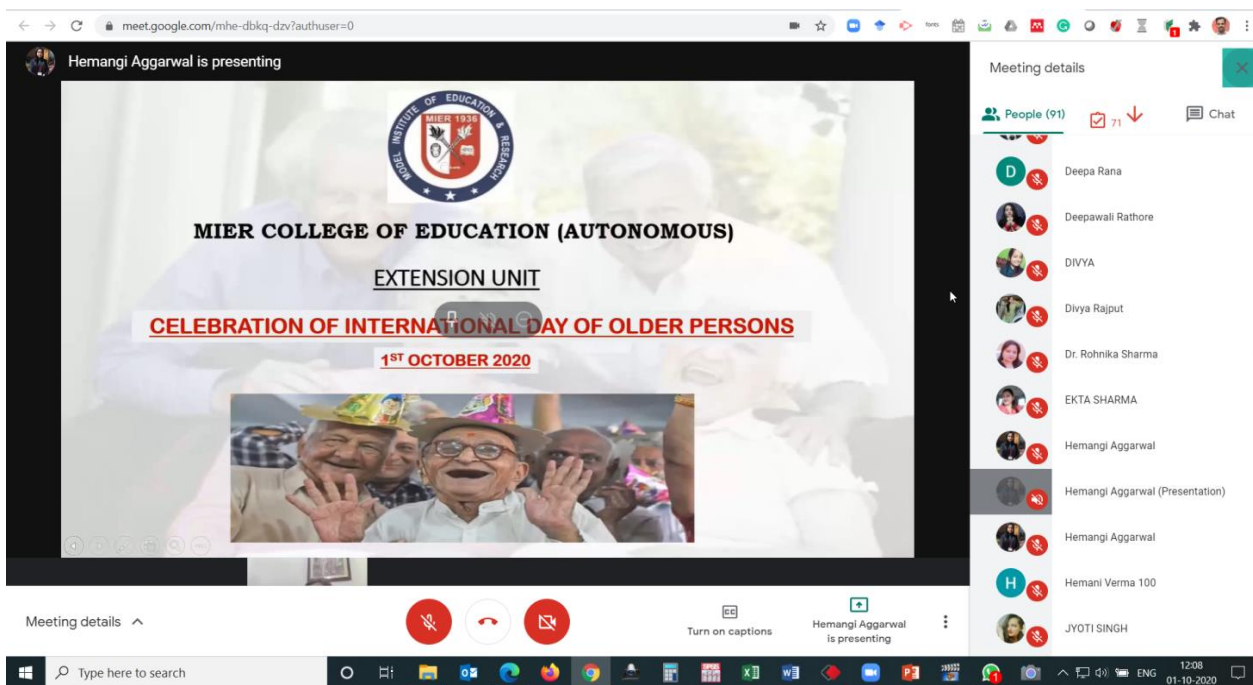
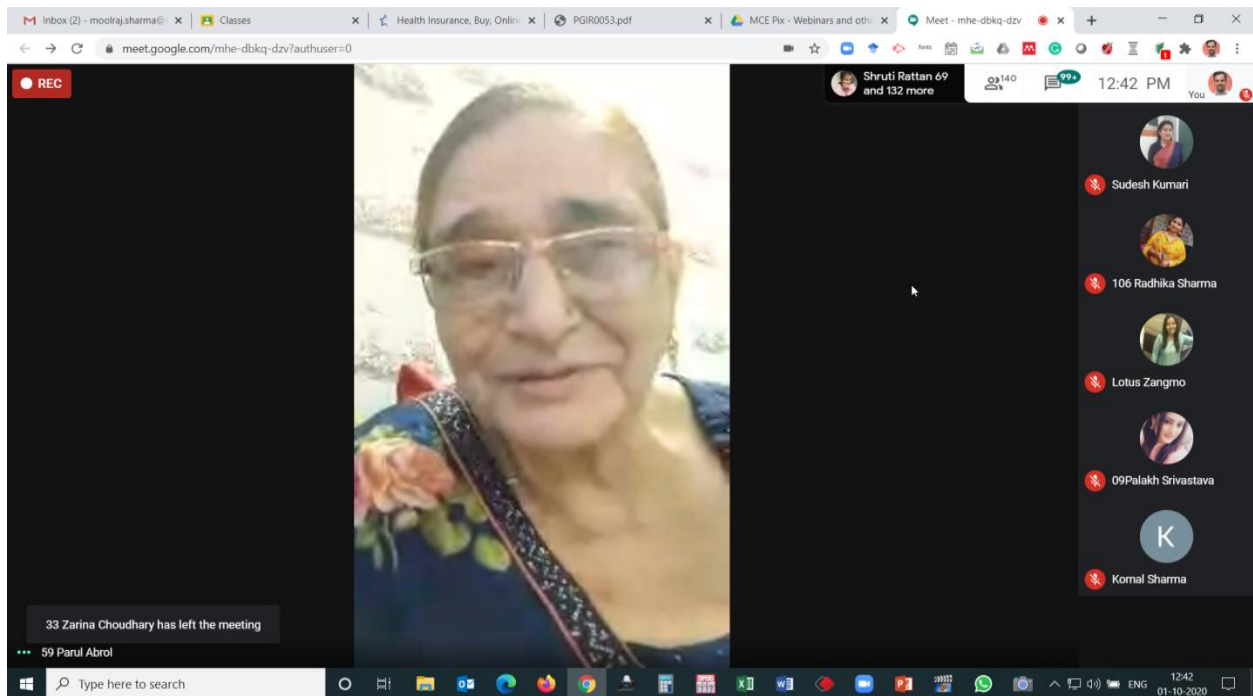
International Day for Older Persons Celebrated at MIER College

To Commemorate the International Day for Older Persons the Extension Unit of MIER College of Education (Autonomous) organized an online programme. The International Day for Older Persons is celebrated to acknowledge and appreciate the contributions of older people in their families, communities and societies at large. This year's theme of the United Nations International Day for Older Persons (UNIDOP) is "Pandemics: Do They Change How We Address Age and Ageing?"

Mrs. Komal Sharma, Convener Co-curricular Committee extended a very warm welcome to the audience and the guests. More than 10 student members of the Extension Unit along with their grandparents participated in the program under the guidance of Mrs. Suman Devi, Incharge Extension Unit. In addition to different cultural activities which included folk songs, bhajan and shared their experiences, who not only actively participated in the session but enjoyed it too. They requested the teacher In-charge to organize such programs in the future also. Mrs. Suman Devi Incharge Extension Unit presented a vote of thanks.

Dr. Adit Gupta, Principal MIER College appreciated the efforts of the Extension Unit and encouraged the students to participate in the outreach activities.

Glimpses of Activity



Online Celebration of International Day for Older Persons- 1/10/2020

Video Link:

https://drive.google.com/file/d/1pMzHdqlymNrxzidYM57UzMQqKWvObfjD/view?usp=sharing_eil&ts=5f75acff

Suman Devi

**Prepared by:
Incharge Extension Unit
Mrs. Suman Devi**



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DATE: - 03-10-2020

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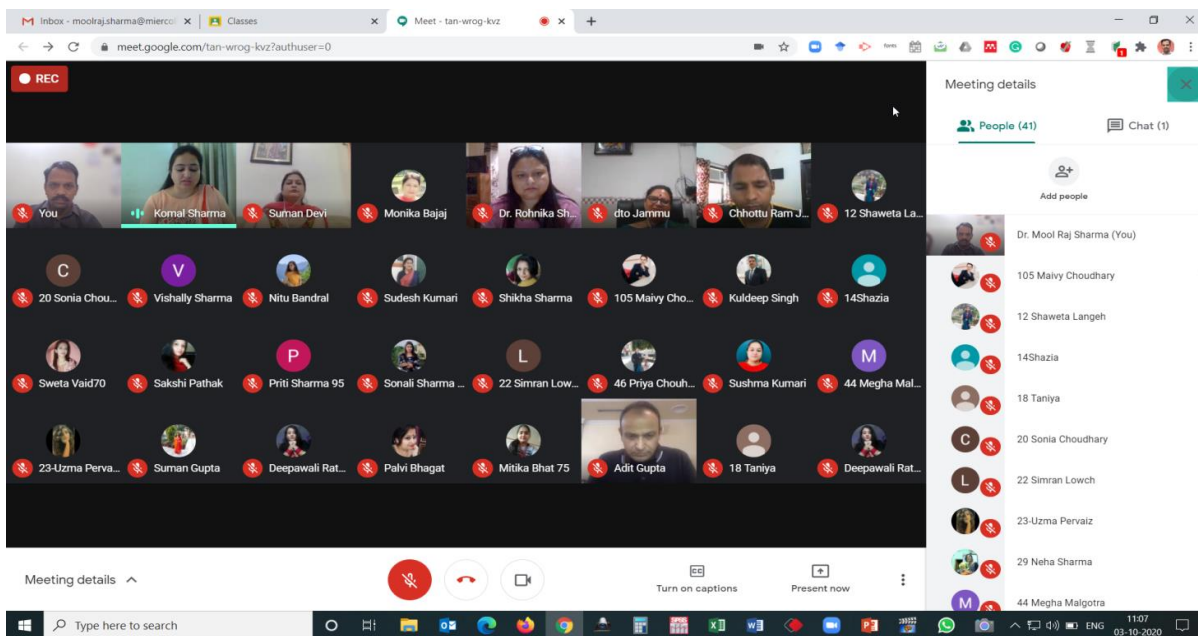
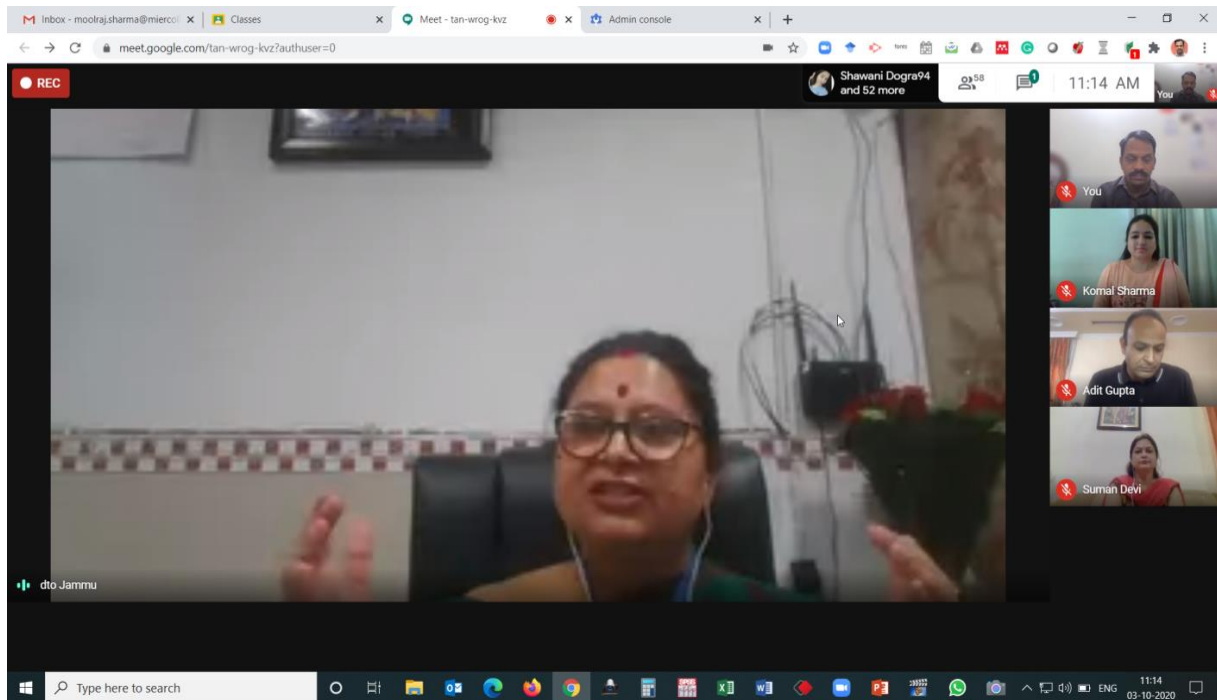
Guest Lecture on 'Precautions and Prevention of COVID 19'

The Extension Unit at MIER College of Education organized an online guest lecture on the theme "Precautions and Prevention of COVID 19" for the students and the faculty members. The resource person on this occasion was Dr. Meenakshi Kotwal, District Tuberculosis Office, Jammu.

Dr. Adit Gupta, Principal MIER College of Education extended a warm welcome to the resource person and introduced her as a frontline corona warrior. Dr. Kotwal opened her deliberations explaining that a corona virus is a common virus that causes an infection in your nose, sinuses, or upper throat. Most corona viruses aren't dangerous but the World Health Organization identified SARS-CoV-2 as a new type of corona virus for which so far there is no preventive vaccine. She highlighted the symptoms of COVID 19 such as fever, coughing, shortness of breath, fatigue, chills, body aches, loss of smell or taste and nausea. She said the infection is spread through respiratory droplets, the infective period is from 2-14 days and the vulnerable group include people with medical conditions such as diabetes, chronic kidney or liver disease, obesity, children etc. Dr. Kotwal discussed various preventative measures like clean your hands often using soap and water or an alcohol-based hand sanitizer, maintain a safe distance of 6 feet or 2 meters, wear a mask and don't touch your eyes, nose or mouth. The guest lecture was followed by an interaction session where the students clarified their doubts.

Mrs. Suman Devi, Incharge Extension Unit, presented a formal Vote of Thanks to the distinguished speaker and the audience. Dr. Adit Gupta, Principal MIER College appreciated the efforts of the Extension Unit.

Glimpses of Activity



Online lecture delivered by Dr. Meenakshi Kotwal

Video Link:

<https://www.youtube.com/c/MIERCollegeofEducation/videos>

Prepared by:

Suman Devi

**Incharge Extension Unit
Mrs. Suman Devi**



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**Extension Activity Unit
SESSION 2020-2021**

**QF – 101-C
DATE: - 21-11-2020**

REPORT

Sawchhta Abhiyan organized by Extension Unit

The Extension Unit of MIER College of Education (Autonomous) organized a Swachhta Abhiyan. More than 50 students from both PG and UG Departments participated in the abhiyan. The students participated in local area cleanliness drive, made posters, wrote poems and slogans on keeping the environment clean. They creating awareness on importance of dumping all their garbage at identified places for scientific disposal. The students also took pledge for saving the environment and keeping it pollution free.

The programme was made meaningful with the active involvement of the students and enthusiastically participated in the event. The program was ably conducted by Mrs. Suman Devi, Incharge Extension Unit MIER College. She formally thanked the participants for their cooperation and support.

Dr. Adit Gupta, principal, MIER appreciated the efforts of the unit to conduct such activities for the well-being of the society.

Glimpses of Activity



Students Participating in Swachhta Abhiyan

Prepared by:

Suman Devi

Incharge Extension Unit
Mrs. Suman Devi



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Extension Activity Unit
SESSION 2020-2021

QF – 101-C
DATE: - 24-03-2021

Report on the survey of Domana village Tehsil–Jammu, District-Jammu, post-office- Domana, Pincod–181206 for adoption by the college

Village adoption

Village adoption is a unique programme which has been conceptualized and is being implemented by MIER College of Education Autonomous, with a view to adopt the people of that village and to sensitize and educate them. It will also start the process of all-inclusive growth and facilitate the integration of the under privileged sections of the village population with the main economy. They will also become aware about the latest trends, practices and policies being floated for general public for the improvement, growth and development of people at large. The main aim is to bring them at par with urban population, elevate their quality of life and help them to become contributing members of our society by mainstreaming them.

Process of adoption of a village:-

1. The College shall identify a village and formally visit to survey it. The Principal, HOD and In charges of three units namely NSS, Extension and Environment units shall also meet the village Sarpanch and other panchayat members.
2. Through formal and informal discussions the team shall find out about the strengths, weaknesses, opportunities and challenges being faced by the villagers.

3. A formal Survey shall be planned and carried out by the faculty and students to get maximum information on parameters like population, economic status, Education and Literacy, housing status, occupational status, disabilities if any and facilities available etc.

4. A formal MOU will be signed with the village Sarpanch to carry out mutually beneficial activities for the major stake holders.

5. The students shall start working in groups under the guidance of different unit In- Charges towards the development of the villagers by providing access, awareness and training programmes regarding different issues being faced.

The framework of village Adoption programme:

1. The three units of the College namely, NSS, Extension and Environment units shall visit the identified village and carry outreach and Community-based programmes to uplift the quality of the villagers.

2. All the students of B.Ed., B.Ed. Spl.Edu.MR/ID, M.PHIL, M.Ed. and M.A will be involved in different activities under these units.

3. Villagers will also stand to benefit through various activities and contribute towards “Nation Building”.

4. Concepts like Shram Daan and volunteerism, can be developed among the students through this process, which will eventually inculcate values like caring, sharing, networking and concern for other human beings.

Survey

Survey is defined as a thorough examination, the process of mapping an area/concept etc.in order to find out its boundaries, potential, problems and other related components. Surveys are methods of gathering information from individuals, groups and organization on important and basic issues. Surveys have a variety of purposes, and can be conducted in many ways. These may be conducted to gather information through a printed questionnaire, over the telephone, by mail, in person, by diskette, or on the web. This information is collected through use of standardized procedures so that every participant is asked the same question in the same way. It involves asking people for information in some structured format. Depending on what is being analyzed, the participants being surveyed may be representing themselves, their employer, or some organization to which they belong.

REPORT

The present survey was carried out in Domana village Tehsil Bhalwal, District Jammu, with the aim of getting an overview of the needs, problems & facilities available. According to the survey, the village is spread over 3 km area.

Population:-

Total Population	Total number of Males	Total number of Females	Total number of Households	Literacy Rate
10,000	5,000	5,000	2,000	70%

Housing Status:-

All owned households have pucca houses with electricity and water facilities available.

Availability of Facilities in the village:-

- As far as the facilities of the area are concerned, the village leader revealed that they have sufficient supply of drinking water in the form of taps, tube-well, hand-pumps etc.
- Electricity is supply on regular basis in the area. There are permanent latrines in each households however the drainage system is open.
- Regarding the health facilities, there is a dispensary, a primary health center with in the village.
- About the gadgets owned by the village people, all of the families possess television, cable T.V., gas stove. Some of the families owned washing machines too.

Major Problem faced:-

The major problem faced by the villagers as per the survey are as under:

1. Lack of regular source of income and employment.
2. Problem of alcoholism.
3. Problems in digitalized bank transactions.
4. Unsatisfactory rate of literacy
5. Problem of Health and hygiene

Conclusion: - Although the village is located in rural area, the residents are facing lot of difficulty in their day-to-day life. They are not aware about the income generating training and courses and are also confronting many social evils like alcoholism, illiteracy and domestic violence etc. They require interventional strategies to overcome some of these problems.

Suggestions:-

The following awareness programmes are suggested for their sensitization:

- Awareness creation about health and hygiene.
- Awareness about educational opportunities for children of the village.
- Awareness programmes regarding social issues like–Domestic violence, Drug abuse, early marriage, etc.
- Awareness about digital transactions.
- Literacy programme for adults.
- Skill upgradation of physically challenged persons.

Glimpses of Activity





Meeting with Sarpanch for adopting village

Prepared by:

Suman Devi

**Incharge Extension Unit
Mrs. Suman Devi**



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Extension Activity Unit
SESSION 2020-2021

QF – 101-C
DATE: - 16-03-2021

REPORT

MIER ORGANIZES AWARENES PROGRAMME ON SAVE THE GIRL CHILD

The Extension unit of MIER College of Education organized an awareness Programme on “Save the Girl child” in its adopted village Domana on 16th March, 2021. Mrs. Vidya chib, Child Development Project Officer, Kot Bhalwal was the resource person on this occasion. A team of 35 Students of the Extension unit participated in the activity and oriented the locals about the discrimination and exploitation against girls. The members also discussed about gender equality. They mentioned the names of some female achievers in all the fields such as Rani Laxmi Bai, Sunita Williams, Kalpana Chawla, P.T. Usha etc. to motivate young girls to come forward and be a part of mainstream activities.

Mrs. Chib shared the scheme “Beti Bachao Beti Padhao” launched by Honourable Prime minister, Shri Narendra Modi and said it is a campaign launched to generate awareness and improve welfare services intended for girls in India. This was followed by a pledge in which the participants and locals took the pledge of saving and education the girl child. The Sarpanch and panches of the village also enthusiastically participated in the orientation programme.

Mrs. Suman Devi Incharge Extension Unit ably organized the programme and thanked the resource persons, Sarpanch and panches and also the locals for their cooperation and participation.

Glimpses of Activity



Mrs. Vidya Chib delivering the lecture on save the girl child

Prepared by:

Suman Devi

Incharge Extension Unit
Mrs. Suman Devi



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**Extension Activity Unit
SESSION 2020-2021**

**QF: 101- C
Date:- 07-04-2021**

Report

MIER COLLEGE CELEBRATES WORLD HEALTH DAY AT DOMANA VILLAGE

To commemorate the World Health Day, the extension unit of MIER College of Education (Autonomous) organized a couple of events namely free medical camp and an awareness lecture of health issues for villagers. The event was organised in collaboration with Govt. Ayurvedic hospital Jammu. A team of 30 students from U.G and P.G departments and along with the Incharge Suman Devi visited the Domana village. Dr.Vandana Dogra Medical Superintendent Govt. Ayurvedic hospital jammu sent a team of two medical officers, two pharmacists one Yoga Therapist namely Dr.Sonika, Dr.Lotika Bharti, Ms. Nidhi, Smt.Seema and Sh. Mohd. Shafi for conducting the Medical Camp.

During the general medical check-up of the residents of Domana, 155 inhabitants were diagnosed with various ailments such as anemia, hypertension, gastric issues etc. Free medicines were also distributed to the needy. In addition to the medical check-up, sensitization session on the theme "Common Health Issues" was organized by Dr.Sonika and Lotika Bharti who comprehensively explained the significance of balanced diet..

The residents of Domana actively participated in the medical camp and other activities organized by the college. It was a very successful programme and benefitted the villagers in a very effective manner. Mrs. Suman Devi Incharge of Extension Unit formally thanked the resource persons, Sarpanch and panches and also the locals for their cooperation and support.

Dr. Adit Gupta, Principal MIER College appreciated the efforts of the unit for conducting community outreach programmed and spreading the awareness about physical and mental wellbeing.

Glimpses of Activity



Medical Camp at Domana village

Prepared by:

Suman Devi
Incharge Extension Unit
Mrs. Suman Devi

