

BLDEA's
JSS College of Education, Vijayapur
Reports on Extension and Out Reach Activities
Cleaning the campus by NSS and RED CROSS
On 04.08.2022

Objectives of the Campus Cleaning Event

1. Educate students and staff about the importance of maintaining a clean and healthy environment.
2. Encourage teamwork and collaboration among students, staff, and volunteers.
3. Improve the cleanliness and visual appeal of the college premises.
4. Reduce health risks by eliminating potential breeding grounds for pests and maintaining a sanitary environment.
5. instil sustainable practices in students and staff, emphasizing the need for on going environmental stewardship.

Report on the Campus Cleaning Event

Participants

Volunteers- **Over 50 volunteers** from the NSS and Red Cross Unit.
Staff-Faculty members and administrative staff participated actively.
Students-Students from various departments joined the initiative.

Activities Conducted

1. The event commenced with an orientation session led by the NSS and Red Cross coordinators, highlighting the objectives and tasks for the day.
2. Participants were divided into groups to collect and segregate waste into recyclable..
3. Volunteers cleaned different areas of the campus, including classrooms, corridors, playgrounds, gardens, and parking lots.
4. In addition to cleaning, a small tree plantation drive was organized, where volunteers planted saplings to promote greenery.

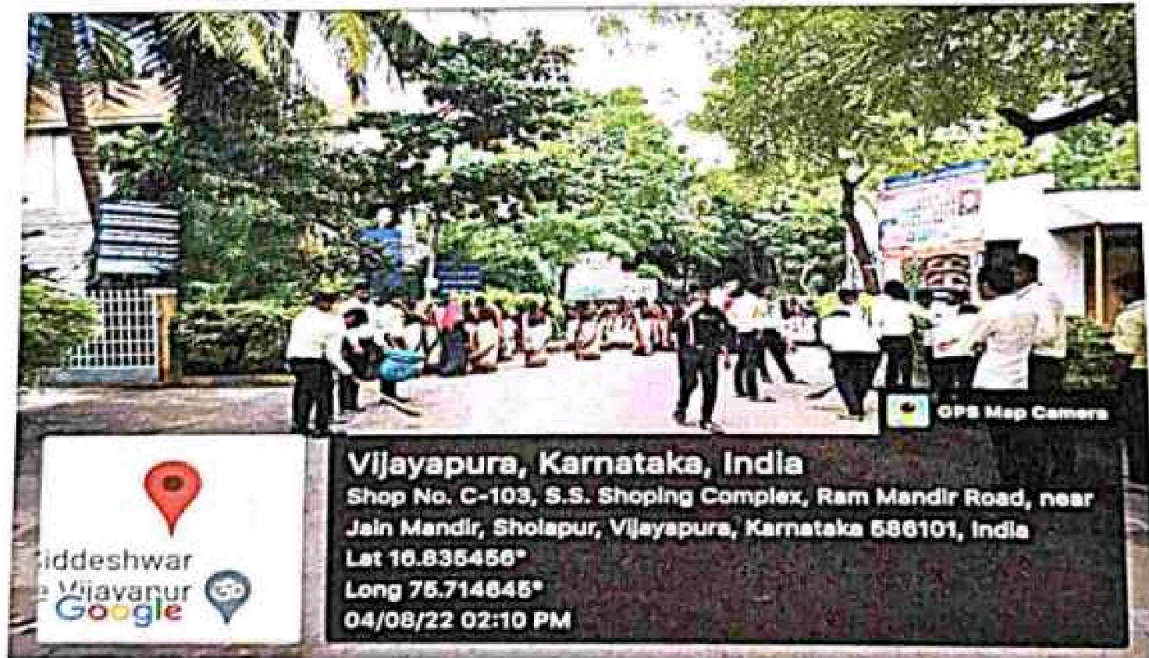
Outcomes


The college premises were thoroughly cleaned, resulting in a more pleasant and hygienic environment. Students and staff became more conscious of their responsibility towards maintaining a clean campus. The event fostered a sense of community and teamwork among participants. The initiative encouraged ongoing practices of waste segregation and recycling.


Conclusion

The campus cleaning event organized by the NSS and Red Cross Unit on 4th August 2022 was a resounding success, achieving its objectives and leaving a lasting impact on the college

community. The collaboration and dedication of the volunteers were commendable, setting a precedent for future initiatives aimed at promoting environmental sustainability and community involvement.




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Reports on Extension and Out Reach Activities
Celebrated NSS Day

Objectives of the NSS Day Swachh Bharat Program:-04-08-2022

1. Encourage students and staff to maintain cleanliness in and around the campus.
2. Increase awareness about the importance of hygiene and cleanliness in daily life.
3. Involve the local community in cleanliness activities to promote a culture of cleanliness.
4. Foster a sense of responsibility towards the environment by reducing waste and promoting sustainable practices.
5. Highlight the health benefits of maintaining a clean environment.

Report of the NSS Day Swachh Bharat Program

1. Campus Cleaning Drive:

- Volunteers gathered early in the morning and were divided into groups.
- Each group was assigned specific areas of the campus to clean.
- Volunteers collected waste, removed litter, and cleaned classrooms, corridors, and the garden area.
- Proper disposal of collected waste was ensured.

2. Awareness Campaign:

- Posters and banners highlighting the importance of cleanliness were displayed around the campus.
- Informative sessions were conducted to educate participants about proper waste management, recycling, and the impact of cleanliness on health and the environment.

3. Tree Plantation

- A tree plantation drive was organized as part of the program.
- Participants planted saplings around the campus, promoting greenery and environmental sustainability.

4. Guest Lecture

- An expert guest speaker was invited to talk about the Swachh Bharat mission and its significance.
- The lecture covered topics such as sustainable living practices and community involvement in cleanliness drives.

5. Feedback and Future Plans

- Participants were encouraged to provide feedback on the program.
- Plans for regular cleanliness drives and activities were discussed to ensure the initiative's continuity.


Outcome

- The program successfully engaged a large number of participants and instilled a sense of responsibility towards maintaining cleanliness.
- Increased awareness about the importance of a clean environment was observed among students and staff.
- The tree plantation drive contributed to the campus's greenery and environmental conservation efforts.

The NSS Day Swachh Bharat program at BLDEA'S JSS College of Education, Vijayapur, was a step forward in promoting cleanliness and environmental awareness among the academic community and be



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Reports on Extension and Out Reach Activities
Environment Day-Plantation of Saplings -06-06-2022

Objectives of the Environment Day Tree Plantation Event

1. Educate students and faculty about the importance of trees and the environment.
2. Contribute to reducing carbon footprint by planting trees, which absorb carbon dioxide.
3. Create habitats for various species and enhance the local ecosystem.
4. Increase green cover to improve air quality around the campus.
5. Encourage participation from students, faculty, and the local community in environmental conservation efforts.
6. Support sustainable development goals by integrating environmental conservation into educational activities.

Report on the Environment Day Tree Plantation Event

On 6th June 2022, BLDEA'S JSS College of Education, Vijayapur, celebrated Environment Day with a tree plantation drive on the college premises. The event aimed to raise awareness about environmental conservation and contribute to a greener, healthier planet. Students from various programs participated enthusiastically. Faculty members actively participated and guided the students.

1. Opening Ceremony

- The event began with a brief inauguration ceremony, where the principal of the college Dr B.Y.Khasnis and Guest Dr Anuradha Tanksali and Shri Ambadas Joshi emphasized the importance of trees and environmental conservation in his speech.

2. Tree Plantation

- Participants were divided into groups and assigned different areas on the campus for planting.

3. Educational Session

- An educational session on the benefits of trees and sustainable practices was conducted by an environmental expert.

4. Pledge

- Participants took a pledge to care for the saplings and promote environmental conservation in their daily lives.

Outcomes

The plantation of 25 trees significantly increased the green cover on the college campus. The event successfully raised awareness among students and community members about the importance of environmental conservation. The collaborative effort fostered a sense of community and shared responsibility towards the environment. The educational session provided valuable insights into sustainable practices and the role of individuals in combating climate change.

Conclusion


The Environment Day tree plantation event at BLDEA'S JSS College of Education, Vijayapur, was a resounding success. It not only enhanced the campus's green cover but also instilled a sense of environmental responsibility among participants. The college plans to continue such initiatives in the future to promote sustainable development and environmental conservation.

INVITATION CARD

BLDEA'S JSS COLLEGE OF EDUCATION PG STUDIES IN EDUCATION AND RESEARCH CENTRE VIJAYAPUR		
With IQAC Initiative and SCIENCE CLUB and Parisar Jagriti Vedike Vijayapur		
CELEBRATION - WORLD ENVIRONMENT DAY 06-06-2022 at 10:30AM		
Chief Guest: Shri. Ambadas Joshi Retd. Teacher P.D. High School Vijayapur		
Guest Speaker: Smt. Anuradha Tankasali Assistant Professor, BLDEA's Dr. P.G. Hatakatti College of Engg & Technology Vijayapur		
President: Dr. B. Y. Khasnis Principal BLDEA'S JSS College of Education PG Studies in Education and Research Centre Vijayapur		
ALL ARE CORDIALLY INVITED		
Principal and Staff	IQAC Coordinator Dr. M. S. Hirmath	Club In-Charge Dr. J. S. Patilshetti




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Reports on Extension and Out Reach Activities
SwacchaSarvekshane-Swachh Bharat Programme -15-03-2022

Objectives of "SachaSarvekshana" Swachh Bharat Program

1. Encourage students and staff to maintain cleanliness in and around the campus.
2. Educate participants about the importance of cleanliness for health and well-being.
3. Foster a sense of responsibility and active participation in maintaining a clean environment.
4. Introduce sustainable waste management practices and reduce the use of plastics.
5. Highlight the health benefits associated with a clean and hygienic environment.

Report of "SachaSarvekshana" Swachh Bharat Program

A series of awareness sessions were conducted, focusing on the health benefits of cleanliness, the importance of waste segregation, and sustainable practices. Experts in the field of public health and sanitation were invited to share their insights.

Participants were divided into groups and assigned different areas of the campus to clean. This activity included picking up litter, sweeping, and disposing of waste responsibly.

Participants were taught practical methods for waste management at home and in their communities. The program concluded with a feedback session where participants shared their experiences and suggestions. Plans for future cleanliness drives and sustainability initiatives were discussed.


Outcomes:

- Increased awareness about the importance of cleanliness among participants.
- Improved cleanliness and hygiene standards within the campus.
- Enhanced community spirit and teamwork among students and staff.
- Initiation of sustainable waste management practices on campus.
- Commitment to regular cleanliness drives and ongoing efforts to maintain a clean environment.

The "SachaSarvekshana" program was a successful initiative under the Swachh Bharat mission, promoting a culture of cleanliness and sustainability at BLDEA'S JSS College of Education, Vijayapur.




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Reports on Extension and Out Reach Activities

Health Check up Blood Donation Camp -26.07.2022

Objectives:

- 1) Educate participants on the importance of regular health check-ups.
 - Provide information on maintaining a healthy lifestyle and preventing common diseases.
- 2) Conduct basic health screenings to detect potential health problems early.
 - Offer consultations and advice on managing identified health concerns.
- 3) Provide access to medical professionals and health services for the college community.
 - Encourage participants to seek further medical advice and treatment if needed.
4. Foster a Health-Conscious Environment:
 - Create a culture of health and well-being within the college.
 - Encourage students and staff to prioritize their health and wellness.

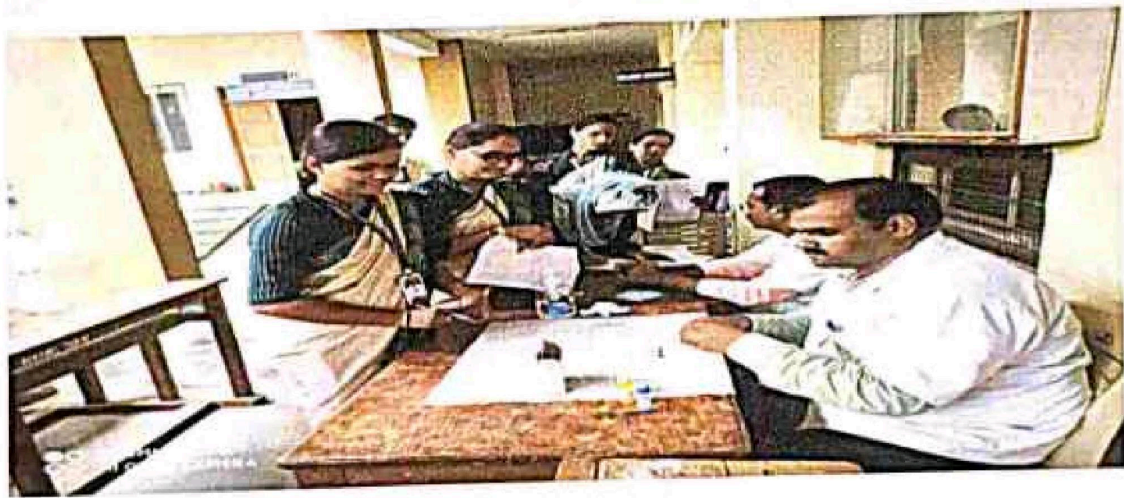
Report:

1. Medical Screenings:
 - General health check-ups, including blood pressure, blood sugar, and BMI measurements.
 - Vision and hearing tests.
 2. Consultations:
 - One-on-one consultations with doctors and healthcare professionals.
 - Nutritional advice and counseling.
- A brief introduction to the importance of blood donation by the Dr Prakash Patil In-charge Blood Bank ShriB.M.Patil Medical college and Research Centre, Vijayapur
- An informative session by the medical professionals on the benefits and safety of blood donation.
- The blood donation process was as follows:
- 1.Registration- **28 Donors registered** their details of student Teachers at the registration desk.
 2. Pre-Donation Check up- Medical professionals conducted preliminary health checks, including blood pressure, haemoglobin levels, and general fitness.
 - 3.Blood Donation- Eligible donors proceeded to donate blood under the supervision of trained medical staff.
 4. Post-Donation Care- Donors were provided refreshments and advised to rest for a short period before resuming their activities

- Positive feedback from participants regarding the usefulness and accessibility of the services provided.
- Increased awareness of the importance of regular health check-ups and preventive healthcare measures.


Conclusion:

The health check-up camp on 26/07/2022 was a successful initiative that met its objectives of promoting health awareness, detecting health issues early, improving access to healthcare, and fostering a health-conscious environment at BLDEA'S JSS College of Education, Vijayapur. The event highlighted the importance of regular health screenings and provided valuable medical advice to the college community.






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Report on Celebration of International Yoga Day (Online) at BLDEA'S J. S. S. College of Education, Vijayapur on 24.06.2021

Platform: Online (Googal meet)

Guest Speaker: Dr. Rajashekhar Benakanahalli, Professor, GFGC Women's College, Vijayapur

BLDEA'S J. S. S. College of Education, Vijayapur, celebrated International Yoga Day virtually on 24th June 2021, adapting to the ongoing pandemic restrictions. The event aimed to promote the importance of yoga for physical and mental health, especially during these challenging times.

Objectives:

- To raise awareness about the benefits of yoga.
- To encourage students and faculty to incorporate yoga into their daily routines.
- To provide practical knowledge and demonstrations of various yoga techniques in an online format.

Event Proceedings

1. Inauguration:

- The online event began with a welcome address by Dr. B. Y. Khasnis, Principal of the college, who highlighted the significance of International Yoga Day and the need for physical and mental well-being during the pandemic.
- The Principal expressed gratitude to Dr. Rajashekhar Benakanahalli for his participation and expertise.

2. Guest Speaker Session:

- Dr. Rajashekhar Benakanahalli, a distinguished professor from GFGC Women's College, Vijayapur, was the guest speaker for the event.
- Dr. Benakanahalli delivered an engaging lecture on the history, philosophy, and benefits of yoga. He explained how yoga can help manage stress, improve immunity, and enhance overall health.
- He emphasized the relevance of yoga during the pandemic, as it helps in maintaining mental peace and physical fitness.

3. Yoga Demonstration:

- Following the lecture, Dr. Benakanahalli conducted a live yoga session, demonstrating various yoga asanas (postures) and pranayama (breathing techniques) through the online platform.
- Participants, including students and faculty members, followed the instructions and practiced the demonstrated techniques in real-time.
- The session was designed to accommodate different skill levels, ensuring that everyone could participate and benefit from the exercises.

4. Interactive Session:

- An interactive Q&A session was held, allowing participants to ask Dr. Benakanahalli questions about yoga practices, its benefits, and how to incorporate yoga into their daily routines.

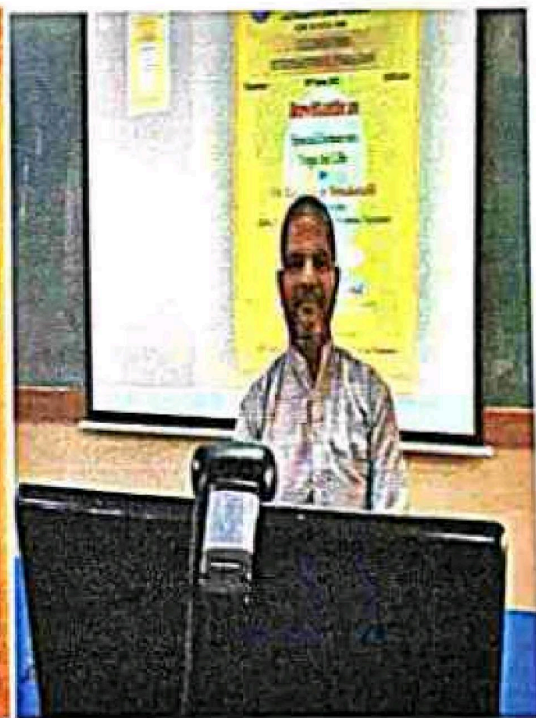
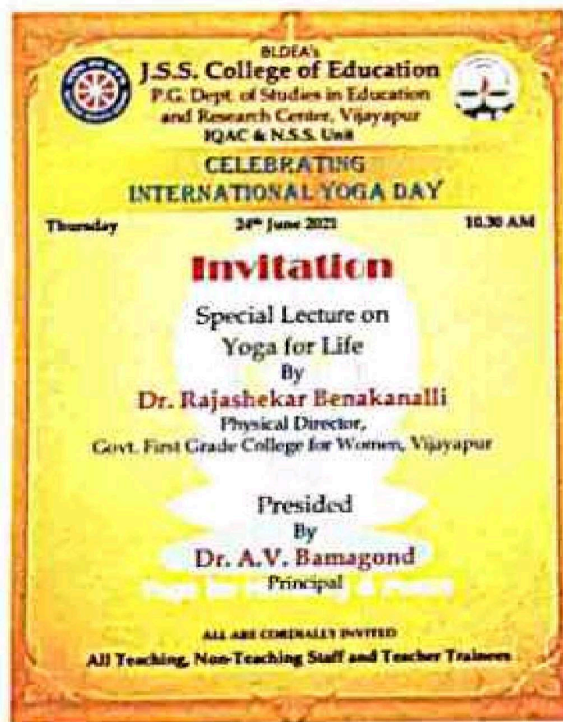
- Dr. Benakanahalli provided detailed answers and practical tips, encouraging everyone to practice yoga regularly for better health.

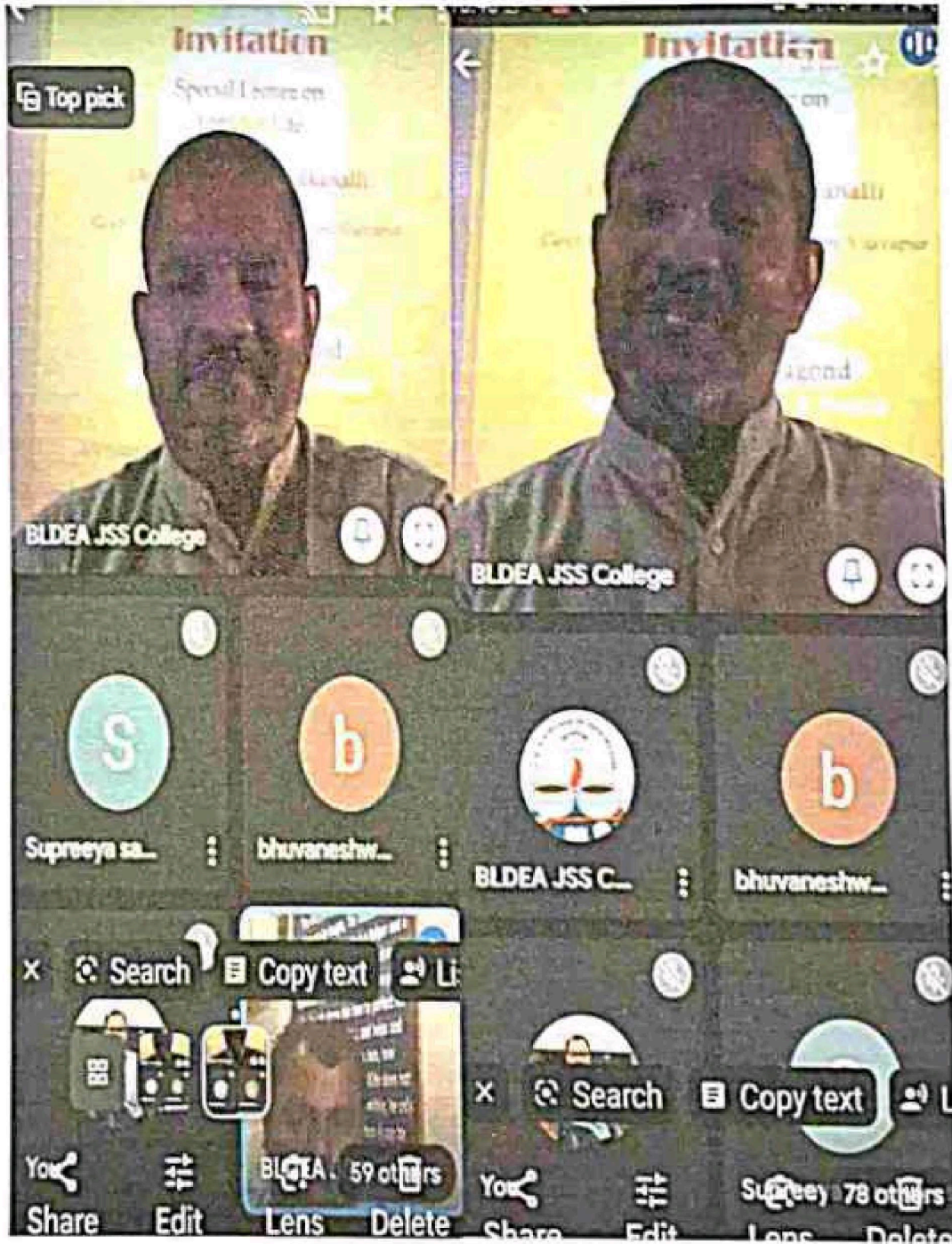
5. Closing Remarks:

- The event concluded with a vote of thanks by Dr. M. B. Kori senior faculty member, who expressed appreciation for Dr. Benakanahalli's valuable contribution and thanked all participants for their active involvement

Conclusion:

The online celebration of International Yoga Day at BLDEA'S J. S. S. College of Education, Vijayapur, was a great success. Despite the virtual format, the event effectively highlighted the importance of yoga and inspired many to incorporate yoga into their daily lives. The college looks forward to organizing similar online events in the future to continue promoting the benefits of yoga and well-being among its community.





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Reports on Extension and Out Reach Activities

Yoga Camp- Yoga and Asana Event Practice- 05.04.2022

Objectives of the Yoga and Asana Event on 05/04/2022

1. To enhance physical fitness and flexibility among participants through various yoga asanas.
2. To reduce stress and anxiety by incorporating mindfulness and meditation practices.
3. To educate participants about the benefits of regular yoga practice.
4. To foster a sense of community and collective well-being among students and staff.
5. To encourage a balanced lifestyle integrating body, mind, and spirit.

Report on the Yoga and Asana Event on 05/04/2022

Summary of Activities:

1. Introduction and Warm-Up:
 - The event began with a brief introduction to the objectives of the session.
 - Participants were guided through a series of warm-up exercises to prepare their bodies for the yoga practice.
2. Yoga Asanas Practice:
 - Various asanas were demonstrated and practiced, including Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Trikonasana (Triangle Pose), and more.
 - Instructors emphasized the correct form and alignment for each pose to prevent injuries and maximize benefits.
3. Breathing Exercises and Meditation:
 - Pranayama techniques such as Anulom Vilom (Alternate Nostril Breathing) and Kapalbhata (Skull Shining Breath) were introduced to enhance respiratory health and concentration.
 - A guided meditation session was conducted to promote relaxation and mental clarity.
4. Interactive Session:
 - Participants had the opportunity to ask questions and share their experiences with yoga.
 - Instructors provided personalized tips and adjustments based on individual needs and capabilities.

5. Conclusion:

- The event concluded with a relaxation phase (Shavasana) to help participants integrate the benefits of the practice.
- Feedback was collected from participants to assess the impact of the session and gather suggestions for future events.

Outcomes:


Participants reported feeling more relaxed, energized, and focused after the session.


Many participants expressed a greater understanding of the benefits of yoga and an interest in continuing their practice.

The event successfully brought together a diverse group of individuals, fostering a sense of unity and shared purpose. Overall, the yoga and asana event at BLDEA'S JSS College of Education, Vijayapur, was a successful initiative that contributed to the physical and mental well-being of the participants.



Face book link-<https://youtu.be/oC1XF0gt5Nc?si=Q8rU9uHvXqBm1LO->


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