

**DEPARTMENT OF LIFELONG LEARNING AND EXTENSION (DLLE)**

**Action Taken Report (2020-21)**

Sr. No	Activities done by the date	Program Name	Place	No of Participant	Outcome
1.	18th May 2020	One Day workshop on YOGA	Oline on Zoom Platform	20 teacher and 50 students	<ol style="list-style-type: none"> <li>1. Yoga helped staff members and students to improve concentration while attending and delivering the lectures in online mode.</li> <li>2. Yoga helped to get rid of anxiety and insomnia in the lockdown.</li> <li>3. Yoga enhances the immune system and psychological development of human beings</li> <li>4. Yoga protocols to cope with the stressful situation of Covid-19 Pandmic.</li> </ol>
2.	21st June 2020	E-Quiz on International Yoga day	Oline using Google form	200	<ol style="list-style-type: none"> <li>1. The quiz provided knowledge about the International Day of Yoga, its past observances, and several initiatives conducted every year by the government.</li> <li>2. There are various benefits of Yoga by this knowledge students can add yoga into their dail rutine as it provides physical and mental relaxation but also develops strength and resilience in.</li> </ol>
2.	6th March 2021	Organised by 'Youth and Yoga' – The best combination for a better life!	Virtual platform (Zoom + Live on You tube)	From around 20 states of India, we have got 436 registered participants. Out of which 314 participants had given feedback cum attendance form. Around 1100 participants were there	<ol style="list-style-type: none"> <li>1. Participants experienced that practicing yoga not only keeps them healthy but it is also good for their mind and soul.</li> <li>2. For betterment of life, we need to dive deep into the yoga practices, this awareness was created within the youth.</li> <li>3. This session motivated youth to do yoga on a regular basis to come out of stress, depression and also anxiety problems and improve their mental and physical health for their future.</li> <li>4. For some participants, this session was life changing for them and relaxes their mind.</li> <li>5. The importance of including</li> </ol>

				for the YouTube live session.	Yoga in everyday life to maintain the healthy lifestyle which is not just doing Asanas but also in our actions throughout the day. 6. Participants got lots of detailed knowledge of yoga. 7. We all know the importance of yoga but we can't do it in our busy schedule but this webinar was very helpful for some young minds to give them one inspiration to do yoga and meditation to make a life better.
3.	8th March 2021	Organised by WDC with Association in DLLE International Women's Day	Virtual platform (Zoom + Live on You tube)	From around 25 states of India, we have got 591 registered participants. Out of which 327 participants had given feedback cum attendance form of session I while 312 for session II. Around 1600 participants were there on YouTube live session I and 1100 for Session II. Overall 2700 footfalls were there on YouTube.	Outcome Of Section 1: 1. Participants come across the ideas regarding future entrepreneurship skills to overcome existing barriers and also skills to start up a new economic life. 2. Got an idea of the government support to start a business. 3. Found a connection between the world and a strong determination against COVID-19. Outcome Of Section 2: 1. Recipe of lavender infused herbal oil through workshop. 2. Usages of flowers for skin care. Also got an idea of how to take care of our health and skin. 3. It gave a knowledge of what aromatherapy is, how it is healthy for us, how it works, and what is the olfactory pathway. For some participants Aroma therapy is new and they got to know how effective it was on health. They were inspired to take up a course on oil and
					soap making.

Gender equality is one of the key challenges facing society today. The institute conducted regular gender equity promotion programs. Guest speakers from prominent fields are invited to speak on the given topic which highlights the importance and contribution of women in the society. The gender equity promotion programs organized by the institution are given below:

RGC has a strong ethical work culture that is based on inclusivity. It observes highest ethical standards in all its activities. Equal opportunities are provided to all individuals irrespective of gender, race, caste, color, creed, language, religion, political or other opinion, national or social origin status. Its unique work culture, healthy traditions and ethos have led to enrolment of increase in girls students and women staff. Safety, security and well-being, along with gender equity and friendly working atmosphere are the issues of prime concern to RGC.

1. This year WDC along with DLLE & IQAC organized **National Level Talk on #ChooseToChallenge “COVID-19 an Opportunity to Bring Awareness on Upcoming Startups”** on International Women's day on 8<sup>th</sup> March 2021. The webinar was divided into two sessions:

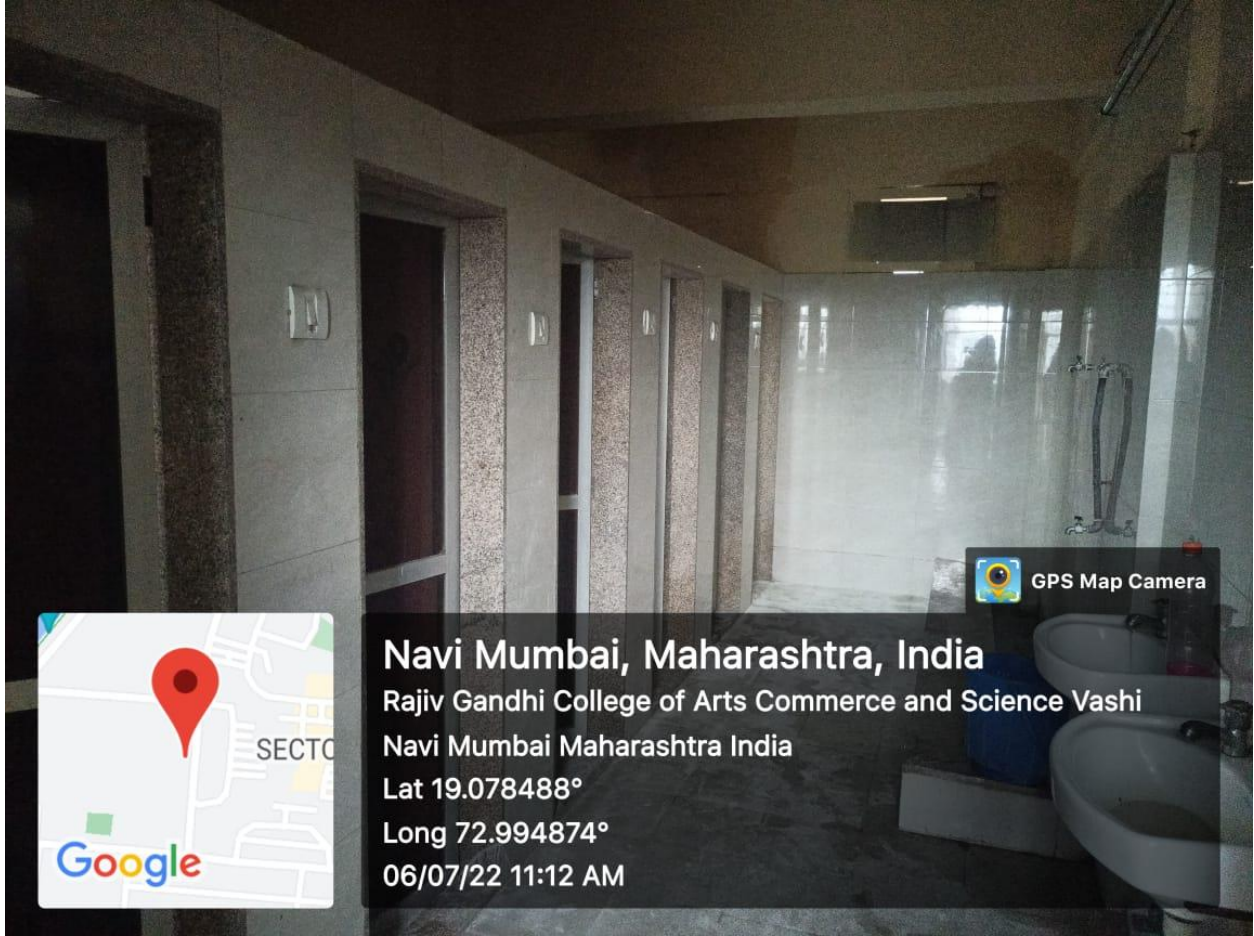
**Session I:** -The facts and awareness on career opportunities and skill set and mindset required in the Digital Era.


**Session II:** - Skilling women entrepreneurs in the world of natural skin and hair care products with essential oils from flowers.

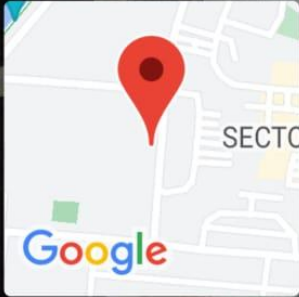
Our Institution is celebrating the tremendous efforts by women and girls around the world in shaping a more equal future and recovery from the COVID-19 pandemic. The objective of the National Talk is to help the women entrepreneurs who are waiting to realize their dreams of building a successful future. Today, there is more acceptance than ever before that women bring different experiences,perspectives and skills to the table, and make irreplaceable contributions to decisions, policies and laws that work better for all.

2. Another very beneficial facility provided by our institution was a Vending Machine installed in the ladies washroom(Staff room). This machine is unique owing to its different feature that it can be operated by the use of ‘depositing coin’ system. This sanitary pad vending machine is installed for menstrual hygiene issues and to promote safe and hygienic-sanitary practices among female students. It would provide a facility to make available sanitary napkins when required by students while in the college campus.

3. College also has a Girl’s Common Room with all facilities of sitting relaxed and games facilities. Separate Girls washroom is attached with the Girl’s common room other than the washrooms available at the floor of classrooms.



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Rajiv Gandhi College of Arts Commerce and Science Vashi


Navi Mumbai Maharashtra India

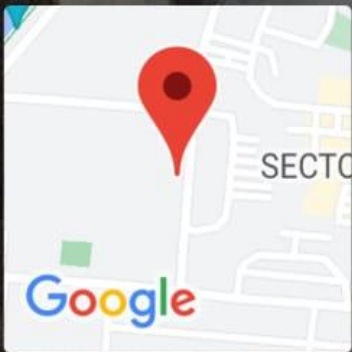
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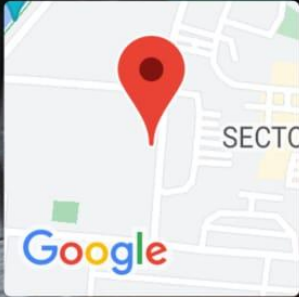
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