



ANJUMAN-I-ISLAM'S KALSEKAR TECHNICAL CAMPUS



SCHOOL OF PHARMACY

SAMAJ

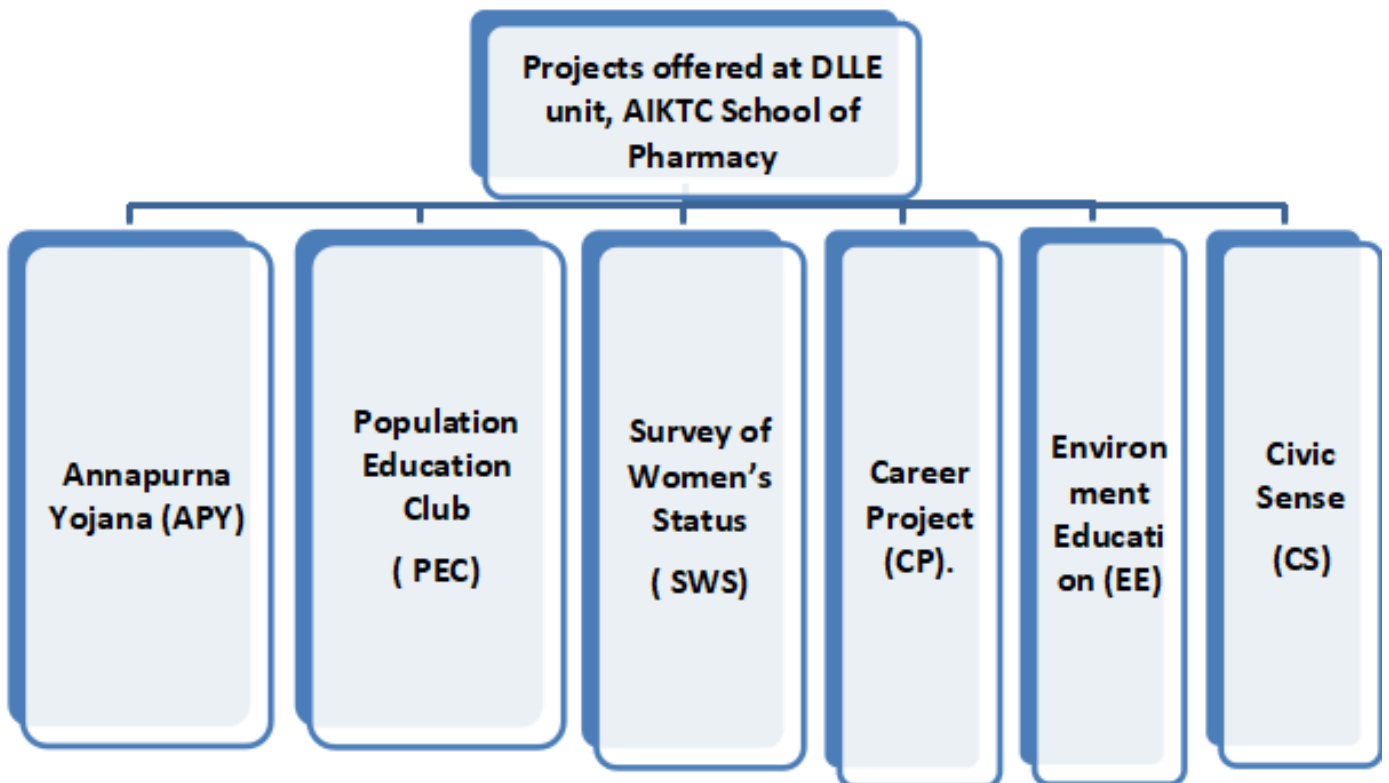
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**DLLE EXTENSION
ACTIVITIES NEWSLETTER**





ABOUT DEPARTMENT OF LIFELONG LEARNING AND EXTENSION [DLLE]





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SHAIKH HAROON GULAM NABIULLAH ZARINA	DLLE Extension Student Co-Ordinator
SHAIKH MANTSA AMIR HUSSAIN	DLLE Extension Student Co-Ordinator

SHAIKH MOHAMMAD MUJTABA SALEEM	DLLE Extension Student Co-Ordinator
SHAIKH MOHAMMAD ILHAN IMRAN	DLLE Extension Student Co-Ordinator
SHAIKH MOHAMMED NOMAN MOHMMED JAVED	DLLE Extension Student Co-Ordinator
SHAIKH MOHAMMAD AMAAN JAMAL AZIMA	DLLE Extension Student Co-Ordinator
SHAIKH MUBEEN MEHMOOD NUSRAT	DLLE Extension Student Co-Ordinator
SHAIKH SHAMA ANSAR SHAUKAT BEGUM	DLLE Extension Student Co-Ordinator
SIDDIQA MOHAMMED HASSAN SHAIKH	DLLE Extension Student Co-Ordinator
SHILVANT SHIVLING GANESH LAXMI	DLLE Extension Student Co-Ordinator
SHAIKH ZAINAB KHATON MOHD NAIMUDDIN	DLLE Extension Student Co-Ordinator
AHMED ZAINAB ALTAF SABA	DLLE Extension Student Co-Ordinator
KHAN MOHAMMED REHAN MOHAMMED YAQUB SALEHA	DLLE Extension Student Co-Ordinator
SHAIKH ASIFURREHMAN ATIQURREHMAN SHAGUFTA	DLLE Extension Student Co-Ordinator
SHAIKH MOHAMMED HUZAIFA MOHD ANWAR KHALIDA KHATOON	DLLE Extension Student Co-Ordinator
SHAIKH MOHD MUNAF MINHAJ	DLLE Extension Student Co-Ordinator

ACTIVITIES UNDER POPULATION EDUCATION CLUB



WORLD STROKE DAY

World stroke Day was commemorated by extension students by carrying out Blood pressure camp followed by awareness at Abdullah Patel school, Mumbra. They have conducted camp for 50 people including parents and working staff of the school. They laid stress on benefits of good diet and exercise which can help prevent stroke. Also they elaborated on correlation between blood pressure and its implications on stroke.



➤➤➤ HEALTH CAMP AT BARAPADA VILLAGE

A general Health camp was organised at Barapada Village, Raigadh on occasion of World Pharmacist Day. Health camp included eye check up, general weakness, anaemia and paediatric camp. A general observation in eating pattern and nutritional deficiencies were noted . Total 300 villages were benefitted by the camp. Population aged 3 yrs- 65 yr participated in this camp.



➤➤➤ NATIONAL PHARMACY EDUCATION DAY

General health was conducted at Fanaswadi Zill Parishad School which included BMI check up, blood glucose monitoring and lipid profile check up. The camp was conducted on the occasion of "National pharmacy education Day" in collaboration of curewell laboratories. Students also distributed biscuits and energy drinks to the beneficiaries.



National e-Essay writing competition was organised by DLLE, extension unit of AIKTC. More than 50 pharmacy students all over India participated in the competition. The competition was based on the theme "Role of Pharmacists in leveraging Health care systems. The event was well-perceived.

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SCHOOL OF PHARMACY
ACCREDITED BY NAAC & CERTIFIED BY ISO 9001:2015

Department of Lifelong Learning and Extension
Organizes

National e-Essay Writing Competition

6th MARCH 2024
As a Part of
National Pharmacy Education Day 2024
Theme: Role of Pharmacists in leveraging Healthcare systems

1ST PRIZE 2000/-
2ND PRIZE 1000/-

RULES FOR ESSAY

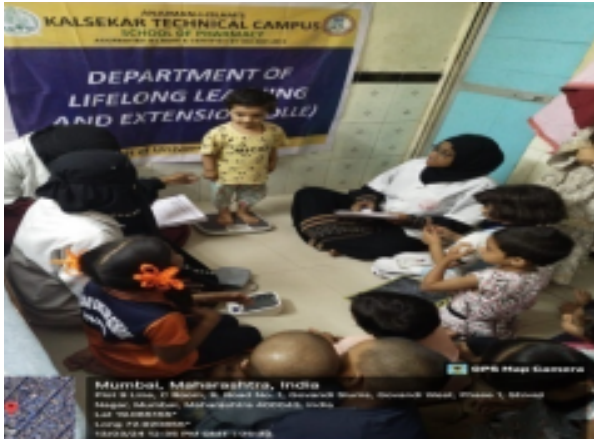
- Maximum word limit 1500 words
- The language should be English only.
- It should be typed in Times new roman, 12 size with double spacing.
- The essay should be the original work of the student and it should not be copied from anywhere.
- Last date of Essay submission 6th March 2024

CONTACT FOR ANY QUERIES +91 80971 71639

Dr. Sharif Syed Ex. Dean, SoP | Dr. Ramjan A. Khanik Ex. Director, AIKTC | Mr. Barbara Harris Ex. Educ. Chairman, IISM | Dr. Zahir I Kazi Ex. President, AI

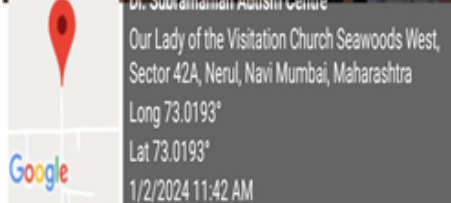
<http://www.aiktc.ac.in>

➤➤➤ BAL-SWASTHYA CAMP

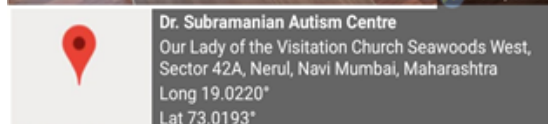


A general paediatric camp was organised at Khanda colony to create awareness on regular health checkup camp amongst parents. This included weight, height, temperature and resting heartbeat of the children. Students also distributed gifts to children. Students explained the importance of proper nutrition to parents with recognition of nutritional deficiency from time to time.

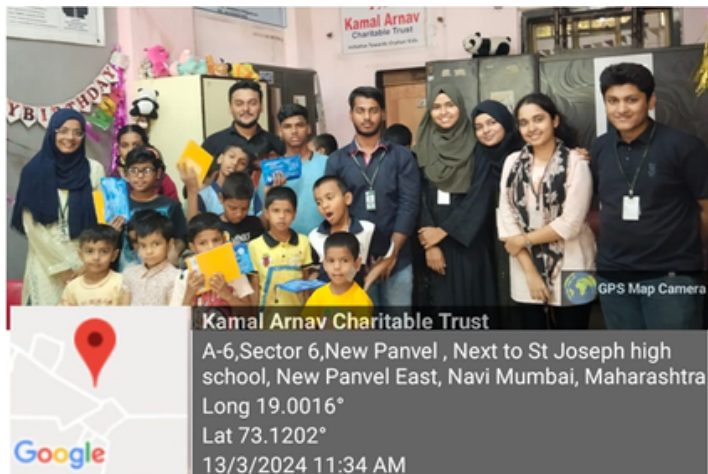
“DIFFERENT BUT NOT LESS” :VISIT TO AUTISTIC CENTRE FOR MENTALLY CHALLENGED CHILDREN



Our extension team has visited Dr Subramanian Autistic centre On 1st February. It was a moving experience to see them living life with thankfulness and contentment. Students distributed colours, stationary kit and chocolates. They also organized a drawing and colouring activity with the children to make the moment special and memorable for the children. Despite their challenges, their smile and positive energy was truly heartwarming.



SPREADING THE JOY OF HAPPINESS- BOOK DONATION DRIVE AT ORPHANAGES



Extension students have visited Kamal Arnav Charitable trust as well as Our Lady of Visitation orphanage, Seawoods. During the visit, students distributed essential items and goodies to the children. Donating books and gifts was a deeply gratifying experience. We are thankful to the organizations for their dedication in improving the lives of underprivileged children through various initiatives.



URJA- CAMPAIGN ON “IMPORTANCE OF MENTAL HEALTH”



Extension students have conducted campaign on importance of managing stress and its impact on mental health amongst public domain specially teenagers especially in Wadala and Sion area. They laid stress on different contributing factors including excess use of social media that can cause mental health imbalances. Students also demonstrated quick stress relieving activities which teenagers can adopt in day to day life.



»»» JANANI- MENSTRUAL HYGIENE AWARENESS



Menstrual hygiene is overlooked specially by women of rural areas. Hence to educate the rural mass regarding the topic, extension students have carried mass awareness for women residing in rural areas. They have carried out in girls hostel as well as rural areas near forest colony, Panvel. They have also distributed sanitary pads amongst the girls and women of the target areas,

ACTIVITIES UNDER ENVIRONMENTAL EDUCATION

➤➤➤ BEACH CLEAN UP DRIVE

Extension students participated in beach clean up drive in collaboration with For future India NGO. They have conducted the beach cleanup at Manori beach as well as mangrove areas. Environment preservation is an important activity that should be carried out by every citizen for making our country a better place to live.



SWATCH BHARAT ABHIYAN- CLEANLINESS DRIVE



Mass clean drive was undertaken by extension students at different areas of Powai, Parsik Hill (Kharghar) and Panvel. Students have cleaned the aforesaid areas in order to raise awareness regarding plastic pollution which is depleting the natural flora and fauna of the nature. Environment sustainability is an important area which should be focused for having our future generations to have a healthy lifespan.



GO GREEN CAMP-TREE PLANTATION DRIVE



Tree are man's best friends for sustainability that makes planet Earth a better place to live. With this purpose, extension students have conducted tree plantation drive at Forest Colony, New Panvel and Charni Road areas. They have planted different species of trees in the areas along with the residents. They also explained the importance of trees which are the lungs of today's urban cities. Different urbanization policies are leading to more and more deforestation which is ultimately affecting the environment.



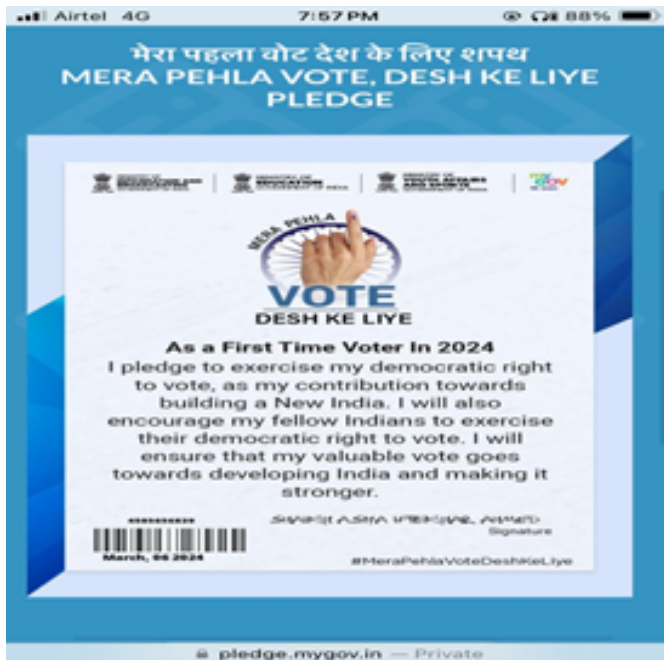
SWACHTA CAMP- IMPORTANCE OF SANITATION AND HYGIENE IN SCHOOL GOING CHILDREN

Cleanliness is net to Godliness. Extension students have conducted sanitation and good hygiene awareness at R.P.G Prathmik School at Kharghar. They interacted with primary students and demonstrated different activities for understanding the importance of sanitation. Primary school going children are most vulnerable to contacting disease due to poor hygiene. The event was well perceived by the school.



ACTIVITIES UNDER CIVIC SENSE AREA

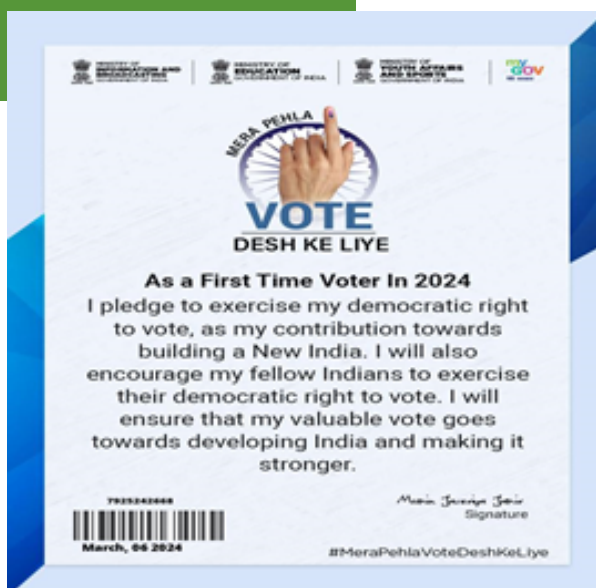
➤➤➤ “MERA PEHLA VOTE DESH K LIYE”



Extension students have actively participated under “VOTE- DESH K LIYE” campaign. They have taken pledge to be an active voter for casting their democratic right for the country. Students across different year from first to final year have participated in the campaign.



Our extension students have carried out an “Importance of voting” campaign at Abs academy classes for first time voters. They have encouraged the students to cast their vote for the time which is a sign of good citizenship.



UDAAN THE FLIGHT OF EXTENSION 2024

Every year the Department of Lifelong Learning and Extension organizes the Annual Extension Work Festival titled "UDAAN – the Flight of Extension" in the months of January – February in a decentralized manner in Mumbai, Thane, Palghar, Raigad, Ratnagiri and Sindhudurg– the districts under the jurisdiction of the University of Mumbai. The centre allotted for UDAAN was Uran Education society's college of management and technology, Uran. Total 20 students participated in the UDAAN festival in categories of street play, poster competition, creative writing and elocution competition.



Mr Kaif Qureshi , T.Y.B Pharmacy extension student was selected as one of the Anchor for hosting UDAAN fest, Mumbai university. His selection was done amongst top 150 students representing from different Mumbai university colleges. Ms Aksha and Ms Asheya , T.Y.B Pharmacy extension students got consolation prize for poster competition at UDAAN fest 2024, Mumbai university. They had presented poster on environmental issues and its implications on mankind.

EXPERIENCES FROM OUR EXTENSION STUDENTS

MR KAIF QURESHI



"Being an extension student has been an enriching journey for me. The flexibility of the program allowed me to pursue my education while balancing other commitments. The quality of instruction and support from faculty members exceeded my expectations, providing me with valuable knowledge and skills. I'm grateful for the opportunities and growth I've experienced as an extension student, and I highly recommend the program to anyone seeking a flexible and rewarding educational experience."

MS SHRUTI MORE

"As an extension project student, I found the program to be incredibly enriching. It allowed me to delve deeper into topics of interest and apply my learning in real-world scenarios. It not only challenged me academically but also helped me grow personally. The guidance and resources provided were instrumental in my success, and I'm grateful for the opportunity to have been a part of such a valuable program."



MR SARFARAZ SHAH



"Being an extension student has been a transformative journey. The flexibility allowed me to pursue my passions while balancing other commitments. The diverse courses enriched my knowledge, broadened my perspectives, and connected me with a vibrant community of learners. It's been an invaluable experience, empowering me to continuously grow and thrive academically."



Hello! Warm Greetings to all . First of all, I would like to congratulate my entire extension students for working hard that helped us to touch lakhs of innocent life. Students' compassion and dedication for working towards society had been always been an instrumental part of extension work. Thanks to department of lifelong learning and extension, Mumbai University for providing us the needed support for carrying out the community work. A special thanks to our field co-ordinator Dr BS Patil for motivating and guiding our team in all aspects of work. A heartfelt thanks to our Director, Dean and management for all the timely help and motivation.

I'm thrilled to bring you the latest edition of our newsletter. This is packed with insights, updates, and stories that highlight the incredible work being done by our team and our community.

In this edition, you'll find detailed reports on recent projects, highlights from upcoming events, and a deep dive into the developments shaping the future of our extension programs. Our goal is to keep you informed, engaged, and inspired, so you can continue making a positive impact in your communities and beyond.

I hope you find this newsletter informative and motivating. As always, we welcome your feedback and encourage you to reach out with any thoughts or suggestions. Thank you for your continued support, and here's to another successful season of growth, collaboration, and progress!

Regards

Prof Maria Lal Ahmed

DLLE co-ordinator, AIKTC School of Pharmacy.