



**ROYAL COLLEGE OF EDUCATION AND  
RESEARCH FOR WOMEN, MIRA ROAD (E)**

**2018- 2022**

**ACTIVITIES OF VRIKSHA VATIKA SANGATHAN**

**ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN**

**ROYAL COLLEGE CAMPUS, MIRA ROAD (EAST)**

**VRIKSHA VATIKA SANGHATHAN**

**THE GREEN PRACTICES OF ROYAL COLLEGE OF EDUCATION AND  
RESEARCH FOR WOMEN**

An array of programs and event are planned every year under the guidance of Vriksha Vatika Sangathan which reflects the positive environmental ethos and closeness to environment. Following activities reflects the eco-friendly practices and nurturing of environmental values.

**1. GREENING INSTITUTION**

**ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN**

**REPORT ON GREENING INSTITUTION**

**DATE: 10<sup>TH</sup> August, 2019**

**TIME: 10: 35 AM to 11:25 AM**

"Trees are the earth's endless effort to speak to the listening heaven." — *Rabindranath Tagore*

It is the culture of time immemorial, since Vedic Period, of our country to worship, protect and nurture our mother earth and its nature. "Do not harm the environment; do not harm the water and the flora; earth is my mother, I am her son; may the waters remain fresh, do not harm the waters... Tranquility to the atmosphere, to the earth, to the waters, to the crops and vegetation." This Vedic prayer invokes divine intervention to bless and protect the environment.

The Student's Council of Royal College of Education and Research for Women has organized a greening institution in order to sensitize the students towards the need to preserve our environment and ecology, following the cultural heritage of the country. The program was held on 10<sup>th</sup> August, 2019 in the college campus itself. The program was hosted by Ms. Rubina Samnani and Ms. Nazneen Parmar who inaugurated the program with their welcome speech. They drew the attention of the student teachers and the faculty members towards the present scenario of global environment and importance of afforestation to maintain the ecological balance and stepping towards sustainable development. Ms. Munmun Patel recited a thought provoking poem which stirred the emotion and enthusiasm among the members for greening institution.

The S.Y.B.Ed student teachers were divided into five groups, who planted 2 saplings per group. The saplings were selected prior to the program keeping in mind their benefits.



10/8/2019

THE POEM ON TREES BY *Ms. Mummun Patel*

WOH TEHENIYA

Meri naani ke ghar mai ek chota sa angan hai  
Usme tarah tarah ke masalo ki hariyali ka sagar hai

Jab mai kabhi jaati thi ek daal ko todne  
Naani Aa jaati thi karachi lekar Saare Kaam chodke

Mai hamesha sochti thi ye kyu itni diwani hai  
Ped paudhe todti ye khud bhi h bus Hume dhamkane chali aati hai

Chahe choti si elaichi ya ho mirchi ka guccha  
Aise hi tod le aati thi sar par rakh kar apna wo tokra

Ek din Peru ka fal mujhe dekh muskaya  
Chadne lagi mai uspar par kaise ye samajh nahi aaya

Ek din ek nishaan dekh kar mai naani se puch padi  
ye kya naani tune daal yaha ki tod di

Wo boli are pagli ye wo nishaan hai  
Jo mere angan ki khushiyon ki saugat hai

Kabhi Kabhi kya bolti wo sayani mere samajh nahi aata  
To maine badal di disha iski pucha Matlab maa se jo gundh rahi thi aata

Maa boli muska kar ye bahut purani Baat hai  
Naani ka wo pehla ped hai jiski todi maine daal hai

Fir bhi ab tak mere man ko nhi samajh kuch aaya  
Fir socha Jane do aur fir Peru par nazar tikaya

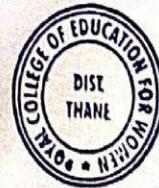
Fir ek din koshish meri ho gai kamayab  
Mehnat ka fal mitha hota peru ho ya aam

Wo ek paudhaa ped bankar mujhe khila raha apna pyar hai  
Naanu se zid kr bandhwaye usme jhoole maine Char hai

Dham karke khidki baji neend khul gai aaj  
Ghar wahi hai ped wahi bus ho gaya ped ghar kaa taaj

Niche dekha khidki se meri beti ab us jhoole par jhoomti hai  
Wo ped ki tehniya mujhe har khidki par dhundti hai

Pure ghar ko apni god mai kuch aise samaye hai



Ye naani ki hi den hai jo uske jane pr bhi hamare sath hai

Aaj log is bheed bhad mai kho jaate raste aur mukam hai  
Fir bhi hamare chuttiyon ka yehi ek mukaam hai

Ek aurat ke ped ne sarahe pushte Chaar hai  
Fir kyu Hume in pedo se nhi itna pyaar hai?

Ek Se anek karo bharo fir se dharti mai rang hara  
Sabne milakar hai bigada fir kyu Chad jaati unnati ke Naam par inki Bali bhala

Ye hamare dost hai prakriti ka hai roop  
Boond boond se ghat Bharat sagar vishal anup

Aaj milakar sankalp kro kyuki dharti maa tumhari hai  
Firse karna isko ujwal God uski hariyali hai

Pyaar bhara fal pana chaho to galti ko karo sudhar  
Har ped ke katne par lagao ped hazar...

Haan hazar ki ginti ek Jan ke liye nanumkin sa Kaam Hai  
Par sab milke kre ropan to ye sab aasan hai

Jaate jaate nhi kahungi kro ye hamara Kaam hai..  
Bus dharti ko samjho apni wo sabki ek saman hai  
Wo sabki ek saman hai.



ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN  
LIST OF THE PLANTS PLANTED IN GREENING INSTITUTION

GROUP NO.	NAME OF THE PLANT	SCIENTIFIC NAME	FAMILY	BENEFITS
I	NEEM	Azadirachta indica	Meliaceae	used in skin diseases, intestinal ulcers, malaria, stomach ache, reducing bile etc
	PERIWINKLE	Catharanthus roseus	Apocynaceae	used in diabetes, malaria, hodgkins lymphoma etc.
II	ALOE VERA	Aloe vera	Asphodelaceae	accelerates healing, anti oxidant, anti bacterial, lowers blood sugar, reduces dental problems, improves the skin etc.
	SCILLA	Scilla siberica	Asparagaceae	beautifies the garden and landscape, remedies for dandruff and chronic pain, used as supplement for menstrual cycle etc.
III	BETEL	Piper betel	Piperaceae	rich in vitamins and calcium, helps in treating diabetes, cures headache, heals wounds, prevents carcinogens, aids in weight loss etc.
	ASTER	Macrosteles quadrilineatus	Asteraceae	used for ornamentation and prayer etc.
IV	KADI PATTI	Murraya koenigii	Rutaceae	used as seasoning, making scented soaps, anti oxidant, anti inflammatory, anti fungal, anti bacterial, decongestant, treating anemia, liver disorders and hair problems etc.
	WISHBONE FLOWER	Torenia fournieri	Linderniaceae	used for ornamentation and decoration etc.
V	TULSI	Ocimum sanctum	Lamiaceae	boosts immune system, prevents radiation poisoning, lowers cholesterol, combats stress, fights against cancer, lowers blood glucose level, promotes healthy liver function etc.
	HIBISCUS	Hibiscus rosa- sinensis	Malvaceae	prevents hair loss, reduces gray hair, cures liver disorders and constipation, supports blood circulation and having anti inflammatory property etc.



PHOTO GALARY OF THE PROGRAM



The program was a huge success empowering students with substantial knowledge of environment and plants and simultaneously enhancing their social skills.



GREENING INSTITUTION PROGRAM, 2019

**2. HEALTH AND HYGEINE AWARENESS CAMP IN MARGINALISED GROUP OF PEOPLE**



**COMMUNITY AWARENESS PROGRAM, 2018**



**COMMUNITY AWARENESS PROGRAM, MBMC SCHOOL, KASIGAON, 2019**

**3. BEACH CLEANING DRIVE**

Beach cleaning drive was taken up under community service on 12<sup>th</sup> January, 2019 at Suruchi Beach , Vasai, collaborating with NGO.

**ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN  
S.V.B.Ed. (2018-2019) SEMESTER- IV  
COMMUNITY SERVICE SCHEDULE W.E.F. 10th Jan, 2019 TO 16 th Jan, 2019**

GROUP NOS.	Group-1	Group-2	Group-3
<b>DAY 5: 15/1/2019 (Tuesday) : Suruchi Beach Cleaning Campaign at Vasai West</b>			
VENUE	Vasai (West) Killa Bandar Road		
TEACHER INCHARGE	SB & SS		
<b>DAY 6 : 16/1/2019 (Wednesday) : All Groups will be doing Door to Door survey at Thane</b>			
VENUE	Manorama pada, Thane		
TEACHER INCHARGE	MM	SbS	SC

Inchage: Ms. Sonia Bombacha



**CERTIFICATE OF APPRECIATION**

This certificate is presented to  
Ms. Geeta Verita  
 in recognition for participating in the  
 Clean Vasai Beach  
 Drive on the 15th of January 2019  
 at Suruchi beach

Your efforts will always be cherished!

*Lisbon Ferrao*  
 Zsuzsanna Ferrao  
 Founder

*Lisbon Ferrao*  
 Founder




11<sup>th</sup> January 2019, School visit was organized by Sakhya at Nirmal, Gasa and Bhulgaoon where all students of S.Y.B.Ed conducted different activities in the school.

12<sup>th</sup> January 2019 all students were asked to do Door to Door survey at Gasa, Dongri Pada at Nallasopara (E)

14<sup>th</sup> all students were asked to do Door to Door survey at Arnala Koliwada, Virar (W).

15<sup>th</sup> January 2019, all Students of S.Y.B.Ed participated in Beach Cleaning Campaign at Suruchi Beach Vsai.

16<sup>th</sup> January 2019, all students were asked to do Door to Door survey at Manorama Pada Thane.

TEACHER INCHARGE:  
 MS. SONIA BOMBACHA

*[Signature]*  
 PRINCIPAL  
 ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN  
 DIST. THANE, DIST. THANE-401 107.




#### 4. SPECIAL ASSEMBLIES

Special assemblies were held on environmental issues by discussing the significance of the day, contemporary concerns and intervention strategies.



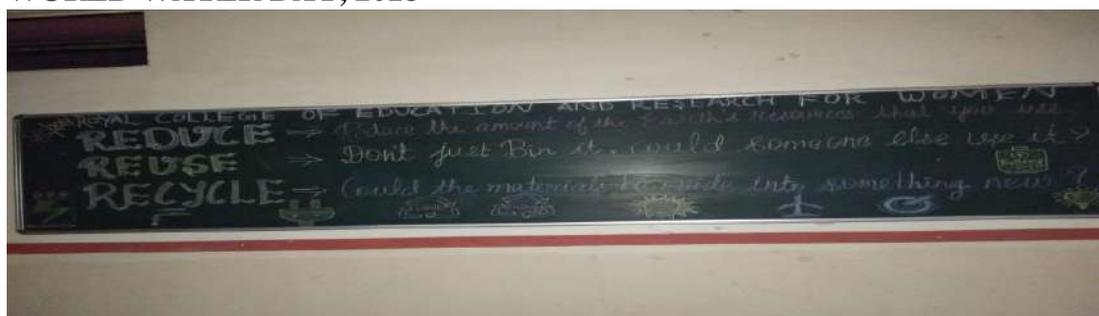
WORLD WILD LIFE DAY, 2022



WORLD POPULATION DAY, 2019



WORLD WATER DAY, 2018





**NATIONAL ENERGY CONSERVATION DAY, 2018**



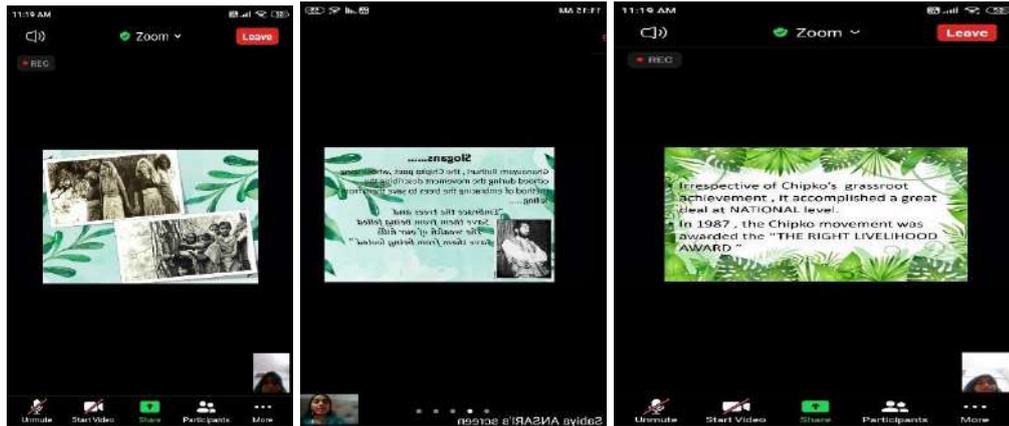
**INTERNATIONAL WOMEN'S DAY, 2022. THEME: ECO-FEMINISM**

### 5. AWARENESS SEMINARS

During Covid period online seminars were conducted by the students for internship schools' student



**ONLINE SEMINAR ON PROTECTION OF ENVIRONMENT, 2020**



**ONLINE SEMINAR ON PROTECTION OF ENVIRONMENT (CHIPKO), 2020**

## 6. STREET PLAYS

Street play conducted in vicinity on the topic 'Ecofeminism' (2018-19), where students portrayed feminine qualities of environment and the anthropogenic practices of environment. Solution of the environmental issues were discussed through the play.



**STREET PLAY, 2019**

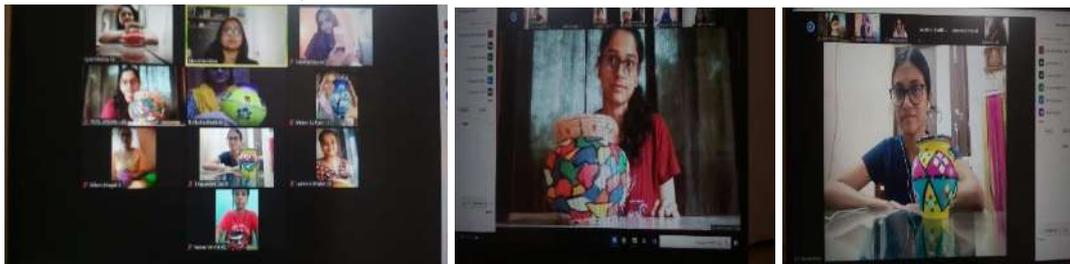
## 7. SUPW IN CCA ACTIVITIES



**MASK AND PUPPET MAKING, 2019**



**POT DECORATION, 2019**



**POT DECORATION, 2021**

## 8. POSTER MAKING ON ECOFEMINISM



**ONLINE CCA POSTER MAKING, 2021**

## 9. WELL MAINTAINED GREEN CAMPUS



## APPRECIATING GREEN CAMPUS WITH THE ACTIVITY OF RAINBOW WALK

NAME : \_\_\_\_\_ STD. : \_\_\_\_\_ DIV. : \_\_\_\_\_

Page : \_\_\_\_\_  
Date : 8/12/17

### A Rainbow Walk

**Objective :** To develop mindfulness in oneself

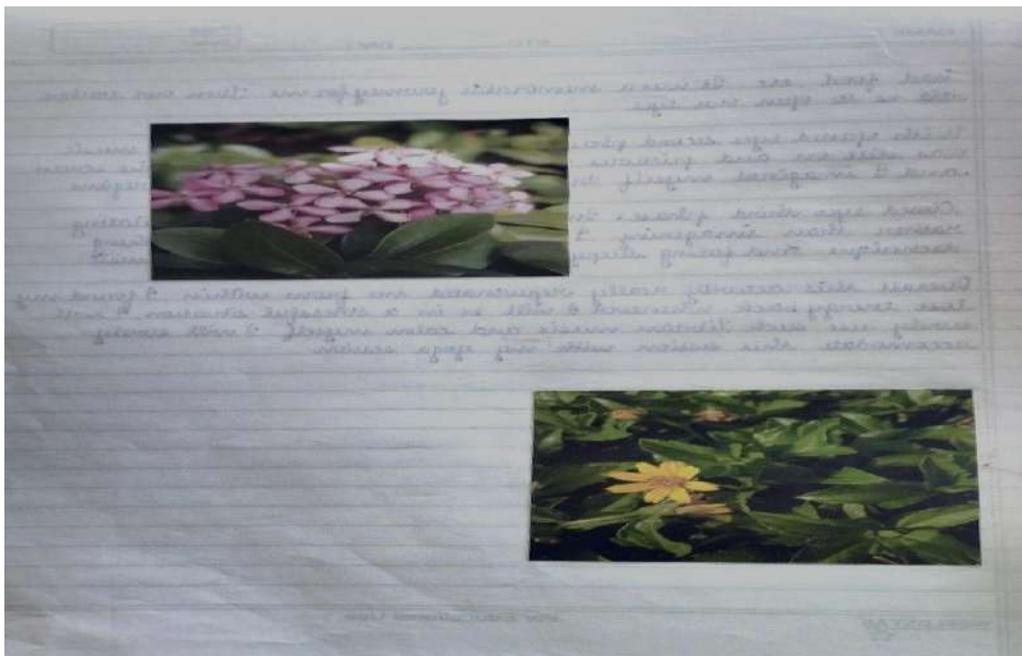
**Participants :** Individuals

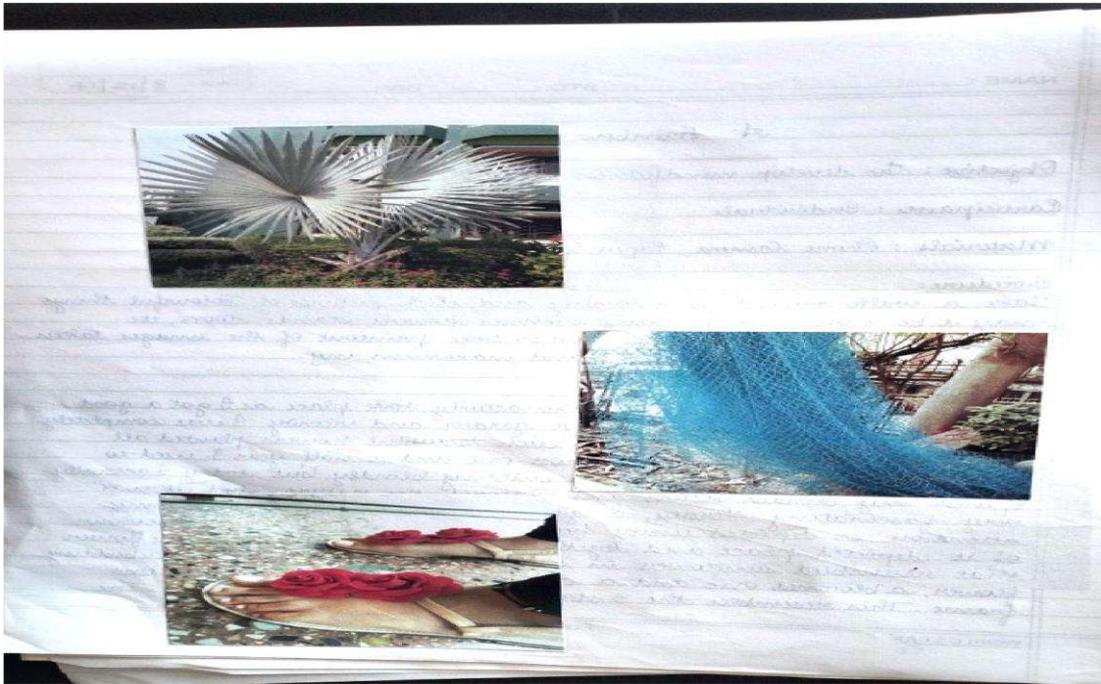
**Materials :** Phone camera, Paper, print-out of images.

**Procedure :**  
Take a walk around your locality and click pictures of colourful things may it be non-living things such as flowers, stands, doors, etc.  
Sketch one thing for each colour or take printout of the images taken.  
Take minimum five colours and maximum any.

**Reflection :**  
I am actually thankful that this activity took place as I got a good opportunity to explore my college garden and vicinity. I was completely unaware that our college had such beautiful flowers planted all around the location. For almost one and a half year I used to just enter and exit the main building blindly but today I actually opened my blinded vision and explored the nature and it was very fascinating. Firstly, a group of pink flowers caught my attention. It depicted unity for me and the subtle pink colour of it depicted peace and togetherness. Second was the yellow flower that resembled sunflower in structure. The camera caught a budding flower, a bloomed one and a dead one's message together in one frame. This resembles the 3 stages of life of humans for me. The

WORLDSTAR  
☆  
For Educational Use





NAME: \_\_\_\_\_ STD: \_\_\_\_\_ DIV: \_\_\_\_\_

Page: \_\_\_\_\_  
Date: \_\_\_\_\_

There was a star-shaped plant. It was standing out in the group like the 'star of the group' because of its unique shape. And I learnt that each one had its unique qualities that helps them to stand out in a group of common crowd of people. The fourth colour is the blue colour of the net that is used for fishing the college. A net can trap you or it can protect you. Use your qualities where and whenever necessary. This is what I learned and trap people by doing good to them forever so that they love your trap. The fifth colour is the striking red colour flowers on the sandals of the girl. Red colour provides one with energy and reboots you for your day to work harder with full fledged energy. Through this activity I had my own interpretation of colours and I really enjoyed my own perspective towards different things in our surrounding. This activity enhanced and increased my love for nature as well.

*Handwritten notes:*  
 Wonderful  
 Thank you  
 Inspiring

WORLDSTAR  
 For Educational Use



*Handwritten signature in green ink.*

**PRINCIPAL**  
 ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN  
 Royal College Campus, Penkar Pada,  
 Mira Road (E), Dist. Thane-401 107.