

Report on Three-Day Extension Activity at Rainbow Society for Differently Abled

Date: 6th-8th December, 2023

"The Department of Humanities and Social Sciences demonstrated its commitment to social integration through an inclusive society by organizing a three-day extension activity at the Rainbow Society for Differently Abled from 6th to 8th December 2023. After obtaining permission from the Pro-Vice and Rainbow Institute, the visit was initiated, with the participation of Dean Prof. Shahid Ali Kha, HOD Prof. Zeba Aqil, and all the faculty members and students from the department."

The visit to the Rainbow Society was organized to sensitize the students towards differently-abled children. The students were instructed and trained to follow some guidelines during the visit. The integral University provided the commute to facilitate the visit.

Day 1 The interaction and Warm up Session

On the first day of the extension activity, the students were warmly welcomed at the Rainbow Society; the focus was to encourage students to interact with the mentally challenged individuals. Engaging in various activities helped foster a sense of connection and understanding. The children there showcased impressive skills in dancing, singing, and acting, leaving the students and faculty coordinators deeply impressed.

Day 2: Continued Engagement and Reflection: The second day of the extension activity included the identification of the symptoms and feature of the special children. The focus shifted towards understanding the needs of these special children, the focus was to make students realize that the disabled children are only different in the way of their learning process.

During these interactions, the faculty and students had the opportunity to witness the residents' proficiency in pottery and candle-making. The beautifully designed candles, crafted by the mentally challenged individuals, caught the attention of faculty and students. Impressed by their creativity and skills, many of the faculty and students purchased these candles, further contributing to the happiness and sense of accomplishment of the residents.

Day 3: Culmination and Impact Assessment: The third day of the extension activity involved a comprehensive reflection session and a culmination of the experiences gained over the two preceding days. Faculty and students gathered to discuss the impact of the interaction on both the Psychology students and the mentally challenged residents.

A panel discussion was organized, featuring faculty members, students, and representatives from the Rainbow Institute. The discussion covered topics such as breaking stereotypes, fostering inclusivity, and the role of community engagement in mental health awareness. This served as a platform for sharing insights, challenges faced, and the broader implications of such initiatives.

Additionally, a feedback session allowed the students to express their thoughts on the overall experience and provide suggestions for future activities. The faculty coordinators, Dr. Zeeshan Warsi and Dr. Farah Shoaib, facilitated the session, ensuring that the feedback received could be used to enhance the effectiveness of similar future endeavours.

Conclusion:

The Three Day extension activity at the Rainbow Society for Differently Abled emerged as a pivotal encounter for both Students and Residents. This initiative not only achieved academic goals but also profoundly impacted social responsibility and community involvement. The abilities demonstrated by the intellectually challenged members, in conjunction with the acquisition of their handcrafted candles, imparted a distinct and motivational aspect to the endeavour. The third day's introspective session and panel conversation amplified the pedagogical merit of the pursuit, laying the groundwork for substantial discourse and impact evaluation. The assertive engagement of faculty coordinators, accompanied by the learners' zeal, rendered this expansion initiative an echoing triumph in cultivating empathy, benevolence, and a profound comprehension of mental health adversities while advocating an atmosphere of inclusiveness and unity.



