

**AWARENESS AND ACTION RESEARCH FOR YOUTH AWAKENING (AARYA)
INTERCOLLEGIATE INTERDISCIPLINARY UNDERGRADUATE RESEARCH
COMPETITION
2018-2019**

26th and 27th February 2019

**Venue: Marie Adelaide de Cice Hall
College of Home Science Nirmala Niketan
(Affiliated to University of Mumbai)**

AVISHKAR, MRP & AARYA CORE TEAM

- Dr. Kamini Rege (Convenor)
- Mrs. Roopa Rao (Member)
- Mrs. Vrinda Udiaver (Member)
- Dr. Minelly Rodrigues (Member)

Inception:

Where thought goes, action follows

The youth of today must possess a mind that questions, is curious, analytical and wants to contribute to society. True education does not live only in classroom; it extends into the society and turns it to newer paths. True education has to thrive into application. We aim to create a youth who is sensitive to problems in society, wants to understand it, study the issues and then wants to help make it better. We want to train our young minds into the spirit of leadership and of awakening and being heavily invested in transformation of the society. It is then that we will create a multi-dimensional India with the power to achieve her dreams.

Thus, the college initiated and designed AARYA intercollegiate competition to showcase outstanding research at the undergraduate level conducted by students. This was open to students from First Year or Second Year Degree College (current undergraduate students). Group entries as well as individual entries were accepted. The first of its kind for Nirmala Niketan as well as in Mumbai.

Objectives:

To provide:

- The opportunity to share their research ideas and results at a special forum that provides visibility for their work
- A platform to interact with attendees to share ideas, gain new insights, and understand possible practical applications
- Constructive feedback about their research and presentation, from a panel of distinguished judges from industry and academia
- Recognize and reward outstanding student research

Entries were received through online mode (Google forms). The participation fees were as follows:

- In house students: Rs. 50/- per participant
- Entries from other colleges: Rs. 2400/- per project
- Spot Registration was with an additional fee of Rs.1500/- (Total amount 3900/- three thousand nine hundred only in cash only. However no spot entries were received.

AARYA 2018-2019 REPORT

A total of 16 abstracts (including details such as Objectives, Methodology, Result, Contribution to Society and Interdisciplinary Relevance) were received for participation in the competition from in house students (12) as well as from other colleges (04) and are as follows:

SR. NO.	DETAILS
1.	<p>Effect of Metal Ions on the Activity of Urease Extracted From Different Plant Sources Students: Kareena Gala, Pooja Mehta, Kritika Choudhury Guides: Dr. Priya Sundarrajan & Dr. Vishwas Sarangdhar Caius Research Laboratory, St. Xavier's College Autonomous, Mumbai</p>
2.	<p>Cyborg feminism- Can science take way women's motherhood? Student: Dimpal Purohit Guide: Ms. Abhinaya Ramesh K.J. Somaiya Arts and Commerce, Mumbai university</p>
3.	<p>“Decoding the Myth of Crime for better Civil society” Students: Sanghvi Kevali Mangalam, Chowdhary Shumaila Bano, Sanghwal Yashpreet Kaur Guide: Dr. Pandurang V Barkale. S.N.D.T. College Of Arts And Commerce, S.N.D.T. Women's University.</p>
4.	<p>Cardiovascular Diseases in India – Causes and Prevention Students: Payal Trivedi, Manthan Madhusudan Mhatre, Shifa Fayyaz Kapdi Guide: Dr. Sumathi Gopal NCRDs Sterling College of Arts, Commerce & Science, Plot No 93, Sector 19, Opposite Haware Mall, 400 706 University of Mumbai</p>
5.	<p>Right- A Challenge for the Left! Students: Sakina Dudhwala, Batul Batliwala, Ekta Ananthanarayanan, Ummekulsum Jaorawala, Munira Jawadwala Guide: Ms. Roopa Rao College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
6.	<p>Consumption of Fast Foods Among College Students- A Study in Mumbai Students: Denise Viegas, Kate Felizardo, Tanya Gidwani, Gautami Avalur Guide: Ms. Sheetal Bhat College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
7.	<p>Consumer Awareness on E-Ticketing and Recycling of Train Tickets Students: Vazira Kapadia, Sakina Kanchwala, Barkha Parikh, Memon Amal, Shreem Pravin Patel Guide: Ms. Sunita Jaiswal College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
8.	<p>Ready-to-Eat Food Packaging: Current Practices, Smart use and Safe Disposal Students: Aafiya Chorwadwala, Salma Khokhar, Ayushi Doshi, Krutuja Hukeri, Guide: Ms. Vrinda Udiaver College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>

9.	Appetitive traits and Eating Behaviours among Adults Students: Bhoomi Somani, Disha Upadhyay, Harshada Tambe, Sakina Rangwala, Vidhya Singh Guide: Gulnaaz M. Engineer College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)
----	---

AARYA 2018-2019 REPORT

10.	<p>Mindfulness in Working Women Students: Tanvi Gala, Shamika Girkar, Puja Gada, Khushi Hemrajani Guide: Ms. Vibha Hasija College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
11.	<p>Eating Habits and Lifestyle of the Youth Students: Ashwini Arvind Chawhan, Leena Chacko, Siena D'souza, Shrasti Milan Joshi Guide: Dr. Minelly Rodrigues College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
12.	<p>The Impact of the Internet on Lifestyle of Women of age group of 16 to 25years Students: Shweta Walekar, Mantasha Khan, Shifa Maniyar Guide: Ms. Vibhuti Khedekar College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
13.	<p>An Interdisciplinary Exploratory Research on "Veganism: A Lifestyle Statement" Students: Jinagna Gondalia, Meha Savla Guides: Dr. Vishaka Karnad, Ms. Fatima Kader College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
14.	<p>Stress Management and Dietary Guidelines for Parents of Children with Autism: Expert Opinions Students: Mayuri Satish Nimbre, Sakshi Devdatta Patil, Samiksha Uday Patil, Fatima Sadaf Hagalwadi, Rucha Shailesh Mhatre Guide: Ms. Khyati Sampat College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
15.	<p>Study of Consciousness against Workplace Harassment in India Students: Lakshmi Karthik, Sarah Hegde, Batul Bharmal, Binal Dedhiya Guide: Ms. Sanghmitra Navalgund College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>
16.	<p>Impact of Body Image on Behaviour, Eating Patterns and Clothing Styles in Adolescents Students: Greeshma Mulakatte, Hinal Saiya, Briana Rodrigues, Alisha Rosario Guide: Dr. Ritu Madhan College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)</p>

Program schedule

Day 1- 26 February 2019 (Tuesday)

08:30-09:30 am	Registration
09:30-10:00 am	Introduction and welcoming judges
10:00-01:00 pm	Interdisciplinary Inter-collegiate competition
01:00-02:00 pm	Lunch break
02:00-04:30 pm	Competition continues

Day 2- 27 February 2019 (Wednesday)

08:30-09:00 am	Registration
09:00-11:00 am	Talk on Science Communication
11:00-12:30 pm	Prize and certificate distribution

DAY 1

The session began with a welcome address by Principal Dr. Geeta Ibrahim. An introduction to the judges was given by Mrs. Roopa Rao, Assistant Professor, whereas Ms. Vibha Hasija, Coordinator S.Y.B.Sc. Compered during the two day event

The judges were:

1. Dr. Aasia Radiowala (In-Charge Principal Anjuman-I-Islam's, Begum Jamila Haji Abdul Haq College of Home science (Affiliated to SNTD Women's University).
2. Mr. Santosh Pathare, Gen. Secretary of Prabhat Chitra Mandal and Ex. Associate Professorat Department of Chemistry , Guru Nanak College of Arts, Science and Commerce.
3. Dr. Hemlatha Ramachandran, Department of Life Science, Sophia College for Women.
4. Mariyah Gour-Ghori, Associate Professor and Head, Dept. of Sociology at Rizvi College of Arts, Science & Commerce.

The criteria for judging were based on the following aspects:

- Novelty & Uniqueness of Research Topic
- Content Process (Rationale & Purpose)
- Interdisciplinary approach
- Relevance to current situation /application of the research
- Presentation skills
- Ability to answer queries/ questions
- Overall impression or impact

A maximum of two members from each team were allowed to present. Powerpoint was used as the mode of presentation. Each team was allotted 8 minutes for presentation followed by a question and answer session. The teams were allotted codes so as to not reveal their identity during presentation. Each of the judges provided feedback to the participating teams upon conclusion of the session. First of all they appreciated the wide range of content rich topics that were selected and worked upon by the students. They also stressed upon the importance of conducting pilotstudies prior to undertaking a study on a large scale which helps identify potential problems in the study design. The students were also asked to include graphic content in the power point presentation from Indian sources. The students were also asked to explore qualitative research so as to generate deeper insights into those areas and sensitize them to less researched topics. Overall they congratulated the students for the efforts put in by them and also encouraged them to participate in other research forums such Avishkar Research competition organized by the University of Mumbai.

DAY 2

Talk on Science Communication:

A talk on science communication was delivered by Dr. Radhika Tendulkar and Dr Manasi Kanuga, St. Xavier's College. In her session she highlighted the importance of communicating scientific data effectively. She introduced the students to scientific writing. She discussed the various segments of a research paper and provided tips for successfully writing these sections. Information on quality indices of scientific publications such as the impact factor was also provided by her.

Prize and certificate distribution:

The two day intercollegiate competition concluded with the prize and certificate distribution function. The chief guest for session was Dr. Pramod Pabrekar, Consultant, Rasthriya

AARYA 2018-2019 REPORT

Ucchatar Shiksha Abhiyaan (RUSA), Govt. of Maharashtra and 40 Years of Service in Education field. He in his address congratulated the staff and students on initiating this competition and also urged them to take AARYA to greater heights in the future.

The prizes were announced by Ms. Vibha Hasija, Coordinator, S.Y.B.Sc. Home Science. All students were awarded certificates of participation. The details of the winners are as follows:

Winners:

PRIZE DETAIL S	WINNING TEAMS
First Prize Trophy, Certificate & Rs. 5000/- cash prize	Right- A Challenge for the Left! Students: Sakina Dudhwala, Batul Batliwala, Ekta Ananthanarayanan, Ummekulsum Jaorawala, Munira Jawadwala Guide: Ms. Roopa Rao College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)
Second Prize Trophy, Certificate & Rs. 3000/- cash prize	Consumer Awareness on E-Ticketing and Recycling of Train Tickets Students: Vazira Kapadia, Sakina Kanchwala, Barkha Parikh, Memon Amal, Shreem Pravin Patel Guide: Ms. Sunita Jaiswal College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)
Third Prize Trophy, Certificate & Rs. 1500/- cash prize	Effect of Metal Ions on the Activity of Urease Extracted From Different Plant Sources Students: Kareena Gala, Pooja Mehta, Kritika Choudhury Guides: Dr. Priya Sundarrajan & Dr. Vishwas Sarangdhar Caius Research Laboratory, St. Xavier's College Autonomous, Mumbai
(Shared by the two groups)	Consumption of Fast Foods Among College Students- A Study in Mumbai Students: Denise Viegas, Kate Felizardo, Tanya Gidwani, Gautami Avalur Guide: Ms. Sheetal Bhat College of Home Science Nirmala Niketan (Affiliated to University of Mumbai)

The students were also invited to share their feedback about AARYA. Ms. Salma Khokhar and Sanghwal Yashpreet Kaur shared their experience as participants in the competition and thanked the organizers for giving them the opportunity to present their undergraduate research work through this platform. They spoke about their transition from students who were unaware about research to students who could contribute in a small way towards knowledge generation in the field through the constant mentorship provided by their guides. Dr. Kamini Rege, Convenor of AARYA Intercollegiate Interdisciplinary Undergraduate Research Competition proposed the vote of thanks. She thanked the chief guest for his presence at the prize distribution ceremony. She also thanked the Principal for granting permission to organize this competition which has nurtured young minds and has been a stepping stone and motivated students towards conducting more intensive research in the future. She also acknowledged the role and inputs of all those who contributed towards the

success of AARYA.

Researchers are warriors. They mount their horses i.e. the need to make a difference and strive to making sweeping changes for the betterment of this world. AARYA revolves around the interdisciplinary; it has to be because life is interdisciplinary and multidimensional. AARYA is about making an impact on the community and having societal relevance; how else can we move towards evolution. AARYA stands for empowering the youth to empower the world. This thought and its action is in an expansion mode. 2020 will witness AARYA in a bigger and grander version and every AARYA will raise a notch above the previous. The *joshis* high; enough to touch skies.

PHOTOGRAPHS OF DAY ONE TUESDAY: 26TH FEBRUARY 2019



Dr Geeta Ibrahim
(Principal Addressing)



Compere – Mrs Vibha Hasija and Mrs Roopa Rao



Day One - Judges for Competition



Day One - Audience



Students Presenting Their Research



Group Photograph

Group Research



AVISHKAR, MRP & AARYA CORE TEAM AS WELL AS STAFF AND STUDENT VOLUNTEERS

PHOTOGRAPHS OF DAY TWO WEDNESDAY 27 FEBRUARY 2019



Talk on “**Science Communication**” was delivered by Dr. Radhika Tendulkar and Dr Manasi Kanuga, St. Xavier’s College

VALEDICTORY CEREMONY





VALEDICTORY FUNCTION

Award distribution



First Prize-Trophy, Certificate & Rs. 5000/- cash prize



Second Prize-Trophy, Certificate & Rs. 3000/- cash prize



Third Prize- Trophy, Certificate & Rs. 1500/- cash prize (shared by two groups)

