

**AWARENESS AND ACTION RESEARCH FOR YOUTH AWAKENING (AARYA)  
INTERCOLLEGIATE INTERDISCIPLINARY UNDERGRADUATE RESEARCH  
COMPETITION  
2019-2020**

The College of Home Science, Nirmala Niketan organized its 2<sup>nd</sup> Annual Intercollegiate Interdisciplinary Undergraduate Research competition AARYA (Awareness and Action Research for Youth Awakening) on 28<sup>th</sup> February, 2020 at Marie Adelaide de Cice Hall, College of Home Science Nirmala Niketan.

**Core Committee for AARYA**

- Dr. Kamini Rege- Convenor
- Ms. Roopa Rao- Member
- Ms. Vibhuti Khedekar- Member
- Dr. Minelly Rodrigues- Member
- Ms. Chandni Chopra- Student Member

The competition was designed to showcase outstanding research at the undergraduate level. Any student from First Year or Second Year Degree College who is a bonafide undergraduate student from any University was eligible to compete. Work done in group (maximum 5 students) or individually by the student/s was accepted for the competition.

**The competition was conceptualized with the following 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 inclusive of GST

**Fees for delegates:**

Individual student delegates: Rs. 200/- in cash

Faculty delegates: Rs. 750/- in cash

## AARYA 2019-2020 REPORT

A total of 20 abstracts were received for the competition and included 15 entries from in house students and 5 entries from students from other colleges. The details are as follows:

Title of Project	College/ Institute
Empowering Adolescents towards Well-being	College of Home Science, Nirmala Niketan
Fear Of Failure	Shivajirao Jondhle College of Engineering and Technology (Asangaon)
Effect Of Metal Ions On The Activity Of Succinate Dehydrogenase (Sdh) Extracted From Mung Beans (VignaRadiata)	St Xavier's College
Exploring the domain of malpractices in Indian Market	College of Home Science, Nirmala Niketan
Chick Embryo Retina As A Model To Study Vertebrate Neurogenesis	St. Xavier's College (Autonomous) Mumbai
Interior Design For Peace	S.M.R.K. -B.K.-A.K.- Mahila Mahavidyalaya, Nashik
Effect Of Estradiol On Retinal Neurogenesis In Chick Embryo	St. Xavier's College (Autonomous), Mumbai
Perception of facilities provided for Divyanjan passengers in Mumbai local trains	College of Home Science, Nirmala Niketan
Food Wastage and Hygiene in Street Food in Mumbai.	College of Home Science, Nirmala Niketan
Sustainability of traditional food, clothing and lifestyle in India: A comparative study	College of Home Science, Nirmala Niketan
Need and Importance of Sexuality Education for the Children with Intellectual Disability.	College of Home Science, Nirmala Niketan
Knowledge Attitude and Practices among Adult Muslim Men and Women with respect to Healthy Diet	College of Home Science, Nirmala Niketan
A comparative study of lack of socialization and challenges faced by elderly	College of Home Science, Nirmala Niketan
Views of Lactating Mothers on Breastfeeding.	College of Home Science, Nirmala Niketan
GEN Z Youth Moving From Existential To Intentional Online Social Activism	College of Home Science, Nirmala Niketan
Technology Usage, Its Impact and Interference in The Lifestyle Of The Youth	College of Home Science, Nirmala Niketan
Mudras - The union of individual and universal consciousness.	College of Home Science, Nirmala Niketan
Impact of Nutrition Education on Young Women's Daily Dietary Habits	College of Home Science, Nirmala Niketan
Social Perceptions, Challenges and Medical Issues of tattoos.	College of Home Science, Nirmala Niketan
Journey of Travellers in Mumbai	College of Home Science, Nirmala Niketan

**Program schedule:**

Time	Detail of the Program
08.00 to 09.00 am	<ul style="list-style-type: none"> <li>• Registration</li> </ul>
09.00 to 09.15 am	<ul style="list-style-type: none"> <li>• Introduction of the Program</li> <li>• National Anthem</li> <li>• Introduction of Judges</li> </ul>
09.15 to 11.30 am	<ul style="list-style-type: none"> <li>• 9 presentations (Code No. 1 to 9)</li> </ul>
11.30 to 11.45 am	<ul style="list-style-type: none"> <li>• Break</li> </ul>
11.45 to 01.45 pm	<ul style="list-style-type: none"> <li>• 9 presentations (Code No. 10 to 18)</li> </ul>
01.45 to 02.15 pm	<ul style="list-style-type: none"> <li>• Lunch Break</li> </ul>
02.15 to 02.45 pm	<ul style="list-style-type: none"> <li>• 3 presentations (Code No. 19 to 21)</li> </ul>
02.45 to 03.00pm	<ul style="list-style-type: none"> <li>• Feedback and Winding up</li> </ul>
03.10 to 03.50 pm	<ul style="list-style-type: none"> <li>• Preparation For Valedictory</li> </ul>
04.00 to 04.45pm	<ul style="list-style-type: none"> <li>• Valedictory Function and Distribution of Certificates</li> </ul>
	<ul style="list-style-type: none"> <li>• Welcoming guest</li> </ul>
	<ul style="list-style-type: none"> <li>• Lighting lamp</li> </ul>
	<ul style="list-style-type: none"> <li>• National Anthem</li> </ul>
	<ul style="list-style-type: none"> <li>• Introducing Chief Guest Dr. Rashmi Oza</li> </ul>
	<ul style="list-style-type: none"> <li>• Speech by Dr. Geeta Ibrahim</li> </ul>
	<ul style="list-style-type: none"> <li>• Speech By Chief Guest</li> </ul>
	<ul style="list-style-type: none"> <li>• Announcement Of The Awards</li> </ul>
	<ul style="list-style-type: none"> <li>• Vote of Thanks by Convenor- Dr. Kamini Rege</li> </ul>

The program began at 9:00 am with the national anthem. Ms. Vibha Hasija, Faculty from the college gave an overview of the competition and also introduced the judges. The judges for the competition were:

Name of the Judge	Designation	College/ Institute
➤ Dr. Rita Patil	Associate Professor & Vice-Principal	Maniben Nanavati Women's College
➤ Dr. Suvarna Sharma	Assistant Professor Department of Life Sciences	K C College
➤ Dr. Sheela Philip	Faculty	St. Teresa's Institute of Education
➤ Dr. Gauri Vahalkar	Head of Department M.Sc. Nutraceuticals	G.N. Khalsa College
➤ Mr. Amrish Mangle	Lecturer (Interior Designing Department)	Nirmala Niketan Polytechnic

### Criteria for Judging

- Novelty & Uniqueness of Research Topic
- Content Process (Rationale & Purpose, review of literature, objective/s, methodology, result and discussion)
- Interdisciplinary approach
- Relevance to current situation /application of the research / Significance/contribution of the research to society
- Presentation skills (Visual and Oral presentation)
- Ability to answer queries/ questions
- Overall impact
- The decision of the judges was considered to be final

The teams were allotted codes so as to not reveal their identity during presentation. A time slot of 7 min was provided to each group. Two members from each group were allowed to present their PowerPoint presentation, whereas, all members participated in the question and answer session at the end of each presentation. All the judges shared their feedback at the end of the program. They appreciated the work done by the students, pointed out lacunae and provided suggestions for further work.

The valedictory function began at 4pm. The Chief Guest for the occasion was Dr. Rashmi Oza, Dean of Interdisciplinary studies, University of Mumbai. The program began with the lighting of the lamp. Dr. Geeta Ibrahim, Principal, College of Home Science, Nirmala Niketan presented a token of appreciation to Dr. Oza and also introduced her to the gathering. Ms. Noella Dias, Administrator, College of Home Science, Nirmala Niketan was also present. Dr. Oza in her address thanked the college for inviting her for the program. She highlighted the importance of research especially for undergraduate students which may be a source of newer discoveries by the younger generation. She stressed the importance of contributing to humanity and the need to be always curious, open minded and also open to constructive feedback. Ms. Roopa Rao, Faculty, College of Home Science Nirmala Niketan, announced the prize winners.

## AARYA 2019-2020 REPORT

The winners were as follows:

Prize	Title of the project	Names of Students	Name of Guide	College/ Institute
<b>1<sup>st</sup> Prize</b> Trophy, certificate and cash prize of Rs. 5,000/-	Chick Embryo Retina As A Model To Study Vertebrate Neurogenesis	<u>Arjun Udupa</u> Pooja Mehta	Dr. Radhika Tendulkar	St. Xavier's College (Autonomous) Mumbai
<b>2<sup>nd</sup> Prize</b> Trophy, certificate and cash prize of Rs. 3,000/-	Effect Of Estradiol On Retinal Neurogenesis In Chick Embryo	<u>Kenneth Pinto</u> Althea Martis Rhea Garg	Dr. Radhika Tendulkar	St. Xavier's College (Autonomous), Mumbai
<b>3<sup>rd</sup> Prize</b> Trophy, certificate and cash prize of Rs. 2,000/-	Perception of facilities provided for Divyanjan passengers in Mumbai local trains	<u>Arya Sankaranarayanan</u> <u>Purva Ashar</u> Barwaniwala Mariya Bavishi Palak DahodwalaArwa Gala Pankti Koradia Nehal	Mrs. Roopa Rao	College of Home Science, Nirmala Niketan
<b>Consolation Prize</b> Certificate and cash prize of Rs. 1,000/-	Effect Of Metal Ions On The Activity Of Succinate Dehydrogenase (Sdh) Extracted From Mung Beans (Vigna Radiata)	<u>Emome Thingujam</u> Shruti S Meghna Vinodan Yash Bhandare Hiltine Furtado	Dr. Vishwas Sarangdhar and Dr. Priya Sundarrajan	St Xavier's College

Certificates of participation were presented to all students. A certificate of appreciation was also given to each guide. Dr. Kamini Rege, Convenor proposed the vote of thanks.

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**PHOTOGRAPHS OF AARYA 2020**



**MRS. VIBHA HASIJA INTRODUCING THE COMPETITION TO THE STUDENTS**



**PANEL OF JUDGES FOR THE COMPETITION**





**PRESENTATIONS BY STUDENTS**

**VALEDICTORY FUNCTION**



**LIGHTING OF THE LAMP BY CHIEF GUEST DR. RASHMI OZA**



**PRESENTATION OF A TOKEN OF APPRECIATION TO THE CHIEF GUEST BY PRINCIPAL DR. GEETA IBRAHIM**



**CHIEF GUEST ADDRESSING THE STUDENTS**





**1<sup>st</sup> PRIZE WINNERS**



**2<sup>nd</sup> PRIZE WINNERS**



**PRIZE WINNERS**



**CONSOLATION PRIZE WINNERS**



**AVISHKAR, MRP AND AARYA CORE COMMITTEE  
ALONG WITH PRINCIPAL AND STAFF**