

### AREA BASED PROJECT -1 (2019-2020)

SR.NO	DATE	EVENT
<b>SWACCH BHARAT</b>		
1	13/08/19	Swacch bharat poster making
2	08/08/19-14/08/19	Swacch bharat street play practice
3	14/08/19	Swacch bharat rally
4	14/08/19	Screening of swacch bharat videos in classrooms
<b>YOGA</b>		
1	20/06/19	5 <sup>th</sup> international yoga day celebration
<b>EDUCATIONAL AWARENESS</b>		
1	19/07/19	Interpersonal skills and self esteem
2	20/07/19	Confidence building, leadership skills and team dynamics
3	22/07/19	Session on nutrition and dietetics
4	23/07/19	Session on entrepreneurship
5	25/07/19	Civil defense workshop
6	26/7/19	Screening of the movie Uri-the surgical strike
7	30/09/19	Startup innovation
8	16/10/19	Nutrition during emergencies
9	21/1/20	Naac related hospital visit
10	24/02/20	IAS aptitude test
<b>ADOPTED VILLAGE</b>		
1	23/11/19	Anand mela at Chium Village

## **AREA BASED PROJECT-1**

### **SWACCH BHARAT**

#### **SWACCH BHARAT STREET PLAY PRACTICE**

Date: 8-14<sup>th</sup> August 2019

Venue: College Of Home Science Nirmala Niketan

The NSS volunteers created the script from scratch and practiced for the street play that was to be held on 14<sup>th</sup> august 2019 after the Swatcch Bharat Rally. Three scenes were performed illustrating the harmful effects of throwing wet and dry waste on roads and spitting. Reaching out the public about cleanliness was our main motive.

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#### **Swach Bharat Rally**

Date: 14<sup>th</sup> August 2019

Venue: From College via Fashion Street via Khav Galli to College

A cleanness rally was organized on 14 August 2019 by NSS student of college of home science Nirmala Nikertan. (NSS unit). NSS volunteers of Nirmala niketan participated in the rally with a motto of “clean India green India”. The rally started from Nirmala Niketan College covering fashion street and khav gali. A street play was also conducted by NSS students to spread the message of cleanliness. Posters were also made by the volunteers. In the entire rally “Bharat Mata Kare Pukar Aas Paas Ka Karo Sudhar” Slogan was raised.



Group picture of NSS Volunteers

Volunteers Drawing Poster

(street play during rally)

**YOGA**  
**'RHYTHMIC YOGA'-**

Date: 21st June Friday.

Venue:- MARIE ADELE DE CICE

Total no. Of students:100 including the students and teachers.

Subject:- International Yoga and Music day celebration conducted by NSS Unit and diet council

The session started at 1:30 pm. The session began with lighting of the lamp by the principal and the teachers. Ms. Veena Yardi mam commenced the session. Ms. Vibha Hasija gave information on different types of yoga and its benefits. The Convener of diet counselling center Ms. Fatema Kader introduced Sharvari Kalantre and her group. Sharvari ma'am stated the benefits of yoga and also thanked the Prime Minister for declaring 21st June as Yog Divas.

Sharvari Ma'am showed how yoga is the combination of body and mind. She also made the session exciting by sharing the different types of yoga. The session started with the Suryanamaskar. Sujata ma'am demonstrated how to do it in the right way. She demonstrated the wrong and the right way to do it. Then she made everyone do the chair exercise. Manisha ma'am then demonstrated the Parshva Ponasan. This asana is helpful for weight loss. The next asana was Veer Bhadrasana which is helpful in losing belly fat. Then Sujata ma'am demonstrated the Paschimottanasana. In every asana inhaling and exhaling at the correct time is very important. Then she demonstrated Vajrasana. Next was Pavanmuktasana it is beneficial for people having stomach ailments. The next Asana was Naukasana which was demonstrated by Apoorva Ma'am. The last Asana were Bhujanghasana, Karnasana, Dhanurasana demonstrated by Shaisha ma'am. Deep breathing is very effective as you release dioxide and breath in oxygen. Then Sharvari ma'am and her whole group performed rhythmic yoga which was flawless and beautifully organized and managed. Then Ma'am taught some asanas that can be done on your own. Last but not the least our NSS Program Officer Dr. Pratima Goyal ma'am gave vote of thanks.

Everyone was delighted and satisfied with the session. Both the teachers and the students enjoyed the session and had an overwhelming experience.

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Nss Unit



(Students and Teachers part of the session) (Students and Teachers Doing Yoga)

## EDUCATION AWARENESS

### **SELF-ESTEEM AND INTERPERSONAL RELATIONSHIP**

Name of event: Session on “Self -esteem and interpersonal relationships.”

Name of Resource person: Ms Kinjal

Venue: College of Home Science, Nirmala Niketan

Date: 19/07/2019

Detailed Report:

The session started at 11:45 sharp with maximum attendance. The MSc students of Human Development were present as volunteers and introduced Ms Kinjal to the First year students. Ms Kinjal, a masters in the field of Human Development started the session with a very motivating activity. She made the students write 20 good qualities about themselves. It was difficult for the students to write the qualities and the highest just reached 15 qualities. This was a self -boosting activity as no one had ever thought about one's own capabilities. These were the inborn skills about which mam was talking. The next activity was about listing down the skills which every student had learnt and become perfect. These two activities proved to be very self awakening and by this time the students mind's had started to think positive about themselves.

A number of activities were been carried, in which students actively participated in groups. Eight groups were been made and each group of eight students were made to elect their leader. The leaders were been called ahead and they were the one to facilitate their group to the goal to be achieved in each activity. Activities played a crucial role in a better

understanding. An activity which won the hearts of the student was that each student in the group had to pass on bad comments on the other group mate, keeping in mind that the comments are not personal. The task of the person on whom the comment is passed was to react in a positively manner and not get demotivated by the group mates comment. The next step was to make the students learn to handle their interpersonal relationships. Ms Kinjal explained this with many day-to-day life examples to which students could relate their lives. Also she carried out an activity in which in a minute the group which could make more knots on a piece of thread would win. Groups easily made knots and won the activity. Later the group which could open the knots in the least of time would win. This was the most challenging part of the activity. Through this activity students realised that it is very easy to tie knots in relationships.. But relatively it takes double efforts to untie the same knots. This was a very good lesson which the students learnt.

With this activity Ms Kinjal ended her session on a happy note with a very big change in the students. The students who were sitting before the session had completely changed after this session. They moved out of the class with a better understanding and being very confident. Important 'life skills' were learnt by the students.

### **CONFIDENCE BUILDING, LEADERSHIP PROGRAM AND TEAM DYNAMICS**

Name of Event: Leadership Training Program

Date: 20th July, 2019.

Venue: College of Home Science Nirmala Niketan, Churchgate.

Name if Resource Person: Ms Reema Kelkar

#### **Detailed Report:**

The purpose of this program was to develop good leadership skills along with a number of other life skills into the students. Rather than just putting up a presentation, Ms. Reema Kelekar had gone one step further and had changed the atmosphere completely. It was converted into an interactive session which was just loaded with amazing activities. This was followed by an activity which had the children divided into different groups. The aim hidden behind this activity was to understand the importance of planning leading and team work, where students were asked to build tall structures with the help of the available resources like chairs, tables, umbrellas, bags, etc. In the next activity, students were asked to blow one ailed for themselves and to protect their balloons. The group which would protect most balloons were to be declared as the winners. Preceding this, a fashion show was held which showed the girls getting along very boldly. It this led to an inevitable increase of confidence levels of the students.

### **SESSION ON NUTRITION AND DIETICS**

**Name of event:** Guidance on Foods, Nutrition and Dietetics.

**Date:** 22<sup>nd</sup> July, 2019.

**Venue:** College of Home Science Nirmala Niketan, Churchgate.

**Detailed Report:**

The overall seminar had been divided into 3 sub sessions which had different speakers coming from different aspects of the field. To note, all of them were the alumni of this college. The first session was given by Dr. Eileen Canday, the head dietician at Reliance Hospital. She's also associated with the Indian Dietetics Association. She started by sharing her own journey. She briefed the students about the hospital environment and the role played by a dietitian there. She also busted few myths, where people considered the hospital environment to be glamorous. Ms. Rashida Vapiwala who owns a company gave us information about how to be a Food Analyst and Product Designer and the duty done by a Food Analyst. She also gave us the knowledge about the role of a dietician in a company which manufactures food products. Ms. Nidhi Kaku who's a dietician, a yoga instructor and an acupuncture therapist encouraged the students to find 20 good things about themselves. She also spoke about the importance and benefits of exercising, yoga and staying active. To conclude, the seminar proved to really be very helpful. After all, the speakers had clearly mentioned the prospects of the field.

**SESSION ON ENTREPRENEURSHIP**

**Name of Event:** Session on "Entrepreneurship"

**Date:** 23/07/2019

**Venue:** College of Home Science, Nirmala Niketan

**No. of volunteers:** All FYBSc and SYBSc NSS volunteers.

**Detailed Report:**

The first session was conducted by Suresh sir, the founder of Empower company which trains students and youngsters for their business start-ups. He talked on Entrepreneurship.

The next session was taken over by Ms Indu Nair, an established businesswoman having keen interest in the rich Indian culture. She is the founder of the Indu Siva which designs different types of jewellery having a typical Indian touch to it. Students learnt different arts of different places of India



(Students doing the activity given)

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(Speakers Giving Talks on their Respective Topics)

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## **CIVIL DEFENCE WORKSHOP**

Name of Event: “Civil Defence Workshop”( Fire Fighting)

Venue: Jai Hind College, Churchgate.

Date: 25/07/2019

Time: 10am to 3pm

Detailed Report: The workshop started at 11:00. Mr B.A Magsule, Vise Controller and a BMC representative was in charge of the workshop. The workshop was mainly based on fire fighting and disaster management. Magsule sir gave the students the information on the do's and don'ts when fire takes place. Also students got to learn the difference between four different fire extinguishers and when each of them is supposed to be used. Along with 22 of Nirmala Niketan students other 20 students of the Jai Hind college also participated in the workshop. Magsule sir showed practically how to crawl in case of fire and also how to use the fire extinguisher. Students also learnt the different first aid methods that could be given to a victim of a fire disaster. Practically students were made to enact how one would himself get out and also help his mate who is injured by carrying him together. This workshop lead to a overall learning of how people should face unforeseen circumstances with patience and being calm. Lunch was provided to us by the University at the college canteen.





(Speaker Talking On the Topic)

## **REPORT ON CELEBRATING 20 YEARS OF KARGIL WAR**

DATE: - 26/07/19

VENUE: - College of Home Science Nirmala Niketan

BENEFICIERS: - Total: - 301

Kargil Day was celebrated at College of Home Science, Nirmala Niketan in remembrance of the 20<sup>th</sup> year of the Victory of the Kargil War. Students and Teachers paid tributes to the Kargil Heroes who sacrificed their lives for the Nation in July 1999 Kargil war. On the auspicious occasion our college celebrated this day by filming the film URI: THE SURGICAL STRIKE in every classroom available. The vision of this program was to show our respect and tribute to the warriors out there who are protecting our country and maintaining world peace. URI is a dramatised account of the retaliation to the 2016 Uri attack. The students of undergraduate and master's masters participated in this program conducted by the NSS Unit of the college along with the teachers making it a huge success.



(Screening of Movie- URI)

## **START UP AND INNOVATION**

30<sup>TH</sup> SEPTEMBER 2019, Monday from 2.30 to 4.30 pm

Resource Person: Mr. Basesh Gala (International Business Mentor)

Venue: College of Home Science, Nirmala Niketan

Beneficiaries: FY, TY, MSc I and II

This was an enlightening seminar on business and start up. He asked us questions as though how to start a business, how to become a brand and how to become an influencer. He made it quite interactive for us. All basic ground work is the essence of a startup. Until you know what is in market and who are the influencers your business won't work. It was an eye opening session and benefited one and all gathered here. Students could ask personalized questions and he did answer each of our questions with utter patience. He presented us with examples of various small scale as well as large scale business set ups. He quoted that, "either you are at the top of the table or nowhere." The program ended with a token of appreciation and on a good note.



(Speaker Giving talk on the topic)

### **NUTRITION DURING EMERGENCY**

Venue: 2nd floor Lecture Room, College Of Home Science Nirmala Niketan

Session Duration: 2-5pm

No. Of Beneficiaries:

The session commenced with Dr. Aparna Deshpande speaking about The Impact of Natural Calamities on Nutritional Needs of Population, especially the Infants. She also spoke about breastfeeding and it's importance; various issues that could arise during breastfeeding and how to tackle it. Our next session was regarding The Nutritional Support for Victims of Calamities by Dr. Renaldo Pavrey. He was specialized in Emergency Medicine and Trauma Care. He spoke about Disaster Management, Gestalt Medicines and how it differs from Evidence-based Medicines. He also spoke about the Four Stages of Denial and the Concept of Mitigation and Preparedness during a Disaster, the intensity of its sufferings both in the urban and rural

population, and food related risk conditions such as food insufficiency, food insecurity and malnutrition. He said that in extreme conditions, in a disaster, the one having more chances of survival needing minimum resources is treated first as compared to a person who has very low chance of survival or is dead already. He concluded the session with the status of India in a Nutshell. The program ended with the Vote Of Thanks and The National Anthem.

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### **NAAC RELATED HOSPITAL VISITS**

Date: 12th December 2019

Venue: Churni Road and Bandra

The following S.Y.B.Sc NSS students volunteered to assist in Naac Related work by visiting different hospitals and nutritional centres such as Saifee Hospital, Hinduja Hospital, Gauri Murthy Sports Centre and Maskan to submit the letters to the chief Dieticians incharge. It turned out to be a very interactive and knowledgeable experience for us.

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### **ANAND MELA AT CHIUM VILLAGE**

Venue : Nirmala Niwas Chium

Date : 23<sup>rd</sup> November 2019 No.of beneficiaries : 75 approx

Total No of volunteers : 19

Total no of NSS Volunteers : 3

Time : 9a.m – 1:00p.m

Detailed Report :

The Anand Mela which is organised every year for the under privileged children at Nirmala Niwas where the main objective of the mela is to provide the people living in that area with goods at minimum prices. There were various stalls put up which included clothes, games, toys, stationary items, accessories, food, books, etc. Also, there were stalls whereby we could purchase clothes that were recycled or used which created awareness of not wasting

our resources many people, children purchased lots of stuffs. Children enjoyed playing games and went back with happy faces. We were overwhelmed by the generosity of Sister Benny .People of all age groups participated in the mela which gave us lifelong learning experiences.



## **IAS APTITUDE SCHOLARSHIP TEST**

DATE- 24<sup>TH</sup> FEBRUARY, 2020

VENUE- COLLEGE OF HOME SCIENCE NIRMAL NIKETAN

ALS , India's largest IAS Training network organized scholarship exam for students who wanted to identify them as rising stars for UPSC Exam. The main objective was to make aware, motivate, and sensitize the candidates of college of home science Nirmala Niketan.

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NSS UNIT

## AREA BASED PROJECT-2 (2019-2020)

SR.NO	DATE	EVENT
<b>ECO CLUB</b>		
1	21/07/19	beach cleaning at cuffed parade
2	11/08/9	Tree plantation at manori
3	16/08/19	E-waste management workshop
4	20/08/19	Cloth bag making session
5	23/8/19	Tree plantation at St. Joseph baptista garden
6	13/2/19	Rethink plastic at Kc college
<b>RED RIBBON CLUB</b>		
1	18/07/19	Blood donation camp
2	29/07/19	Teen education training workshop rrc
3	17/09/19	THALESSEMIA AWARENESS
4	30/11/19	ORGAN DONATION AWARENESS
5	19/12/19	Poster making on hiv and aids
6	13/1/20- 14/01/20	Peripheral stem cell donation
7	20/02/10	Sanitization and hygiene
8	03/03/19	Health mela
<b>ROAD SAFETY</b>		
1	28/06/19	Global road safety workshop
2	20/11/19	Mahawalkathon
<b>HEALTH AWARENESS</b>		
1	10/7/19	Anti- tobacco day drive
2	14/09/19	Session on feeding and swallowing
3	13/02/20	Manthan
4	16/02/20	Cycle marathon
<b>WOMEN'S EMPOWERMENT</b>		
1	30/1/19	Christmas day programm
2	01/02/20	Jamboree