

## COLLEGE OF HOME SCIENCE NIRMALA NIKETAN

### ACADEMIC CALENDAR 2020 -21

#### BRANCH 1 – DEPARTMENT OF FOODS, NUTRITION AND DIETETICS

Date	Month	Activity	Notes
15th June 2020	June	Online Webinar: From Seed to Spoon: The journey of a Breakfast Cereal	Extension Activities – Nirmal Swasthya - Series of webinar for Nutritional and Lifestyle Empowerment of the Community
16th June 2020	June	Cooking Healthy for Children: Principles and Practices	Extension Activities – Nirmal Swasthya -- Series of webinar for Nutritional and Lifestyle Empowerment of the Community
18th June 2020	June	Nourishment and Vitality for Senior Citizens  Dietary Applications, Exercise, Yoga and Attitudes	Extension Activities – Nirmal Swasthya -- Series of webinar for Nutritional and Lifestyle Empowerment of the Community
19th June 2020	June	Creating a Health Mindset: Mindfulness, Moods and Health Goals	Extension Activities – Nirmal Swasthya -- Series of webinar for Nutritional and Lifestyle Empowerment of the Community
1 <sup>st</sup> Week of August, 2020	August	Nirmal Swasthya – An online nutrition education initiative	Student Led programme
6th August 2020	August	World Breast Feeding Week Celebrations	Breast Feeding: Sowing the seeds of Good Health
14th Sept 2020	August	The Basics of Public Health Nutrition	National Nutrition Month
21st Sept 2020	September	Importance of 1000 Days - Preventive Strategies for SAM	National Nutrition Month
21st Sept 2020	September	Initiating a Kitchen Garden	National Nutrition Month
28th Sept 2020	September	Facility Management of Severe Acute Management	National Nutrition Month
26th Sept 2020	September	Nutritional approach to fat loss and muscle gain - how to modify based on body type and training intensity	National Nutrition Month – Student Led Programme
29th Sept 2020	September	A Deep Dive into New Product Development	National Nutrition Month – Student Led Programme

30th Sept 2020	September	Technical Aspects of Food Processing and Value Addition for Improved Food Safety and Security	National Nutrition Month – Student Led Programme
21 <sup>st</sup> and 22 <sup>nd</sup> November, 2020	November	NICCE 2020 - Nutrition Insights for Clinical Care Efficacy - Focus on Critical Care Nutrition	In collaboration with IAPEN – Navi Mumbai Chapter
10 <sup>th</sup> January, 2021		Work on Project Swiggy by faculty	Collaborative project
12 <sup>th</sup> February to 13 <sup>th</sup> March, 2021	Feb - March	Lecture Series in Physiology	For TY BSc, MSc 1 and 2 FND students
6 <sup>th</sup> May – 15 <sup>th</sup> June, 2021	May - June	Value added course – Nutrition and Exercise for Fitness	For PG Diploma students

## BRANCH 2 – DEPARTMENT OF HUMAN DEVELOPMENT

SR NO	Month	Tentative Date/s Week	Name Of the Event / Programme/ Seminar/ Conference	Collaboration (IF ANY)	Beneficiaries / Target Group/ Participants	Venue/ ICT Platform	Name Of the Staff in Charge	Any Other Information
	<b>JUNE 2020</b>							
1.		Commenced from 28 <sup>th</sup> May 2020	Arts-Based Therapy One year Diploma Course	Lighthouse	28 students	Blended Format	Dr. Anuradha J. Bakshi,  Coordinator	The first semester has been completed successfully in Blended format. Funds generated- Approximately 2 lakhs
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			<b>Seminar/ Conference</b>		<b>Target Group/ Participants</b>			
	<b>JULY 2020</b>							
<b>1.</b>		July 3rd to 12th 2020	<b>Msc 2 Internship (Semester III)</b>	Fortis Healthcare (Dept of Mental Health & Behavioural Sciences) & Sukoon Health	8 Msc 2 Students	Fortis Healthcare	Dr. Anuradha J. Bakshi	10-day, 50- hour online internship in the mental health sector, on Clinical Psychology
<b>SR NO</b>	Month	Tentative Date/s Week	<b>Name Of the Event / Programme/ Seminar/ Conference</b>	Collaboration (IF ANY)	Beneficiaries / Target Group/ Participants	Venue/ ICT Platform	Name Of the Staff in Charge	Any Other Information
<b>1.</b>	SEPTEMBER	September to December 2020	<b>Msc 2 Internship (Semester III)</b>	Infinity Consultancy	4 Msc 2 Students	Infinity Consultancy	Dr. Anuradha J. Bakshi	4-month internship with Infinity Consultancy Planned and conducted an online workshop on Stress Management



1.		11 <sup>th</sup> , 12 <sup>th</sup> , 13 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> and 22 <sup>nd</sup> January 2021.	Workshops in the College called “ANTARCHAKSHU: THE INNER EYE”	HD Collaborating agencies: Dr. Sam Taraporevala and Prof. Krishna Warrier from the Xavier's Resource Centre for the Visually Challenged	FYBSc, SYBSc, Junior College and Polytechnic Students and staff.	Conducted Online through links sent by XRCVC,	Ms Rhonda Divecha	
2.		January 21	Online preschool lessons were planned and implemented by TYBSc (HD) students under the guidance of their MSc 2 trainee supervisors. Topics like Introduction to the concept of Stars; Fruits (banana and apple); Jungle Safari; Modes of Transport (airways, waterways and roadways); Primary colours; Good touch		21 TYBScs, 5 MScs and about 7 Children from 3-8 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	

			and bad touch; Seasons; etc were covered.					
3.		30th January, 2021  Saturday 12-3 pm	Workshop (Webinar) Puppet show; Laughing and learning; Color, clay, sand activities; Theatre/drama for effective learning; display of creative teaching aids; QR code game, Science experiment; Digital painting	Webinar Arya Vidya Mandir Institute of Education	MSc 1	(Online Zoom)	Dr. Kamini Rege	
4.		January 21	Online preschool lessons were planned and implemented by TYBSc students with the facilitation of MSc2 trainee supervisors. <b>Topics:</b> 1. Modes of Transport (airways, waterways and roadways) – Sr Kg (23-1-2021)		20 TYBScs, 6 MScs	Conducted on Zoom/Ms Teams	Ms. Khyati Sampat	

			<p>2. Introduction to primary colours – Nursery (23-1-2021)</p> <p>3. Fruits (banana and orange) – Nursery (23-1-2021)</p> <p>4. Capital letters with standing line – Jr Kg (22-1-2021)</p> <p>5. Seasons – Nursery (23-1-2021)</p>					
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	<b>FEBRUARY 2021</b>							
<b>1.</b>		<b>February 21</b>	Online preschool lessons were planned and implemented by TYBSc (HD) students under the guidance of their MSc 2 trainee supervisors. Topics like Introduction to the concept of Stars; Fruits (banana and apple); Jungle Safari; Modes of Transport (airways,		21 TYBScs, 5 MScs and about 7 Children from 3-8 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	

			waterways and roadways); Primary colours; Good touch and bad touch; Seasons; etc were covered.					
2.		February 21	Online preschool lessons were planned and implemented by TYBSc students with the facilitation of MSc2 trainee supervisors. <b>Topics:</b> 1. Happy Hands - Nursery (18-2-2021) 2. Introduction to the concept of stars – Jr Kg (13-2-2021)		20 TYBScs, 6 MScs	Conducted on Zoom/Ms Teams	Ms. Khyati Sampat	

			<p>3. Good Manners - Jr Kg (18-2-2021)</p> <p>4. Good touch and bad touch – Jr Kg (18-2-2021)</p> <p>5. Little Red Riding Hood (story) – Jr Kg (13-2-2021)</p> <p>6. All About Me – Junior (18-2-2021)</p>					
3.		12th February 2021 Friday 2.30-3.30 pm	Unlock your child's potential with good nutrition	Webinar Arya Vidya Mandir Institute of Education	MSc 1	Online Zoom	Dr. Kamini Rege	
4.		12-2-21	Career guidance: Clarifying the educational path from TY HD to becoming a	Interaction with Department Alumna, Ms. Dhvani Gohil, Clinical Psychologist	all HD TY students	Online (Zoom) 10.45 to 11.45am	Dr. Bakshi, Department of Human Development Coordinated & moderated	

			Clinical Psychologist				the event	
5.		26.02.2021	Awareness Workshop for Youth on Substance Abuse: Drugs, Alcohol and Smoking.		21 TYBScs, 5 MScs and about 15 Youth from 14-18 years	Conducted on Zoom/MS Teams	Ms Rhonda Divecha	

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	<b>MARCH</b>							
1.		03.03.2021	Workshop on Body Concerns Amongst Teenagers.		21 TYBScs, 5 MScs and about 10 additional Young Women from 15- 25 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	
2.		03.03.2021	Workshop on Communication		21 TYBScs, 5 MScs and about 12 Youth from 18-25	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	
3.		03.03.2021	Seminar on Arts Based Therapy (ABT)	HD Collaborating agencies: Khadija Harianwala, certified ABT Practitioner & Department Alumna	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	

4.		05.03.2021	Workshop on Menstrual Hygiene		TYBScs, 5 MScs and about 7 Underprivileged girls from 12-18 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	
5.		05.03.2021	Workshop on Time management		21 TYBScs, 5 MScs and about 12 Youth from 14-15 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	
6.		07-03-2021	Seminar on Expressive Arts Therapy	HD Collaborating agencies: Radhika Jain, Expressive Arts Therapy Practitioner, co-founder and artistic director of First Drop Theatre, Bengaluru	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	
7.		10.03.2021	Seminar on Bach Flower Therapy	HD Collaborating agencies: Ms. Suchitra Hari internationally licensed Bach Flower Therapy practitioner, from Bach Centre, UK	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	

8.		11.03.21	Seminar on SonRise Play Therapy	HD Collaborating agencies: Urja Nagaria, Counselling Psychologist, Arts-based Therapist	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	
9.		17.03.21	Seminar on Reiki	HD Collaborating agencies: Neepa Antroliia, Master of 16 forms of Reiki, also an Aura Healer, Buddhism Therapist, Graphologist, Numerologist, & Astrologer	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	
10.		17.03.2021	Seminar on Dance Movement Therapy (DMT)	HD Collaborating agencies: Ms. Devika Mehta  Program Director at P.G. Diploma in Expressive Arts Therapy, St. Xavier's College, Mumbai	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	
11.		19.03.2021	Workshop on Coping		21 TYBScs, 5 MScs and	Conducted on	Ms Rhonda Divecha	

			with midlife crisis and empty nest period		about 20 Adults from 40-60 years	Zoom/Ms Teams		
12.		24.03.2021	Seminar on Inner Child Healing	HD Collaborating agencies: Ms. Natasha Fernandes  Clinical Psychologist & Psychotherapist; Certified therapist for Clinical Hypnotherapy, Past Life Regression, EFT & other therapies	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	
13.		24.03.2021	Seminar on Clinical Hypnotherapy	HD Collaborating agencies: Ms. Michelle D'Mello	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	
14.		25.03.2021	Recreation Programme called "Meri Umar Ke Nojavano"		21 TYBScs, 5 MScs and about 20 Adults from 60-80 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	
15.		25.03.2021	Workshop on Positive Aging		21 TYBScs, 5 MScs and about 14	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	



					Adults from 40-55 years			
16.		26.03.2021	Session on Hate Speech and Online Trolls.		Adults from 30-40 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	
17.		31.03.2021	Session on the Power of Mindfulness		21 TYBScs, 5 MScs and about 10 Adults from 30-40 years	Conducted on Zoom/Ms Teams	Ms Rhonda Divecha	
18.		March-April 2021	Online developmental workshops for adults were planned and implemented by TYBSc students with the facilitation of MSc2 trainee supervisors. Topics: 1. Managing Household Chores and Importance of 'Me Time' for Urban Homemakers. (27-3-2021)		20 TYBScs, 6 MScs Around 10-15 outsiders per Workshop.	Conducted on Zoom/Ms Teams	Ms. Khyati Sampat	

			2. Communication Skills in Marital Relationships (Vaarta-Laabh: A Key to Successful Marriage) (27-3-2021)					
19.		March 2021	<p>Online developmental workshops for adolescents were planned and implemented by TYBSc students with the facilitation of MSc2 trainee supervisors.</p> <p>Topics:</p> <p>1. Enhancing Parent Adolescent Relationship. (18-3-2021)</p> <p>2. Awareness about substance abuse and it's hazards. (13-3-2021)</p> <p>3. Enhancing Self Esteem (18-3-2021)</p>		20 TYBScs, 6 MScs Around 10-15 outsiders per Workshop.	Conducted on Zoom/MS Teams	Ms. Khyati Sampat	

			4. Aggression v/s assertion (6-3-2021) 5. Self-Awareness (Self-Khoj: a path from WHO to YOU) (6-3-2021) 6. Personal Hygiene (13-3-2021)					
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	APRIL 2021							
1.		April 2021	Online developmental workshops for adults were planned and implemented by TYBSc students with the facilitation of MSc2 trainee supervisors. Topics: 1. Managing parenting stress. (1-4-2021) 2. Sleep hygiene. (3-4-2021)		20 TYBScs, 6 MScs Around 10-15 outsiders per Workshop.	Conducted on Zoom/Ms Teams	Ms. Khyati Sampat	

			3. Empty Nest Syndrome (3-4-2021) 4. Menopause and Andropause - Its socioemotional aspects (8-4-2021)					
2.		7.04.2021	Seminar on Guided Imagery	HD Collaborating agencies: Ms Upasna Shah			Dr. Anuradha J. Bakshi	
3.		16.04.2021	Seminar on Family Constellation	HD Collaborating agencies: Natasha Fernandes, Clinical Psychologist & Psychotherapist; Certified therapist for Clinical Hypnotherapy, Past Life Regression, EFT & other therapies			Dr. Anuradha J. Bakshi	Supervised & guided the MSc2 students in organizing the Webinar
4.		29th April 2021	Orientation to EMDR Therapy	HD Collaborating agencies: Mr. Chintan Naik, certified EMDR Therapist	FY & HD students (41 TY, 10 MSc1 & MSc2 11 students)	Online (Zoom), 29-4-21, 3.30 to 5.50	Dr. Anuradha J. Bakshi	Supervised & guided the MSc2 students in organizing the Webinar
5.		April to June 2021	MSc2 Internships	Infinity Consultancy	3 Msc 2 students	Online	Dr. Anuradha J. Bakshi	Curriculum Development for students with Visual

								Impairment (NAB students)
6.		April to June 2021	MSc2 Internships	BRITISH JOURNAL OF GUIDANCE & COUNSELLING	3 Msc 2 students	Online	Dr. Anuradha J. Bakshi	Reading published research papers & making an infographic for selected papers
7.		April to June 2021	MSc2 Internships	VOXBOX	1 Msc 2 student	Online	Dr. Anuradha J. Bakshi	Project type: Ingest SUB Template Complex Conform
8.		28.04.2021	Seminar on Access Bars by Natasha Fernandes, Clinical Psychologist & Psychotherapist; Certified therapist for Clinical Hypnotherapy, Past Life Regression, EFT & other therapies	HD Collaborating agencies: Ms. Natasha Fernandes	HD MSc2 11 students	Online	Dr. Anuradha J. Bakshi	

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9.		29th April 2021	Webinar on Informing the Future. The Leadership of Thinking	International Panel of Experts from UK, Canada & USA DMH and Associates Ltd., UK (International)	HD MSc1, MSc2 & PhD	Online Zoom	Dr. Anuradha J. Bakshi	
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### BRANCH 3 – DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

S.No	Year	Name of the workshop/ seminar	Number of Participants	Date From – To
1	2020-2021	National Webinar and Panel Discussion on “Swadeshi Bloom: Indian Crafts & Technology- Impetus in Pandemic Era”	271	26-05-2020
2	2020-2021	Panel Discussion on “Medical and Protective Textiles and Apparel in The Pandemic Era”	287	29-05-2020
3	2020-2021	International Webinar on “Sustainable Material and Processes”	119	04-07-2020
4	2020-2021	Competition of “Covid- 19 HACKATHON”	15	July 2020
5	2020-2021	Webinar on “Intellectual Property”	93	04-08-2020
6	2020-2021	National Talk Show with Craftsmen of Pochampalli Ikat and Jamdani Weave “Handloom Woven Fabrics... A Journey Through Time”	52	07-08-2020

7	2020-2021	National Talk Show with Craftsmen of Brocade and Chanderi Weave “Handloom Woven Fabrics”	54	07-08-2020
8	2020-2021	National Talk Show with Craftsmen “Handloom Weavers of Kutch- Challenges and Opportunities”	100	07-08-2020
9	2020-2021	Session on National Education Policy- Pre- primary to Higher Education	51	28-08-2020
10	2020-2021	Career Talk with Alumni of TFT	41	31-08-2020
11	2020-2021	Orientation to the Institution’s Innovation Council for Students of	69	26-10-2020



### BRANCH 4 – DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

SR NO	Department / Committee	Tentative Date/s	Name Of the Event / Programme/ Seminar/ Conference	Collaboration (IF ANY)	Beneficiaries /	Venue/ ICT Platform	Name Of the Staff in Charge	Any Other Information
		Week			Target Group/ Participants			
<b>JUNE</b>								
1	S.Y. BSc	14.06.20	Orientation	-	SY students	MS Teams	Mrs. Roopa Rao Coordinator	-
2	S.Y. BSc	15.06.20	Value Education & Preserving the Ethos of the College	-	SY students	MS Teams	Mrs. Roopa Rao Coordinator	Invited expert speaker – Sr. Cheryl Machado (NNI)
3	S.Y. BSc	18.06.20	Consumerism during the COVID times	CRM Dept	SY students	MSTeams	Mrs. Roopa Rao Coordinator	Mrs. Sunita Jaiswal
<b>JULY</b>								
1	S.Y. BSc	31.07.20	Soft Skills	-	SY students	MSTeams	Mrs. Roopa Rao Coordinator	TBA
2	Student council and Student Induction Committee	As per commencement of classes	TBA	Student Council, NNCHSc	TY students		All HODs	

**AUGUST**

1	Community Resource Management	1 <sup>st</sup> -7 <sup>th</sup> Aug '20	Celebration of Breast-Feeding week:	Family welfare Services & ICDS	Community women & Students	MS TEAMS	Mrs.S.Jaiswal	
2	T.Y.B.Sc Admissions	9th / 10th August 2020	T. Y. B.Sc. Admissions	--	Students of the College	MS Teams	Dr. A. Bakshi, Dr. p. Goyal, Ms. S Jaiswal, Dr. Madhan, Ms. Rao, Ms. Kader & Dr. Rodrigues	
3	All Departments (FND, HD, TFT & CRM)	12-8-21 to 14-8-20	Common Orientation & Department Orientation to T.Y. BSc Students		T.Y. BSc students	MS Teams & Zoom		
4	All Departments (FND, HD, TFT & CRM)	17-08-2020	Commencement of T.Y. BSc classes		T.Y. BSc students	MS Teams & Zoom	Department Heads	

5	Community Resource Management	2 <sup>nd</sup> week August 210	COLLEGE REGISTRATION FOR 21-22	DLLE, University of Mumbai	SWS (Status of Women in Society)	In Online Mode	Mrs. S.Jaiswal	
6	Community Resource Management	3 <sup>rd</sup> week August 2020	Workshop on food adulteration and fake products	Jago Grahak Jago	T.Y.B.Sc students		Mrs. S.Jaiswal & Ms. R Rao	
7	Community Resource Management	4 <sup>th</sup> week August	Sketching workshop		TY I.D Elective students		Mrs.S.Chatriwala	
8	Community Resource Management		Orientation - Value Added Courses		T.Y. BSc students	MS TEAMS	Department Staff	
9	Community Resource Management	-	Workshop on Personal Grooming		T.Y. BSc Hospitality Elective students	MS TEAMS	Mrs.R.Rao	
10	Community Resource Management		Orientation - Value Added Courses Enrolment for Value Added courses		T.Y. BSc students	MS TEAMS	Entire Department Staff	
<b>SEPTEMBER</b>								

1	Community Resource Management	1 <sup>st</sup> week Sept	Attitude Training		T.Y.B.Sc Hospitality Elective students	MS TEAMS	Mrs. R.Rao	
2	Community Resource Management	2 <sup>nd</sup> week Sept, 20	Extension Activity Entrepreneurial skills to form self-help group	DLLE	TY Students	MS TEAMS	Mrs.S. Jaiswal	
3	Community Resource Management	3 <sup>rd</sup> week Sept 2020	Rendering Workshop		T.Y ID Elective students	MS Teams	Mrs.S.Chhatrivala	
4	Community Resource Management	4 <sup>th</sup> week Sept 2020 & Oct 1 <sup>st</sup> week	Pidilite workshop for the students as part of Aesthetics in Interior Practical's, A hand on experience to make decorative articles from waste commodities		F.Y.B.Sc.	MS Teams	Mrs S.Jaiswal & entire CRM Staff	
<b>OCTOBER</b>								
<b>NOVEMBER</b>								

1	Community Resource Management	4 <sup>th</sup> Week	Consumer Awareness seminar: For S.Y. BSc students	CGSI	S.Y. BSc	ONLINE	Dept staff	
<b>DECEMBER</b>								
1	Community Resource Management	1 <sup>st</sup> week December 20	CRM Market		TY students	IF WE GO OFFLINE	Mrs. S.Jaiswal & Staff	
2	Community Resource Management	15 <sup>th</sup> December	TY Hospitality Elective Event		Students and Parents	IF WE GO OFFLINE Or ONLINE	Mrs. R.Rao	
<b>JANUARY</b>								
1	Community Resource Management	25 <sup>th</sup> Jan	Celebration of National Tourism Day		F.Y. BSc students	MS TEAMS In college if Offline	CRM Dept Staff	
<b>FEBRUARY</b>								
<b>MARCH</b>								
1	Community Resource	15 <sup>th</sup> March '21	CGSI seminar: For S.Y.B.Sc	Consumer Guidance Society of India	SYBSC and T.Y.BSc students	On-line	Entire department staff	

	Management		students in view of World Consumer Rights Day.			If we go offline then in college		
<b>APRIL</b>								
1	Community Resource Management	10 <sup>th</sup> April	AAROHAN		T.Y. BSc students	On-line If we go offline, then in college	Mrs R.Rao & entire Department	
<b>MAY</b>								