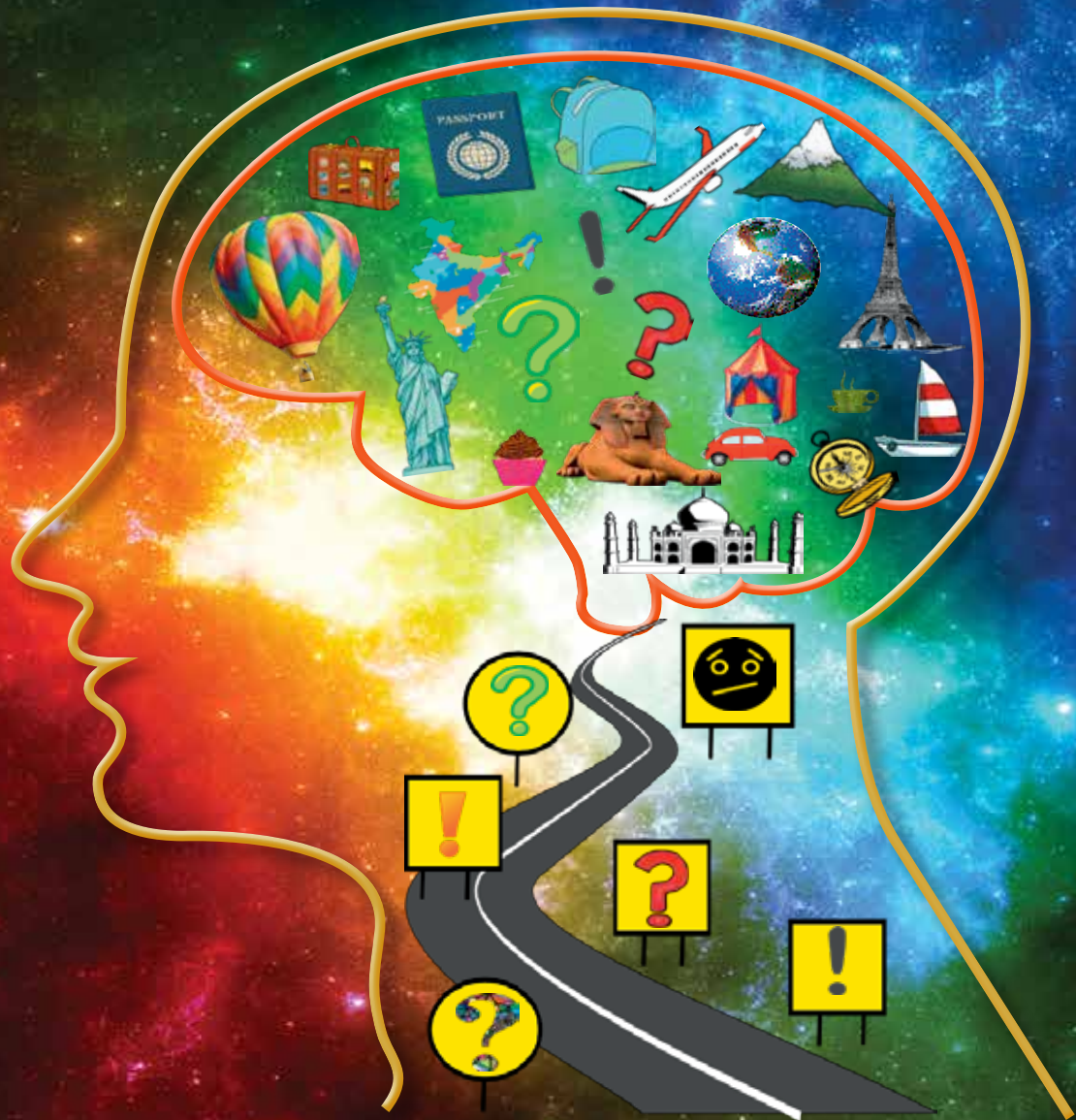


EXPRESSIONS

2016-2017



WANDERLUST



NIRMALA NIKETAN COLLEGE OF HOME SCIENCE & POLYTECHNIC
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PRAYER
I HAVE WANDERED FAR AND WIDE

I have wandered far and wide, in search of You
Climbed mountains, bathed in rivers
Visited temples, knelt in shrines
Chanted verses, looked in books

I have wandered far and wide, in search of You
Bowed to the East, gazed at the stars
Joined in song, listened to sermons
Crawled into caves, walked through forests

I have wandered far and wide, in search of You
All the while, all I had to do is to be still
All the while, all I had to do was to look within

For You are a constant presence
Everywhere, with and within me
As I quieten the chatter, slow the frenzy
I can reach for the peace, revel in Your love

The wandering mind, the searching heart
Need go no further, seek no more
Already are home, attuned to You
The starting point has become the ending
For You are everywhere, with and within me.

Dr. Anuradha Bakshi
Faculty

EDITORIAL WANDERLUST

We all clamour for experiences, for it is the width and the depth of experiences which enrich our lives. Travel is a beautiful way to collect and savour experiences. This editorial is about the story of a traveller infused in the spirit of wanderlust, the tale of his explorations and journeys. Read on ...

I wandered among long lost roads, climbed mountains tall
Weathered desert storms, admired celebrated halls
Nestled a songbird in my palm, in a dense forest in fear
Combed my willful hair, by my reflection in a stream clear

Dared turbulent seas and whispered to ink black waters
Touched poverty gingerly, envied prosperity, in my travels
Roamed cities and towns, capturing on film its splendor
Helplessly stood by, looking at processions of style and glamour

Joined excavations under blazing suns, unearthed lost treasures
Falling from the sky, jumping off cliffs, daring adventures my pleasure
Expeditions called to me, the climb, the danger and the thrill in tow
Wounds, scars and experiences – my treasures to show

Some places near, some places far, jungles and villages
Serious tours, fun trips- all measured in price and mileages
Mementoes on my mantle and memories I have collected
They clamor to be heard, protest at being neglected.

Time passes; I put my feet up, satisfaction in my being
When it struck me –a lightening blue bolt, a realization speaking
I thought I had quietened my wanderlust, had paid homage to my quest
A mist in my mind whispered and reminded me of one place left yet

That's where I go now, the only place my tired feet can go for sure
That place I missed, that place I lost, that place my youth did not tour
The recesses of my mind, the corners of my heart, my thoughts, my emotions
I had travelled the world outside, now I travel within –Ah! Introspection

Here I find, velvety curtains on shattered windows, strong iron pillars turning to rust
In a relic abandoned by lack of time lay some hopes crumbled to dust
Creaking floorboards of responsibilities missed, walls painted with ego and guilt
Some dreams still glistening, unshared love among waterlilies, a fountain that was not built

I almost miss seeing the memories with family and friends in welcome at my entrance
Commitments abided by shine on the bookshelves of knowledge gained and learnt lessons
Sparkling around my footprints are scattered gems of kindness done
The differences to lives that I have made adorn walls-my triumphs won

I clear the cobwebs away, I mend, my spirit within I need to rinse
I listen to words unspoken, acknowledge my regrets, my soul I need to cleanse
I understand, I forgive, I cherish unheld forgotten pearls, scrub away the fake
I need to wander within daily; I need to for the divine purpose's sake

I now realize that to satisfy my wanderlust
Looking inside of me is a must
Now I smile, though there are left a few places unseen
I rest, I travel unmoving, on an adventure serene

The deepest, the most sacred my inner true friend
When I find that self, that's when the search ends
The most fragile, the most profound
Within me, my unknown true self I found

Let us promise ourselves that-
While we take in the sights the world has to offer, let us also discover the secrets in our hearts.
While we learn about the world and human creations,
we also explore the world within, this marvel of the divine creation.
While we collect externally driven experiences, let us also pursue the inspirations within.
Let us satisfy the unacknowledged thirst of our soul, the deep want to know itself. Let the music of the spirit and
the melody of our lives integrate into a vibrant and pulsating song-
A song that holds the potential of changing lives and changing times.

Vibha Hasija

Convenor, Magazine Committee

TRAVEL ITINERARY

Wanderlust... The thirst for travel. The unstoppable longing to explore and to experience.

Wanderlust... a sphere containing innumerable aspects melding to an energetic and dynamic whole.

Wanderlust...A roadmap dotted with destinations to be lived.

Expressions 2016-17 is a tribute to wanderlust-the year 2017 being declared as the year for sustainable tourism.

So, expressions 2016-17 have been organized into various aspects of travel. Do peruse through the index-“The Itinerary” and carefully find your piece to read.

At the beginning of each section, there will be Wanderlust himself addressing you, to allow you a glimpse of a slice of his mind and a part of his heart.

Read carefully and savour...

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TOUR GUIDES

Me... I am Wanderlust.

I can be truly satisfied only if there are loving hands pointing out directions and significances with vision, patience, affection and kindness.

I need effective and efficient Tour Guides especially to satisfy my thirst for knowledge and help me move on to new journeys.

Presenting to you the guidance and the leadership of our tour guides – the Management and the Principal.

MESSAGE FROM OUR MANAGEMENT

Wanderlust is a novel theme of the issue of this magazine. Literary, the meaning is a desire to travel it is an expression of longing for adventure, for risk taking, for exploring untrodden paths, for unlimited imagination and creativity which is a unique characteristic of young minds.



The College of Home Science is well reputed for its academic ingenuity and excellence of being the only College of Home Science in the University of Mumbai. The entire faculty and staff contribute their best in developing new and innovative opportunities of classroom teaching and learning and concrete field reality.

College faculty in partnership with parents, government and non government organisations make every effort in providing all the possible IT resources for an integral education so that our students excel in academics and in the various fields.

The vision and mission of the College is a holistic transformation of body, mind and spirit of our students. We hope in awakening in our students an alternative mindset of action, reflection and evaluation practices which will cultivate in them personal convictions and change. We would like to strengthen our students' creativity in upholding values of human dignity, freedom and equality for a harmonious and united India.

The theme of Wanderlust is best expressed in our former President, APJ Abdul Kalam's passionate plea for 'generating creativity' in young students to animate their imagination "to know their dreams and tell them that it is perfectly all right to dream of a good life, an abundant life, a life full of pleasures and comforts, and work for that golden era. Whatever you do must come from the heart, express your spirit, and thereby you will also spread love and joy around you." (p.24, Ignited minds).

The Management of Nirmala Niketan Institute hopes and prays for Divine Blessing on the Principal, Dr. Geeta Ibrahim, faculty and entire staff of the College and particularly for the students to discover the beauty and depth of the "inner journey" which will enlighten their intellectual search of the 'Truth which will set them free'.

Dr Magy Allesu
President
Nirmala Niketan Institute.

PRINCIPAL'S MESSAGE



I am happy to meet you all through this page. As you are aware we are fast moving towards a more challenging and demanding Entrepreneurial society. The famous Harvard philosopher William James distinguished between those who are 'Once Born' and follow a straight and narrow path and those who are "Twice Born" and are ready to embrace Change .

In keeping with these fast changing times, our very innovative and enterprising members of the Magazine committee struck on a novel theme for this year 'Wanderlust '. By definition it means an intense desire to travel, traverse and discover. It is the chance to begin again and stumble upon new Ideas of self re-creation where it would be least expected. This has a very deep message for you, my dear young student friends.

With the increasing demands of globalisation, the greatest gift Education can confer on students is the opportunity to contribute to society both spiritually and intellectually. Each one of you will walk a different path, following a different road; and therefore Horizons can be expanded only through new experiences and taking up new challenges .

Education is not an act of acquiring knowledge alone, but learning a skill to lead one's life and forming one's personality. I can boldly say that the Management and faculty at Nirmala Niketan ,College of Home Science stand together in facing the challenges in realizing quality education. We ensure that we impart an education that allows students to think critically, explore globally and act ethically with social consciousness .

In all this, we have made every effort to be sensitive and compassionate to the marginalized and the people in need. This has been the unique character of Nirmala Niketan. We feel happy when the bright and talented students perform remarkably well. However what makes us happier is when a weak student progresses steadily from poor performance to better performance, moving towards excellence.

Each and every one of you will one day have to ascribe a meaning to your life. As Swami Vivekananda said, "Truth can be stated in a thousand different ways, yet each one can be true." Your education here, in this college and outside it, during your time here and long after you graduate, will help you find that truth. The true hallmark of that education would be one "by which character is formed, strength of mind is increased, the intellect is expanded, and by which one can stand on one's own feet." So, seek out that education, discover that truth and remember to use it well.

I appreciate and thank all the members of the Magazine committee for their Creativity and hard work in putting all the literary thoughts together. I thank all the members of the NN management for their constant prayerful support , to all my teacher colleagues, non teaching and support staff of the college for their devoted services, and of course A very big Thank you to my dear students who bring out the Academic Wanderlust in all of us.

God Bless us all.

Dr. Geeta Ibrahim
Principal

EXCAVATION

Me..I am Wanderlust.

Sometimes from the depths of my heart and the span of my mind arises the want to excavate. I want to be the one to find rare treasures, I want to be the one that cherishes and moulds, I want to be the one on a diamond hunt.

I know that unearthing the rare and the precious needs tremendous efforts, needs some sweet pain to give rise to powerful gains.

Presenting to you my excavations – the synopsis of hard work of the year-the reports of the Departments and Committees.

REPORT OF THE JUNIOR COLLEGE

The Junior College aims at overall development of the girl child. Through our various extra curricular activities, such as personality development workshops, seminars on peer relationships, parental relationships, achievement motivation, study habits and time management along with stress and anger management, we instill in the young minds a sense of responsibility and self-confidence which is very essential for a successful life in the future.

Subjects like Psychology and Sociology help the student understand society better and handle human behavior, be it family, friends, relatives or authorities. Chemistry and Biology helps the student in analytical reasoning, calculations, understanding the biochemistry of plants and animals. The languages, English and Hindi makes the student aware of the experiences that people have through story form and the students build on their linguistic abilities and grammar and also helps them in their communication skills.

This year there was a special session on “reading enhancement skills” by a psychiatrist Dr. Bhinderwala, who taught the students how to read and conceive a concept in a paragraph all at once.

Workshops on yoga, pranic healing (organized by Vijaylakshmi Mannadiar), self-defense and family life (college counselor) were also conducted. IQ and EQ tests were carried out on voluntary basis by a clinical psychologist Ms. Purvi Shah, for those who were interested and a talk on emotional intelligence was also organized for all students.

Talent contest was held for showcasing the potentialities of the student through a junior college carnival. The students took part in Hindi elocution organized by the Hindustan Prachar Sabha in co-ordination with Mr. Shankar Pandey.; they also took part in health surveys, testing BMI (organized by Ms.Dipika Kadam), poster making competition, rangoli competition, and visited Asha Daan a charitable organization (shelter home) interacting with the children and adult inmates found on the streets of Mumbai. A leadership and public speaking camp was conducted by an NGO “free a billion “conducted by past students Yogini Roygaga & Riddhi Jain and organized by Ms. Farhanaaz Syed. A talk on communal harmony was given by Mr. Azeem Taqi for our FYJC students and was well appreciated. Priyanka Gala and Akanksha Gupta won certificates for an elocution competition on women empowerment for physically challenged students organized by the state government for learning disability. Siddhi Parekar won an award for a classical dance recital at Y. B. Chavan center for performing arts. Rucha Mhatre an S.Y.J.C. student has won accolades in Aquatics specializing in water polo.

Junior college witnessed for the first time a prize distribution for the FYJC and SYJC students during the Nirmal Utsav in order to acknowledge their achievements in curricular and co-curricular fields and encourage them to do better in the future.

The staff of junior college attended several workshops and seminars to upgrade their qualification and refreshed themselves with latest techniques in education. Ms. Roopa Rao successfully completed her 12 years in-service training in Chemistry. Ms Farhanaaz Syed also attended a refresher course organized by the University of Mumbai for Chemistry. Mr. Amol Surte cleared the SET exam in English literature organized by the University of Pune, Maharashtra. Ms. Farhanaaz Syed judged an elocution competition in Infant Jesus Secondary school Science exhibition (P ward) Malad (W).

Ms. Shefali Sharma attended a two day National conference on “Academic and Administrative Audit” and a seminar on “Urbanization and Women” by Dr. Shruti Tambe (HOD, Sociology dept, University of Pune) at Nirmala Niketan college of Social work, New Marine lines, Mumbai, to celebrate 160 years of Mumbai university.

The staff of Junior college attended 15th August (Independence Day) and 26th January (Republic day) flag hoisting ceremony on the terrace of our prestigious institute. The staff and students maintained a 2 minute silence on the death anniversary of our great leader Mahatma Gandhi on 30th January as instructed by the government of Maharashtra. Some of our staff regularly visits the college gymnasium to keep them physically fit throughout the year. The staff also attended various programs on maintaining good working relationships in the organization.

Ms. Zahida Taqi organized a summer camp for junior college students on personal grooming, health & hygiene, making artifacts such as soap making, tie & dye, vegetable carving, etc which help them become self-dependent economically and also give them a sense of self-worth.

The H.S.C. Board exam for its practicals and orals was completed successfully in all subjects. The external examiners were welcomed warmly and exams were conducted as per the rules of the Maharashtra state board. Some of our staff also went as external examiners to other colleges for EVS, chemistry/ biology practical's.

Nirmala Niketan was designated as custodian by the Maharashtra state board for the Feb-March 2017 HSC board exams. The first floor classrooms were handed over to them for the same. Lectures for the S.Y.J.C. started on the first week of April and results for F.Y.J.C. were declared in the last week of April with a cent percent result for all students (2016-17).

The junior college had a meeting with Ms. Magy (the president of Nirmala Niketan Institute) which was wonderful, we were looking forward to meeting her at the departmental level and we got to know each other better as a result.

HSC exams went off smoothly without any problems for the students in their respective centers. Paper corrections for the board exams and moderation also finished on time. First week of April, saw the beginning of SYJC lectures which are taken so that we finish the vast syllabus on time by the end of the year. Results for the FYJC were given in the last week of April and the students also secured their admissions for the next year by payment of fees. Maharashtra Day and Labor Day was celebrated on 1st May 2017 where the flag was hoisted and a talk on the subject was arranged.

Ms. Shefali Sharma
Co-ordinator, Junior College

REPORT OF THE DEPARTMENT OF FOODS, NUTRITION AND DIETETICS

This year, the Department of Foods, Nutrition and Dietetics began the journey of the academic year with a total of 197 students from the undergraduate and the various postgraduate degrees and diploma-a journey accompanied by hard work, dedication, huge suitcases of learning and backpacks of fun and enthusiasm. 2016-17 saw several destinations visited by the faculty and the students in an attempt to cover as much of the world of Foods, Nutrition and Dietetics as possible.

The department organized for its student travellers several seminars and workshops to satisfy their search for knowledge and learning, all activities incorporated the MOU signed with the purpose of collaborations with esteemed academic institutions-Ruia College, Jaihind College and K.J.Somaiya College of Science and Commerce. It was initiated with the university affiliated Bridge course developed by the department.

The first event organized was the seminar “Changing Cereals, Changing health” organized on the 16th of July, in collaboration with the Indian Dietetic Association, Mumbai Chapter. This was a one day event with intercollegiate recipe competition and research poster competition. The seminar had a very interesting array of speakers as well as a panel discussion by practicing dietitians, all very well appreciated. 26th and 27th of August saw the two day National conference on “Nutritional Perspectives on Bone Health: Recent Advances”, organized in collaboration with Nutrition Society of India and Research Centre College of Home Science Nirmala Niketan- a feast for the department to learn from and a chance to interact with renowned academicians and professionals. On 29th August, the students sampled sports inspiration at a talk organized to commemorate the National Sports Day, by the renowned marathon trainer Mr. P. Venkatraman.

The one stop we make annually for a celebration is the Nutrition Week; this year too it was celebrated in all significance. Three activities were organized - A half day symposium on “Nutritional Management of Lifestyle Diseases: Recent Advances, speakers were Dr. Hemraj Chandalia and Dt.Vaidehi Nawathe, Bhakti Vedanta Hospital; A talk on Poly Cystic Ovarian Syndrome (PCOS) by Dr. Bhansali and a camp on Assessment of Bone Mineral Density and Body composition parameters and Lung Function and Asthma Detection Test held for teaching and non-teaching staff. In association with Diet Counselling Centre and NSS Unit. In addition Dr.Chandalia and Dr Subbulakshmi, stalwarts in the field of medicine and nutrition respectively were acknowledged for their long standing association with the college. The students enthusiastically participated, volunteered, communicated nutrition messages and organized nutritious canteens to mark the event. It must be noted that students ventured into intercollegiate competitions during the nutrition week and won prizes for Nutrition Quiz ,poster and photography competitions. On September 17th, a two hour session on “Dietary Influences on Biochemical Indices in Hemodialysis and their management” was organized, the speaker was Sunaina (Sue) Deepak, MS, MA, CSR. Registered Dietitian and Nutritionist USA.

The destination of special interest in September was the IDACON 2016, the National Conference of the Indian Dietetic Association, held in Mumbai this year. The department was actively involved in this conference as an academic partner, with the faculty being resource persons, organisers and stakeholders. Students attended this conference, many presented papers and posters, a few won awards, volunteered in the organization, a few current and past students contributed articles towards “NutriLink” a nutrition education booklet published for the benefit of the community and learnt immensely.

In December, the students of the post graduate masters courses attended 2 day workshop on HACCP –Hazard Analysis and Critical Control Points by Mr.Sanjay Idnani from Safe Food Solutions. January saw the successful

organization of the National Seminar on Academic and Administrative Audit, organized by the Internal Quality Assurance Cell of the College, for which the faculty of the department participated in organizing and conducting it. February had two more workshops organized- A 3 day workshop (Feb 14th -18th) on 'Kinanthropometry- Level 1' conducted by Dr Anup Adhikari (Ph.D Exercise Physiologist(ISAK).This workshop had delegates from other institutions and was very well appreciated .The other was a half day Workshop on Anthropometry conducted by Ms. Rachael Alphonso which provided a hands on training into anthropometric measurements.

Academic instruction is the one half and practical and experience is the other half of fulfilling the educational wanderlust. Students had many guest lectures organized by experienced resource persons-one such example being the talk on “Inborn Errors of Metabolism” by Ms.Anagha Palekar, Senior Dietitian from Nair Hospital. Our alumna Vidhi Shah, Farheen Khan and Shweta Kambli had taken a session for all the Msc part 2 on use of the software “Diet Cal” for learning its applications in diet planning and research. A very interesting talk on Clinical Research was organized for the post graduate students, the resource person being Ms. Jamila from Reliance Research Center. The MSc 2 and the TYBSc students had a course on microbiological techniques organized in Jaihind College, where they learnt practical applications of microbiological techniques. TYBSc students had a number of visits organized; they visited Nair Hospital and Harkisandas Reliance hospital, Skygourmet Catering Pvt. Ltd and Amul Dairy in Virar. The industrial visit was organized in February to the beautiful Baramati, in Maharashtra where TYBSc and MSc 1 students got an overview of agricultural processes and visited cottage industries, all the while bonding with one another steeped in the spirit of fun and learning

Serving the community has to be a part of the travel in search of knowledge .Each group had its own experience with community service. The TYBSc students completed their field work in ICDS, Malad and went for their rural camp to Kolad, from 14th to 16th February accompanied by Minelli Rodrigues and Ms.Sheetal Joshi. The MSc 2 FND conducted a Nutrition Education Camp for a period of two days in Dervan under the guidance of Dr.Veena Yardi.The students of the P.G.Dip in Dietetics and Applied Nutrition were involved in community work ;The Diabetes Mela in collaboration with Dr Pradeep Gadge Diabetes Centre and mentored by Ms. Sukhada Bhatte where they experienced conduction of a Nutrition Awareness and Counselling Activity and interacted with about 1000 diabetics and conducted Nutrition Awareness activities for parents and children in BMC schools in Bandra and Santacruz ,mentored by Ms.Sheetal Joshi and Ms.Sukhda Bhatte. Students of MSc I Sports Nutrition conducted Anthropometric and fitness assessment and counseling sessions for 30 budding footballers from the NGO Rainbow, mentored by Dr.Subhadra Mandalika and Ms.Sukhada Bhatte.

The department organized other avenues for community interaction; undergraduate and post graduate students participated in the Vigyan Yagnya 2016 organised and held by K.J. Somaiya College of Science and Commerce where they manned stalls and counseled visitors to the exhibition. The students had a very enriching experience, working and serving the community, they learnt more than they taught. The department ran a very successful value added course –Nutrition for Exercise and Fitness with 28 students both in-house and external.

The department boasts of a multitude of achievements across the spectrum of curricular, extra curricular, research and academics, of which only snapshots can be presented in this report with the detailed panoramic view featured in the achievements e section. Our students were very active in participating in various intra and intercollegiate competitions in both curricular and extracurricular activities. Students sparkled in intercollegiate events with the NN team winning the second prize in the intercollegiate competition and multiple prizes in intercollegiate recipe, posters and photography competitions. Awards were won by faculty and their mentees in poster presentations at local, national and international levels. Two faculty completed their research projects;Dr.Veena Yardi the minor research project by the UGC and Ms.Sheetal Joshi the Mumbai University projects. Ms.Anuradha Mitra

successfully executed the consultancy for conduction of sensory evaluation for 4 food products was conducted for Rite Bite involving 69 Semi-trained panelists. Our Ph.D student, Neha Vaidya Joshi was awarded her degree this year under the able guidance of Dr.Subhadra Mandalika. Faculty of the department Ms.Fatema Kader was the NSS coordinator, a responsibility she executed with remarkable diligence ably assisted by Ms. Sheetal Joshi. The equipment resource was upgraded with the aim of providing the best possible exposure for research and practical for our students. The department is proud of numerous academic and research collaborations with industries, research institutes, hospitals, gyms, academic institutes, government and non-government groups.

2016-17 was an unforgettable voyage into exploration of knowledge on the ship set on the course of collaborations, experiences and lessons.

Ms. Jacqueline Colaco
Head of the Department
Foods, Nutrition and Dietetics

THE HUMAN DEVELOPMENT DEPARTMENT

The year 2016-2017 started on a somewhat sad note for our department, as July 22nd turned out to be the last working day of our very dear Dr. Nirmala Almeida. Dr. Almeida, the senior-most faculty member in the college had completed 38 years of teaching before her 60th birthday in May 2016, and in the 2016-17 academic year had started her 39th year of teaching in the college. With the state government declining to give an extension to teachers who had had their 60th birthday, we were forced to say goodbye to Nirmala.

We rallied together as a department, especially to provide a doubly supporting environment to the students in our care, in order to ease the transition process and also welcomed several new part-time Visiting Faculty members into our fold for the same. It helped that we already had three department events planned for the first term, and immersing ourselves in these events as well as our regular schedules kept us busy and going forward. We launched a one-year Arts-Based Therapy (ABT) certificate course successfully this year. Students who have graduated from this course in June 2017 are qualified as ABT practitioners. The Indian Sign Language course was implemented in the second term and made an excellent impact on the students. This year we put into action the new SY HD practical. Students participated wholeheartedly in learning art and craft, storytelling and music and movement activities for children in the first term; and in learning games, focus-group discussions and street play as HD strategies for working with adolescents and adults. The new MSc1 curriculum was also efficaciously executed this year.

The first of our first term “events” was a **One-Day Department Picnic**, on the 23rd of July. Department staff and students together were of the opinion that we’d like to be out in nature for our day away from Mumbai, and off we went in a special bus to scenic Tungareshwar. Our picnic included a monsoon trek with two trekking guides, a visit to the Tungareshwar temple, frolic at a small waterfall, and later lunch at a resort hotel on the way back to Mumbai. As our motto was safe fun, and we splashed in a safe stream and waterfall to our hearts’ fill. The resort hotel offered a sumptuous meal, several locations for photographic shoots, and also a set of swings that we thoroughly enjoyed.

Shortly thereafter on the 30th of July was the **One-Day Monsoon Mela** we organized in the college hall. The stalls included food stalls, game stalls, hair and make over, accessory sale stalls, as well as a garage sale, a photo booth with creative props for selfies, a music request stall, and affirmation card readings. Students of the department and others in the college, as well as visitors, had an engaging fun-filled experience.

Our third big event in the first term was a **Parent Meeting and Interaction with Alumnae** on the 27th of August. Almost all students' parents (or other family members for a few) were present. The meeting was started off with a welcome, a prayer, and fun introductions, after which we shared about department events, the Human Development curriculum at various levels, and the educational and career pathways that lead from an HD curriculum at undergraduate and postgraduate levels.

The second part of the session was interaction with a range of alumnae, some of whom had graduated earlier in the year, others who were long-term alumnae, and all working in different sectors. The alumnae shared about their experience in the college/department, the outstandingly positive mark the NN HD education had had on their professional and personal lives, how they got their job(s), their career progression, their beginning and current salaries, and support from their families to grow as professionals. Their accounts were moving and inspiring. All in all, the parent meeting was a grand success.

In the second term, our big events included travelling, first for the extension tours in November and later for a study tour in February/March. For our **Extension Tours** this year, the TYBSc students went to the Vidhyadeep Community College of the DHM Management at Bharuch, Gujarat, with Dr. Kamini Rege and Ms. Khyati Sampat (27th to 30th November); and the MSc1 and MSc2 students went to the Kolad DHM Centre in Maharashtra, with Dr. Bakshi and Ms. Rhonda Divecha (28th to 30th November).

At Bharuch, the TY BSc students conducted a spectrum of extension activities for varied beneficiaries including students studying Office Administration, those studying nursing, advanced tailoring students, and pre-primary teacher trainees. Sessions were on topics such as Communication skills; AIDS awareness; and Creative teaching-learning strategies. An "Each-one-teach-one" Cultural Exchange programme, learning centres, and an AIDS-awareness-related pre-post study were other accomplishments of this extension tour.

The MSc students in Kolad worked with tribal children and women, and animators and teachers of the Kolad primary schools. MSc2 students conducted a workshop on communication, self-worth and loving oneself with the animators and teachers, and MSc1 students conducted games with them. The second day was spent in the tribal villages, where women engaged in craft activities which could be used for income-generation, and children participated in learning centres (with puzzle boards, manipulative toys, games, and books) in the community and in the primary school.

Dr. Bakshi and Ms. Rhonda Divecha accompanied 52 students on a **Study Tour** to Bangalore, Mysore and Coorg. A three-pronged study tour was planned keeping in mind holistic educational goals: (a) Visits to varied HD agencies, which are nationally and internationally renowned. Students of the department conducted activities at two of these agencies. (b) Visits to help students appreciate Indian heritage and culture. (c) Communion with nature/physically-active activities. We left from Mumbai on a train early in the morning on the 25th of February, and returned on the night of 3rd March. Our educational visits were very moving, motivating and stimulating:

- i. Sneha Care Home, Residential School and Comprehensive Care Facility for Children who are HIV+, Sarjapura, Bangalore.
- ii. Snehadaan, Hospice, Sarjapura, Bangalore.
- iii. Karunashreya, Hospice for Cancer patients, Bangalore.
- iv. Sumanahalli Leprosy Centre, Bangalore-Mysore Road.
- v. Channapatna Toys.
- vi. The Valley School, (Krishnamurti Foundation India), Bangalore.
- vii. St. Augustine Niwas, Old Age Home, Bangalore.

Students conducted activities for the Sneha Care Home children. They also conducted an entertainment programme and interacted with the elderly at St. Augustine Niwas.

We strengthened our cultural roots through our awe-inspiring visits to the Laxmi Vilas Palace in Mysore, the Vrindavan Gardens in Mysore, the Ancestral Home Visit in Coorg, and the Bylacuppe Tibetan Temple in Bylacuppe. As a welcome relief to our mostly sedentary, concrete jungle experiences in Mumbai, we communed with nature, engaged in physically-energetic activities and nurtured our eco-sensitivity through petting an elephant at the Dubare Elephant Camp in the shallow waters of the Cauvery river, our visit and experiences at the Coorg Adventure Club, and the Plantation Walk in Coorg.

Another highlight of our study tour was the dinner and dance party in Bangalore hosted by the parents of one of our MSc2 students—Pritika Joseph. On our return journey, the parents of an MSc1 student—Payal Udeshi—most kindly gave each of us a delicious packed lunch at Sholapur station.

Department students visited many different HD agencies through the year in Mumbai: Day care centres for children, Early Childhood Care and Education centres, schools, institutions for those with special needs, old age homes and NGOs like Kripa Foundation, Prerana, and Desire Society. Placements of students were at schools such as St. Columba Girls School (Grant Road), Children's Academy (Kandivili), and St. John's Universal Preprimary School (Goregaon); and, with counsellors and with counselling centres, and NGOs (CanKids, Women's India Trust, and New Horizons Child Development Centre).

In Mumbai, students have reached out to serve underprivileged children, children with cancer, street youth, youth rehabilitating from drug addiction, juvenile delinquents, and residents of old age home as part of various practicals. MSc1 students conducted a BalMela for children with cancer in March. Teachers, individually, have also reached out to different target groups. For example: Ms. Divecha conducted an interactive session for the residents of an old age home in Panvel; Ms. Maheshwari conducted a workshop on "self-awareness—a journey to success" with women, nuns, animators, and NGO personnel in Kathgodam, Nainital; Dr. Rege conducted a workshop on music and movement for teachers, administrators and teacher trainees in Kerala.

The faculty members have dedicatedly taught and mentored students. Their laurels also extend to other areas. Ms. Divecha, Ms. Maheshwari and Dr. Rege were awarded University of Mumbai minor research grants this year on high-priority topics such as use of ICT, importance of play, and responsible use of the Internet among school children. Dr. Rege and her students also received a grant from the Ahaan Foundation. Other accomplishments of the department teachers include international and national publications, presentations in international and national conferences, and active roles as editors/reviewers of international and national journals, and as leaders/members of professional organisations. For example, as a Co-Editor, Dr. Bakshi chaired the annual Board Meeting of the British Journal of Guidance and Counselling in London and travelled to Madrid, Spain, for an international conference. Ms. Maheshwari presented a paper at an international conference in Lucknow. Dr. Rege presented at an international conference in Delhi and at another conference in Calicut; she also helped organize an international conference in Mumbai. All of us helped organize a NAAC-sponsored national conference in our college. Ms. Divecha has written a couple of very interesting blogs on international websites. Ms. Sampat completed a certificate course in Rational Emotive Behavior Therapy.

Bravo to our students! A team of TY students under the guidance of Dr. Rege participated in the intercollegiate Avishkar Research Competition. TY students in a bigger team, again under the guidance of Dr. Rege, got the first prize at the Urjita Interdisciplinary UG Home Science students' intercollegiate mini-research competition. A team

of SY students, guided by Dr. Rege, participated in the intercollegiate competition on road safety. MSc1 students completed group research projects on developmental assets of youth, emotional intelligence of students, and awareness regarding HIV/AIDS in young adults. MSc2 students engaged in research on career development of youth, learning disability, ICT, self-perceptions of the elderly, emotional intelligence of the elderly, play, and responsible Netism.

The journey of 2016-2017 would not have been as beautiful as it was without the support of our Principal, Dr. Geeta Ibrahim; our Administrator, Ms. Antoinette Araujo; the DHM management; all the teachers and students of the department and of the college; the non-teaching staff; and the support staff. We remain grateful to Dr. Nirmala Almeida for her outstanding contributions over decades to the department. Lastly, we lay the fruits of our labour at the feet of our Benefactor.

Dr. Anuradha J. Bakshi

Head of Department, Human Development

DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

The Department of Textile and Fashion Technology in 2016-17 had dynamic moments, activities and programs spread throughout the year to provide enriched learning opportunities for students and faculties.

SEMINARS AND CONFERENCES ORGANIZED:

- o An intercollegiate seminar on “Positioning Career Opportunities in Textile Apparel & Fashion Industry” was organized on 11th August, 2016. Various sessions conducted were “Brand Management” by Ms. Komal Panchal (Footwear Designer of brand Kanvas Kloset), “CAD and Designing Home Textiles” by Ms. Tejal Raj (CAD expert and alumni), “Scope of Fashion in Retail” by Ms. Anjali Pandey (E-commerce specialist), “Fashion Imaging” by Ms. Mamta Joshi (freelance image consultant), “Role of a Merchandiser and Importance of Quality Assurance and Control” by Ms. Aashita Jain (Fashion retail merchandiser and alumni) and “Power of Two and Partnering” by Ms. Divya and Ms. Ruchika (Entrepreneurs). Participants from Nirmala Niketan and other institutes like SASMIRA, S.V.T., M.S. University, Baroda learnt many concepts and imbibed various skills related to textile, apparel and fashion.
- o A one day conference on “Segments of Technical Textiles: Present Scenario and Opportunities” on 3rd February 2017. The speakers for various sessions were Mr. Avinash Mayekar, (M.D & CEO, Suvin Advisors Limited), Dr. Ms. Manjiri Paranjape (GM, R&D, Rossari Biotech Limited), Dr. Mrinal Choudhari, (Joint Director, WRA), Dr. Manisha Mathur, (Deputy Director, SASMIRA), E. Sivakumar, (Head -Technical Textile Business, Archroma India Pvt. Ltd.), Dr. Sujata Saxena, (Principal Scientist, ICAR-CIRCOT) and Dr. M K Talukdar, Vice President, (Kusumgar Corporates Private). The main objective of the conference was to enrich knowledge to the participants in the field of technical textiles and its various segments. There were various participants from other colleges like ICT, SASMIRA, etc.

TALKS AND WORKSHOPS

- o Skill development workshops were arranged on 12th and 13th August 2016 following the one day career seminar. The focus was on “Textile Painting” by Ms. Rajashree (demonstrated different techniques of painting), “Jewelry Making” by Ms. Sai Vijaya Naidu (alumni - demonstrated basic techniques of making

recycled and upcycled neck pieces, earrings, bracelets, etc.), “Make- up and Grooming” by Ms. Anjum Kerosenewala and Ms. Prashita Das (demonstrated basic and stylized make- up), and “Fashion Photography” by Mr. Mayur Narangikar (explained basic rules of photography). These workshops were enjoyable and filled with learning which would be useful for students in their professional life.

- o Workshops were also organized for students with the aim to learn and create awareness on traditional heritage. Three different workshops were conducted on traditional arts- Pichhwai painting, Cheriyal painting and Batik on the 23rd of August 2016 in collaboration with an NGO “Paramparik Karigar”. Pichhwai Painting Workshop was conducted by National award winner Mr. Kalyanmal Sahu. Batik Printing Workshop by a heritage craftsman, Mr. Mohammad Shamim, and Cheriyal Painting Workshop by traditional artisan Mr. Nakash Viakuntham & his son Mr. Vinay.
- o Various workshops were organized for students during Annual department event Jamboree on Fashion Styling by Mamta Joshi, CEO Orange Tree, Surface Ornamentation by Ms. Raju Bhatia, HOD B D Somani, Costume Styling by Ms. Merylyn (Alumni) & Ms. Shalini Gupta (Alumni) and free lance stylists, on 19 and 20 January 2017. These workshops helped students learn new skills.
- o An awareness workshop on “Identification and Purity of Silk & Silkmark” was also organized for students in collaboration with Silk Mark Government of India on 13th December 2016.
- o A session was organized on “Digital Printing- process and advantages” by Dr. Sanjeev Kamat (Vice President. Industrial Products and solutions Kothari Infotech Ltd.) on 20 February 2017.
- o A session on “Knitting Technology” by Dr. Ahmed on 6th March 2017 covered technical concepts.
- o Further, a session was organized in collaboration with Weavers Service Center Government of India and State bank of India to explain importance of online payment and mobile banking and fabric identification.

EVENTS

- o **Jamboree 2016-17:** The Department organized an annual event Jamboree mostly managed by students. This year event was held from Thursday 19th to Saturday 21st Jan 2017. This season theme being GLOCAL –Be GLObal, Stay loCAL students took initiative to stimulate and benefit the society through sustainable fashion and a Global yet Local outreach. The students show cased their self-designed and self-stitched collections on Saturday 21st January 2017. They were also awarded for their garments and designs. The event also included about 40 competitions based on sustainable fashion and games. All the competitions were open to even outsiders who wished to participate. Tremendous participation from intercollegiate students, school children and also enthusiastic elders was seen. These prizes for fashion show for M.Sc were presented from Sponsorship award money by Dr. Dedhia & SDC: Society of Dyers & Colorists and for TY’s by alumni Zehra of ZnSkills and the prizes for various competitions were sponsored by various companies approached by students.
- o **Market:** The Department organized a market for sale of apparel, fashion accessories and cosmetics on 11th, 12th and 13th august 2016. Many stalls were arranged by the students and outsiders selling food items, clothing, accessories, lac bangles and many other things.
- o Another market experience was obtained by T.Y.B.Sc. and M.Sc. students during an exhibition cum sale in the college hall on 20th September, 2016. The market gave a hands on experience in managing business and they learnt basics of finances, sourcing and marketing skills. The profit of all such sales was utilized by the student to support their education.
- o **Entrepreneurship Incubation Cell** – This year the department took initiative to expand and support existing

and budding entrepreneurs by forming Entrepreneurship Incubation Cell. Under this cell, students were supported and mentored by various experts and entrepreneurs. Two sessions were organized on 'Mentorship for Business Development' on 21st October 2016 by Mr. Bashesh Gala (39 Solutions) and by Mr. Vamil Sangoi (Interntheory.com). Also under this incubation cell, sessions were organized on 25th February 2017 inviting various alumni entrepreneurs - Ms. Mohadessa Deghani, Ms. Rupal Jagad, Ms. Renu Daga and Ms. Shefali Dani to share their stories, experiences and journey.

- o **The Story of Achievers-** A half day event was organized on 28th April 2017, to felicitate the students for their achievements throughout the year. The students organized an exhibition of the work done by them during the academic year, for their parents, the students and the alumni. Students were happy to receive feedback from more than 65 parents and alumni who attended the event. Two alumni Ms Bijal Vora (Batch of 2009) and Ms Abigail Fernandes (Batch of 2016), who are both winners of Ms Galby Gold medal at MSc at the University, shared their success stories. The event was concluded by distributing the participation certificates and felicitating the students for the hard work put in throughout the year.

EXTENSION WORK

- o The department was involved this year with various extension activities. The Department does weekly extension activities as part of field work for TYBSc. Various centres such as Swayam Foundation Panchashi Nagar of Colaba, Apne Aap Womens Collective at Khetwadi Grant Road, Swayam Foundation at Parel, National Association for the Blind at Raey Road were visited every Saturday by TY BSc students in small groups to teach various products developed from cut pieces of fabrics donated by Mahavir textile which would help earn livelihood and sensitize our students to realities of life. Through this extension work, students have trained more than 20 Young students and Girls between 10-18yrs and House-wives in each centres, totaling to more than 100 women.
- o The students of TYBSc also went for a rural camp to Sakhya Women's Guidance Cell, Virar on 5th and 6th December, 2016 where they taught various products like cushion covers, fabric bows, embroideries etc.
- o MSc students went for a rural camp to Ggyanjyoti Community College Kharasgaon on 5th and 6th December, 2016 where they taught pattern making and stitching of Nehru Kurta, Payjama and Chudidar. This centre continues to mentor Tribal Students through our MSc students and the results are noticeable.

INDUSTRIAL VISITS

- o Two day Educational Trip to Silvassa was organized on 11th and 12th July 2016 for students of TYB.Sc and M.Sc. Visits to Alok Industries Ltd., Bombay Rayons and Tribal Museum added to knowledge and fun-filled team building activities at Khanvel resort made this visit a memorable event.
- o Visit to Tanul Laboratories Pvt Ltd, Dombivli was organized for T.Y.B.Sc. and M.Sc. students on Monday, 26th September 2016 to give them an exposure to various testing procedures, standardized methods, equipment's and safety procedures.
- o With a view of gaining practical insights, students of TYBSc and MSc were taken on industrial visit to Hyderabad from 28th November 2016 to 4th December, 2016 where they visited Indian Emporium Matching House- Design house, Pochampally Handloom Park (PHPL), GTN Industries (fibre to apparel), Vijay Industries (fibre manufacturing and wet processing), FDI (Footwear design and development institute), Neeru's Emporio (visual merchandizing), Shilparamam (craft museum, Chow Mahala Mahal (textiles & costumes and palace décor -museum), and SalarJung Museum (jewelry & costumes, palace furnishings). It was a fun filled and learning tour.

LIFELONG LEARNING AND EXTENSION

- o The Department enrolled TY and MSc students to DLLE (Department of Life Long Learning and Extension) program (54 students). Students participated in year long extension activities and also participated in Udaan which is the annual extension work festival organized by the University of Mumbai with the aim to encourage students to plan and conduct different activities reaching out to different sections of the society. The students presented two posters, wrote essays and presented a skit on topic “Laws Protecting Women”. Students of TY BSc and MSc II won 1st Prize in Poster Making Competition in Udaan. All groups received A+ Grade in the DLLE program.

VALUE ADDED COURSES

- o “Visual Merchandising” and “Entrepreneurship in Textile Crafts” value added courses affiliated to University of Mumbai, were successfully conducted from end of July 2016 to end of February 2017. 26 students enrolled for the Visual Merchandising course from various levels of Degree College out of which 2 were outsiders and 13 students for Entrepreneurship in Textile Craft from various levels of Degree College. The courses were coordinated by Ms. Vibhuti Khedekar. Sessions were conducted through various experts from the industries such as Mamta Joshi, Anita Sihag, Reema Warde, Rashmi Deshmukh, Zehra Noori and Almas Qureshi.
- o One Year Diploma course in ‘CAD CAM in Textile & Apparel Industry’ affiliated to University of Mumbai, was successfully conducted from July to March for 54 students of the department. Mr. Sameer Panchamia and Tejal Raj were the experts for the course along with Dr Dedhia, Mrs Vrinda Udiavar, Dr Anjali Srivastav and Mrs Vibhuti Khedekar. The course was coordinated by Dr. Ela Dedhia.

COLLABORATIONS AND NETWORKING

- o The department had established multiple collaborations with Clothing Culture Ltd., Rossari Pvt. Ltd., Archroma India Pvt. Ltd., Wool Research Association, FX Pigments, KT International, Arora Drapes, Society of dyers and colorists, etc. to source chemicals, fabrics and various research material and services.
- o Masters students undertook Internship in May and June in organizations like Omkar Enterprise Dombivli, Provogue India Ltd. Andheri, Bombay Textile Research Association Ghatkopar, Quirk Box Andheri, Divine Crest Borivali, Provogue Ltd., and India Beach Fashion Week Bandra, Mumbai and Goa.

ACHIEVEMENTS

- o In pursuit for excellence the staff and students are given opportunity to present the papers at various level. There were total 12 publications, 49 paper presentations out of which one poster and one oral presentation got the award at various levels. The department staff were invited for various conferences and seminars as keynote speakers, chairperson, invited guests, jury, etc. Dr. E. Dedhia received invitation and scholarship for participating in XXIII IFHE World Congress 2016 on 1st August 2016 by Ministry of Gender Equality and Family, Republic of Korea.
- o Three staff (Dr. Ela Dedhia, Dr. Pratima Goyal and Ms. Vibhuti Khedekar) received Minor Research Project grants under the University of Mumbai.

Dr. Ela Dedhia

Head of Department, Textiles and Fashion Technology

DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

This year, 32 students enrolled at T.Y.B.Sc. (Home Science) Specialization of Community Resource Management. The electives offered were:

- **Residential Interior Design** – 11 students
- **Front office and Housekeeping Management** -21 students

There were various activities that students and staff participated in this year, such as:

- **A Research Convention “THE FLIGHT OF EXTENSION” –**
 - Mansi Jani and Urvashi Jain Presented a research paper titled “Musculoskeletal Discomfort among Female (Fruit and Vegetable) Vendors aged 26 – 40 years in Mumbai City and its Suburbs” This paper was AWARDED THE 1ST PRIZE among 23 winning teams who were invited to compete at the National Level Competition.
 - Hinal Shah and Sakina Makda Presented paper titled “To develop entrepreneurial skills among women of Goveh village Kolad Raigad district .Received Participation certificate
- **Students participated at :**
 - Undergraduate Research at the 8TH INDIAN YOUTH SCIENCE CONGRESS – NATIONAL LEVEL RESEARCH COMPETITION with the theme “Food for All in the Anthropogenic Era”
 - URJITA 2017 – INTERCOLLEGIATE STUDENTS’ RESEARCH COMPETITION
 - At the RESEARCH CONVENTION “INDIA’S VISION 2020.”
- **Workshops and Seminars**
 - Personal grooming
 - AutoCAD during Diwali vacation
 - Vegetable and Fruit Carving
 - Creative Workshop on “Pattern as an Art element” for F.Y.B.SC Students
 - Seminar on “How to manage money and How to be a smart Investor”
 - Sketching
 - Towel Folding
 - Napkin Fold - Workshop
- **Community work**
 - **Celebration of International Breast Feeding Week** In collaboration with ICDS. This year’s theme Breastfeeding: A Key to Sustainable Development “.Activities conducted: Puppet show. Role Play , Street play, Flash card at ICDS Centres Malad and Kandivali
 - **Milk testing camp:** In collaboration with Consumer Guidance Society of India Milk Testing camp was organized. 72 milk samples were collected and tested. Students got hand on experience to operate the machine.
 - **Marathi Bhasha Divas:** 27th February is celebrated as Marathi Bhasha Divas in Maharashtra. On this occasion TY students organized a Programme for the anganwadisevikas of ICDS Centre at Chincholi Bunder: Malad
 - **Collaboration with Lifelong Learning and Extension [DLLE] Mumbai University:** Its 5th year. All 32 students of CRM Specialization have been enrolled. Our department have taken up the Project SOCIAL WOMEN STATUS (SWS) for the Students
 - **Rural camp:** Students went to Kolard, Raigad District on 16th, 17th & 18th Feb ‘17 for extension activity. We visited 3 villages Devkane, Guhve and Shatpure and conducted activities such as Entrepreneurial skills of rug making, Nutritious and low cost recipes, art and craft activities to balwadi school going children

- **Collaborations:**
 - As part of Extension activities and for the internship placement the department of Community Resource Management has collaborated with Consumer Guidance Society of India; ICDS; I volunteer; and Lifelong Learning of Mumbai University.
 - Hotel Internship collaboration: The Lalith Mumbai , ITC Grand Maratha Lower Parel, ITC Grand Maratha Central, The Oberoi, The Park Navin Mumbai, The St.Regis, The Westin , Grand Central, Meluha The Fern, Grand Hyatt
 - Value Added (Research collaboration): CLI (Central Labour Institute), Chunabhatti; NITIE, (National Institute of Industrial Engineering) Powai.
 - Other collaborations: Colour world, Asian Paints, Pidilite
- **Student-Organised Events:**
 - **Mom's Day Out** – This was organised by the T.Y. Students on 24th September 2016 as part of their curriculum, 'Events in the Hospitality Industry.' The students gained practical knowledge of coordination, planning, budgeting and management of all the people, teams, logistics and features that come together to create an event or occasion. The theme for the event was Retro/Back to College. There was a participation of 62 Moms/ friends of Moms.
 - **PICNIC:** Staff and student went for 1 day picnic to Karjat Farm house belonging to one of the students. This outing created close bond amongst the students.
 - **CRM Market themed "TWISTER"** was organised on 13th, 14th, 15th of December, 2016 .It was a practical exposure given to students for the theory paper of Marketing Management and Entrepreneurship. In all there were 12 stalls handled by 32 students.
 - **F.Y.B.Sc Hospitality Event:** For the "Management of small events", students of all the eight groups learnt how to plan, budget and organize a small event. They also learnt how to attract crowds for increased footfall to the event. The themes selected by the students were Bollywood Dhamaka, Sweetness of Maharashtra, Check mate, Mini India, Back to school, Barbie's Dream House, Fast and Furious and Nature's Basket.
- **Value added courses**
 - **Workstation Design and Applied Ergonomics:** 20 students of Community Resource Management had enrolled.
 - **Cultural Heritage and Management:** This was a new Value Added Course. Students across degree section, including an ex-student, had enrolled.
- **UDAAN FESTIVAL (Intercollegiate Fest):** Students participated on the 14th day of Udaan festival which took place at G.G.College, Vasai on 8th Feb 2017. 23 students participated in UDAAN Festival 2015-2016 organized by DLLE, University of Mumbai. The Theme selected was Women Empowerment. 21 Students participated in STREET PLAY and 2 students in Poster competition.
- **INDUSTRIAL VISITS:** This academic year, a visit was planned to Amritsar – Chandigarh for the purpose of visiting industries from 27th Jan to 2nd Feb 2017. The industries visited were: Vardhaman Spinning and Manufacturing unit. Hisar HP, Riddhi Packaging unit Parishram Appliances, Sigri Fruit Processing unit. Students benefitted tremendously through minor ergonomics research conducted in these industries on posture analysis, shift system, environmental evaluation and stress.

Mrs. Sunita Jaiswal

Head of Department, Community Resource Management

COMMITTEES FOR CO-CURRICULAR / EXTRA CURRICULAR ACTIVITIES (2016 – 2017)

COMMITTEES	MEMBERS
CULTURAL COMMITTEE	Ms. Roopa Rao (Sr.) - Convenor Dr. Veena Yardi, Mr. Shankar Pandey, Ms. Vibhuti Barve, Ms. Khyati Sampat, Ms. Dipika Kadam
EXAMINATION COMMITTEE	Ms. Anuradha Mitra - Convenor Ms. Payal Maheshwari, Ms. Sunita Jaiswal, Dr. Vishaka Karnad
INTER-FAITH COMMITTEE	Ms. Jacqueline Colaco - Convenor Ms. Sanam Khan, Ms. Neha Mulchandani, Ms. Nivedita
LIBRARY COMMITTEE	Ms. Prajakta – Convenor Ms. Nalini Naik, Dr. Anuradha Bakshi, Ms. Shefali Sharma, Ms. Vibha Hasija, Ms. Sanghmitra Navalgund
MAGAZINE COMMITTEE	Ms. Vibha Hasija- Convenor Ms. Rhonda Divecha, Ms. A. Araujo, Ms. Vrinda Udiaver, Mr. Amol Surte, Mr. Shankar Pandey, Ms. Aditi Gaonkar
SCHOLARSHIP COMMITTEE	Dr. Pratima Goyal - Convenor Jr. college: Ms. Zahida, Ms. Roopa Rao (Jr.) Degree college: Dr. Kamini Rege, Ms. Sanam Khan, Ms. Fatima Kader
EVENT MANAGEMENT COMMITTEE	Ms. Payal Maheshwari - Convenor Dr. Subhadra Mandalika, Dr. Anjali Srivastava, Dr. Ritu Madhan, Ms. Minelly Rodrigues
SOUVENIR COMMITTEE	Ms. Nina Dias - Convenor Dr. Veena Yardi, Ms. Shefali Sharma, Dr. Kamini Rege, Ms. Kashmira
SPORTS COMMITTEE	Ms. Vibhuti Barve-Convenor Jr. college : Mr. Amol Surte, Mr. Shankar Pandey Degree College : Ms. Sukhada Bhatte, Ms. Khyati Sampat, Ms. Sheetal Joshi Polytechnic : Ms. Kashmira
STUDENTS COUNCIL	Dr. Kamini Rege- Convenor Jr. college : Ms. Farhanaaz Syed Degree college: Ms. Sunita Jaiswal, Ms. Jacqueline Colaco, Dr. Ritu Madhan
WOMEN’S CELL	Dr. Pratima Goyal- Convenor Ms. Rhonda Divecha, Ms. Vibha Hasija, Ms. Neha Mulchandani

NIRMALA NIKETAN COLLEGE OF HOME SCIENCE

COMMITTEES	MEMBERS
EMPLOYMENT CELL	Dr. Kamini Rege- Convenor Ms. Sunita Jaiswal, Ms. Sanghmitra Navalgund, Ms. Sukhada Bhatte
DIET COUNSELLING CELL & FITNESS COMMITTEE	Dr. Veena Yardi –Convenor Ms. Vibha Hasija, Ms. Sukhada Bhatte, Ms. Fatima Kader, Ms. Mrunal
CAP COMMITTEE	Dr. Subhadra Mandalika- Convenor Ms. Vrinda Udiaver, Ms. Sanam Khan
COMMITTEE FOR PRACTICE OF UNFAIR MEANS	Dr. Anuradha Bakshi- Convenor Dr. Veena Yardi, Dr. Ela Dedhia, Ms. Roopa Rao
ADMISSION COMMITTEE	Dr. Geeta Ibrahim- Convenor Ms. Anuradha Mitra, Dr. Ela Dedhia, Dr. Anuradha Bakshi, Ms. Sunita Jaiswal, Dr. Ritu Madhan, Ms. Vibha Hasija, Mrs. Sukhada Bhatte
ATTENDANCE COMMITTEE	Dr. Ela Dedhia- Covenor Dr. Geeta Ibrahim, Ms. Anuradha Mitra, Dr. Anuradha Bakshi, Mrs. Sunita Jaiswal, Dr. Ritu Madhan, Ms. Vibha Hasija, Ms. Sukhada Bhatte
GRIEVANCE CELL	Ms. Rhonda Divecha - Convenor Dr. Geeta Ibrahim, Ms. A. Araujo, Ms. Shefali Sharma, Ms. Sujata Shigwan, Mr. Dhiraj Bhosale, Ms. Elrica Menezes (General Secretary)
CO-ORDINATORS	F.Y.B.Sc. - Dr. Ritu Madhan S.Y.B.Sc. - Ms. Vibha Hasija
INTERNAL COMPLAINTS COMMITTEE (Prevention, Prohibition & Redressal of complaints against Sexual Harassment of Women at Work Place and Anti-Ragging)	Ms. A. Araujo- Convenor Dr. Geeta Ibrahim, Ms. Cheryl Machado, Dr. Pratima Goyal, Ms. Rhonda Divecha, Ms. Vibha Hasija, Ms. Shefali Sharma, Mr. Dhiraj Bhosale
DIAMOND JUBILEE CELEBRATION COMMITTEE (Upto 15th November 2016)	Mrs. Roopa Rao (Sr.) – Convenor Ms. Nina Dias, Dr. Veena Yardi, Ms. Vibhuti Barve Mr. Shankar Pandey, Ms. Ashiyam, Ms. Jagruti
PURCHASE COMMITTEE	Dr. Ela Dedhia –Convenor Dr. Subhadra Mandalika
N.S.S.	Ms. Fatima Kader- Project Officer Ms. Sheetal Joshi – Project Assistant, Ms. Khyati Sampat-Project Assistant

REPORT OF THE NATIONAL SEMINAR BY INTERNAL QUALITY ASSURANCE CELL (IQAC)

NAAC sponsored National Conference is organized by the Internal Quality Assessment Cell (IQAC) of the College of Home Science Nirmala Niketan (Affiliated to University of Mumbai) on the 10th and 11th of January 2017 titled “**Academic and Administrative Audit**”. Keynote speaker, Padmashree **Dr. G. Yadav**, Vice Chancellor, Institute of Chemical Technology graced the occasion. He spoke of self audit and not to be dependent on external audits only. There are international institutions which can be the bench mark for developing our educational systems in India. He gave examples of his own institutions, especially with reference to successful entrepreneurial activities for students and practical projects to tackle environmental issues. We need to be the architects of the system.

Many esteemed speakers presented papers during the three sessions.

On the 11th Jan three more sessions and a special panel discussion, will be one of the highlights of the program, which aims to give opportunity for an open discussion. Chief Guest of Valedictory Session - **Dr. Manoj Kumar**, Deputy Secretary, UGC – Western Region Office, Pune graced the occasion.

The conference aimed to guide Members of Management, Principals, members of Academic and Administrative Audit Committees (AAAC) of colleges/University departments and teaching faculty, in the task of assessing their own performance. The conference helped provide valuable suggestions required to achieve remarkable academic standards in the competitive educational environment with respect to improvement of the quality of teaching, research, administration, and curricular and extra-curricular activities. This conference has given opportunities to learn and share some of the BEST PRACTICES followed by different institutions and their stake holders.

Dr Geeta Ibrahim
Chairperson, IQAC

Dr. Ela Manoj Dedhia
Convener, IQAC

STUDENT COUNCIL REPORT

ELECTIONS OF EXECUTIVE COMMITTEE

The Elections for General Secretary other executive committee members took place on 25th July 2016. The following students were elected

1. General Secretary – Elrica Menezes - T.Y.BSc HD
2. Assistant Secretary – Nirali Gogri – S.Y.BSc
3. Treasurer – Dolly Gala - MSc Part I TFT
4. Assistant Treasurer – Hafsha Qureshi – F.Y.BSc
5. Additional secretary – Athira Nair - T.Y.BSc HD

Seminar on Countering Substance Abuse: Students attended seminar organized on Countering Substance Abuse, organized on 1st and 2nd August 2016, at Indian Merchants Chamber, Babubhai Chinai Committee Room Mumbai from 3:30 to 5:30 pm. People from different colleges arrived and seeing this response the speakers were overwhelmed. It was a very informative and good awareness seminar. This seminar gave our students and youth a twist and treat drug abuse before it's too late.





FRESHER'S PARTY FOR F.Y.B.SC

Fresher's party for F.Y.B.Sc was organized, on 6th of August 2016, from 2:00pm to 4:00pm at Nirmala Niketan College of Home Science, College Hall, the student council organised a warm welcoming fresher's party for the F.Y.B.Sc students. The elegantly dressed fresher's arrived at the party in style. The General Secretary, Elrica Menezes, welcomed the fresher's on behalf of the student council and the college. This was followed by a short acknowledgement from the college principal Dr. Geeta Ibrahim. Students grooved to the various dance numbers played by the council members assigned as D.J for the afternoon. There were certain spot prizes namely the one with highest heels, longest nails, shortest hair, etc. which kept the students excited. Later, the party was made lively by making fresher's play a game of "Balloon Relay". The party was energetic with all the enthusiasm and further prizes like the Best Dancer kept the party going and alive. This very first event organised by the student council of the college was enjoyed by the fresher's. The Students Council received a very positive feedback from the fresher's. As a member of Student Council the experience was surreal and brought out a great spirit of teamwork.

INDEPENDENCE DAY CELEBRATION

Independence Day, when the dawn had given us all Indians the freedom from British and today we have completed a long journey of 70 years from British Rule. Though 15 August is Independence Day, 13 August was celebrated as Independence Day in Nirmala Niketan, College of Home Science. The Student Council had organized a small programme on this occasion. The programme began in the morning where the staff and the students were welcomed with patriotic songs. The programme's host was Ms. Sakina Merchant from TFT department. She took us through a lovely experience of freedom struggle. Ms. Sonam Pandey from S.Y.BSc through her mesmerizing voice took us to the experience of the Indian Army by singing 'Ae Mere Vatan Ke Logo'. After that a small video clipping of 'Mile Sur Mera Tumhara' was shown which had sand art which took us through different states, their languages, religions in India which showed and spread the message of Unity in Diversity. Mrs. Anuradha Mitra, Head of FND department enlightened all the audience with her feelings related to freedom, Independence Day and women empowerment. She shared a small anecdote from her life which focused the importance of women education.

The Executive Council was introduced to the college by Dr Kamini Rege. The programme ended with our Rashtriya Geet written by Rabindranath Tagore, 'Jana Gana Mana'. The programme was successful and was liked by everyone. For me each and every part of the programme, arose a feeling in me that my country India is a place where there are many sacrifices of people, struggle and happiness of freedom but not gone in vain. But yet some clutches are still on hold which is stopping India from her whole Independence. As today's youth, I believe that these clutches can be set loose by our own effort. So it's necessary to be dutiful citizens.



THE GOONJ OF NIRMAL UTSAV 2017

Every year as we pass through the daily challenges of the college life, one event that every student looks forward to is definitely the Nirmal Utsav.

Depicting that feeling of being alive, which is best experienced when the heart races and we can hear an echo...The echo of our own heartbeats...

We, the Cultural Committee decided with the guidance of our experienced mentors i.e. our teachers, that this year the theme would be “**GOONJ ~feel the beat**”



The various days kept before the Nirmal Utsav (from 13th December) were: Back to black and white; Zodiac maniac; Fashion parade; Imitate your idol; Go funky; Desi tadka; Masquerade; Squad goals; Happy Halloween. These created an atmosphere of eagerness and ebullience.



The first day of the Nirmal Utsav, 21st December 2016 started at around 9.45 am with some awe striking performances given by the blooming talents of the college, with the audience being the FYBSc and SYBSc students. After the Utsav, the crowd headed straight towards the market in the garden area –Chocolate mousse, children’s wear, accessories, panipuri and chat stalls, cupcakes, stalls for gifting, handmade chocolates, one minute games put up by the CC, mehndi stall, gajarhalwa, hair braiding, waffles, chocolate bowls, popcorns, soaps, chocolate injection and many more proved to be perfect getaway for after the event. It also brought entrepreneurship skills of the students to the limelight.

Other events included “*Funtakshari*” (Antakshakri with a twist) for teachers, general office staff and students; a *handwriting analysis* seminar; a game called “*Splitsvilla*” for students; and *Beg Borrow Steal* for the non-teaching staff and the students.

On 22nd December, various stalls were put up again and Nirmal Utsav commenced with all our beloved teachers, non-teaching staff and T.Y.B.Sc and M. Sc friends as the audience. The performances this time more chiselled, effective and precise. Not just that, the amount of appreciation and cheer was double too!!!

Other events included a *Treasure Hunt*; “*Test your taste buds*”; a *Belly dance* workshop; a *Zumba* workshop; a *Cake decoration* workshop; and the movie *Home Alone 3*.

As these events came to an end, the Highlight of the event, the Jam Session began at around 2.30 pm. The DJ played the current Bollywood and Hollywood hit numbers and all the students shook their leg. Each one of them all decked up for the event; they invented their own new



steps and grooved to the tunes of music.

Nirmal Utsav 2017 wrapped up by 5 pm. It was an event that imbibed in us, the CC members, with skills and tact of management, organising, multi-tasking, patience, presence of mind and lots more. It proved to be an equally enriching experience for the participants too. This event would never have been possible without the support, inspiration, motivation and constant guidance of the Cultural Committee Convenor Mrs. Roopa Rao and the staff Dr. Veena Yardi, Mrs. Vibhuti Khedekar and Ms. Khyati Sampat,

Indeed it was a memorable event that will continue to be an inspiration for my future endeavours.

Ms. Niti Dhulla (S.Y.B.Sc.)
Cultural Committee Member



MISS NIRMALA NIKETAN

Miss NN is the most coveted title for any student who belongs to NIRMALA NIKETAN College. It was a hunt for all-rounder, who was good not only in curricular but also extracurricular activities, who was creative as well as intelligent. The organizers for this contest were Ms. Jaiti Gala, Ms. Harjit Thakur, Ms. Riya Kamath and Ms. Kraney Shah from the Cultural Committee.

The first round had to be conducted twice, wherein the participants had to prove their uniqueness and intelligence. A set of 20 questions was asked to all the participants out of which the student with at least 50% score moved on to the 2nd round. The questions were based on general knowledge and current affairs.

The second round was about being Creative... the students were given three topics on which they had to create an advertisement to present it in front of the judges. The top 5 scorers were selected for the final and the most important round.

The third, final round was conducted on 22nd December on the day of Nirmal Utsav. The students had to walk on the ramp and answer a few questions asked by the judges on which they were marked. The judges declared the three winners as:

Miss Nirmala Niketan: Ms. Hafsha Qureshi from F. Y. B. Sc.

1st Runner – Up: Ms. Simran Khandgale from T. Y. B. Sc. (FND)

2nd Runner – Up: Ms. Hiba from S. Y. B. Sc.

Ms. Jaiti Gala (S.Y.B.Sc.)
Cultural Committee Member



SPORTS EXTRAVAGANZA



Apart from commemorating victories, sports meets aim at imparting lessons on sportsman spirit in students. Sports and Athletics have been an integral part of College of Home Science, Nirmala Niketan. Keeping up the tradition this year too, the Annual Sports Day was held with the same flamboyant spirit on 9th Jan 2017, at the University Sports Pavilion, Marine Lines. All the volunteers were pumped up for the whole day.

The event commenced with an opening ceremony with the flag hoisting ceremony along with a fabulous display of March past synchronized in steps and spirit, by teams of Degree, Junior and Polytechnic, which was appreciated by everyone. The oath was administered by the Student President of the Degree College, along with the student president of Junior College and Polytechnic.

Events such as 100 mts, 200 mts, 100x4 Relay race, Tug-of war, Short put, Javelin Throw, Festival A, Walking race, Long jump were held separately for girls of (Degree, Junior and Polytechnic) and boys of Polytechnic .

Some games for teaching staff, and support staff were also held. The Staff and Students of Degree College, Junior College and Polytechnic actively participated in the same. We were happy to see that not only the students were eager to run and race but the Staff members as well were enthusiast to take be a part of the event.

The staff members of Degree College who were present on the field as well as staff of Junior college and Polytechnic actively helped in performing the duties assigned to them for sports day. The immense support of the Support Staff was there as always though they had to handle both college works as well as on field.

The number of students who participated was 225 students from Degree College, 70 from Junior and 85 from Polytechnic

Ms. Roma Suvarna from F.Y.JC, Junior College won the “**Best Athlete of the year (Girl)**” and **Mr. Keval Mota** from F.Y.ID, Polytechnic won the “**Best Athlete of the year (Boy)**” who remained unbeatable in almost all the events they participated in.

The award for the best March past team was bagged by the junior college for their excellent display of uniformity, poise, grace, team work, during the march past. The best house of the year was awarded to Degree College for winning in maximum events. At the end of the day we had all our winners crowned. The prize distribution ceremony was held where the winners of the sports day were felicitated with medals and certificates by our Honorable Principal, Dr. Geeta Ibrahim as well as the staff of Junior college, Degree and polytechnic.

The Annual sports Day was full of fun and enthusiasm and students made it one of the most memorable events of the year by their participation in different sports events.

The event was marked with awe-inspiring grandeur and opulence, filled with some nail-biting moments. This year sports day witnessed the enthralling performances and hard work put-up by all our students. Multiple hours of training and strenuous effort taken by the students and staff was successfully executed.

This was the day when the seniors came to know the upcoming sport personalities of the College. The day when

all the teachers cheered for each other and stood by their students for encouraging them. This is the day when the physical strength of our College was seen and given more power. May this Ritual of Roaring out Load on the Field of Sport go on and on.

The event concluded with a Vote of Thanks.

Mansi Jani TYCRM
(Captain , Sports Committee)

Mrs. Vibhuti Khedekar
(Convenor, Sports Committee)

ANNUAL REPORT OF THE 'NATIONAL SERVICE SCHEME' COMMITTEE



The second year of the NSS Committee of College of Home Science, witnessed a marked improvement in the participation of NSS volunteers. The NSS committee includes one NSS unit comprising of 50 student volunteers, the Programme officer Ms Fatima Kader, Staff members Ms Sheetal Joshi and Ms Khyati Sampat. The NSS activities began with Ms Fatima Kader being selected as the Contingent Leader for 30 NSS volunteers of University of Mumbai including our student Ms Sakina Makda representing Mumbai City Zone for the State level – Avhan: Chancellors Brigade, June

2016 at Savitribai Phule Pune University which is a Training for Disaster Management by NDRF (National Disaster Response Force), State and Central Government.

This academic year 8 NSS volunteers – Ms Yvette Fernandes, Ms Devanshi Gala, Ms Vaibhavi Gala, Ms Mahenoor Peerzada, Ms Chaitali Rane, Ms Manali Shah, Ms Supriya Veeravalli and Ms Hetal Waghela completed 240 hours. Following NSS volunteers contributed to the successful execution of NSS activities: Senior NSS leader Ms Devanshi Gala. Numa Kothiwala and Naushin Shaikh the newly selected NSS leaders participated Leadership Training Camp (LTC) from 16th August to 20th August, 2016 at Swanandyog at Badlapur, Ms Vaibhavi Gala (Treasurer), Ms Tejal Pawar (Asst. Treasurer), Ms Prakruti Patel (Reporter) and Ms Miloni Gada (Photographer), Ms Riddhi Raut and Ms Ayesha Khan Special Camp Students in-charge, Ms Niki Nagada and Ms Ufaq Khan NSS co-ordinators.

The NSS unit conducts activities under the following heads: I) Area Based Project (ABP) II) University Level Activities III) College Level activities and Special Camp.

Regular activities were conducted under six Area Based Projects as given below:

- 1. Awareness related to Health and activities for promotion of Health** - The International Yoga Day was celebrated on 21st June, 2016. Various competitions like Poster competition, essay competition, quiz competition were organized. Yoga practice was conducted in the College Hall. Ms Aathira Nair, Ms Elrica Menezes and Ms Bhavi Vora conducted the yoga session. Ms Fatima Kader (NSS programme officer) & Ms Bhavi Vora attended a Yoga training course by Kaivalyadham and University of Mumbai for organizing the Yoga session in the college. On the occasion of World Hepatitis day (28th July) Hepatitis Awareness was created in our college on 30th July 2016 by displaying banners in various classrooms followed by description about Hepatitis, the causes, signs & symptoms



and its prevention. The awareness was extended to the parents of FYBSC students attending the orientation meeting. Ayesha Khan and Ms Jahnvi Nagada from SYBSC attended Red Ribbon Club- Leadership Camp on 26th August 2016 to help raise awareness regarding blood donation as well as how to avoid sexually transmitted diseases. NSS volunteers also participated in 'Organ Donation Awareness' rally was organized on 30th August, 2016 at Nariman Point there were students and faculties of various medical colleges present at the rally. Honourable Chief Minister Devendra Fadnavis was Chief Guest for the rally. On the occasion of Nutrition week a free Asthma detection and Pulmonary Function Test camp was organized jointly by Glenmark, Diet Counselling Centre and NSS Unit. In total 87 people enrolled for the tests out of which 9 were detected with Asthma. On The International Suicide Day, 10th September, 2016 students attended a seminar for the awareness of prevention of suicide at Kavivarya Kusumagari Marathi Bhasha Bhavan it was organised by Sisters Living Works on the theme "Care – Connect – Communicate" which is similar the theme of the World health Day 2017. NSS volunteers participated in a seminar on Cancer awareness and Anti-addiction on 4th February, 2017 organized by Siddarth College AB. NSS volunteers participated in Terry Fox Run to spread awareness on Cancer on 19th February, 2017

- 2. Environment protection and ecological conservation:** On the occasion of *Vanmahotsav*, 30th June the NSS volunteers performed a street Play on the importance of growing and conserving green tree covers in our surrounding in collaboration with the Forest Department. On 1st July, 2016 NSS volunteers with the help of our support staff Mr Jayanand planted a sapling in the college premises. As a part of the campaign 'Say no to plastic'- Newspaper bags were prepared on 2nd September the idea was to make Newspaper bags to reduce the usage of plastic bags in our society. A Total of 500 paper bags were distributed at five Ganesh Pandals. An Informative Session on Solid Waste Management was organized at K.C. College on 13th August by Dr.Satish Kolte, NSS District coordinator. It included a brief lecture on Solid Waste Management delivered by Dr Aniruddha Pandit, from institute of Chemical Technology, Matunga. NSS volunteers along with MCGM/BMC conducted a Beach Cleaning drive post Ganesh Visarjan, 400 metres of coastline at Girgaum Chowpatty was cleaned on 18th September, 2016. Dry waste and Wet waste Segregation, Reinforcement was carried out in the month of February, 2017.
- 3. Voter's awareness and Voter's registration** was conducted in the college which included an Informative Session on Voter's registration by Mr Satyavan Mestry and Mr Mohite Election Officers, MCGM was conducted for NSS volunteers. Two Voter's Awareness Rally was organized one from Girgaum Chowpatty to Nariman Point on 10th October, 2016 and another rally from CST to Mantralaya on 1st February, 2017. Registration of voters 16th September to 14th October, 2016 was conducted in College in total 92 forms were received and submitted to Collector's Office C.S.T. Voter's Awareness Survey in College and residential area was carried out from 13th February to 18th February, 2017.
- 4. Activities for women, special children and elderly:** Friendship day was celebrated with Special children of Marwadi School, Santosh on 9th August 2016. Activities like dancing, colouring, thumb and finger painting, palm printing, etc. were conducted. Two NSS volunteers attended a half day workshop by - AKSHARA NGO on the topic of justice for women was held at Bharat Seva Sadhan Hall Dadar on 2nd September, 2017. Akshara is a NGO working towards the improvement of status of women in society. Rally on 'World Disabled Day' was organized by the NSS volunteers also involving the students of St. Elias School on 7th December 2016 at Khar West, near Chuim Village in association with 'HUNAR' for special children and Special Adults. Activities for the elderly of All Saint's Home was conducted on 30th December, 2016. Activities for children at the ICDS-Anganwadi, Malad, was conducted on 17th and 24th February.

- 5. Swachh Bharat Abhiyan** is a compulsory project to be implemented by the NSS. The activities conducted were as follows: Old Books and Newspaper were collected from 25th September to 4th October in college and it was handed over to an organization MESCO. This activity was organized so as to reduce the built up of old scrap and redirect it towards proper recycling machinery also the fund generated from the scrap collected would be used towards education, ration and medical expenses of those who cannot afford. Beautification of Grant Road station on 6th and 7th October was organized by “Mumbai First” the main coordinator was Mr. Kunal Shah and the coordinator of Grant Road Station was Mr. Harshal Karvat. The paints were provided by “JOTUN”, 14 sections of the fence were painted. The closing ceremony was held at ‘Bhaidas Auditorium’, Juhu on 22nd October, 2016. ‘Phenk Mat Mumbai’ Certification of Trainers was organized by ‘Confederation of Indian Industries’ on 10th and 20th February in college on the importance of cleanliness and development of skills for a trainer who would be training school children about cleanliness. Street Play on Swachh Bharat was conducted in area Near College on 24th February, 2017. Hygiene and Sanitation Practice Posters were put up in college washrooms in December, 2016. “Organic Kitchen Gardening Workshop” was organized by NSS Unit on 23rd February, 2017 in college by Ms. Devanshi Gala (TYFND). Post the ‘Terry Fox Run’ volunteers helped in making sure that the stadium was clean and participants did not litter at the Brabourne Stadium (Especially packages of refreshments) keeping in with the spirit of “Swachh Bharat Abhiyan”.
- 6. Road safety Awareness** games were organized on 9th February, 2017, at the College Foyer. Various games were organized for students and staff of the college in association with united Way of Mumbai who had set up a kiosk. Two team of students had also participated in the inter-collegiate competition on the Theme of Road safety on 15th February at MD College Parel organized by United Way of Mumbai. Street play and awareness Campaign on Road Safety was conducted between 9th to 24th February near College and near Malad station (West).

Students also participated in almost fifteen University level activities which included various kinds of seminars and workshop. Lokmanya Tilak Mahotsav on On 1st August 2016, it was organized by Government of Maharashtra at Yashwantrao Chavan Auditorium. Quit India 2 Swaraaj to Suraaj Movement on 9th August, 2016 at August Kranti Maidan. Tiranga March on 22nd August at Sports Complex, Kalina. Commemorating 123rd year of Chicago Speech of Swami Vivekananda on 11th September 2016 at Kavivarya Kusumagraj Marathi Bhasha Bhavan, Kalina Campus in collaboration with ‘Mumbai University’ and ‘Vivekananda Youth Connect’. Nashabhadhi rally at Azad Maidan on 1st October. Bhajan Sandhya on 2nd October, 2016 at Gateway of India. Student Exchange Programme - China at Kalina University on 11th November, 2016. ‘Digi Dhan Mela’ at Convocation hall on 3rd January 2017 it was organized to to promote the cashless transaction, the use of Adhar card, Rupay system, USSD system for those who use normal cell phone and using apps like E wallet and SBI buddy. Run for the Nation on 8th January, 2017 at Juhu beach (Santacruz) Organized by Vivekananda Youth Connect Run. Welcoming Prime Minister Modi Sir for Bhoomi Pujan at Girgaon Chowpatty when he had come for the inauguration of the statue of Chatrapati Shivaji Maharaj and Bhoomi Pujan. NSS volunteers attended the 68th Republic Day Celebration at Pheroz Shah Mehta Bhavan Kalina. Disaster Management workshop, Avhan Mock Drill on 30th and 31st January at Sophia College was organized by NSS cell and Sophia College. ‘Youth for Make in India’ workshop on 15th and 16th February, 2017 at K.C. College. Disaster Management workshop organized by Wilson College and MCGM on 16th and 17th February, 2017.

Students also participated and volunteered in organizing activities at College level for instance the NSS Foundation Day and National voter’s day. Helping various committees. A street play workshop was organized for the NSS volunteers on 1st February, 2016 the trainers were Mr Juran Lopez and Mr Rose.

Fourteen NSS volunteers along with Ms Fatima Kader and Ms Sheetal Joshi had participated in the NSS special camp at Gyan Jyoti Community Centre, Umbergaon, Karazgaon from 2nd November to 8th November 2016 during the Diwali break. The activities conducted at the special camp were nutritional recipe demonstration, talk on health and hygiene, Swach Bharat Abhiyaan rally, Street play on 'Say no to alcohol', vegetable and finger printing activities at balwadi, teaching some poems and rhymes with some games to children at balwadi, session on soft skills- communication, gardening and beautification of garden at the centre as a part of Shramdan, vermi compost demonstration, session on diya painting, interactive session with the villagers. Ms Philomena Vaz the Director of the Centre guided us throughout the special camp.

NSS has received special appreciation from the Election Commission office, various NGOs and GOs for their contribution in community work. The NSS unit was successful in involving students in the task of national service and was also instrumental in developing among themselves a sense of social and civic responsibility.

Ms Fatima Kader
NSS Programme Officer

HARMONISING FAITHS: REPORT OF THE INTERFAITH COMMITTEE

Some of the wars and conflicts of the past and present were fought over land and resources, but many have been over religious differences. In this past century, a global interfaith movement has been growing, helping to raise consciousness about the need for tolerance and understanding between different cultures and religions. -- Robert Alan Silverstein

The Interfaith Committee endeavours through its activities to bring about an understanding of different cultures and religions in our student body. The events organized this year are given below:

1. Parsi Cooking Competition

It was felt by many members in the Interfaith Committee that since the last few years, the Parsis and their festivals had not been celebrated in college, probably due to the miniscule number of students from the community. Hence, this year, to commemorate Parsi New Year, a Cooking competition of Parsi dishes was organized on 8 August 2016. It was open to students of the Junior and Degree College. FYJC, FY B.Sc, SY B.Sc and TY B.Sc students of all departments participated. What was heartening to note was that while there was not a single student from the Parsi community, the participation and variety of dishes prepared were commendable. The participants reported that they thoroughly enjoyed researching and preparing the traditional Parsi food.



2. Talk on "Communal Violence – Problems and Solutions"

This talk was organized on 9th August, 2016. Dr. Sanjeevani Jain and her team from Lok Raj Sangathan ably conducted the interactive session with the SYB.Sc. students. They focused on the prime causes of communal violence, going back in history to the legacy of the British and encouraging the students to realize that we should be empowered by education and not fall prey to policies of divide and rule.

3. Posters on the occasion of Ganesh Utsav and Eid

Since Ganesh Chaturthi and Eid were close to each other, the Committee decided to increase awareness and dispel misconceptions about these festivals. Posters were prepared by the student members of the

Interfaith Committee and displayed in the college lobby. Ms. Sanam Khan and Ms. Neha Mulchandani checked the matter on the posters and guided the students.



4. **Buddy game and the Christmas Programme**

The month of December is synonymous with Christmas and the spirit of caring and sharing. Students were encouraged to participate in the Buddy Game – give positive messages and small token gifts to a secret buddy throughout the month. The surprise secret buddy was revealed on the 23rd of December. A small gift was also exchanged.

The last week before Christmas saw the setting up of a crib and decoration of the Christmas tree in the foyer of the college. Thought provoking messages on the values that Christmas embodies, like caring, sharing, concern for others, etc. were put up near the crib. Students were encouraged to write out good deeds that they had done on cutouts of candles, stars and other Christmas symbols and then hang them on the tree and add to the decorations. The college students did appreciate the messages put up.

On the 23rd of December, 2016 a Christmas programme was organized by the students and staff of the Interfaith Committee. The programme was organized for final year students of all sections of the college – Junior College, Degree College and Polytechnic. The comperes welcomed everyone and after a short introduction, Mrs. Blossom Alvares (HoD, Diploma in Fashion Designing), in a much appreciated speech, shared her thoughts about Christmas. It was then followed by a play with theme “What Christmas Means to Me” performed by the TY B.Sc students of the Community Resource Management Department. The message projected by the play was that Christmas meant more than just a holiday or gifts and good food – it was a celebration of the birth of Christ! The students of M.Sc (Human Development) then ensured that everyone got into the festive spirit of Christmas through the beautiful carols that they sang. This was followed by an entertaining dance by the FY Interior Designing students...a fitting link to the felicitation programme for our support staff.

Like always, the committee consisted of students and staff of different faiths and all programmes saw them work together fairly amicably. Despite the fact that the committee consciously reduced the number of events planned this year because of the number of other activities organized in the college, it may be said that the Interfaith Committee did manage to encourage students to reflect on religious events other than their own and to get an insight into communal harmony!

Ms. Jacqueline Colaco

Convenor, Interfaith Committee

SCHOLARSHIP COMMITTEE REPORT

The Scholarship Committee ensured that the notices regarding various scholarships available in the course of the year were displayed at strategic points and regular announcements were made through public address system.

A list of candidates belonging to the minority community as well as SC/OBC/NT/VJNI was procured from office. Students were informed through the Co-ordinators and the Head of the Department to attend a meeting organized by the Scholarship Committee. In the meeting the students were explained about the details of scholarships available and a live demonstration was given to them by Mr. Dhiraj Bhonsale and Mr. Dinkar for the online application.

Students were regularly informed about the various scholarships available and were encouraged to apply for the same. Most of the families fall into the creamy layer of society, and a very few students applied.

Different scholarships applied for /availed are as follows:

- For minority and SC/ OBC/ NT/ VJNT for government of India post matric scholarship schemes- 9 applicants
- For GOI post matric scholarship- Social welfare department of Maharashtra (SC/ OBC/ NT/ VJNT)- 6 applicants
- 2 students had applied for a scholarship sponsored by the association of non- government colleges, Mumbai- for the needy and deserving students.
- Merit based scholarship from different sponsors were awarded to the toppers of various classes and university gold medalists (Total 60) at the convocation ceremony
- Need based scholarship
 - 13 students applied for it. All of them were interviewed and given a sum of Rs. 1,560/- each
 - Class IV employees; self or ward:Rs.2,700/-
- Scholarship offered by Lady Meherbai D. Tata education Trust to pursue higher education abroad.

Also student conveners and members of various college committees were given letters of appreciation at the convocation ceremony.

Library Awards were given to encourage and inculcate reading habits amongst students.

Dr. Pratima Goyal
Convener

WOMEN'S DEVELOPMENT CELL REPORT

The Women's Development Cell of the college organized several workshops/talks for the benefit of the students of different levels.

There was a talk on "Public transport & Safety for Women" by Prof Avkash Jhadav on 31st August, 2016 for the SYBSc students. Then a workshop on Self Defense was held by Ms. Sangeeta Harjani and Ms. Hafsana Shaikh (YWCA members) on 26th November 2016, also for the SYBSc students.

Furthermore, the FYBSc and SYBSc students participated in an Intercollegiate debate organized by YWCA on "Relevance of Reservation Policy" at Vivek College, Goregaon, on 23rd January 2017.

Finally, a "Motivational talk for the youth of today" was conducted by Mr.V.V. Laxmi Narayana , Additional Director General of Police in Mumbai, Maharashtra, on 11th February 2017 for the TYBSc and MSc students.

Dr. Pratima Goyal
Convener

INTERNAL COMPLAINTS COMMITTEE REPORT

The Internal Complaints Committee (Prevention, Prohibition and Redressal of Complaints against Sexual Harassment of Women at the Work Place and Anti-Ragging), is a sub-committee of the Women's Development Cell of the College of Home Science, Nirmala Niketan. The talks organized by the ICC were:

- A talk on "Sexual Harassment at the Work place & its Implications" by Dr. Kranti Jejurkar on 8th February 2017 was held for the Teaching, Non-Teaching and Class IV employees.

- A talk on ‘UGC Regulations 2015 (Sexual Harassment of Women Employees and Students)’ by Ms. Sunita Veling, Ms. Deepali Kapoor and Ms. Monica Sakhrani was conducted on 27th February 2017 for the FYBSc and SYBSc students.

Dr. Pratima Goyal
Convener

EMPLOYMENT PLACEMENT CELL (EPC) REPORT

The members of the Employment Placement Cell planned and organized two sessions on 27th February and on 10th March 2017, by the resource person Mr. Adrian Rosario on resume writing, facing an interview, job ethics and personal grooming /personal etiquette. T.Y.B.Sc and MSc Part II Students from all specializations attended and were very appreciative of the same.

Each department has planned the **Campus Fair 2017** as per the convenience of the students and staff availability.

THE DEPARTMENT OF HUMAN DEVELOPMENT

The Department of Human Development held it on Saturday, 18th March 2017. Seven organizations and institutes participated for the same, namely New Horizon Child Development Center, ileap Academy Pvt Ltd, Women India Trust, Jeevandeep Prakashan Pvt Ltd, Birla Edutech Ltd, New Zealand Territory College, Learning Khazana Pvt Ltd.

THE DEPARTMENT OF FOODS, NUTRITION AND DIETETICS

An employment placement fair titled “**Career Fair 2017—Exploring Employment Opportunities**” was arranged for T.Y.B.Sc. Foods, Nutrition and Dietetics- Semester VI; M.Sc. Foods, Nutrition and Dietetics-Semester IV; M.Sc. Food Processing and Preservation-Semester IV; M.Sc. Sports Nutrition-Semester IV and P.G.D. Dietetics and Applied Nutrition-Semester II.

The purpose of this event was to connect, the employer, with potential employees—our students from graduate and post graduate cadre. It also helped us expose our students to the many employment opportunities available to them, both locally and nationally. Students were encouraged to bring their resumes to share with prospective employers. Interviews were arranged at the employer’s premises at the convenience of the employer and the students.

Companies from varied fields participated in the two day ‘Employment Placement Fair’ held on 23rd and 24th March, 2017. Participating companies were as follows:

- | | | |
|--|-------------------------|-----------------------|
| 1. Altius Customer Services Pvt. Ltd. | 2. Gauri Murthy Academy | |
| 3. Qua Nutrition, Bangalore | 4. Balance Nutrition | |
| 5. Danone Nutricia International Pvt Ltd | 6. Equinox Laboratories | |
| 7. Imperial Overseas Education Consultants | 8. K11 Academy | |
| 9. Hexagon Nutrition | 10. Health Spring | |
| 11. Raw Pressary | 12. Nestle India | 13. SD Nutraceuticals |

Dr Kamini Rege
Convener and Coordinator for the Department of Human Development

Mrs. Sukhada Bhatte
EPC Coordinator for the Department of Foods, Nutrition and Dietetics

THE HEALTH VOYAGE WITHIN: REPORT OF THE DIET COUNSELING CENTER

“The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” – Thomas Edison

The Diet Counseling Center this year had an array of health promotion and disease preventing activities to improve the quality of life of students and staff.

A new Gym instructor, Ms. Samidha was appointed this academic year. The month celebrating Nutrition Week i.e. September was when most of the center’s activities were conducted.

On 2nd September, a talk on PCOS by Dr Sushma Bhansali. Gynecologist , Navi Mumbai(the mother of a student) was conducted for all students of the college ,in collaboration with Dept of FND for the students of the Nutrition Department. A bone mineral density camp in collaboration with Glenmark and the Department of Foods, Nutrition and Dietetics as well as Body Composition Analysis was organized for out teaching, non-teaching and support staff on the 3rd of September. On this day for the benefit of about 90 students, asthma detection and Lung Function Tests were conducted, again in collaboration with Glenmark and the NSS unit.17th September hosted Sunaina (Sue) Deepak(RD,USA),in collaboration with the department of Foods, Nutrition and dietetics ;she spoke on the topic “ Dietary influences on Biochemical indices in Hemodialysis and their management” and gave practical and relevant inputs for students and faculty. A talk on Cancers among women with 3 Films conducted by Cancer Aid Society of India was organized on October 16th for our students

In the 2nd term, the center had organized thalassemia and anemia detection camp along with Body composition analysis and diet counseling as a major activity on February 17th. In the first week of December, the AIDS awareness week celebrations were held with AIDS awareness session,a display of awareness posters in the college and sale and wearing of red Ribbons to express solidarity with AIDS victims. The money generated through the sale of ribbons was donated to Social Work College to be used for their project on HIV positive children.

The Diet Counseling Center urges to use the facilities of the center to better their Nutrition and health as well as take advantage of Vigour, our NN gym which is very well equipped with the latest equipment as well as an experienced gym trainer-all at a very nominal rate.

“It is health that is the true wealth and not pieces of gold and silver” - Mahatma Gandhi

So dear reader, let us always remember that to satisfy our wanderlust, good nutrition and health is a must.

Dr. Veena Yardi,
Convenor, Diet Counselling Center.

REPORT OF COLLEGE LIBRARY

The College Library is the gateway to knowledge, provides a basic condition for lifelong learning, independent decision-making, and cultural development of the students and the teachers. Focusing upon the very important role of the library, our college Library has been growing steadily over the years. It has a spacious and airy Reading Hall, which provides seating accommodation for 70 students at a time.

Collection Development: Every year some books are added to the library collection. This year we have purchased 194 books,11 Fiction books and subscribed to 39 journals /magazines for the college library.

- At present, it has a rich collection of **14259 books and 834 fiction Books** And 928 **CDs**
- The Library subscribes to over **39 journals and periodicals(9 E-journals) and 6 newspapers.**

Library Software SLIM21 – standard s/w has been purchased and 100% computerization of library is done.

Library Facilities: Book Bank, Reference Service, Circulation, Documentation, photocopying, Bibliography, Inter-Library Loan, and Current Awareness Service, Internet surfing, Online Public Access Catalogue etc.

N- List : Library Subscribed N- list program (INFLINET) from last two years. But this year's library provided Login ID and Password to all the staff and M.Sc. Students. Now they can access e-journals and e-books freely and remotely.

A library orientation program conducted for new comers.

Library Initiative

Book Exhibition:For the current academic year library had organized two days Book Mela in the Library on 8th and 9th February 2016. Lot of titles are purchased by the students and staff members.

Vachan Prerana Diwas – The Birth Anniversary of India's former President, Dr. A. P. J. Kalam on. 15th October 2016 was celebrated as **Vachan Prerna Diwas** by the College of home science , Nirmala Niketan Library. Library displayed all the Dr kalam books in library. Students and staff enjoyed this event.

Best Reader Award :This academic year the Library gives a “**Best Readers’ Award**” to the students who make the best effective use of library facilities and spend quality research time in the library. The award carries a certificate and a trophy, the selected candidates for the current academic year award is as follows:

Junior College (F.Y.J.C & S.Y.J.C)

Miss. Nehal Koradia – (F.Y.J.C) (Book Review Project)

Senior College (F.Y.B.Sc ,S.Y.B.Sc&T.Y.B.Sc)

Miss Gohel Bhoomi (F.Y.B.Sc.)

Best Reader Award Post Graduation (All M.Sc. Branches)

Miss Menezes Gwen (M.Sc I –FND) (Best Reader Award)

Library Internship : Ms. Prerana Sawant – MLISC Student from Shri Hansraj Thackersey School of Library Science, SNDT Woman University joined our library as library intern from 1st Feb 2017 to 27th March 2017 under the supervision of the Librarian.

Mrs. Prajakta P. Mhaprolkar

Librarian

RESEARCH CENTRE – THE SEARCH WITHIN

SEMINARS AND TRAINING

- Two day national workshop on Writing Research Papers of International Standard (July 2015).
- A National Seminar on ‘Bone Health’ with FND Department under the aegis of NSI, Mumbai Chapter (Aug 2016).
- Short training programme on Assessment of Anthropometry for students of TYBSc (FND) and MSc (all groups) as requested by FND Department in Feb 2017.
- Paid-internship programme to acquaint fresh graduates/post graduates on working with research.

PUBLICATIONS:

- The July 2016 issue of Research Reach was published.
 - This issue was made more interesting with the inclusion of new items such as Quiz, list of M.Sc., Ph.D. thesis titles from different Universities all over the country, short communications, etc. Case studies have been planned for the next issue. A drive was held in the college among students and faculty to increase the subscription of Research Reach. It was decided that advertisements regarding services that can be offered by the Research Centre could be sent to many other the institutions. It was also planned to get a minimum of one advertisement/sponsor for each issue.
- Revising the sold-out booklets: Golden Greens and Nutrition for Nerves.
- Supplement was attached to the Calorie Counter to include other macronutrients and important micronutrients as a reference for practicing dieticians.
- Designing of a Health Calendar 2017 with health tips, reminders of special days dedicated to different diseases.

RESEARCH

- Evaluation of the Polytechnic Faculty
- ICMR multi-centric Study on Assessment of Nutritional Status, Morbidity status and Utilisation of Health Care Facilities in the Elderly Population in Mumbai Slums

ETHICAL CLEARANCE

- Two meetings of Ethical Committee were held
- Ethical Clearance was given to students of 31 MSc students and 13 PhD. scholars

FUND-RAISING

- Dr. Bruno, of Glanbia Nutritionals donated an amount of Rs. 20,000 towards the publishing of Research Reach -July 2016.
- Rs. 1,00,000/- through sponsorship at the research workshop held in July 2015,
- Rs. 60,000/- for Research Centre and another Rs. 60,000/- for FND department from NSI Mumbai chapter from the seminar on Bone Health
- Rs. 1,68,000/- through ICMR study

OTHER ACHIEVEMENTS

- Improved record-keeping methods for Research Reach subscribers.
- Accepting online banking transactions for Research Reach subscriptions and sale of publications.
- Creating a system for reviewing papers with multiple checks for quality.
- Greater involvement of other departments in Research Reach

FUTURE PLANS

- Updating older publications of the Research Centre, Golden Greens and Foods and Moods.
- Follow up with Food Industries and Nutraceutical industries for Research Projects.
- Conduct training Programs on Food Safety to Food Handlers in the industrial canteens.
- Nutrition Calendar for CHAI
- Offering services such as proof-reading, editing, and statistical analysis to students at low cost in the campus
- Collaboration with
- ICMR project for outsourcing the services to the Research Centre
- IMPACT India Foundation for free food-analysis.

- CHAI on
- Diet-analysis of 200 diets
- Golden Rice
- Britannia for a clinical study on Glycemic Index of one of their product
- Networking with nutraceutical and food companies at conferences, exhibitions, to attract research project

Dr. Subbulakshmi
Director, Research Centre

THE WRITE JOURNEY: REPORT OF THE MAGAZINE COMMITTEE

“The world is a book and those who do not travel read only one page.”

- Augustine of Hippo

Expressions: The College Magazine, is a journey into accomplishments and introspection, a document to cherish and preserve for posterity.

The year 2016 being declared as the year of sustainable travel, it was decided to publish the magazine with the theme of “Wanderlust”, to acknowledge the longing in us to travel to the new and to unravel the old.

The student committee members worked well to motivate their class to contribute articles, poems and experiences to the magazine as is evident from the variety in creative writing.

One activity was organized for the faculty – A Whatsapp Limericks Competition so as to provide the much required creative outlet as well as a bit of fun and relaxation. The best limericks have been featured in this issue.

“I read; I travel; I become” – Derek Walcott

The Magazine Committee encourages the readers to read more, contribute more and to continue making Expressions relevant and significant. This year Magazine is going online! Please look it up on the College website.

Ms. Vibha Hasija
Convenor, Magazine Committee

VALUE ADDED CERTIFICATE COURSE NUTRITION IN EXERCISE AND FITNESS

The value added course, ‘Nutrition in Exercise and Fitness’ conducted by College of Home Science Nirmala Niketan, is recognized by the University of Mumbai. This course has widened the scope of budding dietitians and nutritionists in the field of sports nutrition. This year 26 students from PG Dietetics and Applied Nutrition, BSc in Foods, Nutrition and Dietetics and other allied courses, as well as practicing dietitians joined the course. This emphasizes the high demand amongst students for the course.

The course is designed for qualified or qualifying nutritionists to update the knowledge required to prescribe diets for active, exercising individuals and even competitive athletes. It provided in- depth knowledge on food selection, maintaining macro nutrient ratios; to achieve desirable body composition and performance goals with the use of macro and micro nutrients, supplementation and use of ergogenic aids.

The students had lectures on macronutrients and micronutrients with respect to sports nutrition, exercise physiology, components of fitness and wellness, fat loss and muscle gain diet regime, counseling strategies, body image disorders and practical on diet planning.

The students had an exposure to various gym equipments as well as floor exercises were demonstrated at the Vibgyor Gym at the College premises. The correct use of various equipments in terms of safety and functionality

were also elaborated. Students had weekly assignments on diet planning for fat loss, muscle gain and micronutrient rich recipes. They also had a research project on various supplements used in exercising individuals, diets and other related subjects. The lectures were conducted by the most experienced faculty viz. Ms Mihira Khopkar, Ms Jigna Jinendra, and Ms Ashwini Kanade.

Mrs. Sukhada Bhatte
Course Coordinator

ORIENTATION COURSE IN SIGN LANGUAGE (VALUE –ADDED COURSE)

The Value –Added Course, Orientation Course in Sign Language continued for the fourth successive year. Every year the batch is supposed to consist of 15 students, but more than that are always interested in joining. So we usually increase the seats by 2-3. This year there were therefore 18 students enrolled. This year the teacher was Mr. Jayesh Sureja. The classes progressed from December 2016 to March 2017, culminating with an examination. Certificates will be presented to all successful candidates at the Convocation of Value-Added Courses, and the topper of the course was Ms. Eshwari Phanse.

Rhonda Divecha
Coordinator, ISL

STUDENTS' EXPERIENCES WITH THE ISL VALUE ADDED COURSE

"The sign language class organised by the college was an interesting change from academic studies. Students were enthusiastic to learn and we were not at all disappointed because we actually did a lot of learning. Our Sign language teacher, Mr. Jayesh was a really kind and helpful person. He helped us thoroughly in learning and he didn't have any problem in communicating with us even though he himself was unable to hear and speak.

The deaf and speech impaired just have different way of communicating. Learning sign language, gives us a higher stand to interact with them and make them feel a more involved part of society. We learned that specially challenged people are as smart as any other average individual. Learning sign language has made me more empathetic and compassionate towards special people and made me more grateful for the things God has blessed me with."

Tuba Ghayas
SYBSc

"I recently completed my sign language classes and so here I pen down my experience. Sign language is basically talking to deaf. While learning sign language I not only learned about signs but also as a human I acquired values and also a life learning lesson. When you are being taught by a person who is also deaf you really get a motivation and an inspiration from Sir, that even when he cannot speak and hear, he is still doing his job so well. He is contributing towards society by teaching us and even some other deaf students and also has his own business. This definitely teaches me that god has gifted me with all the abilities and I have everything; all I need is the hardwork to put in to get the best out of myself. Talking about the course, I thoroughly enjoyed learning and it was a completely new experience about learning an actual language wherein you had to go back to the KGs, learning alphabets and words. I am really very happy that I took up this course."

Kinjal Khona
SYBSc

“In school, we are all taken on various social service trips to orphanages, old age homes and schools for specially-able children. My school did the same and on some of these trips, I noticed people signing a few gestures. We were later told they were deaf and their way of communication intrigued me to learn sign language. Unfortunately I wasn’t able to do so in school. Last year I learnt that our college had a value added course on Indian Sign Language (ISL). My wish finally came true and I got enrolled as soon as possible as there were only few seats available for the course.

My experience throughout the course has been incredible. Learning signs for the basic words that we say in our everyday lives or even the numbers has been amazing. Even though the class would be tired after a long day of lectures and practicals, we always got energized to sit patiently in the class. We might have never maintained silence in our normal lectures but in this class we could hear a pin drop very clearly. I feel empowered that I know a language that is different than all the other languages people usually learn such as French or Latin. This course has made me understand that actions do speak louder than words.”

Arwa Kalawadwala

SYBSc 1234

DEPARTMENT OF TEXTILES AND FASHION TECHNOLOGY VALUE ADDED COURSE

VISUAL MERCHANDISING

The Department of Textile and Fashion Technology conducted a Value added Course in Visual Merchandising (Recognized by the University of Mumbai) with **Mrs. Vibhuti Khedekar** coordinating the course. It aimed at training students in different techniques to creatively display products to enhance sales of the stores. Visual Merchandising is the art of displaying merchandise in a manner that is appealing to the eyes of the customer. It works towards the presentation of the store and merchandise in such a manner that it will attract potential customers.

This year **26 students** opted for the course from various levels of Degree College. **Two outsiders** who were working professionals had also enrolled for the course. The Course began from 20th July 2016 in the afternoon slots of Tuesday and Wednesday.

The course comprised of four components viz., Fashion, Marketing and Merchandising, Principles of Design and Consumer Buying Behavior. Various guest faculties in the field of Textiles and Fashion technology were invited as guest lecturers to share their knowledge and experiences with our students.

The exams for the same were conducted in the month of February, where out of 26 only 25 appeared for the exam.

Creative assignments like color collages, fashion styling, image development, hairstyles and make-up of different eras, different clothing styles and window displays were given to the students. The students were assessed on the basis of various assignments given to them in the semester.

This year we had very renowned faculty members from the various segments of the textile and fashion industry, who not only gave their valuable inputs to our students regarding the subjects but also mentored them.

The list of faculty members is as follows:-

- 1) Mrs. Mamta Joshi- Fashion Stylist and Image Consultant and Owner of The orange Tree Style Studio. She taught the subjects of Styling and Fashion.

- 2) Mrs. Anita Sihag- Fashion Designer and Owner of Brand “Anita Ojha”. She is also an alumna of National Institute of Fashion Technology. She taught the subject of Principles of Design.
- 3) Mrs. Reema Warde - Senior Merchandiser at Naina Apparel Pvt. Ltd. She has also worked as the Head of the Department of INIFD, Vashi. She taught the subjects of Styling and Fashion.
- 4) Mrs. Rashmi Deshmukh- M.A in Fashion Retail Management working as a Merchandiser at Mantra Exports Pvt.Ltd. She taught the subjects of Marketing and Merchandising and Consumer Buying Behaviour.

The Prize winners are as follows:-

- 1) **Best Project- Miss Rutu Kanade SYBSC**
- 2) **Best Overall Performance- Miss. Simran Pathan SYBSC**

ENTREPRENEURSHIP IN TEXTILE CRAFT

The Department of Textile and Fashion Technology successfully conducted Value Added Course “Entrepreneurship in Textile Crafts”(Recognized by the University of Mumbai) with **Mrs. Vibhuti Khedekar** coordinating the Entrepreneurship in Textile Craft course.

The course focused to help students to enter the business world with an entrepreneurial mindset, to build skills required and to recognize the business opportunities. Entrepreneurial development is one the significant factor for sustainable socio-economic development. Especially, development of women is inviting special significance because many small and medium firms are well operated through women and though it is less recognized. The course comprised of fundamentals in major areas like Finance, taxation, imports, exports, marketing and also imparted skills for designing and developing products through techniques of surface ornamentation.

The subjects taught in this course are Entrepreneurship, Marketing and Import and Export marketing, Entrepreneurship in Textile Craft, Financial management, Taxation and duties.

This year 13 students opted for the course from various levels of Degree College. Course began on 20th July 2016 in the afternoon slots of Tuesday and Wednesday.

The exams for the same were conducted in the month of February, where all the students appeared for the exam.

Apart from theory and practical subjects, students had assignments on entrepreneurship, textile crafts. The students were assessed on the basis of various assignments given to them in the semester. The guest faculties invited for the course are the subject experts in their respective fields.

The faculty who taught the subjects are working professionals belonging to the Textile and Fashion Industry as well as other industries, who spared their valuable time for conducting the classes for our students.

The list of faculty members is as follows:-

- 1) Ms. Zehra Noori- A very well established entrepreneur as well as the alumna of Nirmala Niketan College of Home Science. She taught the subject of Entrepreneurship in Textile Craft where she taught the students the various hand knitting, crochet, macramé, beadwork techniques.
- 2) Ms. Almas Qureshi- She has been teaching the course in our college since a past few years. She is an expert in the field of entrepreneurship and taxation and export and Import Marketing. She is a post graduate in commerce. She taught subjects like Financial management, Taxation and duties, Import and Export marketing.

The Prize winners are as follows:-

- 1) **Best Project- Miss Harita Parmar SYBSC**
- 2) **Best Overall Performance- Miss. Nafisa Thanawala TYBSC**

Mrs. Vibhuti Khedekar
Co-ordinator

VALUE ADDED COURSE IN WORKSTATION DESIGN AND APPLIED ERGONOMICS

The three - month Value-Added Course in Workstation Design and Applied Ergonomics conducted by the specialization of Community Resource Management is specially designed to provide an understanding of the key issues related to workplace ergonomics and applied concepts of ergonomics to varied sections of the population. Students are required to use this understanding both to complete the course and to apply the knowledge gained in real situations in the workplaces while conducting an in-depth study in their area of interest.

The value added course has a flexible structure which allows the students to manage simultaneously with their graduation lectures and the certificate course work. The course was coordinated by Mrs. Roopa Rao who invited subject experts and planned/organized field visits/industrial visits to ensure pro-active learning throughout the study.

This academic year 23 students enrolled from TY B.Sc. CRM (the course is open only for CRM students because of the technical nature of the course content). Dr. (Ms.) Wricha Mishra, Ms. Priya Arora, Ms. Ashwini Gaikwad, Ms. Nidhi Dattani, Ms. Jetal Patel and Ms. Arundhati Dolas were the invited experts to conduct the lectures. Research/ in-depth study was guided by Mrs. Roopa Rao. The student groups were guided from topic selection to final report writing. After completing their in-depth study the students learnt the knowledge and understanding of how human factors principles and methods can be used in the design and management of organizational systems to improve performance, productivity and quality while ensuring the safety and wellbeing of the workforce.

The Industrial visit to Amritsar-Chandigarh which was planned for the TYBSc (CRM) students helped those of this value added course to get a practical insight of the various industrial applications of ergonomics.

The students gave positive feedback regarding the course content and research/in-depth studies conducted by them stating that it gave them a practical insight of how, where and which position they would fit-in at industries. All students mentioned that participation and winning awards for research competitions along with a supportive and encouraging faculty boosted their confidence levels immensely. There were also a few suggestions for improvement received, which will help the coordinator plan the upcoming courses more effectively.

This academic year the students of this Value Added Course got the opportunity to participate in Undergraduate Research Competitions wherein they won best research awards. The prize for highest marks secured in this VAC was awarded to Ms. Hinal Shah (1st rank), Ms. Nidhi Mehta (2nd rank) and Ms. Hiba Sarang (3rd rank). The research/ in-depth studies titled “Ergonomic Evaluation of the Residences of the Home Living Elderly” and “Prevalence of Musculoskeletal Discomfort among Housemaids (26 – 40 Years),” were awarded the best group projects.

Finally, this academic year there were 3 students who had attended all classes. Ms. Khushbu Ashar, Ms. Ritu Shah and Ms. Shubhada Sonawane were appreciated with a certificate for 100% attendance.

Mrs. Roopa Rao
Coordinator of Value Added Course
(Workstation Design and Applied Ergonomics)



ADVENTURES

Me... I am Wanderlust.

Some days, I relax, I want to learn having fun.

I long for laughter to thread through the pearls of wisdom I receive; I want to experience the practical to understand the theory better. Some days, my eyes are routes into my mind, I learn more when I see and do.

Some days, I live for the thrill, the thrill of adventure, the high of friendships and bonds.

Presenting some adventures of 2016-17 where students have learnt outside classrooms, have learnt by observing...

THE SUPER EXCITING SUMMER CAMP

The summer camp for junior college students was conducted from 22nd to 29th april . This camp helped us learn various skills like making Terrariums, Tie and Dye techniques on T-shirts and stoles, Batik, Canvas painting, Personality enhancement and learning how to make starters.

DAY 1: We had Terrarium Making by Ms. Mamta Thorat as 22nd April was World Earth Day. We learnt how we can save our ecosystem at home in just small glass pot. We designed our own terrariums which could be easily placed on study tables or hung in the room. It was indeed an amazing experience for all of us.

DAY 2: On this day we had TIE and DYE. We were given plain T- shirts and stoles. Zehra Picturewala, alumni of our college taught us excellent techniques of dyeing our t-shirts and stoles. Some of them were swirling, diamond, diagonals, concentric and many more. We were taught each and every step systematically. It was truly a funfilled experience for all of us.

DAY 3: On this day we had BATIK. We drew our designs on handkerchiefs, kurta pattis, pockets and various other things. In this technique we applied melted wax to our articles and dipped it into the color bath. Each and everyone had their articles styled by themselves. We were also taught how to convert our old T Shirts, jeans, dupattas, into new ones and created a new pattern out of them. In all it was an awesome day for all of us.

DAY 4: Painting is a poetry that is seen rather than felt. On this day we had CANVAS PAINTING. This session was conducted by our very own Farah Ma'am's daughter Rifat Sayyed. Everyone made their own piece of art. All of us had different imaginations and it really came out very well. It was indeed a colorful session and everyone loved it.

DAY 5: On this day we had a PERSONALITY ENHANCEMENT session. Ms. Pooja Shah had conducted this session. We were given various tips on how to maintain our body hygiene, how to present ourselves during interviews and how to detoxify our body. She also taught us table manners and also taught us how to give condolence to our friends, neighbors and also relatives during their difficult times. This was indeed an inspirational session.

DAY 5 & DAY 6: Veg and Non-veg starters were taught. There were around 6 starters which were taught on both the days. We prepared various delicacies from cutting chopping to preparing the whole dish. The instructions were given to us in a very systematic manner and everyone enjoyed a lot. The final presentation was done and the food was served. All the students had the dishes they had prepared. It was an amazing session altogether.

Pankti Gala, FYJC

BENEVOLENCE IN BHARUCH

*'Went to a place to spread knowledge
Came back learning much more
Workshops and celebrations
Hearts full of human essence
Every minute of hard work was rejoicing then
Every memory created we are reminiscing now
People who love with no lies
Bid goodbyes with teary-eyed sighs'*

We weave the words in this article with so many mixed emotions of joy and sorrow. Joy because of all the heartfelt love, warmth and kindness we shared; sorrow because the bond that was created within such a short time span was difficult to leave behind.

We, the T.Y.B.Sc. students of Department of Human Development, had gone for the rural extension trip to Bharuch from 27th to 30th November 2016 along with two teachers, Dr Kamini Rege and Ms Khyati Sampat. We were accommodated in Vidhyadeep Community College that is run by our very own Nirmala Niketan Institute. Vidhyadeep strives to empower the adolescent girls from different tribal communities in Gujarat. They are welcomed here with warmth and imparted with education, vocational skills and thereby given opportunities to fulfil their ambitions. The 300 girls residing in the college are doing various courses in secretarial practice, home science, English, Computer and nursing. The objective of our visit was to conduct some sessions of varied nature for the groups and thereby contribute in this small way to their empowerment.

First workshop conducted was on 'Communication Skills and Personal Etiquettes'. The aim of this interactive workshop was to engage them in activities to facilitate in them the communication skills of being assertive, active listening, effective verbal communication and personal etiquettes like good grooming, punctuality, self-confidence, etc. The communication skills part kick-started with an ice-breaker activity followed by a series of games through which the objective was tried to be met. They had an engaging time playing, and interacting.

The second workshop was on 'AIDS awareness'. The workshop was so well crafted with a definite opening, body and closure. The student facilitators had prepared a questionnaire for them to answer. The questions were pertaining to awareness about AIDS transmission, prevention and cure. They answered based on what they knew, after which they were shown a well-enacted skit giving good knowledge about AIDS. The skit was an eye-opener for the participants. After the skit they were given the same questionnaire again and it was evident that all the myths in their minds were debunked and they came out with powerful learning post the workshop.

The third workshop was on 'Creative Teaching- Learning Methods'. Learning and education is an important part

of our lives, and thus nothing should go amiss in this process. The workshop facilitators taught the participants how to make flashcards and puppets having animations, and how to use them while teaching so that learning becomes fun and effective. They also taught them how to use drama/skit as means of giving information on and spreading awareness on certain topics. The girls there were very participative and wanted to know how to use animations while teaching.

The last workshop was on 'Surrounding Cleanliness and Personal Hygiene with regard to menstruation'. The main goal was to make them aware about the importance of keeping ourselves and our surroundings clean, and to make them aware of the myths and facts related to menstrual cycle. This was done through games and skits, and a questionnaire that was given to them before and after the skit on menstruation. It was another interactive session and they seemed to be happy when their doubts related to menstruation were cleared.

In today's time where earning for oneself and making a living is crucial, teaching them income generation activities was another workshop planned and executed. Here the girls were taught to create some easy-to-make-products which they can make and sell. There were 12 learning stations where the girls came in small batches to learn. The stations included photo cube, tea coaster and photo frame, , colourful flowers (made out of card paper) to be used in greeting cards, lantern and lamp making, Kundan Rangoli, pen stand, multipurpose stand, pen stand, felt pouch, warli painting, jewellery box, gift wrappers and gift wrapping, and bottle decoration. The never-ending energy and enthusiasm of the girls to know and learn more encouraged and motivated us as well.

Dance and music is a vibrant and rich part of tribal culture of the girls who resided here, something that no one can take away from them. It runs in their blood. 'Each One Teach One' was another activity planned for them. It was a 'cultural exchange' activity where we taught them some dances, songs and skits and they taught us their art. In the evening of the last day, all of us showcased what we had learnt from each other. The joy and enthusiasm on everyone's faces was beyond compare. There were surprise dances put by their girls which left us spell-bound. The 3-hour programme ended with our teachers, Dr Kamini Rege and Ms Khyati Sampat, performing a beautiful act on the song 'yaad aaenge yeh pal'.

In the course of our stay, we also learnt a lot – from value of humility and gratitude, content feeling after rendering service to rural population to living in optimal rural environment! The next day morning before leaving, the sisters and girls bid us goodbye with special prayers for us. It was an emotional moment for all of us as we were bidding farewell to each other but the times we shared will always be etched in our memories. It also gives us a satisfying feeling to know that we contributed to their lives in this small way.

TY.B.Sc. students

Department of Human Development

EDUCATIONAL VISIT OF DEPARTMENT OF HUMAN DEVELOPMENT

The TYBSc and MSc students of the Department of Human Development, along with two teachers, Dr. Anuradha Bakshi and Ms. Rhonda Divecha, visited several educational centers like NGOs, hospices, old age homes, and schools from the 26th of February to the 3rd of March 2017, such as the following:

SNEHADAAN:- First we visited Snehadaan on 26th February, which is the first Community Care Center (CCC) that aims to provide education and care treatment for children with HIV in Karnataka. A brief information about the centre given by Ms Jean the counselor of the school was that the centre has 5 different sections that caters to child's all round development they are - Education department, Psychosocial department, Counseling department, Family support and the Activity department. We also conducted some workshops/activities on based on some art and craft, and some games.

KARUNASHRAYA:- Karunashraya a joint project of the Indian Cancer Society (Karnataka Chapter) and the Rotary Club of Bangalore Indiranagar, which provides free professional palliative care for advanced stage cancer patients

who are beyond cure. The first hospice of its genre in India to offer patients the flexibility of alternating between the hospice and their home, Karunashraya helps patients live without pain, and in dignity and peace, till their journey's end.

SUMANHALLI:- Sumanhalli which is in Bengaluru which immensely work for people suffering from leprosy. 'Su' in most Indian languages means, beautiful or good. 'Mana' meant mind or heart. 'Halli' in the local language means village. Sumanahalli had its beginnings in 1978. It all started with a request by the then Chief Minister of Karnataka State to the Archbishop of Bangalore, offering Government land to establish an organization that would help treat and rehabilitate the Leprosy-afflicted in and around Bangalore. Several benevolent and caring individuals and the hospice and their home

CHANNAPATTA WODDEN TOY FACTORY:- Our visit to Channapatna factory was on the 27.02.2017. The city is famous for its wooden toys. These toys are manufactured in traditional and advanced small scale industries. Channapatna toys are a particular form of wooden toys (and dolls) that are manufactured in the town of Channapatna in the Bangalore Rural district of Karnataka state, India. As a result of the popularity of these toys, Channapatna is known as Gombegala Ooru (toy-town) of Karnataka. There were interesting toys like keychain and rubber band, cars made of wooden material. Many of our friends purchased few things from there for their friends, family and for themselves, too.

THE VALLEY SCHOOL:- We had a delightful opportunity of witnessing an incredible school, on 2nd March. The school was spread across 100 acres in the middle of nature, what surprised us was that there were no cement paths in the campus which kept all the students close to nature. The school was a spin-off of the original Rishi Valley School. The founder of the school is Mr. Krishnamurti and they have 5 schools across the world (Pune, Chennai, Banaras, U.K and U.S) which are all different in their own way.

ST. AUGUSTINE OLD AGE HOME:- We visited St. Augustine old age home on 2nd March. It was a good experience with age group like this. We had a mixed feeling on one hand we are getting an opportunity to interact with these wise souls who were smiling with loving energies and enthusiasm their interaction filled with passion. On the other side is our present day society where in we have deserted our own family members to perceive our luxury, giving blind eye to their sacrifices and patience. Rising to their level and interacting with them was difficult but helped them to bring out whatever they wanted to share with us.

SIGHT SEEING:-

MYSORE PALACE:- The Palace of Mysore is a historical palace in the city of Mysore in Karnataka, southern India. Mysore is commonly described as the City of Palaces. It was an amazing experience visiting the palace. The architecture of the palace was very beautifully structured. The museum had many ancient monuments and also the chariot was made up of pure gold. Some rooms in the palace had the picture of the King and his family which were beautifully painted. The whole palace had 25000 lights in total which were lighted only on Sunday for 30 mins

BRINDAVAN GARDEN:- The Brindavan Gardens is a garden located in the Mandya District of the state of Karnataka, India. It lies adjoining the Krishnarajasagara dam which is built across the river Kaveri. The work on laying out this garden was started in the year 1927 and completed in 1932. Visited by close to 2 million tourists per year, the garden is one of the major attractions of Srirangapatna. We had visited the garden in the evening, where we saw the laser and light show of a musical fountain. The show was nice and the garden and the serene was also very beautiful.

NAMDROLING NYINGMAPA MONASTERY:- We visited the Namdroling Nyingmapa Monastery, Coorg. The Namdroling Nyingmapa Monastery (or Thegchog Namdrol Shedrub Dargye Ling) is the largest teaching center of the Nyingma lineage of Tibetan Buddhism in the world. The Monastery hosts several ceremonies yearly. Of particular interest is Tibetan New Year (Losar), based on the Lunar Calendar. We had a memorable time there and the sculptures were extremely beautiful.

DUBAREY ELEPHANT CAMP:- We went Dubarey Elephant Camp where we bathed and played with an elephant. It was a new experience altogether and everyone enjoyed and came back with beautiful memories.

COORG:- We went Coorg on 28th February for 2 days .These 2 days adventures were just unforgettable waking up to beautiful sunrise and ending the day with blanket of stars upon us. Staying in peace with no noises of honking and the best part was that there was no network way up there, so all were spending time with friends and enjoying the lovely nature. We did trekking and zipline. Trekking started with scary faces but reaching at the top made us forget all the tragedy on the way. Over the sea, under the sky, there began the fun with an adventurous zipline.

After the educational visits and wonderful sightseeing we all came back with new learning, experiences and memories.

*Students of TYBSc,
MSc I and MSc II (HD)*

REPORT ON KOLAD EXTENSION-VISIT

Nine of the MSc I students from Human Development went for a Rural Extension Trip to Kolad (Raigad District) on 28th November to 30th November, 2016. We had planned for different income- generation activities and recreational activities for women and children of the village.

First day, that is 28th November, the animators of the Kolad district school had come to dormitory where we were residing. We, played games (body-shape and fish-game) and taught them to an income-generation activity (Jute-bottle). In the evening we went to Ghone-wood art gallery.

Second day, that is 29th November, we had different income-generation activities for the women like lip-balm making, rug-making, embroidery, jute-bottle and nail-art. For the children, we had recreation activities like reciting poems and dancing with the music. Then we visited the school where we played loads of games with the children. We even visited the village and saw the lifestyle of the people. In the evening, we went to Kolad dam and pottery-making gallery.

This was a great learning experience for us. It gave us an insight that we should be grateful for all that we have and avoid being judgmental about the people in the rural areas. We encountered many experiences in which the rural people were much better than us, like walking bare foot in the hot sun and being physically very active. They were very creative in using the material they already have (being resourceful).

Overall it was great experience. We thank Dr Bakshi and Madam Rhonda Divecha for the guidance and care.

*MSc I students
Department of Human Development*

URJITA RESEARCH COMPETITION 2017

‘Urjita’ was an Inter-Collegiate Research Competition for the Undergraduate Home-Scientists held at Smt. P. N. Doshi women’s College, Ghatkopar (west) on February 5, 2017. The theme for this research competition was HEALTH FOR ALL under which the following sub themes were included-

1. Family care
2. Emotional well being
3. Elder care
4. Health communication
5. Health and life styles
6. Consumer and health

The interested research teams had to register themselves online following



which the submission and selection of abstracts were done. Selected teams had to submit their full paper and were called for oral paper presentation on February 5, 2017.

Selected papers were published in the College Research Journal 'Research Imprints' with ISSN- 2278-4268. Top three research teams were rewarded cash prizes of 5000/-, 3000/-, 1500/- respectively.

Our mini research won first prize under the sub theme of 'health communication' and title 'An Experimental Research On Knowledge And Awareness Regarding HIV/AIDS Among Tribal Women (18-29 Years) In Bharuch (Gujarat).' This research was conducted by a team of following 10 students as a part of extension work of college – Koshangi Gala, Manali Shah, Bhoomi Mehta, Krisha Rajyaguru, Ayushi Mehta, Barkha Rambhiya, Renuka Ghongane, Devishri Sule, Hina Ahmed, Ruti Dedhia and was presented by team of 4 students- Koshangi Gala, Manali Shah, Krisha Rajyaguru, Ruti Dedhia. Dr. Kamini Rege was the guide for this mini research. We had showcased our research tools such as teaching aids- flash cards, posters, puzzles; measuring instrument-semi-structured questionnaire; contribution to research- brochures along with the power point presentation to the audience and judges.

It was great to receive such an opportunity to learn, enhance presentation skills and help develop the expertise needed to discuss their research in a clear and meaningful way. It was truly an insightful experience for us at an undergraduate level.

TYBSc students

Department of Human Development

POSITIONING CAREER OPPORTUNITIES IN TEXTILE APPAREL & FASHION INDUSTRY

The Department of Textile & Fashion Technology organized 3-day intercollegiate Seminar Positioning Career Opportunities in Textile Apparel & Fashion Industry on 11th August, and skill based workshops on 12th and 13th August 2016. It also included a market for sale of apparel, fashion accessories and cosmetics on Thursday 11th, Friday 12th and Saturday 13th August 2016.



On 11th August, the Inaugural session began with an invocation of the Almighty and lighting of the lamp after the registration formalities. Appreciation for the team work and galore good wishes for a successful program were expressed by the dignitaries.



Session 1: "Brand Management" was conducted by Ms. Komal Panchal, a very young dynamic designer of footwear brand 'Kanvas Kloset', who explained how to develop a brand, and the things to do for branding. The USP of their product was in traditional Indian style of printing and painting on footwear. They were into complete manufacturing of differently designed footwear. It was thoroughly inspiring and they showed how passion can be turned into a

lucrative business.

Session 2: "CAD and Designing Home Textiles" Ms. Tejal Raj, alumnae of Nirmala Niketan and an expert with 20 years of experience in CAD Designing shared her experience of using CAD softwear and its influence of quick response to clients. The session opened up exhaustive scope of CAD/CAM in fashion and Apparel business and how it has reached to new heights.



Session 3: “Scope of Fashion in Retail” by Ms. Anjali Pandey was an eye opener wherein she shared her unique journey in the textile industry and her experiences that make her grow. She explained many concepts of the retail industry like fashion designing, visual merchandising, fashion styling, merchandising, about buyer’s role, retail management, fashion photography and modeling. And last but not the least the importance of e-com business, an area that she was always passionate about and is also currently working on with the brand of Amazon.

Session 4: “Fashion Imaging” by Ms. Mamta Joshi, a freelance image consultant illustrated how grooming was so very important and how being well dressed in personal and professional life adds to the success of one’s profession/ business.

Session 5: “Role of a Merchandiser and Importance of Quality Assurance and Control” by alumni Ms. Aashita Jain, senior merchandiser in fashion retail for Menswear brand, outlined the complete procedure of merchandising and product complexities in a very simple way. She covered production merchandising, the whole production process, retail and export merchandising.

Session 6: Ms. Divya and Ms. Ruchika were two partner entrepreneurs who spoke on the ‘**Power of Two and Partnering**’. They discussed how they developed a business brand with the help of each other tapping mutual talents building on trust with each other. They shared their story about how they came together and how they built a strong brand at a young tender age named “Ruvya”. This name is a combination of their two names.

The main attraction of the three-day event was a special styling competition on theme based dressing. Day 1: Work Formals, Day 2: Printed/ Painted Textiles and Day 3: Party Wear and Walks on the Ramp by students. Special prizes were awarded to the best styled participants in every category.

Skill based Demo Workshops were organized on 12th and 13th August 2016 to provide hands on experience.

Workshop 1: “Textile Painting” Ms. Rajashree demonstrated different techniques of painting. Her style exhibited her passion for stencil painting. Beautiful designs were enhanced using creativity and interesting ways using liquid embroidery that was a novel colouring medium for the participants. The participants then worked on samples and embellished their garments. Everybody created great work and feedback was given to the participants.

Workshop 2: “Jewelry Making” was demonstrated by alumni Ms. Saivijaya Naidu. The basic techniques of making recycled and upcycled neck pieces, earrings, bracelets, etc. using different recycled and up-cycled materials such as fabric pieces, beads, acrylic threads and other accessories. She conducted an exercise to help them put in all creativity into developing some accessories for themselves. They enjoyed the session and explored the possibilities of making so many different accessories from scrap.

Workshop 3: “Make- up and Grooming” by Ms. Anjum Kerosenewala and Ms. Prashita Das demonstrated basic and stylized make- up, giving basic tips of beauty and make- up for regular use. Misconception about make- up were also clarified.

Workshop 4: “Fashion Photography” by Mr. Mayur Narangikar a professional photographer keenly interested in fashion and beauty explained the basic rules of photography which will certainly help in professional life. An interesting exercise was to look around and identify any alphabet in a limited area and to click a photo of that. The exercise was fun filled and enjoyable.

Market: There were many stalls arranged by the college students and outsiders. There were stalls selling food items, clothing, accessories and many other things. The attraction of market was lac bangles. The person on the stall was making the bangles of the buyer’s specific choice.

Teachers and student participants from Nirmala Niketan and other institutes like SASMIRA, S.V.T., M.S. University Baroda learnt many concepts and imbibed various skills related to textile apparel and fashion industry. The participants and delegates enjoyed every moment of these three days.

Jyoti Phoniya & Afreen Khan (M.Sc. II)

DEPARTMENT OF LIFELONG LEARNING AND EXTENSION - UDAAN EXPERIENCES OF TFT

Udaan is the annual extension work festival organized by the University of Mumbai with the aim to encourage students to plan and conduct different activities reaching out to different sections of the society. It includes essay, poster and skit competitions. Many colleges had participated in the activities held across different places in Mumbai. Various topics were assigned based on social issues to spread awareness. We as students took the privilege to choose a topic amongst those shortlisted. Our chosen topic was “Laws Protecting Women” under which we made and presented two posters and presented a skit. We also wrote essays on the chosen social issue.



The Poster Presentation was held at St. Gonzalo Garcia College Vasai Road. There were fourteen other colleges which took part. We had two and half hours for poster making. We received good appreciation for our poster. On behalf of the department and college Dr. Ela Dedhia, our Teacher Coordinator of DLLE, was presented with a momento of appreciation. The posters were judged by experts and distinguished guests. It was a proud moment when our college won 1st position in poster making. The appreciation was handed to us in the form of trophy and certificate to Dr Dedhia and all of us. One team of 12 students presented a skit in socially relevant topic. It was highly appreciated by all. Rest of the students submitted essay for UDAAN. The overall experience was new and fulfilling. It was a great opportunity for all of us given by our college.

- Sneha Savla
T.Y.B.Sc. T.F.T



TFT ENTREPRENEURSHIP INCUBATION CELL

This year the department took initiative to expand and support existing and budding entrepreneurs by forming Entrepreneurship Incubation Cell to encourage the young students and alumni entrepreneurs, who were supported and mentored by various experts and entrepreneurs. The MSc students of the Department with Ms. Fatema Cochinwala, Ms. Disha Goshar and Ms. Hetal Gala of M. Sc. II as group leaders organized these sessions under guidance of Dr Ela Dedhia who conceptualized and initiated this activity.

On 21st October 2016, sessions were organized on ‘Mentorship for Business Development’ by Mr. Bashesh Gala (39 Solutions) and by Mr. Vamil Sangoi (Interntheory.com) who shared their own stories as entrepreneurs and spoke about their failures and successes. The speakers were welcomed by Dr Ela Dedhia, Head of Department and felicitated by Dr Geeta Ibrahim, Principal of the college.

On 25th February 2017, four speakers were invited to share their views on entrepreneurship and their journey from taking an idea to an established system. The speakers were felicitated by our college administrator Ms. A. Araujo. The first speaker of the day was Ms. Mohadessa Deghani who is the alumni of Textile and Fashion Technology Department. She first explained what exactly an entrepreneur is and what she does. Then she took us to the journey of her entrepreneurial instincts and how she started with her own brand Ritzeva Fashions. She

gave us a brief idea about how to start with a brand and showed how to manage things to take it to higher levels. Next we got the opportunity to get guidelines from alumni Ms. Shefali Dani the Owner of Dani group. She does not sell products, instead she helps students to get jobs and to build up their own business set-ups. She gave us a different view of how they work in their business by going out to the villages and the interior parts of the city where people do not have jobs. They have initiated mobile career and job outreach systems wherein they travel in a van for the whole day and communicate with people opening opportunities for jobs and careers

Ms. Rupal Jagad shared her story about how she started with her English tuition classes. She was a textile student but somewhere she realized that she was very much interested in English literature with a craze for reading. After her graduation in textiles she further did her graduation in English literature and then went on to do a master's in the same field. She was passionate about teaching so she opted for starting her own classes for all age of students. So the learning from her talk was that following one's passion is the secret to success.

Mrs. Renu Daga also an alumni of our college, was the last speaker for the day, a professional practising counsellor. She enlightened us with her progress which started from Panvel by opening her baby-sitting group with 5 children to opening an online 24x7 telephone helpline centre. She opened her services to help people who cannot visit the counselling centres. She also worked in a hospital as a counsellor. She has faced many challenges in her life with regards to opening her own set up. Her message to us young students was that life is not easy and setting up an entrepreneurship is still more difficult. So the struggle is inevitable, persistence and determinations are a must.

It was a great experience of knowing each of them and how they managed to open their business and further take their businesses to greater heights. All were "Truly Inspirational"

Chaitali Appa
M.Sc. II (TFT)

HYDERABAD: THE CITY OF PEARLS & COSTUMES

Hyderabad, the largest city in South of India is known for its heritage monuments, museums, parks and lakes and the delectable cuisine.

On 28th of November 2016, we the students of Textile and Fashion technology Department along with our mentors Dr. Vishakha Karnad, Mrs. Vrinda Udaiver and Mrs. Vibhuti Khedekar left for our industrial visit in Hyderabad. The entire train journey slid away effortlessly and before we knew it, we were getting down at Begumpet on 29th Nov.

Reaching the hostel we all had our breakfast, packed our lunch and left for our first day of educational tour to visit the Indian Emporium the showroom of a renowned designer Gaurang Shah who has showcased his works in every Lakmé season since 10 yrs. Later we went to visit the Pochampally Park where we saw a variety of unseen Ikats which were so pleasing to the eye. Different processes of tying, dyeing and drying were witnessed. Each and every single design was undeniably stunning in its own way. Soon we reached the Lumbini Park for the lazer show which was mesmerizing.



On the 2nd day we visited the GTN Industries (Govind, Tirumala and Narayan Swamy) where we saw different processes like Opening, Blending, Carding, Combing and Spinning. We also visited their testing lab where all the tests required were conducted and recorded. We saw twist tester, tensile tester etc. We furthermore visited their fabric knitting unit where we saw making of socks. We also saw some new machines like the automatic sock reversing machine. We ended our day with a visit to the Golconda Fort- where we got a chance to visualize, with effects, the Historic Mughal history that the stones of Golconda witnessed in the past. We attended the Sound and Light

show which narrated about the glorious past of the fort when life over there was full of glory and grandeur.

On the 3rd day we visited the Salar Jung Museum Chow Mahalla and the Charminar where we witnessed the ancient antiques and gracious artworks which left us stunned. Day 4 started with a long ride to Vijay Textiles. Over there we saw the printing processes. However the most interesting part was the effluent treatment which was something that we were seeing for the first time. They had set up a plant where they would treat the water which was released after dyeing to make it safe for consumption. Later that day we visited the institute of leather technology where first we saw the manufacturing of shoes manually and later we were shown the machinery used at industrial level to produce shoes which was something which some of us would never forget.



On our 5th and last day in Hyderabad we visited the Neerus Emporium which was absolutely fascinating and had a massive collection. We continued the visit to Shilparamam which was a huge exhibition of handicrafts from all over the country. In the evening that day we started on our journey back home with lots of knowledge and great memories. We truly thank our Head of Department and our teachers who put every effort to gift us 7 days of the most meticulously and economically planned educational tour which we will cherish all our life.

Swamini Binsale & Sakina Merchant

TYBSc (TFT)

JAMBOREE 2017 –TFT’S ROCKING SHOW

The Department of Textile and Fashion Technology celebrates every year the most awaited event ‘Jamboree’ which is a student led activity organized by the Department of Textile of Fashion Technology. This year the students came up with the theme ‘GLOCAL – Be GLOBAL, Stay loCAL’ where the students took an initiative to stimulate and benefit the society through Sustainable Fashion and a Global yet Local outreach. The event was spread on 3 days i.e. 19th, 20th & 21st of January, 2017 where the students organized about 40 competitions based on sustainable fashion and games.

Day 1 began with an opening ceremony. A brief about the theme was introduced by the student leaders Disha Goshar & Hetal Gala. The day was filled with workshop on styling by Mamta Joshi and various activities and competitions like Rangoli making, Kujithia Making (Accessory), Doodling, Phone Canopy, Designing, Fashion Journal, Henna, Photography, Crown It, Re-innovate (Garment Upcycling), Paint-o-rella (Umbrella Painting), Bottle Art etc.

Day 2 witnessed various fulfilled workshops by alumna Ms. Marilyn on Styling and her experience in the industry and by alumna Ms. Shalini Gupta a Costume Stylist about her journey in the film and television industry. There was a very interesting session on ‘Surface Ornamentation’ by Ms. Raju Bhatia, Head of Fashion Department of B.D.Somani. She introduced the students to different methods to embellish the fabrics with a very informative PowerPoint presentation. The day continued with competitions like Typography, Twist-n-turn (Scarf Draping), Coiffure (hair Styling), Body painting, Runway Poser (Modeling), Shell Work, Bag It Up, Doll it Up etc.

Day 3 began with the Jitter n Whirl (Dance Competition) followed by the much awaited Annual Fashion Show where the students of the Department of Textile & Fashion Technology showcased their garment collections. The collections included a variety of Kids wear which included frocks, shirts, shorts and bags by F.Y.B.Sc; Kurtis by S.Y.B.Sc.; ‘Air, Water, Land, Fire’ Themed One Piece Dresses and Shirts by T.Y.B.Sc.; ‘Winter Mist’: Gowns, Ghagra Cholis & Indian Ethnic Men’s Collection by M.Sc. Part I; ‘Twinkling Starlets’: Kids Wear, ‘Times Immemorial’: Century inspired garments, ‘East meets West’: Country inspired garments, ‘The Digital World’: Digital printed skirts, Draped Formals and a collection out of black Vanya Silk called ‘Midnight Queen’ and an Ethnic Party Wear Collection of Ghagra Cholis by M.Sc. II. These



collections were judged by eminent Jury like Ms. Mamta Joshi, Fashion Stylist and CEO of 'Orange Tree', Mr. SameerPanchmatia, Guru of CAD/CAM Technology; Mr. Sai Ganesh: Secretary SDC EC, and General Manager of Atul Dyes; Mrs, Bhamini Subramaniam: Proprietor & Designer of Abhinav Creations; Mrs. Neera Baruha, HOD S.V.T . College of Home Science. Prizes were given to students for the best garments. These prizes were presented to MSc through sponsorships by Dr. Ela Dedhia & SDC: Society of Dyers & Colorists and to TYBSc students through sponsorship from ZnSkills.

The event was also sponsored by MAP Designer Boutique, Tee Hive, Fresh Faces, Mr. Faiz Zariwala, Bombay Toys, Mr. Tanvir Karari, Mr. Junaid Khatri, and Tip Top. It was an amazing 3 day experience for all the students. The students learnt the art of event planning and organizing and various soft skills of leadership, team building, resource generation, effective resource utilization, and much more by being part of the organizing team.

Disha Goshar

MSc II-TFT

WORKSHOPS BY PARAMPARIK KARIGAR

The Department of Textile and Fashion Technology organised workshops of traditional arts and crafts in collaboration with an NGO "Paramparik Karigar". The workshops organized were Pichhwai Painting, Cheriyaal Painting and Batik Printing on 23rd August 2016, in the College. The workshops / lectures & demonstrations were conducted by National Award winning ancestral artisans. The students as well as the faculty were highly appreciative of the enduring efforts put in by all the artisans for the continued sustenance of the arts and crafts. The workshops ended with a positive note and the students thanking the artisans earnestly.

BATIK PRINTING WORKSHOP

Batik is the traditional handicraft of Kutch-Gujarat that is done by the Khatri community. This art is a legacy and has been passed down from one generation to another. It is mainly done in the village of Bhujpur in the district of Mundra in Kutch.

This workshop was conducted by a heritage craftsman, Mr. Mohammad Shamim.

After explaining the history of the craft he started with the demonstration which was followed by a question-answer session where he displayed the pictures of the traditional motifs and many Batik stoles and dupattas.

CHERIYAL PAINTING

We were, lucky to have Mr.NakashVaikuntam and his son Mr.Vinay, demonstrate to us and tell about this beautiful piece of traditional art, of which we were totally unaware. With beautiful colours and variant colour schemes the paintings were created with immense fineness and dedication.

The ancestors of Mr. Nakash, practised this rare and creative art since the 14th century and we were happy to know that it is being practised and carried forward by his sons also. The word "Nakash" comes from the word Nakashi meaning "Fine lines". The title Nakash was given to the artisans of Cheriyaal Painting by the Nizam who ruled over the region, as Chitrakars are termed as Nakashikar in Urdu. Cheriyaal paintings are Narrative stories of the Lords that are passed on from one generation to the other, of the region.



Today, the beautiful art of Cheriyaal Painting is slowly dying since very few artisans are continuing with this art. We were extremely lucky to learn and witness the creation of the one of the rarest art forms.

Pichhwai Painting - Pichhwai are intricate paintings, done mostly on cloth or paper, portraying Lord Krishna. This art form has its roots in the holy town of Nathdwara in the Rajasthan state of India. The purpose of

Pichhwais, other than its artistic appeal, is to narrate tales of Krishna to the illiterate.

National award winner Mr. Kalyanmal Sahu conducted workshop of Pichhwai painting. He gave a brief introduction about Pichhwai art including its origin and history, showed materials required and described techniques of making painting, also discussed contemporary adaptations in traditional styles.

A demonstration of preparation of fabric material for painting was given by him. He explained colour extraction and preparation of paint used for the painting. Mostly they used stone colours. Also used colours prepared from geru, kaja, kumkum, etc. He showed various natural colours and gave demonstration of use of paintbrush to get various effects.



Mr Sahu gave them important tips on skill of pencil drawing, as drawing of neat figure and its detailing is very important component in Pichhwai painting. Students got opportunity of hands on experience of the painting, as ready drawing sheets were distributed to them for filling colours.



The artisan discussed changes in painting styles with the changing time and told that several adaptations are being developed with the demand of customers and to make their product sustainable in the market. Some adaptations such as story of Ramayana, idol of Lord Krishna in the wall piece, reduced size of the painting to decorate interior of houses, etc are example of contemporary form. The workshop was found very interesting and full of learning experience by students as we got to know more about traditional art of Pichhwai Painting for which they were ignorant.

***Ms. Sakina Merchant-T.Y.BSc (TFT),
Ms. Shetty Deeksha & Ms. Jain Dimple M.Sc. I (TFT),
Ms. Appa Chaitali & Ms. Cochinwala Fatema M.Sc. II (TFT)***

EDUCATIONAL TRIP CUM TEAM BUILDING OF TFT DEPT

Educational tour cum team building is the much awaited activity every student looks forward to. As part of team building exercise through a field visit we had been to Silvasa on 11th July 2016. After reaching and settling in our respective rooms at the Silvasa Resorts we headed towards Alok Industry. We were warmly welcomed and introduced with the industry. There were fully automatic weaving machines and cotton Polyester fabric was getting woven and on some machines cotton Lycra was getting woven. The next stop was at another unit of Alok where we were introduced to production of bed sheets, cushion covers, t-shirts, etc. cutting of fabric and layering of fabric manually and automatically, and the finishing department. We also witnessed the embroidery and quilting machine and the CAD department in that industry. The warehouse had huge and beautiful collection of home furnishings, suitings, and dress materials which was really mesmerizing. After gathering hands on experience in the industry we headed back to our resort where we had fun filled group activities. The next day after breakfast we left to see the Adivasi Museum which is located in Silvasa. It was amazing to see all the traditional tribal Maharashtrian jewellery, costumes, household materials, houses, lifestyle, musical instruments, etc. In the evening we headed back to Mumbai. It was a great mix of experience of knowledge with lots of fun and togetherness.

***Chaitali Appa
MSc II TFT***

REPORT ON “SEGMENTS OF TECHNICAL TEXTILES: PRESENT SCENARIO AND OPPORTUNITIES”

The Department of Textile & Fashion Technology, College of Home Science Nirmala Niketan organized a one day conference on “Segments of Technical Textiles: Present Scenario and Opportunities” on 3rd February 2017.

The seminar began with lighting of lamp after which, Dr. Geeta Ibrahim and Dr. Ela Dedhia addressed the audience with welcome notes, brief talks about the event and conveyed their best wishes to the organizing team, participants and invites. The keynote speaker of the program, Dr. M. K. Talukdar, Vice president of Kusumgar Corporates Private Limited, explained the history of Technical Textiles and also oriented about different segments of Technical Textiles, discussed about the difference between the commercial textiles and technical textiles and gave an overview of technical textiles and how an individual can enter into this field

Session 1: The first speaker of this session was Mr. Avinash Mayekar, M.D & CEO of Suvin Advisors Limited. He spoke about how a company should position amongst the competitors and what are the marketing challenges one faces. Next speaker of this session was Dr. Manjiri Paranjape, GM of Rossari Biotech Limited who gave a brief presentation of Textile Chemicals and Finishes used on Technical Textiles like anti-microbial finish, moisture management, soil repellent, soil release, water repellent, water proof etc. She also explained the process and methods of application of different finishes on such textiles. The third presentation was then given by the next speaker of this session, Dr. Mrinal Choudhari, Joint Director of WRA who spoke about sports textiles and gave in depth information on different instruments/equipment to test Sports textiles. She also briefed about ongoing projects in WRA. This session was then followed by a panel discussion in which the students had questions which were then answered by the speakers.

Session 2: The first speaker of this session was Mr Ravi Singh, Scientist C SASMIRA. He discussed about various agro textiles and their use. He discussed about different polymers and materials which are used for making Argo textiles like shade net, ground nets, root ball net, mulch mat, harvesting net etc. It's made by either knitting technique or nonwoven, which could be by spun bonding or needle punching. Next speaker of this session was Mr. E. Siva Kumar, the Head of Technical Textile from Archroma India Pvt Ltd. He presented on natural finishes and the process of making these finishes like water & oil repellent finish made like the water on lotus, cold black carbon used to make black fabric feel cool in hot summers and many such finishes which are made from natural material. The last speaker of this session was Dr. Sujata Saxena, Principal Scientist from ICAR-CIRCOT from ICRA-CIRCOT who presented on protective textiles and also about the different applications of protective textiles specially made by natural fibers like cotton and wool which are biodegradable and not commonly used in technical textiles. This session was then followed by a panel discussion in which the students had questions which were then answered by the speakers.

The program ended with a vote of thanks. The program also included poster presentations related to segments of technical textiles from faculty and students of various colleges. The conference was informative and covered almost all the fields in which technical textiles is majorly used. It gave a new vision of being an entrepreneur in technical textile field.

Fatema Cochinwala
MSc II TFT

VISIT TO TANUL LABORATORIES- TEXTILE TESTING

On 26th September 2016, Department of Textile and Fashion Technology organized a local visit to Tanul Laboratories, Dombivli. What a great way to clear away the Monday blues by meeting a man who motivated us! And who absolutely brightened our day! He was none other than a Trustee of SDC - Mr. Naresh Bhatt. He insisted that we should all find our own talents within us and that there are no competitions! If we must compete, we

should compete with ourselves. Mr. Naresh Bhatt gave us insights on how far we want to go in life.

The session started off with Ms. Pratiksha Dalm (B.Sc in Chemistry) who showed us how to arrange and store the chemicals. Later on Ms. Poonam gave us introductions on all the lab equipments like- HTHP machine, water bath, shaker dyeing bath, HTHP dyeing machine, vertical padding mangle, hot air oven. This was followed by a demo of Spectrophotometer and few other equipments by Ms. Sheetal.

What I really took back home from him was his enthusiasm, his way of looking at situations, his organizational skills, believe in Miracles, openness to learning, and to be prepared for the worse, Don't get bogged down in any negative situations. He said Rise up... "Whatever happens, happens for good!"

And what I really took back from his lab visit was cleanliness, down to earth attitude, responsibility towards the industry and team-work.

Bincy Vazhathara

MSc II TFT

F. Y. B. Sc. EXPERIENCE AT MANAGING SMALL EVENTS

"The goal of education is not to increase the amount of knowledge but to create the possibilities for a child to invent and discover, to create people who are capable of doing new things."

-- Jean Piaget --

The practical course of Skills for the Hospitality Industry has a component of Event Management. Event Management simply means any service provided to the clients that includes planning, promotion, organization or presentation of various events. The scope of an event covers various activities related to arts, sports, entertainment, business or family functions like marriage or festive gatherings. We realized that unless the students got a hands-on-learning at managing events, this module wouldn't achieve its objective!

Proper event management planning is vital for any successful event – small or big! Event Management Planning process was discussed in depth during the practical sessions. Each student was asked to plan a theme party on paper. When individually done, the planning was far easier than when we asked them to discuss and choose one of the theme, one which the group considered as best to execute!

Thinking through that one theme, ideas had to flow to establish how distinct parts and disparate elements of their event will work and result in your event being safe and enjoyable!!

The challenges were later put forth, the budget would be a minimum of Rs. 15/- per student in the group, or a maximum of Rs. 20/- and that this amount should be utilized for the décor, takeaways and the single dish chosen by the faculty from the lavish menu planned by them. Students realized that it was fun flying high planning the theme party but the shoestring budget pulled them to floor level at every step!!!

We then discussed how, irrespective of their size, for planning and managing events, we follow the same process every time. The group were a little surprised but, as the discussion progressed, they saw the logic and reasoning behind it.

We struggled to accommodate 8 groups. The college Hall wasn't available for the purpose, so we had to modify the original plan and stretch the events across 4 days. 2 groups were scheduled to organize on each day. Students enthusiastically set up one half of the common room, dressed as per their theme, flitted around the campus with the cute invites, requesting all to attend. They had planned a game each and gave every visitor a takeaway token.

The learning from this four day activity was immense. We were overwhelmed by the feedback given by the participating groups.

Mrs. Roopa Rao

C.R.M. Department



UDAAN 2016-17

Students of Community Resource Management participated in the Street Play Competition and Poster Competition in the Udaan Festival on the 8th of February 2017. This year Udaan had taken place in many places across



Maharashtra. Students also participated on the 14th day of Udaan festival which took place in G.G.College, Vasai.

Dr Dilip Patil the Head of DLLE (Department of Life Long Learning and Extension) addressed the crowd at the Inaugural function. He informed about how this extension programs helps students in interacting with the needy people. The main objective of DLLE is "To Reach the Unreached".

Fourteen different colleges of Management, Law and B.Ed. with different themes participated in this competition. Few performed on Environment Issues, while most performed on Women Empowerment. The theme of our street play was "Women Empowerment" where we showed how a woman plays different roles in her life and faces different problems at all the stages of life, and alongside manages her career as well.

The experience of performing the play was amazing as we were performing for the first time. Through this we came to know the importance of extension education. It helped the students to interact with the underprivileged who are talented but cannot show it. This gave them a chance to see the world outside in the real scenario.

Sunita Jaiswal

Extension Coordinator

Dept of LifeLong Learning and Extension.

COMMUNITY RESOURCE MANAGEMENT RURAL CAMP REPORT

On 17th February 2017, students and staff of Community Resource Management left for the villages with the allotted social workers. 3 groups were made, each group consisting of 8 members and sent to three different villages: Goove, Patharshet and Devkhane, where the following activities were conducted.

PROGRAMME FOR THE CHILDREN:

An art and craft activity was conducted, of thumb printing on paper plates and then the plates were then cut into the shape of a hen. The children were very excited about the paints and the colours. After this, a puppet show on good habits was performed, followed with games like fire in the mountain, letter -letter etc. Finally, the children themselves performed a natak and danced.



PROGRAMME FOR THE WOMEN:



Rug making activity: The village women were taught how to make rugs out of old sarees and dupatta's. They quickly picked up the skill and made a decision to sell them for Rs. 20/- each. A game was then played with them, where they were given a handful of mixed pulses and they had to separate them as soon as possible.

This was followed by a demonstration of easy and nutritional recipies like **peanut chat and khakra chat** which they really enjoyed. Finally, the

problems the village faces and importance of personal hygiene, were discussed with them. Before leaving the village, the students presented the women with a few sarees and jewellery items for their participation.

ACTIVITY FOR ANIMATORS:

A 2 hour session was conducted for the community workers. There was then a demonstration of food like Masala Pav and French toast . At the end, they were given gifts for the games.

Sunita Jaiswal

Community Resource Management Field Work Coordinator

MARATHI BHASHA DIVAS

The 27th of February is celebrated as Marathi Bhasha Divas.



On this occasion the Department of Community Resource Management of Nirmala Niketan College of Home Science planned to organize a Programme for the Anganwadi Sevikas of ICDS Centre at Chincholi Bunder, Malad. The students of Department along with Prof Sunita Jaiswal dressed up in the traditional Maharashtrian saris conducted the programme. All the anganwadi sevikas and the parents of the anganwadi children gathered together and the function began. In the beginning one of the students named Ms Jayashree Urankar sang a traditional Marathi song.

Games were planned for the ladies. In one game, the ladies were to complete the phrases: the student would read out half the line of the Marathi phrases and the ladies were expected to complete the remaining phrase. It was fun playing this game and surprising too as the ladies knew the answers very well. The second game was even more fun, wherein the student would give an idiom and the ladies were supposed to explain its meaning through its use in a sentence. This game actually made us realize that the ladies had knowledge and if given a chance had the ability to progress.

Then the ladies were given a chance to sing songs or poems. The programme then came to an end and we thanked the parents as well as the Anganwadi Sevikas for their presence. Snacks and sweets were distributed to them and ended the programme with national anthem.

Sunita Jaiswal

Community Resource Management

REPORT ON JAGURUK GRAHAK



On the 6th of March 2017 extension students of Community Resource Management Nirmala Niketan College of Home Science, Churchgate celebrated Jaguruk Grahak Divas i.e. Consumer Awareness Day with the ICDS Centre as part of extension program. At 12.30 pm the students commenced the program with the 15-20 social workers and parents of balwadi children. The ladies were made aware of fake products which are available in the market; how to distinguish a fake product from a real product; and the importance of reading the label well before purchase. Cases of Food adulterants which can take place in common

daily used articles like chilli powder, haldi powder, Coriander powder, whole pepper, sugar and milk was also discussed. Students conducted simple food adulterant detection test which can be done at home to identify whether the product is adulterated or not. They also informed the ladies about their rights as a consumer and how not to get cheated while buying e.g. not paying 2 Rs. extra for cooling on soft drinks. Ladies were made aware of the different consumer organizations, their location, email and phone nos. which are around the city if they needed any help. The participants were very happy with the session and they left with and smile on their faces and knowledge in their minds.

Sunita Jaiswal

Community Resource Management

EDUCATIONAL TOUR TO FRANCE AND ITALY

Department of Textile and Fashion Technology along with Rachna Sansad-School of Fashion & Textile Design and White Pigeon Tours organized an Educational trip to France (Paris) and Italy (Venice, Florence and Milan) from 16th February to 25th February, 2016. Nidhi Sharma from T.Y.B.Sc and me, Disha Goshar from MSc I, along with nineteen students, two teachers of Rachna Sansad and two representatives from White Pigeon joined the trip.

After landing in Paris, we boarded a bus which took us directly to the Eiffel Tower. After viewing the beautiful scene from the top of the tower, we explored all the floors and then got to experience the view of Eiffel Tower with all the lights.

The next day, we went **Première Vision in Paris**, where we visited various sections such as leather and fabric manufacturing, designing, knitwear, denims, accessories and color. In the evening we went to **Galerie Lafayette**, a famous mall in Paris that houses famous designer outlets. We visited all the shops there and observed and studied the visual displays.

On the 18th February we visited the **Palace of Versailles** and viewed the beautiful paintings, carpets, walls, etc. We experienced a light snowfall while leaving, and we enjoyed the weather and clicked pictures. We then went on the **Siene River Cruise**, for a beautiful view the bridges and of course the Eiffel Tower from the River. After the cruise we left for **Louvre Museum** where we saw the master piece, Mona Lisa. We then boarded the train for Venice.



The next day, 19th February, we reached **Venice** station by 10:30a.m, and after reaching the hotel we had lunch and left for a **Gandola ride**. It was peaceful and total bliss. After enjoying the ride we shopped a little and returned to the hotel for the night.



The next day, we halted a while at **Pisa** to visit the **Leaning Tower** and then proceeded to Florence. We walked to the **Salvatore Ferragamo Museum** and saw the entire collection of handmade shoes made by Salvatore Ferragamo right from 1900's to till date.

The next day, we left for Milan which was a four hour drive from Florence. We reached **Milan** and directly visited the **Armani/Silos Museum**. Here we got to see entire Armani collection from all over the years. It was a four-storey museum which was a complete inspiration and motivation for every designer.



On the 22nd February, we boarded the bus to visit **Duomo Church**. We visited the interior of the church and then went ahead to visit the top. This was followed by shopping after which we went to visit the **Barbie Museum**, where we got to see various collections of Barbie dolls.

The next day, we visited the **Palazzo Morando Museum** which is a historic museum where we got to see historic costumes and paintings from the 19th century. Later we travelled for an hour to reach Seraville which is a shopping village in Milan, we shopped, had lunch and then got back to the **Duomo Church**, shopped there too and then gathered for dinner at an Indian Restaurant.

The last day, 24th February, we left for the airport. We boarded our flight, had a stop-over at Abu Dhabi and then arrived in Mumbai and left for our homes with amazing memories and several learnings for life.

Disha Goshar,
M.Sc. 1 (TFT)

THE GOONJ OF NIRMAL UTSAV - 2016-17

From the time I had first attended Nirmal Utsav back in FYJC, I knew I wanted to be a part of this exuberant fiesta someday. Little did I know then that 3 years later I would be right at the forefront, hosting it.

As any other random wish, this wish also stayed for sometime and gradually retreated in the back of my head, never really resurfacing until one day when my professor, who also happens to be my co-ordinator, summoned me out of the class with other 2 of my classmates. I remember thinking frantically if I had done anything wrong in the past few days as I was heading out. To my surprise she proposed the idea to audition for compèring in the upcoming NirmalUtsav 2016-17. I was simply overwhelmed with gratitude and felt almost honoured to have even featured in her mind for something so big. I was super excited and saw a very bright possibility of making my wish come true. However those positive feelings didn't last for long, they were almost immediately replaced by fears and insecurities. I kept thinking of all the possible ways I would end up making a fool out of myself, considering my past experiences, I do have a knack of getting into trouble every now and then. I contemplated some more and realised that if not now then when? I mustered up the courage and decided to go for it anyway. And then as they say, things started to fall into place and everything made perfect sense. Yes, it required alot of hardwork, be it writing the script with my fellow compères or staying back in college till 5-5:30 in the evening for rehearsals but it is only us, the participants and Cultural Committee members, who know how well the hardwork paid off when the show received thunderous applauds and cheers performance after performance.

To be honest, I don't really know how well I performed, infact I fumbled several times, forgot a line or two and there was this one time on the stage I didn't know what to do since it was impromptu. What I do know is that the experience as a whole of compèring was absolutely incredible and the GOONJ of the NirmalUtsav 2016-17 will forever reverberate as one my fondest college memories. I would like to thank my co-ordinator, Ms.VibhaHasija

for seeing the hidden in me. And to all those young souls who are reading this, firstly, do not hesitate to participate in the college fest, believe me, you experience the real fun and make some unforgettable memories when you are on the stage and not when you are sitting in the audience. Secondly, never ever let your insecurities and fears ruin wonderful or maybe life-changing opportunities for you. Seize it, work hard and be curious enough to find out what lies beyond your fears. Trust me, you'll be amazed.

Sarah Khokhawala
SYBSc

BEING THE CULTURAL SECRETARY...

Throughout my college life I wanted to experience position of being a Cultural Secretary.

I was selected as a member of cultural committee in 2015. As a junior member I was new to rules and regulations of the committee. Learning and following them was tiring but fun... I worked really hard so that I could achieve the highest post of the Cultural Committee. It was my firm dream by the end of the academic year to be the Cultural Secretary.

Finally the 2016-17 academic year arrived. The year I wanted to be a Cultural Secretary. It was mid July when the election took place. That day arrived; with butterflies in my tummy. Election time came close. The people who wanted to be in the committee were called in a classroom after lectures. I was nervous to give my name for the highest post, the post which portrays responsibilities, confidence, patience, hard work and many more qualities. My friends had confidence in me, and for me. That motivated me. They gave my name for the lead position. And it was a stock, for the first time in my life I had no competition. Everyone present there agreed and convinced ma'am to make me the committee's Cultural Secretary. And the dream came true. I was elected as a Cultural Secretary for the academic year 2016-17. I had 22 members along with me for this year.

Along with it came the responsibility to motivate the students, 22 committee members and my dear friends. My first talk to the members made me nervous but the smile on their face made me happy. So here the journey starts.

Every month we had one competition for college students. It was a difficult task to motivate them every month.

The first competition was a hit since it was on friends; and friends play a great role in a teenager's life. We got unexpected participation. I along with the committee members were very happy and excited to conduct more games for the students. But later for few competitions we had good but not the best participation. Things fell in place slowly. That taught me patience.

It is said "Expect the unexpected! "

The most crucial event was on the way. I had to showcase my leadership qualities and team work for this event: THE NIRMAL UTSAV. I and my committee started with hard work for the best result. It took us almost 2 months for organizing the event. It was a difficult task to organize this event. Since the college always awaited for the annual day of the year. To make it a great success I and committee when through thick and thin lines both emotionally and mentally. Slowly we started marching towards the event. We started meeting our success day by day. We started getting appreciation from the people who were a part of the event. I gave my first speech on the stage. I fought my negative quality of stage fear. By this we ended the event.

The Leader's position gave me the opportunity to play on both losing and winning. This has given me a different perspective of looking at things. I now realize that even if you fail or lose that is no reasons to give up, you still have to get right back up. Just realize your mistakes and errors and prepare more yourself to benefit the event. When you come back the next time, be mentally and physically prepared, and ready to meet the next challenge. Even though I have gained a lot, I still have more things to learn to become a better leader such as being more assertive, becoming a better public speaker, be realistic and goal oriented.

Hinal Shah
T.Y.B.Sc. (CRM)

IT'S NOT ONLY MY COLLEGE, IT'S MY SAFE HAVEN

As I stand at the entrance of my college, one step in its premises and other out of it, a series of unknowingly known images flash in front of me. A series of images playing at hyper speed, one after the other flashing the past 5 years at college.

Eventful... Life-Changing... Those are the two words that first come to my mind when someone asks me what my college means to me.

The past five years at Nirmala Niketan have been dramatic, to be honest. Along with getting educated, I've learnt things no other institute might have ever taught me. And at the end of these beautiful five years from a naive girl entering in first year of junior college to this amazing woman that I've turned out to be, I've been transformed. And the college has definitely played the most important part in this transformation.

And at this moment, I stand, not facing the college but in its opposite direction, excited and pumped with energy, filled with aspiration and hope. This college means a lot more than I thought it ever would but sometimes it's the best that you need to leave behind to find something better.

The professors, right from those in Junior College to Degree College have been influential and will always be the guiding stars in my life. Unknowingly, they've given me so much and that's my treasure. Providing good education is a part of every educational institute but there are things more than that here; and that's what my professors have graced me with.

And, truth be spoken, I can go on and on, untired, talking about how all my professors are a crucial part of my existence. From teaching chemical equations to management and from learning about body parts to how to keep them healthy, my guiding angels also taught me what life is. Struggles will always be there but can be lessened with being punctual, regular, being able to persevere, having discipline in life but enjoying it to the fullest at the same moment to never giving up and always believing in yourself, taking charge of life and how to be a good and efficient leader, my professors and the college is a complete package for converting a naive girl into a lady!

The college and everyone have done so much for me that I won't ever be able to pay back. Well indeed, as I transition from one phase of life to another, I see this as an opportunity to give back to the college in whatever little way possible. This gives me the perfect opportunity to spread the magic my college and my professors have taken years to teach me.

And with this, I sign off, taking along with me a wealth of memory to cherish, in my entire life, I will forever owe these moments to my college.

Thank you for never giving up on me. Thank you for investing your precious time in me. Thank you for believing in me.

Thank you for making me what I am today. Thank you, my college and my professors.

Tejaswini Parker
T.Y.B.Sc. (FND)

"The struggle to excavate your true, authentic self from beneath the mountain of conditioning and ridiculous expectation is the epic struggle of your lifetime."

- Bryant McGill



MOUNTAIN SCALING EXPEDITIONS

Me... I am Wanderlust

The freezing winds blow around me, I am cold, tired and hungry; yet I don't stop. My sights are set on the crest, on the peak, where I must plant my flag.

I climb some more. I rest only to look at the where I must reach, that point to cross to achieve the goals that I have set.

I climb and conquer mountains inspite of everything. I am unstoppable.

I stumble and fall, yet I get up to climb the next step. The risk seems huge yet I do not deter from my path, I take another forward step.

Presenting the Mountain scaling expeditions of 2016-17, the triumph of all those who achieved with hard work, talent and persistence.

Presenting the Achievers...

STUDENT AWARDS AND ACHIEVEMENTS LIST OF TOPPERS FOR THE YEAR 2015-16

JUNIOR COLLEGE

F.Y.J.C	S.Y.J.C
1 st - Badhani Masira 2 nd - M.Roja	1 st - Soni Maitri 2 nd - Patanwala Mariya

DEGREE COLLEGE

F.Y.B.Sc.	P.G. DIPLOMA IN DIETETICS AND APPLIED NUTRITION
Semester I - Ujjainwala Arwa Semester II - Dhulla Niti	Semester I: Dichvalkar Manasi Semster II: Shinde Hrugvedita
S.Y.B.Sc.	M.Sc. (PART I)
Semester III and IV - Gala Koshangi	FND: Semester I: Bangera Elizabeth Semester II: Bhatia Ishitaa HD: Semester I and II: Joseph Pritika TFT: Semester I: Dias Tania Semester II: Goshar Disha SN: Semester I and II: Sheikh Tasneem FPP: Semester I and II: Dawoodani Ashna
T.Y.B.Sc.	M.Sc. (PART II)
FND: Semester V and VI: Khatri Rahuda HD: Semester V and VI: Menezes Flevy TFT: Semester V an VI: Sahu Aarti CRM: Semester V and VI: Mukaddam Manaal	FND: Semester III and IV: Vira Krishna HD: Semester III and IV: Shah Upasna TFT: Semester III and IV: Fernandes Abigail SN: Semester III and IV: Khopkar Mihira FPP: Semester III: Mukherjee Ankita Semester IV: Khare Gauri
UNIVERSITY TOPPER OF T.Y.B.Sc. Mukaddam Manal (CRM)	UNIVERSITY TOPPER OF M.Sc. Fernandes Abigail (TFT)

MERIT BASED SCHOLARSHIPS

- **Deepti Patwardhan Award for securing highest marks in S.Y.B.Sc. Textile Science and Women's Clothing Practical:**
 - **Semester III**
 - Baqai Nabeela
 - Merchant Sakina
 - Patel Aqsa
 - **Semester IV**
 - Patel Drushti
- **Deepti Patwardhan Award for securing highest marks in S.Y.B.Sc. Meal Planning Practical:**
 - **Semester III**
 - Shaikh Fatima
 - Shamsi Safura
 - **Semester IV**
 - Khatri Rabiya
 - Mandasaurwala Rukaiyah
- **Miss T. Joseph Memorial Prize for securing highest marks in T.Y.B.Sc. Food Nutrition and Dietetics**
 - Khatri Rahuda
- **Saffola Prize for Overall Performance in P.G. Diploma in Dietetics and Applied Nutrition**
 - Dichvalkar Manasi
- **Principal C. Galby Scholarship for highest marks in Third Year Textile and Fashion Technology and currently pursuing M.Sc.I in the department of Textile and Fashion Technology in the college of Home Science, Nirmala Niketan**
 - Gala Dolly

NIRMALA NIKETAN COLLEGE OF HOME SCIENCE

- **Ms. Naomi D'Souza Scholarship for Research work in M.Sc. Part I Textile and Fashion Technology**
 - Gala Hetal
- **Smt. Makaben Premji Vora Award for securing highest marks in the subject of Field Work in T.Y.B.Sc**
 - Sahu Aarti (TFT)
- **Highest Marks in the Practical of Aesthetic in Design at the F.Y.B.Sc.(Semester I)**
 - Dhulla Niti
- **Highest Marks in the Theory of Introduction to Tourism and Hospitality Industry at the F.Y.B.Sc. (Semester – II)**
 - Dhulla Niti
 - Attar Arwa
- **Principal's Scholarship for toppers of the four departments at the Graduation level (Total of Semester V and VI)**
 - Rahuda Khatri (FND)
 - Sahu Aarti (TFT)
 - Flevy Menezes (HD)
 - Mukaddam Manaal (CRM)

- **Toppers of various departments at Post Graduation level (Total of Semester Semesters I, II, III and IV)**

Topper of FND - Vira Krishna	Topper of HD - Shah Upasna
Topper of Sports Nutrition - Khopkar Mihira	Topper of TFT - Fernandes Abigail
Topper of Food Processing and Preservation - Devadiga Nikita	

- **Topper of Post Graduate Diploma in Dietetics and Applied Nutrition**
 - Dichvalkar Manasi
- **Topper across all departments at M.Sc. level (Highest marks obtained in Semester I, II, III and IV)**
 - Khopkar Mihira - Sports Nutrition
- **Topper across all the departments at T.Y. B.Sc. level (Semester V and VI)**
 - Mukaddam Manaal (Community Resource Management)
- **University Gold Medalists**
 - **The Founder Principal Galby Gold Medal** jointly with **University of Mumbai** awarded to **Ms. Fernandes Abigail** for obtaining the highest marks across all the semesters at the M.Sc.II (Home Science) in the field of Textiles and Fashion Technology.
 - **The Smt. Motiben Devidas Desai Gold Medal** jointly with the **University of Mumbai** awarded to **Ms. Mukaddam Manaal** from the Department of Community Resource Management for obtaining the highest marks across all the departments at the Bachelor of Science (Home Science) degree examination
- **Dr. Naram Awards –AFST on 16th Oct 2016-World Food Day**
 - **T.Y.B.Sc. FND toppers**
 - Khatri Rahuda
 - Prajapati Priyanka
 - Madraswala Tasneem
 - **M.Sc FND toppers**
 - Vira Krishna
 - Khan Farheen
 - Divya A
 - **M.Sc FPP toppers**
 - Mukherjee Ankita
 - Devadiga Nikita
 - Khare Gauri

COLLEGE LIBRARY BEST READER 2016-17

- **Junior College(F.Y.J.C, S.Y.J.C)**
 - Koradia Nehal - Book Review Project (F.Y.J.C)
- **Degree College (F.Y.B.Sc, S.Y.B.Sc. &T.Y.B.Sc.)**
 - Gohel Bhoomi –F.Y.B.Sc.

- **Post Graduation (All M.Sc. Branches)**

- Menezes Gwen – M.Sc. I FND

VALUE ADDED COURSES (2016-17)

I] Department of Foods Nutrition and Dietetics
Nutrition Exercise and Fitness

- Topper: Nalwala Fatema (T.Y.B.Sc. FND)
- Best project: Nalwala Fatema (T.Y.B.Sc. FND)
 Dedhia Komal (M.Sc. SN)

II] Department of Human Development
Indian Sign Language

- Best Overall Performance: Phanse Eshwari S.Y.B.Sc.

III] Department of Textile and Fashion Technology
Visual Merchandising

- Best Project- Kanade Rutu S.Y.B.Sc.
- Best Overall Performance- Pathan Simran S.Y.B.Sc.

Entrepreneurship in Textile Craft

- Best Project- Parmar Harita S.Y.B.Sc.
- Best Overall Performance- Thanawala Nafisa T.Y.B.Sc.

CAD-CAM & Computer Aided Designing in Textile and Apparel Sector

Basic Course (T,Y,B,Sc, TFT)

- Topper in Semester I and II and Overall topper in Diploma Course in CAD –CAM and Computer Technologies in Textile and Apparel Sector
 - Dedhia Krushi
- Certificates for Best Project in Diploma Course in CAD –CAM and Computer Technologies in Textile and Apparel Sector

Theory I – Semester I: Amin Neharika	Practical I – Semester I: Dawda Tanvi Practical IA- Semester I: Dedhia Krushi; Savla Sneha
Theory II – Semester II: Dawda Tanvi; Dedhia Krushi; Dedhia Shreya; Karia Himanshi; Shinde Durga; Ulde Amrin	Practical II – Semester II: Shaikh Fatima Practical IIA- Semester II: Dedhia Krushi; Savla Sneha

Intermediate Course (M.Sc. I TFT)

- Topper in Semester I and II and Overall topper in Diploma Course in CAD –CAM and Computer Technologies in Textile and Apparel Sector
 - Shetty Deeksha
- Certificates for Best Project in Diploma Course in CAD –CAM and Computer Technologies in Textile and Apparel Sector

Theory I – Semester I: Pandey Darshana	Practical I – Semester I: Gala Dolly; Shetty Deeksha Practical IA- Semester I: Shetty Deeksha
Theory II – Semester II: Jaju Shivani	Practical II – Semester II: Gala Dolly; Shetty Deeksha Practical IIA- Semester II: Shetty Deeksha

Advanced Course (M.Sc. II TFT)

- Topper in Semester I and II and Overall topper in Diploma Course in CAD –CAM and Computer Technologies in Textile and Apparel Sector
 - Goshar Disha
- Certificates for Best Project in Diploma Course in CAD –CAM and Computer Technologies in Textile and Apparel Sector

NIRMALA NIKETAN COLLEGE OF HOME SCIENCE

Theory I – Semester I: Goshar Disha; Abraham Bincy	Practical I – Semester I: Goshar Disha Practical IA- Semester I: Goshar Disha
Theory II – Semester II: Cochinwala Fatema	Practical II – Semester II: Goshar Disha; Khan Afreen; Phoniya Jyoti Practical IIA- Semester II: Goshar Disha

IV] Department Of Community Resource Management

Workstation Design and Applied Ergonomics: (T.Y.B.Sc. CRM)

- **Overall topper**
 - Shah Hinal ○ Mehta Nidhi ○ Sarang Hiba
- **Best Group Project**
 - Bhatt Kinjal Brahma Kajol, Mehta Nidhi
 - Ansari Afifia, Makda Sakina, Mali Pooja, Sarang Hiba

Cultural and Heritage Management

- Overall topper: Raut Riddhi (S.Y.B.Sc.)

AWARDS FOR SPORTS EXCELLENCE

- **Suvarna Roma** F.Y.J.C
 - 1st place in the Bombay City Athletics meet and was selected for the Zonal level
 - 3rd place in the Zonal Athletics meet held between 5 districts and was selected for the State level Athletics meet
 - 7th place at the State level competition organized by the Mumbai Athletics Association
- **Mhatre Rucha** S.Y.J.C.
 - 2nd place in the water polo event organized by the Maharashtra State Amateur Athletics Association
 - 2nd place in the water polo event for seniors organized by the G.M.A.A.A
 - 1st place in the water polo junior girl's event organized by the GAF G.M.A.A.A
 - 1st place in the water polo event organized by the Maharashtra State Amateur Athletic Association
 - She has also participated in the Guinness World Records™ record attempt for the most people holding the abdominal plank position
- **Intercollegiate level**
 - Bronze medal at the Inter collegiate Teakwondo competition held at University of Mumbai
 - Ms Tanvi Gharat: MSc 1 (SN)

● **College level**

Best Athlete of the Year (Female) - Ms. Roma Suvarna (F.Y.J.C.)	Best Athlete of the Year (Boy) - Mr. Keval Mota (F.Y.I.D.)
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MISS NIRMALA NIKETAN 2016 – 17

- **Miss Nirmala Niketan:** Ms. Hafsha Qureshi from F. Y. B. Sc.
- **1st Runner – Up:** Ms. Simran Khandgale from T. Y. B. Sc. (FND)
- **2nd Runner – Up:** Ms. Hiba from S. Y. B. Sc.

STUDENT AWARDS FOR EXTRA-CURRICULAR ACTIVITIES

- **Intercollegiate level:**
 - 2nd Prize in Flash of Hope- Photography competition held at Luminescence; organized by Mithibai College on 26th July 2016
- Shubhankar Wadke
 - 1st prize in Intercollegiate Quiz held a SVT College of Home Science on 3rd September 2016
 - Bakallah Alefiya (T.Y.B.Sc FND) ▪ Gala Viabhavi (T.Y.B.Sc FND)
 - Tasneem (M.Sc FND)

NIRMALA NIKETAN COLLEGE OF HOME SCIENCE

- 1st prize in Food Photography held a SVT College of Home Science on 3rd September 2016
 - Mandasaurwala Rukaiya (T.Y.B.Sc FND)
- Healthy Desert Preparation- Intercollegiate Health Fair- Food Fest Department of Biochemistry- KJ Somaiya on 8th December 2016
 - Ms Madhura Ghaisas MSc I (FPP)
- Silver medal in Bio-Pictionary: Intercollegiate Health Fair- Food Fest Department of Biochemistry- KJ Somaiya on 8th December 2016
 - D'Costa Stacia (T.Y.B.Sc FND) ▪ Parmar Krishna (T.Y.B.Sc FND)
- Green Chef – Intercollegiate Recipe Competition organized in the fest Nutricus- Department of Nutraceuticals KJ Somaiya
 - Ms Komal Dedhia (PGDAN)
- IDA Quinoa Recipe Competition
 - First prize in Main Course Category: Patel Aqsa(T.Y.B.Sc FND)
 - Third Prize in Dessert Category: Shah Uravi (T.Y.B.Sc FND)
- 1st prize - Poster Making Competition at Udaan Intercollegiate Festival
 - Savla Sneha T.Y.B.Sc. (TFT) ▪ Thanawala Nafisa T.Y.B.Sc. (TFT)

JAMBOREE 2017

STUDENT LED INTERCOLLEGIATE ACTIVITY BY DEPARTMENT OF TEXTILE AND FASHION TECHNOLOGY

ACTIVITY	RANK	NAME OF PARTICIPANT
Best Garment	1 st	Gala Dolly - M.Sc I (TFT), Shetty Deeksha - M.Sc I (TFT) Zatakia Disha - M.Sc I (TFT), Champeli Zainab - T.Y.B.Sc (TFT) Dama Grishma - T.Y.B.Sc (TFT), Merchant Sakina - T.Y.B.Sc (TFT) Thakkar Unnati - T.Y.B.Sc (TFT)
Fashion Journal	1 st	Thakkar Unaati - T.Y.B.Sc (TFT)
Dub Act	1 st	Siddiqui Rimsha T.Y.B.Sc (TFT)
Doll It Up	1 st	Khan Fasiha T.Y.B.Sc (TFT)
Re-innovate garment	1 st	Chedda Rinkal T.Y.B.Sc (TFT)
T-Shirt painting	1 st	Thanawala Nafisa T.Y.B.Sc (TFT)
Body painting	1 st	Thanawala Nafisa T.Y.B.Sc (TFT)
Rangoli	2 nd	Dedhia Krushi T.Y.B.Sc (TFT)
Best Stylist (Party wear)	1 st	Dhukka Anjum T.Y.B.Sc (TFT), Khan Sadiya T.Y.B.Sc (TFT) Khatri Rabiya T.Y.B.Sc (TFT)
Best Stylist (Drapes)	1 st	Khan Sadiya T.Y.B.Sc (TFT)

INTERNATIONAL LEVEL SEMINAR

- **1st prize:** “Value Addition On Non -Woven Textiles (Wipes) Using Specialty Finishes” under guidance of Dr. Pratima Goyal at an International Conference “World Textile Conference-2” held on 16th and 17th September 2016 at Hotel Sahara Star-Mumbai organized by TAI
- Mahajan Prapti

NATIONAL LEVEL SEMINAR

- **1st prize:** Oral Paper presentation at “Style Q- Paradigm shift in Textile and Fashion” held at Amity University on 16th March 2017 under guidance of Dr. Pratima Goyal
 - Mohadessa Dehgan
- **1st prize:** Research paper titled “Musculoskeletal Discomfort among Female (Fruit and Vegetable) Vendors aged 26 – 40 years in Mumbai City and its Suburbs” under guidance of Ms Roopa Rao
 - Jani Mansi T.Y.B.Sc. (CRM)
 - Jain Urvashi T.Y.B.Sc. (CRM)

INTERCOLLEGIATE LEVEL SEMINAR

- **1st prize:** Students of T.Y.B.Sc. (HD) at the Urjita Interdisciplinary UG Home Science Students' Intercollegiate Mini-Research Competition, under guidance of Dr. Kamini Rege
 - Ahmed Hina
 - Dedhia Ruti
 - Gala Koshangi
 - Ghogane Renuka
 - Mehta Ayushi
 - Mehta Bhoomi
 - Rajyaguru Krishna
 - Rambhiya Barkha
 - Sule Devishri
 - Shah Manasi

POSTER PRESENTATION

- 1st prize: At Experimental Nutrition IDACON 2016
 - Sancheti Bhavisha under guidance of Dr. Geeta Ibrahim
- 1st Prize: At Half day Symposium organized in collaboration with IDA, the theme being "Cereals and Millets"
 - Pavery Renata under guidance of Dr. Veena Yardi

STAFF ACHIEVEMENTS

CHAIRPERSONS / JURY / INVITED SPEAKERS/ PANELIST AT SEMINARS / CONFERENCES / WORKSHOPS

Dr. Geeta Ibrahim	Dr. Ela Dedhia	Ms. Anuradha Mitra
Ms. Jacqueline Colaco	Dr. Pratima Goyal	Dr. VeenaYardi
Dr. Anuradha Bakshi	Ms. Vibha Hasija	Dr. Subhadra Mandalika
Dr. Vishaka Karnad	Ms Sukhada Bhatte	

PRESENTATIONS MADE AT INTERNATIONAL CONFERENCES

Ms. Anuradha Mitra	Dr. Veena Yardi	Dr. Subhadra Mandalika
Ms. Payal Maheshwari	Dr. Kamini Rege	

PRESENTATIONS MADE AT NATIONAL CONFERENCES

Dr. Geeta Ibrahim	Ms. Anuradha Mitra	Dr. VeenaYardi
Dr. Subhadra Mandalika	Ms. Vibha Hasija	Ms. Sanghmaitra Navagund
Ms. Vibhuti Khedekar	Ms. Fatima, Kader	Ms. Minelly Rodrigues

POSTER PRESENTATION INTERNATIONAL CONFERENCES

Mrs. Anuradha Mitra	Dr. VeenaYardi
Dr. Subhadra Mandalika	Ms. Sukhada Bhatte

PUBLICATION AT INTERNATIONAL LEVEL

Dr. Geeta Ibrahim	Dr. Anuradha Mitra	Dr. VeenaYardi
Dr. Subhadra Mandalika	Ms. Vibha Hasija	Ms Sukhada Bhatte

PUBLICATION AT NATIONAL LEVEL

Dr. Geeta Ibrahim	Dr. Subhadra Mandalika	Ms Sukhada Bhatte
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BLOGS

Ms. Rhonda Divecha

MINOR RESEARCH GRANT

Dr. Ela Dedhia	Dr. Pratima Goyal	Dr VeenaYardi
Mrs. Rhonda Divecha	Ms. Payal Maheshwari	Dr. Kamini Rege
Ms. Roopa Rao	Ms. Vibhuti Khedekar	Ms Sheetal Joshi

EDITOR/ REVIEWER OF JOURNAL/BOOK

Dr. Geeta Ibrahim	Dr. Ela Dedhia	Dr. Pratima Goyal
Dr. Anuradha Bakshi	Dr. Subhadra Mandalika	Ms. Vibha Hasija
Dr. Vishaka Karnad		

MEMBERS OF BOARD OF STUDIES

Dr. Geeta Ibrahim
Dr, Veena Yardi

Dr. Ela Dedhia
Dr. Subhadra Mandalika

Dr. Anuradha Bakshi
Ms. Fatima Kader

AWARDS FOR SCHOLARSHIP AND RESEARCH INTERNATIONAL LEVEL

- **Dr. Ela Dedhia** - Achieved scholarship for participating in XXIII IFHE World Congress 2016 on 1st August 2016 by Ministry of Gender Equality and Family, Republic of Korea

AWARDS FOR SCHOLARSHIP AND RESEARCH NATIONAL LEVEL

- **Ms. Minelly Rodrigues and Dr. Subhadra Mandalika:** 'IDA Award- Food Science and Technology' for presentation of the paper- 'Effect of processing on the antimicrobial activity of finger millet-soybean based symbiotic product and safety of probiotic lactic acid bacteria used in the formulation' at the 49th Annual National Conference of the Indian Dietetic Association (IDA)- 25th September 2016, Mumbai.
- **Ms. Vibhuti Khedekar** - Won 2nd Prize for the paper presentation at "Style Q- Paradigm shift in Textile and Fashion" held at Amity University on 16th March 2017 under guidance of Dr. Ela Dedhia

SPECIAL AWARDS

Dr. Pratima Goyal

- "Women Achiever" on 8th March 2017-Womens Day by Mira-Bhayandar Mahanagar Palika-Women and Child Welfare Committee by the MLA of Mira -Bhayandar
- Felicitated on 11th March 2017 by an NGO-"Voice Of Common Man" for the contribution to the society through the field of education

Ms. Vibhuti Khedekar

- Awarded the Certificate of Excellence and Trophy of the Bharat Jyoti Award by the India International Friendship Society at a Seminar on Economic Growth & National Integration in New Delhi on 9th June 2016.

"You can't gather much if you won't go on risk expedition. Leaders never fear the thorns; they'll still go in for the beautiful roses no matter the number of pricks they'll get."

- Israelmore Ayivor, Leaders' Ladder



ENTREPRENEURSHIP

Me... I am Wanderlust...

Some journeys are special; in those I am a different traveller. I walk difficult paths, I foray into new territories, I leave a shining light behind me. I blaze my trail and light up the path for others. I explore alternatives; I crystallise wisdom.

Presenting the Trailblazers of 2016-17...

The achievers and the entrepreneurs.

Dr. Veena Yardi, Associate Professor from the Department of Foods, Nutrition and Dietetics completed 25 years of as a teacher. She pens her thoughts...



25 GLORIOUS YEARS!!!

It's a great privilege and honour to be associated with this esteemed institution as I celebrate my silver jubilee here this year. It's been fulfilling and enriching journey being in my second home for this long! I have grown professionally and personally with this institute. I feel blessed that I have always received encouragement and support from the management, principals, coordinators and colleagues. The best part is a lifelong learning experience while interacting with students in classrooms ,laboratories ,in the field or while accompanying them for educational tours ,conferences or visits or simply chatting with them ; each and every moment made me happy and helped to grow. Teaching was a dream profession for me since school days. Being in this profession kept me physically and mentally fit. My students have helped me to develop professionally as well as personally with their inquisitiveness, quest for knowledge and with their warmth, smiles, wishes and love .This wonderful institution had always been a great source of inspiration and taught me that where there is a will there is a way! It motivated me to study further and complete my MPhil and PhD. When I look back I get immense pleasure and feel that I have come a long way and have gathered rich experience. When I look ahead there is a hope and a dream to achieve still greater heights solely because of encouragement and driving force that I keep receiving from this wonderful institute. Eating well, moving around and being happy is the mantra that I followed. These 25 years have flown like 25 days. I enjoyed each and every moment.A big Thank You to each and everyone for being a part of this wonderful journey. Let me close with a quote from a great Chinese thinker and philosopher Confucius," Choose a job you love and you will never have to work a day in your life". Yes...I am in the best Institute and in the best profession!

Dr. Veena Yardi
Faculty

PRET-A-PORTER CAPSULE COUTURE

Personal style blog

'Pret -A-Porter' means 'Ready to Wear' and 'Capsule' means an 'enclosed or a limited budget' that every teen/college student goes through!

My idea of putting up this blog is basically creating and re-creating outfits from what we already own, basically how to style yourself from the already existing wardrobe. This blog also gives people details on how they can purchase amazing clothes at lower prices along the city by street shopping!

I have always wanted to start a blog, but was always unsure of how I would put it up, so after a lot of research on personal style bloggers I found out that most of the fashion bloggers are into blogging high end brands which I found not everyone can relate to. Hence the idea of being fashionable at a budget comes through PRET-A-PORTER CAPSULE COUTURE.

Sustainable clothing is on a rise these days and is also a very important subject, hence my blog mainly focuses on how sustainable clothing can be made possible by using easy styling and DIY (do-it-yourself) methods!

So after all the research and content being made for my blog, I decided on *wordpress.com* as this site allows people to make sites for free; the procedures are very easy to follow; and the site is accessible to everyone.

I was very nervous when I released my first blog, but the response I got from my friends and teachers made me even more confident about blogging I have released quite a few blogs to date and there is a lot of new content yet to come.

"Good things always happen to people who dare to follow what they dream!" I hope that my story is helpful for many other people who are inspired to do something and start some venture of their own.

This blog wouldn't have been possible without the faith that my parents, teachers of my specialization i.e. **Textiles And Fashion Technology** and my friends had in me. Thank you so much to everyone who supports me and follows my blog posts.

You can follow my blogs at: <https://pretaportercapsulecouture.wordpress.com>

Also you can follow the blog on facebook and instagram at : @pretaportercapsuelcouture.

For enquiries you can mail me at : pretaportercapsuelcouture@gmail.com.



Unnati Thakkar (TYBSc - TFT)

"Travelling the road will tell you more about the road than the google will tell you about the road."

- Amit Kalantri

ENTREPRENEURIAL VENTURES OF STUDENTS - A GLIMPSE

Serial no.	Name	Class	Entrepreneurship venture	Contact no.
1	Arwa Kapadvanjwala	FYJC	DESIGNING HOUSE: Creative arts: envelopes, craft items etc.	8291696050
2	Fatema Jagmag	FYJC	Tuitions	9763384955
3	Ummekulsum Kothari	FYJC	Tuitions and Mehendi orders	9657471271
4	Tasneem Sarangpurwala	FYJC	Alternative Therapist & Healer	7045507253
5	Hawwa Mundrawala	FYJC	Cakes and chocolates	7506127332
6	Tahoorra Memon	FYJC	Mehendi orders and home tuitions	9004713595 9870295299
7	Misbah	FYJC	Tuitions	9699710714
8	Sakina Hotelwala	SYJC	Mehendi and beautician	9664947854
9	Henal Shah	SYJC	Hobby classes and regular classes (owner)	9833866576
10	Geeta Verma Mourya	SYJC	Regular classes	7506819669
11	Rucha Mhatre	SYJC	Swimming classes (only in vacation)	8451811011
12	Miloni Gada	FYBSc	Tarot card reader, Angel card reader, and Aana decoration	9619574259
13	Fatema Tambawala	FYBSc	Cakes and donuts, Lamasa, Mehendi	8828275368
14	Muntaha Khan	FYBSc	Baking	7045007062
15	Ummeayman Neralwala	FYBSc	Fabric designing ; embroidery; felt products	8855991806
16	Krany Shah	FYBSc	American diamond jewellery business	9821285700
17	Jinanshi Shah	FYBSc	Baking	8169179942
18	Priyanshi Madhwani	SYBSc	Tuitions and drawing tuitions	9594677886 8169661245
19	Faiza Badiwale	SYBSc	Cake baking	7506129636
20	Isha Gudhka	SYBSc	Acrylic Rangolis ,Shubh labh ,etc Home- made chocolates like Munch ,Dairy Milk Fruit and Nut ,	7738161117
21	Akshada Kadlag	SYBSc	Tuitions Lanterns selling and other craft works: wall hanging, Photo frames , Hand-made Diyas	8108431282
22	Shruti Salunkhe	SYBSc	Licensed Zumba instructor, Functional strength training personal instructor	9730069131
23	Riya Shah	SYBSc	Tuitions for ICSE & CBSE students	9820464605
24	Harjit Thakur	SYBSc	English speaking class	9769868817
25	Vinita Sakpal	TYBSc FND	KREATIVA: Food Art and Craft	9167050266
26	Mahenoor Peerzada	TYBSc FND	Mushees cakes and chocolates	8108851525
27	Barkha Rambhia	TYBSc HD	Le Jazzy Boutique: Handmade gifts, customised mugs, pens, badges, chocolate bouquet Covers n creations: Customization of mobile covers for over 180 models	9870453130
28	Koshangi Gala	TYBSc HD	Owner of learn with fun summer camps. Personalized wedding invitation cards	9619833369
29	Hawai Fatima	TYBSc HD	Summer and Christmas camps	9762510346
30	Bhoomi Mehta	TYBSc HD	Supervisor in MAHESH AND NAYAKS Tutorials	9773116467
31	Krishna Rajyaguru	TYBSc HD	Tuitions	9664120487
32	Atoofa Sayed	TYBSc TFT	Henna designer	8898752064
33	Hemanshi Karia	TYBSc TFT	Mehendi designer	9167163891
34	Shreya Dedhia	TYBSc TFT	Summer camp organiser	9320093331
35	Durga Jadhav	TYBSc CRM	Cakes, Cupcakes, Confectionery	9969297796

Nisreen Dhariwala

P.G. Diploma in Dietetics and Applied Nutrition

INTROSPECTIVE CRUISE

Me... I am wanderlust.

I hold some explorations very close to my heart. The quiet times, where I travel into my mind and try to touch the depths of my heart. For I know, that's where the seat of creativity resides. The precious time of introspection lets words and verses blossom – words and verses which hold messages, giving directions to others, a form of preserved wisdom. Presenting the creativity in words and verses from students and faculty...



LAYERS OF REALITY

The spaces in between the moments that form your life
I wonder what those spaces mean to you
These tiny crevices in time go unnoticed
As you flicker past by
Only if you paused and looked closely
Would you realize there is another world
Within those inter-momentary gaps,
The precious beautiful silence
That, sometimes, is decorated
By the subtlety of existence;
Wonderful and pure

Aathira Warriar

TYBSc(HD)

WE ARE BEST FRIENDS...REMEMBER?!

*You and I, the rarest one in anyone's eye
Here is the story of us, please read it without making any fuss
We are best friends...remember..?*

*Let me do a recap, from where all this began,
I was new here, coming from home in a van
Even though you were not the first one I talked to
But when I saw you, I instantly knew that we were through
We were going to be best friends...remember..?*

*We talked for the first time, it was merely a week
That I knew, without each other we would be weak
You told me your past and I told you mine
And while talking with you. I knew everything would be just fine
We were to be best friends...remember..?*

*And as the days went on, the seed of our friendship was sown
We were the best of friends, definitely following the latest trends
We were the live example of beauty with brains
Laughing when our clothes were filled with stains
We were the example of true best friends....remember...?*

*Oh.! The things we used to do, roaming in the hallways fro and to
All the teachers knew, that there was something in the brew
We fooled anyone who made a plan against us, another point plus
We were best friends...remember?*



*They all tried so hard, to get us to part
Our friendship was so tight, that a year went by without a single fight
We were best friends....remember..?*

*Then class 12th standard, when they turned the card
In the beginning it was all good; we were all in a happy mood
You helped me, supported me, laughed and cried with me
We were best friends...remember..?*

*It all happened one day, didn't have anything to say
It was when this all started, the beginning of when we parted
We didn't realize it then, but now it was impossible to mend
We were best. Friends...remember..?*

*We both understood each other so well, we said others could go to hell
I was with you and you with me, together with each other those days we flee
We were going head strong, but in some places we were wrong
We were best friends...remember..?*

*Then all of a sudden ,we don't know what had begun
We would fight for small things, this would happen almost everyday
But in the end we would end up to pray
We were best friends remember?*

*But then luck was in our favour
And just like that you understood me, I understood u
Coz we can't stay away from each other
After all we are best friends remember?*

Arwa Attar

SYBSc

STRENGTH



*You will learn, how to stand
In front of the people on this land.
The life has many phases,
You will choose how to face.
Some of us are sad, some of us are glad.
To live the life which they have.
Remember all the moments in your life,
Someday they will become the reason to fly high.
Remember your smile will help you to go miles and miles....!*

Durriya Rassiwala

S.Y.BSC



ASPIRATION

You are not weak,
You can reach to the peak.
Don't be sad for the things you have,
Be glad for the things you don't have.
Life is not so small to lose hope,
Give chance and choose the globe.
Don't degrade yourself for the things you do,
Be grateful for the things you made it grew.
Believe me...
You are the star, you have the power.
You can run through the sky,
And be the one to live high.

Durriya Rassiwala

S.Y.BSc

DIFFERENT BUT NOT LESS

I may not be like you,
But I am human too.
I have a mind a heart a soul,
That could get hurt too.
I deal with enough pain,
About which I can't even properly complain.
I may not look in the eye or effectively respond to you
But I am struggling to be aware of what I am going through.
I may be super sensitive to your affectionate touch,
It makes me cringe, but it's not intentional, please don't misjudge.
I may abruptly start screaming, be angry or get scared,
But don't treat me like I am someone to be bewareed.
I may hum and rock
But I dislike it when you gawk.
Please don't put me down
All you can do is ;
Give me lots of love
Make me your friend
I will love you till the end.

(Studying about Human Exceptionality and doing a course on Arts Based Therapy has motivated me to reach out to the masses and sensitize them towards Autism Spectrum Disorders. This poem was written on World Autism Awareness Day- 2nd April.)

Aathira Nair

TYBSc(HD)

EUTHANASIA: SHOULD IT BE LEGALLY ACCEPTED IN INDIA OR NOT.

Euthanasia has been the topic of debate for quite a few years, and as every debate topic has, euthanasia also has its own set of opponents and proponents. The supporters of euthanasia believe that the right to die is a human right and it relieves the patient from the painful suffering of the illness. Whereas the people who are against it say that it is totally unethical and as all religions believe in the fact that it is the right of the Almighty to take a person's life and euthanasia is just another name for suicide.

So my dear friends, what is euthanasia? Euthanasia comes from a Greek word 'Eu' meaning good and 'Thanatos' meaning death. Hence the definition of euthanasia is 'the painless killing of a patient who is suffering from an incurable & painful disease or an irreversible coma.

Euthanasia is of three types:

Active euthanasia- which is sought out by patients who are terminally ill and are suffering painfully.

Passive Euthanasia- which is withdrawal of medical support from a patient who is in persistent vegetative state.

Physician Assisted Suicide i.e. PAS in which the physician provides with the means of euthanasia to the patient.

Passive euthanasia has been legally accepted in India on 7 March 2011 after the case of Aruna Shanbaug being in Persistent vegetative state for around 42 years. Human Euthanasia has been legally accepted in Belgium, Netherlands, Colombia, & Luxembourg. Physician Assisted Suicide is legally accepted in Switzerland, Germany, Japan, California, Washington, Oregon, Vermont, Montana, & Canada.

I believe that euthanasia is the deliberate advancement of a person's death for the benefit of the patient. Wouldn't it be a deed of humanity if we would spare them from a long, slow and painful death? Yes there are pain medications available but they often have their own side effects.

Even their family has to see their loved ones suffer and wait for death. Hence in my opinion euthanasia should be legalized in India as it is their life and they have more right than anyone else to decide for themselves.

"Euthanasia will not lead in more people dying, but in fewer people suffering." Dignity in Dying Campaign

Sakina Dudhwala

SYJC

Stood first in the elocution competition for junior college held on 29th September 2016

LIFE MESSAGE IN SMS AND HINGLISH

Mat kar itni kich kich mere bhai,
zindagi hain ek bheja fry.
Mili hain zindagi tujhe itni choti usmein
bhi tu Karta Hain cry!
Toh Karta reh tu try jab tak tu
pohach Na Jaye sky...!
And live Ur life till you die,
And wait for the day
When Ur soul will fly high in the sky...

Durriya Rassiwala

S.Y.BSC

THE MOST GLORIOUS DREAM

I picture myself center stage in the most enormous and fantastically beautiful theater in the world. Its walls and ceilings are covered in impeccable Victorian paintings of angels in the sky. A single ray of light shines down upon my face, shining through the still, silent darkness, and all attention is on me and me alone. The theater is a packed house; however, my audience is not that of human beings, but rather the angels from the paintings on the walls come alive, sitting intently in the rows of plush seats. Their warmth encompasses my body, and I know at that moment that it is time to begin.

I open my mouth. From deep inside my soul a melody flows out of my chest, off of my tongue, and finally caresses my lips with the sweetest touch, and my song fills the air with a boldness like that of the glory of the angels. The sound of my song is that of unfathomable wonder, a voice as sweet and smooth as the face of a child. I sing and sing and sing my heart out, and I wonder and wonder and wonder in awe of the sound that is coming from my mouth and my throat and my soul, and I sing with more power than I have ever felt before. It takes over my entire body and the adrenaline surges like I never imagined it could surge. My whole world is aglow.

For those precious moments, everything is right, and then I am alone. The angels have disappeared, yet the stage is still mine, and suddenly, from out of nowhere, a piano begins to play. I can't see it, but I can feel it in every cell of my body, and my voice again takes charge and rushes out to court the empty notes of the piano. The two become one, and never before have had the theater's walls heard such awesome music. In this enormous theater, I am alone, but I have never felt so fulfilled in my life. I look out to the very last row of empty seats, but there appears a man. A moment of shock and fear is quickly overridden by a quieting peacefulness. The piano stops playing, leaving my voice the only noise in the arena.

The melody I sing slows down to a soft and calm ballad that I sing wholeheartedly for the man, all the while with a locked gaze into the man's eyes. His eyes are a mirror. They show me myself. They show me my beauty—my beauty on the inside that I never allow myself to see. He shows me who I am meant to be. The ballad ends. There is silence, but a continuous locking of eyes. They are the most beautiful eyes I have ever seen—more beautiful than in my dreams. The silence and my feeling of peace continue, until finally I say, "Yes, I understand."

In an instance He is gone. I take one last minute to breathe in the emptiness of the stage and to imprint the experience in my mind where it will stay forever like a fountain from which I will draw happiness. Then I pull myself back into reality. I walk off of the stage, down the steps, through the empty audience, and out the back door of the theater which has changed my life. I walk outside into the new world that has been created for me.

Arwa Sawliwala

FYJC

*"Never did the world make a queen of a girl who hides in houses and dreams without traveling."
- Roman Payne, The Wanderess*

DESTRUCTED MEMORIES

When I look I find no one around
But bushes and brambles and stone
Deep craters adorn the ground
With some burning smell
People say there was an attack
Not a few days ago
This was a glorious town
Carefree people milling around
Thinking of days yet to come
Their dreams have shattered
Who can stop?
The enemy came - destructed the city
Killing everyone including me
Only a memory remains
That's hard to forget
Alas! A memory stays
Till the dawn of the END.

Arwa Sawliwala

FYJC

MOTHERS



You think she doesn't allow you to live your life,
But she says she would have flown high just before you were
born and got that light which made her pain extremely slight..
The moment she saw you,
She felt the world is in her eyes,
With the tears and a smile.
Your first vocal sound,
Made her feel sitting with the crown.
Your first smile,
Gave her a reason to go miles and miles.
Your first word from your mouth,
Made her shout loud and loud.
Remember she's your mother,
She will make sure no one else may bother.
Smile and make her feel special,
And see her facial expression...
Which will make you feel more special.

Durriya Rassiwala

S.Y.BSC.

LIMERICKS

A limerick is a small poem of five lines with the rhyme scheme a-b-a-b-b. It's a funny poem and doesn't have depth. This year Magazine committee created a Whatsapp group for teachers to write limericks as a platform for them to usher in their creativity for college magazine in both languages Hindi and English. Certain words were given to them such as rice, nice, kamar (in Hindi), milk, food etc. To our surprise most of them composed beautiful rhymes instantly and in the due course as well. Here are some of them straight from the Whatsapp group:

Dr. Geeta Ibrahim

PLAY the game my friends,
PLAY with all your might,
And give the Mag Committee a run for their lives.

Mr. Amol Surte

To play this game is a thing nice,
But today I ate a lot of rice
So for two days I wish to sleep,
I don't want to hear any sound of a beep
Therefore your silence will be a thing nice

Ms. Vibha Hasija

Kabhi to tha kamar, ab ban gaya hai kamra
Faili hai woh , VT se mumbra
Diet to bahut liya
Kasrat bhi khoob kiya
Yakin Mano, ab leti hoon sirf paani aur mamra

Ms. Jacqueline Colaco

1. If at dinner I am too full,
Then at night I snore like a bull,
My mum gets upset... and begins to fret,
And very soon loses her cool!

2. Today's kids make such a fuss.
Often at breakfast under their breath they cuss.
"I want no milk,
just want a 'Silk'
and rush out to catch their bus.

Ms. Fatima Kader

1. Aa raha hai Summer,
but thank God meri hai patli Kamar.
Jo hai motape se pareshan,
garmi se ho rahe hai behaal
Is garmi kudrat bhi hai aap pe Meherban
Easy hai follow karna diet yeh khaas.
Le le Phal, nimbu pani aur chaas.

2. Whatsapp aur facebook ke
dp mein lagta hai sab cool,
Aadhar card ka photo dekha toh pucha,
who is this fool?

Selfie click kar karke memory card ho gayi hai full,
GPS ke bina khud ke ghar ka address gaye hai bhul.
Bas kar google saare sawal ke jawab de de kar is
generation ka kar diya 'Dimag ki baati gul'

Ms. Vibhuti Kedhekar

Roti, rice and milk hamesha rehetere mere ghar...
Inhe jyada khane se badh rahi hai meri kamar
Full day food
food plays in my dil
Is liye badh raha hai mere ration ka bill.

DEAR SOCIETY!

Today, on a regular Tuesday morning as I start my day by catching a train to my college, a group of ladies climbed in and sat next to me, they began to judge a girl from work on the basis of the clothes she wore. Later, as my day progressed, my friends told me about how a girl from our class failed in her exams.

After experiencing all this I started asking myself all sort of questions, how many times we judge people based on who they are or what they wear? Each one of us is a unique and entirely different individual, by body and soul. Who gave us the liberty to talk and gossip about people? What they do? Where they go? How do they speak? How much they earn? How do they dress up? Let's take a moment and look into ourselves and forget about people. Don't you judge a girl when she enters the room in a dress above her knees or even when she is fully covered, revealing no skin? When you see an obese boy eating a pizza, don't you judge him? When a guy is in the backseat and a girl in the driver's, don't you judge him? And hence, I feel judging people will soon be included amongst our fundamental human rights if this continues!

It is however a paradox that, this society has become more narrow minded as we progress in the concept of open mindedness. The more we are talking about equality the more we are being judgmental. It's high time that we respect individuality of a person. And isn't this the only reason why, we always think twice before wearing a particular dress, getting a tattoo, having short hair, roaming with guys, media being the communicator of all such messages have highly affected us. Body shaming has grown so much that it is deep rooted in the minds of people and anyone not fitting in the body image or body colour is disdained and looked down upon. People have suffered so much because of being judged, there are more than lakhs of people suffering from Anorexia Nervosa and Bulimia (eating disorders). Nothing but this society has killed so many dreams, aspirations, goals, and talents. Hidden behind every 9-5 employee is the society's reviews on his amazing paintings like, "He is just finding excuses not to study", "He is probably wasting his time and energy" and "What good can being an Artist possibly do?" Every time you go to a wedding, you always hope for not getting asked this year, "When are you getting married?" I feel people are interested in our life more than us, curious and desperate about what's going on in our lives. I have experienced all this just like you but now I have stopped living my life based on other's terms and conditions and I think you should too!

People have started giving their opinion and standardizing everything as black and white, based on the appearance. There is nothing more aggravating than, people categorizing everything based on their perspective and developing conjectures, without giving it a second thought. Blindness is not a disability, but the ability to see the world without eyes. Start looking at things from your heart and not from your eyes. If you do, who cares what you look like? White or black or purple? Who cares where you buy clothes from? Whether it is Forever21 or Callisti?. Being blind from eyes will remove all the racism, inequality and discrimination from our society which is ruling us since decades. Making the world a better place starts here and now, and all you have to do is live as if you're blind. Be empathetic and not to inhuman. Respect everyone's feelings and point of view. Find peace in positivity and stop with all the negativity. As we, and only we, can change the society being a part of it. As it is rightly said by Mahatma Gandhi, "Be the change you wish to see."

Tahera Kachwala

SYBSc

NAKED EMOTIONS

The title of this story sounds weird. It is because at times, we fail to understand what the other person feels, or is feeling at a particular point of time, because fortunately we don't have the power of reading minds. I am not asking anybody reading this story to become a taro card reader, it simply asks you a simple question that, why do we waste energy in assuming a person's behaviour or emotions, when we have no right to do so as we are not having that instrument with us to peep inside and find out what is the exact situation. The answer to this question, which I found was that, we believe in only fiction and so, we fictitiously visualize a scene in our head and interpret it as soon as we face something familiar to, what was in our past and we end up in committing a crime. Yes a crime. Isn't it a very harsh word indeed? I am sorry, but it's true. It's not that I am exaggerating about it. For example, if X person is genuinely not keeping well and we are assuming that, the other person is always finding reasons to escape out of the situation and finally it boils down to zero. Instead, if we would have supported once by saying no problem my dear come on, it's too late you must have had a tiring day, I would like if you give your body little rest, would have changed the whole conversation into a romantic one. The person who was genuinely not keeping well for X reason, would be so happy. That smile on his/her face, and optimistic thoughts, that the person he/she loves is controlling his/her emotions currently, just so that my health isn't affected. No matter how badly you wanted him/her to be awake but, that maturity of making the person feel comfortable by saying that, "It's alright", would have made you also feel good about yourself that in a way, you made somebody happy and would never regret the fact of being guilty if you would have done anything opposite to it.

Coming back to our title, my mom always used to tell something that anything which is naked, would seek attention initially but later loses its value. Similarly our thoughts, our emotions are deeply rooted, when we try to understand them it takes ages and here, understanding emotions of person you love is a lifelong affair. So my dear reader never assume or try to unwrap the gift in a hurry, it may spoil the beautiful wrapping, which is our relationship. Instead unwrap it in such a way that the gift itself is excited to come out and share. That is the value of the gift (the person you love) and that is the time, when you will earn the respect of understanding one another. Not by judging but, by giving them those free hours even when those hours you desperately need him/her. Do not run behind something, we lose out the fun in enjoying the journey. Instead take it slow and enjoy every bit of it. Some people are like mirrors. They reflect the same they feel. So in that heat of the moment without analysing the shades of the darkness which we showed, when we reciprocated. This does not mean we need to fake out our personality by pretending differently but, by showcasing it in such a way that the person would see the reflection when we turn mute for a while.

Loving someone do not have deadlines its unconditional. Then why do we set terms and condition then? Setting terms and conditions in our head. Most common example I can think of is when we plan to meet up, "I want you at this time and if unfortunately the person fails to attend, bullet is ready to unload. Instead it should be the other way round, that, before the person feels sorry, we could revert back by saying, "My dear, it's alright, firstly, I don't need any apologies and secondly, I am not at all angry, and are you my student that, I will hold anything against you my dear. Of course, deep inside you are hurt, as you too had decided some things but now that was your past, your present is the person who was late is already sorry and guilty and on top of it, if we do not understand, it will make them feel even more hurt and guilty. Are we in a relationship to make the other person feel low or cover it up by standing for that person and acknowledging the fact that though he/she is late but still sometime is left to make it memorable, though a long conversation did not occur, but those few minutes talk to catch up with what is going on was a sheer fun. But what we do in reality is, we stick on, to the argument and do not think of what we are missing out. We are so engrossed in looking at that black spot on a white paper that we forget to see the positives apart from that mini negative point.

I know it was a long story...I hope u have not skipped any part in a hurry to jump onto the conclusion of it. The crux of this story is, take the positive thoughts and burn the past, start your future with the new blast!

HUMAN DEVELOPMENT MEMORIES

A year back, I tiptoed to this pretty nest named HD.
I came into this family as a new member,
And I was a little apprehensive I still remember.
But in no time 7B became my second home and I created my small little room where I would sit and chirp.
My mama birdy would roll her eyes if she caught me eating and hear me burp.
But she was ever so loving,
I felt fortunate I was here.
She would brush my mind off the dust,
Polish it to the limit that it no longer had rust.
She flew with me to so many places;
When I grow, I wish to be like her going everywhere and leaving beautiful traces.
She would always be so graceful,
I would sometimes be awe-struck.
Everytime the best version of her,
As a sister who cheers.
As a friend who jokes.
As a guru who guides.
As a philosopher who enlightens.
As a mother who nurtures.
But now a new morning has risen;
Today the time has come for me to leave her lap.
She raises me high to the sky.
As I flutter my wings just about to fly,
She pulls me back for an embrace and a bye bye kiss.
I love the warmth I get here and for sure I know this I shall miss.
But some connections just don't break;
For, in my heart,
Forever she will stay,
And to her, her little duckling I shall always remain.

Aathira Nair

TYBSc(HD)

BEAUTY!



Beauty is not just a face or a body that makes you beautiful. Beauty is your inner voice. Beauty is within your conceptualization. Don't give them ten on ten if they are fair, give them ten on ten if they know how to be fair with impede. Beauty is what we feel and what we are and not how we look. Beautiful face will only satisfy your eyes for some time but believe me, a beautiful soul will satisfy you for your whole life!

Divya Salekar.

FYBSc

INSPIRATION



Don't fight just to feel light,
Think about future and try to make that bright,
Forget the issue and hug them tight.
Love the world and feel free to cry,
Whenever you are depressed and deprived.
Feel free to laugh,
And let them think on their behalf.
You are strong enough to reach the heights,
And live till the day you are alive.
You are the precious gift from the sky,
Because God has created you,
As a unique creation on this land to fly.
You are the best, don't let others to take your test,
And live rest of your life with the things you can do it best !

Durriya Rassiwala

S.Y.BSC

आई

आई असते प्रत्येकाच्या जीवनात एक सामान्य बाई,
असते जिच्या मनात इच्छा कोणाची तरी व्हायची आई.

नऊ महिने ती सहन करते
आपल्या बाळासाठी पोटातल्या कळा.

मुलाला ती मानते वंशाचा दिवा,
जो करेल तिची जन्मभर सेवा.

मुलगी असते तिच्यासाठी त्या दिव्यातील वात,
जी आई नसताना देईल वडिलांची व भावाची साथ.

जपतो जसं आपण फुलांना!
वाढवते आई तसं आपल्या मुलांना.

पुरवते आई मुलांचे हट्ट, कारण मुलांनाच मानते ती श्रेष्ठ!
रागावते, मारते, ओरडते जेव्हा होतात तिच्या मुलांकडून चुका.
कारण तिला हि वाटतं तिचं मुल नको जायला कोणाच्या संगतीत वाया.

अशीच असते प्रत्येक बाई
जिला म्हणतो आपण आई.

विनया दसगावकर

एस. वाय. बी. सी.



DEEP DOWN UNDER

Do you ever wonder
What is in store
Deep down there
As you grow fonder
There's so much more
Deep down there

How deep is it
Speak up heart of the unknown fears
How deep is it
Can you ever makeup the loss of dears

Grief is a state of mind
It's deep down there
Do not worry
Joy is that feeling
Of an eternal kind
It's immense
And its deep down there

See its transient
Know its deep.
If it's effervescent
How long can you weep.

Vast isn't it? And deep like the sea,
Fear not, Pull yourself together
That's like the brave me

Joining hands wipe out tears.
Joining hands do your daily prayers
Vanishing sun is not for long, pray
Soon it'll be dawn and a new day

Birds of feathers set them free
Break the bondage
But pray weaken not the Banyan tree.

Shaken I feel
In a state of turmoil,
Fear not, when all of it returns to the soil.
Yes it's deep but how deep!

Dr. Vishaka Karnad
Faculty

OFFLINE ONLINE LIFELINE ONLINE

Is the key to everything "Online"?
Can I have answer keys to all my questions online?
In line how can question-answers go online?
With so many questions unanswered?
Isn't it time for my prayers to be answered?
Offline Online?
Lifeline On line?

How I wish I could browse into my lifeline?
How's it to be online into lifeline?
How I wish I could have answers to all my questions
online?
Where's the key to my lifeline?

Can I search for a clue?
Friends do come to rescue,
Should everything be on cloud?
Then where's my cloud nine?
Am I not just there?
"Online" how when and where?
Offline Online
Lifeline On line.

How good is it and how better could I make it?
Assessment Online Assessment of Lifeline.
Some say it's the best I bet!
Or it couldn't get any worse?
Isn't that for me to set?
Who Am I to assess it?
Scores for the one who guesses it?
Who Am I to grade and grace?
Isn't it sheer God's Grace?

It's time too early for some rest?
Can even life be on test?
Isn't being offline the best?
Secret isn't it, simply it's the zest.
Have I lived it to the fullest?

Lifeline Online
Online Offline

Dr. Vishaka Karnad
Faculty

TRUTH OF LIFE

Our morning starts with a cup of tea and a newspaper with a front page headline showing a rape case of just a 2 year old who has barely seen or understood this world. Even worst is our society's mentality. A guy dating so many girls is cool, he rapes a girl, yet he is accepted and if he is juvenile, the cherry on the cake is he is gifted with a sewing machine. Why to felicitate him to rape the girl. On the other hand, the girl is completely isolated, the blame shifted on to her because she was raped. Did she tell him to rape her? Not just that, the society is being biased with her education, because we have just generalized it that all she has to do all her life is to cook and to handle her children. Women are looked down upon because society thinks, they lack strength and the capability to perform work. If you really agree then, find a male who nourishes a baby for nine months, undergoes the highest level of pain in delivering the baby, experiences cramps every month, but still looks normal. Women are not given equal rights. In some remote villages of India, a female is not well breastfed, her nutrition is merely the leftovers of the family's meal and is treated like a slave, brutally hit by the family and is also expected to pay a huge dowry to her husband. Why? Because she is a woman.

This was just a brief idea about the status of the women. Let's talk of the transgender, the so called "others" in the chosen list. These poor people are just so embarrassed by their presence; society makes them feel the most absurd and disgusting creations. Isolating these people just because they don't have a so called well defined gender might make us feel we are on the right track, but do we realize, we are lowering someone's morale. We are making him lose his purpose of life. Not just being accepted in the society, these people are not give the proper provisions in education, job opportunities and various fields just because their gender does not sound good to us.

Why have we become so narrow minded? Our class status, society's so called values have ruined the humanity in us. We have started generalizing things. We assume that men are strong in all aspects but why are we forgetting that even he is a human, who is bound by the emotions and has all the rights to express himself and to be understood. How many of us actually know that there are men who are being sexually abused by females but cant speak up because a man getting raped is something that sounds unusual to us.

Society is made by equal contribution of every individual and hence all deserve equal respect, status and love. I want to conclude by saying, if I can't change the society, I will make people look with my point of view, which is just enough to make the change.

Nidhi Kaku,
Alumna (2016)
TYBSc(FND).

*"Be a true traveller, don't be a temporary tourist."
- Amit Kalantri*

VITAMIN - MINERAL FAMILY

As one of the vitals is vitamin Ahave it every day.

The brightest of the sun refills our vitamin D stores...to easy out our daily chores.

The hearty nuts are full of vitamin E...which functions with vitamin C .

Our enzyme activator vitamin Kis also an antioxidant throughout the day.

Thanks to the partnership of vitamin B1,

B2 and B3 which sponsors us with loads of energy molecules throughout the day.

The vitamin B5 is a sweet postman who delivers CO₂ from one compound to other in our body...
and don't miss it to loose fat from the body.

The stunning vitamin B6...at its zap work helps to regulate the neurotransmitters
along with clearing of protein litters.

How can we forget our dashing couple vitamin B9 and B12....because RBCS are not just the place they dwell....
cause homocysteines to be cleared from our body, requires their well.

Vitamin C, our anti scurvy boss....can make a heavy free radical loss.

The calcium always supports our hard tissues of the body and also controls
enzyme activation throughout the body.

Her handsome husband phosphorus, who supports her to maintain hard tissues...
along with which it provides boosters of ATPS which is one of the major issues.

Our other young couple is sodium and potassium....

who maintain fluid balance in our body and reside in cells along with calcium.

Iron contributes towards cytochrome p450.....and helps to eliminate anemic thrifty.

The iodine is given the throne of thyroid hormone.....who even shakes up the chromosomes.

Zinc, selenium and chromium are the immune soldiers....and also are other activity holders.

Nidhi Kaku

T.Y.F.N.D

NEW SONG

The sun came out bright
Spreading everywhere its light
Oh! It was such a wonderful sight

I went to the park to fly my kite
There I saw a swan shiny and white
Eating bread crumbs bite-by-bite
Oh! It was such a wonderful sight

The weather was just right
For a breakfast delight



Out in the broad delight
I laughed with all my might
Oh! It was such a wonderful sight

My kite took a flight
And reached such a great height
Happy, I laughed with all my might
Oh! It was such a wonderful sight.

Priyal Henia

S.Y.B.Sc.

बच्चे हैं कुदरत के उपहार...मत करो इनसे दुरव्यवहार

बालपन मनुष्य का निर्माण काल होता है। बाल्यावस्था उस कोमल पौधे के समान होती है जिसके विकास का समय बचपन है। बच्चे देश का भविष्य होते हैं, आगे चलकर इन्हीं के हाथों देश के सुन्दर एवं सुनहरे कल का निर्माण होता है लेकिन वर्तमान समय में बच्चों के प्रति लोगों के मन में जिस तरह की मानसिकता बन गई है और लोग जिस तरह बच्चों के साथ व्यवहार कर रहे हैं उसे देखकर इंसानियत भी शर्मसार हो जाती है।

ये वही धरती है जहाँ पर बच्चों को भगवान का रूप माना जाता है,

नवरात्री जैसे पावन पर्व पर कन्याओं को माँ दुर्गा का अवतार मानकर हम उनकी पूजा अर्चना करते हैं। आखिर क्या हो गया है हमारे समाज को ? जहाँ आए दिन मानवता शर्मसार होती रहती है। आए दिन नन्ही फूल जैसी कोमल बच्चियों को हवस के ये पुजारी अपनी हवस मिटाने के लिए इनका मासूम सा बचपन छीनकर इनके सुंदर हसीन जीवन को नर्क से भी बदतर बना देते हैं। हमारे समाज का इतना पतन कब और कैसे हो गया पता ही नहीं चल पा रहा है। हमारे समाज के पवित्र रिश्ते भी दूषित मानसिकता की भेंट चढ़ते जा रहे हैं। बाप-बेटी के रिश्तों तक की लाज नहीं रखी जा रही है। आए दिन अखबार के पन्ने ऐसी खबरों से भरे मिलते हैं जहाँ सारे रिश्तों और नातों को ताक पर रखकर लोग धिनौने अपराध करने से नहीं हिचकते।

आज का युग भौतिकवादी युग है। धनपति और लखपति बनने के चक्कर में इंसान किसी भी स्तर तक अपने को गिरा रहा है। मासूम बच्चों का अपहरण करके उनके अंगों की तस्करी करने तथा बाजार, चौराहे, सड़क, रेलवे-स्टेशनों पर उनसे भीख मँगवाने का काम कर रहा है। मासूम बच्चों को तरह तरह की प्रताड़नाएँ देने से भी वह नहीं घबराता। सरकार की लाख कोशिशों के बावजूद बाल मजदूरी खत्म नहीं हो पा रही है। लोग बच्चों से जबरदस्ती काम करवाते हैं। जिन कन्धों पर स्कूल की किताबों का बोझ होना चाहिए उन कन्धों पर काम का बोझ डालकर उनसे उनका पढ़ने का और स्कूल जाने का हक छीन ले रहे हैं। बाल मजदूरी आज एक चुनौती के रूप में हमारे सामने खड़ी है जिसे हम सब देखकर भी अनदेखा कर देते हैं।

अब समय आ गया है कि इन सभी अपराधों पर रोक लगाई जाए। इसके लिए हम सभी को मिलकर कदम उठाना होगा। बच्चों को स्कूल में पढ़ाई के साथ साथ आत्म रक्षा की भी शिक्षा दी जानी चाहिए। जिससे समय विशेष पर वे अपने विरोध को दर्शा सकें। बच्चों के साथ कुछ इस प्रकार अपने सम्बंध रखने चाहिए कि वे अपनी छोटी से छोटी समस्याओं की चर्चा आप से कर सकें। किसी भी अनचाहे स्पर्श का विरोध करे।

प्रशासन की कमजोरी ही बाल अपराध का एक प्रमुख कारण है। नैतिक शिक्षा को स्कूलों में अनिवार्य विषय बनाना चाहिए। बच्चों के प्रति किए जाने वाले अपराधों को संगीन जुर्म की श्रेणी में रखना चाहिए और अपराध करने वाले के लिए कठोर दंड का प्रावधान होना चाहिए ताकि अपराध करने वाले अपराध करने से पहले सौ बार सोचे। सरकार द्वारा बच्चों एवं महिलाओं की सुरक्षा के लिए एक हेल्पलाइन नंबर १०३ जारी किया गया है। इस नंबर की जानकारी आम लोगों तक पहुँचाई जानी चाहिए। जनसंचार माध्यमों को सजग और ईमानदार होकर निष्ठा-पूर्ण तरीके से नैतिक मुल्यों पर ध्यान देना चाहिए ताकि समाज में होने वाले बाल-अपराधों पर लगाम कसी जा सके।

अंत में मैं यही कहना चाहती हूँ.....
 कच्चे लोहे से तलवार बनाने वाले,
 तूफानों में भी दीए जलाने वाले,
 कुछ लोग हम बच्चों को कमजोर समझते हैं,
 पर, हम ही हैं भारत की तकदीर बदलने वाले।।

पंक्ती गाला
 एस. वाय. जे. सी.



ADIEU

Me... I am Wanderlust.

Every journey must end. Every voyage must stop. I disembark when I reach my destination. I wish my fellow travellers well and continue on my journey.

Can I forget my fellow travellers? Impossible.

For their imprints are forever etched on my mind.

I always wish them well. I acknowledge my lessons from them, the good times spent with them and pray for a great continued journey on our different paths. I miss them, but know in my heart that it is not the

end, just a sharp bend. I say my goodbyes and hope to meet them again.

The farewells of 2016-17...

FAREWELL MESSAGE FROM DR. NIRMALA ALMEIDA ON HER RETIREMENT

After being the bridesmaid for so many years, I feel that today I am the bride. I have spoken about so many teaching and nonteaching staff who have retired, that I really cannot keep count of the same. Today, I am the one who has retired and on the other side of the fence. Retired – well I don't really feel retired or even tired for that matter. I feel more focused, more alive, with a new meaning of life and greater peace with myself and the world.

I tried to think of a parallel, to get you to understand what I went through the day I retired, that is the 23rd of July and at last found one that I was happy with. Well, it's like when you are leaving your home and getting married. You feel sad with a sense of loss that you will no longer live in your parental home, you will miss the kind of love you have experienced here and that you will have to give up all that you are accustomed to and comfortable with over the years. At the same time however, you look forward to a new life-promising exploration, adventure, romance, deep love, growth and above all the start of a new family. So, while I will always miss the time I spent in this college with all you folks - 38 long years, I look forward to embarking on something that will help me further realize my potential and become the person I am capable of becoming.

When I look back at my years in this college, I realize that I have worked under all the Principals and I have learnt something from each and everyone of them.

Miss Collette Galby was my first principal. She enveloped me with love and was confident to give me an opportunity to take the Masters level classes for subjects that I hadn't even studied! I learnt that having faith in one's potential and living up to the trust of another is important.



Then came Ms Lillian Menezes who helped me develop my intellect. She supported me fully in the pursuance of my PhD and I think if I am not mistaken, I was the first teacher in the college at that time to complete the PhD. That one's potential should not lie dormant but must be nurtured and reach fruition is what I learnt from Ms Menezes.

Miss Neomia D'sousa, the next Principal, realized my struggle with raising two young children without a maid for sometime. She made the necessary adjustments so that I could continue to teach in the college until I was blessed with a maid. She taught me the power of love, caring and generosity.

Ms Antoinette Araujo then waltzed in as Principal. Her organized approach and her quick sense of humor appealed to one and all. Her message was that whatever tasks had to be accomplished, had to be done thoroughly and joyfully.

Thereafter, Dr. Perpetua Machado took over as principal. She took us all out of our comfort zone and challenged us to do things we had never done before. I got in touch with the side of my personality that I hadn't given importance to before.

Then, came Ms Patsy Khan who supported me in ways that I find difficult to even describe. Taking over as In-Charge Principal, so suddenly, was truly an overwhelming experience. But with Patsy's help and assistance, I managed to stay on top of it all. With help and support, I realized all things are possible.

Finally, I come to the last Principal, my school friend, college-mate, work colleague and now principal, Dr. Geeta Ibrahim. Geeta has many virtues, but I think what I appreciate the most about her is her genuine warmth and approachable nature. I learnt one very important lesson from her, namely, that balancing work and play is important for one's well being.

Now, coming to my dearest colleagues, every department has been an inspirational force in my life: the vitality of the junior college band, the rationality of the FND force, the creativity of the HD team, the poise and showmanship of the TFT lineup, the organized approach of the CRM squad, the vigilance of the Accounts police force, the patience of the general office crew, the composure of the library staff. In my department, I have been amazed by the talent displayed - Anu with her ability to articulate every idea and take on a leadership role, Rhonda, her vibrance and innovative ideas, Payal, her organized and witty nature, Kamini, her creativity, humour and resourcefulness and Khyati, the baby of our department - her eagerness to learn and contribute in whatever way she can.

When I look around, I find, that I have taught several teachers starting off with Antoinette. Then there is Ela, Anu Mitra, Jacqueline, Pratima, Rhonda, Khyati and of course Kamini, my doctoral student. I am overjoyed to hear about their multiple accomplishments and feel great that I have played a role in their life.

We have the best support staff in this college and they have always impressed me with their commitment, honesty, resilience in the face of challenges and deep loyalty to the college. A big Thank you to all our support staff.

Coming to the students and our greatest stakeholders, I would like to share with you something they disclosed to me in writing, on the day of my departure, so that you can understand what a deep impact we have on the life of others. "You are such an inseparable part of the college. The college is not going to be the same without you", "Somebody is going to have to take your place, but nobody can ever replace you", "I will always love you for what you are and the change you have brought into my life". "I have often wondered who I want to be like and I discovered it was you - my guide, my role model and my mentor." "I know God sent me one of his angels when he sent you to me. Thank you for coming into my life and building my self-esteem and helping me to love and accept myself", "When a teacher like you goes, the classroom seems dull and dim", "Thank you for being a second Mom to us".

One thing I discovered is that growing older and retiring has its own charm. As you grow older, you look younger than your age and you become the source of admiration. Moreover, as you grow older you can say the most outrageous things and get away with it.

At this juncture, I would like to thank my family members, specially my mother before marriage and husband

thereafter for supporting me through all the years I have been in this college. College work often spilled into the home and I remember on several occasions after being buried in work, telling Alan that I cannot even talk to him. I thank my children Richie and Karen for helping me to be grounded and rooted. Whether I was HOD, or IQAC coordinator (“I QUACK” as my son referred to it), BOS member, or for that matter In-charge Principal – all these positions did not matter to them in the least- all they wanted was their Mom to be there for them.

It was by chance that I came to this college, but it was by choice that I stayed for 38 long years. What appealed to me the most about the college was the priority given to Teaching, Research and Practicals- all three of which I was passionate about, the bonding among the staff, the personalized equation with the students, and not the least, the cleanliness of the college.

As I said before, now that I have retired I can realize my dreams- I have started teaching the postgraduate students at St. Xaviers who have enrolled for the Advanced Course in Counselling and plan to start my counselling practice in the near future.

I thank the Management for the tremendous faith they have had in me. Ms. Gracy Fernandes, in particular, thank you for the warmth and deep respect that you have always demonstrated.

Now for a small poem I’ve composed to capture my feelings about my journey in this College:

*Thirty-eight years in this college I’ve been
Entered when I just crossed being a teen
Experiences I’ve had over all these years
Interacted with Principals , students and peers
Though work has been tough – hours long
The outcome was good to burst into song
Teaching students with zeal was indeed my passion
But clothes, accessories –couldn’t figure out the fashion
Enjoyed reading books- embraced them with a hug
With computers and technology- there was a continuous tug
Loved listening to the juicy stuff you staff did tell
Though the silence of the library beckoned me as well
I found that what’s important is humour and wit
To have students enchanted- their faces alit
Students’ interests -always deep in my heart
How difficult it was from them to part
I’ve finished my job- completed my task
Tried to be myself- and not wear a mask
Hope I’ve succeeded in leaving a footprint behind
And in nurturing and stimulating the curious mind
Goodbye is something I can’t really say
For our paths will cross, soon anyway*

I wish the college all the best in its ventures. Deep faith in God can certainly accomplish all goals.

*For everything comes from Him
Everything Exists by His Power
Everything is intended for His glory
In Him we Live, Move and Have our Being*

Dr. Nirmala Almeida, Faculty

PRAYER OF GRATITUDE FOR THE GIFT OF DR. NIRMALA ALMEIDA

I would like to offer a prayer of gratitude for all the contributions that Dr. Nirmala Almeida has made to our lives, on both professional and personal levels.

Thank you, God, for the gifts and blessings that you made available for us through our dearly beloved colleague, Dr. Nirmala Almeida.

Thank you God, for we were inspired, mentored, taught, befriended, supported, loved and guided by Nirmala.

Thank you for Nirmala's talents which benefitted greatly both students and colleagues.

We cherish each smile that she brought on our lips, each touch of warmth deep inside our hearts, each idea that she provoked, and each shared moment of both joy and angst.

Thank you, God, for Nirmala.

Dr. Anuradha J. Bakshi
Faculty

MR. GODWIN CASTELLINO



We bid farewell to Mr. Godwin Castellino on his retirement.

In Ms. Erica's words..

Mr. Godwin retired after a full professional career of selfless service in the accounts office. I have very pleasant memories of him to share with you. A quiet man, but having tremendous inner strength. A man of few words holding vast wisdom. A man who seemed to mind his business yet in his special grace made every effort to go out of his way to help others out.

His work mirrored his perfectionism, his attention to minute details leading to positive outcomes, ready to teach and to reach out.

I have learnt a lot under his mentorship. I thank him for his loyalty to the institution.

On behalf of the entire staff of NN, I take this opportunity to wish him well and pray that he has a peaceful and tranquil retired life filled with fun, love and family.

Ms. Erica Lobo.
Accounts Office.

MS. NALINI NAIK



Farewell to Ms. Nalini Naik on her retirement in the words of Ms. Flavia Fernandes from the accounts office.

Ms.Nalini Naik served for her full professional career in the accounts office, spearheading its function in her special way.

Nalini Naik, a woman of strength, steely reserve, immensely capable, always paying attention to details and a penchant to work in accordance to rules and regulations.

She always conducted her professional career in a serious and dignified manner. Her love for life was evident in the fun she used to have with her family and friends, in her special style and elegance, her lovely sarees draped in a casual yet impressive style.

Her expertise and knowledge was tremendous and she is sorely missed in the institution.

I wish her good health, a peaceful mind and loads of fun with her family.

Ms.Flavia Fernandes
Accounts Office.

MS.BENEDICTA SALDANHA



Ms.Benedicta Saldanha, lovingly called Ms.Benny, our maintainence supervisor of four years went on ahead to fulfill other responsibilities.

Ms. Benny lived her duties with persistence, utmost dedication and perfectionism. Her nursing and event management skills in providing logistics support was remarkable .Not one thing would be out of place in any event if Ms.Benny was in charge.

In the words of Mr. Sailesh our support staff..

Ms.Benny was in charge of the College support staff. During her tenure at the college, she was very kind and helpful towards the staff and their family members. She has a large heart, often helping orphan and street children and organized Christmas parties for them. Ms.Benny financially helped many needy school students by paying their fees. She also provided clothes and ration to the college support staff in the month of December every year. She was a pillar of support and strength to all support staff.

On behalf of all the support staff of the College of Home Science, Nirmala Niketan ,I wish her all the best in the work she is currently doing and will do .May God bless her always.

We will miss her tremendously.

Mr. Sailesh Navale
Support Staff.

We welcome Ms. Rena Rodrigues, the new Maintenance Supervisor from the year 2017-18.



MS. ANTOINETTE ARAUJO

Ms. Araujo joined in as our administrator for the year 2016-17 for a period of one year.

Ms. Araujo symbolized authority, loyalty to the institute, capability, efficiency, all rolled into one caring personality.

Having been one of our former principals, she knew every nook and corner of the college as well as the way NN worked, thus she effortlessly discharged her responsibilities as the administrator. She would be spotted in the entire college-taking over duties of people were on leave, answering phone calls, checking I cards, looking into the working of the labs-no duty was small for her-she aced it all.

She was the youngest in the college –her youthfulness, enthusiasm and spirit of fun was contagious and effervescent yet she commanded respect.

We will miss her tremendously and wish to extend our love and regard to her. She has gone on to fulfill other duties outlined for her and we wish her well.

Peace, solitude and relaxation are not for Ms. Araujo. Her personality demands and deserves fun, excitement, celebrations and achievements. Only that will suit her personality.

We welcome Ms.Noella Dias who has taken over the role of the administrator in 2017.

Faculty of Nirmala Niketan

सेवा निवृत्ती साठी शुभेच्छा

माझे मित्र श्री. लक्ष्मण झिल्लु मांडवकर हे दिनांक ३० जून २०१६ साली सेवानिवृत्त झाले. मी त्यांच्यासोबत गेली ३१ वर्षे काम केले आहे. आपल्या कामात अत्यंत कर्तव्य-कुशल असे असणारे लक्ष्मण कधी कुठलेही काम असो लक्ष्मणने ते केलेच समजा. काही वर्षे लक्ष्मण बायलॉजी लॅब मध्ये होते, तेथील सगळ्या कामांची त्यांना माहिती होती.



मी माझ्यातर्फे त्यांच्या पुढील आयुष्यासाठी खुप-खुप शुभेच्छा देत आहे. देव त्यांना चांगले आरोग्य व सुख समृद्धी देवो हीच शुभेच्छा.

अशोक परदेशी

दोन शब्द

आमच्या कॉलेजच्या सपोर्ट स्टाफच्या सुपरवायजर कु. बेनी मॅडम स्वभावाने अत्यंत कडक पण प्रेमळ अशा स्वभावाच्या. मी मॅडम बेनी यांच्या बरोबर मागील पाच वर्षांपासून काम केले आहे. हॉल मधील कार्यक्रमाची तयारी असो कि कॉलेजच्या कुठल्याही परीक्षा असो त्यांनी ते काम चोखरीत्या पार पाडलेच समजा.

अशा या बेनी मॅडम संस्थेच्या काही कामामुळे त्यांना दुसऱ्या ठिकाणी जावे लागले. तरी त्या कुठेही असोत पण त्यांची आठवण आम्हाला कायमच येत राहिल. देव त्यांना चांगले आरोग्य व सुख देवो हीच देवाचरणी माझी प्रार्थना.

धन्यवाद

श्री. सुनील लोपेस, प्रयोग शाळा सहाय्यक

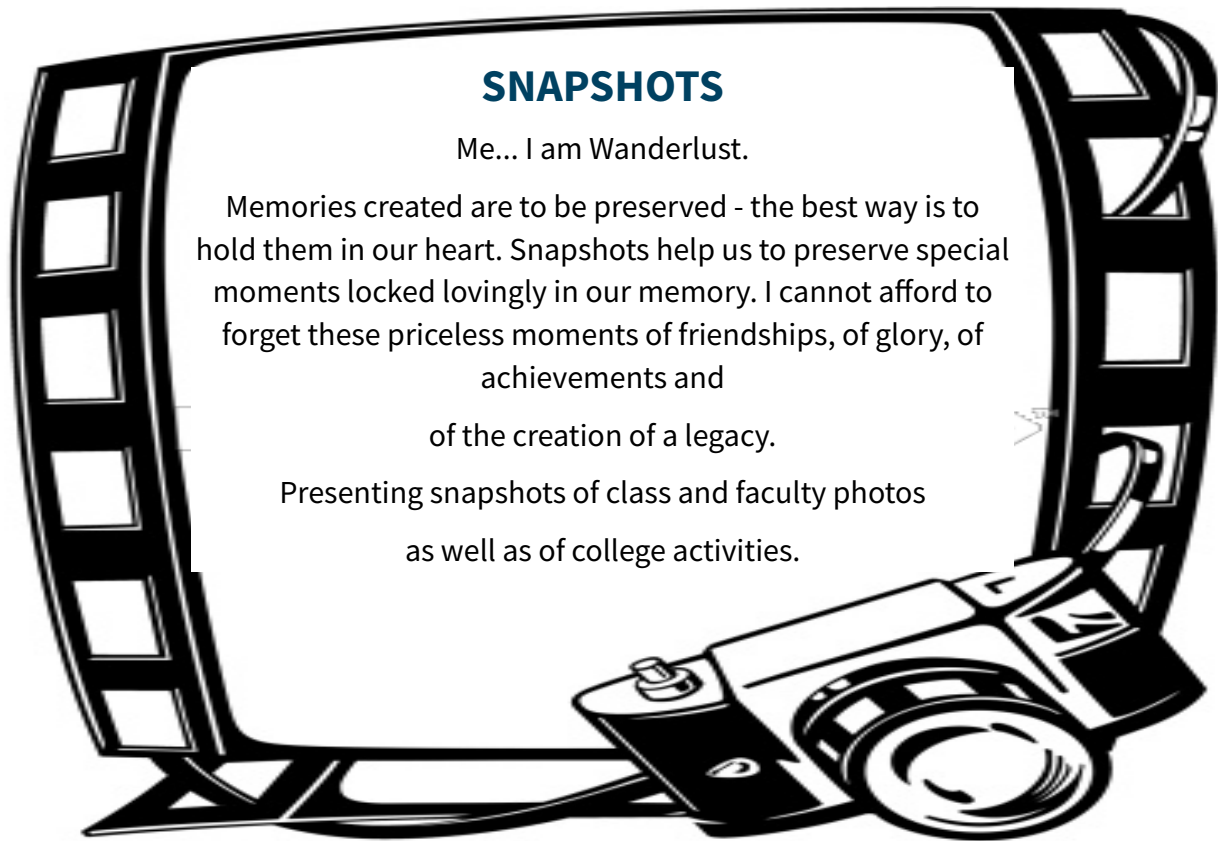
SNAPSHOTS

Me... I am Wanderlust.

Memories created are to be preserved - the best way is to hold them in our heart. Snapshots help us to preserve special moments locked lovingly in our memory. I cannot afford to forget these priceless moments of friendships, of glory, of achievements and

of the creation of a legacy.

Presenting snapshots of class and faculty photos as well as of college activities.



WISHING LUCK TO THE STUDENTS PASSED OUT IN 2017

May you all shine
Brighter than the sun,
May you always achieve success
Blended with joy and fun.
Be like the butterfly
Who chooses her own special flower
Spread your wings, fulfill your wishes
Stand in your glory and power.

It's never a goodbye
It's till we meet again in your resplendent future.

Vinaya Dasgaonkar

SYBSc

This poem was printed on the memoir given to the graduating students.



T.Y.B.Sc. Foods, Nutrition and Dietetics



T.Y.B.Sc. Human Development



T.Y.B.Sc. Textiles and Fashion Technology



T.Y.B.Sc. Community Resource Management



M.Sc. Foods Nutrition and Dietetics



M.Sc. Human Development



M.Sc. Textile and Fashion Technology



*M.Sc. Food Processing
& Preservation*



M.Sc. Sports Nutrition



*P.G. Diploma in
Dietetics & Applied
Nutrition*



Junior College Teaching Faculty



Senior College Teaching Faculty



Non Teaching Staff



Support Staff

ACTIVITIES OF THE JUNIOR COLLEGE



Siddhi Parekar receiving award



EQ_workshop



Carnival



Purvi_Shah_IQ_EQ_test



Roopa Rao at Inservice Training.

FOODS, NUTRITION AND DIETETICS DEPARTMENT ACTIVITIES



Kinanthropometry Workshop



National Seminar on Bone Health



Nutrition week seminar



Recipe competition being judged



Seminar with IDA-Changing Cereals, Changing Health



STALLS



workshop on HACCP



Student Volunteers

HUMAN DEVELOPMENT DEPARTMENT ACTIVITIES



TYBSc Extension at Bharuch



MSc Extension at Kolad



HD Educational Trip to Bangalore, Mysore and Coorg



HD Picnic to Tungreshwar Falls



HD Monsoon Mela



TEXTILE AND FASHION TECHNOLOGY DEPARTMENT ACTIVITIES



TYBSc Rural Camp at Virar



Seminar on "Technical Textiles: Emerging Scenario and Opportunities"



Educational Trip to Hyderabad



Intercollegiate Seminar on "Positioning Career Opportunities in Textile and Fashion Industry"



Winners of "Udaan" Intercollegiate Annual Extension Work Festival



Industrial Visit to Tanul Laboratories



Annual Intercollegiate Fest "Jamboree 2017"



Resource persons at the Entrepreneurship Incubation Cell workshop



Paramparik Karigar Workshops



COMMUNITY RESOURCE MANAGEMENT DEPARTMENT ACTIVITIES



Rural Camp



Community Work at ICDS Balwadi Centers, Malad



Milk Testing Camp



UDAAN FESTIVAL (Intercollegiate Fest)



STUDENT ACHIEVEMENTS

Undergraduate Research Presenters



Picnic



CRM Market themed "TWISTER"



Workshops and Seminars



IQAC SEMINAR AND ADMINISTRATIVE AUDIT



NIRMAL UTSAV



SPORTS DAY



ME... I AM WANDERLUST

Me... I am Wanderlust
I am the journey ,The learning is me
I am the search, the wisdom is me

My path - strewn with roses and lilies
Thorns in sweet grass to challenge
Oh.. Traveller, didn't you see?
Hidden behind fences are hands to hold
And you thought you were all alone

Every night sky I have dotted with maps
Directions , messages ,energy and light
Oh traveller. Were you lost?
Into the distance and over horizons await the prize
You marched on others' footsteps, unkind, unwise

Slipped into mountains lie caves
Glittering rewards for diligence
Oh traveller. Did you miss?
The fruits draped on the trees for holding on a bit more
You looked only for easy gems and smooth doors

Me... I am Wanderlust
I am the journey, the learning is me
I am the search, the wisdom is me

Vibha Hasija
Faculty

Expressions 2016-17
Wanderlust: An Annual Periodical

*The creation Expressions 2016-17 –Wanderlust
has not just been a journey, it has taken on the
proportions of a voyage...*

*A voyage into the exploration of enormous contribution,
the intense dedication, the crystallized talent and
creativity and the documentation of the endeavours
and accomplishments of one
entire academic year.
No voyage is complete without a vision, a compass
and without help from numerous quarters.
This voyage has been a team work.*

A Glimpse of Team Wanderlust...

THE VOYAGE VISUALIZERS: Management & Principal

THE VOYAGE STRATEGISTS: Magazine Committee

Ms. Vibha Hasija – Convenor at the Helm

**Ms. Antoinette Araujo
Mr. Amol Surte**

**Ms. Rhonda Divecha
Mr. Shankar Pandey**

**Ms. Vrinda Udiaver
Ms. Aditi Gaonkar**

THE VOYAGE FACILITATORS: Student Committee Members

FYBSc: Harshada Kalvankar, Purva Bansode, Krishna Shah, Ashfa Mulla

**SYBSc: Vinaya Dasgaonkar, Sarah Khokhawala, Madhura Walavalkar, Zainab Mullajeewala,
Dimple Thaker, Yadnika Tatke.**

TYBSc TFT: Nafisa Thanawala

TYBSc FND: Ishita Lote, Krishna Parmar

TYBSc CRM: Jayshree Urankar

P.G. Diploma in Dietetics and Applied Nutrition : Nisreen Dhariwala

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