

EXPRESSIONS 2017-18

REACHING THE UNREACHED



NIRMALA NIKETAN COLLEGE OF HOME SCIENCE & POLYTECHNIC
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NIRMALA UTSAV



Prayer

Reaching out to our Creator

Searching all through
Are there parts of my heart, unreached?
I pray that You have reached every part of my heart
Such that every time, I
Reach out with love
Reach out with compassion
Reach out with forgiveness
Reach out in wonder
Reach out in joy

Looking all through
Are there parts of my mind, unreached?
I pray that You have reached every part of my mind
Such that every time, I
Reach out to understand
Reach out to empathise
Reach out with clarity
Reach out with gratitude
Reach out with integrity

Probing all through
Are there parts of my soul, unreached?
I pray that You have reached every part of my soul
Such that every time, I
Reach out in prayer
Reach out in service
Reach out in peace
Reach out to bridge
Reach out to heal

Dr. Anuradha J. Bakshi

Faculty



From the desk of the Editorial Team

*Last evening, we sat on the swing, to feel on my face the wind
Wind, she howled at me in anger and despair
If, You are the artist of your life
Then, Paint on a canvass large
For I need messages that overpower
To breeze light into dark lands
If, You are the artist of your life
Then, Use colours that stay through torrential rain
For I need stories with spine
To blow through desolate sands of time
If, You are the artist of your life
Then, Sketch reality into existence from inspiration
For I need delicious songs that free
To waft through hearts locked with chains hopeless
If, You are the artist of your life
Then, Etch deep the alternative and the multidimensional
For I need tools that resurrect
To storm obsolete, narrow beliefs into obscurity
Tears pooled my eyes, resolve firmed my mind
Yes! We are the artists of our lives and we are the artists of this world as well its future.*

When we attempt to reach the unreached, let us do it with a vision to make a difference and change ourselves and the world for the better. Let us rise to reach out, expand and embolden the possibilities we have set for ourselves. Our gates have to be open so that we not only reach out but allow others to reach in.

Each of us has a special something given to us by God. We need to reach in to find that space, to immerse into our niche and create what only we are uniquely designed to do.

Reaching out and reaching the unreached will be accomplished with better efficiency when we hold that spirit of unity and interconnectedness of this universe in our lives. When we understand that the divine is the source of all life and creation, then country borders, insensitivity, cruelty and greed will vanish. We will be a species who will be deeply troubled when we witness disparity, exploitation and fanatical behaviour. Unity, global vision and opportunities for all will become principles we live with.

Let us reach those unreached possibilities of evolution where out live out our highest thoughts of inclusion, service and love. Where we strive to be our creative best, in such a way that our creations carry the fragrance if development without destruction and success with sustainability in its buds.

Let our hearts be open to the poetry of being human and our minds be closed to chants of divisiveness. Let us create this legacy for our future. Then there will be no unreached corners of the world and no untouched soul on this earth

Ms.Vibha Hasija
Convenor, Magazine Committee

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Messages

Reaching Ahead Through Words of Encouragement

Message from our Principal



Hello Everyone,

“Reaching the Unreached”, is a theme most befitting to the College of Home Science, Nirmala Niketan right from its inception almost 60 odd years back. To reach out to the less privileged section of society is ingrained into the vision, mission, goals and objectives of Nirmala Niketan. It is an inbuilt ethos of our DHM management, transacted through the syllabus at all levels, through socially relevant Research. We can emphatically state to Reach the Unreached is built into the DNA of each one who enters the portals of Nirmala Niketan.

By and large, institutions focus on upgrading themselves internally rather than increasing their reach outside of the four walls of the building. The result? Life becomes a predictable set of routines with predictable results unable to penetrate their surrounding communities in a meaningful way. Winning alone cannot be the solo motto but beyond that one should strive to spread light to dispel darkness in the life of the less privileged.

Those seeking help should not be treated poorly or shunned, one needs to step into the shoes of those so much more deprived than us, living lives of abject poverty, with no deprived of means to education, decent livelihood, food and shelter, so as to understand their desires, their hunger, thirst and yearnings. Notwithstanding one's desire for own survival and success, there should be an attempt to reach out to those less privileged

Education is a multi pronged process leading to all round development of a student helping him/her to acquire degrees. However if there is no compassionate holistic development both academically and spiritually, we as educators would fail miserably in our mission. Extension work has always been an integral part of the learning experiences given to our students. Every department on the basis of their subject domain, have their own niche through which they cater to societal needs.

I feel proud and privileged to endorse the theme for this year as mandated by the academic higher authorities, adopted by most institutions of Higher education and visibly translated by our College, not just for this year, but as a tradition and way of life and stand true to our logo ‘Kindle the Lamp of Love with thy Life.’

I Congratulate the Convenor and other members of the Magazine committee for their efforts in conceptualizing this beautiful literary treat. It is my hope and desire that each one of us makes a sincere contribution of ourselves to society for to each one of us part of this great institute, the Highest Law of Life is Service.

Let God Bless you all abundantly, and instill in all the noble thoughts of Reaching the Unreached .

Dr. Geeta Ibrahim
Principal

Message from our Management

The theme of the College of Home Science Magazine of the academic year 2017 - 2018, "REACHING THE UNREACHED" is unique because it signifies the vision and the mission of the College.

The academic curriculum, co-curricular activities and the entire ethos of the College through the teaching faculty, administrative and support staff have made a conscious effort to serve the vulnerable and marginalized sections of the Indian society and create a culture of care. Faculty and students have organized their teaching and learning experiences to understand and make concrete efforts through sessions, camps and outreach programs to offer creative opportunities to children, youth, women and families to develop their immense potentials and explore further avenues for their social and economic improvement.



On behalf of the Management of the Nirmala Niketan Trust, I congratulate the Principal, Faculty, Staff and Students for their dynamic commitment and active participation in the various programs organized throughout the year in "Reaching the Unreached."

We pray for God's blessing on the continuing interests and concern in extending even further the action plan of "Reaching the Unreached."

Sincerely,
Dr. Gracy Fernandes
Vice President

As we know that Knowledge is important and at the same time, Education. These two words that is Knowledge and Education both go hand in hand. To achieve both of these we need to study.

- Arshiya Kadri



**Junior College Section -
Reaching Out: Baby Steps to
Giant Strides**

The Annual Report of Junior College

Ms. Noella Dias was appointed as Administrator and Counselor for Junior college and would be available for the students every Tuesdays and Thursdays between 10.30-3.30 pm as well as conduct workshops for students.

Ms. Farhanaaz Syed was appointed as Supervisor of Junior College starting from June 2017.

Student Curricular and Co – curricular Activities:

JUNE - Lectures for S.Y.J.C. class began from 15th June.

21st June:- On account of International Yoga Day a 10 minute “Pranayam’ for all students from 10.25-10.35 am was conducted. Students of Junior college attended a talk on the importance of yoga in class conducted by degree college students followed by a documentary on yoga. A celebration (1:30-2:30) in the hall, was organized by NSS, speaker Ms.Chitra Pandhi (past student and yoga expert) for all students of Nirmala Niketan.

27th June: Time management and good study habits workshop was conducted for students of S.Y.J.C. The Workshop emphasized on effective management of time and thus increasing efficiency and productivity of students. Workshop was conducted by Ms Noella Dias and Mrs. Venita Pereira.

JULY - 8th July: SYJC Parent orientation was organized by the class teachers of SYJC to emphasize on the importance of attendance in theory and practical. Parents signed a declaration form regarding the same.

20th July: FYJC Student orientation for students was conducted. The new batch of students was welcomed by the Principal and Supervisor, rules and regulations were read out and time table was given.

21st July: Parent orientation Program was organized by staff of junior college. Parents were made aware of the ‘Rules and Regulation ‘ of the college. Ms Noella Dias spoke about the management of the college its vision and goals. Mrs Venita Pereira discussed parenting skills through games and activities.

28th July : Miss Arwa Pittawala (FYJC) won 2nd prize for umbrella painting competition organized by the Polytechnic College.

29th July 2017: Fresher’s party for students of FY & SYJC was organized by the student council committee.

AUGUST - 10th August: A talk on “**Disaster management and Fire safety**” by Fire officer Mr. Ishwar Kamble was organized by the Student Council committee for all SYJC. To generate awareness about measures and precautions need to be taken in case of emergency and how one can help others during calamities.

14th and 15th of Aug on eve of our Independence to instill the value of unity in diversity and communal harmony....students of SY&FYJC participated in the activity ‘Melting Pot’ which included the cuisine of

Nirmala Niketan College of Home Science

different communities. Students brought different types of delicacies from home and these were shared by all students and staff. The pledge of Independence sent by the Education department was administered by the class teachers. They were also shown an audiovisual on farmer's suicide in Maharashtra to bring about sensitivity and awareness on this serious issue. The Junior College hoisted the national flag and sang the national anthem.

31st Aug – A workshop on 'Like Skills' was conducted by Ms Noella Dias for students of SYJC.

SEPTEMBER - A dynamic and fun filled Teachers Day celebration was organized by the student council committee on 4th. Theme for the day was 'Retro'. The staff distributed chocolates to appreciate their efforts in organizing the program.

8th Sept - A workshop on 'Life Skills' was conducted by Ms Noella Dias for students of FYJC.

11th Sept: To develop and enhance creative and oratory skills in students the cultural committee organized a "Story telling Competition". Number of participants: 16 students

13th Sept : RJ hunt .The radio jockey hunt was organized by the cultural committee for student to help them explore their oratory skills.It ws a fun filled activity where students came forward to talk on the topic AAJ HAI SHANIVAR. Number of participants: 12 students

15th Sept: 200 students participated in government organized 'Football A Million, program. 20 teams of girls enjoyed the game of football at Oval maidan with enthusiastic support of the entire staff of Junior college. The event was co – ordinated by sports Committee.

12th Sept: A workshop on 'Fear and Anger Management and' was conducted by Ms Noella Dias for students of SYJC.

18th Sept: A 'Dandiya decoration 'competition was organized by cultural committee. Number of participants: 08 students

19th Sep.: Hindi Bhasha Divas was celebrated by organizing Hindi Elocution competition in collaboration with the reputed organization "Hindustani Prachar Sabha" on the topic "How Terrorism Could Be Curbed through Non-Violence" for junior college students. The winners were felicitated by certificates and cash prizes. The names of the winners are as follows: Ms. Rukaiya Kapasi – First Place, Ms. Simrita Gudi- Second Place, Ms. Dharord Maitri – Third place.

28th September: a film on Baba Sahib Ambedkar was shown to the students of SYJC.

OCTOBER Terminal examination was conducted from 3rd October to 12th October.

12th October Scholarship committee had an interview for need based scholarship for Junior college students of FYJC and SYJC.

On 12th October Cultural committee organized a Debate 'Can clothing define Character' for students of FYJC. It was followed by a talk on the same by Ms Eleesha D'souza a former student of the college.

On 13th October the cultural committee organized a talk on 'Importance of reading' to commemorate the Birth anniversary of Late Dr A. P.J. Kalam.

The term ended with 'Indoor Games 'organized by the sports committee on 13th and 14th of October. The term break was from 16th October to 31st October 2017.

15th October: Essay writing competition was organized by the cultural committee on the topic – 'Gandhiji and his correspondence ' Number of participants: 04 students

NOVEMBER - On 3rd November, An Essay writing competition on the topic 'Corruption Free India' was organized by cultural committee in collaboration with India Post

7th November:- On the occasion of '**Students Day**', which is celebrated to commemorate Dr. Babasaheb Ambedkar's entry to school life as a student, our department organized an activity for students named, "**School-A Myriad of Colours**". All the students were divided into groups that would be called as "A school". They were

asked to give attractive name and motto to their school. Each group members were colour coordinated as per their school with a cute emoji as a badge. Students were excited and had come up with creative name of their respective school group.

8th and 11th November Open – Day was held for the parents and students of FYJC and SYJC. A career guidance talk was organized to create awareness of scope and opportunities in the four specialization subjects offered by the college.

DECEMBER - 1st December – 23rd December :The Student Council organized the ‘**Snow and Mistletoe**’ event to emphasize the importance of the virtue of giving and sharing.

9th Nov. 2018 The Student Council organized a talk on ‘**Eating for Good Health**’ by Mrs. Anuradha Mitra, a veteran professor from Department of Nutrition on the importance of nutrition during adolescence.

The Annual Day; Nirmal Utsav was celebrated on 16th December. The theme of this years celebration was ‘Rang – Barse – Colours of life.

The students of the cultural committee and staff junior college organized a multi – cultural program that showcased their talents.

22nd Dec Interfaith committee organized a mass and Christmas program (Carol singing)

JANUARY 2018 - Preliminary practical and theory examination were conducted from 2nd January to 15th January.

Marathi poetry recitation competition was organized by cultural committee to develop

25th Jan:- On the **Occasion of “National Voter’s day**: a talk on “**Indian Constitution and Citizenship**” by Prof Mrs Chitra Lele, was organized to create awareness about human rights and imparting knowledge about our Working of constitution.

FEBRUARY 2018 - 5th - 16th Feb : HSC Board Practical and theory examinations.

MARCH 2018 - Annual examination of FYJC students was conducted between 19th – 26th March.

A interactive session on ‘ Family Life Education’ was organized by Ms Noella Dias in collaboration with Ms Venita Pereira on 27th March.

Fr Henry Baretto conducted a workshop on ‘ DIGITAL Civic Sense’ for students of FYJC .

APRIL 2018 - Results of FYJC were declared on 23rd of April.

Staff – Development and Workshops:

1. Ms. Vijayalakshmi Mannadiar and Ms. Zahida Taqi successfully completed their 24 years in-service training in Biology at Somaiya College, Vidyavihar, and Mumbai in the month of May 2017.
2. Ms Vijayalakshmi Mannadiar and Ms Dipika Kadam attended a seminar on “Phenk Mat Mumbai” organized by club Mahindra for a Swachh Bharat (A& F Ward, Mumbai), supported by BMC on 18th of July. Teachers were invited in this campaign and they would involve students for the same. This is a center for social and behavioral change and communication.
3. 10th & 11th August staff development workshop was organized by the management. Dr. Fr. Henry D’Souza Director of Atma Darshan, Andheri, Mumbai, conducted a wonderful 2 day session on positive attitude, enhancing creativity and the importance of emotional intelligence.
4. 19th Aug – PTA meeting was held to discuss the various activities organized for the term and feedback from the parents. A School Committee meeting was held to initiate the process of getting approval of Ms Dipika Kadam on completion of three years of sikshan – sevak and successful implementation of On – line payment of fees.
5. 23rd Aug. Grievance committee meeting was held to discuss problems such as mobile usage and discipline

among students.

- 29th Aug : Mr Shridhar Talekar attended HSC Board organized workshop on ‘ New Paper Pattern’ in Chemistry to be implemented for standard XI in the current academic year.
- 9th Sept : Mr Shankar Pandey attended HSC Board organized workshop on ‘ New Paper Pattern’ in Hindi.
- 10th and 12th Sept : Mr Amol Surte attended HSC Board organized workshop on ‘ New Paper Pattern’ in English at Khalsa College, Matunga, Mumbai.
- 27th November: Ms Roopa Rao & Ms Sheetal Fernandes attended the JEE / NEET workshop conducted by the Mumbai board
- 6th December Ms Farhanaaz Syed was invited as a judge for P ward science exhibition.
- 20th December: Principal Dr Geeta Ibrahim and Ms Farhanaaz Syed attended the ‘Principals Conclave : Building Institutions of Excellence’ organized by CII and Welingkar Institute of Management.
- 23rd Jan. 2018- Mr Amol Surte attended a on eday inter-collegiate workshop on “Reseach: What, Why and How?” at Jhunjhunwala College, Ghatkopar, Mumbai.
- 2nd Feb. 2018 - Mr Amol Surte attended an expert talk on “Classroom Observational/Ethnographic Research” by an international speaker Dr. Cynthia Lewis (Dept.of Curriculum and Instruction, University of Minnesota, U.S.A.) organized at and by St. Xavier institute of Education, Mumbai – 400020.

‘Snow and Mistletoe’ Event

December is the most amazing month of the year full with all the joys of Christmas. On this last festive season for this year, Student Council Committee of the Jr College department organized another exciting event “Snow & Mistletoe”. It’s an event in which the students gave freely of whatever they could in terms of their time, energy and their talents. Such as handmade cards, bookmarks, candles and many little gift items made by students themselves. These items were put up for a sale on the stalls in college premises. The aim of this activity was to give students the wonderful feeling of sharing and caring and giving out things. It was a part of fund raising activity and with this kind of activity we are sure students received something much bigger than material benefit in return.

Student Council Committee of Jr. College

Junior College Cultural Committee

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On 3rd November, an Essay writing competition on the topic ‘Corruption Free India’ was organized by cultural committee.

The Annual Day, Nirmal Utsav was celebrated on 16th December. The theme of this year's celebration was 'Rang – Barse – Colors of life. The students of the cultural committee and staff junior college organized a multi – cultural program that showcased their talents. A Marathi poetry recitation competition was organized by cultural committee.

Sheetal Fernandes - Convenor
Amol Surte - Co-Convenor

Disaster Management and Fire Safety Workshop

A disaster management and fire safety workshop was arranged by the student council committee of Junior college on 10th August 2017. Fire Officer Mr Ishwar Kamble from Nariman Point fire station had come with his team. Officer told students about what measures should be taken in case of any emergency and how we can help them during calamities. Their emergency number is 101. He also told us what precautions we should be taking while working in labs during practical.

Lastly students were touched when they shared their experiences, saving so many lives and coming back from the mouth of death. Including the building collapse, 26/11 bomb blast, the fire at Air India building and many others. It was amazing and informative workshop indeed.

Student Council Committee of Jr. College

Career Guidance: Scope in Home Science

Having a fulfilling career is very important in LIFE. It gives a sense of direction to person's life. It develops a person's IDENTITY and helps to establish a position in Society. But in order to find the right career, there needs to be an understanding of what course to take.

With the objective of guiding Junior college students in making and implementing an informed career choice, on 11th November 2017, Student Council Committee organized a talk on “**Career Guidance: Scope in Home Science**” to create awareness of scope and opportunities in the four specialization courses offered by the College of Home Science, Nirmala Niketan.

The talk was delivered by the teaching faculty of the following four specialization subjects:- Foods, Nutrition and Dietetics, Human Development, Textile & Fashion technology and Community Resource Management

Student Council Committee of Jr. College

Fresher's Party

“Fresher's Party” in any college is an event which all students eagerly await from the time of their admissions. The 29th July 2017 was marked as memorable day in the life of every fresher of Nirmala Niketan College of Home Science Junior College. The fresher's day was day filled with excitement, joy, music, enthusiasm, laughter & happiness.

The dress code for the fresher's party was “Indo-western”. The celebration started at 12 noon in the College hall with a welcome speech given by Ms Radiya Ujjainwala from SYJC 456. The program kick started with the rocking music, shimmering lights, hooting & grooving students as the smoke machine filled the room with smoke. The teachers walked on the Ramp for the students. The flash lights filled the room by. The flash lights buzzed off which marked the end of the party!!!

Student Council Committee of Jr. College

Hindi Elocution Competition

On 17th September 2017, Hindustani Prachar Sabah organized a Hindi elocution competition in our College Hall for our junior college students. Students participated in large numbers. The organization felicitated winners of competition with a cash prize and certificate.

Hindustani Prachar Sabha also conducted classes for Saral Hindi examination. Examination was conducted on 5th April 2018. After passing examination successfully students were awarded certificates.

Mr. Shankar Pandey / In-Charge Teacher

Interfaith Committee

India is a land of diverse religions. It has set an example of unity in diversity as people of different castes and religions live in harmony in the country. India is a multi-religious and multi-lingual land. People belonging to different religions live here in harmony. Different festivals, be it Holi, Diwali, Eid or Christmas, are celebrated with equal zeal.

India is a secular state. The Constitution of our country gives its citizens the freedom to practise any religion of their choice. They also have the liberty to change their religion, if they wish. The state does not have any official religion. Every religion is treated and respected equally in India and this goes a long way in maintaining the communal harmony in the country.

Eucharistic Celebrations were conducted for catholic students for each month.

August:

Rakshabandhan was celebrated. the committee organized Rakhi making competition and a chart giving information about the festival was displayed.

Janmashtami celebrations : A chart was put up in the class room which displayed the tradition for celebrating the festival

Festivals were celebrated through out the year for various religions

Charts were put up on the corridors of the first floor explaining significance of festivals and the history to it.

September:

18th Sept: A 'Dandiya decoration' competition was organized by Interfaith Committee. Number of participants: 08 students.

December:

22nd Dec Interfaith committee organized a mass and Christmas program (Carol singing). The students decorated the first floor classrooms.

Independence Day Celebration

On the eve of 70th Independence Day, an activity named "Melting Pot" was organized for junior students by the Student Council Committee to give a message of Unity in Diversity.

India has got a very rich tradition of Indian food that manifests a great variety of food which represents a community in particular and our country as a whole. Keeping in view this fact, "Melting Pot" this activity involved students from all the classes in the groups of 10. These groups put up individual stalls with special food items pertaining to different communities such as Gujarati, South Indian, Maharashtrian, Dawodi Bohra, etc. All in all there were 10 stalls. And these stalls offered food items such as Khandwa, cake, chutney, dosa, puranpoli, samosa, veg cutlet and idli.

The function was inaugurated by the Honorable Principal of the college Dr Geeta Ibrahim by cutting a cake

which was baked by SYJC students. The teaching and non-teaching staff was also present at the program. And all the students enthusiastically participated in this activity and enjoyed a lot.

Student Council Committee of Jr. College

National Voter's Day Celebration

In India every year 25th January is observed as "National Voters' Day", to create awareness and encourage young voters to vote and take part in political process. On this day A talk on "Indian constitution and Citizenship" by Assistant Prof Chitra Lele, was organized for FYJC students, as a part of "Electoral Literacy Club" by junior college Student council Committee.

Prof Chitra Lele explained the importance of observing National Voters' day and incorporating constitution education. By using simple day-to-day events as an example, she explained the significance of our fundamental rights and duties and how to use and protect our rights. A short video clip on "Making of Constitution" was also shown the give brief knowledge about how the constitution. Students were also sensitized regarding their role as a future voters and their effective participation in electoral process. In the end, she urged all the students to enroll themselves in electoral process and strengthen our robust democracy.

Student Council Committee of Jr. College

Children's Day Celebration

Children's Day was celebrated by Junior College students in a very unique way. 'Cutest Baby Competition' was held on 13th Nov. 2017. All students brought their childhood photographs and pasted them on chart papers provided to them by the college. These charts papers were put up in the corridor of the first floor on the same day. On 14th November 2017 some more blank chart papers were given to the students to write just one line about 'childhood'. Then a panel of judges including Ms. Vijayalakshami Manndiar and Ms. Shefali Sharma selected one winner of Cutest Baby Competition from each class. A token of appreciation was given to each of them.

Names of the winners of Cutest Baby Competition are as follows:

Ms. Almeida Marilyn Raymond, Ms. Shah Krisha Tejas, Ms. Fauziya Khatri, Ms. Navadiya Riya V.

Mr. Amol Surte
Member, Student Council

Celebration of Marathi Language Fortnight

Marathi Bhasha Pandhavra i.e. Marathi Language Fortnight was celebrated from 2/1/2018 to 15/1/2018 in the college.

The following activities were organized:

- 1) Essay Writing Competition – The topic was 'Marathi Bhasheche Saundarya and Sanvardhan'
- 2) Poetry Recitation Competition - Thirteen students participated in Poetry Recitation Competition. To judge this competition Mrs. Prajakta Mhaprolkar, the librarian of our College, Ms. Deepika Kadam, Psychology teacher and Mrs. Sheetal Fernandes, Biology teacher, both from junior college were present. The Honorable Principal of our college Dr. Mrs. Geeta Ibrahim and the supervisor of the junior college Mrs. Farahanaz Syed were also present as the Chief Guests for the programme.

The following students won the competition:

First Place – Ms. Tanaya Naik from F.Y.J.C.

Second Place – Ms. Riddhi Vora and Ms. Rutika Sawant both from S.Y.J.C.

Third Place – Ms. Maitri Dharod from F.Y.J.C.

Consolation Prize – Ms. Devshree Bhagwatkar from S.Y.J.C.

Report on Prime Minister's Speech

With reference to the circular (D.O. No. 11-AD 20 Note/4/2018-ADC (Acad) received from Govt. of India Ministry of H.R.D. and Dept. of School Education and Literacy, Shastri Bhavan, New Delhi – 110115 on 14/2/2018, a live telecast of speech of Honourable Prime Minister Mr. N. Modi was watched by the students of Junior College, Nirmala Niketan College of Home Science, 49, New Marine Lines Mumbai on Doordarshan Channel on 16/2/2018 at 11.00 a.m. in the college.

Story Telling Competition

A Story Telling Competition was held on 11th September, 2017 in the College Hall at 11.00 am by Cultural Committee of Junior College. Fifteen students participated in this competition. It was judged by Ms. Zahida Taqi, Assistant Teacher of our Junior College and Ms. Vibha Hasija, Assistant Professor of our Degree College.

The following students from S.Y.J.C. won the prizes:

- First place Ms. Nehal Koradia
- Second Place Ms. Gala Pankti Sanjay and Ms. Arya Sankaranarayanan
- Third Place Ms. Radiya Ujjainwala

Mr. Amol Surte
Cultural Committee Member

Report of Scholarship Committee of Junior College

Junior College Scholarship Committee was formed in the beginning of the academic year. The objective of the committee was to give Need Based Scholarships to the needy students whose family annual income was less than Rs. Two Lakh. All the students were informed about this scholarship. Some needy students filled up the form and applied for it. The interviews were conducted to know more about these applicants. Then they all were chosen for the need based scholarship for the academic year. Some of them got waiver of their annual fees, some of them were given the mid-day meal facility. All of them were given study materials such as lab-coats, journals and text-books for free of cost.

Merit Based scholarship was also given to the top three students of academic year 2016-17 F.Y.J.C. and S.Y.J.C and also to the students who topped in different subjects. Ms. Pankti Gala was chosen as the Student of the Year and was given a trophy and a certificate.

Ms. Zahida Taqi
Convener

Eating For Good Health

A talk on “Eating for Good Health” was conducted by Student Council for F.Y.J.C. students on 9th Nov, 2017, to generate awareness and importance of balanced nutrition during adolescence about healthy eating habits. This talk was given by our degree college faculty of Foods, Nutrition and Dietetics, Ms. Anuradha Mitra.

Prof Anuradha Mitra, spoke on the topic of ‘Nutrition Required during Adolescence’ and emphasized upon

how health of youth is of vital importance, especially in developing country like India, which has the largest youth population. She also said and made students understand that good nutrition is essential for healthy growth and development, chronic disease prevention, strong academic performance.

She also explained how adolescents, especially girls are vulnerable to iron deficiency due to low intake and absorption of iron, and increased iron requirements for growth and replacement of menstrual blood losses.

Student Council Committee (Jr College)

Students' Day Celebration

On the occasion of 'Students Day', which is celebrated to commemorate Dr. Babasaheb Ambedkar's entry to school life as a student, our department organized an activity for students named, "School-A Myriad of Colours" on 7th November, 2017. All the students were divided into groups that would be called as "A school". They were asked to give attractive name and motto to their school. Each group members were colour coordinated as per their school with a cute emoji as a badge. Students were excited and had come up with creative name of their respective school group.

Both SYJC and FYJC were shown Dr. Babasaheb Ambedkar's movie, to spread awareness about the life Dr Ambedkar and his contribution in education and constitution of India.

Student Council Committee of Jr. College

Teachers Day Celebration

The most dynamic and fun filled Teachers Day celebration was organised by the Student Council Committee on 4th September 2017, which made their day a bit more special. It was a surprise for all the teachers about what was going to happen. The theme for the day was RETRO. There were some of the most breath-taking dance performances and duo singing.

Another Surprising element was the balloon and straw game, followed by the fashion show with divas dressed in beautiful outfits. And the most awaited moment was the Felicitation ceremony, where all the teachers were introduced by some unique shayris and felicitated with handmade trophies. The teachers really loved and appreciated the efforts taken by all the students.

Yet again, this event was a great success. This event left an everlasting impact and some of the best memories to look back.

Student Council Committee of Jr. College

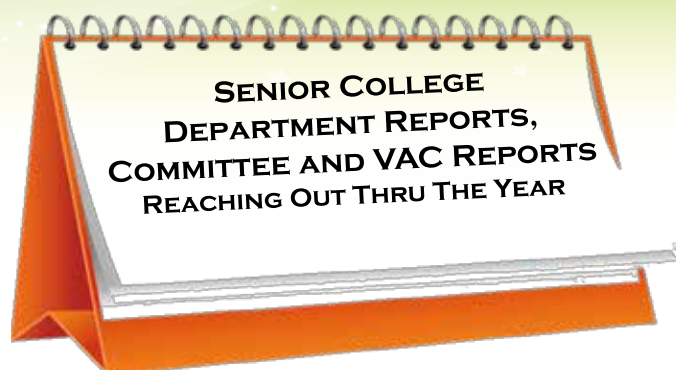
The Focused Swallows of Class 12th

A session on "Time Management & Counselling" was organized for the students of class 12th. Ms Noella, the administrator and Ms Vinita, college Counsellor, began this lovely session by giving a beautiful example of the Swallows, the most focused and migratory bird. She further explained why time management is so important in this academic year and why and how we need to concentrate on our academics.

They told us the importance of SYJC year, which is a "Make or Break" situation. Either we concentrate and aim for the best grades or be complacent enough to just let go!

All in all, a Hit Session! We students have got a clear idea on what we need to focus & how to manage our Precious Time. As quoted by Benjamin Franklin, "Lost time is never found again", we must learn to use Time as tool.

Student Council Committee of Jr. College



Department Reports

The Report of the Department of Foods, Nutrition and Dietetics

The Department of Foods, Nutrition and dietetics is a relatively large one running the specialisation at the Third year level, three Masters programme, the P.G. Diploma programme and the Doctoral programme in addition to one value added course.

We had a total of 37 students in TYBSc, 104 students in Master's course (Part 1 and 2 of Foods, Nutrition and Dietetics(FND), Food Processing and Preservation(FPP) and Sports Nutrition(SN), 20 students in P. G. Diploma in Dietetics and Applied Nutrition, 11 students enrolled for Doctoral programme and 30 in the Value Added Course on Nutrition and Exercise for Fitness. We had a faculty strength of 8 in the department and one course coordinator for the self-financed MSc and PG programmes.

It is a matter of pride that all programmes run by the department possess high value in the professional world and there was an exceedingly high demand for the course across all levels, evident from the high number of applications received as well as the multiple rounds of entrance exams conducted for the post graduate courses.

- A bonding session was organized for the TY students to help them get to know the faculty and each other better. The faculty and students stayed back overnight in college and they bonded over group activities as well as a leisurely walk along Marine Drive.
- The MSc 2 students had completed their internship in the summer break and their work had to be evaluated. The Msc 2 FND and FPP presented to the TYBsc students. This helped the junior students get a glimpse of the working of the professional world.

Co-curricular activities conducted:

- ❖ Celebration of the International Breast feeding week: The breast feeding week was celebrated with the love and respect it deserves with multiple programmes being organized. On 2nd August, an intercollegiate Recipe Competition on 'Healthy recipes for lactation incorporating galactogogues was organised. This was followed by a Half-day Seminar 'Impact of Nutrition and Exercise on Lactation'. This was followed by another programme on the 7th of August on Capacity Building and Knowledge Enhancement Workshops on Breastfeeding. Three workshops were conducted for different groups Non-Nutrition students, Nutrition students and People associated with community projects (this workshop was in collaboration with The College of Social Work, Nirmala Niketan. This workshop was spearheaded by Dr.Rupal Dalal and team from SMD Trust. It was a very practical and hands on session with a lot of applicable inputs to learn.
- ❖ **Nutrition Week Celebrations:** As every year, this year too we celebrated the National Nutrition Week in a substantial way. On the 6th of September, a half-day seminar in collaboration with AFST (I) – Mumbai Chapter was organised Supported by Malaysian Palm Oil Board. On 18th September a Nutrition Awareness Activity was organised in collaboration with PFNDAL. This had two unique intercollegiate competitions – a digital communication competition and a recipe competition. The latter half of the day had a half-day

seminar on 'Better Child Nutrition: Optimal Young Child Feeding Practices. This programme was supported by Kellogg's, Mead Johnson and AAK Kamani.

- ❖ **A 2-day HACCP course**, on maintaining quality standards in food production and service, was organised on 1st and 2nd December 2017 for the M.Sc. 1 (FND) and M.Sc. 1(FPP) students. Ms. Sheetal Bhat, (faculty) also attended the course.
- ❖ **A session on 'Design Thinking for Behaviour Change** in collaboration with Idobro Impact Solutions was organised for the students of the department on 5th February. This was supported by Glenmark Foundation, the CSR arm of Glenmark Pharmaceuticals.
- ❖ **Industrial Visit:** An Industrial Visit to Kolhapur – Lavasa – Pune was arranged for the T.Y.B.Sc. (FND) and M.Sc. 2 (FND) students from 7th -10th February 2018. The visits included a sugar factory (Shahu Sugar Mills), dairy (Gokul Dairy), ice-cream factory (Frostee Icecream), bakery (Khemraj Bakery), jaggery making unit (small-scale), retirement village (Ashiana) and poultry processing unit (Venky's). The students benefitted tremendously from the trip since they were able to see a large number of equipments and processes that they learn about in theory. This trip was organised by Ms. Jacqueline Colaco, Ms.Vibha Hasija and Ms.Fatima Kader. The students were accompanied by Ms. J. Colaco, Ms. V. Hasija and Mrs. Moly Jose.

Collaborations:

- ❖ The MoU with Jai Hind College was renewed this year for a period of three years. As part of the MoU, a special course on Basic Microbiological Laboratory Techniques was conducted for the TYBSc (FND) students.
- ❖ As part of our collaboration with K. J. Somaiya College of Science and Commerce, classes were conducted in these institutes for students of the self-financing courses
 - Collaborations were initiated or continued for internship placements with the following institutes: A few examples are St. Jude India Childcare Centre, Galaxy Entertainment Corporation Limited (Birdy's), Freedom Lifestyle and Wellness Management, Sanjay and Co. (TarlaDalal Cookbooks), Nurture Health Solutions, Enviocare Labs Pvt Ltd, Modern Foods, Mota Chips, National Collateral Management Services Ltd., Safe Foodz Solutions, Kellogg's, PFNDAL.
 - MSc SN: Centre for Capoeira India, Qi Lifecare - Preventive Cardiology and Cardiac Rehabilitation, Freedom Lifestyle and Wellness Management, and Gauri Murthy's Wellness & Sports Nutrition Center.
 - P.G.Diploma: KEM Hospital, Sir H. N. Reliance Foundation Hospital and Research Centre, Breach Candy Hospital, Prince Aly Khan Hospital, Bhatia Hospital, NH SRCC Children's Hospital, Bombay Hospital & Medical Research Centre and B.Y.L. Nair Charitable Hospital
- ❖ Collaborations for Research: This year research collaborations continued with the following academic and research institutes as well as Government and non government organisations, for MSc and Ph.D thesis - Jai Hind College, Ramnarain Ruia College, St. Xavier's College, BARC, Integrated Child Development Services (ICDS) Scheme, Bhatia Hospital, Dr. Suresh Mehatalia and Dr. Saumeemehatalia's Clinics, Dignity Foundation, Mumbai and Humsafar Yog Niketan, Thane.

Research and publications: Faculty and students have participated in research projects as well as paper presentations and publications.

- ❖ Three faculty of the department worked on research projects funded by University of Mumbai. Dr.Geeta Ibrahim completed a project on Nutritional Assessment of School Children (12-14 years) and Development of Nutritionally Enriched Snacks, Ms.Fatima Kader worked on Development of a high satiety value instant noodles enriched with protein and resistant starch and Dr. Minelly Rodrigues worked on Studies on the bioactive potential of *Zanthoxylumrhetsa* (Teppal) and its utilization in product development.
- ❖ Faculty have published in National and International journals; Dr Geeta Ibrahim and her mentee published

a paper on “Telomere Attrition in Controlled and Uncontrolled Type II Diabetes Mellitus” in the IJSES, Issue 12, Dr.Veena Yardi published a paper on “Nutrition Intervention for women living with HIV” along with her guide Dr.Subhadra Mandalika in the International Interdisciplinary Research journal and Dr.Subhadra Mandalika with her student Hetal Parekh published a paper on “Association between Glycemic Indices, hs-CRP and Anthropometrical Parameters of Patients with Type 2 Diabetes Mellitus” in the The Indian Journal of Nutrition and Dietetics as well as a paper on “Association of Glycemic Indices and Hs-CRP with Dietary Energy and Fat Consumption in Patients with Type 2 Diabetes Mellitus”, in the International Journal of Health Sciences and Research.

- ❖ M.Sc1 and 2 (FND) students, under the guidance of Ms. Jacqueline Colaco, Ms.Vibha Hasija, Ms.Fatima Kader and Ms.Sheetal Joshi, worked on developing a healthy snacks manual for training chefs of the Indian Navy.
- ❖ Staff (Ms. J. Colaco, Dr. V. Yardi, Ms. S. Joshi and Dr. M. Rodrigues) helped in writing a chapter on ‘Anaemia’ for a Trainers’ Manual for the Sahayak Trust which is working with the poor rural households in Vidarbha in an attempt to make it anemia-free.
- ❖ Articles have been written for the common man – Ms.Vibha Hasija published an e article on “A Time Table to Nourish”, an article on scheduling meal times for children in the website mymedicalmantra.com and Ms. Fatima Kader wrote on Low fat diet’ or ‘Zero fat Diet’: An Overrated Weight loss Solution (Language: Gujarati) in the Sadguru Echoes (A monthly Publication of ShrimadRajchandra Ashram, Dharampur).
- ❖ Faculty and students have presented in research conventions, local, national and international.
 - Ms.Monal Vellangi, Ph.D scholar, under the guidance of Dr.Subhadra, presented in the Mumbai University Research Convention – Avishkar on the topic “Effect Of Vitamin D3 and Virgin Coconut Oil (Vcno) Supplementation On Vitamin D3 Status And Function Of Early Knee Osteoarthritis Patients”.
 - Nusrat Farooqui, under the guidance of Dr.M.Subhadra, presented a paper on “Nutritional Status, Body Composition And Physical Fitness Of Adolescent Male Cricketers (12-18 Years)”, at the International Conference On Sports Medicine and Sports Sciences Scoring on the theme - Goals In Sports With Science and Technology, organized by the Sports Authority Of India.
 - Afreen Khan, an alumna, under the guidance of Dr.Veena Yardi, presented an E poster on “Nutritional Status of Mentally Challenged Children”, at the AICNU-17 and her poster scored among the top 10 posters.
 - Tasneem Ravat , our Ph.D scholar guided by Dr. VeenaYardi , presented a paper at the 4th Biennial conference of PAI and International Symposium on the topic “Probiotic Therapy: Translating to Health and Clinical Practice”.

Extension and Community Service:

- ❖ A half-day ‘Food Safety and Hygiene’ workshop was organised for workers of Mumbai Mobile Crèches on 15th December, 2017. The objectives were to train individuals who prepare and/or serve food to the public to become responsible food handlers by using safe food handling methods, and Introduction to nutrition to food workers and promote worker health and safety. The T.Y.B.Sc. (FND) and P.G. Diploma in Dietetics and Applied Nutrition students were actively involved in conducting the programme. Ms. Sheetal Joshi and Dr. Minelly Rodrigues guided the students under the able leadership of Dr. VeenaYardi.
- ❖ M.Sc. 2(FND) students attended puppet-making workshop at the ‘Children’s Annual Puppet Festival and Exhibition 2018’ organized by the Mumbai Mobile Crèches on 19th January at the College of Social Work, Nirmala Niketan. Both M.Sc 2 (FND) and T.Y.B.Sc.(FND) students also visited the exhibition of puppets and art on the theme “Jalhaitohkalkhai” made by children and teachers of MMC.
- ❖ The PG Diploma students were involved in the Hunger-Free Communities project which is funded by the Academy of Nutrition and Dietetics (a project of the Research Unit of the college). The project was

conducted on approximately 100 school students (age group 4 years to 7 years) and the parent of these students on 27th February 2018 and 15th March 2018 in Sion, Dharavi and Chembur.

- ❖ Field Visits: The TYBSc ,MSc 2(FND) and P.G.Diploma students were part of rural camps to give the students an insight into the aspects of nutrition in the community as well as to contribute to society. The TYBSc students went to Kolad under the supervision of Ms.Sheetal Joshi and Ms.Minelly Rodrigues (15th –17th February 2018) in collaboration with the Institute of Social Service (ISS)-Jeevandhara-Kolad Dist, the MSc 2 students went to Kharasgaon with the inputs of Dr. Veena Yardi (24th -26th January 2018), in association with Integrated Child Development Services (ICDS) and the P.G. Diploma students visited Derwan accompanied by Ms. Jewel Fernandes and Ms. Rena Rodricks (5th -8th March 2018) in partnership with B. K. L. Walawalkar Rural Medical College, Derwan, Chiplun District .
- ❖ Faculty were involved with various extension programmes through the year. To name a few - Dr. Subhadra, Mandalika, Mrs. Anuradha Mitra (On FDP) and Dr. Minelly Rodrigues worked on an Extension Activity (Nutrition Awareness Programme and Nutrition Assessment to commemorate National Girl Child Day) organized by ICDS AND Dr.Veena Yardi, on the occasion of World Health Day, conducted an assessment and awareness program Nutrition And Hygiene For Health for a group of adult women in collaboration with ICDS.

Faculty Development: Ms. Fatima Kader successfully completed her Orientation Course organised by the University of Mumbai with an A grade and attended the 9th International Research Methodology Course in Nutrition, a collaborative effort between Boston Nutrition and St John's Research Institute, Bangalore.

Leadership positions and professional responsibilities:

Faculty have been conferred various leadership positions in the professional arena with many being chief guests, chairpersons, judges, panellists, speakers and subject experts at various local, national and international events and conferences.

Notable among those are :

- Dr.Geeta Ibrahim has been appointed as the co ordinator for the RUSA led course on Wellness Counsellor and the Research Committee (RRC) of University of Mumbai.
- Dr.Subhadra Mandalika has been elected as the convener of Nutrition Society of India, Mumbai Chapter
- Dr.Veena Yardi has been elected as the Treasurer of Nutrition Society of India, Mumbai Chapter
- Ms.Vibha Hasija served on the LEC of Indian Dietetic Association, Mumbai Chapter as the Registered Dietitian (RD) Board representative and organised multiple Case study presentations and training programmes for RD aspirants as well as organised the RD exam in the college.

Achievements: There have been many notable awards and achievements for students at local and intercollegiate levels. Some highly notable achievements are as follows:

- Dr.Veena Yardi received the Best Paper Presentation award (2nd Prize) at an International conference held in Nepal on “Emerging trends in Basic and Applied Sciences” organized by GSBASA
- Dr.Subhadra Mandalika co-authored a book ‘Nutritional Guidelines for Sportspeople’ together with our alumnus Dr.Gitanjali Kelkar. The book was released in December 2017.
- Dr. Minelly Rodrigues was conferred the Ph.D. degree. Her guide was Dr. Subhadra Mandalika
- Ms Tasneem Ravat (PhD Student), guided by Dr.Veena Yardi, received Best Poster Award at 4th Biennial conference of PAI and International Symposium on Probiotic Therapy: Translating to Health and Clinical Practice, at AIIMS, New Delhi, India.

Thus this was an intensive year filled with passion, commitment, dedication and fervor where we strove to reach the unreachable frontiers of our learning, society and ourselves.

**Compiled by : Ms.Vibha Hasija
Faculty**

A Year of Promise and Achievements in the Department of Human Development

June 5th 2017...Ready, set, go! Another academic year had started full of promise, with students and staff already known to us, and those who were yet to join the HD family and the larger NN family. Ms. Honey Thakkar joined us for a year, and all of us HD teachers looked forward to teaching the new TY syllabus, and many of us the new MSc2 syllabus. FYs became SYs, 37 SY students became HD TY students, and MSc1s became MSc2s. We had to wait a very long time for our MSc1 students because of the delayed declaration of TY results across the University. MSc1s were that much dearer to us, because of the prolonged anticipation. The stage and pace of teaching-learning was different across different levels, adding to the fun and challenge of college life.

Other than the intense curricular theory and practical classes at TY and MSc levels, workshops were also organised for the students. One of our alumnae, Dr. Foram Bhukhanwala, Associate Professor at Arcadia University, USA, conducted an empowering workshop on "Theater of the Oppressed: A Tool for Personal and Social Change". Another alumna, Ms. Kinjal Maru, conducted a workshop on youth camp leaders, sharing her personal, inspiring experiences as an international youth camp leader in USA. Dr. Bakshi conducted a session on "Scope and Opportunities for Further Education" for TY HD students. Students also participated in the workshops and sessions organised by the Employment Placement Cell.

To enrich students' learnings, we arranged for extra-mural experiences both within and outside Mumbai. TY BSc and MSc2 students were placed at Witty International Preschool in Goregaon and at Children's Academy in Kandivali. MSc1 students were placed at St. John Universal School in Goregaon. TY students visited Udhyaachal School as did the MSc1 students. MSc1 students also visited Majlis Legal Centre, Xavier's Resource Centre for the Visually Challenged, Vijay Ashram Home for the Dying and Destitute (Good Samaritan Mission), Kripa Foundation Rehabilitation Centre for Drug and Alcohol Addiction, and A Silver Amore Assisted Living Elder Care Home. MSc1 students completed brief internships at agencies such as the Family Welfare Agency, Public Concern for Governance Trust (India), Indian Development Foundation (IDF), Bright Future (NGO), Life Trust (NGO), Salam Balak Trust, and Organisation for Youth and Elderly (OYE). As part of their Counselling Practicum, MSc1 students had brief placements with school counsellors, private clinic counsellors, and at counselling centres such as the Institute for Exceptional Children, Disha Unique Psychology Consultancy, Lighthouse Arts Based therapy centre, and Nurturing Minds. MSc2 students completed internships in Semesters 3 and 4 in a wide range of settings such as Early Childhood Association India, Birla Edutech Preschool Franchise, Bright Angels Preschool/Playgroup and Daycare, Tata Institute of Fundamental Research (TIFR) Child Care Centre Association (CCCA), Muktangan Schools, Jessys Academy (Maths tutorials for children), Angel Xpress Foundation (NGO serving underprivileged children), Children Toy Foundation, Women's India Trust (WIT), Infinity Consultancy Services, All Saints Old Age Home, Conference of St. Vincent de Paul at our Lady of Vailankanni Church at Irla, and Jyppzer (development of an educational app for children).

The department's outstation extension visit this year was to Vidhyadeep Community College, Bharuch, Gujarat, a DHM centre, from 16th to the 19th of February, 2018. Dr. Rege, accompanied by Ms. Sujata Shigwan, took the HD TY BSc and MSc2 students to Bharuch. The students conducted extension activities for the 276 residential college students from tribal communities who were studying one of the following: Secretarial Practice, Home Science, English, Computers and Nursing. Four workshops were conducted by the HD students, namely 'Awareness on Child Sexual Abuse', 'Enhancing Self-esteem and Assertiveness Skills', 'Leadership and Communication Skills', and 'Group Dynamics and Team Work.' HD students also demonstrated and taught self-help income generation activities, using multiple learning centres. The learning centres focused on learning how to make items like jewellery box, lip balm, key chain, rugs, and flowers; and learning skills like scarf styling, cup decoration etc. HD students also organised an 'Each One Teach One' cultural exchange activity. They taught various dance steps, skits, songs, body percussions etc. to the girls and the Vidhyadeep students taught them many art forms from their culture both of which were showcased in the evening. Students left Vidhyadeep

with memories that will endure, and felt that they had had a life changing experience that had taught them the value of unconditional service.

The HD Department's study tour to Jodhpur and Jaisalmer was also in the second term. Fifty students (TY, MSc1, MSc2, and PhD students) along with Dr. Bakshi and Dr. Rege left for Jodhpur on the 6th of March, 2017, and returned from Jaisalmer on the 11th of March. We visited Sambhali Trust in Jodhpur, a world-renowned NGO, working for the development and empowerment of women and girls. We observed and interacted with Sambhali trustees and staff, and came to know of Sambhali's projects such as Sambhali Women and Children Empowerment Centre, Sambhali Sheerni Microcredit Project, Sambhali No Bad Touch Project, Sambhali Scholarship and Sheerni Educational Project, Sambhali SOS and Helpline, and Sambhali Sewing Centres. The trust has established 210 schools and 47 girls' homes. The trust has been granted special consultative status by the Economic and Social Council (ECOSOC) of the UN. We learnt that some beneficiaries have started their own centres in different cities of Rajasthan, and some others were teaching in the centres of the trust. The TY students shared that they had learnt that it was not necessary to be highly educated to start such an organisation or to be a part of it, but compassion and passion for helping were a must. TY and MSc students could also see a potential career option through the visit. In the words of a student, "After graduating from Bachelor's or Master's program, we can join such an NGO and acquire skills and knowledge to run our own NGO one day". We also spent one morning at Aastha Old Age Home in Jodhpur. We interacted one-on-one and in small groups with the 69 elderly residents of the old age home. Students conducted a brief cultural programme for the elderly comprising prayer songs, a prayer dance, a Rajasthani folk dance, and a Koli dance. Dr. Bakshi explained about positive affirmations and next each elderly person was gifted a small pouch with a note inside which had an attractive image along with a positive affirmation in English and Hindi. The students individually explained the benefits of repeated positive affirmations. The elderly found the idea of affirmations interesting and assured the students that they would read it every day. Students observed that many individuals living at the old age home appeared to be leading happy lives. They also got sensitized about the nature of support and motivation required during late adulthood. In Jaisalmer, we visited a tribal village, "Matwon Ki Basti". Many students had not been to a village and found the visit an eye opener. They shared insights such as, "To be content and satisfied with what we get and not crib about what we don't have"...."TV, internet etc. are not the only means of entertainment." A Katputli workshop was also arranged in Jaisalmer in order to have first-hand exposure to using marionettes. Students watched the demonstration carefully and later excitedly worked the marionettes themselves. Cultural heritage visits included the Mehrangarh Fort in Jodhpur, and Patwon Ki Haveli, Jaisalmer Fort, Khaba Fort, Kuldhara Village, and Gadisar Lake in Jaisalmer. The visit to the Jaisalmer War Museum and the viewing of two documentary films strengthened everyone's patriotic feelings and we were filled with deep honour for our courageous defense forces and our martyred soldiers.

Research featured as one of the department's strongest areas of achievement this year. In the new TY syllabus introduced this year, students had both a theory subject and a practicum in methods of studying children, adolescents and adults. Each of the 37 TY students turned into budding researchers under the guidance of Dr Rege and Ms Honey Thakkar, exploring topics such as grandparenting, single fathers, third gender, job satisfaction of bank employees, depression among late adolescents and early adults, preferences of never married women, storybooks for young children, and coping strategies of individuals with paralysis. Even on their extension trip to the Vidhyadeep Community College in Bharuch, the TY students conducted a research along with Dr Rege on awareness of sexual abuse laws and related information. One group of MSc1 students researched the profile of counsellors and their clients, whereas the other group researched students' participation in sports and relationship to emotional intelligence under the guidance of Dr Bakshi and Ms Maheshwari. MSc2 students, under the guidance of Dr Bakshi, Ms. Divecha, Ms. Maheswari and Dr. Rege, took on their dissertation work in diverse areas such as marriage, music education, emotional intelligence and job satisfaction, and awareness and knowledge regarding child sexual abuse among parents with young children. Doctoral students, under the guidance of Dr. Almeida, Dr. Bakshi and Dr. Rege, continued working in areas such as career guidance interventions for rural disadvantaged youth, effectiveness of a rational emotive behaviour programme

for parents, quality of teacher-student relationships, and recreational activities for the elderly residing in old age homes. The Arts Based Therapy value-added course students also completed an action research project, demonstrating the use of visual and performing art forms for healing and engendering wellbeing in individuals from a special population (e.g., children with special needs, children and adolescents at risk, children with cancer, and senior citizens).

The department also obtained many laurels in the area of research. Dr Rege coordinated the training and participation of students in the Avishkar research competitions, and research guides worked with their individual students and teams. Eight TY HD teams, three MSc2 HD teams, and one HD doctoral student presented their researches through a poster presentation at the inter-collegiate, South Mumbai zone, Avishkar Research Convention. One of the MSc2 research projects, on emotional intelligence and adjustment of college students living with families vs. living in hostels, led by Jamila Merchant, co-authored with Sana Memon, Arhi Khan and Payal Udeshi, and guided by Ms. Maheshwari obtained an award of merit and was selected for the next two rounds: the inter-zonal Avishkar competition, and the state level Avishkar competition. Jahnvee Joshi's poster presentation of (part of) her doctoral research on Career Guidance Interventions for Rural Disadvantaged Youth, guided by Dr. Bakshi, also received an award of merit and was selected for the zonal level, and next for the state level, where to our immense joy and pride, she was awarded a gold medal. Nimisha Kulkarni, TY HD student, guided by Dr. Rege, obtained the first prize for best research presentation at a national conclave. Her research topic was on Challenges Confronted and the Strategies Shared by the Currently Working, Middle-Aged Employees from Selected Nationalized Banks.

There was an entire spectrum of other outstanding student achievements. Koshangi Gala, MSc1 HD student, obtained the gold medal and a merit scholarship for postgraduate studies from the University of Mumbai for topping the BSc in Home Science programme. Another remarkable achievement was that HD students' and ex-students' thoughts on inclusion were published in an international book, titled "For a Manifesto in Favor of Inclusion: Concerns, Ideas, Intentions, and Passwords for Inclusion". Thirty-six students/ex-students which comprised 11 HD TY BSc students, one HD MSc1 student, 12 HD MSc2 students, 8 HD MSc2 students from 2016-2017, two HD ex-students, and two HD PhD students published their thoughts on inclusion in this book. Jamila Merchant, MSc2 HD student, cleared the November 2017 NET in Home Science. Ex-student Brenda Fernando cleared the November 2017 NET in Home Science and also qualified for the Junior Research Fellowship. On the cultural front, Eshwari Phanse, TY HD student, got the first prize at a national Odissi dance competition at Bhubhaneswar. During Nirmal Utsav, TY HD student Priyanka Maru was crowned Ms. NN after a competition which included a general knowledge quiz and exhibiting creative talents; Priyanshi Madhwani, also a TY HD student, was crowned as the second runner-up in the Ms. NN competition.

Teachers in the department were also shining bright through the year. Ms. Divecha, Ms. Maheshwari, and Dr. Rege completed their minor research projects funded by the University of Mumbai. Dr. Bakshi and Dr. Rege published in international journals/books. Ms. Divecha wrote multiple blogs on an international website on topics such as "do what you love, and you'll love what you do", "singing in harmony and living in harmony". Dr. Bakshi, Ms. Maheshwari, and Dr. Rege published in national journals/books. Ms. Sampat published an article in a newsletter on "being an emotionally intelligent parent". Dr. Bakshi and two doctoral students (Ms. Jahnvee Joshi and Ms. Kiran Angane) presented papers at an international conference on "Decent Work, Equity and Inclusion: Passwords for the Present and the Future" organised by the University of Padua, in Padua, Italy. Dr. Bakshi was invited to be a roundtable panellist at this conference as well. Dr. Bakshi co-chaired the Annual Board Meeting of the British Journal of Guidance and Counselling in London. She was also invited as a speaker by various academics and organisations such as the former VC of SNDT University, PG Department of SNDT University, Aga Khan Education Board for India, and Mukhtangan Schools. Dr. Rege helped organise and was a speaker/moderator at the 6th Annual International Early Childhood Education (ECA) Conference in Mumbai. Dr. Rege was also invited to speak at various other events organised by ECA, Centre for Excellence in Teaching (CRET) in Kerala, Shri M. D. Mahila College of Arts and Commerce (Mumbai), Whystles Educational Consultants in Kerala, and the Maharashtra International Education Board. Dr. Rege and Ms. Maheshwari

helped organise and participated (along with department staff and students) in the 2nd Annual New Horizons Conference on Developmental Neurosciences.

Dr. Bakshi joined the Board of Studies (BOS) for Psychology of the University of Mumbai, and was an invited member of the Ad Hoc BOS for Home Science. Dr. Bakshi continued as a Co-Editor for the *British Journal of Guidance and Counselling* and the *Indian Journal of Career and Livelihood Planning*. Ms. Maheshwari continued to be an Editorial Board member for multiple international journals such as the *Journal of International Special Needs and Education*, *Psychology Research*, *US-China Education Review*. Dr. Bakshi, Ms. Maheshwari and Dr. Rege served as reviewers for journals. Dr. Bakshi accepted the invitation to be an Advisory Board Member of a development project in two African countries led by Prof. Rossier of the University of Lausanne, Switzerland.

Teachers are also holding positions of leadership in professional organisations. Dr. Bakshi is a Vice-President of the Indian Association for Careers and Livelihood Planning and Dr. Rege is the Treasurer and Advisory Board Member of Early Childhood Association India. In addition, teachers extended their knowledge resources to the community. Ms. Divecha conducted multiple sessions with target groups including youth of a parish and adult students of a PG Diploma in counselling on sexuality, suicide, marriage, counselling adolescents, and counselling parents. Dr. Rege conducted workshops in Mumbai and Kerala with parents, teachers, Balwadi and Anganwadi teachers, and teacher trainees.

Teachers are always students; yet, they have occasion to put on their “formal” learning hats too. All the teachers took part in the two-day personality development workshop conducted by Fr. Henry from Atma Darshan, Andheri, on 10th and 11th August 2017. Ms. Khyati Sampat completed a four-day course on Rational-Emotive Cognitive Behaviour Therapy conducted by Prof. Windy Dryden from the UK from 3rd to 6th November 2017. Teachers also attended various informative seminars and workshops on topics such as grants, accreditation framework, scholarships and freeships, revolutionising early childhood education in India, child safety, and the Avishkar Research Convention.

The two value-added courses of the department were much appreciated. The SEEDS Diploma in Arts Based Therapy was offered in modular format for the first time this year. A wide range of professionals, aged 22 to 64 years, joined the course including an occupational therapist, counsellors, art teachers and special educators. Eighteen students were certified as ABT practitioners at the end of the two semesters and the successful completion of an action research project. The Indian Sign Language (ISL) course helped sensitise the 18 SY students to those with hearing impairments and they learnt to sign in ISL, thoroughly enjoying the classes with their teacher who is hearing impaired.

We are very thankful to have had the deeply meaningful, enjoyable, and successful journey of 2017-2018. We bid Ms. Honey Thakkar goodbye, and thank her for the earnest efforts she made in teaching and supporting students. For the year as a whole, we express our heartfelt gratitude to God, the DHM management, Principal Dr. Geeta Ibrahim, Administrator Sr. Noella Dias, colleagues, students and their families, and the University of Mumbai. Hasta la vista until the next year’s edition of the magazine!

Dr. Anuradha J. Bakshi
Head of Department

Department of Textile and Fashion Technology

The Department of Textile and Fashion Technology in 2017-18 had new experiences, energetic year with activities and programs throughout the year to provide hands on learning opportunities and augmented learning for students and faculties.

Seminars and conferences organized:

- o One day seminar on “Training the next generation of Successful Entrepreneurs” was organized under EIC (Entrepreneurship Incubation Cell) on 12th September 2017. Speakers (some our own alumni) were Ms Anita Vashisht and Ms Urbhi Sharma (Vaaso), Ms Mohadessa Deghani (Ritzeva), Ms Ritu Bhassin (Ritu Bhassin), Ms Nehal Mehta (Garde-Robe), Ms Koma Kolekar (Indiwork), Mr Philip Shah (9 to 7 Fashions), Mr. Sachin Gada (Saith Studio) and Ms Khyati Shah (Design Hub) graced the session with their valuable experience and suggestions
- o One day National Seminar on “Reaching the Unreached through the New Frontiers of Technical Textiles” was organized on 24th February 2017. The speakers - Mr. Pankaj Verma (Business Head - Active Wear, Sutlej Textiles and Ind. Ltd); Mr. Prasad Pant (Director (South Asia), ZDHC Foundation, Amsterdam), Mr. Rahul Bansal (GM – Nonwovens, Birla Cellulose, Grasim Ind. Ltd.), Dr. M.D. Teli (Professor of Textile Chemistry, Member of Board of Management of ICT) and Dr. Rachna Shukla (Senior Research Fellow, SASMIRA) who are actively involved in research and transfer of knowledge in the field of technical textiles

Talks and workshops

- o Workshops – demonstration on the traditional religious art form Mata-ni-Pachedi was held in collaboration with Paramparik Karigar on the 12th August 2017. The workshop was conducted by the paramparikkarigar Mr. Sanjay Manubhai Chitara (the only artisan who practices this art in its true form).
- o Few of the students and staffs participated in the RISE Summit which included series of round tables and workshops that are based on Open Spaces Technology to allow the agenda to develop organically so to ensure relevance and map resources to further the actions among participants on 25th September 2017.
- o The MSc Part II students attended U.S. Consulates workshop on basic film making at the Sophia college on 5th and 6th October 2017 which was conducted by a well-known film director Ms. Ajita Suchitra, Founder of Imagem Cinema.
- o A talk was organized on 23rd December, 2017 on YouTube vlogging by Mr. Jeevan Kadam - Marathi you tuber, a vlogger and a social media figure who is a software engineer by profession. He gave insight on YouTube vlogging along with his team of the channel Jeevan Kadam Vlogs, Mr. Amol Jamdare (content writer) and Mr. Ninad (photographer).
- o Workshop on microencapsulation was held on 11th January 2018 for all MSc students and staff. Ms. Khushoo Shreemali, an expert presently pursuing her doctoral degree in the same area of research under Dr. Ela Dedhia conducted the session.
- o A talk on “Substituting of Sanitary Pads” was conducted on the 11th of January, 2018, by Mrs Seema Pardeshi Khandale who is an active social worker and is the founder of **ASHAY SOCIAL GROUP**, which works towards environmental protection and conservation.
- o Workshop on testing of antimicrobial testing for students was arranged at Jaihind College on 12th January 2018, as a part of value addition through textile finishes. The demonstration was given by Dr. Madhura Ghayal, Associate Professor, Department of Microbiology, Jaihind College.
- o A talk on increasing awareness of the growing need for sustainability in textile production was conducted by Dr N. Mahapatra (President of Colourant Ltd.), on the 31st of January 2018. The session focused on the importance of sustainability in the textile industry, as it holds the dubious distinction of being the most polluting industries today.

- o A workshop on Photography and Videography was conducted on 11th of April 2108, for MSc I by Mr. Mahesh Shah from Hetal Studios, who is a renowned industry professional along with his associates Mr. Santosh and Mr. Sudhir.

Internship

- o Six students of MSc II - Deeksha Shetty, Ravina Lad, Akshaya Sarkondavar, Himali Pimple, Dimple Jain and Shivani Jaju under the guidance of Dr. Ela Dedhia took a project of Earn and learn, for the production of Stolas for a German church. The samples were liked and appreciated and got further orders for 50 stolas and the students got paid for the same.
- o Students got a week long paid internship with Deal Jeans, a renowned fashion house with an experience in the market for over 16 years. 13 students selected were from MSc Part II- Deeksha Shetty, Darshana Pandey, Dimple Jain, Himali Pimpale, Sauda Sayed and Disha Zatakia, and from TYBSc- Mizbah Patel, Fihan Baig, Jhanvi Nagda, Madhuri Mammania, Ekta Sachde, Bhavi Vora and Rutu Kanade.

Events

- o **BIG CUSHION** was a small contribution made by the Department towards the world record for the largest cushion created by Mrs. Kanika Bawa where the students helped karigars to make the world's largest cushion measuring 20 ft. x 25 ft. The exhibition was on 20, 21, & 22 of June 2017 at Pragati Maidan, Delhi. Other products were like rope hammock using macramé technique, fabric pillows, plastic folders stuffed with yarns and blanket, all made from waste.
- o On the occasion of Gandhi Jayanti, 2nd October 2017, the students of TYBSc and MSc participated in a one day training programme on the concept of **Nai- Talim and self-reliance** imparting skills of Tie and dye, block printing, embroidery, crochet and macramé to the teaching and nonteaching staff and students of Shishuvan School, Matunga, Mumbai.
- o **Jamboree 2016-17** a student led activity was held on 21st December 2017 and 2nd February 2018 based on the theme 'REACHING THE UNREACHED'. On 21st December, 2017 various competitions, workshops and games were conducted. Expert speakers like Ms. Meher Sawhney, Mrs. Chetna Chhadwa and Ms. Krushi Chhadwa conducted sessions on styling and makeup for the students. On 2nd February 2018 students showcased their self-designed and self-stitched collections through a fashion show and awarded for their garments and designs. The Design Disguise competition themed THE URBAN NOMAD was an intercollegiate event. Students from various colleges participated like BMN, Amity, SASMIRA, NIFT, Nirmala Niketan Polytechnic. The juries were Ms. Geeta Castellano (founder and committee member of Kala Ghoda Arts Festival), Ms. Mamta Joshi (CEO of Orange Tree Image and Fashion Consulting), Ms. Bela Sanghvi (MD of Navnidhi Design Solutions Pvt. Ltd.), and Mr. V R Sai Ganesh (Trustee Chairperson of SDC EC and GM -marketing at Atul Ltd). The trophies were sponsored by ZN Skills, Dr. Ela Dedhia and Society of Dyers and Colorists SDC EC.
- o **The Story of Achievers-** A half day event was organized on 27th April 2017, to felicitate the students for their achievements throughout the year. There were talks delivered by eminent alumni - Ms. Zehra Noori, Ms. Nishrin Rangwala, Ms. Disha Goshar & Ms. Dolly Gala and Ms. Kreema Shah who shared their success stories.
- o **Market:** As part of the evaluation technique the TYBSc students organized market in the college premises in association with the NGO's they were working with as part of extension activity. Two markets were organized one for Entrepreneurial Skill Development in Textile and Fashion and second for Sustainable Social Entrepreneurship both in March 2018.

Extension work

- o The weekly extension activities as part of field work for TYBSc were carried out at various centres such as Swayam Foundation - Colaba, National Association for the Blind at Raey Road, Cheshire Home - Andheri, Bapnu Ghar - Worli, Premdhan - Colaba and Raey Road, Society for the Vocational Rehabilitation of the

Nirmala Niketan College of Home Science

Retarded - Mumbai Central, Nirmaya Foundation – Mahalaxmi. Through this extension work, students have trained more than 200 women.

- o TYBSc students went for a rural camp to Navjeevan Centre, Murbad on 1st and 2nd December 2017 and 16th and 17th December, 2017 where they taught tie and dye, block printing, stencil printing, upcycling of garment, jewellery making, embroideries etc.
- o MSc students went for a rural camp to Ggyanjyoti Community College Kharasgaon on 13th and 14th December, 2017 where they taught pattern making and stitching of Katori Choli, Princess line Choli and Salwar.

Industrial visits-

- o The educational trip for the year 2017-18 was organized to Odisha from 14th February to 23rd February 2018 which included visits to several artisans/craft clusters in the interiors of Odisha. Various villages were visited like Sambalpur, Kappabari village, Sonapur, Kendupalli village, Nuapatna village, Sadei Bareni, Olasingh village, Pipli village, etc. to see the traditional craft of weaving, dyeing, handicrafts, filigri work, etc.

Lifelong Learning and Extension

- o Students participated in yearlong extension activities and also participated in **UDAAN FESTIVAL – The flight of extension** on January 22nd at K.E.S Shroff College in Kandivali. Students participated in street play, rangoli making, poster making, debate, creative writing and craft making. Ms. Shruti Sonawane received third prize in craft making.

Value added courses

- o “Visual Merchandising” was successfully conducted from end of July 2017 to end of February 2018 coordinated by Dr. Pratima Goyal. 23 students enrolled for the course from various levels of Degree College and 3 outsiders. Sessions were conducted by Ms. Bijal Vora, Ms. Dhara Padia and Ms. Rashmi Deshmukh.
- o “Entrepreneurship in Textile Crafts” was successfully conducted from end of July 2017 to end of February 2018 coordinated by Dr. Anjali Srivastava. 9 students from various levels of Degree College and 1 outsider were enrolled for the course. Sessions were conducted by Ms. Zehra Picturewala, Ms. Ritu Bhassin, Ms. Dhara Padia, Dr. Anjali Srivastava and Ms. Sanghmitra Navalgund.
- o One Year Diploma course in ‘CAD/CAM in Textile & Apparel Industry’ was successfully conducted from July 2017 to March 2018, coordinated by Dr. Ela Dedhia, for 59 students of the department. Mr. Sameer Panchamia was the expert for the course along with Dr. Ela Dedhia, Ms. Neha Mulchandani, Mrs. Vrinda Udiavar, Dr. Anjali Srivastava and Mrs. Sanghmitra Navalgund.
- o Certificate course in Personal Styling Grooming and Fitness was successfully conducted in collaboration with Orange Tree from July 2017 to March 2018 coordinated by Dr. Ela Dedhia. 39 students from various levels of Degree College were enrolled for the course. Sessions were conducted by Ms. Mamta Joshi and Ms. Vinaya Vaidya.

Collaborations and networking

- o Multiple collaborations were established 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 Trikolaa Tech LLP, Swaraaj Fashions Pvt Ltd, First Cry, Teemper Lifestyle Pvt Ltd, Yoke Corporation (YOKE next to myself), Textile Committee, Govt. Of India, Creative Lifestyles Pvt. Ltd., Creative Lifestyles Pvt. Ltd., Creative Lifestyles Pvt. Ltd., Provogue India, Lakme Fashion Week 2017., Deal Jeans Global Pvt Ltd.

Avishkar Research Convention 2017-18

- o 12 projects under different level and category were presented from Department at Avishkar research convention 2017-18. The projects were scrutinized at KC College on 11th December 2017. Out of which four projects

were qualified for the Zonal level. Zonal was conducted at KLE college, Panvel and K.J Somaiya on 20th December 2017 and 2nd January 2018, respectively. Ms. Sanghmitra Navalgund received third prize at zonal level.

Achievements

- o The staff and students are given opportunity to present the papers at various level. There were total 5 publications, 2 articles in magazine and newspapers, 6 paper presentations and 12 poster presentation (Avishkar Research Convention 2017-18).
- o One oral presentation got best Presentation Award at the International Conference on The Global Design and Textile Industry organized on 22nd February, 2018.
- o The department staffs were invited for various conferences and seminars as keynote speakers, chairperson, invited guests, jury, etc, appointed as experts and examiners for various exams for other universities and few staffs are editors and reviewer of Journals.
- o Dr. Ela Dedhia attended a Certificate training Course in Personal Counseling which is based on the Robert Carkuff's Model of Counseling from 1st September to 13th October 2017, at the Institute of Human Technology, Heart to Heart Counseling Centre. She is a member of Ad-hoc BOS for University of Mumbai and outside universities. She is on the Advisory Board for Research Reach, Journal of Home Science.
- o Dr. Pratima Goyalelected as Committee member of SDC Mumbai Region.
- o Dr. Vishaka Karnad selected as Honorary Secretary Textile Special Interest Group Textile Institute. She is selected as Member of Minor Research Committee and member of RRC of University of Mumbai.
- o Ms. Sanghmitra Navalgund under the guidance of Dr. Ela Dedhia secured 3rd prize at Zonal Level Avishkar Research Convention 2017-18.
- o Dr. Anjali Srivastava attended a short term course on "Research Methodology in Social Science" from 31st July 2017 to 5th August 2017, Sponsored by ICSSR (WRC)
- o Ms. Neha Mulchandani and Ms. Sanghmitra Navalgund received Minor Research Project grants under the University of Mumbai.
- o Mrs. Sanghmitra Navalgund and Mrs. Vibhuti Khedekar successfully completed Orientation Program.
- o Dr. Anjali Srivastava, Mrs. Sanghmitra Navalgund and Mrs. Vibhuti Khedekar received PG recognition.

Dr. Ela Dedhia

Head, Department of Textiles and Fashion Technology

The Annual Report of the Department of Community Resource Management

It was a glorious moment when the department enrolled 41 students at TYBSc this year. The department offers two Elective courses: Residential Interior Design (14 students); and Front office and Housekeeping Management (27 students).

The following workshops and activities were conducted:

Workshop on Sketching for Interior Design Elective: The workshop was designed to provide insight and understanding regarding the key concepts like importance of shadows, lighting, intensity of shading and its importance.

Workshop on Personal grooming: The grooming session was conducted on 13th June 2017 for the hospitality students by Make-up artist Ms. Aneri. The students learnt how to apply the products, the quality and type of products that suited their skin, which areas to hide and which to emphasize and finally how to tie up the hair in a neat bun. The session was extremely helpful as it was an interactive session.

Nirmala Niketan College of Home Science

Work shop on Street Play

The workshop showed new techniques of street play writing: how to attract audience by storytelling, composing entertaining rhymes or songs that subtly pass important messages to the audience. The students were divided into 4 groups and each group had to prepare a song and enact it within 10 minutes. Students learnt important life skills like perseverance and never to give up by the simple activity of pushing and pulling. This activity was the highlight.

Other workshops conducted were:

- Table setting
- Freehand sketching
- Freehand perspective
- Coper Marker rendering
- Auto CAD
- COLOUR Rendering

Bonding PICNIC: Staff and student went for 1 day picnic to Silverador water resort Bhayander on 1st July 2017. This outing created close bond amongst the students.

Parents Orientation: 8th July Saturday 1.30 pm to 4.00 pm. Parents of 36 students attended the programme. Our principal Dr. Geeta Ibrahim and College Counselor Ms Vinita addressed the crowd. It was an interactive session.

Field Visits:

- On 25th July One Day Visit to **Central Labour Institute** Chunabhatti was planned to enhance the class room teaching with respect to Value Added course Work station Design and Ergonomics. Divisions visited were Ergonomics and Physiology Lab, Environment Engineering Lab, Personal Protective Equipments Division.
- On 8th Sept '17. Asian Paints: **COLOURWORLD** Visit planned. Objective of the visit was 'Concept of colours in Interiors and upcoming color trends'

Student friendly RESOURCE MATERIAL

Student friendly Manuals compiled and edited by Miss Roopa Rao for TYBS practicals.

1. Ergonomic Investigation and Analysis -1
2. Training and Development for Hospitality Industry
3. Hotel Front Office Journal

INDUSTRIAL VISIT: BANGLORE, MYSORE COORG (21st Jan – 27th Jan 2018)

Students benefitted tremendously through minor ergonomics research conducted in these industries on posture analysis, shift system, environmental evaluation and stress.

Council of Fair Business Practices (CFBP) had organized 30th CFBP Jammalal Bajaj Awards for Fair Business Practices on 17th March. Principal, Management and Department Staff have been invited for this programme. Where they will be releasing a book on "How Safe is your Food" compiled by Dept staff Ms Roopa Rao and Ms Sunita Jaiswal

Annual CRM Market: The theme was Mitron i.e. "FRIENDS" and it was organized for 3 days: 8th, 9th and 10th of March. This activity gives practical experience of entrepreneurial skill to set up a business.

All the 41 students of TYCRM successfully completed DLLE Projects on 19th April 2018 and were awarded their Certificates.

Department of Life Long Learning (DLLE) had organized Work shop on "Women Empowerment" 14th March 2pm to 4pm at Vidyarthi Bhavan Churchgate. Three students attended this programme. They were also given participation certificate

Value added courses offered by the CRM department:

- Workstation Design and Applied Ergonomics: 26 students enrolled
- Cultural And Heritage Management : 14 students enrolled

Ms. Sunita Jaiswal
HOD, CRM Department

F.R.I.E.N.D.S.

The Department of Community Resource Management organizes an annual event CRM market with a theme every year. The theme for the year 2017-18 was 'F.R.I.E.N.D.S'. The objectives for organizing the market were, to give the students a platform to experience being an entrepreneur for 3 days and to make profit. The planning of the market started in the month of August and it was executed on 8th, 9th and 10th of March 2018.

Students were divided into groups of three and each group handled one food stall and one trading stall. It is always an extremely enriching experience where students learn certain concepts of marketing and business practically like cost consciousness, pricing, importance of advertising, market research, competition, etc. Also importance of making contacts in the relative market to start or run the business was known. The core feature of business i.e. team work was learned by the students. The response for the market was extremely good.

The market was inaugurated on the first day by Principal Dr. Geeta Ibrahim. Planning and execution of the market by the students was done well and was appreciated by all, and a huge profit was made.

Ms. Sanam Khan
Department of Community Resource Management

Committees For Co-Curricular / Extra Curricular Activities

COMMITTEES	MEMBERS
CULTURAL COMMITTEE	Ms. Roopa Rao (Sr.) - Convenor Mrs. Sheetal Bhat, Ms. Vibhuti Barve, Ms. Khyati Sampat, Mrs. Sheetal Joshi, Mrs. Varsha Navale
EXAMINATION COMMITTEE	Ms. Payal Maheshwari - Convenor Ms. Sunita Jaiswal, Dr. Vishaka Karnad, Dr. Subhadra Mandalika (IT in charge), Mr. Vijay Almeida Ms. Sonal D'souza (Secretary & Assistant IT)
INTERNAL QUALITY ASSURANCE CELL	Dr. Ela Dedhia- Coordinator Dr. Geeta Ibrahim Ms. Vibha Hasija, Dr. Veena Yardi, Dr. Anuradha Bakshi Ms. Sunita Jaiswal, Dr. Pratima Goyal, Ms. Jacqueline Colaco, Ms. Rhonda Divecha. Ms. Noella Dias, Ms. Cheryl Machado, Mrs. Prajakta Mhaprolkar, Ms. Ritu Wagle (Secretary), Mr. Sunil Lopes
INTER-FAITH COMMITTEE	Ms. Neha Mulchandani-Convenor Ms. Sanam Khan, Ms. Nivedita, Ms. Minelly Rodrigues Ms. Rena Rodricks, Ms. Honey Thakker
LIBRARY COMMITTEE	Ms. Prajakta Mhaprolkar – Convenor Ms. Cheryl Machado, Dr. Anuradha Bakshi, Ms. Shefali Sharma, Ms. Vibha Hasija, Ms. Sanghmitra Navalgund, Ms. Reshma Chatur

MAGAZINE COMMITTEE	Ms. Vibha Hasija- Convenor Ms. Rhonda Divecha, Ms. Vrinda Udiaver, Mr. Amol Surte, Mr. Shankar Pandey Ms. Aditi Gaonkar (Secretary)
SCHOLARSHIP COMMITTEE	Jr. college: Ms. Zahida Taqi, Ms. Roopa Rao (Jr.) Degree college: Ms. Sanam Khan - Convenor Dr. Kamini Rege, Ms. Minelly Rodrigues, Ms. Ritu Wagle Mr. Prashant Patil. Mr. Dinkar Pagare
CO-CURRICULAR & GRANTS COMMITTEE	Dr. Subhadra Mandalika - Convenor Ms. Payal Maheshwari. Dr. Vishaka Karnad. Ms. Roopa Rao
SPORTS COMMITTEE	Jr. college : Mr. Amol Surte, Mr. Shankar Pandey Degree College : Ms. Vibhuti Khedekar - Convenor Ms. Sukhada Bhatte, Ms. Minelly Rodrigues, Ms. Khyati Sampat, Ms. Sheetal Joshi, Mr. Vinayak Kadam Polytechnic : Ms. Kashmira Dastoor.
STUDENTS COUNCIL	Jr. college : Ms. Farhanaaz Syed Degree college: Dr. Kamini Rege - Convenor Ms. Sunita Jaiswal, Ms. Vrinda Udiaver Ms. Vinita Pereira (Counselor), Ms. Fatima Kader Ms. Flavia Fernandes
WOMEN'S CELL	Dr. Pratima Goyal- Convenor Ms. Rhonda Divecha, Ms. Vibha Hasija, Ms. Neha Mulchandani, Mrs. Sujata Shigwan
EMPLOYMENT PLACEMENT CELL	Dr. Kamini Rege - Convenor Ms. Roopa Rao, Ms. SanghmitraNavalgund, Ms. Sukhada Bhatte, Mr. Dhiraj Bhosle
DIET COUNSELLING CELL & FITNESS COMMITTEE	Dr. VeenaYardi –Convenor Ms. Vibha Hasija, Ms. Sukhada Bhatte Ms. Samidha (Gym)
CAP COMMITTEE	Dr. Veena Yardi - Convenor Ms. Vrinda Udiaver, Ms. Sanam Khan, Mr. Yogesh Pardeshi
COMMITTEE FOR PRACTICE OF UNFAIR MEANS	Dr. Anuradha Bakshi - Convenor Dr. VeenaYardi, Dr. Ela Dedhia, Ms. Roopa Rao
ADMISSION COMMITTEE	Ms. J. Colaco – Convenor Dr. Geeta Ibrahim (Principal), Dr. Anuradha Bakshi, Dr. Ela Dedhia, Ms. Sunita Jaiswal, Dr. Vishaka Karnad, Ms. Vibha Hasija, Mrs. Sukhada Bhatte
ATTENDANCE COMMITTEE	Dr. Ela Dedhia- Covenor Dr. Geeta Ibrahim (Principal) Ms. J. Colaco, Dr. Anuradha Bakshi, Mrs. Sunita Jaiswal Dr. Vishaka Karnad, Ms. Vibha Hasija, Ms. Sukhada Bhatte
GRIEVANCE CELL	Ms. Rhonda Divecha- Convenor Dr. Geeta Ibrahim, Ms. Noella Dias, Ms. Shefali Sharma, Ms. Sujata Shigwan, Mr. Dhiraj Bhosale

CO-ORDINATORS	F.Y.B.Sc. - Dr. Vishaka Karnad 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)	Dr. Pratima Goyal (Convenor) Mrs. Shefali Sharma, Mrs. Rhonda Divecha, Mrs. Vibha Hasija, Ms. Rena Rodricks, Mr. Dhiraj Bhosale Polytechnic – Ms. Shibani Samant, Mr. Amrish Mangle Dr. Farida Lambay - External member
PURCHASE COMMITTEE	Dr. Ela Dedhia – Convenor Dr. Anuradha Bakshi, Dr. Subhadra Mandalika, Mrs. Roopa Rao, Mr. Prashant Patil
National Service Scheme(NSS)	Ms. Fatima Kader- Programme Officer Ms. Sheetal Joshi – Programme Assistant Ms. Khyati Sampat - Programme Assistant Dr. Anjali Srivastava - Programme Assistant
WEBSITE MANAGING COMMITTEE	Dr. Anjali Srivastava Ms. Khyati Sampat
AVISHKAR COMMITTEE	Convenor- Dr Kamini Rege Ms. Minelly Rodrigues Student Co-ordinators: Shreya Mallya, Dolly Shah
RESEARCH COURSE COMMITTEE	Convenor - Dr Subhadra Mandalika Dr Vishaka Karnad, Dr Kamini Rege
MUSICAL NIGHT EVENT VOLUNTEER COMMITTEE (Short-Term Committee till the completion of tasks of the Event)	Convenor - Dr. Subhadra Mandalika Ms. Payal Maheswari, Dr. Vishaka Karnad, Mrs. Roopa Rao , Ms. Noella Dias, Ms. Cheryl Machado, Ms. Erica Lobo Dr. Veena Yardi, Mrs. Vibha Hasija Mrs. Aashiyani Amreliya, Ms. Rena Rodriguez, Mrs. Rhonda Divecha, Dr. Anjali Srivastava, Mrs. Sangamitra Navalgund, Ms. Ritu Wagle, Mr. Shankar Pandey, Ms. Sonal D'Souza, Ms. Aditi Gaonkar
COLLEGE DEVELOPMENT COMMITTEE	Management Representatives of Nirmala Niketan Institute President – Dr. Magy Vice President - Dr. Gracy Fernandes Secretary – Ms. Cheryl Machado Principal – Dr. Geeta Ibrahim Administrator – Ms. Noella Dias IQAC Convenor – Dr.Ela Daedia Department Representatives: Dr.Veena Yardi (FND), Dr. Kamini Rege(HD), Dr.Vishaka Karnad(TFT) AND Ms. Sunita Jaiswal(CRM) Accounts office Representative- Ms. Flavia Fernandes Research Unit Representative – Dr. Ratna Raje Thar Student Representative – Ms. Sarah Khokhawala

Committee Reports

IQAC (Internal Quality Assurance Cell) Annual Report

The theme for this academic year was selected as “**Reaching the Unreached**”.

Following were the highlights of 2017-18:-

Curriculum:

New curriculum was implemented at T.Y.B.Sc. and M.Sc. II level such that this batch of under graduate students was the first batch to receive the complete revised curriculum. All the departments undertook syllabus after proper planning and the same was evaluated online after implementation for improving quality in education. .

Teaching Learning:

Creative, student-centric, participatory, hands on teaching-learning methods were used at all levels and for most subjects such as to motivate students and keep them engaged with new learning’s all the while. Remedial classes and tutorials were held for those students who needed help in theory or and practical’s, while those who were brilliant were given many opportunities for curricular and extra curricular activities.

Masters Part II students under the guidance of the Head of Departments had the freedom to make choices and drive the curriculum in the subject of Alternative Therapy.

Value Added Courses:

All departments’ motivated greater participation of students in value added certificate/ diploma courses whereby they are able to receive exposure of Industry personnel and thus widen their own vision professionally. Students had flexibility in selecting the value added courses such that they could take interdisciplinary courses.

HD department since last year and TFT department since this year are running courses in collaboration with professional organizations.

Staff Development:

Refresher courses, orientation courses, short term courses were undertaken by staff as per the requirements for the posts. Most staff have acquired PhD and few who have yet not are in process to register.

Research:

For the first time, many T.Y.B.Sc. students participated in Avishkar Research Convention and reached different levels of competition.

Masters and PhD researches of FND and TFT are in collaboration with Industry.

CRM department has published a consumer guidance booklet, which has received a very good response.

Many staff and students were involved in presenting papers at National and International level and few received awards. Many staff are editors / coeditors of journals and books, some have even authored chapters/ books and many are also reviewers for publications.

Extension Activities:

Students conducted Capacity Building and Knowledge Enhancement Workshops for trainers and beneficiaries through community based projects by all four departments.

DLLE External University Coordinator gave outstanding reports for both departments TFT and CRM due to the meaningful yearlong activities they were involved in.

TFT department had an exhibition cum sale of products made by beneficiaries of NGO’ who were taught by our students.

Students of all four departments under guidance of faculty, communicated national values and messages during

community oriented programs of extension work with NGO's and Government organizations of National and Local level.

Internships:

MSc I students of FND and TFT department underwent internships and presented the same to faculty and students of MSc II and T.Y.B.Sc. TFT had several industry projects through the year by which students were able to earn while learning. At undergraduate level, internships / placements are provided by all departments as per requests of students.

Entrepreneurial Activities:

These are strengthened in the FND department through profit sharing activities, which encouraged the students to work harder and explore newer avenues for sales. Entrepreneurial skills were strengthened in the TFT department through the Entrepreneurial Incubation Cell, which organized series of lectures of successful entrepreneurs and incubated/ mentored businesses of all those students who were successful in the Ideation stage.

Infrastructure:

Equipment's / facilities were purchased by all departments as soon as funds were made available through lab fees, value added course fees, minor or major research projects, etc. These enhanced teaching learning process.

Fund Raising activities were also organized on occasion of the diamond jubilee year, to raise funds, which will be utilized for infrastructural requirements.

Student Development:

Departments were able to raise funds from Industry/ Organizations / Individuals for student scholarships. TFT was able to have many student led academic activities throughout the year. Mentoring by all teachers, coordinators and Heads of Departments facilitated the wellbeing of all students. Peer mentoring by students was formally done in HD and TFT department through few subjects. Every department conducted soft skill training and career-counseling sessions to bring better focus in students. All departments invited alumni to share their professional and life experiences with current students. Some of the senior alumni also felicitated recruitment / recruited outgoing students for placements and internships.

Co-curricular Activities:

Various committees of the college organized various activities to achieve the values of secularism, environment conservation, technology, health and wellbeing etc. and focused on specific aspects so as to contribute towards the holistic development of students.

*Dr Ela Dedhia, Coordinator
IQAC (Internal Quality Assurance Cell)*

Cultural Committee Report

The College Cultural Committee is the in-charge of organizing cultural festival in the College during the academic year. The committee takes keen interest and encourages students to participate in intra-collegiate as well as inter-collegiate events and competitions. Involvement in organizing and participation in such events will surely help the students to form a healthy attitude towards tolerance, team spirit, respect for others, appreciation for various cultures and traditions in Indian as well as the global society.

Cultural shows and competitions form an integral part of the life of every student and the college itself. Every program in our College acts as a symbol that defines the culture, rituals, and rules of the institution and more importantly represents the true student spirit. They are a platform where students from diverse backgrounds share the same stage and showcase their talents. They exhibit their innate talents like singing, acting, dancing, compeering, organizing and most important of all team skills and leadership. These celebrations bring with

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themselves a lot of excitement and a wave of enthusiasm in the air, which is characterized by a lot of activities, creativity, hustle and bustle, fun and management.

This academic year four inter-class competitions were organized:

- **Doodle fest:** Doodle is 'an unfocused or unconscious drawing made while a person's attention is otherwise occupied.' Doodles are simple drawings that can have concrete representational meaning or may just be abstract shapes. A doodle fest was organized on 24th July 2017. 23 students participated.
- **Face Painting:** Face painting competition was organized on 27th July 2017. 22 students participated.
- **Melody Queen:** Melody Queen was the hunt for the golden voice. 17 students participated.
- **Trash-it-Out:** Trash-it-Out was a competition which intended to create wealth from trash. 23 pairs participated in this competition. They came up with some amazing ideas and the ingenuity of the students made the selection process extremely difficult for the judges. Such competitions inspire students to think and work imaginatively and promote artistic excellence in them.

DJ Evening: After the competitions the dynamic CC team of 35 students started making plans for the much awaited event by cultural committee DJ., on 16th December 2017 from 4.30 to 7.00 p.m.. It was open for all students, outsiders and alumni. Printing of the passes was completely sponsored by a F.Y.B.Sc. C. C. student member Afiya Chordarwala. The DJ was from 4.30 to 7.00 pm on 16th of December 2017. A total of 150 students, alumni and outsiders rocked the show!

Nirmal Utsav 2017-18: The year's theme for Nirmal Utsav 2017-2018 was "Zest – Raise your Enthusiasm." an awaited annual event of College of Home Science Nirmala Niketan. The chosen dates being 12th and 13th of January 2018. Celebrations began with the special days from 5th Jan 2018. Various competitions, Workshops and events were organized on these two days. The Annual show was scheduled on both days: For F.Y.B.Sc and S.Y.B.Sc., it was on 12th Jan and for T.Y.B.Sc and M.Sc.'s, teaching, non-teaching and support staff it was on 13th Jan 2018.

The sensational singing couple Mr. Sameer and Ms. Deepali Date were the Chief Guests for the occasion. Miss Nirmala Niketan results were announced after the final round conducted on 13th itself.

Miss Nirmala Niketan: Miss Nirmala Niketan is the most coveted title of the year for NNites. Miss NN is a all-rounder who is the beauty with brains. 47 students across F.Y. to M. Sc. enrolled for the hunt. 1st round was a thought provoking exercise with questions on logic reasoning and GK. It was conducted on 7th Dec, 2017. 15 participants were selected for the 2nd round. The 2nd round was planned to test their creativity/talent. The challenge was to decorate the College Hall windows for Christmas. 5 participants were selected for the final round.

Inter-Collegiate Fests: The students actively participated in various inter-collegiate festivals, Mind Maze Quiz Competition (St. Andrews College, Bandra); Jallosh (Syndeham College, Churchgate); Cinephilia (H.R. College, Churchgate); Malhar (St. Xavier's College); Kshitij (Mithibai College, Vile Parle); Uman (NMIMS, Vile Parle); Kaleidoscope (Sophia College,); Utkarsh (S. K. Somaiya College); Wilforian Throne (Wilson College,) to name a few.

The committee winds up its activities for the academic year after the grand finale of Nirmal Utsav every year. This academic year we had a group of French students and Faculty visiting us on 27th Feb 2018. On request of the management a brief cultural show was organized showcasing the rich Indian culture and performing arts. A brief (10 mins) PowerPoint presentation on Mumbai and its heritage was presented by Ms. Rutvi Parekh (S.Y.B.Sc.). The show was immensely appreciated especially by the visiting delegates.

The year 2017-18 has been a successful year with the Cultural Committee students getting myriad opportunities wherein they could develop organizing skills, leadership skills and most important of all team-spirit attribute.

Mrs. Roopa Rao,
Convenor, Cultural Committee

Interfaith Committee Report

The Interfaith Committee organized the following activities to bring about an understanding of different religions and faith:

1. Eco-friendly Rakhi making Competition

On 2nd August, 2017 there was an Eco-friendly Rakhi making competition, on the occasion of Rakshabandhan, under the guidance of Ms. Neha Mulchandani and Ms. Honey Thaker. The judges for the competition were Ms. Vrinda Udaiver and Ms. Khyati Sampat. This competition aimed towards giving message to protect our environment by creating eco-friendly Rakhis and challenged the participants to make something which is creative and innovative.

2. Nauvari Saree draping Competition

The 'Nauvari Saree Draping Competition' was on 24th of August 2017, in order to commemorate the auspicious festival of Ganesh Chaturthi. The competition aimed to celebrate the rich culture of the Maharashtrian attire-the Nauvari. The judges for the competition were Dr. Pratima Goyal and Mrs Sheetal Joshi.

3. Sweet Dish Cooking Competition

On the 1st of September, 2017, on the occasion of "Eid", was a "Sweet dish Cooking Competition" under the guidance of Ms. Minelly Rodrigues, Ms. Neha Mulchandani & Ms. Sanam Khan. The judges for the competition were Ms. Fatema Kader & Ms. Cheryl Machado.

4. Buddy game and 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 22nd of December, where small gift was also exchanged.

On the 22nd of December, 2017, a Christmas programme was organized for the final year students of all sections of the college – Junior College, Degree College and Polytechnic. The FY BSc students of Degree College sang beautiful carols. Mrs. Sheetal Fernandes, Faculty of Junior College, in a much appreciated speech, shared her thoughts about Christmas. It was then followed by a play with theme "Sharing and Giving back" performed by the TY B.Sc students of the Foods Nutrition and Dietetics Department. The message projected by the play was, that Christmas meant more than just a holiday or gifts and good food –it's a season to share joy and love to not only dear ones but to underprivileged! This was followed by an entertaining dance by the students of Polytechnic. The students of the Junior College then ensured that everyone got into the festive spirit of Christmas through the beautiful carols that they sang... a fitting link to the felicitation programme for our support staff.

5. A Talk on Different Religions was organized on 30th November 2017, to spread knowledge about the diversity of religions and their principles among students. Some students of FY, SY and TY were mentored and guided and gave presentations on religions like Hinduism, Islam, Jainism, Christianity, Buddhism, and Zoroastrianism. The talk was organized specifically for FY B.Sc. students but was open to all.

6. Talk on "At home with Peace"

On the occasion of the death anniversary of Mahatma Gandhi on 30th January 2018, Fr. Prashant Olalekar SJ, Head of Dept of Interreligious Studies, St. Xavier's college, was invited to facilitate a session entitled "At Home With Peace". He began by connecting the word Peace to Home and Home Science and since Mother Earth is our home we are called to develop earth science. Through clips on Gandhi, Malala and Harsh Mander, he stimulated reflection on the dramatic impact of nonviolence on individuals and society.

The aim of the talk was meant to shake our conscience; the ideas transmitted amidst the students were commendable. The talk was attended by around 200 participants which included FY and SY BSc students, Students and staff from Polytechnic, students and staff of Nirmala Niketan Social Work, Students and staff from St. Xavier Boys School, members of management and staff of Nirmala Niketan, Degree College.

7. Silent Peace Procession

The peace talk was then followed by a Silent Peace March to Azad Maidan on 30th Jan 2018. There were 200 students together which included few faculty members and members of the committee.

Neha Mulchandani
Convener – Interfaith Committee

Nirmala Niketan College Library

‘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. At present, it has a rich collection of 14413 of books, 380 CDs and subscription to over 36 journals and periodicals (8 E-journals) and 6 newspapers. 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 155 books, subscribe 2 new e-journals for the college library.

Library Software SLIM21 – standard s/w has been purchased and 100% computerization of library is done. This year we have purchased 4 computers with latest configurations.

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

Library Orientation program conducted for new comers in the month of July

Book Exhibition: To have a glance at recent publications and to facilitate bulky purchase of books, the College library, held a two days Book Exhibition on **11th and 13th December 2017**. Our students and staff members have selected around 200 new titles from the exhibition.

Best Readers’ Award: to encourage and to inculcate the reading habits among students the library gives this award to students every year. This year it has been given to Junior College (F.Y.J.C & S.Y.J.C) and Miss. Nehal Koradia (F.Y.J.C) (Book Review Project)

Special Activity of Year 2017 -2018

Library celebrated ‘**VachanPrerana Diwas**’, on the occasion of late ex-President Dr Abdul Kalam’s birth anniversary on 14th October 2018. Celebrated the ‘**Marathi Bhasha Diwas**’ on 27th Feb 2018 on the occasion of the birth anniversary of V. V. Shirwadkar alias ‘Kusumagraj.’

Ms. Prajakta Mhaprolkar
Librarian

Report of Grants and Events Committee

This committee organised several activities in this academic year:

August 2017

- Successfully organised a one day overnight staff picnic to Igatpuri on 15th of August, 2017. The Principal and around 15 staff, some with their families participated and thoroughly enjoyed the scenic beauty of the location.
- Preparation of application for Grant under RUSA as a Centre for Excellence (Infrastructure Grants for Colleges & Research, Innovation & Quality Improvement).
- Application for development of center of multidisciplinary research in various branches of Home Science and allied fields.

October 2017: Diwali Lunch

A lunch program was organised by the committee for the teaching staff to enjoy with non teaching and support staff. Majority of the staff members participated in the same and enjoyed the occasion.

November 2017

Successfully submitted the data to NIRF -2018 which was uploaded on the college website.

September 2017 - January 2018: Musical Night Show called Welcome 2018

This was a major event that the committee planned and successfully executed. It was a Charity Concert held in Yashwantrao Natya Mandir, Matunga West on the 7th of January 2018. The program included Indian Film Music featuring the Award Winning Singer Couple from Bollywood, Mumbai Mr. Samir Date (Playback Singer for Hindi Films and Anchor of TV Show) and Mrs. Dipalee Date Somaiya (Playback Singer; SAREGAMA Star Best Singer and Times Winner). The lead sponsor was Union Bank, Fort branch, Mumbai. Other notable sponsors were: General Insurance of India, OnFees, Bassein Catholic Co-operative Bank Ltd, Reshma Haria-our alumna, Ecstasy Tours and Travel Holidays, Akbar Travels etc. Many more advertised in the souvenir with considerable contribution from our well-wishers and alumnae. Overall, thanks to all efforts, there was an appreciable amount collected towards infrastructural development in the college.

The programme commenced to a thunderous start, with a packed auditorium, graced by Dr. Geeta Ibrahim, Principal, College of Home Science; Dr. Gracy Fenandes, Vice President of Nirmala Niketan Institute; representatives of our lead sponsor, Union Bank and other dignitaries in the audience. The Souvenir (hard copies) were distributed to the advertisers, donors and the members of the audience. Soft copies were sent to contacts by all on the organizing team and volunteers as well as academic and administrative collaborators of Nirmala Niketan.

The committee wholeheartedly thank the Management and Principal for their unconditional support; and the staff volunteers who took part in each step of the program with enthusiastic commitment.

Dr. Subhadra Mandalika
Convener

A Sporty Year!!!!

'If you want to achieve something in life, you have to take risks.' said a very famous gymnast Ms. Dipa Karmakar. Sport teaches us to take risks and do all the hard work to achieve our goal. It helps in boosting the self-esteem and is also important for healthy brain development. When students are physically fit, their academic achievements improve. Sport develops a sense of friendliness among students and boosts their team spirit. It not only helps in developing mental and physical toughness, but also teaches how to work as a team and develop problem solving skills. Being good in sports is always a strong asset of a students' life for better social exposure.

Keeping all this in mind, the College of Home Science Nirmala Niketan has always encouraged the students to be actively involved in sports and to play and handle all the sports events both in college and outside the college enthusiastically throughout the academic year.

The sports core committee was elected on 22nd July 2017. The team consist of extremely enthusiastic girls who throughout the year have motivated other students to participate in various sports events in college as well as outside college. The team comprises of the following members:-

Name of the student	Post	Class
Ms. Madhura Walawalkar	President	TYBSc CRM
Ms. Nirali Gogri-	Vice President	TYBSc HD
Ms. Priyanka Dedhia	Captain	SYBSc
Ms. Rucha Mahtre	Vice-Captain	FYBSc
Ms. Humera Kolad	Treasurer	TYBSc CRM
Ms. Maria Peter	Secretary	TYBSc CRM

Following activities were conducted by the sports committee this year

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1) **Indoor Games** on 1st and 3rd August 2017 with competitions such as Table tennis Singles, Carrom singles and doubles and Chess were conducted. The entire list of winners of Indoor Games is in the Achievements Section of this College Magazine.

2) **Treks in collaboration with Trekophy**

The Sports Committee in collaboration with Trekophy organized 3 treks for the students of College of Home Science Nirmala Niketan:-

- Lohagad (Iron Fort) situated at Lonavala on the outskirts of Mumbai on 10th September 2017
- Mrughgad- Bheliv cha Killa situated at Pali region on 6th August 2017
- Khanderi Near Alibaug 8th December 2017

The students thoroughly enjoyed the treks as they were informative and adventurous.

3) **Commemoration NATIONAL SPORTS DAY on 8th SEPTEMBER 2017**

Sports are an integral part of Indian culture and the history of Indian sports dates back to the Vedic era. The National Sports Day in India is celebrated on 29 August each year. This day marks the birthday of Dhyan Chand, the hockey player who won gold medals in Olympics for India in the years 1928, 1934 and 1936. In India this day is celebrated by organizing goodwill matches between different hockey teams of India at the Dhyan Chand National Stadium, New Delhi.

The College of Home Science Nirmala Niketan commemorated the National Sports Day on 8th September 2017. For this event we invited 3 distinguished guests from the field of Sports for being a part of the session and share their experiences with all of us. The guests were: Mr. Vinay Valmiki, one of the brothers from the famous Hockey champions Valmiki Brothers, Ms. Vineeta Muni, Mountaineer, trekker and Sandeep Solanki an expert from the field of Yoga.

4) **Annual Athletic meet held on 3rd January 2018 at University Sports Pavillion**

The Annual Sports Day was held on 3rd January 2018, at the University Sports Pavillion, Marine Lines. The Junior college, Degree college and Polytechnic teachers, support staff and many student participants were present throughout the day. In spite of a lot on anxiety and unpredictability and enormous tension due to Mumbai bandh due to Dalit and Maratha riots the students showcased their talent and skills with a true sportsmen spirit. It was indeed heartwarming.

“Best Athlete of the year (Girl)” - Ms. Remya Ramaswamy from F.Y.Bsc, Degree College

“Best Athlete of the year (Boy)” - Mr. Rahul Yadav from Commercial Art, Polytechnic

The best team of the year was awarded to Degree College for winning in maximum events.

The entire list of winners of Sports Day events is in the Achievements Section of this College Magazine.

PARTICIPATION OF STUDENTS IN VARIOUS INTERCOLLEGIATE ACTIVITIES

NAME OF THE STUDENT	CLASS	EVENT	VENUE/ DATE
Ms. Rukaiya Motiwala Priyanka Dedhia Amruta Raut	F.Y.B.Sc, S.Y.B.Sc, F.Y.B.Sc	Inter collegiate Chess tournament	University of Mumbai 3 rd August 2017.
Ms. Anam Mogar, Ms. Faiza Mogar, Zamar Karari and Ms. Priyanshi Madhwani	TYBSC FND TYBSC HD	Carom singles and doubles	JashbhaiMaganbhai Patel College of Commerce at Goregaon West 21 st and 22 nd September 2017.
Ms. Anam Mogar, Ms. Faiza Mogar, Zamar Karari and Ms. Priyanshi Madhwani	TYBSC FND TYBSC HD	Inter collegiate Men's and Women's carom singles tournament	KPB Hinduja College of Commerce 26 th September 2017.

Ms. Shaikh Humera and Ms. Jinanshi Shah	SYBSC	Inter Collegiate Carom Tournament	SIWS College, organized by University of Mumbai. 12 th February 2018
Ms. Krutuja Hukeri and Ms. Janvi Gala	FYBSC	qualified the first round of carom singles	YUVA SPORTS SUMMIT (Inter Collegiate Sports Fest) organized by YuvaSena 12 th AND 13 TH February 2018
Ms. Ruqaiyya Motiwala and Ms. Mubarak Vadgamwala	FYBSC	qualified the first round of carom doubles	
Ms. Krutuja Hukeri and Ms. Remya Ramaswamy	FYBSC	qualified the quarter finals of Badminton	
Ms. Rucha Mhatre, Ms. Fatima Hagalwadi Ms. Krutuja Hukeri and Ms. Remya Ramaswamy	FYBSC	won the third prize in basketball tournament	
Ms. Malika Siddiqui	SYBSC	Intercollegiate Boxing tournament She qualified the quarter final but could not qualify the semi final	University sports pavilion 3/11/18 and 6/11/17
Ms. Krutuja Hukeri Ms. Rucha Mhatre Ms. Sanskriti Wani- Ms. Shweta	FYBSC	Bagged first prize competed against boys team in Box Cricket (CL event), at PANAAH	Hinduja College of Commerce, Charni Road 13 th and 14 th December 2017.
Ms. Sara Kamil-	FYBSC	Neon Carrom at PANAAH	Hinduja College of Commerce, Charni Road 13 th and 14 th December 2017.

Mrs. Vibhuti Khedekar
Convener - Sports Committee

Ms. Madhura Walawalkar
Student President - Sports Committee

Student Council Report

The executive council was elected from among the student council members on 19th July, 2017. The eight executive council student members were: Sarah Khokhawala (General Secretary), Aisha Ibrahim (Asst. General Secretary), Michelle Britto (treasurer), Binal Dedhia (Asst. Treasurer), Harjit Thakur (Cultural Committee representative), Madhura Walavalkar (Sports Committee Representative), Naushin Shaik (NSS Representative) and Vinaya Dasgaonkar (Principal nominated member) along with 4 student council teachers, Dr. Kamini Rege, Dr. Sunita Jaiswal, Ms. Vrinda Udaiver and Ms. Fatima Kader.

In July, the student council attended two sessions: one on 'Account Keeping and Submitting Purchased Document', organized by the college of Home Science, Nirmala Niketan on the 10th July, 2017 helped the students gain information about how to go about documenting financial details in the excel sheet, importance of bills and how to fill a voucher and a receipt. They then attended a talk on 'Substance abuse' at Lala Lajpat Rai College, Mahalaxmi by Rev. Father Joseph H. Pereira.

The student council organized 'Independence Day' event on 14th August, in the college hall. There was a wonderful line up of events in which students from across the degree college participated, after which Dr. Veena

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Yardi, gave an inspirational speech. The program was concluded with the official introduction of the Executive Council student and staff members.

On the 4th of September, a small 'Teacher's Day' celebration was organized where students of all the levels of the degree college made various handmade presents for the teachers by recycling items available at home. Presents such as pen-holder, diaries, dream catchers, photo frames, bookmarks, small storage items etc were made.

On 11th October, one of the student council members, Ms. Palak Acharya (FYBSc), represented the college in an inter-collegiate debate on Gender Disparity that took place in Seva Sadan's College of Education at Ulhasnagar. She won the 1st prize in that category.

On 25th November, a workshop was conducted for the student council members, by the Lokayat NGO in our college hall, where the entire student council got to learn more about the Constitution of India, and helped them develop leadership skills and team work.

The MSc 1 students of the different departments were welcomed by the seniors in the second term this year as they began late. This was done in varying ways like having a party, a buddy game, etc.

The student council motivated the students to contribute for the support staff members of the college. The amount was then equally distributed and was presented to them on the day of Christmas celebration. To make it more fun, the student council members had created riddles for the audience to guess the name of each of the support staff members.

From 19th to 21st January, three students, Akshada Kadlag, Reema Kinjalkar and Sarah Khokhawala of TYBSc had participated in the 8th Bhartiya Chattra Sansad (BCS) or All India Student Conclave that had taken place in MIT World Peace University in Kothrud, Pune.

On 25th January, 2018 20 girls from FYBSc and 15 girls from SYBSc attended the inauguration of Madam Bhikaji Rustom Kama Girls Hostel at Sir Cawsjee Jehangir Convocation Hall, University of Mumbai.

Career Fair

Report of the Employment Placement Cell

The Employment Placement Cell (EPC) had organised a Career Fair for the students of Third Year and Master's Degree of Human Development on 17th March 2018 at the college. There were 8 Human Developmental Organisations namely New Horizon Institute, Muktangan, Jeevandeep Edu Pvt., Kangaroo Kids and Billabong High International School, Angel Express Foundation, TIFR Child Care Centre and RTI Montessori Training Course that had come for the fair to talk about their organisation and their required job openings. Each organisation had to pay a registration fee of Rs. 3,500 for the career fair. The EPC collected an amount of Rs. 28000 through this career fair. The required job openings were that as a preschool teacher, content developer, coordinator, teacher trainer, HR etc.

The students of TYBSc and Masters of Human Development shared their views about the program (positives and points for improvement). Over all the session was quite useful and very informative. It was good that students got to know different organizations where they can work for part time, full time or work from home. The students also got to know about the pay scale, job security, and eligibility. The Maria Montessori course was something new for some of the students. Students also got to know about the career opportunities after graduation and also masters and also what are the qualifications required to get in that organisation. They also got to know about the different courses each one of them cater to and what are the further growth opportunities.

Some points for improvement which can be kept in mind while planning the next EPC session were that more organisations related to Human Exceptionality, Psychological testing, Media related, Story Writing, Toy Making, etc., could be invited; and also, hand-outs with vacancy, eligibility and job profile could be provided.

Over all it was a very interactive session, with a variety of organisations, that helped the students know more about the field.

Dr. Kamini Rege
Convenor

A Student Speaks....

The Career Fair has been a much needed session which provided a clear picture to each and every student present there and showed a path for their future. A special thanks to the Nirmala Niketan College, Department of Human Development and our mentor, guide and our teacher Dr. Kamini Rege and her team for all what they provided to us on this career fair.

Amatullah Neemuchwala

Report on 3rd International Day of Yoga

The 3rd International Day of Yoga was observed in our college on 21st June, 2017. Students under the guidance of the staff of Diet Counselling Centre and NSS unit performed various activities. Ms. Niti Dhulla student of TYBSC (Foods, Nutrition & Dietetics) conducted a session on guided meditation on the Public Addressal system which reached the entire college (approximately 1000 members of college including students and staff). The guided meditation included a talk on the history of evolution of yoga in India and globally, followed with a 5-minute meditation.

The afternoon session was dedicated towards 'Yoga Practice'. A session of one hour was planned which took place in the College Hall. Our Alumnus Ms. Chitra Pandhi, a trained and certified yoga practitioner conducted the session. The participants were 45 students, which included 8 NSS volunteers, as well as 27 teaching and non-teaching staff. It was ensured that the entire support staff of different age groups were a part of this session. Ms. Chitra enthralled and immersed us into the entire session of yoga which included asanas which could be performed in our day to day lives. One highlight was the Chair yoga which could be performed sitting on the chair in few easy steps.

The session was a beginning to the new practitioners of yoga and a reinforcement to the existing practitioners to include yoga as a lifestyle.

Dr. Veena Yardi
Convener - Diet Counselling Centre

NSS (National Service Scheme) Annual Report

The college has one NSS unit with strength of 50 students; 1 Programme Officer, Ms. Fatima Kader and the teachers in the committee are Ms. Khyati Sampat, Mrs. Sheetal Joshi and Dr. Anjali Srivastava. This academic year 21 students successfully completed 120 hours and 10 students completed 240 hours.

The commencement of the new academic year witnessed the beginning of various NSS activities. One of the NSS volunteers from FYBSc Ms Diksha Sakpal was selected for the Avhan- Chancellor's Brigade State level camp at Kolhapur.

The Regular activities of NSS were carried under four heads namely: i) Awareness related to health and activities for elderly; ii) Environment protection and ecological conservation; iii) Road safety; and iv) *Swachh Bharat Abhiyan*.

i) Awareness related to health and activities for elderly: The 3rd International Day of Yoga was observed in our college on 21st June, 2017. Ms Niti Dhulla student of TYBSc (Foods, Nutrition & Dietetics) conducted a session on guided meditation on the Public Address system which reached the entire college (approximately 1000

members of college including students and staff). Our Alumna Ms Chitra Pandhi a trained and certified yoga practitioner conducted a session in the afternoon for students, teachers and non-teaching staff. A recreational session was planned for the elderly women of 'All Saint's Home' on 8th October, 2017. A blood donation camp was organized by Sir J. J. Hospital, Lions Club and Bharat Merchants' Chamber at Churchgate station on 30th November & 1st December, 2017. Ten NSS volunteers helped in conducting the blood donation camp. NSS volunteers participated in 'Terry Fox Run' for Cancer Awareness on 28th January 2018 at Brabourne stadium. 'Health Mela' was organized by the Diet counseling committee and Dept. of Foods, Nutrition and Dietetics on 23rd February, 2017 in our college. The volunteers helped in the arrangements as well as in registrations. MDRI, PATUT, Lions club of Bombay Queensway, ROTTO-KEM and Glenmark were our partners.

ii) Environment protection and ecological conservation: As a part of the Celebration of *Vanmahotsav* volunteers organized street play on tree plantation on 5th July, 2017 on the importance of tree plantation in front of the college and in *Khau galli*. Staff and NSS volunteers organized a tree plantation in our garden area, where three papaya saplings were planted. A total of 19 saplings like Ashoka, Tamarind, Cashewnut, Mogra, Tulsi, etc were planted at D'souza Garden, Marine Lines. On 21st July, a dialogue on environmental conservation was organized by Public Concern for Governance Trust at A.B.A College of law, Dadar (West), Mr. Bittu Sahgal, an environmental activist was the speaker for the event. On the occasion of Ganesh Chaturthi volunteers made 500 newspaper bags in the college and distributed in various areas like Lower Parel Sanmil galli, Mayur Mitramandal, Worli BDD chawl, Mahavir Nagar Kandivali, Lodha Heaven, Chembur market area, Sai Baba Nagar Chembur, Dombivali MIDC, etc.

On the occasion of International Coastal Clean-up day, the 'Green Line team' had organized a beach cleaning drive at Versova Beach on 16th September, 2017, which our volunteers participated in. Segregation of dry and wet waste a project for the NSS volunteers by the NGO Green Society was undertaken by the college. Volunteers visited different societies and met the Chairman of the societies to explain the importance about cleanliness and segregation of dry and wet waste and converting it into vermicompost.

iii) Road safety awareness: On 22nd August, 2017 a road safety workshop was organized by 'United way of Mumbai' for NSS volunteers of our college. It focused on the methods and measures used to prevent road users from being killed or seriously injured. In all 22 volunteers completed the training. On the 27th of November, 2017 'World Remembrance Day for Road Accident Victims' was observed by the NSS unit, the guest of the event came from 'United Way of Mumbai'. Quiz, Poster making competition was organized by NSS unit of our college. Road safety workshop was held by "United way of Mumbai" on 24th November, 2017 at Mahalaxmi to teach about the different parts of a vehicle (Two Wheeler) and for safety of riders. Rocky Singh and Mayur Sharma from Time's now (Highway on my Plate" - Happy Roads) were also a part of the show as Anchors. 15th January to 20th January was celebrated as a road safety week and an advertising festival was organized by the Jai Hind College for the same, which the NSS volunteers of our college participated in. The purpose of this activity was to learn the rules and guide the vehicles according to the signal under the guidance of the traffic police. On 23rd January, 2018 a road safety awareness program was organized by the 'United Way of Mumbai' in collaboration with NSS unit of our college through various games.

iv) Swachh Bharat Abhiyan: On 29th July 2017, the NSS volunteers participated in a cleanliness drive near Churchgate Station which was organized by Mr. Rajesh Mandawal (The BMC officer). The purpose of the programme was to bring about awareness of segregation of garbage as wet waste, dry waste, e-waste (electronic waste). The volunteers interacted with the public at large and asked questions regarding waste management. On 4th August, 2017, a *Swachh Bharat* Oath taking program was held in our college. On 17th August *Swachh Bharat* rally was organized by the NSS unit of the college covering areas near the college. An Intra-collegiate poster making competition was organized to encourage students for *Swachh Bharat* Awareness. On 13th October, 2017 students displayed posters for spreading awareness about *Swachh Bharat* at Churchgate station. It started at 12:00 noon and ended at 2:00 pm. On 14th February, Flash mob on '*Swachh Bharat Abhiyan*' was organized by the NSS unit of the college. It was performed in front of the college. The purpose of this flash mob was to

spread awareness about *Swachh Bharat* among the people. NSS volunteers spread the message of cleanliness by implementing consciousness towards maintaining cleanliness at various events e.g. at 'Terry Fox Run' and at the Inter-collegiate sports competition at Sports complex, Azad Nagar, on 12th February 2018.

University activities that the NSS volunteers attended were as follows:

- 160th Foundation Day of Mumbai University on 17th July 2017 at Convocation Hall, Mumbai University.
- Peace rally for Nuclear Free World on 5th August 2017, on account of Hiroshima Day a rally was organized by the Mumbai University. This rally began from CST Azad maidan to Hutatma chowk.
- On 9th August, Waste Management Workshop was organized by the waste management committee under the affiliation of Mumbai University. It was held in K. C. College.
- On 13th August a World Peace and Harmony Conclave event was organized at Worli.
- On 4th September 2017, 'Ind-Chin-Pak Dosti' talk was organized by Public Concern for Governance Trust at St. Xaviers College. The purpose of this program was to have a close view on the problems between India - China and India - Pakistan and its remediation.
- The Mind Training Workshop organized by IYF (International Youth Foundation) and Guru Nanak College on 8th September, 2017. The purpose of this program was to make our minds develop and adjust according to the ever changing fast paced world.
- On the occasion of NSS day, 24th September, 2017 a State Level Award function was organized at the University Convocation hall, Mumbai, three NSS volunteers of our college attended it.
- Bhajan Sandhya on 2nd October, 2017 at Gateway of India.
- Youth's role in fighting corruption was organized by public Concern for Governance Trust at Jai Hind College on 13th October 2017.
- On 21st October, 2017 Red ribbon club organized a session on HIV and AIDS.
- On 31st October 2017, the NSS volunteers participated in National Unity Day (Rashtriya Ekta Diwas) was organized by Ministry of Youth Affairs and Sports Government of India to commemorate the birth anniversary of Sardar Vallabhbhai Patel. The Run for unity started from Marine drive (air India building) and ended at Charni Road Chowpati (Girgaon Chowpati) from 7.30am to 10.00am.
- On 26th November 2017, Constitutional Day was celebrated with a run from Worli sea link to Chaitya Bhoomi.
- A Disaster Management Camp was held at Lala Lajpatrai College of Commerce and Economics for two days i.e. on 29th and 30th November, 2017 from 10am-5pm.
- On 24th January, fire awareness program was organized at the Bombay stock exchange building.
- Stand up for pre-eminent India workshop was organized by University of Mumbai NSS cell in collaboration with K. C. College.
- Unity in Diversity programme was organized on 6th February by Public Concern for Governance Trust.
- Sankalp event of Lala Lajpat Rai College of Commerce and Economics on the 12th of February, 2018.
- On 16th February, Organ donation camp session was organized by NSS College at Mumbai Central.
- Personality Development Workshop was conducted at Wilson College.
- A session on 'Exam stress Management' was organized at K. C. College where some yoga techniques were taught to students to relax their mind and to relieve stress.

College Level activities: Students also participated and volunteered for various College level activities like the Breast feeding week celebration to promote the importance of breast feeding. A waste management session was conducted to disseminate information acquired from the Green Society.

NSS Special Camp was organized from 26th December, 2017 to 1st January, 2018. Twenty NSS volunteers attended the special camp along with Ms Fatima Kader, Ms Khyati Sampat and Ms Sheetal Joshi. It was a residential camp at **Gnyan Jyoti Community College**, Karazgaon. Sister Cynthia and Sister Meena were in-charge of our stay and guided us throughout the activities in the village. The main activities conducted were for the tribes and villagers under *Swachh Bharat Abhiyan*. Two compost pits were dug for waste disposal along with demonstration and a talk on construction of compost pit. The preparation method of Healthy recipes from

locally available ingredients rich in nutrients especially proteins and micronutrients were demonstrated. A twenty feet long *Vanrai bhandara* was built at a river near Narlipada Junction for water conservation. The students from *Palika Prathamik School* were involved in the *Swachta* rally. NSS volunteers also interacted with the students of the school and played games and taught skills like mask making. The students of Palika Prathamik School were also invited for the Inaugural session. The NSS Programme Coordinator of University of Mumbai Mr Balasaheb Bidve Sir had paid a surprise visit at the camp site, he appreciated all the *Shramdan* and awareness related activities conducted by the NSS volunteers.

This academic year marked the completion of three years of active participation in NSS activities. It resulted in the overall development of the students giving them an opportunity to be involved in many community activities both in an urban and rural set up.

Ms. Fatima Kader
NSS Programme Officer

Research Unit Report

Dr. Ratnaraje Thar facilitated the CRM department and Polytechnic College to create posters for the Council of Fair Business Practices – Consumer Film Festival where the students won the 1st and 2nd prize. (Jun-Jul 2017) We have connected the CRM department with CFBP for further activities such as booklet publications, student activities and possible future support.

Projects Undertaken by the Research Unit

Dignity Foundation (NGO) appointed us to conduct projects focused on community nutrition and health status of geriatric population availing their services. We conducted 2 projects for them till today:

- Older People Quality of Life Survey Analysis (Sept 2017)
- Bus to Health and Well-being Project: Impact Assessment (Oct 2017)

Mrs. Naaznin Husein (Founder of Freedom Wellness Management) appointed us to conduct a project on **Hunger-Free Communities, India (On-going)** The Academy of Nutrition and Dietetics and its Foundation (the Academy) collaborated with Freedom Wellness Management to begin to validate a Hunger Free Communities (HFC) food and nutrition security community assessment facilitation guide and tools. The guide and tools designed by the Academy helped us identify the food and nutrition interventions that are best suited for the community needs. Freedom Wellness Management in turn collaborated with the Research Centre at College of Home Science, NirmalaNiketan for the technical support and research expertise to execute the project.

Catholic Health Association of India as signed a MoU with the college to conduct the nutritional analysis of the data collected by FSA on a project on **‘Exploring The Potential Of Diversified Traditional Food Systems To Contribute To A Healthy Diet’ (July 2018)** from 8 target villages of the 5 districts. We will document the variety of food available to the people, the type of food bought vs. grown or foraged, which in turn will depict a need for the purchasing power of the people in order to get a variety of foods on a plate hence; the income of the population will determine the degree of nourishment. We will provide them with the quantitative tables could be as per food groups (cereals, vegetables, fruits etc.) which can be sited from the Indian Foods Composition Tables, 2017 on the following nutrients for 100g.

We have submitted a proposal to the **Tribal Development Department of Government of Maharashtra** in collaboration with the College of Social Work, Nirmala Niketan for a project on **‘Improving the Nutritional Status of Tribal School-Going Children Belonging to Ashram Schools in Dahanu Taluka, Palghar District, Maharashtra, India’**

Dr. Ratnaraje Thar (Assistant Director)
Ms. Arti Jain (Research Assistant)

The Focus on Health

Report of the Diet Counselling Center

It is health that is real wealth and not pieces of gold and silver. - Mahatma Gandhi.

The Diet Counselling Center had a varied group of activities for the academic year – a mixture of social sensitization, health assessment and nutritional guidance.

The students of FYBSc and SYBSc actively collaborated with ALERT INDIA on their Anti Leprosy Campaign and raised a sum of Rs. 1,00,018 . The College received a trophy in a grand felicitation programme will get a trophy in a grand felicitation programme attended by faculty and students who raised more than rs.1000/- .The efforts of students were highly appreciated by the organization and our students were sensitized t issues faced by leprosy patients and the efforts made to tackle this problem.

“He who has health has hope and he who has hope has everything.” – Arabian Proverb

How aptly it is said and how true the following statement is - “Our health is in our hands”. A small attempt was made today in this direction by way of organising a “Health Mela” by Diet counselling centre of college on 17th February, 2018. This was organized in the hall in the spirit of a true *Mela*, where the staff and students got inputs from a variety of sources. It was organised in collaboration with Glenmark, Rotto- KEM ,Tata Trust -MDRI , Patut , Lions club of Bombay Queensway ,NSS unit and Dept of Foods , Nutrition and Dietetics. Approximately 400 people participated in the camp. Trained technicians assessed Bone density, collected blood samples for Thalassemia and anaemia detection , performed pulmonary function test, created awareness about importance of stem cell /Bone marrow donation and registration by way of collecting blood samples, motivated all for organ donation.. Besides, our MSc 2 students of Sports Nutrition assessed fitness level and provided appropriate diet counseling. The TYBSc students of the FND Department performed Body Composition Analysis and Body Mass Index measurement and along with P.G.Dip in Dietetics and Applied Nutrition students provided relevant nutrition and exercise counseling. NSS volunteers assisted in conducting the event smoothly. The Diet Counseling Cell is grateful to all our partners and our students for hugely contributing to the success of Health Camp. Out of 112 staff who were assessed for Bone Health 1/4th were osteopenic and 3 were osteoporotic. Lung function test was performed on 55, with nine participants detected to be asthmatic. 31 persons filled forms for organ donation .127 registered for stem cell donation by way of giving blood sample and filling a form.188 gave blood sample for Thalassemia & Anemia detection. Approximately 104 did various fitness tests and almost half were shown to have poor fitness and body flexibility. Approximately 134 people did body composition analysis and were given Nutrition counselling. This camp has given us direction for further intervention programs.

The gymnasium ran well with many members across the various classes as well as faculty by the very able Gym trainer –Ms.Ranjana.

Dr. Veena Yardi
Convenor

Stree Shakti

The Report of the Womens’ Development Cell

The Womens’ Development Cell was involved in three activities this year, which focused on purpose identification, awareness building and celebration of empowerment.

Purpose Identification

The future belongs to those who believe in the beauty of their dreams. - Eleanor Roosevelt
A session was organized by Women Development Committee on “Dream Building” for the S.Y.BSc students on the 15th and 18th of December 2017. The resource person was Ms. Aarzo Shah, a young graduate who has endeavored to map dreams of Indian Woman across all social, economic and age spectra. The students were asked about their dreams which were recorded and inputs were provided on the importance of holding big dreams. The students were asked to introspect on the feasibility of their dreams and ways available for them to achieve it. Students reported that it was a very valuable session and they greatly benefitted from it. Some shared

that the session opened up their minds to various possibilities.

Awareness Building

Bearing all the pain, she hides behind. Her wings were taken, so she couldn't fly like a butterfly

Yes, she was on a dark side, trapped inside, where the law of death abides.

She was killed alive. – Greeshma Mullekatte

Such is the darkness of Human Trafficking and the poem tells us the stories of thousands and millions of girl's/women who are trafficked every day, every hour. These girls are sold in the black market and not just within the country but outside the country as well. The Women's Development Cell of the College, organised a seminar on 'Human Trafficki-ng' for the students of FYBSc on 13th September, 2018, in collaboration with the International Justice Mission (IJM) and YWCA. Mr. Mervyn D'Mello, the Director (IJM), Mr. Sumit Unni Coordinator (IJM) and Mrs. Flarell Calderia Coordinator (YMCA) graced the event. This seminar was conducted in order to create awareness and sensitize the youngsters about the violence suffered by vulnerable groups of society such as bonded labour and about sex trafficking in India.

Celebration of Empowerment

"I am a Woman Phenomenally. Phenomenal Woman, that's me." — Maya Angelou

Commemoration of International Women's Day was held on 7th March, 2018. It was organized by the Women's Development Committee of College of Social Work and College of Home Science, Nirmala Niketan in the College of Home Science Hall at 2:00 pm. The chief guest of the programme was Advocate Abha Singh. The programme began with the auspicious lighting of the lamp and a melodious prayer song and a devotional dance. There was a lovely line up of wonderful performances starting with 3 performance poetries. The first one, 'I am Woman', on the strength of a woman, written by Ms. Vibha Hasija, and performed by Miti Dhulla from TY FND. The second poem, 'Beti Ki Aarzi' was written and performed by Mr. Shankar Pandey, Hindi Professor of Junior College, Home Science. The poem spoke about the perplexity that the unborn girl child faces for being killed in the womb. The third poem, 'Empowerment by Education' was written by Ms. Nirali Gogri, TYBSc (HD) and was performed by Ms. Arwa Attar, another TYBSc (FND) student of Home Science. The poem highlighted the importance of education in the upbringing and development of a smart and independent Indian woman.

Following the poetry performances was a street play, 'Dahej- ek shraap' enacted by the students of College of Social Work. The street play threw light on how in most Indian households a boy child's education and development is put above the girl child's. After the street play was another poetry performance, 'A Baby New Born' by Ms. Aayusha from College of Social Work and a beautiful contemporary dance performance by the same student on 'O ri chiriya', followed by a group song in Marathi performed by the students of Social Work College. After the performances.

A very dynamic and motivational speaker who was invited as the Chief Guest- Advocate Abha Singh, addressed the audience on "Women Empowerment". She spoke about her experiences while growing up and the importance of breaking stereotypes especially the one, where the woman is expected to put everybody else's needs above hers. She emphasized on pursuing knowledge, making it our strength and grabbing every possible opportunity that comes in our way. She motivated the audience to have these 3 qualities; **Spirit, Strength and Commitment** and assured that if one has them one is bound to excel and succeed in her field of expertise. Lastly, she urged the young women sitting in the audience to always put themselves first, fulfill every dream and expectation- thereby creating an identity for themselves.

In addition, the posters made by students dealt on women's issues in contemporary Indian society. The posters made by students concentrated and reiterated different women issues like "Save the Girl Child, the Procreator and the mother of tomorrow", about putting women and women's rights to equality on the global agenda and act as an opportunity to pay tribute to the achievements of women and highlight the needs of women around the world. Students portrayed the issues with beautiful colors and creativity. In all, students presented their views and thoughts on some women related issues very well.

Dr. Pratima Goyal
Convenor

The Power of Words - Report of the Magazine Committee

The power of words is subtle yet strong.

The Magazine Committee uses the power of words to create a difference and document the events and the progress of the College.

The theme of Expressions 2017-18 was kept in congruence with the IQAC theme this year - Reaching the Unreached

This year, in addition to the printing of the magazine, the committee held various competitions based on the theme which were student led. We held competitions for Cover Design, poetry writing and forming original quotes. Purvi Gada's (TYBSc TFT) cover design was chosen for this year's magazine.

This year modifications were made to the magazine - to have a junior college section so as to showcase the work done by the junior college and to have a more substantial Achievements section with all intra and inter collegiate as well as other extracurricular achievements to be showcased in detail.

It was decided to move more towards sustainability and environment consciousness by restricting the number of printed copies to only 50 and sharing the e magazine to students and faculty as well as placing it on the College Website.

Thus, Expressions has evolved over time!

Ms. Vibha Hasija
Convenor

Value Added Courses

Value Added Course in Visual Merchandising

This course aims to train students in different techniques of creatively displaying products to enhance sales of the stores. Visual Merchandising is an art of displaying merchandise in a manner that is appealing to the eyes of the customer and helps to attract potential customers.

In the year 2017-18: 26 students enrolled for the course from different levels of Degree College and three outsiders who are working professionals.

The course comprises of four components viz. Fashion Visual Merchandising, Principles of Design, Marketing and merchandising and Consumer Buying Behavior

Various experts from the field of Textile and Fashion Industry were invited to share their knowledge and expertise with our students. The exams were conducted in the month of February 2018. Creative assignments were given to the students like Colour collage, Window display with innovative themes and Importance of advertisement in fashion.

The students were assessed on the basis of their presentation of assignments. This year we had renowned faculty from various segments of Textile and Fashion Industry who not only gave their valuable inputs to our students regarding the subject but also mentored them. The Faculty members included Ms. Bijal Vora, Ms. Rashmi Deshmukh and Ms. Dhara Padia, professionals with good experience in the field.

Dr. Pratima Goyal
Course Co ordinator

Seeds Diploma In Arts Based Therapy: A Value-Added Course Of The Department Of Human Development

The SEEDS Diploma in ABT (Arts Based Therapy) is a course that started in the year 2016 at Nirmala Niketan College of Home Science under the Department of Human Development in collaboration with Lighthouse, a centre for arts in therapy. Arts-Based Therapy (ABT) is the evidence-based use of art forms (visual arts and performing arts) to accomplish individualized goals within a therapeutic relationship. The basis of ABT lies in Indian Psychology and Ethics, and the fields of Human Development and Cognitive Neuroscience. Since ancient times, art forms have been used to create well-being and health. The dynamic combination of traditional and modern artistic materials and modes, with an interdisciplinary knowledge base makes ABT a viable and meaningful therapeutic practice.

At the end of two semesters, offered in modular format, with a culminating experience of completing a research project which entails the effective use of art forms for enabling wellbeing in individuals from a special population, graduating students are certified as ABT practitioners. The students who joined the course in 2017-18 included occupational therapists, special educators, counsellors, and art teachers. The youngest student was 22 and the oldest was 64. Eighteen students of the SEEDS Diploma were certified as ABT Practitioners in a graduation ceremony on April 7th, 2018. Each of them had successfully completed their placement in different organizations and conducted their action research projects with varied populations like children with special needs, children and adolescents at risk, children with cancer, and senior citizens. The student who topped the course was pregnant when she joined the course and came to the graduation ceremony with her child! Ex-students of the department who have completed the ABT course assisted in the delivery of the course. Here's wishing all the newly certified ABT practitioners a fruitful journey in healing and fostering wellbeing.

Ms. Zill Botadkar & Dr. Anuradha J. Bakshi

Nutrition In Exercise And Fitness

Value Added Course, Department of Foods, Nutrition and Dietetics

The value added course, 'Nutrition in Exercise and Fitness' conducted by College of Home Science Nirmala Niketan, is recognized by 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 Vigour 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. Jewel Fernandes and Ms. Blossom Pereira

This year we had 26 students enrolled in the course, of which 23 students successfully cleared the exam. They have provided very positive feedback for the course.

Mrs. Sukhada Bhatte
Course Coordinator

Diploma in CAD CAM in Apparel Design and Manufacture

The Diploma course CAD CAM in Apparel Design & Manufacture is affiliated to University of Mumbai, which every student of the department undertook as a requirement of the curriculum. The course was coordinated by Dr Ela Dedhia. All 59 students registered for it (35 - TY and MSc - 24). It commenced in July 2017 and completed in February 2018.

This course facilitated the students to use technology in textile designing for weaving and printing and also in apparel designing and pattern making subjects through the use of various softwares like RichPeace, Wonder Weaves, Design Studio, Illustrator, Photoshop, CorelDraw etc. Students enjoyed working on computer softwares as it gives more faster, more creative and more accurate results compared to the otherwise tedious but unavoidable learning of handwork techniques of designing, drawing and drafting which they learn in their practical classes.

Dr Ela Dedhia
Head Department of Textiles & Fashion Technology

Cultural and Heritage Management

Value Added Course, Department of Community Resource Management

Travel and Tourism Industry is widely recognized as one of the single largest business in world commerce. Its growth has resulted in ever increasing range of job opportunities and career prospects for well – qualified and motivated people. The course aims at producing highly, interdisciplinary oriented professionals in aspects of cultural and heritage tourism, in order to enable them to effectively participate in development of tourism as an academic discipline and to help improve the standards of management in tourism industry.

The vision of the course is to train and educate students who can become future leaders in the Travel and Hospitality industry. Travel and Tourism is one of the largest foreign exchange earners among industries. It provides employment directly to millions of people worldwide and indirectly through many allied service industries. Work in the Travel and Tourism industry is essentially concerned with providing services for people who are away from home, on business or holiday.

The total number of students enrolled for the course was 14. There were 5 externals who were invited to conduct three theories and one practical subject. Four of the five guest lecturers were Alumni of the college of home science, Nirmala Niketan. The students were given regular tests, presentations, roles plays for all subjects to make the subjects more interesting. The course gave the students a broad understanding of the basic principles of management related to Travel and Tourism Industry. They also learned supervisory skills and competencies necessary to meet the challenges of the ever demanding industry. It enabled them to develop a sound understanding of current theory and concepts of cultural and heritage tourism. The course helped them develop critical thinking, creative problem solving and decision-making skills and enriched them with knowledge, skills and appropriate attitude in tourism management.

Ms. Sanam Khan
Course Coordinator

Entrepreneurship In Textile Craft

Value Added Course of the Department of Textiles and Fashion Technology

Entrepreneurship in Textile Crafts value added course was successfully conducted from August 2017 to February 2018. This year 9 students enrolled for the course from various levels of the Degree College and one was an outsider. The course was coordinated by Dr. Anjali Srivastava. Sessions were conducted through various experts from the industries and experienced faculties such as Ms. Zehra Noori, Ms. Samira Sheikh, Ms. Ritu Bhassin, Ms. Sanghamitra Navalgund and Ms. Dhara Padia.

Dr. Anjali Srivastava
Course Co-ordinator

Workstation Design and Applied Ergonomics

Value Added Course, Department of Community Resource Management

Gaze Upward, Look Inward, Reach Outward, Press Forward.”

- Thomas S Monson

The VAC course for the academic year 2017-18 started in June 2017 with 26 enthusiastic students. The group believed strongly that **“Extraordinary claims require Extraordinary evidence”** (Carl Sagan) and so they pledged to put in their best efforts and ensure that the enthusiasm stays till the end! They grabbed all opportunities that came their way.

Avishkar 2017-18: All 26 students of VAC “Workstation Design and Applied Ergonomics” participated at the Inter-Collegiate (Zone 1: South Mumbai) Avishkar Research Convention organized by the University of Mumbai and hosted by K. C. College on 9th Dec 2017. This being their first experience at presenting research papers they were very anxious. Six posters were presented. Three studies were appreciated by the judges and mentioned by the coordinators of the event. One project qualified the 1st round and participated in the 2nd PowerPoint presentation round conducted on the same day. They qualified the 2nd round and moved on to participate further.

Ms. Gunjan Chheda, Ms. Dhanshree Gurav, Ms. Batul Dahodwala and Ms. Dhanashree Kothare presented their undergraduate research titled “Work related Challenges faced by E-Commerce Delivery Boys.” This research was selected among 40 – 45 researches for presentation at the inter-zonal competition at K.L.E. College, Kalamboli on 21st Dec 2017.

Urjita 2017-18: URJITA was an interdisciplinary undergraduate research competition organized by Smt. P.N. Doshi Women’s College, Ghatkopar, on 3rd Feb 2018. This year’s theme was “GenNEXT: Contemporary Issues, Promises and Challenges.”

Ms. Prakruti Patel, Ms. Salome Pandhare, Ms. Sonali Bhandwalkar and Ms. Shraddha Chauhan presented their undergraduate research study titled “Postures adopted by teenagers (14 – 19 years) while using e-gadgets”. This paper was awarded 1st prize, a cash prize of Rs. 5000.

Ms. Gunjan Chheda, Ms. Dhanshree Gurav, Ms. Batul Dahodwala and Ms. Dhanashree Kothare presented their undergraduate research study titled “Work related Challenges faced by E-Commerce Delivery Boys.”

Sustainable Development Goals: Ms. Saniya Pai and Ms. Amatullah Motiwala participated at the Inter-Collegiate Research Competition organised by Maniben Nanavati Women’s College, Vile Parle “Sustainable Development Goals - An Interdisciplinary Perspective” on 27th Jan 2018. They presented their research study titled “Work related Challenges faced by Sugarcane Juice Vendors”.

The Valedictory function was organized on 12th March 2018. Certificates were distributed to the qualifying students.

Mrs. Roopa Rao
Course Coordinator

Orientation Course In Indian Sign Language

Value Added Course, Department of Human Development

The Value –Added Course, Orientation Course in Indian Sign Language (ISL) continued in 2017-18 for the fifth successive year. Every year the batch is supposed to consist of 15 students as it is a highly interactive course, but more than that are always interested in joining, so we usually increase the seats by 2-3. There were therefore 18 students enrolled this year. The teacher was Mr. Jayesh Sureja, who made this year's sessions especially enjoyable as the teaching was done through games and storytelling. The classes progressed from September 2017 to March 2018, completing the required hours, culminating with an examination at the end. The toppers of the course were Miss Hardi Desai and Miss Priyal Gala who stood First; and Miss Preeti Adhikari who stood Second. Certificates were presented to all successful candidates at the Convocation of Value-Added Courses.

Rhonda Divecha
Coordinator (ISL Course)

A Student's Experience...

ISL is the value added course that we 18 girls took up along with our SYBSc classes. To be honest it was such a memorable journey as every Saturday was awaited throughout the week. It is a completely different course because you are learning a language where there is no verbal or audio communication. The best thing about this course was that our teacher, Mr. Jayesh Sureja who himself was deaf and dumb, used teaching practices and methods that were really appreciative. He would show us the sign of the word/sentence and then tell each one of us to individually show it to him. He would also teach us using powerpoint presentations, movies, videos, storytelling, short films. He also gave us additional information regarding the places where individuals who are dumb and deaf work and about their excellence. We also would play games in the classes. In fact, whenever we were tired after a long day of other lectures and practicals, all we had to do was tell Sir and he would find out some new way of teaching which would keep us engrossed!!!

I would like to thank the college and the staff associated with ISL for introducing us to this wonderful course and this new way of communicating.

Priyal Gala, SYBSc

Personal Styling, Grooming and Fitness

The Certificate Course in collaboration with Orange Tree on Personal Styling, Grooming and Fitness was the very much sought-after course by students at all levels, although it was just the first year of the course. The entire course was coordinated by Dr Ela Dedhia.

40 students registered for it. It commenced in August 2017 and completed in February 2018. Creativity blossomed the best through this course.

Zumba for fitness was taught by celebrity trainer Bansi, Styling was taught by celebrity stylist Mamta Joshi and Makeup and Grooming was also taught by several celebrity artists. Students enjoyed the outdoor activities of meeting and networking with celebrity designers and stylists. They also freaked out on personal shopping and styling activities on Sundays, evenings and holidays along with stylist Mamta. Classroom hands on activities were fun with colours, boards, videos, PPTs, group discussions etc. Visits to Exhibitions, Fashion Shows and Studio Visits gave wider exposure to the field of designing and styling.

Dr Ela Dedhia
Head Department of Textiles & Fashion Technology



Demonstration Of Antimicrobial Testing

Antimicrobial finish is a functional protective finish to protect the wearer from the attack of harmful micro-organisms. We the students of the Department Textile and Fashion Technology witnessed the procedure of testing the antimicrobial finish applied on textile material at Jaihind College, Churchgate. The demonstration was organized by Dr. Ela Dedhia, HOD and coordinated by Dr. Anjali Srivastava, the subject teacher of MSc I for the subject “Value Addition through Textile Finishes” on 12th January 2018. The demonstration was given by a very senior lecturer and expert, Dr. Madhura Ghayal, Associate Professor, Department of Microbiology, Jaihind College.

Dr. Ghayal briefly explained about the materials required for the test, preparation and general precautions for carrying out antimicrobial tests. She explained the entire process of testing the finish in liquid form and then fabric testing after application of antimicrobial finish on it. She then demonstrated the steps of testing antimicrobial property of a herbal extract, having antimicrobial property. The entire session was very informative and we were pleased to learn an inter-disciplinary subject through this demonstration.

- Ms. Disha Zatakia MSc II
TFT

UDAAN FESTIVAL – The Flight of Extension 2017-18

(At K.E.S Shroff College Kandivali)

The Department of Lifelong Learning and Extension (DLLE), a statutory department of University of Mumbai, always promotes a meaningful and sustained rapport between the universities and the community. Every year the DLLE organizes the Annual Extension Work Festival titled **UDAAN FESTIVAL – The Flight of Extension**. The objective is to create awareness about the field of extension work and to give opportunities to the student to enhance their soft skills in the current modern technological world. This year it was held in K.E.S Shroff College in Kandivali on January 22nd, 2018. The competitions included street play, Rangoli making, poster making, debate, creative writing and craft making. The students of the Textile and Fashion Technology Department participated in all the competitions. It was a very challenging task to manage preparing and practicing for the street play in our busy college schedule. But here comes the lifelong learning of managing the time and utilizing it to the fullest. Seeing the street plays of other colleges, all the students from our college were encouraged to come back the next year with more preparation and also to win the competition. The posters made by everyone were amazing and very informative. The students showed their creativity through craft making activity and also won a prize; Ms. Shruti Sonawane received third prize in craft making. There were quite a number of participations in Rangoli and creative writing. All these activities helped us to mould ourselves and transform into more responsible citizens. The pre-preparation activities included a lot of discussion, adjustments, compromises, planning, etc. which enhanced the skills required to work in a team and helped enhance the team building spirit. The whole journey from planning through execution and accomplishment was very enjoyable and it was a great

learning experience. It gave us a chance to meet and watch the other colleges perform and gain knowledge about the various other options of extension work.

**Arwa Kalawadwala, Rutu Kanade and Bhavi Vora
TY TFT**

Udaan Festival (DLLE)- At Sasmira, Worli

The Department of Lifelong Learning and Extension (DLLE) affiliated to University of Mumbai organizes various competitions in their annual festival 'Udaan- The Flight of Extension'. This is an annual intercollegiate fest where various colleges participate in street plays, essay writing and poster making competitions, etc. This year a total of 15 colleges from Maharashtra participated in this fest that was held on 3rd February 2018, at SASMIRA Institute of Management and Research, Worli.

Dr. Dilip Patil, Dean of Department of Student Welfare, University of Mumbai, introduced the Udaan (DLLE) D-FEST 2018. He enlightened us that, the aim of DLLE is to spread awareness, find out new ways to inform people about one's duty and responsibilities towards the society and importance of standing up against crime and harassment.

The various topics under this festival were related to public issues like, nutrition, women empowerment, etc. This year the topic for the street play was –Equal work, Equal Pay. One of our group participated in poster making competition, the theme of which was 'Women Empowerment'. As a picture speaks a thousand words, the aim of making this poster was to attract people and to catch their attention, through the depiction of the problems faced by women in society through effective line drawing. The Udaan festival helped us realize that we can contribute to the upliftment of our society through our knowledge and skills. We also got an opportunity to meet and be inspired by celebrities who are actively and effectively involved in selfless social work.

We thank our college and our DLLE Coordinator, Dr. Ela Dedhia for giving us this opportunity.

**Rutu Kanada & Bhavi Vora
TYBSc - TFT**

Entrepreneurship Incubation Cell

Subject: The story of textilepreneurs!

India is the land of budding entrepreneurs, and to be a successful entrepreneur one needs to take risks, and accept challenges that come in the path of success. For all this, we need business skills, knowledge, confidence and a host of many other qualities.

This is the second year of the inception of Entrepreneurship Incubation Cell of the Department of Textile and Fashion Technology. Each year under the cell, entrepreneurs from varied fields of Textile and Fashion Technology, different successful alumni are invited twice a year- once in each semester, where they share their experiences with eager minds to inspire them to become successful entrepreneurs. To share their success stories, this year too on the 12th September 2017, the department invited some successful textile entrepreneurs mainly from textile backgrounds, who have achieved a remarkable position in their careers.

The program was compered by Ms. Darshana Pandey from MSc I, and Ms. Ekta Sachde from TYBSc. The event began with a prayer song sung by, Ms. Bhavi Vora and Ms. Dimple Thakkar from TYBsc, followed by the lighting of the lamp by the esteemed dignitaries, Ms. Jignasa Shah, Ms. Raju Bhatia, Dr. Ela Dedhia, Head of the Department, Ms.Noella Dias, Administrator, along with the student representatives of MSC II Ms. Dolly Gala, Ms. Hiral Kakka, Ms Nidhi Gangar and alumni Ms Disha Goshar.

After Ms. Noella Dias, Administrator, gave the welcome address congratulating the department for the event, Dr.

Ela Dedhia, shared her vision behind the inception of EIC, introduced the event giving a brief history about the EIC of the department of TFT.

Ms. Dolly Gala the student representative gave a gist about the various future events to be conducted by the EIC, which includes –web marketing, ‘what’s your big ideas’. Along with this she also introduced the theme of the annual fashion show of the department, Jamboree 2017-2018, and gave a brief about the competitions which will be held during that period.

The first speakers were Ms. Anita Vashisht and Ms. Surbhi Sharma from the ‘brand Vaaso’. They are alumni, from MSc batch of the year 2000. They shared the experiences while establishing the brand and the challenges they faced. They motivated the students to take calculated risks, and the importance of finding the right customer, sampling for production and also registering a brand Ms. Mohadessa Deghanialumnus from the MSc batch 2015, and owner of the brand ‘Ritzeva’ shared her experiences of balancing the professional and personal life. A very confident and young speaker, she is not only pursuing her career in teaching but also chasing her dream of taking her brand to a very high level. Her speech was very inspirational and she gave a message that “we just need to take a step and then everything will fall in place, you just have to dream big”.

Ms. Ritu Bhassin from the label ‘Ritu Bhassin’, motivated the students to have their own USP. She shared that we may get many hurdles, but we have to go down to rectify it and should still have the ambition and the perseverance. She also shared a formula of success with all of us- Hard work + Focus + Honesty = SUCCESS Ms. Nehal Mehta, from ‘Garde-Robe’, alumni from TYBSc 1996 batch, touched upon a very important point that there are equal opportunities for all in the field of textile and fashion technology, without any gender biases. She encouraged us to be confident, learn to multitask and also to make own rules. Ms. Komal Kolekar from ‘Indiwork’, brought out the importance of positively dreaming about our goal at least once a day to help motivate us to work towards it. Entrepreneur Mr Philip Shah from ‘9 to 7 Fashions’, took us on his very interesting life journey and explained us, as how the hurdles are to be crossed to reach a particular stage. Entrepreneur Mr. Sachin Gada from ‘Saith Studio’ who deals in school uniforms, explained the importance of never saying ‘No’ for any sort of work. Ms. Khyati Shah, from “Design Hub” alumni TYBSc batch 2009, also shared her experiences of her brand. She shared her own inspiring story, she spoke about being focused and fight obstacles.

After the talks, there was a very interesting and interactive panel discussion where the students got an opportunity to interact with all the experts which motivated them to start some venture on their own.

The objective of this seminar was to train and motivate the future entrepreneurs and clear their perspectives about entrepreneurship which was successfully achieved. It was a useful session which helped in motivating most of the students to be creative and take a risk in starting something new. The seminar concluded with photographs with all the panelists and students.

Ms. Dolly Gala
M.Sc. II (TFT)

Stolas For Germany -

Our way to earn while we learnt

A huge opportunity for a venture into an international project banged the doors of our department. The inquiry of production of Stolas for a German church came to Dr. Ela Dedhia, HOD through an alumna of Social Work College Nirmala Niketan. Eventually it was led to a student project of Earn and Learn. We, the six students of MSc. II –Deeksha Shetty, Ravina Lad, Akshaya Sarkondavar, Himali Pimple, Dimple Jain and Shivani Jaju participated in this project. Initially we made two samples of a red and green stola with embroidery on it based on the sample provided by them. Both the samples were liked and appreciated and some minor changes were suggested. As per their preferences we produced a white stola also. Material of the stola was procured from a home furnishing store.

The entire work of pattern making, fabric cutting, machine stitching and hand stitching and embellishment was divided amongst our entire team for smooth functioning of the project. The knowledge and skills learnt through our course such as financial management, fabric properties, designing, draping, sewing, surface embellishment and above all working as a team helped us a lot to accomplish the task within the stipulated time. We also trained five NGO women provided by the organization. We were overwhelmed by another order of 50 stolas with machine embroidery.

The project not only gave us a flare for business but also helped us earn a good amount of stipend from the project, which in turn helped us to pay our college fees and other requirements for our course. We are thankful to our HOD Dr. Ela Dedhia who has inculcated within us the entrepreneurial spirit, which has helped us enhance the skills required to be a successful entrepreneur.

*Ms. Deeksha Shetty MSc II
TFT*

Importance in Sustainability in the Textile Industry:

Lecture-presentation by Dr. Mahapatra

In order to make us aware the growing need for sustainability in textile production our Head of Department, Dr. Ela Dedhia arranged a talk for us, the students and staff by Dr N. Mahapatra, on the 31st of January 2018.

Dr N. Mahapatra is an acclaimed expert in the field of textile chemistry and is currently the President of Colourant Ltd., Ahmedabad. Having spent thirty-three years in the industry in various capacities, he holds the honour of contributing more than two hundred and sixty research papers to various textile journals, and publishing six books. He has been awarded for the best technical book on textiles by the Century Mills for the year 2016. He also holds the honour of being conferred with The Lifetime Achievement Award for “Positive Contribution in the Field of Textile Engineering”.

He spoke on the importance of sustainability in the textile industry, as it holds the dubious distinction of being the most polluting industries today. He highlighted recent development in processing of unique and novel fibers as well as production of organic and usage of natural dyes. Every bit of the lecture was interesting and taught us the importance of sustainability in the textile industry.

Dolly Gala - MSc II TFT

JAMBOREE 2018

The most awaited festival of the year is “Jamboree” was just round the corner and we were very excited about it. Jamboree, which is a student led activity, is a celebration and a fest of Department of Textile and Fashion Technology. Every year Jamboree is celebrated following a particular theme. This year the theme was ‘REACHING THE UNREACHED’ which was at par with the theme followed by our institute throughout the year. This was the 3rd year of celebration and at the intercollegiate level.

Unlike every year, this year Jamboree celebration was spread on 2 days i.e., 21st December 2017 and 2nd February, 2018. The students were divided into committees such as Registration, Design, Hospitality, Finance, Production and Online marketing. Each committee had the MSc students as heads of the committees and the TY’s were working under their guidance. All the work related to pre events as well as post events was handled by the students.

Day 1 of Jamboree 2018

21st December, 2017 was the first day with competitions, workshops and games. The program started at 9am and the inaugural ceremony i.e., lighting of the lamp was done by Dr. Geeta Ibrahim (Principal), Dr. Ela Dedhia (HOD), Ms. Noella Dias (Administrator), Ms. Dolly Gala (Head for Jamboree), Ms. Hiral Kakka (Asst. Head for Jamboree), Ms. Nidhi Gangar (Asst. Head for Jamboree).

Dr. Geeta Ibrahim and Dr. Ela Dedhia spoke a few words about Jamboree. Ms. Dolly Gala gave a small presentation on what Jamboree is all about. The first speaker for the day was Ms. Meher Sawhney. She is a Bachelor's in Design and has assisted many designers at the Lakme Fashion Week, illustrated costume design for Shiraz Siddique, worked as a visual merchandiser. She shared her journey as a student and as a professional, the difficulties she faced, and also shared tips on making a resume, a portfolio, and following the trends in fashion. The second speaker for the day was Ms. Mitali Padia, an assistant photographer to Mr. Vikram Shah and works for a company named Kreative Element. Her genre is fashion and candid photography. She conducted a workshop for the students on basics of photography where she covered topics like position, focus, blur, colour and shape. The third speaker for the day was a mother-daughter pair, Mrs. Chetna and Krushi Chhadwa, Mrs. Chetna started her career as a mehendi artist and beautician. In 2006, she became a makeup artist and has been in this profession for 12 years now and is well known for bridal makeup and hairstyling. Her keen passion for makeup has always been her motivation to become better year after year and she has been conducting sessions and workshops for the same. Her daughter, Ms. Krushi Chhadwa is currently studying in TYBMM and has keen interest for skincare and makeup. She is a skincare vlogger on Instagram with the name KrushiChhadwa. Her biggest inspiration is her mother. They started off by giving some tips for good glowing skin and went on to the basics of makeup with contouring and highlighting. It was a detailed demo session.

There were intercollegiate competitions, like Mould it, Sham it!; Fist Creativity; Blind Stylist; Design A Space; Quest-The-Attire (Treasure Hunt); Mehendika; Product Development; Wrap, Oomph and Catwalk; Fashion Show. The competitions were conducted throughout the day where the students actively volunteered as well as participated.

Day 2 of Jamboree 2018

2nd February, 2018 the much-awaited day when the students of the department showcased their garments for which they had finally dawned. All the garments were designed, stitched, styled and modeled by the students themselves. The collections were based on the theme 'Reach the Unreached'. The SYs showcased their kurta and straight pants whereas the FYs made children garments like frock, shirt and pants so they shared their ramp with the little ones as their models. The TYs showcased various types of skirts, culottes, and paired them with versatile upper wear. The MSc 1 showcased their talent in designing the ghagracholi in various types of embroideries. The MSc 2 had 7 different designs to showcase using themes like khadi, multi-purpose clothing, draping, costume designing, etc.

The Design Disguise competition themed THE URBAN NOMAD showcased indo-western garments in which students participated from colleges like BMN, Amity, SASMIRA, NIFT, Nirmala Niketan Polytechnic. There were garments like ghagracholis, gowns, one piece, culottes, skirts, costume designing, men's wear, all made from fabrics provided to them. The function started with the inaugural ceremony by Dr. Geeta Ibrahim (Principal), Dr. Gracy Fernandes (Vice President of Nirmala Niketan Institute), Ms. Noella Dias (Administrator), Ms. Nina Dias (Director of Nirmala Niketan Polytechnic), Ms. Farah Sayed (Co-ordinator of Junior College), and the Jury members.

There were 4 Jury members for the judging of the fashion show.

- Ms Geeta Castellano, a Textile Designer, Teacher, Fashion Consultant, CSR Consultant, founder and committee member of Kala Ghoda Arts Festival.
- Ms. Mamta Joshi, CEO of Orange Tree Image and Fashion Consulting.
- Ms. Bela Sanghvi, Entrepreneur, Managing Director of Navnidhi Design Solutions Pvt. Ltd., Owner of Purankala, President of The Craft Council of Maharashtra.
- Mr. V R Sai Ganesh, Trustee Chairperson of SDC EC. He is currently working as general manager-marketing at Atul Ltd.

The trophies for this year's Jamboree were sponsored by ZN Skills, Dr ElaDedhia and Society of Dyers and Colorists SDC EC.

The entire collections were appreciated by everyone and each student was congratulated for creating such wonderful collections. An award ceremony was conducted to give awards to the students for the best garment from each class. The evening ended with a DJ party for the students and guests. Jamboree taught the students the importance of commitment, hard work, time management, communication skills, designing and marketing skills etc. Even more excited to bring on new theme for Jamboree next year. So till then stay tuned!

Dolly Gala, Hiral Kakka, Darshana Pandey
MSc II TFT

Vlogging By Jeevan Kadam

A means to generate income

Very few youngsters today know how YouTube works, how to have your own YouTube channel and also generate income from it. To throw light on this fact Mr. Jeevan Kadam, a Marathi YouTube, a vlogger and a social media figure, but actually a software engineer by profession with a passion for travelling and vlogging, was invited by the students of Department of Textile and Fashion technology on 23rd December 2017.

Mr. Jeevan Kadam has his own YouTube channel named Jeevan Kadam Vlogs, which communicates in Marathi, and has more than 35000 subscribers. His vlogs are based on travel, social events, traditions and a lot more. This was the first YouTube workshop he conducted and that too in Marathi and English. Mr. Jeevan Kadam introduced the team of the channel Jeevan Kadam Vlogs, Mr. Amol Jamdare, content writer of JKV and Mr. Ninad the photographer. He showed us one of his travel videos explaining how his team explores new and difficult places, forts, beaches etc. and the various ways in which the entire journey is shot. He also explained the process of content writing for his channel, editing of videos and the frequency of posting videos. He threw light of the features of the Go Pro camera, as well as its use during shooting his videos. He further described how he strikes a balance between his professional job and YouTubing. He also gave us a gist about how much he earns through YouTube. He also gave a live demonstration of how to record the video and put it up on YouTube.

It was a very different experience because the talk was in Marathi, and in English, and it was a great inspiration for all of us.

Dolly Gala -M.Sc II
Arwa Kalawadwala- TYBSc

Mata-Ni-Pachedi

Traditional Painting Art of Gujarat-
Workshop-Demonstration by Shri Sanjay Manubhai Chitara

A workshop-demonstration on Mata-ni- Pachedi– a traditional painted artform from Gujarat, was held in collaboration with ParamparikKarigar at our college on the 12th August 2017. The Mata-ni-Pachedi is a painted story from ancient Indian mythology that depicts the stories of the Mother Goddess and is completely done with natural colours.

The objective of this workshop was to make us aware of the beautiful and precious traditional crafts practiced in India and also make us sensitive to the needs and problems faced by our talented artisans. We were fortunate to have Mr. Sanjay ManubhaiChitara as our resource person, as he is the only artisan who practices this art in its true form. In the beginning of the demonstration, he explained that the Mata-ni-Pachedi is an offering that the faithful make to the Goddess when their wishes are fulfilled. Mr.Chitara showed us numerous paintings that he had made and then explained to us the long and labourious traditional method of making the Mata-ni-Pachedi.

The process starts by soaking the cotton fabric in water to remove the starch. It is then mordanted with harda to make it receptive to dyes. The black colour used to make the outlines is prepared by fermenting a mixture of rusted iron filings and jaggery and it is made thick by adding tamarind seed powder. The fermentation is carried

on till the correct shade of black is obtained. A sharpened bamboo stick is used as a painting tool. The next major colour maroon is used to fill in the outlines and, it is prepared by mixing alum with tamarind seed powder and then dyeing with alizarin. The other colours that may be used in very small amounts are blue, green and off-white. The painting is then washed in the flowing waters of the Sabarmati River to remove excess colour.

The main motif is always done in the centre and is an image of the Mother Goddess in all her splendour. The most striking feature of the painting is that every part of the background is filled with small intricate paintings of the mythological stories of the Goddess.

Experiencing the passion of Mr. Chitara first-hand, we were motivated to realise, encourage and retain our traditional art form for the benefit of the present and future generations.

Darshana Pandey
M.Sc. II TFT

Rural Extension at Navjeevan Centre, Murbad

Amidst our busy college schedule, and preparations for AVISHKAR, we the students of T.Y.B.Sc. belonging to the Department of Textile and Fashion Technology were informed about the extension work activity to Navjeevan Centre, Murbad, that was to be held on the 1st and 2nd of December 2017 coordinated by administrator Ms. Noella Dias and HOD Dr. Ela Dedhia. Navjeevan is a registered NGO, engaged in rehabilitating the children of women working in the red-light areas in Mumbai. Mrs. Vrinda Udiaver and Mrs. Vibhuti Khedekar accompanied us for this activity. Though we were quite apprehensive at first with the target group, we were assured of our safety. We were divided in groups and each group was allotted different activities that would have to be conducted. After meticulously planning out every detail and making a list of the various materials we would need, we started the activity of sourcing these materials. Each one of us was very excited for the session as we were going to be in a completely different environment.

The journey to a new and enriching experience started on the morning of 1st December. All of us got together at Kalyan station, from where we boarded an ST bus to Tokawde. The school bus of the NGO came to pick us from here. We reached the centre by mid-morning and were amazed to see the well maintained surroundings. After breakfast we met the Father, who manages the NGO. He explained to us the objectives of the organization and requested us to follow some rules and maintain the decorum of the institute. He chalked out a plan for the two days during our stay which was a slightly different from the one we had prepared. This gave us the learning that we should be prepared for every change that may take place, so we need to be adjusting and flexible.

The session started with our introduction to the 47 children of varying age groups, and then after an interactive ice breaking session, we moved on to the first activity which was tie- dye. We gave them an introduction and demonstration about the tying techniques, after which the dye was prepared and the children were asked to dip their tied fabrics into the dye bath. It was worth all the effort when we saw the expressions on their faces after they opened the tied and dyed samples.

Our next activity was block printing. We had made a chart using blocks made from vegetables like potato, ladyfinger, lemon, leaf, etc. which would help them to visualize the outcome. We also introduced them to spoke about and showed the carved wooden block which are traditionally used for block printing. After explaining to them how to make the printing paste, we taught them printing with the use these blocks on fabric. The students were put into groups of four, and given a stole to print with the choice of their blocks. Each one of them was indeed proud of their creations. After lunch, the children of the institute performed a street play on awareness of HIV AIDS. The children then had play time from 4pm to 6 pm and some of us joined them.

Next day we started with our third and last activity which was screen printing. We explained to them how a screen is made and how to do the printing. We had carried the screens which we had made in college. The joy on the children's faces was evident that they were enjoying the activity a lot.

We exhibited all the products learnt during various activities and took feedback from them. Though we had gone to teach them, there was a lot that we got to learn from them like the discipline, the sharing and caring of inmates. We thoroughly enjoyed the time well spent with the children and wish them all the best for their future.

We the second group of students went to Navjeevan Centre on the 16th and 17th December 2017. All of us met our teacher, Ms Sanghmitra Navalgund at the Kalyan station, from where we proceeded to Tokawade by ST bus. At Tokawade the school bus of the centre came to pick us up. We reached the centre at around 2.00pm. We were invited by the Father to meet the Bishop who was visiting the centre. The Father introduced us to the Bishop and praised the work done by the previous batch of students from our college and the selfless initiative of our institute to reach the unreached section of our society.

Our first session of stencil printing started at 3.30pm. We had around 100 students who were eagerly waiting to be taught. We divided ourselves and each of us taught a group of 8 students. We started by teaching them the method of stencil cutting and then using them to print on fabric. The students were so excited to see the effect that they requested us to allow them to print it on their T shirts. The women at the centre who are the foster mothers of the children, joined us for the activity, and were so impressed with the simple technique and beautiful results, that they wanted to start this as an income generating activity. After a long and enjoyable session, we finally wound up at 6.00pm after which the students went to play and we went to rest and get ready for the next session. Our teacher. Ms. Sanghmitra Navalgund then left at around 7.00pm, when Ms. Noella Dias came to the centre to be with us. At around 8.00 pm, we arranged for a Zumba session for the girl students. Each one of them was extremely enthusiastic and all of us enjoyed ourselves thoroughly. We then had our dinner and retired for the day.

The next day Ms. Sanghmitra Navalgund rejoined us at 7.00am. and we were then invited to the morning mass at the Church. After breakfast, we started the session with hand embroidery techniques, where the students were taught basic stitches, and the method of using them on handkerchiefs. This went on till lunch time and after lunch we reassembled for the last session where we intended to teach them making of earring from yarn and upcycling of old garments. Tassels and pom-poms were made and converted to beautiful earrings and latkans. Old, jeans were appliqued with decorated patches and were made to look new and stylish. After this, by popular demand the coordinators at the centre asked us to repeat stencil printing on their T shirts. The finale was then brought up by a repeat of a Zumba session.

The two days journey of an enriching fulfilled learning experience got over in the evening after bidding goodbye to the young and bubbly students at the center. We came back to our institute, but we will always remember the last words of the children “Didi, please do come back”.

Rutu Kanade and Bhavi Vora
TYBSc TFT

Rural Camp to GyanJyoti Community Centre, Kharasgaon

Extension program is an integral part of the curriculum of our institute. As per the vision of the institute we have always strived to empower the underprivileged section of our society. This year once again the Department of Textile and Fashion Technology chose GyanJyoti Community Centre, Kharasgaon for the extension program for our MSc I and II students on 13th and 14th December 2017. It has always been a privilege to interact with the ever-enthusiastic students of the Kharasgaon center. We have been extending our skills and knowledge with the target group belonging to Kharasgaon over several years and it has always been a satisfying experience.

The journey to the most enriching session began from Mumbai Central with 23 students from MSc I and II students accompanied by two faculty member, Dr. Anjali Shrivastava and Ms. Sanghmitra Navalgund. As soon as we reached there we were welcomed with a warm smile by Ms. Cynthia and Ms. Araujo along with the students. We were warmly welcomed in a traditional way with aarti and tilak and the students at the center sang

a song for us. We were overwhelmed with such a grand welcome and it filled us with a positive energy.

After settling down, the teams were divided as decided earlier in our planning session. After briefing us about the session and the flow of activity the students of the center were divided into two groups. There were 27 students and they were divided equally amongst us. The first thing each group started with was the commercial method of drafting. The patterns decided were Katori Choli and Princess Line choli. We started the session by teaching them the method of taking body measurements.

Adaptation of the katori choli and princess line choli was done from the basic bodice block. Later the placing and cutting were demonstrated along with tips to reduce the wastage. The students took some time to get accustomed to the new method, but later got very comfortable and picked up speed. Post-lunch the group started with the stitching part. As the students were really fast in stitching, 50% work was accomplished on the first day itself. The session ended by 5.00pm as some students who were staying very far from the college and had to return home. In the evening the resident girls performed a beautiful street play and Warli dance for us and were very keen to teach us this dance too.

The next day started with an energetic prayer, rendition of the National Anthem and reading of current affairs. A small talk about importance of education was delivered by Ms. Tejashree Gaikwad of M.Sc I. We started the session by teaching the various embroidery stitches. Some samples were prepared by us and we gave it to them as reference. The second day session proceeded with final stitching and finishing of the choli. Drafting and stitching of the salwar was also shared with their teachers as is the practice every year. This was followed by a display of all the products and a feed-back session. There was a lot of value exchange which took place in the two days visit to GyanJyoti Community Centre. After bidding good-bye we left from there after a group picture and with a lot of memories of a fruitful experience and came back to Mumbai by Firozpur Janta Express.

***Deeksha Shetty, Dolly Gala, Hiral Kakka, Tejaswini Gaikwad, Krushi Dedhia
MSc II and MSc I TFT***

Avishkar Research Convention

An experience for the TFTians

“Research is what everybody else has seen, and to think what nobody else has thought”

– Albert Szent-Gyorgyi.

To inculcate the importance of research in the young and creative minds the then Governor of Maharashtra, His Excellency Honourable Shri. S.M. Krishna, also Chancellor of the Universities in the State of Maharashtra, had initiated the Avishkar Research Convention in the academic year 2007-2008. The main aim of the convention was to develop research culture in academics. The Department of Textile and Fashion Technology along with the other departments of our college participated in the research convention with various projects at Graduate, Post – graduate, Post-graduate Diploma and teacher categories. Out of 38 projects which were sent from the College of Home Science Nirmala Niketan, 12 were from Department of Textile and Fashion Technology.

There were total 6 categories and 4 levels namely:

Categories:

- 1: Humanities, Languages and Fine Arts
- 2: Commerce, Management and Law
- 3: Pure Sciences
- 4: Agriculture and Animal Husbandry
- 5: Engineering and Technology
- 6: Medicine and Pharmacy

Levels

- 1: Undergraduate Students (UG)
- 2: Postgraduate Students (PG)
- 3: Post PG Students (PPG)
- 4: In-service Teachers (TH)

The TFT project titles:

S.No	TITLE	LEVEL	CATE.	STUDENTS NAME	GUIDES NAME
1	Changing Lives of Mentally Challenged through Textile printing and painting craft	UG	1	Ekta Sachde, Harita Parmar, Alefiya Rajkotwala, Zainab Plumber, Fatema Samiwala	Dr. Ela Dedhia & Mrs. Sanghmitra Navalgund
2	Empowering lower socio-economic women for self-sufficiency through the use of textile pre consumer fabric waste	UG	2	Akshada Humbare, Saloni Maniar, Vaishnavi Karpe, Janvi Nagada, Fihan Baig, Ayesha D'souza	Dr. Ela Dedhia & Mrs. Sanghmitra Navalgund
3	Empowering destitute women by developing their tailoring skills	UG	2	Bhavi Vora, Dimple Thaker, Yadnika Tatke, Shruti Salunkhe, Mizbah Patel, Maria Talodawala	Dr. Ela Dedhia & Ms. Neha Mulchandani
4	Skill development of housewives through Traditional textile Hand dyeing techniques	UG	2	Megha Vyas, Meera Panchal, Shruti Sonawane, Sakina Patanwala, Safa Sadik, Pallavi Pande	Dr. Ela Dedhia & Ms. Neha Mulchandani
5	Training lower socio-economic women in creating marketable textile products using post-consumer textile waste	UG	3	Rutu Kanade, Arwa Kalawadwala, Madhuri Mamania, Riddhi Bhanushali, Purvi Gada, Aneri Gala	Dr. Ela Dedhia & Ms. VrindaUdiaver
6	Upliftment of the visually challenged through Textile entrepreneurial skill development	PG	1	Durga Shinde, Nafisa Thanawala,	Dr. Ela Dedhia & Ms. VrindaUdiaver
7	The healthy smart shoe for the common man	PG	1	Dolly Gala	Dr. Ela Dedhia
8	To Study the presence of Carcinogenic Banned Amines in Fabrics purchased from Local Market	PG	3	Himali Rajesh Pimpale	Dr. Ela Dedhia
9	A study on application of herbal finishes on bedsheet	PPG	3	Ms. Anju Tulshyan	Dr. Ela Dedhia
10	Reuse of Inkjet ink waste from the textile digital printing industry for dyeing cotton knit fabrics	PPG	3	Ms. Anuja Kulkarni	Dr. Ela Dedhia
11	Designer Sportswear: The future of Sportswear market	TH	2	Ms. Sanghmitra Navalgund	Dr. Ela Dedhia
12	The Current Scenario of Khadi: Manufacturers, Retailers and Consumers Perspective	TH	2	Ms. Vibhuti Khedekar	Dr. Ela Dedhia

The **first round** of selection of the projects was done in the **college** by a panel of experts. The **second round** of selection for **University of Mumbai -Zonal** was held on 11th December at

K. C. College, Churchgate. After the registration the posters were displayed at the respective places. The first part of the evaluation was done by the panels of judges after interviewing each candidate on their work. The

projects were selected for the second level which was oral presentation in the afternoon. Four projects were selected for the oral presentation, viz:

- Changing Lives Of Mentally Challenged Through Textile Printing And Painting Craft
- The Healthy Smart Shoe For The Common Man
- Designer Sportswear: The Future Of Sportswear Market
- The Current Scenario Of Khadi: Manufacturers, Retailers And Consumers Perspective

These projects were presented orally in front of a judging panel and three of these qualified for the **Third round**. These projects were:

- The Healthy Smart Shoe For The Common Man
- Designer Sportswear: The Future Of Sportswear Market
- The Current Scenario Of Khadi: Manufacturers, Retailers And Consumers Perspective

The projects were presented for Category 1 to 4 at KLE College of Arts Commerce and Science, Kalamboli on 20th December 2017 and Category 5 at K.J Somaiya college on 2nd January 2018. The posters were scrutinized by the panel and two projects qualified for the oral presentation namely:

- The Healthy Smart Shoe For The Common Man
- Designer Sportswear: The Future Of Sportswear Market

Out of these two projects Designer Sportswear: The Future of Sportswear Market received the **third prize** in the teacher's category. The whole journey of Avishkar Research convention taught everyone many new aspects of research. It also taught the importance of research at every stage.

It is well said by Ayn Rand, in The Fountainhead "Throughout the centuries there were men who took first steps down new roads armed with nothing but their own vision. Their goals differed, but they all had this in common: that the step was first, the road new, the vision unborrowed, and the response they received — hatred. The great creators — the thinkers, the artists, the scientists, the inventors — stood alone against the men of their time. Every great new thought was opposed. Every great new invention was denounced. The first motor was considered foolish. The airplane was considered impossible. The power loom was considered vicious. Anesthesia was considered sinful. But the men of unborrowed vision went ahead. They fought, they suffered and they paid. But they won."

*Ms. Dolly Gala
MSc II TFT*

Deal Jeans Global Pvt Ltd.

-the most enriching internship

Deal Jeans, is a renowned fashion house with an experience in the market of over 16 years. It has an aim to express an innate desire of every girl to be in-trend, making her fashion sense speak her mind out. They believe in empowering every woman's personality with her clothing, making her exuberantly attractive than the rest of the crowd. Fulfilling the demand of western wear in India, they have even managed to establish a global reputation of high quality apparel manufacturing. Not just trendy tops, tees and dresses, they also bring to the world of fashion, a galore of tunics, jump-suits, skirts, jeans, trousers, leggings, jeggings, shorts, jackets, coats, sweaters and knits.

Many students participated as interns for this event which included students from Sophia Institute of Fashion Designing, Rachna Sansad, FAD International and Department of Textile and Fashion Technology, College of Home Science, Nirmala Niketan. Out of the many students interviewed, 54 students were finally selected at the interview round for the internship from which 13 were from our college. Deeksha Shetty, Darshana Pandey, Dimple Jain, Himali Pimpale, Sauda Sayed and Disha Zatakia, from MSc Part II and Mizbah Patel, Fihan Baig, Jhanvi Nagda, Madhuri Mammania, Ekta Sachde, Bhavi Vora, Rutu Kanade from TYBSc were finally selected for this internship.

Experts Mr. Danish and Mr. Jayesh were the trainers during the two day training sessions. They taught us how to communicate with the buyers and how to sell the merchandise. We learnt through role plays during the sessions. Another interview round was taken on the first day of Internship wherein students were further selected for Front Ends, Back Ends and Scanners. Front ends had to handle clients. Back ends were given specific counters, where they had to manage, arrange and organize the merchandise counters throughout the 7 days. Scanners had to scan various products.

This was an amazing experience. We improved our managerial, organizational and communication skills. We learnt how to handle clients and most importantly got to know about upcoming trends and designs. Overall it was a great learning experience and networking opportunity with students from various Institutes and buyers from various denim sectors. Above all each of us were paid very well for this short Internship, in addition to the experience certificate presented to all of us. We are very thankful to Ms. Shefali from Deal Denim and Dr Ela Dedhia, Head of our Department for coordinating and providing us this experience.

*Disha Zatakia and Deeksha Shetty,
MSc II TFT*

Interesting Experiments of Microencapsulation

Microencapsulation is a process in which tiny particles or droplets are surrounded by a coating to give small capsules many useful properties. To know more about the process of microencapsulation we had invited Ms. Khushoo Shreemali, an expert presently pursuing her doctoral degree in the same area of research under Dr. Ela Dedhia. The session was organized by Dr. Ela Dedhia, Head of Department, Textile and Fashion Technology on 11th January 2018 for all MSc students and staff.

Ms. Khushboo explained and demonstrated the process of making microcapsules in the laboratory. It was very exciting to know from her that microencapsulation can also be used to enclose solids, liquids or gases inside a micrometric wall made of hard or soft soluble film, in order to reduce dosing frequency and prevent the degradation of the chemical. Microcapsules as explained by her are small spheres with a uniform wall around it – the material inside the microcapsule is referred to as core, internal phase or fill, where as the wall is called shell, coating or membrane. She explained that some materials like lipids and polymers such as alginate, may be used as a mixture to trap the material of interest inside. The coating materials used for coating are ethyl cellulose, polyvinyl alcohol, gelatin, sodium alginate. Ms. Shreemali informed that it is mostly applied on fabric surface using padding method. The entire session was very useful and inspired all of us to take up research projects on microencapsulation.

*Ms. Disha Zatakia
MSc II -TFT*

National Seminar

REACHING THE UNREACHED THROUGH THE NEW FRONTIERS OF TECHNICAL TEXTILES

The Department of Textile and Fashion Technology organized a National Conference “**Reaching the Unreached through the New Frontiers of Technical Textiles**” on 24th February 2018 under the guidance of Head of Department Dr. Ela Dedhia. The aim of the conference was to provide a forum to present and discuss recent innovations in the area of Technical Textiles thus finding out ways to reach the unreached people and sectors.

Technical textiles being an emerging area with great potential in India, represents a multi-disciplinary field with numerous end use applications. Though the production of various technical textiles has been slowly but steadily

increasing in the country, it is still important to create awareness as well as to develop strong collaboration amongst policy makers, industrialists and researchers.

The department invited experts actively involved in research and transfer of knowledge in the field of technical textiles. Mr. Pankaj Verma, Business Head, Active Wear, Sutlej Textiles and Industries Limited, Mumbai; Mr. Prasad Pant, Director (South Asia), ZDHC Foundation, Amsterdam, Mr. Rahul Bansal, General Manager – Nonwovens, Birla Cellulose, Grasim Industries Limited, Dr. M.D. Teli, Professor of Textile Chemistry, Member of Board of Management of ICT and Dr. Rachna Shukla, Senior Research Fellow, The Synthetic & Art Silk Mills' Research Association, (SASMIRA), Mumbai shared their knowledge and experience in the conference.

Mr. Pankaj Verma having 27 years of experience in textile manufacturing gave an insight into “Active Wear Fabrics Manufacturing and Challenges”. In his session he stressed on more of practical experience to the students in the relevant field as it is more important than theoretical knowledge. Mr. Prasad Pant spoke on “Impact of Chemical Usage in Textiles” and highlighted the need of sustainable chemistry. He made us aware about hazardous chemicals affecting environment and human health. Mr. Rahul Bansal shared his knowledge on “Fibre Innovations for Functional and Value Added Nonwovens” and inspired students to take up research projects in the field of technical textiles and nonwoven industry. Another speaker Dr. Rachna Shukla from SASMIRA gave a glimpse of her ongoing research work on “Development of Solar Fiber for Technical Textile Application in the field of Agro-textiles” and highlighted ways of harnessing solar energy through technical textiles. Professor Dr. M.D. Teli shared his valuable knowledge and presented a paper on “Glimpses of Research Applications in Technical Textiles”. His research student, Dr. Arnaya Mallick also shared his research work on “Antiodour, antimicrobial and aromatic finishes using microencapsulation technique using chitosan”.

Along with the conference there were competitions on poster presentation and 3D model / product development on the theme of the conference. The students and faculty from various colleges participated and presented their poster and products. Ms. Khushboo Shrimali, pursuing PhD under the guidance of Dr. Ela Dedhia from S.N.D.T. Women's University, presented a paper on “Eco friendly herbal finishes for well being”. Ms. Kundalata Mishra, Course Coordinator of Fashion Design Department, NIFT, Mumbai also doing PhD from University of Mumbai under the guidance of Dr. Ela Dedhia, presented a review paper on “Innovation in Protective Textiles for mechanical and petrochemical industries : A review”. There were interesting 3D products/models presented by participants such as “Blinking Blinds” made by Ms. Ayushi Tripathi and Ms. Renuka Wagh, students of NIFT, Mumbai. They made window blinds out of broken solar panels and reused it with 260 Ggavolts. The product was able to charge a cell phone. Mr. Raj Kumar Shankar, student of VJTI, Matunga, presented a product “LogiSmart (Smart Textile Logistics)”, a waterproof packaging material that can be used specifically for transportation of textile goods. He made this bag with polypropylene material which can be reused for atleast 20 times. This product can be used in place of carton made from corrugated sheet which is used once only. The cost of his product was Rs. 150 only.

The overall experience of national conference was very good and full of knowledge. The conference opened up the avenue for research in the field of technical textile. We all obtained very valuable information from the seminar which will surely help us in our future research interests.

Ms. Hiral Kakka
MScII TFT

Click Fashion Product Story, Edit, Share

Session by Mr. Mahesh Shah, Mr. Santosh and Mr. Sudhir

A workshop on Photography and Videography was conducted on Wednesday, 11th of April 2108, for the first year Master students by Mr. Mahesh Shah from Hetal Studios, who is a renowned industry professional. He, along with his associates Mr. Santosh and Mr. Sudhir conducted this workshop. Hetal Photo Art conducts numerous photo shoots and video shoots for fashion shows, weddings, community functions, studio shoots, etc. Was it ever

possible to even think that we would get to do professional photography? Indeed, it was a huge opportunity for us to learn operating the professional video cameras which are used in industry. It is thanks to the Department of Textile and Fashion Technology that we had this great opportunity.

Mr. Mahesh first gave us an introduction about his studio and then spoke about all the different activities that he carries out there. This workshop was planned keeping in mind that we learn the full process of photography and videography right from the basic to advanced stages of handling the professional camera.

The first session was on photography and we were taught the method of operating the DSLR, the use of suitable lenses, the inbuilt effects that we can use, and the technique to capture moments in indoor and outdoor locations. He explained to us how we can click good pictures using mobile phones and the importance of composition and the background. He told us that for good photography, composition is very important so that less time is wasted in editing. He explained that a simple and plain background always highlights the portrait and is also easy to edit. Another important aspect he spoke about was lighting. He explained about the outdoor lighting and adjusting the camera accordingly. He emphasised on practice as the only method to obtain perfection. We could relate and understand all that he taught very well as we already had got hands-on experience during our regular classes.

After the first session his colleagues explained the technical aspects of the video cameras and the still cameras. Sudhir sir explained to us the features like zoom in, zoom out, focus, white balance, zebra, picture profile, calvin, manual settings required when shooting the video for indoor or outdoor shoots. He explained to us how the white balance can be changed in one click when we want to use in either of the lights. The HD quality of the video can be chosen to L35 1080p-50/pi by using different memory cards i.e. SD card and memory card. We also learnt about the lights used in studios when clicking photographs, especially spotlights. A practical hands-on experience was gained during the session.

We also learnt how the aperture helps while clicking a photograph. Sir told us that when there is more space in the aperture the indoor pictures will be well lit and while in outdoor pictures it will be very bright, whereas, when there is less space in the aperture the indoor picture will be too dark while the outdoor picture will be well lit. He also explained about the AE-L and AF-L buttons that help to focus better when pressed together while clicking a picture. Santosh sir also taught us about how the flash in the camera helps while clicking a picture. He said that mostly 400 ISO flash is used while clicking a picture. He emphasized that the ISO, aperture and shutter speed are three important aspects to be set manually for the still images. He also enlightened us with the most amazing feature as to how the camera should be used by spectacled people. He reviewed the model photoshoots which we had done as class work and gave his inputs on where and how we could improve. He explained the advantages of Adobe Lightroom for editing photographs over Photoshop.

Indeed, it was the most enriching and amazing session. We really appreciate and thank Dr. Ela Dedhia, the Head of the Department of Textile and Fashion Technology, for providing us with such professional expertise. The session was truly very informative and we gained a lot of knowledge about photography and videography.

***Nafisa Thanawala, Krushi Dedhia, Sakina Shajapurwal,
Tejashree Gaikwad and Shreya Dedhia
MSc I TFT***

RISE – Summit 2017 by IDOBRO

RISE Summit is held every year in and around Mumbai, and includes a series of round tables and workshops that are based on Open Spaces Technology to allow the agenda to develop organically so to ensure relevance and map resources to further the actions among participants.

On 25th September 2017, I was fortunate enough to receive the opportunity along with my classmates as well as other students from the department and Head of Department Dr. Ela Dedhia and Administrator Ms. Noella Diasto participate in one of the Round Table Conference held at World Trade Centre, Mumbai. The round

table was about the Innovations in Waste Management, where several members of BMC, other companies that work on the principle of sustainability, media, students etc. participated to discuss and find out solutions and also promote the already existing innovations for better management of wasteproducts. Several companies and laboratory individuals presented their innovations to sustain the waste management and reduce the waste that is currently generated.

At the conference, I presented my innovation named Smart Shoe, which was made under the guidance of my Guide Dr Ela Dedhia. India has been practicing recycling and reusing methods since ages then why don't we continue the tradition! The thought process behind the shoe was why not utilize the energy that we generate during walking and thus practice waste management strategy by saving electrical energy. The shoe is designed and made out of used materials especially denim, which can be further interchanged to match the dress one is wearing.

The sole also has a mobile charging device attached to it, which charges the phone as you walk.

I express my gratitude towards Dr. Ela Dedhia for guiding me and giving me such a great opportunity which helped us take this shoe to the next level. I thank Ms. Karon Shaiva and Ms. Hema Ganachari from the Idibro Impact Solutions team for the opportunity to participate and present. I also thank Faculty Mrs. Vrinda Udiavar who along with Dr Dedhia coordinated with Idibro for our participation. Few of my classmates from MSc II and juniors from TYBSc also got the opportunity to volunteer in this event which helped them build their organizational, communication and networking skills, besides knowledge gained through participation of the various sessions.

*Dolly Gala, MSc II,
Department of Textile and Fashion Technology*

Journey From Sanitary Pads To Cups

Environmental sustainability is a major concern in today's world. With this view in mind, we had a talk on "Substituting of Sanitary Pads" on the 11th of January, 2018, by Mrs Seema Pardeshi Khandale. After a brief introduction of what all she had done till now, she shared how she had reached out to numerous people informing them about the silicon cups, which are hygienic and sustainable alternatives to disposable sanitary pads. She is an active social worker and is the founder of **ASHAY SOCIAL GROUP**, which works towards environmental protection and conservation. The objective of making the silicon cups was to reduce the consumption of disposable sanitary pads. These pads prove to be a health hazard for women on prolonged use and also cause waste disposal problem as they are made of non-biodegradable materials. Thus, a switch to silicon menstrual cup will help in reducing plastic burden on landfills that would otherwise take more than 600 years to decompose. The silicon cup is a very good alternative also because it requires very little water for washing and can be reused multiple times.

She informed us that the cups were developed with a suitable and comfortable design after a lot of trial and error. These cups are flexible, soft and do not cause harm to the skin or internal organs. It is cost effective as well as environment friendly. On being asked about the response of consumers to the silicone cups, she said that that though in the beginning one finds it a little difficult to use but after some days one gets habituated to it.

It was a very informative session and at the same time we realized that we can bring in change and take a step ahead toward environment sustainability.

*Ms. Arwa Kalawadwala & Ms. Rutu Kanade
TYBSc TFT*

Exploring Odisha

The educational trip for the year 2017-18 was organized to Odisha (Orissa) from 14th February to 23rd February 2018 by the Department of Textile & Fashion Technology. We were accompanied with Dr. Ela Dedhia, Dr. Pratima Goyal, Ms. Neha Mulchandani and Administrator Ms. Noella Dias.

The educational trip included visits to several artisans/craft clusters in the interiors of Odisha. We travelled long distances to see Odisha's traditional crafts and art, explored the heritage villages and also got an opportunity to meet the national awardees with their unimaginable thought processes and designs.

15th Feb 2018 – Sambalpur-Kappabari village-Jhiliminda village -Bargarh- Remunda village

- We started our visit from Sambalpur accompanied by Miss Sukruti Pradhan, NIFT Graduate and weave design consultant, to the Aatavira Weavers Association (AWA), 30 kms from Sambalpur where we met the president Mr. Premchand Meher and also the secretary of the association. They showed us a few varieties of the Ikats known as Bandhas of Orissa and gave us a gist of textiles found and produced in Orissa.
- Next we visited Kappabari village, Dist. Bargarh where we met Mr. Bhaktraj Meher and his brother Mr. Ramkrishnan Meher. He and his brother are both recipients of National Award for their exemplary work in weaving and for training people and helping them in overall upliftment. He has trained more than 1500 people. He is also the recipient of Sant Kabir award for one of his exclusive works. They showed some of their woven design collections like Amavasya Rani, Triveni Sudhama, Shravan, Vivah Bandha and Chandan Kura, which graced them with national awards. Each saree/collection depicted a story and they explained the entire design process of their collections.
- Jhilimunda village, Dist. Bargarh was our next stop where we met Mr. Achyut Meher and Mr. Gopal Meher. Here we saw VAT Dyeing, double ikat weaving of sarees on pit looms and fly shuttle loom and bedsheet weaving also.
- Next we went to Bargarh where we met Mr. Mahapatra, Manager of Sambalpur Bastralaya Handloom Cooperative Society Ltd. He showed us pre-processing, dyeing unit at the Sambalpuri Bastralaya. We also saw hank dyeing machine and hydro extractor machine, which would remove the excess water from the fabrics after dyeing. Vat dyes were used for dyeing. The dyeing temperature used was in the range of 40°C to 60°C for 45 minutes. The factory also had an effluent treatment plant. We purchased few things from the Sambalpuri Bastralaya showroom.
- The last village for the day was Remunda, Dist. Bargarh where we saw various pit looms on which were woven sambalpuri motifs, specially the saptah motif woven on 4 shaft looms. Every single house had a loom. Meher community practiced extra weft yarn weaving and the Bhaliya community practiced silk tussor and cotton weaving. One very prominent feature was that the entire family was involved in this work. They in spite of being educated wish to continue their heredity tradition of weaving and take the culture ahead which was very motivating to hear. They were motivated to continue their tradition (parampara).

16th Feb 2018 – Sagarpalli village –Sonepur, Kendupalli village, Dist.Sonepur

- We visited named Koshelwar Weaving Factory established in 1980 by Mr. Hadu Meher (state award winner '97) & his son Mr. Subodh Meher (National Award winner 2000) in Sagarpalli village, Sonepur Dist. Factory comprised of Jacquard weaving, dobby weaving and their combinations. They sourced mercerized cotton from Coimbatore and Silk from Bangalore. Dyeing is done from Barapalli. Many bobbins are attached to a frame and sectional warping is done. Warping for 27 sarees is done at same time. They make sarees 2x100 count for the locals. They used fly shuttle frame loom and throw shuttle loom. Bomkai saree originated in a village called Bomkai. We saw jacquard card punching and jacquard weaving where every yarn is operated separately. Initially the cards were manually punched but now they are done digitally. Throw shuttle is used from intricate work and fly for simple design. We also saw Dongria saree which has a characteristic design of twill weave and chevron combination.

- Next we visited, DSMS Subranapur Regional CAD Training center, District Training center, Sonepur Dist. for girls & common facility center for weavers named ORMAS. Net graphic software was imported from Scotland and full support was given by Government. The center trains in digital weaving along with digital card punching for jacquard.
- We also met Mr. Prafulkumar Meher, TO technical officer, Office and Deputy Director Textiles, Sonepur who accompanied us to Kedupalli village, Sonepur Dist. where we saw ikats and bomkai being woven on jacquard and pit looms.

17th Feb 2018-Nuapatna village, Dist. Cuttack

- We went to Hirakud dam on river Mahanadi. It is one of the longest manmade dam in the world.
- Next we visited Weavers Cooperative Society Ltd in Nuapatna village, Cuttack Dist. where we met weavers weaving intricately on the frame looms with fly shuttle. We also saw cocoons, filaments, and the reeling process of silk filaments. Every house in the village did silk reeling. We also met Mr. Sharad Kumar, national award winner and his winning art of Buddha wall hanging; Mr. Sahdev Patra Sant Kabir winner for Dash-avataar and Mrs. Jashoda Patra (daughter-in-law) national awardee for 52 meter fabric with Geet a Gobind Shloka woven with single ikat.

18th Feb 2018-Cuttack-Sadei Bareni, Dist. Dhenkanal

- We visited Naya Sarak, Vinayaklal Jewelers to see the silver filigree work. We also went to filigree workshop at Mohamadiya Bazar and saw how actually the filigree is done. Silver filigree is basically molding fine silver wires into jewellery pieces. The most common designs were paisley and flower motifs. There were various jewellery articles like earrings, rings, necklaces and bangles. There were also silver plates, boxes, pens and other novelty items.
- To check out the dhokra art of Orissa we left for SaptaSaria Mountain, Dhenkanal district, Sada Bareni. Mrs. Gulap Gordiya the national awardee from the tribe in a tiny village displayed her products while her husband introduced us to other National awardees who showed us how the articles were produced.

19th Feb 2018-Olasingh village, Dist. Khurda, Raghurajpur village, Dist. Chandanpur, Pipli village, Dist. Puri

- We went to Olasingh village, Dist Khurda where Mr. Babuli showed us silk reeling, silk cotton weaving on pit looms having 5 shafts– 2 for plain weave and 3 extra for the designs. Traditional method of measuring and loom preparation and natural dyeing, reactive dyeing & VAT dyeing processes.
- Next we visited Raghurajpur village, Dist Chandanpur, heritage village – well known for Pattachitra painting. The whole village is declared as the heritage village. All families were engaged in patachitra art. We visited Mr. Chandrashekhar Das who was a national awardee. His late father too was a national awardee who received his award from Jawaharlal Nehru in 1968. We saw patachitra on palm leaf, canvas, betel nuts, silk etc. The patachitra paintings are made over a piece of cloth known as Patta or a dried palm leaf, which is first painted with a mixture of chalk and gum. Over the prepared surface, colorful and intricate pictures of various Gods, Goddesses, and mythological scenes with ornamentation of flowers, trees and animals are then painted. The canvas (patta) they used was made by themselves. It was made of 3 layers of cotton, seashell rind and tamarind seed rind. They used size 0 brush made from squirrel hair. The designs were directly made from mind with no tracing involved. They try to use natural colors as much as possible. Then we went in pairs to each house. There were various products like mats, keychains, mask, etc.
- Next we visited Pipli village, Dist Puri famous for the applique work, a sustainable approach to life of textiles. It's partly hand work and partly with machine. The woman there showed us how triangular pieces of fabric are made and hand sewn to base material. There were also laces made of triangles on machine. We saw accessories made from applique for Lord Jaganath e.g., chatri, toran etc. and other decorative textiles for events. Other items involve lantern, wallet, wall hanging, purse, mattress, etc.

20th Feb 2018: Konark, Dist. Puri-Jaganath temple, Dist. Puri

- We saw the sunrise at Chandrabaga beach. The colors of sky were so mesmerizing that we didn't want to leave. Then we went to the Konark -Sun temple There we saw amazing carvings, intricate jhali designs, iconography and themes.
- The next and last visit was Jagannath temple dedicated to lord Jagannath, form of lord Vishnu, considered very important as one of the pilgrimage of the Chardhamyatra.

It was an extremely satisfying tour to reach the interiors of India and experience the life that the great awardes live. I am inspired to work with them and I was privileged to have experienced such a trip and meet artisans that are hidden from the world.

Dolly Gala MSc II - TFT

Extension Activities:

DEPARTMENT OF COMMUNITY RESOURCE MANAGEMENT

The first field activity of the year was Celebration of International Breast Feeding Week. This year's theme was **SUSTAINING BREASTFEEDING TOGETHER**. Keeping in mind the college theme of this year "**Reaching the Unreached**" the department coordinated with ICDS CENTERS at Malad and Goregoan. On 4th of August '17 students performed Pupette show, Role Play Street play , Flash card presentations.

On 7th Aug 2017 as part of the Breast Feeding Awareness Programme, studenst were invited by the Dept. of Food Nutrition and Dietetics to perform a street play.

This year's extension collaborations were with Family welfare centre, Nav Jeevan , ICDS, Consumer Guidance Society of India. The students conducted 40 hours of field work activities in the community keeping the theme in mind, reaching the unreached. Hey therefore conducted activities covering entrepreneurial skills like Envelop making with Quilling, Paper Bags, Best out of Waste, Puppets and Coaster making, for children, women of Balwadi centres and Teacher Trainers.

Our students got hand on experience on consumer complaints cell, and handling of complaints at consumer guidance society of India.

The Department of Lifelong Learning and Extension [DLLE] established on 12th October, 1978 has been recognized as a statutory Department of the University of Mumbai since 1994, to promote a meaningful and sustained rapport between the Universities and the community.

DLLE offers an extension programme under which various projects have been arranged for students. Aim of these projects is to sensitize the students to the socio-cultural realities to improve their personality. Project Work is seen to be used as a teaching method right from school level up to the post graduate level.

Constant experimentation has enabled the DLLE to fine-tune the use of Project Work as an academic tool for the evaluation of Extension Work. In fact what the textbook cannot teach about real life, project work does very easily. The projects are career-oriented as well as community- oriented. The student is awarded ten additional marks at the final examination as well as a certificate for a project on completion of 240 hours of work and the submission of project report. Nirmala Niketan College Unit of The Department of Lifelong Learning and Extension enrolled 32 students of CRM Specialisation. Our department has taken up the Project on WOMEN ISSUES for the Students.

The Extension Coordinator Mrs. Sunita Jaiswal and Student Leaders Ms. Shivangi Singh and Ms. Ridhi Raut attended 1st and 2nd Term Training Programmes organized by DLLE. Meetings were organised with Extension Coordinator in both the semesters.

STUDENT ACHIEVEMENTS:

Eight Students participated in Intercollegiate Fest at “SAFAR – A journey towards the Unreached” organized by Dept. of Life Long Learning and Extension at D.T.S.S. College of Commerce Malad on 17th March.

The Events organised were: Power Point Presentations, T-shirt painting (slogan writing) and a Rangoli competition.

- Patel Poonam and Amruta Engle were awarded 1st Prize for Rangoli competition.
- Shah Riya and Gala Ishani were awarded 2nd Prize for Power point presentation
- Dedhia Nidhi was awarded 3rd price for T Shirt painting competition.

RURAL CAMP at Kharasgaon:

CRM Staff Ms. Roopa Rao and 7 students were invited to Gyan Jyoti Community College at Kharasgaon on 14th February for conducting various sessions on “Housekeeping Operations”. The session was arranged for 42 (36 girls and 6 boys) Warli tribe Youth, who were students of the Community College. A booklet was prepared by the students to ensure the smooth facilitation of the work. The topics covered were Introduction to Housekeeping Operations, Importance of housekeeping in Hotels, Hospitals and other institutions, Career opportunities, Grooming and language skills, Cleaning procedures (Guestroom cleaning and Cleaning of other articles), Napkin folding, Table setting, Bed making and other skill development training.

The feedback from the benefactors and from Sr. Cynthia was very positive. Many of them were not aware of the possibility of being gainfully employed in these areas. They wanted more sessions wherein hands-on training can be provided on various technical skills in housekeeping operations.

The students of TYCRM extended their sincere gratitude to Sr. Araujo, Sr. Cynthia and Sr. Meena for providing them with the golden learning-sharing opportunity.

VISIT TO KOLAD: The major focus and thrust areas towards Reaching the Unreached were: Education, Preventive and curative health, Youth empowerment, Environment and ecology, Livelihood initiative and Awareness of rights. Ms.Sunita Jaiswal and Ms Sanam Khan accompanied the students in visiting 4 villages of Kolad District (Konda , Ptersheth, Mandersheth and Guhve).

Keeping the theme Reaching the unreached following activities were conducted.

Women - Entrepreneurial skills:

- Jewellery making
- Low cost nutritious recipes i.e. Peanut chaat
- Bowls made of paper.

Balwadi children age group 6yrs to 10 yrs.:

- Art and craft activities of Finger painting, ear bud painting.
- Puppet show on Personal Hygiene

Animators:

- First Aid procedure. Different types of Bandages
- Home technique of making Sanitary Pads
- Multi grain masala puris (low cost nutritious recipe)

“JAGO GRAHAK JAGO” COLLABORATION WITH COUNCIL OF FAIR BUSINESS PRACTICES (CFBP):

Department appreciates the positive response given by Management for using College logo for collaboration with Council of Fair Business Practices.) under food civil supplies and consumer protection department, Maharashtra. This LOGO will be used while conducting activities in collaboration with them.

CFBP has organized 30th CFBP Jannalal Bajaj Awards for Fair Business Practices on 17th March. Principal, The chief guest for the award ceremony was Justice. Krishnan and the guest of honour was Ms. Arundhati Bhattacharya (Ex.Chairman, SBI). Management and Department Staff were invited for this programme. Where they released a book on” How Safe is your Food” compiled by Department staff Ms Roopa Rao and Ms Sunita Jaiswal

CFBP had organized First Advisory Board Meeting on 17th April'18 at Kamal Nayan Bajaj Hall Nariman Point. Our Principal Dr. Geeta Ibrahim, Ms Roopa Rao and Ms Sunita Jaiswal were the invited members for this Board of Meeting. Principal was invited as EC Board member. On demand, the students were called to perform street Play on Jago Grahak Jago which was very much appreciated.

Ms Sunita Jaiswal
Coordinator Extension & Community Services

Bharuch Extension Trip – Learning with Fun!

Extension Trip of the Department of Human Development

We, TYBSc and MSc II students of the Department of Human Development, had gone for an extension trip to Bharuch from 16th February to 19th February, 2018 along with our teacher, Dr. Kamini Rege and non-teaching staff, Ms Sylvie. We were accommodated in Vidhyadeep Community College that is run by Nirmala Niketan Institute. The main objective of this college is to empower economically, socially and academically disadvantaged (especially tribal) women from Gujarat and provide them with education and other vocational skills. There were 276 girls residing in the college who have taken up different specializations like Secretarial Practice, Home Science, English, Computer and Nursing.

The objective of the visit was to conduct workshops on different topics and make a difference in our small ways. The TYBSc students were guided by MSc supervisors during the process of workshop planning and execution which was overall directed, supervised by, Dr Kamini Rege and initiated by Ms Khyati Sampat. There were four workshops conducted namely 'Awareness on Child Sexual Abuse', 'Enhancing self-esteem and Assertiveness Skills', 'Leadership and Communication Skills', and 'Group Dynamics and Team Work.' All the workshops were very well received by the girls and sisters of the college.

We also conducted 'self help-income generation activities' demonstration. There were several learning centres where the girls in small groups came to. The centres included teaching and learning to make items like jewellery box, lip balm, key chain, rugs, flowers, and learning skills like scarf styling, cup decoration etc. The girls were very eager to learn what we had on offer and were picking up the skills very quickly!

At Vidhyadeep, we also got a glimpse of rich tribal culture these girls are proud to belong to. We had held 'Each One Teach One' cultural exchange activity. Here, we taught various things like dance, skits, songs, body percussions etc. to the girls and they taught us many art forms from their culture which was showcased in the evening. It was here that we got to strengthen our bond with them during practice sessions and also experience their warmth, joy, and enthusiasm to acquaint us with their culture offerings.

In the course of our time, we learnt a lot, value of benevolence and gratitude, valuing nature and in the process, we formed beautiful relationships with the girls as well as within ourselves. The welcome, hospitality and farewell sisters and girls gave us was overwhelming. The day we had to leave was a difficult moment for all of us but with heavy hearts we bid goodbye to them and an amazing experience. We left from there with long-lasting memories, a life changing experience that gave us the contentment of making a difference in our own ways and that taught us the value of unconditional service.

Feedback Received from the Bharuch Centre

Nirmala Niketan College of Home Science, Mumbai.

Greetings from Asha Macwan, Principal, Vidhyadeep Community College, Bharuch.

On behalf of the staff and students of Vidhyadeep Community College, I express my gratitude to you for sending Ms. Kamini and Ms. Sylvia the faculty with the group of students of 47.

Alone we can do so much little, together we can do so much. Your dedication and service is appreciated. Your staff and students have done their best to give the knowledge to the students of Vidhyadeep Community College, Bharuch.

Nirmala Niketan College of Home Science

Nirmala Niketan teachers and students have shared their precious time with our staff and students. The success of these three days have touched each of our students and has helped our students to be more creative.

The students of Nirmala Niketan were very enthusiasm and energetic to teach our students. Looking at this our students also involved themselves very actively. Our students were interested because the way of talking, communicating with them attracted our students to learn more.

We are grateful for appreciating and encouraging our students and for that you deserve to be congratulated for your hard work, honesty and utmost dedication.

Your team has spent an effective time making sessions more meaningful which has made our students self confident. Our students have learnt to inculcate the values of teamwork and integrity.

Our students have learnt many skills like, communication skills, enhancing self esteem and income generation activities. They have also improved their teamwork and leadership qualities and group Dynamics and team building.

The different presentation methods used like role plays, street plays, quiz, riddles etc were much effective, interesting, well appreciated and impressive.

The cultural exchange showcased by all the students was very interesting. All the students, the way they mingled was very appreciative. Interaction between the students was really good.

Ms. Kamini Rege and Ms. Sylvia were the great support to the students. Their presence was very effective. Their love, concern and at the same time firmness helped students to be more effective.

We are so fortunate to have an innovator like you with us. With your hard work you have taken us to the top.

Feedback from our Bharuch centre Students:-

Thank you for coming here and sharing your knowledge with us. I have learnt to communicate with others and also to be positive and creative to work with the team.

- Vasava Sneha Dilavarbhai

I was very interested to attend the sessions. They explained to us so friendly and clearly. I liked the session on communication skill because I was so shy person and I was finding difficult to communicate with people but after attending this session, I feel free to myself. Even I like the session on team work. Attending these sessions, I feel comfortable to talk with people and interact with them. I like their way of talking, communicating, teaching and explaining to us politely. I like their time management because without wasting time they came to our class on time to take the sessions. They gave us effective knowledge with positive thoughts.

- Baria Hetal Maheshbhai

It was a great time to learn something new. They have taken efforts to make workshop effective, creative and active. We all were involved in all the activities. Through this exchange programme we have learnt many useful things which we did not know before. So it is very helpful for us to broaden our view.

- Vasava Heena Harilal

It was very good experience for me. I have learnt many things from the group like communicating with others, their commitment towards their topics, their confidence while talking and thinking positively. It was interesting and creative. I appreciate their dedication.

- Gamit Nancy Rameshbhai

Thank you once again for your cooperation and I look forward to many such programmes in the years to come.

TYBSc and MSc 2 Students of HD Department



**AWARDS AND ACHIEVEMENTS:
REACHING GREAT HEIGHTS**

Student Awards And Achievements

JUNIOR COLLEGE (2016-17)

F.Y.J.C	S.Y.J.C
1 st - Gala Pankti 2 nd - Gudi Simrita	1 st - Namugade Bhavna 2 nd - Batliwala Batul

DEGREE COLLEGE (2016-17)

F.Y.B.Sc. Semester I and II: Soni Maitri	S.Y.B.Sc. Semester III and IV: Dhulla Niti
T.Y.B.Sc. FND: Semester V: Tarwala Alefiya Semester VI: Shah Miloni HD: Semester V and VI: Gala Koshangi TFT: Semester V: Savla Sneha Semester VI: Dedhia Krushi CRM: Semester V and VI: Mehta Nidhi	M.Sc. (PART I) FND: Semester I: Sawant Sampada Semester II: Kherani Ayesha HD: Semester I and II: Menezes Flevy TFT: Semester I and II: Gala Dolly SN: Semester I: Somani Ananya Semester II: Sheth Kaajal FPP: Semester I: Bane Mayuri Semester II: Fernandes Simona
M.Sc. (PART II) FND: Semester III and IV: Bhatia Ishitaa HD: Semester III and IV: Pritika Rebecca Joseph TFT: Semester III and IV: Goshar Disha SN: Semester III: Pandhare Pritam Semester IV: Shaikh Tasneem FPP: Semester III and IV: Dawoodani Ashna	P.G. DIPLOMA IN DIETETICS AND APPLIED NUTRITION Semester I: Shaikh Zubiya Semester II: Dhariwala Nisreen
UNIVERSITY TOPPER OF T.Y.B.Sc. Gala Koshangi (HD)	UNIVERSITY TOPPER OF M.Sc. Goshar Disha (TFT)

MERIT BASED SCHOLARSHIPS (2016-17)

- **Miss T. Joseph Memorial Prize for securing highest marks in T.Y.B.Sc. Food Nutrition and Dietetics**
 - o Shah Miloni
- **Saffola Prize for Overall Performance in P.G. Diploma in Dietetics and Applied Nutrition**
 - o Dedhia Komal
- **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**
 - o Savla Sneha
- **Ms. Naomi D'Souza Scholarship for Research work in M.Sc. Part I Textile and Fashion Technology**
 - o Gala Dolly
- **Smt. Makaben Premji Vora Award for securing highest marks in the subject of Field Work in T.Y.B.Sc**
 - o Braganza Anandini (CRM)
- **Highest Marks in the Practical of Aesthetic in Design at the F.Y.B.Sc.(Semester I)**
 - o Gada Miloni
- **Highest Marks in the Theory of Introduction to Tourism and Hospitality Industry at the F.Y.B.Sc. (Semester II)**
 - o Soni Maitri
- **Dr.Pratima Goyal's Scholarship for Toppers in FYBSc Clothing Practical (Semester I)**
 - o Bansode Purva
 - o Madha Uzama
- **Dr. Pratima Goyal's Scholarship for Highest marks scored for all practicals at TYBSc. Textile and Fashion Technology (Semester V)**
 - o Shinde Durga
- **Dr. Pratima Goyal's Scholarship for Highest marks scored for all practicals at TYBSc. Textile and Fashion Technology (Semester VI)**
 - o Merchant Sakina
- **Dr.Pratima Goyal's Scholarship for Highest marks scored for all practicals at MSc. I, Textile and Fashion Technology (Semester I)**
 - o Kakka Hiral
- **Dr.Pratima Goyal's Scholarship for Highest marks scored for all practicals at MSc. I, Textile and Fashion Technology (Semester II)**
 - o Gala Dolly
- **Dr.Pratima Goyal's Scholarship for Highest marks scored for all practicals at MSc. II, Textile and Fashion Technology (Semester III)**
 - o Goshar Disha
- **Dr, Pratima Goyal's Scholarship for Highest marks scored for all practicals at MSc. II, Textile and Fashion Technology for Semester IV**
 - o Khan Afreen
- **Principal's Scholarship for toppers of the four departments at the Graduation level (Total of Semester V and VI)**
 - o FND: Shah Miloni
 - o HD: Gala Koshangi
 - o TFT: Savla Sneha
 - o CRM: Mehta Nidhi
- **Toppers of various departments at Post Graduation level (Total of Semester Semesters I, II, III and IV)**
 - FND: Bhatia Ishitaa
 - HD: Pritika Rebecca Joseph
 - TFT: Goshar Disha
 - FPP: Dawoodani Ashna
 - SN: Shaikh Tasneem
- **Topper of Post Graduate Diploma in Dietetics and Applied Nutrition**
 - o Dedhia Komal
- **Topper across all departments at M.Sc. level (Highest marks obtained in Semester I, II, III and IV)**
 - o Dawoodani Ashna- (FPP)
- **Topper across all the departments at T.Y. B.Sc. level**
 - o Gala Koshangi(HD)

• University Gold Medalists

- **The Founder Principal Galby Gold Medal** jointly with **University of Mumbai** awarded to **Ms. Goshar Disha** 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. Gala Koshangi** from the Department of Human Development for obtaining the highest marks across all the departments at the Bachelor of Science (Home Science) degree examination

• Dr. Naram Awards –AFST

- **T.Y.B.Sc. FND toppers**
 - Shah Miloni
 - Tarwala Alefiya
 - Lote Ishita
- **M.Sc FND toppers**
 - Bhatia Ishitaa
 - Lulla Priyanka
 - Bangera Elizabeth
- **M.Sc FPP toppers**
 - Dawoodani Ashna
 - D'Souza Nadia
 - Wadke Shubhankar
- **M.Sc SN toppers**
 - Shaikh Tasneem
 - Pandhare Pritam
 - Shaikh Nida

BEST READERS' AWARD

- **Junior College**
 - Miss. Nehal Koradia (F.Y.J.C) (Book Review Project)

VALUE ADDED COURSES (2017-18)

I] Department of Foods Nutrition and Dietetics

Nutrition Exercise and Fitness

- 1st rank:
 - Ms. Khatri Rahuda (P.G. Dip in Dietetics and Applied Nutrition)
- Best Group Project
 - Chaturvedi Ankita, Jadhav Sonal, Jagtap Shraddha, Kapasi Amatullah (P.G. Dip in Dietetics and Applied Nutrition)
 - Mahadik Sweta, Matondkar Aranta, Patel

Aqsa (P.G. Dip in Dietetics and Applied Nutrition)

II] Department of Human Development Indian Sign Language

- 1st rank:
 - Desai Hardi (SYBSc)
 - Gala Priyal (SYBSc)
- 2nd rank:
 - Adhikari Preeti. (SYBSc)

III] Department of Textile and Fashion Technology Visual Merchandising

- 1st rank
 - Tabaha Sakina (SYBSc)
- **Best project :**
 - Ms. Managoriwala Amena (SYBSc)
- **100% Attendance:**
 - Mandviwala Arva (SYBSc)
 - Mangaoriwala Amena (SYBSc)
 - Marchawala Maria (SYBSc)
 - Parmar Deesha (FYBSc)

Entrepreneurship in Textile Craft

- 1st rank:
 - Gujar Armin (SYBSc)
- Best project
 - Ansari Zoya (SYBSc)
 - 100% attendance
 - Gujar Armin (SYBSc)

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

Basic Course(TYBSc TFT)

- 1st rank:
 - PandeyPallavi
- Best project
 - Kanade Rutu
 - Bhanushali Riddhi

Intermediate Course(MSc I TFT)

- 1st rank:
 - Shaikh Fatima
- Best project
 - Bajaj Kunjan
 - Dedhia Krushi
 - Thanawala Nafissa

Advanced Course (MSc II TFT)

- 1st rank:
 - Kakka, Hiral

Nirmala Niketan College of Home Science

- Best project
 - Gala Dolly
 - Pandey Darshana
 - Shetty Deeksha

Personal Styling, Grooming and Fitness

- 1st rank:
 - Patel Mizbah and Sachde Ekta (TYBSc TFT)
- Best project-
 - Baig Fihan (TYBSc TFT) and Sheikh Safoora (SYBSc)

IV] Department Of Community Resource Management Workstation Design and Applied Ergonomics

- 1st rank:
 - Pai Saniya and Kachwala Tahera (T.Y.B.Sc. CRM)
- 2nd rank:
 - Patel Prakruti and Motiwala Amatullah(T.Y.B.Sc. CRM)
- Best group project-
 - Pai Saniya, Motiwala Amatullah, Thakur Harjit, Kachwala Tahera(T.Y.B.Sc. CRM)
 - PatelPrakruti, PandhareSalome, Bhandwalkar Sonali, Chauhan Shraddha (T.Y.B.Sc. CRM)
- 100% attendance:
 - Mankame Radni, Pai Saniya, Bhandwalkar Sonali

Cultural and Heritage Management

- 1st rank:
 - Shaikh Nausheen

STUDENT AWARDS FOR CO-CURRICULAR ACTIVITIES(2017-18)

PAPER PRESENTATIONS AT NATIONAL LEVEL SEMINAR

Kulkarni Nimisha (TYBSc HD) 1st prize - Best research presentation under guidance of Dr. Kamini Rege

PAPER PRESENTATIONS AT INTER-UNIVERSITY LEVEL SEMINAR

12th Maharashtra State Inter-University Avishkar Research Convention:15th – 17th January 2018

- Joshi Jahnvee (Pursuing Ph.D)-1st Prize; category 1: Humanities, Fine Arts and Languages, under guidance of Dr. Anuradha Bakshi

- Merchant Jamila, Memon Sana, Khan Arhi and Udeshi Payal(TYBSc HD)- award of merit and selected for the next two rounds, under guidance ofMs. Payal Maheshwari

PAPER PRESENTATIONS AT INTER-COLLEGIATE LEVEL SEMINAR

- 1st prize at URJITA -Interdisciplinary undergraduate research competition organized by Smt. P.N. Doshi Women's College, Ghatkopar, Mumbai – 86 on 3rd Feb 2018
- Patel Prakruti, Pandhare Salome, Bhandwalkar Sonali, Chauhan Shraddha (TYBSc CRM)

POSTER PRESENTATION INTERNATIONAL LEVEL SEMINAR

- Best Poster Award at 4th Biennial conference of PAI and International Symposium on Probiotic Therapy: Translating to Health and Clinical Practice, at AIIMS, New Delhi, India
 - o Navagharwala Ravat Tasneem, under guidance of Dr. VeenaYardi
- 3rd Position at International conference-AICNU 2017
 - o Khan Afreen, under guidance of Dr. VeenaYardi

STUDENT AWARDS FOR EXTRA AND CO CURRICULAR ACTIVITIES(2017-18)

- **NATIONAL LEVEL:**
 - o Eshwari Phanse (TYBSc HD) – 1st prize at a National Odissi Dance competition at Bhubaneswar

- **INTERCOLLEGIATE LEVEL:**

- o Debate competition organized by SevaSadan's College of Education at Ulhasnagar on the 11th October 2017
 - Acharya Palak(FYBSc)-1st prize
- o Best out of Waste Competition at Udaan Festival, organized by University of Mumbai
 - Sonawane Shruti (TYBSc TFT)- 3rd prize

Intercollegiate Recipe Competition on Recipes incorporating Galactogogues organized by FND department of Nirmala Niketan

- Parikh Shreya M.Sc. II (SN) - 3rd Prize in“ Healthy Recipes for Lactation incorporating Galactogogues”

- Intercollegiate Recipe Competition on “Fusion Foods” organized by FND department in association with PFNDAI
 - Amrin Idris (TYBSc FND) - 1st Prize
 - Mansi Nishar (TYBSc FND) - 3rd prize
- o Intercollegiate Digital Communication Competition organized by FND Department in association with PFNDAI
 - Zahra Merchant (TYBSc FND) won the second prize
- o Recipe competition organized by Narmada Kidney Foundation on 17th September 2017
 - Gudka Isha (T.Y.B.Sc. FND)- 1st prize for the recipe in the hypertension category
 - Sawant Sampada (MSc 2 FND) - 2nd prize for the recipe in the Diabetes Mellitus
 - Pradhan Dhanashree M.Sc. 2 SN) - 2nd prize

JAMBOREE 2018

Student led Intercollegiate Activity by Department of Textile and Fashion Technology

Best Garments- Subject wise

- TYBSc
 - o Pattern Making and Garment Construction and Draping
 - o Sachde Ekta
 - o Patel Mizbah
- MSc I
 - o Pattern Making, Grading and Garment Construction- Women’s Wear
 - o Shaikh Fatima
- MSc II
 - o World Textile Embroideries and Textile Crafts
 - o Gala Dolly
 - o Draping and Grading
 - o Gala Dolly
 - o Pandey Darshana
 - o Men’s Apparel Design and Production
 - o Shetty Deeksha
 - o Women’s Apparel Design and Production – Knitwear
 - o Gala Dolly
 - o Sustainable and Ethical design Development for Textile and Apparel
 - o Jaju Shivani
 - o Costume Designing and styling and Promotion

for Cinema and Stage

- o Gala Dolly

Competition	Name of Participant
Catwalk	Pandey Darshana (MSc II TFT)
Blind Stylist	Patel Krushi (FYBSc)
Product Development	Shaikh Zoha (SYBSc)
Mehendika	Tambe Harshada (FYBSc)
Mould it, Sham it	Ranganekar Sonali
Quest- d’Attire	Briana and group (SYBSc)
Fashion Show	SYBSc

- **INTRA-COLLEGIATE LEVEL:**
- o **Conducted by the Interfaith Committee**
- **Eco-friendly Rakhi making competition**
 - 1st Prize - Chavan Mansi (S.Y.B.Sc)
 - 2nd Prize - Gala Ishani(T.Y.B.Sc)
 - 3rd Prize - Tambe Harshada(F.Y.B.Sc)
- **Nauvari Saree Draping Competition**
 - 1st Prize - Mhatre Rucha(F.Y.B.Sc)
 - 2nd Prize - Bansode Purva(S.Y.B.Sc)
 - 3rd Prize - Joshi Keerti (S.Y.B.Sc)
- **Sweet Dish Cooking Competition**
 - 1st Prize - Tambawala Fatema (S.Y.B.Sc)
 - 2nd Prize - Kate Shivani(F.Y.B.Sc)
 - 3rd Prize - Shaikh Anam(F.Y.B.Sc)
- o **Conducted by Cultural Committee**
- **Doodle fest**
 - 1st prize: Mishra Revati(S.Y.B.Sc.)
 - 2nd prize: Bansode Purva (S.Y.B.Sc) and Sarang Yusra (S.Y.B.Sc)
- **Face Painting**
 - 1st prize - Tambawala Fatema (F.Y.B.Sc.)
 - 2nd prize. - Gada Miloni(S.Y.B.Sc)
- **Melody Queen:**
 - 1st prize - Khokhawala Salma (F.Y.B.Sc.)
 - 2nd prize - Sheikh Nausheen (S.Y.B.Sc.)
- **Trash-it-Out:**
 - 1st prize - Qureshi Hafshaand Sadhuka Madhumita (S.Y.B.Sc.)
 - 2nd prize - Saiya Hinaland Sakpal Krutika (F.Y.B.Sc.)

MISS NIRMALA NIKETAN 2017 – 18

- Winner - Maru Priyanka
- 1st Runner Up - Madhwani Priyanshi
- 2nd Runner Up - Gala Dolly

AWARDS FOR SPORTS EXCELLENCE

INTRA- COLLEGIATE LEVEL

- **Indoor games**
 - Table Tennis Singles
 - 1st place – Mogar Anam (TYBSc FND)
 - 2nd place – Mogar Faiza (TYBSc FND)
 - Table Tennis Doubles
 - 1st place – Mogar Faiza and Mogar Anam (TYBSc FND)
 - Carrom Singles
 - 1st place - Shaikh Humera (SYBSc)
 - 2nd place - Gala Tanvi (FYBSc)
 - 3rd place - Jhede Nikita (MSc II SN)
 - Carrom Doubles
 - 1st place - Shaikh Humera and Thakkar Hetika (SYBSc)
 - 2nd place - Ansari Sumaiya and Kamil Sarah (SYBSc)
 - Chess
 - 1st place - Shah Gargi (FYBSc)
 - 2nd place – Johnson Sharon (TYBSc FND)
 - 3rd place - Dedhia Priyanka (SYBSc)
- **Out-door games**
 - 100 m sprint (Girls)
 - 1st place- Ramaswamy Ramya (FYBSc)
 - 2nd place - Furtado Sherly (TYHD)
 - 3rd place - Nambiar Darshana (SYBSc)
 - 100m sprint (Boys)
 - 1st place - Kapadia Taher (FYID)
 - 2nd place - Yadav Rahul (TYCA)
 - 3rd place – Tinwala Burhanuddin (SYCA)
 - 200 m run (Girls)
 - 1st place - Gharat Tanvi and Furtado Sherly, (MSc II SN and TYHD)
 - 2nd place – Mhatre Rucha and Nambiar Darshana (FYBSc and (SYBSc)
 - 3rd place – Hukeri Krutuja (FYBSc)
 - 200 m run (Boys)
 - 1st place – Kapadia Taher (FYID)
 - 2nd place – Yadav Rahul (TYCA)
 - 3rd place – Gala Bhavya (TYID)
 - Shot Put (Girls)
 - 1st place – Ramaswamy Ramya (FYBSc)
 - 2nd place - Verma Nancy (MSc I SN)
 - 3rd place – Khole Anuradha (MSc I SN)
 - Shot Put (Boys)
 - 1st place- Yadav Rahul (TYCA)
 - 2nd place – Udaipurwala Badrul
 - 3rd place – Tinwala Burhanuddin (SYCA)
 - Javelin throw (Girls)
 - 1st place - Ramaswamy Ramya (FYBSc)
 - 2nd place - Shah Miloni (SYBSc)
 - 3rd place - Gada Miloni (SYBSc)
 - o Javelin throw (Boys)
 - 1st place – Yadav Rahul (TYCA)
 - 2nd place- Ghodke Vishal (TYID)
 - 3rd place – Wankhede Siddharth (TYCA)
 - o Long jump (Girls)
 - 1st place – Nambiar Darshana (SYBSc)
 - 2nd place – Hukeri Krutuja (FYBSc)
 - 3rd place – Bhinerwala Zehra (SYBSc)
 - o Long jump (Boys)
 - 1st place – Kapadia Taher, (FYID)
 - 2nd place - Yadav Rahul (TYCA)
 - 3rd place – Tinwala Burhanuddin (SYCA)
 - o 400 m relay (Girls)
 - 1st – Ramaswamy Ramya, Hukeri Krutuja, Mogar Anam and Mogar Faiza
 - 2nd - D'souza Ayesha, Baig Fihan, Gala Sneha and Furtado Sherly
 - 3rd – Mhatre Rucha, Bhalerao Madhuja, Khona Kinjal and Nambiar Darshana
 - o 400m relay (Boys)
 - 1st – Kapadia Taher, Shaqlane Hajiabba Mohd, Ghodke Vishal, Gala Bhavya
 - Festival A
 - 1st place - Furtado Sherly (TYHD)
 - 2nd place – Hukeri Krutuja (FYBSc)
 - 3rd place – Ramaswamy Ramya (FYBSc)
 - Festival B
 - 1st place – Patwari Nischinta and Rane Shrishti (FYBSc and TYFND)
 - 2nd place - Gala Sneha and Shah Hiral (SYBSc)
 - 3rd place - Dedhia Priyanka and Walavalkar Madhura (TYCRM)
 - Tug-of-war
 - 1st place – Gada Miloni, Patanwala Mariya, Sunnewala Ruqaiya, Bhinderwala Zehra, Tabha Sakina, Calcuttawala Zainab, Tambawala Fatema and Mamania Madhuri
 - 2nd place - Khole Anuradha, Salunke Madhoo, Chaudhary Akansha, Kamble Nivedita, Mandasurwala Ruqaiya, Dudani Sonia, Gujjar Nishi and Chheda Veeral
 - 3rd place - Savla Pooja, Rangwala Sakina, Patwari Nischinta, Rodrigues Briana, Mulakatte Greeshma, Mhatre Pranjal,

Ramaswamy Ramya and Gala Aneri

- Marathon (1000m) 1st place
 - Furtado Sherly (TYHD)
 - Mhatre Rucha (FYBSc)
 - Nambiar Darshana (SYBSc)
- Walking Race
 - 1st place – Khona Kinjal (TYFND),
 - 2nd place- Chindhiwala Tasneem (SYBSc)
 - 3rd place- Badiwala Faiza (TYFND)
- Festival A (Teachers)
 - 1st place - Mrs. Vibhuti Khedekar
 - 2nd place- Mrs. Blossom Alvaris
 - 3rd place – Mrs. Shibani Samant
- 100m race for the support staff
 - 1st place– Mr. Vijay Almeida
 - 2nd place– Mr. Yogesh Pardeshi
 - 3rd place –Mr. Domnic Shetty

Best Athlete of the year (Girl) ”-Ms. Remya Ramaswamy- F.Y.B.Sc

Best Athlete of the year (Boy)”-Mr.Rahul Yadav (TYCA)

INTERCOLLEGIATE LEVEL

- 1st prize in Box Cricket (CL event), at PANAAH, Hinduja College of Commerce, Charni Road on 13th and 14th December 2017
 - Hukeri Krutuja ▪ Mhatre Rucha
 - Wani Sanskriti ▪ Shweta
- 3rd prize in basketball tournament at the YUVA SPORTS SUMMIT (Inter Collegiate Sports Fest) organized by Yuva Sena on the 12th and 13TH February 2018
 - Mhatre Rucha ▪ Hagalwadi Fatima
 - Hukeri Krutuja ▪ Ramaswamy Remya

PERSONAL ACCOLADES

- **Mhatre Rucha (FYBSc)**
 - Represented Maharashtra at the 44th Junior National Aquatic Championship 2017 held at Pune
 - 3rd place in water polo at Swimming Federation of India
 - 1st place in Under 18 Junior girls’ category Water Polo at Open Aquatic Championship 2017 at the Pransukhal Mafatlal Hindu Swimming Bath and Boat club Trust Mumbai
 - 2nd place in Women’s Water Polo at open Aquatic Championship 2017 at the Pransukhal Mafatlal Hindu Swimming Bath and Boat club Trust Mumbai.

- 2nd place in Water Polo at the Greater Mumbai Amateur Aquatic Association senior Aquatic Championship (Senior and Lower age Group meet).
- 2nd place in 400 meters free style at the Inter collegiate Aquatic Meet (M & W) 2017-18 at The P.M Hindu Swimming Bath
- Runners up medal at the Bombay YMCA Water Polo League Tournament, held at Bombay YMCA swimming pool
- 1st place in at the YUVA SUMMIT (Inter Collegiate Sports Fest) organized by YuvaSena in the following events
 - 50 m freestyle • 50 m breast stroke
 - 50 m back stroke • 50 m butterfly

o **Furtado Sherley (TYBSc HD)**

- 2nd place in Indian 5000 m women
- 3rd place in 1500 m women timing
 - At the MASTERS Athletics 3rd Five Districts Open Track and Field Championship 2017 organized by India Masters Athletics in Association with Masters Athletics of Maharashtra under the Auspices of Thane District Athletic Association

o **Gharat Tanvi (MSc II Sports Nutrition)**

- Silver medal in the Taekwondo championship organized by University of Mumbai
- Invited as a referee at the 35th State Level Taekwondo championship at Karnataka Taekwondo Association Championship on 1st and 7th August 2017, and also at 2nd Late Master Vasant Randive Taekwondo Championship on 20th August 2017

STUDENTS WHOSE ARTICLES HAVE FEATURED IN NEWSPAPERS.

Akshada Kadlag of TYBSc FND wrote two articles in the Maharashtra Times. The articles were related to the impact of technology on the relationship of today’s youth and their parents.

Tejashree Gaikwad of MScI (TFT) wrote three articles in the Loksatta Lok Prabha magazine on the aspects of Jamboree 2018.

Madhura Walawalkar of TYBSc (CRM) wrote an article in Maharashtra Times about the activities of the department of Textile and Fashion Technology.

STAFF ACHIEVEMENTS (2017-18)

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

Dr. Geeta Ibrahim	Dr. M Subhadra
Dr. Ela Dedhia	Dr. Vishaka Karnad
Dr. Pratima Goyal	Dr. Kamini Rege
Dr. Veena Yardi	Mrs. Vrinda Udiaver
Dr. Anuradha Bakshi	Mrs. Sanghmitra Navalgund

PRESENTATIONS-INTERNATIONAL CONFERENCES PAPER

Dr. Ela Dedhia	Dr. M Subhadra
Dr. Pratima Goyal	Dr. Vishaka Karnad
Dr. Veena Yardi	
Dr. Anuradha Bakshi	

PAPER PRESENTATIONS-NATIONAL CONFERENCES

Dr. Ela Dedhia	Dr. M Subhadra
Dr. Pratima Goyal	Dr. Anjali Srivastava
Dr. Veena Yardi	

POSTER PRESENTATION-INTERNATIONAL CONFERENCES

Dr. Ela Dedhia	Dr. Vishaka Karnad
Dr. Pratima Goyal	Dr. Anjali Srivastava
Dr. Veena Yardi	

PUBLICATIONS-INTERNATIONAL LEVEL

Dr. Geeta Ibrahim	Dr. M Subhadra
Dr. Ela Dedhia	Dr. Vishaka Karnad
Dr. Veena Yardi	Dr. Ritu Madhan
Dr. Anuradha Bakshi	Dr. Kamini Rege

PUBLICATIONS-NATIONAL LEVEL

Dr. Anuradha Bakshi	Dr. Vishaka Karnad
Dr. M Subhadra	Dr. Kamini Rege
Ms. Payal Maheshwari	

E-PUBLICATIONS/ BLOGS

Mrs. Rhonda Divecha	Dr. Vishaka Karnad
Mrs. Vibha Hasija	Dr. Ritu Madhan

BOOKS/ CHAPTERS IN BOOKS

Ms. Jacqueline Colaco	Mrs. Sheetal Joshi
Dr. Veena Yardi	Dr. Minelly Rodrigues
Dr. M Subhadra	

NEWSPAPER/ MAGAZINE ARTICLES

Dr. Pratima Goyal	Ms. Khyati Sampat
Ms. Fatima Kader	

MINOR RESEARCH GRANT

Dr. Geeta Ibrahim	Ms. Neha Mulchandani
Ms. Payal Maheshwari	Mrs. Sanghmitra Navalgund

Mrs. Rhonda Divecha	Ms. Fatima Kader
Dr. Kamini Rege	Dr. Minelly Rodrigues

EDITOR/ REVIEWER OF JOURNAL/BOOK

Dr. Geeta Ibrahim	Dr. M Subhadra
Dr. Ela Dedhia	Ms. Payal Maheshwari
Dr. Pratima Goyal	Dr. Vishaka Karnad
Dr. Veena Yardi	Dr. Kamini Rege
Dr. Anuradha Bakshi	

MEMBERS OF BOARD OF STUDIES

Dr. Geeta Ibrahim	Dr. M Subhadra
Dr. Ela Dedhia	Dr. Vishaka Karnad
Dr. Veena Yardi	Ms. Fatima Kader
Dr. Anuradha Bakshi	

AWARDS FOR PRESENTATIONS/ RESEARCH/SCHOLARSHIP INTERNATIONAL LEVEL

- Dr. Ela Dedhia Certificate training Course in Personal Counseling which is based on the Robert Carkuff's Model of Counseling from 1st September to 13th October 2017, at the Institute of Human Technology, Heart to Heart Counseling Centre
- Dr. Veena Yardi, Best Paper Award -2nd Prize at Interdisciplinary conference in Nepal under guidance of Dr. M Subhadra
- Dr. Vishaka Karnad Best Presentation Award at the International Conference on The Global Design and Textile Industry

AWARDS FOR PRESENTATIONS/ RESEARCH/SCHOLARSHIP INTER-UNIVERSITY LEVEL

- Mrs. Roopa Rao won the Silver medal at the 12th Maharashtra State Inter-University Research Convention 2017-18 under the guidance of Dr. Geeta Ibrahim

AWARDS FOR PRESENTATIONS/ RESEARCH / SCHOLARSHIP UNIVERSITY LEVEL

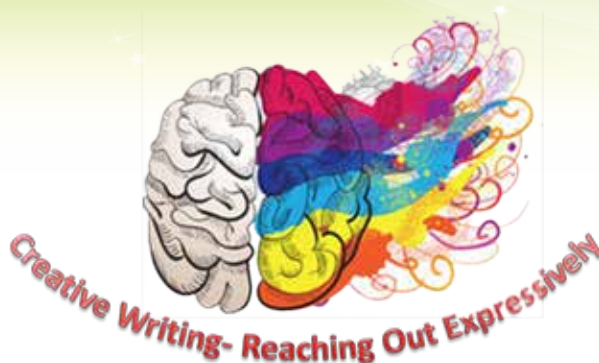
- Mrs. Sanghmitra Navalgund-won 3rd prize at Zonal Level Avishkar Research Convention 2017-2018 under the guidance of Dr. Ela Dedhia

CONFERRING OF Ph.D DEGREE

- Dr. Minelly Rodrigues under the guidance of Dr. M Subhadra

RECOGNITION FOR POST GRADUATE TEACHING

Dr. Anjali Srivastava / Mrs. Sanghmitra Navalgund
Mrs. Vibhuti Khedekar



My Journey of “Miss NN”

“**Miss NN 2017-18 is...**” I could feel my heart beating at supersonic speed at that moment. That was my first and last chance to win the prestigious title of **Miss NN**.

Flashback- A few of my friends from the class decided to register our names for fun. The first round was the General Knowledge round. I appeared for it and I thought it was pretty much fun to do something like this. When the results came out, to my delight, I had passed that round and had qualified for the second round. I went for the second round as well. After that I thought to myself that out of fifty students if I had the golden opportunity to showcase my talent, then let me do it genuinely and with my whole heart. The second round went really well, actually better than I had expected it to go. Then was the fashion show. Being the only “*healthy*” girl amongst the other four I was a little nervous. But that’s what the challenge for me was. I must mention that my “*competitors*” Dolly and Priyanshi helped me throughout, the best part being teaching me to walk on the ramp. I cannot thank them enough.

Then, the day of the finale dawned. Since morning I had butterflies in my stomach that like a small child’s first day at school. Nervousness was gulping me throughout but my face had a glow of confidence that I had made it till here. We had the question answer round. Dr. Geeta Ibrahim, our principal had to ask me a question. I had gathered all the courage and confidence I had and answered it. Dolly being the second runner up, Priyanshi being the first runner up, it was the time to declare the Miss NN. There was screaming and cheering of my name throughout the hall. “**Miss NN 2017-18 is... PRIYANKA MARU**” and with this statement by happiness had no bounds. I thanked God, my parents, my teachers, my friends and all the well wishers out there for this moment and obviously myself for the journey of Miss NN. This is not just a title for me but a reminder to me that good things in life come with hard work and risks. I have a message for all. I am a very shy girl. For me, coming on the stage in front of 200 people was a win in a way. I had successfully competed with the shy and introvert in myself. Nothing in life is a cake walk. To achieve something you have to give whole of yourself into it. Sometimes to get something you have to step outside your comfort zone. Roses too come with the thorns attached to it, and to smell the sweet essence of the Rose you have to pass through the thorns as well.

The Bollywood diva Deepika Padukone has correctly quoted, “Fruit of your own hard work is the sweetest.”

**Priyanka Maru
TYHD**

N. N. : Reaching Out on a Rainy Day

August 29th, 2017...The day that the sky decided to open up and cause a deluge of massive proportions. People were stranded in the downpour with no way to reach back home and were desperately hunting for shelter for the night. I too was caught in college with no way to reach home. It was a day I had decided to stay back and work a little longer. I am extremely grateful to the management and the community of the Daughters of the Heart of Mary for having taken me in and hosted me for the night. I got a lovely glimpse of the working of the community and experience their gentleness and warmth. As we prepared to retire for the night, there came a biggroup of

wet, tired, hungry and desolate people. Then the gentle community rose up as true daughters of the Heart of Mary and opened their gates. That day, we had about 300 people staying over in both institutes (The College of Social Work and the College of Home Science). They were provided delicious *khichadi* and *achar* prepared in the community. Most males stayed in the Home Science hall and the women in Social Work College. The community members including Ms. Gracy Fernandes were managing everything till about 1 am. The beneficiaries deeply appreciated our efforts. Most of them were out from 1pm...Cold, soaked and hungry. The colleges were visited by the police to check arrangements. We have been declared as shelter during calamities. The community members rose to the occasion and handled everything beautifully with their characteristic warmth, care and concern. It was my pleasure assisting Mr. Dinkar and Mr. Uttam our diligent support staff must be specially appreciated for going beyond the call of their duty and truly working for the college from the heart. That day I learnt about the way our college motto "*The highest law of life is service*" unfolds in times of need.

Ms. Vibha Hasija
Faculty

General Secretary and Me, Why Not!

The first ever student council met for the new academic year 2017-18 and I remember being there, catching up with my batch mates, trying to speculate who would be the next GS and all the while trying to make up my own mind for becoming one too. I wasn't sure if I would be able to manage the responsibility well with the work load of the last year of graduation, however deep-down I knew If there is anyway I can give back to my college, it is this. And I wasn't sure until the very last moment when a simple question popped up and urged me to stand, IF NOT NOW THEN WHEN? And that was all it took to become the General Secretary of the College of Home Science Nirmala Niketan, 2017-18, or was it?

Quiet evidently, NOT. Being a GS required way more than a few seconds of insane courage. In my opinion, more than a position of authority, it is the one of major responsibility. Being one, challenged me to grow and developed qualities that weren't really inherent part of me. I had to dig deep within myself, reach the unreached and allow it to manifest. Being firm and clear in things I wanted to get done by the student members. Being patient and rational when things didn't go according to plan. Being far sighted and prompt in planning and coordinating various factors in order to get a particular work/event successfully done or to even hold a small-20-minutes long meeting. Simultaneously managing regular academic work and having a social life. All of this working like a magic wand and honing me into a multitasker of a person.

This process of transformation was definitely not an easy one. So yes! I have had my setbacks and I have had hard days and negative thoughts such as, '*maybe being a GS isn't really my cup of tea*' or on days when things got really bad, '*I really can't do this*' would sneak into my head and make me question my own dedication and abilities. But it is during such times where I chose to be my own cheerleader. As Albus Dumbledore says, "*It is our choices, Harry, that show what we truly are, far more than our abilities.*" and I had made the choice of becoming a GS amidst uncertainty and fear and I do believe that that says a lot about the person I, inherently am. I chose to take my setback in stride and learn from those and know better, plan better and be better. In this context, I'd like to mention and thank Dr. Rege for always being there to guide me.

And it may seem like its one person's job, a GS is almost a nobody if she doesn't have the support and co-operation from her student members. To my dear student readers, I urge you to understand and co-operate with your student leaders/representatives. Being a representative, irrespective of the committee or class, is a job worthy of respect. Don't take them for granted. Respect them, follow instructions, be enthusiastic, be participative, spend more time in college, explore different avenues and enjoy. I promise you, by doing so you are only creating more pleasant college memories and helping your leaders, work efficiently with your support.

On a concluding note, I'd like to say this with some experience, if there's anything, anything at all that you have always wanted to do and you are there, at the edge, thinking of all possible things that could wrong, I'd suggest,

just take the plunge. Trust me, you will figure out what to do next. But for now just go for it and have faith. I promise you'll be pleasantly surprised for what's awaiting on the other side.

Sarah Khokawala
TYFND

Balance The Imbalance: Reproductive Health

An office, any office for that matter, has some significant positions and hierarchy due to which the processes run smoothly. Our body is just like that, if our Heart is the CEO, and our Brain the Board of Directors concurring on decisions, our hormones are essentially the Managers of various departments. They control various functions and coordinate with each other for our body to function smoothly. That said, what happens when a manager gets out of whack? What if there is miscommunication? What if one department can't cope up with the pace of others? What if the managers aren't efficient enough? This is the scenario of what happens in our body when our hormones go haywire.

Hormonal imbalance has become endemic mainly due to urbanization and convenience. It's everywhere you look. Studies show the prevalence of 2.2-26% of PCOS, which is one of the most complex and multifaceted endocrine disorder in women of reproductive age, think about prevalence of subclinical presence of the symptoms. This is now a topic of grave concern.

The question remains, are we, as women, destined to suffer through this all our life? This being infertility, sexual and reproductive difficulties, oligo- and/or anovulation, hyperandrogenism (male pattern hair growth and baldness), mood swings, poor sleep, muscle loss, memory issue and many more. Of course not! This suffering is not necessary at all. It is not fate nor is it one of the goodies from 'Being a woman' package. This package implies the survival of species not 'World War III: Women and their Hormones'. This is supposed to be a gift not a punishment from the Almighty above. It's the punishment our own bodies give us. How is that, you ask? Let's backtrack, go back to the time you chose fruit juices instead of fresh fruits at the supermarket, or that sandwich for lunch which looks so tempting bursting with cheese, or those days you skipped gym because you just couldn't find the time.

So how do we unsubscribe from this unnecessary package?

Step #1: The right kind of diet is the number one reset button. It becomes the foundation to find this balance. The first step here, involves ceasing the unhealthy habits. This means cessation of smoking and alcohol. Refined and ultra-processed food also contributes to this imbalance. Calorically dense, unhealthy and unhygienic food could also trigger this.

After deleting the unhealthy from the diet, we need to replace them in our diet. It is necessary we replace them with healthy food.

- 1) Have whole, unprocessed and fresh food. For e.g. Whole grain flour, millets like jowar, bajra, ragi/nachni, etc.
- 2) Good quality proteins from plant and animal sources.
- 3) Soy products are rich source of phytoestrogens which can surely help get the hormones get back on track.
- 4) Red kidney beans or Rajma contain chromium. Chromium works as insulin sensitizer thereby preventing insulin resistance, a very common complication associated with PCOS and hormonal imbalance.
- 5) Include certain foods like flaxseeds and chia seeds, and good quality fats which are MUFA based like Olive oil, rice bran, canola, groundnut oil, etc.
- 6) Include high fiber fruits and vegetables in diet to keep you full from trying to binge on unnecessary snacks.

If diet cannot fulfill these, nutritional supplements may also be prescribed by a physician or a qualified dietitian/nutritionist.

- 1) Vitamin E, also known as Anti-sterility vitamin, may help regularize menstrual cycle and improve the quality of your skin and hair.

2) Phytochemicals like resveratrol and curcumin may also help get the balance back due to their antioxidant qualities.

Step #2: After diet, exercise is known to show immediate results. It resets the hormones literally. Any type of movement whether it be dance, spinning, running, long walks, weight/ resistance training, functional training, etc.

Step #3: Next in the line comes stress. Stressing or worrying has become a second nature in our urban lifestyle. Stressors of any and every kind may set back your progress. Yoga, meditation, creative and expressive outlets help a lot to overcome this.

Step #4: In this metropolitan fast life, sleep is believed for the losers. It, in reality, isn't so. 6-7 hours of sleep at night will definitely help control your stressors but also make it easy to balance the hormonal levels.

So here's to all the creators and nurturers of the progeny unsubscribe from the unhealthy lifestyle and its consequences and live happy and free life.

Wishing you happiness, health and prosperity!

Kaajal Seth
MSc 2 (SN)

(This article, by the same author has been previously published in Nutrilink - a public forum Booklet relased by Indian Dietetic Association, Mumbai Chapter in 2016.

8th Bharatiya Chatra Sansad

The 8th Bharatiya Chatra Sansad (BCS) or Indian Student Parliament Conclave was held at MIT World Peace University in Kothrud, Pune on the 19th, 20th and 21st January, 2018. Three students, Akshada Kadlag and Reema Kinjalkar and I, Sarah Khokhawala of TYBSc from Nirmala Niketan College of Home Science had participated in the national conclave.

Bharatiya Chhatra Sansad (Indian Student Parliament) is the brainchild of Prof. Rahul V. Karad initiated in 2011. The innovative platform Bharatiya Chhatra Sansad is a non-political platform to sensitize and harness the power of youth from over 25,000 colleges and more than 400 universities in the Country. It is in a way a classroom that provides political coaching to nearly 10,000 students in the age group of 18-25. It provides lessons on the functioning of a democracy and encourages the students to serve the society by entering public life and assuming leadership roles. It is aimed at enhancing the roles and relevance of youth in democratic institutions like political parties, social organizations, colleges, universities and Public institutions.

There were 6 sessions that were organized across the span of 3 days.

Session 1 – Indian Democracy In Black & White

Session 2 – Triple Talaq Drama & Discontent

Session 3 – Casteism In Indian Democracy

Session 4 – GDP (Gross Domestic Product) v/s GDH (Gross Domestic Happiness)

Session 5 – Environment, Be Mature & Save Nature

Session 6 – Satyagraha, 100 years of Mahatma

In our opinion as participants of this prestigious national conclave, BCS serve as a great medium through which number of political leaders, engaging thinkers, intellectual giants, industrial leaders and youth icons of national and international eminence, from all walks of life and spectrum of ideologies along with us, the students come together and provide us with context, analysis, courage, insight and perspective to dream bigger, see clearer and speak louder. They raise our consciousness and intellect, so that we, the youth have an opinion, a point of view and most importantly, a sobering thought about - what we can do to make a difference in the nation's life.

Sarah Khokhawala
TYFND

Chalo Kasol

We went there to get away from the fast life of Mumbai. We had decided that 2 years of dedication for Master's was a lot of work and we absolutely deserved a vacation but a 'no-work' vacation would've been too mainstream. As future Sports Nutritionist and nature lovers, we knew if we needed adventure! And boy, was it adventurous!

Shruti and Radhika, two of my classmates, who were always trekking and travelling, said 'Why don't we go to Kasol? Time just doesn't exist there!' and we knew right then, if we want to go somewhere to escape the deadlines, what better place than where time doesn't exist!

We asked our classmates and other friends if they were interested, because more the merrier. Before long, we became a group of 12 people, some known and some unknown but pretty much like-minded, we knew this trip was going to be so much fun.

To be honest, I was a little skeptical, I didn't know half the gang I was going to be with for the next 10-15 days. I was wrong to be skeptical. The day had arrived and the journey was about to start, we had finished the last minute packing in haste and left for the train to Delhi. We made sure we were in Delhi during day time, just to be safe. The train journey was filled with songs and all-time travel favorite games like Uno and cards, truth and dare and dumb charades. And homemade theplas and muthiyas and other snacks kept our tummies constantly full. We had bonded within a day and half of train journey over food and games.

It felt like we reached Delhi in a fraction of second...

Some of us girls wanted to see the Red Fort. The heat was ridiculous and that was from a bunch of Mumbaikars who travelled for 2 hrs minimum in local trains.

But that was it... We had an AC bus to get to at night for a 10hr journey to Bhuntar. The anticipation of reaching the destination was too much to handle. The journey was not the most comfortable but we had each other. Our eyes were hungry to take in the surroundings because, for the lack of better words, "IT WAS BEAUTIFUL IN EVERY DIRECTION".

We roamed around in Kasol and made friends, shopped a little and learned about their culture of this happy little town. On the 2nd day, we went to Manikaran with a friend being our tour-guide. After about an hour's walk through the ghats we saw Manikaran. The beautiful gurdwara, natural hot springs, exquisite nature surrounding us and vibes so serene you'd want to stay there forever. The rest of the day, we spent lounging around talking, laughing, eating, bonding. The next day was a trek to Malana, the hermit village. At 8,700 feet, Malana is located on a narrow plateau with a culture so unique. This overwhelming sense of seclusion is important to how the Malana community has evolved, shunning the outside world. A lonely existence in a tangle of high mountains meant that Malana once had total freedom, even from government. They didn't mingle with other villagers and resisted all external influence. Jamlu or Jamdagni, an all important and forbidding God reigns over the village. Jamlu doesn't allow outsiders to stay in the village overnight; they must leave before sunset and outsiders can't touch Malanis, their temples or sacred platforms. After experiencing the beauty around and the shockingly hermit village, we made our way back to the other side of the river and Jeep took us back to Kasol. Next day was another adventure, an hour or 2's Jeep ride to Tosh. A hippie town by nature with nothing to do but take in the breathtaking view of the Parvati valley. The day was full of honey-lemon-ginger teas, Maggi and omelets. That was snacks, lunch and dinner and we spent time with ourselves in this beautiful guest house which had small wooden cottage like houses looking down from what resembled the top of the world. But the time moves fast when you're having fun... We looked back woefully and left the village to go back to Kasol. It wasn't the end though; we had few more adventures to go to. From Kasol, we went to Grahan. Sister village of Malana, we trekked for about 6-7 hours through rocks and boulders, forests, rivers and streams to get there. But the beauty of this place was the serenity and calm you see before a storm. Evenings are usually pretty stormy here but it's an absolute glorious beauty. Away from the crowd of the cities, this village has a population of 500-600 and everybody knows everybody personally because they're all one big family. The

guest house we stayed at was a friend's guest house and once again all we did after the day's trek was eat, take in the transcendent beauty, listen to old hindi songs, himachali songs and spent time playing and laughing with each. The food though... There are no words for the food we ate, you'd feel a mother's love seeping into you through every morsel you ate, and it filled you and made you hungry for more at the same time. We went to a very secret waterfall the next day which only the locals knew of and were untouched by the tourists. Again through rocks and boulders and now through long, thorny grass we made our way to the awe-inspiring waterfall. There are no words in the English dictionary to express how beautiful the view was. The water though, was chilly enough to numb you within minutes. We spent 2 hours in that water being kids, splashing, swimming and forgetting the reality that awaited us far, far away. Soon it was time to leave, with hundreds of small lessons, millions of pictures and infinite memories we looked at the village mournfully and made our way down to Kasol where we'll be packing our stuff and leaving for Delhi very soon. The burn of climbing uphill, the feel of ice cold fresh water, the stings and buzzing of random insects, the soothing green of the nature, the cheek-biting cold wind, the sound of gushing water, the absence of any and all networks except physical, the view of glittering, snow-clad mountains, way out of no-way and a way into the hidden miracles of nature.

We were chasing angels and fleeing demons when we found a family beyond family that made returning home one of the most difficult part...

I found more answers in the mountains through the woods than I ever did in the city, received something more of the marvelous than I sought... When everything felt like an uphill struggle, the view from the top made it all worth every single drop of sweat.

Kajal Sheth
MSc 2 (SN)

Decode The Mystery

Which is the most burning topic amongst women always? And, these days, also amongst the young boys and men? Okay, let's give a hint – A topic which was effortless earlier but now is a result of endless Salon visits and Countless Attacks on our pockets. No points for guessing the topic right. (I had to give you the hint afterall)

So often we get to hear, “I have a hairfall problem... Will I become Bald? Should I have a hair transplant? How can I have acne-free skin? I have a lot of blackheads/ whiteheads/ dandruff/ patches”. The Mystery of Spotless, Glowing Skin and Smooth Shiny Hair, is more complicated than ever.

It is true that, we have undoubtedly become more intelligent in the past few years. We have understood that Wholesome Nutrition and Lifestyle is the only way to achieve our long-lost dreams

Here are some tips that will ensure that YOU GAIN, YOU WIN by solving the mystery, and all the so-called beauty and cosmetic products (what's the new term... Anti-ageing product) lose the bet -

- Hydration plays a very big role in keeping the skin supple and glowing. Drinking enough fluids like water, nimbu sherbet, coconut water, sugarcane juice, buttermilk etc will ensure that the body maintains its hydration status, thereby leading to better homeostasis.
- Hair and skin, both comprise of a protein called Keratin. For formation of new cells for the skin as well as the hair, adequate amount of this protein is required. Inclusion of dairy, soyabean, egg, green peas, and cereal-pulse combination will provide for all the essential amino acids to support the growth of new cells.
- Zinc deficiency is a common cause of hair loss and dandruff. Hence, incorporating foods like nuts, whole grain cereals and whole grain pulses [more the variety, the better] will ensure that your zinc levels are up to the mark and your oil-secreting glands (sebaceous) function well.
- It is best to massage your scalp with warm oil and keep it overnight before washing. Adding fenugreek seeds

to your diet as well as to the oil before massaging will strengthen the hair and reduce hair loss

- If you are the type who has dry/ flaky skin, know that it can be due to Vitamin A deficiency. But, no worries, you know your saviours are liver, green leafy vegetables, milk and milk products
- Vitamin C is involved in collagen formation. Collagen is a connective tissue which helps in holding tissues of the body like hair and skin. So, for a tight skin, grab an amla, guava, orange, leafy vegetables etc.
- B-vitamins form the bridge for utilization of Carbohydrate, Protein and Fat by the body. Without them, you can expect poor nutrient delivery to every cell of our body. Well, DANGEROUS! Up your intake of veggies and include atleast 1 to 2 fruits in your diet daily.
- Omega 3 fatty acid guards against wrinkle formation and is responsible for skin repair and flexibility. It is now time to munch on walnuts, flaxseeds, and salmon closer.
- Lastly, cut down on the number of beauty/ cosmetic/ hair-care/ skin-care products that you are using because, after all you ARE SMART, and you do know that it will have synthetic chemicals which are damaging to your skin and hair.

Niti Dhula
TY(FND)

From Strangers to Close-Knit Classmates

Thirty-seven strangers came together one day in a classroom having a mind-set of spending an academic year with others never ever imagined would turn to be the best days of each one's life. This journey of knowing each other started with a bonding session with each other as well as the teachers who would be guiding you throughout the year. After that session in between the regular college lectures and assignments we used to hardly get anytime to know each other more in depth. In the break and in-between classes that 5minutes rest was like a stress buster for all of us where we used to talk and share our feelings and emotions. Between the hectic schedule and assignments we never hesitated to help anyone in times of need. In the 2nd term came the industrial visit which was one of the best break from studies but very informative and fun filled. Thinking of the visit we just remember the game we all used to play in the bus was MAAFIA filled with thrill, excitement and loads of fun. This visit made us 37 as one group feeling the same for everyone and the bond which was created will never die in our heart. But who knew one day it was the time for each one to move on in life and leave this college and all the classmates. Though its a sad ending but the memories and the bond which is created will stay in our hearts and minds forever and ever. Each one is special with unique individuality and creativity so keep enlightening this humanity and spread the message of love and nutrition.

The hum anjaan ab ban gaye hai pake dost Najar na lage kisiki humari is dosti ko.

Mansi Nissar
TYFND

My Safe Haven

I have spent 5 years in this college, and I can still remember my first day like it was my yesterday. The friends I made that day are still close to me now like they were then. I have had lovely memories in this college and I have learnt a lot - from stitching my first shirt to cooking an entire meal, which frankly, I hadn't done before. I have had amazing teachers as mentors that were there to support and help me at all times. Here is where I got all the opportunities that mould me as a leader, a public speaker, a team player, a researcher and a community worker. I am now prepared to start my career as a confident, independent and knowledgeable individual.

Amongst all the teaching, the lectures, the practical and even the seminars, what I learnt the most was the value of perseverance - constant perseverance. This perseverance gave me a drive, a drive to do more, to do things

better; not than other people but from myself, from someone I was or what I achieved before. And that's what is stuck with me, which is the most important thing in the industry. Once you are out of the college, you are out of your security and safety bubble. You have to get things done by yourself. That's when perseverance helps. What education we get from college can be updated and learnt in the process. The process of unlearning and learning continues. But the habits and the ethics we learn here are not easy to find. No one in the outside world is going to take our hand and teach us that. I did my BSc and MSc in foods Nutrition and Dietetics and I can say that I still have the bond and relation with every teacher in this college from FYBSc and SYBSc.

There were moments I spent in college, moments I never want to forget. When I look back, to my surprise, these moments are not grand, they are not something big; in-fact they are small moments, so small that they didn't have any impact on my life at that time. But now, when I see, these 5 years have been the most amazing years of my life. I have spent half my days here. It's my second home, my safe haven. I cherish every moment here, be it funny, happy or even when I cried my eyes out. These moments taught me to be the person I am today! There is nothing I would change.

So cherish your moments here, it may not be there tomorrow!

Michelle Britto
MSc 2 FND

The Microbiome Revolution- Probiotics and Prebiotics

It is rightly said by Hippocrates- "*All disease begins in the gut*". Everyone is talking about gut health these days! And when it is about gut health, probiotics and prebiotics are a hot, new trend in the food industry. We all have heard about probiotics as "good" or "helpful" bacteria. Probiotics are rapidly making their way on to the shelves in mainstream markets, becoming the go-to products for addressing a wide range of health conditions, and more importantly, for promoting health. One of the main reasons for this mark on mainstream markets is the uncovering of evidence highlighting gut health as a gateway to whole body wellness.

Probiotics: Our army of good bacteria

Probiotics are defined by Food and Agriculture Organization of the United Nations World Health Organization as "live microorganisms which when administered in adequate amounts confer a health benefit on the host". The most common among these are Lactobacillus and Bifidobacterium species, part of the reason why these organisms are predominantly used as microbes in commercial probiotic preparations. Trillions of these organisms are naturally present in a healthy gut that function as immune system's line of defence against a variety of infectious diseases. These bacteria are unique to each individual and make up an individual's internal microbiome.

The mechanisms of action of probiotics are many, and research is still elucidating new mechanisms. Some of the largely studied mechanisms are bacteriocins (protein compounds that inhibit the growth of harmful bacterial strains) production, short chain fatty acids (SCFAs) production that lower the gut pH and do not allow harmful bacteria to thrive, nutrient competition with harmful bacteria and stimulation of mucosal barrier function that helps in strengthening immunity. Documented benefits are for diseases like diarrhoea, constipation, Irritable Bowel Syndrome (IBS), certain cancers, lactose intolerance, cardiovascular diseases, and inflammatory diseases like Irritable Bowel Disease (IBD) and Rheumatoid Arthritis (RA). Surprisingly, it affects our mood and mental health!

The main probiotic foods on the market shelves today are dairy-based including yoghurt, fermented milks, probiotics-enriched buttermilks, ice-creams, etc. In addition, commercial probiotic capsules also comprise a means of probiotic delivery to the consumer.

Prebiotics: The bug food

As a law of nature, all living things need food and so do the "live organisms"- probiotics. Prebiotics, simply put, act as food for probiotics, and are therefore, just as essential for the gut as probiotics. Prebiotics can be termed

as “gut fertilizers” because they help to repopulate the probiotic organisms. Prebiotics may be to probiotics what fertilizer is to a garden. Prebiotics may be defined as non-digestible fiber compounds that pass relatively undigested through the upper part of our gastro-intestinal tract and reach the colon. Here, the probiotic organisms ferment this fiber that will then help their growth and repopulation. Compounds like Inulin, Fructooligosaccharide (FOS) and Galactooligosaccharide (GOS) are effective prebiotics.

Identification of top foods containing prebiotics would thus mean tapping on the good sources of soluble dietary fiber like oats, whole wheat, barley, buckwheat, millets, amaranth, beans, fruits, vegetables, etc. GOS sources include milk sugars and some microbes. Some other prebiotic foods are garlic, leek, onions and chicory root. A take home message would be that one doesn't need a stand-alone prebiotic supplement. A well-balanced diet with enough cereals, pulses, fruits and vegetables would provide ample prebiotics. Also, when you increase on the fiber, do not forget to increase your water intake!

Mixing it up; a combined effort- Synbiotics

When a product or food ingredient contains both probiotics and prebiotics, it is referred to as a “synbiotic”. Because the word alludes to synergism, it is more apt when the prebiotic selectively favours the growth of the combined probiotic compound. Commonly found combinations include Lactobacilli/ Bifidobacterium species with Inulin/FOS/GOS.

How to include more probiotics & prebiotic foods in the diet- Quick fix foods and recipes:

- 1) *Spiced pomegranate lassi*- made with probiotic-rich yoghurt, pomegranate and some spices, it may be your perfect mid meal option.
- 2) *Chickpeas & yoghurt salad*- a bowl of veggies, boiled chickpeas and Greek yoghurt could be your choice of a savory snack. It is packed with protein, calcium, fiber, probiotics and prebiotics!
- 3) *Raw banana flour pancakes*- Have it with probiotic-rich yoghurt and a fruit of choice to get the wholesomeness of probiotics and prebiotics (as resistant starch).
- 4) *Fruit/vegetable smoothies*- Blend Greek yoghurt with a fruit or vegetable of your choice and you are set for the evening!
- 5) *Sour pickles, sauerkraut, certain aged or unpasteurized cheeses, beet kvass* (made from sourdough rye bread, dried fruit and water) also deliver probiotics in good amounts.
- 6) *Salsa or guacamole with fresh onion and garlic*- can be had with pita or whole-grain bread to get the goodness of prebiotics.
- 7) *Amaranth and buckwheat flour laddoos*- made with flax and jaggery, these laddoos can be a perfect prebiotic-packed, on-the-go snack option.
- 8) *Dahi missal*- made with sprouted pulses, sprouted whole grains, yoghurt, tomatoes and onions, it is a blend of both probiotics and prebiotics.

Every time you eat or drink, you are either feeding disease, or fighting it. Why not make a conscious choice of fighting it then?

Ayesha Kherani
MSc 2 FND

Reaching the Unreached (Kindness and Nutrition)

No matter how much we advance in any terms. No matter how much impactful the technology can be, still some places remain unexplored, some things undiscovered and most importantly some communities (humans) unaware.

Unaware because we are not able to reach them! And Yes! We have to help them be aware of the all the benefits that they can get. Most importantly we have to make them aware about the nutrition. As Nutrition is the root of being Healthy. And it is rightly said that “Your Health is an investment, Not an Expense”. So, invest in being

Healthy. We can achieve a World full of Healthy People, not only the urban area but also the rural ones. And to reach them and make them aware about the nutrition we need help. Also, someone has correctly said that, "How do we change the world? – One random act of kindness at a time". And this kindness we can show in a way of helping others.

Life is a collection of many things, strange events, coincidences, miracles. Sometimes one cannot understand it. If one were to define it in one sentence, what would it be? Life Is Beautiful. Beautiful because we are living in it and we do share our lives with others so why not be kind (helping) to others.

END WORLD HUNGER -Should be our aim. End World Hunger in terms of making people aware of the nutrition to achieve a good health.

To achieve this we might need to understand some facts, they are:

- REALIZE

There is more fruit in rich man's shampoo than a poor man's plate.

Unfortunately, that it is the truth.

- GIVE

NO ONE HAS EVER BECOME POOR BY GIVING

Yes, it's the truth. You will not become poor by giving some amount of your pocket. Not just amount (money) but anything that you think will make the other person feel Happy. It may be your smile, some kind words, some amount, sharing knowledge. That would help the needy.

You will know the worth of giving when you receive the feedback of them, Just the smile on the face of a needy would make you satisfied for the day.

Arshiya N. Kadri
TYFND

Energy Bites

(This is an original recipe by the author)

Made with chia seeds and nuts, these chocolatey snacks are both rich in omega 3 and delicious. Perfect for post lecture snacking. (Serving: 12 bites)

Ingredients:

- ½ cups dates
- 1 tablespoon coconut oil
- 3 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- Melted chocolate for decorating (optional)
- ¼ cup rolled oats
- 2 tablespoons chia seeds
- 1/2 cup shredded coconut
- 12 nos Pistachios
- ¼ cup almonds
- 2 tablespoons ground flax seed
- Pinch of salt
- Shredded coconut for rolling

Method:

- Prepare a baking sheet with parchment or wax paper.
- Place dates in a mixer and grind until fine. Add in oats, almonds, coconut oil, chia seeds, ground flax seed, cocoa powder, ¼ cup shredded coconut, salt and vanilla extract. Mix until mixture comes together and forms a ball.
- Scoop into tablespoon-sized balls, stuff 1 Pistachio in each ball and roll to seal.
- Garnish with a gorgeous drizzle of melted chocolate, and sprinkle with remaining shredded coconut. Repeat with remaining mixture.
- Simply place in an airtight container in the refrigerator for up to 2 weeks!

Gwen Menezes
MSc 2 FND

Industrial Visit - A Fun Trip

'The Journey, not the arrival, matters' – T.S Eliot

That excitement we had when we were hinted about going for an Industrial Visit is a memorable one. There was dancing and jumping as if we were to visit our Dream Land, though we didn't really know where we would be going for the most awaited IV. Not one day after that did we miss asking everyone we met in the College if they had any idea where we were heading to. Weeks later, the destination was revealed and what could be better!!!! Pune, Kolhapur and Lavasa. Excitement hyped up further for the trio. All the possible plans were made till the night before we left. Bags packed as though we weren't coming back at all and finally the 7th of February, 2018 arrived and marked the history of us reaching College well ahead of time.

Supercool luxury bus all for just the 10 of us along with Ms. J. Colaco, Ms. Molly and Ms. V. Hasija. Wait! What! We have with us our super juniors too! Like seriously. Felt like we are focused to take our younger siblings for a night out with friends, isn't it? Fortunately these awkward feelings soon changed as we started interacting with the TYFND class mainly because of the most famous activity of every journey. You guessed it right. Antakshari and Damsharas!! Obviously the seniors are born to win over the juniors :) LOL!! NO. Juniors played smart and took a lead. By the time we reached the Pavillion Hotel, everyone was very well jelled up and all looked forward for the nights as there were DJ party, campfire and a lot more. Most danced as if no one would put it on YouTube!

During our stay, we visited the Sugar Factor, Gokul Dairy, Jaggery shed, Khemraj bakery, Frostee and the Aashiana Utsav Resort. We were very well explained the entire process of production from procurement of raw material to the packaging and transport of products in all the industries. The most amazing part was tasting the products. Everyone enjoyed it like kids would. Apart from the industries we also visited the Kolhapur Palace and clicked thousands of pictures and selfies.

On the way to returning we visited the Aashiana Utsav Resort in Lavasa. Everyone was stunned with the beauty of the place. All planned to buy bungalows in Lavasa as they provided amazing facilities for a safe and sound retired life. Later we visited a beautiful lake nearby and enjoyed ice creams and chats and then returned back playing Antakshari.

The industrial visit was filled with fun and lots of memories that will be cherished lifelong.

Smeetal Pereira
M.Sc.2 FND

Take Charge Of Your Health: A Guide For Adolescents

'Adolescence'- derived from the Latin word 'Adolscere' means 'to grow' or 'to mature'. As we get older, we're able to make our own decision about a lot of things in life- our own clothes, music and friends. It is equally important to make decisions about our body and health. Making healthy decisions about what we eat and drink, how active we are, and how much sleep we get is a great place to start.

Our body needs energy to function and grow. Calories from food and drinks give us that energy. Think of food as energy to charge up your battery for the day. Throughout the day, we use energy from the battery- to think and move, so you need to eat and drink to stay powered up. Balancing the energy you take in through food and beverages with the energy you use for growth, activity, and daily living is called "energy balance." Energy balance may help us stay healthy weight. The number of calories you need depends on whether you are male or female, your genes, how old you are, your height and weight, whether you are still growing, and how active you are, which may not be the same every day.

Healthy eating! It involves taking control of how much and what types of food we eat, as well as the beverages we drink. Try to replace foods high in sugar, salt, and unhealthy fats with fruits, vegetables, whole grains, low-fat

protein foods, and fat-free or low-fat dairy foods. It is also important not to skip meals, especially when we're very busy with college and other activities.

Make half of your plate fruits and vegetables. Dark green, red, and orange vegetables have high levels of the nutrients we need, like vitamin C, calcium, and fiber. Power up with low fat or lean meats like chicken, or other protein foods like seafood, beans and egg whites. Make conscious choices of including whole grain foods in diet rather than refined grain products.

It is important to control our food portions as well! Many adolescents consume larger portions than they need, especially when away from home. Ready-to-eat meals- from a restaurant, grocery store, or at school—may give us larger portions than our body needs to stay charged up- thereby leading to weight gain.

Be media smart! Advertisements, TV shows, the internet, and social media may affect our food and beverage choices and how we choose to spend our time. Many ads try to get us to consume high-fat foods and sugary drinks. Be aware of some of the tricks ads use to influence us.

Get moving and take it outdoors! It's important to be physically active for at least 60 minutes a day. Most of the 60 minutes or more of activity a day should be either moderate or intense aerobic physical activity and you should include intense physical activity at least 3 days a week. Examples of aerobic physical activity or activity that makes you breathe harder and speeds up your heart rate, include jogging, biking, and dancing.

Have fun with your friends! Being active can be more fun with other people, like friends or family members. You may also make friends when you get active by joining a sports team or dance club, or simply when you go outdoors to take a walk!. Try to limit your screen time to less than 2 hours each day. Replace after-school TV and video-game time with physical activities at home, at school, or in your community.

Get enough sleep! Turn off your cellphone or other device before you go to bed. Put them away from your nightstand or bed. The screen light from these devices tricks our mind into thinking that its day and thus not allowing our mind to be calm and at peace before we go to sleep!

Lastly, try and be a **“Health Champion!”** to stay motivated and meet your goals. You can do it! Make sure you:

- a) Make changes slowly
- b) Figure out what's holding you back
- c) Set a few realistic goals
- d) Get a buddy at school or someone at home to support your new habits

Always remember, it's never too late or too early to be the healthiest you!!!

Asma Kherani
MSc 2 FND

Twinning Is Winning

Do you freak out when you see someone dressed in the same outfit as you? Most definitely you don't have a twin. Really? We've done that all our childhood!!

As I walk down a street or sit in a train, some children stare without batting an eyelid and most adults do a discreet double take. Some bold ones ask: “Are you'll twins”? Yes, that is the most frequently encountered question. Over the years, we've become used to this and manage to say a yes while smiling tolerantly. After years of answering questions about being a twin, there is something I can vouch for- Twinning is winning, hands down!!

Why is this bond so special you ask? That's because all twins come with a built in best friend. They are your go-to person. Your 4 a.m. best friend. Ever had a person who wouldn't judge you for being you? Someone with no ulterior motives or inferiority complex. Someone who pushes you out of your comfort zone to be the best version of you. They go in the trenches with you. And have your back. You've got a partner in crime. This bond is that,

and a lot more. That's the reason twins are described as being a family within a family. You don't need friends at school, cousins at home or a play partner. God assigns you that at birth. Sure we have our fall-outs, but they don't last more than a couple of hours. Sharing a womb is the start. It goes on to sharing clothes, rooms, toys and even our parents' attention. There are some things only understood by twins. And trust me, twintuition can be real! You know what's up with the other twin without them telling you. You may also be doing exact same things, at the same time, in two different spots! It's like being two halves of a complete whole. I'll be honest; being a twin can also be difficult with the constant comparison. And a lot of times people forget that we are two separate individuals- not one! But the pros of having someone to deal this with, outweighs the cons.

There's something I always wonder when I begin to describe what it is like to have a twin-*How do people get through life without a twin?*

Ayesha Kherani
MSC 2 FND

The Bitter Sweet Experience

Perhaps one reason we are fascinated by cats is because such a small animal can contain so much independence, dignity, and freedom of spirit. Unlike the dog, the cat's personality is never bet on a human's. He demands acceptance on his own terms. - Lloyd Alexander

Well we hear a lot of people talking about "Accepting and Including All". But then, do all know, what do they mean when they talk about 'Inclusion'.

Inclusion doesn't only mean to include all, but comes along with acceptance which is very important. We are all happy with the Section of 377 and I congratulate for we took a giant leap for humankind. Though the justice has legalized relationship between two consenting adults, there still needs to be social acceptance from the community. When we talk about Inclusion, why do we always only talk about 'inclusion of people with disability'. Inclusion is a belief that ALL regardless of the label are members of the community. It definitely involves people with disability, but also people with different gender identities, people having some mental health problem, the LGBT community, single parents, inclusion of children, teachers, athletics, senior citizens and each individual. It is a very big bubble which allows for inclusion and acceptance if each individual, who in his or her own way is unique and different from the other. Be it different in gender, age or idea.

No matter how much we improve on ourselves, it really doesn't matter unless the ground reality changes. Society will take time and take tiny steps to accommodate all, that doesn't mean we stop Fighting. Society is our canvas, and we shall paint and love together.

Sneha Gala
TYHD

SoulinSolace: A Journey towards Embracing "Uniqueness"

It all started 10-12 years back when I was in sixth-seventh standard. The madness of reading various story books slowly and gradually throughout my growing years made a huge impact. The blessed natural gift of being an empath helped me to feel the characters in all the stories I have read and it compelled my mind to think and a heart to feel, what a character must be going through. Many say that, what goes in your mind also comes into your reality. Once you change your thought patterns, reality automatically changes. As I grew up, I unknowingly started doing the play of thinking & feeling with my surroundings and analyse what is happening. Because of this, many a times I often came off as a loner or an introvert as I used to be in my own mind rather than interacting a lot.

Anything in excess is a poison, so this behaviour pattern turned out to be suppressing my bubbly side which others never saw and 12th standard was the remarkable year which made me realise that where I just had only one friend

for the entire two years of my junior college in the batch of 100 and more students. That's when in my first year of college as I entered, I decided to break this pattern and put my best to participate in everything that I come across and be better as a socializing individual. These three years of my degree college have given me memories for life and amazing teachers who with their uniqueness amazed me and compelled to find my own uniqueness. Apart from that, my analysing by the time I was in my third year had already turned into overthinking and that led to sleepless nights, lack of concentration. Unable I was to understand these changes, suddenly came across my friend who introduced me to Pranic Healing. I took five healing sessions and the difference I felt within were amazing. I again found myself compelled to pursue it and practise on myself as well as on others.

It is only after coming into the path of Pranic Healing, I saw myself becoming more patient and calmer. Understanding of my surroundings was better along with stress management. Things which used to irritate me were still happening as things were not in my control, yet I found to be dealing with all problems maturely and peacefully without letting my peace of mind get affected. And all this while, many people I met, always asked me to write something. Little did they know that I was a "chhuparustom poet" who was shy to present her writings. But there I got first prize in story writing competition which was my first attempt in life and there after I started my journey with Your Quote app which encourages all writes across the world to write with their encouraging tips for writers and daily challenges. As I was also exploring the path of Pranic Healing and other alternative modalities with enriching experiences as a healer, I was once again compelled to write something that is constructive to add the energies of empowerment. There are many posts that all of us come across which continuously give us nothing but empty thoughts or non-nourishing thoughts through social media. **I believe, we all have been blessed with god's love and universally same abilities to transform the world within and outside.** Now it's just up to us, how to do it with our individual and unique abilities and that's how there was a birth of "Soul in Solace", a blog on Instagram with anonymous identity to constructively affect our thoughts & emotions for betterment. If we are spending our time and energy into something, then we surely should prioritize our betterment at each step. This is our herald call.

Nikeeta Jedhe
MSc 2 SN

HMM??....

If ears could actually listen, than

Just hear.

If eyes could actually visualize, than

Just see.

If the mind could actually comprehend, than

Just process.

If the hands could also give, not

Just receive.

If the heart could actually empathize, than

Just beat.

How would the world be?

What if humans treated each other

As meant to be?

The might of a tiny speck in the universe.

These pastels in the sky are not painted by me.

Nor did I bring to the sea the colours you see.

I never can adjust the tides to my taste.

Nor can I stop human energies draining into war
waste.

My actions don't matter much in the grand scheme
of things.

But I surely do have tiny little wings.

There's a joy in tossing and starting a

Domino of smiles that radiate a long lapse of time.

And the gleam of happiness once started, however
small,

Is sure to shine.

Aathira Nair
Alumna

Can You??

Can you think of reaching to those unreached,
who have the problem with their language and
speech??

Can one do something for the people with loss of
vision and hearing?

If nothing, then can you just consider them as a
human being?

Can you think of reaching to those unreached,
Who have the disorders like ADHD and autism.
If not anything, then can you have their social
inclusion?

Can one reach to people with various
impairments?
And give them the opportunity for employment....

Can one make an effort, to call these people with
their names?
Rather than with their disability..
Can you think if there is any possibility?

If I CAN evolves into WE WILL,

Then the dreams of the people with disabilities will
surely get fulfilled.

Then the dreams of the people with disabilities will
surely get fulfilled.

Vinaya Dasgaonkar
TYHD

***Vinaya Dasgaonkar wins the first
prize in the poetry competition
themed "Reaching the Unreached"***

Essence of Humanity

Hungry stomachs plea for grain
Untouched food goes in vain.

Full pockets are served more,
Empty hands are brushed from fore.

Spotlight flashes on the elite
Blurring rest from sites.

We have hands for praising our Creator
But what about helping His creations?

This world seems full of advanced humans
With hearts devoid of the essence of humanity.

Ashfa Mulla
SYBSc

***(Afsha Mulla wins the second prize in the poetry
competition themed "Reaching the Unreached"***

Love Flu

You were right in front of my eye
Heart said I know you and mind said it's a lie

I was a bit nervous to approach
Guess I need a really good coach

I don't look like Kohli for sure
But I guess making you laugh could be a cure

I might not see you again
Should I give it a try or let it go in vain

I kept admiring you till you got down
As you left, my face frowned

I guess every girl reading this would think
Is there anyone who looked at me and blinked

How do I explain this to you
I'm not a pervert, just a guy with Love Flu.

Hafsha Quereshi
SYBSc

Let's Reach the Unreached

What if you own a beautiful house today,
and then not have a roof tomorrow?

What if you have a loving family today,
and then no one to call out your name tomorrow?

What if you ride a luxury car today,
and then walk miles to reach somewhere
tomorrow?

What if you have a plate full of food today,
and then sleep with an empty stomach tomorrow?

What if you wear brands today,
and then don't have sleepers under your feet
tomorrow?

See?? The mere thought of losing what we have
haunts us, and there are so many out there who
cannot afford or are not fortunate to live our lives.
We have a lot to thank for and they have a lot to ask
for.

So give the gift of yourself to the unreached without
the slightest thought of return, for it is in giving
that we receive. Our lives and souls are hungry for
meaning, let's give it a meaning

Let's live a life that matters to us and the needy.
Let's make this world at least a little bit different and
better for those who are in need.

LET'S REACH THE UNREACHED

Amrin. M. Idris
TYFND

Friendship

Friendship is not about one day,

It is not about remembering and
celebrating for a day,

It is not about wishing Happy friendship day,

It is just not for one day...

It is all about from beginning of the friendship till
the last goodbye to this world in which we live in...

It is all about each day we spent time with and
shared our moments and made
good memories of it...

It is all about eating together most of it and
spending money like you never did it.

It is all about the feel of living best of your life with
all the difficulties and with them you will feel that's
it nothing more you need.

It's about happiness you get when you stay with
friends, without any reason you laugh with them
and without even knowing you
start crying for them.

Wishing you all happy friendship day for rest of
your life and for each day we spent and made our
memories bright.

Durriya Rassiwala
SYBSc

She was Silent....

She was silent
Broken she was
She was silent
Hurting she was
She was silent
Knowing the truth it was
She was silent
Bearing the pain that falls
She was silent
But her eyes said all
She was silent
But her marks revealed all
She was silent
But she loved one and all
Hiding behind that mask
She put up for all.

Greeshma Mulakatte, FYBSc

Happiness

Happiness is life
It is the love that you gain
Don't ever let it bargain
For anything or you'll get pain
Remember to treasure the moments
Which will turn into memories
And don't ever let it fade away
And let go all your worries.

Greeshma Mulakatte, FYBSc

Love Yourself

You searched for her
But you lost her
Where did she go?
So puzzled you were
You saw someone in the mirror
Then you realized.
She hid herself out of fear.

Greeshma Mulakatte, FYBSc

It Hurts

Some things just don't seem right anymore
I wake up almost every morning, feeling so sore
I feel a lump in my throat
From holding back my tears and every word I
wrote

I'm too tired of holding myself together
I just want to be held for once

I get anxious when people ask me what's wrong
Because it makes me tear up a bit and I'm just
trying to stay strong
I hate sounding like a cry baby and panicking
about everything
But it's hard holding back my tears; it hurts like a
bee sting

I'm too tired of feeling like a mess
I want to be able to love myself again.

**Hafsha Quereshi
SYBSc**

Through her Eyes

Don't promise me the stars
A date would be fine
Where we can clink our glasses at Clapton's tune
and watch the stars with wine
I keep telling you how "One Direction" is bliss
But nothing makes me more Crimson than your
morning kiss
I lie, every time I say I don't see forever in this
But can you deny me on it one more time please
I would like your coat while walking through mist
and wearing your shirt all through weekend scenes

**Hafsha Quereshi
SYBSc**

Change for the Greater Good!

We are the generation of heartless romantics
We want a fairytale ending with our own script
We want love but are unable to understand it
We give up on people once we face obstacles
We claim to be strong and stubborn
But our strength in fighting for what we love is negligible
Taking the easy way out
Choosing comfort over putting in effort
We want love but we don't know how to love
We want happiness but don't know how to make others happy
We want people to do things for us but we don't appreciate them
We expect things but don't try to reach others expectations
And then we say "Love love love", what is it good for, absolutely Nothing!
We live in a place where expressing hate is easier than expressing love
We are the generation where being in love makes you a love sick pup but being a criminal makes you cool
We are the generation where abuse is romanticized
We are the people who want the ones who are always smiling and amiable and want them to fill in your cracks
We blame that we haven't got enough role models to show us how to live life fully and happily. So we don't
know how to give
Is this how you envision our future?
Where our children would be more clueless than us to comprehend what is right and wrong
So it's time to decide to make choices
To put up a fight with odds and show courage
Love fully, give happily
Have a broken heart without bitterness
Understand and give unconditionally
Give to the world
Give them the role model in you
Get out of virtual world and connect to people
Time to become selfless and think of giving then just trying to just ensure you get what you want
The notion of being selfish is good for self is wrong, throw it out
Think, use your brain, choose wisely, don't lose yourself, and care for yourself
We always have choices. Be ready.
Make a decision, stick to your commitment, and work towards your goals
It will take you to places
In the meantime know, there is enough hate, it's time to love. Accept love.
Love people, accept people, care for people beyond your family, beyond your nation.
Reach your potential and beyond
Love nature, care for animals
Make opportunities for others
More peace, more love, more support
World needs us, Unity, Acceptance, Peace
Vow to start the change, Be STRONG and STUBBORN for right things
It's time to show it for betterment of world
It's US against the World for OUR World

Tuba Ghayas
TYHD

(More inspirational words from Tuba can be read on her instagram handle@that90'sdreamer)

Yes! I am a Woman

She learned to trust herself
She learned to love herself,
She learned to be her true self today!

Where did she get this confidence from?
Where had she learned to speak the truth,
Without doubt and hesitation and create her own identity?
Where had she learned to live and let others live?
Where did she gain the courage to voice her own opinion in the public?
It was all from the experience and the study that she learned.

At home, She had fought with all the odds. But,
They had planned on getting her married
Before, she was a graduate.
While, She strongly believed to follow her dreams,
Fly high in the sky. But,
She was chained down by the family.
She was ridiculed at home, Everyday questioned,
Why is education so important to you? Its of no use to you! Nothing that you learn is going to
Help you. Getting you educated is a waste of money.
We better make you drop the college and train you for marriage.

Everyday, hearing the same thing made her weak.
No one was there to support her and consol her while she cried in her room.
She needed someone to help her, someone to motivate her and distract her.
There was only one thing that could cure her, that was study!

She had strength in her soul
Even though others were unable to see it.
She had the passion to learn more and educate herself.
She had rage in her heart to reach the endless boundaries of learning new things.

The passion in her never went down,
Her eyes would be hungry for experiencing new things.
She would be at peace only when her day was successful after learning something new in her
Field of education.

Persuading education had changed her personality,
Inside and out
It had tossed out the old her replacing her with a confident young lady.
She had risen from ashes,
Soured to be a new plane of existence.
Now, she sees herself as an independent young lady,
who is being chased by people,
for sharing her knowledge and talking to her.
She learned a lesson of her life,

“you need to have the desire to learn and relearn and educate herself.
You need to grab the opportunity that is waiting on your doorstep.
Life gives you sour grapes and sweet lemon.”

Flashlight

When tomorrow comes
I'll be on my own
Feeling frightened of the long path of education.

And though the road is long to reach my achievement and desires
I have to have the courage within me to achieve success in life,
Have courage to face the odds and fears in my life.

In the dark, When I know that I can't fly and
Seek help from anyone,
I'll have to be my own flashlight to guide myself through my problems and the world.

When I know that I've learned enough and I've got educated,
I know, I got myself
And when I look around me,
I'll be giving a sweet life,
Coz I'll be my own flashlight when I am stuck in the dark.

When my family asked me to drop out of college and get married,
I could see the shadows long beneath the mountain tops.
And, I was afraid to drop my studies and get married.
I yet have to learn to become independent, I have to learn to face the odds in my life.
I want to be more than a degree on my bedroom wall,
Sometimes it's hard for me to show
That I can achieve things my way,
I want to prove to the people that there's more to me than they know.
I know, I can prove everyone wrong,
I have to have the courage within me to day it out loud.

One day, People will know me,
For the real me.
They'll know me for my achievements
That I have accomplished and earned during my college days.
People will know that I am not just a pretty young lady,
But I am an independent confident pretty lady
Who has achieved honour.
I am going to be the flashlight to The thousands of young ladies who are lost in the darkness.

Nirali Gogri
TYHD

(These poems were written by Nirali Gogri and performed by Arwa Attar(TYFND), on the occasion of celebration of International Women's Day, with the theme- Press for Progress)

Little Things do Matter

Would you be my friend
if I said that I am Gay?
Or would you be different and distant and
talk to me in a different way?

What is it that made you feel distant about me?
Is it the way I look or
Is it the way I talk?
Is there a problem with my sexuality or
you have an issue with people who are like me?

What is it that made you look at me differently when I said that I am Gay?
Did you feel that people would judge you if they see you with me?
Did you feel that you would be ashamed to be with me?
Or is it that you want to be my friend,
but you care more about what the society would think of you if they saw you and I together?!
Which one is it friend?

You are so ego-centric, just thinking about yourself,
How about you put yourself in my place and look at the world from my vision, yourself?
You would see that some people shower me with love,
While many others look down at me.
Some people would be so supportive and help me increasing my self-esteem
While the next minute, someone would comment about my sexuality and lower my self-esteem.

You feel that it's easy for me to talk about my sexuality in the outer world, so easily.
Well, you are wrong.
It takes one a lot of courage to face the fact themselves. They need to have the courage to talk about their
sexuality with the people close to them, who may or may not accept them or disown them for their sexuality.

If I am not accepted as the way I am, then is it my fault?
Did I choose to be this way? May be
Did I want to be this way? Could be
Will I be accepted by others if they know about me? Some may; others may not.

What would you do, if tomorrow your best friend turns around and says, "I am Gay."
Would you yet accept that person as your best friend or disown the person?
Or what if your sibling turns around and says, "I am Gay."
Would you love and accept the person as your very own sibling or disown your sibling?

If you can accept them the way they are,
Why is it a problem for you to accept me?
If you accept them the way there are in spite of them being gay,
Why would you say NO to me when I ask you,
"Would you be my friend,
if I said that I am Gay?"

Nirali Gogri, TYHD

You are Beautiful, just the Way You Are

You are worth of all the love and kindness,
You are worth of all the brightness.

You are worth for whom one can fight for,
You are someone's cure.

You are not perfect,
But you are unique.

It's okay if you are not loved by everyone,
but only a few friends.

You have to stand tall,
do not let your head fall.

You should have conviction in yourself,
and do not be afraid to accept new things for yourself.

You may fall while you fight,
but then that's how you'll shine bright.

It doesn't matter if you are thin or fat; tall or short; or if you have acne.
Neither of them matter for you to stop loving yourself, each day and everyday.

You can't let anyone let you down
you have to learn to fight them down.
You have to have the courage within you,
Always be kind.

You have to reach to your inner self,
appreciate yourself for being true to yourself.
You have to be the queen to yourself,
Do what you feel you want to do.

For next time you question yourself for anything,
You stop, look into the mirror, stare into you own eyes and say:
'I am beautiful just the way I am.'
Say it out loud,
with conviction just as many times as you need for your heart to hear it.

Nirali Gogri

TYHD

(Two original pieces of poetry in the Spoken word style)

जागतिक मराठी भाषा दिन वृत्तांत

दि. २७/०२/२०१८ मंगळवार रोजी जागतिक मराठी भाषा दिन कॉलेज ऑफ होम सायन्स निर्मला निकेतन येथे साजरा करण्यात आला. विद्यार्थी, शिक्षकवर्ग तसेच शिक्षकेतर कर्मचारी यांनी सुध्दा कार्यक्रमाला उत्स्फूर्त प्रतिसाद दिला.

कार्यक्रम एकूण २ तास सुरु होता. कविता वाचन, नाटक, उतारा वाचन, प्रार्थना, एकपात्री असे विविध आणि सुंदर सादरीकरण विद्यार्थिनीने केले. कार्यक्रमाचे सूत्रसंचालन तिसऱ्या वर्षात शिकणाऱ्या कु. अक्षदा कडलग आणि कु. मधुरा वालावकर यांनी केले. कार्यक्रमाचे सुरुवात कुसुमाग्रज कवितेपासून झाली. महाविद्यालयाच्या प्राचार्य मा. डॉ. गीता इब्राहिम यांनी मराठी भाषेचे महत्त्व अत्यंत सुंदर शब्दात पटवून दिले आणि हा वारसा जपण्याचा उपदेश विद्यार्थ्यांना केला. अडमिनिस्ट्रेटर कु. नोएला यांनी मराठी भाषेचा गोडवा मांडला तसेच त्यांच्यासाठी भाषा म्हणजे काय हे नमूद केले. यानंतर मास्टर्समधील कु. शाल्मली हिने अत्यंत सुंदर गाणे गाऊन कार्यक्रमाची सुरवात केली. कणा या कुसुमाग्रजांच्या गाजलेल्या कवितेचे वाचन मधुरा आणि अक्षदा यांनी केले. डेक्सटाईल विभागाच्या डॉ. विशाखा कर्नाड यांनी तुकारामाच्या आधी बीज ऐकले हा अभंग सादर केला व त्याचा गाभार्थ सांगितला. यानंतर मास्टर्समधील कु. तेजश्री हिने मराठीची सद्यस्थिती एकपात्रीच्या रूपात सादर केली. कनिष्ठ महाविद्यालयाच्या श्री. अमोल सर यांनी मराठी भाषेचा प्रवास व त्यांचे अनुभव कथन केले. ग्रंथपाल सौ. प्राजक्ता यांनी कुसुमाग्रजांच्या नावाजलेल्या कवितांचे वाचन केले आणि जिम च्या मुख्य कु. रंजना यांनी मराठी भाषेतल्या व्याकरणाच्या महत्वावर भाष्य करणाऱ्या कवितेचे सादरीकरण केले.

कार्यक्रमाला विशेष रंगत यावी यासाठी पहिल्या व दुसऱ्या वर्षातील विद्यार्थिनींनी लावणी नृत्य सादर केले.

टेक्सटाईल विभागाच्या सौ. विभूती यांनी विनोदाच्या सहाय्याने सर्वांना मनसोक्त हसविले. कार्यक्रमाचा शेवट दोन एकपात्रिंनी झाला. तिसऱ्या वर्षाला शिकणाऱ्या कु. अक्षदा हिने नटसम्राट मधील एक उतारा आणि कु. मधुता हिने ती फुलराणी, तुला शिकविन चांगलाच धडा प्रदर्शित केला. या दिनानिमित्ताने ग्रंथालयात पुस्तकांचे प्रदर्शन आयोजित केले गेले होते. ग्रंथालयात नवीन पुस्तके, कादंबरी तसेच विविध लेखकांची साहित्यकृती महाविद्यालयाने विद्यार्थ्यांना उपलब्ध करून दिले. जास्तीत जास्त पुस्तके मुलींना वाचता यावीत याकडे लक्ष केंद्रित करण्यात आले. कार्यक्रमाच्या शेवटी सौ. वीणा यादी यांनी आभारप्रदर्शन केले. विद्यार्थिनींच्या भरगोस प्रतिसाद आणि सहभागासाठी त्यांसाजे कौतुक केले तसेच मार्गदर्शनात्मक बोलून कार्यक्रमाची सांगता केली.

अक्षदा कडलग

समाधान आणि आनंद

मी लहान असताना आई ला नेहमी विचारायचे की आई हा आनंद नेमका कुठे भेटतो ? काय असतो ? कसा ओळखायचा ? समाधान आणि आनंद सारखा असतो का ? त्यावर ती अगदी न वैतागता हसून उत्तर द्यायची मोठी झालीस की तुला समजेल.

मला तेव्हापासूनच उत्सुकता होती की नेमक मोठं झाल्यावर मला कस बरं कळेल की मला आनंद झालाय की नाही ! परवाचाच दिवस होता, मी कॉलेज मधून घरी येत होते ट्रेन मध्ये सुध्दा इतकी अशी गर्दी नव्हती, एक छोटा मुलगा पास कव्हर विकत होता. ७-८ वर्षांचाच असेल. मला म्हणाला, मॅडम लो ना, सिर्फ दस रूपीए का है। आणि अचानक हसला. मला न राहवून मी त्याला त्याच नावं, कुठे राहतो आणि थोडी घरच्यांनबद्दल विचारपूस केली. त्यावर त्याची उत्तरं खूप गमतीशीर होती. तो शाळेत जातो, पास कव्हर विकून जे काही पैसे येतात त्याने तो जीवनाश्यक थोड्या फार वस्तू घेतो. कुठे राहतो या बद्दल फारसं काही बोलला नाही पण एवढ म्हणाला की शाळे जवळ एक काका येऊन जातात ते दररोज त्याला १ लाडू शाळा भरताना आणि सुटताना देतात. त्याला त्याचं नाव वैगरे माहीत नाही पण फक्त ते दिसावे म्हणून तो शाला कधीच बुडवत नाही. मी त्याला विचारलं की तुला वार्डट नाही वाटत का एवढ्या लहान वयात तू असा काम करतोस ? त्यावर तो म्हणाला की, मॅडम, भगवान को सबकी चिंता होती है, सभी उसीके बच्चे है, वोह क्यूँ किसके साथ बुरा करेगा, बाकी इ दिल है मुश्किल जिना यहा, यह है बंबई मेरी जान।

मी २ पास कव्हर विकत घेतले माझ्या बॅगेतली कंपास पेटी त्यासोबत एक वही काढून त्याला दिली आणि त्याला जवळ बोलावून त्याच्या कानात हळूच सांगितलं, पैसे भी है देने के लिए लेकीन यह जरूरी है, बडा साहब बनना कव्हर की फैक्टरी शुरू करना ! यावर तो थ्यँक्यू मॅडम म्हणत खदाखदा हसत गेला. घरी जाई पर्यंत माझ्या डोक्यात तोच विषय सुरु होता पण चेहऱ्यावर मात्र हसु तसचं होतं. घरी जाऊन आईला सर्व घडलेला प्रकार सांगितला तेव्हा ती म्हणाली की, समजलं का, आनंद आणि समाधान ? मी मनातल्या मनातच म्हणाले की त्याच्या चेहऱ्यावर होता तो आनंद होता आणि मी मात्र तो बघून समाधानी होते ! मी नुसतच हसून मान डोलावली आणि दोघीसुध्दा हसायला लागलो.

अक्षदा कडलग

पाऊस पडून गेल्यावर, ढग कसे कोरडे होतात...

पाऊस पडून गेल्यावर,
ढग कसे कोरडे होतात...
मनात माझ्या तेव्हा मात्र,
तुझ्या आठवणींचे मेघ भरून येतात..

चिंब होते सृष्टी सारी,
दव साचतात पानावर..
का तरीही सांग मला,
मी नसते भानावर..

तू हि नेमका तसाच आहेस,
बरसणाऱ्या पावसासारखा..
झोकाळलेल्या ढगा आडून,
ताऱ्यांसारका दिसणारा...

तू, तू म्हणजे वारा,
मनाला अगदी धुंद करणाऱ्या श्रावणातल्या धारा

तू म्हणजे शब्द माझे,
तू म्हणजे सूर...
डोळ्यात दिसणारा आनंद अन,
आसवांचा पूर

तू थोडासा तसा आहेस,
थोडा तू असा
कागदावरती उतरवला,
अगदी माझ्या मनात होता तसा

माझे शब्द थवा होऊन,
कागदावरती आलेत
गात नाही आता गाणी,
कारण सूर ओले झालेत...

अक्षदा कडलग

जिंदगी तेज हो गई, टेक्नॉलॉजी भी बेस्ट हो गई।

जिंदगी तेज हो गई,
टेक्नॉलॉजी भी बेस्ट हो गई।
खाना हो गया टेस्टी और सस्ता
इस मे ही हेल्थ हमारी वेस्ट हो गई।

वडापाव और समोसे के गालियो से निकले,
तो जा पोहोचे पिइझा और बर्गर की मंजिल पर,
पहले जिंदगी चल रही अच्छी खासी पैरो से,
अब चल रही है पहिय्यो पे।

ऐसे मे ही ओला और ओबेर का जमाना है आया,
मॅक डी, पिइझा हट भी नये ऑफर्स लाया,
झोमॅटो, स्वीगी को ना ये बाया,
तो उन्होने भी अनोखा तरीका आजमाया।

गलत खाना खाया तो,
बिमाँरियो की बौछार है,
मेरे देश की युवा पिढी,
अभी से ही डायबेटीस और सी. व्ही. डी. की शिकार हैं।

एनोरेक्सिया के साथ बुलीमिया भी गुन्हेगार है,
चाहे दिखो कितना भी पतला,
तुम्हे दिखाता यह बेकार है,
खाओ चाहे जितना पहले,
वोमिटिंग से होना बेहाल है।

डाइट कॉन्शियस लोगो की भी अलग ही कहानी है,
तेल वाली कोई भी चीज़ इन्हे रास न आनी है।
लेकिन हमें मिलकर बदलनी यह कहानी है,
हमारे दोस्तों को हमें खाने की अच्छी आदतें सीखानी है।

अक्षदा कडलग

भरुच की यात्रा

एक बार अचानक आयी हमारे पास एक खबर,
की जाना है भरुच, तुम TY'S और MSC 2'S को एक साथ बराबर।
यात्रा का नाम सुनते ही सब उछल पड़े
दिए गए कामों को निभाने की कोशिश में लगे पड़े।
शुरू हुआ फिर वो Drafts और Mocks का काम,
Late करते जब भी; ma'am तक जाता हमारा नाम।
फिर कर ही Di पंद्रह फरवरी को Last Practice,
ओर भय दिये सारे Materials वाले Boxes
आखीर में आ ही गया वो दिन ! सोलह Feb का
जब गुजरात एक्सप्रेस में मच रहा था, हल्ला एन. एन. के एचडी (HD) वालो का।
निकल पड़े हम भरुच की ओर....करते हुए धमाल, मौज, मस्ती और शोर,
In The coach of डी Five and डी Four
पहुंच ते ही भरुच आए Sister हमें Receive karne
जो ले चले हमें लेकर उनके विद्यालय।
रहती थी वह कुछ Tribal लड़कियाँ जो रखती अपने काम से का,
विद्यादिप था उस विद्यालय का नाम,
जहां लगती थी सुबह प्यारी और सुहानी सी शाम।
रहती थी वहा २७३ लड़कियाँ एक साथ,
इतनी शांत की नही सुनाई पड़ती थी उनकी जरासी भी बात।
मनाया उन्होंने हमारे दो दोस्तों का जन्मदिन है मनाते।
खाना वहा का ऐसा के उंगलिया चाटे रह गए,
जगह वहा पे इतनी सारी की हम खेलने में लग गए।
हर शाम का जुंबा (Zumba) करने का भी अलग ही था मजा,
कहीं याद ही नहीं आया की हमारे पास मोबाईल भी है पड़ा।
Conduct भी किए हमने Workshops
खुश हुए हम क्योंकी मिला हमें ढेर सारा response
कुछ सिखने मिला और बहोत कुछ सिखने मिला।
यात्रा का Alag से maza वो भी था, जब मिला हमें bunk bed पे सोना,
रात को भूत की कहानीयां सुना, ज़ोर ज़ोर से गाने गाना,
ओर हर workshop के पहले रूम मे dance karna
भरुच इतना पसंद आया की, नही था हमें वहा से निकलना
क्योंकी बना दिया था उन लड़कियों ने हमे अपना।
इस trip को हम लोग कभी भुल नहीं पायेंगे,
मौका मिले तो हम सब लोग Fir भरुच Jarur Jayenge
मौका मिले तो हम सब लोग Fir भरुच Jarur Jayenge

विनया दसगावकर / झैनाब प्लास्टिकवाला



We Bid Farewell to...

Mrs. Shalan Bhosle

Shalan Bhosle retired this year after a long and dedicated service. We wish her in abundance of joy and relaxation. Her friend Varsha Navale writes about her..

माझी मैत्रिण शालन भोसले (शालन मावशी) हि दिनांक २२ डिसेंबर, २०१७ साली सेवानिवृत्त झाली. मी तिच्या सोबत गेले ९ वर्ष काम करत होते त्या आपल्या कामात अत्यंत कौशल्य-कुशल असल्यामुळे शालन मावशीचे स्थान सर्व स्टाफच्या मनात भरभरून होते. शालन मावशी यांनी फुडलॅब मध्ये त्यांनी वीस वर्ष काम केले. त्यांना तेथील सर्व कामाची माहिती होती। मी माझ्या तर्फे त्यांच्या पुढील आयुष्यासाठी खुप-खुप शुभेच्छा देत आहे. देव त्यांना चांगले आरोग्य व सख समृद्धी देवो हीच शुभेच्छा...

वर्षा नवाळे
सपोर्ट स्टाफ



Ms. Rena Rodricks



Ms. Rena Rodricks, worked in college of Home Science and polytechnic for 4 years. She says, "Thank You for the wonderful experience of working in the College for four years. Wishing each and every one of you, "All the Best" and God's abundant blessings on your endeavours."

Ms. Cheryl Machado from the accounts department pens down a few words...

Ms. Rena Rodricks helped the polytechnic in administration work and even in the general office of the college. During the past two years, she was in charge of the support staff and maintenance of the college. She had a special love for the garden and tried new innovation to make it look good. She meticulously planned inter-religious gatherings for our staff and students. We thank her for all the dedication and loyalty; she has shown to the college and polytechnic. God bless her in her future mission at St. Xavier School.

Ms. Cheryl Machado
Accounts Department

मिस रेना या आमच्या कॉलेज मधल्या सपोर्ट स्टाफच्या इंचार्ज होत्या. त्यांचा स्वभाव खूप चांगला असून ते नेहमी सर्वांबद्दल चौकशी करायच्या. सर्वांना मदतही करायच्या. त्यांनी दिवाळी आणि ख्रिसमस मध्ये प्रत्येक जण आपआपल्या घरात बनवलेले खाद्यपदार्थ आणायचे व सर्व मिळून एकत्र खायचे. आम्ही सर्व म्हणजे नॉन टिचिंग स्टाफ असायचो. मी कॉलेज ऑफ होमसायन्स निर्मला निकेतन सपोर्ट स्टाफच्या वतीने त्यांना धन्यवाद बोलतो. त्यांच्या पुढील आयुष्यात सुख, समृद्धि लाभो अशी देवा चरणी प्रार्थना करतो.

शैलेश नवले

Mrs. Sukhada Bhatte



We bid farewell to Mrs. Sukhada Bhatte, who worked in the college since 2013 till February 2018. In her words...

I got into teaching by accident! Quite literally...tore my ligament, took a break from work, and then came for an interview at Nirmala Niketan with my broken leg. As days went by, I realized it was not an accident! There's always a reason, a blessing and a lesson behind every move you make. Being the coordinator of the self-financing courses let me teach, nurture and mentor some amazing students in the last five years!

I got the opportunity to take up lot of projects during my tenure which was a bit of learning curve for me at times. In line with the motto of NN, with community activities that we conducted over the years, I could contribute to the cause of "Reach the Unreached". And that was the reason I believe I was at Nirmala Niketan, to enrich lives of people, mine included. Though I learnt a lesson or two, it was more of a blessing in disguise. It made me stronger, smarter and happier! I met some adorable colleagues and friends who quickly became family to me. Like we always say - the Nirmala Niketan family! And I know I will always be a part of the Nirmala Niketan family! I wish everyone all the best for their endeavors and for Nirmala Niketan to scale newer heights! I feel fortunate for the time I spent at Nirmala Niketan and that made saying goodbye so hard! I will miss you all! Lots of love and hugs!

Love and Regards
Sukhada Bhatte

Her colleagues pen down some words for her...

Working with Sukhada Bhatte, our young, dynamic colleague and a friend of last five years was a wonderful experience. This diligent, trustworthy, responsible and efficient coordinator of non-aided courses and a popular teacher loved taking up new challenges. She could effortlessly solve many problems with application of her logical thinking and calm, cool mind. She was a huge support to students constantly encouraging them to strive for excellence.

Sukhada is an extremely competent, resourceful and an ever smiling talented person, a real beauty with brains!! This young lady with a charming personality was a strict disciplinarian, techno-savvy, quick and perfect with her creative fingers. She worked for several committees of college and left her mark with significant contributions. There was so much to learn from her...how anyone could be so good in everything I always wonder!

The sweet memories of working with a co-worker like Sukhada will be hard to forget.

She is truly as her name signifies- bestower of happiness. Let me take this moment to acknowledge the deep gratitude for her unwavering support. Sukhada, I wish you all the very best and continued success wherever you may find yourself. The people she will be working with in future are in for a real treat. I wish her the very best!

Dr. Veena Yardi
Faculty

SUKHADA – She has the expertise of multitasking that no smartphone can match. Her students are spell bound with her beauty and grace. Whether her charm exceeds her intelligence or vice-versa is difficult to gauge. I would settle to agree that calling her intelligent is just an understatement; I would rather call her a WISE INTELLECT

Nirmala Niketan College of Home Science

with a persona of a CELEBUTANTE. Her popularity is not created by a PR team but by her ability to 'NEVER SAY NO' and to execute every task while she is on the go. Thank you for teaching us all to be grounded, humble and low profile, allowing only our work to speak volumes about our style.

I extend my gratitude to you (Sukhada) for being an honest companion and an excellent colleague. We will miss your brilliance, gizmo sense and digital ace.

As the rule of life demands the pathways do change.
It will be unfair to ask you to not increase your pace
For a person like you SKY IS THE LIMIT.
As you move ahead in your life,
I promise to be there to cheer you as much as I can.
Happy to have met you in my life span.
Love and good luck always to you.

Ms. Fatima Kader
Faculty

Honey Thakkar



A Year at Nirmala Niketan

Honey Thakkar worked with the college on a one year leave vacancy. Though here for a short time, she soon became a part of the Nirmala Niketan Family.

Some words and verses in her characteristic style...

Lectures, practical, meetings, events, competitions, students and staff,

Oh! What a wonderful experience it was!

If I think back I wonder how I did it all!

It was the love and cooperation of all the people involved!

The students were a pleasure to teach and the staff members a support to reach.

The discipline, the professionalism- a standard to maintain;

The year at Nirmala Niketan a rich memory engrained-

With rich flavours of hard work, mutual understanding, Lots of love and sharing!!

To dear Geeta M'am, the management and all the staff members, I am very thankful to all of you for all the love and support that I have received during the year. It has been a memorable experience and shall be a cherished memory for me always. Thank you and love you all.

Mrs. Honey Thakkar

Honey, you have been a joy to work with, so full of life and honest at your craft. It has been wonderful knowing you and working together. Your genuine concern, unconditional helpfulness and generosity truly bring a smile and speak leaps and bounds about the amazing person you are. You will be missed. Wishing you all the best for your future endeavours!

Ms. Khyati Sampat
Faculty

Aditi Gaonkar

Aditi worked with the College as administrative assistant for two and half years. She has moved on to explore other areas of professional life.

Aditi says, “Firstly, I would like to thank Nirmala Niketan Institute. It was a great experience working with all my dear staff and all my teachers for two and a half years from 1st August 15 to 5th May 18.

I have learned lot of things from all, not just work related ,but about life too. Surely I’m going to miss my staff, teachers and the College.

Special Thanks to Dr. Geeta Ma’am, Ms. Sujata ma’am, Ms. Sonal, Ms. Ritu, Ms. Farha ma’am, Mr. Shridhar Sir, Ms. Sukhada ma’am, Ms. Nirmala, Ms. Molly ma’am, my lunch group members and my administrators, all the departments Account office, Library, Junior college Teachers, FND, HD, TFT & CRM- Teachers and support staffs, specially Mr. Dinkar sir, and all the students.

I am very thankful to each and every one, for giving me chance to have this wonderful experience and memories which have changed my life, THANK YOU ALL”

Aditi Gaonkar



New Additions

We welcome the new faculty and staff who have joined us in the academic year of 2017-18. We wish them good luck and a great time in Nirmala Niketan !



Ms.Noella Dias joined as the Administrator of the College of Home Science and Polytechnic. She brings her vast experience as administrator in various positions with her.

Ms. Sheetal Bhatt joined as full time faculty in the Department of Foods, Nutrition and Dietetics on the position of Leave Vacancy for a period of two years.



Ms. Honey Thakkar joined as full time faculty in the Department of Human Development for a period of One year.

Ms. Rani Yadav joined as administrative staff with the main responsibility of the Cyber Café.



Mr. Fauzan Hashmi joined in the Cyber Café as technical Assistant.



TYBSc - Foods, Nutrition and Dietetics



TYBSc - Human Development



TYBSc - Textile and Fashion Technology



TYBSc - Community Resource Management



*MSc 2 - Foods,
Nutrition and
Dietetics*



*MSc2 -
Human Development*



*MSc 2 - Textile and
Fashion Technology*



*MSc 2 - Food
Processing and
Preservation*



*MSc 2 -
Sport Nutrition*



*P.G. - Diploma in
Dietetics and
Applied Nutrition*



Junior College Teaching Faculty



Senior College Teaching Faculty



Non Teaching Staff



Support Staff

Activities of the Department of Human Development



TYBSc Extension at Bharuch



Field Placements of TY/MSc 2 and MSc 1's for Practicals



Teacher's Day Celebration by Students

HD Educational Trip to Jodhpur – Jaisalmer



HD Value Added Courses in ABT and Sign Language



Achievements at Avishkar



Activities of the Department of Textile and Fashion Technology

Jamboree 2018



Sustainable Community Work

Seminar on Technical Textiles



Industrial Visit-Odisha



Entrepreneurship Incubation Cell

Activities of the Department of Community Resource Management



Annual CRM Market



Bonding Picnic



CFBP Jamnalal Bajaj Awards



Field visit to Central Labour Institute



Industrial visit to Bangalore, Mysore, Coorg



Parent Orientation



workshop on Free Hand Sketching



Workshop on designing a street play

A glimpse of college activities



Diwali Party for staff



Marathi Bhasha Diwas



Swachh Bharat Abhiyan Activity by NSS



Peace March



Student Council Activity



Sy Parent Orientation



Womens Day Celebrations



Yoga Day

NIRMALA NIKETAN INSTITUTE
College of Home Science & Polytechnic

CHARITY CONCERT IN AID OF UPGRADEATION OF ACADEMIC AND INFRASTRUCTURAL FACILITIES TOWARDS WOMEN EMPOWERMENT
an evening of new age & retro bollywood hits

WELCOME 2018

INDIA'S FAVORITE SINGER COUPLE
SAMIR & DIPALEE


Facebook icon: samirdipalee Instagram icon: samirdipalee



SPORTS DAY



Expressions 2017-18
Reaching the Unreached



*“We are the artists of our lives
and we are the artists of this
world as well its future...
Let there be no unreached corners
of the world and no untouched
soul on this earth!”*

Ms. Vibha Hasija

MAGAZINE COMMITTEE TEAM

Ms. Vibha Hasija - Convenor

Ms. Rhonda Divecha | Ms. Vrinda Udiaver | Mr. Amol Surte | Mr. Shankar Pandey

STUDENT MEMBERS

FYBSc : Greeshma Mulakatte, Sakshi Patil, Sakina Kanchwala

SYBSC: Harshada Kalvankar, Purva Bansode, Mahima Mirani, Afsha Mulla

TYFND: Amatullah Vohra, Zainab Mullajiwala

TYHD: Priyanka Maru, Priyanshi Madhvani

TYCRM: Madhura Walawalkar, Amatullah Motiwalla

Front Cover Design: Purvi Umesh Gada (T.Y.B.Sc.-TFT)

Back Cover Design: Ms. Rhonda Divecha

(Image Courtesy: PNG Circle Of Hands "<http://pluspng.com/png-circle-of-hands-8456.html>")

Printer: Prime Printers